COMMUNITY RESOURCE LIST FOR OLDER ADULTS AND CAREGIVERS
DOUGLAS & SARPY COUNTIES * March 2018
(*All addresses/phone numbers are in Omaha unless otherwise noted)

Compiled by: Home Instead Center for Successful Aging
University of Nebraska Medical Center
Omaha, Nebraska

ABUSE/NEGLECT  24-hour crisis lines

Adult Protective Services (Nebraska Dept. of Health & Human Services)  1-800-652-1999
Catholic Charities Domestic Violence Hotline  402-558-5700
Heartland Family Services Domestic Violence & Sexual Assault Hotline  1-800-523-3666
Women’s Center for Advancement  402-345-7273

ADULT DAY CARE

Comfort Care Homes  (Multiple locations)  www.cchne.com  402-445-4474
Country House  5030 S. 155th St.  402-964-2060
http://countryhouse.net/memory-care-communities/omaha-ne
Edgewood Vista  17620 Poppleton Ave.  402-333-5749
https://edgewoodseniorliving.com/community/edgewood-vista-in-omaha-ne
Franciscan Centre  http://newcassel.org  402-393-2277
900 N. 90th St. (New Cassel Retirement Center)
Friendship Program  http://www.friendshipprogram.com  402-393-6911
7315 Maple St.
The Club at Mabel Rose Estates  4609 Hilltop St., Bellevue  402-291-9777
www.hillcresthealth.com/locations/the-club-adult-day-services
Transitions  www.omahaseniorcare.org  402-827-6060
4801 N. 52nd St. (House of Hope Dementia Care Center)

ALZHEIMERS DISEASE AND RELATED DEMENTIAS:

Alzheimer’s Association: Nebraska Chapter  402-502-4300
1711 Arbor St., Suite 110  http://www.alz.org/nebraska  1-800-272-3900 (24 Hour)

CARE MANAGERS: Help to Identify/Access Care Resources

Eastern Nebraska Office on Aging  www.enoa.org  402-444-6596
A Place at Home  www.aplaceathome.com  402-932-4646
COUNSELORS  (Specializing in older adults and family caregivers)

Dennis McNeilly, MA, Ph.D  730 S. 38th Ave  402- 552-6007
University of Nebraska Medical Center, Geriatric Psychiatry Service

Pando Geriatric Counseling  11932 Arbor St., #104  402-321-8995
www.pandogeriatics.com

MaryAnn Calta, LCSW, M.Div.  1403 Farnam St. #215  402-393-0642
Sara Pattavina-Mouton, LIMHP  820 S. 75th St.  402-391-2477
Jodi McQuillen, LCSW, LIMHP  7701 Pacific St., #10  402-390-6007

DISEASE-RELATED ORGANIZATIONS

American Cancer Society  www.cancer.org  402-393-5800
American Diabetes Association  www.diabetes.org  402-571-1101
Diabetes Education Center of the Midlands  https://diabetes-education.com  1-800-779-3374
American Heart Association  www.americanheart.org  402-810-6870
American Lung Association  www.lung.org  402-502-4950
American Macular Degeneration Foundation  www.macular.org  1-888-622-8527
American Parkinson’s Disease Association  www.apdaparkinson.org  402-559-8839
American Tinnitus Association  www.ata.org  1-800-634-8978
Arthritis Foundation  www.arthritis.org  402-330-6130
Epilepsy Foundation of Nebraska  www.epilepsyheartland.org  402-680-8026
Lewy Body Dementia Association  www.lbda.org  1-800-539-9767
National Aphasia Association  www.aphasia.org
National Fibromyalgia & Chronic Pain Association  www.fmcpaware.org
National Osteoporosis Foundation  www.nof.org  1-800-231-4222
Nebraska Kidney Association  www.kidneyne.org  402-932-7200
Nebraska Polio Survivors Association  http://nepolioorg.ipage.com  402-932-5426
Nebraska State Stroke Association  www.nebraskastroke.org  1-888-808-5678

DRIVING CONCERNS

DRIVER ASSESSMENT/REHABILITATION PROGRAMS: Evaluates physical & cognitive abilities to drive, performs in-car driving assessment, and provides training & adaptive equipment.

CHI Health  6901 N. 72nd St.  www.chihealth.com/driverevaluation  402-572-3055
Madonna Rehabilitation Center  17500 Burke St., Omaha  402-401-3900
DRIVING SKILLS REFRESHER COURSES  Classroom and On-Line

AARP Driver Safety Program  www.aarpdriversafety.org  1-800-350-7025
American Automobile Association (AAA)  www.seniordriving.aaa.com
Nebraska Safety Council  www.safenebraska.org/safe-road/adult-driver-education

HANDICAP PARKING PERMITS & LICENSE PLATES  1-402-471-3918
To apply for a permit/plate, call or go to:  www.dmv.ne.gov/dvr/permits/handicap.html

TO REPORT AN UNSAFE DRIVER: Download, complete and mail a Citizen Re-examination Report from http://dot.nebraska.gov/safety/driving/age or send a signed letter stating specific concerns to:

Nebraska Department of Motor Vehicles  1-402-471-3861
Attention: Driver Licensing Division
P.O. Box 94726; 301 Centennial Mall South
Lincoln, NE. 68509-4726

FINANCIAL HELP

NEBRASKA DEPARTMENT OF HEALTH & HUMAN SERVICES (NDHHS)
For a detailed description of all the programs and services of NDHHS, go to their web site: http://dhhs.ne.gov/Pages/default.aspx

Local offices for information, assistance and filing for benefits. Business Hours: 8am-5pm.

DOUGLAS COUNTY
1215 S. 42nd St., Omaha  402-595-2665
1500 N. 24th St. #102, Omaha  402-595-3700
1313 Farnam St., Omaha  402-595-2890
5211 S. 31st. St., Omaha  402-595-1787

SARPY COUNTY
8044 S. 84th St., La Vista, NE  402-595-1258

CUSTOMER SERVICE: Douglas & Sarpy Counties
Economic Assistance: 402-595-1258
Medicaid: 402-595-1178

ACCESSNebraska Online Applications:  http://dhhs.ne.gov/Children_Family_Services/AccessNebraska/Pages/accessnebraska_index.aspx

ACCESSNebraska Customer Service:
Economic Assistance  1-800-383-4278
Medicaid  1-855-632-7633
HOMESTEAD EXEMPTIONS
Volunteers Assisting Seniors (VAS)  http://vas-nebraska.com  402-444-6617
Douglas County Assessor’s Office  402-444-7060
Sarpy County Assessor’s Office  402-593-2122

SOCIAL SECURITY ADMINISTRATION  www.ssa.gov  1-866-716-8299
604 N. 109th Court (Old Mill Centre)

VETERANS SERVICES
Omaha VA Medical Center  4101 Woolworth Ave.  www.nebraska.va.gov  402-346-8800

FINANCIAL INVESTMENTS  – Information, resources & fraud prevention for seniors
Consumer Financial Protection Bureau  1-855-411-2372
www.consumerfinance.gov/older-americans

Financial Industry Regulatory Authority - Securities Helpline for Seniors  1-844-574-3577
http://www.finra.org/investors/finra-securities-helpline-seniors

North American Securities Administrators Association  http://serveourseniors.org

FRAUD & SCAM PREVENTION

The Nebraska Attorney General’s Office has a web site that allows someone to file a complaint, report a scam and learn how to handle identity theft or determine whether a charity is reputable. Downloadable brochures describe common financial scams and tips to avoid becoming a victim.  https://protectthegoodlife.nebraska.gov/

Charity Navigator  Monitors and rates charities for accountability & transparency, and posts consumer advisories on questionable and bogus charities.  www.charitynavigator.org

GERIATRIC ASSESSMENT PROGRAMS:  Comprehensive health/cognitive evaluations

Geriatric Assessment Program  402-559-7515
730 S. 38th Ave. (University of Nebraska Medical Center)
http://unmc.edu/homeinsteadcenter

Geriatric Evaluation and Management Clinic  402-995-4971
4101 Woolworth Ave. (Veterans Administration Medical Center)  Susan McCullough

Geriatric Evaluation and Management Service  402-354-3152
8303 Dodge St. (Nebraska Methodist Hospital)
HEALTH & FITNESS PROGRAMS: Programs especially for older adults.

**UNMC EngGage Wellness Center**  
730 S. 38th Ave.  
402-552-7210  
[www.unmc.edu/homeinsteadcenter/wellness/participation.html](http://www.unmc.edu/homeinsteadcenter/wellness/participation.html)

Immanuel Age Well Centers  
Multiple locations  
402-829-2900  
[www.immanuelcommunities.com/services/agewell](http://www.immanuelcommunities.com/services/agewell)

Lied Activity Center  
2700 Arboretum Dr. Bellevue  
402-293-5000  
[www.bellevuepublicschools.org/vnews/display.v/SEC/District%7CBPS%20Lied%20Activity%20Center%3E%3EHours%20%26%20Swim%20Schedule](http://www.bellevuepublicschools.org/vnews/display.v/SEC/District%7CBPS%20Lied%20Activity%20Center%3E%3EHours%20%26%20Swim%20Schedule)

Omaha Wellbound Fitness Center  
3673 N. 129th St.  
402-506-4333  
[www.omahawbfitness.com](http://www.omahawbfitness.com)

City of Omaha Parks & Recreation  
(Multiple locations)  
402-444-5900  
[http://parks.cityofomaha.org/community-centers](http://parks.cityofomaha.org/community-centers)

Salvation Army Kroc Center  
2825 Y St.  
[www.omahakroc.org](http://www.omahakroc.org)  
402-905-3500

YMCA  
(Multiple locations)  
[www.metroymca.org](http://www.metroymca.org)

AQUATIC EXERCISE PROGRAMS FOR ADULTS AND SENIORS

Common Ground Community Center  
1701 Veterans Dr. Elkhorn  
402-289-0451

Immanuel Age Well Centers  
Multiple locations  
402-829-2900

Lied Activity Center  
2700 Arboretum Dr., Bellevue  
402-293-5000

Mockingbird Hills Community Center  
10242 Mockingbird Dr.  
402-444-6103

Montclair Community Center  
2304 S. 135th Ave.  
402-444-4956

Salvation Army Kroc Center  
2825 “Y” St.  
402-905-3500

WALKING CLUBS

Omaha Zoo & Aquarium Walking Club  
(once weekly, year-round)  
402-733-8401

Lauritzen Garden Walking Club  
(once weekly, Apr-Oct)  
402-346-4002 x 212

* These clubs meet at the above locations. Participants must have zoo or garden memberships.

CHI “Heart & Sole” Walking Program  
(twice weekly, year-round)  
402-343-4648

* This group meets at the Westroads and Oak View Malls.

HEARING IMPAIRMENTS: Programs and Services

**Nebraska Commission For The Deaf & Hard of Hearing**  
1-800-545-6244

Provides/repairs phone amplifiers, signaling devices to lower-income hearing impaired.  
[www.ncdhh.ne.gov](http://www.ncdhh.ne.gov)

**Sertoma Hearing Aid Bank**  
Free re-conditioned hearing aids  
1-800-545-6244  
[https://ncdhh.nebraska.gov/services/sertoma-hab](https://ncdhh.nebraska.gov/services/sertoma-hab)
The Nebraska Public Service Commission (www.psc.state.ne.us) provides phones that amplify voice and display text of conversation.

**HOARDING**: De-Cluttering/Cleaning, Sorting/Organizing, Counselors & Therapists

Absolute Bio-Recovery Services, Inc.  www.abrsne.com  402-933-0077
Craft Lifestyle Management, Inc.  www.craftlifestylemgt.com  1-402-216-3288
Hoarding Cleanup.Com  http://hoardingcleanup.com/nebraska
Patricia Wicks, Ph.D  6550 S. 84th St., #300  402-339-7991

**HOME HEALTH SERVICES**: Nurses, aides & therapists (* indicates non-medical services also provided, like housekeeping, meal prep., bathing/dressing, transportation, errands, etc.)

Advanced Home Health Care *  www.homehealthcareomaha.com  402-490-3120
All Midlands Health Service  www.allmidlands.com  402-391-5554
Ambi’s Home Health Care *  www.ambishomehealthcare.com  402-934-3441
Angels Care Home Health  www.angelscarehealth.com/omaha  402-934-4752
Care Consultants *  www.careconsultants.com  402-398-1848
Care Minders Home Care *  www.careminders.com  402-932-2211
Care One Caregivers *  www.careonecaregivers.com  402-504-3219
CHI Health At Home  www.chihealth.com/home-care  402-898-8000
Comfort Keepers *  http://omaha-315.comfortkeepers.com  402-991-9880
Comper Care *  www.compercareoutpatienttherapy.com/Home.html  402-932-0703
Custom Care *  www.customcarenursing.com  402-320-3700
Elite Professionals Home Care *  www.eliteprohomecare.com  402-339-7727
Fidelity Home Health Care  402-884-9581
Freedom In-Home Services *  www.FreedomInHome.com  402-934-2224
Good Samaritan Home Health  402-399-1700
Hillcrest Home Health Care *  www.hillcresthealth.com/services/home-care  402-682-4808
Home Nursing With Heart  http://homenursingwithheart.com  402-614-4622
Ify’s Home Health Care *  www.ifyshomehealthcare.com  402-330-4198
Interim Health Care *  www.interimhealthcare.com/omahanebraska/home  402-392-1818
Kindred At Home *  www.kindredathome.com  1-866-546-3733
Maxim Health Care *  www.maximhomecare.com  402-399-8888
Midland Modesty Home Health *  www.midlandmhomehealth.com  402-932-3643
Nebraska Home Health Care  www.nebhc.com  402-315-4357
Personal Choice Home Care *  www.personalmedcheck.com  402-885-6700
Physicians Choice *  www.pchhc.com  402-331-2273
Physmed, Inc. Home Health Care  www.physmedinc.com  402-926-4088
Prime Home Care  www.primehomecarecompassionatecarehospice.com  402-390-2492
Progressive Home Health  www.progressivecare.com  402-933-5836
Right At Home *  www.rightathome.net  Douglas Co.  402-697-7536
Sarpy Co.  402-551-0611
Samaritan Home Health Care  www.samaritanhomehealthcareinc.com  402-858-9999
Silver Lining at Home  www.silverliningathomene.com/overview  402-415-0466
Visiting Nurse Association *  www.thenvacares.org  402-342-5566
Willingham Health Services *  www.willinghamhealth.com  402-505-9511

**HOME REPAIR/SPECIAL NEEDS MODIFICATION**  (Income limits may apply)

**Helping Hands Program**  www.keepomahabeautiful.org  402-444-7774
Keep Omaha Beautiful provides a free, one-time yard clean-up for lower-income elderly/disabled persons.

**Kohll’s Home Care “Mod Squad”**  https://kohlls.com/home-modifications/  402-408-1990

**Total Home Access Solutions**  http://totalrespiratoryandrehab.com  402-291-9514
Professional consultation, design & accessible home renovations

**League of Human Dignity**  (home/vehicle modifications)  402-595-1256
http://leagueofhumandignity.com/mobility-options/#7

**Brush-Up Nebraska**  www.brushupnebraska.org  402-965-9169
**Rebuilding Together**  http://rebuildingtogetheromaha.org  402-965-9201
(Free home painting, repairs and modifications for lower-income elderly/disabled persons)

**Nebraska Weatherization Assistance Program**  1-888-313-5608
(Insulation, caulking, window/door repair/replacement, heating/cooling system tune-ups for lower-income homeowners).  www.neo.ne.gov/wx/wxindex.htm

**HOME SAFETY**

**EMERGENCY RESPONSE SYSTEMS**  (* Those offering GPS technology)
Alert USA Emergency Response System  www.alertusa.org  1-800-789-6969
Great Call 5Star Urgent Response *  www.greatcall.com  1-800-918-8543
Life Alert Emergency Response System  www.lifealert.net  1-800-982-0332
Life Station Medical Alert System *  www.lifestation.com  1-800-554-4600
MediGuard USA  www.mediguardusa.com  402-891-9700
Medical Alert Mobile Elite *  https://medicalalert.com  1-800-800-2537
MobileHelp *  www.mobilehelp.com  1-800-992-0616
Premier Alert Systems  www.premieralertsystems.com  402-740-0650
Walgreens Ready Response  www.walgreensreadyresponse.com  1-866-310-9061
Safe Return (Dementia)  www.alz.org/care/dementia-medical-alert-safe-return.asp
HOME SENSORS
System of small electronic sensors that attach to frequently-used household items (coffee pot, microwave, pill box, walker, refrigerator and bathroom door, etc.). Sensors send wireless messages (not images) to caregiver’s smart phone/computer allowing them to track use of these objects, and alerting them of a possible emergency. Sensors can also be worn by the person to detect a fall. A less intrusive (and likely more acceptable) system for the older person than a web-cam. Providers include:

Lively Medical Alert System  www.mylively.com  1-866-384-7455
Evermind  https://evermind.us
Alarm.com Wellness  http://beclose.com  1-866-574-1784
HomeExcept  www.homeexcept.com  1-855-506-1420
TruSense  https://mytrusense.com  1-855-814-6478

OTHER SAFETY SERVICES
Free Smoke/Carbon Monoxide Alarm Installation (Omaha Fire Dept.)  402-444-3560

HEAT’S ON  Program sponsored by the Mechanical Contractors Association of Omaha. Provides free fall furnace & smoke detector checks for low-income seniors. Persons must be current clients of the Eastern Nebraska Office on Aging, and referred to MCA by ENOA.

HOME SERVICES:  Non-skilled nursing services only

COMPANIONS, MEAL PREP. BATHING/DRESSING, HOUSEKEEPING, ERRANDS, etc.
A Place at Home  www.aplaceathome.com  402-932-4646
Age Advantage Senior Care  www.AgeAdvantage.com  402-718-9385
BellaCare  www.bellacare.us/about-us  402-347-0007
Care Tech, Inc.  www.caretechinc.com  1-800-991-7006
Caring For People Services  www.caringforpeopleservices.com  402-334-6900
Cherished Helpers  402-885-8986
Dignity Home Care  www.dignityhomecares.org  402-401-2766
Eastern Nebraska Office on Aging  http://enoa.org  402-444-6536
Empower Home Care  www.empowerhomecare.com  402-557-6869
First Light Home Care  www.firstlighthomecare.com/home-healthcare-omaha  402-614-0413
Good Samaritan Society Home Care  402-399-1700
Home Care Assistance  www.homecareassistanceomaha.com  402-763-9140
Home Instead Senior Care  www.homeinstead.com  1-800-640-3914
Key Home Care  www.keyhomecare.us  402-982-9254
Synergy Home Care  www.synergyhomecare.com  402-505-7300
Touching Hearts at Home  www.touchinghearts.com  402-934-3303

GROCERY SHOPPING:  Personal shopping, curbside pickup and delivery
Bakers “Click List”  www.bakersplus.com
Hy-Vee “Aisles on Line”  www.hy-vee.com/grocery  1-800-772-4098
Schwan’s Home Delivery  www.schwans.com  1-888-724-9267
HOSPICE AND PALLIATIVE CARE SERVICES  www.nehospice.org  1-402-477-0204
Information about hospice and palliative care services, and links to programs in Nebraska.

On-line interactive comparison tool for all national Hospice providers from Medicare.Gov.  www.medicare.gov/hospicecompare/

HOUSING: ASSISTED LIVING
Retirement Centers that provide personal care services, such as assistance with bathing/dressing, and medication administration (* indicates facility accepts Medicaid Waiver or other lease subsidies. # indicates facility provides dementia care.)

Aksarben Village Senior Living  *#  1330 S. 70TH St.  402-810-9440
Bickford Cottage  *#  11308 Blondo St.  402-491-0400
Bickford Cottage  *#  7337 Hickory St.  402-391-3000
Brighton Gardens  #  9220 Western Ave.  402-393-7313
Country House  #  5030 S. 155TH St.  402-964-2060
Crown Pointe  #  2820 S. 80TH St.  402-391-7555
Elk Ridge Village  #  19400 Elk Ridge Dr.  402-763-8692
Esprit Whispering Ridge  #  17555 Emmet St.  402-932-7300
Fountain View Retirement Community  #  5710 S. 108TH St.  402-596-9033
Granville Villa  *  8507 Granville Pkwy, La Vista  402-415-0044
Heritage Pointe  *#  16811 Burdette St.  402-614-5222
Heritage Ridge  *#  1502 Ft. Crook Rd. South, Bellevue  402-932-1881
Heritage at Legacy  #  2961 S. 169th Plz.  402-934-2999
Heritage at Sterling Ridge  *#  1111 Sterling Ridge Dr.  402-504-3111
Hickory Villa  *  7315 Hickory St.  402-392-0767
Hillcrest Country Estates  #  6082 Grand Lodge Ave., Papillion  402-885-7000
Hillcrest Mable Rose  *#  4609 Hilltop St., Papillion  402-291-9777
House of Hope  *#  4801 N. 52ND St.  402-827-6060
Immanuel Courtyard  *  6759 Newport Ave.  402-829-2912
Immanuel Village  6801 N. 67th Plz.  402-829-3220
Lakeside Village  #  17475 Frances St.  402-829-9020
Lutheran Home  *  530 S. 26TH St.  402-346-3344
Marquis Place  *#  20800 W. Maple Rd.  402-289-9229
New Cassel Retirement Cr.*  900 N. 90th St.  402-393-2277
Orchard Gardens  *  1006 S. Mayne St. Valley  402-359-4884
Pacific Springs Village  805 S. 173RD Ct.  402-691-8434
Parsons House  #  14325 Eagle Run Dr.  402-498-9554
Prairie Meadows  #  13208 Meredith Ave.  402-391-2790
Remington Heights  12606 W. Dodge Road  402-493-5807
Richmont Terrace  *#  620 Ft. Crook Road South, Bellevue  402-291-9800
Ridgewood Retirement Cr.  *#  12301 N. 149 Circle, Bennington  402-884-7644
Royale Oaks  *  4801 N. 52nd St.  402-827-6060
St. Joseph Tower  *  2205 S. 10TH St.  402-952-5000
Silver Ridge Village  *#  20332 Hackberry Dr., Gretna  402-332-4280
Skyline Senior Community  7300 Graceland Dr.  402-572-5750
Southview Heights * 5110 S. 49th St. 402-731-2118
Trinity Village * 522 W. Lincoln St., Papillion 402-614-5500
Via Christe * # 3636 California St. 402-551-5557
Waterford at Miracle Hills * 11909 Miracle Hills Dr. 402-431-0011
Waterford at Roxbury Park * 5728 S. 108th St. 402-537-0544
Welcov Assisted Living * 801 N. Adams St., Papillion 402-339-1775
Westgate Assisted Living * 3030 S. 80th St. 402-391-8566

The Nebraska Resource and Referral System (NRSS) offers an on-line interactive program that allows you to identify Assisted Living Facilities throughout Nebraska, and compare their services. (*note: you should also contact facilities to obtain the most current information).

**HOUSING: INDEPENDENT LIVING** Apartment complexes and retirement communities for older adults. (* notes facilities that are rent-subsidized and/or may set upper income limits.)

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Aksarben Village Senior Living</td>
<td>1330 S. 70TH St.</td>
<td>402-810-9440</td>
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<tr>
<td>The Arboretum</td>
<td>8141 Farnam Dr.</td>
<td>402-391-7573</td>
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<tr>
<td>Bellewood Courts *</td>
<td>1002 Bellewood Ct., Bellevue</td>
<td>402-292-3300</td>
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<tr>
<td>Bloomfield Forum</td>
<td>9804 Nicholas St.</td>
<td>402-390-9991</td>
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<tr>
<td>Camelot Village VI *</td>
<td>9415 Cady Ave.</td>
<td>402-397-5445</td>
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<tr>
<td>Central Park Tower *</td>
<td>1511 Farnam St.</td>
<td>402-341-5130</td>
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<tr>
<td>Concord Square *</td>
<td>2120 Paul St.</td>
<td>402-934-6104</td>
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<tr>
<td>Corrigan Heights *</td>
<td>5945 S. 39th St.</td>
<td>402-827-8234</td>
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<td>Crown Pointe Retirement Cr.</td>
<td>2820 S. 80th St.</td>
<td>402-391-7555</td>
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<td>DeFreese Manor *</td>
<td>2669 Dodge St.</td>
<td>402-345-0622</td>
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<td>Durham-Booth Manor *</td>
<td>923 N. 38th St.</td>
<td>402-898-5880</td>
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<td>Elk Ridge Village</td>
<td>19303 Seward Plz.</td>
<td>402-763-8692</td>
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<tr>
<td>Elmwood Tower</td>
<td>801 S. 52nd St.</td>
<td>402-558-3161</td>
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<td>Esprit Whispering Ridge</td>
<td>17555 Emmet St.</td>
<td>402-932-7300</td>
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<tr>
<td>Fountain View Retirement Cr.</td>
<td>5710 S. 108th St.</td>
<td>402-596-9033</td>
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<tr>
<td>Grand Reserve</td>
<td>3535 Piney Creek, Elkhorn</td>
<td>402-502-7565</td>
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<tr>
<td>Harmony Court</td>
<td>1802 Wall St., Bellevue</td>
<td>402-291-4200</td>
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<tr>
<td>Harrison Heights Senior Village</td>
<td>7544 Gertrude St., LaVista</td>
<td>1-844-841-7327</td>
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<tr>
<td>Heritage at Legacy</td>
<td>2961 S. 169th Plz.</td>
<td>402-934-2999</td>
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<tr>
<td>Heritage at Sterling Ridge</td>
<td>1111 Sterling Ridge Dr.</td>
<td>402-504-3111</td>
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</tr>
<tr>
<td>Immanuel Courtyard *</td>
<td>6759 Newport Ave.</td>
<td>402-829-2912</td>
</tr>
<tr>
<td>Immanuel Village</td>
<td>6803 N. 68th Plz.</td>
<td>402-829-3220</td>
</tr>
<tr>
<td>J.C. Wade Villa *</td>
<td>3464 Ohio St.</td>
<td>402-333-7373</td>
</tr>
<tr>
<td>Kellogg Gardens *</td>
<td>1111 N. 27th St.</td>
<td>402-934-6104</td>
</tr>
<tr>
<td>Kings Gate Senior Apartments*</td>
<td>7055 Crown Point Ave.</td>
<td>402-571-7910</td>
</tr>
<tr>
<td>Lakeside Village</td>
<td>17475 Frances St.</td>
<td>402-829-9020</td>
</tr>
<tr>
<td>Leo Vaughn Manor *</td>
<td>3325 Fontenelle Blvd.</td>
<td>402-453-6100</td>
</tr>
<tr>
<td>Livestock Commons</td>
<td>4920 S. 30th St.</td>
<td>402-345-8450</td>
</tr>
<tr>
<td>Livingston Plaza *</td>
<td>303 S. 132nd St.</td>
<td>402-330-3995</td>
</tr>
<tr>
<td>Maple Ridge</td>
<td>3525 N. 167th Cir.</td>
<td>402-403-0178</td>
</tr>
<tr>
<td>Meredith Townhomes *</td>
<td>3325 Meredith Ave.</td>
<td>402-614-0414</td>
</tr>
<tr>
<td>Residential Care Homes for Persons with Dementia</td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>An Angel's Touch</strong></td>
<td><a href="http://www.anangelstouchinc.com">www.anangelstouchinc.com</a></td>
<td>(Multiple locations)</td>
</tr>
<tr>
<td><strong>Comfort Care Homes</strong></td>
<td><a href="http://www.cchne.com">www.cchne.com</a></td>
<td>(Multiple locations)</td>
</tr>
<tr>
<td><strong>Compassionate Memory Care</strong></td>
<td><a href="http://www.compassionatememorycare.com">www.compassionatememorycare.com</a></td>
<td>402-616-3230</td>
</tr>
</tbody>
</table>

**Housing: Dementia**

- Residential care homes for persons with dementia

**An Angel's Touch**
- [www.anangelstouchinc.com](http://www.anangelstouchinc.com)
- (Multiple locations)
- 402-672-9580

**Comfort Care Homes**
- [www.cchne.com](http://www.cchne.com)
- (Multiple locations)
- 402-445-4474

**Compassionate Memory Care**
- [www.compassionatememorycare.com](http://www.compassionatememorycare.com)
- 402-616-3230
**HOUSING NAVIGATION SERVICES**  Free consultation and referral to local senior housing and nursing home options. (Some services may be paid a “finders fee” by facilities).

A Place at Home  [http://aplaceathome.com/home](http://aplaceathome.com/home)  402-932-4646
A Place for Mom  [www.Omaha@aplaceformom.com](http://www.Omaha@aplaceformom.com)  1-855-419-3818
Clare Senior Advisors  [www.claresenioradvisors.com](http://www.claresenioradvisors.com)  402-889-6406

**Long Term Care Navigation Service**  HELP Adult Services  402-341-6559 x102
Helps families explore options for long term care placement so they can make the best choice for their loved-one. HELP does not accept “finder’s fee” funding from any facility.  [www.helpadultservices.org/services/long-term-care-navigation](http://www.helpadultservices.org/services/long-term-care-navigation)

**HOUSING RELOCATION**: Organizes and arranges household relocation and downsizing

Caring Transitions  [www.caringtransitions.com](http://www.caringtransitions.com)  402-882-4238
Moving On  [www.movingonomaha.com](http://www.movingonomaha.com)  402-651-2711
Senior Moving Services  [www.seniormovingservices.com](http://www.seniormovingservices.com)  402-445-0996
Senior Shift  [www.seniorshift.com](http://www.seniorshift.com)  402-681-9735
Tender Transitions  [www.tendertransitions.net](http://www.tendertransitions.net)  402-965-9170

**INFORMATION/REFERRAL**

AARP Information Center  1941 S. 42nd St. #220  [www.aarp.org](http://www.aarp.org)  402-398-9568
Eastern Nebraska Office on Aging  [www.enoa.org](http://www.enoa.org)  402-444-6536
Elder Care Locator  [www.eldercare.gov](http://www.eldercare.gov)  1-800-677-1116
Nebraska Aging and Disabilities Resource Center  [www.adrcnebraska.org](http://www.adrcnebraska.org)  1-844-843-6364
United Way “211” Information & Referral Hotline  [www.uway.org/get-help](http://www.uway.org/get-help)  211

**LEGAL ASSISTANCE**: Estate planning, guardianships, powers of attorney, etc.

**ELDER LAW ATTORNEYS**

Mary Buford Wilson  9910 N. 48th St. #109  402-451-1616
Badura & Wintz Law LLC  7602 Pacific St., #300A  402-398-3040
Elder Law of Omaha  3032 S. 87th St.  [www.elderlawomaha.com](http://www.elderlawomaha.com)  402-614-6400
Ronald C. Jensen  Woodman Tower, #1500  [www.bairdholm.com](http://www.bairdholm.com)  402-636-8302
Leroy Peterson  10730 Pacific St., #107  [www.leroypetersonlaw.com](http://www.leroypetersonlaw.com)  402-718-8888
David M. Thompson  1905 Harney St., #600  402-305-4383
FAMILY MEDIATION SERVICES: Legal and Non-Legal Issues
Concord Center www.concord-center.com 4225 N. 90th St. 402-345-1131
“Generations Around the Table” program provides mediation services for family caregivers.
Kathleen Kauth, MS www.ktbeckenterprisesllc.com 515-720-3386

LEGAL SERVICES FOR LOWER INCOME PERSONS
Elder Access Line (Legal Aid of Nebraska) 402-827-5656
www.legalaidofnebraska.org/node/524/accessline%C2%AE-and-elderaccessline%C2%AE

Milton R. Abrams Legal Clinic (Creighton University Law School) 402-280-3068
https://law.creighton.edu/clinics/abrahams-legal-clinic

Omaha Bar Association Lawyer Referral Service 402-280-3603
www.omahalawyerreferral.com

NEBRASKA HEALTH CARE POWER OF ATTORNEY FORM * (Downloadable PDF).

NEBRASKA LIVING WILL FORM * (Downloadable PDF).
http://dhhs.ne.gov/medicaid/Documents/LivingWill.pdf

*These are safe sites. When the warning message appears, click “OK”

MEDICAL AND ASSISTIVE EQUIPMENT: Loaned or free
HELP Adult Services, Health and Medical Equipment Loan Program 402-341-6559
1941 S. 42nd St., #200 (The Center Mall) www.helpadultservices.org

Eastern Nebraska Office on Aging www.enoa.org 402-546-1870
Assistive Technology Partnership www.atp.ne.gov 402-595-1923

MENTAL HEALTH SERVICES: Specialized Geriatric programs
CHI Health Senior Psychiatric Services * 402-717-4673
6901 N. 72nd St. (Heritage Center) www.chihealth.com/senior-mental-health-services

UNMC Geriatric Psychiatry Service * 402-552-6007
730 S. 38th Ave.

Community Alliance www.community-alliance.org 402-341-5128
4001 Leavenworth St. (Serves chronically mentally ill persons & their caregivers)
MENTAL HEALTH HOSPITAL COMMITMENTS


NURSING HOMES:  (# Indicates nursing homes with dementia units)

Ambassador Health of Omaha  1540 N. 72nd St.  402-393-6500
Azria Health at Midtown  910 S. 40th St.  402-342-2015
Azria Health Montclair #  2525 S. 135th Ave.  402-333-2304
Brighton Gardens #  9220 Western Ave.  402-393-7313
Brookestone Meadows  600 Brookestone Meadows Plz.  402-289-2696
Brookestone Village #  4330 S. 144 St.  402-614-4000
Douglas County Health Center  4102 Woolworth Ave.  402-444-7000
Eastern Nebraska Veterans Home #  12505 S. 40th St. Bellevue  402-595-2180
Florence Home Health Care Center  7915 N. 30th St.  402-827-6000
Good Samaritan Home  12856 Deauville Dr., Millard  402-895-2266
Gretna Community Living Center  700 Hwy 6, Gretna  402-332-3446
Hillcrest Country Estates #  6021 Grand Lodge Ave., Papillion  402-885-7000
Hillcrest Health & Rehabilitation Cr.  1702 Hillcrest Dr., Bellevue  402-291-8500
Hillcrest Shadow Lake #  1507 Gold Coast Rd., Papillion  402-339-6010
Immanuel Fontenelle Home #  6809 N. 68th Plz.  402-572-2595
Life Care Center of Elkhorn  20275 Hopper St.  402-289-2572
Life Care Center of Omaha  6032 Ville De Sante Dr.  402-571-6770
Maple Crest Health Center #  2824 N. 66th Ave.  402-551-2110
Nebraska Skilled Nursing & Rehabilitation Cr.  7410 Mercy Rd.  402-397-1220
Omaha Metro Care & Rehabilitation Center  5505 Grover St.  402-558-0225
Omaha Nursing & Rehabilitation Center  4835 S. 49th St.  402-733-7200
Papillion Manor  610 S. Polk St., Papillion  402-339-7700
Ridgecrest Rehabilitation Center #  3110 Scott St.  402-455-6636
Rose Blumkin Jewish Home #  323 S. 132nd St.  402-330-4272
St. Joseph Villa Nursing & Rehabilitation Center  2305 S. 10th St.  402-345-5683
Sorensen Care & Rehabilitation Center  4809 Redman Ave.  402-455-5025
The Lighthouse  17600 Arbor St.  402-829-9070
Valhavan Care & Rehabilitation Center  300 W. Meigs, Valley  402-359-2533

NURSING HOMES:  Information and concerns

On-line Health Inspection Reports for all US nursing homes  www.medicare.gov/nursinghomecompare/search.html

Nebraska Long Term Care Ombudsman  1-800-942-7830
Eastern Nebraska Office on Aging Ombudsman  402-444-6536
NUTRITION

COMMUNITY MEAL SITES: Open Mon - Fri unless otherwise noted.
Adams Park Senior Center (M,W,TH,F) 3230 John Creighton Blvd. 402-444-3237
Bellevue Senior Center (M,T,W,F) 109 W. 22nd Ave. 402-293-3041
Bennington Center (Wed. only) 322 N. Molly St. 402-502-9264
Camelot Friendship Center 9270 Cady Ave. 402-444-3091
Corrigan Senior Center 3819 "X" St. 402-731-7210
Dora Bingel Senior Center 3612 Cuming St. 402-898-5854
Florence Senior Center 2920 Bondesson St. 402-444-6333
Heartland Generations Center 4318 Fort St. 402-553-5300
Immanuel Courtyard (Evening Meal) 6757 Newport Ave. 402-829-2914
Intercultural Senior Center 3010 "R" St. 402-444-6529
LaVista Senior Center (M,W,F) 8116 Park View Blvd. 402-331-3455
Millard-Montclair Center 2304 S. 135th Ave. 402-546-1270
NE Urban Indian Health Coalition (T,W,TH) 2240 Landon Ct. 402-346-0902
Notre Dame Senior Center 3439 State St. 402-451-4477
Papillion Senior Center (T,W,TH) 1001 Limerick Rd. 402-597-2059
Ralston Senior Center 7301 "Q" St. 402-339-4926

DELIVERED MEALS:
Eastern Nebraska Office on Aging www.enoa.org 402-444-6536
Jewish Social Services www.jewishomaha.org/social-services 402-334-6532

LOCAL RESTAURANT FOOD DELIVERY SERVICES:
FoodCaddie https://www.foodcaddie.com 402-504-1100
SkipTheDishes www.SkipTheDishes.com
UberEats https://www.ubereats.com/omaha

MEALS DELIVERED IN BULK:
Seattle Sutton’s Healthy Eating www.seattlesutton.com 1-800-442-3438

PET/COMPANION ANIMAL SERVICES (Some vets and groomers make house calls)
NEBRASKA HUMANE SOCIETY www.nehumanesociety.org 402-444-7800

PAWS TO ANGELS 11718 W. Dodge Rd. www.pawstoangels.net 402-507-0585
Offers pet cremation, funeral and memorial services. Also offers individual and group counseling/support for those grieving the loss of a pet.
PHYSICIANS: GERIATRICIANS  Specialists in care for older adults

UNIVERSITY OF NEBRASKA MEDICAL CENTER - GERIATRIC MEDICINE CLINIC
730 S. 38th Ave.  http://unmc.edu/homeinsteadcenter  402-559-9600
Jane Potter, MD  Elizabeth Harlow, MD  Thuy Koll, MD
William Lyons, MD  Joseph Hejkal, MD  Karina Bishop, MD
Sara Wolfson, APRN  Tonya McLeay, APRN  Colleen Lee, APRN

NEBRASKA MEDICINE - FAMILY MEDICINE CLINIC
Timothy Malloy, MD  4400 Emilie Sts. (Durham Outpatient Center)  402-559-7200
Clarkson Family Medicine Clinic  4200 Douglas St.  402-552-3222

GERIATRICIANS IN THE COMMUNITY
Brenda K. Keller, MD  Methodist Physicians Clinic  10060 Regency Cir.  402-354-1500
Abel Cruz, MD  Methodist Physicians Clinic  8901 W. Dodge Rd.  402-354-8600
Susan G. Scholer, MD  Think Whole Person Health Care  402-506-9115
7100 W. Center Rd.  www.thinkhealthcare.org

PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY (PACE)
5755 Sorensen Parkway  www.immanuelcommunities.com/pathways
402-991-0330

A private, managed-care program offering medical, dental & home health care; physical & occupational therapy, coverage for prescription medications, medical transportation, nutritional counseling, social services and a recreation & activities center. Services are free to Nebraska Medicaid recipients. Persons who are not financially eligible for Medicaid will be charged a monthly premium. Person must be at least 55 years old and reside independently.

PRESCRIPTION MEDICATIONS

DISPOSING OF OUTDATED/UNWANTED PRESCRIPTION DRUGS: The Nebraska Meds Coalition has a searchable website to locate Nebraska pharmacies that will accept and properly dispose of unwanted medications free of charge.  www.nebraskameds.org

MEDICARE PRESCRIPTION DRUG PLANS
All Medicare beneficiaries qualify for optional coverage of some medication costs through plans offered by insurance companies. Plans vary according to premiums, co-payments, medications that will be covered and participating pharmacies. For more information, call Volunteers Assisting Seniors at 402-444-6617, or go online at  www.medicare.gov

MAIL ORDER AND INTERNET PHARMACIES
PRESCRIPTION MEDICINES FOR UNINSURED OR UNDERINSURED PERSONS
Rx Outreach  http://rxoutreach.org  is a non-profit organization that provides affordable mail-order prescription and generic medications to persons in need.  1-800-796-1234

PATIENT ASSISTANCE PROGRAMS
Most pharmaceutical companies have Patient Assistance Programs that provide medications free of charge to physicians who apply on behalf of their lower-income patients. Contact your pharmacist for information, or go on line at  www.pparx.org  or  www.benefitscheckup.org

MEDICATION DISPENSING/REMINDER SYSTEMS  (Locked, with reminder signals)
Visiting Nurse Association  www.thevnacares.org  402-342-5566
The Alzheimer’s Store  www.alzstore.com  1-800-752-3238

RECREATIONAL/EDUCATIONAL PROGRAMS: Activities for older adults

OMAHA PARKS & RECREATION  https://parks.cityofomaha.org/
Adams Park Community Center  3230 John Creighton Blvd  402-444-5164
A.V.Sorensen Community Center  4808 Cass St.  402-444-5596
Benson Community Center  6008 Maple St.  402-444-5184
Camelot Community Center  9270 Cady Ave.  402-444-5972
Christie Heights Community Center  5105 S. 37th St.  402-444-5081
Columbus Park Community Center  1515 S. 24th St.  402-444-4111
Common Ground Community Center  1701 Veterans Dr. Elkhorn  402-289-0451
Florence Community Center  2920 Bondesson St.  402-444-5216
Mockingbird Hills Community Center  10242 Mockingbird Dr.  402-444-6103
Montclair Community Center  2304 S. 135th Ave.  402-444-4956
Pipal Park Community Center  7770 Hascall St.  402-444-5140
Saddlebrook Community Center  14850 Laurel Ave.  402-932-1080
Sherman Community Center  5701 N. 16th St.  402-444-5673
Salvation Army Kroc Center  2825 Y St.  402-905-3500
Dora Bingel Senior Activities Center  923 N. 38th St.  402-898-5854
YMCA (Multiple Locations)  www.metroymca.org/

UNMC EngAge WELLNESS PROGRAM  402-552-7210
730 S. 38th Ave.  (Home Instead Center for Successful Aging)  www.unmc.edu/homeinsteadcenter/wellness/participation.html

OMAHA COMPUTER USERS GROUP  402-333-6529
Organization dedicated to helping older adults develop and improve computer skills. Meets The 3rd Saturday of each month, 10am-12pm at Abrams Library, 5111 N. 90th St.

SENIOR CYBER SOCIETY  Do Space – 7205 Dodge St.  402-819-4022
Informal group that meets every Wednesday, 9:00 am – 12:00 pm. Volunteers teach and mentor older adults in computer skills. Do Space membership is free. www.dospace.org

RESPITE SERVICES  (see also: COMPANIONS/FRIENDLY VISITORS)
HELP Adult Services  www.helpadultservices.org  402-341-6559
Respite Across The Lifespan [www.unmc.edu/mmi/about/ucedd/respite.html 402-559-5732]

* Assisted living facilities and nursing homes may also provide short-term, respite stays.

**SUPPORT / EDUCATION / SELF-HELP GROUPS**

**ALCOHOLICS ANONYMOUS** [www.omahaaa.org 402-556-1880]
**AL ANON (Families of alcoholics)** [http://nebr-al-anon-alateen.org 402-553-5033]
**ALZHEIMER'S DISEASE/DEMENTIA** [www.alz.org/nebraska 402-502-4301]

**CANCER (All forms)** American Cancer Society 402-393-5800
On-line support services [http://csn.cancer.org][www.cancer.org]

For information on current community support groups for specific types of cancer, contact the American Cancer Society, and the health organizations listed below:

CHI Health-Bergan Mercy 402-717-2273
CHI-Immanuel Medical Center 402-717-2273
Methodist Estabrook Cancer Center 402-354-4673
Nebraska Medicine Department of Social Work 402-559-4420

**CROHN'S DISEASE & COLITIS** [www.ccfa.org/chapters/iowanebraska 402-505-9901]

**DEBTORS ANONYMOUS** [www.debtorsanonymous.org 1-800-421-2383]

**DEPRESSION & BIPOLER DISORDERS** [http://omahanewhope.com 402-502-4673]

**DIABETES** Diabetes Education Center of the Midlands 1-800-779-3374
[www.diabetes-education.com]
CHI Health-Midlands & Bergan Mercy 402-717-3422

**EPILEPSY** Life Innovations for Epilepsy 402-557-8708

**FAMILY CAREGIVERS** [www.seniorcaregiversupport.com 1-844-383-2273]

**GAMBLERS ANONYMOUS** [www.gamblersanonymous.org]

**GRIEF/BEREAVEMENT:**
Grief Share [www.griefshare.org 1-800-395-5755]
Compassionate Friends (Loss of a child of any age) 402-571-4011
[http://tcfomaha.org]

The Centering Corporation 7230 Maple St. [www.centering.org 402-553-1200]
Local chapters of disease-specific organizations also provide support group information. Online blogs, webinars and support groups are increasingly popular. The United Way of the Midlands keeps an updated list of local support groups. Dial 211 for their information line, or log on to [www.ne211.org](http://www.ne211.org).

**TRANSPORTATION:** Non-emergency public & private & subsidized transportation services.

- **Omaha City Bus**  (Half-price fare for elderly/disabled. Application needed)  402-341-0800  
  [www.ometro.com/?s=Elderly%2FDisabled%2FMedicare](http://www.ometro.com/?s=Elderly%2FDisabled%2FMedicare)

- **Moby/ADA Paratransit**  (Wheelchair accessible vans. Application needed)  402-341-0800  

- **Bellevue Specialized Transportation Service**  402-293-3138  
  [www.bellevue.net/departments/human-services/programs#specialized-transportation](http://www.bellevue.net/departments/human-services/programs#specialized-transportation)

- **LaVista/Ralston Special Services Van**  402-657-3550  

- **Papillion Special Services Van**  402-680-3970  
  [www.papillion.org/640/Special-Transportation-Services](http://www.papillion.org/640/Special-Transportation-Services)

- **GoGo Grandparents**  [https://gogograndparent.com](https://gogograndparent.com)  1-855-464-6872  
  Program that allows family caregivers to pre-arrange rides through Uber and Lyft for their older relatives, and monitor status from pickup to drop off via text message and phone calls.

- **Eastern Nebraska Office on Aging**  [http://enoa.org/?page_id=15](http://enoa.org/?page_id=15)  1-888-210-1093  
  Rural Transportation Program provides accessible van transport to older residents of Sarpy and rural Douglas Counties within those counties and to/from Omaha and Lincoln.

- **Share-A-Fare, Inc.**  [www.shareafare.org](http://www.shareafare.org)  402-827-9814  
  Subsidized cab fare for visually impaired. Application needed.

- **American Cancer Society**  (Limited free cab rides to/from cancer treatments)  402-393-5800
Many home care agencies allow workers to transport a client in the client’s own vehicle.

**VISUAL IMPAIRMENTS:** Devices, training and services

- **Eye Care America**  
  www.aao.org/eyecare-america  
  Referral to eye doctors providing free/low cost care
- **Low Vision Products & Large Print Items**  
  Independent Living Aids, Inc.  
  www.independentliving.com  
  1-800-537-2118

- **Outlook Nebraska Education & Training Center**  
  4125 S. 72nd St.  
  www.outlooknebraska.org  
  Education and training in adaptive equipment for visually-impaired people of all ages.

- **Nebraska Commission for the Blind and Visually Impaired**  
  1313 Farnam on the Mall, Omaha  
  www.ncbvi.ne.gov  
  402-595-2041

- **Share-A-Fare**  
  www.shareafare.org  
  402-827-9814  
  Subsidized taxi fares for visually-impaired persons.

**TALKING BOOKS, LARGE-PRINT MATERIALS AND READING SERVICES**

- **Nebraska Library Commission**  
  http://nlc.nebraska.gov/tbbs  
  1-800-742-7691
- **Radio Talking Book Service**  
  www.rtbs.org  
  402-572-3003

- **Weigel-Williamson Center for Visual Rehabilitation**  
  704 S. 38th Ave.  
  www.unmc.edu/lowvision  
  402-559-2463  
  Evaluation, adaptive equipment and training.

**VOLUNTEER AND EMPLOYMENT OPPORTUNITIES FOR OLDER ADULTS**

- **EASTERN NEBRASKA OFFICE ON AGING**  
  http://enoa.org  
  402-444-6536
- **Respite Care Program**  
  **Foster Grandparent Program**  
  **Home Delivered Meals**  
  **Ombudsman Program**  
  **Retired Senior Volunteer Program**  
  **Senior Companion Program**

- **Community 360**  
  www.community-360.org  
  402-556-8032  
  Friendly visitors for nursing home residents

- **Service Corps of Retired Executives (SCORE)**  
  www.omaha.score.org  
  402-221-3606  
  Retired executives help & mentor new business owners

- **United Way of the Midlands**  
  www.unitedwaymidlands.org/ways-to-engage/volunteer

- **Volunteers Assisting Seniors (VAS)**  
  http://vas-nebraska.com  
  402-444-6617
MISCELLANEOUS

CAREGIVER CALENDARS
Interactive “Help Calendars” help family members to schedule/coordinate care tasks. A caregiver can post updates and tasks that require help. Other family members can easily see and volunteer for specific duties. Reminders are sent so that no one forgets their commitments.

http://carecalendar.org
www.alz.org/care/alzheimers-dementia-care-calendar.asp

FINANCIAL MANAGEMENT & OVERSIGHT
Pinecone Partners, LLC www.PineconePartners.com 402-968-5981

Pinecone Partners, LLC employs experts in legal affairs and accounting to provide the following services to vulnerable individuals and caregivers: routine financial management/bill pay, filing & oversight of insurance claims, preparing court-required asset and financial reports and inventory of all client assets for estate planning purposes.

MAIL/TELEPHONE SOLICITATIONS - To reduce or stop these
Mail Preference Service www.dmaconsumers.org/offmailinglist.html
Telephone Preference Service www.dmaconsumers.org/offtelephonelist.html
Federal Government “Do Not Call” Registry www.donotcall.gov 1-888-382-1222

TELEPHONE SERVICE REBATES www.psc.nebraska.gov 1-800-526-0017
The Nebraska Telephone Assistance Program (NTAP) can provide lower-income persons a monthly credit of $12.75 for phone service. Applications are available on line or by phone.

TRASH & RECYCLING BIN PICKUP FROM THE DOOR 402-444-5238
Elderly or disabled persons can designate a special pick up spot near their house if they cannot physically move cans/bin to the curb. Application and medical statement required.

UTILITY SHUT-OFF NOTICES Copies of shut off notices can be sent to the caregiver of an elderly person who fails to pay utility bills. Contact Utility business offices.

********************************************************************************************
The Community Resource List for Older Adults and Caregivers is intended as a comprehensive and timely directory of services for older adults and their family caregivers in Douglas and Sarpy Counties. It is not an endorsement of any particular program or service listed. The information herein is gleaned from public sources, such as telephone books, brochures, newspaper articles and advertisements. We accept no responsibility for the quality of services provided by any resource listed.

The Community Resource List for Older Adults and Caregivers is updated at least once annually and may be duplicated with proper acknowledgement. You may download and print a copy of this and other patient education documents from our Internet web site: http://unmc.edu/homeinsteadcenter Click on MENU TAB at the top of the page, and then click the HEALTH EDUCATION link.