COMMUNITY RESOURCE LIST FOR OLDER ADULTS AND CAREGIVERS
OMAHA/DOUGLAS COUNTY:  July  2005

Compiled by:     Susan V. Murray, MSW, CMSW
Section of Geriatrics & Gerontology
University of Nebraska Medical Center

ABUSE/NEGLECT
ADULT PROTECTIVE SERVICES  595-3474
DOMESTIC VIOLENCE HOTLINE (Y.W.C.A.)  345-7273

ADULT DAY CARE
EDGEWOOD VISTA ADULT DAY  333-5749
17620 Poppleton Ave.    www.edgewoodvista.com

FRANCISCAN ADULT DAY CENTER  393-2113
900 N. 90th St.    (New Cassel Retirement Center)

FRIENDSHIP PROGRAM, INC.  393-6911
7315 Maple St.

OMAHA OOIC ADULT DAY CARE CENTER  457-4222
2724 N.  24 St.

SARAH CARE ADULT DAY SERVICES  496-3379
3615 N. 129 St.

ALZHEIMER'S ASSOCIATION, MIDLANDS CHAPTER  572-3010
www.midlandalz.org

ALZHEIMERS DISEASE:  Information, Services and Support:

ALZHEIMER'S ASSOCIATION, MIDLANDS CHAPTER  572-3010
www.midlandalz.org

CARE MANAGERS:  (Help to Identify/Access Care Resources)

CARE SEEKERS  491-0666
www.care-seekers.com
7701 Pacific St.  #105

EASTERN NEBRASKA OFFICE ON AGING  444-6444
www.enoa.org
4223 Center St.

ELDER LIFE CONSULTANTS  330-3079
www.elderlifeconsultants.com
11620 Arbor St. Ste. #200

QUALITY SOLUTIONS  333–2543
11448 Frances St.
COUNSELORS SPECIALIZING IN OLDER CLIENTS AND FAMILY CAREGIVERS

DENNIS McNEILLY, MA, Ph.D  515 S. 26th St.  354-6830
Nebraska Medical Center, Geriatric Psychiatry Service

HEARTLAND FAMILY SERVICE  www.heartlandfamilyservice.org  553-3000
Geriatric Counseling Program

DISEASE-RELATED ORGANIZATIONS

AMERICAN CANCER SOCIETY  www.cancer.org  393-5800
AMERICAN DIABETES ASSOCIATION  www.diabetes.org  (800) 342-2382
AMERICAN HEART ASSOCIATION  www.americanheart.org  346-0771
AMERICAN LUNG ASSOCIATION  www.lungnebraska.org  572-3030
AMERICAN PARKINSON'S DISEASE ASSN.  www.apdaparkinson.org  449-4535
AMERICAN TINNITUS ASSOCIATION  www.ala.org  (800) 634-8978
ARTHITIS FOUNDATION  www.arthritis.org  330-6130
ASSOCIATION FOR MACULAR DISEASES  www.macula.org  (212) 605-3719
EPILEPSY ASSOCIATION OF NEBRASKA  www.epilepsy.org  558-7383
MUSCULAR DYSTROPHY ASSOCIATION  www.mdausa.org  390-2914
(all neuromuscular diseases)
NATIONAL APHASIA ASSOCIATION  www.aphasia.org  (800) 922-4622
NATIONAL OSTEOPOROSIS FOUNDATION  www.nof.org  (202) 223-2226
NEBRASKA KIDNEY FOUNDATION  www.kidneyne.org  572-3180
NEBRASKA POLIO SURVIVORS ASSOCIATION  www.dep.nof.org  341-0710
NEBRASKA STROKE FOUNDATION  www.nsf.itgo.com  331-9401

DRIVING CONCERNS

DRIVER ASSESSMENT PROGRAMS  572-2275
IMMANUEL MEDICAL CENTER
(Examines visual acuity, knowledge, motor skills and does in-car testing)

CREIGHTON UNIVERSITY MEDICAL CENTER  449-4248
(Examines visual, motor and cognitive skills. No in-car testing done)

DRIVING SKILLS REFRESHER COURSES
"COACHING THE MATURE DRIVER"  Safety & Health Council  896-6332
"55-LIVE"  AARP  398-9568
‘ROADWISE REVIEW”(A Self-Test CD-ROM from AAA of Nebraska)  390-1000

HANDICAP PARKING PERMITS  444-7103
c/o County Treasurer’s Offices (multiple locations)

TO REPORT AN UNSAFE DRIVER:  end a signed letter stating specific concerns to:

NEBRASKA DEPARTMENT OF MOTOR VEHICLES  Attention: Examining Division
P.O. Box 94726
Lincoln, NE. 68509
**FINANCIAL HELP**

NEBRASKA DEPT. OF HEALTH AND HUMAN SERVICES  [www.hhs.state.ne.us](http://www.hhs.state.ne.us)
Info/referral; Financial/medical assistance; Food stamps  595-3400
Emergency/Energy Assistance  595-3608

SOCIAL SECURITY ADMINISTRATION  [www.ssa.gov](http://www.ssa.gov)
7100 West Center Rd., Suite 200  399-8963

VETERANS SERVICES (Douglas County)  [www.va.gov](http://www.va.gov)
444-7180

HEATING/COOLING BILL SUBSIDY  (American Red Cross)  343-7700
Subsidies for lower income persons to pay heating/cooling bills/deposits, and to repair furnaces, stoves/electric heaters, heat pumps, and air conditioners.

UTILITY BILL SUBSIDY PROGRAMS
- State of Nebraska Health and Human Service  595-3608
- Salvation Army  898-5966
- GOCA (Greater Omaha Community Action)  453-5656
- United Way  444-6666

**GERIATRIC ASSESSMENT PROGRAMS**: Comprehensive health/cognitive evaluations

GERIATRIC ASSESSMENT PROGRAM  [http://geriatrics.unmc.edu](http://geriatrics.unmc.edu)
University Hospital, Nebraska Medical Center  559-7515

GERIATRIC EVALUATION & MANAGEMENT CLINIC  346-8800 ext. 4803
4101 Woolworth Ave. (Veterans Administration Medical Center)

GERIATRIC EVALUATION & MANAGEMENT SERVICE  354-3152
8303 Dodge St. (Nebraska Methodist Hospital)

**HEALTH & FITNESS PROGRAMS**: Health promotion, exercise, senior discounts, etc.

IMMANUEL AGE WELL SENIOR SERVICES  [www.ihsi.org](http://www.ihsi.org)
829-3220

METHODIST HEALTH SYSTEM “55-PLUS” PROGRAM  354-7587

NEBRASKA MEDICAL CENTER HEALTH & WELLNESS CLUB  (800) 922-0000

AQUATIC EXERCISE PROGRAMS FOR SENIORS
- Mockingbird Hills Indoor Pool  10242 Mockingbird Dr.  444-6103
- Montclair Community Center Indoor Pool  2304 S. 135th Ave.  546-1270
- Immanuel Age Well Centers  17475 Frances St.  932-9512

CITY OF OMAHA PARKS & RECREATION PROGRAMS (Multiple sites)  444-5440

YMCA/ YWCA. (Multiple locations)
(Most local shopping malls and the Henry Doorly Zoo open before regular business hours for early morning walkers)
HEALTH MAINTENENCE CLINICS:  Multiple locations

EASTERN NEBRASKA OFFICE ON AGING 444-6444
(Weights/blood pressures, foot/nail care, injections, and health evaluations by appointment.)

HEARING IMPAIRMENTS: Programs and Services

NEBRASKA COMMISSION FOR THE DEAF/HARD OF HEARING 595-3991
(Has a hearing aid bank that repairs/distributes used hearing aids free to low-income elderly)

SELF-HELP FOR HARD-OF-HEARING PEOPLE www.hearingloss.org 554-1543
(Can also be contacted through the Nebraska Commission for the Deaf/Hard of Hearing)

HOME HEALTH SERVICES: Nurses, aides, therapists, sitters, etc.

ASERA CARE HOME HEALTH 397-0211
ALEGENT HEALTH HOME CARE 898-8000
ALL MIDLANDS HEALTH SERVICE 391-5554
BERGAN MERCY HOME HEALTH 334-0316
CARE CONSULTANTS FOR THE AGING 398-1848
CARING HANDS HOME CARE 933-7552
FIRST CHOICE HEALTH CARE 397-8330
GENTIVA HEALTH SERVICES www.gentiva.com 593-1300
INTERIM HEALTH CARE SERVICES www.interimhealthcare.com 392-1818
INTREPID USA MEDICAL SERVICES 393-8064
KELLY HOME CARE SERVICES www.kellyhomecare.com 334-0605
METHODIST HOME HEALTH 354-3200
MIDLANDS HOME HEALTH 827-4800
NURSE PROVIDERS 399-1700
RIGHT AT HOME 697-7537
ST. JOSEPH VILLA HOME HEALTH CARE 926-4444
VISITING NURSE ASSOCIATION 342-5566
VITALCARE HOME HEALTH 502-3665

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

"BRUSH-UP NEBRASKA" (free exterior house painting) 444-6666
"REBUILDING TOGETHER" (free painting/remodeling/repair) 965-9201
EASTERN NE OFFICE ON AGING HANDYMAN PROGRAM 444-6444
HOME ACCESS SOLUTIONS (home modifications) 291-9514
LEAGUE OF HUMAN DIGNITY (home/vehicle modifications) 595-1256
NEBRASKA WEATHERIZATION ASSISTANCE PROGRAM 342-1611
(Insulation, calking, window/door repair/replacement, heating/cooling system tune-ups for lower-income homeowners)

HOME SERVICES: Non-medical  (Fee for service unless otherwise noted)

BEAUTY/BARBER SERVICES IN THE HOME Attitudes To Go 592-0476
COMPANIONS, MEAL PREPARATION, HOUSEKEEPING, ERRANDS, etc.

At Your Service/Errands Inc. (Errands/house sitting) 393-9922
At Home Assistance 320-6480
Care Consultants for the Aging www.careconsultants.com 398-1848
Caring For People Services www.caringforpeopleservices.com 334-6900
Caring Hands 431-1690
Caring Network, Inc. 573-8031
Caring Partners 968-8642
Comfort Keepers www.comfortkeepers.com 991-9880
Custom Care 320-3700
Desert Ministries (Volunteer) 556-8032
Encircle 558-2000
Home Instead Senior Care www.homeinstead.com 498-3444
Home Helpers 933-6095
Home Life Senior Care 333-3378
Kind Hearts 339-7727
Little Brothers - Friends Of The Elderly (Volunteer Visitors) 884-6641
Right At Home 697-7537
Senior Help Program (ENOA) (Volunteer) 444-6536

GROCERY DELIVERY (Limited areas)
Broadmoor Market 8722 Pacific St. 391-0312
Hy Vee Supermarket 5150 Center St. 553-2664
Wohlner Grocery 5205 Leavenworth St. 551-6875

SAFETY
Telephone Reassurance Service (Salvation Army) (Volunteer) 898-5937
Lifeline Emergency Response System (Alegent Health System) 829-3277
(METHODIST HEALTH SYSTEM) 354-3200
Health Watch Personal Response System (VNA) 342-5566
Response Link Personal Response System 740-0650
Free Furnace Checks (ENOA) 444-6444

HOUSING: Apartment complexes and retirement communities for older adults. * notes assisted living facilities; # notes facilities with special services for those with dementia.

THE ARBORETUM 8141 Farnam Dr. 391-7573
BEN VIEW APARTMENTS Bennington, NE 444-6203
BICKFORD COTTAGE * 11308 Blondo St. 491-0400
BICKFORD COTTAGE II * 7337 Hickory St. 391-3000
BLOOMFIELD FORUM 9804 Nicholas St. 390-9991
BRIGHTON GARDENS *# 9220 Western Ave. 393-7313
CAMELOT VILLAGE 9415 Cady Ave. 397-5445
CENTRAL PARK TOWER 1511 Farnam St. 341-5130
CORRIGAN HEIGHTS 5945 S. 39th St. 592-5760
CROWN POINT 2820 S. 80 St. 391-7555
DEFREESE MANOR 2669 Dodge St. 345-0622
DOUGLAS COUNTY HEALTH CENTER * 4102 Woolworth Ave. 444-7000
DURHAM-BOOTH MANOR 923 N. 38th St. 898-5880
FLORENCE HOME RESIDENCE * 7915 N. 30th St. 827-6000
FOUNTAIN VIEW * 5710 S. 108 St. 596-9033
HICKORY VILLA * 7315 Hickory St. 392-0767
IMMANUEL COURTYARD * 6757 Newport Ave. 829-2912
<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>IMMANUEL LAKESIDE TERRACE *</td>
<td>17475 Frances St.</td>
<td>932-9500</td>
</tr>
<tr>
<td>IMMANUEL LAKESIDE VILLAGE</td>
<td>17475 Frances St.</td>
<td>932-9500</td>
</tr>
<tr>
<td>IMMANUEL TERRACE *</td>
<td>6801 N. 67th Plz.</td>
<td>829-3220</td>
</tr>
<tr>
<td>IMMANUEL VILLAGE</td>
<td>6803 N. 68th Plz.</td>
<td>829-3220</td>
</tr>
<tr>
<td>J.C. WADE APARTMENTS</td>
<td>3400 Ohio St.</td>
<td>391-7260</td>
</tr>
<tr>
<td>KINGS GATE SENIOR APARTMENTS</td>
<td>7055 Crown Point Ave.</td>
<td>571-7910</td>
</tr>
<tr>
<td>LA BONNE VIE</td>
<td>60th &amp; Ville de Sante Dr.</td>
<td>592-5760</td>
</tr>
<tr>
<td>LA BONNE VIE</td>
<td>94th &amp; Park Dr.</td>
<td>592-5760</td>
</tr>
<tr>
<td>LEO VAUGHN MANOR</td>
<td>3325 Fontenelle Blvd.</td>
<td>453-1070</td>
</tr>
<tr>
<td>LINDENWOOD NURSING HOME *</td>
<td>910 S. 40th St.</td>
<td>342-2015</td>
</tr>
<tr>
<td>LIVINGSTON PLAZA</td>
<td>303 S. 132nd St.</td>
<td>330-3995</td>
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<tr>
<td>MARQUIS PLACE ASSISTED LIVING *</td>
<td>20800 W. Maple Rd.</td>
<td>289-9229</td>
</tr>
<tr>
<td>MASONIC MANOR</td>
<td>801 S. 52nd St.</td>
<td>558-3161</td>
</tr>
<tr>
<td>MILLARD MANOR</td>
<td>12835 Deauville Dr.</td>
<td>896-2319</td>
</tr>
<tr>
<td>NEW CASSEL RETIREMENT CR.*</td>
<td>900 N. 90th St.</td>
<td>393-2277</td>
</tr>
<tr>
<td>NORTH ACRES</td>
<td>5449 N. 108th St.</td>
<td>444-6203</td>
</tr>
<tr>
<td>OAK VALLEY APARTMENTS</td>
<td>12424 Krug Ave.</td>
<td>333-9888</td>
</tr>
<tr>
<td>OMAHA HOUSING AUTHORITY HIGH-RISE APARTMENTS</td>
<td></td>
<td>444-6900</td>
</tr>
<tr>
<td>PACIFIC SPRINGS VILLAGE</td>
<td>805 s 173rd Court</td>
<td>691-8434</td>
</tr>
<tr>
<td>PAPIO VALLEY APARTMENTS</td>
<td>81st &amp; Blondo Sts.</td>
<td>592-5760</td>
</tr>
<tr>
<td>PARK EAST TOWER</td>
<td>539 S. 26th Ave.</td>
<td>345-3168</td>
</tr>
<tr>
<td>PARSONS HOUSE *#</td>
<td>14325 Eagle Run Dr.</td>
<td>498-9554</td>
</tr>
<tr>
<td>REMINGTON HEIGHTS *</td>
<td>12606 W. Dodge Road</td>
<td>493-5807</td>
</tr>
<tr>
<td>ROYALE OAKS *</td>
<td>4801 N. 52nd St.</td>
<td>827-6060</td>
</tr>
<tr>
<td>ST. JOSEPH TOWER *</td>
<td>2205 S. 10th St.</td>
<td>952-5000</td>
</tr>
<tr>
<td>SEVEN OAKS OF FLORENCE</td>
<td>3501 State St.</td>
<td>451-4477</td>
</tr>
<tr>
<td>SILVERCREST *</td>
<td>11909 Miracle Hills Dr.</td>
<td>431-0011</td>
</tr>
<tr>
<td>SILVERCREST AT FOUNTAINVIEW *</td>
<td>5728 S. 108 St.</td>
<td>537-0544</td>
</tr>
<tr>
<td>SKYLINE MANOR &amp; VILLA *</td>
<td>7300 Graceland Dr.</td>
<td>572-5761</td>
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<tr>
<td>SORENSEN ASSISTED LIVING CR *</td>
<td>4809 Redman Ave.</td>
<td>455-5025</td>
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<tr>
<td>SOUTHVIEW HEIGHTS *</td>
<td>5110 S. 49th St.</td>
<td>731-2118</td>
</tr>
<tr>
<td>SUNRIDGE VILLAGE</td>
<td>13410 Blondo St.</td>
<td>496-0116</td>
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<tr>
<td>VALLEY HEIGHTS/VALLEY VIEW</td>
<td>Valley, NE.</td>
<td>444-6203</td>
</tr>
<tr>
<td>VIA CHRISTE *#</td>
<td>3636 California St.</td>
<td>551-5557</td>
</tr>
<tr>
<td>WALNUT GROVE</td>
<td>4901 S. 153 St.</td>
<td>861-1611</td>
</tr>
<tr>
<td>WESTGATE ASSISTED LIVING *</td>
<td>3030 S. 80th St.</td>
<td>391-8566</td>
</tr>
<tr>
<td>WESTMINSTER COURT</td>
<td>7323 Shirley St.</td>
<td>392-1542</td>
</tr>
<tr>
<td>WOODGATE</td>
<td>7800 Vane St.</td>
<td>444-6203</td>
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</tbody>
</table>

**HOUSING (DEMENTIA):** Residential homes for persons with dementia

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>AN ANGEL’S TOUCH</td>
<td>11405 Farnam Cir./1113 N. 85 St.</td>
<td>697-0033</td>
</tr>
<tr>
<td>BETTY’S HOUSE</td>
<td>8001 Maple St.</td>
<td>341-8228</td>
</tr>
<tr>
<td>EDGEGWOOD VISTA</td>
<td>17620 Poppleton Ave.</td>
<td>333-5749</td>
</tr>
<tr>
<td>COMFORT CARE HOMES</td>
<td>(Multiple locations)</td>
<td>445-4474</td>
</tr>
</tbody>
</table>

(*See also **HOUSING** and **NURSING HOMES**)
HOUSING RELOCATION: Helps find appropriate housing for an older adult

A PLACE FOR MOM         www.aplaceformom.com         (712) 566-3211
CARE CONSULTANTS FOR THE AGING   www.careconsultants.com   398-1848
TENDER TRANSITIONS    www.tendertransitions.net       965-9170

HOME ACCESS SOLUTIONS     www.homeaccesssolutions.com      291-9514
(A realtor who helps with purchase/sale/modification of homes for older and disabled persons)

INFORMATION/REFERRAL

AARP INFORMATION CENTER     1941 S. 42 St.     www.aarp.org       398-9568
CHILDREN OF AGING PARENTS   www.caps4caregivers.org   (800) 227-7294
EASTERN NEBRASKA OFFICE ON AGING   www.enoa.org 444-6444
ELDER CARE LOCATOR         www.eldercare.gov         (800) 677-1116
NEBRASKA DEPT. OF INSURANCE SENIOR HEALTH INSURANCE INFORMATION PROGRAM (SHIP) www.doi.ne.gov/shiip/index.htm (800) 234-7119
UNITED STATES ADMINISTRATION ON AGING     www.aoa.gov       (202) 609-0724

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

ELDER LAW ATTORNEYS
Mary Buford Wilson    9910 N. 48th St. #109        451-1616
DeLila Bergan        3917 N. 113 Circle                496-6184
James Reisinger      5017 Leavenworth                   451-4488
William E. Seidler, Jr. 10050 Regency Cir., #525    397-3801

FAMILY MEDIATION SERVICES  (Legal and Non-Legal Issues)
The Concord Center 3861 Farnam St.               345-1131
www.concord-center.com

Omaha Bar Association Mediation Referral Service 280-3603

LEGAL SERVICES FOR LOWER INCOME PERSONS
Legal Aid Society 500 S. 18th St. (800) 642-2521
Creighton University Law School Legal Clinic 280-3068

OMAHA BAR ASSOCIATION
Lawyer Referral Service 280-3603

VOLUNTEER CONSERVATORS
Volunteers Intervening for Equity (VIE) 4601 S. 50th St. #213 444-6617
(VIE also provides help with legal and insurance issues)

MEDICAL EQUIPMENT: Loaned or free

NEBRASKA HOTLINE FOR DISABILITY SERVICES (800) 742-7594
(Info/referral/purchase/training for assistive devices & services)

PRESBYTERIAN OUTREACH, INC. 341-6559
MENTAL HEALTH SERVICES: Specialized Geriatric programs

ALEGENT HEALTH SENIOR PSYCHIATRIC SERVICES
6901 N. 72nd St. (Heritage Center) 572-2534

NEBRASKA MEDICAL CENTER GERIATRIC PSYCHIATRY SERVICE
515 S. 26th St. 354-6380

NURSING HOMES: (# Nursing homes with dementia units)

THE AMBASSADOR 1540 N. 72nd St. 393-6500
BROOKESTONE # 4330 S. 144 St. 614-4000
DOUGLAS COUNTY HEALTH CARE CENTER 4102 Woolworth Ave. 444-7000
ECHO HILLS HEALTH CARE CENTER 4835 S. 49th St. 733-7200
FLORENCE HOME 7915 N. 30th St. 827-6000
HALLMARK CARE CENTER 5505 Grover St. 558-0225
IMMANUEL FONTENELLE HOME # 6901 N. 72nd St. 572-2595
INFINIA OF OMAHA 3110 Scott Circle 455-6636
LIFE CARE CENTER OF ELKHORN # 315 Hopper St. 289-2572
LIFE CARE CENTER OF OMAHA 6032 Ville De Sante Dr. 571-6770
LINDENWOOD NURSING HOME 910 S. 40th St. 342-2015
LUTHERAN NURSING HOME 530 S. 26th St. 346-3344
MAPLE CREST CARE CENTER 2824 N. 66th Ave. 551-2110
MILLARD GOOD SAMARITAN CENTER # 12856 Deauville Dr. 895-2266
MONTCLAIR NURSING CENTER # 2525 S. 135th Ave. 333-2304
NEBRASKA SKILLED NURSING/REHAB CR. 7410 Mercy Road 397-1220
ROSE BLUMKIN JEWISH HOME 323 S. 132nd St. 330-4272
SKYLINE HEATH CENTER 7350 Graceland Dr. 572-5750
ST. JOSEPH VILLA # 2305 S. 10th St. 345-5683
SORENSEN HEALTH CARE CENTER 4809 Redman Ave. 455-5025
THOMAS FITZGERALD VETERAN'S HOME # 15345 W. Maple Rd. 595-2180
VAL HAVEN NURSING CENTER 300 W. Meigs (Valley) 359-2533

NURSING HOMES: Information and concerns

HEALTH DEPT. INSPECTION REPORTS ON-LINE (All US nursing homes)
www.medicare.gov

NEBRASKA DIVISION OF AGING: Statewide Ombudsman (402) 471-2307

NEBRASKA DEPARTMENT OF HEALTH & HUMAN SERVICES (402) 471-0316
Regulation/Licensing/Investigations
www.hhs.state.ne.us/reg/regindex.htm
**NUTRITION**

**COMMUNITY MEAL SITES:** Open Mon - Fri unless otherwise noted.

<table>
<thead>
<tr>
<th>Site</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Bennington Center (Wed.only)</td>
<td>322 N. Molly St.</td>
<td>238-2471</td>
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<tr>
<td>Camelot Friendship Center</td>
<td>9270 Cady Ave.</td>
<td>444-3091</td>
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<tr>
<td>Clair Community Center (Wed.only)</td>
<td>5544 Ames Ave.</td>
<td>451-8322</td>
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<tr>
<td>Corrigan Multi-Purpose Center</td>
<td>3819 &quot;X&quot; St.</td>
<td>731-7210</td>
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<tr>
<td>Crown Tower</td>
<td>5904 Henninger Dr</td>
<td>444-6444</td>
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<tr>
<td>Elkhorn Center (Tues. only)</td>
<td>302 E. Douglas St.</td>
<td>289-4908</td>
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<tr>
<td>Heartland Family Services Senior Center</td>
<td>2101 S. 42nd St.</td>
<td>553-5300</td>
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<tr>
<td>Florence</td>
<td>2920 Bondesson St.</td>
<td>444-6333</td>
</tr>
<tr>
<td>Heartland Senior Center (M,W,F)</td>
<td>3534 S 108th St.</td>
<td>616-3090</td>
</tr>
<tr>
<td>Highland Tower</td>
<td>2500 &quot;B&quot; St.</td>
<td>444-6444</td>
</tr>
<tr>
<td>Immanuel Courtyard (Evening Meal)</td>
<td>6757 Newport Ave.</td>
<td>829-2912</td>
</tr>
<tr>
<td>Jewish Community Center (Kosher Meals)</td>
<td>2304 S. 135h Ave.</td>
<td>546-1270</td>
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<tr>
<td>Millard/Montclair Center</td>
<td>2240 Landon Ct.</td>
<td>346-0902</td>
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<tr>
<td>North Omaha Senior Center</td>
<td>2415 Grant St.</td>
<td>444-6278</td>
</tr>
<tr>
<td>Park Tower South Senior Center</td>
<td>1601 Park Ave.</td>
<td>444-6444</td>
</tr>
<tr>
<td>Ralston Senior Center (Mon - Sun)</td>
<td>7599 Main St.</td>
<td>339-4926</td>
</tr>
<tr>
<td>Seven Oaks of Florence</td>
<td>3439 State St.</td>
<td>451-4477</td>
</tr>
<tr>
<td>St. Mary Magdalene Center</td>
<td>1817 Dodge St.</td>
<td>346-3234</td>
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**DELIVERED MEALS:**

- Eastern Nebraska Office on Aging: 444-6444
- Jewish Senior Services (Kosher Meals): 330-4272

**RESTAURANT MEALS HOME DELIVERY SERVICES:**

- Waiters Express: 333-3663

**MEALS PREPARED/DELIVERED IN BULK:**

- Seattle Sutton’s Healthy Eating: [www.sshe.com](http://www.sshe.com)
  - 213 S. 25 St. 408-3438
  - 12041 Blondo St. 991-8234
  - 16617 Polk St. 614-4747

**PET/COMPANION ANIMAL SERVICES:**

- "ANI-MEALS" Nebraska Humane Society: 444-7800
  (Free/low-cost pet food delivered to lower income elderly/disabled pet owners)

**VETERINARIANS/GROOMERS WHO MAKE HOUSECALLS** (See Yellow Pages)

**PRESCRIPTION MEDICATIONS**

**PHARMACIES THAT DELIVER MEDICATIONS** (Many others will mail medications)

- BAUM DRUG (Wolner’s Market) 5203 Leavenworth 551-5200
- HY VEE SUPERMARKETS (Various Locations)
MAIL ORDER AND INTERNET PHARMACIES
The National Association of Boards of Pharmacy [www.nabp.net](http://www.nabp.net) lists licensed U.S. pharmacies that accept on-line or mail orders for medications. Licensed Canadian pharmacies such as Cross Border Pharmacy [www.crossborderpharmacy.com](http://www.crossborderpharmacy.com) Canada Meds [www.canadameds.com](http://www.canadameds.com) and Canadian Super Save Pharmacy [www.canadiansupersavepharmacy.com](http://www.canadiansupersavepharmacy.com) may offer medications at reduced cost.

MEDICATION DISPENSING/REMINDER SYSTEMS
Health Watch Personal Response System Visiting Nurse Assn. 342-5566
Response Link of the Midlands [www.responselink.com](http://www.responselink.com) 740-0650

PATIENT ASSISTANCE PROGRAMS and MEDICATION DISCOUNT PROGRAMS
Most pharmaceutical companies have Patient Assistance Programs that dispense medications free of charge to physicians who apply on behalf of their lower-income patients. For persons not eligible for free medications, most companies offer Discount Cards that allow persons to obtain certain medications at reduced cost. Contact your pharmacist for information, or go on line at [www.helpingpatients.org](http://www.helpingpatients.org) or [www.medicare.gov](http://www.medicare.gov) or [www.benefitscheckup.org](http://www.benefitscheckup.org)

PHYSICIANS: GERIATRICIANS
Specialists in care for older adults

NEBRASKA MEDICAL CENTER GERIATRIC MEDICINE SERVICE 559-9600
Web Site: [http://geriatrics.unmc.edu](http://geriatrics.unmc.edu)

Jane Potter, MD  Catherine Eberle, MD  Debra Mostek, MD  William Lyons, MD
Brenda Keller, MD  Cheryl Hinners, MD  Edward Vandenberg, MD

NEBRASKA MEDICAL CENTER FAMILY MEDICINE CLINIC 559-7200
Timothy Malloy, MD

RECREATIONAL/HOBBY PROGRAMS
Activities for seniors (* Transportation)

Adams Park Community Center 3230 John Creighton Blvd 444-5164
A.V.Sorensen Community Center 4808 Cass St. 444-5596
Benson Community Center 6008 Maple St.  444-5184
Bingel Activities Center *  923 N. 38th St.  898-5854
Camelot Community Center  9270 Cady Ave.  444-5972
Christie Heights Community Cr  5105 S. 37th St.  444-5081
Heartland Family Services Senior Center *  2101 S. 42nd St.  553-5300
Florence Community Center  2920 Bondesson St.  444-5216
Heartland Senior Center  3534 S. 108th St.  616-3090
Mockingbird Hills Indoor Pool  10242 Mockingbird Dr.  444-6103
Montclair Community Center & Pool  2304 S. 135th Ave.  546-1270
New Cassel Retirement Center  900 N. 90th St.  393-2277
North Omaha Senior Center *  2425 Grant St.  444-6278
Pipal Park Community Center  7770 Hascall St.  444-5140
Sherman Community Center  5701 N. 16th St.  444-5673
YMCA/YWCA (Multiple Locations)

RESPITE SERVICES  
(see also: COMPANIONS/FRIENDLY VISITORS)

EASTERN NEBRASKA OFFICE ON AGING  444-6650
PRESBYTERIAN METROPOLITAN MINISTRIES  341-6559
RESPITE RESOURCE CENTER  996-8443
(Assisted living and nursing facilities may also provide short term respite care)

SUPPORT/SELF- HELP GROUPS

ALCOHOLICS ANONYMOUS  556-1880
AL ANON (Families of alcoholics)  553-5033
ALZHEIMER'S DISEASE/DEMENTIA   www.midlandsalz.org  572-3010
AMPUTATIONS  733-4954
AMYOTROPHIC LATERAL SCLEROSIS   www.alsa-midwest.org  991-8788
ARTHRITIS  330-6130
ATAXIA  573-5838
CANCER SUPPORT GROUPS
  Cancer (all)  393-5800
  559-4420
  572-2768
  Breast Cancer  354-5890
  For Ladies Only  (women-only group)  280-5673
  Gynecological Cancer  354-5890
  Leukemia/Lymphoma  344-2242
  Prostate Cancer  393-5800
  CARDIO-VASCULAR DISEASE  354-4190
  CIRCUS (support group for family caregivers)  996-8444
  CO-DEPENDENCY   www.codaomaha.org  449-1716
  CROHNS/COLITIS SUPPORT  391-9302
  DEBTORS ANONYMOUS  397-4059
  DEPRESSION (WOMEN)   Nebraska Medical Center (800) 922-0000
  DEPRESSION/BIPOLER DISORDER  www.dbsago.com  933-6326
  DIABETES  399-0777
  DIVORCE  895-3394
EMOTIONS ANONYMOUS .................................................. 556-3279
EPILEPSY ....................................................................... 558-7383
FIBROMYALGIA .............................................................. 330-6130
GAMBLING ADDICTION ................................................. 978-7557
GREATER OMAHA SELF-HELP FOR HARD OF HEARING .................................................. 558-6449
GRIEF/BEREAVEMENT:
   Compassionate Friends (death of a child of any age) .................................................. 571-4011
   www.tcfomaha.org
   Gentle Support/Partners On The Journey ................................................................. 391-1664
   Grief Recovery Group ........................................................................................... 552-3219
   Grief Share .............................................................................................................. www.griefshare.com
   Pet Bereavement (Nebraska Humane Society) ......................................................... 444-7800
   Surviving Bereavement ......................................................................................... 572-2933
   THEOS (death of spouse) ......................................................................................... 391-2971
HEART TO HEART ............................................................ 572-3353
MENTAL ILLNESS .......................................................... 345-8101
.......................................................... 345-6089
MULTIPLE SCLEROSIS ...................................................... 572-3190
MUSCULAR DYSTROPHY ................................................. 390-2914
OBSESSIVE COMPULSIVE ANONYMOUS ................................................................. 343-9455
OSTEOPOROSIS .................................................................. 393-8996
.......................................................... 493-2493
OSTOMY ............................................................................ www.uoa.org
.......................................................... 393-3649
345-4912
PANIC AND ANXIETY DISORDERS ........................................ 455-9260
PARKINSON'S DISEASE ..................................................... 449-4535
POLIO SURVIVORS .......................................................... 341-0710
PULMONARY (RESPIRATORY) PROBLEMS ............................................................... 354-4190
RECOVERY INC. (Mental health recovery) ................................................................. 449-0301
SENIOR CAREGIVERS SUPPORT GROUP ................................................. 502-1764
STOP-SMOKING PROGRAMS American Lung Association .......................................... 572-3030
STROKE SUPPORT GROUP .................................................................................... 559-6264
.......................................................... 895-3689
STROKE EDUCATION G GROUP .................................................................................. 593-3864
VISUAL IMPAIRMENTS ......................................................................................... 595-2041

Information also from United Way First Call For Help: ............................................ 444-6666
www.uwmidlands.org/directory

TRANSPORTATION: Ambulances, vans and private autos

A & B Shuttle Service ........................................................................................................ 331-7558
American Ambulance ................................................................................................. 342-0404
American Van Transports ............................................................................................ 333-2114
Bureau for the Jewish Aging (van service) ................................................................. 330-4272
Eastern Nebraska Office on Aging (van service, non-Omaha residents) .................. 444-6444
Golden Carriage Program (private car/escort service) .............................................. 444-6558
Moby Van Service -Metro Area Transit Co. (van service) ........................................ 346-8779
Nebraska Health & Human Services Department (taxi vouchers) ............................ 595-3400
Omaha Ambulance/Van Service .................................................................................. 345-6666
Road To Recovery (volunteers drive cancer patients to treatments)  393-5800
Rural/Metro Medical Services  346-9191
Shared Mobility Coach  345-6640
Veterans Services  346-8800, ext. 3453
or ext. 3345
(Non-medical home care agencies such as Comfort Keepers, Home Instead, and Right At Home can arrange for their workers to transport a client in the client’s own vehicle.

URINARY INCONTINENCE: Medical Assessment & Treatment
NEBRASKA MEDICAL CENTER
Geriatric Medicine Service  559-9600

VISUAL IMPAIRMENTS: Devices, training, services
EYE CARE AMERICA  www.eyecareamerica.org (800) 391-3937
(Direction of eye doctors providing free/low cost care. Sponsored by the Am. Academy of Ophthalmology)
LOW VISION CLINIC (UNMC)  3925 Dewey Ave  559-4170
(specially designed glasses and vision aids)
LOW VISION PRODUCTS/LARGE PRINT ITEMS (CATALOGUE)
Lighthouse Center for Vision and Aging  www.lighthouse.org (800) 829-0500
MISSION CATARACT USA  552-2020
Provides cataract surgery, lens implants and follow up care at no charge for persons with limited means
NEBRASKA SERVICES FOR THE VISUALLY IMPAIRED  595-2041
OMAHA ASSOCIATION OF THE BLIND  341-3017
RADIO TALKING-BOOK NETWORK  572-3003
TALKING BOOKS/LARGE-PRINT MATERIALS
Omaha Public Library  444-4835
Nebraska Library Commission Talking Book Service (800) 742-7691
National Library Service for the Blind (800) 424-8567

VOLUNTEER AND EMPLOYMENT OPPORTUNITIES FOR OLDER ADULTS
EASTERN NEBRASKA OFFICE ON AGING  444-6558
Senior Employment Program  Respite Care Program
Senior Help Program  Foster Grandparent Program
Neighbor to Neighbor Program  Home Delivered Meals Program
Retired Senior Volunteer Program  Senior Companion Program
Ombudsman Advocate Program  Tax Counseling Program
Golden Carriage Transportation Program
MISCELLANEOUS

CAREGIVER TRAINING 502-1764
7 hour training class offered by the American Red Cross and Caregiver Support Services for family caregivers. Topics covered include nursing care, home safety, nutrition, legal and financial issues. www.caregiversupportservices.org

FANS LOANED TO LOWER INCOME ELDERLY
Salvation Army Senior Services 898-5860
Eastern Nebraska Office on Aging 444-6444

HOLIDAY CALLS PROGRAM (AT&T) 970-1818
Arranges free long distance calls from seniors to family anywhere in the world at the holiday season

HOLIDAY PARTY FOR THE ELDERLY 884-6641
Annual free Christmas Day luncheon with entertainment and gifts for elders. Free transportation provided. For shut-ins, holiday meal and gifts are delivered. Sponsored by Little Brothers-Friends of the Elderly, a non-sectarian, non-profit organization. www.littlebrothers.org/omaha

MAIL/TELEPHONE SOLICITATIONS - To stop these, send written requests to:
Mail Preference Service Telephone Preference Service
P.O. Box 9008 Direct Marketing Assn.
Farmingdale, NY 11735 P.O. Box 9014
Farmingdale, NY 11735-9014

SHARE A FARE Half-price cab fare coupons for visually impaired persons.
Share A Fare, Inc. http://www.ncbvi.state.ne.us/shareafare.htm
P.O. Box 4378
Omaha, NE 68104-0378.

SMOKE DETECTOR INSTALLATION Omaha Fire Department 444-5700
Free installation & checking of smoke for lower income elderly
TELEPHONE SERVICE REBATES  (QWEST, ALLTEL, SPRINT)

The LINK UP PROGRAM covers half the cost of establishing new phone service, and arranges deferred payment of the balance for lower income persons.

The LIFELINE PROGRAM provides a monthly rebate averaging $10-$12 for basic phone service, plus optional free blocking service of long distance calling for lower income persons.

Applications for LINK UP and LIFELINE are available from the Nebraska Public Service Commission (800) 526-0017. More information at www.lifelinesupport.org

TRASH CAN/RECYCLING BIN PICKUP FROM THE DOOR  444-5239
For elderly or disabled persons. Application and medical statement required.

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

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The Community Resource List for Older Adults and Caregivers is intended as a timely and comprehensive directory of services for older adults and their family caregivers in the Omaha/Douglas County area. 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 and newspaper advertisements and articles. We accept no responsibility for the quality of services provided by any resource listed.

This resource list is updated at least once annually and may be duplicated with proper acknowledgment.