COMMUNITY RESOURCE LIST FOR OLDER ADULTS AND CAREGIVERS
DOUGLAS & SARPY COUNTIES: JULY 2009

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

ABUSE/NEGLECT

ADULT PROTECTIVE SERVICES (24 Hour Helpline) 595-3474
DOMESTIC VIOLENCE HOTLINE (Y.W.C.A.) 24-Hour 345-7273
CATHOLIC CHARITIES DOMESTIC VIOLENCE SHELTER 558-5700
SAFE HAVEN DOMESTIC VIOLENCE SHELTER (800)523-3666

ADULT DAY CARE

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

FRANCISCAN CENTRE www.newcassel.org 393-2277
900 N. 90th St. (New Cassel Retirement Center)

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

HERITAGE POINTE RETIREMENT CENTER www.heritagepointeomaha.com 614-5222
16811 Burdette St.

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

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

THE CLUB (Mabel Rose Estates) www.hillcresthealth.com 291-9777
4609 Hilltop St. Bellevue

TRANSITIONS http://www.mgi-seniors.org/tdp-about.htm 557-6860
4801 N. 52nd St. (House of Hope Care Center)

ALZHEIMERS DISEASE AND RELATED DEMENTIAS: http://www.alz.org/midlands

ALZHEIMER'S ASSOCIATION, MIDLANDS CHAPTER 502-4301
1941 S. 42nd St., #205 (Center Mall) 24 Hour Phone: (800)272-3900
**CARE MANAGERS**: (Help to Identify/Access Care Resources)

CARE FOR SENIORS               4916 Cass St.             558-0687
EASTERN NEBRASKA OFFICE ON AGING  www.enoa.org              444-6444
4223 Center St.

ELDER LIFE CONSULTANTS       www.elderlifeconsultants.com  330-3079
2107 S. 151 St.

QUALITY SOLUTIONS            11448 Frances St.

SENIOR CONNECTIONS, INC.  www.completereferforseniors.com  932-4401
Gretna

**COUNSELORS**   (Specializing in older adults and family caregivers)

DENNIS McNEILLY, MA, Ph.D   515 S. 26th St.             552-6007
Nebraska Medical Center, Geriatric Psychiatry Service

ROB SCHEIBLHOFER, MSW, LMHP  10815 Elm St.                     690-1292
Senior Care Behavioral Health Association

**DISEASE-RELATED ORGANIZATIONS**

AMERICAN CANCER SOCIETY      www.cancer.org               393-5800
AMERICAN DIABETES ASSOCIATION www.diabetes.org             571-1101
AMERICAN HEART ASSOCIATION    www.americanheart.org        346-0771
AMERICAN LUNG ASSOCIATION     www.lungusa.org              502-4950
AMERICAN TINNITUS ASSOCIATION www.ata.org                  (800)634-8978
ARTHITIS FOUNDATION          www.arthritis.org            330-6130
ASSOCIATION FOR MACULAR DISEASES www.macula.org             (212)605-3719
NATIONAL APHASIA ASSOCIATION  www.aphasia.org             (800)922-4622
NATIONAL OSTEOPOROSIS FOUNDATION www.nof.org                (800)231-4222
NEBRASKA KIDNEY ASSOCIATION   www.kidneyne.org             932-7200
NEBRASKA POLIO SURVIVORS ASSOCIATION www.ne-polio.org        341-0710
NEBRASKA PARKINSON’S DISEASE ASSOCIATION  www.parkinsonsne.org  392-2732
NEBRASKA STATE STROKE ASSN    www.nebraskastroke.org       (888)808-5678

**DRIVING CONCERNS**

**DRIVER ASSESSMENT PROGRAMS**

Immanuel Medical Center         572-2275
Creighton University Medical Center  449-4248
Hillcrest Driving Rehab Assessment and Training, Bellevue, NE  682-4210
(These programs evaluate vision, motor and cognitive skills, knowledge of driving rules and in-car performance. Medicare covers some costs with a doctor’s prescription)

Greater Omaha Safety Council  www.safenebraska.org/safe-driving  896-0454 x448
(In-car performance evaluation only)

DRIVING SKILLS REFRESHER COURSES
GREATER OMAHA SAFETY COUNCIL  (Classroom and in-car)  896-0454
AARP DRIVER SAFETY PROGRAM  (Classroom)  398-9568
AAA OF NEBRASKA ROADWISE REVIEW  (Self-Test CD-ROM)  390-1000

HANDICAP PARKING PERMITS
Douglas County Treasurer  (Multiple locations)  444-7103
Sarpy County Clerk  1261 Golden Gate Dr., Papillion  593-2114

TO REPORT AN UNSAFE DRIVER: Send a signed letter stating specific concerns to:
NEBRASKA DEPARTMENT OF MOTOR VEHICLES
Attention: Examining Division
P.O. Box 94726; 301 Centennial Mall South
Lincoln, NE. 68509-4726  (402)471-3861

FINANCIAL HELP
NEBRASKA DEPT. OF HEALTH & HUMAN SERVICES  www.hhs.state.ne.us
Info/referral; Financial/medical assistance; Food stamps  595-3400
Emergency/Energy Assistance  595-3608

HEATING/COOLING ASSISTANCE  (American Red Cross)  343-7755
Subsidies for lower income persons to pay heating/cooling bills/deposits, and to repair furnaces, stoves/electric heaters, heat pumps, and air conditioners.

OTHER UTILITY BILL SUBSIDY PROGRAMS:
State of Nebraska Health and Human Service  595-3608
Salvation Army  898-5966
GOCA (Greater Omaha Community Action)  453-5656
Omaha Public Power District  536-4131
United Way  444-6666

HOMESTEAD EXEMPTIONS  County Assessor’s Office
Douglas County  444-7185
Sarpy County  593-2122

SOCIAL SECURITY ADMINISTRATION  www.ssa.gov
7100 West Center Rd., Suite 200  399-8963

VETERANS SERVICES  www.va.gov
Douglas County  4102 Woolworth Ave., Rm. #B45  444-7180
2428 Cuming St.  346-6735
Sarpy County 1308 Gold Coast Rd. Papillion 593-2203

To check eligibility for services from the VA Hospital system: 995-3244

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

GERIATRIC ASSESSMENT PROGRAM
University Tower, Nebraska Medical Center [http://geriatrics.unmc.edu](http://geriatrics.unmc.edu)

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:** Programs especially for older adults.

IMMANUEL AGE WELL CENTERS FOR ACTIVE AGING 829-2900
Immanuel Village, Lakeside Village and Trinity Village [www.immanuelseniorliving.com](http://www.immanuelseniorliving.com)

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

AQUATIC EXERCISE PROGRAMS FOR ADULTS AND SENIORS 829-2900
Immanuel Centers for Active Aging
Mockingbird Hills Community Center 10242 Mockingbird Dr. 444-6103
Montclair Community Center 2304 S. 135th Ave. 444-4956

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

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

(Most local shopping malls and the Henry Doorly Zoo open before business hours for early morning walkers)

**HEALTH MAINTENENCE CLINICS:** Multiple locations

EASTERN NEBRASKA OFFICE ON AGING [www.enoa.org](http://www.enoa.org) 444-6444
Weights/blood pressures, foot/nail care, injections, and health evaluations by appointment. Call for clinic locations.

**HEARING IMPAIRMENTS:** Programs and Services

NEBRASKA COMMISSION FOR THE DEAF/HARD OF HEARING [www.ncdhh.ne.gov](http://www.ncdhh.ne.gov)
Provides/repairs phone amplifiers, signaling devices to lower-income hearing impaired.
**SERTOMA HEARING AID BANK**  Free re-conditioned hearing aids  (888)713-3118  
http://www.ncdhh.ne.gov/sertoma_hab.html

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Website</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>ACCESSIBLE HOME HEALTH CARE</td>
<td><a href="http://www.accessiblehhc.com">www.accessiblehhc.com</a></td>
<td>393-2628</td>
</tr>
<tr>
<td>AMAZING ANGELS HOME HEALTH</td>
<td></td>
<td>455-2500</td>
</tr>
<tr>
<td>ALEGENT HEALTH AT HOME</td>
<td><a href="http://www.alegent.com">www.alegent.com</a></td>
<td>898-8000</td>
</tr>
<tr>
<td>ALL MIDLANDS HEALTH SERVICE</td>
<td><a href="http://www.allmidlands.com">www.allmidlands.com</a></td>
<td>391-5554</td>
</tr>
<tr>
<td>ASERA CARE HOME HEALTH</td>
<td><a href="http://www.aseracare.com">www.aseracare.com</a></td>
<td>397-0211</td>
</tr>
<tr>
<td>CARE CONSULTANTS</td>
<td><a href="http://www.careconsultants.com">www.careconsultants.com</a></td>
<td>398-1848</td>
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<tr>
<td>CARE ONE CAREGIVERS</td>
<td><a href="http://CareOneCaregivers.com">http://CareOneCaregivers.com</a></td>
<td>504-3219</td>
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<tr>
<td>CUSTOM CARE</td>
<td><a href="http://www.customcarenursing.com">www.customcarenursing.com</a></td>
<td>320-3700</td>
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<tr>
<td>GENTIVA HEALTH SERVICES</td>
<td><a href="http://www.gentiva.com">www.gentiva.com</a></td>
<td>593-1300</td>
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<tr>
<td>HILLCREST HOME CARE</td>
<td><a href="http://www.hillcresthomecare.com">www.hillcresthomecare.com</a></td>
<td>682-4808</td>
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<tr>
<td>INTERIM HEALTH CARE SERVICES</td>
<td><a href="http://www.interimhealthcare.com">www.interimhealthcare.com</a></td>
<td>392-1818</td>
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<tr>
<td>MAXIM HEALTH CARE</td>
<td><a href="http://www.maxhealth.com">www.maxhealth.com</a></td>
<td>399-8888</td>
</tr>
<tr>
<td>PHYSICIANS CHOICE</td>
<td><a href="http://www.pchhc.com">www.pchhc.com</a></td>
<td>331-2273</td>
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<tr>
<td>PRIMARY HOME HEALTH CARE</td>
<td><a href="http://primaryhomehealthcare.com">http://primaryhomehealthcare.com</a></td>
<td>345-1350</td>
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<tr>
<td>RIGHT AT HOME</td>
<td><a href="http://www.rightathome.net">www.rightathome.net</a></td>
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<tr>
<td>ST. JOSEPH VILLA HOME CARE</td>
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<tr>
<td>TRAVELING ANGELS, INC.</td>
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<tr>
<td>VISITING NURSE ASSOCIATION</td>
<td><a href="http://www.vnam.org">www.vnam.org</a></td>
<td>342-5566</td>
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**HOME REPAIR/SPECIAL NEEDS MODIFICATION**  (Income limits may apply)

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<thead>
<tr>
<th>Service</th>
<th>Website</th>
<th>Phone</th>
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<tbody>
<tr>
<td>PAINT-A-THON (free exterior house painting)</td>
<td><a href="http://www.brushupnebraska.org">www.brushupnebraska.org</a></td>
<td>965-9169</td>
</tr>
<tr>
<td>REBUILDING TOGETHER (free painting/remodeling/repair)</td>
<td>965-9201</td>
<td></td>
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<tr>
<td>“HELPING HANDS” - KEEP OMAHA BEAUTIFUL (free one-time yard cleanup)</td>
<td>444-7774</td>
<td></td>
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<tr>
<td>EASTERN NE OFFICE ON AGING HANDYMAN PROGRAM</td>
<td></td>
<td>444-6444</td>
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<tr>
<td>HOME ACCESS SOLUTIONS (home modifications)</td>
<td></td>
<td>291-9514</td>
</tr>
<tr>
<td>LEAGUE OF HUMAN DIGNITY (home/vehicle modifications)</td>
<td>595-1256</td>
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<tr>
<td>MIDWEST CONTRACTOR REFERRAL (contractor screening &amp; referral)</td>
<td>305-6712</td>
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NEBRASKA WEATHERIZATION ASSISTANCE PROGRAM  Douglas Co. 342-1611  
(Sarpy Co.: (888)313-5608)  
(Insulation, caulking, 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
Care Consultants for the Aging www.careconsultants.com 398-1848
Care One Caregivers http://CareOneCaregivers.com 504-3219
Care Tech, Inc. www.caretechinc.com 697-5121
Caring For People Services www.caringforpeopleservices.com 334-6900
Comfort Keepers www.comfortkeepers.com 991-9880
Custom Care www.customcarenursing.com 320-3700
Desert Ministries (Volunteer) www.desertministries.org 556-8032
Hillcrest Home Care www.hillcresthomecare.com 682-4808
Home Instead Senior Care www.homeinstead.com 498-3444
Kind Hearts www.kindheartsathome.com 339-7727
Little Brothers - Friends of the Elderly (Volunteer Visitors) 884-6641
Right At Home www.rightathome.net Douglas Co. 697-7536
Senior Helpers www.seniorhelpers.com Sarpy Co. 212-2212
Touching Hearts at Home www.touchinghearts.com 934-3303

ELECTRONIC MONITORING AND RESPONSE SYSTEMS

HomMed (VNA) Electronic monitoring of vital signs 342-5566
Lifeline Emergency Response System VNA CareTech 697-5121
Life Station Medical Alert System www.lifestation.com (800)884-8888
Quiet Care Home Health Security System www.quietcaresystems.com (866)772-8243
Response Link of the Midlands www.responselink.com (866)802-3676
Walgreens Ready Response www.walgreensmedicalalerts.com (866)310-9061

GROCERY DELIVERY Wohlner’s Grocery 2289 S. 67th St. Omaha 551-6875

SAFETY
Free Furnace Checks (ENOA) 444-6444
Free Smoke Alarm/ Carbon Monoxide Detector Installation (Omaha Fire Dept.) 444-3560
Telephone Reassurance Service (Salvation Army) 898-6000

HOUSING: Apartment complexes and retirement communities for older adults. (* notes assisted living facilities; # notes facilities providing dementia care.)

THE ARBORETUM 8141 Farnam Dr. 391-7573
BELLEVUE PLACE 1808 Warren St., Bellevue 292-0423
BELLEWOOD COURTS 1002 Bellewood Ct., Bellevue 292-3300
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 POINTE         2820 S. 80 St.                          391-7555
DEFREESE MANOR       2669 Dodge St.                         345-0622
DOUGLASS COUNTY HEALTH CR * 4102 Woolworth Ave.            444-7000
DURHAM-BOOTH MANOR  923 N. 38th St.                        898-5880
ELK RIDGE VILLAGE *# 19400 Elk Ridge Dr.                    763-8692
FLORENCE HOME RESIDENCE * 7915 N. 30th St.                  827-6000
FOUNTAIN VIEW SENIOR LIVING *# 5710 S. 108th St.            596-3033
GRANVILLE *          507 Granville Pkwy, La Vista           933-6405
GRETNA PLAZA         210 E. Glenmore, Gretna                 339-8059
HARMONY COURT        1802 Wall St., Bellevue                291-4200
HERITAGE POINTE *#   16811 Burdette St.                    614-5222
HICKORY VILLA *      7315 Hickory St.                      392-0767
HOUSE OF HOPE * #   4801 N. 52nd St.                      827-6060
IMMANUEL COURTYARD  6759 Newport Ave.                      829-2912
IMMANUEL COURTYARD * 6759 Newport Ave.                     829-2990
IMMANUEL TERRACE *  6801 N. 67th Plz.                      829-3240
IMMANUEL VILLAGE    6803 N. 68th Plz.                      829-3220
J.C. WADE APARTMENTS 3400 Ohio St.                        391-7260
KINGS GATE SENIOR APARTMENTS 7055 Crown Point Ave.         571-7910
LAKESIDE TERRACE *  17475 Frances St.                     829-9030
LAKESIDE VILLAGE    17475 Frances St.                      829-9020
LEO VAUGHN MANOR    3325 Fontenelle Blvd.                   453-1070
LINDENWOOD NURSING HOME * 910 S. 40th St.                 342-2015
LIVINGSTON PLAZA    303 S. 132nd St.                      330-3995
MABLE ROSE ESTATES * # 4609 Hilltop St., Papillion       291-9777
MAPLE RIDGE          3525 N. 167th Cir.                    614-3160
MARQUIS PLACE * #   20800 W. Maple Rd.                     289-9229
MASONIC MANOR       801 S. 52nd St.                       558-3161
MILLARD MANOR       12835 Deauville Dr.                     896-2319
MISSION HOUSE VUE   406 E. Mission Ave., Bellevue          292-0423
MONARCH VILLA       201 & 301 E. Cedardale Rd., Bellevue     331-6882
NEW CASSEL RETIREMENT CR.* 900 N. 90th St.                393-2277
NORTH ACRES         5449 N. 108th St.                     444-6203
OAK VALLEY APARTMENTS 12424 Krug Ave.                      333-9888

OMAHA HOUSING AUTHORITY HIGH-RISE APARTMENTS:              444-6900
Crown Tower           5904 Henninger St.                  444-4231
Evans Tower          3600 N. 24th St.                    444-3662
KJ Tower             4500 S. 25th St.                    444-3316
Underwood Tower      4850 Underwood Ave.                   444-6900

ORCHARD GARDENS *    1006 S. Mayne St. Valley              359-4884
PACIFIC SPRINGS VILLAGE 805 S. 173rd Ct.                    691-8434
PAPIO VALLEY APARTMENTS  81st & Blondo Sts.                 592-5760
PARK EAST TOWER      539 S. 26th Ave.                     345-3168
PARSONS HOUSE *#     14325 Eagle Run Dr.                   498-9554
REMINGTON HEIGHTS *  12606 W. Dodge Road                   493-5807
<table>
<thead>
<tr>
<th>Housing (Dementia)</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>RICHMOND VILLAGE</td>
<td>702 Ft. Crook Road S., Bellevue</td>
<td>291-9800</td>
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<tr>
<td>RIDGEWOOD SENIOR LIVING *#</td>
<td>12301 N. 149 Circle, Bennington</td>
<td>214-7359</td>
</tr>
<tr>
<td>ROLLING HILLS RANCH</td>
<td>4324 N. 132nd St.</td>
<td>391-1055</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>SILVER RIDGE * #</td>
<td>20332 Hackberry Dr., Gretna</td>
<td>332-4280</td>
</tr>
<tr>
<td>SKYLINE MANOR &amp; VILLA *</td>
<td>7300 Graceland Dr.</td>
<td>572-5750</td>
</tr>
<tr>
<td>SORENSEN ASSISTED LIVING CR *</td>
<td>4809 Redman Ave.</td>
<td>455-5025</td>
</tr>
<tr>
<td>SOUTHVIEW HEIGHTS *</td>
<td>5110 S. 49th St.</td>
<td>731-2118</td>
</tr>
<tr>
<td>TREGARON RESIDENCES</td>
<td>2815 Greenwald Dr. Bellevue</td>
<td>292-1818</td>
</tr>
<tr>
<td>TRINITY COURT</td>
<td>620 W. Lincoln St. Papillion</td>
<td>614-1900</td>
</tr>
<tr>
<td>TRINITY TERRACE *</td>
<td>522 W. Lincoln St., Papillion</td>
<td>614-5505</td>
</tr>
<tr>
<td>TRINITY VILLAGE</td>
<td>522 W. Lincoln St., Papillion</td>
<td>614-5500</td>
</tr>
<tr>
<td>VALLEY HEIGHTS/VALLEY VIEW</td>
<td>Valley, NE.</td>
<td>444-6203</td>
</tr>
<tr>
<td>VIA CHRISTINE *#</td>
<td>3636 California St.</td>
<td>551-5557</td>
</tr>
<tr>
<td>VICTORIA GARDENS *#</td>
<td>1702 Hillcrest Dr., Bellevue</td>
<td>682-4295</td>
</tr>
<tr>
<td>WALNUT GROVE</td>
<td>4901 S. 153 St.</td>
<td>861-1611</td>
</tr>
<tr>
<td>WATERFORD *</td>
<td>11909 Miracle Hills Dr.</td>
<td>431-0011</td>
</tr>
<tr>
<td>WATERFORD *</td>
<td>5728 S. 108th St.</td>
<td>537-0544</td>
</tr>
<tr>
<td>WEL-LIFE *</td>
<td>801 N. Adams St., Papillion</td>
<td>339-1775</td>
</tr>
<tr>
<td>WELLINGTON</td>
<td>501 E. Gold Coast Rd., Papillion</td>
<td>331-3101</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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HOUSING (DEMENTIA): Residential care homes for persons with dementia

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>AN ANGEL’S TOUCH</td>
<td><a href="http://www.anangelstouchinc.com">www.anangelstouchinc.com</a> (Multiple locations)</td>
</tr>
<tr>
<td>COMFORT CARE HOMES</td>
<td><a href="http://www.cchne.com">www.cchne.com</a> (Multiple locations)</td>
</tr>
<tr>
<td>COMPASSIONATE MEMORY CARE</td>
<td>2402 N. 102nd St.</td>
</tr>
<tr>
<td>EDGECWOOD VISTA</td>
<td>17620 Poppleton Ave.</td>
</tr>
<tr>
<td>MEMORY CARE COTTAGES</td>
<td>12306 Farnam St.</td>
</tr>
<tr>
<td>SILVER MEMORIES</td>
<td>8001 Maple St. and 617 Morrison Dr.</td>
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</tbody>
</table>

HOUSING RELOCATION: Helps find appropriate housing for an older adult and/or arranges the details of the moving process.

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>A PLACE FOR MOM</td>
<td><a href="http://www.aplaceformom.com">www.aplaceformom.com</a> (866)333-2214</td>
</tr>
<tr>
<td>CARE CONSULTANTS</td>
<td><a href="http://www.careconsultants.com">www.careconsultants.com</a></td>
</tr>
<tr>
<td>TENDER TRANSITIONS</td>
<td><a href="http://www.tendertransitions.net">www.tendertransitions.net</a></td>
</tr>
<tr>
<td>HOME ACCESS SOLUTIONS</td>
<td><a href="http://www.homeaccesssolutions.com">www.homeaccesssolutions.com</a></td>
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</tbody>
</table>

(Realtor who arranges purchase/sale/modification of homes for elderly/disabled)
INFORMATION/REFERRAL

AARP INFORMATION CENTER 1941 S. 42 St.    www.aarp.org    398-9568

BETTER BUSINESS BUREAU Senior Line (877)637-3334
(BBB’s “Senior Line” provides reliable information on businesses, scams and frauds)

EASTERN NEBRASKA OFFICE ON AGING www.enoa.org    444-6444
ELDER CARE LOCATOR www.eldercare.gov    (800)677-1116
SENIOR HEALTH INSURANCE INFORMATION PROGRAM (800)234-7119
UNITED WAY “211” INFORMATION & REFERRAL HOTLINE    211

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

ELDER LAW ATTORNEYS
Mary Buford Wilson 9910 N. 48th St. #109    451-1616
John E. Lynch 1823 Harney St. #1016    346-9450
James Reisinger 7602 Pacific St. #222    451-4488
William E. Seidler, Jr. 10050 Regency Circle #525    397-3801

FAMILY MEDIATION SERVICES (Legal and Non-Legal Issues)
Concord Center www.concord-center.com 9802 Nicholas St. #375    345-1131
Omaha Bar Association Mediation Referral Service    280-3603

LEGAL SERVICES FOR LOWER INCOME PERSONS
Elder Access Hotline (Legal Aid Society)    827-5656
Creighton University Law School Legal Clinic    280-3068

OMAHA BAR ASSOCIATION
Lawyer Referral Service    280-3603

VOLUNTEER CONSERVATORS
Metro Area Volunteer Guardians & Conservators    431-9129
Volunteers Assisting Seniors (VAS) 4601 S. 50th St. #213    444-6617
(VAS also provides help with legal and insurance issues)

MEDICAL AND ASSISTIVE EQUIPMENT: Loaned or free

HELP ADULT SERVICES, Health and Medical Equipment Loan Program    341-6559
8447 Lake St. www.helpadultservices.org

ASSISTIVE TECHNOLOGY PARTNERSHIP www.atp.ne.gov    595-1923
ASSISTIVE TECHNOLOGY FOR ALL https://www.at4all.com    595-1923
State programs to fund and provide assistive devices/equipment
**MENTAL HEALTH SERVICES**: Specialized Geriatric programs

ALEGENT HEALTH SENIOR PSYCHIATRIC SERVICES 717-4673
6901 N. 72nd St. (Heritage Center) [www.alegent.com/body.cfm?id=2977](http://www.alegent.com/body.cfm?id=2977)

NEBRASKA MEDICAL CENTER GERIATRIC PSYCHIATRY SERVICE 552-6007
515 S. 26th St. Omaha [www.unmc.edu/psychiatry/geripsych.htm](http://www.unmc.edu/psychiatry/geripsych.htm)

MENTAL HEALTH PSYCHIATRIC HOSPITAL COMMITMENTS
Douglas County 444-7191
Sarpy County 593-2230

**NURSING HOMES**: (# Nursing homes with dementia units)

<table>
<thead>
<tr>
<th>Nursing Home</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMBASSADOR OF OMAHA</td>
<td>1540 N. 72nd St.</td>
<td>393-6500</td>
</tr>
<tr>
<td>BROOKESTONE VILLAGE #</td>
<td>4330 S. 144 St.</td>
<td>614-4000</td>
</tr>
<tr>
<td>DOUGLAS COUNTY HEALTH CENTER</td>
<td>4102 Woolworth Ave.</td>
<td>444-7000</td>
</tr>
<tr>
<td>EASTERN NE VETERANS HOME #</td>
<td>12505 S. 40th St. Bellevue</td>
<td>595-2180</td>
</tr>
<tr>
<td>FLORENCE HOME</td>
<td>7915 N. 30th St.</td>
<td>827-6000</td>
</tr>
<tr>
<td>GOLDEN LIVING CENTER-OMAHA</td>
<td>5505 Grover St.</td>
<td>558-0225</td>
</tr>
<tr>
<td>GOLDEN LIVING CENTER-SORENSEN</td>
<td>4809 Redman Ave.</td>
<td>455-5025</td>
</tr>
<tr>
<td>GOLDEN LIVING CENTER-VAL HAVEN</td>
<td>300 W. Meigs, Valley</td>
<td>359-2533</td>
</tr>
<tr>
<td>GRETNA CARE CENTER</td>
<td>700 Hwy 6, Gretna</td>
<td>332-3446</td>
</tr>
<tr>
<td>HIDDEN HILLS NURSING &amp; REHAB #</td>
<td>3110 Scott St.</td>
<td>455-6636</td>
</tr>
<tr>
<td>HILLCREST COUNTRY ESTATES#</td>
<td>11380 S. 60th St., Papillion</td>
<td>885-7000</td>
</tr>
<tr>
<td>HILLCREST HEALTH CENTER</td>
<td>1702 Hillcrest Dr., Bellevue</td>
<td>291-8500</td>
</tr>
<tr>
<td>HUNTINGTON PARK CARE CR. #</td>
<td>1507 Gold Coast Rd., Papillion</td>
<td>339-6010</td>
</tr>
<tr>
<td>IMMANUEL F0NTENELLE HOME #</td>
<td>6809 N. 68th Plz.</td>
<td>572-2595</td>
</tr>
<tr>
<td>LIFE CARE CENTER OF ELKHORN</td>
<td>315 Hopper St.</td>
<td>289-2572</td>
</tr>
<tr>
<td>LIFE CARE CENTER OF OMAHA</td>
<td>6032 Ville De Sante Dr.</td>
<td>571-6770</td>
</tr>
<tr>
<td>LINDENWOOD NURSING HOME</td>
<td>910 S. 40th St.</td>
<td>342-2015</td>
</tr>
<tr>
<td>LUTHERAN NURSING HOME</td>
<td>530 S. 26th St.</td>
<td>346-3344</td>
</tr>
<tr>
<td>MAPLE CREST CARE CENTER #</td>
<td>2824 N. 66th Ave.</td>
<td>551-2110</td>
</tr>
<tr>
<td>MILLARD GOOD SAMARITAN CENTER #</td>
<td>12856 Deauville Dr.</td>
<td>895-2266</td>
</tr>
<tr>
<td>MONTCLAIR NURSING CENTER #</td>
<td>2525 S. 135th Ave.</td>
<td>333-2304</td>
</tr>
<tr>
<td>NEBRASKA SKILLED NURSING &amp; REHAB CR.</td>
<td>7410 Mercy Rd.</td>
<td>397-1220</td>
</tr>
<tr>
<td>OMAHA NURSING &amp; REHAB. CENTER</td>
<td>4835 S. 49th St.</td>
<td>733-7200</td>
</tr>
<tr>
<td>PAPILLION MANOR #</td>
<td>600 S. Polk St., Papillion</td>
<td>339-7700</td>
</tr>
<tr>
<td>ROSE BLUMKIN JEWISH HOME</td>
<td>323 S. 132nd St.</td>
<td>330-4272</td>
</tr>
<tr>
<td>SKYLINE HEATH CENTER</td>
<td>7350 Graceland Dr.</td>
<td>572-5750</td>
</tr>
<tr>
<td>ST. JOSEPH VILLA #</td>
<td>2305 S. 10th St.</td>
<td>345-5683</td>
</tr>
</tbody>
</table>

**NURSING HOMES**: Information and concerns

HEALTH DEPT. INSPECTION REPORTS ON-LINE FOR ALL US NURSING HOMES
NUTRITION

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

Bellevue Senior Center 109 W. 22nd Ave. 293-3041
Bennington Center (Wed.only) 322 N. Molly St. 238-2471
Bingel Senior Center 3612 Cuming St. 898-5854
Camelot Friendship Center 9270 Cady Ave. 444-3091
Corrigan Multi-Purpose Center 3819 "X" St. 731-7210
Florence 2920 Bondesson St. 444-6333
Heartland Family Services Senior Center 2101 S. 42nd St. 553-5300
Highland Tower 2500 "B" St. 444-6444
Immanuel Courtyard (Evening Meal) 6757 Newport Ave. 829-2912
Jewish Community Center (Kosher Meals) 330-4272
LaVista Senior Center (M-W-F) 8116 Park View Blvd. 331-3455
Millard/Montclair Center 2304 S. 135th Ave. 546-1270
Native American Elders Center (Tu - Thur) 2240 Landon Ct. 346-0902
North Omaha Senior Center 2415 Grant St. 444-6278
Papillion Senior Center (Tu -Thur) 1001 Limerick Rd. 597-2059
Park Tower South Senior Center 1601 Park Ave. 444-6444
Ralston Senior Center (Mon - Sun) 77301 "Q" St. 339-4926
Seven Oaks Lunch Club 3439 State St. 451-4477
St. Mary Magdalene Center 1817 Dodge St. 346-3234

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

MEAL ASSEMBLY KITCHENS:  (Pre-prepared meals or do-it-yourself kitchen)
Super Suppers 15655 Pacific St. www.ssomahawestne.com 502-5300

MEALS PREPARED/DELIVERED IN BULK:
Seattle Sutton’s Healthy Eating 12041 Blondo St. www.sshe.com 991-8234

PERSONAL CHEF SERVICES
Terri’s Kitchen Terri Davis 393-7552

RESTAURANT MEALS HOME DELIVERY SERVICES:
Food In A Flash www.foodinaflashomaha.com 334-3488

PET/COMPANION ANIMAL SERVICES:
NEBRASKA HUMANE SOCIETY www.nehumanesociety.org 444-7800
HUMANE SOCIETY PROGRAMS:

“Ana-Meals” – NHS delivers free pet food monthly to lower income persons receiving delivered meals through the Eastern Nebraska Office on Aging.

“6 – 60” – NHS waives fees for persons 60 and older who adopt an animal, 6 years old and older.

Bereavement counseling and support group services for those grieving the loss of a pet.

VETERINARIANS, PET SITTERS/ GROOMERS WHO MAKE HOUSECALLS
(See Yellow Pages)

PHYSICIANS: GERIATRICIANS  Specialists in care for older adults

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

Jane Potter, MD   Catherine Eberle, MD   Debra Mostek, MD
William Lyons, MD   Edward Vandenber, MD   Brenda Keller, MD
Alice Tvrdik, APRN   Christy McAndrew, APRN

NEBRASKA MEDICAL CENTER FAMILY MEDICINE CLINIC  559-7200
Timothy Malloy, MD   Rebecca M. Wester, MD   Kalpana Padala, MD

PRESCRIPTION MEDICATIONS

PHARMACIES THAT DELIVER MEDICATIONS (Many others will mail medications)

ELMWOOD PHARMACY   808 S. 52nd St.   551-5200
KOHLLL’S DRUG   (Multiple locations in Douglas and Sarpy Counties)
SEIG PHARMACY   6520 Sorensen Pkwy.   829-3282

MAIL ORDER AND INTERNET PHARMACIES
The National Association of Boards of Pharmacy 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 Canada Meds www.canadameds.com and Canadian Super Save Pharmacy www.canadiansupersavepharmacy.com may offer medications at reduced cost.
**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 Medicare at 1 (800) 633-4273 or go online at [www.medicare.gov](http://www.medicare.gov)

**MEDICATION DISPENSING/REMINDER/TRACKING SYSTEMS**
Locked, with reminder signals and a modem to email caregiver when/if meds are taken.

- MD2 Medication System (Visiting Nurse Association)  [www.vnam.org](http://www.vnam.org)  342-5566
- MedReady Medication Dispenser (The Alzheimer's Store)  [www.alzstore.com](http://www.alzstore.com)  (800)752-3238

**PATIENT ASSISTANCE 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. Contact your pharmacist for information, or go on line at [www.pparx.org](http://www.pparx.org) or [www.benefitscheckup.org](http://www.benefitscheckup.org)

**RECREATIONAL/EDUCATIONAL PROGRAMS**  Activities for seniors (* Transportation)

### RECREATIONAL CENTERS

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adams Park Community Center</td>
<td>3230 John Creighton Blvd</td>
<td>444-5164</td>
</tr>
<tr>
<td>A.V. Sorensen Community Center</td>
<td>4808 Cass St.</td>
<td>444-5966</td>
</tr>
<tr>
<td>Benson Community Center</td>
<td>6008 Maple St.</td>
<td>444-5184</td>
</tr>
<tr>
<td>Bingel Activities Center *</td>
<td>923 N. 38th St.</td>
<td>898-5854</td>
</tr>
<tr>
<td>Camelot Community Center</td>
<td>9270 Cady Ave.</td>
<td>444-5972</td>
</tr>
<tr>
<td>Christie Heights Community Center</td>
<td>5105 S. 37th St.</td>
<td>444-5154</td>
</tr>
<tr>
<td>Heartland Family Services Center *</td>
<td>2101 S. 42nd St.</td>
<td>553-5300</td>
</tr>
<tr>
<td>Florence Community Center</td>
<td>2920 Bondesson St.</td>
<td>444-5216</td>
</tr>
<tr>
<td>Mockingbird Hills Community Center</td>
<td>10242 Mockingbird Dr.</td>
<td>444-6103</td>
</tr>
<tr>
<td>Montclair Community Center</td>
<td>2304 S. 135th Ave.</td>
<td>444-4956</td>
</tr>
<tr>
<td>New Cassel Retirement Center</td>
<td>900 N. 90th St.</td>
<td>393-2277</td>
</tr>
<tr>
<td>Near North Senior Center *</td>
<td>2415 Grant St.</td>
<td>444-6278</td>
</tr>
<tr>
<td>Pipal Park Community Center</td>
<td>7770 Hascall St.</td>
<td>444-5140</td>
</tr>
<tr>
<td>Sherman Community Center</td>
<td>5701 N. 16th St.</td>
<td>444-5673</td>
</tr>
<tr>
<td>YMCA/YWCA</td>
<td>(Multiple Locations)</td>
<td></td>
</tr>
</tbody>
</table>

**COMPUTER CLASSES FOR OLDER ADULTS**  [www.shf.org](http://www.shf.org)  827-6090
The Senior Health Foundation conducts basic and advanced computer classes for seniors.

**CENTER FOR HEALTHY AGING, MINISTRIES, PROGRAMS AND SERVICES (CHAMPS)**
A consortium of local churches that provide informational, educational, health screening and recreational programs for seniors of all faiths.  [www.champsonline.info](http://www.champsonline.info)  895-2224

**LIFE-LONG LEARNING INITIATIVE** – University of Nebraska, Omaha  554-4897  [http://lifelonglearning.unomaha.edu](http://lifelonglearning.unomaha.edu)  Courses and workshops geared to older adults
Life-long learning classes geared to older adults.

**RESPITE SERVICES**  (see also: COMPANIONS/FRIENDLY VISITORS)

EASTERN NEBRASKA OFFICE ON AGING  444-6650
HELP Adult Services    [www.helpadultservices.org](http://www.helpadultservices.org)  341-6559
RESPITE RESOURCE CENTER   [www.respitenetwork.org](http://www.respitenetwork.org)  996-8443

(Assisted living facilities and nursing homes also provide short-term, in-patient respite)

**SUPPORT/SELF-HELP GROUPS**

ALCOHOLICS ANONYMOUS  556-1880
AL ANON  (Families of alcoholics)  553-5033
ALZHEIMER'S DISEASE/DEMENTIA  [www.midlandsalz.org](http://www.midlandsalz.org)  502-4301
ARTHRITIS & FIBROMYALGIA  551-0838

CANCER (General)
- American Cancer Society – Omaha Chapter  393-5801
- Alegent Health System  572-2768
- Methodist Health System  354-5890
- Nebraska Medical Center  559-4420

BREAST CANCER  354-5890
- 572-2768

COLORECTAL CANCER  393-5801
GYNECOLOGICAL CANCER  354-5890
LEUKEMIA/LYMPHOMA/MYELOMA  344-2242
ORAL/HEAD & NECK CANCERS
- Nebraska Medical Center  559-4420
- Methodist Health System  354-5890

PROSTATE CANCER
- Alegent Health System  398-6267
- Methodist Health System  354-5890

CHILDREN OF AGING PARENTS  [www.caps4caregivers.org](http://www.caps4caregivers.org)  301-5642

CO-DEPENDENCY  449-1716
CROHN'S DISEASE & COLITIS  505-9901
DEBTORS ANONYMOUS  397-4059
DEPRESSION & BIPOLAR DISORDERS  502-4673
DIABETES  399-0777
EPILEPSY  680-8026
FIBROMYALGIA/CHRONIC FATIGUE  451-1933
GAMBLING ADDICTION  978-7557

GRIEF/BEREAVEMENT:
- Bereavement Support Group  (J.Gentleman Mortuary)  391-1664
Compassionate Friends (Death of a child of any age)  571-4011
Grief Support Group (Heafey, Heafey, Hoffman Mortuary)  391-3900
Pet Bereavement (Nebraska Humane Society)  444-7800
Surviving Bereavement  572-2933
Survivors of Suicide  558-4616
THEOS (death of spouse)  399-0759

HEARING LOSS  Hearing Loss Assn. of Omaha  558-6449
HEART DISEASE  Mended Hearts  301-4402
OSTEOPOROSIS  493-2493
OSTOMY  United Ostomy Assn. of Omaha  397-4796
PANIC AND ANXIETY DISORDERS  493-7958
PARKINSON’S DISEASE  Am. Parkinson’s Disease Assn.  449-4535
POST-POLIO SYNDROME  341-0710

SENIOR CAREGIVERS SUPPORT GROUP (Caregiver Support Services)  502-1764
STOP-SMOKING PROGRAMS  American Lung Assn.  502-4950

STROKE SUPPORT GROUPS  593-3864
354-4453

Local chapters of disease-specific organizations also provide support group information.
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

TRANSPORTATION:  Ambulances, vans and private autos

A & B Shuttle Service  331-7558
American Ambulance & Van Service  342-0404
Bellevue Specialized Transportation Service  293-3138
Bureau for the Jewish Aging  (van service)  330-4272
Eastern Nebraska Office on Aging  (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
Midwest Medical Transportation  (van service)  (800)562-3396
Omaha Ambulance & Van Service  345-6666
Papillion Senior Bus Service  680-3970
Prince of the Road  934-2800
Road to Recovery (volunteers drive cancer patients to treatments)  393-5801
Rural/Metro Ambulance/Van Service  346-9191
Shared Mobility Coach  345-6640
Veterans Services  346-8800, ext. 3453
or  449-0659

(Non-medical home care agencies can arrange for their workers to transport
a client in the client’s own vehicle.)
VISUAL IMPAIRMENTS: Devices, training, services

EYE CARE AMERICA www.eyecareamerica.org (800)222-3937
Referral to eye doctors providing free/low cost care

LOW VISION SERVICES (UNMC) 704 S. 38th Ave 559-4170
Evaluation, visual aids and training

LOW VISION PRODUCTS/LARGE PRINT ITEMS (CATALOGUE)
Independent Living Aids, Inc. www.independentliving.com (800)537-2118

MISSION CATARACT USA Midwest Eye Care, PC 552-2020
Provides cataract surgery and follow up care at no charge for persons with limited means

NEBRASKA COMMISSION FOR THE BLIND AND VISUALLY IMPAIRED 595-2041
1313 Farnam on the Mall, Omaha www.ncbvi.ne.gov

The American Council of the Blind offers half-price taxi coupons for the vision-impaired

TALKING BOOKS, READING SERVICES, AND LARGE-PRINT MATERIALS
Nebraska Library Commission Talking Book Service (800)742-7691
Omaha Public Library (large print books) www.omahapubliclibrary.org 444-4800
Radio Talking Book Service www.rtbs.org 572-3003

VOLUNTEER AND EMPLOYMENT OPPORTUNITIES FOR OLDER ADULTS

EASTERN NEBRASKA OFFICE ON AGING 444-6558
Senior Employment Program Respite Care Program
Foster Grandparent Program Home Delivered Meals Program
Retired Senior Volunteer Program Senior Companion Program
Ombudsman Advocate Program Tax Counseling Program
Golden Carriage Transportation Program

DESSERT MINISTRIES 2205 S. 10th St. 556-8032
SERVICE CORPS OF RETIRED EXECUTIVES (SCORE) 221-3606
VOLUNTEER RESOURCE CENTER United Way of the Midlands 342-8232
VOLUNTEERS ASSISTING SENIORS 4601 S. 50th St. #213 444-6617

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 at the holiday season

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

MAIL/TELEPHONE SOLICITATIONS - To stop these, send written requests to:

Mail Preference Service
Direct Marketing Assn.
P.O. Box 643
Carmel, NY 10512

Telephone Preference Service
Direct Marketing Assn.
P.O. Box 1559
Carmel, NY 10512

Federal Government “Do Not Call” Registry www.donotcall.gov (888)382-1222
Better Business Bureau Senior Line (Info. on scams and frauds) (877)637-3334

TELEPHONE SERVICE REBATES: (800)526-0017
The Nebraska Telephone Assistance Program (NTAP) assists lower-income persons to establish phone service by subsidizing up to 50% of connection fees and a delayed, no-interest payment plan for installation charges. It also provides a discount up to $13 per month for phone service. Applications are available on line at: www.psc.state.ne.us/ or by phone:

TRASH & RECYCLING BIN PICKUP FROM THE DOOR 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.

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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.
The Community Resource List for Older Adults and Caregivers is updated at least once annually and may be duplicated with proper acknowledgement. For updated versions, log on to: http://geriatrics.unmc.edu and click on the left side-bar link, “Patient Services.” Then click on the link, “Patient/Caregiver Education Materials.” There, you will find a printable copy of this resource list.

Susan V. Murray, CMSW, LMHP
Section of Geriatrics & Gerontology
University of Nebraska Medical Center
Omaha, Nebraska