Community Resources: Omaha/Douglas County
January 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.) 24-Hour 345-7273

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

ALZHEIMERS DISEASE: Information, Services and Support: www.midlandsalz.org
ALZHEIMER'S ASSOCIATION, MIDLANDS CHAPTER 572-3010

CARE MANAGERS: (Help to Identify/Access Care Resources)
CARE-SEEKERS: www.care-seekers.com 491-0666
7701 Pacific St. #105
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 333-2543

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 (Professional Counselors)
Senior Peer Counseling Program (Lay-counselors)
DISEASE-RELATED ORGANIZATIONS

AMERICAN CANCER SOCIETY  www.cancer.org  (800)642-8116
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  (800)634-8978
AMERICAN TINNITUS ASSOCIATION  www.ata.org  330-6130
ARTHRITIS FOUNDATION  www.arthritis.org  (212)605-3719
ASSOCIATION FOR MACULAR DISEASES  www.macula.org  558-7383
EPILEPSY ASSOCIATION OF NEBRASKA  390-2914
MUSCULAR DYSTROPHY ASSOCIATION  www.mdausa.org  (800)922-4622
(All neuromuscular diseases)
NATIONAL APHASIA ASSOCIATION  www.aphasia.org  (800)223-2226
NATIONAL OSTEOPOROSIS FOUNDATION  www.nof.org  572-3180
NEBRASKA KIDNEY FOUNDATION  www.kidneyne.org  341-0710
NEBRASKA POLIO SURVIVORS ASSOCIATION  331-9401
NEBRASKA STROKE FOUNDATION  www.nsf.itgo.com

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-ALIVE" AARP  398-9568
"ROADWISE REVIEW" A Self-Evaluation 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:
send 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 DEPARTMENT OF HEALTH AND HUMAN SERVICES  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  399-8963
7100 West Center Rd., Suite 200
VETERANS SERVICES (Douglas County)  www.va.gov  444-7180
**GERIATRIC ASSESSMENT PROGRAMS**: Comprehensive health/cognitive evaluations

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>GERIATRIC ASSESSMENT PROGRAM</td>
<td><a href="http://geriatrics.unmc.edu">http://geriatrics.unmc.edu</a> 559-7515</td>
</tr>
<tr>
<td>University Hospital, Nebraska Medical Center</td>
<td></td>
</tr>
<tr>
<td>GERIATRIC EVALUATION &amp; MANAGEMENT CLINIC</td>
<td>346-8800 ext.4803</td>
</tr>
<tr>
<td>4101 Woolworth Ave. (Veterans Administration Medical Center)</td>
<td></td>
</tr>
<tr>
<td>GERIATRIC EVALUATION &amp; MANAGEMENT SERVICE</td>
<td>354-3152</td>
</tr>
<tr>
<td>8303 Dodge St. (Nebraska Methodist Hospital)</td>
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**HEALTH & FITNESS PROGRAMS** Health promotion, exercise, senior discounts, etc.

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>IMMANUEL AGE WELL SENIOR SERVICES</td>
<td>829-3220</td>
</tr>
<tr>
<td><a href="http://www.ihsi.org">www.ihsi.org</a></td>
<td></td>
</tr>
<tr>
<td>METHODIST HEALTH SYSTEM “55-PLUS” PROGRAM</td>
<td>354-7587</td>
</tr>
<tr>
<td>NEBRASKA MEDICAL CENTER HEALTH &amp; WELLNESS CLUB</td>
<td>(800) 922-0000</td>
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<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>AQUATIC EXERCISE PROGRAMS FOR SENIORS</td>
<td>444-6103</td>
</tr>
<tr>
<td>Mockingbird Hills Indoor Pool 10242 Mockingbird Dr.</td>
<td></td>
</tr>
<tr>
<td>Montclair Community Center Indoor Pool 2304 S. 135th Ave.</td>
<td>546-1270</td>
</tr>
<tr>
<td>Immanuel Age Well Centers 17475 Frances St.</td>
<td>932-9512</td>
</tr>
<tr>
<td>CITY OF OMAHA PARKS &amp; RECREATION PROGRAMS (Multiple sites)</td>
<td>444-5440</td>
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</tbody>
</table>

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<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>YMCA/YWCA (Multiple locations)</td>
<td>444-5440</td>
</tr>
</tbody>
</table>

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

**HEALTH MAINTENANCE CLINICS**: Multiple locations

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<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>EASTERN NEBRASKA OFFICE ON AGING</td>
<td>444-6444</td>
</tr>
<tr>
<td>(Weights/blood pressures, foot/nail care, injections, and health evaluations by appointment.)</td>
<td></td>
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</tbody>
</table>

**HEARING IMPAIRMENTS**: Programs and Services

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>NEBRASKA COMMISSION FOR THE DEAF/HARD OF HEARING</td>
<td>595-3991</td>
</tr>
<tr>
<td>(Sponsors a hearing aid bank that repairs/distributes used hearing aids free to low-income elderly)</td>
<td></td>
</tr>
<tr>
<td>SELF-HELP FOR HARD-OF-HEARING PEOPLE</td>
<td>554-1543</td>
</tr>
<tr>
<td><a href="http://www.hearingloss.org">www.hearingloss.org</a></td>
<td></td>
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</tbody>
</table>
**HOME HEALTH SERVICES:** Nurses, aides, therapists, sitters, etc.

- ALEGENT HEALTH HOME CARE 898-8000
- ALL MIDLANDS HEALTH SERVICE 391-5554
- CARE CONSULTANTS FOR THE AGING 398-1848
- FIRST CHOICE HEALTH CARE 397-8330
- GENTIVA HEALTH SERVICES 593-1300
- INTERIM HEALTH CARE SERVICES 392-1818
- INTREPID USA MEDICAL SERVICES 393-8064
- KELLY HOME CARE SERVICES 334-0605
- METHODIST HOME HEALTH 354-3200
- 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) 965-9170
- "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, caulking, window/door repair/replacement, heating/cooling system tuneups 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/TRANSPORTATION, etc.**

- At Your Service/Errands Inc. (Errands/house sitting) 393-9922
- At Home Assistance 320-6480
- Care Consultants for the Aging 398-1848
- Caring Hands 431-1690
- Caring Network, Inc. 573-8031
- Caring Partners 968-8642
- Circle of Friends Visiting Program (Volunteer) 393-0788
- Comfort Keepers 991-9880
- Desert Ministries (Volunteer) 556-8032
- Home Instead Senior Care 498-3444
- Home Helpers 933-6095
- Kind Hearts 339-7727
- Little Brothers-Friends Of The Elderly (Volunteer Visitors) 884-6641
- Mercy’s TLC 884-0982
- 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.  533-2664
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
Mail Carrier Alert Program (Volunteer)  444-6444
Free Furnace Checks/Smoke Alarm Installation (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
IMMANUEL LAKESIDE TERRACE 17475 Frances St.*  932-9500
IMMANUEL LAKESIDE VILLAGE 17475 Frances St.  932-9500
IMMANUEL TERRACE 6801 N. 67th Plz.*  829-3220
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
LA BONNE VIE 60th & Ville de Sante Dr.  592-5760
LA BONNE VIE 94th & Park Dr.  592-5760
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
LUTHERAN HOME 530 S. 26th St.*  346-3344
MARQUIS PLACE ASSISTED LIVING 20800 W. Maple Rd.* 289-9229
MASONIC MANOR 801 S. 52nd St. 558-3161
MILLARD MANOR 12835 Deauville Dr. 896-2319
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
5900 Northwest Radial Hwy.
600 S. 27th St.
2500 B St.
4500 S. 25th St.
1501 Park Ave.
5904 Henninger
1601 Park Ave.
4850 Underwood Ave.
1500 Pine St.
5100 Florence Blvd.
2500 B St.

PAPIO VALLEY APARTMENTS 81st & Blondo St. 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
ROYALE OAKS 4801 N. 52nd St.* 827-6060
ST. JOSEPH TOWER 2205 S. 10th St.* 952-5000
SEVEN OAKS OF FLORENCE 3501 State St. 451-4477
SILVERCREST 11909 Miracle Hills Dr.* 431-0011
SILVERCREST at (FOUNTAINVIEW) 5728 S. 108 St.* 537-0544
SKYLINE MANOR & VILLA 7300 Graceland Dr.* 572-5761
SORENSEN ASSISTED LIVING CR * 4809 Redman Ave. 455-5025
SOUTHVIEW HEIGHTS 5110 S. 49th St.* 731-2118
SUNRIDGE VILLAGE 13410 Blondo St. 496-0116
VALLEY HEIGHTS/VALLEY VIEW Valley, NE. 444-6203
WALNUT GROVE 4901 S. 153 St. 861-1611
WESTGATE ASSISTED LIVING 3030 S. 80th St.* 391-8566
WESTMINSTER COURT 7323 Shirley St. 392-1542
WOODGATE 7800 Vane St. 444-6203

HOUSING (DEMENTIA): RESIDENTIAL "GROUP" HOMES FOR PERSONS WITH DEMENTIA
AN ANGEL'S TOUCH 11405 Farnam Cir./1113 N. 85 St. 697-0033
BETTY'S HOUSE 8001 Maple St. 341-8228
EDGEWOOD VISTA 17620 Poppleton Ave. 333-5749
COMFORT CARE HOMES (multiple locations) 445-4474

(*See also HOUSING and NURSING HOMES for facilities that specialize in dementia care)
**HOUSING RELOCATION:** Finds appropriate housing for an older adult

A PLACE FOR MOM [www.aplaceformom.com](http://www.aplaceformom.com) (712) 566-3211
CARE CONSULTANTS FOR THE AGING [www.careconsultants.com](http://www.careconsultants.com) 398-1848
TENDER TRANSITIONS [www.tendertransitions.net](http://www.tendertransitions.net) 965-9170
HOME ACCESS SOLUTIONS [www.homeaccesssolutions.com](http://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](http://www.aarp.org) 398-9568
CHILDREN OF AGING PARENTS [www.caps4caregivers.org](http://www.caps4caregivers.org) (800)227-7294
EASTERN NEBRASKA OFFICE ON AGING [www.enoa.org](http://www.enoa.org) 444-6444
ELDER CARE LOCATOR [www.eldercare.gov](http://www.eldercare.gov) (800)677-1116
NAT. ASSN OF PROFESSIONAL GERIATRIC CARE MANAGERS [www.caremanager.org](http://www.caremanager.org)
NEBRASKA HEALTH INSURANCE INFORMATION, COUNSELING & ASSISTANCE PROGRAM [www.nol.org/home/NDOI/](http://www.nol.org/home/NDOI/) (800)234-7119
UNITED STATES ADMINISTRATION ON AGING [www.aoa.gov](http://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. [www.concord-center.com](http://www.concord-center.com) 345-1131
Omaha Bar Association Mediation Referral Service 280-3603

**LEGAL SERVICES FOR LOWER INCOME PERSONS**
Legal Aid Society 500 S. 18th St. 348-1060
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 (see also DISEASE RELATED ORGANIZATIONS.)

NEBRASKA HOTLINE FOR DISABILITY SERVICES (800)742-7594
(Info/referral/purchase/training for assistive devices & services)
PRESBYTERIAN OUTREACH, Inc. HOME EQUIPMENT LOAN PROGRAM 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 (For 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
www.hhs.state.ne.us/reg/regindex.htm

NUTRITION

COMMUNITY MEAL SITES: Open Mon - Fri unless otherwise noted.
(* Transportation available)
Bennington Center (Wed. only) 322 N. Molly St. 238-2471
Camelot Friendship Center 9270 Cady Ave. 444-3091
Clair Community Center (Wed. only) 5544 Ames Ave. 451-8322
Corrigan Multi-Purpose Center 3819 "X" St.* 731-7210
Crown Tower 5904 Henninger Dr. 444-6444
Elkhorn Center (Tues. only) 302 E. Douglas St. 289-4908
Family Services Senior Center 2101 S. 42nd St.* 553-5300
Florence 2920 Bondesson St.* 444-6333
Heartland Senior Center (M, W, F) 7117 Jones Cir. * 996-8307
<table>
<thead>
<tr>
<th>Location</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Highland Tower 2500 &quot;B&quot; St.</td>
<td>444-6444</td>
</tr>
<tr>
<td>Immanuel Courtyard (Evening Meal) 6757 Newport Ave.</td>
<td>829-2912</td>
</tr>
<tr>
<td>Jewish Community Center (Kosher Meals)*</td>
<td>330-4272</td>
</tr>
<tr>
<td>Kings Gate Senior Center 7055 Crown Point Ave. *</td>
<td>571-1255</td>
</tr>
<tr>
<td>Millard/Montclair Center 2304 S. 135 Ave.*</td>
<td>546-1270</td>
</tr>
<tr>
<td>Native American Elders Center (Tu - Thur) 2240 Landon Ct.</td>
<td>346-0902</td>
</tr>
<tr>
<td>North Omaha Senior Center 2415 Grant St.*</td>
<td>444-6278</td>
</tr>
<tr>
<td>Park Tower South Senior Center 1601 Park Ave.*</td>
<td>444-6444</td>
</tr>
<tr>
<td>Ralston Senior Center (Mon - Sun) 7599 Main St.</td>
<td>339-4926</td>
</tr>
<tr>
<td>Seven Oaks of Florence 3439 State St.</td>
<td>451-4477</td>
</tr>
<tr>
<td>St. Mary Magdalene Center 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 213 S. 25th St. [www.sshe.com](http://www.sshe.com) 408-3438
- Seattle Sutton's Healthy Eating 12041 Blondo St. 991-8234
- Seattle Sutton's Healthy Eating 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, Pet Sitters, Groomers Who Make House Calls (See Yellow Pages)

**PRESCRIPTION MEDICATIONS**

**PHARMACIES THAT DELIVER MEDICATIONS:** (Many others will mail medications)
- BAUM DRUG 5001 Underwood Ave. 551-6882
- HY VEE SUPERMARKETS (Various Locations) K
- KOHLL’S DRUG 4230 "L" St. 733-2000
  - 2923 Leavenworth 342-6547
  - 617 N. 114 St. 408-0012
  - 3427 S. 84th St. 393-1404
  - 12759 "Q" St. 895-3101
  - 5000 Dodge St. 553-8900
- RANDY’S PHARMACY 13072 Arbor St. 333-3020
- SEIG PHARMACY 6520 Sorensen Pkwy. 829-3282
- WOHLNER’S PHARMACY 5203 Leavenworth 551-5200

**MAIL ORDER 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  740-0650

PATIENT ASSISTANCE PROGRAMS & 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 or www.medicare.gov or www.benefitscheckup.org

PHYSICIANS: GERIATRICIANS: Specialists in care for older adults

NEBRASKA MEDICAL CENTER GERIATRIC MEDICINE CLINIC 559-9600
Website: 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:
Timothy Malloy, MD 559-7200

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
Family Services Senior Center 2101 S. 42nd St.*  553-5300
Florence Community Center 2920 Bondesson St.  444-5216
Heartland Senior Center 7117 Jones Circle*  561-7045
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 facilities and nursing homes may also provide short term care in their facilities.)

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
Breast Cancer 354-5890
For Ladies Only (women-only group) 280-5673
Gynecological Cancer 354-5890
Leukemia/Lymphoma 344-2242
Prostate Cancer 393-5800
572-2768
CARDIO-VASCULAR DISEASE 354-4190
CO-DEPENDENCY www.codaomaha.org 449-1716
CROHN'S DISEASE/COLITIS 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 697-1023
556-3279
330-6130
391-2971
FIBROMYALGIA 978-7557
GAMBLING ADDICTION 558-6449
GREATER OMAHA SELF-HELP FOR HARD OF HEARING
GRIEF/BEREAVEMENT:
Compassionate Friends (Death of a child at any age) 571-4011
www.tcfoamaha.org

Gentle Support/Partners On The Journey 391-1664
Grief Recovery Group 552-3219
Grief Share www.griefshare.com 895-3394
Surviving Bereavement 572-2933
THEOS (death of spouse) 391-2971
HEAD INJURY SUPPORT GROUP 571-5651
MENTAL ILLNESS 345-8101
MULTIPLE SCLEROSIS 572-3190
OBSESSIVE COMPULSIVE ANONYMOUS 343-9455
OSTEOPOROSIS 393-8996
OSTOMY www.uoa.org 393-3649
PANIC AND ANXIETY DISORDERS 445-9260
PARKINSON’S DISEASE 397-2766
PET LOSS 333-3336
POLIO SURVIVORS 341-0710
PULMONARY (RESPIRATORY) PROBLEMS 354-4190
RECOVERY INC. (Mental health recovery) 449-0301
SENIOR CAREGIVERS SUPPORT GROUP 502-1764
(Provision of mental health recovery)
STOP SMOKING PROGRAMS American Lung Association 572-3030
STROKE SUPPORT GROUPS 559-6264
895-3689
VISUAL IMPAIRMENTS 595-2041
WELL SPOUSE FOUNDATION (800) 838-0879

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

TRANSPORTATION: Ambulances, vans, and private autos

A & B Shuttle Service 331-7558
American Ambulance 342-0404
American Van Service 333-2114
Bureau for the Jewish Aging (van service) 330-4272
Eastern Nebraska Office on Aging (van service, non-Omaha residents) 444-6444
444-6558
Golden Carriage Program (private car/escort service) 346-8779
Moby Van Service -Metro Area Transit Co. (van service. Curbside pickup/drop-off)
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
346-9191
Rural/Metro Medical Services 345-6640
Shared Mobility Coach 346-8800. ext. 3453
Veterans Services or 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 559-9600
Geriatric Medicine Service
**VISUAL IMPAIRMENTS:** Devices, training, services

**EYE CARE AMERICA** [www.eyecareamerica.org](http://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](http://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

**OPTICAL SERVICES - HOUSE CALLS:**

Eyes On The Road (Visionary Opticians) 884-0599

Fits new eyeglasses from existing prescription or glasses, sells frames, makes repairs

**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, TRAINING AND EMPLOYMENT OPPORTUNITIES FOR OLDER ADULTS**

**EASTERN NEBRASKA OFFICE ON AGING** 444-6558

- Senior Employment Program
- Senior Help Program Foster
- Golden Carriage Transportation
- Home Delivered Meals Program
- Volunteers Intervening for Equity
- Ombudsman Advocate Program

- Respite Care Program
- Grandparent Program
- Program Neighbor to Neighbor Program
- Retired Senior Volunteer Program
- Senior Companion Program
- Tax Counseling Program

**DESERT MINISTRIES 2205 S. 10th St.** 556-8032

**MATURE RESOURCES EMPLOYMENT AGENCY 11717 "M" St.** 390-2399

**PEER COUNSELING PROGRAM FOR SENIORS (Family Services of Omaha)** 553-3000

Senior Health Foundation (Computer training) 2902 Sheffield St. 827-6090

**SERVICE CORPS OF RETIRED EXECUTIVES (SCORE)** 221-3606

**VOLUNTEER RESOURCE CENTER 1805 Harney St.** 342-8232
MISCELLANEOUS

CAREGIVER TRAINING
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.caregiverssupportservices.org

FANS LOANED TO LOWER INCOME ELDERLY
Salvation Army Senior Services 898-5944
Eastern Nebraska Office on Aging 444-6444

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.

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

HOME FOR THE HOLIDAYS (Southwest Airlines) 444-6654
Southwest Airlines provides a limited number of free round-trip flights for older persons with limited incomes to visit out of town relatives for the holiday season. Applications are available at any Eastern Nebraska Office on Aging Senior Center, or by calling 444-6654.

MAIL/TELEPHONE SOLICITATIONS
To stop these, send written requests to:
Mail Preference Services
P.O. Box 9008 Direct Marketing Assoc.
Farmingdale, NY 11735

Telephone Preference Service
P.O. Box 9014
Farmingdale, NY 11735-9014

SHARE A FARE
Half-price cab fare coupons for visually impaired persons.
http://www.ncbvi.state.ne.us/shareafare.htm
Share A Fare, Inc.
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) (800)526-0017
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. More information at www.lifelinesupport.org

TRASH/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.

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(revised 1/05)