

Senior Resources Guide

Services for seniors in the following counties:

- Adams
- Clay
- Nuckolls
- Webster

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Senior Resources Guide

Covering the counties and towns of:

Adams
- Hastings
- Ayr
- Holstein
- Juniata
- Kenesaw
- Prosser
- Roseland
- Trumbull

Clay
- Clay Center
- Deweese
- Edgar
- Fairfield
- Glenvil
- Harvard
- Ong
- Sutton

Nuckolls
- Hardy
- Lawrence
- Nelson
- Nora
- Oak
- Ruskin
- Superior

Webster
- Bladen
- Blue Hill
- Cowles
- Guide Rock
- Red Cloud

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Adult Day Care

Non-residential facility that supports the health, nutritional, social, and daily living needs of adults in a professionally staffed, group setting. Provides transitional care, respite, and short-term rehab.

Harvard

- Harvard Rest Haven - 402-772-7591

Hastings

- Edgewood - 402-462-4633
- The Kensington - 402-461-3149
- Hastings Memory Care - 402-834-3285

Assisted Living Facilities

Housing facility for those unable to live independently because of need for assistance with daily activities but don't require the skilled care of a nursing home.

Doniphan

- Prairie Winds – 402-845-4500 - prairiewindsdoniphan.com

Harvard

- Harvard House - 402-772-7591

Hastings

- Good Sam Villa - 402-460-3390
- Homestead Assisted Living - 402-461-3841
- The Heritage at College View - 402-462-6264
- The Kensington - 402-461-3149

Sutton

- Hillcrest View - 402-773-5557

Associations / Non-Profits

- AARP - 402-617-2522, aarp.org
- Alzheimer's Association - 402-502-4300, alz.org
- Brain Injury Alliance - 402-683-0717, biane.org
- Combined Health Agencies Drive (CHAD) - 308-440-8936
- Encourage Advocacy Center - 402-463-5810, encouragecenter.org
- GRACE Cancer Foundation - 308-675-0889, gracefoundationgi.org
- Hastings Public Library - 402-461-2346
- Live On Nebraska (organ/tissue donation) - 402-733-1800
- Parkinson's Nebraska - 402-715-4707

Behavioral Health and Drug/Alcohol Rehab

- Angels Care Home Health (behavioral health) - 308-589-0170
- Assertive Community Treatment (ACT) - South Central Behavioral Health Services - 402-463-5684
- CHI Richard Young Crisis Line - 800-930-0031
- Grief and Gratitude Counseling - 402-673-6208
- Lanning Center Lanning Center for Behavioral Health - 402-463-7711
- Mary Lanning Behavioral Health Department - 402-463-7711
- Mary Lanning Hastings Family Care - 402-463-2929 (medication mgmt.)
- Revive - 402-462-2066
- South Central Behavioral Services - 402-463-5684

Disabilities - Individuals with Disabilities

Community resources for persons with disabilities across the age span with various types of disabling condition in order to achieve their chosen community-based living goals.

- Dept. of Health and Human Services (DHHS) - 402-471-3121
- Goodwill Services - 402-463-1467
- Midland Area Agency on Aging - 402-463-4565 (Aging and Disability Resource Center, benefits assistance, case management, transportation, home delivered meals, senior center) - midlandareaagencyonaging.org
- Mid-Nebraska Individual Services - 402-462-5107
- Nebraska Adult Protective Services - 800-652-1999

Durable Medical Equipment (DME)

Medical equipment used in the home: hospital bed, cane, lift chair, oxygen, ventilator, walker, wheelchair, etc.

- American Home Patient (AHP-MHR) - 402-463-6268
- Assistive Technology Partnership - 402-471-0734
- Frontier Medical - 308-384-4799
- Funk Medical and Mobility - 402-759-6605
- Helget Home Care - 402-339-1056
- Mid Nebraska Mobility - 308-675-3380

Food Assistance

Local programs that assist seniors in obtaining and maintaining food and meals at low or no cost options.

Hastings

- Catholic Social Services - 402-463-2112
- Midland Area Agency on Aging - 402-463-4565 - midlandareaagencyonaging.org
  - Hastings Senior Center (home delivered meals, contribution based) - 402-460-1246
- Senior Action (Meals on Wheels) - 402-463-5900

Handicap Parking Permits (DMV)

Application must be filled out online at dmv.nebraska.gov/services

Hearing Aids, Visual Impairment, Home Monitoring Devices

- At Home Hearing – 308-382-9282 - athomehearingaids.com
- Beltone Hearing Center - 308-382-9169 - beltone.com
- Midland Area Agency on Aging - 402-463-4565 (grant funding for lifeline services)
- Nebraska Commission for the Blind and Visually Impaired - 402-471-2891
- Nebraska Commission for the Deaf and Hard of Hearing - 402-471-3593 (communication technology including phones, listening devices, TTY, and hearing aids available - some restrictions may apply)
- Sam's Club - 308-384-0622
- Senior Home Solutions - 308-293-6143 (lifeline, med boxes, etc.)

Home Care (non-medical / non-skilled / caregiver)

Daily activities provided by a caregiver (bathing, dressing, cooking, cleaning, laundry, errands) in an individual's home, assisted living facility, or retirement community (private pay, long-term care insurance, Medicaid-waver, or VA).

- AmanaCare - 308-663-3828 - amana-care.com
- Caring for People - 402-334-6900
- Caring Friends – 402-207-1050 – caringfriendsinhomecare.com
- Cornerstone Caregiving - 308-248-4266 - cornerstonecaregiving.com
- Hallmark Homecare - 308-210-3776
- Home Instead – 402-462-8500 – homeinstead.com
- Kingdom Keys - 308-383-8983 - kingdomkeys.care
- Right at Home – 308-833-5300 – rightathome.net
- Shea's Endless Avenues LLC - 402-984-6985
- Stacie's Home Health - 402-416-5134

Home Health (medical / skilled / nurse / therapist)

Medical care, under the direction of a physician, provided by a skilled nurse that may include restorative therapies, and medical social services to individuals in their homes, assisted living facilities, or retirement communities (covered by traditional Medicare).

- Angels Care Home Health – 308-589-0170 – angelscarehealth.com
- Brookestone Home Health - 308-995-4375 - brookestonehomehealthhospice.com
- Eventide - 308-389-6002 – eventide.org
- Good Samaritan Home Health – 402-461-5161 – good-sam.com

Home Repair / Weatherization

- Nebraska Weatherization Assistance Program - 402-471-2186 (low-income requirement for energy efficiency modifications and improvements)
- Stay Home Solutions - 402-831-0405 - home modifications

Hospice

Health care focused on terminally ill patient's pain and symptoms and attending to their emotional and spiritual needs at the end of life.

- Asera Care an Amedisys company (includes palliative care) – 308-384-1080 - amedisys.com
- Brookestone Hospice - 308-995-4375 - brookestonehomehealthhospice.com
- Eventide - 308-389-6002 – eventide.org
- Good Samaritan Hospice – 402-460-5868 – good-sam.com
- St. Croix Hospice – 308-675-2549 – stcroixhospice.com

Hospitals

Hastings

- Mary Lanning Hospital - 402-463-4521

Red Cloud

- Webster County Community Hospital - 402-746-5600

Superior

- Brodstone Memorial Hospital - 402-879-3281

Housing Authorities

Management and operation of federally subsidized Public Housing and Housing Choice Voucher (HCV) programs to provide residents affordable housing.

- Blue Hill Housing Authority - 402-756-2621
- Clay Center Housing Authority - 402-762-3503
- Hastings Housing Authority - 402-463-1061
- Housing Development Corporation - 402-461-8407
- Red Cloud Housing Authority - 402-746-2262
- Superior Housing Authority - 402-879-4688

Independent Living Facilities

Housing for adults (55+) who do not need assistance with daily living activities.

Hastings

- Good Samaritan Village - 402-460-3390
- Hanger 55 - 402-986-6859
- Heritage Manor - 402-463-5953
- Perry Reid Properties - 402-488-1666
- Regency Retirement Residence - 402-461-4098
- The Cottages - 402-463-0727
- The Heritage at College View - 402-462-6264

Insurance

- Donovan Industries - 402-851-3611
- Gary Thompson Agency - 308-384-3930
- Rural Healthcare Advisors - 308-403-4685, getruralhealth.com

Legal Assistance

- Legal Aid of Nebraska (eligibility is income based) – 402-348-1069

Medicaid

Provides health coverage for eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. It is administered by the state and funded jointly by state and the federal government.

- Nebraska Dept. of Health & Human Services - 855-632-7633
- Midland Area Agency on Aging, Aging and Disability Resource Center - 402-463-4565

Medicare

Provides health insurance designed to assist the elderly to meet hospital, medical, prescription drugs, and other health costs. It is available to individuals 65 years and older, and some younger than 65 depending on eligibility (including those with ALS or ESRD).

- Medicare - 800-633-4227

SHIP (Local Help for Nebraskans with Medicare)
Available to those who have Medicare or Medicare questions. All SHIP services are free, unbiased and confidential. SHIP staff and volunteers can answer questions, provide information and assist if you suspect you have been a victim of a Medicare scam or fraud.

- Midland Area Agency on Aging, Aging and Disability Resource Center - 402-463-4565
- SHIP - 1-800-234-7119, www.doi.nebraska.gov/ship

Medication Assistance Program

Assistance in finding and applying for discounted or no-cost medication and prescription programs. There may be income-based and/or physician-patient requirements.

- Mary Lanning Healthcare - 402-460-5714

Memory Care Facilities

Facility providing intensive, specialized care for people with memory issues.

Hastings

- Edgewood - 402-462-4633
- Hastings Memory Care - 402-834-3285
- The Heritage at College View - 402-462-6264
- The Kensington - 402-461-3149

Red Cloud

- Cherry Corner Estates - 402-746-2340

Mobile Primary Care Services

In-home primary care services including visits from nurses or providers to a patient's home or facility (independent, assisted-living, or nursing homes).

- Community Health Partners - 308-624-7746 - communityhcp.com
- Health at Home Consultants - 402-447-4673 - healthathomeconsultants.com
- Whole Medicine Whole Body Healthcare - 402-710-2501 - yorkwholemedicine.com

Ombudsman

State certified individuals who resolve problems of residents of nursing homes and residential care facilities, conflict resolution for victims of neglect and abuse.

- Midland Area Agency on Aging - 402-463-4565
- State of Nebraska - 402-471-2035

Palliative Care

Specialized medical care focused on providing relief from symptoms and stress of a serious illness and helping with quality of life.

- Asera Care an Amedisys company – 308-384-1080 - amedisys.com
- Mary Lanning Palliative Care - 402-984-3437

Respite Care

Short-term relief for primary caregivers (hours, days, or weeks). Care can be provided at home, in a healthcare facility, or at an adult day center.

Harvard

- Harvard Rest Haven - 402-772-7591

Hastings

- AmanaCare - 308-663-3828 - amana-care.com
- Caring Friends – 402-207-1050 – caringfriendsinhomecare.com
- Cornerstone Caregiving - 308-248-4266 - cornerstonecaregiving.com
- Edgewood - 402-462-4633
- Hastings Memory Care - 402-834-3285
- Home Instead – 402-462-8500 – homeinstead.com
- Midland Area Agency on Aging (grant funding) - 402-463-4565
- Right at Home – 308-833-5300 – rightathome.net
- The Kensington - 402-461-3149

State of Nebraska and other Resources

- Central Nebraska Lifespan Respite Network - 308-529-3560
- Nebraska Dept. of Health & Human Services - 866-737-7483
- Nebraska Respite Network - 866-737-7483

Senior Centers

Managed by Midland Area Agency on Aging (402-463-4565):

- Clay Center Senior Center - 402-762-3226
- Guide Rock Senior Center - 402-257-3615
- Hastings Senior Center - 402-460-1246
- Superior Senior Center - 402-879-4691

Skilled Nursing Facilities

Licensed healthcare residences for individuals who require a higher level of medical care than can be provided in an assisted living facility or at home. Also used for short-term rehabilitative stays.

Blue Hill

- Adept Nursing and Rehab of Blue Hill - 402-756-2080

Harvard

- Harvard Rest Haven - 402-772-7591

Hastings

- Good Samaritan Perkins - 402-463-3181

Kenesaw

- Accura Healthcare of Kenesaw - 402-752-3212

Red Cloud

- Heritage of Webster County - 402-746-2296

Sutton

- Sutton Community Home - 402-773-5557

Social Security

Assigns Social Security numbers, and administers the Social Security retirement, survivors, disability insurance programs, and Supplemental Security Income program for the aged, blind, and disabled.

- Social Security Administration - 800-772-1213

Support Groups

Addiction
- E Free Church - 402-469-7353

Cancer
- Grief and Gratitude Counseling & GRACE Cancer Foundation - 402-673-6208
    - Every Tuesday, 5:00-6:00 pm
    - 905 Theatre Dr., Suite 101B, Hastings

Dementia Caregiver
- Heritage at College View - 402-303-3358
    - 1st Wednesday of every month, 2:30-3:30 pm
- The Kensington - 402-461-3149
    - 2nd Tuesday of every month, 12:00-1:00 pm

Grief and Loss
- First St. Paul's Lutheran Church - 402-463-1329
    - Every Thursday, 5:00-6:30 pm
    - 501 N. Burlington
- Good Samaritan
    - 2nd Tuesday of each month, 10:30-11:30 am
    - Good Sam Village Perkins Pavillion - 300 S. First Ave.
- Grief and Gratitude Counseling - 402-673-6208
    - 2nd Thursday, 1:30-2:30 pm
    - 905 Theatre Dr., Suite 101B, Hastings
- The Kensington - 402-461-3149
    - 3rd Wednesday of every month, 2:00-3:00 pm

Mental Health
- Nami-Forse - 402-984-0939
    - 1st Friday of each month, 7:00-9:00 pm

Parkinson's
- Angels Care Home Health - 308-589-0170
    - Parkinson's Support Group - 2nd Wed. of each month, 12:00-1:00 pm (lunch provided)
    - 2309 N. Webb Road, Grand Island (Cornerstone Caregiving office)

Stroke
- Mary Lanning, Medical Services Building, Lower Level - 402-460-2524
    - 1st Wednesday of every month

Tax Services

- **AARP** - Tax Counseling for the Elderly (TCE) - 888-227-7669
- **IRS -** Volunteer Income Tax Assistance (VITA) **-** 800-906-9887

Therapy (in-home / in-patient)

Physical Therapy (PT) - focusing on improvement of movement skills
Occupational Therapy (OT) - focusing on self-help skills for daily living
Speech Therapy (ST) - focusing on the mechanics of speaking (i.e. recovering from a stroke, cognitive/memory and swallowing tasks)

- Angels Care Home Health – 308-589-0170 – angelscarehealth.com
- Eventide - 308-389-6002 – eventide.org
- Good Samaritan Home Health – 308-382-4054 – good-sam.com

Therapy (out-patient)

- Physical Therapy (PT) - focusing on improvement of movement skills
- Occupational Therapy (OT) - focusing on self-help skills for daily living
- Speech Therapy (ST) - focusing on the mechanics of speaking (i.e. recovering from a stroke, cognitive/memory and swallowing tasks)

Hastings

- Good Samaritan - 402-463-3181

Red Cloud

- Integrity Rehab - 402-257-7408

Transition and Home Improvement Services

- Be the Light - 308-380-8658 - errands/transportation/bill paying
- CE NE Senior Advisors – 308-390-2376 - ceneseniorad visors.com - assistance with senior living options
- Clare Senior Advisors of Central Nebraska - 308-390-2958 - claresenioradvisors.com - assistance with senior living options
- Kingdom Interiors - 402-713-4037 - organization/moving/downsizing
- Living Transitions - 308-627-0754 - organization/moving/downsizing
- Midland Area Agency on Aging, Aging and Disability Resource Center - 402-463-4565
- Pro-Tatch Inc. - 308-381-6275 - hotwoods.com (wheelchair ramps)
- Shea's Endless Avenues - 402-984-6985 - organization/moving/downsizing

Translation Language Services

- Language Line - 800-752-6096
- Multicultural Coalition - 308-385-5242

Transportation Services

Adams County
- Camelot Transportation - 888-452-3194
- Midland Public Transit - 888-997-1655 (Medicaid rides only)
- RYDE - 402-463-5681

Clay County
- Midland Public Transit - 888-997-1655

Nuckolls County
- Midland Public Transit - 888-997-1655

Webster County
- Midland Public Transit - 888-997-1655

Rides Out of Town/County - private pay rates apply
- AmanaCare - 308-663-3828 - amana-care.com
- Caring Friends – 402-207-1050 – caringfriendsinhomecare.com
- Cornerstone Caregiving - 308-248-4266 - cornerstonecaregiving.com
- Home Instead – 402-462-8500
- Right at Home – 308-833-5300 – rightathome.net
- Some private caregivers offer transportation, please check the *Home Care (non-medical)* listing on Page 5 for more options

Medicaid Recipients
- If the patient is on Medicaid, the Medicaid card lists a number to call and request transportation to medical appointments (each plan varies)

Veterans Services

- Crisis Line - 800-273-8255
- Nebraska Department of Veterans Affairs - 402-471-2458
- State Veterans Cemetery - 308-763-2958

County Veteran Service Offices
- Adams County - 402-461-7162
- Clay County - 402-762-3508
- Nuckolls County - 402-225-3971
- Webster County - 402-746-2493

Veteran Enrollment
- Enroll or inquire about eligibility, contact the Omaha VA - 402-995-4050
- Already established for health care, contact Grand Island VA – 866-580-1810

Veteran Nursing Homes
- Central Nebraska Veterans Home (Kearney) - 308-865-6000
- Eastern Nebraska Veterans Home (Bellevue) - 402-595-2180
- Norfolk Veterans Home (Norfolk) - 402-370-3330
- Western Nebraska Veterans Home (Scottsbluff) - 308-632-0300
- Additional names of skilled nursing homes with VA contracts are available from VA social workers