

**COMMUNITY RESOURCES FOR OLDER ADULTS AND CAREGIVERS  
COUNCIL BLUFFS & POTTAWATTAMIE COUNTY, IOWA \*  
April 2023**

(\*All addresses are in Council Bluffs, Iowa unless otherwise noted)

**ABUSE/NEGLECT**

24 Hour Hotlines, Programs and Emergency Shelters

Elder Abuse Hotline (24-Hour referral line) 1-800-362-2178  
Adult Protective Services <https://dhs.iowa.gov/DependentAdultProtectiveServices/Families>

Micah House <https://www.themicahhouse.org/> 712-323-4416

Catholic Charities Domestic Violence and Sexual Assault Program 712-328-0266  
<https://www.catholiccharitiesdm.org/our-services/domestic-violence-sexual-assault/> 1-888-612-0266

**ADULT DAY CARE/SHORT TERM RESPITE CARE**

Country House # 1831 E. Kaneshville Blvd. 712-322-4100  
<https://countryhouse.net/locations/iowa/council-bluffs/council-bluffs-our-community/>

**AGING SERVICES**

Connections Area Agency on Aging 231 S. Main St. 1-800-432-9209  
[https://www.connectionsaaa.org/healthy/senior\\_centers.html](https://www.connectionsaaa.org/healthy/senior_centers.html)

Umbrella organization providing free case management and support services to seniors who live in Pottawattamie and 19 surrounding counties in Western Iowa.

**ALZHEIMER'S DISEASE/DEMENTIA**

Alzheimer's Association, Iowa Chapter <https://www.alz.org/iowa> 24 Hour: 1-800-272-3900  
Association for Frontotemporal Degeneration <https://www.theaftd.org> 1-866-507-7222  
Lewy Body Dementia Association <http://www.lbda.org> 1-800-539-9767  
Normal Pressure Hydrocephalus <https://www.hydroassoc.org> 1-888-598-3789

Respite care financial grants for families caring for a relative with dementia.  
<https://www.helpforalzheimersfamilies.com/get-help/hilarity-for-charity/>

**COUNSELING/MENTAL HEALTH/SUPPORT SERVICES** (\* Inpatient care)

Affinity Community Counselling 300 W. Broadway St., #111 712-242-0533  
<https://www.affinitycommunitycounseling.com/>

CHI Health Senior Behavioral Services \* 402-717-4673  
<https://www.chihealth.com/en/services/behavioral-care/senior.html>

Caregiver Support Group (Country House) 1831 E. Kanessville Blvd. 712-322-4100

Center For Healing and Hope 427 E. Kanessville Blvd., #201 712-256-9660  
<https://www.healingandhopellc.com/>

Horizon Therapy Group 300 W. Broadway St., #270 712-256-7511  
<https://horizontherapy.net/>

Kanessville Therapy, LLC 508 S. Main St. 712-352-2110  
<http://www.kanessville.qwestoffice.net/index2.html>

Methodist-Jennie Edmundson Hospital Behavioral Health 712-396-6000  
<https://bestcare.org/specialties/behavioral-health/behavioral-health-inpatient-services>

Wings of Hope Cancer Support Center 427 E. Kanessville Blvd., #202 712-325-8970  
<https://wingsofhope.org/>

The Friendship Line The Institute on Aging 1-800-971-0016  
A 24-hour, toll-free non-emergency line for persons 60 & older suffering from loneliness, depression and/or suicidal thoughts. It also offers on-going phone outreach and wellness-checks to seniors.  
<https://www.ioaging.org/services/friendship-line>

**Suicide and Crisis Hotline** (Formerly the National Suicide Prevention Hotline) Dial **988**  
National 3-digit phone number for anyone experiencing a mental health, drug use or suicidal crisis, connecting them with trained crisis counselors 24/7. Available via landline, cell phone and voice-over internet connection. Services are available in English, Spanish and will provide interpretation services for over 150 other languages.

## **INVOLUNTARY MENTAL HEALTH COMMITMENTS**

How to file for an involuntary mental health commitment in Iowa:  
<https://www.iowacourts.gov/for-the-public/representing-yourself/commitments>

Where to file for an involuntary mental health commitment in Pottawattamie County:  
Clerk of the Pottawattamie County Court 227 S. 6<sup>th</sup> St., Council Bluffs 712-328-5604

**DRIVING CONCERNS** To report an unsafe driver, send a signed letter to:

Iowa Department of Transportation Ph: 1-515-244-8725  
Driver and Identification Services Fax: 1-515-239-1837  
P.O. Box 9204  
Des Moines, IA 50306-9204 <https://iowadot.gov/mvd/driverslicense/Medical-Vision>

FAQ's and a request form ("Request for Re-Examination" form # 431030) that can be completed on-line, mailed or faxed can be found at the above web link.

**Driving Assessment Programs:** Evaluates physical & cognitive abilities to drive plus in-car performance assessment:

CHI Health 6901 N. 72<sup>nd</sup> St., Omaha 402-572-3055  
<https://www.chihealth.com/driverevaluation>

Madonna Therapy Plus 17500 Burke St., Omaha 402-401-3900  
<https://therapyplus.madonna.org/programs/occupational-therapy>

Methodist Health System 8303 W. Dodge Rd., Omaha 402-354-4670  
<https://bestcare.org/specialties/physical-therapy/driver-rehabilitation>

### **FINANCIAL ASSISTANCE**

Iowa Department of Health & Human Services 1-855-889-7985  
<https://dhsservices.iowa.gov/apspspp/ssp.portal>

Social Security Administration 20 Arena Way, #1 1-866-331-9094  
<https://www.ssa.gov>

Homestead Property Tax Credit Application Form (to be filed with the County Assessor)  
<https://tax.iowa.gov/forms/homestead-tax-credit-application-54-028>

Pottawattamie County Assessor 227 S. 6<sup>th</sup> St., Council Bluffs 712-328-5617

Pottawattamie County Veterans Affairs 623 6<sup>th</sup> Ave., Council Bluffs 712-328-5797  
[https://www.pottcounty-ia.gov/departments/veteran\\_affairs/](https://www.pottcounty-ia.gov/departments/veteran_affairs/)

VetAssist <https://veteranshomecare.com/> 1-888-314-6075  
Private organization that helps wartime vets and their surviving spouses to access pension and in-home care services through the Veterans Administration for non-service-connected disabilities.

### **FINANCIAL INVESTMENTS** – Information, resources & fraud prevention for seniors

Financial Industry Regulatory Authority - Securities Helpline for Seniors 1-844-574-3577  
<https://www.finra.org/investors/have-problem/helpline-seniors>

North American Securities Administrators Association – Serving Our Seniors Program  
<https://serveourseniors.org/>

## **FRAUD & SCAM PREVENTION**

**Office of the Iowa Attorney General** 1-888-777-4590  
<https://www.iowaattorneygeneral.gov/for-consumers/for-older-iowans>

**Consumer Financial Protection Bureau** 1-855-411-2372  
<https://www.consumerfinance.gov/consumer-tools/fraud>

**Charity Navigator** monitors and rates charities for accountability & transparency, and posts consumer advisories on questionable and bogus charities. <https://www.charitynavigator.org>

## **GERIATRIC ASSESSMENT PROGRAMS** Comprehensive medical & cognitive evaluations

**Geriatric Assessment Program** <https://www.nebraskamed.com/geriatrics> **402-559-7515**  
**730 S. 38<sup>th</sup> Ave., Omaha.** (Nebraska Medicine/University of Nebraska Medical Center)

Geriatric Assessment Clinic (Methodist Physicians Clinic) 402-354-3152  
8901 W. Dodge, #250, Omaha. (\*Serves persons referred by Methodist Health System physicians only) <https://bestcare.org/specialties/geriatrics-and-senior-services/geriatric-assessment-clinic>

Geriatric Evaluation and Management Clinic (VA Medical Center) 402-930-7099  
4101 Woolworth Ave., Omaha (\*Serves persons referred by VA system medical providers only)

\* For info. about VA geriatrics services, contact: **Norrie Ragland, RN, BSN** 402-930-7623

## **GROCERY DELIVERY**

Aldi 3135 Manawa Centre Dr 1-855-955-2534  
<https://www.aldi.us/en/pickup-delivery/grocery-delivery/>

Hy Vee Supermarket "Aisles on Line" <https://www.hy-vee.com/aisles-online>  
1745 Madison Ave. (712) 322-9260  
2323 W. Broadway (712) 328-9792

Walmart Supercenter 1800 N. 16<sup>th</sup> St. 712-890-3914  
<https://www.walmart.com/store/3150-council-bluffs-ia/shopping-services>

## **HANDICAP PARKING PERMITS**

Driver's License Examining Station 1720 N. 16<sup>th</sup> St. 515-244-8725

Downloadable and on-line applications:  
<https://iowadot.seamlessdocs.com/f/ApplyPersonswithDisabilitiesParkingPermit>

**HEALTH & FITNESS** (Exercise/water exercise programs for older adults)

YMCA Health Living Center 714 S. Main St. <https://metroymca.org/hlc-cb> 712-323-5995

**HOME CARE SERVICES** (Skilled care nursing, nurse-aides, therapists)

Angels Care Home Health Care 712-352-3640  
<https://locations.angelscarehealth.com/ia/councilbluffs/angels-care-home-health-910.html>

Aveanna Home Health Care 712-325-8989  
<https://www.aveanna.com/locations/320/council-bluffs-iowa-51503/>

CHI Health at Home <https://www.chihealthathome.com/> Omaha: 402-898-8000  
Willingham Health Services <http://www.willinghamhealth.com> Omaha: 402-505-9511

**HOME CARE SERVICES: NON-MEDICAL** (Housekeeping, meals, companions, etc.)

Connections Area Agency on Aging 1-800-432-9209  
[https://www.connectionsaaa.org/healthy/senior\\_centers.html](https://www.connectionsaaa.org/healthy/senior_centers.html)

Amada Senior Care <https://amadaseniorcare.com/omaha-senior-care> Omaha: 402-281-0921  
Beautiful Life Home Care <https://www.blifehomecare.com/> 402-850-8438  
Home Instead Senior Care <https://www.homeinstead.com/location/229/> 712-220-2866  
Comfort Keepers 712-256-5800  
[https://www.comfortkeepers.com/offices/iowa/council-bluffs?utm\\_source=GMB&utm\\_medium=organic](https://www.comfortkeepers.com/offices/iowa/council-bluffs?utm_source=GMB&utm_medium=organic)

Right at Home <https://www.rightathome.net/council-bluffs> 712-355-9223  
Sunlight Senior Care <https://sunlightseniorcare.com/in-home-senior-care/> 402-421-1119  
Touching Hearts at Home <https://www.touchinghearts.com/omaha/about-us/> 402-934-3303  
Way to Stay Home Care <https://waytostayhome.com/> 402-557-0639

**HOME SAFETY DEVICES**

**EMERGENCY RESPONSE SYSTEMS** (All offer GPS technology)

FallCall Lite <https://www.fallcall.com/Apps/FallCall-Lite>  
Life Alert <http://lifealerthelp.com/default.aspx> 1-800-852-3081  
Lifeline Response System <https://www.lifeline.com/> 1-855-681-5351  
Life Station Medical Alert System <https://www.lifestation.com/> 1-855-403-5520  
Lively Medical Alert System <https://www.lively.com/> 1-800-918-8543  
MediGuard USA <https://mediguardusa.com/mobile-monitoring> 402-891-9700  
Medical Alert <https://medicalalert.com> 1-800-800-2537  
Security Equipment, Inc. <https://seisecurity.com/medical-alert/> 1-888-909-9517

## HOME SENSORS

System of electronic sensors that attach to frequently-used household items (coffee pot, microwave, pill box, walker, refrigerator and bathroom door, etc.). Sensors send wireless messages (not images) to caregiver's smart phone/computer allowing them to track use of these objects and alerting them of a possible emergency. Sensors can also be placed on beds and chairs, and can be worn by the person to detect a fall.

Alarm.com Wellness <https://alarm.com/wellness-independent-living> 1-877-389-4033  
Safe in Home <https://www.safeinhome.com/> 1-855-476-6665

## **HOME/VEHICLE SPECIAL NEEDS MODIFICATION**

Connections Area Agency on Aging, Solutions for Seniors 1-800-432-9209  
Provides financial assistance for home repair and home & vehicle accessibility modification.  
<https://www.connectionsaaa.org/services/home-and-vehicle-repair-and-modification-program.html>

Superior Van & Mobility 11147 Mockingbird Dr., Omaha. 1-855-934-7826  
<https://www.superiorvan.com/locations/omaha-ne>

## **HOSPICE AND PALLIATIVE CARE SERVICES** <http://www.nationalhospicelocator.com>

Interactive directory of hospice and palliative care services in the United States

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

## **HOUSING: ASSISTED LIVING** (# Dementia care unit \* Lower income specific)

Amelia Place 57 W. Ferndale Dr. 712-264-5672  
<https://www.enlivant.com/communities/iowa/amelia-place-council-bluffs>

Avoca Specialty Care Center 610 York Rd., Avoca 712-343-6398  
<https://www.careinitiatives.org/avoca-specialty-care>

Bethany Heights 11 Elliott St. 712-328-8228  
<https://blhs.care/assisted-living/>

Country House # 1831 E. Kaneshville Blvd. 712-322-4100  
<https://countryhouse.net/locations/iowa/council-bluffs/council-bluffs-our-community/>

Hansen House Assisted Living # 2331 Nash Blvd. 712-242-5734  
<https://hansenhouseassistedliving.com/contact/>

The Heritage at Fox Run # 3121 MacIneery Dr. 712-221-2448  
<https://www.heritage-communities.com/communities/the-heritage-at-fox-run/>

Oakland Manor Assisted Living	737 N. Highway St., Oakland	712-482-6403
	<a href="https://mgmhealthcare.com/facility/oakland-manor/">https://mgmhealthcare.com/facility/oakland-manor/</a>	
Prairie Gate Senior Living Community #	16 Valley View Dr.	712-352-6600
	<a href="https://www.preshomes.org/our-communities/prairie-gate">https://www.preshomes.org/our-communities/prairie-gate</a>	
Primrose Retirement Community	1801 E. Kanesville Blvd.	712-435-4069
	<a href="https://primroseretirement.com/council-bluffs-iowa-senior-care-communities/">https://primroseretirement.com/council-bluffs-iowa-senior-care-communities/</a>	
Risen Son Christian Village #	3000 Risen Son Blvd.	712-308-8145
	<a href="https://christianhorizonliving.org/locations/risen-son-christian-village">https://christianhorizonliving.org/locations/risen-son-christian-village</a>	
The Rose of Council Bluffs *	2306 Sherwood Dr.	712-322-1000
	<a href="https://evergreenredc.com/iowa-senior-assisted-living/the-rose-of-council-bluffs/">https://evergreenredc.com/iowa-senior-assisted-living/the-rose-of-council-bluffs/</a>	

**HOUSING: INDEPENDENT LIVING** ( \* Subsidized rent or lower income specific)

Bluffs Towers *	38 Pearl St.	712-328-2222
Camelot Village *	1105 S. 3 <sup>rd</sup> St.	1-866-652-8987
Dudley Court *	201 N. 25 <sup>th</sup> St. <a href="http://mhacb.org/dudley-court/">http://mhacb.org/dudley-court/</a>	712-322-1491
Bennett Building	405 W. Broadway	402-578-0003
Graceview Courtyard *	1681 College Rd.	712-201-5339
	<a href="https://immanuel.com/our-communities/council-bluffs/graceview-courtyard/home">https://immanuel.com/our-communities/council-bluffs/graceview-courtyard/home</a>	
Harmony Court	173 Bennett Ave.	712-388-9000
	<a href="https://www.harmonycourt.com/">https://www.harmonycourt.com/</a>	
The Heritage at Fox Run	3121 MacIneery Dr.	712-221-2448
	<a href="https://www.heritage-communities.com/senior-living/ia/council-bluffs/fox-run/">https://www.heritage-communities.com/senior-living/ia/council-bluffs/fox-run/</a>	
Kanesville Heights Apartments *	2310 Sherwood Dr.	712-256-5608
	<a href="http://www.kimballmgmt.com/heights.php">http://www.kimballmgmt.com/heights.php</a>	
Linden Place *	25 S. Linden Ave. <a href="https://www.seldin.com/lindenplace">https://www.seldin.com/lindenplace</a>	402-681-3001
Maple Park *	3524 2 <sup>nd</sup> Ave. <a href="https://www.seldin.com/maplepark">https://www.seldin.com/maplepark</a>	712-322-8977
North Avenue Tower Apartments *	103 North Ave.	712-323-0684
	<a href="https://www.seldin.com/northavenuetower">https://www.seldin.com/northavenuetower</a>	
Prime Square Apartments	822 S. Main St.	712-435-5500
	<a href="https://www.seldin.com/primesquare">https://www.seldin.com/primesquare</a>	
Prairie Gate Senior Living Community	16 Valley View Dr.	712-352-6600
	<a href="https://www.preshomes.org/our-communities/prairie-gate">https://www.preshomes.org/our-communities/prairie-gate</a>	
Primrose Retirement Community	1801 E. Kanesville Blvd.	712-435-4069
	<a href="https://primroseretirement.com/council-bluffs-iowa-senior-care-communities/">https://primroseretirement.com/council-bluffs-iowa-senior-care-communities/</a>	

Regal Towers *	505 S. 6 <sup>th</sup> St. <a href="https://www.mhacb.org/regal-tower">https://www.mhacb.org/regal-tower</a>	712-322-1491
Risen Son Christian Village	3000 Risen Son Blvd. <a href="https://christianhorizonliving.org/locations/risen-son-christian-village">https://christianhorizonliving.org/locations/risen-son-christian-village</a>	712-308-8145
The Rose of Council Bluffs *	2306 Sherwood Dr. <a href="http://www.evergreenredc.com/roseofcouncilbluffs.php">http://www.evergreenredc.com/roseofcouncilbluffs.php</a>	712-322-1000

**LEGAL SERVICES**

Iowa State Bar Association (Helps you find an attorney by location and practice area.)	<a href="https://www.iowabar.org/?pg=Find-A-LawyerHP">https://www.iowabar.org/?pg=Find-A-LawyerHP</a>	
Legal Aid of Southwest Iowa	532 1 <sup>st</sup> Ave. <a href="https://www.iowalegalaid.org/organization/iowa-legal-aid-southwest-iowa-regional-office#contact-tab">https://www.iowalegalaid.org/organization/iowa-legal-aid-southwest-iowa-regional-office#contact-tab</a>	1-800-532-1275
Legal Aid Society Hotline for Older Iowans		1-800-992-8161

**Downloadable forms:**

Durable Power of Attorney for Health Care – Iowa  
<https://www.iowalegalaid.org/resource/durable-power-of-attorney-for-health-care-dec>

Living Will – Iowa  
<https://www.iowalegalaid.org/resource/living-will-form-1>

**MEDICAL EQUIPMENT/ASSISTIVE DEVICES**

Help Adult Services (Loans medical equipment at no cost)	8522 Park Dr. Omaha, NE <a href="https://www.helpequipment.org">https://www.helpequipment.org</a>	402-341-6559
Mobilis Inc. Home Medical Equipment	2701 W. Broadway St. <a href="http://www.mobilismed.com">http://www.mobilismed.com</a>	712-328-2288

**MEDICAL INSURANCE**

Social Security Administration	20 Arena Way, #1 <a href="https://www.ssa.gov">https://www.ssa.gov</a>	1-866-331-9094
Senior Health Insurance Information Program	<a href="https://shiiip.iowa.gov/">https://shiiip.iowa.gov/</a>	1-800-351-4664
Iowa Department of Health & Human Services	<a href="https://hhs.iowa.gov/">https://hhs.iowa.gov/</a>	1-800-972-2017
Veterans Administration	<a href="https://www.va.gov/health-care/apply/application/introduction/">https://www.va.gov/health-care/apply/application/introduction/</a>	1-800-698-2411



## **MEDICAL SERVICES**

**Immanuel Pathways PACE (Program of All-inclusive Care for the Elderly).** Medical & dental services, medications, physical and occupational therapies, counseling and social services.  
1702 N. 16<sup>th</sup> St. <https://immanuel.com/pathways-pace/southwest-iowa/about> 712-227-6440

## **NURSING HOMES** (# Facilities that have special care dementia units)

Avoca Specialty Care Center 610 E. York St. (Avoca) 712-343-6398  
<https://www.careinitiatives.org/avoca-specialty-care>

Bethany Lutheran Home # 7 Elliott St. 712-328-9500  
<https://www.blhs.care/bethany-lutheran-home/#long-term-care>

Midlands Living Center 2452 N. Broadway 712-323-7135  
<https://www.midlandslivingcenter.com/>

Northcrest Living Center 34 Northcrest Dr. 712-328-2333  
<http://www.northcrestliving.com/>

Oakland Manor Nursing Home 737 North Highway (Oakland) 712-482-6403  
<https://mgmhealthcare.com/facility/oakland-manor/>

Risen Son Christian Village 3000 Risen Son Blvd. 712-308-8145  
<https://christianhorizonliving.org/locations/risen-son-christian-village>

**Iowa Long Term Care Ombudsman** 1-866-468-7887  
<https://iowaaging.gov/state-long-term-care-ombudsman/find-ombudsman>

**On-line Health Inspection Reports for all US nursing homes**  
<https://www.medicare.gov/care-compare/?providerType=NursingHome&redirect=true>

## **NUTRITION PROGRAMS:** Home delivered meals and community meal sites

Connections Area Agency on Aging	<a href="http://www.connectionsaaa.org/healthy">www.connectionsaaa.org/healthy</a>	1-800-432-9209
Council Bluffs Congregate Meal Site	YMCA Healthy Living Center	712-323-5995
Carter Lake Congregate Meal Site	626 E. Locust St.	712-347-6102
Neola Congregate Meal Site	110 Fourth St.	712-485-2179
Oakland Congregate Meal Site	618 N Highway	712-482-3353

## **PRESCRIPTION MEDICATIONS**

### **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 Connections Area Agency on Aging at 1-800-432-9209 or log on to Iowa Senior Health Insurance Information Program (SHIIP) at <https://shiip.iowa.gov/>

### **INTERNET PHARMACIES**

Internet (Digital) pharmacies can sometimes offer prescription medications at lower cost than retail pharmacies. The National Association of Boards of Pharmacy lists accredited US digital pharmacies. <https://nabp.pharmacy/programs/accreditations-inspections/digital-pharmacy/accredited-digital-pharmacies/>

### **MEDICATION DISPENSING/REMINDER SYSTEMS** (Locked, with reminder signals)

The Alzheimer's Store	<a href="https://www.alzstore.com/default.asp">https://www.alzstore.com/default.asp</a>	1-800-752-3238
ePill.com	<a href="https://www.epill.com/">https://www.epill.com/</a>	1-800-549-0095

### **PATIENT ASSISTANCE PROGRAMS**

Most pharmaceutical companies have Patient Assistance Programs that provide medications free of charge to physicians who apply on behalf of their lower-income patients. Contact your pharmacist for information, or go on line at Benefits Checkup <https://www.benefitscheckup.org>

### **PRESCRIPTION MEDICINES FOR UNINSURED OR UNDERINSURED PERSONS**

Rx Outreach is a non-profit organization that provides affordable mail-order prescription and generic medications to persons in need. <https://rxoutreach.org/> 1-888-796-1234

### **PRESCRIPTION MEDICINE DISCOUNT PROGRAMS**

Discounts for local pharmacy and mail-ordered prescription medications.

Good Rx	<a href="https://www.goodrx.com/">https://www.goodrx.com/</a>
Single Care	<a href="https://www.singlecare.com/">https://www.singlecare.com/</a>
Cost Plus Drugs	<a href="https://costplusdrugs.com/">https://costplusdrugs.com/</a>

### **MEDICATION DISPENSING/REMINDER SYSTEMS** (Locked, with reminder signals)

The Alzheimer's Store	<a href="https://www.alzstore.com/default.asp">https://www.alzstore.com/default.asp</a>	1-800-752-3238
ePill.com	<a href="https://www.epill.com/">https://www.epill.com/</a>	1-800-549-0095

## **RESPIRE CARE**

In-home: See "Home Care Non-Medical"

Institutional: Most Assisted Living Centers and Nursing Homes offer short-term respite care.

**SENIOR CENTERS** (Socialization and Recreation programs)

Carter Lake Senior Center	626 E. Locust St. (Carter Lake)	712-347-6102
Neola Senior Center	110 Fourth St. (Neola)	712-485-2179
Oakland Senior Center	618 N Highway (Oakland)	712-482-3353
YMCA Healthy Living Center	714 S. Main St.	712-323-5995

<https://metroymca.org/locations/ymca-healthy-living-center>

**TRANSPORTATION** Portal-to-portal van service for elderly and disabled

Council Bluffs Special Transit Service 712-890-5296  
<https://www.councilbluffs-ia.gov/361/Special-Transit-Service-STS>

**GoGo** <https://gogograndparent.com> 1-855-464-6872  
Program to pre-arrange rides through Uber and Lyft and monitor status from pickup to drop off via text message and phone calls to older rider and family caregivers.

**ANGEL FLIGHT CENTRAL** <https://angelflightcentral.org> 1-866-562-9464  
Free flights on private aircraft for persons needing to access medical care not available within 125 miles of their home. Service is for those who cannot otherwise afford it, and covers a 10-state region in and around Iowa.

**VETERANS SERVICES**

Pottawattamie County Veterans Affairs 623 6<sup>th</sup> Ave., Council Bluffs 712-328-5797  
[https://www.pottcounty-ia.gov/departments/veteran\\_affairs/](https://www.pottcounty-ia.gov/departments/veteran_affairs/)

**MISCELLANEOUS**

**CARE TEAMS/CARE CALENDARS**

On-line organizations that offer guidance to individuals and caregivers to organize and maintain a team of trusted friends to provide care, practical assistance and emotional support during an acute or chronic illness or disability. They provide on-line interactive calendars for helpers to sign up for specific duties.

Caring Bridge	<a href="https://www.caringbridge.org/resources/how-to-form-a-care-team/">https://www.caringbridge.org/resources/how-to-form-a-care-team/</a>
Alzheimer's Assn	<a href="https://www.alz.org/help-support/caregiving/care-options/care-team-calendar">https://www.alz.org/help-support/caregiving/care-options/care-team-calendar</a>
Lotsa Helping Hands	<a href="https://lotsahelpinghands.com/">https://lotsahelpinghands.com/</a>
Care Zone	<a href="https://carezone.com/">https://carezone.com/</a>
Caring Village	<a href="https://caringvillage.com/">https://caringvillage.com/</a>
Care Calendar	<a href="https://www.carecalendar.org">https://www.carecalendar.org</a>

## **MAIL/EMAIL/TELEPHONE MARKETING OPT-OUT** - To reduce or stop these

Association of National Advertisers <https://www.dmachoice.org/>  
Direct Mail.com “Do Not Mail” List [https://www.directmail.com/mail\\_preference/](https://www.directmail.com/mail_preference/)  
National “Do Not Call” Registry <https://www.donotcall.gov/>  
Commercial Email Opt-Out <https://www.ims-dm.com/cgi/optoutemps.php>

Form for caregiver to opt out of commercial marketing lists for an impaired family member:  
<https://www.ims-dm.com/cgi/dncc.php>

## **NOMOROBO** <https://www.nomorobo.com/>

Service that intercepts and answers phone calls from known scam robotic phone numbers. No charge for landlines, small monthly fee for mobile phones.

## **STORYWORTH** <https://new.storyworth.com/?flow=rebrand>

Helps an older person create a book of their memories as a keepsake for their family.

## **US POSTAL SERVICE INFORMED DELIVERY**

The US Postal Service will email digital images of mail scheduled to be delivered to you that day. It also allows you to track packages and re-schedule deliveries. Service is free and secure. Enrollment necessary. <https://informeddelivery.usps.com/box/pages/intro/start.action>

## **COMMUNITY RESOURCE DIRECTORIES**

Seniors Blue Book <https://seniorsbluebook.com/local/nebraska-iowa>  
(Website and free published booklet listing local resources in Pottawattamie, Douglas, and Sarpy and Counties.)

My Iowa Resource Directory <https://iowa.myresourcedirectory.com/>  
Searchable website for services statewide

**The Community Resource List for Older Adults and Caregivers is updated at least once annually and may be duplicated with proper acknowledgement.**

**You may download and print a copy of this and other patient education documents from the resources link on our Internet web site:** <https://www.nebraskamed.com/geriatrics/resources>

**Home Instead Center for Successful Aging  
Nebraska Medicine  
730 S. 38<sup>th</sup> Ave., Omaha, Nebraska  
<https://www.nebraskamed.com/geriatrics>**

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