

# Associations & Support Groups

Information for this list has been provided by individuals and organizations involved in local, regional and national associations and support groups. For corrections, deletions or additions, contact Jim Anderson at the League of Human Dignity, 1701 P St, Lincoln, NE 68508; phone 402-441-7871 (V/TDD); or e-mail: [janderson@leagueofhumandignity.com](mailto:janderson@leagueofhumandignity.com)

The League of Human Dignity is a nonprofit, consumer based organization that promotes independent living for people with disabilities, in their own homes rather than in nursing homes. To that end, we advocate for their needs and rights, while providing services to assist them in attaining and maintaining an independent lifestyle.

## Amyotrophic Lateral Sclerosis (ALS)

Keith Worthington Chapter, Nebraska Branch, Shaker Place, 10730 Pacific, Ste 103, Omaha, NE 68114. Call 402-991-8788 or 866-762-6361.

ALS in the Heartland, 1320 S. 119th St., Omaha, NE 68137. Phone 402-592-2374 or 402-592-2581; [www.alsintheheartland.org](http://www.alsintheheartland.org). Sabrina Schalley, Patient Services Director, [sabrina@alsintheheartland.org](mailto:sabrina@alsintheheartland.org); Omaha area support group meets the second Thursday of the month at 7 p.m., at St. Pius X Parish Center, 6905 Blondo St.

## Alzheimer's Disease (AD)

Atlantic, IA, meets the second Thursday of the month at 7 p.m., at Wesely Heritage House, 1200 Brookridge Cr; the third Thursday of month at 7 p.m., at Home Care & Hospice Building, 1500 E. 10th St.

Broken Bow, NE, meets the second Tuesday of the month at noon at Custer Care Center No. 2, 1020 S. 2nd, lunch provided, free adult day services during meeting for persons with Alzheimer's. Call 308-872-6303. Also, short term loans of medical equipment.

Council Bluffs, meets the last Tuesday of the month at 6:30 p.m., at Bethany Lutheran Home, 7 Elliott St. Call 712-203-1433.

Fremont, NE, meets the third Thursday of the month at 6:30 p.m., at Pathfinder House, 3010 N. Clarkson St.

Lincoln/Great Plains Chapter, meets the first Monday of the month at 7 p.m. Call Karen, 402-420-2540.

Independence House, 2355 Superior St., Lincoln, meets 7 p.m. the third Thursday of each month.

Call 402-475-7755.

Missouri Valley, IA, meets the fourth Tuesday of every other month at 2:30 p.m., at Rand Community Senior Center. Call 712-642-3170.

Alzheimer's Association, Midlands Chapter — Omaha meeting locations: Bickford Cottage; Brighton Gardens; Elk Ridge Village Assisted Living; Fellas, Fun & Friendship; Fountain View Senior Living; Immanuel Fontenelle Home (chapel); Maple Crest; New Cassel/Franciscan Centre; North Area Caregivers; Ralston Senior Center. Bellevue meeting locations: Bellevue Senior Center; Eastern Nebraska Veteran's Home; Heritage Ridge; Hillcrest Health Systems; Silver Ridge Village. For meeting times and for more information, call 402-502-4301 or 800-272-3900. Respite services, Home Instead Senior Care, 402-498-3444; [www.homeinstead.com](http://www.homeinstead.com).

Norfolk, meets first Tuesday of the month at Faith Regional Medical Center West Campus. Call Phil, 402-640-0809.

North Platte, meets the second and fourth Mondays of the month at 1 p.m., at the First United Methodist Church. Call 308-532-1478.

Osceola, NE, meets the third Monday of the month at 7 p.m., at Osceola Good Sam., call Carmen, 402-747-2691.

Sidney, IA, meets the fourth Monday of the month at 7p.m., at the Ambassador, 115 Main St.

Scottsbluff, meets the first Thursday of the month at Beverly Healthcare, 111 W. 36 St. Call Stacy Rotherham, 308-635-2019.

Shelby County, IA, meets the second Monday of the month at 9:30 a.m., at the Harlan Senior Center, 706 Victoria St., Harlan.

Shenandoah, IA, meets from 3-4 p.m. the last Thursday of the month in the Shenandoah Medical Center conference room, 300 Park Ave. Call facilitator Lisa Vetter, 712-623-3151, or social worker Linda Rost, 712-246-7399.

## Amputees

Omaha, United Support for Amputees, meets third Tuesday of each month at Emmanuel Hospital Rehabilitation Center. Call Maxine, 712-644-2955, after 7 p.m.

Lincoln, Beyond Limbloss, call Kenny, 402-466-0268, cell 402-540-0748.

Lincoln, 5:30 p.m. 4th Wednesday of the month at Madonna Rehab Hospital

## **Arthritis**

Arthritis Foundation, Nebraska Chapter: 402-330-6130 in Omaha, 800-642-5292 outside Omaha. FAX: 402-330-6167; [www.arthritis.org](http://www.arthritis.org).

Arthritis Foundation Iowa Chapter, Des Moines, meets monthly, 515-278-0636; Fax: 515-278-2636; e-mail: [Info.ia@arthritis.org](mailto:Info.ia@arthritis.org); [www.arthritis.org](http://www.arthritis.org).

## **Athletics**

Cornhusker Wheelchair Athletics Association. Lincoln, call Ian, 402-486-8449, [www.cwaane.org](http://www.cwaane.org).

Eastern Nebraska Wheelchair Athletic Association, Omaha, call Greg 402-289-3521.

Junior Wheelchair Basketball Team, Omaha, Mike 402-554-2539; call Rita 402-551-4598.

Madonna Rehabilitation Hospital Adaptive Sports and Recreation Program, Lincoln, call Rick Haith, 402-413-3722

## **Autism**

Autism Society of Nebraska, call Jean McDermott 402-431-0166.

Families for Early Autism Treatment (FEAT) of Nebraska, call Mark Hirschfeld, 402-955-1780.

Unlocking Autism, call Connie Shockley, 402-933-2565.

## **Blind/Visually Impaired**

Nebraska Commission for the Blind & Visually Impaired, 877-809-2419, Serving Lincoln, Omaha, Kearney, North Platte, Norfolk and Scottsbluff.

United Blind of Omaha, call Gary, 402-455-4116.

Support Groups for the Visually Impaired Albion, Center, Columbus, Norfolk, Tekamah and West Point, call John/Glen 402-370-3436.

Support Groups for the Visually Impaired in Iowa, Iowa Department for the Blind 1-800-362-2587.

VIPS Support Groups for visually impaired, contact President Howard Simons, Islanders Group, 324 W 13 St, Grand Island, NE 68801; 308-381-8003.

## **Brain Injury**

Council Bluffs, REM Iowa Community Services, 712-323-5459.

Grand Island, NE, Support Group meets the third Monday of the month at St. Francis Medical. Call Kris McElroy, 308-398-5396.

Hastings, NE, meets at 5:30 p.m., the second Thursday of the month at, Mary Lanning Memorial Hospital. Call Kathlene Smith, 402-460-5763.

Kearney TBI Group, meets at 2 p.m., the third Saturday of the month at Good Samaritan Hospital. Call Kathryn Feldman, 308-224-1080.

North Platte NE, TBI Group meets the second Monday of the month. Call Frank Aloi, 308-532-3555.

Lincoln, meets the second Tuesday of the month at 7 p.m., at the First United Methodist Church. Call Nita Sipple, 402-890-4521.

Lincoln, UNL's Bright Ideas TBI Support Group meets at 6:30 p.m. on the second Friday of the month. Call Gina, 402-472-5462.

Norfolk, meets the first Monday of the month at Faith Regional Health Services. Call Bonnie Suhr, 402-586-2679.

Omaha Head Injury Group meets at 7 p.m., the second Tuesday of the month at Quality Living Inc., Cabana Room. Call Gail Kerwin, 402-991-7717; e-mail [GHK500@aol.com](mailto:GHK500@aol.com).

Omaha TBI Group, meets the first Tuesday of the month at Alegent Health, Immanuel Rehabilitation Center. Call Janell Badami, 402-572-2154.

Scottsbluff Support Group, meets the third Wednesday of the month at Region West Medical Center. Call Martha Douglas 308-635-3722.

York Support Group, Call Jedd Dunsmore, 402-725-3222 or 402-723-4461.

## **Cancer**

Omaha, American Cancer Society, Heartland Division, Phone 402-393-5800 or 800-642-8116.

Lincoln, Breast Cancer Support Group, Look Good Feel Good, meets the first or second Wednesday of the month in the Corporate Bldg, 7441 O St., Ste. 301. Call Mary, 402-486-7258.

Montgomery County, IA, Breast Cancer Group meets the fourth Monday of the month at 6:30 p.m., at Montgomery County Memorial Hospital, Red Oak. Call Carla, 712-623-7215.

Shelby County, IA, meets the third Monday of the month at 6:30 p.m., Myrtue Memorial Hospital, Harlan. Call Cheryl, 712-755-5161.

## **Caregivers/Support/Companions**

Omaha, Home Instead Senior Care, 402-498-3444; [www.homeinstead.com](http://www.homeinstead.com).

Bellevue/Downtown Omaha & Surrounding Communities, Home Instead Senior Care, 402-292-6611; [www.home-instead.com/110](http://www.home-instead.com/110).

Council Bluffs, & Surrounding Communities, Home Instead Senior Care, 402-292-6611; [www.homeinstead.com/110](http://www.homeinstead.com/110).

Omaha/Council Bluffs, Touching Hearts at Home; seniors, people with disabilities; 402-934-3303; [www.touchingheart.com](http://www.touchingheart.com)

Omaha/Council Bluffs Metro Area, HELP Adult Services. 402-341-6559 x106.

Southwest Iowa, Connections Area Agency on Aging, 300 W. Broadway, Ste. 240, Council Bluffs, IA 51503. 712-328-2540 ext. 1020 or 800-432-9209, fax 712-328-6899.

### **Deaf, Hard of Hearing**

Nebraska Commission for the Deaf and Hard of Hearing, 4600 Valley Rd, Ste 420; phone 402-471-3593 or 800-545-6244. E-mail [ncdh@nebraska.gov](mailto:ncdh@nebraska.gov).

Gothenburg, Hearing Loss Support Group, meets at 1:30 p.m. the last Friday of the month at Stone Hearth Estates, 110 20th St.; call Donita Mains, 800-545-6244.

Grand Island, Hearing Loss Support Group, meets at 10 a.m. the third Tuesday of the month at Primrose Retirement Community of Grand Island, 3990 West Capitol Ave.; call Beth Ellsworth, 800-545-6244.

Kearney, Hearing Loss Support Group, meets at 2 p.m. the third Tuesday of the month at Northridge Senior Living Community, 5410 17th Ave.; call Donita Mains, 800-545-6244.

North Platte, Hearing Loss Support Group, meets the fourth Tuesday of the month at First Lutheran Church, 5th & Willow; call Donita Mains, 800-545-6244.

Omaha, Hearing Loss Support Group, meets the fourth Friday of each month at Dora Bingel Senior Center, the Salvation Army, 923 N 38th St.; call Cindy, 402-898-5854.

Scottsbluff, Hearing Loss Support Group, meets at 2 p.m. the first Tuesday of every month at Scottsbluff State Office Complex Conference Room, 4500 Ave. I; call Donita Mains, 800-545-6244.

Communication Service for Deaf of Iowa, employment services, 712-322-1489.

Deaf Missions, 21199 Greenview Road, Council Bluffs, IA, 51503: 712-322-5493 (TTY/V); [www.deafmissions.com](http://www.deafmissions.com)

Hearing Loss Association of Omaha Area, meets 6:30 to 8 p.m. second Tuesday of the month at Dundee Presbyterian Church, 5312 Underwood Ave. Contact Beth, [ellsworth.beth@cox.net](mailto:ellsworth.beth@cox.net) or Warren, 402-981-1563, [cardpop1958@msn.com](mailto:cardpop1958@msn.com).

### **Depression, Bipolar**

Omaha, Depression & Bipolar Support Alliance: New Hope Chapter, call 402-502-4673. [www.omanewhope.com](http://www.omanewhope.com). Old Mill Peer Club meets from 7-9 p.m. Tuesdays at Christ Community Church, 405 S. 108th St.; child care available (age 0-6); call Cindy, 402-677-5989. Old Mill Family & Friends Club meets from 7-9 p.m. Tuesdays at Christ Commu-

nity Church, 405 S. 108th St.; child care available (age 0-6). Indian Hills Peer Club meets from 7-9 p.m. Thursdays at Morning Star Lutheran Church, 405 S. 108th St.; call Randy, 402-990-8012.

SOS Omaha: for people who have lost a friend or loved one to suicide. Meets third Tuesday of the month. For info, call 402-558-4616.

Greater Omaha Depression & Manic Depression Association, call Kate, 402-551-3275.

Lincoln, Manic Depressive and Depressive Association, 402-483-8886.

Lincoln, peer-led support group meets 7 to 8 p.m., first and third Thursday of the month at St. James UMC. Call Richard Haden, 402-476-7353.

Council Bluffs DBSA group, focusing on advocacy, at Peer Connection, 622 S. 4th St. Call Jimmy, 712-242-2500.

### **Developmental Disabilities**

The ARC of Lincoln/Lancaster County, 5609 S. 49th St., Suite 5, 402-421-8866; [www.arclincoln.org](http://www.arclincoln.org).

The ARC of Omaha, 1941 S. 42nd St., 402-346-5220; [www.olliewebbing.org](http://www.olliewebbing.org).

Easter Seals, 402-930-4166; 800-650-9880, [www.ne.easterseals.com](http://www.ne.easterseals.com).

Mosaic: Bethpage Village, 1044 23rd Rd, PO Box 67, Axtell, NE 68924, 308-743-2401; 722 S. 12th; Box 607; Beatrice, NE 68310; 402-223-4066.

### **Diabetes**

American Diabetes Association, 1-800-342-2383.

Cass County, IA, meets the second Wednesday every other month at 6:30 p.m., call Marcia, 712-243-3250.

Lincoln Diabetes Center: 402-481-3055.

Page County, IA, meets the fourth Monday of the month at 6:30 p.m., call Elaine, 712-542-2176.

Pottawattamie County, IA, meets 5:30 p.m. the third Tuesday of the month, Edwards Building Suite 102, 715 Harmony St., Council Bluffs. Call Jill, 712-325-2543.

Shelby County, IA, meets the third Monday of the month at 1:30 p.m., March - November call Jan, 712-755-4316.

### **Down Syndrome**

National Down Syndrome Society, 666 Broadway, New York, NY 10012, 1-800-221-4602; [info@ndss.org](mailto:info@ndss.org).

Omaha, National Down Syndrome Society, 402-553-5335; e-mail [nebuddywalk@cox.net](mailto:nebuddywalk@cox.net).

Lincoln Early Development Services Coordination, 402-441-6710; [www.lincoln.ne.gov/city/health/](http://www.lincoln.ne.gov/city/health/)

educat/early.htm.

Council Bluffs Down Syndrome Parent Group, Kyla Alba, 712-366-0503 x257 or 712-322-9391.

Lincoln, Parent and family group; meetings, holiday events, Buddy Walk, parent packets, Call Deb Safarik, 402-466-7641.

### **Dyslexia**

Nebraska Branch of the International Dyslexia Association, "Smart Kids: School Problems" Grand Island, call Brenda, 308-381-8943.

### **Epilepsy**

Omaha Epilepsy Support Group, meets 7 - 8:30 p.m. the third Tuesday of the month at Wittson Hall, UNMC campus, Room 3010, Omaha. In Omaha, contact Mary Overton, 402-680-8026, epilepsy1983@yahoo.com or Laura Neece-Baltaro, 402-827-7080, QKRLaura@aol.com.

Lincoln Support Group meets at 7:30 p.m. the second Tuesday of the month at Bryan LGH East Medical Plaza, Classroom 3. Contact Michele Johannes, 402-490-9027, michele170@hotmail.com.

### **Myalgic Encephalomyelitis /Chronic Fatigue Syndrome**

Online, www.wicfs-me.org.

Wisconsin CFS/FM/ME: Pat Fero, 747 Lois Dr., Sun Prairie, WI; 1-608-837-9540

### **Fibromyalgia**

Omaha, Arthritis Foundation 402-572-3040.

South Omaha Fibromyalgia Support Group meets weekly, call Gail 402-871-4835.

Humbolt, IA, call Judy 515-332-3376; bjmerris@goldfieldaccess.net.

New Hampton, IA, meets monthly at Mercy Medical Center, call Judy, 641-394-3106 x189.

Shenandoah, IA, meets four times a year or when requested. Call Della, 712-246-3244; delsta@nets.net.

### **Grief Resolution**

Lincoln, Horizon Hospice, meets Monday nights; 402-474-3600.

Shenandoah, IA, Shenandoah Medical Center Home Health and Hospice H.U.S.H. (helping you see hope) grief support group. Meets 7:30-8:30 p.m. the second and fourth Tuesdays of the month, in the SMC conference room, at 300 Park Ave. For info or to enroll prior to attending, call 712-246-7399.

### **Hydranencephaly**

Omaha contact: call Lynne, 402-485-2229 or

rtrease@nntc.net. Internet support also available.

### **Intellectual Disabilities**

Mosaic - Northeast Nebraska: 105 E. Norfolk Ave, Suite 200, Norfolk, NE 68701, 402-379-3888; 210 8th St., Suite B, Fremont, NE 68025, 402-753-0671; 1615 23rd St., Columbus, NE 68601, 402-564-8212; www.mosaicinnortheastne.org.

### **Learning Disabilities**

Omaha contact, Learning Disabilities Association of Nebraska: call Sharon, 402-571-7771.

### **Leukemia & Lymphoma**

Lincoln, Omaha Support group for adult patients and family with Leukemia, Lymphoma, Hodgkin's Disease, Myeloma or Myelodysplastic Syndromes. Call 402-344-2242 in Omaha; 402-438-2242 in Lincoln. Omaha group meets the second Tuesday of the month; Lincoln group meets the second Monday.

Lincoln Telephone Support Group for adult Myeloma, Lymphoma and Leukemia patients, family, meets Mondays from 10-11 a.m. Call Tonya, 402-344-2242 or 888-847-4974.

### **Muscular Dystrophy Association**

Groups meet the first Saturday of every other month, Parents 10-11:30 a.m.; Young Adults 11:30 a.m.-1 p.m.; Adults 1-2:30 p.m. In Lincoln at Sheridan Lutheran Church, Omaha at the Millard Library. Call Kelli Donner, 402-390-2914.

### **Medical Equipment Loan**

SW Iowa and Eastern Nebraska, HELP Adult Services, 402-341-6559 x101.

League of Human Dignity: Contact the League of fice near you.

### **Mental Health & Recovery**

Page, Fremont & Montgomery counties, IA, several mental health recovery groups meet as scheduled. For details call Jennifer, 712-542-2388.

Nebraska Family Support Network, an advocacy organization supporting Cass, Dodge, Douglas, Sarpy & Washington counties; 3568 Dodge St, Omaha, NE 68131, 402-345-0791.

Omaha, National Alliance for the Mentally Ill, www.nami.org/sites/ne.NAMI Nebraska, 415 S. 25th Ave., Bldg H, call 402-345-8101/877-463-6264.

Mental Health Assn. of Nebraska 1-800-422-6691 or www.MHA-NE.org.

Council Bluffs, NAMI Connection group meets



from 12:30 to 2 p.m. Fridays at Peer Connection, 622 S. 4th St. Call Barb, 712-242-2500.

Grand Island, meets 12:40 p.m. Fridays, call Sharon, 308-384-7896.

Hastings, NE, meets 7 p.m. Thursdays, call Michelle, 402-469-6391.

Kearney, meets 6 p.m. Mondays, call Dick, 308-236-6327.

North Platte, meets the first Monday of the month at 1 p.m., call Rachel, 308- 530-2688.

Lincoln, meets the second Thursday of the month at 7 p.m., call Kent, 402-474-0470.

Lincoln, Recovery International, call 402-449-0301 for meeting info visit [www.lowselfhelpsystems.org](http://www.lowselfhelpsystems.org), call Kathy 402-455-9616.

Lincoln, Connection Recovery Support Group meets Wednesdays 6:30 to 8 p.m. and Sundays 2 to 3:30 p.m. at Bryan LGH West Education Dept.. Call Dave Skomer, 402-471-3536 or Morris Motes, 402-441-5593

Norfolk, meets the second Thursday of the month at 7 p.m., call Bryan, 402-371-0152.

Scottsbluff, meets at 6 p.m. Tuesdays, call John, 970-222-5759.

### **Multiple Chemical Sensitivity**

MCS Information Exchange, 3 Larrabee Farm Road, Brunswick, ME, 04011, [www.conceptmed.com](http://www.conceptmed.com).

Chemical Injury Information Network, [www.ciin.org](http://www.ciin.org); 406-547-2255

Human Ecology Action League, e-mail [HEAL-Natnl@aol.com](mailto:HEAL-Natnl@aol.com); [www.healnatl.org](http://www.healnatl.org).

### **Multiple Sclerosis (MS)**

Beatrice, NE, National MS Society, meets the fourth Thursday of the month at 7p.m., at First Baptist Church, 1025 N. 16th St., call Emmett James 402-228-3585.

Omaha, 402-572-3190 or 1-800-755-3959.

Lincoln, National MS Society, meets the second Tuesday of the month at 7 p.m., 1st Lutheran Church, 1551 S. 70th; call Karen Lind-Olson, 402-486-1885.

Lincoln, MSA, meets at 10 a.m. the first Saturday of the month at Bryan LGH East-Classroom 2. call Alan W., 402-489-2787.

NW Lincoln MS Support Group, meets 10 a.m. - 12 p.m. the third Wednesday of the month at Tabitha Walter Apts. Community Room, 5501 Sea Mountain Rd; call Ruth 402-261-8050.

Council Bluffs, meets at 7 p.m. the third Thursday of month, call Jerry, 712-366-9569.

Norfolk, 402-648-7906.

### **Myositis**

Bennington, NE, call Laura, 402-238-3261, [www.myositis.org](http://www.myositis.org).

### **Parent Support Group**

Omaha, Parent Training and Information for Families of Children with Disabilities, 3135 N 93 St.; phone & fax: 402-346-0525; 1-800-284-8520; [kheinen@pti-nebraska.org](mailto:kheinen@pti-nebraska.org).

### **Parkinson's Disease**

Atlantic, IA, meets the third Monday of the month at 1 p.m., at Wesley Heritage House, 1200 Brookridge, Cr.

Clarinda, IA, meets the third Thursday of the month at 2 p.m. at IHS, 600 Manor Dr., Call Connie, 712-542-5161.

Lincoln, meets the fourth Sunday of the month, except December, at 2 p.m., at Madonna Rehabilitation Hospital, 5401 South St (52nd St entrance); Call Delene, 402-486-4810 or David, 402-217-3833.

Fremont, NE, 402-478-4853.

Omaha, APDA Young Onset Parkinson's support group meets every other month, on a weekend evening. Call Colleen, 402-397-0327.

Panhandle, meets the fourth Wednesday of the month at Northfield Villa. Call Jack Johnson, 308-235-2513.

### **Polio**

Nebraska Polio Survivors Association, PO Box 6076, Omaha, NE 68106; call 402-932-5426 or e-mail [npsa.org@hotmail.com](mailto:npsa.org@hotmail.com).

Lincoln/Lancaster County, call Vera, 402-467-5650.

### **Respiratory**

Council Bluffs, Better Breathers, meets the fourth Monday of the month at 4 p.m., at Mercy Hospital. Call Sharon, 712-328-5479.

American Lung Association of Nebraska offers programs, services and education. Call 800-586-4872.

### **Respite**

Statewide, Nebraska Respite Network, 1-866-RESPIRE (free).

Bellevue, Council Bluffs, Downtown Omaha/surrounding communities, Home Instead Senior Care, Companion Home Services, Inc., 1311 Harlan Dr., Bellevue, NE. 402-292-6611.

Omaha/Council Bluffs Metro HELP Adult Services, 402-341-6559.

Omaha, Home Instead Senior Care, 402-498-

3444; [www.caregiverstress.com](http://www.caregiverstress.com).

Southwest Iowa, Connections Area Agency on Aging, 300 W. Broadway, Ste. 240, Council Bluffs, IA 51503. 712-328-2540 ext. 1020 or 800-432-9209, fax 712-328-6899.

### **Scleroderma**

Lincoln, meets at Roper & Son Resource Center, 4400 S 70th. Call Terry Christensen, 308-384-4017; e-mail [terry058@webtv.net](mailto:terry058@webtv.net).

Omaha, meets the second Tuesday of the month from 7-9 p.m., at Methodist Cancer Center; 8303 Dodge St; lower lobby; call Barb Heenan, 402-291-7670; [omahassg@aol.com](mailto:omahassg@aol.com).

Grand Island, NE, meets at St. Francis Hospital, 2620 Faidley Ave., Conference Room 3A; call Terry Christensen, 308-384-4017; [terry058@webtv.net](mailto:terry058@webtv.net).

### **Senior Resources/Services**

Bellevue/Downtown Omaha & Surrounding Communities, Home Instead Senior Care, 402-292-6611. [www.home-instead.com/110](http://www.home-instead.com/110).

Council Bluffs, IA, & surrounding communities, Home Instead Senior Care. 402-292-6611. [www.homeinstead.com/110](http://www.homeinstead.com/110).

### **Spina Bifida**

Lincoln, Spina Bifida Assn of the Star City, call Jerry, 402-434-3000.

Omaha, meets the first Wednesday of the month at 7 p.m., at Quality Living East Campus, Cabana Room; Call Jolene, 402-894-2070.

### **Spinal Cord Injury/Disease**

ENWISCIA, call Brian Richardson, 402-573-6904; [ENWISCIA@cox.net](mailto:ENWISCIA@cox.net).

Omaha, Great Plains Paralyzed Veterans of America Adaptive Health and Fitness Center, 7612 Maple, 402-398-1422. E-mail [reynolds@great-plainspva.org](mailto:reynolds@great-plainspva.org).

Scottsbluff, Spinal Cord Injury Peers meets monthly at Regional West Medical Center. Call 308-635-7901.

Central NE Group, Hastings, Call Darla 402-461-5124.

### **Stroke**

Lincoln, meets the fourth Thursday of the month at 1 p.m., at Madonna, 5401 South St., Lincoln, 402-483-9590. Also, "Come Back Club," Lincoln 1-888-808-5678.

### **Tourette Syndrome**

Lincoln, Nebraska Association for Tourette Syndrome 402-467-9077.

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