

COMMUNITY

Resources Guide

Pender Community Health

Health Care & Quality

Adherence Packaging (Medication Pill Packs)

- Apothecary (Pender): 402-385-3350
- Med N More (Norfolk): 402-371-6673
- U Save (Wayne): 402-375-2922

Alcohol Dependency Meetings

- Alcoholics Anonymous meeting sites located through website: https://www.area41.org

Alcohol and Substance Use Therapy

- Behavioral Health Specialists- BHS (Norfolk): 402-370-3140
- Heartland Counseling Services (South Sioux City): 402-494-3337
- Pender Community Hospital Behavioral Health (Pender): 402-385-1898

Assisted Living Facilities

- Colonial Courts (Beemer): 402-528-3268
- Heritage of Emerson (Emerson): 402-695-2683
- Prairie Breeze (Pender): 402-385-1999
- St. Joseph's Retirement Community (West Point): 402-372-3477
- Wisner Care Center (Wisner): 402-529-3286

Norfolk

- Edgewood Healthcare: 402-371-0052
- Homestead of Norfolk: 402-253-0850
- Madison House: 402-347-7237
- Skyview Villa: 402-371-5269
- The Heritage at Fountain Point: 402-253-0850
- The Meadows: 402-371-1730

Wayne

- Wayne Country View: 402-375-1922
- Kinship Pointe: 402-375-1500

Behavioral Health Services

- Amy Schantz (Beemer): 402-309-0977
- Brenda Surber (Dixon): 402-650-6214
- Columbus Community Hospital Senior Behavioral Health(Columbus): 402-562-4655

Behavioral Health Services Continued

- Franciscan Healthcare (West Point): 402-372-2404
- Fremont Behavioral Health (Fremont): 402-941-7245
- Heartland Counseling Services (South Sioux City): 402-494-3337
- Pender Community Health Working on Wellness (Pender): 402-385-1898
- Pender Community Hospital Behavioral Health (Pender): 402-385-1898
- Morningstar Counseling (Walthill): 402-846-5533

Norfolk

- Apex Therapy Services: 402-851-4026
- Behavioral Health Specialists: 402-370-3140
- Bespoke Therapy Services: 402-370-5525
- Creative Care Counseling: 402-230-7576
- Faith Regional Health Services: 402-644-7329
- Good Life Counseling & Support, LLC: 402-644-7641
- Midtown Health Center: 402-371-8000
- New Leaf Counseling: 402-841-8351
- Norfolk Behavioral Health LLC: 402-379-0122
- Norfolk Counseling & Enrichment Center: 402-992-1512
- Oasis Counseling International: 402-379-2030

Sioux City

- Associates for Psychiatric Services, PC: 712-234-0220
- Be Well Mental Health: 712-202-2968
- Foundations Mental Health Center: 712-252-7170
- Mental Health Associates: 712-255-8323
- Siouxland Mental Health Center: 712-252-3871
- Women and Perinatal Mental Health: 712-279-3906

Wayne

- Providence Behavioral Health Counseling: 402-375-7937
- Senior Care and Senior Life Solutions/ Providence Medical: 402-375-7953

Caregiver Services

- Circle of Friends (Norfolk): 402-371-3567
- Home Instead (Norfolk):402-379-8225
- ProMedCare (Norfolk): 402-750-4881
- Providence Home Health and Hospice (Wayne): 402-375-3800
- Right at Home (Columbus): 531-230-5300
- Right at Home (Norfolk): 402-316-4689
- Visiting Angels Living Assistance Services (Sioux City): 712-212-9246
- Wisner Care Center (Wisner): 402-529-3286

Cognitive Testing

- Pender Community Hospital – Healthy Aging Assessment: 402-385-1898

Community Resources

- Northeast Nebraska Community Action Partnership Support Services (Pender): 402-385-6300 or https://nnphd.ne.gov/resources/find-local-resources.html
- DHHS Every Women Matters Program: 800-532-2227
- Your local DHHS office (dependent on county)

Norfolk

- American Red Cross (Norfolk): 402-371-0393
- American Red Cross (Sioux City): 712-255-8836
- Good Neighbors of Norfolk: 402-644-8155
- League of Human Dignity - Rights and quality of life of people with disabilities (Norfolk): 402-371-4475
- Northeast Nebraska Area Agency on Aging (Norfolk): 402-370-3454
- Northeast Nebraska Community Action Partnership Support Services (Norfolk): 402-371-0377

Dental Clinics (Medicaid/Medicare Eligible)

Medicaid and Medicare

- Dregalla Family Dentistry (Pender): 402-385-3188
- Good Neighbor Community Health Center (Fremont): 402-721-0951
- Good Neighbor Community Health Center (Columbus): 402-562-7500
- Nebraska Urban Indian Medical Center (Lincoln): 402-434-7177
- One World Community Health Center (Omaha): 402-401-6000
- Ponca Family Dentistry (Ponca): 402-755-2291
- Winnebago Dental Clinic (Winnebago): 402-878-2465

Medicaid and Medicare Native Americans Only

- Fred Leroy Health & Wellness Center (Norfolk): 402-371-8780

Durable Medical Equipment

- Franciscan Healthcare (West Point): 402-372-2404 (offer diabetic shoes)
- Numotion (Omaha): 402-933-0400

Norfolk

- American Home Patient: 402-371-0255
- Home Health Medical Equipment: 402-371-6550
- Kubat Respiratory: 402-371-3444
- ProMedCare: 402-750-4881

Durable Medical Equipment Continued

Sioux City Area

- American Home Patient (Sioux City): 712-258-7000
- Apria (Sioux City): 712-255-1555
- Fit My Feet (Dakota Dunes): 605-217-3338 (offer diabetic shoes)
- Hanger Clinic: Prosthetics & Orthotics (Dakota Dunes): 605-232-0066 (offers diabetic shoes)
- Lincare (Sioux City): 712-252-1678
- MercyOne Siouxland Home Medical Equipment (Sioux City): 712-233-5151
- St. Luke's Home Medical Supply (Sioux City): 712-279-3610
- Unity Point at Home (Sioux City): 712-279-3279

Eye Doctors

- Eye Physicians (Norfolk): 402-371-3158 (Medicare and Medicaid)
- Northeast Eye Care (West Point): 402-372-3266
- Northeast Eye Care (Pender): 402-385-8972
- Northeast Eye Care (Oakland): 402-372-3266
- Unity Eye Care (Norfolk): 402-971-8230 (Medicare and Medicaid)
- Wayne Vision Center (Wayne): 402-375-2020 (Medicare and Medicaid)
- Walmart (Norfolk): 402-371-5715 (Medicare and Medicaid)
- Walmart (South Sioux City): 402-494-1498 (Medicare and Medicaid)

Handicap Parking Permits (DMV)

- Application is completed online at dmv.nebraska.gov/services

Hearing Aids

- Beltone (Pender): 402-489-5700
- Beltone Audiology & Hearing (Norfolk): 402-564-8631
- Hearing Healthcare Center (West Point): 402-372-3448
- Hearing Life (Sioux City): 712-639-6182
- Hearing Specialists PC (Sioux City): 712-276-0050
- Mendlik Audiology (West Point): 402-372-3864
- Morningside Audiology (Sioux City): 712-560-1488
- Nebraska Commission for the Deaf and Hard of Hearing: ncdhh.nebraska.gov
- Norfolk Audiology (Norfolk): 402-371-2724
- Procenter Hearing (Wayne): 402-833-5061
- Sound Decision Hearing (Norfolk): 402-316-4362
- Sound Decision Hearing (Sioux City): 712-717-7247
- Tristate Hearing Consultants (Sioux City): 712-454-0069

Home Healthcare

- Burgess Health Center (Onawa): 712-423-2311
- Faith Regional Health Services (Norfolk): 402-644-7453
- Franciscan Healthcare (West Point): 402-372-2404
- Mercy One Siouxland Home Care (Sioux City): 712-233-5100
- Providence Home Health and Hospice (Wayne): 402-375-3800

Hospice

- Burgess Health Center (Onawa): 712-423-2311
- Franciscan Healthcare (West Point): 402-372-2404
- Hospice of Siouxland (Sioux City): 712-233-4144 (offers Palliative Care)
- Methodist Hospice Care (Fremont): 402-941-1699
- Providence Home Health and Hospice (Wayne): 402-375-3800

Norfolk

- AseraCare Hospice: 402-379-4158
- Edgewood Healthcare: 402-371-0052
- Faith Regional Health Services: 402-644-7453 (offers Palliative Care)
- St. Croix Hospice: 402-835-6060

Insurance

Medicaid

This provides health coverage for low-income adults, children, pregnant women, elderly adults, and people with disabilities

- Fill out an application online at iServe - https://iserve.nebraska.gov/
- Call one of the numbers below to apply over the phone or to request a paper application. Phone lines are open from 8:00 a.m. to 5:00 p.m. Monday through Friday.
    - o (855) 632-7633
    - o In Lincoln: (402) 473-7000
    - o In Omaha: (402) 595-1178
- Visit a local DHHS office

Medicare:

This provides health insurance for individuals 65+. Designed to meet needs from the hospital, medical, prescription drugs, and other health care costs.

- Fill out an application online - https://www.ssa.gov/medicare/sign-up
    - o Easiest and fastest way to sign up and get financial help.
    - o You'll need to create a my Social Security account to sign up for Medicare or apply for benefits at - www.socialsecurity.gov/myaccount
- Call Social Security at 1-800-772-1213. TTY users can call 1-800-325-0778.
- Contact your local Social Security office.
- Railroad Retirement Board: 877-772-5772 (If you/your spouse worked for a railroad)

Life Line (Alert Services)

- ADT Medical Alarm Systems: 800-246-9320
- Connect America: 800-815-5809

Medical ID's

- www.med-id.com/us

Medication Assistance

- Low Income Subsidy (LIS): administered by Social Security and helps people with limited resources and income pay Medicare drug coverage (Part D) premiums, deductibles, coinsurance, and other costs. Visit medicare.com to see if you may qualify and to apply.
- Drug Manufacturing Companies: some drug manufacturing companies offer patient assistance for certain medications. Visit drug manufacture specific website to see if you may qualify.

Memory Support Housing

- Heritage of Emerson (Emerson): 402-695-2683
- Wakefield Care Center (Wakefield): 402-287-2244
- Wayne Country View (Wayne): 402-375-1922
- St Joseph's Villa (West Point): 402-372-3477

Norfolk

- The Meadows: 402-371-1730
- Edgewood Healthcare: 402-371-0052
- The Heritage at Fountain Point: 402-253-0850

Pender Community Health Patient Portal

- www.pchne.org/portal

Respite Services

- Colonial Haven (Beemer): 402-528-3268
- Heritage of Emerson (Emerson): 402-695-2683
- Kinship Pointe (Wayne): 402-375-1500
- St. Joseph's Villa (West Point): 402-372-1118
- Wakefield Care Center (Wakefield): 402-287-2244
- Visiting Angels Living Assistance Services (Sioux City): 712-212-9246

Respite Services Continued

Norfolk

- Heritage of BEL-AIR: 402-371-4991
- The Heritage at Fountain Point: 402-253-0850
- Home Instead: 402-379-8225
- The Meadows: 402-371-1730
- ProMedCare: 402-750-4881
- North Star: 402-371-0332
- Visiting Angels Living Assistance Services: 402-917-8225

Skilled Nursing Homes

- Arbor Care Centers-Countryside (Madison): 402-454-3373
- Heritage of BEL-AIR (Norfolk): 402-371-4991
- Heritage of Emerson (Emerson): 402-695-2683
- St Joseph's Rehabilitation and Care Center (Norfolk): 402-644-7365
- St Joseph's Villa (West Point): 402-372-3477
- Stanton Nursing Home (Stanton): 402-439-2201
- Wakefield Care Center (Wakefield): 402-287-2244
- Wayne Country View (Wayne): 402-375-1922
- Wisner Care Center (Wisner): 402-529-3286

Veteran Nursing Homes:

- Arbor Care: Countryside (Madison): 402-454-3373
- Norfolk Veterans Home (Norfolk): 402-370-3330
- Wakefield Care Center (Wakefield): 402-287-2244
- Wisner Care Center (Wisner): 402-529-3286

Wound Supplies

- Kubot Healthcare (Norfolk): 402-371-3444
- Impact Medical: 404-998-8374

Neighborhood



Housing Authorities

- Emerson Housing (Emerson): 402-695-2557
- Fremont Housing Authority (Fremont): 402-727-4848
- Goldenrod Regional Housing Agency (Wisner): 402-529-6278
- HUD (Omaha): 402-494-3101-housing assistance
- Local Housing Authority (South Sioux City): 402-494-7514
- Neighbor Works (Madison, Stanton, Wayne, Cuming): 402-379-3311
- Northeast Nebraska Community Action Partnership (Pender): 402-385-6300
- South Sioux City: 402-494-7514
- Stanton Housing Authority (Stanton): 402-439-2005
- Three Rivers Housing (Tekamah): 402-374-2056
- Wakefield Village Apartments (Wakefield): 402-375-3375

Norfolk

- Northeast Nebraska Community Action Partnership (Norfolk): 402-371-0377
- Legal Aid of Nebraska (Norfolk): 402-644-4751

Sioux City

- Park Avenue Management (Sioux City): 712-274-7740
- SIMPCO Northeast Nebraska Joint Housing (Sioux City): 712-279-6286

Wayne

- Local Housing Authority (Wayne): 402-375-2868 (low-rent contracts)
- Lockwood Management (Wayne): 402-375-3660
- Meadow View Estates (Wayne): 402-375-3660 (low-income housing)

Tribal Member

- Ho Chunk CDC (Winnebago): 402-878-2809/800-439-7008
- Omaha Tribal Housing Authority (Macy): 402-837-5728
- The State of Nebraska Commission on Indian Affairs (Lincoln): 402-471-3475
- Winnebago Housing Development Commission (Winnebago): 402-878-2241

Shelters

- People's City Mission (Lincoln): 402-475-1303
- Haven House-Crisis Line: 1-800-440-4633
    - o Haven House (Pender): 402-385-8690
    - o Haven House (Wayne): 402-375-5433
    - o Haven House (South Sioux City): 402-494-7592
- Norfolk Rescue Mission(Norfolk): 402-371-6484

Shelters Continued

Fremont

- Care Corps' Lifehouse: 402-721-3125
- Lifehouse: 402-721-3125

Omaha

- Open Door Mission: 402-422-1111
- Siena Francis House: 402-341-1821
- Stephen's Center: 402-715-5471/402-715-5442

Sioux City

- Center for Siouxland: 712-252-1861
- Crossroads: 712-293-0283
- The Gospel Mission: 712-255-1769
- Welcome Home Family Shelter: 712-898-4096
- Women and Children's Gospel Mission: 712-255-1119

Energy Assistance

- Access Nebraska: 800-383-4278 or dhhs.ne.gov > Assistance Program tab
- Local Churches
- Northeast Nebraska Community Action Partnership (Norfolk): 402-371-0377
- Northeast Nebraska Community Action Partnership (Pender): 402-385-6300
- Salvation Army (Norfolk): 402-379-4663

Transportation

- Joy Ride (West Point): 402-685-7500
- Medicaid: helps with transportation
- Ponca Express: 877-769-3111

Water Assistance

- Access Nebraska: 800-383-4278 or dhhs.ne.gov > Assistance Program tab
- Northeast Nebraska Community Action Partnership (Norfolk): 402-371-0377
- Northeast Nebraska Community Action Partnership (Pender): 402-385-6300

Weatherization

- Northeast Nebraska Community Action Partnership (Pender): 402-385-6300
- Northeast Nebraska Community Action Partnership (Norfolk): 402-371-0377
- U.S. Department of Energy: income-based program that includes homeowner improvements - neo.ne.gov/programs/wx/wx.html

Social & Community

Abuse and Neglect Reporting Hotline

- 800-652-1999

City Offices

- Bancroft:402-648-3332
- Beemer: 402-528-3253
- Decatur: 402-349-5360
- Emerson: 402-695-2662
- Homer: 402-632-4150
- Hubbard: 402-987-2126
- Lyons: 402-687-2485
- Pender: 402-385-3232
- Pilger: 402-396-3563
- Rosalie: 402-863-2265
- South Sioux City: 402-494-7500
- Wakefield: 402-287-2080
- Stanton: 402-439-2119
- West Point: 402-372-2466
- Wisner: 402-529-6616
- Macy: 402-837-5391
- Walthill: 402-846-5921
- Craig: 402-377-2144

Legal Assistance

- Burt County Attorney: 402-374-2910
- Bracht Law (West Point): 402-372-5500
- Disability Rights Nebraska (Lincoln): 402-484-3183
- Donner Thomas B, Attorney (West Point): 402-372-2719
- Legal Aid of Nebraska: 402-644-4761 (This program can help with civil legal issues for people with limited resources. Eligibility is income-based.)
- Maul Law Office (Pender): 402-385-3016
- Mills Law Office (Pender): 402-385-3004
- Thurston County Attorney: 402-385-3416
- Wayne County Attorney: 402-833-1440

Law Enforcement

- Bancroft Police Department: 402-648-3331
- Burt County Sheriff: 402-374-2900
- City-County Law Enforcement (South Sioux): 402-494-7512
- Cuming County Sheriff: 402-372-6019
- Emerson Police Department: 402-695-2251
- Lyons Police Department: 402-687-4143
- Rosalie Police Department: 402-863-2265
- Stanton County Sheriff: 402-439-2212

Law Enforcement Continued

- Thurston County Sheriff (Pender): 402-385-3018
- Oakland Police Department: 402-685-6329
- Omaha Nation Tribal Police (Macy): 402-837-5906
- Winnebago Police Department: 402-878-2245
- Walthill Police Department: 402-846-5685
- Wayne County Sheriff: 402-375-1911

Ombudsman

- States Certified individuals who resolve the problems of residents of nursing homes and residential care facilities and provide conflict resolution for victims of neglect and abuse.
- State of Nebraska: 402-471-2035

Suicide Prevention

- Dial 988 for hotline

Economic Stability



Clothing and Household Items Discount Stores

- Countryside Consignment (West Point): 402-380-2837
- Grace's Closet (Stanton): 402-439-2641
- J&Js Attic (West Point): 402-372-5045
- Main Street Thriftque (Pender): 402-385-6404
- The New to You (Emerson): 101 W 1st Street, Emerson, NE
- Second Chance Boutique (Tekamah): 402-676-3780
- Wakefield's Nearly New (Wakefield): 402-287-8700

Norfolk

- Goodwill (Norfolk): 402-371-6275
- Salvation Army (Norfolk): 402-379-4663

Sioux City Area

- Red Cross (Sioux City): 712-252-4081
- Goodwill (South Sioux City): 402-494-6972
- Goodwill of Great Plains (Sioux City): 712-258-4511
- Habitat for Humanity Restore (Sioux City): 712-255-6544
- Salvation Army (Sioux City): 712-255-8836
- Salvation Army (South Sioux City): 402-494-7997
- The Gospel Mission (Sioux City): 712-255-1769
- Mission of the Messiah (Sioux City): 712-224-2803

Wayne

- First Presbyterian Church (Wayne): 402-375-2669
- Micah Closet (Wayne): 402-375-2231
- Thrift Warehouse (Wayne): 402-833-1810
- This & That (Wayne): 402-833-1570

Community Resources

- American Red Cross (Sioux City): 712-255-8836
- Every Women Matters Program - DHHS: 800-532-2227
- Northeast Nebraska Community Action Partnership Support Services (Pender): 402-385-6300 or nnphd.ne.gov/resources/find-local-resources.html
- Your local DHHS office (dependent on county)

Community Resources Continued

Norfolk

- Good Neighbors of Norfolk: 402-644-8155
- American Red Cross (Norfolk): 402-371-0393
- League of Human Dignity - rights and quality of life of people with disabilities (Norfolk): 402-371-4475
- Northeast Nebraska Area Agency on Aging (Norfolk): 402-370-3454
- Northeast Nebraska Community Action Partnership-support services (Norfolk): 402-371-0377

Employment Services

- Advance Services (Sioux City): 712-279-5627
- Adventure Staffing (Sioux City): 712-258-2453
- Elite Staffing (Sioux City): 712-224-4208
- Imko Workforce Solutions (Sioux City): 712-224-2840
- J&L Staffing and Recruiting (Sioux City): 712-224-2090
- LIS Staffing (Sioux City): 712-202-2850
- Nebraska Vocational Rehab (Norfolk): 402-370-3200
- Nebraska Vocational Rehab (South Sioux City): 402-494-2265
- People Ready (Sioux City): 712-234-1203
- ResCare Workforce Services (South Sioux City): 402-494-2680
- Short Staffed Inc (Sioux City): 712-224-0022

Food Assistance

- Community Hearts & Hands, Inc. (Lyons): 402-372-7151
- Emerson/Hubbard Food Pantry (Emerson)-St. Paul's Church: 402-369-4255
- Gospel Mission (Sioux City): 712-255-1769
- Macy Food Pantry: 402-939-4603
- Salem Lutheran (Wakefield): 402-287-768
- SNAP Access Nebraska: 800-383-4278
- Walthill Food Pantry: 402-878-2402
- Wisner Community Senior Center-Food Distribution Center: 402-529-3252

Norfolk

- Northeast Nebraska Community Action Partnership: 402-371-0377
- Salvation Army: 402-379-4663
- Norfolk Rescue: 402-371-6484

Pender

- Northeast Nebraska Community Action Partnership: 402-385-6300
- United Church - Pastor Dan Springer: 402-922-3469

Food Assistance Continued

Wayne

- Wayne Food Pantry: 402-375-2669
- Wayne Mobile Food Bank: 402-375-2231

West Point

- Cuming County Mobile Food Pantry: 402-372-2271 or 402-372-2050
- West Point Food Pantry: 402-380-3675

Meals on Wheels

- Happy Day Senior Center (Lyons): 402-687-2332
- Mom's Meals Home: momsmeals.com
- Pender: 402-385-4000 (Jaccie Case)
- Wakefield Senior Center (Wakefield): 402-287-2149
- Wisner Senior Center (Wisner): 402-529-3252

Senior Centers

- Pender: 402-385-3538
- Decatur: 402-349-5525
- Lyons: 402-687-2332
- Tekamah: 402-374-2570
- Wisner: 402-529-3286
- Beemer: 402-528-3377
- Wakefield: 402-287-2149
- Pilger: 402-396-7363
- Oakland: 402-685-5146
- South Sioux City: 402-494-1500
- West Point: 402-372-3800
- Bancroft: 402-648-3387
- South Sioux City: 402-494-1500
- The Meadows: 402-371-1730

Education

- ESU 1 (Cedar, Dakota, Dixon, Knox, Thurston, Wayne): 402-287-2061
- ESU 2 (Burt, Cuming, Dodge, Saunders): 402-721-7710
- Northeast Nebraska Community Action Partnership (Pender): 402-385-3600
- Your local health department (contact your local health department)

Pender Community Hospital

402-385-3083

PCH Medical Clinic

402-385-3033

PCH Pender Community Health

pchne.org