

GUIA DE RECURSOS

En La Comunidad

PCH Pender Community Health

Salud & Calidad

Envasado para el cumplimiento (paquetes de medicamentos)

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

Reuniones para personas con adicción al alcohol

- Encontrar los sitios de reuniones de Alcoholics Anonymous en el sitio web: https://www.area41.org (solo está registrada la dirección)

Tratamientos para el uso del alcohol y de sustancias

- 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

Centros de vida asistida

- 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

Servicios de salud del comportamiento

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

Servicios de salud del comportamiento (a continuación)

- 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

Servicios de cuidado personal

- 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

Pruebas cognitivas

- Pender Community Health – Healthy Aging Assessment (Evaluación de envejecimiento saludable): 402-385-1898

Recursos comunitarios

- 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
- La oficina local de DHHS (depende de su condado)

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

Clínicas dentales (aceptan Medicaid/Medicare)

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

Equipo médico duradero

- Franciscan Healthcare (West Point): 402-372-2404 (se ofrece zapatos para diabéticos)
- 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

Equipo médico duradero (a continuación)

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 (se ofrece zapatos para diabéticos)
- Hanger Clinic: Prosthetics & Orthotics (Dakota Dunes): 605-232-0066 (se ofrece zapatos para diabéticos)
- 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

Oftalmólogos

- Eye Physicians (Norfolk): 402-371-3158 (Medicare y 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 y Medicaid)
- Wayne Vision Center (Wayne): 402-375-2020 (Medicare y Medicaid)
- Walmart (Norfolk): 402-371-5715 (Medicare y Medicaid)
- Walmart (South Sioux City): 402-494-1498 (Medicare y Medicaid)

Permiso de estacionar para personas con discapacidad (DMV)

- Se completa la solicitud en dmv.nebraska.gov/services

Audífonos

- 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

Cuidados de salud en el hogar

- 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 (Cuidados para pacientes al final de la vida)

- Burgess Health Center (Onawa): 712-423-2311
- Franciscan Healthcare (West Point): 402-372-2404
- Hospice of Siouxland (Sioux City): 712-233-4144 (ofrece cuidados paliativos)
- 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 (ofrece cuidados paliativos)
- St. Croix Hospice: 402-835-6060

Seguro médico

Medicaid

Proporciona cobertura médica a adultos, niños, mujeres embarazadas, ancianos y discapacitados con bajos ingresos.

- Complete una solicitud en línea en - https://iserve.nebraska.gov/
- Llame a uno de los siguientes números para presentar su solicitud por teléfono o para pedir una solicitud en papel. Las líneas telefónicas están abiertas desde las 8:00 am hasta las 5:00 pm de lunes a viernes.
    - o (855) 632-7633
    - o En Lincoln: (402) 473-7000
    - o En Omaha: (402) 595-1178
- Acercarse a una oficina local de DHHS

Medicare

Proporciona seguro médico a las personas mayores de 65 años. Diseñado para cubrir las necesidades hospitalarias, médicas, de fármacos recetados y otros gastos médicos

- Complete una solicitud en línea - https://www.ssa.gov/medicare/sign-up
    - o La manera más sencillo y rápido para solicitar y conseguir asistencia financiera.
    - o Usted tendrá que abrir una cuenta de mi Seguro Social para registrarse para beneficios en - www.socialsecurity.gov/myaccount
- Llame al Seguro Social al 1-800-772-1213. TTY users can call 1-800-325-0778.
- Póngase en contacto con su oficina de Seguro Social más cercana.
- Railroad Retirement Board: 877-772-5772 (Si usted o su esposo trabajaba en un ferrocarril)

Life Line (Alerta médica)

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

Identificación médica

- www.med-id.com/us

Asistencia médica

- Subsidio por bajos ingresos: administrado por la Seguridad Social y ayuda a las personas con recursos e ingresos limitados a pagar las primas de fármacos de Medicare (Parte D), las deducibles, el coseguro y otros gastos. Visite medicare.com para saber si puede optar por el subsidio y solicitarlo.
- Compañías farmacéuticas: algunas compañías farmacéuticas ofrecen asistencia al paciente para determinados medicamentos. Visite el sitio web específico del fabricante para ver si puede optar por ella.

Centro de atención de la memoria

- 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

Portal del paciente de Pender Community Health

- www.pchne.org/portal

Cuidado de revelo

- 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

Cuidado de revelo (a continuación)

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

Hogar de ancianos con enfermería especializada

- 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

Hogar de ancianos para veteranos:

- 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

Suministros para el cuidado de heridas

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

Vecindario



Autoridades de viviendas

- 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

Albergues

- 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

Albergues (a continuación)

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

Asistencia de energía

- 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

Transporte

- Joy Ride (West Point): 402-685-7500
- Medicaid: ayuda con el transporte
- Ponca Express: 877-769-3111

Asistencia de agua

- 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

Climatización

- Northeast Nebraska Community Action Partnership (Pender): 402-385-6300
- Northeast Nebraska Community Action Partnership (Norfolk): 402-371-0377
- U.S. Department of Energy: programa basado en los ingresos que incluye mejoras para los propietarios - neo.ne.gov/programs/wx/wx.html

Social & Comunitario

Línea telefónica para denunciar maltrato y descuido

- 800-652-1999

Oficinas de la municipalidad

- 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

Asistencia legal

- 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 (Este programa puede ayudar con cuestiones jurídicas civiles para personas con recursos limitados. La elegibilidad se basa en los ingresos.)
- 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

Autoridades policiales

- 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

Autoridades policiales (a continuación)

- 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

Defensor del pueblo

- Personas certificadas por el estado que resuelven los problemas de los residentes de hogares de ancianos y centros de atención residencial y ofrecen resolución de conflictos a las víctimas de negligencia y malos tratos.
- State of Nebraska: 402-471-2035

Prevención del suicidio

- Llame a la línea directa al 988

Estabilidad Economica



Tiendas de descuento de ropa y artículos domésticos

- 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

Recursos comunitarios

- 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
- Su oficina local de DHHS (depende del condado)

Recursos comunitarios (a continuación)

Norfolk

- Good Neighbors of Norfolk: 402-644-8155
- American Red Cross (Norfolk): 402-371-0393
- League of Human Dignity - derechos y calidad de vida de personas con discapacidades (Norfolk): 402-370-3454
- Northeast Nebraska Community Action Partnership-support services (Norfolk): 402-371-0377

Servicios de empleo

- 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

Asistencia alimentaria

- 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

Asistencia alimentaria (a continuación)

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 (Comidas completas entregadas en su hogar)

- 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

Centro para personas de la tercera edad

- 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

Educación

- 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
- El departamento local de salud

Pender Community Hospital

402-385-3083

PCH Medical Clinic

402-385-3033

PCH Pender Community Health

pchne.org