



## **Community Resources**

## **Community Resources**

### **Housing:**

**City View Apts** - Multi-Family Housing Rental (for Family)

**Location:** Wahoo, NE - 68066

**Contact Phone:** (402) 443-4123) Becky Peavy (Manager)

**Koch Apts** - Multi-Family Housing Rental (for Family)

**Location:** Wahoo, NE - 68066

**Contact Phone:** (402) 443-4081) Danielle Peterson (Manager)

**Northview Apts** - Multi-Family Housing Rental (for Family)

**Location:** Wahoo, NE - 68066

**Contact Phone:** (402) 443-6298) Greg Brigham

**Southview Apts** - Multi-Family Housing Rental (for Family)

**Location:** Wahoo, NE - 68066

**Contact Phone:** (402) 443-6298) Greg Brigham

**Westview Apartments** - Subsidized, Low-Rent Apartment (for Elderly )

**Location:** Wahoo, NE - 68066-1146

**Contact Phone:** (402) 443-5082 ) Lisa Jaskulski

**Chestnut North** – these are the townhomes by Region V

**Location:** 2024 N. Maple Street

Wahoo, NE 68066

**Contact Phone:** (402) 443-1871 ) Lorie Peterson

(402) 488-1666 ext. 13) Karen Ostlund

**Community Action Assistance may be able to help with rent assistance or utility assistance. Call 402-277-7330 for any questions or more information.**

## **Schools:**

**Aquinas Catholic Middle and High School-** 3420 State Hwy. 15, David City NE 68632 (402)367-3175

### **Ashland – Greenwood public Schools:**

Primary School- 1010 N. 17<sup>th</sup> Ave Ashland NE 68003 (402)944-7083

Intermediate School- 1200 Boyd St. Ashland NE 68003 (402)944-7083

Middle School- 806 N. 17<sup>th</sup> Ave. Ashland NE 68003 (402)944-2114

High School – 1842 Furnas St. Ashland NE 68003 (402)944-2128

**Bishop Neumann Catholic High School-** 202 S. Linden St. Wahoo NE 68066 (402)443-4151

**Cedar Bluffs Public Schools –** 110 E. Main St. Cedar Bluffs, NE 68015

Elementary School– (402) 628-2060

Middle School- (402) 628-2080

High School- (402) 628-2080

### **Columbus Public Schools:**

#### **Elementary:**

\*Centennial Elementary- 500 Centennial St. Columbus, NE 68601  
(402)563-8180

\*Emerson Elementary- 2410 20<sup>th</sup> St. Columbus, NE 68601 (402)563-7030

\*Lost Creek Elementary- 3772 33<sup>rd</sup> Ave. Columbus, NE 68601  
(402)563-7045

\*North Park Elementary – 2200 31<sup>st</sup> St. Columbus, NE 68601  
(402)563-7070

\*West Park Elementary- 4100 Adamy St. Columbus, NE 68601  
(402)563-7075

\*St. Isidore Elementary- 3821 20<sup>th</sup> St. Columbus, NE 68601 (402)564-2604

\*Columbus Christian School- 3418 15<sup>th</sup> St. Columbus, NE 68601  
(402)562-6470

\*Shell Creek Elementary 16786 280<sup>th</sup> St. Columbus, NE 68601  
(402)564-8008

Middle School- 2200 26<sup>th</sup> St. Columbus, NE 68601 (402)563-7060

High School- 3434 Discoverer Dr. Columbus NE 68601 (402)563-7050

Columbus After School Program (CASP) 2715 13<sup>th</sup> St. Columbus, NE  
68601 (402)563-7000

**Cassette House**- 2662 Pershing Rd. Columbus, NE 68601. (402)562-6493

**Columbus Scotus**- 1554 18<sup>th</sup> Ave. Columbus, NE 68601 (402)564-7165

**Immanuel Lutheran School**- 2865 26<sup>th</sup> Ave. Columbus, NE 68601  
(402)564-8423

**St. Anthony Catholic School**- 1719 6<sup>th</sup> St. Columbus, NE 68601  
(402)564-4767

**St. Bonaventure Catholic Elementary**- 1604 15<sup>th</sup> St. Columbus, NE  
68601 (402)564-7153

**David City Public Schools:**

David City Elementary- 826 E. Street David City, NE 68632 (402)367-3783

Bellwood Elementary- 612 Park , PO Box 100 Bellwood, NE 68624  
(402)538-4805

Middle / High School- 750 D. Street David City, NE 68632 (402)367-3187

**East Butler Public Schools-**

East Butler Elementary at Brainard – 212 S. Madison St. Brainard, NE  
68626 (402)545-2081

East Butler Elementary at Dwight- 292 N. 1<sup>st</sup> ST. Dwight, NE 68635  
(402)566-2445

East Butler Jr / Sr High School – 212 S. Madison St. Brainard, NE 68626  
(402)545-2081

**ESU2**- 2320 N. Colorado Ave. Fremont, NE 68025 (402)721-7710

**Mead Public Schools-**

Elementary School- 115 N. Elm St. Mead, NE 68041 (402)624-6465

Jr / High School- 114 N. Vine St. Mead, NE 68041 (402)624-3435

**North Bend Public Schools:**

North Bend Central Elementary- 420 E. 11<sup>th</sup> St. North Bend, NE 68649  
(402)652-8122

North Bend Central Middle / High School- 1320 Walnut St. North Bend, NE  
68649 (402)652-3268

**Raymond Central Public Schools:**

Ceresco Elementary- 114 S. 3<sup>rd</sup> St., Box 10 Ceresco, NE 68017  
(402)665-3651

Valparaiso Elementary- 406 E. 3<sup>rd</sup> St., Box 68 Valparaiso, NE 68065  
(402)784-3301

Raymond Central Jr / Sr High- 1800 W. Agnew Road, Raymond, NE 68428  
(402)785-2685

**St. John's Elementary School**- 130 Front St. Weston, NE 68070  
(402) 642-5234

**St. Wenceslaus Catholic School** – 108 N. Linden St. Wahoo, NE 68066  
(402)443-3336

**Wahoo Public Schools-**

WPS Preschool - 2056 N. Hackberry St. Wahoo, NE 68066

Contact Ben @ 402-443-4250 ext. 1002 or (402)443-4250

Elementary School- 2056 N. Hackberry St. Wahoo, NE 68066  
(402)443-4250

Middle School- 2201 N. Locust St. Wahoo, NE 68066 (402)443-3101

High School- 2201 N. Locust St. Wahoo, NE 68066 (402)443-4332

**Yutan Public Schools-**

Elementary- 902 2<sup>nd</sup> St. Yutan, NE 68073 (402) 625-2141

Middle / High School- 1200 2<sup>nd</sup> St. Yutan, NE 68073 (402) 625-2241

### **Food Assist:**

**Community Action**—Rent assistance, utility assistance, food assistance:  
402-277-7330

**Wahoo Pantry**—any church minister/priest in Wahoo

**Wahoo Senior Center**—Lunch daily served M-F at the senior center at \$4 (Order the day ahead) Starts at noon. Can deliver within Wahoo city limits for any seniors who are unable to drive: 402-443-4463

**Commodities-** Every other month on the first Friday at 9:00am located at Wahoo senior center. New sign up is to bring proof of income.

**Meals on Wheels**—Volunteers deliver M-F \$4/meal 11:15-noon, homebound only. Pay by month or per week. Call Wahoo Senior Center to order meals.

**MOMs Meals-** 1(844) 280-2130

**Saunders County Backpack Program-** Food bags are sent home with children at school. Please ask your school office for a form if you are in need.

### **Transportation Services:**

#### **Busy Wheels**

- Call 402-443-4463
- Monday thru Thursday 9am-11:45am and 1pm to 3:45pm
- Call before 9 am for morning service
- \$1 donation per pick-up
- Saunders Medical Center Staff are not allowed to assist with transfers

- **Free to and from the hospital**

### **Handi-Van**

- Call 402-443-8168 at Saunders County Transportation at the veteran's office or online at [saunderscounty.ne.gov](http://saunderscounty.ne.gov)
- **Free to and from the hospital**

**ROAD TO RECOVERY:** The American Cancer Society has a program in which volunteer drivers take patients to their chemotherapy or radiation treatment sites. They also provide rides to oncology appointments until treatment has been completed. They also provide encouragement and support. Patients must be ambulatory because these volunteers are not medical staff. The appointment must be set up with the Cancer Society Patient Service Center at least four business days prior to the date of service.

### **Employment:**

#### **Nebraska Vocational Rehab**

- Helps people with disabilities prepare for, find and keep jobs

#### **Fremont Office:**

- 1730 E. 23<sup>rd</sup> Ave. N, Fremont, NE 68025
- 402-727-2900 (phone)
- 402-727-2990 (fax)

#### **Lincoln Office:**

- 500 S. 84<sup>th</sup> St, Lincoln, NE 68521
- 402-471-3231 (phone)
- 402-471-6309 (fax)

#### **Omaha Office:**

- 1313 Farnam on the Mall, Omaha, NE 68102
- 402-595-2100 (phone)
- 402-595-1125 (fax)

**The Wahoo Library will help those that need some assistance filling out applications. They will help answer questions and/or assist them getting set up on a computer. Call the Library in advance with any inquiries at 402-443-3871.**

### **1. Hospice and Home Healthcare of Saunders County**

- 141 E 5<sup>th</sup> Street (PO Box 367)
- Wahoo, NE 68066
- 402-443-4798

Services Provided: Nursing Care, Physical/Occupational/Speech Therapy and home health aide services.

### **2. Professional Hearing Center**

- 530 N. Broadway
- Wahoo, NE 68066
- 402-443-1108
- Open every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday

### **3. Professional Hearing Center**

- 415 E 23<sup>rd</sup> Suite A
- Fremont, NE
- 402-242-5398
- Open Monday-Friday 9am-4:30pm



#### **4. Nebraska Family Helpline**

- Call 1-888-866-8660
- Resource when families are dealing with their children's behavioral health.
- They can be contacted 24 hours a day, 7 days a week.

#### **Contact List of Local Churches:**

<b>Church</b>	<b>Church Phone #</b>
Bethlehem Lutheran ELCA	402-443-3160
First Presbyterian	402-443-4220
First United Methodist	402-443-4219
Calvary	402-443-4745
Wahoo Community	402-443-3940
Cornerstone Baptist	402-443-1611
Our Redeemer Lutheran	402-443-4450
St Wenceslaus Catholic Church	402-443-4235
Immanuel Lutheran (Ceresco)	402-665-2270
Zion Lutheran (Ithaca)	402-623-4349

Sweedberg Covenant Church	402-443-5443
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### **Saunders Medical Center Resources:**

#### **1. Specialty Clinics:**

- Behavioral Therapist
- Cardiology (heart)
- Dermatology (skin)
- ENT (ears, nose, throat)
- Gastrointestinal
- Gynecology
- Interventional Radiology
- Multiple Sclerosis
- Neurosurgery (brain, spinal cord, nerves)
- Oncology/Hematology (cancer and blood disorders)
- Orthopedics (muscles, bones)
- Pain Management
- Podiatry (foot)
- Pulmonology (lungs)
- Psychology (Telehealth)
- Surgery (general)
- Urology

#### **2. Health Coach Services**

- There are health coaches available in the Saunders Medical Center family care clinic Monday-Friday, 8a.m. – 5p.m. at no cost. Other times can be arranged as needed.
- Services include but not limited to: nutrition and weight loss, smoking cessation, diabetes education, hypertension education or education and support on any chronic health condition. Call 402-443-4191 to make an appointment.

### **3. Diabetes Self-Management and Education (DSME)**

- This is a structured program offered at Saunders Medical Center. Saunders Medical Center is recognized by the American Diabetes Association to provide diabetes care.
- The program is usually completed in 4 sessions that last about 1 hour each. The sessions can be adjusted to best meet your individual needs.
- A health coach or diabetes specialist can assist patients with diabetes to better manage their conditions.
- Call 402-443-4191 to schedule an appointment.

### **4. Diabetes Support Group**

- A Certified Diabetes Care & Education Specialist and/or Clinical Health Coach will provide ongoing support every 4<sup>th</sup> Thursday of the month at 11:00 a.m.
- Family, friends, spouses are all welcome.
- Sessions typically last about 1-2 hours.

### **5. Senior Connect Support Group**

- Meets the 3<sup>rd</sup> Tuesday of every month from 8:15-9:15am in meeting room A&B. All are welcome to attend this free group. A small breakfast is provided.

## **6. Behavioral Health**

- A behavioral therapist is available in the family clinic by appointment 5 days per week.
- The therapist sees patient of all ages for depression, ADHD, ADD, anxiety, etc.
- Talk with your provider/nurse about scheduling an appointment.
- Other options include: Blue Valley in Wahoo at 402-443-4414, Nebraska Mental Health Centers in Wahoo at 402-483-6990, Lutheran Family Services 402-441-7940, Mental Health Association of Nebraska at 402-441-4371, Future Focus 402-413-0159

## **7. Substance Abuse Services**

- Blue Valley Behavioral Health at 402-261-4017, CenterPointe, Inc at 402-475-5161, Touchstone 402-474-4343, Valley of Hope 402-991-8824, Lutheran Family Services 402-342-7007

## **8. The Bridge Behavioral Health – Lincoln**

- The Bridge Behavioral Health is a professional, nationally-accredited treatment center. The specialize in treating alcoholism and drug addiction and have experienced clinicians that create effective, customized treatment programs for each individual.
- 721 K Street, 402-477-3951

## **Exercise Facilities:**

## **1. Senior Center**

- 402-443-4463
- 235 E 4<sup>th</sup> St, Wahoo
- For ages 55 years, no cost.
- Equipment includes: treadmills, bikes, and Nu-step  
Monday – Friday 8am- 4:00p.m. no cost
- Tai-Chi classes Tuesday and Thursday at 9a.m., no cost.
- Hours of operation: 8a.m. – 4:30p.m.

## **2. Wahoo Civic Center**

- 402-443-4174
- 310 N Linden, Wahoo
- For all ages with charge per day, month or year
- Equipment includes: treadmills, bikes, steppers, Nu-step, weights, pool, walking. Most equipment is available during mid-morning and mid-afternoon times. Many fitness classes are available. Staff always available during open hours.

## **3. Walking Trails**

- A walking trail is available at Lake Wanahoo. It is a paved trail, that starts at Placek park (15<sup>th</sup> & Broadway) and continues north through the park continuing to Cook's park. It also connects with Lake Wanahoo.
- Saunders Medical Center has a paved path around their facility that is open to the public.
- Visit [www.wahooparksandrec.com](http://www.wahooparksandrec.com) for a map of walking trails.

## **Health Screenings**

## **Three Rivers Health Department**

- 402-443-4603 or 402-727-5396
- [www.threeriverspublichealth.org](http://www.threeriverspublichealth.org)
- They offer free blood pressure checks, height/weight, BMI and various screenings at surrounding health fair locations. Call for schedules
- Adult immunizations offered
- Vaccines given in the Wahoo and Fremont Clinics
- Assist with signing women up for Every Woman Matters (EWM)
- Saunders Medical Center is an EWM provider
- Three Rivers provides group and private education sessions at no cost

## **Saunders Medical Center**

- The nurse's station at both the hospital and clinic areas offer weight and blood pressure checks at no cost. An agreement is signed to see a provider if BP is out of the healthy range. The record will be scanned into the patient's electronic medical record.
- Saunders Medical Center Value Labs
  - By appointment only at 402-443-1474
  - Testing hours include every Friday, from 8a.m. – 3p.m.
  - Most common labs are available at a discounted rate.

## **Bryan Medical Center**

- Check [www.bryanhealth.org](http://www.bryanhealth.org) for the monthly calendar. Once on the website, go to classes, screenings and events to check the month's schedule.
- Call 1-800-742-7844 with any questions.
- They have a monthly calendar of screenings available with prices.
- Labs include: Lipids, CMP, TSH, hemogram, C-Reactive protein, and Hgb A1c.
- Other screenings include: peripheral artery screening, atrial fibrillation screening, and abdominal aortic aneurysm. A reasonable fee is required for these tests.

### **Methodist Fremont Health**

- <https://bestcare.org/locations/methodist-fremont-health>
- Call 402-721-1610
- Click patient resources tab to view monthly calendar for classes and support groups
- Services include: Labs, Cancer screenings, Radiology, Specialty providers, Diabetes education, Vaccinations and more.

### **Financial Aid:**

- If you are having a difficult time affording your medications, contact a health coach at 402-443-4191 and they can help with filing for patient assistance.
- You may also contact Linda Maly at 402-277-6377 for additional help.
- Some patients may qualify for Low-Income Subsidy (LIS) also known as Medicare Extra Help program.

- Patients can call 1-800-633-4227 or visit their website at [www.medicare.gov](http://www.medicare.gov) for more information

## **Surrounding Area Dentists**

### **Wahoo Dentists**

<b>Facility</b>	<b>Dentist(s)</b>	<b>Location</b>	<b>Phone #</b>
Wahoo Family Dentistry	Thomas Hart DDS	655 N. Linden Wahoo	402-443-1234
Wahoo Dental Associates	Jason Glock DDS Andrew Steadman DDS	357 E. 4 <sup>th</sup> St Wahoo	402-443-5959
Wahoo Creek Dental	Cory Foland DDS	427 N. Broadway Wahoo	402-443-4989

### **Fremont Area Dentists & Orthodontics**

<b>Facility</b>	<b>Dentist(s)</b>	<b>Location</b>	<b>Phone #</b>
Martin Scheer	Martin Scheer DDS	230 E 22 <sup>nd</sup> St Fremont	402-721-8200
Family 1 <sup>st</sup> Dental	Dr. Desamero DDS	140 E 22 <sup>nd</sup> St 2 Fremont	402-727-4400



Fremont Dental Group	Emily McCarthy DDS & group	1435 E 23 <sup>rd</sup> St Fremont	531-219-7456
Nye Avenue Dental	Katrina Conrad DDS Bethanly Olson DDS	2220 N NYE Ave Fremont	402-721-2252
Fremont Family Dentistry	Adam Lamprecht DDS Benjamin Peters DDS	710 E 22 <sup>nd</sup> Fremont	402-433-3728
Today's Dental	Gary May DDS Maria Cacho DDS	1689 E 23 <sup>rd</sup> Fremont	402-727-9292
Drahota Dental Assoc.	Deann Drahota DDS	1629 E Military Ave Fremont	402-721-7255
Mendlik Orthodontics	Mark Mendlik DDS	1830 N Bell St Fremont	402-334-2000

### **Wahoo Area Optometrists & Ophthalmologists**

<b>Facility</b>	<b>Provider(s)</b>	<b>Location</b>	<b>Phone #</b>
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Wahoo Vision	Jeremy Baumfalk OD Mark Arneson OD Ted Vorhies OD Bridget Meduna OD	739 W 10 <sup>th</sup> Ste A Wahoo	402-443-3168
Elite Eye Care	Andrea J. Carda OD	705 N 17 <sup>th</sup> Ave Ste 3 Ashland	402-944-3339
Bloom Optical	Steve Alcorn OD	2921 N Clarkson Fremont	402-721-8823
Eye Site	CD Bahner OD Steven Jacobsen OD	1445 N Bell Fremont	402-727-9340
Schmidt Family Eye Care	Barrett Schmidt OD	1035 E 23 <sup>rd</sup> Fremont	402-727-0909
Fremont Vision Source	Amy DeVries OD Laura Schindler OD	2955 E. Elk Lane Fremont	402-721-8032
Walmart Vision Center		3010 E 23 <sup>rd</sup> Fremont	402-727-0804
Eye Physicians	RP Haney OD	428 N 5 <sup>th</sup> David City	402-367-3895

## **Saunders County Funeral Homes**

<b>Funeral Home</b>	<b>Address</b>	<b>Phone #</b>
Svoboda Funeral Home	211 N Linden Wahoo	402-443-3624
Pruss-Nabity Funeral Home	911 N Linden Wahoo	402-443-3128
Nebraska Cremation	911 N Linden Wahoo	402-443-3128
Kucera Funeral Home	PO Box 132 Prague	402-663-4326
Reichmuth Funeral Home	1200 2 <sup>nd</sup> St Yutan	402-625-2222
Wadlow Rozanek Funeral Home	424 Pine St Valparaiso	402-784-2841
Marcy Mortuary	104 N 15 <sup>th</sup> Ashland	402-944-3343
Moser Memorial Chapel	200 W Main Cedar Bluffs	402-721-4490

## **Pharmacy**

**Medicine Man Pharmacy**- 526 N. Linden St. Wahoo, Ne 68066

## **Education**

Learning Center & Southeast Community College at Wahoo. Located at 536 N Broadway Street in downtown Wahoo. They can assist individuals, businesses and organizations with their educational needs. Call 402-323-5580.

They are open Monday-Thursday 9 a.m. – 5 p.m. and Fridays from 9 a.m. – 4 p.m.

They offer:

- Credit Classes
- Business and Workforce Development
- Leisure and Personal Interest
- Adult Education (GED & ESL)
- Financial Assistance
- Placement Testing, Proctor Tests

## **Saunders County Veterans Services:**

Veterans Service Officer: Bill Bonney

426 N. Broadway Wahoo, NE 68066

Ph# (402)443-8137

Fx# (402)443-5702

## **Daycare Centers**

### **Wahoo**

#### **Susan's Care Away from Home**

- 158 S Broadway Street
- 402-443-6200

#### **Happy Hearts Daycare**

- 1410 N Chestnut Street

- 402-443-1183

### **TLC Childcare**

- 223 S Sycamore Street
- 402-443-1800

### **Everyday Adventures Child Care**

- 754 West 9<sup>th</sup> Street
- 402-277-7172

### **Ashland**

#### **Our Corner Clubhouse**

- 1302 Adams Street
- 402-944-3221

### **Ceresco**

#### **Treehouse Daycare**

- 325 Main Street
- 402-665-2323

### **Valparaiso**

#### **Ashley's ABC Adventures**

- 208 W 2<sup>nd</sup> Street
- 402-443-2050

### **Yutan**

#### **Yutan Kids Academy**

- 820 2<sup>nd</sup> Street

- 402-625-2888

### **Cedar Bluffs**

#### **Cedar Bluffs Daycare**

- 110 E Main Street
- 402-628-2106

### **Personal Safety**

#### **Alpha Omega Martial Arts - Wahoo**

- 745 N Chestnut Street
- 402-277-8568

#### **Wahoo Martial Arts**

- 147 W 5<sup>th</sup> Street
- 402-326-7066

### **Other Useful Numbers**

Suicide & Crisis Lifeline: 988

National Suicide Hotline: 1-800-273-8255

Boys Town Hotline (national): 1-800-448-3000

Child/Adult/Elder Abuse: 1-800-652-1999

Crisis Text Line: Text START to 741-741

Region V Systems (behavioral health): 402-441-4343

Region V Systems (family& youth): 402-441-4343