

# Associations and Support Groups

The following information has been provided to the League of Human Dignity by people and organizations involved in local, regional and national associations and support groups. To get your group listed or to make corrections, additions or special announcements, contact the League of Human Dignity at 1701 P St, Lincoln, NE 68508. Phone 402-441-7871 (V/TDD); or e-mail [janderson@leagueofhumandignity.com](mailto:janderson@leagueofhumandignity.com)

## ALS

**Nebraska** Office, Shaker Place, 10730 Pacific, Ste 228, Omaha, NE 68114, 402-991-8788, 1-866-762-6361; FAX: 402-991-369. **Kansas**, Keith Worthington Chapter; 8340 Mission Rd., Ste B4, Prairie Village, KS 66206, 913-648-2062.

## Alzheimers

Contact the Alzheimer's Association Chapter at 402-502-4300 or 800-272-3900.

**Atlantic, IA**, third Thursday of month. 7 p.m., Home Care & Hospice Bldg, 1500 E. 10th St.

**Council Bluffs**, last Tuesday of each month, 6:30 p.m. at Bethany Lutheran Home, 7 Elliott St.

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

Alzheimers Association of Lincoln/Great Plains Chapter, regular meeting is the first Monday of each month at 7 p.m., call Karen, 402-420-2540.

**Missouri Valley, IA**, last Tuesday of each month at 3 p.m., Longview Home, 1010 Longview Rd.

**Omaha**, various locations including Brighton Gardens, New Cassel, St. Joseph Villa, Eastern Nebraska Veteran's Home (Bellevue), Bickford Cottage, and St. Paul's Lutheran Church in Millard. Call 402-502-4300 for more information and times. Respite services, Home Instead Senior Care, 402-498-3444; [www.homeinstead.com](http://www.homeinstead.com).

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

**Sidney, IA**, fourth Monday each month at 7p.m., First Community Bank.

**Scottsbluff**, first Thursday each month, Beverly Healthcare, 111 W. 36 St., Stacy Rotherham 308-635-2019.

**Shelby County, IA**, second Tuesday of each month, 2:30 p.m., Harlan Senior Center, 706 Victoria St.

## Amputee

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

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

## Arthritis

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

Arthritis Foundation **Iowa** Chapter, Des Moines, meets monthly, 515-278-0636; FAX: 515-278-2636; [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, Greg 402-289-3521.

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

## Autism

Autism Society of Nebraska, 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

**Council Bluffs** Blind Information Group, call Chuck Dietz, 712- 323-4817.

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, NE**, Center; **Columbus, NE**; **Norfolk**; **Tekamah, NE**; and **West Point, NE**, 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, over 1,000 members throughout Nebraska, 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, third Monday of the month at St. Francis Medical. Call Kris McElroy, 308-398-5396. **Hastings, NE**, Support Group, 5:30 p.m. second Thursday of month, Mary Lanning Memorial Hospital. Kathleen Smith, 402-460-5763. **Kearney, NE**, TBI Group, 2 p.m. third Saturday of month, Good Samaritan Hospital. Call Kathryn Feldman, 308-224-1080. **North Platte, NE**, TBI Group, second Monday of month. Call Frank Alois, 308-532-3555.

**Lincoln**, second Tuesday of month, 7 p.m., First United Methodist Church. Call Nita

Sipple, 402-890-4521.

Head Injury Survivors Group, third Wednesday at 6:30 p.m. at Goodwill Industries, **Lincoln** 402-231-1933.

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

All Caregivers Support Group, 7 p.m. first Thursday of month at Piedmont Park Seventh-Day Adventist Church, S. 48th and A streets, **Lincoln** – use Cotner Blvd. south entrance. Call Teresa Thompson, 402-325-9232.

**Norfolk**, first Monday, Faith Regional Health Services. Call Bonnie Suhr, 402-586-2679.

**Omaha** Head Injury Group, 7 p.m. second Tuesday of 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, first Tuesday of month at Alegent Health, Immanuel Rehabilitation Center. Call Janell Badami, 402-572-2154.

**Scottsbluff** Support Group, third Wednesday of 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

American Cancer Society, Heartland Division **Omaha** Office 402-393-5800; 1-800-642-8116.

**Lincoln**, Thursdays, 6-7:30 p.m. Nebraska Union Room 338. Call Yasmin, 402-472-7450.

**Lincoln**; Corporate Building, 7441 O St., Suite 301. "Breast Cancer Support Group" and "Look Good Feel Good" meetings first or second Wednesday of the month Call Mary, 402-486-7258.

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

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

## Caregivers/Companion

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

## Chronic Pain

**Lincoln** Chapter, American Chronic Pain Association, first and third Tuesday of month, 7-8:30 p.m., 1st Step Recovery & Wellness Center, 2231 Winthrop Rd. Call Terrance Dukes, 402-423-9405.

## Deaf

Nebraska Commission for the Deaf and Hard of Hearing, 4600 Valley Rd, Ste 420; 402-471-3593 or 1-800-545-6244.

Communication Service for Deaf of

## Support Groups (continued)

Iowa, employment services 712-322-1489.

### Depression

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

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

Depression/Bipolar Support Alliance-**Lincoln**, first Tuesday of month, 7 p.m., call 402-481-5320.

**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**; 1101 Arapahoe, Suite 5, 402-421-8866; www.lincolnne.com/nonprofit/arc.

The ARC of **Omaha**; 1941 S. 42nd St. 402-346-5220, www.olliewebbinc.org. (Ind & family support services.)

Easter Seal, call 800-650-9880, 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**, second Wednesday every other month, 6:30 p.m., call Marcia, 712-243-3250.

**Lincoln** Diabetes Center: 402-481-3055.

**Page County, IA**, fourth Monday, 6:30 p.m., call Elaine, 712-542-2176.

**Pottawattamie County, IA**, third Tuesday, 5:30 p.m., Mercy Hospital Cafeteria, call Jill, 712-325-2543.

**Shelby County, IA**, third Monday, 1:30 p.m., March - Nov., call Jan, 712-755-4316.

### Down Syndrome

National Down Syndrome Society (NDSS); Call 402-553-5335, Omaha, e-mail nebuddywalk@cox.net.

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

**Lincoln** Early Devel. Services Coordination 402-441-6710.

National Down Syndrome Society 666 Broadway, New York, NY 10012, 1-800-221-4602, info@ndss.org.

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

### Dyslexia

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

### Epilepsy

Epilepsy Association of **Nebraska**, Omaha 402-553-6567.

Epilepsy Support Group, third Tuesday each month, Wittson Hall, UNMC campus, Room 3010, **Omaha**.

### Fibromyalgia

**Omaha**, Arthritis Foundation 402-572-3040.

**Humbolt, IA**, call Judy 515-332-3376 (9 a.m.-9 p.m.); bjmeris@goldfieldaccess.net. Mercy Medical Center, **New Hampton, IA**, meets monthly, call Judy, 641-394-3106 x189.

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

### FMS-CF Syndrome

Online, www.wicfs-me.org.

### Grief Resolution

Horizon Hospice, Monday nights, 402-474-3600. **Lincoln**.

### Hard of Hearing

S.H.H.H.- **Lincoln**, 7 p.m. New Covenant Church, third Tuesday of the month, 402-471-3593.

### Hydranencephaly

**Omaha** Local contact: Lynne 402-485-2229 or rtrease@nntc.net; Internet support also available.

### Learning Disabilities

Learning Disabilities Association of **Nebraska**, call Sharon in Omaha, 402-571-7771.

### Leukemia & Lymphoma

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

**Lincoln** Telephone Support Group for adult Myeloma, Lymphoma and Leukemia patients and family members; Mondays 10-11a.m. Talk with support group from home. Free service of The Leukemia & Lymphoma Society Call Tonya, 402-344-2242 or 1-888-847-4974.

### MDA

General Group, third Tuesday of the month, 7-8:30 p.m.; Parents Group, third Saturday every other month, 2-4 p.m., both groups alternate between **Lincoln and Omaha**; Lincoln meets at Sheridan Lutheran & Omaha meets at Stonebridge Church. Call Megan Burns, 402-390-2914.

### Medical Equipment Loan

**Omaha**, Presbyterian outreach Inc. HELP Program, call Jeremy Waymire, 402-341-6559 x101.

### Mental Illness

**Page County, IA**, Serious & Persistent Mental Illness, third Wednesday, 1:30 p.m., call Jennifer, 712-542-2388.

Nebraska Family Support Network, advocacy organization supporting Cass, Dodge, Douglas, Sarpy & Washington coun-

ties. 3568 Dodge St, Omaha, NE 68131, 402-345-0791.

National Alliance for the Mentally Ill, www.nami.org/sites/ne. Dan Jackson at NAMI Nebraska, 1941 S. 42nd St., Suite 517, Omaha, NE 6810. Call 1-877-463-6264; Mental Health Association of Nebraska 1-800-422-6691 or www.MHA-NE.org.

**Council Bluffs**, NAMI Connection group meets 12:30 to 2 p.m. Fridays at Peer Connection, 622 S. 4th St. Call Barb, 712-242-2500.

**Grand Island, NE**, 12:40 p.m. Fridays, call Sharon, 308-384-7896. **Hastings, NE**, 7 p.m. Thursdays, call Michelle, 402-469-6391. **Kearney, NE**, 6 p.m. Mondays, call Dick, 308-236-6327. **North Platte, NE**, First Monday of month, 1 p.m., call Rachel, 308-530-2688.

**Lincoln** Second Thursday of month, 7 p.m., call Kent, 402-474-0470.

**Norfolk**, Second Thursday of month, 7 p.m., call Bryan, 402-371-0152.

**Scottsbluff**, 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.

### Multiple Sclerosis

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

**Lincoln**, National MS Society, second Tuesday of month at 7 p.m., 1st Lutheran Church, 1551 S. 70th, call Karen Lind-Olson, 402-486-1885 or Leatha Johnson 402-826-4113.

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

**Norfolk**, 402-648-7906.

**Council Bluffs**, third Thursday of month, 7 p.m., call Jerry Ebsen, 712-366-9569.

### Myositis

**Lincoln**, call Mac Warren 402-438-5183.

Online, www.myositis.org.

**Bennington, NE**, call Laura, 402-238-3261.

### Parent Support Group

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

### Parkinsons

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

**Lincoln**, fourth Sunday of month (except December) 2 p.m.; 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

### **Support Groups (continued)**

Parkinson's support group, every other month, on a weekend evening. Locations vary. Call Colleen, 402-397-0327.

**Panhandle**, fourth Wednesday of month. Call Maurice Wheeler, 308-623-2508.

#### **Polio**

Nebraska Polio Survivors Association, **Omaha** 402-341-0710.

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

#### **Respiratory**

Better Breathers, fourth Monday, 4 p.m., call Sharon, 712-328-5479.

The American Lung Association of Nebraska offers programs, services and education. Call 1-800-586-4872.

#### **Respite**

**Omaha**, Senior Companions at Presbyterian Outreach Inc., call Pam Jones, 402-341-6559 x102; Home Instead Senior Care, 402-498-3444, [www.caregiverstress.com](http://www.caregiverstress.com)

### **Schizophrenics Anonymous**

**Lincoln**, Fridays 7-9 p.m.; First Plymouth, 20th & D streets.

#### **Scleroderma**

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

**Omaha**, meets second Tuesday every other month, 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).

#### **Spina Bifida**

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

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

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

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

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

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

#### **Stroke**

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

**Cass County, IA**, third Wednesday at 3 p.m., 1501 E 10th St, Atlantic, IA. Call Rita, 712-243-7480.

#### **Tourette Syndrome**

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

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