

#### 2023-2024 Welcome Packet

Welcome to Omaha!

From the House Officers Association Alliance
for UNMC and Creighton Medical Students, Residents,
Fellows, Attendings, and their families

Our group, HOAA, is meant to serve the spouses and significant others of the medical students, residents, fellows, and attendings. We share our welcome packet with you every year and hope that it will serve you well as you transition into UNMC or Creighton.

If you have a spouse or significant other who is looking for a local group to join with other partners of medical professionals in training and beyond, look no further! Have them reach out to us at <a href="mailto:omahahoaa@gmail.com">omahahoaa@gmail.com</a> to get connected or find us on Facebook under HOAA - Omaha Medical Resident and Fellow Spouse Group.

**Enjoy and welcome to Omaha!** 

Dear Provider and Family,

Welcome to Omaha! We hope that this information packet will help you in your transition to medical school, residency, fellowship, or attending roles, particularly, if you are new to the area.

Included in this welcome packet is information about our group. We are formally known as the House Officers' Association Alliance (HOAA). Our group exists to provide support and friendship to the spouses and families of UNMC and Creighton medical students, residents, fellows, and attendings. We understand that being a partner of a medical provider can be challenging, but with a good support network, it can also be very rewarding. We are here to help make this a time to enjoy and flourish, rather than merely survive.

HOAA sponsors several events and special interest groups for the partners, spouses, and children of house officers throughout the year. These include a monthly event, book club, children's playgroup events twice a month, and volunteer opportunities among others. These events are advertised on our website calendar, www.omahahoaa.com, and via our Facebook group, HOAA - Omaha Medical Resident and Fellow Spouse Group. We also send our emails to our members regarding upcoming events. Included are calendars of our monthly events and children's playgroup events. We invite you to let us be your family away from family, your friends in a new place, and your support system. We all understand what you are going through and are here for mutual support.

We hope that you will take advantage of all that HOAA has to offer. Included in this folder is a membership application for our 2023-2024 year. Please note that this is an organization for *spouses and significant others* of the residents, medical students, fellows, and attendings, and not the residents, medical students, fellows or residents themselves.

Please don't hesitate to contact me with any questions about our organization, life in Omaha, or any other questions you may have. I wish you the best in your upcoming years and I look forward to meeting you!

Sincerely,
Myah Lanoux-Nguyen
HOAA President 2023-2024
Spouse of Arthur Lanoux-Nguyen, UNMC General Surgery House Officer/Resident
omahahoaa@gmail.com

#### 2023-2024 Calendar of Events

2023-2024 MEMBER EVENTS			
Saturday, July 22nd	10:30 a.m - 12:30 p.m.	Opening Social at Elmwood Park	
Thursday, August 17th	10:00 a.m.	Omaha's Henry Doorly Zoo	
Saturday, September TBD	6:30 p.m.	Creighton Men's Soccer Game	
Saturday, October 7th	Meet at 10:00 a.m.	Fontenelle Forest	
Saturday, November 11th	4:00 p.m 6:00 p.m.	Blackstone Food & Beverage Tasting Tour	
Sunday, December 17th	4:00 p.m 6:00 p.m.	Holiday Event	
Saturday, January 20th	TBD	Movie Party at Hollywood Candy	
Thursday, February 1st	6:00 p.m 8:00 p.m.	Trivia Night at Rathskeller Bier Haus	
Saturday, March 9th	2:00 p.m - 4:00 p.m	Dundee Candle Co. DIY	
Saturday, April 6th	10:00 a.m - 12:00 p.m.	Easter Party	
Sunday, May 5th	Meet at 10:00 a.m.	JUNKSTOCK at Sycamore Farms	

<sup>\*</sup>Event date/times are subject to change.

2023-2024 PLAYGROUP EVENTS		
Saturday, July 29th	Splash Pad (330p-530p) ***	
Thursday, August 24th	Bellevue Berry Farm (10a-12p)	
Thursday, September 14th Thursday, September 28th	Elmwood Park (10a-12p) Apple Orchard (1030-1230) ***	
Tuesday, October 17th Friday, October 27th	Vala's Pumpkin Patch (10a-12p) UNMC Halloween Party (10a-12p) *	
Thursday, November 16th	Air and Space Museum (10a-12p)	
Friday, December 15th	Urban Air Trampoline and Adventure Park (TBD)*	
Friday, January 12th	Omaha Children's Museum (10a-12p)	
Saturday, February 10th Tuesday, February 20th	Valentine's Party-Valentine's/Swim at Pool(1030a-1230p) * PE 101 Indoor Kids Gym (Time TBD)	
Saturday, March 16th Thursday, March 28th	Fire Station Tour (Time TBD) Bounce House (430p-630p) *	
Thursday, April 18th	Scatter Joy Acres (10a-12p)	
Saturday, May 25th	Closing Social Seymour Smith Park (10a-12p) *	

<sup>\*</sup> Lunch Provided

The dates and/or times are subject to change based on weather and venue availability. You can find calendar updates on our HOAA Facebook page as well as our website, **omahahoaa.com**. Please email one of the playgroup chairs at <u>omahahoaa@gmail.com</u> with any questions.

<sup>\*\*\*</sup> Snacks will be provided

#### **Dues & Membership**

\*\*You, the spouse, are the member. The membership allows you access to all of our member events. If you have children and would like to attend playgroup events, please select the 'member + playgroup' pricing.

#### **Medical Student Spouses:**

\$25/year for member \$30/year for member + playgroup

#### **Residents and Fellow Spouses:**

\$40/year for member \$50/year for member + playgroup

#### **Attending Spouses:**

\$90/year for member \$100/year for member + playgroup

You can pay the dues online via PayPal: <u>paypal.me/hoaa</u> (please select family and friends option) or mail a check to Myah at 5672 S. 122nd St. Omaha, NE, 68137.

\*\*If for whatever reason you aren't able to pay dues, please reach out to us via email/Facebook and we will work something out.\*\*

**New Members**, please sign up here! <a href="https://www.omahahoaa.com/membership">https://www.omahahoaa.com/membership</a>
In addition, if any of your personal information has changed, or your spouse went from residency to fellowship, or fellowship to attending, please fill out a new membership form for the 23/24 year.

# HOAA Welcome Packet Sponsors for 2023-2024

Their support of our group allows us to host our monthly events and playgroup meet-ups throughout the year. Thank you to our generous sponsors!

Better Homes & Gardens Real Estate
The Good Life Group
Ryan Renner
402-321-4578

ryan.renner@omahahomesforsale.com

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Equitable Bank
Doug Nodgaard
402-827-8100—office
402-490-3900—cell

dnodgaard@equitableonline.com

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Townsend Lanphier Group
Berkshire Hathaway Home Services, Ambassador Real Estate
Ann Townsend
402-706-3037

ann.townsend@bhhsamb.com

Kathy Lanphier 402-670-1040 kathy.lanphier@bhhsamb.com

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Metro Credit Union Jeff Hudkins 402-554-4663

www.metrofcu.org

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Access Bank VP/Home Loan Originator
Michele Ringsdorf
402-934-5005—office
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Michele.Ringsdorf@accessbank.com

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**FNBO** 

Senior Manager, Mortgage Lending Kristi Lyons 402.602.6746 klyons@fnni.com

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The Brown Stones Group NP Dodge Real Estate Kirstin Brown 402-651-8061 KBrown@npdodge.com

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American National Bank
Monica Alm - Mortgage Loan Originator
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Jill McGreer, Realtor
Berkshire Hathaway Home Services, Ambassador Real Estate
402-990-4460

jill.mcgreer@bhhsamb.com jillmcgreer.bhhsamb.com

Renaissance Financial

Advisors: Chris Insinger, Cole Grandfield, Kyle Johnson, Natalie Shearer 402-682-3930

Medical@rfconline.com

\*

Shellie Nelson, Realtor
Berkshire Hathaway Home Services, Ambassador Real Estate
402-681-4196
shellie.nelson@bhhsamb.com

#### Member Recommendations

#### **Auto Care**

- **Don's Radiator**: 125 E. 1st Papillion 68046 (402) 331-0897 General auto care, not just radiators most honest and best priced shop I've worked with!
- Atchley Ford: 3633 North 72nd St., Omaha (402) 574-2600 www.atchleyford.com
- Charlie Graham Body & Service: This is right on the corner before you get to UNMC, so it has been very convenient for car pickup. They have a courtesy shuttle and are always wonderful. 4206 Leavenworth Street (402) 551-6000 www.charliegraham.com
- **Gregg Young Chevy:** Awesome customer service. Free loaner when your car is getting worked on. Will call throughout the day with updates. Great customer service. 17750 Burt Street (402) 572-8080 <a href="https://www.gychevv.net">www.gychevv.net</a>
- Jensen Tire and Auto: 8200 Park View Blvd, La Vista, NE
- Marion Tire: They do an AMAZING job fixing a flat or will give you honest, low prices on new tires. The only downfall-they don't make appointments, but a lot of times we'd have a very little wait or we'd just drop our car off and pick it up later! (402) 553-9393
- Midwest Tire: They've been family owned since 1944. I went for new tires on the van with the kids and they were the nicest guys! It was a super busy day and we were there almost three hours, but they put on PBS kids and were so nice and kind! 13th and Pacific -(402) 342-2248
- Yeck's Auto Repair: Excellent customer care and fair prices. 203 Fort Crook Road, North Bellevue (402) 293-1200 www.yecksautorepair.com
- Omaha Car Care on Center and 58th: They are very honest and knowledgeable 402-556-6708
- Excellence in Auto Repair: Great family run company that has helped out in so many ways. (402) 399-0934
- Christian Brothers Automotive: 17330 Evans St, Omaha (402) 401-4535
- Cordell Foreign Motors: 4612 S 88th St, Omaha (402) 592-2288
- Toyo Techs: 10184 L St, Omaha (531) 329-4663

#### **Beauty and Spa Services**

- Cookie Cutters Hair Salon: located in La Vista. Fantastic place for childrens hair cuts
- **Hip Hip Hairay:** Great children's hair salon
- Janae Henry: Creative Hair Design (402) 330-5660
- Faces Spa: They have a great maternity massage. 8715 Countryside Plz, Omaha (402) 384-8400 facesspa.com
- Garbo's Salon: 120 Regency Pkwy #176, Omaha (402) 391-2333 www.garbossalons.com
- James Harris Salon: 201 South 157th Street, Suite 109, Omaha (402) 934-0019
- Mod Studio: (Private beauty salon) Nicole Bouwens (402) 320-2420

- Novel Hair Salon and Spa: 84th and Center area (402) 399-9100 www.novelhairsalon.com
- Parlour 1887: 6068 Maple in Benson area http://parlour1887.com
- Salon Seven: (402) 934-2177 www.sevensalon.com
- Oasis Spa: 689 N. 132<sup>nd</sup> St, Omaha, NE 68154 (402) 964-2267

#### **Childcare**

- Morning Star Preschool: Located near the children's hospital. Need to get on the waiting list early.
- Elkhorn Hills Methodist Preschool: located near 204th and Dodge. Speak with Ashley Bossert in early springtime to enroll and/or get on waitlist.
- Family Ties Child Enrichment Center: Full day, faith and play based daycare from 6 weeks through 5 years. Wonderful school!
- Family Place Daycare: located in Clarkson College. Affiliated with Nebraska Medicine.
- Omaha Christian Academy: Preschool and continues through 12th grade.
- Montessori Educational Centers: various locations around town.
- The Curious Child Montessori Preschool
- The Early Childhood Center at First Covenant Church
- The Hills Montessori
- Kindernook Preschool: They have preschool and also a 2's program. Phenomenal!
- YMCA: (check website, not all branches have preschools). They do tuition based on income.
- Beautiful Savior Preschool: located in La Vista.
- The Wonder Place: at Dundee Presbyterian Church in Omaha.
- St. Pius: on Blondo has preschool and enrolls children up through 8th grade.
- **UNMC's Child Development Center**: Located on UNMC's campus on the backside of the administration building at 40th & Dewey. <a href="https://www.unmc.edu/unmcchildcare">www.unmc.edu/unmcchildcare</a>
- Heart & Minds Early Childhood Program: Great for day care/ mom's day out
- Amazing Days Childcare Center: Day care

#### **Churches**

- Archomaha.com: a listing of the Catholic Churches in the Omaha Archdiocese with links to individual church websites for mass times and bulletins.
- Beautiful Savior Lutheran Church: 7706 S 96th Street, La Vista www.bslcomaha.org (402) 331-7376
- Christ Community Church: Campuses in Bellevue and Omaha. Making disciples of Jesus for Kingdom impact. (402) 330-3360 cccomaha.org
- Church of Jesus Christ of Latter-Day Saints: Find locations on their website, www.churchofjesuschrist.org
- Coram Deo Church: 8787 Pacific St, Omaha (402) 505-4111
- Dundee Presbyterian Church: 5312 Underwood Ave, Omaha, NE, 68132.

- Finding Life Church: "We're finding what's worth living for . . . intimacy with the King and passion for His Kingdom." Very involved children and student ministries as well as small groups throughout the week for adults. 8989 Park Dr, Ralston, NE 68127 www.findinglifechurch.com
- Heritage Church of the Nazarene: 6909 Cornhusker Rd., Papillion (402) 331-8900 www.heritagehillchurch.com
- **St. Mary's Catholic Church**: They have lots of active ministries including perpetual adoration. 2302 Crawford St., Bellevue (402) 291-1350 <a href="https://www.stmarysbellevue.com">www.stmarysbellevue.com</a>
- St. Patrick's Catholic Church: in Elkhorn- very involved parish! Lots of ongoing activities for children and families! (402) 289-4289
- St. Margaret Mary Catholic Church: 6116 Dodge St, Omaha, NE. 402-558-2255.

#### <u>Dining</u>

#### **American**

- **Dinker's:** Dinker's is so serious about serving the city's best burgers, the little dive boasts an entire flat top grill devoted to crisping buns. The local favorite is the haystack burger, topped with ham, cheese, and a fried egg, paired with a domestic beer in a frosty bottle. Bring cash.
- Friday macaroni and cheese bar for \$5.99 at the UNMC cafeteria. Huge portions and great if you want to meet your spouse for lunch and have your kids. Fridays only 11a-2pm.
- **Goldberg's**: Great family restaurant in Dundee. Excellent burgers and other homestyle comfort food like bread pudding. 5008 Dodge St, Omaha, NE 68132
- Harold's Koffee House: Old school diner located in Florence. Been family run for over 50+ years. Amazing donuts, homemade rolls and pies and comfort food. 8327 N 30th St, Omaha, NE 68112, (402) 451-9776
- Au Courant Elevated and thoughtful menu (yet somewhat casual) that currently only serves a 6 course pre-fixe rotating menu that is always local, seasonal and creative. They sometimes offer family style take out for holidays and special occasions. Also has a great wine and cocktail list! Pre-fixe menu is \$75pp.
- Mark's Bistro: homey upscale American bistro with beautiful patio in the summer and jazz bar/cafe downstairs. 4916 Underwood Ave, Omaha, NE 68132, (402) 502-2203
- **Mouth of The South:** Barbecue, steak, seafood, po boys, burgers, gumbo, soups, salads, bar drinks, patio seating & more for everyone in the family to enjoy!
- Twisted Fork Grill & Saloon: 1014 Howard Street Omaha in the Old Market
- V. Mertz: In the Old Market. The best for anniversaries romantic ambiance! Entrees are \$20-30. 1022 Howard St, Omaha, NE 68102 (402) 345-8980
- Modern Love: Chef and cookbook author Isa Chandra Moskowitz's vegan comfort food includes staples like mac and shews (made with cashew cheese) and decadent desserts, which have become citywide favorites. Located in midtown.

#### **Bakery**

- Cupcake Island: Bakery selling cupcakes in a variety of sizes & flavors, as well as decorated cakes. 119th and Pacific.
- International Bakery: Latin bakery located in South Omaha.
- Jones Bros Cupcakes: Close to Aksarben Park and a great treat. Delicious hot chocolate too. They were on Food Network's Cupcake Wars! 2121 S. 67th St., Omaha (402) 884-2253
- Le Quartier Baking Company: 5026 Underwood Ave, Omaha, NE 68132, (402) 933-3595, amazing bakery with the best bread and croissants and homemade soups.
- Olsen's Bake Shop: 1708 S 10th St, Omaha, NE 68108. Best donuts in town.
- Rotella's Bakery: has really inexpensive bread and rolls. 6949 South 108th Street La Vista -(402) 592-6600
- Sweet Magnolia's Bakery: Best cinnamon rolls ever. 813 N 40th St, Omaha, NE 68131, (402) 934-6427
- Sugar Coma Custom Treats: Specializes in Cakes, Cookies, Cupcakes & more to make your celebration special.
- Wheatfields: Huge amounts of good food from breakfast through dinner. Family-friendly. Also good for carry-out bakery items. Our family members like to come here when they visit. One Pacific Place, 1224 S 103rd St, Omaha, NE 68124 and 1224 S 103rd St., Omaha; 7775 Olson Dr. Ste 101, Papillion (402) 955-1485 www.wheatfieldscatering.com

#### **Breakfast**

- **Duggers Cafe**: Great breakfast and lunch spot in Dundee. Can get crowded on weekends for breakfast. Amazing pancakes and egg dishes. 4950 Dodge St, Omaha, NE 68132. 402-502-9156
- Lisa's Radial Cafe: excellent breakfast diner frequented by Creighton undergraduates and alumni. 817 N 40th St, Omaha, NE 68131, 402-551-2176
- Bagel Bin: A west Omaha staple for more than 40 years and the city's only kosher bakery. Serves New York-style bagels using the Brezack family's Polish recipes. The menu also includes bagel sandwiches, a few side dishes, and a rotating soup option, making it a popular spot for both breakfast and lunch.

#### **Brewery**

- Benson Brewery: 6059 Maple Street Omaha.
- Blatt Beer & Table: Modern atmosphere and fresh comfort food. Highly recommend the chicken and waffles! 10000 California St, Omaha - (402) 932-9993

#### **Brunch**

- Good Lookin': located in Dundee, fresh seasonal and hip atmosphere.
- Early Bird: 'Omaha's best brunch restaurant' serving breakfast, lunch, cocktails, and donuts. Totchos are really good. Located in the Blackstone district.
- Le Peep: Voted best breakfast in Omaha many years in a row. Multiple locations in town. Really good bacon! lepeepomaha.com
- Saddle Creek Breakfast Club: located in the middle of the charming Dundee neighborhood.
   Locally sourced ingredients and has a delicious rotating menu. Vegan and carnivore options

available. On a nice day, their outside patio is packed, but well worth the wait. Check their facebook page for their hours/specials

- **Summer Kitchen**: 3 locations in the metro area. Our favorite is the LaVista one. www.summerkitchen.net
- **Upstream Brewery**: located in the Old Market 514 S. 11<sup>th</sup> Street and West Omaha 17070 Wright Plaza Omaha.

#### Chinese

• Taipei: 402-333-1991. 2859 S 168th St

• Three Happiness: 5107 Leavenworth St, Omaha, NE 68106

#### **Coffee shops**

• Archetype: located at 3926 Farnam St, Omaha, NE 68131

• Aromas: located in Benson

• Beansmith Coffee Roasters: located at 1213 Harney St, Omaha, NE 68102

#### Deli

• Just Good Meat: 4422 S 84th St, Omaha - (402) 339-7474

• Stoysich House of Sausage: name says it all! Delicious selection of homemade sausages and hot dogs. 2532 South 24th Street, 68108

#### **Ethiopian**

• Lalibela Ethiopian Restaurant: Small Ethiopian restaurant. Owner/cook is very nice and helpful. The combo platter is the best deal; it's \$13/14 and will feed 2-3 people. Close to UNMC! 4422 Cass Street, Omaha.

#### **Filipino**

• Laura's Famous Eggrolls: Rolled by hand, and made with love! The eggrolls are a traditional lumpia recipe passed down through many generations and brought to the US in the 1970s. The original (beef) is a favorite, however the veggie is not to be missed! They are available at Omaha farmers markets and also via their website for local delivery. laurasfamouseggrolls.com

#### French

- La Buvette: Wine Bar and Grocery for imported French wines, cheese and other complementary treats. Excellent outdoor patio and vibe in the Old Market. Great spot to catch up with a friend or to grab a bite between shopping.
- Dario's Brasserie: 4920 Underwood Ave Omaha. French cafe style
- Le Voltaire: Serves traditional French dishes along with an extensive wine selection.
- The Boiler Room: 1110 Jones St, Omaha, NE 68102. Super fancy delicious French food. Go here to celebrate the end of residency!

#### German

• **Gerda's German Restaurant and Bakery**: 5180 Leavenworth St, Omaha, NE 68106. Great German beer, pan fried chicken, amazing donuts and a great yearly Oktoberfest festival. Very family friendly.

#### **Ice Cream Shops**

- Coneflower Creamery: An Omaha staple. Always a long line but worth the wait. They source ingredients from a local dairy farm and the freshness and quality is spectacular.
- Dairy Chef: Delicious Ice Cream and Burgers/Fries 3223 N 204th St, Elkhorn (402) 289-4414
- E-Creamery: Located in Downtown Dundee. Delicious ice cream and gelato with rotating flavors.
- Graley's Creamery & Confections: Old-fashioned is the theme here. Go back in time for an unique Victorian experience and get an ice cream flight! At any given time, there are 24 different ice cream flavors at Graley's Creamery and Confections. We create all of them using only fresh and natural ingredients.
- Storz Pavilion: located at UNMC. Tasty malts and shakes
- **Ted and Wally's:** Their ice cream is made from scratch using all natural ingredients from local producers. Located in the Old Market downtown and the Benson district.

#### Indian

- Taste of India: Small and family owned. The mom seats you, the dad takes your order, and the kids bus tables. It is great Indian food with a quaint atmosphere. Close to UNMC! 3572 Leavenworth St., Omaha (402) 763-2880
- Kinaara: The menu reflects fresh cooking from the southern Indian State of Kerala. Very tasty!

#### Italian

- Avoli Osteria: Amazing Italian food in the heart of Dundee. 5013 Underwood Ave
- Lo Sole Mio Ristorante Italiano: Close to VA and University Hospitals. 3001 S. 32 Ave., (402) 345-5656
- **Sgt**. **Peffer's**: Super quick and easy Italian food they have a drive through window for take out orders! They are a local favorite (The grilled chicken salad is delicious!) and now have 2 locations (midtown and millard). <a href="www.sgtpeffers.com">www.sgtpeffers.com</a>
- Spezia: Upscale italian with lots of seafood options. Good happy hour menu.
- Valentino's: Huge Italian buffet and has good deals for kids. Multiple locations around town. 10190 Maple St., Omaha; 5070 Leavenworth St., Omaha; 5022 S. 108<sup>th</sup> St., Omaha

#### **Japanese**

- **Hiro 88**: Japanese Cuisine, three locations
- **Kobe Steakhouse**: In Regency Parkway, upscale. 120 Regency Pkwy # 13, Omaha (402) 391-1755.
- **Ika:** Ramen shop located in Benson known for classics like tonkotsu and a verdant Mary Jane ramen served with chicken.

- **Umami:** Carefully crafted omakase, but also for a solid menu of cooked Thai and Chinese dishes. Chef Keen Zheng is formerly from a michelin-starred sushi restaurant in Manhattan
- **Yoshimoto**: Sushi bar that offers fish that is fresh, aged, pickled, smoked, and/or blow torch-seared. located in Benson.

#### **Latin American**

- The Hunger Block
- **SalMex:** Tiny Salvadorian spot located in South Omaha off of 24th St. Pupusas for only \$2. Burritos, tacos and other items available for takeout or delivery.

#### Mexican

- La Mesa: A Mexican favorite. Multiple locations. 11002 Emmet St. Ste 112, Omaha; 156<sup>th</sup> & Q St., Omaha (402) 496-1101
- **Mula**: Mexican Kitchen and Tequileria Amazing street style tacos and margaritas! 40<sup>th</sup> and Farnam, Omaha.
- Taqueria Tijuana: Small little taco place in South Omaha. Great authentic tacos and salsa. ONLY TAKES CASH! 5139 S 24<sup>th</sup> St. Omaha

#### Mediterranean

- Amsterdam Falafel and Kebab: Delicious kebabs and falafel and curry fries! 620 N 50th St, Omaha, NE 68132, open late on weekends. Located in the heart of dundee.
- El Basha: Mediterranean staples with careful touches and generous doses of fresh cilantro, parsley, and other bright herbs. Located off of Pacific at 74th St.
- Legacy Gyros: Rated 'Best in Omaha' for Gyros many years in a row. Located in Wright Plaza.

#### Pizza

- Dante's Ristorante Pizzeria: Known mostly for excellent wood-fired Neapolitan pizza, Dante
  also serves a wide selection of wonderful homemade pastas and a killer lasagna in the winter
  months. 168<sup>th</sup> and Center Omaha, also located in Blackstone
- Mama's Pizza: Delicious and family-friendly! 715 N Saddle Creek Rd., Omaha (402) 553-9270 www.mamaspizzaomaha.com
- Noli's Pizzeria: 4007 Farnam St, Omaha, NE 68131, 402-359-1802
- **Pitch**: 5021 Underwood Ave Omaha & 17808 Burke St (near 180<sup>th</sup> and Dodge) Delicious coal-fired pizza!
- Pizzeria Davlo: Authentic Style Chicago Pizza.
- SPIN! Pizza: Fresh and authentic neapolitan style pizza. Gluten free and vegan options.
- Tasty Pizza: Traditional and unique pizzas in a large 16" or smaller 8" size. Delicious popular neighborhood spot in central Omaha.

#### Seafood

- Shucks Fish House and Oyster Bar: Near downtown Omaha 1911 Leavenworth Street Omaha
- Herbe Sainte: New Orleans inspired cocktail bar in the heart of Aksarben Village that serves Cajun and Creole fare. Floor to ceiling windows and casual decor creates a very inviting vibe to grab cocktails and a snack with friends. Excellent, high quality cocktails!

#### Steakhouse

- Brother Sebastian's Steakhouse- on 119th and Pacific
- Fleming's: Prime Steakhouse and Wine Bar. 140 Regency Pkwy, Omaha (402) 393-0811
- Gorat's: 4917 Center St, Omaha, NE 68106, old school steak house. Warren Buffett likes it:)
- **The Drover:** An Omaha Favorite, with cowboy vintage charm. Best Steak in Omaha. Also has a great salad bar with cold metal plates.

#### Thai

- Salween Thai: great prices, GREAT Thai food always packed! 1102 NW Radial Highway (402) 884-5375
- Tas's Thai Pepper: 12775 Q Street, Omaha (402) 895-7788
- Khao Naio Thai-Lao Restaurant: Family owned Thai-Lao restuarant, with homestyle cooking.

#### Vietnamese

- Banh Mi Shop: Banh mi sandwiches as well as bubble tea and traditional Taiwanese drinks. In Bellevue
- Vietnamese Restaurant in La Vista: Easygoing choice for pho, banh mi & other classic Vietnamese eats, plus a variety of bubble teas.

#### **Entertainment/Activities**

- Aksarben Village: Dining and shopping Summer concert series.
- Alamo Dine in Movie Theaters
- Arbor Day Farms
- **Bob Kerrey Pedestrian Bridge**: 705 Riverfront Drive, Can walk across the bridge to Iowa. Has a small splash pad/fountain area and concert venues and food trucks in the summer.
- Bounce U: Indoor bounce house arena. 11144 Q Street Omaha.
- CHI Health Center: Great concert venue. www.centurylinkcenteromaha.com
- Children's Museum
- Cimarron Splash Park
- **Durham Museum**: Families get in for FREE with Resident ID!!! Great Museum for the family with Nebraska history and Trains. Also has traveling Smithsonian Exhibits. 801 S 10<sup>th</sup> St., Omaha <u>info@durhammuseum.org</u>

- Farmer's Markets: Old Market location Open every Saturday May 7th October 15<sup>th</sup> from 8am 12:30pm. Aksarben Village location Open every Sunday May 8<sup>rd</sup> October 16<sup>th</sup> from 9am 1pm Charles Drew Health Center location open every Wednesday July 6 August 31<sup>th</sup> from 3:30pm 5:30pm.
- Felius Cat Cafe
- Fontenelle Forest: One of Nebraska's oldest conservation organizations and largest private nature centers. 1111 Bellevue Boulevard North, Bellevue, NE. They have a great early childhood program called Mud Pies.
- Go Kids Gym: 4223 S. 120<sup>th</sup> Street Omaha.
- Henry Doorly Zoo: One of the nation's best zoos (always top ranked, if not #1) and has lots of indoor areas to view animals in the winter! Also has an aquarium and IMAX theater which are both free with zoo membership/admission. Amazing splash pad open in the summer. The season pass is the cheapest way to go if you plan to go more than once. 3701 S. 10th Street, Omaha (402) 733-8400
- Joslyn Art Museum: Free entrance, great kid area called Artworks in basement and outdoor sculpture garden. 2200 Dodge Street Omaha.
- Lake Zorinsky: 9901 JJ Pershing Dr. Omaha. Beautiful park two playgrounds, hiking and bicycling trails.
- Maplewood Lanes: Clean. 3030 N. 101st Street, Omaha (402) 572-9393
- **Midtown Crossing:** offers a wide variety of delicious restaurants with a great atmosphere. 333 Farnam St., Omaha (402) 934-8860 www.midtowncrossing.com
- Motto McLean Ice Arena
- Moylan Iceplex: 12550 West Maple Road Omaha.
- Omaha Children's Museum: yearly memberships make great gifts from family. <a href="http://www.ocm.org/">http://www.ocm.org/</a>. 500 S 20th St, Omaha, NE 68102, 402-342-6164
- PE 101: Indoor Kid gym 2920 N. 118<sup>th</sup> Circle Omaha.
- Papillon Landin Rec Center: gym/indoor playground/indoor pool
- **Prairie View Lake**: (In Bennington) is a great place to fish. The kids catch small fish about every 5-10 minutes. Located 2 miles West of Bennington, 180th & Hwy 36.
- Prehistoric Putt Putt
- Pump It Up: Indoor bounce house arena. 960 S. 72<sup>nd</sup> Street Omaha.
- Spielbound: Board game Cafe, great for date nights!
- Standing Bear Lake: (of Omaha Parks and Rec) is a great place to go for walks or runs and has a lot of open sidewalk for the kids to ride bikes. 6404 North 132nd Street, Omaha (402) 444-5955
- Strategic Air and Space Museum: 28210 W. Park Highway, Ashland, NE.
- **The Mark**: 20902 Cumberland Drive Bowling, laser tag, arcade, full dinner menu! <a href="https://www.markomaha.com">www.markomaha.com</a>
- Top Golf
- **Urban Air:** Indoor Trampolines, Climbing Walls, Playgrounds, Go-Karts & more. Great space for birthday parties or groups.
- Vala's Pumpkin Patch: The "Disney World" of pumpkin patches! This place is HUGE and a must for fall family fun!

- Westwood Cinema: Movies are \$3.25, cash only (but are not brand new to the box-office). Great way to have an inexpensive date night or take the family to a movie! Located behind Bakers at 125<sup>th</sup> and West Center, Westwood Plaza 2809 S. 125<sup>th</sup> Ave. #297 Omaha (402) 697-1300
- Wildlife Safari Park- You can add this on to your zoo membership! It's a drive-through safari park.

#### **Grocery and Specialty Foods**

- Absolutely Fresh Seafood Market: The name speaks for itself. 1218 S 119th St, Omaha, NE 68144, (402) 827-4376
- Aldi: A no frills, value packed grocery store. The quality is great and the money saved is substantial. You need your own grocery bags or Aldi sells good ones cheaply or you can gather boxes as you go because items are in boxes and on pallets. The carts are locked together outside and require a quarter to unlock (return cart to get money back). Aldi will also give a double your money back guarantee if you are not satisfied with their products.
- Bag-N-Save: I always make sure to check the Sunday ads for the specials at Bag n Save. Their regular prices are a little higher than other stores in the area, but their sales are great. You do have to bag your own groceries.
- Bakers: Several locations, big and clean with a large variety and good produce. Some even have those car carts for kids. Great bakery and deli with pharmacy, floral, and photo depts. Watch their flyers for prices. Make sure to get a Baker's saving card.
- Costco: 2 locations in Omaha at 12300 W Dodge Rd and at 12515 Westport Pkwy in La Vista. Costco is a membership warehouse, carrying brand name merchandise at substantially lower prices than typical stores. It has much more than just groceries. They also have cheaper gas prices and 1 hour photo. Worth the membership just for household goods and if you have a large family (or a large freezer).
- Hy-Vee Supermarkets: Several locations, employee-owned, great customer service. Has "car carts" for the kids and postal services inside some stores. Very friendly and good selection with great catering departments and good pizza and Chinese food. Make sure to get a fuel saver card to save on groceries and gas. Also, kids can eat free fruit in the store while you shop! Also has a curbside delivery service and home delivery service.
- Jacobo's: Hispanic specialty, fresh tamales and salsa. 4621 S. 24<sup>th</sup> St. (402)-733-9009. Cash only, closed Mondays.
- La Guerra: Hispanic specialty market. 4233 S. 24th St. (402) 733-9194.
- No Frills Supermarkets: Multiple locations. They have a large selection of items, nice parking, and competitive prices. Not always the cleanest or friendliest (depends on location).
- Sam's Club: Membership required; large quantities. 120th and L (Note: owned by Walmart). Also have 1 hour photo and many household items besides food.
- Trader Joe's: "great food + great prices = Value" grocery store. Regency, 10305 Pacific Street, Omaha (402) 391-3698. Cult following for some of their products.

- WalMart- various locations around Omaha. Also offers curbside delivery service on groceries.
   Walmart Markets are smaller stores with a pharmacy that just sell grocery and some household items and can be very convenient with lower prices on produce and other packaged goods.
- Whole Foods: natural, organic, and specialty foods. The prices are quite high, but you can't beat their selection of produce, seafood, meats, and cheese. 10040 Regency Circle. Excellent to-go food options and eat-in cafe.

#### **Health Clubs**

- 24 Hour Fitness: 4 locations. Open 24/7. Full service. www.24hourfitness.com
- Cass Sport: Multiple locations. 7777 Cass St., Omaha (402) 343-0486; Northpark sport 2718 North 118th Circle, Omaha (402) 496-2444; 144th & F (OMAHA) sport 4007 S. 145th Plaza Omaha (402) 895-5550; Tara Plaza sport 845 Tara Plaza Papillion (402) 331-7333.
- Anytime Fitness: Multiple locations (downtown, near Children's, Papillion, etc) all open 24/7. Fantastic gym!
- Aspen Athletic Club: 3 locations. Childcare and children's programs available.
   <u>www.aspenathleticne.com</u> Aksarben 2110 South 67th Street, Omaha (402) 763-1400;

   Shadow Lake 7549 Towne Center Parkway, Papillion (402) 884-7377; Q Street- Aspen Active 17725 Welch Plaza, Omaha (402) 452-3399
- Heartland Conservatory of Dance and Pilates: Beautiful, huge ballet and Pilates studios. All classes taught by former professional ballet dancers. Pilates reformer and dance classes for kids 2 years to adults! 2502 S. 133rd Plaza Omaha, NE 68144 (402) 237-8801 www.hcd.dance
- Mick Doyle's Kickboxing and Fitness Center: Pricey, but the staff is really personal. 10801 Blondo Street, Omaha (402) 498-9592 <a href="https://www.mickdoyle.com">www.mickdoyle.com</a>
- Omaha Dive Club: an awesome dive club for kids! Head Coach Peter Charles at peter@omahadiveclub.com or by phone at 402-850-9683 www.omahadiveclub.com/facility
- Prairie Life: 3 locations. Full service health club with great classes. Very nice facilities and features. Child-care and children's programs are available. www.prairielife.com 132nd & Center, 275 S. 132nd St., Omaha (402) 691-8546; 84th & Q, 8525 Q Street Omaha (402) 537-0430; Midtown Crossing, 31st & Farnam Street, Omaha, (402) 916-5000
- Salvation Army Kroc Center: Aquatic center, fitness center, education center, rental facilities, programs for adults and children, fellowship hall. 2825 Y St., Omaha - (402) 905-3500 www.omahakroc.org
- YMCA: Armbrust and Maple locations. Great facilities, wonderful childcare, zero-entry pool. Maple has a great Terrific 2's program, pre-school, and great group exercise classes. Papillon location is newer and has a great preschool program and great children swim lessons. The downtown location also has a full time day care.

- **Swimtastic**: For swimming lessons. They do a great job of teaching kids of all ages the basics of swimming in a very small class environment. If you do lessons there, you get free use of the heated 80 degree pool on the weekends. 2920 N 118th St, Omaha, NE 68164. 402-496-7946
- **DiVentures**: For diving and swim lessons for infants and kids of all ages. 4303 S 121<sup>st</sup> Plaza Omaha.
- Lotus House of Yoga: 3 studio locations around town. Great variety of classes. The Aksarben studio also has a barre fitness room and juice bar.
- Bhadra Yoga: 5020 Leavenworth St, Omaha, NE 68106, Great restorative and prenatal class.
- Barre Code Dundee: 5002 Dodge St #301, Omaha, NE 68132, 402-884-1667

#### **Household/Home Repairs/Cleaning**

#### Basement, Foundation, and Concrete Repair

• Thrasher Basement: 1-888-822-4553

#### Electrician

• Superior Electric 402-706-3261

#### Remodel/Repair/Maintenance

• Mevela: Mike Eveland (531) 213-9127. Professional, thorough and fairly priced all-around home handyman.

#### **Fencing**

• Ty the Fence Guy: 1591 Trumball Terrace, Plattsmouth - 402-510-8159

#### **Heating & Cooling**

- AAA Residential Heating and Cooling: (402) 551-1000
- Aksarben ARS: 7070 S 108th St, La Vista, NE 68128, 402-331-1233 www.aksarbenars.com, Ph: 402-401-7768
- Brasch Heating and Cooling, LLC: Shane Brasch, owner. (402) 591-1838
- Xtreme HVAC: 402-932-2656

#### **Home Inspections**

• Foundation-2-Rooftops: Home inspections. Greg Wayman. (402) 330-1701.

#### **Kitchen Bath & Flooring Resurfacing**

• Renew Resurfacing: Candy and Jim at 402-500-0669, www.renewresurfacing.com

#### Landscaping

Orlando: landscaper. 402 321-7033.

#### **Painting**

• Brink Painting Services: (402) 575-7878- www.brinkpainting.com

• Painting: Terry O'Doherty at 402-334-7934

#### **Plumbing**

• Aksarben ARS: 7070 S 108th St, La Vista, NE 68128, 402-331-1233

• **B&B Plumbing:** Brian Bales, Owner. (402) 330-5660

• Backlund Plumbing: (402) 341-0450 - www.backlundplumbing.com

• Integrity Plumbing: 402-657-6494

#### Roofing

• **A&P Construction, Inc**: Roofing specialists: (402) 740-0800.

#### Window & Gutter Cleaning

• Affordable Window and Gutter Cleaning: 402-706-7374.

#### **Legal, Taxes, & Home Insurance**

#### **Attorneys**

• Contract Negotiations: Eric W. Tiritilli: Attorney at Law, Gross & Welch, P.C., L.L.O. Specializes in contract negotiations. Phone: 402.504.1300 or etiritilli@vwattys.com

#### **Accountants**

• Brian Cspikes: with Seim Johnson- (402) 330-2660

• Nicole Snow: at Bland and Associates- (402) 397-8822

#### **Home and Auto Insurance**

• Brady Wilson: Independent Agency, SafeCo- (402)-350-7502

• Charlie Weston: Farmer's Insurance- (402) 896-6565

• Devan Kennington: Allstate- (402) 496-5315

• Debbie Williams: Farmer's Insurance - (402) 614-4633

<sup>\*</sup> Be sure to ask your real estate agent for local vendor recommendations as well

#### **Medical Services**

#### **Urgent Care Centers for Children:**

Children's Physicians Urgent Care - West Village Pointe

Monday through Friday 6-10 pm

Saturday, Sundays & Holidays Noon — 10 pm

110 N. 175th St. (175th & Burke -Southwest of Village Pointe Shopping Center)

Omaha, NE 68118, (402)-955-8300

Children's Physicians Urgent Care - Val Verde Monday through Friday 6-10 pm Saturday, Sundays & Holidays Noon – 10 pm 9801 Giles Rd., Suite1 (96th and Giles) Omaha, NE 68128 (402) 955-7200

#### **Urgent Care Centers for Adults:**

Clarkson Family Medicine affiliated with UNMC operates 3 urgent care clinics in 3 locations around the city with evening, weekend, and holiday hours. <a href="http://www.nebraskamed.com/immediate-care-clinics">http://www.nebraskamed.com/immediate-care-clinics</a>

#### See also a list here:

https://www.urgentcarelocations.com/ne/omaha/omaha-urgent-care

#### **Emergency Rooms**

Nebraska Medicine-4305 Dewey Ave	402-559-6637
Children's Hospital - 8200 Dodge Street	402-955-5400
CHI Health Creighton University Medical Center- 7500 Mercy Road	402-398-6060
Immanuel Medical Center - 6901 North 72nd Street	402-572-2225
Methodist Hospital - 8303 Dodge Street	402-354-4000
Methodist Women's Hospital- 707 N. 190th Plaza	402-815-4000
Council Bluffs, Iowa	
Mercy Hospital - 800 Mercy Drive,	712-328-5000
Methodist Jennie Edmundson Hospital- 933 E Pierce St	712- 396-6000
Papillion	
Midlands Hospital - 11111 South 84th Street	402-593-3000
Bellevue	
Bellevue Medical Center - 2500 Bellevue Medical Center Drive	402-763-3000

#### **Dentists/Orthodontists**

- Summit Dental Health: Rebecca Anderson, DMD -5321 Center Street, Omaha, Ne 68106 402-551-2238, SummitDentalHealth.net Dr. Anderson is married to a resident, and loves to treat residents & fellows. She does general dentistry as well as Invisalign and is kid friendly!
- Pediatric Dentist: Dr. Jane Bennett 72nd and Cornhusker Suite 400 545 Fortune Drive, Papillion (402) 502-1256 (our kids LOVE her!) janebennettdds.com
- Schneider Family Dentistry: Dr. Kathryn Schneider Dr. Schneider and her staff are wonderful, kind, and makes anyone feel comfortable. Perfect place for the whole family to go! (402) 493-2314, schneiderfamilydentistry.com/
- Ohana Smiles: VERY kid friendly!! 11010 Prairie Brook Road Omaha (402) 571-3415
- Greder Dental: 1113 North 72nd Street, Omaha (402) 558-6220
- Hillsborough Family Dentistry: 13808 W Maple Road, Suite 112, Omaha (402) 445-4647
- Pediatric Dentist: Dr. J. Bryan Hohenstein: Smile Station Pediatric Dentistry- located at 180th & Q highly recommend this office! Fantastic with kids and makes it a fun experience. (402) 330-5535
- Pediatric Dentist: Dr. Cade Hunzeker-2430 S. 179th St, 402-330-1131
- **Dr. Lisa Strunk and Dr. Dana Carmen:** are wonderful pediatric dentists. Both are magical and so is the office staff. My kids practically run into the dentist! pedodonticspc.com 2521 S. 119th St, Omaha, NE 68144, 402-330-5913
- **Dr. Elizabeth Szeliga**: We shopped around for almost 6 years in Omaha before finding this FABULOUS dentist! (402) 572-1120
- **Pediatric Dentist: Dr. Barry Webber** with Walnut Creek Pediatric Dentistry in Papillion. 11336 S 96th St Suite 111, Papillion (402) 590-2018 walnutcreekteeth.com
- Today's Dental- Elkhorn: 20211 Manderson St, Elkhorn (402) 505-1910
- Dentistry for Health: Dr. Kahn, 10365 Pacific St, Omaha (402) 932-0282
- Smith & Hascall Family Dentistry
- Summit
- Weber Orthodontics: 2422 S 179th St, Omaha (402) 896-4500

#### Dermatology

- Dr. Kristie Hayes: 10060 Regency Circle Omaha (402) 354-1315
- Dr. Joel Schlessinger: 2802 Oak View Drive, Omaha (402) 334-7546
- Dr. Melissa Darling: two locations in Elkhorn and Midtown (402) 552-2555
- Mod Dermatology: 2953 S 168th St Suite 101, Omaha (402) 509-4812

#### **Eye Care**

• Dr. Dozon: Aksarben Eye Care- 6307 Center St #202, Omaha - (402) 932-1366

#### **Family Medicine**

- Dr. Elisabeth Backer: 2727 South 144th Street, Omaha, NE (402) 778-5677
- Dr. Harnisch: Family physician at UNMC. (402) 552-3222
- UNMC

#### OB/Gyn

- **Dr. Laura Cudzilo:** Olson Center for Women's Health at UNMC, (402) 559-4500 and Village Pointe, (402) 596-4800.
- Dr. Julia Bishop: Gynecology only 16120 West Dodge Road, Omaha (402) 354-0910 and Methodist Women's Hospital 707 N. 190th Plaza, Omaha - (402) 815-4000 http://methodistforwomen.com/
- Dr. Amoura: Office is at the Olson Women's Center at UNMC. (402) 559-9800
- Dr. Erin Evans: at Lakeside and Alegent. 17001 Lakeside Hills Plaza #100, Omaha, NE 68130, 402-697-7200.
- Dr. Jamie Seeman: Midcity OB (delivers at Methodist and Bergan)
- Dr. Karen Carlson: UNMC Physicians (402) 559-2719
- Dr. Kinnan: CHI
- **Dr Hill:** with Omaha OB/GYN- 4239 Farnam St. Suite 734 / (402) 552-2700 and at 16909 Lakeside Hills Ct. Suite 201 / (402) 991-1900
- Dr. Linda Collins: Omaha OB/GYN Associates at 16909 Lakeside Hills Court Suite 201, Omaha -(402) 991-1900 and at 4239 Farnam Street Suite 734, Omaha (402) 552-2700
- Dr. Lanette Guthman: Delivers at Methodist. 717 N.190th Plaza, Omaha, NE, (402) 815-1700
- Dr. Nancy Hicks: Physicians of OB-GYN, 2723 S 87th St, Omaha, NE 68124, 402-397-6600
- Dr. Sarah Schultz: CHI
- **Dr. William Weidner**: Methodist Physicians Clinic Women's Center 717 N.190th Plaza, Omaha (402) 815-1700
- Dr. Jill Burke: Omaha OB/GYN Associates at 16909 Lakeside Hills Court Suite 201, Omaha (402) 991-1900 and at 4239 Farnam Street Suite 734, Omaha (402) 552-2700.
- Dr. Nick Steinauer: Omaha OB/GYN Associates at 16909 Lakeside Hills Court Suite 201, Omaha (402) 991-1900 and at 4239 Farnam Street Suite 734, Omaha (402) 552-2700. He completed additional training at the Pope Paul VI Institute for the Study of Human Reproduction/Creighton University as a Natural Family Planning Medical Consultant, specifically the Creighton Model Fertility Care System.

#### **Pediatrics**

- Children's Physicians Dundee Clinic: There are many residents who use Dr. Erin Loucks and Dr. Drake and Dr. Moore. 119 North 51st Street Ste 201, Omaha (402) 955-7676
- Children's Physicians Eagle Run Clinic: Dr. Anglim and Dr. Kaufman are wonderful! (402) 955-3000
- Children's Physicians at Val Verde: Dr. Godsil is fantastic
- Dr. Kronberg: at Eagle Run, 13808 W. Maple Rd. Ste 100, Omaha (402) 955-3000
- **Dr. Mary Dek**: Village Pointe Pediatrics 16811 Burke Street # 101 Omaha (402) 573-7337. All the physicians there are wonderful. They have night and weekend appointments to fit everyone's schedule.
- **Dr. Kari Krenzer**: Children's Physicians, West Village Pointe 110 North 175th Street (402) 955-5437
- Dr. Amanda Votruba: at the Methodist Women's Hospital campus. (402) 815-1325

- **Dr. Dulac**: Sancta Familia Medical Apostolate. Also Dr. Pierre is a family doctor there as well. Catholic non-profit clinic. 10506 Burt Circle, Omaha, NE 68114, (402) 991-3393
- Village Pointe Pediatrics: 180th and Burke St, all doctors are highly rated here, (402) 573-7337
- Dr Jane Carnazzo: Children's Physicians, Spring Valley, 4224 S 50th St, Omaha (402) 955-7474

#### **Other Specialties**

- Allergist: Dr. James Tracy: Ste 210, 2808 South 80th Avenue, Omaha (402) 391-1800 www.allergynebraska.com
- Boys town Pediatric Audiologist: 555 North 30th Street, Omaha (402) 498-6520

#### Pet Care

- **Dr. Cory at VCA Animal Hospital:** off of center and 66th. He is a wonderful vet. Dr. Cory and the whole staff are so wonderful. 2323 South 64th Avenue Omaha, NE 68106 (402) 558-1522
- Elkhorn Animal Hospital
- Harvey Oaks Animal Hospital: 2706 S. 148th Circle, Omaha, Nebraska 68144, 402-334-0200
- Heartland Pet Hospital
- Log Barn Stables: Quality horse boarding. 11420 33rd Ave., Plattsmouth (402) 296-5351
- Pittman Animal Hospital: Friendly and affordable. In Midtown. 4629 Dodge Street, Omaha (402) 556-2535
- Ralston Veterinary Clinic: Multiple vets, longer hours. Nice staff, good & inexpensive boarding services, includes outdoor walks 2x a day. 6880 S. 78<sup>th</sup> St., Ralston - (402) 331-6322 www.ralstonvet.com.

#### **Shopping Centers**

- Aksarben Village: 67th and Center. Great outdoor shopping area with boutique shops and
  excellent restaurants. Home to Stinson Park which has a fountain, playground, and is home to a
  great summer concert series. Also hosts a holiday market with lots of local crafts. Also home to
  a movie theater and Spirit World, a great liquor/wine store.
- B2B Last Chance: It's owned by Big Wheels to Butterflies and it's their clearance center on gently used baby/children clothes. It's across the street from Big Wheels to Butterflies in Papillion. Everything is \$1 unless otherwise noted. Onesies are 2 for \$1 and socks are 4 for \$1. 11425 S. 72nd Street Papillion (402) 884-5010
- Big Wheels to Butterflies: Awesome selection of gently used infant and children's clothing, gear, toys, and more! Multiple locations around town. Their Papillion store also carries maternity clothes. <a href="mailto:bigwheels2butterflys.com">bigwheels2butterflys.com</a>
- Crossroads Mall: 72nd and Dodge. Sears, Target, Barnes & Noble
- Countryside Village: 84th and Pacific. Unique local shops, salons, galleries, and a few eating establishments.

- Fat Brain Toys
- **Garden Ridge:** Located at about 129th & W. Center. Lots of items at cheap prices. They have everything from furniture to underwear. http://www.gardenridge.com/
- Lakeshore Learning: kids toy shop
- Midtown Crossing: located at 333 Farnam St. Omaha, NE 68131 (402) 934-8860 www.midtowncrossing.com. Has a variety of stores and restaurants and lots of activities. Thursdays throughout the summer they host jazz on the green and free community yoga on Sunday afternoons.
- Mulhall's: Garden store, nursery, home decor. Gorgeous at Christmas time with fresh wreaths, trees, holiday decor, Santa, and live reindeer!
- Nebraska Crossing Outlet Mall: 21209 Nebraska Crossing Dr. C100 Gretna, NE (15 minutes outside of downtown Omaha) Great selection of outlet stores including J Crew, Kate Spade, Nike, etc. www.nexoutlets.com
- **Nebraska Furniture Mart**: Huge furniture, appliance, and electronics store with hard-to-beat prices. 700 S. 72<sup>nd</sup> Street, Omaha (402) 397-6100
- Oakview Mall: 144th and Center. Bright and open. Lots of varieties of stores: Dillard's, Williams-Sonoma, Movie Theater nearby. Great soft-sculpture play area for kids.
- Old Market: Unique trendy shops, galleries and restaurants. Summertime farmers market
- Once-N-Again: Gently used infant and children's clothing, gear, toys, and more! 11820 S. 25<sup>th</sup> Bellevue, NE 68123 (402) 905-2404 Once-n-again.com
- One Pacific Place: 102nd and Pacific. High-end chain shops in an upscale strip mall setting: Ann Taylor, Banana Republic, Eddie Bauer. Trader Joe's is also located here.
- Regency Court: remodeled Shopping Center offers a unique blend of upscale shopping and dining in the heart of Omaha. The quality is unmatched, the service is unbeatable, and the ambiance is one of a kind, very nice! Pottery Barn Kids has concerts and events. Excellent Santa Claus with fake snow at Christmas time for family photo opportunities.
- **Rockbrook Village:** 108th and Center. A large number of fun local shops, galleries, plus some restaurants and services. Hosts several events for families throughout the year.
- Shadow Lake Towne Center: an 880,000 sq. ft. open-air mall on 127 acres. Has a combination of home, fashion, grocery, discount and lifestyle retailing all in one. The center has vehicular access to the major and junior anchors, as well as shops at the center's core. The architectural elements reflect those of historic buildings across Nebraska for a unique shopping experience. Great variety of stores and restaurants.
- Suite Child: great childrens shop
- The Bookworm- great independent book store. 2501 South 90th Street, Suite 111, Omaha, NE 68124, 402-392-2877
- Village Pointe Shopping Center: 168th and Dodge. Great outdoor mall with higher-end stores such as Sephora, Janie and Jack, Athelta, and Banana Republic, as well as some good chain restaurants, a movie theater and the Apple Store. Beautiful Christmas decorations.
- Westroads Mall: 98th and Dodge. Dillard's, Younkers, Von Maur, JCPenney, The Container Store, several chain restaurants, and a large amusement center on the lower level. Movie theater is very nice <a href="westroadsmall.com/en/flagship-commons-food-hall.html">westroadsmall.com/en/flagship-commons-food-hall.html</a>

#### **Moving to Omaha Information**

\*Check out the Chamber of Commerce at www.omahachamber.org

#### **Housing**

The area of town you live in can make a big difference. Below you will find a list of the various sections of town. Hopefully this will save you some time and ultimately help you find a good place to live. In general, the further west you go, the newer the housing is and it's more of a "suburbia" setting. However, there are beautiful locations close to downtown and UNMC/Creigton, including, but not limited to Westgate, Aksarben/Elmwood.

\*Make sure to investigate how traffic is along the route to UNMC/Creighton prior to selecting housing.

- Aksarben/Elmwood: This is an up and coming area that has pockets of beautiful older homes.
   The older homes in Elmwood look like they are out of a storybook. It can be expensive for housing, but that is not always the case. In Aksarben there are many new apartments and shopping/restaurants. Close to Creighton University Medical Center Bergan Mercy and UNMC. Elmwood park is walkable from certain areas and it is absolutely gorgeous. They have a playground with tons of toys. Great and safe location for families.
- **Bellevue:** Generally good neighborhoods and moderately priced housing, with a large diversity of acreages, condos and new housing developments. The commute to hospitals depends on traffic, but is usually about 20 min. Bellevue has a small town feel with the perks of a city nearby. It is also home to Offutt Air Force Base.
- Central/Midtown: (roughly between 30th and 72nd Streets): A little older housing with pockets of charming neighborhoods. Homes here are usually a good value for the price. The Dundee area within Midtown has a good reputation with past residents, being known for its unique two and three story homes. Morton Meadows and Field Club are neighborhoods within Midtown with great homes and very close to Creighton, The NE Medical Center, and the VA. The Benson area has retained its small town atmosphere and "main street" shopping district. Several residents who decide to buy a house purchase in this area because it is often affordable and close to area hospitals. Excellent elementary schools and parochial schools nearby.
- Downtown: Rental properties priced in resident/fellow budgets are often older, smaller, and typically more run down. A growing market of loft apartments and condominiums has recently emerged in and around an area downtown known as the Old Market, many of them are great!
   In general, housing downtown is generally more expensive than comparable housing in other Omaha areas, but it is also popular among residents and fellows who enjoy nightlife and a more urban setting.
- Millard/Southwest Omaha: Nice housing and neighborhoods with an excellent school system, but housing is often more expensive and the commute is greater than 20 min.

- North Omaha: Older and very inexpensive housing. This area has great neighborhood pockets but is also home to much of Omaha's crime and gang activity.
- Papillion, Ralston, La Vista, Gretna: Nice housing and neighborhoods, with both established areas and new construction and excellent schools. The commute to UNMC and Creighton-Bergan Mercy depends on traffic but will be greater than 20 minutes.
- South/Southeast Omaha: Older housing in mostly working-class, diverse neighborhoods. Some areas are well kept and safe, while others feel more run-down. If you are looking to buy a more reasonably priced house, this may be a good area. It is close to the Zoo, Rosenblatt Stadium, and the Botanical Gardens. Also home to historic south 24th street where some of the city's best and most authentic Mexican restaurants and bakeries are located.
- West/Northwest Omaha: Larger, newer homes, which often have large yards. Nice, moderate housing along with several newer homes which are quite affordable. 15-20 minute commute to UNMC and 20-25 minutes to Creighton-Bergan Mercy. The nearness of the interstate allows for easy commuting to any part of the city from here. The city of Bennington is a very nice place to live with affordable homes that are on the newer side.
- Westgate Neighborhood: Beautiful, family-friendly older homes. Very safe for walking around in. 10 minutes from downtown, the zoo, 11 minutes from UNMC, 12 minutes from Creighton. 4 minutes away from Walmart. Scooters Coffee and gas stations are 2 minutes away. Westgate pool is in the neighborhood. However, membership is pricey. Pipal park is a 5-10 minute walk from anywhere in the neighborhood. You can get there using only neighborhood streets and then cutting through the community center parking lot. It is also a 6 minute drive from Elmwood Park, which is amazing. They have an awesome playground with tons of toys and it is very safe. Very good central location.

#### **Getting Around Omaha**

Getting around Omaha can be fairly easy if you remember a few hints:

- The streets are divided into north and south by Dodge Street, which runs from east to west starting downtown all the way out to west Omaha. Dodge is the main street through town. The city is divided from east and west by 72nd Street. Where Dodge and 72<sup>nd</sup> Street meet is considered the "crossroads."
- Typically, north/south streets are numbered (i.e. 55th Street) and east/west streets are named (i.e. Maple Street). Streets and Avenues are not the same; they are usually right next to each other though.
- The interstate system consists of I-80 going east-west, I-680 heads north off of I-80 in west Omaha, and I-480 heads north off of I-80 downtown.

Omaha's public transportation system, known as Metro Area Transit (MAT), is somewhat limited. Most residents drive to get where they are going.

Omaha has been nicknamed the "20 Minute City" because almost everything is within a 20-minute drive, although with the suburban sprawl to the west that nickname is really being *stretched!* 

#### **Auto Registration & Licensing**

New residents in Omaha have 30 days after establishing residency to purchase license plates, register their vehicle and pay auto taxes. Automobiles are taxed as personal property. Titles and registrations can be processed at these Douglas County Treasurer office locations:

By mail at 1819 Farnam St, 402-444-7025

In person at:

North Branch - 7414 N 30th St

South Branch - 4202 S 50th St

Millard Branch - 5730 S 144th St

Maple Branch - 2910 N 108th St (drivers license only)

West Maple- 15335 W Maple Rd, Omaha, NE 68164 (title and registration)\*

Midtown Branch - 411 N 84th St\*

\*No driver licensing services at this location.

Vehicles previously titled in another state must have their vehicles undergo a VIN number inspection, which is done at the Douglas County Sheriff's Vehicle Inspection Office located at 8338 Chicago Street, 402-444-7532 or 402-444-7536. The cost is \$10.00. (Make sure to do this first) Then you must bring your insurance and registration information to the County Treasurer's office (Douglas County, Omaha – 402-444-7103) (Sarpy County, Papillion 402-593-2143). To title your vehicle, you will need your out of state title and the inspection receipt. Licensing fees vary; there is a wheel tax and a motor vehicle tax which is based on your vehicle's value.

#### **Driver's License**

By law, you must get your Nebraska driver's license within 30 days of moving here. You will have to give them your current license in exchange for a new one. You can also register to vote while you get your license!

DMV locations:

4208 S 50th street, 402-595-2039

7414 N 30th street, 402-595-2040

2910 N 108th Street, 402-595-3106

5730 S 144th Street, 402-595-2424

Sarpy County DMV; 1210 Golden Gate Drive, 402-595-1834

#### **Voter Registration**

New residents can register to vote by mail or in person. You can register at the Election Commissioner's office located at 225 North 115th Street, Omaha, NE 68154, 402-444-VOTE, at any public library, or when renewing a driver's license.

For Papillion residents, you can register at the Sarpy County Election Commission office located at 501 Olson Dr, Suite 4, Papillion, NE 68046, 402-593-2167.

#### **Utilities**

- Omaha Public Power District (OPPD): New customers 402-536-4131
- Metropolitan Utilities District (MUD): Serving the metro area including municipalities in 4 other counties. Located at 1723 Harney St. Call 402-554-6666 for gas and water connections.
- Garbage, Recyclables and Yard Waste Collection: within the Omaha city limits go to http://www.wasteline.org/mybin/
- Garbage, Recyclables and Yard Waste Collection: For Sarpy County residents see <a href="http://www.bellevue.net/Information/Trash-Recycling">http://www.bellevue.net/Information/Trash-Recycling</a> or <a href="http://www.premierwastesolutions.com/">http://www.premierwastesolutions.com/</a>

#### **Omaha Area Newspapers**

The Metropolitan area is served daily by the Omaha World Herald which publishes both morning and evening editions. The metro area also has several community newspapers.

The Omaha World Herald	402-444-1000
Douglas County Post Gazette (Elkhorn)	402-289-2329
Gretna Breeze	402-332-0592
Papillion Times	402-339-3331
Ralston Recorder	402-733-7500
Midlands Business Journal	402-330-1760

#### **Libraries**

The Computerized Omaha Public Library system consists of 10 convenient locations. Most cities/towns in the Greater Omaha area have public libraries to enhance educational systems. Sump Memorial Library is an amazing library in Sarpy County.

<sup>\*</sup>Residents outside the Omaha city limits, in unincorporated areas or sanitary improvement districts (SID), should make arrangements with private contractors for garbage collection.

#### **Free Education**

The University of Nebraska in Omaha offers 15 credits a year to the families of medical residents at UNMC. FREE classes up to a certain amount of credits per quarter. These can only be applied to undergrad classes. For more information contact the registrar's office at <a href="http://www.unomaha.edu/registrar/">http://www.unomaha.edu/registrar/</a>

#### **Information Centers**

There are so many wonderful things to do in Omaha that it is hard to mention them all in this packet but here are some helpful links about the city of Omaha and things to do and see here.

#### Visitomaha.com

#### Momaha.com

**Greater Omaha Convention and Visitors Bureau:** Has lots of flyers and brochures about area attractions and activities, plus a knowledgeable and helpful staff. 1620 Dodge Street, 402-444-4660, www.visitomaha.com.

Nebraska Game and Parks Commission: outdoornebraska.gov/

For a list of office locations see this link: http://outdoornebraska.gov/locations/

Can purchase hunting and fishing licenses at these locations.

Council Bluffs Area Chamber of Commerce-149 W Broadway, Council Bluffs, IA 51503, (712) 325-1000

**Iowa Information Center:** Council Bluffs, Iowa, Exit 1B on I-80, follow signs to the center. A unique drive to the center – through a prairie setting to a beautiful facility that serves as a tourism info center for Iowa.

#### Finding a place to live doesn't have to be a stressful.

You're moving to Omaha!

As if you didn't have enough to worry about, now you need to find a place to live. Should you rent or buy? What are the different neighborhoods? What can you get for your money? And how can you buy a home when you're a resident or a student? I can guide you through this process. I've helped many clients in your exact situation. Contact me and let's start a conversation.







Ryan Renner, Realtor® Ryan@OmahaHomesForSale.com 402-321-4578

#### What's it really like to live in Omaha?

You've read about Omaha (and probably visited once), but you need practical advice on living here. I wrote a guide about living in Omaha - from where to buy groceries to navigating city streets.

#### www.OmahaRelocation.com

#### A few reviews from medical professionals I've helped.



"Ryan was a lifesaver! We were moving from out of town on a tight budget, short timeframe, and specific commute in mind. He gave us some really good insight on where we needed to be (neighborhood wise) for what we wanted, kept our needs in mind, and made sure to get us in our house in time to start our new jobs. He was very available to us, especially coming from out of town and working around our busy schedules. I would definitely recommend him!"

Tonya & Spencer Ferrell, MD | Creighton - OB/GYN Resident



"Ryan was so helpful in helping us find our new home. We are new to town and we didn't really know where to look or what would be a good fit. Ryan's knowledge of the area was evident throughout the process and he was so quick to respond to all of our questions. He was just enjoyable to work with too!"

Kelsey & Christopher Pritchard | Creighton School of Dentistry

## Video Tour of the Neighborhoods Near UNMC & Creighton Medical Center

I created a video about the popular neighborhoods near UNMC and Creighton Medical Center.

#### Neighborhoods Covered:

- Blackstone
- Dundee
- Aksarben
- Benson
- District 66
- And More

#### **Topic Covered:**

- Geographic Tour of the Area
- Pros & Cons of Each Neighborhood
- · Neighborhood Amenities
- Commute Times
- Rental Options
- · Affordable Neighborhoods to Buy In





Use the QR code to watch the video.

Or visit OmahaRelocation.com/Creighton-Video





Use the QR code to watch the video.

Or visit OmahaRelocation.com/UNMC-Video





Ryan Renner, Realtor® Ryan@OmahaHomesForSale.com 402-321-4578

#### OmahaPhysicianLoan.com

I created OmahaPhyscianLoan.com to answer some of the common questions residents and fellows have about qualifying for a home loan.

I hope you find it useful!





Ryan Renner, Realtor®
Ryan@OmahaHomesForSale.com
402-321-4578

#### Questions Answered on OmahaPhysicianLoan.com

- Who is eligible for a physician loan?
- How much can I get approved for?
- How much do I need for a down payment?
- How is a physician loan different from a conventional loan?
- Can I buy a home before my residency or new position starts?
- What do I need to provide the lender to get pre-approved?



#### Interview With a Local Lender

If you still have questions, watch the video interview I did with one of my local lenders. He goes into even more detail on his companies physician loan program. You can find the video on the website.

#### **My Preferred Lenders**

In addition to all that information, you will see a list of my three preferred lenders. I've done physician loans with all of them, and most importantly, I trust them.

OmahaPhysicianLoan.com



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Daniel Agraz, MD, UNMC ophthalmology resident



"We have worked with Equitable Bank for many years and appreciate their professional, courteous and prompt response to our needs. We can count on Equitable to make the best financial recommendations for our family and would recommend them to anyone."

Dr. Matt and Megan Freeman



Joe Dobrovolny Vice President - Mortgage Lender

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\*\*When you open a deposit account with Equitable Bank.



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# welcome to ONAHA!

## LOOKING TO PURCHASE A HOME?

Relocation can be overwhelming, but we can make your transition a smooth one. Call us to see how we can make your move to the Omaha area easy and trouble-free. We can find you a home anywhere in the Omaha area. Our professional expertise and experience in real estate and relocation will ensure your new home is the right home!

We have relocated many medical students, residents and fellows at UNMC and Creighton.

Ask us about our health care professionals program.

Ann and Kathy made our house buying experience wonderful. They were genuine, knowledgeable, always our advocates and also so fun to work with!!

-Dr. Samuel Sneau, Emergency Medicine UNMC

Kathy was wonderful to work with! So knowledgeable about the ins and outs of Omaha, had great connections, kept in contact with us daily, listened to our wants, and communicated every step throughout the process of buying our home. Even after our close she looked out for us and made sure everything we needed done with our home was complete or addressed since we purchased our Omaha home from out of state. Loved working with her and simply enjoyed spending the weekend with her touring homes. -Victoria Blair



#### ANN TOWNSEND

402-706-3037 ann.townsend@bhhsamb.com



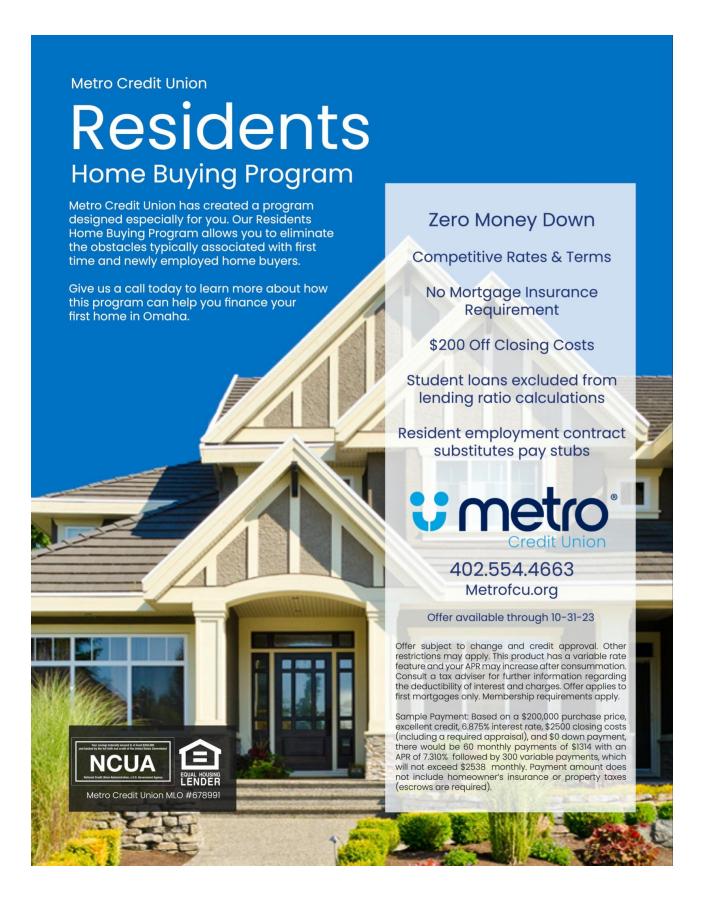
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#### KATHY LANPHIER

402-670-1040 kathy.lanphier@bhhsamb.com



# Up to 100% Financing Home Loans for Physicians & Residents



Michele Ringsdorf
Vice President
Mortgage Loan Originator
402.935.5005
mringsdorf@accessbank.com
NMLS 457136

15 Years ACCESSbank

Restrictions apply: 1-4 Unit Primary Residence only, full appraisal required. Subject to credit underwriting and approval. Offer does not guarantee approval. Other terms and conditions apply. Member FDIC. Equal Housing Lender.

### **Inbo** MORTGAGE

# START WITHUS & MORTGAGE EASILY.

- Expert advice
- Easy pre-qualification
- Personalized experience
- Physician loans, up to 100% financing\*

\*Subject to credit qualifications.





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#### Buyers

- Works hard to negotiate the purchase price
- Constant communication
- Knowledgeable local expert

#### Sellers

- Professional photography & Staging
- Online website distribution on over 10 websites
- Print & online marketing

Kirstin Brown is a full time Realtor that will be with you every step of the way!

As a medical family moving to the area, it was important for us to have a Realtor who can make the transition a smooth one as relocating can be overwhelming and daunting (especially with kids). Kirstin really made the whole home buying process easy and trouble-free and had excellent communication (via text, email, phone) the entire time. She really went above and beyond and you are kind, courteous, and professional. She also provided excellent and honest suggestions and feedback. Kirstin also did a fantastic job at negotiating for the purchasing process. Just knowing that you are very knowledgeable about Omaha in general is greatly appreciated because we knew NOTHING before moving here.







402-651-8061 | KBROWN@NPDODGE.COM | BROWNSTONESGROUP.NPDODGE.COM



# WHEN ONE DOOR CLOSES

#### CALL ME, I'LL OPEN ANOTHER ONE.

As an Omaha native and *relocation specialist*, I understand both the excitement and struggles of moving to a new town. That's why I'm committed to providing my clients with a service that exceeds their expectations. Need a lender who can offer loan options? Have children and want to know more about our schools? Don't know the Omaha area and could use a guided tour? I have the expertise and knowledge to help guide you through the entire buying process and make it as stress-free and enjoyable as possible. Reach out to me anytime. I'm excited to help!

Jill McGreer, Realtor®

A member of the franchise system of BHH Affiliates, LLC 😐 🕮 📧





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Ambassador Real Estate



#### WE UNDERSTAND...

- YOUR SCHEDULE
  - YOUR DEDICATION
  - THE IMPORTANCE OF YOUR TIME AND BUDGET
  - THE NEED FOR CUSTOMIZED FINANCIAL STRATEGIES

We are the current UNMC House Officer Association and Creighton University House Staff advisors who handle your disability insurance programs. We are here to educate you about discounted disability insurance programs available to you during your training years and as you transition into practice. We are here to provide assistance to you as you make your transition into your residency programs. We are also available to meet individually, upon request, to discuss any insurance or financial strategies.



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#### RENAISSANCE FINANCIAL

12801 Pierce Street, Suite 300, Omaha, NE 68144 (402) 682-3930

Please contact us at <u>medical@rfconline.com</u> to schedule an appointment to review your options for disability coverage.

Feel free to contact us BEFORE you begin your residency program.

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- Multiple loan terms available
- Financing up to 100% of the purchase price for loan amounts up to \$726,200 for 2023\*
- No prepayment penalty
- · No origination fees
- No Private Mortgage Insurance (PMI)—lower monthly payments
- Exclusion of deferred student loan debt for qualifying purposes
- Jumbo loan financing available with as little as 5% down



\*Loan subject to credit approval. Fees, conditions, and restrictions may apply. Other restrictions apply regarding appraisal, dwelling residency, and documented income. Monthly principal and interest payments on a ten-year ARM with a 30-year term for \$400,000, with no down payment and a rate of 6.5% and an APR of 6.932% will be \$2,528. This is a variable rate loan, after the ten-year fixed rate period, your interest rate adjusts annually up or down according to market rates at the time of reset. Payment amount does not include amounts for taxes and insurance, which will cause your monthly payment to be greater. Rates subject to change.

\*\*With automatic payment from a new or existing deposit account with American National Bank.



WWW.AMERICAN.BANK



## Shellie Nelson 402-681-4196

shellie.nelson@bhhsamb.com

www.Shellie-Nelson.com

# This coupon good for a free consultation and/or Omaha tour for relocating clients.

Call me! I'd be glad to talk to you and answer any questions you may have about the market and your own real estate goals.

I have extensive experience working with relocating clients and can make your transition a smooth one!