



2020-2021 Welcome Packet

Welcome to Omaha!
From The House Officers Association - Alliance
for UNMC and Creighton Medical Students,
Residents, Fellows
& their families.

Our group, “HOAA”, is meant to serve the spouses and significant others of the medical student, resident or fellow in training. We share our welcome packet with you every year and hope that it will serve you well as you transition into your training program at UNMC or Creighton.

If you have a spouse or significant other who is looking for a local group to join with other wives and husbands of medical professionals in training, look no further! Have him or her reach out to us at omahahoaa@gmail.com to get connected.

Enjoy and welcome to Omaha!

Dear House Officer and Family,

Welcome to Omaha! We hope that this information packet will help you in your transition to medical school, residency, or fellowship years, 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 residents, fellows, and medical students. We also partner with spouses and families of Creighton University residents and fellows to provide broadened support to the medical community as a whole.

We understand that these years of continued medical training can be challenging, but with a good support network they 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, and volunteer opportunities among others. These events are advertised on our website calendar, www.omahahoa.com, and via our facebook group **HOAA - Omaha Medical Resident and Fellow Spouse Group**. Included are sample calendars of our monthly 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 2019-2020 year. Please note that this is an organization for *spouses or significant others* of the residents, medical students and fellows and not the residents, medical students or fellows themselves. Annual dues are \$25 for medical students, \$30 for medical students plus playgroup, \$40 for members only and \$50 for members plus playgroup. These dues pay for themselves in just a few events.

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

Sincerely,

Kristina Kallian
HOAA President 2020-2021
Spouse of Karson Kallian, Internal Medicine Resident
omahahoa@gmail.com

Our Current 2020-2021 HOAA Calendar of Events!

(Some events are members only, some spouses included. Babysitting provided at events.)

July	Welcome Picnic
August	Brunch at UNMC
September	Blackstone Food and Beverage Tour Creighton Men's Soccer Game
October	Game Night
November	Bowling at The Mark
December	Ollie the Trolley Holiday Lights Tour Holiday Ice Skating Party
January	Members Night In at a previous HOAA alumna home
February	Couples Sushi Making Class
March	St. Patty's Day celebration Barre Class taught by one of our own members
April	Members Dinner at Cantina Laredo
May	End of medical year celebration at Storm Chaser game

HOAA exists to provide support and friendship to the spouses and families of UNMC and Creighton medical students, residents and fellows. When finalized, the dates of these events will be posted on our calendar and on our website at www.omahahooa.com. You can also RSVP via the calendar on the website. Please email us at omahahooa@gmail.com and find us on **Facebook** under **HOAA - Omaha Resident and Fellow Spouse Group**

Our 2020-2021 Playgroup Events:

<i>July</i>	Opening Social Elmwood Park Hanscom Pool
<i>August</i>	Bellevue Berry Patch Splash Pad
<i>September</i>	Apple Orchard Henry Doorly Zoo
<i>October</i>	Vala's Pumpkin Patch UNMC Halloween Party
<i>November</i>	Children's Museum Gingerbread House Making
<i>December</i>	Holiday Party
<i>January</i>	Indoor Playground Amazing Pizza Machine
<i>February</i>	Valentine's Day Party PE 101 Indoor Kids Gym
<i>March</i>	Bounce House Downtown Mounted Police Tour
<i>April</i>	Easter Egg Hunt Fire Station Tour
<i>May</i>	Seymour Smith Park Closing Social- Stinson Park

Playgroup usually held on the second Wednesday and last Thursday of every month from 10am-noon unless otherwise noted by the coordinators.

HOAA Event Sponsors for 2020-2021

These individuals and companies not only sponsored this packet but sponsored our monthly HOAA member events at the Platinum, Gold, Silver, or Bronze levels. 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!

Realtor, Designer, Allied ASID, HGTV Specialist - Sallie Elliott
salliemelliott@gmail.com - 402-630-5953

Equitable Bank- Doug Nodgaard
402-827-8100 - equitableonline.com

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

Access Bank - Physician Loan Mortgage, Lending & Banking, Local Bank

402-281-4577

<https://www.accessbank.com/>

Omaha Homes Group, Berkshire Hathaway- Jill McGreer

402-990-4460

jillmcgreer@bhhsamb.com

Pinnacle Bank Private Banking- Katie Henry

402-932-2731

13131 West Dodge Road, Omaha

US Bank- Roxanne Bobolz and Scott Hove

402-536-5102 or 402-963-2152

roxanne.bobolz@usbank.com or scott.hove@usbank.com

Berkshire Hathaway- Jenn Bennett
jenn.bennett@bhhsamb.com

Dundee Bank
dundeebanking.com
Banking Services, Local Bank

Renaissance Financial - Financial Advising and Insurance
Chris Insinger and Associates: Chris.Insinger@rfconline.com
402- 682-3931
www.renaissancefinancial.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 - www.gychevy.net
- **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

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

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

- **Devan Kennington:** Allstate- (402) 496-5315
- **Debbie Williams:** Farmer's Insurance - (402) 614-4633
- **Brady Wilson:** Independent Agency, SafeCo- (402)-350-7502

Beauty and Spa Services

- **Janae Henry:** Creative Hair Design (402) 330-5660
- **Faces Spa:** They have a great maternity massage. 8715 Countryside Plz, Omaha - (402) 384-8400 - <http://facedspa.com/>
- **Garbo's Salon:** 120 Regency Pkwy #176, Omaha - (402) 391-2333 www.garbosalons.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. 132nd St, Omaha, NE 68154 - (402) 964-2267

Childcare

- **Morning Star Preschool:** located near children's hospital. Need to get on 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. www.unmc.edu/unmcchildcare

Churches

- **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
- **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 - www.stmarysbellevue.com
- **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.
- **Dundee Presbyterian Church:** 5312 Underwood Ave, Omaha, NE, 68132.
- **www.archomaha.com:** a listing of the Catholic Churches in the Omaha Archdiocese with links to individual church websites for mass times and bulletins.

Dining

- **Flatiron Café:** Excellent food in a unique dining atmosphere, but it's priced accordingly. Good for a special occasion. 1722 Saint Mary's Ave #110, Omaha - (402) 344-3040
- **Avoli Osteria:** Amazing Italian food in the heart of Dundee. 5013 Underwood Ave
- **Mula:** Mexican Kitchen and Tequileria – Amazing street style tacos and margaritas! 40th and Farnam, Omaha.
- **Dario's Brasserie:** 4920 Underwood Ave Omaha. French cafe style
- **Pitch:** 5021 Underwood Ave Omaha & 17808 Burke St (near 180th and Dodge) – Delicious coal-fired pizza!
- **Upstream Brewery:** located in the Old Market 514 S. 11th Street and West Omaha 17070 Wright Plaza Omaha.
- **Benson Brewery:** 6059 Maple Street Omaha.
- **Dante's Ristorante Pizzeria:** 168th and Center Omaha, also located in Blackstone
- **Shucks Fish House and Oyster Bar:** near downtown Omaha – 1911 Leavenworth Street Omaha
- **Twisted Fork:** 1014 Howard Street Omaha – in the Old Market
- **Fleming's:** Prime Steakhouse and Wine Bar. 140 Regency Pkwy, Omaha - (402) 393-0811
- **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

- **Jones Bros Cupcakes:** Close to Aksarben Park and a great treat. They were on Food Network's Cupcake Wars! 2121 S. 67th St., Omaha - (402) 884-2253
- **Kobe Steakhouse:** In Regency Parkway, upscale. 120 Regency Pkwy # 13, Omaha - (402) 391-1755.
- **Le Quartier Baking Company:** 5026 Underwood Ave, Omaha, NE 68132, (402) 933-3595, amazing bakery with the best bread and croissants and homemade soups.
- **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
- **Laibela 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.
- **La Mesa:** A Mexican favorite. Multiple locations. 11002 Emmet St. Ste 112, Omaha; 156th & Q St., Omaha - (402) 496-1101
- **Lo Sole Mio Ristorante Italiano:** Close to VA and University Hospitals. 3001 S. 32 Ave., Omaha - (402) 345-5656
- **Mama's Pizza:** Delicious and family-friendly! 715 N Saddle Creek Rd., Omaha - (402) 553-9270 - www.mamaspizzaomaha.com
- **Mother India Restaurant:** 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
- **Gorat's:** 4917 Center St, Omaha, NE 68106, old school steak house. Warren Buffett likes it:)
- **Sgt. Peffer's:** Super quick and easy Italian food – they have a drive through window for take out orders! They are a local favorite (I love the grilled chicken salad!) and now have 2 locations (midtown and millard). www.sgtpeffers.com
- **Summer Kitchen:** 3 locations in metro area. Our favorite is the LaVista one. www.summerkitchen.net
- **Taqueria Tijuana:** Small little taco place in South Omaha. Great authentic tacos and salsa. ONLY TAKES CASH! 5139 S 24th St. Omaha
- **Tas's Thai Pepper:** 12775 Q Street, Omaha - (402) 895-7788
- **Salween Thai:** great prices, GREAT Thai food – always packed! 1102 NW Radial Highway (402) 884-5375
- **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. 108th St., Omaha
- **Stoysich House of Sausage:** name says it all! Delicious selection of homemade sausages and hot dogs. 2532 South 24th Street, 68108
- **Wheatfield's:** 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
- **Ice Cream Shops:** Ted and Wally's, E-Creamery, Coneflower Creamery, The Local Ice Creamery: people are really into ice cream here and everyone has their favorites. The malts and shakes at the Storz Pavilion at UNMC aren't bad either!
- **Dairy Chef:** Delicious Ice Cream and Burgers/Fries 3223 N 204th St, Elkhorn - (402) 289-4414

- **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
- **The Boiler Room**: 1110 Jones St, Omaha, NE 68102. Super fancy delicious French food. Go here to celebrate the end of residency!
- **Coffee shops**: Beansmith Coffee Roasters at 1213 Harney St, Omaha, NE 68102 , Archetype at 3926 Farnam St, Omaha, NE 68131, Aromas in Benson.
- **Forno**: 3852 Farnam St Suite 1, Omaha - (402) 933-7014
- **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.
- **Olsen's Bake Shop**: 1708 S 10th St, Omaha, NE 68108. Best donuts in town.
- **Noli's Pizzeria**: 4007 Farnam St, Omaha, NE 68131, 402-359-1802
- **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.
- **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
- **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
- **Lisa's Radial Cafe**: excellent breakfast diner frequented by Creighton undergraduates and alumni. 817 N 40th St, Omaha, NE 68131, 402-551-2176
- **Sweet Magnolia's Bakery**: Best cinnamon rolls ever. 813 N 40th St, Omaha, NE 68131, (402) 934-6427
- **J. Coco**: romantic American bistro, good for date night. 5203 Leavenworth St, Omaha, NE 68106, (402) 884-2626
- **Blatt Beer & Table**: 10000 California St, Omaha - (402) 932-9993
- **Hiro 88**: Japanese Cuisine, three locations
- **Just Good Meat**: 4422 S 84th St, Omaha - (402) 339-7474

Entertainment/Activities

- **Farmer's Markets**: Old Market location – Open every Saturday May 7th – October 15th from 8am – 12:30pm. Aksarben Village location – Open every Sunday May 8rd – October 16th from 9am – 1pm Charles Drew Health Center location open every Wednesday July 6 – August 31th from 3:30pm – 5:30pm.
- **CenturyLink Center**: Great concert venue. www.centurylinkcenteromaha.com
- **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 10th St., Omaha - info@durhammuseum.org

- **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
- **Bob Kerry 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.
- **Maplewood Lanes:** Clean. 3030 N. 101st Street, Omaha - (402) 572-9393
- **Midtown Crossing:** offers a wide variety of delicious restaurants with great atmosphere. 333 Farnam St., Omaha - (402) 934-8860 - www.midtowncrossing.com
- **Moylan Iceplex:** 12550 West Maple Road Omaha.
- **Motto McLean Ice Arena**
- **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.
- **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
- **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.
- **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 125th and West Center, Westwood Plaza - 2809 S. 125th Ave. #297 Omaha - (402) 697-1300
- **The Mark:** 20902 Cumberland Drive – Bowling, laser tag, arcade, full dinner menu! www.markomaha.com
- **Aksarben Village:** Dining and shopping – Summer concert series.
- **Lake Zorinsky:** 9901 JJ Pershing Dr. Omaha. Beautiful park – two playgrounds, hiking and bicycling trails.
- **Strategic Air and Space Museum:** 28210 W. Park Highway, Ashland, NE.
- **Joslyn Art Museum:** Free entrance, great kid area called Artworks in basement and outdoor sculpture garden. 2200 Dodge Street Omaha.
- **Omaha Children's Museum:** yearly memberships make great gifts from family. <http://www.ocm.org/>. 500 S 20th St, Omaha, NE 68102, 402-342-6164
- **Bounce U:** Indoor bounce house arena. 11144 Q Street Omaha.
- **Pump It Up:** Indoor bounce house arena. 960 S. 72nd Street Omaha.
- **PE 101:** Indoor Kid gym – 2920 N. 118th Circle Omaha.
- **Go Kids Gym:** 4223 S. 120th Street Omaha.

Health Clubs

- **Anytime Fitness:** Multiple locations (downtown, near Children's, Papillion, etc) all open 24/7. Fantastic gym!
- **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.
- **Aspen Athletic Club:** 3 locations. Childcare and children's programs available.
www.aspenathleticne.com 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
- **Lifetime Fitness:** Has a wonderful aquatic center. 17007 Elm Street, Omaha - (402) 334-3000.
<http://clubs.lifetimefitness.com/Omaha/11261/>
- **Mick Doyle's Kickboxing and Fitness Center:** Pricey, but the staff is really personal. 10801 Blondo Street, Omaha - (402) 498-9592 - www.mickdoyle.com
- **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
- **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.prairielifelife.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 121st 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

- **A&P Construction, Inc:** Roofing specialists - (402) 740-0800.
- **AAA Residential Heating and Cooling:** (402) 551-1000
- **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
- **Brasch Heating and Cooling, LLC:** Shane Brasch, owner. (402) 591-1838
- **Brink Painting Services:** (402) 575-7878- www.brinkpainting.com
- **Foundation-2-Rooftops:** Home inspections. Greg Wayman. (402) 330-1701.
- **Thrasher Basement:** 1-888-822-4553
- **Aksarben – Heating – AC – Plumbing:** www.aksarbenars.com, Ph: 402-401-7768
- **Affordable Window and Gutter Cleaning:** 402-706-7374.
- **Orlando:** landscaper. 402 321-7033.
- **Renew Resurfacing:** Candy and Jim at 402-500-0669, www.renewresurfacing.com
- **Painting:** Terry O'Doherty at 402-334-7934
- **Ty the Fence Guy:** 1591 Trumbull Terrace, Plattsmouth - 402-510-8159
- * **Be sure to ask your real estate agent for local vendor recommendations as well***

Medical Care

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. Karen Carlson:** UNMC Physicians - (402) 559-2719
- **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. 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.
- **Dr. Glowacki-** CHI Health

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

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 is wonderful! (402) 955-3000
- **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

Family Medicine

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

Eye Care

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

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!) www.janebennettdds.com
- **Schneider Family Dentistry: Dr. Kathryn Schneider** - Dr. Schneider and her staff are wonderful, kind, make anyone feel comfortable. Perfect place for the whole family to go! (402) 493-2314, <http://www.schneiderfamilydentistry.com/>
- **Gentry Smiles:** is 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! <http://www.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 www.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
- **Weber Orthodontics:** 2422 S 179th St, Omaha - (402) 896-4500

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

- **Harvey Oaks Animal Hospital:** 2706 S. 148th Circle, Omaha, Nebraska 68144, 402-334-0200
- **Ralston Veterinary Clinic:** Multiple vets, longer hours. Nice staff, good & inexpensive boarding services, includes outdoor walks 2x a day. 6880 S. 78th St., Ralston - (402) 331-6322 www.ralstonvet.com.
- **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
- **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

Shopping

- **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. www.bigwheels2butterflies.com
- **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.
- **Village Pointe Shopping Center:** Great outdoor mall with Old Navy as well as higher end shops including Apple, Athleta, and Banana Republic. 168th and Dodge
- **Westroads Mall:** Big mall with several department stores, a movie theater, chain restaurants, as well as a very cool/trendy food court called Flagship Commons.
- **Nebraska Furniture Mart:** Huge furniture, appliance, and electronics store with hard-to-beat prices. 700 S. 72nd Street, Omaha - (402) 397-6100
- **Midtown Crossing** has a plethora of places to shop near both Creighton and UNMC! 333 Farnam St. Omaha - (402) 934-8860 - www.midtowncrossing.com
- **Once-N-Again:** Gently used infant and children's clothing, gear, toys, and more! 11820 S. 25th Bellevue, NE 68123 (402) 905-2404 www.Once-n-again.com
- **Mulhall's:** Garden store, nursery, home decor. Gorgeous at Christmas time with fresh wreaths, trees, holiday decor, Santa, and live reindeer!
- **Rotella's Bakery:** has really inexpensive bread and rolls. 6949 South 108th Street La Vista - (402) 592-6600
- **The Bookworm-** great independent book store. 2501 South 90th Street, Suite 111, Omaha, NE 68124, 402-392-2877

Moving to Omaha Information

CHECK OUT THE OMAHA CHAMBER OF COMMERCE AT

[HTTP://WWW.OMAHACHAMBER.ORG/](http://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. *Make sure to investigate how traffic is along the route to UNMC/Creighton prior to selecting housing.*

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.

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 also 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.

Aksarban: This is an up and coming area. Many new apartments and shopping/restaurants. Fairly close to Creighton University Medical Center - Bergan Mercy.

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.

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.

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.

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.

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.

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.

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 72nd 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 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.

For garbage, recyclables and yard waste collection within the Omaha city limits go to <http://www.wasteline.org/mybin/>

For Sarpy County residents see <http://www.bellevue.net/Information/Trash-Recycling> or <http://www.premierwastesolutions.com/>

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

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.

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 <http://www.unomaha.edu/registrar/>

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.

<http://www.nebraskamed.com/immediate-care-clinics>

See also a list here:

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

Emergency Rooms

Omaha

Nebraska Medicine-4305 Dewey Ave	402-559-6637
----------------------------------	--------------

Children's Hospital - 8200 Dodge Street	402-955-5400
---	--------------

Bergan Mercy Medical Center - 7500 Mercy Road	402-398-6060
---	--------------

Creighton University Medical Center - 601 North 30th Street	402-449-4000
---	--------------

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

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.

Crossroads Mall: 72nd and Dodge. Sears, Target, Barnes & Noble

Countryside Village: 84th and Pacific. Unique local shops, salons, galleries, and a few eating establishments.

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/>

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.

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.

One Pacific Place: 102nd and Pacific. High-end chain shops in an upscale strip mall setting: Ann Taylor, Banana Republic, Sur la Table, 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.

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

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.

Village Pointe: 168th and Dodge. Higher-end stores such as Sephora and Janie and Jack, 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, large amusement center on lower level. Movie theatre is very nice but with expensive concessions. Amazing food court called Flagship Commons <https://www.westroadsmall.com/en/flagship-commons-food-hall.html>

Grocery and Specialty Foods

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).

Absolutely Fresh Seafood Market : The name speaks for itself. 1218 S 119th St, Omaha, NE 68144, (402) 827-4376

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. 24th 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.

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.

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.

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: <http://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.

READY for your next chapter?

We're grateful to be HOAA's housing specialists

Buyers

- Complimentary home warranty
- Complimentary design consultation by HGTV area expert and Allied ASID Award Winning Interior Designer, Sallie Elliott
- Complimentary move out truck for one day
- Complimentary move out/in clean

Sellers

- Special HOAA commission rate
- Complimentary staging by Sallie Elliott HGTV area expert
- Complimentary professional photos
- Complimentary move out truck for one day
- Complimentary move out/in clean



Sallie Elliott

Realtor & Allied ASID Designer

HGTV Area Expert

402.630.5953

salliemelliott@gmail.com

www.omahaprioritygroup.com



PERSONALIZED BANKING YOU CAN TRUST

Our Private Banking team is here to ensure you'll have full access to concierge service, customized lending solutions and some of the best account options around.

Private Banking offers:

- ♦ A dedicated Private Banker who can meet you at a location convenient for you
- ♦ Personal attention and concierge service
- ♦ Flexible financial solutions
- ♦ Enhanced pricing on loans and deposits
- ♦ Specialized products include Physician Mortgages up to 100% LTV, Personal Lines of Credit, Home Equity Loans and Lines of Credit, Certificates of Deposits and many more

A single phone call connects you to your own Private Banker; an experienced professional who is ready to serve as a trusted advisor to you. This is a whole new brand of banking, brought to you with the same personal service we've been perfecting for decades.

CALL OR STOP BY TODAY!

KATIE HENRY 402.932.2731
OMAHA 13131 West Dodge Road



welcome to OMAHA!



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



**BERKSHIRE
HATHAWAY** | Ambassador
HomeServices | Real Estate

A member of the franchise system of BHH Affiliates, LLC



KATHY LANPHIER

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



HOME LOANS FOR PHYSICIANS & RESIDENTS

WE KNOW WHAT YOU'RE UP AGAINST.

Unpredictable job placements can make buying a home challenging. With our unique loan program created specifically for physicians and residents, you can experience all the benefits of home ownership now, based on future potential.

MOVE IN BEFORE YOUR OFFICIAL START DATE.

The benefits of our Physician Loan Program are hard to beat. We've checked.

- Financing for up to 100% of the purchase price
 - Up to \$350,000 for residents
 - Up to \$1,00,000 for graduated residents and physicians
- 1% origination fee
- No private mortgage insurance
- No prepayment penalty
- Exclusion of student loan debt for qualifying purposes (for residents only)

We're here to help. Call 402.281.4577 or go to our website to learn more.

8712 W. Dodge Road
Omaha, NE 68114
402.281.4577



Member
FDIC

ACCESSbank
Here for a reason.

ACCESSbank.com

Restrictions apply: 1-4 Unit Primary Residence only. Full appraisal required. Borrower must have a letter of Post Graduate Medical Training stating the start date and salary income. Letter must be signed by the Program Administrator and have a signed acceptance by the borrower. Subject to credit underwriting and approval. Offer does not guarantee approval. Other terms and conditions apply.



BUYING, SELLING, BUILDING, RELOCATING

"Jill was absolutely amazing! We were out-of-town buyers and she made the process so easy and relieved all of our anxiety of buying in a new area. She was very knowledgeable, honest, flexible and never pressured us to make a decision. She did a lot of ground work for us since we were far away and we were able to find the house of our dreams in one day! I will be using her again and would recommend her to anyone I know." - Liz, Nurse & Wife of VA Fellow



Jill McGreer, Realtor
402-990-4460
jillmcgreer@bhhsamb.com



BERKSHIRE HATHAWAY
HomeServices

YOU **CAN** AFFORD YOUR OWN HOME!

Loans for medical residents with
flexible down payment options.

Mortgages for
medical residents
and physicians

Up to
100% financing
available*

No private
mortgage
insurance (PMI)*

Equitable can find the loan that works for you!



"I thought homeownership was a luxury I couldn't afford on a resident's salary, but Joe Dobrovolsky broke it down into an easy-to-understand process. I was able to pick the right mortgage and got a great home close to campus for less than I was paying in rent."

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 Dobrovolsky

NMLS #445889

Vice President - Mortgage Lender

**CALL US TODAY TO BEGIN
YOUR HOMEOWNER JOURNEY!**

Get \$600 off your closing costs!*

*Subject to credit approval.

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

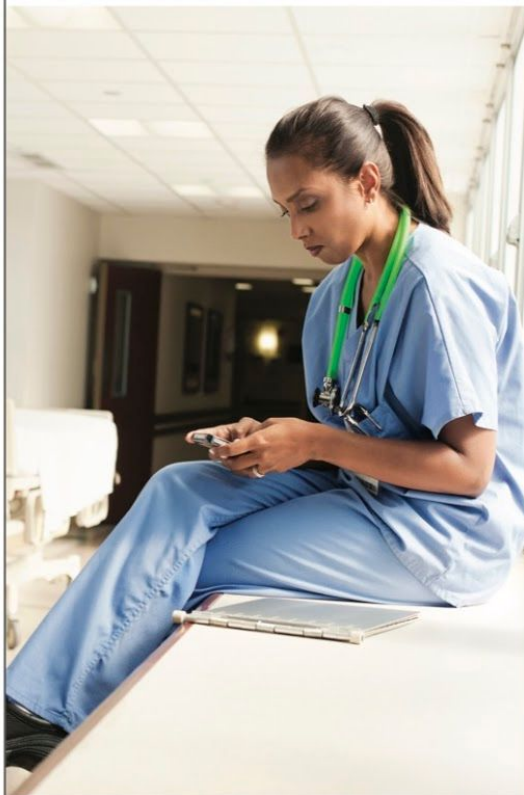


402-827-8100 • equitableonline.com





usbank.com/mortgage



Mortgage options for physicians.

Take advantage of today's competitive interest rates and see about purchasing a home with our loan option for physicians. This mortgage is especially designed for physicians with six months left in their residency or fellowship and physicians who have completed their residency program within the past ten years.

- Income from permanent position will be used in loan approval
- Low down payment options
- Gift funds may be used for down payment
- Mortgage insurance not required

Call today to learn more.



Roxanne Bobolz
Mortgage Loan Officer
Omaha
402.536.5102
roxanne.bobolz@usbank.com
NMLS#: 488994



Scott S. Hove
Mortgage Loan Officer
Omaha
402.963.2152
scott.hove@usbank.com
NMLS#: 502086



Applicants must be Doctors of Medicine (M.D.) and Doctors of Osteopathic Medicine (D.O.) that have accepted a permanent position. Loan approval is subject to credit approval and program guidelines. Not all loan programs are available in all states for all loan amounts. Interest rates and program terms are subject to change without notice. Visit usbank.com to learn more about U.S. Bank products and services. Mortgage and Home Equity Products are offered through U.S. Bank National Association. Deposit Products are offered through U.S. Bank National Association. Member FDIC. ©2019 U.S. Bank 230802c 11/19



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.



KYLE JOHNSON

FINANCIAL ADVISOR

402-682-3948

KYLE.JOHNSON@RFCONLINE.COM

CHRIS INSINGER

FINANCIAL ADVISOR

402-682-3930

CHRIS.INSINGER@RFCONLINE.COM

COLE GRANDFIELD

FINANCIAL ADVISOR

402-682-3918

COLE.GRANDFIELD@RFCONLINE.COM

RENAISSANCE FINANCIAL

12801 Pierce Street, Suite 300, Omaha, NE 68144

(402) 682-3931

www.standard.com/gme-site/university-nebraska-gme

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

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

KYLE JOHNSON, CHRIS INSINGER, AND COLE GRANDFIELD ARE REGISTERED REPRESENTATIVES AND INVESTMENT ADVISOR REPRESENTATIVES OF SECURIAN FINANCIAL SERVICES. SECURITIES AND INVESTMENT ADVISORY SERVICES OFFERED THROUGH SECURIAN FINANCIAL SERVICES, INC. MEMBER FINRA SIPC. RENAISSANCE FINANCIAL IS INDEPENDENTLY OWNED AND OPERATED. 12801 PIERCE STREET, SUITE 300, OMAHA, NE 68144 2815835 D0FU 11/2019



Doctor Loan Programs

	DOCTOR PROGRAM #1	DOCTOR PROGRAM #2	DOCTOR PROGRAM #3
Eligible Borrowers	Medical doctors and dentists who are actively working or have completed a medical residency and/or medical clinical fellowship programs	<ul style="list-style-type: none"> Existing medical doctors who are actively practicing and are within 10 years of completing their original residency or fellowship Newly licensed medical residents who are currently employed in residency or fellowship or newly licensed medical students who are about to begin their new employment/residency within 60 days of closing 	<ul style="list-style-type: none"> Medical residents with less than six months of residency remaining Newly licensed medical residents Existing physicians, doctors, dentists, oral surgeons practicing for less than five years
Property Types	1-unit primary residence only	1–2 unit primary residence only	1-unit primary residence only
Loan-to-Value (LTV)*	Up to 95% LTV	95% LTV	Up to 97% LTV
FICO Requirements	Minimum 720 FICO	Minimum 720 FICO	Minimum 720 FICO 97% LTV Minimum 700 FICO 95% LTV Minimum 720 FICO 90% LTV
Maximum Loan Amount	\$679,650	\$2,000,000	\$850,000
Maximum Debt-to-Income (DTI)**	Determined by underwriting	40–43% based on LTV	43%
Gift Funds Allowed	Yes	Yes, minimum 5% of down payment must be from borrower	Yes, minimum 3% of down payment must be from borrower

Contact us today to learn more!



Greg Acero
Co-Branch Manager, NMLS# 13657

Office: 402-819-5645
Direct: 402-819-5646
Cell: 402-525-3308
greg.acero@fairwaymc.com
www.GregAcero.com
11422 Miracle Hills Drive, Suite 503 & 510 Omaha, NE 68154

Download the FairwayNOW app!
<https://mtgpro.co/Sojw5>



*Loan-to-Value (LTVs) and Combined Loan-to-Value (CLTVs) may vary by loan amount. **Debt-to-income (DTI) ratio is monthly income debt/expenses divided by gross monthly income. Copyright © 2019 Fairway Independent Mortgage Corporation. NMLS#2289. 4750 S. Biltmore Lane, Madison, WI 53718, 1-866-912-4800. All rights reserved. This is not an offer to enter into an agreement. Not all customers will qualify. Information, rates and programs are subject to change without prior notice. All products are subject to credit and property approval. Not all products are available in all states or for all dollar amounts. Other restrictions and limitations may apply. Equal Housing Lender.





GreenSlate MANAGEMENT

We know how tedious the relocating process can be & we want to help! Here at GreenSlate, we have many options available & look forward to helping you with all of your moving needs!

*Ask about the exclusive discount
for \$300 off at move in!*

Studios starting at \$795
One Bedrooms starting at \$825
Two Bedrooms starting at \$1390
Four Bedroom Townhomes also available!

Buying a home doesn't need to be stressful.

I've helped many young professionals in your situation navigate the home buying process. As a medical professional, you are very busy. On top of that, you might not know where you will end up in two years or five years. Should you buy? Should you rent? What can you get for your money? And who will lend money to a resident or a student? I can guide you through this process and answer these questions. Contact me and let's start a conversation.



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



Need some insider info on Omaha?

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

Mortgage Program for Medical, CPA and Legal Professionals

FIRST BANK WISDOM®:

**With only eight hours in a
day, every second counts.**

Let's save you time.



What makes our mortgage program so unique?

We know you're a busy professional. Because of your respected occupation, we're able to offer you this exclusive benefit. With First Bank's Professionals Loan Program, we're able to offer you this convenient, no-hassle mortgage loan product.

Why did we choose to start this program?

First Bank has recognized the need for a program that allows CPAs, PhDs and professionals in the legal and medical fields the opportunity to close loans based on current and/or contracted guaranteed employment and income levels. We realize your desire to secure a home for you and your family prior to a career change, move or re-location. What would be better than having your home established prior to starting new employment? Talk about taking the stress out of your move!

Why choose First Bank?

Peace-of-Mind! With First Bank's Professionals Program, you're able to secure a home for you and your family – without the worry of providing past earnings history*.

Personal Touch! One point of contact. You'll never wonder who you should call with questions.

Great Rates! It's not too late to get a great rate on your mortgage. Contact a local First Bank Home Loan Advisor today for our current low rates.

Let the highly-trained professionals at First Bank walk you through the process, so you can focus on what you do best.

* Program Guidelines:

- Bank Portfolio, ARM and fixed loans.
- Attached/Detached SFR's and PUD's.
- 95% LTV No Private Mortgage Insurance.
- 700 minimum FICO score. No derogatory credit in the prior 12 months.
- Owner-occupied residences only. No second homes are eligible.
- Borrowers must establish First Bank Checking account as well as set up automatic payment withdrawal prior to closing.
- Borrower must start employment prior to first payment.
- Employment must be verified with fully executed, accepted, non-revocable contract.
- Two-year history in line of work must be verified and documented. Education in same field of employment for prior two years acceptable provided it was in the field of employment.
- Available in MO, KS, IL, NE, and CA only.



firstbanks.com/mortgage



Michele Ringsdorf

Home Loan Advisor

NMLS #457136

Cell 402-699-3583
Office 402-934-4281

michele.ringsdorf@belaybank.com
www.belaybank.com/fb/michele.ringsdorf

Belay Bank Mortgage

13305 Birch Drive Suite 200
Omaha NE 68164



Rates effective 11/6/19. Information is subject to change without notice. This is not an offer for extension of credit or a commitment to lend.

GIVE YOUR FAMILY THE COVERAGE IT DESERVES

- *Home Insurance*
- *Auto Insurance*
- *Life Insurance*
- *Personal Umbrella*
- *And More...*

Call (402) 896 - 6565 today!

Let us help you get smart about your coverage options



Charlie L Weston Jr

2707 S 134th Ave, Ste 2


Omaha, NE 68144

CWESTON@FARMERSAGENT.COM

"Your trusted, educating partners for Business, Recreational, Personal
& Life Insurance needs" 37

Follow us @cwestonagency (Facebook, Instagram, Twitter)





"Shellie was wonderful to work with. She knew all the answers to our questions, and was very responsive and helpful. She kept in touch often and we could see she did a lot of work behind the scene. We're very happy with her work and would choose her again."



Good for a **FREE** Consultation & 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!



Shellie Nelson

SALES PROFESSIONAL, REALTOR

402-681-4196

shellie.nelson@bhhsamb.com


shellienelson.bhhsamb.com



**BERKSHIRE
HATHAWAY**

HomeServices

Ambassador Real Estate



SPECIAL HOME LOANS FOR RESIDENTS & PHYSICIANS



Monica Alm
NMLS 457146
402-896-4066
monica@anbank.com



Jennifer Coyle
NMLS 521200
402-689-8034
jcoyle@anbank.com



You've worked hard to get where you are. Now is the time to think about the next step by investing in a home and putting down roots in the community where you live and work.

Planning ahead can help us welcome you home before your official start date.

\$500 off Closing Costs*

*Must open a primary checking account prior to closing with American National Bank to receive this discount. Offer valid until 12/31/2020.

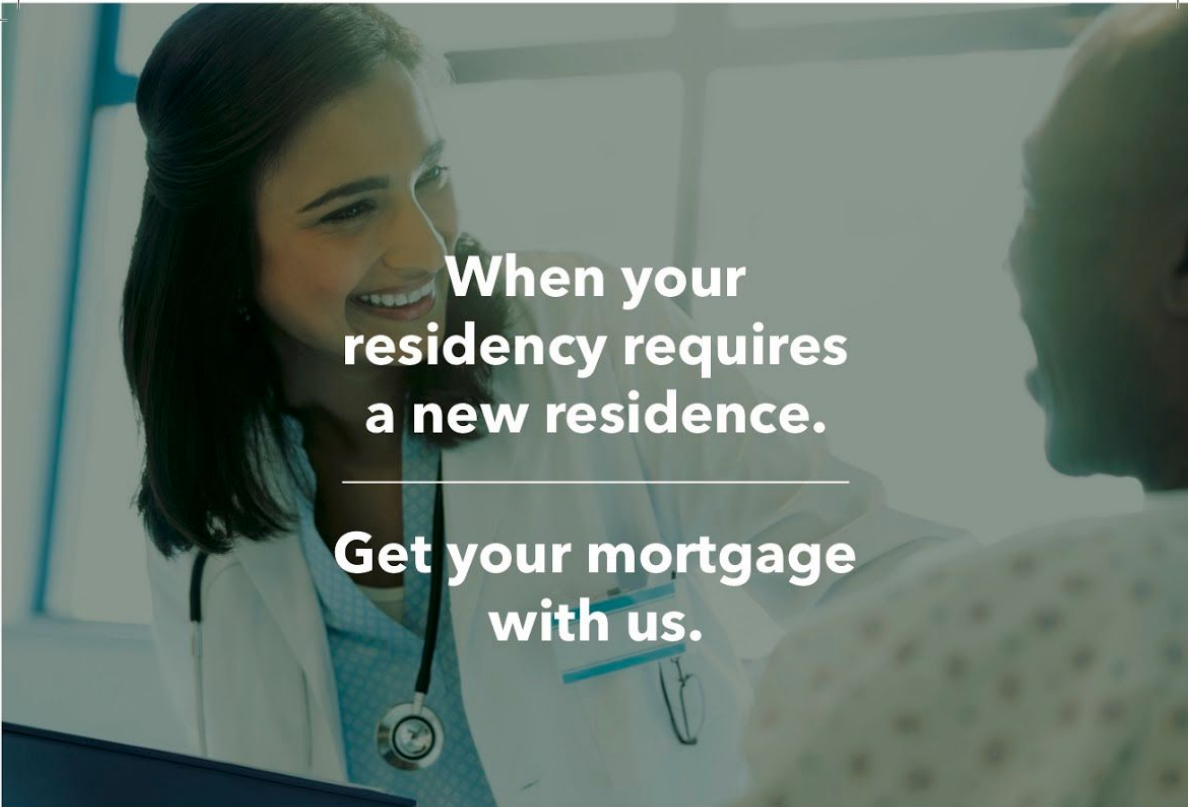
- Multiple loan terms available
- Our unparalleled selection of banking products provides a sophisticated level of service & ensures the satisfaction you expect and deserve
- No prepayment penalty
- Financing up to 100% of the purchase price for loan amounts up to \$510,400
- No origination fee
- No Private Mortgage Insurance (PMI) - Lower Monthly Payments
- Exclusion of all deferred student loan debt for qualifying purposes

*Auto payment out of an American National Bank account is required. Restrictions apply regarding appraisal, dwelling residency and documented income. Monthly principal and interest payments for a \$510,400, 5 year ARM equal \$2,510.86 with an APR of 4.77%. The APR and monthly payment is subject to increase after consummation.



www.american.bank | 30 locations in Nebraska and Iowa





**When your
residency requires
a new residence.**

**Get your mortgage
with us.**

You've been studying to be a physician for years. If that path now leads to homeownership, start with First National Bank. Our Physician Mortgage Loan** offers:

- 100% financing available for loan amounts under \$500K*
- No mortgage insurance required
- Loan amounts up to \$1,000,000
- Competitive rates
- Flexible terms

fnbo.com



Angie Brookhouser

Mortgage Loan Originator
402.602.5189
abrookhouser@fnni.com
NMLS#: 623814
fnbo.com/mortgage/abrookhouser



Brad Dombrosky

Mortgage Loan Originator
402.602.5362
bdombrosky@fnni.com
NMLS#: 404109
fnbo.com/mortgage/bdombrosky

① First National Bank MORTGAGE

Purchase • Refinance • New Construction

*Subject to credit qualifications.

**See a First National Home Mortgage Loan Officer for complete details. Single family, owner occupied homes only with in First National Bank lending area.

Member FDIC



**I'M NOT A DOCTOR,
BUT I SHARE A HOME
WITH ONE**



Logan Cooper

Realtor
Nebraska Realty
Haney Realty Group
402.739.9787
logan@haneyrealtygroup.com

As the significant other of a UNMC Resident, I have been in the same position as you. Our experience with the program has given me insight into the unique needs and opportunities of new residents and their families, and I want to share this insight with you! Purchasing a home for the first time can be a daunting task while preparing to start your residency. I am here to make the process as stress free as possible. We are so excited to provide you with real estate expertise and to build a friendship through shared experiences. Welcome to the Family!





Physician Mortgage Loan

As a medical professional*, your financial needs are unique and require solutions that are tailored to your lifestyle. Our Physician Mortgage Loan* offers competitive rates and flexible terms.

Benefits include:

- 100% financing available for loan amounts under \$500K**
- No Mortgage Insurance required
- Generous Loan Amount: Purchase a home up to \$1,000,000
- Flexible Guidelines: Qualify for a loan based on your credit history and a secured employment contract
- No Pre-Payment Penalty: No fees for paying off your loan early
- Closing Cost Discount: Save up to \$400* off closing costs
- Gift funds allowed for down payment*

Contact a Mortgage Loan Officer today!



Vasili Sakkas
Mortgage Loan Officer
402.602.1538
vsakkas@fnbi.com
NMLS#: 403932



Member FDIC

*See a First National Home Mortgage Loan Officer for complete details.
Single family, owner occupied homes only within First National Bank lending area.
**Subject to credit qualifications

FNBOPLF19



fnbo.com