

**South Heartland District Health Department  
Community Resource Guide**

(Last updated March 2017)

**Chronic Disease Prevention and Support Resources**

**Diabetes Prevention**

Smart Moves

South Heartland District Health Department  
606 N Minnesota Suite 2  
Hastings NE 68901  
(402) 462-6211

Brodstone Memorial Hospital  
520 East 10<sup>th</sup> St  
Superior, NE 68978  
(402) 879-3281 EXT 291

-Life style modification and weight loss classes for people at risk for diabetes

**Diabetes Management**

Mary Lanning Health Care Diabetes Education Program

715 N St Joseph Ave  
Hastings, NE 68901  
(402) 463-4521 or 461-5318

- Diabetes Self-Management Education class or individual sessions
  - Nurse Educator or Dietitian sessions available
- Diabetes Health Fair call for dates and times
- El Parquete Total Program, targeting minority population (with Spanish Translator)
  - 1<sup>st</sup> Saturday each month 8:30-10:30
  - YMCA
  - call 402-461-5318 for more information
- Camp HotShot Central Nebraska, children age 6 and up with diabetes
- Foot and Toe Nail clinic at Mary Lanning Community Health Center
- 'Better Choices Better Sugars' incentive program
- Community presentations available

Family Medical Center of Hastings

1021 West 14<sup>th</sup>  
PO Box 968  
Hastings, NE 68902  
(402) 463-2423

- Education on how to manage your diabetes
- Diabetes nutrition education

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**Brodstone Memorial Hospital**

520 East 10<sup>th</sup> St

Superior, NE 68978

(402) 879-4432 EXT 128 (Sue or Micki)

- Education on how to manage your diabetes-group or individual sessions
- Nurse Educator or Dietitian sessions available
- Bi-Monthly Diabetes Support Group (Jan, Mar, May, Sept, Nov)

**Webster County Community Hospital**

621 N Franklin St.

Red Cloud, NE 68970

(402) 746-5600

- Education on how to manage your diabetes
- Monthly Diabetes Support Group offered through Good Samaritan Hospital

**Diabetes Specialty Care**

**Mary Lanning Health Care**

Dr Singh

223 E 14<sup>th</sup> Suites 100

Hastings, NE 68901

(402) 463-2950

- Endocrinologist for care for Diabetes
- Dr. Singh specializes in disorders of the pituitary gland, thyroid and adrenal gland, obesity, testosterone deficiency and diabetes.

**Weight Loss**

**OB/GYN, P.C.**

2115 North Kansas Suite 204

Hastings, NE 68901

(402) 463-6793

(800) 742-3305

- Weight Loss Medication Management Program

**Quality Healthcare Clinic**

301 S Way Ave,

Sutton, NE 68979

(402) 773-0115

- Weight Management Program with Medication and Counseling.

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### Weight Watchers

Hastings Family YMCA (West End)  
1220 W 18<sup>th</sup> St  
Hastings, NE 68901  
800 516-3535

Church of Christ Superior  
564 E. 4<sup>th</sup> St.  
Superior, Ne. 68978  
402-879-4067

### Health & Wellness

Mary Lanning Healthcare Wellness Department  
715 N. St. Joseph Ave.  
Hastings, Ne.

402-460-5852 (Becky Sullivan, Wellness Manager)

- Offers variety of services to local businesses and can be customized to fit their needs.
- These programs can save local businesses money by lowering health care costs, help increase productivity, and reduce worker's comp claims by improving morale and employee loyalty in creating a healthier workforce.

### South Heartland District Health Department

606 N. Minnesota Ave. Ste. 2  
Hastings, Ne. 68901  
402-462-6211  
877-238-7595

- Worksite Wellness
- Diabetes Prevention Program
- Tai Chi
- Every Woman Matters