

# Volunteers Assisting Seniors (VAS)

**Volunteers Assisting Seniors (VAS)**, a 501(c)(3) nonprofit organization, provides information, advocacy, and access to community resources for senior citizens living in Cass, Dodge, Douglas, Sarpy, and Washington counties in Nebraska. For more than thirty years, Volunteers Assisting Seniors has utilized the skills, knowledge, and education of retired senior citizens to help other seniors better understand their benefits and entitlements. Over the years, VAS's philosophy of "seniors helping seniors" has enabled retired professionals to remain active in the community while providing invaluable support and services to their peers.

VAS provides a number of services to seniors, family members, caregivers, and employers who want to better understand senior benefits and programs. It is a resource for Medicare information and workshops, Health Insurance Marketplace information, homestead exemptions, and guardianship and conservatorship.

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## Office Hours

8:30 AM - 4:30 PM, Monday - Friday  
Closed weekends and holidays

# Legal Aid of Nebraska

Legal Aid of Nebraska is a non-profit law firm that provides free legal representation to underprivileged citizens.

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