Official clinic of: Never skipping a beat.

When should you see a heart doctor?

Heart disease isn’t always obvious until it causes a serious problem. If you have any of the risk factors for heart disease listed below and want to take steps to protect your heart, choose our Heart and Vascular Center. With us, you have access to cardiac services, from heart surgery and electrophysiology to interventional cardiac care and more.

To schedule an appointment with one of our cardiologists, call 245-4501.
Ask about same-week appointments.

Major risk factors for heart disease include:
- High blood pressure
- Being overweight
- Diabetes
- High cholesterol
- A family history of early heart disease
- Smoking
- Physical inactivity

Official clinic of:
Never skipping a beat.

When should you see a heart doctor?

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Robert Bennett, M.D.
Cardiovascular & Thoracic Surgeon
Michael Blanc, M.D.
Interventional Cardiologist
Jack Sun, D.O.
Interventional Cardiologist
Senthil Thambidorai, M.D.
Cardiac Electrophysiologist

SACMC is owned in part by physicians. Robert Bennett, M.D., Michael Blanc, M.D., Jack Sun, D.O., and Senthil Thambidorai, M.D., are members of the medical staff at SACMC. In a medical emergency, call 911.
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SENIOR SOURCEBOOK CONTACT INFORMATION: The Area Agency on Aging of the Concho Valley updates this publication on an annual basis, in an effort to help meet the needs of Seniors throughout the Concho Valley. If you have questions related to the Resources listed, to obtain additional hard copies, or for questions related to future publications, please contact us at (325)223-5704. DISCLAIMER: The Area Agency on Aging neither endorses nor guarantees any of the services listed in this Resource Guide. All readers are strongly encouraged to always research agencies and/or services prior to purchasing or making a final choice of provider.

A Lasting Gift of Love

At one time or another, all of us will experience the death of a loved one. What if you were faced with making dozens of difficult decisions on the worst day of your life? It doesn't have to be that way.

Call or come by to receive a FREE Thoughtful Decisions Guide, a booklet full of information that will help you plan ahead and give your family a lasting gift of love.

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Vicki Edwards-Hicks
Funeral Preplanning Specialist
(325) 340-1146

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Older Americans Month 2018: Engage at Every Age

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

The Area Agency on Aging of the Concho Valley is part of a network of 670 Area Agencies nationwide and one of 28 in the state of Texas dedicated to addressing the needs of older people and their caregivers.

We provide services throughout the Concho Valley region which consists of Coke, Concho, Crockett, Irion, Kimble, Mason, McCulloch, Menard, Reagan, Schleicher, Sterling, Sutton, and Tom Green Counties. The region covers over 16,000 square miles of rural West Texas. San Angelo serves as the county seat to a county population of approximately 100,702 citizens (2016 estimate) with 14.3% being persons aged 65 years and over.

The Senior Sourcebook for the Concho Valley is an annual publication. To obtain copies or inquire on how to be added as a resource, please email: toni@cvcog.org or call us at the number below and ask for the Information Specialist.

**Area Agency on Aging of the Concho Valley Council of Governments**
(325) 223-5704 or (877) 944-9666
Fax: (325) 223-8233
2801 W. Loop 306, Suite A
PO Box 60050, San Angelo TX 76906
www.cvcog.org/cvcog/aaa.html

**Benefits Counseling** – Available through the Area Agency on Aging to provide information and assistance about health insurance options, public benefits and entitlements. Help is available for persons 60 years and older and to Medicare beneficiaries of any age. Benefits Counselors can also provide intervention and advocacy when it is needed, and have access to advice from lawyers who staff the Legal Hotline for Older Texans.

Trained AAA staff assists clients in understanding public and private benefits. Assistance with pathways to finding a Medicare supplemental policy, questions about Social Security benefits, questions about insurance claim forms and hospital and doctor bills, or help with filling out a form to start Medicaid benefits are some of the areas where clients can find assistance. Benefits Counselors confer with clients over the telephone, in the office, or will make home visits where it is more convenient for the client. At the time that a client calls or comes in to the office, a particular need is targeted. The client and Benefits Counselor fill out an intake form, which the client signs giving permission for counselor assistance. Care is taken to maintain client confidentiality.

**Care Coordination** – Part of the Access and Assistance system offered through the Area Agency on Aging. It is a process that includes the assessment, effective planning, arranging, coordinating and follow-up on services that most appropriately meet the identified needs as mutually defined by Area Agency on Aging access and assistance staff, an older person, and/or a family member or other caregiver. The aging network uses local, state, and federal funds to provide this service to as many as possible. Client referrals are accepted from any source.
Prices starting at $17/mo.
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www.westcentral.com

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*Certain conditions apply. See store for details.
Care Coordination service is available to persons 60 years of age and older. Services will be targeted to those eligible persons who will be able to regain their independence by receiving short-term support services. Care plans are developed on an individual basis with input by the client and/or caregiver. It is the estimation of this agency that care plans will be no longer than three months and can be extended to six months if necessary. The program is to promote independence, not dependence.

**Caregiver Support Coordination** – Families are the major provider of long-term care, but research has shown that caregiving exacts a heavy emotional, physical and financial toll. Many caregivers who work and provide care, experience conflicts between these responsibilities. Twenty-two percent of caregivers are assisting two individuals, while eight percent are caring for three or more. Almost half of all caregivers are over age 50, making them more vulnerable to a decline in their own health, and one-third describe their own health as fair to poor.

A variety of short-term services are offered through the Caregiver program; these services work in conjunction with other State and Community-Based Services to provide a coordinated set of supports. Studies have shown that these services can reduce caregiver depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.

Informal caregivers age 18 and older providing care to individuals 60 years of age and older and

Informal caregivers age 18 and older providing care to individuals of any age with Alzheimer’s disease and related disorders are eligible for Caregiver Support services. An informal caregiver is considered an individual who is not paid to provide care for a loved one.

**Concho Valley Long Term Care Ombudsman Program:**
The Texas Long-Term Care Ombudsman Program advocates for quality of life and care for residents in nursing homes and assisted living facilities. Federal and state authority mandates ombudsmen to identify, investigate and resolve complaints made by, or on behalf of, residents and to provide services to help in protecting health, safety, welfare and rights. Information and assistance in choosing the most appropriate living residence is also a valuable service. Residents in long-term care facilities are among the most frail and vulnerable Texans. At times, they need help to improve their quality of life and care. An ombudsman can provide assistance so all facility residents receive respectful and competent care.

**Information, Referral & Assistance** – Information provided to persons 60 and over, their caregivers, and their families about local, regional, state, and national resources. Assists clients in accessing resources when needed and offers advocacy on behalf of the client when barriers or problems are identified. Staff has access to Internet and automated database of services and resources.

**Volunteer Opportunities** – The Ombudsman program seeks volunteers to advocate on behalf of those who reside in Texas nursing homes and assisted living facilities. With the help of volunteers in the Benefits Counseling program, more eligible Texans, aged 60 and over or Medicare-beneficiaries of any age, can be helped to acquire benefits and/or maintain their rights. The Regional Advisory Committee on Aging (RACOA) also seeks volunteers to serve on this committee to continually advise the Area Agency on Aging of the Concho Valley on all matters related to the development and administration of operations conducted under the area plan and who will represent the interest of older individuals in our region.

**2-1-1 Texas of the Concho Valley**
2-1-1 Texas is a free, easy-to-use, non-emergency phone number for people to call to get connected to health and human services. The service is available 24 hours a day/7 days a week, has access to over 90 different languages, and callers can remain anonymous. This service is available to individuals of all ages and can help connect you with resources for childcare, food pantries, counseling, aging services, etc. There are 25 Area Information Centers across the state of Texas. 2-1-1, Option 1 is the number to call when you don’t know who to call.

**For questions on the following programs, you may contact the Foster Grandparent Program Director or the Senior Companion Program Director**

**Foster Grandparent Program of the Concho Valley (FGP)** - Assigns volunteers aged 55+ to area elementary schools, head start centers, after school programs, or libraries. Volunteers mentor/tutor children on a one-to-one basis, 15-40 hours a week. Volunteer benefits include: a yearly physical examination, on-the-job accident and liability insurance, and recognition events. Income-eligible volunteers receive a tax-free stipend and transportation reimbursement. Stipend is not counted as income against other government benefits and is not taxable. For more info, email: FGP@cvcog.org or call (325) 944-9666 or (877) 944-9666 and ask for the FGP Director

[www.cvcog.org/cvcog/aaa_fgp.html](http://www.cvcog.org/cvcog/aaa_fgp.html)

**Senior Companion Program of the Concho Valley (SCP)** – Provides supportive assistance to the homebound, frail, and/or elderly of the Concho Valley by utilizing volunteers aged 55 and older to provide companionship, light housekeeping, and respite for caregivers. Income eligible volunteers receive a tax-free hourly stipend, mileage reimbursement, and paid leave. Stipend is not counted as income against other government benefits and is not taxable. For more info, email: nolen.mears@cvcog.org or call (325) 223-5704 or (877) 944-9666 and ask for the SCP Director

[www.cvcog.org/cvcog/aaa_sensor咸伴员.html](http://www.cvcog.org/cvcog/aaa_sensor咸伴员.html)
ASSISTED LIVING AND NURSING HOME FACILITIES

When a person can no longer live independently, a decision must be made about the best alternative arrangement for care. When an individual needs nursing care and supervision, an assisted living or nursing home may be the best alternative.

If you have questions regarding finding a home or if you have a complaint, please call your local Long-Term Care Ombudsman at (325)223-5704 ext 238.

The Long-term Care (LTC) Provider Search can also help you learn more about assisted livings in your area.

https://apps.hhs.texas.gov/LTCSearch/

ASSISTED LIVING
Assisted Living facilities are licensed by the state of Texas based on the number of beds and the residents’ abilities. Assisted living facilities offer a housing alternative for older adults who may need help with dressing, bathing, toileting, are hearing or speech impaired, use self-help devices, are incontinent, need meal assistance, personal assistance, monitoring of medications, and nurses’ visits but do not require the intensive medical and nursing care provided in nursing homes.
TYPES AND SIZES
Small: Licensed to care for 16 or fewer residents. Small facilities are typically single-story homes in residential neighborhoods.
Large: Licensed to care for 17 or more residents. These facilities may be multi-story, apartment complexes, or resemble a hotel structure.
Type A: Type A facility may care for residents who are physically and mentally capable of evacuating the facility unassisted, do not require routine attendance during sleeping hours, and are capable of following directions in an emergency.
Type B: A Type B facility may care for residents who may require staff assistance to evacuate, are incapable of following directions under emergency conditions, require staff attendance during nighttime sleeping hours, and require assistance transferring to and from a wheelchair.
Alzheimer’s facility: Is a Type B facility certified to provide specialized services to residents with Alzheimer’s disease or a related condition.

BELOW IS A LIST OF ASSISTED LIVING FACILITIES

BROOKDALE SOUTH SAN ANGELO
(325) 947-7194 Fax (325) 223-8144
2695 Valley View Blvd, San Angelo, TX 76904
Licensed Type: Large B
Offering Assisted Living and Memory Care in a “Senior Oriented” atmosphere. Comfortable, spacious apartments. Three meals per day plus snacks (special diets available), housekeeping and laundry services, scheduled transportation, and emergency response call system provided. Social, recreational, and educational activities daily. Brookdale also offers a secured Memory Care with specialized activities tailored to Alzheimer’s residents’ needs.
www.Brookdale.com

JUBILEE HOUSE OF BRADY
(325) 597-2662
104 E. 5th St. Brady, TX 76825
Licensed Type: Small

LYNDALE SAN ANGELO
(325) 947-0043
6101 Grand Court Rd., San Angelo, TX 76901
Licensed Type: Large A
Senior retirement, independent and assisted living community. Restaurant style dining, weekly housekeeping, transportation, recreational and social program.
www.sagora.com/sagora-san-angelo.com

NEW HAVEN ASSISTED LIVING & MEMORY CARE
(325) 227-4748
2501 Sawgrass Rd., San Angelo, TX 76904
Licensed Type: Small B
Our licensed assisted living and memory care homes are designed with an objective overriding all else—the comfort and dignity of each resident. Bedrooms and private bathrooms with around the clock care, meals, housekeeping and laundry, as well as medication assistance are tailored to our residents’ individual needs. www.newhavenassistedliving.com

SAGECREST ALZHEIMER’S CARE CENTER & THE GREEN HOUSE HOMES @ BAPTIST RETIREMENT COMMUNITY
(325) 486-3702
438 E. Houston Harte, San Angelo, TX 76903
Licensed Type: Large B
Since 2001, Sagecrest Alzheimer’s Care Center, the first Alzheimer’s certified nursing facility in this area, followed by the Green House Homes® @ Sagecrest in 2008 have led the Concho Valley in their innovative approach to memory care services. Highly rated skilled nursing memory care facility. Accepts Private Pay, Medicare, Medicaid and Hospice.
www.baptistretirement.org

THE CREST @ BAPTIST RETIREMENT COMMUNITY
430 E. 8th St., San Angelo, TX 76903
(325) 655-7391
Licensed Type: Small B, Alzheimer’s Certified
For 65 years Baptist Retirement Community has led the Concho Valley in serving seniors throughout the Concho Valley. The Crest, a new concept in memory care, offers an Assisted Living option to those living with a memory impairment. Tailored to enhance the elder’s overall well-being in a secure, family oriented, atmosphere while enriching their lives. Two small homes with fourteen private room/bathrooms in each home.
www.baptistretirement.org
THE SPRINGS MEMORY CENTER  
(325) 224-3040  
6102 Grand Court Rd, San Angelo, TX 76901  
Licensed Type: Medium B  
The Springs Memory Care offers both memory care and respite care for seniors. With 66 beds, a nursing staff and 24 hour on-site management care, The Springs Memory Care has the emotional, physical and nursing training for all staff, needed to care for residents struggling with Alzheimer’s and Dementia.

THE ST. ANGELUS  
(325) 659-4581  
15 N. Van Buren, San Angelo, TX 76901  
Licensed Type: Small A  
Private pay apartments with 24 hour staff, transportation, full nutrition, and emergency call systems. Weekly laundry and housekeeping, all utilities paid except phone, weekly check by nurse, medication assistance, wireless internet (WIFI), three meals a day, 2 room suites with exterior French doors; each room has own thermostat control. Type A facility for persons 50+.  

NURSING HOMES  
Nursing homes area type of residential care that provide twenty-four-hour nursing care for residents. Nursing homes will provide short-term rehabilitative stays following a surgery, illness or injury which may require physical therapy, occupational therapy or speech-language therapy. Nursing homes offer other services such as planned activities and daily housekeeping services. Nursing homes may also be referred to as convalescent care, skilled nursing or a long-term facility. Nursing homes may offer memory care services or have a separate area specified for memory care.

The Nursing Home Compare allows you to find and compare nursing homes certified by Medicare and Medicaid. Use this website to view health and fire safety inspections including staffing levels, enforcement actions that the federal government have taken against the nursing homes and how well nursing home residents were treated in specific areas of care.  

www.medicare.gov/nursinghomecompare
### Below is a List of Nursing Home Facilities

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arbor Terrace Healthcare Center</td>
<td>(325) 653-1266</td>
<td>609 Rio Concho Dr., San Angelo, TX 76903</td>
<td>Skilled Nursing facility – long term, short term, and respite. In-house Physical, Occupational and Speech Therapy. Accepting Medicare, Medicaid, Hospice, and Private Pay.</td>
</tr>
<tr>
<td>Elsie Gayer Healthcare Center @ Baptist Retirement Community</td>
<td>(325) 655-7391</td>
<td>902 N. Main, San Angelo, TX 76903</td>
<td>Since 1951, Elsie Gayer Healthcare Center has been offering exceptional care to those who need skilled nursing, long or short term care. Elsie Gayer's highly rated services accept Private Pay, Medicaid, Medicare, and Hospice.</td>
</tr>
<tr>
<td>Park Plaza Nursing &amp; Rehabilitation</td>
<td>(325) 944-0561</td>
<td>2210 Howard, San Angelo, TX 76901</td>
<td>Nursing facility accepting Private Pay, Medicaid, Medicare, and Hospice. 90 beds. Long term residents and Short-Term skilled accepted. Physical Therapy, Occupational Therapy, and Speech Therapy.</td>
</tr>
<tr>
<td>Senior Care Center of Meadow Creek</td>
<td>(325) 942-4000</td>
<td>4343 Oak Grove Blvd., San Angelo, TX 76904</td>
<td>Our skilled nursing and long term care facility provides the highest quality therapy including physical, occupational, and speech therapy. We accept Medicare, Medicaid, Managed Care, Private Pay, Private Insurance, and Hospice; 24 hours/7days a week.</td>
</tr>
<tr>
<td>Senior Care of San Angelo</td>
<td>(325) 944-1600</td>
<td>5455 Knickerbocker Rd. San Angelo, TX 76904</td>
<td>Our skilled nursing and long term care facility provides the highest quality therapy including physical, occupational, and speech therapy. We accept Medicare, Medicaid, Managed Care, Private Pay, Private Insurance, and Hospice; 24 hours/7days a week.</td>
</tr>
<tr>
<td>Senior Care of Regency House</td>
<td>(325) 942-7700</td>
<td>3745 Summer Crest Dr., San Angelo, TX 76901</td>
<td>Our skilled nursing and long term care facility provides the highest quality therapy including physical, occupational, and speech therapy. We accept Medicare, Medicaid, Managed Care, Private Pay, Private Insurance, and Hospice; 24 hours/7days a week.</td>
</tr>
</tbody>
</table>

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**Physical & Occupational Therapy**

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Location: 900 South State Street

### Coke County

- Bronte Health and Rehab Center  
  (325) 473-3621  
  900 S. State St., PO Drawer M, Bronte, TX 76933

- Robert Lee Care Center  
  (325) 453-2511  
  307 W. 8th St., Robert Lee, TX 76945  
  www.robertleecarecenter.com
CONCHO COUNTY
Concho Health And Rehabilitation Center
(325) 869-5531
613 Eaker, PO Box 838, Eden, TX 76837
www.conchohealthandrehab.com

CROCKETT COUNTY
Crockett County Care Center
(325) 392-2671
103 Medical Dr., Ozona, TX 76943

KIMBLE COUNTY
Hill Country Care Center
(325) 446-3351
111 Hospital Dr., Junction, TX 76849

MCCULLOCH COUNTY
Brady West Rehabilitation & Nursing Center
(325) 597-1010
2201 Menard Hwy.
Brady, TX 76825

MENARD COUNTY
Menard Manor & Retirement Home
(325) 396-4515
100 Gay St., PO Box 608
Menard, TX 76859
www.menardmanor.org

REAGAN COUNTY
Reagan Memorial Hospital & Care Center
(325) 884-2561
805 N. Main, Big Lake, TX 76932

SCHLEICHER COUNTY
Schleicher County Medical Center Nursing Home
(325) 853-3026
104 N. US Hwy 277, Eldorado, TX 76936

STERLING COUNTY
Sterling County Nursing Home
(325) 378-2134
309 5th St., PO Box 46, Sterling City, TX 76951

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3501 Knickerbocker Rd., San Angelo, TX 76904

DOCTOR MATCHMAKER - SHANNON
(325) 481-2343
Shannon Clinic assists patients in finding a new physician.

SAN ANGELO COMMUNITY MEDICAL CENTER
(325) 949-9511
3501 Knickerbocker Rd., San Angelo, TX 76904
San Angelo Community Medical Center operates an acute care hospital that includes extensive heart and vascular services; open heart surgery; electrophysiology; a Level III-A neonatal intensive care unit (NICU); an accredited Chest Pain Center with heart failure accreditation; robotic-assisted surgery for gynecology, urology and general surgery; Community Joint Center for total hip and knee replacements; bariatric (weight loss) surgery; a heartburn treatment center; cardiac pulmonary rehab; wound care & hyperbaric services; outpatient therapy services; a sleep center; a national award-winning health club; and other health related programs. More than 90 physicians covering more than 30 specialties provide medical care at SACMC. San Angelo Community Medical Center offers more than 50 services, some of which are listed below. SACMC welcomes volunteers to serve at SACMC. www.sacmc.com

COMMUNITY BARIATRIC (WEIGHT LOSS) SURGERY
(325) 947-6888
3501 Knickerbocker Rd., San Angelo, TX 76904

COMMUNITY CARDIAC PULMONARY REHAB
(325) 947-6840
3350 Executive Dr., San Angelo, TX 76904
COMMUNITY COUMADIN CLINIC
(325) 947-6605
2142 Sunset Dr., San Angelo, TX 76904

COMMUNITY MEDICAL ASSOCIATES HEART & VASCULAR CENTER
(325) 245-4501
3501 Knickerbocker Rd., San Angelo, TX 76904

COMMUNITY MEDICAL ASSOCIATES
(325) 245-4000
2142 Sunset Dr., San Angelo, TX 76904

COMMUNITY MEDICAL ASSOCIATES FIND A DOCTOR
(325) 245-4CMA (4262)
2142 Sunset Dr., San Angelo, TX 76904

COMMUNITY JOINT CENTER - ORTHOPEDIC SURGERY
(325) 947-6292
3501 Knickerbocker Rd., San Angelo, TX 76904

COMMUNITY OUTPATIENT THERAPY
(325) 949-5900
3605 Executive Dr., San Angelo, TX 76904

COMMUNITY SLEEP CENTER
(325) 94-SNORE (947-6673)
2141 Hamilton Way, San Angelo, TX 76904

COMMUNITY SPORTS MEDICINE
(325) 949-4357
3605 Executive Dr., San Angelo, TX 76904
COMMUNITY SURGERY CENTER
(325) 223-0555
3605 Executive Dr., San Angelo, TX 76904

COMMUNITY WOUND CARE & HYPERBARIC SERVICES
(325) 947-6960
3501 Knickerbocker Rd., San Angelo, TX 76904

DIABETES & NUTRITION OUTPATIENT SERVICES
(325) 947-6614
3501 Knickerbocker Rd., San Angelo, TX 76904

ELECTROPHYSIOLOGY
(325) 245-4501,
3350 Executive Dr., San Angelo, TX 76904

HEARTBURN TREATMENT CENTER OF WEST TEXAS
(325) 947-6888
3501 Knickerbocker Rd., San Angelo, TX 76904

COMMUNITY EXPRESSCARE- WALK-IN CLINIC
(325) 655-5125
402 N. Bryant, San Angelo, TX 76903

COMMUNITY EXPRESSCARE- WALK-IN CLINIC
(325) 944-3851
5730 Sherwood Way, San Angelo, TX 76901

ROBOTIC-ASSISTED SURGERY
(325) 947-6985
3501 Knickerbocker Rd., San Angelo, TX 76904
Gynecology, urology, general surgery, orthopedics

LA ESPERANZA CLINIC
(325) 658-5339
1610 S. Chadbourne
San Angelo, TX 76903
Acute/Chronic Medical Care, Annual Physical Exams, Family Practice, Lab Services, Immunizations, Mental Health, Nutrition Educational/Counseling, Primary Healthcare, Radiology Services, School/Employment Physicals, and Ultrasound. Mon - Thu 8:00 am – 8:00 pm; Fri 8:00 am – 5:00 pm; Sat 9:00 am – 1:00 pm.
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www.hospiceofsanangelo.org
LAKEVIEW CLINIC  
(325) 658-5339  
35 E. 31st St., San Angelo, TX 76903  
Acute/Chronic Medical Care, Annual Physical Examinations, Board Certified Pediatric Services, Dental-Pediatric and Adult, Family Practice, Immunizations, Lab Services, Mental Health, Nutrition Education/Counseling, Radiology Services, School/Employment Physicals, Ultrasound and Women’s Health Services. Mon – Fri 8:00 am – 5:00 pm. [www.esperanzahealth.org](http://www.esperanzahealth.org)

SHANNON MEDICAL CENTER  
(325) 653-6741 or (888) 653-6741  
Shannon Medical Center includes: Women’s & Children’s Center, Acute-Care full service hospital, Behavioral Health services, Home Health, Shannon Regional Heart Center, Shannon Clinic (a multi-specialty physician clinic), St. John’s Campus with Skilled Nursing Facility, Inpatient Rehab Facility, and Comprehensive Wound Center.  
Provides medical care at the following locations:

SHANNON CLINIC- RED ARROYO  
(325) 949-9408  
3016 Vista Del Arroyo, San Angelo, TX 76904

SHANNON CLINIC NORTH  
(325) 481-2271  
2626 N. Bryant, San Angelo, TX 76903

SHANNON CLINIC - BEAUREGARD  
(325) 658-1511 or 1(800) 530-4143  
120 E. Beauregard, San Angelo, TX 76903  
Multi-specialty association of physicians.

SHANNON CLINIC - BIG SPRING  
2503 S. Gregg St., Big Lake, TX 79720

SHANNON CLINIC ORTHOPEDICS CENTER  
(325) 481-2292  
4450 Sunset Dr., San Angelo, TX 76904

SHANNON CLINIC - SOUTHWEST  
(325) 658-1511  
4450 Sunset Dr., San Angelo, TX 76904
SHANNON CLINIC - URGENT CARE SOUTH  
(325) 481-2222  
3502 Knickerbocker Rd., San Angelo, TX 76904

SHANNON CLINIC - URGENT CARE WEST  
(325) 481-2226  
4251 Sunset Dr., San Angelo, TX 76904

SHANNON CLINIC - URGENT CARE NORTH  
(325) 481-2271  
2626 N. Bryant Blvd., San Angelo, TX 76903

SHANNON CLINIC - MAGDALEN  
(325) 658-1511  
102 N. Magdalen, San Angelo, TX 76903

SHANNON MEDICAL CENTER - ST. JOHN’S CAMPUS  
(325) 659-7100  
2018 Pulliam, San Angelo, TX 76905

SHANNON ONCOLOGY CENTER  
(325) 481-2025  
102 N. Magdalen, Ste. 110, San Angelo, TX 76903

SHANNON SLEEP CENTER  
(325) 481-2035  
3308 W. Loop 306, San Angelo, TX 76904

SHANNON SURGERY CENTER  
(325) 486-5800  
4482 Sunset Drive, San Angelo, TX 76901

CANCER EMPOWERMENT & RESOURCE CENTER AT SHANNON  
(325) 481-2065  
102 N. Magdalen, Ste. 130, San Angelo, TX 76903

SHANNON REGIONAL HEART CENTER  
(325) 481-2281  
102 N. Magdalen, Third Floor, Shannon Medical Plaza, San Angelo, TX 76903

BRAIN & SPINE INSTITUTE AT SHANNON  
(325) 481-2193  
102 N. Magdalen, Second Floor, Shannon Medical Plaza, San Angelo, TX 76903

SHANNON CENTER FOR WOUND CARE & HYPERBARIC MEDICINE  
(325) 659-7290  
2018 Pulliam St., San Angelo, TX 76905

SHANNON CARDIAC & PULMONARY REHAB  
(325) 657-5722  
102 N. Magdalen, Suite 140, San Angelo, TX 76903

RURAL CLINIC & HOSPITAL RESOURCES

CONCHO COUNTY  
Concho County Hospital  
(325) 869-5911  
613 Eaker, PO Box 838, Eden, TX 76837

CROCKETT COUNTY  
Shannon Family Health Center Of Ozona  
(325) 392-3788  
102 Ave. H, Ozona, TX 76943

KIMBLE COUNTY  
Kimble Hospital  
(325) 446-3321  
349 Reid Rd., Junction, TX 76849

MCCULLOCH COUNTY  
Heart Of Texas Healthcare System  
(325) 597-2901  
2008 Nine Rd., PO Box 1150, Brady, TX 76825
SUTTON COUNTY
Lillian M. Hudspeth Memorial Hospital
(325) 387-2521
308 Hudspeth, Sonora, TX 76950

DENTAL, HEARING, AND VISION

DENTAL
Lakeview Clinic
325-658-5339
35 E. 31st St., San Angelo, TX 76903

HEARING
Highland Council For The Deaf
(432) 267-6779 or (800) 456-5094
801 Runnels St., Big Spring, TX 79720

Starkey Hearing Foundation - Hear Now Program
(800) 328-8602

West Texas Rehabilitation Center (WTRC)
(See under Therapy Services category)

Vision
Eyecare America Seniors - Eyecare Program (SEP)
(877) 887-6327
PO Box 429098, San Francisco, CA 94142-9098
Nationwide program ensures that every senior has access to medical eye care and promotes annual, dilated eye exams. Raises awareness about age-related eye disease, including cataracts, provides free eye care educational materials and facilitates access to eye care at no out-of-pocket expense for eligible seniors can also call weekdays, between 8 – noon, Pacific Time. Excludes: eyeglasses, contacts, prescription drugs, price of prescription, hospital services, and fees of other medical professionals. www.eyecareamerica.org

San Angelo Lions Charities
Eyeglass Recycling Center
(325) 227-4350
27 W. Concho Ave, San Angelo, TX 76903
Serving the community by assisting with new prescribed glasses for children and recycled glasses for adults. These services are free and provided to low income families. We also accept donations of used glasses. Open Tuesday and Wednesday from 9am-12pm and Thursday from 1-4pm. Walk-in based, no appointment needed.

TEXAS WORKFORCE SOLUTIONS - VOCATIONAL REHABILITATION SERVICES
GENERAL AND BLIND VOCATIONAL REHABILITATION
(325) 653-2321 OR (800) 996-7589

BLIND VOCATIONAL REHABILITATION
(325) 653-2321 ext. 1409 or (800) 996-7589
202 Henry O. Flipper St., San Angelo TX 76903

DISABILITY SERVICES

DISABILITY CONNECTIONS RESOURCE CENTER
CONCHO VALLEY ADRC
(325) 227-6624
2809 Southwest Blvd., San Angelo, TX 76904
Disability Connections is a Center for Independent Living, (CIL) promoting independence and equality for everyone by providing a variety of services and support to people of all ages and all disabilities throughout the Tom Green and 13 surrounding county area. Services include; information and referral, advocacy, peer support, independent living skills classes, transition and relocation services and education and awareness. The Independent Living Services program, assists individuals in purchasing assistive technology such as; wheelchair, ramps, hearing aids and other devices to increase their independence. The Center also serves as the Concho Valley Aging and Disability Resource Center (ADRC) to connect Consumers to the long term services and supports they need such as; Medicare benefits information, social security, housing, and caregiver services. Mon - Fri 8:00 am - 5:00 pm; 24 hour message service; dccitx.org Call for an appointment.

DISABILITY RIGHTS TEXAS
1(800) 252-9108
4747 S. Loop 289, Suite 120, Lubbock, TX 79424
Advocates for the legal rights of Texans with disabilities. www.disabilityrightstx.org

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Planned Activities

Rio Concho Terrace
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Transportation

Rio Concho Patio Homes
325-655-4054
Patio Homes
Clubhouse with Planned Activities
Access to Daily Meals

Rio Concho West
325-944-9564
Patio Homes
Townhouses
Clubhouse with Planned Activities

One Name Four Choices
www.rioconcho.com

STAND-OUTTIMES | SENIOR SOURCEBOOK 2018-2019 | Sunday, May 20, 2018 17
RES CARE  
(325) 942-8050  
3324 W. Loop 306, San Angelo, TX 76904  
Home for people with intellectual disabilities that provides social/supportive services for those diagnosed with mental retardation prior to age 18. Also provides CLASS program and Residential Services. Mon – Fri 8:00 am – 5:00 pm.

SAN ANGELO STATE SUPPORTED LIVING CENTER  
(325) 465-4391  
Mailing: PO Box 38, Carlsbad, TX 76934  
Physical: 11640 US Highway 87 North, Carlsbad, TX 76934  
State supported living center provides campus-based direct services and support to people with intellectual and developmental disabilities.  
https://www.hhsc.state.tx.us/services/sslcc/  

TEXAS STATE LIBRARY TALKING BOOK PROGRAM AND DISABILITY AND INFORMATION REFERRAL CENTER  
1(800) 252-9605  
P.O. Box 12927, 1201 Brazos street  
Austin, TX 78711-2927  
Free library of books/magazines in digital audio cartridges, digital audio download, braille, and large print for all Texans with disabilities that prevent reading of standard print. Also provides service through school classrooms. Free download service of audio and braille books and free mobile device app for apple and android phones and tablets are also available to registered patrons.  
www.texastalkingbooks.org or email: tbp.services@tsl.texas.gov  

TEXAS WORKFORCE SOLUTIONS - INDEPENDENT LIVING SERVICES FOR OLDER INDIVIDUALS WHO ARE BLIND  
500 Chestnut St., Suite 1000, Abilene, TX  79602  
(325) 795-4352 or 800-457-5633  
If you are 55 or older and have a vision problem that makes everyday tasks difficult, Independent Living Services for Older Individuals Who Are Blind may be able to help you gain the confidence you need to live independently. Successful independent living training can help you: accomplish everyday tasks, participate in your favorite activities, communicate with family and friends, gain a better understanding about your vision impairment, get back confidence you may have lost. Depending on the individual need, the following services may be provided by TWC to eligible consumers: Independent living skills training, provided in a consumer’s home or in the community, Orientation and mobility training, Low vision evaluations and low vision devices, including video magnification, hand-held magnifiers, and other identified devices, Diabetes education, Deafblind evaluations and equipment, Counseling on adjustment to blindness, Other services as necessary, such as ancillary services provided to support skills training. We serve the following counties: Coke, Concho, Coleman, Crockett, Glasscock, Howard, Irion, Kimble, Mason, McCulloch, Menard, Reagan, Runnels, San Saba, Schleicher, Sterling, Sutton, and Tom Green. Mon- Fri 8:00 am – 5:00 pm.  
www.texasworkforce.org
VEHICLE REGISTRATION
(325) 659-6529
113 W. Beauregard, San Angelo, TX 76903
Processes applications for parking permits for people with disabilities. Applications need physician signature with notarization, car registration and proof of insurance. Mon – Fri 8:00am – 5:00 pm

EDUCATION OPPORTUNITIES

AARP DRIVER SAFETY PROGRAM
(325) 374-2499
San Angelo, TX
Educates motor vehicle operators 50+ on how the aging process affects driving performance. Four-hour course on driving defensively as a senior. Not for traffic ticket dismissal. Do not have to be a member of AARP. May qualify for automobile insurance discount. Call for more information.

www.aarp.org

ADULT EDUCATION & LITERACY
(325) 481-8323
3501 N. US Hwy 67, San Angelo, TX 76905
(Located at Howard College – Academic Bldg.)
Adult Education & Literacy offers classes for preparation to take the GED or Hi-SET high school equivalency exams. English as a second language is offered alongside citizenship preparation. Basic reading, writing, and math skills are offered in every class, and several Transition courses have been created to help students prepare for various college entrance exams, such as the TSI. All classes are free and textbooks are provided. Classes are offered day and evening.

www.howardcollege.edu

ADULT LITERACY COUNCIL OF THE CONCHO VALLEY
(325) 657-0013
59 E. 6th St., San Angelo, TX 76903
Basic literacy, computer skills, English as a Second Language, high school equivalency preparation, citizenship classes are the most frequently requested classes or one on one sessions. Classes are open to meet the needs of the adults that we serve. We have 23 different countries represented at the Center. Tutors are volunteers and come as needed. All tutoring is free. Monday-Thursday, 8 a.m. to 8:00 p.m. If an adult has a need, we try to find a volunteer to meet the need.

TESTING CENTER
(325) 481-8300 ext. 3405
3501 N. US Hwy 67, San Angelo, TX 76905
(Located in the Howard College – Student Services Bldg.)
Two High School Equivalency exams are offered in the Testing Center. They are the GED and the HiSET tests. These tests are offered year-round. To register and schedule a test date, go to https://ged.com/ or https://hiset.ets.org/ and setup your account. These websites give you access to study guides, test scores, test tips, testing center locations, test day schedules, and more. If you don’t have access to the internet and would like to register for the GED test call (877) 392-6433. To register for the HiSET by phone call (855) 694-4738

TOM GREEN COUNTY LIBRARY SYSTEM
A dynamic collection of books, magazines, DVDs, audio books and free computer classes are available at all three locations. Check website for cultural and educational events, downloadable e-books and what’s happening in STEAM Central – San Angelo’s only makerspace. www.tgclibrary.com

STEPHENS CENTRAL LIBRARY:
(325) 655-7321
33 W. Beauregard, San Angelo, TX 76903
Mon-Thu, 9:00 am – 9:00 pm; Fri 9:00 am – 6:00 pm; Sat 9:00 am–5:00 pm.

NORTH ANGELO BRANCH:
(325) 653-8412
3001 N. Chadbourne, San Angelo, TX 76903
Tue–Fri, 10:00 am–6:00 pm; Sat 10:00 am–5:00 pm

WEST BRANCH:
(325) 659-6436
3013 Vista Del Arroyo, San Angelo, TX 76904
Tue–Fri, 10:00 am–6:00 pm; Sat 10:00 am–5:00 pm

BETTER TOGETHER
We’re Baptist Retirement Community in San Angelo, a friendly, Life Plan Retirement Community offering life-enriching opportunities to suit you. Because we’re a non-profit community, we’re an affordable choice for senior living and offer more options than anywhere in the Concho Valley area. With our exceptional staff and services, we’ve earned a faith-based trust that makes Baptist Retirement Community simply the best retirement destination! Baptist Retirement Community. We’re Better Together!

Serving the Concho Valley Area
325-655-7391
800-608-8820
www.BaptistRetirement.org
EMPLOYMENT OPPORTUNITIES

CONCHO VALLEY FOSTER GRANDPARENT PROGRAM (FGP)
(325) 944-9666 or (toll free) 1-877-944-9666
2801 W. Loop 306, Suite A, San Angelo, TX 76904
Assigns volunteers aged 55+ to area public schools, Early Head Start centers, Head Start centers, and various youth program activities. Volunteers mentor and/or tutor children on a one-to-one basis 15-40 hours a week. Volunteer benefits include: a yearly physical examination, on-the-job accident and liability insurance, and recognition events. Income-eligible volunteers receive a tax-free stipend and transportation reimbursement. Stipend is not counted as income against other government benefits and is not taxable.
nolen.mears@cvcog.org or clementine.urista@cvcog.org.

CONCHO VALLEY SENIOR COMPANION PROGRAM (SCP)
(325) 944-9666 or (877) 944-9666 (toll free)
2801 W. Loop 306, Suite A, San Angelo, TX 76904
Provides income eligible seniors, aged 55 and older, the opportunity to serve as companions to frail, homebound seniors and disabled adults while earning a tax-free, hourly stipend. Volunteers serve 15-40 hours weekly. Volunteer benefits include: a yearly physical examination, on-the-job accident and liability insurance, and recognition events. Income-eligible volunteers receive a tax-free stipend and transportation reimbursement. Stipend is not counted as income against other government benefits and is not taxable.
nolen.mears@cvcog.org or clementine.urista@cvcog.org.

WORKFORCE SOLUTIONS
(325) 653-2321
202 Henry O Flipper St., San Angelo, TX 76903
Offers job search assistance, education and training, veteran services, youth program services, testing, job development and other federally funded programs. Mon – Fri 8:00 am – 5:00 pm.
www.workintexas.com • www.cvworkforce.org

HEALTH EDUCATION

ALZHEIMER’S ASSOCIATION
1(800) 272-3900
Call for more information on dates/times of monthly educational programs and support groups in the Concho Valley area. Monthly education programs presented on Alzheimer’s/Dementia related topics: warning signs, basic information, communication, behaviors, legal/financial planning, healthy habits, and etc.
www.alz.org/westtexas

AMERICAN HEART ASSOCIATION
(888) 433-7220 Ext. 2643 or 3717
Educational activities dedicated to the prevention of death and disability from cardiovascular disease and stroke.
www.heart.org

SHANNON DIABETES EDUCATION
(325) 659-7194
TEXAS A&M AGRILIFE EXTENSION SERVICE
113 W. Beauregard Ave., San Angelo, TX 76903; (325) 659-6522
Office Hours: Mon - Fri 8:00 a.m. – 5:00 p.m.; open during lunch

FAMILY & COMMUNITY HEALTH (FCH)
FCH unit helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities. We offer programs in Nutrition, Physical Activity, Diabetes Management, Passenger & Community Safety, Weight Control, Children & Families, Older Adults & Aging, and Financial Management.
Website: http://fch.tamu.edu and http://tomgreen.agrilife.org

BETTER LIVING FOR TEXANS (BLT)
BLT is a nutrition education program for adults and children that are SNAP participants and SNAP eligible. The BLT program helps people make healthy meals, improve their physical fitness, save money at the grocery store, grow their own foods, and adopt better food safety habits.
http://blt.tamu.edu

WELLNESS SERVICES HEALTH RISK ASSESSMENT (HRA) SCREENING
JANET CHARLESWORTH
(325) 947-2582
3501 Knickerbocker Rd., San Angelo, TX 76904

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www.prepaidfunerals.texas.gov
WESLEY NURSE PROGRAM
Wesley Nurses provide health education, health promotion and facilitation of resources. We assist individuals and communities in achieving improved health and wellness through self-empowerment and access to healthcare resource information. Programs are offered to groups or on an individual basis. All programs are free and all members of the community are welcome. Services do not include: dispensing or administering medication; diagnosing or treating medical problems; or recommending medical treatments or medicines. Mon-Fri 8:00 am – 5:00 pm; summer hours may vary.
www.mhm.org

WESLEY NURSE RN
(325) 597-1571
401 S. Blackburn St., Brady, TX 76825

WESLEY NURSE RN
(325) 473-2069
324 S. Washington, Bronte, TX 76933

WESLEY NURSE BSN, RN
(325) 347-5983
224 S. Washington, Mason, TX 76856

HOSPICE SERVICES

HOSPICE OF SAN ANGELO
(325) 658-6524 or (800) 499-6524
SAN ANGELO, TX 76901
Bereavement care. Support groups held quarterly with more urgent support available. This is offered free of charge. Anyone may attend. Services available 24 hours/7 days.

HOSPICE OF SAN ANGELO
(325) 658-6524 or (800) 499-6524
Landy House, 14 S. Jefferson, San Angelo, TX 76901
For people who have lost a loved one or a friend. Special groups are “Grief Education Group” held on the 1st Tuesday evenings of each month at 5:30 pm and “Sole Mates” a mall walking support group that meets each Thursday at 8:30 a.m. outside the Chick-Fil-A food court area in Sunset Mall. Building Bridges is offered twice a year for grieving children ages 5 thru 18. Please call the office for more information. www.hospiceofsanangelo.org

KINDRED HOSPICE
(325) 481-0123
112 W. Concho, San Angelo, TX 76903
Kindred Hospice provides hospice care 24 hours/7 days a week. People who are diagnosed with a life limiting illness and meet the medical criteria may qualify for the hospice benefit. The hospice benefit pays the cost of prescriptions, supplies, and medical equipment that are related to the hospice diagnosis. Kindred Hospice serves patients wherever they call home. The Senior Medical Director is Dr. Vayden Stanley. The Associate Medical Directors are: Dr. Brenda Owens, Dr. Robert Prieto and Dr. Viki Forlano.
www.kindred.com

ST. GABRIEL’S HOSPICE & PALLIATIVE CARE
(325) 301-9030
San Angelo, TX
St. Gabriel’s Hospice provides hospice care to San Angelo and surrounding areas. Our culture is centered on the concept of People Caring for People. We provide symptom management as well as spiritual and emotion support to patients with a terminal illness, when curative treatment is no longer effective. We are available 24 hours/7 days a week.
www.stgabrielshospice.com

COMMUNITY HEALTH WORKER AVAILABLE AT
(325) 895-4862
Betel UMC 115 Avenue O, San Angelo, TX 76903

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BEST OF 2018

The Standard-Times
INDEPENDENT LIVING & RETIREMENT COMMUNITIES

BAPTIST RETIREMENT COMMUNITY
(325) 655-7391
902-903 N. Main, San Angelo, TX 76903
Continuing care retirement community for persons 62+ offering life-enriching and wellness opportunities, as well as, transportation, safety patrol, pharmacy, and maintenance free lifestyle at the following locations:

HENLEY-MABEE HIGH RISE @ BAPTIST RETIREMENT COMMUNITY
(325) 655-7391 or (325) 659-2021
903 N. Main, San Angelo, TX 76903

NORTHGATE ESTATES @ BAPTIST RETIREMENT COMMUNITY
(325) 655-7391 or (325) 659-2021
Bradford & 14th Streets, San Angelo, TX 76903

THE VILLAGE @ BAPTIST RETIREMENT COMMUNITY
(325) 655-7391 or (325) 659-2021
Independent living located throughout the 100 acres of Baptist Retirement Community.
www.baptistretirement.org

CHRISTIAN VILLAGE
(325) 949-8575
4225 Billie Bolin Dr., San Angelo, TX 76904
Senior Living Community for Adults 62+ offering one and two bedroom apartments, affordable rent, security, 24 hour emergency call system, beauty shop, senior nutrition lunch program, full range of activities, and courtyard.

FOREST PARK
(325) 942-7561
Affordable Housing available for applicants 62 or older or disabled. Many amenities, Washers and Dryer connection, Handicap Accessible and Lawn Maintenance Provided. $200 Deposit and $400 monthly rent.

PLAZA DEL SOL APARTMENT
(325) 223-0700
4359 Oak Grove Blvd.-Leasing Office
San Angelo, TX 76904
(325) 223-8895 Office
(325) 223 0824 Fax
Provides 142 units on the campus for seniors 62+ with low income. Facilities offer supportive, recreation, social activities, senior nutrition program and bilingual assistance. Presently taking applications. No application fee is required. Office: Mon – Fri; 9:00 am – 4:00 pm.

♥ Do you have a tight aching pain in your calf or thigh while walking?
♥ Do your legs feel weak or tired after walking short distances?
♥ Do you have difficulty walking or maintaining balance?
♥ Do you have poor healing wounds on your legs and/or feet?
♥ Are your feet cold, numb or discolored?

If you answered YES to any of these questions, you may have a serious condition called PAD (Peripheral Arterial Disease). Dr. Milton Leon specializes in the diagnosis and treatment of patients with PAD.

Dr. Milton Leon can perform minimally invasive non-surgical procedures to restore circulation to the lower extremities.

Dr. Milton Leon is Board Certified in Cardiovascular Disease & Interventional cardiology
Call for your appointment today! (325) 944-1240
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Cardiology Associates of West Texas
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RIO CONCHO RETIREMENT COMMUNITIES
Independent living, for persons aged 62+, in a secure community with a choice of apartments, patio homes, and town houses. Enjoy planned activities, 24 hour maintenance, and beauty salons.
www.rioconcho.com

RIO CONCHO MANOR (APARTMENTS)
(325) 653-3351
401 Rio Concho Dr., San Angelo, TX 76903

RIO CONCHO PATIO HOMES
(325) 655-4054
405 Rio Concho Dr., San Angelo, TX 76903

RIO CONCHO TERRACE (APARTMENTS)
(325) 658-2662
403 Rio Concho Dr., San Angelo, TX 76903

RIO CONCHO WEST (PATIO HOMES/TOWN HOMES)
(325) 944-9564 or (800) 942-9564
6359 Appaloosa Trail, San Angelo, TX 76901

VILLAGE EAST RETIREMENT COMMUNITY
(325) 944-0819
4054 Sul Ross, San Angelo, TX 76904
Two- and three-bedroom, two-bath town homes. Maintenance-free retirement living for persons 55+.

INFORMATION & REFERRAL

211 TEXAS -Dial 211 to be connected with a Specialist who can provide information about health and human services. Available 24/7

AMERICAN CANCER SOCIETY
(800)227-2345 (available 24/7)
Mailing Address only: 3371 Knickerbocker Rd #231.
San Angelo, TX 76904
Provides services to cancer patients including wigs and turbans to patients at no charge. Transportation and Hotel Assistance may be available for cancer patients to travel to their doctor’s appointments. Referrals to local resources and support groups. Representative are available 24/7/365. www.cancer.org
Local Survivor events are listed on www.RelayForLife.org/TomGreenCoTX
BETTER BUSINESS BUREAU
(325) 949-2989
3149 Executive Dr., San Angelo, TX 76904
Provides information and complaint histories of local businesses. Accepts complaints and offers mediation. Provides information about scams and identity theft.
www.bbb.org

SAN ANGELO CHAMBER OF COMMERCE
(325) 655-4136
418 W. Ave. B, San Angelo, TX 76903
Information for tourists, businesses, and individuals interested in relocating in San Angelo.
www.discoversanangelo.org

LEGAL ASSISTANCE

LEGAL AID OF NORTHWEST TEXAS
1-888-529-5277 Hotline
(325) 653-6982 or Fax (325) 655-9012
17 S. Chadbourne, Suite 403
San Angelo, TX 76903
Provide legal assistance to low income individuals regarding civil legal matters. May apply in person or via hotline. Office hours: Mon – Fri 8:00 am – 5:00 pm.
www.lanwt.org

TEXAS ADVOCACY PROJECT HOPE LINE
HOPE LEGAL LINE 1(800) 374-HOPE
Free legal services to survivors of domestic or dating violence, sexual assault, or stalking. Legal services include information about civil and family law related to the violence, including protective orders, divorce, child custody, and child support. For more information please contact Texas Advocacy Project.
Mon – Fri 8:30 am – 5:30 pm.
www.texasadvocacyproject.org

CASPAR” MANOR
NURSING & REHABILITATION
Call Cedar Manor Nursing & Rehabilitation today, and ask to speak with our Admissions Coordinator.
Cedar Manor Nursing & Rehabilitation
1915 Greenwood
San Angelo, Texas
325-942-0677
www.cedarmanorcare.com

LEGAL HOTLINE FOR TEXANS
815 Brazos, Suite 1100 Austin, TX 78704
1(800) 622-2520
The Legal Hotline for Texans answers legal questions free of charge in many areas of law, except criminal matters, for Texans sixty years of age or older and those less than sixty who receive Medicare. Mon - Fri 8:30 am - 5:00 pm.
www.tlsc.org

TEXAS LAW HELP
Texas Law Help is a website dedicated to providing free, reliable legal information to low-income Texans. It is part of a broader effort within the national legal aid community to use technology, specifically the Internet, to enhance and expand the delivery of legal aid.
www.TexasLawHelp.org

TEXAS LEGAL SERVICES CENTER
512-477-6000
TLSC generally does not provide lawyers to represent people in court cases. TLSC operates a legal hotline program that gives self-help legal advice to Texas residents who are over age 60 or who receive Medicare. TLSC also has programs that assist low income people who have problems accessing health care, low income victims of violent crimes, persons who have suffered abuse or neglect in residential care facilities such as nursing homes, victims of identity theft, and persons who have problems with pensions.

LICENSED HOME HEALTH AGENCIES

The Long-term Care (LTC) Provider Search can help you learn more about these providers.
https://apps.hhs.texas.gov/LTCSearch ● www.medicare.gov/home-healthcompare
ANGELS CARE HOME HEALTH  
(325) 655-5099  
3308 Foster St., San Angelo, TX 76903  
Skilled Nursing, Home Health Aide, Medical Social Worker, Physical Therapy, Occupational Therapy, and Speech Therapy services. All services are covered by Medicare 100% if qualified. RN available 24 hours, weekends and holidays. Cover San Angelo and surrounding counties including Crockett County.  
www.angmarholdings.org

CARTER HEALTHCARE  
(325) 944-8181  
2725 Sherwood Way, Suite 700, San Angelo, TX 76904

CARTER HEALTHCARE (325) 597-3107  
1501 S. Bridge St., Brady, TX 76825  
Provides homecare from a recent hospital discharge, skilled nursing or rehab unit or physician visit. Provides education and supervision on new procedures, medications, and disease management. JCAHO Accredited. Providing homecare since 1989.

CONCHO VALLEY HOME HEALTH CARE  
(325) 944-8916  
430 W. Beauregard Ave. Suite B, San Angelo, TX 76904  
24 hour nursing service and private duty. Medicare certified agency, VA provider Program, Private Duty Care. Mon -Fri 8:00 am – 5:00 pm

ENCOMPASS HEALTH  
(325) 486-0400 OR FAX (325) 486-0403  
334 W. Highland Blvd., San Angelo, Tx 76903  
Provides skilled nursing, physical therapy, occupational therapy, speech therapy, medical social work and home health aides.

KINDRED AT HOME  
(325) 949-1108  
1518 W. Beauregard Ave., San Angelo, TX 76901  
We deliver services according to a plan of treatment developed by patients, their family members, physicians and our home health staff to maximize independent functioning and reduce rehospitalizations. You can remain safe in familiar surroundings while family members and caregivers can also be involved. Whether helping to address a serious illness, manage a chronic disease or recuperate from surgery, our skilled professionals help create a supportive and healing environment in your home. Our expert care team works to improve your quality of life and prevent unwanted hospital visits on your road to recovery.  
www.kindredathome.com

SAN ANGELO HOME HEALTH  
(325) 655-6600  
423 S. Irving, San Angelo, TX 76903  
Provides Physical Therapy, Occupational Therapy; and Speech Therapy. Medicare and other major insurances accepted. Mon – Fri 8:00 am- 5:00 pm; 24 hour on call.  
www.SanAngeloHomeHealth.com

SHANNON HOME HEALTH SERVICES AND LIFELINE  
(325) 659-7480  
2030 Pulliam, Suite 6, San Angelo, TX 76905  
Home Health and Personal Response system. Nurse available 24 hours a day.

MEAL AND NUTRITION SERVICES

MEALS FOR THE ELDERLY  
(325) 655-9200  
310 E. Houston Harte, San Angelo, TX 76903  
Nutritious meals delivered to homebound Seniors Monday through Friday. Donations requested. Diabetic, weekend, and frozen meals also available. Meal delivery includes the San Angelo, Carlsbad, Christoval, Grape Creek, Miles, Water Valley, Harriet, Mereta, Veribest, Orient, and Wall Communities. Mon- Thurs. 8:00 am – 4:30 pm; Fri 8:00 am – 12:30 pm.  
www.mealsfortheelderly.org

PROJECT DIGNIDAD  
(325) 658-7885  
313 W. Ave. N, San Angelo TX 76903  
Emergency food for a few days only. Mon – Fri 9:00 am – 1:00 pm. For more information contact: Jeannie Solis.
NUTRITION SITES
The Concho Valley Area Agency on Aging receives funding from the Health and Human Services Commission to provide congregate and home delivered meals to persons 60 years of age or older in the Concho Valley Region. Persons under 60 years of age may receive services if:
• Spouse is eligible and participates at the nutrition site;
• Serves as a volunteer at the nutrition site in accordance with OAA standards;
• Disabled/resides in the housing facility and wants to participate in the congregate meal program provided at the site; or
• Disabled and lives with the person participating in congregate meal program.

Listed below are local and rural nutrition sites of the Concho Valley:

CITY OF SAN ANGELO, SENIOR NUTRITION PROGRAM
(325) 481-2798
Hot meals served in a congregate setting. Meals follow the Federal Dietary Guidelines for Americans. Administration for programs located at the Santa Fe Crossing Senior Center. Nutrition sites are as follows:

CHRISTIAN VILLAGE
(325) 949-8575
4225 Billie Bolin Dr.
San Angelo, TX 76904
www.christian-village.com

PLAZA DEL SOL # 2
(325) 223-8895
4359 Oak Grove Blvd.
San Angelo, TX 76904

SANTA FE CROSSING SENIOR CENTER
(325) 657-4484
702 S. Chadbourne
San Angelo, TX 76903

COKE COUNTY
Bronte Senior Center
(325)473-6471
613 East Oliver St.
Bronte, Texas 76933

Robert Lee Senior Center
(325)453-2314
1402 Austin St.
Robert Lee, Texas 76945

CONCHO COUNTY
Eden’s Generation Nutrition Program
(325)869-5075
104 E. Blanchard, Unit 24
Eden, Texas 76837

CROCKETT COUNTY
Helping Hands For The Elderly, Inc
(325)392-5026
2 State Hwy 163 S.
Ozona, Texas 76943

KIMBLE COUNTY
Kimble County Meals On Wheels
(325)446-3621
404 College Street
Junction, Texas 76849

MASON COUNTY
Mason County Senior Center
(325)347-6242
Corner Moody & Bryan
Mason, Texas 76856

MCCULLOCH COUNTY
Sunset Center
(325)597-2946
214 West Lockhart
Brady, Texas 76825
We are locally owned and operated since 1957. We offer city wide prescription delivery. We have a wide variety of supplies and equipment that include diabetic shoes and supplies, lift chairs, ostomy supplies, braces, rolling walkers, and more. Mon - Fri 8:00 am - 6:00 pm Saturday 9:00 am - 2:00 pm

www.medicalartspharmacy.net

MEDWAY MEDICAL EQUIPMENT
325-223-0231
3302 W 306 Loop, San Angelo, TX 76904
Mon - Fri 8:00am - 5:00 pm
www.medwaymedical.net

MEDICARE/MEDICAID/SOCIAL SECURITY

BENEFITS COUNSELING OF THE AREA AGENCY ON AGING OF THE CONCHO VALLEY
(325) 223-5704 or (877) 944-9666
2801 W. Loop 306, Suite A ● PO Box 60050, San Angelo TX 76906
Provided by staff who are trained to assist persons 60 years of age and older and persons with disabilities as it relates to Medicare in locating and in answering questions concerning public and private benefits, entitlements, and health insurance options. Issues related to long-term care, Medicare, Medicaid, insurance, various types of community based services, and legal assistance can be addressed and advocacy or referral provided. Benefits counselors will also alert Older Persons to fraud and agencies that will investigate and stop such illegal practices.

www.cvcog.org/cvcog/aaa.html

America’s Choice in Homecare
Visiting Angels
Senior Homecare by Angels

We serve and care for the elderly and disabled 24 hours a day

2525 S. Johnson St | Suite D | San Angelo, TX 76904
www.VisitingAngels.com/SanAngelo
325.716.1803

- Home care for disabled/seniors
- Home care certified
- Companionship
- Meal preparation
- Medication reminders
- Light housekeeping
- Personal care
- Incontinence care
- Transportation
- Respite for family caregivers
- Hospice care support
- No contract or deposit
- Weekends/holidays day/night
DISABILITY CONNECTIONS RESOURCE CENTER
CONCHO VALLEY ADRC
(325) 227-6624
2809 Southwest Blvd., San Angelo, TX 76904
Disability Connections is a Center for Independent Living, (CIL) promoting independence and equality for everyone by providing a variety of services and supports to people of all ages and all disabilities throughout the Tom Green and 13 surrounding county area. Services include: information and referral, advocacy, peer support, independent living skills classes, transition and relocation services and education and awareness. The Independent Living Services program, assists individuals in purchasing assistive technology such as; wheel chairs, ramps, hearing aids and other devices to increase their independence. The Center also serves as the Concho Valley Aging and Disability Resource Center (ADRC) to connect Consumers to the long term services and supports they need such as; Medicare benefits information, social security, housing, and caregiver services. Mon - Fri 8:00 am - 5:00 pm; 24 hour message service; dcciltx.org Call for an appointment

SOCIAL SECURITY ADMINISTRATION (SSA)
1(877) 840-5742 or 1(800) 772-1213
2851 Southwest Blvd., San Angelo, TX 76904
Applications for Social Security cards are accepted with proof of ID and citizenship.
Medicare: Social Security screens for eligibility for medical insurance providing hospital/medical coverage to eligible disabled and those 65+.

Supplemental Security Income (SSI): Provides additional income to people meeting income guidelines. Must be blind, disabled or over 65. You can file for Retirement, Disability and Medicare Benefits online! www.ssa.gov
The website can also be used to receive a Retirement Estimate and to print applications for Social Security Cards. Current beneficiaries can change address or phone numbers, get a replacement Medicare card, apply for Medicare extra help and ask for their check to be direct deposited. Mon, Tue, Thurs., Fri 9:00 am - 4:00 pm; Wed 9:00 am – 12:00 pm

TEXAS HEALTH AND HUMAN SERVICES COMMISSION
OFFICE OF ELIGIBILITY SERVICES (HHSC OES)
MEDICAID FOR THE ELDERLY AND DISABLED
(325) 659-7900
622 S. Oakes, Suite E2, San Angelo, TX 76903
Medicaid Eligibility Division determines financial eligibility for people applying for Medicaid in-home services and long-term care facilities services. Also determines eligibility for Qualified Medicare Beneficiary (QMB) and Specified Low Income Medicare Beneficiary (SLMB) programs. Mon - Fri 8:00 am – 5:00 pm.

TEXAS HEALTH AND HUMAN SERVICES COMMISSION (HHSC)
OFFICE OF ELIGIBILITY SERVICES - TEXAS WORKS DIVISION
(325) 655-0576
622 S. Oakes, Suite E2, San Angelo, TX 76903
Determines eligibility for food stamps (SNAP), TANF, Medicaid, and CHIP (Children’s Health Insurance Program).
www.YourTexasBenefits.com

MENTAL HEALTH, SUBSTANCE ABUSE & CRISIS RESOURCES

ALCOHOL AND DRUG ABUSE COUNCIL FOR THE CONCHO VALLEY (ADACCV)
(325) 224-3481 or (800) 880-9641
3553 Houston Harte, PO Box 3805 , San Angelo, TX 76902
Education, prevention, intervention, and drug treatment for alcohol and drug addiction.
www.adaccv.org

AMERICAN RED CROSS - TEXAS BIG COUNTRY CHAPTER
(325) 658-4409
San Angelo, TX 76904
Provides immediate disaster relief assistance for: fire victims, tornado victims, flood victims, or earthquake victims. Also offers Health and Safety Services: CPR, First Aid, AED, and Lifeguard training. Call for more information.
www.redcross.org

HEART OF TEXAS HEALTHCARE SYSTEM
Heritage Program
(325) 792-3982
2006 Nine Road, Brady, TX 76825
Providing outpatient mental health services to older adults. Mon – Fri 8:00 am – 4:00 pm.
KIMBLE HOSPITAL HERITAGE PROGRAM FOR SENIOR ADULTS
(325)446-8300
349 Reid Rd, Junction, TX  76849
Providing outpatient mental health services to 55+ and/or disabled adults. Office hours are Mon – Thurs 8:00 am – 5:00 pm

MHMR SERVICES FOR THE CONCHO VALLEY
Main Line (325) 658-7750
Crisis Line (325) 653-5933
Toll Free Crisis Hotline (800) 375-8965
1501 W. Beauregard, San Angelo, TX 76901
Intake, screening, and referral services for adults and children with needs associated with mental health, intellectual and developmental disabilities and autism. Supports provided to eligible persons include: case management/service coordination, psychiatric and medication services, counseling, skills training, ABA therapy, respite, crisis stabilization, day habilitation and community support. Counties served include: Coke, Concho, Crockett, Irion, Reagan, Sterling, and Tom Green. Walk-ins accepted at 202 North Main Street for Adult Services – Tuesday 1:00-4:00 p.m. and Wednesdays 9:00 a.m. – 12:00 p.m.
www.mhmrcv.org

MOSAIC INC.
(325) 651-3333
5191 S. Bryant, San Angelo, TX 76904
Provides services to people with mental health and intellectual disabilities, including: supported home living, group home programs and access to therapeutic horse riding. Also provides childcare including children with and without special needs from 6:30 am - 6:00 pm. Office hours are Mon – Fri 8:00 am – 5:00 pm.
www.mosaicinsanangelo.org

OPEN ARMS RAPE CRISIS CENTER & LGBT+SERVICES
(325) 655-2000 Hotline (325) 658-8888
36 W. Beauregard, Suite B-100, San Angelo, TX 76903
Services to sexual assault survivors, such as a 24 hour hotline, support/advocacy, education and prevention programs. Provides medical and court accompaniment. Mon – Fri 8:00 am – 5:00 pm;
www.openarmscsv.org

RIVER CREST HOSPITAL
(325) 949-5722 or 1 (800) 777-5722
1636 Hunters Glen Rd., San Angelo, TX 76901

SHANNON BEHAVIORAL HEALTH SERVICES
(325) 659-7300 or (800) 227-5908
2018 Pulliam St., San Angelo, TX 76905
Psychiatric facility offers comprehensive in-patient mental health services to adults 18 years of age and older.

WEST TEXAS COUNSELING & GUIDANCE
(325) 944-2561
242 N. Magdalen, San Angelo, TX 76903
West Texas Counseling & Guidance provides professional counseling services to all ages regardless of insurance status. Services include: cognitive behavior therapy, cognitive processing for trauma, play therapy for children, couples counseling, substance abuse counseling and anger management. Sliding scale and copay assistance available with proof of income. Insurance accepted. Mon – Fri 8:00 am – 5:00 pm. Call for more information.
www.sanangelocounseling.org

NON-EMERGENCY PHONE NUMBERS

In the case of an emergency, dial 9-1-1. For non-emergency related questions, you may contact the offices listed below, for your area.

SAN ANGELO POLICE COMMUNITY SERVICES
(325) 657-4331 (Office)
505 S. Chadbourne, San Angelo, TX 76903

SAN ANGELO POLICE DEPARTMENT INFORMATION:
HEADQUARTERS – 401 E. Beauregard
POLICE DISPATCHER (325) 657-4315 (Non Emergency)
ADMINISTRATION (325) 657-4338
ALARMS COORDINATOR (325) 657-4304

Crime prevention and personal protection information and service. To make a police report or for immediate police assistance, please call the Dispatcher at (325) 657-4315.
www.sanangelopolice.org
www.facebook.com/SanAngeloPoliceDepartment
www.twitter.com/SanAngeloPolice

Brookdale South San Angelo
Senior Living Solutions
2695

We offer Independent Living, Assisted Living and Memory Care

We think personalized care is part of aging well.
With transportation, healthy options for meals, personalized services and trained staff, our Assisted Living Communities will help Mom with the care she needs.

Bringing New Life to Senior Living®

For more information, call
(325) 947-7194
brookdale.com

Voted “Best Assisted Living” & “Best Retirement Community” in San Angelo for 2018!
SAN ANGELO CRIME STOPPERS COORDINATOR  
(325) 657-4333  
REWARDS HOTLINE (325) 658-4357  
www.sanangelocrimestoppers.com

HOUSEWATCH  
(325) 481-2696  
Security checks by San Angelo police officers while homeowner or occupant is away from home for an extended time.

TOM GREEN COUNTY JAIL  
(325) 659-6597

TOM GREEN COUNTY SHERIFF  
(325) 655-8111

BRADY POLICE DEPARTMENT  
(325) 597-2121

COKE COUNTY FIRE AND SHERIFF  
(325) 453-2717

CONCHO COUNTY LAW ENFORCEMENT OFFICE  
(325) 869-2222

CROCKETT COUNTY SHERIFF  
(325) 392-2661

OZONA FIRE DEPARTMENT  
(325) 392-2626

IRION COUNTY EMS, FIRE, AND SHERIFF  
(325) 835-2551

KIMBLE COUNTY FIRE AND SHERIFF  
(325) 446-2766

MASON COUNTY FIRE AND SHERIFF  
(325) 347-5252

MENARD COUNTY FIRE AND SHERIFF  
(325) 396-4705

REAGAN COUNTY FIRE AND SHERIFF  
(325) 884-2424

SCHLEICHER COUNTY FIRE AND SHERIFF  
(325) 853-2737

STERLING COUNTY EMS, FIRE, AND SHERIFF  
(325) 378-4771

SUTTON COUNTY FIRE AND SHERIFF  
(325) 387-2288

PERSONAL ASSISTANCE SERVICES

The Long-term Care (LTC) Provider Search can help you learn more about these providers.  
https://apps.hhs.texas.gov/LTCSearch/

BAPTIST RETIREMENT COMMUNITY PERSONAL ASSISTANCE SERVICES  
(325) 481-7540  
902-903 N. Main, San Angelo, TX 76903  
Provides short and long term support services to assist one in the comfort of their home. From medication management, companion services to grocery shopping, these and other services can be arranged to help on age successfully.  
Accepts Private Pay and some other forms of insurance.  
www.baptistretirement.org

COMFORT KEEPERS  
325-949-0700  
3121 Executive Dr., San Angelo, TX 76904  
Comfort Keepers provides exceptional non medical in home care for the elderly to keep them home where they are the happiest. Office hours M-F 8:30-5:00  
www.comfortkeepers.com

OUTREACH HEALTH SERVICES  
(325) 227-8908  
17 S. Chadbourne, Ste. 500, San Angelo, TX 76903  
Community Care Services Division and Personal Emergency Response Service. Provide home care, personal assistant services, respite care and other related services through Health and Human Services Commission (HHSC); Area Agency on Aging (AAA) and various veteran’s assistance programs Medicaid and Private Pay.  
www.outreachhealth.com
TLC IN HOME CARE, INC.
(325) 658-1307
1932 Sherwood Way, San Angelo, TX 76901
TLC has professional sitters, home-makers, and certified Nurses Aides available.
TLC offers an array of services that can be tailored to your needs. Whether you or
your loved one needs 3 hrs. to 24 hrs. a day. Office Mon – Fri 8:00 am – 5:00 pm.
www.tlc-homecare.com

COMMUNITY HEALTH CLUB
(325) 947-2582
3336 W. Loop 306, San Angelo, TX 76904
Provides over 70 group exercise classes per week. Low impact aerobics, water aero-
bics, yoga, and senior fitness classes. Cardio & strength training equipment, racquet-
ball/basketball/Volleyball courts, indoor walking/jogging track, locker room facilities,
heated pool & hot tub, wet & dry saunas and childcare facilities. Personal training &
nutrition counseling services available. Special discounts for ages 50 and over.
www.sahealthclub.com

CITY OF SAN ANGELO RECREATION DEPARTMENT -SENIOR SERVICE
STATION 618 SENIOR CENTER
Recreation for 55+
Nutrition for 60+ and spouse
(325) 481-2798
618 S. Chadbourne, San Angelo, TX 76903
Station 618 is a hub for senior activities. The facility houses a ceramic shop, comput-
er lab, fitness room full of senior-friendly exercise equipment, a small library, and a
large activity room. Line dance, tap dance, and C & W dances are very popular due to
the activity room’s beautiful wood floor. Our Fitness Program is our premiere activity
and includes use of the fitness room and participation in a variety of fitness classes
such as, TaiChi, Yoga, Cardio and Strength, and Zumba. Ages 55 and older.

R.A.D FOR SENIORS
(325) 947-6130
3336 W. Loop 306, San Angelo, TX 76904
An awareness and defense strategy program for older adults. This program also
includes physical defense workouts for technique development and educational
components to assist with the development of defensive strategies.

CITY OF SAN ANGELO RECREATION DEPARTMENT -SENIOR SERVICE
SANTA FE CROSSING SENIOR CENTER
(325) 657-4484
702 S. Chadbourne, San Angelo, TX 76903
Senior Services provides a variety of things for the senior adults of the communi-
ty. The Senior Center provides a nutritious and delicious meal meeting 1/3 RDA,
five days a week and is delivered throughout San Angelo at different nutrition
sites. For more details on the different locations go to Meals & Nutrition. The
facility provides recreational activities that range from physical activities to arts
and crafts, to socialization and fellowship. The facility offers a variety of health
screenings. A Library is located at Station 618, along with a fitness area. Informa-
tion and referral is provided through Senior Services.

SILVERSNEAKERS® FITNESS PROGRAM / AARP MEDICARE
SUPPLEMENT “AT YOUR BEST” PROGRAM
(325) 655-9106
San Angelo YMCA
353 S. Randolph, San Angelo, TX 76903
Offers SilverSneakers® fitness classes which are specially designed for seniors
on the floor and in the water. Group fitness classes are available to all seniors.
Wheelchair accessible.

SHANNON WOMEN’S FITNESS CENTER
(325) 947-0590
4208 College Hills Blvd., San Angelo, TX 76904
Medically based. Yoga, fitness classes, variety of non-impact cardio equipment
and hydraulic equipment available for arthritic clients. Women only.

SUNSET MALL
(325) 949-1947
4001 Sunset Dr., Suite 1182, San Angelo, TX 76904
Open daily for individuals that would like to get physical exercise by walking indoors.
Two laps around the entire interior of Sunset Mall is one mile. Mon – Sat 7:00 am; Sun
11:00 am. Hours are subject to change especially during holidays and special events.
www.sunsetmall.com

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Live the Good Life!

Good Food  Good Company  Good Friends

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Senior Apartments
4359 Oak Grove Blvd. Leasing Office  (325) 223-8895
San Angelo, Texas 76904
WEST TEXAS RSVP MOTOR COACH TOURS  
(325) 223-6388  
618 S. Chadbourne St., San Angelo, TX 76903  
Escorted motor coach tours and cruises through Bilbrey Tours. Stateside and international tours available. Go, see, do, and experience through day tours or extended tours. A choice of over 30 tours available. Brochures available upon request.  
www.westtexassrsvp.org or https://facebook.com/WestTexasRSVP

REPORTING ABUSE, NEGLECT, AND EXPLOITATION

LONG-TERM CARE OMBUDSMAN PROGRAM  
(325) 223-5704 ext 238 or toll free at: 1-800-252-2412  
2801 W. loop 306, Suite A, San Angelo, TX 76904  
You can call your local Long-term Care Ombudsman when needing to file a complaint on a nursing home or assisted living facility. Ombudsman advocate for residents pertaining to resident rights, health, safety and welfare. An Ombudsman can give you steps to take on how to file a grievance with the facility and will assist in filing a formal complaint with Regulatory Services if needed.

SENIOR MEDICARE PATROL (SMP) NATIONAL RESOURCE CENTER  
1-877-808-2468  
Contact your Senior Medicare Patrol (SMP) if you think you have been the victim of Medicare fraud, errors, or abuse. An SMP representative will make referrals to the appropriate state and federal agencies for further investigation. Open Monday-Friday 8am-4:30pm central time  
www.smpresource.org

TEXAS DEPARTMENT OF FAMILY AND PROTECTIVE SERVICES  
(ADULT PROTECTIVE SERVICES)  
(325) 657-8870 Hotline (800) 252-5400  
622 S. Oakes, Suite G, San Angelo, TX 76903  
Investigates reports of abuse, neglect and/or exploitation of persons who are elderly and/or persons with disabilities.  
www.txabusehotline.org

SHELTERS

INSTITUTE OF COGNITIVE DEVELOPMENT (ICD) – “Bridging victims of domestic violence and the developmentally disabled to a future of empowerment.”  
ICD FAMILY SHELTER  
(325) 655-5774 OR (800) 749-8631  
(325) 658-8631  
PO Box 5018, San Angelo, TX 76902  
NewBridge Family Shelter is dedicated to reducing domestic violence by providing a safe haven and educational service to victims. 24 hours/7 days.
ICD STONEBRIDGE TRAINING RESIDENCE
(325) 655-3884
20 S. Koenigheim, San Angelo, TX 76903
Intermediate Care Facility for Adults with developmental disabilities. Provides a long term living environment that fosters the intellectual growth, independent living skills. Our primary focus is on quality of life.
www.icdbridges.org

THE SALVATION ARMY
(325) 655-6981 (325) 227-4679
122 W. 2nd St, San Angelo, TX 76903
Emergency Shelter Services provided 365 days of the year. Shelter check-in begins at 3pm daily with no set check-out time. Breakfast is provided for Residents. Married couples wishing to stay in same room must provide Marriage License. Birth certificate or Medicaid card required for children. Location accessible to those with disabilities.
Meals & free showers offered to the public daily at 6:00 pm.
The shelter is open 24/7, 365 days a year.
www.salvationarmysanangelo.org

Senior Care Centers believes every patient and resident should be treated with the dignity and respect they deserve while receiving the clinical care that meets their needs. We are committed to providing patients with compassionate care throughout their stay. We offer a range of skilled nursing services including: short-term rehabilitation, skilled nursing, specialized respiratory/ventilator care and memory care units.

The heart of nursing care is here.

Senior Care Centers
Meadow Creek
(325) 942-4000
4343 Oak Grove Blvd.
San Angelo, TX 76904

San Angelo
(325) 944-1600
5455 Knickerbocker Rd.
San Angelo, TX 76904

Regency House
(325) 942-7700
3745 Summer Crest Dr.
San Angelo, TX 76901

SeniorCareCentersLTC.com

So many great stories still to tell.
The City of San Angelo offers several programs through the Community and Housing Support Division. These programs include Indigent Cremation for decedents and families without resources to cover cremation of family members; Emergency Housing Repairs which assists eligible homeowners within the City limits with plumbing, electrical emergencies that have recently occurred; a First-time Homebuyers program that provides down payment and closing costs to help individuals and families purchase a home within the City limits; and a Homeless Prevention Program that assists households who are being evicted due to unforeseen circumstances. To be eligible, all applicants must meet income requirements set by federal guidelines. Mon - Fri 8am-12pm & 1pm.

www.cosatx.us/chs.

CONCHO VALLEY COMMUNITY ACTION AGENCY
(325) 653-2411
36 E. Twohig, Suite B-2, San Angelo, TX 76903


WEATHERIZATION PROGRAM: FREE weatherization program to help reduce utility costs. Home weatherization may include: insulation, caulking, weather stripping, repair or replacement of heating/cooling units. Home owners and renters welcome. Income eligibility requirements apply. Weatherization services provided in Coke, Coleman, Concho, Crockett, Irion, Kimble, McCulloch, Menard, Reagan, Runnels, Schleicher, Sterling, Sutton, and Tom Green counties.

GALILEE COMMUNITY DEVELOPMENT CORPORATION
1404 S. Oakes St., San Angelo, TX 76903
(325) 655-6700
Provides affordable housing in the San Angelo area. We offer new construction homes, rental homes, accessibility rehabs, and light repairs for senior citizen homeowners. Accessibility and senior home repairs are free for low-income households. In November 2018, we will have transitional rental homes for families on the verge of becoming homeless. www.galileecdc.com or find us on Facebook!

RUST STREET MINISTRIES
(325) 486-1004
803 Rust, San Angelo, TX 76903
Food, clothing, household items, and furniture. Do Well, Be Well with Diabetes classes and Better Living for Texans nutrition education classes from Texas A&M AgriLife Extension are taught at Rust Street. Call (325) 486-1004 for more information. Hours: Mon- Thurs.; 10:00 am - 2:00 pm; Fri 9:00 am - 12 noon.

Your Choice for Home Nursing & Therapy is

BLACK
- Rated 4.5 Star by Medicare
- Winner of TOP AGENCY by HomeCare Elite
- Highest Rated Locally Owned Agency
- Friendly, Professional, Licensed Staff
(325) 655-6600

WHITE
- Rated 4.5 Star by Medicare
- Winner of TOP AGENCY by HomeCare Elite
- Highest Rated Locally Owned Agency
- Friendly, Professional, Licensed Staff
(325) 655-6600

San Angelo Home Health - Nursing & Therapy
SHANNON MEDICAL CENTER PHARMACEUTICAL ASSISTANCE
(325) 657-8323
2030 Pulliam, Suite 16, San Angelo, TX 76905
Pharmaceutical assistance for people in the Concho valley. Mon – Thu 8:00 am – noon and 1:00 pm – 4:00 pm.

TEXAS HEALTH HUMAN SERVICES COMMISSION (HHSC) - COMMUNITY CARE SERVICES - ELIGIBILITY
(325) 659-7905
622 S. Oakes, Suite E1, San Angelo, TX 76903
HHSC Community Care Services provides an array of services and supports that enable aging and disabled Texans to have choices to maintain independence and live in a safe environment. Community Attendant Services (CAS) offers personal care tasks: bathing, dressing, grooming, routine hair and skin care, preparing meals, feeding, exercising, helping with self-administered medication, toileting, and transferring/ambulating, including cleaning, laundry, shopping. Family Care (FC): Home management (cleaning, shopping, laundry), Day Activity and Health Services (DAHS): provide daytime services to people who live in the community who need medication administration, Emergency Response Systems (ERS): which has a 24-hour, seven-day-a-week monitoring capability, to ensure the appropriate person or service agency responds to an alarm call from an individual, Home Delivered Meals (HDM) - provides hot, nutritious meals that are typically served in the individual’s home where (HHSC) services are contracted; In-Home and Family Support Program (IHFSP): Receive up to $1200.00 yearly for approved items. Some programs have an interest list.
Mon – Fri 8:00 am – 5:00 pm, except holidays.
WESLEY TRINITY DAILY BREAD SOUP PROGRAM  
(325) 653-9028  
301 W. 18th St., San Angelo, TX 76903  
Provides meals to everyone in the service area in need. Provides on-site Nursing and counseling; clothes closet Tues Thurs, mission for meals Mon – Sat 11:00 am – 12:50 pm. Devotional services during the lunch hours for those interested. Director Pamela Burke, Volunteer Coordinator, Ola McCorkle.

SUPPORT GROUPS

ADULT DIABETES SUPPORT GROUP  
(325) 944-1778  
Trinity Lutheran, 3536 YMCA Dr., San Angelo, TX 76904  
Meets second Thursday of each month from 6:30 pm – 8:00 pm at Trinity Lutheran Church. Focuses only on adult diabetes, Type 1 and Type 2. Contact Carolyne Glass at dcglass1@suddenlink.net

ALCOHOLICS ANONYMOUS  
(325) 939-8939  
This phone number is answered 24 hours a day to provide you with detailed information regarding Alcoholics and Narcotics Anonymous support groups in San Angelo, TX, including meeting times and locations. Fellowship of men and women who seek to recover from alcoholism. Confidential and free, information is available by mail. Write to: District 14, Box 2497, San Angelo, TX 76902 or contact the Sherwood Group at (325) 949-8178, Box 3590, San Angelo, TX 76902 for more information.  
www.SanAngeloAA.org
THERAPY SERVICES

BAPTIST OUTPATIENT THERAPY SERVICES
(325) 655-7391
902-903 N. Main, San Angelo, TX 76903
Comprehensive rehabilitative services including physical, occupational, and speech therapy available to all adults in the Concho Valley region recovering from injury or following hospitalization. State-of-the-art equipment. Medicare and other forms of insurance are accepted.
www.baptistretirement.org

SAN ANGELO COMMUNITY MEDICAL CENTER
OUTPATIENT THERAPY SERVICES
(325) 949-5900
3605 Executive Dr., San Angelo, TX 76904
Provides comprehensive outpatient rehabilitative care including outpatient physical/occupational/speech therapies. Specialties include hands, general orthopedics and aquatic therapy.

SHANNON REHAB CENTER
(325) 481-8680
2018 Pulliam St., San Angelo, TX 76905
In-patient rehabilitation facility providing comprehensive rehabilitation.
WEST TEXAS REHABILITATION CENTER (WTRC)
(325) 223-6300
3001 S. Jackson, San Angelo, TX 76904
Out-patient services including physical therapy, occupational therapy, speech/language pathology, audiology/hearing aids, orthotics/prosthetics, Hospice, and employer services. www.westtexasrehab.org

TRANSPORTATION

CONCHO VALLEY TRANSIT
(325) 947-8729 or Customer Service (877) 947-8729
510 N. Chadbourne, San Angelo TX 76903
Demand-response, curb-to-curb transportation within San Angelo for persons with disabilities who are unable to access the fixed route system. Transportation provided for any ADA approved individuals to nutrition sites and other locations. Contact Customer Service Center at number listed above for A.D.A. application.

CVTD provides public transportation through many services including: general public Fixed Routes in San Angelo, Demand Response (for persons with disabilities who are unable to access the fixed route system), Para-Transit, Charter Services, and Rural Service in the surrounding 12 counties. Rates vary between services. For more information visit www.cvtd.org, or call (877)-947-8729. CVTD also provides transportation for Medicaid eligible individuals in Tom Green and in surrounding counties to and from doctors’ appointments and therapies. Trips must be approved through Medicaid agent 5 days in advance. General public appointments require 24 hours advance notice with cut off time for appointment scheduling at 3:30pm the day before. Schedule by calling (877)-949-8729. Open M-F 6:30am-6:30pm, closed from 11:30-12:30 Saturday 7:30am-6:30pm, closed Sunday.
VETERAN SERVICES

AIRMAN AND FAMILY READINESS CENTER
(325) 654-3893
17FSS/FSFR, 171 Valiant St., Bldg. 145, Goodfellow AFB, San Angelo, TX 76908
Serves the needs of military personnel, dependents and retirees of all branches of service Mon – Fri 8:00 am – 4:00 pm.
Facebook.com/GoodfellowAFRC

AMERICAN LEGION POST 572
P.O. Box 704 San Angelo, TX 76902
(325) 655-7648
Meetings are held the 2nd Saturday of every month at 10:00 am at the VFW Hall
Located at 125 South Browning Street. Ask for Carl Frentz.

AMERICAN LEGION, JAMES J. GOODFELLOW JR., POST 32
(325) 617-7816
Open to all veterans who have served their country during time of war and who need assistance in any matter especially for VA assistance. Meetings are held 2nd Monday of every month at 8:00 pm and meet for coffee at 8:00 a.m. every 1st and 3rd Monday of every month at Post 32, 165 E. 43rd St.

BENEFITS AND CLAIMS INQUIRY
1-800-827-1000

GRAVE MARKERS AND HEADSTONES
1-800-697-6947
LAMUN-LUSK-SANCHEZ TEXAS STATE VETERANS HOME  
1(432) 268-8387  
1809 North Hwy. 87, Big Spring, TX 79720  
Medicare and Medicaid certified; skill nursing facility with a Memory Support Unit. The facility is open to Texas veterans, spouses of Veterans, and gold Star Parents.

TEXAS VETERANS COMMISSION  
1-800-252-8387

TEXAS VETERANS LEGAL ASSISTANCE PROJECT  
1-800-622-2520, Option 2.  
The Texas Veterans Legal Assistance Project (VLAP) is a Texas Legal Services Center statewide project to expand the availability of legal assistance to low-income Texas Veterans and their families, with a focus on outreach to the disabled Veterans who live in rural areas of the state. There is no charge for our service, which is provided by telephone to eligible Veterans. Due to our heavy call volume, you may receive our voicemail. Please leave your name, phone number including area code, address, and a brief description of your problem. You may leave more than one phone number. An intake specialist will return your call as quickly as possible.

THE NATIONAL RESOURCE DIRECTORY (NRD)  
WWW.NRD.GOV  
The National Resource Directory (NRD) is a resource website that connects wounded warriors, Service Members, Veterans, their families, and caregivers to programs and services that support them. It provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration. Visitors can find information on a variety of topics that supply an abundance of vetted resources including Benefits and compensation, community of care, education and training, employment, family and caregiver support, health, homeless assistance, housing, military adaptive sports program, transportation and travel, other services and resources.
VA OUTPATIENT CLINIC
(325) 658-6138 Fax (325) 658-8104
2018 Pulliam, San Angelo, TX 76905
The San Angelo Community Based Outpatient Clinic (CBOC) is designed to deliver primary care and Mental Health services to eligible veterans living in the following counties: Coke, Glasscock, Irion, Reagan, Runnels, Sterling and Tom Green.

VET CENTER-MIDLAND
1-800-299-8387

VETERANS OF FOREIGN WARS (VFW)
(325) 655-6550
125 South Browning St, San Angelo, TX 76903
Meet the 3rd Monday of each month.

VETERANS COUNTY SERVICE OFFICE
(325) 659-6560 or (325) 653-2321
202 Henry O Flipper, San Angelo, TX 76903
(Located inside Workforce Solutions building)
The Veterans County Service Office assists veterans and their family members in obtaining federal and state benefits they have earned through their military service. Our office can assist in completing VA forms and other correspondence necessary in the claim or appeal process. We can also provide assistance or referrals regarding: Education, Home Loans, Insurance Records, VA Burial Allowance, VA Compensation and Pension, VA Health Care and others. There is no charge for our services. Walk-ins available M-F 8am-12pm and 1-5pm

VOCATIONAL REHABILITATION
325-677-1622

WEST TEXAS VA HEALTH CARE SYSTEM
(800) 472-1365
300 Veterans Blvd., Big Spring, TX 79720
**BAPTIST RETIREMENT COMMUNITY AUXILIARY**
(325) 655-7391
902 - 903 N. Main, San Angelo, TX 76903
Auxiliary members are a devoted group of volunteers who are residents, as well as non-residents, that make a positive impact on the BRC community. They donate their time, energy and devotion to the auxiliary to make the campus a better place to live.

**CONCHO VALLEY LONG-TERM CARE OMBUDSMAN PROGRAM**
(325) 223-5704 ext 238 or Toll Free at: 1-800-252-2412
2801 W. Loop 306, Suite A, San Angelo, TX 76904
Volunteers are needed to serve as advocates for residents of nursing homes and assisted living facilities. Volunteers listen to residents’ concerns and, with resident consent, investigate, problem-solve and help resolve concerns regarding residents’ health, safety, welfare and rights. No prior experience is required. Volunteers must be 18 years or older with reliable transportation, have no conflict of interests and be able to pass a criminal history check. Volunteers will be given free certification training with on-going support and continuing education. Volunteer hours are flexible and mileage reimbursement is available. Volunteers are currently needed in Coke, Concho, Crockett, Kimble, McCulloch, Menard, Reagan, Schleicher, Sterling, and Tom Green Counties.

**CONCHO VALLEY FOSTER GRANDPARENT PROGRAM (FGP)**
(325) 944-9666 or (toll free) 1-877-944-9666
2801 W. Loop 306, Suite A, San Angelo, TX 76904
Assigns volunteers aged 55+ to area public schools, Early Head Start centers, Head Start centers, and various youth program activities. Volunteers mentor and/or tutor children on a one-to-one basis 15-40 hours a week. Volunteer benefits include: a yearly physical examination, on-the-job accident and liability insurance, and recognition events. Income-eligible volunteers receive a tax-free stipend and transportation reimbursement. Stipend is not counted as income against other government benefits and is not taxable.
nolen.mears@cvcog.org or clementine.urista@cvcog.org.

**CONCHO VALLEY SENIOR COMPANION PROGRAM (SCP)**
(325) 944-9666 or (877) 944-9666 (toll free)
2801 W. Loop 306, Suite A, San Angelo, TX 76904
Provides income eligible seniors, aged 55 and older, the opportunity to serve as companions to frail, homebound seniors and disabled adults while earning a tax-free, hourly stipend. Volunteers serve 15-40 hours weekly. Volunteer benefits include: a yearly physical examination, on-the-job accident and liability insurance, and recognition events. Income-eligible volunteers receive a tax-free stipend and transportation reimbursement. Stipend is not counted as income against other government benefits and is not taxable.
nolen.mears@cvcog.org or clementine.urista@cvcog.org.

**SAN ANGELO COMMUNITY MEDICAL CENTER AUXILIARY**
(325) 947-6464
3501 Knickerbocker Rd., San Angelo, TX 76904
Volunteers provide services to add to the comfort, care and happiness of patients and their families. Call the number listed above if you are interested in becoming a volunteer.

**SHANNON MEDICAL CENTER VOLUNTEERS**
(325) 657-5285
120 E. Harris, San Angelo, TX 76903
Volunteers provide services to hospital and clinic patients and families.

**WEST TEXAS RSVP**
CONNECTING-VOLUNTEERING-IMPACTING
(325) 223-6388
618 S. Chadbourne St., San Angelo, TX 76903
4601 Hartford, Abilene, TX 79605 (325) 793-3522
One of the largest volunteer efforts in the nation, RSVP matches skills of volunteers 55+ with identified community needs to enrich the lives of the volunteers and the clients served. RSVP volunteers serve through nonprofit and public organizations doing whatever their skills and interests lead them to do. Flexible schedules, supplemental accident and liability insurance during service hours, public recognition, newsletters and other benefits are provided. Mon – Fri 8:00 am – 5:00 pm.
westtexasrsvp.org or https://facebook.com/WestTexasRSVP
HELPFUL ONLINE RESOURCES FOR SENIORS

211 TEXAS
www.211texas.org
Just DIAL 211 to speak with an Information Specialist to find resources available in your community.

AREA AGENCY ON AGING OF THE CONCHO VALLEY
Toll free (877-944-9666), (325) 223-5704
www.cvcog.org/cvcog/aaa.html

CONCHO VALLEY COUNCIL OF GOVERNMENTS
Toll free (877-944-9666), (325) 223-5704
www.cvcog.org

NO-CALL LIST FOR TELEMARKETING
(888) 382-1222
www.texasnocall.com

ADMINISTRATION FOR COMMUNITY LIVING
(202) 401-4634
www.aoa.gov
The Administration on Aging is the Federal focal point and advocate agency for older persons.

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)
NATIONAL INFORMATION – MEMBERSHIP
(888) 687-2277
www.aarp.org
Automated menu on a variety of AARP topics Representative available after menu selection

AARP - TEXAS STATE OFFICE
(866) 227-7443
states.aarp.org/category/texas
Provides legislative advocacy, voter education, community services and other informative programs

AMERICAN DIABETES ASSOCIATION
(800) 342-2383
www.diabetes.org
Provides information and other services to people with diabetes, their families, health care professionals and the public

AMERICAN FOUNDATION FOR THE BLIND INFORMATION CENTER
(800) 232-5463
www.afb.org
Information and referral on living with vision loss

AMERICAN HEART ASSOCIATION NATIONAL CENTER
(800) 242-8721
www.heart.org
Provides education and information on fighting heart disease and stroke

CENTERS FOR DISEASE CONTROL AND PREVENTION
(800) 232-4636
www.cdc.gov

CENTERS FOR MEDICARE AND MEDICAID SERVICES
(877) 267-2323
www.cms.gov
Administers and provides information about Medicare, Medicaid, and Child Health Insurance Programs.

CORPORATION FOR NATIONAL & COMMUNITY SERVICE
(202) 606-5000
www.nationalservice.gov
Matches talented, motivated people with opportunities to serve their community and the nation.

DEPARTMENT OF HOMELESS SECURITY
www.dhs.gov

DISABILITY RIGHTS TEXAS (AUSTIN) V/TDD
(800) 252-9108
www.disabilityrightstx.org
Advocates for the legal rights of Texans with disabilities

ELDERCARE LOCATOR
(800) 677-1116
www.eldercare.gov
The Eldercare Locator connects older Americans and their caregivers with sources of information on senior services.

FEDERAL EMERGENCY MANAGEMENT AGENCY
www.fema.gov

HEALTH INFORMATION - Office of Disease Prevention & Health Promotion
www.healthfinder.gov

INFORMATION ON LOW-INCOME HOUSING IN TEXAS
www.texashousingcounselor.org

INFORMATION ON FINDING HELP WITH THE COST OF MEDICINE HELPLINE (800) 503-6897
www.rxassist.org ● www.needymeds.org

NATIONAL ALLIANCE FOR CAREGIVING
www.caregiving.org

NATIONAL COUNCIL OF AGING/BENEFITS CHECKUP
www.benefitscheckup.org
Screens for federal and state benefits

NATIONAL INSTITUTE OF AGING
www.nia.nih.gov

NATIONAL LIBRARY OF MEDICINE
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www.cosatx.us/seniors

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Youth Empowerment Services (YES) Waiver 1-866-846-6366

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HELPFUL ONLINE RESOURCES FOR SENIORS

ONGUARD ONLINE
www.Onguardonline.gov
Get tips on protecting yourself from fraud. This site has interactive games to help you be a smarter consumer on issues of related to spyware, lottery scams, etc.

OFFICE OF INSPECTOR GENERAL
(800) 447-8477
www.oig.hhs.gov
Hotline to report waste, fraud, and abuse in Medicare, Medicaid and more than 100 other HHS programs.

PUBLIC UTILITY COMMISSION OF TEXAS CUSTOMER HOTLINE
(888) 782-8477
www.puc.texas.gov
Protects customers of various utilities. Accepts complaints and questions from the general public.

MEDICARE INFORMATION
(800) 633-4227
www.medicare.gov

SOCIAL SECURITY
(800) 772-1213
www.ssa.gov

TEXAS ABUSE HOTLINE OF THE DEPARTMENT OF FAMILY AND PROTECTIVE SERVICES
Hotline (Austin) (800) 252-5400
www.txabusehotline.org
Investigates abuse, neglect and/or exploitation of persons 65+ and/or disabled.

TEXAS ASSOCIATION FOR HOME CARE & HOSPICE
(512) 338-9293 OR (800) 880-8893
www.tahch.org
Advocates for ethical practices, quality, and economic viability of licensed providers in Texas.

TEXAS ATTORNEY GENERAL’S OFFICE - STATE OFFICE
(800) 252-8014
www.texasattorneygeneral.gov
Investigates consumer complaints and provides dispute resolution. Individual representation not available.

TEXAS DEPARTMENT OF INSURANCE (TDI)
HOTLINE (800) 252-3439
www.tdi.texas.gov
Handles consumer complaints regarding all types of insurance. Provides information about insurance companies, including insurance companies’ profiles, which include financial and complaint information. Accepts complaints of unfair treatment by insurance companies.

TEXAS HEALTH AND HUMAN SERVICES COMMISSION - OFFICE OF THE INSPECTOR GENERAL
HOTLINE (800) 436-6184
www.hhs.texas.gov
Food Stamp Fraud/Abuse Hotline Provides leadership and innovation needed to achieve an efficient and effective health and human services system for Texans.

TEXAS LEGAL SERVICES CENTER
(512) 477-6000
www.tlsc.org
Access to legal information for Seniors.

TEXAS MEDICAID CALL TRANSFER LINE
(800) 252-8263
www.yourtexasbenefits.com
Provides information about Medicaid benefits and services, billing problems and eligibility criteria. Texas Medicaid and Health Care Partnership.

THE NATIONAL COUNCIL ON AGING
(800) 424-9046
www.ncoa.org
Organizations/professionals that promote the dignity, self-determination, and wellbeing of older persons.

TMF QUALITY INSTITUTE MEDICARE BENEFICIARY HELPLINE
(800) 725-9216
www.tmf.org
TMF Health Quality Institute provides review of your medical records to review any quality of care issues and conducts statewide health projects to improve your health and quality of life.

U.S. CONSUMER PRODUCT SAFETY COMMISSION
(800) 638-2772
www.cpsc.gov
Provides information and processes complaints regarding consumer products.

U.S. DEPARTMENT OF AGRICULTURE
(202) 720-2791
www.usda.gov

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
(877) 696-6775
www.healthcare.gov
Evaluates and processes complaints of fraud and abuse pertaining to Health and Human Services.

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See a Doctor virtually anywhere.
Families are the major provider of long-term care, but research has shown that caregiving exacts a heavy emotional, physical and financial toll. Many caregivers who work and provide care, experience conflicts between these responsibilities. Twenty-two percent of caregivers are assisting two individuals, while eight percent are caring for three or more. Almost half of all caregivers are over age 50, making them more vulnerable to decline in their own health, and one-third describe their own health as poor.

- Eligibility Requirements -
- Informal caregivers age 18 and older providing care to individuals 60 years of age and older
- Informal caregivers age 18 and older providing care to individuals of any age with Alzheimer’s disease and related disorders

- Services Provided through the Caregiver Support Program -
- Case Management: As a caregiver you will receive help finding and accessing local resources.
- Income Support: One time assistance for rental or utility bill payment assistance.
- Health Maintenance: One time assistance with the purchase of medications, nutritional supplements, glasses, and or medical equipment necessary to promote or maintain the health and/or safety of the older individual.
- Residential Repair: Services consist of repairs or modifications of dwellings occupied by individuals that are essential for health and safety of the occupant(s). Examples: Ramps, rails, minor bathroom modifications, expand doorways (wheelchair access), and other minor home modifications.
- Respite Care - In Home Provider: Temporary relief for caregivers including an array of services provided to dependent older individuals who need supervision. Services are provided in the older individual’s home environment on a short-term, temporary basis while the primary caregiver is unavailable or needs relief. In addition to supervision, services may include meal preparation, housekeeping, assistance with personal care and/or social and recreational activities.
- Respite Care - Voucher: A service provided through the consumer directed services option whereby an individual provider is chose by the caregiver. Services are provided on a temporary basis while the primary caregiver is in need of relief.
- Stress-Busting Program for Family Caregivers TM: The Stress-Busting Program for Family Caregivers is focused on education, support, problem-solving, and stress management; takes a holistic approach in addressing the emotional, physical, spiritual, and cognitive needs of caregivers.

Call 325-223-5704 or Toll Free 1-877-944-9666 and ask for the Information Specialist!

A Program of the Concho Valley Council of Governments *Funded by the Texas Health and Human Services Commission Coke, Concho, Crockett, Irion, Kimble, Mason, McLennoch, Menard, Reagan, Schleicher, Sterling, Sutton and Tom Green Counties