



SENIOR SOURCE

2020

MAGAZINE



YOUR GUIDE to assist in
identifying resources available
to help you live your best life.

BROUGHT TO YOU BY:





Before After



There's no heart disease in my family. No heart attacks. But I felt some tightness in my neck and it went into my chest. That was before I was life flighted and met the amazing doctors and staff at Shannon.

I was rushed into the cath lab in Shannon's state of the art facilities and three stents later here I am. My heart stopped. I died. I came back thanks to the Shannon Heart physicians. For more info visit ShannonHearts.com.

 SHANNON
ShannonHearts.com



TABLE OF CONTENTS

ASSISTED LIVING AND NURSING HOME FACILITIES	PG 11-16
CLINIC & HOSPITAL RESOURCES	PG 17-20
DENTAL, HEARING, & VISION	PG 23
DISABILITY SERVICES	PG 25-27
EDUCATION OPPORTUNITIES	PG 27
EMPLOYMENT OPPORTUNITIES	PG 28
HEALTH EDUCATION	PG 29-30
HOSPICE SERVICES	PG 30
INDEPENDENT LIVING & RETIREMENT COMMUNITIES	PG 31
INFORMATION AND REFERRAL	PG 32
LEGAL ASSISTANCE	PG 33
LICENSED HOME HEALTH AGENCIES	PG 34-35
MEAL AND NUTRITION SERVICES	PG 37-38
MEDICAL EQUIPMENT	PG 41
MENTAL HEALTH, SUBSTANCE ABUSE, & CRISIS RESOURCES	PG 41-42
NON-EMERGENCY PHONE NUMBERS	PG 43-44
PERSONAL ASSISTANCE SERVICES	PG 45
RECREATION SERVICES	PG 46-47
REPORTING ABUSE, NEGLECT, & EXPLOITATION	PG 47-48
SHELTERS	PG 48
SOCIAL SERVICES	PG 49-51
STATE/FEDERAL BENEFITS	PG 52-53
SUPPORT GROUPS	PG 53
THERAPY SERVICES	PG 54
TRANSPORTATION	PG 54
VETERAN SERVICES	PG 55-57
VOLUNTEER PROGRAMS	PG 58-59
HELPFUL ONLINE RESOURCES FOR SENIORS	PG 60-66

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, or to obtain additional hard copies, or for questions related to future publications, please contact us at (325)223-5704 and ask for Amanda Seden.

THANK YOU TO THE FOLLOWING
BUSINESSES FOR SUPPORTING THE
2020 SENIOR SOURCE



BRYANT BETTER HEARING PHYSICAL THERAPY & BALANCE CENTER

**SHANNON MEDICAL CENTER • RANDALL MOTORS
FINANCIAL SERVICES CENTER**

FORT CONCHO • COSA SENIOR SERVICES • ROBERT LEE CARE CENTER

STERLING COUNTY NURSING HOME • BAPTIST RETIREMENT COMMUNITY

SUNSET EYECARE • SAN ANGELO HOME HEALTH • VISITING ANGELS

A TO Z INSURANCE • CHRISTIAN VILLAGE • FLOYD C. PETITT INSURANCE

BRONTE HEALTH & REHAB • RIO CONCHO COMMUNITIES

MISSION

The mission of the Area Agency on Aging, a division of the Concho Valley Council of Governments, is to be the Concho Valley's visible leader and advocate in facilitating those supportive services and opportunities that enable older individuals and their caregivers to be able to live dignified, independent, and productive lives.

When an Area Agency on Aging such as ours acts as an advocate, awareness of the needs and contributions of older persons increases. Both direct and purchased services empower older individuals and their families by offering options that enhance independence, well-being, and dignity. As part of a nationwide coordination network, our Agency is designated by the Texas Health and Human Services Commission, formerly the Texas Department of Aging and Disability Services, to be the focal point for local services to persons who are 60 and older, as mandated by the Older Americans Act of 1965, as amended.

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 individuals 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 100,215 citizens (2018 estimate) with 17.6% being persons aged 60 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: amanda.sedeno@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 one-on-one guidance and assistance on Medicare related topics. Help is available for Medicare beneficiaries of any age and individuals 60 years of age and older. Benefits Counselors can also provide intervention and advocacy, when needed, and have access to advice from lawyers who staff the Legal Hotline for Older Texans. Certified AAA Benefits Counselors assist clients in understanding public and private benefits. Assistance with pathways to finding a Medicare supplemental policy, questions about Low Income Subsidy, Medicare Savings Programs, 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 in which we can assist. Benefits Counselors confer with clients over the telephone, in the office, or will make home visits for individuals who are homebound. For individuals 60 years of age and older Advance Directives services are also available. Advance Directives are legal documents that allow a person to outline his/her decisions about end-of-life care. Benefits Counselors will also provide information regarding frauds and scams, targeted towards Seniors, and provide contact information for agencies that will investigate and stop such practices.

INDEPENDENCE

Imagine trying to stay independent with poor vision.

Unfortunately, many experience vision loss as they age, but for many it is preventable. An annual eye exam can detect many vision problems in their early stages when they are treatable.

**Having an optometrist is about more than just glasses.
It's about complete vision care.**



Dr. Doug Holle, O.D.
Dr. Laura Garcia, O.D.

- DRY EYE SYNDROME
- GLAUCOMA
- DIABETIC RETINOPATHY
- DIGITAL RETINAL IMAGING
- LASIK/PRK
- ROUTINE EYE CARE
- MEDICAL EYE CARE

**sunset
eyecare**

Se Habla Español

949-6697

4241 Southwest Blvd.

www.sunseteyecare.com



CARE COORDINATION –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. 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.

The 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. 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. Services may include one time a year assistance with needs such as: paying for prescriptions, grab bars, shower chairs, walkers, incontinent pads, partial payments on utility bills, and in-home services that could include light housekeeping, meal preparation, transportation, personal care assistance, etc. Call for more information or to submit a referral.

CAREGIVER SUPPORT COORDINATION – A **caregiver**—sometimes called an *informal caregiver*—is an unpaid individual (for example, a spouse, partner, family member, friend, or neighbor) involved in assisting others with activities of daily living and/or medical tasks. Families are the major provider of long-term care, but research has shown that caregiving demands a heavy emotional, physical and financial toll. Many caregivers who work and provide care, experience conflicts between these responsibilities.

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. Services may include one time a year assistance with needs such as: paying for prescriptions, grab bars, shower chairs, walkers, incontinent pads, partial payments on utility bills, and in-home services that could include light housekeeping, meal preparation, transportation, personal care assistance, etc. Call for more information or to submit a referral.

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. Long-term care Ombudsman also can assist with Nursing home discharge appeals, gives overviews of facility ratings, provides an updated list of the nursing homes and assisted living facilities in the Concho valley area, as well as information and assistance in choosing the most appropriate living residence. Ombudsman also seek volunteers.

WHY WORRY ABOUT THE RULES,
WHEN YOU CAN BREAK THEM.



EXPERIENCE THE CADILLAC CT6

Randall Motors

WE DON'T SELL YOU A CAR, WE HELP YOU BUY A CAR.

New & Pre-Owned Vehicles • Service Dept • Body Shop

325-655-5631 | 801 W. Ave. N San Angelo, TX
randallcadillac.com | randallused.com



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 Long-term care Ombudsman program seeks volunteers to advocate on behalf of those who reside in nursing homes and assisted living facilities. See volunteer opportunities for more information.
- 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. There are several levels of volunteer work that can be completed on behalf of the Benefits Counseling program; one level requires training to become a volunteer who is Certified as a Benefits Counselor.



- 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. Meetings are held every other month, beginning in Jan.

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.

AGING AND DISABILITY RESOURCE CENTER OF THE CONCHO VALLEY

It can be confusing to find help for older individuals and people with disabilities. Aging and Disability Resource Centers (ADRCs) are part of the No Wrong Door system, which is designed to streamline public access to long-term services care programs. ADRCs serve as a key point of access to person centered Long-term Services and Supports specialized information, referral and assistance and provide one-stop access to information for people who need help finding long-term care services.

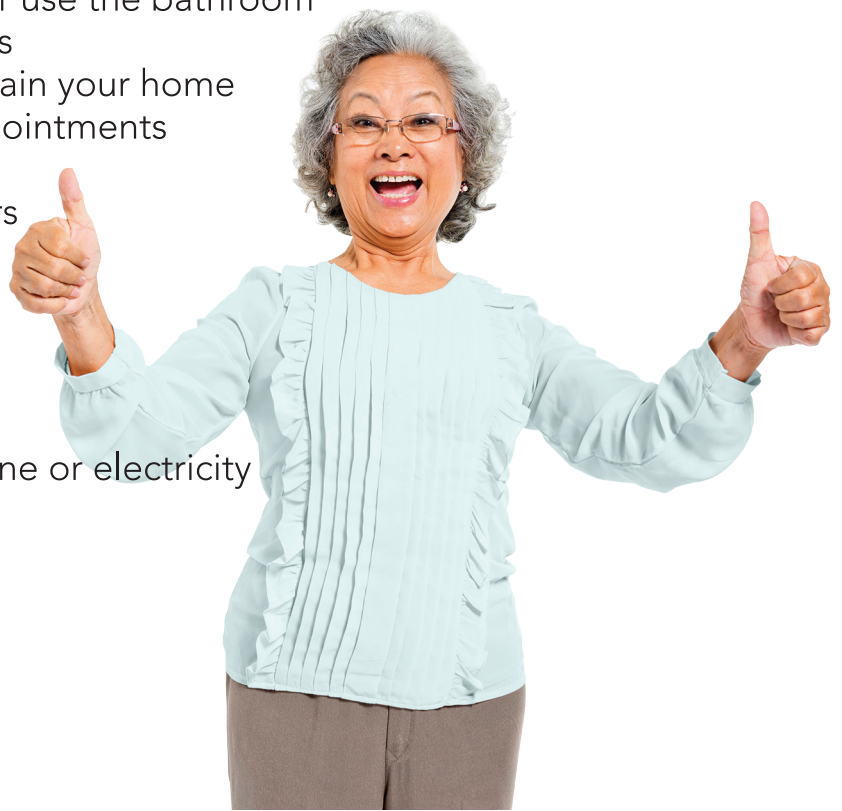
When a person requires someone else to help with their physical needs over an extended period of time, this is long-term care. If you are older or have a disability, there may be some things you need help doing. Call 1-855-YES-ADRC (1-855-937-2372), select language option (English is 1), press 1 for information and referral, and then enter your zip code to speak with a trained professional who can start you on the road to getting the services and supports you need.

Long-term care is:

- Someone to monitor your health or help you take medication
- Someone to help you bathe, dress or use the bathroom
- Someone to prepare or deliver meals
- Someone to help you clean or maintain your home
- Someone to drive you to doctor appointments
- Someone to provide a break
(also called respite care) for caregivers

Long-term care is not:

- Rehabilitation to help you recover from an accident or illness
- Routine doctor visits
- Help paying for utilities, such as phone or electricity
- Help paying for food or rent



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. Finding long-term care for yourself or a family member is an important task. While nothing can replace visiting a facility or meeting with a provider in person, the Long-term Care (LTC) Provider Search and the nursing home compare sites can help you learn more about these facilities.



Listings and Ratings for Both Assisted Living and Nursing Home Facilities:

The Long-term Care (LTC) Provider Search can help you learn more about assisted living and nursing home facilities in your area. This site includes information about contact information, inspections and complaints.

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

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

If you have questions regarding finding a home or how to view the ratings please call your local Long-Term Care Ombudsman at (325)223-5704 ext. 238.

WHAT IS AN ASSISTED LIVING FACILITY?

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:

BRAYDEN PARK ASSISTED LIVING & MEMORY CARE

(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. Brayden Park also offers a secured Memory Care with specialized activities tailored to Alzheimer's residents' needs.

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

www.sagora.com/sagora-san-angelo.com

Senior living is more than just where you live. It is how you live. We specialize in delivering a care-free lifestyle. Each resident has a private apartment. Lyndale provides the warmth of home with various amenities and services such as housekeeping, laundry services, valet trash service, restaurant style dining, concierge services, transportation, social events, health and wellness programs, billiards room, library, fitness center and more! We develop individualized care plans for each resident in assisted living which is tailored to fit their needs. We are a licensed assisted living and independent living senior community.

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 one 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

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, our newest 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 CARE

(325) 224-3040

6102 Grand Court Rd, San Angelo, TX 76901

Licensed Type: Medium B

The Springs Memory Care is a private pay assisted living community offering both memory care and respite care for seniors with Alzheimer's and Dementia. With 66 beds, a nursing staff and 24-hour on-site care, The Springs Memory Care has the emotional, physical and special memory care 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. We provide weekly laundry and housekeeping, weekly check by nurse, medication assistance and three meals a day. We offer all utilities paid except phone, wireless internet (WIFI), 2 room suites with exterior French doors; with each room having its own thermostat control. Type A facility for persons 50+.
www.stangelus.com



WHAT IS A NURSING HOME?

Nursing homes are a 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 skilled nursing or a long-term facility. Nursing homes may offer memory care services or have a separate area specified for memory care.

BELOW IS A LIST OF NURSING HOME FACILITIES:

ARBOR TERRACE HEALTHCARE CENTER

(325) 653-1266

609 Rio Concho Dr., San Angelo, TX 76903

Skilled Nursing facility – long term, short term, and respite. In-house Dialysis, Physical, Occupational and Speech Therapy. Accepting Medicare, Medicaid, Hospice, and Private Pay.

CEDAR MANOR NURSING & REHABILITATION

(325) 942-0677 Fax (325) 942-1331

1915 Greenwood, San Angelo, TX 76901

Long/short term nursing facility and a secured unit. Accepting Private Pay, Medicare, Medicaid, Hospice and Private Insurance. 160 beds available. www.cedarmanorcare.com

PARK PLAZA NURSING & REHABILITATION

(325) 944-0561

2210 Howard, San Angelo, TX 76901

Nursing facility accepting Insurance, Private Pay, Medicaid, Medicare, and Hospice. 90 beds. Long term residents and Short-Term skilled accepted. Physical Therapy, Occupational Therapy, and Speech Therapy. www.parkplazacare.com

SAGECREST ALZHEIMER'S CARE CENTER & THE COTTAGE HOMES

@ BAPTIST RETIREMENT COMMUNITY

(325) 481-7538

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 the area, followed by the Cottage Homes @ Sagecrest in 2008 have led the Concho Valley in their innovative approach to memory care and skilled nursing services. Five star rated skilled nursing memory care. Accepts Private Pay, Medicare, Medicaid and Hospice. www.baptistretirement.org

MEADOW CREEK NURSING AND REHABILITATION CENTER

(325) 942-4000

4343 Oak Grove Blvd., San Angelo, TX 76904

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/7 days a week.

SAN ANGELO NURSING & REHAB

(325) 944-1600 Admissions Number: (325) 284-9699

5455 Knickerbocker Rd., San Angelo, TX 76904

Our skilled nursing and long-term care facility provides the highest quality care and therapy services including physical, occupational, and speech therapy. We accept Medicare, Medicaid, Managed Care, Private Pay, Private Insurance, and Hospice; 24 hours/7 days a week. www.sanangelonursingandrehab.com

REGENCY HOUSE

(325) 942-7700

3745 Summer Crest Dr., San Angelo, TX 76901

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/7 days a week.

Can your current hearing aids
stand up to the technology
in Oticon OpnS™?



TAKE THE OTICON BETTER HEARING CHALLENGE!

For a limited time only, we challenge you to put your hearing aids to the test against Oticon Opn S 1— a revolutionary new hearing aid that is proven to provide better speech understanding with less effort in noisy environments.



BRYANT
BETTER HEARING

**Make the Switch – and receive a
\$300/pair Manufacturer's Rebate***

Ready to hear what you've been missing?

325.949.8351

4335 College Hills Blvd San Angelo, TX

www.HearYourLife.com

YOUR HEARING TEAM



Au.D., CCC-A, FAAA



DEBRA HAMILTON
Doctor of Audiology

Dr. Debra Hamilton received her Doctor of Audiology degree from Central Michigan University in 2004 after graduating with her Master's Degree from the University of Colorado School of Medicine in 1981. For 37 years she has provided audiology services here in San Angelo; identifying, assessing, and managing disorders of the auditory, balance, and other neural systems. Dr. Hamilton is a fellow of the American Academy of Audiology, certified by the American Speech, Language, and Hearing Association, and the American Board of Audiology, and licensed by the State of Texas.

ACA, HIS



GARY HAUN
Audioprosthologist

Gary is the owner and Audioprosthologist of Bryant Better Hearing. Gary attended the University of Texas at San Antonio and became a licensed hearing aid dispenser in 1983. In 1991 he received his certification from the American Conference of Audioprosthology. His affiliations include membership in the Texas Hearing Aid Association and the International Hearing Society. He sits on the State Licensing Board and was selected 2016 Texas Hearing Aid Association's Dispenser of the Year.

BS, HIS



ASHLYN SINCLAIR
Hearing Instrument Specialist

Born and raised in the San Angelo area, Ashlyn graduated from Wall High School and has a degree from Texas Tech. "The more I learned about hearing loss and how hearing aids work I got excited knowing I could help others to hear better by giving them a part of their life back that was missing," she says. The teamwork that exists at Bryant Better Hearing makes her job seem like working with family, and Ashlyn loves the camaraderie as well as her one on one time with patients.

HIS



LEXI VILLARREAL
Hearing Instrument Specialist

Lexi is from San Angelo, graduated from Central High School, attended ASU and got her Hearing Instrument Specialist license. Lexi began as a part time employee while she was in the pre-med program in college. As she watched and learned what a difference hearing aids made in a person's life, she knew she was where God intended her to be. Bryant Better Hearing is a family, welcomes each patient and makes him or her feel comfortable and at home. Lexi is proud of the level of care that is given to each person who comes in for help, and of how everyone works together to make each patient feel respected.

KRISTY VILLARREAL
Business Manager

Kristy Villarreal is our Business Manager. She joined the team in July 2013. Kristy brought with her an extensive level of experience in the Senior Healthcare Industry, Public Relations, Marketing and Office Management. Kristy has an understanding of what makes our patients so special and she treats everyone who walks through our doors as if they are part of the family.

MELINA SWIFT
Patient Coordinator

Melina began working with Bryant Better Hearing and was immediately impressed with how much her co workers love their jobs! Originally from Arizona, Melina has two grown children, a husband to whom she has been married for 23 years, and a miniature Schnauzer named Abby. Working with people is one of Melina's specialties, and as patient care coordinator, she has plenty of opportunities! "I enjoy serving others and seeing others' needs met," she says.

GINNY CARDONA
Hearing Instruments

Ginny is CAOHC certified, and brings over 19 years experience as a hearing aid technician right here in the Concho Valley. Ginny has two dogs and loves hanging out with them and with her family and friends. She is originally from Ft. Stockton and graduated from Ft. Stockton High School. She has dedicated her career to changing peoples lives through better hearing, and that makes her a perfect fit in our care team. The staff she is proud to work with is amazing, and Ginny loves the team-oriented family atmosphere she experiences every day, saying, "Our patients are not only our friends but they are family as well."

NURSING HOME FACILITIES-RURAL COUNTIES:

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

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
NURSING HOME**
(325) 853-3026
104 N. US Hwy 277
Eldorado, TX 76936
www.eldoradocarecenter.com

STERLING COUNTY

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



FIND A PHYSICIAN/DR MATCHMAKER

FIND A PHYSICIAN
SAN ANGELO COMMUNITY MEDICAL CENTER
(325) 947-3627
3501 Knickerbocker Rd.,
San Angelo, TX 76904

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

CLINIC AND HOSPITAL RESOURCES



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

COMMUNITY CARDIAC PULMONARY REHAB
(325) 947-6840
3350 Executive Dr.
San Angelo, TX 76904

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

COMMUNITY COUMADIN CLINIC
(325) 947-6605
2142 Sunset Dr.
San Angelo, TX 76904

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

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

COMMUNITY OUTPATIENT THERAPY
(325) 949-5900
3555 Knickerbocker Road
San Angelo, TX 76904

COMMUNITY SLEEP CENTER
(325) 94-SNORE (947-6673)



CLINIC AND HOSPITAL RESOURCES CONTINUED

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 & HYPER-BARIC 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

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 8:00 am – 12:00 pm.
www.esperanzahealth.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, 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

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

A-to-Z Insurance

SENIOR PRODUCT SPECIALISTS

FREE CONSULTATION

- Medicare Insurance Plans
- Dental & Vision Plans
- Cancer & Accidental Plans
- Life Insurance & Critical Care Plans

Mandy Voss
(325) 374-8041

Nina Reid
(325) 245-7387



CLINIC AND HOSPITAL RESOURCES CONTINUED

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

(432)606-5178

**2503 S. Gregg St.
Big Lake, TX 79720**

SHANNON CLINIC—JACKSON

(325) 481-2036

**2237 S. Jackson
San Angelo, Texas 76904**

SHANNON CLINIC – ORTHOPEDICS CENTER

(325) 421-2292

**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**

CLINIC AND HOSPITAL RESOURCES CONTINUED

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 &
HY-PERBARIC 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 AND 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

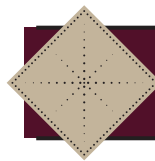
KIMBLE HOSPITAL
(325) 446-3321
349 Reid Rd.
Junction, TX 76849

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



BRONTE HEALTH & REHAB CENTER

Now providing Outpatient Therapy Services in Bronte
Physical & Occupational Therapy

Knowledgeable staff providing quality
therapy for superior results.

325-473-3621

Location: 900 South State Street





FRONTERA HEALTHCARE NETWORK

Providing quality, accessible, & affordable primary healthcare to the residents of Concho, Mason, Menard, Kimble, & McCulloch Counties. Frontera clinics offer Family Medicine, Behavioral Health, & Dental services. We also offer sliding scale pricing to all income eligible clients.

- Family Medicine includes Doctor's Visits, Physical Exams, Lab Services, X-Ray Services, Referrals to Specialists, Health/Nutrition Education, Women's Health, Healthy Steps & Immunizations, Case Management, and Medicaid/Chip Eligibility & Enrollment assistance. We provide medical care for all ages.
- Our Behavioral Health program includes counseling and psychiatry for individuals, couples, & families struggling with anxiety, depression, grief, PTSD, relationship issues, trauma, substance use issues, bipolar disorder, OCD, or other behavioral health problems. We serve children, teens, adults, and elderly patients.
- Our Dental clinic provides common dental services, including Dental Exams, Fillings, Preventative Treatments, Teeth Cleanings, Fluoride Treatment (varnish), Sealants, X-rays, Dentures, Crown-Bridges, Scaling & Root planning (deep cleaning)



FRONTERA HEALTHCARE CLINIC LOCATIONS:

BRADY CLINIC
325-597-0102
2205 S. Bridge St. Suite 300
Brady, TX 76825
M-W 8-5 Thur 7-6 Fri 8-4

BRADY DENTAL CLINIC
325-597-0464
1211 S. Bridge St.
Brady, TX 76825
M-F 8-5 lunch from 12-1

EDEN CLINIC
325-869-8811
551 Eaker Street
Eden, TX 76837
Mon 8-5 Tue 8-6 W&Thur 8-5 Fri 8-4

MASON CLINIC
325-347-5926
215 East College Street
Mason, TX 76856
M-W 8-5 Thurs 7-5 Fri 8-4

MENARD CLINIC
325-396-4612
119 South Ellis Street
Menard, TX 76859
M&T 8-5 Wed 8-6 Thur.8-5 Fri 8-4

JUNCTION CLINIC
325-446-3999
509 College Street
Junction, TX 76849
M-Thur 8-6 Fri 8-12



Top Quality Elder Care Services in the San Angelo Area!

Robert Lee Care Center provides a complete array of services for you or a loved one including:

- Dementia related care
- Skilled nursing and therapy services
- Support services such as X-rays, podiatry, lab work, and physician visits
- Long-term care services



Music & Memory is all about bringing joy into the lives of people suffering from Dementia and a wide range of cognitive and physical impairments.

www.robertleecarecenter.com

P.O. Box 1209 307 W. 8th St
Robert Lee, Texas 76945

Phone: (325) 453-2511
Fax: (325) 453-4338



DENTAL HEARING AND VISION

DENTAL

LAKEVIEW CLINIC

325-658-5339

35 E. 31st St., San Angelo, TX 76903

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 dis-ease, 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 week-days, between 8 – noon, Pacific Time.

Excludes: eyeglasses, contacts, prescription drugs, price of prescription, hospital services, and fees of other medical professionals.

www.eyecareamerica.org

HEARING

HIGHLAND COUNCIL FOR THE DEAF

(432) 267-6779 or 1(800) 456-5094

Email:hcd@highlandcouncilforthe deaf.com

**STARKEY HEARING FOUNDATION-
HEAR NOW PROGRAM**

(800) 328-8602

WEST TEXAS REHABILITATION CENTER (WTRC)

(See under Therapy Services category)

TEXAS WORKFORCE SOLUTIONS - VOCATIONAL REHABILITATION SERVICES GENERAL AND BLIND VOCATIONAL REHABILITATION

BLIND VOCATIONAL REHABILITATION

(325) 653-2321 ext. 1409 or (800) 996-7589

202 Henry O. Flipper St., San Angelo TX 76903

The Vocational Rehabilitation program helps people with disabilities prepare for, find or retain employment and helps youth and students prepare for post-secondary opportunities. The program also helps businesses and employers recruit, retain and accommodate employees with disabilities.

www.texasworkforce.org

SAN ANGELO LIONS CHARITIES

Eyeglass Recycling Center

(325) 227-4350

27 W. Concho Ave, San Angelo, TX 76903

Assisting the community with recycled glasses for low-income adults, and free new prescription glasses for children 17 or younger. We also provide vision screenings for any individual in need, aged 6 months old and up. Donations of used glasses for recycling program are also accepted. Open Tuesdays & Wednesdays 9am-12pm and Thursdays 1-4pm. Walk-in based; no appointment needed.



Newest Hearing Aid Technology Breaks the

RULES



to Deliver Speech Understanding on Par with Normal Hearing



In hearing care, there are some rules you never break. For Bryant Better Hearing, face-to-face consultations, professionally administered hearing checks and follow-up care that ensures patient satisfaction are the foundation of our success in caring for Concho Valley residents. Staying attuned to breakthrough hearing technologies that will benefit new and existing patients is also central to our approach to quality hearing healthcare.

Bryant Better Hearing is among the first US hearing care professionals to offer Oticon Opn S™, a groundbreaking new hearing aid that allows people with hearing loss to experience speech understanding in difficult listening situations, such as restaurants or social gatherings, at the level of people with normal hearing.*

"Opn S hearing aids push the boundaries of what you can expect from a hearing aid to make a tremendous difference in how you hear and participate in life," explains Gary Haun. "Ultra-fast sound processing opens up a rich, 360-degree world of sound so you can follow conversations in a group of people and focus on what's important to you, even in noisy environments. And when you need extra help in especially noisy situations, Opn S lets you 'boost' the support you receive – whenever you feel you need it."

This small, discreet hearing aid features Oticon's exclusive BrainHearing™ technology to provide unprecedented access to the details of speech that helps the brain make sense of sound. People won't have to work as hard to hear, so they'll feel less stress and will be more likely to join in conversations.

"Staying connected is increasingly important today," says Gary Haun. "Opn S connects wirelessly to iPhone® so you can stream audio or music right to your hearing aids. A TV Adapter lets you turn your hearing aids into wireless headphones so you can enjoy TV with family and friends at a volume that's comfortable for everyone."

Gary points out that people who want the convenience of rechargeable batteries can choose Opn S, which offers a state-of-the-art rechargeable lithium-ion solution. An easy overnight charge provides a full-day of listening power.**

To learn more about hearing health and the new Oticon Opn S family of hearing aids, contact Bryant Better Hearing at (325) 949-8351 or visit www.hearyourlife.com.

*Juil Jensen 2018, Oticon Whitepaper, Oticon Opn S 1 ** Lithium-ion battery performance varies depending on hearing loss, lifestyle and streaming behavior. iPhone is a trademark of Apple Inc., registered in the U.S. and other countries.





DISABILITY SERVICES

AGING AND DISABILITY RESOURCE CENTER OF THE CONCHO VALLEY OF THE CONCHO VALLEY COUNCIL OF GOVERNMENTS

**325-944-9666 or Toll-free: 1-855-937-2372; Press 1 for English, 1 for local info, enter zip code
2801 W. Loop 306, Suite A San Angelo, TX 76904**

It can be confusing to find help for older individuals and people with disabilities. Aging and Disability Resource Centers (ADRCs) are part of the No Wrong Door system, which is designed to streamline public access to long-term services care programs. ADRCs serve as a key point of access to person centered Long-term Services and Supports specialized information, referral and assistance and provide one-stop access to information for people who need help finding long-term care services.

When a person requires someone else to help with their physical needs over an extended period of time, this is long-term care. If you are older or have a disability, there may be some things you need help doing. Call 1-855-YES-ADRC (1-855-937-2372), select language option (English is 1), press 1 for information and referral, and then enter your zip code to speak with a trained professional who can start you on the road to getting the services and supports you need.

Long-term care is:

- Someone to monitor your health or help you take medication
- Someone to help you bathe, dress or use the bathroom
- Someone to prepare or deliver meals
- Someone to help you clean or maintain your home
- Someone to drive you to doctor appointments
- Someone to provide a break (also called respite care) for caregivers

Long-term care is not:

- Rehabilitation to help you recover from an accident or illness
- Routine doctor visits
- Help paying for utilities, such as phone or electricity
- Help paying for food or rent

DISABILITY CONNECTIONS

(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 Tom Green and 13 surrounding county area including: Coke, Concho, Crockett, Irion, Kimble, Mason, McCulloch, Menard, Runnels, Schleicher and Sterling. Services include; information and referral, advocacy, peer support, independent living skills classes, transition and relocation services, purchased services, equipment and assistive technology that can assist people with disabilities, including those who have hearing or vision disabilities, to function more independently in their homes, family and community. FMI (325) 227-6624 Mon – Thurs 8:00 am - 6:30 pm; dcciltx.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

SAN ANGELO LIONS CHARITIES

(325) 227-4350

**27 W. Concho Ave,
San Angelo, TX 76903**

Provides free bicycles for persons with physical disabilities. These bicycles are custom fitted therapy cycles designed for outdoor therapy and fun. No age or income requirements.

RESCARE

(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, Foster Care and Residential Services. Mon – Fri 8am –5pm.

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/sslc/>

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 down-load, braille, and large print for all Texans with disabilities that prevent reading of standard print. Also provides service through school classrooms, free down-load 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.texasalkingbooks.org or email: tbp.services@tsl.texas.gov

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 8am–5 pm



Where here, you are family.

Amenities:

- In-Patient Rehabilitation: OT, PT, and ST
- Out-Patient Rehabilitation: OT, PT, and ST
- Private Rooms with private baths available.
- Transportation provided.
- Reduced capacity for more intimate care
- Activities Program



309 5th Street Sterling City, TX 76951

Phone: 325-378-2134

Fax: 325-378-2170

**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

The Vocational Rehabilitation program helps people with disabilities prepare for, find or retain employment and helps youth and students prepare for post-secondary opportunities. The program also helps businesses and employers recruit, retain and accommodate employees with disabilities.

www.texasworkforce.org



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 along-side 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 8:00p.m.

If an adult has a need, we try to find a volunteer to meet the need.

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 STEAMCentral—San Angelo's only makerspace. Free Wi-Fi at all locations and Wi-Fi Hotspots to check out.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



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, Director, nolen.mears@cvcog.org or Clementine Urista Manager, 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, Director, nolen.mears@cvcog.org or Clementine Urista, Manager, 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



FREEDOM...FUN...FELLOWSHIP

The City of San Angelo's two senior centers provide a place for adults age 55 and older who are looking for a place to socialize and stay active. The centers provide a wide range of activities, programs and special events throughout the year.



325-657-4484

702 S. Chadbourne St.
San Angelo, Texas 76903

Mon-Fri 9 a.m.-2 p.m.



325-481-2798

618 S. Chadbourne St.
San Angelo, Texas 76903

Mon, Wed, Fri 8 a.m.-5 p.m.
Tues & Thurs 8 a.m.-7 p.m.



Each month, "The Express" newsletter is available for pickup and provides information on scheduled classes, activities and associated fees.

For More Information: www.cosatx.us/departments-services/senior-services

HEALTH EDUCATION

ALZHEIMER'S ASSOCIATION

1(800) 272-3900

Call for more information on dates/times of monthly support groups in the Concho Valley area. 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

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>

SHANNON DIABETES EDUCATION

(325) 659-7194

TEXAS A&M AGRILIFE EXTENSION SERVICE

(325)659-6522

**113 W. Beauregard Ave.,
San Angelo, TX 76903**

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>

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- Regina Lott
(325) 597-1571 401 S.
Blackburn St., Brady, TX 76825

WESLEY NURSE BSN, RN-Ann Scarth
(325) 347-5983
224 Broad St., Mason, TX 76856

WESLEY NURSE RN- Charlotte Johnson
(325) 763-3838
105 Juanita Ave., Mertzon, TX 76941

WESLEY NURSE RN-Niki Bishop
(325) 392-3016
12 E. 11th, Ozona, TX 76943

WESLEY NURSE BSN, RN-Karen Green
(325) 653-9391
301 W. 18th St., San Angelo, TX 76903

WESLEY NURSE RN-Lesa Parry
(325)-300-2286
37 E. Beauregard, San Angelo, TX 76903

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

HOSPICE SERVICES



INTERIM HOSPICE OF WEST TEXAS **325-944-9800**

3280 Sherwood Way
San Angelo, Texas 76901

It's an honor to Provide Excellent Care. Every Patient. Every Day. We pride ourselves on meeting the physical spiritual and emotional needs of our patients and families facing advanced illnesses. Our hospice team is available 24 hours/day, 7 days/week. Please contact us at 325-944-9800 or visit us at www.interimhealthcare.com

KINDRED HOSPICE **(325) 481-0123**

116 W. Concho Avenue, 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 where ever they call home. The Associate Medical Directors are: Dr. Brenda Owens, Dr. Viki Forlano and Dr. John Hunt www.kindred.com

ST. GABRIEL'S HOSPICE & PALLIATIVE CARE **(325) 301-9030**

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

WEST TEXAS REHAB'S HOSPICE OF SAN ANGELO

(325)658-6524 OR (800) 499-6524

36 E. Twohig, Ste. 1100
SAN ANGELO, TX 76901

Non-Profit Hospice and Bereavement Services. Support groups held quarterly with more urgent support available. FMI visit our website at WestTexasRehab.org



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 beautiful 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

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+.



211 TEXAS –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, housing and shelter, health services, employment help, crisis/emergency and 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.

AGING AND DISABILITY RESOURCE CENTER OF THE CONCHO VALLEY OF THE CONCHO VALLEY COUNCIL OF GOVERNMENTS

325-944-9666 or Toll-free: 1-855-937-2372; Press 1 for English, 1 for local info, enter zip code 2801 W. Loop 306, Suite A San Angelo, TX 76904

It can be confusing to find help for older individuals and people with disabilities. Aging and Disability Resource Centers (ADRCs) are part of the No Wrong Door system, which is designed to streamline public access to long-term services care programs. ADRCs serve as a key point of access to person centered Long-term Services and Supports specialized information, referral and assistance and provide one-stop access to information for people who need help finding long-term care services.

When a person requires someone else to help with their physical needs over an extended period of time, this is long-term care. If you are older or have a disability, there may be some things you need help doing. Call 1-855-YES-ADRC (1-855-937-2372), select language option (English is 1), press 1 for information and referral, and then enter your zip code to speak with a trained professional who can start you on the road to getting the services and supports you need.

Long-term care is:

- Someone to monitor your health or help you take medication
- Someone to help you bathe, dress or use the bathroom
- Someone to prepare or deliver meals
- Someone to help you clean or maintain your home
- Someone to drive you to doctor appointments
- Someone to provide a break (also called respite care) for caregivers

Long-term care is not:

- Rehabilitation to help you recover from an accident or illness
- Routine doctor visits
- Help paying for utilities, such as phone or electricity
- Help paying for food or rent

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.sanangelo.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

LEGAL HOTLINE FOR TEXANS

1(800) 622-2520

815 Brazos, Suite 1100 Austin, TX 78704

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 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 8:00 am – 5:00 pm.

www.texasadvocacyproject.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>

You can also compare the home health agencies by viewing the patient survey star ratings at:
<https://www.medicare.gov/homehealthcompare/search.html>

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.angelscarehealth.com

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



San Angelo Home Health

Improving the lives of the people we serve

(325) 655-6600



www.sanangelohomehealth.com



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.



FLOYD C. PETITT INSURANCE

Floyd Pettitt Insurance is a fully accredited business with Better Business Bureau and a Member in Good Standing of the San Angelo Chamber of Commerce.

HOURS:
Monday - Thursday
9AM-12pm & 1PM-5PM
Friday 9AM-12PM
and 1PM-4PM
~After Hours By Appointment ~

5002 Knickerbocker
San Angelo, Texas 76904
Main Number: 325 223 1563
Toll Free: 888 826 1563
Fax: 325 949 2836

Your Insurance Needs Personalized with Care.

Hi- This is Floyd & Jan Pettitt, and we would like to welcome you to our Agency. We offer a wide range of coverage types to protect your health, life, home, and auto. We have annuity products to help plan for your future. Please take a moment to fill out one our online forms by selecting a category below so we can begin a conversation. Please make yourself at home, and lets talk soon!

-Floyd & Jan Pettitt.



Having the *BEST* answers...



*Retirement? Job separation?
Do I have enough? Can I retire?
What about my family?*



Being a good steward means you're organized and confident in your decisions.

Our job is your Safe and Comfortable retirement.



325-942-9932 ~ 3433 South Johnson
www.thefsc.com

Securities, Insurance, and Investment Advisory Services offered through Royal Alliance Associates, Inc., member FINRA/SIPC.
Additional insurance services offered through The Financial Services Center, which is not affiliated with Royal Alliance Associates, Inc.



Scott Fanatico



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 and disabled 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

Provides food, clothing and medications in emergency situations.

Mon – Fri 9:00 am – 1:00 pm.



Sometimes all we need is to know someone cares.

MEALS FOR THE ELDERLY

325.655.9200

mealsfortheelderly.org



McGowen
CATERING SERVICE

Offering

Daily Noon Buffet
at Rio Concho Manor

401 Rio Concho Dr. | 325-655-1480



Dun-Bar East Restaurant

- Daily Lunch Specials
- Hand Cut Steaks
- Home-Made Desserts

"56 years of great food!"

Motel 653-3366 | 1728 Pullium 655-8780



KENNY BLANE'S
KR
VILLAGE CAFE & CATERING

Open 6am-2pm 6 Days A Week
Closed on Mondays

Buffet and Regular Menu

2100 W. Beauregard • San Angelo, TX 76901

325-942-1647



Concho
Health & Rehab Center

613 Eaker Street, P.O. Box 838 Eden, Texas

325-869-5531
325-869-5152 (f)

Come enjoy our new appetizer program

Email: rhonda_churchwell@csnhc.com

- Skilled Nursing Care
- Rehab Therapy Services
- Secure Memory Unit
- Wound Care Services on Site
- Long Term Care
- Respite Care
- Hospice Care
- Medicare/Medicaid
- Insurance and Private Pay



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:

COKE COUNTY

BRONTE SENIOR CENTER
(325)473-6471
613 E.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)294-4073
Corner Moody & Bryan,
Mason, Texas 76856

MCCULLOCH COUNTY

SUNSET CENTER
(325)597-2946
214 W. Lockhart, Brady, Texas, 76825

MENARD COUNTY

MENARD COMMUNITY CENTER
(325)396-4642
301 W. Travis
Menard, Texas 76859

SUTTON COUNTY

CITY OF SONORA SENIOR CENTER
(325)387-5657
106 S. Wilson
Sonora, Texas 76950

TOM GREEN COUNTY

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

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



LOVE YOUR LIFE

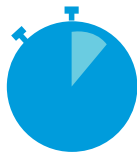


Are physical limitations or pain impacting your ability to move, function and enjoy life? If so, **it's time to get FYZICAL!**

At FYZICAL Therapy & Balance Centers, we focus on improving your quality of life by using a whole-body approach to connect your diagnosis with a customized plan of care. Our physical therapists are experts in the human body. FYZICAL uses the most relevant techniques and state-of-the-art-technology to rehab from surgery, decrease pain, improve balance and regain strength. We are passionate about helping you recover quickly and safely. By understanding your total well-being, we can focus on injury prevention.

Physical Therapy **FACTS**

EVERY **11 SECONDS**
an older adult is treated in
the ER for a fall










Choosing Physical Therapy

can lower overall
treatment costs by **72%**

1. National Council on Aging 2. Health Services Research Journal

Why **FYZICAL?**

-  BALANCE THERAPY
-  AUDIOLOGY
-  BODY Q TESTING
-  HEARING AIDS
-  ORTHOPEDIC THERAPY
-  FITNESS TRAINING
-  BACK TO WORK

CONTACT US: (325) 262-4198
WWW.FYZICAL.COM/SANANGELO

3415 Johnson Ave.
San Angelo, Texas 76904

YOUR SAN ANGELO



FYZICAL[®]

Therapy & Balance Centers

TEAM

Tim Bickford

PT, ATC, LAT



With nearly 30 years serving the Concho Valley in physical therapy and sports medicine, Tim offers patients the peace of mind that comes with entrusting an experienced, local practitioner. Tim is excited to join Fyzical so that he can continue offering his exceptional care surrounded by a wonderful staff and using the latest in advanced equipment. In particular, Tim is excited to focus on helping people overcome the mobility issues we face as we get older.

Familiar professionals bringing San Angelo an excellent new source for physical therapy.

Debra Hamilton

Au.D., CCC-A, FAAA

For 37 years, Dr. Debra Hamilton has provided audiology services here in San Angelo; identifying, assessing, and managing disorders of the auditory, balance, and other neural systems. Dr. Hamilton is a fellow of the American Academy of Audiology, certified by the American Speech, Language, and Hearing Association, and the American Board of Audiology, and licensed by the State of Texas.

- BALANCE THERAPY
- AUDIOLOGY
- BODY Q TESTING
- HEARING AIDS
- ORTHOPEDIC THERAPY
- FITNESS TRAINING
- BACK TO WORK

Rachel Haun

BSN, RN, CCM

Mrs. Rachel Haun has devoted her career to helping people. She has extensive nursing experience, including time in home health, hospice, and 13 years in case management at Shannon hospital. She is excited about the opportunity to serve patients' needs for balance and therapy services with the Fyzical system.

3415 Johnson Ave.

San Angelo, TX 76904

P: (325) 262-4198

F: (325) 944-2958

Misty Castilleja

CCS

Degreed in Health Care Coordination and Health Information Management, Misty spent many years working in hospice care. Her excitement in joining Fyzical has to do with what they can offer you! "Fyzical is a great new company with a great concept. I am glad to be part of an amazing team that is bringing new options for healing to our community."

Maggie Cox

Maggie is our Fyzician Liaison. She enjoys cooking and trying new recipes, spending time with family and absolutely loves long walks-down the aisles of Hobby Lobby! The opportunity to change people's lives is what most attracted Maggie to work here. The care and assistance the company provides to the San Angelo community inspired her to become a part of something dedicated to helping others.



FYZICAL.com/SanAngelo



MEDICAL EQUIPMENT

MEDICAL ARTS PHARMACY

(325) 949-4636

2102 Pecos St, San Angelo, TX

Mon – Fri 9:00 am - 6:00 pm Saturday 9:00 am - 1:00 pm

www.medicalartsparmacy.net

We are locally owned and operated since 1957. We offer city wide prescription delivery, CBD products and flu/strep testing. We also have a wide variety of supplies and equipment that include diabetic shoes and supplies, lift chairs, ostomy supplies, braces, rolling walkers, and more.

MEDWAY MEDICAL EQUIPMENT

(325)223-0231

3302 W 306 Loop, San Angelo, TX 76904

Mon - Fri 8:00am - 5:00 pm

www.medwaymedical.net

TEXAS OXYCARE INC

(325) 655-5756 office, (325)658-3993 fax

30 S Main St, San Angelo TX 76903

9-5 M-F

www.texasoxycare.com

Texasoxycare@yahoo.com

Free local delivery

Texas OxyCare Inc is locally owned and operated, serving the West Texas area for more than twenty years. We specialize in respiratory supplies such as nebulizers, home and portable oxygen, CPAPs/BI-PAPs, and ventilator support. We also have an array of mobility items ranging from walkers, rollators, commode chairs, wheelchairs, hospital beds, Hoyer lifts and much more. Local delivery free and most insurances accepted.

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 abuse/addiction.

www.adaccv.org

AMERICAN RED CROSS –TEXAS BIG COUNTRY CHAPTER

(325) 658-4409

2141 Office Park Drive, 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, by calling for more information at 1-800-redcross or www.redcross.org

MENTAL HEALTH, SUBSTANCE ABUSE & CRISIS RESOURCES

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

Serving adults and children with needs associated with mental/behavioral health, intellectual & developmental disabilities (IDD) and autism. Mental/Behavioral Health Supports provided to eligible adults include: screening/assessment, case management, psychiatric and medication services, counseling, psychosocial rehabilitation, crisis stabilization, crisis respite, supported housing, peer support. IDD Supports provided to eligible adults include: screening/assessment, service coordination, enrollment into Medicaid funded programs such as ICF, HCS & TX Home Living, psychiatry, counseling, day habilitation, respite, and community supports. Counties Served - Coke, Concho, Crockett, Irion, Reagan, Sterling, and Tom Green. Access - Walk-ins accepted at 202 North Main Street for Adult MH/BH Services – Tuesday 1:00-4:00 p.m. and Wednesdays 9:00 a.m. – 12:00p.m. – IDD call 325-658-7750 and ask to speak to the Intake Specialist. 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, ages 6 weeks to 5 yr, from 6:30 am – 6:00 pm.

Office hours are Mon – Fri 8:00 am – 5:00 pm.

www.mosaicinsanangelo.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 yrs of age and older.

TOM GREEN COUNTY SHERIFF'S CRISIS INTERVENTION UNIT

(325)-227-8753

**17 S Chadbourne, Suite 102,
San Angelo, TX 76903**

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 8:00am – 5:00 pm. Call for more information.

www.sanangelocounseling.org



Senior Care for Total Peace of Mind

- Meal Preparation
- Assistance with Mobility
- Respite Care for Families
- Light Housekeeping
- Alzheimer's/Dementia Care
- Medication Reminders
- Errands/Shopping
- Friendly Companionship
- Hygiene Assistance
- Bathing Assistance
- Up to 24-Hour Care
- Transportation

325.716.1803

3290 Sherwood Way, San Angelo, TX 76901

Each Visiting Angels agency is independently owned and operated.

www.visitingangels.com/sanangelo



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)

301 W. Beauregard, Suite 207

San Angelo, TX 76903

SAN ANGELO POLICE DEPARTMENT INFORMATION:

HEADQUARTERS – 401 E. Beauregard

POLICE DISPATCHER (325) 657-4315

NON-EMERGENCY ADMINISTRATION (325) 657-4338

ALARM COORDINATOR (325) 657-4304

Crime prevention and personal protection information and services.

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

NON-EMERGENCY PHONE NUMBERS



**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 SERVICES
(325) 655-8111**

**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**

**McCULLOCH COUNTY FIRE AND SHERIFF
325-597-2290**

**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**

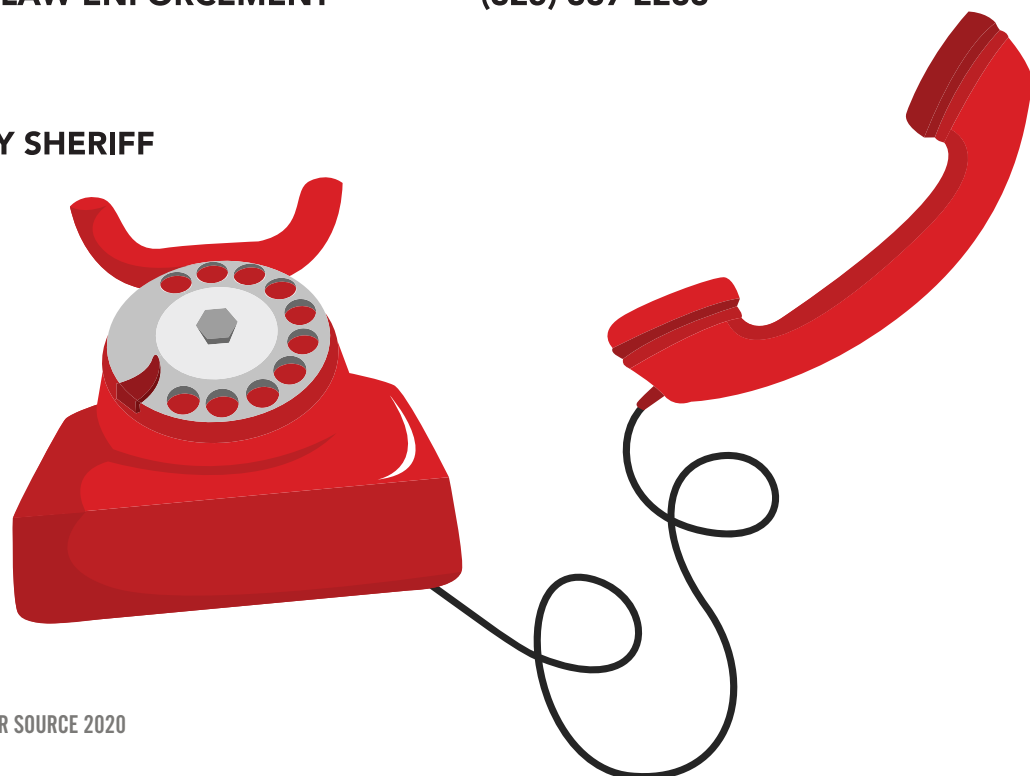
RURAL NON-EMERGENCY PHONE NUMBERS

**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**





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 term 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 one 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 offers an array of services including Professional Sitters, Home Makers, Companions, Personal Care Attendants, Certified Nurses Aides. All services can be tailored to your exact needs to help with activities of daily living, bathing, dressing, meal prep, light housekeeping, laundry, Medication reminders etc. Just a few hours a day or 24 hours a day to promote independent living in the comfort of your own home.

Office Mon-Fri 8a-5pm www.tlc-homecare.com

Experience FORT CONCHO NATIONAL HISTORIC LANDMARK



As a volunteer...

the fort has opportunities in our Collections, Library/Archives, Special Events, Education, and Living History areas, plus occasional projects in light maintenance, grounds and building care.

As a supporter...

the fort relies on memberships and other donations to fulfill its many missions of programs, events, and public service .

As a guest...

attend and experience some of the fort's special events:

- Speakers Series on Apr. 1, 8, 15, 22, & 29; Sept. 2, 9, 16, 23 & 30
- Regional Cavalry Competition, Apr. 23-25; Frontier Day Apr. 25
- Cowboy Jubilee, Apr. 30-May 3
- Buffalo Soldier Symposium, May 22-23
- American Plains Artists Show, June 25-Aug. 2
- National Cowboy Day, July 25
- Archaeology Fair and Museum Day, Sept. 19
- Halloween Night Tours & Fort Concho Murder Mystery Programs, October
- Christmas at Old Fort Concho, December 4-6



325-481-2646 | fortconcho.com | 630 South Oakes San Angelo, Tx | Hours: Mon-Sat: 9am-5pm Sun: 1pm-5pm

RECREATION SERVICES



COMMUNITY HEALTH CLUB (325) 947-2582 3336 W. Loop 306, San Angelo, TX 76904

Special discounts for ages 60 and over. The club is part of the Silver Sneakers, Silver & Fit, Renew Active, and Prime networks. Provides over 70 group exercise classes per week. Low impact aerobics, water aerobics, yoga, and senior fitness classes including designated Silver Sneakers classes. Cardio & strength training equipment, racquetball/basketball/Volleyball courts, indoor walking/jogging track, locker room facilities, heated pool & hot tub, wet & dry saunas and childcare facilities. Personal training services are available. Special discounts for ages 60 and over.
www.sahealthclub.com

CITY OF SAN ANGELO RECREATION DEPARTMENT-SENIOR SERVICES SANTA FE CROSSING & STATION 618 SENIOR CENTERS (325)657-4484/ (325)481-2798 618 & 702 S. Chadbourne, San Angelo, TX 76903

Senior Services provides a variety of things for the adults age 55 years and older in the community. The Senior Center provides a nutritious and delicious meal meeting 1/3 RDA, five days a week and is delivered to two satellite nutrition host sites. For more details on the different locations go to Meals & Nutrition. The facilities provide recreational activities that range from physical activities to arts and crafts, to socialization and fellowship. Other items offered include a variety of health screenings, a Library located at Station 618, along with a fitness area. Information and referral is provided through Senior Services.

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

The Area Agency on Aging provides Evidence-Based Intervention programs with the goal of improving the health and wellbeing of participants, reduce disease, disability and/or injury among older adults. Please call AAA for eligibility and class details.

- **STRESS BUSTING FOR FAMILY CAREGIVERS®** is focused on education, support, problem solving, and stress management.
- **TEXERCISE** is a statewide fitness program developed by Texas Health and Human Services Commission (HHSC) to educate and involve Texans and their families in physical activities and proper nutrition.
- **BINGOCIZE®** is an evidence-based program that combines a bingo-like game with exercise and health education.

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 WALKERS

(325)-949-1947

Sunset Mall, 4001 Sunset,

San Angelo, TX 76904

Sponsored by: Fitness 1440 Center is open for Walking Monday – Saturday at 7 am and 11 am on Sundays (Hours subject to change for special events and holidays) Fitness 1440 Participates in Silver Sneakers, Silver &Fit, Active & Fit and PRIME.

WTX 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.westtexasrsvp.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 Your local Area Agency on Aging of the Concho Valley are also partners of the Senior Medicare Patrol and can serve as a local resource for questions related to Medicare fraud, errors, or abuse.

**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**

Family Shelter is dedicated to reducing domestic violence by providing a safe haven and educational service to victims. 24 hours/7 days.

**THE SALVATION ARMY
(325) 655-6981 (325) 227-4679
122 W. 2nd St,
San Angelo, TX 76903
www.salvationarmysanangelo.org**

- Social Service assistance is provided to anyone in need on an appointment basis. Help can be requested for a variety of areas from food assistance to housing referrals. Case management is provided for you throughout your journey. Please call 325-227-4679 between 9 Am and 5 PM Monday to Friday to book your appointment.
- Out of the Cold program provides a safe warm place to stay when the real temperature gets below 35 degrees. On those nights where the temperature is expected to get below 35 please check in at the Salvation Army Red Shied Center 122 W 2nd Avenue at 4:30 PM.
- The Family store operates 6 days a week providing low cost clothing, furniture, electronics etc. to anyone who wishes to shop there. All money raised at the store stays in San Angelo and the profits are used to fund the social work programs. Operating hours are M to F 10 AM to 6 PM, Saturdays from 10 AM to 4 PM

AGING AND DISABILITY RESOURCE CENTER OF THE CONCHO VALLEY OF THE CONCHO VALLEY COUNCIL OF GOVERNMENTS

**325-944-9666 or Toll-free: 1-855-937-2372; Press 1 for English, 1 for local info, enter zip code
2801 W. Loop 306, Suite A San Angelo, TX 76904**

It can be confusing to find help for older individuals and people with disabilities. Aging and Disability Resource Centers (ADRCs) are part of the No Wrong Door system, which is designed to streamline public access to long-term services care programs. ADRCs serve as a key point of access to person centered Long-term Services and Supports specialized information, referral and assistance and provide one-stop access to information for people who need help finding long-term care services.

When a person requires someone else to help with their physical needs over an extended period of time, this is long-term care. If you are older or have a disability, there may be some things you need help doing. Call 1-855-YES-ADRC (1-855-937-2372), select language option (English is 1), press 1 for information and referral, and then enter your zip code to speak with a trained professional who can start you on the road to getting the services and supports you need.

Long-term care is:

- Someone to monitor your health or help you take medication
- Someone to help you bathe, dress or use the bathroom
- Someone to prepare or deliver meals
- Someone to help you clean or maintain your home
- Someone to drive you to doctor appointments
- Someone to provide a break (also called respite care) for caregivers

Long-term care is not:

- Rehabilitation to help you recover from an accident or illness
- Routine doctor visits
- Help paying for utilities, such as phone or electricity
- Help paying for food or rent

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

Facilitates supportive services and opportunities that enable older citizens to be able to live dignified, independent and productive lives. Programs include Benefits Counseling, Care Coordination, Caregiver Support Coordination, Information, Referral Assistance and LTC Ombudsman. See pg. 6 for more details. Call the Information Specialist to see about services that may be available to meet your needs or use the Online referral form to have the Information Specialist return your call:

www.cvcog.org/cvcog/ref.php

SOCIAL SERVICES

CHRISTIANS IN ACTION

(325) 655-5127

Rent, clothing, furniture, and utilities for those in need in the Concho Valley. Benevolence Office hours- Mon-Fri 9:00am - Noon and 1:00pm - 4:00pm. Thrift store open Mon- Sat 9:00am - 5:00 pm.

CITY OF SAN ANGELO COMMUNITY AND HOUSING SUPPORT DIVISION

(325) 655-0824

**52 West College Ave,
San Angelo, TX 76903**

The City of San Angelo offers several programs through the Community and Housing Support Division. These programs include Indigent Cremation for indigents and families without resources to cover cremation of family members; Emergency Housing Repairs which assists eligible homeowners within the City limits with plumbing, electrical, and other emergencies that occurred within the last 2 weeks; and a First-time Homebuyers program that provides down payment and closing cost assistance to help individuals and families purchase a home within the City limits. To be eligible, all applicants must meet income requirements set by federal guidelines. Mon - Fri 8am-12pm & 1pm-5pm. www.cosatx.us/chs

CONCHO VALLEY COMMUNITY ACTION AGENCY

(325) 653-2411

**36 E. Twohig, Suite B-2,
San Angelo, TX 76903**

COMPREHENSIVE ENERGY ASSISTANCE PROGRAM:

Utility assistance for low income persons in Coke, Concho, Crockett, Irion, Kimble, Menard, Reagan, Schleicher, Sterling, Sutton, and Tom Green counties.

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. Homeowners 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

(325) 655-6700

**1404 S. Oakes St.,
San Angelo, TX 76903**

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!

PROJECT DIGNIDAD

(325) 658-7885

**313 W. Ave. N,
San Angelo TX 76903**

Provides food, clothing and medications in emergency situations. Mon – Fri 9:00 am – 1:00 pm.

RUST STREET MINISTRIES

(325) 486-1004

**803 Rust,
San Angelo, TX 76903**

We assist with: Food, Clothing, Household Items, and Furniture when available. Diabetes & nutrition classes are taught at Rust Street Ministries on Tuesdays at 10:00. Call (325) 486-1004 for more information. Hours of Operation: Mon- Thurs. 10:00am - 2:00pm and Fri 9:00am - 12 noon

SHANNON PHARMACY ASSISTANCE PROGRAM - SHANNON MEDICAL CENTER (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 AND HUMAN SERVICES COMMISSION (HHSC) - COMMUNITY CARE SERVICES - ELIGIBILITY 1-866-535-9759

**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.

FamilyCare(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. 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

**301W. 18th St.,
San Angelo, TX 76903**

Provides meals to everyone in need. Provides on-site Nursing and counseling also provides clothes closet on Mon. Wed.&Fri. Our mission is to feed the hungry. Open for meals Mon – Sat 11:00am–12:50 pm. Devotional services during the lunch hours for those interested. Director Pamela Burke, Volunteer Coordinator, Ola McCorkle.

THE SALVATION ARMY (325) 655-6981 (325) 227-4679

**122 W. 2nd St,
San Angelo, TX 76903**

www.salvationarmysanangelo.org

- Social Service assistance is provided to anyone in need on an appointment basis. Help can be requested for a variety of areas from food assistance to housing referrals. Case management is provided for you throughout your journey. Please call 325-227-4679 between 9 AM and 5 PM Monday to Friday to book your appointment.
- Out of the Cold program provides a safe warm place to stay when the real temperature gets below 35 degrees. On those nights where the temperature is expected to get below 35 please check in at the Salvation Army Red Shied Center 122 W 2nd Avenue at 4:30 PM.
- The Family store operates 6 days a week providing low cost clothing, furniture, electronics etc. to anyone who wishes to shop there. All money raised at the store stays in San Angelo and the profits are used to fund the social work programs. Operating hours are M to F 10 AM to 6 PM, Saturdays from 10 AM to 4 PM



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, 76904
PO Box 60050,
San Angelo TX 76906

Available through the Area Agency on Aging to provide one-on-one guidance and assistance on Medicare related topics. Help is available for Medicare beneficiaries of any age and individuals 60 years of age and older. Benefits Counselors can also provide intervention and advocacy, when needed, and have access to advice from lawyers who staff the Legal Hotline for Older Texans. Certified AAA Benefits Counselors assist clients in understanding public and private benefits. Assistance with pathways to finding a Medicare supplemental policy, questions about Low Income Subsidy, Medicare Savings Programs, 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 in which we can assist. Benefits Counselors confer with clients over the telephone, in the office, or will make home visits for individuals who are homebound. For individuals 60 years of age and older Advance Directives services are also available. Advance Directives are legal documents that allow a person to outline his/her decisions about end-of-life care. Benefits Counselors will also provide information regarding frauds and scams, targeted towards Seniors, and provide contact information for agencies that will investigate and stop such practices.

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.
 Benefits: Screens applicants for Social Security retirement, survivors, disability and Supplemental Security Income (SSI).
 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

Christian Village



Senior Living
Community
For
Adults 62+

1 & 2 Bedroom Apartments | Great Location
 Spacious Floor Plan | Beauty Shop | Beautiful Courtyard
 Affordable Rent | Nutrition Program Site
 Appliances Furnished
 24-Hour Emergency Call System

4225 Billie Bolin Drive, San Angelo, Texas 76904
 (Behind Market Street)



325-949-8575 TTY:711



**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 (OES) - 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



ADULT DIABETES SUPPORTGROUP

(325) 944-1778

Trinity Lutheran, 3536 Lutheran Way., 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

WEST TEXAS REHAB'S HOSPICE OF SAN ANGELO

Bereavement Services

(325) 658-6524 or (800) 499-6524

Landy House, 14 S. Jefferson San Angelo, TX 76901

Offering individual and group bereavement counseling by licensed professionals free of charge for all ages. Also offer a program called Building Bridges that provides emotional support to grieving children and their families. Children ages 5-18 are eligible to participate.

FMI visit our website at www.WestTexasRehab.org



BAPTIST OUTPATIENT THERAPY SERVICES

(325) 481-7536

**486 E. Houston Harte,
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

**3555 Knickerbocker Rd,
San Angelo TX 76904**

Provides comprehensive outpatient rehabilitative care including outpatient physical/occupational/-speech therapies.

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, destination to destination transportation within San Angelo for persons with disabilities who are unable to access the fixed route system. Transportation is provided for any ADA approved individual to nutrition sites and other locations. Contact Customer Service Center at number listed above for A.D.A. application or you can find the application on our website at www.cvtd.org under the Para-Transit services. 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 free 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 3:00pm the day before. Schedule by calling (877)-949-8729. Open M-F 6:30am-6:30pm, 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](https://www.facebook.com/GoodfellowAFRC)

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.

AMERICAN LEGION SMITH-BRYANT POST 572

(325) 655-7648

**2121 S. Chadbourne St,
San Angelo, TX 76903**

Meetings are held the 3rd Saturday of
every month at 10:00 am at the Elks
Lodge, Located at 2121 S. Chadbourne
Street. Ask for Carl Frentz.

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.

TOM GREEN COUNTY VETERANS SERVICE OFFICE

**(325) 944-2561, (325)939-2019 (Fax)
36 East Twohig Ave. 1st floor, Suite 106,
San Angelo, Texas 76903**

(Located in the Cactus Motel) Hours: M-F 10-3 pm 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

VA OUTPATIENT CLINIC

**(325) 658-6138 Fax (325) 658-8104
4240 Southwest Blvd.
San Angelo, TX 76904**

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. Find us on Facebook at www.facebook.com/VAWestTexas Also see our Veteran Facing Internet site at <https://www.bigspring.va.gov/>



VETERAN SERVICES

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.

VET CENTER-MIDLAND

1-800-299-8387

VETERANS OF FOREIGN WARS (VFW)

(325) 655-6550

**125 South Browning St,
San Angelo, TX 76903**

Meets the 3rd Saturday of each month at 10am.

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 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, HeadStart 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, Director nolen.mears@cvcog.org or Clementine Urista, Manager, clementine.urista@cvcog.org

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 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, Director, nolen.mears@cvcog.org or Clementine Urista, Manager, 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>



Memory Care Assisted Living

Memory Care

Skilled Nursing and Long-Term Nursing

Independent Living

Personal Assistance Services

Outpatient Therapy

LIVE INDEPENDENTLY!

Baptist Retirement Community offers many living options to fit every lifestyle for seniors 62 and older. Whatever option you choose, the choice is yours to make. That's true independent living. And because we're a Life Plan Retirement Community, you have the peace of mind that as your healthcare needs change, we have services to meet those needs in the familiar environment of home. **Baptist Retirement Community. We're Better Together!**



**BAPTIST RETIREMENT
COMMUNITY™**

A DISTINCTIVE SENIOR LIFESTYLE BY BUCKNER®

Hope shines here.®

Serving the Concho Valley Area

325-655-7391

800-608-8820



902-903 North Main Street • San Angelo, Texas 76903 • www.BaptistRetirement.org





211TEXAS

www.211texas.org

Just DIAL211 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



HELPFUL ONLINE RESOURCES FOR SENIORS

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 HOMELAND 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



HELPFUL ONLINE RESOURCES FOR SENIORS

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

www.medlineplus.gov

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) 447-847

www.oig.hhs.gov

Hotline to report waste, fraud, and abuse in Medicare, Medicaid and more than 100 other HHS programs.

RIO CONCHO COMMUNITIES

“Providing Retirement Living The Way It Should Be for over 50 Years”

Rio Concho West

Rio Concho Manor

BEST OF 2019 San Angelo

Rio Concho Patio Homes

Rio Concho Terrace

325-944-9564
1-800-942-9564

Serving San Angelo for more than 50 years

Independent Living **Age 62+**

E-mail: rcmarketing@rioconcho.com or visit: rioconcho.com



**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.



HELPFUL ONLINE RESOURCES FOR SENIORS

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. Protect yourself and your loved ones from scams, schemes, and swindles by: Being aware, being careful, doing your homework, asking for help if you are a victim. In conclusion: Be a Savvy Senior! Go to www.ncoa.org for more information.



FYZICAL[®]
Therapy & Balance Centers

MEDICAL MOMENTS

Are you at risk for falling?



Falls hit close to home, even for you. What would you do if your parent fell? What do you do if you fall?

Physical therapy is the answer—but not just any physical therapy. FYZICAL is the only effective solution for balance and vestibular patients. Here's why:

World-Class Training

Balance and vestibular patients can be tricky to treat for a clinician who hasn't gone above and beyond the standard training in school. FYZICAL therapists receive exclusive training in the most advanced balance therapy in the world—taught by vestibular dysfunction and balance expert, Brian Werner, PT, MPT.

Brian developed FYZICAL's premier balance program from a NASA-based technology system that continues to be used to test postural stability in astronauts. This system is the basis for the FYZICAL Balance Paradigm. He has taught and mentored San Angelo's physical therapist, Tim Bickford, PT, ATC, LAT. Tim is excited to share this paradigm with the San Angelo and Concho Valley area.

Our Evidence-Based Approach

The FYZICAL Balance Paradigm is made up of three frameworks:

1. Theoretical Framework
2. Conceptual Framework
3. Progressive Framework

The Theoretical Framework—or Sensory Mismatch Theory—allows for sensory reweighing, which lays the foundation for healing these patients. With this framework, FYZICAL therapists can identify the sensory mismatch in the brain causing dizziness. Our therapists will identify if the mismatch is visual or surface dependent, allowing the therapist to follow a conceptual framework of exercises to sensory weigh the patient.

While other physical therapists treat their balance and vestibular patients based on what they "feel" is right for the patient, FYZICAL therapists treat these patients based on research and evidence. There is no guesswork because our progressive framework provides each patient with a clear direction in therapy, specific to their sensory mismatch. Think of it this way, you wouldn't just prescribe any dosage of any drug to a patient. There is a science behind it. FYZICAL "prescribes" the appropriate balance and vestibular therapy to our patients.

FYZICAL is the Solution

With FYZICAL, you can feel confident you or your loved one is being cared for like family.

Choose the best for those at risk of falling.

Choose FYZICAL.

Contact us today to learn more about the FYZICAL Balance Paradigm
315 Johnson Ave. San Angelo, TX | (325) 262-4198 | (325) 944-2958

Caregiver PROGRAM



Families are the major provider of long-term care, but research has shown that caregiving exacts a heavy emotional, physical and financial toll. 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

- ❖ Informal (unpaid) Caregivers age 18 & older providing care to individuals 60 years of age & older
- ❖ Informal Caregivers age 18 & older providing care to individuals of any age with Alzheimer's disease & related disorders

CURRENT SERVICES OFFERED

- ❖ **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.
- ❖ **Respite Care - Voucher:** A service provided through the consumer directed services option whereby an individual provider is chosen by the Caregiver. Services are provided on a temporary basis while the primary Caregiver is in need of relief.
- ❖ **Health Maintenance:** The provision of medications, nutritional supplements, glasses, and or medical equipment necessary to promote or maintain the health and/or safety of the older individual.
- ❖ **Income Support:** Assistance in the form of payment to a third-party provider for services or goods that support the basic need of the individual, on behalf of an older individual or their Caregiver.
- ❖ **Transportation:** Assistance with transportation is available to Caregivers and Care Recipients. This service is for providing trips crucial to the Caregiver or Care Recipient's vitality. Examples of these trips include destinations such as medical visits, Nutrition site visits, etc.

***Due to high demand for services there may be an Interest List.**

For More Information

Call 325-223-5704

or Toll Free 1-877-944-9666

Ask for an Information Specialist