

EMPOWERING OLDER ADULTS ACROSS THE CONCHO VALLEY



SENIOR SOURCEBOOK

Your Guide to Aging Resources, Caregiving
Services & Supports in the Concho Valley



Serving San Angelo & Surrounding Areas with Our Angels Care Home Health Specialized Programs:



- Our New Addiction Recovery Disease Management Program (DMP)
- Anxiety & Depression DMP
- Care Connections Specialty Program
- Comprehensive Behavioral Health DMP
- Pain Management Specialty Program
- Skin & Wound Care Specialty Program
- Take A Breath Respiratory Program & More!



From *Home Health* to *Hospice*, Choose Angels Care



We Bring Comfort, Compassion,
& Peace of Mind to Our Patients
by Providing:

- Individualized, patient-specific plans of care
- Comprehensive care provided by a team of nurses, physicians, social workers, hospice aides, chaplains, & volunteers
- Education & training for caregivers
- Grief & Bereavement Services
- Peaceful Transitions: a program that rallies our entire team to the patient during their greatest time of need



Serving San Angelo & Surrounding Areas

SENIOR SOURCEBOOK TABLE OF CONTENTS

ASSISTED LIVING AND NURSING HOME FACILITIES	6
CLINIC & HOSPITAL RESOURCES	9
DENTAL, HEARING, & VISION	11
DISABILITY SERVICES.....	11
EDUCATION OPPORTUNITIES.....	12
EMPLOYMENT OPPORTUNITIES	13
HEALTH EDUCATION	13
HOSPICE SERVICES.....	14
INDEPENDENT LIVING & RETIREMENT COMMUNITIES	14
INFORMATION AND REFERRAL	15
LEGAL ASSISTANCE.....	15
LICENSED HOME HEALTH AGENCIES	16
MEAL AND NUTRITION SERVICES.....	16
MEDICAL EQUIPMENT.....	17
MENTAL HEALTH, SUBSTANCE ABUSE, & CRISIS RESOURCES	17
NON-EMERGENCY PHONE NUMBERS.....	18
PERSONAL ASSISTANCE SERVICES.....	18
RECREATION SERVICES	19
REPORTING ABUSE, NEGLECT, & EXPLOITATION	19
SHELTERS.....	20
SOCIAL SERVICES.....	20
STATE/FEDERAL BENEFITS	22
SUPPORT GROUPS.....	22
THERAPY SERVICES.....	23
TRANSPORTATION	23

VETERAN SERVICES.....	24
VOLUNTEER PROGRAMS	24
HELPFUL ONLINE RESOURCES FOR SENIORS	25
CAREGIVER SPECIFIC RESOURCES	27
• ADVOCACY ORGANIZATIONS	27
• AUTISM SUPPORT SERVICES	27
• BEHAVIORAL AND MENTAL HEALTH SERVICES	28
• SELF-CARE RESOURCES & SUPPORT GROUPS for CAREGIVERS.....	28
• SUPPORT SERVICES.....	29
• TRANSPORTATION SERVICES	29
• VETERANS SERVICES	30
• OTHER ONLINE RESOURCES	30

The Area Agency on Aging of the Concho Valley (AAACV) aims to update this publication on an annual basis, in an effort to help meet the needs of Older Texans 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 or email aaa@cvcog.org.

DISCLAIMER: The AAACV neither endorses nor guarantees any of the services listed in this Resource Guide. All readers are strongly encouraged to always research agencies and/or services prior to purchasing or making a final choice of provider.

Published September 2025



ROBERT LEE CARE CENTER

Where Care and Heart Go Hand in Hand

Top Quality Elder Care Services in the San Angelo Area!

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

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

www.robertleecarecenter.com

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

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



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

MISSION

The mission of the Area Agency on Aging, a program of the Concho Valley Council of Governments (CVCOG), is to be the Concho Valley's visible leader and advocate in facilitating supportive services and opportunities that enable older individuals and their caregivers to be able to live dignified, independent, and productive lives. Since 2019, the CVCOG has also been designated to serve as the Concho Valley Aging and Disability Resource Center (ADRC) which utilizes a "No Wrong Door" framework. With the inclusion of the long-standing 2-1-1 Texas of the Concho Valley region, all residents throughout the 14 county CVCOG service region are able to contact our staff through various outlets to connect with local, State and National resources.

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 over 600 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, Edwards, 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 120,000 citizens (2020 Census) with 17.4% being persons aged 65 years and over.

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

Please note that the 2025 Sourcebook includes resources for individuals with disabilities of all ages. We will continue to build resources for Seniors, Caregivers for loved ones of all ages and for children/adults with disabilities.

**AREA AGENCY ON AGING
OF THE CONCHO VALLEY COUNCIL OF GOVERNMENTS
(325) 223-5704 or (877) 944-9666
Fax: (325) 223-8233
5430 Link Road, San Angelo, 76904
www.cvcog.org**

BENEFITS COUNSELING – Help is available for Medicare beneficiaries of any age and individuals 60 years of age and older. Benefits counseling is available through the Area Agency on Aging to provide one-on-one guidance and assistance on Medicare-related topics.

- Medicare Part A & B
- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans (Part C)
- Medicare Savings Programs
- Extra Help Benefit for Prescriptions
- Medicare Fraud

Certified AAA Benefits Counselors also assist clients in understanding public and private benefits. Assistance is available in submitting a new application, renewing benefits, reporting case changes, and uploading documents for the following programs:

- SNAP Food Benefits
- TANF Cash Help
- Medicaid
- Healthy Texas Women
- Medicare Savings Programs
- Long-term Care Services

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.

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 staff, an older individual, 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. All services are voluntary and of no charge.

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.

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 caregiver eligibility: 18 years of age and older providing care to an individual 60 years of age and older.



SENIOR LIVING

*Fall in Love
With Your
Retirement*

SCAN ME



The experience you deserve!

Call us today to schedule your tour and see why so many choose Lyndale San Angelo Senior Living!

325.241.3252 | LyndaleSanAngelo.com

6101 Grand Court Rd., San Angelo, TX 76901

**Community.
Compassion.
Care.**

The peace of mind you deserve!

BRAYDEN PARK

ASSISTED LIVING & MEMORY CARE

325.308.8560

BraydenPark.com

2695 Valleyview Blvd., San Angelo, TX 76904



**Contact us today to schedule
your tour and experience the
best in San Angelo Senior Living!**

CONCHO VALLEY LONG-TERM CARE OMBUDSMAN

PROGRAM—The Texas Long-Term Care Ombudsman Program advocates quality of life and care for residents in nursing homes and assisted living facilities. The 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.

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 State 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)/the Aging and Disability Resource Center Advisory:** seeks volunteers to serve on this committee to continually advise the Area Agency on Aging and the ADRC 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 January.

2-1-1 TEXAS OF THE CONCHO VALLEY

2-1-1 Program is a free and confidential Texas information and referral line answered by nationally certified specialists 24 hours a day, 7 days a week, no matter where you live in Texas. Service is available to individuals of all ages and can help connect callers with resources for childcare, food pantries, counseling, housing and shelter, health services, employment help, aging services and so much more.

**Need help
and don't know
who to call?**

DIAL 211

**We have trained specialists ready
to connect you with services.**

To learn more, go to 211Texas.org



- Food assistance
- Housing and shelter
- Health services
- Veterans assistance
- Mental health services
- Financial and legal issues
- Employment help
- Child care and education
- Aging and disability
- Crisis and emergency
- And more

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.

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 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. 241.

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.

There are 25 Area Information Centers across the state of Texas and information can be provided in almost any language. Texas 2-1-1 Option 1 is the number to call when you don't know who to call.



**AmeriCorps
Seniors**



CONCHO VALLEY
COUNCIL OF GOVERNMENTS

INDIVIDUALS WHO ARE 55+

Volunteer your time through our AmeriCorps Seniors Volunteer Programs



FOSTER GRANDPARENT

Volunteers provide one-to-one mentoring and tutoring to children to help improve their education outcomes. These volunteers share their love, wisdom, and skills to help children succeed in school and life. They serve in settings like childcare centers and elementary schools.

- Must be 55+
- Meet income criteria
- Be willing to go through pre-service training, criminal background check, interview and reference check and attend monthly in-service training
- Volunteers receive a hourly stipend, paid mileage, and holiday pay for volunteer service
- Volunteer for 15-40 hours per week



SENIOR COMPANION

Volunteers are companions to older adults and provide respite to family caregivers. Many volunteers and the older adults they assist become close friends.

- Must be 55+
- Meet income criteria
- Be willing to go through pre-service training, criminal background check and reference check, attend monthly in-service training
- Volunteers receive a hourly stipend, paid mileage, and holiday pay for volunteer service
- Volunteer for 15-40 hours per week



WEST TEXAS RSVP

Volunteers make a difference through a variety of ways from mentoring to helping in a food pantry, and more.

- Must be 55+
- Volunteer once a year or every day - from community gardening, usher at a theater production, to educating the community about Medicare fraud prevention
- In-person and work-from-home opportunities available
- Serve with programs at any one of our over 50 partner organizations in the area, depending on your interest.

QUESTIONS ABOUT GETTING STARTED?

Contact the Concho Valley Senior Volunteer Programs
at (325) 944-9666 or www.westtexasrsvp.org or ConchovalleySVP@cvcog.org

Produced and published at US taxpayer expense

BELOW IS A LIST OF ASSISTED LIVING FACILITIES

BAYCREST SENIOR LIVING & MEMORY CARE

(325) 227-4748
2501 Sawgrass Rd., San Angelo, TX 76904
Licensed Type: Small B
www.baycrestseniorliving.com

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
<https://www.braydenparklife.com>

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

THE CREST @ BAPTIST RETIREMENT COMMUNITY East/West

(325) 655-7391
430 E. 8th St. San Angelo, TX 76903
Licensed Type: Small B, Alzheimer's Certified
www.baptistretirement.org

THE SPRINGS MEMORY CARE

(325) 224-3040
6102 Grand Court Rd, San Angelo, TX 76901
Licensed Type: Medium B
<https://12oaks.net/senior-living-communities/the-springs-memory-care>

THE ST. ANGELUS

(325) 659-4581- Answering Service
15 N. Van Buren, 76901 San Angelo, TX
Licensed Type: Small A

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
<https://slpoperations.com/services/long-term-care>

AVIR AT SAN ANGELO

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

CEDAR MANOR NURSING & REHABILITATION

(325) 942-0677 Fax (325) 942-1331
1915 Greenwood, San Angelo, TX 76901
www.cedarmanorcare.com

PARK PLAZA NURSING & REHABILITATION

(325) 944-0561
2210 Howard, San Angelo, TX 76901
www.parkplazacare.com

SAGECREST SKILL NURSING FACILITY. (SNF) @ BAPTIST RETIREMENT COMMUNITY

(325) 481-7538
438 E. Houston Harte, San Angelo, TX 76903
www.baptistretirement.org

SENIOR CARE CENTER OF MEADOW CREEK

(325) 942-4000
4343 Oak Grove Blvd., San Angelo, TX 76904
www.seniorcarecentersltc.com

SENIOR CARE OF REGENCY HOUSE

(325) 942-7700
3745 Summer Crest Dr., San Angelo, TX 76901
www.seniorcarecentersltc.com

RURAL NURSING HOME FACILITIES

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) 597-2906
2201 Menard Hwy. Brady, TX 76825

MENARD COUNTY

Menard Manor & Retirement Home

(325) 396-4515
100 Gay St., PO Box 608
Menard, TX 76859 www.menardmanor.org

REAGAN COUNTY

Reagan Memorial Hospital & Care Center

(325) 884-2561
805 N. Main, Big Lake, TX 76932



SCHLEICHER COUNTY

Schleicher County Medical Center Nursing Home

(325) 853-3931

104 N. US Hwy 277, Eldorado, TX 76936

STERLING COUNTY

Sterling County Nursing Home

(325) 378-2134

309 5th St., PO Box 46, Sterling City, TX 76951

CLINIC AND HOSPITAL RESOURCES

FIND A PHYSICIAN

DOCTOR MATCHMAKER

SHANNON CLINIC

(325) 747-2343

Shannon Clinic assists patients in finding a new physician.

LA ESPERANZA CLINIC- Chadbourne

(325) 658-5339

1610 S. Chadbourne San Angelo, TX 76903

www.esperanzahealth.org

Mon -Thu 8:00 am – 8:00 pm. Fri 8:00 am – 5:00 pm; Sat 8:00 am – 12:00pm.

Acute/Chronic Medical Care, Annual Physical Exams, Family Practice, Lab Services, Immunizations, Nutrition Educational/ Counseling, Primary Healthcare, Radiology Services, School/ Employment Physicals, and Ultrasound.

LA ESPERANZA CLINIC-Lakeview

(325) 658-5339

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

www.esperanzahealth.org

Mon – Fri 8:00 am – 5:00 pm.

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.

LA ESPERANZA CLINIC – West

(325) 658-5339

34 Buick Street, San Angelo, TX 76903

www.esperanzahealth.org

Mon – Fri 8:00 am – 5:00 pm.

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, Pediatrics, Mental Health Services.

SHANNON MEDICAL CENTER

(325) 747-6741

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), Inpatient Rehab Facility, and Comprehensive Wound Center. **Provides medical care at the following locations:**

SHANNON MEDICAL CENTER SOUTH

(325) 747-6741

3501 Knickerbocker Rd., San Angelo, TX 76904

SHANNON CLINIC- RED ARROYO

(325) 949-9408

3016 Vista Del Arroyo, San Angelo, TX 76904

SHANNON CLINIC NORTH

(325) 747-2271

2626 N. Bryant, San Angelo, TX 76903

SHANNON CLINIC – BEAUREGARD

(325) 747-1511

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) 747-2036

2237 S. Jackson, San Angelo, Texas 76904

SHANNON CLINIC – ORTHOPEDICS CENTER

(325) 747-2292

4450 Sunset Dr., San Angelo, TX 76904

SHANNON CLINIC SOUTH 1

(325) 747-1511

2142 Sunset Dr, San Angelo, TX 76904

SHANNON CLINIC SOUTH 2

(325) 747-1511

2141 Hamilton Way, San Angelo, TX 76904



Oak Grove Senior Apartments

Apartments for Seniors 62 and Older



WHO WE ARE

Oak Grove Senior Apartments offers seniors 62+ spacious, income-based, one-bedroom apartments with all utilities included, featuring modern amenities like full-sized refrigerators, electric stoves, emergency pull-cords, and access to excellent on-site staff and facilities.

OUR AMENITIES

- ◆ Income-Based Rent
- ◆ One-Site Laundry
- ◆ Paid Utilities
- ◆ Shared Community Spaces
- ◆ On-Site Library
- ◆ Resident Service Coordinator
- ◆ Newly Renovated Common Spaces



Contact Us



(325) 223-0700
TTY 711



4375 Oak Grove Blvd, San
Angelo, Texas 76904

SHANNON CLINIC - WEST

(325) 747-1511

4450 Sunset Dr., San Angelo, TX 76904

SHANNON CLINIC - URGENT CARE SOUTH

(325) 747-2222

3502 Knickerbocker Rd., San Angelo, TX 76904

SHANNON CLINIC - URGENT CARE WEST

(325) 747-2226

4251 Sunset Dr., San Angelo, TX 76904

SHANNON CLINIC - URGENT CARE NORTH

(325) 747-2271

2626 N. Bryant Blvd., San Angelo, TX 76903

SHANNON CLINIC - MAGDALEN

(325) 747-1511

102 N. Magdalen, San Angelo, TX 76903

SHANNON CLINIC SOUTH 3

(325) 747-1511

3350 Executive Dr, San Angelo, TX 76904

SHANNON CLINIC KNICKERBOCKER

(325) 747-1511

3555 Knickerbocker Rd, San Angelo, TX 76904

SHANNON SOUTH MEDICAL OFFICE BUILDING

(325) 747-1511

3605 Executive Dr, San Angelo, TX 76904

SHANNON CLINIC HARRIS

(325) 747-1511

220 E. Harris Ave, San Angelo, TX 76903

SHANNON CLINIC SUNSET

(325) 747-1511

4235 Southwest Blvd., San Angelo, TX 76904

SHANNON CANCER CENTER

(325) 747-2025

131 E. Beauregard, San Angelo, TX 76903

SHANNON SLEEP CENTER

(325) 747-6673

2141 Hamilton Way, San Angelo, TX 76904

SHANNON SURGERY CENTER-WEST

(325) 747-5800

4482 Sunset Drive, San Angelo, TX 76901

SHANNON SURGERY CENTER - SOUTH

(325) 747-2900

3605 Executive Dr, San Angelo TX 76904

SHANNON BREAST CENTER

(325) 747-2339

220 E. Harris Ave, San Angelo, TX 76903

SHANNON NEURO REHABILITATION

(325) 747-8025

3501 Executive Dr. San Angelo, TX 76904

SHANNON REGIONAL HEART CENTER

(325) 747-2281

102 N. Magdalen, San Angelo, TX 76903

BRAIN & SPINE INSTITUTE AT SHANNON

(325) 747-2193

102 N. Magdalen, Shannon Clinic Magdalen, San Angelo, TX 76903

SHANNON WOUND CARE & HY- PERBARIC MEDICINE

(325) 747-7290

3501 Knickerbocker Rd., San Angelo, TX 76904

SHANNON CARDIAC & PULMONARY REHAB

(325) 747-2845

Shannon Clinic South 3, San Angelo, TX 76904

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

EDWARDS COUNTY**Indigent Health Care**

(830) 683-6122

100 West Main

Rocksprings, TX 78880

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

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 Wed & 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

Mon-Thurs 8-6 Fri 8-12

DENTAL, HEARING, AND VISION**DENTAL****LAKEVIEW CLINIC**

325-658-5339

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

HEARING**HIGHLAND COUNCIL FOR THE DEAF**

(432) 267-6779 or 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)

VISION**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

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.

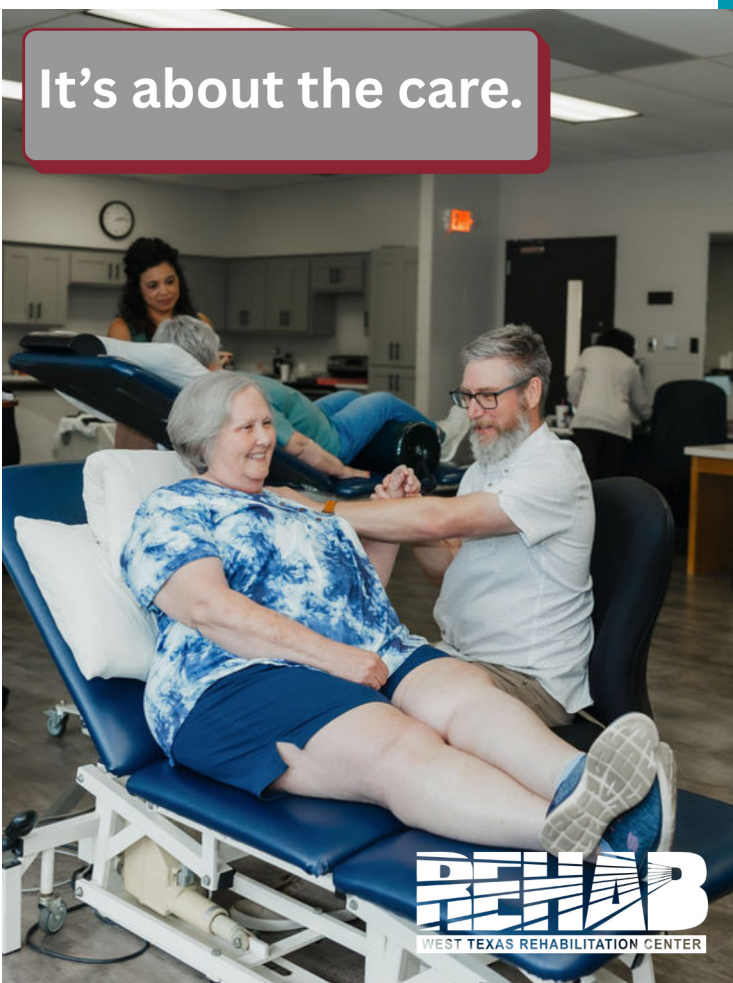
www.eyecareamerica.org**SAN ANGELO LIONS CHARITIES****Eyeglass Recycling Center****(325) 227-4350****27 W. Concho Ave, San Angelo, TX 76903****lionscharitiesofsanangelo@gmail.com****Lionscharities.org**

San Angelo Lions Charities Eye Glass Recycling Center is operated by Volunteer Lions. We repair glasses when we can. We collect glasses from local merchants and all over Texas to be sorted, washed, read, bagged, boxed and ready to ship all over the world through TLERC in Midland. We are here to help those in need of assistance with Vision problems. NO CHILD is turned away. A child, 17 years of age or younger (or still in high school) will be offered free exams and glasses. Adults (18 and older) fill out a questionnaire providing income and expense information. We offer discount exams and glasses for adults. We do Vision Screening in public schools, parochial and private schools, day cares, or anywhere we are asked to bring our camera and do screenings within a one-hundred-mile range. We are funded by PUBLIC donations, fundraisers and by our six (6) local Lions Clubs.

volunteer hours are: Tuesdays and Wednesdays 9am-1pm and Thursdays Noon-3pm

TEXAS WORKFORCE SOLUTIONS - VOCATIONAL REHABILITATION SERVICES**GENERAL AND BLIND VOCATIONAL REHABILITATION****(325) 653-2321 OR (800) 996-7589****DISABILITY SERVICES****BLUESPRIG SAN ANGELO – ABA Therapy for Autism****(325) 939-2650, Option 2 for inquiries****4541 N Bentwood Dr, San Angelo, 76904**

Applied Behavior Analysis (ABA) therapy is an evidence-based approach to understanding and changing behavior. As a therapeutic approach for children with autism, ABA focuses on teaching and reinforcing positive behaviors while reducing challenging ones. At



BlueSprig, ABA therapy is highly individualized, meaning programs are tailored to meet the unique needs and goals of each child, including socialization, communication, learning skills and other developmental milestones.

Open Monday – Friday, 8:00 am – 6:00 pm

DISABILITY CONNECTIONS

(325) 227-6624

2809 Southwest Blvd., San Angelo, TX 76904

Hours: Monday – Thursday 8:00 am – 6:30pm

www.LIFEINCTX.ORG to make a referral or call for an appointment.

Disability Connections is a Center for Independent Living (CIL) that provides services to people with all disabilities and of all ages. The Center promotes independence and equality for everyone. We serve Tom Green and the 13 surrounding county area including: Coke, Concho, Crockett, Irion, Kimble, Mason, McCulloch, Menard, Runnels, Schleicher and Sterling. **Services include:** Information and Referral for services and supports in the community, Advocacy to navigate service delivery systems, Peer Support to understand living life with a disability, Independent Living Skills Training to promote independence, Transition to Home for individuals in long-term care facilities and Youth Transition for students with disabilities to develop skills for independent living. Additional services include Purchased Goods & Services to help Consumers overcome barriers to their independence in the community by purchasing assistive technology, devices or equipment.

DISABILITY RIGHTS TEXAS

1(800) 252-9108, (512) 454-4816

4747 S. Loop 289, Suite 120, Lubbock, TX 79424

Advocates for the legal rights of Texans with disabilities.

www.disabilityrightstx.org

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 8:00 am – 5:00pm.

SAN ANGELO AUTISM CENTER

(325) 777-2727

136 East Concho Avenue, San Angelo, TX 76903

San Angelo Autism Center is locally owned and provides applied behavior analysis (ABA) services to children diagnosed with Autism Spectrum Disorder.

Open Monday-Thursday, 8:30 a.m.-5:00 p.m., Friday 8:30 a.m.-2:30 p.m.

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.

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 RAMP PROJECT

Contact: 214-558-0339

Website: www.texasramps.org

Builds free wheelchair ramps for low-income individuals with disabilities. Referrals must be submitted by Social services agency representative, Community service representative, Licensed healthcare professional (e.g., doctor, PA, RN, LPN), EMS, Fire Rescue, or Police and associated Liaisons.

TEXAS STATE LIBRARY TALKING BOOK PROGRAM (TBP) AND DISABILITY AND INFORMATION REFERRAL CENTER (DIRC)

1(800) 252-9605

P.O. Box 12927, 1201 Brazos Street

Austin, TX 78711-2927

TBP offers free digital audio, large print, and braille books and magazines to Texans with a qualifying visual, physical, or reading disability. Borrow playback equipment or use BARD/BARD Mobile for listening on computers, smartphones or tablets. Accessible games are also available to borrow. TBP's DIRC provides free disability and health-related information to all Texans.

Visit www.texasalkingbooks.org or email tbp.services@tsl.texas.gov for more information.

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

VEHICLE REGISTRATION

(325) 659-6529

113 W. Beauregard, San Angelo, TX 76903

Processes applications for parking permits for people with disabilities. Vehicle registrations may be renewed online, by mail or in person. Open Monday through Friday 8:00am – 4:30pm. Also has a drive-thru option that is open from 8:00am – 4:45pm

EDUCATION OPPORTUNITIES

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 and citizenship classes

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 websites for cultural and educational events, downloadable e-books and what's happening in STEAM Central– 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

EMPLOYMENT OPPORTUNITIES

CONCHO VALLEY FOSTER GRANDPARENT PROGRAM (FGP)

(325) 944-9666 ext. 225

5430 Link Rd., San Angelo, TX 76904

Assign 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.

Clementine Urista Manager, clementine.urista@cvcog.org

CONCHO VALLEY SENIOR COMPANION PROGRAM (SCP)

(325) 944-9666 ext. 225

5430 Link Rd., 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. Clementine

Urista, Manager, clementine.urista@cvcog.org

WORKFORCE SOLUTIONS OF THE CONCHO VALLEY

(325) 653-2321

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

www.cvworkforce.org

Offers job search assistance including resume assistance,

workshops and training, veteran employment services, youth

services, childcare, job development and other federally funded

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

HEALTH EDUCATION

ALZHEIMER'S ASSOCIATION

1(800) 272-3900

www.alz.org/westtexas

You can call us 24/7 for care and support for those living with the

disease, their families, and caregivers, or to connect with local

resources. You can also get 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, communications, behaviors, legal and financial

planning, healthy habits, and more. You can also access all of our

resources on our website.

AMERICAN HEART ASSOCIATION

(800) 242-8721

Monday through Friday 7:00am – 7:00pm CT and Saturday 9:00am-5:00pm CT, Closed Sundays.

www.heart.org

Educational activities dedicated to the prevention

of death and disability from cardiovascular disease and stroke.

BETTER LIVING FOR TEXANS (BLT)

<http://blt.tamu.edu>

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.

LAURA W. BUSH INSTITUTE FOR WOMEN'S HEALTH

325-942-2531

www.laurabushinstitute.org

Mammogram Program: This is a free breast health program that

covers up to diagnosis for patrons in 12 counties of the Concho

Valley which include Coke, Concho, Crockett, Irion, McCulloch,

Menard, Reagan, Runnels, Schleicher, Sterling, Sutton, and Tom

Green.

SHANNON DIABETES EDUCATION

(325) 747-7194

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

<http://fch.tamu.edu> and <http://tomgreen.agrilife.org>

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.

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)215-4218

206 E. 4th St., Brady, TX 76825

rlott1@mhm.org

WESLEY NURSE BSN, RN-Terri Reardon

512-240-9825 / 325-294-4418

124 E Mesquite St., Mason, TX 76856

treardon@mhm.org

WESLEY NURSE RN-Niki Bishop

(325) 392-3250

12 E. 11th, Ozona, TX 76943

dbishop@mhm.org

WESLEY NURSE RN-Mary Gathoni
(325) 399-9225
400 W Murchison Ave, Eldorado TX 76936
mgathoi@mhm.org

WESLEY NURSE BSN, RN-Karen Green
(325) 455-8315
301 W. 18th St., San Angelo, TX 76903
kgreen@mhm.org

WESLEY NURSE RN-Lesa Parry
(325)-215-4835
37 E. Beauregard, San Angelo, TX 76903
lparry@mhm.org

HOSPICE SERVICES

Hospice offers care and support that focuses on the quality of life for people and their caregivers who are experiencing an advanced, life-limiting illness. This type of care is most often provided where patients live, whether it's at home, an assisted living facility, or a nursing home. Hospice care uses a team of health care providers who care for patients' medical, physical, social, emotional, and spiritual needs.

Depending on the illness or condition, the hospice team creates a care plan that can include some or all of these services:

- Nursing care
- Hospice aide and homemaker services
- Social worker services
- Medical equipment and supplies
- Doctor/Physician Assistant services
- Prescription drugs for symptom control or pain relief
- Dietary counseling
- Physical and occupational therapy
- Speech-language pathology services (like to help with swallowing)
- Grief and loss counseling

Find Medicare-certified hospices that serve your area and compare them based on the quality of care they provide. Hospice agencies that serve your area are based on the ZIP code you enter in your search, regardless of where their office is located.

<https://www.medicare.gov/care-compare/?providerType=Hospice>

INDEPENDENT LIVING & RETIREMENT COMMUNITIES

BAPTIST RETIREMENT COMMUNITY
(325) 655-7391
902-903 N. Main, San Angelo, TX 76903
www.baptistretirement.org

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.

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.

OAK GROVE SENIOR APARTMENTS
4375 Oak Grove Blvd.
San Angelo, TX 76904
(325) 223-0700

Offers one-bedroom apartments for seniors 62 and older with rent based on income and all utilities paid. There are 142 units, and each apartment features a full-sized refrigerator and electric range stove

Community features on-site staff, laundry facilities and each unit has emergency pull-cords that will dispatch EMS directly to the unit.

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

SAN ANGELO HOUSING AUTHORITY
325-481-2500

420 E. 28th St, San Angelo TX 76903

Mon - Thu 8:00am - 5:00pm, Fri 8:00am -12:00pm.

- Accepts online applications at www.sanangelopha.com
- Offering senior housing through Forest Park 325-486-3386
- Forest Park Community (FCP) manages rental units throughout the City of San Angelo and units are designated for individuals holding Housing Choice Vouchers and those who make less than 80% AML.
- FCP strives to provide a comfortable living experience for their residents.

VILLAGE EAST RETIREMENT COMMUNITY

(325) 944-0819

4054 Sul Ross, San Angelo, TX 76904

Two- and three-bedrooms, two-bath town homes. Maintenance-free retirement living for persons 55+.

INFORMATION & REFERRAL

211 TEXAS OF THE CONCHO VALLEY
5430 Link Road, San Angelo, 76904
San Angelo, TX 76904
Dial: 211, Option 1

The 2-1-1 program is a free and confidential Texas Information and Referral Network line answered by nationally certified specialists 24 hours a day, 7 days a week, no matter where you live in Texas. Service is available to individuals of all ages and can help connect callers with resources for childcare, food pantries, counseling, housing and shelter, health services, employment help, aging services and so much more. Every county in Texas has access to an Area Information Center and information can be provided in almost any language. 2-1-1 Texas, 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
5430 Link Road, San Angelo, 76904
San Angelo, TX 76904
1-855-937-2372

<https://conchovalleyadrc.org/>

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.

BETTER BUSINESS BUREAU
(325) 949-2989

3149 Executive Dr., San Angelo, TX 76904
www.bbb.org

Provides information and complaint histories of local businesses. Accepts complaints and offers mediation. Provides information about scams and identity theft.

EDWARDS COUNTY OFFICE
830-683-6122

100 West Main, Rocksprings, TX 78880
<https://www.co.edwards.tx.us/>

SAN ANGELO CHAMBER OF COMMERCE
(325) 655-4136

418 W. Ave. B, San Angelo, TX 76903
www.discoversanangelo.com

Information for tourists, businesses, and individuals interested in relocating in San Angelo.

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

www.lanwt.org

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.



LEGAL HOTLINE FOR TEXANS

1(800) 622-2520 ext.3

www.tlsc.org

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.

TEXAS ADVOCACY PROJECT

HOPE LINE

1(800) 374-HOPE(4673)

www.texasadvocacyproject.org

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 violence, including protective orders, divorce, child custody, and child support. For more information, please contact Texas Advocacy Project. Mon - Fri 9:00 am - 5:00 pm.

TEXAS LAW HELP

www.TexasLawHelp.org

TexasLawHelp.org is managed by Texas Legal Services Center and provides free legal services to underserved Texans in need of education, advice and representation.

TEXAS LEGAL SERVICES CENTER

512-477-6000

https://www.tlsc.org/

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, Offer support, education and guidance for legal matters that affect senior care retirement and estate planning, victims of identity theft, and persons who have problems with pensions.

LICENSED HOME HEALTH AGENCIES

Medicare home health care provides coverage for medically necessary skilled care, like nursing, physical therapy, or speech therapy, that is delivered in a person's home. To qualify, individuals must be homebound, have a physician's order, and require intermittent skilled care.

Home Health Compare

<https://www.medicare.gov/homehealthcompare/> is a federal website that has information about the quality of care provided by «Medicare-certified» home health agencies throughout the nation. The Long-term Care (LTC) Provider Search can help you learn more about home health providers. <https://apps.hhs.texas.gov/LTCSearch>

The information on Home Health Compare:

- Helps you learn how well home health agencies care for their patients.
- Shows you how often each agency used best practices when caring for its patients and whether patients improved in certain important areas of care.
- Shows you what other patients said about their recent home health care experience.

ANGELS CARE HOME HEALTH

(325) 655-5099

2414 College Hills #220

www.angelscarehealth.com

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.

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.

MEAL AND NUTRITION SERVICES

CONCHO VALLEY REGIONAL FOOD BANK

325-655-3231

https://conchovalleyfoodbank.org/get-help/

Provides monthly food distributions and emergency food boxes to help those facing food insecurity across the community.

MEALS FOR THE ELDERLY

(325) 655-9200

310 E. Houston Harte, San Angelo, TX 76903

www.mealsfortheelderly.org

Nutritious meals delivered to homebound seniors and disabled that qualify, Monday through Friday. No income requirements. Meal delivery includes all of Tom Green, Concho, Irion Counties and Miles, TX. Donations requested. Hours: Mon - Thurs. 8:00 am - 4:30 pm; Fri 8:00 am - 12:30 pm.

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.

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. People 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

CROCKETT COUNTY

Helping Hands for The Elderly, Inc

(325)392-5026

2 State Hwy 163 S., Ozona, Texas 76943

KIMBLE COUNTY



MENTAL HEALTH, SUBSTANCE ABUSE & CRISIS RESOURCES

ALCOHOL AND DRUG ABUSE COUNCIL FOR THE CONCHO VALLEY (ADACCV)

(325) 224-3481 or (800) 880-9641 Crisis Hotline

3553 Houston Harte, PO Box 3805, San Angelo, TX 76902

<https://www.adaccv.org/>

Provides prevention, education, intervention, outreach, screening and referral programs. Also offers outpatient and intensive residential substance use disorder treatment.

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

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 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

www.mhmrcv.org

Serving adults and children with needs associated with mental health, substance use, and intellectual & developmental disabilities (IDD).

- **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 – Appointments and walk-ins accepted at 202 North Main Street for Adult MH Services – All Day Tuesdays and Wednesdays 8:00 a.m. - 12:00p.m. - IDD call 325-658-7750 and ask to speak to the Intake Specialist.

SHANNON RIVER CREST HOSPITAL

(325) 747-4700

1636 Hunters Glen Rd., San Angelo, TX 76901

SHANNON BEHAVIORAL HEALTH SERVICES

(325) 747-7100

2018 Pulliam St., San Angelo, TX 76905

Psychiatric facility offers comprehensive in-patient mental health services to adults 18 years of age and older.

www.cvcog.org

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

Santa Fe Crossing Senior Center

(325) 481-2798

702 S. Chadbourne, San Angelo, TX 76903

MEDICAL EQUIPMENT

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

www.texasoxycare.com

Texasoxycare@yahoo.com

9-5 M-F 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 home and portable oxygen, CPAPs/BIPAPs and supplies, and ventilator support. We also have an array of mobility items ranging from lift chairs, home ramps, walkers, rollators, hospital beds, hoist lifts, and much more. Now offering electric wheelchairs, scooters, and vehicle lifts! Local delivery free and most insurance accepted.

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
36 E. Twohig, Cactus Hotel, 6th Floor, San Angelo, TX 76903
www.sanangelocounseling.org
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 or email
Info@sanangelocounseling.org

NON-EMERGENCY PHONE NUMBERS

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

ALARM COORDINATOR
(325) 657-4304
Crime prevention and personal protection information and service. To make a police report or for immediate police assistance, please call the Dispatcher at (325) 657-4315.

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

NON-EMERGENCY ADMINISTRATION
(325) 657-4338

OTHER USEFUL WEBSITES:
www.sanangelopolice.org
www.facebook.com/SanAngeloPoliceDepartment
www.twitter.com/SanAngeloPolice

POLICE DISPATCHER
(325) 657-4315

REWARDS HOTLINE
(325) 658-4357
www.sanangelocrimestoppers.com

SAN ANGELO CRIME STOPPERS COORDINATOR
(325) 657-4333

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

TOM GREEN COUNTY JAIL
(325) 659-6597

TOM GREEN COUNTY SHERIFF
(325) 655-8111

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

EDWARDS COUNTY FIRE AND SHERIFF
(830) 683-4104

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

OZONA FIRE DEPARTMENT
(325) 392-2626

REAGAN COUNTY FIRE AND SHERIFF
(325) 884-2424

SCHLEICHER COUNTY FIRE AND SHERIFF
(325) 853-2737

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

SUTTON COUNTY FIRE AND SHERIFF
(325) 387-2288

PERSONAL ASSISTANCE SERVICES

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

ACCENTCARE, PERSONAL CARE SERVICES
Office: 325-304-7013 Fax: 325-242-8039
4202 Sherwood Way, Suite A
San Angelo, TX 76904
suetolbird@accentcare.com

AccentCare is contracted with the Veteran's Administration (VA) for HHA/homemaker services. We work closely with the VA social workers to provide in-home assistance with personal care for our Veterans. It is an honor for us to provide in-home care assistance for Veterans who not only need an extra hand.

BAPTIST RETIREMENT COMMUNITY PERSONAL ASSISTANCE SERVICES
(325) 481-7540
902-903 N. Main, San Angelo, TX 76903
www.baptistretirement.org

Provides short-term and long-term support services to assist one in the comfort of their home. From medication management and 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.

COMFORT KEEPERS

325-949-0700

3121 Executive Dr., San Angelo, TX 76904

www.comfortkeepers.com

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

OUTREACH HEALTH SERVICES

(325) 227-8908

17 S. Chadbourne, Ste. 500, San Angelo, TX 76903

www.outreachhealth.com

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.

TLC IN HOME CARE, INC.

(325) 658-1307

1932 Sherwood Way, San Angelo, TX 76901

www.tlc-homecare.com

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

RECREATION SERVICES

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, TX76903

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.

SHANNON HEALTH CLUB

(325) 747-2582

3336 W. Loop 306, San Angelo, TX 76904

Medically based. Yoga, fitness classes, variety of non-impact cardio equipment and hydraulic equipment available, water aerobics and swimming, personal training.

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.

REPORTING ABUSE, NEGLECT, AND EXPLOITATION

SENIOR MEDICARE PATROL (SMP) NATIONAL RESOURCE CENTER

1-877-808-2468

www.smpresource.org

Contact your Senior Medicare Patrol (SMP) if you think you have been the victim of Medicare fraud, errors, or abuse. An SMP



SENIOR SOLUTIONS
We are the Medicare Specialists

Candice Moore / Owner 325-949-5006
2834 Chimney Rock Lane or 325-947-1251
1-866-414-7220 Fax 325 949-51531



Christian Village
Affordable senior living in San Angelo, TX with a comfortable and vibrant community lifestyle.

- Income-Based Rent
- Shared Community Spaces
- On-Site Laundry
- Off-Street Parking
- And so Much More!

Call To Apply!
325-949-8575 TTY 711
4225 Billie Bolin Dr., San Angelo, TX 76904



DIX KEY SHOP
SAFE & LOCK CO.

Lic. #B04125101
325-653-1562

**Locksmith
Safes
Access Control**
**204 N. Chadbourne St.
San Angelo, TX 76903**



Dun-Bar Motel & Restaurant

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

1728 Pulliam
Motel: 325-653-3366 Restaurant: 325-655-8780
Email: dunbareast@yahoo.com | www.dunbarsanangelo.com



Be prepared so you can help save a life!
Sav-A-Life Skills
CPR/First Aid Training Center

American Heart Assoc. & OSHA Recognized Courses
CPR/AED/First Aid Training & Healthcare Provider Classes
325-650-2507 • 2141 Office Park Dr., Ste. 6 • San Angelo, TX 76904
email: Graylins@aol.com
No advanced registration needed. Special classes for groups or businesses
Will travel to site to do classes

sav-a-lifeskillstraining.com

representative will make referrals to the appropriate state and federal agencies for further investigation. Open Monday -Friday 8am-4:30pm central time. 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.

STATE LONG-TERM CARE OMBUDSMAN PROGRAM
(325) 223-5704 ext. 238 or toll free at: 1-800-252-2412
5430 Link Road, 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.

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
www.txabusehotline.org

Investigates reports of abuse, neglect and/or exploitation of persons who are elderly and/or persons with disabilities.

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 SHELTER
(325) 655-6981
122 W. 2nd St, San Angelo, TX 76903

www.salvationarmysanangelo.org
Open Mon - Sun, 5:00pm - 7:00am, doors lock at 10:00pm.

Provides emergency and overnight shelter for unhoused men, women and families, and victims of disaster. Hot meals, cots and blankets will be provided. Also offers case management services.

SOCIAL SERVICES

CHRISTIANS IN ACTION
(325) 655-5127
1505 S. Chadbourne St, San Angelo, 76903
Mon, Wed, Thurs, Fri and Sat, 10:30am - 5:30pm (Closed Tuesdays and Sundays)
Provides assistance with clothing, furniture, bedding and household items. Offers faith-based counseling and a food pantry every Monday.

CITY OF SAN ANGELO COMMUNITY AND HOUSING SUPPORT DIVISION
(325) 655-0824
52 West College Ave, San Angelo, TX 76903
www.cosatx.us/chs
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.

CONCHO VALLEY COMMUNITY ACTION AGENCY
(325) 653-2411

133 W Concho Ave Ste 301, San Angelo, TX 76903

- **CASE MANAGEMENT:** This team serves as a helping hand to those who have decided to improve their financial situation but are struggling to find employment by working one-on-one with a case worker to eliminate obstacles in the way of success.
- **HOMELESS SERVICES:** Programming for the homeless centers around NAVIGATION DAYS, when over 20 agencies take one day out of the month to provide direct services to people that same day.
- **HOUSING ASSISTANCE:** This assistance program is designed to help households with their housing expenses while they focus on becoming self-sufficient.
- **HYGIENE CLOSET:** When supplies and funding allow, this service provides hygiene kits throughout the year. All programs are subject to eligibility requirements. CVCAA provides services in Coke, Concho, Crockett, Irion, Kimble, Menard, Reagan, Schleicher, Sterling, Sutton, and Tom Green counties. Please call to see what services are currently operating.
- **UTILITY ASSISTANCE:** This program aids with current, future, and arrears payments for partnering utility companies for qualifying low-income households, as funding allows.
- **VETERANS ASSISTANCE:** These programs assist low-income veterans, surviving spouses, and even active duty with much-needed services such as housing, accessibility, home repairs, vehicle costs, and document recovery.
- **WEATHERIZATION PROGRAM:** This free service helps reduce utility costs and may include insulation, caulking, weather stripping, repair or replacement of heating/cooling units. Homeowners and renters welcome. Provided in Coleman, McCulloch, and Runnels counties in addition to the traditional 11 counties of the Concho Valley.
- **VITA (Volunteer Income Tax Assistance):** This program is sponsored by the IRS AND offers free income tax preparation and e-filing to low/moderate income individuals by IRS-certified volunteers.
- **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.

EDWARD COUNTY
Community Council of South-Central Texas
Community Service - Edwards County
Phone 830-278-3699
201 N. Hwy 377, Rocksprings, TX 78880
Utility assistance

GALILEE COMMUNITY DEVELOPMENT CORPORATION
(325) 655-6700
39 Buick Street, San Angelo, TX 76901
www.galileecdc.com or find us on Facebook!
Provides accessibility rehabs and light repairs for low-income senior citizen homeowners. Accessibility and senior home repairs are free for qualified applicants.

GOODWILL CAREER CENTER
325-703-6811
2301 Sherwood Way, San Angelo, TX 76901
Offers free career services that include assistance with

employment, job search, interviewing skills, one-on-one coaching, resume writing, computer skills and auxiliary support items, which include bus passes, clothing vouchers, GED Test payments and personal ID documents.

HABITAT FOR HUMANITY – HOME REPAIR & ACCESSIBILITY PROGRAM

325-655-7535

Website: www.habitatsanangelo.org

Offers home modifications for families in need. Habitat partners with people in this community helping them build or improve a place they can call home. There are three basic criteria: A need for shelter, an ability to pay for shelter and a willingness to partner with Habitat for Humanity. Habitat homeowners put in "sweat equity" hours as they help build their own homes. Qualified homeowners then purchase their home and pay an affordable mortgage. Habitat ReStore is a non-profit home improvement store and donation center. The items we sell are available to the public and like what you see in other home goods stores, such as a brand-new box of tile you've been needing for your bathroom project or a door needing to be replaced. The purpose of Habitat ReStore is to contribute to the work of Habitat for Humanity. When you support the local ReStore by shopping, donating or volunteering, you are not only supporting your local community, but you are also helping the mission to provide Safe shelter to everyone in San Angelo.

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. by appointment only.

Hours of Operation: Mon- Thurs. 9:00am - 1:00pm and Fri 9:00am - 12 noon

Donation hours: Tues and Thurs 9:00am – Noon and Wed 11:00am – 1:00pm

Unloading assistance available on site. Does not do pick-ups of furniture or other items.

SAN ANGELO CANCER ASSOCIATION

(228) 343-0108

info@sacancer.org

We are a new non-profit organization dedicated to supporting men, women and caregivers affected by cancer. Our mission is to walk alongside individuals through their journey by providing compassionate support, assistance with travel, nutritional education and resources and access to vital services that ease the burden of cancer care. We are committed to empowering our community through connection, education, and hope.

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.

- **Family Care(FC):** Home management (cleaning, shopping, laundry)
- **Day Activity and Health Services (DAHS):** provide daytime services to people who live in the community who need medication administration.
- **Emergency Response Systems (ERS):** which has a 24-hour, seven-day-a-week monitoring capability, to ensure the appropriate person or service agency responds to an alarm call from an individual,
- **Home Delivered Meals (HDM)** provides hot, nutritious meals that are typically served in the individual's home where (HHSC) services are contracted. Some programs have an interest list.
Mon – Fri 8:00 am – 5:00 pm, except holidays.

TEXAS RAMP PROJECT

214-558-0339

Website: www.texasramps.org

Builds free wheelchair ramps for low-income individuals with disabilities. Referrals must be submitted by Social services agency representative, Community service representative, Licensed healthcare professional (e.g., doctor, PA, RN, LPN), EMS, Fire Rescue, or Police and associated Liaisons.

Meals
For The
Elderly



Delivering meals to
our homebound
neighbors since 1974

325-655-9200

www.MealsForTheElderly.org

Donate • Apply • Volunteer
For Services

THE SALVATION ARMY

(325) 655-6981 (325) 227-4679

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

www.salvationarmysanangelo.org

- **Pantry Services:** Food distribution provided every Monday from 9am-12pm. Holidays excluded. Located at 34 W. 3rd st. Individuals must put in an application. For more information please call 325-655-6981.
- **Social Services** - Provides emergency disaster services, clothing vouchers, emergency food and seasonal assistance. May also offer water and gas payment assistance when funds are available on a case-by-case basis. Individuals must present proof of emergency for any financial assistance request. Also operates an extreme weather shelter during the Winter when temperature is expected to get below 35 and the summer months when temperature is expected to be above 100.
- **The Family Store** - Provides 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 Monday - Friday 10:00am - 5:30pm, Saturday 10:0am - 4:00pm, Closed on Sunday. Located at 2225 W. Beauregard. Phone 325-655-3838

WESLEY TRINITY DAILY BREAD LUNCH PROGRAM

A Ministry of Wesley Trinity United Methodist Church

(325)653-9028

301W. 18th St., San Angelo, TX76903

Our mission is to feed the body, soul, and spirits of all those in need in the San Angelo community. Lunch is served carry-out style Monday - Saturday 11:00 AM - 12:50 PM.

Health and wellness resources and referral nursing services are available by appointment.

FMI call 325-455-8315.

STATE/FEDERAL BENEFITS

BENEFITS COUNSELING OF THE AREA AGENCY ON AGING OF THE CONCHO VALLEY

(325) 223-5704 or (877) 944-9666

5430 Link Road, San Angelo, 76904

www.cvcog.org

Help is available for Medicare beneficiaries of any age and individuals 60 years of age and older. Benefits counseling is available through the Area Agency on Aging to provide one-on-one guidance and assistance on Medicare-related topics.

- Medicare Part A & B
- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans (Part C)
- Medicare Savings Programs
- Extra Help Benefit for Prescriptions
- Medicare Fraud

Certified AAA Benefits Counselors also assist clients in understanding public and private benefits. Assistance is available in submitting a new application, renewing benefits, reporting case changes, and uploading documents for the following programs:

- SNAP Food Benefits
- TANF Cash Help
- Medicaid
- Healthy Texas Women
- Medicare Savings Programs
- Long-term Care Services

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.

SOCIAL SECURITY ADMINISTRATION (SSA)

1(877) 840-5742 or 1(800) 772-1213

Spur Bldg., 40 W. Twohig Ave, Ste 100, 1st floor, San Angelo, 76903

www.ssa.gov

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-Fri 9:00am - 4:00pm.

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

www.YourTexasBenefits.com

Determines eligibility for food stamps (SNAP), TANF, Medicaid, and CHIP (Children's Health Insurance Program).

SUPPORT GROUPS

ALCOHOLICS ANONYMOUS

(325) 939-8939

www.SanAngeloAA.org

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.

WEST TEXAS REHAB'S HOSPICE OF SAN ANGELO

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

1933 University Ave, SAN ANGELO, TX 76904

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 WestTexasRehab.org

THERAPY SERVICES

BAPTIST OUTPATIENT THERAPY SERVICES

(325) 481-7536

486 E. Houston Harte, San Angelo, TX 76903

www.baptistretirement.org

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.

SHANNON SOUTH PHYSICAL & OCCUPATIONAL THERAPY OUTPATIENT THERAPY SERVICES

(325) 747-2240

3389 Knickerbocker Rd, San Angelo TX 76904

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

SHANNON REHABILITATION HOSPITAL

(325) 284-4000

6046 Appaloosa Trail, San Angelo, TX 76901

In-patient rehabilitation facility providing comprehensive rehabilitation.

WEST TEXAS REHABILITATION CENTER (WTRC)

(325) 223-6300

3001 S. Jackson, San Angelo, TX 76904

www.westtexasrehab.org

Out-patient services including physical therapy, occupational therapy, speech/language pathology, audiology/hearing aids, orthotics/prosthetics, Hospice, and employer services.



LaQueta Shelburne
Financial Services for the Concho Valley

3177 Executive Drive
San Angelo, TX 76904

325.944.9447
Fax: 325.947.1109

Securities offered through Avantax Investment Services SM, Member FINRA, SIPC.
Investment Advisory Services offered through Avantax Advisory Services SM, Insurance services offered through Avantax Insurance Agency SM,
Shelburne Financial Services is not a registered broker/dealer or registered investment advisory firm.

TRANSPORTATION

CONCHO VALLEY TRANSIT

(325) 947-8729

510 N. Chadbourne, San Angelo, TX 76903

www.cvtd.org

Accessible Public Transportation Services

CVTD offers a variety of transportation options for the Concho Valley, including:

- **ADA Para-Transit:** Curb-to-curb transportation within San Angelo is for elderly or disabled individuals who cannot use fixed-route buses. ADA-certified passengers can use this service for quality-of-life trips.
- **Fixed Route Services:** General public bus routes throughout San Angelo.
- **Rural Transit:** Free transportation for those outside San Angelo City Limits and the surrounding 13 counties.
- **Charter Services:** Available upon request.
- **Medicaid Transportation:** For Medicaid-eligible individuals, transportation to medical appointments and therapies must be approved and scheduled through your Medicaid Health Plan.

Operating Hours:

Monday–Friday: 6:30 AM – 6:30 PM

Saturday: 7:30 AM – 6:30 PM

Sunday: Closed

For service rates, to apply for transportation, service details, or assistance, please visit www.cvtd.org or call us at (325) 947-8729.

NON-EMERGENCY MEDICAL TRANSPORTATION PROGRAM

Contact: 877-633-8747 (877-MED-TRIP)

Website: <https://www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-members/nonemergency-medical-transportation-program>



San Angelo's most experienced clinical staff, with a Board Certified Clinical Nurse Specialist, and a Certified Respiratory Therapist on staff for your continued medical needs!



**PORTABLE
OXYGEN
CONCENTRATOR**



**VEHICLE
SCOOTER LIFT**



**CPAP MACHINE
& MASK**



**ELECTRIC
WHEELCHAIR**



**HOME
WHEELCHAIR
RAMPS**



30 S. Main St., San Angelo, TX
325-655-5756

TEXASOXYCARE.COM

Non-emergency medical transportation services are available for a Medicaid beneficiary or their child. These services include rides to a doctor's office, dentist's office, hospital, drug store or any place that provides covered health care services.

VETERAN SERVICES

ACCENTCARE, PERSONAL CARE SERVICES

325-304-7013 Fax: 325-242-8039

4202 Sherwood Way, Suite A, San Angelo, TX 76904

suetolbird@accentcare.com

AccentCare is contracted with the

Veteran's Administration (VA) for HHA/homemaker services.

We work closely with the VA social workers to provide in-home assistance with personal care for our Veterans.

It is an honor for us to provide in-home care assistance for Veterans who not only need an extra hand, but also experience the challenges of mental health conditions.

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.

MILITARY AND FAMILY READINESS CENTER

(325) 654-3893

17FSS/FSH, 171 Valiant St., Bldg. 145,

Goodfellow AFB, San Angelo, TX 76908

[Facebook.com/Goodfellow AFRC](https://www.facebook.com/GoodfellowAFRC)

Serves the needs of military personnel, dependents and retirees of all branches of service. Mon – Fri 8:00 am – 4:00 pm Closed every 3rd Thursday of the month and close at 3:30 on Tuesdays.

MyVA411 main information line

800-698-2411 Hours: 24/7

If you need an interpreter: Call **800-698-2411** and select **0**. We'll connect you with a VA call center agent. Tell the agent that you want a language interpreter to join the call.

TEXAS VETERANS COMMISSION

1-800-252-8387

TEXAS VETERANS LEGAL ASSISTANCE PROJECT

1-800-622-2520, Option 2.

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

THE NATIONAL RESOURCE DIRECTORY (NRD)

WWW.NRD.GOV

The National Resource Directory (NRD) is a resource website that connects wounded warriors, Service Members, Veterans,

their families, and caregivers to programs and services that support them. It provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration. Visitors can find information on a variety of topics that supply an abundance of vetted resources including Benefits and compensation, community of care, education and training, employment, family and caregiver support, health, homeless assistance, housing, military adaptive sports program, transportation and travel, other services and resources.

TOM GREEN COUNTY VETERANS SERVICE OFFICE

(325) 277-2956, (325)939-2019 (Fax)

36 East Twohig Ave. 1st floor, Suite 106,

San Angelo, Texas 76903

(Located in the Cactus Hotel) 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 <https://www.facebook.com/VAWestTexas>

Also see our Veteran Facing Internet site at <https://www.bigspring.va.gov/>

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

VOLUNTEER PROGRAMS

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 SENIOR COMPANION PROGRAM (SCP)

(325) 944-9666 ext. 225

5430 Link Rd., 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. Clementine Urista, Manager, clementine.urista@cvcog.org

SHANNON MEDICAL CENTER VOLUNTEERS (325) 747-5285

120 E. Harris, San Angelo, TX 76903

Volunteers provide services to hospital and clinic patients and families.

STATE LONG-TERM CARE OMBUDSMAN PROGRAM (325) 223-5704 ext. 241 or toll free at: 1-800-252-2412 5430 Link Road, 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, McCulloch, Menard, Reagan, Schleicher, Sterling, and Tom Green Counties.

WEST TEXAS RSVP (RETIRED SENIOR VOLUNTEER PROGRAM) (325) 944-9666 ext. 214 5430 Link Rd., San Angelo, TX 76904

The Retired and Senior Volunteer Program (RSVP) provides individuals aged 55 and older with meaningful opportunities to remain active in their communities by volunteering their time, talents, and expertise at local agencies. Funded through a federal grant administered by AmeriCorps Seniors, RSVP builds partnerships with community organizations through formal Memorandums of Understanding (MOUs). As new volunteers join the program, RSVP staff connect them with partnering agencies, allowing volunteers to explore service opportunities that align with their interests and preferred locations. Teresa Covey, Program Coordinator teresa.covey@cvcog.org

HELPFUL ONLINE RESOURCES FOR SENIORS

2-1-1 TEXAS

www.211texas.org

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

ADMINISTRATION FOR COMMUNITY LIVING (202) 401-4634

www.aoa.gov

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP) NATIONAL INFORMATION - MEMBERSHIP (888) 687-2277

www.aarp.org

Automated menu on a variety of AARP topics Representative available after menu selection

AARP - TEXAS STATE OFFICE (866) 227-7443

states.aarp.org/category/texas

Provides legislative advocacy, voter education, community services and other informative programs

AMERICAN DIABETES ASSOCIATION

(800) 342-2383

www.diabetes.org

Provides information and other services to people with diabetes, their families, health care professionals and the public

AMERICAN FOUNDATION FOR THE BLIND INFORMATION CENTER (800) 232-5463

www.afb.org

Information and referral on living with vision loss

AMERICAN HEART ASSOCIATION NATIONAL CENTER

(800) 242-8721 www.heart.org

Provides education and information on fighting heart disease and stroke

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

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.



BRONTE HEALTH & REHAB CENTER

Inpatient and Outpatient

Physical, Occupational, and Speech Therapy
Services

- | | |
|--|---|
| <ul style="list-style-type: none">• Pain Management• Electrical Stimulation• Ultrasound• Cold/Hot Modalities• Graston Techniques• And MORE! | <p>Payments Accepted:</p> <ul style="list-style-type: none">• Medicare/Medicare Advantage plans• Commercial Insurances• Medicaid• Ask us about our NEW cash prices! |
|--|---|

We specialize in **individualized** care plans to *promote and restore* physical function to increase your overall quality of life.

We **customize** each treatment program to meet your *specific* needs.

*Big City Services,
Small Town Care*

**900 S. STATE
BRONTE, TX 76933
(325) 473-3621**



Bronte Health
& Rehab Center



DISABILITY RIGHTS TEXAS (AUSTIN) V/TDD**(800) 252-9108****www.disabilityrightstx.org**

Advocates for the legal rights of Texans with disabilities.

ELDERCARE LOCATOR**(800) 677-1116****www.eldercare.gov**

The Eldercare Locator connects older Americans and their caregivers with sources of information on senior services.

FEDERAL EMERGENCY MANAGEMENT AGENCY**www.fema.gov****HEALTH INFORMATION - Office of Disease Prevention & Health Promotion****www.healthfinder.gov****INFORMATION ON LOW-INCOME HOUSING IN TEXAS****www.texashousingcounselor.org****INFORMATION ON FINDING HELP WITH THE COST OF MEDICINE HELPLINE****(800) 503-6897****www.rxassist.org and www.needymeds.org****MEDICARE INFORMATION****(800) 633-4227****www.medicare.gov****NATIONAL ALLIANCE FOR CAREGIVING****www.caregiving.org****NO-CALL LIST FOR TELEMARKETING****(888) 382-1222****www.texasnocall.com****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****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.

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.

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.

SOCIAL SECURITY**(800) 772-1213****www.ssa.gov****TEXAS ABUSE HOTLINE OF THE DEPARTMENT OF FAMILY AND PROTECTIVE SERVICES Hotline (Austin) (800) 252-5400****www.txabusehotline.org**

Investigates abuse, neglect and/or exploitation of persons 65+ and/or disabled.

TEXAS ASSOCIATION FOR HOME CARE & HOSPICE**(512) 338-9293 OR (800) 880-8893****www.tahch.org**

Advocates for ethical practices, quality, and economic viability of licensed providers in Texas.

TEXAS ATTORNEY GENERAL'S OFFICE - STATE OFFICE**(800) 252-8014****www.texasattorneygeneral.gov**

Investigates consumer complaints and provides dispute resolution. Individual representation not available.

TEXAS DEPARTMENT OF INSURANCE (TDI) HOTLINE**(800) 252-3439****www.tdi.texas.gov**

Handles consumer complaints regarding all types of insurance.

Provides information about insurance companies, including insurance companies' profiles, which include financial and complaint information. Accepts complaints of unfair treatment by insurance companies.

TEXAS HEALTH AND HUMAN SERVICES COMMISSION -OFFICE OF THE INSPECTOR GENERAL HOTLINE**(800) 436-6184****www.hhs.texas.gov**

Food Stamp Fraud/Abuse Hotline Provides leadership and innovation needed to achieve an efficient and effective health and human services system for Texans.

TEXAS LEGAL SERVICES CENTER**(512) 477-6000****www.tlsc.org**

Access to legal information for Seniors.

TEXAS MEDICAID CALL TRANSFER LINE**(800) 252-8263****www.yourtexasbenefits.com**

Provides information about Medicaid benefits and services, billing problems and eligibility criteria. Texas Medicaid and Health Care Partnership.

THE NATIONAL COUNCIL ON AGING**(800) 424-9046****www.ncoa.org**

Organizations/professionals that promote the dignity, self-determination, and wellbeing of older persons.

TMF QUALITY INSTITUTE MEDICARE BENEFICIARY HELPLINE**(800) 725-9216****www.tmf.org**

TMF Health Quality Institute provides review of your medical records to review any quality of care issues and conducts statewide health projects to improve your health and quality of life.

U.S. 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.

CAREGIVER SPECIFIC RESOURCES

Supporting Families in San Angelo & Surrounding Areas

Information provided by the Concho Valley Aging & Disability Resource Center (ADRC)

Caregiving can be rewarding but also challenging. This guide provides key resources to help caregivers navigate services available in the Concho Valley region, covering healthcare, mental health, disability support, legal aid, and more. The following resources are not all encompassing and our staff will continue to seek additional resources. If you are a service provider or a Caregiver who has identified a valuable resource that is not listed below, please email: adrc@cvcog.org so that we can learn more!

We understand that each Caregiver's journey is unique. Caregivers can provide care to children, from birth to adulthood; to aging parents; aging spouses; and other loved ones, friends or family. The role of the ADRC is to continuously try to identify available resources, bridge gaps in service delivery and take Caregiver input to seek improvements to available resources. With your feedback, we look forward to continuing to work towards meet your needs as a Caregiver. We appreciate all that you do!

ADVOCACY ORGANIZATIONS

CONCHO VALLEY AGING AND DISABILITY RESOURCE CENTER

The Concho Valley Area Agency on Aging (AAA) and Aging and Disability Resource Center (ADRC) may be able to assist in navigating available resources for the given situation. To Reach an Information Specialist please dial: (325) 223-5704, Option 1 Submit a Referral: www.conchovalleyadrc.org

DISABILITY RIGHTS TEXAS

West Texas Contact: (806) 765-7794

Website: <https://disabilityrightstx.org>

Legal advocacy for individuals with disabilities

AUTISM SUPPORT SERVICES

AUTISM ALLIANCE OF THE CONCHO VALLEY

Contact: 325-657-0308

Website: <https://aacv-autism.org/>

Aims to provide children and adults with autism and their families with access to resources, encourage social connections, and build community cohesion so they have rich, meaningful opportunities to live, work, and play in our community.

BLUESPRIG

Contact: 325-939-2650

Address: 4541 N Bentwood Dr., San Angelo TX 76904

Website: www.bluesprigautism.com

Offers compassionate, individualized care through ABA therapy for children with autism. Their services include early intervention programs and specialty services.

SAN ANGELO AUTISM CENTER

Contact: 325-777-2727

Address: 136 E Concho Ave, San Angelo TX 76903

Website: www.sanangeloautismcenter.com

San Angelo Autism Center is locally owned and provides applied behavior analysis (ABA) services to children diagnosed with autism spectrum disorder. San Angelo Autism Center accepts most private insurances and most Medicaid's. San Angelo Autism Center strives



**Meadow Creek
Nursing & Rehabilitation**
by Caraday Healthcare

SKILLED NURSING SERVICES

- Onsite Occupational, Physical, Speech, and Wellness Therapy
- Private Suites with Full Baths
- Complex Disease Management (Diabetes, Stroke Recovery, CHF, COPD)
- Highly Skilled Wound Care Management
- Medication Management
- Therapy

INSURANCE

- Meadow Creek Nursing & Rehabilitation Accepts Most Major Insurance Plans, Medicare, Medicaid, and pending Medicaid.
- Meadow Creek Nursing & Rehabilitation is Proud to be a Veterans Affairs Preferred Community



- Joint Replacement Therapy
- IV Therapy
- Respite Care
- Specialized Nutritional Care
- Hospice/Palliative Care
- Beauty Shop



4343 Oak Grove Boulevard | San Angelo, TX 76904
(325) 374-6051



*"Providing
Retirement Living,
The Way It Should Be
Since 1962"*



**2024 San Angelo
Community Choice Award Winner**
Voted Best in Senior Living & Best Apartment Complex

325-944-9564

rioconcho.com

1-800-942-9564

marketing@rioconcho.com

Independent
Living Age 62+



to provide individualized and quality ABA to their clients. San Angelo Autism Center works on increasing expressive language (e.g., requesting, labeling activities, people, emotions), social skills (e.g., initiating conversations, play skills), play and leisure skills (expanding interests, reciprocal play, responding to others), toilet training, and much more. Open Monday-Thurs. 8:30 a.m.-5:00 p.m., Friday 8:30 a.m.-2:30 p.m.

BEHAVIORAL AND MENTAL HEALTH SERVICES

CARE SOLACE IN SAN ANGELO

Contact: (888)-515-0595

Website: www.caresolace.com/site/saisd or www.navigatelifetexas.org

Assists with navigating mental health services.

MHMR 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

www.mhmrcv.org

Serving adults and children with needs associated with mental health, substance use, and intellectual & developmental disabilities (IDD).

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 - Appointments and walk-ins accepted at 202 North Main Street for Adult MH Services - All Day Tuesdays and Wednesdays 8:00 a.m. - 12:00p.m. - IDD call 325-658-7750 and ask to speak to the Intake Specialist.

SHANNON RIVER CREST HOSPITAL

Contact: 800-777-5722

Address: 1636 Hunters Glen Rd. San Angelo, TX 76901

Website: shannonhealth.com

Provides counseling, medication management, psychological testing, and inpatient treatment programs. Inpatient and outpatient mental health services, Counseling and psychiatric care for all ages.

WEST TEXAS COUNSELING & GUIDANCE (WTCG)

Contact: (325) 486-8255

Address: 36 E. Twohig Ave, Cactus Hotel

Website: sanangelocounseling.org

Offers cognitive behavioral therapy, children's play therapy, couples therapy, support groups, and veteran's services.

Individual, family, and couples therapy, Cognitive Behavioral Therapy (CBT) and traumainformed care, Support groups for veterans and grief counseling

SELF-CARE RESOURCES & SUPPORT GROUPS for CAREGIVERS

ACCESSIBILITY FIRST FOUNDATION

Contact: 325-238-6020

Website: www.accessibilityfirst.org

Special Needs Parent Group: Support group to families of children with disabilities and special needs.



Feel at Home. Stay Connected. Live Fully

Whether you're looking for vibrant independent living, personalized assisted care, or compassionate memory support, this is more than just a residence - its a true place to live, a place to call home.

Why Families Choose Us:

- ✓ 24/7 On-Site Care & Support
- ✓ Cozy Private Room & Bath
- ✓ Fun Events & Enriching Activities
- ✓ Chef-Crafted Daily Meals

Schedule a Tour Today!

325-277-4748

www.baycrestseniorliving.com



ALZHEIMER'S ASSOCIATION – WEST TEXAS CHAPTER

Contact: (800) 272-3900

Website: www.alz.org

Support groups and resources for caregivers of individuals with dementia.

BAPTIST RETIREMENT MEMORY CARE SUPPORT GROUP

Contact: Erin Kelly at (325) 481-7510 for meeting details/location.

Support group for caregivers of individuals with memory loss, Alzheimer's, or dementia. Lunch provided.

TEXAS HEALTH AND HUMAN SERVICES CAREGIVER SUPPORT

Website: www.hhs.texas.gov/services/health/support-caregivers/caregiver-selfcare

Provides resources on mental and behavioral health support, support groups, and day services to assist caregivers.

WEST TEXAS COUNSELING & GUIDANCE (WTCG) SUPPORT GROUPS

Contact: (325) 944-2561

Website: www.sanangelocounseling.org

Offers various support groups, including those for veterans and individuals who have lost loved ones to suicide.

Meets weekly on Tuesdays.

SUPPORT SERVICES

ACCESSIBILITY FIRST FOUNDATION

Contact: 325-238-6020

Website: www.accessabilityfirst.org

Provides support to families of children with disabilities and special needs, while providing resources through their medical supply closet, financial assistance program, family support groups and collaborative inclusive events within the community.

CONCHO VALLEY COMMUNITY ACTION AGENCY

Contact: 325-653-2411

Address: 133 W. Concho, Suite 301, San Angelo, TX 76903

Website: <https://www.cvcaa.org/index.php>

Provides utility assistance, weatherization, rent & mortgage assistance, homelessness assistance and free tax preparation to low income individuals and families. All financial programs are subject to fund availability.

CATHOLIC OUTREACH SERVICES

Contact: 325-617-7292

Address: 410 N. Chadbourne, San Angelo, TX 76903

Website: <https://www.facebook.com/people/Catholic-Outreach-Services-of-SanAngelo/100091909014707/>

Services for the homeless and financially disadvantaged including sack lunches and hot meals, food pantry, clothing, blankets, hygiene items, shelter vouchers, transportation vouchers, emergency disaster relief, immigration services, agency referrals and educational programs.

RUST STREET MINISTRIES

Contact: 325-486-1004

Address: 803 Rust St, San Angelo, TX 76903

Website: <http://www.ruststreetministries.org>

Provides food, clothes, furniture, kitchen items, baby diapers, bed and bath items, at no charge. Operates on donations. Does not provide financial assistance.

TRANSPORTATION SERVICES

CONCHO VALLEY TRANSIT DISTRICT (CVT)

Phone: (325) 947-8729

Website: www.cvtd.org

Provides public transportation services in the Concho Valley



Senior Living with Endless Possibilities

Life at Baptist Retirement Community is designed for those who want to embrace life fully—on their own terms. Enjoy the perfect balance of privacy and community, where every day offers opportunities to connect, explore, and relax.

- Independent Living
- Memory Care Assisted Living
- Long Term Care
- Rehabilitation
- Personal Assistance Services

San Angelo's only Continuing Care Retirement Community. Visit us today.

BaptistRetirement.org | 325-208-1991
902-903 Main Street, San Angelo, TX 76903



region, offering accessible transit options for individuals with disabilities and the general public. Public and ADA-accessible transportation.

NONEMERGENCY MEDICAL TRANSPORTATION PROGRAM

Contact: 877-633-8747 (877-MED- TRIP)

Website: <https://www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-members/nonemergency-medical-transportation-program>

Nonemergency medical transportation services are available for a Medicaid beneficiary or their child. These services include rides to a doctor's office, dentist's office, hospital, drug store or any place that provides covered health care services.

SHANNON MOBILE LAB

Contact: 325-774-3729

Website: <https://www.shannonhealth.com/services/home-care-services/mobilelab/>

Mobile Lab operates on an on-demand basis, allowing you to schedule appointments at your convenience. They bring laboratory testing right to your doorstep, ensuring you can easily monitor your health without the need to visit a traditional lab facility. Available tests include blood draws, urine tests and stool tests.

VETERANS SERVICES

DISABLED AMERICAN VETERANS

Phone: 325-263-2370

Website: <https://www.dav.org/>

TEXAS VETERANS COMMISSION

Phone 325-659-6560

Website: <https://tvc.texas.gov/>

TOM GREEN COUNTY VETERAN'S SERVICES

Phone 325-659-6560

Website: <https://www.tomgreencountytx.gov/page/vet.VeteransHome>

WEST TEXAS COUNSELING AND GUIDANCE VETERAN'S SERVICES

Contact: 325-315-0272

Website: www.sanangelocounseling.org/veteran-services

Services offered by Veteran Outreach Services of West Texas Counseling & Guidance include veteran peer support, veteran benefits coordination, case management, support groups, individual therapy, couples counseling, family counseling, CPT for trauma, play therapy for children, and anger management.

VA CAREGIVER SUPPORT PROGRAM

Provides Tools, Resources & Programs for VA Caregivers

Contact: VA's Caregiver Support Line (CSL) at 1-855-260-3274

Website: Caregiver.va.gov

VETERAN CRISIS LINE

Dial 988, Press 1

OTHER ONLINE RESOURCES

AARP

Website: <https://www.aarp.org/caregiving/>

Provides Resources and guidance on a range of issues facing new family caregivers

TAKE TIME TEXAS

Website: <https://apps.hhs.texas.gov/taketimetexas/>

Provides basic information on respite care and resources to locate services in Texas.

TEXAS HEALTH AND HUMAN SERVICES

Website: <https://apps.hhs.texas.gov/ltcsearch>

Long-term Care Provider Search: This site allows you to search for information about Nursing homes, assisted living facilities, Intermediate care facilities for people with IDD, Daytime programs for adults, Home health, hospice and personal assistance services and Prescribed Pediatric Extended Care Centers.

TEXAS HHSC COMMUNITY CARE SERVICES

Phone: (866) 535-9759

Website: hhs.texas.gov

In-home and community-based services for older adults and individuals with disabilities. Family Care, Emergency Response Services, Residential Care, Adult Foster Care, Home Delivered Meals

THE TEXAS ABLE PROGRAM

Phone: 1-844-489-2253

Website: texasable.org

"Texas ABLE" or the "program" is the State's savings program. The program helps Texans with disabilities to save and pay for disability-related expenses while maintaining eligibility for federal and state means-tested benefits such as Supplemental Security Income (SSI) and Medicaid. Tax-advantaged savings for individuals with disabilities.

WELLMED CHARITABLE FOUNDATION

Phone: 1-866-390-6491

Website: <https://www.wellmedcharitablefoundation.org>

A non-profit organization that supports older adults and their caregivers with a special emphasis on wellness and prevention with resources, fact sheets and training.

For assistance in navigating resources, please contact:

Concho Valley Aging & Disability Resource Center (ADRC)

5430 Link Road, San Angelo Texas 76904

1-855-YES-ADRC (1-855-937-2372) (325)223-5704



America's Choice in Home Care[®]

Most seniors prefer to stay in their own homes. Our services promote dignity and independence to individuals to enable them to live in their home or place of choice with assistance. Our caregivers provide the necessary care to maintain daily routines and do some of the things they have enjoyed in the past with a little help from an Angel



Experienced Angels

We understand that you're searching for a qualified, professional caregiver who will treat you or your loved one with respect and dignity. Visiting Angels caregivers have a sincere desire to help and the training and skills you need. We run comprehensive background screenings on every caregiver, including state and federal searches, and offer continuous education, training and development.

Veteran or Surviving Spouse?

You may qualify for paid services thru Veterans Homemaker Program or Aid and Attendance Pension. Call our office and speak to LeAnn Brooks, for more information.



Providing

- Bathing Assistance
- Dressing Assistance
- Grooming
- Assistance with Walking
- Medication Reminders
- Errands
- Shopping
- Light Housekeeping
- Meal Preparation
- Friendly Companionship
- Flexible Hourly Care
- Respite Care for Families
- and so much More!!

Private Pay, Long Term Care Insurance and Veterans Benefits

Find us on  @ANGELOVANGELS



325-716-1803



lbrooks@visitingangels.com



www.visitingangels.com/sanangelo

Area Agency on Aging of the Concho Valley
5430 Link Road, San Angelo TX 76904
(325)223-5704

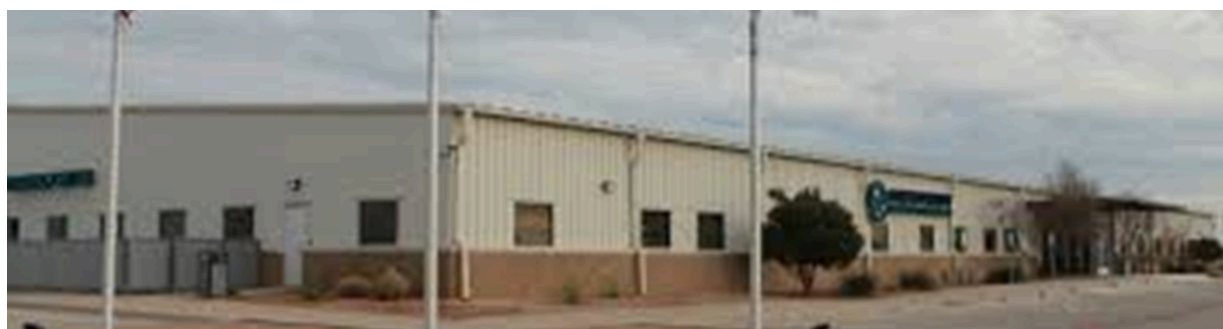
CVCOG WEBSITE



MAKE A REFERRAL



FACEBOOK



Counties Served:

**Coke, Concho, Crockett,
Edwards, Irion, Kimble, Mason, McCulloch,
Menard, Reagan, Schleicher, Sterling, Sutton & Tom Green**



A program of the Concho Valley Council of Governments
***Funded in part by the Texas Health and Human Services Commission**