

# SRG Information You Can Use

## ANIMAL RESCUE/PET ADOPTION

- Abandoned Animal Rescue – Tomball ..... (281) 290-0121  
*http://aarescue.com*
- Houston Area Dog and Cat Rescue ..... (936) 441-5503
- Humane Society of Montgomery County ..... (936) 756-3914  
*http://hsmc-conroe.petfinder.org*
- South Texas Animal Pet Adoption ..... (281) 392-0927  
*www.staarnet.org*
- Special Pals (Pet Adoption) ..... (281) 579-7387  
*www.specialpalshelter.org*

## ARTHRITIS RESOURCES

- About.Com—Arthritis ..... (212) 204-4000  
*http://arthritis.about.com*
- Arthritis Definitions ..... *www.mayoclinic.com*
- Arthritis Foundation ..... (800) 442-6653  
*www.arthritis.org*
- Arthritis Foundation Membership Center ..... (877) 226-4267  
*www.niams.nih.gov*
- Arthritis Foundation, Texas Chapter ..... (713) 942-9063
- Arthritis: Timely Treatments for an Ageless Disease ..... (888) 878-3256  
*www.pueblo.gsa.gov • booklet*
- Gold Violin (clothing & gadgets) ..... (877) 648-8465  
*www.goldviolin.com*
- PACE (People with Arthritis Can Exercise) ..... (713) 662-5895

## CANCER INFORMATION & RESOURCES

### Air Transportation

- Corporate Angel Network ..... (866) 328-1313  
*provides free air transportation to any recognized, special treatment center in the country for cancer and stem cell/bone marrow transplant patients and donors. Must be ambulatory and not require oxygen*
- Gift of Life Transportation ..... (281) 650-1380

### Breast Prostheses

- J C Penney's Jodee Catalog (free catalog) ..... (800) 932-4115
- The American Cancer Society ..... (713) 266-2877  
*provides free breast prostheses*

### Cancer Transportation

- Acute Care EMS, Inc. .... (281) 272-6842  
*for Ft Bend/Harris Counties and Pasadena* ..... (800) 649-7149
- Cancer Transportation ..... (713) 706-5649  
*volunteers transport patients to treatment*
- Road to Recovery (American Cancer Society)  
*for Ft Bend/Harris Counties and Pasadena* ..... (713) 266-2877  
*for North Houston* ..... (409) 938-0672

### Prostate Cancer

- M. D. Anderson Prostate Screening ..... (713) 792-8924  
*Offers FREE prostate screening*
- The Prostate Outreach Project ..... (713) 563-1371  
*sponsored by M D Anderson Mobile Screening Unit; offers men 40–70 free prostate screenings*

### Mammograms

- Planned Parenthood ..... (800) 230-PLAN  
*www.plannedparenthood.org • discounted/free mammograms*
- Texas Department of Health ..... (512) 458-7796  
*free/low-cost mammograms*
- The Rose Diagnostics ..... (281) 484-4708  
*free/low-cost mammograms*
- The Rose Joan Gordon Center ..... (713) 668-2996

### Organizations

- American Cancer Society ..... (713) 266-2877  
*www.cancer.org* ..... (800) 227-2345
- American Institute for Cancer Research ..... (800) 843-8114  
*www.aicr.org*
- CanCare of Houston ..... (713) 461-0028  
*interfaith cancer support network offering free, one-on-one, long-term emotional support to cancer patients and their families.*
- Cancer Counseling, Inc ..... (713) 520-9873
- Cancer Information Services ..... (800) 422-6237
- Cy-Fair Cancer Center ..... (281) 890-8885  
*www.cyfaircancercenter.com*
- Dfeet Breast Cancer (free mammograms, Galveston Co. only) . (409) 771-5574  
*www.dfeetbreastcancer.com*
- Leukemia and Lymphoma Society ..... (713) 680-8088
- M. D. Anderson Cancer Center ..... (713) 792-2121
- National Cancer Institute's CancerNet ..... (800) 422-6237  
*http://cancernet.nci.nih.gov*
- National Breast Cancer Coalition ..... (800) 622-2838  
*www.stopbreastcancer.org*
- OncoLink: General Information about Cancer ..... *http://oncolink.com*
- Susan G. Komen Breast Cancer Foundation ..... (713) 783-9188  
*www.komen-houston.org*
- San Jacinto Methodist Hospital Cancer Center, Baytown. . . (281) 420-8557
- Texas Cancer Data Center ..... (713) 792-2277  
*www.txcancer.org*
- The Methodist Hospital System ..... (713) 790-3333
- The Rose (breast cancer) ..... *www.rosebreastcancersociety.org*
- Tomball Regional Medical Center ..... (281) 401-7500
- West Houston Medical Center ..... (281) 558-3444
- ### Wigs
- Locks of Love ..... (888) 896-1588  
*creates wigs from donated hair*

# SRG Information You Can Use

## CASE MANAGEMENT – NONPROFIT/GOVERNMENT AGENCIES

**Case managers assist senior adults. After an assessment is done, the areas of concern are fully identified. The case manager then helps arrange for services and finds resources.**

- Alzheimer's Association, Southeast Texas Chapter . . . . . (713) 266-6400
- Asian American Family Services (mental health) . . . . . (713) 339-3688
- Catholic Charities of Diocese of Galveston-Houston . . . . . (713) 526-4611  
*(Outside 610 Loop)*
- Catholic Charities – Safe Program . . . . . (713) 874-6699  
*(65+ clients, inside Loop 610)*
- Family Services of Greater Houston . . . . . (713) 867-7747
- Fort Bend Seniors Meals on Wheels and Much Much More . (281) 633-2162  
*(includes Waller County)*
- Fort Bend Social Services . . . . . (281) 342-7300
- Gulf Coast Community Services Association . . . . . (713) 393-4700
- Harris County Area Agency on Aging . . . . . (713) 794-9001
- Houston/Galveston Area Agency on Aging . . . . . (713) 627-3200
- Harris County Social Services Senior Assistance Program . . (713) 696-7900
- Interfaith of the Woodlands . . . . . (281) 367-1230
- Interfaith Ministries of Greater Houston . . . . . (713) 533-4900
- Jewish Family Services . . . . . (713) 667-9336
- Lighthouse of Houston . . . . . (713) 527-9561  
*(for the blind and visually impaired)*
- Montrose Counseling Center . . . . . (713) 529-0037  
*Gay & Lesbian*

## COMPUTERS

- All Saints Catholic Church Third Age Learning Center . . . . . (713) 248-1277
- Gulf Coast Community Services Association . . . . . (713) 393-4700
- Houston Center for Independent Living . . . . . (713) 974-4621  
*disabled only*
- Houston League of Personal Computer Users (HAL-PC) . . . . . (713) 993-3300
- IndoChinese Culture Center . . . . . (713) 522-7799
- Jewish Community Center Adult Department (50+) . . . . . (713) 729-3200
- Mexican Institute of Greater Houston . . . . . (713) 541-4558
- Pct 3 Senior Education Center . . . . . (713) 981-4703
- Techs & Trainers . . . . . (713) 839-7177  
*www.techsandtrainers.org • refurbish computers for eligible low-income seniors and/or the disabled*

## DENTAL SERVICES

### Low-Cost or Sliding-Scale Dental Care

- Bering Dental Clinic . . . . . (713) 524-7933  
*(HIV positive only)*
- Dental Office . . . . . (713) 529-3260

- El Centro – Eastwood Clinic . . . . . (713) 926-6229
- Good Neighbor Health Care Center . . . . . (713) 529-3597
- Greater Houston Dental Society . . . . . (713) 961-4337  
*Refers seniors to dentists who offer patients 65+ discounted services.*
- Harris County Hospital District Dental Appointment Center . . (713) 526-4243  
*(Gold Card only)*
- Harris County Hospital District Dental Center . . . . . (713) 757-0572  
*(current clients)*
- Lyndon B. Johnson Oral Surgery Clinic . . . . . (713) 566-5080
- Pasadena Community Health Center . . . . . (713) 554-1091
- San Jose Clinic . . . . . (713) 228-9411
- Second Mile (Fort Bend County) . . . . . (281) 261-9199  
*Free dental care, including dentures, by appointment*
- UT Dental Branch Emergency Service . . . . . (713) 500-4446  
*arrive by 7:15 a.m.; closed Thurs., \$60 cash*
- UT Dental Branch Medically Complex Patient Clinic . . . . . (713) 500-4296  
*clients who are handicapped, geriatric, or chronically ill*
- UT Dental School Patient Services . . . . . (713) 500-4000  
*www.db.uth.tmc.edu • discounted services – 1/3 cost*

## DISABILITIES

### Information and Referral for Those with Disabilities

- Advocacy, Inc. . . . . (713) 974-7691  
*provides advocacy and legal services for the disabled* (800) 880-0821
- Brazoria County Center for Independent Living V/TTY . . . . . (979) 849-7060
- Fort Bend County Center for Independent Living . . . . . (281) 980-2219
- Harris County Area Agency on Aging - Benefits Counselors . . (713) 794-9001  
(800) 213-8471
- Harris County Social Services . . . . . (713) 696-7900  
*provides services for the disabled including employment, case management, transportation, financial assistance, and referral assistance.*
- Houston Center for Independent Living . . . . . (713) 974-4621  
TTY (713) 974-2703
- Mayor's Office for People with Disabilities Citizens' Assistance Office (713) 837-9061
- Pedestrian Accessibility Review (PAR) . . . . . (713) 837-9061  
*Provides sidewalks, curb cuts, and traffic signal installation for disabled persons without a safe path of travel.*

- The Boulevard . . . . . (619) 222-8735  
*www.blvd.com*  
*online resource directory of products and services for the physically challenged*

### Disability-Adapted Vehicle Modification Resources

- Disabled Parking Application . . . . . (713) 368-2153  
*www.dot.state.tx.us*  
*Permanent disabled person placards are valid for four years and temporarily disabled person placards are valid for no more than six months. Applications may be obtained from the Internet*
- Freedom Wheels, Inc. . . . . (713) 864-1460
- Great American Scooter Company . . . . . (832) 445-0956

# SRG Information You Can Use

## DISABILITIES CONTINUED

- Handicaps Inc. . . . . (800) 782-4335
- National Mobility Equipment Dealers Association . . . . . (800) 833-0427

### Housing for the Disabled

- Mayor's Office for People with Disabilities Citizens' Assistance Office (713) 837-9061
- National Accessible Apartment Clearinghouse . . . . . (800) 421-1221  
*www.naahq.org/naac • can provide a list of member apartment complexes*
- U.S. Dept. of Housing and Urban Development . . . . . (713) 718-3199  
*www.hud.gov/apps/section8*  
*list of subsidized apartments in greater Houston area*

### In-Home Services, Medication, Medical Equipment, and Supplies

- Project Mend, Inc. . . . . (888) 903-6363  
*www.projectmend.org*  
*provides durable medical equipment such as wheelchairs, crutches, hospital beds, and bedside commodes. Eligible individuals may then borrow this equipment for as long as necessary at no charge.*
- Texas DADS In-Home and Family Support . . . . . (713) 696-8053  
*assistance with the cost of medication, medical supplies, durable medical equipment, home modifications, METROLift tickets for doctor's visits, and attendant*

## DONATIONS

### Blood

- Blood Center . . . . . (713) 790-1200

### Books

- Harris County Public Library . . . . . (713) 749-9000  
*www.hcpl.net*
- Houston Public Library . . . . . (832) 393-1313
- Montgomery County Public Library . . . . . (936) 539-7814  
*www.countylibrary.org*

### Computers and Equipment

- Techs & Trainers . . . . . (713) 839-7177  
*www.techsandtrainers.org • refurbish computers for seniors/disabled*

### Eyeglasses

- The Lions Eye Bank of Texas . . . . . (713) 798-5545

### Food

- Community Family Center . . . . . (713) 923-2316
- Houston Food Bank . . . . . (713) 223-3700
- Montgomery County Emergency Assistance . . . . . (936) 539-9211
- Target Hunger . . . . . (713) 226-4953

### Hearing Aids

- Hear Now . . . . . (800) 648-4327
- Hear-Say . . . . . (713) 917-0062

### Medical Equipment

- Project Mend, Inc. . . . . (713) 641-0777  
*www.projectmend.org • Accepts and reconditions donations of medical equipment*

### Organ/Tissue/Brain

- Lifegift . . . . . (713) 523-4438  
(800) 633-6562
- Living Bank . . . . . (713) 961-9431  
*organ donor registry*  
(800) 528-2971

### Resale Shops—Clothing, Furniture, Household Items

- Bear Creek Thrift Shop . . . . . (281) 855-0014  
*www.impactforlifecampus.org*
- Charity Guild Resale Shop . . . . . (713) 529-0995  
*www.bcasonline.org/contact.php*
- Ft Bend Seniors . . . . . (281) 633-2162
- Ft. Bend Women's Center Resale Shop . . . . . (281) 342-5004
- Goodwill Industries of Houston . . . . . (713) 692-6221
- Habitat for Humanity's Restores . . . . . (713) 468-4516  
*building supplies, appliances*
- Houston Junior Forum Resale Shop . . . . . (713) 868-6970
- Locks of Love – *creates wigs from donated hair* . . . . . (888) 896-1588
- Memorial Assistance Ministries . . . . . (713) 468-4516  
*www.maministries.org*
- Northwest Assistance Ministries – Second Chance Resale Store . (281) 880-9000
- Second Blessing . . . . . (713) 780-2727  
*www.whamministries.org*
- Second Mile (Fort Bend County) . . . . . (281) 261-9199
- St. Vincent De Paul Society (to arrange for donations) . . . . . (281) 272-0110

## ELDER ABUSE

### If you suspect Elder Abuse, contact your local County Attorney's Office.

- Texas Adult Protection Services . . . . . (800) 252-5400
- Report Elder Abuse. . . . . *www.dfps.state.tx.us/Adult\_Protection*
- RCC (Resource Crisis Center). . . . . (409) 763-1441

### Financial Exploitation - To receive help because of financial abuse

- Family and Protective Services Hotline . . . . . (800) 252-5400  
*www.txabusehotline.org*
- Texas Attorney General – Consumer Protection Division . . . (713) 223-5886  
*At times, consumer advocates can help seniors* (800) 621-0508  
*resolve local, financial exploitation problems • www.oag.state.tx.us*
- 11 News Defenders: (fax only) . . . . . (713) 284-1093  
*e-mail: 11consumers@KHOU.com*

### Nursing Home Abuse

- Abuse.com – nursing home reports . . . . . *www.abuse.com/elder\_abuse/Texas*
- Long-Term Care Ombudsman Program. . . . . (713) 500-9931  
(800) 296-2606
- Texas Advocates for Nursing Home Residents . . . . . (972) 572-6330  
*www.tanhr.org*
- Texas DADS—Consumer Rights and Services Hotline . . . . . (800) 252-8016

# SRG Information You Can Use

## EMERGENCY ASSISTANCE

### Emergency & Disaster Services

- American Red Cross Disaster Service ..... (713) 526-8300  
 Conroe Office ..... (936) 756-2212  
*www.redcross.org/services/disaster* Baytown Resource/Assistance Center  
 (281) 424-5752
- Catholic Charities—Guadalupe Center: City of Houston ..... (713) 227-9981
- City of Houston Customer Response Center ..... 311  
*6:00 a. m. – midnight*
- East Harris County Salvation Army ..... (713) 378-0020  
*Limited basic emergency services including emergency food, clothing,  
 one-time basic emergency assistance for non-narcotic medications,  
 rent and utility assistance.*
- Emergency Aid Coalition ..... (713) 528-3663  
*clothing, food, and rent assistance • www.eachouston.org*
- First Baptist Church Benevolent Program ..... (713) 957-5863
- Ft. Bend Social Services ..... (281) 342-7300
- Gulf Coast Community Services Association ..... (713) 393-4700  
*Provides emergency food, clothing, prescription vouchers,  
 emergency rental assistance. www.gccsa.org*
- Harris County Social Services ..... (713) 696-7900  
*www.ss.hctx.net*
- Interfaith of the Woodlands ..... (281) 367-1230  
*www.woodlandsinterfaith.org*
- Matthew 25 at Wheeler Avenue Baptist Church ..... (713) 747-7101  
*inside 610 Loop only*
- Montgomery County Emergency Assistance ..... (936) 539-9211  
*www.mcea-mcha.org*
- Salvation Army – Houston ..... (713) 752-0677
- Salvation Army – Alvin ..... (281) 585-4516  
*Limited basic emergency services including one-time prescription assistance  
 for non-narcotic medication under \$50. Rent and utility assistance.*
- South Houston Neighborhood Center ..... (713) 947-7700
- St. Vincent De Paul Society (most zip codes) ..... (713) 741-8234
- Texas Department of Transportation Highway Department .. (713) 802-5000
- Texas/United Way Helpline ..... 2-1-1
- Wesley Community Center (City of Houston) ..... (713) 223-8131  
*www.wesleyhousehouston.org*

### Emergency Financial Assistance

- Baytown Resource/Assistance Center ..... (281) 424-5752
- Catholic Charities—Guadalupe Center ..... (713) 227-9981
- First Baptist Church Benevolent Program ..... (713) 957-5863
- Ft. Bend Social Services ..... (281) 342-7300
- Interfaith of the Woodlands ..... (281) 367-1230
- Matthew 25 at Wheeler Avenue Baptist Church ..... (713) 747-7101
- Montgomery County Emergency Assistance ..... (936) 539-9211

- Salvation Army (Harris County) ..... (713) 752-0686
- St. Vincent De Paul Society (most zip codes) ..... (713) 741-8234
- Wesley Community Center (City of Houston) ..... (713) 223-8131

## FURNITURE – FREE OR LOW COST

- Bear Creek Thrift Shop ..... (281) 855-0014 ext. 118
- Charity Guild Resale Shop ..... (713) 529-0995
- City Wide Club ..... (713) 752-2582
- Fort Bend Womens Center Resale ..... (281) 342-5004
- Goodwill Industries of Houston ..... (713) 692-6221
- Houston Junior Forum Resale Shop (low-cost) ..... (713) 868-6970
- MANNA Thrift Shop ..... (713) 686-6440
- NAM Second Chance Resale Shop ..... (281) 880-9000
- Salvation Army (beds only) ..... (713) 752-0686
- Second Blessing ..... (713) 780-2727
- St. Vincent De Paul Thrift Shops ..... (713) 669-9410  
 (713) 862-2605
- The Furniture Bank ..... (713) 842-9771

## HEARING/DEAF SERVICES

### Adaptive Aids and Programs for the Deaf and Hard of Hearing

- Alley Theatre ..... (713) 228-8421
- Career and Recovery Resources, Inc ..... (713) 754-7000  
 TTY (713) 754-7047
- Communication Access Ability Group ..... (713) 807-1176
- Hearing Systems ..... (281) 855-8916  
 V/TTY (281) 855-8917
- Houston Grand Opera ..... (713) 546-0246  
*request the Infrared Listening System*
- Houston Public Library ..... (832) 393-1313  
*www.hpl.lib.tx.us* TDD (832) 393-1539  
*The Access Center offers full library services to the hearing-impaired.  
 Through the use of adaptive technology, patrons access the library's catalogue,  
 databases, and the Internet. The eBook Center allows customers to download  
 electronic books, including bestsellers and research information.  
 You must apply for a Power Card to access this service.*
- International Hearing Society ..... (800) 521-5247
- Nightingale Adult Day Center ..... (713) 981-1543
- Office of Deaf and Hard of Hearing Services ..... (512) 407-3250  
 TTY (512) 407-3251
- “Open-Captioned” Video Lending Program ..... (800) 237-6213  
*www.cfv.org* TTY (800) 237-6819  
*The National Association of the Deaf Captioned Media Program has a free,  
 video lending program (“open-captioned” video delivered to your home.*
- Sign Shares ..... (713) 869-4373  
*www.signshares.com*

# SRG Information You Can Use

## HEARING/DEAF SERVICES CONTINUED

- Specialized Telecommunications  
 "STAP" Assistance Program .....V/TTY (713) 807-1176  
*Eligible Texans may receive a voucher that can be exchanged for specialized telephone equipment at no charge*
- Texas Hearing and Service Dogs .....(877) 839-3647
- Wortham Center .....(713) 237-1439
- Free, Low-cost, or Sliding Scale Hearing Exams and Hearing Aids**
- Department of Assistive and Rehabilitative Services .....(800) 628-5115  
[www.dars.state.tx.us](http://www.dars.state.tx.us)
- Harris County Hospital District Appointment Desk .....(713) 526-4243
- Hear Now .....(800) 648-4327
- Hear-Say .....(713) 917-0062
- Houston Speech and Hearing Clinic .....(713) 743-2898
- Medicaid Hearing Exams (Texas HHSC) .....(800) 252-8263
- Organizations**
- Better Hearing Institute .....(800) 327-9355  
*Provides free info on hearing professionals, hearing aids, and assistive technology*
- Hearing Aid Hotline .....(800) 521-5247  
*International Hearing Society*
- Houston Deaf and Hard-of-Hearing Senior Citizen Program .(713) 981-1543
- Relay Texas .....(800) 735-2989  
[www.puc.state.tx.us/relay/relay/calltypes.cfm](http://www.puc.state.tx.us/relay/relay/calltypes.cfm)  
*telephone-interpreting service for hearing or speech impaired*
- SHHH—Self Help Hard-of-Hearing .....(281) 820-5345  
[www.shhh.org](http://www.shhh.org) TTY (800) 735-2988
- Talking Book Program .....(800) 252-9605  
[www.texastalkingbooks.org](http://www.texastalkingbooks.org)
- Texas Hearing & Service Dogs .....(877) 839-3647  
[www.servicedogs.org](http://www.servicedogs.org) • *Provides dogs for physically disabled or deaf*
- TexSigns .....(713) 882-2481  
<http://tsi-usa.org/> • *Developing housing and programs for deaf/hard of hearing*
- Specialized References for the Hard-of-Hearing**
- American Academy of Audiology .....[www.audiology.org](http://www.audiology.org)
- American Speech-Language-Hearing Association .....[www.asha.org](http://www.asha.org)
- Association of Late-Deafened Adults .....[www.alda.org](http://www.alda.org)
- Better Hearing Institute .....(800) 327-9355  
*booklets on hearing loss issues*
- Deafbase News Online .....<http://deafbase.com>
- Hearing Aid Helpline .....(800) 521-5247  
 ext. 333
- Internal Revenue Service .....TTY (800) 829-4059
- International Hearing Society .....(800) 521-5247
- Technology for the deaf and hard-of-hearing .....[www.adcohearing.com](http://www.adcohearing.com)

## Support Groups

- Houston Deaf and Hard-of-Hearing Senior Citizen Program .(713) 981-1543
- SHHH—Self Help Hard-of-Hearing .....(281) 820-5345  
[www.shhh.org](http://www.shhh.org) TTY (800) 735-2988

## HOME REPAIRS - LOW INCOME

### Organizations: General Assistance

- Brazos Valley Community Action Agency (BVCAA) .....(979) 849-2928
- City of Houston Emergency Repair Program .....(713) 868-8400
- Eldercare Locator (Magnolia) .....(800) 677-1116
- Faith in Action .....(713) 692-8730
- Fort Bend Corps .....(281) 313-2677  
[www.fbcorps.org](http://www.fbcorps.org)
- Harris County Community and Economic Development ... (713) 578-2000  
*septic systems/water wells*
- Harris County Public Health Lead Paint Control Program ..(713) 439-6369
- Housing Resource Center .....(713) 578-2055  
[www.hrc.hctx.net](http://www.hrc.hctx.net)
- Houston Galveston Area Agency on Aging .....(713) 627-3200
- Humble Area Assistance Ministries .....(281) 446-3663  
 ext. 240  
[haamdee@hotmail.com](mailto:haamdee@hotmail.com)
- Interfaith Care Partners .....(713) 682-5995
- Interfaith Senior Services .....(281) 367-1230
- Program for Human Services Inc. ....(409) 886-0125
- Rebuilding Together-Houston Volunteer Home Repair Program (exterior only) .....(713) 659-2511
- United Methodist .....(281) 333-3227  
*summertime help for minor home improvement & adding wheelchair ramps*
- Volunteer Interfaith Caregivers (Southwest only) .....(713) 772-8181
- West University Senior Services .....(713) 662-5895  
*(W. University residents only)*

### Roofs

- City of Houston Emergency Repair Program .....(713) 868-8400
- Fort Bend Corps .....(281) 313-2677  
[www.fbcorps.org](http://www.fbcorps.org)

### Safety Modifications for Independent Living

- Simple modification to your bathroom, kitchen, or other home areas, such as grab bars, handrails, wheelchair ramps, fire extinguishers and smoke alarms can reduce home accidents.**
- Gulf Coast Community Services Safety and Security Program .....(713) 393-4700  
*Inspects homes for safety and security hazards, installs wheelchair ramps, carbon monoxide detectors, smoke alarms and fire extinguishers. Replaces entry doors and broken windows.*
- Fort Bend Corps .....(281) 313-2677  
[www.fbcorps.org](http://www.fbcorps.org)
- In-Home and Family Support Program .....(713) 696-8053

# SRG Information You Can Use

## HOME REPAIRS - LOW INCOME CONTINUED

### Weatherization

- Brazos Valley Community Action Agency (BVCAA) .....(866) 846-3645
- Sheltering Arms Weatherization Program .....(713) 956-1888  
*Energy efficiency measures include caulking, weather stripping, insulation and assessment of appliances.*

### HOUSING ASSISTANCE

- Aid to Families (Harris County only) .....(713) 522-0667  
*Financial Assistance with Mortgage or Rent Payment*
- Angleton Housing Authority .....(979) 864-1710  
*Low Income Housing*
- Associated Catholic Charities – Galveston .....(409) 762-2062  
*www.catholiccharities.org • Rent Assistance*
- Baytown Housing Authority .....(281) 427-6686  
*Section 8 Voucher Program*
- Brazoria County Community Actions .....(979) 849-2928  
*Low Income Housing*
- Brazoria County Housing Agency and Welfare Department ..(281) 756-1427  
*Low-income housing placement, rental assistance and help with utility bills for Brazoria county residents.*
- Brazoria County Housing Authority .....(281) 756-1710  
*Low Income Housing*
- Fort Bend Social Services (Fort Bend only) .....(281) 342-7300  
*Financial Assistance with Mortgage or Rent Payment*
- Ft. Bend Coalition for Independent Living .....(281) 980-2219  
*www.coalitionforbarrierfreeliving.com*  
*info & referral, peer support, care coordination, advocacy, and training*
- Ft. Bend County Community Development Block Grants ..(281) 341-4410  
*deferred loans for housing rehab/repair*
- Galveston Housing Authority .....(409) 765-1900  
*Section 8 Voucher Program*
- Gulf Coast Community Services .....(713) 393-4700  
*foreclosure counseling; Financial Assistance with Mortgage or Rent Payment*
- Harris County Housing Authority .....(713) 578-2100  
*Section 8 Voucher Program*
- Harris County Social Services .....(713) 696-7900  
*Financial Assistance with Mortgage or Rent Payment*
- Housing Authority of City of Houston .....(713) 260-0600  
*Section 8 Voucher Program* .....(713) 260-0800
- HUD Housing Counseling and Information and Referral Service (HUD) .....(800) 569-4287
- La Marque Aid and Guidance .....(409) 938-7852  
*Rent Assistance*
- Montgomery County Housing Authority .....(936) 539-4984  
*Section 8 Voucher Program*
- Pasadena Public Housing .....(713) 475-5544

## KIDNEY INFORMATION AND SUPPORT

- Salvation Army Social Services (Harris County only) .....(713) 752-0686  
*Financial Assistance with Mortgage or Rent Payment*
- Texas City/La Marque Housing Authority .....(409) 945-4011  
*Section 8 Voucher Program*
- U.S. Department of Housing and Urban Development ....(713) 718-3169  
*www.hud.gov/apps/section8 (HUD)*
- Windsor Village Social Services .....(713) 551-8792  
*Rent, utility, mortgage and food assistance.*
- American Association of Kidney Patients .....(800) 749-2257  
*www.aakp.org*
- American Kidney Fund .....(800) 638-8299  
*www.kidneyfund.org*
- Dialysis Facility Compare Web Site .....www.medicare.gov/dialysis
- ESRD Network Organization of Texas .....(972) 503-3215  
*Complaints About Kidney Dialysis Facilities*
- Kidney Information Clearinghouse .....www.renalnet.org
- National Kidney and Urology Diseases .....(800) 891-5390  
*www.kidney.niddk.nih.gov*
- National Kidney Foundation of SE Texas .....(713) 952-5499  
 .....(800) 961-5683

### End-Stage Renal Disease Financial Assistance

- Medicare .....(800) 633-4227  
*End-Stage Renal Disease (ESRD) is defined as total, chronic kidney failure. Medicare pays for 80 percent of the cost of kidney dialysis treatments or transplants. In most cases, Medicare will not pay for transportation to dialysis treatment. However, if other forms of transportation would be harmful to your health, Medicare may pay for ambulance services. Medicare will pay for medical nutrition services provided by a Medicare-approved dietician if you have been diagnosed with renal disease.*
- The Bureau of Kidney Health Care of the Texas Department of State Health Services .....(800) 222-3986  
*provides financial assistance for patients with ESRD*
- TX DADS .....(713) 692-1635  
*If you are not eligible for Medicare benefits, Medicaid may be available to help pay for your ESRD treatments.*

### LEGAL ASSISTANCE

- Advanced Directives for Health Care .....(800) 880-1300 ext 1341
- Advocacy, Inc. ....(713) 974-7691  
*no charge for the disabled* .....(800) 880-0821
- AIDS Project .....(713) 228-0735 ext. 121  
*HIV positive only*
- Consejos Legales (Houston Bar Association) .....(713) 759-1133
- Family Law Hotline .....(800) 777-3247  
*domestic abuse, family law only*
- Fort Bend Lawyers Care .....(281) 325-1015  
*Wills for Low-Income Seniors*

# SRG Information You Can Use

## LEGAL ASSISTANCE

CONTINUED

Harris County Area Agency on Aging Benefits Counselors <i>Counselors provide advice on benefits; for other legal matters, may be referred to a legal service provider.</i>	(713) 794-9001 (800) 213-8471
Houston Bar Association Elder Law Committee/Volunteer Lawyers <i>Wills for Low-Income Seniors</i>	(713) 228-0735
Houston Volunteer Lawyers Legal Advice Clinics <i>monthly; low-income; Harris Co. only free, bilingual; 8:30 a.m. 4:30, Harris County residents, low-income</i>	(713) 228-0732
Legal Hotline for Texans <i>www.tlsc.org/hotline.html</i>	(800) 622-2520
LegalLine - Houston Bar Association	(713) 759-1133
Lone Star Legal Aid <i>Harris, Fort Bend, Montgomery Co.; 9 a.m.-noon</i>	(713) 652-5911 (800) 733-8394
NAACP	(713) 526-3389
National Senior Citizens Law Center <i>www.nslc.org</i>	(202) 289-6976
Senior Law <i>www.seniorlaw.com</i>	(212) 387-8400
Southeast Texas Legal Clinic <i>low-income, HIV only</i>	(713) 523-7852
Texas Legal Services Center and Pro Bono Net <i>www.TexasLawHelp.org</i>	(212) 760-2554
University of Houston Clinical Legal Aid Clinic	(713) 743-2094

## MEAL ASSISTANCE

### Food Pantries

To find the nearest Food Pantry <i>Statewide search for food assistance</i>	211
Alvin Food Pantry	(281) 824-8871
Bear Creek Assistance Ministries	(281) 855-0014
Brazosport Cares	(979) 239-1225
East Ft. Bend Human Needs Ministry	(281) 261-1006
Fair Haven United Methodist Church	(713) 467-4363
Helping Hands – Ft Bend	(281) 341-7536
Houston Food Bank	(713) 223-3700
Love Feast Food Pantry	(713) 633-3714
Montgomery County Food Bank <i>www.montgomerycountyfoodbank.org</i>	(936) 539-6686
St. Thomas Social Ministries	(979) 849-9458
West Brazos Cares	(979) 548-9000

### Meals on Wheels/Vouchers

ActionS, Inc. of Brazoria County	(979) 849-6132
Alvin Meals on Wheels	(281) 585-5564

Bay Area Meals on Wheels	(281) 326-3336
Baytown Meals on Wheels	(281) 427-2145
Bear Creek Ministries Senior Baskets	(281) 855-0014
Chambers County Meals on Wheels	(409) 267-3559 ext. 3527
City of La Porte Senior Services	(281) 470-9897
City of South Houston	(713) 947-7700
City Wide Club Food Program <i>provides vouchers only</i>	(713) 752-2582
Colorado County Meals on Wheels	(979) 732-5606
Community Family Center	(713) 923-2316
DSHS Food Stamp Program <i>Food Stamp Program</i>	(713) 767-2000
Edgewater Meals on Wheels (City of Galveston)	(409) 763-6437
Emergency Aid Coalition <i>sack lunch provided – Mon–Fri: 11–1, Sun: 12:15–1pm</i>	(713) 528-3663
End Hunger Network	(713) 532-3663
Friendship Center/Montgomery Co Meals	(936) 756-5828
Friendswood Meals on Wheels	(281) 482-5070
Ft. Bend County Social Services	(281) 342-7300
Ft. Bend Seniors Meals on Wheels and Much Much More <i>www.fortbendseniors.org • Ft. Bend and Waller Counties</i>	(281) 633-2162
Galveston County "Senior Lunch Program" <i>www.galvestonparks-seniors.org</i>	(409) 770-6251
Gano Baptist Mission Center	(713) 227-0304
Grayson Community Center	(713) 455-3660
Gulf Coast Community Services Association	(713) 393-4700
Harris County Area Agency on Aging	(713) 794-9001
Hester House	(713) 672-2573
Interfaith Caring Ministries	(281) 332-3881
Interfaith Ministries <i>dining in</i>	(713) 533-4927
Interfaith Ministries - Houston	(713) 533-4978
Interfaith Ministries Food for Seniors	(713) 533-4929
Interfaith of The Woodlands	(281) 367-1230
J D Walker Community Center	(281) 426-3551
Jacinto City-Heritage Hall	(713) 675-4487
Jewish Community Center	(713) 729-3200
Joy Fellowship Center	(713) 921-0197
League City Lighthouse	(281) 339-3033
Maxwell Adult Center Deer Park	(281) 478-7277
Meals on Wheels Food for Pets Program	(713) 533-4922
Missions Training Center	(713) 681-3521
Montgomery County Emergency Assistance	(936) 539-9211
N. Channel Assistance Min.	(713) 453-8028

# SRG Information You Can Use

## MEAL ASSISTANCE CONTINUED

N.A.M. Food for Seniors Appointment Line	(281) 583-5600
Pearland Meals on Wheels	(281) 485-5081
Ramsey/Flukinger Center	(281) 457-1810
Riley Chambers/Barrett Station	(281) 328-4713
Salvation Army – Pasadena	(713) 378-0020
Senior Health Network-(Interfaith Ministries) <i>www.imgh.org</i>	(713) 522-3955
Simplified Nutrition Assistance Program – SNAP <i>simplified version of the Food Stamp Program for Texas residents ages 65+</i>	(800) 248-1078
Society of St. Vincent De Paul	(713) 741-8234
South Union Church of Christ	(713) 747-5440
St. Bernadette Christian Action	(281) 486-0337
St. Francis Cabrini Catholic Church	(713) 946-0098
St. Paul the Apostle Catholic Church – Nassua Bay	(281) 333-2509
Target Hunger	(713) 226-4953
The Friendship Center	(936) 756-5828
West Columbia Meals on Wheels	(979) 345-5955
Wharton County Meals on Wheels	(979) 532-6430
YWCA	(713) 868-9922

## MEDICATIONS & MEDICAL RESOURCES

### Community Programs That Assist With Medications

Community Medicaid/STAR+PLUS	(800) 772-1213
Harris County Hospital District—Gold Card	(713) 566-6509
HCHD Quentin Mease Geriatric Clinic	(713) 873-3700
In-Home and Family Support Program—Texas DADS	(713) 696-8053
MHMHRA of Harris County	(713) 970-7000

### Emergency Medication Assistance

Department of Family Protective Services	(800) 252-5400
Fort Bend County Social Services	(281) 342-7300
Free Medicine Foundation <i>www.freemedicinefoundation.com • apply for free prescription medications.</i>	(573) 996-3333
Gulf Coast Community Services Association	(713) 393-4700
Harris County Social Services Prescription Medicine Aid Program <i>assists low-income Harris County seniors (60+) and the disabled.</i>	(713) 696-7900
Montgomery County Emergency Assistance	(936) 539-9211

### Flu Shots

Harris County Public Health and Environmental Services <i>www.harriscountyhealth.com</i>	(713) 439-6000
HCHD Health Dept	(713) 566-6856
Kroger Pharmacies <i>www.kroger.com • See their ad in this publication for a pharmacy location</i>	(866) 221-4141

Troubleshooters Mobile Units	(713) 873-8687
------------------------------	----------------

### Medical Assistance

(AARP) Pharmacy Services Benefits Check Up RX <i>www.benefitscheckup.org</i> <i>access public and private programs for prescription drug savings.</i>	(800) 456-2277
Brazoria County Indigent Healthcare Program <i>Medical and prescription assistance for qualifying persons.</i>	(281) 756-1884
Brazosport Memorial Hospital <i>Prescription Assistance</i>	(979) 285-1430
Harris County Hospital Gold Card <i>Financial Assistance</i>	(713) 566-6509
Pardee Cancer Center <i>Assistance with Cancer Medications</i>	(979) 233-1426
Pharmacy Connections <i>manufacturer sponsored prescription drug assistance programs.</i>	(888) 435-3377
Planned Parenthood <i>www.plannedparenthood.org</i> <i>discounted/free mammograms</i>	(800) 230-7526
Second Mile <i>free acute medical care by appointment – Wednesdays only.</i> <i>free Medication assistance for chronic pharmaceuticals. Call for appointments.</i>	(281) 261-9199
UTMB <i>Medical Services and Support</i>	(409) 772-1011

### Medication Delivery Service

Citicouriers	(713) 521-4488
--------------	----------------

### Medication Management Program

Harris County Area Agency on Aging <i>Eligible seniors living in Harris County can receive visits in their homes to have their medications reviewed and also receive a fire/waterproof locked box in which to store their medications information.</i>	(713) 794-9001 (800) 213-8417
---	----------------------------------

### Medication Side Effects

FDA CDER Drug Information Line <i>www.fda.gov/cder</i>	(888) 463-6332
Internet Drug Index Site	www.rxlist.com

### Pharmaceutical Companies With Patient Assistance Programs

3M Pharmaceuticals	(800) 328-0255
Alcon Care <i>www.alconlabs.com</i>	(800) 222-8103
Allergan Prescription Pharmaceuticals	(800) 553-6783
Amgen, Inc (Safety Net Program)	(800) 272-9376
Aventis Patient Assistance Program	(888) 632-8607
Axcan Assist	(866) 292-2679
Baxter Healthcare	(800) 548-4448
Bayer	(800) 998-9180
Berlex Laboratories	(888) 237-5394
Bertek Pharmaceuticals, Inc	(888) 823-7835

# SRG Information You Can Use

## MEDICATIONS & MEDICAL RESOURCES

CONTINUED

Biogen IDEC (MS Active Source) . . . . .	(800) 456-2255
Biogen IDEC (Zevalin Results) . . . . .	(800) 386-9997
Biovail . . . . .	(866) 268-7325
Boehringer Ingelheim . . . . .	(800) 556-8317
Bristol-Myers Squibb Company <i>www.bmspaf.org</i> . . . . .	(800) 736-0003
Centocor, Inc (Remicade Assist) . . . . .	(866) 489-5957
Connectics Corporation . . . . .	(888) 969-2628
Dermik Laboratories . . . . .	(866) 268-7326
Dura-Med Pharmaceuticals (Cenestin) . . . . .	(800) 425-3122
Eisai, Inc and Pfizer, Inc (Aricept Assistance Program) . . . . .	(800) 226-2072
ESP Pharma Patient Assistance Program . . . . .	(800) 319-4031
Forest Pharmaceuticals, Inc. . . . .	(800) 851-0758
Galderma Laboratories . . . . .	(866) 730-5074
Genentech, Inc—Access to Care Foundation . . . . .	(800) 530-3083
Glaxo/SmithKline Bridges to Access Program . . . . .	(866) 728-4368
Glaxo/SmithKline Commitment to Access . . . . .	(866) 265-6491
HUMIRA Medicare Assistance . . . . .	(800) 448-6472
Kos Pharmaceuticals, Inc. . . . .	(866) 363-1024
Ligand Pharmaceuticals . . . . .	(877) 654-4263
Merck Patient Assistance Program <i>www.merck.com</i> . . . . .	(800) 727-5400
Merck/Schering Plough Patient Assistance Program . . . . .	(800) 347-7503
MGI . . . . .	(888) 743-5711
National Organization for Rare Disorders <i>www.rarediseases.org</i> . . . . .	(800) 999-6673
Novartis Patient Assistance Program <i>www.pharma.us.novartis.com</i> . . . . .	(800) 277-2254
Pfizer, Inc (Connection to Care) . . . . .	(800) 707-8990
Pharmion Corporation . . . . .	(866) 742-7646
Procter & Gamble Pharmaceuticals, Inc . . . . .	(800) 830-9049
Purdue Pharma <i>www.purduepharma.com</i> . . . . .	(800) 599-6070
RapAssist . . . . .	(877) 472-7268
Roche Laboratories <i>www.rocheusa.com</i> . . . . .	(800) 285-4484
Sankyo Pharma . . . . .	(866) 268-7327
Schering-Plough Corp (Commitment to Care Program) . . . . .	(800) 521-7157
Serono Laboratories, Inc . . . . .	(877) 447-3243
Solvay Pharmaceuticals . . . . .	(800) 256-8918
Takeda Pharmaceutical North America, Inc <i>www.tpna.com</i> . . . . .	(800) 830-9159

TAP Pharmaceuticals <i>www.lupron.com</i> . . . . .	(800) 830-1015
Upsher-Smith . . . . .	(866) 851-2826
Venofer . . . . .	(800) 282-7712
Vistakon Patient . . . . .	(866) 815-6874
Watson Pharmaceutical . . . . .	(800) 964-4766
Wyeth Assistance Program . . . . .	(800) 568-9938
Xcel Pharmaceuticals . . . . .	(800) 511-2120

## Web Sites for Medication Information or Services

iPing <i>a wakeup &amp; medications reminder service</i> . . . . .	<i>www.iping.com</i>
Needy Meds . . . . .	<i>www.needymeds.com</i>
Partnership for Prescription Assistance <i>www.pparx.org</i> . . . . .	(800) 762-4636
Pharmaceutical Medication Information . . . . .	<i>www.druginfonet.com</i>
Pharmaceutical Medication Information . . . . .	<i>www.benefitscheckup.org</i>
Rx Assist . . . . .	<i>www.rxassist.org</i>
Rx Hope . . . . .	<i>www.rxhope.com</i>
Rx Outreach . . . . .	<i>www.rxoutreach.com</i>

## MEDICAL EQUIPMENT ASSISTANCE

Brazoria Lions Club <i>Medical equipment to loan • www.bgcbc.com</i> . . . . .	(979) 373-9668
Project Mend, Inc. . . . .	(888) 903-6363 <i>www.projectmend.org • low-income eligibility</i>

## OSTEOPOROSIS

Houston Osteoporosis Support Group . . . . .	(281) 493-6883
National Institute on Aging (NIA) Information Center . . . . .	(800) 222-2225
National Institute of Arthritis, Musculoskeletal, and Skin Diseases (NIAMS) . . . . .	(877) 226-4267 <i>www.niams.nih.gov</i>
National Osteoporosis Information Hotline . . . . .	(800) 223-9994 <i>www.nof.org</i>

## PARKINSON'S DISEASE

American Parkinson Disease Association, Inc. . . . .	(800) 223-2732 <i>www.apdaparkinson.org</i>
Houston Area Parkinson Society . . . . .	(713) 626-7114 <i>www.hapsonline.org</i>
Parkinson's Disease Foundation . . . . .	(800) 457-6676
The National Parkinson Foundation, Inc. . . . .	(800) 327-4545 <i>www.parkinson.org</i>

# SRG Information You Can Use

## SAFETY PROGRAMS

- RUOK .....(281) 585-3710  
*Alvin Police Department*
- RUOK .....(979) 922-1551  
*Danbury residents only* .....(979) 848-0219
- RUOK .....(281) 341-4704  
*Fort Bend County Sheriff's Department (Fort Bend residents)*

## SENIOR ADVOCACY

- University of Texas Health Sciences Center on Aging .....(800) 296-2606  
*www.son.uth.tmc.edu/coa/default.htm • Long-term care ombudsman program*
- University of Texas School of Nursing .....(713) 500-9931  
*www.itcmediation.org • Long term care mediation pilot*

## SENIOR FRAUD

- Attorney General of Texas .....(800) 252-8011  
*www.oag.state.tx.us/elder/elder.shtml* .....(713) 223-5886  
*Senior Protection Programs*
- BBB Education Foundation .....(713) 341-6141  
*www.bbb.org* .....(713) 868-9500  
*Silver Sleuths are volunteers over the age of 55 working in conjunction with the Better Business Bureau to combat schemes targeting older adults. Sleuths are trained to monitor and identify fraudulent schemes and scams in their neighborhoods and report them to the Better Business Bureau for review.*
- Medicare Fraud Hotline (Inspector General) .....(800) 447-8477

## SENIOR REFERRALS

**These organizations will assist in helping find services.**

- Actions Inc. of Brazoria County .....(979) 849-6132
- Alliance for Multicultural Community Services .....(713) 776-4700
- American Red Cross .....(713) 526-8300
- American Society on Aging .....(800) 537-9728
- Catholic Charities .....(713) 526-4611
- Chambers County Senior Citizens Project .....(409) 267-3559
- Chinese Community Center .....(713) 271-6100
- Coalition for the Homeless .....(713) 739-7514
- Colorado Valley Transit Authority .....(979) 732-6281  
*Colorado County Columbus*
- Crime Victim Assistance .....(713) 755-5625
- Crisis Hotline (Spanish) .....(713) 526-8088
- Crisis Intervention of Houston (Hotline) .....(713) 468-5463
- DAYA, Inc (South Asian Community) .....(713) 914-1333
- Elder Care Locator .....(800) 677-1116  
*www.eldercare.gov*
- Epilepsy Foundation .....(800) 332-1000
- Federal Information Office .....(800) 688-9889

- Fifth Ward Community Partners .....(713) 222-8788
- Fort Bend Seniors Meals on Wheels and Much Much more ..(281) 633-2162  
*Fort Bend and Waller County*
- Galveston County Department of Parks and Senior Services ..(409) 770-6251
- Galveston County Senior Citizens .....(409) 770-6251  
*Galveston County*
- Gulf Coast Community Services Association .....(713) 393-4700
- Harris County Area Agency on Aging .....(713) 794-9001  
.....(800) 213-8471
- Helping One Another, Inc. ....(979) 885-4188  
*Austin County*
- Hospice Helpline .....(800) 658-8898  
*www.nhpc.org*
- Houston Area Women's Hotline .....(713) 528-2121
- Houston-Galveston Area Agency on Aging .....(713) 627-3200  
*www.h-gac.com*
- Interfaith Ministries for Greater Houston .....(713) 533-4900
- Jewish Family Service .....(713) 667-9336
- Korean Senior Citizens Association .....(713) 465-6588
- Liberty County Project on Aging .....(936) 336-7265  
*Galveston County*
- Lupus Foundation/Texas Gulf Coast .....(713) 529-0126
- Montgomery Council on Aging–Friendship Center .....(936) 756-5828
- Retired American Persons Senior Citizen Program .....(409) 643-5877  
*Texas City*
- St. Luke's Episcopal Health Charities .....(832) 355-7701  
*www.SLEHC.org*
- United Way .....211
- Volunteer Interfaith Caregivers .....(713) 772-8181  
*Southwest Area*
- Wharton County Jr. College Senior Program .....(979) 532-6430  
*Wharton County*

## STATE & NATIONAL RESOURCES

- Attorney General of Texas .....(800) 252-8011  
*www.oag.state.tx.us/elder/elder.shtml • Senior Protection Programs*
- Attorney General of Texas – Houston Office .....(713) 223-5886
- Food & Drug Administration .....(888) 463-6332  
*www.fda.gov*  
*Reports safety warnings and recalls for products regulated by the FDA.*
- Medicare .....(800) 633-4227  
*www.medicare.gov* .....(800) 442-2620
- Medicare Fraud Hotline (Inspector General) .....(800) 447-8477
- National Active and Retired Federal Employees .....(281) 438-2272  
*www.narfehouston.org*
- National Alliance for Caregiving .....(301) 718-8444  
*www.caregiving.org*

# SRG Information You Can Use

## STATE & NATIONAL RESOURCES

CONTINUED

National DO NOT CALL Registry <i>www.ftc.gov/bcp/conline/edcams/donotcall/</i>	(888) 382-1222
National Institute on Aging <i>www.nia.nih.gov</i>	(301) 496-1752
National Senior Citizens Law Center <i>www.nslc.org</i>	(202) 289-6976
Social Security Administration <i>www.socialsecurity.gov</i>	(800) 772-1213
Texas Adult Protection Services <i>www.dfps.state.tx.us/adult_protection</i> • <i>Report Elder Abuse</i>	(800) 252-5400
Texas Commission for the Blind <i>www.dars.state.tx.us</i> • <i>Resource for Sight Impaired</i>	(713) 944-9924 (800) 628-5115
Texas Department of Aging & Disability Services <i>www.dads.state.tx.us</i> • <i>Find and compare Texas Living Facilities; file complaints</i>	(800) 252-9240
Texas Dept. Human Services <i>www.dhs.state.tx.us</i> • <i>Community care for the aged</i>	(281) 344-3437
Texas Dept. of Human Services – Ombudsman Customer Assistance <i>Provides direct grant benefits to individuals with disabilities to purchase services</i>	(888) 834-7406
Texas Health and Human Services Commission (DADS, DARS, DFPS, SHS) <i>www.hhsc.state.tx.us</i> • <i>Blind; rehab; disability; hearing services</i>	(800) 500-4266
Texas Information and Referral Network <i>www.helpintexas.com</i> <i>Information and referral specialists direct callers to Texas community resources.</i>	211
Texas Poison Center Network <i>www.poisoncontrol.org</i>	(800) 222-1222
The Work Source <i>www.theworksource.org</i> • <i>Helps individuals find jobs</i>	(281) 344-0279

## SUPPORT GROUPS/ORGANIZATIONS

AARP - Texas State Office in Houston <i>www.aarp.org</i> • <i>Senior Advocacy Group; tax return assistance</i>	(832) 325-2231
Al-Anon	(713) 683-7227
Alcoholics Anonymous <i>www.ahouston.org</i>	(713) 686-6300
ALS Association (Lou Gehrig's Disease) <i>www.alsa-houston.org</i>	(713) 942-2572
Alzheimer's Association <i>www.alz.org</i> • <i>Texas Chapter: www.alztex.org</i>	(713) 266-6400
American Cancer Society <i>www.cancer.org</i>	(713) 266-2877
American Contract Bridge League <i>www.acbl.org</i>	(901) 332-5586
American Diabetes Association <i>www.diabetes.org</i>	(713) 977-7706

American Lung Association <i>www.texaslung.org</i>	(713) 629-5864
American Geriatrics Society <i>www.americangeriatrics.org</i>	(212) 308-1414
Arthritis Foundation <i>www.arthritis.org</i>	(800) 283-7800
American Heart Association <i>www.americanheart.org</i>	(713) 610-5000
Asian American Family Services (mental health) <i>www.aafstexas.org</i>	(713) 339-3688
CanCare (individual cancer support)	(713) 461-0028
Crohn's and Colitis Foundation	(713) 572-2232
Depression Bipolar Support Alliance of Houston <i>www.dbsahouston.org</i>	(713) 600-1131
Diabetes Support Group (Memorial Hermann Medical Center)	(713) 932-3000
Diabetes Support Group (OakBend Medical Center)	(281) 341-2805
Epilepsy Foundation <i>www.efset.org</i>	(713) 789-6295
Fibromyalgia Association of Houston	(713) 664-0180
Foster Grandparents Program	(281) 344-4257
Houston Area Parkinson Society <i>www.hapsonline.org</i>	(713) 626-7114
Houston Hospice Grief/Bereavement Support Group	(713) 677-7155
Houston Osteoporosis Support Group	(281) 493-6883
InnerWisdom Counseling Center	(713) 592-9292
Kidney Failure Support/Education	(713) 952-5499
L.I.F.T.-Social Support Group for Widows/Widowers – Dignity Memorial	(713) 862-9622
Lupus Foundation	(713) 529-0126
MDA ALS	(713) 522-3941
Mended Hearts (heart disease support)	(832) 355-4160
MS Lifeline/MS Disease <i>www.mslifelines.com</i>	(877) 447-3243
Multiple Sclerosis Society <i>www.nationalmssociety.org</i>	(713) 526-8967 (800) 344-4867
National Alliance for the Mentally Ill – (NAMI) Houston Chapter	(713) 729-1242
National Family Caregiver Association <i>www.nfcacares.org</i>	(800) 896-3650
National Federation for the Blind <i>www.nfb.org</i>	(410) 659-9314
National Organization for Rare Disorders	(800) 999-6673
Neuromuscular Diseases (all types) <i>English and Spanish</i>	(713) 522-3941
Osteoporosis Foundation	(800) 223-9994

# SRG Information You Can Use

## SUPPORT GROUPS/ORGANIZATIONS

CONTINUED

Parkinson's Support Group <i>www.hapsonline.org</i>	(713) 626-7114
Post-Polio Survivors Group	(713) 690-0695
Recovery, Inc. <i>emotional coping, self help</i>	(713) 466-3387
Samaritan Bereavement <i>www.thesamaritanministry.org</i>	(281) 589-8936
San Jacinto Methodist Hospital <i>Ostomy Support Group</i>	(281) 420-8671
San Jacinto Methodist Hospital, Baytown <i>Grief Support</i>	(281) 420-8811
Sickle Cell Association	(800) 421-8453
Survivors of Suicide – Crisis Intervention Info Line	(713) 527-9864
The Mended Hearts, Inc. <i>Support Group for Heart Patients and Families</i>	(832) 355-4160
United Cerebral Palsy <i>www.ucphouston.org</i>	(713) 838-9050
United Ostomy Association <i>www.uoahouston.org</i>	(281) 493-5015
West Houston Medical Center	(281) 558-3444

## TAX PREPARATION ASSISTANCE

AARP Tax-Aide Volunteer Counselors Info Line <i>www.aarp.org/taxaide</i>	(888) 227-7669
Houston Asset Building	(713) 223-1864
Tax preparation for the elderly. <i>www.houstonassetbuilding.org • During tax season: (Jan.1 - Apr. 15)</i>	211 or (713) 957-4357

## TRANSPORTATION

### General Transportation

Acres Homes area – Texas Community Transitional Center	(832) 298-9840
Acute Care EMS, Inc.	(281) 272-6842 (800) 649-7149
American Red Cross – Houston <i>www.houstonredcross.org</i>	(713) 526-8300
AMR <i>www.amr.net • Transport Services; Bed-ridden clients with doctor's orders</i>	(713) 746-1129 or (877) 244-4890
Christian Senior Center <i>West Columbia residents only; transport services; telephone reassurance</i>	(979) 345-5955
Colorado and Wharton Counties – WCJC Senior Program <i>ambulatory only</i>	(800) 561-9252 ext. 6430
Colorado Valley Transit <i>Austin, Brazoria, Colorado, Galveston, Waller, and Wharton Counties</i>	(800) 548-1068
Connect Transportation <i>Transport Services: M-W-F - UTMB in Galveston; T - Th - Medical Center in Houston. Call for fare prices.</i>	(800) 266-2320

East Harris County Senior Citizens Transportation Voucher Program (Precinct 2)	(281) 326-2955
Fort Bend County Public Transportation	(800) 988-2902
Gulf Coast Community Services <i>cost \$7.40/income limits: \$1,020.84 indiv./ \$1,375.00 couple</i>	(713) 393-4745
HCCTP <i>Harris County residents, elderly/disabled, wheelchair accessible, low fee/vouchers; Medical and General Transportation</i>	(713) 368-7433
HERO-Helping Elderly Residents Out <i>Medical and General Transportation, Mon–Wed 9–4, Thur 9–12</i>	(713) 932-3996
Interfaith Caring Ministries <i>Santa Fe and Hitchcock</i>	(409) 927-8129
Interfaith of the Woodlands	(281) 367-1230
Loving Kindness, Inc. <i>Humble, Kingwood, Atascosita; ambulatory only</i>	(281) 358-6393
Medtrans Express	(713) 721-0226
Metro <i>www.ridemetro.org</i> <i>offers fare discounts on fixed route bus service to seniors, the disabled, and Medicare cardholders. \$2; over age 70 -free</i>	(713) 635-4000 TTY (713) 739-3893
METROLift <i>provides pre-scheduled, shared ride, curb-to-curb transportation by van or sedan for persons with disabilities.</i>	(713) 225-0119 (713) 225-6716
METROLift Subsidy Program-MSP <i>(Subsidized Taxi) is for METROLift patrons who need last-minute transportation by taxicab.</i>	(713) 223-0303
Montgomery County-Friendship Center <i>for elderly and disabled</i>	(936) 756-5828 ext. 35
Senior Wheels	(281) 885-4678
Sheltering Arms Senior Services <i>www.shelteringarms.org • Transportation and Care Services</i>	(713) 956-1888
Southwest-VICS <i>ambulatory/SW only; parking and toll fees charged</i>	(713) 772-8181
West University Seniors Services/Recreational Center <i>seniors and disabled; fee involved, non-residents add 50 cents</i>	(713) 662-5895

### Medical Transport

Acres Homes area – Texas Community Transitional Center <i>medical transportation</i>	(832) 298-9840
American Red Cross <i>www.houstonredcross.org • Houston medical transportation</i>	(713) 526-8300
American Red Cross–Baytown <i>medical transportation</i>	(281) 424-1300
Cancer Patients – American Cancer Society Road to Recovery	(713) 266-2877
Cancer Transportation <i>Volunteers transport patients to treatment; volunteers needed</i>	(713) 706-5649
Fort Bend <i>medical transportation</i>	(281) 342-9480

# SRG Information You Can Use

## TRANSPORTATION CONTINUED

- Harris County Social Services .....(713) 696-1985  
*www.ss.hctx.net* .....(713) 578-2215  
*Friday, 7 a.m.-7 p.m. The service is only for clients who reside outside of the cities of Houston, Baytown, or Pasadena. To be eligible, you must have a low to moderate income and be a resident of Harris County, and either elderly, or disabled, or an ESRD patient.*
- HERO-Helping Elderly Residents Out .....(713) 932-3996  
*Medical and General Transportation*
- League City and Clear Lake .....(281) 282-6039  
*medical transportation*
- Medicaid Recipients .....(877) 633-8747  
*Harris, Galveston, Fort Bend, and Brazoria Counties for medical appointments between 6 a.m.-7 p.m., call 8 a.m.-5 p.m., Monday-Friday, to schedule pick-up*
- Medicaid Transportation .....(877) 633-8747  
*Transport Services*
- Pasadena .....(713) 943-7000  
*medical transportation*
- UTMB Cancer Patients .....(409) 945-0820  
*Transport Services*

### Harris County Commissioners' Group Transportation *Each precinct has its own group policies for transportation use; call Commissioners' Precinct Senior Adult Programs:*

- Precinct 1 .....(713) 733-3717  
 Precinct 2 .....(281) 452-6071  
 Precinct 3 .....(281) 492-3680  
 Precinct 4 .....(281) 893-3726

### Errand Services

- EAC Faithful Friends .....(713) 528-3663  
*limited to volunteers available: service inside 610 Loop*
- Gulf Coast Com. Services .....(713) 393-4745  
*Transportation to/from grocery store-nonprofit cost \$7.40/income limits: \$1,020.84 indiv./\$1,375.00 couple*
- SAFE Program-Catholic Charities .....(713) 874-6699  
*65+ clients, living inside 610 Loop*
- Senior Wheels (NAM) .....(281) 885-4678
- Volunteer Interfaith Caregivers .....(713) 772-8181

### Long-Distance Medical Transportation

- Angel Flights .....(877) 247-5433  
*must be ambulatory; 1000 mile limit; non-emergency; Nonprofit/Free*
- Lifeguard Aeromed Inc. ....(800) 248-5433  
*For-Profit*

## Taxis

### Bay Area Taxi companies:

- Baytown Senior Taxi .....(281) 420-7158  
*nonprofit, Baytown only, pays first \$8.00, rest paid by rider*

### Houston Area Taxi companies:

- Fiesta .....(713) 225-2666  
 Liberty .....(713) 695-6700  
 United .....(713) 699-0000  
 Yellow Cab .....(713) 236-1111  
*Houston ordinance cites 60+ should receive a 10 percent discount on all rides.*

### Fort Bend Area Taxi companies:

- Amigos Taxi .....(281) 403-9881  
 Crown Cab .....(713) 981-6626  
 Fort Bend Taxi .....(281) 208-2222  
 SLL Transportation (Sugar Land) .....(281) 242-5466

## UTILITY ASSISTANCE

- AT&T/SBC Customer Service .....(800) 464-7928  
*www.sbc.com*  
*physically handicapped or legally blind may qualify to be exempt from local Directory assistance charges*
- Brazoria County Welfare .....(979) 864-1427  
*Utilities Assistance*
- Catholic Charities-Guadalupe Center .....(713) 227-9981
- Community Action Council of Galveston County .....(409) 765-7878  
*Information and referral to local agencies offering emergency assistance. Utility assistance for Galveston county residents.*
- Consolidated Communication .....(866) 989-2255  
*outside Harris County*
- Fort Bend County Social Services – Rosenberg (M–F, 8–5) ..(281) 342-7300
- Fort Bend County Social Services – Missouri City .....(281) 403-8050
- Harris County .....(713) 752-0686  
*Assistance with rent and water bills for persons meeting eligibility requirements.*
- Harris County Social Services .....(713) 696-7900  
*gas and electric assistance*
- Hester House – Harris County .....(713) 672-2573
- Lifeline Texas .....(866) 454-8387  
*Low income assistance with telephone and electricity*
- Pearland Neighborhood Center .....(281) 485-1987  
*Utility assistance for eligible applicants residing in Pearland and Manvel.*
- Programs for Human Services .....(866) 550-0282  
*Liberty, Chambers, Orange, & Jefferson Counties*
- Reliant Energy .....(713) 207-7777  
*www.reliant.com*
- Salvation Army .....(979) 233-5420  
*Utilities Assistance* .....(979) 233-5429
- Salvation Army Social Services .....(713) 752-0686  
*water only; Harris County only*

# SRG Information You Can Use

## UTILITY ASSISTANCE CONTINUED

- Senior Assistance Program .....(713) 696-7900  
*Assists with crisis situations involving water, heat, rent and mortgage.*
- Sheltering Arms Utility Assistance - CEAP .....(713) 956-7456  
*Tuesday and Thursday, 9 a.m.-noon*
- W.A.T.E.R. Fund .....(713) 371-1400  
*The W.A.T.E.R. Fund is sponsored by the City of Houston and offers financial assistance for water bills for both the elderly and the disabled.*

## VETERANS SERVICES

- Texas State Veterans Homes .....(254) 791-8280  
*http://glo.state.tx.us/vlb/vethomes/temple.html* (800) 252-8387  
*Housing for elderly veterans*
- Texas Veterans Coalition .....(281) 528-5760  
*www.texasveteranscoalition.com*
- Veterans Hospital .....(713) 791-1414  
*www.houston.med.va.gov*
- Veterans Administration  
Community Based Outreach Center .....(800) 310-5001  
*Galveston and Texas City*
- Veterans Services - Fort Bend .....(281) 341-4550

## VISION

### Eyeglasses

- The Lion's Eye Bank of Texas .....(713) 798-5545

### Vision Resources

- Department of Assistive and Rehab Services .....(800) 628-5115  
Voice/TDD (713) 944-9924
- EyeCare America .....(800) 222-3937  
*www.eyecareamerica.org*  
*provides medical eye care to individuals who might go without*
- Hermann Eye Center .....(713) 704-1777  
*Provides eye assessment/treatment on sliding scale*
- Lighthouse of Houston .....(713) 527-9561  
*www.houstonlighthouse.org • Information and Referral*
- Ophthalmologist Referrals (+65) .....(800) 222-3937
- Texas Commission for the Blind .....(713) 944-9924  
*www.dars.state.tx.us • Resource for Sight Impaired* .....(800) 628-5115
- University of Houston Optometry Dept .....(713) 743-2020  
*Provides eye assessment/treatment on sliding scale*

## WEBSITES

- Administration on Aging .....www.aoa.gov
- AgeNet Eldercare Network .....www.agenet.com
- Area Code Maps .....www.whitepages.com/10001/maps
- Ask Noah About: Aging .....www.noah-health.org/en/healthy/aging
- Carepathways .....www.carepathways.com
- Dr. Koop's Community .....www.drkoop.com
- Elder Web .....www.elderweb.com
- Families USA – updates on national health care policy . .www.familiesusa.org
- FTC's Identity Theft Site .....www.ftc.gov/bcp/edu/microsites/idtheft
- Gulf Coast Blood Centers .....www.giveblood.org
- Healthfinder .....www.healthfinder.gov
- Healthtouch Helpline .....www.healthtouch.com
- Hoax Busters .....www.hoaxbusters.ciac.org
- Houston Senior Information Network .....www.senior-inet.com
- Independent Living Products .....www.independentliving.com
- Internet Senior Success . . .www.internetseniorsuccess.com/seniorsites.htm
- Live Well, Live Long .....www.asaging.org/cdc/HealthWord.cfm
- MayoClinic .....www.mayoclinic.com
- Medscape .....www.medscape.com
- National Council on Aging .....www.ncoa.org
- National Library of Medicine .....www.nlm.nih.gov/nlmhome.html
- Reaserch your family tree .....www.learnwebskills.com/family/intro.html
- Recipes .....www.recipegoldmine.com
- Senior's Corner .....www.premier.net/~gero/seniors.html
- SeniorNet .....www.seniornet.org
- Seniors-Site.com .....www.seniors-site.com
- Social Security Administration .....www.ssa.gov
- Talking Book Program .....www.texastalkingbooks.org
- Third Age.Com – 701 Special Sites for Third Agers . . .www.thirdage.com
- UTMB Stark Diabetes Center .....www.stark-diabetes.org/default.htm
- World Health Net Longevity, Life Expectancy,  
and Anti-Aging Meds .....www.worldhealth.net
- Write a Senior Citizen .....www.writeseniors.com

## Looking for Resources?

[www.SeniorResourceGuideOnline.com](http://www.SeniorResourceGuideOnline.com)

Copies of the **Senior Resource Guide™** are available at many locations, including Kroger Pharmacies, libraries, and senior centers.