

2021 – 2022

Senior Healthy Living Resource Guide Rural Edition



Disability ★ Aging ★ Veterans

866-231-4922
855-937-2372

En Español



Do You Have Limited Income or Resources? Need Help Paying Medicare Expenses?



Don't get all shook
up about
Medicare... We can
help!

Ask us about:

- Low Income Subsidy (LIS): This may help pay for medications
- Medicare Savings Programs: May help with Medicare premiums, co-pays, and deductions
- A FREE "Welcome to Medicare" Physical Exam

(866) 231-4922

www.askasc.org



Need a Ride?

Call Toll-Free
1-866-889-7433
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Serving Atascosa, Bandera, Comal,
Frio, Gillespie, Guadalupe, Karnes, Kendall,
Kerr, McCullen, Medina, and Wilson counties

How to Book Your Ride

ART provides transportation bus service for medical appointments, youth, seniors, adult day care, and the general public. Reservations must be made by noon the day before you need to travel.

**Please schedule your trip as soon as possible.*

One Way Trip Fare Structure

In-Town	\$2.00
In-County	\$6.00
Out-of-County	\$8.00
Two or More Counties	\$12.00

ART vehicles are wheelchair accessible and have wheelchair lifts.



**Alamo Area Council of Governments • The Alamo Service
Connection / Aging and Disability Resource center
2700 NE Loop 410, Suite #101, San Antonio, Texas 78217• Toll Free any ADRC in the
State (855) 937-2372, for families living in Bexar County and twelve surrounding
counties: Atascosa, Bandera, Comal, Frio, Gillespie, Guadalupe, Karnes, Kendall, Kerr,
McMullen, Medina and Wilson (866) 231-4922 www.askasc.org info@askasc.org**

Finding help for older adults and people with disabilities can be overwhelming. Aging and Disability Resource Centers (ADRC) were created to simplify access to resources by providing one point of contact for people who need help. The Alamo Service Connection is one of 28 ADRCs in Texas. The Texas Health and Human Services Commission contracts with the Alamo Service Connection to provide help to people in Bexar County and twelve surrounding counties: Atascosa, Bandera, Comal, Frio, Gillespie, Guadalupe, Karnes, Kendall, Kerr, McMullen, Medina and Wilson

The Alamo Service Connection can provide;

- Information, Referral and Assistance
- Long-term care options counseling
- Help with transitions from a hospital or nursing facility
- Transportation and mobility options
- Connections to services that can help maintain good health

Special Healthy Living Edition of Resource Guide

Maintaining health is a primary responsibility of every citizen. Getting exercise, managing diseases, getting preventative health care services, good nutrition, and starting healthy behaviors are steps that everybody can take to enjoy better health and spend less at the clinic. You will find many resources to help you to lead a healthier, happier life through out this guide.

Area Agency on Aging (AAA)

The following services are available through the AAA:

- Medicare counseling assistance
- Care coordination (short term in-home services)
- Caregiver support
- Information, referral and assistance
- Legal assistance
- Ombudsman Program (advocacy at nursing homes)

You must be 60 or older, with priority for services given to:

- People with low incomes
- People who live in rural areas
- People with limited English proficiency
- People with Alzheimer's disease and related disorders
- People at risk of being placed in a long-term care facility
- Family members and/or other caregivers who are younger than 60 may receive support services on behalf of the person for whom they provide care.

**You may reach the AACOG Alamo or Bexar Area Agencies on Aging by contacting
the Alamo Service Connection at (855) 937-2372 / (866) 231-4922.**

**Texas Health and Human Services Commission (HHSC) – Access and
Eligibility Services (AES) - Community Care Services Eligibility (CCSE)
(888) 902-9990 www.hhsc.state.tx.us (for McMullen County only: 866-670-2424)**

The mission of HHSC AES CCSE is to connect people, services, and supports. Its vision is to provide an integrated and streamlined approach to:

- connect individuals to services and supports that reduce institutionalization,
- allow individuals to remain in their communities, and
- promote economic and personal self-sufficiency.

Services range from in-home and community based to long term supports in a skilled care facility. Some, but not all, HHSC services are funded by Medicaid. Those interested in placement on the Star Plus Waiver interest list and for initial referral for Star Plus Waiver Money Follows the Person should also call Community Care Services Eligibility.

Texas Health and Human Services Commission (HHSC)- Important Phone Numbers for Long Term Care:

Managed Care Services; Enrollment Broker

- Star, Star + Plus and Children's Medicaid Dental 800-964-2777
- Star + Plus and Star + Kids Special Populations Unit 877-782-6440
- Medicaid Managed Care Help Line 866-566-8989

Managed Care Organizations (MCOs) and Texas Medicaid

Texas contracts with MCOs to deliver long term supports and services. Managed Care is a health care delivery system organized to manage cost, utilization, and quality. Medicaid managed care provides for the delivery of Medicaid health benefits and additional services through contracted arrangements between the Texas Medicaid agency and MCOs that accept a set per member per month (capitation) payment for these services. Individuals who are eligible for Medicaid can call Maximus, the State-wide enrollment broker for managed health care services in Texas. Their phone number is (800)-964-2777. Residents of nursing homes may inquire about managed care services by calling a special enrollment phone number; (877) 782-6440. For information about Texas Medicaid and for applying for benefits, visit www.yourtexasbenefits.com or call 2-1-1.

Local Intellectual & Developmental Disability Authorities (LIDDAs)

Families and individuals who have Intellectual Developmental Disabilities (IDD) can receive support through LIDDAs. The Authorities assist individuals and their families in choosing and accessing quality and cost-efficient services and supports that best meet their needs and requests. IDD Programs accomplish this by offering an extensive array of services and supports either provided through the Authority or through a network of private and public agencies and organizations. Intellectual Developmental Disabilities Services provide intervention, therapies and supports throughout a lifetime allowing persons to reach their greatest potential – including eligibility determination, early intervention for babies and toddlers, autism services, enrichment centers, respite, companion care, community supports, employment assistance and service coordination.

- Bluebonnet Trails Community Services (Guadalupe County) - Main 844-309-6385
- Camino Real Community Services (Atascosa, Frio, Karnes, McMullen and Wilson Counties) Main 210-357-0300
- Hill Country MHDD Centers (Bandera, Comal, Gillespie, Kendall, Kerr, and Medina Counties) Main 830-792-3300
- AACOG IDD Services (Bexar County) - Main 210-832-5020

Texas Veterans Network (TVN, San Antonio, Corpus Christi, and Laredo)

TVN is a coordinated Network of a coordinated Network of public, private, and non-profit organizations working together to serve veterans and their families. TVN providers offer a range of comprehensive services, such as:

Benefits Navigation, Clothing & Household Goods, Education, Employment, Food Assistance, Mental/Behavioral Health, Physical Health, Substance Use, Wellness, Housing & Shelter, Individual & Family Support Services, Income Support, Legal, Money Management, Social Enrichment, Utilities, Transportation, Spiritual Enrichment, Sports & Recreation, Entrepreneurship

TVN evaluates the unique needs of veterans and their families, and connects

them to qualified and appropriate Network Providers who will:

- Address their specific needs and goals
- Provide services for which they are eligible
- Communicate with one another to ensure solutions work

The TVN team communicates regularly with providers to stay up to date on their capacity and offerings. They understand the programs and eligibility criteria of every participating provider. TVN continually cultivates relationships throughout the community to build trust, advocacy, and interest in network participation.

- Client submits an Assistance Request on our website at www.TXVeteransNetwork.com (best method)
- Client calls our tollfree number—1-888-SA-4-VETS (888-724-8387)

Benefits Enrollment Center

Benefits Enrollment Centers are located around the country to help people on/or eligible for Medicare enroll in appropriate benefits. Trained staff use a web-based tool to determine eligibility and benefits free of charge. State certified benefits counselors are available to provide free and confidential screening for programs such as:

- Medicare Savings Program
- Low Income Subsidy (Extra Help paying for prescriptions)
- Supplemental Nutrition Assistance Program (SNAP)
- Low Income Home Energy Assistance Program (LIHEAP)
- Medicaid

You may reach the AACOG Benefits Enrollment Center by contacting the Alamo Service Connection at (855) 937-2372/ (866) 231-4922.



For updates, corrections and additions to the 2021-2022 Guide

Contact: Alamo Service Connection- 866-231-4922

Jennie LeDeaux, Alamo Service Connection Lead Program Specialist JLeDeaux@aacog.com

Consejo de Gobiernos de la Región del Alamo • Alamo Service Connection/ Los Centros de Recursos para el Envejecimiento y la Discapacidad (Aging and Disability Resource Centers – ADRC)•

2700 NE Loop 410, Suite #101, San Antonio, Texas 78217 • Para conectarse con cualquier Centro de Recursos para el Envejecimiento y la Discapacidad ADRC del estado (855) 937-2372. Para atender a las personas y familias que viven en el Condado de Bexar y en los doce condados que lo rodean: Atascosa, Bandera, Comal, Frio, Gillespie, Guadalupe, Karnes, Kendall, Kerr, McMullen, Medina y Wilson línea gratuita (866) 231-4922 www.askasc.org info@askasc.org.

Encontrar ayuda para personas mayores y para personas con discapacidades puede ser muy difícil. Los Centros de Recursos para el Envejecimiento y la Discapacidad (Aging and Disability Resource Centers – ADRC), se crearon para simplificar el acceso a los recursos, pues son el punto de contacto para las personas que necesitan ayuda. Alamo Service Connection es uno de los 28 centros ADRC en Texas. El Comisión para la Salud y Servicios Humanos de Texas (Texas Health and Human Services Commission, HHSC) tiene un contrato con Alamo Service Connection para ayudar a las personas que viven en el Condado de Bexar y en los doce condados que lo rodean: Atascosa, Bandera, Comal, Frio, Gillespie, Guadalupe, Karnes, Kendall, Kerr, McMullen, Medina y Wilson.

Alamo Service Connection le puede ayudar en:

- Información y referencia y asistencia
- Asesoría sobre sus opciones de cuidado a largo plazo
- Ayuda durante la transición de un hospital o casa de retiro
- Opciones de transporte y movilidad
- Información y recursos para veteranos*
- Conexiones a los servicios que le pueden ayudar a mantener la buena salud

Guía de recursos para la salud y el bienestar • Edición Especial

La primera responsabilidad de cada residente del área es conservar su salud. Hacer ejercicio, atender las enfermedades, recibir servicios preventivos de salud, la buena nutrición e iniciar comportamientos saludables, son acciones que todos podemos tomar para disfrutar de mejor salud y menos tiempo en la clínica. En esta guía usted encontrará muchos recursos que le ayudarán a vivir una vida más sana y feliz.

Agencia para el Envejecimiento del Área (Area Agency on Aging – AAA)

AAA le ofrece:

- Asesoría sobre sus beneficios de Medicare y Medicaid
- Coordinación de su atención médica y cuidados, como los servicios a corto plazo en el hogar
- Apoyos a los cuidadores
- Información, remisión (referral) y asistencia
- Información legal al día
- Asistencia Legal
- Programa del Ombudsman (defensa en las casas de retiro)

Usted necesita que tener 60 años o más, y prioridad se dará a:

- Personas de bajos ingresos
- Personas que viven en áreas rurales
- Personas con manejo limitado del inglés
- Personas con enfermedad de Alzheimer y trastornos relacionados
- Personas en riesgo de ser enviadas a un centro de cuidados a largo plazo
- Los miembros de la familia y/o los demás cuidadores que sean menores de 60 años pueden recibir servicios de apoyo en nombre de la persona a quien le proporcionan cuidado.

Puede comunicarse con Alamo Service Connection de AACOG, o con la Agencia para el Envejecimiento del Area de Bexar al (855) 937-2372/ (866) 231-4922.

Comisión para la Salud y Servicios Humanos de Texas (Texas Health and Human Services Commission, HHSC) - Servicios de Acceso y Elegibilidad (Access and Eligibility Services – AES) - Elegibilidad para recibir Servicios de Cuidado por parte de su Comunidad (Community Care Services Eligibility – CCSE) (888) 902-9990 www.hhsc.state.tx.us (solo para McMullen County: 866-670-2424)

La misión de HHSC AES CCSE es conectar a las personas con los servicios y apoyos.

Su visión es proporcionar un enfoque integrado y simplificado para:

- Conectar a las personas con servicios y apoyos que reducen la posibilidad de que usted sea enviado a una institución,
- permitir que la persona permanezca en su comunidad; y
- promover la autosuficiencia económica y personal.

Los servicios cubren desde ayuda en la casa y en la comunidad hasta el soporte a largo plazo en un centro de atención especializada. Algunos de los servicios de HHSC, pero no todos, son financiados por Medicaid. La persona interesada en anotarse en la lista de espera (lista interés) del programa Star Plus Waiver, o para ser considerada para el programa de “Star Plus El dinero sigue a la persona – Star Plus Waiver Money Follows the Person”, también debe llamar al departamento de Elegibilidad para recibir los servicios que ofrece la comunidad.

Comisión de Salud y Servicios Humanos de Texas (HHSC) – Texas Health and Human Services Commission (HHSC)

Números de teléfono importantes para los cuidados a largo plazo:

Servicios de Cuidado Administrado - Managed Care Services; Agente de inscripción

- Star, STAR+PLUS y Children’s Medicaid Dental: 800-964-2777
- Star+Plus y Star+Kids – Unidad de poblaciones especiales: 877-782-6440
- Línea de ayuda gratuita de Cuidado Administrado de Medicaid: 866-566-8989.

Las Organizaciones Administradoras de Cuidados de Salud (Managed Care Organizations – MCO) y Medicaid de Texas

tienen un contrato para proporcionar apoyos y servicios a largo plazo. Managed Care de Medicaid es un sistema de cuidado de la salud organizado para administrar el costo, la utilización y la calidad de los servicios, y que entrega los beneficios médicos y servicios adicionales a través de arreglos contratados entre Medicaid de Texas y las MCO que aceptan un pago por miembro por mes (capitación) por estos servicios. Las personas que son elegibles para Medicaid pueden llamar a Maximus, el agente de inscripción para todo el estado de Texas. Su número de teléfono es (800) 964-2777. Los residentes de hogares para ancianos pueden preguntar obtener información sobre los servicios de atención administrada llamando a un número de teléfono especial para su inscripción: (877) 782-6440. Para obtener más información sobre Medicaid de Texas y para solicitar beneficios, visite www.yourtexasbenefits.com o llame al 2-1-1.

Autoridad Local para la Discapacidad Intelectual y de Desarrollo (LIDDA)

Las familias y personas que tienen discapacidades intelectuales o de desarrollo (IDD) pueden recibir apoyo a través de su LIDDA. La Autoridad local ayuda a las personas y a sus familias a elegir y acceder a los servicios y apoyos de calidad y económicos que mejor satisfagan sus necesidades. Los programas de IDD logran esto ofreciendo una amplia gama de servicios y apoyos proporcionados a través de la Autoridad o a través de una red de agencias privadas y públicas y organizaciones. Los Servicios para Discapacidades Intelectuales y de Desarrollo proveen intervenciones, terapias y

apoyos durante toda la vida, para que las personas alcancen su mayor potencial. Estos servicios incluyen determinación de elegibilidad, intervención temprana para bebés y niños pequeños, servicios de autismo, centros de enriquecimiento, relevo para el cuidador (respite), coordinación de servicios.

- Bluebonnet Trails Community Services (Condado de Guadalupe): Teléfono principal 844-309-6385
- Servicios Comunitarios Camino Real (Condados de Atascosa, Frio, Karnes, McMullen y Wilson): Teléfono principal 210-357-0300
- Centro MHDD del Hill Country (Condados de Bandera, Comal, Gillespie, Kendall, Kerr y Medina): Teléfono principal 830-792-3300
- AACOG IDD Services (Condado de Bexar): Teléfono principal 210-832-5020

Texas Veterans Network (TVN, San Antonio, Corpus Christi, and Laredo)

TXServes San Antonio es una rama de AmericaServes, una red de agencias públicas, privadas y organizaciones sin fines de lucro que trabajan coordinadamente para dar servicio a los veteranos y a sus familias. Los proveedores de TVN ofrecen una gama de servicios integrales, tales como:

Ayudar a entender y usar los diferentes programas de servicios: ropa y artículos para el hogar, educación, empleo, ayuda con alimentos, salud mental, salud física, consumo de sustancias ilegales (drogas), bienestar, vivienda, servicios de apoyo a la familia e individuales, apoyo temporal al ingreso, apoyo legal, administración del dinero, enriquecimiento social, servicios públicos, transporte, enriquecimiento espiritual, deportes, recreación, y desarrollo del espíritu de empresa. TVN evalúa las necesidades específicas de cada veterano y de su familia, y lo conecta con los

proveedores apropiados y calificados de la red, quienes se encargarán de lo siguiente:

- Satisfacer las necesidades y metas específicas de cada persona
- Proporcionar los servicios para los cuales sea elegible
- Comunicarse con el proveedor para asegurarse que las soluciones están funcionando.

El equipo TVN se comunica regularmente con los proveedores a fin de mantenerse actualizado sobre sus capacidades y nuevos servicios. TVN está enterado de los programas y criterios de elegibilidad de cada proveedor. TVN cultiva continuamente las relaciones con toda la comunidad para fomentar la confianza, la defensa de este grupo y el interés por ser parte de la red.

- El cliente envía una solicitud de ayuda por nuestro sitio web en www.TXVeteransNetwork.com (método preferido).
- El cliente llama a nuestro número gratuito al 1-888-SA-4-VETS (888-724-8387)

Centros de Inscripción para beneficios

Los centros de inscripción para beneficios se ubican en todo el país para ayudar a las personas que son elegibles o están en Medicare para que se inscriban en los programas y prestaciones para los que califican. El personal capacitado utiliza una herramienta basada en la web para determinar su elegibilidad y sus beneficios de forma gratuita. Los consejeros de beneficios y prestaciones certificados por el estado están disponibles para hacerle pruebas y exámenes gratuitos y confidenciales para determinar si califica para ciertos programas:

- Programa de Ahorros de Medicare – Medicare Savings Program
- Subsidio por bajos ingresos – Low Income Subsidy: (ayuda adicional para pagar sus recetas médicas)
- Programa de asistencia suplementaria para la nutrición – Supplemental Nutrition Assistance Program (SNAP)
- Programa de asistencia para pagar la energía eléctrica en casas de bajos ingresos –
- Low Income Home Energy Assistance Program (LIHEAP)
- Medicaid

Usted puede comunicarse con el Centro de Inscripción de beneficios de AACOG llamando a Alamo Service Connection al (855) 937-2372 y (866) 231-4922.

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Abbreviation Key

- Ata= Atascosa county
- Ban= Bandera County
- Bex= Bexar County
- Com= Comal County
- Fri=Frio County
- Gil= Gillestpie County
- Gua= Guadalupe County
- Kar= Karnes County
- Ken= Kendall County
- Ker=Kerr County
- Med=Medina County
- Mcm= McMullen County
- Wil=Wilson County
- ESP= Se Hable Espanol

ABUSE/ADVOCACY/FRAUD

Advocates Social Services, Inc./Comprehensive Client Advocacy for the Poor and Needy (All) (ESP).....	210-212-7700
Alzheimer's Association / San Antonio & South Texas Chapter (All) (ESP).....	210-822-6449
24-hour Helpline	800-272-3900
Bluebonnet Children's Advocacy Center (MED)	830-426-5554
Child or Elder Abuse Hotline (Texas Dept. of Family & Protective Services)/ Hotline (All)	800-252-5400
Children's Advocacy Center of Comal County (COM)	Director of Outreach 830-626-2543 Ext. 213
Children's Alliance of South Texas (WIL)	830-393-6290
ChildSafe (All)	210-675-9000
Court Appointed Special Advocates (CASA) (ATA, FRI, KAR, WIL)	Atascosa and Frio 830-267-1025
Wilson and Karnes	830-321-9978
Court Appointed Special Advocates (CASA) (MED)	Medina 830-278-7733
Disability Rights, Texas (All) (ESP)	South Texas Regional Intake Line 800-315-3876
Statewide Intake for Current Clients -	800-880-8401
Guadalupe County Children's Advocacy Center Inc. (GUA)	830-303-4760
Health Care Rights Initiative (All)	800-439-3155
HHSC Office of the Ombudsman -Complaints (All)	877-787-8999
Hill Country Cares (BAN, KEN, GIL, KER)	830-257-7088
Crisis Hotline	888-621-0047
Jewish Family & Childrens Service / Victims of Crime -Elder Abuse Program (Comal & Bexar) (COM, BEX)	Intake-North 210-302-6920
Intake South	210-533-1112
KEPRO (CMS) / Medicare Quality Improvement Organization (All)	844-430-9504
My Advocate-for United Health Plan or Care Improvement Plus members only (All)	866-865-3851
National Alliance on Mental Illness / NAMI / Information Services (All) (ESP)	210-734-3349
Kerrville Office	830-992-1953
National Alliance on Mental Illness / NAMI / Information Services-Kerrville (KER)	830-992-1953
Patient Advocate Foundation (PAF) Co-Pay Relief (CPR)	www.copays.org
San Antonio Independent Living Services (SAILS) (All) (ESP, ASL)	Voice/TTY 210-281-1878
.....	800-474-0295
Senior Path Specialists (All)	210-416-0112
Texas Advocates (All)	512-522-6591
Texas Department of Health and Human Services (formerly DADS) / Long Term Care Quality Reporting System (QRS) (All)	
Hotline	800-458-9858
Texas Department of Family and Protective Services / Adult & Child Protective Services (APS / CPS)	
ATASCOSA / Jourdanton (ATA) (ESP)	830-769-9427
COMAL / New Braunfels-115 E. Green Valley (COM) (ESP)	830-609-5033
COMAL / New Braunfels-1607 E. Common (COM) (ESP)	830-625-8023
FRIO / Pearsall (FRI) (ESP)	830-334-3395
GUADALUPE / Seguin (GUA) (ESP ASL)	830-372-2662
KENDALL / Boerne (KEN) (ESP).....	830-249-8779
KERR& Gillespie / Kerrville (KER, GIL) (ESP).....	830-792-4303
McMullen/ Beeville (MED) (ESP)	361-358-9790
MEDINA / Hondo (MED) (ESP)	830-741-2043
WILSON / Floresville (WIL)	830-393-5416
Texas Department of Insurance (TDI) (All)	Helpline 800-252-3439
Texas Rio Grande Legal Aid /Crime Victims Services (All) (ESP)	888-343-4414
San Antonio	210-212-3700

ADULT ACTIVITY AND HEALTH SERVICES

Adult Day Care Center (ADCCA, Inc) (GUA)	830-372-3600
Close to Home Adult Day Care (COM, GUA)	830-629-2332
Dietert Senior Center / Take Five Club & Caregiver Resource Center / Support Group (KER)	830-792-4044
Estrella Adult Day Care Center-Hondo (MED)	830-426-8984
First Street Assisted Living and Adult Day Care-Schertz (GUA)	210-566-6303
Frio Adult Day Care (FRI, MED, ATA) (ESP)	830-334-9390

Grace Place Alzheimer's Activity Center -Northeast / Christian Senior Services (All)	210-599-7405
Grace Place Alzheimer's Day Care -Northwest / Christian Senior Services (All)	Grace Place Northwest 210-735-2589
Grace Place Central	210-271-9396
Hill Country Assisted Living (KEN, KER, GIL, COM, BAN)	830-249-0017

ALCOHOL AND DRUG ABUSE

Al-Anon Family Groups (All)	San Antonio office 210-342-3063
Alcoholics Anonymous -La Vernia/Alcoholics Anonymous La Vernia Unity Group (WIL, KAR)	Immanuel Lutheran Church 830-253-8121
Alcoholics Anonymous 720 Club -Kerrville (KER)	830-896-0720
Alcoholics Anonymous Central Service Office/-Business Office (All) (ESP)	Help Line and Meetings 210-821-6325
24 hr hotline	888-816-8800
Floresville Church of Christ/Alcoholics Anonymous (WIL, ATA, KAR)	Help Line and Meetings 210-828-6235
The Church.....	830-393-6154
Hill Country Council on Alcohol and Drug Abuse, Inc. (HCCADA) (KER, GIL, KEN, BAN)	830-367-4667
Narcotics Anonymous (All)	210-434-0665
One Eighty Inpatient Recovery Methodist Hospital Jourdanton	Atascosa, Wilson 830-769-4567
Recoverywerks (family counseling) (COM, ATA)	New Braunfels and Jourdanton 830-310-2456
Right Step (All)	San Antonio Intensive Outpatient Rehab 210-541-8400
Wimberley-Inpatient Treatment	512-342-7043
San Antonio Council on Alcohol and Drug Abuse (SACADA) (All)	210-225-4741
Starlite Recovery (alcohol and substance abuse treatment) (KER)	830-469-4787
24/7 line	844-870-9278

ASSISTANCE SERVICES

Alamo Area Agency on Aging and the Alamo Service Connection (AACOG) (All) (ESP)	Alamo Service Connection 210-477-3275
.....	866-231-4922
.....	www.alamoaging.org
Any Baby Can-Kerrville (KER)	830-792-4222
Atascosa Christian Assistance Ministry-Poteet (ATA)	830-783-9411
Atascosa Inter Agency Council (ATA)	830-281-2001
Aunt Bertha (All)	www.auntbertha.com
Bandera County Helping Hand Center/Financial Assistance -Bandera County Helping Hand Center (BAN)	830-796-8300
BCFS Health and Human Services -Kerrville (KER)	Office 830-896-0993
Bexar Christian Assistance Ministry (CAM)Bexar County (All)	210-223-6648
Bulverde Hope Center Food Pantry and General Assistance (COM, GUA)	Food Pantry and Thrift Store 830-980-4673
Catholic Charities of San Antonio/ Crisis Intervention Program (All)	210-226-6178
Christian Assistance Ministries (Walk ins, only) 110 McCullough Ave., San Antonio	San Antonio Office 210-223-4099
Christian Cupboard, Inc. (GUA) (ESP)	830-379-4857
Community Council of South Central Texas (CCSCT) / Central Office (CEAP) (All) (ESP)	Administrative Offices Seguin 830-303-4376
ATASCOSA (Jourdanton) (CEAP) (ATA, MCM) (ESP)	830-767-2019
BANDERA (BAN)	830-584-2100
COMAL (New Braunfels) (CEAP) (COM)	830-625-6268
FRIO (Pearsall) (CEAP) (FRI) (ESP)	830-334-4800
GUADALUPE (Seguin) (CEAP) (GUA) (ESP)	830-379-3022
KARNES (Kenedy) (CEAP) (KAR) (ESP)	830-583-9731
KERR (CEAP) (GIL, KEN, KER)	830-896-2124
McMullen (MCM)	830-767-2019
MEDINA (Hondo) (CEAP) (MED) (ESP)	830-584-2100
WILSON / Floresville (WIL) (ESP).....	830-393-1072
Community Resource and Recreation Center (CRRC) / Crisis Assistance (COM)	830-964-2324
Country Church of Marion (GUA)	830-914-3133
CPS Utility Assistance, Direct Client Services (BEX, ATA, MED, BAN, KEN, COM, GUA, WIL)	210-335-3666 #3
Family Endeavors / Supportive Services for Veteran Families/Homelessness (All)	210-431-6466
Kerrville Office	830-896-0190
Family Life Center (COM, GUA)	830-625-7100

Seguin Office	830-379-1997
Food Pantry Poth Area / Food and Clothing (M, W, F) (WIL) (ESP)	830-484-2324
Fredericksburg Food Pantry (GIL)	830-997-9383
Greater Randolph Area Service Program, Inc. (GRASP) / Comprehensive Emergency Assistance (GUA, WIL, BEX)	210-658-6351
Helping Hand, Inc-Bandera (BAN)	830-796-8300
Hill Country Community Needs Council / Case Management & Assistance (GILLESPIE) (GIL) (ESP)	830-997-9756
Hill Country Council on Alcohol and Drug Abuse, Inc. (HCCADA) (KER, BAN, GIL, KEND) (ESP).....	830-367-4667
Hill Country Daily Bread Ministries (BEX, BAN, MED, COM, GIL, KEN, KER)	Food Pantry and Social Services 830-755-5200
Hill Country Family Services (KENDALL) (KEN) (ESP)	Food Pantry 830-249-8643
Thrift Store.....	830-249-8677
Jewish Family Service (JFS) / Emergency Financial Assistance (All) (ESP)	Main 210-302-6924
Kerr Christian Assistance Ministry (CAM) / Kerr County (KER)	830-257-4222
Kerrville Interagency Network Clearinghouse (KER)	830-428-3507
Methodist Healthcare Ministries/Wesley Community Center. and Clinic -Emergency Assistance (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX) (ESP)	210-922-6922
Corporate Offices	210-692-0234
National Kidney Foundation of South & Central Texas/Patient Assistance Fund -National Kidney Foundation (All)	877-543-6397
RACAP (Randolph Area Christian Assistance Program) (GUA)	210-658-1613
Salvation Army	
Kerrville Service Center (KERR) / HUD Assistance (KER, BAN, GIL, KEN)	Social Services 830-257-3620
Shelter.....	830-257-6770
New Braunfels Outpost / COMAL (COM) (ESP).....	830-608-9129
Pleasanton Service Center (ATASCOSA) (ATA)	830-569-5498
Seguin Service Center (GUADALUPE) (GUA) (ESP)	830-401-4872
Salvation Army/ San Antonio (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX) (ESP).....	210-352-2020
San Antonio Food Bank (SAFB) / The Kitchen Table & NBU Utility Assistance (COM) (ESP)	210-431-8525
.....	800-246-9121
San Antonio Food Bank, Inc. / Social Services / Outreach (All) (ESP)	Help Line 210-431-8326
.....	800-246-9121
St. Andrew's Episcopal Church (GUA)	830-372-4330
St. Vincent De Paul Family Center/Social Services -De Paul Family Center (All) (ESP).....	210-225-7837
SVDP Bandera (St. Stanislaus) (BAN) (ESP)	830-796-2017
SVDP Boerne (KEN)	830-816-5654
SVDP Castrovilla (Food and Clothing Pantry) St. Joseph (MED)	830-931-3890
SVDP Dilley (FRI)	830-965-1926
SVDP Floresville (WIL)	830-393-4791
SVDP Fredericksburg (GIL)	830-997-3392
SVDP Hondo (MED)	830-741-2284
SVDP Honey Creek (St. Joseph, Spring Branch) (COM)	830-438-3725
Church number.....	830-980-2486
SVDP Kerrville (KER)	Office 830-896-6898
SVDP Natalia (MED)	830-783-7291
SVDP Schertz (GUA)	210-788-9502
Steps for Life-Life Coaching Services (BEX, COM, GUA)	830-391-9055
United Health My Advocate (All)	866-865-3851
United Way of San Antonio and Bexar County / 211 Information and limited home safety items (smoke, fire and CO detection and fans) (All) (ESP).....	211
.....	877-541-7905

BENEFITS ASSISTANCE AND AFFORDABLE CARE INSURANCE

Advanced Insurance Group Marge Jetton (KER, GIL)	830-895-4477
Alamo Area Agency on Aging (AAA) (AACOG) /Benefits Enrollment Center (All) (ESP)	866-231-4922
.....	www.alamoaging.org
American Kidney Fund Help Line/ Hotline (All)	800-638-8299
Help Line	866-300-2900

Atascosa Health Center -ACA Certified Application Counselor (ATA, MCM, KAR, WIL)	830-569-2527
Benefits.gov (All) (ESP)	www.benefits.gov
Centro Med -ACA Enrollment (BEX, COM)	ACA Office 210-977-7997
Frank Morales (CEC-Comal Cy.).....	830-608-5725
Health Insurance Marketplace (CMS) (www.healthcare.gov) (Affordable Healthcare) (All) (ESP)	Health Insurance Marketplace
.....	800-318-2596
ACA Ambetter (BAN, COM, KEN, GIL, KER, MED)	877-687-1196
ACA Blue Cross (All)	888-697-0683
ACA Christus Health (KAR)	844-282-3025
ACA Oscar (COM)	855-672-2755
Go-Medigap (All)	866-894-3258
Medicare Solutions (All)	210-354-2273
Medico (All)	800-228-6080
Pension Rights Center (All)	800-443-2528
Reserve National Insurance Company (A Kemper Company) (All)	877-877-0078
Local	210-601-3492
San Antonio Food Bank (SAFB) / Client Services (Medicaid, CHIP, TANF, SNAP, WIC, etc) (All) (ESP)	Client Services 210-431-8326
.....	800-246-9121
Seguin Community Health Center-ACA Certified Application Counselor (GUA)	830-379-9797
Senior Directory (All)	800-955-8510
South Texas Rural Health-ACA Certified Application Counselor (FRI, MED)	Cotulla Office 830-879-3047
Texas Health Insurance Premium Payment Program (All)	800-440-0493
Texas Teachers Retirement System (All)	888-237-6762
TRS Disability Services-SSDC (All)	866-587-2533 Ext. 222
TRS-Care Medicare Advantage Humana (All)	800-320-9566
Your Social Security Strategies (All)	Oscar Garcia 210-421-1125

CAREGIVER TRAINING

Alamo Caregiver Empowerment (ACE-Wings) (All) (ESP)	Alamo Service Connection 210-477-3275
.....	866-231-4922
.....	www.acewings.org
Alzheimer's Association / San Antonio & South Texas Chapter (All) (ESP).....	210-822-6449
24-hour Helpline	800-272-3900
Archrespite (www.archrespite.org) (All)	http://archrespite.org/
Caregiver SOS and Teleconnection (Wellmed Charitable Foundation) (All) (ESP)	866-390-6491
mmlearn.org at Morningside Ministries (website) (All) (ESP)	Information 210-734-1133
San Antonio Lighthouse -William Judson Center / Train the Caregiver / Focus on Seniors (All)	210-533-5195
Take Time Texas (All)	https://apps.hhs.texas.gov/taketimetexas/

CASE/ CARE MANAGEMENT

A Place for Mom (All)	888-704-7782
.....	877-369-9261
Accountable Aging (BEX, ATA, MED, BAN, KEN, COM, GUA, WIL)	210-568-7934
Administration for Community Living-Elder Care Locator (All)	Public Inquiries 202-619-0724
Eldercare Locator (to find resources)	800-677-1116
Amy Leigh Gibbs, LMSW-AP (GUA)	830-303-1528
Care Improvement Plus House Calls Program (All)	866-686-2504
Caring Transitions (Relocation assistance) (BEX, KEN)	Office 210-714-0855
Caring.com-Senior housing locators (All)	800-385-2527
Changing Seasons Interior Design and Senior Move Management (All)	210-659-5949
Heart Choices Care Management (KER)	830-739-3608
Housecarers.com (house sitter website) (All)	https://www.housecarers.com/
Jewish Family Service (JFS) / Counseling and Case Management (All) (ESP)	Intake-North 210-302-6920
Intake South	210-533-1112
Life's Next Step (Relocation Assistance) (All)	512-263-9417
Methodist Healthcare Ministries/Wesley Health and Wellness Center (All) (ESP)	210-922-6922

Corporate Offices	210-692-0234
Peterson Hospice/Peterson Pathways (KER) (ESP)	830-258-7799
Sage Care Management (All)	Office 210-492-1224
San Antonio Food Bank (SAFB) / Long Term Care Outreach Assistance (All) (ESP)	210-431-8326
.....	800-246-9121
Senior Bridge Humana at Home (All) (ESP)	Care Management and Private Duty Homecare 210-822-9494
Humana at Home.....	800-536-7092
Senior Path Specialists (All)	210-416-0112
Social Workers as Needed (ATA, BAN, BEX, COM, FRI, GIL, GUA, KEN, KER, MED, WIL)	210-521-8100
South Texas Alternative Choice (STAC) (Valerie Taylor, BSN,RN) (BEX, COM, KEN) (ESP)	210-239-1167
.....	210-289-9138
The Next Horizon (All)	210-275-3002
United Health House Calls Program (All)	866-686-2504

CHILDREN'S HEALTH

Early Childhood Intervention Homespun -Kendall County (KEN) (ESP).....	830-625-1510
Early Childhood Intervention Homespun -Kerr/ Gillespie (KER, GIL) (ESP).....	830-258-5403
Early Childhood Intervention Homespun -Medina/ Bandera (MED, BAN) (ESP).....	830-426-7040
Early Childhood Intervention Homespun -New Braunfels/ Boerne (COM, KEN) (ESP).....	830-625-1510
Healthy Summer Meals (All)	877-TEX-MEAL

CLINICS-COMMUNITY

Acacia Medical Mission-Spring Branch (COM)	830-228-4219
Arthur Nagel Community Clinic (BAN) (ESP)	830-796-3448
Atascosa Health Center (ATA) (ESP)	Pleasanton 830-569-2527
Lytle.....	830-772-9865
Bishop Ernest T. Dixon Jr. Clinic (All) (ESP)	210-527-1505
Canyon Lake Fire/EMS Mobile Integrated Health Care Unit (COM)	Canyon Lake 830-907-2922 Ext 313
Cell.....	830-310-9094
Centro Med	Central Appointments 210-922-7000
County Line Clinic (New Braunfels) (COM) (ESP)	Clinic Phone 830-606-9900
Healthcare for the Homeless (All) (ESP)	Central Appointments / Medical 210-924-3593
Haven for Hope Clinic (Sarah E. Davidson)	210-220-2330
Maria C. Flores Clinic-Somerset (BEX, ATA) (ESP)	Central Appointments / Medical 210-924-3593
Clinic Phone	210-624-3045
San Antonio Street Clinic (New Braunfels) (COM) (ESP)	Central Appointments / Medical 210-924-3593
Clinic Phone	830-608-1575
Southside Medical Clinic (BEX, FRI, ATA, WIL)	210-334-3750
Clinic.....	210-334-3750
Walzem Clinic (All) (ESP)	Central Appointments 210-924-3593
clinic	210-637-2450
Comal County Public Health (COM)	830-221-1150
Good Samaritan Center (GIL)	830-990-8651
Guadalupe Clinic for Chronic Disease Care (behind GVRMC hospital) (GUA)	830-303-9400
Hill Country Mission for Health (KEN)	830-249-0130
Hill Country Family Services.....	830-249-8643
Karnes Community Health Center (ATA, KAR, WIL)	830-780-3100
McMullen County Community Health Center (MCM)	361-274-3690
Medical Clinic / Acacia Medical Mission (COM) (ESP)	830-228-4219
Methodist Healthcare Ministries/Bishop Ernest T. Dixon Jr. Medical Clinic (All) (ESP)	210-527-1505
Methodist Healthcare Ministries/Wesley Community Center and Clinic -Medical Care (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX) (ESP)	210-922-6922
Corporate Offices	210-692-0234
New Braunfels Volunteers in Medicine (COM) (ESP)	830-632-5131
Peterson Adult Community Care (KER)	830-258-7900

Raphael Community Free Clinic (KER)	830-895-4201
Seguin Community Health Center (GUA)	830-379-9797
Crisis Line.....	800-841-1255
South Texas Rural Health Services, Inc. (FRI, MED)	Admin. Office, Cotulla 830-879-3047
Crisis Line.....	800-841-1255
STRHS. -Cotulla (FRI) (ESP)	830-879-2502
STRHC. -Dilley Clinic Wellness Center (FRI)	830-965-1797
STRHS. -Devine Clinic (MED)	830-663-5450
STRHS.-Hondo Clinic (MED) (ESP)	830-426-5288
STRHS. -Pearsall Clinic (FRI)	830-334-4102
Texas Department of State Health Service (DSHS) / Children with Special Health Care Needs (CSHCN) (All) (ESP)	800-252-8023
TMHP Client Line	877-888-2350
Wilson Community Health Center (WIL) (ESP)	830-393-9390

CLINICS-PRIVATE

Alpha Alternative Care Center (BEX)	San Antonio office 210-764-5731
Alternative Health Care (BEX, COM, KEN)	Boerne office 830-832-8304
Center for Complimentary Medicine (BEX)	Blanco Rd. office 210-733-0990
Central Texas Clinics(formerly Komedix) (COM)	830-310-3610
Communicare (KEN)	Boerne 830-249-1717
Connally Memorial Clinic Floresville (WIL)	830-393-1400
Connally Memorial Clinic La Vernia (WIL)	830-393-1400
Connally Memorial Clinic Poth (WIL)	830-393-1400
Connally Memorial Clinic Stockdale (WIL)	830-393-1400
Conviva Care Solutions (Formerly Partners in Primary Care)-Floresville (WIL)	830-393-8222
Conviva Care Solutions (Formerly Partners in Primary Care) New Braunfels (COM)	830-626-7770
Cornerstone Clinic (KER,)	Fredericksburg 830-997-0330
Comfort	830-995-5633
Diabetes and Glandular Disease Clinic (All)	San Antonio office 210-614-8612
Emergency Care of Floresville (WIL)	830-393-3133
Franklin Clinic (Primary Care and Urgent Care) (KER)	830-792-5800
Fredericksburg Community Health Center (GIL)	830-997-2181
Health Texas (COM)	830-515-1280
Hill Country Memorial "Go" Immediate Care Clinic (GIL)	830-992-2820
Hometown Health Care (FRI)	Pearsall 830-334-3336
Dilley	830-965-4466
Little Alsace Urgent Care-Castroville (MED)	830-538-3550
Main St. Urgent Care (GIL, KEN)	Fredericksburg 830-997-9995
Boerne	830-249-9995
Medina Valley Hospital Clinics (Castroville, Devine and Hondo) (MED)	Intake for all clinics 830-426-7444
MedPost (COM)	New Braunfels 830-483-8179
Promptu Immediate Care (COM)	Bulverde Clinic 830-438-2544
Promptu Immediate Care (COM)	New Braunfels 830-387-4991
Promptu Immediate Care (GUA)	Schertz 210-437-2699
Promptu Immediate Care (KEN)	Boerne 830-815-1081
Quality Urgent Care (ATA)	830-569-1950
Sid Peterson Clinic-Bandera (BAN)	830-522-2002
Sid Peterson Clinic-Kerrville (KER)	830-258-7669
South Texas Medical Associates Walk In Clinic (ATA)	830-569-3206
Spine and Pain Center of San Antonio (All)	210-615-1901
Texas Oncology (All)	24/7 Line 888-864-4226
WellMed	
Boerne (KEN)	830-816-2312
Bulverde (COM)	830-980-8433
Canyon Lake (COM)	830-935-9050

Floresville (WIL)	830-393-3492
New Braunfels I-35 (COM)	830-620-9429
New Braunfels-Walnut St. (COM)	830-609-0080
Pleasanton (ATA)	830-569-6615
Schertz (GUA)	210-491-8179
Seguin (GUA)	830-560-2813
WellMed Patient Advocate (ATA, BEX, COM, GUA, KEN, WIL)	210-615-9355

CLOTHING ASSISTANCE

Bandera County Helping Hand Center/Clothes Closet -Bandera, Tx (BAN) (ESP)	830-796-8300
Goodwill Industries-New Braunfels (COM)	210-924-8581
Goodwill Industries-Seguin (GUA)	210-924-8581
Greater Randolph Area Service Program, Inc. (GRASP)/ Senior Life Enhancement Program (GUA, WIL, BEX)	210-658-6351

COMMUNITY AND GOVERNMENT OFFICES

Alamo Area Council of Governments (AACOG) (All) (ESP)	210-362-5200
.....	800-749-2010
Chambers of Commerce
Bandera (BAN)	830-796-3280
Boerne (KEN)	830-249-8000
Floresville (WIL)	830-216-3276
Fredericksburg (GIL)	830-997-6523
Hondo (MED)	830-426-3037
Jourdanton (ATA)	830-769-2866
Karnes City (KAR)	830-780-3112
Kenedy (KAR)	830-583-3223
Kerrville (KER)	830-896-1155
Marion (GUA)	830-914-4438
New Braunfels (COM)	800-572-2626
Pearsall (FRI)	830-334-9414
Runge (KAR)	830-200-8927
Schertz (GUA)	210-619-1950
Seguin (GUA)	830-379-6382
Seguin-Guadalupe Hispanic Chamber of Commerce (GUA) (ESP)	830-372-3151
Court Houses and County Clerks of Court
Atascosa	Court 830-767-2511
Bandera	Court 830-796-3781
Comal	Court 830-221-1100
Frio	Court 830-334-8073
Guadalupe	Clerk 830-303-8857
Karnes	Court 830-780-2562
Kendall	Clerk 830-249-9343
Kerr	Clerk 830-792-2200
McMullen	Court 361-274-3900
Medina	Court 830-741-6000
Wilson	Clerk 830-393-7308

CONSUMER SERVICES

Attorney General of Texas / Consumer Protection Division (All) (ESP)	San Antonio Regional Office 210-225-4191
Consumer Protection Hotline	800-621-0508
Care Credit (Health care financial assistance)	All Counties 800-677-0718
Consumer Financial Protection Bureau (All)	Financial Service Fraud 855-411-2372
EconomicCheckUp (website) (All).....	www.benefitscheckup.org/esi
Freedom Loan (Escape Payday Loan Debt) (KER, BAN, GIL)	830-928-3575

Pam Umstead	804-514-7145
FTC Identity Theft Hotline (All)	877-438-4338
GreenPath Debt Solutions (Formerly Consumer Credit Counseling) / Counseling (HUD Approved) (All) (ESP)	866-234-4767
Health Professions Council / Complaint Referral System (All)	800-821-3205
Homeownership Preservation Foundation (HOPE) (All)	888-995-4673
KEPRO (CMS) / Medicare Quality Improvement Organization (All)	844-430-9504
Medicare Fraud Hotline / Senior Medicare Patrol, Texas (All)	888-341-6187
Medicare Fraud Hotline/ US Office of Inspector General (All)	800-447-8477
National Council on Aging -Reverse Mortgage Counseling Services (All)	800-510-0301
Network Funding-Reverse Mortgages (All)	210-403-0808
.....	877-649-4768
Office of the Consumer Credit Commissioner / Consumer Helpline (All)	800-538-1579
Reverse Mortgage Counseling (All)	San Antonio Fair Housing Program 210-207-5910
Securities and Exchange Commission (All)	Investment fraud 800-732-0330
Texas Office of Consumer Credit Commissioner (All)	800-538-1579
Texas State Attorney General (All) (ESP)	Consumer Protection Hotline 800-621-0508
Public Information & Assistance Line.....	800-252-8011
US Dept. of Housing and Urban Development (All)	Housing fraud 800-669-9777

COUNSELING AND MENTAL HEALTH

Atascosa Family Crisis Center (ATA)	830-569-2001
.....	830-281-2001
Baptist Child and Family Services/Mabee Children's Emergency Shelter -BCFS (All) (ESP).....	210-832-5000
.....	800-830-2246
Bluebonnet Trails Community Services (GUA)	Intake office (844) 309-6385
Crisis Hotline.....	800-841-1255
Boerne Counseling & Consultant Service (KEN, GIL, COM, KER)	830-249-7432
Camino Real Community Services (CRCS) (ATA, FRI, KAR, WIL) (ESP)	office 210-357-0300
Crisis Line (ATA, FRI, KAR, WIL) (ESP).....	800-543-5750
Jourdanton Counseling Office (ATA, FRI, KAR, WIL)	830-767-2320
Atascosa County MR/Day Programs Work Center (ATA, FRI, KAR, WIL) (ESP)	830-276-8578
Frio County (FRI) (ESP)	Dilley Work Center 830-965-4004
Pearsall Counseling office	830-334-0075
Wilson County MR/Day Programs Work Center (WIL) (ESP).....	830-216-7402
Tilden Counseling Office (MCM)	361-274-3690
Wilson-Karnes Mental Health Center (ATA, FRI, KAR, WIL) (ESP)	830-216-4326
Youth Empowerment Services (Children with severe emotional disturbances) (ATA, FRI, KAR, MCM, WIL)	
"YES" Inquiries	877-271-9321
"YES" Intakes	830-266-5427
Catholic Charities / Archdiocese of San Antonio / Counseling & Consultation Center (All) (ESP)	210-377-1133
Community Counseling Service of Our Lady of the Lake (OLLU) (All) (ESP).....	210-434-1054
Connections Individual & Family Services	Hotline 800-532-8192
Main office.....	830-629-6571
Floresville Connections (KAR, WIL)	830-629-6571 Ext. 315
Jourdanton/Connections (ATA, FRI, MCM) (ESP)	830-629-6571 Ext. 311
Marion (GUA) (ESP).....	830-629-6571 Ext. 246
New Braunfels/Outpatient Treatment Program (COM) (ESP).....	830-629-6571 Ext. 261
Seguin Connections (GUA)	830-629-6571 Ext. 255
Teen Connections Bulverde (COM)	830-629-6571 Ext. 243
Country Breeze Counseling Center (MED, ATA, FRI, BEX) (ESP)	830-709-0711
Covenant House -Homeless Teenagers/ Hotline (All)	800-999-9999
Hearing Impaired.....	800-999-9915
Elite Counseling (ATA, COM, GUA, WIL, BEX) (ESP)	210-822-9493
Family Violence Prevention Services, Inc./Counseling Center -Family Violence Prevention Services (All) (ESP).....	210-821-3880
Gain-Wel Creative Home Counseling Services (BEX, KER)	210-243-5601

Kerrville office.....	830-715-5483
Guadalupe Regional Medical Center / The Heritage Program for Seniors (GUA, COM, WIL)	830-401-7428
Guadalupe Valley Christian Counseling Center (GUA, COM, WIL)	830-303-3161
Hill Country Crisis Council (KER, GIL, KEN, BAN, MED) (ESP).....	830-257-7088
Crisis Hotline	888-621-0047
Hill Country Crisis Council / Bandera County (BAN) (ESP)	830-796-3302
Crisis Hotline	888-621-0047
Hill Country Community MHDD Centers / Administrative Headquarters + Crisis Stabilization Unit (BAN, COM, GIL, KEN, KER, MED)	
Office	830-792-3300
Comal Developmental Training Center (COM)	Access & Intake 830-625-7394
.....	830-625-7359
Crisis Stabilization Unit (BAN, COM, GIL, KEN, KER, MED) (ESP) Crisis and Mobile Crisis Outreach Team	877-466-0660
.....	www.hillcountry.org
Developmental Disabilities / Kerrville Special Opportunity Center (BAN, KER, KEN) Access & Intake	830-258-5400
.....	830-896-4606
Developmental Disabilities / Medina County / Tex-Spice (MED) Access & Intake	830-663-5756
.....	830-663-9248
Gillespie County / New Horizons Center (GIL)	Access & Intake 830-990-1582
Gillespie County Mental Health Center (GIL) (ESP)	830-997-8023
Kendall County Mental Health Center (KEN)	830-249-9328
.....	800-325-8931
Kerr County Mental Health Center (KER)	830-257-6553
.....	888-445-5232
Medina County Mental Health Center (MED) (ESP)	830-426-4362
New Braunfels IDD Service Coordination (COM)	830-625-7394
Hill Country Community Needs Council -Fredericksburg/Advocacy/Family Violence (GILLESPIE) (GIL) (ESP)	830-997-9756
K'STAR / Main Office / Kerrville (KER, KEN, GIL, BAN, MED) (ESP)	Shelter 830-896-5437
24 hr. Crisis Line	855-327-8004
K'STAR / Intake Line (all communities) (KER, KEN, GIL, BAN, MED)	Intake line 830-896-5404
In Mind Out Emotional Wellness Center (BEX, COM, GUA)	830-730-6090
Methodist Healthcare Ministries/Bishop Ernest T. Dixon Jr. Clinic -Support/Counseling Svcs. (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX) (ESP)	
.....	210-527-1505
National Domestic Violence Hotline/ Hotline (All)	800-799-7233
TTY	800-787-3224
National Suicide Prevention Lifeline (Crisis Hotline) (All)	800-273-8255
New Beginnings Youth and Family Services (KER)	830-460-6022
New Hope Counseling Services (Financial assistance available.) (KER, GIL)	830-257-3009
Nix Healthcare System / Behavioral Health Services (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX)	Reception 210-200-7022
Intake	210-200-7086
Oakwood Counseling Center (COM)	830-627-7006
Pregnancy Care Center/P.A.C.E. (All)	210-614-4124
Help Line	800-712-4357
Rape Crisis Center for Children and Adults / Counseling Services (All) (ESP)	Office 210-521-7273
Hot Line	210-349-7273
River City Advocacy (Life Skills, Support Groups) (COM)	830-643-0200
STCH Ministries Family Counseling-Castroville (MED)	210-339-7576
STCH Ministries Family Counseling-Pleasanton (ATA)	210-339-7576
STCH Ministries Family Counseling-Schertz (GUA)	210-339-7576
STCH Ministries Family Counseling-Stockdale (WIL)	210-339-7576
Teddy Buerger Center/Mental Health Counseling/Supportive Outpatient Program (All)	830-401-1367
Texas Council on Family Violence / Domestic Violence Hotline (BEX, COM, GUA)	800-799-7233
Love is Respect.....	866-331-9474
Texas Department of State Health Services (DSHS) / Mental Health and Substance Abuse Services (All)	866-378-8440

The Parenting Resource Center (KER) 830-257-2166
 Veterans Crisis Line (Suicide Prevention Hotline) (All) Veteran's Hotline 800-273-8255 ; press 1

CRIME VICTIMS SERVICES

Attorney General of Texas / Crime Victims' Compensation Program (All) 800-983-9933
 Jewish Family Service (JFS) / Victim Advocacy Program (All) Intake-North 210-302-6920
 Intake South 210-533-1112
 Kendall County Victims Services Office (KEN) 830-249-9343
 Kerr County Victims Rights Coordinator (KER) 830-792-2297
 Texas Association Against Sexual Assault (All) Hotline 800-656-4673
 Administrative Office, Austin TX..... 512-474-7190
 Texas Department of Criminal Justice / Victim Services Division (All) 800-848-4284
 Wilson County Courthouse (WIL) County Attorney 830-393-7305

DENTAL CARE

Affordable Dentures & Implants (COM, GUA, KEN, WIL, BEX) 830-606-8700
 Atascosa Health Center / Dental Clinic (ATA, WIL, KAR) Atascosa 830-569-5818
 Wilson/ Karnes..... 830-393-7190
 CentroMed (Including Somerset) (BEX, COM, ATA) Central Appointments/ Dental 210-924-7344
 Daughters of Charity / La Mision (All) (ESP)..... 210-626-0600
 Delta Dental Insurance (All) 800-521-2651
 Denta Quest-Medicaid Plan (All) (ESP) 800-516-0165
 Hearing Impaired..... 711
 Dental for Everyone (All) 877 759-5762
 Floresville Dental Clinic (WIL, KAR) 830-393-7190
 Geriatric Dental Group of South Texas (All) 210-617-4446
 Good Samaritan Center (GIL) 830-990-8651
 Hill Country Special Care Dental Center (adults and children with special health care needs) (All) Bulverde Clinic 855-717-2273
 Karnes Community Dental Center (Please visit Floresville Clinic when Karnes is not available.) (KAR) 830-780-3600
 MCNADental-Medicaid Plan (All) (ESP) 855-691-6262
 TTY 800-735-2989
 Methodist Healthcare Ministries/Wesley Community Center and Clinic -Dental Care (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX)
 210-922-6922
 Peterson Adult Community Care (KER) 830-258-7900
 Salvation Army of Kerrville (Extractions) 830-257-3620
 Seguin Community Dental Clinic (All) 830-379-9797
 South Texas Rural Health Services, Inc. -Cotulla (FRI) (ESP) Clinic 830-879-2502
 South Texas Rural Health Services, Inc. / Devine Clinic (MED) (ESP) Clinic 830-663-5450
 South Texas Rural Health Services, Inc. / Pearsall Clinic (FRI) (ESP) Clinic 830-334-4102
 South Texas Veterans Health Care System (STVHCS) /Dental Clinic-San Antonio (All) 210-949-8900 Ext. 1
 Texas Mobile Dentists (All) 866-988-4504
 TRICARE Retiree Dental Program (Military/Veteran) (BEX) 888-838-8737
 University of Texas Health Science Center / Dental School (All) (ESP) 210-450-3700
 Screening/ Appointments..... 210-567-3217

DISABILITY SERVICES

Alamo Service Connection (All) (ESP) 210-477-3275
 866-231-4922
 Americans with Disabilities Act Information Line/ Hotlines (All) 800-514-0301
 TTY 800-514-0383
 ARC of San Antonio / Life Enrichment Program for Adults (ATA, BAN, BEX, COM, GUA, KEN, MED, WIL) 210-490-4300
 Gillespie Cy. Office..... 830-997-8696
 Childrens Association for Maximum Potential (CAMP) / Camping (All) (ESP) CAMP Reception 210-671-5411
 COIL -Center on Independent Living, Inc./Home By Choice (Relocation Service from Nursing Facilities) (All) (ESP) 210-655-2333
 Connect + Ability (BEX, KEN, COM, GUA, WIL, ATA, MED, BAN) 210-819-4325

Guide Dogs of Texas, Inc./Guide Dog Training (All)	210-366-4081
.....	800-831-9231
Mobility Works (All)	San Antonio West 210-697-8884
San Antonio East.....	210-718-0055
National Multiple Sclerosis Society/Respite/ Financial assistance/ Referral (All)	210-694-3200
.....	800-FIG-HTMS
Neuro Solutions Cypress Hill (GUA)	Residential behavior program 830-372-2701
Neuro Solutions Loma Linda (GUA)	Residential behavior program 830-372-4380
Neuro Solutions Admin	512-396-1200
Neuro Solutions Tangram North (GUA)	Residential behavior program 830-372-4774
Next Day Access/ Ramps&Accessibility (BEX, BAN, COM, GUA, KER, KEN) (ESP)	Office 210-281-5743
Alternate #.....	210-404-4325
Providence Place-Legacy and Oasis Home ICF for young adults (All)	210-696-2410 Ext 108
San Antonio Club House (Adults w/ chronic mental illness-pre vocational rehab & housing) (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX) (ASL, ESP)	
.....	210-798-1619
San Antonio Independent Living Services / SAILS (All) (ASL, ESP)	Voice/TTY 210-281-1878
.....	800-474-0295
San Antonio Lighthouse -William Judson Center / Counseling Services (All) (ESP)	210-533-5195
.....	800-574-1652
Texas Workforce Commission/Vocational Rehabilitation Service	
Division for Disability Determination Services (DDS) (All)	800-252-7009
TWC/VRS / Beeville (MCM) (ESP)	361-358-9201
.....	800-742-4214
TWC/VRS / Kerrville Field Office (KER) (ESP)	830-257-3171
TWC/VRS / New Braunfels Field Office (COM)	830-629-2010
TWC/VRS / North Field Office (All) (ESP)	210-561-8600
TWC/VRS / Northeast Field Office (COM, GUA, BEX) (ESP)	210-590-5740
TWC/VRS / Pearsall Field Office (FRI)	830-334-4613
.....	877-244-4577
TWC/VRS / Seguin Field Office (GUA)	830-379-4244
TWC/VRS / South Field Office (All) (ESP)	210-927-8300
TWC/VRS / West Field Office (ATA, BAN, KEN, KER, MED, BEX) (ESP)	210-522-8010
TWC/VRS/ Comprehensive Rehabilitation Service (CRS) (All)	Statewide Hotline 800-628-5115
Southwind Fields-residential care (BEX, COM)	210-526-1567
Texas Hearing and Service Dogs (All)	877-TEX-DOGS
.....	512-891-9090
Texas Ramp Project www.texasramps.org (All)	830-446-0208
Executive Director	214-675-1230
Texas Technology Access Program / Texas Center for Disability Studies (All)	800-828-7839

DISASTER MANAGEMENT

American Red Cross, New Braunfels / Disaster Services (COM) (ESP)	830-608-9876
.....	800-775-6803
American Red Cross, San Antonio Area Chapter / Disaster Services (All) (ESP).....	210-224-5151
.....	800-775-6803
Disaster Distress Helpline (ESP).....	800-985-5990
TTY for deaf/hearing impaired.....	800-846-8517
Federal Emergency Management Agency (FEMA) (All)	800-621-3362
Hurricane Insurance Information Center/ Hotline (All)	800-942-4242

EDUCATION

Accelerated Career Training Program (Coastal Bend) (ATA)	210-370-5348
American Heart Association/CPR Training (All) (ESP).....	888-277-5463
Baptist Health System/Health Link (All) (ESP).....	210-297-9900
Coastal Bend College-Adult Ed. (ATA) (ESP)	830-569-4222 Ext. 1225

Educational Service Center Region 20-Adult Ed and ESL (All)	210-370-5239
Alternate #.....	210-370-5498
Families & Literacy, Inc. (Adult Classes) (KER, GIL, KEN)	830-896-8787
Methodist Healthcare Ministries/Health Education Program at Bishop Ernest T. Dixon Jr. Clinic (All) (ESP)	210-527-1505
Mexican American Unity Council, Inc. (MAUC) / Community Programs, PMNC, & Senior Services (All) (ESP).....	210-978-0500
National Kidney Foundation of South & Central Texas/Professional Education -National Kidney Foundation (All)	877-543-6397
National Multiple Sclerosis Society/Lending Library -National MS Society (All)	210-694-3200
.....	800-FIG-HTMS
San Antonio College (SAC) / Continuing Education Department (BEX) (ESP)	210-486-0925
San Antonio Lighthouse -William Judson Center / Travel Training (All) (ESP)	210-533-5195
Texas Lutheran University Veterans Services program (GUA)	Student Certification 830-372-8045
UTSA -Veteran Services Program (All)	Student Certification 210-458-4540

EMPLOYMENT COUNSELING

AARP Foundation Senior Community Employment Program (All) (ESP)	210-223-8900
Christian Job Corps of Kendall County (KEN, COM, BAN)	830-331-9916
Christian Men's Job Corps of Kerrville (KER)	Office 830-257-3545
Christian Women's Job Corps of Kerr County (KER)	830-895-3660
Dress for Success, San Antonio (All) (ESP).....	210-737-1515
Equal Employment Opportunity Commission (All)	800-669-4000
TTY	800-669-6820
Experience Works (SCSEP) (ATA, BAN, COM, KER, FRI, GIL, KEN, MED, GUA, WIL)	Nicolena Ortiz 830-279-1058
All Counties.....	855-307-1171
Good Will-Free Career Services (All)	210-924-8581
Hire Heroes USA (All)	866-801-8140
San Antonio Lighthouse -William Judson Center / Career Guidance and Skills Assessment (All) (ESP)	210-533-5195
San Antonio Lighthouse -William Judson Center / Job Readiness Training/Placement Services (All) (ESP).....	210-533-5195
US DOL Veterans Employment and Training Services (All)	866-4USADOL
Workforce Solutions Alamo	210-272-3260
.....	www.workforcesolutionsalamo.org
ATASCOSA County (ESP)	((Metro) 830-569-4702
BANDERA County (ESP).....	830-796-6164
Child Care Services (CCS) (All)	Bexar 210-230-6300
Outside Bexar	800-204-7905
COMAL County (ESP).....	830-629-2010
FRIO County (ESP).....	830-334-4464
GILLESPIE County	830-481-0088
GUADALUPE County (ESP)	830-379-4244
KARNES County (ESP).....	830-583-3332
KENDALL County (ESP).....	830-249-9229
KERR County (ESP).....	830-257-3171
McMullen	830-879-3053
MEDINA County (ESP)	830-426-8111
Outside Bexar County	800-204-7905
WILSON County (ESP)	830-393-0405

FOOD ASSISTANCE

Apple Seed Kids Food Pantry (GUA)	830-372-4900
Bandera County Helping Hand Center/Food Pantry -Bandera County Helping Hand Center (BAN) (ESP).....	830-796-8300
Capital Area Food Bank of Texas (CAFB) (GIL)	512-684-2119
Christian Cupboard, Inc-Seguin (GUA)	830-379-4857
Community Resource and Recreation Center (CRRC) / Emergency Food Pantry (COM)	830-964-2324
Devine Food Pantry (MED)	830-663-9228
Floresville Food Pantry and Resource Center (WIL)	830-321-1151
Fredericksburg Food Pantry (GIL)	830-997-9383

FT 52 (Food and limited utility assistance) (BAN)	210-548-9248
Habitat for Safe Seniors (COM)	830-899-2256
Hill Country Daily Bread Ministries (BEX, BAN, MED, COM, GIL, KEN, KER)	Food Pantry and Social Services 830-755-5200
Hope Center Food Pantry and General Assistance (COM)	Bulverde Food Pantry and Thrift Store 830-980-4673
Karnes County Food Distribution (KAR)	830-780-3732
Provisions Outreach (Located at Bulverde X-ing) (BEX, COM) (ESP)	830-438-7899
Rebecca Creek Baptist Church Helping Hands Food Pantry (COM)	Church 830-885-3948
Office	830-885-4998
Salvation Army of Kerrville (KERR) / Commodity Program (KER) (ESP)	830-257-3620
San Antonio Food Bank (SAFB) (All) (ESP)	210-337-3663
.....	800-246-9121
San Antonio Food Bank (SAFB) / The Kitchen Table (COM) (ESP)	210-431-8525
.....	800-246-9121
SOS Food Bank (COMAL) (COM) (ESP)	830-629-3663
St. Vincent DePaul-Kerrville (KER)	830-896-6898
The Silo Food Pantry (COM)	830-620-4353
The Soup Kitchen-Westside Community Center (COM)	Jennifer Hernandez 830-221-4630
The West Side Community Center (COM) (ESP)	New Braunfels 830-221-4630

GRANDPARENTS

Ability Pediatric Therapy (Limited service outside Bexar) (BEX) (,ESP)	Main Office 210-344-5437
Abrazo Adoption Associates (All) (ESP)	24 hr Helpline: 800-454-5683
.....	210-342-5683
Angels of Care (Pediatric in home care)	855-452-6435
Any Baby Can / Case Management & Counseling (COM, KER) (ESP)	800-524-3755
Kerrville Office	830-792-4222
Area Agency on Aging (All)	866-231-4922
.....	www.alamoaging.org
Big Brothers Big Sisters -The Texas Hill Country/Big Brothers Big Sisters School-Based Program (KER)	830-257-2447
Bluebonnet Children's Advocacy Center (MED)	830-426-8848
Children's Advocacy Center of Comal County Inc. (COM)	830-626-2543
Children's Alliance of South Texas (ATA, FRI, WIL, KAR)	Floresville Office 830-393-6290
Children's Center Los Ninos-Bulverde/ Spring Branch (COM)	Rev. Lupita Ecoff 940-782-1018
Children's Health Insurance Program (CHIP) (All)	800-647-6558
Guadalupe County Children's Advocacy Center, Inc. (GUA)	830-303-4760
Head Start-BCFS Educational Services (GIL, COM, GUA, ATA, KAR, WIL, KEN) (ESP)	855-742-5010
Himmel Home Health-Pediatric Therapy In Home (BEX, COM)	San Antonio 210-979-7334
New Braunfels	830-625-8338
Kids Advocacy Place-Kerrville (KER)	830-895-4527
McKenna Parenting Program (COM)	830-606-9500
Providence Place-Parenting with a Purpose (All)	Terry Gutierrez 210-696-2410 Ext. 132
SAFE Program (Student and Family Empowerment) (COM)	830-221-1290
Safe Riders Traffic Safety Program/ Hotline (All)	800-252-8255
San Antonio Diaper Bank (Call for product availability.) (All)	San Antonio 210-731-8118
Summer Food Program (Texas children) (All)	877-839-6325
Texas Attorney General / Medical Support Section (All)	Medical Support Section 800-522-2421
Child Support Division	210-930-1091
Texas Department of Family & Protective Services / Adult & Child Protective Services (APS / CPS) / Kinship Care (website) (All)	https://www.dfps.state.tx.us/Adoption_and_Foster_Care/Kinship_Care/
Texas Dpt. of Health and Human Svcs. (formerly "DADS") / Medically Dependent Children Prog. (All) Interest List (Austin)	877-438-5658
Texas Health Steps Medicaid Case Management	877-847-8377
Texas Legal Services Center (TLSC) / Texas Kinicare Project & Taskforce (All) (ESP)	866-979-4343
Wayland Baptist University-Healthy Family Seminars (twice a year, no charge) (COM)	Information line 830-312-7173
Youth Empowerment Services (Children with severe emotional disturbances) (ATA, FRI, KAR, MCM, WIL)	"YES" Inquiries 877-271-9321

HEALTHY LIVING

Health and Wellness Contents:

- **State Wide and Regional Programs**
- **Health Clubs and Fitness Centers**
- **Wesley Nurse Program**
- **Texas Department of State Health Services and AgriLife**
- **Medicare Preventive Care Benefits**
- **Medicare Advantage Value Added Benefits**
- **Medicaid Value Added Benefits**
- **County and Local Programs and Services**

STATE-WIDE PROGRAMS

Texas Department of State Health Services Kidney Health Care Program	800-222-3986
Texas Medicaid Enhanced Care Program- Texas Medicaid Enhanced Care, Disease Management	800-777-1178

Weight Watchers International (WW) Program focus is on diet and activity, with group or coaching support available, if desired. Each class has a wellness guide to assist with membership and participation. Class locations and schedules are available on line www.weightwatchers.com or by phone; 800-651-6000 Ext. 1 for the membership line.

Teacher Retirement System of Texas - TRS Medicare Advantage through Humana offers the following value added benefits: Nurse Advice Line, Humana Points of care, Silver Sneakers, Well Dine meal program and virtual medical, mental and behavioral health visits. 800-320-9566

HEB Second Saturday events; HEB Pharmacies provide screenings once a month. Blood pressure and blood glucose tests are free. Cholesterol screen, complete cholesterol (fasting required) and quarterly diabetes (A1C) tests are available at a cost.

REGIONAL PROGRAMS

AACOG Health and Wellness Programs: A Matter of Balance is an award-winning, evidence-based program designed to reduce the fear of falling, stop the fear of falling cycle and improve activity levels. Texercise Select; this evidence-based program is designed to encourage individuals and communities to adopt healthy lifestyles – like engaging in regular physical activities and good nutrition. Program to Encourage Active, Rewarding Lives for Seniors (PEARLS), a program with the goals of reducing symptoms of depression and improving health-related quality of lives. PEARLS has a target audience of Adults 60+ who have minor depression or dysthymia and are receiving home-based social services from community services agencies. For more information and class schedules contact Kimberly Beasley 210-918-1279

HEB offers nutrition advice for food allergies, athletic performance, childhood and family nutrition, cancer nutrition support, weight management, diabetes management and digestive support. Registered dietitians are available by appointment in San Antonio, Schertz, New Braunfels, Floresville and Pleasanton. Medical insurance and discounted cash pay are accepted. 855-481-1149.

HEALTH CLUBS AND FITNESS CENTERS

Many health insurance plans provide free or reduced cost membership for fitness centers. Here are the major membership plans:

Silver & Fit.....	877-427-4788
Silver Sneakers	866-584-7389
Renew Active (Contact your United Health or AARP plan at	800-555-5757 – Ext. 3 for member services

Call your insurance plan, the fitness club or the individual fitness center for details.

Atascosa County

Pleasanton Athletic Center	830-569-3648
Jourdanton, The Gym	830-769-2869
Jourdanton, Lytle Fitness 4 Life Club	830-709-5007

Bandera County

Silver Sage	830-796-4969
Momentum Physical Therapy	830-796-3447
Strive 24 Gym	830-393-6225
Uber CrossFit	210-569-0034

Comal County

New Braunfels Recreation Center	830-221-4170
Gold's Gym	830-500-3911
American Fitness	830-608-9595
Resolute Fitness and Wellness Center	830-500-7348
Bulverde Senior Center	830-438-3111
CRRC of Canyon Lake	830-964-3003
Baptist HealthLink New Braunfels	830-500-7347
Das Rec New Braunfels	830-221-4171
YMCA New Braunfels	830-606-9622
Conviva Care Solutions Specialist and Wellness Center 830-620-5626	New Braunfels

Gillespie County

Fredericksburg; HCM Wellness Center	830-997-1355
Golden Hub Community Center	830-997-7131

Guadalupe County

Schertz YMCA	210-619-1900
Seguin Strom's Fitness Institute	830-401-4040

Karnes County

Kaiser Wellness Center	830-583-9301
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Kendall County

Rainbow Senior Center	830-249-2114
in Partnership with YMCA	830-815-1040
B Well Health and Fitness	830-331-9907

Kerr County

The Center for Fitness	830-257-7070
Salvation Army Croc Community Center	830-315-5762

Medina County

Fitwell-Medina Valley Fitness Castroville	830-931-9166
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Wilson County

Conviva Care Solutions Wellness Center Floresville	830-393-8222
The Show Barn Floresville	830-391-9397

Major Health Clubs, Locations and Phone Numbers:

Anytime Fitness
Beeville.....	361-362-2000

Pleasanton.....	830-569-1938
Boerne.....	830-816-5000
Schertz.....	210-566-4511
Boerne.....	210-687-1200
Seguin.....	830-379-2241
Bulverde.....	830-438-8971
Canyon Lake.....	830-964-4424
Floresville.....	830-393-0200
Fredericksburg.....	830-992-3713
Hondo.....	830-423-5500
Kenedy.....	830-593-3500
Kerrville.....	830-315-2200
La Vernia.....	830-779-2801
New Braunfels.....	830-625-5402
Pearsall.....	830-267-3131
Planet Fitness.....	
Boerne.....	830-431-9395
Seguin.....	830-372-0200
Spring Branch.....	210-686-2070
Snap Fitness.....	
Cibolo.....	210-245-7447
Devine.....	830-663-8008
New Braunfels.....	830-965-9065

WESLEY NURSE PROGRAM

The professional practice of the Wesley Nurse is not limited to the physical dimension of medical needs; rather, it includes a mind, body and spirit holistic approach. A key component Wesley Nurses undertake in their communities is providing health education, health promotion, and facilitation of resources. They assist individuals and communities in achieving improved health and wellness through self-empowerment and access to healthcare resource information. While the Wesley Nurse program is a component of Methodist Healthcare Ministries' ecumenical outreach and located within churches, it does not teach a set of denominational beliefs. All Wesley Nurse programs are free, and all members of the community are welcome. Programs are offered to groups or on an individual basis.

Gillespie—Tammy Amerson-Wilson, RN.....	Fredericksburg UMC	830-997-9849
Kerr—Theresa Standage, RN.....	Mt. Wesley Conference Center, Kerrville	830-955-5263
Kerr—Elizabeth Thomas, RN.....	Hunt UMC	830-238-4360
Kendall—Misty Esparza, RN.....	FUMC Boerne	830-249-2565
Comal—Michelle Truchsess, RN.....	New Braunfels FUMC	830-627-9665
Comal—Patricia (Tricia) Mathis, RN.....	Canyon Lake UMC	830-899-4484
Guadalupe—Danna Myers, RN.....	Seguin FUMC	830-401-4112
Wilson—Kathy Brown, RN.....	El Mesias UMC, Floresville	830-477-7228
Karnes—Katherine (Katy) Gonzalez, RN.....	Karnes City UMC	830-254-8092
Atascosa/McMullen—Linda Harper, RN.....	Pleasanton FUMC	830-569-6450
Atascosa/McMullen—Wendy Hilburn, RN.....	Poteet UMC	830-742-8780
Frio—Sandra Trevino, RN.....	San Pablo UMC, Pearsall	830-334-3885
Medina—Janet Crain, RN.....	Hondo FUMC	830-426-5532
Medina—Georgjean Burnell, RN.....	Devine UMC	830-663-6108
Bandera—Aida Minnick, RN.....	Lakehills UMC	830-751-2920

TEXAS DEPARTMENT OF STATE HEALTH SERVICES

The Department of State Health offers a wide range of health and wellness services. Areas of service include chronic disease prevention, community health improvement, immunizations, maternal and child health, obesity prevention and smoking cessation assistance. For specific information by county, use the numbers listed below. For general information and referral, call the regional office at 210-949-2000. Also, specialized health and social services are available across the region at 210-949-2155. The Texas Department of State Health Services Immunization Unit is at 800-252-9152.

TEXAS A&M UNIVERSITY AGRILIFE EXTENSION SERVICES

Texas A&M Agricultural Extension offices promote preventive health at the most local level of the community, improving the well-being of Texans for generations to come. The services engage families, enhance education, promote behavior change, and improve quality of medical care and health outcomes. For specific information by county, use the numbers listed below.

Atascosa

County Health Authority	830-569-2527
Agrilife Extension Services	830-569-0034

Bandera

County Health Authority	830-796-7540
Agrilife Extension Services	830-796-7755

Comal

County Health Authority	830-221-1150
Agrilife Extension Services	830-620-3440

Frio

County Health Authority	830-334-4104
Agrilife Extension Services	830-334-0099

Gillespie

County Health Authority	830-896-5515
Agrilife Extension Services	830-997-3452

Guadalupe

County Health Authority	830-372-0841
Agrilife Extension Services	830-303-3889

Karnes

County Health Authority	830-780-2303
Agrilife Extension Services	830-780-3906

Kendall

County Health Authority	830-249-3511
Agrilife Extension Services	830-249-9343 Ext. 361

Kerr

County Health Authority	830-896-5515
Agrilife Extension Services	830-257-6568

McMullen

County Health Authority	361-362-6162
Agrilife Extension Services	361-274-3323

Medina

County Health Authority	830-741-6191
Agrilife Extension Services	830-741-6180

Wilson

County Health Authority	830-393-6225
Agrilife Extension Services	830-393-7357

MEDICARE

Medicare is health insurance for people 65 and older, certain people under 65 with disabilities and people of any age with End-Stage Renal Disease. Medicare Part A is mainly for hospital insurance and Part B is for medical insurance. Part C (Medicare Advantage) covers all services included in Parts A and B as well as Medicare prescription drug coverage (Part D). Traditional Medicare (Part B) and Medicare Advantage plans (Part C) offer the following preventive services at no cost (check with your primary care physician for more details):

- Abdominal aortic aneurysm screening
- Alcohol misuse counseling
- Bone mass measurement
- Breast cancer screening (mammogram)
- Cardiovascular disease (behavioral therapy)
- Cardiovascular screenings
- Cervical and vaginal cancer screening
- Colorectal cancer screenings (colonoscopy, fecal occult blood test, flexible sigmoidoscopy)
- Depression screening
- Diabetes screenings
- HIV screening
- Medical nutrition therapy services
- Obesity screening and counseling
- Prostate cancer screenings (PSA)
- Sexually transmitted infections screening and counseling
- Tobacco use cessation counseling (counseling for people with no sign of tobacco-related disease)
- Vaccines, including flu shots, hepatitis B shots, pneumococcal shots
- "Welcome to Medicare" preventive visit (one-time)
- Annual Wellness Visit
- Lung cancer screening
- Routine physical exam

A Medicare Advantage Plan (like an HMO or PPO) is another way to get Medicare coverage. These plans are offered by Medicare-approved private companies that must follow rules set by Medicare. Medicare Advantage Plans cover all Medicare Part A (hospital) and Part B (doctor) services and offer extra "value added" benefits like vision, hearing, dental and other health and wellness programs. Most plans also offer prescription medication benefits. Depending on the Medicare Advantage Plan, the members' county of residence and eligibility, the following benefits may be available:

- Fitness membership (Silver Sneakers or Renew Active)
- Allowances to purchase a variety of over the counter (OTC) items.
- Nurse hot line
- Home delivered meals, following a hospitalization
- Point rewards for progress toward health maintenance and preventive care
- Virtual visits with physicians for a range of physical and mental diagnoses
- Transportation for medical appointments
- Training in management of chronic disease and nutrition
- Care manager/wellness coach
- Emergency response system
- Vision/ Hearing/ Dental benefits
- Smoking cessation
- Respite care
- Information and referral
- Benefits check up

For further information and enrollment, contact the Medicare Advantage plan directly (according to your county of residence) or speak with a certified Benefits Counselor at the ACOG Benefits Enrollment Center through the Alamo Service Connection at (855) 937-2372 / (866) 231-4922. Please note that the Health Maintenance Plans (HMOs) and the plans available to individuals with both Medicare and Medicaid will have the most generous value added benefits.

Humana (all counties)	800-833-2364
United Health/ AARP (all counties)	800-555-5757
Aetna (ATA, BAN, COM, GIL, GUA, KEN, KER, MED, WIL counties)	855-275-6627
Blue Cross (ATA, BAN, COM, KEN, MED, WIL counties)	877-583-8129
Amerivantage (ATA, BAN, COM*, MED, WIL counties) *Offers ESRD Plan	844-326-8142
Allwell (GUA, WIL counties)	877-826-5520
Lasso (Medicare Savings Account, only, available in all counties)	866-766-2583

STAR+PLUS is a Texas Medicaid managed care program for people who have disabilities or are age 65 or older. People in STAR+PLUS get Medicaid health-care and long-term services and support through a medical plan that they choose. People with complex medical needs can choose to live and receive care in a home setting instead of a nursing facility

STAR is the program through which most people in Texas get their Medicaid coverage. People in STAR Medicaid get their services through medical plans, also known as managed care plans, which they choose.

STAR Kids is a Texas Medicaid managed care program that provides Medicaid benefits to children and adults 20 and younger who have disabilities. Participation in the STAR Kids program is required for those who are 20 or younger and covered by Medicaid. Most Texans who are eligible for Medicaid, will have the opportunity to choose a Managed Care Plan. Plan members receive their Medicaid benefits through their Managed Care Plan. Also, depending on the plan, the member's county of residence and eligibility, the following "value added" benefits may be available.

- 24 Hour Nurse Line
- Help with transportation
- Disease management
- Dental, Vision and Hearing services
- Discounted over the counter benefits
- Sports and school physicals
- Temporary phone help
- Extra help for pregnant women
- Home visits
- Health and wellness services
- Health exercises programs
- Gift programs
- Inpatient follow-up incentive programs
- On-line mental health resources
- Extra podiatric services

For further information and enrollment, contact the Managed Care Organization directly (according to your county of residence) or call Maximus, the State-wide enrollment broker at 800-964-2777.

Star+Plus Medicaid

Amerigroup; Ata, Ban, Fri, Med, Ker, Ken, Com, Gua, Wil, and Bex.....	800-600-4441
Cigna Healthspring; Mcm.....	877-653-0327
Molina; Ata, Ban, Med, Ken, Com, Gua, Wil, Bex.....	866-449-6849
Superior	877-277-9772
United Health; Mcm, Gil, Kar	888-887-9003

Star Medicaid

Aetna; Ata, Ban, Med, Ken, Com, Gua, Wil, Bex	800-248-7767
Amerigroup; Ata, Ban, Gillespie, Fri, Med, Ken, Ker, Com, Gua, Wil, Bex	800-600-4441
Community First; Ata, Ban, Med, Ken, Com, Gua, Wil, Bex.....	800-434-2347

Driscoll; Mcm, Karnes	877-220-6376
First Care; Fri, Ker	800-431-7798
Scott and White; Gillespie	855-897-4448
Superior;	877-277-9772
United Health; Mcm, Karnes	888-887-9003

Star Kids Medicaid

Amerigroup; Fri, Ker;	844-756-4600
Blue Cross/ Blue Shield; Gil.....	877-688-1811
Community First; Ata, Ban, Med, Ken, Com, Gua, Wil, Bex.....	855-607-7827
Driscoll; Mcm, Kar	844-508-4672
Superior;	844-590-4883
United Health; Mcm, Gil.....	877-597-7799

COUNTY AND LOCAL PROGRAMS AND SERVICES

A wide range of health maintenance and health education services are available through both medical and community-based organizations. Some services available are listed below. Please note that additional wellness services are included within these categories of this guide: Hospitals, Clinics, Senior Centers and Senior Nutrition.

Centro Med- Health and Wellness; Bexar Comal-	210-334-3768
Connally Memorial Diabetic Education Class; All-	830-393-1311
Cornerstone Clinic- Dietary Education- Gillespie, Kerr 830-997-0330 (Fredericksburg)	830-995-5633 (Comfort)
El Carmen Wellness Center- Diabetic Education; All- Daughters of Charity	210-626-1745
Essential Escape Massage; Kerr-	830-315-5600
Guadalupe Clinic for Chronic Disease Care; Guadalupe- Located behind GVRMC Hospital-	830-303-9400
Guadalupe regional Wellness Center; Guadalupe, Comal, Wilson-	830-401-7676
Health and Wholeness Center; Kendall-	830-816-8470
Healthy South Texas- Diabetes education; Karnes-	866-524-1408
Hill Country Memorial Wellness Center; Gillespie-	830-997-1355
House Calls Program (UnitedHealthcare members); All-	443-492-2803
Humana at Home; All- Senior Bridge 855-393-2918; Humana	800-536-7092
Integrative Family Medicine; Bexar, Comal- Stone Oak Clinic-	210-888-1817
New Braunfels regional Rehabilitation Hospital Parkinson's outreach Program; Comal-	830-643-7178
Peterson Regional Medical Center- Ambulatory Care and Health and Wellness; Kerr, Gillespie, Bandera- Scheduling	830-258-7383
Main	830-258-7208
Peterson Regional Medical Center- Diabetes Management Program; Kerr-	830-258-7285
Peterson Regional Medical Center- Physician Liaison Line; Kerr, Gillespie- Health and wellness referrals	830-258-7624
Resolute Health Center (Baptist Hospital) Health Link Program; Comal-	830-500-7349
San Antonio Food Bank- Wellness Education; Comal- Kitchen table New Braunfels	210-431-8525
San Antonio Oasis Lifelong Adventure- Fitness classes and wellness education; Bexar and surrounding counties-	210-236-5954
Wellness on Wheels; Comal- Bulverde, Spring Branch	830-358-9621

HEARING

Abledata Hotline (All)	800-227-0216
Beltone Audiology & Hearing Aids (All)	210-402-6141
Communication Axxess Ability Group (All)	Video phone 210-802-0911
Sara Filippone.....	210-525-0412
Deaf Interpreters Services Inc. (All)	210-545-2946
Epic Hearing Health Care (All)	866-956-5400
Hill Country Audiology (KER, GIL)	Kerrville 830-792-4060
Fredericksburg.....	830-997-5006
Hill Country Hearing (GIL, KEN, KER)	Boerne office 830-443-4171
New Sound Hearing Aid Centers (All)	Scheduling 800-991-4327

Our Lady of the Lake University -Harry Jersig Speech and Hearing Clinic (BEX) (ESP) 210-434-6711 ext. 3938
 Starkey Hearing Foundation (All) Hear Now Program 800-328-8602
 Texas Interpreters Fellowship (All) 210-666-2123

HOME HEALTH-PERSONAL CARE

A Amazing Home Care (ATA, BAN, COM, FRI, GIL, GUA, KEN, KER, MED, WIL, BEX)	210-979-6022
Frio	830-334-2255
A Comfort Care Home Health Care Services (All) (, ESP)	Office 210-341-4300
AA Care Services (BEX, COM, KEN, GUA) (ESP)	855-966-2273
Comal	830-609-9128
ADL Caring Companions (COM, GIL, GUA, KEN, KER)	210-764-8500
Aim Care Home Health (ATA, BAN, COM, FRI, GUA, KEN, MED, WIL, BEX)	210-733-7885
Alternative Health Care / Kerrville (BAN, KER, GIL, KEN, MED, BEX)	830-895-3104
.....	888-896-1548
Angel Healthcare (All)	210-225-8016
.....	888-926-4359
Angels for Elders (COM, GUA)	office 512-847-7445
.....	866-247-0183
Avionn Healthcare (COM, GUA, BEX)	210-826-2776
Bee First Primary (All)	888-224-9897
Brookdale Personalized Living (includes med-setup) (KER)	Lauren Jones 830-496-1932
Cardinal Senior Care (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX)	Owner 210-684-7080
Caring Senior Service (Kerrville) (BAN, KEN, KER)	Kerrville 830-895-3111
Caring Senior Service (New Braunfels) (COM, GUA, WIL)	830-629-0509
Corridore Caregivers (COM, GUA)	512-213-2537
En Su Casa (BEX, ATA, MED) (ESP)	210-922-2960
Fredericksburg Home Care, LLC (GIL)	830-992-3392
God's Country Home Health (BEX, MED, KEN)	830-426-2786
Griswold Home Care and Vet Assist (BEX, ATA, MED, BAN, KEN, COM, GUA, WIL)	Local 210-967-1200
Laura McGuire.....	210-496-9993
Heart to Heart Homecare (COM, GUA, KEN)	Main Office Number 210-404-9373
Helping Hands of San Antonio Home Care (ATA, BEX, FRI, MED)	210-977-8273
Helping Our Seniors (BEX, ATA, MED, COM, GUA, KEN, WIL, BAN) (ESP)	210-492-8100
Home Care Assistance San Antonio, TX (BEX, COM, KER, KEN)	210-495-6300
Home Instead Senior Care-Boerne (GIL, KEN, KER)	830-249-4988
Home Instead Senior Care-New Braunfels (BEX, COM, GUA, WIL)	830-624-8380
Home Instead Senior Care-San Antonio (ATA, BAN, BEX, FRI, KAR, MED)	210-614-1132
Homemakers Unlimited (BEX, MED, ATA) (ESP)	210-717-9707
Homewatch Caregivers (BAN, BEX GIL, GUA, KEN, MED, WIL)	210-263-3143
In Home Senior Care (BEX, COM, KER) (ESP)	San Antonio Office and After Hours 210-256-2273
Joe Anthony Home Care, LLC (All)	210-293-1170
.....	800-994-1823
Jordan Health Services (BEX, ATA, GUA, KEN, MED, WIL)	800-695-0061
Personal Care	210-737-1700
Mission Home Care (BEX, COM, KEN, GUA)	210-446-7702
Pride PHC Services (ATA, BEX, COM, FRI, KAR, KEN, MED, WIL)	210-949-1303
.....	800-334-5157
Quality Home Care -Coopeartive (COM)	830-500-2384
Right at Home In-Home Care & Assistance (BEX, COM, GUA, KEN)	210-308-9346
Senior Blessings LLC -Concierge Services (BEX, COM, GUA, ATA, MED, WIL) (ESP)	210-632-8000
Synergy Home Care (COM, GUA, KEN)	512-872-6116
Texas Home Health (AccentCare) (ATA, BAN, BEX, COM, FRI, GIL, GUA, KEN, MED, WIL)	512-392-4663
Visiting Angels / Living Assistance Services / New Braunfels & Boerne offices (COM, GIL, KEN, KER, GUA, BEX)	Boerne Office
.....	830-331-8496
New Braunfels office.....	830-625-5414

HOME HEALTH-PROVIDER SERVICE

A Plus Family Care / Community Services Division (Pearsall) (FRI)	830-334-8880
Aim Care Home Health (ATA, BAN, COM, FRI, GUA, KEN, MED, WIL, BEX)	210-733-7885
Angel Healthcare (All)	210-225-8016
	888-926-4359
Chartwell Home Care (Jordan Health Services, Inc) (ATA, BAN, COM, FRI, GUA, KEN, MED, WIL, BEX)	210-737-1700
CHRISTUS Home Care / Primary Home Care (All) (ESP)	210-785-5258
	210-785-5258
Connally Memorial Home Health (ATA, BEX, GUA, KAR, WIL)	830-393-1540
Primary Home Care	830-393-1544
En Su Casa (BEX, ATA, MED) (ESP)	210-922-2960
Girling/ Kindred at Home (BEX, ATA, MED, BAN, KEN, COM, GUA, WIL, FRI, KER, GIL) (ESP)	210-616-0212
Karnes County	361-853-7470
God's Country Home Health (BEX, MED, KEN)	830-426-2786
Helping Hands of San Antonio Home Care (ATA, BEX, FRI, MED)	210-977-8273
Joe Anthony Home Care, LLC (All)	210-293-1170
	800-994-1823
Jordan Health Services (BEX, ATA, GUA, KEN, MED, WIL)	800-695-0061
Personal Care	210-737-1700
Legacy Home Health (BEX, ATA, WIL, MED, BAN, KEN, COM, GUA)	210-736-1855
Med Team Inc. / Community Care Services (All)	210-227-9900
New Braunfels Office	830-626-3525
Merida Home Health and Hospice (All)	210-923-7800
Outreach Health Services (ATA, BEX, COM, FRI, GUA, KAR, WIL)	210-736-1812
Hot Line	888-647-1771
Outreach Health Services (Also offers Consumer Managed PAS program service) (FRI)	Pearsall Office 830-334-8071
CMPAS Office (Garland)	972-840-7200
Pride PHC Services (BEX, ATA, COM, FRI, GUA, KAR, KEN, MED, WIL) (ESP)	210-949-1303
	800-334-5157
Saldiver Primary Home Care (BEX, ATA, COM, FRI, GUA, KAR, KEN, MED, WIL)	210-384-0909
Star + Plans	Star + Plus Helpline 800-964-2777
Star + Helpline for Special Populations	877-782-6440
AmeriGroup Healthcare (BEX, ATA, MED, BAN, KEN, COM, GUA, WIL, FRI, KER)	800-600-4441
TTY	800-735-2989
Cigna Health Spring (MCM)	877-653-0327
Molina Healthcare (ATA, BAN, COM, GUA, KAR, KEN, MED, WIL, BEX) (ESP)	866-449-6849
Superior HealthPlan Plus (All)	877-277-9772
United Health Community Plan (MCM, GIL, KAR)	888-887-9003
Sweet Pea's Primary Home Health (BEX, ATA, MED, BAN, KEN, COM, GUA, WIL)	San Antonio Office 210-824-1833
Texas Home Health (Accent Care) (COM, GUA, BEX, KEN, KER, GUA)	210-732-5200
	888-349-7392

HOME HEALTH-SKILLED

Accolade Home Health / New Braunfels & Lytle Offices (COM, GUA, KEN,ATA, MED, WIL)	New Braunfels Office 830-627-1300
	866-929-1300
Advanced Home Health Services / Comal & Guadalupe Counties (COM, GUA, WIL)	830-379-6171
	888-728-0481
All County Home Care and Hospice (KEN, BEX, GIL, COM, KER, BAN)	All County Home Care and Hospice 830-331-1291
	888-211-3445
American Medical Home Health (All)	210-735-6225
APEX HOME HEALTH (BEX, COM, GUA, WIL, ATA, MED, BAN, KEN) (ESP)	Office 210-541-0131
BRIT-TEX Nursing Services (BEX, KEN, GUA, WIL, COM)	210-733-3246
Care Home Health (MED)	830-426-8888
Carter Health Care (All)	830-625-4837
CHRISTUS Home Care and Hospice (All) (ESP)	Home Health 210-785-5200

Hospice	210-785-5255
Connally Memorial Home Health (ATA, BEX, GUA, KAR, WIL)	830-393-1540
Encompass Home Health and Hospice (ATA, BAN, COM, FRI, GUA, KEN, MED, WIL, BEX)	Home Health 210-824-0144
Hospice	210-901-7300
Everlasting Home Health Care (BEX, GUA, COM)	210-348-6860
Forte Health Services (ATA, BAN, BEX, COM, FRI, GUA, KEN, MCM, MED, WIL)	Office 210-590-8886
Office	866-821-9788
Frio Regional Hospital Home Health (ATA, FRI, MED)	830-334-2058
Healthsense Home Care (COM, GUA, BEX, WIL, KEN, BAN, MED)	888-258-6882
Heartland Hospice and Home Health (ATA, MED, FRI)	830-663-8088
Hill Country Home Health (All)	New Braunfels 830-627-7111
San Antonio	210-314-5749
Interim (BEX, COM)	New Braunfels 830-214-0039
San Antonio	210-979-0208
Jordan Health Services (All)	210-342-9922
.....	855-455-3600
Merida Home Health and Hospice (ATA, BEX, COM, FRI, GUA, KAR, WIL)	210-923-7800
Mi Familia (All) (ESP).....	361-396-4803
Nurses in Touch Home Health and Hospice (Abode) (ATA, BAN, COM, FRI, GUA, KAR, MED, WIL, BEX) (ESP).....	830-216-7111
.....	800-441-9938
Otto Kaiser Home Health (ATA, KAR, WIL)	830-583-3401 Ext 558
Direct.....	830-583-4558
Outreach Health Services (ATA, BEX, COM, FRI, GUA, KAR, WIL)	210-736-1812
Hot Line	888-647-1771
Patience Home Health Care (All)	210-340-4445
Peterson Home Care (KER)	830-257-3111
Quality Providers Home Care, Inc. (COM)	512-213-4110
South Texas Regional (Methodist) Home Health (ATA, FRI, MED, WIL, BEX)	830-281-8136
Standards Home Health Care (BEX, COM, GUA, KEN, KER, GIL)	855-211-3100
Superior Home Health and Hospice (BEX, ATA, MED, BAN, KEN, COM, GUA, WIL)	Home Health 866-674-0004
Superior Hospice.....	210-877-5777
Texas Health Care Solutions / Boerne (BEX, KEN, KER)	877-881-9444
Texas Home Health (AccentCare) (ATA, BAN, BEX, COM, FRI, GIL, GUA, KEN, MED, WIL)	210-349-7355
.....	866-292-4564
Wimberley Home Health (COM)	512-847-7080

HOME HEALTH-SKILLED AND PERSONAL CARE

A Plus Family Care / Community Services Division (Pearsall) (FRI)	830-334-8880
Access Quality Therapy Services (ATA, BAN, BEX, COM, GUA, KEN, MED, WIL, BEX) (ESP).....	210-349-0096
By Design Home Care (BEX, COM, KEN)	210-654-7500
Caprock Home Health Service (BEX, ATA, MED, BAN, KEN, COM, GUA, WIL)	210-225-7003
Chartwell Home Care (Jordan Health Services, Inc) (ATA, BAN, COM, FRI, GUA, KEN, MED, WIL, BEX)	210-737-1700
Christus HomeCare Services (New Braunfels) (COM)	830-629-7568
Crest Home Health (BEX,ATA, MED, BAN, KEN, COM, GUA, WIL)	210-734-8000
Esteem Home Health Inc (All)	210-366-3661
.....	210) 366-3662
Generous Home Care Management (ATA, BAN, BEX, COM, GUA, KEN, MED, WIL)	210-239-5056
Halcyon Home Health (COM, GUA)	San Marcos office 512-815-9009
Hannah Home Health Care (BEX, COM, GUA, WIL, ATA, MED, BAN, KEN) (ESP)	Main office 210-655-8700
Hill Country Memorial Health System / Home Health Care Services (COM, GIL, KEN, KER)	830-997-1336
.....	800-859-3169
Legend Home Health (BEX, COM, GUA)	210-378-9873
National Nursing and Rehab (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX)	210-822-0477
Restorative Health Care (RHC) (COM, KEN, GUA)	830-624-2224
The Medical Team (All)	210-227-9000

Tri-County Home Health / Bandera (BAN, KER, MED, BEX)	830-796-9505
.....	800-506-5557
Tri-County Home Health / Kerrville (KEN, KER, MED, BEX, BAN, GIL)	830-895-3100
.....	800-506-5557

HOME REPAIR

101 Mobility (BEX, GUA, COM, KER, GIL) (ESP).....	210-314-6451
.....	210-446-0071
AccessAbility Home Modifications (All)	210-414-5600
ADA Remodeling & Sales, Inc. (All)	Cell 210-394-2615
ADA Solutions of Texas (All)	On Call 310-729-1911
Alamo Area Council of Governments (AACOG) / Weatherization (WAP) / Amy Young Barrier Removal Program (All) (ESP)	210-918-1295
.....	www.aacog.com/index.aspx?nid=120
Allen's Foundation Roofing & Remodeling (ATA, BAN, COM, FRI, GIL, GUA, KAR, KEN, KER, MCM, MED, WIL, BEX)	210-545-0020
Bennie's TV & Appliance (All)	210-341-8992
Bexar Modifications (All)	210-340-5111
Comal County Senior Citizens Foundation Minor Home Repair (COM)	830-629-4547
Dietert Senior Center (Minor home repairs; owner must provide materials) (KER)	830-792-4044
Driving Solutions for Disabilities, LLC (Vehicle and Home Modifications) (All) (ESP).....	210-289-2447
.....	210-347-5006
MacKenzie Foundation (Ramps for Comal County only) (COM)	512-353-5333
Next Day Access/ Ramps&Accessibility (BEX, BAN, COM, GUA, KER, KEN) (ESP)	Office 210-281-5743
Alternate #.....	210-404-4325
Project Cool (All)	United Way Helpline 211
Texas ADA Home Remodeling (All) (ESP)	Office 210-549-2973
Cell.....	512-517-7418
Texas Veterans Home Improvement and Housing Assistance Program / Texas Veterans Land Board (All)	800-252-8387
USDA Rural Development/ Housing Programs	
Fredericksburg Sub-Area Office (BAN, FRI, GIL, KEN, KER, MED)	Fredericksburg Office 830-997-8902 Ext 4
McMullen Area Office (MCM) (ESP)	Alice Office 361-668-8361 Ext4
Seguin Area Office (ATA, COM, GUA, KAR, WIL) (ESP)	Seguin Office 830-372-1043 Ext 4
Warm Hearts Warm Homes (All) (ESP)	Alamo Service Connection 210-477-3275

HOSPICE

Alamo Hospice (BEX, KEN, MED, BAN, GIL, COM, GUA, ATA, WIL, FRI, KAR, KER)	Boerne Office 830-816-5024
San Antonio	210-444-2244
Alamo Hospice/ Kerrville (KER)	830-816-5024
All County Home Care and Hospice (KEN, BEX, GIL, COM, KER, BAN)	All County Home Care and Hospice 830-331-1291
.....	888-211-3445
Ave Maria Hospice (GIL, KER) (ESP).....	830-997-1709
Blue Bonnet Palliative Care (KER, BEX, KEN, GIL, GUA, COM)	512-537-8950
Central Texas Medical Center Hospice (COM, GUA)	512-754-6159
Children's Wish Foundation International/ Hotline (All)	800-323-9474
CHRISTUS Home Care and Hospice (All) (ESP)	Hospice 210-785-5255
Home Health	210-785-5200
CHRISTUS Santa Rosa Health Care / Angels Away Support Group (Bevreament) (All)	210-704-2181
CHRISTUS Sister Mary Hospice Center (Santa Rosa) / Inpatient Center (All)	210-558-6300
Cima Hospice of New Braunfels, LP (COM, GUA, KEN)	Central Texas Office 830-643-1971
.....	800-HOSPICE
Compassus (BEX, ATA, MED, BAN, KEN, COM, GUA, WIL)	210-731-0505
Embrace Hospice (BEX, ATA, MED, BAN, KEN, COM, GUA, WIL)	210-691-3600
Encompass Home Health and Hospice (ATA, BAN, COM, FRI, GUA, KEN, MED, WIL, BEX)	Home Health 210-824-0144
Hospice.....	210-901-7300

Generous Home Care Management (ATA, BAN, BEX, COM, GUA, KEN, MED, WIL)	210-239-5056
Gentiva (Kindred) Hospice (BEX, ATA, WIL, MED, BAN, KEN, COM, GUA)	210-733-1212
Gentiva Home Health and Hospice (ATA, BAN, COM, FRI, GIL, GUA, KEN, KER, MED, WIL)	San Antonio 210-738-8141
Kerrville Office	830-792-6200
Grace Hospice (ATA, BAN, BEX, COM, GUA, KEN, MED, WIL)	210-525-1400
.....	877-525-1421
Guadalupe Regional Medical Center / Hospice (COM, GUA, WIL)	830-401-7561
Harbor Hospice (BEX, COM, GUA)	830-214-0477
Heart to Heart Hospice- Central Pkwy. Office	Bex, Ken, Com, Guad, Ban210-824-4113
Heart to Heart Hospice- SW Military Office	Bex, Ata, Med, Wil210-922-0001
Heartland Hospice Care -San Antonio (ATA, COM, FRI, GUA, MED, BEX)	Office 210-340-0499
Central Admissions	844-329-0950
Hill Country Memorial Hospice (BAN, COM, GIL, KEN, KER, MED) (ESP).....	830-997-1335
.....	800-859-3169
Hope Hospice (COM, GUA, KEN) (ESP).....	830-625-7500
.....	800-499-7501
Hospice Compassus (ATA, BAN, BEX, COM, GUA, KEN, MED, WIL)	Daytime 210-731-0505
Interim (BEX, COM)	New Braunfels 830-214-0039
San Antonio	210-979-0208
Kindred Hospice (North San Antonio) (BEX, KEN, GIL, KER, BAN)	San Antonio North 210-738-8141
San Antonio South.....	210-733-1212
Kindred Hospice (San Marcos) (COM, GUA)	San Marcos 512-392-9138
Kindred Hospice (South San Antonio) (BEX, MED, ATA, FRI, MCM, WIL)	San Antonio North 210-733-1212
Legacy Home Health (BEX, ATA, WIL, MED, BAN, KEN, COM, GUA)	210-824-1808
Merida Home Health and Hospice (ATA, BEX, COM, FRI, GUA, KAR, WIL)	210-923-7800
National Hospice and Palliative Care Information Line (All)	800-658-8898
New Century Hospice (BEX, ATA, MED, BAN, KEN, COM, GUA, WIL)	San Antonio Office 210-520-7734
New Century Hospice (ATA)	Pleasanton Office 830-268-4422
New Century Hospice (KER)	Kerrville Office 830-955-5961
Nurses in Touch Home Health and Hospice (Abode) (ATA, BAN, COM, FRI, GUA, KAR, MED, WIL, BEX) (ESP).....	830-216-7111
.....	800-441-9938
Peterson Hospice -Kerrville (BAN, GIL, KEN, KER) (ESP)	830-258-7799
River City Hospice / Bandera (BAN, MED, KEN, KER, BEX)	830-796-7979
.....	877-537-4837
River City Hospice / Boerne (KEN, KER, GIL)	830-816-5578
.....	877-537-4837
River City Hospice / Hondo (MED, FRI)	830-584-2030
.....	877-537-4837
Seasons Hospice (ATA, BAN, BEX, COM, GUA, KEN, KER, MED, WIL)	855-425-1055
Superior Home Health and Hospice (BEX, ATA, MED, BAN, FRI, KEN, COM, GUA, KER, WIL)	866-674-0004
Superior Hospice.....	210-877-5777
Tender Touch (BEX, FRI, KER, ATA, MED, BAN, KEN, COM, GUA, WIL)	210-585-6352
Trinity Hospice (ATA, BAN, BEX, COM, GUA, KEN, MED, WIL)	210-960-2223
Vitas Healthcare (All)	Main 210-348-4040
Intake	210-348-4300

HOSPITALS

Audie L. Murphy VA Hospital / Veterans Health Care System (STVHCS) (All)	210-617-5300
.....	877-469-5300
Baptist Health System	210-297-1000
Baptist Health System Senior Adult Psychiatric Services (All)	24/7 Assessment Team 210-297-7411
Baptist Resolute Health Hospital-New Braunfels (COM, GUA)	830-500-6000
Emergency Hospital Schertz (BEX, COM, GUA)	210-572-8400
North Central Baptist Hospital (All)	210-297-4000
Northeast Baptist Hospital (All) (ESP).....	210-297-2000

Southeast Baptist Hospital (All)	210-297-3000
St. Luke's Baptist Hospital (All) (ESP).....	210-297-5000
Urgent Care (ATA)	Pleasanton 830-569-1104
CHRISTUS Santa Rosa Hospital -Medical Center (All) (ESP)	210-705-6300
CHRISTUS Santa Rosa Hospital / New Braunfels (COM, GUA)	830-606-9111
Connally Memorial Medical Center (WIL, KAR, ATA)	830-393-1300
IHCP Coordinator (Financial Counselor).....	830-393-1530
Encompass Rehab Hospital (formerly RIOSA) (All)	210-691-0737
Frio Regional Hospital (All)	830-334-3617
Guadalupe Regional Medical Center (GUA, COM, WIL)	830-379-2411
.....	800-506-6394
Hill Country Memorial Hospital (GIL, KEN, KER)	830-997-4353
Kerrville State Hospital (Forensic) (KER)	830-896-2211
Laurel Ridge Treatment Center (Psychiatric) (All)	San Antonio 210-491-9400
.....	800-624-7975
Medina Regional Hospital (MED)
Castroville Clinic-appointments (MED)	830-538-3505
Devine Clinic-appointments (MED)	830-665-2876
Hondo Clinic (MED)	830-426-7444
Main Hospital (MED)	800-895-7851
Patient Financial Services	830-426-7890
Rehab Department (Wellness Newsletter) (MED)	830-426-7888
Methodist Healthcare System	210-575-4000
Methodist Behavioral Medicine (All)	210-575-0500
Methodist Boerne Emergency Center (BAN, COM, KEN, KER, BEX)	210-638-4000
Methodist Children's Hospital (All)	210-575-7000
Methodist Hospital Emergency Room (All) (ESP)	210-575-4444
Methodist Hospital Northeast (All)	210-757-7000
Methodist South Texas Regional Medical Center (Jourdanon) (ATA, FRI, MED, WIL, BEX)	830-769-3515
In patient alcohol and drug rehab "One Eighty"	830-769-4567
Methodist Specialty and Transplant Hospital (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX)	210-575-8110
Methodist Stone Oak (BEX, COM, GUA)	210-638-2000
Methodist Texan Hospital (Coronary Care) (BEX)	210-736-6700
Metropolitan Methodist Hospital (All)	210-208-2200
New Braunfels Regional Rehabilitation Hospital (COM, GUA)	830-625-6700
Nix Health Care System (All)	210-271-1800
Otto Kaiser Memorial Hospital (ATA, KAR, WIL)	830-583-3401
Peterson Regional Medical Center (BAN, GIL, KEN, KER)	830-896-4200
Peterson Regional Medical Center / Acute Rehabilitation Unit (ARU) (All)	830-258-7496
Post Acute Medical Speciality Hospital of New Braunfels (Formerly Warm Springs) (COM)	Main 830-627-7600
Admissions	830-626-4953
San Antonio Behavior Healthcare Hospital (All)	210-541-5300
Southwest General Hospital (All)	210-921-2000
University Health System	210-358-8145
Bexar County, Texas/Care Link -University Health Center Downtown (BEX) (ESP)	210-358-3350
Family Health Center -North & Texas Diabetes Institute -North (All) (ESP)	210-358-0800
Family Health Center -Northwest (All) (ESP)	210-358-9400
Family Health Center -Southeast (All) (ESP).....	210-358-5515
Family Health Center -Southwest (BEX) (ESP).....	210-358-5100
Family Health Center (UFHC) -Northwest (BEX) (ESP)	210-358-8820
Family Health Center (UFHC) -Southeast (BEX) (ESP)	210-358-5515
Family Health Center (UFHC) -Southwest (BEX) (ESP)	210-358-5100
Health Center / Downtown / Robert B. Green Campus (All) (ESP)	210-358-3400
Social Work Dept.....	210-358-2300
South Texas Medical Center (All) (ESP)	Hospital Main Number 210-358-4000

Texas Diabetes Institute & Renal Dialysis West (All) (ESP)	210-358-7000
WellBridge Health Care (adult acute mental health care) San Marcos (All)	512-353-0194

HOUSING

Housing (By County)

Affordable Housing Online (Website) (All)	www.affordablehousingonline.com
American GI Forum/ Residential Center (All)	210-448-9714
Fair Housing Council Of Greater San Antonio (All)	866-733-4953
San Antonio	210-733-3247
Family Promise of New Braunfels (homeless families) (COM)	830-214-0024
Hill Country Home Opportunity Council (KER, GIL, BAN)	830-895-0735
J.C. Ventures / Supportive Services Coordinator (BAN, COM, GIL, KEN)	830-257-3459
Section 8 Websites (gosection8, find the best section8housinglist.info/texas-tx) (All)	http://www.gosection8.com/
Texas Department of Housing and Community Affairs (All)	800-525-0657
Texas Department of Housing and Community Affairs Housing Choice Voucher Program (Formerly Section 8 Program) (All) (ESP)	800-237-6500
Texas Fair Housing Project (All)	210-733-3247
Casitas de Merced (ATA)	Office 830-429-3092
Merced.....	210-281-0234
Crestview Apartments (HUD) (Poteet, Atascosa) (Family) (ATA)	830-276-8065
Farm Labor Housing-Poteet (ATA) (ESP)	830-742-3589
Jourdanton Housing Authority (ATA)	830-769-2502
Jourdanton Square Apts (Family) (ATA)	830-769-2222
Las Fresas Apartments (Family, Seniors) (ATA)	830-742-3600
Lyle Apartments (ATA)	830-772-4893
Pleasanton Housing Authority (ATA)	830-569-5559
Pleasanton Senior Apartments (TDHCA) (ATA)	830-569-8349
Poteet Housing Authority (ATA)	830-742-3589
St. Francis Villa Senior Apartment (Section 8) (Family) (ATA)	830-281-5029
Oaks of Bandera Apartments (Family) (BAN)	830-796-8520
.....	855-243-9608
Balcones Haus Retirement Community (COM)	National Church Residences 830-629-0100
Bavarian Manor -(now "Prospera") (COM)	Wedge Management, Inc. 830-609-8036
Eden Heights (HUD) (Seniors) (COM)	830-625-6969
Eden Heights, Inc	830-625-6291
Habitat for Humanity-Comal County (COM)	Habitat "Re-store" 830-625-7005
Habitat office.....	830-625-4025
Landa Place Apartments (Seniors) (COM)	830-643-1665
Landmark (COM)	830-626-1400
Laurel Plaza Apts. (CCSCF) (COM)	830-625-6908
New Braunfels Housing Authority (COM) (ESP)	830-625-6908
Village Circle Apartments -(now "Prospera") (Section 8) (Family) (COM)	830-629-5379
Vista Village Senior Living (COM)	830-625-1202
Artisan at Dilley (HUD) (Family) (FRI)	830-965-1321
Athol Apartments (LIHTC) (Family) (FRI) (FRI)	830-334-4425
Brush Country Cottages (Seniors) (FRI)	830-965-1251
Cornerstone (300 Cross Creek) (FRI)	Dilley Location 830-965-1251
Dilley Housing Authority (FRI) (ESP).....	830-965-1321
Frio Apartments (Family, Seniors) -(now "Prospera") (FRI)	830-334-2702
Oak Valley Apartments (Section 8) (Family) (FRI)	Dilley Housing Authority 830-965-1321
Pearsall Housing Authority (FRI) (ESP)	830-334-9416
Pearsall Manor Senior Citizens (Seniors) (LIHTC) (FRI)	830-334-5334
Westview Ranch Apartments (FRI)	830-334-8888
Brentwood Oaks Apartments (Family) (GILLESPIE) (GIL)	830-990-0296
Eagle Apartments (GIL)	830-997-8079

Evergreen Villa (GIL)	830-997-9458
Frank Lloyd Apts (GIL)	830-997-7812
Franklin Oaks (GIL)	830-997-4876
Fredericksburg Senior Apartments (GIL)	830-997-6803
Friendship Place Senior Apartments (Seniors) (GILLESPIE) (GIL)	830-990-8885
Highland Oaks Apartments (GIL)	830-990-0304
Kylar Apts. (GIL)	830-997-6531
Lukenbach Apts. (GIL)	830-997-8028
Royal Oaks Apts (GIL)	830-998-6664
Terraces at Creek Street (GILLESPIE) (GIL)	830-990-0300
TownePark Fredericksburg I & II (Seniors) (GIL)	Affordable Housing for Seniors 830-990-9086
Cibolo Plaza Apartments (LIHTC) (Family) (GUA)	210-945-2585
Early Bird Apartments (LIHTC) (Family) (GUADALUPE) (GUA)	Office 830-379-9712
Eden Cross Apartments, Inc. (HUD) (Senior) (Seguin, Guadalupe County) (GUA)	830-372-3870
Eden Place Apartments (GUA)	830-372-9440
.....	888-322-7440
Liberty Pass Apartments (GUA)	210-590-8788
Lookout Hollow (GUA)	Selma 210-946-6600
Merritt Lakeside Senior Village (Seniors) (GUA)	210-659-8600
Richard Yates Apartments (GUA)	830-643-9515
River Terrace (HUD) (Seniors & Family) (GUA)	Office 830-379-0690
.....	Seguin Housing Dev. Corp. 830-379-7091
Rosalyn Heights Apts (Section 8) (Family) (GUA)	Seguin Housing Dev. Corp. 830-379-7091
Schertz Housing Authority (GUA)	210-658-1001
Sebastian Apartments (GUA)	210-658-0403
Seguin Housing Authority (GUA)	830-379-7091
Seguin Manor Apartments -(now "Prospera") (GUA)	830-303-1553
Stratton Oaks Apartments (LIHTC) (Family & Seniors) (GUADALUPE) (GUA)	830-372-5801
Sunrise Villa Apts (HUD) (Seniors & Disabled) (GUA)	830-401-0090
Terraces at Cibolo (KENDALL) (GUA)	830-249-1434
Walnut Grove (GUA)	Seguin 830-433-4077
Alta Vista Apartments (KAR)	830-583-3138
Falls City Housing Authority (KAR)	830-254-3432
Karnes City/ Kenedy Housing Authority (KAR)	Karnes City 830-780-2396
.....	Kenedy 830-583-2321
Merced Housing Texas-Tierra Pointe (KAR) (ESP)	830-780-3966
Paisano Apartments (KAR)	830-780-3909
Runge Apartments (Family) (KARNES) (KAR)	830-239-4551
Runge Housing Authority (Karnes Co.) (KAR) (ESP)	830-239-4691
Savannah Park of Karnes City (Disabled, Seniors) (KAR)	830-780-4674
Tierra Pointe Apartment Homes (LIHTC) (KAR)	830-780-3966
Boerne Housing Authority (KEN) (ESP)	ext. 350 830-249-9343
Boerne Oaks (KEN)	Leasing Office 714-829-7009
Boerne Park Meadows (KEN)	830-248-1122
Comfort Place (KEN)	830-995-3293
Creskide I & II, Senior Apartments (KENDALL) (KEN)	830-249-3030
Guadalupe Crossing (KENDALL) (KEN)	830-995-2301
Main Street Villas Apartments (KEN)	Bob Glasheen 830-431-1375
Trails at River Rd. (KEN)	830-249-3030
Brookhollow Apartments (HUD) (Kerr County) (Family) (KER)	830-257-6477
Cedar Elm Place (Senior & Disabled) (KERR) (KER)	830-792-3628
Freedom's Path (Next to VA Hospital) (KER)	830-955-8550
Gardens at Clearwater (KER)	830-890-5561
Habitat for Humanity -Kerr County (KER)	830-792-4844
Heritage Oaks Apartments (HUD) (Seniors) (KER)	830-896-5151

Hills of Kerrville (KER)	830-896-0322
Kerrville Housing Ltd. (Seniors & Disabled) (KER)	830-257-2707
Kerrville Meadows Apartments (Seniors) (KER)	830-896-2300
Owner.....	713-622-5844
Kerrville Oaks Apartments / (HUD) (Seniors) / Social Services (KER)	830-792-3233
Kerrville Plaza Apartments (Family) (KER)	830-257-2622
La Casa (KER)	830-792-3874
Lazy River Apartments (KER)	830-896-5833
Lone Star Lodges (KER)	830-257-4879
Meadows Apartments (KER)	830-896-2300
Oakdale Apartments (HUD) (Seniors) (KER)	830-257-7966
.....	855-563-4921
Paseo de Paz (KER)	830-792-3874
Rio Robles Park (KER)	830-896-5377
Singing Wind Apartments (KER)	830-896-1828
Brian Place Apartments (Family) (Medina County) (MED)	830-741-2055
Castroville Village Apartments (Seniors & Family) (MED)	830-538-3317
Devine Housing Authority (MED)	830-665-2831
Devine Manor Senior Apartments (MED)	Office 830-663-5841
johnson enterprises mgmt co inc.....	979-849-8896
Tuscani Court Townhomes (Hondo) (MED)	830-426-4220
Village Apartments / Castroville, Medina County (HUD) (Family) (MED)	830-538-3317
Alamo Apartments (Family) (WIL)	830-216-7527
Floresville Housing Authority (WIL) (ESP)	830-393-6560
Floresville Square Apartments (HUD) (Family) (WIL)	830-393-3000
Highland Oaks Apartments (HUD) (Seniors) (WIL)	830-393-6364
Oakland Hills Apartments (WIL)	830-216-0301
Paloma Senior Village (Section 8) (Seniors) (WIL)	830-393-4328
Poth Housing Authority (WIL)	830-393-6560
Stockdale Housing Authority (WIL)	830-996-3741

HOUSING-ENERGY REDUCTION

Alamo Area Council of Governments (AACOG) / Weatherization (WAP) (All)	210-362-5282
Community Action Committee of Victoria Tx. (MCM)	361-578-2989 Ext. 211
M & M Weatherization (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX)	210-223-9575

HOUSING-SPECIAL NEEDS

COIL -Center on Independent Living, Inc. (All) (ESP).....	210-655-2333
Connections Individual & Family Services -New Braunfel/Transitional Living Program (TLP) (COM) (ESP)	830-620-0214
Hacienda Assisted Living Cypress Hill (Traumatic Brain Injuries) (GUA, COM)	Beth 800-282-7246
Ronald McDonald House of San Antonio / Downtown-San Pedro (All) (ESP).....	210-223-6014
Ronald McDonald House of San Antonio-St. John's Hall (Santa Rosa) (All) (ESP).....	210-614-2554
San Antonio AIDS Foundation (SAAF) / HIV -AIDS Residential Skilled Nursing and Hospice Care (All)	210-225-4715 ext. 113
San Antonio Independent Living Services (SAILS) -Benefits Assistance (All) (ASL, ESP)	Voice/TTY 210-281-1878
.....	800-474-0295
Tender Loving Care (GUA)	830-557-5795

IMMIGRATION SERVICES

Catholic Charities / Archdiocese of San Antonio / Immigration & Refugee Services (All) (ESP)	Deputy Director of Refugee Services 210-242-3150
Director of Refugee Services	210-242-3104
Catholic Charities / Archdiocese of San Antonio / Refugee Resettlement Program (BEX) (ESP)	210-222-1294
Equal Justice Center (EJC) (All) (ESP)	210-308-6223
Immigration & Customs Enforcement / Office of Detention / Detention & Removal (All) (ASL, ESP).....	210-967-7056
Refugee and Immigrant Center for Education and Legal Services (RAICES) (All) (ESP).....	210-226-7722

INDIGENT HEALTH CARE/ WELFARE

Atascosa County Indigent Health Care Program/Indigent Health Care Program (ATA) (ESP)	830-769-4174
Bandera County Indigent Health Care Program (BAN) (ESP).....	830-796-7166
Comal County Indigent Health Care Program (COM) (ESP).....	830-221-1210
Frio County Indigent Health Care Program (FRI) (ESP)	Frio Hospital District 830-334-3617
Gillespie County Indigent Health Care (GIL) (ESP).....	830-990-7567
Guadalupe County Indigent Health Care Program (GUA) (ESP).....	830-401-7217
Karnes County Indigent Health Care Program (KAR) (ESP)	Otto Kaiser Hospital 830-583-3401
Kendall County Indigent Health Care Program (KEN) (ESP)	830-249-9343 Ext. 351
Kerr County Indigent Health Care Program (KER)	830-792-2239
McMullen County Indigent Health Care Program (MCM)	361-274-3341
Medina County Indigent Health Care Program (MED) (ESP)	830-426-7717
Wilson County Indigent Health Care Program-Floresville (WIL) (ESP)	830-393-1530

LEGAL ASSISTANCE/ LEGAL AWARENESS

Amanda Batsche, Attorney at Law (All)	210-920-5661
Amelia Edelman, Attorney at Law (All)	210-736-3900
American Civil Liberties Union of Texas (All)	888-653-6498
.....	http://www.aclutx.org
Carmen Samaniego, Attorney at Law (All)	210-802-4888
Carol Bertsch, Attorney at Law (All)	210-892-4555
Catholic Charities / Archdiocese of SA / Guardianship Srvs. & Money Mgmt Prog./Caritas Legal Srvs. (BAN, COM, GUA, KEN, MED, WIL) (ESP)
.....	210-455-6105
Chris Pettit and Associates (All)	210-732-8300
.....	888-292-1502
Hill Country ADR (Alternative Dispute Resolution) Center (BAN, GIL, KEN, KER)	830-792-5000
Jay Weinheimer, Attorney at Law (GIL)	830-997-2149
K.T. Whitehead Elder Care Attorney (BEX)	210-930-4300
Kristen Porter, Attorney at Law (COM)	830-358-7632
L.B. Shallcross, Attorney at Law (COM)	830-980-5757
Michael Malone, Attorney at Law (All)	210-828-1241
National Association of Working Women (9 to 5) (All)	800-522-0925
National Bar Association, Women Lawyers Division (All)	202-842-3900
Rhonda Boyles, Attorney at Law (All)	San Antonio office 210-872-8609
South Central Pension Rights Project (All)	800-443-2528
St. Mary's University Center for Legal & Social Justice / Civil Justice Clinic (All)	St. Mary's University 210-431-2596
State Bar of Texas/ Lawyer Referral Service (All)	800-252-9690
Texas Advocacy Project / Free Legal Hotlines (All)	Family Law Hotline 800-777-3247
Fraud Hotline	888-327-8818
Texas Advocacy Project / Free Legal Hotlines/ Family Violence (All)	Family Violence Legal Line 800-374-4673
Texas Attorney General / Child Support Division (All)	General Information Line 800-252-8014
Texas Department of Insurance (TDI) (All)	Helpline 800-252-3439
Texas Legal Services Center-Legal Hotline for Texans & Lawyer Referral Service (All)	Legal Hotline/ All Departments 800-622-2520
Administrative Office	512-477-6000
Advocates for Victims of Crime (AVOICE) (All)	888-343-4414
CPS Family Helpline (All)	844-888-6565
DPOA & Transfer on Death Deed (Transactional Legal Assistance) (All)	800-622-2520
Paul Zambie	512-637-6752
Health Law Program (All)	866-979-4343
Legal Aid for Survivors of Sexual Assault (All)	844-303-7233
South Central Pension Rights Project (All)	800-443-2528
Texas Kinicare Project (All)	866-979-4343

Texas Rio Grande Legal Aid, Inc. (All)	New applications 888-988-9996
Open applications.....	800-369-0356
Texas RioGrande Legal Aid / Texas Foster Youth Justice Project (All) (ESP)	877-313-3688
Thompson and Tiemann LLP	512-335-6800
Todd Marquardt (All)	210-530-4278
Wincott Law Firm, PC (All) (ESP)	210-474-6221
Wood Law Firm (KER, GIL, BEX, ATA, MED, BAN, KEN, COM, GUA, WIL)	830-522-4545

MEDICAID

Children's Health Insurance Program (CHIP) (All)	800-647-6558
Denta Quest (All) (ESP).....	800-516-0165
Hearing Impaired.....	711
MCNADental (All) (ESP).....	855-691-6262
TTY	800-735-2989
Medicaid Estate Recovery Program (HMS) (All)	800-641-9356
Money Follows the Person Program (All) (ESP)	HHCS-Community Care Services Eligibility (formerly "DADS" Intake) 888-902-9990
San Antonio Food Bank, Inc. / Social Services / Outreach (All) (ESP)	Help Line 800-246-9121
Replace your Lost Medicaid Card	855-827-3748
Texas Department of Health and Human Services (formerly DADS) / Long Term Care Quality Reporting System (QRS) (All)	800-458-9858
Texas Health and Human Services Commission-Community Care Svcs. (KER, GIL, BEX, ATA, MED, BAN, KEN, COM, GUA, WIL, KAR, GIL)	CCSE 888-902-9990
HHSC Region 8.....	210-431-8700
Texas Health and Human Services Commission (HHSC) Community Care Services (MCM)	CCSE (Formerly "DADS" Intake) 866-670-2424
(HHSC) / Medicaid Application (Website) (All)	877-541-7905
.....	211
.....	www.yourtexasbenefits.com
(HHSC) / Medicaid Client Call Transfer Line (All) (ESP)	Medicaid and Community Services 800-252-8263
(HHSC) / Medicaid Helpline (TMHP) (All) (ESP)	For Medicaid enrollees 800-335-8957
Alternate assistance line	855-827-3748
(HHSC) / Office of the Inspector General (All)	to report Medicaid fraud 800-436-6184
(HHSC) / Office of the Ombudsman (Not LTC ombudsman) (All) (ESP)	877-787-8999
Deaf or Hard of Hearing	800-735-2989
(HHSC) / Office of the Ombudsman / Medicaid Managed Care Helpline (MMCH) (All)	866-566-8989
.....	211
(HHSC) / SNAP Benefits (Food Stamps) (All) (ESP)	Lone Star Card Help Desk 800-777-7328
.....	211
.....	www.yourtexasbenefits.com
(HHSC) Benefits Office / ATASCOSA CO. (ESP)	ext. 221 830-769-3507
(HHSC) Benefits Office / BANDERA CO.	830-796-3739
(HHSC) Benefits Office / COMAL CO. (ESP)	830-625-8023
(HHSC) Benefits Office / FRIO CO. (ESP)	830-334-3395
(HHSC) Benefits Office / GILLESPIE CO.	830-997-7546
(HHSC) Benefits Office / GUADALUPE CO.	Sequin 830-379-6525
(HHSC) Benefits Office / GUADALUPE CO.	Schertz 210-659-5826
(HHSC) Benefits Office / KARNES CO.	830-780-3961
(HHSC) Benefits Office / KENDALL CO. (ESP)	830-249-3533
(HHSC) Benefits Office / KERR (ESP)	830-896-3933
(HHSC) Benefits Office / McMullen Co.	361-358-9790
(HHSC) Benefits Office / MEDINA CO. (ESP).....	830-741-2043
(HHSC) Benefits Office / WILSON CO. (ESP)	ext. 232 830-393-3141
Texas (HHSC) -Office of Eligibility/Medicaid Eligibility Program, San Antonio (All) (ESP)	210-655-8760
Texas Medicaid Health Partnership (THMP) (All)	Main Provider Line 800-925-9126
Children with Special Needs	800-568-2413

MEDICAL EQUIPMENT AND SUPPLIES

AccessAbility Home Modifications (All)	210-414-5600
ActivStyle (All)	Case Management Referral Support Specialist 800-651-6223 x266 817-403-2099
ALS Association Texas Chapter (All)	210-733-5204
UTHSCSA / An ALS Association Certified Center of Excellence	210-450-9700
Alzheimer's Association / San Antonio & South Texas Chapter (All) (ESP)	210-822-6449
American Cancer Society, San Antonio Metropolitan Unit/Patient Services, Resources, Information & Guidance -Cancer Soc. (All) (ESP)	210-614-4211
Brookshire Brothers Pharmacy-Canyon Lake	830-935-3136
Comal Drug (COM, GUA)	830-625-2421
Edge Medical Supply (COM, GUA, KEN)	830-609-1200
Epic Medical Solutions (All)	800-425-3816
Fredericksburg Medical Equipment (GIL)	830-990-4775
Hill Country Medical Equipment / Kerrville Drug Co. (BAN, GIL, KEN, KER)	830-895-2273 800-683-1757
Hill Country Pharmacy (GIL)	830-307-9390
Kronkosky Place / KENDALL / Home Health Closet (KEN)	830-249-2114
Lincare (All)	210-348-7236 800-248-7156
Lincare Inc. (All)	800-248-7156
Longhorn Health Solutions (All)	877-394-1860
Med Mart (ATA, MED, BEX, FRI, WIL, GUA, COM, KEN, KER)	San Antonio 210-697-9933
Medline (All)	800-633-5463
MWI Medical Wholesale, Inc (All)	210-366-1230
Project MEND (Medical Equipment Network for Disabled) (Veteran) (All) (ESP)	210-223-6363
QRC Health Mart-Castroville (MED)	830-931-2116
Scootaround Mobility Solutions (All)	888-441-7575
Shield Health Care (also, benefit assistance provided) (All)	210-375-0003 800-495-0999 #1
Travis Medical (no respiratory equipment) (BEX, ATA, MED, BAN, KEN, COM, GUA, WIL, KAR)	210-767-8004
Winter Garden Mobility Repair (FRI)	830-334-8748
Wood Medical Supply (All)	210-492-5533

MEDICARE/SOCIAL SECURITY

Alamo Area Agency on Aging (AAA) (AACOG) / Benefits Counseling (All) (ESP)	866-231-4922 www.alamoaging.org
BenefitsCheckup.org (website) (All)	www.benefitscheckup.org
Humana at Home (All)	855-393-2918
KEPRO (CMS) / Medicare Quality Improvement Organization (All)	844-430-9504
Medicare Fraud Hotline / Senior Medicare Patrol, Texas (All)	888-341-6187
Medicare Hotline + Website (All)	Hotline 800-633-4227 www.medicare.gov
Medicare Rights Center / Medicareinteractive.org (website) (All)	800-333-4114
My Medicare (website) (NCOA) (All)	https://www.mymedicarematters.org/costs/
Social Security Administration (SSA) / Kerrville, TX (BAN, GIL, KEN, KER)	877-895-0043
National	800-772-1213
Social Security Administration / San Antonio South (BEX) (ESP)	Local General Inquiry 866-964-7432
(National)	800-772-1213
Social Security Administration / Seguin, TX (GUA) (ASL, ESP)	(Local) 877-445-0831
(National)	800-772-1213
Your Social Security Strategies (All)	Oscar Garcia 210-421-1125

MEDICATION ASSISTANCE

Abbie Patient Assistance Foundation (All)	800-222-6885
Alamo Service Connection (All) (ESP)	210-477-3275
.....	866-231-4922
Any Baby Can / Prescription Assistance	
Prescription Assistance-Comal, Bexar, Kendall (ESP)	New Braunfels Office 800-524-3755 Ext. 4
Prescription Assistance-Kerr (ESP)	Kerrville Office 830-792-4222
Prescription Assistance-Bexar (ESP)	San Antonio Office 210-227-0170
Cares Foundation (Boehringer Ingelheim) (All)	800-556-8317
Good Days (formerly Chronic Disease Fund) (All)	877-968-7233
Good Samaritan Center (GIL)	830-990-8651
Guadalupe Regional Medical Center Prescription Drug Program (GUA)	Jerry Riggs, RPh 830-401-7603
Healthwell Foundation / Prescription Assistance (All)	800-675-8416
Lone Star Script Care (All)	Bob Connell-Patient Advocate 830-522-1091
Medicare Limited Income NET Program (LINET) (All)	800-783-1307
Medication Outreach (All)	866-446-0933
Medpac-340 B Rx Pricing Program (All)	202-220-3700
NACo Prescription Drug Discount Card Program (BAN, COM, GUA, KAR, WIL)	888-407-6226 Ext. 221
NeedyMeds.org (website) (All)	978-865-4115
.....	800-503-6897
PAN Foundation (financial assistance for chemo therapy) (All)	866-316-7263
Partnership for Prescription Assistance (All) (ESP)	888-477-2669
Patient Access Network Foundation (All)	www.panfoundation.org/
Patient Advocate Foundation (PAF) Co-Pay Relief (CPR) (All)	866-512-3861
Peterson Adult Community Care (KER)	830-258-7900
RXAssist.org (All)	none; online only
Salvation Army / New Braunfels Outpost / COMAL (Some rent assistance) (COM) (ESP)	830-608-9129
Xubex Pharmaceutical Services, Inc. Patient Assistance Program (All)	866-699-8239
YourRXDiscounts.com (All)	877-513-1935

OMBUDSMAN

Alamo Area Agency on Aging (AAA) (AACOG) / Ombudsman Program (ATA, BAN, COM, FRI, GIL, GUA, KAR, KEN, KER, MCM, MED, WIL) (ESP)	210-362-5209
State Wide	800-252-2412
Alamo Area Agency on Aging (AAA) (AACOG) / Ombudsman Program (BEX) (ESP)	210-362-5236
State Wide	800-252-2412
.....	http://www.aacog.com/index.aspx?nid=86
Elder Abuse Hotline/ Hotline (All)	800-252-5400
Texas Department of Family and Protective Services / Adult & Child Protective Services (APS / CPS) / Facility Investigations (All)	800-647-7418
.....	210-438-6329
Texas Department of Health and Human Services (formerly "DADS") / Long Term Care Regulatory-Nursing Home Complaints (All) (ESP)	888-973-0022
.....	888-834-7406
Texas Department of State Health Services (DSHS) / Facility Licensing / Complaints (All)	888-834-7406
Texas Health and Human Services (HHSC) Ombudsman (All)	888-834-7406
TDD	888-425-6889

OUTPATIENT SERVICES

Access Quality Therapy Services (ATA, BAN, BEX, COM, GUA, KEN, MED, WIL) (ESP)	210-349-0096
CHRISTUS Home Care (COM) (ESP)	830-629-7568
CHRISTUS Santa Rosa Health Care / Rehabilitation Services (All) (ESP)	210-705-6560
Conley Outpatient Rehabilitation (WIL)	Floresville 830-393-5447
Easter Seals / San Antonio (All) (ESP)	210-614-3911
Frio Rehabilitation Center (FRI)	830-334-4152
Guadalupe Regional Medical Center / Outpatient Rehabilitation Department (GUA, COM, WIL)	830-401-7665

Hill Country Memorial Rehab Clinic (GIL)	830-997-1357
Imagine Therapy (Music and RT) (All)	210-606-1534
.....	210-897-6700
Kerrville Physical Therapy (KER)	830-896-3877
Medina Healthcare System (MED)	830-426-7888
Methodist Healthcare / Methodist Ambulatory Surgery Center -North Central (All)	210-575-5200
Methodist Healthcare / Methodist Ambulatory Surgery Center -SA Medical Center (All)	210-575-4584
Methodist Healthcare / Methodist Ambulatory Surgery Hospital (Huebner Rd) (All)	210-575-5000
Momentum Physical Therapy PLLC (BAN, MED, KER, KEN)	830-796-3447
New Braunfels Regional Rehabilitation Hospital (COM, GUA)	830-625-6700
Wellness Program.....	830-643-7178
Peterson Regional Medical Center / Ambulatory Care Center (BAN, GIL, KEN, KER)	830-258-7383
Texas Health Care Solutions / Kerrville (BAN, KEN, MED)	800-887-3067
TRIO Rehabilitation and Wellness Solutions (KEN, BEX, COM)	Boerne office 830-331-2083

PHYSICIANS

Atascosa Pulmonary and Sleep Associates (ATA)	830-769-2772
Barrera, Francisco MD-Thursday morning in Boerne (BEX, KEN)	San Antonio office 210-616-0864
Bexar County Medical Society / Physician Referral Service (All)	210-301-4391
Campos, Carlos MD-Diabetes Care (COM, GUA, BEX)	830-629-8161
CHRISTUS Santa Rosa Health Care / Physician Referral Line (All)	877-250-3627
Cibolo Family Medicine (KEN, BEX)	Boerne Office 830-428-2500
Crown Ridge Office	210-946-3100
Generations Visiting Practitioners (BEX, GUA, COM)	Bexar and communities near Bexar 210-598-8035
Guadalupe Regional Medical Center Physician Referrals (All)	830-303-4846
House Call Doctors / San Antonio (ATA, COM, KEN, MED, BEX)	Reception 210-298-5190
Lone Star Medical (ATA)	830-769-5912
Medcare Associates	
Medcare Associates-Boerne (KEN)	830-249-9307
Medcare Associates-Bandera Family Practice (BAN)	830-796-7713
Medcare Associates-Castroville (MED)	830-931-3336
Medcare Associates-Sonterra (BEX)	210-402-3456
Medfirst Primary Care (ATA)	Jourdanton Office 830-569-1104
Medfirst Primary Care (COM)	New Braunfels 830-743-9192
Medfirst Primary Care (GUA)	Schertz 210-656-5600
Seguin	210-469-8982
Medical Clinic of Castroville (MED)	830-538-3505
Medical Office of Michael McFarland MD (ATA, FRI, WIL, KAR, MED)	Jourdanton Office 830-769-2181
Medina Valley Family Practice (MED)	830-538-2254
Methodist Hospital Physicians Referral Line (All)	210-575-0355
Peterson Medical Associates (BAN, GIL, KEN, KER)	Kerrville Office 830-258-7762
Bandera Office	830-522-2002
Peterson Physician Hospital Organization (BAN, GIL, KEN, KER)	830-258-7659
Physician Compare (website) (All).....	https://www.medicare.gov/physiciancompare/search.html
Texas Health and Human Services / Texas Health Steps (THSteps) (All) (ESP)	877-847-8377

RELOCATION

Bloom Where You're Planted (Wendy Huston) (All)	210-410-2935
Cardinal Senior Care (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX)	Owner 210-684-7080
Caring Transitions (Relocation assistance) (BEX, KEN)	Office 210-714-0855
Caring.com-Senior housing locators (All)	800-385-2527
Changing Seasons (BEX, COM, GUA, KEN)	210-501-4129
COIL -Center on Independent Living, Inc./Home By Choice (Relocation Service from Nursing Facilities) (All) (ESP)	210-655-2333
Golden Age Senior Placement (BEX, COM, KEN, KER)	210-978-6221
Local Contact Agency (LCA)/AACOG-Nursing Home Transitions (All)	210-477-3275

.....	866-231-4922
.....	www.askasc.org
National Association of Senior Move Managers (All)	877-606-2766
Next Horizon Senior and Military Living/ Locators and Advocacy (All)	Brenda Dever-Armstrong 210-275-3002
Tailor-Made Senior Services (All)	San Antonio 210-758-5283
.....	800-995-1554

SAFETY AND ERS

Acadian On Call-ERS (All)	800-259-1234
Alzheimer/s Association Safe Return Program (Medic Alert Bracelet) (All)	888-572-8566
Amber Alert (All)	512-424-2000
American Red Cross / Hill Country Chapter (Kerrville) / Health and Safety Services (KER)	24 hr or emergency 830-257-4677
American Red Cross, New Braunfels / Disaster Services (COM) (ESP)	830-608-9876
.....	800-775-6803
American Red Cross, San Antonio Area Chapter -Health and Safety Services (All) (ESP)	210-224-5151
Line.....	800-775-6803
Associated Home Services, Inc.-ERS (All)	866-640-4384
Care Medical History Bracelets (All)	866-798-4531
Customer Service	210-681-3840
Dietert Senior Center / Emergency Response, Medical Equipmt & Reassurance Calls (Jim Horgan)-ERS (KER)	Jim Horgan 830-792-4044
Dinsmore Emergency Alert Services-ERS (All)	800-572-5856
Heidi Search Center for Missing Children (All)	210-650-0428
National Child Safety Council/ Hotline (All)	800-327-5107
Philips Lifeline Medical Alert Service-ERS (All)	800-380-3111
Right at Home In-Home Care & Assistance-ERS (COM, GUA, KEN)	210-308-9346
Texas Department of Public Safety-Sex Offender Registry (All)	https://records.txdps.state.tx.us/sexoffender/
Texas Department of Public Safety-Suspicious Activity report (Anonymous) (All)	866-786-5972
Texas Department of Public Safety/ Concealed hand guns, drivers records, etc. (All)	Austin Headquarters 512-424-2000
Texas Department of Public Safety/ Silver Alert Request (All)	512-424-2277
.....	512-424-2208
Valued Relationships, Inc.-ERS (All)	800-860-4230
Vial of Life Project (website) (All)	www.vialoflife.com

SENIOR ASSISTED LIVING

220 Harper (KER)	830-895-4600
Alpine Terrace Retirement & Convalescent Center Pc Unit (KER)	830-896-2323
Argent Court Atascosa County (ATA)	830-769-9797
Argent Court Guadalupe County (GUA)	830-372-1177
Brendas Residential Assisted Living (MED)	830-663-2832
Brookdale Guadalupe Plaza On The River (KER)	830-895-2626
Brookdale Kerrville Assisted Living (KER)	830-257-6769
Brookdale of New Braunfels (COM)	830-606-5300
Bulverde Assisted Living (COM)	830-980-2254
CelesteCare (GIL)	830-997-4613
Chapa Residential Care Home (MED)	830-709-4420
Country View Care Center (FRI)	830-665-6068
Creekside Personal Care Home (COM)	830-885-7522
Cruz Personal Care Home (MED)	830-665-4801
Devine Assisted Living (MED)	830-663-9200
EdenHill Communities / Assisted Living (All)	830-625-6291
Elan Westpointe (COM)	830-483-4900
First Street Assisted Living and Adult Day Care (COM, GUA, BEX)	210-566-6303
Franklin Park (KEN)	Boerne 830-816-5150
Garden Ridge Assisted Living (COM, GUA, KEN)	210-651-3770
Gruene Senior Living of New Braunfels (COM, GUA)	830-626-2111

Hacienda Assisted Living Cypress Hill (GUA)	Schertz	830-372-2701
Heritage Place /Fredericksburg (GIL)		830-997-9406
Heritage place/ Boerne (KEN)		830-249-9817
Heritage Residential Assisted Living (MED)		830-665-2000
Hill Country Outreach Assisted Living (KER)		830-792-6886
Knopp Healthcare Services / Assisted Living Center / Fredericksburg (GIL, KER)		830-997-7924
Knopp Healthcare Services / Retirement Center / Fredericksburg (GIL, KER)		830-997-4426
Legacy at Forest Ridge (GUA)	Schertz	210-305-5713
M A Assisted Living Facility (MED)		830-709-4519
Marion House Assisted Living (Medicaid Residential Care Facility) (GUA)		830-914-3371
Martin Duncan Personal Care Home (MED)		830-709-3544
Michelle's Care Home (ATA)		830-767-3082
Morningside Ministries at Menger Springs: The Cibolo House (BAN, COM, KEN)		830-816-4900
Mountain Villa at Kerrville (KER)		830-792-4001
New Haven Assisted Living and Memory Care-Floresville (WIL)		830-391-8110
New Haven Assisted Living and Memory Care-Schertz (GUA)		210-319-4947
Oak Creek Personal Care Home (ATA)		830-276-4248
Oaktree Assisted Living (COM)		830-608-9222
Our Family Home Care II (GUA, BEX, COM)	Schertz	210-658-4260
Ralph and Leonor Garza Care Home (MED)		830-665-2559
Ramirez Personal Care Home I (MED)		830-665-5829
Ramirez Personal Care Home II (MED)		830-665-5829
Ramirez Residential Care Home (MED)		830-665-9725
Reagan Manor (MED)	Main	210-365-7799
Redmans Boarding/ Personal Care Home (MED)		830-665-9678
Rio Terra Assisted Living (COM, GUA, KEN)		830-221-4800
River Point of Kerrville (KER)		830-258-4150
Seguin Assisted Living (GUA)		830-379-8882
Sola Grace Fredericksburg LLC (GIL)		830-990-0000
Village of Garden Ridge (BEX, COM, GUA)		210-744-2971
Villagio (KER)		830-896-6555

SENIOR ASSISTED LIVING-DEMENTIA

Arden Courts Memory Care Community (All)	San Antonio	210-408-9100
General information line.....		888-478-2410
Autumn Leaves of Stone Oak (BEX, COM, GUA, KEN)		210-497-5200
.....		888-662-8886
CelesteCare (GIL)		830-997-4613
Eden Hill Communities (COM, GUA, KEN)		830-625-6291
Elan Westpointe (COM)		830-483-4900
Garden Ridge Assisted Living (COM, GUA, KEN)		210-651-3770
Gruene Senior Living of New Braunfels (COM, GUA)		830-626-2111
Hill Country Assisted Living (KEN,KER, GIL, COM, BAN)		830-249-0017
Las Colinas of Westover (BEX, ATA, MED, BAN, KEN, COM, GUA, WIL)		210-305-5730
Memory Care of New Braunfels (COM)		830-420-5882
Morning Star Memory Care (GIL)		830-990-9007
Morningside Ministries-Menger Springs (Cibolo House) (KEN)		830-816-4900
New Haven Assisted Living and Memory Care-Floresville (WIL)		830-391-8110
New Haven Assisted Living and Memory Care-Schertz (GUA)		210-319-4947
New Hope Assisted Living-Boerne (KEN)		830-755-4673
Rio Terra (COM, GUA)		830-221-4800
River Point of Kerrville (KER)		830-258-4150
Sodalis Elder Living (Garden Ridge) (COM, GUA, BEX)		210-651-6377
Corporate Office		830-624-1044
Sodalis Elder Living (New Braunfels) Formerly Alz Care (COM)	New Braunfels-Rock St.	830-624-7702

The Landing at Stone Oak (Bexdar, COM, GUA) San Antonio Facility 210-479-0155
 Villagio (KER) 830-896-6555

SENIOR CENTERS

Bulverde Spring Branch Activity Center (COM, KEN) 830-438-3111
 Canyon Lake Resource & Recreation Center (CRRC) (COM) 830-964-3003
 Comal County Senior Citizens' Foundation / Senior Center (COM) 830-629-4547
 Comfort Golden Age Center / KENDALL (KEN) 830-995-3032
 Community Resource and Recreation Center (CRRC) / Senior Programs (COM) 830-964-3003
 Home Delivered Meals 830-997-7221
 Diertert Senior Center (Kerrville) (KER, GIL, BAN) (ESP) 830-792-4044
 Gillespie County Committee on Aging, Inc, aka Golden Hub Senior Center (GIL) (ESP) 830-997-7131
 Kronkosky Place (Rainbow Senior Center & Foundation, Inc.) / KENDALL (KEN) 830-249-2114
 Metro 830-816-6561
 Medina Senior Center & Meals on Wheels/ Hondo (MED) 830-741-6160
 Schertz Area Senior Center (COM, GUA) 210-619-1970
 Senior Circle/ South Texas Regional Chapter (ATA) 830-569-8000
 Associate Member Services 800-211-4148
 Silver Center (GUA) 830-303-6612
 Silver Sage Community Center (Bandera County Committee on Aging) (BAN) 830-796-4969

SENIOR CONTINUING CARE COMMUNITIES

Blue Skies of Texas East (formerly Air Force Village I) (All) Front Desk 210-673-2761
 Marketing Department 800-724-5771
 Blue Skies of Texas West (formerly Air Force Village II) (All) 210-677-8666
 Marketing Department 800-724-5771
 Eden Hill Communities / Skilled Nursing & Rehabilitation (All) 830-625-6291
 Morningside Ministries at Menger Springs (BAN, COM, KEN) 830-816-4400
 Corporate Offices 888-505-4085

SENIOR INDEPENDENT LIVING

A Long Stay Retirement Village (COM, GUA, KEN) 830-249-1234
 COIL -Center on Independent Living, Inc./Home By Choice (Relocation Service from Nursing Facilities) (All) (ESP) 210-655-2333
 EdenHill Community / Independent Living & Affordable Housing/ The Pinnacle (All) 830-625-1324
 Knopp Health Care Services / Luckenbach Retirement Apartments / Fredericksburg (GIL, KER, KEN, BAN) 830-997-8028
 TTY 512-396-9923
 La Vista Independent Living Retirement Community (Deaf & Hard of Hearing) (All) 512-396-2333
 Le Parc Safe Haven (MED) 830-444-7184
 800-474-0295
 Rio Terra (COM, GUA, KEN) 830-221-4800
 San Antonio Independent Living Services (SAILS) -Independent Living Skills-Rent Assistance (All) (ASL, ESP) Voice/TTY 210-281-1878
 800-474-0295
 San Antonio Lighthouse -William Judson Center / Independent Living (All) (ESP) 210-533-5195
 830-769-3225
 Texan House Boerne (KEN) 830-249-1234
 The Pinnacle at Eden Hill (COM, BEX, GUA) 830-625-1324

SENIOR NUTRITION

ActivStyle (All) 800-651-6223
 Bulverde Spring Branch Activity Center & Nutrition Site (COM, KEN) 830-438-3111
 Castroville Nutrition Site (Zion Lutheran) Tu, Wed, Th (MED) 830-538-6335
 Comal County Senior Citizens' Foundation / Senior Center (COM, GUA, KAR, WIL) Intake 830-629-4547 Ext 120
 Comfort Golden Age Center / KENDALL (KEN) 830-995-3032
 Community Resource and Recreation Center (CRRC)/Home Delivered Meals (COM) 830-964-2324
 Devine Nutrition Site (MED) 830-426-0047

Dietert Senior Center / KERR (KER, GIL, BAN) (ESP)	830-792-4044
Gillespie County Committee on Aging, Inc, aka Golden Hub Senior Center (GIL) (ESP)	Home Delivered Meals 830-997-7221
Senior Center	830-997-7131
Greater Randolph Area Services Program (COM, GUA)	210-658-6351
Home Delivered Meals (COM, GUA, WIL, KAR)	Comal Senior Center-Intake 830-629-4547 Ext. 12
Kronkosky Place (Rainbow Senior Center & Foundation, Inc.) / KENDALL (KEN)	830-249-2114
Lakehills Community Center Nutrition Site (BAN)	830-751-9904
Medina Senior Center & Meals on Wheels/ Hondo (MED)	830-741-6160
Mom's Meals (All)	877-508-6667
San Antonio Food Bank (SAFB) / Project H.O.P.E. (Healthy Options for Elderly Program) Commodities Program (All) (ESP)	Margie Rosales
	210-431-8335
San Antonio Meals on Wheels (BEX, ATA, FRI) (ESP)	210-735-5115
Schertz Senior Center and Nutrition Site (GUA)	210-619-1970
Show Barn-Floresville (WIL)	830-391-9397
Silver Sage Corral (BAN)	830-796-4969

SENIOR SERVICES

Aging and Disability Resource Centers (State-wide) (All)	855-937-2372
Alamo Service Connection/ Alamo Area Agency on Aging (All) (ESP)	866-231-4922
Aunt Bertha (All)	www.auntbertha.com
Bulverde Spring Branch Activity Center / Senior Outreach Services (SOS) (COM)	830-438-3111
Daisy Cares (Pet Food and Care depending on available funding) (BEX, COM, KEN, GUA)	General Inquiry 210-872-2343
San Antonio Food Bank Pet Food Program	210-431-8326
Texas Department of Health and Human Services (formerly "DADS") / Family Care Provider Resources (ALL)	888-902-9990
	210-434-9011
Texas Department of Health and Human Services (formerly "DADS") / LTC Quality Reporting System (QRS) (All)	Hotline 800-458-9858

SHELTERS

American GI Forum -National Veterans Outreach Program/HOPE Program (Homeless Outreach Project & Evaluation) (All) (ESP)	210-223-4088
Shelter on San Pedro	210-448-9714
Catholic Charities, Archdiocese of San Antonio, Inc./Guadalupe Home (All) (ESP)	210-476-0707
Connections Individual & Family Services / New Braunfel/Services to At-Risk Youth (STAR) (COM, GUA, WIL, KAR, ATA, FRI, MCM)	
(ESP)	830-629-6571
Crisis Center of Comal County/Domestic Violence Crisis Services (COM, GUA) (ESP)	Office 830-620-7520
Crisis Line	800-434-8013
Family Violence Prevention Services, Inc./Battered Women's Shelter (All) (ESP)	24 Hour Hot Line 210-733-8810
Main Office	210-821-3880
George Gervin Academy / Youth Center (All) (ESP)	210-568-8800
Guadalupe Valley Family Violence Shelter (Seguin) (GUA, KAR, WIL) (ESP)	830-372-2780
Crisis Line	800-834-2033
Haven for Hope (BEX)	Main Number 210-220-2100
Prospect Court	210-220-2444
Hill Country Crisis Council/ Kerr, Kendall, Gillespie & Bandera Counties (KER, KEN, GIL, BAN)	830-257-2400
24-hour or emergency	888-621-0047
Kendall County Women's Shelter (KEN)	830-331-1001
K'STAR Youth and Family Services Shelter (Medina) (BAN, GIL, KER, KEN)	Main office 830-896-5437
Crisis Line	855-327-8004
Salvation Army Hope Center / Emergency Shelter for Women and Children (All) (ESP, ASL)	210-352-2046
Salvation Army Hope Center Emergency Men's Shelter (BEX) (ESP)	210-226-2291
Salvation Army of Kerrville (KERR) / Emergency (3 night) Shelter (KER)	830-257-6770
SAMMinistries (SAMM) / Transitional Living and Learning Center (Families with children.) (All) (ESP)	210-979-6188
Southwest Family Life Center -Hondo (MED, FRI) (ESP)	24-hour or emergency 830-426-5131
Southwest Family Life Center -Pearsall, Tx (FRI) (ESP)	830-334-4556

SKILLED NURSING FACILITIES

Alpine Terrace (KER)	830-896-2323
Autumn Winds Living and Retirement Lodge (GUA)	210-658-6338
Bandera Rehab and Health Care Center (BAN)	830-796-4077
Bluebonnet Nursing and Rehabilitation (KAR)	830-780-3944
Brookdale Guadalupe Plaza On The River Nursing and Rehabilitation Center (KER)	830-895-2636
Carechoice of Boerne (KEN)	830-249-2594
Cedar Creek Nursing and Rehabilitation Center (BAN)	830-460-3767
Cibolo Creek Health & Rehabilitation Center (KEN, GIL, KER, COM, BAN)	830-816-5095
Colonial Manor Care Center (COM, GUA)	830-625-7526
Community Care Center (MED)	830-426-3087
Country Care Manor (WIL)	830-779-2355
DeerCreek of Wimberley (COM, KEN, GUA)	512-847-5540
Devine Health and Rehab (MED)	830-663-4451
EdenHill Communities / Skilled Nursing & Rehabilitation-Includes Skilled Dementia (All)	830-625-6291
Edgewater Care Center (Antler Creek) (KER, BAN, GIL, KEN)	830-896-2411
Floresville Nursing and Rehabilitation Center (WIL, KAR, ATA)	830-393-2561
Frank M Tejada Texas State Veterans Home (All)	830-216-9456
Fredericksburg Nursing and Rehabilitation (GIL, KER, KEN)	830-997-4364
Guadalupe Valley Nursing Center (GUA, COM)	830-379-9308
Hacienda Oaks Nursing and Rehab (COM, GUA, WIL)	830-379-3784
Heights Rehabilitation and Long Term Care (Pleasanton) (ATA, WIL, BEX)	830-569-4313
Hilltop Village (KER)	830-895-3200
Hondo Healthcare & Rehabilitation Center (MED)	830-426-3056
John Paul II Nursing Home (ATA, KAR, WIL)	830-583-9841
Karnes City Health and Rehabilitation Center (KAR)	830-780-2426
Kendall House Wellness & Rehabilitation (KEN, GIL, KER, COM, BAN)	830-816-4100
Kenedy Manor Nursing Home (KAR)	830-583-9101
Kirkwood Manor (COM, GUA, KEN)	830-620-0509
Knopp Healthcare Services / Administrative Offices + Healthcare & Rehabilitation #1/ Fredericksburg (GIL, KER, KEN, BAN)	830-997-3704
Administrative Offices.....	830-997-7857
Knopp Healthcare Services / Nursing & Rehab Center #2 / Fredericksburg (BAN, GIL, KEN, KER)	830-997-8840
Legend Oaks Health and Rehab (COM)	830-420-6500
Lyle Nursing Home (ATA, MED, BEX)	830-709-3662
Medina Valley Health & Rehabilitation Center (MED)	830-931-2900
Nesbit Nursing Home (BEX, COM, GUA, WIL)	830-379-1606
Pearsall Nursing and Rehabilitation Center (FRI)	830-334-3371
Poteet Manor Nursing and Rehabilitation (ATA)	830-742-3525
Regency Manor Nursing and Rehabilitation (WIL)	830-216-7090
Regent Care Center of San Marcos (COM, GUA)	512-805-5000
Remarkable Healthcare (GUA, COM)	830-379-3900
Retama Manor Nursing Center: Jourdanton (ATA)	830-769-3531
Retama Manor Nursing Center: Pleasanton North (ATA)	830-569-2138
Retama Manor Nursing Center: Pleasanton South (ATA)	830-569-3861
River Hills Health and Rehabilitation Center (KER)	830-257-9900
Riverview Nursing and Rehabilitation (KEN)	830-816-2118
Silver Tree Nursing and Rehabilitation Center (COM, GUA, BEX)	210-566-9100
Stockdale Nursing Center (WIL)	830-996-3721
Sundance Inn Health Center (COM)	830-221-1400
The Heights of Bulverde (COM, GUA)	830-438-1276
The Heights of Gonzales (COM, GUA)	830-672-4530

Town and Country Manor (KEN)	830-249-3085
Trinity Mission Health & Rehab of Comfort (GIL)	830-995-3747
Tristar Care Center (GIL)	830-997-4391
TruCare Living Center (BEX, GUA, COM)	Selma location 210-886-8393
Warm Springs Rehabilitation Hospital -San Antonio/Comprehensive Inpatient and Outpatient Rehabilitation Services (All) San Antonio Facility	210-616-0100
Windcrest Nursing and Rehab (GIL, KEN, KER)	830-997-7422
Windsor Nursing and Rehabilitation Center of Seguin (GUA)	830-379-7777

SUPPORT GROUPS

Alamo Area Stroke Support Group (Encompass Rehab) (All)	210-490-0602
Encompass Rehab Hospital	210-691-0737
Alamo Head Injury Association (All)	210-614-4323
Al-Anon Family Groups (All)	210-829-1392
Alzheimer's Association / San Antonio & South Texas Chapter (All) (ESP)	210-822-6449
24-hour Helpline	800-272-3900
American Cancer Society, San Antonio Metropolitan Unit/Support Groups -American Cancer Society (All) (ESP).....	210-614-4211
American Diabetes Association / San Antonio Office (All)	210-829-1765
Baptist Health System Stroke Support Groups (Health Links) (All)	210-297-9906
Community Bible Church (All)	General CG Support 210-253-5971
Department of Veterans Affairs / National Caregiver Support Line (All)	855-260-3274
Epilepsy Foundation Central South Texas/Parent and Family Telephone Network (All) (ESP)	210-653-5353
.....	888-606-5353
Hope Hospice (COM, GUA, KEN) (ESP)	830-625-7500
Hope Hospice Children's Grief Program (COM)	830-358-5300
Leukemia and Lymphoma Society/Leukemia, Lymphoma, Hodgkins Disease, Mult. Myeloma Support Group (All)	210-377-1775
Muscular Dystrophy Association/Muscular Dystrophy Support Groups (All)	210-650-3181
National Alliance on Mental Illness / NAMI / Support Groups (All) (ESP)	210-734-3349
National Multiple Sclerosis Society/Self-Help Groups (All)	210-694-3200
.....	800-FIG-HTMS
New Braunfels Regional Rehabilitation Hospital-Stroke Support Group (3rd Thursday)	830-625-6700
Overeaters Anonymous San Antonio Area Intergroup (SAAI) (BEX, GUA, COM) (ESP).....	210-492-5400
Peterson Regional Medical Center / Stroke Support Group (BAN, GIL, KEN, KER)	ACC Unit 830-258-7383
Porter Loring Family Care Services (All)	Ms. Miller 210-227-8221
Rape Crisis Center for Children and Adults/Therapeutic Support Groups -Rape Crisis Center (All)	Hot Line 210-349-7273
San Antonio Autism Society Support Group (BEX, GUA & COM)	210-764-9577
San Antonio Independent Living Services/Peer Support Groups -SAILS (First Fr. Of the month) (All) (ESP, ASL)	Voice/TTY 210-281-1878
.....	800-474-0295
Texas Burn Survivor Society/Walters Counseling and Support Fund -Texas Burn Survivors Soc. (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX)	210-824-8499
UT Health Science Center-MD Anderson (All)	210-450-5570

TAX INFORMATION AND ASSISTANCE

AARP Tax-Aide (All)	888-227-7669
IRS Fraud & Scam Reporting / Treasury Inspector General for Tax Administration (All)	800-366-4484
VITA -Volunteer Income Tax Assistance Program (All)	IRS 800-829-1040
VITA sites	800-906-9887
County Tax offices
Tax Office Atascosa County	830-769-3842
Tax Office Bandera County	830-796-3731
Tax Office Comal County	830-221-1353
Tax Office Frio County	830-965-4700
Tax Office Gillespie County	830-997-6519
Tax Office Guadalupe County	830-379-2315
Tax OfficeKarnes County	830-780-2431

Tax Office Kendall County	830-249-8012
Tax Office Kerr County	830-792-2241
Tax Office McMullen County	361-274-3233
Tax Office Medina County	830-741-6100
Tax Office Wilson County	830-393-7313

THRIFT STORES

Bandera County Helping Hand Center/Household Goods Programs (BAN) (ESP)	830-796-8300
Community Resource and Recreation Center (CRRC)/Thrift Store (COM)	830-964-2364
Goodwill Industries of San Antonio/New Braunfels, Tx. and Seguin (COM, GUA) (ESP)	210-924-8581
Greater Randolph Area Service Program, Inc. (GRASP) / Thrift Shop (COM, GUA)	210-658-6352
Main office.....	210-658-6351
Habitat for Safe Seniors (COM)	830-899-2256
Hill Country Cares / ReRuns Resale (KER, KEN, GIL, BAN)	830-257-7114
Hill Country Family Services / KENDALL (KEN) (ESP)	Office 830-249-8677
Thrift Store	830-331-2219
Hope Center (Spring Branch) (COM)	830-980-4641
Hope Hospice Thrift Shop (COM)	830-625-4746
Karnes County Christian Thrift Center (KAR, WIL)	830-583-9651
New 2 U-New Braunfels (COM)	830-629-5441
Salvation Army of Kerrville (KERR) / Thrift Store (KER)	830-315-5776
Seasons Gift and Thrift Shop (KEN)	830-249-2114
Silver Sage Corral / Thrift Store (BAN)	830-796-3590
Sister's Attic at Omega Retreat Center Boerne Ken.....	830-249-0020
St. Peter and Paul Thrift Shop (COM)	830-629-3504
St. Vincent DePaul-Kerrville (KER)	830-896-6898

TRANSPORTATION

ADRC Transportation (Alamo Area Council of Governments) All Counties.....	866-231-4922
Alamo Area Council of Governments (AACOG) / Alamo Regional Transit (ART) (All) (ESP)	866-889-7433
Alamo Regional Transit (ART) / Connect Seguin (Alamo Area Council of Governments) (GUA)	866-889-7433
American Cancer Society, San Antonio Metropolitan Unit/Road to Recovery (All)	877-227-1618
Angel Flight South Central (All)	888-500-0433
Boerne Overland Shuttle Service (KEN)	830-816-3032
Greater Randolph Area Service Program, Inc. (GRASP) / Comprehensive Emergency Assistance (GUA, WIL, BEX)	210-658-6351
Hill Country Community Needs Council -Fredericksburg / Medical Transportation (GILLESPIE) (GIL) (ESP)	830-997-9756
Hill Country Limousine Service, Inc. (KER, GIL)	830-896-1429
Humana Market Point (Humana HMO Members) (All)	210-615-5100
Kerr Connect (Kerrville/ Ingram/ Center Point area) (KER)	830-315-5377
Le Fleur (All)	Reservations 210-233-6297 Ext. 9619 or 4771
Logisti Care (All)	855-687-3255
Megabus (All)	877-462-6342
My Ride to Wellness Prog. -American Cancer Research Ctr. and Foundation (ACRCF) (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX) (ESP)	
Reserv.	888-458-6660
Rides in Sight (Referral service) (All)	855-607-4337
Salvation Army Hope Center/Travelers Assistance -Salvation Army (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX) (ESP)	210-352-2020
Texas Department of State Health Services (DSHS) / Medical Transportation Program (MTP) / Medicaid Patients (All)	877-633-8747
TTY	800-735-2989
Texas DSHS Kidney Health Care Program (Dialysis mileate stipend) (All)	800-222-3986
Transportation Safety Administration (TSA) / Passenger Support Specialists (All)	855-787-2227
Uber (BEX, COM, KEN, GUA).....	https://www.uber.com/cities/san-antonio/
Wellmed / Comfort Care Transportation (BEX, COM, GUA, WIL, KEN, ATA)	866-879-8023
UnitedHealthcare Transportation.....	866-480-2064

UTILITIES AND TELEPHONE ASSISTANCE

Access Wireless (All) (ESP)	888-900-5899
.....	www.accesswireless.com
Alamo Service Connection (All)	210-477-3275
.....	866-231-4922
Assurance Wireless (All)	Cellphone Assistance 888-321-5880
Christian Assistance Ministries (Walk ins, only) 110 McCullough Ave., San Antonio (All)	San Antonio Office 210-223-4099
City Public Service (CPS Energy) Customer Call Center (All)	210-353-2222
Public Utilities Commission (PUC) / LITE-UP TEXAS (Electric Assistance) (All)	866-454-8387
Public Utility Commission of Texas (PUC) / Complaints (All)	888-782-8477
QLink Wireless (Free cell phone for qualifying applicants) (All)	855-754-6543
Relay Texas (All)	711
.....	800-735-2989
Safelink Wireless	800-723-3546
Technical Support	800-378-1684
.....	www.safelinkwireless.com
San Antonio Food Bank (SAFB) / The Kitchen Table & NBU Utility Assistance (COM) (ESP)	210-431-8525
.....	800-246-9121

VETERANS

Veterans Service Office (VSO)	
(VSO) / Atascosa County	830-769-3251
(VSO) / Bandera County	830-460-1643
(VSO) / Comal County	830-221-1170
(VSO) / Frio County	830-334-0029
(VSO) / Gillespie County	830-997-3758
(VSO) / Guadalupe Seguin (Mon, Wed)	830-303-8870
(VSO) / Guadalupe Schertz (Tu, Th)	210-945-9708 Ext 3
(VSO) / Karnes County	361-652-3885
(VSO) / Kendall County	830-249-9343 Ext 336
(VSO) / Kerr County-at Court House	830-792-2203
(VSO) / McMullen County	Jourdanton office 830-769-3251
(VSO) / Medina-Castroville	830-355-2711
(VSO) / Medina-Devine	830-665-8010
(VSO) / Medina-Hondo	830-741-6135
(VSO) / Wilson County	830-393-7376

VISUAL IMPAIRMENTS

Christal Vision (All)	210-666-0700
.....	800-299-0700
EyeCare America (All)	800-222-3937
Frio Family Vision Source (FRI, WIL, KAR, MCM)	Pearsall Voice and Fax 830-334-8077
I Care San Antonio (ICSA) (BEX, ATA, MED, BAN, KEN, COM, GUA, WIL)	210-220-2370
Low Vision Resource Center/Low Vision Club and Owl Radio (ATA, BAN, COM, GUA, KEN, MED, WIL, BEX)	210-829-4223
My Econo \$39.95 (All)	San Antonio Store 210-673-3995
Prevent Blindness Texas (Eyeglass Assistance) (All)	SW Tx. Regional Office 210-236-7360
San Antonio Lighthouse -William Judson Center / Assistive Technology Unit (All) (ESP)	210-533-5195
San Antonio Lighthouse -William Judson Center / The Lighthouse Store -Assistive Devices (All) (ESP).....	210-533-5195 Ext. 2950
San Antonio Lighthouse for the Blind/ Senior Low Vision Center (All) (ESP)	210-533-5195 Ext. 2808
Talking Book Program (All) (ESP)	512-463-5458
.....	800-252-9605
Texas Health and Human Services-Blindness Education Screening and treatment Program (All) (ESP).....	512-438-2447 Ext. 3
Texas Workforce Commision-Vision Assistance (All)	Blindness, Education, Screening and Treatment Program 877-787-8999
.....	www.hhs.texas.gov/BEST
Vision Rehabilitation Center (UIW) (All)	Intake office 210-619-7195

Vision Service Plan All counties	800-785-0699
Zenni Optical (All)	800-211-2105

VOLUNTEER OPPORTUNITIES

Alamo Area Agency on Aging (AAA) (AACOG) / Volunteer Opportunities (All) (ESP)	210-477-3275
.....	866-231-4922
American Red Cross, San Antonio Area Chapter/American Red Cross -Office of Volunteers and Youth (All) (ESP)	210-224-5151
.....	800-775-6803
Animal Defense League/Foster Program-Animal Defense League (All)	210-655-1481
Big Brothers Big Sisters -The Texas Hill Country/Big Brothers Big Sisters School-Based Program (KER)	830-257-2447
Blood Donation Center / Equitech Enterprises, Inc. (KER, BAN, GIL, KEN, BEX)	830-890-5835
CASA (ATA, FRI, KAR, WIL)	830-569-4696
Catholic Charities, Archdiocese of San Antonio / Foster Grandparent Program (All) (ESP)	210-271-3743
Elder Helpers.....	www.elderhelpers.org
Hill Country Community Needs Council -Fredericksburg/Warm Winter (GIL) (ESP).....	830-997-9756
RSVP of South Central Texas (COM, GUA, WIL)	830-379-0300
Texas Health and Human Services -Volunteer Opportunities (All)	800-889-8595
United Way of San Antonio and Bexar County/Volunteer Center of United Way (BEX)	210-352-7000

WOMEN'S HEALTH

ABCD After Breast Cancer Diagnosis (All)	800-977-4121
Alamo Breast Cancer Foundation (All)	Office 210-431-4415
Help Line	210-692-9535
Bulverde/ Spring Brancy Pregnancy Care Center (COM)	830-885-2277
Circle of Cancer Care (COM, GUA)	Must provide name 210-802-1740
First Choice (Pregnancy Counseling-Kerrville) (KER, GIL)	830-315-4541
Hill Country Pregnancy Cre Center (KEN, KER, GIL, BAN, COM, BEX)	830-249-9717
Methodist Women's Care (Former South Texas Regional) (ATA)	830-769-5916
Options for Life/ Crisis pregnancy (COM) (ESP)	830-629-7565
Parenting Resource Center/P.A.C.E. (KER) (ESP)	830-792-5644
Planned Parenthood / San Antonio (All) (ESP)	210-736-2244
Seton Home (All)	210-533-3504
SLEW Wellness Center (Women having cancer with low income) (All)	210-654-7900
South Texas Veterans Health Care System (STVHCS) / Veteran Women Services (All) (ESP).....	210-949-9449
Susan G. Komen for the Cure -San Antonio Affiliate (BEX) (ESP).....	210-222-9009
Texas Department of State Health Services (DSHS) / Pregnant Women (All) (ESP)	Pregnant Women 210-949-2115
Specialized health and social services.....	210-949-2155
Texas Health and Human Services / Medicaid for Breast and Cervical Cancer (MBCC) (All) . DSHS Preventive & Primary Care	512-776-7796
Texas Health and Human Services-Healthy Texas Women (All) (ESP).....	512-776-7796
.....	877-541-7905
.....	www.healthytexaswomen.org
The Pregnancy Resource Center (KER)	830-257-2166
The Refuge Atascosa Pregnancy Care Center (ATA, FRI, WIL)	830-569-0030
The Yellow Rose Program-Sexual Trauma Program for female service members (All)	San Antonio Behavioral Healthcare Hospital
.....	210-541-5350
University Health Digital Mammography (mobile unit) (BEX, COM, GUA, WIL, ATA, MED, BAN, KEN)	210-358-3720
Women Infants Children (WIC) offices	
(WIC) office-Bandera (BAN)	830-460-7378
(WIC) office-Boerne (KEN)	Boerne 830-249-3932
Kerrville	830-257-4400
(WIC) office-Castroville (MED)	830-931-4044
(WIC) office-Comfort (KER)	800-347-9559
(WIC) office-Devine (MED)	830-665-8044
(WIC) office-Dilley (FRI)	830-334-0090

(WIC) office-Floresville (WIL)	830-393-7423
(WIC) office-Fredericksburg (GIL)	830-257-4400
(WIC) office-Hondo (MED)	830-741-6144
(WIC) office-Kenedy (KAR)	830-583-3685
(WIC) office-Kerrville (KER)	830-257-4400
(WIC) office-Lytle (ATA)	830-772-9865
(WIC) office-New Braunfels (COM)	512-393-8040 Ext. 6
(WIC) office-Pearsall (FRI)	830-334-0090
(WIC) office-Pleasanton (ATA)	830-569-2388
(WIC) office-Seguin (GUA)	512-393-8040 Ext. 5
Women Involved in Nurturing, Giving, Sharing -WINGS (BEX) (ESP)	210-946-9464
Women Veterans Health Program (All)	2M Clinic 210-949-3136
Main Number.....	210-617-5300

NOTES

Importance of Physical Activity

Did you know that Texas is ranked 10th in the U.S. for the highest rate of adult obesity at 32.4%?

Regular exercise can help keep you feeling and looking your best, but at busy times we often skip our daily exercise

Obesity often results in developing chronic diseases, such as diabetes, coronary heart disease, high blood pressure, and colon cancer.

An estimated 2 million Texans have diagnosed diabetes, and approximately 500,000 additional Texans have undiagnosed diabetes.

Regular physical activity can help increase your overall health and lower the risk of developing chronic diseases, and also assists in promoting stronger and healthier muscles, bones and joints.

Ultimately, exercise can lead to a more beautiful YOU. Not only are you building stronger bones and protecting yourself against developing chronic diseases, but by exercising regularly, you will also have more energy.

Exercise can also increase your stamina, which can help you perform daily activities such as shopping and stair climbing.

How do I start?

You don't need to join a gym or fitness group to be on your way to a healthier life. Exercising at least five times a week for 30 minutes is a great way to begin.

Regular physical activity can include daily living activities, such as cleaning the house, gardening and walking your dog.

Regular exercise and proper nutrition can help lead the way to a healthier you!

Regular exercise and proper nutrition can help lead the way to a healthier you!



TEXAS
Health and Human
Services

Exercise
Initiative



**AACOG specialists
are ready to answer all
your questions about
the COVID-19 vaccine.**



Find a location near you or
schedule an appointment
to receive your vaccination.



Receive transportation assistance
to and from your home.



Find out about risk factors
and side effects, as well as
reasons why it's important
for everyone to get vaccinated.

If you can't leave your home,
receive assistance to have medical
personnel come to your home
to administer your vaccination.

**Especialistas de AACOG
están preparados para
responder todas sus dudas
acerca de la vacuna
contra el COVID-19.**



Encuentre un lugar cerca
de usted o programe una cita
para recibir su vacuna.



Reciba ayuda con el transporte
desde y hacia su hogar.



Infórmese sobre los factores
de riesgo y los efectos
secundarios, así como porque
es importante que todos
se vacunen.

Si usted no puede salir de su
hogar, reciba ayuda para
que el personal médico acuda
a su hogar para administrar
su vacuna.



Our specialists can answer all your questions or help you get the
COVID-19 vaccine, fast and free! Call the Alamo Service Connection at:

866-231-4922 | M-F 8 a.m.-5 p.m. | aacog.com

Nuestros especialistas pueden responder todas sus preguntas
o ayudarle a obtener la Vacuna COVID-19 rápidamente y gratis.

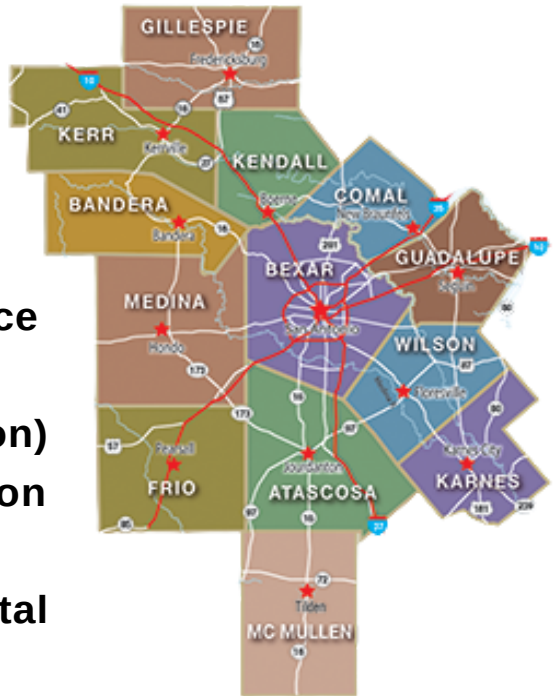
Simplemente llame a Alamo Service Connection al:

866-231-4922 | L-V 8 a.m.-5 p.m. | aacog.com



Uniting the Alamo Region

- Air Quality
- Alamo Regional Transit
- Area Agencies on Aging
- Aging & Disability Resource Center (Alamo Service Connection)
- Environmental Conservation
- Economic Development
- Intellectual & Developmental Disability Services
- Public Safety
 - 911 Alamo Area Regional Law Enforcement Academy
 - Criminal Justice
 - Homeland Security
- Veteran Services / Texas Veterans Network
- Weatherization Assistance



(855) 937-2372

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