Galveston County Senior Citizen Guide
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Adult Day Care

Adult day care is a community-based group program designed to meet the needs of functionally impaired adults through an individual plan of care. It is a structured comprehensive program that provides a variety of health, social and related support services in a protective setting during any part of a day, but less than 24-hour care. Adult day care centers generally operate programs during normal business hours five days a week. However, some programs offer services in the evenings and on weekends.

The Texas Department of Human Services Quality Reporting Service (QRS) provides listings of licensed and/or certified adult day care centers online at:

http://facilityquality.dhs.state.tx.us

Call the Texas Department of Human Services with concerns or complaints about a licensed adult day care center:

TDHS – Complaint Line………………………………………………(800) 458-9858

Barbara’s House……………………………………………………………(409) 927-1011
        4211 Jackson St
Santa Fe, TX 77517

Galveston County Adult Day Care………………………………………(409) 945-4414
        2120 Texas Ave
        Texas City, TX 77591
Galveston County Adult Day Care………………………… (409) 935-8955
2200 Velma Place

LaMarque, TX 77568

Physically or mentally disabled adults, age 18 and up, must be
ambulatory. $25 a day for private clients; Medicaid paid by
state; First day free

Libbies Place…………………………………………………(409) 741-2538
2803 53rd St

Galveston, TX 77551

Manor Care Nursing Center………………………………..   (713) 332-3496
750 West Texas Ave
Webster, TX 77528

Alzheimer's day care, temporary residential care (3 days to 2
weeks). $35 a day + $2.50 per meal for day care

Assisted Living

Hearthstone Assisted Living …………………………………(409) 935-6620
1901 North Amburn Rd
Texas City, TX

Home Care Professional Services……………………………(281) 316-0156
400 Medical Center Blvd
Webster, TX  77598

Regal Estates Senior Living Community …………………… (281) 538-5993
500 Enterprise Ave
League City, TX 77573
Rosemont Assisted Living and Alzheimer’s Community…… (281) 461-7600
14101 Bay Point Court
Houston, TX 77062

Sigma Health Care………………………………………….. (866) 744-6244
1609 Tremont
Galveston, TX  77550

Texas Home Health……………………………………………… (409) 762-5753
4920 Seawall
Galveston, TX 77551

The Mildred House……………………………………………... (409) 933-1219
1515 4 th Ave
LaMarque, TX  77568

Visiting Nurse Association…………………………………… (713) 520-8115
2905 Sackett
Houston, TX  77098

Food

Bay Area Meals on Wheels……………………………………(281) 326-3336
(Covers parts of Galveston County that are within the Clear Creek ISD such as Bacliff, Kemah, and League City)

Edgewater Meals on Wheels……………………………………(409) 763-6437
(City of Galveston)

Galveston County Meals………………………………………..(409) 770-6251

Our Daily Bread……………………………………………… (409) 765-6971
Galveston County Department of Parks and Senior Services: Senior Lunch Program

Well-balanced, hot meals are prepared at a central kitchen and served daily at four centers around Galveston County. Menus are planned by certified dieticians to ensure a nutritious and appealing meal. The lunch hour, usually at 11:30 am, offers seniors an opportunity to share a meal and fellowship with others. All senior participants who are at least 60 years old, or a spouse of a senior are eligible for the Senior Center Lunch. An annual intake is required to establish eligibility. Donations to this program are welcome; non-senior participants are asked to pay $3.00 to cover the cost of providing the meal. Seniors are strongly urged to telephone a day ahead to request a meal for the following day.

Administrative Office:

2201 Ave. L
Galveston, TX 77550
(409) 770-6251

The four centers are located at:

- **Bacliff Community Center**
  4503 11th St.
  Bacliff, TX 77518
  (281) 559-2095 Angie Rodriguez

- **Dickinson Community Center**
  2714 Hwy 3
  Dickinson, TX 77539
  (281) 534-4091 Jean Jenkins
The Galveston County Senior Citizens Program (GCSCP)

The Two meal programs available to senior adults in Galveston County are:

CONGREGATE MEALS. Congregate meals are furnished at Senior Centers throughout the county. Congregate meals offer an opportunity for seniors to share a meal and fellowship with others. A dollar or $2.00 per day is suggested as a voluntary contribution for lunch. Meal tickets are available for 20 meals at $20.00. Locations:

- Galveston Multipurpose Center
  2201 Avenue L Galveston, Tx 77550
  409-762-6624
MEALS ON WHEELS. The Meals on Wheels program provides hot and frozen meals to homebound seniors and their spouses five days a week. The meals are available to senior adults who have a long term disability or who have recently been discharged from the hospital. A dollar of $2.00 per meal is suggested. Many volunteers are needed for this program to serve as a friendly contact to those who are home bound. These volunteers also visit the home bound for reassurance and to provide services.

713-996-5314
Family care; primary care; adult care; home delivered meals; emergency response service and case management. Must meet specific age, income, resources, needs assessment and unmet needs requirements depending upon service required

**Pantries**

ACCT AIDS Coalition of Coastal Texas.........................(409) 763-2437
1401 39\textsuperscript{th} Street
Galveston, TX 77550

Associated Catholic Charities................................. (409) 949-9884
4418 Ave M
Galveston, TX 77550..............................................(409) 762-2062

Bay Area Christian.................................................... (281) 338-7283
209 West Main Street
League City, TX 77573

Christ Church Fellowship...........................................(409) 945-0950
1200 21\textsuperscript{st} Street
Texas City, TX 77592
Community Outreach (Bolivar Peninsula) .....................  (409) 684-5940
Tuesday and Friday

Family Welfare (Santa Fe) ........................................  (409) 927-4133

HIS – Interfaith Caring Ministry (Santa Fe) .................... (281) 332-2025

Holy Trinity Episcopal Church ................................. fax. (281) 337-1833
4613 Hwy 3
Dickinson, TX  77539

The Jesse Tree ...................................................... (409) 762-2233
2622 Market Street
Galveston, TX 77550

LaMarque Aid and Guidance ................................. (409) 938-7852
2222 Cedar
LaMarque, TX 77568

Living Faith Outreach ........................................... (281) 309-0799
3700 Deats Road
Dickinson, TX  77539

M.I.Lewis (Dickinson) ............................................ (281) 534-2043

Mission Galveston ............................................... (409) 770-9115
312 Rosenberg
Galveston, TX 77550

Reform Church Pantry .......................................... (409) 465-8500
2628 Market St
Galveston, TX 77550

The Salvation Army ............................................. (409) 763-1691
2228 Broadway
Galveston, TX 77550
Shiloh AME Pantry
1310 29th Street
Galveston, TX 77550
St. Paul The Apostle Catholic Church...........................................(281) 333-2509
18223 Point Lookout
Nassau Bay
St. Bernadettes.................................................................(281) 486-7664
15500 El Camino Real
Houston, TX 77062
St. Vincent de Paul.............................................................fax. (409) 765-0220
1015 22nd Street
Galveston, TX 77550
St. Vincent’s Episcopal House...............................................(409) 763-8521
2817 Postoffice
Galveston, TX 77550

**Home Repairs**

*Weatherization Program*

Programs for Human Services Inc........................................(409) 886–0125
PO Box 1704
Orange, TX 77630
Fax: (409) 886 – 2849
Housing

When considering your continuing care options, please keep in mind that UTMB physicians are available to care for patients at any Galveston County nursing home. Ask your social worker if you have questions or call the Senior Care Help line at (409) 747-2141 or toll free at (888) 887-6800 for more information.

**Assisted Living Facilities**

Hearthstone Assisted Living........................................(409) 935-6620  
1901 North Amburn Rd  
Texas City, TX  77591

Mildred House.......................................................(409) 933-1219  
1515 4th Ave  
LaMarque, TX 77568

Regal Estates Senior Living Community.........................(281) 538-5993  
500 Enterprise Ave  
League City, TX 77573

**Housing Programs**

Apartment Association of Galveston County....................(409) 762-8339  
Galveston Community Development Corporation..............(409) 765-7855  
Galveston County Housing Authority............................(409) 765-1950  
Galveston Island Family Crisis Center  
2127 Ave M  
Galveston, TX  77550
Gulf Breeze Apartments……………………………………..(409) 763-5522
1211 21st Street
   Galveston, TX 77550
Holland House………………………………………………..(409) 744-1144
HRA Village (Texas City)………………………………….. (409) 935-4335
Magnolia Homes
   1610 Strand
   Galveston, TX 77550
Oleander Homes………………………………………………..(409) 744-5304

**Nursing Homes**
Ashton Parke Care Center……………………………..(409) 935-0300
   210 Gulf Freeway
   Texas City, TX 77591
Autumn Hills Friendswood Arms Convalescent Center…….(281) 482-1281
   213 Heritage Drive,
   Friendswood, TX 77546  *Skilled Nursing Unit (SNF), Long Term Care, Medicare, Medicaid, & Hospice*

Bay Oaks Nursing Home………………………………………..(409) 938-8431
   424 North Tarpy
   Texas City, TX 77591
Bayou Pines Care Center………………………………………..(409) 938-8282
   4905 Fleming
   La Marque, TX 77568  *Long Term Care, Medicaid, & Private Pay*
Bay Wind Village Care Center…………………..(281) 332-9588
411 Alabama

League City, TX 77573  Skilled Nursing Unit (SNF), Long Term Care, Medicare, Medicaid, & Hospice

College Park Care Center…………………………………………………..(409) 938-8431
424 N. Tarpey Road

Texas City, TX 77591  Skilled Nursing Unit (SNF), Long Term Care, Medicare, Medicaid, & Hospice

Edgewater Methodist - Turner Geriatric Center……………. (409) 763-6437
2228 Seawall Boulevard

Galveston, TX 77550  Long Term Care, Medicaid, & Private Pay

Friendship Haven……………………………………………………………..(281) 992-4300
1500 Sunset

Friendswood, TX 77546  Skilled Nursing Unit (SNF), Long Term Care, Medicare, Medicaid, & Hospice

Gulf Health Care Center - Texas City………………………..(409) 943-4914
1720 North Logan

Texas City, TX 77590  Skilled Nursing Unit (SNF), Long Term Care, Medicare, Medicaid, & Hospice
Gulf Health Care Center – Galveston……………………… (409) 740-7330
3702 Cove View Blvd.

Galveston, TX 77554 Skilled Nursing Unit (SNF), Long Term Care, Medicare, Medicaid, & Hospice

Harbourview Care Center……………………………………(281) 334-4243
300 Enterprise Avenue

League City, TX 77573 Skilled Nursing Unit (SNF), Long Term Care, Medicare, & Medicaid

Heritage Danforth Gardens…………………………………. (409) 949-9499
519 Ninth Avenue North

Texas City, TX 77590 Alzheimer's and related Dementia Disorders, Skilled Nursing Unit (SNF), Long Term Care, Medicare, & Medicaid

Sea Breeze Care Center……………………………………….. (409) 935-2451
6602 Memorial Drive

Texas City, TX, 77590 Skilled Nursing Unit (SNF), Skilled Nursing Unit (SNF), Long Term Care, Medicare, Medicaid, & Hospice

Disability Housing Assistance

HUD Housing Discrimination Hotline………………………..(800) 669-9777

National Accessible Apartment Clearinghouse………………(800) 421-1221
Project Based Subsidized Housing Complexes
Church Village (Dickinson)…………………………………(281) 337-3579
Colonial Park (Texas City)…………………………………... (409) 945-9643
Heritage Square (Texas City)……………………………… (409) 945-9345
Sandpiper Cove (Galveston)……………………………... (409) 763-2461
Sundance Apartments (Texas City)………………………. (409) 945-0967

Rent Assistance Programs
Associated Catholic Charities……………………………..…(409) 949-9884
4418 Ave M
Galveston, TX  77550…………………………….….. (409) 762-2062
Galveston County Social Services…………………….……  (409) 770-5583
123 Rosenberg
Galveston, TX 77550……………………………………. (409) 766-3631
LaMarque Aid and Guidance…………………………………..(409) 938-7852
2222 Cedar
LaMarque, TX

Rooming Houses
Elmer Card Home………………………………………..(409) 763-1740
Lafayette Properties…………………………………………(409) 739-1600
Williamson Rooming House…………………………………..(409) 763-9287
Section 8 Voucher Program
Galveston Housing Authority........................................ (409) 765-1900
Texas City/LaMarque Housing Authority............... (409) 945-4011

Nursing Home Abuse
If you suspect that an elderly person is not being properly cared for in a nursing home, please report the problem immediately.

Texas Advocate for Nursing Home Residents...............(972) 572-6330
TDHS – Long Term Care Regulatory Hotline...............(800) 458-9858

Nursing Homes
When considering your continuing care options, please keep in mind that UTMB physicians are available to care for patients at any Galveston County nursing home. Ask your social worker if you have questions or call the Senior Care Help line at (409) 747-2141 or toll free at (888) 887-6800 for more information.

Ashton Parke Care Center..............................................(409) 935-0300
210 Gulf Freeway
Texas City, TX 77591
Autumn Hills Friendswood Arms Convalescent Center ….. (281) 482-1281
213 Heritage Drive
Friendswood, TX 77546 Fax (281) 482-7660 Skilled Nursing Unit (SNF), Long Term Care, Medicare, Medicaid, & Hospice

Bay Oaks Nursing Home………………………………………..(409) 938-8431
424 North Tarpy
Texas City, TX 77591
Skilled Nursing Unit (SNF), Long Term Care, Medicare, Medicaid, & Hospice

Bayou Pines Care Center………………………………………..(409) 938-8282
4905 Fleming
La Marque, TX 77568 Fax (409) 938-1791
Long Term Care, Medicaid, & Private Pay

Bay Wind Village Care Center………………………………………..(281) 332-9588
411 Alabama
League City, TX 77573 Fax (281) 332-4036 Skilled Nursing Unit (SNF), Long Term Care, Medicare, Medicaid, & Hospice

Edgewater Methodist - Turner Geriatric Center…………………..(409) 763-6437
2228 Seawall Boulevard
Galveston, TX 77550 Fax (409) 765-4498
Long Term Care, Medicaid, & Private Pay
Friendship Haven .......................... (281) 992-4300
1500 Sunset

Friendswood, TX 77546 Fax (409) 992-0816 Skilled Nursing Unit (SNF), Long Term Care, Medicare, Medicaid, & Hospice

Gulf Health Care Center - Texas City .................... (409) 943-4914
1720 North Logan

Texas City, TX 77590 Fax (409) 943-5255 Skilled Nursing Unit (SNF), Long Term Care, Medicare, Medicaid, & Hospice

Gulf Health Care Center – Galveston .................. (409) 740-7330
3702 Cove View Blvd.

Galveston, TX 77554 Fax (409) 740-7640 Skilled Nursing Unit (SNF), Long Term Care, Medicare, Medicaid, & Hospice

Harbourview Care Center ............................ (281) 334-4243
300 Enterprise Avenue

League City, TX 77573 Fax (281) 334-4396 Skilled Nursing Unit (SNF), Long Term Care, Medicare, & Medicaid
Heritage Danforth Gardens………………………………..…(409) 949-9499
519 Ninth Avenue North

Texas City, TX 77590 Fax (409) 949-9994 Alzheimer's and related Dementia Disorders, Skilled Nursing Unit (SNF), Long Term Care, Medicare, & Medicaid

Sea Breeze Care Center…………………………………..…….…(409) 935-2451
6602 Memorial Drive

Texas City, TX, 77590 Fax (409) 938-0913 Skilled Nursing Unit (SNF), Skilled Nursing Unit (SNF), Long Term Care, Medicare, Medicaid, & Hospice

Nursing Home Abuse

If you suspect that an elderly person is not being properly cared for in a nursing home, please report the problem immediately.

Texas Advocate for Nursing Home Residents………………(972) 572-6330
TDHS – Long Term Care Regulatory Hotline………………..(800) 458-9858
Respite Care

Texas Respite Resource Network........................................(210) 228-2794
P.O. Box 7330 San Antonio,
TX 78207-3198 (210) 228-2797 (FAX)

SERVING: People with disabilities of all ages

Texas Department of Human Services.................................(409) 948-3481
Community Care for the Aged & Disabled (C.C.A.D.) 714 Loop 197 North
Texas City, TX 77590

Family care; primary care; adult care; home delivered meals;
emergency response service and case management. Must meet
specific age, income, resources, needs assessment and unmet
needs requirements depending upon service required.

Shelters

Baptist Minister’s Association Shelter..............................(409) 750-8018
2727 Market Street
   Galveston, TX 77550

Community Assessment Program.................................(409) 762-2233
2622 Market Street
   Galveston, TX 77550
Gamble Personal Care Home……………………………………….(409) 935-5655
   501 Amburn
   Texas City, TX  77591
Mission Galveston………………………………………………….(409) 770-9115
   321 Rosenberg
   Galveston, TX 77550
Ronald McDonald House……………………………………….(409) 762-8770
   PO Box 1045
   Galveston, TX 77553
Rosemont Assisted Living and Alzheimer’s Community……(281) 461-7600
   14101 Bay Pointe Court
   Houston, TX  77062
Salvation Army…………………………………………………..(409) 763-1691
   2228 Broadway
   Galveston, TX 77550
Turner Geriatric Center……………………………………………..(409) 763-6437
   2228 Seawall
   Galveston, TX 77550

Transportation

ACCT AIDS Coalition of Coastal Texas………………………….(409) 763-2437
   1401 39th Street
   Galveston, TX 77550
   Disabled-Handicapped Transportation
Limited van transportation is provided for seniors who do not have access to daily transportation. For those seniors who want to attend the local senior community center for lunch, do weekly shopping, or need to do errands, each center offers a weekly Van schedule. These vans are in service five days a week in selected areas of the county, in proximity to the nearest community center. Seniors must notify the driver or telephone the center a day in advance to schedule a ride from their homes to the senior center. Contributions received from seniors help supplement costs and expand programs.

*The four centers are located at:*

4503 11th St.
Bacliff, TX 77518
(281) 559-2095 Angie Rodriguez

2714 Hwy 3
Dickinson, TX 77539
(281) 534-4091 Jean Jenkins

2201 Avenue L
Galveston, TX 77550
(409) 770-6251 Peggy Davis
• Wayne Johnson III Community Center
  Carbide Park
  La Marque, TX 77568
  (409) 934-8148 Olda Perez

Galveston County Sheriff Department – Mental Health Department

Mental Health Crisis Response – Galveston……………………………………… (409) 766-2323
  601 54th St.
  Galveston, TX 77550……………………………………… (409) 766-2324

_Medical Transport_

Gulf Coast Center…………………………………………….(409) 763-2373

123 Rosenberg Ste 6
  Galveston, TX 77550

_Transportation services are provided to the general public via our Connect Transportation Program. Anyone can access a ride by scheduling at least one day in advance. Vans operate within Galveston and Brazoria Counties with scheduled service to the Houston Medical Center. Trips are provided for medical appointments, school, work, shopping and social activities. To Schedule call: (800) 266-2320 (for Brazoria & Galveston Counties) (409) 945-0820 or (281) 474-5292_

HIS Interfaith Caring Ministry………………………………………(409) 925-4697

Santa Fe

_Disabled-Handicapped Transportation_
LaMarque Senior Service Center...............................(409) 934-8148
4102 FM 519
LaMarque, TX.................................................(409) 934-8158

Disabled-Handicapped Transportation

Medical Transport – Galveston.........................................(409) 621-3141
PO Box 2340
Galveston, TX 77553.............................................(409) 938-2424

Disabled-Handicapped Transportation

St. Vincent’s House..................................................(409) 763-8521
2817 Post office
Galveston, TX 77550

Disabled-Handicapped Transportation
The City of Texas City Department of Recreation & Tourism welcomes citizens 55 and older to the Senior Citizens Program. This program offers handicap van service. The handicap van service is provided free of charge by the City of Texas City. Operation is limited to the city limits of Texas City and La Marque. The City of Texas City Department of Recreation and Tourism reserves the right to refuse service to any rider who fails to follow established handicap van use policies. Passengers who are "no shows" or "late cancellations" will be subject to review of transportation services by Program Coordinator. Van schedule and/or policies are subject to change without notice.

Van Schedule:
Nessler Center…………………………………... (409) 643-5877
2010 5th Avenue North Texas City, TX 77590

- **Monday** -- Doctors' office,* pay utility bills, post office, banks, drug stores
- **Tuesday** -- Grocery store (HEB)
- **Wednesday** -- Mall of the Mainland, Wal-Mart, Mainland Crossing
- **Thursday** -- Doctors' office,* pay utility bills, post office, banks, drug stores
- **Friday** -- Grocery store (Kroger)

Utilities
Texas Public Utility Commission………………………… (888) 782-8477

**Dickinson**
- Electricity: Kenmoor Electric Co (281) 337-4100
- Gas: Centerpoint Energy (281) 534-4569
- Telephone: Southwestern Bell (800) 464-7928
- Water: Wcid (281) 337-4852

**Galveston**
- Electricity: Center Point Energy (409) 765-4165
- Gas: Texas Gas Service (409) 766-2803
• Telephone: Absolute Communications (409) 762-0078

League City
• Gas: Centerpoint Energy (281) 534-4569
• Telephone: Verizon (800) 483-4400
• Water: City of League City Water Dept. (281) 338-4816 or 4133

Santa Fe
• Gas: Centerpoint (281) 331-4449
• Telephone: Southwestern Bell (800) 464-7928 & Verizon (800) 483–4400
• Water: Galveston County Acid #8 (409) 925-2821

Texas City
• Electricity: First Choice Power (409) 945-2386 & Texas New Mexico Power Co (409) 948-8451
• Gas: El Paso Field Svc (409) 945-6622
• Telephone: South Western Bell (409) 942-8030
• Water: Texas City Water Dept (409) 643-5923 & Gulf Coast Water Authority (409) 935-2438

Utility Programs
Galveston County Community Action Council.................(800) 300-3004
LITE-UP - Texas Low Income Telephone and Electric Utilities Program.................................................................(866) 454-8387
Health Concerns

Alzheimer’s

Common Symptoms of Alzheimer’s:

• Memory loss
• Problems doing familiar tasks
• Problems with language
• Trouble knowing the time, date, or place
• Poor or decreased judgment
• Problems with abstract thinking
• Misplacing things often, such as keys
• Changes in mood and behavior
• Changes in personality
• Loss of interest in starting projects or doing things

As the disease begins to advance, the symptoms begin to increase in frequency. If you begin to have some of these symptoms, check with your doctor immediately since early detection is important.

Alzheimer’s Association……………………………………  (800) 272-3900
2909 West Holcombe
   Houston, TX 77025
Alzheimer’s Disease Education and Referral (ADEAR)……..(800)438-4380
National Alzheimer's Association………………………… (800) 272-3900
Heritage Danforth Gardens………………………………… (409) 949-9499
519 Ninth Avenue North
Texas City, TX 77590

Alzheimer's and related Dementia Disorders, Skilled Nursing Unit (SNF), Long Term Care, Medicare, & Medicaid

Rosemont Assisted Living and Alzheimer’s Community…(281) 461-7600
14101 Bay Point Court
Houston, TX 77062

UTMB Senior Resource Center……………………………… (409) 747-2141
Sage Source programs ……………………………. toll free (888) 887-6800
Primary Care Pavilion
400 Harborside Drive
Galveston, TX 77550

Support groups are offered through Geriatrics Services and include Caregiver Support Group, Bereavement Support Group and Alzheimer's Support Group

Arthritis

Arthritis isn’t just one disease; it’s a complex disorder that comprises more than 100 distinct conditions and can affect people at any stage of life. Two of the most common forms are Osteoarthritis and Rheumatoid Arthritis.

These two forms have very different causes, risk factors, and effects on the body, yet they often share a common symptom—persistent joint pain. The joint pain of arthritis can appear as hip pain, knee pain, hand pain, or wrist
pain, as well as joint pain in other areas of the body. If you have joint pain, stiffness and/or swelling for more than 2 weeks, you may have arthritis. Make an appointment with your doctor.

From www.arthritis.com

UTMB Geriatric Center
Arthritis Clinic............................................................(409) 948-8862

The Arthritis Clinic is available to help meet the needs of the UTMB Geriatric patients with the diagnosis and management of difficult arthritic conditions and rheumatologic diseases such as osteoarthritis, rheumatoid arthritis, lupus, and polymyalgia rheumatic. Danforth Gardens 519 Ninth Avenue North Texas City, Texas 77590 toll free.................................................................(888) 887-6800

Allergy, Asthma, & Arthritis Center.................................(281) 338-6509
617 Cole St
Webster, TX 77598
Arthritis Foundation Information Service.......................(800) 283-7800
Cancer Resources

American Cancer Society ......................................... (800) 227-2345
D’ Feet Breast Cancer .............................................. (409) 771–5574
   6610 Stewart Rd PMB 67
   Galveston, TX 77551
Deke Slayton Cancer Center ................................. (281) 332-7505
   501 Medical Center Blvd
   Webster, TX 77598
Gulf Coast Cancer & Diagnostic ............................. (713) 474-1414
   12811 Beamer Rd
   Houston, TX 77089
Leukemia Society of America ................................. (800) 955-4572
Point of Light Clinic .............................................. (281) 534–3984
   2900 Dickinson Avenue
   Dickinson, TX
Skin Cancer Foundation ....................................... (800) 754-6490
Susan G. Komen Breast Cancer Foundation ............. (800) 462-9273
Texas Department of Health ................................... (800) 452 1955
   Call for information on free or low cost mamograms
University of Texas - M D Anderson Library .............. (713) 743-9800
   4800 Calhoun Rd # 114
   Houston, TX 77004
University of Texas - MD Anderson Cancer Center ..... (713) 792-2121
   1515 Holcombe Blvd
   Houston, TX 77030
   Call about free prostate screening .......................... (713) 792-8924
Galveston County Health District BCCCP Program………… (409) 763-7202

The Texas Department of State Health Services (TDSHS), Bureau of Women's Health, oversees the BCCCP Program from its office at DSHS Headquarters in Austin. The goal of the Texas Breast and Cervical Cancer Control Program is to reduce mortality from breast cancer and cervical cancer in Texas. Their first priority is reaching women age 50 - 64, because they are at greatest risk for developing breast cancer.

The mammogram screening for the BCCCP program is always conducted at either the Galveston or Texas City 4C's clinic.

**Chronic Pain**

Back & Neck Pain Relief Clinic……………………………………(281) 326-4980
3140 Nasa Road 1
Seabrook, TX 77586

Back Pain Chiropractic……………………………………………..(281) 485-2955
2018 Broadway St
Pearland, TX 77581
Center For Back Pain………………………………………………..(281) 648-2323
1414 S Friendswood Dr
Friendswood, TX 77546

Fibromyalgia & Chronic Pain………………………………………..(281) 996-0315
307 S Friendswood Dr
Friendswood, TX 77546

Friendswood Pain Clinic……………………………………………..(281) 992-8488
363 E Parkwood Ave
Friendswood, TX 77546

Mainland Pain Consultants…………………………………………(281) 534-1133
3828 Hughes Ct # 202
Dickinson, TX 77539

Marr, Glenn DC - Marr Physical Medicine Pain ………….. (281) 554-5575
3480 W Main St
League City, TX 77573

Neurology Headache & Pain Center……………………………..(281) 338-7246
1234 Nasa Rd 1
Houston, TX 77058

Pain & Rehab Association Of Texas…………………………..(281) 338-4443
17448 Highway 3 # 130
Webster, TX 77598

Pain Relief Center…………………………………………………..(281) 554-3400
17099 Texas Ave # 300
Webster, TX 77598
Assuming it is a natural consequence of getting old, many elderly suffer regularly from chronic pain and do not seek medical treatment. Thanks to a growing body of research in pain management and new effective treatments, pain does not have to be a fact of life.

_Texas City Location:_ (409) 948-8862
Danforth Gardens, 519 Ninth Avenue North Texas City, Texas 77590
toll free: (888) 887-6800

Diabetes

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.
Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the sixth leading cause of death in the United States.

Common Symptoms of Diabetes:

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than usual.

American Diabetes Association…………………………………… (800) 342-2383
National Diabetic Pharmacies……………………………………(800) 467-8546
Stark Diabetes Center……………………………………………..(409) 772-0700
  UTMB Primary Care Pavilion, Ste 115
  400 Harborside Drive
  Galveston, TX 77555-1188
  Fax (409) 772-0706
  www.stark-diabetes.org
Texas Diabetes Council………………………………………….. (512) 458-7490
Galveston County Health District 4C’s Clinic…………………..(409) 938-2234
  ................................................................. (281) 309-0255

*Diabetes Education: Every Tuesday - 9am -10am and at 5pm-6pm at our Texas City Clinic (in English and Spanish), Wednesday 2pm-3pm in our Galveston facility.*
Geriatrics

Eldercare Resources Pro Care........................................(409) 744-4470
11 Williamsburg Circle
     Galveston, TX 77551
Galveston County Senior Aids.................................(409) 762-8375
     2201 Avenue L
     Galveston, TX 77550
Geriatric Healthcare Center...............................(409) 772-3373
     400 Harborside, Suite 125
     Galveston, TX 77555
SageSource..............................................................(409) 747-2142
     (A UTMB Senior Citizens' Program)
Santa Fe Senior Citizens......................................(409) 925-3342
     4605 Peck St
     Santa Fe, TX 77517
Sealy Center on Aging........................................(409) 747-0008
Senior Healthcare Helpline..................................(409) 747-2141
Texas City Senior Citizens.................................(409) 643-5877
     2010 5th Ave N
     Texas City, TX 77590
UTMB Geriatric Services......................................(409) 747-3581
Hearing/Audiologists

Bay Area Hearing Svc...........................................(281) 534-6689
   914 Fm 517 Rd W # 101
   Dickinson, TX 77539

Better Hearing Institute...........................................(800) 327-9355

Clear Lake ENT......................................................(281) 335-7755
   18100 Saint John Dr
   Houston, TX 77058

Galco Hearing Aid Service.....................................(409) 740-4094
   2724 61st St # 8
   Galveston, TX 77551

Galco Hearing Aid Svc............................................(281) 326-2612
   2622 Nasa Road 1 # G1
   Seabrook, TX 77586

Gulf Coast Hearing Care Center...............................(409) 986-6100
   9300 EF Lowry Expressway
   Texas City, TX 77591

Gulf Coast Center..................................................(281) 332–3501
   4444 West Main
   League City, TX 77573
   (888) 839 – 3229 (toll free)

Houston Center for Independent Living......................(713) 974–4621
   7000 Regency Square Blvd Suite 160
   Houston, TX 77036

UTMB Otolaryngology Clinic...................................(409) 772-7317
   University Hospital Clinics, 7 th Floor Galveston, TX 77555
Heart Problems

Common Heart Attack warning signs

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- **Shortness of breath.** May occur with or without chest discomfort.

- **Other signs:** These may include breaking out in a cold sweat, nausea or lightheadedness

*If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than a few minutes (no more than 5) before calling for help. Call 9-1-1... Get to a hospital right away.*

Taken from the American Heart Association
Heart failure causes more admissions to the hospital than all forms of cancer combined and is the causative diagnosis in over half of all admissions in patients over 65. The Geriatric Heart Failure clinic focuses on the evaluation and treatment of this disease.

**Texas City Location**: (409) 948-8862
Danforth Gardens, 519 Ninth Avenue North, Texas City, Texas 77590
toll free: (888) 887-6800

**Santa Fe Location**: (409) 927-8130
Geriatric HealthCare Center, Santa Fe Junction Shopping Center
12426 Highway 6, Santa Fe, TX 77510
toll free: (888) 887-6800

**Bay Area Heart Center**: (281) 484-4100
17448 Highway 3 #175
Webster, TX 77598
Bay Area Cardiology…………………………………………(281) 332-0577
  2 Professional Park Dr
        Webster, TX 77598
Cardiovascular Specialists of Texas......................... (409) 945-5444
  6807 Emmett F Lowry Expy # 108
        Texas City, TX 77591
Mainland Cardiology.............................................(409) 938-7409
  6504 Memorial Dr
        Texas City, TX 77591
UTMB Cardiology Clinic........................................(409) 772-7080
  University Hospital Clinics, 4th Floor
        Galveston, TX 77555

Kidney Specialists/Dialysis

Alvin Dialysis...........................................................(281) 388-0707
  2625 S Loop 35 # 154
        Alvin, TX 77511
Aristiumno, Patricia MD - Island Dialysis Ctr…………….(409) 740-1109
  5920 Broadway St
        Galveston, TX 77551
Clear Lake Kidney Center...........................................(281) 996-5040
  1550 Live Oak St
        Webster, TX 77598
FMC Dialysis Service..............................................(281) 534-2673
  3800 Hughes Ct
Dickinson, TX 77539
Mainland Dialysis Facility……………………………………..(409) 938-7719
   2600 Gulf Fwy
   La Marque, TX 77568
Pearland Dialysis……………………………………………..(281) 412-7422
   6516 Broadway St
   Pearland, TX 77581
Sandcastle Dialysis…………………………………………..(409) 933-0406
   8900 Emmett F Lowry Expy # 200
   Texas City, TX 77591
Texas City Dialysis…………………………………………..(409) 948-9300
   3557 Palmer Hwy
   Texas City, TX 77590
UTMB Home Dialysis Clinic……………………………………..(409) 747-2022
   University Hospital Clinics, 4th Floor
   Galveston, TX 77555
Vu, Chau MD - Kidney Specialists Of Bay Area………………(281) 332-2400
   400 Medical Center Blvd.
   Webster, TX 77598

American Kidney Fund……………………………………. (800) 638-8299
End Stage Renal Disease Network Organization…………… (972) 503-3215
Mental Health

Depression strikes all ages, but experts now recognize that a significant number of older adults suffer from this illness. Special attention is being focused on the early recognition and treatment of this disease.

Warning Signs of Depression:

- Loss of interest in formerly pleasurable activities.
- Dissatisfaction with life.
- Withdrawal from social activities.
- Loss of energy.
- Feeling useless or hopeless.
- Irritability.
- Over concern with health problems.
- Sadness and crying for no obvious reason.
- Worry and/or self criticism.
- Difficulty concentrating and/or making decisions.
- Loss of appetite and weight.

From: http://www.brookdale.edu/html/geriatric_mental_health_servic.html

Adult Psychiatric Clinic……………………………………. (281) 286-0000
109 Marshall St
League City, TX 77573

Bay Area Family Counseling………………………….. (281) 488-1213
1234 Bay Area Blvd # R
Houston, TX 77058
Behavioral Healthcare ............................................. (409) 750-9105
2200 Market St # 609
Galveston, TX 77550

Clear Lake Christian Center .................................. (281) 480-3683
17000 El Camino Real # 105e
Houston, TX 77058

Clear Lake Psychotherapy ..................................... (281) 488-0615
17625 El Camino Real # 490
Houston, TX 77058

Clear Lake Shores Counseling ............................... (281) 334-2272
1006 S Shore Dr # 3
Kemah, TX 77565

Coastal Rehab & Counseling Service ....................... (409) 935-4885
2408 Duroux Rd
La Marque, TX 77568

Devereux Outpatient Service ............................... (281) 332-8608
1150 Devereux Dr
League City, TX 77573

Devereux Outpatient Service ............................... (409) 938-7767
8900 Emmett F Lowry Expy # B
Texas City, TX 77591

Family Matters .................................................. (409) 948-9269
2501 Palmer Hwy # 202a
Texas City, TX 77590

Galveston County Sheriff Dept, Mental Health Department .... (409) 766-2323
2026 Sealy Ave.
Galveston, TX 77550
Osteoporosis

UTMB Geriatric Center

Osteoporosis Clinic

Osteoporosis afflicts 25 million Americans annually. Determining presence, reducing risk factors, and treating the disease is the focus of our osteoporosis clinic.

Galveston Location: ........................................... (409) 772-3373
400 Harborside Drive Suite 125 Galveston Texas 77550 toll free.........................................................(888) 887-6800
Parkinson’s Disease

Parkinson’s disease is a disease that is characterized by four major features:

- Rest tremor of a limb (shaking with the limb at rest)
- Slowness of movement (bradykinesia)
- Rigidity (stiffness, increased resistance to passive movement) of the limbs or trunk
- Poor balance (postural instability)

Patients may first realize something is wrong when they develop a tremor in a limb; movements are slowed and activities take longer to perform; or they experience stiffness and have balance problems. Initially, symptoms are a variable combination of tremor, bradykinesia, rigidity and postural instability. Symptoms typically begin on one side of the body and spread over time to the other side. If you develop these symptoms, please see your doctor.

From www.parkinson.org
UTMB Geriatric Center

Parkinson’s Disease and Movement Disorders Clinic

This clinic focuses on the treatment of patients with Parkinson's Disease and other complex movement disorders such as dystonia or twisted muscles (writer's cramp, etc.), and involuntary movements (jerking or trembling), like tremors or convulsions

Texas City Location:…………….…………………….(409) 948-8862
Danforth Gardens, 519 Ninth Avenue North Texas City, Texas 77590
toll free…………………………………………………..(888) 887-6800

Santa Fe Location:…………………………………………………(409) 927-8130
Geriatric HealthCare Center, Santa Fe Junction Shopping Center
12426 Highway 6 Santa Fe, TX 77510
toll free…………………………………………………..(888) 887-6800

American Parkinson's Disease Association…………………..(800) 223-2732
Houston Area Parkinson Society……………………………(713) 626-7114
2700 Southwest Fwy
Houston, TX 77098
**Rheumatology**

UTMB Adult Rheumatologic Clinic…………………………..(409) 772-7063
   400 Harborside, Ste 105
   Galveston, TX 77555

Allergy, Asthma, and Arthritis Center………………………..(281) 338-6509
   617 Cole St
   Webster, TX 77598

**Substance Abuse**

Alcoholics Anonymous…………………………………………(409) 763-9276
   1823 33rd St
   Galveston, TX 77550

Alcoholics Anonymous…………………………………………(409) 948-1591
   518 6th Ave N
   Texas City, TX 77590

Alcoholics Anonymous…………………………………………(409) 925-2848
   12045 15th St
   Santa Fe, TX 77510

Alcoholics Anonymous…………………………………………(281) 474-9066
   1310 5th St
   Seabrook, TX 77586

Alcohol & Drug Service…………………………………………(409) 643-8216
   602 6th St N
   Texas City, TX 77590

American Council for Drug Education…………………………..(800) 488-3784
Bay Area Council On Drugs and Alcohol........................(800) 280-8038
1300 Bay Area Blvd....................................................(281) 212-2900
Houston, TX 77058..................................................(800) 510-3111

Galveston Location
William Temple Episcopal Center...........................(713) 373-2574
427 Market Street
Galveston, TX 77550

Devereaux Texas Treatment Network......................... (281) 335-1000
1150 Devereaux Drive
League City, TX 77573

Drug & Alcohol Abuse 24 7...........................................(409) 741-8554
2102 59th St
Galveston, TX 77551

Gulf Coast Center.......................................................(409) 763-2373
123 Rosenberg Suites 6
Galveston, TX 77550

Recovery Programs provide screening and referral for individuals with chemical abuse or dependency problems. For Recovery Services call location nearest you:

Galveston.................................................................(409) 762-5935
Texas City...............................................................(409) 935-0506
Alvin......................................................................(281) 388-1006

Narcotics Anonymous...............................................(409) 933-3232
2327 Texas Ave,
Texas City, TX 77590

National Clearinghouse for Alcohol & Drug Information.....(800) 729-6686
National Council for Alcoholism & Drug Dependence.......(800) 622-2255
Phoenix House Council..............................................(409) 750-9795
123 25th St
Galveston, TX 77550

Texas City Alcohol and Drug Counseling......................(409) 643-8216
602 6th Street
Texas City, TX 77590

Turning Point...........................................................(409) 621-2120
6000 Broadway Ste 102
Galveston, TX 77551

United Way of Galveston..........................................(409) 762-4357
1902 Mechanic
Galveston, TX 77550

Inpatient/Residential Treatment Centers

Alcohol/Drug Abuse Women’s Center.........................(409) 763-5516
201 1st Street
Galveston, TX 77550

Bay Area Recovery Center.................................(281) 337-1343
4316 Washington
Dickinson, TX

Bay Brook Villa Recovery Center...........................(409) 949-4673
501 8th Ave North
Texas City, TX 77590.................................(877) 949-467

Pathway to Recovery..............................................(409) 933-4366
2119 Oak
LaMarque TX 77568
Salvation Army…………………………………………..… (409) 763-1691
2228 Broadway
Galveston, TX 77550

Outpatient & Counseling Centers
Community Assessment Program…………………………(409) 762-2233
2622 Market Street
Galveston, TX 77550
Family Service Center of Galveston County………………(409) 762-8636
2128 Ave P
Galveston, TX
Texas City Aid and Guidance………………………………(409) 643-8216
602 6th Street North
Texas City, TX 77590

Urology
Adult & Pediatric Urology-Houston………………………… (281) 338-8601
450 Medical Center Blvd
Webster, TX 77598
Bay Area Urology……………………………………………… (281) 332-9502
8 Professional Park Dr # 8
Webster, TX 77598
Mainland Urology Clinc…………………………………….. (409) 945-4682
6807 Emmett F Lowry Expy # 303
Texas City, TX 77591
UTMB Geriatric Healthcare Centers

Urinary Incontinence Clinic...........................................(409) 772-3373
Involuntary loss of urine is a very common and embarrassing problem associated with aging. Due to the social aspect of this issue it can often decrease activities and quality of life. We provide assessment and management of this difficult social and medical issue.

400 Harborside Drive Suite 125 Galveston Texas 77550 toll free.................................................................(888) 887-6800

UTMB Urology Clinic....................................................(409) 772-7225
University Hospital Clinics, 5th Floor
Galveston, TX 77555

Help for Incontinent People...........................................(800) 252-3337

Vascular

UTMB Geriatric Center
Vascular Clinic

Blood is the wellspring of life, bringing oxygen and nutrients to all parts of the body. When blood flow is reduced, serious problems can result. Prevention, diagnosis, and treatment of vascular diseases such as stroke, aneurysms, poor circulation in the legs, varicose veins and other types of potentially dangerous clotting or blood restriction is the focus of our vascular clinic.
Texas City Location: .................................................. (409) 948-8862
Danforth Gardens, 519 Ninth Avenue North Texas City, Texas 77590
1(888) 887-6800

Vision

American Council of the Blind........................................... (800) 424-8666
American Foundation for the Blind.....................................(800) 232-5463
Department of Assistive and Rehabilitative Services – Blind Division
(DARS – Blind Division).................................................... (713) 944-9924
10060 Fuqua
Houston, TX 77089.......................................................... (800) 687-7036

Formerly Texas Commission for the Blind
Bayshore Eye Assoc.......................................................... (281) 332-1397
450 Medical Center Blvd # 305
Webster, TX 77598

Coastal Eye Assoc............................................................ (409) 945-2269
6807 Emmett F Lowry Expy
Texas City, TX 77591

Eye care America Helpline................................................(800) 222-3937
Eye Clinic Of Texas........................................................... (281) 332-3937
1100 Gulf Fwy S # 114
League City, TX 77573
Eye Clinic Of Texas .......................................................... (409) 765-6324
2302 Avenue P
Galveston, TX 77550
Eye Clinic Of Texas .......................................................... (409) 938-8437
6409 Memorial Dr
Texas City, TX 77591
Glaucoma Eyecare Program ............................................. (800) 391-3937
Lighthouse of Houston ..................................................... (713) 527-9561
Mainland Eye Clinic ....................................................... (409) 948-6447
702 9th St N
Texas City, TX 77590
Prevent Blindness of Texas Gulf Coast ............................... (409) 762-9074
2302 Ave P
Galveston, TX 77551
Texas State Library Talking Book Program ........................ (800) 252-9605
Vision USA ................................................................. (800) 766-4466
Health Care Resources

Disabilities & Accessibility Issues

American Association of People with Disabilities (AAPD)…(800) 840-8844
Advocacy, Inc………………………………………………………………………(800) 880-0821
Provides advocacy and legal help for the disabled.
Governor's Committee on People with Disabilities……………… (512) 463-5739
Prevent Blindness of Texas Gulf Coast…………………………(409) 762-9074
2302 Ave P
Galveston, TX 77551
State Independent Living Council of Texas………………….. (512) 371-7353
The Arc of Texas…………………………………………………………….. (512) 454-6694
The Christopher Reeve Paralysis Association………………(800) 225-0292
Texas Area Agency On Aging and Disabled…………………..(800) 677-8264
Texas Center for Disability Studies…………………………….. (800) 828-7839
Texas Department on Aging ………………………………………….. (800) 252-9240
The Institute for Rehabilitation and Research in Houston….. (713) 942-6159

Adaptive Technology

Lighthouse of Houston…………………………………………………..(713) 527-9561
Texas State Library Talking Book Program…………………..(800) 252-9605
Texas Technology Access Project……………………………………(800) 828-7839
Information & Education

Department of Assistive and Rehabilitative Services – Blind Division
(DARS – Blind Division).........................................................(713) 944-9924

10060 Fuqua
Houston, TX 77089......................................................... (800) 687-7036

Gulf Coast Center – MHMR................................................... (800) 643-0967

123 Rosenberg Suite 6
Galveston, TX 77550............................................................ (409) 763-2373

Houston-Galveston Area Agency on Aging.......................(713) 627-3200

3555 Timmons Suite 120
Houston, TX 77027............................................................ (800) 437-7396

HRA Village..........................................................(409) 935-4335

905 Hwy 3
Texas City, TX 77591

Jesse Tree.............................................................(409) 762-2233

2622 Market Street
Galveston, TX 77550

Texas Rehabilitation Commission............................. (409) 762-7988

1528 Postoffice
Galveston, TX 77550............................................................ (800) 628-5115

Medical Equipment & Supplies

A-MED Medical..............................................................(409) 938-4107

8900 EF Lowry Expressway
Texas City, TX 77591
Galveston Medical Supplies

711 25th Street
Galveston, TX 77550

Hanger Prosthetics and Orthotics.................................(409) 763-8250

625 University Blvd
Galveston, TX 77550

Health Resources Unlimited.................................(281) 534-7533

5720 Guadalupe
Dickinson, TX 77539...............................(800) 316-9865

Lincare Medical Equipment.................................(713) 666-4500

621 University
Galveston, TX 77550.............................(866) 237-1945

M. H. Sources......................................(409) 744-1776

1025 Holly
LaMarque, TX 77568...............................(409) 933-1492

Medicine Man Pharmacy.................................(409) 986-6551

13250 Hwy 6
Santa Fe TX 77510..............................(409) 925-3522

Texas Home Health...............................(409) 762-5753

4920 Seawall
Galveston, TX 77550
Home Health Care

Abundant Life Personal Home Health Care Services………..(281) 332-3363
2800 West Main Street Suite A
League City, TX 77573

All Nursing Home Health Services Inc………………………..(409) 766-1062
1802 Broadway Suite 224
Galveston, TX 77550

Amed Home Health………………………………………………..(409) 935-1234
8900 E F Lowry Expressway Suites 102
Texas City, TX 77591

Assist Med Inc…………………………………………………………(409) 750-8565
1802 Broadway Ste 212
Galveston, TX 77550

Constant Care Providers LP……………………………………..(281) 748-3792
2239 Woodwind Way
League City, TX 77573

Dancar Home Health Services……………………………………(281) 309-0680
3008 Wyoming Ave
Dickinson, TX 77539

Exceptional Home Health………………………………………..(281) 648-7548
16918 Creek Line Drive
Friendswood, TX 77546

Regency Home Health……………………………………………….(281) 316-2604
1100 Gulf Freeway Suite 120
League City, TX 77573
Sigma Health Care.............................................(866) 744-6244
1609 Tremont
Galveston, TX 77550
Texas Home Health.............................................(409) 762-5753
4920 Seawall
Galveston, TX 77551
UTMB Geriatric House calls.................................(409) 747-2141
Senior Care Help line.......................................(888) 887-6800
Residents of Southern Galveston County who fall within the distance guidelines and who are at least 65 years of age and homebound meet the requirements for this program.

Village Home Health...........................................(281) 554-6742
631 N. Egret Bay Blvd. Suite A,
League City, TX 77573

Visiting Nurse Association.................................(713) 520-8115
2905 Sackett
Houston, TX 77098

**Hospice**

Amed Community Hospice.................................(409) 935-0169
8901 Emmett F Lowry Expy # B
Texas City, TX 77591

Hospice of Galveston County, Inc...........................(409) 938-0070
1708 North Amburn Road
Texas City, TX 77591 .... or. (800) 545-8738

National Hospice Organization...........................(800) 658-8898
Regency Hospice…………………………. ………………… (281) 333-3817
1100 Gulf Fwy S
League City, TX 77573
Vitas Hospice Service……………………………………….. (281) 335-4855
18333 Egret Bay Blvd # 550
Houston, TX 77058

House Calls
Senior Care Help line at UTMB………………………..(409) 747-2141
toll free ...............................................................(888) 887-6800

Medical Equipment and Supplies
A-MED Medical……………………………………...………(409) 938-4107
8900 EF Lowry Expressway
Texas City, TX 77591
Galveston Medical Supplies……………………………..(409) 763-0544
744 25th Street
Galveston, TX 77550
Hanger Prosthetics and Orthotics…………………………(409) 763-8250
625 University Blvd
Galveston, TX 77550
Health Resources Unlimited……………………………..(281) 534-7533
5720 Guadalupe
Dickinson, TX 77539................................................ (800) 316-9865
Pharmacies/Prescriptions

Broadway Drug Store.............................................(409) 765 – 7701
2027 Broadway
Galveston, TX 77550

CVS Pharmacy......................................................(409) 740 – 0276
2510 61st St
Galveston, TX 77551

Advanced Pharmacy Svc........................................(281) 337 – 3500
2415 FM 517 Rd W
Dickinson, TX 77539
CVS Pharmacy ......................................................... (281) 338 - 4010
    120 W Main St
    League City, TX 77573
CVS Pharmacy ......................................................... (281) 332 - 7430
    2700 W Main St
    League City, TX 77573
CVS Pharmacy ......................................................... (409) 945 - 3426
    2902 Palmer Hwy
    Texas City, TX 77590
CVS Pharmacy ......................................................... (409) 763 - 3444
    2425 Avenue J
    Galveston, TX 77550
Galveston County Coordinated Community Clinics Community Family Center (4C’s) ......................................................... (409) 949 - 3450
    2000 TX Avenue
    Texas City, TX 77590
Galveston County Coordinated Community Clinics Community Family Center (4C’s) ......................................................... (409) 763- 7273
    4700 Broadway
    Galveston, TX 77551
Kroger Food Store ................................................. (409) 945 - 3438 or 3436
    3451 Palmer Hwy
    Texas City, TX 77590
Kroger Food Store ................................................. (409) 741 - 9091
    5730 Seawall Blvd
    Galveston, TX 77551
Plaza Drug.................................................................(409) 925 – 3575
   12430 Hwy 6
   Santa Fe, TX 77510
St. Mary’s Health Center Medical and Dental...............(409) 763 – 7200
   4700 Broadway St
   Galveston, TX 77550
Seniors Health Corps...................................................(409) 930 – 2293
   1207 Oak St
   P.O. Box 939
   LaMarque, TX 77568
Walgreens.................................................................(409) 938-7263
   1801 Texas Ave
   Texas City, TX 77590
Walgreens.................................................................(409) 763-4604
   308 Seawall Blvd
   Galveston, TX 77550
Walgreens.................................................................(409) 744-8919
   2715 61st St
   Galveston, TX 77551
Walgreens.................................................................(409) 945-0212
   3321 Palmer Hwy
   Texas City, TX 77590
Walgreens.................................................................(409) 938-7263
   1891 Texas Ave
   La Marque, TX 77568
Walgreens……………………………………………………………..(281) 337-3521
4016 Highway 3
        Dickinson, TX 77539
Walgreens……………………………………………………………..(281) 337-6825
100 Fm 646 Rd E
        Dickinson, TX 77539
Walgreens……………………………………………………………..(281) 535-0248
2990 Marina Bay Dr
        League City, TX 77573
Walgreens……………………………………………………………..(281) 474-3025
1902 Bayport Blvd
        Seabrook, TX 77586

Rehabilitation Therapy
Bay Area Physical Therapy……………………………………….. (281) 534-7508
200 Pine Dr
        Dickinson, TX 77539
Health & Sports Physical Therapy………………………………….. (281) 534-3300
3828 Hughes Ct
        Dickinson, TX 77539
Hope Rehab & Aquatic Therapy……………………………………… (281) 338-6777
103 Davis Rd
        League City, TX 77573
Matrix Bay Area Physical Therapy……………………………………… (281) 538-8375
2500 Marina Bay Dr # P
        League City, TX 77573
Physical Therapy Service…………………………………… (409) 763-7025
1810 23rd St
Galveston, TX 77550

St John's Sport Medicine……………………………………. (409) 948-1217
3201 Palmer Hwy
Texas City, TX 77590

Transitional Learning Center…………………………………… (409) 762-6661
1528 Post Office St
Galveston, TX 77550
Community Services

Animal Shelters

Galveston County Animal Shelter ……………………………(409) 948–2485
3412 Loop 197 North
Texas City, TX

Animal Shelter & Adoption Center ……………………. (409) 740 –1919
6814 Broadway
Galveston, TX

Bay Area SPCA…………………………………………………(281) 339-2086
3000 Avenue R
San Leon, TX 77539

City of Pearland Animal Control……………………………(281) 652-1970
2002 Old Alvin Rd
Pearland, TX 77581

Galveston County Animal Shelter………………………… (409) 948–2485
3412 Loop 197 North
Texas City, TX

SPCA Of Brazoria County ……………………………….. (409) 849 –6900
17000 S Highway 288b
Angleton, TX 77515
Clothing/Resale Shops

Alvin Resale..............................................................................(281) 331–5353
100 Motel Dr
Alvin, TX 77511

Bay City Christian Services.................................(281) 338–7238
209 W Main
League City, TX 77573

B J’s Garage Sale Store ..............................................(409) 762 – 3410
2001 35th St
Galveston, TX 77550

Bargain Corner.................................................................(409) 948 – 2460
501 6th St N
Texas City, TX 77590

C & L Resale.................................................................(409) 933 – 1245
1215 1st St
LaMarque, TX 77568

Chi Chi's Resale Shoppe...............................(281) 534-2270
810 Deats Rd # 48
Dickinson, TX 77539

Clothes Basket..............................................................(281) 326-6320
2206 Waters Edge Ln
League City, TX 77573

Galveston County Adult Help...........................(409) 945 - 4414
2120 Texas Avenue
Texas City, TX 77590
Community Centers

Galveston County Department of Parks and Senior Services provides senior centers for Galveston County. Each center has an exercise and stretching program, including a Tai Chi class, arts and crafts programs, and games such as Bingo. Each center also provides activities that are of interest to seniors attending that particular center. Water color classes, Spanish classes, gardening and flower arranging, day trips, cooking classes, bible study, ceramics, music appreciation, bridge, dominoes, quilting and needlecraft, special events, parties, dances, and special celebrations are all examples of activities enjoyed at these centers. Most activities are offered at no cost to the seniors, while some may have a minimal cost.

- **Bacliff Community Center**
  
  4503 11th St.
  
  Bacliff, TX 77518
  
  (281) 559-2095 Angie Rodriguez
The Galveston County Senior Citizens Program (GCSCP) was established in 1976 to serve the needs of senior adults who are 60 years of age and older. The focus of the program is to enable individuals to continue being an integral part of their community, while keeping their dignity and sense of well being. Cards, bingo, needlework, quilting, pool, walking, exercise, and singing are just some of the activities provided for Senior Center members. Picnics, fishing, gardening, and other planned activities keep senior adults busy. Seminars are scheduled to give information on topics which are important to today’s senior adult. For the senior adult who is concerned about their health, medical screenings are regularly scheduled to assist in monitoring key health indicators. Well-balanced, nutritious lunches are prepared at a central kitchen. Menus are planned by a certified nutritionist to insure all meals meet one third of the nutritional requirements and are both appealing and attractive to senior adults.

o **Dickinson Community Center**
2714 Hwy 3
Dickinson, TX 77539
(281) 534-4091 Jean Jenkins

o **Galveston Community Center**
2201 Avenue L
Galveston, TX 77550
(409) 770-6251 Peggy Davis

o **Wayne Johnson III Community Center**
Carbide Park
La Marque, TX 77568
(409) 934-8148 Olda Perez

o **Santa Fe Center**
4605 Peck Street
Santa Fe, Tx 77517
409-925-3342

o **Galveston Multipurpose Center**
2201 Avenue L
Galveston, TX 77550
409-762-6624
Friendswood Center
416 Morningside
Friendswood, Tx 77546
713-482-7471

North County Center 4503
11th Street Bacliff, Tx
77573 713-559-2095

- Alvin City Senior Citizens Center...........................(281) 388-4298
  309 W Sealy St
  Alvin, TX 77511

Emergency Services
Abuse Hotline for Elderly and Disabled......................(800) 252-5400
American Red Cross..................................................(409) 763-5971
  918 Broadway,
  Galveston, TX 77550.............................................. (409) 945-7200
  www.redcross.org
Baptist Minister’s Association Shelter.........................(409) 750-8018
  2727 Market Street,
  Galveston, TX 77550
Federal Emergency management Agency (FEMA)............(800) 462-9029
Jesse Tree…………………………………………….………(409) 762-2233
   2622 Market Street,
   Galveston, TX 77550
   www.jesstree.net
Galveston County Sheriff Dept………………………………………..(409) 766-2323
   Mental Health Department
   2026 Sealy Ave.
   Galveston, TX 77550
Gulf Coast Center……………………………………………(800) 643-0967
   (Crisis Intervention Hotline)
Poison Control Center………………………………………..(800) 222-1222
   rd
   Floor of UTMB Trauma Center
   www.utmb.edu/setoc
Salvation Army……………………………………………………(409) 763-1691
   2228 Broadway
   Galveston, TX 77550
Turning Point…………………………………………………………..(409) 621-2120
   6000 Broadway Ste 102
   Galveston, TX 77551
UTMB Urgent Care Clinic………………………………………..(409) 747-6929
   1902 Harborside Drive
   Galveston, TX 77555
Women’s Resource and Crisis Center…………………..(409) 763-4607
   rd
   1707 23rd Street
   Galveston, TX 77550


**Faith Based Services**

Baptist Minister’s Association Shelter……………………………(409) 750-8018
2727 Market Street
Galveston, TX 77550

HIS-Interfaith Caring Ministry……………………………………(281) 332-2025
Santa Fe………………………………………………. (409) 925-4697
St. Patrick Catholic Church…………………………………. (409) 762-9646
1010 35th Street
Galveston, TX 77550

**Funeral Homes**

Broadway Funeral Home…………………………………..(409) 744 – 4544
5815 Broadway St.
Galveston, TX 77551

Carnes Brothers Funeral Home…………………………………..(409) 765 – 8080
1201 Tremont
Galveston, TX 77550

E.R. Johnson Family Mortuary…………………………………..(409) 762 – 8470
3828 Avenue O
Galveston, TX 77550

Fields Funeral Home Inc…………………………………..…(409) 763 – 1631
2702 Avenue L.
Galveston, TX 77550
First Call Mortuary Service..............................(409) 763 – 1088
   4208 Broadway St
   Galveston, TX 77550

Galveston Mortician......................................(409) 741 – 8782
   6911 Stewart Rd
   Galveston, TX 77551

Galveston Mortician Service............................(409) 740 – 2527
   P.O. Box 3092
   Galveston, TX 77552

Gideon International.................................(409) 765 – 8080
   1201 3rd St
   Galveston, TX 77550

Gonzales Funeral Home..............................(409) 744 – 7100
   5125 Broadway St
   Galveston, TX 77551

J Levy & Brothers Funeral Directions Inc..............(409) 763 – 4621
   2128 Broadway
   Galveston, TX 77550

Lundy Mortuary.........................................(409) 765- 6633
   3427 Ball Ave.
   Galveston, TX 77550

Malloy & Son Funeral Home...........................(409) 763 – 2475
   3028 Broadway St.
   Galveston, TX 77550
Memorial Guardian Plains Inc……………………………...(409) 763 – 4621
   2128 Broadway St.
   Galveston, TX 77550

Wynn Funeral Home…………………………………………(409) 621–1677
   602 32nd St.
   Galveston, TX 77550

Geriatrics

Eldercare Resources Pro Care………………………………(409) 744-4470
   11 Williamsburg Circle
   Galveston, TX 77551

Galveston County Senior Aids……………………………..(409) 762-8375
   2201 Avenue L
   Galveston, TX 77550

Geriatric Healthcare Center………………………………..(409) 772-3373
   400 Harborside, Suite 125
   Galveston, TX 77555

SageSource……………………………………………………..(409) 747-2142
   (A UTMB Senior Citizens’ Program)

Santa Fe Senior Citizens…………………………………..(409) 925-3342
   4605 Peck St
   Santa Fe, TX 77517
Sealy Center on Aging……………………………………….(409) 747-0008
Senior Healthcare Helpline…………………………………..(409) 747-2141
Texas City Senior Citizens…………………………………...(409) 643-5877
2010 5th Ave N
   Texas City, TX 77590
UTMB Geriatric Services…………………………………….(409) 747-3581

Obituary Notices

Galveston County Daily News…………………………………..(409) 744-3611.
Houston Chronicle………………………………………………(713) 220-7914

Senior Programs

Galveston County Department of Parks and Senior Services  (409) 770-6251
   2201 Ave. L
   Galveston, TX 77550

Galveston County Health District Senior Health Corps……..(409) 938-2293
   1207 Oak Street, PO
   Box 939 La Marque,
   TX  77568

   Fax: (409)938-2243
• Preventive education targeting issues such as obesity, fitness, nutrition, tobacco cessation, immunizations, oral health, fall prevention and other senior health issues.

• Treatment and monitoring of chronic health conditions such as high blood pressure, heart disease, diabetes, asthma, depression and other chronic conditions.

• Address possible neighborhood concerns about air and water quality, restaurant inspections, animal controls, toxic substances and other neighborhood conditions.

• Opportunities for social activities such as Bingo, luncheons, Tai Chi, walking clubs, workshops, and coaching classes on self-management health care.

• Access to information about programs provided by the Galveston County Health District’s Public Health services.

UTMB Geriatric HealthCare Centers

• Galveston Location:...........................................(409) 772-3373 400 Harborside Drive Suite 125 Galveston, Texas 77550 1(888) 887-6800

• Texas City Location:...........................................(409) 948-8862 Danforth Gardens, 519 Ninth Avenue North Texas City, Texas 77590 1(888) 887-6800
• **Santa Fe Location:** ……………………………(409) 927-8130
  Geriatric HealthCare Center, Santa Fe Junction Shopping Center
  12426 Highway 6 Santa Fe, TX 77510 1(888) 887-6800

UTMB Senior Resource Center (Sage source)………………(409) 747-2141
  Primary Care Pavilion
  400 Harborside Drive
  Galveston, TX 77550
  Toll free………………………………………………(888) 887-6800

_Free educational materials covering health issues, illnesses, preventive health, safety, Medicare, insurance, UTMB programs, and other pertinent issues are available._

**Support Groups**

UTMB Senior Resource Center……………………………..(409) 747-2141
  Sage Source programs ………………………... toll free (888) 887-6800
  Primary Care Pavilion
  400 Harborside Drive
  Galveston, TX 77550

Support groups are offered through Geriatrics Services and include Caregiver Support Group, Bereavement Support Group and Alzheimer's Support Group.
Adult Abuse

If you suspect someone is being abused, neglected, or exploited, or if you know of someone who cannot care for him or herself, Texas State law requires that you report it. Signs and symptoms of abuse include, but are not limited to the following:

- Burns
- Fear
- Isolation
- Lack of Food
- Little or No Shelter
- Unsanitary Living Conditions
- Untreated Medical Conditions

*Please See the Back of the Section for a complete list of Definitions of Abuse

Abuse Hotline for Elderly and Disabled…………………………(800) 252-5400
Austin (24 hours)

Adult Protective Services of Texas…………………………………..(409) 766-5986
Galveston, TX 77550

Bay Area Crisis Hotline…………………………………………….. (800) 824-4809
(New Horizon)
Galveston County Sheriff Dept…………………………….. (409) 766-2323
Mental Health Department
2026 Sealy Ave.
    Galveston, TX 77550
Houston Area Women’s Center…………………………… (713) 528-6798
Crisis Number…………………………………………(800) 256-0551
(Also serves Galveston County)
Spanish Crisis Hotline……………………………………..…(713) 526-8088
(Serves Greater Houston Area including Galveston County)
Turning Point……………………………………………..…..(409) 621-2120
      6000 Broadway, Ste 102
      Galveston, TX 77551
Women’s Resource and Crisis Center…………………..……(888) 919-7233
(Galveston)

**Financial Exploitation**
If you suspect financial abuse, either by a relative, person in a position of
trust or power business, or con artist calls or report it to:

Adult Protective Service Hotline……………………………(800) 252-5400
Texas Attorney General – Consumer Protection Division…. (800) 621-0508

It may also be helpful to contact one of the Media Consumer Advocates
Akin’s Army – Channel 2……………………………………..(713) 771-5772
(Mon-Fri 11 a.m.-2 p.m.)
11 News Defenders………………………………………..fax…(713) 284-1093
11consumers@KHOU.com
Advance Directives

**Advance Directive:** An advance directive tells your doctor what kind of care you would like to have if you become unable to make medical decisions (if you are in a coma, for example). If you are admitted to the hospital, the hospital staff will probably talk to you about advance directives.

A good advance directive describes the kind of treatment you would want depending on how sick you are. For example, the directives would describe what kind of care you want if you have an illness that you are unlikely to recover from, or if you are permanently unconscious. Advance directives usually tell your doctor that you don't want certain kinds of treatment. However, they can also say that you want a certain treatment no matter how ill you are.

**Living Will:** A living will is one type of advance directive. It only comes into effect when you are terminally ill. Being terminally ill generally means that you have less than six months to live. In a living will, you can describe the kind of treatment you want in certain situations. A living will doesn't let you select someone to make decisions for you.
**Durable power of Attorney**: A durable power of attorney (DPA) for health care is another kind of advance directive. A DPA states whom you have chosen to make health care decisions for you. It becomes active any time you are unconscious or unable to make medical decisions. A DPA is generally more useful than a living will. But a DPA may not be a good choice if you don't have another person you trust to make these decisions for you.

**DNR**: A do not resuscitate (DNR) order is another kind of advance directive. A DNR is a request not to have cardiopulmonary resuscitation (CPR) if your heart stops or if you stop breathing. (Unless given other instructions, hospital staff will try to help all patients whose heart has stopped or who have stopped breathing.) You can use an advance directive form or tell your doctor that you don't want to be resuscitated. In this case, a DNR order is put in your medical chart by your doctor. DNR orders are accepted by doctors and hospitals in all states.

From www.familydoctor.org

*Please see back of this section for copies of Advance Directives

**Consumer Complaints**

Attorney General Consumer Protection…………………………(800) 621-0508

Better Business Bureau…………………………………………..(713-868-9500
Client Attorney Assistance Program Grievance Information Hotline of the State Bar of Texas……………………………………..(800) 932-1900
Consumer Product Safety Commission…………………………..(800) 638-2772
FAA Consumer Hotline………………………………………..(800) 322-7873
Food and Drug Administration………………………………..(800) 463-6332
Galveston County Sheriff Dept…………………………….. (409) 766-2323
Mental Health Department
2026 Sealy Ave.
Galveston, TX 77550
HUD Housing Discrimination Hotline……………………….(800) 669-9777
Long Term Care Regulatory Hotline (TDHS)…………………(800) 458-9858
National Fraud Information Center…………………………….(800) 876-7060
Office of Comptroller of the Currency (National Banks)…..(800) 613-6743
Office of Consumer Credit Commissioner Hotline………..(800) 538-1579
Office of Public & Congressional Affairs (Credit Unions)…..(703) 518-6330
Postal Service Inspector Hotline……………………………..(800) 654-8896
Public Utility Commission………………………………………..(888) 782-8477
Texas Department of Banking (State Banks)………………….(877-276-5554
Texas Dept. of Insurance, Complaints Resolution…………..(800) 252-3439
Texas Funeral Service Commission………………………….(888) 667-4881
Texas Governor’s Citizen Assistance Hotline………………..(800) 843-5789
Texas State Board of Medical Examiners Hotline…………..(800) 201-9353
Elected Officials

Constables

Don Cherry/Pre #1………………………………………………(409) 766–2240
Galveston County Courthouse (Annex)
722 Moody
Galveston, TX 77550

Terry Petteway/Pre #2………………………………………………(409) 770–5200
722 Moody Avenue Suite #134A
Galveston, TX 77550

Earl Tottenham/Pre #3………………………………………………(409) 938-9269
203 Vauthier
LaMarque, TX 77568

Charles D Gay/Pre #4………………………………………………(409) 925-6211
P.O. Box 697
Santa Fe, TX 77510

Michael Montez/Pre #5
2516 TX Avenue
Texas City, TX 77590

Pam Matranga/Pre #7………………………………………………(281) 316–8806
P.O. Box 8327
Bacliff, TX 77518

Jerry Fisher/Pre #8………………………………………………(281) 31 –8711
174 Calder Rd Suite 127
League City, TX 77573
Doug Considine/Pre #9..............................................(409) 684-4611
P.O. Box 95
Pot Bolivar, TX 77650

County Clerk

Mary Ann Daigle..............................................(409) 766–2200
Main Office:
722 Moody 1st floors
Galveston, TX 77550
Mailing Address:
P.O. Box 2450
Galveston, TX 77553-2450
League City Branch.............................................(281) 316–8732
174 Calder Rd Rm. 149
League City, TX 77573

District Attorney

Kurt Sistrunk.........................................................(409) 762-8621
Galveston County Courthouse
722 Moody Suites 300
Galveston, TX 77550

District Clerk

Latonia Wilson.......................................................(409) 766–2424
722 Moody Ave 4th Floor Suite #404
Galveston, TX 77551
Sheriff

Gean Leonard ………………………(409) 766–2322 or (281) 534–3515
715 19th St
Galveston, TX 77550
Crime Tips: 1(866) 248-TIPS (8477)

Emergency Services

Abuse Hotline for Elderly and Disabled…………………………..(800) 252-5400
American Red Cross……………………………………………………..(409) 763-5971
918 Broadway,
   Galveston, TX 77550………………………………………………….. (409) 945-7200
   www.redcross.org
Baptist Minister’s Association Shelter……………………………(409) 750-8018
   2727 Market Street,
   Galveston, TX 77550
Federal Emergency management Agency (FEMA)…………….(800) 462-9029
Jesse Tree……………………………………………………………………..(409) 762-2233
   2622 Market Street,
   Galveston, TX 77550
   www.jessetree.net
Galveston County Sheriff Dept. ........................................ (409) 766-2323
Mental Health Department
2026 Sealy Ave.
Galveston, TX 77550
Gulf Coast Center ......................................................... (800) 643-0967
(Crisis Intervention Hotline)
Poison Control Center ................................................. (800) 222-1222
3 Floor of UTMB Trauma Center
www.utmb.edu/setoc
Salvation Army .......................................................... (409) 763-1691
2228 Broadway
Galveston, TX 77550
Turning Point ............................................................. (409) 621-2120
6000 Broadway Ste 102
Galveston, TX 77551
UTMB Urgent Care Clinic ............................................. (409) 747-6929
1902 Harborside Drive
Galveston, TX 77555
Women’s Resource and Crisis Center .......................... (409) 763-4607
1707 23rd Street
Galveston, TX 77550
Identity Theft

Identity Theft Hotline…………………………………………(877) 438-4338

Identity theft is a crime that occurs when someone deceptively uses another person's personal data or identification typically for the purpose of fraudulent financial or economic gain. Identity theft can also be found in cases of criminal activity - identity thieves will use a false identity to commit crimes.

How to Know if You are a Victim of Personal ID Theft

• Monitor all the balances and transactions of your financial accounts. Unexplained withdrawals and/or charges could indicate an identity thief at work.

• Watch your mail. Ensure you receive all your bank and credit statements monthly and make note of what part of the month they normally arrive. Failure to receive these could indicate an address change was made on your behalf from an identity thief.

• Receiving credit cards that you did not apply for. If you didn't apply for them, who did? Contact the credit card company immediately.

• Credit denial for loans, mortgages, credit cards, etc., for no apparent reason.
• Receiving notices or calls from creditors or debt collectors for goods and services you did not purchase nor receive.

**Helpful Tips To Reduce Your Risk Of Identity Theft:**

• Shred and destroy unwanted documents that contain personal information.

• Bring your mail in daily - don't leave mail in your mailbox.

• Immediately report lost or stolen credit cards.

• Review and monitor your consumer credit reports regularly.

• Do not carry your social security card or your birth certificate. Keep these tucked away in a safe place.

• Be aware and note when your monthly financial statements arrive in the mail. Notify your financial institutions when they don't arrive when expected.

• Watch your financial statements and ensure all charges made are yours.

• Keep your ATM and Debit Card receipts, do not leave these behind.

• Shred every piece of mail containing personal and financial information.
• Never reveal your bank account, credit card, mother's maiden name or social security number over the phone (unless dealing with a trusted business or organization). Ask the caller to send information by mail.

• Keep a list of all your financial accounts such as account numbers, expiry dates, and customer help telephone numbers. Ensure this list is kept in a safe place & use to contact in case of lost or stolen cards.

• When creating passwords or PINs, do not use digits of your social security number, mother's maiden name, your birthdate, any part of your name (first, middle, last).

• Watch your credit card expiry dates, if you don't receive a replacement card prior to the date - contact the issuer.

• Consider making your telephone number unlisted or listed without your address.

• Sign all new credit cards immediately to prevent someone else from doing so.

• Beware of mail or telephone contacts informing you of prizes and awards - especially if they ask for personal or financial account information.

Taken from http://www.identity-theft-tips.com/
Legal Issues

Galveston County Sheriff Dept…………………………..…(409) 766-2323

Mental Health Department
2026 Sealy Ave.
        Galveston, TX 77550

South Texas Legal Clinic……………………………………(713) 652-0009

*Call for help with denial of social security disability claims*

The Legal Hotline for Older Texans…………………………. (800) 622-2520

Legal Services offered through The Galveston County Senior Citizens Program *(GCSCP)* are designed to help the senior adult who is in need of legal assistance. This program is a cooperative effort with the Galveston County Bar Association. Execution of simple wills, guardianships, tenant rights, benefits counseling, the Unnatural Death Act Directive, consumer rights, contract negotiations and benefits counseling are some of the areas in which seniors can request assistance. The GCSCP screens requests and, with volunteers from the Bar Association, matches attorneys whose specialties match the needs of the senior. Locations:

- **Galveston Multipurpose Center**
  2201 Avenue L
  Galveston, Tx 77550
  409-762-6624

- **Nessler Center**
  2010 5th Avenue
  Texas City, Tx 77590
  409-948-3282
Attorneys for Elder Law in Galveston County, Texas

Attorneys, Lawyers and Law Firms who help senior citizens and members of their families with issues such as Medicare and Medicaid Planning, often in an effort to get nursing home and other care paid for by Social Security and other Government programs for disabled seniors and those with Alzheimer’s disease, yet leaving or giving the
family the maximum possible amount of the senior’s estate and assets. Elder Law Attorneys work with Voluntary and Involuntary Conservatorships and other special guardianship arrangements, and various Asset Protection plans. Elder Law Attorneys also assist with Asset Protection, create and revise Wills, Trusts (including Living Trusts, Revocable Trusts, Irrevocable Trusts, Special Needs Trusts, and provisions for minor children), prepare Durable Powers of Attorney, Living Wills, and Health Care Powers of Attorney.

- Wilbur (Pete) Dunten………………………….. (281) 337-2571 Law Firm: Dunten Law Firm 3515 Gulf Freeway
  Dickinson, TX 77539
- Aimee Felchak……………………………...…. (281) 557-8810 Law Firm: Aimee D. Felchak, P.C. P.O. Box 1275
  League City, TX 77573

**Social Security**

Social Security Administration…………………………… (409) 766-3631
4918 Seawall Blvd # A
Galveston, TX 775510
Social Security Administration Death Reporting……………. (800) 772-1213
Telephone Claims………………………………………. (409) 766-3542
Veterans and Military Personnel

American Legion…………………………………………… (409) 763-2505
1503 23rd St
Galveston, TX 77550

American Legion……………………………………………. (409) 945-8975
3028 29th St N
Texas City, TX 77590

Korean War Veterans……………………………………….. (713) 774-3662

Ladies Auxiliary to VFW Post 880………………………. (409) 763-9866
1014 24th Street
Galveston, TX 77550……………………………..(409) 763-2257

Texas Paralyzed Veterans Assn…………………………….. (713) 520-8782
805 Chelsea Blvd # B
Houston, TX 77002

Texas Veterans Commission………………………………. (713) 794-7785
2002 Holcombe Blvd # 2a112
Houston, TX 77030

US Veterans Medical Ctr……………………………………. (713) 791-1414
2002 Holcombe Blvd
Houston, TX 77030

Veterans Of Foreign Wars……………………………………. (409) 763-9866
1014 24th St,
Galveston, TX 77550
Veterans Of Foreign Wars........................................(409) 935-9036
901 Main St
La Marque, TX 77568
Veterans Of Foreign Wars 5400.....................................(409) 925-2525
11230 Highway 6
Santa Fe, TX 77510
Veterans Of Foreign Wars........................................(281) 337-4952
5204 Highway 3
Dickinson, TX 77539
Veterans Of Foreign Wars 8566.....................................(281) 339-1651
1401 Fm 646 Rd N
Bacliff, TX 77518
Vietnam Veterans Of America......................................(713) 880-9343
Adult Abuse

Definitions of Abuse:

Abuse:

The willful infliction of injury, unreasonable confinement, intimidation, or punishment with resulting physical harm, pain, or mental anguish.

Neglect:

The failure to provide goods and services necessary to avoid physical harm, mental anguish, or mental illness. Neglect occurs when caregivers fail to monitor and/or supervise the delivery of patient care and services to assure that care is provided as needed by the patient. Some examples of neglect might include: lack of assistance in eating, drinking, walking, bathing, toileting, or ignoring call bells/lights. Neglect can cause depression, dehydration, incontinence, and/or pressure sores.

Verbal Abuse:

The use of oral, written, or gestured language that willfully includes disparaging and derogatory terms to patients or their families, or within their hearing distance regardless of their age, ability to comprehend, or disability.

Sexual Abuse:

Includes but is not limited to, sexual harassment, sexual coercion, or sexual assault. Indicators of possible abuse include bruises around breast or genital area, cuts or lacerations around breast or genital area, clothes with blood stains, tear marks, soreness around breast, genital,
or anal area, difficult walking or sitting, individual may withdrawal from family and friends, individual may flinch at movements, or individual may be frightened by other people. Sexual abuse can be inflicted by people of any gender.

**Physical Abuse:**

Includes hitting, slapping, pinching, and kicking. Indicators of possible abuse include cuts, lacerations, welt marks- possible sign of using restraints, burn marks from cigarettes, malnutrition or dehydration, hair loss from someone grabbing/pulling hair, sores on the body, open wounds, weight gain or weight loss, poor skin conditions, unexplained injuries such as fractures and breaks, bruises, scratches, bite marks, finger prints, frequent trips to the emergency room, black eyes, broken fingernails, over or under medicated, depression or withdrawal from family and friends, changes in behavior; mood swings, or may seem frightened, teary eyed. It also includes controlling behavior through corporal punishment.

**Mental Abuse:**

Includes, but is not limited to, humiliation, harassment, threats of punishment or deprivation. Indicators of possible abuse include patient being emotionally upset, disturbed, nervous behavior, repeated actions, negative attitude, agitation, anger, rocking, sucking, or biting.

**Involuntary Seclusion:**

The separation of a patient from other people, or from her/his room or confinement to her/his room against the patient’s will. Indicators of possible abuse include untreated sores, malnutrition/dehydration, unsanitary living conditions, health conditions not being cared for, dirty bed linens and clothes, a strong odor from lack of hygiene,
obvious weight loss or weight gain, bed sores, begs for food, or needs medical or dental care.

**Misappropriation of Patient Property:**

The deliberate misplacement, exploitation, or wrongful, temporary or permanent use of a patient’s belongings or money without the patient’s consent. Indicators of possible abuse include withholding money from the elder, cashing checks without permission of the elder, personal belongings begin to disappear, not providing services that are needed, or unusual items charged on a credit card.
Recreation

Computers

**Internet Usage Training**
Library for Dynamic Longevity UTMB Primary Care Pavilion 400 Harborside Dr. - Entrance A, Suite 106 Mondays 8:30-9:30 a.m. or by appointment. Call (409) 772-1560 for an appointment.

Exercise Centers for Seniors

Harbor View Care Center.............................................(281) 334 – 4243
300 Enterprise Avenue
League City, TX 77573
Fax (281) 334 – 4396

Galveston Multipurpose Center.................................(409) 762 – 6624
2201 Avenue L
Galveston, TX 77550

Nessler Center............................................................(409) 948 – 3282
2010 5th Avenue
Texas City, TX 77590

Programs offered for seniors include:

- "Slow & Easy" aerobics for active seniors, 8 a.m. - 8:30 a.m., Monday through Friday
• "At Your Own Pace" Indoor daily walking from 6-9 a.m., Monday through Friday

• "Senior Citizen Water Aerobics" is a low-impact water exercise class for seniors. Classes are held on Mondays, Wednesdays, and Fridays from 10-11 a.m. and Tuesdays and Thursdays from 5-6 p.m.

Hitchcock Center…………………………………………………..(409) 986 – 7718

6905 Back Storm
Hitchcock, TX 77563

Dickinson Center……………………………………………………..(713) 996 – 5314

2714 Highway 3
Dickinson, TX 77539

Santa Fe Center…………………………………………………………(409) 925 – 3342

4605 Peck St
Santa Fe, TX 77517

Bacliff / North County Center………………………………………..(713) 599 – 2095

4503 11th St
Bacliff, TX 77573

Friendswood Center………………………………………………………(713) 482 – 7471

416 Morningside
Friendswood, TX 77546

UTMB Health and Wellness Classes

UTMB Primary Care Pavilion - Room 2.118
400 Harborside Drive - Entrance A
Galveston, TX

- **Senior Walking Club (no charge)**
  Walking opportunities for all levels, in a safe weather controlled environment. Each walker's physician and emergency contact information is kept on file in case of an emergency. Weekdays, 7:30 a.m. - 4:30 p.m.

- **Basic Tai Chi** Fridays, 10:15-11:15 a.m.
  Enhances strength, flexibility and stamina
  Cost: $1 per class

- **Gentle Yoga**
  Wednesdays and Fridays, 9-10 a.m.
  Helps with stretching and relaxation
  Cost: $1 per class

- **Functional Fitness** Tuesdays and Thursdays 9:30 - 10:30 a.m.
  Improve balance, strength and muscle mass
  Cost: $1 per class

Other Locations

- **Tae Kwon Do (no charge)**
  Mondays and Fridays, 9-10 a.m.
  William Temple Episcopal Center
  427 Market

  Galveston, TX
  and…
Mondays and Fridays, 10:30-11:30 a.m. Moody Memorial First United Methodist Church 2803 53rd Street
Galveston, TX

Fun and Activities

Rosenberg Library………………………………………………….. (409) 762-3024
2310 Sealy Ave
Galveston, TX 77550……………………………………….. (409) 763-8854

Texas State Library Talking Book Program……………………..(800) 252-9605

UTMB Academy for Lifelong Learning…………………………..(409) 747-4657
    Academy Director, Michelle Sierpina, M.S., email:
    msierpin@utmb.edu

UTMB Geriatric Health and Wellness Classes ………………….(409) 747-3377
    Penny Davis

Classes are offered at the following senior centers sponsored by the Galveston County Department of Parks and Senior Services:

• Bacliff Community Center

    4503 11th St.
    Bacliff, TX 77518
    (281) 559-2095 Angie Rodriguez

    Arts and Crafts, Bingo, Exercise, Games
Dickinson Community Center
2714 Hwy 3
Dickinson, TX 77539
(281) 534-4091 Jean Jenkins
Arts and Crafts, Bible Study, Bingo, Ceramics, Exercise, Games, Tai Chi

Galveston Community Center
2201 Avenue L
Galveston, TX 77550
(409) 770-6251 Peggy Davis
Advanced Spanish, Arts and Crafts, Bingo, Bridge, Ceramics, Exercise, Games, Line Dancing, Tai Chi, Watercolor

Wayne Johnson III Community Center
Carbide Park
La Marque, TX 77568
(409) 934-8148 Olda Perez
Arts and Crafts, Bible Study, Ceramics, Exercise, Games, Gardening, Tai Chi

Galveston Historical Foundation.................................(409) 762-3933
Grand 1894 Opera House............................................(409)765-1894
2020 Postoffice St.
Gulf Greyhound Park..................................................(409) 986-9500
Houston Astros...............................................................(713) 259-8000
Houston Texans.............................................................(713) 667-2000
Senior Night Out is an evening dinner and speaker program for seniors held every month on the second Thursday. It is held in Galveston at UTMB's Levin Hall at 11th and Market streets, from 5:00 p.m. to 7:00 p.m. With advanced reservations the cost is $8.00 and $10.00 at the door.

Learning Dinner is an evening dinner and speaker program for seniors starting at 5 p.m. the 1st Thursday of every month at the Chuck Doyle Convention Center, 2010 5th Ave North in Texas City, Texas. With advanced reservations the cost is $8.00 and $10.00 at the door.

Learning Lunch is a program with a speaker focusing on a specific health topic. It is held from 11:30 a.m. to 1:00 p.m. the 4th Thursday of every month at Gulf Greyhound Park, FM 2004 in LaMarque, Texas. The cost is $6.00 and reservations are required.

To make reservation or for further information on any SageSource programs call……..(409)747-2141 or toll free (888) 887-6800
Other Resources

Private Agencies

Elder Options of Texas……………………………………………………………(512) 847-6347
Prescription Drug Assistance Program………………………………….. (800) 252-9240
The Arc of Texas………………………………………………………………………..(512) 454-6694

   The Arc of Texas is the state's largest non-profit volunteer organization committed to creating opportunities for people with mental retardation and other developmental disabilities to be included in their communities

The Christopher Reeve Paralysis Association…………………. (800) 225-0292

   The Christopher Reeve Paralysis Foundation (CRPF) works to improve the quality of life for people living with disabilities through its grants program, paralysis resource center and advocacy efforts

Public Agencies

Area Agency on Aging……………………………………………………………..(800) 252-9240
Governor's Committee on People with Disabilities………………(512) 463-5739
Home Care Online……………………………………………………………... (202) 547-7424

   Clearinghouse for home care and hospice information.

The Legal Hotline for Older Texans………………………………………. (800) 622-2520
Texas Association of Homes and Services for the Elderly... (512) 467-2242

A membership association of nonprofit organizations that serve older people within a continuum of care and services designed to meet the needs of the whole person -- physical, mental, emotional, social and spiritual.

Texas Center for Disability Studies.................................(800) 828-7839

All activities of the TCDS are guided by a belief in individualized supports, inclusion, self-determination, natural supports, and collaboration with organizations to address policy issues and systems change.

Texas Department of Housing and Community Affairs...... (800) 792-1119

TDHCA is responsible for affordable housing, community development, and community assistance programs, as well as regulation of the state's manufactured housing industry.

Texas Department of Insurance....................................... (800) 252-3439

TDI works to assure a financially stable and responsive insurance industry that provides insurance at a reasonable cost to all consumers, protects them from fraud, misrepresentation and unfair practices and provides educational materials to make informed choices.

Texas Public Utility Commission................................. (888) 782-8477

PUC Office of Consumer Affairs: If you believe that a telecommunication carrier has switched you without your authorization, you may contact the Texas Public Utility Commission.

Texas Technology Access Project...............................(800) 828-7839

Provides information, conducts training and technical assistance and works with policy makers to support children and adults with
disabilities in their efforts to acquire and use technology as a routine part of day-to-day living.

The Texas Information and Referral Network (TIRN)…….. (512) 424-6520

An established network of state, regional and local organizations working together in a public-private partnership to collect and share community resource information across Texas. The TIRN consists of 25 geographically dispersed community based area information centers (AICs) that provide statewide access to information on health and human services.

Web Sites

AARP
http://www.aarp.org

Administration on Aging
http://www.aoa.gov/index.asp

Alzheimer's Association
http://www.alz.org/

American Red Cross
www.redcross.org

Disabled American Veterans
http://www.dav.org/
Eldercare Locator
http://www.eldercare.gov/

Elder Options of Texas
http://www.elderoptionsoftexas.com/

Galveston County Department of Parks and Senior Services
www.galvestonparks-seniors.org

Grandparents Raising Grandkids
http://grandparentsraisinggrandkids.tamu.edu/index.html

Home Care Online
http://www.nahc.org/

Jesse Tree
www.jessetree.net

Living Will and Medical Power of Attorney Documents
http://www.partnershipforcaring.org/HomePage/

National Council of Senior Citizens
http://www.ncscinc.org/

Poison Control Center
www.utmb.edu/setpc
Prescription Drug Assistance Program
http://www.phrma.org/

Ronald McDonald House
www.rmhgalveston.org

Salvation Army
www.salvationarmytexas.org

Seniors.com
http://www.senior.com
/

Stark Diabetes Center
www.stark-diabetes.org

Texas Association of Homes and Services for the Elderly
http://www.tahsa.org/

Texas Department of Insurance
http://www.tdi.state.tx.us

Texas Information and Referral Network (TIRN)
http://www.hhsc.state.tx.us/tirn/tirnhome.html

Texas Home Health
www.txhha.com
Texas State Library Talking Book Program
www.tsl.state.tx.us\tbp

Texas Technology Access Project
http://tatp.edb.utexas.edu/

Women’s Resource and Crisis Center
www.ymca.net
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