

Galveston County Senior Citizen Guide

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Daily Living

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 4th 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 dietitians 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

○ **Galveston Community Center**

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

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

Lone Star Card Help Desk.....(800) 777-7328
Texas Department of Human Services.....(409) 948-3481
Community Care for the Aged & Disabled (C.C.A.D.)

(Mainland, Galveston Island & Bolivar Peninsula)
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*

Pantries

ACCT AIDS Coalition of Coastal Texas.....(409) 763-2437

1401 39th 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 21st 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 Tarp
Texas City, TX 77591

Bayou Pines Care Center.....(409) 938-8282

4905 Fleming

La Marque, TX 77568 *Long Term Care,
Medicais, & 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 Tarry

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

Galveston County Department of Parks and Senior Services

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

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

U S Oncology..... (409) 935-4110 or (409) 938-8600

1125 Highway 3 N # 100b

Texas City, TX 77591

UTMB Oncology/Hematology Clinic.....(409) 747-4290

University Hospital Clinics, 4th Floor

Galveston, TX 77555

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

UTMB Geriatric Center

Pain Management Clinic

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

UTMB Pain Clinic.....(409) 772-3947

University Hospital Clinics, 7th Floor
Galveston, TX 77555

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, 7th Floor Galveston, TX 77555

The Work Source.....(409) 949-9055

2000 Texas Avenue Suite 500

Texas City, TX 77590

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

American Heart Association of Galveston.....(409) 772-3689

215 Holiday Dr

Galveston, TX 77554

American Heart Association (National)..... (800) 242-8721

Texas Heart Institute Information Center.....(800) 292-2221

UTMB Geriatric Centers

Heart Failure Clinic

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

Gulf Coast MHMR.....(409) 763-2373

123 Rosenberg St # 6

Galveston, TX 77550

For Intake and Referral for Adults call: (800) 643-0967

Innovative Alternatives..... (713) 864-6000

18333 Egret Bay Blvd # 540

Houston, TX 77058

New Dimensions..... (281) 333-2284

1345 Space Park Dr # C

Houston, TX 77058

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

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

National Osteoporosis Foundation..... (800) 223-9994

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
- Rigidity (stiffness, increased resistance to passive movement) of the limbs or trunk
(bradykinesia)
- 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.

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

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

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

Tammy's Resale.....(409) 986-8687
9325 Highway 6
Hitchcock, TX 77563

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.

o **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

○ **Galveston Community Center**

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

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.

○ **Santa Fe Center**

4605 Peck Street

Santa Fe, Tx 77517

409-925-3342

○ **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.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

3rd 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

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.

Government/Legal

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

Marvin Zindler – Channel 13.....fax...(713) 663-8766

(A one-page fax)

Nursing Home Abuse

Texas Advocate for Nursing Home Residents..... (972) 572-6330

TDHS – Long Term Care Regulatory Hotline..... (800) 458-9858

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.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

3rd 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

○ **Santa Fe Center**

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

○ **Friendswood Center**

416 Morningside
Friendswood, Tx 77546
713-482-7471

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.

o Wilbur (Pete) Dunten..... (281)
337-2571 Law Firm: Dunten Law Firm 3515 Gulf
Freeway

Dickinson, TX 77539

o 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

Moody Garden..... (409) 744-4673

1 Hope Blvd

Galveston, TX 77554

Museum of Fine Arts (Senior Program).....(713) 639-7860

Space Center Houston.....(281-244-2100

Space Center Houston Bus Tours.....(713) 670-3286

UTMB Sage Source.....(409)747-2141

- **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/tirhome.html>

Texas Home Health

www.txhha.com

Texas State Library Talking Book Program

[www.tsl.state.tx.us\tbp](http://www.tsl.state.tx.us/tbp)

Texas Technology Access Project

<http://tatp.edb.utexas.edu/>

Women's Resource and Crisis Center

www.ymca.net

Galveston County Senior Citizen Guide

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