

Look inside for a Comprehensive List of Federal, State, & Local Resources for Seniors

TEXOMA SENIOR SOURCEBOOK

The Definitive
Guide for Seniors
& Active Aging

18TH EDITION
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Checklists to Stay
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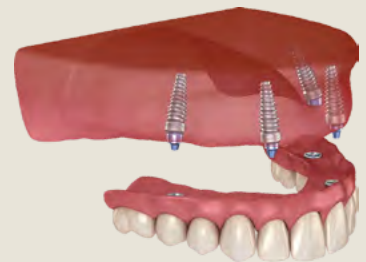
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- ✓ Switch from one Medicare Part D (prescription drug) plan to another
- ✓ Drop your Medicare Part D coverage altogether

Stay with your current plan or look for a new plan with better coverage, higher quality and lower costs!

- | | | |
|--|----------------------------------|----------------------------------|
| ✓ Medicare changes for the upcoming year | ✓ Advanced Directives Assistance | ✓ Explanation of Benefits |
| ✓ Do you qualify for Extra Help Programs | ✓ Appeals for denied benefits | ✓ Coordination of Benefits |
| | ✓ Outreach and education | ✓ One-on-One Benefits Counseling |
| | ✓ Social Security Benefits | |

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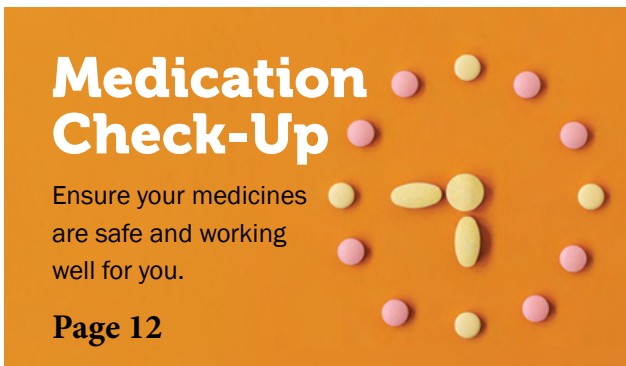
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AGING IN PLACE

Find the help you need to continue to live independently.

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Ensure your medicines are safe and working well for you.

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The Power of Volunteering

AmeriCorps Seniors

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texoma council of governments aging services department

The Area Agency on Aging of Texoma is responsible for the development and coordination of a comprehensive system of services for citizens age 60 and over and with a disability residing in Cooke, Fannin, and Grayson counties in North Texas.

The overall goal of the Area Agency on Aging is to promote Older Texans lifelong independence, providing alternatives in long-term care options through a wide variety of services. Programs are partially funded by

the Health and Human Services Commission (HHSC), local contributions from individuals and businesses, foundations support, funding received from the Older Americans Act and a variety of other federal grants. ■

SERVICE DEFINITIONS

BENEFITS COUNSELING

Counseling for Medicare Beneficiaries on prescription drug programs, Social Security benefits, food stamps, and other benefits; representative payee assistance.

CAREGIVER PROGRAMS

Support, education and temporary relief for caregivers of older adults with Alzheimer's and/or dementia related illnesses, Parkinson's disease, chronic illnesses, including services for grandparents/relatives raising grandchildren.

CARE COORDINATION

Assistance for families in assessing the comprehensive needs of older adults and coordinating services to help them remain independent to prevent premature facility placement.

EVIDENCE-BASED PROGRAMS

State Certified Coaches provide comprehensive training for participants on improving their health and wellbeing, reducing disease, disability and/or injury. These programs are demonstrated to be highly effective and participants can choose from the available free classes in their area.

HEALTH MAINTENANCE SERVICES

Assistance to eligible applicants in acquiring glasses, dentures, hearing aids, and other approved devices necessary to promote or maintain the health and/or safety of older individuals.

INFORMATION AND REFERRAL/ASSISTANCE

Specialists provide assistance and links to available services and resources.

LEGAL ASSISTANCE

Referral advice and representation for certain legal matters such as government program benefits, tenant rights and consumer problems.

NUTRITION SERVICES

Home-delivered meals (Meals on Wheels of Texoma) for the homebound and congregate meals at a senior center or other sites provide 1/3 of daily nutrition while enjoying a meal and/or socializing with others.

OMBUDSMAN

Services to protect the health, safety, welfare, and rights of residents of nursing facilities and assisted living facilities, including identifying, investigating, and resolving complaints made by, or on behalf of, residents.

MINOR RESIDENTIAL REPAIR

Services consist of minor repairs or modifications of dwellings occupied by older individuals that are essential for the health and safety of the occupant(s).

RESPIRE CARE

A break for caregivers who provide ongoing supervision and care of a person with a functional impairment.

SENIOR HOUSING OPTIONS

Includes providing information on assisted living, nursing facilities and retirement communities.

SENIOR CENTER PROGRAMS

Local Senior Centers provide a variety of recreational and educational programs for older adults throughout our tri-county area.

TRANSPORTATION (MEDICAL)


Information on services for older adults or persons with disabilities who lack private transportation or who are unable to utilize public transportation for medical appointments.



Staying ***Fit Over*** ***50***

***with the Sherman
Senior Center***
by Deena Lowry

Regular physical activity is crucial for aging adults, as it helps maintain mobility, flexibility, and overall well-being.



Staying fit after you turn 50 years old is just one of the many invigorating things individuals can do at the Sherman Senior Center. Daily exercise classes, along with accessible bikes and treadmills, make it easy to keep moving and help improve strength, flexibility, and endurance. The fitness classes are specifically tailored for older adults and include popular options like yoga, aerobics, and strength training. The Center also offers walking clubs, swimming opportunities, and lively line dancing—all fantastic ways for adults to stay fit while having fun.

■ **Keeping the brain engaged is just as important as staying physically active.**

The Sherman Senior Center frequently offers educational programs, workshops, and lectures designed to stimulate the mind. Seniors can participate in everything from art classes and book clubs to language lessons and technology workshops. These learning opportunities not only enhance cognitive function but also provide members with the chance to explore new interests and passions.

■ **The Sherman Senior Center partners with the Texoma Area Agency on Aging, Texas A&M AgriLife Extension, and many other agencies.** Through these collaborations, the Center offers valuable wellness screenings, health workshops, nutrition counseling, and access to support groups for caregivers or individuals facing specific health challenges like Alzheimer's disease or arthritis.

■ **Looking to give back?** The Sherman Senior Center offers wonderful volunteer opportunities, allowing older adults to contribute to their community while staying active and engaged. Volunteering can provide a sense of purpose and fulfillment, which is especially important for individuals who may be adjusting to retirement or other life changes.

■ **One of the most valuable aspects of the Sherman Senior Center is the wealth of social opportunities it provides.** As people age, it can become more challenging to stay socially connected, potentially leading to



Improving Texan's Lives through Education

Youth Development (4-H)
Programs for youth in Kindergarten through 12th grade, supported by adult volunteers.

Agriculture & Natural Resources
Expertise for homeowners, farmers, and ranchers on topics including lawns, insects, animals, and other agricultural or natural resource concerns.

Family & Community Health
Educational programs for youth and adults focused on health, wellness, home, and family issues.

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Staying Fit Over 50 with the Sherman Senior Center

feelings of isolation or loneliness. Members have the perfect opportunity to overcome this by participating in a wide variety of social activities, such as musical events, engaging games, enjoyable group outings, creative crafting sessions, delicious potluck dinners, and much more. These activities foster relationships and create a strong sense of belonging among participants, which is crucial for mental health.

The absolute best thing about the Sherman Senior Center? Membership is completely free for anyone over 50 years old! The Center invites individuals to come explore their next adventure with them!

Living Life to the Fullest

50+

Sherman Senior Activity Center
EMBRACE YOUR AGE

Monday, Wednesday, Thursday, and Friday - 8:00 A.M. - 5 P. M.
Tuesday - 8:00 A.M. - 8:00 P.M.



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- Woodcarving
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- Educational Seminars
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- Games
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- Strength Training
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- Fitness Class

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ESTATE PLANNING (WILLS & TRUSTS)

Our attorneys create customized estate plans based on your family structure, life plans, goals, values, principles, and vision. There is no such thing as one-size-fits-all estate planning.

PROBATE

The probate process helps to ensure that your deceased loved one's estate is distributed according to their wishes. Mourning the loss of a loved one is difficult, and the thought of dealing with legal issues and piles of paperwork can make you feel overwhelmed.

GUARDIANSHIP & SPECIAL NEEDS

Appointing a guardian is necessary when a person can no longer make or communicate safe or sound decisions about his/her person and/or property or has become susceptible to fraud or undue influence. A special needs trust allows a person with a disability to have money put aside for their care.

TRUST ADMINISTRATION

Trust administration includes settling any debts, paying taxes, transferring property titles and other administrative tasks that must be handled to close out or settle the estate of the decedent.

ASSET PROTECTION

Asset protection planning involves making prudent decisions today to protect yourself, your business, and your hard-earned assets from loss due to lawsuits, creditors or bankruptcies.

BUSINESS PLANNING

An effective business plan is not only a roadmap that outlines your goals, strategies, and potential hurdles, but also helps protect your business from death, divorce, or disability by preparing in advance.

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Is it Time for a Medication Check-Up?



What is a Comprehensive Medication Review (CMR)?

A CMR is a valuable opportunity to meet with a pharmacist who will:

- Go over all your medicines, including prescriptions, supplements, vitamins and herbals.
- Help you update and organize your medication list.
- Check for potential medication side effects you might be experiencing.
- Look for any problematic drug interactions between your different medications.
- Determine if any medicines are no longer providing you with benefit.



Pharmacists possess extensive knowledge about managing medicines, more than any other healthcare professional. Some pharmacists even receive extra training specifically to help older adults; these specialists are known as Board Certified Geriatric Pharmacists.

Why is a CMR Important?

Many common issues that people often attribute to simply “getting older” can actually be side effects from medicines. These include:

- Feeling dizzy
- Memory problems
- Falling down
- Breaking bones
- Losing control of your bladder

If no one regularly checks your medicines, these side effects might be mistakenly identified as new health problems. This can unfortunately lead to even more medicines being prescribed, a situation often referred to as a “prescribing cascade.” **Before you know it, you might find yourself taking a pill for every perceived problem!**

The more medicines you take, the higher your risk of:

- Medicine-related harm
- Serious falls or injuries
- Hospitalization

Special Concerns for Older Adults

As we age, our bodies naturally change. This means medicines can affect us differently:

- Our kidneys and liver may not work as efficiently, causing medicines to stay in our bodies longer.

- We may require different doses of certain medicines.
- We can become more sensitive to the side effects of medications.

When to Get a CMR

You should consider having a CMR:

- At least once a year as a routine check-up.
- After any significant health event or diagnosis.
- When you transition from the hospital back to your home.

If you've recently been in the hospital or a rehabilitation facility, it's highly recommended to ask for a medicine review with a pharmacist within seven days of coming home. Many medication mistakes occur when medications that were only intended for hospital use are mistakenly continued at home.

Is a CMR covered by insurance?

- Yes, a CMR is covered by insurance for many patients.
- You can call your pharmacy to inquire if a CMR is covered for you with one of their pharmacists.

- If your CMR is not covered by insurance, you can request a CMR from a pharmacist of your choice and pay out-of-pocket.

Get Help from a Geriatric Pharmacist

Here in Grayson County, we are fortunate to have our own Board-Certified Geriatric Pharmacist, Dr. Veronica Riera-Gilley. She can help ensure your medicines are safe and working well for you.



Did you know there's a specialized check-up just for your medicines?

Just as you visit your doctor for a yearly physical, you should also have a dedicated check-up with your pharmacist to review all your medications.

This important service is called a Comprehensive Medication Review (CMR).

Schedule your medication check-up today!

VERONICA RIERA-GILLEY

Doctor of Pharmacy
Board Certified Geriatric Pharmacist



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Disease Prevention Checklist

Health screenings, vaccines, and guarding yourself from germs and bugs can help keep you feeling your best. Here are tips to help you better prevent diseases:



GET SCREENED FOR DISEASES

Some screenings can reduce your risk of dying from a disease. But sometimes, experts say, a test may cause more harm than good. Before you get a test, talk with your doctor about the possible benefits and harms to help you decide what's best for your health.

To learn about screening tests, ask your doctor:

- ☐ What's my chance of dying of the condition with and without a screening?
- ☐ What are the harms of the test?
- ☐ How likely are false results?
- ☐ What are possible harms of the test?
- ☐ What's the chance of finding a disease that wouldn't have caused a problem?
- ☐ How effective are the treatment options?
- ☐ What are other ways to decrease my risk?



GUARD AGAINST GERMS

For nearly a century, bacteria-fighting drugs known as antibiotics have helped to control and destroy many of the harmful bacteria that can make us sick. But these drugs don't work at all against viruses, such as those that cause colds or flu. Learn how to protect yourself against germs in the environment.

To block harmful germs:

- ☐ Maintain a healthy lifestyle, including proper diet and exercise.
- ☐ Get all CDC recommended vaccinations.
- ☐ Cover your coughs and sneezes.
- ☐ Wash your hands with soap and water.
- ☐ Avoid close contact with people who are sick. Stay home when you're sick.
- ☐ Take prescribed antibiotics as instructed.

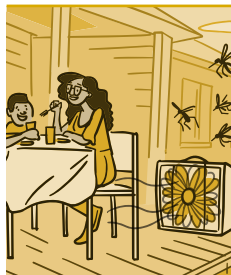


PROTECT YOUR BODY'S BACTERIA

Microscopic creatures—including bacteria, fungi, and viruses—can make you ill. But what you may not realize is that trillions of microbes are living in and on your body right now. Most don't harm you at all. We tend to focus on destroying bad microbes. But taking care of good ones may be even more important.

To protect good microbes:

- ☐ Eat a diet high in fiber. Fiber is found in fruits, vegetables, and whole grains.
- ☐ Limit foods that can hurt your gut microbes, including sugar and fatty foods.
- ☐ Know when to wash your hands, like when preparing food and before eating.
- ☐ Use hand sanitizer (at least 60% alcohol) when you can't use soap and water.
- ☐ Avoid antibacterial soaps and other products.
- ☐ Be wary of "probiotics." Many are untested.



PREVENT MOSQUITO-BORNE ILLNESSES

Most mosquito bites are relatively harmless. The itchy bumps often last for just a day or two after a mosquito has punctured your skin. But if the mosquito is carrying certain germs, like viruses or parasites, these pathogens might enter your blood during the bite and make you sick. But you can take simple steps to avoid getting bit by those blood-sucking insects.

To avoid mosquito bites:

- ☐ Cover your skin. When outside, use long sleeves, pants, and socks.
- ☐ Use insect repellents when outside. Follow the instructions on the label.
- ☐ Use a fan when sitting outside.
- ☐ Protect your home. Use screens on doors and windows. Repair screens if needed.
- ☐ Remove breeding grounds. Drain puddles around your house.
- ☐ Get vaccinated against mosquito-borne diseases, visit wwwnc.cdc.gov/travel.



BLOCK TICK BITES AND LYME DISEASE

When warm weather arrives, you might get the urge to walk barefoot through the grass. But before you stroll through your lawn or head out on a hiking trail, you'll want to protect yourself and your loved ones from ticks that often lurk in tall grass, thick brush, and wooded areas. Many ticks carry disease, so do what you can to keep ticks from taking a bite out of you.

To prevent tick bites and tick-borne diseases:

- ☐ Treat clothing and gear with products containing permethrin.
- ☐ Use effective insect repellents. Find one at www.epa.gov/insect-repellents.
- ☐ Avoid areas where ticks hide, including high grass and leaf litter.
- ☐ Change your clothes when you come inside. Wash the clothes in hot water.
- ☐ Check your whole body for ticks. Remove ticks with tweezers.
- ☐ Shower within two hours after coming indoors to wash away unattached ticks.



PROTECT YOURSELF AND EVERYONE ELSE FROM DISEASE

We share more than food and culture within our homes and communities. We can also spread disease. Luckily, we live in a time when vaccines can protect us from many of the most serious illnesses. Staying current on your shots helps you—and your neighbors—avoid getting and spreading disease.


To stay up-to-date, check on shots for:

- | | |
|---|--|
| <input type="checkbox"/> Bacterial meningitis | <input type="checkbox"/> Influenza (flu) |
| <input type="checkbox"/> Chickenpox | <input type="checkbox"/> Measles, Mumps, and Rubella |
| <input type="checkbox"/> Diphtheria | <input type="checkbox"/> Pertussis (whooping cough) |
| <input type="checkbox"/> Haemophilus influenzae type b | <input type="checkbox"/> Pneumococcal pneumonia |
| <input type="checkbox"/> Hepatitis A and B | <input type="checkbox"/> Rotavirus diarrhea |
| <input type="checkbox"/> Cervical & other cancers caused by HPV | <input type="checkbox"/> Shingles |
| | <input type="checkbox"/> Tetanus |

AGING IN PLACE

GROWING OLDER AT HOME

By the National Institute on Aging



Many people want the same things as they get older: to stay in their own homes, to maintain independence for as long as possible, and to turn to family and friends for help when needed. Staying in your own home as you get older is called “aging in place.” But many older adults and their families have concerns about safety, getting around, or other daily activities. Living at home as you age requires careful consideration and planning.

PLANNING AHEAD FOR AGING IN PLACE

The best time to think about how to age in place is before you need a lot of care. Planning ahead allows you to make important decisions while you are still able.

The first step is to think about the kinds of help you need now and might want in the future. You can learn about home-based care and other services in your community and find out what they cost. Planning ahead also gives you time to set up your home to meet your needs as you age.

Another step is to consider any illnesses, such as diabetes or heart disease, that you or your spouse might have. Find out about how the illness could make it hard for someone to get around or take care of themselves in the future. Your health care provider can help answer your questions.

Talk with your family, friends, and other caregivers about what support is needed for you to stay in your home. Be realistic and plan to revisit the decision as your needs change over time.

SUPPORT FOR AGING AT HOME

Home-based care includes health, personal, and other support services to help you stay at home and live as independently as possible. In-home services may be short-term — for someone who is recovering from an operation, for example — or long-term, for people who need ongoing help.

In many cases, home-based support is provided at home by informal caregivers, such as family members, friends, and neighbors. It can also be supplemented by formal caregivers and community services.

Help you can receive at home includes:

- **Personal care:** Help with everyday activities, also called “activities of daily living,” including bathing, dressing, grooming, using the toilet,

eating, and moving around — for example, getting out of bed and into a chair

- **Household chores:** Housecleaning, yard work, grocery shopping, laundry, and similar chores around the house
- **Meals:** Shopping for food and preparing nutritious meals
- **Money management:** Tasks such as paying bills and filling out health insurance forms
- **Health care:** Help with many aspects of health care, including giving medications, caring for wounds, helping with medical equipment, and providing physical therapy
- **Transportation:** Assistance getting around, such as rides to the doctor’s office or grocery store
- **Safety:** Home safety features and help in case of a fall or other emergency

Find detailed information about in-home support services, including suggestions for arranging them, information about costs, and additional resources.



MAKING YOUR HOME SAFE AND ACCESSIBLE

There are a variety of ways to make your surroundings safer and easier to manage so they meet your needs as you age. Go through your home room by room to identify potential problems and safety issues. First, correct any immediate dangers, such as loose stair railings and poor lighting, and then work on other ways to ensure you will be as safe as possible at home.

See the Worksheet: Home Safety Checklist on pages 19-20 for suggestions to help you identify and remove hazards around the house.

Keep in mind that it may not be necessary to make all of the suggested changes. It is important, however, to reevaluate home safety every so often as your needs change.



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Worksheet: Home Safety Checklist



The following room-by-room checklist can alert you to potential hazards in an older person's home. Use it to identify any changes or repairs needed to help keep them safe. Keep in mind that it may not be necessary to make all of the suggested changes. It is important, however, to reevaluate home safety every so often as the person's behavior and needs change.

Throughout the home

- ☐ Are any repairs needed?
- ☐ Is the house well lit, inside and out, particularly at the top and bottom of stairs? Do any lightbulbs need to be replaced?
- ☐ Are emergency phone numbers (ambulance, Poison Control, doctors, hospital, etc.) and the person's home address near all telephones?
- ☐ Is there clutter, which can cause disorientation and confusion and increase the risk of falling?
- ☐ Is mail, recycling, or trash piling up? Do there need to be more trash and recycling containers around the house?
- ☐ Is each bottle of prescription medicine clearly labeled with the person's name, name of the drug, drug strength, dosage frequency, and expiration date?
- ☐ If there are guns in the home, are they locked up and unloaded, with ammunition stored separately?

Floors

- ☐ Are there any tripping hazards at exterior entrances or inside the house (throw rugs, for example)?
- ☐ Are there non-slip strips or mats on tile and wood floors or surfaces that may get wet? Are carpets fixed firmly to the floor?
- ☐ Are all walking areas free of furniture and extension and electrical cords?
- ☐ Have smoke and carbon monoxide alarms been installed near the kitchen and in all bedrooms? Have the batteries been checked recently?

Stairs

- ☐ Are the stairs manageable, or is a ramp or gate needed?
- ☐ Could handrails be installed on both sides of the staircase?

☐ Is there at least one stairway handrail that extends beyond the first and last steps on each flight of stairs?

☐ Are any outdoor steps sturdy and textured to prevent falls in wet or icy weather? Mark the edges of steps with bright or reflective tape.

Bathrooms

☐ Are there grab bars near toilets and in the tub or shower?

☐ Have nonskid adhesive strips, decals, or mats been placed in the tub and shower? If the bathroom is uncarpeted, consider placing these strips next to the tub, toilet, and sink as well.

☐ Have a plastic shower stool and a hand-held shower head been installed to make bathing easier?

☐ Is the water heater set at 120° F to avoid scalding tap water?

☐ Is there a night light to make overnight trips to the bathroom safer?

Kitchen

☐ Are there safety knobs and an automatic shut-off switch on the stove?

☐ Is there enough food in the fridge? Is any of it spoiled? Are there staple foods (such as cereal, sugar, canned soup) in the cabinets?

☐ Has a drain trap been installed in the kitchen sink to catch anything that may otherwise become lost or clog the plumbing?

Outdoors

☐ Are there secure locks on all outside doors and windows?

☐ If a walker or wheelchair is needed, can the entrances to the house be modified — perhaps by putting in a ramp to the front door?

☐ Is there a small bench or table by the entry door to hold bags and packages while unlocking the door?

☐ Is outside lighting adequate? Light sensors that turn on lights automatically as you approach the house may be useful.

☐ Have bushes and foliage been pruned away from walkways and doorways?

☐ If there is a swimming pool, is it safe? Restrict access to a swimming pool by fencing it with a locked gate, covering it, and closely supervising it when in use.

☐ Have you addressed any uneven surfaces or walkways, hoses, and other objects that may cause a person to trip?

Are you worried that making changes might be expensive? You may be able to get help paying for repairs and safety updates to your home. Check with your state housing finance agency, social services department, community development groups, or the federal government for financial aid programs and discounts. You can also visit the Eldercare Locator online at eldercare.acl.gov or call 800-677-1116 for help finding resources.

RESOURCES FOR AGING IN PLACE

If staying in your home is important to you, you may have concerns about getting around, being safe, and staying connected. Some of these activities become more challenging as you age. The resources below can help you find solutions.

Reach out to people you know. Family, friends, and neighbors are the biggest source of help for many older people. They may be able to drive you to doctor's appointments, help with errands and chores, or just keep you company. Talk with those close to you about the best way to get what you need. If you are physically able, think about trading services with a friend or neighbor. For example, one could do the grocery shopping, and the other could cook dinner.

Learn about community resources. Your local Area Agency on Aging, local and state offices on aging or social services, or your tribal organization may have lists of services. These organizations will be familiar with resources available in your community and may have tips for accessing them. Health care providers and social workers may also have suggestions. If you belong to a religious community, find out whether it offers services for older adults or ask for guidance from your pastor, rabbi, or other religious leader.

Get help during the day. Support is available if your regular caregiver isn't available during the day (for example, because they go to work). Some organizations have volunteers who regularly pay short visits to older adults. The volunteer can provide support, assistance, and

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companionship. Or you might consider an adult day care program, which can offer social activities, exercise, meals, and personal care during the day. Additionally, respite services provide short-term care for an older adult at home when a regular caregiver isn't available.

Be prepared for a medical emergency. If you have a serious allergy or medical need, talk with your doctor about whether you should get a medical alert ID bracelet or necklace. You might also consider an emergency medical alert system, which responds to medical and other emergencies via an electronic monitor that a person wears. The monitor alerts emergency personnel when a person becomes lost, falls, or needs urgent medical assistance.

Talk to a geriatric care manager. These specially trained professionals can help find resources to make your daily life easier. They will work with you to form a care plan and find services you need. Geriatric care managers can be especially helpful when family members live far apart. Your doctor or other health care provider may be able to recommend a geriatric care manager, or you can contact the Aging Life Care Association for a list of these professionals in your area.

Look into government resources. Federal, state, and local governments offer many

resources for older adults and their families and caregivers.

A good place to start is the Eldercare Locator, which connects older Americans and their caregivers with trustworthy local support resources.

Visit the Eldercare Locator online at eldercare.acl.gov or call 800-677-1116.

HOW MUCH WILL IT COST TO AGE IN PLACE?

An important part of planning is thinking about how you are going to pay for the help you need. Home-based services can be expensive, but they may cost less than moving into a residential facility, such as assisted living or a nursing home.

How people pay for care depends on their financial situation, their eligibility for assistance programs, and the kinds of services they use. People often rely on a variety of payment sources, including:

- **Personal funds**, including savings, a pension or other retirement fund, income from investments, or proceeds from the sale of a home.
- **Federal and state government programs**, such as Medicare, Medicaid, and the U.S. Department of Veterans Affairs (VA). Visit [USA.gov](https://www.usa.gov) for more information about government programs for health care and financial assistance.
- **Private financing**, including long-term care insurance, reverse mortgages, certain life insurance policies, annuities, and trusts.

WHEN IT'S TIME TO LEAVE HOME

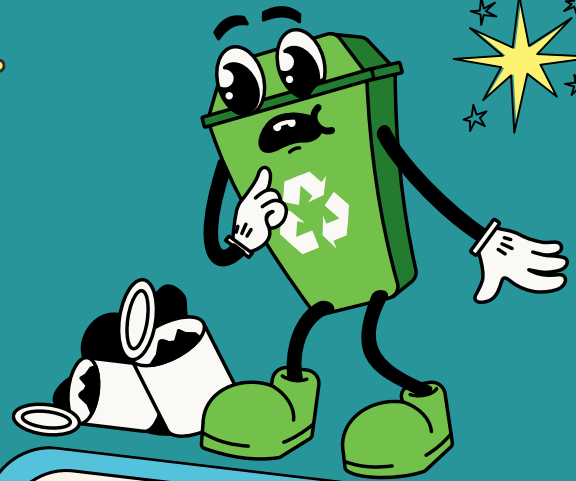
Most people prefer to stay in their own home for as long as possible. But there may come a time when it's no longer safe or comfortable to live alone.

The decision about whether and when an older adult should move from their home is often difficult and emotional. Everyone will have their own reasons for wanting (or not wanting) to take such a step. One person may decide a move is right because they can't or don't want to manage the home any longer. For another person, the need for regular, hands-on care motivates a change.

Learn as much as you can about the housing options available as you grow older. Talk with your family about the pros and cons of each option before making a decision. ■

Where do I put THESE?!

Batteries pose safety risks, such as fire hazards, if placed in regular recycling bins due to volatile materials like lithium. They should be disposed of through special recycling programs - please tape battery terminals. TCOG collects batteries Monday through Friday 8-5. Batteries+, Home Depot and Lowe's have collection bins; however, they do not accept single use batteries.



Plastic bags should not be placed in recycling bins because they get tangled in the machinery at the facilities, causing injuries, breakdowns and delays. Alternative ideas:

- Donate to food banks, Habitat for Humanity, charity thrift stores, etc...
- Make sleeping mats for the homeless
- Recycle at your local grocery store

Food waste is not meant to go down the drain because it can clog the pipes and contributes to methane production at the wastewater treatment plants. Composting is an eco-friendly option, converting waste into nutrient-rich soil.

Texoma area residents can put food waste in trash thanks to Texoma Area Solid Waste Authority's methane capture system which is now online.



Thank you for Recycling Responsibly

For more information go to:
www.tcog.com/regional-services/msw



Stay Active, Happy, & Connected: The Power of Volunteering in Retirement

Retirement is a big change in life. It's a time when people can do what they love, spend time with family, and try new things. Volunteering is a great way for retirees to stay busy, help others, and feel happy. Here are some of the ways volunteering can help you as a retiree:

1. Better Health

Helping others can make you feel good inside and out! Studies show that older people

who volunteer are often healthier. For example, a report by the Mayo Clinic says that helping for 100 hours a year can lower blood pressure and help you live longer. Volunteering also keeps people active, which is good for the body. Plus, meeting new friends can make you feel less lonely and happier. A study from 2019 says people over 60 who volunteer are less likely to feel sad.

2. Feeling Good About Yourself

Sometimes, people feel lost after they stop working. Volunteering can give retirees something to be proud of. Whether it's helping at a food bank or tutoring kids, knowing you're making a difference can feel amazing. The National Institute



AmeriCorps

on Aging says volunteering gives people a purpose and helps them feel accomplished.

3. Learning New Things

When you volunteer, you can learn cool new skills. Many groups teach their volunteers how to do different tasks. For example, you could learn about computers by helping at a library or learn about health by helping in a clinic. A survey by AARP in 2021 showed that 74% of retirees learned useful skills through volunteering. Learning new things also keeps your brain sharp!

4. Making Friends

Volunteering is a fun way to meet new people. Retirees often make close friends with



others who volunteer. These friendships make life more enjoyable. A report in 2022 found that 65% of older volunteers felt they had more social connections because of volunteering.

5. Helping Your Community

Retirees know a lot and have many skills. This makes them great helpers for their communities. For example, you could help kids learn to read or mentor someone who needs advice. Programs like AmeriCorps Seniors say their volunteers give millions of hours to help others each year. Knowing you've made a difference can be very rewarding.

6. Earning Money

If you qualify, the AmeriCorps Seniors Foster Grandparent Program lets you earn a little money while helping kids. You don't need to have experience teaching or taking care of children because they will give you training and show you what to do.

7. Saving Money

Volunteering can sometimes save you money. For example, you might be able to get tax deductions for things like gas or supplies used while volunteering. The IRS says you can write off these costs if you keep good records. While saving money isn't why most people volunteer, it can be a nice bonus!

8. Inspiring Others

When retirees volunteer, they show younger people how important it is to help others. This can inspire kids and grandkids to volunteer too. A poll in 2023 found that families with volunteering retirees are more likely to have younger family members who also give back.

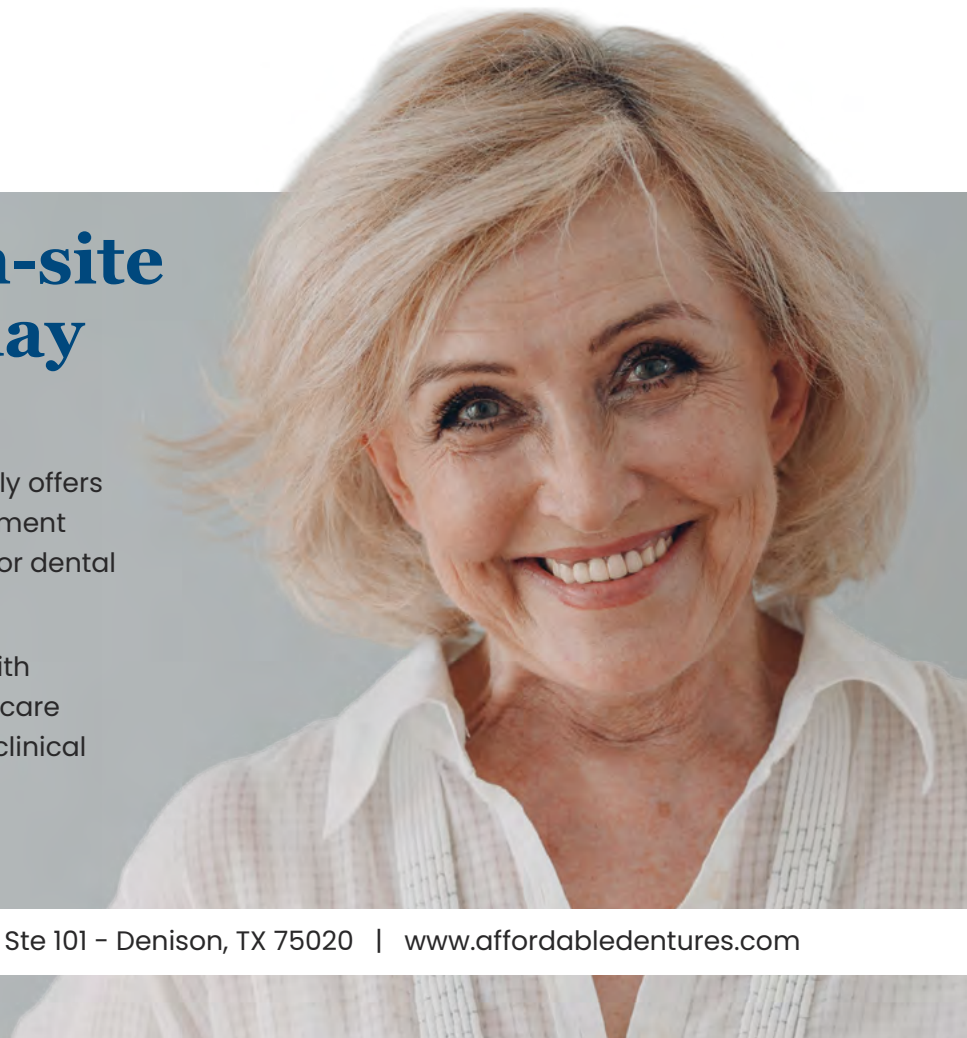


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Dr. Russel Mulamba, DDS
Dr. Nosa Idehen, DMD



I think my loved one is having a hard time. How do I spot the signs?

When facing challenging times, everyone can show different signs. However, if your loved one is experiencing one or more of the common signs below, they may need your support.



Common Signs:



Excessive worrying or fear



Increased fatigue



Body aches without an obvious cause



Loss or increase of appetite



Changes in sleep patterns



Talking about suicide



Misuse of alcohol and or drugs



Social withdrawal



Displaying irrational behavior



Strong mood changes



Difficulty handling daily problems, activities and stress

If you or someone you know is struggling or in crisis, help is available. 988 Suicide and Crisis Lifeline Available 24 Hours. English and Spanish.

Call or text **988** or chat **988lifeline.org**

Sources: National Alliance on Mental Illness, MentalHealth.gov, Substance Abuse and Mental Health Services Administration



TEXAS
Health and Human Services

Visit **TurnToSupportsTX.org** for more resources and ways to find help.

turn to



Ways to Volunteer in 2025

There are so many ways retirees can help! Groups like AmeriCorps Seniors, Foster Grandparents, and RSVP make it easy to find a volunteer job that fits your life. Many places, like schools and food banks, are always looking for helpers. Some groups even let you volunteer from home using a computer!

Conclusion

Volunteering is a great way for retirees to stay active, happy, and helpful. It's good for your health, makes you feel proud, and helps your community. If you're retired, think about how you can make a difference. Volunteering can make your retirement the best time of your life!

Take the Next Step

The Texoma Council of Governments sponsors the AmeriCorps Seniors Programs in Cooke, Fannin, or Grayson Counties. Are you ready to make a difference? For more information about volunteering with the Foster Grandparent Program or Retired and Senior Volunteer Program (RSVP), call Bonnie Arrington or Vicky Hestand at (903) 813-3562. **Don't wait—start your volunteer journey today! ■**



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Get In Touch

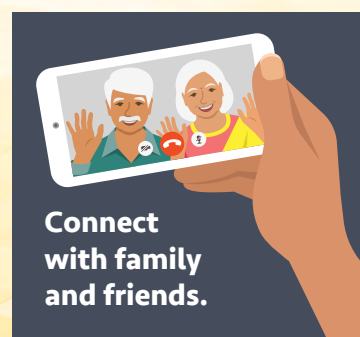
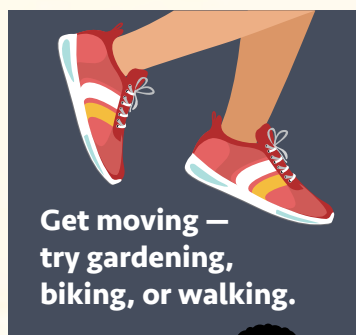
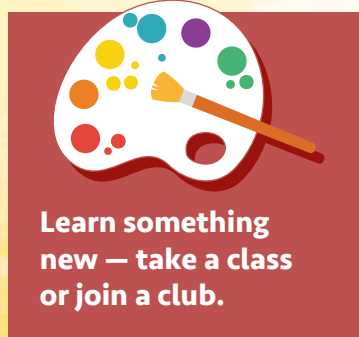
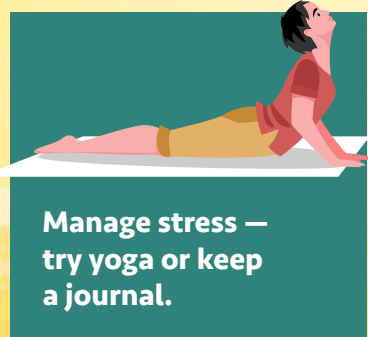
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 www.guardian-hospice.com

Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



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Jill Sheppard, B.S., SLP/Audiology,
Kenneth Sheppard, Jr., LFDHI

It works both ways. You experience such joy in hearing what others are saying to you. Consider how pleased family and friends are to know you hear (and understand) their words, meant for you.

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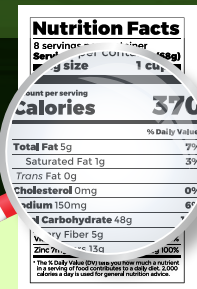


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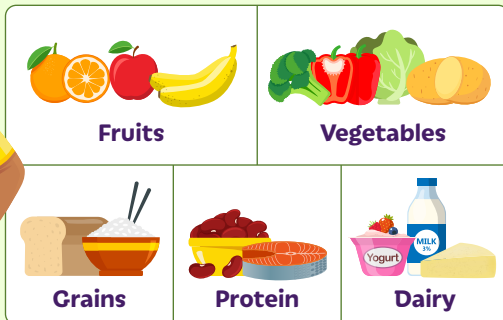


5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.

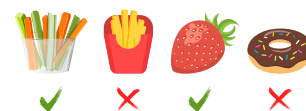


Eat a variety of foods each day.



Read food labels to learn what's in your food.

Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Keep a food diary to track what you eat.



Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.



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We firmly believe that all care is patient centered with the individual's goals in mind. Our belief is that every life has meaning and every journey is different. We tailor our services towards each individual to provide comfort, dignity, and peace throughout their life. As a nurse owned and operated hospice company, **quality and compassionate healthcare is our passion.**

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See the signs.
Start a conversation
about Alzheimer's.

Are you worried that changes in a loved one's memory or how they act might be Alzheimer's disease?

Talking about your concerns is the first step to helping them. It can be a difficult conversation, but the sooner you have it, the better. Early treatment can make a big difference in quality of life.

These tips can help begin the conversation.

Start the conversation if you notice signs of memory loss or difficulty doing usual activities.

Choose a time to have the conversation when you and your loved one aren't busy or tired.

Pick a place that is familiar, comfortable and quiet.

Have confidence you're doing the right thing.

Decide in advance what you're going to say.

Keep your words simple, gentle and reassuring.

Begin by asking if they've noticed any differences in their behavior.

Say you're concerned and give a few examples why.

Listen when they express worry about memory loss or difficulty doing usual activities.

Reassure them that Alzheimer's is a disease and not something they are doing wrong, even though it may feel embarrassing to talk about it.

Encourage them to see a doctor to find out what's causing memory loss. Offer to go with them for support.

Learn about local resources that can help you understand memory loss and learn ways to talk with your loved one and their doctor.

Find out more about Alzheimer's disease, ways to start a conversation and available community resources at dshs.texas.gov/alzheimers.



TEXAS
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Texas Department of State
Health Services



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- » Immediate Staffing



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For more information, email kloyd@cornerstonecaregiving.com
Kelley Loyd, Operating Director 903.294.4454

Area Agency on Aging of Texoma



CARA LAVENDER, LMSW

Director, Area Agency on Aging of Texoma
(903) 813-3575

AGING & DISABILITY RESOURCE CENTER

855-937-2372

The Aging & Disability Resource Center (ADRC) serves as a “No Wrong Door” for older adults, individuals with disabilities, their families, and caregivers seeking information and access to long-term services and supports. The ADRC aims to simplify the process of navigating complex systems and connect individuals with the resources they need to live independently and maintain their quality of life.

BENEFITS COUNSELING PROGRAM

903-813-3505

Benefits Counseling

Advice or representation by an attorney, including assistance by a paralegal or law student under the supervision of an attorney, or counseling or representation by a non-lawyer such as a certified Benefits Counselor, where permitted by law, to older individuals with economic and social needs.

Legal assistance activities include the following:

✓ Advice/Counseling

A recommendation made to an older individual regarding a course of conduct, or how to proceed in a matter, given either on a brief or one-time basis, or on an ongoing basis; may be given by telephone or in person.

✓ Document Preparation

Personal assistance given to an older individual with help in the preparation of necessary documents relating to public entitlements, health care/long term care, individual rights, planning/protection options, and housing and consumer needs.

✓ Representation

Advocacy on behalf of an older individual in protesting or complaining about a procedure, or seeking special considerations by appealing an administrative decision, or referral to the Legal Hotline for Older Texans.

✓ Benefits Screening

Benefits counselors will assist

in completing a thorough and individualized Benefits Check-Up Report, which pre-screens potential eligibility for numerous state and federal benefits, including Medicare Part D.

“Legal Assistance Services” are identified as: Benefits Counseling.

Certified Benefits Counselors assist persons in connecting to the array of benefits available to them, including:

- ✓ Medicaid
- ✓ Medicare
- ✓ Medicare Savings Programs (QMB, SLMB, QI1)
- ✓ Supplemental Security Income
- ✓ Veteran’s Benefits
- ✓ Community-Based Alternative
- ✓ Advance Directives
- ✓ Long-Term Care Insurance
- ✓ Powers of Attorney
- ✓ Elderly Victims of Abuse, Exploitation, and Neglect
- ✓ Qualifying Income Trust
- ✓ Administrative Appeals
- ✓ Insurance Fraud



Alison Phipps,
ADRC Specialist

Sheila Vaughn,
Benefits Counseling
Specialist



Mignon Felt,
Benefits Counseling
Specialist

Holly Booth,
Care Coordination
Specialist



Mandy Krebs,
Care Coordination
Specialist

Judy Hunt,
Information & Re-
ferral Specialist



Hope Whitson,
Managing Local
Ombudsman

Jan Graves,
Staff Ombudsman



Bonnie Arrington,
AmeriCorps Seniors
Supervisor

Vicky Hestand,
AmeriCorps Seniors
Specialist



Legal Awareness Seminars

The dissemination of accurate, timely, and relevant information, eligibility criteria, requirements, and procedures to older individuals about public entitlements, health/long-term care services, individual rights, planning/protection options, and housing and consumer needs. Educational programs on a variety of legal topics offered annually. These events will be advertised in local newspapers and are free to the public.

CAREGIVER SUPPORT PROGRAM

903-813-3505

An ongoing process to include assessing the needs of a caregiver and care recipient, effectively planning, arranging, coordinating and following-up on services which most appropriately meet the identified needs as mutually defined by the caregiver, the care recipient, and the access and assistance staff.

Services Include:

Caregiver Support Groups

Caregiver Support Group meetings provide an opportunity for caregivers to share unique experiences, discuss behavior management, challenges and techniques, improve caregiver coping skills, reduce stress and seek solutions together.

- ✓ Caregiver Education and Training
- ✓ Caregiver Support Groups
- ✓ Alzheimer's and related dementias Educational Material
- ✓ Alzheimer's/Dementia Respite Group
- ✓ Parkinson's Educational Materials
- ✓ Grandparents/Relatives Raising Children Support Group

CARE COORDINATION PROGRAM

903-813-3505

An ongoing process to include assessing the needs of an older individual and effectively planning, arranging, coordinating and following-up on services which most appropriately meet the identified needs as mutually defined by the older individual, the access and

assistance staff, and where appropriate, a family member(s) or other caregiver(s).

Services include (when funds available. Restrictions apply):

- ✓ Ramps
- ✓ Hearing aids
- ✓ Dentures
- ✓ Eyeglasses
- ✓ Durable Medical Equipment (Referrals)
- ✓ Transportation (Medical-Related)
- ✓ Minor Residential Repairs
- ✓ Nutrition Services

Congregate Meals: A hot or other appropriate meal served to an eligible older individual that provides 33 1/3 percent of the dietary reference intakes established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. The meals follow the most recent Dietary Guidelines for Americans, published by the Secretary of Agriculture. The objective is to reduce food insecurity and promote socialization of older individuals.

Meals on Wheels of Texoma: produces meals at local senior centers. Anyone 60 years old or older can attend senior centers and receive a meal for lunch. The meals are free; however, donations are always welcome.

Home-Delivered Meals: A hot, fresh, or frozen meal providing one third of daily nutritional intake. Guidelines are established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences and complies with the most recent Dietary Guidelines for Americans, published by the Secretary of Agriculture, and delivered to an eligible participant in their place of residence. The objective is to reduce food insecurity; help the recipient sustain independent living in a safe and healthful environment. To qualify to receive a home-delivered meal, you must be 60 and over, homebound, and have no one in the home willing and/or able to provide a meal. Meals on Wheels of Texoma prepares and delivers these meals.

INFORMATION, REFERRAL & ASSISTANCE PROGRAM

903-813-3505

Consists of activities such as:

- ✓ *Assessing the needs of the inquirer (phone, emails, walk-ins);*
- ✓ *Evaluating resources and making referrals to appropriate programs;*
- ✓ *Assessing appropriate response modes;*
- ✓ *Indicating organizations capable of meeting those needs;*
- ✓ *Providing enough information about each organization to help inquirers make an informed choice;*
- ✓ *Helping inquirers locate alternative resources when some services are unavailable;*
- ✓ *When necessary, actively participating in linking the inquirer to needed services, and following up on referrals to ensure the service was provided.*

LONG-TERM CARE OMBUDSMAN

903-816-0688

Certified staff and trained volunteers provide services to protect the health, safety, welfare, and rights of residents of nursing facilities and assisted living facilities, including identifying, investigating, and resolving complaints that are made by, or on behalf of, residents. Further detail can be found in the Older Americans Act, Section 712.

The managing local ombudsman maintains comprehensive information about each of the nursing homes, personal care homes, and assisted living facilities in the region. Consultation regarding long-term care alternatives and the costs and methods of financing for long-term care living options are available.

Certified Volunteer Ombudsmen complete 36 hours of training to achieve certification. Volunteer ombudsmen visit assigned nursing homes, promote quality of life and quality of care as well as participate in complaint resolution for the protection of Residents' Rights.

LOOKING FOR ADDITIONAL RESOURCES?

A comprehensive list of State, Federal, and other Local Resources may be found starting on: **PAGE 35**

AMERICORPS SENIORS PROGRAM

903-813-3562

Foster Grandparent Program

A program designed for persons 55 years of age or older who meet income eligibility requirements and wish to provide 15 to 40 hours per week of love and wisdom to an at-risk child. Foster Grandparents receive a tax-free stipend. Foster Grandparents serve as Mentors for children in public settings such as schools, daycares and after school programs.

Texoma RSVP

The program offers opportunities to persons 55 years of age or older who wish to remain an active and productive member of their community by contributing time and experience to local community non-profit organizations.





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DEVELOPMENT AND COORDINATION OF

A Comprehensive System of Services in Texoma

AVAILABLE FOR CITIZENS IN COOKE, FANNIN AND GRAYSON
COUNTIES OVER THE AGE OF 60 OR WITH DISABILITIES:

- Benefits counseling
- Care coordination
- Caregiver services
- Information, referral & assistance
- Long-term care ombudsman
- AmeriCorps Seniors

(903) 813-3505 or Toll-Free **(800) 677-8264**

TCOG'S ADRC CONNECTS PEOPLE TO

Long-Term Services for Independent Living

THE AGING AND DISABILITY RESOURCE CENTER
(ADRC) OF TEXOMA SPECIALIZES IN:

- Information and referral
- Connections to services that can help maintain good health
- Long-term care options counseling
- Referrals for transitioning from nursing facilities to the community



Alison Phipps,
ADRC Specialist

(903) 893-2161 x3506
Toll-Free **(855) 937-2372**

The ADRC of Texoma serves Cooke, Fannin, and Grayson counties



We believe that by being better leaders, by training better leaders, and by supporting better leaders, we will build better lives.

Better Leaders Building Better Lives is TCOG's vision to build quality of life in a more meaningful and more sustainable way for all Texomans. It is our game

plan for bringing additional resources to our region; for growing our organization and expanding our services and programs; for making life better for

more people. This effort is essential, as growth and progress in Texoma will ultimately be measured by the quality of life we offer.

better leaders building better lives™





HHSC SERVICES INCLUDE:

AGING | hhs.texas.gov/services/aging

- 1 HHS employees provide a range of services for older Texans to help ensure their well-being, dignity, and choices. Programs also are in place to support family caregivers.

DISABILITY | hhs.texas.gov/services/disability

- 2 More than 3.4 million Texans have a disability. HHS meets their needs through finding housing, referring people to local services and encouraging job creation.

FINANCIAL | www.YourTexasBenefits.com

- 3 Texans have a long history of helping neighbors in need. HHS employees carry on that tradition by helping Texans families get food, health care and cash assistance.

HEALTH | hhs.texas.gov/services/health

- 4 HHS works to keep Texans healthy by providing services to those who qualify. HHS also provide information to improve the overall health of all Texans.

MENTAL HEALTH & SUBSTANCE ABUSE hhs.texas.gov/services/mental-health-substance-use

- 5 HHS offers mental health and substance use services for families and people of all ages, including people who are in crisis.

SAFETY | hhs.texas.gov/services/safety

- 6 Protecting Texans is the core of what HHS does. HHS efforts cover a variety of areas from monitoring child care providers, advocating for children, helping people affected by human trafficking, and helping Texans recover from disasters.

MORE INFORMATION ABOUT HHS SERVICES, PRINCIPLES, & THE PROCESS FOR FILING COMPLAINTS AND REQUESTING INFORMATION IS OUTLINED IN THE COMPACT WITH TEXANS.

Visit hhs.texas.gov/about-hhs/your-rights/compact-texans

AGING

hhs.texas.gov/services/aging

Almost 12 percent of Texans—3.2 million people—are 65 and older, and the number is growing. By 2050, the figure is expected to increase to almost 20 percent. This increase in the older adult population will likely mean an increase in the need for all types of health and human services such as health care, home care, personal care, and long-term care.

Texas Health and Human Services Commission provides a range of services for older Texans that help ensure their well-being, dignity, and choice. Programs also are in place to support family caregivers.

Experienced HHSC staff and paid contractors can help eligible older Texans access services that:

- ✓ Create opportunities to live independently in their own homes.
- ✓ Provide information about state and federal benefits and legal rights.
- ✓ Give family caregivers the tools to do their job.
- ✓ Provide access to meals at home or in group settings.
- ✓ Identify assisted-living facility care, daytime programs, or nursing home services for which they may qualify.
- ✓ Advocate for people who live in assisted-living facilities or nursing homes.
- ✓ Guide people to the right long-term care services.

Some programs, such as those provided by local area agencies on aging, are available to everyone who is 60 or older. However, other services, such as in-home or nursing home care, are based on income and resources.

Contact your aging and disability resource center, area agency on aging, or local authority to learn more, or visit the Your

Texas Benefits website to find out about available services and how to apply for benefits.

If you are unsure how HHSC can help, call **855-937-2372** to talk to a trained professional who will guide you to the right service options to help meet your needs.

Federal Programs for Older Texans

Eligible older Texans may qualify for federal and state programs that pay benefits, pay health care costs, or provide food. If you want to sign up for one of these programs, visit the sites below to find out if you might be eligible or to apply for benefits.

- ✓ **Medicaid** provides health coverage to eligible low-income adults, children, pregnant women, and people who are older or who have disabilities. Each state has its own rules about eligibility and what Medicaid covers. Some people qualify for both Medicare and Medicaid. To find out if you might be eligible for Medicaid in Texas, visit the Your Texas Benefits website.
- ✓ **Medicare** is our country's health insurance program for people age 65 or older. People younger than age 65 with certain disabilities or permanent kidney failure can also qualify for Medicare. The program helps with the cost of health care, but it doesn't cover all medical expenses or the cost of most long-term care.
- ✓ **Social Security** pays a monthly benefit to older Americans, workers who become disabled, and families in which a spouse or parent dies. When you retire, your Social Security payment is based on your average earnings over your working career. If you are determined to be disabled, your benefit is based on the amount of income on which you have paid Social Security taxes.
- ✓ **Supplemental Security Income (SSI)** pays monthly benefits to people with limited income and resources who are disabled, blind, or age 65 or older. Some of your income and your resources are not counted when deciding whether you are eligible for SSI. Your house and your car, for example, usually do not count as resources.

HHSC contracts with local Area Agencies on Aging (AAAs) across the state to provide services to anyone 60 and older—and their caregivers—to access these types of services:

Care for People 60+

HHSC contracts with local Area Agencies on Aging (AAAs) across the state to provide services to anyone 60 and older—and their caregivers—to access these types of services:

- ✓ Finding and accessing community resources, programs, and services;
- ✓ Understanding Medicare and other federal benefits;
- ✓ Coordinating short-term services for people who are recuperating at home after a health care crisis;
- ✓ Providing support to people who care for an older person or someone with a disability;
- ✓ Educating people and offering advice about insurance issues, benefits, and consumer problems;
- ✓ Providing meals at home or in group settings.

Who Can Get Help?

If you are age 60 or older or care for a person who is older, AAA services may be for you. Help also may be available to grandparents who are raising grandchildren.

Priority is given to people with the greatest economic and social need. This group includes:

- ✓ People who are minorities with low incomes
- ✓ People who live in rural areas
- ✓ People with limited English proficiency
- ✓ People with Alzheimer's disease and related disorders

- ✓ People at risk of being placed in a nursing home or other long-term care facility

Where Do I Call to Get These Services? Call 903-813-3505 to contact your local AAA.

DISABILITY

hhs.texas.gov/services/disability

People who are limited in one or more major life activities—hearing, seeing, thinking or memory, walking or moving, taking care of personal needs (bathing, feeding, dressing), or living independently—are said to have a disability. Some disabilities begin at a young age, while others are the result of accidents, injuries, or simply growing older.

The American Community Survey, also known as the Census, estimates that 3.4 million Texans—or 12.9 percent of the population—had a disability in 2014. These men, women, and children are eligible for a range of state and federal services including rehabilitation, medical equipment, help finding a job, medical care, and personal attendants.

HHS provides a range of services to Texans with disabilities that help ensure their well-being, dignity, and choice. Programs also are in place to support family members who care for them.

Our experienced staff and paid contractors can help eligible Texans with disabilities access services so they can:

- ✓ Live independently in their own homes or communities
- ✓ Prepare for and find jobs
- ✓ Provide medical equipment and assistive devices
- ✓ Determine eligibility for Supplemental Security Income
- ✓ Provide health care services to people with disabilities who work
- ✓ Give family caregivers the tools to do their job

Federal Programs for People with Disabilities

Eligible people with disabilities may qualify for federal and state programs that pay benefits, pay health care costs, or provide food. If you are not already signed up for one of these programs, call your local AAA.

- ✓ **Medicaid** provides health coverage to eligible low-income adults, children, pregnant women, and people who are older or who have disabilities. Some people qualify for both Medicare and Medicaid. To find out if you might be eligible for Medicaid in Texas, visit the *Your Texas Benefits* website.
- ✓ **Medicare** is our country's health insurance program for people age 65 or older. People younger than age 65 with certain disabilities or permanent kidney failure can also qualify for Medicare. The program helps with the cost of health care, but it does not cover all medical expenses or the cost of most long-term care.
- ✓ **Supplemental Nutrition Assistance Program (SNAP)** allows millions of Americans to buy nutritious food at their local grocery stores. It is available for both single people and families who have low income. To find out if you might be eligible for SNAP, visit the *Your Texas Benefits* website.
- ✓ **Social Security** pays a monthly benefit to older Americans, workers who become disabled, and families in which a spouse or parent dies. When you retire, your Social Security payment is based on your average earnings over your working career. If you are determined to be disabled, your benefit is based on the amount of income on which you have paid Social Security taxes.
- ✓ **Supplemental Security Income (SSI)** pays monthly benefits to people with limit-

ed income and resources who are disabled, blind, or age 65 or older. Some of your income and your resources are not counted when deciding whether you are eligible for SSI. Your house and your car, for example, usually do not count as resources. Visit ssa.gov/benefits/ssi

FINANCIAL

yourtexasbenefits.com

HHSC offers help with food, health care, and cash assistance for Texans. Find out if you are eligible by applying through the website above.

Whether it's Medicaid, SNAP food benefits, or Temporary Assistance for Needy Families cash assistance, HHSC is helping Texas families get back on their feet. For more information, visit hhs.texas.gov/services/financial

HEALTH

By providing a broad range of services to keep Texans healthy, Texas Health and Human Services employees are not only ensuring direct services are provided to those who qualify but helping to improve the overall health of all Texans.

Clinics, Health Organizations, and Resource Centers

HHSC works with federally qualified health clinics, medical associations, community partners, and local governments to help clients find the health care they need.

- ✓ Area Agency on Aging offices and Aging and Disability Resource Centers can help Texans find personal care, nursing care, help at home, and other long-term care services.



Texas Community Partner Program

Helping Texans Apply for Medical, Food, and Cash Assistance

Do you need help applying for medical, food, or cash assistance?

A COMMUNITY PARTNER CAN HELP!

Our Community Partners provide individual assistance to help you:

- Apply for and manage your SNAP, TANF, and medical benefits.
- Upload files for your online application.
- Use computers with internet access to work on your case.
- Contact Texas Health and Human Services or 211.



To find a Community Partner near you, go to www.TexasCommunityPartnerProgram.com and use the "Find Community Partners" search tool or go to YourTexasBenefits.com and select "Find an Office."

You can search by ZIP code, county, or city for a list of Community Partners in that area.



TEXAS
Health and Human
Services

- ✓ Find a drug store that accepts prescriptions paid for by Medicaid or the Children's Health Insurance Program.
- ✓ Family and Community Health Services Clinic locator allows you to search for clinics that serve people who need a health care provider for epilepsy, primary health care, child health and dental, and prenatal medical and dental.
- ✓ Texas Local Public Health Organization directory is a listing of local health departments, public health districts, and local health units in Texas.

Food and Fitness

How well we take care of ourselves before we need medical services can make for a higher quality of independence and wellness. We offer tips on exercise, cooking healthy meals on a budget, nutrition, and weight management.

- ✓ **Eat Healthy** has tips for fixing nutritious meals and saving money.
- ✓ **Texercise** provides a fun, practical way to start looking and feeling your best through exercise.
- ✓ **A Matter of Balance** falls prevention class may be provided by your local AAA.

Foster Care

Former Foster Care Children can qualify for health care services through Medicaid until they are 26.

Medicaid and the Children's Health Insurance Program

Medicaid and the Children's Health Insurance Program help cover medical expenses for children, some adults, and people with disabilities who meet income requirements. Most services are delivered through providers called managed care organizations.

- ✓ Children's Health Insurance Program is low-cost or free health coverage for children without health insurance.

- ✓ Children's Medicaid covers services needed to keep kids healthy. It is for people 18 and younger who come from families with little or no money.
- ✓ Long-term care Medicaid is available to some people who are older or who have a disability.
- ✓ Medicaid might be available to adults who are caring for a child.
- ✓ The Medicaid Buy-In program offers low-cost Medicaid health care services—including community-based services and supports—to individuals with disabilities who work.

Medicare

The Health Information, Counseling and Advocacy Program can help you enroll in Medicare, find information, and provide counseling about your options.

Palliative Care

Palliative care comes into play when a life-changing or serious illness alters your quality of life. When you have a serious illness, the support of your medical team, family, and friends makes a difference.

Prevention

The easiest way to treat a disease is to stop it before it starts. Understanding how to avoid a possible chronic condition is essential. Prevention is an effective path to improving Texans' lives.

- ✓ **Immunization Unit** provides information for families and medical providers about the benefits of immunizations and which ones are recommended at different life stages.
- ✓ **Medicaid Wellness Program** has nurses who can answer questions day or night. The nurses also can help participants find a doctor, manage their health, and understand how to take their medications.

Primary and Specialty Health

- ✓ **County Indigent Health Care Program** helps low-income Texans who do not qualify for other state or federal health care assistance programs.
- ✓ **Epilepsy Program** helps ensure people with epilepsy or seizure-like symptoms have access to outpatient services.
- ✓ **Hemophilia Assistance Program** helps Texans with hemophilia cover their medical bills.
- ✓ **Kidney Health Care** helps people with end-stage renal disease pay for their treatment.
- ✓ **Primary Health Care Services Program** helps ensure that eligible Texans have access to primary health care services.
- ✓ **Title V Maternal and Child Health** helps low-income women, children, and adolescents who are not eligible for Medicaid, CHIP, or CHIP Perinatal.

Women and Children

HHS provides health care services to Texas women, such as preventing unintended pregnancies, nurturing healthier pregnancies, fighting domestic violence, and taking care of children. Texans also can apply for insurance for their children through the Children's Health Insurance Program and Medicaid.

- ✓ **Alternatives to Abortion** program provides low-income pregnant women with pregnancy and parenting information and supports.
- ✓ **Healthy Texas Women** offers women's health and family planning services at no cost to eligible, low-income women such as women's health exams, health screenings, and birth control. They also provide breast and cervical cancer screening to qualified women.

- ✓ **Texas Pregnancy Care Network** providers can offer support, referrals to community resources, counseling, and mentoring.
- ✓ **Women, Infants, and Children Program** is a health and nutrition program that helps improve the diets of infants and children as well as pregnant, postpartum, and breastfeeding women.

For more information, visit hhs.texas.gov/services/health

MENTAL HEALTH AND SUBSTANCE USE Urgent Services

For mental health or substance use emergencies where your safety or that of others is at immediate risk, dial 9-1-1.

If you feel you are experiencing a mental health or substance use emergency but your safety or that of others is not at immediate risk, please contact:

- ✓ **National Suicide Prevention Lifeline:** Dial 800-273-8255 (800-273-TALK)
- ✓ **Veterans Crisis Line:** Dial 800-273-8255, option 1
- ✓ **24/7 Crisis Text Line:** Text 741741
- ✓ **Texas 2-1-1:** Dial 2-1-1, option 8
- ✓ **24/7 Local Mental Health Authority Crisis Hotline** for substance use and other crisis services
- ✓ **The Trevor Project** (LGBTQ suicide help): 866-488-7386 (text 202-304-1200 or chat online)

Non-Urgent Services

The first step when seeking help for non-emergency mental health or substance use challenges is to find services in your area. You may call the referral line in your area for confidential help 24 hours a day, 7 days a week.

Substance Use Definitions

Substance use means taking any substance, regardless

Struggling to afford rent?

AFFORDABLE HOUSING OPTIONS MAY BE AVAILABLE

for eligible applicants.*



Section 8 Tenant-Based Program (Fannin & Grayson Counties)

Choose where you live based on specific criteria and move the voucher with you.
Applications are only accepted when waiting lists are open.

Section 8 Project-Based Program

Live in specific, affordable units across 19 cities across the Texoma region including Bells, Bonham, Celeste, Ector, Farmersville, Gunter, Honey Grove, Howe, Ladonia, Leonard, Pottsboro, Princeton, Savoy, Tioga, Tom Bean, Trenton, Van Alstyne, Whitewright, and Windom.

Verification required to apply:

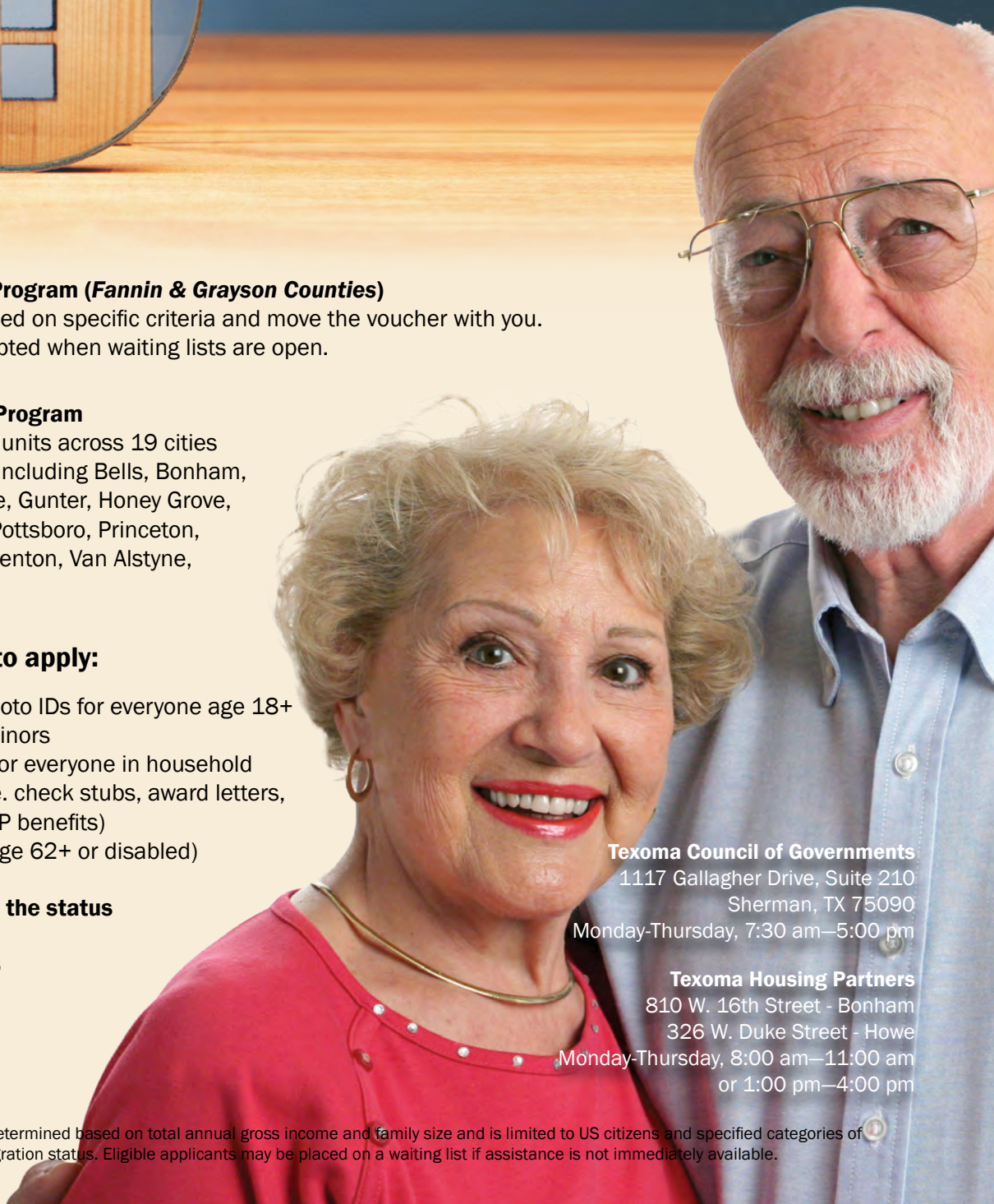
- » Government-issued photo IDs for everyone age 18+
- » Birth Certificates for minors
- » Social Security Cards for everyone in household
- » Income Verification (i.e. check stubs, award letters, bank statements, SNAP benefits)
- » Medical Expenses (if age 62+ or disabled)

**For questions or to check the status
of your application, call:**

(903) 893-2161 ext. 3536



*Eligibility for housing vouchers is determined based on total annual gross income and family size and is limited to US citizens and specified categories of non-citizens who have eligible immigration status. Eligible applicants may be placed on a waiting list if assistance is not immediately available.



Texoma Council of Governments

1117 Gallagher Drive, Suite 210
Sherman, TX 75090
Monday-Thursday, 7:30 am—5:00 pm

Texoma Housing Partners

810 W. 16th Street - Bonham
326 W. Duke Street - Howe
Monday-Thursday, 8:00 am—11:00 am
or 1:00 pm—4:00 pm

of whether it is a legally prescribed medication or an illegal drug. Not all substance use may cause harm.

Using illegal drugs and misusing legal substances such as alcohol or prescription medications may cause harm. Examples of misuse are:

- ✓ *Underage drinking or tobacco use*
- ✓ *Taking medication in a way that is not prescribed, such as taking too much medication*
- ✓ *Binge drinking*

A substance use disorder is a diagnosis from a health professional when there is a pattern of using drugs or alcohol in a way that interferes with life activities.

Stigma and Mental Health

The stigma surrounding mental health is often a deterrent for people looking to get help.

For more information, visit hhs.texas.gov/services/mental-health-substance-use

SAFETY RESOURCES

Protecting Texans is the core of what Texas Health and Human Services does. Our efforts cover a variety of areas, from monitoring childcare providers and advocating for children to helping people affected by human trafficking and assisting Texans in recovering from disasters.

- ✓ **The Children's Advocacy Centers of Texas** is the statewide membership association for children's advocacy centers in the state. Founded in 1994, CACTX currently includes 70 developing and established centers in both large, urban cities and in small, rural communities. Their mission is to restore the lives of abused children by supporting CACs in partnership with local communities and agencies investigating and prosecuting child abuse.

HHS has programs in place with the best interests of the child and parent in mind when it comes to childcare operations across Texas.

- ✓ **Court Appointed Special Advocates Inc.** is the statewide organization for volunteer advocate programs. Texas CASA and its 72 local programs ensure that every child has an advocate to speak for his or her best interest before the courts. The advocate is a caring adult, trained to help a child through this difficult period in life. Their mission is to support local CASA volunteer advocacy programs and to advocate for effective public policy for children in the child protection system. For more information on Texas CASA and becoming a CASA volunteer, visit the CASA website.

- ✓ **The Disaster Assistance Program** works with the Federal Emergency Management Agency to offer housing and other assistance in the event of a federally declared disaster.

- ✓ **Family Violence Program** promotes self-sufficiency, safety, and long-term independence of adult victims of family violence, child victims of family violence, and victims of teen dating violence. The program provides emergency shelter and support services to victims and their children, educates the public, and provides training and prevention support to various agencies.

- ✓ **The Repatriation Program** helps U.S. citizens and their family members who must leave a foreign country due to a crisis. You must be approved for this program by the U.S. Department of State.

- ✓ **The Texas Human Trafficking Resource Center** is a statewide directory connecting HHSC staff, healthcare providers, stakeholders, and potential victims of human trafficking to local, state, and national resources to identify and help people affected by human trafficking.

- ✓ **Twogether in Texas** is an educational program to help engaged couples learn communication and conflict management skills as well as other key aspects of marriage. Those who complete the eight-hour course get a certificate for a \$60 discount on their marriage license.

For more information, visit hhs.texas.gov/services/safety

SERVICE COORDINATION

Do you or a family member need the services of more than one health and human services (HHSC) agency? Do you feel like you do not know where to start or what you might qualify for? As a helping professional, do you find it difficult to meet the needs of your client at one HHS agency?

If so, you can turn to the professionals in your local Community Resource Coordination Group (CRCG) for guidance. CRCGs help people with complex needs that cannot be met by a single agency. They connect individuals or families with public and private agencies to get people the help they need.

CRCGs are groups of local partners and community members that work with parents, caregivers, youth, and adults to create a service plan. The service plan helps a person with special needs get benefits and services.

CRCG representatives from state and local agencies work together to find help for a person's unique needs.

The representatives each address different needs the person or the family might have. The representatives and the person or family talk for 30 minutes to an hour. During this talk, the person or family shares their situation, and the group discusses possible services that may help.

Based on the needs discussed, the CRCG will work with the person or family to create an individual service plan. Every community has different services and resources, so each meeting and each plan will be different. However, every CRCG works with the person or family to help them get the services they need.

For more information, visit hhs.texas.gov/services/service-coordination



TEXAS DEPARTMENT OF STATE HEALTH SERVICES

The Texas Department of State Health Services (DSHS) has restructured to sharpen their focus on public health. Their job is to promote and protect the health of people and the communities where they live, learn, work, worship, and play, understanding that no single entity working by itself can improve the health of all Texans. Everyone working together creates a better system that includes prevention, intervention, and effective partnerships.

Customer Service Principles

As a Texas Health and Human Services department, we commit to providing high quality services in a professional and ethical manner. In order to do so, we will:

- ✓ *Treat our customers with courtesy and respect;*
- ✓ *Ensure access to and provision of services is fair and equitable;*
- ✓ *Implement new and creative approaches to improve quality of services;*
- ✓ *Operate based on our customers' overall needs and feedback;*
- ✓ *Provide understandable information in a variety of formats;*
- ✓ *Ensure sound management of programs and funds;*
- ✓ *Work in cooperation with customers;*
- ✓ *Protect private information and share public information in accordance with applicable laws.*

DSHS SERVES THE HEALTH NEEDS OF TEXANS IN A NUMBER OF WAYS

- Preventing, detecting and responding to infectious diseases
- Promoting healthy lifestyles through disease and injury prevention
- Reducing health risks and threats through consumer protection
- Developing evidence-based public health interventions through data analysis and science
- Providing medical response during disasters and emergencies

Mission

To improve the health, safety, and well-being of Texans through good stewardship of public resources and a focus on core public health functions.

Values

- ✓ **Lead with a vision.**
- ✓ **Driven by science and data.**
- ✓ **Partner with a purpose.**
- ✓ **Engage and connect as a team.**

Goals

- ✓ *Improve health outcomes through public and population health strategies, including prevention and intervention.*
- ✓ *Optimize public health response to disasters, disease threats, and outbreaks.*
- ✓ *Improve and optimize business functions and processes to support the delivery of public health services in communities.*
- ✓ *Enhance operational structures to support the public health functions of the state.*

- ✓ *Improve recognition and support for a highly skilled and dedicated workforce.*
- ✓ *Foster effective partnership and collaboration to achieve public health goals.*
- ✓ *Promote the use of science and data to drive decision-making and best practices.*

For more information, visit dshs.texas.gov
Texans can expect to receive high-quality services from all Texas Health and Human Services departments. To meet this expectation, we will:

- ✓ *Process applications and respond to contacts accurately and within required time frames;*
- ✓ *Employ courteous and knowledgeable staff;*
- ✓ *Respond appropriately to language or other special needs;*
- ✓ *Expand access to information and services, such as by Internet and phone;*
- ✓ *Provide services in safe facilities and comply with the Americans with Disabilities Act (ADA).*

Complaint Process

To file a complaint or inquiry, contact the DSHS office or program directly involved with the issue about which you are concerned. Information to provide includes:

- ✓ *Your name, address, and phone number (optional, but important).*
- ✓ *Name and address of the issue of concern.*
- ✓ *Details of the event or issue.*
- ✓ *Complaints may be anonymous. However, it is helpful for the Department to know who you are and how you may be reached if more information is needed.*

If DSHS program staff are unable to resolve your concern or our customer service standards or principles are not part of your experience, please contact:

Customer Service Coordinator

Texas Department of State Health Services
PO BOX 149347, Austin, Texas 78756

Physical address: 1100 W. 49th Street,
MC-1913, Austin, Texas 78756

Health and Human Services Ombudsman

If you have problems or complaints about a state health and human service agency or program that are not resolved to your satisfaction, contact the Office of the Ombudsman. The Office of the Ombudsman refers and responds to calls and correspondence and works closely with health and human services departments' leadership, management, and program staff.

HHSC Office of the Ombudsman

Mail Code: H-700
P. O. Box 13247
Austin, Texas 78711-3247
Toll-free: 1-877-787-8999
Fax: 1-888-780-8099

Reporting Waste, Abuse, and Fraud

The HHSC Office of Inspector General (OIG) is responsible for the investigation of waste, abuse, and fraud in health and human services programs. OIG provides oversight of HHSC activities, providers, and recipients through compliance and enforcement activities designed to identify and reduce waste, abuse, or fraud and to improve efficiency and effectiveness within the HHSC system.

To report waste, abuse, or fraud, please call toll-free 1-800-436-6184 or use the online reporting form found on the OIG Report Fraud webpage.

Inpatient Tuberculosis Treatment Facility

Texas Center for Infectious Disease (TCID)
2303 South East Military Drive
San Antonio, Texas 78223
(210) 534-8857

PUBLIC HEALTH REGIONS

Region 1

1109 Kemper
Lubbock, TX 79403
(806) 744-3577

Region 7

2408 South 37th Street
Temple, TX 76504-7168
(254) 778-6744

Regions 2 & 3

1301 S. Bowen Road, Ste 200
Arlington, TX 76013-2262
(817) 264-4500

Region 8

7430 Louis Pasteur Dr.
San Antonio, TX 78229
(210) 949-2000

Regions 4 & 5

North 1517 W. Front Street
Tyler, TX 75702
(903) 595-358

Regions 9 & 10

401 East Franklin, Suite #210
El Paso, TX 79901
(915) 834-767

Regions 6 & 5

SOUTH 5425 Polk, Suite J
Houston, TX 77023
(713) 767-3000

Region 11

601 W. Sesame Drive
Harlingen, TX 78550 (956)
423-0130 Fax (956) 444-3299

TEXAS DEPARTMENT OF INSURANCE

The TDI regulates the state's insurance industry, oversees the administration of the Texas workers' compensation system, performs the duties of the State Fire Marshal's Office, and provides administrative support to the Office of Injured Employee Counsel—a separate agency.

Texas Insurance Code requires TDI to:

- ✓ *Regulate the business of insurance in Texas.*
- ✓ *Protect and ensure the fair treatment of consumers.*
- ✓ *Ensure fair competition in the insurance industry to foster a competitive market.*
- ✓ *Administer the Texas' workers' compensation system as provided by the Texas Labor Code.*
- ✓ *Ensure that the insurance code and other*

laws regarding insurance and insurance companies are executed.

The Division of Workers' Compensation, under the direction of the division's appointed commissioner, oversees the administration and operation of the Texas workers' compensation system. The division monitors compliance of all parties, taking enforcement action when necessary, to ensure that the Texas Workers' Compensation Act, Texas Labor Code, and other regulations regarding workers' compensation are implemented and enforced.

TDI's Compact with Texans provides all the basic information you need to learn more about the many services and resources the agency offers Texans.

- ✓ **How TDI Works for You**
tdi.texas.gov/pubs/consumer/cb022.html

- ✓ **Services Offered:**
tdi.texas.gov/webinfo/compact.html#services

- ✓ **Help by Service:**
tdi.texas.gov/webinfo/compact.html#consumer

TDI Contacts

- ✓ **Commissioner's Page:**
tdi.texas.gov/commissioner
- ✓ **Business Development:**
tdi.texas.gov/business
- ✓ **Guidelines for Doing Business with TDI:**
tdi.texas.gov/purchasing
- ✓ **Map to Hobby State Office Building:**
tdi.texas.gov/general/t dihobby.html
- ✓ **Cameron Road Training Center:**
tdi.texas.gov/general/t dihobby.html
- ✓ **TDI Metro Center:**
tdi.texas.gov/general/t didwc.html

MANY OLDER AND DISABLED ADULTS TODAY ARE AT RISK FOR ABUSE, NEGLECT OR EXPLOITATION.

While some have family or friends who can help, others have no one to whom they can turn.

TEXOMA GUARDIAN GROUP IS HERE TO STEP IN AND ADVOCATE FOR THEM.



Texoma Guardian Group
Providing quality, person-centered guardianship services across Texoma and beyond.

www.texomaguardiangroup.com

Misty Earles
TX Certified and Nationally
Registered Guardian

(903) 786-0029
misty@texomaguardiangroup.com

TEXAS COUNCIL FOR DEVELOPMENTAL DISABILITIES

1-800-262-0334
tcdd.texas.gov

The Texas Council for Developmental Disabilities helps people with developmental disabilities achieve their potential for independence, productivity, and integration into their communities by working to develop a comprehensive system of service and supports in Texas.

OFFICE OF THE ATTORNEY GENERAL

1-800-252-8011 or
800-252-8014
texasattorneygeneral.gov

Services

Child Support
texasattorneygeneral.gov/
child-support

On a mission to make sure every child receives the support they need and deserve.

Crime Victims
texasattorneygeneral.gov/
crime-victims

Crime victims and their families may need information, resources, or financial assistance.

Consumer Protection
texasattorneygeneral.gov/
consumer-protection

Texans deserve a free and honest market.

Open Government
texasattorneygeneral.gov/
open-government

Open Government elevates Texans to their proper role as partners in leadership.

Seniors and the Elderly
texasattorneygeneral.gov/
consumer-protection/seniors-
and-elderly

How to Spot and Report Elder Abuse and Neglect

Seniors have a right to be free from abuse, neglect, and exploitation.

Abuse includes involuntary seclusion, intimidation, humiliation, harassment, threats of punishment, deprivation, hitting, slapping, pinching, kicking, any type of corporal punishment, sexual assault, sexual coercion, sexual harassment, verbal abuse, or any oral, written, or gestured language that includes disparaging or derogatory terms, regardless of the person's ability to hear or comprehend.

Neglect means the failure of a caretaker to provide the goods or services, including medical services, which are necessary to avoid physical or emotional harm or pain.

Exploitation includes a caretaker's illegal use of a senior's resources for monetary or personal benefit, profit, or gain. Seniors may need help with their finances, but unless they hand control over to another person, they have the same right as anyone else to receive,

spend, invest, save, or give away their money. A family member, "friend," or nursing home may not take control of a senior's money without that person's permission.

If you are being abused, or suspect that someone else is being abused, do not remain silent. If you are aware of a specific act of abuse, neglect, or exploitation, you are required by law to report it.

Physical and mental abuse exists in many different forms. If you believe you or someone you know is suffering physical or mental abuse and in immediate danger, please call 9-1-1 or your local law enforcement agency.

If the victim is in a nursing home or assisted living facility, or is in his or her home and relies on a home health provider, call the Texas Department of State Health Services at (800) 458-9858.

SUPPORT FOR TEXOMA'S VETERANS AND THEIR FAMILIES

"WALKER HOUSE"
1100 W. WALKER ST., DENISON, TX
903-267-0166

TEXOMA
COMMUNITY CENTER
MENTAL HEALTH
Veterans

(FREE)

**SUICIDE PREVENTION TRAINING
SUPPORT GROUPS
LUNCH EVERY TUESDAY
2ND SATURDAY BREAKFAST**



TRUST. CAMARADERIE. HOPE.

If the victim is a resident of a long-term care facility that receives Medicaid funding, report the criminal abuse, neglect, or exploitation to the Attorney General's Medicaid Fraud Control Unit at (800) 252-8011.

Abuse of a senior who is not in a health care facility can be reported to Adult Protective Services at (800) 252-5400.

Senior Scams

texasattorneygeneral.gov/consumer-protection/seniors-and-elderly/senior-scams

Scams that affect seniors can affect anyone. But below is some information about scams that may especially impact seniors.

CORNERSTONE OF MOST SCAMS

Senior Texans are targeted every day through e-mail, regular mail, and the telephone. Nearly every scam is designed to trick you into sending money or providing your personal information.

The first way scammers do this is to get you to believe something good will happen to you (like winning a prize) if you do as they say. The other is by scaring you into believing something terrible has or will happen to you—like your home will be foreclosed on or you will be arrested—if you don't do as they say. In either case, through kindness or bullying, they try to get you to send them money or disclose your personal financial information.

Remember that no legitimate government agency, business, or organization will make unsolicited contact with you and then ask you to provide your personal information. Nor will any legitimate prize give-away, government grant, lottery, or sweepstakes require you to pay anything up front to claim your winnings.

Your best protection against scammers making unsolicited contact with you is to hang

up and not respond to their attempts to steal your money or good name. Hang up your phone, shred the correspondence, delete the email, or shut your door and call the police.

There are other ways seniors and others are targeted that you should be aware of.

✓ Tech Support Scams

Seniors may be unfamiliar with the latest technology or may fall for scammers' elaborate tricks. Click the link above to learn more. Bottom line: Don't let anyone gain access to your computer that you don't know and trust.

✓ Advance Fee Fraud

Advance fee scams can take many forms, but they consist of you paying a fee before obtaining some kind of benefit—an inheritance from a foreign government, a prize, and many more examples.

✓ Lotteries & Sweepstakes

Know the law about lotteries and sweepstakes in Texas. Remember, you shouldn't have to pay a fee to win a prize.

✓ Counterfeit Cashier's Checks

We are often taught that cashier's checks are safe to accept. But the reality is that forgeries can be very convincing. When you are being asked to deposit one under suspicious circumstances and return a portion to a stranger, beware!

✓ SPAM

We can't avoid all unwanted emails. But there are some things you can do to avoid potential dangers and limit emails you don't want.

✓ Online Scams

Scams can lurk anywhere—but there are some that are especially common online.

✓ Romance Scams

Unfortunately, when trying to meet someone new on

the Internet, not everyone may be who they seem.

✓ Grandparent or Family Emergency Scams

Unscrupulous scammers may use your love for your family against you. Learn more about other similar scams texasattorneygeneral.gov/consumer-protection/financial-and-insurance-scams/wire-transfer-scams

Senior Rights

In addition to the protections enjoyed by all Texans, state law provides special rights and protections for elderly individuals, including anyone 60 and over.

✓ Right to be Free to Exercise Civil Rights Under the Law

The elderly have the same civil rights as other adults under U.S. and Texas laws, except where lawfully restricted. They also have the right to use those civil rights free of interference, coercion, discrimination, and reprisal.

✓ Right to Dignity and Respect

An elderly person has the right to be treated with dignity and respect, without regard to race, religion, nationality, sex, age, disability, marital status, or source of payment.

✓ Right to Designate a Guardian or Representative

If protection for an elderly person is required, he or she has the right to designate a guardian or representative to ensure quality care over his or her affairs.

✓ Right to be Free from Physical and Mental Abuse

The elderly have the right to be free of both physical and mental abuse. Physical abuse includes corporal punishment, as well as physical or chemical restraints used to "discipline" a person or

used for the convenience of a person providing services. Restraints are only permitted in very specific circumstances, such as when authorized by a doctor, in case of emergency, or in certain circumstances when the court-appointed guardian of a person with an intellectual disability has given informed consent.

✓ Right to Communicate and Complain Regarding Treatment, Care, or Services

An elderly person may not be prohibited from communicating in his or her native language with others or employees for the purpose of acquiring or providing any type of treatment, care, or services.

✓ Right to Privacy

An elderly person is entitled to privacy while attending to personal needs and a private place for receiving visitors or associating with other people, unless providing privacy would infringe on the rights of other people.

✓ Right to Participation in Activities

An elderly person may participate in activities of social, religious, or community groups unless the participation interferes with the rights of other people.

✓ Right to Manage Financial Affairs

An elderly person may manage his or her own personal financial affairs or may authorize another person to do so in writing. The elderly individual may choose the manner in which his or her money is managed by another person and may choose the least restrictive of methods.

✓ **Right to Access and Confidentiality of Records**

An elderly person is entitled to access his or her own personal and clinical records. These records are confidential and may not be released without permission, except to another person providing services at the time the elderly individual is transferred or if required by another law.

✓ **Right to Information and Choice Regarding Medical Conditions and Care**
Elderly individuals have the right to understand and participate in their treatment plans.

✓ **Right to Keep Possessions**

An elderly person may keep and use his or her personal possessions, including clothing and furnishings, as space permits. The number of personal possessions may be limited for the health and safety of other people.

✓ **Right to Refuse to Perform Services**

An elderly individual may refuse to perform services for their service provider.

✓ **Right to Remain with Chosen Service Provider**

A service provider may not transfer or discharge an elderly person unless: the transfer is for the person's welfare, and the person's needs cannot be met by the service provider; the person's health has improved sufficiently so that services are no longer needed; the person's health and safety or the health and safety of others would be endangered if the transfer or discharge was not made; the service provider ceases to operate or to participate in the program that reimburses the service provider for the person's treatment or care; or the person fails, after reasonable and appropriate notices, to pay for services.

✓ **Rights to Make Other Legal Decisions and Documents**

An elderly person may: make a living will by executing a directive under the Advance Directives Act; execute a medical power of attorney under the Advance Directives Act (Subchapter B, Chapter 166, Health and Safety Code, statutes.capitol.texas.gov/Docs/HS/htm/HS.166.htm); designate a guardian in advance of need to make decisions regarding the person's health care should the person become incapacitated.

TEXAS DEPARTMENT OF PUBLIC SAFETY

dps.texas.gov

Roadside Assistance: 800-525-5555

Texas Crime Stoppers: 800-252-TIPS (8477)



AMBER, Silver, Blue & Endangered Missing Persons Alert Programs

The Texas Department of Public Safety (DPS) coordinates the dissemination of qualifying missing person advisories involving the below resource partners, known as the State Network:

- | | | |
|--------------------------------------|--|---|
| ✓ Texas Department of Transportation | ✓ Media | ✓ National Center for Missing and Exploited Children* |
| ✓ National Weather Service* | ✓ Texas Lottery Commission | |
| ✓ Law Enforcement | ✓ Independent Bankers Association of Texas | ✓ Texas Department of Public Safety |

ALERT PROGRAMS

AMBER Alert

dps.texas.gov/section/intelligence-counterterrorism/amber-alert

Local community reaction to the brutal kidnapping and death of 9-year-old Amber Hagerman of Arlington, TX (1996), prompted local media and law enforcement to create the nation's first AMBER Alert program in the Dallas/Fort Worth, Texas area. AMBER Alerts inform the public of serious child abductions, in an effort to promote tips and leads to law enforcement. In memory of the tragic death of Amber Hagerman, the letters of her name can be seen within the title of the program, America's Missing: Broadcast Emergency Response (AMBER).



The Texas Department of Public Safety (DPS) was given legislative authority to coordinate the state's AMBER Alert network, which served as the role model for the subsequent Silver, Blue, and Endangered Missing Persons alert programs.

Silver Alert

dps.texas.gov/section/intelligence-counterterrorism/silver-alert

Wandering impacts families and caregivers statewide, affecting those who suffer with various mental conditions, to include Alzheimer's disease and other forms of dementia. The state's Silver Alert program was created by Texas legislation in the year 2007, designed to notify the public of missing older adults with a documented mental condition.

Blue Alert

dps.texas.gov/section/intelligence-counterterrorism/blue-alert

On August 18th, 2008, Governor Rick Perry signed Executive Order RP-68, creating the state's Blue Alert program. Blue Alerts are designed to speed in the apprehension of violent criminals who kill or seriously wound local, state, or federal law enforcement officers. During a Blue Alert, the public receives information regarding the suspected assailant, facilitating tips and leads to law enforcement.

Endangered Missing Persons Alert

dps.texas.gov/section/intelligence-counterterrorism/endangered-missing-persons-alert

Similar to wandering incidents in older adults with Alzheimer's and related dementias, those with intellectual disabilities (Autism, Developmental Disorders etc.) are also prone to wandering into unsafe environments. In the year 2011, Texas AMBER Alert legislation was updated to include alerts for missing persons (of any age) with an intellectual disability. In order to avoid public confusion with AMBER Alerts for abducted children, the name "Endangered Missing Persons Alert" was selected.

*AMBER Alert Resource Only.

TEXAS WORKFORCE COMMISSION

Cooke Co. 940-665-1121 Fannin Co. 903-640-0222 Grayson Co. 903-463-9997 Toll-Free 1-800-813-1992 Relay Texas 1-800-735-2989 twc.state.tx.us

Purpose

The Texas Workforce Commission (TWC) is the state agency charged with overseeing and providing workforce development services to employers and job seekers of Texas. TWC strengthens the Texas economy by providing the workforce development component of the Governor's economic development strategy. Texas boasts an incredibly skilled workforce ready to attract enterprise to the Lone Star State. By focusing on the needs of employers, TWC gives Texas the competitive edge necessary to draw business here.

Mission

The mission of TWC is to promote and support a workforce system that creates value and offers employers, individuals, and communities the opportunity to achieve and sustain economic prosperity.

Organization

The Commission is the governing body of the Texas Workforce Commission, comprised of three commissioners appointed by the Governor, one each representing employers, labor, and the public.

The agency is presided over by the Commission and administered by the Executive Director to operate an integrated workforce development system and administer the unemployment benefits program in Texas.

TWC is part of Texas Workforce Solutions, a local and statewide network comprised of the agency, 28 workforce development boards, and their contracted service providers and community partners. This network gives customers local access to workforce solutions and statewide services at numerous Workforce Solutions offices. TWC provides unemployment benefits services through five Tele-Centers and administers unemployment tax through numerous local tax offices.

Major Functions

The major functions of TWC include developing the workforce, providing support services including child care for targeted populations participating in workforce training and adult education

and literacy services, providing services for people with disabilities to obtain training and employment, and administering the unemployment benefits and tax programs. TWC also provides information and analysis on shifts in occupations and industries within the state and seeks to reduce discrimination in employment and housing through education and enforcement of state and federal laws.

Workforce development includes the oversight and support of an employer-driven, integrated system that consolidates employment, job training, and work-related services including the regulation of career schools.

The unemployment benefits program, funded through employer taxes, provides temporary income to workers who have lost their jobs through no fault of their own. TWC collects unemployment taxes from liable employers and pays unemployment benefits to qualified claimants. TWC has a formal appeal procedure to address claim issues and employer tax liability, contribution, or reimbursement disputes.

For employers, we offer recruiting, training and retraining, outplacement services, assistance recruiting and retaining qualified employees with disabilities, and valuable information on employment law and labor market trends and statistics.

For job seekers, we offer career development information, job-search resources, training programs and, as appropriate, unemployment benefits. While targeted populations receive intensive assistance to overcome barriers to employment, all Texans can benefit from the services offered by the partners of Texas Workforce Solutions.

Use our Programs & Services menu to find more detailed information about the programs and services TWC provides.

Funding

Most of the TWC budget is funded through federal sources. TWC provides grants, through allocation formulas, to workforce development boards that plan and administer Workforce Innovation and Opportunity Act (WIOA), (TANF) Choices, Employment Services, Supplemental Nutrition Assistance Program Employment and Training (SNAP E&T), child care, and other workforce and support services.

Employer-paid state unemployment taxes and reimbursements pay for state unemployment benefits. The U.S. Department

of Labor allocates funds from the Federal Unemployment Tax (FUTA) to the states to pay for administrative and operational costs.

Workforce Solutions Texoma

workforcesolutionstexoma.com

Cooke County, Gainesville
940-665-1121

Fannin County, Bonham
903-640-0222

Grayson County, Denison
903-463-9997

Workforce Solutions Texoma provides employment-related services to companies and job-seekers in Cooke, Fannin, and Grayson Counties.

Companies can benefit from job-matching services, labor market information, access to training grants, and other services.

Job-seekers can access job leads, career information, assistance with training or child care, and other services.

With specialized services for adults, youth, and those who have lost their jobs, Workforce Solutions Texoma has the answer.

Child Care Services

workforcesolutionstexoma.com/child-care-home-page

Workforce Solutions Texoma offers child care assistance to help low-income families pay for child care so they can go to work, attend an educational program, or a vocational training program. The funds used to pay for child care assistance are federal Child Care and Development Funds from the U.S. Department of Health and Human Services. Customers receiving child care assistance must meet federal, state, and local guidelines to qualify for child care assistance. The information contained on this website is here to help you:

- ✓ **Make a decision about child care for your child/children,**
- ✓ **Determine if you may qualify for child care assistance,**
- ✓ **Complete the application process to receive child care assistance, and**
- ✓ **Complete the re-certification process while receiving child care assistance.**



Texoma children need you!

They need your *time*, your *care* & your *wisdom* to help them succeed.

✓ Serve in schools & youth programs with support from professionals



NO EXPERIENCE NEEDED



**AmeriCorps
Seniors**

- ✓ Must be age 55 or older with a limited income
- ✓ Must be able to volunteer 15 hours per week or more
- ✓ Paid volunteer hours & training that does not impact Social Security, rent subsidies, or other assistance.

call us today to make a difference
(800) 677-8264 or (903) 813-3562

better leaders building better lives™





Social Security Administration

600 E. Peyton St. Sherman, TX 75090 | www.ssa.gov

General Information:

1-800-772-1213 (Austin) 7:00AM - 7:00PM Mon-Fri

1-877-405-3521 9:00AM - 4:00PM Mon, Tue, Thur, Fri
9:00AM - 12:00PM Wednesday

TTY: 903-870-0852

LOCAL: 1-877-405-3521

Social Security is constantly expanding our online services to give you freedom and control when conducting business with Social Security. Today, you can apply for retirement, disability, and Medicare benefits online, check the status of an application or appeal, request a replacement Social Security card (in most areas), print a benefit verification letter, and more—from anywhere and from any of your devices! Visit ssa.gov/onlineservices

SOCIAL SECURITY DISABILITY INSURANCE - SSDI ssa.gov/benefits/disability

Social Security pays benefits to people who cannot work because they have a medical condition that is expected to last at least one year or result in death.

MEDICARE

1-800-MEDICARE (1-800-633-4227)
medicare.gov

Medicare is a health insurance program for:

- ✓ Age 65 or older,
- ✓ Under age 65 with certain disabilities, and
- ✓ All ages with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a kidney transplant).

Medicare parts:

- ✓ **Part A Hospital Insurance**
Most people don't pay a premium for Part A because they or a spouse already paid for it through their payroll taxes while working. Medicare Part A (Hospital Insurance) helps cover inpatient care in hospitals, including critical access hospitals, and skilled nursing facilities (not custodial or long-term care). It also helps cover hospice care and some home health care.

- ✓ **Part B Medical Insurance**
Most people pay a monthly premium for Part B. Medicare Part B (Medical Insurance) helps cover doctors' services and outpatient care. It also covers some other medical services that Part A doesn't cover, such as some of the services of physical and occupational therapists, and some home health care.

✓ **Part C Medicare Advantage Plans**

- ✓ **Part D Prescription Drug Coverage**
Everyone with Medicare can get this coverage that may help lower prescription drug costs and help protect against higher costs in the future. Medicare Prescription Drug Coverage is insurance provided through private companies; beneficiaries choose the drug plan and pay a monthly premium.



States Department of Veterans Affairs (VA)

General Information: 1-800-827-1000 | Website: www.va.gov

Veterans of the United States armed forces may be eligible for a broad range of programs and services provided by the VA. Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions, and certain benefits require service during wartime.

VETERANS CRISIS LINE

988 or 1-800-273-8255 (Press 1)
veteranscrisisline.net

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring VA responders by calling the number above or sending a text message to **838255** to receive confidential support 24/7/365.

HEALTH CARE

va.gov/health

As the nation's largest integrated health care system, VA operates more than 1,400 sites of care, including hospitals, community clinics, and community living centers, domiciliaries, readjustment counseling centers, and various other facilities.

BENEFITS & SERVICES

benefits.va.gov/benefits

VA administers a variety of benefits and services that provide financial and other forms of assistance to Veterans, their dependents, and survivors. Major benefits include Veterans' compensation, Veterans' pension, survivors' benefits, rehabilitation and employment assistance, education assistance, home loan guaranties, and life insurance coverage.

BURIAL AND MEMORIALS

cem.va.gov

Burial and memorial benefits are available for eligible service members, Veterans, reservists, National Guard members, and eligible family mem-

bers. Service includes interment, headstones and markers, and Presidential memorial certificates. VA operates 128 national cemeteries in the United States and Puerto Rico, together with oversight and management of 33 soldiers' lots, confederate cemeteries, and monument sites.

VETERANS SUPPORT GROUPS (VA IN BONHAM)

903-583-6241

Support Groups are available to registered Veterans through the mental health clinic of the Sam Rayburn Veterans Memorial Hospital in Bonham, Texas. Groups include such topics as PTSD, Anger Management, Mood Groups, and Addiction.

If you are new to the VA, the Federal Benefits for Veterans, Dependents and Survivors booklet will help you get started. Visit www.va.gov/opa/publications/benefits_book.asp

CENTERS FOR MEDICARE & MEDICAID SERVICES (CMS)
cms.gov

The Centers for Medicare & Medicaid Services (CMS) is an agency within the Department of Health and Human Services (HHS). For more than 40 years, Medicare and Medicaid have helped pay the medical bills of millions of older and low-income Americans, providing them with reliable health benefits. Few programs, public or private, have such a positive impact on so many Americans. The Agency's key lines of business: Medicare health plans, Medicare financial management, Medicare fee for service operations, Medicaid and children's health, survey & certification, and quality improvement.

CENTERS FOR DISEASE CONTROL AND PREVENTION
cdc.gov

1-800-CDC-INFO (800-232-4636)

CDC increases the health security of our nation. As the nation's health protection agency, CDC saves lives and protects people from health threats. CDC works 24/7 to protect America from health, safety, and security threats, both foreign and in the U.S. Whether diseases start at home or abroad, are chronic or acute, curable or preventable, human error or deliberate attack, CDC fights disease and supports communities and citizens to do the same. To accomplish our mission, CDC conducts critical science and provides health information that protects our nation against expensive and dangerous health threats and responds when these arise.



FEMA

FEDERAL EMERGENCY MANAGEMENT AGENCY

fema.gov

1-800-621-FEMA (3362)

TDD: 1-800-462-7585

FEMA's mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards.



Good People to Know in Real Estate

Jeff Austin

972.898.8778

jeffaustin@ebby.com

RealtorJeffAustin.com

Lisa Austin

214.460.8359

lisaaustin@ebby.com

lisaaustin.ebby.com



Buying and selling real estate is a *major milestone* in life

The right agent can make all the difference. If you would like to hire experienced, full time, hard-working professional real estate agents, contact Jeff or Lisa today.

*When you hire one of us,
you get all three of us.*

Jeff, Lisa & Ebby



AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP) 1-888-OUR-AARP (687-2277) aarp.org

AARP is a nonprofit, nonpartisan organization dedicated to helping individuals aged 50 and over achieve independence, choice, and control in improving their lives beneficially and affordably.

Advocacy: Championing individuals and families at local, state, and national levels.

Trustworthy Information:

Producing publications like AARP The Magazine and AARP Bulletin, maintaining an award-winning website (aarp.org), and offering TV/radio programming, books, and bilingual news (AARP en Español).

Community Service: Fostering a powerful community of members who contribute to societal betterment.

Member Products, Services, and Discounts

Influencing companies to provide tailored, high-quality products, services, and discounts for the 50+ population, covering:

- ✓ **Health**
Insurance plans, prescription drug discounts, fitness club memberships, eyewear, and hearing aids.
- ✓ **Financial**
Credit cards, auto/home insurance, annuities, life insurance, and financial guidance.
- ✓ **Travel**
Savings on rental cars, airlines, vacation packages, tours, cruises, hotels, and roadside assistance.
- ✓ **Discounts**
Retail stores, groceries, dining, cellphones, personal technology, car repairs, and entertainment.

Research: Conducting forward-looking research and consumer surveys on issues relevant to the 50+ market to foster positive change.

AARP TAX AIDE 1-888-AARP-NOW (227-7669) aarp.org/taxaide

Free tax preparation assistance to low and moderate-income taxpayers, with a focus on those aged 60 and older. For over 40 years, trained volunteers have provided this service. The program's website also provides tax-related tips and information.

LEGAL ASSISTANCE

LEGAL AID OF NORTH WEST TEXAS

Cooke County
940-383-1406 or
1-800-955-1407

Grayson & Fannin counties
972-542-9405 or
1-800-906-3045

lanwt.org

A nonprofit organization that provides free civil legal assistance to low-income residents across 114 counties in North and West Texas. It operates offices in Abilene, Amarillo, Brownwood, Dallas, Denton, Fort Worth, Lubbock, McKinney, Midland, Odessa, Plainview, San Angelo, Waxahachie, Weatherford, and Wichita.

Cooke County Clinic

General civil intake, including family law, wills and estates, landlord/tenant cases, public benefits, federal tax, and real property matters.

Appointments not required.

North Central Texas College
(Building 800 Room 802)
1525 W. California Street
Gainesville, Texas 76240

Call for exact dates & times.

LEGAL HOTLINE FOR TEXANS
1-800-622-2520
tlsc.org

Texas Legal Services Center
PO Box 41256
Austin, Texas 78704
512-477-6000
Fax: 512-477-6576

Mon-Fri, 8:00 AM - 5:00 PM

A nonprofit dedicated to making civil justice accessible to all Texans, regardless

of income. It comprises a coalition of legal and support professionals who provide advice, referrals, counseling, representation, and advocacy to help Texans navigate the civil justice system.

Services Include:

- ✓ *Legal representation, counseling, and safety planning for survivors of sexual assault.*
- ✓ *Monthly family law clinics in rural "legal aid deserts."*
- ✓ *Medical-legal partnerships addressing food insecurity, income support, and unhealthy living conditions to improve patient health.*
- ✓ *Foreclosure prevention and protection for veterans and their families from creditor abuses.*
- ✓ *Maintaining TexasLawHelp.org, a statewide resource for civil legal aid, documents, and legal rights information. A legal hotline for Medicare beneficiaries and Texans aged 60 and older.*
- ✓ *Class-action suits to ensure low-income Texans have meaningful court access.*

If you are in need of legal help, email howyoucanhelp@tlsc.org

TEXAS LAW HELP TexasLawHelp.org

Dedicated to providing free, reliable legal information to low-income Texans. This website is part of a national legal aid initiative utilizing technology to enhance and expand legal aid delivery.

TEXAS MEDICAL FOUNDATION HEALTH QUALITY INSTITUTE (TMF)
1-800-725-9216
tmf.org

Quality of Care Complaints:
1-800-725-8315

Appeals: 1-800-725-8339

Promotes quality healthcare through contracts with federal, state, local governments, and private organizations, helping providers improve patient care for over 45 years. Since 1984,

TMF has served as a Quality Improvement Organization (QIO) for Medicare beneficiaries. In 2014, it became the Quality Innovation Network (QIN)-QIO for Arkansas, Missouri, Oklahoma, Puerto Rico, and Texas, focusing on:

- ✓ *Improving cardiac health*
- ✓ *Reducing diabetes care disparities*
- ✓ *Reducing nursing home harm*
- ✓ *Enhancing care coordination to reduce hospital readmissions*
- ✓ *Improving drug safety and promoting appropriate antimicrobial use*
- ✓ *Ensuring clinician compliance with Merit-Based Incentive Payment System requirements and transition into Alternative Payment Models*
- ✓ *Assisting providers with quality reporting*
- ✓ *Improving immunization rates*
- ✓ *Increasing depression and alcohol use disorder screenings*
- ✓ *Supporting the Transforming Clinical Practice Initiative*

TEXAS SILVER-HAIRED LEGISLATURE
903-813-3505 (Local Office)
tshl.org

The Texas Silver-Haired Legislature (TSHL) is a nonpartisan, nonprofit organization established in 1985, following a concept first implemented in Missouri in 1973. Composed of 116 representatives, aged 60 and older, elected by older Texans for two-year terms, the TSHL held its first legislative session in 1986. Its funding is managed by the Texas Silver-Haired Legislature Foundation, a 501(c)(3) organization.

WHITE HOUSE GREETINGS

whitehouse.gov/contact

The White House
Attn: Greeting Office
Washington, D.C. 20502-0039
or FAX 202-395-1232

Please review these guidelines carefully before sending your request to the White House.

U.S. CITIZENS ONLY

The White House will send greetings to United States citizens only for specific special occasions.

ADVANCE NOTICE REQUIRED

All requests must be received six weeks in advance of the event date for guaranteed delivery. Greetings are generally not sent after the event, except for wedding congratulations and newborn acknowledgments.

WHEN TO EXPECT YOUR GREETING

Typically mailed from the White House approximately ten days before the event.

ANNIVERSARY GREETINGS

Sent to couples who are celebrating a 50th, 60th, 70th, or later wedding anniversary.

BIRTHDAY GREETINGS

Sent only to individuals 80 years of age and above OR veterans turning 70 or older.

OTHER GREETINGS

A limited number of special occasions other than birthdays and anniversaries exist for which the Greetings Office will send appropriate recognition to United States citizens. These occasions include important events such as:

- ✓ Wedding (request after event)
- ✓ Baby's Birth or Adoption (must be born during the Barack H. Obama Administration; request after birth)
- ✓ Retirement after at least 30 years on the same job
- ✓ Eagle Scout Award
- ✓ Girl Scout Gold Award
- ✓ Bar/Bat Mitzvah or equivalent religious occasion

REQUIRED INFORMATION

Please include the following in your request:

- ✓ Name and home address of honoree(s)
- ✓ Form of address (Mr., Ms., Mrs., Dr., Miss, etc.)
- ✓ Exact date of occasion (month, day, year)
- ✓ Age (for birthdays) or number of years of marriage (for anniversaries)
- ✓ Your (the requestor's) name and daytime phone number
- ✓ For weddings: Include couple's married names and current or new address.
- ✓ For baby's birth: Include baby's date of birth, full names, and address of baby and parents.

AMERICAN DISABLED FOR ATTENDANT PROGRAMS TODAY (ADAPT)

adaptoftexas.org

(512) 442-0252 V/TTY

A national grassroots organization fighting for the freedom of people with disabilities from

nursing homes and institutions. Through nonviolent direct action, including civil disobedience, it advocates for more accessible communities, encompassing transportation, housing, public accommodations, and governmental buildings and programs, to ensure civil and human rights for all.

AMERICAN FOUNDATION FOR THE BLIND

1-800-AFB-LINE (232-5463)

TTY 212-352-7222

afb.org

Expands possibilities for people with vision loss in the U.S. Its mission is to remove barriers, create solutions, & expand opportunities so individuals with vision loss can achieve their full potential. Priorities include broadening technology access, elevating the quality of professional information and tools, & promoting independent, healthy living through relevant resources for people with vision loss & their families.



If you want to stay safe at home, Home Instead can help.



Call (903) 893-1100 or
visit HomeInstead.com/649

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Services

- Personal Services
- Companionship
- Meal Prep
- Transportation
- Hospice Support
- Memory Care
- Arthritis Care
- Diabetes Care
- Chronic Conditions Support

ADA INFO LINE

1-800-514-0301 (TTY)
1-800-514-0301
ada.gov/infoline
Mon-Weds & Fri
10:30 am - 6:30 pm
Thurs 12:30 pm - 5:30 pm

Allows businesses, State and local governments, and others to call and ask confidential questions about general or specific ADA requirements, including inquiries about the ADA Standards for Accessible Design.

BAYLOR INSTITUTE FOR REHABILITATION

1-800-4Baylor (422-9567)
bswrehab.com

Specializes in rehabilitating individuals after catastrophic injuries or debilitating illnesses, including traumatic brain injury, spinal cord injury, stroke, and other orthopedic/neurological conditions. Through two inpatient facilities and 42 metroplex outpatient locations, it helps people overcome complex medical, physical, cognitive, vocational, and social challenges to return to full, productive lives.

COALITION OF TEXANS WITH DISABILITIES

512-478-3366
txdisabilities.org

Ensures that persons with disabilities can work, live, learn, play, and fully participate in their chosen communities through governmental advocacy, public awareness activities, and professional disability consulting.

DENTON COUNTY FEDERATION OF FAMILIES

940-381-5000
dentoncountyfederation.org

Provides leadership in children's mental health, addressing the unique needs of children and youth with emotional, behavioral, or mental disorders. It offers information, support, advocacy, and other services to families.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

800-950-NAMI (6264)
nami.org

The nation's largest grassroots mental health organization, dedicated to building better lives for millions affected by mental illness. It advocates for access to services, treatment, supports, and research, while committed to raising awareness and fostering a community of hope.

GOODWILL INDUSTRIES OF NORTHEAST TEXAS

903-893-3145
goodwillnorthtexas.org

Improves the quality of life for people with disabilities or disadvantages by providing employment opportunities, job training, employment services, job placement, and post-employment support. It accepts gently used clothing, furniture, toys, books, antiques, collectibles, sports equipment, and household items as tax-deductible donations at retail stores/plants, with pick-up available for large items.

DISABILITY RIGHTS TEXAS

1-800-252-9108
North Texas Regional Office
214-630-0916
disabilityrightstx.org

Helps people with disabilities understand and exercise their legal rights, ensuring full and equal societal participation. Its attorneys and advocates fulfill this mission by:

- ✓ *Providing direct legal assistance when rights are threatened or violated.*
- ✓ *Protecting individual and group rights through the courts and justice system.*
- ✓ *Advocating for laws and public policies that advance disability rights.*
- ✓ *Informing people with disabilities and their families about their rights and making referrals to programs and services.*

INDEPENDENT LIVING RESEARCH UTILIZATION (ILRU)

1-800-949-4232 TDD/Voice
(8:30 a.m. to 5 p.m. M-F)
713-520-0232
ilru.org

A national center for information, training, research, and technical assistance in independent living. Its goal is to expand knowledge in this field and improve the utilization of research and demonstration project results. It is a program of TIRR (The Institute for Rehabilitation and Research), a nationally recognized medical rehabilitation facility for persons with disabilities.

THE ARC OF TEXAS

1-800-252-9729
thearcoftexas.org

Creates opportunities for all people with intellectual and developmental disabilities to actively participate in their communities and make positive life choices.

Services

- ✓ *Advocacy. Teaches individuals and families effective self-advocacy.*
- ✓ *Trainings. Offers effective trainings in advocacy, education, and independent living.*
- ✓ *Information and Referral. Provides extensive knowledge on all aspects relevant to individuals and families with disabilities.*

RESOURCE CENTERS ON INDEPENDENT LIVING (TEXAS) (REACH)

reachcils.org
Denton - Voice/TTY
(940) 383-1062

Plano - Voice/TTY
(972) 398-1111

A North Texas based nonprofit corporation with the dual mission: empowering people with disabilities to lead self-directed lives and educating the public on disability-related topics to foster a barrier-free community.

SALVATION ARMY

(903) 868-9602
salvationarmyusa.org

Support for Adults

- ✓ *Adult Rehabilitation*
- ✓ *Veterans Affairs Services*
- ✓ *Prison Ministries*
- ✓ *Elderly Services*
- ✓ *Combating Human Trafficking*
- ✓ *Missing Persons*

Children & Families

- ✓ *Hunger Relief*
- ✓ *Housing & Homeless Services (Emergency Shelter)*
- ✓ *Christmas Assistance*
- ✓ *Youth Camps & Recreation*
- ✓ *International and Disaster Relief Services*

Ways you can help

Item Donations: Car Donations; Clothing, Furniture & Household Goods; Donation Receipts.

Financial Support

Online Donations; Planned Giving, Wills, Gift Annuities; Bonds, Funds & Stocks; Airline Miles.

Get Involved

Volunteer; Community Care Ministries; Serve on an Advisory Board.

TEXAS CENTER FOR DISABILITY STUDIES @ UNIVERSITY OF TEXAS AT AUSTIN

1-800-828-7839
TTY: 1-800-735-2989 or
(512) 232-0762
Speech difficulty:
1-8-SPEAK-UP-TX
tcds.edb.utexas.edu

Serves Texas as a catalyst for people with disabilities to live self-chosen lives in supportive communities. Its services include education and training, community services, research, and advocacy. All activities are guided by a belief in individualized supports, inclusion, self-determination, natural supports, and collaborative efforts to address policy issues and systems change.

UNITED WAY

unitedway.org
Cooke Co.
940-665-1793
Grayson/Fannin Co.
903-893-1920

Envisions a world where all individuals and families achieve their human potential through education, income stability, and healthy lives. It improves lives by mobilizing the caring power of local communities to advance the common good.

TEXAS CENTER FOR DISABILITY STUDIES – TECHNOLOGY ACCESS PROGRAM

techaccess.edb.utexas.edu

Aims to increase access for people with disabilities to Assistive Technology (AT): any item, equipment, or system that enhances, maintains, or improves functional capabilities. Provides individuals with disabilities more control over their environment and an enhanced ability to function independently through AT.

TEXOMA AREA PARATRANSIT SYSTEM, INC. (TAPS)

Schedule a Ride
844-603-6048
tapsbus.com

The Get-a-Ride service, provided by TAPS Public Transit in partnership with Transdev, offers transportation to the general public in Clay, Cooke, Fannin, Grayson, Montague, and Wise counties. Rides must be scheduled at least 48 business hours in advance, between 7 AM and 3 PM, Monday through Friday. Passengers with special transportation needs due to a certified disability should inform the Call Center Agent for equipment assistance.

TEXAS ELKS CHILDREN'S SERVICES, INC.

texaselks.org

Sherman Elks Lodge
903-893-4431

Denison Elks Lodge
903-465-9610

Through its Prosthetic Grant Program and Texas Elks Camp,

The Texas Elks Children's Services, Inc. aims to empower special needs children by fostering independence, self-esteem, and success. Its mission is to ensure children with disabilities have equal opportunities to become thriving members of society, demonstrating the "Elks Care and Elks Share" philosophy.

EMPLOYMENT

MET / MOTIVATION EDUCATION TRAINING (formerly Experience Works)

Workforce Texoma
903-463-9997 x248

2415 S. Austin Ave, Denison

Helping thousands of low-income individuals aged 55 and older nationwide, this program creates work opportunities funded by Title V of the Older Americans Act and other grants. Seniors benefit from comprehensive training, counseling, and community service assignments within

their own communities at faith-based and local organizations. Participants are placed at host agencies where they receive minimum wage for approximately 20 hours per week, aiding their transition into the competitive workforce.

Program Qualifications:

- ✓ Must be 55 years or older
- ✓ Must be a resident of the state where enrolled in the SCSEP program
- ✓ Annual family income must not be more than 125% of the established federal poverty income guidelines

GOODWILL INDUSTRIES OF NORTHEAST TEXAS, INC.

903-893-3145

goodwillnorthtexas.org

Provides job training, job placement, & employment opportunities for people with disabilities, or to those who face barriers to obtaining/retaining competitive employment.



We believe in compassionate, quality care that adapts to your unique needs. As your needs change, so will your care plan, and we are honored to support you on your journey to comfort and care.



ANGEL HANDS HOSPICE & PALLIATIVE CARE

*together with you,
in life's journey...*



COVERED BY
MEDICARE,
MEDICAID &
MOST
INSURANCES

903-716-5474

ANGELHANDSHOSPICE.COM

INFO@ANGELHANDSHOSPICE.COM



KELLY SERVICES

903-893-7777
1313 N. Travis Ste. 103,
Sherman
kellyservices.com

MANPOWER

903-893-9543
2001 N Loy Lake Rd. Ste. C,
Sherman
manpower.com

RPM STAFFING PROFESSIONALS

903-415-6520
506 E Taylor St, Sherman
rpmstaffing.net

SNELLING PERSONNEL SERVICE

903-892-0042
5452 Texoma Pkwy, Sherman
snelling.com

WORKFORCE SOLUTIONS TEXOMA - TEXAS
WORKFORCE COMMISSION
Cooke Co. 940-665-1121
Fannin Co. 903-640-0222
Grayson Co. 903-463-9997
1-800-735-2988
Relay Texas 711
twc.state.tx.us
workforcesolutionstexoma.com

EMERGENCY ASSISTANCE**ABIGAIL'S ARMS**

1600 Aspin Rd., Gainesville
940-665-2873
abigailsarms.org

This non-profit crime victims' assistance agency supports survivors of sexual assault, family violence, child abuse, elder abuse, stalking, DWI/DUI assaults, and families of suicide/homicide victims. It provides educational and support services, including guidance during difficult post-victimization processes (medical exams, police interrogations), counseling, life-skills coaching, housing referrals, and ongoing support for adjustment and healing. Programs restore stability, dignity, and promote emotional, social, and economic empowerment.

Services:

- ✓ 24-hour Crisis Hotline

- ✓ Case Management
- ✓ Crisis Counseling
- ✓ Victim Advocacy
- ✓ Individual counseling
- ✓ Support groups (call for info)
- ✓ Protective order and statement assistance
- ✓ Temporary shelter
- ✓ Information and referral
- ✓ Police/hospital accompaniment
- ✓ Victim liaison with local law enforcement, court system
- ✓ Crime Victims Compensation applications
- ✓ Education and Prevention
- ✓ BIPP (Batterer Intervention and Prevention Program) Challenges the belief structure of perpetrators & create an additional layer of supervision. Provides thorough assessments focusing on ending violence & developing individualized plans for each perpetrator in order to make appropriate referrals to other services.

AMERICAN RED CROSS
903-465-1330
www.redcross.org/local/texas/north-texas

Provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies.

GRAYSON CO. HOMELESS SHELTER, AKA TEXOMA FAMILY SHELTER
903-465-6041
gcshelter.org or
texomafamilysshelter.org

24-hr. living facility for homeless families, single women over 18, men over 55, and married couples. Requires a state-issued photo ID and Social Security Card, clear police checks, and adherence to shelter rules, with strict prohibitions on unregistered guests, illegal drug or alcohol use, violent behavior, single men under 55, and unaccompanied minors.

GRAYSON COUNTY WOMEN'S CRISIS CENTER
4200 N. Travis St., Sherman
903-893-3909

24/7 Crisis Line
1-800-259-3909
graysoncrisiscenter.org

Provides safe haven, crisis intervention, and comprehensive support services to victims of family violence & sexual assault. Volunteers & employees work to break the cycle of violence through community education while helping survivors transition to stable, self-sufficient lives.

Services:

- ✓ Emergency shelter, crisis intervention, counseling, & support for women and children who are survivors of domestic violence & sexual assault;
- ✓ Public awareness initiatives about the devastating consequences of domestic violence and sexual assault;
- ✓ Batterer intervention services (BIPP) and anger management classes;
- ✓ Primary prevention programs for children in local schools, clubs, churches, etc.;
- ✓ Non-residential services for survivors living in the community, such as support groups, safety planning, crisis intervention, information, and appropriate referrals;
- ✓ A 24/7 hotline always answered directly by an advocate; and,
- ✓ Management of a thrift store to generate revenue for programs and offer free clothing and household items to survivors. Donations greatly appreciated.

FANNIN COUNTY FAMILY CRISIS CENTER

118 E. Sam Rayburn Dr.
Bonham
903-583-7694
24/7 Hotline: 903-583-7000
Toll-Free: 877-583-2855
fccrisiscenter.org

Receives, comforts, counsels, & supports individuals and their families experiencing conflict due to emotional, physical abuse, or sexual assault. Empowers clients

to take control of their lives, understanding their available options, and make informed choices.

Services:

- ✓ Crisis intervention by trained advocates
- ✓ Assists with Protective Orders
- ✓ Information and referrals for additional resources
- ✓ Support groups
- ✓ Assistance with Crime Victims' Compensation
- ✓ Hospital, law enforcement and court accompaniment
- ✓ Public Education on various subjects including: family violence, sexual assault, & primary prevention

SALVATION ARMY
Grayson Co. 903-868-9602
Fannin Co. 903-583-2141

Provides assistance for food, clothing, utilities, rent, and other emergency needs, contingent on resources and demonstrated need. Also offers emergency shelter for those in Sherman (Grayson Co.), limited to five nights. Dinner served Mon-Fri 5:30-6:30.

OPEN ARMS SHELTER
1205 Albert Broadfoot St.
Bonham
903-449-4451
oashelter.com

Faith-based homeless shelter serving individuals over 18 (or with a parent) who meet specific criteria: passing a drug screen & background check (no violent over 5 years, no sex offenders), photo ID required, independent in your ADLs, and stable mental or physical conditions.

FOOD PANTRIES / SOUP KITCHENS

BELLS - SAVOY COMMUNITY CARE CENTER FOOD PANTRY
210 S. Broadway Street, Bells
903-965-4861
Tuesdays 9am - 5pm

Provides food pantry services to Bells residents and Savoy school district.

V.I.S.T.O (VOLUNTEERS IN SERVICE TO OTHERS)

1401 Southland, Gainesville
940-668-6403
vistohelps.com
Mon-Fri 8am-noon

Provides emergency financial relief in terms of rent, utilities, transportation, prescription medicine, & dental. Generally, all clients must be at or below Federal Poverty Guidelines or be experiencing an unexpected crisis.

VISTO has three main food programs:

- ✓ **Emergency Food** - Provides enough food to feed an average family of 4 for two weeks.
- ✓ **Backpack Buddy Program** Delivers two days' worth of nutritional snacks to children who have been identified by school officials for being "at risk" of hunger. The program costs \$5 per child per weekend or \$135 per school year per child. The program is paid for by local donations, fundraisers, and grants.
- ✓ **VISTO Farms** - Community Garden located at 404 Elm Street in Gainesville. Open to all and has 4x8' raised beds ready for planting. Designed to connect sustainable Farm to Fork models.

Information and Referral

Designed to offer short-term assistance and refer clients to agencies for longer-term assistance.

Emergency Financial Assistance

Utilities, rent/mortgage/shelter, dental, education, eyeglasses, minor medical necessities, prescription medicines, school shoes & clothing, and gasoline. Must meet eligibility guidelines as set forth by the grants and VISTO's written guidelines.

Environmental Crises

Client Tracker program that allows for true multi-agency client assistance management during crisis situations.

DENISON HELPING HANDS FOOD PANTRY

418 W. Chestnut, Denison
903-465-5101
Mon, Weds, Fri 9am - 1pm

Food distribution pantry for Denison families. *No monetary assistance is available.*

EAST SHERMAN BAPTIST CHURCH FOOD PANTRY

910 E King, Sherman
903-892-6171
Third Weds of each month
9am - 11am

Also provides clothes, diapers for children/adults, durable medical equipment such as wheelchairs, walkers, canes, bath stools.

FAIRVIEW BAPTIST CHURCH & SHARED MINISTRIES FOOD PANTRY

820 E. Houston, Sherman
903-893-7097 or
903-892-3543
Tues & Thurs 10am - 11am

FANNIN COUNTY COMMUNITY MINISTRIES, INC. FOOD PANTRY

1022 FM 273, Bonham
903-583-3663
Mon-Fri 9am - 2pm (closed 11am-12pm for restocking)

FEEDING FANNIN

Ladonia and Bonham
469-571-6766
feedingfannin.org

A mobile food pantry partnering with the North Texas Food Bank. Visit website for specific dates.

FIRST BAPTIST CHURCH OF TOM BEAN FOOD PANTRY

307 E. Hwy 11, Tom Bean
903-546-6231
4th Thursday of each month
10:30 am - 1:00 pm. (Nov/Dec is on 3rd Thurs of the month)

GRAND CENTRAL STATION SOUP KITCHEN

619 E Houston St, Sherman
903-957-0264
Mon-Fri 9am - 1pm

Coffee, juice, and pastries for breakfast; hot lunches served between 11am - 1pm. Brown bag lunches can be picked up beginning at 9am on Saturdays until supplies are depleted. Assorted durable goods when available.



MEALS on WHEELS

TEXOMA

TOGETHER, WE CAN DELIVER.

Phone: 903-786-3351 | Fax: 903-786-8893 | Toll Free: 1-877-900-3551
www.mowot.org

Meals on Wheels of Texoma is a non-profit charitable organization serving the greater Texoma region, including Grayson, Fannin, and Cooke counties. Since its inception in 1980, the organization has grown to serve over 30,000 meals a month to seniors most at risk of food insecurity. More than just a meal, its volunteers deliver tender, loving care to homebound seniors every day, providing the human touch that means so much to them.

They provide meals to clients of the Health & Human Services Commission (HHSC) and the Texoma Council of Governments Area Agency on Aging (TCOG/AAA). HHSC and TCOG/AAA qualify clients based on their inability to prepare a nutritious meal for themselves, and include homebound, needy, elderly, and disabled individuals.

Volunteers help monitor the health of clients, and report concerns about their welfare to caseworkers. Senior Center Managers also maintain regular contact with clients.

SENIOR CENTERS INCLUDE:

BELLS SENIOR CENTER

903-965-4517
bells@mowot.org
7:00 am - 1:00 pm Mon-Fri
203 S Broadway, Bells, TX 75414

SHERMAN SENIOR CENTER

903-892-3733
sherman@mowot.org
7:00 am - 1:00 pm Mon - Fri
1500 N Broughton St,
Sherman, TX 75090

BONHAM SENIOR CENTER

903-583-8573
bonham@mowot.org
7:00 am - 1:00 pm Mon-Fri
210 E 6th St, Bonham, TX 75418

VALLEY VIEW SENIOR CENTER

940-726-3922
valleyview@mowot.org
11:00 am - 1:00 pm Tues & Thu
101 N Lee St, Valley View, TX 76272

DENISON SENIOR CENTER

903-463-1711
denison@mowot.org
7:00 am - 1:00 pm Mon - Fri
531 W Chestnut, Denison, TX 75020

VAN ALSTYNE SENIOR CENTER

903-482-6341
vanalstynemowot.org
7:00 am - 1:00 pm Mon - Fri
148 S Main St, Van
Alstyn, TX 75495

GAINESVILLE SENIOR CENTER

940-665-3493
gainesville@mowot.org
7:00 am - 1:00 pm Mon - Fri
400 S Weaver, Gainesville, TX 76240

WHITESBORO SENIOR CENTER

903-564-6021
whitesboro@mowot.org
7:00 am - 1:00 pm Mon-Thurs;
7:00-12:00 on Fridays
105 Mineral St, Whitesboro,
TX 76273

POTTSBORO SENIOR CENTER

903-463-1711
pottsbomowot.org
11:00 am - 1:00 pm Tues, Wed, Thu
15015 TX Hwy 289 (Lakeway United
Methodist) Pottsbomowot.org
TX 75076

WHITEWRIGHT SENIOR CENTER

903-364-5328
whitewright@mowot.org
7:00 am - 1:00 pm Mon - Fri
123 W Grand, Whitewright,
TX 75491

**NEW BEGINNINGS
FELLOWSHIP CHURCH FOOD
PANTRY**

1201 W. Shepherd St,
Denison
903-463-4110
Mondays only 9am - 11am

The food pantry provides food to Denison residents. Must call for an appointment.

RESALE BARN

903-786-4331
Mon-Fri 9am - 5pm
Sat 10am - 4pm

Emergency financial assistance per crisis criteria to Grayson County residents. Provides food, medicine, utilities, rent to apartments, furniture (fire only), & clothing assistance for verifiable emergency and/or crisis situation.

SALVATION ARMY

Grayson Co. 903-868-9602
Fannin Co. 903-583-2141
Cooke Co. 940-665-2006
Community dinner served
Mon-Fri 5:30 pm - 6:30 pm

**SHARE MINISTRIES – FOOD
BANK (SHERMAN)**

820 E. Houston St.
903-893-7097
Tues and Thurs 10am - 11am

**SHARE MINISTRIES – FOOD
BANK (WHITEWRIGHT)**

North of Pettit's Grocery Store
903-893-7097
Thurs 9am - 11am

**TRINITY UNITED METHODIST
CHURCH SOUP KITCHEN**

101 East Hwy 69, Denison
903-465-4996
First Saturday every Month
11am - 1pm

Provides a community soup kitchen for the public.

**YOUR NEIGHBORS HOUSE –
FBC - FOOD BANK**

201 S Union, Whitesboro
903-564-4400
Tues 9am - Noon
Thurs Noon - 3pm
Sat 9am - Noon

**ASSOCIATIONS AND
SOCIETIES**

ALZHEIMER'S ASSOCIATION
1-800-272-3900
alz.org

**ALZHEIMER'S FOUNDATION
OF AMERICA**
1-866-232-8484
alzfdn.org

**AMERICAN ASSOCIATION ON
HEALTH AND DISABILITY**
301-545-6140
aahd.us

AMERICAN CANCER SOCIETY
1-800-227-2345
cancer.org

**AMERICAN DIABETES
ASSOCIATION**
1-888-342-2383
diabetes.org

**AMERICAN FOUNDATION
FOR THE BLIND**
1-800-232-5463
afb.org

**AMERICAN HEART
ASSOCIATION**
1-800-242-8721
americanheart.org

**AMERICAN LUNG
ASSOCIATION**
1-800-586-4872
lung.org

**AMERICAN STROKE
ASSOCIATION**
1-800-553-6321
strokeassociation.org

**AMERICAN UROLOGICAL
ASSOCIATION FOUNDATION**
1-866-746-4282
urologyhealth.org

ARTHRITIS FOUNDATION
1-800-283-7800
arthritis.org

**CROHN'S AND COLITIS
FOUNDATION OF AMERICA**
1-800-932-2423
ccfa.org

Provides research, education, and supportive services in Inflammatory Bowel Disease, Crohn's Disease, and Ulcerative Colitis.

**GLAUCOMA RESEARCH
FOUNDATION**
1-800-826-6693
glaucoma.org

BRIGHTFOCUS FOUNDATION
1-800-437-2423
brightfocus.org

Supports research and public education to eradicate brain and eye disease (Alzheimer's, macular degeneration, glaucoma); offers free education materials.

**HEALTH IN AGING
FOUNDATION**
1-800-563-4916
healthinaging.org

MEDIC ALERT FOUNDATION
1-888-633-4298
medicalert.org

Offers engraved medical ID jewelry with personal ID, primary medical condition(s), and a 24-hour emergency response number. Provides E-HealthKEY for electronic health records and stores Advance Directives/Do-Not-Resuscitate orders.

**NATIONAL ALLIANCE FOR
CAREGIVING**
301-718-8444
caregiving.org

**NATIONAL ASSOCIATION FOR
CONTINENCE**
1-800-BLADDER (252-3337)
nafc.org

**NATIONAL ASSOCIATION OF
DEAF PEOPLE**
nad.org

**NATIONAL HEALTH
INFORMATION CENTER**
1-800-336-4797
health.gov/nhic

A health information referral service linking people to reliable health information organizations.

**NATIONAL INSTITUTE OF
DIABETES, DIGESTIVE,
KIDNEY AND UROLOGIC
DISEASES**
1-800-891-5390
niddk.nih.gov

**PARKINSON'S DISEASE
FOUNDATION**
1-800-473-4636
parkinson.org

Provides information about Parkinson's Disease and referrals to doctors and hospitals.

**MACULAR DEGENERATION
FOUNDATION**
1-888-633-3937
eyesight.org

**PARKINSON'S INFORMATION
& REFERRAL CENTER
(LOCAL)**
903-813-3505

Offers support to patients and families through area groups and specialists providing exercise, physical and educational therapies. Free educational materials available. Local support groups are coordinated through the Area Agency on Aging Caregiver Program.

FOUNDATIONS

**TEXOMA COMMUNITY
(HEALTH) FOUNDATION**
903-337-0755

REBA'S RANCH HOUSE
903-463-7322

**HEALTH AND
WELLNESS**

DIABETES LIFE CENTER
903-416-4112

Offers daily educational programs for persons with diabetes and their families.

**COOKE COUNTY INDIGENT
HEALTHCARE PROGRAM**
940-612-8600

**DAVITA SHERMAN DIALYSIS
CENTER**
1-877-588-5688
davita.com
205 W Lamberth, Sherman

Provides dialysis and educational services for patients with chronic kidney failure and end-stage renal disease.

**FANNIN COUNTY INDIGENT
HEALTHCARE PROGRAM**
903-583-2915
Mondays-Fridays 8am - 4pm

Medical bills paid for very low-income and non-insured residents of Fannin County.

**GRAYSON COUNTY HEALTH
DEPARTMENT**
Sherman - 903-893-0131
Denison - 903-465-2878
www.co.grayson.tx.us/page/hlth.home

EDUCATION

EDUCATION PLUS (COOKE CO.) 940-665-5085

Free English (as a second language) and GED classes offered to those who officially withdrew from school prior to completion.

GED Classes and Test Sites

North Central Texas College
940-668-4216 or nctc.edu

Grayson College (testing)
903-463-8724 or grayson.edu

Grayson College (classes)
903-463-8784

Fannin County – TEAM Center,
Bonham 903-583-1264

**GRAYSON COLLEGE CENTER
FOR WORKPLACE LEARNING**
903-463-8765
cwl@grayson.edu
cwlgcc.org

Provides needs assessment consultation (including job profiling and skills assessment) and learning-based solutions to overcome problems that hinder organizational or individual performance. Trainees can take a course to gain a skill, or earn a certificate or degree.

Services: Job-seeker services, pre-employment training, certification training, Associates degrees, job skills training, professional development, licensure preparation courses, professional continuing education (CEU's), corporate services, career consultations, professional development courses, and conference center facilities.

GRAYSON COUNTY LITERACY TEAM

Teaches basic reading skills to adults in one-on-one sessions conducted by trained volunteers at the Sherman & Denison Public Libraries. To volunteer your time or receive tutoring, please call your local library. Appointments must be scheduled:

Sherman Public Library
903-892-7272

Denison Public Library
903-465-1797

FANNIN LITERACY COUNCIL fanninliteracycouncil.org 903-583-1264

Works to provide a system of adult education that will serve individuals interested in increasing their basic education skills or obtaining their GED through a flexible open-entry, open-exit system.

Free classes available to Fannin County residents through the Helping Our People Excel (HOPE) education program. GED CLASSES are offered in Bonham and Honey Grove.

NORTH CENTRAL TEXAS COLLEGE 940-668-4272 nctc.edu/continuing-education

Lifelong Learning

Lifelong Learning is the non-credit division of North Central Texas College. We offer career training programs, adult basic skills, and enrichment programs for students of all ages. Lifelong Learning offers classes in Gainesville, Bowie, Corinth, Flower Mound, and Graham.

Cultural/Personal Enrichment

Courses ranging from art, fitness and gardening to home decor, music, financial management and language studies. A variety of trips/tours to cultural and educational productions are popular attractions each semester. Other courses include Computer, Internet classes; "Senior Scholar" classes for lifelong learners 62 and older; Youth Summer Programs (including College for Kids); Transitional Skills for Mentally & Physically Challenged.

Professional or Mandatory Continuing Education

Courses designed for the general public with a significant emphasis on job-related knowledge and skills. Examples include welding, medical occupations certification, and job-specific Spanish language development. Additional special computer-related and advanced technology courses available. Mandated continuing education topics are

provided for licensed/certified professionals in fields including childcare, nursing, food service, real estate, accounting, criminal justice, occupational and physical therapy and plumbing.

ROAD SCHOLAR 1-800-454-5768

Mon-Fri, 8 a.m. to 6 p.m. EST
roadscholar.org

America's first and the world's largest educational travel organization for adults 55 and over. Road Scholar is a not-for-profit organization that provides exceptional learning adventures to nearly 160,000 older adults each year. The organization offers nearly 5,500 programs a year in all 50 states and 150 countries. Participants come from every walk of life to learn together, to exchange ideas, and to explore the world. From Paris to New Orleans, Delhi to Council Bluffs, Road Scholar offers unique educational experiences, infused with the spirit of camaraderie and adventure that enrich and enhance the lives of its participants. Expert instructors share stimulating information through in-depth lectures, field trips and cultural excursions. Lively discussions with faculty and fellow participants illuminate issues and broaden horizons. For examples, Road Scholar has offered opportunities to learn to paint on Nantucket; to investigate hot air ballooning with grandchildren; to join a student orchestra; to study literature in London; to bike the rim of the Grand Canyon; and to conduct research to help protect endangered species.

Unlike tourist travel or commercial tours, Road Scholar programs are all inclusive. There are no hidden expenses. In addition to accommodations, we include most meals, lectures, field trips, cultural excursions, gratuities, and a travel assistance and insurance plan. We provide high-quality experiences with a high level of service at an extraordinary value.

Whether it be simplifying registration; offering comfortable accommodations in hotels, inns, retreat centers and select campuses; offering single rooms on almost 90 percent of U.S. and Canada programs; preparing meals infused with local flavor; or having caring staff, we take care of the details so you can enjoy your program. A love of learning, with exceptional people in engaging environments, creates extraordinary experiences, which is what Road Scholar has been providing for more than a quarter-century.

TEXAS AGRILIFE EXTENSION SERVICE Cooke County 940-668-5412 cooke.agrilife.org

Fannin County 903-583-7453
fannin.agrilife.org

Grayson County 903-813-4206
grayson.agrilife.org

Offers programs and seminars on agriculture, horticulture, natural resources, 4-H and youth development, self-improvement, nutrition, financial management, poverty and family resource management.

TEXOMA RED CROSS 903-465-1330

Serving Grayson, Fannin, and Cooke counties
www.redcross.org/local/texas/north-texas

For more than a century, the American Red Cross has been saving lives with health and safety education programs. Red Cross training ranges from first aid, CPR and automated external defibrillators (AEDs), to swimming and life-guarding; from HIV/AIDS education to care-giving programs like Babysitter's Training. The Red Cross constantly strives to respond to the health and safety concerns of Americans at home, in school and in the workplace. Become an instructor or an Authorized Provider, take a course, or volunteer with the Texoma Area Chapter.

GRAYSON COUNTY HEALTH DEPARTMENT - INDIGENT HEALTH CARE
903-465-2878
(non-emergency only)

GREATER TEXOMA HEALTH CLINIC
903-465-2440
(non-emergency only)
Mon-Sat 7:30 am - 6:30 pm

Provides primary healthcare for non-emergency issues to uninsured Grayson residents. Also open one Saturday per month (call for details).

HERE FOR TEXAS / MENTAL HEALTH NAVIGATION LINE
972-525-8181
HereForTexas.com

Connects Texans to mental health and addiction information and resources.

REBA MCENTIRE CENTER FOR REHABILITATION
903-416-1000
texomamedicalcenter.net/services/inpatient-rehabilitation-denison-tx

Offers comprehensive inpatient physical rehabilitation in a relaxed setting to restore mobility and motor functions.

THE REHABILITATION CENTER
903-893-7457
1216 Hillcrest, Sherman

THE REHABILITATION CENTER - THERAPEUTIC SOLUTIONS FOR CHILDREN AND ADULTS
903-893-7457
therehabcenter.net

Treats children and adults for orthopedic conditions, neurological disorders, developmental delays, and more.

Services

- ✓ Occupational, Physical, and Speech Pathologist Therapy
- ✓ Arthritis Foundation Aquatic Program (Twice a week)
- ✓ The Independent Aquatic Program
- ✓ Consumer Education: Public Awareness and Presentations

TEXOMA COMMUNITY CENTER & EARLY CHILDHOOD INTERVENTION
mhmrst.org

Crisis Line 24/7
877-277-2226

IDD Community Support Services
903-957-4700

Mental Health Services
903-957-4701 (Grayson Co.)
903-583-8583 (Fannin Co.)
940-665-3962 (Cooke Co.)

HOSPITALS

CARRUS SPECIALTY HOSPITAL
903-870-2600
carrushospital.com

A physician-owned long-term acute care hospital in Sherman, TX, providing substantial resources for critically ill patients. Features a rehabilitation facility, special procedures area (CAT scans, X-rays), and courtyards. Licensed by the State of Texas and the Texas Department of Health and Human Services and Medicare approved.

TMC BEHAVIORAL HEALTH CENTER
903-416-3000

A 60-bed facility offering comprehensive adult psychiatric services with a multidisciplinary approach. Includes adult and geriatric inpatient care, dual psychiatric/chemical dependency care (detoxification with concurrent psychiatric service), and an outpatient partial hospitalization program.

TEXOMA MEDICAL CENTER (BONHAM)
903-583-8585
tmcbonham.com

Provides hospital services with a 24-hour emergency room, ICU, medical/surgical unit, Radiology, Cardio-Pulmonary, General Medical services, Sleep Lab, and Specialty Clinic.

MUENSTER MEMORIAL HOSPITAL
940-759-2271
muensterhospital.com

A full-service hospital offering a 24-hour emergency room, inpatient/outpatient treatment and surgery, skilled nursing, home health, physician specialist clinics, and various therapies (physical, speech, occupational).

SAM RAYBURN VETERANS MEMORIAL HOSPITAL (BONHAM)
903-583-2111
1201 E 9th St, Bonham
northtexas.va.gov

SHERMAN MEDICAL CENTER
903-870-4611
500 N. Highland, Sherman
ahssmc.org

A 240+ bed facility providing quality healthcare to families across North Texas and Southern Oklahoma, committed to caring for the ill and improving community health.

NORTH TEXAS MEDICAL CENTER (GAINESVILLE)
940-665-1751
ntmconline.net

A 60-bed licensed facility with inpatient/outpatient care, ICU, Swing Bed capability, cardiac diagnostics, respiratory care, community education, lab, blood bank, medical imaging (CT), surgical/therapy services, vascular, women's health, dialysis cottage, and social services.

SHERMAN MEDICAL CENTER: BEHAVIORAL HEALTH SERVICES
903-870-7322

A safe, secure, and comfortable 20-private-bed inpatient facility specializing in adult and senior psychiatric care. Offers diverse clinical & therapeutic approaches for conditions like anxiety, depression, behavioral disorders, dementia, thought disturbances, & suicidal ideation, with individualized treatment plans.

TEXOMA MEDICAL CENTER
903-416-4000
5016 S. US Hwy 75, Denison
texomamedicalcenter.net

Offers medical specialties including Heart and Vascular, Behavioral Health, Rehabilitation, Ambulatory Surgery, Primary Care, Diabetes & Endocrinology, Emergency Care, Home Care, Hospitalist Program, Neurology/Neurosurgery, Obstetrics & Gynecology, Occupational Medicine, Pediatrics, and Urgent Care. Also features Reba's Ranch House, a low-cost or free "home-away-from-home" for families of critically ill patients.

SENIOR PASSPORT PROGRAM AT SHERMAN MEDICAL CENTER
903-870-3630

A comprehensive benefits program for seniors aged 55+, offering health screenings, exercise/wellness classes, travel opportunities, social events, and local retail discounts.

HOUSING OPTIONS FOR TEXOMA'S SENIORS

RETIREMENT COMMUNITIES

Retirement Communities are designed for fully independent individuals or couples who wish to live in a community setting with other seniors. These facilities often provide amenities such as organized social programs and recreational activities, with optional meal and transportation services available for an additional fee.

PARK MANOR SENIOR COMMUNITY
833-806-9731
park-manor-senior.com

ASHER POINT INDEPENDENT LIVING (SHERMAN)
903-321-3012
asherpointsherman.com

ST. VINCENT'S VILLAGE (SHERMAN)
903-868-2818



HOME HEALTH AGENCIES

Home health agencies are licensed public or private organizations providing nursing, rehabilitative, and homemaking services (skilled nursing, therapy, home health aides, homemakers) to homebound patients. Medicare may cover physician-authorized care for those recovering from major medical treatment, but coverage is limited to homebound patients requiring part-time nursing or therapy. The Texas Department of Aging and Disability Services may also fund primary home care for eligible individuals. Not all agencies provide the same services, and some offering only homemaker/home health aide services may not be Medicare-certified. It's crucial to be specific about needed services, get references, and verify bonding. You can research agency quality via Medicare.gov's "home health agency compare" tool.

ADVANTX HOME CARE INC.
903-813-8681
advantxhomecare.com

AMERICAN BEST CARE HOSPICE, INC.
903-640-9300
americanbestcare.com

ANGELS OF CARE PEDIATRIC HOME HEALTH
903-532-1400
angelsofcare.com

CAREPLUS HOSPICE
972-243-3033

CENTRIC HOME HEALTH & HOSPICE
903-458-9012
mycentrichealth.com

CHANGING SEASONS HOMECARE
903-868-3648
seasonstx.com

CORNERSTONE CAREGIVING
903-294-4454

COUNTRY STYLE HEALTHCARE OF TEXAS (VAN ALSTYNE)
866-669-7540

ELARA CARING
903-892-3163
jhsi.com

ENCOMPASS HOME HEALTH & HOSPICE
903-892-3238
encompasshealth.com

FIRST TEXAS HOME HEALTH
903-564-9111
first-texas.com

GUARDIAN HEALTHCARE
903-870-2347
guardmyhealth.com

GUARDIAN HOSPICE
903-868-0267
myguardianhospice.com

HEART TO HEART HOSPICE
903-892-6406
hearttoearthhospice.com

HEAVENSENT CAREGIVERS
903-868-1339
heavensentcaregivers.com

HOME HOSPICE OF COOKE COUNTY
940-665-9891
homehospice.org

HOME HOSPICE OF FANNIN COUNTY
903-583-9320
homehospice.org

HOME HOSPICE OF GRAYSON COUNTY
903-868-9315
homehospice.org

HOME INSTEAD SENIOR CARE
903-893-1100
homeinstead.com

HOSPICE COMMUNITY CARE OF TEXAS (HARBOR LIGHTHOUSE HOSPICE)
855-542-7267
harborhospice.com

HOSPICE PLUS
903-893-3903
hospiceplus.net

INTERIM HEALTHCARE
903-357-5704
interimhealthcare.com

MAYS HOME HEALTH & HOSPICE
903-868-1589
mayshomecare.com

MUENSTER MEMORIAL HOSPITAL HOME CARE
940-759-2262
muensterhospital.com

PATIENTS BEST CHOICE HOME HEALTH
903-462-0604

PILOT POINT HOME HEALTH
903-564-7709
pilotpointhomehealth.com

QUALITY HOME HEALTH CARE
903-892-9281
ghhcinc.com

RED RIVER HEALTH CARE SYSTEMS
903-465-8277
1-800-289-6555

RED RIVER HOME CARE
903-463-5858

REMARKABLE HOSPICE
903-205-9267
remarkablehospice.com

RENEW HOME HEALTH
903-463-6700
renewhomehealth.com

SEVEN SISTERS SERVICES
903-813-8477

SHER-DEN HOME HEALTH
903-892-1000
sherdenhomehealth.com

SUNRISE HOME HEALTH SERVICES
903-893-1296
1-800-296-7823
sunrisehomehealth.com

TEXOMA HOME HEALTH
903-868-9991
texomahomehealth.com

TMC HOME HEALTH
903-416-5500
texomamedicalcenter.net

TMC HOME HEALTH – BONHAM
903-583-3606
texomamedicalcenter.net/services/home/health/services

HOMESTEAD OF DENISON
903-463-4663
Secure Unit

HOMESTEAD OF GAINESVILLE
940-665-2826
Secure Unit

HOMESTEAD OF SHERMAN
903-891-1730

HONEY GROVE NURSING CENTER
903-378-2293
Secure Unit

MEADOWBROOK CARE CENTER (VAN ALSTYNE)
903-482-6455

MULLICAN CARE CENTER (SAVOY)
903-965-0200
Secure Unit

NORTH STAR RANCH (BONHAM)
903-583-8551

PECAN TREE REHAB AND HEALTHCARE (GAINESVILLE)
940-668-6263

RENAISSANCE CARE CENTER (GAINESVILLE)
940-665-5221

RIVER VALLEY HEALTH & REHABILITATION CENTER (GAINESVILLE)
940-665-0386
1-800-585-0386

SEVEN OAKS NURSING & REHABILITATION (BONHAM)
903-583-2191

THE TERRACE OF DENISON
903-465-7442
Secure Unit

TEXOMA HEALTH CARE CENTER (SHERMAN)
903-893-9636

WHITESBORO HEALTH & REHABILITATION CENTER
903-564-7900
Secure Unit

WOODLANDS PLACE (DENISON)
903-462-1200

PUBLIC HOUSING DENISON HOUSING AUTHORITY
903-465-2650
903-463-1783

GAINESVILLE HOUSING AUTHORITY
940-665-1747

GRAYSON COUNTY HOUSING AUTHORITY
903-892-8717

SHERMAN HOUSING AUTHORITY
903-893-3139

TCOG - SECTION 8 RENTAL ASSISTANCE
903-893-2161

TEXOMA HOUSING PARTNERS
1-800-258-1618

WHITESBORO HOUSING AUTHORITY
903-564-3700

HOME REPAIR/RENOVATION

COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM
Sherman - 903-487-5976
Denison - 903-465-2720 Ext 2521

TCOG - WEATHERIZATION PROGRAM
903-813-3541
1-800-677-8264

INFORMATION AND REFERRAL



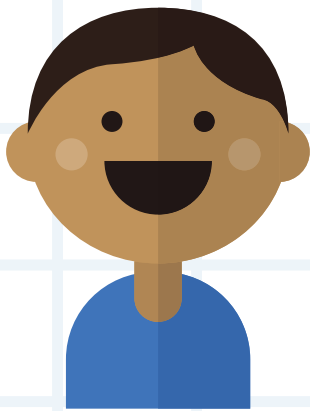
211texas.org

Area Information & Access Center of Texoma

2-1-1 is an easy-to-remember three-digit calling code Provides a solution to connect residents to free, comprehensive health and human services information 24 hours a day. This service helps individuals efficiently identify and access needed programs, addressing previous frustrations in navigating various agencies. Resource directories are updated annually and made available to the public for a small fee.

COOKE COUNTY VOLUNTEERS IN SERVICE TO OTHERS (VISTO)
940-668-6403

Knowledgeable of what short-term and long-term resources might be available to those in need of various services.



**Need help with
childcare?**
**DIAL
2-1-1**



2-1-1 Texoma Area Information Center has certified Information Specialists ready to connect you with local childcare resources.

ELDERCARE LOCATOR

1-800-677-1116
eldercare.gov

National service which helps identify community resources for individuals aged 60+.

NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES

703-838-7760
1-800-456-8410
narfe.org

Recruitment & Retention

1-800-627-3394

Legislative Hotline (24 hours)

703-838-7780

Protects and improves the retirement benefits of federal retirees, employees and their families. Members have access to website, monthly magazine, newsletters, NARFE staff, and volunteers located throughout the country.

NATIONAL ASSOCIATION ON AGING INFORMATION CENTER

1-800-222-2225
TTY 1-800-222-4225
nia.nih.gov

To sign up for regular email alerts about new publications and other information from the NIA, go to nia.nih.gov/health.

NATIONAL ASSOCIATION OF RETIRED AND VETERAN RAILROAD EMPLOYEES (NARVRE)

1-800-551-2588
narvre.org

For retired or current railway workers, spouses, widows and widowers on issues related to their rights as granted by the Railroad Retirement Act.

PERSONAL EMERGENCY RESPONSE SYSTEMS

PERS are in-home emergency alert button devices that transmit signals electronically over the telephone to summon help from emergency response centers. For available agencies, contact the Area Agency on Aging Elder Watch Program at 903-813-3505.

SENIOR ASSIST TEXAS

877-681-2777
SeniorAssistTexas.com

Offers a free specialized telephone with an integrated Emergency Med-Alert Button, providing an emergency alert system without monthly fees or monitoring charges. Can save users on a fixed income up to \$600 annually. Qualifications not based on age, income, or insurance; individuals only need to have at least one of the following disabilities:

- ✓ Hearing Loss/Deaf
- ✓ Vision Loss/Blind
- ✓ Upper Mobility Loss
- ✓ Cognitive Impairment
- ✓ Speech Impairment

SAFELINK WIRELESS

safelinkwireless.com

Requirements:**1. For Government Program**

Qualification: State ID card and an official document from the qualifying program (e.g., SNAP, Medicaid, SSI benefit letter, FPHA award letter, or other accepted documents).

2. For Income Qualification:

State ID card and your last state, federal, or Tribal tax return, pay stubs for 3 consecutive months, or other accepted documents.

SPECIALIZED TELECOMMUNICATIONS ASSISTANCE PROGRAM (STAP)

hhs.texas.gov/services/disability/deaf-hard-hearing/stap-services

Helps individuals with disabilities hindering telephone access to purchase basic specialized assistive equipment or services. Typically covers the cost of most phones listed in its voucher categories, which are available on its website.

ALERTONE
866-581-4540
alert-1.com

ALERT RESPONSE
1-888-871-2879
alertresponse.com

MEDIC ALERT FOUNDATION
1-888-633-4298
medicalert.org

VIR MEDICAL ALERT SYSTEM

866-452-3377
monitoringcare.com

STEAR STATE OF TEXAS EMERGENCY ASSISTANCE REGISTRY

Dial 2-1-1
stear.tdem.texas.gov

A FREE registry that provides local emergency planners and responders with additional information on the needs in their community. Registering does not guarantee receipt of specific service during an emergency.

Who should register?

- ✓ People with Disabilities
- ✓ People with access and functional needs (ie: communication barriers, limited mobility, medical needs, personal care assistance, transportation needs).

SUPPORT GROUPS**ALZHEIMER'S AND MEMORY LOSS CAREGIVER SUPPORT GROUPS**

903-813-3505

Alzheimer's Caregiver Support Group meetings offer caregivers a vital opportunity to share experiences, discuss behavior management, improve coping skills, address stress, and find solutions together.

CANCER SUPPORT GROUP

Texas Oncology
903-892-9455

GRIEF AND LOSS SUPPORT GROUP

903-868-9315
homehospice.org

Grief and Loss Center
505 W. Center St., Sherman

This group is open to the community and focuses on Dr. Alan Wolfelt's "Ten Essential Touchstones for Finding Hope and Healing your Heart." Group size is limited to 10; RSVP to number above.

VETERANS SUPPORT GROUPS (VA IN BONHAM)
903-583-6241

Available to registered Veterans through the mental health

clinic of the Sam Rayburn Veterans Memorial Hospital. Groups cover topics such as PTSD, Anger Management, Mood Groups, and Addiction.

Veterans Support Groups are also held at the Walker House for Veterans in Denison.

Please call 903-267-0166

For information on other Support Groups in the area, please call 2-1-1.

TRANSPORTATION**TEXOMA AREA PARATRANSIT SYSTEM**

1-844-603-6048

TEXAS DEPARTMENT OF PUBLIC SAFETY

Stranded Disabled Motorist Assist Helpline
1-800-525-5555

Texas operates a free courtesy patrol on major freeways in major cities, funded by taxes. It provides assistance with flat tires, fuel, jump-starts, or calling a tow truck.

VOLUNTEER OPPORTUNITIES**AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)**

aarp.org/giving-back

AHS SHERMAN MEDICAL CENTER AUXILIARY
903-870-3630

AMERICAN RED CROSS
903-465-1330

CHILD AND FAMILY GUIDANCE CENTER OF TEXOMA
903-893-7768

VOLUNTEERS IN SERVICE TO OTHERS (COOKE CO.)

940-668-6403
vistohelps.com

COURT APPOINTED SPECIAL ADVOCATES (CASA)

Cooke Co. 940-665-2244
Fannin Co. 903-583-4339
Grayson Co. 903-813-5400

DENISON HELPING HANDS
903-465-5101

EISENHOWER BIRTH PLACE
903-465-8908

GRAYSON COUNTY CRISIS CENTER
903-893-3909

GRAYSON LITERACY TEAM
903-415-2500

GUARDIAN HOSPICE
903-868-0267

**HAGERMAN NATIONAL
WILDLIFE REFUGE**
903-786-2826

HEART TO HEART HOSPICE
Contact: Taylor Garner
Cell: 903-718-8705

HOME HOSPICE
Grayson Co. 903-868-9315
Cooke Co. 940-665-9891

**MEALS ON WHEELS/SENIOR
NUTRITION AND ACTIVITY
PROGRAMS (SNAP)**
903-786-3351

**NORTH TEXAS MEDICAL
CENTER AUXILIARY -
GAINESVILLE**
940-612-8607

**PERRIN AIR FORCE BASE
MUSEUM**
903-786-8741

**RED RIVER HISTORICAL
MUSEUM OF SHERMAN**
903-893-7623

**SHERMAN EX-STUDENTS
MUSEUM**
903-891-6400

TEXOMA MEDICAL CENTER
903-416-4056
texomamedicalcenter.net

UNITED WAY
1-877-541-7905 or 2-1-1
Cooke Co. 940-665-1793
Grayson Co. 903-893-1920
unitedway.org

HELPFUL WEBSITES FOR SENIOR CITIZENS

**SERVICES AVAILABLE
ANYWHERE IN TEXAS**
211texas.org

ADULT PROTECTIVE SERVICES
dfps.state.tx.us/adult_
protection

**AMERICAN ASSOCIATION OF
RETIRED PERSONS**
aarp.org

ADMINISTRATION ON AGING
aoa.gov

**AREA AGENCY ON AGING
TEXOMA**
tcog.com/departments/aging-
services

**CENTERS FOR DISEASE
CONTROL**
cdc.gov

**DEPARTMENT OF HOMELAND
SECURITY**
ready.gov

ELDERCARE NATIONWIDE
eldercare.gov

**FEDERAL EMERGENCY
MANAGEMENT AGENCY**
fema.gov

HEALTH INFORMATION
healthfinder.gov

**INFORMATION ON LOW-
INCOME HOUSING IN TEXAS**
texashousingcounselor.org

**INFORMATION ON OBTAINING
FREE MEDICATION**
rxassist.org
needymeds.org

MEDICARE INFORMATION
medicare.gov

MICHAEL J. FOX FOUNDATION
michaeljfox.org

**NATIONAL ALLIANCE FOR
CAREGIVING**
caregiving.org

**NATIONAL COUNCIL OF
AGING/BENEFITS CHECKUP**
benefitscheckup.org

**NATIONAL INSTITUTE OF
AGING**
nia.nih.gov

**NATIONAL LIBRARY OF
MEDICINE**
medlineplus.gov

NURSING HOME COMPARE
medicare.gov

SOCIAL SECURITY
ssa.gov

**TEXAS DEPARTMENT OF
INSURANCE**
tdi.texas.gov

**TEXAS HEALTH AND HUMAN
SERVICES COMMISSION**
hhs.texas.gov

**TEXAS LEGAL SERVICES
CENTER**
tlsc.org

TEXAS NO CALL
texasnocall.com

**TEXOMA COUNCIL OF
GOVERNMENTS (TCOG)**
tcog.com

**U.S. DEPARTMENT OF
AGRICULTURE**
myplate.gov

**U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES**
dhhs.gov

**APPLY FOR MEDICAID, TANF,
CHIPS**
yourtexasbenefits.com

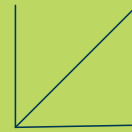


GETTING HELP is as easy as 9-1-1.

Call if you can, text if you can't.



VOLUNTEERS NEEDED!



Be a driver for
just one hour a
day to make a
difference in the
lives of our local
seniors!



Meals on Wheels Texoma
2626 Hilltop Dr. Sherman, TX 75090

Contact Information:
www.mowot.org

903-786-3351