

# TEXOMA SENIOR

SOURCEBOOK 2013-2014

**WHAT  
SENIORS  
GET FROM  
GIVING  
BACK**

*the benefits of  
volunteering*

**PROVIDING  
LIFELONG  
INDEPENDENCE**

*(by utilizing valuable services)*

**common senior  
scam tricks**

*what you need to know and  
how you can avoid them*

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# TEXOMA SENIOR

SOURCEBOOK 2013-2014

## DEAR TEXOMANS,

*TCOG's Area Agency on Aging (AAA)* is pleased to introduce the **2013-2014 Senior Sourcebook**, a handy directory of important services, programs, resources and opportunities available to seniors, family caregivers and persons with disabilities throughout the **Tri-County area**. This is also a great resource for health care and social service professionals.

Adult, active-adult, age-restricted, 55+ — **no matter what you call them** — communities for “people of a certain age” are booming in Texoma. Here, residents find friendship, lead rich lives, and feel safe and protected. Plus, thanks to the **Senior Sourcebook**, they stay connected with their communities’ events, and goings-on.

**Did you know that in the USA alone, someone turns 50 every seven seconds?** Yes, the baby-boomer generation is alive and kicking and the senior population reaching 65 and up will double from 35 Million to well over 70 Million in the next two decades. According to the U.S. Census Bureau in 2010 there were an estimated 3.7 million Texans over the age of 60. This figure represents about 14% of Texas’ total population. The senior

population in Texas is expected to increase by nearly 50 percent between 2010 and 2040, with a greater than 50 percent increase in those aged 85 and older by 2020.

Being one of the highest per capita elderly populations in the state of Texas, Texoma reached a rate of 20.3% in 2012, significantly higher than the state average of 14%. **What are the implications for the Texoma region based on these demographics?** As our aging population grows faster than state and national projections, our area is dealing with the realities **much sooner than other parts of Texas and the nation**. There are increasing demands for financial, health and social supports that are necessary to ensure good quality of life for senior Texomans.

**Are you a senior with questions about your benefits, or a caregiver searching for services to help your parents or other relatives and friends?** Created by the Federal Older Americans Act, TCOG’s AAA represents a network of senior programs. Services include information and referral, case management, nutrition, in-home services, counseling, legal service referral, home repair, and day health care with an emphasis on ease of access and a “no wrong door” referral system.



The AAA, and the **Texoma 2-1-1 Access and Information Center** are located in the TCOG Building at 1117 Gallagher Drive in Sherman. We are open **Monday –Friday from 8:00 a.m. to 5:00 p.m.** Dial 2-1-1 and talk to an information specialist that will give you a list of contact resources specific to your present need; or call (903) 813-3505 for your **one-stop senior information phone line and resource center**. You can also read more about our services and programs by visiting our website at [www.tcog.com](http://www.tcog.com).

We want to express our gratitude to the **Texoma Health Foundation** for making this publication possible to the citizens of the **Texoma Region**. We would also like to thank the service providers who placed ads in the Sourcebook, whose products and services enhance the continuum of care available in the community. **100% of net ad revenue goes directly back to the community for services for Texoma Seniors.**

*Respectfully,*

*Karen Bray*  
**Karen Bray**  
AGING SERVICES DIRECTOR



# 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 over the age of 60 and for citizens 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. All programs are partially funded in part by Texas Department of Aging and Disability Services, Health and Human Services Commission, local contributions from individuals and businesses, foundations support, and funding received from the Older Americans Act and a variety of other federal grants.

### AREA AGENCY ON AGING SERVICE DEFINITIONS

#### adult day care

A protective setting to dependent older individuals who need supervision but do not require institutionalization

#### caregiver programs

Support and temporary relief for caregivers of older adults and some services for grandparents raising grandchildren

#### case coordination

Assistance for families in assessing the needs of older adults and making arrangements for services to help them remain independent

#### elder abuse prevention programs

Investigation into allegations of abuse, neglect and exploitation and interventions in substantiated cases

#### emergency response systems

In-home 24-hour electronic alarm systems that enable homebound persons to summon emergency help

#### evidence based falls prevention

Practical methods to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance

#### employment services

Opportunities for older adults to explore employment options

#### health maintenance services

Assistance in acquiring glasses, dentures, hearing aids, and other devices necessary to promote or maintain the health and/or safety of the older individual

## home repair/home modification

Programs that help keep housing in good repair, such as roofing, plumbing and insulation, in order to avoid major problems. Renovations to increase the ease-of-use, safety, security and independence in the home

## information & referral/assistance

Specialists provide assistance and links to available services and resources

## legal assistance

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

## nutrition services

Congregate meals at a senior center and Home-delivered meals (Meals on Wheels) for the homebound or other site where older adults can enjoy a meal and socialize with others

## public benefits counseling

Counseling on financial management, prescription drug programs, Social Security benefits, food stamps, energy assistance and other benefits

## respite care

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

## senior housing options

Includes assisted living, retirement communities, nursing facilities, government-assisted housing and shared housing

## senior center programs

A variety of recreational and educational programs for older adults

## telephone reassurance (tele-pal)

Regular contact and safety checks to homebound seniors and disabled persons by trained volunteers

## transportation

Services for older adults or persons with disabilities who lack private transportation or who are unable to utilize public transportation

## volunteer services

Opportunities for older adults to provide telephone reassurance, friendly visits, insurance counseling and more

## WHERE WE ARE

Texoma Council of Governments is located at 1117 Gallagher Drive in Sherman, Texas. We are open Monday-Friday from 8:00 a.m. to 5:00 p.m. The phone number for the Area Agency on Aging of Texoma is 903-813-3505.

## DIRECT SERVICES PROVIDED AREA AGENCY ON AGING OF TEXOMA

### caregiver support program

- alzheimer's support
- parkinson's disease support
- grandparents as parents

### information, referral and assistance program

### benefits counseling program

- money management
- benefits counseling
- medication assistance
- legal awareness
- nursing home ombudsman

### care coordination program

- nutrition services

### senior corps program

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**Welcome to**



Reba's Ranch House is a home-away-from-home for families traveling to be close to a loved one in an area hospital. Rooms are limited to one room per patient family. Guests must be medically stable to care for themselves while staying at the Ranch House and must be referred by a partnering area hospital. Donations are requested in replace of a nightly fee and help to assure the House continues to be here for families for generations to come. The House offers private bedrooms with bath, phone, wifi and a television, in addition to shared living areas including a kitchen, dining area, library, laundry facilities and children's playroom.

Hospital staff may call 903-463-REBA to check availability.

5036 Reba Drive | Denison, Texas 75020 | [www.texomahealth.org](http://www.texomahealth.org)

**R**

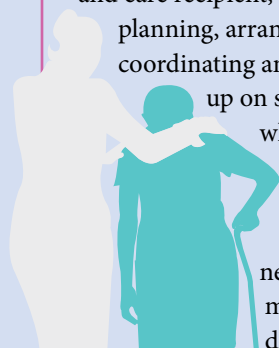
eba McEntire brought her first benefit concert to Texoma in 1987, and in 1992, she cut the ribbon to open Reba's Ranch House. The House is a nonprofit charity created to serve as a home away from home for families traveling from all across the US and overseas to be close to loved ones hospitalized here in Texoma.

In 2010 a new and expanded Reba's Ranch House opened its doors to the community. The new House continues a 20-year legacy of offering a safe haven and a place of comfort to over 29,000 guests who have found refuge in times of crisis through its doors.



**Reba's**

**THF**  
TEXOMA HEALTH FOUNDATION



## Caregiver Support Program 903-813-3575

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:

#### 1) Alzheimer's/Dementia Support

Services specifically designed to assist families caring for a loved one with Alzheimer's disease or other related dementias

#### 2) Parkinson's Disease Support

Services specifically designed to assist families caring for a loved one with Parkinson's disease

#### 3) Grandparents/Relatives as Parents

Services specifically designed to assist Grandparents/Relatives acting as Parents to grandchildren or other relative children.

#### 4) Support Groups:

##### Alzheimer's Grayson

3rd Wednesday of each month  
12:30 p.m. - 1:30 p.m.  
TCOG Professional Building  
1117 Gallagher Drive  
Sherman, TX  
*Texoma Room (2nd Floor)*

##### Alzheimer's Grayson (Eve.)

3rd Wednesday of each month  
7:00 p.m. - 8:00 p.m.  
TMC Hospital  
5016 S. Hwy 75  
Denison, TX  
*Conference Room 1*

## Alzheimer's Cooke

1st Wednesday of each month  
9:00 a.m. - 10:00 a.m.  
Stanford House  
4101 W. Garnett St.  
Gainesville, TX

## Kincare (Grandparents & Relatives as Parents) Grayson

2nd Tuesday of each month  
12:00 p.m. - 1:00 p.m.  
Pecan Point Assisted Living Facility  
1011 E. Pecan Grove Rd.  
Sherman, TX

## Parkinson's Disease

1st Wednesday of each month  
1:30 p.m. - 2:30 p.m.  
Pecan Point Assisted Living Facility  
1011 E. Pecan Grove Rd.  
Sherman, TX

### Related Services Available:

- Family Consultation
- Educational Training & Materials
- Caregiver Respite
- Caregiver Support Groups

## Information, Referral and Assistance Program 903-813-3505

Consists of activities such as:

- assessing the needs of the inquirer
  - evaluating appropriate resources
  - 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 for whom services are unavailable by locating alternative resources
  - when necessary, actively participating in linking the inquirer to needed services, and following up on referrals to ensure the service was provided.
- If you are a resident of Cooke, Grayson, or Fannin County and you are calling from an area*

*code in this three county region, you may simply call 2-1-1 and ask to speak to the Information Specialist.*

## Benefits Counseling Program

### Texoma Money Management 903-813-3572

The Texoma Money Management Program provides bill payer and representative payee services to persons who are at risk of losing their independence because of their inability to manage their finances.

### Benefits Counseling 903-813-3581

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 who helps 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 representation by an attorney of an older individual or class of older individuals in either the state or federal court systems.

# Meals on Wheels



Serving Cooke, Fannin & Grayson Counties **of Texoma**



## Now Seeking Superheroes



Over 600 Superheroes volunteer their time to fight senior hunger by delivering meals to homebound senior citizens in Cooke, Fannin and Grayson Counties.

Would you like us to help you channel **your** inner-Superhero? All you need is a car (and a big heart) - we provide the rest, including gasoline assistance! To learn more, please **877-900-3351** or visit us on the web at **[www.mowot.org](http://www.mowot.org)**

Become a **Superhero** today!

## BENEFITS SCREENING

Counselors will assist in completing a thorough and individualized Benefits CheckUp Report, which pre-screens potential eligibility for numerous state and federal benefits.

### SERVICES IDENTIFIED AS “LEGAL ASSISTANCE SERVICES” ARE:

*Benefits Counseling, Money Management, Representative Payee, and Certified Benefits Counselors assist persons get connected to the array of benefits available to them, including:*

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

### Medication Assistance Program 903-813-3517

Volunteers work with low-income persons to obtain non-narcotic prescription drugs at no cost or reduced cost from pharmaceutical companies. Applicants must apply in person and furnish proof of income and a physician's prescription for the medications needed.

### Legal Awareness Seminars 903-813-3581

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 are offered annually. These events are advertised in local newspapers and are free to the public.

### Nursing Home Ombudsman 903-813-3569

### Complaint Hotline 1-800-458-9858

Certified staff and trained volunteers will identify, investigate, and resolve complaints made by, or on behalf of, residents of nursing facilities and assisted living facilities, and which relate to action, inaction, or decisions, that may adversely affect the health, safety, welfare, or rights of the residents, providers, or representatives of providers, of long-term care services, public agencies, or health and social service agencies.

The regional managing ombudsman maintains comprehensive information about each of the nursing homes, personal care homes, and assisted living facilities in the region. Consultation can be provided regarding long-term care alternatives and the costs and methods of financing for the array of long term care living options available. *To report nursing home complaints, you may also call the Complaint Hotline of the Texas Department of Aging and Disability Services at 1-800-458-9858.* Volunteers complete 36 hours of training and a three-month internship to receive certification from the Texas Department of Aging and Disability Services. Volunteer ombudsmen dedicate a minimum of 2 hours a week to visit nursing home residents, promote quality of life and quality of care, and participate in complaint resolution in order to protect the rights of our most vulnerable older Texans.

## 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:

*Minor Residential Repair, Ramps, Hearing aids, Dentures, Eye glasses, Durable Medical Equipment, Homemaker Services, Transportation (For going to the doctor, rehab, or any other medical related)*

## NUTRITION SERVICES

- **CONGREGATE MEALS** A hot or other appropriate meal served to an eligible older individual which meets 33½ percent of the dietary intake. The objective is to reduce food insecurity and promote socialization of older individuals. These meals are provided at your local senior center and are prepared by Meals on Wheels of Texoma. Anyone 60 years old or older can attend senior centers and receive a meal for lunch. There is no charge for the meal, but donations are always welcome.
- **HOME DELIVERED MEALS** Hot, cold, frozen, dried, canned, fresh which provides a minimum of 33½ percent of the dietary intake. 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 have to be over the age of 60, homebound, have no one to help you prepare a meal, unable to leave your home, and/or in poor nutritional health. For more information, contact the Care Coordination program.

## Senior Corps Program

### Texoma RSVP 903-813-3587

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.

### Faith in Action Program

Community volunteers are recruited and trained to meet the physical and social needs of homebound persons living with aging complications or disabilities with limited or no caregiver support. Assistance provided by recruited volunteer caregivers includes grocery shopping assistance, transportation, escort to doctors' offices, and friendly visiting. Program staff provides training to volunteers to serve as caregiver coordinators and conduct caregiver classes on topics related to legal, health, financial planning, and effective communication with health professionals to members who serve as caregivers.

**Foster Grandparent Program**  
**903-813-3574**

A program for persons 55 years of age or older who meet certain income eligibility and who 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, libraries or hospitals.

**Hearing-Impaired Support Group**  
**Call 2-1-1 or 1-877-541-7905**

Monthly meetings for persons with hearing loss and their families focusing on coping strategies, technology, consumer tips for

purchasing hearing aids and other assistive devices, etc. The meetings are held at TCOG on the first Thursday of the month from 9:30-10:30, with plenty of time after the meeting to talk with the experts about your personal situation.

all that



**TCOG'S FIRST CAREGIVER GALA**  
**2013**

Conductor  
Sponsor:  
Texoma  
Neurology  
Associates,  
P.A.

featuring the  
gainesville swing orchestra

Join us for an evening of dinner and dancing!  
All proceeds will benefit TCOG's Caregiver Program

**NOVEMBER 2, 2013 - 6:30 PM**

**Sid Richardson Center - Austin College**  
**900 N. Grand Avenue, Sherman**


For additional information or to register,  
call Judy Conner at 903-813-3575





# *Common Reactions to Alzheimer's Diagnosis*

Tam Cummings, MS Gerontologist  
[www.tamcummings.com](http://www.tamcummings.com)



**A** diagnosis of any terminal illness, especially dementia, is devastating. You and your loved one will likely experience significant emotional changes as well following the diagnosis. She may become fearful or paranoid of what is ahead. You may feel grief, fear, guilt or even anger. She may take a carefree attitude and appear unfazed by the news or she may become depressed or saddened.

You may find your reaction is much more emotional. Fear, horror, sorrow, anger, pity, terror, are just a few of the adjectives families use to describe their own reaction.

She may ask for your help, she may refuse care or assistance, or she may become hostile or suspicious when she doesn't remember that she doesn't remember. Because dementia destroys the brain and because the brain runs the body, in time your loved one will undergo the physical changes of dementia. These changes are typically only seen near the end of the disease and include a dramatic loss of body weight, a withering of the facial features, a loss of fa-

cial affect (emotion), an inability to be independent in movement, a person without speech or comprehension, a person totally reliant upon others for survival.

You may find yourself one of the lucky few whose mother quietly and efficiently turns over all her medical and financial care and decisions. Or you may discover your mother's dementia has progressed to a point of fear and distrust and paranoia. You may even have to seek legal means to force her to have care under a guardianship.

These are common scenarios for families and persons facing dementia. Although dementia follows a fairly predictable path, each affected person and family is different. What works for one family may not work for yours. There are no easy solutions.

**I firmly believe if  
you understand  
what the disease  
is doing to her  
brain, you are  
better prepared as  
a caregiver.**

The decisions you will have to make are going to be difficult. Remember each of us is human, but each of us is unique in our own development, our own aging process and how we approach challenges. Knowing you will need to provide care for your loved one over the coming months or years can be overwhelming.

But by learning what dementia is, you will be better prepared for the challenges ahead. If you and your family can understand what de-

mentia is doing to your loved one's brain and how damage to the brain turns into physical and emotional behaviors during the different stages of the disease, that knowledge will change how you respond to the disease.

I firmly believe if you understand what the disease is doing to her brain, you are better prepared as a caregiver.

In decades of working as a geriatric social worker and then as a gerontologist, I have yet to meet a family who completely understood what a diagnosis of dementia would mean to them and their loved one. It is rare for a physician to explain the dementia process and what the disease will do to the person's brain and how a damaged brain functions.

This is not because the doctor is not competent, but because dementia is a complicated disease and the explanation of the disease process is not the physician's job. Doctors don't have the hours of time needed to explain a complex medical and

behavioral disease, nor is teaching a patient about the disease a part of a physician's training or expertise. Unfortunately, this means entire families are woefully unprepared for the emotional and physical changes that will accompany the diagnosis as dementia progresses.

Being told dementia will cause your loved one to have memory problems is just the tip of the iceberg. Dementia is not just a "memory problem". Dementia is a devastating and terminal disease. Yes, unfortunately, it gets worse.

Should a person live to the end of the disease process, she will experience the total loss of her abilities, talents and personality. She will lose all or most of her physical, mental and emotional traits. The disease process of dementia causes the loss of those complex behaviors that make each individual different; each one of us is unique.

Caregivers with a better understanding of the cause of the behaviors exhibited by their loved one will automatically become better

advocates for their loved one. You will be more prepared to distinguish your loved one's behaviors from your emotions. You will be able to separate and recognize those behaviors as disease driven. You will be ready to successfully face the years ahead.

Granted, knowing about the process of dementia won't change the facts of the disease. But you may be able to change your approach as you face what at first may seem to be a seemingly unending series of uncharacteristic or bizarre behaviors over the next months and years.

Being able to connect your loved one's behavior to the damage in specific areas of the brain probably won't lessen your pain. It should however give you a better understanding of why your loved one is behaving the way she is. It will allow you to provide better care at home and clear oversight when your loved one requires placement in a facility.

## Five Points to Remember:

1. Dementia is now seen as an umbrella term for four dozen (or more, possibly 100) types of brain disease.
2. Memory is everything you and I are able to do.
3. The process of memory is very complex.
4. Being devastated by your loved one's dementia diagnosis is normal.
5. Understanding what dementia is and what it will do to your loved one's brain will make your job as a caregiver easier.

# PARKINSON'S DISEASE

BHARATHY SUNDARAM, M.D.

**J**ames Parkinson, a London Physician, first described Parkinsons disease in 1817, using the term *paralysis agitans*. He had described the disease with distinctive features of tremor, rigidity and gait difficulty. Over 50 years later, the world renowned French neurologist Jean-Martin Charcot, was more thorough in describing the features including the hallmark of bradykinesia. Even to this date all of the above four clinical symptoms are essential to diagnose a patient with **Parkinsons Disease**.

In the Unites States, at least 500,000 people are affected by this disease and about 50,000 new cases are reported annually. The average age is usually 50 years of age and approximately 1% of this age group has this disorder. There is modest male gender predominance.

The onset of the disease is usually insidious, unilateral progressing to bilateral presentation. The diagnosis of the disease requires 2 of the following 3 symptoms: *Bradykinesia*, *Rigidity*, *Resting tremor*. The other signs slowly evolve with the progression of the disease. Parkinson's patients develop masked faces, hypovolcanic speech, micrographia, swallowing difficulty, flexed posture of the body, shuffling gait, hesitancy and freezing type of gait pattern.

The causes or etiology of Parkinsons disease is unknown in most cases. Some of the times there is genetic influence causing the disease. Autosomal dominance is very rare and mutation is unknown. There is a description of mutation called *alpha-synuclein gene*

was identified. The mutation gene of Parkinsons gene is autosomal recessive gene is identified in juvenile Parkinsonism.

The primary focus of the disease it in themed brain called the substantia nigra. There is a marked depigmentation and neuronal loss which leads to the disease. It has been described that by the time patients developed the early signs of Parkinsons disease, about 70% of these neurons have already degenerated.

Apart from Idiopathic (unknown cause) Parkinsons Disease, there are also other types of this disease. Drug induced Parkinsonism is a well known entity and it is very commonly seen in patients taking medications for other ailments. Some of the offending agents are antipsychotic medications called Haloperidol, Chorproamazine, Thioridazine, Perphenazine, Risperidone, and Olanzepine. One of the widely used antiemetic called Reglan or Metoclopramide can be the offending agent as well. Once the medications are discontinued there is resolution of the disease. It is also been speculated that patient who have been prone for the disease can manifest symptoms when they are exposed to the above medications. In this group of patients, the disease continues to evolve. Elderly people should be cautiously be treated with these medications.

## work it:

Tai-Chi, Yoga and dance are unique exercises proven effective in helping mobility in patients with Parkinson's.

## CAREGIVER CONFERENCE

FRIDAY  
APRIL 18  
2014

**Grayson College**  
6101 Grayson Drive  
Denison, TX 75020

## Designed with you, the caregiver, in mind.

Enhance your understanding of the role of caregiving and earn skills and expertise that will make your job easier and more beneficial for you and those you care for.

## Lunch Provided

Enjoy a full day of enlightening seminars that cover a range of topics - whether you are a family member caring for a loved one or if you are a professional who cares for many over the course of a day.

## Keynote Speaker

**Tam Cummings, MS**



A master's graduate of Baylor University's Institute of Gerontological Studies, Tam is dedicated and

passionate about helping care partners learn the skills needed to provide care. She provides private consultation and education services to families, extensive education courses for nurses, social workers, administrators and activity directors, and keynote addresses for caregiver stress, dementia and the aging process for national, state and regional conferences.

**Call Judy Conner  
at 903-813-3575 for  
more information**

**TCOG**  
TEXOMA COUNCIL OF GOVERNMENTS

Area Agency  
on Aging  
of Texoma

1117 GALLAGHER DRIVE, SUITE 200  
SHERMAN, TX 75090 - 903-893-2161  
WWW.TCOG.COM

As far as the therapy is concerned, there is no neuro-protective therapy available. There with dopaminergic agents should begin depending on the disease of the functional impairment and lifestyle of the patient. There are different agents available. The most commonly used are Levodopa which is the precursor of dopamine. Dopamine Agonist, MAO-B inhibitors, COMT inhibitors. For drooling or otherwise called (Sialorrhea) and dystonia, Botulinum toxin is available. This is injected into the respective muscles every three months to help improve motor functions.

During the progression of the disease patients develop dyskinesia in response to the medications which can be bothersome to the patients. To the other extreme, they can have constant "freezing" and falls as well. Apart from adjusting the medications, patients have to be evaluated for Deep Brain Stimulation® which is achieved surgically by placing deep electrodes in the sub thalamic nucleus or Globus Pallidus Interna regions of the brain. This is placed stereotactically in the target nucleus and can be activated or deactivated by an external programming device.

There are ongoing research studies where genetically engineered stem cell therapies are being used to reverse the disease process. There are non pharmacological treatments which are very essential for the Parkinsons disease patients. Physical therapy and exercise help with patients mobility. Some of the unique exercises proved to help are Tai-Chi, Yoga and dance. All of these types of exercises are helpful in improving motor movements. Speech and language therapies are essential along with psychosocial interventions. Dietary recommendations include appropriate calorie intake, adequate fiber intake and fluids. Vitamin D and calcium along with reducing protein to minimum daily allowance are all helpful.

The last but not least is the patient and caregiver education through newsletters, and web resources. Support groups help both patient and caregivers. Counseling is sometimes required for both patient and caregiver to overcome anxiety, grief, guilt, isolation, depression and anger associated with patients having Parkinsons disease. Some of the patients resources can be accessed through the following:

[parkinson.org/patients.aspx](http://parkinson.org/patients.aspx)  
[parkinsonsresource.org](http://parkinsonsresource.org)

Bharathy Sundaram, M.D. - Board Certified Neurologist Dr. Sundaram is a highly dedicated physician practicing neurology in the Texoma Region since 1994. She specializes in Movement Disorders, including management of Deep Brain Stimulation therapies and Botulinum therapeutic therapies.



## FREE MEDICAL ALERT MEANS NEW MEDICARE SCAM

Seniors all over Texas are receiving phone calls from individuals who want to make an appointment to come to your home and deliver a new Medical Alert that is all paid for by Medicare. But the truth is, Medicare does not pay for medical alert systems and this item is not free! This is merely a trick for you to give out personal information over the phone to strangers.

Once these scammers get your Medicare number, which is also your Social Security number, they will bill Medicare for items and services you never receive. Protect yourself from potential identity theft and protect the Medicare system from crooks stealing taxpayer dollars by hanging up!

You should never give out your Medicare number to anyone who calls on the telephone. No one from Medicare or Social Security will ever call you on the phone to verify personal information such as a bank account or your Social Security Number. And never give out your Medicare number in exchange for free items.

If you are get a phone call or an offer for "free" items or services paid for by Medicare, get the name and number of the company then hang up. Then call the Texas Senior Medicare Patrol and report the information. Protect, detect and report Medicare fraud to 1-888-341-6187.

Contact Person:

**Barbara  
McGinity**

713-341-6184



# BEWARE OF THESE COMMON SENIOR SCAM TRICKS

Although today's senior citizens may be mentally sharper than ever, they still make a **prime target** for con artists because they generally have more disposable income — *cash nest eggs they don't need for any specific purpose* — and **because they're usually more trusting.**

Some common senior scam tricks are:

- The grandparent scam is possibly the most widespread senior scam, where the victim receives a call supposedly from a grandchild in trouble abroad and needing money urgently. Usually the excuse is that the cash is needed to post bail and money has to be sent by a wire payment.

- In a new and particularly nasty variation, victims were told their grandchild had been kidnapped and that they had to pay a ransom. In some cases, the crooks knew something about the grandchild and used an accomplice to impersonate their voice. Even more cunningly, they earlier phoned the genuine grandchild, pretending to be from a cell phone company, telling them to switch off their phone for a maintenance project, thus preventing the grandparent from checking the story.

- Most Medicare cons actually target Medicare rather than individuals, though they do rely on duping seniors into becoming unwitting accomplices. But sometimes they aim directly at seniors, the most recent example being the bogus Medicare refund scam, in which the crook asks for personal information, including Medicare card details, supposedly so a \$250 check can be issued to cover the gap in covered prescription charges.

- In fact, they want the details for identity theft. Never provide confidential information over the phone unless you're 100% sure the caller is genuine. The \$250 check, by the way, is mailed out automatically to those who are entitled. No phone calls or information are needed.

- Other health-related scams not directly linked to Medicare include offers of "free" equipment or supplies, with charges hidden in the fine print of a document you must sign, and tests, including ones for

diabetes, that are either unnecessary or unreliable. Senior scam artists also exploit health concerns of older folks by bombarding them with spam offering virility, anti-aging and memory improvement products or services whose effectiveness has no scientific basis of proof. Remember to always work with your doctor or other reputable health professional for any medications or equipment you think you might need.

- Bogus contractors who claim you need major structural repairs on your home -- usually the roof -- or offer to do a cut-price driveway repaving. Never agree to on-the-spot "repairs" on the say-so from someone you don't know. Always check the claim with a licensed contractor recommended by a friend or relative.

- Telemarketers sometimes use high-pressure techniques to sell you things you don't want. Get your name on the Do-Not-Call Registry and if you feel under pressure on a call just hang up. If the caller persists, tell them you're calling the police -- and then do that.

- Bogus lottery winnings. Sadly, news reports are littered with stories about seniors who believed they'd won a fortune on a lottery then paid a real fortune on supposed fees to try to collect their winnings. Never pay a cent to collect "winnings."

- Scareware -- those pop-ups on your computer screen that tell you your computer is infected with a virus, then invite you to download a program to get rid of the virus (which you either pay for or which really is a virus). Install Internet security software from one of the big name providers and keep it up to date, then

ignore all those phony warnings.

- There are several things to remember when working and advising the senior citizen population on the subject of fraud:

- People who grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. Con artists exploit these traits, knowing that it is difficult or impossible for these individuals to say "no" or just hang up the telephone.

- Older Americans are less likely to report a fraud because they don't know who to report it to, are too ashamed at having been scammed, or don't know they have been scammed. Elderly victims may not report crimes, for example, because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs.

- Senior citizens are more interested in and susceptible to products promising increased cognitive function, virility, physical conditioning, anti-cancer properties, and so on. In a country where new cures and

vaccinations for old diseases have given every American hope for a long and fruitful life, it is not so unbelievable that the con artists' prod-

**Senior scam victims in the United States lose at least \$2.6 billion to crooks every year, according to recent newspaper reports, with as many as *one in every five seniors losing money.***

ucts can do what they claim. There are many con artists who prey on the senior citizens of our country. We need to share any information we have to arm everyone to be aware of these predators. Forewarned is forearmed.

[www.scambusters.org/senior\\_scam.html](http://www.scambusters.org/senior_scam.html)  
[www.fbi.gov/scams-safety/fraud/seniors/seniors#target](http://www.fbi.gov/scams-safety/fraud/seniors/seniors#target)

# NO DISRESPECT: HOW FAMILY CAREGIVERS CAN IMPROVE CARE TRANSITIONS

By ANNE MONTGOMERY

Leaning into the podium at the Graduate Center of the City University of New York on May 14, Judy Feder, professor of public policy at Georgetown University, is poised and intent. She is speaking to a room full of researchers, advocates and academics who are hoping to ignite a national conversation about why now is the right moment for family caregivers to underscore their importance to the U.S. health and long-term care system.

But first, Feder administers a reality check: Despite “overwhelming evidence” that caregivers are “the essential glue” in our health care system, they are often met with “disregard” or “disrespect” by large institutions and individual practitioners, she said. Moreover, the very fact that family caregivers are the “dominant source” of help for 80% of ill, frail and disabled individuals living at home and in the community contributes to concerns about so-called “crowd-out” costs: The “fear of replacing” unpaid family caregiver labor, she said, has led policymakers and providers to count on their support as a “fiscal convenience.”

A classic example of this overreliance on family caregivers, according to Feder, is the massive (though rarely discussed) shift of responsibility that occurred following implementation of Medicare’s prospective payment system (PPS) for hospitals during the 1980’s. As hospitals realized that it was in their financial interest to discharge patients more rapidly (often referred to as “quicker and sicker”) under a PPS system, the result for family caregivers was that they were asked to take on much more – often without any discussion, and with no preparatory training or sustained support. “All of this happened with no thought,” Feder said.

Concurrently, a growing body of evidence – including a recent survey conducted by AARP and United Hospital Fund (UHF) – has established that family caregivers are routinely undertaking ever-more complex medical and nursing tasks. For example, it is now common for caregivers to be expected to assist with ostomy and wound care, administration of intra-

venous fluids and injections, preparation of foods for individuals on special diets who have trouble chewing or swallowing, and management of ventilators and tube feeding systems. The net outcome, Feder observed, is that family caregivers find themselves under increasing pressure to “turn their homes into hospitals.” Changing this dynamic, she added, will require serious work. In a call to action, Feder declared: “The support of caregivers should not be merely “assumed,” but rather it must be “thoughtfully considered....We need to turn this around and get past the lip service.”

Others at the UHF conference, titled “Transitions in Care 2.0,” (which culminated in the release of a ten-step action agenda) were in full agreement. Susan Reinhard, Senior Vice President of AARP’s Public Policy Institute, observed that the recent AARP-UHF survey documents that more than two-thirds of respondents report significant difficulty with certain tasks – notably wound care, assisting with the use of incontinence equipment and preparation of special diets. Helping a family member or friend cope with a colostomy is not a traditional ADL,” [Activity of Daily Living] Reinhard said. The ADL assessment instrument, which focuses on basic, non-medical assistance with eating, dressing, toileting, bathing and transferring, was originally developed in the 1950’s as a way of measuring the help that patients recovering from hip fractures needed.

Mary Naylor, a professor and researcher at the University of Pennsylvania School of Nursing, argued that in the era of the “age wave,” providers should reframe their professional perspective to see themselves in part as “enablers of patients and family caregivers.” Both Eric Coleman, professor of medicine at the University of Colorado and Luke Hansen, professor of medicine at Chicago’s Northwestern University, noted that it is still uncommon for physicians and hospitals to collect any data on family caregivers – and even rarer to train them. This presents problems, they acknowledged, in making various improvements in the care system “stick.” Feminist author and caregiver Alix Shulman suggested

that it is precisely the lack of “anticipatory guidance,” or training, which individuals who choose to make major changes to their lives in order to assist a seriously ill or disabled loved one find most difficult of all. “Specific conversations are needed,” she said. “Not just a list of websites or a stack of brochures.”

UHF’s David Gould and Carol Levine urged researchers and policymakers to join together to support caregiver assessments that include documentation of both the needs and limitations of caregivers as part of the routine delivery of health and long-term care services. Also needed, they said, are regular surveys of both the patient and the family caregiver’s experience with services, as well as a more sophisticated and systematic approach to identifying the networks of family, friends and neighbors who come together to form a “caregiver corps,” or circle of support, that can be assembled to collectively provide the right level of help at the right time.

Making the necessary adaptations to our rapidly evolving health and long-term care services systems in order to cost-effectively train large numbers of people who may be willing to volunteer some of their time to assist those who wish to age in place is not a simple matter. Perhaps one way to move a conversation forward is to consider whether the Center for Elder Care and Advanced Illness concept of a Caregiver Corps of trained volunteers can be created to help teams of health care practitioners and direct care workers deliver a more seamless array of services and supports – while also giving families the confidence that they will be able to sustain assistance for the millions of frail elders and individuals with disabilities who want to remain a vital part of the community right up until the ends of their lives. Such a Corps, which would recruit volunteers young and old, would be a step toward addressing workforce shortage issues, and might give communities ideas and strategies they can adapt to solve pressing concerns. **Now is the right time for family caregivers and their many allies to work together to think through the possibilities.**

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A photograph of an older couple embracing in a garden. The woman, on the left, is wearing an orange backless dress and has her back to the camera. The man, on the right, is wearing a light blue short-sleeved shirt and white pants, and is smiling at her. They are holding hands. In the background, there is a white sofa with yellow cushions and a patterned pillow, and a dense wall of bamboo or reed plants.

# Sexuality

*Many people want and need to be close to others as they grow older. This includes the desire to continue an active, satisfying sex life as they grow older. But, with aging, there may be changes that can cause problems.*

# in Later Life

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## What Are Normal Changes?

**N**ormal aging brings physical changes in both men and women. These changes sometimes affect the ability to have and enjoy sex. A woman may notice changes in her vagina. As a woman ages, her vagina can shorten and narrow. Her vaginal walls can become thinner and also a little stiffer. Most women will have less vaginal lubrication. These changes could affect sexual function and/or pleasure. Talk with your doctor about these problems.

As men get older, impotence (also called erectile dysfunction—ED) becomes more common. ED is the loss of ability to have and keep an erection for sexual intercourse. ED may cause a man to take longer to have an erection. His erection may not be as firm or as large as it used to be. The loss of erection after orgasm may happen more quickly, or it may take longer before another erection is possible. ED is not a problem if it happens every now and then, but if it occurs often, talk with your doctor.

## What Causes Sexual Problems?

Some illnesses, disabilities, medicines, and surgeries can affect your ability to have and enjoy sex. Problems in your relationship can also affect your ability to enjoy sex.

**Arthritis** Joint pain due to arthritis can make sexual contact uncomfortable. Joint replacement surgery and drugs may relieve this pain. Exercise, rest, warm baths, and changing the position or timing of sexual activity can be helpful.

**Chronic pain** Any constant pain can interfere with intimacy between older people. Chronic pain does not have to be part of growing older and can often be treated. But, some pain medicines can interfere with sexual function. You should always talk with your doctor if you have unwanted side effects from any medication.

**Dementia** Some people with dementia show increased interest in sex and physical closeness, but they may not be able to judge what is appropriate sexual behavior. Those

with severe dementia may not recognize their spouse, but still seek sexual contact. This can be a confusing problem for the spouse. A doctor, nurse, or social worker with training in dementia care may be helpful.

**Diabetes** This is one of the illnesses that can cause ED in some men. In most cases, medical treatment can help. Less is known about how diabetes affects sexuality in older women. Women with diabetes are more likely to have vaginal yeast infections, which can cause itching and irritation and make sex uncomfortable or undesirable.

**Heart disease** Narrowing and hardening of the arteries can change blood vessels so that blood does not flow freely. As a result, men and women may have problems with orgasms, and men may have trouble with erections. People who have had a heart attack, or their partners, may be afraid that having sex will cause another attack. Sexual activity is often safe. Always follow your doctor's advice.

**Incontinence** Loss of bladder control or leaking of urine is more common as we grow older, especially in women. Extra pressure on the belly during sex can cause loss of urine, which may result in some people avoiding sex. This can be helped by a change in positions. The good news is that incontinence can usually be treated.

**Stroke** The ability to have sex is sometimes affected by a stroke. A change in positions or medical devices may help people with ongoing weakness or paralysis to have sex. Some people with paralysis from the waist down are still able to experience orgasm and pleasure.

## What Else May Cause Sexuality Problems?

**Surgery** Many of us worry about having any kind of surgery—it may be even more troubling when the breasts or genital area are involved. Most people do return to the kind of sex life they enjoyed before surgery.

Hysterectomy is surgery to remove a woman's uterus. Often, when an older woman has a hysterectomy, the ovaries are also removed. The surgery can leave both men and women worried about their sex lives. If you're afraid that a hysterectomy will change your sex life, talk with your gynecologist or surgeon.

Mastectomy is surgery to remove all or part of a woman's breast. This surgery may cause some women to lose their sexual desire or their sense of being desired or feeling feminine. In addition to talking with your doctor, sometimes it is useful to talk with other women who have had this surgery. Programs like the American Cancer Society's (ACS) "Reach to Recovery" can be helpful for both women and men. If you want your breast rebuilt (reconstruction), talk to your cancer doctor or surgeon. Prostatectomy is surgery that removes all or part of a man's prostate because of cancer or an enlarged prostate. It may cause urinary incontinence or ED. If removal of the prostate gland (radical prostatectomy) is needed, talk to your doctor before surgery about your concerns.

**Medications** Some drugs can cause sexual problems. These include some blood pressure medicines, antihistamines, antidepressants, tranquilizers, appetite suppressants, drugs for mental problems, and ulcer drugs. Some can lead to ED or make it hard for men to ejaculate. Some drugs can reduce a woman's sexual desire or cause vaginal dryness or difficulty with arousal and orgasm. Check with your doctor. She or he may prescribe a different drug without this side effect.

**Alcohol** Too much alcohol can cause erection problems in men and delay orgasm in women.

## Am I Too Old To Worry About Safe Sex?

Age does not protect you from sexually transmitted diseases. Older people who are sexually active may be at risk for diseases such as syphilis, gonorrhea, chlamydial infection, genital herpes, hepatitis B, genital warts, and trichomoniasis. Almost anyone who is sexually active is also at risk of being infected with HIV, the virus that causes AIDS. The number of older people with HIV/AIDS is growing. To protect yourself, always use a condom during sex. You are at risk for HIV/AIDS if you or your partner has more than one sexual partner or if you are having unprotected sex.



For women with vaginal dryness, lubricated condoms or a water-based lubricating jelly with condoms may be more comfortable. A man needs to have a full erection before putting on a condom. Talk with your doctor about ways to protect yourself from all sexually transmitted diseases. Go for regular check-ups and testing. Talk with your partner. You are never too old to be at risk.

## Can Emotions Play a Part?

Sexuality is often a delicate balance of emotional and physical issues. How you feel may affect what you are able to do. Many older couples find greater satisfaction in their sex life than they did when they were younger. They have fewer distractions, more time and privacy, no worries about getting pregnant, and intimacy with a lifelong partner. Some older people are concerned about sex as they age. A woman who is unhappy about how her looks are changing as she ages may think her partner will no longer find her attractive. This focus on youthful physical beauty may get in the way of her enjoyment of sex. Men may fear that ED will become a more common problem as they age. Most men have a problem with ED once in awhile. But, if you worry too

much about that happening, you can cause enough stress to trigger ED.

Older couples face the same daily stresses that affect people of any age. They may also have the added concerns of age, illness, retirement, and other lifestyle changes, all of which may lead to sexual difficulties. Try not to blame yourself or your partner. You may find it helpful to talk to a therapist. Some therapists have special training in helping with sexual problems. If your male partner is troubled by ED or your female partner seems less interested in sex, don't assume he or she is no longer interested in you or in sex. Many of the things that cause these problems can be helped.

## What Can I Do?

There are things you can do on your own for an active sexual life. Make your partner a high priority. Take time to enjoy each other and to understand the changes you both are facing. Try different positions and new times, like having sex in the morning when you both may be well rested. Don't hurry—you or your partner may need to spend more time touching to become fully aroused. Masturbation is a sexual activity that many older people, with and without a partner, find satisfying.

Some older people, especially women, may have trouble finding a romantic or sexual partner. That's because women tend to live longer than men. To meet new people, try activities that other seniors enjoy. Some ideas include mall walking, volunteer jobs, adult education classes at a community college, or day trips sponsored by your city or county recreation department.

Don't be afraid to talk with your doctor if you have a problem that affects your sex life. He or she may be able to suggest a treatment. For example, the most common sexual difficulty of older women is painful intercourse caused by vaginal dryness. Your doctor or a pharmacist can suggest over-the-counter vaginal lubricants or moisturizers to use. Waterbased lubricants are helpful when needed to make sex more comfortable. Moisturizers are used on a regular basis, every 2 or 3 days. Or, your doctor might suggest a form of vaginal estrogen.

If ED is the problem, it can often be managed and perhaps even reversed. There are pills that can help. They should not be used by men taking medicines containing nitrates, such as nitroglycerin. The pills do have possible side effects. Other available treatments include vacuum devices, self-injection of a drug, or penile implants.

Physical problems can change your sex life as you get older. But, you and your partner may discover you have a new closeness. Talk to your partner about your needs. You may find that affection—hugging, kissing, touching, and spending time together—can make a good beginning.

## FOR MORE INFORMATION HERE ARE SOME HELPFUL RESOURCES:

### AMERICAN CANCER SOCIETY

1-800-227-2345  
(toll-free/24 hours)  
1-800-735-2991  
(TTY/toll-free)  
[www.cancer.org](http://www.cancer.org)

### AMERICAN UROLOGICAL ASSOCIATION FOUNDATION

1000 Corporate Boulevard  
Linthicum, MD 21090  
1-866-746-4282 (toll-free)  
[www.urologyhealth.org](http://www.urologyhealth.org)

### NATIONAL LIBRARY OF MEDICINE

MEDLINEPLUS  
[www.medlineplus.gov](http://www.medlineplus.gov)

### NATIONAL KIDNEY AND UROLOGIC DISEASES

### INFORMATION CLEARINGHOUSE

National Institute of Diabetes and Digestive and Kidney Diseases

3 Information Way  
Bethesda, MD 20892

1-800-891-5390 (toll-free)  
[www.niddk.nih.gov](http://www.niddk.nih.gov)

### FOR MORE INFORMATION ON HEALTH AND AGING, CONTACT:

National Institute on Aging  
Information Center

P.O. Box 8057  
Gaithersburg, MD 20898-8057

1-800-222-2225 (toll-free)  
1-800-222-4225 (TTY/toll-free)  
[www.nia.nih.gov](http://www.nia.nih.gov)  
[www.nia.nih.gov/espanol](http://www.nia.nih.gov/espanol)

To sign up for regular email alerts about new publications and other information from the NIA, go to [www.nia.nih.gov/health](http://www.nia.nih.gov/health).

Visit NIHSeniorHealth ([www.nih-seniorhealth.gov](http://www.nih-seniorhealth.gov)), a senior-friendly website from the National Institute on Aging and the National Library of Medicine. This website has health information for older adults. Special features make it simple to use. For example, you can click on a button to have the text read out loud or to make the type larger.

**National Institute on Aging**

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| <input type="checkbox"/> | <input type="checkbox"/> | 3. Is it hard to hear when you can't see the speaker's face? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you have trouble hearing on the telephone?             |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you find it hard to hear in crowded areas?             |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Do others complain because you play the TV too loudly?    |

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# what seniors get from **GIVING BACK**

Think **volunteering's** just a nice thing you do for others? Think again. A growing body of research has pointed to the social, emotional, and even physical health benefits of volunteering.

By BERNIE WONG

**R**esearch shows how older volunteers can get the most out of their service.

Think volunteering's just a nice thing you do for others? Think again. A growing body of research has pointed to the social, emotional, and even physical health benefits of volunteering.

Now a recent study, published in the journal *The Gerontologist*, zeroes in on the particular benefits volunteering offers older adults, and reveals how organizations can help their older volunteers best reap those rewards. The study, led by University of Pittsburgh researcher Fengyan Tang, surveyed more than 200 volunteers ages 50 or older. The volunteers were from varied socioeconomic backgrounds and had contributed an average of six hours a week to nonprofit or government programs with services ranging from legal consultation to meal preparation to helping with computer skills.

Tang and her colleagues didn't only look at how the volunteers were helping others; they also evaluated the kind of support volunteers received from the organizations for which they were volunteering. They asked the volunteers the extent to which they were given a choice of volunteer activities, whether they had received adequate training, and whether they received ongoing support.

The researchers then followed up with the volunteers a year later, asking participants about their physical and mental health as well as the "socioemotional

benefits" they thought they'd gotten out of volunteering, including their self-esteem, personal growth, and social activity.

Tang and her colleagues found that the volunteers reported significant improvements in their mental health, along with other socioemotional benefits ranging from a greater feeling of productivity to increased social activity to an overall sense that their life had improved. Importantly, the researchers found that volunteers were far more likely to enjoy these benefits when the volunteer organization gave them adequate training, ongoing support, and greater flexibility in choosing activities and schedules. What's more, the researchers found that volunteers of low socioeconomic status reported more socioemotional benefits than did volunteers of higher socioeconomic status.

Tang and her colleagues argue that, on a society-wide level, their study highlights the importance of offering emotionally meaningful volunteer opportunities for older adults, and for giving these volunteers adequate support and freedom. In this way, older adults are able to find purpose, satisfaction, and good health later in life at the same time that they give back to society.

"With the support from host organizations," they write, "older volunteers are able to continue their efforts and contributions and derive satisfaction and emotional well-being from their volunteer experience."

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HHSC oversees the operations of the health and human services system, provides administrative oversight of Texas health and human services programs, and provides direct administration of some programs. HHSC operates with an annual budget of \$16 billion and 9,300 employees.

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3. Department of State Health Services (DSHS)
4. Department of Assistive and Rehabilitative Services (DARS)
5. Department of Family and Protective Services (DFPS)

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## ABOUT HHSC

The mission of HHSC is to maintain and improve the health and human services system in Texas and to administer its programs in accordance with the highest standards of customer service and accountability for the effective use of funds.



## Texas Department of Aging and Disability Services

GENERAL  
INFORMATION  
**1-800-252-9240**

STATE NURSING  
HOME OMBUDSMAN  
PROGRAM HOTLINE  
**1-800-252-2412**

WEBSITE  
[www.dads.state.tx.us](http://www.dads.state.tx.us)

The Texas Department of Aging and Disability Services (DADS) was created to administer long-term services and support for people who are aging as well as for people with intellectual and physical disabilities. DADS also licenses and regulates providers of these services, and administers the State's Guardianship program. DADS began formal operations Sep. 1, 2004.

Aging Texans and individuals with disabilities are supported by a comprehensive and cost-effective service delivery system that promotes and enhances individual well-being, dignity & choice.

The DADS mission is to provide a comprehensive array of aging and disability services, supports and opportunities that are easily accessed in local communities.

### Key Responsibilities to Texoma Citizens

1. Working in partnership with consumers, caregivers, service providers and other stakeholders.
2. Developing and improving service options that are responsive to individual needs and preferences.
3. Ensuring and protecting self-determination, consumer rights and safety.

### DADS SERVICES

- Adult Day Care/Day Activity and Health Services (ADC/DAHS)
- Adult Foster Care (AFC)
- Area Agencies on Aging (AAA)
- Assisted Living Facilities (ALF)
- Assisted Living and Residential Care (ALRC)
- Community Attendant Services (CAS)
- Community Based Alternatives (CBA)
- Community Living Assistance and Support Services (CLASS)
- Consolidated Waiver Program
- Consumer Directed Services (CDS)
- Day Activity and Health Services (DAHS)
- Deaf Blind with Multiple Disabilities (DBMD)
- Emergency Response Services (ERS)
- Family Care (FC)
- Home and Community Based Services (HCS)
- Home and Community Support Services Agencies (HCSSA)
- Home Delivered Meals (HDM)
- Hospice
- In-Home and Family Support Services (IHFS)
- Intermediate Care Facilities for Persons with Intellectual Disability (IFC/ID)
- Medically Dependent Children Program (MDCP)
- Nursing Home Facilities
- Primary Home Care (PHC)
- Texas Home Living Program (TxHmL) Program
- Transition Assistance Services

### ADULT DAY CARE/DAY ACTIVITY AND HEALTH SERVICES

[www.dads.state.tx.us/providers/adc/index.cfm](http://www.dads.state.tx.us/providers/adc/index.cfm)

Licensed Day Activity and Health Services facilities provide daytime services, up to 10 hours per day, Monday through Friday, to people residing in the community. Services address physical, mental, medical and social needs. Individuals may attend up to five days per week, depending on their eligibility.

Services include: Nursing and Personal Care; Physical Rehabilitation; Noon Meal and Snacks; Social, Educational and Recreational Activities; Transportation.

To qualify for this program you must be Medicaid eligible for Title XIX-funded DAHS services. Financial eligibility is determined by the Department of Aging and Disability Services for Title XX-funded DAHS.

*This service is available statewide, but not in every county.*

### ADULT FOSTER CARE

[www.dads.state.tx.us/providers/afc/index.cfm](http://www.dads.state.tx.us/providers/afc/index.cfm)

Adult Foster Care provides a 24-hour living arrangement with supervision in an adult foster home for people who are unable to continue living independently in their own homes because of physical, mental or emotional limitations.

AFC providers and residents must live in the same household and share a common living area. With the exception of family members, no more than three adults may live in the foster home unless it is licensed by the state. The client pays the provider for room and board.

Services include: Minimal Help with Personal Care Tasks, Help with Activities of Daily Living, Providing or Arranging for Transportation.

Financial eligibility is determined by the Texas Department of Aging and Disability Services.

*Services are available statewide; however, they may not be available in all counties.*

### LOCAL INFORMATION

2001 Loy Lake Road  
Sherman, TX 75090  
903-892-0581 Phone  
903-870-5301 Fax  
903-870-5303 TDD  
Complaints  
800-458-9858

### ASSISTED LIVING FACILITIES

[www.dads.state.tx.us/providers/alif/index.cfm](http://www.dads.state.tx.us/providers/alif/index.cfm)

Assisted living facilities provide individualized health and personal care assistance in a homelike setting with an emphasis on personal dignity, autonomy, independence and privacy. Facilities can be large apartment-like settings or private residences. Services include meals, bathing, dressing, toileting and administering or supervising medication.

Texas licenses assisted living facilities based on residents' physical and mental ability to evacuate the facility in an emergency and whether nighttime attendance is necessary.

A **Type A Facility** cares for residents who do not require routine attendance during sleeping hours and are capable of following directions in an emergency.

A **Type B Facility** is for residents who require staff assistance to evacuate, are not capable of following directions in an emergency and require nighttime attendance.

## ASSISTED LIVING AND RESIDENTIAL CARE

[www.dads.state.tx.us/providers/alrc/index.cfm](http://www.dads.state.tx.us/providers/alrc/index.cfm)

Assisted Living and Residential Care (ALRC) provide a 24-hour living arrangement in licensed assisted living facilities in which personal care, home management, escort, social and recreational activities, 24-hour supervision, supervision of/assistance with or direct administration of medication, and transportation are provided.

Eligibility requirements for Community Care for Aging and Disabled Residential Care Services:

- Be 18 years of age or older.
- Meet the medical necessity for nursing facility admission.
- Meet the functional assessment score requirements of the specific service.
- Financial eligibility is determined the Texas Health and Human Services Commission. For more information, please visit their website: [www.hhsc.state.tx.us/medicaid/med\\_info.html](http://www.hhsc.state.tx.us/medicaid/med_info.html)

Eligibility requirements for Community Based Alternatives Assisted Living/Residential Care:

- Be 21 years of age or older.
- Meet the medical necessity for nursing facility admission.
- Have an individual plan of care that does not exceed the nursing facility payment rate.
- Financial eligibility is determined by the Texas Health and Human Services Commission.

## COMMUNITY ATTENDANT SERVICES

[www.dads.state.tx.us/providers/cas/index.cfm](http://www.dads.state.tx.us/providers/cas/index.cfm)

CAS is a non-technical, medically related personal care service that is available to eligible adults and children whose health problems cause them to be functionally limited in performing activities of daily living according to a practitioner's statement of medical need. Services are provided by an attendant.

Available services:

- **Escort:** Accompanying the client on trips to obtain medical diagnosis, treatment, or

both. Additional time may not be allocated for escort services for other purposes. This service does not include the direct transportation of the client by the attendant.

- **Home Management:** Assistance with housekeeping activities that support the client's health and safety
- **Personal Care:** Assistance with activities related to the care of the client's physical health.

Financial eligibility is determined the Texas Health and Human Services Commission.

*Services are available statewide in every county.*

## COMMUNITY BASED ALTERNATIVES

[www.dads.state.tx.us/providers/cba/index.cfm](http://www.dads.state.tx.us/providers/cba/index.cfm)

CBA allows eligible people to receive services in their own homes, foster homes or assisted living settings. The CBA program is the last payer of services when other third-party resources, such as Medicare and Medicaid, are available.

Services include: Adaptive Aids And Medical Supplies, Adult Foster Care, Assisted Living/Residential Care Services, Emergency Response Services, Home Delivered Meals, Minor Home Modifications, Nursing Services, Occupational Therapy Services, Personal Assistance Services, Respite Care Services, Speech And /Or Language Pathology Services, Dental Services, Prescription Drugs (If Not Covered Through Medicare), Transition Assistance Services

Financial eligibility is determined the Texas Health and Human Services Commission.

## COMMUNITY LIVING ASSISTANCE AND SUPPORT SERVICES (CLASS)

877-438-5658

[www.dads.state.tx.us/providers/class/index.cfm](http://www.dads.state.tx.us/providers/class/index.cfm)

CLASS provides home- and community-based services to people with related conditions as a cost-effective alternative to placement in an intermediate care facility for persons with mental retardation or a related condition (ICF-MR/RC).

*Service may not be available right away. Your name may be placed on an interest list. You will be contacted when services are available*



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YOUR  
KNOWLEDGE  
TO THE NEXT  
DEGREE



GRAYSON COLLEGE

*Completing a degree or certificate is the key to opening new doors.*

Going back to school and earning your college degree or certificate paves the way to opportunities for new jobs and career advancement.

Visit us at [www.grayson.edu](http://www.grayson.edu)

A related condition is a disability, other than mental retardation, that originated before age 22 and that affects the ability to function in daily life.

Services include: **Adaptive Aids And Medical Supplies, Case Management, Consumer Directed Services, Habilitation, Minor Home Modifications, Nursing Services, Occupational Therapy, Physical Therapy, Psychological And Behavioral Support Services, Respite Care, Specialized Therapies, Speech Pathology**

Financial eligibility is determined the Texas Health and Human Services Commission.

### **CONSOLIDATED WAIVER PROGRAM**

[www.dads.state.tx.us/providers/cwp/index.cfm](http://www.dads.state.tx.us/providers/cwp/index.cfm)

The Consolidated Waiver Program provides home and community-based services to people who are eligible for care in a nursing facility or intermediate care facility for persons with mental retardation or a related condition (ICF/MR-RC).

Services include: **Adaptive Aids And Medical Supplies, Adult Foster Care, Assisted Living/Residential Care, Audiology, Child Support Services, Day Habilitation, Dental, Dietary Services, Emergency Response Services, Employment Assistance, Home-Delivered Meals, Independent Advocacy, Intervener Services, Minor Home Modifications, Nursing Services, Orientation And Mobility Services, Personal Assistance Services (See Note Below), Prescription Drugs (If Not Covered Through Medicare), Residential Habilitation (See Note Below), Respite Care, In- And Out-Of-Home (See Note Below), Social Work, Supported Employment, Supports For Participant Direction : Financial Management Services & Support Consultation, Therapies (Physical, Occupational And Speech/Language), Transportation, 24-Hour Residential Habilitation**

Financial eligibility is determined the Texas Health and Human Services Commission.

### **CONSUMER DIRECTED SERVICES**

[www.dads.state.tx.us/providers/cds/index.cfm](http://www.dads.state.tx.us/providers/cds/index.cfm)

Consumer Directed Services allows DADS consumers to hire and manage the persons who provide their services. (CDS was formerly called the Vendor Fiscal Intermediary Option.)

The program is the result of Senate Bill 1586, 76th Texas Legislature, which allows a voucher payment option that empowers consumers to make personal decisions related to the delivery of personal assistance and respite services within their current home and community-based program.

Services that can be self-directed through CDS:

**Community Based Alternatives** Personal assistance services, respite, nursing, physical therapy, occupational therapy and speech/hearing therapy

**Community Living Assistance and Support Services** Habilitation services, respite services, nursing, physical therapy, occupational therapy and speech/hearing therapy

**Consolidated Waiver Program** Personal assistance services, respite, habilitation and support consultation

**Consumer Managed Personal Attendant Services** Personal assistance services

**Deaf-Blind with Multiple Disabilities** Residential habitation (less than 24 hours), intervenor, respite services and support consultation

**Home and Community-Based Services** Supported home living, respite services and support consultation

**Medically Dependent Children Program** Adjunct and respite services provided by an attendant or a nurse

### **DAY ACTIVITY AND HEALTH SERVICES**

[www.dads.state.tx.us/providers/dahs/index.cfm](http://www.dads.state.tx.us/providers/dahs/index.cfm)

Licensed Day Activity and Health Services facilities provide daytime services, up to 10 hours per day, Monday through Friday,

to people residing in the community. Services address physical, mental, medical and social needs. Individuals may attend up to five days per week, depending on their eligibility.

Services include: **Nursing And Personal Care, Physical Rehabilitation, Noon Meal And Snacks, Social, Educational And Recreational Activities, Transportation**

Clients must be Medicaid eligible for Title XIX-funded DAHS services. Financial eligibility is determined by the Department of Aging and Disability Services for Title XX-funded DAHS.

*This service is available statewide, but not in every county.*

### **DEAF BLIND WITH MULTIPLE DISABILITIES**

[www.dads.state.tx.us/providers/dbmd/index.cfm](http://www.dads.state.tx.us/providers/dbmd/index.cfm)

DBMD provides home and community-based services to people who are deaf-blind with multiple disabilities as a cost-effective alternative to institutional placement. The program focuses on increasing opportunities for consumers to communicate and interact with their environment.

Services include: **Adaptive Aids And Medical Supplies, Assisted Living (Licensed Up To Six Beds), Behavior Support Services, Case Management, Chore Provider, Consumer Directed Services, Employment Assistance, Environmental Accessibility/Minor Home Modifications, Habilitation, Intervenor, Nursing Services, Occupational Therapy, Orientation And Mobility, Physical Therapy, Prescription Drugs (If Not Covered Through Medicare), Respite Care, Specialized Nursing Services, Speech, Hearing And Language Therapy, Supported Employment, Transition Assistance Services**

Financial eligibility is determined the Texas Health and Human Services Commission.

*This service is available statewide; however, as this is a low-incidence population, there are only 41 counties in which individuals are served. Services may not be available right away. Your name may be placed on an interest list.*

Speak  
for those  
who can't  
speak for  
themselves

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Contact:


**INA MILLER**  
*Managing Local*

*Ombudsman*

903-813-3569



*Area Agency  
on Aging  
of Texoma*

 This service is available using the Consumer Directed Services (CDS) option. The CDS option allows participants who live in their own private residences or the home of a family member to choose to self-direct certain services. By choosing to self-direct these services, participants will assume and retain responsibility to: recruit their service providers; conduct criminal history checks; determine the competency of service providers; and hire, train, manage and fire their service providers.

**EMERGENCY RESPONSE SERVICES (ERS)**

[www.dads.state.tx.us/providers/ers/index.cfm](http://www.dads.state.tx.us/providers/ers/index.cfm)

Round-the-clock emergency response services are provided through an electronic monitoring system that is used by functionally impaired adults who live alone or who are socially isolated in the community. In an emergency, the client can press a call button to signal for help. The electronic monitoring system helps to ensure that the appropriate person or service agency responds to an alarm call.

Financial eligibility is determined the Texas Department of Aging and Disability Services.

*Services are available statewide.*

**FAMILY CARE**

[www.dads.state.tx.us/providers/fc/index.cfm](http://www.dads.state.tx.us/providers/fc/index.cfm)

Family Care is a non-skilled, nontechnical attendant care service for eligible adults who are functionally limited in performing activities of daily living. Primary Home Care provider agencies have the option of providing these services. Family Care services are provided by an attendant and do not require the supervision of a registered nurse.

Services include:

**Escort** Attendants accompany clients on trips to obtain medical diagnosis, treatment or both. This service does not include the direct transportation of the client by the attendant

**Home Management** Assistance with housekeeping activities that support the client's health and safety, including changing bed linens, housekeeping, doing laundry, shopping, storing purchased items, washing dishes

**Personal Care** Help with activities related to the care of the client's physical health, including bathing, dressing, grooming, routine hair and skin care, preparing meals, feeding, exercising, helping with self-administered medication, toileting, transferring/ambulating

Financial eligibility is determined the Texas Department of Aging and Disability Services.

*Services are available statewide.*

**HOME AND COMMUNITY-BASED SERVICES**

[www.dads.state.tx.us/providers/hcs/index.cfm](http://www.dads.state.tx.us/providers/hcs/index.cfm)

HCS provides individualized services and supports to persons with intellectual and developmental disabilities who are living with their family, in their own home or in other community settings, such as small group homes.

Services include: **Case Management, Adaptive Aids, Minor Home Modifications, Counseling And Therapies (Includes Audiology; Speech/Language Pathology; Occupational Or Physical Therapy; Dietary Services; Social Work; And Psychology), Dental Treatment, Nursing, Residential Assistance, Supported Home Living, Foster/Companion Care, Supervised Living, Residential Support, Respite, Day Habilitation, Supported Employment**

Financial eligibility is determined the Texas Health and Human Services Commission.

*This service is available statewide.*

**HOME AND COMMUNITY SUPPORT SERVICES AGENCIES**

[www.dads.state.tx.us/providers/hcssa/index.cfm](http://www.dads.state.tx.us/providers/hcssa/index.cfm)

Provides services such as: **Nursing; Physical, Occupational, Speech, Respiratory Or Intravenous Therapy; Social Services; Dialysis; Personal Assistance Services; Nutritional Counseling; And Terminal And Palliative Care (Through Hospice Agencies)** to individuals in a residence or independent living environment.

Hospice agencies and hospice inpatient facilities provide intervention services that focus primarily on the reduction or abatement of physical, psychological, or spiritual symptoms of a terminal illness for consumers. They also provide support services for consumers and their families. For more specific information about hospice, please visit the DADS hospice website: [www.dads.state.tx.us/providers/Hospice/index.cfm](http://www.dads.state.tx.us/providers/Hospice/index.cfm)



For more than 38 years, Jordan has provided quality home health services to thousands who call Texas home. Patients, families and doctors know and trust the quality care delivered by Jordan. Let Jordan care for you or a loved one in the comforts of home, where healing begins.

**Skilled Services:**

- Skilled Nursing (RN, LVN)
- Physical Therapy
- Occupational Therapy
- Wound Care
- Medication Management
- Infusion Therapy
- Observation and Assessment
- Education on Disease Management
- Ostomy Care
- Pain Management
- Catheter Care
- Post-Operative Care
- Dementia Support
- Late Life Depression Support

*Our Mission: To preserve our client's independence and dignity by providing comprehensive care in the home delivered by professional and compassionate caregivers.*

**Denton**  
940-442-5302

**Sherman**  
903-892-3163

**www.jhsi.com**  
855-455-3600

**HOME DELIVERED MEALS**

[www.dads.state.tx.us/providers/hdm/index.cfm](http://www.dads.state.tx.us/providers/hdm/index.cfm)

This program provides a nutritious noontime meal delivered to clients in their homes.

Financial eligibility is determined the Texas Department of Aging and Disability Services.

*Services are available statewide in every region.*

**HOSPICE**

[www.dads.state.tx.us/providers/hospice/index.cfm](http://www.dads.state.tx.us/providers/hospice/index.cfm)

Hospice is a program of palliative care consisting of medical, social and support services to terminally ill patients, when curative treatment is no longer possible.

Services include: **Bereavement Counseling, Counseling Services, Drugs And Biologicals, General Inpatient Care (Short-Term), Home Health Aide Services, Homemaker Services, Household Services, Medical Appliances And Supplies, Medical Social Services, Nursing Care Services, Occupational**

**Therapy, Physical Therapy, Physician Services, Respite Care, Speech Language Pathology, Volunteer Services**

Financial eligibility is determined the Texas Health and Human Services Commission.

*Services are available statewide in every region.*

**IN-HOME AND FAMILY SUPPORT PROGRAM**

[www.dads.state.tx.us/providers/ihfs/index.cfm](http://www.dads.state.tx.us/providers/ihfs/index.cfm)

This program provides direct grant benefits to people who have physical disabilities and or their families to help them purchase services that enable them live in the community. Eligible people choose and purchase services that help them to remain in their own homes.

Services include: **Attendant Care, Home Health Services, Home Health Aide Services, Homemaker Services, Chore Services That Provide Assistance With Training, Routine Body Functions, Dressing, Preparing And Consuming Food, And Ambulating; Counseling And**

**i** Service may not be available right away. Your name may be placed on an interest list. You will be contacted when services are available

Training Programs That Help Provide Proper Care Of An Individual With A Disability; Medical, Surgical, Therapeutic, Diagnostic And Other Health Services Related To A Person's Disability; Other Disability Related Services Prior-Approved By Dads; Pre-Approved Transportation And Room And Board Cost Incurred By Person With Physical Disability Or His Family During Evaluation Or Treatment; Purchase Or Lease Of Special Equipment Or Architectural Modifications Of A Home To Facilitate The Care, Treatment Therapy Or General Living Conditions Of A Person With A Disability; Respite Care; and Transportation Services

Financial eligibility is determined the Texas Department of Aging and Disability Services.

*Services are available statewide in every county; however, there are long interest lists in all areas.*

#### INTERMEDIATE CARE FACILITIES FOR PERSONS WITH INTELLECTUAL DISABILITY

[www.dads.state.tx.us/providers/icfmr/index.cfm](http://www.dads.state.tx.us/providers/icfmr/index.cfm)

This program provides residential and habilitation services

to people with intellectual and developmental disabilities and/or a related condition.

Services include: **Residential, Habilitation, Medical, Skills Training, Adjunctive Therapy**

Financial eligibility is determined the Texas Health and Human Services Commission.

*Services are available statewide.*

#### NURSING FACILITIES

[www.dads.state.tx.us/providers/nf/index.cfm](http://www.dads.state.tx.us/providers/nf/index.cfm)

The Nursing Facility program provides institutional care to Medicaid recipients whose medical condition regularly requires the skills of licensed nurses. The nursing facility must provide for the total medical, social and psychological needs of each client, including room and board, social services, over-the-counter drugs, medical supplies and equipment, and personal needs items. Components of the nursing facility program include:

Services include:

**Nursing Facility Care** Provides institutional nursing care to Medicaid recipients whose medical condition requires the skills of a licensed

nurse on a regular basis. The nursing facility must provide for the total medical, nursing, and psychosocial needs of each client, to include room and board, social services, over-the-counter drugs (prescription drugs are covered through the Medicaid Vendor Drug program or Medicare Part D), medical supplies and equipment, personal needs items, and rehabilitative therapies. Daily Medicare payments are also paid for persons who are eligible for both Medicare and Medicaid.

#### Rehabilitative Services

provides physical, occupational and speech therapy to eligible nursing facility residents who may have had an acute onset of illness or an injury and are able to participate in a rehabilitative program. Rehabilitative services for persons outside nursing facilities are provided by other agencies

#### Medicaid Swing Bed Program

Permits participating rural hospitals to use their beds interchangeably to provide acute hospital and long-term nursing facility care to Medicaid recipients when no Medicaid beds are available in skilled nursing facilities in the same geographic area

#### Hospice Services

Provides palliative care consisting of medical, social and support services for a period of six months to persons who are terminally ill

#### Emergency Dental Services

Provides reimbursement for emergency dental services to Medicaid recipients residing in nursing facilities

#### Specialized Services

Provides physical, occupational and speech therapy, as well as restorative nursing services, to Medicaid recipients who have been determined in the Pre-admission Screening and Annual Resident Review process to need these services

Financial eligibility is determined the Texas Health and Human Services Commission.

*Services are available statewide in every region.*

## NURSING FACILITIES WITH ALZHEIMER'S UNITS

The Texas Department of Aging and Disability Services offers resources for finding long term care facilities licensed in Texas that are certified for care of persons with Alzheimer's Disease and related disorders. DADS Long Term Care Quality Reporting System allows Internet users to search for facilities by geographic area. Users can specify *Alzheimer's Beds* under special service when performing a search.

#### CERTIFIED SECURED

Certification is performed by Texas Department of Aging and Disabilities Services. Secured units are separate units with skilled nursing and monitored units.

Clyde W. Cosper Texas State Veterans Home - Bonham  
903-640-8387

Hilltop Haven Nursing Center - Alzheimers Care - Gunter  
903-433-2415

Honey Grove Nursing Center - Honey Grove  
903-378-2293

Mullican Care Center - Savoy  
903-965-0200

Pecan Point Assisted Living and Memory Care - Sherman  
903-892-9100

Stone Brook (Assisted Living and Memory Care) - Denison  
903-465-5051

Whitesboro Health & Rehabilitation Center - Whitesboro  
903-564-7900

Texoma Specialty Care Center  
903-465-7442

The Homestead of Denison  
903-463-4663

The Renaissance Care Center - Gainesville  
940-665-5221

The Willows (Assisted Living) - Sherman  
903-891-3737

Traditions (Assisted Living and Level I/II Memory Care)  
903-813-1610

## 8TH ANNUAL Texoma Caregiver Celebration Walk

Saturday,  
November 2<sup>nd</sup>  
Fairview Park  
Sherman, TX



### REGISTRATION BEGINS AT 8:00 A.M.

100% of all donations will remain in the Texoma Caregiver Program serving the Alzheimer's, Parkinson's, and Relatives As Parents Programs!

Call 903-813-3575  
for More Info





**A FAMILY OF SERVICES, GUIDED BY A TRADITION OF EXCELLENCE.  
SERVING THE TEXOMA AREA SINCE 1992.**

**Traditional Home Care  
Services may include:**

- ♥ Skilled Nursing
- ♥ Home Health Aides
- ♥ Physical Therapy
- ♥ Occupational Therapy
- ♥ Speech Therapy
- ♥ Wound Care
- ♥ Disease Management
- ♥ Infusion Therapy
- ♥ Rehabilitation following joint replacement or other surgery

(Medicare / Advantage Plans / Private Insurance / Private Pay accepted)

**Non-Medical Care  
may include:**

- ♥ Caregivers
- ♥ Housekeepers
- ♥ Transportation to and from appointments
- ♥ Respite Care
- ♥ VA Aide and Attendants
- ♥ Sitters
- ♥ Other services as arranged on an individual basis

(most non medical services are private pay, though some long term care and specific VA programs do have coverage for such)



*"And don't forget to do good and to share with those in need.  
These are the sacrifices that please God." (NLT) Hebrews 13:16*

**903-564-7709 in Texas & 580-795-9992 in Oklahoma**

**401 East Main, Whitesboro, Texas**

**203 East Main, Madill, Oklahoma**

[www.whitesborohomehealth.com](http://www.whitesborohomehealth.com) / [www.marshallcountyhomehealth.com](http://www.marshallcountyhomehealth.com)

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

## PRIMARY HOME CARE

[www.dads.state.tx.us/providers/phc/index.cfm](http://www.dads.state.tx.us/providers/phc/index.cfm)

This program is a nontechnical, medically related personal care service provided to adults whose health problems cause them to be functionally limited in performing activities of daily living, according to a statement of medical need.

PHC provider agencies also provide Family Care services. This service also is a nonskilled, nontechnical service provided to eligible clients who are functionally limited in performing daily activities.

Covered Services include:

- **Escort:** Attendants accompanying clients on trips to obtain medical diagnosis, treatment, or both. This service does not include the direct transportation of the client by the attendant.
- **Home Management:** Assistance with housekeeping activities that support the client's health and safety
- **Personal Care:** Assistance with activities related to the care of the client's physical health.
- Financial eligibility is determined by the verification of the applicant's Medicaid status by the Texas Department of Aging and Disability Services.

Other eligibility requirements:

- Be 21 years of age or older or be enrolled in the Consumer Attendant Services program.
- Need help with at least one personal care task.
- Have an unmet need for services.
- Have a practitioner's statement of medical need.

*Services are available statewide in every county.*

## TEXAS HOME LIVING PROGRAM

[www.dads.state.tx.us/providers/txhtml/index.cfm](http://www.dads.state.tx.us/providers/txhtml/index.cfm)

This program provides selected essential services and supports to people with intellectual and developmental disabilities that live in their family homes or their own homes.

Services include: Adaptive Aids, Minor Home Modifications, Specialized Therapies (Audiology, Speech/Language Pathology, Occupational Therapy, Physical Therapy, And Dietary Services), Behavioral Support, Dental Treatment, Nursing, Community Support, Respite, Day Habilitation, Employment Assistance, Supported Employment

Financial eligibility is determined the Texas Health and Human Services Commission.

*Services are available statewide.*

## TRANSITION ASSISTANCE SERVICES

[www.dads.state.tx.us/providers/tas/index.cfm](http://www.dads.state.tx.us/providers/tas/index.cfm)

Transition Assistance Services (TAS) helps people who reside in a nursing facility and who are Medicaid-eligible to set up a household in the community if the person will be enrolling in one of the following Medicaid waiver programs upon discharge from the nursing facility:

- Community Based Alternatives
- Community Living Assistance and Support Services
- Consolidated Waiver Program
- Deaf Blind with Multiple Disabilities
- Medically Dependent Children Program



## Texas Department of State Health Services

GENERAL INFORMATION  
PO BOX 149347  
AUSTIN, TX 78756

TOLL-FREE  
1-888-963-7111

TDD RELAY  
1-800-735-2989

WEBSITE  
[www.dshs.state.tx.us](http://www.dshs.state.tx.us)

The Compact with Texans describes the department's services, principles, and the process for filing complaints and requesting information. For the purposes of this document, "customers" are defined as: clients, family members, advocates, taxpayers, public officials, service providers, community based organizations, media, other agency representatives, and other interested parties.

The Vision of DSHS is for Texans have access to effectively delivered public health, medical care, mental health and substance abuse services and all Texans live and work in safe, healthy communities.

The Texas Department of State Health Services (DSHS) promotes optimal health for individuals and communities while providing effective health, mental health and substance abuse services to Texans.

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

- Prevention and preparedness activities, such as immunizations, public health preparedness, communicable disease surveillance and control, and newborn screening.
- Family and community health services, such as primary health care, maternal and child health and nutrition services, and health services for special populations.
- Community mental health services and state mental health hospitals.
- Substance abuse prevention, intervention, and treatment services.
- Regulation of health professionals, facilities, and consumer goods and services.
- Vital records such as birth and death certificates and health statistics.



## CHILDREN WITH SPECIAL HEALTH CARE NEEDS

CSHCN Inquiry Line: 800-252-8023  
[www.dshs.state.tx.us/cshcn](http://www.dshs.state.tx.us/cshcn)

The Children with Special Health Care Needs (CSHCN) Services Program helps children with special health-care needs and people of any age with cystic fibrosis.

The program helps clients with: Medical, Dental And Mental Health Care; Drugs; Special Therapies; Case Management; Family Support Services; Travel To Health Care Visits; Insurance Premiums And Transportation Of Deceased Clients.



## CHILDREN'S HEALTH INSURANCE PROGRAM

877-543-7669  
[www.chipmedicaid.org](http://www.chipmedicaid.org)

Children in Texas without health insurance may be able to get low cost or free health care coverage from the Children's Health Insurance Program (CHIP) or Children's Medicaid. Both programs cover office visits, prescription drugs, dental care, eye exams, glasses, and much more. Learn more about what is covered.

Families with children who get Children's Medicaid pay nothing and children with CHIP pay no more than \$50 a year for health care coverage. Some families with CHIP may need to pay co-pays for some services.

## LOCAL INFORMATION

Grayson Co. Health Dept.  
515 N. Walnut  
Sherman, TX 75090  
903-893-0131 Phone  
903-892-3776 Fax  
[www.co.grayson.tx.us](http://www.co.grayson.tx.us)



## TEXAS HEALTH STEPS

1-877-THSTEPS (847-8377)  
Monday-Friday 8am - 8pm  
Mail Code 1938  
PO Box 149347  
Austin, TX 78756-3199  
[www.dshs.state.tx.us/thsteps](http://www.dshs.state.tx.us/thsteps)

Texas Health Steps is for children from birth through 20 years of age who have Medicaid. Texas Health Steps provides regular medical and dental checkups and case management services to babies, children, teens, and young adults at no cost to you. If your child's doctor finds a health problem during a checkup, he or she can make sure your child gets the medical care that is necessary to help prevent problems that could make it hard for your child to learn and grow.

Texas Health Steps will:

- Help you find a doctor, dentist, or case manager
- Help you make an appointment for a checkup
- Help you get a free ride or money for gas

## Texas Department of Assistive and Rehabilitative Services

WEBSITE  
[www.dars.state.tx.us](http://www.dars.state.tx.us)

**DARS is composed of four divisions focused on people with disabilities and children with developmental delays. The department includes the Division for Rehabilitation Services (DRS), the Division for Blind Services (DBS), the Division for Disability Determination Services (DDS) and the Division for Early Childhood Intervention (ECI).**

### **DIVISION FOR REHABILITATION SERVICES**

[www.dars.state.tx.us/drs](http://www.dars.state.tx.us/drs)

The Comprehensive Rehabilitation Services program help persons with spinal cord and brain injuries receive intensive therapies to increase independence. Comprehensive Rehabilitation Services helps Texans with traumatic spinal cord and brain injuries receive intensive therapies to increase independence.

The VR program also provides services to eligible persons with disabilities who have been injured on the job and partners with the Office of Injured Employee Counsel (OIEC) when needed. The Office of Injured Employee Counsel (OIEC) is a state agency created by the Texas Legislature to represent the interests of injured employees in the workers' compensation

system. OIEC's Mission: To assist, educate, and advocate on behalf of the injured employees of Texas. For further information about the agency and the services provided please visit the OIEC website at [www.oiec.state.tx.us](http://www.oiec.state.tx.us).

### **DIVISION FOR BLIND SERVICES**

[www.dars.state.tx.us/db](http://www.dars.state.tx.us/db)

The DARS Division for Blind Services (DBS) assists blind or visually impaired individuals and their families. Depending upon their goals and needs, DBS offers services to help regain independence or find a job.

DBS staff work in partnership with Texans who are blind or visually impaired to get high quality jobs, live independently, or help a child receive the training needed to be successful in school and beyond. DBS envisions a Texas where people who are blind or visually impaired enjoy the same opportunities as other Texans to pursue independence and employment, and our mission is to work in partnership with Texans who are blind or visually impaired to reach their goals.

Services include:

**Business Enterprises of Texas Program** Provides employment opportunities.

**The Independent Living Rehabilitation Program** Assists adults who are blind or visually impaired to learn adaptive skills to continue to live independently with vision loss.

**The Blind Children's Vocational Discovery and Development Program** Assists children who are blind and visually impaired to develop their individual potential. Emphasis is on restoring vision, reducing dependency, and preparing for vocational success.

**Vocational Rehabilitation Program** Designed for adults whose visual condition limits their ability to begin or continue work.

**The Transition Program** Provides educational and career guidance for adolescents and young adults.

**The Blindness Education, Screening and Treatment Program** Helps Texans keep their vision healthy.

**The Crisis Cole Rehabilitation Center (CCRC) in Austin** Residential program that offers intensive vocational and independent living training to Texans who are blind.

### **DIVISION FOR DISABILITY DETERMINATION SERVICES**

800-252-7009

[www.dars.state.tx.us/services/dds.shtml](http://www.dars.state.tx.us/services/dds.shtml)

Our mission is to improve the quality of life for Texans with disabilities who apply for or receive SSA disability benefits, by making timely and accurate disability determinations.

The DARS Division for Disability Determination Services (DDS), funded entirely through the Social Security Administration (SSA), makes Social Security disability determinations for Texans with severe disabilities who apply for

Social Security Disability Insurance (SSDI) and/or Supplemental Security Income (SSI).

### **DIVISION FOR EARLY CHILDHOOD INTERVENTION**

800-628-5115

[www.dars.state.tx.us/eci](http://www.dars.state.tx.us/eci)

ECI is a statewide program for families with children, birth to three, with disabilities and developmental delays. ECI supports families to help their children reach their potential through developmental services. Services are provided by a variety of local agencies and organizations across Texas.

**Vision & Mission statement** - ECI's guiding principles; **Make a referral** - Information for physicians and other professionals; **Division history** - How ECI came to be; **How babies develop** - Information about developmental milestones

State and federally funded through the Individuals with Disabilities Education Act (IDEA, P.L. 108-446), ECI provides evaluations and assessments, at no cost to families, to determine eligibility and need for services. Families and professionals work as a team to plan appropriate services based on the unique needs of the child and family. ECI asks families who can afford to do so, to share in the cost of services. The amount a family pays for ECI services is determined using a sliding fee scale and is based on family size and income after allowable deductions. No child and family will be turned away because of an inability to pay.



## LEAD, INSPIRE, CHANGE THE WORLD... *Again!*

You've gained a lifetime of experience. Now is the time to put your skills and talents to good use by volunteering through

**Texoma Senior Corps.**

### GET INVOLVED TODAY

Call Linda Burleson: 903-813-3562 or 1-800-677-8264 ext. 3562



Foster Grandparents - Blossoms of Hope - Faith in Action - Medication Assistance - Much More!

## Texas Department of Family and Protective Services

WEBSITE  
[www.dfps.state.tx.us](http://www.dfps.state.tx.us)

The Texas Department of Family and Protective Services (DFPS) was created with the passage of House Bill 2292 by 78th Texas Legislature, Regular Session. Previously called the Texas Department of Protective and Regulatory Services, DFPS is charged with protecting children, adults who are elderly or have disabilities living at home or in state facilities, and licensing group day-care homes, day-care centers, and registered family homes.

The agency is also charged with managing community-based programs that prevent delinquency, abuse, neglect and exploitation of Texas children, elderly and disabled adults. The agency's services are provided through its Adult Protective Services, Child Protective Services, and Child Care Licensing divisions. Prevention and Early Intervention is administered as part of Child Protective Services. Every day, about 10,000 DFPS employees in more than 300 offices across the state protect the physical safety and emotional well-being of the most vulnerable citizens of Texas.

### ADULT PROTECTIVE SERVICES

24/7 Toll-Free Hotline  
800-252-5400

Online Reporting:  
[www.txabusehotline.org](http://www.txabusehotline.org)

APS is responsible for investigating abuse, neglect, and exploitation of adults who are elderly or have disabilities. The mission of the Adult Protective Services (APS) program:

To protect older adults and persons with disabilities from abuse, neglect and exploitation by investigating and providing or arranging for services as necessary to alleviate or prevent further maltreatment.

The major components of APS are In-home Investigations and Services and Facility Investigations.

*Note: Federal law requires government entities receiving federal funds to provide appropriate interpreter services to principals (clients and alleged perpetrators) with LEP or sensory impairments.*

- LEP refers to the language a person uses to communicate.
- Sensory impairments may affect how a person communicates.
- APS caseworkers will provide interpreter services when necessary.

### CHILD PROTECTIVE SERVICES

The Child Protective Services Division investigates reports of abuse and neglect of children. It also:

- Provides services to children and families in their own homes;
- Places children in foster care;
- Provides services to help youth in foster care make the transition to adulthood; and
- Places children in adoptive homes.

hotline	number/use	availability
<b>Texas Abuse/ Neglect Hotline</b>	<b>1-800-252-5400</b> <a href="http://www.txabusehotline.org">www.txabusehotline.org</a> For reporting abuse, neglect, or exploitation of children, the elderly, or people with disabilities	24 hours a day, 7 days a week. This number is available across the United States
<b>Foster Care and Adoption Inquiry Line</b>	<b>1-800-233-3405</b> For information on becoming a foster or adoptive parent through DFPS	8 a.m. to 5 p.m. Central Time, Monday through Friday
<b>Child Care Information</b>	<b>1-800-862-5252</b> For Information about child care in Texas	8 a.m. to 5 p.m. Central Time, Monday through Friday
<b>Texas Runaway Hotline</b>	<b>1-888-580-HELP (580-4357)</b> To provide peer counseling to runaways and family members.	24 hours a day, 7 days a week
<b>Texas Youth Hotline</b>	<b>1-800-98YOUTH (989-6884)</b> To provide peer counseling to youth and family members for family conflicts, delinquency, truancy, abuse and neglect, and running away	24 hours a day, 7 days a week
<b>Office of Consumer Affairs Hotline</b>	<b>1-800-720-7777</b> To make an inquiry or complaint about an existing DFPS case	8 a.m. to 5 p.m. Central Time, Monday through Friday
<b>Abuse in Mental Health/ Mental Retardation Facilities</b>	<b>1-800-647-7418</b> To report abuse, neglect, or exploitation in Mental Health/Mental Retardation Facilities	24 hours a day, 7 days a week

## TEXAS DEPARTMENT OF PUBLIC SAFETY

[www.txdps.state.tx.us/](http://www.txdps.state.tx.us/)

### AMBER, BLUE, SILVER, & ENDANGERED MISSING PERSONS ALERTS

The AMBER, Blue, Silver & Endangered Missing Persons Alert Programs are housed within the Operations Section of the Texas Division of Emergency Management. The State Operations Center (SOC) serves as the state primary control point, collecting and disseminating alert information to local, state, federal, public and private technology partners, known as the State Network. The goal of the State Network is to mobilize Texas citizens to search for abducted children, missing senior citizens, endangered missing persons and suspects involved with the death or serious injury of law enforcement officers. Each alert program has a specific set of criteria in order to protect the integrity of the network. Only law enforcement can request activation of the State Network.

### AMBER ALERT

Amber Hagerman, of Arlington, Texas was nine years old when she was kidnapped and brutally murdered. Outraged over this incident, concerned citizens contacted several Dallas area radio stations and urged them to broadcast future child abduction information repeatedly, in a similar format used for severe weather bulletins. This idea was presented to the Associations of Radio Managers (ARM) of the Dallas/Fort Worth area, leading to the creation of the nation's first AMBER program. In honor of the tragic death of Amber Hagerman, the letters of her name were used to create the name of the program, America's Missing: Broadcast Emergency Response. Today, each state in the U.S., along with several countries have established AMBER programs within their communities, making Amber's tragic death a lasting legacy in the battle against serious child abductions.

The Texas AMBER Alert Network (State Program) was established by Governor Rick Perry in August 2002 through Executive Order RP-16, later codified by the Legislature in early 2003. The Texas Department of Public Safety manages the Network, comprised of several federal, state, local, public and private technologies. The Program provides law enforcement a mechanism for rapid notification of the most serious child abduction cases to the media and the public.

The State Network has the ability to disseminate the AMBER Alert to any geographical area in Texas, based upon investigate recommendations. Not all activations are considered "statewide". Once the Texas Department of Public Safety has confirmed that a request for activation of the State Network meets criteria, the State Operations Center (SOC) immediately notifies the following within the advisory area: *Local, State And Federal Law Enforcement Agencies; Local Primary Media Outlets; National Weather Service; Texas Department Of Transportation; Texas Lottery Commission; Independent Bankers Association Of Texas; And National Center For Missing And Exploited Children (Ncmec).*

## Additional Texas State Services

### TEXAS DEPARTMENT OF INSURANCE

1-800-252-3439  
[www.tdi.state.tx.us](http://www.tdi.state.tx.us)

The Texas Department of Insurance provides information on insurance companies and company profiles which include financial and complaint information. Complaints of unfair treatment by insurance companies are also accepted. Publications on how to purchase long term care or Medigap supplemental insurance are updated annually to assist Medicare beneficiaries to select the most appropriate and affordable insurance coverage.

### TEXAS COUNCIL FOR DEVELOPMENTAL DISABILITIES

1-800-262-0334  
[www.txddc.state.tx.us](http://www.txddc.state.tx.us)

The mission of this state organization is to create change so that all people with disabilities are fully included in their communities and exercise control over their own lives. Resource materials for advocacy program development can be obtained from TCDD for local disability advocacy efforts.

### TEXAS CRIME VICTIM'S COMPENSATION PROGRAM

1-800-983-9933  
[www.oag.state.tx.us](http://www.oag.state.tx.us)

The Crime Victims' Compensation Program reimburses out-of-pocket expenses to victims of violent crime and their families. The Crime Victims' Compensation Fund can help eligible victims pay for medical and counseling bills incurred because of the crime and can help families cover the cost of the funeral for a loved one who has been killed. You may get an application directly from the Crime Victims' Compensation Program in the Office of the Attorney General by calling 1-800-983-9933. Or you may download and fill out the Online Application and mail it in. If you have been a victim of a violent crime in the Texoma region, one of the following local agencies may be able to help you qualify for crime victim compensation or assist you in the completion of the application process.

### TEXAS PUBLIC UTILITY COMMISSION

1-800-782-8477  
[www.puc.state.tx.us](http://www.puc.state.tx.us)

The Texas Public Utility Commission offers assistance to persons with complaints of being slammed by telecommunications carriers who have switched carriers without prior authorization. The Texas No Call List (telemarketing no call list) is also maintained by the Public Utility Commission.

### RELAY TEXAS

7-1-1  
1-512-936-7132 TDD  
1-800-676-9819 Voice  
[www.puc.state.tx.us/relaytexas/overview.aspx](http://www.puc.state.tx.us/relaytexas/overview.aspx)

Relay Texas allows comprehensive access to the telephone network by Texans who are telecommunicatively challenged (deaf, deaf blind, hard-of-hearing or speech-disabled), and to allow hearing persons a way to contact persons with these disabilities. Most Texans are now able to reach Relay Texas by dialing 7-1-1 instead of the 10-digit 800 numbers. For more details and to see what other feature of Relay Texas might be best for you, please visit Relay Call Types.

### HANDICAPPED PARKING PLACARD

8 a.m. - 4:45 p.m. M-Th  
8 a.m. - 4:30 p.m. Fri

903-583-7494 Fannin  
940-668-5425 Cooke  
903-813-4261 Grayson  
[www.txdmv.gov/vehicles/drivers/disabled.htm](http://www.txdmv.gov/vehicles/drivers/disabled.htm)

To apply for a new "permanent" (blue) placard or "temporary" (red) placard, you must:

- Ask your doctor to complete the Disability Statement section of the application
  - Complete the rest of the application
  - Submit the application and payment to your county tax office
- To renew a "permanent" (blue) placard, you must:
- Complete the Affidavit portion of a new application (not the disability statement), including the signature of the applicant
  - Submit a copy of the original application, along with the new application and payment to your county tax office. If you do not have a copy of your application, you may also submit your expiring placard(s) to your county tax office.

Placards for permanent disabilities must be renewed every four years. Placards for temporary disabilities are valid for six months or until your disability ends, whichever comes first, and cannot be renewed. You will need to apply for a new placard if your temporary disability extends beyond the six-month limit.

# 2-1-1

# THE NUMBER TO CALL, WHEN YOU DON'T KNOW WHO TO CALL



## Your link to health and community services



A free help line answered  
24 hours a day, 7 days a week.



We're here to listen—in more than  
90 languages. Trained specialists  
will help you find answers.



Quickly connecting you to helpful  
resources in your community.



2-1-1 Texas is a program of the Texas  
Health and Human Services Commission



## TEXAS DEPARTMENT OF PUBLIC SAFETY

[www.txdps.state.tx.us/](http://www.txdps.state.tx.us/)

**BLUE ALERT** On August 18th, 2009, Governor Rick Perry signed Executive Order RP-68, implementing the "Blue Alert" Program in Texas. The Blue Alert Program is a means to speed in the apprehension of violent criminals who kill or seriously wound local, state, or federal law enforcement officers in the line of duty. Modeled after the AMBER and Silver Alert Programs, a Blue Alert utilizes a vast array of public and private notification technologies (with the exception of EAS), to alert Texas citizens of the suspected assailant, facilitating their rapid apprehension by law enforcement.

The State Network has the ability to disseminate the Blue Alert to any geographical area in Texas, based upon investigate recommendations. Not all activations are considered "statewide". Once the Texas Department of Public Safety has confirmed that a request for activation of the State Network meets criteria, the State Operations Center (SOC) immediately notifies the following within the advisory area: *Local, state and federal law enforcement agencies; Local primary media outlets; Texas Department of Transportation; Texas Lottery Commission; and Independent Bankers Association of Texas*

**SILVER ALERT** In response to legislation enacted September 1, 2007, the Texas Department of Public Safety implemented the Silver Alert Network as a means to assist law enforcement in the recovery of missing senior citizens with a documented mental impairment. Silver Alerts typically resemble those alerts issued for abducted children (AMBER Alerts), using similar notification technologies (with the exception of EAS) to alert the public.

The State Network has the ability to disseminate the Silver Alert to any geographical area in Texas, based upon investigate recommendations. Not all activations are considered "statewide". Once the Texas Department of Public Safety has confirmed that a request for activation of the State Network meets criteria, the State Operations Center (SOC) immediately notifies the following within the advisory area: *Local, state and federal law enforcement agencies; Local primary media outlets; Texas Department of Transportation; Texas Lottery Commission; and Independent Bankers Association of Texas.*

**ENDANGERED MISSING PERSONS ALERT** In response to legislation enacted September 1, 2011, the Texas Department of Public Safety implemented the Endangered Missing Persons Alert Network as a means to assist law enforcement in the recovery of missing persons with an Intellectual Disability. Endangered Missing Persons Alerts typically resemble those alerts issued for abducted children (AMBER Alerts), using similar notification technologies (with the exception of EAS) to alert the public.

The State Network has the ability to disseminate the Endangered Missing Persons Alert to any geographical area in Texas, based upon investigate recommendations. Not all activations are considered "statewide". Once the Texas Department of Public Safety has confirmed that a request for activation of the State Network meets criteria, the State Operations Center (SOC) immediately notifies the following within the advisory area: *Local, state and federal law enforcement agencies; Local primary media outlets; Texas Department of Transportation; Texas Lottery Commission; and Independent Bankers Association of Texas.*

## Additional Texas State Services

### TEXAS WORKFORCE COMMISSION

903-640-0222 Fannin  
940-665-1121 Cooke  
903-463-9997 Grayson  
[www.twc.state.tx.us](http://www.twc.state.tx.us)

The Texas Workforce Commission is a state agency that is concerned with providing employment services to both job seekers and employers. The state agency works in partnership with the local Workforce Texoma Programs. Services include unemployment insurance information, veteran's employment services, and classroom training to learn necessary job skills, Experience Works and job search assistance.

### WORKFORCE TEXOMA

8:00 a.m. - 5:00 p.m. Mon-Fri

1-800-813-1992 Toll Free  
903-640-0222 Fannin (Bonham)  
903-640-0052 Fax  
940-665-1121 Cooke (Gainesville)  
940-668-2366 Fax  
903-463-9997 Grayson (Denison)  
903-463-3073 Fax  
[www.workforcetexoma.com](http://www.workforcetexoma.com)

Workforce Texoma provides employment-related services to Business Customers, Job Seekers, and Youth in Cooke, Fannin and Grayson Counties. Business Customers receive services to help find, train, and keep workers through the Business Services Unit. Job-Seeker Customers receive services to help find employment, or employment-related training at three local Workforce Centers. Youth Customers receive a variety of services aimed at helping them stay in high school, complete their GED, attend employment-related training, and find employment through the three local Workforce Centers.

### CHILD CARE MANAGEMENT SYSTEM

Texas Workforce Commission  
903-463-9997

Services: Loan equipment and materials to CCMS day care centers to be used for a specific child to enable independent interaction with the environment. Eligibility: Children, birth through 18 years with disabilities, and low income.

Serving residents and their families in  
Cooke, Grayson and Fannin counties since 1974

Area Agency on Aging of Texoma  
Recognizes the successful efforts of our  
Silver-Haired legislators:

Charlynnne Elliott and Maurine Gross



For more information  
1-800-677-8264 or 211



# FEDERAL SERVICES AVAILABLE IN THE TEXOMA REGION



## Social Security Administration

GENERAL  
INFORMATION  
**1-800-772-1213**

TTY  
**1-800-325-0778**

LOCAL  
**600 E. PEYTON STREET  
SHERMAN, TX 75090  
903-893-4654**

WEBSITE  
**[www.ssa.gov](http://www.ssa.gov)**

## SOCIAL SECURITY ADMINISTRATION - SSDI

1-800-772-1213  
903-870-0852 TDD/TTY  
7 a.m. - 7 p.m. Mon-Fri  
[www.ssa.gov/pgm/disability.htm](http://www.ssa.gov/pgm/disability.htm)

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. Federal law requires this very strict definition of disability. While some programs give money to people with partial disability or short-term disability, Social Security does not.

## MEDICARE

1-800-MEDICARE (633-4227)  
[www.medicare.gov](http://www.medicare.gov)

Medicare is a health insurance program for:

- people age 65 or older,
- people under age 65 with certain disabilities, and
- people of 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. Beneficiaries must meet certain conditions to get these benefits.

**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 B helps pay for these covered services and supplies when they are medically necessary.

**Part D Prescription Drug Coverage** Most people will pay a monthly premium for this coverage. Starting January 1, 2006, new Medicare prescription drug coverage will be available to everyone with Medicare. 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. Private companies provide the coverage. Beneficiaries choose the drug plan and pay a monthly premium. Like other insurance, if a beneficiary decides not to enroll in a drug plan when they are first eligible, they may pay a penalty if they choose to join later.

## CENTERS FOR MEDICARE & MEDICAID SERVICES

[www.cms.gov](http://www.cms.gov)

The Centers for Medicare & Medicaid Services (CMS) ten Field offices reorganized in February 2007 moving from a geography-based structure to a Consortia structure based on 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. The intent of the new structure is to improve performance through uniform issue management, consistent communication and leadership focused on achieving the Agency's strategic action plan.



## United States Department of Veterans Affairs

GENERAL  
INFORMATION  
**1-800-827-1000**

WEBSITE  
**[www.va.gov](http://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. If you are new to the VA, the Federal Benefits for Veterans, Dependents and Survivors booklet will help you get started.**

## HEALTH CARE

[www.va.gov/health](http://www.va.gov/health)

VA's health care offers a variety of services, information, and benefits. 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

[www.va.gov/vba](http://www.va.gov/vba)

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, Veter-

ans' pension, survivors' benefits, rehabilitation and employment assistance, education assistance, home loan guaranties, and life insurance coverage.

## BURIAL AND MEMORIALS

[www.cem.va.gov](http://www.cem.va.gov)

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

# OTHER SERVICES AVAILABLE IN THE TEXOMA REGION

## AMERICAN ASSOCIATION OF RETIRED PERSONS

1-888-OUR-AARP (687-2277)  
512-480-9797 Texas Office  
[www.aarp.org](http://www.aarp.org)

AARP is nonprofit, nonpartisan organizations with memberships that helps people age 50 and over have independence, choice and control in ways that are beneficial and affordable to them and society as a whole, ways that help people 50 and over improve their lives. Since 1958, AARP has been leading a revolution in the way people view and live life.

Our work reaches deep into members' communities through support from staffed offices in all 50 states, Washington, D.C., Puerto Rico and the U.S. Virgin Islands.

## AARP TAX AIDE

1-888-AARP-NOW (227-7669)  
[www.aarp.org/taxaide](http://www.aarp.org/taxaide)

AARP Tax-Aide is available free to taxpayers with low and moderate income, with special attention to those 60 and older. Through a cadre of trained volunteers, AARP Tax-Aide has helped low- to moderate-income individuals for more than 40 years in every state and the District of Columbia.

## LEGAL AID OF NORTH WEST TEXAS

940-383-1406 Cooke County  
1-800-955-1407 Toll Free  
972-542-9405 Grayson/Fannin  
1-800-906-3045 Toll Free

Legal Aid of North West Texas has been proudly serving North and West Texas since 1951. We are an I.R.C. Section 501(c)(3) nonprofit Texas corporation, funded primarily by the Legal Services Corporation, the Texas Access to Justice Foundation and the United Way. LANWT also accepts and receives grants

and donations from private and public entities.

Legal Aid Clinics serve Cooke, Grayson and Fannin County residents who meet the eligibility requirements of Legal Aid of Northwest Texas. Clinics are staff by an attorney and paralegal volunteers at following locations:

### Cooke County

North Central Texas College Library  
1525 W. California St., Gainesville  
(4th Thursday of Each Month 5-7pm)

### Grayson County

Grace United Methodist Church  
2800 Canyon Creek Dr., Sherman  
(1st Thursday of Each Month 6pm)

### Fannin County

Bonham Housing Authority  
810 W. 16th St., Bonham  
(Quarterly Jan/Apr/Aug/Dec 6pm)

## LEGAL HOTLINE FOR OLDER TEXANS

1-888-622-2520  
[www.tlsc.org](http://www.tlsc.org)

Texas Legal Services Center (TLSC) is a non-profit legal office which provides assistance and training to poverty law advocates and their clients in the areas of litigation support, education and communication. TLSC sponsors projects that assist individuals in Texas and, in some cases, nationwide.

## FACILITY VICTIMS PROGRAM

1-800-622-2520 ext. 127

The Facility Victim Program offers legal advice and assistance to facility residents and those who receive at-home nursing services on issues of abuse, neglect, exploitation, residents' rights, and other matters, including but not limited to:

Services include: **Quality Of Care; Medicaid And Medicare Benefits; Fair Hearing Representation On Medical Necessity; Improper Discharge And Transfer;**

**And Reduction Or Denial Of Benefits ; Discharge Planning ; Care Planning; Legal Guardianship Issues, Advance Directives, Medical Powers Of Attorney, And Durable Powers Of Attorney**

*The Facility Victim Program provides free legal services to persons with low or moderate incomes who reside in a nursing home or assisted living facility, or who receive services from an at-home care provider or community based program.*

## HEALTH LAW PROJECT

1-866-979-4343

The Health Law Project was specifically created to respond to the growing need for legal assistance with health care issues. The Health Law Project provides free legal services to Texans with modest incomes that have questions regarding healthcare issues. Such issues include, but are not limited to: Medicare and Medicaid matters, FMLA, continuation of healthcare after end of employment, denial of treatment and end of life planning and directives.

*The Health Law Project provides free legal services to individuals whose incomes are at or below 125% of the Federal Poverty Level.*

## LEGAL HOTLINE FOR TEXANS

1-800-622-2520

For over 20 years, the Legal Hotline for Texans has given free legal advice, self-help publications, and referrals to Texans over the age of 60 and Texans who receive Medicare.

*To receive services, you must be over the age of 60 or a Medicare recipient.*

## LAWYER REFERRAL SERVICE

1-800-622-2520

The Lawyer Referral Service of the Legal Hotline for Texans

operates to provide a public service by which Texans may readily obtain legal services at an affordable fee.

## TEXAS ELDER EXPLOITATION PROJECT

1-512-637-5417

The Texas Kincare Taskforce will endeavor to refer grandparents, aunts, uncles, and older siblings who are raising minor children (with neither parent being in the home), to appropriate sources of on-going assistance.

## SOUTH CENTRAL PENSION RIGHTS PROJECT

1-800-443-2528

The South Central Pension Rights Project (SCPRP) is a non-profit legal assistance program that helps individuals understand and exercise their pension rights. We provide free legal advice and assistance.

Services include: **Answering Your Questions About Pension Laws And How They Affect Your Retirement; Contacting Corporate, Union, Government, Church, Or Any Public Or Private Pension Plan On Your Behalf; Providing Legal Advice And Assistance On Spousal Rights Upon Death Or Divorce; Assisting With All Types Of Plans, Including Defined Benefit Pension Plans, Cash Balance, Money Purchase, Profit-Sharing, 401(K), 403(B), And 457 Plans; Providing Referrals To Lawyers And Actuaries, As Appropriate; Tracking Down Benefits From Past Employers**

*If you or your spouse live or worked in Arkansas, Louisiana, Missouri, New Mexico, Oklahoma, or Texas, or if your pension plan is located in any of those states, we can assist you. Our services are provided free of charge, regardless of age or income.*

## VICARS FOR CRIME VICTIMS

1-888-343-4414

You can receive free legal advice from us if you are a victim of a violent crime or a federal crime like ID theft or human trafficking.

Services to: **Help Victims Understand Their Rights In The Criminal Justice System; Help Victims Fill Out Victim Impact Statements And Requests For Restitution; Refer Victims To Resources In Their Communities; Provide Emotional Support And Guidance; For Victims Of Id Theft, Information About Dealing With Debt Collectors And Steps Necessary To Clear Your Credit History; For Victims Of Violent Crimes And Human Trafficking, Help Applying For Crime Victims' Compensation**

## TEXAS VETERAN'S LEGAL ASSISTANCE PROJECT

1-800-622-2520

The Veterans' Legal Assistance Project serves low to moderate income Texas veterans earning up to twice the federal poverty limit, as well as their spouses, dependents, and survivors.

To receive services, you must be a Texas veteran, or the spouse, dependent or survivor of a Texas veteran, and have household income at or below 200% of the federal poverty guidelines.

Services include: **Legal assistance in civil legal matters, including family law, employment, housing, consumer, bankruptcy, probate, VA benefits; Referral to private attorney or community services where appropriate.**

## TEXAS LAW HELP

[www.texaslawhelp.org](http://www.texaslawhelp.org)

A web site dedicated to providing free, reliable legal information to low-income Texans. It is part of a broader effort within the national legal aid community to use technology, specifically the Internet, to enhance and expand the delivery of legal aid.

In 2011, the website attracted 350,000 unique visitors with more than 2.5 million pages viewed. [TexasLawHelp.org](http://TexasLawHelp.org) is program of the Texas Legal Services Center. Initial funding for the website was provided by the Legal Services Corporation. The web site is powered by Pro Bono Net.

## GRAYSON COUNTY WOMEN'S CRISIS CENTER

4200 N. Travis St., Sherman

1-800-259-3909 Toll-Free  
903-893-5616

[www.graysoncrisiscenter.org](http://www.graysoncrisiscenter.org)

The Crisis Center provides emergency shelter, crisis intervention, counseling and support services to women and children who are survivors of domestic violence and sexual assaults, and creates public awareness about the devastating consequences of domestic violence and sexual assault.

The Crisis Center is open around-the-clock for victims and their children who need help. Through counseling, assists with: **Understanding The Variety Of Lifestyle Options To Meet Different Needs, Obtaining Legal And Medical Assistance, Assistance In Locating Housing And Employment, Advocacy And Support, Engaging Children In Activities To Improve Their Self-Esteem And Educational Development**

## ABIGAIL'S ARMS - COOKE COUNTY FRIENDS OF THE FAMILY - CRIME VICTIM COMPENSATION

114 N. Dixon, Gainesville

940-665-2873  
1-877-846-4751 Toll-Free  
940-665-3527 Fax

Non-profit crime victims' assistance agency. Services are available to anyone who has suffered a criminal victimization. Survivors sexual assault, relationship violence, child abuse, elderly abuse, kidnapping, physical assault, stalking, DWI/DUI assaults, surviving family members of homicide victims, and other violent crimes are encouraged to seek education and support services from us.

Goals: **Empower You, The Survivor; Help Reclaim Your Life; Help Build Your Self-Esteem; Help Break The Cycle Of Violence**

## FANNIN COUNTY FAMILY CRISIS CENTER

118 E. Sam Rayburn, Bonham

903-583-7694  
903-583-7000 24-Hr Hotline  
1-877-583-7011 Toll-Free  
903-583-3036 Fax

Fannin County Family Crisis Center is a non-profit organization

whose mission is to receive, comfort, counsel and support individuals and their families who find themselves in conflict due to emotional, physical abuse or sexual assault. Our mission is to help clients take control of their lives, know what options are available to them and assist them in making their own choices.

## TEXAS SILVER-HAIRED LEGISLATURE

903-813-3580  
[www.txshl.org](http://www.txshl.org)

The Texas Silver-Haired Legislature provides senior citizens an opportunity to become directly involved in the legislative process. Here a forum for older citizens has been established to debate issues and establish priorities based on the result of these discussions.

Advocacy training is provided, enabling delegates to offer informed assistance on such policy matters. Our advocacy training also gives support to older citizens and private sectors, boards, and commissions.

Our vision is that the applied wisdom, energy, and experience of aging will improve the lives of Texans through education, knowledge, and involvement in legislation and governmental affairs.

## ABILITY CONNECTION TEXAS

1-800-999-1898 Toll-Free  
214-351-2500 Local  
214-351-2610 Fax  
[www.abilityconnectiontexas.org](http://www.abilityconnectiontexas.org)

Ability Connection Texas has been providing vital care and support to people with disabilities for over 58 years. Today, one in five people have a disability - which is why our services are so important. Whether advocating for the rights of people with disabilities, teaching the letters of the alphabet to a child with autism, or training an adult with a head injury to re-enter the workforce with the use of adaptive technology, ACT is the preeminent organization leading the way for people of all ages with any type of physical or intellectual disability.



## WHITE HOUSE GREETINGS

The White House  
Attn: Greeting Office  
Washington, DC 20502-0039  
or Fax 202-395-1232

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

### US CITIZENS ONLY

The White House will send greetings to US citizens only, for special occasions as outlined:

### ADVANCE NOTICE REQUIRED

Your request must be received six (6) weeks in advance of the event date. We make every effort to honor every request, but we cannot guarantee a greeting if this guideline is not met. *(Greetings are generally not sent after the event date, except for wedding congratulations and newborn acknowledgments.)*

### ANNIVERSARY GREETINGS

Anniversary greetings are extended only to those couples who are celebrating their 50th (and subsequent) wedding anniversary.

### BIRTHDAY GREETINGS

Birthday greetings will be sent only to individuals 80 years of age and above.

### 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 (*Send Your Request After The Event*), Baby's Birth (*Must Be Born During The Barack H. Obama Administration; Send Request Only After Baby's Birth*), Eagle Scout Award, Girl Scout Gold Award, Bar/Bat Mitzvah Or Equivalent Occasion

### REQUIRED INFORMATION

Please include the following: Name And Home Address Of Honoree(S), Form Of Address (*Mr., Ms., Mrs., Dr., Miss, Etc.*), Exact Date Of Occasion (*Month, Day, Year*), Age (Birthdays) Or Number Of Years Of Marriage, Your (*The Requestor's*) Name And Daytime Phone Number, Wedding (*Include Couple's Married Names And Current Or New Address*), Baby's Birth (*Include Baby's Date Of Birth And Full Names And Address Of Baby And Parents*)

### TEXAS MEDICAL FOUNDATION HEALTH QUALITY INSTITUTE

1-800-725-8315  
www.tmf.org

Medicare beneficiaries have a statutory right to appeal to TMF for an expedited review of a discharge decision from a hospital, skilled nursing facility, home health agency, hospice agency, and certified outpatient rehabilitation facility.

### AMERICAN DISABLED FOR ATTENDANT PROGRAMS TODAY

512-442-0252  
512-442-0522 Fax  
www.adaptotexas.org

ADAPT is a national grassroots community that organizes disability rights activists to engage in nonviolent direct action, including civil disobedience, to assure the civil and human rights of people with disabilities to live in freedom.

### AMERICAN FOUNDATION FOR THE BLIND

1-800-AFB-LINE (232-5463)  
212-352-7222 TTY  
www.afb.org

American Foundation for the Blind is a nonprofit that expands possibilities for people with vision loss in the U.S. AFB's priorities include broadening access to technology; elevating the quality of information and tools for the professionals who serve people with vision loss; and promoting independent and healthy living for people with vision loss by providing them and their families with relevant and timely resources.

### AMERICANS WITH DISABILITIES ACT - INFO LINE

1-800-514-0301 Toll-Free  
1-800-514-0383 TTY  
www.ada.gov/infoline.htm

The U.S. Department of Justice provides information about the Americans with Disabilities Act (ADA) through a toll-free ADA Information Line. This service permits businesses, State and local governments, or others to call and ask questions about general or specific ADA requirements including questions about the ADA Standards for Accessible Design.

ADA specialists available Mon - Fri 9:30 AM - 5:30 PM (Eastern Time) except Thurs. when hours are 12:30 - 5:30.

### THE ARC OF TEXAS

8001 Centre Park Drive  
Austin, TX 78754  
1-800-252-9729 Toll-Free  
512-454-6694  
512-454-4956 Fax  
www.tmf.org

Since its founding in 1950 by a group of parents of children with intellectual and developmental disabilities, The Arc at the local, state and national level has been instrumental in the creation of virtually every program, service, right, and benefit that is now available to more than half a million Texans with intellectual and developmental disabilities. Today, The Arc continues to advocate for including people with intellectual and developmental disabilities in all aspects of society.

### BAYLOR INSTITUTE FOR REHABILITATION

1-800-4Baylor (422-9567)  
214-820-9300 8a.m. - 4p.m. M-F  
214-841-2622 Fax

Our treatment teams specialize in traumatic brain injury, spinal cord injury, stroke, and other orthopaedic and neurological conditions. Our mission is to comfort them and let them know they couldn't be in better hands.

### DISABILITY RIGHTS TEXAS

1-800-252-9108  
214-630-0916 N. Tx Office  
www.disabilityrightstx.org

Disability Rights Texas is the federally designated legal protection and advocacy agency (P&A) for people with disabilities in Texas. Our mission is to help people with disabilities understand and exercise their rights under the law, ensuring their full and equal participation in society.

Our attorneys and advocates fulfill our mission in the following ways: **Provide Direct Legal Assistance To People With Disabilities Whose Rights Are Threatened Or Violated, Protect The Rights Of Individuals And Groups Of People With Disabilities Through The Courts And Justice System, Advocate For Laws And Public Policies That Protect And Advance The Rights Of People With Disabilities, Inform People With Disabilities And Family Members About Their Rights; Make Referrals To Programs And Services**

### COALITION OF TEXANS WITH DISABILITIES

316 W. 12th St., Suite 405  
Austin, TX 78701  
512-478-3366  
512-478-3370 Fax  
www.cotwd.org

Through governmental advocacy, public awareness activities, and professional disability consulting, CTD ensures that persons with disabilities may work, live, learn, play and participate fully in the community of their choice.

### DENTON COUNTY FEDERATION OF FAMILIES

940-381-5000  
940-591-9778 Fax

The mission of DCFF is to provide leadership in the field of children's mental health in order to address the unique needs of children and youth with emotional, behavioral or mental disorders. We support the rights of full citizenship, support and access to service based in our community for our children and families by providing information and support to families as well as advocacy and other services needed by children and youth with emotional, behavioral or mental disorders and their families.

### GOODWILL INDUSTRIES OF NORTHEAST TEXAS

903-893-3145  
940-892-0764 Fax  
www.goodwillnorthtexas.org

Goodwill Industries mission is to improve the quality of life for people with disabilities or disadvantages by providing employment opportunities, job training and employment services, as well as job placement opportunities and post-employment support.

### INDEPENDENT LIVING RESEARCH UTILIZATION

1-800-949-4232 Toll-Free  
713-520-0232 TDD/Voice  
8:30 a.m. - 5 p.m. M-F  
www.ilru.org

A national center for information, training, research, and technical assistance in independent living. Its goal is to expand the body of knowledge in independent living and to improve utilization of results of research programs and demon-

stration projects in this field. It is a program of TIRR (The Institute for Rehabilitation and Research), a nationally recognized medical rehabilitation facility for persons with disabilities.

Since ILRU was established in 1977, it has developed a variety of strategies for collecting, synthesizing, and disseminating information related to the field of independent living. ILRU staff--a majority of whom are people with disabilities--serve independent living centers, statewide independent living councils, state and federal rehabilitation agencies, consumer organizations, educational institutions, medical facilities, and other organizations involved in the field, both nationally and internationally.

### NATIONAL ALLIANCE ON MENTAL ILLNESS

1-800-950-NAMI (950-6264)  
903-587-2984 Local  
www.nami.org

The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

From its inception in 1979, NAMI has been dedicated to improving the lives of individuals and families affected by mental illness. Financial contributions allow NAMI to offer an array of programs, initiatives and activities in support of the NAMI mission.

### UNIVERSITY OF TEXAS AT AUSTIN - TEXAS CENTER FOR DISABILITY STUDIES

techaccess.edb.utexas.edu

The mission of the Texas Technology Access Program is to increase access for people with disabilities to Assistive Technology that provides them more control over their immediate environments and an enhanced ability to function independently.

Assistive Technology is any item, piece of equipment, or product system, whether acquired commercially, modified, or customized, that is used to increase, maintain, or improve the functional capabilities of individuals with disabilities.

## RESOURCE CENTERS ON INDEPENDENT LIVING

214-630-4796  
214-630-5995 TTY/TDD  
214-630-6390 Fax

[www.reachcils.org](http://www.reachcils.org)

REACH which stands for Rehabilitation, Education, and Advocacy for Citizens with Disabilities (formerly Handicaps), is a North Texas based nonprofit corporation with the dual mission of providing services for people with disabilities so that they are empowered to lead self-directed lives and educating the general public on disability-related topics in order to promote a barrier-free community.

In order to accomplish this dual mission, REACH operates the REACH Resource Centers on Independent Living in Fort Worth, Dallas, Denton and Plano. The centers are resource agencies, not residential programs.

## READING & RADIO RESOURCE

2007 Randall St.  
Dallas, TX 75201

214-871-7668  
214-871-7669 Fax

[www.readingresource.org](http://www.readingresource.org)

The mission of Reading & Radio Resource is to enrich the lives of children and adults who because of physical, learning or vision limitations cannot read for themselves.

Reading & Radio Resource was founded in 1969 by Edythe and Henry X. Salzberger. For 32 years, the agency produced "Talking Books" for the Library of Congress. The Recorded Books Program began in 1972 and the Radio Reading Service was established in 1976. Audio Description Service was added in 2010.

## TEXAS ELKS CHILDREN'S SERVICES, INC.

830-875-2425

[www.texaselks.org/tecsi.html](http://www.texaselks.org/tecsi.html)

Texas Elks is a civic organization that has championed children's causes in Texas since the 1940's. Their mission is to focus on bringing out the best in special needs children through their Prosthetic Grant Program and their Texas Elks Camp.

## TEXOMA AREA PARATRANSIT SYSTEM, INC. (TAPS)

1-800-256-0911

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

TAPS provides transportation to persons of all ages in a seven-county area. The majority of vehicles are equipped for transporting persons in wheelchairs. Daily trips are scheduled for medical, nutrition, social service, business, education, employment, and shopping. TAPS is a demand-response transportation system. Rides should be scheduled with the dispatcher at least one day in advance. TAPS provides shuttle service from Grayson County to connect with Dart Rail in Plano. Certain Medicaid recipients can use TAPS for medical appointments; however, a service authorization must be obtained through the regional Medicaid office prior to scheduling a ride with TAPS. The toll-free telephone number for Medicaid authorization is 1-877-633-8747.

## THE REHABILITATION CENTER THERAPEUTIC SOLUTIONS FOR CHILDREN AND ADULTS

903-893-7457

[www.ttherehabcenter.net](http://www.ttherehabcenter.net)

The Rehabilitation Center treats children and adults providing care for a wide range of problems, from minor to complicated orthopedic conditions, neurological disorders, developmental delays, and many others. Our complete one-on-one method of therapy makes us your partner in rehabilitation.

## WORKPLACE LEARNING GRAYSON COLLEGE

903-463-8765

[www.cwlgcc.org](http://www.cwlgcc.org)

The Center for Workplace Learning offers customer-centered, community-connected and quality-driven workplace learning solutions to provide the Texoma region with a globally competitive workforce. They strive to promote partnerships between

# EDUCATION

education, industry and government to provide world-class education and training opportunities throughout the Texoma region.

The Center provides needs assessment consultation (including job profiling and skills assessment) and learning-based solutions to overcome the problems that hinder organizational or individual performance. Trainees can take a course to gain a skill, or earn a certificate or degree. Many of the programs offer continuing education unit (CEU) credit, and some programs also prepare individuals for professional licensure exams. Services include: **Job-Seeker Services, Pre-employment training, Certificates, Degrees, Skill training, Professional development, Licensure preparation courses, Professional continuing education (CEU's), Corporate Services, Needs assessment consultation and services, Learning-based solutions to overcome the problems that hinder organizational performance, Job Skills training, Professional development courses, Certification training, and Conference Center facilities.**

## EDUCATION PLUS

940-665-5085 Cooke County

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

## GRAYSON COLLEGE SENIOR VOCATIONAL VOCATIONAL EDUCATION PROGRAM

903-463-8765

[www.cwlgcc.org/continuing-education/save-program](http://www.cwlgcc.org/continuing-education/save-program)

Leisure and personal enrichment courses are tailored to suit intellectual and financial perspectives of adult students who are age 50 years or older. Examples of classes offered include art, music, golf, computers and software instruction.

## GRAYSON COUNTY LITERACY TEAM

903-892-7272

Teaches basic reading skills to adults in one-on-one sessions conducted by trained volunteers at the Sherman Public Library.

## NORTH CENTRAL TEXAS COLLEGE

940-668-7731

[www.nctc.edu/lifelonglearning.aspx](http://www.nctc.edu/lifelonglearning.aspx)

Department: Contact the main CED office on the Gainesville Campus at 940-668-4272 or the office on the Corinth Campus at 940-498-6270. Courses offered through the Adult & Community Education Department are classified into two categories:

### Cultural/Personal Enrichment

*An array of cultural/personal enrichment courses are offered throughout the year—ranging from art, fitness and gardening to home decor, music, financial management and language studies, to name but a few. 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

*Professional development 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. There are also 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.*

## GED Classes and Test Sites

**NORTH CENTRAL TEXAS COLLEGE**  
940-668-4516  
[www.nctc.edu](http://www.nctc.edu)

**GRAYSON COLLEGE (TESTING)**  
903-463-8274

**GRAYSON COLLEGE (CLASSES)**  
903-463-8784

**FANNIN COUNTY TEAM CENTER**  
903-583-1264  
[www.grayson.edu](http://www.grayson.edu)

## EDUCATION

### ROAD SCHOLAR

1-800-454-5768 Toll-Free  
Mon-Fri 8 a.m. - 6 p.m. EST  
[www.roadscholar.org](http://www.roadscholar.org)

Road Scholar is 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 8,000 programs a year in more than 90 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. 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 (nearly all with private baths); 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

Cooke County  
940-668-5412  
[cooke.agrilife.org](http://cooke.agrilife.org)

Fannin County  
903-583-7453  
[fannin.agrilife.org](http://fannin.agrilife.org)

Grayson County  
903-813-4206  
[grayson.agrilife.org](http://grayson.agrilife.org)

The mission of AgriLife Extension is improving the lives of people, businesses, and communities across Texas and beyond through high-quality, relevant education. Carrying out this mission, however, is a massive undertaking. It requires the commitment of each and every one of the agency's employees. Through the programs these employees provide, Texans are better prepared to: **Eat Well, Stay Healthy, Manage Money, And Raise Their Children To Be Successful Adults; Efficiently Help Themselves Through Preventing Problems And Using Tools For Economic Stability And Security; Improve Stewardship Of The Environment And Of The State's Natural Resources.**

### TEXOMA RED CROSS

903-465-1330  
[www.redcross.org/tx/denison](http://www.redcross.org/tx/denison)

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 AED to swimming and life-guarding; from HIV/AIDS education to care-giving programs like Babysitter's Training. American Red Cross programs help people live safer and healthier lives. The Red Cross constantly strives to respond to the health and safety concerns of Americans at home, in school and in the workplace. Today's innovative programs also include teaching laypersons and professionals how to use automated external defibrillators (AEDs) to save victims of sudden cardiac arrest. Last year, nearly 12 million people enrolled in American Red Cross health and safety courses. Become an instructor or an Authorized Provider, take a course, or volunteer with the Texoma Area Chapter.

### AMERICAN RED CROSS

903-465-1330  
[chisholmtrail.redcross.org](http://chisholmtrail.redcross.org)

The American Red Cross, a humanitarian organization led by volunteers, guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disasters and help people prevent, prepare for, and respond to emergencies.

### BASIC FOOD PANTRY

1100 W. 5th St.  
Bonham, TX 75418

2nd Tues of the Month  
11 a.m. - 3:30 p.m.

903-227-0260  
[www.basicfoodpantry.org](http://www.basicfoodpantry.org)

The Basic Food Pantry (BFP) operates as a 501(c)(3) non-profit organization. Our mission is to reduce hunger by providing emergency, no-cost food for low income and residency qualified citizens of Fannin County.

### BELLS-SAVOY COMMUNITY CARE CENTER FOOD PANTRY

210 S. Broadway  
Bells, TX 75414  
Tues 9 a.m. - noon  
Thurs 1 p.m. - 5 p.m.

903-965-7716

The Food Pantry provides food pantry services to the citizens of Bells and Savoy school district. It is located in the old Elementary School in Bells.

### CALVARY BAPTIST CHURCH FOOD PANTRY

900 S. Wine St.  
Gainesville, TX 76240

Tues & Fri 9 a.m. - noon

940-665-4082

The Food Pantry provides food pantry services to the citizens of Bells and Savoy school district. It is located in the old Elementary School in Bells.

### DENISON HELPING HANDS FOOD PANTRY

418 W. Chestnut  
Denison, TX 75020

Mon/Weds/Fri 9 a.m. - 1 p.m.

903-465-5101

Food distribution pantry for Denison families.

### EAST SHERMAN BAPTIST CHURCH FOOD PANTRY

910 E. King  
Sherman, TX 75090

3rd Weds of the Month  
9 a.m. - 11:30 a.m.

903-892-6171

### FAIRVIEW BAPTIST CHURCH FOOD PANTRY

222 W. Taylor  
Sherman, TX 75092

Sun/Tue/Thur 10 a.m. - 11 a.m.

903-892-3543

### FANNIN COUNTY COMMUNITY MINISTRIES, INC. FOOD PANTRY

800 E. 2nd St.  
Bonham, TX 75418

Mon-Fri 9 a.m. - 2 p.m.  
(closed 11-noon to restock)  
Tues 3 p.m. - 5 p.m. by appt.

903-583-3663

### FIRST BAPTIST CHURCH OF TOM BEAN FOOD PANTRY

307 E. Hwy. 11  
Tom Bean, TX 75489

One Thurs per Month (Call)  
11:30 a.m. - 1:30 p.m.

903-546-6231

### FIRST BAPTIST CHURCH OF WHITEWRIGHT FOOD PANTRY

216 W. Cedar St.  
Whitewright, TX 75491

Thurs 9 a.m. - 11 a.m.

214-738-9975

### GRAYSON COUNTY HOMELESS SHELTER

903-465-6041

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

Grayson County Homeless Shelter provides 24-hour living facility for homeless families and individuals including men over 55, single women over 18, married couples, families. No single men under Age 55; No minors without parent/s; No admission without I. D. (*State Issued Photo ID-Soc. Sec.*); No unregistered guests; clear police checks; No illegal drug or alcohol use; No tobacco use inside the building; No violent behavior; Must follow written rules of the shelter.

### **GRAYSON COUNTY WOMEN'S CRISIS CENTER (SHELTER)**

1-800-259-3909 Toll-Free  
903-893-3909

The shelter provides crisis intervention for victims of domestic violence and sexual assault/abuse with a 24-hour hotline. Non-resident services available include: peer counseling, personal and legal advocacy, and support groups.

### **HARMONY BAPTIST CHURCH FOOD PANTRY**

2111 E. Tuck  
Sherman, TX 75090

2nd/4th Thurs of Month  
1 p.m. - 3 p.m.  
903-892-2044

### **LEAP THRIFT STORE & FOOD PANTRY**

116 Collins St.  
Leonard, TX 75452

Mon-Fri 9 a.m. - 4 p.m.  
Sat 9 a.m. - 1 p.m.  
903-587-2288

### **NEW BEGINNINGS FELLOWSHIP CHURCH FOOD PANTRY**

1201 W. Shepherd St.  
Denison, TX 75020

Mon 9 a.m. - 11 a.m.  
903-463-4110

### **RESALE BARN**

Mon-Fri 9 a.m. - 5 p.m.  
Sat 10 a.m. - 4 p.m.  
903-786-2402

Provides emergency financial assistance per crisis criteria to Grayson County residents. Provides food, furniture, and clothing assistance for verifiable emergency and/or crisis situation.

### **SALVATION ARMY**

903-786-2402 - Grayson Co.  
903-583-2141 - Fannin Co.  
940-665-2006 - Cooke Co.

Assistance for food, clothing, utilities, rent, emergency shelter and other needs as determined by need and the availability of resources to meet that need. An emergency shelter is available for those in Grayson County in Sherman, limited to a five-night stay. Community dinner served Mon-Fri 5:30-6:30.

### **SHARE MINISTRIES FOOD BANK**

804 E. Lamar St.  
Sherman, TX 75090

Tue/Thur/Sun 10 a.m. - 11 a.m.  
903-893-7097 or 903-892-3543

### **YOUR NEIGHBORS HOUSE FOOD BANK**

201 S. Union  
Whitesboro, TX 76273

Tues/Sat 9 a.m. - noon  
Thurs noon - 3 p.m.

903-564-4400

### **TRI-COUNTY SENIOR NUTRITION PROJECT, INC. MEALS ON WHEELS OF TEXOMA**

903-786-3351

[mealsonwheelstexoma.org](http://mealsonwheelstexoma.org)

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

Meals provided to clients of the Department of Aging and Disability Services (DADS), the Texoma Council of Governments - Area Agency on Aging (TCOG/AAA). DADS and TCOG/AAA qualified their clients based on their inability to prepare a nutritious meal for themselves. Their clients include homebound, needy, elderly, and disabled individuals.

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

Centers include:

**Bailey Senior Center**  
206 N. Main St.  
Bailey, TX 75413

M/W/F 10 a.m. - 1:00 p.m.  
903-583-8115  
[leonard@mowot.org](mailto:leonard@mowot.org)

**Bells Senior Center**  
203 S. Broadway  
Bells, TX 75414

M-F 7 a.m. - 1:00 p.m.  
903-583-8115  
[bells@mowot.org](mailto:bells@mowot.org)

**Bonham Senior Center**  
210 E. 6th St.  
Bonham, TX 75418

M-F 7 a.m. - 1:00 p.m.  
903-583-8573  
[bonham@mowot.org](mailto:bonham@mowot.org)

**Callisburg Senior Center**  
100 McDaniel  
Callisburg, TX 76240

Tues/Thurs 10:30 a.m. - 1:00 p.m.  
940-665-7375  
[gainesville@mowot.org](mailto:gainesville@mowot.org)

**Denison Senior Center**  
531 W. Chestnut  
Denison, TX 75020

M-F 7:00 a.m. - 1:00 p.m.  
903-463-1711  
[denison@mowot.org](mailto:denison@mowot.org)

**Honey Grove Senior Center**  
606 N. 2nd St.  
Honey Grove, TX 75446

M-F 7:30 a.m. - 1:00 p.m.  
903-378-2061  
[bonham@mowot.org](mailto:bonham@mowot.org)

**Leonard Senior Center**  
118 W. Collins St.  
Leonard, TX 75452

M/W/F 8:00 a.m. - 1:00 p.m.  
903-587-3412  
[leonard@mowot.org](mailto:leonard@mowot.org)

**Gainesville Senior Center**  
400 S. Weaver  
Gainesville, TX 76240

Mon-Fri 7:00 a.m. - 1:00 p.m.  
940-665-3493  
[gainesville@mowot.org](mailto:gainesville@mowot.org)

**Muenster Senior Center**  
730 N. Main St.  
Muenster, TX 76252

M/W/F 11:00 a.m. - 1:00 p.m.  
940-759-2922  
[gainesville@mowot.org](mailto:gainesville@mowot.org)

**Pottsboro Senior Center**  
104 N. Main St.  
Pottsboro, TX 75076

Tues/Thurs 11:00 a.m. - 1:00 p.m.  
903-463-1711  
[pottsboro@mowot.org](mailto:pottsboro@mowot.org)

**Sherman Senior Center**  
1500 N. Broughton St.  
Sherman, TX 75090

Mon-Fri 7:00 a.m. - 1:00 p.m.  
903-892-3733  
[sherman@mowot.org](mailto:sherman@mowot.org)

**Valley View Senior Center**  
101 N. Lee St.  
Valley View, TX 76272

Mon-Fri 10:30 a.m. - 1:00 p.m.  
940-726-3922  
[gainesville@mowot.org](mailto:gainesville@mowot.org)

**Van Alstyne Senior Center**  
148 S. Main Dr.  
Van Alstyne, TX 75495

Mon-Fri 7:00 a.m. - 1:00 p.m.  
903-482-6341  
[vanalstyne@mowot.org](mailto:vanalstyne@mowot.org)

**Whitesboro Senior Center**  
105 Mineral St.  
Whitesboro, TX 76273

Mon-Fri 7:00 a.m. - 1:00 p.m.  
903-564-6021  
[whitesboro@mowot.org](mailto:whitesboro@mowot.org)

**Whitewright Senior Center**  
123 W. Grand  
Whitewright, TX 75491

Mon-Fri 7:00 a.m. - 1:00 p.m.  
903-546-6220  
[whitewright@mowot.org](mailto:whitewright@mowot.org)

## **EMPLOYMENT**

### **GOODWILL INDUSTRIES OF NORTHEAST TEXAS, INC.**

903-893-3145

[www.goodwillnorthtexas.org](http://www.goodwillnorthtexas.org)

Goodwill provides job training, job placement, and employment opportunities for people with disabilities, or to those who face barriers to obtaining or retaining competitive employment.

### **EXPERIENCE WORKS (WORKFORCE TEXOMA)**

2415 S. Austin Ave.  
Denison, TX 75020

Mon-Fri 8 a.m. - 5 p.m.

903-327-8417 Local  
1-800-880-5292  
1-866-412-0978  
New Screenings

[www.experienceworks.org](http://www.experienceworks.org)

Experience Works is a national, charitable, community-based organization which helps low-income seniors, with multiple barriers to employment, get the training they need to find good jobs in their local communities.

Experience Works has grown to be the nation's leading provider of training, employment, and community service for low-income older people.

#### ALZHEIMER'S ASSOCIATION

1-800-272-3900 24 Hours a Day  
www.alz.org

#### AMERICAN CANCER SOCIETY

1-800-227-2345  
www.cancer.org

#### AMERICAN DIABETES ASSOCIATION

1-888-342-2383  
www.diabetes.org

#### AMERICAN FOUNDATION FOR THE BLIND

www.afb.org

#### AMERICAN HEALTH ASSISTANCE FOUNDATION

1-800-437-2423  
www.ahaf.org

The AHAF provides financial help for treatment of Alzheimer's patients and caregiver education on numerous health topics.

#### AMERICAN HEART ASSOCIATION

1-800-242-8721  
www.americanheart.org

#### AMERICAN LUNG ASSOCIATION

1-800-586-4872  
www.lung.org

#### AMERICAN STROKE ASSOCIATION

1-800-553-6321  
www.strokeassociation.org

#### ARTHRITIS FOUNDATION

1-800-283-7800  
www.arthritis.org

#### CROHN'S AND COLITIS FOUNDATION OF AMERICA

1-800-932-2423  
www.ccfa.org

Information on Inflammatory Bowel Disease, Crohn's Disease, and Ulcerative Colitis.

#### GLAUCOMA SUPPORT NETWORK

1-800-826-6693  
www.glaucoma.org

#### AQUATIC CENTER (THE REHABILITATION CENTER)

2009 Texoma Parkway  
Sherman, TX

903-893-7457

Sponsored by the American Arthritis Foundation

#### FANNIN COUNTY INDIGENT HEALTHCARE PROGRAM

903-583-2915  
Mon-Fri 8:00 a.m. - 4:00 p.m.

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

#### NORTH TEXAS MEDICAL CENTER

940-665-1751  
www.cookehealthnet.com

#### GREATER TEXOMA HEALTH CLINIC

(Non-Emergency Only)  
903-465-2440  
Mon-Thurs 7:30 a.m. - 6:30 p.m.  
One Saturday/Month (Call)

GTHC provides access to primary health care for Grayson residents form non-emergency health issues. Resident must not have any form of insurance, including Medicare or Medicaid.

#### GRAYSON COUNTY HEALTH DEPARTMENT

903-893-0131 Sherman  
903-465-2878 Denison  
www.co.grayson.tx.us

#### HEALTH TRENDS AQUATICS & FITNESS

903-463-2125

HTAF provides Arthritis aquatic exercise classes.

#### CARRUS SPECIALITY HOSPITAL

903-870-2600  
www.carrushospital.com

#### MUENSTER MEMORIAL HOSPITAL

940-759-2271  
www.muensterhospital.com

#### NORTH TEXAS MEDICAL CENTER

940-665-1751  
www.ntmconline.net

#### RED RIVER REGIONAL HOSPITAL

903-583-8585  
www.redriverregional.com

#### TEXAS HEALTH PRESBYTERIAN HOSPITAL WILSON N. JONES

903-870-4611  
www.wnj.org

#### TEXOMA MEDICAL CENTER

903-416-4000  
texomamedicalcenter.net

#### LOW VISION GATEWAY

www.lowvision.org

#### MACULAR DEGENERATION FOUNDATION

1-888-633-3937  
www.eyesight.org

#### MEDIC ALERT FOUNDATION

1-888-633-4298  
www.medicalert.org

#### MHMR SERVICES OF TEXOMA

Mental Retardation  
Community Support Services  
903-957-4715

Grayson Mental Health Services  
903-957-4701

Fannin Mental Health Services  
903-583-8583

Cooke Mental Health Services  
940-665-0755

www.mhmrst.org

#### NATIONAL ASSOCIATION FOR INCONTINENCE

1-800-BLADDER (252-3337)

#### NATIONAL HEALTH INFORMATION CENTER

1-800-336-4797  
www.health.gov/nhic

Serves as an information and referral service, directing callers to public and private organizations, that can provide health information and has free publications on national health observances, federal health information centers and clearinghouses, and toll-free numbers for health information.

#### RED RIVER REGIONAL MEDICAL CENTER BONHAM

903-583-8585

#### NORTH TEXAS MEDICAL CENTER

(SEE GAINESVILLE MEMORIAL HOSPITAL)

#### PARKINSON'S INFORMATION & REFERRAL CENTER

1-800-725-2732 Toll-Free  
214-345-4224

Information and referral center that provides support to patients and their families through area groups and specialists who offer exercise, special physical and educational therapies. Organization also publishes newsletters and educational booklets. Local

support groups now coordinated through the Area Agency on Aging and Disability Services Caregiver Program. For local information call 903-813-3575.

#### PARKINSON'S DISEASE FOUNDATION

1-800-457-6676  
www.pdf.org

Provides information about Parkinson's Disease, as well as referrals to doctors and hospitals throughout the United States.

#### REBA MCENTIRE CENTER FOR REHABILITATION

903-416-1000

#### TEXOMA MEDICAL CENTER BEHAVIORAL HEALTH CENTER

903-416-3000

TMC Behavioral Health provides inpatient and outpatient psychiatric and chemical dependency treatment for adults 18 years old and above. Our multi-disciplinary treatment team is led by psychiatrists and includes clinical social workers, occupational and recreational therapists and nurses. Because we are part of Texoma Medical Center, specialist from other medical fields are readily available for consultation.

#### Adult Psychiatric Inpatient

*Designed to stabilize those suffering from a mental health crisis, this level of care provides 24-hour nursing and psychiatric care with patients participating in individual and group therapies.*

#### Geriatric Psychiatric Inpatient

*Within the hospital, we have a specialized unit serving the unique mental health needs of older adults, which are frequently complicated by underlying physical and medical conditions demanding customized care.*

**Dual Diagnosis Inpatient** This comprehensive recovery program serves patients suffering with concurrent mental health and substance use disorders. The program includes detoxification and an introduction to our psychiatric curriculum.

#### Intensive Outpatient Program

*For patients who do not need 24-hour supervision and care, this program allows patients to receive treatment similar to that of our inpatient programs with the advantage of returning to their homes and families each night.*

## HOME HEALTH AGENCIES

**H**ome health agencies are licensed public or private organizations with a staff of skilled nurses, homemakers, home health aides, and therapists who provide nursing, rehabilitative, and homemaking services to homebound patients. Medicare will often cover home health care for individuals recovering from a major medical treatment, if authorized by their physician. The Texas Department of Aging and Disability Services may also pay for primary home care services for those determined eligible. It is important to know that home health services reimbursed by Medicare are limited, and will only be covered if the patient is confined to the home and requires part-time nursing care or therapy. Some agencies that provide homemaker or home health aide services (for help around the house and for personal care) may not be Medicare certified. Be specific when asking for the type of service needed, as all agencies do not perform the same array of home care services. You may also research the quality of care offered by the agencies by going to [www.medicare.com](http://www.medicare.com) and select the home health agency compare tool. This excellent tool provides you with information on how well the home health agencies in your area care for their patients. The following list also includes agencies that offer sitter services. Be sure to get references and determine if the agency is bonded.

<b>APPROVED IN HOME CARE</b> 903-433-3000	<b>ENCOMPASS</b> 903-327-8040	<b>MAYS HOME HEALTH</b> 903-868-1516 903-868-1589 1-888-783-0525	<b>RED RIVER HOME HEALTH</b> 1-800-289-6555 903-465-8277
<b>ADVANTX HOME CARE, INC.</b> 903-813-8681	<b>GRACE HOME HEALTH, INC.</b> 903-813-4988	<b>MUENSTER MEMORIAL HOSPITAL HOME CARE</b> 940-759-2271	<b>RED RIVER REGIONAL MEDICAL CENTER - BONHAM</b> 903-583-3606
<b>ALL OUR HEARTS SITTING SERVICE</b> (May require minimum 4-8 hour visit) 940-387-2847	<b>GRAYSON COUNTY HOME HEALTH</b> 903-891-1613 1-866-220-3828	<b>NTMC HOME HEALTH</b> 940-668-2094 1-800-557-9441	<b>SANDY'S ADULT CARE SERVICES</b> (may require minimum 4-8 hour visit) 903-891-3545
<b>ALWAYS BETTER CARE HOME HEALTH</b> 903-893-1036 1-800-895-4045	<b>HEART OF TEXAS HHS</b> 903-891-3648	<b>NORTH TEXAS NURSING SERVICE</b> (live-ins available) 903-868-2745	<b>SEVEN SISTERS SERVICES</b> (Live-ins available, may require minimum 4-8 hour visit) 1-800-461-0549 903-813-8477
<b>ANDERSON HOME HEALTH</b> 903-893-6007	<b>HEAVEN SENT CAREGIVERS</b> 903-868-1339 1-888-448-1339	<b>PATIENTS BEST CHOICE HOME HEALTHCARE</b> 214-592-0050	<b>SHER DEN HOME HEALTH</b> 903-892-1000
<b>ANGELS OF CARE PEDIATRIC HOME HEALTH</b> 903-532-1400	<b>THE HOSPICE CENTER</b> 903-891-0800	<b>PILOT POINT HOME HEALTH</b> 903-564-7709	<b>SUNRISE HOME HEALTH SERVICES</b> 903-893-1296 1-800-579-3904
<b>CARING HEARTS HOME HEALTH</b> 903-463-6700	<b>HOME HOSPICE OF COOKE COUNTY</b> 940-665-9891	<b>OUTREACH HEALTH SERVICES</b> 1-800-758-5657 903-870-0063	<b>TLC PROFESSIONAL CARE</b> (live-ins available) 903-465-7730 1-877-879-5697
<b>CHANGING SEASONS HOME CARE</b> 903-868-3648	<b>HOME HOSPICE OF GRAYSON, FANNIN COUNTY</b> 903-868-9315	<b>QUALITY HOME HEALTH CARE</b> 903-892-9281	<b>TMC HOME HEALTH</b> 1-800-436-7577 903-416-5500
<b>CHILDREN'S HOME HEALTHCARE</b> 903-482-9020	<b>HOME INSTEAD SENIOR CARE</b> (Sponsor of the 'Be a Santa Program') 903-893-1100	<b>RAGON'S ELDER CARE</b> 903-640-2241 903-640-3775	<b>VICTORY HOME HEALTH &amp; HOSPICE</b> 903-771-2893
<b>COUNTRY STYLE HEALTHCARE OF TEXAS</b> 903-482-6400	<b>JORDAN HOME HEALTH SERVICES</b> 903-870-7874 903-892-3163 1-800-289-0190	<b>RAY OF SUNSHINE SERVICES</b> (sitter service minimum 4-8 hour visit) 1-888-665-2992 903-465-4482 – Grayson Co. 940-665-2999 – Cooke Co.	<b>ZACHARIAH GROUP</b> 903-868-0918
<b>FIRST TEXAS HOME HEALTH, INC.</b> 903-892-9111	<b>LOVING HEARTS SITTER SERVICE</b> (May require minimum 4-8 hour visit) 903-868-0657	<b>RED RIVER HOME CARE</b> 903-463-5858	



## WHERE SHOULD I LIVE?

While most people prefer to live in their own home, the day may come when your circumstances change and your living situation must also change. It could be caused by the death of a spouse leaving the survivor alone in a home that is too large and costly to maintain. It could be a debilitating illness that limits your mobility and your ability to care for yourself. Or it could be just your desire to give up some of the responsibilities involved in living in your own home.

### ASK YOURSELF THESE QUESTIONS

1. *Will you be close to friends and/or family?*
2. *Can you easily get to your place of worship?*
3. *Can you get to favorite stores and other services you are accustomed to visiting?*
4. *How much privacy do you need?*
5. *Will you be able to have pets?*
6. *Are you eligible for housing assistance?*

A number of broad categories of facilities with care options are listed on this page. Some of the terms used are general in nature, and may vary somewhat from facility to facility.

## Other Services Available in the Texoma Region

### REHABILITATION CENTER

903-893-7457

Physical therapy in a warm water setting. Arthritis Foundation aquatic exercise classes.

### SUBSTANCE ABUSE COUNCIL

903-892-9911 Grayson  
940-668-7463 Cooke  
903-640-4902 Fannin

### TX PRESBYTERIAN HEALTH HOSPITAL - WNJ SENIOR PASSPORT PROGRAM

903-870-7200

Senior Passport is a comprehensive benefits program offered jointly by Wilson N. Jones Medical Center and Community Specialty Hospital, designed to serve the needs of seniors 55-plus. From health screenings, exercise programs and wellness classes to exciting travel opportunities, enjoyable social events and special discounts at local retailers, Senior Passport is the complete program for seniors. From personal attention to special services, we are committed to meeting the needs and lifestyles of active seniors. Services include: Special privileges during hospital stays-While being cared for at TX Presbyterian Health Hospital -WNJ or Life Center Specialty Hospital, Senior Passport ensures your stay is as comfortable as possible. As a Senior Passport member, you will receive one guest meal coupon per day and a newspaper delivered to your room each day of your stay.

**Senior advocate** A special senior advocate as the coordinator of Senior Passport to aid you in your decisions. Our coordinator is dedicated to giving you the personal attention you deserve and understands the unique healthcare issues concerning seniors. Our Senior Passport coordinator will lend her expertise and is always available to answer your questions about Medicare, supplemental insurance and billing concerns. Membership card with medical history and discounts at local retailers-We understand the importance of your time and that is why, through computer technology, we are able to store your pertinent registration information on your membership card. Your card is also quite an asset while you are out on the town. Receive discounts at many of the area's fine local retailers just by showing

that you are a Senior Passport member. Educational programs-Senior Passport's wonderful team of physicians and support staff is dedicated to the education of Senior Passport members. From classes on general wellness and more specific health issues, you will find these discussions helpful and full of relevant information. Senior Passport also offers various exercise programs in which one of our excellent instructors will lead you to a program that caters to your fitness needs.

**Health screenings** With Senior Passport, you will have the advantage of receiving many free health screenings throughout the year, such as blood pressure check-ups, diabetes screenings and more. These health screenings can be extremely important in early detection and prevention of serious health risks. Special activities and travel opportunities. With many exciting travel opportunities, dances, picnics and other enjoyable get-togethers and outings, there's never a dull moment with Senior Passport!

### TX PRESBYTERIAN HEALTH WILSON N. JONES HEALTH CENTER ON 1417

903-892-2133

This primary health care clinic is open: Monday-Friday 8 AM to 5 PM. Visits by appointment and Walk-ins welcome.

### SAM RAYBURN VETERANS MEMORIAL HOSPITAL

903-583-2111

### CITY OF SHERMAN - COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM

903-892-7227

### CITY OF DENISON - COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM

903-465-2720

### TEXOMA COUNCIL OF GOVERNMENTS - WEATHERIZATION PROGRAM

1-800-677-8264  
903-813-3526

The weatherization program reduces energy loss by insulating, weather stripping, installing new windows, storm windows and doors, and sealing cracks and holes for income eligible homeowners or renters who obtain approval from their landlords.

### RETIREMENT COMMUNITIES

Apartments designed for individuals or couples who are totally independent and who choose to live in a community with other seniors. These facilities may offer other amenities such as organized social programs and recreational activities. Meal and transportation services may be provided for an additional fee.

**Howard Apartments - Gunter**  
903-433-2415

**The Renaissance - Sherman**  
903-868-2200

**St. Vincent's Village - Sherman**  
903-868-2818

**The Villas of Sherman - Sherman**  
903-813-3224

**Wesley Village - Denison**  
903-465-6463

### SUBSIDIZED RETIREMENT COMMUNITIES

An apartment designed for individuals or couples who are mobile and capable of self-care. Residents must be 62 years of age and meet specified income guidelines.

**Pecan Creek Village - Gainesville Housing Authority**  
940-665-1747

**Turner Apartments - Gainesville Housing Authority**  
940-665-1747

**Pecan Place - Bonham**  
903-583-2180

**Katy Creek Retirement Apartments - Bonham**  
903-583-1952

**Broughton Street / Scott Circle Complex - Sherman Housing Authority**  
903-893-3139

**Mauk Circle Complex - Denison Housing Authority**  
903-463-1783

**The Meadows - Denison**  
903-465-6463

**The Villas of Sherman - Sherman**  
903-813-3224

### ASSISTED LIVING FACILITIES

For additional information contact the AAA Ombudsman

Designed for individuals who may require some assistance with personal care services such as bathing, dressing, and medication reminders. Assisted living

does not provide skilled nursing care. Generally, in exchange for a monthly fee, a resident receives a room, meals, utilities, house-keeping, laundry, personal care, and regular contact with staff to ensure that all is well. Medicare does not pay for this type of care. However, in Texoma, some facilities are licensed to accept Medicaid approved CBA clients. Medicaid eligibility must first be completed through the Texas Health and Human Services Commission.

**Crawford Street Place - Denison**  
903-463-0400

**Hofmann-Mraz Care Home - Bonham**  
903-583-8380

**Home to You - Sherman (Medicaid certified unit)**  
903-893-7093

**Just Like Home - Whitesboro**  
903-564-7466

**Katy House - Denison**  
903-463-1323

**Nawnaws Place - Denison**  
903-337-0006

**Pecan Point Assisted Living and Memory Care Community - Sherman**  
903-892-9100

**Preston House - Sherman (Medicaid certified unit)**  
903-892-6937

**The Renaissance Assisted Living - Sherman**  
903-868-2200

**Stonebrook Assisted Living and Memory Care Community - Denison (Alzheimer's certified unit and adult day care)**  
903-465-5051

**Traditions Senior Living and Memory Care - Sherman**  
903-813-1610

**Wesley Village - Denison (Medicaid certified unit)**  
903-465-6463

**Wheeler House - Gainesville**  
940-668-8977

**The Willows - Sherman (Medicaid certified unit)**  
903-891-3737

**The Woodmore Assisted Living Community - Bonham**  
903-640-1200

**BOARD AND CARE HOMES**  
For additional information contact the AAA Ombudsman

Also known as personal care homes, may offer many of the same services as assisted living facilities, but do not have medical support services available. Board and care homes are usually privately-owned homes that can house four to six residents capable of independent living within a supportive environment. If they care for three or fewer individuals, these homes are not required to be licensed by the State of Texas. It is important to ask for references and/or check the home's record with the Area Agency on Aging ombudsman office.

#### **NURSING HOMES**

For additional information contact the AAA Ombudsman

Nursing homes may also be identified as convalescent centers, extended care homes, or skilled nursing facilities. These facilities must be licensed by the state. Some facilities offer private rooms, but most facilities are semi-private. Residents require skilled nursing care 24 hours a day and/or rehabilitative services. This level of care is the most expensive housing option. Medicaid eligibility is dependent upon the client's financial and medical need, and is obtained through the Texas Health and Human Services Commission. Medicare only covers limited skilled nursing care, and not long term custodial care. Further information can be obtained on each facility through the Area Agency on Aging Nursing Home Ombudsman Program, 903-813-3500 or 1-800-677-8264. Or you may research facility surveys on [www.medicare.gov](http://www.medicare.gov). Select nursing home compare. This excellent website allows you to review detailed information about the past performance of every Medicare and Medicaid certified nursing home. One on one consultation about regional nursing homes, financing, transfer of assets, Miller Trusts, spousal impoverishment, and estate recovery is also offered by the AAA benefits counselors.

**Beacon Hill**  
903-327-8537

**Bonham Nursing and Rehab Center - Bonham**  
903-583-8551

**Clyde W. Cosper Texas State Veterans Home (Alzheimer's certified unit)**  
903-640-8387

**Denison Nursing and Rehab Center - Denison**  
903-465-2438

**Fairview Nursing and Rehab Center - Bonham**  
903-583-2148

**Gainesville Health/Rehab Center - Gainesville (Alzheimer's certified unit)**  
940-665-2826

**Hilltop Haven Nursing Retirement Community - Gunter (2 Certified Alzheimer's Units)**  
903-433-2415

**The Homestead of Denison - Denison**  
903-463-4663

**The Homestead of Sherman - Sherman**  
903-891-1730

**Homestead Nursing & Rehabilitation of Collinsville**  
903-429-6426

**Honey Grove Nursing Center - Honey Grove (Alzheimer's certified unit)**  
903-378-2293

**Leonard Manor-Leonard**  
903-587-2282

**Meadowbrook Care Center - Van Alstyne**  
903-482-6455

**Mullican Care Center - Savoy (Alzheimer's certified unit)**  
903-965-0200

**Pecan Tree Rehab and Healthcare - Gainesville**  
940-668-6263

**Renaissance Care Center - Gainesville (Alzheimer's certified unit)**  
940-665-5221

**River Valley Health and Rehabilitation Center - Gainesville**  
940-665-0386  
1-800-585-0386

**Seven Oaks Nursing & Rehabilitation - Bonham**  
903-583-2191

**Sherman Healthcare Center**  
903-893-6348

**St. Richard's Villa - Muenster**  
940-759-2219

**Texoma Health Care Center - Sherman**  
903-893-9636

**Texoma Specialty Care Center - Denison**  
903-465-7442

**Whitesboro Health and Rehabilitation Center (Alzheimer's certified unit)**  
903-564-3508

#### **PUBLIC HOUSING**

**Gainesville Housing Authority**  
940-665-1747

**Texoma Housing Partners**  
1-800-258-1618  
903-813-3567  
903-583-1264

**Farmersville**  
972-782-6241

Serves Bells, Bonham, Ector, Farmersville, Honey Grove, Howe, Ladonia, Pottsboro, Savoy, Tom Bean, Trenton, Van Alstyne, Whitewright, Windom

**Denison Housing Authority**  
903-465-2650

**Elderly/handicapped**  
903-463-1783

**Grayson County Housing Authority**  
903-892-8717

**Sherman Housing Authority**  
903-893-3139

**Whitesboro Housing Authority**  
903-564-3700

**Texoma Council of Governments Section 8 Rental Assistance**  
903-893-2161

**COOKE COUNTY VOLUNTEERS IN SERVICE TO OTHERS**  
940-668-6403

#### **ELDERCARE LOCATOR**

1-800-677-1116  
[www.eldercare.gov](http://www.eldercare.gov)

National information and referral service helps identify community resources for individuals aged 60+ throughout the United States. Provided by the National Association of Area Agencies on Aging and the Administration on Aging.

#### **LEGAL HOTLINE FOR OLDER TEXANS**

1-800-622-2520  
[www.tlsc.org](http://www.tlsc.org)

Older Texans, 60 years of age or older, who have questions about rights, benefits, or other legal matters can obtain free advice and referrals through this legal hotline service sponsored by Texas Legal Services.

### LEGAL AID OF NORTHWEST TEXAS

1-800-955-7407  
www.lnwt.org

Cooke County residents call Denton office for intakes Tuesdays 8a.m. - 5p.m. 800-955-1407

### GAINESVILLE LEGAL AID CLINIC

2112 E. Hwy. 82  
Gainesville, TX  
972-542-9405  
972-562-6001

3rd Thurs. of Month 5 - 7 p.m.

### GRAYSON AND FANNIN COUNTY LEGAL AID CLINIC

1-800-906-3045

Call McKinney office for intakes 1st Tues. of Month 9 a.m. - 3 p.m.

### METRO SHERMAN DENISON

903-868-1000

Legal Aid Clinic for Grayson and Fannin County residents meets at Grace United Methodist Church 1st Thursday each month, 6-9:30 p.m. at 2800 Canyon Creek Dr. Sherman; or by appointment at the Glennie O'Hamm Center the 2nd Tuesday of ea month 9a.m. -12p.m. Clinics are held quarterly at St. Elizabeth Catholic Church, 6-9 p.m., at 303 W. 10th Street, Bonham.

### PERSONAL EMERGENCY RESPONSE SYSTEM

PERS are emergency alert button devices that are placed in your home and can be pressed to summon help from emergency response centers. These signals are transmitted electronically over the telephone. These services can be arranged through the Area Agency on Aging and Disability Services Elder Watch Program, or by contacting the following providers:

#### Alert Response

972-318-0161  
1-888-871-2879 Metro

#### Home Enterprises, Inc.

903-796-4107  
1-800-722-3401 Toll-Free

### NATIONAL ASSOCIATION OF RETIRED AND VETERAN RAILROAD EMPLOYEES (NARVE)

903-465-7170  
1-412-563-5612 Fax

The object and purpose of N.A.R.V.E. organized as non-profit corporation, shall be and is exclusively for educational, scientific, literary and professional purposes of studying, promoting, and disseminating the philosophy and principles underlying the legislative process in order to further the growing interest in the continuance of Public Law #162 enacted by the 75th Congress of The United States of America on June 24, 1937, commonly referred to as the Railroad Retirement Act; to bring into closer cooperation the railway employees, both active and retired, of the country; to inculcate and uphold the general principles necessary to protect the standard of living for all current and former railway employees, and to lend moral aid and strength to the activities of its members, the Standard Railroad Labor Organizations, senior citizens groups and other organizations, who are promoting the general welfare of retired people in The United States of America; all within the meaning of Section 501(c)(4) of the Internal Revenue Code.

### NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES

Mon-Fri 8 a.m. - 4:45 p.m. EST  
703-838-7760  
703-838-7785 Fax

1-800-456-8410 Member

1-800-627-3394 Recruitment & Retention

703-838-7780 24-Hr Legislative Hotline

www.narfe.org

The National Active and Retired Federal Employees Association (NARFE) is dedicated to protecting and enhancing the earned pay, retirement and health care benefits of federal employees, retirees and their survivors. Founded in 1921, NARFE's legacy spans more than 90 years - working tirelessly in support of our members before Office of Personnel Management, members of Congress and the White House.

### CANCER SUPPORT GROUP

903-892-9455

Texoma Cancer Center-Heart to Heart support group for cancer patients and caregivers.

### DIABETES LIFE CENTER

903-416-4112

### GRIEF & LOSS - HOME HOSPICE, INC.

903-868-9315

Grayson/Fannin/Cooke

### MULTIPLE SCLEROSIS SUPPORT GROUP

903-893-5141

The Texoma Neurology Associate in Sherman helped form the local chapter with the National MS Society three years ago. A MS support group meets monthly.

### OSTOMY CHAPTER OF SHERMAN

Texoma Cancer Center  
903-892-9455

### SHERMAN TRANSPORTATION

903-892-1544

### TEXOMA AREA PARATRANSIT SYSTEM (TAPS)

1-800-256-0911  
For Rides

1-800-256-0911  
Where is my Ride?

1-855-331-6732  
Complaints/Concerns

www.tapsbus.com

TAPS serves the mobility needs of all persons, not just our aging population. In today's economy, we feel that the passenger base will inevitably increase primarily due to the perpetual increase in fuel prices. Commuters are already looking for alternative means of getting to and from the grocery store, medical appointments, education opportunities and employment.

### TEXAS DEPARTMENT OF PUBLIC SAFETY

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

Dallas  
214-320-4444  
214-512-2726 Beeper

Mon-Fri 4:30 a.m. - 10:00 p.m.  
Sat-Sun 9:30 a.m. - 6:00 p.m.

Fort Worth  
817-370-6656 (24 Hours except Fri/Sat Midnight - 6 a.m.)

Texas has a free courtesy patrol on major freeways in major cities. They will change a flat tire, give you gas, help start your car, or call you a tow truck. It is paid for by our taxes.

### YELLOW CAB

903-892-8294

### AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)

www.aarp.org

The American Association of Retired Persons offers a national registry to link interested AARP members to a variety of AARP sponsored programs such as 55 Alive, Tax Aide, and Connections for Independent Living.

### TEXOMA MEDICAL CENTER AUXILIARY

903-416-4056

### TX PRESBYTERIAN HEALTH HOSPITAL - WNJ AUXILIARY

903-870-4567

### OTHER COMMUNITY VOLUNTEER WORKSTATION EXAMPLES

**American Red Cross**  
903-465-1330

**Home Hospice**  
Grayson County  
903-868-9315  
1-888-233-7455

Cooke County  
940-665-9891

**CASA (Court Appointed Special Advocates)**  
Grayson County 903-813-5400  
Fannin County 903-583-4339

**Child Advocacy**  
866-583-KIDS

**Crisis Center**  
903-893-3909

**Boy Scouts of America**  
903-893-2130

**Camp Fire Boys and Girls Texoma Council**  
903-465-2790 or 800-998-4119

**Child Guidance Clinic of Texoma**  
903-893-7768

**Denison Helping Hands**  
903-465-5101

**Eisenhower Birth Place**  
903-465-8908

**Grayson Literacy Team**  
903-892-7272

**Hagerman National Wildlife Refuge**  
903-786-2826

**Junior Achievement of Grayson County**  
903-892-8766

**Meals on Wheels/Senior Nutrition and Activity Programs**  
903-786-3351 (Or call your local senior center)

**Perrin Air Force Base Museum**  
903-893-6400

**Red River Historical Museum of Sherman**  
903-893-7623

**Sherman Ex Students Museum**

903-893-8250

**AMERICAN ASSOCIATION OF RETIRED PERSONS**

www.aarp.org

**ADMINISTRATION ON AGING**

www.aoa.org

**NATIONAL COUNCIL OF AGING/BENEFITS CHECKUP**  
Screens for federal, and state benefits

www.benefitscheckup.org

**U. S. DEPARTMENT OF HEALTH AND HUMAN SERVICES**

www.dhhs.org

**TEXAS HEALTH AND HUMAN SERVICES COMMISSION**

www.hhsc.state.tx.us

**ELDERCARE NATIONWIDE**

www.eldercare.gov

**HEALTH INFORMATION**

www.healthfinder.gov

**SERVICES AVAILABLE ANYWHERE IN TEXAS**

www.211texas.org

**MEDICARE INFORMATION**

www.medicare.gov

**INFORMATION ON OBTAINING FREE MEDICATION**

www.rxassist.org

www.needymeds.org

**SOCIAL SECURITY**

www.ssa.gov

**APPLY FOR MEDICAID, TANF, CHIPS**

www.yourtexasbenefits.com

**TEXAS DEPARTMENT OF INSURANCE**

Medicare Supplements and LTC Insurance

www.tdi.state.tx.us

**TEXAS DEPARTMENT OF AGING AND DISABILITY SERVICES**

www.dads.state.tx.us

**NURSING HOME COMPARE**

Review quality of care in hospitals, nursing homes and home health agencies

www.medicare.gov

**INFORMATION ON LOW-INCOME HOUSING IN TEXAS**

texashousingcounselor.org

**ADD YOUR NAME TO A NO-CALL LIST TO LIMIT TELEMARKETING CALLS**

www.texasnocall.com

**TEXOMA COUNCIL OF GOVERNMENTS AREA AGENCY ON AGING**

www.tcog.com

**TEXAS LEGAL SERVICES CENTER**

Access to legal information for seniors

www.tlsc.org



## P.I.E. 2013 Schedule - TCOG's Eisenhower Room

1117 GALLAGHER DRIVE - SHERMAN - 12 NOON - 1:00 P.M.

month	speaker	topic
January	No Meeting	
February 19	Robin McCoy	Get Out of Debt
March 19	Dr. Musani	Hearing
April 16	Dr. Bernath	Talking to Your Doctor
May 21	Dr. Strobel	Menopause
June 18	Joyce White	Surviving the Summer with the Kids
July 16	Tami Dobbs, FNP-C	Summertime & Your Skin
August 20	Joyce White	Climbing Your Family Tree
September 17	Dr. Jermaine Clark	Acid Reflux
October 15	Jim Salling	Finances After Retirement
November 19	Dr. McBride	Geriatrics
December	No Meeting	

**SPONSORED BY:**

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

**Home Hospice**  
Serving Sherman, Cooke & Pottawatomie Counties

**Texas Health**  
Primary Care and Hospital Care

**Area Agency on Aging of Texoma**

**TCOG**  
TEXOMA COUNCIL OF GOVERNMENTS

**TCOG**  
TEXOMA COUNCIL OF GOVERNMENTS

**Area Agency on Aging of Texoma**

**TEXOMA SENIOR**  
SOURCEBOOK 2013-2014



*Supporting the Health and  
Wellbeing of the People in  
Our Community.*

#### about us

The Texoma Health Foundation is the only independent, nonprofit public health foundation serving Grayson, Fannin, Bryan, and Marshall Counties. The Foundation is governed by a fifteen member Board of Directors comprised of community leaders and a representative for Reba McEntire. In addition to overseeing multiple funds and endowments, THF awards grants to area nonprofits annually, as well as owns and operates Reba's Ranch House. To learn more visit [www.texomahealth.org](http://www.texomahealth.org)

5036 Reba Drive

Denison, Texas 75020

903-337-0755

903-337-0744 (fax)

[info@texomahealth.org](mailto:info@texomahealth.org)



# LEAVE YOUR LEGACY

## FOR YOUR COMMUNITY. FOR NOW. FOREVER.

### designate to existing funds

- Breast Cancer Support Group
- Camperships for Children with Diabetes
- Dialysis Care
- Assistance for Breast Cancer Treatment and Surgeries through 500 Strong
- Patient Assistance for Children's Medical Services
- THF's Room for Hope
- Patient Assistance for the Uninsured
- Reba's Ranch House
- Scholarships for Emergency Medical Technicians
- Support of Nursing Education and Retention

### make an unrestricted gift

to benefit area nonprofits selected annually through THF's Community Grants process. The Foundation provides a fair and objective review that allows us to serve as a partner in giving and selection of strong nonprofit organizations doing good work in our area. Each year, THF works to select worthy projects improving the health and wellbeing of Texoma.

### set up your own fund

When setting up a fund, the foundation acts as an umbrella organization. THF's investments are expertly pooled with the goal of perpetuity which allows our donors to establish a legacy of giving for generations to come.