The Aging Information Office is a project of the Community Council of Greater Dallas

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For additional information on aging services and programs, or questions about this booklet call or write:

AGING INFORMATION OFFICE
1349 Empire Central Dr., Suite 400
Dallas, Texas 75247
2-1-1 or
214-379-4636

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PREFACE

The Aging Information Directory is a cooperative effort of the Community Council of Greater Dallas and the Dallas Area Agency on Aging. The Community Council of Greater Dallas operates 2-1-1 Texas, a comprehensive Information and Referral Service. The Aging Information Office, funded by the Dallas Area Agency on Aging, has been a program of the Community Council of Greater Dallas Information and Referral Service since 1974.

The Aging Information Directory is intended to serve older persons and their caregivers. The format for the directory provides readers with a snapshot of each organization. The table of contents is in the front of the book. The body of the directory is organized by subject. Each subject is introduced by a brief subject description followed by the providers’ names, addresses and telephone numbers.

The directory includes government and nonprofit agencies that provide services for older adults.

To receive a single copy of the directory, write or call:

Aging Information Office
1349 Empire Central Dr., Suite 400
Dallas, TX 75247
2-1-1 or 214-379-4636
admin@ccgd.org
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HELPFUL WEB SITES

Caregiver's Resources
AARP
www.aarp.org

AGS Foundation for Health in Aging
www.healthinaging.org

Administration on Aging
www.aoa.dhhs.gov

Benefits Checkup
www.benefitscheckup.org

Caregiver Survival Resources
www.caregiver911.com

CaregiverCount
www.caregiverscount.com

Caregivers World
www.caregiversworld.com

Careguide
www.careguide.com

Elder Web
www.elderweb.com

Empowering Caregivers
www.care-givers.com

Family Caregiver America
www.familycareamerica.com

Family Caregiving Alliance
www.caregiver.org
Family Caregivers Online
www.familycaregiversonline.net

First Gov for Seniors
www.seniors.gov

The Home Care Companion
www.homecarecompanions.com

Healthfinder
www.healthfinder.gov

Information About Services in Your Community
www.eldercare.gov

National Family Caregivers Association
www.nfcacares.org

National Self Help Clearinghouse
www.selfhelpweb.org

Senior Net
www.seniornet.org

**Hearing Impaired**

Deafness
www.deafness.about.com

**Prescription Assistance**

Medicare Prescription Discount Information
www.medicare.gov
RX hope
www.rxhope.com

PhRMA Patient Assistance Programs
www.phrma.org

Needy Meds
www.needymeds.com

Pfizer
www.pfizer.com

**Senior Web Sites**

Connect to Care
Aging and Disability Resource Center
www.connecttocaredallas.org

Social Security Administration
www.ssa.gov

Texas Association for Home Care, Inc.
www.tahc.org

Texas Department of Aging and Disability Services (formerly Texas Department on Aging)
www.dads.state.tx.us

Trailblazer Health Enterprises, Inc.
www.trailblazerhealth.com

Well Spouse Foundation
www.wellspouse.org
Glossary of Terms

Activities of Daily Living (ADL’s): Everyday activities, which include bathing, grooming, eating, personal hygiene and dressing.

Ambulatory: Describes a person's ability to walk around.

Dementia: Progressive neurological, mental, or medical disorder that affects memory, judgment and thought processes.

Elder Law: Legal speciality dealing with trusts, estates, public benefits etc. for older adults and families.

Assisted Living: Residential setting or facility based services that provide supervised housing, meals, medication supervision, activities, etc. but minimal nursing care.

Continuing Care Facilities: Contracted lifelong housing, board, and health services provided in a residential setting, offering a full spectrum of care via care retirement communities.

Independent Living: Housing for fully independent seniors.

Long Term Care Insurance: Privately issued insurance policy which covers the cost of nursing home care, assisted living, and home health care. Premiums are based on age, health, length of deductible periods, amount paid and duration of benefits.

Nursing Facilities: Provides 24 hr long term nursing care.

Para-transit: Provides curb-to-curb transportation for persons who are unable to ride the regular transit system due to documented physical disabilities.
ADULT DAY CARE:

Adult Day Care provides care for dependent adults in a supervised and protective setting during some portion of a day.

TEXAS HEALTH AND HUMAN SERVICES COMMISSION - COMMUNITY CARE FOR AGED & DISABLED ADULTS (CCAD)
801 S. State Hwy 161
Grand Prairie, TX 75051
www.hhsc.state.tx.us/regions/03
(The Commission contracts with various facilities to provide day care for low income individuals who meet income and medical eligibility guidelines.)

AGAPE ADULT DAY CARE
738 W. 10th Street
Dallas, TX 75208
(214)941-9925

CHRISTIAN HEIGHTS ADULT DAY AND HEALTH CARE
4708 Wadsworth St.
Dallas, TX 75216
(214)371-4285

EMERITUS AT FARMERS BRANCH
13505 Webb Chapel Rd.
Farmers Branch, TX 75234
www.emeritus.com
(972)241-3955

EMERITUS OF LAKE HIGHLANDS
9715 Plano Rd.
Dallas, TX 75238
(214)343-7445

FRIENDS PLACE ADULT DAY SERVICES
1960 Nantucket Dr.
Richardson, TX 75080
(972)437-2940
HAPPY CARE ADULT DAY CENTER  (214)928-7800
4915 Brashear
Dallas, TX 75210

MESQUITE ADULT DAY ACTIVITY CENTER  (972)226-2131
229 Barnes Bridge Rd.
Mesquite, TX 75150

SCENARIO ADULT RESTORATIVE NURSING & DAY CARE  (214)351-1212
3120 W. Northwest Hwy.
Dallas, TX 75220

SECURE HAVEN ADULT DAY CARE  (214)339-4920
2837 W. Illinois Ave.
Dallas, TX 75233

TOWN HALL ADULT DAY HEALTH CARE CENTER - OAK CLIFF  (214)941-7353
326 E. 12th St.
Dallas, TX 75203

ULTIMATE ADULT DAY CARE CENTER  (214)320-0080
3650 N. Buckner Blvd, Suite 110A
Dallas, TX 75228

WE CARE ADULT DAY CARE CENTER  (214)371-7331
3200 S. Lancaster Rd, Suite 609
Dallas, TX 75216

1ST HERITAGE WAY ADULT DAY CARE  (972)699-7700
13521 Method St.
Dallas, TX 75243
ADULT PROTECTIVE SERVICES:
Investigates reports of abuse, neglect and exploitation of aged and disabled adults.

TEXAS DEPT. OF FAMILY & PROTECTIVE SERVICES
2355 N. Stemmons Frwy.
Dallas, TX 75207
www.dfps.state.tx.us

(800)252-5400
24 Hr. Hotline

ADVOCACY:
Advocacy groups intercede on behalf of individuals and/or groups to ensure that they receive the benefits and services to which they are entitled and that their rights, guaranteed by law, are protected and enforced.

ABILITY CONNECTION TEXAS
8802 Harry Hines Blvd.
Dallas, TX 75235
www.abilityconnectiontexas.org

(214)351-2500

ADVOCACY CENTER FOR THE ELDERLY
1349 Empire Central Dr., Suite 400
Dallas, TX 75247
www.ccgd.org

2-1-1 or
(214)379-4636

ADVOCACY, INC.
1420 W. Mockingbird Ln., Suite 450
Dallas, TX 75247
www.advocacyinc.org

(214)630-0916

AGING INFORMATION OFFICE
1349 Empire Central Dr., Suite 400
Dallas, TX 75247

2-1-1 or
(214)379-4636
AIDS INTERFAITH NETWORK, INC. (214)941-7696
501 N. Stemmons, Suite 200
Dallas, TX 75207
www.aidsinterfaithnetwork.org

ARC OF DALLAS, THE (214)634-9810
10455 N. Central Expwy., Ste. 109-523
Dallas, TX 75231
www.arcdallas.org

DALLAS, CITY OF
OFFICE OF SENIOR AFFAIRS (214)670-5709
1500 Marilla St. 6/B/N
Dallas, TX 75201
www.dallascityhall.com

DEAF ACTION CENTER (214)521-0407
3115 Crestview Dr.
Dallas, TX 75235
www.fdesk@deafactioncenter.texas.org

EPILEPSY FOUNDATION OF TEXAS (888)548-9716
2630 Fountain View Dr., Ste. 210
Houston, TX 77057
www.eftx.org

JEWISH FAMILY SERVICE GERONTOLOGY (972)437-9950
24 Hr.
5402 Arapaho Rd.
Dallas, TX 75248
www.jfsdallas.org

LA VOZ DEL ANCIANO (214)881-7583
3603 W. Winnetka
Dallas, TX 75212
www.lavozdallas.org
NATIONAL ALLIANCE ON MENTAL ILLNESS - DALLAS (NAMI) (214)341-7133
2812 Swiss Ave.
Dallas, TX 75204
www.namidallas.org

RICHARDSON, CITY OF OLDER ADULT PROGRAM (972)744-7800
820 W. Arapaho Rd.
Richardson, TX 75080

SEAGOVILLE SENIOR CENTER (972)287-4113
304 E. Farmers Rd.
Seagoville, TX 75159
www.cityofseagoville.org/senior_center.htm

SENIOR ADULT SERVICES FOR ADDISON, CARROLLTON, COPPELL & FARMERS BRANCH (972)242-4464
One Medical Pkwy., Professional Plaza 1 Ste. 115
Farmers Branch, TX 75234
www.senioradultservices.org

SENIOR SOURCE, THE ADVOCACY GROUP FOR ELDERS (214)823-5700
3910 Harry Hines Blvd.
Dallas, TX 75219
www.theseniorsource.org

ASSISTIVE TECHNOLOGY:
Programs that provide equipment, appliances and assistive aids that enable people who have physical or sensory limitations to increase their mobility and ability to communicate and live more comfortably.
Large Print Materials

AMERICAN FOUNDATION FOR THE BLIND - CENTER ON VISION LOSS
(214)352-7222
11030 Ables Lane
Dallas, TX 75229
www.afb.org

DALLAS LIGHTHOUSE FOR THE BLIND, INC.
(214)821-2375
4306 Capitol Ave.
Dallas, TX 75204
www.dallaslighthouse.org

PUBLIC LIBRARY, CITY OF DALLAS CENTRAL LIBRARY
(214)670-1400
1515 Young St.
Dallas, TX 75201
www.dallaslibrary2.org

TEXAS STATE LIBRARY - Talking Books Programs
(800)252-9605
PO Box 12927
Austin, TX 78711
www.tsl.state.tx.us/www.texastalkingbooks.org

Orientation/Mobility Training

DALLAS LIGHTHOUSE FOR THE BLIND VOCATIONAL REHABILITATION
(214)821-2375
4306 Capitol Ave.
Dallas, TX 75204
www.dallaslighthouse.org

TEXAS DEPARTMENT OF ASSISTIVE & REHABILITATIVE SERVICES, DIV. FOR BLIND SERVICES (DARS)
(214)378-2600
(800)687-7017
6500 Greenville Ave. Suite 250
Dallas, TX 75206
Recordings for the Blind and Physically Disabled
AMERICAN FOUNDATION FOR THE BLIND - CENTER ON VISION LOSS
11030 Ables Lane
Dallas, TX 75229
www.afb.org

DALLAS PUBLIC LIBRARY
City of Dallas
1515 Young St.
Dallas, TX 75201
www.dallaslibrary2.org

READING & RADIO RESOURCE
2007 Randall
Dallas, TX 75201
www.readingresource.org

TEXAS STATE LIBRARY - Talking Books Program
PO Box 12927
Austin, TX 78711
www tsl.state.tx.us/www.texastalkingbooks.org

TDD Linkage
DEAF ACTION CENTER
3115 Crestview Dr.
Dallas, TX 75235
www.deafactioncentertexas.org

RELAY TEXAS
1701 N. Congress Ave.
PO Box 13326
Austin, TX 78711
www.puc.state.tx.us/relay

7-1-1 TDD
CAREGIVER SUPPORT:
Provides support to family members caring for relatives age 60 and older and grandparents or other relative 55+ raising grandchildren 18 years of age and younger. Also provides training and educational opportunities for caregivers and professionals working with older adults.

ADVOCACY CENTER FOR THE ELDERLY 2-1-1 or (214)379-4636
1349 Empire Central Dr., Suite 400
Dallas, TX  75247-4033
www.ccgd.org

CASE MANAGEMENT:
Case management programs assess the individual's needs and coordinate the delivery of services.

ABILITY CONNECTION TEXAS (214)351-2500
8802 Harry Hines Blvd.
Dallas, TX 75235
www.abilityconnectiontexas.org

DALLAS LIGHTHOUSE FOR THE BLIND (214)821-2375
VOCATIONAL REHABILITATION
4306 Capitol Ave.
Dallas, TX 75204
www.dallaslighthouse.org

JEWISH FAMILY SERVICE (972)437-9950
GERONTOLOGY  24 Hr.
5402 Arapaho Rd.
Dallas, TX 75248
www.jfsdallas.org

LA VOZ DEL ANCIANO  (214)881-7583
3603 W. Winnetka
Dallas, TX 75212
www.lavozdallas.org
PARKLAND HEALTH AND HOSPITAL SYSTEM - GERIATRICS PROGRAM
(214)590-8369
1936 Amelia Court, 2nd Floor
Dallas, TX 75235
www.parklandhospital.com

PARKLAND SENIOR OUTREACH SERVICES
(214)590-0646
4811 Harry Hines Blvd., Bldg. C
Dallas, TX 75235
Serves zip codes: 75204, 75207, 75208, 75210, 75212, 75215,
75216, 75217, 75241
(214)590-0647

SENIOR ADULT SERVICES FOR ADDISON, CARROLLTON,
COPPELL & FARMERS BRANCH
(972)242-4464
One Medical Pkwy. Professional Plaza 1, Ste. 115
Farmers Branch, TX 75234
www.senioradultservices.org

SENIOR SOURCE, THE ELDER SUPPORT PROGRAM
(214)823-5700
3910 Harry Hines Blvd.
Dallas, TX 75219
www.theseniorsource.org

SENIORS' NET
(972) 234-8880 ext. 118
741 S. Sherman St.
Richardson, TX 75081
(Serves only those living in the Richardson ISD)

VETERANS AFFAIRS, DEPT. OF NORTH TEXAS HEALTH CARE SYSTEM
(214)742-8387
4500 S. Lancaster Rd.
Dallas, TX 75216
www.northtexas.va.gov
CONSUMER PROTECTION AGENCIES:
Agencies established by federal, state, county or city officials, business or industry associations, the media or the private sector to provide consumer education and information and to handle consumer complaints regarding unfair or fraudulent business or credit practices.

ATTORNEY GENERAL OF TEXAS
CONSUMER PROTECTION 8 PUBLIC HEALTH OFFICE
1412 Main St., Ste. 810
Dallas, TX 75202
www.oag.state.tx.us

BETTER BUSINESS BUREAU OF METROPOLITAN DALLAS
1601 Elm St., Suite 3838
Dallas, TX 75201
www.dallas.bbb.org

DALLAS, CITY OF CODE COMPLIANCE
3112 Canton, Ste. A
Dallas, TX 75226
www.dallascityhall.com

U.S. CONSUMER PRODUCT SAFETY COMMISSION
4330 East West Hwy.
Bethesda, MD 20814
www.cpsc.gov

TEXAS DEPARTMENT OF INSURANCE
333 Guadalupe St.
Austin, TX 78701
www.tdi.state.tx.us
CREDIT COUNSELING:
Programs that provide direction and guidance and/or legal assistance for people who are having difficulty meeting their financial obligations and may be faced with bankruptcy or loss of their homes or property.

CONSUMER CREDIT COUNSELING SERVICE
(214)638-2227
(800)249-2227
8737 King George Dr., Suite 200
Dallas, TX 75235
www.cccs.net
(Call for location of branch offices located throughout the Metroplex.)

DENTAL CARE:
The programs listed specialize in the care of teeth including the prevention, diagnosis and treatment of diseases of the teeth and gums.

BAYLOR COLLEGE OF DENTISTRY
(214)828-8100
3302 Gaston Ave.
Dallas, TX 75246

COMMUNITY DENTAL CARE
(214)630-7080
1420 W. Mockingbird Ln., Suite 500
Dallas, TX 75247
www.communitydentalcare.org

COMMUNITY DENTAL CARE CLINIC
AMELIA COURT (AIDS/HIV)
(214)590-5518
1936 Amelia Court
Dallas, TX 75235

BLUITT FLOWERS CLINIC
(214)266-4280
303 E. Overton Rd.
Dallas, TX 75216
deHARO-SALDIVAR CLINIC  (214)266-0630
1400 N. Westmoreland Rd.
Dallas, TX 75211

EAST DALLAS CLINIC  (214)266-1170
3320 Live Oak St.
Dallas, TX 75204

FARMERS BRANCH/CARROLLTON  (972)241-2259
13551 Dennis Lane
Dallas, TX 75234

GARLAND CLINIC  (214)266-0760
802 Hopkins
Garland, TX 75040

STEWPOT (Homeless)  (214)560-2514
1822 Young St.
Dallas, TX 75201

MARTIN LUTHER KING, JR. FAMILY CLINIC  (214)426-3645
2922 B MLK, Jr. Blvd. Bldg. B
Dallas, TX 75215

PARKLAND HEALTH AND HOSPITAL SYSTEM ORAL SURGERY PROGRAM  (214)590-5606
5201 Harry Hines Blvd.
Dallas, TX 75235
www.parklandhospital.com

URBAN INTER-TRIBAL CENTER OF TEXAS HEALTH CLINIC  (214)941-1050
209 E. Jefferson Blvd.
Dallas, TX 75203
EMPLOYMENT:
If you are of retirement age, but not quite ready to stop working, call one of the agencies below. They assist people who are able and willing to work by helping them prepare for, find, secure and retain suitable employment.

Job Training

DALLAS CENTER, INC.  (214)328-4309
8550 Cadenza Ln.
Dallas, TX 75228
www.dallascenter.org

DEAF ACTION CENTER  (214)521-0407
3115 Crestview Dr.
Dallas, TX 75235
www.deafactioncenter.texas.org

DALLAS LIGHTHOUSE FOR THE BLIND  (214)821-2375
4245 Office Parkway
Dallas, TX 75204
www.dallaslighthouse.org

EPILEPSY FOUNDATION OF TEXAS  (888)548-9716
2630 Fountainview, Ste. 210
Houston, TX 77055
www.eftx.org

GOODWILL INDUSTRIES OF DALLAS  (214)638-2800
3020 N. Westmoreland Rd.
Dallas, TX 75212
(Persons with disabilities)
www.goodwilldallas.org

LAUNCHABILITY  (972)991-6777
4350 Sigma Rd., Suite 100
Farmers Branch, TX 75244
HEALTH CARE:

The primary purpose of the programs listed is to help people in the community achieve and maintain their health through prevention, screening, evaluation and treatment of illnesses, injuries or disabilities.
Dementia Management
UT SOUTHWESTERN MEDICAL CENTER - DALLAS
5323 Harry Hines Blvd.
Dallas TX 75235
www.utsouthwestern.edu

Geriatric Medicine
BAYLOR UNIVERSITY MEDICAL CENTER
www.baylorhealth.com
Baylor Senior Health Center Locations
Baylor 4004 Worth, Suite 100 (214)820-6060
Fair Park 2835 Grand Ave. (214)421-4411
Garland 800 N. Shiloh Rd. (972)487-5444
Mesquite 1650 Republic Parkway, #150 (972)279-7575

MARTIN LUTHER KING, JR. FAMILY CLINIC
2922 MLK, Jr. Blvd., Building B
Dallas, TX 75215

PARKLAND HEALTH AND HOSPITAL SYSTEM
www.parklandhospital.com
Community Oriented Primary Care Clinics
Bluitt-Flowers 303 E. Overton Rd. (214)266-4200
Amelia Court 1936 Amelia Ct., 2nd Fl. (214)590-8369
de Haro/Saldivar 1400 N. Westmoreland Rd. (214)266-0500
East Dallas 3320 Live Oak St. (214)266-1000
Garland 802 Hopkins St. (214)266-0700
Southeast Dallas 9202 Elam Rd. (214)266-1600
Vickery 8224 Park Ln., Suite 130 (214)266-0350
Irving 1800 N. Britain Rd. (214)266-3000
Senior House Calls 4811 Harry Hines Blvd. (214)590-0409
TEXAS HEALTH DALLAS PRESBYTERIAN (214)345-8000
Senior Health Clinic Locations
Central - 8198 Walnut Hill Lane
Jackson Bldg.

METHODOIST RICHARDSON HEALTH CENTER
(972)498-4500
820 W Arapaho Rd. #200
Richardson, TX 7508

BAYLOR SENIOR HEALTHCARE (972)492-6565
4323 N. Josey Ln., Suite 107
Carrollton, TX 75010

Glaucoma Screening
CATARACT INSTITUTE OF TEXAS (214)691-1000
4633 N. Central Expy. (214)520-7444
Dallas, TX 75205 (214)443-7522

PREVENT BLINDNESS TEXAS (214)528-5521
3610 Fairmount St.
Dallas, TX 75219

Health Screening
BAYLOR UNIVERSITY MEDICAL CENTER - BAYLOR 55 PLUS (800)422-9567
3500 Gaston Ave. (214)820-3055
Dallas, TX 75246
www.baylorhealth.com

DALLAS COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES NURSING DIVISION (214)819-2000
2377 Stemmons Frwy.
Dallas, TX 75235
www.dallascounty.org
PARKLAND SENIOR OUTREACH SERVICES
4811 Harry Hines Blvd.
Dallas, TX 75235
www.parklandhospital.com

URBAN INTER-TRIBAL CENTER HEALTH CLINIC
209 E. Jefferson Blvd.
Dallas, TX 75203

Hearing Screening
CALLIER CENTER FOR COMMUNICATION DISORDERS
1966 Inwood Rd.
Dallas, TX 75235
www.callier.utdallas.edu

Hospital Based Outpatient
BAYLOR UNIVERSITY MEDICAL CENTER
3500 Gaston Ave.
Dallas, TX 75246
www.baylorhealth.com

Baylor Senior Health Center Locations:
Casa Linda/Fair Park
2835 Grand Ave.
Dallas, TX 75215
(214)421-4411

Garland
800 N. Shiloh Rd.
Garland, TX 75042
(972)487-5444

Mesquite
1650 Republic Parkway, Ste. 150
Mesquite, TX 75150
(972)279-7575

Baylor University Medical Center at Love Field
4001 E. Campisi Dr.
Dallas, TX 75246
www.baylorhealth.com

Baylor Plano Women's Hospital
3000 W. Park Boulevard
Plano, TX 75093
www.baylorhealth.com
CHARLTON METHODIST HOSPITAL (214)947-7777
3500 W. Wheatland Rd.
Dallas, TX 75237
www.methodisthealthsystem.org

METHODOIST MEDICAL CENTER (214)947-8181
1441 N. Beckley Ave.
Dallas, TX 75203
www.methodisthealthsystem.org

PARKLAND HEALTH AND HOSPITAL SYSTEM (214)590-8000
5201 Harry Hines Blvd.
Dallas, TX 75235
www.parklandhospital.com

PRESBYTERIAN HEALTHCARE SYSTEM (214)345-6789
PRESBYTERIAN HOSPITAL OF DALLAS
8200 Walnut Hill Ln.
Dallas, TX 75231
www.phscare.org

UT SOUTHWESTERN UNIVERSITY HOSPITAL -- ST. PAUL (214)645-5555
5909 Harry Hines Blvd.
Dallas, TX 75390
www.stpauldallas.com

VETERANS AFFAIRS, DEPT. OF, NORTH TEXAS HEALTH CARE SYSTEM (214)742-8387
4500 S. Lancaster Rd.
Dallas, TX 75216
www.north-texas.med.va.gov
Physician Referral

BAYLOR UNIVERSITY (800)422-9567
MEDICAL CENTER - BAYLOR HELPLINE (214)820-0111
3500 Gaston Ave.
Dallas, TX 75246
www.baylorhealth.com

DALLAS COUNTY MEDICAL SOCIETY (214)948-3622
140 E. 12th St.
Dallas, TX 75203
www.dallas-cms.org

MEDICARE CONTRACTOR (800)633-4227
INFORMATION LINE
PO Box 660156
Dallas, TX 75266
(Medicare participating physicians and suppliers directory.)
www.medicare.gov/www.trailblazerhealth.com

METHODIST HOSPITALS OF DALLAS (214)947-0000
PHYSICIAN REFERRAL SERVICE
1441 N. Beckley Ave.
Dallas, TX 75203

UT SOUTHWESTERN UNIVERSITY (214)645-5555
HOSPITAL -- ST. PAUL
5909 Harry Hines Blvd.
Dallas, TX 75390
www.stpauldallas.com
HEALTH EDUCATION:

Health education groups provide educational material, information and referral and mutual support groups for individuals who are concerned about or suffering from any of a variety of illnesses or disabilities. These programs teach and encourage a variety of mental and physical preventive techniques such as exercise, fitness, stress management and relaxation.

ALZHEIMER'S ASSOCIATION, GREATER (214)827-0062
DALLAS CHAPTER
ALZHEIMER'S DISEASE RESOURCE CTR.
4144 N. Central Expressway, #750
Dallas, TX 75204
www.alztdallas.org

AMERICAN CANCER SOCIETY, DALLAS (214)819-1200
METRO
8900 Carpenter Frwy.
Dallas, TX 75247
www.cancer.org

AMERICAN DIABETES ASSOCIATION (972)392-1181
4100 Alpha Rd, Ste. 100
Dallas, TX 75244
www.diabetes.org

AMERICAN FOUNDATION FOR THE BLIND CENTER ON VISION LOSS (214)352-7222
11030 Ables Lane
Dallas, TX 75229
www.afb.org

AMERICAN HEART ASSOCIATION (214)748-7212
GREATER DALLAS REGION
8200 Brookriver Dr., Ste. N-100
Dallas, TX 75247
www.americanheart.org/tx/dallas
AMERICAN LUNG ASSOCIATION OF PLAINS-GULF REGION  (214)631-5864
8150 Brookriver Dr., Suite S-102
Dallas, TX 75247
www.lungusa.org

AMERICAN PARKINSON DISEASE ASSOCIATION  (214)378-2732
8330 Meadow Rd.
Dallas, TX 75231
www.northtexasapda.org

AMERICAN RED CROSS DALLAS AREA CHAPTER  (214)678-4800
4800 Harry Hines Blvd.
Dallas, TX 75235
www.redcrossdallas.org

ARTHRITIS FOUNDATION NORTH TEXAS CHAPTER  (214)826-4361
4300 MacArthur Ave. #245
Dallas, TX 75209
www.arthritis.org/communities/chapters

CROHN'S & COLITIS FOUNDATION OF AMERICA  (972)386-0607
12801 N. Central Expwy, #270
Dallas, TX 75243
www.ccfa.org/chapters/ntexas

DALLAS AREA PARKINSONISM SOCIETY  (972)620-7600
6370 LBJ Frwy., Ste. 176
Dallas, TX 75240
www.daps.us

EPILEPSY FOUNDATION OF TEXAS  (888)548-9716
2630 Fountain View Dr., Ste. 210
Houston, TX 77057
HOME DELIVERED MEALS:
Home delivered meals are usually noon meals delivered to homebound older persons. Check with the program to determine the days of service and eligibility requirements.
AGING INFORMATION OFFICE
1349 Empire Central, Suite 400
Dallas, TX 75247
www/ccgd.org
(Call for information about home delivered meals.)

JEWISH FAMILY SERVICE
5402 Arapaho Rd.
Dallas, TX 75248
www.jfsdallas.org
(Kosher home delivered meals)

GERONTOLOGY
24 Hr.

SENIOR ADULT SERVICES
One Medical Pkwy. Professional Plaza 1, Ste. 115
Farmers Branch, TX 75234
www.senioradultservices.org

VISITING NURSE ASSOCIATION
1440 W. Mockingbird Ln.
Dallas, TX 75247 (mailing)
1600 Viceroy, 4th Floor
Dallas, TX 75247 (corporate office)
www.vnatexas.org

HOME HEALTH CARE:
Home health care is offered throughout the community by hospitals, agencies and businesses. These programs make necessary medical and personal care available to the elderly, disabled, ill or convalescing individuals in their own homes. Services are provided by specialists working as a team under the supervision of a physician. The team may consist of nurses, therapists (physical, occupational, speech), nutritionists or health aides depending on the
need. Some of these services may be paid for in part by Medicare, Medicaid or private health insurers. Home health agencies are listed in the yellow pages. (For referrals to specific providers, ask your physician or contact the Aging Information Office at 2-1-1 or 214-379-4636.

**HOMEMAKER ASSISTANCE:**
The programs listed offer the services of trained homemakers who go into the homes of elderly and disabled individuals and assume responsibility for routine household activities including menu planning, shopping, meal preparation and general household management, including light housekeeping.

**COMMUNITY SENIOR SERVICES OF ROSEMONT CHRISTIAN CENTER**
(214)330-8710
1304 S. Hampton Rd.
Dallas, TX 75208
www.senioraid.org

**HOME INSTEAD SENIOR CARE**
(972)239-3934
11909 Prseston Rd., Ste. 212
Dallas, TX 75230
www.centraldallas@homeinstead.com

**JEWSH FAMILY SERVICE GERONTOLOGY**
(972)437-9950
24 Hr.
5402 Arapaho Rd.
Dallas, TX 75248
www.jfsdallas.org

**LONE STAR LOVE AND CARE, INC.**
(214)575-7992
13340 Audelia Rd., Ste. 124
Dallas, TX 75243
METROCREST HOME HELPERS (972)733-3324
18743 Gibbons Dr.
Dallas, TX 75287
www.metrocresthomehelpers.com

RESCARE HOME CARE, TEXAS (214)951-0698
700 W. Spring Creek Pkwy., Ste. 210
Plano, TX 75023
www.ResCareHomeCare.com

SUNSHINE AGENCY CAREGIVING SERVICE (214)823-9339
6220 Gaston Ave., Suite 504
Falkner Tower Building
Dallas, TX 75214

HOSPICE CARE:
The programs listed provide supportive services for terminally ill people who are in the final stages of their illnesses and for their families. Services may include medical care, pain management, nursing services, case management, counseling and bereavement services.

AMEDISYS HOME HEALTH (214)750-5616
10670 N. Central Expwy., #310
Dallas, TX 75231

COMMUNITY HOSPICE OF TEXAS (214)920-8450
1341 W. Mockingbird Ln., #210-East
Dallas, TX 75247
www.chot.org

GOLDEN ACRES LIVING AND REHABILITATION (214)327-4503
2525 Centerville Road
Dallas, TX 75228
HOUSING:

This section contains a variety of housing information for senior citizens and disabled persons. Topics include Local Housing Authorities, Home Rehabilitation/Repairs, HUD Listing, Landlord/Tenant Assistance, Roommate Matching and Subsidized Rental Housing.

Housing Authorities

DALLAS HOUSING AUTHORITY (214) 951-8300
SECTION 8 PROGRAM
3939 N. Hampton Rd.
Dallas, TX 75212
www.dallashousing.org

GARLAND HOUSING AGENCY (972) 205-3393
George Washington Carver Center
210 Carver St., Suite 201B

HOSPICE COMPASSUS (972) 690-6632
12222 Merit Drive, Ste. 1240
Dallas, TX 75251

VISITING NURSE ASSOCIATION HOSPICE CARE (214) 689-2555
1600 Viceroy
Dallas, TX 75235
www.vnadallas.org

VISTA CARE FAMILY HOSPICE (214) 231-3914
7557 Rambler Rd., Suite 112
Dallas, TX 75231
www.gentiva.com

VITAS INNOVATIVE HOSPICE CARE (214) 424-5600
8585 N. Stemmons Frwy. #700 South Tower
Dallas, TX 75247
www.vitas.org
Garland, TX 75040
www.ci.garland.tx.us

**GARLAND NEIGHBORHOOD SERVICES**  (972)205-3310
222 B Carver St.
Garland, TX 75040
www.ci.garland.tx.us
Eligibility: City of Garland residents based on income; family size.

**GRAND PRAIRIE HOUSING & NEIGHBORHOOD SERVICES**  (972)237-8176
205 West Church St.
Grand Prairie, TX 75050
Eligibility: Section 8 Eligible.

**LANCASTER HOUSING AGENCY**  (972)275-1750
1425 N. Dallas Ave., Ste. 101
Lancaster, TX 75134

**MESQUITE HOUSING OFFICE**  (972)216-6424
1616 N. Galloway Ave.
Mesquite, TX 75149
Eligibility: Mesquite residents age 60 and over. Home must be owned and occupied for at least one year and a minimum of 20 yrs. old. Mesquite resident and low income. Meet eligibility for government subsidized housing.

**VETERANS AFFAIRS, DEPT OF.- NORTH TEXAS HEALTH CARE SYSTEM SUPPORTED HOUSING**  (214)742-8387
4500 S. Lancaster Rd.
Dallas, TX 75216
www.north-texas.med.va.gov

**Housing Rehabilitation/Repair CENTER FOR HOUSING RESOURCES**  (214)887-8700
**HOME REPAIR PROGRAM**
1402 Corinth St., Ste. 221
Dallas, TX 75215
www.chrdallas.org

DALLAS, CITY OF, HOUSING DEPT. (214)670-3644
HOME REPAIR PROGRAM
1500 Marilla St., 6/D/North
Dallas City Hall
www.dallascityhall.com

DALLAS, CITY OF, HOUSING DEPT. (214)670-7319
PEOPLE HELPING PEOPLE PROGRAM (214)670-7320
4607 S. Lancaster Rd.
Dallas, TX 75216
www.dallascityhall.com

DALLAS, COUNTY OF, HOUSING REPLACEMENT PROGRAM (214)653-6884
411 Elm Street, 3rd Floor
Dallas, TX 75202
Eligibility: Any Dallas County resident living in a city with 50,000+ population.

GARLAND NEIGHBORHOOD SERVICES (972)205-3310
222 B Carver Street
Garland, TX 75040
www.ci.garland.tx.us
Eligibility: City of Garland residents based on income; family size. Helps seniors with home repairs.

GRAND PRAIRIE HOUSING & NEIGHBORHOOD SERVICES (972)237-8176
205 West Church Street
Grand Prairie, TX 75050
Eligibility: Section 8 Voucher Program.
LANCASTER HOUSING AGENCY  (972)218-1230
1425 N. Dallas Ave.
Lancaster, TX  75134
Eligibility:  Low income and Section 8 eligible.

MESQUITE HOUSING OFFICE - HOME  (972)216-6425
REPAIR PROGRAM
1616 North Galloway Ave.
Mesquite TX  75149
Eligibility: Mesquite residents ages 60 and over.  Home must be
owned and occupied for at least two years.

SENIOR ADULT SERVICES  (972)242-4464
FOR ADDISON, CARROLLTON,
COPPELL & FARMERS BRANCH
One Medical Pkwy. Professional Plaza 1, Ste. 115
Farmers Branch, TX 75234
www.senioradultservices.org
Eligibility: Participants must live in Addison, Carrollton, Coppell or
Farmers Branch.  Most services are for persons 60 and older and
those with disabilities.

HUD Listings
DALLAS COUNTY DEPT OF HEALTH &  (214)819-1871
HUMAN SERVICES -- HOUSING PROGRAM
2377 North Stemmons Frwy
Dallas, TX  75207
www.dallascounty.org

U.S. DEPT OF HOUSING &  (817)978-5965
URBAN DEVELOPMENT REGIONAL OFFICE
801 Cherry Street, Unit #45, Suite 2500
Ft. Worth, TX  76102
www.hud.gov

VETERANS AFFAIRS, DEPT OF-  (214)742-8387
NORTH TEXAS HEALTH CARE SYSTEM
SUPPORTED HOUSING
4500 S. Lancaster Rd.
Dallas, TX 75216
www.north-texas.med.va.gov

Landlord/Tenant Assistance

HOUSING CRISIS CENTER (214)828-4244
4210 Junius St.
Dallas, TX 75246
www.hccdallas.org

LEGAL AID OF NORTHWEST TEXAS (214)748-1234
1515 Main St.
Dallas, TX 75201
www.lanwt.org

TEXAS TENANTS' UNION (214)823-2733
4228 Main St.
Dallas, TX 75226
www.txtenants.org

Roommate Matching

SHARED HOUSING CENTER (214)821-8510
402 N. Good Latimer Expressway
Dallas, TX 75204
www.sharedhousing.org

Subsidized Rental Housing

BRANDYWINE APARTMENTS (972)669-8168
500 Rockingham Ln.
Richardson, TX 75080

CASA TREVINO HOME (214)946-6410
1901 W. Davis St.
Dallas, TX 75208

CEDAR GREEN LIVING CENTER (972)224-9291
1020 Pecan Crossing Dr.
DeSoto, TX 75115

CHARLES HADDOCK APARTMENTS (972)286-5358
11900 Quail Dr.
Balch Springs, TX 75180

CRESCENT MANOR APARTMENTS (972)289-7354
1409 Range Dr.
Mesquite, TX 75149

DALLAS COUNTY DEPT. OF HEALTH (214)819-1871
AND HUMAN SERVICES - HOUSING PROGRAM
2377 N. Stemmons Freeway, #700
Dallas, TX 75207
www.dallascounty.org

DALLAS HOUSING AUTHORITY
www.dallashousing.org
Apartment for the Elderly
Audelia Manor 10025 Shoreview Rd. (214)340-8958
Brooks Manor 630 Llewellyn Ave. (214)942-1639
Buckner Village 1810 John West @ Buckner (214)324-1479
Cliff Manor 2423 Ft. Worth Ave. (214)943-5911
Forest Green 9730 Shepherd Rd. (214)349-8110
Lakeland Manor 3105 Peavy Rd. (214)324-3895
Park Manor 3333 Edgewood St. (214)421-5123

DICKINSON PLACE (214)821-5390
911 St. Joseph St.
Dallas, TX 75246

ECHAD APARTMENTS - PHASE I & II (214)321-2130
2620 Ruidosa Ave.
Dallas, TX 75228

FRIENDSHIP TOWERS, INC. (214)330-7764
3033 S. Cockrell Hill Rd.
Dallas, TX 75236
GARLAND ESTATES FOR SENIORS (972)276-8882
2100 W. Buckingham Rd.
Garland, TX 75042

GREATER BETHLEHEM PLAZA (214)275-4722
7835 Military Parkway, Apt. 100
Dallas, TX 75227

INDEPENDENT LIVING PLACE (972)240-7782
648 Castleglen Dr.
Garland, TX 75043

JULIETTE FOWLER CHRISTIAN APARTMENTS (214)821-4061
105 Juliette Fowler St.
Dallas, TX 75214

LENNOX HOUSE (972)263-8420
110 N.W. 2nd St.
Grand Prairie, TX 75050

MIDPARK TOWERS (972)231-7834
8550 Midpark Rd.
Dallas, TX 75240

PARK GROVE VILLAGE (972)790-9704
2920 W. Shady Grove Rd.
Irving, TX 75060

PRAIRIE CREEK VILLAGE (214)388-0407
9215 Bruton Rd.
Dallas, TX 75217

PYTHIAN MANOR, INC. (214)374-3334
2719 E. Illinois Ave., Suite 100
Dallas, TX 75216
SEAGOVILLE SENIOR CITIZENS HOME  (972)287-6271
205 Mathis St.
Seagoville, TX 75159

SHILOH VILLAGE APARTMENTS  (214)328-2632
8702 Shiloh Rd.
Dallas, TX 75228

SUNRAY COMMUNITY  (972)235-8838
2129 East Arapaho Rd.
Richardson, TX 75081

TYLER STREET MANOR, INC.  (214)948-1475
922 W. 9th St.
Dallas, TX 75208

VILLAS OF HICKORY ESTATES  (972)913-0711
3211 Hickory Tree
Balch Springs, TX 75180

VILLA SANTA MARIA  (214)826-7863
1830 Bennett Ave.
Dallas, TX 75206

Weatherization
DALLAS COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES WEATHERIZATION PROGRAM  (214)819-1909
2377 Stemmons Fwy., 2nd Floor
Dallas, TX 75207
www.dallascounty.org

INCOME SECURITY:
The programs listed provide income or other public benefits to retirees, older adults and disabled people.
Disability Insurance - Social Security
SOCIAL SECURITY ADMINISTRATION  (800)772-1213
TELESERVICE CENTER
(Call for information about Social Security, Medicare and Supplemental Security Income)
www.ssa.gov

Disability Insurance - Veterans
DALLAS COUNTY VETERANS SERVICE  (972)692-4939
OFFICE
2377 N. Stemmons Frwy., Suite 631 - Box 1
Dallas, TX 75207-2710
www.dallascounty.org

VETERANS AFFAIRS, U.S. DEPT. OF  (800)827-1000
4500 South Lancaster Rd.  (214)742-8387
Dallas, TX 75216
www.va.gov

Food Stamps, Medicaid and CCAD Application Sites
Texas Health and Human Services Commission
www.hhsc.state.tx.us/regions/03
1228-A E. Ledbetter Dr.  75216  (214)372-4671
1111 W. Ledbetter Dr., Ste 400  75224  (214)372-6370
5455 Blair Rd.  75231  (214)750-4619
3910 Gaston Ave. #200  75246  (214)827-5210
440 S. Nursery, Ste 200, Irving  75061  (972)579-3080
1010 Cadiz St., Bldg. B  75215  (214)421-7722
2020 N. Masters Dr., Ste., 110  75217  (972)216-0087
302 W. 9th St.  75208  (214)942-2323
1467 Acton Ave., Duncanville  75137  (972)228-2583
801 W. Freeway, Ste 300, Grand Prairie  75051  (972)337-6100
6500 Northwest Dr., Ste 300, Mesquite  75150  (972)681-9778

2020 N. Masters  75217  (972)216-0398
3306 W. Walnut St., Ste 200, Garland  75042  (972)272-0889
1545 W. Mockingbird, Ste. 2000  (214)638-7575
Oakbrook Plaza Tower, 75235
**Temporary Financial Aid**

**AGING INFORMATION OFFICE**

2-1-1 or (214)379-4636

1349 Empire Central Dr., Suite 400
Dallas, TX 75247
www.ccgd.org
(Referrals to local agencies that provide emergency financial and food assistance)

**DALLAS COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES**

(214)819-1848

Comprehensive Energy Assistance Program (CEAP)

2377 N. Stemmons Fwy., Suite 201
Dallas, TX 75207
www.dallascounty.org
(Energy assistance with electric and gas bills)

**DALLAS COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES - COUNTY CLIENT SERVICES DEPT.**

(214)819-1800

2377 N. Stemmons Fwy., Suite 201
Dallas, TX 75207
www.dallascounty.org
(Medically disabled only with a current doctor's statement and no household income. Call to make an appointment)

**LEGAL INFORMATION:**

Legal information services inform people of the rights and responsibilities of individuals under the law. They can help a person determine whether they have a legal problem and refer them to legal aid organizations for low income clients or to local attorneys in private practice when appropriate.

**Lawyer Referral**

**DALLAS BAR ASSOCIATION**

(214)220-7444

**LAWYER REFERRAL SERVICE**
2101 Ross Ave.
Dallas, TX 75201
www.dallasbar.org

STATE BAR OF TEXAS LAWYER REFERRAL SERVICE
1414 Colorado
Austin, TX 78701
www.texasbar.com

Legal Counseling
CENTRAL LINE OF NORTH TEXAS
1515 Main St.
Dallas, TX 75201
www.lanwt.org

LEGAL AID OF NORTHWEST TEXAS
DALLAS VOLUNTEER ATTORNEY PRGM
1515 Main St.
Dallas, TX 75201
www.lanwt.org

LEGAL HOSPICE OF TEXAS
3636 N. Hall St., Ste. 820
Dallas, TX 75219
www.legalhospice.org

NORTH TEXAS LEGAL SERVICES
Grace United Methodist Church
4105 Junius St.
Dallas, TX 75246
(1st and 3rd Thurs. @ 6pm)

SOUTHERN METHODIST UNIVERSITY
DEDMAN SCHOOL OF LAW
SMU CIVIL/CRIMINAL JUSTICE CLINICS
3315 Daniel Ave.
Dallas, TX 75275
Legal Information Line

**DALLAS BAR ASSOCIATION**

**LEGAL ADVICE INFORMATION LINE**
2101 Ross Ave.
Dallas, TX 75201
www.dallasbar.org

**LEGAL HOTLINE FOR TEXANS**
815 Brazos, Ste. 1100
Austin, TX 78701
www.tlsc.org/hotline.html

**LEGAL AID OF NORTHWEST TEXAS**

**LEGAL ADVICE AND REFERRAL SERVICE**
1515 Main St.
Dallas, TX 75201
www.lanwt.org

**Mediation**

**BETTER BUSINESS BUREAU OF METROPOLITAN DALLAS**
1601 Elm St. #3838
Dallas, TX 75201
www.dallas.bbb.org

**DISPUTE MEDIATION SERVICE INC.**
4144 N. Central Expwy., Ste. 1010
Dallas, TX 75204
www.dms-adr.org

**LEISURE ACTIVITIES:**
Community colleges and cultural activities are great for continuing your education and broadening your horizons. Check the local college in your area. A recent amendment to the Texas Education Code allows an institution to provide six credit hours of study each
semester to senior citizens, tuition free, if space is available in person 65 years of age or older.

Continuing Education

DALLAS COUNTY COMMUNITY COLLEGE DISTRICT

www.dcccd.edu

Continuing Education/Campus Locations

Brookhaven  3939 Valley View Ln.  (972)860-4700
Farmers Branch, 75244

Cedar Valley  3030 North Dallas Ave.  (972)860-8210
Lancaster, 75134

Eastfield  3737 Motley Dr.  (972)860-7113
Mesquite, 75150

El Centro  801 Main St.  (214)860-2147
Dallas, 75202

MountainView  4849 W. Illinois Ave.  (214)860-8612
Dallas, 75211

North Lake  5001 N. MacArthur Blvd.  (972)273-3386
Irving, 75038

Richland  12800 Abrams Rd.  (972)238-6144
Dallas, 75243

ROADSCHOLAR  (617)426-7788
11 Avenue de Lafayette
Boston, MA 02111
www.roadscholar.org

SENIOR NET of DALLAS  (214)841-2818
4847 W. Lawther Dr.
Dallas, TX 75214

Cultural Enrichment

ARTREACH - DALLAS, INC.  (214)219-2006
2800 N. Henderson, Ste. 102
Dallas, TX 75206
www.arttreachdallas.org
GREATER LAKEWOOD
SHEPHERD'S CENTER
(214)823-2588
6306 Kenwood Ave.
Dallas, TX 75214

SHEPHERD'S CENTER OF
NORTH DALLAS
(214)350-0465
6411 LBJ Freeway
Dallas, TX 75240
www.scnd.org

Library Services
PUBLIC LIBRARY, CITY OF DALLAS
(214)670-1400
1515 Young St.
Dallas, TX 75201
(Call for branch locations.)
www.dallaslibrary2.org
Contact local suburbs for library services.

Recreational Activities
Recreational activities for those over 55 can be both healthy and fun.

CALUMET COMMUNITY CENTER
(214)467-1966
321-A Calumet Ave
Dallas, TX 75211

CARROLLTON SENIOR CENTER
(972)466-4850
1720 Keller Springs Rd.
Carrollton, TX 75006
www.ci.carrollton.tx.us

CITY OF DALLAS PARK &
RECREATION DEPARTMENT
BACHMAN THERAPEUTIC REC. CENTER
(214)670-6266
2750 Bachman Dr.
Dallas, TX 75220
www.dallascityhall.com

CITY OF DALLAS PARK & RECREATION DEPARTMENT
MARCUS ANNEX SENIOR CENTER
2910 Modella Ave.
Dallas, TX 75229
www.dallascityhall.org

DALLAS BETHLEHEM CENTER, INC. (214)428-5171
4410 Leland Ave.
Dallas, TX 75215
www.dallasbethlehemcenter.org

DALLAS LIGHTHOUSE FOR THE BLIND INDEPENDENT LIVING REHABILITATION
(214)821-2375
4306 Capitol Ave.
Dallas, TX 75204
www.dallaslighthouse.org

FARMERS BRANCH SENIOR CENTER (972)919-8740
14055 Dennis Ln.
Farmers Branch, TX  75234
www.ci.farmers-branch.tx.us

IRVING-HERITAGE SENIOR ACTIVITY CENTER (972)721-2496
200 S. Jefferson St.
Irving, TX 75060
www.ci.irving.tx.us

RICHARDSON, CITY OF, OLDER ADULT PROGRAM (972)744-7800
820 W. Arapaho Rd.
Richardson, TX 75080
ROWLETT COMMUNITY CENTER  (972)412-6170
5300 Main St.
Rowlett, TX 75088
www.ci.rowlett.tx.us

RUTHERFORD SENIOR CENTER  (972)216-7790
MESQUITE
900 Rutherford Dr.
Mesquite, TX 75149
www.cityofmesquite.com/parks/senior

SEAGOVILLE SENIOR CENTER  (972)287-4113
304 E. Farmers Rd.
Seagoville, TX 75159
www.cityofseagoville.org

YWCA of METROPOLITAN DALLAS  (214)826-9922
4144 N. Central Expressway, Ste. 580
Dallas, TX 75204
www.ywcadallas.org

Local Park and Recreation Centers:
Contact your local park and recreation dept for a list of activities and special events in your community.

Balch Springs  4372 Shepard Ln.  (972)557-6090
Carrollton  1610 E. Cosby Rd.  (972)466-3080
Cedar Hill  310 E. Parkerville Rd.  (972)293-5288
Dallas  1500 Marilla St.  (214)670-4100
DeSoto  211 E. Pleasant Run Rd.  (972)230-9650
Duncanville  201 James Collins Blvd.  (972)780-5070
Farmers Branch  13000 William Dodson Parkway  (972)919-2620
Garland  634 Apollo  (972)205-2750
Grand Prairie  326 W. Main St.  (972)237-8100
Irving  825 W. Irving Blvd.  (972)721-2501
Lancaster  1700 Veterans Memorial Pkwy.  (972)227-1112
MEDICAL ALERT/EMERGENCY RESPONSE SERVICES:
Emergency call systems link older persons to a local hospital emergency center, local nursing home or other emergency response service by means of an alarm worn by the older person. Some local contacts you can call are:

**AMERICAN RED CROSS**
(214)678-4800
4800 Harry Hines Blvd.
Dallas, TX 75235
www.redcrossdallas.org

**JEWISH FAMILY SERVICE GERONTOLOGY**
(972)437-9950 24Hr
5402 Arapaho Rd.
Dallas, TX 75248
www.jfsdallas.org

**LIFELINE SYSTEMS OF TEXAS**
(888)877-4895
10707 Corporate Dr. Ste., 131
Stafford, TX 77477
www.lifelinesys.com

**OUTREACH HEALTH SERVICES OF NORTH TEXAS EMERGENCY ALERT RESPONSE**
(972)840-7360
2441 Forest Lane, Ste. 101
Garland, TX 75042
www.outreachhealth.com

**TEXAS HEALTH AND HUMAN SERVICES**
(972)795-6500
COMMUNITY CARE FOR AGED & DISABLED ADULT (CCAD)
(888)337-6377
MEDICARE/MEDICAID INFORMATION:
Medicare is an insurance program that depends on contributions to Social Security while employed. In most instances Medicare does not pay 100% leaving clients to pay the balance. There are programs available to help senior citizens cover the gap. Medicare Supplemental Policies or Medigap Insurance, as it is also called, helps pay the portion left after Medicare has paid its portion.

To apply for Medicare contact the Social Security Administration at 1-800-772-1213.

For questions about Medicare Benefits contact: 1-800-Medicare.

Medicare Information - Claims
TRAILBLAZERS (800)633-4227
HEALTH ENTERPRISES
PO Box 660156
Dallas, TX 75266
(questions related to Medicare part A and B)
www.trailblazerhealth.com

Medicare Supplemental Insurance Guide
TEXAS DEPARTMENT OF INSURANCE (800)252-3439
333 Guadalupe St.
Austin, TX 78701
www.tdi.texas.gov

Qualified Medicare Beneficiary and Specified Low-Income Beneficiary Benefits
Qualified Medicare Beneficiary, Specified Low-Income Beneficiary and Qualified Individuals-1 programs assist in paying for premiums and deductibles not met by Medicare. Income and resource limits
apply.

TEXAS HEALTH AND HUMAN SERVICES COMMISSION (972)337-6100
801 S. State Hwy. 161, Ste. 700
Grand Prairie, TX 75051
www.hhsc.state.tx.us

Medicaid/Supplemental Security Income (SSI) Applications
To request an application contact the Social Security Administration at 1-800-772-1213.
Medicaid is a companion medical assistance program to Supplemental Security Income (SSI). Individuals who qualify for SSI are automatically eligible for Medicaid. To be eligible, a person must be 65, blind, or disabled.

SOCIAL SECURITY ADMINISTRATION (800)772-1213
www.ssa.gov

MENTAL HEALTH:
The programs listed provide preventive, diagnostic and treatment services to help people achieve and maintain a state of emotional well-being.

Adult Outpatient
ADAPT OF TEXAS (888)905-0595
2600 N. Stemmons Fwy., Ste. 151
Dallas, TX 75207
www.adaptusa.com

ADAPT OF TEXAS (877)315-0488
800 W. Airport Frwy., Ste. 430
Irving, TX 75062 (Administration)

Counseling - Individual
CALLIER CENTER FOR COMMUNICATION DISORDERS (214)905-3000
<table>
<thead>
<tr>
<th><strong>CALLIER CENTER CLINIC</strong></th>
<th>1966 Inwood Rd.</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Dallas, TX 75235</td>
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<tr>
<td></td>
<td><a href="http://www.callier.utdallas.edu">www.callier.utdallas.edu</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>CATHOLIC CHARITIES-CHILDREN AND ADOPTION SERVICES &amp; COMMUNITY OUTREACH</strong></th>
<th>(214)520-6590</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>9461 LBJ, Suite 110</td>
</tr>
<tr>
<td></td>
<td>Dallas, TX 75243</td>
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<tr>
<td></td>
<td><a href="http://www.catholiccharitiesdallas.org">www.catholiccharitiesdallas.org</a></td>
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</tbody>
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<thead>
<tr>
<th><strong>CHILD AND FAMILY GUIDANCE CENTER</strong></th>
<th>(214)351-3490</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8915 Harry Hines Blvd.</td>
</tr>
<tr>
<td></td>
<td>Dallas, TX 75235</td>
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<tr>
<td></td>
<td><a href="http://www.childrenandfamilies.org">www.childrenandfamilies.org</a></td>
</tr>
</tbody>
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<tr>
<th><strong>CHRISTIAN WORKS FOR CHILDREN</strong></th>
<th>(972)960-9981</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6320 LBJ Frwy., Suite 126</td>
</tr>
<tr>
<td></td>
<td>Dallas, TX 75240</td>
</tr>
<tr>
<td></td>
<td>(Grief counseling for children, adults and across the board counseling)</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.christian-works.org">www.christian-works.org</a></td>
</tr>
</tbody>
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<thead>
<tr>
<th><strong>COUNSELING INSTITUTE OF TEXAS</strong></th>
<th>(972)271-4300</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>3200 Southern Dr., Ste. 100</td>
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<tr>
<td></td>
<td>Garland, TX 75043</td>
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<thead>
<tr>
<th><strong>GALAXY COUNSELING CENTER</strong></th>
<th>(972)272-4429</th>
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<tbody>
<tr>
<td></td>
<td>1025 S. Jupiter Rd.</td>
</tr>
<tr>
<td></td>
<td>Garland, TX 75042</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.galaxycounseling.org">www.galaxycounseling.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>RAPHA CHRISTIAN COUNSELING CENTERS</strong></th>
<th>(972)257-0449</th>
</tr>
</thead>
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</table>
3021 Gateway Dr., Suite 290
Irving, TX 75063
www.rapha.info

JEWISH FAMILY SERVICE
GERONTOLOGY
(972)437-9950
5402 Arapaho Rd.
Dallas, TX 75248
www.jfsdallas.org

PASTORAL COUNSELING AND
EDUCATION CENTER
(214)526-4525
4525 Lemmon Ave., # 200
Dallas, TX 75219
www.pcecc-counseling.org

Crisis Intervention

ADAPT OF TEXAS
(866)260-8000
5701 Maple, Ste. 300
Dallas, TX 75235
http://adaptusa.com

CONTACT COUNSELING & CRISIS LINE
(972)233-2233
PO Box 800742
Dallas, TX 75380-0742
http://contactcrisisline.org

PARKLAND VICTIM INTERVENTION
(214)590-0430
AND RAPE CRISIS CENTER
4811 Harry Hines Blvd.
Dallas, TX 75235
www.parklandhospital.com/medical_services/vip_rape_crisis

SUICIDE AND CRISIS
CENTER
(214)828-1000
24 Hr.
2808 Swiss Ave.
Dallas, TX 75204
www.sccenter.org
Mental Health Courts

DALLAS COUNTY MENTAL ILLNESS COURT
500 Main St., Records Bldg., 3rd Floor
Dallas, TX 75202
www.dallascounty.org

Psychiatric Day Treatment

BAYLOR UNIVERSITY MEDICAL CENTER
PSYCHIATRIC REFERRAL SERVICE
3500 Gaston Ave.
Dallas, TX 75246
www.baylorhealth.com

TIMBERLAWN MENTAL HEALTH SYSTEM-PARTIAL PROGRAM
6333 Forest Park Rd.
Dallas, TX 75235
www.timberlawn.com

NURSING FACILITY INFORMATION:

Inpatient nursing facilities provide personal and nursing care. For a list of nursing facilities in Dallas County contact New Lifestyles. New Lifestyles is an area guide to Senior Residences.

Nursing Facilities

NEW LIFESTYLES
4144 N. Central Expwy., Suite 1000
Dallas, TX 75204
www.newlifestyles.com
(For a complete listing of Nursing Homes)

Nursing Facility Medicaid Prior Authorization

TEXAS HEALTH AND HUMAN SERVICES COMMISSION
(972)337-6100
NURSING HOME MEDICAID ELIGIBILITY
801 S. State Hwy. 161, Ste. 700
Grand Prairie, TX 75051
www.hhsc.state.tx.us

Resident Rights (Ombudsman Programs)
SENIOR SOURCE, THE (214)823-5700
NURSING HOME OMBUDSMAN PROGRAM
3910 Harry Hines
Dallas, TX 75219
www.theseniorsource.org

PET SERVICES:
ANIMAL RESCUE LEAGUE (972)420-0641
S.T.O.P. the Overpopulation of Pets Spay/Neuter Assistance Program. Financial assistance to pet adopters and owners. Spay/Neuter coupons.
www.arltexas.org
stopprogram@arltexas.org

CITY OF DALLAS SPAY/NEUTER ASSISTANCE PROGRAM (214)670-8246
1818 N. Westmoreland Rd.
Dallas, TX 75212
www.dallasanimalservices.org
(Free spay/neuter services for pets owned by qualified, low-income residents who live in the city of Dallas)

FERAL FRIENDS COMMUNITY CAT ALLIANCE (972)671-0429
(Race to Reduce Litters Feral Cat Spay/Neuter Program promotes TNR (Trap, Neuter, Return). Loans humane feral cat traps, provides vouchers for low to no cost spay/neuter services, and a list of veterinarians.
info@feralfriends.org or feral@feralfriends.org
HELP FOR HELPLESS ANIMALS  (972)424-4860
(Provides financial assistance with medical and spay/neuter for family pets and feral cats. No cost for qualified pet owners)
www.helpforthelhelplessanimals.net
help_for_helpless_animals@yahoo.com

KAUFMAN COUNTY ANIMAL AWARENESS PROJECT  1(972)472-3500
Low cost spay/neuter clinic which provides pet sterilization and vaccinations. Also has a TNR-Trap/Neuter/Release Program for Feral cats. Service area all of Texas.
www.spayneuternet.org

KITTICO CAT RESCUE  (214)826-6903
Dallas Spay/Neuter Clinic
2520 Electronic Lane, Ste. 803
Dallas, TX 75220
Provides low-cost spay/neuter assistance and trap rentals.
info@kittico.org
www.kittico.org

METROPLEX ANIMAL COALITION
P.O. Box 793574
Dallas, TX 75379
www.metroplexanimalcoalition.org

MAC’S SPAY AND NEUTER PROGRAM  (972)669-5000
(Free spay or neuter coupons for City of Dallas residents with income less than $35,000 annually. No feral cats.
info@metroplexanimalcoalition.com

PROTECTIVE ANIMAL LEAGUE (PAL)  (972)881-1981
Low cost spay/neuter coupons.
(817)679-0817
www.protectiveanimalleague.org

S.N.Y.P. SPAY NEUTER YOUR PETS  (214)349-7697
Reduced price coupons & veterinarian list mailed to you.
RESPITE CARE:
The following provide "short term respite care" to assist families with their loved ones when needed. Please call for program criteria and costs.

C C YOUNG
4847 West Lawther Dr. #100
Dallas, TX 75214
(214)827-8080

EMERITUS at VICKERY TOWERS
5619 Belmont Ave.
Dallas, TX 75206
214)826-1113

PRESBYTERIAN VILLAGE NORTH
8600 Skyline Dr.
Dallas, TX 75243
(214)355-9015

SIGNATURE POINTE ON THE LAKE
14655 Preston Rd.
Dallas, TX 75254
(972)726-7575

THE FORUM AT PARK LANE
7827 Park Lane
Dallas, TX 75225
(214)369-9905

WALNUT PLACE
5515 Glen Lakes Dr.
Dallas, TX 75231
(214)361-8923

SAFETY:
Free smoke detectors to city of Dallas residents.
SENIOR CENTERS:
Neighborhood centers provide senior citizens (aged 60 and older) with daily programs including: noon meals, recreation, education, social services, nutrition, welfare counseling, and information and referral, as well as nurse-managed health maintenance clinics. Transportation and outreach are provided in target areas.

ALAMEDA HEIGHTS COMMUNITY OUTREACH CENTER
2721 Lyola St.
Dallas, TX 75241

BALCH SPRINGS SENIOR CENTER
2919 Balch Springs Rd.
Balch Springs, TX 75180
www.balchspringsleisureservices.com

BRADY SOCIAL SERVICE CENTER
4009 Elm St.
Dallas, TX 75226

CARROLLTON SENIOR CENTER
1720 Keller Springs Rd.
Carrollton, TX 75006

CEDAR CREST SENIOR CENTER
Salvation Army Building
1007 Hutchins Rd.
Dallas, TX 75203

CONCORD SENIOR CENTER
6808 Pastor Bailey Dr.
ext. 260
Dallas, TX 75237
DEAF ACTION CENTER  (214)521-0407
3115 Crestview
Dallas, TX 75235

DESO TO SENIOR ACTIVITY CENTER  (972)230-5825
204 Lion St.
DeSoto, TX 75115

DUNCANVILLE SENIOR CENTER  (972)780-5073
206 James Collins Blvd.
Duncanville, TX 75116

ELITE SENIOR CENTER  (214)575-9888
902 St. Paul
Richardson, TX 75081

ELMWOOD/KING NEW BEGINNING SENIOR CENTER  (214)330-7144
1315 S. Berkley Ave.
Dallas, TX 75224

EMERITUS CENTER AT MOUNTAIN VIEW COLLEGE  (214)819-1860
4849 W. Illinois Ave., Rm. W124
Dallas, TX 75211

EVANS SENIOR CENTER-MESQUITE  (972)285-6761
1116 Hillcrest St.
Mesquite, TX 75149
P. O. Box 850137 (mailing address)
Mesquite, TX 75185

GARLAND SENIOR ACTIVITY CENTER  (972)2052769
600 W. Avenue A
Garland, TX 75040
www.garlandparks.com
<table>
<thead>
<tr>
<th>Center Name</th>
<th>Phone Number</th>
<th>Address Details</th>
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<tbody>
<tr>
<td>GARLAND CARVER SENIOR CENTER</td>
<td>(972)205-3305</td>
<td>222 Carver Dr. Garland, TX 75040</td>
</tr>
<tr>
<td>GREATER LAKEWOOD SHEPHERD'S CENTER</td>
<td>(214)823-2588</td>
<td>6306 Kenwood Dallas, TX 75214</td>
</tr>
<tr>
<td>GOLDEN ACRES COMMUNITY CENTER</td>
<td>(214)328-4341</td>
<td>2649 Centerville Rd. Dallas, TX 75228</td>
</tr>
<tr>
<td>GOODBAR SENIOR CENTER - MESQUITE</td>
<td>(972)279-6881</td>
<td>3000 Concord Dr. Mesquite, TX 75150</td>
</tr>
<tr>
<td>HUTCHINS SENIOR CENTER</td>
<td>(972)225-1032</td>
<td>500 W. Hickman St. Hutchins, TX 75141</td>
</tr>
<tr>
<td></td>
<td></td>
<td>P. O. Box 754 (mailing address)</td>
</tr>
<tr>
<td>IRVING-HERITAGE SENIOR ACTIVITY CENTER</td>
<td>(972)721-2496</td>
<td>200 S. Jefferson St. Irving, TX 75060</td>
</tr>
<tr>
<td>JEFFERSON SENIOR CENTER</td>
<td>(214)943-3304</td>
<td>1617 W. Jefferson Blvd. Dallas, TX 75208</td>
</tr>
<tr>
<td>JEWISH FEDERATION OF GREATER DALLAS</td>
<td>(214)239-7119</td>
<td>JEWISH COMMUNITY CENTER OF DALLAS 7900 Northaven Rd. Dallas, TX 75230</td>
</tr>
</tbody>
</table>
LANCASTER SENIOR LIFE CENTER  (972)218-3780
240 Veteran’s Memorial Pkwy.
Lancaster, TX 75134

MARILLAC SOCIAL CENTER  (214)638-4998
2827 Lapsley St.
Dallas, TX 75212

MARTIN LUTHER KING, JR
SENIOR CENTER
2901 Pennsylvania Ave.
Dallas, TX 75215

PLEASANT GROVE SENIOR CENTER  (214)398-5215
7224 Umphress Rd.
Dallas, TX 75217

RUTHERFORD SENIOR CENTER  (972)216-7791
900 Rutherford Dr.
Mesquite, TX 75149

SEAGOVILLE SENIOR CENTER  (972)287-4113
304 E. Farmers Rd.
Seagoville, TX 75159
www.seagoville.us

SUNSHINE SENIOR CENTER  (214)398-6619
Salvation Army Pleasant Grove
8341 Elam Rd.
Dallas, TX 75217

THE SUMMIT  (972)237-4141
2975 Esplanade
Grand Prairie, TX 75052
www.grandfungp.com/thesummit
WESLEY-RANKIN COMMUNITY CENTER (214)742-6674
3100 Crossman Ave.
Dallas, TX 75212
www.wesleyrankin.org

WEST DALLAS/NORTH DALLAS SENIOR CENTERS (214)670-6350
2828 Fishtrap Rd.
Dallas, TX 75212

SUPPORT GROUPS:
Autonomous groups of individuals who share a common problem or concern who meet together on a voluntary basis for support.

AL-ANON/ALATEEN INFORMATION SERVICES (214)363-0461
6162 E. Mockingbird Lane, Suite 209
Dallas, TX 75214
www.dallasal-anon.org
(Family members and significant loved ones of Alcoholics)

ALZHEIMER’S ASSOCIATION (214)827-0062
4144 N. Central Expwy, Suite 750
Dallas, TX 75204
www.alz.org/greaterdallas

AMERICAN CANCER SOCIETY AREA V OFFICE (214)819-1200
8900 Carpenter Frwy.
Dallas, TX 75247
www.cancer.org

AMERICAN LUNG ASSN. OF THE PLAINS-GULF REGION LUNG ASSOCIATION SUPPORT (214)631-5864
8150 Brookriver Dr., Suite S102
Dallas, TX 75247
www.lungusa.org
ARC OF DALLAS, SUPPORT GROUP
10455 N. Central Expwy., Ste. 109-523
Dallas, TX 75231
www.arcdallas.org

ARTHHRITIS FOUNDATION NORTH TEXAS CHAPTER
4300 MacArthur Ave.
Dallas, TX 75209
www.arthritis.org

CAREGIVERS SUPPORT GROUP
Church of The Epiphany
421 Custer Rd.
Richardson, TX 75080

CO-DEPENDENTS ANONYMOUS OF NORTH CENTRAL TEXAS
11520 N. Central Expwy.
Dallas, TX 75243

CROHN’S & COLITIS FOUNDATION OF AMERICA
12801 N. Central Expwy, Suite 270
Dallas, TX 75243
www.ccfa.org

DALLAS AREA PARKINSONISM SOCIETY
6370 LBJ Freeway, Ste. 176
Dallas, TX 75240

DALLAS GAMBLERS ANONYMOUS SUPPORT GROUP
12717 Marsh Ln.
Dallas, TX 75230
DEPRESSIVE & BIPOLAR SUPPORT ALLIANCE  (817)654-7100
PO Box 6361
Ft. Worth, TX 76115

GROWTH THROUGH GRIEF  (214)590-8512
PASTORAL CARE AT PARKLAND
5201 Harry Hines Blvd.
Dallas, TX 75235

JEWS FAMILY SERVICE  (972)437-9950
5402 Arapaho Rd.
Dallas, TX 75248
www.jfsdallas.org

MENDED HEARTS, INC.  (214)360-6149
DALLAS CHAPTER - SUPPORT GROUP
7272 Greenville Ave.
Dallas, TX 75231

MENTAL HEALTH AMERICA  (214)871-2420
OF GREATER DALLAS
DEPRESSIVE'S SUPPORT GROUP
624 N. Good Latimer, Suite 200
Dallas, TX 75204
www.mhadallas.org

MUSCULAR DYSTROPHY ASSOCIATION  (972)480-0016
OF GREATER DALLAS AND PLANO
12655 N. Central Expressway, Ste. 230
Dallas, TX 75243

NATIONAL ALLIANCE ON MENTAL ILLNESS - DALLAS (NAMI)  (214)341-7133
2812 Swiss Ave.
Dallas, TX 75204
www.namidallas.org
RECOVERY, INC., SUPPORT GROUP  (214)904-0296
International Headquarters
802 N. Dearborn
Chicago, IL  60610
www.lowselfhelpsystems.org

SENIOR ADULT SERVICES:  (972)242-4464
ADDISON, CARROLLTEN,
COPPELL & FARMERS BRANCH
One Medical Pkwy. Professional Plaza 1, Ste. 115
Farmers Branch, TX 75234
www.senioradultservices.org

SELF HELP FOR HARD (214)521-0407
OF HEARING PEOPLE (SHHH)
DALLAS CHAPTER
SUPPORT GROUP  (phone answered by the Deaf Action Center)
3115 Crestview Dr.
Dallas, TX 75235
www.deafactioncentertexas.org

SUICIDE AND CRISIS CENTER, THE  (214)824-7023
SURVIVORS OF SUICIDE  (214)824-7020
2808 Swiss Ave.
Dallas, TX 75204
www.sccenter.org

UNITED OSTOMY ASSOCIATION  (214)819-1200
SUPPORT GROUP @ AMERICAN CANCER SOCIETY
PO Box 560089
Dallas, TX 75356

WIDOWED PERSONS  (214)358-4155
SUPPORT GROUP
Cochran Chapel United Methodist Church
9027 Midway Rd.
Dallas, TX 75209
WOMEN’S CENTER IN RICHARDSON  (972)238-9516
515 Custer Rd.
Richardson, TX 75080

YWCA  (214)821-9595
WOMEN’S RESOURCE CENTER
4144 N. Central Expwy #580
Dallas, TX 75204
www.ywcadallas.org

Grandparents Support Group
GRANDPARENTS AND OTHERS
RAISING CHILDREN  (214)998-3545
caregiver@flash.net
www.relativeraisinggrandchildren.net
www.familycaregiversonline.net

PROJECT GREAT  (972)939-3919
EASTER SEALS NORTH TEXAS
4443 N. Josey Ln., Ste. 100
Carrollton, Tx 75010
(For children with disabilities)

URBAN LEAGUE OF GREATER DALLAS  (214)915-4600
AND NORTH CENTRAL TEXAS
Grandparents Program and Senior Services
4315 S. Lancaster Rd.
Dallas, TX 75216

TAX INFORMATION:
Local jurisdictions have special provisions to assist older homeowners with their property taxes. Income tax information and assistance with filling out forms are also available without charge for older persons.
Homesteading Assistance
DALLAS CENTRAL APPRAISAL (214)631-0910
DISTRICT -OVER 65+ HOMESTEAD EXEMPTION
2949 N. Stemmons Frwy.
Dallas, TX 75247
www.dcad.org

Income Tax Assistance
INTERNAL REVENUE SERVICE (800)829-1040
1100 Commerce St.
Dallas, TX 75242
www.irs.gov

SMU SCHOOL OF LAW CIVIL CLINIC (214)768-2562
FEDERAL TAX CLINIC
3315 Daniel Ave.
Dallas, TX 75275
www.law.smu.edu/clinics

TELEPHONE REASSURANCE/FRIENDLY VISITORS:
The older person participating in a telephone reassurance program will be contacted by a volunteer each day at a certain time. If no contact is received, the service will send a predesignated person to visit to see if there is a problem.

Telephone Reassurance
LA VOZ DEL ANCIANO (214)881-7583
3603 W. Winnetka
Dallas, TX 75212

SENIOR ADULT SERVICES: (972)242-4464
ADDISON, CARROLLTON, COPPELL & FARMERS BRANCH
TEL-A-FRIEND
One Medical Pkwy. Professional Plaza 1, Ste. 115
Farmers Branch, TX 75234
Friendly Visiting

GREATER LAKEWOOD
SHEPHERD CENTER
6306 Kenwood
Dallas, TX 75214

(214)823-2588

JEWISH FAMILY SERVICE
ELDERLY SERVICES
5402 Arapaho Rd.
Dallas, TX 75248
www.jfsdallas.org

(972)437-9950
24 Hr.

LA VOZ DEL ANCIANO
3603 W. Winnetka
Dallas, TX 75212
www.lavozdallas.org

(214)881-7583

MESQUITE SENIOR SERVICES
1616 N. Gallo way Ave.
Mesquite, TX 75149

(972)329-8335

SALVATION ARMY, THE
LEAGUE OF MERCY
6500 Harry Hines Blvd.
Dallas, TX 75235
www.salvationarmyddallas.org

(214)956-6000

TRANSPORTATION:
The organizations below arrange for or provide transportation for individuals traveling within Dallas county, or in some cases, within a specific suburban area. These transportation services include reduced public transit fares, specially scheduled buses or vans and reduced taxi fares. Most transportation services have more requests for services than they can supply. Calling as far in advance as possible will improve the chances of a ride.
possible to schedule a trip is advisable.

Parking Permits (Handicapped Stickers)
DALLAS COUNTY GOVERNMENT    (214)653-7811
OFFICES HANDICAPPED PARKING STICKER
500 Elm St., Records Building
Dallas, TX 75202
www.dallascounty.org

Medical Transportation
AMERICAN CANCER SOCIETY    (214)819-1200
8900 Carpenter Frwy.    (patient services)(800)227-2345
Dallas, TX 75247
www.cancer.org(cancer patient)

CITY OF BALCH SPRINGS SENIOR    (972)286-9317
CENTER
2919 Balch Springs Rd.
Balch Springs, TX 75180
www.dmcssa@cityofbalchsprings.com
(Senior Center will transport seniors to the store)

CITY OF DALLAS    (214)670-7235
SENIOR MEDICAL TRANSPORTATION PROGRAM
2828 Fish Trap Rd.
Dallas, TX 75212
(Zip codes 75206, 75209, 75210, 75211, 75212, 75215, 75216, 75217, 75235, 75241 age 60+ or have a disability)

CITY OF SEAGOVILLE    (972)287-4113
SEAGOVILLE SENIOR CENTER
304 E. Farmers Rd.
Seagoville, TX 75159
(Seagoville residents age 60+)
GARLAND SPECIAL TRANSPORTATION  (972)205-2890
600 West Avenue A
Garland, TX 75040
www.ci.garland.tx.us
Eligibility: Must be a resident of Garland. Physician must be at Parkland or in Garland. Not wheelchair accessible.

IRVING CARES, INC.  (972)721-9181
440 S. Nursery Rd.
Irving, TX 75060
www.irvingcares.org
Go to Parkland and City of Irving doctors.

JEWSH FAMILY SERVICE  (972)437-9950
5402 Arapaho Rd.
Dallas, TX 75248
(Residents of the North Dallas area)

MESQUITE TRANSPORTATION  (972)329-6833
ELDERLY-DISABLED
1616 N. Gallo way Ave.
Mesquite, TX 75149
www.cityofmesquite.com
(Mesquite Residents Only)

PARKLAND SENIOR OUTREACH SERVICES  (214)590-0407
4811 Harry Hines Blvd., Support Bldg. C
Dallas, TX 75235
(Zip codes 75214, 75215, 75216, 75217, age 65+)

TEXAS DEPT OF STATE HEALTH SERVICES
MEDICAL TRANSPORTATION PROG.
1301 S. Bowen Rd., Suite 200
Arlington, TX 76013
(Medicaid Recipients)
www.dshs.state.tx.us
Para-Transit

DALLAS AREA RAPID TRANSIT  (214)515-7272
DART PARATRANSPORT
1401 Pacific Ave.
Dallas, TX 75202
www.dart.org

GRAND PRAIRIE CONNECTION  (214)237-8545
1821 W. Freeway
Grand Prairie, TX 75051
(Grand Prairie residents only. Does not leave city limits)

JEWISH FAMILY SERVICE  (972)437-9950
5402 Arapaho Rd.
Dallas, TX 75248
(Residents of the North Dallas area)

Special Transportation for People with Disabilities

DALLAS AREA RAPID TRANSIT  (214)515-7272
DART PARATRANSPORT
1401 Pacific Ave.
Dallas, TX 75202
www.dart.org

GRAND PRAIRIE CONNECTION  (214)237-8545
1821 W. Freeway
Grand Prairie, TX 75051
(Grand Prairie residents only. Does not leave city limits)

JEWISH FAMILY SERVICE  (972)437-9950
5402 Arapaho Rd.
Dallas, TX 75248
(Residents of the North Dallas area)
VOLUNTEER OPPORTUNITIES:

Many community agencies have positions within their organizations for volunteers. Volunteering is one of the best ways seniors can share their lifetime experiences with others. Call any one of the organizations below and they will help you make a difference.

Senior Ride Programs

CITY OF RICHARDSON OLDER ADULT PROGRAM
820 West Arapaho Rd.
Richardson, TX 75080
(Residents of the City of Richardson age 55+)

GARLAND OFFICE OF SENIOR AFFAIRS (972)205-2890
222 Carver St.
Garland, TX 75040
www.ci.garland.tx.us

MESQUITE TRANSPORTATION ELDERLY-DISABLED
1616 N. Galloway Ave.
Mesquite, TX 75149
www.cityofmesquite.com
(Mesquite residents only)

SENIOR ADULT SERVICES (972)242-4464
ADDISON, CARROLLTON, COPPELL & FARMERS BRANCH
One Medical Pkwy. Professional Plaza 1, Ste. 115
Farmers Branch, TX 75234
DALLAS, CITY OF, HOUSING DEPT. PEOPLE HELPING PEOPLE  (214)670-7319
4607 S. Lancaster Rd.
Dallas, TX 75216
www.dallascityhall.com

HELPING RESTORE ABILITY  (817)469-1977
4300 Beltway Pl., Ste. 130
Arlington, TX 76018
www.helpingrestoreability.org

IRVING-HERITAGE SENIOR ACTIVITY  (972)721-2496
200 S. Jefferson St.
Irving, TX 75060
www.ci.irving.tx.us

JUNIOR LEAGUE OF DALLAS  (214)357-8822
8003 Inwood Rd.
Dallas, TX 75209
www.jld.net

SALVATION ARMY, THE LEAGUE OF MERCY  (214)956-6000
6500 Harry Hines Blvd.
Dallas, TX 75235
www.salvationarmydallas.org

SENIOR SOURCE, THE  (214)823-5700
3910 Harry Hines Blvd.
Dallas, TX 75219
www.theseniorsource.org
VOLUNTEER CENTER OF NORTH  (214)826-6767
TEXAS
2800 Live Oak St.
Dallas, TX 75204
www.volunteernorthtexas.org
Linking older adults and people with disabilities to community resources.

1-888-743-1202