

AGING INFORMATION OFFICE
*Your link to Community Services
For Older Adults
2-1-1 or
214-379-4636*

**AGING INFORMATION
DIRECTORY and
CAREGIVERS GUIDE**
December 2010



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) (972)337-6100

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 (214)941-9925

738 W. 10th Street
Dallas, TX 75208

CHRISTIAN HEIGHTS ADULT DAY AND HEALTH CARE (214)371-4285

4708 Wadsworth St.
Dallas, TX 75216

SECURE HAVEN ADULT DAY CARE (214)339-4920

2837 W. Illinois Ave.
Dallas, TX 75233

FRIENDS PLACE ADULT DAY SERVICES (972)437-2940

1960 Nantucket Dr.
Richardson, TX 75080

HAPPY CARE ADULT DAY CENTER (214)928-7800

4915 Brashear
Dallas, TX 75210

EMERITUS OF LAKE HIGHLANDS 9715 Plano Rd. Dallas, TX 75238	(214)343-7445
MESQUITE ADULT DAY ACTIVITY CENTER 229 Barnes Bridge Rd. Mesquite, TX 75150	(972)226-2131
SCENARIO ADULT DAY CARE & RESTORATIVE NURSING 3120 W. Northwest Hwy. Dallas, TX 75220	(214)351-1212
TOWN HALL ADULT DAY HEALTH CARE CENTER - OAK CLIFF 226 E. 10th St. Dallas, TX 75203	(214)941-7353
ULTIMATE ADULT DAY CARE CENTER 3650 N. Buckner Blvd, Suite 110A Dallas, TX 75228	(214)320-0080
EMERITUS AT FARMERS BRANCH 13505 Webb Chapel Rd. Farmers Branch, TX 75234 www.emeritus.com	(972)241-3955
WE CARE ADULT DAY CARE CENTER 3200 S. Lancaster Rd, Suite 609 Dallas, TX 75216	(214)371-7331
1ST HERITAGE WAY ADULT DAY CARE 13521 Method St. Dallas, TX 75243	(972)699-7700

ADULT PROTECTIVE SERVICES:

Investigates reports of abuse, neglect and exploitation of aged and disabled adults.

TEXAS DEPT. OF FAMILY & PROTECTIVE SERVICES (800)252-5400
24 Hr. Hotline

2355 N. Stemmons Frwy.

Dallas, TX 75207

www.dfps.state.tx.us

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.

ADVOCACY CENTER FOR THE ELDERLY 2-1-1 or

1349 Empire Central Dr., Suite 400 (214)379-4636

Dallas, TX 75247

www.ccgd.org

ADVOCACY, INC. (214)630-0916

1420 W. Mockingbird Ln., Suite 450

Dallas, TX 75247

www.advocacyinc.org

AGING INFORMATION OFFICE 2-1-1 or

1349 Empire Central Dr., Suite 400 (214)379-4636

Dallas, TX 75247

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

12700 Hillcrest Rd., Suite 200

Dallas, TX 75230

www.arcdallas.org

DALLAS, CITY OF (214)670-5709
OFFICE OF SENIOR AFFAIRS

1500 Marilla St. 2/D/North
Dallas, TX 75201
www.dallascityhall.com

DEAF ACTION CENTER (214)521-0407

3115 Crestview Dr.
Dallas, TX 75235
www.fdesk@deafactioncentertexas.org

EPILEPSY FOUNDATION OF (888)548-9716
SOUTHEAST TEXAS (972)566-7780

7777 Forest Ln. B116
Dallas, TX 75230
www.epilepsyfoundation.org/setexas

JEWISH FAMILY SERVICE (972)437-9950
GERONTOLOGY 24 Hr.

5402 Arapaho Rd.
Dallas, TX 75248
www.jfsdallas.org

LA VOZ DEL ANCIANO (214)741-5700

2828 Fishtrap Rd.
Dallas, TX 75212
www.lavozdallas.org

MESQUITE SENIOR ALERT (972)329-8335

1616 N. Galloway Ave.
Mesquite, TX 75149

NAMI (NATIONAL ALLIANCE (214)341-7133
FOR THE MENTALLY ILL) - DALLAS

6510 Abrams Rd., Suite 568
Dallas, TX 75231
www.namidallas.org

RICHARDSON, CITY OF (972)744-7800
OLDER ADULT PROGRAM
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 (972)242-4464
FOR ADDISON, CARROLLTON,
COPPELL & FARMERS BRANCH
One Medical Pkwy., Professional Plaza 1 Ste. 115
Farmers Branch, TX 75234
www.senioradultservices.org

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

UNITED CEREBRAL PALSY OF (214)351-2500
NORTH TEXAS
8802 Harry Hines Blvd.
Dallas, TX 75235
www.ucpdallas.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.dallaslibrary.org

TEXAS STATE LIBRARY (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
www.dars.state.tx.us

Recordings for the Blind and Physically Disabled
AMERICAN FOUNDATION FOR THE BLIND - CENTER ON VISION LOSS (214)352-7222
11030 Ables Lane
Dallas, TX 75229
www.afb.org

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

READING & RADIO RESOURCE (214)871-7668
2007 Randall
Dallas, TX 75201
www.readingresource.org

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

TDD Linkage

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

RELAY TEXAS 7-1-1
1701 N. Congress Ave. **TDD**
PO Box 13326
Austin, TX 78711
www.puc.state.tx.us/relay

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**
1349 Empire Central Dr., Suite 400 **(214)379-4636**
Dallas, TX 75247-4033
www.ccgd.org

CASE MANAGEMENT:

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

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)741-5700**
2828 Fishtrap Rd.
Dallas, TX 75212
www.lavozdallas.org

PARKLAND HEALTH AND HOSPITAL **(214)590-8369**
SYSTEM - GERIATRICS PROGRAM
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

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

UNITED CEREBRAL PALSY OF NORTH TEXAS IMPACT Adult Program (214)351-2500

8802 Harry Hines Blvd.
Dallas, TX 75235
www.ucpdallas.org

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 (214)969-5310
CONSUMER PROTECTION & PUBLIC
HEALTH OFFICE

1412 Main St., Ste. 810
Dallas, TX 75202
www.oag.state.tx.us

BETTER BUSINESS BUREAU OF (214)220-2000
METROPOLITAN DALLAS

1601 Elm St., Suite 3838
Dallas, TX 75201
www.dallas.bbb.org

DALLAS, CITY OF (214)671-9392
CODE COMPLIANCE

320 East Jefferson Blvd.
Dallas, TX 75203
www.dallascityhall.com

U.S. CONSUMER PRODUCT (800)638-2772
SAFETY COMMISSION

4330 East West Hwy.
Bethesda, MD 20814
www.cpsc.gov

TEXAS DEPARTMENT OF INSURANCE (800)252-3439

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 N. Overton Rd.
Dallas, TX 75216

deHARO-SALDIVAR CLINIC 1400 N. Westmoreland Rd. Dallas, TX 75211	(214)266-0630
EAST DALLAS CLINIC 3320 Live Oak St. Dallas, TX 75204	(214)266-1170
FARMERS BRANCH/CARROLLTON 13551 Dennis Lane Dallas, TX 75234	(972)241-2259
GARLAND CLINIC 802 Hopkins Garland, TX 75040	(214)266-0760
STEW POT (Homeless) 1822 Young St. Dallas, TX 75201	(214)560-2514
MARTIN LUTHER KING, JR. FAMILY CLINIC 2922 B MLK, Jr. Blvd. Bldg. B Dallas, TX 75215	(214)426-3645
PARKLAND HEALTH AND HOSPITAL SYSTEM ORAL SURGERY PROGRAM 5201 Harry Hines Blvd. Dallas, TX 75235 www.parklandhospital.com	(214)590-5606
URBAN INTER-TRIBAL CENTER OF TEXAS HEALTH CLINIC 209 E. Jefferson Blvd. Dallas, TX 75203	(214)941-1050

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 FOR THE DEVELOPMENTALLY DISABLED (214)328-4309
8550 Cadenza Ln.
Dallas, TX 75228
www.dallascenterfordd.org

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

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

EPILEPSY FOUNDATION OF SOUTHEAST 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

LAUNCH ABILITY (972)991-6777
4350 Sigma Rd., Suite 100
Farmers Branch, TX 75244

TEXAS WORKFORCE COMMISSION (214)421-2460
MLK Workforce Center (MLK Community Center)
2922 MLK Jr. Blvd. Bldg. A #104
Dallas, TX 75215

WORKFORCE SOLUTIONS - GREATER DALLAS (214)290-1000
1201 Main St., Suite 2700
Dallas, TX 75202

Senior Citizen Employment Projects

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (214)741-0200
1625 W. Mockingbird Ln., Suite 108
Dallas, TX 75235
www.aarp.org/scsep

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

URBAN LEAGUE OF GREATER DALLAS AND NORTH CENTRAL TEXAS (214)915-4600
4315 S. Lancaster Rd.
Dallas, TX 75216
www.dallasurbanleague.com

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 (214)648-3111
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 (214)426-3645
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 de Haro/	1936 Amelia Ct., 2nd Fl.	(214)590-8369
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

PRESBYTERIAN HEALTH AND HOSPITAL SYSTEM

Senior Health Clinic Locations

Central 8198 Walnut Hill Lane (214)345-8000

RICHARDSON REGIONAL (972)498-4500

MEDICAL CENTER

RICHARDSON SENIOR HEALTH CENTER

820 W Arapaho Rd. #200
Richardson, TX 7508

TRINITY GERIATRIC WELLNESS (972)680-7855

CLINIC

739 S. Sherman St.
Richardson, TX 75081

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 (800)422-9567

CENTER - BAYLOR 55 PLUS 24 Hrs (214)820-3055

3500 Gaston Ave.
Dallas, TX 75246
www.baylorhealth.com

**DALLAS COUNTY DEPARTMENT (214)819-2000
OF HEALTH AND HUMAN SERVICES
NURSING DIVISION**

2377 Stemmons Frwy.
Dallas, TX 75235
www.dallascounty.org

**PARKLAND SENIOR OUTREACH (214)590-0646
SERVICES**

4811 Harry Hines Blvd.
Dallas, TX 75235
www.parklandhospital.com

**TRINITY GERIATRIC WELLNESS
CENTER**

739 S. Sherman
Dallas, TX 75081

**URBAN INTER-TRIBAL CENTER (214)941-1050
HEALTH CLINIC**

209 E. Jefferson Blvd.
Dallas, TX 75203

Hearing Screening

**CALLIER CENTER FOR (214)905-3000
COMMUNICATION DISORDERS**

1966 Inwood Rd.
Dallas, TX 75235
www.callier.utdallas.edu

Hospital Based Outpatient

**BAYLOR UNIVERSITY (214)820-0111
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

Irving
2001 W. Park Dr.
Irving, TX 75061 (972)259-5102

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

CHARLTON METHODIST HOSPITAL (214)947-7777
3500 W. Wheatland Rd. 24 Hr.
Dallas, TX 75237
www.methodisthealthsystem.org

METHODIST MEDICAL CENTER (214)947-8181
1441 N. Beckley Ave. 24 Hr.
Dallas, TX 75203
www.methodisthealthsystem.org

PARKLAND HEALTH AND HOSPITAL SYSTEM (214)590-8000
5201 Harry Hines Blvd. 24 Hr.
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 (214)645-5555
HOSPITAL -- ST. PAUL
5909 Harry Hines Blvd.
Dallas, TX 75235
www.stpauldallas.com

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

UT SOUTHWESTERN UNIVERSITY (214)645-5555
HOSPITAL -- ZALE LIPSHY
5151 Harry Hines Blvd.
Dallas, TX 75235
www.zluh.org

Physician Referral

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

DALLAS COUNTY MEDICAL SOCIETY (214)948-3622
PO Box 4680
Dallas, TX 75208
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

PO Box 655999
Dallas, TX 75265

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.alzdallas.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 GREATER DALLAS REGION (214)748-7212

8200 Brookriver Dr., Ste. N-100
Dallas, TX 75247
www.americanheart.org/tx/dallas

AMERICAN LUNG ASSOCIATION OF TEXAS - DALLAS AND FORT WORTH (214)631-5864

8150 Brookriver Dr., Suite S-102
Dallas, TX 75247
www.texaslung.org

AMERICAN PARKINSON DISEASE ASSOCIATION (214)378-2732

8330 Meadow Rd.
Dallas, TX 75231
www.apdaparkinson.org

AMERICAN RED CROSS HEALTH AND SAFETY SERVICES/EDUCATION (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

3003 LBJ Frwy., Suite 125E
Dallas, TX 75234
www.daps.us

EPILEPSY FOUNDATION OF SOUTHEAST TEXAS (888)548-9716

16800 Dallas Pkwy., Ste. 200
Dallas, TX 75248
www.efgtx.org

GREATER DALLAS COUNCIL ON ALCOHOL AND DRUG ABUSE (214)522-8600

1349 Empire Central, Ste. 800
Dallas, TX 75247
www.gdcada.org

MUSCULAR DYSTROPHY ASSOCIATION (972)480-0011

12655 N. Central Expressway, Ste. 230
Dallas, TX 75243
www.mda.org

NAMI (NATIONAL ALLIANCE FOR THE MENTALLY ILL) DALLAS (214)341-7133

6510 Abrams Rd., Suite 568
Dallas, TX 75231
www.namidallas.org

NATIONAL KIDNEY FOUNDATION OF TEXAS - GREATER DALLAS COUNTY CHAPTER

(214)351-2393
5429 LBJ Freeway, Suite 25
www.nkft.org

RESOURCE CENTER OF DALLAS (214)528-0144

2701 Reagan St.
Dallas, TX 75219
www.resourcecenterdallas.org

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 2-1-1 or

1349 Empire Central, Suite 400 (214)379-4636
Dallas, TX 75247
www.ccgd.org
(Call for information about home delivered meals.)

JEWISH FAMILY SERVICE (972)437-9950

GERONTOLOGY 24 Hr.
5402 Arapaho Rd.
Dallas, TX 75248
www.jfsdallas.org
(Kosher home delivered meals)

SENIOR ADULT SERVICES (972)242-4464

**FOR ADDISON, CARROLLTON,
COPELL & FARMERS BRANCH**
One Medical Pkwy. Professional Plaza 1, Ste. 115
Farmers Branch, TX 75234
www.senioradultservices.org

**VISITING NURSE ASSOCIATION
MEALS ON WHEELS**

(214)689-2639

1440 W. Mockingbird Ln.
Dallas, TX 75235 (mailing)
1600 Viceroy, 4th Floor
Dallas, TX 75235 (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

**CARING SERVICES OF SOUTHEAST
DALLAS, INC.**

7224 Umphress Rd.
Dallas, TX 75217

HOME INSTEAD SENIOR CARE (972)239-3934
1450 Preston Forest Square, Suite 212
Dallas, TX 75230
www.homeinstead.com

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

LONE STAR LOVE AND CARE, INC. (214)703-3235
3112 N. Jupiter Rd. Ste. 118
Garland, TX 75044

RESCARE HOME CARE, TEXAS (214)951-0698
1349 Empire Central, Ste. 510
Dallas, TX 75247
www.ResCareHomeCare.com

SUNSHINE AGENCY CAREGIVING (214)823-9339
SERVICE
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.

AMERICAN HOSPICE, INC.
2550 Buckley Meadow Ave. #150
Dallas, TX 75237

AMEDISYS	(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	
ODYSSEY HEALTHCARE	(972)720-0999
5440 Harvest Hill Rd., Suite 200 Dallas, TX 75230 www.odyssey-healthcare.net	
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.vista-care.com	
VITAS INNOVATIVE HOSPICE CARE	(214)424-5600
Dallas, TX 75247 www.vitas.org	

8585 N. Stemmons Frwy. #700 South Tower

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
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)218-1230

246 E. 1st St.
Lancaster, TX 75146

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.- (214)742-8387
NORTH TEXAS HEALTH CARE SYSTEM
SUPPORTED HOUSING

4500 S. Lancaster Rd.

Dallas, TX 75216

www.north-texas.med.va.gov

Housing Rehabilitation/Repair

CENTER FOR HOUSING RESOURCES (214)828-4390
HOME REPAIR PROGRAM

3103 Greenwood St.

Dallas, TX 75204

www.chrdallas.org

DALLAS, CITY OF, HOUSING DEPT. (214)670-3644
HOME REPAIR PROGRAM

1500 Marilla St.,6/D/North

Dallas City Hall

Dallas, TX 75201

www.dallascityhall.com

DALLAS, CITY OF, HOUSING DEPT. (214)670-7319
PEOPLE HELPING PEOPLE PROGRAM

4607 S. Lancaster Rd.

Dallas, TX 75216

www.dallascityhall.com

DALLAS, COUNTY OF, HOUSING REPLACEMENT PROGRAM (214)653-6359

411 Elm Street, 3rd Floor
Dallas, TX 75202

Eligibility: Low to moderate income families in Balch Springs, Cedar Hill, Cockrell Hill, Coppell, DeSoto, Duncanville, Farmers Branch, Glenn Heights, Hutchins, Lancaster, Sachse, Seagoville, and Wilmer.

GARLAND CITY OF, HOUSING AND NEIGHBORHOOD SERVICES -- NEIGHBORHOOD DEVELOPMENT (972)205-3315

222 Carver Street
Garland, TX 75040

Eligibility: Elderly owner occupied; median income or below.

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.

GRAND PRAIRIE HOUSING & NEIGHBORHOOD SERVICES (972)237-8176

205 West Church Street
Grand Prairie, TX 75050

Eligibility: Section 8 Eligible.

LANCASTER HOUSING AGENCY (972)218-1230

1425 N. Dallas Ave.
Lancaster, TX 75134

Eligibility: Low income and Section 8 eligible.

MESQUITE HOUSING OFFICE (972)216-6424

1616 North Galloway Ave.
Mesquite TX 75149

Eligibility: Mesquite residents ages 60 and over. Home must be

owned and occupied for at least one year and a minimum of 20 years old. Mesquite resident and low income. Must meet eligibility for government subsidized housing.

**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

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

Apartments 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
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

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

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 Frwy., 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 TELESERVICE CENTER (800)772-1213
(Call for information about Social Security, Medicare and Supplemental Security Income)

www.ssa.gov

Disability Insurance - Veterans

DALLAS COUNTY VETERANS (214)819-1885

SERVICE OFFICE (972)692-4939

2377 Stemmons Frwy., Suite 631 - Box 1

Dallas, TX 75207-2710

www.dallascounty.org

VETERANS AFFAIRS, U.S. (800)827-1000

DEPARTMENT OF

4500 South Lancaster Rd.

Dallas, TX 75216

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., Ste 100 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)708-6102

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, 75235 (214)638-7575

10939-B Shady Trail, 75220 (214)351-6231

Temporary Financial Aid

AGING INFORMATION OFFICE

2-1-1 or

1349 Empire Central Dr., Suite 400

(214)379-4636

Dallas, TX 75247

www.ccgd.org

(Referrals to local agencies that provide emergency financial and

food assistance)

**DALLAS COUNTY DEPARTMENT OF (214)819-1848
HEALTH & HUMAN SERVICES**

Comprehensive Energy Assistance Program (CEAP)

2377 Stemmons Frwy., Suite 201

Dallas, TX 75207

www.dallascounty.org

(Energy assistance with electric and gas bills)

**DALLAS COUNTY DEPARTMENT OF (214)819-1800
HEALTH & HUMAN SERVICES - COUNTY CLIENT
SERVICES DEPT.**

2377 Stemmons Frwy., Suite 201

Dallas, TX 75207

www.dallascounty.org

(Medically disabled only with a current doctor's statement. 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 (800)204-2222
REFERRAL SERVICE**

1414 Colorado

Austin, TX 78701

www.texasbar.com

Legal Counseling

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

LEGAL AID OF NORTHWEST TEXAS (214)742-5768
DALLAS VOLUNTEER ATTORNEY PRGM
1515 Main St.
Dallas, TX 75201
www.lanwt.org

LEGAL HOSPICE OF TEXAS (214)521-6622
3636 N. Hall St., Ste. 820
Dallas, TX 75219
www.legalthospice.org

NORTH TEXAS LEGAL SERVICES (214)824-2533
Grace United Methodist Church
4105 Junius St.
Dallas, TX 75246
(1st Thurs. and 3rd Thurs. @ 6pm)

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

SOUTHERN METHODIST UNIVERSITY (214)768-2562
DEDMAN SCHOOL OF LAW
SMU CRIMINAL JUSTICE CLINIC
3315 Daniel Ave.
Dallas, TX 75275
www.law.smu.edu/clinics

Legal Information Line

DALLAS BAR ASSOCIATION (214)220-7476
LEGAL ADVICE INFORMATION LINE
2101 Ross Ave.
Dallas, TX 75201
www.dallasbar.org

LEGAL HOTLINE FOR TEXANS (800)622-2520
815 Brazos, Ste. 1100
Austin, TX 78701
www.tlsc.org/hotline.html

LEGAL AID OF NORTHWEST TEXAS (214)744-5277
LEGAL ADVICE AND REFERRAL SERVICE
1515 Main St.
Dallas, TX 75201
www.lanwt.org

Mediation

BETTER BUSINESS BUREAU OF METROPOLITAN DALLAS (214)220-2000
1601 Elm St. #3838
Dallas, TX 75201
www.dallas.bbb.org

DISPUTE MEDIATION SERVICE INC. (214)754-0022
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 classes. The Texas Education Code defines senior citizens as a

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. Farmers Branch, 75244	(972)860-4700
Cedar Valley	3030 North Dallas Ave. Lancaster, 75134	(972)860-8210
Eastfield	3737 Motley Dr. Mesquite, 75150	(972)860-7113
El Centro	Main and Lamar Dallas, 75202	(214)860-2147
MountainView	4849 W. Illinois Ave. Dallas, 75211	(214)860-8612
North Lake	5001 N. MacArthur Blvd. Irving, 75038	(972)273-3386
Richland	12800 Abrams Rd. Dallas, 75243	(972)238-6144

ELDER HOSTEL

11 Avenue de Lafayette
Boston, MA 02111
www.elderhostel.org

(617)426-7788

(877)426-8056

SENIOR NET of DALLAS

4847 W. Lawther Dr.
Dallas, TX 75214

(214)841-2818

Cultural Enrichment

ARTREACH - DALLAS, INC.

2800 N. Henderson, Ste. 102
Dallas, TX 75206
www.artreachdallas.org

(214)219-2006

**GREATER LAKEWOOD
SHEPHERD'S CENTER**

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, Suite A
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 (214)670-6597
MARCUS ANNEX SENIOR CENTER
2910 Modella Ave.
Dallas, TX 75229
www.dallascityhall.com

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

DALLAS LIGHTHOUSE FOR THE BLIND (214)821-2375
INDEPENDENT LIVING REHABILITATION
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
www.cor.net

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	4220 N. Josey Ln.	(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	203 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

Mesquite PO Box 850137 (972)216-6260

Richardson PO Box 830309 (972)744-4300

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 **(972)437-9950**

GERONTOLOGY **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 **(972)840-7360**

NORTH TEXAS

EMERGENCY ALERT RESPONSE

2441 Forest Lane, Ste. 101

Garland, TX 75042

www.outreachhealth.com

**TEXAS HEALTH AND HUMAN SERVICES (972)337-6100
COMMUNITY CARE FOR AGED &
DISABLED ADULT (CCAD)**

801 W. Freeway, Suite 700
Grand Prairie, TX 75051
www.hhsc.state.tx.us

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.state.tx.us

**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 W. Freeway, Suite 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
CALLIER CENTER CLINIC
1966 Inwood Rd.
Dallas, TX 75235
www.callier.utdallas.edu

CATHOLIC CHARITIES (214)520-6590
CATHOLIC COUNSELING SERVICE
9461 LBJ, Suite 100
Dallas, TX 75243
www.catholiccharitiesdal.org

CHILD AND FAMILY GUIDANCE CENTER (214)351-3490
8915 Harry Hines Blvd.
Dallas, TX 75235
www.childrenandfamilies.org

CHRISTIAN WORKS FOR CHILDREN (972)960-9981
6320 LBJ Frwy., Suite 126
Dallas, TX 75240
(Grief counseling for children)
www.christians-works.org

COUNSELING INSTITUTE OF TEXAS (972)494-0160
705 W. Avenue B, Ste. 200
Garland, TX 75040

GALAXY COUNSELING CENTER (972)272-4429
1025 S. Jupiter Rd.
Garland, TX 75042
www.galaxycounseling.org

RAPHA CHRISTIAN COUNSELING CENTERS (972)257-0449
3021 Gateway Dr., Suite 290
Irving, TX 75063

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

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

Crisis Intervention

CONTACT COUNSELING & CRISIS LINE (972)233-2233
24 Hr.
PO Box 800742
Dallas, TX 75380-0742

PARKLAND VICTIM INTERVENTION AND RAPE CRISIS CENTER (214)590-0430
24 Hr.
4811 Harry Hines Blvd.
Dallas, TX 75235

METROCARE SERVICES (214)330-7722
RAPID ASSESSMENT - PREVENTION (RAP)
1353 N. Westmoreland Cottage 5
Dallas, TX 75211

www.dallasmetrocare.com

**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**

(214)653-7485

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

**UT SOUTHWESTERN MEDICAL
CENTER - DALLAS ADULT PSYCHIATRY**

(214)645-8500

6333 Forest Park Rd.
Dallas, TX 75235
www.utsouthwestern.edu

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

(800)869-9549

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

Dallas, TX 75204

Nursing Facility Medicaid Prior Authorization
TEXAS HEALTH AND HUMAN SERVICES COMMISSION (972)337-6100
NURSING HOME MEDICAID ELIGIBILITY
801 W. Freeway, Suite 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:
Spay/Neuter Programs

CITY OF DALLAS SPAY/NEUTER SUBSIDY PROGRAM (214)670-6800
1818 N. Westmoreland
Dallas, TX 75212
(Free to City of Dallas residents who receive any form of public assistance. No feral cats)

FERAL FRIENDS (972)671-0429
HELP FOR HELPLESS ANIMALS (972)472-4860
(Reduced cost or free spay/neuter vouchers and free vaccinations on a case by case basis)

HELP FOR HELPLESS ANIMALS (972)472-4860
(Reduced cost or free spay/neuter vouchers and free vaccinations on a case by case basis)

**KAUFMAN COUNTY ANIMAL
AWARENESS**

(972)472-3500

(Mesquite/Garland ONLY)

Low cost spay/neuter clinic which provides pet sterilization and vaccinations. Also has a TNR-Trap/Neuter/Release Program for feral cat.

www.spayneuternet.org

KITTICO CAT RESCUE

www.kittico.org

Feral Cat Spay/Neuter Program

(214)826-6903x3

13410 Preston Rd., Ste. 1237

(972)671-0429

Dallas, TX 75240

Dallas Spay/Neuter Clinic

2520 Electronic Lane, Ste. 803

Dallas, TX 75220

Provides low cost assistance.

METROPLEX ANIMAL COALITION

(MAC) SPAY AND NEUTER PROGRAM

(972)669-5000

8333 Douglas Ave., Ste. 1350

Dallas, TX 75225

(Free pet surgery, spay or neuter, coupons. City of Dallas residents with income less than \$35,000.00 annually.

www.metroplexanimalcoalition.org

PROTECTIVE ANIMAL LEAGUE (PAL)

(972)881-1981

Reduced price coupon & veterinarian list mailed

(817)679-0817

to you. Leave name and mailing address.

S.N.Y.P. SPAY NEUTER YOUR PETS

(214)349-7697

Reduced price coupon & veterinarian list mailed

to you. Leave name and mailing address. Must live

in Dallas-Fort Worth areas.

SPCA of TEXAS

(214)651-9611

www.sPCA.org

**S.T.O.P. - ANIMAL RESCUE LEAGUE'S
SPAY/NEUTER ASSISTANCE PROGRAM (972)420-0641**

www.arltexas.org

email: stopprogram@arltexas.org

Leave full name and mailing address including zip code.

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

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

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

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

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

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

SAFETY:

Free smoke detectors to city of Dallas residents.

CITY OF DALLAS

(214)670-4319

1500 Marilla St.

Dallas, TX 75201

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**

(214)372-4620

2721 Lyola St.

Dallas, TX 75241

BALCH SPRINGS SENIOR CENTER

(972)286-9317

2919 Balch Springs Rd.

Balch Springs, TX 75180

www.balchspringsleisureservices.com

BRADY SOCIAL SERVICE CENTER

(214)826-8330

4009 Elm St.

Dallas, TX 75226

COTTAGES OF GOLDEN ACRES

(214)328-4341

2649 Centerville Rd.

Dallas, TX 75228

CARROLLTON SENIOR CENTER

(972)466-4850

1720 Keller Springs Rd.

Carrollton, TX 75006
CEDAR CREST SENIOR CENTER (214)941-7404
Salvation Army Building
1007 Hutchins Rd.
Dallas, TX 75203

CONCORD SENIOR CENTER (214)331-8522
6808 Pastor Bailey Dr. ext. 260
Dallas, TX 75237

DEAF ACTION CENTER (214)521-0407
3115 Crestview
Dallas, TX 75235

DESOTO 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

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

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

GARLAND SENIOR ACTIVITY CENTER (972)205-2769
600 W. Avenue A
www.garlandparks.com

Garland, TX 75040
GARLAND CARVER SENIOR CENTER (972)205-3305
222 Carver Dr.
Garland, TX 75040

**GREATER LAKEWOOD SHEPHERD'S
CENTER**
4847 W. Lawther Dr.
Dallas, TX 75214

GOODBAR SENIOR CENTER - MESQUITE (972)279-6881
3000 Concord Dr.
Mesquite, TX 75150

HUTCHINS SENIOR CENTER (972)225-1032
500 W. Hickman St.
Hutchins, TX 75141
P. O. Box 754
Hutchins, TX 75141 (mailing address)

**IRVING-HERITAGE SENIOR
ACTIVITY CENTER** (972)721-2496
200 S. Jefferson St.
Irving, TX 75060

**JEFFERSON/MOUNTAINVIEW SENIOR
CENTER** (214)943-3304
1617 W. Jefferson Blvd.
Dallas, TX 75208

**JEWISH FEDERATION OF
GREATER DALLAS** (214)239-7119
(JEWISH COMMUNITY CENTER OF DALLAS)
7900 Northaven Rd.
Dallas, TX 75230

JUANITA CRAFT CENTER (214)670-8203
Dallas, TX 75210

4500 Spring Ave. LANCASTER LIFE CENTER 240 Veteran's Memorial Pkwy. Lancaster, TX 75134	(972)227-2650
MARILLAC SOCIAL CENTER 2827 Lapsley St. Dallas, TX 75212	(214)638-4998
MARTIN LUTHER KING, JR SENIOR CENTER 2901 Pennsylvania Ave. Dallas, TX 75215	(214)670-8169
PLEASANT GROVE SENIOR CENTER 7224 Umphress Rd. Dallas, TX 75217	(214)398-5215
RICHARD HSU ACTIVITY CENTER 2129 E. Arapaho Rd. Richardson, TX 75081	(972)231-7969
RUTHERFORD SENIOR CENTER 900 Rutherford Dr. Mesquite, TX 75149	(972)216-7791
SEAGOVILLE SENIOR CENTER 304 E. Farmers Rd. Seagoville, TX 75159 www.seniors@seagoville.us	(972)287-4113
SUNSHINE SENIOR CENTER Salvation Army Pleasant Grove 8341 Elam Rd. Dallas, TX 75217	(214)398-6619
THE SUMMIT Grand Prairie, TX 75052	(972)237-4141

2975 Esplanade
WESLEY-RANKIN COMMUNITY CENTER (214)742-6674
3100 Crossman Ave.
Dallas, TX 75212
www.wesleyrankin.org

**WEST DALLAS/K.B. POLK SENIOR
CENTER (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 (214)363-0461
SERVICES**
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

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

**AMERICAN LUNG ASSN. OF THE (214)631-5864
PLAINS-GULF REGION
LUNG ASSOCIATION SUPPORT**
8150 Brookriver Dr., Suite S102
www.lung.usa.org

Dallas, TX 75247

**MUSCULAR DYSTROPHY ASSOCIATION (972)480-0016
OF GREATER DALLAS AND PLANO**

12655 N. Central Expressway, Ste. 230
Dallas, TX 75243

**ARC OF DALLAS, (214)634-9810
SUPPORT GROUP**

12700 Hillcrest Rd., Suite 200
Dallas, TX 75230
www.arcdallas.org

**ARTHRITIS FOUNDATION (214)826-4361
NORTH TEXAS CHAPTER**

4300 MacArthur Ave.
Dallas, TX 75209
www.arthritis.org

CAREGIVERS SUPPORT GROUP (972)839-0065

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

**CO-DEPENDENTS ANONYMOUS (972)647-4568
OF NORTH CENTRAL TEXAS**

11520 N. Central Expy.
Dallas, TX 75243

**CROHN'S & COLITIS FOUNDATION (972)386-0607
OF AMERICA**

12801 N. Central Expwy, Suite 270
Dallas, TX 75243
www.ccfa.org

DALLAS AREA PARKINSONISM SOCIETY (972)620-7600

6370 LBJ Freeway, Ste. 176
Dallas, TX 75234

DALLAS GAMBLERS ANONYMOUS SUPPORT GROUP (214)890-0005

12717 Marsh Ln.
Dallas, TX 75230

DEPRESSIVE & BIPOLAR SUPPORT ALLIANCE (817)654-7100

PO Box 6361
Ft. Worth, TX 76115

GROWTH THROUGH GRIEF PASTORAL CARE AT PARKLAND (214)590-8512

5201 Harry Hines Blvd.
Dallas, TX 75235

JEWISH FAMILY SERVICE (972)437-9950
24 Hr.

5402 Arapaho Rd.
Dallas, TX 75248
www.jfsdallas.org

MENDED HEARTS, INC. DALLAS CHAPTER - SUPPORT GROUP (214)360-6149

7272 Greenville Ave.
Dallas, TX 75231

MENTAL HEALTH AMERICA OF GREATER DALLAS DEPRESSIVE'S SUPPORT GROUP (214)871-2420

624 N. Good Latimer, Suite 200
Dallas, TX 75204
www.mhadallas.org

NAMI (NATIONAL ALLIANCE OF THE MENTALLY ILL) DALLAS (214)341-7133

6510 Abrams Rd., Suite 568
Dallas, TX 75231
www.namidallas.org

RECOVERY, INC., SUPPORT GROUP (214)904-0296
International Headquarters
802 N. Dearborn
Chicago, IL 60610

SENIOR ADULT SERVICES: (972)242-4464
**ADDISON, CARROLLTON,
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)

SUICIDE AND CRISIS CENTER, THE (214)824-7023
SURVIVORS OF SUICIDE
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 RAISING

(214)671-8060

GRANDCHILDREN RESOURCE CENTER

2008 E. Kiest Blvd

Dallas, TX 75216

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 AND NORTH CENTRAL TEXAS **(214)915-4600**

Grandparents Support Group

4315 S. Lancaster Rd.

Dallas, TX 75216

**GRANDPARENTS AND OTHERS
RAISING CHILDREN**

(214)998-3545

caregiver@flash.net

www.relativeraisinggrandchildren.net

www.familycaregiversonline.net

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)741-5700
2828 Fishtrap Rd.
Dallas, TX 75212
www.lavozdallas.org

MESQUITE SENIOR ALERT (972)329-8335
1616 N. Galloway Ave.
Mesquite, TX 75149

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
www.senioradultservices.org

Friendly Visiting

GREATER LAKEWOOD (214)823-2583
SHEPHERD CENTER
4847 W. Lawther Dr.
Dallas, TX 75214

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

LA VOZ DEL ANCIANO (214)741-5700
2828 Fishtrap Rd.
Dallas, TX 75212
www.lavozdallas.org

MESQUITE SENIOR ALERT (972)329-8335
1616 N. Galloway Ave.
Mesquite, TX 75149

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

Dallas, TX 75235

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 to schedule a trip is advisable.

Parking Permits (Handicapped Stickers)

DALLAS COUNTY GOVERNMENT OFFICES(214)653-7811 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 MEDTRANS (972)557-6070

3117 Hickory Tree Rd.

Balch Springs, TX 75180

(Residents of Balch Springs; preference given to people with disabilities and adults 55+)

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

JEWISH FAMILY SERVICE (972)437-9950

5402 Arapaho Rd.
Dallas, TX 75248
(Residents of the North Dallas area)

**MESQUITE TRANSPORTATION
ELDERLY-DISABLED** (972)329-6833

1616 N. Galloway 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 (877)633-8747
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 PARATRANSIT
1401 Pacific Ave.
Dallas, TX 75202
www.dart.org

GRAND PRAIRIE CONNECTION (972)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 PARATRANSIT
1401 Pacific Ave.
Dallas, TX 75202
www.dart.org

GRAND CONNECTION (972)237-8545
1821 W. Freeway
Grand Prairie, TX 75051
(Residents of Grand Prairie only; does not leave city limits)

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

Senior Ride Programs

CITY OF RICHARDSON OLDER ADULT PROGRAM (972)680-2184
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 (972)329-6833
1616 N. Galloway Ave.
Mesquite, TX 75149
www.cityofmesquite.com
(Mesquite residents only)

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

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.

DALLAS, CITY OF, HOUSING DEPT. (214)670-7319
PEOPLE HELPING PEOPLE

4607 S. Lancaster Rd.
Dallas, TX 75216
www.dallascityhall.com

HELPING RESTORE ABILITY (817)469-1977

1635-A W. Division
Arlington, TX 76012
www.helpingrestoreability.org

JUNIOR LEAGUE OF DALLAS (214)357-8822

8003 Inwood Rd.
Dallas, TX 75209
www.jld.net

IRVING-HERITAGE SENIOR ACTIVITY (972)721-2496
CENTER

200 S. Jefferson St.
Irving, TX 75060
www.ci.irving.tx.us

SALVATION ARMY, THE LEAGUE OF (214)956-6000
MERCY

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
TEXAS**

(214)826-6767

2800 Live Oak St.
Dallas, TX 75204
www.volunteernorthtexas.org





Linking older adults and people with
disabilities to community resources.

1-888-743-1202















































































110







































