



## CARES Resources

The Hope and Healing Center & Institute is Houston's frontline resource for accessing free mental health services and support. As part of HHCI, CARES (Caregiving • Aging • Resilience • Ethics • Spirituality) addresses the myriads of issues faced by all of us as we age. CARES provides healthcare ethics consultation, supportive services, education, and research on aging and ethics issues. All of our services are free of charge. For questions, contact: Dr. Peggy Determeyer, McGee Fellow and Director, HHCI CARES, 346-335-8623, [pdetermeyer@hhci.org](mailto:pdetermeyer@hhci.org), or Rabbi Seth M. Stander, DD, Community Aging Specialist, HHCI CARES, 346-335-8627, [sstander@hhci.org](mailto:sstander@hhci.org).

### Alzheimer's/Dementia

- The Alzheimer's Association, Houston & Southeast Texas Chapter (800-272-3900) offers a variety of services, including:
  - Care consultations ([https://alz.org/texas/helping\\_you/care\\_consultations](https://alz.org/texas/helping_you/care_consultations)).
  - Educational programs for those living with early-stage Alzheimer's or related disorders ([https://www.alz.org/texas/helping\\_you/early\\_stage\\_programs](https://www.alz.org/texas/helping_you/early_stage_programs)).
- Center for Medicare and Medicaid Services (CMS) Guiding an Improved Dementia Experience (GUIDE) Model: <https://www.cms.gov/files/document/guide-model-patient-caregiver-fs.pdf>. This program offers enhanced services for dementia care and support for caregivers (a relative or unpaid nonrelative who helps with activities of daily living), including respite care.
- The Amazing Place: <https://www.amazingplacehouston.org>, 3735 Drexel Dr., Houston; Arlene Schollaert (713-552-0420); information available re: community resources (including living facilities/services for folks not needing The Amazing Place's offerings) for a nominal fee.
- Gathering Place (sponsored by CarePartners): monthly programs held in partnership with congregations and nonprofits who provide space and trained volunteers to participate on a Care Team®; pre-registration required; <https://carepartnerstexas.org/find-help/gathering-place>.
  - The Gathering: St. Martin's Episcopal Church, 4<sup>th</sup> Mondays, 10:00-1:30, Bagby Hall; Kathy Tellepsen (713-301-4786; [kattellepsen@me.com](mailto:kattellepsen@me.com)).
  - The Gathering Place, Clear Lake Presbyterian Church: 281-488-6731, ext. 343; [gatheringplace@clpc.org](mailto:gatheringplace@clpc.org).
- CarePartners: offers a variety of programs in addition to the Gathering Place, including day program services, with varying fees; 713-682-5995; <https://www.carepartnerstexas.org/find-help/locate-a-program>.



- Alzheimer’s Caregiver Support Group: Hope and Healing Center & Institute; Kathy Tellepsen (713-301-4786; [kattellepsen@me.com](mailto:kattellepsen@me.com)).
- Alzheimer’s Caregivers Group (MEN ONLY) – first Tuesday of month meets virtually and third Tuesday of each month at St. Luke’s United Methodist Church, 1:30-3:00, ES308: Contact Don German (713-899-6522) or Bob McClelland (713-205-6408).
- Frontotemporal Dementia Support Group (Virtual): Contact Chris Ward (713-253-5936; [caward901@gmail.com](mailto:caward901@gmail.com)) or Asad Abbasi (281-658-7411; [abbasi1@gmail.com](mailto:abbasi1@gmail.com)).
- Savvy Caregiver: Six-week, two-hours per week training on caregiving for adults with dementia; by Sharon Cantrell of The Amazing Place ([SCantrell@amazingplacehouston.org](mailto:SCantrell@amazingplacehouston.org); 713-552-0420).
- Caregiver’s Corner: Five-week training for dementia caregivers covering caregiver challenges, types of dementia and progression, behavior management, self-care, family dynamics, health care planning, Medicare/Medicaid benefits, and resources. Contact Dr. Peggy Determeyer, [pdetermeyer@hhci.org](mailto:pdetermeyer@hhci.org), 346-335-8623.

## Parkinson’s Disease

Houston Area Parkinson’s Society: 2700 Southwest Freeway, Suite 296, Houston, TX 77098; [www.hapsonline.org](http://www.hapsonline.org); Kathleen Crist, LMSW, Executive Director (713-313-1704); Celeste Harris, LMSW, Director, Social Services (713-313-1706).

## Stroke Survivors

### *Stroke Survivor Support Groups*

- Memorial Hermann Stroke Survivors’ Support Group, different locations, <https://memorialhermann.org/services/specialties/neuroscience/patients-visitors/support-groups#stroke>; for West Houston, contact Donald Garrett, Memorial Hermann Memorial City Stroke Coordinator (713-242-2905; [David.Huber@memorialhermann.org](mailto:David.Huber@memorialhermann.org)).
- Methodist Stroke Survivors’ Support Group ([jsschwarz@houstonmethodist.org](mailto:jsschwarz@houstonmethodist.org)).
- Other groups: <http://www.texasbia.org/find-a-support-group>.

### *Other Resources*

- Houston Aphasia Recovery Center: 5005 Woodway Dr. Suite 110, Houston, TX 77056; 713-781-7100.
- *Stroke and Traumatic Brain Injury Survivors* (Newsletter), if you wish to be put on the email list to receive issues, email Walter Kilcullen ([SATBILMagazine@gmail.com](mailto:SATBILMagazine@gmail.com)).



## Other Support Groups

- Mended Hearts: <https://mendedhearts.org>.
- Better Breathers: <https://www.lung.org/help-support/better-breathers-club>.

## Legal

- Texas Legal Services Center: Nonprofit providing legal advice, advocacy, representation to underserved people across the state of Texas. Monday-Friday, 9:00-5:00; 512-477-6000; <https://www.tlsc.org>.
- Houston Bar Association *Elder Law Handbook*: <https://texaslawhelp.org/article/elder-law-handbook-houston-bar-association>.
- University of Houston Law Center Clinical Legal Education Program: 4604 Calhoun Road, Room 56, TU2 (Ground Floor), Houston, TX 77204-6060; 713-743-2094; <https://www.law.uh.edu/clinic>.
- Houston Bar Association Elder Law Services: <https://www.hba.org/elder-law-services>.
- Amanda Grimes, Theander & Grimes; 281-972-8488; <https://www.katylegal.com>.
- Kimberly A. Hegwood, Your Legacy Legal Care; 950 Gemini Street, Suite 6, Houston, Texas 77058; 281-369-8442; <https://yourlegacylegalcare.com>.
- Angela Odensky, 55 Waugh Dr, #505, Houston, TX 77007; 713-344-0730; [info@odenskylaw.com](mailto:info@odenskylaw.com).
- Catherine Scheid, 4301 Yoakum Boulevard, Houston, Texas 77006; 713-840-1840; <https://www.scheidlawfirm.com>.
- Molly Dear Abshire, Wright Abshire, 4949 Bissonnet Street, Bellaire, TX 77401; 713-660-9595; <https://www.wrightabshire.com>.
- Christina Leshner, 5615 Kirby Drive, Ste 412, Houston, TX 77005; 713-529-5900; <https://www.lawlesher.com>.

## Mediation/Arbitration

Barbara Sunderland Manouso, PhD, MPH, Manouso Mediation and Arbitration LLC;  
<https://solution2conflict.com>; [mediation@manouso.us](mailto:mediation@manouso.us).



## Medical Professionals

### *Geriatricians*

- UT Physicians Center for Healthy Aging-Bellaire; 6700 West Loop South, Suite 130, Bellaire, TX 77401; 713-486-5150; <https://www.utphysicians.com/clinic/ut-physicians-center-for-healthy-aging-bellaire>.
- Baylor Kirby-Glen Senior Clinic, CHI-St. Luke's Health Outpatient Clinic, Baylor St. Luke's Medical Center; 713-798-3967; <https://www.bcm.edu/healthcare/specialties/geriatrics-and-palliative-medicine>.
- University of Texas Medical Branch (Mukaila Raji, MD, MS, FACP, Professor & Director, Edgar Gnitinger Distinguished Professorship in Aging); <https://www.utmb.edu/internalmedicine/divisions/geriatrics/faculty/mukaila-raji>.
- Dahlia Physician Housecalls (Tacara Soones, MD, MPH, home-based primary care); 346-200-7035; dahliahousecalls.com

### *Neurologists*

- Dr. Paul Schulz, MD; UT Health (Director, Neurocognitive Disorders Center); 713-486-0500.
- Dr. Reeta Achari, MD; 1411 Heights Blvd, Houston, TX 77008; 832-793-7530.
- Dr. Philip Blum, MD; 915 Gessner, Suite 750, Houston, TX 77024; 713-333-6900.

### *Mental Health*

- Dr. Christina Burrows, PhD, UT Physicians Center for Healthy Aging-Bellaire; 6700 West Loop South, Suite 130, Bellaire, TX 77401; 713-486-5150.
- UT Trauma and Resilience Center, Behavioral and Biomedical Sciences Building (BBSB) – 2nd Floor, 1941 East Road, Houston, Texas 77054; Phone: 713-486-2630, Email: [TRC@uth.tmc.edu](mailto:TRC@uth.tmc.edu).

## Advance Directives

- Advance Directive Forms (Texas): <https://hhs.texas.gov/laws-regulations/forms/advance-directives>.
- Caring Conversation Guide: <https://www.practicalbioethics.org/featured-resources/caring-conversations>.



- My Directives: [www.mydirectives.com](http://www.mydirectives.com) (can complete medical directives online, including signatures).

## Living/Care Management

- Harris County Area Agency on Aging: part of a nationwide network of agencies funded by the Center for Medicare and Medicaid Services (CMS), coordinating supporting services for adults 60 years or older, as well as their caregivers; 832-393-4301 or 800-213-8471; <https://www.houstontx.gov/health/Aging>.
- Care Connection (Harris County Aging and Disability Resource Center [ADRC]): supports specific needs, including youth with disabilities; 855-937-2372, [www.careconnection.org](http://www.careconnection.org).
- A Place for Mom: <https://locate.aplaceformom.com>; Carol Kalmanoff (713-470-2527; several people have shared that they do a good job).
- Center for Medicare/Medicaid Services online rating for hospitals and nursing homes: <https://www.medicare.gov/hospitalcompare/Data/About.html> (hospitals) and <https://www.medicare.gov/nursinghomecompare/search.html?> (nursing facilities).
- Christian Community Service Center: trains individuals to be in-home, non-medical caregivers and placement services for graduates; 713-961-3993 ext. 327; [cgmanager@ccschouston.org](mailto:cgmanager@ccschouston.org).
- Erin Hawkins, Geriatric Care Manager (see “My Services” on website), Aging Initiative; [erin.hawkins@aginginitiative.com](mailto:erin.hawkins@aginginitiative.com); 713-543-8700; [www.aginginitiative.com](http://www.aginginitiative.com).
- The Key; offers in-home care for older adults; 713-547-5693 (Houston); <https://thekey.com/locations/texas/houston>.
- Lori Farris, Senior Living Specialists; [lorijofarris@gmail.com](mailto:lorijofarris@gmail.com) (helps to find senior living facilities; is paid by those facilities but claims to refer to others as well).
- Margaret Von Heuvel, Margaret Care; 832-451-4440, [margaret@margaretcare.com](mailto:margaret@margaretcare.com).
- Rita Justice, PhD; 713-858-2167; [www.mastercaregivers.com](http://www.mastercaregivers.com) (Dr. Justice has a high-end home caregiving agency, but also advises clients on various routes to take; her Community Liaison is Ruth Kainer; 713-528-6577; [rkainer@mastercaregivers.com](mailto:rkainer@mastercaregivers.com)).
- Texas Department of Health and Human Services, *Long-Term Care Provider Search*, <https://apps.hhs.texas.gov/ltcsearch/providersearch.cfm>.
- Travis Boldt, At Your Side Home Care; 281-335-4882; [tboldt.ays@gmail.com](mailto:tboldt.ays@gmail.com).
- Veteran’s Administration (VA): offers programs for disabled veterans and those with limited resources; <https://www.va.gov/disability/>.



- CarePatrol of Central Houston: <https://carepatrol.com/central-houston>; Gaby Goodweather (713-379-5626, [ggoodweather@carepatrol.com](mailto:ggoodweather@carepatrol.com)).

### **Respite Care**

- Harris County Area Agency on Aging: part of a nationwide network of agencies funded by the Center for Medicare and Medicaid Services (CMS), coordinating supporting services for adults 60 years or older, as well as their caregivers; 832-393-4301 or 800-213-8471; <https://www.houstontx.gov/health/Aging>. Caregiver Coordination: Suzanne Terry, 832-393-4868, [Suzanne.terry@houstontx.gov](mailto:Suzanne.terry@houstontx.gov).
- Texas Department of Health and Human Services, *Respite Provider Search*, <https://apps.hhs.texas.gov/taketimetexas/search.cfm>.
- Veteran's Administration (VA): offers a number of programs for those providing care for veterans; [https://www.va.gov/GERIATRICAL/pages/Respite\\_Care.asp](https://www.va.gov/GERIATRICAL/pages/Respite_Care.asp).
- Hilarity for Charity: offers grants for dementia caregivers to pay for respite care; <https://wearehfc.org>.

### **Complaints about Long-Term Care Facilities:**

- Harris County Long-term Care Ombudsman Program: Managing Local Ombudsman (MLO) Greg Shelley; 713-500-9930; [Gregory.K.Shelley@uth.tmc.edu](mailto:Gregory.K.Shelley@uth.tmc.edu).
- Texas Health and Human Services Complaint Hotline: 800-458-9858; [ciicomplaints@hhs.texas.gov](mailto:ciicomplaints@hhs.texas.gov).
- Texas Department of Family and Protective Services Abuse Hotline: 800-252-5400; [www.txabusehotline.org](http://www.txabusehotline.org).
- Contacting State/Federal Elected Officials: obtain the name of your elected representative at <https://wrm.capitol.texas.gov/home>.

When filing a complaint about care facilities, please include:

- Name, address, phone number
- Relationship to person
- Names of person involved
- Name, address, phone number of provider
- Nature of complaint: date/time/location of incident; narrative of incident; how person was affected; names of witnesses/anyone else with relevant information; Y/N audio/video records available

## Insurance Issues

**Long-Term Care Insurance** (Note: please research carefully; companies have specific qualifications; costs can be high)

- Article from Consumer Reports on Long-Term Care Insurance, Short-Term Care Insurance, and hybrid insurance policy: <https://www.consumerreports.org/long-term-care-insurance/long-term-care-insurance-gets-a-makeover>.
- Golden Care Insurance: <https://goldencare.com/long-term-care-insurance>.
- AARP Long Term Care Options (New York Life): [https://www.nylaarp.com/Landing-Pages/LongTermCare?tntph=PPCLTC8538&cid=3T7F5S&mkwid=sFpwD1xuc-dc\\_pcrId\\_252904721658\\_pmt\\_e\\_pkw\\_aarp%20long%20term%20health%20care%20insurance\\_slid\\_product\\_pgrid\\_22132611726\\_ptaid\\_aud-279904658771:kwd-5925153613&gclid=Cj0KCOjw1qL6BRCmARIsADV9JtY4vgOerumIs1CE2oWTacaad0lK0iTIUq5FtTdcMv6lg0phZyKfOaAgKzEALw\\_wcB](https://www.nylaarp.com/Landing-Pages/LongTermCare?tntph=PPCLTC8538&cid=3T7F5S&mkwid=sFpwD1xuc-dc_pcrId_252904721658_pmt_e_pkw_aarp%20long%20term%20health%20care%20insurance_slid_product_pgrid_22132611726_ptaid_aud-279904658771:kwd-5925153613&gclid=Cj0KCOjw1qL6BRCmARIsADV9JtY4vgOerumIs1CE2oWTacaad0lK0iTIUq5FtTdcMv6lg0phZyKfOaAgKzEALw_wcB).
- Mutual of Omaha: <https://www.mutualofomaha.com/long-term-care-insurance>.
- Genworth Long-Term Care Insurance: [https://www.genworthdirect.com/close-to-home-lp.html?cid=PS3009&utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=brand&utm\\_content=closetohome0819&gclid=Cj0KCOjw1qL6BRCmARIsADV9Jtbi7bRgTRD33H9exnv7zAKcPXCGuZ\\_09xo6coPdmMbkTYu6R4LjXUcaAvB8EALw\\_wcB&gclsrc=aw.ds](https://www.genworthdirect.com/close-to-home-lp.html?cid=PS3009&utm_source=google&utm_medium=cpc&utm_campaign=brand&utm_content=closetohome0819&gclid=Cj0KCOjw1qL6BRCmARIsADV9Jtbi7bRgTRD33H9exnv7zAKcPXCGuZ_09xo6coPdmMbkTYu6R4LjXUcaAvB8EALw_wcB&gclsrc=aw.ds).
- Bankers Life: <https://www.bankerslife.com/long-term-care-insurance>.

**Short-Term Care Insurance** (Note: please research carefully; companies have specific qualifications; costs can be high)

- Forbes article on short-term care insurance: <https://www.forbes.com/sites/howardgleckman/2013/03/18/not-interested-in-long-term-care-insurance-how-about-short-term-care-insurance/#1ac14fa245ca>.
- AARP Short-term Care: [https://www.aarpshort-termcareinsurance.com/?gclid=Cj0KCOjw1qL6BRCmARIsADV9JtaZLps5x6\\_6oIEGK0gbDSY89Rcc3zknaOE1hkcG3HW6Ooc4pPGsShcaAvuyEALw\\_wcB](https://www.aarpshort-termcareinsurance.com/?gclid=Cj0KCOjw1qL6BRCmARIsADV9JtaZLps5x6_6oIEGK0gbDSY89Rcc3zknaOE1hkcG3HW6Ooc4pPGsShcaAvuyEALw_wcB).
- Bankers Fidelity Life: <https://bankersfidelity.com/short-term-care>.



## Grief Support Groups

- Hope and Healing Center & Institute, HHCI CARES; meets virtually the 2<sup>nd</sup> Tuesday of the month from 5:30-6:45, and the 4<sup>th</sup> Wednesday of the month from 12:00-1:00. Register each month under events on HHCI website ([www.hhci.org](http://www.hhci.org)).
- Hope and Healing Center & Institute, Adult Survivors of Suicide; meets in-person on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays at 7:00; facilitated by Lynne Henrion ([www.hhci.org](http://www.hhci.org)).
- Bo's Place, 10050 Buffalo Speedway, Houston, TX 77054; 713-942-8339 <https://www.bosplace.org/en> (specializes in grief support for children, but also has groups for adults).
- Unity Church of Christianity (Rev. Mindy Lawrence Curtis); 713-782-4050; [mlawrence@unityhouston.org](mailto:mlawrence@unityhouston.org).
- CarePartners Grief Support for dementia caregivers (Erial Green); [EGreen@carepartnerstexas.org](mailto:EGreen@carepartnerstexas.org).
- St. Luke's Methodist Church GriefShare (Caring Ministries Associate Elizabeth Boudreaux); 713-402-5033; [eboudreaux@stlukesmethodist.org](mailto:eboudreaux@stlukesmethodist.org).
- Link to other GriefShare groups meeting in Houston: <https://www.griefshare.org/countries/us/states/tx/cities/houston>.
- Alexander Jewish Family Service: <https://www.alexanderjfs.org/services/bmhs/counseling/grief-loss>.

## Cremation Services (costs much less than going through a funeral home)

- aCremation: 877-353-3626; <https://www.acremation.com>.
- Direct Cremation Texas: 888-211-5956; <https://directcremationtexas.com>.

## Willed Body Programs (websites include information and necessary forms):

- Baylor College of Medicine: <https://www.bcm.edu/education/academic-faculty-affairs/provost/willed-body-program>.
- University of Texas Health Science Center: <https://med.uth.edu/nba/departments-core-staff/willed-body-program>.



## Volunteer Opportunities for Seniors

- Service Corps of Retired Executives (SCORE): provides volunteer consulting to small businesses; 8701 S Gessner Rd, Ste 1200, Houston, TX 77074; 713-487-6565.
- Harris County Long-term Care Ombudsman Volunteer Program: Managing Local Ombudsman (MLO) Greg Shelley; 713-500-9930; [Gregory.K.Shelley@uth.tmc.edu](mailto:Gregory.K.Shelley@uth.tmc.edu).
- Volunteer Houston: connects individuals, groups, and companies with nonprofit agencies to transform the Greater Houston community for good through volunteerism; 713-533-3190; <https://volunteerhouston.org>.
- Memorial Hermann Memorial City Hospital (Volunteer Director Bailey Curtis); 713-242-3000; [Bailey.Curtis@memorialhermann.org](mailto:Bailey.Curtis@memorialhermann.org).
- The Amazing Place (Susie Howard, Volunteer Director; [showard@amazingplacehouston.org](mailto:showard@amazingplacehouston.org)).
- Foster Grandparent Program, Evelyn Rubinstein Jewish Community Center (Bea Rivas; 713-595-8198; [brivas@erjcchouston.org](mailto:brivas@erjcchouston.org)); <https://www.erjcchouston.org/seniors/foster-grandparent-program>.
- Institute for Spirituality and Health, Interfaith Spiritual Care Visitors; Dr. Virgil Fry, [vfry@ish-tmc.org](mailto:vfry@ish-tmc.org).

## Social Groups for Seniors

- St. Luke's Methodist Church, Thursdays with Friends (Mary Schuler, Coordinator of Intergenerational and Senior Adult Ministries; 713-402-5008; [mschuler@stlukesmethodist.org](mailto:mschuler@stlukesmethodist.org)).
- Memorial Drive United Methodist Church (Dany Attal, Director of Older Adult Ministries [Boomers, Seniors, & Singles]; 713-468-8356, ext. 119, [DanyAttal@mdumc.org](mailto:DanyAttal@mdumc.org)).

## Miscellaneous Resources

- Harris County Area Agency on Aging: part of a nationwide network of agencies funded by the Center for Medicare and Medicaid Services (CMS), coordinating supporting services for adults 60 years or older, as well as their caregivers; 832-393-4301 or 800-213-8471; <https://www.houstontx.gov/health/Aging>.
- Care Connection (Harris County Aging and Disability Resource Center [ADRC]): supports specific needs, including youth with disabilities; 855-937-2372, [www.careconnection.org](http://www.careconnection.org).

- Houston Jewish Community Center Senior Companions Program: <https://www.erjccchouston.org/seniors/senior-companions-program>.
- Medicare Fraud Issues: Jennifer Salazar, Houston Better Business Bureau; 713-341-6184; [jsalazar@houbbb.org](mailto:jsalazar@houbbb.org).
- Baker-Ripley Senior Resources: <https://www.bakerripley.org/services> (Note: many services previously offered by Baker-Ripley have been taken over by CarePartners).
- Driving:
  - Seniors and Driving, A Guide: <https://www.caring.com/caregivers/senior-driving>.
  - AARP Formal Driving Assessment: <https://www.aarp.org/auto/driver-safety/formal-driving-assessment>.
- Alzheimer's Association Cognitive Assessment Toolkit: <https://www.alz.org/getmedia/9687d51e-641a-43a1-a96b-b29eb00e72bb/cognitive-assessment-toolkit>.
- Mobility Devices: 101 Mobility (mobility and accessibility solutions); 5829 W. Sam Houston Parkway North, #701; 832-529-4161; <https://www.101mobility.com/houston>.
- Interfaith Ministries (Meals on Wheels): <https://www.imgh.org/meals-wheels-greater-houston>.
- Relocate and Renovate (aids with home remodeling to support aging in place and coordinating downsizing): [relocateandrenovate.com](http://relocateandrenovate.com); [relocateandrenovate@gmail.com](mailto:relocateandrenovate@gmail.com); 281-497-3017.
- Institute for Spirituality and Health at the Texas Medical Center:
  - Free, virtual skills group each Monday to explore the mind-body connection (<https://www.spiritualityandhealth.org/open-monday-group>)
  - Free, virtual meditation each Wednesday (<https://www.spiritualityandhealth.org/midweek-meditation>)



### Organizations Accepting Used Furniture

<i>Organization Name</i>	<i>Location</i>	<i>Telephone Number</i>	<i>Website</i>
Houston Furniture Bank	8220 Mosley Rd., Houston, TX 77075	713-842-9771	<a href="http://houstonfurniturebank.org/get-involved/donate-items/">http://houstonfurniturebank.org/get-involved/donate-items/</a>
Houston Habitat for Humanity	3750 N. McCarty, Houston, TX 77029	713-671-9993	<a href="https://www.houstonhabitat.org/restore/">https://www.houstonhabitat.org/restore/</a>
Houston Habitat ReStore	6161 South Loop East, Houston, TX 77087	713-643-1100	<a href="http://houstonhabitat.org/restore/">http://houstonhabitat.org/restore/</a>
Houston Salvation Army	2208 Washington Ave., Houston, TX	713-869-3551	<a href="https://satruck.org/">https://satruck.org/</a>
Society of St. Vincent DePaul	2403 Holcombe Blvd., Houston, TX 77021	713-741-8234	<a href="http://www.svdphouston.org/donation-guidelines">http://www.svdphouston.org/donation-guidelines</a>
The Harbor Ministries	1625 Spencer Highway, South Houston, TX 77587	713-242-9400	<a href="http://www.harborministries.org/support/donations/houston-area-donation-pickup-service/">http://www.harborministries.org/support/donations/houston-area-donation-pickup-service/</a>
West Houston Assistance Ministries	10501 Meadowglen Lane, Houston, TX 77042	713-780-2727	<a href="https://www.whamministries.org/">https://www.whamministries.org/</a>
YMCA of Greater Houston	P.O. Box 3007, Houston, TX 77253	713-659-5566	<a href="https://ymcahouston.org/locations/ymca-international-services/donate">https://ymcahouston.org/locations/ymca-international-services/donate</a>



## Information Resources Online

Alzheimer's Association, ***Facts and Figures*** (published annually), <https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf>.

American Association of Retired Persons (AARP), ***Military Caregiving Handbook for Veterans, Service Members and their Families***, <https://aarp-states.brightspotcdn.com/84/65/d3776c0d416fbfb718adf21a91a4/aarp-veterans-caregiving-handbook.pdf>.

Federal Trade Commission, ***Identity Theft: A Recovery Plan***, [https://www.bulkorder.ftc.gov/system/files/publications/501a\\_idt\\_a\\_recovery\\_plan\\_508.pdf](https://www.bulkorder.ftc.gov/system/files/publications/501a_idt_a_recovery_plan_508.pdf).

National Institute on Aging, ***Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide from the National Institute on Aging***, <https://order.nia.nih.gov/publication/caring-for-a-person-with-alzheimers-disease>.

National Institute on Aging, ***The Caregiver's Handbook: A Guide to Getting Started, Finding Support, and Taking Care of Yourself***, [https://order.nia.nih.gov/sites/default/files/2023-03/caregivers-handbook-nia\\_0.pdf](https://order.nia.nih.gov/sites/default/files/2023-03/caregivers-handbook-nia_0.pdf).

US Department of Health, Center for Medicare and Medicaid Services, ***Medicare & You: The Official U.S. Government Medicare Handbook*** (new edition published every year), <https://www.medicare.gov/publications/10050-medicare-and-you.pdf>