



SOSR Handbook

Version 4.0

June 2022

“Sun City does not vet or endorse any service provider in this handbook. Each resident should perform their own due diligence before choosing any service provider. This handbook is solely a compilation of non-profit resources and information to help residents deal with life challenges and maintain or improve their quality of life. Residents may refer to the Sun City Resource Guide and Directory publication and the Sun Rays magazine for additional resources.”

- Community Association, Sun City Texas

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Part I: Introduction

How the Handbook is Organized

This Handbook is divided into four parts. Part I is the Introduction which gives background about the Sharing Our Senior Resources (SOSR) program, its mission, structure, and functions.

Part II provides General Resources beginning with Emergency Contacts and Comprehensive Resources. Following those pages are alphabetized categories of resources beginning with Bereavement & Death and concluding with Veteran Services.

Part III provides resources for specific conditions, listed alphabetically from Alcoholism to Vision Impairment.

Part IV contains the Acknowledgements followed by an Index in chart form, called the SOSR Handbook Resource Locator. This is a quick reference guide to locate page numbers of resources by category or by name of the resource provider.

The Challenge

After more than 25 years, Sun City Texas continues to grow and expand its amenities. As our overall population has grown, so has our population of older residents. Many original residents still live here.

As residents age, they often experience changes they did not anticipate, such as the loss of a spouse, joints needing replacement, memory loss, failing hearing or eyesight, loss of mobility, and other changes associated with the aging process.

Many Sun City Texas residents came here from someplace else. They, as well as the more “native” residents, may not be aware of services that are available to address physical, mental, social, and other challenges. They may wonder, “Where can I get help?” “What services are available?” and “How can I access these services?”

Finding the answers to these questions can be time-consuming, and it’s hard to know if you have explored the full range of possible solutions. That is where the SOSR program can help.

Our Mission

Sharing Our Senior Resources is an information and education program provided by the Neighborhood Rep Organization (NRO). Its mission is to connect Sun City Texas residents with easily accessible resources that can help maintain and improve their quality of life.

Structure and Functions of the SOSR Program

The SOSR program serves as:

- A clearinghouse for non-profit community resources especially beneficial to Sun City residents.
- A forum for the coordination of educational lectures, health and wellness education, and town halls for Sun City residents.
- A forum for SOSR Partners to meet and share their experiences.

The SOSR is headed by a Program Manager, who is a Sun City resident appointed by the NRO Board. The Program Manager forms a leadership team of other Sun City resident volunteers, whose responsibilities include:

- Curating information about resources for seniors, to be included in the Sharing Our Senior Resources Handbook.
- Regularly reviewing the content of the SOSR Handbook and making updates as needed.
- Providing the information to neighborhood volunteers called Partners, via the SOSR Handbook.
- Promoting the SOSR program with the goal of having a Neighborhood Partner volunteer in each neighborhood.
- Training Neighborhood Partners to use the Handbook to provide neighbors with information that will help them maintain or improve their quality of life in Sun City Texas.
- Conducting educational events for Neighborhood Partners to acquaint them with community resource providers and their services.
- Sponsoring a networking forum where Neighborhood Partners can meet to share their experiences.
- Regularly interfacing with community service providers and subject matter experts to acquire the most accurate, up-to-date information.

The Role of the Neighborhood Partner

The Neighborhood Partner represents the SOSR team by serving as a go-to resource person for residents in their own neighborhood in need of information or assistance. The Neighborhood Partner's responsibilities include:

- Becoming familiar with the SOSR Handbook in order to present the appropriate resources to neighbors.
- Networking with the SOSR leadership team to stay informed of program updates and to elicit their assistance when needed.
- Responding to questions from residents with information that helps residents make their own informed choices and decisions in areas of medical, social and personal services.
- Staying vigilant to the needs of residents who may need assistance and could benefit from the resources included in the SOSR Handbook.
- Partnering with the Neighborhood Emergency Coordinator (NEC) to identify residents' needs.
- Attending SOSR program orientation and follow-up networking opportunities with SOSR Partners in other neighborhoods.
- Communicating with neighbors via neighborhood meetings, newsletters or other means to explain what the SOSR Program is about and how it benefits neighbors.
- Recruiting and orienting additional SOSR Neighborhood Partners as needed, based on the size and characteristics of an individual neighborhood. Determination of such need can be facilitated by input from the Neighborhood Reps, Block Captains, Sunshine Coordinators, and neighbors at large.
- Being alert to additional resources that could be shared with the SOSR Committee and potentially added to the Handbook.

Part II: General Resource Categories

Emergency Contacts

Dial 9-1-1

Call **9-1-1** when someone needs help right away because of an **injury or an immediate threat to life or property**. For example, if:

- There is a fire
- Someone has passed out
- Someone has fallen and they need help to get up
- Someone suddenly seems very sick and is having a hard time speaking, breathing, or they turn blue
- Someone is choking
- You see a crime happening, like a break-in
- You are in or you see a serious car accident

Electric Power and Water Outages

Depending on your service provider, call to report an outage:

Georgetown Utility Systems (GUS)- water and electricity, at 512-930-3640 or
Pedernales Electric Cooperative (PEC) at 888-883-3379.

National Suicide Prevention Lifeline

800-273-8255 (effective July 16, 2022 the number changes to just “988”)

Trained supportive staff provides free confidential emotional support to those in suicidal crisis or emotional distress. The Lifeline is open 24/7 each day of the year.

Natural Gas Emergency

If you smell a gas leak, leave the area and call 9-1-1, then call **Atmos Energy** emergency service number: 866-322-8667.

Comprehensive Resources

The following providers can be contacted for information and referrals pertaining to multiple categories of concern.

AARP (American Association of Retired Persons)

888-687-2277 (national), 866-227-7443 (Austin office), www.aarp.org

AARP is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age. They provide information in areas such as Health & Wellness, Social Security & Medicare, Family Caregiving, and Driver Safety.

Capital Area Agency on Aging (Aging and Disability Resource Center)

512-916-6062 or 888-622-9111, www.AAACAP.org

AAACAP provides services to support and advocate for the health, safety and well-being of older adults in a 10-county local region. Some of their services include benefits counseling, care coordination and information, medication screening, health & wellness programs, referral and assistance services, caregiver support, and ensuring the availability of services such as transportation and nutrition.

Dial 2-1-1

www.211texas.org

Dial 2-1-1 to be connected to a free, anonymous social service hotline available 24/7 every day of the year. Information resource specialists can provide up-to-date information about local community senior resources for food, housing, crisis counseling, substance abuse treatment, home health care, income support programs, adult day care, respite care, and other services.

Eldercare Locator

800-677-1116, <https://eldercare.acl.gov>

This federal government website offers information on the many programs available to the elderly. Maintained by the U.S. Administration on Aging, the website provides information about services available to seniors. Topics include elder rights, housing, transportation, health, insurance and benefits and general services. It can be searched by location, so seniors can find local sources of assistance.

Texas Health and Human Services

855-937-2372, <https://hhs.texas.gov/services/aging>

Services provided include:

- Access to services facilitating independent living.
 - Help in understanding state and federal benefits and legal rights.
 - Services for caregivers.
 - Assistance in qualifying for assisted-living facility care, daytime programs or nursing home services.
 - Guidance for long-term care services.
-

Bereavement & Death

Article from AARP, “What to Do When a Loved One Dies”:

<https://www.aarp.org/home-family/friends-family/info-2020/when-loved-one-dies-checklist.html>

Article from Consumer Reports, “What to Do When a Loved One Dies”:

<https://www.consumerreports.org/family/what-to-do-when-a-loved-one-dies-a3615919379/>

Article by Alan D. Wolfelt, Ph.D., “Helping Yourself Heal When Your Spouse Dies”:

<https://www.centerforloss.com/2016/12/helping-heal-spouse-dies/>

Grief Support (Non-Faith-Based)

The Christi Center

512-467-2600, www.christicenter.org

Georgetown Community Resource Center

805 W University Ave., Georgetown

Grief Support (Faith-Based)

Grief Share is a support program provided by the following community churches. The program, open to all, meets 13 weeks at various times throughout the year and is free with purchase of the workbook.

First Baptist Georgetown

512-869-2586, www.fbg.church

1333 W University Ave, Georgetown

First United Methodist Church

512- 863-2370, www.fumcgt.org

410 E University Ave, Georgetown

Crestview Baptist

512 863-6576, www.peoplesharingjesus.com

2300 Williams Drive, Georgetown

Celebration Church

512-763-3000, smallgroups@celebration.church,

601 Westinghouse Rd, Georgetown

The Worship Place

512-869-1310, www.twptx.org

811 Sun City Blvd, Georgetown

Caregiver Support

AARP (American Association of Retired Persons)

Resource line for caregivers: 877-333-5885, <https://www.aarp.org/caregiving>

Caring for someone at home? Don't go it alone. Helpful resources and tips are available via AARP's support line. A variety of resources at the website listed above will help answer your care giving questions.

AGE of Central Texas

512-451-4611, www.ageofcentraltx.org

AGE Caregiver Resource Center provides educational events such as Caregiver Training Boot Camp, Caregiver Workshops, the annual fall Williamson County Caregiver Conference and Striking a Balance Caregiver Conference. AGE hosts monthly seminars and support groups for people who provide care to an aging or disabled adult. AGE also has numerous videos and podcasts such as "How to create a special space for your loved one with dementia" and "Tips that caregivers need to consider when selecting home health care."

Capital Area Agency on Aging

512-916-6062 or 888-622-9111, www.AAACAP.org

Serves older adults, people with disabilities and their caregivers with services and supports to ensure people can maintain their best quality of life in the environment of their choosing. Connects people with the support programs that can assist them, offers classes, some held online. For more details, check the website or call for additional information.

Caregiver Action Network

Help Desk 855-227-3640, www.caregiveraction.org.

By answering which of the following scenarios fits your situation, you will be directed to immediate resources that address your particular needs.

- I just realized I'm a family caregiver now
- I've been a family caregiver for years
- I don't live by my family but I'm a caregiver
- I have a job and I'm the caregiver for my loved one

Examples of resources include a Caregiver Family Toolbox, caregiver stories, information and instructional videos on topics such as Managing the Cost of Care, Respite Care for the Care You Need, Understanding Medicare and Caregiver Depression to name a few. Someone is available to answer your questions 24/7.

Family Caregiver Alliance

<https://www.caregiver.org/caring-adults-cognitive-and-memory-impairment>

If you are caring for an adult with cognitive and memory impairment, this site provides Ten Steps to Get You Started as well as other information. Log-on to the site to view webinars on topics such as Daily Care, Planning for Care, and Self-Care.

Family Eldercare

512-450-0844, www.familyeldercare.org.

Family Eldercare is a Central Texas based organization that strives to serve and ensure older

adults, at-risk veterans, and adults with disabilities receive the care they need to thrive in their community. The services aim to prevent abuse, neglect, and financial exploitation of elderly and adults with disabilities. They explore pathways of empowerment to improve circumstances, enhance dignity and quality of life. Family Eldercare is dedicated to helping seniors remain in their homes as long as possible. As well, you can learn tips on how to take care of yourself as a caregiver with other resources at www.familyeldercare.org.

Computer Help

Sun City Computer Club

Help Center: 512-948-7675, Email: clubofficial@sctxcompclub.org

The Sun City Computer Club can help with your PC and Mac computer problems if you are a club member. Help can be provided at the Help Center in the Activity Center on Texas Drive, over the phone, or in special circumstances, in your home. Join the Computer Club by logging in to the Sun City website at <http://sctexas.org> and clicking on “Buy/Renew Memberships.”

Financial Assistance

The Caring Place

512-943-0700, caringplacetx.org

The Caring Place has funds for people who are in financial crisis. Financial assistance includes food, rent, mortgage, medical bills, utilities, and transportation. Some services require proof of a crises.

Comprehensive Energy Assistance Program (CEAP)

512-763-1400, <https://www.owbc-tx.org/community-services/>

CEAP assists low-income households in meeting their energy needs. They help pay heating and electric bills, for those who qualify.

Home Care Assistance

Capital Area Agency on Aging

512-916-6062 or 888-622-9111, www.AAACAP.org

The Care Coordination Program of AAACAP assists older adults who have recently been hospitalized or suffered a health crisis by providing short-term services to help them remain independent. Care coordinators complete an assessment to help identify needs and develop an individual care plan. The program assists those older adults who are without the financial resources to pay the total cost of needed care. A care coordinator assesses a person’s needs, then links clients to in-home services on a temporary, short-term basis at no charge. Contributions toward the cost of the service are encouraged and welcomed.

Family Eldercare

512-450-0844, www.familyeldercare.org

Family Eldercare is committed to enhancing the lives of senior adults and adults with disabilities, helping seniors remain in their homes for as long as possible by exploring pathways that empower them to improve their circumstances, enhance dignity and quality of life. In-home counseling is available for the homebound. Call 512-483-3556 or email Counseling@familyeldercare.org. This Program provides individualized counseling by Skilled Clinical Social Workers to those who are homebound and undergoing challenges that arise as a result of the aging process. These challenges

include depression, anxiety, caregiver stress, family conflicts, coping skills, loss of a spouse or adult child, adjusting to life transitions and medical issues, emotional trauma, unresolved grief and early stages of dementia. Counseling is covered by Medicare Part B or private pay.

Home & Personal Safety

Falls are the leading cause of fatal and non-fatal injuries for seniors and can seriously affect one's health and quality of life (TX Health and Human Services). It is important to:

- Assess your home to prevent falls
- Take proactive steps to improve balance and general fitness
- Review medications with a health professional

Article from Health in Aging Foundation, "Tip Sheet: Preventing Serious Falls":

<https://www.healthinaging.org/tools-and-tips/tip-sheet-preventing-serious-falls>

Article from AARP, "Caregiving Checklist: Preventing Falls":

https://assets.aarp.org/external_sites/caregiving/checklists/checklist_preventFalls.html

A U.S. Consumer Product Safety Commission Home Safety Checklist is available at:

<https://www.cpsc.org/wp-content/uploads/2019/09/checklist.pdf>

Adult Protective Services (APS)

800-252-5400, www.txabusehotline.org

APS provides elder abuse prevention resources and assistance in reporting abuse, neglect, and exploitation of persons age 65 or older. If you suspect that someone may be experiencing abuse, neglect, self-neglect or is being exploited financially or otherwise, call the number or report online at the above website. All calls received by APS are confidential.

Capital Area Agency on Aging

512-916-6062 or 1-888-622-9111, <https://www.aaacap.org>

Health and Wellness programs provide older adults with the tools to maintain and manage their health, to live as independently as possible. Services include wellness evaluations, fall risk assessment, balance classes, medication screening and more.

The Caring Place

512-943-0700 www.caringplacetx.org.

The Caring Place periodically offers "A Matter of Balance" fall prevention class. Contact Programs & Services department for additional information.

Georgetown Fire Department

512-930-3473 (Administrative number), <https://www.fire.georgetown.org>

The Georgetown Fire Department offers a service to change smoke alarm batteries. Call the administrative number above, on weekdays only. Select option "0" for an administrator, who can arrange for someone to come to your home to change the batteries. You must provide the replacement batteries.

- **KnoxBox System**, <https://www.knoxbox.com> By having a KnoxBox mounted near your front door, firefighters will have immediate access to your home in case of an emergency without causing property damage from forced entry procedures. An application can be obtained through

Georgetown Fire Support Services, at 3500 D.B. Wood Rd. or by calling 512-930-3473, or you may apply online at the KnoxBox website above.

Smart 911

Smart911.com

A growing number of public safety agencies are using Smart 911 technology to add another layer of protection for citizens. It allows individuals, before there is an emergency, to build a safety profile online. Citizens are encouraged to provide pertinent information in that profile about themselves, family members, property and even pets. If an individual has completed a safety profile, it is stored on secure servers and will be available on a 911 operator's screen when the profile holder calls 911 in an emergency. First responders such as police, fire department and EMS will be aware of the information you have provided, which can help you in an emergency.

Sun City Firewise Group

The Firewise Group can perform a free Home Ignition Zone (HIZ) evaluation of your property to reduce the risk of damage to the exterior of your home in the event of a nearby fire. To request an HIZ evaluation, obtain a form at the monitor desks or log in to www.sctexas.org, then click on Board/Committees, then EMC-Firewise subcommittee, then Home Ignition Zone Evaluation.

Hospice Services

Article from National Institutes of Health (NIH), "What Are Palliative Care and Hospice Care?":
<https://www.nia.nih.gov/health/what-are-palliative-care-and-hospice-care>

Baylor, Scott & White Hospice

512-509-7200, www.BaylorScottandWhite.com

Hospice care is for people who have a life expectancy of six months or less and have chosen to focus on comfort care and relief from pain and symptoms.

Medicare and Medicaid certified agency, BSW typically covers 100% of services. Private insurances and veterans benefit plans may cover all or part of hospice as well. BSW Hospice often helps those in the community who are without insurance or have the inability to pay.

Hospice services typically include medications, medical supplies and equipment related to the hospice diagnosis.

While on rare occasions hospice care is provided in a hospital setting, the majority of cases are care in the patient's home and may also involve assisted living, memory care and nursing facilities.

BSW's hospice team generally includes: a physician, nurse, social worker, chaplain, nurse aide, trained volunteer and bereavement coordinator.

Hospice Austin

512-342-4700, www.HospiceAustin.org | info@HospiceAustin.org.

Hospice Austin offers care to people in the last six months of a terminal illness, providing care for patients' physical, emotional and spiritual needs so they can focus on spending quality time with people they love. As a non-profit hospice, they care for all who need their services, regardless of the complexity of their disease, the cost of their care or inability to pay.

Patients receive care in their own homes, at Hospice Austin's Christopher House, in the hospital, or in assisted living and nursing facilities. Patients and their families have a team consisting of a physician,

nurse, social worker, chaplain, nurse aide and trained volunteer. Medications, medical supplies and equipment are provided to manage symptoms related to the terminal illness.

Bereavement services are also offered to Hospice Austin families, as well as the entire community, including support groups, individual counseling, and a children's grief camp.

National Hospice and Palliative Care Organization

703-837-1500, www.nhpco.org

NHPCO is the nation's largest organization to represent hospice and palliative care programs and advocacy for patients and families. NHPCO develops educational programs and materials and conducts research. Its Caring Info Program provides resources to help people make decisions about end-of-life care and services such as Advance Care Planning, About Hospice Care, About Palliative Care, Grief and Loss and more.

Housing Assistance

The Caring Place

512-943-0700, www.caringplacetx.org

The Caring Place can provide clothing, housewares and furniture in addition to assistance with rent, mortgage and utilities. Some programs have eligibility requirements.

Eldercare Locator

800-677-1116, <https://eldercare.acl.gov>

This federal government website offers information on the many programs available to the elderly. Maintained by the U.S. Administration on Aging, the website provides information about services available to seniors. Topics include elder rights, housing, transportation, health, insurance and benefits and general services. It can be searched by location, so seniors can find local sources of assistance.

Senior Veterans Service Alliance

www.veteransaidbenefit.org

Grant monies are available to renovate a veteran's home where the veteran is significantly disabled. Lesser amounts called HISA Grants are available to veterans by prescription through the VA health care system where disabilities are not as severe.

Meals

The Caring Place

512-943-0700, www.caringplacetx.org/getfood

The Caring Place operates a drive-through food pantry at their 2000 Railroad Ave. location in Georgetown. They also administer the HOPE program (Healthy Options Program for the Elderly) whose purpose is to reduce hunger among low-income seniors by providing an additional once-a-month food supplement. Contact The Caring Place for details about these services.

Meals on Wheels (MOW)

512-763-1400, <https://www.owbc-tx.org/meals-on-wheels/>

Email: INFO@OWBC-TX.COM

Hot meals are delivered five days a week, Monday through Friday, to seniors who are no longer able

to shop, drive or cook for themselves or are homebound due to illness, incapacitating disability, or frailty. As part of the meal service, the volunteer delivery person will ask a few questions such as “How are you feeling today?” “Are you taking your meds?” “Are you able to get to your doctor?” Answers to these friendly questions and observations can help alert staff to any potential concerns, which are then reported to staff for appropriate follow-up. A small donation is requested from those able to contribute.

Medical & Dental Care

Georgetown Fire Department

512-930-3473 (Administrative number), www.fire.georgetown.org

Blood Pressure checks are free at all Georgetown fire stations. The closest location is Fire Station #3 inside Sun City at 5 Texas Drive.

Prescription drugs that are expired or no longer needed can be brought to any Georgetown fire station for proper disposal.

Lone Star Circle of Care

877-800-5722, <https://lonestarcare.org/> There are no restrictions or eligibility requirements to receive care at Lone Star Circle of Care. They provide care to anyone, regardless of income, residency status, employment, health insurance coverage, or ability to pay for services. Georgetown locations include a dedicated senior care clinic, dental clinic, optometry (vision services) and behavioral health services.

Sun City Fitness Centers

Exercise at any of the Fitness Centers or at home to stay strong. To participate in programs at home on TV such as yoga, Pilates and “Sit n Fit,” either view Channel 18 (if you have Suddenlink) or view recorded programs online by logging on to www.sctexas.org, click on Communications, then choose a video. The Fitness Centers provide equipment to measure blood pressure on a self-serve basis.

Medical Equipment

These organizations have medical equipment either free or available on loan at no cost to you. They will also accept your equipment donations.

AGE of Central Texas Health Closet

512-600-9288, www.ageofcentraltx.org

The AGE of Central Texas Health Equipment Lending Program makes a wide variety of health and mobility equipment available to the community through free, no-time-limit loans of donated equipment. Their program in Round Rock depends on your donations of used equipment which they will clean and repair so items can have new purpose for those who need them.

Faith in Action Georgetown

512-868-9544, www.faithinactiongt.org

Faith in Action has a Medical Equipment Closet with an assortment of donated durable medical equipment available at no cost on a first come-first served basis to anyone in Georgetown. The items can include wheelchairs, walkers, rollators (walkers with seats and handbrakes), bedside commodes, shower chairs, canes, crutches and more. They welcome your donations of medical equipment if clean and in working order.

Sun City Helping Hands

Subject to change, see the Sun Rays magazine or NRO section of the Sun City website for latest information. Contacts: Cle Alexander, 316-990-4245; Kathy Davis, 970-351-8872; John Viers 512-639-0262, email itvvpinc@aol.com; Shirley Worth, 512-943-4110.

The Helping Hands “Lending Locker” provides items on loan, including mobility aids such as walkers, wheelchairs and crutches and personal care aids such as bath chairs and commodes, wheelchair ramps, CPAP and BiPAP units, transport chairs, knee scooters, cryotherapy machines, tub seats, Rollators, Hoyer lifts and Serra lifts, foot boots, and bed rails. Baby cribs and some other childcare items are also provided on loan. You will need to arrange for the items to be picked up.

Pet Care

Sun City Pet Club

The Sun City Pet Club is a chartered club open to all Sun City residents. It offers many resources for pet owners and promotes responsible pet ownership and stewardship. It supports several local animal shelters and organizations, offers all levels of training classes for members including training for therapy dog certification, and helps locate lost pets, among other services. Join the Pet Club by logging in to the Sun City website at <http://sctexas.org> and clicking on “Buy/Renew Memberships.”

Transportation & Driver Safety

AARP Smart Driver Course

www.aarpdriversafety.org

If you currently hold a Texas driver’s license, you may wish to read about AARP’s Smart Driver Course.

The AARP Smart Driver course is the nation’s first refresher course specifically designed for drivers aged 50 and older. An evaluation of the course found that 97 percent of participants changed at least one driving habit because of what they learned. Check with your auto insurance carrier to see if any discounts may apply on your auto insurance. The online course will help you:

- Refresh your driving skills and your knowledge of the rules — and hazards — of the road.
- Reduce your chances of receiving a traffic violation or getting into an accident.
- Learn at your own pace — you will have 60 days to complete the course.

The Caring Place

512-943-0700, www.caringplacetx.org

The Caring Place may provide transportation (including gas) or other needs created due to a crisis. Some programs have eligibility requirements.

Faith in Action Georgetown

512-868-9544, www.faithinactiongt.org

Faith in Action provides rides for clients to a variety of destinations including medical appointments, barber/beauty shops, banks and more. Transportation services are provided at no cost to enrolled clients, although donations are gratefully accepted.

Call to enroll and schedule a ride. The driver will come directly to your door. Walkers and canes are fine, but volunteer vehicles cannot accommodate wheelchairs. Medical appointments have top

priority.

- The “Go-Van-Go” bus offers shared rides on a first-come first-served basis providing curbside service at your door to take you to HEB or Walmart. Call for schedule and details.
- Office hours are 9 a.m. to noon and 1 to 4 p.m. Monday through Friday

GoGeo Paratransit

512-478-7433, www.gogeo.georgetown.org

The City of Georgetown’s paratransit service is run by Capital Area Rural Transportation System, or CARTS. The paratransit service is only available to people with disabilities. Eligibility and screening for paratransit services is provided, through a [paper application](#), by the CARTS. The city offers curbside-to-curb service from 7 a.m. to 7 p.m. Monday through Friday. Eligible riders pay \$2 per trip and are required to make a reservation 24 hours in advance through the website or by calling the number above.

Veterans Services

Veterans Services Office

<https://www.wilco.org/vetservices>. Call 512-943-1900 for appointment Monday through Friday. The Veterans Services Office, located at 100 Wilco Way in Georgetown provides eligible Veterans, dependents, and survivors direct and general support and assistance in obtaining all benefits they have earned from the U.S. Department of Veterans Affairs.

Part III: **Resources for Specific Conditions**

Alcoholism

Alcoholics Anonymous

www.aa.org , also <https://aa-intergroup.org/>

AA's primary purpose is to help individuals stay sober and to help other alcoholics achieve sobriety. Online AA groups are now available as well as local in-person groups:

The White House Group

512-444-0071

The White House, 2409 Dawn Drive, Georgetown

Provides several different groups that meet during the week and is open to everyone with the desire to stop drinking.

The Worship Place

512-869-1310, www.twptx.org, 811 Sun City Blvd., Georgetown. Several meeting times available weekly. Call above number for details or Tom at 512-864-7874 or Sam at 830-613-0585.

Al-Anon

www.al-anon.org

Support for friends and family related to alcoholics who are dealing with issues of alcoholism. Above website provides online resources and online meeting information.

Georgetown Church of Christ

Al-Anon meetings at 1525 W. University Ave. Call Barbara Marr: 512-921-9836.

The Worship Place

512-869-1310, www.twptx.org, 811 Sun City Blvd., Georgetown. Call for Al-Anon meeting schedule.

ALS (Amyotrophic Lateral Sclerosis, **AKA Lou Gehrig's Disease)**

ALS Association

www.alstexas.org (Texas chapter)

Provides local support for those with ALS and their family members. For local support group meeting dates and locations, call: Jennifer Beckett: 512-745-0400.

Alzheimer's, Dementia & Memory Loss

Mayo Clinic article, "Memory Loss: When to Seek Help":

<https://www.Mayoclinic.org/diseases-conditions/alzheimers-disease/in-depth/memory-loss/art-20046326>

AARP article, “6 Ways to Prevent Someone with Dementia from Wandering or Getting Lost”:

<https://www.aarp.org/caregiving/home-care/info-2021/prevent-dementia-patients-wandering.html?intcmp=AE-HP-TTN-R4-POS2-REALPOSS-TODAY>

Alzheimer’s Association (National)

800-272 3900, <https://www.alz.org>

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support, and research.

Alzheimer’s Caregiver Support

The Worship Place, 811 Sun City Blvd. **Special Friends** is a support group for caregivers of people with Alzheimer’s. Contact Cheryl White or Sharon Curry at 512-864-1380 for details on meeting dates and locations.

First United Methodist Church, 410 University Drive, Georgetown

PALS Place is a respite care program for persons with dementia type illness.

Contact Barb Twyford at 512-863-3935 for details on meeting dates and locations.

Alzheimer’s Texas

512-214-0420 or toll-free, 800-367-2132, <https://www.txalz.org>

Alzheimer’s Texas, headquartered in Austin, provides information, referrals and support programs for those with Alzheimer’s disease and related dementias, their family members, caregivers and professionals. Programs include a 24/7 Helpline, consultations, education, training, early-stage support, caregiver support and community respite development. They can also provide a list of support groups in the Georgetown area.

Memory Care Guide

<https://www.memorycare.com/memory-care-in-texas/>

A free guide that provides comprehensive memory care resources, created specifically for Texas.

National Institute on Aging <https://www.nia.nih.gov/health/alzheimers/caregiving>

A division of the US National Institute of Health, the NIA has provided leadership in aging research and is considered the primary Federal agency on Alzheimer’s Disease research since 1974. Some of the areas addressed on their website include:

- Next steps after an Alzheimer’s diagnosis
- Coping with agitation and aggression
- Legal and financial planning for people with Alzheimer’s
- Tips for coping with sun-downing
- How to respond to changes in communication and behavior and get help when needed

Take Me Home Program

512-930-3501, <https://pd.georgetown.org/programs-services/>

Email: Rowland Waits, roland.waits@georgetown.org, or Sharon Dunning, sharon.dunning@georgetown.org .

Sponsored by the Georgetown Police Department, “Take Me Home” is a database used by the police for individuals who may need special assistance if they are alone or in times of emergency. This assistance is needed when a person is confused, unable to speak or properly identify him or herself.

The system includes a current digital picture, demographic information and caregiver contact information. The officer can search the system by name or the person's physical description. Once the person's "Take Me Home" record has been located, the officer has the information to appropriately assist the individual. All information remains confidential.

Arthritis

Arthritis Foundation

www.arthritis.org

Free information about all types of arthritis, self-management tips and tools, resources to live your best life and connect with others.

Cancer

Breast Cancer

BCRC (Breast Cancer Resource Center): 512-524-2560,

Email Support@BCRC.org

BCRC sponsors support groups, a navigation team and provides individual support when needed.

Cancer (all types)

Ministry of Hope is a faith-based support group for all types of cancer for both men and women.

Located at The Worship Place, 811 Sun City Blvd. Contact Sandy or Sean Althaus: 512-966-8742, email sandyalthaus@mac.com

Prostate Cancer

"Us Too" Prostate Cancer support group provides a roundtable discussion to review status of prostate cancer and treatment, for those with prostate cancer and their spouses/partners. Contact Ed Quillen: 552-775-1469, email equillen@suddenlink.net

Cardiac

American Heart Association

800-242-8721, www.americanheart.org

Voluntary organization dedicated to fighting heart disease and stroke. They provide public health education including CPR education, healthy lifestyle choices, fitness basics, stress management, etc.

Cardiac support group

Support, education and weekly free cardiac yoga. Call 512-324-4000, ext. 21828 for details.

COPD

COPD support group

For Sun City residents who have Chronic Obstructive Pulmonary Disease.

Contact Ruth Rucker, 913-579-4025, email royrckr@gmail.com.

Hearing Impairment

AARP article, “Is It Time to Do Something About Your Hearing Loss?”:

<https://www.aarp.org/health/conditions-treatments/info-2021/hearing-loss.html?intcmp=AE-HEALTH-HEARING-POPULAR-SPOT1>

Hearing Solutions SIG

Special Interest Group (SIG) of the Sun City Alternative Health & Wellness Club. Contact Louise Smith, 830-613-6917, email lsmith77025@gmail.com.

Members include those with a variety of hearing experiences, or with no hearing loss, or with a casual desire for information regarding hearing loss. Group provides support, speakers, information, and guidance including information about hearing solutions and advanced hearing loss alternatives such as Cochlear or BAHAs implants.

What is a hearing loop?

A hearing loop is a special type of sound system for use by people with hearing aids. The hearing loop system transmits a magnetic, wireless audio signal that is picked up by the hearing aid when it is set to “**T**” (**Telecoil**) setting. This greatly reduces background noise, competing sounds, reverberation and other acoustic distortions that reduce clarity of sound.

Hearing aids that have a T-coil will have a “T” setting. Some hearing aids have a T-coil that has not been activated by the provider. Hearing loops are found in churches, theaters and other facilities that are large enough to use a PA system.

Sun City has the following facilities that are equipped with a hearing loop:

- **Texas Drive** Social Center Ballroom and Fitness Center classroom.
- **Activities Center** Atrium, Computer Annex and Computer classroom.
- **Cowan Creek** Fitness Center classroom and Georgetown/Florence room; and
- **The Retreat** Lone Star Room.

Mental Health

Bluebonnet Trails Community Services

844-309-6385 or 24/7 Crisis Hotline: 800-841-1255, www.bbtrails.org

Service provider for various mental illnesses and behavioral health concerns. Sliding scale available. Staff can be reached 24 hours a day, 7 days a week.

Hidden Disabilities Ministries

Faith-based support group for those caring for family members with mental illness. Contact Paul or Mary Lou Taylor: 757-376-3347, Email pmtaylorva@aol.com.

Based at The Worship Place, 811 Sun City Blvd., Georgetown.

Lone Star Circle of Care

877-800-5722, <https://lonestarcare.org/service/behavioral-mental-health/>

Provides behavioral health services for patients of all ages. They employ a range of mental health professionals, including psychiatrists and therapists. There are no restrictions or eligibility requirements to receive care at Lone Star Circle of Care. They provide care to anyone, regardless of income, residency status, employment, health insurance coverage, or ability to pay for services. The behavioral health clinic is in Georgetown at 2423 Williams Drive, Suite 108.

NAMI (National Alliance on Mental Illness)

512-693-2000, <http://www.namitexas.org>

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

Information Helpline: 1-800-950-6264. Text "NAMI" to 741-741 to connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

National Suicide Prevention Lifeline

800-273-8255 (effective July 16, 2022 the number changes to just "988")

Trained supportive staff provides free confidential emotional support to those in suicidal crisis or emotional distress. The Lifeline is open 24/7 each day of the year.

Overeaters

Overeaters Anonymous

Support group for those with eating issues. Contact Mary: 206-499-9525.

Parkinson's Disease

Georgetown Area Parkinson's Support Group (GAPS)

www.georgetowntexasparkinsons.com

Contact Mary Jane Berry: 512-240-4167. Email dberry3@suddenlink.net or georgetowntxparkinson@gmail.com

GAPS is a positive, up-beat group that is locally and nationally recognized. Emphasis is on education, exercise and socialization. Yoga, boxing, singing, art therapy, tai chi and dance classes specifically for movement disorder and deep brain stimulation are offered. There are several support groups within GAPS.

Polio

Polio Survivors support group

Contact Gayle Nashed: 512-869-5569, for details about meeting times and locations

Sjogren's Syndrome

Sjogren's (SHOW-grins) support group

Contact Paula Aicklen: 214-228-3678, for details about meeting times and locations.

Sjogren's syndrome is a disorder of the immune system identified by its two most common symptoms - dry eyes and a dry mouth.

Stroke

CDC article and resources about stroke: <https://www.cdc.gov/stroke/about.htm>

Mayo Clinic article and resources about stroke: <https://www.mayoclinic.org/diseases-conditions/stroke/symptoms-causes/syc-20350113>

Vision Impairment

NIH article and resources about Low Vision: <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/low-vision>

ARCIL (Austin Resource Center for Independent Living)

512-832-6349, <http://arcilinc.org/index.php>

A private non-profit corporation dedicated to the advancement and full participation of persons with disabilities in all aspects of life including sight impairment.

Georgetown Public Library

512-930-3551, <http://library.georgetown.org>

Located at 402 West Eighth Street, Georgetown. The library has a collection of large print books and audio books downloaded through the apps “Libby” and “Overdrive”. The library’s **WOW! Bookmobile**, a mini library on wheels, comes to Sun City every Tuesday except for four weeks each year for scheduled maintenance. On Tuesdays the **WOW! Bookmobile** is parked at 2 Texas Drive from 9 to 10:30 a.m. and at Cowan Creek from 11 to 11:45 a.m. There are three shelves of large print books of best-selling authors available.

You can put any library books on reserve and have them delivered to the **WOW! Bookmobile** at Sun City each week. This gives you a much larger selection than what is available for browsing on the **WOW! Bookmobile**.

Low Vision support group

Contact Wanda Stimson, 512-864-0698 for details about meeting times and locations.

Sun City Library

Located in the Social Center at 2 Texas Drive. The Sun City Library has some large print books, but their selection is limited by what is donated. There is a large section of audio books for use by patrons. Sun City Library hours are Monday through Friday 8 a.m. to 10 p.m. and Saturday and Sunday 8 a.m. to 7 p.m.

VisionAware

800-232-5463, <https://visionaware.org/>

VisionAware is a free, easy-to-use informational service for adults with vision loss, their families, caregivers, healthcare providers, and social service professionals. It provides practical tips and resources, information on eye diseases and disorders, ways to connect for support including social media channels, and a searchable free directory of services.

Part IV: Acknowledgements & Index

Acknowledgements

The Sharing Our Senior Resources (SOSR) Program has evolved from the work of many hands, most notably Jeff Fuller, former NRO President. Jeff has donated endless hours of initiating and overseeing the former Looking to Tomorrow Program and Neighbor to Neighbor Program to consulting for the creation of the Sharing Our Senior Resources Program. Our gratitude to the NRO Board of Directors for their continued support throughout the project. We also wish to acknowledge the Sun City Texas Community Association for its assistance in the production of the Handbook.

It is our hope that the Handbook will provide Sun City residents greater knowledge and awareness of the abundance of non-profit organizations and other social service resources available to them. There are additional resources out there that advocate for seniors, and with the help of Neighborhood Partners, we will find even more resources to include in the Handbook.

We also thank the SOSR Program members who gathered, collected, curated, called, and researched all the sources in the Handbook. Without them, the publication would not have been possible.

Carrie Mackey
N63

Cindy Bunn, Former
NRO Chair

Arne Schonberger, Retired Attorney
N42

Sandy Goodman, Liaison
SC Board of Directors

Louise Smith
N04

Mary Ann Lish
SOSR Former Program Chair

Virginia Lazenby

Jenny Phillips, CA Liaison

Kathy Allen
N82

Teri Kouchoukos, Retired Nurse
N06

Handbook Revision Committee:

Marilyn Brandon
SOSR Program Chair

Cheryl Chedester
N81

Jane McCabe
N46

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