

## Helpful Resources

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### LOCAL RESOURCES

Medina County Food Pantry 830-426-4847 (open Monday, Wednesday, Friday 8:30am-11:30am)

Nutrition Center 741-6160

Meals on Wheels (A.C.T. Transportation) 741-6161

WIC (Women, Infants and Children)

Medina County Health Unit

3103 Ave. G

830-741-6144

Angel Food Ministries – economical food packages

Hondo Church of Christ

2302 Ave. M

830-741-4623

Southwest Family Life Center (Women's Shelter) 426-5972

Community Council 830-363-3119

Texas Department of Human Services 830-741-2043

Texas Workforce Center (employment service nonprofit, children's daycare vouchers)

1802 Ave. M

830-426-8111

South Texas Rural Health Clinic (**Doctor visits, Mental Health, Eye exams, Dental** – sliding scale payments)

2912 Ave. E

830-426-5288

Medina County Community Mental Health Center

Highway 90

830-426-4362

K'STAR Youth and Family Services – Free Individual and Family Counseling.

1210 18<sup>th</sup> Street

830-426-2878

Cancer Support Group

830-741-7190

Caregiver Resource Materials

Hondo Library

830-426-5333

Veterans Service Office

830-741-6135

GED classes at Hondo Library

830-426-5333

Bluebonnet Children's Center – advocates for abused and neglected children

830-426-5554

## **BASIC RESOURCES**

<https://www.211texas.org/211/>

(or **telephone 211** and give zip code)

Electric Service Payment Assistance

Food Stamp (SNAP) applications

Medicaid

Food Pantry

### **Free Cell Phone Program (seniors, disabled persons, low income)**

<http://www.assurancewireless.com/Public/FAQs.aspx#faq3>

Call 1-888-898-4888 to see if you qualify. Minutes are limited but this gives you free access for 911 calls.

### **Food and Nutrition Information and Resources**

<http://www.usda.gov/wps/portal/usda/usdahome>

US Department of Agriculture

<http://www.ars.usda.gov/Services/docs.htm?docid=20958>

USDA Nutrient Data Base. Easy way to find out how much **carbohydrates, sodium**, fiber, sugars, calcium, vitamins, etc. are in foods.

<http://www.mypyramid.gov/>

USDA website that provides dietary guidelines for Americans, weight management tools, interactive tools.

<http://www.fns.usda.gov/wic/>

USDA food and nutrition services for women, infants and children.

WIC provides Federal grants to States for supplemental foods, health care referrals, and nutrition **education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women**, and to infants and **children up to age five who are found to be at nutritional risk**.

<http://www.fns.usda.gov/CND/>

USDA food and nutrition services. **School meals programs** for children grades K – 12. Find out if you qualify.

<http://recipefinder.nal.usda.gov/>

**600 low cost, healthy recipes**

## **Insurance**

<http://www.healthcare.gov>

Insurance options, learn about prevention, compare care quality, understand the laws.

<http://www.hhsc.state.tx.us/medicaid/index.html>

Texas Medicaid Program

<http://www.medicare.gov/>

Medicare basics

## **Seniors and Disabled Persons**

<http://www.dads.state.tx.us/services/index.cfm>

Texas Department of Aging and Disability Services. What services are available, who qualifies and how to get help.

## **Medication Assistance**

<http://www.healthwellfoundation.org/>

Nonprofit organization that helps people with insurance who cannot afford co-pays, coinsurance, or premiums for doctor visits and medications (if you qualify).

<http://www.needymeds.org/>

Helps you find prescription assistance programs and low cost clinics.

## **Finances**

<http://www.usa.gov/>

Consumer Guides and Protection

<http://www.ftc.gov/bcp/menus/consumer/credit/debt.shtm>

Federal Trade commission – Protecting America’s Consumers

In debt? Credit and loans, credit repair, identity theft, privacy and security.

## **Parenting**

<http://www.cdc.gov/>

Click on “Lifestyles and Population”, go to “Parents” .

<http://www.mayoclinic.com/>

Search “Parenting”

<http://www.girlshealth.gov/>

Relationships, bullying, safety, your body, illness, nutrition, drugs and alcohol, smoking, planning your future, life skills checklist

## **Caregivers**

<http://www.caregiver.org/>

Caregiver resources

[http://www.caregiver.org/caregiver/jsp/fcn\\_content\\_node.jsp?nodeid=2145](http://www.caregiver.org/caregiver/jsp/fcn_content_node.jsp?nodeid=2145)

**caregiver resources specific in Texas**

## **Medical Information**

<http://www.cdc.gov/>

Centers for Disease Control and Prevention

Health and safety, emergency preparedness, environmental health, healthy living, workplace safety and health, life stages and population. Parenting information.

<http://www.fda.gov/default.htm>

US Food and Drug Administration

Information on recalls and safety, new drug approvals, science, research, regulations.

<http://www.nlm.nih.gov/medlineplus/>

General health information, medications, videos.

<http://www.mayoclinic.com/>

The Mayo Clinic. General health information, diseases and conditions, symptoms, drugs, tests and procedures, healthy lifestyle, first aid. Parenting information.

<http://www.womenshealth.gov>

Women's health issues

<http://www.girlshealth.gov/>

Relationships, bullying, safety, your body, illness, nutrition, drugs and alcohol, smoking, planning your future, life skills checklist

<http://www.heart.org/HEARTORG/>

American Heart Association

<http://www.nhlbi.nih.gov/>

National Heart, Lung and Blood Institute

<http://www.diabetes.org/>

American Diabetes Association

Diabetes basics and living with diabetes

<http://diabetes.niddk.nih.gov/>

National Institute of Diabetes and Digestive and Kidney Diseases

<http://www.cancer.gov/>

National Cancer Institute

Information about cancer, financial and legal issues. Facing forward: Life After Cancer Treatment

<http://www.cancer.org/>

Learn about cancer, find support and treatment, explore research.

<http://clinicaltrials.gov/>

Clinical Trials, find specific diseases and local studies.