Help Us Solve The Cruel Mystery

LUPUS™

FOUNDATION OF AMERICA LONE STAR CHAPTER

The Lupus Foundation of America, Lone Star Chapter does not endorse any of the programs or organizations published herein, but present them for your information. We oppose self-diagnosis and self-treatment. We urge all that read this publication to discuss any concerns they may have about diagnosis and/or treatment with their physician.

**Lone Star Chapter**
14675 Midway Road, Suite 201
Addison, TX 75001
Telephone: 469-374-0590
Toll-Free: 866-205-2369
Fax: 469-215-2581
Email: info@lupuslonestar.org
Website: lupuslonestar.org

**Satellite Office:**
6800 Park 10 Blvd., Suite 127 North
San Antonio, Texas 78213
Telephone: 210-651-9480

**Health Assistance Programs**

**Bexar County Catholic Charity programs**
Multiple locations
202 W. French Place
San Antonio, TX 78212
(210) 222-1294
info@ccaosa.org
Offers 33 different programs. That includes counseling, financial assistance, legal assistance, poverty prevention and senior services.
http://www.archsa.org/social.aspx
http://www.ccaosa.org/

**National Alliance for Mental Illnesses (NAMI) San Antonio**
510 Belknap
San Antonio, TX 78212
(210) 734-3349
nami@nami-sat.org
NAMI Provides Educational programs and support groups for people with mental illnesses
http://nami-sat.org/?page_id=516
Randolph Area Christian Assistance Program (RACAP)
307 Pfeil Street, Schertz, TX 78154
(210) 658-1613
cap@att.net
RACAP provides assistance for needs of food, rent, prescription medications, and utilities to specific zip code areas.
http://racap.org

San Antonio Center for Working Families Program
(210) 207-7830
The agency provides supportive services, case management and employment referral assistance to families of San Antonio and Bexar County.

Alamo Service Connection
(210) 477-3275
Toll-Free: 1-866-231-9422
Bexar Area Agency on Aging (BAAA) operates the Alamo Service Connection which provides an information, referral, and assistance system for seniors, people with disabilities, and their families.

Health and Medical Care Services
Alamo Area Council of Governments
8700 Tesoro Dr, Suite 700
San Antonio, TX 78217
(210) 477-3275
Supporting elder citizens in living a secure and enhanced life. As well as assistance in navigating governmental and local assistance programs for the elderly or adults with disabilities and their families.

Faith Family Clinic - Multiple Locations
700 S. Zarzamora St., Suite LL1
San Antonio, Texas 78207
(210) 431-7380
info@faithfamilyclinic.org
Faith Family Clinic exists to provide health and wellness services to the working uninsured and under-insured residents of our community.
http://www.falhtfamilyclinic.org/Patient-Care/Become-a-patient.aspx

San Antonio Christian Dental Clinic
Haven for Hope Way Building 1, Suite 400 San Antonio, TX 78207
(210) 220-2300
info@sachristiandental.org
San Antonio Christian Dental Clinic provides Free Dental Services including exams, x-rays, general dentistry, oral health education, cleanings, fillings, extractions, and more. Must see facilities qualification requirements.
http://sachristiandental.org/seek_care/

ActivStyle
1-800-651-6223
Discreet delivery of medical supplies monthly, as well as help in researching insurance benefits to fully maximize benefits.
http://activstyle.com/our-service/

Project Mend
5727 IH 10 West
San Antonio, Texas 78201
1-210-223-6363
Provides services concerning medical equipment including medical Equipment itself, repairs, assistive technology, and grants for child medical equipment.
http://www.projectmend.org/services.html
Regency Community Services
(210) 403-9372
lcamacho@regencycommserv.com
Provides day habilitation services, adaptive aids, social work, psychology, Dietary services, physical therapy, occupational therapy, speech and Language pathology, supported home living, foster/companion care, Residential support, case management service, dental treatments, and respite care. Clients must be eligible/enrolled in Medicaid and SSI.
http://www.regencycommserv.com/services/

Kerr County Indigent Health Care
700 Main BA 108
(830) 792-2239
Fax: (830)257-8194
Mary Lou Ayala, Coordinator
http://www.co.kerr.tx.us/indigent/Indigent_Health_Application.pdf

Superior Health Plan
Forum II Bldg. 7990 IH 10 West, Suite 300, San Antonio, TX 78230
(210) 562-2700
Provides Healthcare to those who are enrolled in Medicare, Medicaid and CHIP.
http://www.superiorhealthplan.com/for-members/member-resources/

Texas Health and Human Services Commission
Medicare, Medicaid, CHIP, SNAP, and TANF services and assistance.
Many locations in and around San Antonio, click “Find and Office” for more info.
https://www.yourtexasbenefits.com/ssp/SSPHome/SSPHome.jsp

Methodist HealthCare Ministries
Multiple Locations
1406 Fitch Street
San Antonio, TX 78211
(210) 922-6922
MHM provides medical, dental and health-related human services to low-income families and the uninsured in South Texas.
http://www.mhm.org/

Disability/Rehabilitation Services
AA Care Services
8546 Broadway, Suite 109
San Antonio, Texas 78217
Toll-Free: (855) 966-2273
Adults and seniors who are in need of in-home assistance. Grooming, Hair/skin/mouth care, bathing, meal prep, light housekeeping, Transportation, medication/appointment reminders, shopping, and pet care.
$16-$20 per hour. In-home.
http://www.aacareservices.tx.com/senior-care-austin

Standards Home Health
1-888-671-7007
Skilled and specialized nursing services, home health services (bathing, dressing, etc.), physical/occupational/and speech therapy services.
http://standardshomehealth.com/services/

Financial Assistance Services
Christian Assistance Ministry (CAM)
110 McCullough Ave.
San Antonio, TX 78215
(210) 223-4099
Food, clothing, utility and rental services, and referrals. Limited financial assistance (Multiple locations)
http://www.christianassistanceministry.org/#Services/c22uv
Emergency Financial Assistance
1801 W. César E. Chávez Blvd.,
San Antonio, Texas 78207
(210)-226-6178
One-time emergency financial assistance to prevent utility disconnection, financial coaching, and budget assessment for income-eligible individuals and families.
http://www.ccaosa.org/financial_assistance/financial_assistance.html

Health Well Foundation
P.O. Box 4133 Gaithersburg
MD 20885-4133
(800) 675-8416
Grants@HealthWellFoundation.org
The HealthWell Foundation reduces financial barriers to care for underinsured patients with chronic or life-threatening diseases.
http://www.healthwellfoundation.org/

GRASP (Greater Randolph Area Services Program)
250 Donalan Dr.
Converse, TX 78109
(210) 658-6351
grasp211@grasp211.org
Must live in Bexar or Guadalupe counties; the agency provides emergency financial assistance, food pantry, senior transportation, activities, and meals. GRASP also provides assistance specifically to areas surrounding San Antonio.
www.grasp211.org

Prescription Assistance
The Assistance Fund
855-845-3663
https://theassistancefund.org/about-us/contact-us/

Any Baby Can
217 Howard Street
San Antonio, TX 78212
(210) 227-0170
Any Baby Can provides prescription assistance to those who qualify. Chronic illnesses Low income, pending CHIP or Medicaid, or have exhausted Medicare or Medicaid. CALL MARCELA TO CHECK INFO
http://www.anybabycansa.org/services/prescription-assistance/

In-Home Care &Companionship
Christian Senior Services
4306 NW Loop 410
San Antonio, Texas 78229
(210) 735-5115
Multiple programs for seniors including: Alzheimer’s Center, Meals on Wheels, Senior Companions, and Elder Friends.
http://www.christianseniorservices.org/programs
Companionship Service
13420 Nacogdoches Rd.
San Antonio, Texas 78217
(210) 599-7405 option #4
Senior Companion/ Elder Friends Program is a peer-to-peer program where caring volunteers befriend homebound seniors in their community. The program is designed to foster independence among seniors by engaging them in community service, providing them companionship opportunities, and offer respite to both professional and family caregivers.
http://www.christianseniorservices.org/programs/senior-companion-program
**ResCare**
3700 Belgium Lane  
San Antonio, TX 78219  
(210) 979-7009  
Homecare and residential services to homebound adults of all ages.  
Skilled nursing, therapy, personal care, overnight/live-in support,  
Home-making, companionship, and respite available in home and other locations such as a hospital.  
http://www.rescare.com/

**Legal Services**
Haase & Haase Inc., P.C.  
5108 Broadway St,  
San Antonio, TX 78209  
(210) 824-3239  
Social Security Disability and SSI Applications and appeals.  
ssa-help@haaseonline.com

**St. Mary’s Center for Legal & Social Justice**  
2507 N.W. 36th St.  
San Antonio, Texas 78228  
210-431-2596

**Texas Rio Grande Legal Aid**  
1111 N. Main,  
San Antonio, Texas 78212  
(210) 212-3783  
TRGA provides free legal services to low-income residents in sixty-eight counties of Southwest Texas.  
http://www.trla.org/office/san-antonio-main-3

**Heard and Smith**  
3737 Broadway Ste. 310  
San Antonio, TX 78209  
(210) 820-3737  
Toll Free 1-800-584-3700  
Firm specializes in the needs of the elderly and the disabled. Our practice focuses upon representation in the following areas: Social Security Disability, VA Disability Benefits, Estate Planning, Inheritance, Probate, Guardianship and Supplemental Security Income law. The firm handles litigation in these areas in the state and federal court systems.  
http://www.heardandsmith.com/index_home.html

**Caritas Legal Aid Program**  
202 W. French Pl.,  
San Antonio, TX 78212  
(210) 222-1294  
Contact: Rita Valdez at (210) 433-3256, ext. 210.  
Free site based legal clinics available to anyone seeking information about any legal issue(s). Participants are offered legal information, and if necessary, referrals to legal aid or to other attorneys who will work on a sliding scale or a payment plan.  
http://www.ccaosa.org/money_management/legal_aid.html

**San Antonio Community Law Center**  
322 Woodlawn Ave.  
San Antonio, Texas 78212  
(210) 271-9595  
Provides services including: wills, medical and financial powers of attorney and civil cases to residents of Bexar County that are 18 years or older.  
Household Needs & Home Repair
San Antonio Furniture Bank
1303 W. Commerce #111,
San Antonio, TX 78207
(210) 338-5873
Donating Furniture to those in need.
beth@safurniturebank.org
http://sanantoniofurniturebank.org/

AccessAbility Home Modifications
(210) 414-5600
Home safety assessment consultations and installations of safety features in the home for those with disabilities.
Lizette@AccessAbility1.com

Merced Housing Texas
212 West Laurel St.
San Antonio, TX 78212
(210) 281-0234
Providing quality, affordable, multi-family housing to low-income families.
http://www.mercedhousingtexas.org/

Blueprint Ministries
P.O. Box 782128
San Antonio, TX 78278
(210) 533-2761
Restoring unsafe housing for elderly, disabled, and low-income.
info@blueprintministry.com
http://blueprintministry.com/

Weatherization Assistance Program
8700 Tesoro Drive Suite 700
San Antonio, TX 78217
(210) 362-5282
wap@aacog.com
The AACOG Weatherization Assistance Program (WAP) is designed to help low-income people, particularly the elderly and handicapped, overcome the high cost of energy through the installation of energy conservation measures at no cost to the applicant.

Utilities Assistance
CPS Casa Verde Program
P.O. Box 1771
San Antonio, TX 78296
(210) 353-2272
casaverdesa@cpsenergy.com
Reduce monthly energy bills and free weatherization measures to improve energy efficiency to qualifying low-income CPS clients. Apply in person at upcoming events.
http://www(cpsenergysavers.com/start-saving/weatherization-casa-verde

CPS Energy
(210) 335-6770
CPS Energy provides rebate programs, energy audits, and other types of services.
Residential Energy Assistance Partnership (REAP)* provides financial assistance. This program helps disadvantaged elderly; disabled and low-income customers with small children pay their CPS Energy bill.

SAWS
2800 U.S. Hwy 281 North
San Antonio, Texas 78212
210-207-7830
affordability@saws.org
service@saws.org
Assistance programs to SAWS customers who may not be able to pay their water bills. Programs: Project Agua, Plumbers to People, Affordability discount, Senior Citizen Billing Program, Disability Billing Program, Courtesy Notice Program.
http://www.saws.org/service/affordability/

Bexar Utility Program
233 N. Pecos, Suite 590
San Antonio, Texas 78207
(210) 335-3666
clientservices@bexar.org
Linda Flores (210) 335-3705 lzflores@bexar.org
The Bexar Utility Program can provide short term assistance on your utility bill.
http://home.bexar.org/cdp/DirectClientService.html
**Project Cool**
1801 W. Cesar E. Chavez Blvd.
San Antonio, Texas 78207
(210) 226-6178
Community partnership providing fans for seniors 60 years or older, relieving them of the harmful effects of the heat during summer and decreasing dependence on air conditioning for more manageable utility bills.
http://www.ccaosa.org/financial_assistance/project_cool.html

**Transportation Assistance**

**VIA Metropolitan Transit**
(210) 362-2140
VIA offers Paratransit, Vanpool, Bus and special event Services. Application for services may be found online.
http://www.viainfo.net/Service/AccessibleServiceMain.aspx

**Southwest Outreach for Older People (SWOOP)**
517 SW Military Dr.
San Antonio, TX 78221
(210) 558-0007
Janie Avila swoopsa@senior-transport.org
SWOOP provides volunteer-assisted transportation services to medical-related appointments (Monday - Friday). Serving the area defined as Loop 410 on the West and South, up to West Commerce St. on the North, and Roosevelt Ave. on the East.
http://www.swoopsa.org/

**Southeast Community Outreach for Older People (SCOOP)**
1602 Goliad Rd. #B
San Antonio, TX 78223
(210) 359-6678
Terry Milligan scoop0210@yahoo.com
Offers transportation to medical appointments and social activities, door-to-door assistance, grocery shopping, minor house repair (for cost of materials only), telephone reassurance, and friendly visits with shut-ins. (Monday-Friday)

**Northeast Senior Assistance (NESA)**
2903 Nacogdoches Rd.
San Antonio, TX 78217
(210) 967-6372
Pat Ogle patogle@sbcglobal.net
NESA provides medical transportation, grocery shopping delivery, telephone reassurance, handy helper, socialization at special events and information and referral.
http://www.neseniorassistance.org/home.html
Food/Clothes/Shelter Assistance
San Antonio Food Bank
5200 Old Highway 90 West
San Antonio, Texas 78227
(210) 337-3663
Toll-Free: 1-800-246-9121
Food Stamp Outreach Program, CHIP, Medicaid, TANF, SNAP, other
http://www.safoodbank.org/index.php/programs

Food Pantry
1801 W. Cesar E. Chavez Blvd.,
San Antonio, Texas 78207
(210) 226-6178
Food Pantry offers nutritious and non-perishable food items on a one-time emergency basis for individuals and families suffering economic hardship. (Together with Clothes closet)
http://www.ccaosa.org/financial_assistance/closet.html

Meals on Wheels Program
4306 NW Loop 410
San Antonio, Texas 78229
(210) 735-5115
Meals on Wheels of San Antonio, prepares and delivers hot, nutritious meals each weekday to homebound seniors living in Bexar County.
http://www.christianseniorservices.org/programs/meals-on-wheels-of-san-antonio

The Salvation Army
521 W. Elmira
San Antonio, TX 78212 (210) 352-2000
Help with food, shelter, bills, clothing, and back to work assistance to low-income families.
http://www.salvationarmytexas.org/sanantonio/basic-needs/

Clothes Closet
1801 W. Cesar E. Chavez Blvd.
San Antonio, Texas 78207
(210) 226-6178
Community store stocked with donations of clothing, diapers and household items available to adults and children free of charge.
http://www.ccaosa.org/financial_assistance/closet.html

Bexar County Resources Dept. of Community
(210) 335-6598
clientservices@bexar.org
Community Programs Contact:
Nancy Taguactantaguacta@bexar.org
Community Programs: Workforce help, elderly and child services, food and shelter assistance. Energy Assistance: Low-income Families that are elderly, disabled, have children under 5 years of age, or are expecting a heavy energy burden. (210) 335-6770
http://home.bexar.org/cdp/CommunityPrograms.html

Jefferson Outreach
2201 St. Cloud
San Antonio, TX 78228
210-734-5016
Doris Griffin doris@jeffersonoutreach.org
Provides services to help senior citizens— including mobile meals, grocery delivery, transportation to/from medical appointments, minor home repairs/lawn care, and telephone reassurance to isolated home-bound seniors.
www.jeffersonoutreach.org

Hill Country Daily Bread Ministries
140 Industrial Drive
Boerne, TX 78006
(830) 249-0025
information@hillcountrydailybread.org
Services Bexar County among others counties. Volunteers deliver food and basic necessities as well as provide services, supplies, spiritual counsel and mentoring relationships.
http://hillcountrydailybread.com/
SAMMinistries
5254 Blanco Road
San Antonio, Texas 78216
(210) 340-0302
Melanie Riley mriley@samm.org
www.samm.org
SAMM, provides hope to families and individuals by preventing them from entering homelessness by providing: rental assistance, utility assistance and supportive services. Other programs are Transitional Housing, Transitional Living Learning Center, and Permanent Supportive Housing.

Updated 12/20/2016