



MEALS on WHEELS
SAN ANTONIO

Service Directory

Organizations	Services	Description	Phone	Email	Location	Hours	Website	Language
211 / United Way	Referral for Local Resources	Free, anonymous phone or online resource for any Texan needing referral for local resources and state benefits. Accessible 24/7 and up to date.	211	unitedway@unitedway.org satx.org	700 S Alamo St. 78205, San Antonio	24/7	https://www.unitedway.org/2-1-1/	English, Spanish, and Line translation
Adult Protective Services (APS)	Elder Abuse Prevention	APS investigates abuse, neglect, and exploitation of adults who are elderly or have disabilities and who live in the community. Any adult who has a disability or who is age 65 or older that is in a state of abuse, neglect, or exploitation may be eligible to receive adult protective services.	1 - (800) 252 - 5400	Report Abuse Online at: https://www.dfps.state.tx.us/Contact_Us/default.asp		24/7	https://www.dfps.state.tx.us/Adult_Protection/default.asp	English, Spanish, Line translation
Alamo Area Council of Govt. (AACOG)	Healthcare, Counseling, Advocacy, Legal	Provides aging services directly or through others for congregate and home-delivered meals, transportation, information and referral, benefits counseling, ombudsman, and care coordination and caregiver services.	(210) 362 - 5240	info@askasc.org	8700 Tesoro Dr. Suite 160 San Antonio, TX 78217	Monday - Friday: 8:00 am - 5:00 pm	http://www.alamoaging.org/	English, Spanish
Alamo Service Connection: Aging & Disability Resource Center	Referral for Local Resources	Local hotline for services needed by seniors.	(210) 477 - 3275		8700 Tesoro Dr. Suite 160 San Antonio, TX 78217	Monday - Friday: 8:00 am - 5:00 pm	https://www.aacog.com/107/Alamo-Service-Connection	

Army Residence Community	Retirement and Assisted Living	Army Residence Living is a Life Plan Community offering Independent Living, Assisted Living, Memory Support, Skilled Nursing and Rehabilitation for retired career military officers of all branches of service, their	Front Desk: (210) 646-5300	marketing@armyresidence.com	7400 Crestway San Antonio, Texas 78239-3098	24/7	https://armyresidence.com/	English
Bexar Area Agency on Aging	Healthcare, Counseling, Advocacy, Legal, Abuse Prevention	A resource where the elderly, people with disabilities, their caregivers and professionals can go to get information about long-term options. They are also able to provide information and advocacy to persons under 60 who are	(210) 362 - 5200	info@BexarAging.org	8700 Tesoro Dr. Suite 700 San Antonio, TX 78217	Monday - Friday: 8:00 am - 5:00 pm		English, Spanish
Blue skies	Retirement and Assisted Living	Blue Skies of Texas is a Continuing Care Retirement Community offering apartments, lofts, cottages and homes, as well as Assisted Living, Skilled Nursing and Alzheimer's care.	Main Number: (866) 553 - 5389 Ravenswood: (210) 673-2761 John D. Blvd: (210) 677-8666	info@blueskiestx.org	4917 Ravenswood Dr. San Antonio, TX 78227 5100 John D. Ryan Blvd San Antonio, TX 78245	8 am - 5 pm	http://www.blueskiesoftexas.org/	English
Breathing Angels	Respiratory Equipment	Breathing Angels provides oxygen concentrators, CPAP, BiPAP, nebulizers, and other respiratory apparatuses at low cost.	(210) 427 - 2800 / (210) 643 - 8500	info@BreathingAngels.org		Monday - Friday: 9 am - 5 pm	http://www.breathingangels.org/	English
Center On Independent Living (COIL)	Information and Support	COIL provides information about relocation or living at home support for people with disabilities on Medicaid.	(210) 655 - 2333		12414 Nacogdoches Road Suite 150 San Antonio, TX 78217		http://www.coil.org/	

Centromed Santa Rosa Clinic/Ryan White Clinic	Healthcare	Centromed's Internal Medicine physicians concentrate on the care of the elderly and specialize in multi-system disease processes.	(210) 738 - 8222		315 N San Saba Ste. 103	Monday, Tuesday, Thursday, and Friday: 8:00 am – 5:00 pm Wednesday: 8:00 am – 7:00 pm	https://centromedsa.com	English, Spanish
Centromed Sarah E. Davidson Clinic	Healthcare	Centromed's Internal Medicine physicians concentrate on the care of the elderly and specialize in multi-system disease processes.	(210) 220 - 2330		1 Haven for Hope Way, Building 1, Suite 300 San Antonio, TX 78207	Monday – Thursday: 8:00 am – 8:00 pm Friday and Saturday: 8:00 am – 5:00 pm	https://centromedsa.com	English, Spanish
CommuniCare Health Centers - Medical Center	Healthcare	Providers in this program focus on the prevention, diagnosis and treatment of adult diseases, including diabetes, hypertension, and other chronic illnesses. Acute care for geriatric patients Chronic Disease Management Preventative Health Care (physicals & annual exams)	(210) 233 - 7000	patientinquiry@communicaresa.org	7220 Louis Pasteur Dr. Ste. 140		https://www.communicaresa.org/	English, Spanish
CommuniCare Health Centers - Northwest	Healthcare	Providers in this program focus on the prevention, diagnosis and treatment of adult diseases, including diabetes, hypertension, and other chronic illnesses. Acute care for geriatric patients Chronic Disease Management Preventative Health Care (physicals & annual exams)	(210) 233 - 7000	patientinquiry@communicaresa.org	8210 Callaghan Rd., San Antonio Tx	Monday to Friday: 8:00am to 7:00pm	https://www.communicaresa.org/	English, Spanish

CommuniCare Health Centers Metropolitan (Women's Campus)	Healthcare	Providers in this program focus on the prevention, diagnosis and treatment of adult diseases, including diabetes, hypertension, and other chronic illnesses. Acute care for geriatric patients Chronic Disease Management Preventative Health Care (physicals & annual exams)	(210) 233 - 7000	patientinquiry@communicaresa.org	1200 Brooklyn Ave Ste. 300	Monday to Friday: 8:00am to 5:00pm	https://www.communicaresa.org/	English, Spanish
CommuniCare Health Centers- West Campus (Barrio Family Health Center)	Healthcare	Providers in this program focus on the prevention, diagnosis and treatment of adult diseases, including diabetes, hypertension, and other chronic illnesses. Services provided include: acute care for geriatric patients Chronic Disease Management, and Preventative Health Care (physicals & annual exams)	(210) 233 - 7000	patientinquiry@communicaresa.org	1102 Barclay St, San Antonio, TX 78207	Monday to Friday: 8:00am to 7:00pm	https://www.communicaresa.org/	English, Spanish
Family Service Association (FSA)	Human Services and Support	Resources provided by FSA include youth education, mental health counseling, job training and financial stability, and family strengthening services. Senior services include in-home personal care service like meal planning and prep, light housekeeping, and assistance with daily activities.	(210) 299 - 2400	support@family-service.org	702 San Pedro San Antonio, TX 78212	Monday - Thursday: 8:30 am - 8:00 pm Friday: 8:30 am - 5:00 pm Saturday: 9:00 am - 2:00 pm	https://family-service.org/	English, Spanish
Financial Life Advisors	Financial Planning	Financial planning which may include insurance consulting, retirement planning, and estate planning	(210) 918 - 8998	advisor@fladvisors.com	14607 San Pedro Ave #190, San Antonio, TX 78232			

Gray Matters Adult Care Solutions	Care Management	Gray Matters provides private care management and long term care for seniors. Sliding pay scale for patients on state assistance. Managed by Jill Piazzi, M.A., Owner/Care Manager. Available by appointment.	(210) 363 - 3554			Open 7 days a week: 8 am - 10 pm	https://graymatterscare.com/	English
Health Information, Counseling and Advocacy Program (HICAP)	Counseling	HICAP offers counseling and assistance on a variety of topics including: Medicare, Medicaid, Medicare Supplemental Insurance- long term care financing options and other health insurance	1 (800) 252 - 9240			Monday - Friday: 8 am - 5 pm		English
Helen's Project	Counseling and Social Work	Primarily provides trauma informed mental health counseling for families, veterans and children. They also offer outreach and case management with licensed social workers for clients of all ages.	(830) 400 - 7037	info@hlproject.org	1850 E Houston St. San Antonio, TX 78202	Monday - Friday: 8 am - 12 pm	https://www.hlproject.org/	English
I-Care	Eye care	This program works to provide vision care; including medical, surgical and eye glasses, to those who cannot afford it and to support international healthcare ministries in impoverished countries.	(210) 220 - 2361		One Haven For Hope Way Bldg. 5 San Antonio TX 78207		https://www.icare-sa.org/	English
Lawns4Love	Lawn Care Services	Lawn Care services offered for Veterans, Seniors, and disabled individuals for free with donations accepted. Services	(210) 537 - 2048	shaunmichaelrodriguez@gmail.com	5523 Crystal Valley San Antonio, TX 78253		https://www.facebook.com/lawns4love/	English
Marquardt Law Firm, P.C.	Legal	Law firm specializing in Elder Law, Veteran Benefits, and Asset Protection	(210) 530 - 4278		15600 San Pedro San Antonio, Texas 78232	Monday - Friday: 9 am - 5 pm (Closed on Weekends)		English

Northeast Senior Assistance	Transportation, Elderly Assistance	Provides volunteer transportation for seniors. Client services: Medical, grocery, telephone socialization, handy repairs,	(210) 967 - 6372	neseniorassistance@sbcglobal.net	2903 Nacogdoches Road San Antonio, TX 78217	Monday - Friday: 9 am - 3 pm	http://callarideforseniors.org/	English
Packard Law Firm	Legal	Law firm specializing personal injury, wills, elder care, and social security disability.	(210) 880 - 9395		1100 NW Loop 410, Suite 100 San Antonio, TX 78213	Monday - Friday: 8am - 5 pm	https://www.packardfirm.com/	English
Project Mend	Medical Equipment	Provides repaired and cleaned medical equipment for low income people with disabilities for 20\$. Include rollators, wheelchairs, tub transfer benches, power chairs, and home hospital beds.	(210) 223 - 6363	rx@projectmend.org	5727 IH-10 West San Antonio, TX 78201	Monday – Friday: 8 am - 5 pm (Closed for lunch from 12 pm - 1 pm)	www.projectmend.org	English
Rebuilding Together SA	Home Repair and Modification	Rebuilding Together SA provides home repair and modification for those who cannot do it themselves. Qualified clients will not be charged for these services by volunteers or contractors. Also includes accessibility(ramp	(210) 421 - 1111	rebuildingtogethersa@yahoo.com	P.O. Box 691881 San Antonio, TX 78269		https://www.rebuildingtogether-sa.org/	English, Spanish
SeniorBridge	Home Healthcare	Private home healthcare provider. Subsidiary of Humana. Specializes in care management, daily live-in homecare, and private duty nursing. Medicare certified services are offered as well.	(210) 822 - 9494		4040 Broadway #200 San Antonio, TX 78209	Monday - Friday: 8 am - 5 pm	https://seniorbridge.com/San-Antonio	English, Spanish(Language interpreter)
Texas Caregiver Support Services	Caregiver Support and Info	Texas Caregiver Support Services assists Texas caregivers who are experiencing Dementia Care issues, Elder Care issues and Caregiver Burnout. TXCSS provides Texas caregivers with information they can use to select the best options for their own unique circumstances.	(979) 257 - 7393	support@texascaregiversupport.com	P.O. Box 161 Eagle Lake, TX 77434		http://www.texascaregiversupport.com/	English

Texas Rio Grande Legal Aid	Legal	TRLA provides free legal services to low-income people facing most forms of civil legal problems, including bankruptcies and foreclosures, divorces and custody arrangements, consumer fraud, wills and estates, accessing public benefits, and litigating for civil and environmental rights.	(210) 212 - 3700		1111 North Main Avenue, San Antonio, TX, 78212	Monday - Friday: 8 am - 5 pm	http://www.trla.org/	English, Spanish
The Crush Foundation	Medical Fundraising	The Crush Foundation helps raise money for life-saving medical efforts and education. They frequently hold events for fundraising and education throughout the city.	(210) 504 - 5617	contact@thecrushfoundation.com	6107 John Chapman San Antonio TX 78240		https://www.thecrushfoundation.com/	English
The Village at Incarnate Word	Senior Living Services	Provides senior living options and services at The Village and in-home as well. Local Catholic community for seniors at all levels of care. In-home care is provided through the Sisters Care program.	(210) 829 - 7561	info@thevillageiw.org	4707 Broadway San Antonio, TX 78209		https://www.thevillageiw.org/	English
ADRC - Grocery Transportation and Curbside Pickup	Food Delivery and Pickup	Provides free transportation for grocery transportation, curbside pickup, and food pantry pickup services for individuals that are 60 years of age or older and individuals with disabilities at any age.	210-477-3275	210-477-3275				