

Help Us Solve  
The Cruel Mystery  
**LUPUS**<sup>TM</sup>  
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**

15660 N. Dallas Parkway, Suite 120  
Dallas, Texas 75248

Telephone: **469-374-0590**

Toll-Free: **866-205-2369**

Fax: **469-374-0794**

Email: [info@lupuslonestar.org](mailto:info@lupuslonestar.org)

Website: [lupuslonestar.org](http://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](mailto: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](mailto:nami@nami-sat.org)

NAMI Provides Educational programs and support groups for people with mental illnesses

[http://nami-sat.org/?page\\_id=516](http://nami-sat.org/?page_id=516)

**Randolph Area Christian Assistance Program (RACAP)**

307 Pfeil Street, Schertz, TX 78154  
(210) 658-1613

[recap@att.net](mailto:recap@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.

<http://sanantonio.gov/humanservices/finance/emergency/familyassistancecenters.aspx>

**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.

<https://www.aacog.com/index.aspx?nid=107>

**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.

<http://www.aacog.com/index.aspx?NID=107>

**Faith Family Clinic - Multiple Locations**

700 S. Zarzamora St., Suite LL1

San Antonio, Texas 78207

(210) 431-7380

[info@faithfamilyclinic.org](mailto: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.faithfamilyclinic.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](mailto: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/](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](mailto: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/Kerr\\_County\\_Indigent\\_Health\\_Care\\_Policy\\_revised\\_2014.pdf](http://www.co.kerr.tx.us/indigent/Kerr_County_Indigent_Health_Care_Policy_revised_2014.pdf)

[http://www.co.kerr.tx.us/indigent/Indigent\\_Health\\_Application.pdf](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.aacareservicestx.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](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](mailto: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](mailto: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](http://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](mailto: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](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](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.

<http://home.bexar.org/cdp/documents/LegalAssistanceInformation2013.pdf>

## 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](mailto: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.  
<http://www.accessability1.com/Services.html>  
[Lizette@AccessAbility1.com](mailto: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](mailto:info@blueprintministry.com)  
<http://blueprintministry.com/>

### Weatherization Assistance Program

8700 Tesoro Drive Suite 700  
San Antonio, TX 78217  
(210) 362-5282  
[wap@aacog.com](mailto: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.  
<http://tx-aacog.civicplus.com/index.aspx?nid=120>

## Utilities Assistance

### CPS Casa Verde Program

P.O. Box 1771  
San Antonio, TX 78296  
(210) 353-2272  
[casaverdesa@cpsenergy.com](mailto: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](mailto:affordability@saws.org)  
[service@saws.org](mailto: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](mailto:clientservices@bexar.org)  
Linda Flores (210) 335-3705 [lzflores@bexar.org](mailto: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](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](mailto: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](mailto: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)

<http://callarideforseniors.org/index.aspx?NID=27>

**Northeast Senior Assistance (NESA)**

2903 Nacogdoches Rd.

San Antonio, TX 78217

(210) 967-6372

Pat Ogle [patogle@sbcglobal.net](mailto: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](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](http://www.ccaosa.org/financial_assistance/closet.html)

### **Bexar County Resources Dept. of Community**

(210) 335-6598  
[clientservices@bexar.org](mailto:clientservices@bexar.org)  
Community Programs Contact:  
Nancy Taguacta [ntaguacta@bexar.org](mailto:ntaguacta@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](mailto: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 homebound seniors.  
[www.jeffersonoutreach.org](http://www.jeffersonoutreach.org)

### **Hill Country Daily Bread Ministries**

140 Industrial Drive  
Boerne, TX 78006  
(830) 249-0025  
[information@hillcountrydailybread.org](mailto: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](mailto:mriley@samm.org)

[www.samm.org](http://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.

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