**Senior Assistance Programs**

**1. Precinct 7 Constable's Senior Citizen Hotline: 713-643-0609 / 713-643-6118**

**2. United Way Social Servces: 211 (24 hours a day / 7 days a week)**

**3. Sheltering Arms: 713-868-8400 (Tuesday/Thursday) or Area Agency on Aging: 713-794-9001**

**4. Rebuilding Together Houston: 713-659-2511 or Housing Development: 713-868-8300**

**5. Council Member, District D: 832-393-3001 / 832-893-3201**

**6. Wellness Center: 713-521-7040 or Elder Care: 800-677-1116**

**7. Adult Protective Services: 1-800-677-1116 or Crisis Hotline: 713-468-5463**

**8. Senior Minor Home Repair Program: 832-393-3001 (Must be 65 years or older and in District D)**

**9. Meals on Wheels: 713-794-9006 or 9008**

**10. Social Security: 1-800-772-1213 / Drug plans at 1-800-633-4227**

**11. City Information: 311 or 713-437-6769**

**12. Emergency: 911 or Poison Control: 1-800-222-1222**

**13. City Legal Department: 713-529-2027 or Dispute Resolutions: 713-755-8274**

**14. Dog Catcher: 281-779-0685 or Animal Control: 713-229-7300 / 713-735-5233**

**15. Fire Department: 713-884-3143 & Free Vaccinations at 713-495-7900**

**16. Foster Place Post Office: 713-643-8650 / 713-643-8731 / 800-275-8777 (main office)**

**Chemotherapy Patients: Free 1 month assistance for 4 months (have note faxed by doctor each month) to** [**www.cleaningforareason.org**](http://www.cleaningforareason.org/)

**Call 1-866-454-8387 for Lite-Up Texas program that will pay about 80 % of your light bill for low and fixed income citizens. (they calculate your income and number of people in household) You can also apply online at:** [**www.puc.state.tx.us**](http://www.puc.state.tx.us/) **(Go to quick link in the upper right side of screen)**

**Drink lots of water and eat nutritious meals.**

**Keep home well lit at night.**

**Have air conditioner or fans in your home.**

**Request assistance from civic club when needed (Brenda Rogers at 713-301-3918)**