



We want to help you maintain your independence.

The Senior Program supports older adults age 60 and up so you can live independently and with dignity. Our compassionate staff visits with seniors on an ongoing basis. We work with you to assess your needs, then provide assistance and connections to resources.

Let us help you make your own decisions about what's best for you.

We can help you think through important areas of your life:

- Health or medical needs
 - › How to manage your medications
 - › How to communicate with doctors
 - › How to understand your medical insurance
 - › How to get medical equipment
- Family support
- Home safety
- Nutrition
- Benefits
- Ways to have fellowship with friends
- Community resources like food pantries, transportation, medical services, home health care, home help
- Education
 - › How to protect yourself from scams
 - › Understand your rights

Personal attention. No fee for services.

713.874.6588