

Community Resource List

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Care Aid

Agency	Location	Contact	Services	Cost
Visiting Angels	218 Noble #2 Spring, TX 77373	713-864-7388	dressing, bathing, meal preparation, light housekeeping, running errands and medication reminders	Hourly Rate
Encompass Health Aid	2201 Timberloch Place Ste 225 Woodlands, TX 77380	281-465-8812	activities of daily living (ADL) such as eating, bathing, grooming and taking vital signs. Home health aides also provide support through care activities such as checking a patient's pulse, respiration and blood pressure	Hourly Rate

COPD

Agency	Location	Contact	When	Services	Cost/Referral
Memorial Hermann COPD Rehab Therapy	1333 Moursund St., Houston, Tx 77030	IKP Family Medicine or 1-800-44-Rehab	Customized to your schedule. 60-90-minute sessions.	PT, Nutrition, and educational services for 12 weeks	Referral
Conroe Regional Hospital-Better Breathers Club	504 Medical Center Blvd & I-45 South	Debbie Landry 409-539-7740 (Medical Center) Mattie McCowen 281-364-3331 (I-45 South)	3 rd Tues. of every month @ 3pm	Inpatient education and counseling. Assessment of discharge needs	Referral (inpatient)

CHF

Agency	Location	Contact	When	Services	Cost/Referral
Memorial Hermann	1333 Moursund St., Houston, Tx 77030	IKP Family Medicine or 1-800-44-Rehab	Customized to your schedule. 60-90-minute sessions.	12 week/36 session program they provide: Exercise, education, counseling & support	Prescription
Houston Methodist	St Paul United Methodist Church	888-330-1716	2 nd Monday of each month @ 5:30pm	Support Group for patient, family, and caregivers	Free

Diabetes

Agency	Location	Contact	When	Services	Cost/Referral
Houston Methodist Weight Mgmt. Center	6445 Main St, Houston, Tx 77030	832.667.5673	Self-schedule	Self - management training for prediabetes, as well as type 1, type 2 and gestational diabetes A baseline diabetes assessment, A customized plan fitting your lifestyle Specialist referrals and other resources for continued	Insurance

				follow-up and support	
Diabetes Empowerment Education Program (DEEP)	Varies	IKP Family Medicine	Varies	6-week diet and medication management course	Cigna Health Spring Insurance - Referral only
American Diabetes Association	Online	http://main.diabetes.org/site/Calendar?id=54197&view=Detail&stateorigin=ADA&s_promoCode=ADA&ga=2.259645961.28619019.1573490125-983626099.1536257452	Once a month-varies	Online Q&A medication questions seminar with diabetic experts	Free
American Diabetes Association Support Group	Online	https://community.diabetes.org/discuss	N/A	Online discussion for support and inquiries. This website also offers cookbooks, recipes, and diabetic guidance	Free

Hospitals

*****AVOID FREE STANDING ER FACILITIES*****

Insurance Plan	Hospital
Blue Medicare Advantage	HCA, Methodist, CHI St. Luke's and Christus
Cigna Medicare HMO (formerly Cigna HealthSpring)	HCA, Methodist, CHI St. Luke's and Christus
Humana Medicare	HCA, Methodist, CHI St. Luke's and Christus
Texan Plus	Memorial Hermann, Houston Methodist, St Luke's
United Healthcare Medicare	Tomball Regional, Memorial Hermann, St Luke's

Meals

Agency	Location	Contact	When	Cost/Referral
Interfaith Ministries' Meals on Wheels (Harris, Galveston, Montgomery, Liberty and Chambers counties)	https://www.imgh.org/meals-wheels-greater-houston/	713-533-4978	As needed	Free
Northwest Assistance Ministries' Meals on Wheels	https://www.imgh.org/meals-wheels-greater-houston/	281-885-4622	As needed	Free
Interfaith of the Woodlands Food Pantry	4242 Interfaith Way, The Woodlands, TX 77381	281-367-1230	Monday – Friday, by appointment only	For service area 77380 -77386, 77389 and 77375 in the Village of Creekside Park, and 77354 in the Village of Sterling Ridge
The Way Church Food Pantry	Behind Church Building 24418 I-45 North Spring, TX 77386	(281) 681-8922	Visit https://www.wayfoodpantry.com/ for a list of 2019 serving dates	Free

Psych

Agency	Location	Contact	When	Services	Cost/Referral
The University of Houston Training Facility	3695 Cullen Blvd Room 126 Houston, Tx 77204	713.743.8500	Varies	Individual psychotherapy, Couples Counseling, Assessment Services	Varies
Suicide Hotline	N/A	1800.273.8255 or text "TALK" to 741741	24/7 Access	Phone or text counseling and assistance	Free
Grace Psychological Services	26010 Oak Ridge Dr. Ste. 107 The Woodlands, Tx 77380	281.815.0899	Varies	Private Testing for Kids, Adolescents, and Adults <ul style="list-style-type: none"> ● Autism Spectrum Disorder ● ADHD ● Depressive Disorders ● Anxiety Disorders ● Specific Learning Disorders ● IQ Testing 	Aetna, BCBS PPO, and Beacon/Value Options Self-pay patients range from \$30-\$170 depending
Cypress Creek Hospital	17750 Cali Dr. Houston, TX 77090	281-586-7600 281-586-5956 281-751-6139	24/7 access	Behavioral and substance abuse	Insurance

Transportation

Insurance	Company Name	Contact Info	Misc. Info
Cigna Health	Cigna Transport	1-877-653-0327	-7 days a week -8am-5pm -Picks up 1 hour prior to appt -Schedule 2 days in advance
Texan Plus	TP Transport	1-866-245-7246	-7 days a week -8am-8pm -Picks up 1 hour prior to appt -Schedule 3 days in advance
All insurances or cash pay patients-free services	http://www.mowmc.org/programs/senior-rides/ Meals on Wheels Senior Rides	Sherry Allen-Smith sherry@mowmc.org or (936) 756.5855.	Bus Voucher (60+ or disabled) Taxi Voucher (65+ or disabled) To schedule your ride: Call the MOWMC Transportation line at 936-756-5855 Monday – Friday 8:00am – 3:00pm
All insurances or cash pay patients-free services	https://www.redcross.org/local/texas/gulf-coast/about-us/our-work/transportation-services.html American Red Cross Transportation	713-526-8300	Harris and Fort bend Counties To schedule your ride: Call 713-526-8300. Monday-Friday 8:00am-5pm. Need 2-week notice

Urgent Care

*****AVOID FREE STANDING ER FACILITIES*****

Insurance Plan	Urgent Care
Aetna	Next Level
BCBS	Next Level
Blue Medicare Advantage	Next Level
Cigna	Next Level
Cigna Medicare HMO (formerly Cigna Healthspring)	Next Level
Humana	Next Level
United Healthcare	Next Level
United Healthcare Medicare	Next Level
Texan Plus	Next Level