

# A B I L E N E SENIORS

*magazine*

November 2012 - 2013

[www.seniorsearchlight.com](http://www.seniorsearchlight.com)

**THE FUTURE OF REHABILITATION:  
WISTERIA PLACE'S ANTI-GRAVITY TREADMILL**

**ON PG.13**

**IT'S THE YEAR TO VOLUNTEER**

**FIND OUT WHERE TO HELP OUT  
ON PG.7**

**LEARN ABILENE'S STROKE RESOURCES**

**ON PG.14**

Anti-Gravity Treadmill

**LIST OF LOCAL RESOURCES FOR SENIORS**

**ON PG.8**

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# A B I L E N E SENIORS magazine

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It's The Year To Volunteer  
Find Out Where To Help Out  
On Pg.7

The Future Of Rehabilitation:  
Wisteria Place's Anti-Gravity Treadmill  
On Pg.13

Learn Abilene's Stroke Resources  
On Pg.14

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# I N D E X

ADULT DAY CARE CENTERS	See Page 8
ADULT PROTECTIVE SERVICES	See Page 8
ALZHEIMER'S CARE	See Page 8
ASSISTED LIVING	See Page 8
AUDIOLOGISTS & HEARING AIDS	See Page 8
BEHAVIORAL HEALTH	See Page 8
BLOOD DONATION	See Page 8
BOWEN TECHNIQUE	See Page 8
CANCER CARE	See Page 8
CARDIAC CARE	See Page 8
CHIROPRACTORS	See Page 8
DEMENTIA SCREENING	See Page 8
DENTAL CARE	See Page 8
DIETICIANS & NUTRITION	See Page 8
ELDER LAW	See Page 8
FINANCIAL ADVISORY & PLANNING	See Page 8
FITNESS & EXERCISE	See Page 8
FUNERAL HOMES & FUNERAL PLANNING	See Page 8
GOVERNMENTAL RESOURCES	See Page 8
HEALTH - NATURAL HERBS & SUPPLEMENTS	See Page 16
HOME HEALTH - MEDICAL	See Page 16
HOME HEALTH - NON-MEDICAL	See Page 16
HOME MEDICAL EQUIPMENT	See Page 16
HOSPICE CARE	See Page 16
HOSPITALS	See Page 16
IMAGING - MOBILE	See Page 16
INSURANCE	See Page 16
INFORMATION & REFERRAL SERVICES	See Page 16
MASSAGE THERAPISTS	See Page 16
NURSING & RESIDENTIAL CARE HOMES	See Page 16
OPTICAL GOODS & OPTICIANS	See Page 16
PAIN MANAGEMENT - NON-MEDICAL	See Page 16
PHARMACIES	See Page 16
PULMONARY HEALTH	See Page 16
REHABILITATION CENTERS	See Page 16
RETIREMENT & INDEPENDENT LIVING COMMUNITIES	See Page 18
SENIOR CITIZENS CENTERS	See Page 18
TRANSPORTATION	See Page 18



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Dorann Sagmeister (left), and Pamela Carter (right)

## IT'S THE YEAR TO VOLUNTEER

by Becca Kat

**Volunteering** is a great way to keep active and busy. Volunteering is a wonderful chance to give back to the community in a way that is unique to you and your skill set, and volunteering is a great way to meet new people who have the same interests you do. Luckily, in Abilene, there are several great places that can help you find the perfect volunteer opportunities to fit you.

First, there is the Retired Seniors Volunteer Program (RSVP), which works in conjunction with West Texas Rehab. This organization is ready to provide you with information about volunteer opportunities around town. RSVP works with about 70 different organizations, including Meals on Wheels, Frontier Texas, and several art museums. They will help match you to the organization for which you would be best suited. If you are interested in volunteering with Meals on Wheels, RSVP can give you the necessary contact information. According to Jessica at Meals on Wheels, "About 25% of our volunteers are seniors." Seniors who volunteer with the program are put to work in

a number of ways. Some help with delivering food, others help with delivering groceries or pet food, and still others can help with office work. You can reach RSVP by calling (325) 793-3520. They are located at 4601 Hartford St., in the Elmwood area.

Additionally, the local hospitals are always looking for volunteers. Volunteers at both Abilene Regional Medical Center (ARMC) and Hendrick Medical Center can serve the public in a number of ways, whether it's working in the gift shop, talking to people in waiting rooms, serving as chaplains or even answering phones and helping with day-to-day business. To get connected with volunteer services at Hendrick Medical Center, please call (325) 670-2317. Volunteer shifts are 4 hours long. Prospective volunteers will be asked what day and time will work best for them, and Hendrick Volunteer Services will be more than happy to work around your schedule.

ARMC's volunteer services can be reached at (325) 428-4953. Ask to speak with Becky Hendrix, who will be more than happy to mail you an application and help you get involved in their volunteer program. You can also just stop by ARMC to pick up an application.

If, after looking into these volunteer opportunities, you have not found the right organization for you, try calling 2-1-1. This is a great resource for finding local non-profit organizations, such as food pantries that are more than happy to accept volunteers.

One of the things that seniors can do best is to help out those who aren't blessed with as much knowledge and wisdom. So get out there, meet some new people and connect with our community.



Dale Cartee, a Senior Volunteer at Frontier Texas since it opened in 2001



LOCAL RESOURCES FOR SENIORS

ADULT DAY CARE CENTERS		
Operation Lighthouse For More Info, See Page 19	125 Sayles Blvd	(325) 670-9577
ADULT PROTECTIVE SERVICES		
Adult Protective Services of Abilene	4601 S. 1st Street, Ste. F	(325) 795-5755
ALZHEIMER’S CARE		
Alzheimer’s Association	301 S Pioneer Dr # 105	(325) 672-2907
Windcrest Alzheimer’s Care Center For More Info, See Page 9	6050 Hospital Drive	(325) 692-1533
ASSISTED LIVING		
Mesa Springs Retirement Village For More Info, See Page 15	7171 Buffalo Gap Rd	(325) 692-8080
Royal Estates For More Info, See Page 20	6565 Central Park	(866) 354-2048
University Place For More Info, See Page 2	1250 E.N. 10th St	(325) 676-9946
Wesley Court For More Info, See Page 15	2617 Antilley Rd	(325) 437-1184
Wisteria Place For More Info, See Page 12	3401 South Willis St	(325) 437-6204
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Holland Hearing Center	7 Hospital Dr	(325) 437-4730
Livingston Audiology & Hearing Aid Center	3329 Turner Plaza Dr	(325) 437-3885
Texas State Hearing For More Info, See Page 19	598 S. Pioneer	(325) 695-1133
West Texas Rehab’s Hearing and Center	4601 Hartford	(325) 793-3490
BEHAVIORAL HEALTH		
Acadia For More Info, See Page 17	4225 Woods Place	(325) 698-6600
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continued on next column

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Big Country Clinic of Chiropractic	4150 Southwest Dr	(325) 793-9989
Peak Performance	3266 Chimney Rock Rd	(325) 692-7400
Specht Chiropractic Center	2721 Buffalo Gap Rd	(325) 692-2227
Waldrip Clinic	3301 N 3rd St # 134	(325) 676-7444
West Texas Back Clinic	1750 S Clack St	(325) 695-2225
DENTAL CARE		
Abilene Advanced Dentistry	4321 Southwest Dr	(325) 692-3332
Abilene Crown and Bridge	2618 S 7th	(325) 673-6355
Abilene Dental Care	602 Hickory St	(325) 676-7707
Kappel Dental Arts	4601 Buffalo Gap Rd	(325) 690-9109
Lorenzen Crown & Bridge	3026 S 7th	(325) 673-1348
Medical Care Mission	302 Medical Dr	(325) 677-3455
DIETICIANS & NUTRITION		
Meals On Wheels Plus	717 N. 10th St	(325) 672-5050
Rural Taylor County Aging Services	PO Box 282	(325) 695-2372
ELDER LAW		
Fowlkes Law Firm	402 Cypress St # 709	(325) 437-4365
FUNERAL HOMES & FUNERAL PLANNING		
Elliott-Hamil Funeral Homes	542 Hickory St	(325) 677-4355
Elmwood Memorial Park	5750 US Highway 277 S	(325) 692-0655
Girdner Funeral Home	141 Elm St	(325) 676-5000
Hamil Family Funeral Home	6449 Buffalo Gap Rd	(325) 692-2232
Lawrence-Adams Funeral Home	732 Avenue I	(325) 823-3251
Piersall Benton Funeral Directors	733 Butternut St	(325) 677-3783
GOVERNMENTAL RESOURCES		
Abilene Call For Help	400 Oak St	(325) 673-8211
Area Agency On Aging	3702 Loop 322	(325) 672-8544
Texas Aging & Disability Department	4601 S 1st St # D	(325) 795-5714
West Central Texas Council of Governments	3702 Loop 322	(325) 672-8544

continued on page 16

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## THE FUTURE OF REHAB

### WISTERIA PLACE'S ANTI-GRAVITY TREADMILL

*by David Hare, Marketing Director, Wisteria Place*

**At Wisteria Place** Retirement Living, we are dedicated to providing compassionate care and comfort to all of our ladies and gentlemen. Our therapy team is passionate about bringing the latest techniques and programs to our patients. Through continuing education, our physical and occupational therapists apply the latest research to improve balance and reduce fall-risk. They also utilize therapeutic modalities combined with a comprehensive therapy program for strengthening, balance training, pain reduction, wound-healing, urinary incontinence, and increasing range of motion. Our speech-language pathologists incorporate research-based swallowing, language and cognitive procedures to address the needs of our patients.

Our physical therapy department uses state of the art equipment to better serve our ladies' and gentlemen's inpatient and outpatient rehabilitation needs. One such piece of equipment that allows us to provide this experiences is the Alter G Anti-Gravity Treadmill. The Alter G was developed from NASA technology to provide a safe and comfortable experience for patients to improve their lower extremity strength, standing balance, and gait pattern. The Alter G allows for therapists to incrementally take up to 80% of the patients weight off while they stand and walk on the treadmill. From this technology, physical therapists are better able to analyze the walking pattern of patients to make appropriate treatment decisions to maximize the outcomes achieved by therapy and return our ladies and gentlemen to their prior level of function. The Alter G Treadmill assists our therapists in treating patients who have suffered a hip, knee, or lower leg injury, patients who have undergone a total or partial joint replacement, patients who have difficulty walking due to neurologic deficits possibly



suffered from a stroke or other causes, and patients who require general strengthening and conditioning.

Wisteria Place Retirement Living is a place where residents and their families feel loved, informed, and comfortable. By creating an empowered, professional work environment, our employees are free to meet our customers' needs everyday.

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# STROKE IS AN EMERGENCY

## WHERE EVERY MINUTE COUNTS

by Shane Copher, RN, MSN - Director of Nursing, Windcrest Healthcare Center

### LOCAL STROKE RESOURCES

serving Abilene/Taylor County  
and surrounding counties:

Mavic Yoes, RN  
Stroke Program Coordinator  
Hendrick Medical Center  
1900 Pine St.  
Abilene, Texas 79601  
325-670-6894  
myoes@ehendrick.org

Linda Boeshart  
Stroke Support Group  
West Texas Rehabilitation  
lboeshart@wtrc.com

American Heart Association  
149 N Willis St, 10 Ste  
Abilene, Texas 79603  
(325) 223-2345

## ACT F.A.S.T!

### FACE

Does one side of the face droop?  
Ask the person to smile.

### ARMS

Is one arm weak or numb?  
Ask the person to raise both arms.  
Does one arm drift downward?

### SPEECH

Is speech slurred?  
Ask the person to repeat a simple sentence.  
Is the sentence repeated correctly?

### TIME

If the person shows any of these symptoms,  
CALL 911 and get to the hospital immediately.



**Chuck had always been a busy guy.** On this crisp Tuesday morning, as on most other Tuesdays, he had a plan to get busy doing the things he enjoyed most. Though he was semiretired, his days included a robust schedule of rounding in and around Abilene... delivering food, providing free yard work, and simply visiting with sick and shut-in family and members of his congregation alongside Jewel, his sweetheart of 52 years. For the majority of their married years, Jewel had fueled Chuck for his day's work with a hearty breakfast, and this morning was no different. Fresh coffee and the smell of sausage and eggs took him from bleary eyed to bushy tailed in seconds flat. That first cup and the newspaper were his starting blocks for another marathon day.

Halfway into a review of the previous night's presidential debate, Chuck's right arm suddenly dropped to his lap, and his half full ceramic mug of coffee hit the kitchen floor. Startled, Jewel spun around to see a visibly alarmed and confused Chuck trying to support himself with his left arm against the kitchen table and repeatedly attempting to yell something... but only managing to utter a slurred string of moans through the left side of his lips. In fact, his entire face seemed to be sagging on the right side. In a panic, Jewel picked up the phone and dialed 911.

According to the latest data from the American Heart Association, a stroke occurs in the United States every 40 seconds, accounting for approximately 795,000 strokes per year. On average, a stroke results in death about every four minutes in the United States, with one of every eighteen total deaths being caused by the effects of a stroke. *(source: AHA Statistical Update, Heart Disease and Stroke Statistics—2012 Update, 2012)*

Stroke is a common and often misunderstood condition and its early symptoms are often ignored. Some brain cells deprived of oxygen die within minutes. Others may take a few hours to die depending on the nature of the blockage or hemorrhage. When part of the brain dies from lack of blood flow, the part of the body it controls is affected. Strokes can cause paralysis, affect language and vision, and cause other problems. The loss of physical and mental functions is often permanent and can include motor-function disability. The most effective treatment for stroke can be administered if it is within three hours of the onset of stroke but to receive them, one must recognize the warning signs and act quickly.

A stroke happens when a part of the brain dies from lack of blood, usually because one of the arteries that supply oxygen-carrying blood to the brain has been damaged. There are two ways this can happen:

1. Clogged vessel or ischemic stroke: Caused by blockage of a blood vessel in the brain, usually by a blood clot or by fatty

deposits on the vessel wall. 80% of strokes are ischemic.

2. Burst vessel or hemorrhagic stroke: Caused by a ruptured blood vessel, preventing normal flow and allowing blood to leak into brain tissue, destroying it. This occurs in 20% of strokes *(source: Stroke Awareness Foundation, 2012)*

Recent advances in both medical science and public awareness have led to a marked improvement in overall stroke outcomes over the last ten years, including lower mortality rates and improved recovery rates from stroke episodes. These improvements are due in part to the public's increased awareness of stroke risk factors and stroke symptoms, as well as the improved responsiveness of both proactive, knowledgeable citizens in the general community and a more prepared medical community. Many hospitals have become Certified Stroke Centers in order to identify and treat patients suffering from strokes as quickly and as accurately as possible. Time lost is brain lost.

Abilene is fortunate enough to be a city with a Certified Stroke Center. Mavic Yoes, RN, MSN, FNP is an RN Educator for Hendrick Medical Center and is the coordinator for the Stroke Program, which has met the stringent requirements of the American Stroke Association's Get With The Guidelines protocols for identifying and treating strokes. The primary purpose of the initiative is to reduce the time between when initial symptoms of a stroke are observed and when proper medical interventions are administered. These interventions, if administered within the first few hours of an identified stroke episode, can very quickly dissolve a blockage of blood flow to the brain, minimizing damage and making a substantially significant impact on brain tissue preservation.

For anyone who shares company with friends, co-workers, loved ones, or even strangers in line at the grocery store who might be at risk for having a stroke, the message is simple: Be aware. Stroke is a potentially debilitating attack on the brain, and the key to recovery is reestablishing a blood supply to the brain by acting quickly to involve emergency service personnel. In Chuck's case, immediate identification of symptoms and access to care were crucial factors in saving brain matter and increasing his potential for physical recovery. Anyone, anywhere, can be a lifesaver when symptoms of a stroke strike by knowing what to look for and by acting F.A.S.T.

Sources:  
AHA Statistical Update, Heart Disease and Stroke Statistics—2012 Update, 2012 - "Circulation." *Circulation*. N.p., n.d. Web. 1 Nov. 2012. <http://circ.ahajournals.org/content/125/1>  
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"Get With The Guidelines®-Stroke Home Page." *www.heart.org*. N.p., n.d. Web. 1 Nov. 2012. [http://www.heart.org/HEARTORG/HealthcareProfessional/GetWithTheGuidelinesHFStroke/GetWithTheGuidelinesStrokeHomePage/Get-With-The-Guidelines-Stroke-Home-Page\\_UCM\\_306098\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthcareProfessional/GetWithTheGuidelinesHFStroke/GetWithTheGuidelinesStrokeHomePage/Get-With-The-Guidelines-Stroke-Home-Page_UCM_306098_SubHomePage.jsp).



HEALTH - NATURAL HERBS AND SUPPLEMENTS

<b>Bowtech For Health</b> For More Info, See Page 3	<b>1150 Estates Dr Ste C</b>	<b>(325) 676-9227</b>
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HOME HEALTH - MEDICAL

Big Country Health Care	3444 North 1st St	(325) 675-0559
<b>BHCS</b> For More Info, See Page 19	<b>3657 Hwy 377 S. Brownwood</b>	<b>(325) 643-4999</b>
Generations Home Health	1290 S Willis St # 209	(325) 690-5913
<b>IntegraCare Home Health</b> For More Info, See Page 5	<b>1665 Antilley Rd Ste 100</b>	<b>(325) 691-9947</b>
Kinderhearts	842 N. Mockingbird Ln	(325) 672-6135
Renew Home Health	5189 Texas Ave	(325) 692-9100

HOME HEALTH - NON-MEDICAL

Home Instead Senior Care	240 S. Mockingbird	(325) 670-9610
<b>Visiting Angels</b> For More Info, See Page 19	<b>1500 Industrial Blvd. #209</b>	<b>(325) 437-9500</b>

HOME MEDICAL EQUIPMENT

<b>Choice Medical Supply</b> For More Info, See Page 6	<b>17 Windmill Cir</b>	<b>(325) 677-2250</b>
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HOSPICE CARE

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Hospice of the Big Country	4601 Hartford	325 793 5450

HOSPITALS

Abilene Regional Medical Center	6250 US Highway 83	(325) 428-1000
Anson General Hospital	101 Avenue J	(325) 823-3231
Hamlin Memorial Hospital	632 NW 2nd St	(325) 576-3646
Hendrick Health System	1900 Pine St	(325) 670-2000
Medical Care Mission	1857 Pine St	(325) 672-5601
Stamford Memorial Hospital	1601 Columbia St	(325) 773-2725

IMAGING - MOBILE

PDQ X-Ray	www.pdqxray.com	(888) 879-7379
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INSURANCE

Alexander Insurance	634 Lillia St	(325) 676-0353
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INFORMATION & REFERRAL SERVICES

Abilene Call For Help	400 Oak St	(325) 673-8211
Area Agency On Aging	3702 Loop 322	(325) 672-8544

MASSAGE THERAPISTS

<b>Bowtech For Health</b> For More Info, See Page 3	<b>1150 Estates Dr Ste C</b>	<b>(325) 676-9227</b>
Healing Touch	1317 N 8th St # 100a	(325) 670-0622
Inner Balance	4865 Annette Ln	(325) 692-4464
Serenity Massage Therapy	3385 N 3rd St	(325) 673-3141

NURSING & RESIDENTIAL CARE HOMES

Care Inn Of Abilene	4934 S 7th St	(325) 692-2172
Chisholm House	1450 E.N. 10th St	(325) 670-0961
Covenant Place Of Abilene	3234 Buffalo Gap Rd	(325) 793-1144
<b>Mission at Mesa Springs</b> For More Info, See Page 10	<b>7171 Buffalo Gap</b>	<b>(325) 692-8080</b>
Northern Oaks Living & Rehab	2722 Old Anson Rd	(325) 676-1677
<b>Oaks At Radford Hills</b> For More Info, See Page 17	<b>725 Medical Dr</b>	<b>(325) 672-3236</b>
<b>Wesley Court</b> For More Info, See Page 10	<b>2617 Antilley Rd</b>	<b>(325) 437-1184</b>
<b>Wisteria Place</b> For More Info, See Page 12	<b>3401 South Willis St</b>	<b>(325) 437-6204</b>

OPTICAL GOODS & OPTICIANS

Eye Masters	4150 Southwest Dr # 100	(325) 692-9440
Eyemart Express	3474 Catclaw Dr # A	(325) 793-9011
Lens Crafters	4310 Buffalo Gap Rd	(325) 692-8698
Vision Express Of Abilene	3398 N 1st St # B	(325) 672-1011

PAIN MANAGEMENT - NON-MEDICAL

<b>Bowtech For Health</b> For More Info, See Page 3	<b>1150 Estates Dr Ste C</b>	<b>(325) 676-9227</b>
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REHABILITATION CENTERS

<b>Mission at Mesa Springs</b> For More Info, See Page 10	<b>7171 Buffalo Gap</b>	<b>(325) 692-8080</b>
Northern Oaks Living & Rehab	2722 Old Anson Rd	(325) 676-1677
<b>Oaks At Radford Hills</b> For More Info, See Page 17	<b>725 Medical Dr</b>	<b>(325) 672-3236</b>
Reliant Rehabilitation Hospital	6401 Director's Pkwy	(325) 691-1600


continued on page 16



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<b>Wisteria Place</b> For More Info, See Page 12	<b>3401 South Willis St</b>	<b>(325) 437-6204</b>
<b>RETIREMENT &amp; INDEPENDENT LIVING COMMUNITIES</b>		
<b>Anson Park</b> For More Info, See Page 9	<b>2249 Vogel Ave</b>	<b>(325) 701-4769</b>
Christian Village Of Abilene	633 E North 19th St	(325) 673-1917
<b>Mesa Springs Retirement Village</b> For More Info, See Page 10	<b>7171 Buffalo Gap</b>	<b>(325) 692-8080</b>
<b>Royal Estates</b> For More Info, See Page 20	<b>6565 Central Park</b>	<b>(866) 354-2048</b>
<b>University Place</b> For More Info, See Page 2	<b>1250 E.N. 10th St</b>	<b>(325) 676-9946</b>
<b>Wesley Court</b> For More Info, See Page 10	<b>2617 Antilley Rd</b>	<b>(325) 437-1184</b>
<b>Windsor</b> For More Info, See Page 6	<b>401 Pine St</b>	<b>(325) 677-0824</b>
<b>Wisteria Place</b> For More Info, See Page 12	<b>3401 South Willis St</b>	<b>(325) 437-6204</b>
<b>SENIOR CITIZENS CENTERS</b>		
Baird Senior Center	401 Chestnut	(325) 854-1937
Buffalo Gap Senior Citizens	1142 Williams St	(325) 572-3234
Clyde Senior Citizens Building	123 N 4th St W	(325) 893-4556
Cobb Park Senior Center	2302 State St	(325) 676-6447
Fisher County Senior Citizens Center	772 State Hwy 70N	(325) 735-2359
G V Daniels Senior Center	541 N 8th St	(325) 676-6443
Hamlin Senior Citizen Center	312 SW Avenue B	(325) 576-2267
Lawn Senior Citizens Center	6417 US Highway 84	(325) 583-2264
Rose Park Senior Citizens Center	2625 S 7th St	(325) 734-5300
Tuscola Senior Citizens Center	702 Graham St	(325) 554-7876
Winters Activity Center for Senior Citizens	601 Wood	(325) 754-4205
<b>TRANSPORTATION</b>		
Area Agency On Aging	3702 Loop 322	(325) 672-8544
CityLink Bus	1189 S 2nd	(325) 676-6287
CityLink Van	1189 S 2nd	(325) 676-6402
<b>VETERANS NEEDS</b>		
Veterans Service Office	400 Oak St	(325) 674-1328



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