

DIAGNOSIS: DEMENTIA

Brazoria County Caregivers' Guide



Local, state, and national resources

7TH EDITION MARCH 2026

**BRAZORIA COUNTY GATHERING PLACE
INTERFAITH MINISTRIES, INC.**

Information in this booklet is based on the authors' experiences with hundreds of caregivers and is not medical advice. Much of the information is drawn from the Alzheimer's Association, Alzheimer's Foundation, Mayo Clinic, and National Institutes of Health Alzheimer's Disease Education and Referral (ADEAR) literature and websites.

Alzheimer's Foundation National Caregiver Helpline
866-232-8484

Staffed 9-9 M-F and 9-5 Saturday and Sunday by licensed social workers who are specially trained in dementia care. Provides support, counsel, educational materials, and referral to local resources.



Brazoria County Gathering Place Interfaith Ministries, Inc.
979-308-4525

200 E. Mulberry, Angleton, TX 77515
P.O. Box 2050, Angleton, TX 77516

Office hours, Angleton: 10 am to 3 pm Mon. through Thurs.
1212 S. Durant, Alvin, TX 77511, Open by appointment
www.gatheringplacebrazoria.org

Brazoria County Gathering Place Interfaith Ministries (EIN 47-1456707) is a 501c3 non-profit charitable organization devoted to serving individuals and families affected by dementia.

Dear Caregiver,

Over the last 18 years, we have met with several hundred people in Brazoria County who have just been told that their loved ones had some form of dementia.

All of them were very emotional. Most did not know where to turn. Many didn't know enough about dementia to know where to start.

If you have just been told that a loved one has Alzheimer's or a related dementia, and you are going to be the primary caregiver, we hope this booklet makes it a little easier for you. It is a starting place for your journey. The Gathering Place provides programs that will be with you every step of the way.

Our Brain Camps, CompU.Talk (Zoom school), Campfire, Culture Camp, and the Alzheimer's Awareness Project offer education about prevention, diagnosis, and treatment at classes, conferences, memory screenings, community presentations, and special events.

You may drop off your family member at eight 4-hour Gathering Place socials each month where trained and compassionate volunteers see that they have a wonderful time! Take that opportunity for recreation or rest.

If your family member is in the earliest stage of a memory disorder, he may qualify for our Early Stage coaching program where we work intensively 1:1 to create new neural pathways to slow the progression of the disease. Of course, all our services are free.

Brenda Maust

Founder, CEO 2007-2017

Brazoria County Gathering Place Interfaith Ministries, Inc.

Dale Libby

CEO 2017 -

The News

The doctor has just said that your mom or dad has vascular dementia or that your spouse has Alzheimer's disease. Family members had noticed for some time that your loved one had some problems remembering and that she had begun to repeat stories.

There had been some unexplained personality changes also. You had hoped so much that the cause had been a vitamin deficiency or a thyroid problem. But it wasn't. The doctor has ruled out everything else. Your heart may be racing, or you may feel numb and cold as fear and apprehension settle over you. Later, you won't recall how you responded, or how you felt as your emotions overwhelmed you. You have entered a new world: you are now a caregiver.

But you are NOT alone. There are resources in Brazoria County to help you and that's what we will talk about in this guide.

If you live long enough, chances are you will become a caregiver or one who is being cared for. At age 85, there is almost a 50-50 chance that you will have Alzheimer's disease.

Women are hardest hit by Alzheimer's disease: they are more apt to be caregivers and since they live longer, they are more likely to eventually get the disease.

Types of Dementia

Dementia is an umbrella term describing the deterioration of mental functions that affect memory, thinking, mood, judgment, and ability to concentrate. The earliest signs usually include confusion, memory problems, and changes in behavior. Other early symptoms may be a change in gait or a loss of smell.

There are more than 100 different types of dementia and in the past few years, some researchers have identified subtypes. Alzheimer's disease accounts for about 60% and about 20% of persons with dementia have the vascular type.

Frontotemporal dementias are a group of diseases most doctors hadn't heard of 20 years ago. At that time doctors indicated a person had "dementia of an unspecified type." It is common to have "mixed dementia," which means that the person has more than one type.

Many dementias are reversible. When they are a result of high fever, medications, anesthesia, vitamin deficiencies, or infections, they may frequently be reversed. It's not uncommon for the elderly to have chronic low-grade urinary infections with no symptoms other than dementia. Treatment includes antibiotics, which should provide total reversal of symptoms.

One type of dementia, normal pressure hydrocephalus, is caused by a buildup of fluid in the brain and can sometimes be corrected by surgical installation of a shunt in the brain.

Early and accurate diagnosis is vital and determines the type of treatment your loved one can receive.

Because a correct diagnosis is critical, your family physician may refer you to a neurologist for further testing and treatment.

Take a Deep Breath

Men and women approach caregiving differently, so their challenges will be different. Men generally want to "fix" their family member with dementia, and the frustration they feel before they realize that they just can't "fix" this problem can be particularly devastating to them.

Women who have been accustomed to deferring to parents and spouses will face difficult challenges as they struggle to assume control of their circumstances.

Children who are caring for an aging parent may still have their own children at home and many are still working.

Retirees who had looked forward to traveling and enjoying their golden years frequently find themselves spending those years caring for a parent with dementia. Many report that the opportunity to give care to an aging parent proved to be a meaningful experience for them.

Less frequently, an elderly parent cares for a child with dementia who may need to move back home. In Brazoria County, we have worked with three Alzheimer's patients in the past 15 years who were younger than age 50.

Before you start to look for resources and information, take a deep breath. You probably do not realize it, but you have started grieving. You have already begun to feel the loss in your life of the role your family member had played.

Perhaps your mom had also been your best friend, or your dad had always been there to help with his grandkids or fix a broken appliance. Your husband or wife had been the love of your life; that has been changing, and now you are beginning to realize that things will never be the way they were.

You are hurting, and you may become depressed. Give yourself a little time to come to terms with your new life before you make any plans. During this time, do not quit your job, put your house up for sale, or make decisions about living arrangements (except in an emergency) for your family member.

Go to *Your* Doctor

There is a reason that you are instructed on airplanes to grab the oxygen mask first before you place it on your child. You must be able to care for yourself if you are responsible for the care of a loved one who has dementia.

This concept may be more difficult for female caregivers because many have been encouraged to put their families' needs

before their own, but many husbands also feel guilty if they acknowledge that they, too, have needs that must be met during caregiving.

It's very simple: you **MUST** make a plan for your own care while you are developing a plan for your loved one. If you don't, at some point in the future, you may be physically exhausted and emotionally spent.

Worst of all, you may have forgotten the wonderful things about the relationship you once had with the person you are caring for. If you take care of yourself—the lunch with friends, the regular golf game, the massage, the mani-pedi, the occasional getaway—you will be able to retain and cherish your memories, and indeed, you will be able to cherish the time you still have.

Get a thorough physical checkup. You may need to start a vitamin regimen or an exercise routine to minimize stress. Start taking a walk every day. Learn to meditate and live in the moment. Many caregivers say that taking up Yoga or Tai Chi has helped them deal with stress and avoid depression. If there is a hobby you have always wanted to take up, now is the time to do it. Identify the sources of spiritual and emotional replenishment that you will call on during the time you will be giving care.

Assess your social situation. If you are taking care of a spouse, you may have noticed that your friends have started moving on. Good friends, of course, will be there for you. But casual acquaintances frequently disappear, or you, the caregiver, may be reluctant to accept or offer invitations. Do not become isolated— continue spending time with your friends; do not give up your volunteerism or the groups you belong to. People who have large support systems are better able to handle the responsibilities of caregiving.

Include Your Loved One in Her Plan of Care

In planning for your loved one's care, be sure to include her

in decisions if she is capable of participating. Your family member may need to talk with you about her feelings and what she wants. Even with an Alzheimer's diagnosis, a family member may be able to convey her wishes.

Address Financial Issues

If you are the caregiver of a parent, you will need a Medical Power of Attorney, and you or someone that you can work with needs a Durable Power of Attorney for finances. If you are a spouse and your partner has children from a previous marriage, you may also need those documents. No matter how small the estate, see your attorney as soon as possible after the diagnosis to make sure that Powers of Attorney, wills, and advance directives are up-to-date and in order.

Taking Away the Car Keys

One of the toughest decisions a caregiver must make is when to stop her family member from driving. Sixty percent of Alzheimer's patients will wander. Many times, a person with a diagnosis of Alzheimer's will simply hand the keys over and stop driving. But most caregivers must become creative. If you are the caregiver of a parent, you may need to disable the car. You could have the family doctor tell your family member that she cannot drive because of a health condition. If you are caring for your spouse, start slipping into the driver's seat.

Addressing this issue may be one of the most difficult situations that you will face as a caregiver. The loss of independence can be terrifying for the person who has Alzheimer's, and the caregiver can be just as frightened of angering her loved one. When your family member is still able to live alone, it also means that you are now responsible for his transportation, picking up groceries and medications, and seeing to it that he is still engaged with his world socially.

Reach Out for Respite and Support

Talk with your siblings or children about helping with your family member. If you are caring for a parent, the tone you set with other family members in the early days after diagnosis will have far-reaching implications. It is not unreasonable to expect your siblings to help with a parent who has dementia. Ideally, you may be able to involve your siblings early and plan a course of care together.

In many instances, however, one child becomes the sole caregiver and may become resentful after years of care if siblings offer nothing more than advice. It isn't uncommon for siblings who live out of town to feel like they are contributing by offering criticism.

To avoid that, make your expectations known. If siblings live out of town, perhaps they can plan to take several long weekends a year to stay with your parent while you take a break.

Asking children to help may be harder; most children who live nearby, however, find some way to assist. When they offer, tell them absolutely that you appreciate the offer and then allow them to help regularly.

Your family member may be able to manage being alone for several years but make your plan now for the time that she cannot stay by herself.

Many exceptional companies in Brazoria County offer companion care for a fee. If your family member is not on Medicaid, Texas Health and Human Services offers limited free respite, called Community Attendant Services (713-692-1635). Gathering Place Interfaith Ministries (979-308-4525) offer 34 hours of free respite each month at congregations in Angleton, Lake Jackson, and Alvin.

Medicaid may provide a respite option for those who qualify (call 211). A Monthly Alzheimer's Caregiver Support Group is available at First Christian Church, 1212 S. Durant in Alvin. Plan to

attend a Support Group—you can learn so much from other caregivers. Many caregivers who have attended a Support Group have become good friends.

Communicating with Your Family Member

Brazoria County libraries carry many excellent books on communication with a person with a memory disorder. **Read one or two as soon as possible.** Some of the most user-friendly books on Alzheimer’s disease are *The 36-Hour Day*, *Learning to Speak Alzheimer’s*, *Alzheimer’s for Dummies*, and *Grain Brain*.

One of the most important things you will learn is that trying to reason with your family member may become impossible at some point, sometimes very early in the disease process.

Correcting, reminding, and scolding your family member for not remembering something is frequently very hurtful to her. Reminding your mom that her husband has been dead for 10 years may break her heart each time she hears it. It will also make your job as a caregiver much harder because of the confusion and agitation it will cause her.

Reality Check – the reality for your loved one is different from yours. You cannot change that. Learn to go into “her world” where you will never need to say “no.”

When Your Parent Is Living Alone

When your parent has been diagnosed with dementia and she is living alone, you will need to begin an assessment of her living conditions when you visit. Is the food in the refrigerator spoiled? Is the home as clean as she has always kept it? Is the oven on? Is she safe?

The person with dementia deserves to keep her independence as long as possible, but at some point, she may need some companion care with house cleaning, cooking, maintenance, or assistance with bathing and dressing.

Assisted Living May Be the Answer

If you are a child caring for a single parent who is no longer able to live alone, investigate assisted living as an option. Assisted living offers socialization with peers, appropriate activities, and outings in an environment that is safe. There are a variety of attractive, excellent assisted living facilities in Brazoria County. They vary widely in amenities, activities, and cognitive abilities of their residents.

If you decide to move your family member into your home, remember that socializing with her peers will always be important to her mental, emotional, and physical health. Just as your family member cannot meet all your needs, you cannot meet all of hers.

Generally, if your family member has the means, they are happier in their “own place” in an assisted living facility with age mates and friends than they are living with a family member.

The family must visit often and pick up their loved ones for Sunday dinners and family occasions.

Promised Mom That Dad Could Stay at Home?

Before my mom passed away, I promised her that Dad would be able to stay in the home they’d shared for 40 years. He was disabled, had vascular dementia and early-stage Alzheimer’s, and required around-the-clock care.

With 10 daughters and grandkids, someone visited with Dad every day for two years and his nurses were companionable. Nevertheless, he declined and had to be admitted against his will to a rehabilitation hospital. After three weeks of rehab, his geriatrician ordered therapies in a skilled unit at a nearby nursing facility.

There, his roommate was also wheelchair-bound and a World War II veteran. They shared their stories and became fast friends. At lunch, Dad was placed with three ladies his age who vied for his attention. He flourished in that environment and

gained back all the weight he had lost at home. The last six months of his life were very happy ones.

Keeping Your Family Member Connected

I learned from that experience that keeping your loved one connected to the outside world is critical. Interaction with his peers becomes even more important as the disease progresses. Memories from the distant past are usually intact and your loved one is eager to share his stories.

Early in the process, he may benefit from participation in the Actions congregate meals program or a senior ministry at your church.

As soon as possible, enroll them in Gathering Place socials where they will participate in activities that include music, dance, arts and crafts, reminiscing, exercise, games, and Bingo. Experienced volunteers are trained to make your loved one feel good about *who they are right now*. They usually return home more confident, happier, and much easier to care for.

Wandering

Keeping your family member safe is one of your most important jobs. Up to 60% of people with dementia tend to wander away from their caregivers or home, and then are unable to find their way back.

If your family member is ambulatory, get a letter from your doctor stating that she is being treated for Alzheimer's disease or related dementia. To be on the safe side, call the Brazoria County Sheriff's Office (979-864-2392) and obtain the paperwork for a Silver Alert in case you need it.

Your town may also have a voluntary registry so that local police can quickly find your family member if they get lost. To activate the Silver Alert, you must provide a doctor's letter with

your family member's diagnosis. Caregivers can also take photos with their telephone regularly so that a recent photograph can be provided immediately to the Sheriff's office.

Hearing Problem?

One out of every three people 65 to 74 and almost half of people over age 75 have some hearing loss. It has been described as a silent epidemic. Loss of hearing can be devastating to your family member with a memory disorder. Over time, the brain will lose the ability to process information and cognitive abilities will decline rapidly. Look into assistive devices recommended by an audiologist.

One of Your Best Allies: The Internet

If you are not computer savvy, consider taking classes at the Brazoria County Center for Independent Living in Angleton or at Brazosport College or Alvin Community College. You will be able to access up-to-the-minute information about Alzheimer's disease, caregiving issues, and online support organizations. You can compare Texas Health and Human Services ratings of nursing homes and access resources that are not available any other way. There's no need to purchase a computer if you don't want to; your local library has computers that you may use for free.

Slowing Cognitive Decline

As people age, many choose to start limiting their exposure to novelty and challenge, preferring the comfortable and familiar. Nothing could be worse for people who have Alzheimer's disease. Keep your family member engaged in social activities, exercise 45 minutes each day (3 15-minute segments work), enjoy a Mediterranean or low-carb diet, watch PBS documentaries, and listen to music. Encourage her to read biographies and discuss the books. Play word games. Have family members pitch in with those

activities—they build new neural pathways in the brain and the companionship will decrease stress hormones and increase oxytocin. Discuss the merits of a monthly B-12 shot and supplements with your family member’s doctor.

Coping as a Caregiver

You will probably have many different feelings as you care for a loved one with Alzheimer’s disease or related dementia. There are times that you will be very happy to be providing love and comfort. In fact, you may feel that way most of the time.

At other times, you may be physically exhausted or overwhelmed. You may be frightened by the changes you see in your family member and unsure of your ability to continue providing care. You may be faced with problem behaviors, or tired from dealing with the same problems daily. It is critical that you take care of yourself while you are caregiving.

Take short breaks every day. Go for a daily walk and pay attention to the beauties of nature. Read a chapter from a book. Make a list of the small things that you can do every day for yourself.

Accept help. A friend or relative may be glad to take your family member for a walk several times a week or work a puzzle with her while you go to the beauty or barber shop. When people offer help, they usually mean it, but they may not know what to do unless you tell them.

Get informed. Take classes or attend seminars and support groups on caregiving. Information will empower you.

Stay connected. Try to stay in touch with family and friends. Make plans to get out of the house and set aside time for socializing.

Maintain healthy habits. Eat a healthy diet and get a good night’s rest. See your doctor and be sure to tell your doctor that you are a caregiver.

Exercise. Structure an exercise program for yourself. In Angleton, join UTMB Angleton Danbury's Wellness Center or the Angleton Recreation Center for classes. The Lake Jackson area has several private exercise facilities as well as the Lake Jackson Recreation Center. Tai Chi and yoga are often recommended as stress busters. Alvin has excellent exercise opportunities at the Senior Center and four private facilities. Pearland has a wide variety of options. A joyful life-affirming session in a Zumba class burns calories and makes you glad to be alive.

Practice mindfulness. Learn to live in the moment. That's a matter of practice. Stop worrying about what you are going to say or do next, or tomorrow. Stop trying to multitask.

Signs of Caregiver Stress

As a caregiver, you may be so concerned with taking good care of your loved one that you don't notice that your own health may be suffering. The Mayo Clinic warns that signs of caregiver stress include:

- Losing interest in activities you once enjoyed
- Feeling tired most of the time
- Feeling irritable
- Feeling overwhelmed
- Gaining or losing weight
- Sleeping too much or too little

AREA CAREGIVER RESOURCES

2-1-1 Texas Information and Referral Network:

24/7 information from an area-wide United Way database; register for emergency evacuation. You may dial 211 or 877-541-7905. www.211texas.org

Alzheimer's Association Houston and Southeast Texas Chapter

24-Hour Information Helpline: 800-272-3900

Education, support, referral: www.alz.org

Brain Camp:

A 4-week, 8-hour program that teaches the primary risk factors for Alzheimer's disease. Lowering risks may delay onset and slow progression of the disease. The importance of exercise, diet, effective stress management, adequate sleep, therapeutic mental challenges, and socialization are explained. Free. A Gathering Place program. 979-235-9195 or 979-308-4525.

Brazoria County Center for Independent Living:

Barrier-free living information and referral; peer support; life skills training; coordination of services. 700 North Front Street, Suite A, Angleton, TX 77515. 979-849-7060.
www.coalitionforbarrierfreeliving.com

Brazoria County Sheriff's Office:

Issues Silver Alert: 979-864-2392. Offers BCSO C.A.R.E.S. program. To pre-register your loved one, visit brazoriacountytx.gov or call 979-864-2392.

Community Attendant Services (a program of TX Health and Human Services):

Vouchers may be obtained to pay for free respite if qualified. For free respite, family member may not be on Medicaid. Call 713-692-1635, Mon. – Fri. 8 am-12 pm and 1 pm -4:30 pm.

Campfire (Zoom meetings):

Men who have Parkinson's or Alzheimer's diagnoses meet Tuesday mornings via Zoom for Reminiscing year round. Free. A Gathering Place program. 979-849-5051 or 979-308-4525.

CompU.Talk (Zoom school):

People who have a memory disorder are offered classes in six 6-week sessions annually via Zoom. They meet Mondays from 10 am until 12 pm 36 weeks a year. Goals are to enhance memory, delay progression, and improve mood. Classes offer memory retrieval activities that participants enjoy, Qi Gong and chair exercise, and bingo. Doctor's diagnosis required. Free. A Gathering Place program. 979-849-5051.

Gulf Coast Transit District:

Provides door-to-door service (similar to Uber, but **much** less expensive). Two locations: 1415 33rd Street North, Texas City, TX 77590 and 101 Canna Lane Court, Lake Jackson, TX 77566. Call 800-266-2320 to arrange a ride. For more info visit <https://www.gulfcoasttransitdistrict.com>

Early Stage Coaches:

6-week individualized coaching for people with early stage Alzheimer's, Parkinson's, or MCI and their caregivers. The goal is slowing disease progression by increasing neuronal activity and reducing stress. Patients must be ambulatory, able to read and write, and have a motivated partner who can provide reminders or assist with daily homework. A Gathering Place program. Free, 979-849-5051.

Faith in Action:

Junior high and high school students participate in camps four times each year and provide minor repairs, build wheelchair ramps and handrails, and provide yard work for the elderly and frail. Text or phone 979-836-9863 or email faithinactionofbrazosport@yahoo.com Find more info at

www.faithinactionofbrazosport.org

Greater Coastal Community Action Council:

Mission: to eliminate barriers that underserved families face so they can move into financial independence. Struggling Texas families from Galveston, Fort Bend, Brazoria and Wharton Counties can get help such as CEAP, energy bill assistance, Head Start and weatherization for low income, senior, disabled, and other in the community. 4700 Broadway St Galveston, TX. 409-762-8418. clientsupport@gccac.org

Gathering Place Interfaith Ministries:

Provide 34 hours of free respite each month at 8 socials for participants with Alzheimer’s disease or related disorders. Caregivers may drop off family members and take that time to rest. Gatherings are held at churches in Angleton, Lake Jackson, and Alvin. Free. Participants must have a written diagnosis of dementia and a list of medications. 979-308-4525. www.gatheringplacebrazoria.org

Gulf Coast Center:

Provides adult mental health services, risk management, and peer services to Galveston and Brazoria Counties. 24-Hour Crisis Hotline, 101 Tigner Angleton, TX 77515 800-643-0967. www.gulfcoastcenter.org

Houston-Galveston Council Area Agency on Aging:

The AAA coordinates a network of community-based service providers who offer an array of services to older persons and their families. Services include respite, personal assistance, homemaker help, accessibility modification, hearing, vision, minor home repair, prescriptions, and emergency response. 3555 Timmons Lane, suite 120, Houston, TX 77027. Visit www.h-gac.com or call 713-627-3200

Lighthouse of Houston:

Private non-profit providing skills and assistive aids for the

blind and visually impaired. 3602 West Dallas, Houston, TX 77019, 713-527-9561. Info@houstonlighthouse.org.

Lone Star Legal Aid:

Provides free legal services to income-eligible clients for civil cases primarily in the areas of family law, spousal abuse, social security, consumer problems, AFDC/Food Stamps, bankruptcy, and housing issues. 102 Oak Park Dr., Clute, TX 77531, 979-849-6464. By appointment only. Mon. – Thur. 8:30 am – 12 pm, 1 pm – 3:30 pm. www.lonestarlegal.org

Meta Camp:

Is a multimodal, holistic approach to losing weight and reducing dependence on medications. Meta Camp 2-hour lectures alternate with 1-hour support groups over 7 weeks. Free. Meta Camp is a Gathering Place program. 979-308-4525.

The National Alliance on Mental Illness (NAMI):

Is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. PO Box 4096, Alvin, TX 77511, namigc@namigulfcoast.org or call 281-585-3100.

Salvation Army:

Homeless shelter- 50 beds available for men, women, and families. Thrift shop provides clothing and household furnishings for sale at or below market prices. Provides emergency food, utilities, and prescription assistance. 1618 N. Avenue J, P.O. Box 2029, Freeport, TX 77541, 979-233-5420. www.salvationarmysouth.org

Social Security Administration:

2921 N. Valderas, Angleton, TX 77515, 866-338-2940; 2835 Gulf Fwy. South, League City, TX 77573, 866-299-3254, 800-772-1213. www.socialsecurity.gov

St. Thomas Center:

Services include food pantry, resale shop, rental assistance, and utility assistance. Office hours Mon. – Thur. 8 am – noon



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- Walkers & Rollators
- Knee Scooters
- Canes & Crutches
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- Lift Recliners

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- Dickies
- Heartsoul
- Healing Hands
- MedCouture

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United Way of Brazoria County:

The United Way works closely with local and regional social service agencies providing information and referring to resources in the community. 979-849-9402.

VA Outpatient Clinic, Lake Jackson:

Provides primary, mental, and women’s care as well as Telehealth, Teleretinal screenings, homeless veterans, phlebotomy, x-ray, laboratory, and other services for veterans in this area. Pharmacy services are available on a case-by-case basis. 208 Oak Drive South, Ste. 700, Lake Jackson, TX 77566. 979-230-4852. For mental health services call 979-230-4852.

Veteran’s Services, Brazoria County:

Provides information to all veterans and their families about benefits. 111 East Locust St., Angleton, TX 77515. 979-849-5711. [Brazoriacountytexas.gov/departments/veterans'-services](http://Brazoriacountytexas.gov/departments/veterans-services)

The Warrior’s Refuge:

A non-profit committed to ending veteran homelessness. A 60-bed transitional housing. Offers case management, mental health, and substance abuse counseling and treatment. 212 N. 14th St., West Columbia, TX 77486. 979-248-0125. www.thewarriorsrefuge.us

Youth and Family Counselling:

Our mission is to strengthen and support County families to prevent child abuse, neglect, and delinquency through counseling, case management, and education services. 801 Buchta Rd., Angleton, TX 77515. 979-849-9402

CONGREGATE AND HOMEBOUND MEALS

Actions, Inc. of Brazoria County:

1524 E. Mulberry, Ste. 125, Angleton, TX 77515. Provides meals- on-wheels, nutrition sites, information, and referral. Provides transportation in Brazoria County. Some medical supplies are provided. 979-849-6132.

break.knape@actionsinc.org

Alvin Senior Citizens Center: Actions, Inc.

Ages 60 and above socials 8 am till 2 pm. Serves breakfast and lunch. Occasional day trips. 281-585-6633. 309 Sealy, Alvin, Tx 77511

Dream Center:

A community outreach center with a food pantry, food delivery service for qualifying seniors, and other family-based services. For hours of operation and applications, visit <https://www.bcdreamcenter.org>. 792 Hwy 288-B South, Clute, TX 77531

HEALTHCARE AND CLINICS

Alvin Care Pharmacy:

204 House St., Alvin, TX 77511, 281-519-7030

AnyLabTest Now:

2802 Business Center Dr., Ste. 110, Pearland, TX 77584,
832-230-8792

Balanced Body Functional Medicine:

Dr. Julie Ward M.D 6921 Brisbane Ct Suite 240, Sugar Land, TX 77479 280-710-3380

Brazosport Neurology Associates:

Dr. Blair Krell M.D., 214 Parking Way, Lake Jackson, TX 77566,
979-299-3376

CHIRO Source Wellness Center:

1816 Broadway St., Ste. 102, Pearland, TX 77581,
281-996-9355

Community Healthcare Network:

Community Health Network provides affordable medical, mental health, and dental care for all families and individuals. Medicare, Medicaid, and private insurance are accepted. In addition, medical subscriptions are available as well as affordable prices for the uninsured. Low-cost local and delivery pharmacy services are available. Locations in Harris, Galveston, and Brazoria Counties. For more information visit <https://bit.ly/MyCHNreferral>.

Texas A&M Coastal Bend Health Education Center at CHI St. Luke's

Individualized support and education to manage diabetes. Free A1C, blood pressure. Weight, blood glucose, and BMI screenings. CHI St. Luke's Brazosport, 100 Medical Dr., Healthy Communities Annex Bldg., Lake Jackson, TX 77566, for appt. call 1-866-524-1408 or 979-285-1990

Family Care Center:

The doctor's office serves three specialties: Family Medicine, Internal Medicine, and Psychology. 215 W. Blackstone Ln., Alvin, TX 77511, 281-331-5253

Firstpoint Psychiatry:

Dr. Kenneth Osiezagha 201 Oak Dr. S., Ste. 102, Lake Jackson, TX 77566, 979-529-9050

Kale Functional Medicine:

230 Westcott Street #208, Houston, TX 77007 713-322-2926
officemanager@kalemd.com

Live Oak Clinic of Brazosport:

Provides non-urgent primary health care; care of diabetes and

hypertension; lab work and imaging; nutrition education; and social services resources several days each month. See website. 102 Yaupon, side door at Covenant Evangelical Presbyterian, Lake Jackson, TX 77566. 979-388-0809; when closed, call 979-388-0280. www.liveoakclinic.org

Medic Lane Physicians:

400 Medic Lane Ste C., Alvin, TX 77511, 281-331-0082

Methodist Primary Care Group:

8520 Broadway St., Ste. 200, Pearland, TX 77584, 281-485-4050

Mind and Body Solutions:

210 Genesis Blvd Ste C, Webster, TX 77598, 281-616-3816

Shadow Creek Family Physicians:

10970 Shadow Ck. Pkwy., Pearland, TX 77584, 713-436-3697

Total Neurology of the Gulf Coast:

Dr. Lyndon F. Barnwell M.D., 201 Oak Dr. S., Ste. 201, Lake Jackson, TX 77566, 979-705-7062

West Columbia Health Clinic:

411 W. Brazos Ave., West Columbia, TX 77486, 979-345-2525

Winstrom, Margit M.D.:

2211 Norfolk St., Ste. 105, Houston, TX 77098, 713-572-7540

Yes To Home Care:

2734 Sunrise Blvd. Ste 404A Pearland, TX 77584, 832-674-0423

PRESCRIPTION ASSISTANCE

SingleCare Prescription Drug Discount Card:

Distributed free. Discounts are provided by participating pharmacies. For information, contact United Way, 4005 Technology Dr., Ste. 1020, Angleton, TX 775115. 979-849-9402. www.familywize.org

Good Rx:

Find the lowest prices at pharmacies in your area. 855-216-5163. Goodrx.com

Brazoria County Indigent Healthcare Program:

Medical and prescription assistance for qualifying persons. 260 George, Ste. 200, Alvin, TX 77511, 281-585-3024 and 434 E. Mulberry, Angleton, TX 77515, 979-864-1884

Texas A&M Healthy South Texas:

Provides prescription assistance to persons struggling to pay for maintenance medication (no narcotics). CHI St. Luke's Brazosport, 100 Medical Drive, Healthy Communities Annex Bldg., Lake Jackson, TX 77566. 979-285-1990, 979-285-1478.

SUPPORT GROUPS

Alzheimer's Caregiver Support Group:

First Christian Church, 1212 S. Durant, Alvin, TX 77511.
1st Friday, Noon-2 pm; lunch, adult day care with activities,
Dale Libby 979-236-5393

Parkinson's Advocacy and Support Group:

Lake Jackson Library – Mtg room. Third Tue/month from 9:30 am to 11:30 am. Contact Van and Carolyn Kent at 979-292-5921, 979-299-4781, or email kentvan@yahoo.com Dwight and Janet Steffler at 979-299-4683.

Stroke Support:

Meets every other month on the 3rd Wednesday, from 1 pm - 2 pm. St Luke's Health, Brazosport Hospital, 100 Medical Dr. Lake Jackson, TX 77566. 979-285-1642

UTMB Stoke Support group meets quarterly on the 4th Thursday, 1-2 pm, either virtually or in person at their Clear Lake campus (200 Blossom St, Clear Lake). Call 832-632-7654 or email strokesupportgroup@utmb.edu for more information or to RSVP for in person meetings.

IN-HOME SERVICES AND FACILITIES

ADULT DAYCARE

Lula's Place Adult Day Facility, LLC:

2336 N. Texas Ave., Ste. 100, Pearland, TX 77584

281-485-5557

COMPANION AND PERSONAL CARE SERVICES

Companion and personal care aides provide an array of services individualized to meet the non-medical needs of the client. Transportation to doctors, meal preparation, light housekeeping, assistance with bathing or dressing, medication reminders, care of plants and pets, laundry, and companionship are a few of the services agencies offer. Several agencies have dementia programs with aides who have special training in communication and care.

- Angleton Visiting Nurses, 1212 N. Velasco St., Ste. 200, Angleton, TX 77515, 979-848-0219
- CareBuilders at Home, 101 Oyster Dr., Ste. 1, Lake Jackson, TX 77566, 979-258-6728
- Caring Senior Services, 122 West Way, Ste. 402, Lake Jackson, TX 77566, 979-316-2965
- Cornerstone Caregiving, 107 West Way #14, Lake Jackson, TX, 77566, 979-201-8803, Chomburg@cornerstonecaregiving.com
- Help, Inc., 221 Brazosport Blvd. N., Clute, TX 77531, 979-480-0197
- Home Instead, 3210 Strawberry Rd, Pasadena, TX 77504, 346-601-3290
- Houston-Galveston Area Agency on Aging Caregiver Support Services 713-633-0127 – Client Case Manager by appt. only

- Silver Linings Home Care, 1620 S Friendswood Dr, PO Box 128G Friendswood, TX 77546, 832-489-6960
- Visiting Angels of Lake Jackson, 4005 Technology Dr., Angleton, TX 77515, 979-472-6435

Home Health Services

Medicare.gov defines home health care as a wide range of health care services that can be given in your home for an illness or injury. Home health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility (SNF). Skilled home health services include:

- Wound care for pressure sores or a surgical wound
- Patient and caregiver education
- Intravenous or nutrition therapy
- Injections
- Monitoring serious illness and unstable health status

There are 51 home health providers certified to provide care in Brazoria County listed on the Texas Health and Human Services website. The following companies have served as Community Partners with the Brazoria County Alzheimer’s Awareness Project:

- A-Med Home Health, 600 E. Cedar St., Angleton, TX 77515, 979-848-8925
- Angleton Visiting Nurses, 1212 N. Velasco St., Ste. 200, Angleton, TX 77515, 979-848-0219
- Coastal Staff Relief, 1029 Dixie Dr., Ste A, Clute, TX 77531, 979-299-3006
- Gulf Coast Primary Home Care, 190 Abner Jackson Pkwy., Lake Jackson, TX 77566 979-529-2525
- IPH Home Health, 190 Abner Jackson Pkwy., Lake Jackson,

TX 77566, 979-529-2500

- Accent Care Home Health, 477 This Way St., Lake Jackson, TX 77566, 979-297-6726
- Yes To Home Care, 2734 Sunrise Blvd., Ste. 404A, Pearland, TX 77584, 832-674-0423

Assisted Living Facilities-Types A and B Licenses

Medicaid and Medicare do not pay for assisted living costs, although in Texas, there are waiver programs that help low-income residents pay for assisted living. In Texas, the Community-Based Alternatives Waiver will help pay for assisted living costs, as well as the STAR Plus Waiver, which is active in select areas of the state.

Type A License - Residents must be able to evacuate the building unassisted, can follow instructions under emergency conditions, and do not require routine night-time attendance:

- Brookdale Pearland, 2121 Scarsdale, Pearland, TX 77581, 281-464-8740, 84 Beds
- Country Village, 721 W. Mulberry, Angleton, TX 77515, 979-849-8281, 32 Beds
- Desire to Live, 2220 CR 144, Alvin, TX 77511, 832-512-3863, desiretolive@sbcglobal.net 9 Beds Combo A and B
- Reserves at Pearland, 2940 Cullen Pkwy., Pearland, TX 77584, 281-857-6081, 108 Beds Combo A and B
- Sodalis, 206 Oak Dr. S., Lake Jackson, TX 77566, 979-297-5577, 108 Beds Combo A and B
- Orchard Park at Southfork, 3151 Southfork Pkwy., Manvel, TX 77578, 713-960-4727, 90 Alzheimer's Beds Combo A and B

- Trinity Oaks of Pearland, 3033 Pearland Pkwy., Pearland, TX 77581, 281-997-8880, 80 Apartments
- White's Cottage, 332 Marshall Alley, Angleton, TX 77515, 979-849-4744, 16 Beds

Type B License – May accept residents who do not qualify for Type A facilities but are not bed bound:

- Brookdale Pearland, 2121 Scarsdale, Pearland, TX 77584, 281-464-8740 19 Alzheimer's Beds
- Carriage Inn, 130 Lake Rd., Lake Jackson, TX 77566, 979-266-0292, 19 Alzheimer's beds
- Country Village, 721 W. Mulberry, Angleton, TX 77515 979-849-8281, 32 Alzheimer's Beds
- Creekside, 11200 Discovery Bay, Pearland, TX 77584, 713-436-3941, 45 Alzheimer's Beds
- Evening Star Personal Care Home, 2960 Rowan Burton Rd., Alvin, TX 77511, 281-331-6753, 15 Alzheimer's Beds
- K's Place Personal Care, 25806 CR 46, Angleton, TX 77515, 979-922-1800, 12 Alzheimer's Beds
- Lakehouse on Dixie, 3504 Dixie Farm, Pearland, TX 77584, 281-723-3861, 14 Alzheimer's Beds
- Light Heart Memory Care, 6923 Amie Lane, Pearland, TX, 77584, 281-282-0770, 8 Alzheimer's Beds
- Loving Legacy Assisted Living, 801 Shady Lane, Angleton, TX 77515, 281-710-5050, 8 beds
- The Fountains, 1101 E. 2nd, Sweeny, TX 77480, 979-548-1524, 46 Beds – no memory care unit
- The Park at Bay Area, 5000 Space Center Blvd., Pasadena, TX 77505, 281-721-2500, 124 Beds
- Proverbial Care, 4604 W. Walnut, Pearland, TX 77581, 281-412-4444, 16 Beds
- Revered Texan Hearth and Home, 1005 Sycamore,

Lake Jackson, TX 77566, 979-266-9982, 13 beds

- Six Palms, 5409 Croix Rd., Manvel, TX 77578, 800-755-1458, 15 Beds
- The Right White Home Assisted Living LLC. 412 Hillje St., Alvin, Tx 77511, 281-245-6208, magdalenasilva246@gmail.com

Nursing Homes

Skilled nursing units within the following nursing homes accept Medicaid and/or Medicare as well as private pay:

- Country Village Care, 721 W. Mulberry, Angleton, TX 77515, 979-849-8281
- Creekside Village Healthcare, 914 N. Brazosport Blvd., Clute, TX 77531, 979-265-4794,
- Cypress Woods Care Center, 135 E. Hospital Drive, Angleton, TX 77515, 979-849-8221
- Brazos Healthcare Center, 413 Garland Dr., Lake Jackson, TX 77566, 979-297-3266
- Laurel Court, 3830 Mustang Rd., Alvin, TX 77511, 281-824-0070
- Oak Village Healthcare, 204 Oak Drive South, Lake Jackson, TX 77566, 979-297-0425
- The Park at Bay Area, 5000 Space Center Blvd., Pasadena, TX 77505, 281-721-2500
- Tuscany Village, 2750 Miller Ranch Road, Pearland, TX 77584, 713-770-5300
- The Lev at Winchester, 1112 Smith Dr., Alvin, TX 77511, 281-331-6125
- Windsong Care Center, 3400 E. Walnut, Pearland, TX 77584, 281-485-2776
- Woodlake Nursing Home, 603 E. Plantation, Clute, TX

77515, 979- 265-4221

Hospice

Hospice provides care for a person who is near the end of life in the home or a nursing facility and keeps the person who is dying as pain-free as possible. Medicare or Medicaid may cover costs. Many caregivers wait until the last few weeks or days to call hospice in to help.

Your family members would benefit from the loving, caring relationships they form with hospice providers and so will you. Call them as early as possible.

This is not a complete list of hospices in Brazoria County—there are 41 certified to serve zip code 77581, just one zip code in Pearland! A complete list may be found on the Texas Health and Human Services website. The following hospice organizations have served as Community Partners with the Brazoria County Alzheimer’s Awareness Project:

- Anchor Hospice, 877-296-3840
- Choice Health at Home, Angleton 979-848-8925
- Divinity Hospice, Lake Jackson, 979-248-0618
- Essential Hospice, 832-224-4756 Webster
- Harbor Hospice, 713-413-5200

Reference Books

“The 36 Hour Day” – Nancy L. Mace, MA and Peter V. Rabins, MD, MPH. Publisher: John Hopkins University Press - 2017. A family guide to caring for people who have Alzheimer’s Disease, Other Dementias, and Memory Loss.

“100 Simple Things You Can Do to Prevent Alzheimer’s” – Jean Carper. Publisher: Little, Brown and Company - 2010. A book of hope to protect yourself from Alzheimer’s Disease.

“A Mind of Your Own” – Kelly Brogan, MD. Publisher: Harper Wave – 2016. The truth about depression and how women can heal their bodies to reclaim their lives.

“Aging With Grace” – David Snowdon, Ph.D. Publisher: Bantam - 2001. What the nun study teaches us about leading longer, healthier, and more meaningful lives. One of the most innovative efforts to answer questions about who gets Alzheimer’s Disease and why.

“The Alzheimer’s Solution” – Dean & Ayesha Sherzai, M.D. Publisher: HarperCollins – 2017. Reveals how the brain is a living universe, directly influenced by nutrition, exercise, stress, sleep and engagement.

“Brain Maker” – David Perlmutter, MD. Publisher: Yellow Kite – 2015. The power of gut microbes to heal and protect your body. Information so empowering, so enlightening and presented so clearly and concisely that the reader emerges far better off.

“Brain Wash” – David Perlmutter, MD. Publisher: Little, Brown and Company – 2020. Detox your brain for clearer thinking, deeper relationships and lasting happiness.

“Dementia Home Care How to Prepare Before, During, and After” – Tracy Cram Perkins. Publisher: Behler Publications – 2021. Comprehensive guidebook to manage the daily activities of dementia care. Guides the reader from the beginning to end of journey.

“Disease Delusion” – Jeffery Bland, MD. Publisher: HarperCollins – 2014. Conquering the causes of chronic illness for a healthier, longer and happier life.

“The End of Alzheimer’s” – Dale Bredesen, M.D. Publisher: Avery – Penguin Random House 2017. He explains ways to rebalance mechanisms by adjusting lifestyles, including micronutrients,

hormone levels, stress and sleep quality.

“Fast Food – Good Food” – Andrew Weil, MD. Publisher: Little Brown & Company – 2015. There are more than 150 quick and easy recipes to put healthy, delicious food on the table.

“Food Can Fix It” – Mehmet C. Oz, MD. Publisher: Simon & Schuster – 2017. Explains how to harness the healing power of food in this informative, accessible book filled with anecdotes, science, recipes and guidelines for cooking, shopping, and eating out.

“Food (What the Heck Should I Eat?)” – Mark Hyman M.D. Publisher: Little, Brown & Company – 2018. Explains food’s role as powerful medicine capable of reversing chronic disease and shows how our food system and policies impact our bodies.

“Grain Brain” – David Perlmutter M.D. Publisher: Little, Brown & Company – 2013. The surprising truth about wheat, carbs, and sugar - your brain’s silent killers.

“Learning to Speak Alzheimer’s” – Joanne Koenig Coste. Publisher: Permissions, Houghton Mifflin Harcourt Publishing Company – 2003. A groundbreaking approach for everyone dealing with the disease. A true godsend to anyone caring for those with dementia (from) the definitive voice on dealing with loved ones that have Alzheimer’s disease.

“Living Your Best with Early-Stage Alzheimer’s” – Lisa Snyder, MSW, LCSW. Publisher: Sunrise River Press – 2010. A sensitive and practical guide for people with early-stage Alzheimer’s is empowering and full of answers and solutions to day-to-day questions and challenges.

Regional and National Resources Websites and 1-800 Numbers

- **AoA Administration for Community Living:** www.acl.gov,

800-677-1116

- **Agingcare.com:** www.agingcare.com
- **ADEAR: Alzheimer’s Disease Education and Referral** is the government’s consumer information center about Alzheimer’s disease. The website offers free publications in English and Spanish on aspects of Alzheimer’s disease, related dementias, and caregiving issues. 800-438-4380.
www.nia.nih.gov/alzheimers
- **Alzheimer’s Foundation:** National resource and referral network; education and counseling. 866-232-8484.
www.alzfdn.org
- **Alzheimer’s Reading Room:** www.alzheimersreadingroom.com
- **Caring.com** (704) 448-2115
- **Family Caregiver Alliance:** www.caregiver.org,
800-445-8106
- **Family Caregivers Online:** www.familycaregiversonline.net
- **Fisher Center for Alzheimer’s Research Foundation:**
www.alzinfo.org, 800-259-4636
- **Help for Alzheimer’s Families:** homeinstead.com 888-341-6279
- **Legal Hotline for Older Texans:** 512-477-6000 ext. 3
- **Texas Legal Services Center:** Free legal advice for Medicare beneficiaries, veterans, and people 60+ who are low-income (512) 477-6000
- **Mayo Clinic:** www.mayoclinic.org
- **Medicare Basics:** www.medicare.gov
- **MedlinePlus:** www.nlm.nih.gov/medlineplus/alzheimerscaregivers
- **National Alzheimer’s Plan:** www.alfa.org
- **National Council on Aging:** www.ncoa.org, (571) 527-3900

- **National Council on Aging Benefits Check Up:**
www.benefitscheckup.org
- **National Institute on Aging:** www.nihseniorhealth.gov
- **National Institutes of Health Institute on Aging:**
www.nia.nih.gov
- **Talking Book Program:** A free library service providing books and magazines to eligible Texans. 800-252-9605,
www.texasalkingbooks.org

Gathering Place Free Respite Care

Gathering Place Interfaith Ministries offer 8 socials each month. Caregivers may leave family members for 4 hours and use that time to rest or do chores.

Games, exercises, crafts, music, reminiscing activities, bingo, and dance are offered. Gatherings include a hot, nutritious lunch.

An assessment and doctor's diagnosis are required. Please call 979-308-4525 for more information.

Gathering Places meet from 10 am to 2 pm.

Alvin, TX 77511:

- Alvin Lutheran, 1800 FM 1462, 1st Wednesday
- First Presbyterian, 302 S. Johnson, 2nd Wednesday
- First Christian at First United Methodist, 611 W. South St, 3rd Wednesday
- St. John the Baptist Catholic Church, 110 E. South, 4th Wednesday
- Heights Baptist Church, 1591 CR 144, 5th Wednesday

Angleton, TX 77515:

- The Bridge at First Presbyterian, 130 S. Arcola, 1st Thursday
- First Presbyterian, 130 S. Arcola, 4th Thursday

Lake Jackson, TX 77566:

- Chapelwood United Methodist, 300 Willow, 2nd Thursday

Brazoria County Alzheimer's Awareness Project

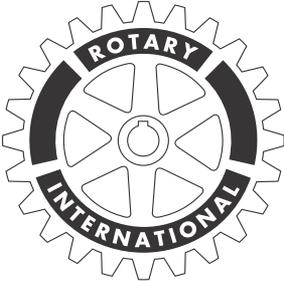
The Brazoria County Alzheimer's Awareness Project is an educational outreach of Brazoria County Gathering Place Interfaith Ministries. The group sponsors memory screenings each November at area libraries, partnering with the Alzheimer's Foundation during National Alzheimer's Disease Awareness Month.

Working with the Alzheimer's Association, BCAAP offers two annual Caregiver Conferences where healthcare professionals provide information that caregivers can use.

BCAAP also sponsors educational programs for special populations throughout the year.

For more information about the Alzheimer's Awareness Project, contact Dale Libby at dale.libby1954@gmail.com or call 979-236-5393.

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UTMB Health is proud to serve Brazoria County with expert care close to home. From urgent cares to primary care for children and adults to specialty services, our providers are here to keep your family healthy—every step of the way.

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