

# **RESOURCE GUIDE FOR AGING CONCERNS**

**FROM**

**Office of Aging Ministry**



**Archdiocese of  
Galveston-Houston**

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**QUESTION AND ANSWER FORMAT (FAQ)**

**UPDATED 5/13/26**

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## **GENERAL QUESTIONS**

### **Is there a directory of senior services available?**

**Yes.** A directory with a large range of spiritual and community resources for seniors has been carefully vetted and compiled by the Office of Aging. It contains descriptions of services and contact information of community partners.

**Website:** [www.archgh.org/aging](http://www.archgh.org/aging)

### **How can I recognize aging resources that are trustworthy?**

Good information resources may be secured in various ways. They include:

1. Communicating with trusted references who have used the resources
2. Investigating the resource personally with a checklist of best practices
3. Networking with trusted professional resources who have vetted information resources for quality care, trustworthiness, and dependable service

### **Who can help me with requests for aging services?**

→ **Free Services include:**

- **Catholic Charities Senior Services** in Harris and Ft. Bend Counties

They can help assist in assessing and directing care for appropriate senior services through their case managers.

**Website:** <https://catholiccharities.org>

**Phone: 713-874-6588**

- **Mamie George Center (Catholic Charities)** in Ft. Bend County

**Phone: 281-202-6200**

- **The Area Agency on Agency**

They have offices in every county with case managers who can also assess, provide resources and referrals, and help manage care.

**Website:** [www.houstonhealth.org/services/aging](http://www.houstonhealth.org/services/aging)

**Harris County: Phone: 832-393-4301**

**Website:** <https://www.h-gac.com>

**Other counties: Phone: 1-800-437-7396**

- **The United Way Helpline**

For referrals to providers serving old adults

**Phone: 211**

→ **Private Pay:**

Geriatric case managers can help assess needs and services, assist with family interventions, and help secure services (these services are especially helpful for long distance caregivers to help manage their loved ones care).

Agencies include

- **Elder Advisory Group, LLC:**

**Website:** <https://www.elderadvisorygroup.com/>

**Phone: 713-352-7435**

- **Sundance Care Specialists:**

**Website:** <https://www.sundancecare.net>

**Phone: 832-434- 8395**

## **ALTERNATIVE SENIOR LIVING OPTIONS**

### **How can I access a list of independent and assisted living homes in our community?**

- ***New Lifestyles Guide to Senior Living and Care***

This Houston seasonally-updated directory provides a list of all types of alternative senior living options in the Houston area. Options indexed by area regions. It is now only available online.

**Website:** <https://www.newlifestyles.com/directories/view-digital-print-guide>

- **Metoyer Roundtable Consulting**

This provider's services offer free assessment of needs, finances and placement for all kinds of alternative senior housing

**Website:** <https://metoyerroundtableconsulting.net/>

**Phone: 832- 427-9347**

### **Where can I find assistance for locating quality care nursing homes in my area?**

- **Resources for evaluating a good nursing care home:**

<https://caregiver.com/articles/skilled-nursing-facilities/>

<https://caregiver.com/articles/6-questions-nursing-home/>

→ **Practical Tip:** Because there are so many nursing homes in the Houston area, you can visit a few using the evaluation criteria or utilize a reputable referral service (Be mindful: some referral services list housing options according to your income and location but do not provide quality on-site oversight).

- ***New Lifestyles Guide to Senior Living and Care***

This seasonal directory provides a list of nursing homes by region in the Houston area.

**Website:** <https://www.newlifestyles.com/directories/view-digital-print-guide>

- **Metoyer Roundtable Consulting**

This provider's services offer free assessment of needs, finances and placement for all kinds of alternative senior housing

**Website:** <https://metoyerroundtableconsulting.net/>

**Phone: 832- 427-9347**

## **DEMENTIA CARE & CAREGIVING SUPPORT**

### **Where can I get information on dementia and Alzheimer disease?**

- **Alzheimer's Association**

This organization provides education and caregiver support.

**Website:** <https://www.alz.org/texas>

**24-hour helpline → Phone: 800-272-3900**

**Public education:** Sabrina Strawn at [sstrawn@alz.org](mailto:sstrawn@alz.org)

**Phone: 713-314-1332**

- **Amazing Place**

Provides adult day care for mild to moderate dementia and numerous in-person and virtual caregiver support and educational resources/presenters in Houston and Katy.

Website: <https://www.amazingplacehouston.org/>

Phone: 713-552-0420

- **CarePartners Texas**

Provides adult day care for moderate to severe dementia, caregiving parish-based caregiver respite support, caregiving educational conferences/presenters

Website: <https://carepartnerstexas.org/>

Phone: 713-682-5995

## **What kinds of respite care exist for caregivers?**

Respite care is support for caregivers caring for persons with dementia, it allows the caregiver to have a short-term break from the responsibilities of caregiving:

- **Alzheimer's Association**

Provides respite care options

Website: <https://www.alz.org/help-support/caregiving/care-options/respite-care>

Phone: 713-314-1313

- **Amazing Place**

Provides in-person and virtual caregiver support for persons with dementia/Alzheimer's

Website: <https://www.amazingplacehouston.org/>

Phone: 713-552-0420

- **CarePartners Texas:** For parish (congregation)-based respite care support options, see

<https://carepartnerstexas.org/>

Phone: 713-682-5995

### **Other caregiver supports:**

- **Care Connection and Disability Resource Center in Harris County**

Offers services to older adults and their caregivers and persons with disabilities of all ages.

Website: <https://www.careconnection.org/>

Phone: 1-855-937-2372

- **Nourish For Caregivers**

A national Catholic ministry offering education and support services to caregivers via the website or local chapters.

Website: <https://nourishforcaregivers.com/>

- **St. Dominic Village**

This Catholic senior living community offers Angel House, rooms at reasonable rates to provide respite care for caregivers who would like a few days of rest or to support their housing needs if they have loved ones utilizing the Texas Medical Center.

Contact: St. Dominic Village

Phone: 713-440-3413

Website: [www.stdominicvillage.org](http://www.stdominicvillage.org)

## **DISABILITIES & BEHAVIORAL HEALTH**

### **Are there resources that can help seniors with disabilities? i.e., mental health, OCP, etc.?**

- **Care Connection and Disability Resource Center** in Harris County

Offers services to older adults and their caregivers and persons with disabilities of all ages.

Website: <https://www.careconnection.org/>

Phone: 1-855-937-2372

- **The Houston and Fort Bend Centers for Independent Living**

Assists people with disabilities with resources to promote self-sufficiency including finding accessible housing and how to apply for benefits. Contact information is available for Harris, Fort Bend, and Brazoria counties

Website: <https://hcil.cc/index.php/fbcil>

Phone: Voice: 713-974-4621

Videophone: 346-231-0641

Toll-Free: 1-877-877-7082

- **The City of Houston's Mayor Office for People with Disabilities**

Provides referral services

Website: <https://www.houstontx.gov/disabilities/>

Phone: 311

### **Mental/Behavioral Health:**

- **988 – 24/7 Lifeline** a phone line answered 24 hours a day, 7 days a week across the United States for people in distress.

- **Harris County Psychiatric Center**

Provides a list of personal care homes

Address: 2800 S MacGregor Way, Houston, 77021

Website: <https://hcpc.uth.edu>

Hours: Open 24 hours

Phone: 713-741-5000

- **Harris Center for Mental Health**

Offers a 24-hour hotline for crisis interventions

Phone: 713-970-7000, option 1;

for non-emergencies, option 2

For general information: 713-523-8963

- **Mental Health America**

Provides on-line mental health assessment tools and follow-up resources

Screenings in English: <https://mhahouston.org/>

Información y recursos: <https://screening.mhanational.org/la-salud-mental-informacion-y-recursos/>

- **Houston Behavioral Healthcare Hospital**

2801 Gessner Rd, Houston 77080

Hours: Open 24 hours

Phone: 832-834-7710

**I have noticed a decline in my loved one's driving habits? The person loves to go places. How can I respectfully address this and offer alternative transportation to them?**

**The National Institute on Aging**

Their website is devoted to driving practices as people age as well as practical tips to discuss and respectfully address driving concerns.

**Website:** [www.nia.nih.gov/health/older-drivers](http://www.nia.nih.gov/health/older-drivers)

**TIRR Memorial Hermann Outpatient Rehabilitation**

Their Pre-Driving Assessment Program offers people experiencing functional changes due to a neurologic incident, trauma, surgery or aging an assessment conducted by an occupational therapist. **Website:** <https://memorialhermann.org/services/pre-driving-assessment-program>

**Phone:** 713-797-5942

**IN-HOME CARE SUPPORT**

**Are there some affordable options to help me with simple home maintenance repairs or to help me with cooking or cleaning?**

→ Regarding simple home maintenance issues check first to see if your parish has any organizations (e.g., Knights of Columbus) available to assist with this kind of support.

● **Livewell Mobility and Modifications**

**This provider** offers mobility updates for homes also maintains a handyman service.

**Website:** [www.livewellmobility.com](http://www.livewellmobility.com)

**Phone:** 281-771-1469

● **101 Mobility of Houston**

**This provider** offers a range of mobility support services and resources.

**Website:** [www.101mobility.com](http://www.101mobility.com)

**Phone:** 832-400-5350

● **Assistance with ADL (Activities of Daily Living)** such as housekeeping and meal preparation are often part of professional caregiving services. These professional services involve private pay of about \$25/hour. Since there are 100s in the Houston area, it is recommended to consult with the Office of Aging for possible referrals.

**Phone:** 713-741-8712

● **For daily hot meals →**

**Meals On Wheels-Greater Houston**

Provides a daily hot meal delivered to an older adult's door.

**Website:** [www.imgh.org/meals-wheels-greater-houston/](http://www.imgh.org/meals-wheels-greater-houston/)

**Phone:** 713-533-4900

**How can I get communion to my homebound relative?**

→ Contact your parish to request this service and to see what is available for other support.

### **What is the Sacrament for the Anointing of the Sick?**

This is a sacrament intended for those who are seriously sick, those preparing for a surgery for a serious illness, for the elderly even when no serious illness is present or for the dying,. The sacrament is administered by a priest or bishop and can be given at any time for serious illness or surgery for healing and strength. If someone is approaching death, last rites may be given which includes additional sacraments. For details how to arrange this anointing see

**Website:** [sacrament-of-the-sick-guidelines-11-13-19.pdf](#)

### **Where can I find visiting nurse help?**

→ **Home Health Care** vendors are caregiving services which provide in-home nursing care. They feature licensed nurses who can provide various kinds of medical care and distribute medications. Some limited doctor-ordered in-home nursing care (usually following a hospitalization) may be paid for by Medicare. There are dozens of these in the Houston area. To find a service in your area consult with

- ***New Lifestyles Guide to Senior Living and Care***

This is a seasonal directory which provides all levels of housing and support care for seniors.

**Website:** <https://www.newlifestyles.com/directories/view-digital-print-guide>

→ **Home Care** vendors are caregiving services (agency and private) that assist persons with activities of daily living (non-medical) such as help with dressing, meal preparation, bathing, eating, light housekeeping and companionship. There are dozens of such agencies and private caregivers in Houston which can be located on the internet or in the

- ***New Lifestyles Guide to Senior Living and Care***

This seasonal directory provides all levels of housing and support care for seniors

**Website:** <https://www.newlifestyles.com/directories/view-digital-print-guide>

→ The **Office of Aging resource guide**

Provides tips for selecting a quality caregiver. Expenses are NOT covered by Medicare (exceptions may be limited to doctor-ordered assistance following a hospitalization or rehabilitation for a temporary period). Private pay, long term insurance policies, and some veteran benefits may help cover the expenses.

Office of Aging →

**Phone: 713-741-8712**

- **Urgent In-Home Care:**

**Dispatch Health**

This community service provides an in-home medical response to an urgent medical need. The in-home service will send a physician assistant or nurse practitioner and a technician to assess and treat your medical need. They accept Medicare, Medicaid, and most private insurance.

Available 7 day/week from 8:00 AM-10:00 PM. Service available in most of the larger Houston area. To access services → **Website:** [www.dispatchhealth.com](http://www.dispatchhealth.com) **Phone: 713-422-2920**

## **My loved one has been falling and injuring him/herself lately?**

### **How can I best address this?**

- **MedAlertHelp**

This website offers information and practical tips on how to address falls risks and prevention

Website: <https://medalerthelp.org/blog/falls-in-the-elderly/>

- **You're First**

This provider offers professional caregiving as well as public education on fall prevention and what to do when one falls

Website: <https://yourefirst.net>

Contact Cheryl McClure

Phone: 281-382-2754

## **I want to live in my own home as long as I can? What help is available to support my wishes?**

It is important to determine first what support is available from family members or the church community. In addition, the following community services can help provide an assessment and referral(s) to appropriate community services.

- **Catholic Charities Senior Services** (serving Harris County, Ft. Bend and Galveston Counties)

Phone: 713-874-6537

- **Area Agency on Aging (AAA) for Harris County**

Phone: 936-441-3200

- **AAA serving all other counties surrounding Harris County**

Phone: 1-800-437-7396

- **Care Connection, Aging & Disability Center**

Phone: 1-855- 937-2372

## **I am concerned about my outliving my financial assets? Is there any help to address this concern?**

→ **Conversations regarding finances might begin** with family or trusted persons such as a designated **Power of Attorney** for financial matters. This might include establishing a budget and managing projected income and expenses. This is essential if you later need someone to help you manage your finances should you have a diminished capacity to do so yourself.

There are trusted professional financial companies that can help address your financial needs as you age.

The Area Agency on Aging can provide appropriate referrals:

- **Area Agency on Aging (AAA) for Harris County**

Phone: 936-441-3200

- **AAA serving all other counties surrounding Harris County:**

Phone: 1-800-437-7396

**I was a U.S. military veteran with an honorable discharge. Are there any veteran benefits that can help me or my spouse as we age?**

Honorably discharged veterans (or their surviving spouses) might be eligible for financial assistance with caregiving support to help support their independence. For example, the **Aid & Attendance** benefit provides a monthly stipend to help cover professional caregiving expenses at home or in an assistive living/nursing care facility. To determine eligibility & support for enrollment, see the Harris County Veteran Services Department **Phone: 281-876-6600**

For regional services contact the VA benefits hotline: 1-800-827-1000

**MEDICARE ENROLLMENT**

**Every year during the Open Enrollment period for Medicare (October 15-December 7), I seem to get overwhelmed by all of the Medicare advertising. Is there someone I can contact to help me with Medicare planning that I can trust has my best interest at heart?**

The annual Medicare Open Enrollment period is October 15 – December 7. It is an opportunity for persons with traditional Medicare to review and change their Part D prescription plan or for persons with Medicare Advantage Plans to review and change their plans.

To discuss a plan that fits your needs →

- Consult with an **independent insurance agencies** to help you weigh your options (good value plus good benefits)

- **Area Agency on Aging (AAA)**

This free service has trained benefits counselors who can provide a one-on-one assessment of your needs while providing unbiased options for medical plans.

**Tip:** Call early during the open enrollment period to secure an appointment.

In Harris County (to schedule an appointment)

**Phone: 832-393-4301**

In the counties surrounding Harris County, Houston-Galveston AAA

**Phone: 1-800-437-7396**

**SENIOR FRAUD AND ADULT PROTECTION**

**I am concerned about my loved ones being taken advantage of by phone, email, and on-line scams. Are there resources available to help protect them?**

**The Better Business Bureau Education Foundation**

Its Silver Slueth Program offers education to seniors on various scams and fraudulent activity.

Location: 1333 West Loop S Ste 1200, Houston, TX. 77027.

**Website:** [www.bbb.org](http://www.bbb.org)

→ Schedule an educational presenter or check out possible fraudulent activity:

**Phone: 713-868-9500**

## **What should I do if I see an older adult being abused or living in a state of neglect?**

There are many types of elder abuse: physical, emotional, sexual, financial as well as neglect. To help increase awareness of the signs of the abuse or neglect as well as how to respond to or report abuse/neglect see the following websites:

### **→ To report abuse or neglect for older adults**

- **Adult Protective Services of Texas**

**Website:** [www.dfps.state.tx.us/Adult\\_Protection/](http://www.dfps.state.tx.us/Adult_Protection/) **Phone:** 1-800-252-5400;

- **National Institute on Aging**

**Website:** [www.nia.nih.gov/health/elder-abuse](http://www.nia.nih.gov/health/elder-abuse)

### **Other helpful websites:**

- <https://elderabuse.org/elder-neglect/>

Elder Neglect: What It Is and How To End It -

- [www.helpguide.org/](http://www.helpguide.org/)

Elder Abuse and Neglect

## **END-OF-LIFE CARE**

### **What is the Sacrament of Last Rites?**

When someone is approaching death, arrangements may be made, usually by calling your parish or, if the person is in a hospital, by contacting the Catholic Chaplain Corps or requesting a priest from the hospital staff, for a priest or bishop to administer last rites. Though last rites include the sacrament of the anointing of the sick, it also typically includes reconciliation and viaticum, communion given as “food for the journey” into eternal life.

### **What is the Church’s teaching on cremation?**

**The Church’s teaching on cremation** can be better understood in the context of the sacrament of baptism whereby the body is anointed as the sacred dwelling of the Holy Spirit. In that light there is a preference for burial or entombment of the body of the deceased. The Church clearly prefers that the body of the deceased be present for its funeral rites (if cremation is chosen, the Church prefers cremation to take place after the funeral liturgy so that the Church can bless and honor the dignity of the body). (C.1176.3; OCF 19, 413-418)

→ For a full explanation of the Church’s teachings on Cremation, see the Archdiocesan Guidelines on Funerals & Cremation

**Website:** [https://files.ecatholic.com/36258/documents/2025/5/funeral-and-cremation-archgh\\_current-11-13-19.pdf?t=1748536824000](https://files.ecatholic.com/36258/documents/2025/5/funeral-and-cremation-archgh_current-11-13-19.pdf?t=1748536824000)

### **What is hospice care or palliative that can help ease suffering at the end of life?**

**Palliative care** involves medical and spiritual care to help ease suffering. Such care may be

indicated in either terminal or non-terminal situations (e.g., cancer or chronic pain management). **Hospice care** is a type of palliative care but offers specific treatment to those whose medical provider has given a terminal diagnosis of 6 months or less. Medicare insurance will pay 100% of hospice care with this diagnosis (it can be renewed if a patient outlives the 6-month diagnosis). As medical treatments become less effective, it is important to begin conversations with your medical provider regarding hospice care in order to help support the transition into eternal life.

- **Houston Hospice**

This is the only non-profit hospice care in the Houston area.

**Website:** [www.houstonhospice.org](http://www.houstonhospice.org)

**Phone: 713-467-7423**

- **For other accredited hospice providers** in the Houston region contact Accredited Hospices of America →

**Phone: 832-410-3192**

## **ESSENTIAL LEGAL DOCUMENTS**

### **What is an advance directive or living will?**

Advance directives are those legal documents which direct your wishes for medical care when you lack the capacity to make those decisions. In Texas, the common types are

**1. Medical Power of Attorney** is a document in which you select and instruct someone to represent your wishes for medical care when you lack the capacity to do so yourself.

**2. Directive to the Physician/Living Will** is a document which states your wishes for medical care when you lack the capacity to communicate your wishes.

→ Consult with an attorney for end-of-life legal documents or access both of these legal documents developed with a Catholic perspective at

**Website:** <https://txcatholic.org/medical-advance-directives/>

## **FUNERAL PLANNING**

### **How can I get some help to start talking with my family about funeral planning?**

#### **Everyone seems to avoid the topic when I bring it up.**

→ Starting conversations about end-of-life care and funeral planning can produce a lot of anxiety. The End-of-Life Planning Guide developed by the Office of Aging offers some practical tips and suggested words for starting these conversations.

**Office of Aging**

**Website:** [www.archgh.org/aging](http://www.archgh.org/aging) (Tab: End-Of-Life Care → Planning Guide, pp. 9 & 11)

### **I hear that funerals and burials can be very expensive. Is there a way I can reasonably afford paying for them?**

→ Remember that pre-planning (pre-need) provides the time to explore affordable options. Waiting until a death occurs can leave loved ones vulnerable to making emotionally-driven decisions and having to pay a lump sum of money to pay for funeral expenses.

- **Office of Aging**

**The office has developed an End-of-Life Planning Guide** which provides practical tips for paying the costs of funerals and burial.

**Website:** [www.archgh.org/aging](http://www.archgh.org/aging) (Tab: End-of-Life Care → Planning Guide, pp. 55-58)

→ **Funeral Negotiators** are typically licensed insurance agents who listen to your funeral planning wishes and help you make corresponding funeral arrangements which support your financial reality. They can often save you thousands of dollars in the process.

- **Secure Your Legacy**

This service helps provide funeral planning options based on your wishes and financial capability. Contact Stephanie Salcedo (bi-lingual English or Spanish) at

**Website:** <https://sylegacy.net>

**Phone: 832-953-4229.**

**I can't seem to get past the loss of a loved one. Is there some kind of bereavement or grief support available?**

Bereavement, grief, mourning involves a process unique to each person, family, and culture.

- **Office of Aging**

Provides an **End-of-Life Planning Guide** for bereavement care

**Website:** [www.archgh.org/aging](http://www.archgh.org/aging) (Tab: End-of-Life Care → Planning Guide, pp. 59-63).

- **The Archdiocese of Galveston-Houston Office of Family Life**

Offers a Ministry of Consolation training for parishes to establish support for their parishioners.

**Website:** <https://www.archgh.org/familylife>

→ **Catholic professional counseling services:**

- **Gratia Plena Mental & Spiritual Health Services**

**Website:** <https://gratiaplenacounseling.org>

**Phone: 832-532-0129**

- **Rejoice Counseling Apostolate**

**Website:** [www.rejoicecounseling.com](http://www.rejoicecounseling.com)

**Phone: 844-295-3167**

- **Catholic Charities Counseling**

**Website:** <https://catholiccharities.org/counseling/>

**Phone: 713-874-6590**

- **San Jose Clinic – Behavioral Health**

**Website:** <https://www.sanjoseclinic.org>

**Phone: 713-874-6590**

## **SENIOR ACTIVITIES**

### **Where can seniors go during the day to socialize and engage in fun activities?**

● **SAINTS University** - The Office of Aging Ministry runs SAINTS University, a community of learning for faith, fellowship and fun. There are multiple events happening monthly all around Houston in English and Spanish. Events are open to anyone 50+ and their loved ones, Catholic or non-Catholic alike. Go to our website and join our mailing list to get the latest event details sent right to your email. Or call the office to find out more.

**Website:** [www/archgh.org/aging](http://www.archgh.org/aging)

**Phone: 713-741-8712**

● **Parish Senior Groups** Many parishes have one or more senior groups with educational, spiritual and social activities. Some have trips. The website for the Office of Aging Ministry has a listing of senior groups by region.

**Website:** [www/archgh.org/aging](http://www.archgh.org/aging)

**Phone: 713-741-8712**

Houston metropolitan area offers several gathering places for senior activities.

● **Senior Centers in the Houston** metropolitan area

These centers offer fun, games, exercise, education and most of all a place to meet and see friends. Join one today and make a new friend. To find the senior community center near you.

**Website:** <https://findhoustonseiniorca.com/senior-resources/senior-centers/>

Phone numbers for local senior centers are listed on the website.

● **The Houston Parks and Recreation Department**

They offer a full list of senior activities at

**Website:** [www.houstontx.gov/parks/seniorsports-recreation.html](http://www.houstontx.gov/parks/seniorsports-recreation.html)

● **Mamie George Community Center**

This service of Catholic Charities serves the Ft. Bend County area. Mamie George provides a day program with engaging activities, companionship, and a hot meal as well as a full range of senior support services.

**Website:** <https://catholiccharities.org/mamie-george-community-center> **Phone: 281-202-6200**

● **The YMCA Houston Centers for Senior Life**

Offers a variety of health and fitness programs for older adults

**Website:** [www.ymca.org](http://www.ymca.org) (To find a YMCA in your area)

● **The YWCA Houston Centers for Senior Life**

Offers a daily nutritional meal, socialization opportunities, exercise, nutrition education, information and assistance, and a variety of other life-enhancing programs. Participants participate in health education and fitness activities at one of our 11 centers located throughout the Houston area.

**Website:** [www.ywcahouston.org](http://www.ywcahouston.org)

Contact Augustine Stout, Manager of Nutrition Services

**Phone: 713-640-6817**

## **VOLUNTEER/SERVICE OPPORTUNITIES**

**I have a lot of work/life experience that I would like to share with others. Is there somewhere I can volunteer as a senior that would benefit others?**

● **SAINTS University** - The Office of Aging Ministry runs SAINTS University, a community of learning for faith, fellowship and fun. There are multiple events happening monthly all around Houston in English and Spanish. Events are open to anyone 50+ and their loved ones, Catholic or non-Catholic alike. If you have a skill or area of expertise you would like to share with others, please contact the Director of the Office of Aging, Kris Kerlin, [kkerlin@archgh.org](mailto:kkerlin@archgh.org), 713-391-2678.

**Website:** [www/archgh.org/aging](http://www.archgh.org/aging)

**Phone: 713-741-8712**

### ● **RSVP**

This is a volunteers' program designed for older adults (55+ yr) who want to share their skills and life experiences to make a positive difference in the lives of others. Choose how and where you want to serve. To get started, see the website for RSVP of Southeast Texas Office to find your county's contact person and phone number.

**Website:** <https://rsvpvolunteers.com/>

**Phone: 713-595-8157**

### ● **Volunteer Houston**

A program of Interfaith Ministries, matches your skills to one of their many volunteer projects.

**Phone: 713-533-3190**

**Are there retreats or spiritual resources available for older adults?**

● **SAINTS University** - The Office of Aging Ministry runs SAINTS University, a community of learning for faith, fellowship and fun. There are multiple events happening monthly all around Houston in English and Spanish including a day of prayer celebration, masses of remembrance and a wedding anniversary celebration mass and luncheon. Events are open to anyone 50+ and their loved ones, Catholic or non-Catholic alike. Go to our website and join our mailing list to get the latest event details sent right to your email. Or call the office to find out more.

**Website:** [www/archgh.org/aging](http://www.archgh.org/aging)

**Phone: 713-741-8712**

### **Your Aging Parent**

Provides a website with spirituality, information, and resources for Catholic caregivers

**Website:** [www.youragingparent.com](http://www.youragingparent.com)

### ● **Loyola Press**

Provides daily 3-minute on-line retreat

**Website:** [www.loyolapress.com](http://www.loyolapress.com)

## **Retreat Centers**

- **The Emmaus Spirituality Center, Houston (North)**

Provides a variety of spiritual programs, retreats, and spiritual direction at

**Website:** [www.emmausspiritualitycenter.com](http://www.emmausspiritualitycenter.com)

**Phone:** 281-241-9678

- **Christian Renewal Center, Dickinson (South)**

Provides a variety of spiritual programs, retreats, and training in spiritual companionship

**Website:** <https://www.retreatcentercrc.org/>

**Phone:** 281-337-1312

- **Circle Lake Retreat Center, Pinehurst (East)**

Provides retreat space.

**Website:** <https://archgh.org/circlelake>

**Phone:** 281-356-6764

- **Holy Name Passionist Retreat Center, Houston (Memorial area)**

Provides a variety of spiritual programs, retreats, and spiritual direction.

**Website:** <https://holynameretreatcenter.com/>

**Phone:** 713-464-0211

- **St. Agnes LTT Retreat Center, Waller**

Provides a variety of spiritual programs, retreats, and spiritual direction. Modeled after a Vietnamese martyr St. Agnes Le Thi Thanh

**Website:** <https://littcenter.icminusa.org/>

**Phone:** 832-403-4033

## **Catholic Chaplain Corps:**

Provides spiritual care and visitation in many Houston area hospitals and healthcare settings.

**Website:** <https://www.archgh.org/chaplaincorps>

**Phone:** 713-747-8445

## **ADDITIONAL RESOURCES FOR PARISH LEADERS**

### **What are some surveys we can use to identify what our seniors need?**

**Office of Aging Ministry** has a survey tool that we use every year to identify the needs of our older adults and we plan the calendar of events based on the responses to the survey. For information about this tool contact the Director of the Office of Aging Ministry, Kris Kerlin, [kkerlin@archgh.org](mailto:kkerlin@archgh.org), 713-391-2678.

**Survey Monkey** is a simple survey tool to send to seniors. You can create your own questions and simple response settings. The survey can tabulate the responses. Free and premium options are available at <https://www.surveymonkey.com/>

**How can I learn more about ministering to seniors? Are there training workshops for parish staff members to attend to learn more about how to serve seniors?**

• **The Office of Aging Ministry** serves as a resource for pastors and parish ministers. With 52 years of history, and a team of four, the Office of Aging Ministry is the only ministry of its kind devoted purely to senior ministry in the nation. We delight in sharing our knowledge, gifts and expertise with you and we enjoy learning from you. We are here to help!

Website: [www.archgh.org/aging](http://www.archgh.org/aging).

Phone: 713-741-8712.

**Team:**

|                           |                            |                                     |
|---------------------------|----------------------------|-------------------------------------|
| Director:                 | Kris Kerlin                | 713-391-2678, kkerlin@archgh.org    |
| Associate Director:       | Gina Pasket                | 713-391-2671, gpasket@archgh.org    |
| Associate Director:       | Austra Zapata (En Espanol) | 713-391-2615, azapata@archgh.org    |
| Administrative Assistant: | Lily Marroquin             | 713-741-8712, lmarroquin@archgh.org |

• **Ministering to Older Adults Guide** is a publication of the Office of Aging Ministry consolidating 52 years of experience with senior groups and ministry. It is available in English and Spanish. It covers topics that include leadership for senior groups, recruitment of members, group activities, trip ideas and much more. Digital copies are available online at [www.archgh.org/aging](http://www.archgh.org/aging). To obtain a hard copy contact the Office of Aging Ministry at 713-741-8712.

• **Senior Ministry Leadership Team**

This is a monthly online meeting of the Office of Aging Ministry for anyone involved in ministry to seniors including pastors, parish council members, outreach coordinators, deacons, homebound ministry volunteers, senior group leaders. It is an opportunity for dialogue about senior ministry, think tanking, resource sharing and parish – Archdiocese communication. If you are interested in attending please contact the Office of Aging Ministry office. 713-741-8712 to obtain the link for the meeting and to be added to the distribution list for monthly reminders and summaries.

• **Elderly Service Provider Network (ESPN)**

This is a monthly educational and network meeting consisting of numerous area providers with services to older adults. It meets the 4<sup>th</sup> Tuesday of each from 10:00 AM – Noon; it is located at the United Way Service Center, 50 Waugh Dr, Houston, TX 77007.

No pre-registration is needed to attend.

**Website:** <https://unitedwayhouston.org/for-nonprofits/interagency-meetings/>

**Celebrate and Recognize Seniors all year long: Important dates for Seniors**

|              |                                                                                                                                      |
|--------------|--------------------------------------------------------------------------------------------------------------------------------------|
| January      | New Year                                                                                                                             |
| February     | National Senior Independence Month                                                                                                   |
| May          | Older Americans Month<br>Mental Health Awareness Month<br>Mother's Day (Second Sunday)                                               |
| May 27       | National Senior Health and Fitness Day                                                                                               |
| June         | Father's Day (Third Sunday)                                                                                                          |
| July 26      | Feast of St. Anne and St. Joachim<br>Grandparents of Mary<br>World Day for Grandparents and the Elderly<br>celebrated by the Vatican |
| August 21    | National Senior Citizen's Day                                                                                                        |
| September    | Grandparents Day (1st or 2nd Sunday after Labor Day)                                                                                 |
| September 22 | National Centenarians Day                                                                                                            |
| October 1    | International Day of Older Persons<br>Active Aging Week (first week)<br>Long Term Care Planning Month                                |
| November     | National Family Caregivers Month<br>Hospice and Palliative Care Month                                                                |
| November 1   | All Saints Day                                                                                                                       |
| November 2   | All Souls Day<br>Thanksgiving (fourth Thursday)                                                                                      |
| December 25  | Christmas                                                                                                                            |

For ideas about how to celebrate these events in your parish or community please reach out to the Office of Aging Ministry. Share your ideas and photos. We celebrate older adults all year long!