

RIO HONDO SENIOR CENTER

THIS CENTER HAS BEEN IN EXISTENCE AROUND 51 YEARS. CENTER PROVIDES NUTRITIONAL MEALS TO OUR SENIORS 60 PLUS YEARS AND IS OPENED YEAR ROUND. THE CENTER IS A PLACE WHERE SENIORS CAN COME AND PLAY CHULAPA, DOMINOS, AND POOL. THE PARTICIPANTS THAT COME TO OUR CENTER ENJOY SPENDING TIME AND GETTING TOGETHER TO SOCIALIZE WITH EACH OTHER. IT IS THERE GOING OUT SINCE THEY ENJOY COMING OUT AND SPENDING TIME TOGETHER. THEY FEEL THAT THE CENTER IS THEIR HOME AWAY FROM HOME WHERE THEY CAN RELAX AND ENJOY A NUTRITIONAL MEAL AND HAVE FUN.

THE CENTER HOLDS HEALTH FAIRS AT LEAST TWICE A YEAR WHERE THEY CAN OBTAIN INFORMATION THEY NEED AND HAVE QUESTIONS ANSWERED REGARDING THEIR HEALTH PLAN, HEALTH ISSUES AND ANY OTHER QUESTIONS THEY MIGHT HAVE REGARDING MEDICARE/MEDICAID.

THE ONLY QUALIFICATION OUR SENIORS REQUIRE IS THAT THEY BE 60 YEARS AND OVER. THERE ARE NO INCOME/RESOURCE GUIDELINES THEY HAVE TO MEET.

OUR CENTER PROVIDES HEALTH SCREENING, EXERCISE, PHYSICAL FITNESS AND RECREATIONAL ACTIVITIES, PROVIDES INFORMATION & REFERRALS, PROVIDES VOLUNTEER ACTIVITIES, PROVIDES TELEPHONE ASSURANCE AND PROVIDES PROGRAMS THAT PROMOTE HEALTHY AGING -



SENIOR CENTER







HEALTH AND WELLNESS



ARE YOU 60+ YEARS OLD AND NEED SUPPORT?

WE ARE HERE TO HELP YOU CONNECT WITH **FREE** COMMUNITY RESOURCES

- HELP COMPLETING APPLICATIONS
- MENTAL HEALTH SUPPORT GROUPS
- CLOTHING
- PHYSICAL ACTIVITIES
- MEDICAL EQUIPMENT
- TRANSPORTATION & CAREGIVER ASSISTANCE
- FOOD
- HELP WITH HOUSE BILLS
- HEALTH INSURANCE
- HOME IMPROVEMENTS
- MEDICATION SAVINGS



HEALTHY BRAIN & AGING PROGRAM
956-247-3650



DIAGNOSED WITH DEMENTIA?

Caring for someone with dementia or experiencing Memory Problems? **YOU ARE NOT ALONE**

WE ARE HERE TO HELP YOU

- Understand the brain disease
- Cope with the changes
- Offer guidance and support

WE WILL CONNECT YOU WITH RESOURCES SUCH AS:

- Dementia Engagement Events
- Caregiver Support Groups
- Advanced Care Planning Tools
- Home Healthcare
- Provider Services
- Dementia Education Sessions
- Memory Screenings



HEALTHY BRAIN & AGING PROGRAM
956-247-3650

EXAMENES DEL HIGADO GRATIS

¡SIN COSTO NI SEGURO MEDICO!

HAZTE LA PRUEBA SI PRESENTAS ALGUNA DE LAS SIGUIENTES CONDICIONES

- DIABETES TIPO 2
- OBESIDAD
- HIPERTENSION
- COLESTEROL ALTO
- ORIGEN HISPANO
- DIAGNOSTICADO CON HIGADO GRASO



SE REQUIERE AYUNO DE 3 HORAS

ESPERANDO DESDE LAS 8:00 AM
HAY UN AREA DE ESPERA PARA MAS INFORMACION VISITA

CAREGIVER GO

JOIN OUR CAREGIVER GROUP SUPPORT

- Topics for caregivers
- Practical tips
- Emotional support
- Social connections
- Understanding and acceptance
- Resources and reference

RIO HONDO

11:30 AM - 12:30 PM
miércoles, 15 de abril
11:30AM-12:30PM

Get the support and guidance you need to take care of yourself and your loved one



MAY A. BRYAN



Meet your local Wesley Nurse

A Wesley Nurse is a faith-based community nurse that uses a holistic approach - mind, body and spirit - to help the community in many ways, such as how we care for everyone's health. We're here for all members of the community.

The Wesley Nurse program spans 83 sites throughout South Texas and is Methodist Healthcare Ministries' largest geographic outreach program.

While the Wesley Nurse program is a component of Methodist Healthcare Ministries' spiritual, emotional and financial care for members, it does not track performance of preventative health. Programs are offered for groups on an individual basis.

At Methodist Healthcare Ministries, our goal is to help every patient thrive. We do this by listening carefully and putting our members' needs at the center of our health care. We partner with physical, emotional, social and spiritual care professionals to help them live healthier lives.

Programs and services include:

- Health education
- Individualized diabetes education
- Diabetic supplies
- Referral assistance
- Facilitation of resources
- Address classes

For more information, contact:

Rosa Olvera, RN
Culture of Life Ministries
402 E. Van Euren Street, TX 75150
(214) 852-1547

Please call to schedule an appointment

Short and Long-Term Skilled Nursing Care

At Methodist Healthcare Ministries, we provide short and long-term skilled nursing care for our members. Our skilled nursing care is provided in a safe, comfortable, and caring environment. We offer a variety of services to meet your needs, including:

- 24-hour nursing care
- Medication management
- Wound care
- Physical therapy
- Occupational therapy
- Speech therapy
- Dietitian services
- Social work services
- Case management
- Palliative care
- Hospice services

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No Cost Liver Exams

Liver Exams
No Cost! No Medical Insurance Needed!
Ideal If You Have:

- High Blood Pressure
- High Cholesterol
- Type 2 Diabetes
- Obesity
- History of Heavy Alcohol Use

Minimum 3 - 4 Hours Fasting

Exámenes del Hígado
Sin costo ni seguro médico.
Ideal Si Tiene:

- Hipertensión
- Colesterol Alto
- Diabetes Tipo 2
- Obesidad
- Historia de Consumo Excesivo de Alcohol

Mínimo 3 - 4 Horas de Ayuno

March 25, 2025
8:30AM - 12:00PM
Rio Hondo Senior Center
121 W. Adams Street
Rio Hondo, TX
Register at: (956) 556-1700
or 956-468-3360 Ext. 1631



MEDICARE EDUCATORS



EXERCISE



ARTS, CRAFTS AND FUN

