



Valued Community Member,

I want to share some practical resources and helpful tools that many older adults find useful for staying safe, independent, and confident at home and in the community. These services and devices are designed to support you and make everyday life a little easier.

Transportation Support

Ride the Rio is a low cost, on demand transportation service created with seniors in mind. Rides are just \$2, and you can call when you're ready to be picked up. Wheelchair accessible vehicles are available, and you can stay safely in your chair during transport. This service can help you get to appointments, run errands, visit friends, and stay active—without always depending on family. Please see the attached brochure.

Help at Home

The Alamo Area Council of Governments (AACOG) offers in home support services based on individual needs. Their process includes an application and a home visit to see what would benefit you most. Depending on your situation, AACOG may provide:

- Home modifications such as grab bars or ramps
- Short term in home care for up to two weeks

These supports can make your home safer and lighten the load for both you and your caregivers. This brochure is also attached.

Useful Equipment for Daily Living

Many seniors find the following items helpful for moving around more safely, preventing falls, and making daily tasks easier. All of these can be purchased online or in local safety stores:

- Sit to Stand Patient Lift
- Anti Slip Traction Tape
- Electric Chair Lift
- Bed Rails
- Car Handle Assist
- Floor to Ceiling Support Pole

These tools can help you stay steady, protect against falls, and allow anyone assisting you to do so more safely.

I hope these resources help you feel better supported and confident in your daily routines. If you'd like more information or guidance about any of these options, I'm always happy to help.

Stay safe and take care.

Ashley Cammack
MIH Specialist | Fire Department
830-832-8919 | acammack@newbraunfels.gov

ONE CITY, ONE TEAM

830.221.4200 | www.newbraunfels.gov | 550 Landa Street, New Braunfels, TX 78130



MOBILE INTEGRATED HEALTH (MIH)

NEED ADDITIONAL RESOURCES?



www.newbraunfels.gov/mihresources

ONE CITY, ONE TEAM

830.221.4200 | www.newbraunfels.gov | 550 Landa Street, New Braunfels, TX 78130



NEW BRAUNFELS FIRE DEPARTMENT SMOKE DETECTOR PROGRAM

The New Braunfels Fire Department is committed to reducing injuries and deaths related to unwanted fires whenever possible by installing and maintaining free smoke detectors for qualifying citizens.

The New Braunfels Fire Department will install and maintain smoke detectors in the homes of qualifying citizens. A citizen qualifies if:

- They are 65+ years old or are disabled and own their home within the city limits of New Braunfels.

If you qualify and would like to be enrolled in our Smoke Detector Program, you can call Teri Kress at 830-221-4206 or email at smokedetector@newbraunfels.gov

YELLOW DOT PROGRAM



ABOUT

The Yellow Dot Program is a free service that helps first responders give better care in the critical moments after a car accident, especially if you're unable to communicate your medical needs. By putting a Yellow Dot sticker on your car's rear window, you let emergency workers know to check your glove box for important medical information. This helps them provide quicker, more accurate care, especially for those with special needs or serious health conditions. The program is available to everyone in the department's service areas, regardless of age or medical background.

Please Note: This program is for residents who have a significant medical condition that could make them unable to communicate with law enforcement or first responders.

Once the form is submitted, within about a week, a staff member will call the number you provided to let you know your packet is ready for pickup. Each packet comes with a sticker, a glovebox envelope, and a pamphlet to hold your medical information.

For more information, contact the Fire Training Department at (830) 221-4260.

To sign up, go to www.newbraunfels.gov/yellowdot and fill out the form below!

QUICK LINKS



Yellow Dot Program Form

Sign up for the Yellow Dot Program using our online form.





Home Safety Tips for Older Adults

With a growing number of older adults living independently, it's increasingly important to make sure that they're safe at home. Falls, burns, and poisonings are among the most common accidents involving older people. Older adults who live alone may also become the victims of criminals who target older people. If you're an older adult living on your own, or care for an older person living alone, here's what you need to do to stay safe.

Keep emergency numbers handy

Always keep a list of emergency numbers by each phone. Write this information in large enough print that you can read it easily if you are in a hurry or frightened. Be sure to list numbers for:

- 911
- Poison Control: 1-800-222-1222
- Family member or friend to call in case of emergency
- Healthcare provider's office

Prevent falls

- **If you have difficulty with walking or balance,** or have fallen in the past year, talk to your healthcare provider about having a special falls risk assessment.
- **Ask your provider** if you would benefit from an exercise program to prevent falls.
- **If you have fallen before, or are scared of falling,** think about buying a special alarm that you wear as a bracelet or necklace. Then, if you fall and can't get to the phone, you can push a button on the alarm that will call emergency services for you.
- **Don't rush to answer the phone.** Many people fall trying to answer the phone. Either carry a cordless or cell phone or let an answering machine pick up.
- **When walking on smooth floors,** wear non-slip footwear, such as slippers with rubber/no-slip bottoms or flat, thin-soled shoes that fit well.
- **If you have a cane or a walker,** use it at all times instead of holding onto walls and furniture.

Safety-proof your home

- **Make sure all hallways, stairs, and paths are well lit and clear** of objects such as books or shoes.
- **Use rails and banisters when going up and down the stairs.** Never place scatter rugs at the bottom or top of stairs.
- **Tape all area rugs to the floor** so they do not move when you walk on them.

Protect against fire and related dangers

- If there is a fire in your home, don't try to put it out. Leave and call 911. Know at least two ways to get out of your apartment or home.
- When you're cooking, don't wear loose clothes or clothes with long sleeves
- Replace appliances that have fraying or damaged electrical cords.
- Don't put too many electric cords into one socket or extension cord.
- Install a smoke detector and replace the battery twice a year.
- Never smoke in bed or leave candles burning, even for a short time, in an empty room.
- Make sure heaters are at least 3 feet away from anything that can burn, such as curtains, bedding, or furniture. Turn off space heaters when you leave the room.

Avoid bathroom hazards

- Set the thermostat on the water heater no higher than 120°F to prevent scalding.
- Have grab bars installed in the shower and near the toilet to make getting around easier and safer.
- Put rubber mats in the bathtub to prevent slipping.
- If you are having a hard time getting in and out of your tub, or on and off the toilet, ask your provider to help you get a special tub chair or bench or raised toilet seat.

Prevent poisoning

Carbon Monoxide

- Never try to heat your home with your stove, oven, or grill since these can give off carbon monoxide—a deadly gas that you cannot see or smell.
- Make sure there is a carbon monoxide detector near all bedrooms, and be sure to test and replace the battery twice a year.

Medications

- Keep all medications in their original containers so you don't mix up medicines.
- Ask your pharmacist to put large-print labels on your medications to make them easier to read.
- Take your medications in a well-lit room, so you can see the labels.
- Bring all of your pill bottles with you to your healthcare provider's appointments so he or she can look at them and make sure you are taking them correctly.

Cleaning products

- Never mix bleach, ammonia, or other cleaning liquids together when you are cleaning. When mixed, cleaning liquids can create deadly gases.

Protect against abuse

- Keep your windows and doors locked at all times.
- Never let a stranger into your home when you are there alone.
- Talk over offers made by telephone salespeople with a friend or family member.
- Do not share your personal information, such as social security number, credit card or bank information, or account passwords, with people you don't know who contact you.
- Always ask for written information about any offers, prizes, or charities and wait to respond until you have reviewed the information thoroughly.
- Do not let yourself be pressured into making purchases, signing contracts, or making donations. It is never rude to wait and discuss the plans with a family member or friend.



40 FULTON STREET
18TH FLOOR
NEW YORK, NY 10038
212.308.1414 TEL
212.832.8646 FAX
Info@healthinaging.org

DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems. June 2019

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Five Quick and Easy Home Modifications

Make Your Home Safer Today!

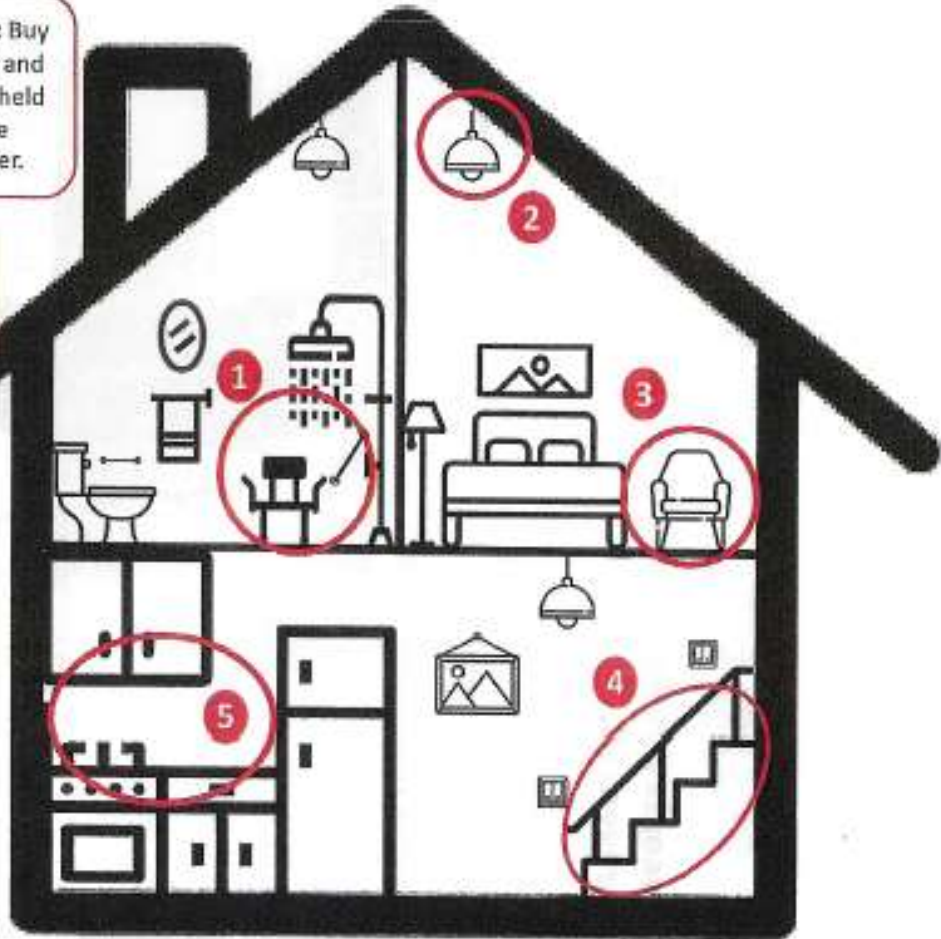
1. Secure some support: Buy a shower seat, grab bar, and adjustable-height hand-held shower head to make bathing easier and safer.

2. Light it up: Replace burnt-out bulbs with bright, non-glare lightbulbs.

3. Have a seat: Place a sturdy chair in your bedroom so you can sit while getting dressed.

4. Clear the way: Keep items off stairs and remove clutter and throw rugs from floors.

5. Store for success: Keep frequently used items between waist and shoulder height.



This material was developed by the National Home Safety and Home Modification Work Group. The Work Group is a collaboration of the National Falls Prevention Resource Center at the National Council on Aging and the Fall Prevention Center of Excellence at the University of Southern California Leonard Davis School of Gerontology. For more information, visit bit.ly/NHSHMworkgroup and www.homemods.org/home to find home modification funding sources.

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nco
national council on aging

USC Leonard Davis
School of Gerontology

Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors

Stand up slowly to avoid dizziness

Do strength and balance exercises

Get your vision and hearing checked regularly

Use a cane or walker if you need more stability

Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.



How to get up if you have a fall

Know what to do - it is important to have an emergency plan:

- Call for help - keep a list of family and friends' phone numbers near the phone, or program them into the phone for one-touch dialling
- Keep a phone within reach, in case it is hard to get up
- Consider a device that raises an alarm in case of an emergency
- Let family and friends know how to get into your house if you can't let them in.

1. Roll onto your side



2. Crawl or drag yourself to a chair



3. Face the chair and get up on your knee



4. Bring one knee forward and put that foot on the floor, then use the chair to push up with your arms, until you are upright enough to pivot your bottom around to sit



5. Rest for a while before standing up



If you can't bend your knees very well, slide along on your bottom, then lift your hips onto something higher, such as stairs. Then you can pull yourself upright again.

You might like to practice these techniques, so if you ever need to get up from the floor, you will feel more confident.

You should see your doctor after a fall if:

- You are taking anticoagulant medicines
- You are worried about your balance
- You bump your head, feel drowsy or unwell
- You have a pain that concerns you.

Acknowledgement to:

Staying Active and on Your Feet booklet
2010 www.aotfmandhealth.nsw.gov.au

For further information scan this with your smart phone

Email: falls@cec.health.nsw.gov.au
Web: www.cec.health.nsw.gov.au

Clinical Excellence Commission ©2012 Version 1, SHPP: (CEC) 120264





What is the Alamo Service Connection?

A community partnership working together to help you:

- Get Answers
- Find Services
- Obtain Your Benefits

As the community focal point for people with the need for long-term services and supports, the Alamo Service Connection connects consumers to information and services, both public and private.

"Easy, friendly, helpful access to services for older adults, people with disabilities, veterans, and their families"

Alamo Area Council of Governments

(855) 937-2372 / (210) 477-3275

The Alamo Service Connection provides information and access to agencies that provide these services:

Care: Home Care Services, Family Caregiver Training & Relief, Adult Foster care, Adult Protection, Adult Day Care, Assisted Living & Nursing Facility, Veterans Services

Health Needs: Home Delivered Meals, Senior Nutrition Centers, Prescription Assistance, Medical Equipment, Personal Care Supplies, Mental Health Resources

Age Well Live Well: Physical Fitness, Health Promotion and Disease Prevention Programs, Volunteer, Educational, or Employment Opportunities

Planning: Long-Term Care, Community Living, Legal Issues, Advanced Directives

Public Benefits: Medicare, Medicaid, Social Security, Prescription Drug Plans, Managed Care & Private Health Insurance, Veterans Benefits

Support: Utility Assistance, Adaptive Equipment, Transportation, Rental Assistance, Home and Community Services for Persons with Intellectual and Developmental Disabilities, & Independent Living Skills

2700 NE Loop 410, Suite 101

San Antonio, Tx 78217

(855) 937-2372 / (210) 477-3275

Email: asc@aacog.com

Alamo Area Council of Governments

San Antonio, TX

2700 NE Loop 410, Suite 101

(855) 937-2372 / (210) 477-3275

Email: asc@aacog.com



What is an ADRC?

Aging and Disability Resource Centers (ADRCs) are highly visible and trusted places where people of all ages, incomes and disabilities can call to get information on the full range of long-term services and supports available in Texas.

To Connect to an ADRC in Texas

- Toll Free 1-855-937-2372
- Office Hours
- Monday-Friday, 8:00a.m. to 5:00p.m.

Who does the Alamo Service Connection serve?

The Alamo Service Connection serves seniors, people with disabilities, veterans, and their families residing in the AACOG Region.



If you don't know where to start, start with us!

Comal County Senior Center serves as the gateway to the aging process

We connect older adults to vital community resources that help them stay healthy and independent.



Adults 50 years of age and older who participate in senior center programs learn to manage and delay the onset of chronic illness and experience considerable improvements in physical, social, mental and economic well-being!



CONTACT US!

Mailing Address:

Comal County Senior Citizens
Foundation

710 Landa St, New Braunfels, TX
78130

830-629-4547

info@nbsenior.org

www.nbsenior.org



Hours of Operation

Monday-Friday
8am to 5pm

Saturday-Sunday
CLOSED

Comal County Senior Citizens Foundation



Programs and Services that
Enhance the Quality of Life
for the Aging Population

7Ten
Activity Center





Our Mission

Enriching the lives of aging adults!

Aging adults who participate in senior center programs learn to manage and delay the onset of chronic illness and experience considerable improvement in physical, mental and social well-being.



Our Purpose

Provide programs and services that enhance the quality of life for the aging population.

CCSCF offers programs and services that promote positive and healthy aging. We have resources available that help seniors stay active and independent, and to age in place. We provide a safe meeting place for seniors to connect with peers and stay engaged in the community. Our programs provide solutions for challenges that aging adults face daily.



Membership

**\$60-Single
\$100-Couple
per year**

- Games and Social Activities
- Educational Programs
- Day Trips
- Community Resources
- Silver & Strong Class

***\$20 DAY PASS FOR VISITORS
*\$10 CLASS FEE FOR ALL
OTHER FITNESS CLASSES**

**\$50 PER MONTH
No Contract
Auto Draft**

- All the perks of annual membership
- Access to Fitness Room
- Access to Aquatics Program
- Access to all fitness classes



Programs

FITNESS & EXERCISE

We offer a fitness center complete with state of the art treadmills and stationary bikes, an olympic size pool and a variety of group exercise classes weekly. Silver & Strong and Fun & Fit will keep you fit.

NUTRITION

Monday-Friday join us for a delicious Congregate meal. Congregate meals are at no cost for seniors 60 years of age and over. We always accept and appreciate a donation of \$6. Members of the community under 60 years of age are welcome to pay \$6 for their meal. Unable to join us here at the center, Meals on Wheels is available to homebound individuals 60 years and older who qualify. Others with special needs may be eligible if funding is available. Contact us for more information on Meals on Wheels.

ANIMEALS & MORE

The AniMeals & More program is available to Meals on Wheels recipients who own pets and meet certain eligibility requirements. If you receive home delivered meals and need some assistance with pet food and/or veterinary care, please contact us.

FACT SHEET

Feet and Footwear for Older Adults

Footcare and safe shoes can prevent falls

Falls are the leading cause of injury for older adults (ages 65 and older) and can have serious consequences, like limited mobility and loss of independence. Routine care for feet and proper supportive footwear can reduce your risk of falls.

What foot problems are associated with falls?

Foot related risk factors that increase fall risk:

- Increased foot pain
- Reduced flexibility in ankle joint
- Reduced calf muscle strength (the muscle that helps you rise on the balls of your feet)
- Reduced sensation resulting from neuropathy (nerve damage)
- Presence of a bunion (hallux valgus deformity) or toe deformities

What makes a shoe safe?



Footwear Tips

Health Tips

- Your healthcare provider or podiatrist can check your feet and determine if there are issues that increase your risk of falling. Podiatrists diagnose and treat foot conditions.
- Ask your healthcare provider to check your feet once a year.
- See a podiatrist if you have foot problems, such as toe or foot deformities or foot pain.
- Work with a physical therapist to learn exercises to increase strength and flexibility of foot and ankle.

Safety Tips

- Always wear properly fitted shoes inside and outside your home.
- Wear sturdy shoes with low heels, traction, and strong arch and heel support.

Working with your healthcare provider or podiatrist to address foot problems and using appropriate footwear can reduce your risk of falling.



EMORY
HEALTHCARE

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Genetics Research, Education, and Clinical Centers

STEADI Stopping Elderly Accidents,
Deaths & Injuries
www.cdc.gov/steady

What makes a shoe unsafe?

Soft or stretched uppers allow the foot to slide around in the sole

Lack of laces means the foot can slide out of the shoe



Slippery or worn soles are a balance hazard, particularly in wet weather

Avoid high heels (more than 1 inch), especially ones with narrow heels

Examples of appropriate shoes to reduce risk of falls



Footwear Tips

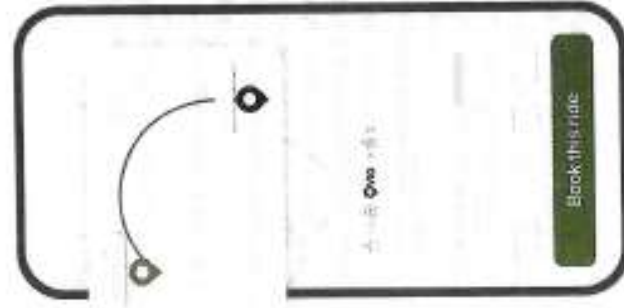
Safety Tips

- Avoid walking in only socks inside and outside your home.
- Avoid wearing shoes with heels over one inch, with no ankle support, or with a smooth sole.
- Avoid wearing shoes with no back (such as a mule or clog) or strappy back (such as a slingback).

Footwear Tips

- Shop for shoes later in the day to ensure a proper fit.
- Have your feet measured to ensure appropriate shoe width and length.
- Accommodate foot deformities such as bunions or hammertoes by choosing shoes with a wide toe box.
- Consider a pedorthist, a specialist in footwear and devices, for footwear and orthotic recommendations to provide the best possible support for walking. See www.pedorthics.org for a searchable directory of credentialed pedorthists.

How to book a ride.

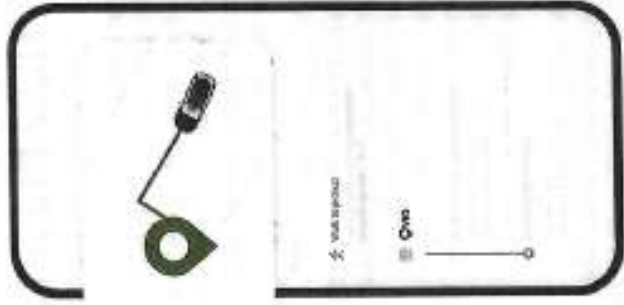


1

Create an account.
Download the Ride the Rio app from the App Store or Google Play Store and follow the simple signup steps.

2

Book a ride.
Enter your pickup and dropoff addresses, choose the ride that works best for you, and tap **Book this ride**.



3

Meet your driver.
Check the app to see where to meet your driver. The meetup spot might be a short walk from where you are, but your designated pickup point helps cut down on detours to get you to your destination faster! If you have mobility needs, we'll meet you and drop you off right at your door.



Scan to download
the Ride the Rio app.



ride the
RIO

Rio: Flexible, on-demand rides around New Braunfels.

Your new ride is here. Book on-demand for easy access to work, groceries, appointments, and entertainment.

city.ridewithvia.com/new-braunfels



Meet Rio: Your new ride in New Braunfels.

What is Rio?

It's the City of New Braunfels' on-demand microtransit service, designed for easy, flexible local travel. Simply book in the app, and we'll get you there!

How much do rides cost?

Ride for FREE until December 31. Starting January 1, the fare is a low flat rate of \$4, or \$2 for concession-eligible riders (seniors, veterans, university students, and people with disabilities).

How do I pay for my ride?

When you create your account, you can add a debit/credit card or a prepaid debit card. The card on file will be automatically charged once you've completed a ride. Cash is also accepted.

Can I book a ride in advance?

Ride the Rio is primarily an on-demand service, so you should book your ride a few minutes before you're ready to go. Note: Pre-booking is available for a select group of eligible riders who require scheduled reliability. Visit city.riodewithin.com/new-braunfels to complete the necessary form.

When can I ride?

Monday - Sunday, 7am-8pm

Why do I have to walk to meet my driver?

To cut down on detours and shorten the journey, you'll meet your driver at a convenient pickup point (usually a corner near the pickup address you provided).

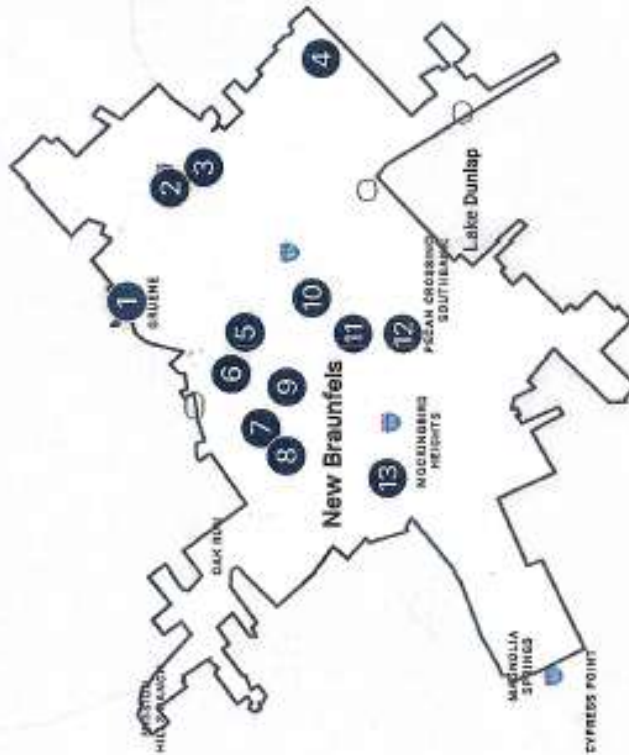
Who will I be sharing my ride with?

Other passengers headed in the same direction may be picked up and dropped off during your trip. This keeps the service fast and wallet-friendly!

Are wheelchair accessible vehicles (WAV) available?

Yes — and if you need a wheelchair accessible vehicle we'll pick you up right at your door!

- Two easy ways to update your WAV setting:
 - In the app menu tap Accessibility, then complete the Accessibility Request form.
- Call 830-282-3413 for help updating your account.



Popular destinations:

- | | |
|---------------------------------|-----------------------------------|
| ① Historic Gruene | ⑧ New Braunfels City Hall |
| ② Creekside Shopping Center | ⑨ Main Plaza (Downtown) |
| ③ Resolute Hospital | ⑩ Marketplace Shopping Center |
| ④ Texas State Technical College | ⑪ Courtyard Plaza Shopping Center |
| ⑤ New Braunfels Public Library | ⑫ Fischer Park |
| ⑥ Christus Santa Rosa Hospital | ⑬ Westside Community Center |
| ⑦ Landa Park | |



RIO is here!! Rio is a transit service funded by the Federal Transit Administration (FTA) and the Texas Department of Transportation (TxDOT). It provides trips within the microtransit zone. The City of New Braunfels contracts with Via Transportation (*not the Via in San Antonio*) to provide the service.

This form is for contingent riders who need scheduled rides (meaning they have a set schedule of rides weekly) and for those riders eligible for discounted fares.

WHO IS ELIGIBLE?

SCHEDULED RIDERS: New Braunfels residents who have a serious medical condition requiring regular scheduled visits. For those riders who need scheduled rides for dialysis, a doctor's statement for a disability is required.

DISCOUNTED FARES: Those riders who are senior (65+), a veteran, disabled, or a current year student.

Drivers are not allowed to assist passengers, and applicants must be able to get on and off the vehicle independently. The driver will assist those passengers in wheelchairs (opening the vehicle, securing the wheelchair).

WHEN IS THE SERVICE AVAILABLE?

Monday – Sunday 7:00AM – 8:00PM

Service is available except: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, & Christmas Day

CONTACT INFORMATION:

Julie Sitton, Transit Manager
550 Landa Street
New Braunfels, TX 78130
830.221.4083

TO BOOK A RIDE: Via Transportation Dispatch Number: 830.282.3413





HOW TO APPLY FOR DISCOUNTED FARES?

1. Complete the form below.
2. Attach a copy of your official documentation verifying your age for a senior discount or veteran/student ID for eligibility.
3. E-mail the completed form to rio@newbraunfels.gov
4. The Transit Manager will update your profile to reflect the discounted fare.

STUDENTS: The discounted fares run through July 31st.

High School Students – Next year's promo codes will be sent to High Schools at the start of each new year.

College Students – You need to e-mail the Transit Manager a new form at the start of each new year for the discounted fare.

DISCOUNTED FARE RIDERS FORM

(PLEASE PRINT)

First Name _____

Last Name _____

Home Address _____ Unit # _____

City: New Braunfels State: Texas Zip _____

Phone Number _____

I AM:

____ High School Student

____ College Student

____ Veteran

____ Senior (65+)

____ Disabled

IF YOU RODE RIO FROM NOVEMBER 18 – DECEMBER 31, 2025, AND YOUR PROFILE REFLECTS ONE OF THE ABOVE DISCOUNTED FARE OPTIONS, YOU DO NOT NEED TO FILL OUT THIS FORM.