

# Dallas Senior Resource Guide



## FOOD BANK/FOOD PANTRIES

### Supplemental Nutritional Assistance Program (SNAP)

**Services:** Food Assistance

**Website:** <https://www.yourtexasbenefits.com/Learn/Home>

**Number:** 936-598-2451

**Note:** The SNAP food benefits helps people with low incomes and resources buy the food they need.

### Food Pantries of Texas

**Services:** Food Pantry

**Website:** <https://www.foodpantries.org/st/texas>

**Note:** Provides a search engine to locate multiple food pantries in your area

### North Texas Food Bank

**Services:** Food Bank

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

**Note:** NTFB collects and distributes donations of surplus food and grocery products through a network of charitable organizations covering 13 counties: Dallas, Denton, Collin, Fannin, Rockwall, Hunt, Grayson, Kaufman, Ellis, Navarro, Lamar, Delta, and Hopkins.

### South Dallas Community Food Center

**Services:** Food Pantry

**Website:** <https://www.smwright.org/our-programs/south-dallas-community-food-center/>

**Address:** 3119 Pine Street, Building I  
Dallas, Texas 75215

**Number:** 214-565-9136

### Jewish Family Service of Greater Dallas

**Days of Operations:** Tues., Thu., and Fri.

**Services:** Food Pantry

**Website:** <https://jfsdallas.org/services/emergency-food-pantry/>

**Address:** 5402 Arapaho Road, Dallas, TX 75248

**Number:** 972-437-9950

**Note:** Clients may make an appointment once a month and come into the food pantry to pick the products. They always carry a core list of items, like canned fruits, vegetables, and proteins, beans, grains, meat, and eggs, along with various donated items such as bread, frozen meals, and produce.

### North Dallas Shared Ministries

**Days of Operations:** Food pantry is open at NDSM 5 days each week. Food is distributed in the East parking lot, Mon.-Thu.

**Services:** Food Pantry

**Address:** 2875 Merrell Rd. Dallas, Texas 75229

**Number:** 214-358-8700

### Inspired Vision Compassion Center

**Days of Operations:** Mon. - Fri.,  
9:30 AM - 5:00 PM

**Services:** Food Pantry

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

**Address:** 2019 N Masters Drive, Dallas, Texas 75217

*Last Updated: April 2024*

# Dallas Senior Resource Guide



## FOOD BANK/FOOD PANTRIES

### Brother Bill's Grocery Store

**Days of Operation:** Wed./Thu. 9:30 AM - 11:30 AM; 4th Thu. 5:00 PM - 6:30 PM; 2nd Sat. 9:00 AM - 11:30 AM; Produce Days - 1st and 3rd Fri. 9:30 AM - 11:00 AM

**Services:** Food Pantry

**Website:** <https://bbhh.org/grocery-store1>

**Address:** 3906 N. Westmoreland Rd. Dallas, TX 75212

**Number:** 214-638-2196

## TRANSPORTATION

### Dallas Area Rapid Transit (DART)

**Services:** Transportation

**Website:** <https://www.dart.org/guide/supporting-services/accessibility>

**Number:** 214-979-1111

**Note:** DART provides local rail, bus, paratransit, and ride share services to 13 North Texas cities. DART offers reduced fares for riders who qualify. Reduced fares for Seniors and People with Disabilities.

### Medicaid/CSHCN Medical Transportation

**Services:** Transportation for Medicaid beneficiaries

**Number:** 1-877-633-8747

## HOUSING

### Dallas Housing Authority (DHA)

**Hours of Operation:** Mon. - Thu. 8:00 AM-5:30 PM; Fri.: 8:00 AM-12:00 PM

**Services:** Housing

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

**Number:** 469-249-9012

**Note:** DHA has two main housing options, DHA-owned and managed housing properties and Housing Choice Voucher Program (Section 8) which offers rental assistance for private market housing of your choice.

### Parkland - The Bridge

**Services:** Housing

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

**Address:** 1818 Corsicana St, Dallas, TX 75201

**Number:** 214-670-1145

**Note:** Emergency night shelter, available to all adults experiencing homelessness.

### Parkland - The Stewpot

**Days of Operation:** Mon.-Fri.

**Services:** Housing

**Website:** <https://www.thestewpot.org/i-need-help>

**Address:** 1822 Young St, Dallas, TX 75201

**Number:** 214-746-2785

**Note:** Help with providing legal ID or copy of birth certificate, mail services, medical care, dental care, mental health care, housing, meals, representative payee, groceries.

*Last Updated: April 2024*

# Dallas Senior Resource Guide



## HOUSING

### **AIDS Arms, Inc.**

**Services:** Housing

**Website:** <https://www.phntx.org/services/free-world-bound/>

**Number:** 214-521-5191

**Note:** The Free World Bound program provides the services listed for those incarcerated, recently released and are living with HIV or at risk for HIV.

### **The Samaritan Inn**

**Services:** Housing

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

**Number:** 972-542-5302

Email: [info@saminn.org](mailto:info@saminn.org)

### **Housing Crisis Center**

**Services:** Housing

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

**Address:** 4210 Junius Street, Dallas, TX 75246

**Number:** 214-828-4244

**Note:** Provides Homeless Assistance and Homelessness Prevention services.

## FINANCIAL ASSISTANCE

### **211 North Texas**

**Hours of Operations:** 24/7

**Services:** Assistance and Information

**Website:** <https://www.211northtexas.org/>

**Number:** 2-1-1

**Note:** By simply dialing 2-1-1, callers can receive information about community and social services, such as food pantries, emergency shelter, rent assistance, utility bill assistance, child care, and senior services to name a few.

### **Brother Bill's Community Health Clinic**

**Days of Operation:** Mon., Wed., & Fri.

In-person 8:00 AM - 4:00 PM; Tue. & Thu.

Telemedicine 8:00 AM - 4:00 PM

**Services:** Health Clinic

**Website:** <https://bbhh.org/clinic>

**Address:** 3906 N. Westmoreland Rd. Dallas, TX 75212

**Number:** 214-638-2194

**Note:** We offer medical services to uninsured adults, but will not turn away people who have insurance. We only ask our neighbors for a \$20 donation to help us continue to serve our West Dallas neighbors. Our clinic is designed to serve those who do not have health insurance.

*Last Updated: April 2024*

# Dallas Senior Resource Guide



## FINANCIAL ASSISTANCE

### The M.I.N.T. Foundation

**Services:** Financial Services

**Website:** <https://www.mintcares.org/emergency-financial-assistance>

**Number:** 972-224-7200

### Jewish Family Service of Greater Dallas

**Days of Operations:** By appointment

**Services:** Financial Services

**Website:** <https://jfsdallas.org/services/career/>

**Address:** 5402 Arapaho Road, Dallas, TX 75248

**Number:** 972-437-9950

**Note:** Career guidance, life coaching, financial coaching.

### Sharing Life Community Outreach

**Days of Operations:** Mon.-Fri.,  
9:00 AM - 5:00 PM

**Services:** Emergency Financial Assistance

**Website:** <https://sharing.life/financialassistance/>

**Address:** 3795 W. Emporium Circle, Mesquite, TX 75150

**Number:** 972-285-5819

**Note:** Our emergency financial assistance is available for all clients within the zip codes: 75030, 75032, 75043, 75087, 75088, 75089, 75126, 75149, 75150, 75159, 75180, 75181, 75182, 75217, 75218, 75227, 75228, 75253.

### North Dallas Shared Ministries

**Days of Operations:** Mon. - Fri.

10:00 AM - 3:00 PM

**Services:** Rent and Utility Assistance

**Address:** 2875 Merrell Rd. Dallas, Texas 75229

**Number:** 214-358-8700

### Parkland Financial Assistance

**Days of Operations:** By appointment

**Services:** Financial Assistance

**Website:** <https://www.parklandhealth.org/parkland-financial-assistance>

**Address:** 2021 Medical District Drive  
Dallas, TX 75235

**Number:** 214-590-8831

**Note:** Parkland Financial Assistance, or PFA, provides financial assistance for healthcare to eligible Dallas County residents. It is not a health insurance program. Parkland Financial Assistance is financial help for medical services received at a Parkland location.

*Last Updated: April 2024*

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## FINANCIAL ASSISTANCE

### Parkland Financial Services

**Days of Operations:** Mon. - Fri. 9:00 AM - 4:00 PM

**Services:** Financial Services

**Website:** <https://www.parklandhealth.org/paying-for-your-services>

**Address:** 2021 Medical District Drive  
Dallas, TX 75235

**Number:** 214-590-8831

**Note:** We help patients find financial assistance. We help find programs to help you pay for your medical treatment, depending on your needs, through programs such as the Health Insurance Marketplace (ACA), Medicaid, Medicare and other funding sources, like the crime victims' fund, Parkland Financial Assistance and the Parkland Community Health Plan.

## DENTAL CARE

### Healing Hands Ministries Inc. - Greenville Family Practice

**Days of Operations:** Mon.-Fri.

7:00 AM - 5:00 PM

**Services:** Dental Care

**Website:** <https://www.hhmhealth.org/dental/>

**Address:** 8515 Greenville Ave, Ste N-108,  
Dallas, Texas 75243

**Number:** 214-221-0855

### North Dallas Shared Ministries

**Days of Operations:** Mon. - Fri.

8:30 AM - 5:00 PM

**Services:** Dental Care

**Website:** <https://ndsm.org/dental-care/>

**Address:** 2875 Merrell Road  
Dallas, TX 75229

**Number:** 214-358-8729

### TAMU Dr. M.C. Cooper Dental Clinic

**Days of Operations:** Mon. - Fri.

8:30 AM - 5:00 PM

**Services:** Dental Care

**Address:** 4542 Scyene Road Dallas, TX 75210

**Number:** 214-370-7260

### TAMU School of Dentistry

**Services:** Dental Care

**Website:** <https://dentistry.tamu.edu/patient-care/screening-clinic.html>

**Address:** 3000 Gaston Avenue  
Dallas, TX 75226

**Number:** 214-828-8981

*Last Updated: April 2024*



# Dallas Senior Resource Guide



## DENTAL CARE

### Parkland Health - HOMES

**Services:** Dental Care

**Website:** <https://www.parklandhealth.org/our-clinics/homeless-outreach-medical-services--203>

**Address:** 5151 Maple Avenue 4th Floor  
Dallas, TX 75235

**Number:** 214-590-0153

**Note:** HOMES mobile units operate 5 days per week, 8 a.m.- 8 p.m. at varying locations throughout Dallas County on our mobile medical unit, mobile dental clinic and 3 fixed site locations. Please contact the Administrative Office for clinic locations, days and hours of operation.

### Foremost Family Health Centers - MLK Jr. Family Clinic

**Days of Operations:** Mon. 8:00 AM - 6:00 PM;  
Tues. & Thu. 8:00 AM - 5:00 PM; Wed.  
8:00 AM - 7:00 PM; Fri. 8:00 AM - 1:00 PM

**Services:** Adult Dentistry

**Website:** <https://foremostfhc.org/about/martin-luther-king-location/>

**Address:** 2922B Martin Luther King Jr Blvd  
Dallas, TX 75215

**Number:** 214-426-3645

### Foremost Family Health Centers - Balch Springs

**Days of Operations:** Mon. 8:00 AM - 6:00 PM;  
Tues. & Thu. 8:00 AM - 5:00 PM; Wed.  
8:00 AM - 7:00 PM; Fri. 8:00 AM - 1:00 PM

**Services:** Adult Dentistry

**Website:** <https://foremostfhc.org/about/balch-springs/>

**Address:** 3515 Shepherd Lane  
Dallas, TX 75215

**Number:** 214-426-3645

### Prism Health (PHNTX) - Dental Care - Farmers Branch

**Days of Operations:** Mon - Fri.  
8:30 AM - 5:00 PM; closed daily 12 -1 PM

**Services:** Dental Care

**Website:** <https://www.phntx.org/services/dental-care/>

**Address:** 13551 Dennis Ln, Farmers Branch,  
TX 75234

**Number:** 972-241-2259

### Prism Health (PHNTX) - Dental Care - East Dallas

**Days of Operations:** Mon - Fri.  
8:00 AM - 5:00 PM; closed daily 12 -1 PM

**Services:** Dental Care

**Website:** <https://www.phntx.org/services/dental-care/>

**Address:** 3910 Gaston Ave, #175, Dallas, TX  
75246

**Number:** 214-257-1082

*Last Updated: April 2024*

# Dallas Senior Resource Guide



## DENTAL CARE

### Prism Health (PHNTX) - Vickery Meadow

**Days of Operations:** Mon - Fri.

8:30 AM - 5:00 PM; closed daily 12 -1 PM

**Services:** Dental Care

**Website:** <https://www.phntx.org/services/dental-care/>

**Address:** 8224 Park Ln, #125, Dallas, TX 75231

**Number:** 214-987-1131

## OLDER ADULT RESOURCES

### Aging & Disability Resource Center

**Services:** Senior Resources

**Address:** 1345 River Bend Drive  
Suite 200 Dallas, TX 75247

**Number:** 888-743-1202;

Toll Free: 1-855-937-2372

### Community Care for the Aged and Disabled

**Services:** Senior Resources

**Website:** <https://www.payingforseniorcare.com/texas/ccad>

**Number:** 855-481-6777

### Grants for Seniors in Texas

**Services:** Resources for housing and rent assistance, financial assistance, health assistance, utility bills assistance, and food assistance

**Website:** <https://grantsforseniors.org/grants-for-seniors-in-texas/>

### Dallas VA Medical Center

**Days of Operations:** Mon. - Fri. 24/7

**Services:** Primary care for veterans

**Website:** <https://www.va.gov/north-texas-health-care/locations/dallas-va-medical-center/>

**Address:** 4500 South Lancaster Road  
Dallas, TX 75216-7167

**Number:** 214-742-8387

### Dallas Area Agency on Aging (DAAA)

**Services:** Senior Services

**Website:** <https://www.ccadvance.org/older-adults>

**Address:** 1341 West Mockingbird Lane, Suite 1000W, Dallas, TX 75247

**Number:** 214-871-5065 EX 211; 214-879-0742

**Note:** The DAAA is the department under the umbrella of the Community Council of Greater Dallas responsible for planning, advocating, coordinating resources and providing services for seniors (persons 60+) and their caregivers in the Dallas County area. It is part of a national network administered by the Federal Administration on Aging and funded under the Older Americans Act. The Act provides for grants to states, area agencies and local agencies to ensure the needs of seniors are met through the provision of nutrition and other community services. Funds are passed through the Texas Department of Aging and Disability Services, the state's aging organization responsible for contract compliance.

*Last Updated: April 2024*

# Dallas Senior Resource Guide



## OLDER ADULT RESOURCES

### City of Dallas - Dallas Senior Services

**Days of Operation:** Mon. - Fri.

8:00 AM - 5:00 PM

**Services:** Senior Resources

**Website:** <https://dallascityhall.com/departments/community-care/Pages/seniorservices.aspx>

**Address:** West Dallas Multipurpose Center  
2828 Fish Trap Road

**Number:** 214-670-5227

**Note:** Senior Affairs Commission (SAC); Senior Employment Program; DART Rider Assistance Program (RAP); Senior Ombudsman Program Operation Watershare; Senior Dental Health Program

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