

Telephone Resources: Services Available by Phone

Please note:

- **All of these resources are available by landline or cell phone. Web addresses may be included just for added information.**
- **Resources are free unless otherwise noted.**
- **You may incur long distance phone charges for landlines or be charged cell phone minutes to use these services.**

Support Lines:

Disaster Distress Hotline
800-985-5990 (toll free) or text TalkWithUs to 66746
Support for coping during COVID-19.

Texas Health and Human Services Mental Support Hotline
833-986-1919 (toll free)
COVID-19-related mental health support for all Texans.

National Disability COVID-19 Healthcare Support and Advocacy
Hotline
800-626-4959 (toll free)
Run by a group of disabled advocates; COVID-19-related medical
information, support, and advocacy for people with disabilities.

AARP Community Connections Friendly Voices
Telephone support line for seniors
888-281-0145
<https://aarpcommunityconnections.org/friendly-voices/>

Eye2Eye Peer Support Helpline
833-932-3931
Support group for persons losing their vision.
Likely will need to leave a message.

Friendship Line
800-971-0016 (toll free)
24-hour national support and suicide hotline for older adults.
This is a support line. For companionship lines, see the Senior
Companionship section of this list.

International Low Vision Support Group
888-866-6148 (toll free)
Dan Roberts
<http://www.mdssupport.org/support/telesupport/>
Monthly meetings

Caregiver support groups for people living with dementia
Two sessions:
Every Thursday at 6 pm
+1 904-323-3258 PIN: 891 668 931#
Every Tuesday at 10:30 am
+1 254-300-7249 PIN: 101 370 970#

Senior Companionship:

Big & Mini
817-755-0775
<https://bigandmini.org/>
Seniors who would like companionship are paired with young people.
Chats can take place by phone or Internet.

Gifts of Gab ~ New!
www.giftsofgab.org
631-346-6052
Based in New York, but available nationally, Gifts of Gab connects seniors with social work students for weekly phone calls to combat social isolation.
Also offers G.A.B. Together – brings groups of seniors together through weekly Internet / phone-based discussions and interactive activities facilitated by social work students

Social Call (Covia)
877-797-7299
<https://covia.org/services/social-call/>
Seniors who would like companionship are paired with a volunteer.
Chats can take place by phone or Internet.

Seniors & Staying Connected
Heart & Soul Care
512-222-9855
<https://www.heartandsoulcare.org/stayingconnected>

Seniors who would like companionship are paired with a volunteer.
Chats can take place by phone or Internet.

Discussion Groups for Seniors:

DOROT University Without Walls

877-819-9147 (toll free)

Cost: Small fee / donation

<https://www.dorotusa.org/our-programs/at-home/university-without-walls>

Current topics:

- Museum discussions

- Literature

- Music & Performing arts

- Know your rights

- Health / Wellness

- Jewish interests

- News & Current events

- Other topics

 - Support groups:

 - Bereavement

 - Caring for a loved one with memory loss

 - Insight program for the visually impaired

 - Daily tips for vision loss

 - LGBT for seniors

Lifetime Connections Without Walls

888-500-6472 (toll free)

Cost: Free in Travis County; \$10/quarter if you live outside Travis County

<https://www.familyeldercare.org/programs/lifetime-connections-without-walls/>

Current topics:

- Conversation

- Fun and games

- Travel & culture

- Special interest

- Arts & culture

- Creative arts

- Special presentations

- Special series

Support groups:

Grief and loss

Vision loss

Mather Lifeways Telephone Topics

847-492-7500

<https://www.mather.com/neighborhood-programs/telephone-topics>

Current topics:

Wellness

Education

Discussion topics

Music reviews

Live performances

Senior Planet (OATS)

210-504-4862

<https://seniorplanet.org/>

Phone and virtual group events:

Life-enrichment topics

Creative & Entertainment

Wellness

Life-long learning

Social Clubs

Technology training

Well Connected

877-797-7299 (toll free)

<https://covia.org/services/well-connected/>

Some current topics:

Bible reading

Bird talk

Book club

Garden talk

Gratitude

Languages

Living with chronic pain

Living with vision loss

Low vision support

Museums at home

Pet tales

Support / discussion for the blind

Tech & culture

Trivia
And many more

Discussion Groups for All Ages:

Alzheimer's Association
Offers webinars and support groups
800-272-3900 – for information on dial-in numbers to virtual events
<https://www.communityresourcefinder.org/> - searchable database

Game Night
On the 29th every month, beginning at 7:30 pm Central time
425-436-6260, code 6201340#
General questions about life, with a focus on life during the pandemic

Hadley
800-323-4238
www.hadley.edu
Free classes and discussions by phone, Internet, or correspondence for anyone with a vision impairment.
Some classes are vision-related, some not.

Sample topics:
Learning Braille
Adjusting to vision loss
Technology
Cooking
Gardening
Travel

iBug
346-248-7799
For learning about Apple products.
iBUG Buzz (Mondays, 7:30 to 9:30 PM)
iBUG Café (usually 2nd Sundays, 4:00 to 6:00 PM)
iBUG/Apple Workshop (usually 4th Saturdays, 2:00 to 4:00 PM)
Mac-N-Talk (usually 4th Tuesdays, 7:00 to 8:00 PM)
iBUG Trekkie Talk (usually 1st and 3rd Thursdays, 8:00 to 9:30 PM)
VILA Book Club (usually 2nd Thursdays, 6:30 to 7:30 PM)

Fort Worth Lighthouse for the Blind
817-529-7804 for information
khiggins@lighthousefw.org
For Fort Worth residents.
Twice monthly meetings by phone and Zoom.

Talk Shop
712-432-6498
Blind chat line and podcasts

Public Library “Dial a Story” Story Times:

Tom Green County Library System (San Angelo, TX)
325-655-2366
<http://www.tgclibrary.com/childrentodo.asp>

San Antonio Public Library
210-207-4466
Available in English and Spanish.
<https://311.sanantonio.gov/kb/docs/articles/education-and-employment/dial>

Gail Borden Public Library ~ *New!*
847-608-4300
For stories and poems in English and Spanish

Kansas City Public Library
816-701-3456
<https://www.kclibrary.org/kids/dial-story>

Washington County Public Library System
276-676-6234
<https://www.wcpl.net/kids-teens/dial-a-story/>

Denver Public Library
720-865-8500
<https://kids.denverlibrary.org/activities/phone-story-720-865-8500>

Other Story Times:

Indiana Pacers basketball players read a story
317-275-4444 or 877-275-9007

Every Monday

Stories available in English and Spanish

Radio Reading Services:

Midland Radio Reading Service

432-682-2731 – To order a radio receiver

432-617-5555 – Telephone program

Must live within a 90-mile radius of Midland to use this service.

Audio versions of newspapers, including local news from the *Midland Reporter-Telegram* and the *Odessa American*.

Five national newspapers plus Texas coverage from the *Dallas Morning News*, *Houston Chronicle* and *Ft. Worth Star-Telegram*.

More than 50 magazines.

Weekly grocery ads from local stores.

Weekly programs on health, aging, accessibility issues and more.

OWL Radio

Cindy Garcia: 210-287-9039

Must live within a 90-mile radius of San Antonio.

Christian Radio:

Austin Disaster Relief Network Prayer Line

For Austin residents

512-537-7100

<https://adrn.org/prayer-hotline/>

Christian Radio by Phone

774-337-6078

<https://www.vcyamerica.org/radio/listen-by-phone/>

Magazines/ Newspapers:

Newsline

Contact the Talking Book Program (800-252-9605) to sign up.

www.nfb.org/newsline

Newspapers and magazines by telephone.

NOTE: Please contact the Disability Information and Referral Center (DIRC), a service provided by the Talking Book Program (TBP), for more information on assistive technology resources and on learning disabilities. TBP is a free lending library that provides recreational reading materials in alternative formats for qualified individuals in Texas who cannot read standard print or physically hold a book.

Disability Information and Referral Center (DIRC)
Talking Book Program (TBP)
Texas State Library and Archives Commission
PO Box 12927, Austin TX 78711-2927
Created by DIRC Staff, www.texastalkingbooks.org
800-252-9605 (toll free in Texas) / 512-463-5458,
tbp.services@tsl.texas.gov