HILL COUNTRY COMMUNITY HEALTH NEEDS ASSESSMENT

Prepared by: Tara Stafford, Director of Community Benefit at Scott & White Healthcare
Introduction

Scott & White Hospital - Llano, called by Scott & White Healthcare System’s mission to provide the most personalized, comprehensive, and highest quality health care enhanced by medical education and research, engaged in a Community Health Needs Assessment in 2012-2013. The intent was to identify the most prevalent health needs in the community and to assess the health status of the population we serve, with special emphasis on those who are most vulnerable.

Scott & White Hospital - Llano is a 30-bed hospital with 7 regional clinics in Llano, Kingsland, Horseshoe Bay, Burnet, Mason, and Marble Falls. Since its founding in the mid-1950s, Scott & White Hospital – Llano and its employees have been dedicated to building healthy communities and providing quality healthcare close to home. The hospital offers multispecialty medical care services including audiology, cardiology, emergency services, dermatology, family medicine, general surgery, hospice, homecare, laboratory, obstetrics/gynecology, ophthalmology, orthopedics, pain management, pediatrics, podiatry, radiology, sleep medicine, and urology. The hospital has more than 350 physicians and staff members.

Scott & White Healthcare has a long-standing history of working in partnership with a number of other government and not-for-profit Hill Country organizations. This project will serve as a platform to aid the continuation of those partnerships by giving representatives of local health and human service providers a better understanding of the critical health issues in the Hill Country.

This assessment and corresponding hospital specific implementation strategy is intended to meet the IRS community benefit reporting guidelines for 501(c)( 3) tax-exempt hospitals as required by Internal Revenue Code 501(r)(3) and described in the proposed regulations section 1.501(r)-3. ¹

The priorities identified have been presented and approved by the governing board of directors of Scott & White Hospital - Llano. The assessment is available to the public at no cost on the hospital’s website. It can be easily accessed for viewing or for downloading at http://CHNA.sw.org. The assessment will also be provided in hard copy at the hospital or upon request by calling 254-724-6847.

Being the most comprehensive healthcare provider in Central Texas is an honor and means that it is our responsibility to continually provide the highest quality of care for those we

¹ Final guidance as to the substance and format of a CHNA and implementation strategy has not been published and has been provided only on an anticipatory basis as of the publication of this document.
serve. The results of this needs assessment will serve as a guide in our community benefit strategic plans for the next 3 years to make a noticeable impact on the health of Hill Country residents and especially for populations of the greatest need. The Implementation Strategies for the hospital are available in a separate report on the same website and explains the goals, strategies, and objectives that will address the significant needs identified.
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Our Mission
To provide the most personalized, comprehensive, and highest-quality health care, enhanced by medical education and research.

Our Vision
Scott & White will be the most Trusted and most Valued name in American Health Care.

For more than a century, Scott & White Healthcare has assembled the right resources to diagnose and treat thousands of patients, earning our reputation as a comprehensive and dependable healthcare resource. We take very seriously our commitment to clinical patient care and academic advancement through medical training and scientific inquiry. In a rapidly changing healthcare environment, we bring each patient best-in-class medicine in convenient settings to ensure the best possible healthcare outcome and experience.

Yet, it’s not enough to care for one person at a time. People are the very heart of the many communities Scott & White serves. So we must do all we can to preserve community health.
As the largest non-profit organization and one of the largest employers in Central Texas, Scott & White Healthcare takes a leadership role in ensuring the health and well-being of our community.

We understand that the health of individuals is strongly influenced by personal behaviors, family and friends, and the broader environment in which they live. To promote health of individuals, we must also promote the health of our community.

The goal of the Scott & White Healthcare Community Benefit Program is to improve access to healthcare and empower citizens to make healthy life choices. To help people live healthier lives, Scott & White maintains ongoing relationships with our community; assessing and addressing local needs to improve the community’s health profile. The purpose of the 2013 health needs assessment is to prioritize the current major health problems in the community, and to develop and implement action plans to improve the health of everyone we serve.

While there are numerous pressing health needs in the community. This report will include only the top significant needs that have been identified as well as the selected priorities in the Hill Country. That is not to say that other issues are not relevant or pressing, only that the prioritized needs have been selected as areas to target over the next 3 years.

We began the process by analyzing more than 100 different indicators that compare the status of our community to other counties throughout the state of Texas and the United States. Those areas where Hill Country counties fell in the lowest quartile or did not meet the Healthy People 2020 goals were identified and then explored further. Each of these issues was gauged by a set of criteria in a prioritization process. Additionally, the community was surveyed and key informants questioned to get input that validated those data findings as well as provided direction for possible interventions.
The responses guided the development of the hospitals’ implementation strategies to address these 3 identified priority health needs:

1. **Obesity**

2. **Adults with Diabetes**

3. **Cancer Death Rates**

By leveraging our resources effectively, and by establishing a reliable process for evaluating our own, as well as community programs that Scott & White supports, we expect to have a positive impact on the above identified needs. We strive, on a daily basis, to keep our promise to our patients and the community to provide high quality care and to serve as a mentor in their aspirations to live a healthy life. In addition, we ensure that we remain accountable to our external constituents in the stewardship of our resources and tax-exempt status. In the course of the next 3 years, we will implement new ways as well as enhance established practices to improve health information and services that are available to our community.
2. Our Community Served

Scott & White Hospital-Llano defines Llano and Burnet counties and the cities that lie within as its primary community served because it is where the majority of the hospital facilities are located and from where most of its patients reside.

<table>
<thead>
<tr>
<th>Cities and Towns within each County</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Llano</strong></td>
<td><strong>Burnet</strong></td>
</tr>
<tr>
<td>Bluffton</td>
<td>Bertram</td>
</tr>
<tr>
<td>Buchanan Dam</td>
<td>Burnet</td>
</tr>
<tr>
<td>Castell</td>
<td>Cottonwood Shores</td>
</tr>
<tr>
<td>Click</td>
<td>Granite Shoals</td>
</tr>
<tr>
<td>Horseshoe Bay*</td>
<td>Highland Haven</td>
</tr>
<tr>
<td>Kingsland</td>
<td>Horseshoe Bay*</td>
</tr>
<tr>
<td>Llano</td>
<td>Marble Falls</td>
</tr>
<tr>
<td>Sunrise Beach Village</td>
<td>Meadowlakes</td>
</tr>
<tr>
<td>Tow</td>
<td></td>
</tr>
<tr>
<td>Valley Spring</td>
<td></td>
</tr>
</tbody>
</table>

*partial

The most recent census data\(^2\,3\) shows that roughly 19,000 people live in Llano which is 55% urban and 45% rural. There are 43,448 residents in Burnet County which is 82% urban and 18% rural. The population has grown about 3.6% in across the state of Texas over the past 3 years but Burnet shows an increase in only half that amount and Llano has decreased in population over the past 3 years.

Nearly 88% of the residents living in Llano County are White. 8.9% are Hispanic or Latino and 1.1% is Black/African America. In Burnet, 75.4% of the residents are White, 20.8% are Hispanic, 2% are Black/African American, and 1% is two or more races.

The median household income in Llano is approximately $42,000 and $48,000 in Burnet. The percentage of residents living in poverty is estimated to be between 13% and 14%.


<table>
<thead>
<tr>
<th></th>
<th>Llano County</th>
<th>Burnet County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population, 2012 estimate</td>
<td>19,085</td>
<td>43,448</td>
<td>26,059,203</td>
</tr>
<tr>
<td>Population, 2010 (April 1) estimates base</td>
<td>19,301</td>
<td>42,753</td>
<td>25,145,561</td>
</tr>
<tr>
<td>Population, percent change, April 1, 2010 to July 1, 2012</td>
<td>-1.10%</td>
<td>1.60%</td>
<td>3.60%</td>
</tr>
<tr>
<td>Population, 2010</td>
<td>19,301</td>
<td>42,750</td>
<td>25,145,561</td>
</tr>
<tr>
<td>Persons under 5 years, percent, 2012</td>
<td>4.10%</td>
<td>5.50%</td>
<td>7.50%</td>
</tr>
<tr>
<td>Persons under 18 years, percent, 2012</td>
<td>15.80%</td>
<td>22.30%</td>
<td>26.80%</td>
</tr>
<tr>
<td>Persons 65 years and over, percent, 2012</td>
<td>32.70%</td>
<td>20.10%</td>
<td>10.90%</td>
</tr>
<tr>
<td>Female persons, percent, 2012</td>
<td>51.80%</td>
<td>50.90%</td>
<td>50.30%</td>
</tr>
<tr>
<td>White alone, percent, 2012 (a)</td>
<td>96.40%</td>
<td>95.00%</td>
<td>80.60%</td>
</tr>
<tr>
<td>Black or African American alone, percent, 2012 (a)</td>
<td>1.10%</td>
<td>2.00%</td>
<td>12.30%</td>
</tr>
<tr>
<td>American Indian and Alaska Native alone, percent, 2012 (a)</td>
<td>0.80%</td>
<td>1.00%</td>
<td>1.00%</td>
</tr>
<tr>
<td>Asian alone, percent, 2012 (a)</td>
<td>0.60%</td>
<td>0.60%</td>
<td>4.20%</td>
</tr>
<tr>
<td>Native Hawaiian and Other Pacific Islander alone, percent, 2012 (a)</td>
<td>unavailable</td>
<td>0.10%</td>
<td>0.10%</td>
</tr>
<tr>
<td>Two or More Races, percent, 2012</td>
<td>1.10%</td>
<td>1.30%</td>
<td>1.70%</td>
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<tr>
<td>Hispanic or Latino, percent, 2012 (b)</td>
<td>8.90%</td>
<td>20.80%</td>
<td>38.20%</td>
</tr>
<tr>
<td>White alone, not Hispanic or Latino, percent, 2012</td>
<td>88.20%</td>
<td>75.40%</td>
<td>44.50%</td>
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<tr>
<td>Living in same house 1 year &amp; over, percent, 2007-2011</td>
<td>86.10%</td>
<td>86.20%</td>
<td>82.10%</td>
</tr>
<tr>
<td>Foreign born persons, percent, 2007-2011</td>
<td>2.90%</td>
<td>6.90%</td>
<td>16.20%</td>
</tr>
<tr>
<td>Language other than English spoken at home, percentage 5+, 2007-2011</td>
<td>8.00%</td>
<td>15.20%</td>
<td>34.40%</td>
</tr>
<tr>
<td>High school graduate or higher, percent of persons age 25+, 2007-2011</td>
<td>87.30%</td>
<td>85.10%</td>
<td>80.40%</td>
</tr>
<tr>
<td>Bachelor's degree or higher, percent of persons age 25+, 2007-2011</td>
<td>26.70%</td>
<td>22.30%</td>
<td>26.10%</td>
</tr>
<tr>
<td>Veterans, 2007-2011</td>
<td>2,875</td>
<td>4,583</td>
<td>1,618,413</td>
</tr>
<tr>
<td>Mean travel time to work (minutes), workers age 16+, 2007-2011</td>
<td>25.8</td>
<td>26.6</td>
<td>24.8</td>
</tr>
<tr>
<td>Housing units, 2011</td>
<td>14,410</td>
<td>21,135</td>
<td>10,098,750</td>
</tr>
<tr>
<td>Homeownership rate, 2007-2011</td>
<td>79.50%</td>
<td>73.40%</td>
<td>64.50%</td>
</tr>
<tr>
<td>Housing units in multi-unit structures, percent, 2007-2011</td>
<td>14.40%</td>
<td>7.70%</td>
<td>24.00%</td>
</tr>
<tr>
<td>Median value of owner-occupied housing units, 2007-2011</td>
<td>$159,800</td>
<td>$141,500</td>
<td>$126,400</td>
</tr>
<tr>
<td>Households, 2007-2011</td>
<td>8,221</td>
<td>16,477</td>
<td>8,667,807</td>
</tr>
<tr>
<td>Persons per household, 2007-2011</td>
<td>2.3</td>
<td>2.53</td>
<td>2.79</td>
</tr>
<tr>
<td>Per capita money income in the past 12 months (2011 dollars), 2007-2011</td>
<td>$32,277</td>
<td>$25,011</td>
<td>$25,548</td>
</tr>
<tr>
<td>Median household income, 2007-2011</td>
<td>$41,837</td>
<td>$48,291</td>
<td>$50,920</td>
</tr>
<tr>
<td>Persons below poverty level, percent, 2007-2011</td>
<td>13.10%</td>
<td>14.00%</td>
<td>17.00%</td>
</tr>
</tbody>
</table>

Part II: Process & Methodology

The goal of this assessment is to find the most pressing health needs and to develop an implementation plan that would have a meaningful impact on those needs in the community. Our planned approach was designed to make an efficient use of time and resources. We used existing data to identify general areas of need then used targeted primary data collection to inform the implementation plan and further identify gaps in present services.

As a first step towards understanding the health needs of our community, Scott & White established a Community Health Needs Assessment (CHNA) Task Force to manage the process of assessing and reporting needs, set the framework for accountability both internally and externally to the local hospitals, and prioritize needs. The group was led by the Community Benefit Director and was made up of representatives from Community Benefit, Strategy, Quality & Patient Engagement, and Tax Departments and an Executive Sponsor, the Healthcare System’s President and Chief Executive Officer. The task force met numerous times over the course of the process to help guide the study and oversee the components of the CHNA for the Hill Country via the following activities:

1) Organization of data collection process
2) Review of all county data compiled by Healthy Communities Institute
3) Identification of indicators where, comparatively, the county was much lower than average
4) Comparison of indicators at county level to Healthy People 2020 markers
5) Prioritization of health needs based on the following criteria:
   a. Severity or prevalence of the issue
   b. Notable health disparities in specific populations
   c. Feasibility of possible interventions to affect change
   d. Community population readiness to change
   e. Ability to evaluate outcomes
   f. Resources available to impact the need
6) Collection of input from key community stakeholders
7) Community survey of potential impact of services in an implementation strategy
**Step 1: Data Collection**

Early in the process, Scott & White contracted with Healthy Communities Institute (HCI) in Berkeley, California to collect and analyze more than 100 different indicators that compare the status of our community in relation to other counties throughout the state of Texas and the United States. The list was comprised of health, economy, education, environment, and social indicators to provide a complete profile of the community’s current status.

The CHNA project began in the fall of 2012 with the assessment of this secondary data that is compiled into an easy to access format that is available to the public at no charge. A dashboard of all community health indicators can be found at [http://CHNA.sw.org](http://CHNA.sw.org).

HCI manages the collection of the demographic and secondary data on health, health determinants, and quality of life topics. Data is typically presented in comparison to the distribution of counties, state average, national average, or Healthy People 2020 targets. Data is primarily derived from state and national public health sources.

*Sources include: National Cancer Institute, Behavioral Risk Factor Surveillance System (BRFSS), Texas Department of State Health Services, American Community Survey, County Health Rankings, and Fatality Analysis Reporting System, National Survey on Drug Use and Health, and U.S. Department of Agriculture (USDA). In addition, economic, educational, environmental and social data that affect overall health status was collected from U.S. Department of Housing and Urban Development, U.S. Bureau of Labor Statistics, Texas Education Agency, and The National Center for Education Statistics, County Business Patterns, Texas Secretary of State, Texas Department of Family and Protective Services, and the Environmental Protection Agency.*

*Health Indicators*

The framework for indicator selection within the Health category is based on the Department of Health and Human Services (DHHS) Healthy People initiative.\(^5\)

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People 2020 targets are science-based, 10 year national objectives established by the U.S. Department of Health and Human Services for improving the health of all Americans. For three decades, Healthy People has established benchmarks and monitored progress over time in order to:

- Encourage collaborations across communities and sectors
- Empower individuals toward making informed health decisions
- Measure the impact of prevention activities

The Health subcategories are based on the Healthy People framework, and multiple indicators across the health sub-topics that correspond with Healthy People targets were chosen (based on data availability, reliability and validity from the source).

**Hospital Utilization** indicators are based on the Agency for Healthcare Research and Quality (AHRQ)’s Prevention Quality Indicators (PQIs), which are a set of definitions for preventable causes of admission. These measures can be used with hospital inpatient discharge data to identify quality of care for “ambulatory care sensitive conditions.” These indicators are important for us to identify where prevention needs to be focused and can help lead to evidence-based community benefit planning. Ambulatory care sensitive conditions are also tracked by Healthy People.

**Other Indicators**

Indicators in the other categories were selected according to national consensus and feedback from a wide set of advisors, public health officials, health departments, and local stakeholders from various sectors in the community. For example, the **Education** indicators are based on the National Center for Health Research and Statistics and United Way of America, and the standards and goals they set forth to help track educational attainment in the United States. **Economic** indicators were selected in conjunction with economic development and chamber of commerce input. All of the selected indicators have gone through a vetting process where HCI’s advisory board, as well as stakeholders in communities who have implemented HCI systems, provide feedback to refine the core indicators in order to best reflect local priorities.

The indicator selection process evolves over time with changing health priorities, new research models and national benchmarks. HCI continues to incorporate models and standards from nationally recognized institutions such HHS’s Healthy People, AHRQ’s
PQI’s, EPA Air Quality standards, National Center for Education Research and Statistics’ priorities, United Way, and United States Department of Agriculture’s Food Atlas, among many others.

**STEP 2: ANALYSIS**

The task force members detected which of the indicators showed that Hill Country counties fell in the lowest quartile, had a significant health disparity, or did not meet the Healthy People 2020 goals. Healthy People 2020 define a *health disparity* as “a particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage. Health disparities adversely affect groups of people who have systematically experienced greater obstacles to health based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion.”

Once identified, each was explored further to assess what potential reasons for the issue could be and what measures of intervention might be made to affect change.

**STEP 3: IDENTIFYING INFORMATION GAPS**

This process generated a wealth of information about health in the Hill Country and was useful in identifying strategic issues related to a breadth of health issues and outcomes. However, there were gaps in what the Task Force identified as key health indicators for the Hill Country and in the information that was available to best determine methods of impact specific to age and ethnic disparities. There were also gaps in the information available at the sub-county level.

**Age & Ethnicity**

The following indicators were identified as important, but additional data were not available or accessible at the time of this CHNA.

- Breast cancer death rate data detailed by age and ethnicity was not available.

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• Breakdown of all cancer deaths by age and ethnicity was not available. This would be helpful in determining strategy to target specific populations in need of services.

• Data identifying the ethnicity with the highest number of adults diagnosed with diabetes.

There were also gaps in information that were available for analysis by race/ethnicity at the sub-county level. The Texas Departments of State Health Services is a major data source throughout this assessment and data was not available broken down to age and ethnicity for multiple indicators. Both are critical indicators of disparities.

**Geography**

Geographically referenced data would have been informative as well. Understanding how health risks and common conditions vary by neighborhood can significantly impact where and how strategies are implemented to address health needs. Including geographic data elements – such as census tract or nearest intersection - into existing data collection systems would be extremely useful.

**STEP 4: OTHER PARTNERS IN COLLABORATIVE EFFORT**

Scott & White Healthcare was the convening body for this project. Individuals representing other organizations across the county contributed to obtaining community input and to the overall formation of the Hill Country Community Health Needs Assessment:

- Llano Chamber of Commerce
- Burnet Chamber of Commerce
- Marble Falls Chamber of Commerce
- Community Resource Center – Llano
- Community Resource Center – Marble Falls
- Church of Christ Food Pantry
- Hill Country Community Action
- Llano County
- Hill Country Children’s Advocacy Center
- A Place of Hope
- Highland Lakes Family Crisis Center
- Llano Independent School District
- Highland Lakes Pregnancy Resource Center
- Interagency Council
- DARS
- Encompass (Independent Living)
- Llano County Housing Authority
- Llano News
- Senior Center – Llano
- Helping Hands – Marble Falls
- First Baptist Church Food Pantry – Marble Falls
- Lake Shores Church – Marble Falls
- Scott & White Website
Part III: Community Input

Purpose
The Community Benefit Task Force identified methods, participants, questions, and procedures for gathering input from community members around issues of health in the Hill Country. It was critical that this report be developed with input from people representing the broad interest of the community and people with special knowledge or expertise in public health as well as those who understand the health needs of the medically underserved, low-income and minority population. Direct input from these sources in the form of community surveys and one-on-one interviews, strategically helped us to better understand how best to meet needs based on the community’s readiness to change, ability to access, or willingness to access specific services and resources. This ensured that hospital resources would be put to the best use.

Primary Data Survey Collection
For 3 weeks in August, Scott & White sought input from the community and especially those that are medically underserved in an attempt to focus efforts reaching those who need it most. Specific community populations were targeted for input via survey based on the challenges they face acquiring healthcare and maintaining a healthy lifestyle due to lower income situations. To gain input from the broad community, surveys were distributed in either paper format or electronic survey through the following community organizations:

- Llano Chamber of Commerce
- Burnet Chamber of Commerce
- Marble Falls Chamber of Commerce
- Community Resource Center – Llano
- Community Resource Center – Marble Falls
- Church of Christ Food Pantry
- Hill Country Community Action
- Llano County
- Hill Country Children’s Advocacy Center
- A Place of Hope
- Highland Lakes Family Crisis Center
- Llano Independent School District
- Burnet Independent School District
- Highland Lakes Pregnancy Resource Center
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- Llano County Housing Authority
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- Senior Center – Llano
- Helping Hands – Marble Falls
- First Baptist Church Food Pantry – Marble Falls
- Lake Shores Church – Marble Falls
- Scott & White Website
Primary data, collected through the community survey, was then analyzed in conjunction with key informant interviews as part of the supporting data platform. A total of 382 respondents participated in the survey.

Use of secondary data was also integral to affirming the health needs prioritization process.

Survey responses helped to validate the issues that secondary data revealed were areas of need as well as to provide direction for the best ways to implement change. A copy of the survey is included at the end of the assessment in Appendix D.
Hill Country Community Survey: Results Summary

Demographics

Age of Survey Respondents

- 18-24: 4%
- 25-29: 4%
- 30-39: 12%
- 40-49: 20%
- 50-59: 32%
- 60-69: 18%
- 70-79: 7%
- 80+: 3%

Ethnicity of Survey Respondents

- Asian: 0%
- Black or African American: 4%
- Hispanic or of Latino origin: 1%
- Native American or Alaskan Native: 2%
- Native Hawaiian or other Pacific Islander: 4%
- White: 44%
- Other: 49%

Do you have one place you usually go to for health care?

- No: 24%
- Yes, I usually go to a clinic: 45%
- Yes, I usually go to a free clinic: 14%
- Yes, I usually go to the hospital emergency room (ER): 3%
- Yes, I usually go to an urgent care/express care clinic: 3%
- Yes, I usually go to see my regular healthcare provider/doctor’s office: 2%

Respondents with health insurance?

- Yes: 76%
- No: 24%
Health Services

Most important health services that should be offered to the community:

- Suicide hotline
- Sexual health education in schools
- Support groups for people with depression
- Emergency care for people with depression or other mental health problems
- Doctors to treat mental health problems like depression
- Information on when and how to get screened for cancer
- Classes for people with diabetes to learn how to stay healthy
- Less wait time to see your usual doctors
- Clinics for people who cannot afford to pay
- Affordable cancer screening

Top 4 requests to help people be more active

- Make the trails and sidewalks we have now safer to use
- Have free classes like dancing and yoga
- Build more trails for walking or running
- Have free gym memberships for people who can’t pay
Reason's women have not had a mammogram in the past 2 years.

- I'm afraid getting a mammogram would be embarrassing: 4%
- My doctor told me I don't need one yet: 9%
- Getting a mammogram would make me worry about getting a diagnosis of breast cancer: 9%
- I had difficulty scheduling a mammogram: 4%
- I don't know the recommendations for mammograms: 9%
- I'm too young for a mammogram: 24%
- I don't think I need a mammogram: 14%
- I don't think I can afford a mammogram: 12%
- I'm not sure: 14%

43.9% of the respondents who said “I cannot afford a mammogram” are over the age of 40.

24.2% of the respondents who said “I don’t think I need a mammogram” are over the age of 40.

Top 5 reasons women do not get prenatal care

- She did not have enough money or insurance to pay for doctor’s visits: 62.2%
- She did not have a way to get to the clinic or doctor’s office: 42.3%
- She did not know Medicaid or other insurance was available for prenatal care: 39.6%
- She did not speak English and could not find health care from someone who spoke her native language: 30.4%
- She did not have anyone to take care of her other children: 27.4%
Health Literacy

The Community Benefit task force felt it was imperative to assess the health literacy of the community while trying to understand the overall health needs. Knowing the ability our patients and potential patients have to read, understand, and use healthcare information to make decisions and follow instructions for treatment helps in the development and executive of programs to address the identified needs of the assessment. We are mindful that low health literacy impedes the success of treatment of our patients, can increase the risk of medical error and is also the primary factor behind health disparities.

Frequency respondents have difficulty understanding their medical condition based on available hospital materials:

- None of the time
- A little of the time
- Some of the time
- Most of the time
- All of the time

How confident respondents are filling out medical forms independently.

- Not at all
- A little bit
- Somewhat
- Quite a bit
- Extremely

2013
Key Informant Interviews

Six key informant interviews were conducted based on the representatives’ special knowledge around local health issues or their service with medically underserved populations. Through their daily work in the community, they had first-hand knowledge of the impact these issues caused. Each key informant interview began with a description of the findings from the CHNA and an explanation of the needs that were identified as priorities in the community. During the interview, each was asked to comment on the needs to either verify or refute the issue as a major concern based on their experiences with serving community members. The general consensus from the interviews was that the issues identified were indeed problems that needed to be addressed and some indicated that there are likely other underlying causes for some of the conditions that would also need to be addressed. In addition to the identified health conditions, the key informants also stated they see a need in the community for better access to transportation and availability of mental health services.

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## Part IV: Needs Identified

The health indicators below were identified as areas of need in the Hill Country area.  

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Comparison</th>
<th>Llano Value</th>
<th>Trend</th>
<th>Disparities</th>
<th>Status</th>
<th>Healthy People 2020 Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overweight and Obese Adults</td>
<td>TX State Value</td>
<td>67% of adults are overweight or obese</td>
<td>Increasing</td>
<td>Hispanic and Black Males, age 45-64</td>
<td>Red</td>
<td>N/A</td>
</tr>
<tr>
<td>Adults with Diabetes</td>
<td>US Counties</td>
<td>12.9% of adults have been diagnosed</td>
<td>Increasing</td>
<td>Not available at publish date</td>
<td>Red</td>
<td>N/A</td>
</tr>
<tr>
<td>All Cancer Death Rate</td>
<td>US Counties</td>
<td>189.9 deaths/100,000 people</td>
<td>Stable</td>
<td>Male</td>
<td>Yellow</td>
<td>160.6</td>
</tr>
<tr>
<td>Breast Cancer Death Rate</td>
<td>US Counties</td>
<td>28 deaths per 100K population</td>
<td>Decreasing</td>
<td>Not available at publication</td>
<td>Green</td>
<td>20.6</td>
</tr>
<tr>
<td>Prostate Cancer Incidence</td>
<td>US Counties</td>
<td>166.7 cases/100K</td>
<td>Decreasing</td>
<td>Not available at publish date</td>
<td>Red</td>
<td>N/A</td>
</tr>
<tr>
<td>Preterm Births</td>
<td>TX Counties</td>
<td>17.1 % of births are with less than 37 weeks gestation</td>
<td>Increasing</td>
<td>40+ white women</td>
<td>Red</td>
<td>11.4%</td>
</tr>
<tr>
<td>Infants born to mothers with &lt;12 yrs of education</td>
<td>TX Counties</td>
<td>32.3% of births are to women who have not graduated high school</td>
<td>Increasing</td>
<td>Hispanic &amp; White</td>
<td>Red</td>
<td>N/A</td>
</tr>
<tr>
<td>Infant Mortality Rate</td>
<td>TX Counties</td>
<td>7.1 deaths/1,000 live births</td>
<td>Fluctuating</td>
<td>Not available at publish date</td>
<td>Yellow</td>
<td>6</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Category</th>
<th>Location</th>
<th>Indicator</th>
<th>Trend</th>
<th>Status</th>
<th>Value</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deaths due to unintentional injuries</td>
<td>TX Counties</td>
<td>67.1 deaths/100,000 population</td>
<td>Increasing</td>
<td>Men</td>
<td>36</td>
<td><img src="image" alt="Red Circle" /> = worse than the Healthy People 2020 measure</td>
</tr>
<tr>
<td>Transportation: Public Transport</td>
<td>U.S. Counties</td>
<td>Less than .1% commute by public transportation</td>
<td>Decreasing</td>
<td>Not available at publish date</td>
<td>5.5%</td>
<td><img src="image" alt="Red Circle" /> = much worse than the central tendency (mean or median)</td>
</tr>
<tr>
<td>Transportation: Travel Time</td>
<td>U.S. Counties</td>
<td>25.8 minutes is the mean travel time to work</td>
<td>Increasing</td>
<td>Not available at publish date</td>
<td>N/A</td>
<td><img src="image" alt="Yellow Circle" /> = worse than the central tendency (mean or median)</td>
</tr>
<tr>
<td>Mental Health: Suicide Rate</td>
<td>TX State</td>
<td>26.3 deaths/100,000 population</td>
<td>Increasing</td>
<td>Not available at publish date</td>
<td>10.2</td>
<td><img src="image" alt="Red Circle" /> = much worse than the central tendency (mean or median)</td>
</tr>
<tr>
<td>Mental Health: Youth with a Major Depressive Episode</td>
<td>TX State</td>
<td>7.9% of youth age 12-17</td>
<td>Stable</td>
<td>Not available</td>
<td>7.4%</td>
<td><img src="image" alt="Red Circle" /> = worse than the Healthy People 2020 measure</td>
</tr>
</tbody>
</table>

- ![Red Circle](image) = much worse than the central tendency (mean or median)
- ![Yellow Circle](image) = worse than the central tendency (mean or median)
- ![Green Circle](image) = better than the central tendency (mean or median)
- ![Red Square](image) = worse than the Healthy People 2020 measure

After careful consideration of all data and prioritization criteria below:

a. Severity or prevalence of the issue
b. Notable health disparities in specific populations
c. Feasibility of possible interventions to affect change
d. Community population readiness to change
e. Ability to evaluate outcomes
f. Resources available to impact the need

The prioritized needs identified in the Hill Country by the Community Benefit Task Force are:

1. Obesity
2. Adults with Diabetes
3. Cancer Death Rates


Obesity

According to the Texas Behavioral Risk Factor Surveillance System, 67.1 percent of adults living in Public Health Region 7 are overweight or obese. Texas Public Health Region 7 is comprised of 31 counties including Llano and Burnet Counties. The percentage of overweight and obese adults is an indicator of the overall health and lifestyle of a community. Being overweight or obese affects quality of life and puts individuals at risk for developing many diseases and health conditions, including heart disease, stroke, Type 2 diabetes, cancer, hypertension, stroke, liver and gallbladder disease, respiratory problems, and osteoarthritis. Losing weight and maintaining a healthy weight helps to prevent and control these diseases. Being overweight or obese also carries significant economic costs due to increased healthcare spending and lost earnings.

This measurement for determining whether a person is overweight or obese is based on the Body Mass Index (BMI) which is calculated by taking a person’s weight and dividing it by their height squared in metric units. A BMI between 25 and 29.9 is considered overweight and a BMI greater than or equal to 30 is considered obese. Data show that there is a disparity among men between the ages of 45-64 who are either Black/African American or Hispanic.


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### % of Adults who are Overweight or Obese by Age

<table>
<thead>
<tr>
<th>Age</th>
<th>% of Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-29 years</td>
<td>59</td>
</tr>
<tr>
<td>30-44 years</td>
<td>69.2</td>
</tr>
<tr>
<td>45-64 years</td>
<td>74</td>
</tr>
<tr>
<td>65+ years</td>
<td>58.2</td>
</tr>
</tbody>
</table>

### % of Adults Who Are Overweight or Obese by Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>% of Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>75.1</td>
</tr>
<tr>
<td>Female</td>
<td>59.1</td>
</tr>
</tbody>
</table>

### % of Adults Who Are Overweight or Obese by Race

<table>
<thead>
<tr>
<th>Race</th>
<th>% of Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>60.6</td>
</tr>
<tr>
<td>Black</td>
<td>78.3</td>
</tr>
<tr>
<td>Hispanic</td>
<td>86.3</td>
</tr>
</tbody>
</table>
Diabetes

According to County Health Rankings, 12.9%\(^9\) of the Llano County population over the age of 20 has been diagnosed with diabetes.\(^10\) Diabetes can have a harmful effect on most of the organ systems in the human body; it is a frequent cause of end-stage renal disease, non-traumatic lower-extremity amputation, and a leading cause of blindness among working age adults. The Texas Department of State Health Services reports that Llano County is in the 25\(^{th}\) – 50\(^{th}\) percentile of counties across the state for both the rate of hospitalization due to short-term complications of the disease and for number of deaths attributed to diabetes.

According to the CDC, the prevalence of diagnosed type 2 diabetes has increased six fold in the last 50 years. Diabetes risk factors such as obesity and physical inactivity have played a major role in this dramatic increase. Age, race, and ethnicity are also important risk factors.

The CDC estimates the direct economic cost of diabetes in the United States to be about $116 billion per year. This figure does not take into account the indirect economic costs attributable to potential work time lost to diabetes-related illness or premature death.

In response, Healthy People 2020 has identified goals that aim to "reduce the disease and economic burden of diabetes, and improve the quality of life for all persons who have or are at risk for diabetes." Goals include improved diabetes education, improved compliance with recommended care and screening procedures, and reduced rates of serious complications such as foot ulcers, amputation, and death.\(^{11}\)

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9 Women who were diagnosed with diabetes only during the course of their pregnancy were not included in this count.
Cancer Death Rate

Cancer is the second leading cause of death for men and women in the United States. According to the National Cancer Institute, in Llano County, 189.9 deaths out of 100,000 are a result of some form of cancer. The National Cancer Institute (NCI) defines cancer as a term used to describe diseases in which abnormal cells divide without control and are able to invade other tissues. There are over 100 different types of cancer. According to the NCI, lung, colon and rectal, breast, pancreatic, and prostate cancers lead to the greatest number of annual deaths. The Healthy People 2020 target is to reduce the overall cancer death rate to 160.6 deaths per 100,000 population.

Breast Cancer Deaths

The National Cancer Institute reports that the number of deaths due to breast cancer per year in Llano County is nearly 22.5 out of every 100,000 females. According to the American Cancer Society, breast cancer is the second leading cause of cancer death and the second most common type of cancer among women in the United States. The Healthy People 2020 national health target is to reduce the breast cancer death rate to 20.6 deaths per 100,000 females.

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About 1 in 8 (12%) of women in the United States will develop invasive breast cancer during their lifetime. The American Cancer Society estimates that in the United States about 232,340 new cases of invasive breast cancer will be diagnosed in women, 64,640 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive and is the earliest form of breast cancer), and about 39,620 women will die from breast cancer by the end of 2013.

Breast cancer forms in tissues of the breast, usually the ducts (tubes that carry milk to the nipple) and lobules (glands that make milk). The greatest risk factor in developing breast cancer is age. Since 1990, breast cancer death rates have declined progressively due to advancements in treatment and detection.¹⁴

**Prostate Cancer Incidence**

Prostate cancer is the most common form of cancer among men in the United States. It is second only to lung cancer as a cause of cancer-related death among men. The National Cancer Institute reports that there are 166.7 incidences of prostate cancer per 100,000 men in Llano County.¹⁵ The prostate is a gland in the male reproductive system found below the bladder and in front of the rectum. Prostate cancer forms in tissues of the prostate and usually occurs in older men. The number of incidences has been trending down over the past decade.

**Time Series Data: Incidence of Prostate Cancer in Llano County**


¹⁵ Retrieved from National Cancer Institute on August 30, 2013.at http://statecancerprofiles.cancer.gov/incidencerates/
Preterm Births

In Llano County, a reported 17.1% of births occur before 37 weeks of completed gestation. Babies born premature are likely to require specialized medical care, and oftentimes must stay in intensive care nurseries. While there have been many medical advances enabling premature infants to survive, there is still risk of infant death or long-term disability. The most important things an expectant mother can do to prevent prematurity and low birth weight are to take prenatal vitamins, stop smoking, stop drinking alcohol and using drugs, and get prenatal care.

The average percentage of preterm births in State of Texas is 13.2%. The Healthy People 2020 national health target is to reduce the proportion of infants who are born preterm to 11.4%.

The data presented above and portrayed on the following charts were retrieved from data compiled by the Texas Departments of State Health Services.16

Health Disparity and Time Series Data17


Preterm Births by Maternal Age

<table>
<thead>
<tr>
<th>Age</th>
<th>Preterm Births (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-17</td>
<td>7.7</td>
</tr>
<tr>
<td>18-19</td>
<td>19.0</td>
</tr>
<tr>
<td>20-29</td>
<td>15.3</td>
</tr>
<tr>
<td>30-39</td>
<td>18.8</td>
</tr>
<tr>
<td>40+</td>
<td>42.9</td>
</tr>
<tr>
<td>Overall</td>
<td>17.1</td>
</tr>
</tbody>
</table>

Preterm Births by Maternal Race/Ethnicity

- Black: 0.0%
- Hispanic: 10.0%
- Other: 0.0%
- White: 20.2%
- Overall: 17.1%

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Infants Born to Mothers with Less Than 12 Years of Education

In Llano County, 32.3% of infants are born to mothers who did not graduate from high school. Parents' educational attainment has a profound impact on the condition of families. There is a strong relationship between parents' educational level and poverty, literacy, and educational attainment rates for children. Education is also directly related to higher earnings and greater job security. In addition, higher educational attainment is associated with better neighborhoods and schools, lower divorce rates and better overall health.

As depicted in the chart below, the number of births to mothers with less than a high school degree has begun to trend upwards.

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19 Texas Department of State Health Services retrieved on August 30, 2013 from: http://soupfin.tdh.state.tx.us/birth05.html


Infant Mortality Rate

The most recent data available from the Texas Department of State Health Services show that approximately 7 out of every 1,000 births in Llano County result in fatality within the first year of life. This places the County between the 25th-50th percentiles among Texas Counties.

Infant mortality rate continues to be one of the most widely used indicators of the overall health status of a community. The leading causes of death among infants are birth defects, pre-term delivery, low birth weight, Sudden Infant Death Syndrome (SIDS), and maternal complications during pregnancy.

The Healthy People 2020 national health target is to reduce the infant mortality rate to 6 deaths per 1,000 live births.

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Unintentional injuries are a leading cause of death for Americans of all ages, regardless of gender, race, or economic status. For the past 10 years, the number of accidental deaths has risen steadily and the most recent data show that 67.1 deaths out of 100,000 are a result of unintentional injuries.\(^4\)

Major categories of unintentional injuries include motor-vehicle collisions, poisonings, and falls. In 2007, unintentional injuries were the fifth leading cause of death overall in the U.S. In 2007, 123,706 people in the United States died from unintentional injuries.

The Healthy People 2020 national health target is to reduce the deaths caused by unintentional injuries to 36 deaths per 100,000 population.

### Time Series Data

<table>
<thead>
<tr>
<th>Year</th>
<th>Deaths/100,000 Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003-2007</td>
<td>53.2</td>
</tr>
<tr>
<td>2004-2008</td>
<td>57.8</td>
</tr>
<tr>
<td>2005-2009</td>
<td>62.8</td>
</tr>
<tr>
<td>2006-2010</td>
<td>67.1</td>
</tr>
</tbody>
</table>

### Age-Adjusted Death Rate due to Unintentional Injuries by Gender

- **Female**: 44.9
- **Male**: 89.5
- **Overall**: 67.1

Available public transportation or alternatives to traveling by car are helpful for communities working to maintain a healthy environment as it impacts access to healthcare, quality of air, and level of physical activity for residents.

Community members claim that because Llano and Burnet counties are very rural areas and have limited resources for public transportation, it is difficult for people without personal vehicles to access vital health and human services when needed. Less than .1% of workers in the region commute by public transportation. 25 And the recent census data show that 4.1% of households in Llano County do not have a vehicle. 26 In general, people living in a household without a car make fewer than half the number of journeys compared to those with a car. This limits their access to essential local services such as supermarkets, post offices, doctors' offices and hospitals. Most households with above-average incomes have a car while only half of low-income households do.

Additionally, the rural community results in longer travel time for community members. The average daily travel time to work for workers in the Hill County area is 25.8-26.6 minutes, according to the American Community Survey. 27 This is important because lengthy commutes cut into workers’ free time and can contribute to health problems such as headaches, anxiety, and increased blood pressure. Longer commutes require workers to consume more fuel which is both expensive for workers and damaging to the environment. The Healthy People 2020 national health target is to increase the proportion of workers who take public transportation to work to 5.5%.

Mental Health

The majority of survey responders indicated that mental health services were in great need in the community. Health indicator data that supports this need are increasing incidents in the number of suicides per year as well as youth who had a major depressive episode.

Suicide

According to the Texas Department of State Health Services, 26.3 suicides occur per 100,000 population every year in Public Health Region 7, of which the Hill Country counties are a part of. Suicide is a major, preventable public health problem. In 2007, suicide was the 11th leading cause of death in the United States.

Based on 2007 age-adjusted death rates:

- Men were nearly four times more likely to die of suicide than females
- White individuals were over two times more likely to die of suicide than black or Hispanic individuals.
- Older Americans are disproportionately likely to die by suicide.
- An estimated eight to 25 attempted suicides occur for every suicide death.

The Healthy People 2020 national health target is to reduce the suicide rate to 10.2 deaths per 100,000 population.

Depression

Data collected from the National Survey on Drug Use and Health revealed that 7.9% of youth between the ages of 12 and 17 living within the region had at least one major

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29 Substate Region 7a includes Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Llano, Travis, and Williamson counties.
depressive episode within the period of a year. The regional value is compared to the Texas state value.

On a national level, major depression is the leading cause of disability in the United States. It is the cause of more than two-thirds of suicides every year. In 2007, approximately 2.0 million youths aged 12 to 17 experienced at least one major depressive episode (MDE) in the past year. However, only 40% of them received treatment.

According to the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV), MDE is defined as a period of at least 2 weeks when a person experiences a depressed mood or loss of interest or pleasure in daily activities and has at least four other symptoms that interfere with functioning such as problems with sleep, eating, energy, concentration, and self-image. Treatment options for MDE include psychotherapy and medication, among others.

The Healthy People 2020 national health target is to reduce the proportion of adolescents aged 12 to 17 years who experience a major depressive episode (MDE) to 7.4%.

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Part V: Community Resources

The following appendices contain a comprehensive listing of local organizations capable of providing services or resources to help address the identified community health needs.

Appendix A – Highland Lakes Health Resource Guide
Appendix B – Highland Lakes Help and Service Guide
Appendix C – Scott & White Resources dedicated to address needs
Suicide is preventable and a leading cause of death in Texans of all ages. Help is available. Help works. It’s your call.

Suicide Hotline

Burnet County: 1-800-841-1255
Llano County: 1-800-682-7382
National: 1-800-273-TALK

If you are concerned about a friend or loved one: ASK about suicide to save a life.

ASKing to Prevent Suicide

Step 1: How to Ask the question.
Step 2: Seek more information & keep Safe.
Step 3: Know how and where to refer.

For more information, download the ASK app from the iTunes Store or Android Marketplace or visit http://www.mhatexas.org/ask/

If you would like to work to prevent suicide, contact the HLHP Suicide Prevention Taskforce at 830-693-0530.
HIGHLAND LAKES HEALTH SERVICES GUIDE

In alphabetical order by Specialty

ACUPUNCTURE

SANA VIDA - PATTI McCORMICK
Acupuncture
507 Highway 1431 E     Marble Falls, TX 78654     Phone: 830/693-6000     patti@sanavida.info     www.sanavida.info
HOURS: Monday through Friday 8:30 AM – 7:00 PM; Saturday 8:30 AM – 5:00 PM
Blue Cross Blue Shield Insurance Accepted

AMBULANCE & TRANSPORTATION – In case of emergency, call 911!

CAPITAL AMBULANCE
Medical Transportation throughout the entire United States Emergency Ambulance Service throughout Central Texas
911 Service Provider for Lampasas County and the City of Nolanville, Texas
204 E. 4th Street – P.O. Box 506     Lampasas, TX 76550     Phone: 512/556-0086     http://capitalambulancetexas.com
HOURS: 24-7-365
Medicare, Medicaid, All Commercial Insurances Accepted

AUDIOLOGY

LAKEVIEW HEARING CENTER - ANGELA WOOTEN, AUDIOLOGIST
304 B Gateway Loop     Marble Falls, TX 78654     Phone: 830/693-1251     Fax: 830/693-8476
lakeviewhearing@hotmail.com     http://www.lakeviewhearing.com
HOURS: Monday through Friday 9:00 AM – 12:00 PM; 1:00 PM – 4:00 PM

CHILDREN’S HEALTH CENTER, PA
Well child exams, Immunizations, Acute Care, Developmental Screening, ADHD Treatment, Adolescent Health
1123 Highway 1431 West     Marble Falls, TX 78654     Phone: 830/693-3988     www.hillcountrydocs.com
HOURS: Monday through Thursday 8:00 AM – 5:00 PM; Friday 8:00 AM – 4:00 PM
Most all plans including CHIPS and Medicaid accepted

BARIATRIC SERVICES

TERRY TURNER, MD - SCOTT & WHITE CLINIC – HORSESHOE BAY
Internal Medicine – Bariatric Services– Lab – X-Ray
100 Pecan Crossing     Horseshoe Bay, TX 78657     Phone: 830/598-4405     Fax: 830/596-2168
jsumrall@swmail.sw.org     www.swlano.org
HOURS: Monday through Friday, by appointment
Medicare, Medicaid, CHIP, Indigent Care and Most Major Insurance Plans Accepted

CARDIOLOGY

ROBERT MINGEA, III, MD
Cardiovascular Care Including Stress Tests, Echocardiograms, Cardiac Catheterization
2503 Highway 281 South, Ste 107     Marble Falls, TX 78654     Phone: 512/376-2183     HOURS: Mon - Fri 8:30 AM – 4:30 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

DAVID D. SWETT, MD - AUSTIN HEART
Cardiovascular Consults, ECG, Holter & Event Monitoring, Nuclear Cardiology, Stress Echocardiography, Exercise Stress Testing, Ankle Brachial Index, Doppler Ultrasounds, Pacemaker Checks, Vascular Screenings, Cardiac Catheterizations, Heart Transplants, Coumadin Clinic
1800 Mormon Mill Road, Building B     Marble Falls, TX 78654     Phone: 830/798-2082
Satellite Offices: Horseshoe Bay and Llano     Call Main Number for Appointments
CHIROPRACTIC

2 RIVERS CHIROPRACTIC & WELLBEING
Health and Prescriptions - Chiropractic - Aquamassages
100 Main Street   Marble Falls, TX 78654   Phone: 830/693-1985   Fax: 830/693-8167
HOURS: Tuesday through Friday 9:00 AM – 5:00 PM   Saturday 10:00 AM – 12:00 PM
Medicare, Most Insurance Accepted

BRIAN ELWARTOWSKI, DC, FICPA - ELWARTOWSKI CHIROPRACTIC
Chiropractic, Physiotherapy, Certified in Chiropractic Care for Pediatrics and Pregnancy
2400 Highway 281 North, #200   Marble Falls, TX 78654   Phone: 830/798-9300   www.mytowndoc.com
Email: Elwartowski.com
Medicare, Blue Cross/Blue Shield preferred provider

KATHERINE D. KELLER, DC
Chiropractic Care
103 East Main   Llano, TX 78643   Phone: 325/247-2155   Fax: 325/247-2155
HOURS: Monday, Tuesday, Wednesday 9:00 AM – 12:00 PM; 2:00 PM – 5:00 PM; Friday 9:00 AM – 1:00 PM
Medicare, Medicaid, Insurance Accepted

JEREMY LAMBERT, DC – MARBLE FALLS FAMILY CHIROPRACTIC
Chiropractic Care – Disc Injuries, Arthritis, Personal Injuries, Automobile Accidents, Headaches/Migraines, Sports Injuries, Back Pain, Sciatica, Whiplash, Sleep Apnea, Neck and Arm Pain, Injured Workers, Tinnitus, Sports Physicals
908 Avenue F   Marble Falls, TX 78654   Phone: 830/798-8820   Toll Free: 877/424-8820
contactus@marblefallschiropractic.com   www.marblefallschiropractor.com
HOURS: Monday through Thursday 8:00 AM - 12:00 PM, 2:00 PM - 5:30 PM; Friday 8:00 AM - 12:00 PM
114 East Grayson Street   Llano, TX 78643   HOURS: Thursdays 9:00AM – 6:00PM
Medicare, Most Private Insurance Carriers Accepted

CONNIE S. LAVOIE, DC, CCSP - CHIROPRACTIC FAMILY CARE OF MARBLE FALLS
Chiropractic and Sports Injuries – Family Practice
1900 Mormon Mill Road, Suite F2   Marble Falls, TX 78654   Phone: 830/613-2305   Fax: 830/798-9955   www.drconnie.com
HOURS: Monday & Friday 8:30 AM – 5:00 PM; Tuesday & Thursday 9:00 AM – 6:00 PM; Wednesday 8:00 AM – 1:00 PM; Saturday by Appt.
Medicare, Most Insurance Accepted and Filed

DEAN SCHWARTZ RN, DC - CHIROPRACTIC WELLNESS CENTER
Chiropractic Care
900 Avenue J   Marble Falls, TX 78654   Phone: 830/693-5502   ChiropracticWellness@yahoo.com
HOURS: Monday, Tuesday, Wednesday & Friday 9:00 AM – 6:00 PM, Closed Thursday
Medicare/ BCBS & Most Insurance Accepted/Filed

SHAWN RAY SCOTT, DC - CENTRAL TEXAS CHIROPRACTIC
Chiropractic Care
443 Highway 1431   Kingsland, TX 78639   Phone: 325/388-2969   Fax: 325/388-2790
HOURS: Monday, Tuesday, Thursday, Friday 9:00 AM – 12:30 PM & 2:00 PM – 5:00 PM; Wednesday 1:00 PM – 5:00 PM
Medicare, Most Insurance Accepted and Filed
COUNSELING

CARI FOOTE, MA, LPC, LMFT & Associates, PLLC
Individual & Family Counseling for All Ages with Mental Health, Grief, Marriage, Abuse, Trauma & Addiction Issues,
Drug & Alcohol Abuse, Bi-Polar Support Group
606 Avenue J     Marble Falls, TX 78654     Phone: 830/693-0530 Fax: 830/637-7438
cfoote@professionalcounseling.us www.professionalcounseling.us
HOURS: Monday through Friday 8:00 AM – 8:00 PM
All Insurance Accepted & some low fee slots

HEART OF HOPE COUNSELING and MEDITATION, PLLC – CHRISTI LUNDBY, MA, LPC, NCC
Heart of Hope offers individual, couples, and family counseling. Substance abuse therapy, aftercare, chemical dependency assessments are also available. Parenting and anger management classes are forming. Call today for more information.
1203 Ford St.     Llano, TX 78643 Phone: 325/247-4477 heartofhopetx@live.com www.heartofhopetx.com
HOURS: Monday through Friday 9:00 AM – 5:00 PM; Evenings and Weekends by appointment
Medicaid, CHIP, BCBS, Seton, Scott & White, Aetna, Tricare, United Healthcare and other insurances accepted.

PURPLE SAGE COUNSELING – JULIE DOUGLAS GOBLE
Adult, Child and Family Counseling. Specializing in child and adolescent therapy; play and expressive arts therapies; cognitive-behavioral therapy; trauma reduction; anxiety management; family issues; anger management; and grief and loss. Comprehensive Clinical Assessment, Diagnosis and Treatment Services. Board Approved Supervisor.
301 W. Polk, Suite A     Burnet, TX 78611 Phone: 512/525-3874 jgoble@purplesagecounseling.com www.purplesagecounseling.com
HOURS: By Appointment Only; Evening and Weekend appointments available.
Most Insurances Accepted

ROBERT HENLEY, LPC – WHITESTONE COUNSELING SERVICES
General Counseling Practice specializing in marital, family and adjustment related matters;
Consultation with medical professionals as well as court related evaluations and related services
706 First St.     Marble Falls, TX 78654 Phone: 830/798-8589 Fax: 830/798-1639
Email: whitestone_counseling@yahoo.com HOURS: Monday through Saturday by Appointment
Most Insurances Accepted

ANGELA M. HENRY, MMFT, LPC
Marriage counseling as well as counseling services for children and adults; Hypnotherapy
601 5th Street Marble Falls, TX 78654 Phone: 830/265-0197
HOURS: Saturday & Evening appointments
Private pay Insurance Accepted

HIGHLAND LAKES FAMILY CRISIS CENTER
Counseling and support services for victims of family violence, sexual assault & child abuse.
Locations in Burnet, Blanco, Llano and Lampasas Counties – All services are free of charge
Phone: 830/693-3656 Fax: 830/693-5624 Toll Free: 800/664-3574 – HOURS: 24 hours a day 7 day & 7 days a week

NEW LIFE INSTITUTE – JAN HALSTEAD MED, LPC
Provides counseling for individuals, families, couples, and children seeking healing, growth and emotional well being
The Episcopal Church of the Epiphany     Wood and Lamon, PO Box 2     Burnet, TX 78611     Phone: 512/470-9640 HOURS: Tuesdays only

CPR – FIRST AID CLASSES

MARBLE FALLS AREA EMS
The certification we provide you is through the American Heart Association, and each card we issue is good for two years.
Classes are normally held at the Marble Falls Area EMS training room at 609 Industrial Blvd. in Marble Falls, but they also can be held at your workplace if that is more convenient for you. Depending on the group, most classes last about three and a half to four and a half hours.
Please contact Vaughn Hamilton: write to vhamilton@mfaems.org or call 830-798-3885 or 830-693-7277.
DENTISTRY

DR. GREGORY SOPEL, DMD, JR, DDS
General Dentistry
420-A Hi Circle South     Horseshoe Bay, TX 78657     Phone: 830/598-5474     Fax: 830/596-9054
HOURS: Monday, Tuesday and Wednesday 9:00 AM – 5:00 PM; Thursday, 8:00 AM – 4:00 PM
Insurance Accepted

CAROL HENDERSON     MAIN STREET DENTAL CARE
General Dentistry
308 A Main Street     Marble Falls, TX 78654     Phone: 830/798-0844     Fax: 830/798-0744
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Insurance Accepted

HILL COUNTRY PEDIATRIC DENTISTRY, PA
ANGIE HERNANDEZ, DDS – STEVE HERNANDEZ, DDS
Pediatric Dentistry; Specialist in dentistry for children, adolescents up to 18 yrs and special needs patients.
608 Gateway Central, Suite 201     Marble Falls, TX 78654     Phone: 830/693-7044     Fax: 830/693-2069  www.hcpdkid.com
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Medicaid, CHIP and Most Insurances Accepted

SUSAN HENSON, DDS
General Dentistry
811 North Water     Burnet, TX 78611     Phone: 512/756-4256 info@burnetdentistry.com
HOURS: Monday, Tuesday, Thursday 8:00 AM – 5:00 PM; Wednesday, Friday 8:00 AM – 12:00 PM
Insurance Accepted

NUNNALLY & FREEMAN, DDS
General Dentistry
2100 Hwy. 1431 W.     Marble Falls, TX 78654     Phone: 830/693-3646    Fax: 830/693-4061  www.healthysmilesforlife.com

JOEY PIATEK, DDS
General Dentistry
609 4th Street     Marble Falls, TX 78654     Phone: 830/693-4131    Fax: 830/693-9196

RITCHIE DENTAL GROUP, PA
GREG RITCHIE, DDS – MENDY RITCHIE, DDS
Cosmetic dentistry and Orthodontics to change lives. Our patients range in age from 2 to 92!
We would love to know you and your smile! Accepting new patients.
1000 Marble Heights Drive     Marble Falls, TX 78654     Phone: 830/693-8833  www.ritchiedentalgroup.com
HOURS: Monday, Wednesday, Friday 7:30 AM – 2:30 PM; Tuesday, Thursday 8:30 AM – 5:00 PM

ROTARY DENTAL SUITES
Low cost dental treatment for income qualified adults. Limited types of treatments. No dentures.
501 12th Street     First Baptist Church     Marble Falls, TX 78654     Phone: 830-693-0700
HOURS: Friday mornings 8:00 AM – 12:00 PM by appointment   $25 per visit
STANLEY DENTAL
JOHNNY R. STANLEY, DDS, FAGD, AIAOMT - LOGAN H. STANLEY, DDS
General Dentistry - Providing Safe, Comprehensive Dentistry - Oral & IV Sedation Available
802 Esperanza (in La Ventana) Marble Falls, TX 78654 Phone: 830/693-0748 www.stanleydental.net
HOURS: Monday through Friday 8:00 AM – 5:00 PM Most Insurances Accepted

GORDAN WALLING, DDS, NMD
General Dentistry
1220 West Highway 29 Bertram, TX 78605 Phone: 512/355-2115 Fax: 512/355-2076
HOURS: Wednesday and Friday 8:00 AM – 5:30 PM

DAYTON R. WARDEN, RPh, DDS
General Dentistry
1220 West Highway 29 Bertram, TX 78605 Phone: 512/355-2115 Fax: 512/355-2076
HOURS: Monday through Friday 8:00 AM – 5:30 PM

DERMATOLOGY

See Also: SKIN AND BODY CARE

MOLLIE JAN, DO SCOTT & WHITE SPECIALTY CLINIC
Dermatology
201 Bay West Boulevard Horseshoe Bay, TX 78657 Phone: 830/598-5968 Fax: 830/596-2187 cphillips@swmail.org www.swllano.org
HOURS: By appointment
Medicare & Most Major Insurance Accepted

MICHAEL J. MAJORS, MD MARBLE FALLS SPECIALTY CLINIC
Comprehensive Adult and Pediatric Dermatology
1002 9th Street Marble Falls, TX 78654 Phone: 830/997-0898 Fax: 830/997-6016
HOURS: Monday through Friday 8:00 AM – 4:00 PM
Medicare, Medicaid, Insurance Accepted

WESTLAKE DERMATOLOGY MARBLE FALLS
Comprehensive Adult and Pediatric Dermatology
507 Ranch Road 2147, #202 Marble Falls, TX 78654 Phone: 830/693-4800 www.westlakedermatology.com

ERIC ADELMAN, DO PAMELA WILLIAMS, MD
VITALOGY SKINCARE @ SPECIALTY CLINIC IN HORSESHOE BAY
Comprehensive Dermatology and MOHS Surgery
201 Bay West Boulevard Horseshoe Bay, TX 78657 Phone: 512/756-2525 www.vitalogyskincare.com
HOURS: Every other Thursday
Medicare and Most Major Health Plans Accepted
DIETITIAN

KELLY TARPLEY, RD, LD – SCOTT & WHITE HOSPITAL - LLANO
Dietician – Nutritional Services Consultation
200 West Ollie    LLANO, TX 78643    Phone: 325/247-5040 ktarpley@swmail.sw.org www.swllano.org
HOURS: Call for appointment
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Plans Accepted

SUZAN ROBINSON, RD, LD    SETON HIGHLAND LAKES HOSPITAL
Outpatient Nutritional Services for Diabetes, Heart Health and Weight Reduction
3201 South Water Street / Highway 281 South    Burnet, TX 78611    Phone: 512/715-3035
HOURS: Monday through Friday by appointment
Medicare, Medicaid, Insurance Accepted

EAR, NOSE & THROAT (see OTOLARYNGOLOGY)

FAMILY PRACTICE

PAUL CARSTENS, MD    SCOTT & WHITE CLINIC – MARBLE FALLS
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
706 Avenue G    Marble Falls, TX 78654    Phone: 830/693-8234    www.swllano.org
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Most Major Insurance Plans Accepted

CLARK CRAIG, MD    SCOTT & WHITE CLINIC – MARBLE FALLS
Primary Care (newborn to geriatric), Family Medicine, Obstetrics, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
706 Avenue G    Marble Falls, TX 78654    Phone: 830/693-8234    www.swllano.org
HOURS: Monday through Friday, By Appointment
Medicare, Medicaid, CHIP, Indigent Care, Most Major Insurance Plans Accepted

B. MICHAEL CRAVEY, MD    SCOTT & WHITE CLINIC – MARBLE FALLS
Primary Care, Family Medicine, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
706 Avenue G    Marble Falls, TX 78654    Phone: 830/693-8234    www.swllano.org
HOURS: By Appointment
Medicare, Medicaid, CHIP, Indigent Care, Most Major Insurance Plans Accepted

PETER DAVENPORT, MD    SCOTT & WHITE CLINIC – MARBLE FALLS
Primary Care (newborn to geriatric), Family Medicine, Obstetrics, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
706 Avenue G    Marble Falls, TX 78654    Phone: 830/693-8234    www.swllano.org
HOURS: Monday through Friday, By Appointment
Medicare, Medicaid, CHIP, Indigent Care, Most Major Insurance Plans Accepted

MICHAEL W. DICKEY, MD    TEXAS HILLS URGENT CARE CENTERS
Urgent and Emergent services including care for most injuries and illnesses. Occupational Health services to include drug screening and WMC injuries. Laboratory and Imaging services onsite.
1701 Highway 281 North 400    Marble Falls, TX 78654    Phone: 830/798-1122    www.thucc.com
Hours: Mon, Tues, Fri  8:00 AM – 7:30 PM; Wed, Thurs 8:30 AM – 7:30 PM; Sat 10:00AM – 8:00PM; Sunday 12:00PM – 5:00PM
Medicare, BC/BS, United Healthcare, Humana, PHCS, Cigna, Aetna, Scott & White, Molina and Superior CHIPS Accepted
WE DO NOT ACCEPT MEDICAID
AMY VAN DORFY, MD    LIVE OAK MEDICINE  
Family Medicine - Newborn to Geriatric  
608 Gateway Central, Suite 100     Marble Falls, TX 78654     Phone: 830/693-2005     Fax: 830/798-2006     www.liveoakmedicine.com  
HOURS: Monday through Friday 8:00 AM – 5:00 PM  
Most Insurances Accepted, Uninsured Patients Welcome

FAMILY WELLNESS CENTER, PA  
HORIS T. STEDMAN, MD  
Family Health Care Excluding Obstetrics  
2300 Highway 281 North     Marble Falls, TX 78654     Phone: 830/693-3621     Fax: 830/693-7487  
HOURS: Monday through Friday 8:30 AM – 5:00 PM  
Medicare, Insurance Accepted

LOUISE FORRISTER, MD    SCOTT & WHITE HOERSTER CLINIC - LLANO  
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray  
102 East Young Street     Llano, TX 78643     Phone: 325/247-4131     www.swllano.org  
HOURS: Tuesday by Appointment  
Medicare, Medicaid, CHIP, Indigent Care and Most Major Insurance Plans Accepted

SKYLAR S. FORRISTER, MD    SCOTT & WHITE HOERSTER CLINIC - LLANO  
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound  
102 East Young Street     Llano, TX 78643     Phone: 325/247-4131     www.swllano.org  
HOURS: Tuesday through Friday 8:00 AM – 5:00 PM, By Appointment  
(Second Practice Location) Scott & White Clinic San Saba 2005 W. Wallace     San Saba, TX 78677     Phone: 325/372-5163  
HOURS: Monday, By Appointment  
Medicare, Medicaid, CHIP, Indigent Care and Most Major Insurance Plans Accepted

JACK P. FRANKLIN, MD    SCOTT & WHITE CLINIC – HORSESHOE BAY  
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound  
100 Pecan Crossing     Horseshoe Bay, TX 78657     Phone: 830/598-4405     Fax: 830/596-2168  
jsumrall@swmail.sw.org     www.swllano.org  
HOURS: Monday, Tuesday, Thursday and Friday, by appointment  
Medicare, Medicaid, CHIP, Indigent Care and Most Major Insurance Plans Accepted

C.M. FRANZ, DO, FAAP    SETON BURNET HEALTHCARE CENTER, Bldg. I  
Family Practice  
200 CR 340-A Building I     Burnet, TX 78611     Phone: 512/715-3118     www.seton.net/shl  
HOURS: Monday through Friday 8:00 AM – 5:00 PM  
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

JOHN FREDERICK, MD    SCOTT & WHITE CLINIC – KINGSLAND  
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound  
105 FM 2342     Kingsland, TX 78639     Phone: 325/388-9400     Fax: 325/388-9417  
HOURS: Tuesday and Thursday 8:00 AM – 5:00 PM, By Appointment  
(Second Practice Location): Scott & White Hoerster Clinic - 102 East Young Street     Llano, TX 78643     Phone: 325/247-4131  
HOURS: Monday & Friday, By Appointment  
Medicare, Medicaid, CHIP, Indigent Care and Most Major Insurance Plans Accepted
**FAMILY PRACTICE CONTINUED**

**PETER G. GOSSELINK, MD  LIVE OAK MEDICINE**
Family Medicine - Newborn to Geriatric
608 Gateway Central, Suite 100 Marble Falls, TX 78654 Phone: 830/693-2005 www.liveoakmedicine.com
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Most Insurances Accepted, Uninsured Patients Welcome

**JOANNA GUENTNER, PhD, RNC, FNP  LIVE OAK MEDICINE**
Family Nurse Practitioner-Primary Care for Children and Adults
608 Gateway Central, Suite 100 Marble Falls, TX 78654 Phone: 830/693-2005 www.liveoakmedicine.com
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Most Insurances Accepted, Uninsured Patients Welcome

**ROB HAYS, MD  SCOTT & WHITE CLINIC – MARBLE FALLS**
Primary Care (newborn to geriatric), Family Medicine, Obstetrics, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
706 Avenue G Marble Falls, TX 78654 Phone: 830/693-8234 www.swllano.org
HOURS: Monday through Friday 8:00 AM – 5:00 PM, By Appointment
Medicare, Medicaid, CHIP, Indigent Care, Most Major Insurance Plans Accepted

**DAN DAVID HOERSTER, MD  SCOTT & WHITE HOERSTER CLINIC - LLANO**
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
102 East Young Street Llano, TX 78643 Phone: 325/247-4131 msorensen@swmail.sw.org www.swllano.org
HOURS: Monday, Tuesday, Wednesday, Friday 8:00 AM – 5:00 PM, By Appointment
Second Practice Location: Frontera Mason Clinic 216 E. College Mason, TX 76856 Phone: 325/347-5926 Thursday, By Appointment
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Plans Accepted

**JAY HUNTZINGER, MD  SETON LAMPASAS HEALTHCARE CENTER**
Family Practice
1205 Central TX Expressway Lampasas, TX 76550 Phone: 512-715-3118 www.seton.net/shl
HOURS: Monday through Friday 8:00 AM – 12:00 PM and 1:00 PM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurances Accepted

**SCOTT LIGGETT, MD  SCOTT & WHITE CLINIC – MARBLE FALLS**
Primary Care (newborn to geriatric), Family Medicine, Obstetrics, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
706 Avenue G Marble Falls, TX 78654 Phone: 830/693-8234 www.swllano.org
HOURS: Monday through Friday 8:00 AM – 5:00 PM, By Appointment
Medicare, Medicaid, CHIP, Indigent Care, Most Major Insurance Plans Accepted

**J. P. McCURDY, MD**
Family Practice
2503 Highway 281 North, Suite 300 Marble Falls, TX 78654 Phone: 830/693-3650 Fax: 830/693-3270
HOURS: Monday, Tuesday, Wednesday, Friday 8:30 AM – 5:00 PM; Thursday 8:30 AM – 12:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

**GRADY MILLER, DO  SCOTT & WHITE CLINIC – KINGSLAND**
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
105 FM 2342 Kingsland, TX 78639 Phone: 325/388-9400 Fax: 325/388-9417
HOURS: Monday through Friday 8:00 AM – 5:00 PM, By Appointment
RYAN MORRIS, OD  SCOTT & WHITE CLINIC – KINGSLAND
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
105 FM 2342  Kingsland, TX 78639  Phone: 325/388-9400  Fax: 325/388-9417
HOURS: Monday, Wednesday, Friday 8:00 AM – 5:00 PM, By Appointment
(Second Practice Location): Scott & White Clinic Marble Falls - 706 Avenue G  Marble Falls, TX 78654  Phone: 830/693-8234  www.swllano.org
HOURS: Tuesday & Thursday, By Appointment
Medicare, Medicaid, CHIP, Indigent Care and Most Major Insurance Plans Accepted

AMY L. OFFUTT, MD – BELLA MEDICAL SPA
Family Practice – Health & Wellness Programs – Medical Aesthetic Services
707 3rd Street  Marble Falls, TX 78654  Phone: 830/693-9355  www.bellamedispa.com
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Insurance Accepted

JANICE PRUESSNER, MD  SCOTT & WHITE HOERSTER CLINIC - LLANO
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray
102 East Young Street  Llano, TX 78643  Phone: 325/247-4131  Fax: 325/248-2099
HOURS: Wednesday, Thursday, Friday, By Appointment
Second Practice Location: 105 FM 2342  Kingsland, TX 78639  Phone: 325/388-9400
HOURS: Monday, By Appointment
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted

KIM RUSSELL, MD  SCOTT & WHITE CLINIC – KINGSLAND
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
105 FM 2342  Kingsland, TX 78639  Phone: 325/388-9400  Fax: 325/388-9417
HOURS: Monday, Wednesday, Thursday, Friday morning, By Appointment

RAY SPAW, MD  SETON MARBLE FALLS HEALTHCARE CENTER
Family Practice
700 Hwy 281, Marble Falls 78654  Phone: 512-715-3118  www.seton.net/shl
HOURS: Monday through Friday 8:00 AM –5:00PM
Medicare, Medicaid, CHIP, Indigent Care, Insurances Accepted

KELLY TUCKER, MD  SCOTT & WHITE HOERSTER CLINIC - LLANO
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray
102 East Young Street  Llano, TX 78643  Phone: 325/247-4131  Fax: 325/248-2099
HOURS: Monday through Friday, By Appointment
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted

CRAIG WHITING, DO  SCOTT & WHITE CLINIC - SAN SABA
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray
205 West Wallace  San Saba, TX 76877  Phone: 325/372-5163  mumble@swmail.sw.org
HOURS: Monday through Friday 8:00 AM – 5:00 PM, By Appointment
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted
FIRST AID – CPR CLASSES

MARBLE FALLS AREA EMS
The certification we provide you is through the American Heart Association, and each card we issue is good for two years.
Classes are normally held at the Marble Falls Area EMS training room at 609 Industrial Blvd. in Marble Falls, but they also can be held at your workplace if that is more convenient for you. Depending on the group, most classes last about three and a half to four and a half hours.
Please contact Vaughn Hamilton: write to vhamilton@mfaems.org or call 830-798-3885 or 830-693-7277.

GASTROENTEROLOGY

PRADEEP KUMAR, MD  SCOTT & WHITE SPECIALTY CLINIC – HORSESHOE BAY
Gastroenterology
201 Bay West Blvd.  Horseshoe Bay, TX 78657  Phone: 830/598-5968
HOURS: By Appointment
Medicare and Most Major Insurance Accepted

GYNECOLOGY

LISA M. JUKES, MD
Gynecology, Health & Wellness
Treaty Oak Bank Bldg. 507 RR 2147, Suite 202 Marble Falls, TX 78654  Phone: 512/301-6767
HOURS in Marble Falls: Monday 8:30-3:30

LEE ROY RICE, MD, FACOG  SETON HIGHLAND LAKES SPECIALTY CLINIC Building III
General Gynecology - Urogynecology
200 County Road 340-A  Burnet, TX 78611  Phone: 512/715-3118  www.seton.net/shl
HOURS: Monday through Friday 8:00 AM - 5:00 PM
Medicare, Medicaid, CHIP, County Indigent, Insurance Accepted

HEALTH CENTERS

BELLA MEDICAL SPA - AMY L. OFFUTT, MD
Family Practice – Health & Wellness Programs – Medical Aesthetic Services
707 3rd Street  Marble Falls, TX 78654  Phone: 830/693-9355  www.bellamedispa.com
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Insurance Accepted

CHILDREN’S HEALTH CENTER, PA
Well child exams, Immunizations, Acute Care, Developmental Screening, ADHD Treatment, Adolescent Health
1123 Highway 1431 West  Marble Falls, TX 78654  Phone: 830/693-3988  www.hillcountrydocs.com
HOURS: Monday through Thursday 8:00 AM – 5:00 PM; Friday 8:00 AM – 4:00 PM
Most all plans including CHIPS and Medicaid accepted

FRONTERA HEALTHCARE - MASON CLINIC
Primary Care (newborn to geriatric), Family Medicine, Obstetrics, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray
216 East College  Mason, TX 76856  Phone: 325/347-5926  Fax: 325/347-5331
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted
HEALTH CENTERS CONTINUED

HILL COUNTRY HEALTHCARE CENTER
Skilled Nursing and Rehabilitation Facility
507 East Green Street    Llano, TX 78643    Phone: 325/247-4115    Fax: 325/247-3978    HOURS: 24 hour admissions
Medicare, Medicaid

KILLEEN - FREE CLINIC
Patients are seen on a first come, first served basis. Generally, a family practice physician assistant and a licensed physician will be on duty.
718 N. 2nd Street    Killeen, TX    Phone: 254/618-4211
HOURS: Monday through Thursday 9:00 AM – 4:00 PM; Monday & Thursday Evening Clinic check-in: 3:30
Persons must be uninsured and not eligible for other health care programs.

KINGSLAND HILLS CARE CENTER
Long term skilled nursing care, short term rehabilitation care with speech therapy, occupational therapy and physical therapy.
3727 FM 1431 W    Kingsland, TX 78639    Phone: 325/388-4538
HOURS: 24/7/365
Medicare, Medicaid and Most Major Insurance Plans Accepted

LIVE OAK MEDICINE
Treatment of acute and chronic health problems, disease prevention, and health maintenance for patients of all ages
608 Gateway Central, Suite 100    Marble Falls, TX 78654    Phone: 830/693-2005    www.liveoakmedicine.com
CLINIC HOURS: Monday through Friday 8:00 AM – 5:00 PM; PHONE HOURS: 8:00 AM - 12:00 PM / 1:00-5:00PM
Most Insurances Accepted, Uninsured Patients Welcome

MARBLE FALLS SPECIALTY CLINIC
Specialists from Fredericksburg
1002 Ninth St, Suite A    Marble Falls, TX 78654    Phone: 830/693-7248    Fax: 830/693-3859    HOURS: Call for Appointment
Medicare, Medicaid, Insurance Accepted

RAPIDCARE CLINIC
Quality medical care for non-emergency/acute treatment in a quick & friendly environment
13750 Hwy 29 West, Suite 105    Liberty Hill, TX 78642    Phone: 512/778-6885    Fax: 512/778-9032
HOURS: Monday through Friday 8:00 AM – 6:00 PM

SCOTT & WHITE CLINIC – BURNET
Primary Care, Family Medicine, Preventative Care
101 E. Jackson Street    Burnet, TX 78611    Phone: 512/756-7510    www.sw.org
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Most Major Insurance Plans Accepted

SCOTT & WHITE CLINIC – HORSESHOE BAY
Primary Care (newborn to geriatric), Family Medicine, Obstetrics, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
100 Pecan Crossing    Horseshoe Bay, TX 78657    Phone: 830/598-4405    www.swllano.org
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Plans Accepted

SCOTT & WHITE CLINIC – KINGSLAND
Primary Care (newborn to geriatric), Family Medicine, Obstetrics, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
105 FM 2342    Kingsland, TX 78639    Phone: 325/388-3515    www.swllano.org
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Plans Accepted
HEALTH CENTERS CONTINUED

SCOTT & WHITE HOERSTER CLINIC - LLANO
Primary Care (newborn to geriatric), Family Medicine, Obstetrics, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women's Health Care, On-Site Laboratory, On-Site X-ray including ultrasound

102 East Young Street  Llano, TX 78643  Phone: 325/247-4131  Fax: 325/248-2099
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted

SCOTT & WHITE CLINIC - MARBLE FALLS
Primary Care (newborn to geriatric), Family Medicine, Obstetrics, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women's Health Care, On-Site Laboratory, On-Site X-ray including ultrasound

706 Avenue G  Marble Falls, TX 78654  Phone: 830/693-8234  www.swllano.org
HOURS: Monday through Friday 8:00 AM – 7:00 PM
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Plans Accepted

SCOTT & WHITE CLINIC – SAN SABA
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women's Health Care, On-Site Laboratory, On-Site X-ray

205 West Wallace  San Saba, TX 76877  Phone: 325/372-5163  mumble@swmail.sw.org
HOURS: Monday through Friday 8:00 AM – 5:00 PM, By Appointment
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted

SCOTT & WHITE SPECIALTY CLINIC – HORSESHOE BAY
Specialty Services: Dermatology, Gastroenterology, Gynecology, Neurology, Neurological Surgery, Orthopaedics, Spine Specialist, Rheumatological Diseases, Sleep Medicine Consult Clinic, Rehab (PT, ST, OT) Services, Bone Density, Sleep Center

201 Bay West Blvd.  Horseshoe Bay, TX 78657 Phone: 830/598-5968  www.swllano.org
HOURS: Monday through Friday, By Appointment
Most Major Insurance Accepted; Call to confirm.

SETON BERTRAM HEALTHCARE CENTER
Primary Healthcare Services for All Ages

160 North Lampasas Street  Bertram, TX 78605  Phone: 512/715-3118  www.seton.net/shl
HOURS: Monday, Tuesday, Wednesday, Friday 8:00 AM – 5:00 PM; Thursday 8:00 AM – 12:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

SETON BURNET HEALTHCARE CENTER Building I
Comprehensive Healthcare Services for All Ages

200 County Road 340A, Suite 2  Burnet, TX 78611  Phone: 512/715-3118  www.seton.net/shl
HOURS: Monday through Friday 8:00 AM – 12:00 PM and 1:00 PM – 5:00 PM
Coumadin Clinic every Thursday 8:30 AM – 11:30 AM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

SETON HIGHLAND LAKES SPECIALTY CLINIC Building II
Orthopedics – Orthopedic Surgery – Knee & Hip Replacements

200 County Road 340A, Suite 2  Burnet, TX 78611  Phone: 512/715-3118  www.seton.net/shl
HOURS: Monday through Friday 8:00 AM – 12:00 PM and 1:00 PM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

SETON HIGHLAND LAKES SPECIALTY CLINIC Building III

202 County Road 340-A  Burnet, TX 78611  Phone: 512/715-3046 or 512/715-3118  www.seton.net/shl
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted
HEALTH CENTERS CONTINUED

SETON LAMPASAS HEALTHCARE CENTER
Primary Care - Family Practice - Routine Office Gynecology - Well Child Exams - Immunizations - Asthma Care

1205 Central TX Expressway Lampasas, TX 76550 Phone: 512/715-3118 www.seton.net/shl
HOURS: Monday through Friday 8:00 AM – 12:00 PM and 1:00 PM – 5:00 PM
Medicare, Medicaid, Indigent Care, Insurance Accepted

SETON KINGSLAND HEALTHCARE CENTER
Primary Care - Family Practice - Routine Office Gynecology - Well Child Exams - Immunizations

Phone: 512/715-3118 www.seton.net/shl
HOURS: Monday through Friday 8:00 AM – 12:00 PM and 1:00 PM – 5:00 PM
Coumadin Clinic every Thursday 8:30 AM – 11:30 AM
Medicare, Medicaid, Indigent Care, Insurance Accepted

SETON MARBLE FALLS HEALTHCARE CENTER
Comprehensive Healthcare Services for All Ages
Primary Care – Family Practice – Pediatrics - Gynecology – Laboratory Services – Specialty Care – Immunizations – Asthma Care – Outpatient Physical Therapy – Rehabilitation, Including Speech Therapy - Comprehensive Women’s Center and Imaging Services; Mammography – Bone Density – Ultrasound

700 Highway 281 Marble Falls, TX 78654 Phone: 512/715-3118 www.seton.net/shl
HOURS: Monday through Friday 8:00 AM – 12:00 PM and 1:00 PM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

SPECIALTY CLINICS OF MARBLE FALLS
Specialists

2503 North Highway 281 Marble Falls, TX 78654 Phone: 830/693-7942
HOURS: Call for Appointment - Insurance Accepted

TEXAS HILLS URGENT CARE CENTERS
Urgent and Emergent services including care for most injuries and illnesses. Occupational Health services to include drug screening and WMC injuries. Laboratory and Imaging services onsite.

1701 Highway 281 North 400 Marble Falls, TX 78654 Phone: 830/798-1122 www.thucc.com
Hours: Mon, Tues, Fri 8:00 AM – 7:30 PM; Wed, Thurs 8:30 AM – 7:30 PM; Sat 10:00AM – 8:00PM; Sunday 12:00PM – 5:00PM
Medicare, BC/BS, United Healthcare, Humana, PHCS, Cigna, Aetna, Scott & White, Molina and Superior CHIPS Accepted
WE DO NOT ACCEPT MEDICAID

HEMATOLOGY

GLENN G. PRESTON, MD, PhD – THOMAS D. FISHER, MD
CANCER CARE CENTERS OF SOUTH TEXAS
Cancer Treatment, Evaluation, and Consultation. Hematology Evaluation

1100 Mission Hills Drive, Suite 200 Marble Falls, TX 78654 Phone: 830/693-4075 Fax: 830/693-8630 www.cancercaresouthtexas.com
HOURS: Monday through Friday 8:30 AM – 5:00 PM
Medicare, Medicaid and Most Private Insurances Accepted
HOME HEALTH

AUXI HEALTHCARE SERVICES
Provides In-home Medical and Personal Assistant Service – Skilled Nursing – Home Health Aides – Physical & Occupational Therapy Services
106 West Avenue B Lampasas, TX 78660 Toll Free: 866/656-3741
1920 Birdcreek Drive Temple, TX 76502 Toll Free: 800/234-9479

COMFORCARE SENIOR SERVICES
Provides Personal Assistant Services – Assisted Living at Home – Transportation – Companions – Home Health Aides
Certified Nurse Aides – NON-MEDICAL
Licensed, Bonded, Insured
Phone: 512/402-9599 www.comforecare.com Email: txhillcountry@comforcare.com

GIRLING HEALTH CARE
Provides Home Health and Hospice Service – Nursing – Rehabilitative Therapies – Home Health Aides – Social Workers – Chaplains
1803 East Polk Street, Suite 103 Burnet, TX 78611 Phone: 512/756-8856 Toll Free: 800/809-8856
Medicare, Medicaid, Insurance Accepted

HILL COUNTRY HOME HEALTH
Skilled Nursing – Home Health Aides – Physical Therapy – Speech Therapy – Occupational Therapy – MSW
705 Highway 281, Suite 201 Marble Falls, TX 78654 Phone: 830/798-2989 www.carecyclesolutions.net
HOURS: Monday through Friday 8:00 AM – 5:00 PM; 24 hours on-call
Medicare, Medicaid, Insurance Accepted

HILL COUNTRY MEMORIAL HOME CARE
Full service home care- Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, MSW, home health aids
808 Reuben Street Fredericksburg, TX 78624 Phone: 830/997-1559 www.hillcountrymemorial.org
HOURS: Monday through Friday 8-5, 24 hour on call
Medicare, Medicaid, Insurance, Private Pay Accepted

HOME HEALTH SERVICES OF MASON, KIMBLE AND MENARD, INC.
Skilled Nursing Care – Home Health Aides Service – Physical and Occupational Therapy – IV Therapy at Home – Internal Feeding - Speech Therapy – Nutritional Counseling and Much More
209 West Ollie Street Llano, TX 78643 Phone: 325/248-0443 Fax: 325/248-0642 Email: homemkm@nctc.net www.mkmhomehealth.com
HOURS: Open 7 Days a Week, 24 Hours a Day

OUTREACH HEALTH SERVICES
Medicare Home Health Services –Skilled Nursing – Home Health Aide – Physical, Speech, & Occupational Therapies – Emergency Response Services – Compassionate Attendant Care Services
706 4th Street Marble Falls, TX 78654 Phone: 830/693-1963 or 800/591-1963 www.outreachhealth.com

SCOTT & WHITE HOME CARE AND HOSPICE - LLANO
Skilled Nursing Care, Home Health Aide Services, Physical, Speech and Occupational Therapy, Social Worker, Volunteer and Chaplain Services
1100 Ford Street Llano, TX 78643 Phone: 325/248-0103 www.swllano.org
Office Hours: Monday through Friday 8:00 AM to 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted

SETON HIGHLAND LAKES HOME HEALTH
Services Include: Skilled Nursing – Physical, Occupational and Speech Therapy – Social Services – Home Health Aide
409 Industrial Blvd. Burnet, TX 78611 Phone: 512/756-7511 Fax: 512/756-8046 www.seton.net/shl
HOURS: Monday through Friday 8:30 AM – 12:00 PM and 1:00 PM – 5:00 PM
Medicare, Medicaid, Indigent Care, Insurance Accepted
HOME HEALTH CONTINUED

STANDARDS HOME HEALTH
Services Include: Skilled Nursing – Specialized Nursing - Home Health Aide – Physical Therapy – Occupational Therapy
Speech Therapy – Social Services

1811 Hwy. 281 N. Ste. 10  Marble Falls, TX 78654  Phone: 830/265-4274 Toll Free: 855/302-3704
1602 East Avenue J  Lampasas, TX 76550  Phone: 512/556-8000

TEXAS HOME HEALTH SKILLED SERVICES
1100 Mission Hill, #100  Marble Falls, TX 78654  Phone: 830/798-8272  Fax: 830/798-1025  www.txhha.com

HOSPICE

HILL COUNTRY MEMORIAL HOSPICE
HCM Hospice offers Hill Country residents a robust package of comfort care services for anyone living with a life-limiting illness. HCM Hospice is your trusted resource for terminal care planning. Anyone may inquire or refer to hospice.

2511 Hwy. 281 N.  Marble Falls, TX 78654  Phone: 800/859-3169  www.hillcountrymemorial.org
HOURS: Available 24/7
Medicare, Medicaid, and some private insurances offer a hospice benefit. Unique to HCM Hospice and due to generous donations, no medically eligible individual is denied care based on funding.

LIGHTHOUSE HOSPICE

Palliative Care:  Nursing - Home Health Aides - Social Worker - Chaplain - Volunteers

608 Gateway Central #101  Marble Falls, TX 78654  Phone: 830/798-8794  www.lighthouse-hospice.com
HOURS: Monday through Friday 8:00 AM – 5:00 PM; Available 24/7
Medicare, Medicaid, Private Insurance Accepted

SCOTT & WHITE HOME CARE AND HOSPICE - LLANO
Skilled Nursing Care, Home Health Aide Services, Physical, Speech and Occupational Therapy, Social Worker, Volunteer and Chaplain Services

1100 Ford Street  Llano, TX 78643  Phone: 325/248-0103  www.swllano.org
Office Hours: Monday through Friday 8:00 AM to 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted

SETON HIGHLAND LAKES HOSPICE
Non-profit agency that helps terminally ill patients and their families maintain personal dignity and enhance the quality of life that remains. Services include: Skilled Nursing – Home health Aides – Social Workers – Chaplains

409 Industrial Blvd.  PO Box 1219  Burnet, TX 78611  Phone: 512/756-8003  Fax: 512/756-8046  www.seton.net/shl
HOURS: Monday through Friday 8:30 AM – 12:00 PM and 1:00 PM – 5:00 PM
Medicare, Medicaid, Indigent Care, Insurance Accepted

HOSPITALS

ROLLINS BROOK COMMUNITY HOSPITAL - LAMPASAS
Licensed 25 Bed Critical Access Hospital, 24 Hour Physician staffed Emergency Dept, Surgery (Inpatient and out-Patient), Laboratory, Imaging Center, MRI, Rehabilitation Services, Wound Care, Home Health, Cardiopulmonary Services, Skilled Care Nursing

608 Key Ave. Lampasas, TX 76550  Phone: 512/556-3682  www.mplex.org
HOURS: 24 hours a day, 7 days a week
Insurance Accepted
HOSPITALS CONTINUED

SCOTT & WHITE HOSPITAL - LLANO
Full service hospital, 24-hour physician staffed Emergency Department, Obstetrics, Med-Surg, Surgery, Laboratory, Imaging Center, Nuclear Medicine, MRI, Rehabilitation Services (Physical, Speech & Occupational Therapy), Home Care and Hospice

200 W. Ollie  Llano, TX 78643  Phone: 325/247-5040  Fax: 325/248-2108  HOURS: 24 hours a day, 7 days a week
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted

SETON HIGHLAND LAKES HOSPITAL
24-Hour Emergency Services – Physical Therapy – Laboratory Services – General Surgery – Full Service Radiology
Cardiopulmonary Services – Outpatient Infusion Center

3201 South Water Street (Hwy 281 S.)  Burnet, TX 78611  Phone: 512/715-3000  Fax: 512/756-6405  www.seton.net/shl
HOURS: 24/7  Joint Commission Accredited – Nurse-Friendly Designation of Texas Nurses Association
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

IMAGING

MARBLE FALLS IMAGING CENTER
Medical Diagnostic Imaging Services Including: Open MRS – High Field MRS – Breast-Specific Nuclear Scan – Cat Scan
Mammography – Ultrasound – Nuclear Medicine – Fluoroscopy – Bone Density – Xray

802 Avenue J  Marble Falls, TX 78654  Phone: 830/693-9729  Fax: 830/693-9736  HOURS: Monday through Friday 8:30 AM – 5:00 PM
Medicare, Medicaid, CHIP, Insurance Accepted

SCOTT & WHITE HOSPITAL - LLANO
CT, MRI, Nuclear Medicine, Fluoroscopy, Mammography, Ultrasound, X-ray

200 W. Ollie  Llano, TX 78643  Phone: 325/247-5040  Fax: 325/248-2108  HOURS: 24 hours a day, 7 days a week
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted

SCOTT & WHITE SPECIALTY CLINIC HORSESHOE BAY – BONE DENSITY
Bone Density Testing

201 Bay West Blvd.  Horseshoe Bay, TX 78657  Phone: 830/598-5968  www.swllano.org
HOURS: Tuesday and Wednesday, By Appointment
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted

SETON HIGHLAND LAKES HOSPITAL
64-Slice CT Scan – Calcium Scoring Tests – Nuclear medicine – CTAs – 3-D Heart Studies – MRI – Ultrasound – Fluoroscopy – X-Ray Echo Cardiology – Bone Density – Digital Mammography (830/693-8733)

3201 South Water Street / Highway 281 South  Burnet, TX 78611  Phone: 512/715-3090  www.seton.net/shl
HOURS: Monday through Friday 8:00 AM – 4:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

SETON MARBLE FALLS HEALTHCARE CENTER - WOMEN'S CENTER
Medical Diagnostic Imaging Services – Digital Mammography – Bone Densitometry – Ultrasound

700 Highway 281  Marble Falls, TX 78654  Phone: 830/693-8733  www.seton.net/shl
HOURS: Monday through Friday 8:00 AM – 12:00 PM and 1:00 PM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

SYNERGY ADVANCED IMAGING
Offering 1.5 Tesla MRI, Multi-slice CT, Ultrasound, Nuclear Medicine, X-ray and Fluoroscopy

2511 Hwy. 281 N., #300  Marble Falls, TX 78654  Phone: 830/693-1400
INTERNAL MEDICINE

YUE DENG, MD  SETON BURNET HEALTHCARE CENTER Building I
Internal Medicine
200 CR 340-A  Burnet, TX 78611  Phone: 512/715-3118  www.seton.net/shl
HOURS: Monday through Friday 8:00 AM – 10:30 PM and 11:30 PM – 2:15 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

ROBERT A. GRAVES, DO  SETON BURNET HEALTHCARE CENTER Building I
Internal Medicine
200 CR 340-A  Burnet, TX 78611  Phone: 512/715-3118  www.seton.net/shl
HOURS: Monday through Friday 8:00 AM – 12:00 PM and 1:30 PM – 5:00 PM  Coumadin Clinic every Thursday 8:30 AM – 11:30 AM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

LIVE OAK MEDICINE
Treatment of acute and chronic health problems, disease prevention, and health maintenance for patients of all ages
608 Gateway Central, Suite 100  Marble Falls, TX 78654  Phone: 830/693-2005  www.liveoakmedicine.com
CLINIC HOURS: Monday through Friday 8:00 AM – 5:00 PM; PHONE HOURS: 8:00 AM -12:00 PM / 1:00-5:00PM
Most Insurances Accepted, Uninsured Patients Welcome

JULIETTE MADRIGAL-DERSCH, MD
Board Certified: Internal Medicine / Pediatrics
715 East FM 1431  Marble Falls, TX 78654  Phone: 830/693-0555  Fax: 830/693-9356
HOURS: Monday, Tuesday, Thursday & Friday 9:00 AM – 5:00 PM; Closed Wednesday
Fee for Service, No Insurance Necessary

SIDNEY SHINKAWA, MD  SETON MARBLE FALLS HEALTHCARE CENTER
700 Hwy 281, Marble Falls, Phone: 512-715-3118
HOURS: MONDAY through FRIDAY 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Insurance Accepted

TERRY TURNER, MD  SCOTT & WHITE CLINIC – HORSESHOE BAY
Internal Medicine, Bariatric Medicine  Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray
100 Pecan Crossing  Horseshoe Bay, TX 78657  Phone: 830/598-4405  Fax: 830/596-2168
jsumrall@swmail.sw.org  www.swllano.org
HOURS: Monday through Friday, by appointment
Medicare, Medicaid, CHIP, Indigent Care and Most Major Insurance Plans Accepted

LABORATORY

SCOTT & WHITE CLINIC – HORSESHOE BAY
100 Pecan Crossing  Horseshoe Bay, TX 78657  Phone: 830/598-4405  www.swllano.org
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Plans Accepted

SCOTT & WHITE CLINIC – KINGSLAND
105 FM 2342  Kingsland, TX 78639  Phone: 325/388-3515  www.swllano.org
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Plans Accepted
LABORATORY CONTINUED

SCOTT & WHITE HOERSTER CLINIC - LLANO
102 East Young Street  Llano, TX 78643  Phone: 325/247-4131  Fax: 325/248-2099
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted

SCOTT & WHITE CLINIC - MARBLE FALLS
706 Avenue G  Marble Falls, TX 78654  Phone: 830/693-8234  www.swllano.org
HOURS: Monday through Friday 8:00 AM – 7:00 PM
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Plans Accepted

SCOTT & WHITE CLINIC – SAN SABA
205 West Wallace  San Saba, TX 76877  Phone: 325/372-5163  mumble@swmail.sw.org
HOURS: Monday through Friday 8:00 AM – 5:00 PM, By Appointment
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted

SCOTT & WHITE HOSPITAL - LLANO
200 W. Ollie  Llano, TX 78643  Phone: 325/247-5040  Fax: 325/248-2108  HOURS: 24 hours a day, 7 days a week
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted

SETON HIGHLAND LAKES OUTPATIENT LAB - BURNET  Building III
200 County Road 340-A  Burnet, TX 78611  Phone: 512/715-3118  www.seton.net/shl
HOURS: Monday through Thursday 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

SETON HIGHLAND LAKES OUTPATIENT LAB – MARBLE FALLS
700 Hwy 281, Marble Falls, TX 78654  Phone: 830-693-8736  www.seton.net/shl
HOURS: Monday through Thursday 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

MEDICAL SUPPLIES
DENT OFFUTT  CHOICE MEDICAL SUPPLY
Durable Medical Equipment – Oxygen – Nebulizers – Hospital Beds – Wheelchairs – Walking Aides Bath Aides – Scooters – Sales, Service and Rentals
1705 Highway 1431 West  Marble Falls, TX 78654  Phone: 830/798-9248  Fax: 830/798-9249
HOURS: Monday through Friday 8:30 AM – 5:00 PM  24 hour service
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

PROVIDA CARE MEDICAL SUPPLY
Home Medical Equipment – Oxygen – Sleep Therapy – CPAP/BiPAP – Hospital Beds – Wheelchairs – Ambulatory Aides
1008 Highway 281  Marble Falls, TX 78654  Phone: 830/693-7363 or 866/7372414
Will handle medical filings for you

NEPHROLOGY
JAY REDDY, MD  SETON HIGHLAND LAKES SPECIALTY CLINIC  Building II
Provides state-of-the-art diagnosis and treatment of Nephrology disorders
200 County Road 340-A  Burnet, TX 78611  Phone: 512/715-3118  www.seton.net/shl
HOURS: Monday through Thursday 8:00 AM – 5:00 PM
Medicare, Medicaid, Indigent Care, Insurance Accepted
NEUROLOGY

LAWRENCE BUXTON, MD, PhD, Diplomate, American Board of Psychiatry & Neurology
SETON HIGHLAND LAKES SPECIALTY CLINIC Building III
Provides state-of-the-art diagnosis and treatment of neurological disorders including:
200 County Road 340-A  Burnet, TX 78611  Phone: 512/715-3046 or 512/715-3118  www.seton.net/shl
HOURS: Monday through Thursday 8:00 AM – 5:00 PM
Medicare, Medicaid, Indigent Care, Insurance Accepted

NEUROLOGY TOAN VU, MD SCOTT & WHITE SPECIALTY CLINIC – HORSESHOE BAY
Neurological Disorders
201 Bay West Blvd.  Horseshoe Bay, TX 78657  Phone: 830/598-5968  Fax: 830/596-2187
HOURS: By Appointment
Medicare, Insurance Accepted

NEUROSURGERY

DOUGLAS FOX, MD SCOTT & WHITE SPECIALTY CLINIC – HORSESHOE BAY
Neurosurgery
201 Bay West Blvd.  Horseshoe Bay, TX 78657  Phone: 830/598-5968  Fax: 830/596-2187
HOURS: By Appointment

NURSE PRACTITIONER

JANET ANDERSON, RN, WHNP LIVE OAK MEDICINE
Women’s Annual Wellness Exams, Incontinence, Prolapse, Vaginal Problems, Pessary Fittings
608 Gateway Central, Suite 100  Marble Falls, TX 78654  Phone: 830/693-2005
HOURS: Monday-Friday 8:00AM – 5:00PM
Most Insurances Accepted, Uninsured Patients Welcome

BELLA MEDICAL SPA
Family Practice – Health & Wellness Programs – Medical Aesthetic Services
707 3rd Street  Marble Falls, TX 78654  Phone: 830/693-9355  www.bellamedispa.com
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Insurance Accepted

RENE FUNKHOUSER, RN, FNP-C SETON BURNET HEALTHCARE CENTER Building I
Primary Care – Family Practice – Routine Gynecology
200 CR 340-A  Burnet, TX 78611  Phone: 512/715-3118  www.seton.net/shl
HOURS: Monday through Friday 8:00 AM- 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

JOANNA GUENTHER, FNP, PhD - LIVE OAK MEDICINE
Newborn to Geriatric.  Acute illnesses, chronic illnesses, routine preventive care, sports/camp physicals, DOT physicals
608 Gateway Central, Suite 100  Marble Falls, TX 78654  Phone: 830/693-2005  www.liveoakmedicine.com
CLINIC HOURS: Monday through Friday 8:00 AM – 5:00 PM
Most Insurances Accepted, Uninsured Patients Welcome
CHANDRA IRVIN, RN, FNP-C  SETON CARE–A–VAN (Pediatric Mobile Health Van)  
Providing healthcare services for children from birth to 18 years of age  
Minor Illness – Well Child Exams (Including Head Start physical exams) – Immunizations – Asthma Care – Social Services – Se habla Español  
Mailing Address: PO Box 1219 Burnet, TX 78611 Phone: 830/596-3081 www.seton.net/shl  
HOURS: (Hours are subject to change. Please phone ahead to verify schedule.)

<table>
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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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| Kingsland  
Packsaddle Elementary  
9:00 AM – 12:00 PM | Granite Shoals  
Highland Lakes Elem.  
9:00 AM – 12:00 PM  
1:00 PM – 4:00 PM | Marble Falls  
Cotl Elementary  
10:00 AM – 1:00 PM  
2:00 PM – 6:00 PM | Bertram  
Bertram Elementary  
12:00 PM – 5:00 PM | Burnet  
Burnet Elementary  
9:00 AM – 12:00 PM  
1:00 PM – 4:00 PM |

Medicaid, CHIP, Indigent Care, Insurance Accepted

KATHRYN JORDAN, FNP  SCOTT & WHITE HOERSTER CLINIC – LLANO  
Primary Care - Family Medicine  
200 W. Ollie  
Llano, TX 78643  
Phone: 325/247-4131  
HOURS: By Appointment  
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted

JENNIFER RODGES, RN, FNP-BC  SETON MARBLE FALLS HEALTHCARE CENTER  
Family Medicine  
700 Hwy 281  
Marble Falls, TX 78654  
Phone: 512-715-3118 www.seton.net/shl  
HOURS: Monday through Friday 8:00 AM – 5:00 PM  
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

PAULA THEODOSIS, FNP  SCOTT & WHITE CLINIC – SAN SABA  
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray  
2005 W. Wallace  
San Saba, TX 78677  
Phone: 325/372-5463  
HOURS: By Appointment  
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted

OBSTETRICS

CLARK CRAIG, MD  SCOTT & WHITE CLINIC – MARBLE FALLS  
Primary Care (newborn to geriatric), Family Medicine, Obstetrics, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound  
706 Avenue G  
Marble Falls, TX 78654  
Phone: 830/693-8234 www.swllano.org  
HOURS: Monday through Friday, By Appointment  
Medicare, Medicaid, CHIP, Indigent Care, Most Major Insurance Plans Accepted

PETER DAVENPORT, MD  SCOTT & WHITE CLINIC – MARBLE FALLS  
Primary Care (newborn to geriatric), Family Medicine, Obstetrics, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound  
706 Avenue G  
Marble Falls, TX 78654  
Phone: 830/693-8234 www.swllano.org  
HOURS: Monday through Friday, By Appointment  
Medicare, Medicaid, CHIP, Indigent Care, Most Major Insurance Plans Accepted

ROB HAYS, MD  SCOTT & WHITE CLINIC – MARBLE FALLS  
Primary Care (newborn to geriatric), Family Medicine, Obstetrics, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound  
706 Avenue G  
Marble Falls, TX 78654  
Phone: 830/693-8234 www.swllano.org  
HOURS: Monday through Friday 8:00 AM – 5:00 PM, By Appointment  
Medicare, Medicaid, CHIP, Indigent Care, Most Major Insurance Plans Accepted
SKYLAR S. FORRISTER, MD SCOTT & WHITE HOERSTER CLINIC - LLANO
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women's Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
102 East Young Street Llano, TX 78643 Phone: 325/247-4131 www.swllano.org
HOURS: Tuesday through Friday 8:00 AM – 5:00 PM, By Appointment
(Second Practice Location) Scott & White Clinic San Saba 2005 W. Wallace San Saba, TX 78677 Phone: 325/372-5163
HOURS: Monday, By Appointment
Medicare, Medicaid, CHIP, Indigent Care and Most Major Insurance Plans Accepted

GRADY MILLER, DO SCOTT & WHITE CLINIC – KINGSLAND
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
105 FM 2342 Kingsland, TX 78639 Phone: 325/388-9400 Fax: 325/388-9417
HOURS: Monday through Friday 8:00 AM – 5:00 PM, By Appointment

RYAN MORRIS, OD SCOTT & WHITE CLINIC – KINGSLAND
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
105 FM 2342 Kingsland, TX 78639 Phone: 325/388-9400 Fax: 325/388-9417
HOURS: Monday, Wednesday, Friday 8:00 AM – 5:00 PM, By Appointment
(Second Practice Location): Scott & White Clinic Marble Falls - 706 Avenue G Marble Falls, TX 78654 Phone: 830/693-8234 www.swllano.org
HOURS: Tuesday & Thursday, By Appointment
Medicare, Medicaid, CHIP, Indigent Care and Most Major Insurance Plans Accepted

ONCOLOGY
GLENN G. PRESTON, MD, PhD – THOMAS D. FISHER, MD
CANCER CARE CENTERS OF SOUTH TEXAS
Cancer Treatment, Evaluation, and Consultation. Hematology Evaluation
1100 Mission Hills Drive, Suite 200 Marble Falls, TX 78654 Phone: 830/693-4075 Fax: 830/693-8630 www.cancercaresouthtexas.com
HOURS: Monday through Friday 8:30 AM – 5:00 PM
Medicare, Medicaid and Most Private Insurances Accepted

OPHTHALMOLGY
MARY KELLY GREEN, MD, PLLC KIRBY EYE CENTER
Medical and Surgical Treatment of Eye Disease
204 Gateway North, Suite A Marble Falls, TX 78654 Phone: 830: 693-5868 kirbyeyecarecenteronline.com
HOURS: Monday through Thursday 8:00 AM – 5:00 PM; Friday 8:00 AM – 12:00 PM
Medicare, Medicaid and Insurances Accepted

KENNETH MALAMUD, MD CENTER FOR HEALTH AND VISION
Ophthalmology; Optical Eyecare
1001 Buchanan Drive #3 Burnet, TX 78611 Phone: 512/715-3937 centerforhealthandvision.com
HOURS: By Appointment
Most Insurances Accepted
20/20 EXPRESS  DAVID DRINKARD, OD
Same Day Service on Eye Exams, Glasses, Sunglasses, Contact Lenses – Therapeutic Glaucomatrist – Optomap Imaging
2512 Highway 281 (In front of the Movie Theater)  Marble Falls, TX 78654  Phone: 830/798-9484  Fax: 830/798-9485
HOURS: Monday through Friday 8:30 AM – 5:30 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurances Accepted

BURNET EYE CARE  DAN BAILEY, OD – JEREMY L. DANSON, OD
Exams for Cataracts – Glaucoma – Diabetes – Retina – Prescription and Contact Lenses
2801 South Water Street  Burnet, TX 78611  Phone: 512/756-2131  Fax: 512/756-7831
102 East Young  Llano, TX 78643  Phone: 325/247-2020
HOURS: Monday through Friday 8:30 AM – 5:00 PM  Medicare, Medicaid, Indigent Care, Insurances Accepted

EYE CARE FOR THE FAMILY  MOHAN POOLE, OD - BRIANNE POOLE, OD
Exams – Glasses – Contacts – Glaucoma Treatment – Lasik and Cataract Surgery Co-management
614 Seventh Street  Marble Falls, TX 78654  Phone: 830/693-3292  Fax: 830/693-8365
HOURS: Monday through Thursday 9:00 AM – 5:00 PM  Medicare, Insurances Accepted

N. STEVE KROEGER, OD
Eye and Vision Examinations – Prescription Eyewear and Contact Lenses – Prescription Eye Medications for Glaucoma
102 West Ollie  Llano, TX 78643  Phone: 325/247-5469  Fax: 830/997-4363  HOURS: Thursday 12:00 PM – 4:00 PM
Medicare, Medicaid, Insurances Accepted

DAVID WEBER, OD
Evaluations of Cataracts, Glaucoma, Macular Degeneration and Other Ocular Diseases and Disorders
2006 Highway 281 North  Marble Falls, TX 78654  Phone: 830/693-2020  Fax: 830/693-9318
HOURS: Monday through Wednesday 8:00 AM – 5:00 PM; Thursday 8:00 AM – 12:00 PM
Surgical Specialists Available: Thursday 1:00 PM – 5:00 PM; Friday 8:00 AM – 2:00 PM
Medicare Accepted

ORTHOPEDICS

MICHAEL ALBRECHT, MD
Orthopedic Surgeon
204 Gateway North  Marble Falls, TX 78654  Phone: 830/693-5868  Call for appointment
Medicare, Worker’s Comp, Insurance Accepted

THOMAS P. BURNS, MD @ SCOTT & WHITE SPECIALTY CLINIC – HORSESHOE BAY
Orthopedics - Arthroscopic Surgery - Sports Medicine
201 Bay West Blvd.  Horseshoe Bay, TX 78657  Phone: 830/598-5968
HOURS: By Appointment
Medicare & Most Major Insurance Plans Accepted
ORTHOPEDICS CONTINUED

JOSHUA C FOX, MD – AUSTIN BONE AND JOINT CLINIC
Fellowship Trained in Orthopaedic Trauma and Reconstruction – Hablo Espanol
1701 US Hwy. 281 Marble Falls, TX 78654 Phone: 512/477-6341 www.abjortho.com
HOURS: In Marble Falls each Thursday afternoon; also practices in Westlake and Central Austin
Most Major Insurance Plans Accepted

JOSEPH M. COHN, MD MARBLE FALLS SPECIALTY CLINIC
Orthopedic and Arthroscopic Surgery – Sports Medicine and Joint Replacement
1002 Ninth Street, Suite A Marble Falls, TX 78654 Phone: 830/997-4043 Fax: 830/997-0301 HOURS: Call for appointment
Medicare, Medicaid, CHIP, Insurance Accepted

AKBAR HUSSAINI, MD, ABOS SETON HIGHLAND LAKES SPECIALTY CLINIC Building II
Orthopedic Surgery - Total Hip & Knee Replacements - Knee & Shoulder Arthroscopy - ACL Reconstructions - Fractures
200 County Road 340-A Burnet, TX 78611 Phone: 512/715-3118 www.seton.net/shl
HOURS: Monday through Friday 8:00 AM - 5:00 PM
Medicare, Medicaid, CHIP, Insurance Accepted

GORDON MARSHALL, MD @ SCOTT & WHITE SPECIALTY CLINIC – HORSESHOE BAY
Orthopedics, Spine Specialist
201 Bay West Blvd. Horseshoe Bay, TX 78657 Phone: 830/598-5968
HOURS: By Appointment
Medicare, Insurance; Call for specific plans.

DANIEL B. ROBERTSON, MD MARBLE FALLS SPECIALTY CLINIC
Orthopedic and Arthroscopic Surgery – Sports Medicine and Joint Replacement
1002 Ninth Street, Suite A Marble Falls, TX 78654 Phone: 830/997-4043 Fax: 830/997-0301 HOURS: Friday Call for appointment
Medicare, Medicaid, CHIP, Insurance Accepted

N.F. TSOURMAS, MD SPECIALTY CLINICS OF MARBLE FALLS
Orthopedics – Orthopedic Surgery
2503 Highway 281 N. Marble Falls, TX 78654 Phone: 512/451-1969 Fax: 512/458-2327
HOURS: Monday through Wednesday 1:30 PM – 4:30 PM
Medicare, Indigent Care, Insurance Accepted

OSTEOPATHIC

BROOKS M. BLAKE, DO
Neuromusculo Skeletal Medicine – Osteopathic Manipulative Medicine
1800 Morman Mill Road, Suite A6 Fax: 830/798-8120
HOURS: Tuesday through Thursday 9:00 AM – 12:00 PM, 2:00 PM – 5:00 PM
Medicare, Insurance Accepted

OTOLARYNGOLOGY

STEVEN T. FYFE, MD LAKE AREA SPECIALTY CLINIC
(EAR, NOSE & THROAT) Otolaryngology
2503 Hwy. 281 North, Suite 300 Marble Falls, TX 78654 Phone: 830/598-5968 Fax: 830/596-2187
HOURS: Monday mornings, call for appointment
Medicare, Most Major Health Plans Accepted
PAIN MANAGEMENT

FINALLY PAIN FREE  KATHY STRAND, RN & HOBY STRAND, OWNERS
Wellness Pro Electrotherapy System
Non-invasive, Non-toxic, Safe and Effective!
706 Second Street  Marble Falls, TX 78654     Phone 512/917-8917   www.FinallyPainFreeTx.com

HILL COUNTRY PAIN ASSOCIATES
Pain Management for both Acute and Chronic Pain
511 US Hwy 281 North     Marble Falls, TX 78654     Phone Toll Free 866/384-5470

GUS LOWRY, MD - BALCONES PAIN CONSULTANTS
Balcones Pain Consultants seeks to uncover the source of pain and then intervene using medications, injections, behavioral and physical therapy.  Dr. Lowry is a Diplomate of the American Board of Anesthesiology in Pain Management and Anesthesiology.
2503 Hwy 281, Suite 300   Marble Falls, TX 78654   Phone: 1-855/276-7246 www.balconespain.com info@balconespain.com
HOURS: South Austin: Monday-Friday-8 am-5 pm Lakeway: Thursday-1 pm-5 pm Marble Falls: Monday-8 am-5 pm
Medicare, Medicaid, Workers Comp, Insurance Accepted

PEDIATRICS

ANDREA ELLEN CRAMER, MD    CHILDREN'S HEALTH CENTER, PA
Well child exams, Immunizations, Acute Care, Developmental Screening, ADHD Treatment, Adolescent Health
1123 Highway 1431 West     Marble Falls, TX 78654     Phone: 830/693-3988     www.hillcountrydocs.com
HOURS: Monday through Thursday 8:00 AM – 5:00 PM; Friday 8:00 AM – 4:00 PM
Most all plans including CHIPS and Medicaid accepted

JULIETTE MADRIGAL – DERSCH, MD
Board Certified: Internal Medicine / Pediatrics
715 East FM 1431     Marble Falls, TX 78654     Phone: 830/693-0555     Fax: 830/693-9356
HOURS: Monday, Tuesday, Thursday and Friday 9:00 AM – 5:00 PM; Closed Wednesday
Fee for Service, No Insurance Necessary

KELLY OFFUTT, MD    SCOTT & WHITE CLINIC - MARBLE FALLS
Pediatric Care (Birth thru 16 years), Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, On-Site Laboratory, On-Site X-ray
706 Avenue G     Marble Falls, TX 78654     Phone: 830/693-8234     www.swllano.org
HOURS: Monday through Friday 8:00 AM – 5:00 PM, By appointment
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Plans Accepted

SETON CARE–A–VAN (Pediatric Mobile Health Van)
Providing healthcare services for children from birth to 18 years of age
Minor Illness – Well Child Exams (Including Head Start physical exams) – Immunizations – Asthma Care – Social Services – Se habla Español
Mailing Address: PO Box 1219    Burnet, TX 78611     Phone: 830/596-3081   www.seton.net/shl
HOURS: (Hours are subject to change.  Please phone ahead to verify schedule.)

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<td>Kingsland</td>
<td>Granite Shoals</td>
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<td>Bertram</td>
<td>Burnet</td>
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<td>Packsaddle Elementary</td>
<td>Highland Lakes Elem.</td>
<td>Cot Elementary</td>
<td>Bertram Elementary</td>
<td>Burnet Elementary</td>
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Medicaid, CHIP, Indigent Care, Insurance Accepted
**PEDIATRICS CONTINUED**

**SANDRA K. THOMAS, MD  CHILDREN’S HEALTH CENTER, PA**
Well child exams, Immunizations, Acute Care, Developmental Screening, ADHD Treatment, Adolescent Health

1123 Highway 1431 West  Marble Falls, TX 78654  Phone: 830/693-3988  www.hillcountrydocs.com

HOURS: Monday through Thursday 8:00 AM – 5:00 PM; Friday 8:00 AM – 4:00 PM
Most all plans including CHIPS and Medicaid accepted

**TANNA THOMPSON, MD  SETON MARBLE FALLS HEALTHCARE CENTER**
Pediatrics – Complete Child Health Services from 0 – 18 Years

700 Hwy 281  Marble Falls, TX 78654  Phone: 512-715-3118

HOURS: MONDAY through FRIDAY 8:00 AM – 5:00 PM  Medicaid, CHIP, Insurance Accepted

**HIMABUNDU VALMIKI, MD  CHILDREN’S HEALTH CENTER, PA**
Well child exams, Immunizations, Acute Care, Developmental Screening, ADHD Treatment, Adolescent Health

1123 Highway 1431 West  Marble Falls, TX 78654  Phone: 830/693-3988  www.hillcountrydocs.com

HOURS: Monday through Thursday 8:00 AM – 5:00 PM; Friday 8:00 AM – 4:00 PM
Most all plans including CHIPS and Medicaid accepted

**PHYSICAL THERAPY**

**BRENT DENNY, DPT  SM&PT – SPORTS MEDICINE AND PHYSICAL THERAPY**
Orthopedic Physical Therapy – Sports Medicine

1004 Marble Heights Drive, Suite B  Marble Falls, TX 78654  Phone: 830/798-3497
HOURS: By appointment  Most Insurance Plans Accepted

**ARDRA HUGHES, PT, ScD, SCS (Board Certified in Sports PT)  SM&PT – SPORTS MEDICINE AND PHYSICAL THERAPY**
Orthopedic Physical Therapy – Sports Medicine

1004 Marble Heights Drive, Suite B  Marble Falls, TX 78654  Phone: 830/798-3497
HOURS: By appointment  Most Insurance Plans Accepted

**BRAD KLEPSER, DPT  SM&PT – SPORTS MEDICINE AND PHYSICAL THERAPY**
Orthopedic Physical Therapy – Sports Medicine

1004 Marble Heights Drive, Suite B  Marble Falls, TX 78654  Phone: 830/798-3497
HOURS: By appointment  Most Insurance Plans Accepted

**ROLLINS BROOK COMMUNITY HOSPITAL PHYSICAL THERAPY & REHABILITATION - LAMPASAS**
Outpatient Physical Therapy and Rehabilitation including Speech Therapy / Inpatient Physical Therapy

608 Key Ave. Lampasas, TX 76550  Phone: 512/556-3682 www.mplex.org
HOURS: 24 hours a day, 7 days a week  Insurance Accepted

**SCOTT & WHITE HOSPITAL – LLANO REHABILITATION SERVICES LOCATIONS**
Physical, Speech and Occupational Therapy

**LLANO**
1100 Ford Street  Llano, TX 78643  Phone: 325/247-7848
HOURS: By appointment  Medicare, Medicaid, CHIP, and Most Major Insurance Plans Accepted

**KINGSLAND**
1118 Highway 1431  Kingsland, TX 78639  Phone: 325/388-8246

**HORSESHOE BAY**
201 Bay West Blvd.  Horseshoe Bay, TX 78657  Phone: 830/598-5968
PHYSICAL THERAPY CONTINUED

SETON HIGHLAND LAKES HOSPITAL
Outpatient Physical Therapy and Rehabilitation Including Speech Therapy
309 Industrial Blvd.  Burnet, TX 78611  Phone: 512/715-3365
HOURS: Monday through Friday, 8:00 AM – 4:30 PM (By appointment)
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

SETON MARBLE FALLS HEALTHCARE CENTER
Outpatient Physical Therapy and Rehabilitation Including Speech Therapy
700 Highway 281  Marble Falls, TX 78654  Phone: 830/693-8738  www.seton.net/shl
HOURS: Monday through Friday, 8:00 AM – 4:30 PM, By Appointment
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

PHYSICIAN’S ASSISTANTS

SHERRY ALEXANDER, PA-C  FRONTERA MASON CLINIC
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray
216 East College  Mason, TX 76856  Phone: 325/347-5331
HOURS: Monday through Friday, 8:00 AM – 5:00 PM, By Appointment
Medicare, Medicaid, CHIP, County Indigent, Insurance Accepted

CODY COWAN, PA-C  SCOTT & WHITE CLINIC – KINGSLAND
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
105 FM 2342  Kingsland, TX 78639  Phone: 325/388-9400  www.swllano.org
HOURS: Tuesday through Friday, 8:00 AM – 5:00 PM, By Appointment
Second Clinic Location: Scott & White Hoerster Clinic 102 East Young Street – Llano, TX 78643 325/247-4131
HOURS: Monday, By Appointment
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Plans Accepted

PAT DONOHUE, PA-C  SCOTT & WHITE CLINIC – KINGSLAND
Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
105 FM 2342  Kingsland, TX 78639  Phone: 325/388-9400  www.swllano.org
HOURS: Monday through Friday 8:00 AM – 5:00 PM; 1:00 PM - 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Plans Accepted

E. MICHAEL HENDERSON PA-C  -  LIVE OAK MEDICINE - KINGSLAND
Acute illnesses, chronic illnesses, routine preventive care, sports/camp physicals, DOT physicals
3947 Hwy 1431 W  Kingsland, TX 78639  Phone: 830/693-2005  www.liveoakmedicine.com
HOURS: Monday through Friday 8:00 AM – NOON; 1:00 PM - 5:00 PM
Most Insurances Accepted, Uninsured Patients Welcome

GREGG MERCIER, PA-C  SCOTT & WHITE CLINIC - MARBLE FALLS
706 Avenue G  Marble Falls, TX 78654  Phone: 830/693-8234  www.swllano.org
HOURS: Monday through Friday 8:00 AM – 5:00 PM, By appointment
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Plans Accepted

AMANDA PEREZ, PA-C  SCOTT & WHITE CLINIC - MARBLE FALLS
Primary Care (newborn to geriatric), Family Medicine, Obstetrics, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound
706 Avenue G  Marble Falls, TX 78654  Phone: 830/693-8234  www.swllano.org
HOURS: Monday, Tuesday, Thursday Extended Hours, By Appointment
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Plans Accepted

Appendix A
### PHYSICIAN’S ASSISTANTS CONTINUED

<table>
<thead>
<tr>
<th>Name</th>
<th>Clinic/Location</th>
<th>Specialties</th>
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<tbody>
<tr>
<td>JOHANNA SCHORCK, PA-C</td>
<td>SCOTT &amp; WHITE HOERSTER CLINIC - LLANO</td>
<td>Primary Care (newborn to geriatric), Family Medicine, Obstetrics, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound</td>
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<td>102 East Young Street, Llano, TX 78643</td>
<td>Phone: 325/247-4131 Fax: 325/248-2099</td>
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<td>HOURS: Monday through Friday 8:00 AM – 5:00 PM</td>
<td>Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted</td>
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<tr>
<td>DEBRA L. SMITH PA-C</td>
<td>LIVE OAK MEDICINE</td>
<td>Specializes in menopausal concerns with bioidentical hormone replacement therapy</td>
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<td>608 Gateway Central, Suite 100, Marble Falls, TX 78654</td>
<td>Phone: 830/693-2005 <a href="http://www.liveoakmedicine.com">www.liveoakmedicine.com</a></td>
</tr>
<tr>
<td></td>
<td>HOURS: Monday through Friday 8:00 AM – 5:00 PM</td>
<td>Most Insurances Accepted, Uninsured Patients Welcome</td>
</tr>
<tr>
<td>LANNY STONE, PA-C</td>
<td>SETON BERTRAM HEALTHCARE CENTER</td>
<td>Primary Care – Family Practice – Routine Office Gynecology – Well Child Exams – Immunizations – Asthma Care</td>
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<td>160 North Lampasas Street, Bertram, TX 78605</td>
<td>Phone: 512/715-3118 <a href="http://www.seton.net/shl">www.seton.net/shl</a></td>
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<tr>
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<td>HOURS: Monday, Tuesday, Wednesday, Friday 8:00 AM – 5:00 PM; Thursday 8:00 AM – 12:00 PM</td>
<td>Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted</td>
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<tr>
<td>JINNY SUMRALL, PA-C</td>
<td>SCOTT &amp; WHITE CLINIC – HORSESHOE BAY</td>
<td>Primary Care (newborn to geriatric), Family Medicine, General Pediatric Care, Immunizations, Acute Care for Minor Emergencies, Allergic Conditions, Office Procedures, Preventative Care, Women’s Health Care, On-Site Laboratory, On-Site X-ray including ultrasound</td>
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<td>100 Pecan Crossing, Horseshoe Bay, TX 78657</td>
<td>Phone: 830/598-4405 Fax: 830/596-2168</td>
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<td>HOURS: Monday through Friday 8:00 AM – 5:00PM, by appointment</td>
<td>Medicare, Medicaid, CHIP, Indigent Care and Most Major Insurance Plans Accepted</td>
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<tr>
<td>JERROD TABER, PA-C</td>
<td>SETON HIGHLAND LAKES SPECIALTY CLINIC – Building II</td>
<td>Orthopedic Surgery</td>
</tr>
<tr>
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<td>200 County Road 340-A, Burnet, TX 78611</td>
<td>Phone: 512/715-3118 <a href="http://www.seton.net/shl">www.seton.net/shl</a></td>
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<tr>
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<td>HOURS: Monday through Friday 8:00 AM - 5:00 PM</td>
<td>Medicare, Medicaid, CHIP, Insurance Accepted</td>
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### PLASTIC AND RECONSTRUCTIVE SURGERY

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td>ERNEST G. LAYTON, JR., MD</td>
<td>1002 Ninth Street, Suite A, Marble Falls, TX 78654</td>
<td>Phone: 866/714-4900 Fax: 281/991-7724</td>
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<td></td>
<td>HOURS: Call for Appointment</td>
<td>Medicare, Insurance Accepted</td>
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### PODIATRY

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<tbody>
<tr>
<td>LESLIE ROWE, DPM – QUINTON SOLOMON, DPM</td>
<td>1001 Marble Heights Drive, Marble Falls, TX 78654</td>
<td>Phone: 830/693-8144 866/470-FOOT (3668)</td>
</tr>
<tr>
<td></td>
<td>202 CR 340 A, Suite 2, Burnet, TX 78611; 10201 Highway 16 North, Comanche, TX 76442</td>
<td>HOURS: Call for Appointment</td>
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<tr>
<td>TREATING DISORDERS OF THE FOOT AND ANKLE: Bunions, Hammertoes, Sports Injuries, Diabetic Foot Care, Ingrown Toenails, Flat Feet, Pediatric Disorders, Wound Care, Traumatic Injuries</td>
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PODIATRY CONTINUED

MARK M. KRAUSE, DPM
Podiatric Care and Surgical Treatment of the Foot: Bunions – Ingrown Toenails – Foot Fractures – Hammer Toes
Nail Fungus – Diabetic Foot Care
Offices in Llano, Kingsland, Marble Falls, Horseshoe Bay, Burnet   Phone: 325/247-3138   Fax: 325/247-2042
HOURS: Call for Appointment
Medicare, Superior Medicaid, Indigent Care, Most Insurance Accepted

H. ASHLEY LEDGER, DPM
Podiatric Care: Bunions – Nail Problems (fungal and ingrown) – Ankle Pain / Sprains – Sports Injuries
Diabetic Foot Care – Corns – Calluses – Foot Fractures – Flat Feet
Main Office: 2207 South Clear Creek # 205   Killeen, TX 76549   Phone: 254/634-3668   Fax: 254/634-0278
HOURS: Call for Appointment
Medicare, Medicaid, Indigent Care, Insurance Accepted

PERRY H. PETERSON, DPM
3415 B Highway 281 North   Marble Falls, TX 78654   Phone: 830/693-7054   Fax: 830/693-9545
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

PSYCHOLOGY

CHILDREN’S HEALTH CENTER, PA
Well child exams, Immunizations, Acute Care, Developmental Screening, ADHD Treatment, Adolescent Health
1123 Highway 1431 West   Marble Falls, TX 78654   Phone: 830/693-3988   www.hillcountrydocs.com
HOURS: Monday through Thursday 8:00 AM – 5:00 PM; Friday 8:00 AM – 4:00 PM
Most all plans including CHIPS and Medicaid accepted

GREG HUPP, PHD  Psychologist
Specializing in the diagnostics and treatment of learning disorders, ADHD and brain injury;
provides psychological assessment for emotional disorders, i.e., bipolar, anxiety, PTSD and depression
1001 Avenue E (corner of E and Highway 1431)   Marble Falls, TX 78654
Phone: 830/265-4554   Fax: 866/602-0977
Most Insurances Accepted Including Medicare, CHIP, Medicaid and Blue Cross/Blue Shield

PULMONOLOGY

ERICA HUGHES, MD  SETON HIGHLAND LAKES SPECIALTY CLINIC Building I
Pulmonary Disease Services
204 County Road 340-A   Burnet, TX 78611   Phone: 512/715-3118   www.seton.net/shl
HOURS: Monday through Friday 8:00 AM - 5:00 PM
Medicare, Medicaid, CHIP, Insurance Accepted

RADIOLOGY

MARBLE FALLS IMAGING CENTER
Cat Scans – MRI – Pet Scans – X-Ray – Fluoroscopy – Ultrasound Including Vascular
Nuclear Medicine Including Cardiac – Mammography – Computer Aided Mammography
802 Avenue J   Marble Falls, TX 78654   Phone: 830/693-9729   Fax: 830/693-9736
HOURS: Monday through Friday 9:00 AM – 5:00 PM
Medicare, Medicaid, Most Insurance Accepted
RADIOLOGY CONTINUED

SCOTT & WHITE HOSPITAL – LLANO - IMAGING DEPARTMENT
X-Ray, CT, Mammography, Ultrasound, MRI
200 W. Ollie    Llano, TX 78643    Phone: 325/247-5040    Fax: 325/248-2108
HOURS: Monday through Friday 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Accepted

SETON HIGHLAND LAKES HOSPITAL
64-Slice CT Scan – Calcium Scoring Tests – Nuclear medicine – CTAs – 3-D Heart Studies – MRI – Ultrasound – Fluoroscopy – X-Ray
Echo Cardiology – Bone Density – Digital Mammography (830/693-8733)
3201 South Water Street / Highway 281 South    Burnet, TX 78611    Phone: 512/715-3090    www.seton.net/shl
HOURS: Monday through Friday 8:00 AM – 4:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

SETON MARBLE FALLS HEALTHCARE CENTER
Mammography – Bone Density – Ultrasound
700 Highway 281    Marble Falls, TX 78654    Phone: 830/693-8733    www.seton.net/shl
HOURS: Monday through Friday 8:00 AM – 4:30 PM

REHABILITATION

DANNY EDWARDS & ASSOCIATES
Physical, Occupational and Speech Therapy

Marble Falls
701 First Street, Suite 103 B
Marble Falls, TX 78654
Phone: 830/693-4328

Kingsland
1115 Highway 1431
Kingsland, TX 78639
Phone: 325/388-8246

Llano
110 Ford Street
Llano, TX 78643
Phone: 325/247-7848

Horseshoe Bay
201 Bay West Blvd.
Horseshoe Bay, TX 78657
Phone: 830/596-2190

HOURS: Monday through Friday 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

KINGSLAND HILLS CARE CENTER
Long term skilled nursing care, short term rehabilitation care with speech therapy, occupational therapy and physical therapy.
3727 FM 1431 W    Kingsland, TX 78639    Phone: 325/388-4538
HOURS: 24-7-365
Medicare, Medicaid and Most Major Insurance Plans Accepted

SCOTT & WHITE HOSPITAL – LLANO - REHABILITATION SERVICES
Physical, Speech and Occupational Therapy Services

Kingsland
1115 Highway 1431
Kingsland, TX 78639
Phone: 325/388-8246
Fax: 325/388-6635

Llano
1100 Ford Street
Llano, TX 78643
Phone: 325/247-7848
Fax: 325/248-0536

Horseshoe Bay
201 Bay West Blvd.
Horseshoe Bay, TX 78657
Phone: 830/596-2198
Fax: 830/596-2187

HOURS: Monday through Friday 8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Insurance Plans Accepted

SETON HIGHLAND LAKES HOSPITAL
Outpatient Physical Therapy Services
409 Industrial Blvd.    Burnet, TX 78611    Phone: 512/715-3365
HOURS: Monday through Friday 8:00 AM – 4:30 PM (By Appointment)
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted
REHABILITATION CONTINUED

SETON MARBLE FALLS HEALTHCARE CENTER
Outpatient Physical Therapy and Rehabilitation, Including Speech Therapy
700 Highway 281  Marble Falls, TX 78654  Phone: 830/693-8738   www.seton.net/shl
HOURS: Monday through Friday 8:00 AM – 12:00 PM and 1:00 PM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

SKIN AND BODY CARE

See Also: Dermatology

BELLA MEDICAL SPA - AMY L. OFFUTT, MD
Family Practice – Health & Wellness Programs – Medical Aesthetic Services
707 3rd Street   Marble Falls, TX 78654   Phone: 830/693-9355   www.bellamedispa.com
HOURS: Monday through Friday 8:00 AM – 5:00 PM   Insurance Accepted

BRENDA MORRIS RESTORATIVE SKIN CARE
909 3rd Street  Marble Falls, TX 78654  Phone: 830/637-7441   www.marblefallsskincare.com
HOURS: Tuesday through Thursday 10:00 AM – 4:00 PM; Friday 10:00 AM – 12:00 PM; Saturday and after hours, by appointment

SANA VIDA WELLNESS CLINIC AND STUDIO
We provide our discerning clients the best in acupuncture, massage, body work, energy work, restorative skincare, ayurveda, and yoga therapy. We offer weekly yoga classes and special workshops and series in fun and informative subjects such as Nia, Pilates, Feng Shui, Belly Dancing, Hypnosis, Phoenix Rising Yoga Therapy, Smoking Cessation, Yogi Lifestyle Diet and Nutrition, Tai Chi and Dream Analysis.
Hwy 1431 & Avenue F  Marble Falls, TX 78654   Phone:  830/693-6000   E-mail:  info@sanavida.info

THE SKINSTITUTE AT LIVE OAK MEDICINE
Botox - Laser Hair Removal - FotoFacial - VelaShape - Peels - Fillers - Massage - Couples Massage - Facials
Trinite Facial Renewal - Permanent Make-up - Professional Make-up Application - Wrinkle Reduction - Skin Tightening
Acne Treatment - Body Wraps - Salt & Sugar Scrubs
608 Gateway Central, Suite 101  Marble Falls, TX 78654   Phone:  830/798-2007   www.theskinstitute.com
HOURS: Monday through Friday 9:00 AM – 5:00 PM

SLEEP DISORDER

SCOTT & WHITE HOSPITAL - LLANO
Sleep Studies / Sleep Disorders
201 Bay West Blvd.  Horseshoe Bay, TX 78657   Phone: 830/598-5968
HOURS: 7 Nights Per Week, By Appointment
Medicare, Medicaid, CHIP, Indigent Care, and Most Major Health Plans Accepted

JAMES BARKER, MD    SHIRLEY JONES, MD
SCOTT & WHITE SPECIALTY CLINIC & SLEEP CENTER
Diagnosis and Treatment of Sleep Disorders
201 Bay West Blvd.  Horseshoe Bay, TX 78657   Phone: 830/598-5968
HOURS: Call for Appointment
Medicare and Most Major Health Plans Accepted
SURGERY

HILL COUNTRY MEMORIAL SURGERY CENTER
Outpatient Surgery Center
204 Gateway North, Suite B Marble Falls, TX 78654  Phone: 830/798-1821
HOURS: 8:00 AM – 5:00 PM  Most Insurances Accepted

LAN NGUYEN, MD
102 East Young Street  Llano, TX 78643  Phone: 325/247-3138  Fax: 325/247-2042
2503 Highway 281 North, Suite 400  Marble Falls, TX 78654
Hours: Monday through Friday  8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

SETON HIGHLAND LAKES HOSPITAL
SURGICAL SERVICES
Comprehensive Breast Care – Gynecological Surgery – Urology – Orthopedic Surgery
3201 South Water Street / Highway 281 South  Burnet, TX 78611  Phone: 512/715-3000  Fax: 512/756-6405
HOURS: Monday through Friday 8:00 AM – 4:30 PM (By Appointment) www.seton.net/shl
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

GRIFFITH THOMAS, MD
102 East Young Street  Llano, TX 78643  Phone: 325/247-3138  Fax: 325/247-2042
2503 Highway 281 North, Suite 400  Marble Falls, TX 78654
HOURS: Monday through Friday 8:00 AM – 5:00 PM  Medicare, Insurance Accepted

URGENT CARE CENTERS

TEXAS HILLS URGENT CARE CENTERS
Urgent and Emergent services including care for most injuries and illnesses. Occupational Health services to include drug screening and WMC injuries. Laboratory and Imaging services onsite.
1701 Highway 281 North 400  Marble Falls, TX 78654  Phone: 830/798-1122  www.thucc.com
Hours: Mon, Tues, Fri  8:00 AM – 7:30 PM; Wed, Thurs 8:30 AM – 7:30 PM; Sat 10:00AM – 8:00PM; Sunday 12:00PM – 5:00PM
Medicare, BC/BS, United Healthcare, Humana, PHCS, Cigna, Aetna, Scott & White, Molina and Superior CHIPS Accepted
WE DO NOT ACCEPT MEDICAID

UROLOGY

DAVID P. GREENWELL, MD  HIGHLAND LAKES UROLOGY, PA
Urology
2503 Highway 281 North, Suite 400  Marble Falls, TX 78654  Phone: 830/693-5889  Fax: 830/693-5801
102 East Young Street  Llano, TX 78643
Hours: Monday through Friday  8:00 AM – 5:00 PM
Medicare, Medicaid, CHIP, Indigent Care, Insurance Accepted

LEE ROY RICE, MD, FACOG  SETON HIGHLAND LAKES SPECIALTY CLINIC Building III
Urogynecology
200 County Road 340-A  Burnet, TX 78611  Phone: 512/715-3118  www.seton.net/shl
HOURS: Monday through Friday 8:00 AM - 5:00 PM
Medicare, Medicaid, CHIP, County Indigent, Insurance Accepted

Appendix A
NOTES

Flip over for the HELP AND SERVICES GUIDE.
HIGHLAND LAKES HELP AND SERVICES GUIDE

211 SOCIAL SERVICES PHONE LINE
Provides free information and referral to health and human service agencies and other community organizations.
CALL: 2-1-1 from cell phone or land line – www.211texas.org

A DAILY CHOICE – RECOVERY SUPPORT PROGRAM
An open support group for people struggling with life-controlling problems such as addiction, violence, fear, failure and so much more.
Contact: Laura Brown Phone: 830/693-4499
St. Frederick Baptist Church 301 Avenue N Marble Falls, TX 78654
See also Support Groups

AARP TAX AIDE PROGRAM
Provides free income tax preparation to all middle and low income taxpayers, with special attention to those age 60 and older. Preparation services available February 1 through April 15 of each year.
www.aarp.org/taxaide

ABUNDANT FAITHZONE, INC.
Provides furniture, household items, clothes and other personal items to those in need, free of charge.
Also accepting donations. Drop off point at Hill Country Fellowship Church, Hwy 29 in Burnet.
Anyone in need of assistance call 512/756-5036 or email abundantfaithzone@yahoo.com
105 Leisure Lane Burnet, TX 78611 Phone: 512/756-5036 Fax: 360/342-8263
www.abundantfaithzone.org

ADULT EDUCATION
Provides ESL, Adult Basic Education and Citizenship Preparation classes. Free classes & babysitting.
Our Mother of Sorrows Catholic Church 507 Buchanan Drive Burnet, TX
Call 512/756-1182 for more information

AIR EVAC LIFETEAM
Provides Air Ambulance service in rural America. Annual membership-based program available to everyone.
Air Evac Lifeteam members never receive a bill
700 B Avenue N Marble Falls, TX 78654 Phone: 830/693-3991 www.lifeteam.com
ALZHEIMER’S ASSOCIATION CAPITAL OF TEXAS CHAPTER
Provides care and support services to Alzheimer’s patients and their families.
Provides 24 hour help line, support groups, seminars, community education, resource and referral lists.
3429 Executive Center Drive, Suite 100     Austin, TX 78731     Phone: 512/241-0420 or Toll free: 800/367-2131
www.alz-austin.org     See also Support Groups

ALZHEIMER’S SUPPORT GROUP
Support and information to caregivers of those with dementia.
2:00 PM, the fourth Tuesday once a month
Marble Falls Library     Phone: 512/756-2756

AMERICAN CANCER SOCIETY
Nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives & diminishing suffering from cancer through research, education, advocacy & service. See also Support Groups
2433 Ridgepoint Drive, Suite A     Austin, TX 78754    Phone: 512/919-1848     www.cancer.org

AMERICAN RED CROSS OF CENTRAL TEXAS
Provides disaster relief, teaches lifesaving skills such as CPR and disaster preparedness.
Transmits emergency messages to military members and their families. Provides emergency international communications.
2218 Pershing Drive     Austin, TX 78723     Phone: 512/928-4271     www.centex.redcross.org

ANGEL FOOD MINISTRIES
A food ministry with a Servant’s heart: Non-profit, non-denominational organization dedicated to providing grocery relief to communities throughout the hill country area. Host sites include: Marble Falls First Baptist Church, Llano Cowboy Church, First Baptist Johnson City, First Baptist Sunrise Beach, First Baptist Granite Shoals, First United Methodist Church Burnet, Pedernales River Fellowship.
Orders may be placed online at www.marblefallsfbc.org

ANGEL FOOD MINISTRIES LLANO
Purchase a box of food with an average retail value of approximately $50 for just $25. Generally one unit of food assists in feeding a family of four for about one week or a single senior citizen for almost a month. The food is all the same high quality one would purchase at a grocery store. There are no second-hand items, no damaged or out-dated goods, no dented cans without labels, no day-old breads and no produce that is almost too ripe.
Pittsburg Avenue Baptist Church     709 Pittsburg Avenue     Llano, TX 78643     Phone: 325/247-4042
A PLACE OF HOPE
Our Clinic provides medical and pharmaceutical services at little or no cost to people who do not have insurance or the funds to pay for medical services. The emotional trauma center is equipped with Encouragers with the knowledge to help clients heal from unresolved trauma.
Tuesday through Friday 9:00 AM – 4:00 PM
1009 Falls Parkway   Marble Falls, TX 78654    Phone: 830/798-8120    www.aplaceofhope-usa.org

AREA AGENCY ON AGING OF THE CAPITAL AREA
Provides services to promote independence for persons 60 years and older and/or support for their family caregivers. Services include: information and referrals, benefits counseling, care coordination & caregiver support, education & training, and assistance for grandparents & other relatives (60 years or older) raising relative children.
2512 S. IH 35, Ste. 340   Austin, TX 78704    Phone: 512/916-6062 or Toll free: 888/622-9111    www.aaacap.org

ARCIL – AUSTIN RESOURCE CENTER FOR INDEPENDENT LIVING
Provides independent living services, information and referrals to persons with disabilities and their families. Provides opportunities for people with disabilities to gain skills that allow them to live independently.
301 Hesters Crossing, Suite 210   Round Rock, TX 78581    Phone: 512/828-4626    www.arcil.com

BETTER LIVING FOR TEXANS
Food Stamp Nutrition Education Program
This FREE program helps limited resource families acquire the food and nutrition, food safety, wellness and food resource management knowledge, skills, attitudes and behaviors necessary to maximize resources, have nutritionally sound diets and improve health status and self-sufficiency.
1701 East Polk Street, Suite 12   Burnet, TX 78611    Phone: 512/756-5463    Fax: 512/756-5220

BLUEBONNET TRAILS COMMUNITY SERVICE
Provides mental health, mental retardation and early childhood intervention services. Services include: information and referral, psychiatric services, service coordination, housing assistance, family support services, respite, community education, symptom management, client and family mental health education, community living and problem solving, vocational training and employment assistance, skills training, supported home living services.
For the Crisis Hotline, Call: 800/841-1255    www.bbtrails.org
4606 East Innovation Loop (Business and Technology Park)   Marble Falls, TX 78654
Mental Health Services: 830/693-7897
Intellectual Developmental Disabilities Services: 830/693-7897
Early Childhood Intervention Services: 830/693-3790
Substance Abuse Evaluation / Referral: 512/244-8484
BLUEBONNET TRAILS ECI - P.R.I.D.E. PROGRAM
Birth to age three early childhood intervention. Serving children with developmental delays or qualifying disabilities likely to result in developmental delay.
Monday through Friday 8:00 AM to 5:00 PM
4606 East Innovation Loop (Business and Technology Park) marbleFalls, TX 78654
Phone: 830/693-3790

BOYS AND GIRLS CLUB OF THE HIGHLAND LAKES
Provides after school and summer programs for 6 to 18 year old children/teens including character and leadership development, education and career development, health and life skills, the arts and sports, and fitness and recreation.
1701 Broadway Marble Falls, TX 78654 Phone: 830/798-2582 www.bgc-hl.com
701 Northington Burnet Unit Phone: 512/756-1444 www.bgc-hl.com

BURNET COUNTY CHILD WELFARE BOARD
The Child Welfare Board supports the efforts of the Texas Department of Protective and Regulatory Services by hearing requests and meeting some of the many monetary needs of children who are in foster care due to abuse or neglect by their parents. The Child Welfare Board works closely with the Texas Department of Family and Protective Services.
1104 Buchanan Drive, Suite 2 Burnet, TX 78611 Phone: 830/693-8178

BURNET COUNTY TRIAD
Provides services to reduce criminal victimization of the elderly and homebound latch-key children including 911 refrigerator card, "Are You OK?" daily contact, crime prevention programs, neighborhood watch, home security inspections, personal safety tips, elder abuse prevention, recognition and reporting
PO Box 216 Burnet, TX 78611 Phone: 512/756-8080

BURNET COUNTY VETERAN'S SERVICE OFFICE
Provides Veteran's benefit applications and problem solving.
220 S. Pierce Street Burnet, TX 78611 Phone:512/715-5271
1016 Broadway Marble Falls, TX 78654 Phone: 830/693-0700
www.BurnetCountyTexas.org

CAMP AGAVE BEREAVEMENT CAMP FOR CHILDREN
A support program for children who have suffered the loss of a loved one. This is a free service for children six to twelve years of age. We assist children in their grief process and offer them hope for their future.
4516 County Road 108 Burnet, TX 78611 Phone: 512/756-7353 Fax: 512/756-8516
Email: kimtuck@campagapetexas.org www.campagapetexas.org
CAMP PHOENIX & THE PHOENIX CENTER
Free therapeutic after-school and summer camp programs for youth ages 4-18 who are at-risk, have been through any kind of trauma, or who have mental health or developmental needs. Programs include therapeutic art, yoga, outdoors, and equine therapy. Free and sliding scale counseling is also available for youth and their families.
PO Box 732, 119 Avenue G  Marble Falls, TX 78654  Phone: 830/613-7230
Email: creative.intervention@gmail.com  www.supportcampphoenix.org

CANCER SUPPORT COMMUNITY CENTRAL TEXAS
Cancer Support Community Central Texas' (CSCCT) mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. CSCCT will be providing psychosocial support services to anyone impacted by a cancer diagnosis at locations throughout Central Texas.
We are looking for community partners to assist us in the delivery of these much needed resources.
At this time our hours vary depending upon the community need.
5708 Hero Drive  Austin, Texas 78735  Phone: 512/358-9876  Email: info@cscct.org  www.cscct.org

THE RETREAT AT CANDELIGHT RANCH
Provides a retreat facility located on Lake Travis for use by non-profit and private groups of 25 or less to enjoy outdoor recreation and educational activities from March through November.
Mailing Address: 4115 Firstview Drive  Austin, TX 78731
Physical Address: 6408 Muleshoe Bend Trail  Marble Falls, TX 78654
Phone: 512/323-5300  www.candelightranch.org

CARTS - CAPITAL AREA RURAL TRANSPORTATION SYSTEM
Provides transportation services from your home to shopping, city businesses, medical, work, nutrition sites, a senior center or any other purpose for qualified individuals.
2010 East 6th Street  Austin, TX 78702  Phone Toll free: 800/456-7433

CARI FOOTE, NA, LPC, LMFT & ASSOCIATES
Bi-lingual individual & family counseling for all ages with mental health, grief, marriage, abuse & trauma addiction issues, drug & alcohol assessments, bi-polar group support for individuals with the illness and their families.
606 Avenue J  Marble Falls, TX 78654  Phone: 830/693-0530  Email: cfoote@tstar.net

CAR SEAT CHECK-UP EVENTS
Hosted by Marble Falls Area EMS. Call (830) 693-7277 to schedule an appointment during the Car Seat Event to have your Child Safety Seat inspected for correct use and installation. Our certified technicians work hard to ensure in Burnet County Everyone Always Rides Safe.
CASA FOR THE HIGHLAND LAKES AREA
Recruits, trains and supervises volunteers to serve as Guardian Ad Litem advocates for children who come into the court system as a result of abuse, neglect or abandonment.
8:00 a.m. to 5:00 p.m. M-F
1719 Ridgeview  Kingsland, TX 78639  Phone: 325/388-3440  www.casahighlandlakes.com

CENTRAL COUNTIES SERVICES MEETING BEHAVIORAL & DEVELOPMENTAL NEEDS
Crisis Hotline 1-800-888-4036
We provide services to children & adolescents, adults in severe emotional crisis, services for people challenged with Major Depression, Bipolar Disorder and Schizophrenia. Early childhood intervention, and persons with Intellectual and Developmental Disabilities.
1305 South Key Avenue Suite 203  Lampasas, TX 76550  Phone: 512/556-6962  www.cccmhmr.org

CHANGING PERSPECTIVES
Makes a difference through random acts of kindness (from the movie Pay It Forward) and encouraging others to do the same. Works with disadvantaged people, such as the homeless and those within the criminal justice system, and in the rescue, care and placement of abandoned/neglected animals.
PO Box 575  Spicewood, TX 78669  Phone: 830/693-1225  cabbassi@hotmail.com

CHILD AND ADULT PROTECTIVE SERVICES
Texas Department of Family & Protective Services
Investigates reports of child and elder abuse and neglect. Provides case management services to families.
TO MAKE A REPORT of CHILD and ELDER ABUSE/NEGLECT, PLEASE CALL the HOTLINE: 1-800-252-5400.
1104 W. Buchanan Dr. Suite 2 Burnet, TX 78611  Phone: 512/756-6006  www.dfps.state.tx.us

C.H.I.P. INSURANCE
Provides assistance to families in applying for insurance coverage for children through Medicaid or the Children's Health Insurance Program. Operates programs to raise the awareness of the availability of Medicaid and CHIP.
Phone Toll free: 800/647-6558

CHRISTIAN WOMEN’S JOB CORP of Highland Lakes
Job Training program designed for women. Our goal is to help women move from dependency to self-sufficiency.
PO Box 1433; 218 E. Jackson (Corner of East Jackson and South Vanderveer)  Burnet, TX 78611  Phone: 512/756-1484  Tuesday-Thursday 8:30-2:30  www.cwjchl.org
CHRISTMAS IS FOR KIDS
Organizes & distributes donations of toys to needy children of southern Burnet County during the Christmas season.
For more information contact: Robin Thompson Phone: 830/693-4512 or Marietta Williams 830/598-6767

COMMON GROUND FOUNDATION
Rescues and rehabilitates horses destined for slaughter and sells or gives them to worthy organizations and individuals.
2019 CR 403 Marble Falls, TX 78654 Phone: 830/693-8253

COMMUNITY HEALTH SERVICES
Provides health services including reproductive health care, pregnancy testing and referral, breast and cervical cancer screening services, complete birth control services, testing and treatment of sexually transmitted infections for men and women, AIDS/HIV testing and counseling services.
1015 East Polk PO Box 1118 Burnet, TX 78611 Phone: 512/756-4535

COMMUNITY RESOURCE CENTERS OF TEXAS
The Community Resource Center (CRC) is a facility, housed in the T.Q. Brown Center in Marble Falls, TX, for the delivery of social and public health services in the Highland Lakes area. Serves as a "one stop shop" where qualified clients can quickly learn about, apply for and in many cases, receive services provided by government agencies and non-profit organizations.
For information regarding participating agencies and services provided, you can visit the CRC at 1016 Broadway Marble Falls, TX 78654 Phone: 830/693-0700 Email: kbaptiste@txhf.org

C.P.R. and FIRST AID TRAINING CLASSES
Marble Falls Area E.M.S. offers certification classes through the American Heart Association. Classes are normally held at the MFAEMS training room at 609 Industrial Blvd. in Marble Falls, but they can be held at your workplace if that is more convenient for you. Depending on the group, most classes last about 3.5 to 4.5 hours.
Contact Vaughn Hamilton vhamilton@mfaems.org or call 830-798-3885 or 830-693-7277

FALLS ON THE COLORADO MUSEUM
Preserves the history and heritage of Marble Falls and the surrounding communities. The museum is open from 10AM to 5PM on Thursday through Saturday. Annual events are Founders Day on the 2nd Saturday in July at the Lakeside Park Pavilion and Victorian Holiday Open House on the 1st Saturday of December in a historic house. Group tours can be scheduled. Call in advance to make a reservation. Admission is free. We graciously accept donations.
905 Third Street PO Box 1333 Marble Falls, TX 78654 Phone: 830/798-2157 www.fallsmuseum.org
FORT CROGHAN MUSEUM AND GROUNDS
Established in 1849, Fort Croghan was the third of the first four forts established by the United States government to protect settlements from hostile Indians. Today's Fort Croghan is representative of those early days of what was to become Burnet, Texas. See the sights and imagine the sounds of the frontier as you visit the blacksmith's shop, the one room school house, the powder house or the stage coach shop. The museum offers over 1200 historic artifacts from in and around the Burnet County area.
Open April through August, Thursday through Saturday, from 10AM to 5PM. Group tours can be scheduled year round.
Call in advance to make reservations. Admission is free - Donations are graciously accepted.
703 Buchanan Drive        Burnet, TX 78611        www.fortcroghan.org         Sponsored by the Burnet Heritage Society

FRIENDS OF THE HERMAN BROWN FREE LIBRARY THRIFT SHOP
Offers re-sale clothing, household items, linens, books, toys, kitchenware, bedding and small furniture. Proceeds benefit the Burnet Library. Supports the LaCare program by giving free coupons for use in the store.
105 Pecan Street        Burnet, TX 78611        Phone: 512/756-7124

FRIENDS OF HOSPICE HIGHLAND LAKES
Serves the physical, emotional and spiritual needs of patients and their families who are facing terminal illness. Raises funds and promotes community support for Seton Highland Lakes Hospice. Assists Seton Highland Lakes Hospice in promoting public awareness and public education.
PO Box 1843        Marble Falls, TX 78654        Phone: 325/388-3075 or 325/388-8430

GOOD NEIGHBOR THRIFT STORE
Accepts donations on behalf of the Highland Lakes Family Crisis Center all of which are given to center clients or sold to support center programming.
502 Highway 1431 East        Marble Falls, TX 78654        Phone: 830/798-1512

GIRL SCOUTS – LONE STAR COUNCIL
Provides programs and events in science and technology, engineering, outdoor education, the arts, sports and dance to girls ages 5-17. Services to “at risk” youth, leadership programs and summer camps are also provided. The Girl Scouts Mission is to “build girls of courage, confidence and character who make the world a better place.”
Hours: Monday through Thursday 8:30 AM – 6:00 PM, Friday 8:30 AM – 3:00 PM
12012 Park Thirty-Five Circle        Austin, TX 78753        Toll Free: 800/733-0011        Fax: 512/458-2390
www.girlscouts-lonestar.org

HAMILTON VALLEY MANAGEMENT
Provides housing for the elderly, handicapped and disabled. Operates six apartment complexes in Burnet County offering rental assistance and housing for individuals with low to moderate incomes.
209 South West        Burnet, TX 78611        Phone: 512/756-6809
HARMONY SCHOOL OF CREATIVE ARTS
Offers instruction in music, dance, art and theatre.
1503 Mormon Mill Road  PO Box 1065  Marble Falls, TX 78654  Phone: 830/693-1791
www.harmonyarts.org

HEAD START – WILLIAMSON BURNET COUNTY OPPORTUNITIES
Provides quality education for low-income pre-school children. Facilitates medical, hearing and speech screening for all pre-school children. Provides follow up care for children with health needs.

Burnet Early Head Start
102 East Johnson
Burnet, TX 78611
Phone: 512/715-0805

Burnet Head Start
803 North Vanderveer
Burnet, TX 78611
Phone: 512/756-4777

Highland Lakes Head Start
8200 West FM 1431
Granite Shoals, TX 78654
Phone: 830/598-7667

Marble Falls Head Start
Marble Falls, TX 78654
Phone: 830/693-2887

HEALING HARBOR BIBLICAL COUNSELING CENTER
Biblical counseling is powerful and effective for overcoming problems: anger, resentment, bitterness, guilt feelings, depression, physical and sexual abuse, eating disorders, drug and alcohol addiction, divorce, marriage, parenting and many more life problems. Healing Harbor offers hope to those who are hurting and confused. Our service is affordable and rates are offered on a sliding fee scale. We don’t want to turn anyone away who needs help. Healing Harbor is not associated with any particular denomination, but is a Bible-based counseling ministry.

701 Gateway Parkway  Marble Falls, TX 78654  Phone: 830/693-5979

HEART OF HOPE COUNSELING and MEDITATION, PLLC – CHRISTI LUNDBY, MA, LPC, NCC
Heart of Hope offers individual, couples, and family counseling. Substance abuse therapy, aftercare, chemical dependency assessments are also available. Parenting and anger management classes are forming.

1203 Ford St.  Llano, TX 78643  Phone: 325/247-4477 heartofhopetx@live.com  www.heartofhopetx.com
HOURS: Monday through Friday 9:00 AM – 5:00 PM; Evenings and Weekends by appointment

THE HELPING CENTER
Offers food to individuals and families on an emergency basis. Provides some assistance with utilities and prescription drugs through patient prescription assistance program.

1315 Broadway  PO Box 402  Marble Falls, TX 78654  Phone: 830/693-5689

HIGHLAND ART GUILD
Displays and sells arts & crafts from local artists. Offers art classes, workshops, demonstrations and children’s classes.

318 Main Street  Marble Falls, TX 78654  Phone: 830/693-7324
HIGHLAND LAKES AMAEUR RADIO CLUB, INC.
A 501 (C)(3) organization. See our website for upcoming events www.HLARC.org
PO Box 856  Kingsland, TX 78639

HIGHLAND LAKES CHRISTIAN COUNSELING
COUNSELING SERVICES AVAILABLE including: Individual, pre-marital, marital/couples’ counseling, marriage and family conflicts, grief/depression/anxiety/stress, drug and alcohol addiction, divorce recovery, sexual abuse recovery, self-esteem difficulties, support groups, critical incident stress management, management consultations, supervisor consultations. WORKSHOPS AND SPEAKING TOPICS include:
Biblical freedom, marriage and family, forgiveness, boundaries in relationships, dealing with stress
1811-A Hwy 281 N.  Marble Falls, TX 78654  Phone: 830/798-0700  Fax: 830/798-0705
www.HLChristianCounseling.com

HIGHLAND LAKES FAMILY CRISIS CENTER
Serves victims of domestic violence and sexual assault throughout Burnet, Blanco, Llano and Lampasas counties. Provides 24 hour hotline for counseling, information and referral. Provides 24 hour crisis intervention, advocacy and accompaniment through medical and legal procedures. Offers emergency shelter, food, clothes and transportation. Provides coordination of the Sexual Assault Response Team. Provides outreach counseling for adults and children.
PO Box 805  Marble Falls, TX 78654
Phone: 830/693-3656  Hotline: 830/693-5600  Toll free: 800/664-3574

HIGHLAND LAKES HABITAT FOR HUMANITY
Habitat for Humanity is a non-profit Christian organization, devoted to building affordable homes in partnership with those who lack adequate shelter. Partnership families are chosen according to need, ability to repay a no-interest mortgage and willingness to work with the construction of their home.
PO Box 1406  Marble Falls, TX 78654  Phone: 830/693-0700

HIGHLAND LAKES HEALTH PARTNERSHIP
Addresses community health issues in Burnet and Llano counties. Acts as a catalyst to improve the health of residents of the Texas Highland Lakes area by identifying health related issues that affect area residents, facilitating solution focused action planning, education area residents on health issues and coordinating community response to gaps in health services.
Marble Falls, TX 78654  www.HighlandLakesHealthPartnership.org

HIGHLAND LAKES LEGACY FUND
The Highland Lakes Legacy Fund is an endowed foundation directed by leaders with strong ties to our communities in Central Texas. We act as catalysts bringing diverse donors and resources together to work on solutions and fostering greater giving and volunteering to increase and sustain our quality of life - for now and for more than a lifetime.
P.O. Box 234  Marble Falls, TX 78654  Phone: 830/220-1100  www.hllegacyfund.org
HIGHLAND LAKES RESPITE CENTER, FUMC
We care for individuals with Alzheimers and dementia to give the caregivers a 4 hour break.
Each Tuesday from 9:30 am until 1:30 pm
301 E Graves  Burnet, TX 78611     Phone: 512/756-9329

HIGHLAND LAKES PREGNANCY RESOURCE CENTER
Highland Lakes Pregnancy Resource Center is a faith based center. Our staff and volunteers are here to offer practical, emotional, and spiritual help to those experiencing issues related to pregnancy and relationships. Our services are provided at no charge and include pregnancy tests, confirmation of pregnancy for Medicaid, limited confirmation ultrasounds, Bible studies, post-abortion healing classes, literature about pregnancy, nutrition, STDs, abortion and adoption. Help with practical needs such as baby clothes (must meet criteria) and referrals to other agencies are also provided.
Tues 10 am- 2 pm Wed 10 am - 2 pm  Wed 6 pm - 7:30 pm (by appointment only) Thurs 10 am - 2 pm
226 Nob Hill    Kingsland, TX 78639     Phone: 325/388-0354 hlpregnancycenter.org

HIGHLAND LAKES SENIOR CENTER
Provides nutritional programs and recreational activities for senior citizens. No membership fees.
Volunteer staff.
9:00 AM to 4:00 PM Tuesday through Friday
351 West Chamberlain Street     Kingsland, TX 78639     Phone: 325/388-6343

HIGHLAND LAKES SPCA
Offers animals for adoption. Helps to place abandoned & stray dogs and cats. Offers low cost spay & neuter services.
PO Box 1275     Marble Falls, TX 78654     Phone: 830/596-2717     www.HighlandLakesSPCA.petfinder.org

HIGHVIEW RETIREMENT VILLAGE
Affordable housing for the elderly, handicapped and disabled.
Monday-Friday 8 am to 4 pm
www.highview.net  200 East Highway 1431     Marble Falls, TX 78654     Phone: 830/693-5818

HILL COUNTRY AREA CRIME STOPPERS, INC.
Serving Burnet, Llano, Blanco and Mason Counties
Our volunteer citizen non-profit offers cash rewards for anonymous TIPS by providing safe and secure opportunities for the public to report information about a crime via our TIPLINE 1-866-756-8477 and TOPS ONLINE at www.hcacrimestoppers.com. Our mission is to develop Crime Stoppers as an effective crime solving tool throughout the cities, communities and school districts of Burnet, Llano, Blanco and Mason Counties of the State of Texas with the primary objective being: “Working together with the community, law enforcement, and the media to solve crime.”
PO Box 986     Marble Falls, TX 78654     Email: djs@tstar.net     www.hcacrimestoppers.com Admin/Cell: 830/613-0336     Fax: 775/766-0074
HILL COUNTRY CAT CONTROL
Educate, train, help humanely trap stray cats
Box 8418     Horseshoe Bay, TX 78657     Phone: 830/598-9883

HILL COUNTRY CHILDREN’S ADVOCACY CENTER
HCCAC is the first point of contact for children and their families when allegations of sexual or physical abuse and/or neglect have been made. Provides forensic and therapeutic services for children and their families during a time of crisis.
1001 Hill Street     Burnet, TX 78611     Phone: 512/756-2607     www.hccac.org

HILL COUNTRY COMMUNITY FOUNDATION
Receives gifts, bequests and donations to be administered for the benefit of the citizens of the Highland Lakes area. Provides funds to help finance charitable, cultural, civic, health, literacy or educational programs.
PO Box 848     Burnet, TX 78611

HILL COUNTRY COMMUNITY THEATRE
Provides a series of theatrical productions using local, volunteer staff.
4003 West FM 2147     Marble Falls, TX 78654     Phone: 830/693-2474     Email: thehcct@hcct.org
www.thehcct.org

HILL COUNTRY HIGHER EDUCATION FOUNDATION
Provides financial, advisory and consulting support to assist in the education of deserving local students.
PO Box 1626     Marble Falls, TX 78654     Phone: 512/755-5270

HILL COUNTRY HUMANE SOCIETY & SPCA
Owns & operates the Christ-Yoder Animal Shelter/Adoption Center for all stray & owner surrendered dogs & cats in Burnet & Llano counties. Offers animals for adoption, promotes spay / neuter assistance program, provides cremation services for disposal of animals that have died.
Hours: Monday through Saturday 10:00 AM – 2:00 PM
9150 Hwy 1431 West     Buchanan Dam, TX 78609     Phone: 512/793-5463
Email: cyanimalshelter@281.com     www.christ-yoder.org

HILL COUNTRY MEMORIAL HOSPICE
HCM Hospice offers Hill Country residents a robust package of comfort care services for anyone living with a life-limiting illness. HCM Hospice is your trusted resource for terminal care planning. Anyone may inquire or refer to hospice.
2511 Hwy. 281 N.     Marble Falls, TX 78654     Phone: 800/859-3169     www.hillcountrymemorial.org
IN HARMONY THRIFT STORE
Bargain prices on new and gently used clothing, household items, toys, and occasional furniture.
Proceeds benefit Harmony School of Creative Arts, a non-profit community fine arts school.
1503 Mormon Mill Road   PO Box 1065   Marble Falls, TX 78654   Phone: 830/693-1791

IN THE ZONE
Peer to peer program for combat veterans and their families affected by PTSD, traumatic head injuries &
sexual trauma.
Epiphony Episcopal Church Youth Program   Burnet, TX 78611   Phone: 512/567-8435

INDIGENT HEALTH CARE OF BURNET COUNTY
Provides medical and prescription drug support for those adults, residing in Burnet County, who qualify
according to Texas Department of State Health Services guidelines. Applications may be picked up at: 133 E.
Jackson St., Burnet; Community Resource Ctr., 1016 Broadway, Marble Falls, on the Burnet County website, or
call to request one be sent via US mail.

Hours: 8:00-12:00 & 1:00-5:00 M, T, W, and F, Burnet 8:00-4:00 Thursday at Community Resource Ctr.,
Marble Falls www.burnetcountytexas.org – click on departments
Mon, Tue, Wed, Fri – 133 East Jackson Street   Burnet, TX 78611
Phone: 512/756-5404   Fax: 512/756-4213
Thur – 1016 Broadway, Community Resource Center   Marble Falls, TX 78654   Phone: 830/693-0700

INDIGENT HEALTH CARE OF LAMPASAS COUNTY
409 S. Pecan Lampasas, TX 76550 512/556-8271 ext. 223
Fridays

INTERFACE INDUSTRIES
Provides service to adults that are mentally challenged such as, supported home living service, day habilitation
services,
Special Olympic opportunities and community involvement.
2421 FM 963   Burnet, TX 78611   Phone: 512/756-7663

K’STAR YOUTH AND FAMILY SERVICES
Provides guidance to youth and families in conflict, education and skill-based training for parents and youth,
24 hour emergency hotline, emergency shelter to youth, birth through 17 years.
1811 A Highway 281 #7   Marble Falls, TX 78654   Phone: 830/798-2330
LAKES AREA CARE, INC. - LaCARE
Provides limited assistance with groceries and antibiotic prescriptions to persons living in Burnet Consolidated Independent School District.
PO Box 115 Burnet, TX 78611 Phone: 512/756-4422 Email: LaCare@burnetpc.net
507 Buchanan Drive (Hwy 29) Mother of Sorrows Catholic Church Burnet, TX 78611
Mon, Wed, Fri – 10:00 AM – 1:45 PM

LAMPASAS ANIMAL SHELTER
An open admission facility for all Lampasas residents; offer free animal surrenders to all Lampasas residents to encourage owners to bring the animals to us
301 College Street Lampasas, TX 76550 512/556-8586
www.petango.com/lampasasanimalshelter
Mon-Thur 8 am - 6pm Saturday 8 am - noon

LAMPASAS MISSION
Food Pantry, Clothing, some furniture
910 E. 4th Street Lampasas, TX 76550 512/556-5779
Mon. 6 pm-8 pm; Tues. & Thur. 1-3 pm

LAMPASAS PUBLIC LIBRARY
Book lending, computer access, and educational programs for children and adults.
201 S. Main St. Lampasas, TX 76550 512/556-3251 www.lampasas.biblionix.com
Monday: 10:00 - 5:30, Tuesday: 10:00 - 7:30 Wednesday: 10:00 - 5:30, Thursday: 10:00 - 5:30,
Friday: 10:00 - 5:30, Saturday: 10:00 - 2:00

LAMPASAS SENIOR CITIZENS CENTER
Provides nutritional programs and recreational activities for senior citizens. No membership fees.
Mon.-Fri. 9 am - 3 pm
901 S. Live Oak St. Lampasas, TX 76550 512/556-3858

LEGAL AID
Provides legal assistance and advice for low-income individuals.
Phone: 512/447-7707 Toll free: 800/369-9270 www.trla.org/austin.php

LIBRARIES
Bertram
140 North Gabriel
Bertram, TX 78605
Phone: 512/355-2113

Herman Brown Free
East Washington
Burnet, TX 78611
Phone: 512/715-5228

Kingsland
125 West Polk Street
Kingsland, TX 78639
Phone: 325/388-3170

Lakeshore
7346 Hwy 261
Buchanan Dam, TX 78609
Phone: 325/379-1174

Llano
102 East Haynie
Llano, TX 78643
Phone: 325/247-5248

Marble Falls Public
101 Main
Marble Falls, TX 78654
Phone: 830/693-3023

Oakalla
2001 FM 963
Oakalla, TX 78608
Phone: 512/556-9805

Appendix B
FRIENDS OF THE LIBRARIES
Each library has their own Friends group dedicated to the preserving and strengthening of their library through fundraising efforts, volunteer staffing and the promotion of goodwill. For more information on a particular Friends group contact the library as listed above.

LIFE SKILLS LEARNING CENTER OF KINGSLAND
Provides anger management and domestic violence prevention education classes. If you suffer from rejection, abandonment, incest, molestation, emotional or physical abuse, please call.
Monday through Friday, 9:00 AM – 9:00 PM
136 Real Street PO Box 1108 Kingsland, TX 78639 Phone: 325/423-HOPE(4673)
Fax: 325/388-4504 Email: lifeskil@tstar.net

LIGHTHOUSE HOSPICE
Palliative care; Services include Nursing, Social Work, Spiritual Support and Volunteer Services.
608 Gateway Central Marble Falls, TX 78654 Phone: 830/693-8794 www.lighthouse-hospice.com
Hours: Monday- Friday 8:00am to 5:00 pm

LITERACY HIGHLAND LAKES
Literacy Highland Lakes is a volunteer-based 501(c)(3) non-profit that provides classes in adult basic education (reading and math), ESL (English-as-a-second-language), citizenship preparation, GED and Pre-GED. Classes are held at various locations in Burnet, Granite Shoals and Marble Falls. One-on-one tutoring in basic reading and math, as well as English-as-a-second-language is available. All classes and one-on-one tutoring are free and open to any adults living in the Highland Lakes area.
PO Box 306 Burnet, TX 78611 Phone: 512/756-7337 Email: literacy@281.com

THE LLANO CENTER
Provides hot meal program and homemaker program (light housecleaning), pot luck lunches, games and parties for persons 60 years and older. Provides the Meals on Wheels program for persons 60 years and older and disabled. Programs provided to all ages including public transportation, weatherization and utility assistance when funds are available. Coordinates the RSVP (Retired and Senior Volunteer Program) meals, homemaker and transit are partially funded through Area Agency on Aging.
1110 Berry Llano, TX 78643 Phone: 325/247-4662 Hours: 8:00 AM – 4:00 PM

LLANO NEW HORIZONS
Provides limited assistance for those in the Llano County area with utility bills, rent, groceries, doctor bills and prescriptions.
Phone: 325/247-4439

MARBLE FALLS SENIOR ACTIVITY CENTER
Provides a place for persons 55 and older to make new friends, fellowships participate in crafts, exercise and games. Provides educational and informative programming to assist with problems of insurance, nutrition, finance and legal issues.
1200 7th Street PO Box 1001 Marble Falls, TX 78654 Phone: 830/693-5611
MARBLE FALLS SPECIAL SERVICES
Preschool Program for Children with Disabilities (3yrs. old) Special education services for children 3 - 22 yrs. of age, District Section 504 services, evaluation and determination of eligibility of services for special programs offered within the school system
Dr. Susan Maughn 1800 Colt Circle Marble Falls, TX 78654 Phone: 830/798-3516

MEALS ON WHEELS – WBCO – MARBLE FALLS AND BURNET
MEALS ON WHEELS to participants 60 & older or disabled. Contact: Sara Riley 512/756-4334

MEDICAID STARLink
Provides support and information to persons enrolled in the Medicaid Star Program who have had difficulties receiving health and long term care services.
PO Box 19509 Austin, TX 78760 Phone: 512/533-3297

NEIGHBORHOOD CENTER - BURNET
Cooks and delivers Meals-on-Wheels to participants 60 & older or disabled. Provides lunch, socialization, games and bingo at the Center Monday - Friday. Provides emergency assistance including food, medical, rent, utility bills (excluding water), form filing, job search, low income housing & information.
102 East Johnson Burnet, TX 78611 Phone: 512/756-4334

NEIGHBORHOOD CENTER - LLANO
Cooks and delivers Meals-on-Wheels to participants 60 and older or disabled.
Call for more information Phone: 325/247-4662

NEIGHBORHOOD CENTER – MARBLE FALLS
Cooks and delivers Meals-on-Wheels to participants 60 & older or disabled. Provides lunch, socialization, games and bingo at the Center Monday - Friday. Provides emergency assistance including food, medical, rent, utility bills (excluding water), form filing, job search, low income housing & information.
117 Avenue M PO Box 703 Marble Falls, TX 78654 Phone: 830/693-3109

NEW LIFE INSTITUTE
Provides counseling for individuals, families, couples & children seeking healing, growth & emotional well being.
The Episcopal Church of the Epiphany located at Wood & Lamon
PO Box 2 Burnet, TX 78611 Phone: 512/756-2334
OARS – OLDER ADULT RURAL SERVICES
Serves senior citizens 60+ in Burnet County with medical transportation and other services that enable them to retain independent lifestyles within their own homes.
1600 Mustang Drive  Marble Falls, TX 78654  Phone: 830/798-0543

OUTREACH HEALTH SERVICES / WIC
Provides short term assistance for children, pregnant women and breastfeeding women including nutrition information, breastfeeding advice and support, healthy food, help finding other health and medical services, nutrition classes and immunizations.
503 East Highway 1431, Suite 103  Marble Falls, TX 78654  Phone: 830/693-8226

PRESCRIPTION ASSISTANCE PROGRAM
Enables qualifying individuals in need to receive free prescriptions directly from pharmaceutical companies. Assists in completing necessary forms.
Community Resource Center
1016 Broadway, Marble Falls, TX 78654
Fridays, 10 AM to 2 PM
For information call: 830/693-0700

Rx Advocates of LaCare
507 West Buchanan, Burnet, TX 78611
Every Thursday, 2 PM to 4 PM
For information call: 512/756-4422

PREVENT BLINDNESS TEXAS
Assistance for low-income to receive vision care.
7901 Cameron Rd. #3-160  Austin, TX 78754  Phone: 512/617-5595  www.preventblindness.org/Tx

PROJECT FAMILY L.I.F.E.
Offers adult education classes, GED, ESL to parents with children between 0-7 years old, including transportation & childcare.
1800 Colt Drive  Marble Falls, TX 78654  Phone: 830/798-1668

ROPE – RURAL OPPORTUNITES PROVING ENCOURAGEMENT
Shoe Program for school age children in Burnet and Llano Counties
Tuesdays & Thursdays 9:00 AM – 2:00 PM
1016 Broadway  Marble Falls, TX 78654  Phone: 830/693-0700

RURAL CAPITAL CHILD CARE MANAGEMENT SERVICES - CCMS
Provides childcare for income eligible parents who are working, attending training and school.
1611 Chisholm Trail, Suite 600  Round Rock, TX 78681  Phone: 512/671-3679  Toll free: 866/518-0576
SAFE KIDS COALITION
Serves as a resource for child safety information.
1201 West 30th Street   Austin, TX   Phone: 512/324-1000 ext. 15983

SAFE KIDS MID TEXAS
Serving Lampasas County - Let Safe Kids be your authoritative source for information about child safety: Fact Sheets, Latest News, Position Statements, Press Releases, Research Reports, Photos
http://www.safekids.org/in-your-area/coalitions/mid-texas.html
2401 S. 31st St.   Temple, TX   Phone: 254/724-1431

SALVATION ARMY
Provides temporary assistance for individuals in the form of redeemable vouchers for food, utilities, diapers, formula, gas & prescriptions.
1215 Highway 29 East   PO Box 216   Burnet, TX 78611   Phone: 512/756-8080
Monday-Friday 8:00PM – 5:00 PM
504 S. Pecan St.   Lampasas, TX 76550   Phone: 512/566-0719
Thursday & Friday 9:00AM – 3:00 PM

SETON HIGHLAND LAKES HOSPICE
Non-profit agency that helps terminally ill patients and their families maintain personal dignity and enhance the quality of life that remains.
409 Industrial Blvd.   Burnet, TX 78611   Phone: 512/756-8003   Fax: 512/756-8046   www.seton.net/shl

SETON HIGHLAND LAKES GRIEF SUPPORT GROUP
Ongoing grief support group sponsored by Seton Highland Lakes Hospice is open to anyone in our community who is grieving a loss. For more information, call Sherry Beaman 512/756-8003
Marble Falls Public Library  101 S. Main Street   Marble Falls, TX 78654
Phone: 512/756-8003   Fax: 512/756-8046   www.seton.net/shl

SHARING THE HARVEST
Provides food and limited financial help for utilities, rent and prescriptions to low-income residents in the lakes area between Tow and Granite Shoals, who are not being helped by other agencies.
PO Box 1137       Kingsland, TX 78639     Phone: 325/388-0620

SHRINERS HOSPITALS FOR CHILDREN
Operates ten orthopedic hospitals, three of which treat spinal cord injuries, and four Shrine Hospitals which provide pediatric burn care free to children under 18 years of age.
Contact: Chuck Lacallade     PO Box 1956     Kingsland, TX 78639     Phone: 325/388-7100 or Ben Hur Shrine   7811 Rockwood Lane   Austin, TX 78757   Phone: 512/480-0812   Fax: 512/479-4060
SOCIAL SECURITY OFFICES
Provides information regarding Social Security benefits.
104 Parkview Drive     Georgetown, TX 78626     Phone: 512/869-0886     Toll free: 800/772-1213

ST. MARY CATHOLIC CHURCH FOOD PANTRY AND SHARED BLESSINGS THRIFT
Help with food, clothing, utilities and prescriptions
Wednesday & Friday 9:30 AM - Noon
701 Key Ave Lampasas, TX 76550 Phone: 512/556-5544 www.stmaryslampasas.org

ST. VINCENT DE PAUL HOME REPAIR PROGRAM
Provides needed home repairs for those who OWN their home and are financially or physically unable to make their homes habitable. The services available include exterior weatherproofing, minor roofing, plumbing, carpentry, electrical and heating repairs. Repairs are performed by society members, community volunteers and licensed contractors at no cost to the homeowner.
Contact the Society of St. Vincent de Paul at: 512/264-3968

ST. VINCENT DE PAUL CONFERENCE OF ST. JOHN/ST. PAUL THE EVANGELIST CATHOLIC CHURCHES
Provides limited emergency assistance with rent, utilities, food, and personal items for persons living in the 78654 & 78657 zip codes.
Monday – Friday    Phone: 512/755-3299

SUICIDE PREVENTION TASK FORCE
Provides education and resources to the community to prevent suicide and provide support to family members. Taskforce can be reached at: 830-693-0530. For confidential and fee crisis support and referral for support services 24 hours a day / 7 days a week - CALL Burnet County Hotline: 800/841-1255 Llano County Hotline: 800/628-7382 National Hotline: 800/273-TALK 24 hours a day / 7 days a week

TEXAS AGRILIFE EXTENSION SERVICE, BURNET COUNTY
Provides education and outreach for 4-H program, Agriculture related issues, natural resources, food and nutrition, diabetes, health education, financial education, master gardeners, master naturalists and master sewers.
1701 E. Polk Street, Suite 12     Burnet, TX 78611     Phone: 512/756-5463     HOURS: 8:00 AM - 5:00 PM

TEXAS HOUSING FOUNDATION
Offers housing and resident services for low to moderate income families.
8:30 AM – 4:00 PM
1110 Broadway     Marble Falls, TX 78654     Phone: 830/693-4521 www.txhf.org
TEXAS DEPARTMENT OF ASSISTIVE AND REHABILITATIVE SERVICES
Assists Texans with disabilities in pursuing employment of choice, living as independently as possible, and in leading productive lives.
2000 N. Mays, Suite 110     Round Rock, TX 78664     Toll free: 800/538-8602     www.dars.state.tx.us

TEXAS DEPARTMENT OF STATE HEALTH SERVICES
Provides childhood immunizations, adult immunizations (limited), TB control, HIV counseling and testing
Sexually transmitted disease limited testing and treatment
Epidemiology response and community outreach and education
1016 Broadway     Marble Falls, TX 78654     Phone: 830/693/8424

TEXAS DEPARTMENT OF STATE HEALTH SERVICES
SPECIALIZED HEALTH AND SOCIAL SERVICES
CHILDREN AND PREGNANT WOMEN AND CHILDREN'S MEDICAID CASE MANAGEMENT PROGRAM (CPW)
CPW is a program that serves Medicaid eligible infants, children, teens and young adults from birth through age 20 who have or are at-risk for having a health problem and desire case management services to keep health problems from becoming worse. It also serves Medicaid eligible pregnant women of any age who have a high risk pregnancy and need services to prevent additional problems with their pregnancy. Case Management assists with access to medical services, financial concerns, equipment and supplies, education/school issues and more.
Eligibility: Medicaid recipient's birth through age 20 years; documents required: Medicaid eligible

CHILDREN WITH SPECIAL HEALTH CARE NEEDS PROGRAM (CSHCN)
In existence since 1933. The purpose is to help the children of Texas improve their health, well-being, and quality of life. CSHCN arranges and pays for medical treatment and equipment for children, birth through age 21 with special health care needs. Provides family supports such as home modifications, wheel-chair lifts, specialized equipment, and respite. Case management services available to all families that have a child with special health care needs no matter their funding. No income requirements, application process required; proof of diagnosis, income and residence documents required.
PERSONAL CARE SERVICES (PCS)

Personal Care Services is a Medical benefit that helps children and young adults with everyday tasks called activities of daily living, instrumental activities of daily living, and health-related activities. Activities of daily living include bathing, dressing, eating, walking, movement and going to the toilet. Instrumental activities of daily living include getting health services, fixing meals, and light housework. Health-related activities include exercise, taking medication, skin care, and use of durable medical equipment. Eligibility: Ages birth through 20; be on Medicaid; have a disability, physical or mental illness; and need help with activities of daily living and health related activities as decided by the PCS functional assessment.

2408 South 37th  Temple, TX 76504  Regional Phone: 800/789-2865  Eileen Walker, Program Director
Phone: Llano & Burnet County, Dana Smith, LBSW  325/372-5188  Fax: 325/372-3297
Email: danna.smith@dshs.state.tx.us

TEXAS HEALTH & HUMAN SERVICES COMMISSION

Facilitates access to Medicaid & CHIP programs for TANF recipients, low income children and parents, pregnant women ineligible for TANF, caregivers, second parents of deprived children and certain immigrants. Provides: food stamps to low income families, temporary financial assistance to families with needy children who are deprived of parental support (through TANF), community care for the aged and disabled, further assistance & referral to families in need, special nutrition programs, assistance for immigrants & refugees, programs for victims of family violence and provides through The Nursing Facility Care program, institutional care to Medicaid recipients who have a condition requiring a nurse on a regular basis.

1016 Broadway  Marble Falls, TX 78654  Phone: 830/693-5703
1104 West Buchanan Drive, Suite 2  Burnet, TX 78611  Phone: 512/756-6006
1447 East Highway 71, Unit F  Llano, TX 78643  Phone: 325/247-3270
Toll free: 877/787-8999  www.hhsc.state.tx.us

TEXAS HEALTH STEPS OUTREACH AND INFORMING

Operates hotline to assist Medicaid recipients in gaining access to medical and dental services.
PO Box 149219  Austin, TX 78714  Phone: 877/847-8377

TEXAS HEALTH STEPS PROGRAM (THSteps)

Recruitment and retention of medical and dental Medicaid providers for the well-child physical checkups birth through 21 years. Works closely with contractors with the state in helping providers understand Medicaid policy and procedures for the THSteps Program.

Eligibility: Texas Medicaid recipients 21 years and younger, Medicaid eligible documents required.
2408 South 37th  Temple, TX 76504  Regional Office: 800/789-2865  Fax: 254/773-2722  Kim Langley,
Team Lead Provider Rep for Burnet/Llano Counties: Deneice Pryor, RN, BSN  Phone: 254/624-7695
Email: deneice.pryor@dshs.state.tx.us
THE HOP – LAMPASAS TRANSPORTATION SERVICE
Transportation is provided Monday thru Friday, from 6:30 a.m. to 7:00 p.m. Call the 1-800/791-9601 to schedule in advance. Cost determined by number of miles.
Lampasas, TX 76550 Phone Toll free: 800/791-9601 www.takethehop.com

THE THRIFT STORE
Clothing, furniture & household goods
Thur. & Fri. 9 am - 5 pm Sat. 9 pm - 3 pm
504 S. Pecan Lampasas, TX 76550 Phone: 512/556-0719

VA REPRESENTATIVE
Representative: Matt Reid - Services for Veterans
Wednesday 9:00 AM – 11:00 AM
PO Box 231, 409 S. Pecan Lampasas, TX 76550 Phone: 512/556-8271 Ext 106

VETERANS BENEFITS ADMINISTRATION
Provides benefits and services to veterans and their families in a responsive, timely and compassionate manner in recognition of their services.
1615 Woodward Street Austin, TX 78772 Phone Toll free: 800/827-1000 www.vba.va.gov

VETERANS OF FOREIGN WARS POST #10376
Provides veteran assistance, advising members of benefits and veteran's burial assistance.
1001 Veterans Avenue Marble Falls, TX 78654 Phone: 830/693-9374

VICTIM SERVICES DIVISION - 33RD & 424TH JUDICIAL DISTRICT ATTORNEY
Serves victims of violent felony crimes in Blanco, Burnet, Llano & San Saba counties. Assists victims through the complicated court system by education, court notification & court accompaniment. Provides victims with referrals to other service agencies as needed.
1701 East Polk, Suite 24 Burnet, TX 78611 Phone: 512/756-7609

WBC Opportunities, Inc. - MARBLE FALLS AND BURNET
MEALS ON WHEELS to participants 60 & older or disabled. Sara Reily: 512/756-4334.
Provides lunch, socialization, games & bingo at the High View Community Center, Monday through Friday, and delivery to homebound seniors: same services and schedule provided at the Burnet Neighborhood Center, 102 East Johnson Street; 512/756-4334.
Emergency assistance, case management, & information & referrals & linkages to other agencies, 1016 Broadway, Marble Falls; Monday through Friday, Call Janie Atkinson: 830/693-0700 ext. 205.
Provides emergency assistance and same schedule for the North End of Burnet County, Dorothy Johnson at the Burnet Neighborhood Center, 102 East Johnson Street. Call: 512/756-4334.
WESLEY NURSE HEALTH MINISTRY
Offers programs in health services, education and worship within a Christian faith community. Also directs Highland Lakes Respite Center and an Alzheimer's Support Group. Methodist Healthcare Ministries in partnership with the Highland Lakes United Methodist Church of Buchanan Dam.
Call for more information    Phone: 325/388-3935 or 325/388-4187

(TEXAS) WORKFORCE CENTER
Appeals of Unemployment Insurance • Employment Services
Mon. - Fri. 8 am - 5 pm
1305 S. Key Ave. #102     Lampasas, TX  76550     Phone: 512/556-4055 www.workforcelink.com

WIC
Nutrition Education, Food Vouchers
Monday, Wednesday, Thursday 7:30am-6:30pm, 3rd Thursday 7:30am-12:30pm, 2nd Saturday 8:00am-1:00pm.
Please call us to confirm our hours as they are subject to change without notice.
904 S. Key Ave.     Lampasas, TX  76550     Phone: 512/556-3195
www.wicprograms.org/li/lampasas_clinic_76550

WILDFLOWER MEADOWS
Independent Senior Living Community
Office open 10am to 2pm
601 CR 340 A     Burnet, TX  78611     Phone: 512/755-3165 www.wildflowermeadowsburnet.com

WORKFORCE SOLUTIONS, RURAL CAPITAL AREA
Provides services to assist those seeking employment. Provides information about unemployment insurance, childcare and training.
1001 West Buchanan Drive     Burnet, TX 78611     Phone: 512/756-6769
119 West Main     Llano, TX 78643     Phone: 325/248-0275

CHAMBERS OF COMMERCE

Bertram Chamber of Commerce
360 West Highway 29
Bertram, TX 78605
Phone: 512/355-3820

Burnet Chamber of Commerce
229 South Pierce
Burnet, TX 78611
Phone: 512/756-4297

Llano Chamber of Commerce
700 Bessmer
Llano, TX 78643
Phone: 325/247-5354

Lake Buchanan / Inks Lake
Chamber of Commerce
Hwy 29 at the Dam, Box 282
Buchanan Dam, TX 78609
Phone: 325/793-2803

Kingsland / Lake LBJ
Chamber of Commerce
2743 Hwy 1431
Kingsland, TX 78639
Phone: 325/388-6211

Llano Chamber of Commerce
700 Bessmer
Llano, TX 78643
Phone: 325/247-5354

Lake Buchanan / Inks Lake
Chamber of Commerce
Hwy 29 at the Dam, Box 282
Buchanan Dam, TX 78609
Phone: 325/793-2803

Marble Falls / Lake LBJ
Chamber of Commerce
916 Second Street
Marble Falls, TX 78654
Phone: 830/693-2815
## EMERGENCY SERVICES

### EMERGENCY MEDICAL SERVICES – EMS

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<tr>
<th>EMS Provider</th>
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<td>225 South Street</td>
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<tr>
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### FIRE DEPARTMENTS

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### LAW ENFORCEMENT

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## Appendix B

### AREA COUNTY OFFICES

#### BURNET COUNTY

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<tr>
<th>BURNET COUNTY COURTHOUSE</th>
<th>BURNET ANNEX</th>
<th>MARBLE FALLS ANNEX</th>
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<tr>
<td>220 South Pierce</td>
<td>1701 East Polk (Hwy 29)</td>
<td>810 Steve Hawkins Pkwy</td>
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<td>Burnet, TX 78611</td>
<td>Marble Falls, TX 78654</td>
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- **33rd Victim Services**: 512/756-7609
- **911 Coordinator, GIS Mapping**: 512/756-5445
- **Animal Control Officer**: 512/756-8080
- **Adult Probation-Burnet**: 512/756-5473
- **Adult Probation-Marble Falls**: 830/798-3200
- **Bertram Free Library**: 512/355-2113
- **Burnet County Appraisal District**: 512/756-8219
- **Marble Falls Office**: 830/693-5468
- **Burnet County Jail**: 512/756-8008
- **County Attorney**: 512/756-5476
- **County Auditor**: 512/756-5495
- **County Clerk**: 512/756-5406

- **County Commissioners**
  - Pct. 1 – Barn: 512/756-4729 or 715-5233
  - Pct. 2 – Barn: 512/489-2263 or 715-5232
  - Pct. 3 – Barn: 512/355-2231 or 715-5236
  - Pct. 4 – Barn: 830/693-2912 or 715-5235

- **County Court of Law**: 512/715-5245
- **County Extension Office**: 512/756-5463
- **County Administrative Judge**: 512/756-5404
- **County Treasurer**: 512/756-5498
- **Department of Public Safety**
  - Burnet Office: 512/715-5237
- **District Attorney**: 512/756-5449
- **District Clerk**: 512/756-5450

- **District Judge**: 512/756-5436
- **Driver’s License**: 512/756-5405
- **Burnet Office**: 512/756-5443
- **Marble Falls Office**: 830/798-3222
- **Educational / Vocational**: 830/798-3207
- **Flood Plains / Sanitation**: 512/756-5420
- **Herman Brown Free Library**: 512/715-5228
- **Hill Country Advocacy Center**: 512/756-2607
- **Indigent Health Care**: 512/756-5456
- **Interface Recycling Center**: 512/756-7663
- **Intermediate Sanction Facility**: 512/756-7628
- **Justice of the Peace**
  - Pct. 1: 512/756-5447
  - Pct. 2: 512/756-5453
  - Pct. 3: 830/798-3212
  - Pct. 4: 830/798-3205

- **Juvenile Probation**: 512/756-5468
- **Marble Falls Library**: 830/693-3032
- **Maintenance Office**: 512/756-5443
- **Parks and Wildlife**: 512/756-5474
- **Sheriff’s Office**: 512/756-8080
- **Tax Assessor / Collector**
  - Marble Falls: 830/798-3220
- **Veterans Service**: 512/715-5231
- **Victim Services Division**: 512/756-7609

#### LLANO COUNTY

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<th>HORSESHOE BAY ANNEX</th>
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<td>801 Ford Street</td>
<td>100 West Sandstone</td>
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- **911 Coordinator**: 325/247-2039
- **Adult Probation**: 325/247-5148
- **Appraisal District**: 325/247-3065
- **Attorney’s Office**: 325/247-4294
- **Auditor’s Office**: 325/247-7739
- **Commissioner**: 325/388-3092
- **Constable Precinct #1**: 830-598-1962
- **County Annex Office**
  - Or: 325/388-3092
  - Or: 325/388-6215
- **County Clerk**: 325/247-4455
- **Dept of Natural Resources**: 325/247-2039
- **District Attorney**: 325/247-5755
- **District Clerk**: 325/247-5036
- **Emergency Service**: 325/247-3088
- **Indigent Coordinator**: 325/247-1116
- **Jail**: 325/247-4054

- **Judge’s Office**: 325/247-7730
- **Justices of the Peace**
  - Pct. 1: 830/598-2296
  - Pct. 2: 512/793-2332
  - Or: 512/798-2529
  - Pct. 3: 325/388-6215
  - Pct. 4: 325-247-3178

- **Juvenile Probation**: 325/247-2035
- **Kingsland Library**: 325/388-3170
- **Lakeshore Library**: 325/379-1174
- **Llano Library**: 325/247-5248
- **Sheriff’s Office**
  - Administrative Office: 325/247-5050
- **Tax Assessor Collector**: 325/247-4165
- **Treasurer**: 325/247-7743
- **Veterans Service Officer**: 325/247-3009

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## SCHOOLS

### BURNET ISD
www.burnet.txed.net  
District Administration  
208 E. Brier  512-756-2124  
Burnet Elementary School  
608 N. Vanderveer  512-756-2126  
Bertram Elementary School  
315 Main  512-355-2111  
Shady Grove Elementary School  
1001 Shady Grove Road  512-756-8090  
Burnet Middle School (6<sup>th</sup> Grade)  
1201 N. Main  512-756-7944  
R.J. Richey Middle School (7<sup>th</sup> & 8<sup>th</sup>)  
500 E. Graves  512-756-6182  
Burnet High School  
1000 The Green Mile  512-756-6193  
Quest High School  
303 N. Pierce  512-756-6747

### MARBLE FALLS ISD
www.mfisd.txed.net  
Administrative Offices  
1800 Colt Circle  830-693-4357  
Colt Elementary School  
2200 Manzano Mile  830-693-3474  
Marble Falls Elementary School  
1909 Broadway  830-693-2385  
Highland Lakes Elementary School  
8200 W. Highway 1431  830-798-3650  
Spicewood Elementary School  
2001 Spur 191  830-798-3675  
Marble Falls Middle School  
1511 Pony Circle Drive  830-693-4439  
Marble Falls High School  
2101 Mustang Drive  830-693-4375  
Falls Career High School (EPIC)  
2001 Broadway  830-798-3621

### LLANO ISD – www.llano.k12.tx.us
Superintendent’s Office  325-247-4747  
Llano Elementary School  
1600 Oatman  325-247-5718  
Packsaddle Elementary School  
Kingsland  325-388-8129  
Llano Junior High School  
400 Hwy 71 E  325-247-4659  
Llano High School  
2509 S. State Hwy 16  325-248-2200  
Llano Special Education  
325-247-3790

### PRIVATE SCHOOLS
FAITH ACADEMY – www.famf.org  
3151 E. SM 1431  830-798-1333  
FIRST BAPTIST CHRISTIAN SCHOOL  
www.marblefallsfbc.org  
501 12<sup>th</sup> Street  830-693-3930

### COLLEGES
CENTRAL TEXAS COLLEGE –  
www.ctcd.edu  
1201 N. Main, Burnet  512-756-9890  
TARLETON STATE UNIVERSITY –  
Central Texas  
308 E. Brier, Burnet  512-756-6093  
TEXAS TECH UNIVERSITY –  
Highland Lakes  
www.highlandlakes.ttu.edu  
806 Steve Hawkins Pkwy.,  830-798-9548

### Appendix B
SUPPORT GROUPS

ABORTION AND SEXUAL ABUSE
Provides help through small group Bible study that meets in a confidential place in the Highland Lakes area. www.afterabortioncare.org

AL-ANON
Support group for families and friends of people with alcoholism. Call toll free at 888/425-2666 or go to www.Texas-Al-Anon.org.
Burnet: Episcopal Church of the Epiphany, N. Wood & Lamon, Listen & Learn – Thursdays at 8:00 PM
12 & 12 – Saturdays at 10:30 AM
Kingsland: First Baptist Church, Hwy 1431 W., Tues. - 8:00 PM
Llano: Grace Episcopal Church, 1200 Oatman, Fri at 12:00 PM
Marble Falls: St Peters Lutheran Church, 1803 Hwy 1431 W
ODAT Family Group – Mon. at 8:00 PM
First Baptist Church – Thurs. at 12:00 PM

ALCOHOLICS ANONYMOUS
Support group for those with alcoholism.
Burnet: 512/756-8440  Llano/Marble Falls: 830/798-1801

ALZHEIMER’S SUPPORT
Provides care and support services to patients and their families. Marble Falls: Marble Falls Public Library, 101 Main, 4th Tuesday at 2:00 PM
Kingsland: Kingsland Hills Care Center, 3727 West RR 1431, For more information call Janet Leubner, 325/388-4538

AMERICAN CANCER SOCIETY
Dedicated to fighting cancer through research, education, advocacy and service. Call 888/227-1618 or visit www.cancer.org
Look Good Feel Better is a program that provides information and complimentary make-up to women undergoing cancer treatment. For more information call: Burnet - 512/715-0178 or 512/791-7333  Llano: 325/247-4902

BREAST CANCER SUPPORT
Local area contact for breast cancer victims and other information. 512/715-3094

CAREGIVERS SUPPORT GROUP
An opportunity for caregivers to share concerns with other caregivers in a safe environment. Marble Falls: 706 First St., 3rd Tuesday at 10:30 AM.
Brenda Sikkema-Sykes, LPC, facilitator, call: 325/956-9650 or for info call: Jean Munson at 512/234-0022

DIABETIC SUPPORT GROUP
Local group for diabetics and caregivers. 830/596-0235. Marble Falls: Marble Falls Public Library, 101 Main, 1st Monday at 6:00 PM and Saturday at 9:00 AM

CELEBRATE RECOVERY
Programs sponsored by Marble Falls First Baptist Church:
Do you struggle with hurts, habits, or hangups? This Bible-based program can help you find freedom from life-long struggles. CR is a safe place for sincere and genuine acceptance leading to victory.

DIVORCE SUPPORT
Programs sponsored by Marble Falls First Baptist Church:
Separation and divorce are painful. At DivorceCare, you will become part of a support group of people who are going through the same experiences. The video seminars and share times feature biblical teaching for recovery. DC4K (DivorceCare For Kids) is offered at the same time for children ages 5 through 12.

DOMESTIC VIOLENCE AND SEXUAL ABUSE SUPPORT GROUP
Free and confidential weekly support group for anyone who has experienced domestic violence or sexual abuse at any time in their life. To find out more, call the Highland Lakes Family Crisis Center at 800/664-3574, you may be asked to leave a safe phone number and the best time to return you call.

GRIEF SUPPORT
Burnet: Sponsored by Girling Hospice. Call: 512/756-8856 or toll free at 800/809-8856.
Llano: 325/247-5248. Llano Library, every other Wednesday at 2:30 PM with moderator, Alton Peck: 512/793-6448
Marble Falls: Sponsored by Marble Falls First Baptist Church: The death of a spouse, child, family member, or friend is devastating. Christians are able to claim God’s promise that those loved ones are in the presence of the Lord. Even so, we must grieve a loss so deep and significant. GriefShare provides tools and a strategy to point grieving people to Christ as the source of healing. Through video seminars and the support of leaders and participants, each session will help in the journey from mourning to joy.

HEPATITIS / TRANSPLANT SUPPORT
Marble Falls: First United Methodist Church, 1101 Bluebonnet, 1st Tuesday at 7:00 PM

LOW VISION SUPPORT GROUP
Burnet: Herman Brown Free Library, 100 E Washington, 3rd Wednesday at 10:30 AM. Call: 512/756-7396

OVEREATERS ANONYMOUS
For compulsive overeaters. 830/693-5208, Marble Falls: First United Methodist Church, 1101 Bluebonnet, Rm 191. Classes Wednesday at 6:00 PM and Saturday at 9:00 AM

PARENTING CLASSES
For parents and others who want to raise a loving, lovable and responsible child who will grow into a man or woman, capable of living a meaningful, happy adult life. Courses at First United Methodist Church, Marble Falls. For more info call 830/693-4341

PARKINSON’S SUPPORT GROUP
Burnet, TX. For information call Marilyn at 512/756-6161

SUICIDE / CRISIS PREVENTION
Assistance when in suicidal crisis, de-escalation of the crisis and referral for support services.
Crisis/Suicide Prevention: 800/841-1255
Hopeline Network: 800/748-2433
Hotline to Help: 512/472-4357

TAKE OFF POUNDS SENSIBLY
Granite Shoals: Seventh Day Adventist Church, 6642 West Hwy 1431, Wednesdays at 10:00 AM
Marble Falls: First Baptist Church, 501 12th Street, Thursdays at 10:30 AM
SERVICES GUIDE – GENERAL INFORMATION

DISCLAIMER:
The information provided in this Guide is presumed reliable, but it is not guaranteed.

PURPOSE:
The Highland Lakes Help and / Health Services Guide is a free publication intended to offer information on healthcare, social service and nonprofit resources that are available to those in our communities.

COST:
There is no fee to have a listing in the Guide.

SPONSORSHIPS:
The generous sponsors (both paid and in-kind) listed on the covers made the printing and distribution of this Guide possible.

FREQUENCY:
The Help and / Health Services Guides are produced about every two years. The next issue will be printed in early 2015.

TO ADD, REMOVE or CHANGE A LISTING:
We will begin accepting updates in 2014. Guide updates are made online at www.highlandlakeshealthpartnership.org.

When it is time to begin making updates, we will alert our e-mail subscribers via the HLHP newsletters.

To be added to our e-mail list, please send a request to hlhealthpartnership@gmail.com.
Suicide is preventable and a leading cause of death in Texans of all ages. Help is available. Help works. It’s your call.

CONFIDENTIAL – FREE – 24 HOURS A DAY

Suicide Hotline

Burnet County: 1-800-841-1255
Llano County: 1-800-682-7382
National: 1-800-273-TALK

If you are concerned about a friend or loved one: ASK about suicide to save a life.

ASKing to Prevent Suicide

Step 1: How to Ask the question.
Step 2: Seek more information & keep Safe.
Step 3: Know how and where to refer.

For more information, download the ASK app from the iTunes Store or Android Marketplace or visit http://www.mhatexas.org/ask/

If you would like to work to prevent suicide, contact the HLHP Suicide Prevention Taskforce at 830-693-0530.
NOTES

Flip over for the HEALTH SERVICES GUIDE.
## Scott & White Resources

### Priority Need #1: Obesity

#### Strategy #1: Expand efforts of the Transforming Texas Initiative in Burnet and Williamson county to Llano county by collaborating with the Highland Lakes Healthcare Partnership

**Expected Impact:** Promote health by addressing the social determinates of health (such as housing, transportation, and neighborhood infrastructure, poverty and healthcare access) on a systems level. Reduce rate of obesity thru nutrition and physical activity interventions by 5% over 5 years. Target 1% a year.

**Objectives/Actions**

- Use demographic maps to develop key contacts and stakeholders in specific locations to identify interventions that will assist Hispanic males with weight loss to target disparity issues.

- **Por Vida** – Collaborate with local restaurants to develop and advertise healthy choices on their menu. The Por Vida symbol on the menu would indicate that the recipe has been evaluated by a professional dietician and meets the criteria.

- **Worksite Wellness** – Institute programs in local businesses to encourage healthy choices among the employees. Example, vending machines with better choices, points for exercising, etc. Work with local convenience stores to have healthy choices.

- **Walking Trails** – Encourage and support local civic leaders to plan and execute the development of safe pedestrian paths. Support “Safe Routes to School “ plan.

#### Strategy #2: Host and support local activities that encourage healthy activity and lifestyle choices

**Expected Impact:** Increase availability of local activity programs at no or low cost to promote weight loss/effective chronic disease management. Reduce rate of obesity by implementing at least 5 successful strategies for weight loss.

**Objectives/Actions**

- Increase promotional efforts for healthy lifestyle activities
  - A-frame posters in clinics highlighting special events
  - Post event information on hospital website
  - Send press releases to area news sources

- **Walk Across Texas program in all S&W Hill country communities.** Llano county participated in two walks coordinated by employees of S&W - Llano in the absence of a local county extension agent.

- **Support annual Fun Run for Heart Month in February**
  - Scott & White staff serve as event organizer and volunteers

- **For FY16—Host a Healthy Food Fare similar to the community’s Food Festival.** It will be a community event highlighting healthy foods and vendors.

- **Community Challenge with HEB**
Scott & White supports and encourages participation in this challenge that engages city officials, school districts and the community to be active and track their physical activity. Communities challenge others similar to their size in population.

- **Llano Christmas Stroll**
  - Encourages exercise and walking from church to church

- **Bicycle Rodeo**
  - Encourages utilizing bicycles for healthy exercise
  - Event targets children
  - Teaches bicycle safety

- **Host a healthy cooking class at the Marble Falls clinic in partnership with the Scott & White Health Plan.**
  - FY14 host 1 class
  - FY15 host 2 classes
  - FY16 host quarterly classes or expand to other locations

- **Work with the Highland Lakes Healthcare Partnership to develop an effective chronic disease management model. Utilize community health workers to extend access to care for patients. (Nutrition classes, smoking cessation, personal fitness, etc.)**

- **Advocate locally for community change to promote healthy living**
  - Smoke free environments
  - Safe pedestrian paths/walking trails

### Strategy #3: Enhance healthy living education

**Expected Impact:** Reduce the rate of obesity by providing professional support in health education classes and hospital supported health fairs and health lectures with the target of participating in 8 community events per year.

**Objectives/Actions**

- **Ensure [Wellness.sw.org](http://Wellness.sw.org) remains new and relevant in efforts to provide free access to information on a variety of health topics**
  - Daily exercise tips for individuals and families
  - Developing healthy eating habits
  - Reaching a healthy weight and maintaining it
  - Resources for tobacco cessation
  - The opportunity to take a health risk assessment
  - Links to other resources and activities

- **A Scott & White Dietician will participate in ISD health committees**

- **Scott & White will continue to hold Health Fairs at Llano, Kingsland, and San Saba ISDs**
  - Initiate health fairs at other school districts in 2015: Johnson City

- **Participate in more community health fairs to share information on prevention of chronic illnesses related to being overweight as well as steps to correct bad habits.**

- **Seek new opportunities for healthcare providers to give lectures to various community groups with relative health topics.**
Priority Need #2: Adults with Diabetes

Strategy #1: Educate the community on Type 2 Diabetes and how to prevent and treat it

Expected Impact: the percentage of adults diagnosed with diabetes trends down over the next 3 years.

Objectives/Actions

- Partner with American Diabetes Association to provide educational material
  - Provide Diabetes Risk Tests and Living with Type 2 Diabetes information, acquired from ADA, as part of the information available at health fairs Scott & White participates in
  - Ensure the community is aware of local resources available to them
- Offer Live Well Be Well diabetes educational classes through S&W Nutrition department
  - What is diabetes
  - What prescribed medications are/how they work
  - Meal Planning
  - Advantages of exercise
  - How to check feet and body for wounds
  - Blood sugar measurement and target range
  - Distribution of Accucheck meters and test strips for class participants
- Establish protocol for follow-up after class completion
- Target program promotion for uninsured and underinsured when possible
- Provide glucose screenings and diabetes information at local health fairs
- Medical Bariatric Program – Promote medical weight loss as a means to prevent and control chronic diseases such as diabetes. The Hill country has a board certified medical bariatric physician as well as a bariatric surgeon who is certified by the American Society of Bariatric surgeons.

Strategy #2: Determine whether need is prevalent enough to pursue recruitment of an Endocrinologist to join Scott & White Hospital – Llano to provide specialized care and treatment for Hill Country community members diagnosed with Diabetes.

Expected Impact: The number of adults with diabetes receiving specialized treatment at Scott & White will increase.

Objectives/Actions

- Conduct additional analysis of diabetes related health indicators in the community
- Identify geographic locations where risk of diabetes is high
- Determine population groups most at risk
- Continue evaluation of current hospital and community resources to identify gaps in services
Priority Need #3: Cancer Death Rate

Strategy #1: Enhance education efforts on breast health

Expected Impact: Reduce the incidence of late stage breast cancer going undetected.

**Objectives/Actions**

- Provide educational materials outlining how often a women should be screened and what to look for
  - In Scott & White clinics
  - At health fairs and other community health events
- Provide medical expert speaker and breast health information at an annual women’s health event.
- Begin community outreach programs that focus on engaging women in understanding prevention and early detection of breast cancer; including mammograms and self-examination.
- Plan and promote opportunities for free screenings
- Set procedure for providing financial assistance if needed for follow up treatments
- Establish procedure for navigating through the system if follow up is required.

Strategy #2: Provide affordable skin cancer screening and updated information on guidelines

Expected Impact: Screen 120 people for common skin cancers to increase chances of curing the disease through early detection.

**Objectives/Actions**

- Plan and promote biannual skin cancer screenings to community at no charge
- Set procedure for providing financial assistance if needed for follow up treatments
- Include information on preventing skin cancer in health information provided at community health fairs
Scott & White Healthcare is looking for ways to help people in the Hill Country improve their health and well-being. We know there are some health problems that affect people in the Hill Country more than other places in the U.S. and we are working to identify the best way to meet those needs. This short survey should take about 5 minutes of your time.

We appreciate your input!

*This survey is completely anonymous.*
Tell us what we can provide to help improve people’s health in the Hill Country. Of the following services, which do you believe are the most important?

**CHOOSE UP TO 5**

- Affordable cancer screening
- Information on when and how to get screened for cancer
- Classes for people with diabetes to learn how to stay healthy
- Classes and information on how to prevent diabetes
- Less wait time to see our usual doctors
- Clinics for people who cannot pay
- More places to get vaccines
- Low cost vaccines
- Sexual health education in schools
- Nurses to go to people’s houses and help them learn to be healthy
- Doctors to treat mental health problems like depression
- Support groups for people with depression
- Suicide hotline
- Emergency care for people with depression or other mental health problems

1. **What is one thing you want to see changed in Hill Country to help people be healthier?**

______________________________________________________________________________________________

______________________________________________________________________________________________
Problem 1: Prenatal Care

Why don’t some women get prenatal care in the Hill Country? Check all the reasons that you think apply. They could apply to you or to someone you know.

☐ I’m not sure (I have never been pregnant or known anyone seeking prenatal care in this area)

☐ She did not know she was pregnant
☐ She could not get an appointment at the desired time
☐ She did not know Medicaid or other insurance was available for prenatal care
☐ She did not have enough money or insurance to pay for doctor’s visits
☐ She had problems on the phone when trying to make an appointment
☐ She did not have a way to get to the clinic or doctor’s office
☐ She could not take time off from work to go to appointments
☐ She had problems getting the doctor or health plan to start care as early as she wanted
☐ She did not have a Medicaid insurance card
☐ She did not know where to go for prenatal care
☐ She did not have anyone to take care of her other children
☐ She was too busy with other things going on
☐ She did not want anyone to know about the pregnancy
☐ She did not feel prenatal care was important / Did not feel it was needed because of having other healthy births before
☐ She did not speak English and could not find health care from someone speaking in her native language
Problem 2: **Healthy Weight**

Being active is one way to help people get to and maintain a healthy weight as well as lower the risk for other health problems in the future.

1. **Check the TOP 4 things that would help you or other people be more active in the Hill Country.** Being active is any type of exercise or movement that gets your heart beating faster.

   - Advertise about how being active makes you healthier
   - Build more trails for walking or running
   - Make the trails we have now safer to use
   - Start clubs for walking, running, biking or other activities
   - Have free gym memberships for people who can’t afford to pay
   - Make it easy to find places to be active
   - Fix our sidewalks so people feel safe walking on them
   - Have free classes like dancing and yoga
   - Provide “coaches” to help people make a plan to be active
   - Have community walking times at malls or other places inside
   - Have more things to do at our parks like bikes to rent or community events
   - Start classes on being active when someone has a health problem

2. **What do you think is the best way to help people get more physical activity?**
Problem 3: **Breast Cancer and Screening**

ONLY ANSWER THIS QUESTION IF YOU ARE FEMALE. Screening can help detect cancer at an early stage. A mammogram is an x-ray of each breast, used to look for breast cancer.

1. If you have never had a mammogram OR it has been longer than 2 years since your last mammogram, why? (Select all that apply)
   - [ ] I don’t think I need a mammogram
   - [ ] I don’t think I can afford a mammogram
   - [ ] I’m afraid getting a mammogram would be embarrassing
   - [ ] I had difficulty scheduling a mammogram
   - [ ] Getting a mammogram would make me worry about getting a diagnosis of breast cancer
   - [ ] My doctor told me I don’t need one yet
   - [ ] I don’t know the recommendations for mammograms
   - [ ] I’m too young for a mammogram
   - [ ] I’m not sure
About You: These questions help us know about the people who gave us answers. We want to make sure we talk to many types of people so we get opinions from different groups. We will not ask your name.

1. What is your age range?
   - 18–24
   - 25–29
   - 30–39
   - 40–49
   - 50–59
   - 60–69
   - 70–79
   - 80 or older

2. Do you have one place where you usually go for health care?
   - No
   - Yes, I usually go to a clinic
   - Yes, I usually go to a free clinic
   - Yes, I usually go to the hospital emergency room (ER)
   - Yes, I usually go to an urgent care/express care clinic
   - Yes, I usually go to see my regular healthcare provider/doctor’s office
   - Yes, I usually go to a different type of place for health care: ____________

3. Do you have any type of health insurance?
   - Yes
   - No

4. Are you Hispanic or Latino origin?
   - Yes
   - No

5. Which category best describes your race?
   You can circle more than one.
   - Asian
   - Black or African American
   - Native Hawaiian or Other Pacific Islander
   - Native American or Alaska Native
   - White
   - Other: ____________

6. How often do you have someone help you read hospital materials?
   - None of the time
   - A little of the time
   - Some of the time
   - Most of the time
   - All of the time

7. How often do you have problems learning about your medical condition because of difficulty reading hospital materials?
   - None of the time
   - A little of the time
   - Some of the time
   - Most of the time
   - All of the time

8. How confident are you filling out forms by yourself?
   - Not at all
   - A little bit
   - Somewhat
   - Quite a bit
   - Extremely