



# 2023 Emergency Preparedness Calendar

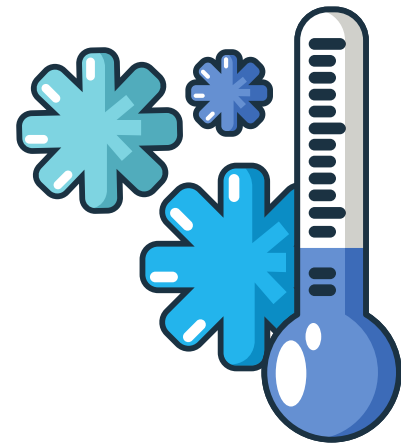
City of Corpus Christi



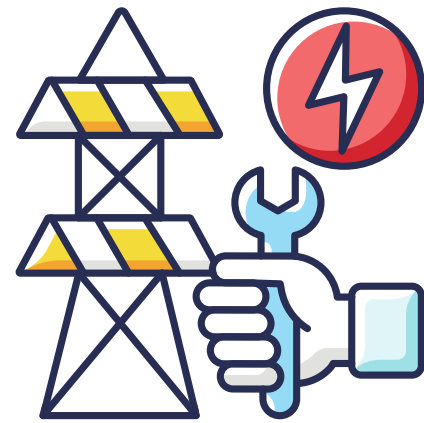
# WHAT IS IT?

**This Emergency Preparedness Calendar is designed specifically to help Seniors and people with disabilities become more prepared for emergency situations.**

This calendar has information that will help you prepare for several disasters that can occur in the City of Corpus Christi.



**EXTREME COLD**



**POWER OUTAGES**



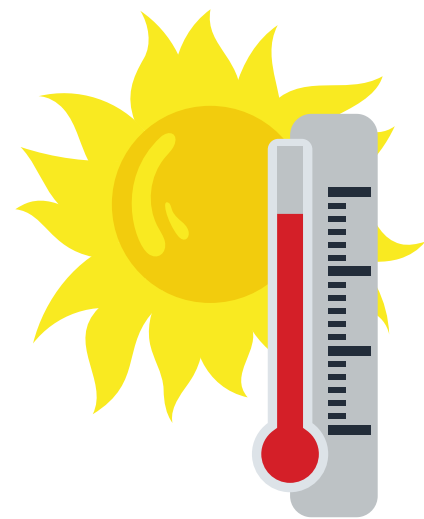
**FLOODS**



**TORNADOES**



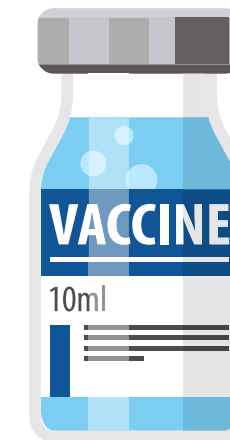
**HURRICANES**



**EXTREME HEAT**



**FIRES**



**COLD & FLU SEASON**

When all sections are completed, this calendar will contain important information you will need during and after an emergency.

**Take it with you if you have to evacuate your home.**

# EMERGENCY CONTACT INFORMATION

My Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Disability Service Provider:

\_\_\_\_\_

Phone: \_\_\_\_\_

Staff: \_\_\_\_\_

Phone: \_\_\_\_\_

Staff: \_\_\_\_\_

Phone: \_\_\_\_\_

Pharmacy: \_\_\_\_\_

Phone: \_\_\_\_\_

Doctor: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

Vet: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Durable Medical Equipment Company:

\_\_\_\_\_

Representative: \_\_\_\_\_

Phone: \_\_\_\_\_

# MY EMERGENCY SUPPORT

My Emergency Support Team will:

- ✓ Help make my emergency plan.
- ✓ Check on me before & after an emergency.
- ✓ Keep a key to my home and not give it to anyone unless directed to.
- ✓ Know where I keep emergency supplies.
- ✓ Know where I keep copies of emergency documents.
- ✓ Notify each other when we are out of town.
- ✓ Learn about my needs and how to help me in an emergency.

The People in my Team are:

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

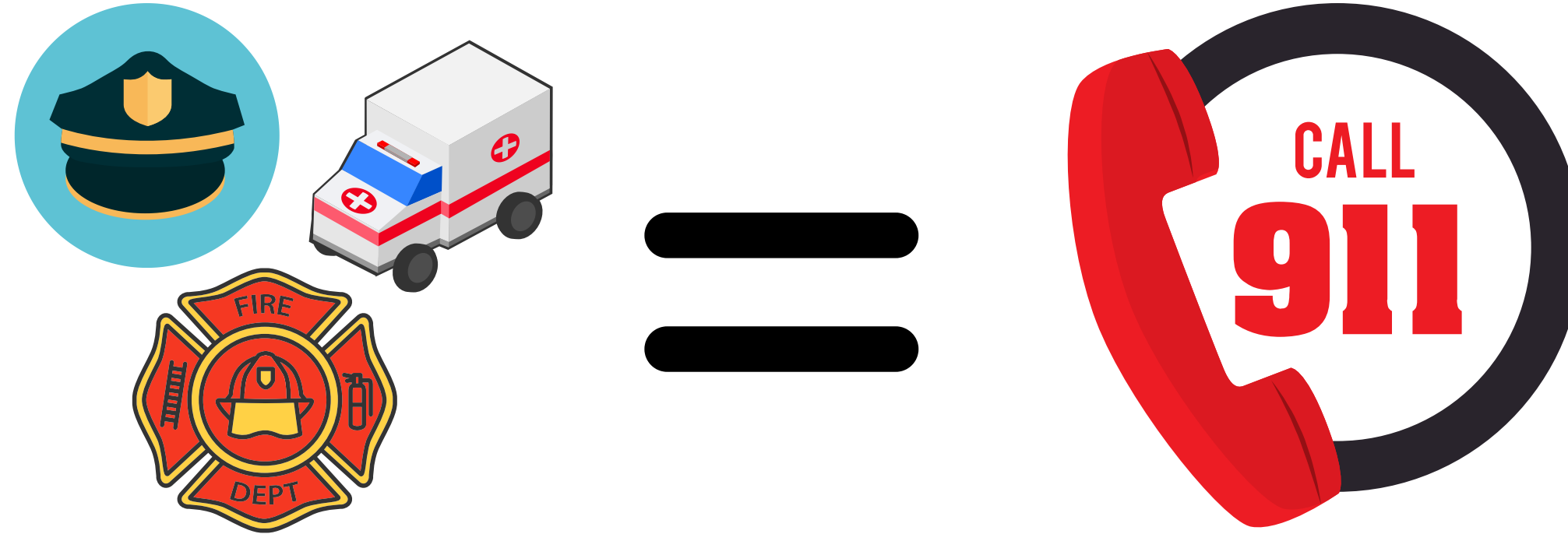
Work Phone: \_\_\_\_\_

Out-of-Area Contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

# IMPORTANT PHONE NUMBERS



Non-Emergency Police: (361) 886-2600

Non-Emergency Fire: (361) 826-3900

Hospital: \_\_\_\_\_

Poison Control: 1-800-222-1222

To report a power outage: AEP 1-866-223-8508

To report a gas leak: (361) 826-2489

Child Abuse/Neglect Hot-line: 1-800-252-5400

If you use special equipment that requires electricity, contact your electric company and talk with them about your power priority needs.

# MY COUNTY



When weather reports are given on TV, they often show a map of the Coastal Bend Area.

My county, **Nueces County**, is shaded.

# MY EMERGENCY KIT

You never know when an Emergency will happen. It's better to plan ahead for any type of event or disaster. Collect the following items and store them in a clean plastic trash can or plastic storage box:

## WATER

Store at least 4 gallons of water for each person in your home.

## FOOD

Keep a 3 day supply of food. Pick food that does not need to be in the refrigerator or cooked.

Nuts	Canned meats
Jelly	Dried or Canned Fruits
Trail Mix	Canned Vegetables
Salt/Pepper	Soup
Hard Candy	Smoked or dried meat
Cereal	Peanut Butter
Crackers	Sugar Substitute
Special Diet items	Non-Electric Can Opener
Powdered Milk	

## CLOTHING & BEDDING

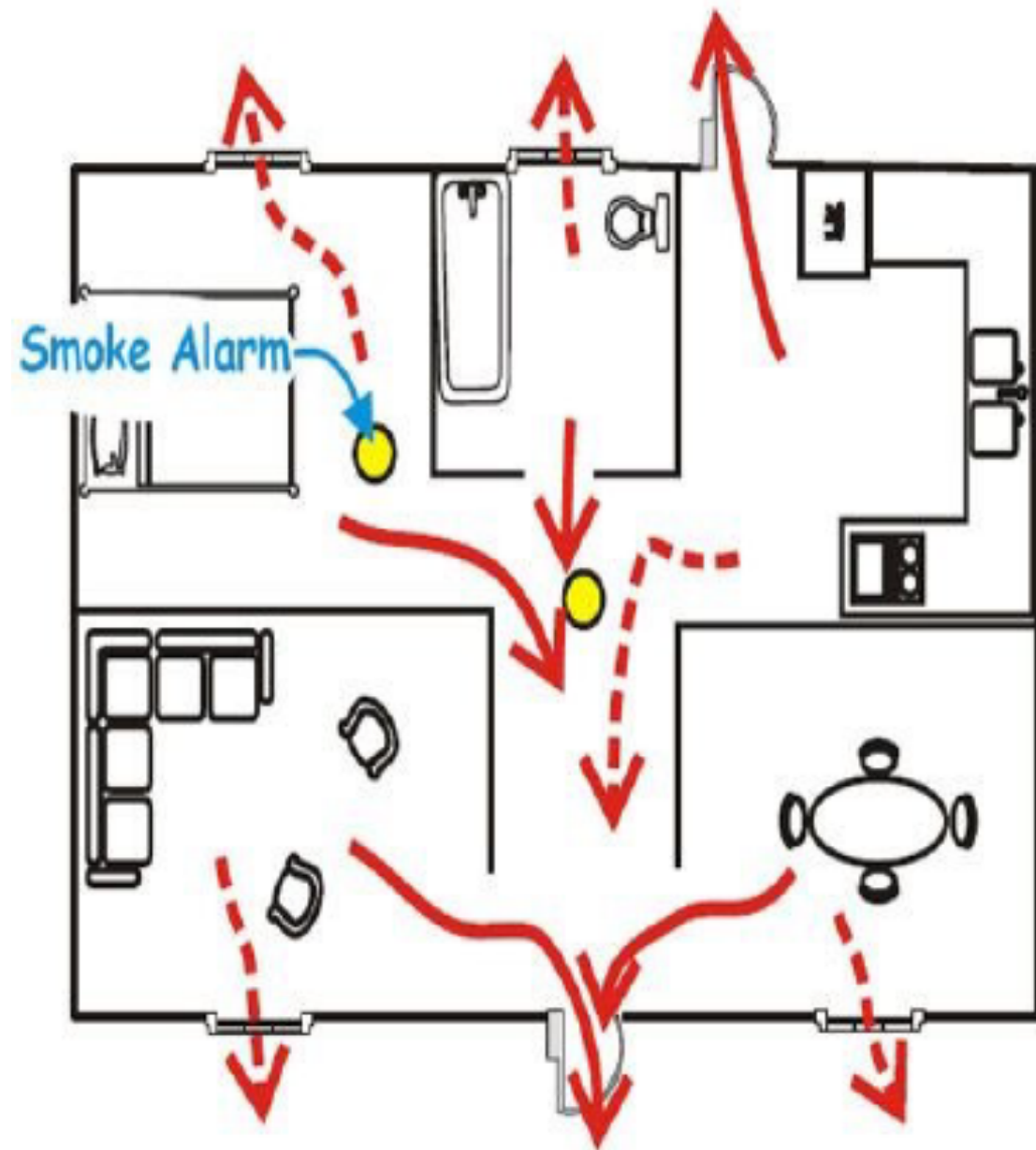
Two sets of clothes for everyone in the home.

Shoes	Hats/Gloves
Rain Gear	Thermal Underwear
Blankets/Sleeping Bags	Sunglasses

## TOOLS & SUPPLIES

Cups & Plates	1 week Supply of Medications
Plastic Utensils	Complete 1st Aid Kit
Flashlight	CPAP Device
Batteries	Adult Briefs (if needed)
Important Documents	Soap
Blood Sugar Monitor	Wet Wipes
Oxygen Equipment	Deodorant
Cane with Whistle	Toothpaste/Toothbrush
Extra pair of Glasses	Comb or Brush
Hearing Aid batteries	Hand Sanitizer
Walker/Wheelchair	Garbage Bags

# MY EVACUATION PLAN



1. Draw an outline of your home.
2. Mark 2 ways out of every room, using doors and windows.
3. Mark where emergency kits are located on your evacuation plan.
4. Actually practice your evacuation plan from each room to make sure it will work.
5. Remember that during an emergency it may be dark, hard to breathe or things may block your path.
6. Practice your evacuation plan every month until you know it by memory.
7. If you have problems identifying ways to get out, your local fire station will be able to help you make your plan.
8. Share & practice your evacuation plan with your personal support crew.



# MY FIRST AID KIT



These items should be in a clean plastic box labeled *First Aid Kit*



Band aids	Adhesive tape	Disinfectant
Safety pins	Rubbing alcohol	Thermometer
Tweezers	Latex gloves	Gauze pads
Roller bandages	Ace bandages	Bleach
Soap	Sunscreen	Aspirin
Moist towelettes	Antibiotic ointment	Laxative
Scissors	Anti-diarrheal medicine	Tissue

## **OTHER ITEMS:**

Current Prescription Medications

Extra Glasses & Case

Extra Contact Lenses & Solution

Extra Hearing Aid & Batteries

Talking or Braille Clock & Batteries

Cane

Other medical or assistive equipment

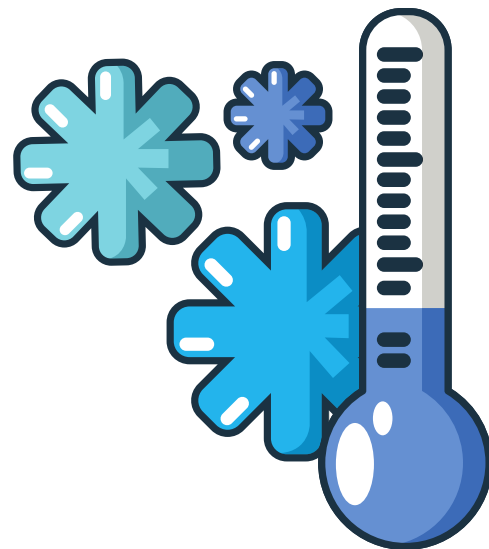
for special healthcare needs

Include a written explanation of your preferred transfer method and Emergency contact list.



# EXTREME COLD PREPAREDNESS PLAN

**Winter storms can produce extreme cold temperatures creating a higher risk of hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.**

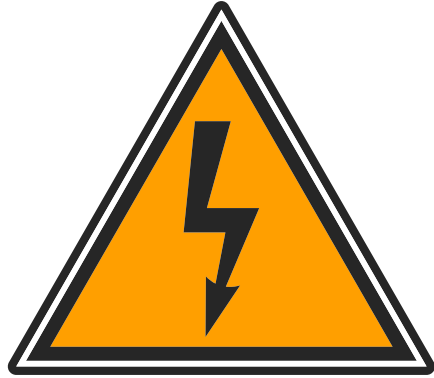
1. Check to make sure heating appliances are in good working condition before using them.
2. If you use equipment that needs electrical power, such as breathing equipment, check with your medical supply company about backup power sources. (Battery packs or generators).
3. Install a carbon monoxide detector in your home to reduce the risk of poisoning.
4. If the power goes out use flashlights and an outdoor generator. Place the generator as far away from the home as possible. **Never use a barbecue, stove, or oven to heat your home.**
5. Wear layers of loose clothing and use extra blankets to keep warm.
6. If you have a service animal or pet, put their coat on under their harness. Be sure to wipe their paws off immediately when they come inside to ensure they get warm as soon as possible.
7. Listen for emergency information and alerts.
8. Stay in contact with your Emergency Support Team to let them know how you are and if you need anything.



# JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3	4	5	6 Choose your Emergency Support Team	7
8	9	10 Find a designated safe place in your home	11	12	13	14
15	16 	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<b>Notes:</b>  Be sure to fill out all the Emergency pages at the beginning of this calendar.			

# POWER OUTAGE PREPAREDNESS PLAN



**Power outages can be very stressful and can occur at almost anytime. Some of the most common causes for outages are severe Storms and Floods.**



## **BEFORE A POWER OUTAGE**

Be sure you have flashlights, batteries, and your cell phones fully charged at all times.

## **DURING A POWER OUTAGE**

1. Only use flashlights do not use candles or anything with an open flame. Open flames are dangerous and can cause fires.
2. Keep your refrigerator and freezer closed. An unopened refrigerator will keep food cold for about 4 hours.
3. Disconnect appliances and other equipment in case of a power "surge" that can damage devices.
4. Be sure to dress according to the weather outside! If it is cold outside layer your clothing to stay warm. If it is during a heatwave wear loose clothing and find the nearest cool location to go to.

## **AFTER A POWER OUTAGE**

1. If power lines are down, don't touch them! Keep your family and pets away.
2. Contact your doctor or local pharmacist if you're concerned about medications having spoiled.
3. Contact your Emergency Support Team to help you reset your circuit breaker.

# FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This month work with your Support Team to Create your Evacuation Plan &amp; Emergency Supply Kit List</p>			1	2 	3	4 <p>Test Smoke Alarms</p>
5	6	7	8	9	10	11
12	13	14 	15	16	17	18
19	20 	21 	22 	23	24	25 <p>Practice Your Evacuation Plan</p>
26	27	28	<p><b>Notes:</b></p> <p>Begin to gather or buy personal Hygiene products for your Emergency Supply Kit</p>			

# PREPARING YOUR SERVICE ANIMAL

1. Make sure your service animal knows the people in your personal support team. This will make it easier for the animal to accept care from someone other than yourself.
2. Give everyone in your personal support network written instructions on how best to assist you and your animal(s).
3. Service animals may be hurt or too frightened or confused to work immediately after a disaster. Get their daily routine back to normal as soon as possible, but understand if they are not working 1.
4. If you have to evacuate your home, service animals are allowed in hotels/motels and Red Cross Shelters. However, these places cannot care for your animal. It is best to take an Evacuation Kit for your Service Animal.

## **THIS INCLUDES:**

Food & Water

Plastic bags & Paper towels

Leash and/or Harness

Toys

Collar & ID tags



Portable Carrier with owner contact information Medications

Bowls

Vaccination Records



# MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Notes:</b> Find or buy a plastic storage bin or bag and begin purchasing items on the food supply list			1	2	3	4
5	6	7	8	9	10	11
12 	13	14	15	16	17 	18
19	20	21	22	23	24	25 Practice Your Evacuation Plan
26	27	28	29	30	31	

# FLOOD PREPAREDNESS PLAN

A **FLOOD WATCH** means that there could be flooding.




A **FLOOD WARNING** means a flooding has been spotted in the area.

1. Contact your emergency support team to go over your emergency plan and verify evacuation arrangements are made if evacuation is needed.
2. Move important belongings to a higher story or attic. Be sure to bring in any out door furniture or plants.
3. Watch or listen to local emergency stations for weather updates and emergency instructions.
4. Unplug all appliances and turn off all utilities before flood waters begin to flow into your home.
5. Make sure generators are off the ground or on a high point that will not flood- and NEVER have generators indoors.
6. Rain could pause for short periods but stay inside until the local authorities announce it is safe to venture out.
7. Do not walk or drive through moving water it may have debris and/or bacteria.





# APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Notes:</b> Buy or gather the remaining Food items on the Emergency List						1 
2	3	4	5	6	7 	8
9 	10	11	12	13	14	15
16	17	18	19	20	21	22 Practice Your Evacuation Plan
23/30	24	25	26	27	28	29

# TORNADO PREPAREDNESS PLAN



A **TORNADO WATCH** means that there could be a tornado.

A **TORNADO WARNING** means a Tornado has been spotted in the area.

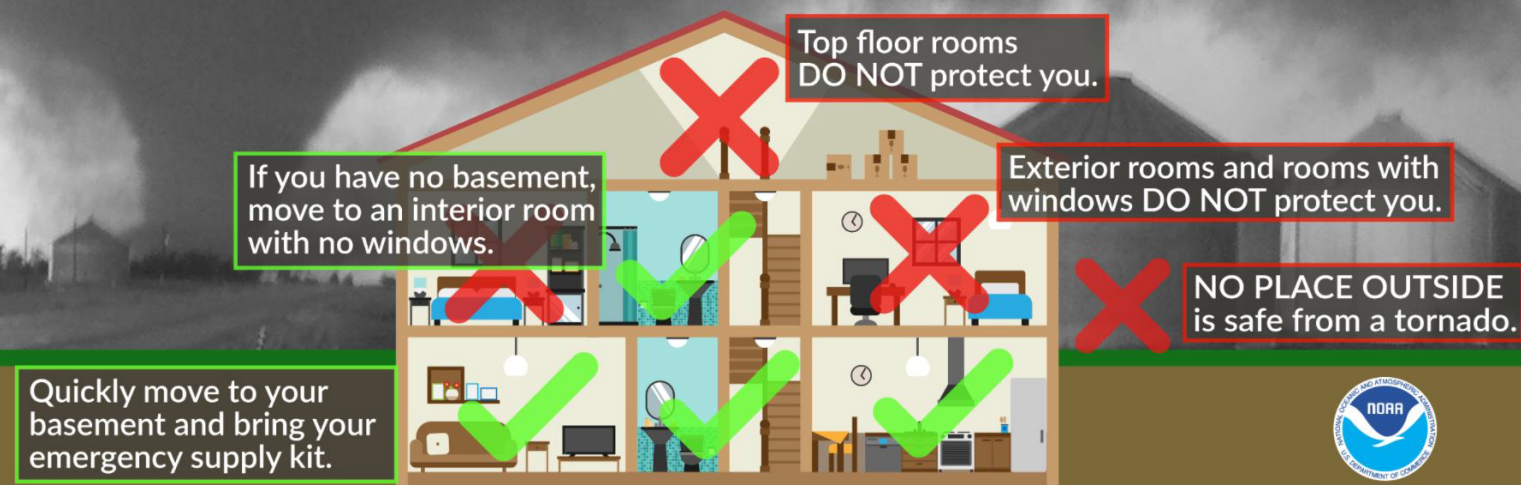
1. Contact your emergency support team to go over your emergency plan and verify evacuation arrangements are made if evacuation is needed.
2. Move to the lowest level interior room without windows, like a closet or bathroom.
3. Watch or listen to local emergency stations for weather updates and emergency instructions.
4. Cover your head and neck to protect yourself from falling debris.
5. If you live in a Mobile Home DO NOT stay- go to a sturdy building or storm shelter.
6. Use Flashlights, not candles

## SIGNS OF A TORNADO

- Clouds moving very quickly
- Loud roar or rumble sound that doesn't fade out
- Greenish-blackish colored sky
- Hail followed after a calm wind or a powerful wind




## Know Where to Go

When Sheltering from a Tornado



[weather.gov/tornado](https://www.weather.gov/tornado)

# MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 	6
7	8	9	10	11	12	13 Test Smoke Alarms & Change Batteries
14 	15	16	17	18	19	20
21	22	23	24	25	26	27
28 Pentecost	29 	30	31	Notes: Begin to buy or gather the items on the Tools & Supplies section of the Emergency Kit list.		

# HURRICANE PREPAREDNESS PLAN



**Hurricane Watch:** Issued when hurricane conditions are a possibility within the next 48 hrs.

**Hurricane Warning:** Hurricane conditions are expected within the next 36 hrs.



## Hurricane is approaching - 36 hours away:

1. Check and restock your Emergency Preparedness kit.
2. Contact your Emergency Support Team and review your evacuation plan.

## Hurricane is approaching - 18-36 hours away:

1. Bring objects inside that could become projectiles in high winds- plants, patio furniture.
2. Cover all of your home's windows with storm shutters or 5/8" exterior grade plywood.

## Hurricane is approaching - 6-18 Hours Away:

1. Start charging your cell phone so you will have a full battery if you lose power.
2. If you're not ordered to evacuate, stay home or where you are and check in with your Emergency Support Team.
3. Turn your refrigerator and/ freezer to the coldest setting and open only when necessary to.

## During a hurricane:

1. Listen to the radio/TV for updates
2. Stay inside even if it looks calm.
3. Stay away from windows.

## After a hurricane:

1. If your home has damage, do not re-enter.
2. Tap water may not be safe to drink listen to local warnings.
3. Prevent carbon monoxide poisoning- use generators outside and away from windows.

	Category 1
Wind	74-95mph
Storm surge	4-5ft



**Minimal:** No real structural damage; some flooding

	Category 2
	96-110mph
	6-8ft



**Moderate:** Material damage to buildings; small craft break moorings

	Category 3
	111-130mph
	9-12ft



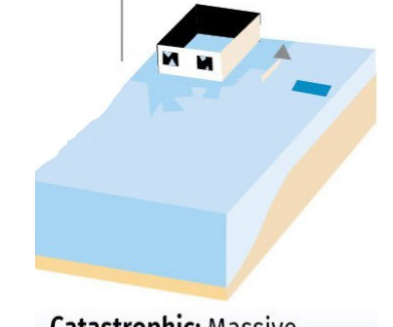
**Extensive:** Structural damage to small houses; inland flooding

	Category 4
	131-155mph
	13-16ft



**Extreme:** Major structural damage & heavy flooding; evacuation necessary

	Category 5
	Over 155mph
	Over 18ft

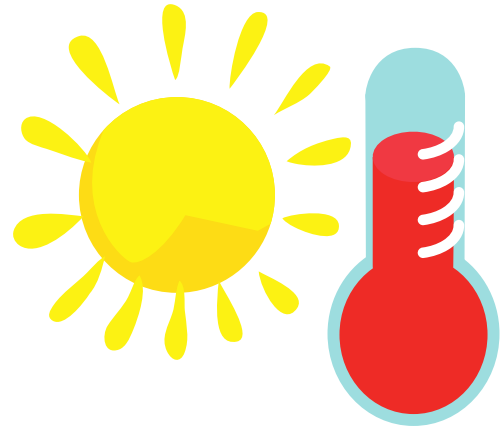


**Catastrophic:** Massive damage to buildings; small structures blown over or away

# JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Notes:</b> Begin to buy or gather the items on the Clothing and Bedding section of the Emergency Kit list				1 <b>First Day of Hurricane Season</b>	2	3
4	5	6	7	8	9	10
11	12	13	14 <b>HAPPY Flag *DAY*</b>	15	16	17
18 <b>FATHER'S DAY</b>	19	20	21	22	23	24
25	26	27	28	29	30	<b>BE AWARE 6 BE PREPARED</b>

# EXTREME HEAT PREPAREDNESS PLAN



**When temperatures are high, prolonged sun exposure may cause dehydration, heat exhaustion, and heat stroke.**



## **Tips to BEAT THE HEAT:**

1. Some medications can make you sunburn or overheat easily. Ask your doctor or pharmacist about any risks due to long periods of sun/heat exposure.
2. If you have to be outside follow these safety tips:
  - a. Drink lots of Water
  - b. Stay in the shade
  - c. Take breaks often in places with air conditioning
  - d. Wear light, loose fitting clothing that cover as much of your body as possible & a hat
  - e. Wear sunscreen
  - f. Avoid lengthy, strenuous activity.
3. If you begin to feel sick, weak or clumsy/dizzy, Nauseous, headache those are a few signs of Heat Stress or Heat Exhaustion. Stop what you are doing and rehydrate, cool your body down by spraying or sponging your body with cool water, and lay down with your legs and feet slightly elevated.

## **HEAT ALERTS:** Know the difference.



# JULY 2023

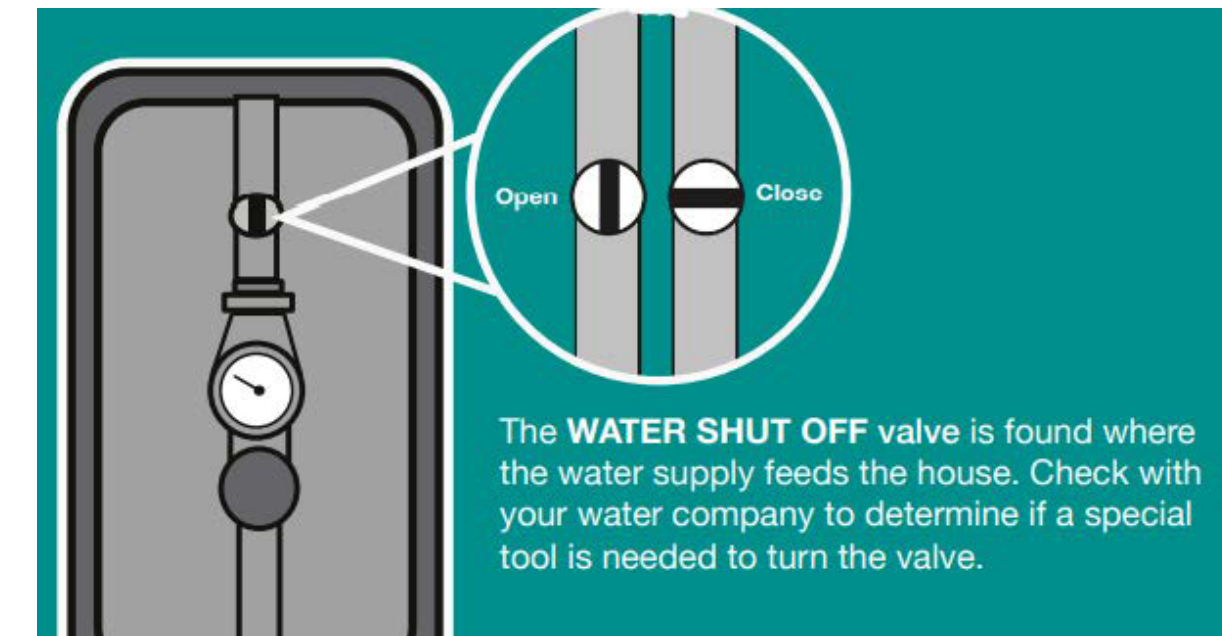
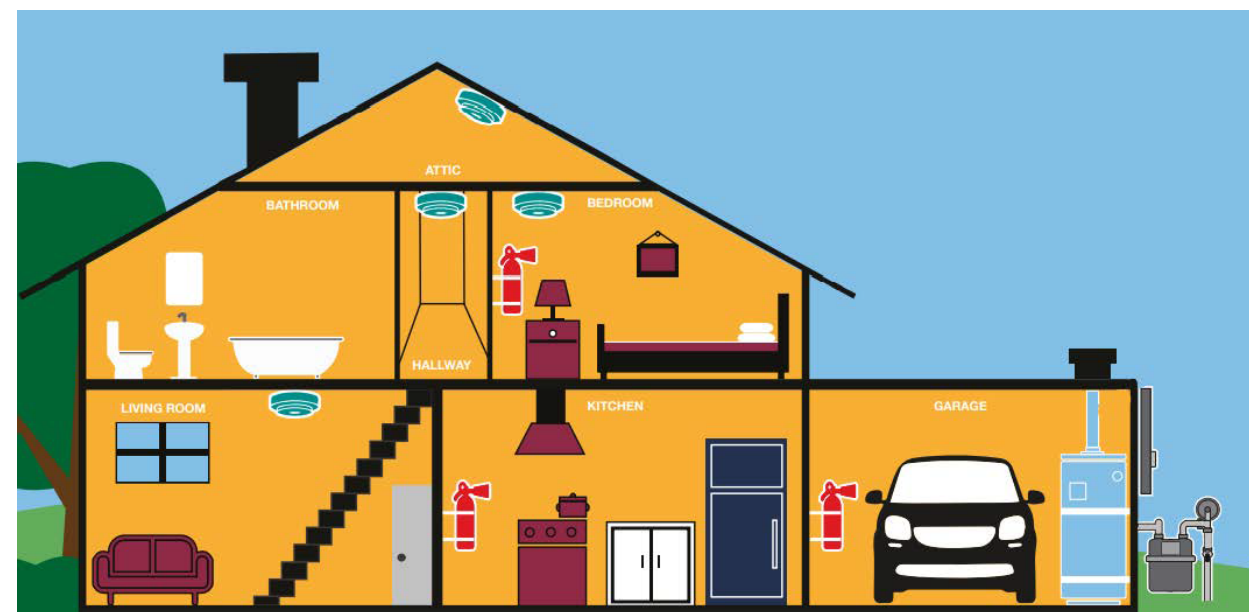
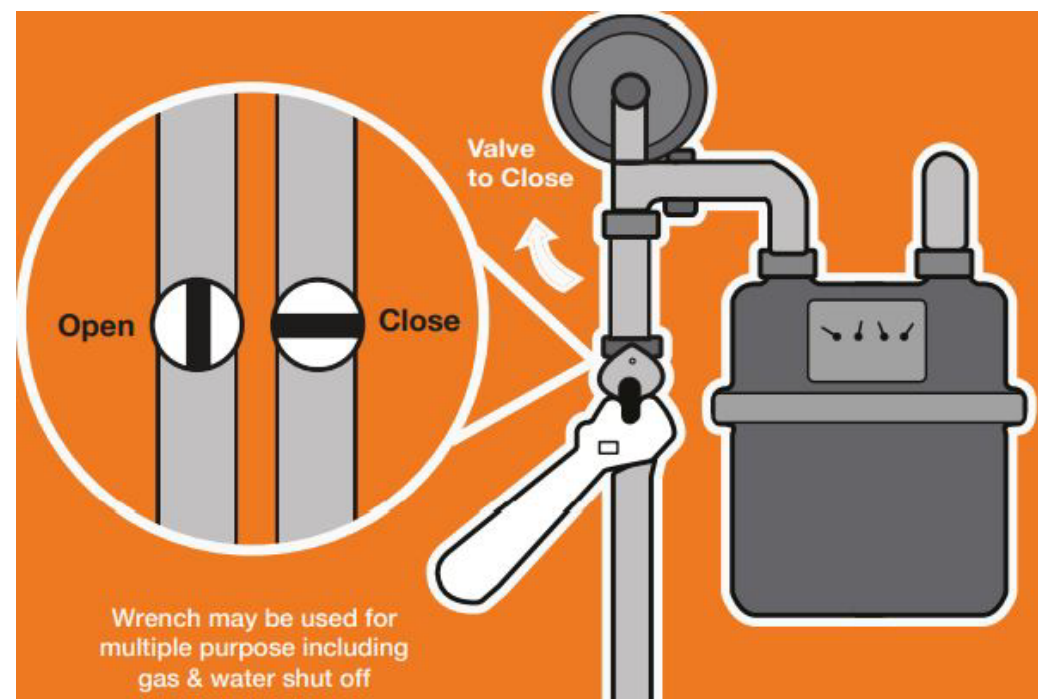
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 	5	6	7	8
9	10	11	12	13	14	15 Test Smoke Alarm
16	17	18	19	20	21	22
23 	24	25	26	27	28	29
30	31 Practice Your Evacuation Plan	Notes: Buy or gather the remaining items on the Clothing and Bedding section of the Emergency Kit list				

# HOME SAFETY CHECK

To help limit dangerous situations, conduct Home Safety Checks at least twice a year.


The most common times are right before winter and summer.

1. Learn the location of your gas meter and how to shut off the supply valve. Contact the Gas department immediately if you smell or hear a gas leak.
  2. Keep a fire extinguisher in plain view and on every floor of your home.
  3. Make sure to install the correct smoke/fire alarms for your needs. Carbon monoxide detectors should also be installed. They are vital because gas is tasteless & odorless.
  4. Check water pipes for any damage. If damaged turn off the main water valve.
5. If appliances are wet turn off the electricity at the main breaker before unplugging it. Let them dry out and have them checked by a member of your Emergency Support Team or electrician before using them again.
6. Be sure to check food labels & expiration dates periodically. Always remember the golden rule- **"If in doubt throw it out!"**





# AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Test Smoke Alarm
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 	21	22	23	24	25	26
27	28	29	30	31	Notes: Perform a Home Safety Check	

# ASSISTIVE DEVICES

1. List any Assistive Devices you use here.

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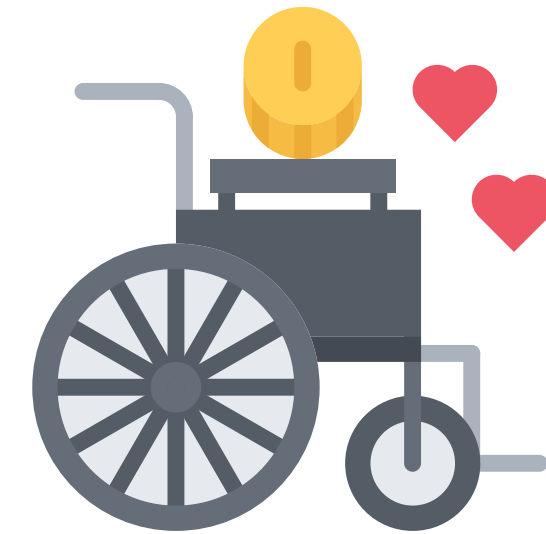
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2. Label all equipment with your name and contact information.


3. Identify an alternative power source for equipment that requires electricity.

4. Get a power converter for communication and other items.

5. Use Velcro to secure assistive devices such as computers, communication devices, oxygen, and other heavy items to sturdier objects.

6. Include instruction manuals for assistive devices in the Important Document part of your Emergency Kit.

# SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Notes:</b> Check your Emergency Kit and restock anything used or missing					1	2
3	4 <b>HAPPY LABOR DAY!</b>	5	6	7	8	9
10 	11	12	13	14	15	16
17	18	19	20	21	22	23 Practice your Evacuation Plan
24	25	26	27	28	29	30

# FLU & COLD PREPAREDNESS

## October 1st kicks off Texas Flu Awareness month Schedule your flu shot





**The flu spreads easily from person to person, causes serious illness (even death), and can reach people across the United States and around the world in a short amount of time.**

**Follow these steps to help prevent the spread and keep you safe.**

1. Increase your Emergency Supplies to make sure you have 14 gallons of water for each person in the house, and enough food for 2 weeks.
2. Check your prescriptions to make sure you have as big a supply as possible.
3. Wash your hands often with soap and water.
4. Cover your mouth with a tissue when you cough or sneeze.
5. Stay home when you are sick. Stay away from others when they are sick.
6. Get your flu and pneumonia shots and make sure your immunizations are up to date.
7. Keep your health records in a safe place.
8. Talk to your doctor and staff to make a plan on how to deal with serious medical needs and staffing during a Pandemic Flu.



# OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Notes:</b> Flu Shots available!						
1	2	3	4	5	6	7
8	9 	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 	Start getting prepared for cold weather. Gather or buy blankets & warm clothes.			

# IMPORTANT DOCUMENTS

Keep a **COPY** of important documents in a sealed plastic freezer bag in your Emergency Kit.

## **IMPORTANT DOCUMENTS INCLUDE:**

- **COPY** of Health insurance cards (private insurance, Medicaid, and/or Medicare cards)
- **COPY** of Identification cards including your Passport and Social Security Card
- Current medication list or most current empty prescription bottles
- **COPY** of any Will, contracts, deeds, stocks or bonds
- **COPY** of Insurance policies
- **COPY** of Immunization records
- **COPY** of Records of bank and credit card accounts account numbers and customer service contact information
- Written or video inventory of household items
- **COPY** of Family records (birth, marriage, death certificates)
- **COPY** of Social Security Income award letter
- Instruction manuals and photos of Durable Medical Equipment with make and model # for each piece of equipment you use.



# NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Gather your important documents and put them in a sealed plastic freezer bag in your Emergency Kit.</p>			1	2	3	4 Test Smoke Alarm
5 	6	7	8	9	10 	11
12	13	14	15	16	17	18
19	20	21	22	23 	24	25
26	27	28	29	30	Notes:	

# HOUSE FIRE PREPAREDNESS PLAN

In less than 30 seconds a small flame can turn into a major fire. Fires start bright, but quickly produce black smoke. The heat is more threatening than the flames but smoke and toxic gases can make you disoriented and drowsing leading to asphyxiation.

## BE PREPARED

1. Know & practice your evacuation plan every month.
2. Have a planned meeting place outside of your home.
3. Check your fire & smoke alarms at least once a month.
4. Sleep with your bedroom door closed.

## DURING A FIRE

1. Crawl low under any smoke to your exit.
2. Evacuate as soon as alarms are triggered.
3. Call 911 immediately.
4. If you are unable to evacuate, shelter in place, call 911 to report your location and seal doors & vents if possible.
5. Feel the doorknob with the back of your hand, if hot leave it closed and try and find another way out.

## AFTER A FIRE

1. Check with the Fire Department to make sure your residence is safe to enter.
2. DO NOT reconnect your utilities until directed to do so.
3. Contact your Emergency Support Team and the Red Cross for temporary housing, food and medications, and to inventory damaged property for insurance purposes.

## TYPES OF SMOKE ALARMS

### Audible Alarms

For people with visual disabilities, should pause with a small window of silence between each cycle so residents can listen to instructions or voices of others.

### Vibrating/Flashing Alarms

Vibrating pad or flashing light are available for people who are deaf or hard of hearing.

### Outdoor Strobe Light Alarms

May be able to catch the attention of neighbors.

## P. A. S. S.





# DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:					1	2 Test Smoke Alarm
3	4 Change food, water, & Meds in Emergency Kit	5	6	7 PEARL HARBOR Remembrance Day	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31 Christmas Eve 	25 Merry Christmas 	26	27	28	29	30

# SENIOR CENTERS

**Broadmoor | 1651 Tarlton St. | (361) 826-3138**

**Ethel Eyerly | 654 Graham Rd. | (361) 826-2330**

**Garden | 5325 Greely Dr. | (361) 826-2345**

**Greenwood | 4040 Greenwood Dr. | (361) 826-1368**

**Lindale | 3135 Swantner Dr. | (361) 826-2340**

**Northwest | 19725 Up River Rd. | (361) 826-2320**

**Oveal Williams | 1414 Martin Luther King Dr. | (361) 826-2305**

**Zavala | 510 Osage St. | (361) 826-3099**



# SAVE OUR SENIORS

## HOTLINE INFORMATION

**361-826-2489**

The Save Our Seniors Homebound Program hotline number is open Monday through Friday 8 a.m. - 5 p.m.

To place your name or a family member's name on the City's Save Our Seniors Homebound Program vaccination service list, please call 361-826-2489.

**Meals On Wheels** operates in virtually every community in America through its network of more than 5,000 independently-run local programs. While the diversity of each program's services and operations may vary based on the needs and resources of their communities, they are all committed to supporting their senior neighbors to live healthier and more nourished lives in their own homes.

**Call the local Meals on Wheels office at (361) 826-3150**



**Save Our Seniors**

CITY OF CORPUS CHRISTI

Office of the Mayor