

Free Money Free Travel Free Medical Care ●

Free for Seniors

www.bargainsecrets.com



1.4 Million
Copies
in Print

Free Entertainment Free Prescription Drugs

Here's how to get thousands of dollars worth of **free money**, goods, and services from the government



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Not For Resale

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Introduction

Millions of dollars worth of free money, goods, and services available from the government are never given away. Thousands of people just like you qualify for these free things, but never get them.

Why?

First and foremost... most people don't know all these free things are available. Our federal government does not advertise to let you know about the freebies.

Here is a prime example. On the Sunday morning news program, "Meet the Press" on April 6, 1997... Senator Trent Lott (Majority Leader of the U.S. Senate) stated:

"...three million uninsured children actually are eligible for coverage under medicaid? And they're either not aware of it or just haven't taken advantage of it."

In this book, you're going to learn about thousands of things the government wants to give you. We are, in effect, doing the government's advertising for them.

Second, even if they know that certain things are free from the government, most people have absolutely no idea who or where to contact to ask for the goods or services.

In this book you're going to get EXACT contacts..., names, addresses, and telephone numbers (and internet web site addresses when available) of where you can apply for these goodies.

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Our government has millions of employees who diligently do the work they are assigned.

They, however, know very little if anything about government programs administered in offices other than their own. Many government employees are even eligible for free things themselves, but don't know where to go to receive them!

Many freebies the government wants to give away go without a recipient due to a certain "mindset" of the public. This one is especially prevalent in people our age who have worked for a living all our lives. This mindset is an idea in our head that says, "I don't want anyone to give me anything, I want to earn everything which comes to me."

OK. We can certainly understand that. If, however, you've worked all your life and paid taxes, don't you think you have earned some of these freebies our government wants to hand out?

Last, but far from least, there are millions of us seniors who know about the available free things... maybe even know where to go to get them... but we think we don't qualify! We simply assume, "aw shucks... those things are for poor people... I make far too much money to qualify for that".

Don't you believe it. Don't assume anything as far as eligibility requirements for government freebies! It certainly may be that you earn too much money, but in far more cases than not, too much income is not a disqualifying factor.

In some areas of our nation, families must be approaching \$35,000 income or more per year to be considered at or near the poverty level.

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Even if you make more than what is considered the poverty level, in many cases, some of your income may be deducted from the total in determining your eligible income.

Some of the free things the government gives away have an eligibility requirement that your income be no more than 150 or 200 percent of the poverty level. You figure the above... You could have an income of \$3,000.00 to \$4,000.00 per month or more and still be eligible for many such programs!

Better yet, many government giveaways have NO eligibility requirements. This is especially true of information in the form of books, booklets, and helpful reports the government gives away. These valuable commodities are yours for the asking... writing... visiting their web site or telephoning.

Many other free goods and services have NO income eligibility requirements. The only requirement in many cases is that you be a certain age. In some instances, the bottom age of eligibility is as low as 50! Here again, DON'T ASSUME ANYTHING! Contact the government office we've listed in this book for the program in which you are interested and find out whether you're eligible or not.

For a quick answer to questions of eligibility, a telephone call to the government agency is sometimes the easiest and quickest way to get your answer. We have found, however, that when you want to request copies of the thousands of free books, booklets, reports, etc. which are available, your best bet is usually to write for what you want.

It seems that most government offices are better organized to handle requests for free publications by mail than by telephone.

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Hundreds, and sometimes thousands of government offices operate from the same building, or same complex of buildings. At first glance, it may appear that some of the addresses we give you are identical. Some are, but in many cases the building number, or even the room number are different in the addresses. It is very important when writing to be sure you have those numbers correct. Otherwise, your request may bounce around for ages without being opened, read, and acted upon.

What you are about to read may be the most useful and profitable information you've ever seen. Please bear in mind, however, this book is only "a single snapshot in time" of what is available free to senior citizens... right now. Like everything else in life these days, however, "the only constant is change".

The things on the plate being handed to you change every month of the year, every year. And, unless you know about these new free things, you certainly won't get them.

Chapter I

Free Medical Care

How You Can Live Longer and Enjoy It More!

It is our nature to want to live as long as we possibly can. It's the survival instinct imprinted upon our genes by our ancestors from eons back. Without such an instinct, humans would never have survived the trials and tribulations of this old planet earth.

To ENJOY surviving to a ripe old age, however, is sometimes more difficult than just the act of surviving itself.

Four things are essential in order for us to love living. You can have all these things, of course, and still not be happy. It's a pretty sure bet, however, that if you lack one or more of the following, you aren't going to be very happy.

First and foremost, it is this writer's humble opinion that in order to enjoy living, you simply **MUST** have a good relationship with your God. Your religion may be Christianity, Judaism, Islam, Hinduism, Buddhism, or others. Studies have shown that what ever your religion, you aren't going to be very satisfied with life on earth unless you have faith in God.

Second, you should maintain reasonably good health to really enjoy living. Yet, you may possibly develop a handicap, or even a crippling disease and still enjoy living. "When you're handed lemons, try your best to make lemonade."

To cope with disease or handicap and still love life as many of us do... a certain mindset is required. Hundreds of the free books and booklets we're going to tell you about will

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"hold your hand" and help you adjust your mind to enjoy life under whatever circumstances life deals you.

Third, in order to enjoy living a long life, you'll do much better when you have some other human, or humans who love you or at least care for you. These people can be your spouse, "significant other", siblings, children, parents, or just plain friends.

In this book you will learn about free travel opportunities, and even better, how to get paid to travel. These are EXCELLENT opportunities to meet new friends... and others with whom your relationships may very well develop past the friendship stage!

Last but not least, you're going to need a minimum amount of money if you're going to enjoy living a long life. No, you certainly don't have to be rich... but without a certain minimum of money to purchase at least the essentials... life can get pretty dull. In this book, you're going to find hands reaching out from every direction to assist you in maintaining an income of sufficient amount to live enjoyably.

One of the very best helping hands you'll find anywhere in helping you live longer and enjoy it more is the:

[National Institute on Aging](http://www.nia.nih.gov)

<http://www.nia.nih.gov>

Building 31, Room 5C27

31 Center Drive, MSC 2292

Bethesda, MD 20892

Phone: 301-496-1752

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Contact them and ask for a free listing of all their free books, booklets, and packets concerning living longer and enjoying it more. Then send for the free material you'd like from their list. These folks will almost overwhelm you with the large listing they offer FREE. There is literally thousands of dollars worth of information available from the National Institute on Aging and it will not cost you a cent.

Quit Smoking NOW!

Yes, if you're going to have even-odds of living a long, enjoyable life... you're definitely going to have to give up your cigarettes.

"Easier said than done", you say. Yes, this writer is personally very aware of that. He is also aware of the ill effects of smoking.

Lord, I loved and enjoyed my cigarettes! And even though I realized the cigarettes were in control of my life, I couldn't quit. I tried several methods of quitting, but none were successful.

You know why none of the methods of quitting were successful for me? BECAUSE I DIDN'T REALLY WANT TO QUIT! Smoking was just too enjoyable to stop.

Then one day it came time to pay the piper. The Grim Reaper came knocking on my door. After forty years of smoking, I was diagnosed with throat cancer. Now, I am a laryngectomee.

That means my voice box was removed and my windpipe (air intake for my lungs) was routed out through an opening in my throat just above my collar-bone.

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I've adjusted to living with the many and varied problems caused by the above. My doctors tell me I can now expect to live a normal lifetime... I'll certainly die like everyone else... but, my death will not likely be from throat cancer. UNLESS... I start smoking again. If I do that, my doctor says he will give me twelve to eighteen months of life at the most.

It's pitiful to say, but the following is my attitude on starting to smoke again.

No, I definitely will not start smoking again... unless my cancer should come back. Then, knowing that my time is almost up anyway, the first thing I'd reach for is a cigarette. THAT is how strong the addiction is, after several years of being, "on the wagon".

Many researchers have stated that nicotine addiction is the strongest drug addiction there is. It's stronger and the habit is more difficult to break than an addiction to cocaine, opium, heroin... you name it.

But, YOU CAN QUIT... IF YOU WANT TOO!

If you'd like some free assistance in breaking the cigarette habit and regaining control of your life, this very day you should contact:

Office on Smoking and Health

<http://www.healthfinder.gov/orgs/HR0049.htm>

4770 Buford Hwy., NE Mail Stop K-50

Atlanta, GA 30341-3724

Phone: 800-232-1311

Remember, the assistance and "hand holding" they give you is free... and the life you save may very well be your own.

For Your Body

Something which goes right along with the above is constipation. This is a problem on which many senior citizens spend a bundle of money for laxatives, food additives, and other items which are supposed to relieve the constipation.

If you have the problem... STOP spending all that money right now. Instead, for free help on developing a diet and exercise program to cure your constipation, contact:

National Institute on Aging

<http://www.nia.nih.gov/>

P .O. Box 8057

Gaithersburg, MD 20898-8057

Phone: 800-222-2225

Request a list of the free books and booklets they have available dealing with constipation, its causes and cure.

Are you becoming more forgetful?

If so, here's valuable information you should get right now. Contact the following and request their book entitled: "Forgetfulness in Old Age: It's Not What You Think". It's yours free from:

National Institute on Aging

<http://www.niapublications.org/>

Public Information Office

P .O. Box 8057

Gaithersburg, MD 20898-8057

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Phone: 800-222-2225

Here is where to turn first if you suspect you or someone you love is developing Alzheimer's disease. You will get the very latest diagnosis and treatments free.

Intensive research is now being done attempting to find the cause(s) and successful treatment(s) for Alzheimer's disease. The National Institute on Aging provides funds for this research to several medical institutions across the nation.

Many of these institutions also operate clinics in smaller cities and towns in outlying areas. Your diagnosis and treatment is free when you volunteer to help the top doctors at these first rate hospitals. Telephone the one listed below that is nearest your home and ask for the latest information on taking part in their Alzheimer's research program.

(Note: Telephone numbers tend to change over time. If the number listed is no longer correct, you may call directory assistance for the main telephone number of the institutions listed. You can then call the institution and ask for the new number of their Alzheimer's Disease Research Center.)

Alabama

[University of Alabama at Birmingham](http://main.uab.edu/show.asp?durki=11627)

<http://main.uab.edu/show.asp?durki=11627>

UAB Neurology Scheduling

The Kirklin Clinic

2000 6th Avenue South 5th Floor

Birmingham, Alabama 35233

Phone: (205) 801-8986

California

[University of California at Davis](http://alzheimer.ucdavis.edu/)

<http://alzheimer.ucdavis.edu/>

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Lawrence J. Ellison Ambulatory Care Center
4860 Y Street, Suite 3900
Sacramento, CA 95817
Telephone: (916) 734-5496 or (916) 734-6280

University of California at Los Angeles

<http://www.adc.ucla.edu/>
UCLA Department of Neurology
710 Westwood Plaza Room 1-151
Los Angeles, CA 90095-1769
Phone: 310-825-8908

University of California at San Diego

<http://adrc.ucsd.edu/>
Alzheimer's Disease Research Center
8950 Villa La Jolla Drive, Suite C129
La Jolla, CA 92037
Phone: 858-622-5800

University of Southern California

(Los Angeles)
<http://www.usc.edu/dept/gero/ADRC/>
Alzheimer's Disease Research Center
University of Southern California
Los Angeles, CA 90089-0191
Phone: 213-740-7777

Georgia

Emory University

(Atlanta, Georgia)
<http://www.emory.edu/WHSC/MED/ADC/>
Emory Alzheimer's Disease Center
Wesley Woods Health Center, 2nd Floor
1841 Clifton Road
Atlanta, GA 30329

Phone: 404-728-6950

Illinois

**Rush-Presbyterian-St. Luke's
Medical Center (Chicago, IL)**

<http://www.rush.edu/patients/radc/index.html>

Ilene Milgram, MS, Administrator

710 S. Paulina Street, 8 North JRB

Chicago, IL 60612

Phone: (312) 942-5000

Northwestern University

(Chicago, IL)

<http://www.brain.nwu.edu/index.html>

Cognitive Neurology and Alzheimer's Disease Center

Northwestern University

Feinberg School of Medicine

320 E. Superior

Chicago, IL 60611

Phone: 312/908-9339

Indiana

Indiana University

(Indianapolis, IN)

<http://www.pathology.iupui.edu/ad/>

Phone: 317-278-3968

Kansas

University of Kansas

(Kansas City, KS)

<http://www2.kumc.edu/coa/>

Medical Center

Mail Stop 1005

3901 Rainbow Boulevard
Kansas City, KS 66160
Phone: 913-588-1203

Kentucky

University of Kentucky

Chandler Medical Center
(Lexington, KY)
<http://www.mc.uky.edu/coa/ADRC/adrc.htm>
Sanders-Brown Center on Aging
University of Kentucky
Lexington, KY 40536-0230
Phone: 606-323-6040

Maryland

The Johns Hopkins Medical Institutions

(Baltimore, MD)
<http://www.alzresearch.org/>
550 N. Broadway, Suite 201
Baltimore, MD. 21205
Phone: 410-955-2619 or 443-287-4720

Massachusetts

Harvard Medical School

(Boston, MA)
<http://www.hms.harvard.edu/aging/adrc.html>
Department of Neurology
Massachusetts General Hospital
32 Fruit Street
Boston, MA 02114
Phone: 617-726-1728

Boston University

<http://www.bu.edu/alzresearch/>
Clinical Projects Administrator
Alzheimer's Disease Center

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715 Albany Street, E-842
Boston, MA 02118
Tel: (617) 638-5426
Toll-free: (888) 458-BUAD [(888) 458-2823]

Michigan

University of Michigan

(Ann Arbor, MI)
<http://sitemaker.med.umich.edu/madrc>
300 N. Ingalls, Room 3D04
Ann Arbor, MI 48109-0489
Phone: 734-764-2190

Minnesota

Mayo Clinic

(Rochester, MN)
http://www.mayo.edu/research/alzheimers_center/
Mayo Clinic Rochester
41st Street Professional Building
Rochester, MN 55905
Phone: 507-284-1324

Missouri

Washington University

(St. Louis, MO)
<http://alzheimer.wustl.edu/adrc2/default.htm>
Alzheimer's Disease Research Center
Memory & Aging Project
Department of Neurology
Washington University School of Medicine
4488 Forest Park Ave., Suite 130
St. Louis, MO 63108
Phone: 314-286-2881

New York

Columbia University

(New York, NY)

[http://www.healthsciences.columbia.edu/
dept/taub/index.html](http://www.healthsciences.columbia.edu/dept/taub/index.html)

Taub Institute for Research on Alzheimer's Disease and
the Aging Brain

630 West 168th Street, P&S Box 16

New York, NY 10032

Phone (212) 305-1818

Mt. Sinai School of Medicine

(New York, NY)

<http://www.mssm.edu/psychiatry/adrc.shtml>

One Gustave L. Levy Place

New York, New York 10029

Phone: 212-241-8329

New York University

(New York, NY)

<http://aging.med.nyu.edu/>

William and Sylvia Silberstein Institute for Aging and
Dementia

New York University School of Medicine

550 First Avenue, MHL 310

New York, NY 10016

Phone: 212-263-2617 or 212-263-8088

University of Rochester

(Rochester, NY)

<http://www.urmc.rochester.edu/adc/index.html>

Phone: 585-341-7500

North Carolina

Duke University

(Durham, NC)

<http://adrc.mc.duke.edu/>

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Bryan ADRC
2200 W. Main Street, Suite A230
Box 3503 DUMC
Durham, NC 27705
Phone: 919-416-5380

Ohio

Case Western Reserve University

(Cleveland, OH)
<http://www.ohioalzcenter.org/>
12200 Fairhill Road
Cleveland, OH 44120
Phone: 216-844-6326 or 1-800-252-5048

Oregon

Oregon Health Sciences University

(Portland, OR)
<http://www.ohsu.edu/som-alzheimers/>
Oregon Health & Science University
3181 SW Sam Jackson Park Road
Department of Neurology, CR131
Portland, Oregon 97201-3098
Phone: 503-494-6976

Pennsylvania

University of Pennsylvania

(Philadelphia, PA)
<http://www.uphs.upenn.edu/ADC/>
Dept. of Pathology & Laboratory Med.
Univ. of Pennsylvania School of Med.
3rd Floor Maloney Building
3600 Spruce St.
Philadelphia, PA 19104
Phone: 215-662-4708

University of Pittsburgh

(Pittsburgh, PA)

<http://www.adrc.pitt.edu/>

Alzheimer Disease Research Center

UPMC Health System

4 West Montefiore University Hospital

200 Lothrop Street

Pittsburgh, PA 15213-2582

Phone: 412-692-2700

Texas

Baylor College of Medicine

(Houston, TX)

<http://www.bcm.tmc.edu/neurol/struct/adrc/adrc1.html>

6550 Fannin Street

Smith Tower, #1801

Houston, TX 77030

Phone: 713-798-6660

University of Texas Southwestern Medical Center

(Dallas, TX)

<http://www2.swmed.edu/alzheimer/>

Phone: 214-648-7471

Washington

University of Washington

(Seattle, WA)

<http://depts.washington.edu/adrcweb/>

VA Puget Sound Health Care System (S-116)

1660 S. Columbian Way

Seattle, WA 98108-1597

Phone: 206-277-3949

Bombshell information on heartburn treatment!

Check the label on your over-the-counter heartburn pills. Are they aluminum-based antacids? New research shows these just may be linked to development of Alzheimer's disease.

To be on the safe side... and save yourself a bundle of money... why not stop taking the pills and learn a few simple home remedies for heartburn. For free publications on this, contact:

National Digestive Diseases Information Clearinghouse

<http://digestive.niddk.nih.gov/>

2 Information Way Bethesda, MD 20892-3570

Phone: 301-654-3810 or 1-800-891-5389

**"Exercising" your brain
may help prevent Alzheimer's.**

There is some evidence that failure to use your thought processes to their utmost may have some link to developing Alzheimer's disease. Some say our brain is like any other muscle in our bodies... if you don't use it regularly its function will surely deteriorate.

New research shows that to certainly be a possibility. For free information on this subject... and every other subject known to man about this terrible debilitating disease, contact:

Alzheimer's Disease Education and Referral Center

<http://www.alzheimers.org/>

P.O. Box 8250

Silver Spring, MD 20907

Phone: 800-438-4380

Phone: 301-495-3311

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The Referral Center has loads of free publications that not only discuss the possible causes and treatments of Alzheimer's, but also some great information to help the patient as well as those who care for Alzheimer's patients. Also, when you contact them, ask about a free subscription to their newsletter.

Get free medical care by some of the very best doctors in the world for Alzheimer's, heart disease, cancer, and other potential "killers".

Our government spends billions looking for cures for the major killers of mankind. Much of this study is carried out in clinical trials where they try the latest methods of treatment on volunteer patients.

Some of the very best doctors on earth conduct these studies at no cost to the volunteer patients. If you'd like to be a volunteer and receive this free treatment, contact the following and ask where clinical trials are presently being conducted on your specific disease.

Clinical Center

National Institutes of Health
<http://www.cc.nih.gov/>
6100 Executive Blvd., Suite 3C01
MSC 7511
Bethesda, Maryland 20892-7511
Phone: 301-496-2563

CANCER!

Wow... that word is enough to scare the daylights out of anyone who hears it from their doctor. Yeah... I know... I've

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been on the receiving end of that diagnosis on two different and separate occasions.

On both episodes, my cancer was caught soon enough for surgery and other treatments to prevent it from killing me. Research shows the "catch it soon" is the key to surviving most cancers.

Then, once you are diagnosed with cancer, research shows that A POSITIVE MENTAL ATTITUDE definitely goes a long way toward stopping the malignancy in its tracks. If you throw up your hands and say, "oh Lord, I'm gonna die for sure", then yes, you very likely will do so much sooner than later.

Instead of a defeatist attitude, try to impress this thought into your brain, "With the help of my God and my doctors, I AM going to defeat this devil which has invaded my body",

Yes, I know for sure... for sure... it's sometimes difficult to keep from being scared to death and taking the negative track. But, help is at hand.

As you certainly know, we are usually afraid of the unknown. It's like a child afraid of the dark... he doesn't know what's out there and his little imagination just runs wild. Turn on the light, however, and the child's fear immediately disappears.

Then, the child many times isn't afraid of things that will definitely harm him or her! Illuminated by light, things usually aren't nearly as frightening.

Here's how to "turn on the lights" with knowledge and get rid of the fear when you or someone you care for has cancer. Immediately contact:

National Cancer Institute

Office of Cancer Communications

<http://cis.nci.nih.gov/>

9000 Rockville Pike Bldg. 31 Rm. 10A16

Bethesda, MD 20892

Phone: 800-422-6237

Get a complete list of all the free books, booklets, and fact sheets they offer to help you deal with your cancer. They can also point you to the best treatment centers in the nation and tell you how you can get free treatment from the best of the best cancer doctors.

"New Cancer Cure!"

How many times have you seen that headline on the cover of a supermarket tabloid? Then, after you buy the sleazy publication and read the article, you find out they are claiming some off-the-wall snake oil cure. Over the years I've seen cancer cure claims for ground up chicken bones... apricot seeds, loads of different herbs... and now the latest fad is shark cartilage pills.

Yes, it may be true that sharks never get cancer, but this doesn't prove you can get the same immunity or a cure from digesting a part of the shark.

This so called cure however, the shark cartilage bit, just may have some anchor in fact. A couple of foreign studies have shown some help from shark cartilage.

When we have cancer we tend to start clutching for straws, don't we? Please don't grab this straw or any others before you get all the facts. For a batch of free publications telling all about the ins and outs of this potential cancer cure, contact:

National Cancer Institute

Office of Cancer Communications
<https://cissecure.nci.nih.gov/ncipubs/>
9000 Rockville Pike Bldg. 31 Rm. 10A19
Bethesda, MD 20892
Phone: 800-422-6237

Promising new developments for prostate cancer.

Prostate cancer is the number two cancer killer of men in the USA. It's right behind lung cancer. A simple new blood test called a PSA just may catch this killer before it has a chance to do its dirty work. Ask your doctor about it on your next visit, or for complete free information on what is known about its effectiveness, contact:

Prostate Cancer

Clinical Trial Program
<http://cancer.gov/select>
Phone: 800-422-6237

**Stop your high blood pressure
and cholesterol worries.**

We Americans spend billions of dollars on blood pressure and cholesterol treatments. You can save yourself a lot of money you'd ordinarily spend on such by contacting the following and asking for their free catalog of publications on heart, lung, and blood problems.

**National Heart, Lung, & Blood Institute Information
Center**

<http://www.nhlbi.nih.gov/>
P.O. Box 30105
Bethesda, MD 20824
Phone: 301-592-8573

When your catalog arrives, you will have a large assortment of free publications to choose from. Several will help you set up a diet program to conquer your problems without pills!

How you can prevent strokes.

Yes, most strokes can now be prevented when you know how. A free publication entitled, "Stroke: Hope Through Research" will tell you all about it. For your free copy, contact:

**National Institute of Neurological Disorders
and Stroke Information Office**

http://www.ninds.nih.gov/health_and_medical/disorders/stroke.htm

P.O. Box 5801
Bethesda, MD 20824
301-496-5751

These people also offer free publications on shingles, multiple sclerosis, dizziness and several other neurological maladies.

**Hey, maybe you don't have to live
with incontinence after all.**

This writer's eighty year old mother has Alzheimer's and lives with me. She recently developed a bladder infection. Her doctor put her on a strong antibiotic for two weeks. The drug cleared up the infection... but a couple of days before she had completed taking it... she lost all control of her urinary function.

After a few days of this, we took her back to the doctor. He very quickly told us how aging had caused her bladder to drop within her body, and that surgery was the only way to

cure the problem. He said she would be given a general anesthetic and be in the hospital for five or six days.

Hold it! Stop! I'm certainly not a doctor, but in my humble opinion, surgery on an eighty year old should NOT be taken lightly. My mother is quite frail and weak. I really believe if she went to bed for six days in a hospital, she would never get up again.

Some quick research told us that, yes, surgery may be necessary in some cases of incontinence. But, the problem may very easily be caused by other things than a person's bladder dropping down to interfere with the urinary tract.

Would you believe one of the first "other causes" of the problem we found was that certain medications can sometimes cause an incontinence problem?

Mother lived with the problem for about a week. It then quickly cleared itself up without any surgery, medicine, or whatever!

Following is a source for some of the best information you'll find on incontinence and other urology problems. Before you spend twenty bucks for a book on the subject... or consent to surgery for you or your loved ones as a quick fix for incontinence... contact these people for all the free publications they offer about your problem.

**[National Kidney and Urologic Diseases
Information Clearinghouse](http://kidney.niddk.nih.gov/about/index.htm)**

<http://kidney.niddk.nih.gov/about/index.htm>
3 Information Way
Bethesda, MD 20892-3580
Phone: 301-654-4415

What you should know about osteoporosis.

There is lots of "twisted" information floating around about osteoporosis, what causes it and how to prevent it. Before you fall for any of this, contact:

National Resource Center on Osteoporosis and Related Disease

National Osteoporosis Foundation
<http://www.osteoporosis.org/>
1232 22nd Street, NW
Washington, DC 20037-1232
Phone: 202-223-0344 or 800-624-BONE (2663)

The National Resource Center will send you several free publications which will inform you all about this problem in a no nonsense manner.

How to deal with depression.

Yes, we all get "down" sometimes. When, however, you get down psychologically and stay down for an extended period of time, you may be suffering from depression.

Go to your doctor with symptoms of depression and he is very likely to prescribe drugs to pull you back up on a level keel. And, in many cases the drugs are exactly what you need. Sometimes however, a change in your diet, your exercise pattern, or your sleep habits could very well clear up your problem without drugs.

For a load of free publications to help you prevent, cure, and/or deal with depression, contact the following:

National Institute of Mental Health

Information Resources & Inquiries Branch
<http://www.nimh.nih.gov/publicat/depression.cfm>

6001 Executive Boulevard
Room 8184, MSC 9663
Bethesda, MD 20892-9663
Telephone: 1-301-443-4513

Free help if you have arthritis of any type.

Statistics tell us that over half of us senior citizens suffer from some type arthritis. The government's clearinghouse for the study of all types of arthritis, plus other musculoskeletal and skin diseases will help you with your problem. Contact them for a list of their free publications dealing with your problem. They will also refer you to the facility closest to your home that treats these diseases. Contact:

National Arthritis, Musculoskeletal, and Skin Diseases Information Clearinghouse

<http://www.aoa.gov/directory/135.html>
1 AMS Circle
Bethesda, MD 20892-3675
1-877-22-NIAMS (1-800-226-4267) (toll-free)

Hot Flashes?

**Get the facts you need from
the latest research being done.**

Now, you don't have to face the problems of menopause alone. The National Institute on Aging has a free publication to help you understand what is happening to your body at this time. Among other things, you'll learn how to deal with hot flashes, mood swings, depression, and other symptoms of going through the change.

Contact the Institute at the address below and request their publication entitled, "Menopause". This volume has helped thousands of women deal with their problems at this

point in their life. Even if this doesn't affect you, surely you know someone who is facing the problem. Do them a big favor and send for this free information for them!

National Institute on Aging Information Center

<http://www.nia.nih.gov/health/agepages/menopause.htm>

P.O. Box 8057

Gaithersburg, MD 20898

Phone: 800-222-2225

Prostate solutions.

Here is some great information on handling any prostate problem. Most doctors will tell you that if you're a male senior citizen, someday you're going to experience some problem with your prostate. It's not if, it's when.

For answers to your questions on these problems and for a list of available free publications, contact:

National Kidney and Urologic Diseases

Information Clearinghouse

<http://kidney.niddk.nih.gov/about/index.htm>

3 Information Way

Bethesda, MD 20892-3580

Phone: 301-654-4415

New headache treatment options.

Here is some new information that could greatly improve your quality of life.

Most of us suffer a headache at one time or another. Usually a couple of aspirin will relieve the problem and we don't pay it much attention until "next headache". For other

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senior citizens, however, headaches attempt to completely destroy their well being and quality of life.

Now, new developments and treatments could easily bring you back from despair of continual severe headaches. Contact the agency below and request their free packet for headaches. If your headaches are more than occasional, do it right now!

National Institute of Neurological Disorders and Stroke Information Office

http://www.ninds.nih.gov/health_and_medical/disorders/headache.htm

P.O. Box 5801
Bethesda, MD 20824
301-496-5751

Allergies and their treatment options.

Here is another of those things which isn't likely to kill you, but sure can make your life miserable. Before you go trying the snake oil treatments for allergies advertised in the tabloids, request a list of free publications from the agency below. They have several volumes available that will put your suffering in perspective and show you how to get relief. Contact:

National Institute of Allergy and Infectious Diseases

Office of Communications
<http://www.niaid.nih.gov/default.htm>
31 Center Drive MSC 2520 Bldg. 31 Rm. 7A50
Bethesda, MD 20892-2520
Phone: 301-496-5717

Chapter II

Free Prescription Drugs

Sometime back, one of the most pitiful advertisements I've ever seen was a direct mail hustle for donations for some nonprofit organization. The direct mail brochure had a photo of a frail little old lady in a supermarket. She was picking up cans of cat food and putting them in her basket. The caption under the photo was, "And she doesn't even own a cat!"

The inference, of course, was that the little old lady couldn't afford "human food" and was forced to buy the lower priced cat food to keep her alive.

That mailing was nothing more than a very emotional hustle for donations. However... there definitely are little old ladies who do just exactly as the lady in the photo. Maybe they have a fairly decent income, but then they come up with some medical problem that requires regular medication. They can very quickly spend their adequate income down to a point where they don't have sufficient money to buy decent food.

The pitiful part of such a situation, is the person could be getting her drugs free and does not have any idea of how to go about getting such!

Here's how.

This little known method of getting free prescription drugs will work... no matter your age or income. It is best used when you see the doctor for some acute medical problem that requires a one time prescription. When the doctor or nurse hands you your prescription... look them in the eye and ask this simple eight-word question:

"Do you have any samples of this drug?"

Chances are, they will pull open a desk drawer and give you a good portion of the drug they are prescribing for you. When they have given you whatever they thought you ought to have... again look them in the eye and ask:

"Could I have a few more?"

Do not "poor mouth" or tell them how bad-off you are financially. These people are super busy and do not have time to listen to these kind of stories. But again... if you look directly at the doctor or nurse and smile when you ask these questions... you are very likely to take home enough free drugs that you will not need to have your prescription filled.

Try it!

Your state may help you get free prescription drugs.

Many of the different states have programs which provide seniors with prescription drugs when they are not eligible for Medicaid and yet can't afford the drugs. In some cases the state program will provide you with prescription drugs absolutely free. In other states, you will be required to pay a minimal fee... \$2.00 to \$5.00 per prescription.

Eligibility for these programs vary from state to state. To see if your state has such a program and how you can qualify, contact your state Department of Aging office listed in the directory at the back of this book.

A little-known secret of how to get free medications.

Now, not many people know this, and the big drug companies certainly don't want the information "broadcast" to everyone. The major drug companies in the United States give away millions of dollars in drugs absolutely free to people who say they can not otherwise afford to pay for their prescriptions.

The drug companies definitely do not advertise the fact and in many cases, your doctor will not know of these programs. It is your responsibility to "educate" your physician about the free prescription drugs available to you. Then, your doctor will have to write a statement that you need the drugs, but can not afford to pay for them.

Your doctor can get information on these programs by calling toll free to the Pharmaceutical Manufacturers Association hotline at: Phone: 800-762-4636.

When calling the number, your doctor will be directed to a site on the internet at which he can get complete information on the indigent patient programs. If you have a computer and internet access, I urge you to visit this site yourself. There is some real good information there for you.

If you, a friend or relative doesn't have access to the internet, you can go to your local public library. Ask the research librarian to bring up the internet web site at <http://www.phrma.org> for you. There is a pull-down window to click on to choose the manufacturer of the medicines. Every drug company in the nation is listed there along with the details of the free drugs they offer.

If you're connected to the internet when you're reading this... you can click on the link above for an immediate

connection. If you need the WWW address for someone else to connect for you, the address is:

<http://www.phrma.org/>

You should ask your librarian to print out the information you need and take a copy to your doctor.

Side effects of prescription drugs.

Now, you can find out all about what you aren't being told on the label when you get a prescription filled. If you've read this book straight through from the front, you read about the knife-happy surgeon who recently wanted to do surgery on my eighty year old mother. She had been on two weeks of a strong antibiotic and had suddenly become incontinent.

After rejecting the idea out of hand of immediate surgery, we started gathering facts. One of the first things we learned was that incontinence was a "possible side effect" of the drug my mother had been taking!

Yes, the doctor should have definitely known that, but he didn't. And, in this old life, YOU first of all, are responsible for taking care of yourself even if you don't have any medical training. You should know enough to check on your doctor and keep him or her on a straight and narrow path.

So, how do you find out about ALL the possible side effects of the specific drug you're taking. First of all, you could order a big "bible" about drug side effects. It's about 800 pages and the last offer I saw on it was something like \$49.95 plus postage.

Let's save that expense, and quickly find out all about the possible side effects of our specific drugs. Submit a written request on your specific medication to:

Freedom of Information

Food and Drug Administration

<http://www.fda.gov/cder/drug/default.htm>

HFI-35 5600 Fishers Lane

Rockville, MD 20857

How to get free hospital care

What happens to you (or someone of any age) who needs hospital care, but you aren't covered by Medicare or private insurance?

In years gone by, many hospitals would refuse to treat you if you didn't have the money to pay. Their attitude was "we're in business to make money and if you don't have any, you can't have our product."

Now most hospitals take a little different tact. It doesn't take but one or two sick old ladies to die on their door-step for lack of admittance to destroy all the good public relations a hospital could ever buy.

So, these days if you don't have money, Medicare, or private insurance... the hospital will usually go ahead and treat you. Then, they will almost immediately turn your case over to a collection agency as soon as you are discharged.

Collection agency people don't give a "little mouse's behind" about public relations, humanity, or anything else other than collecting money. They will hound you to your grave, smile when you die, then sue your estate.

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OK, before the above happens to you, or anyone you know, here's how to get a hospital bill paid. Contact:

Hill-Burton Hotline Health Resources and Services Administration

<http://www.hrsa.gov/osp/dfcr/obtain/hotline.htm>

5600 Fishers Lane, Rm. 11-19

Rockville, MD 20857

Phone: 800-638-0742 (outside MD)

Phone: 800-492-0359 (within MD)

These people will send you forms to complete. Then, more likely than not they will arrange for your hospital bill to be paid in full with no cost or obligation to you. It's free and is paid for by all the taxes you paid in years gone by.

Free help on choosing and paying for nursing home care, should you or a loved one require it.

Here is something that may be the most important thing anyone ever told you about nursing homes. We're going to tell you specifically how to be sure you or your loved one gets the very best care available from a nursing home.

One of this writer's best friends is retired from the Social Security Administration. For several years before his retirement, my friend's job was to visit nursing homes and take care of the patient's Social Security problems. Over the years, he visited hundreds of nursing homes. Although it wasn't his duty, he observed closely the quality of individual care the patients were getting.

One thing my friend told me not long after he took that position has really stuck in my mind over the years. Now, as I'm older and have occasion to visit a nursing home facility

now and then, I can see that he nailed this problem right down the center!

According to my friend, the people who get the very best care in ANY nursing home are those people who have loved ones... or even a friend... who visit them often, but at intermittent times.

Those who don't have frequent visits from friends and/or loved ones are the ones who don't have their diaper changed as they should, the ones who get skipped for a bath on busy days, and the ones who don't get the individual attention they may need in eating, etc.

So, when you have someone you care for in a nursing home, visit them as often as practical... even if you can only stay a few minutes. Your loved one will appreciate seeing you, and the care givers will be more likely to "do it right" in taking care of your loved one.

Try not, however, to show up at the same time for each visit. If the nursing home personnel know you are going to visit your mother at 1:00 PM on Monday, Wednesday, and Friday... they will very quickly learn that and have your mother "ready" at those times. At other times, they may not.

What do you do when you visit and your loved one is not getting the care and attention you think they should get? First of all, voice your concern to the floor supervisor. If that doesn't solve the problem, don't give up. Take your problem the next step up the ladder... all the way to the nursing home administrator if need be in order to get it solved.

So how do you solve a problem when the administrator won't cooperate with you? You go to your state nursing home "Ombudsman". This is the person who you turn to

after dealing with a nursing home administrator, and just before you talk to a lawyer about suing.

Although the Ombudsman has no enforcement powers, they usually do have "connections" in getting things done. To find the nursing home Ombudsman in your state, call your state Office on Aging listed in the directory in the back of this book.

Now, please, when dealing with nursing home employees, be firm, but by all means be friendly. These people have problems you can't imagine. Try very hard to see their point of view when discussing your problems with the care your loved one is getting, or not getting.

As the baby boomer generation ages, more and more Americans are going to need nursing home care. Just as we individuals are each different, so are nursing homes. Some are good, some are mediocre, and a few are bad.

So, how do you go about choosing a nursing home for yourself or a loved one?

Start by contacting The American Health Care Association for their extensive publication entitled, "Thinking About a Nursing Facility? A Consumer's Guide to Long Term Care". Write to:

The American Health Care Association

1201 L Street NW

Washington, DC 20005

Phone: 800-555-9414

<http://www.ahca.org>

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You will also want to contact the following and request their publication entitled, "Getting Your Affairs In Order". For your free copy, contact:

National Institute on Aging Information Center

<http://www.nia.nih.gov/health/agepages/affairs.htm>

P .O. Box 8057

Gaithersburg, MD 20898

Phone: 800-222-2225

There is one more freebie you need... really a "must have". A publication entitled, "Medicare Handbook" is available free from:

The Medicare Hotline

<http://www.medicare.gov/Publications/home.asp>

Phone: 800-MEDICARE (1-800-633-4227).

Are large vitamin doses a cure all?

What is the effect of taking large doses of vitamins to reduce your chance of getting Alzheimer's, to increase your sex drive, or to live longer in general?

Don't fall for the claims made in the tabloid vitamin ads. Get the scientifically proven facts on the above subjects as well as others on diet and nutrition. These facts are yours absolutely free in a publication about the biology of aging available from:

NIA Information Center

<http://www.niapublications.org/engagepages/supplements.htm>

P .O. Box 8057

Phone: 800-222-2225

Gaithersburg, MD 20898-8057

Chapter III
Free Help for Your
Sexual Problems

Back in the 1980s, the Bellamy Brothers singing group

You will also want to ask for the Institute's publication entitled, "Age Page: Sexuality in Later Life". This one discusses sexual problems and solutions for both men and women.

National Institute on Aging Information Center

<http://www.niapublications.org/engagepages/sexuality.h>

tm

P .O. Box 8057

Gaithersburg, MD 20898

Phone: 800-222-2225

Sexual problems for men and women can be caused by many different things. More times than you can imagine, a

or desirable to anyone... and before long she is in the lowest frame of mind imaginable.

Many men are too sensitive to even discuss their problem with a doctor. Things very quickly go from bad to worse until the terrible reality of divorce court is staring the couple in the eye. All this because a husband is ashamed to discuss a medical problem that affects millions of older (and sometimes younger) men.

In years gone by, most cases of impotence were blamed on a psychological problem. If a man discussed the problem with their doctor, the doc's "instant" diagnosis was most often, "it's all in your head".

Now, new research has completely disproved this theory. The large majority of impotence cases are caused by physical problems.

Better yet, most of these problems are treatable... many with a simple round of prescription drugs. There are now a dozen and one other practical solutions for those men who can't be treated by medicine.

Before you can do anything... you need very badly to admit your problem and get all the facts known about it. Contact the agency below for their free publications concerning impotence.

[National Kidney and Urologic Diseases](#)

Information Clearinghouse

<http://kidney.niddk.nih.gov/about/index.htm>

3 Information Way

Bethesda, MD 20892-3580

Phone: 301-654-4415

The following article is excerpted from the National Institute on Aging's publication entitled, "Sexuality in Later Life" as described above.

Most older people want and are able to enjoy an active, satisfying sex life. Regular sexual activity helps maintain sexual ability. However, over time everyone may notice a slowing of response. This is part of the normal aging process.

As men get older, impotence seems to increase, especially in men with heart disease, hypertension, and diabetes. Impotence is the loss of ability to achieve and maintain an erection hard enough for sexual intercourse. Talk to your doctor. For many men impotence can be managed and perhaps even reversed.

Effects of Illness or Disability. Although illness or disability can affect sexuality, even the most serious conditions shouldn't stop you from having a satisfying sex life.

Heart disease.

Many people who have had a heart attack are afraid that having sex will cause another attack. The risk of this is very low. Follow your doctor's advice. Most people can start having sex again 12 to 16 weeks after an attack.

Diabetes.

Most men with diabetes do not have problems, but it is one of the few illnesses that can cause impotence. In most cases medical treatment can help.

Stroke.

Sexual function is rarely damaged by a stroke and it is unlikely that sexual exertion will cause another stroke. Using different positions or medical devices can help make up for any weakness or paralysis.

Arthritis.

Joint pain due to arthritis can limit sexual activity. Surgery and drugs may relieve this pain. In some cases drugs can decrease sexual desire. Exercise, rest, warm baths, and changing the position or timing of sexual activity can be helpful.

Surgery.

Most people worry about having any kind of surgery...it is especially troubling when the sex organs are involved. The good news is that most people do return to the kind of sex life they enjoyed before having surgery.

Hysterectomy is the surgical removal of the womb. Performed correctly, a hysterectomy does not hurt sexual functioning. If a hysterectomy seems to take away from your ability to enjoy sex, a counselor can be helpful. Men who feel their partners are "less feminine" after a hysterectomy can also be helped by counseling.

Mastectomy is the surgical removal of all or part of a woman's breast. Although her body is as capable of sexual response as ever, a woman may lose her sexual desire or her sense of being desired. Sometimes it is useful to talk with other women who have had a mastectomy. Programs like the American Cancer Society's (ACS) "Reach to Recovery" can be helpful for both women and men. Check your phone book for the local ACS listing.

Prostatectomy is the surgical removal of all or part of the prostate. Sometimes a prostatectomy needs to be done because of an enlarged prostate. This procedure rarely causes impotence. If a radical prostatectomy (removal of prostate gland) is needed, new surgical techniques can save the nerves going to the penis and an erection may still be possible. If your sexuality is important to you, talk to your doctor before surgery to make sure you will be able to lead a fully satisfying sex life.

Other Issues

Alcohol.

Too much alcohol can reduce potency in men and delay orgasm in women.

Medicines.

Antidepressants, tranquilizers, and certain high blood pressure drugs can cause impotence. Some drugs can make it difficult for men to ejaculate. Some drugs reduce a woman's sexual desire. Check with your doctor. She or he can often prescribe a drug without this side effect.

AIDS.

Anyone who is sexually active can be at risk for being infected with HIV, the virus that causes AIDS. Having safe sex is important for people at every age. Talk with your doctor about ways to protect yourself from AIDS and other sexually transmitted diseases. You are never too old to be at risk.

Emotional Concerns.

Sexuality is often a delicate balance of emotional and physical issues. How we feel may affect what we are able to do. For example, men may fear impotence will become a

more frequent problem as they age. But, if you are too worried about impotence, you can create enough stress to cause it. As a woman ages, she may become more anxious about her appearance. This emphasis on youthful physical beauty can interfere with a woman's ability to enjoy sex.

Older couples may have the same problems that affect people of any age. But they may also have the added concerns of age, retirement and other lifestyle changes, and illness. These problems can cause sexual difficulties. Talk openly with your doctor or see a therapist. These health professionals can often help.

Viagra

The TV ad says, "Ask your doctor if a free sample of Viagra is right for you.? Do it today if you're a man over 50 and have an impotence problem. Chances are... your doc will give you that free sample... and 90% of your sexual problems will be solved almost immediately!

More Information:

For a list of publications from the National Institute on Aging (NIA) including an Age Page called AIDS, HIV, and Older Adults, contact:

[The National Institute on Aging Information Center](http://www.nia.nih.gov/)

<http://www.nia.nih.gov/>

P.O. Box 8057

Gaithersburg, MD 20898-8057

1-800-222-2225

1-800-222-4225 (TTY)

Chapter IV

Free Eye and Dental Care

Good eyesight may be the one most important health aspect of having a good quality of life as you grow older. Just think of the things of which not being able to see would rob you. You couldn't see your grand children growing up. You couldn't entertain yourself by watching TV or reading... and dozens of other bad things.

Bad eyesight is definitely not a given as you grow older. In order to prevent it however, you should know what to watch out for and get regular eye exams.

Here's how you can retain good eyesight well into your golden years and get free treatment if needed.

Write the agency below for a list of their publications dealing with good eyesight. They are all free and deal with subjects from cataracts and glaucoma to diabetic eye disease.

National Eye-Institute Information Office

<http://www.nei.nih.gov/>
2020 Vision Place
Bethesda, MD 20892-3655
(301) 496-5248

If you need eye treatment, and/or glasses, but can't afford such, contact your state Office on Aging as listed in the directory in the back of this book. Almost every state has a program to help you.

In many localities, service clubs such as the Lions Club pay for eye testing and glasses for elderly people as well as children who can not otherwise afford corrective lenses.

**Get free dental care... for yourself
AND for your grand kids.**

The first time this writer got free dental care, he was still a long way from becoming a senior citizen. The daughter of one of my friends was going to school to become a dental technician. My friend approached me asking if I would let his daughter clean my teeth as a practice project in school.

I quickly volunteered. They gave me a super teeth cleaning job with the only downside being a dozen young college students stood watching the whole operation from start to finish. A real dentist was supervising and standing by to answer any question the students had.

From that experience, I learned that free dental care is available in dental schools.

In days gone by... the schools actually had problems procuring enough patients on which to train their students. The schools we've talked to lately tell us that is not the case at this time... in fact they usually have a waiting list for care.

If you live near one of these schools that train either dentists or dental technicians, you should definitely inquire if free treatment and/or dentures might be available.

Otherwise, your friendly local dentists should be your first order of "attack" on the problem of getting free dental care.

A survey by the American Dental Association reports that almost 60 percent of dentists provide free or reduced rate care to senior citizens who are unable to pay. Thirty-five percent of the dentists responding say they have provided services to seniors regardless of their income.

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Each state also administers some sort of dental program for the elderly and for children. Call or write your State Office on Aging as listed in the directory at the back of this book. They will give you information on both the locations of nearby dental schools as well as information on any state run programs for dental work from private dentists.

How to get new dentures free.

Again, you should make your first request for free or reduced cost dentures to your local dentist. If the dentist refuses... ask if he can refer you to a dental school.

Chapter V

Free Help for Your Home

Here's how your home could easily supply all the money you'll ever need for the rest of your life!

Do you own your own home. If so, you could very likely qualify for a "reverse mortgage". This new financing option for seniors could easily supply all the money you'll ever need for the rest of your life. Better yet, you do not have to pay it back!

Get complete details free on reverse mortgages, home equity credit lines, and home financing from:

Federal Trade Commission

<http://www.ftc.gov/bcp/online/pubs/alerts/revralrt.htm>

Public Reference

Room 130

Washington, DC 20580

Phone: 202-326-2222

**Here's how you could get up to \$15,000 free money to
make your home more livable!**

This program is for rural homes as well as homes in small cities and towns. The program is called Rural Housing Preservation Grants (Section 504). It is funded and administered by an agency of the U.S. Department of Agriculture. Until recently, the agency was known as Farmers Home Administration (FHA), but has now been renamed to "Rural Housing and Community Development Services".

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Under this program, the federal agency does not make grants directly to you. Instead, they fund a local private organization that in turn runs the program and hands out the money.

To take advantage of this program, your quickest and easiest route is to look in your local telephone directory under U.S. Government. Under this listing you should see an additional listing for Department of Agriculture and under that look for "Rural Housing and Community Development Services".

Telephone them and ask for information on who administers Rural Housing Preservation Grants under Section 504 in your area.

You may also call or write the agency that administers these programs nationally. They will send you complete information on how the program works and tell you how to contact your local agency office. Contact:

Rural Housing and Community Development Services

U.S. Department of Agriculture
<http://www.usda.gov/services.html>
Room 5037, South Building
14th Street and Independence Avenue, S.W.
Washington, DC 20250
Phone: 202-720-4323

**Here's a little-known program
that could give you AT LEAST \$1,000 free money to
make your home more livable.**

This program will make you a low interest loan for any needed repairs to your home. The program is named, The "HOME Investment Partnership Program" and is a part of the

HOME Repair - Modification Programs for Elderly Home Owners. For complete information and application forms, contact:

Office of Affordable Housing Programs

Office of Community Planning and Development

<http://www.hud.gov/offices/cpd/>

451 7th Street, SW

Washington, DC 20410

Phone: (202) 708-2470

How to rent a nice apartment for much less than normal rental rates.

This program is administered by your local public housing office. It is the Supportive Housing for the Elderly (Section 202) program. Depending on your income, you will be able to live in a nice apartment and pay only a small percentage of your income as rent.

Most apartment houses administered under this program will also have a person called a "Service Coordinator" who can help you in procuring free transportation to buy groceries, your doctor's office, or where ever you may need to go. The Service Coordinator can also help you with information on any special free medical and/or food programs available in your area.

You can usually contact the local office that administers this program by looking in your local telephone directory under (Name of your town), then under a sub listing of "Public Housing".

If you have difficulty contacting your local office, get in touch with your State Office on Aging listed in the back of this book under your state. They will be able to guide you to the right contacts so you can obtain Section 202 housing.

How to get some help in paying your rent when you live in the country or in a small town.

Contact your local office of Rural Housing and Community Development Services listed under U.S. Department of Agriculture in your local telephone directory. Or, you may contact the national office that administers the program and they will direct you to your local offices:

Rural Housing and Community Development Services

U.S. Department of Agriculture
<http://www.usda.gov/services.html>
Room 5037, South Building
14th Street and Independence Avenue, S.W.
Washington, DC 20250
Phone: 202-720-4323

How to get a VERY LOW interest loan to move to the country.

This program is called Section 502 of the Rural Housing and Community Development Services. They will lend you money to buy a new or existing rural home if you meet certain income requirements. The interest rate can be as low as one percent and you can get up to 38 years to pay. For complete details on Section 502 low interest loans, contact:

Rural Housing and Community Development Services

U.S. Department of Agriculture
<http://www.usda.gov/services.html>
Room 5037, South Building
14th Street and Independence Avenue, S.W.
Washington, DC 20250
Phone: 202-720-4323

Free help on making your vegetable and flower garden the talk of the neighborhood... without using dangerous chemicals and pesticides that may turn your insides to mush.

Each geographic location in the nation has its own unique lawn and gardening problems. The U.S. Department of Agriculture makes publications available covering these problems for each section of the country. To see what is available for your area, you will need to visit the nearest office of your "County Agent" of the USDA Extension Service.

To locate the office nearest you, look in your local telephone directory under Government, Department of Agriculture, Cooperative Extension Service, County Agent.

A division of the Smithsonian Institution also offers several very helpful publications on growing beautiful plants and flowers. Contact them at:

Horticulture Services Division

<http://gardens.si.edu/>

Arts and Industries Building Rm. 2282, MRC, 420

Smithsonian Institution

900 Jefferson Drive SW, Room 2282

Washington, DC 20560

Phone: 202-357-1926

How you can get free individual answers to your own personal plant problems.

Where ever you live in the United States, the U.S. Department of Agriculture has an office near you. They will give you individual attention to your problems for house plants, yard plants, garden plants, or whatever.

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These offices are the "Cooperative Extension Service" of the Department of Agriculture. There is one near you whether you live in the middle of New York City, or "in the backwoods just west of Podunk".

Let's say you have a bug on your petunias and you have tried everything you know, but can't eradicate the pest. Contact your Extension Service agent and he or she will either have an answer to your problem, or will quickly get an answer. The service is absolutely free!

In your local telephone directory, look under U.S. Government - U.S. Department of Agriculture for Cooperative Extension Service. Or, for the location and phone number of the office nearest you, contact:

Extension Service

<http://www.reeusda.gov/1700/statepartners/usa.htm>

U.S. Department of Agriculture

Room 3328

Washington, DC 20250

Phone: 202-720-4111

How you can be sure you avoid hurting yourself in your home.

If you're like most folks of our age group, you probably have dozens of "accidents just waiting to happen" in your home. Many have probably existed for years and you don't even notice them... until you've stumbled, slipped, or knocked something over which injures you.

The Consumer Product Safety Commission offers several free publications that can help you make your home a much safer place. The best publication in this category is entitled, "Home Safety Checklist for Older Consumers".

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Contact the Commission for this free publication and a list of others they offer.

U.S. Consumer Product Safety Commission

<http://www.cpsc.gov/>
Washington, D.C. 20207-0001
Tel. (301) 504-6816

Free Help Paying Your Utilities

Here's where you could get \$1,800 to help make your home warmer.

This program is administered by the U.S. Department of Energy. They make grants to local private organizations that in turn make grants to senior citizens.

The money can be used to increase the value of the insulation in your home, install weather stripping, storm windows and doors, or anything else which would logically reduce your utility bills.

Contact your Division of Energy or Weatherization Office at your state capitol for more information.

Here's how to get help in paying your electric bill.

This is the LIHEAP (Low Income Home Energy Assistance Program.) Eligibility requirements vary in each state. You may be a home owner or a renter and the money may be paid directly to you or to your utility company. For information on eligibility requirements for your state, and the name, address and phone number of the LIHEAP Coordinator in your state, contact:

Administration for Children and Families

Office of Community Services

<http://www.acf.dhhs.gov/programs/liheap/states.htm>

370 L'Enfant Promenade, SW

Washington, DC 20201

1-866-674-6327

Your State Office on Aging as listed under your state in the back of this book will usually also have information on this program.

Chapter VI Miscellaneous Free Money and Services

Here is your own personal "locate anything" service!

You may be aware that as a senior citizen, hundreds of free services are available to you. But, your problem may be, "how do I locate the people who will help me?"

You may have this problem anywhere, but it is especially bad when you move to a new and unfamiliar city or town.

You may already know there are agencies which will cook-and deliver meals to you if you need them. There are also agencies that will pick you up at your door and take you to the doctor, the grocery store, pharmacy, or other destinations you need to go.

There are services that will send a professional care giver to your home to give you a bath and clean your house if you are unable to do so.

As a senior citizen in need, all these services are FREE to you!

You just name the need, and there is a friendly face and voice out there ready to help you. But, you've first got to ask in the right place for that help. Here's how to quickly and easily find the source of that help.

First, make this one phone call. (And it is toll-free)
Contact:

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Eldercare Locator Hotline

National Association of Area Agencies on Aging
<http://www.eldercare.gov/>
927 -15th Street
Washington, DC 20005
Phone: 800-677-1116

There is someone standing by from 9 AM to 8 PM Eastern Time, Monday through Friday to take your phone call. Give who ever answers, the name of your city, state, and your zip code. They will quickly give you a local telephone number you can call right there -in your hometown for your local Locator Service.

You then call that local number and someone there will tell you exactly how and were to get whatever service you need.

You may be eligible for up to \$5,000 per year free from this program.

This program is administered by the Social Security Department and is called Supplemental Security Income or SSI. This is more or less a "safety net" to catch those low income senior citizens who for one reason or another do not qualify for Social Security... or don't qualify for enough Social Security income to live on. Disabled people of any age can also qualify for this program.

If you fit into either of the above categories, contact your nearest Social Security office and inquire about whether or not you qualify for SSI. You may also telephone Social Security's national toll free number at 800-772-1213.

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Incidentally, this writer has known of many people who applied for SSI. I have never heard of a person being accepted upon application. The system will invariably turn you down and you have to have an attorney appeal the decision for you. Upon appeal, very few people are turned down!

So, if you think you qualify for SSI and are refused, read the section below on free legal help. Get you a lawyer to take care of this for you.

Get up to \$800 to pay for your food.

You've probably read the news, or saw on TV recently, the government is drastically reducing the federal food stamp program. These reductions for the most part have no effect on the eligibility of senior citizens to receive food stamp assistance.

To see if you qualify for this program, contact:

U.S. Department of Agriculture

Food and Consumer Service Public Information Office

<http://www.fns.usda.gov/fns/>

3101 Park Ctr Dr.

Park Office Center Bldg.

Alexandria, VA 22302

Phone: 703-305-2276

Get up to \$150 a month just for being a senior citizen.

The state of Alaska pays all its senior citizens over age 65 (regardless of income) a \$150.00 per month "Longevity Bonus". Other states give their seniors a special state tax benefit to make it easy for them to qualify for an annual tax

refund. Contact your State Department on Aging in your state from the list in the back of this book and inquire if your state offers such a program.

Free legal help! Now, over 6,400 experienced attorneys nation wide are standing by to help you with your legal problems... free.

If you're accused of a crime and can't afford a lawyer, the U.S. Supreme Court has decreed the state must appoint and pay a lawyer for you.

But... what if you need a lawyer for a civil matter... let's say a divorce, help writing a will, collecting a debt, defending yourself against an unjust debt collection effort, or any of hundreds of other civil matters where a lawyer is necessary?

The government has set up a system of experienced lawyers nationwide to assist you free of charge if you're a senior citizen and can't afford a lawyer for a civil matter. To find about how to apply in your local area, contact:

Legal Services Corporation

<http://www.lsc.gov/index2.htm>
3333 K Street NW, Third Floor
Washington, DC 20007-3522
202-295-1500

Surprise! Criminals no longer have all the rights. Here's how to collect compensation when you are the innocent victim of violent crime.

Judging from news stories on TV and in our newspapers, it sometimes seems the bad guys in our nation are the ones with all the rights.

How about the senior citizen who is violated by muggers, robbers, or other violent criminal activity? Who is going to take care of us!?

Well, the government has heard our concerns and has established a new program to compensate victims of violent crime. Better yet, the funds for this program do not come out of the tax payers pockets. Instead, the money is from fines and the sale of seized property belonging to criminals.

If you, a loved one or friend are an innocent victim of a violent crime, you need to find out today who to talk to in your local area about compensation from the Crime Victims Fund set up by Congress. For details on who to contact locally, write or call:

Office of Communications

<http://www.ojp.usdoj.gov/ocpa/>

Office of Justice Programs

U.S. Department of Justice

810 7th Street, NW

Washington, DC 20531

202-307-0703

**It's never too late for an education...
especially when your tuition is free!**

Many colleges in all states have a program of free tuition for seniors. Contact the college or university nearest you and ask about their free or discounted tuition program for senior citizens.

You may also check with your state Office on Aging listed in the directory in the back of this book.

**Free help in establishing, handling,
and/or getting credit.**

Senior citizens have many credit problems which do not affect younger people.

One of the most common problems of seniors is that for years they may have been living on a "cash basis". They haven't needed credit and haven't really thought about it for eons.

Then one day... whammo... the washing machine breaks down, the television goes haywire... and you need to open a charge account in order to buy a new appliance.

Another problem we've personally known among seniors is they have never had a credit card. Then after they are retired, they decide to travel and enjoy life. They discover right quick that ANY kind of travel now REQUIRES a credit card.

Would you believe, many hotels will not take cash... or don't want to. Also, it is impossible to get a hotel, flight, or car rental reservation by phone unless you have a credit card number to "guarantee" the reservation.

So Mr. or Mrs. Senior Citizen suddenly needs to apply for credit after being "out of the credit market" for several years. You will find out right away, you will be denied credit just as quickly for having NO recent credit record, as you will for BAD credit.

Before you have to face any of the above problems, or one of dozens more difficult credit situations affecting seniors, get a copy of this free book. It will tell you all about the credit problems you may face, and how to quickly and

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easily solve those problems. The book is entitled, "Credit and Older Americans". Get your free copy from:

Consumer Response Center

Federal Trade Commission

<http://www.ftc.gov/bcp/online/pubs/credit/over62.htm>

600 Pennsylvania, NW, Room H-130

Washington, DC 20580-0001

1-877-FTC-HELP (877-382-4357)

Free help for your pets when they get sick

If you're like most folks, you consider your pet a member of your family. The following government agency offers you free publications to answer all your food, nutrition, illness and disease questions about your pets. Contact:

Center For Veterinary Medicine

Communications Staff

<http://www.fda.gov/cvm/default.html>

7519 Standish Place, HFV-12

Rockville, MD 20855

Phone: 301-827-3800 or 1-888-INFO-FDA

Incidentally, if your state University system has a School of Veterinary Medicine, you can usually get free vet care for your pet. This is especially true when you're a senior citizen and your pet "kind of helps take care of you" as many of our pets do. Inquire at your nearest vet school for details.

Here are quick free answers to any Social Security or SSI question you may have.

For answers on any subject pertaining to Social Security or SSI, call the Social Security Hotline at: 800-772-1213.

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Chapter VII

Government Bargains

Bargains of the century: With the end of the cold war, Uncle Sam is scaling back the Defense Department and selling millions of valuable items at give away prices. Here's how to find out what's available and how to take advantage of these bargains.

Our nation's military personnel use every item under the sun just as' do civilians. With the recent defense cutbacks, items from soup to nuts are being disposed of... much of it at only pennies on the dollar!.

When thinking of military surplus sales, many people think that all available items are military in nature, jeeps, trucks, aircraft parts, etc. These items may be available, but there is also some of the very best quality furniture, televisions, computers, office equipment... you just name it!

The Department of Defense (DOD) publishes a free publication entitled, "How To Buy Surplus Personal Property From DOD". It tells all about this money saving bonanza and how you can participate. Contact:

Defense Reutilization and Marketing Service

The Federal Center

<http://www.drms.dla.mil/>

74 N. Washington Ave. Ste. 6

Battle Creek, MI 49017-3092

Phone: 1-888-352-9333

Would you like a real bargain on a drug raid seized automobile, truck, or boat? Here's how.

You see this information advertised by private companies for \$25.00 or more. It's yours here as part of this book.

A key tool in our nation's War on Drugs is a law that allows authorities to seize and sell a person's personal property when that person is convicted of dealing in illegal drugs.

Although property of every description is seized and sold, there are probably more vehicles seized than any other type possession. These include automobiles, trucks, vans, and motor homes. Many of these vehicles are sold at bargain prices.

Here's why many are sold "dirt" cheap. When a person is arrested, his vehicle is impounded and taken to a storage lot. It sits on that lot exposed to the elements until the alleged dope dealer is convicted in court and all his appeals have been exhausted. In many cases, this can take two years or more.

By this time, the automobile that may have been spotless when seized, now looks like a dirty piece of junk and will be sold for pennies on the dollar of its true value.

Actually, in most cases the automobile is still in good condition and all it needs is a good scrubbing to clean it up. Here's how you can find out what's available and how you can participate in the buying process of drug seized vehicles.

Contact the Consumer Information Center toll free at 1-888-878-3256. You can purchase a copy of the National Sellers List for 50¢. This publication lists all the vendors

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authorized to sell or auction property seized by the federal government and the U.S. Marshals Service.

Or visit the **U.S. Marshals Service** at <http://www.usdoj.gov/marshals/> website and go to the section on "sales of seized assets". Here you can get a copy of the National Sellers List free. The address for this website is: www.usdoj.gov/marshals/

Post Office Bargains

The U.S. Postal Service handles literally billions of packages each year. Just about every item you can name can be shipped via the Postal Service.

You'd be surprised however, how many packages the Post Office is unable to deliver... and then unable to return the package to its sender for one reason or another.

Many packages also "come apart" in the mail due to improper wrapping or rough handling. Their contents may spill out and become separated from the addressed wrapping.

All the above materials are sent to your local Post Office's lost and found room. They are held for various periods of time in case someone comes in and describes the product and claims it.

Most owners of the lost items are never found however, and several times a year your Post Office will have an auction. Just about every item you can imagine is offered to the highest bidder.

Ask at your local Post Office when and how they schedule their lost item sales. If your local Post Office is extremely small, they possibly send their found items to the

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lost and found room of the nearest larger Post Office. At any rate, your local Postmaster will be able to give you the details on how you can participate in the next nearest auction.

At the same time the Postal Service auctions off lost and found items, they also sell their surplus materials... many at real bargain prices. They offer everything that you'd find in any large corporation from autos and trucks, to office furniture and business machines.

I.R.S. Bargains

The U.S. Internal Revenue Service probably seizes more business and personal property than any other government agency in the country. Most is, of course, seized from people who have not paid their income taxes.

The I.R.S. auctions off this seized property just as does the Postal Service and U.S. Marshal's Service. Again, just about any item you can imagine becomes available from I.R.S. auctions at one time or another.

These auctions are not usually on any particular schedule. They are held when the local agency acquires items to sell. Call your nearest I.R.S. office and ask how you can arrange to be notified about their auctions.

Chapter VIII

Free Financial Planning

Free financial planning and help with your investments.

If you have an investment portfolio valued at a half million dollars or more, it is easy to get a financial planner to help you make financial decisions. The planner usually charges a percentage of the interest income from your investments each year.

But... many of us are senior citizens and don't have investments worth nearly enough to interest a professional financial planner. Where do we go for answers for our financial questions?

In most areas of the nation, the U.S. Department of Agriculture's Cooperative Extensive Service offers classes to teach you the basics of financial planning. The instructors of these classes are usually professionals... either certified public accountants, tax attorneys, or professional financial planners. When you attend these classes, you will not only learn to help yourself in this area, you can usually also get your questions answered without cost from the class instructor!

To find out about what is offered in your area contact the national office below and they will direct you to your local branch:

Cooperative State Research Education and Extension Service

U.S. Department of Agriculture
<http://www.reeusda.gov/>
Room 3328

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Washington, DC 20250

Phone: 202-720-3029

Here's how you could save thousands of dollars on your insurance premiums.

A recent government study finds that many senior citizens are over insured... paying monthly premiums for insurance coverage they simply do not need.

Although the government doesn't answer individual questions under this program, they do offer you a series of free publications addressing many questions in determining "how much insurance is enough" and other health insurance issues effecting senior citizens.

Be sure to request a copy of "Health Insurance for the Elderly: Owning Duplicate Policies is Costly and Unnecessary" (HEHS 94-185). Also ask for a list of other available related free publications. Contact:

U.S. General Accounting Office

<http://www.gao.gov/>

441 G Street, NW

Washington, DC 20013

Phone: 202-512-4800

Don't give your money to the IRS for taxes when you sell your home!

Ordinarily when you sell your home, you are required to pay income tax on the "profit" you made from the transaction. For example, if you bought the home, say in 1960 for \$25,000, and sold it this year for \$100,000, your "profit" is \$75,000 less some allowances for repairs, etc.

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Senior citizens aged 55 and older are allowed a one time exemption of up to \$125,000.00 from this requirement. For complete details on how to use this exemption to save yourself mucho tax dollars... call the Internal Revenue Service at 800-829-3676 and request a copy of the free publication, "Selling Your Home" (Publication 523).

How to make sure you aren't paying too much tax.

Several government as well as private services have shown that many senior citizens OVERPAY their taxes by a large percentage. The reason is usually that seniors don't know all the special tax exemptions for which they qualify.

To make sure you don't pay a penny more in taxes than you are supposed to pay, request a free copy of the publication entitled, "Protecting Older Americans Against Overpayment of Income Taxes". For your copy, contact:

U.S. Senate
[Special Committee on Aging](http://www.senate.gov/~aging/)
<http://www.senate.gov/~aging/>
G31 Dirksen Senate
Office Building
Washington, DC 20510
Phone: 202-224-5364

Now, a professional will do your taxes free.

The government knows that many elderly people have difficulty completing their income tax forms and calculating their taxes each year. To assist you, the Internal Revenue Service has formed a group of retired tax agents and other trained volunteers who will assist you absolutely free of charge. This program is called "Tax Counseling for the Elderly".

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These free professional helpers will come to you, at a hospital, nursing home, your home, or where ever you are located. The only requirement is that you be 60 years of age or older.

To learn where and how to contact your nearest local program, call the AARP toll free at 1-800-424-3410. Ask them for the address and phone number of your nearest Tax Counseling for the Elderly program.

Chapter IX

Free Help So You Can Avoid Fraud

Remember, these days most fraudulent deals come into your home via your telephone.

We shouldn't generalize about senior citizens as a group... anymore than we should about groups based on race, religion, or national origin. Each of us are different individuals who have our own strengths and weaknesses which have nothing to do with our age. But, it just seems to me that we seniors as a whole are much more trusting than are younger people.

Much more so than younger people do... we tend to take folks at face value. We tend to trust what others tell us until proven wrong. Maybe it's because we were raised in a much more simple time... when you could trust most people with whom you came into contact.

At any rate, that "more simple and honest time" has now gone along with our youth, and you can't be too careful that someone doesn't "take you to the cleaners" financially or otherwise.

Here is some advice and free help in dealing with situations which maybe scams and rip-offs.

If you will simply remember two basics we're going to tell you, you will very seldom get cheated by a crook calling you on the telephone.

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First of all, do not ever under any circumstances give your credit card number or your bank account numbers to anyone who calls you on the telephone.

If the caller should tell you he or she works at your bank and needs the number for some reason, DO NOT give it on the phone. Tell them politely that you will be right down to the bank and give it to them in person. This will usually cause your caller to hang up immediately.

If a caller tells you something like, "Mrs. Jones, this is Special Agent Smith with the FBI. We're investigating bank fraud and we need your credit card (or checking account) number".... Your friendly reply should be, "fine Agent Smith, I will meet you at the city police station in ten minutes and give you the numbers in person. Again, this will always bring about a hang up.

Banks and/or law enforcement officials NEVER EVER telephone anyone for a credit card or bank account number.

Remember, no excuses... no way ever should you give out those numbers to anyone who calls you.

The same goes for email. A scam common as this is written is an email that appears to be from either Ebay or PayPal with something to the effect that you need to update your information... then asking for your credit card numbers and social security number.

Don't do it! These two organizations will never ask for such sensitive information in an email!

Please don't confuse what we're telling you here with when YOU call a well known merchant or catalog company or national advertiser and give your credit card number to

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place an order. This is a relatively safe procedure... probably much safer than giving your credit card to your friendly waiter at your favorite restaurant.

The second most often type of fraudulent call a senior citizen receives is one in which the caller tells you that you have won a prize... merchandise or money.

About the time you get really enthused over what you're about to receive, the other shoe falls. They need \$9.95 postage to ship you your free merchandise... or \$29.95 for some idiot reason before you can receive the fabulous money prize you've won.

Your best way to handle this is to say good-bye and hand up on these weasels immediately.

Yes, Dick Clark and Ed McMahon DO give away fabulous amounts of money every month. So does Readers Digest and dozens of other reputable concerns that use this sweepstakes method to promote their business.

They may beat around the bush in trying to sell you a magazine or something before you enter the sweepstakes, but the bottom line is you can just as easily enter without subscribing to a magazine or buying anything.

And, IF you win a prize, you can bet your bottom booties Dick Clark, Ed McMahon, or Readers Digest is NEVER going to ask you for any money to receive your prize. No one reputable ever plays the game that way.

Federal law says that no one can ever make the winning of such a prize dependent on you buying or paying ANYTHING... so don't do it.

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Keep these two ideas in mind and you aren't likely to get cheated by out-and-out telephone fraud.

1. Never give your credit card or bank account numbers on the telephone or by email... UNLESS you initiate the call or connection.

2. Never buy or pay anything in order to receive a "free" prize.

Another scam you may run into on the telephone, however, is travel fraud. Let's say you answer the telephone and a silky, confident voice tells you:

"Congratulations! You've just won a free vacation to Hawaii!"

Here's how and where to learn how to check out such a scheme now... before you get a phone call that starts like that.

Get your free copy of a revealing publication entitled, "Telemarketing Travel Fraud". Contact:

Consumer Response Center

Federal Trade Commission

<http://www.ftc.gov/bcp/menu-tmark.htm>

600 Pennsylvania, NW, Room H-130

Washington, DC 20580-0001

1-877-FTC-HELP (877-382-4357)

If you haven't already, you should by all means register your telephone number(s) in the new federal **Do Not Call List** at <https://www.donotcall.gov/default.aspx>. It's free and will eliminate a large percentage of these fraudulent calls as well as other annoying calls that try to sell you something.

Watch out for Quacks.

Here's how to be sure you don't fall for those ads for miracle cures and over-the-counter snake oils.

Neither your doctor nor our government has all the answers when it comes to disease and illness treatments, cures, etc. BUT... it's a sure bet that your doctor and/or the government does know much more than the companies advertising snake oil and miracle cures in the supermarket tabloids.

When we're sick, we start looking for simple answers. When we're diagnosed with the real bad things like cancer or heart disease... that's when we are really ready to "go out on a limb"... clutching for straws looking for a cure. This makes us very vulnerable to health fraud. (Yes, I've been there... I know.)

It's easy to check whether a product is "government approved". To learn more about an over-the-counter drug, prescription drug, cosmetic, or medical device, or to report an adverse reaction to any of these products, call the Food and Drug Administration's Consumer Affairs Information Line toll free at 1-800-532-4440.

For the latest information on vitamins and nutritional supplement claims, call the FDA's Center for Food Safety and Applied Nutrition toll free at 1-800-332-4010.

**How to ask the right questions
when dealing with a funeral home.**

When we're arranging a funeral for a loved one, we are at our most vulnerable time of all. While the majority of

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funeral homes are honest and above board, there are a few who will certainly take advantage of you in your darkest hour.

To make sure you aren't ripped off by a funeral home, you need very badly to know ahead of time what questions to ask the funeral director before signing your name on the dotted line. A very helpful publication to help you to ask the correct questions is entitled, "Funerals: A Consumer Guide". For your free copy, contact:

Consumer Response Center

Federal Trade Commission

<http://www.ftc.gov/bcp/menu-prod.htm>

600 Pennsylvania, NW, Room H-130

Washington, DC 20580-0001

1-877-FTC-HELP (877-382-4357)

Chapter X

Free Travel

With the above chapter title, you're probably now asking yourself, "Well now, just what is the difference in these free vacations and the ones we learned about earlier which are usually scams"?

Good question!

The answer is two fold. First and foremost, instead of answering your telephone to a stranger, you make the telephone call to a known entity for these free travel deals. Second, you are dealing with government agencies and not some unknown fly by night telemarketer.

Here's a free tip sheet that may save you thousands if you plan to travel overseas.

Just when you get to thinking that our country has gone to the dogs and that you can't trust anyone anymore... you decide to travel overseas. You will quickly find out the rip-off artists in many foreign countries make our home-grown U.S. rip-off people look like pikers!

Before you call your travel agent to plan a trip overseas, here is a free publication that is absolutely a "must read". It's entitled, "Travel Tips for Seniors". It could save you thousands of dollars and months of heart-break. For your free copy, contact:

[Overseas Citizens Services](http://travel.state.gov/olderamericans.html)

<http://travel.state.gov/olderamericans.html>

U.S. Department of State

2201 C St., NW Rm. 4811

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Washington, DC 20520

Phone: 202-647-5225

Get paid \$100 a day plus expenses to travel overseas.

This program is called the U.S. Speakers Program. To qualify, you should know something that people in some other part of the world would also like to know.

Maybe you have experience in organic gardening, starting your own company, organizing local self-help groups... or expertise in just about any subject you can think of. Then you could qualify for free round-trip airfare and get paid \$100 per day expenses to make short speeches about your area of knowledge.

This super vacation deal is available to several hundred people each year. For complete details, contact:

U.S. Speakers Program

[U.S. Information Agency](http://dosfan.lib.uic.edu/usia/)

<http://dosfan.lib.uic.edu/usia/>

301 4th St. SW

Washington, DC 20547

Phone: 202-619-4764

How to get your own VIP tour of the White House without waiting in line with the "peons".

During vacation season, the lines forming to tour the White House get longer and longer. You're special, however... you shouldn't have to wait in those lines. And... you don't have to.

Your congressman or congresswoman can and will get you a special pass for an escorted tour of our nation's "First Mansion" during the morning hours. (When the place is

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ordinarily closed to public tours.) You need to start planning and acting on this long before you plan to be in the capitol.

For an informative free publication about touring the White House, contact:

The White House
1600 Pennsylvania Ave., NW
Washington, DC 20500
Phone: 202-456-1414

Then, contact your Senator or Representative for your special free passes at:

(Name of your Senator or Representative)
The Capitol
Washington, DC 20515
Phone: 202-224-3121

Here's something super special for a friend or loved one on their birthday. It's FREE!

Wouldn't it be nice if your friend or loved one received a personal birthday card from The President of the United States on their birthday?

No problem if your friend or loved one is going to be 80, 85, 90, 95, 100... or more on their next birthday. Here's how you can arrange it. At least ninety days before the birthday contact:

Greetings Office
The White House
1600 Pennsylvania Ave., NW
Washington, DC 20500
Phone: 202-456-1414

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It's probably best to write instead of phoning on this. Give them your friend or loved one's name, address, and date of birth. The President will take care of the rest and your someone special will KNOW they're special on their birthday!

Enjoy visiting our National Parks? Here's how you could get paid to spend your summers there.

During the "off season" things get pretty slow at our national parks. When vacation season arrives, however, business picks up quickly. The number of people needed to help with various chores around the park increases tremendously.

The National Park Service hires part timers for this extra help. Although senior citizens as such aren't given priority for these jobs... in many cases your years of experience in some field of work MAY give you a preference over younger and less experienced applicants. Veterans of the U.S. Armed Forces are always given preference over other applicants.

Some free housing is available. Pay is minimal.. but just think... you'll get to spend the entire season in the national park of your choice!

For complete information and applications for seasonal employment at the parks, contact:

Seasonal Employment Program
Human Resources Office
[National Park Service](#)
<http://www.sep.nps.gov/>
1849 C Street, NW
Mail Stop 2225

Washington, DC, 20240
Telephone 202-28-5074
<http://www.nps.gov>

**New Technology Tracks Down Free and Low Cost
Travel Bargains**

As a senior citizen, or someone who cares for a senior... you will do well to get acquainted with a site especially for seniors on the Internet. It is [The Senior Center](http://www.senior-center.com) and its address on the World Wide Web is:

<http://www.senior-center.com>

If you do not have a computer and an Internet connection, go to someone's home or office who does have a connection. Get them to access the above site for you.

The Senior Center has all sorts of goodies... freebies... and hot, late breaking news especially for senior citizens. You can also send a personal email message to The President, The Majority Leader of the House of Representatives, the Majority Leader of the U.S. Senate... or your own Congressman or Senator!

The Senior Center will also tell you about many free and/or low cost travel bargains. Among other great stuff, you'll quickly see that you will NEVER have to pay full price for an airline ticket again!

Chapter XI

Free Entertainment

Want an autographed photo of President Bush or the First Lady - Here's how to get them free.

Here's another of those little known interesting things for you. For your free autographed picture send your request in writing to:

Presidential Correspondence
The White House Photo Dept
Old Executive Office Bldg., Rm. 94
Washington, DC 20500

Would you like to get paid to take art or dancing classes?

How about becoming a writer? Have you ever had a secret desire to write for publication, but didn't know how to get started? Well here is how you can do it!

How about learning how to craft ceramics, or any other handicraft and sell them in crafts shops nationwide.

Whatever your art desire, here is where you can get the money to learn your craft, then get a subsidy to live on while you're building up your skill to earn a "living wage".

Although this program is funded primarily by federal funds, it is administered on the state level. Each state has its own requirements for entry... and each state pays different amounts.

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Contact the Arts Group in your state listed below for complete details of what's available and eligibility requirements in the art field of your choice.

Alabama State Council on the Arts

<http://www.arts.state.al.us>
201 Monroe Street
Montgomery, AL 36130-1800
Telephone: 334-42-4076

Alaska State Council on the Arts

<http://www.eed.state.ak.us/aksca/>
411 West 4th Avenue, STE 1E
Anchorage, AK 99501-2343
Phone: 907-269-6610 or 1-888-278-7424

Arizona Commission on the Arts

<http://www.arizonaarts.org/>
417 West Roosevelt Street
Phoenix Arizona 85003-1326
Phone: 602-255-5882

Arkansas Arts Council

<http://www.arkansasarts.com/>
1500 Tower Building
323 Center Street
Little Rock, AR 72201
Phone: 501-324-9766

California Arts Council

<http://www.cac.ca.gov>

1300 I Street, Suite 930
Sacramento, CA 95814
Phone: 916-322-6555 / 1-800-201-6201

Colorado Council on the Arts

<http://www.coloarts.state.co.us/>
1380 Lawrence Street, Suite 1200
Denver, CO 80204-2059
Phone: 303-866-2723

Connecticut Commission of the Arts

<http://www.ctarts.org>
755 Main Street, One Financial Plaza
Hartford, CT 06103
Phone: 860-566-4770

Delaware Division of the Arts

<http://www.artsdel.org/>
Carvel State Office Building
820 North French Street
Wilmington, DE 19801
Phone: 302-577-8728

District of Columbia

Commission on the Arts and Humanities
<http://dcarts.dc.gov>
410 8th Street, NW, 5th Floor
Washington, DC 20004
Phone: 202-724-5613

Florida's Cultural Arts Division

<http://www.florida-arts.org>
1001 DeSoto Park Drive
Tallahassee, FL 32301
Phone: 850-245-6470

Georgia Council for Arts

<http://www.gaarts.org>
14th St., Suite 401
Atlanta, GA 30318
Phone: 404-685-2787

Hawaii State Foundation on Culture and Arts

<http://www.state.hi.us/sfca>
250 South Hotel Street, 2nd Floor
Honolulu, HI 96813
Phone: 808-586-0300

Idaho Commission on the Arts

<http://www2.state.id.us/arts/>
P.O. Box 83720
Boise ID 83720-0008
Phone: 208-334-2119 or 800-278-3863

Illinois Arts Council

<http://www.state.il.us/agency/iac/>
James R. Thompson Center
100 West Randolph
Suite 10-500
Chicago, IL 60601
Phone: 312-814-6750

Indiana Arts Commission

<http://www.in.gov/arts/>
Phone: 317-232-1268
Iowa Council on Arts
<http://www.culturalaffairs.org/iac/>
600 E Locust
Des Moines, IA 50319-0290
Phone: 515-281-6412

Kansas Arts Commission

<http://arts.state.ks.us/>
700 SW Jackson, Suite 1004
Topeka, KS 66603-3761
Phone: 913-296-3335

Kentucky Arts Council

<http://www.kyarts.org/>
Old Capitol Annex
300 West Broadway
Frankfort, KY 40601-1980
Phone: 502-564-3757

Louisiana State Division of the Arts

<http://www.crt.state.la.us/arts/>
P.O. Box 44247
Baton Rouge, LA 70804-4247
Phone: 504-342-8180

Maine Arts Commission

<http://www.mainearts.com/>

193 State Street
25 State House Station
Augusta, Maine 04333-0025
Phone: 207-287-2724

Maryland State Arts Council

<http://www.msac.org/>
175 West Ostend Street, Suite E
Baltimore, MD 21230
Phone: 410-767-6555

Massachusetts Cultural Council

<http://www.massculturalcouncil.org/>
10 St. James Avenue, 3rd Floor
Boston, MA 02116-3803
Phone: 617-727-3668

Michigan Council for Arts & Cultural Affairs

http://www.michigan.gov/hal/0,1607,7-160-17445_19272---,00.html
702 West Kalamazoo Street
P.O. Box 30738
Lansing, MI 48909-8238
Phone: 517-241-2236

Minnesota State Arts Board

<http://www.arts.state.mn.us/>
Park Square Court
400 Sibley Street, Suite 200
St. Paul, MN 55101-1928
Phone: 651-215-1600 or 1-800-8MN-ARTS

Missouri Arts Council

<http://www.missouriartscouncil.org/>

Phone: 314-340-6845 or toll-free at 866-407-4752

Mississippi Arts Commission

<http://www.arts.state.ms.us/>

239 North Lamar Street, Suite 207

Jackson, MS 39201

Phone: 601-359-6030

Montana Arts Council

<http://www.state.mt.us/art/>

P. O. Box 202201

316 North Park Ave., Suite 252

Helena, MT 59620-2201

Phone: 406-444-6430

Nebraska Arts Council

<http://www.nebraskaartscouncil.org/>

Joslyn Carriage House

3838 Davenport Street

Omaha, Nebraska 68131-2329

Phone/TDD:402-595-2122 or toll free 1-800-341-4067

Nevada State Council on the Arts

<http://dmla.clan.lib.nv.us/docs/arts/>

716 North Carson Street, Suite A

Carson City, NV 89701

Phone: 702-687-6680

New Hampshire Division of Arts

<http://www.state.nh.us/nharts/>
2 1/2 Beacon Street, 2nd Floor
Concord, New Hampshire 03301
Phone: 603-271-2789

New Jersey State Council on the Arts

<http://www.njartscouncil.org/>
PO Box 306
225 West State Street
Trenton, NJ 08625
Phone: 609-292-6130

New Mexico Cultural Affairs Division

<http://www.nmoca.org/>
228 East Palace Avenue
Santa Fe, NM 87501
Phone: 505-827-4328

New York State Council on the Arts

<http://www.nysca.org/>
175 Varick St., 3rd Floor
New York, NY 10014
Phone: 212-627-4455

North Carolina Arts Council

<http://www.ncarts.org/>
Wilson House
226 East North Street
Raleigh, NC 37183

North Dakota Council on Arts

<http://www.state.nd.us/arts/>
1600 E. Century Ave., Suite 6
Bismarck, ND 58503
Phone: 701-328-3954

Ohio Council on Arts

<http://www.oac.state.oh.us/>
727 E. Main Street
Columbus, OH 43205-1796
Phone: 614-466-2613

Oklahoma Arts Council

<http://www.oklaosf.state.ok.us/~arts/>
P. O. Box 52001-2001
Oklahoma City, OK 73152-2001
Phone: 405-521-2931

Oregon Arts Commission

<http://www.oregonartscommission.org/main.php>
775 Summer Street NE, Suite 200
Salem, OR 97301-1284
Phone: 503-986-0082

Pennsylvania Council on the Arts

<http://www.artsnet.org/pca/>
Room 216, Finance Building
Harrisburg, PA 17120
Phone: 717-787-6883

Rhode Island State Council on the Arts

<http://www.risca.state.ri.us/>
83 Park Street, 6th Floor
Providence, RI 02903
Phone: 401-277-3880

South Carolina Arts Commission

<http://www.state.sc.us/arts/>
1800 Gervais Street
Columbia, SC 29201
Phone: 803-734-8696

South Dakota Arts Council

<http://www.state.sd.us/deca/sdarts/>
800 Governors Drive
Pierre, SD 57501-2294
Phone: 605-773-3131

Tennessee Art Commission

<http://www.arts.state.tn.us/>
Citizens Plaza Building
401 Charlotte Avenue
Nashville, TN 37243-0780
Phone: 615-741-1701

Texas Commission on the Arts

<http://www.arts.state.tx.us/>
E. O. Thompson Office Building
P. O. Box 13406
Austin, TX 78711-3406
Phone: 512-463-5535

Utah Arts Council

<http://arts.utah.gov/index.html>
617 East South Temple
Salt Lake City, UT 84102-1177
Phone: (801) 236-7555

Vermont Council on Arts

<http://www.vermontartscouncil.org/index.php>
136 State Street - Drawer 33
Montpelier, VT 05633-6001
Phone: 802-828-3291

Virginia Commission on the Arts

<http://www.arts.state.va.us/>
Lewis House - Second Floor
223 Governor Street
Richmond, VA 23219-2010
Phone: 804-225-3132

Washington State Arts Commission

<http://www.arts.wa.gov/>
234 8th Avenue SE (corner of 8th & Franklin)
P. O. Box 42675
Olympia, WA 98504-2675
Phone: 206-753-3860

West Virginia Division of Culture and History

<http://www.wvculture.org/arts/>
1900 Kanawha Blvd East
Charleston WV 25305-0300
Phone: 304-558-0240

Wisconsin Arts Board

<http://arts.state.wi.us/static/>
First Floor, 101 E. Wilson Street
Madison, WI 53702
Phone: 608-266-0190

Wyoming Arts Council

<http://wyoarts.state.wy.us>
2320 Capital Ave.
Cheyenne, WY 82001
Phone: 307-777-7742

Appendix A

Directory of State Offices on Aging

Although the scope of free money, goods, and services handed out by our federal government dwarfs that given away by the individual states... the offerings from the states is still very valuable.

Also, more and more federal give-away programs are being administered by the individual states. The federal government will give the states a huge "block grant" and general regulations on how the program should be run. The state will then make detailed rules... on eligibility and other points... and then actually hand out the money, goods, or services. The federal program thus becomes a state program.

To find out what each state has to offer to seniors, you need to contact that state's Office on Aging. They will also give you details on who administers their programs. Throughout this book in several chapters, we have told you to contact your state's Office on Aging. Following is a directory of the offices with mailing addresses and telephone numbers. This latest revised edition also lists internet web sites and E-mail addresses for each state when they have one.

Many states' web sites are a treasure chest of information on what is available to you in that state. You will do well to start your search for free benefits by visiting your state's site. Each state below is a link to their web site if they have one... all you need to do is click on the state's name if you're connected to the internet when you're reading this in our Ebook version.

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The following could very well be one of the most valuable directories you will ever see anywhere. Contact the office in your state for a detailed answer on any senior citizen assistance program(s) available.

Alabama

Alabama Department of Senior Services

<http://www.adss.state.al.us/>
RSA Plaza, Suite 470
770 Washington Avenue
Montgomery, AL 36130 - 1851
(334) 242-5743
FAX: (334) 242 5594
E-mail: ageline@adss.state.al.us

Alaska

Alaska Commission on Aging

<http://www.alaskaaging.org/>
Division of Senior Services
Department of Administration
P.O. Box 110209
Juneau, AK 99811-0209
(907) 465-3250
FAX: (907) 465-4716
E-mail: acoa@admin.state.ak.us

Arizona

Aging and Adult Administration

<http://www.de.state.az.us/links/aaa/default.asp>
Department of Economic Security
1789 West Jefferson Street - #950A
Phoenix, AZ 85007
(602) 542-4446

Free for Seniors 101

FAX: (602) 542-6575

Arkansas

Division Aging and Adult Services

<http://www.state.ar.us/dhs/aging/>

Arkansas Dept of Human Services

P.O. Box 1437, Slot 1412

1417 Donaghey Plaza South

Little Rock, AR 72203 - 1437

(501) 682-2441

FAX: (501) 682-8155

E-mail: ron.tatus@mail.state.ar.us

California

California Department of Aging

<http://www.aging.state.ca.us/>

1600 K Street

Sacramento, CA 95814

(916) 322-5290

FAX: (916) 324-1903

E-mail: lterry@aging.state.ca.us

Colorado

Aging and Adult Services

Colorado Department of Human Services

<http://www.cdhs.state.co.us/oss/aas/index1.html>

1575 Sherman Street, Ground Floor

Denver, CO 80203

(303) 866-2800

FAX: (303) 866-2696

E-mail: viola.mcneace@state.co.us

Connecticut

Division of Elderly Services

<http://www.dss.state.ct.us/>

25 Sigourney Street, 10th Floor

Hartford, CT 06106-5033

(860) 424-5298

FAX: (860) 424-4966

E-mail: adultserv.dss@po.state.ct.us

Delaware

Delaware Division of Services

for Aging and Adults with Physical Disabilities

Department of Health and Social Services

<http://www.dsaapd.com/index.htm>

1901 North DuPont Highway

New Castle, DE 19720

(302) 577-4791

FAX: (302) 577-4793

E-mail: dsaapdinfo@state.de.us

District of Columbia

District of Columbia Office on Aging

<http://dcoa.dc.gov/main.shtm>

One Judiciary Square - 9th Floor

441 Fourth Street, N.W.

Washington, DC 20001

(202) 724-5622

FAX: (202) 724-4979

E-mail: csimmons@age.dcgov.org

Florida

Department of Elder Affairs

<http://elderaffairs.state.fl.us/>
Building B - Suite 152
4040 Esplanade Way
Tallahassee, FL 32399-7000
(850) 414-2000
FAX: (850) 414-2004
E-mail: information@elderaffairs.org

Georgia

Division of Aging Services

Department of Human Resources
<http://www2.state.ga.us/Departments/DHR/aging.html>
2 Peachtree Street N.E.36th Floor
Atlanta, GA 30303 - 3176
(404) 657-5258
FAX: (404) 657-5285
E-mail: dhrconstituentservices@dhr.state.ga.us

Guam

Division of Senior Citizens
Department of Public Health & Social Services
P.O. Box 2816
Agana, Guam 96910
011-671-475-0263
FAX: 671-477-2930

Hawaii

Hawaii Executive Office on Aging

<http://www2.state.hi.us/eoa/>

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250 South Hotel Street, Suite 109
Honolulu, HI 96813 - 2831
(808) 586-0100
FAX (808) 586-0185
E-mail: eoa@mail.health.state.hi.us

Idaho

Idaho Commission on Aging

<http://www.idahoaging.com/abouticoa/index.htm>
3380 Americana Terrace, Suite 120, Boise, ID 83706
Mailing Address: PO Box 83720, Boise, ID 83720-0007
Phone: (208) 334-3833 Toll-free: (877) 471-2777
E-mail: senglesby@icoa.state.id.us

Illinois

Illinois Department on Aging

<http://www.state.il.us/aging/>
421 East Capitol Avenue, Suite 100
Springfield, IL 62701-1789
(217) 785-3356
Fax: (217) 785-4477
Chicago Office: (312) 814-2630
FAX: (312) 814-2916
In-state toll free Senior Help-Line:
1 (800) 252-8966
E-mail: ilsenior@aging.state.il.us

Indiana

Bureau of Aging and In-Home Services

<http://www.state.in.us/fssa/elderly/index.html>

Division of Disability, Aging and Rehabilitative
Services

Family and Social Services Administration

402 W. Washington Street, #W454

P.O. Box 7083

Indianapolis, IN 46207-7083

(317) 232-7020

FAX: (317) 232-7867

Email: jlmler@fssa.state.in.us

Iowa

Iowa Department of Elder Affairs

<http://www.state.ia.us/elderaffairs/>

Clemens Building, 3rd Floor

200 Tenth Street

Des Moines, IA 50309-3609

(515) 242-3333

FAX: (515) 242-3300

E-mail: brenda.vanderhijde@dea.state.ia.ua

Kansas

Department on Aging

<http://www.k4s.org/kdoa/>

New England Building

503 S. Kansas Ave.

Topeka, KS 66603-3404

785-296-4986

FAX: 785-296-0256

E-mail: wwwmail@aging.state.ks.us

Kentucky

Office of Aging Services

Cabinet for Families and Children

<http://chs.state.ky.us/aging/>

Commonwealth of Kentucky

275 East Main Street

Frankfort, KY 40621

(502) 564-6930

FAX: (502) 564-4595

Louisiana

Governor's Office of Elderly Affairs

<http://www.gov.state.la.us/depts/elderly.htm>

P.O. Box 80374

Baton Rouge, LA 70898 - 0374

(225) 342-7100

FAX: (225) 342-7133

E-mail: PFARceneaux@goea.state.la.us

Maine

Bureau of Elder and Adult Services

<http://www.state.me.us/dhs/beas/>

Department of Human Services

35 Anthony Avenue

State House - Station #11

Augusta, ME 04333

(207) 624-5335

FAX: 624-5361

E-mail: webmaster_beas@state.me.us

Maryland

Maryland Department of Aging

<http://www.mdoa.state.md.us/>

State Office Building, Room 1007

301 West Preston Street

Baltimore, MD 21201-2374

(410) 767-1100

FAX: (410) 333-7943

E-mail: ptc@mail.ooa.state.md.us

Massachusetts

Massachusetts Executive Office of Elder Affairs

<http://www.state.ma.us/elder/>

One Ashburton Place, 5th Floor

Boston, MA 02108

(617) 727-7750

FAX: (617) 727-9368

E-mail: www.state.ma.us/elder

Michigan

Michigan Office of Services to the Aging

<http://www.miseniors.net/>

611 W. Ottawa, N. Ottawa Tower, 3rd Floor

P.O. Box 30676

Lansing, MI 48909

(517) 373-8230

FAX: (517) 373-4092

Minnesota

Minnesota Board on Aging

<http://www.mnaging.org/>
444 Lafayette Road
St. Paul, MN 55155-3843
(651) 296-2770
TTY: (800) 627-3529
FAX: (651) 297-7855

Mississippi

Division of Aging and Adult Services

<http://www.mdhs.state.ms.us/aas.html>
750 N. State Street
Jackson, MS 39202
(601) 359-4925
FAX: (601) 359-4370
E-mail: webspinner@mdhs.state.ms.us

Missouri

Division on Aging

<http://www.dss.state.mo.us/da/da.htm>
Department of Social Services
P.O. Box 1337
615 Howerton Court
Jefferson City, MO 65102-1337
(573) 751-3082
FAX: (573) 751-8687
E-mail: pwoodsma@mail.state.mo.us

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New Hampshire

Open Division of Elderly and Adult Services

<http://www.dhhs.state.nh.us/index.nsf>

State Office Park South

129 Pleasant Street, Brown Bldg. #1

Concord, NH 03301

(603) 271-4680

FAX: (603) 271-4643

New Jersey

Department of Health and Senior Services

<http://www.state.nj.us/health/senior/sraffair.htm>

New Jersey Division of Senior Affairs

P.O Box 807

Trenton, New Jersey 08625-0807

(609) 943-3436

1-800-792-8820

FAX: (609) 588-3317

E-mail: seniors@doh.state.nj.us

New Mexico

State Agency on Aging

<http://www.nmaging.state.nm.us/>

La Villa Rivera Building

228 East Palace Avenue Ground Floor

Santa Fe, NM 87501

(505) 827-7640

FAX: (505) 827-7649

E-mail: nmaoa@state.nm.us

New York

New York State Office for The Aging

<http://aging.state.ny.us/index.htm>

2 Empire State Plaza

Albany, NY 12223-1251

1-800-342-9871

(518) 474-5731

FAX: (518) 474-0608

E-mail: nysofa@ofa.state.ny.us

North Carolina

Department of Health and Human Services

Division of Aging

<http://www.dhhs.state.nc.us/aging/home.htm>

2101 Mail Service Center

Raleigh, NC 27699-2101

(919) 733-3983

FAX: (919) 733-0443

E-mail: mary.beth@ncmail.net

North Dakota

Department of Human Services

Aging Services Division

<http://lnotes.state.nd.us/dhs/dhsweb.nsf/ServicePages/AgingServices>

600 South 2nd Street, Suite 1C

Bismarck, ND 58504

(701) 328-8910

(800) 451-8693

TDD (701) 328-8968

FAX: (701) 328-8989

E-mail: dhssrinf@state.nd.us

Northern Mariana Islands

CNMI Office on Aging
P.O. Box 2178
Commonwealth of the Northern Mariana Islands
Saipan, MP 96950
(670) 233-1320/1321
FAX: (670) 233-1327/0369

Ohio

[Ohio Department of Aging](#)

<http://www.state.oh.us/age/>
50 West Broad Street - 9th Floor
Columbus, OH 43215-5928
(614) 466-5500
FAX: (614) 466-5741
E-mail: ODAMAIL@age.state.oh.us

Oklahoma

[Aging Services Division](#)

<http://www.okdhs.org/aging/>
Department of Human Services
P.O. Box 25352
312 N.E. 28th Street
Oklahoma City, OK 73125
(405) 521-2281 or 521-2327
FAX: (405) 521-2086
E-mail: Cynthia.Kinkade@okdhs.org

Oregon

Senior and Disabled Services Division

<http://www.sdsd.hr.state.or.us/>
500 Summer Street, N.E., 3rd Floor
Salem, OR 97301-1073
(503) 945-5811
FAX: (503) 373-7823
E-mail: sdsd.info@state.or.us

Pennsylvania

Pennsylvania Department of Aging

<http://www.aging.state.pa.us/aging/site/default.asp>
Commonwealth of Pennsylvania
Forum Place
555 Walnut Street, 5th floor
Harrisburg, PA 17101-1919
(717) 783-1550
FAX: (717) 772-3382
E-mail: aging@state.pa.us

Puerto Rico

Commonwealth of Puerto Rico
Governor's Office of Elderly Affairs
Call Box 50063
Old San Juan Station, PR 00902
(787) 721-5710, 721-4560, 721-6121
FAX: (787) 721-6510
E-mail: administrator@ogave.prstar.net

Rhode Island

Department of Elderly Affairs

<http://www.dea.state.ri.us/>
160 Pine Street
Providence, RI 02903-3708
401 222-2858
FAX: (401) 222-2130
E-mail: larry@dea.state.ri.us

American Samoa

Territorial Administration on Aging
Government of American Samoa
Pago Pago, American Samoa 96799
011-684-633-2207
FAX: 011-864-633-2533 or 633-7723

South Carolina

Office of Senior and Long Term Care Services

<http://www.dhhs.state.sc.us/>
Department of Health and Human Services
P.O. Box 8206
Columbia, SC 29202-8206
(803) 898-2501
FAX: (803) 898-4515
E-mail: Adams@dhhs.state.sc.us

South Dakota

Office of Adult Services and Aging

<http://www.state.sd.us/social/ASA/index.htm>
Richard F. Kneip Building

Free for Seniors 115

700 Governors Drive
Pierre, SD 57501-2291
(605) 773-3656
FAX: (605) 773-6834
E-mail: asaging@dss.state.sd.us

Tennessee

Commission on Aging and Disability

<http://www.state.tn.us/comaging/>
Andrew Jackson Building, 9th floor,
500 Deaderick Street,
Nashville, Tennessee 37243-0860
(615) 741-2056
FAX: (615) 741-3309
E-mail: taging@mail.state.tn.us

Texas

Texas Department on Aging

<http://www.tdoa.state.tx.us/>
4900 North Lamar, 4th Floor
Austin, TX 78751 - 2316
(512) 424-6840
FAX: (512) 424-6890
E-mail: mail@tdoa.state.tx.us

Utah

Division of Aging & Adult Services

<http://www.hsdaas.state.ut.us/>
Box 45500
120 North 200 West

Free for Seniors 116

Salt Lake City, UT 84145-0500
(801) 538-3910
FAX: (801) 538-4395
E-mail: DAAS@hs.state.ut.us

Vermont

Vermont Department of Aging and Disabilities

<http://www.dad.state.vt.us/>
Waterbury Complex
103 South Main Street
Waterbury, VT 05671 - 2301
(802) 241-2400
FAX: (802) 241-2325
E-mail: patrick@dad.state.vt.us

Virginia

Virginia Department for the Aging

<http://www.aging.state.va.us/>
1600 Forest Avenue, Suite 102
Richmond, VA 23229
(804) 662-9333
FAX: (804) 662-9354
E-mail: aging@vdh.state.va.us

Virgin Islands

Virgin Islands Department of Human Services
Knud Hansen Complex, Building A
1303 Hospital Ground
Charlotte Amalie, VI 00802
(340) 774-0930

FAX: (340) 774-3466

Washington

[Aging and Adult Services Administration](#)

<http://www.aasa.dshs.wa.gov/>

Department of Social & Health Services

P.O. Box 45050

Olympia, WA 98504-5050

(360) 725-2310

In-state only: (800) 422-3263

FAX: (360) 438-8633

E-mail: askdshs@dshs.wa.gov

West Virginia

[West Virginia Bureau of Senior Services](#)

<http://www.state.wv.us/seniorservices/>

Holly Grove - Building 10

1900 Kanawha Boulevard East

Charleston, WV 25305

(304) 558-3317

FAX: (304) 558-5699

E-mail: info@boss.state.wv.us

Wisconsin

[Bureau of Aging and Long Term Care Resources](#)

<http://www.dhfs.state.wi.us/Aging/>

Department of Health and Family Services

1 West Wilson Street

Room 450

Madison, WI 53707-7850

Free for Seniors 118

(608) 266-2536
FAX: (608) 267-3203
E-mail: snittma@dhfs.state.wi.us

Wyoming

Division on Aging

<http://wdhfs.state.wy.us/aging/index.htm>
Wyoming Department of Health
6101 Yellowstone Road, Suite 259B
Cheyenne, WY 82002-0710
(307) 777-7986
FAX: (307) 777-5340
E-mail: wyaging@state.wy.us

Appendix B

Helpful Organizations

Many of the following organizations are private and not associated with the government. Others are government agencies. Each organization offers very valuable information and publications in each respective field. When you have a problem which one of these organizations covers, write them for a list of the help they can provide to you... or better yet... take a look at their web site on the internet.

Organizations

Alcoholics Anonymous

<http://www.alcoholics-anonymous.org/>

PO Box 459

Grand Central Station

New York, NY 10163

Alliance for Alternative Medicine

PO Box 59

Liberty Lake, WA 99019

(509) 255-9246

Alzheimer's Association

<http://www.alz.org/>

225 North Michigan Avenue

Suite 1700

Chicago, IL 60601-7633

1-800-272-3900

312-335-8700
Fax: 312-335-1110

**Alzheimer's Disease Education
& Referral Center**

<http://www.alzheimers.org/support.htm>
PO Box 8250
Silver Spring, MD 20907-8250
1-800-438-4380
Fax (301) 495-3334
E-mail: adear@alzheimers.org

American Academy of Implant Dentistry

<http://www.aaid-implant.org/>
211 E. Chicago Avenue
Suite 750
Chicago, IL 60611
(312) 335-1550
Fax: (312) 335-9090
E-mail: aaid@aaid-implant.org

American Academy of Medical Acupuncture

<http://www.medicalacupuncture.org/>
4929 Wilshire Boulevard
Suite 428
Los Angeles, California 90010
(323) 937-5514

American Academy of Periodontology

<http://www.perio.org/>

Free for Seniors 121

737 N. Michigan Avenue, Suite 800
Chicago, IL 60611-2690
312-787-5518
Fax: 312-787-3670

American Academy of Reflexology

<http://www.reflexologyeducation.com/>
725 E. Santa Anita Ave, #B
Burbank, CA 91501-2964
1-818-841-7741
Toll free: 1-866 588-8885
email: AAReflex@aol.com

American Anorexia/Bulimia Association, Inc.

<http://americananorexiabulimiaassociationinc.visualnet.com/>
293 Central Park West
New York , NY 10024
212 501-8351
Fax 212 501-0342

American Association of Acupuncture & Oriental Medicine

<http://www.aaom.org/>
433 Front St.
Catasauqua, PA 18032
610-266-1433
1-888-500-7999
Fax 610-264-2768

American Association of Homeopathic Pharmacists

<http://www.homeopathyresource.org/index.htm>
33 Fairfax Street

Berkeley Springs, WV 25411
1-800-478-0421
Fax: 1-800-478-0421

American Association of Naturopathic Physicians

<http://www.naturopathic.org/>
3201 New Mexico Avenue, NW Suite 350
Washington, DC 20016
Toll free: 1-866-538-2267
Local: 202-895-1392
Fax: 202-274-1992
Email: member.services@Naturopathic.org

American Botanical Council

<http://www.herbalgram.org/>
6200 Manor Rd
Austin, TX 78723
Phone: (512) 926-4900
Fax: (512) 926-2345
Email: abc@herbalgram.org

Burzynski Clinic

<http://www.cancermed.com/>
9432 Old Katy Road
Suite 200
Houston, TX 77055
Phone: 713.335.5697 Fax: 713.335.5699
E-mail: info@burzynskiclinic.com

American Chiropractic Association

<http://www.amerchiro.org/>
1701 Clarendon Blvd.

Free for Seniors 123

Arlington, VA 22209
Phone: 800 986-4636
Fax: 703 243-2593
E-mail: memberinfo@amerchiro.org

American College for Advancement in Medicine

(ACAM)
<http://www.acam.org/>
23121 Verdugo Dr.
Suite 204
Laguna Hills, CA 92653
800-532-3688
Fax: 949.455.9679
E-mail: info@acam.org

American College of Obstetricians & Gynecologists

<http://www.acog.org/>
409-12th St., SW
P. O. Box 96920
Washington, DC 20024-6920

American Council on Alcoholism

<http://www.aca-usa.org/>
P.O. Box 25126
Arlington, VA 22203
Phone (703) 248-9005
Fax (703) 248-9007
E-mail: aca2@earthlink.net

American Council for Drug Education

<http://www.acde.org/>
164 W. 74th Street

New York, NY 10023
E-mail: acde@phoenixhouse.org

American Dental Association

<http://www.ada.org/>
211 E. Chicago Ave.
Chicago, IL 60611
312/440-2500
Fax: 312/440-7494

American Dietetic Association

<http://www.eatright.org/Public/>
120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
800/877-1600

American Heart Association

<http://www.americanheart.org/presenter.jhtml?identifier=1200000>
7272 Greenville Ave.
Dallas, TX 75231
1-800-242-8721

American Institute of Homeopathy

<http://www.homeopathyusa.org/home/>
801 N. Fairfax Street, Suite 306
Alexandria, Virginia 22314
Phone: (888) 445-9988
E-mail: aih@homeopathyusa.org

American Institute of Stress

<http://www.stress.org/>
Dept. U
124 Park Ave.
Yonkers, NY 10703
Phone (914) 963-1200
Fax (914) 965-6267
E-mail: stress125@optonline.net

American Lung Association

<http://www.lungusa.org/>
61 Broadway, 6th Floor
NY, NY 10006
212-315-8700

American Massage Therapy Association

<http://www.amtamassage.org/>
820 Davis St., Ste. 100
Evanston, IL 60201-4444
Phone 847/864-0123
Fax 847/864-1178

American Associations of Clinical Nutritionists

<http://www.iaacn.org/>
16775 Addison Road, Suite 100
Addison, Texas 75001
Voice: (972) 407-9089
Fax: (972) 250-0233
E-mail: dvestal@clinicalnutrition.com

American Physical Therapy Assoc. (APTA)

<http://www.apta.org/>
1111 North Fairfax Street
Alexandria, VA 22314-1488
703/684-APTA (2782) or 800/999-APTA (2782)
TDD: 703/683-6748
Fax: 703/684-7343

American Psychiatric Association

<http://www.psych.org/index.cfm>
1000 Wilson Boulevard, Suite 1825
Arlington, Va. 22209-3901
703-907-7300
E-mail: apa@psych.org

American Rehabilitation Foundation

Kenny Rehabilitation Institute
<http://www.allina.com/ahs/ski.nsf/>
800 E. 28th St.
Minneapolis, MN 55407
(612) 863-4466
E-mail: sisterkenny@allina.com

American Sleep Disorders Association

<http://www.asda.org/>
1610-14th St., NW
Rochester, NY 55901

American Society of Bariatric Physicians

<http://www.asbp.org/>

Free for Seniors 127

5453 East Evans Place
Denver, CO 80222-5234
Tel: (303) 770-2526
Fax: (303) 779-4834
E-mail: info@asbp.org

American Society for Clinical Nutrition

<http://www.faseb.org/ascn/>
9650 Rockville Pike.
Bethesda, MD 20814-3998
Phone: 301/530-7110
Fax: 301/571-1863
E-mail: secretar@ascn.faseb.org

American Sudden Infant Death Syndrome Institute

<http://www.sids.org/>
2480 Windy Hill Road
Suite 380
Marietta, GA 30067
770-612-1030
1-800-232-SIDS
FAX: 770-612-8277

Arthritis Foundation

<http://www.arthritis.org/>
P.O. Box 7669
Atlanta, GA 30357-0669
1-800-283-7800

Association for Applied Psychophysiology & Biofeedback

<http://www.aapb.org/>

Free for Seniors 128

10200 W. 44th Avenue · Suite 304
Wheat Ridge, CO 80033-2840
1-303-422-8436
Fax: 303-422-8894
E-mail: AAPB@resourcenter.com

Association for Voluntary Sterilization, Inc
112 E. 42nd St.
New York, NY 10168

British Institute of Homeopathy & College of Homeopathy

<http://www.homeopathic.com/articles/learning/schools.php>
2124B Kittredge St.
Berkeley, CA 94704
(510) 649-0294
(510) 649-1955 (fax)
Email: mail@homeopathic.com

Cancer Control Society

<http://www.cancercontrolsociety.com/>
2043 N. Berendo St.
Los Angeles, CA 90027
Phone: 1-323-663-7801
Fax: 1-323-663-7757
E-mail: cancercontrol@cox.net

Center for the Study of Anorexia & Bulimia
1 W. 91st St.
New York, NY 10024

(212) 595-3449

Chronic Fatigue Immune Dysfunction Society
PO Box 230108
Portland, OR 97223

**Chronic Fatigue & Immune Dysfunction
Syndrome Association**

<http://www.cfids.org/>
PO Box 220398
Charlotte NC 28222-0398
704-365-2343

Commonweal

<http://www.commonweal.org/>
PO Box 316
Bollinas, CA 94924
415-868-0970

Consumer Product Safety Commission

<http://www.cpsc.gov/>
4330 East-West Highway
Bethesda, MD 20814-4408
Tel. (301) 504-6816
Fax (301) 504-0124 and (301) 504-0025
E-mail: info@cpsc.gov

Council on Chiropractic Education

<http://www.cce-usa.org/>

Free for Seniors 130

8049 North 85th Way
Scottsdale, Arizona 85258-4321
Telephone: 480-443-8877
Fax: 480-483-7333
E-Mail: cce@cce-usa.org

Crohn's & Colitis Foundation of America

<http://www.ccfa.org/>
386 Park Ave. S.
17th Floor
New York, NY 10016-8804
800-932-2423 (Toll Free) or 800-343-3637 (Toll Free)
212-685-3440 (Voice)
212-779-4098 (FAX)

Disabled American Veterans

<http://www.dav.org/>
807 Maine Ave., SW
Washington, DC 20024
Phone: (202) 554-3501

Environmental Protection Agency (EPA)

<http://www.epa.gov/>
Ariel Rios Building
1200 Pennsylvania Avenue, N.W.
Washington, DC 20460
(202) 272-0167

Food & Drug Administration (FDA)

<http://www.fda.gov/>

Free for Seniors 131

5600 Fishers Lane
Rockville, MD 20857-0001
1-888-INFO-FDA (1-888-463-6332)

Food & Nutrition Information Center

Agricultural Research Service, USDA
<http://www.nal.usda.gov/fnic/>
National Agricultural Library, Room 105
10301 Baltimore Avenue
Beltsville, MD 20705-2351
Phone: 301-504-5719
Fax: 301-504-6409
TTY: 301-504-6856
E-mail: fnic@nal.usda.gov

Foundation for Advancement in Cancer Therapy

<http://www.fact-ltd.org/>
PO Box 1242
Old Chelsea Station
New York, NY 10113
212-741-2790

Hazelden Foundation

<http://www.hazelden.org/>
P. O. Box 11
CO3
Center City, MN 55012-0011
1-800-257-7810

Health Research Group

2000 P St., NW Suite 700

Washington, DC 20036
(202)833-3000
(202)296-1727 FAX

Homeopathic Educational Services

<http://www.homeopathic.com/>
2124B Kittredge St.
Berkeley, CA 94704
(510) 649-0294
(510) 649-1955 (fax)
Email: mail@homeopathic.com

International Assoc. for Cancer Victors & Friends

515 W Sycamore
El Secundo, CA 90245
(310) 822-5032

International Chiropractors Association

<http://www.chiropractic.org/>
1110 N. Glebe Rd. Suite 1000
Arlington, VA 22201

International Foundation for Homeopathy

2366 Eastlake Ave. E., Ste. 30
Seattle, WA 98102

Institute of Noetic Sciences

<http://www.noetic.org/ions/new.html>
101 San Antonio Road
Petaluma, CA 94952

707.775.3500
Fax: 707.781.7420

Johnson Institute of Rehabilitation
509 S. Euclid Ave.
St Louis, MO 63110

Livingston Foundation Medical Center

<http://www.lfmc.net/>
3232 Duke St.
San Diego, CA 92110
Office: 619.224.3515
Toll free information: 888.777.7321 (U.S. and Canada
only)
FAX: 619.224.6253
E-mail: info@lfmc.net

National Aging Information Center

<http://www.aoa.dhhs.gov/naic/>
330 Independence Ave. SW Room 4656
Washington, DC 20201
202-619-7501 (Voice)
202-401-7620 (FAX)

National Alliance for the Mentally Ill

<http://www.nami.org/>
Colonial Place Three
2107 Wilson Blvd., Suite 300
Arlington, VA 22201-3042
1-800-950-NAMI (6264)
Main: (703) 524-7600
Fax: (703) 524-9094

TDD: (703) 516-7227

National Anorexic Aid Society, Inc.

Harding Hospital
1925 East Dubin Granville Road
Columbus, OH 43229
(614) 436-1112

[National Association of Anorexia Nervosa & Associated Disorders](#)

<http://www.altrue.net/site/anadweb/>
PO Box 7
Highland Park, IL 60035
Telephone: (847) 831-3438
Fax: (847) 433-4632
E-Mail Contacts:
Advocacy:anadadvocacy@aol.com
Hotline anad20@aol.com

National Association of Childbirth Assistants
(NACA)
265 Meridian Avenue, Suite 7
San Jose, CA 95123
408/225-9167

[National Cancer Institute](#)

<http://www.nci.nih.gov/>
Office of Cancer Communications, Bldg 31
9000 Rockville Pike.
Bethesda, MD 20892
1-800-4-CANCER (1-800-422-6237)

National Center for Homeopathy

<http://www.homeopathic.org/>
801 N. Fairfax, Ste. 306
Alexandria, VA 22314
(877) 624-0613 (703) 548-7790
Fax: (703) 548-7792

National Chronic Fatigue Syndrome & Fibromyalgia Association

<http://www.ncfsfa.org/>
PO Box 18426
Kansas City, MO 64133

National Clearinghouse for Alcohol & Drug Information

<http://www.health.org/>
PO Box 2345
Rockville, MD 20852
1-800-729-6686.

National Commission for the Certification of Acupuncturists

P.O. Box 9705
Washington, DC 20090-7075
1-202-232-1404

National Council on Aging, Family Caregivers Program

<http://www.ncoa.org/content.cfm?sectionID=165&detail=70>
300 D Street, SW, Suite 801

Washington, DC 20024
Phone: 202-479-1200
Fax: 202-479-0735
TDD: 202-479-6674
E-mail: info@ncoa.org

National Council on Alcoholism

<http://www.ncadd.org>
12 W. 21st St.
New York, NY 10010
212-206-6770

National Depressive & Manic Depressive Association

Merchandise Mart
Box 3395
Chicago, IL 60654
(312) 939-2442

**National Digestive Diseases Information
Clearinghouse**

<http://digestive.niddk.nih.gov/>
2 Information Way
Bethesda, MD 20892-3570
Phone: 1-800-891-5389 or (301) 654-3810
Fax: (301) 907-8906
Email: nddic@info.niddk.nih.gov

National Eye Research Foundation

<http://www.nerf.org/>
910 Skokie Blvd., Ste. 207A
Northbrook, IL 60062

National Foundation for Depressive Illness

<http://www.depression.org/>
P.O. Box 2257
New York, NY 10116
1-800-239-1265

National High Blood Pressure Education Program

<http://www.nhlbi.nih.gov/about/nhbpep/>
NHLBI Health Information Center
P.O. Box 30105
Bethesda, Maryland 20824-0105
(301) 592-8573 phone
(301) 592-8563 fax

National High Blood Pressure Information Center

NHLBI Health Information Center
P.O. Box 30105
Bethesda, Maryland 20824-0105

National Institute for Occupational Safety & Health (NIOSH)

<http://www.cdc.gov/niosh/homepage.html>
1600 Clifton Rd. MS-D37
Atlanta, GA 30333
1-800-35-NIOSH (1-800-356-4674)
(404) 498-2550
Fax: (404) 498-2526

National Institute of Allergy & Infectious Diseases

<http://www.niaid.nih.gov/default.htm>
Building 31, Room 7A-50

31 Center Drive MSC 2520
Bethesda, MD 20892-2520

**National Institute of Dental And Craniofacial
Research**

<http://www.nidcr.nih.gov/>
NIDCR Public Information & Liaison Branch
45 Center Drive, MSC 6400
Bethesda, MD 20892-6400
301/496-4261
E-mail: nidcrinfo@mail.nih.gov

National Institute of Mental Health

<http://www.nimh.nih.gov/publicat/index.cfm>
Office of Communications
6001 Executive Boulevard, Room 8184, MSC 9663
Bethesda, MD 20892-9663
Phone: 301-443-4513
or 1-866-615-NIMH (6464), toll-free
TTY: 301-443-8431; FAX: 301-443-4279
FAX 4U: 301-443-5158
E-mail: nimhinfo@nih.gov

**National Institute of Mental Health, Eating
Disorders Program**

<http://www.nimh.nih.gov/publicat/eatingdisordersmenu.cfm>
Office of Communications
6001 Executive Boulevard, Room 8184, MSC 9663
Bethesda, MD 20892-9663
Phone: 301-443-4513 or 1-866-615-NIMH (6464), toll-free
TTY: 301-443-8431; FAX: 301-443-4279

FAX 4U: 301-443-5158
E-mail: nimhinfo@nih.gov

National Mental Health Association

<http://www.nmha.org/>
2001 N. Beauregard Street, 12th Floor
Alexandria, VA 22311
Phone 703/684-7722
Fax 703/684-5968

National Research Council, National Academy of Sciences

<http://www.nationalacademies.org/nrc/>
500 Fifth Street
Washington, DC 20001

National Sleep Foundation

<http://www.sleepfoundation.org/>
1522 K Street, NW, Suite 500
Washington, DC 20005
(202) 347-3471
Fax (202) 347-3472
E-mail: nsf@sleepfoundation.org

National Sudden Infant Death Foundation

<http://www.bereavedparents.com/grief/help.htm>
2 Metro Plaza, Suite 205
8240 Professional Pl.
Landover, MD 20785
(800)211-SIDS, in Maryland (301)459-3388

National Women's Health Network

<http://www.womenshealthnetwork.org/>
514 10th Street NW, Suite 400
Washington, DC 20004
Main office: 202.347.1140 (administrative)
202.347.1168 (fax)
For health information: 202.628.7814

Nic-Anon
511 Sir Francis Drake Blvd.
C-170
Greenbrae, CA 94904

**Occupational Safety & Health
Administration (OSHA)**

<http://www.osha.gov/>
200 Constitution Ave.
Washington, DC 20210
1-800-321-OSHA (6742)

**National Center for Complementary & Alternative
Medicine**

<http://nccam.nih.gov/>
National Institutes of Health
P.O. Box 7923
Gaithersburg, MD 20898
Toll Free: 1-888-644-6226
TTY: 1-866-464-3615 (for hearing impaired)
Fax: 1-866-464-3616
E-mail: info@nccam.nih.gov

**Office on Smoking & Health Center
for Disease Control Public Information Branch**
Room 118, Park Building
5600 Fishers Lane
Rockville, MD 20857
1-301-443-1575.

Optometric Extension Program Foundation, Inc.

<http://www.healthy.net/oepl/>
1921 E. Carnegie Ave., Ste. 3-L
Santa Ana, CA 92705-5510
(949) 250-8070

People Against Cancer

[http://www.peopleagainstcancer.com/cancer_alternative.
htm](http://www.peopleagainstcancer.com/cancer_alternative.htm)
604 East Street - P.O. Box 10
Otho, IA 50567
515-972-4444
Fax: 515-972-4415
E-mail: info@peopleagainstcancer.com

Paget's Foundation for Paget's Disease of the Bone

<http://www.paget.org/>
120 Wall Street 16th Floor, Ste. 1602
New York, NY 10005
212-509-5335 Toll Free: 800 23-PAGET
Fax: 212 509-8492
Email: PagetFdn@aol.com

Anxiety Disorders Society of America

(Formerly Phobia Society of America)
6000 Executive Boulevard Suite 513,
Rockville, MD 20852
(301) 231-9350

Planned Parenthood Federation of America

<http://www.plannedparenthood.org/>
434 West 33rd St.
New York, NY 10001
212/541-7800
FAX: 212/245-1845

President's Council on Physical Fitness & Sports

<http://www.fitness.gov/>
Department W
200 Independence Ave., SW
Room 738-H
Washington, D.C. 20201-0004
Phone: 202-690-9000
Fax: 202-690-5211

Society of American Gastrointestinal Endoscopic Surgeons

<http://www.sages.org/>
11300 West Olympic Boulevard
Suite 600
Los Angeles, CA 90064
310-437-0544

Sound, Listening & Learning Center

<http://www.soundlistening.com/>
301 E. Bethany Home Road, Suite A107
Phoenix, Arizona 85012
Tel: (602) 381-0086
Fax: (602) 957-6741

Syracuse Cancer Research Institute

<http://scri.ngen.com/>
Presidential Plaza
600 E. Genesee St.
Syracuse, NY 13202
315.472.6616 (Physicians only)