



## Quick reference guide of resources

Provided by GDC Employee Support Services  
(Julie Harnage, Statewide Employee Assistance Program Coordinator)  
404-463-6623

### Alzheimer's:

**Alzheimer's Association** - [www.alz.org](http://www.alz.org) - The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research. Our mission - To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. - We provide information, education and support

- If you need to talk, our toll-free [24/7 Helpline](tel:18002723900) provides reliable information, referrals and support in multiple languages. Call us anytime at 1.800.272.3900.
- From coast to coast, [our local chapters](#) are in your community, providing core services to families and professionals, including information and referral, support groups, care consultation, education and safety services.
- Our [message boards](#) connect people from all across the country who share their experiences and find support and friendship with others living with Alzheimer's.
- [MedicAlert® + Alzheimer's Association Safe Return®](#) is our 24-hour nationwide emergency response service for individuals with Alzheimer's or related dementia that wander or who have a medical emergency.
- We operate the [Alzheimer's Association Green-Field Library](#), the nation's largest library dedicated to Alzheimer's disease. The library provides a wide variety of free information services to the public.
- [Alzheimer's Association CareSource™](#) is our online suite of resources that will help coordinate assistance from family and friends, locate senior housing, receive customized care recommendations and enhance caregiving skills.

### Anger Management:

- **Georgia Crisis and Access Line** - 1-800-715-4225 (24/7 speak to a live person) or [www.mygcal.com](http://www.mygcal.com)
- Article – “Controlling Anger – Before It Controls You” - [www.apa.org/topics/controlanger.html](http://www.apa.org/topics/controlanger.html) (American Psychological Association)
- Article – “Gauge Your Anger Level” – [www.mayoclinic.com/health/anger-management/MH00073](http://www.mayoclinic.com/health/anger-management/MH00073)
- **EAP Consultants, Inc.** – 1-800-869-0276 (As a GDC employee, you are entitled to some free counseling sessions) – you do not need a referral – you can contact them directly.
- **Community Service Boards (CSBs)** - provide a variety of services in the areas of mental health, addictive diseases and developmental disabilities. Services provided vary between the various community service boards, so please call for more specific information about the particular location closest to you. Payment is based on need and they will charge based on a sliding scale. Many of the CSBs will even work out a payment plan if needed. You can find the CSB closest to you by looking on either Captiva>Executive Operations>Human Resources>Employee Menu>Employee Support>Overall Directories>Locating Counseling Assistance in Your Area or the GDC public website at [www.dcor.state.ga.us](http://www.dcor.state.ga.us) then, For Corrections Staff>Employee Support> Overall Directories>Locating Counseling Assistance in Your Area
- **Give An Hour** -[www.giveanhour.org](http://www.giveanhour.org)

Give an Hour™ is a nonprofit 501(c)(3), founded in September 2005 by Dr. Barbara Van Dahlen, a psychologist in the Washington, D.C., area. The organization's mission is to develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society.

Currently, GAH is dedicated to meeting the mental health needs of the troops and families affected by the ongoing conflicts in Iraq and Afghanistan. We provide counseling to individuals, couples and families, and children and adolescents. We offer treatment for anxiety, depression, substance abuse, post-traumatic stress disorder, traumatic brain injuries, sexual health and intimacy concerns, and loss and grieving. We are a nonprofit organization providing free mental health services to U.S. military personnel and families affected by the current conflicts in Iraq and Afghanistan. We are offering a range of mental health services in order to address a variety of needs for those of you seeking services. We are also providing links to a variety of resources for military families, including articles that discuss the kinds of difficulties military families encounter and services available from national, state, and local organizations.

## **Cancer:**

- **Cancer State Aid (Georgia)** – 404-463-5111 – 404-657-2570 (only providing services to underserved or uninsured Georgians)
- **National Cancer Institute** - <http://www.cancer.gov/cancertopics/factsheet/Support/resources> - **How to Find Resources in Your Community if you have Cancer**

Often, the services that people with cancer are looking for are right in their own neighborhood or city. The following is a list of places where you can begin your search for help.

- The hospital, clinic, or medical center where you see your doctor, received your diagnosis, or where you undergo treatment should be able to give you information. Your doctor or nurse may be able to tell you about your specific medical condition, pain management, rehabilitation services, home nursing, or hospice care.
- Most hospitals also have a social work, home care, or discharge planning department. This department may be able to help you find a support group, a nonprofit agency that helps people who have cancer, or the government agencies that oversee Social Security, Medicare, and Medicaid. While you are undergoing treatment, be sure to ask the hospital about transportation, practical assistance, or even temporary child care. Talk to a hospital financial counselor in the business office about developing a monthly payment plan if you need help with hospital expenses.
- The public library is an excellent source of information, as are patient libraries at many cancer centers. A librarian can help you find books and articles through a literature search.
- A local church, synagogue, YMCA or YWCA, or fraternal order may provide financial assistance, or may have volunteers who can help with transportation and home care. Catholic Charities or the American Red Cross may also operate local offices. Some of these organizations may provide home care.
- Local or county government agencies may offer low-cost transportation (sometimes called para-transit) to individuals unable to use public transportation. Most states also have an Area Agency on Aging that offers low-cost services to people over 60. Your hospital or community social worker can direct you to government agencies for entitlements, including Social Security, state disability, Medicaid, income maintenance, and food stamps. (Keep in mind that most applications to entitlement programs take some time to process.) The Federal government also runs the Hill-Burton program (1-800-638-0742), which funds certain medical facilities and hospitals to provide cancer patients with free or low-cost care if they are in financial need.
- **American Cancer Society** – [www.cancer.org](http://www.cancer.org) – 1-800-227-2345
- **Camp Cocoon** - \*\*Camp Cocoon ([www.unitedhospicefoundation.org/campcocoon.html](http://www.unitedhospicefoundation.org/campcocoon.html)) is a weekend camp for children and youth, ages 5-17, who have experienced the death of a loved one. This camp usually occurs the first weekend in August and is held in North Georgia. Campers have the opportunity to meet peers who are going through similar loss situations. They have the opportunity to share their stories and learn from each other while having fun in a safe and caring environment.
- **Center for Disease Control and Prevention** – [www.cdc.gov/cancer](http://www.cdc.gov/cancer) - 1-800-232-4636
- **Cancer Care** - [www.cancer.org](http://www.cancer.org) - 1-800-813-HOPE (4673)  
CancerCare is a national nonprofit organization that provides free, professional support services for anyone affected by cancer
- **NeedyMeds** is a 501(3)(c) nonprofit organization with the mission of helping people who cannot afford medicine or health care costs. The information at NeedyMeds can be obtained anonymously and is free of charge. NeedyMeds is an information source similar to the Yellow Pages; it does not supply medications or financial assistance, but helps people find assistance programs and other available resources.  
Web site: <http://www.needymeds.com>
- **Cleaning for a Reason** – [www.cleaningforareason.org](http://www.cleaningforareason.org)  
Fighting cancer is difficult enough, but living with it is even tougher - and that's where the Cleaning for A Reason Foundation steps in. This newly formed nonprofit offers free professional housecleaning, and maid services to improve the lives of women undergoing treatment for cancer - **any type of cancer**.
- **Cancer Support Community**  
1-888-793-9355, website: [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)  
The Wellness Community and Gilda's Club joined forces in 2009 to become the Cancer Support Community (CSC). CSC helps optimize patient care by providing essential, but often overlooked, services including support groups, counseling, education and healthy lifestyle programs.
- **National Cancer Institute (NCI)**  
1-800-422-6237, website: [www.cancer.gov](http://www.cancer.gov)  
Information specialists can answer questions about cancer and provide materials. The NCI website provides comprehensive information on cancer prevention, diagnosis, treatment, statistics, research, clinical trials and news.

**Cancer (continued) :**

▪ **National Coalition for Cancer Survivorship**

1-877-622-7937, website: [www.canceradvocacy.org](http://www.canceradvocacy.org)

Advocates for quality cancer care for all Americans and the empowerment of cancer survivors through federal policy initiatives.

**CURE Childhood Cancer**

1835 Savoy Drive, Suite 317

Atlanta, GA 30341-1000

(770) 986-0035 Fax: (770) 986-0038

Contact: Jill Fishman, Executive Director

[info@curechildhoodcancer.org](mailto:info@curechildhoodcancer.org)

[www.curechildhoodcancer.org](http://www.curechildhoodcancer.org)

**Candlelighters for Childhood Cancer of South Georgia**

PMB # 29

Moody AFB, GA 31699

Contact: Barbara Childs, President

(229) 834-0987 Fax: (229) 247-7603

[bchildsrn@bellsouth.net](mailto:bchildsrn@bellsouth.net)

Hospital: Shands in Florida

Programs: Candlelighters publications, support group meetings, financial assistance, newsletter, teen programs, in-hospital visits, family activities.

- **The Patient Advocate Foundation (PAF)** provides education, legal counseling, and referrals to cancer patients and survivors concerning managed care, insurance, financial issues, job discrimination, and debt crisis matters. The PAF also conducts outreach to African American and Hispanic/Latino American populations.

Telephone: 1-800-532-5274

Web site: <http://www.patientadvocate.org>

- **The Co-Pay Relief Program** provides limited payment assistance for medicine to insured patients who financially and medically qualify. For more information about the Co-Pay Relief Program, visit <http://www.copays.org> or call 1-866-512-3861.
- **Patient Assistance Programs** are offered by some pharmaceutical manufacturers to help pay for medications. To learn whether a specific drug might be available at reduced cost through such a program, talk with a physician or a medical social worker or visit the drug manufacturer's Web site. Most pharmaceutical companies will have a section titled "patient assistance programs" on their Web site.
- **Supplemental Security Income (SSI)** is administered by the SSA and supplements Social Security payments for aged, blind, and disabled people with little or no income. It provides cash to meet basic needs for food, clothing, and shelter. Information on eligibility, coverage, and how to file a claim is available from the SSA. The Benefit Eligibility Screening Tool is available at <https://s044a90.ssa.gov/apps7/best/benefits/> on the Internet.

Web site: <http://www.socialsecurity.gov/ssi>

- **The Road to Recovery is an ACS service program** that provides transportation for cancer patients to their treatments and home again. Transportation is provided according to the needs and available resources in the community and can be arranged by calling the toll-free number or by contacting the local ACS office.
- **The LIVESTRONG™ SurvivorCare** partnership between CancerCare and the Lance Armstrong Foundation provides financial assistance to cancer survivors. For patients who are 6 months post-treatment with no evidence of disease, limited financial assistance is available for transportation to follow-up appointments, medical copays, cancer-related medications, and neuropsychological evaluation

1- 866-235-7205 [www.livestrong.org](http://www.livestrong.org)

Telephone: [www.cancercare.org](http://www.cancercare.org)

- **National Cancer Institute**

Toll Free Number: 1-800-422-6237 or 1-800-4-CANCER  
Web site: [www.cancer.org](http://www.cancer.org)

- **The Leukemia & Lymphoma Society**  
Toll-free number: 1-800-955-4572  
Web site: [www.lls.org](http://www.lls.org)

**Cancer (continued) :**

- **Americans with Disabilities Act**  
Toll-free number: 1-800-514-0301  
Web site: [www.ada.gov](http://www.ada.gov)
- **Association of Community Cancer Centers**  
Web site: [www.accc-cancer.org](http://www.accc-cancer.org)
- **Cancer Legal Resource Center (CLRC)**  
Toll-free number: 1-866-843-2572 (may need to leave a number for a call back)  
Web site: [www.cancerlegalresourcecenter.org](http://www.cancerlegalresourcecenter.org)
- **Ronald McDonald House Charities (RMHC)**  
Telephone: 1-630-623-7048  
Web site: [www.rmhc.org](http://www.rmhc.org)

Sources of help with temporary lodging

Many treatment centers have short-term housing centers or discount programs set up with nearby motels and hotels. The clinic social worker or oncology nurse may have suggestions for low-cost housing during the hospital or clinic treatment.

The American Cancer Society has a limited number of Hope Lodges throughout the United States that provide places for families to stay during cancer treatment. Contact the ACS for information about a Hope Lodge near you.

Most major treatment centers have a Ronald McDonald House nearby. These houses provide low-cost or free housing to patients and their immediate family. Ronald McDonald houses are designed to offer a nice break to any family with a seriously ill child, not just those with limited funds. Although partly funded by McDonald's Children's Charities, each house has its own management, sets its own admissions criteria, and operates according to its own rules. Check with your health care team's social worker or nurse for more information.

<http://www.nci.nih.gov/cancertopics/factsheet/Support/resources>

**Article - How To Find Resources in Your Own Community If You Have Cancer**

National Organizations That Offer Services to People With Cancer and Their Families

<https://cissecure.nci.nih.gov/factsheet/FactsheetSearch.aspx?FSType=8.1>

People with cancer and their families sometimes need assistance coping with the emotional as well as the practical aspects of their disease. Some of the national, nonprofit organizations that provide such services may be found by searching this National Organizations database.

The National Cancer Institute (NCI) provides this information to help people find the services they are seeking. Inclusion in our list of resources does not imply an endorsement by the NCI. Numerous organizations and facilities provide services to people with cancer and our database contains many, but not all of them. Patients' doctors or health care team may have more suggestions, especially in one's own community. We strongly recommend talking with a health care provider before making any decisions about health care.

**Cancer Support Groups:**

- Article –“Support Groups for Family and Caregivers of Cancer Patients”  
[http://www.cancerandcareers.org/women/appearances/support\\_groups/](http://www.cancerandcareers.org/women/appearances/support_groups/)
- American Cancer Society – [www.cancer.org](http://www.cancer.org)
- The Wellness Community – [www.thewellnesscommunity.org](http://www.thewellnesscommunity.org)

**Hospice:**

- Georgia Hospice and Palliative Care Organization – call toll free 1-877-924-6073 or visit website [www.ghpco.org](http://www.ghpco.org)
- **The United Hospice Foundation** - <http://www.unitedhospicefoundation.org/grief.html#Georgia>

**Children:**

(\*\*\* - For issues with troubled teenagers, please refer to “Troubled Teens” section)

- **Child Care Resources and Referral Agencies** (referral to low-cost child care with private, non-profit agencies)  
Call 1-800-466-5681 or [www.gaccrra.org](http://www.gaccrra.org)

**Child Care Assistance –**

Subsidized Child Care Assistance – helps Georgia families pay for early childhood and school care programs – **Talk with your local DFACs office for more information**

**Maximum Allowable Family Income for CAPS Eligibility**

Number in Family Unit	Gross Annual Income Limit*
1	\$15,680
2	\$21,120
3	\$26,560
4	\$32,000
5	\$37,440

- **Georgia Department of Health - Babies Can't Wait** (for children from birth to 3 years with developmental delays) contact your local health department – <http://health.state.ga.us/programs/bcw/> - 1-800-229-2038 or in Atlanta area Call 770-451-5484 to find the closest BCW office
- **Counselor at your child's school** – if you are experiencing problems with your children, one option is to talk with the counselor at your child's school.
- **National Stepfamily Resource Center** – [www.stepfamilies.info](http://www.stepfamilies.info)

**Dealing with Children with Behavioral Disorders**

- **Support groups may be available through your local community service board**

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

This site started in the mid-90's when a parent, in desperation, reached out to other parents by starting a message board for parents of difficult to parent children parents who are committed to helping our children grow and flourish.

Our forum offers a place to share experiences with other parents in similar situations: you are not the first parent to face these challenges and you will not be the last.

You will be amazed at the number of suggestions offered and the amount of support given.

○

- **Step Parenting Resources – University of Michigan Health System** – [www.med.umich.edu/1libr/yourchild/steppar.htm](http://www.med.umich.edu/1libr/yourchild/steppar.htm)
- **Georgia Crisis and Access Line**- 1-800-715-4225 (24/7 speak to a live person) or [www.mygcal.com](http://www.mygcal.com)
- **The National Domestic Violence Hotline** – [www.ndvh.org](http://www.ndvh.org) or 1-800-799-7233
- **Domestic Violence Crisis Line** and referral to resources – 1-800-334-2836 – also can refer to county DFCS office – [www.dfcs.dhr.georgia.gov](http://www.dfcs.dhr.georgia.gov)

## **Children (continued):**

- **Office of Child Support Collection and Enforcement** - [www.ocss.dhr.georgia.gov](http://www.ocss.dhr.georgia.gov)

Office of Child Support Services (OCSS) services are available to Georgia parents who need assistance. Any parent may apply at the OCSS office that serves his/her county, or online at [www.ocss.dhr.georgia.gov](http://www.ocss.dhr.georgia.gov). There is an application fee of \$25, but it is free for recipients of Temporary Assistance for Needy Families (TANF).

Child Support Services Include:

- Locating non-custodial parents;
- Establishing paternity;
- Establishing and enforcing child support orders;
- Establishing and enforcing medical support orders;
- Collecting and distributing support payments.

Collection and Services Tools Available to OCSS:

- Withholding child support from paychecks or unemployment benefits;
- Intercepting federal and/or state income tax refunds to pay child support arrears;
- Garnishing workers' compensation benefits;
- Reporting parents owing more than \$1,000 in child support payments to credit bureaus;
- Suspending or revoking driver's, professional or occupational licenses for failure to pay child support;
- Reviewing and modifying child support orders periodically;
- Intercepting lottery winnings of more than \$2,500;
- Filing contempt of court actions which may result in a jail sentence if the non-custodial parent is found in contempt;
- Filing liens and levy on tangible or intangible property;
- Suspending passports for failure to pay \$2,500 or more;
- Seizing bank accounts after notice.

## **Child Support Problems:**

- Georgia Fatherhood Program - <http://www.dtae.org/teched/cts/fatherhood.html>

## **Holiday Help with Children**

**Your Local EAP coordinator** – In addition to contacting the following organizations on this list, you may also want to contact your local EAP coordinator as he/she may know of additional local resources. You can access the listing of current EAP coordinators on either 1) Captiva: Executive Operations>Human Resources>Employee Menu> Employee Support >Overall Directories>Local EAP and CID Coordinators or 2) [www.dcor.state.ga.us](http://www.dcor.state.ga.us) and then For Corrections Staff>Employee Support>Overall Directories> Local EAP and CID Coordinators.

**Department of Family and Children's Services (DFACS)** - to locate office visit (1 - go to [www.dfcs.dhr.georgia.gov](http://www.dfcs.dhr.georgia.gov) ; 2 – go to left side of page and select “county offices”; 3 – go to left side and scroll down and select “complete list of county offices”; and 4 – select your county of residence)

**Salvation Army** – contact your local Salvation Army Center to see if they have a program in your area - You can find it by either visiting your telephone book or visiting their website at [www.salvationarmyusa.org](http://www.salvationarmyusa.org) ; go down the left hand column to “find a center” and input your zip code.

**Local churches and synagogues** – Many churches and synagogues will assist families that are having some financial issues. You may want to contact churches and synagogues near your home or office.

**Local shelters** – Contact local shelters in your area

## **Holiday Help with Children (continued)**

### **Community Action Agency**

Also, contact your local Community Action Agency [refer to listing on Captiva (Executive Operations, Human Resources, Employee Menu, Employee Support, Georgia Community Action Association Listing) or GDC Public website ([www.dcor.state.ga.us](http://www.dcor.state.ga.us) and then go to left hand side and select "For Corrections Staff", Employee Support Services, Georgia Community Action Association Listing)].

**United Way** - There are many different organizations across the state that work with low-income families in need. Probably the best way for your employees to find out about the ones in your area is to call United Way at 211 (Just dial 2-1-1). By dialing 2-1-1 in your area, you will access a helpline where those that are seeking resources can get referrals in their area.

**Exchange Club** - <http://www.nationalexchangeclub.org/contact.htm>

There may be some individual Exchange clubs that provide meals to families during the holidays - you could contact your local clubs to see if any of them provide this service.

**Optimist Club** – [www.optimist.org](http://www.optimist.org) - Optimist Clubs are dedicated to "Bringing Out the Best in Kids" and do their part through community service programs. Since each Club is autonomous and run by members in their community, Optimists have the unique flexibility to serve the youth of their area in any way they see fit. To find a local chapter - <http://www.optimist.org/CityDirectory.cfm>

**Local Masonic Lodges** - *Masonic lodges often help needy families throughout the year as well as the holidays. Families in need should contact the lodge in their area. You could also contact the lodge to "nominate" them. You can search for the lodge(s) in your area here: [www.glofqa.org](http://www.glofqa.org)*

**Eastern Star Organization** – The Order of the Eastern Star is the largest fraternal organization in the world to which both men and women may belong. Worldwide, there are approximately 1 million members. Eastern Star is a social order comprised of persons with spiritual values but it is not a religion. Its appeal rests in the true beauty of the refreshing and character-building lessons that are so sincerely portrayed in its ritualistic work.

To find a local chapter - <http://www.georgiao.es.org/locate/frame.html>

**Toys for Tots** - [http://www.toysfortots.org/request\\_toys/default.asp](http://www.toysfortots.org/request_toys/default.asp)

**Request a Toy>To Find a Local Toys for Tots Campaign Office:**

- Select State>Find closest Local Campaign Coordinator>Click on the Website link for the Campaign>Go to the Request Toys page of the website for information on requesting toys from the local campaign.

**Local Radio Stations** – often help out needy families over the holiday season

**Children Medical Needs: See “Medical Needs – Children”**

## **Dental Assistance –**

One idea is to go to a dental school (which may offer free dental assistance as part of their training). The dental schools that I can find in Georgia are:

Medical College of Georgia  
Albany Technical College  
Atlanta Technical College  
Gwinnett Technical College  
Middle Georgia Technical College  
Ogeechee Technical College  
Savannah Technical College

## **Medicaid and Childrens Health Insurance Program (CHIP)**

CHIP or the Childrens Health Insurance Program provides for free vision and dental care for children while some Medicaid program allow dental coverage on the low-cost insurance of eligible low-income families.

Medicaid: 1-800-562-3022  
<http://maa.dshs.wa.gov>  
CHIP: 1-877-543-7669  
<http://maa.dshs.wa.gov/CHIP>

## **2. American Dental Association— National Foundation of Dentistry for the Handicapped**

This free dental assistance is provided for the elderly, the needy and for those who simply lack the funds for medical expenses. Residents of King County can directly benefit from this dental assistance by applying to the program while residents from other counties will have to apply with the national program.

National Donated Dental Services Program:  
1-800-365-7229  
[National Dental Services](#)

## **3. Mobile Dental Vans**

These are dental clinics operated independently by the Washington Dental Association which they call the Smile Mobile. They have their own set of criteria to determine eligibility for the free dental assistance but are often extended to children of low-income families or those who do not have the means to see a dentist. Dental services are provided by teams of local volunteer dental professionals who render dental services at no or low cost. Services provided are fillings and minor oral surgery. You can get in touch with them via the numbers below for inquiries and for an arrangement of dental care.

SmileMobile: 1-800-572-7835, ext. 6303

## **Depression:**

- EAP Consultants, Inc. – 1-800-869-0276 (As a GDC employee, you are entitled to some free counseling sessions) – you do not need a referral – you can contact them directly.
- Community Service Boards (CSBs) - provide a variety of services in the areas of mental health, addictive diseases and developmental disabilities. Services provided vary between the various community service boards, so please call for more specific information about the particular location closest to you. Payment is based on need and they will charge based on a sliding scale. Many of the CSBs will even work out a payment plan if needed. You can find the CSB closest to you by looking on either Captiva>Executive Operations>Human Resources>Employee Menu>Employee Support>Overall Directories>Locating Counseling Assistance in Your Area or the GDC public website at [www.dcor.state.ga.us](http://www.dcor.state.ga.us) then, For Corrections Staff>Employee Support> Overall Directories>Locating Counseling Assistance in Your Area
- **Georgia Crisis and Access Line**- 1-800-715-4225 (24/7 speak to a live person) or [www.myqcal.com](http://www.myqcal.com)
- **National Institute of Mental Health (NIMH)** – [www.nimh.nih.gov/health/publications/depression/complete-publication.shtml](http://www.nimh.nih.gov/health/publications/depression/complete-publication.shtml)
- Depression screening tool – [www.med.nyu/psych/screens/depres.html](http://www.med.nyu/psych/screens/depres.html)

## **Diabetes**

**Apply for Campership for child with diabetes - <http://www.diabetes.org/diabetes-camp/financial-assistance.isp>  
American Diabetes Association**

The American Diabetes Association's Diabetes Camps provide a special time for kids with diabetes — one of the best times of the summer and one campers always remember. [Register](#) for an American Diabetes Association's Diabetes Camp and enjoy meeting and having fun with other kids living with diabetes. [Check out Camps in your area and in other states](#). Every Camp is a little different but all have sports, arts and crafts and other fun activities!

### **Georgia - Emergency and Assistance Resources and Programs for Persons with Diabetes**

---

**National Kidney Foundation of Georgia** - Offers a variety of support and assistance programs for those with kidney disease, including:

- [Camp Independence](#) is an annual seven-day medically supervised camping experience held each summer for children 6-18 with kidney failure or transplants.
- National Kidney Foundation of Georgia's [Chuck Brown Crisis Intervention Fund](#) is a financial assistance program for kidney dialysis and transplant patients.
- To provide public awareness and education related to kidney disease and organ donation, NKFG staff and volunteers participate in various [Health Fairs](#) throughout the state.
- [Team Georgia](#) is a group of transplant recipients who celebrate their second chance at life by preparing for and competing in the U.S. Transplant Games, an Olympic-style event held every two years. Recipients (athletes) are joined by donor families, living donors, friends and family as well as many other spectators in helping to bring greater awareness to the need for more organ donors.

National Kidney Foundation of Georgia, Inc.  
2951 Flowers Road South, Suite 221  
Atlanta, GA 30341  
(770) 452-1539 / (770) 452-7564 (Fax ) / (800) 633-2339  
Website: <http://www.kidneyga.org>

**Piedmont Hospital - Atlanta**. The Diabetes Resource Center participated in community and work-based health fairs by providing free glucose/diabetes screenings on an ongoing basis. The objective of the free screenings is to identify individuals who might have diabetes and not realize it. For patient information (non media calls), call 404-605-3436

### **Volunteers in Medicine Free Clinics**

- Community Health Mission, 310 Eisenhower Drive, Building 5 B, Savannah, GA 31406, (912) 692-1451
- Fayette CARE Clinic, 128 Sumner Road, Fayetteville, GA 30214, (770) 487-4778, [www.fayettecareclinic.com](http://www.fayettecareclinic.com)
- Good Samaritan Health and Wellness Center, PO Box 579, Jasper, GA 30143, 706) 253-4673  
[www.GoodSamHWC.org](http://www.GoodSamHWC.org)
- Healing Angles Medical Clinic, 226 Alcovy Street, D-11, Monroe, GA 30655, (770) 266-7647
- Henri Woodman Community Health Clinic, P.O. Box 1357, Brunswick, GA 31521, (912) 554-3559, [www.cmapga.org](http://www.cmapga.org)
- Houston County Volunteer Medical Clinic, 125 Russell Parkway, Warner Robins, GA 31088, (478) 923-9730
- Laurens County VIM, 1506 Telfair Street, Dublin, GA 31021, (478) 272-3446
- Macon Volunteer Clinic, 376 Rogers Avenue, Macon, GA 31204, (478) 755-1110, [www.maconvolunteerclinic.com](http://www.maconvolunteerclinic.com)

## **Diabetes (continued):**

### **Government-Diabetes.Org Offers Roche ACCU-CHEK Meters Free Watch and Financial Assistance**

#### **New Program Offers Roche ACCU-CHEK Meters And Free Gift Program To Diabetics On Medicare And Private Insurance**

FOR IMMEDIATE RELEASE

PRLog (Press Release) – Dec 02, 2008 – Government-Diabetes.Org today announced the availability of the Roche ACCU-CHEK Blood Glucose Meters and Free Gift Program for diabetics on medicare or private insurance. The program offers all of the benefits of Roche ACCU-CHEK family of glucose monitoring systems plus a free gift and new government assistance programs. The new Roche ACCU-CHEK systems provides accurate, reliable results that can help improve diabetes management which can ultimately lead to better health.

By combining features such as no manual coding, which eliminates one step in the testing process and smaller sample size requirements.

According to Charles Green director for Government-Diabetes.Org "Diabetes is a disease affecting millions of americans both young and old ,it requires a high degree of self-management," replied Greene. "A glucose meter system that's easy to use and delivers quick, accurate results can be very valuable in helping a person control their diabetes and ward off other serious health complications.

Government-Diabetes.Org offers the program on free glucose meters that provides the latest information on financial assistance for diabetics. It covers job training, financial assistance, phone bill assistance, diabetic recipes, free grants, scholarship and loan resources available for a wide variety of purposes. The kit also includes business start-ups for diabetics and a list of more than fifteen hundred professionals offering diabetics free advice and business guidance.

For additional information on Government-Diabetes.Org, contact Charles Greene or visit <http://www.free-glucose-meter-rx.com> , <http://www.kazzoom.com/FREE-GLUCOSE-METER-RX.COM.html> for news on diabetes visit <http://groups.google.com/group/free-glucose-meter/web/fr> ...

ACCU-CHEK Compact Plus Blood Glucose Meter - ACCU-CHEK Compact Meter - ACCU-CHEK Advantage Meter  
ACCU-CHEK Active Meter - ACCU-CHEK Complete Meter - ACCU-CHEK Voicemate Meter  
<http://www.government-diabetes.org> breaking news and Information on Diabetes, Medicare and products for diabetics at  
<http://www.diabetic-testing-supplies.org> <http://www.free-glucose-meter-rx.org> <http://www.free-diabetic-supplies.kazzoom.com>

## **Diabetes – continued –**

Those at risk for or diagnosed with Type 2 Diabetes can find financial assistance for their prescription medications through the over 15 available Patient Assistance Programs listed in the PatientAssistance.com comprehensive database. Programs include:

[Novo Nordisk Patient Assistance Program](#)  
[Merck Patient Assistance Program](#)  
[Merck Prescription Discount Program](#)  
[Rx Outreach Medications](#)  
[Takeda Pharmaceuticals Patient Assistance Program](#)  
[Xubex Pharmaceutical Services](#)  
[Novartis Patient Assistance Program](#)  
[Pfizer Connection To Care](#)  
[Pfizer Pfriends](#)  
[GlaxoSmithKline Bridges To Access](#)  
[GSK Access](#)  
[Sanofi-Aventis Patient Assistance Program](#)  
[Bayer Patient Assistance Program For Nimotop & Precose](#)  
[Merck Patient Assistance Program](#)  
[Merck Prescription Discount Program](#)

Needymeds.org – prescription assistance programs -  
[http://www.needymeds.org/copay\\_diseases.taf?function=summary&disease\\_id=79](http://www.needymeds.org/copay_diseases.taf?function=summary&disease_id=79)

## **Juvenile Diabetes –** **Diabetic Foundation - <http://www.diabeticfoundation.org>**

The DF gives financial support to working families, with stable income, who just need a little extra. The average grant is \$100-\$250 per month per family. On average, this will supplement prescriptions and doctors bills and provide relief.

**Diabetes – continued –  
Generic Drug Programs**

Name	Cost	Other Information
CVS Pharmacy Health Savings Pass	\$9.99 90-day supply of over 400 generic prescriptions	\$10.00/person membership and 10% off at MinuteClinic on any regular priced health service. (Not in Florida)
K-Mart	\$5.00 generic antibiotic, \$10.00 and \$15.00 (90-day) supply of generic drugs, \$5.00-\$25.00 oral contraceptive, vitamins, osteoporosis, and breast cancer prescriptions	GoldK Age 50 and over, uninsured, savings of up to 5% off diabetes prescriptions, up to 10% off brand name drugs, and up to 20% off generic drugs
Sam's Club or Wal-Mart	\$4.00 (30-day) or \$10.00 (90-day)	
Target	\$4.00 (30-day) supply of 300 generic drugs	
Walgreens	\$12.00 (90-day)	Membership: \$20 individual or \$35 family, 10% off Walgreen products and photofinishing

**Discount Prescription Cards (Must have no prescription insurance)**

Name	Web Site	Phone Number	Information
Merck Prescription Discount Card	www.merck.com	800-506-3725	15%-20% discount on medications
Pfizer, Inc.	www.pfizerhelpfulanswers.com	800-707-8990	Savings 15-32%
Together Rx Access	www.togetherrxaccess.com	800-444-4106	Save between 25%-40% on brand name prescription medications

**Diabetes Supplies**

Name	Web Site	Phone Number	Description
Abbot Diabetes Care Patient Assistance Program		800-222-6885	Provides one meter, strips and lancets for one year. Strict eligibility guidelines.
IPump.org	www.ipump.org		Assists qualifying persons of any age with assistance in purchasing their first insulin pump
IPump.org - Request for Essential Diabetes Supplies (REDS)	www.ipump.org		Diabetes supplies for qualified patients for up to three months.

<http://www.isletsofhope.com> - Islets of hope – non-profit organization focused on diabetes

American Diabetes Association - <http://www.diabetes.org/about-us/>

**Our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.**

We lead the fight against the deadly consequences of diabetes and fight for those affected—by diabetes.

- We fund research to prevent, cure and manage diabetes.
- We deliver services to hundreds of communities.
- We provide objective and credible information.
- We give voice to those denied their rights because of diabetes.

Heart of Diabetes from the American Heart Association - <http://www.iknowdiabetes.org/>

Various articles and resources to include: raising diabetes awareness, frugal living tips, learn about type 2 diabetes, etc.

## Disabilities Resources

### ***Babies Can't Wait***

Babies Can't Wait (BCW) is Georgia's statewide interagency service delivery system for infants and toddlers with developmental delays or disabilities and their families. BCW is established by Part C of the [Individuals with Disabilities Education Act](#) (IDEA) which guarantees all eligible children, regardless of their disability, access to services that will enhance their development. Additional information about IDEA and national efforts supporting the implementation of the early childhood provisions of the law is available through the [National Early Childhood Technical Assistance Center](#)

Babies Can't Wait is administered through 18 District offices throughout the state. Through the 18 offices, children and families in every county in Georgia can access early intervention services. Anyone can refer a child to Babies Can't Wait. In order to refer a child to BCW for an evaluation, contact the district office which serves the county in which the child and family reside. You may use the [Children and Youth with Special Needs Coordinator Contact List](#) for information on how to reach local Babies Can't Wait Programs.

### **How to Contact the Program**

BCW has a statewide directory of information managed by Parent-to-Parent, Inc. of Georgia. The directory provides information about the BCW Program located nearest to the child and family. To access the directory, call 1-800-229-2038 or (770) 451-5484 in Atlanta. The State BCW Office number is (404) 657-2726 or toll free: 1-888-651-8224. You may also use the [Children and Youth with Special Needs Coordinator Contact List](#) for information on how to reach local Babies Can't Wait Programs.

### **Children's Medical Services (Through Georgia Department of Community Health) 404-657-4855**

#### **Mission**

The mission of the Children's Medical Services (CMS) Program is to provide a comprehensive system of healthcare for children and youth with eligible chronic medical conditions from birth to twenty-one years of age. CMS is intended to ensure specialty healthcare services to these children of Georgia who live in low income households. These services are administered by CMS in a family-focused, coordinated, and culturally-caring approach. CMS works to provide improved health outcomes for the children with special healthcare needs by coordinating their access to affordable quality specialty healthcare in our communities and by using the resources in a responsible manner.

#### **Overview**

CMS is the state and federally funded Title V Children with Special Health Care Needs Program. Eligibility for the program includes medical and financial requirements. The financial requirements are updated yearly. Families with incomes greater than 150% of the Federal Poverty Level (FPL) through 236% of the FPL will be required to participate in the cost of the care of their child. Children who are Medicaid or PeachCare enrolled, who receive SSI, and who are in foster care are financially eligible for CMS services.

CMS offers care coordination by nursing and professional staff for every child. Medical and surgical treatment services may be available through private providers. These services may include hospitalization, physician service, surgical service, durable medical equipment, medicines, and supplies for the medical eligible condition(s).

In CMS, children from birth to age 21 with eligible chronic medical conditions receive comprehensive, coordinated specialty care. The medical eligibility includes, but is not limited to the following conditions:

- Asthma, cystic fibrosis, and other lung disorders
- Some hearing disorders
- Neurological and neurosurgery disorders including seizures, benign tumors, hydrocephalus, and others
- Orthopedic and/or neuromuscular disorders including cerebral palsy, spina bifida, scoliosis, clubfeet, congenital or traumatic amputations of limbs, and others
- Visual disorders including cataracts, glaucoma, strabismus, and others
- Diabetes and other endocrine and genetic disorders
- Craniofacial anomalies (including cleft lip/palate)
- Congenital cardiac conditions

### **Special Olympics Georgia – [www.specialolympicsga.org](http://www.specialolympicsga.org)**

To provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community

4000 DeKalb Technology Pkwy  
Building 400, Suite 400  
Atlanta, GA 30340

770.414.9390 – phone

**Epilepsy Foundation of Georgia – [www.epilepsyga.org](http://www.epilepsyga.org)**

The Epilepsy Foundation of Georgia will ensure that people with seizures are able to participate in all life experiences; and will prevent, control and cure epilepsy through services, education, advocacy and research. Resources include: support groups, education programs, etc.

**Parent to Parent of Georgia – [www.parenttoparentofga.org](http://www.parenttoparentofga.org) 1-800-229-2038**

Parent to Parent provides support and information to parents of children with disabilities. One of the most meaningful sources of support are other parents who have experienced parenting a child with a disability.

**Disaster Assistance (fire, tornado, etc.):**

- **American Red Cross** – [www.redcross.org](http://www.redcross.org) – 800-733-2767
- **Farm Service Agency** (if you have a farm) – [www.disaster.fsa.usda.gov](http://www.disaster.fsa.usda.gov)
- **Federal Emergency Management Agency (FEMA)** - [www.fema.gov/assistance/index.shtm](http://www.fema.gov/assistance/index.shtm) - 1-800-621-3362
  - FEMA assists with federally declared disasters (severe storms, tornados, flooding, hurricane, etc.) – helps you to determine if you qualify and explains how to apply for assistance
- **Georgia Emergency Management Agency (GEMA)** – [www.gema.state.ga.us](http://www.gema.state.ga.us) – 404-635-7000
- **Georgia Crisis and Access Line**- 1-800-715-4225 (24/7 speak to a live person) or [www.mygcal.com](http://www.mygcal.com)
- **Correctional Peace Officer Foundation** – contact your Warden, Superintendent, Chief Probation Officer, or statewide EAP coordinator (404-463-6623) – Anyone who works for Corrections is eligible for benefits. Benefits occur with a catastrophic event that has strained the finances of the family (typical cases - house fire, tornado, severe flooding, extended/major illness, extended leave without pay due to car wreck, etc.) CPOF does not help with regular maintenance repairs, elective surgeries, etc. Officers are additionally eligible for death benefits if determined by the Department of Justice the officer was killed in the line of duty.
- **Local Georgia Community Action Agency** – check both Captiva as well as GDC Public Website under Employee Support, then Overall Directories, then Georgia Community Action Association Listing. Then look for your particular county of residence and give them a call to see how they might assist. They list emergency assistance as one of their services.
- **United Way** – Call 2-1-1 from your home phone number if possible
- Call your insurance agent (homeowners, renter's, personal)
- Call local churches, places of worship, etc. as well as civic organizations in your community
- **Salvation Army** - In times of destruction and devastation, from one end of the state to the other, the Army's mobile canteens roll into place to bring relief. Workers comfort victims, help reunite families and find emergency shelter. They bring food, clothing, blankets, medical supplies and financial assistance. And when the immediate crisis is over, long after the TV cameras are gone, The Salvation Army is still there, helping with massive cleanups and reconstruction. You may want to try contacting your nearest branch of the Salvation Army. You can find it by either visiting your telephone book or visiting their website at [www.salvationarmyusa.org](http://www.salvationarmyusa.org) ; go down the left hand column to "find a center" and input your zip code or [www.salvationarmy-georgia.org](http://www.salvationarmy-georgia.org)
- Call your local DFACS office – they probably don't have assistance there but may be able to direct you to some resources in the community. To locate your local DFACS office, go to [www.dfcs.dhr.georgia.gov](http://www.dfcs.dhr.georgia.gov), go to top left hand corner and select county offices, and then scroll down for a listing of all county offices and then scroll to locate your county of residence.

## **Divorce/Marriage:**

- **EAP Consultants, Inc.** – 1-800-869-0276 (As a GDC employee, you are entitled to some free counseling sessions) – you do not need a referral – you can contact them directly.
- **Community Service Boards (CSBs)** - provide a variety of services in the areas of mental health, addictive diseases and developmental disabilities. Services provided vary between the various community service boards, so please call for more specific information about the particular location closest to you. Payment is based on need and they will charge based on a sliding scale. Many of the CSBs will even work out a payment plan if needed. You can find the CSB closest to you by looking on either Captiva>Executive Operations>Human Resources>Employee Menu>Employee Support>Overall Directories>Locating Counseling Assistance in Your Area or the GDC public website at [www.dcor.state.ga.us](http://www.dcor.state.ga.us) then, For Corrections Staff>Employee Support> Overall Directories>Locating Counseling Assistance in Your Area
- **Georgia Crisis and Access Line**- 1-800-715-4225 (24/7 speak to a live person) or [www.mygcal.com](http://www.mygcal.com)
- **Georgia Family Council** – [www.georgiafamily.org/commmarriage.aspx](http://www.georgiafamily.org/commmarriage.aspx) - 770-242-0001
- **United Way** – call 2-1-1 to see what resources are available in your area in regards to marriage counseling
- Contact your local church or religious organization in regards to marriage counseling
- **Judicial Branch of Georgia** (self help resources) – [www.georgiacourts.org/aoc/selfhelp/dom\\_relations.html](http://www.georgiacourts.org/aoc/selfhelp/dom_relations.html)
- **AFFC (Association of Family Conciliation Courts)** – [www.afccnet.org](http://www.afccnet.org) – Select “resource center”, then select “resources for parents”
- **Up to Parents** - [www.Uptoparents.org](http://www.Uptoparents.org) – Home of Parents’ Commitments to Children of Divorce – Select “parents corner” to access the video/audio program
- Article – Helping Your Child through a Divorce – [www.kidshealth.org/parent/positive/talk/help\\_child\\_divorce.html](http://www.kidshealth.org/parent/positive/talk/help_child_divorce.html)
- Articles found on both Captiva as well as GDC Public Website under “Employee Support”, then “Healthy Relationships/Domestic Violence”:
  - Healthy Relationships
  - Is Your Relationship Healthy?
  - Ideas for Maintaining a Healthy Relationship
- **Support Groups (Divorce):**
- [www.divorcecare.org](http://www.divorcecare.org) - DivorceCare is a friendly, caring group of people who will walk alongside you through one of life’s most difficult experiences.
- [www.divorcecare.org/dc4k](http://www.divorcecare.org/dc4k) -DivorceCare for Kids is a special group to help children recover from the hurt of divorce.
- [www.divorcesource.com/groups/georgia.shtml](http://www.divorcesource.com/groups/georgia.shtml) - Often times emotional pain is unavoidable when surviving separation and divorce. Most people do not understand this heartache, or are the people who support you always available to listen.

Divorce Support Groups are designed so you can meet with other people who understand what you are going through. There are thousands of divorce support groups around the U.S. that provide the atmosphere that will allow you to break from the past and rebuild your life.
- [www.visionsanew.org](http://www.visionsanew.org) - Our FREE Support groups held at various metro Atlanta locations. They are facilitated by counselors. Support groups are open to all women. We suggest you call 770 953-2882 to confirm time, date and location of the meetings.
- [http://www.helpguide.org/mental/coping\\_divorce\\_relationship\\_breakup.htm](http://www.helpguide.org/mental/coping_divorce_relationship_breakup.htm)

Helpguide is focused on providing articles that are commercial-free, unbiased and balanced. Articles that are cutting edge and professional - easy to look at, easy to understand and above all useful!

**\*\*Domestic Violence:**

- **Georgia Coalition Against Domestic Violence** – [www.gcadv.org](http://www.gcadv.org) - select “get help”, select “shelter locations”  
1-800-33HAVEN
- **Domestic Violence Crisis Line** and referral to resources – 1-800-334-2836 – also can refer to county DFCS office – [www.dfcs.dhr.georgia.gov](http://www.dfcs.dhr.georgia.gov)
- **Georgia Legal Services Program** – [www.glsp.org](http://www.glsp.org) - GLSP’s Family Law and Domestic Violence Resources  
<http://www.lawhelp.org/documents/clusters/GA/115/English/GLSPFAMVIOL.shtml>
- **The National Domestic Violence Hotline** – [www.ndvh.org](http://www.ndvh.org) or 1-800-799-7233
- **An Abuse, Rape, and Domestic Violence Aid and Resource Collection** – [www.AARDVARC.org/dv/states/gadv.shtml](http://www.AARDVARC.org/dv/states/gadv.shtml)
- **Georgia Crisis and Access Line**- 1-800-715-4225 (24/7 speak to a live person) or [www.mygcal.com](http://www.mygcal.com)
- Partnership Against Domestic Violence – Fulton County  
404-873-1766

Partnership Against Domestic Violence provides temporary shelter (in a confidential location) for battered women and their children, telephone counseling, support group services, help with Domestic Violence Protective Orders, legal referrals, and help with court action, referrals to counseling and social services agencies are available. This is a valuable resource for women in abusive situations who wish to or must leave their home.

Partnership Against Domestic Violence will give counseling and guidance to the women and assist them in obtaining shelter, employment, or legal services.

HOURS: 9:00 am 5:30 pm (office hours) are the best times to call for routine counseling and referral, although a counselor is available 24 hours. Emergency service is available 24 hours a day for both counseling and shelter. An answering service takes the call and has a counselor call the women back.

Examples for use of this resource:

Wife wants to leave husband/boyfriend who is beating her and needs immediate emergency housing.

Woman is being harassed by an ex-husband or ex-boyfriend and needs counseling or legal advice to deal with the situation.

There is no charge, and walk-ins are welcome.

## **\*\*Domestic Violence (continued):**

### **\*\*Defintion of domestic violence**

Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure or wound someone.

Domestic violence can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or who are dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

#### **You may be in an emotionally abusive relationship if your partner:**

- Calls you names, insults you or continually criticizes you.
- Does not trust you and acts jealous or possessive.
- Tries to isolate you from family or friends.
- Monitors where you go, who you call and who you spend time with.
- Does not want you to work.
- Controls finances or refuses to share money.
- Punishes you by withholding affection.
- Expects you to ask permission.
- Threatens to hurt you, the children, your family or your pets.
- Humiliates you in any way.

#### **You may be in a physically abusive relationship if your partner has ever:**

- Damaged property when angry (thrown objects, punched walls, kicked doors, etc.).
- Pushed, slapped, bitten, kicked or choked you.
- Abandoned you in a dangerous or unfamiliar place.
- Scared you by driving recklessly.
- Used a weapon to threaten or hurt you.
- Forced you to leave your home.
- Trapped you in your home or kept you from leaving.
- Prevented you from calling police or seeking medical attention.
- Hurt your children.
- Used physical force in sexual situations.

#### **You may be in a sexually abusive relationship if your partner:**

- Views women as objects and believes in rigid gender roles.
- Accuses you of cheating or is often jealous of your outside relationships.
- Wants you to dress in a sexual way.
- Insults you in sexual ways or calls you sexual names.
- Has ever forced or manipulated you into to having sex or performing sexual acts.
- Held you down during sex.
- Demanded sex when you were sick, tired or after beating you.
- Hurt you with weapons or objects during sex.
- Involved other people in sexual activities with you.
- Ignored your feelings regarding sex. **If you answered 'yes' to these questions you may be in an abusive relationship; please call the National Domestic Violence Hotline at 1-800-799-SAFE (7233), 1-800-787-3224 (TTY) or your local domestic violence center to talk with someone about it.**

## **Family Issues (Children, Aging Parents)**

- **Eldercare.org** - [www.eldercare.org](http://www.eldercare.org) - Eldercare Locator, a public service of the U.S. Administration on Aging. The Eldercare Locator is the first step to finding resources for older adults in any U.S. community. Just one phone call or Web site visit instantly connects you to eldercare resources in your community.

You can find local information resources by calling toll-free 1-800-677-1116 or visiting the [Resources](#) section of [Eldercare.gov](http://Eldercare.gov) to learn about additional federal and national information sources.

- **Adult Day Care** - 866-55-AGING ( 866-552-4464)
- **Subsidized Child Care Assistance – To apply** contact the Department of Family and Children Services (DFCS) in the county where you live. A staff member at the county DFCS office will know if funds are available to serve additional families and can describe the program requirements.

The State of Georgia's Childcare and Parent Services (CAPS) program helps Georgia families pay for early childhood and school age care programs. Subsidized care is available for children from age birth to age 13, or up to age 18 if the child has special needs. CAPS is available in each of Georgia's 159 counties.

Parents or guardians may qualify to receive subsidized child care if they:

have a limited income; and

need child care to work, attend school, or participate in training.

**Families that qualify for the CAPS program can choose their own child care providers.** Most eligible families pay a portion of the child care fee directly to the provider and CAPS pays a portion of the fee directly to the provider. The fee is based on the number of people in the family and the amount of income that the family earns.

### ***Funds Availability***

There is not enough money to serve all of the families who need help with child care and who are eligible. This has led to increasing numbers of families on the waiting list.

- Article – American Psychological Association – **“Elder Care – More Than Parenting a Parent”** - [www.apahelpcenter.org/articles/article.php?id=10](http://www.apahelpcenter.org/articles/article.php?id=10)
- 
- Child Care Resources and Referral Agencies (referral to low-cost child care with private, non-profit agencies) - 800-466-5681  
**Georgia Association of Child Care Resource and Referral Agencies** [www.gaccrra.org](http://www.gaccrra.org)

## **Financial Assistance :**

### **Community Action Agency**

Also, contact your local Community Action Agency [refer to listing on Captiva (Executive Operations, Human Resources, Employee Menu, Employee Support, Georgia Community Action Association Listing) or GDC Public website ([www.dcor.state.ga.us](http://www.dcor.state.ga.us) and then go to left hand side and select "For Corrections Staff", Employee Support Services, Georgia Community Action Association Listing)].

### **Angel Food Ministries**

[www.angelfoodministries.com](http://www.angelfoodministries.com)

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the United States. The program began in 1994 with 34 families in Monroe, Georgia (between Atlanta and Athens), and has grown to serve hundreds of thousands of families every month across 35 states. Angel Food Ministries crosses denominational lines and has spread the good news of the gospel of Christ through salvation tracts that are placed in each food order. Angel Food is available in a quantity that can fit into a medium-sized box at \$30 per unit. Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$60.

To locate host facilities, from the Angel Food Ministries home page, scroll down the page to "find your closest host site" and input your zip code.

### **Modest Needs Organization – ModestNeeds.Org - [www.modestneeds.org](http://www.modestneeds.org)**

Mission statement: Modest Needs exists

To prevent otherwise financially self-sufficient individuals and families from entering the cycle of poverty, when this might be avoided with a small amount of well-timed financial assistance;

To restore the financial self-sufficiency of individuals who are willing to work but are temporarily unable to do so because they do not have the means to remit payment for a work-related expense;

To empower permanently disadvantaged individuals who otherwise live within their limited means to continue to live independently, despite a temporary, unexpected financial set-back; and

To strengthen small non-profit organizations by providing a forum whereby such organizations can apply directly to the general public for the help they need to complete the relatively inexpensive projects that will allow them to better serve their clients and the communities they exist to serve.

### **National School Lunch Program – contact your child's school to apply**

**United Way** - There are many different organizations across the state that work with low-income families in need. Probably the best way for your employees to find out about the ones in your area is to call United Way at 211 (Just dial 2-1-1). By dialing 2-1-1 in your area, you will access a helpline where those that are seeking resources can get referrals in their area.

**Salvation Army** - You may want to try contacting your nearest branch of the Salvation Army. You can find it by either visiting your telephone book or visiting their website at [www.salvationarmyusa.org](http://www.salvationarmyusa.org) ; go down the left hand column to "find a center" and input your zip code or [www.salvationarmy-georgia.org](http://www.salvationarmy-georgia.org)

Emergency Financial Assistance -

*Hard times impact people when they least expect it causing many do exhaust their financial resources. When this happens, The Salvation Army offers limited emergency financial assistance in the forms of rental and utilities assistance, help paying for prescriptions, providing food and clothing, and giving replacement furniture as needed.*

**Local churches and synagogues** – Many churches and synagogues will assist families that are having some financial issues. You may want to contact churches and synagogues near your home or office.

**Your Local EAP coordinator** – In addition to contacting the following organizations on this list, you may also want to contact your local EAP coordinator as he/she may know of additional local resources. You can access the listing of current EAP coordinators on either 1) Captiva: Executive Operations>Human Resources>Employee Menu> Employee Support >Overall Directories>Local EAP and CID Coordinators or 2) [www.dcor.state.ga.us](http://www.dcor.state.ga.us) and then For Corrections Staff>Employee Support>Overall Directories> Local EAP and CID Coordinators.

**Department of Family and Children's Services (DFACS)** - to locate office visit (1 - go to [www.dfcs.dhr.georgia.gov](http://www.dfcs.dhr.georgia.gov) ; 2 – go to left side of page and select "county offices"; 3 – go to left side and scroll down and select "complete list of county offices"; and 4 – select your county of residence)

**Financial Assistance :**

**Pet Food Assistance –**

Contact your nearest humane society to see if they have a pet food assistance program – One in the Metro Atlanta area is **Save Our Pets Food Bank** - <http://www.saveourpetsfoodbank.org/>

**Free Pet Food for Families in Need**

As the recession deepens and unemployment grows to record highs, pets are being brought into already full shelters, dumped or left behind in a foreclosed home ... many times to die.

***The labor department reports that unemployment has doubled since last year and is approaching over 9% nationwide. That means over 13 million people have lost their jobs. Family budgeting is crucial and many times the \$40 average monthly cost to care for and feed a pet creates the decision that the pet is too expensive to keep and has to go.***

## Financial/Money questions/problems:

- **National Foundation for Credit Counseling** - <http://www.nfcc.org> - Call 1-800-388-2227 to speak to a counselor near you or visit [www.debtadvice.org/takethefirststep/locator.cfm](http://www.debtadvice.org/takethefirststep/locator.cfm)
- **Consumer Credit Counseling** 1-800-251-CCCS (2227) – 24 hours a day/7 days a week [www.cccsatl.org](http://www.cccsatl.org) - for frequently asked questions, select “who we are” and then select “FAQ”
- **Possible Governmental Benefits** – [www.govbenefits.gov/govbenefits\\_en.portal](http://www.govbenefits.gov/govbenefits_en.portal)  
GovBenefits.gov is the official benefits website of the U.S. government, with information on over 1,000 benefit and assistance programs
- **Credit repair:** Self help may be best (article) – [www.ftc.gov/bcp/edu/pubs/consumer/credit/cre13.shtm](http://www.ftc.gov/bcp/edu/pubs/consumer/credit/cre13.shtm) - also [www.ftc.gov/index.shtml](http://www.ftc.gov/index.shtml) for the “Quick Finder” which includes information on such topics as identity theft, free credit reports, buying a home, bankruptcies – For information on “before you file personal bankruptcy – [www.ftc.gov/bcp/menus/consumer/credit/debt.shtm](http://www.ftc.gov/bcp/menus/consumer/credit/debt.shtm) For information on buying a home/mortgages/real estate – [www.ftc.gov/bcp/menus/consumer/credit/mortgage.shtm](http://www.ftc.gov/bcp/menus/consumer/credit/mortgage.shtm)
- **State Employee Credit Union** – 404-656-3765 – [www.secuqa.org](http://www.secuqa.org) for information about loans, savings, checking, retirement planning, car buying, wire transfers, etc.
- **New Connections to Work** – Through Georgia’s Department of Adult and Technical Education – New Connections to Work is a comprehensive training and employment program, which provides student support services and preparation for increased access to technical colleges and employment. This delivery system eliminates barriers to opportunity and promotes economic self-sufficiency for single parents, displaced homemakers, single pregnant women, and TANF (Temporary Assistance to Needy Families) recipients. The goal of the New Connections to Work Program is to provide training and to move persons from welfare recipients status to successful employment. Target audience is single parents, displaced homemakers, single pregnant women, and TANF (Temporary Assistance to Needy Families) recipients. For more information, check out their website - <http://www.dtae.org/teched/cts/careertran.html>  
**For more information please contact: Shenika Pollard, State Coordinator, (404) 679-4953, [spollard@dtae.org](mailto:spollard@dtae.org)**  
**Who’s Eligible?:** Single parents with custody or joint custody of minor children; Homemakers in transition-separated, divorced, or widowed; Clients of the Department of Family and Children Services and other agencies, striving for self-sufficiency, and in need of education, training, and/or employment ; Non-traditional students seeking assistance, but not fully aware of community resources.  
**The following services are offered:** Assessment/Testing; Career Guidance; Job-Readiness/Job Search Activities; Life Management/Employability Workshops; and Skills Training
- **Georgia Fatherhood Program** - <http://www.dtae.org/teched/cts/fatherhood.html>  

This program provides education, training, and job placement for non-custodial parents with court-ordered child support. GFP offers a statewide systematic delivery of services that enables participants to contribute to the economic well being of their children and the workforce development of the State of Georgia. GFP is a comprehensive program of services which includes assessment, workshops, and skills training concurrent with employment.

The GFP seeks to serve all non-custodial parents who want to support their children, but lack the financial means to do so. Participants are required to attend Life Management Skills training and workshops. Adult literacy, GED preparation, and short-term training (TCC) courses are also available from the technical institute.

For more information about the Georgia Fatherhood Program, please contact: Francis H. Young, State Coordinator, [fyoung@dtae.org](mailto:fyoung@dtae.org), 404-327-6955
- **Temporary Assistance for Needy Families (TANF)**– 1-800-869-1150, press 1 and then press 1 to reach to get information about TANF (known as welfare) – is the monthly cash assistance for poor families with children under the age of 18. A family of three (mother and two children) may qualify for TANF if their gross income is below \$784 a month and assets are worth less than \$1,000. TANF is administered by DHR’s Division of Family and Children Services. There is a four-year lifetime limit on cash assistance. Work is a major component of TANF; adult recipients with a child over age 1 are required to participate in a work activity. These activities help recipients gain the experience needed to find a job and become self-sufficient.

## **Food/Household:**

- **COMPASS** – Common Point of Access to Social Services – through the Georgia Department of Human Resources – Division of Family and Children Services  
<https://compass.ga.gov/selfservice/>  
1-800-869-11150 – Online Services Hotline

Find out:

- If you are eligible for benefits
  - How to apply for benefits
  - The status of your application
  - How to report any changes
- **Food stamps** – how can I find out if I qualify? – [(contact local DFCS office (to locate office visit (1 - go to [www.dfcs.dhr.georgia.gov](http://www.dfcs.dhr.georgia.gov) ; 2 – go to left side of page and select “county offices”; 3 – go to left side and scroll down and select “complete list of county offices”; and 4 – select your county of residence) or call 404-651-9361)] or 1-800-869-1150, press 1 for English and then press 1 to speak to someone about food stamps OR to fill out a prescreening tool - \*\* Supplemental Nutrition Assistance Program (SNAP) Pre-Screening Eligibility Tool - <http://www.foodstamps-step1.usda.gov/fns/>
  - **Temporary Emergency Food Assistance Program (TEFAP)** – [www.fns.usda.gov/fdd/programs/tefap/](http://www.fns.usda.gov/fdd/programs/tefap/)  
The Emergency Food Assistance Program (TEFAP) is a federal program that helps supplement the diets of low income persons in Georgia, including the elderly, by providing them with emergency food and nutrition assistance at no cost.  
TEFAP Contact: David L. Reeves, TEFAP Policy Specialist, Department of Human Resources  
Division of Family and Children Services, 2 Peachtree Street, N.W., Suite 21, Atlanta, GA 30303-3142  
Tel: (404) 463-8042 Email: [dareeves@dhr.state.ga.us](mailto:dareeves@dhr.state.ga.us) or 1–800-869-1150 – press 1 for English and then press 1 to speak to someone about TANF (commonly known as welfare – is the monthly cash assistance for poor families with children under the age of 18.

## **Food Bank**

Feeding America (previously known as Second Harvest) , [www.seconddharvest.org](http://www.seconddharvest.org)

Please call 1-800-771-2303 or refer to the below locations in Georgia:

America's Second Harvest of Coastal Georgia, Inc. , Web Site: [www.helpendhunger.org](http://www.helpendhunger.org), 2501 East President Street  
Savannah, GA 31404, 912-236-6750

America's Second Harvest of South Georgia, Inc.

Web Site: [www.valdostafoodbank.org](http://www.valdostafoodbank.org), 1411 Harbin Circle, Valdosta, GA 31601, 229-244-2678

Atlanta Community Food Bank, Web Site: [www.acfb.org](http://www.acfb.org), 732 Joseph E. Lowery Blvd. N.W. , Atlanta, GA 30318, 678-553-5998

Chattanooga Area Food Bank , Web Site: [www.chattfoodbank.org](http://www.chattfoodbank.org), 2009 Curtain Pole Road , Chattanooga, TN 37406  
423-622-1800

Food Bank of Northeast Georgia, Web Site: [www.foodbanknega.org](http://www.foodbanknega.org), P.O. Box 48857, Athens, GA 30604-8857  
706-354-8191

Golden Harvest Food Bank, Web Site: [www.goldenharvest.org](http://www.goldenharvest.org), 3310 Commerce Drive , Augusta, GA 30909-4417  
Phone: 706-736-1199

Middle Georgia Community Food Bank, Web Site: [www.mgcfb.org](http://www.mgcfb.org), PO Box 5024, Macon, GA 31208-5024  
Phone: 478-742-3958

Second Harvest Food Bank of the Chattahoochee Valley, Web Site: [www.feedcolumbus.org](http://www.feedcolumbus.org), 5928 Coca-Cola Blvd.  
Columbus, GA 31909-5531  
Phone: 706-561-4755

The Food Bank of Southwest Georgia, Web Site: [www.foodbank-swga.org](http://www.foodbank-swga.org), P.O. Box 71235 , Albany, GA 31708-1235  
Phone: 229-883-5959

## **Food/Household (continued):**

### **Community Action Agency**

Also, contact your local Community Action Agency [refer to listing on Captiva (Executive Operations, Human Resources, Employee Menu, Employee Support, Georgia Community Action Association Listing) or GDC Public website ([www.dcor.state.ga.us](http://www.dcor.state.ga.us) and then go to left hand side and select "For Corrections Staff", Employee Support Services, Georgia Community Action Association Listing)].

### **Grocery relief**

#### **Angel Food Ministries**

[www.angelfoodministries.com](http://www.angelfoodministries.com)

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the United States. The program began in 1994 with 34 families in Monroe, Georgia (between Atlanta and Athens), and has grown to serve hundreds of thousands of families every month across 35 states. Angel Food Ministries crosses denominational lines and has spread the good news of the gospel of Christ through salvation tracts that are placed in each food order. Angel Food is available in a quantity that can fit into a medium-sized box at \$30 per unit. Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$60.

To locate host facilities, from the Angel Food Ministries home page, scroll down the page to "find your closest host site" and input your zip code.

**National School Lunch Program** – contact your child's school to apply

#### **Women, Infant and Children Program**

1-800-228-9173 or 404-657-2900

<http://health.state.ga.us/programs/wic/index.asp>

The Women, Infant and Children Program provides supplemental nutritious foods to WIC target population, who are low-income, nutritionally at risk:

- Pregnant women (through pregnancy and up to 6 weeks after birth or after pregnancy ends).
- Breastfeeding women (up to infant's 1st birthday)
- Non-breastfeeding postpartum women (up to 6 months after the birth of an infant or after pregnancy ends)
- Infants (up to 1st birthday). WIC serves 45 percent of all infants born in the United States.
- Children up to their 5th birthday.

**United Way** - There are many different organizations across the state that work with low-income families in need. Probably the best way for your employees to find out about the ones in your area is to call United Way at 211 (Just dial 2-1-1). By dialing 2-1-1 in your area, you will access a helpline where those that are seeking resources can get referrals in their area.

**Salvation Army** - You may want to try contacting your nearest branch of the Salvation Army. You can find it by either visiting your telephone book or visiting their website at [www.salvationarmyusa.org](http://www.salvationarmyusa.org) ; go down the left hand column to "find a center" and input your zip code or [www.salvationarmy-georgia.org](http://www.salvationarmy-georgia.org)

Emergency Financial Assistance -

*Hard times impact people when they least expect it causing many do exhaust their financial resources. When this happens, The Salvation Army offers limited emergency financial assistance in the forms of rental and utilities assistance, help paying for prescriptions, providing food and clothing, and giving replacement furniture as needed.*

**Local churches and synagogues** – Many churches and synagogues will assist families that are having some financial issues. You may want to contact churches and synagogues near your home or office.

## **Gambling Addiction and Problem Gambling**

### Help and Support for Problem Gambling and Gambling Addiction

- **The National Council on Problem Gambling** – Offers a confidential, 24 hour telephone helpline for problem gamblers or their family members. Call 1-800-522-4700.
- **Georgia Gambling Helpline** – 1-800-699-7117 [www.gagamblinghelpline.org](http://www.gagamblinghelpline.org) The Georgia Gambling Helpline is brought to you by HODAC, Inc. – a non-profit organization and a trusted leader in human services for over 30 years. We are dedicated to assisting problem gamblers and their families, and to promote awareness, education, research, prevention and treatment for problem gambling.
- **Gamblers Anonymous** – Twelve-step Gamblers Anonymous program, a nationwide support network of meetings to assist people who have a gambling problem [www.gamblersanonymous.org](http://www.gamblersanonymous.org) or 888-GA-HELPS (888-424-3577) or Georgia Hotline 404-237-7281 (mainly groups in Northeast, Northwest, Metro Atlanta, and Macon)
- **Great Article from HelpGuide.org** - “Gambling Addiction and Problem Gambling Signs, Symptoms, and Treatment” [http://www.helpguide.org/mental/gambling\\_addiction.htm](http://www.helpguide.org/mental/gambling_addiction.htm) - Great links to additional resources and websites
- **Your First Step to Change Online Workbook** ([http://basis.typepad.com/basis/selfhelp\\_tools.html](http://basis.typepad.com/basis/selfhelp_tools.html)) This guide will help you understand gambling, figure out if you need to change, and decide how to deal with the actual process of change

### Helping a Family Member With a Gambling Problem

- **Gam-Anon** – Twelve step program for the problem gambler’s spouse, family members, or close friends. [www.gam-anon.org](http://www.gam-anon.org) Georgia Hotline – 404-237-7281(mainly groups in Northeast, Northwest, Metro Atlanta, and Macon)
- **Great Article from HelpGuide.org** - “Gambling Addiction and Problem Gambling Signs, Symptoms, and Treatment” [http://www.helpguide.org/mental/gambling\\_addiction.htm](http://www.helpguide.org/mental/gambling_addiction.htm) - Great links to additional resources and websites

## **Grief:**

- EAP Consultants, Inc. – 1-800-869-0276 (As a GDC employee, you are entitled to some free counseling sessions) – you do not need a referral – you can contact them directly.
- Community Service Boards (CSBs) - provide a variety of services in the areas of mental health, addictive diseases and developmental disabilities. Services provided vary between the various community service boards, so please call for more specific information about the particular location closest to you. Payment is based on need and they will charge based on a sliding scale. Many of the CSBs will even work out a payment plan if needed. You can find the CSB closest to you by looking on either Captiva>Executive Operations>Human Resources>Employee Menu>Employee Support>Overall Directories>Locating Counseling Assistance in Your Area or the GDC public website at [www.dcor.state.ga.us](http://www.dcor.state.ga.us) then, For Corrections Staff>Employee Support> Overall Directories>Locating Counseling Assistance in Your Area
- Georgia Crisis and Access Line - 1–800-715-4225 (24/7 speak to a live person) or [www.mygcal.com](http://www.mygcal.com)
- Information on the web – [www.caringinfo.org/GrievingALoss.htm](http://www.caringinfo.org/GrievingALoss.htm)
- Article – “Understanding Bereavement” – [www.k-state.edu/counseling/topics/life/grief.html](http://www.k-state.edu/counseling/topics/life/grief.html)
- American Hospice Foundation – [www.americanhospice.org](http://www.americanhospice.org)

The American Hospice Foundation supports programs that serve the needs of terminally ill and grieving individuals of all ages. Our Foundation advances hospice concepts by: training school professionals who work with grieving students., educating employers and managers about the needs of grieving employees, creating tools to help hospices reach out to their communities, promoting improved hospice benefits in managed care organizations, and initiating research on consumer needs and preferences in end-of-life care.

- **The United Hospice Foundation** - <http://www.unitedhospicefoundation.org/grief.html#Georgia>  
The United Hospice Foundation is a non-profit organization whose mission is to: Provide financial and spiritual support for those who have experienced a natural disaster or other devastating hardship – Also has **support groups**
- **Camp Cocoon** - \*\*Camp Cocoon ([www.unitedhospicefoundation.org/campcocoon.html](http://www.unitedhospicefoundation.org/campcocoon.html)) is a weekend camp for children and youth, ages 5-17, who have experienced the death of a loved one. This camp usually occurs the first weekend in August and is held in North Georgia. Campers have the opportunity to meet peers who are going through similar loss situations. They have the opportunity to share their stories and learn from each other while having fun in a safe and caring environment.
- Bereavement Camp for Kids - [www.heartofgahospice.org/campwings.htm](http://www.heartofgahospice.org/campwings.htm)

Heart of Georgia Hospice Inc. is proud to be offering a bereavement camp for children ages 6-16 who have lost a loved one. This camp is designed to help children understand that they are not alone, and that their feelings of grief and loss are normal, with the help of a safe and supportive environment in which to express their feelings. Camp Wings is fully funded by Heart of Georgia Hospice Inc. and donations from the community. The camp is open to anyone at no cost except a \$10.00 registration fee. If you know a child that could benefit from Camp Wings, or if you would like to donate, please call our hospice office.

For more information about Camp Wings, contact Lisa Mount at 478-953-5161 ext 133 or email [lmount@heartofgahospice.org](mailto:lmount@heartofgahospice.org)

## **Grief – Support Groups:**

### **Contact your local hospital to see if they have any support groups**

Support group - **Compassionate Friends** – [www.compassionatefriends.org](http://www.compassionatefriends.org) -

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive. For more information, [www.compassionatefriends.org/About Us/Our Mission.aspx](http://www.compassionatefriends.org/About_Us/Our_Mission.aspx) (Just right click on it and go to the bottom of the drop down window that says go to ...)

Support group - **The MISS Foundation** - [www.missfoundation.org](http://www.missfoundation.org)

The MISS Foundation is a 501 (c) 3, volunteer based organization committed to providing crisis support and long term aid to families after the death of a child from any cause. MISS also participates in legislative and advocacy issues, community engagement and volunteerism, and culturally competent, multidisciplinary, education opportunities.

Support group – **The Rainbows Organization** - [www.rainbows.org](http://www.rainbows.org) - Rainbows is an international, not-for-profit organization that fosters emotional healing among children grieving a loss from a life-altering crisis.

Support group – **Kate's Club** - [www.katesclub.org](http://www.katesclub.org) - Kate's Club is a non-profit organization that empowers children and teens facing life after the death of a parent or sibling. By creating friendships with kids and young adults that share the experience, Kate's Club guides children through their grief journey in a comfortable, safe, and uplifting setting.

Support group – **GriefShare** - [www.griefshare.org](http://www.griefshare.org) - GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences.

- Article - <http://www.bosplace.org/cmsFiles/Files/Holiday%20Help.pdf> – “Helping Grieving Families Through The Holidays”
- Articles on both Captiva and GDC Public Website ([www.dcor.state.ga.us](http://www.dcor.state.ga.us)) under “Employee Support”, then “Grief/Depression/Suicide Prevention”:
  - Families Coping with Loss
  - Coping with Grief and Loss from HelpGuide organization
  - Holiday Bill of Rights
  - Making the Holidays More Positive
  - The Holiday Blues
- Article - The Empty Chair" - <http://thegriefblog.com/grief-counseling/death-and-dying/death-of-a-child>
- **HelpGuide.Org** — [http://www.helpguide.org/mental/grief\\_loss.htm](http://www.helpguide.org/mental/grief_loss.htm)  
Helpguide was created in 1999 by the Rotary Club of Santa Monica under the leadership of Rotarians Robert and Jeanne Segal following the tragic suicide of their daughter Morgan. Since then, a dedicated team of talented people have collaborated to create a free, non-commercial resource for people in need. Helpguide's mission is to empower you and your loved ones to understand, prevent, and resolve health challenges.

## **Grief – Pets:**

- Iams Pet Loss Support Center: 1-888-332-7738; Monday-Saturday, 8:00 AM to 8:00 PM EST
- Pet Loss Support Hotlines – [www.avma.org/careforanimals/animatedjourney/goodbyefriend/plhotlines.asp](http://www.avma.org/careforanimals/animatedjourney/goodbyefriend/plhotlines.asp)
- **Pet Loss Support Hotline** toll-free phone number: Tel (800) 565-1526  
Hours: 6:30 to 9:30 p.m. PST - Monday through Friday  
Note: Summer/holiday hours may vary

People call because many of their friends and family members just don't understand what they are going through when they suffer the loss of an animal. Many callers refer to their pets as “my children” or “my best friends.” Call us. We understand the strong feelings people can have for their animals. We have them, too. We are available simply to listen or to help you sort through emotions or questions you may have. We can send you free resource materials or help you to find support services in your geographical area. Many callers will say, “I know I shouldn't feel this way.” It is a big relief for them to hear that what they are feeling is actually very normal. One caller was starting to think about getting another cat from a rescue organization, but felt it would be a betrayal of the cat she lost. We talked about some of the best times with her cat, and she decided to volunteer at a shelter. When a call comes in and the person is crying and very upset, then thirty minutes later they are more at ease and even thankful, that makes everything worthwhile. — Jason Sweitzer, class of 2009

## **Holiday Help:**

**Your Local EAP coordinator** – In addition to contacting the following organizations on this list, you may also want to contact your local EAP coordinator as he/she may know of additional local resources. You can access the listing of current EAP coordinators on either 1) Captiva: Executive Operations>Human Resources>Employee Menu> Employee Support >Overall Directories>Local EAP and CID Coordinators or 2) [www.dcor.state.ga.us](http://www.dcor.state.ga.us) and then For Corrections Staff>Employee Support>Overall Directories> Local EAP and CID Coordinators.

**Department of Family and Children's Services (DFACS)** - to locate office visit (1 - go to [www.dfcs.dhr.georgia.gov](http://www.dfcs.dhr.georgia.gov) ; 2 – go to left side of page and select “county offices”; 3 – go to left side and scroll down and select “complete list of county offices”; and 4 – select your county of residence)

**Salvation Army** – contact your local Salvation Army Center to see if they have a program in your area - You can find it by either visiting your telephone book or visiting their website at [www.salvationarmyusa.org](http://www.salvationarmyusa.org) ; go down the left hand column to “find a center” and input your zip code.

**Local churches and synagogues** – Many churches and synagogues will assist families that are having some financial issues. You may want to contact churches and synagogues near your home or office.

**Local shelters** – Contact local shelters in your area

### **Community Action Agency**

Also, contact your local Community Action Agency [refer to listing on Captiva (Executive Operations, Human Resources, Employee Menu, Employee Support, Georgia Community Action Association Listing) or GDC Public website ([www.dcor.state.ga.us](http://www.dcor.state.ga.us) and then go to left hand side and select “For Corrections Staff”, Employee Support Services, Georgia Community Action Association Listing)].

**United Way** - There are many different organizations across the state that work with low-income families in need. Probably the best way for your employees to find out about the ones in your area is to call United Way at 211 (Just dial 2-1-1). By dialing 2-1-1 in your area, you will access a helpline where those that are seeking resources can get referrals in their area.

**Exchange Club** - <http://www.nationalexchangeclub.org/contact.htm>

There may be some individual Exchange clubs that provide meals to families during the holidays - you could contact your local clubs to see if any of them provide this service.

**Optimist Club** – [www.optimist.org](http://www.optimist.org) - Optimist Clubs are dedicated to "Bringing Out the Best in Kids" and do their part through community service programs. Since each Club is autonomous and run by members in their community, Optimists have the unique flexibility to serve the youth of their area in any way they see fit. To find a local chapter - <http://www.optimist.org/CityDirectory.cfm>

**Local Masonic Lodges** - *Masonic lodges often help needy families throughout the year as well as the holidays. Families in need should contact the lodge in their area. You could also contact the lodge to "nominate" them. You can search for the lodge(s) in your area here: [www.glofga.org](http://www.glofga.org)*

**Eastern Star Organization** – The Order of the Eastern Star is the largest fraternal organization in the world to which both men and women may belong. Worldwide, there are approximately 1 million members. Eastern Star is a social order comprised of persons with spiritual values but it is not a religion. Its appeal rests in the true beauty of the refreshing and character-building lessons that are so sincerely portrayed in its ritualistic work.

To find a local chapter - <http://www.georgiao.es.org/locate/frame.html>

**Toys for Tots** - [http://www.toysfortots.org/request\\_toys/default.asp](http://www.toysfortots.org/request_toys/default.asp)

**Request a Toy>To Find a Local Toys for Tots Campaign Office:**

- Select State>Find closest Local Campaign Coordinator>Click on the Website link for the Campaign>Go to the Request Toys page of the website for information on requesting toys from the local campaign.

**Local Radio Stations** – often help out needy families over the holiday season

If your employees are in Gwinnett County, please call the Gwinnett Helpline at (770) 995-3339. They may have a list of churches or other agencies that will be offering holiday assistance to families. This may include Gwinnett's various Cooperative Ministries, which are based throughout Gwinnett County. If you are not in Gwinnett, but are in the metro Atlanta area, you may want to try contacting United Way's own "211" assistance line, which has connections to agencies throughout the metro area. Aside from those two help lines, you may want to try contacting your nearest branch of the Salvation Army or any local churches near your office.

## **Housing**

### **(Foreclosure/Prevention)**

- Articles on both Captiva and GDC Public Website ([www.dcor.state.ga.us](http://www.dcor.state.ga.us) under “Employee Support”, then “Food/Housing/Foreclosure”:
  - HOPE for Foreclosure
  - Assistance for Foreclosure
  - Tips for Avoiding Forclosure
- Homeowners seeking assistance with their mortgage should review information posted at <http://www.dca.ga.gov/housing/Homeownership/programs/foreclosure.asp>.
- Georgia Public Broadcasting has also prepared information that Georgians can access at <http://www.gpb.org/mortgage-crisis> - great video program talking about the mortgage crisis as well as “Life After Foreclosure”
- <http://dca.state.ga.us> or [www.hud.gov](http://www.hud.gov) – 1-800-569-4287 (Housing Counseling and Referral)
- [www.theimpactgroup.org](http://www.theimpactgroup.org) - The IMPACT! Group recognizes that vacant homes hurt neighborhoods, so we are proud to partner with The Brand Bank and the Community Foundation for Northeast Georgia to offer down payment assistance to potential homeowners.
- [www.georgiahousingsearch.org](http://www.georgiahousingsearch.org) - Provided by Georgia Department of Community Affairs
- [www.dca.state.ga.us](http://www.dca.state.ga.us) – Georgia Department of Community Affairs - Applying to the Housing Choice Voucher Program

The Housing Choice Voucher Program is part of Georgia's comprehensive housing program administered by the Georgia Department of Community Affairs (DCA). This is a tenant-based assistance program that assists low income individuals and families rent safe, decent, and sanitary dwelling units in the private rental market. The program was created by the Housing and Community Development Act of 1974 and is funded by the United States Department of Housing and Urban Development (HUD).

The Department of Community Affairs provides the subsidy payment directly to the landlord on behalf of the program participant. The amount of the subsidy is based primarily upon the participant's income. DCA administers the program in 149 of Georgia's 159 counties through five regional offices located around the State. The remaining 10 counties are served by their local housing authority.

#### **Housing Choice Voucher Program Office Locations**

The five Regional Offices are located in Albany, Athens, Carrollton, Eastman, and Waycross. The address and telephone numbers of the Regional Offices are listed below.

**(PLEASE NOTE THAT THE 888 NUMBERS ARE RESTRICTED IN THE LOCAL CALLING AREAS.)**

#### **Albany Regional Office**

121 N Front Street  
P.O. Box 1248  
Albany, GA 31702-1248  
229-430-4117  
888-340-7069

#### **Eastman Regional Office**

21 Industrial Boulevard  
Eastman, GA 31023  
478-374-6962  
888-340-6112

#### **Waycross Regional Office**

960-A City Boulevard  
P.O. Box 719  
Waycross, GA 31501-4239  
912-285-6280  
888-879-2549

#### **Athens Regional Office**

485 Newton Bridge Road  
Athens, GA 30607-1169  
706-369-5636  
888-318-0354  
706-369-5634 (Waiting List Opening Information)

#### **Carrollton Regional Office**

185 Parkwood Circle  
Carrollton, GA 30117-0609  
770-838-2600  
888-340-4481

#### **Atlanta Office**

Georgia Department of Community Affairs  
60 Executive Park South, N.E.  
Atlanta, GA 30329-2231  
404-327-7912  
888-858-6085  
404-679-4915 (TDD)  
800-736-1155 (TDD)

## Housing (continued)

### **Housing Choice Voucher Program Funding**

The Housing Choice Voucher Program is funded totally by federal funds from the Department of Housing and Urban Development. No State appropriations are used in the administration of this program. Currently, the Program serves over 16,000 Georgia families and processes over 11,000 rental assistance checks per month, adding more than \$100 million to Georgia's economy each year. The Housing Choice Voucher Program operates by providing direct subsidy rent payments to qualified landlords for tenants participating in the program. Program participants normally pay approximately 30 percent of their adjusted income toward rent. The landlord's subsidy is paid monthly by the DCA and normally consists of the difference between the gross rent, which includes an allowance for tenant paid utilities, and 30 percent of the tenant's adjusted income.

### **Contact Information:**

#### **Georgia Department of Community Affairs**

60 Executive Park South, N.E.

(404) 327-7912

Atlanta, Georgia 30329-2231

(888) 858-6085

### **Housing Choice Voucher Program Eligibility**

Georgia residents whose income does not exceed 50 percent of the area median income for the family size are eligible to participate in the Housing Choice Voucher Program. Each rental unit housing the participants must meet Housing Quality Standards (HQS) as determined by HUD. These units cannot rent for more than DCA's Market Comparability Surveys.

### **Eligible Candidates Applying for the Program**

DCA announces the opening and closing of the waiting list by publishing a Public Notice in the legal section of the classifieds in the newspaper that serves the county that will be opened. To check if a waiting list is open for a county, each -interested person should call (888) 858-6085 or (404) 327-7912.

### **(NOTE: The (888) number is for those not in the Atlanta calling area).**

If a waiting list is open for a county, the public notice will provide information about program guidelines and application procedures. An application will be mailed to the individual (family) and when returned to our office, the applicant will be placed on the waiting list for an available voucher.

After an applicant is placed on the waiting list, DCA reviews family composition and income, to determine eligibility. Once an applicant is selected from the waiting list and briefed on program requirements, the family is issued a Housing Choice Voucher. This authorizes the family to search for suitable housing, which must be inspected and approved by DCA. Finally, a lease between the tenant and landlord, and a Housing Assistance Payments (HAP) Contract between the landlord and DCA must be executed to finalize the process.

- **PIH Information and Resource Center (1-800-955-2232).** The PIH Information and Resource Center is staffed to answer questions/ inquiries from the public and PHAs regarding public housing and housing choice voucher programs and regulations.
  - **Renting and HUD rental assistance programs** - [www.hud.gov/renting](http://www.hud.gov/renting) -
  - **Privately owned subsidized housing** - HUD helps apartment owners offer reduced rents to low-income tenants. Search for an apartment and apply directly at the management office (can conduct a search on-line by state and then city)
  - **Public Housing** - affordable apartments for low-income families, the elderly and persons with disabilities. To apply, contact a public housing agency (can conduct a search on-line by state and then city).
  - **Housing Choice Voucher Program (Section 8)** - find your own place and use the voucher to pay for all or part of the rent. To apply, contact a public housing agency.
  - **Local Renting Information-** [www.hud.gov/renting/local.cfm](http://www.hud.gov/renting/local.cfm)
- Rental help in your state - find affordable rentals and special needs housing, get help with your utility bills, and more
- HUD helps apartment owners offer reduced rents to low-income tenants. To apply, contact or visit the management office of each apartment building that interests you.

## Housing (continued)

- [info@theimpactgroup.org](mailto:info@theimpactgroup.org)

The IMPACT! Group owns 92 rental units and continues to transform Beaver Springs Lane into an attractive, secure and affordable community. The community now offers neighborhood activities and architectural design elements that are comparable to current conventional and market priced housing. Conveniently located near schools, major employers, retail, and services, Castor Village offers convenience and comfort to residents.

The ultimate social outcomes of this revitalization project include crime reduction, increase in the value of the Beaver Springs Lane town homes, reduced government monitoring costs (police, fire), increases in surrounding neighborhood property values, and overall neighborhood stability and sense of community.

For information about renting, please call the leasing office at 770-447-4162

[www.dekalbhousing.org](http://www.dekalbhousing.org)

### **Legal assistance:**

- Legal Services Corporation (LSC) – [www.lsc.gov/map/lscprogramdirectory.asp](http://www.lsc.gov/map/lscprogramdirectory.asp) call 1-202-295-1500  
(The Legal Services Corporation (LSC) funds 138 legal aid programs with over 900 offices around the nation to help poor Americans gain equal access to the judicial system)
- Legal insurance is available through our benefit package during open enrollment– contact your local personnel officer for more information – The current company is Signature Legal Care at 1-800-848-2012
- Georgia Legal Services Program - The Georgia Legal Services Program provides free civil legal services to low-income Georgians from twelve locations throughout Georgia. Excluded from their jurisdiction is the five-county metropolitan area, served by [Atlanta Legal Aid](#). The twelve locations serve distinct geographic regions, totaling 154 counties, by "circuit riding" from their respective offices to local communities.
- **Georgia Legal Services Program - [www.glsp.org](http://www.glsp.org)**  
104 Marietta Street, Suite 250, Atlanta, GA 30309-2848 - (800) 498-9469

Atlanta Legal Aid Society's primary function is to provide referrals and legal representation to people who otherwise cannot obtain access to the court system - the poor, minorities, the elderly, those disabled by mental illness or long term diseases, and recent immigrants. They come to us for help in meeting their basic needs, protecting their homes and safeguarding their families. In addition to the issues covered through special projects, we offer assistance with simple legal matters, such as drafting wills and seeking redress for substandard consumer goods. Staff attorneys are also available to speak publicly about legal issues.

Atlanta Legal Aid Society provides services only for residents of the five-county metro Atlanta area, except as noted for the Georgia Seniors Legal Hotline and the Long Term Care Ombudsman Program.

If you are a resident of one of these five counties, you may apply for legal aid by calling the office for your county. It is always best to call before you visit; intake hours are limited.

To find help outside Atlanta, see [Other Legal Resources in Georgia](#), call our main office at **(404) 524-5811**

### **Lupus Foundation of America – [www.lupus.org](http://www.lupus.org)**

The Lupus Foundation of America (LFA) provides many of its direct services through a nationwide network of chapters, branches and support groups. Chapters conduct programs of public education and information, patient education, professional education, and advocacy. Chapters provide support to people with lupus, their families, and health care professionals.

#### **Georgia**

**LFA, Georgia Chapter** - Atlanta, GA

770-333-5930, Toll Free 800-800-4LFA (within GA only)

[Website](#)

[Contact Us](#)

[http://www.lupus.org/webmodules/webarticlesnet/templates/georgia\\_support.aspx?articleid=709&zoneid=187](http://www.lupus.org/webmodules/webarticlesnet/templates/georgia_support.aspx?articleid=709&zoneid=187)

## Medical:

- **Georgia Free Clinic Network – [www.gfcn.org](http://www.gfcn.org)**

A free clinic is an organization whose primary mission is to provide health care services free or with a minimal administrative fee to individuals with limited resources. Volunteer health professionals provide a significant portion of health care services. A free clinic is committed to minimizing barriers to care and providing quality care. A Free Clinic has a varied and significant base of community financial support and a proven ability to develop financial and in-kind resources.

**678.904.3117**

**Mailing Address** - PO Box 133224 - Atlanta, GA 30333

**Physical Address** - 2711 Irvin Way, Suite 111 - Decatur, GA 30033

- **Georgia Partnership for Caring Foundation – [www.gacares.org](http://www.gacares.org)**

(678) 578-2920

1(800) 982-4723 *if outside of metro Atlanta calling area*

The **GPCF** program includes the limited service of primary and specialty care physicians, dentists, physician assistants, nurse practitioners, hospitals, pharmacists, pharmaceutical manufacturers, and various community health centers. These volunteers are not paid for their services or products but are committed to assisting needy Georgians with obtaining access to health care services.

**How to Qualify:** To qualify for **GPCF**, a person must live in Georgia, must be uninsured (no Medicaid, Medicare or private insurance), and must have family income at or **below 125%** of the federal poverty level. To apply for the program, contact a Right From the Start Medicaid outreach worker in your local area of Georgia. If you don't know how to contact this outreach worker, call our toll free client line and we will refer you to the worker in your area. You will be notified regarding your eligibility for the program in **5 to 8 weeks** after you apply.

Each **GPCF** client is offered *one* donated visit to a primary health care provider. This first visit is donated by a primary care provider (PCP) in the **GPCF** network. Many providers continue to see the client after the first visit on a fee schedule negotiated between the client and the provider. The client can also see a specialist in the **GPCF** network for one donated visit if referred by the primary care physician, provided the specialty is available in the **GPCF** network of physicians.

- The role of **GPCF** is to assist persons who currently lack access to health care services or to compliment medical services offered by a long time family provider.
- **GPCF** is not a state or federal program. **GPCF** is a private, non-profit organization formed by concerned members of the health community to ensure access to much needed health care services.
- **GPCF** is not insurance coverage, nor is it part of Medicare or Medicaid. It is a network of volunteer providers who donate their services or products to persons unable to afford health care.
- **GPCF** cannot pay for past medical bills, emergency room services, or visits to non-participating providers and/or facilities. Limited funding is available with specific criteria for some diagnostic test/procedures, surgery, and lab tests.
- **GPCF** clients are required to call for the next available appointment with a **GPCF** provider. **GPCF** clients receive an eligibility card. Prior to services being rendered, all **GPCF** clients must present this card along with some form of ID as verification of eligibility. **THIS IS NOT AN INSURANCE CARD.**

**GPCF** can also assist with these additional health care services:

- Dental Care
- Assistance with locating patient assistance programs for diagnostic testing or surgery
- Assistance with locating other health care agencies who provide services not available through **GPCF**
- Education about other indigent drug programs

- Medicaid – applications - -[ (contact local DFCS office (to locate office visit [www.dfcs.dhr.georgia.gov/locations](http://www.dfcs.dhr.georgia.gov/locations) or call 404-651-9361)]
- Partnership for Prescription Assistance Programs – 1-888-477-2669
- Non emergency transportation to medical appointments for people who are enrolled in Medicaid–1-866-211-0950 or visit [www.ghp.georgia.gov/wps/output/en\\_US/public/Member/Medicaid/3MedicaidBenefits3.xml.html](http://www.ghp.georgia.gov/wps/output/en_US/public/Member/Medicaid/3MedicaidBenefits3.xml.html)
- Contact your personal health care provider

## **Medical Needs – continued:**

### **Eye-glass Needs:**

Lions Club

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

American Council of the blind

[www.acb.org/resources/finaid.htm](http://www.acb.org/resources/finaid.htm)

Samaritans of Henry County (if live in Henry County)

<http://www.communityreachingout.com/allies/st/index.shtml>

Visually Impaired Foundation of Georgia, Inc.

<http://www.magnifiers.com/vifga/fundinghelp.htm>

### **Hearing Aid Needs:**

AUDIENT is a national nonprofit hearing care alliance uniting hearing health care professionals, suppliers, and related groups with the common goal of providing access to quality hearing aids and related care for low income hearing impaired people.

AUDIENT encourages hearing care accessibility through a network of dedicated hearing health care providers in the United States. AUDIENT sees that each income qualified applicant is referred to a hearing care professional in their community who is dedicated to supporting those in need of quality hearing care. AUDIENT serves as a third party administrator by performing income qualification, collecting the funds from the patient as agent of the provider, and managing the database of outcome measures from each patient. Costs and pricing are designed to be reasonable for both patients and providers of care.

SightLife, a 501(c)(3) nonprofit (formerly the Northwest Lions Foundation (NLF) designed and developed the AUDIENT Alliance after many years of experience coordinating the activities of the Lions hearing aid recycling program for the Pacific Northwest. A committee of nationally recognized hearing care professionals advised NLF during the development stage.

EPIC Hearing Services  
17870 Castleton St., Suite 320  
City of Industry, CA 91748  
1-866-956-5400

[hear@epichearing.com](mailto:hear@epichearing.com)

Possible financial help for hearing aids?

Americans are coming together in a campaign to encourage Congress to pass a federal tax credit to help people buy hearing aids.

To help organize the effort to have Congress pass the legislation, the Better Hearing Institute (BHI) has launched a new Web site ([www.hearingaidtaxcredit.org](http://www.hearingaidtaxcredit.org)). An excellent resource and tool for those concerned about the needs of people with hearing loss, it reaches out to adults 55+ and to parents of children with hearing loss and helps to ensure that their voices are heard in Washington

- Here's another possible site with ideas for obtaining a hearing aid - <http://www.listen-up.org/haidfund.htm>
- Senior Prescription Assistance - 866-55-AGING (866-552-4464) - Select "GeorgiaCares" option
- Non emergency Medicaid transportation for medical appointments - Georgia Health Partnership 770-570-3373 or 866-211-0950

## Medical Needs – Children –

- Shriners’s Hospitals for Children - [www.shrinershq.org](http://www.shrinershq.org)

Shriners Hospitals for Children is a one-of-a-kind international health care system dedicated to improving the lives of children by providing specialty pediatric care, innovative research and outstanding teaching programs. Children up to the age of 18 with orthopaedic conditions, burns, spinal cord injuries and cleft lip and palate are eligible for admission and receive all care in a family-centered environment at no financial obligation to patients or families.

If you know of a child Shriners Hospitals might be able to help, please call our toll-free patient referral line:

In the U.S.: 800.237.5055

- **Supplemental Security Income (through Social Security)**

SOCIAL SECURITY

[www.ssa.gov](http://www.ssa.gov)

Toll-Free 1-800-772-1213

Office locator – [www.socialsecurity.gov](http://www.socialsecurity.gov)

Supplemental Security Income (SSI) payments for children with disabilities

SSI makes monthly payments to people with low income and limited resources who are 65 or older, or blind or disabled. Your child under age 18 can qualify if he or she meets Social Security’s definition of disability for children, and if his or her income and resources fall within the eligibility limits. The amount of the SSI payment is different from one state to another because some states add to the SSI payment. Your local Social Security office can tell you more about your state’s total SSI payment.

For more information, ask for Supplemental Security Income (SSI) (Publication No. 05-11000).

- **St. Jude’s Hospital**

[www.stjude.org](http://www.stjude.org)

General Information – 901-595-3300

St. Jude is the only cancer center funded by the National Cancer Institute that is devoted solely to children and the only private cancer center in the United States committed to caring for and supporting children with cancer regardless of the family’s financial or health care resources.

The most advanced medical technology is available at St. Jude. The hospital offers the latest in treatment modalities, providing cost-efficient and effective therapies.

St. Jude subsidizes transportation, lodging and meal expenses while the patient is being treated in Memphis.

All patients are treated at St. Jude regardless of their race, creed, or the family’s ability to pay. As was our founder’s dream, there is no means test for patients needing our services.

St. Jude pioneered outpatient treatment protocols for children with catastrophic diseases, reducing the need for inpatient stays.

St. Jude has built an exceptional medical staff. Experts in hematology, oncology, and infectious diseases, as well as other specialists, are available at all times for consultation.

## Medical Needs – Children (continued) –

Do your children have health insurance?

If not, your children may qualify for low cost health insurance coverage even if you are a family of four earning \$42,000 annually. Children with special needs and their siblings may be able to get health insurance through one of several Georgia programs. Here are a few programs that your family may be eligible for.

### All Children, Middle Income Working Families (State Employees are not eligible)

PeachCare for Kids: Allows income eligible working families to purchase low cost health insurance for any child under age 19. There is no cost for children under age 5. Currently, the cost per month is \$10 to \$35 for one child and a maximum of \$70 for two or more children living in the same household. To learn more about this program.

### Child with a Disability, Middle or Higher Income Levels

Deeming Waiver: A Medicaid waiver program for children with significant disabilities. This program is designed to provide Medicaid insurance to children who live in families having income that is too high to qualify for Supplemental Security Income (SSI). The Deeming Waiver Medicaid can be used as either primary insurance or as secondary insurance when a child is covered under a private insurance plan. If you would like to talk with another parent that has already gone through the Deeming Waiver process, contact Parent to Parent of Georgia by phone to request a parent match or fill out the Peer Support Request now (be sure and note on the form that you want a match on the deeming waiver process).

Toll-Free Statewide: 800-229-2038

### Medicaid Recipients who are Eligible for Private Insurance HIPP (Health Insurance Premium Payment):

A program where the Department of Medical Assistance (DMA) pays for the cost of your private health insurance premiums. It is available to Medicaid eligible recipients (Medicaid, Medicaid with SSI or Deeming Waiver) if the DMA determines it is more cost-effective to pay for private insurance instead of having Medicaid pay all the bills. It can benefit the entire family if a family insurance plan is found to be more cost-effective. If you would like to talk with another parent that has already applied for the HIPP program, contact Parent to Parent of Georgia to request a parent match.

Toll-Free Statewide: 800-229-2038

### Child with a Disability, Low Income Level Medicaid with SSI:

For families who are income eligible and who have a child with a disability, it is possible for your children to receive monthly SSI (Supplemental Security Income) payments and, along with that, automatically receive Medicaid insurance. If you are applying for Medicaid without SSI, contact your local Department of Family and Children Services (DFCS) office. Check our Special Needs Database for the nearest Family and Children Services office.

To apply for Medicaid via SSI, contact your local Social Security office. You can call 1-800-772-1213 to find the closest office.

### All Children, Low Income Level Medicaid without SSI:

For families who are income eligible, it is possible for your children to receive medical insurance coverage through Medicaid. This program is available to children up to age 18 whether or not they have a disability. If you are applying for Medicaid without SSI, contact your local Department of Family and Children Services (DFCS) office.

To apply for Medicaid via SSI, contact your local Social Security office. You can call 1-800-772-1213 to find the closest office.

### All Children, When Your Income is Too High for Medicaid and You Have a Lot of Medical Bills Medically Needy Spend Down Medicaid:

If you have a lot of medical bills, but your income is too high to qualify for regular Medicaid, you may be eligible for the Medically Needy program. To apply for this program, contact your local Department of Family and Children Services (DFCS) office.

**Medical/Prescription Assistance (continued)–**

Patient Prescription Drug Assistance Programs

Free or low-cost medications provided by pharmaceutical companies

Some pharmaceutical companies offer medication assistance programs to low-income individuals and families. These programs typically require a doctor’s consent and proof of financial status. They may also require that you have either no health insurance, or no prescription drug benefit through your health insurance. Please contact the pharmaceutical company directly for specific eligibility requirements and application information. Note: Some of these companies may prefer to speak directly with your doctor.

- [www.rxassist.org](http://www.rxassist.org)
- [www.needymeds.com](http://www.needymeds.com)
- [www.copays.org](http://www.copays.org)
- [www.merck.com](http://www.merck.com) – discount prescription cards (must have no prescription insurance)
- [www.pfizerhelpfulanswers.com](http://www.pfizerhelpfulanswers.com) – discount prescription cards (must have no prescription insurance)
- [www.togetherrxaccess.com](http://www.togetherrxaccess.com) - discount prescription cards (must have no prescription insurance)
- Partnership for Prescription Assistance  
[www.pparx.org](http://www.pparx.org)
- RxAssist: Accessing Pharmaceutical Patient Assistance Programs  
[www.rxassist.org](http://www.rxassist.org)
- RxHope: The Heart of the Pharmaceutical Industry  
[www.rxhope.com](http://www.rxhope.com)

Also visit the National Alliance on Mental Illness for additional patient/drug assistance programs:

[http://www.nami.org/Content/ContentGroups/Helpline1/Prescription\\_Drug\\_Patient\\_Assistance\\_Programs.htm](http://www.nami.org/Content/ContentGroups/Helpline1/Prescription_Drug_Patient_Assistance_Programs.htm)

- Generic Drug programs at CVS, K-mart, Sam’s Club, Wal-Mart, Target, Walgreens

**Generic Drug Programs**

Name	Cost	Other Information
CVS Pharmacy Health Savings Pass	\$9.99 90-day supply of over 400 generic prescriptions	\$10.00/person membership and 10% off at MinuteClinic on any regular priced health service. (Not in Florida)
K-Mart	\$5.00 generic antibiotic, \$10.00 and \$15.00 (90-day) supply of generic drugs, \$5.00-\$25.00 oral contraceptive, vitamins, osteoporosis, and breast cancer prescriptions	GoldK Age 50 and over, uninsured, savings of up to 5% off diabetes prescriptions, up to 10% off brand name drugs, and up to 20% off generic drugs
Sam’s Club or Wal-Mart	\$4.00 (30-day) or \$10.00 (90-day)	
Target	\$4.00 (30-day) supply of 300 generic drugs	
Walgreens	\$12.00 (90-day)	Membership: \$20 individual or \$35 family, 10% off Walgreen products and photofinishing

**Discount Prescription Cards (Must have no prescription insurance)**

Name	Web Site	Phone Number	Information
Merck Prescription Discount Card	<a href="http://www.merck.com">www.merck.com</a>	800-506-3725	15%-20% discount on medications
Pfizer, Inc.	<a href="http://www.pfizerhelpfulanswers.com">www.pfizerhelpfulanswers.com</a>	800-707-8990	Savings 15-32%
Together Rx Access	<a href="http://www.togetherrxaccess.com">www.togetherrxaccess.com</a>	800-444-4106	Save between 25%-40% on brand name prescription medications

**Medical/Prescription Assistance**

Abilify, Bristol-Myers Squibb Company, 800-332-2056

BuSpar, Bristol-Myers Squibb Company, 800-332-2056

Celexa, Forest Pharmaceuticals, Inc., 800-851-0758

clozapine (generic), IVAX Pharmaceuticals, Inc., 800-327-4114 x4344

Clozaril, Novartis Pharmaceuticals  
800-277-2254 (main)  
800-257-3273 - short term  
800-277-2254 - long term

**Medical/Prescription Assistance (continued):**

Depakote, Abbott Laboratories, 800-222-6885

Desyrel (150 & 300 mg pills only), Bristol-Myers Squibb Company, 800-332-2056

Effexor, Wyeth Pharmaceuticals, 800-568-9938

Geodon, Pfizer Inc., 866-706-2400

Haldol, Haldol Decanoate, Ortho-McNeil Pharmaceutical, Inc., 800-577-3788

Isoptin, Abbott Laboratories, 800-222-6885

Klonopin, Roche Pharmaceuticals, 800-285-4484

Lexapro, Forest Pharmaceuticals, Inc., 800-851-0758

Ludomil, Novartis Pharmaceuticals, 800-257-3273

Neurontin, Pfizer Inc., 800-707-8990

Paxil, GlaxoSmithKline, 866-728-4368

Prolixin, Prolixin Decanoate, Bristol-Myers Squibb Company, 800-332-2056

Prozac, Eli Lilly and Company, 800-545-6962

Risperdal, Janssen Pharmaceutica, 800-652-6227

Serentil, Boehringer Ingelheim Pharmaceuticals, 800-556-8317

Seroquel, AstraZeneca Pharmaceuticals, 800-424-3727

Tegretol, Novartis Pharmaceuticals, 800-257-3273

Valium, Roche Pharmaceuticals, 800-285-4484

Wellbutrin, GlaxoSmithKline, 866-728-4368

Zoloft, Pfizer Inc., 800-707-8990

Zyprexa, Eli Lilly and Company, 800-545-6962

Abbott Laboratories, 100 Abbott Park Rd., Abbott Park, IL 60064-3502, 800-633-9110, [www.abbott.com](http://www.abbott.com)

AstraZeneca Pharmaceuticals, 1800 Concord Pike, P.O. Box 15437, Wilmington, DE 19850-5437  
800-236-9933, [www.astrazeneca-us.com](http://www.astrazeneca-us.com)

Aventis Pharmaceuticals, Inc, 300 Somerset Corporate Blvd., Mail Stop: SC 710B, Bridgewater, NJ 08807-2854  
800-633-1610, [www.ventis.com](http://www.ventis.com)

Boehringer Ingelheim Pharmaceuticals, Inc., 900 Ridgebury Rd., P.O. Box 368, Ridgefield, CT 06877-0368  
800-542-6257, [www.boehringer-ingelheim.com](http://www.boehringer-ingelheim.com)

Bristol-Myers Squibb Company, 345 Park Avenue, New York, NY 10154-0037, 800-321-1335, [www.bms.com](http://www.bms.com)

Eli Lilly and Company, Lilly Corporate Center, Indianapolis, IN 46285, 800-545-5979, [www.lilly.com](http://www.lilly.com)

Forest Pharmaceuticals, Inc., 13600 Shoreline Drive, St. Louis, MO 63045, 800-678-1605, [www.forestpharm.com](http://www.forestpharm.com)

GlaxoSmithKline, One Franklin Plaza, P.O. Box 7929, Philadelphia, PA 19101, 888-825-5249, [www.gsk.com](http://www.gsk.com)

IVAX Pharmaceuticals, Inc, 4400 Biscayne Blvd., Miami, Florida 33137, 800-327-4114 x6367, [www.ivaxpharmaceuticals.com](http://www.ivaxpharmaceuticals.com)

Janssen Pharmaceutica, Inc., 1125 Trenton-Harbourton Rd., Titusville, NJ 08560, 800-526-7736  
(800-JANSSEN) [www.janssen.com](http://www.janssen.com)

**Medical/Prescription Assistance (continued)**

Novartis Pharmaceuticals, One Health Plaza, East Hanover, NJ 07936-1080, 888-669-6682, [www.novartis.com](http://www.novartis.com)

Organon, 56 Livingston Avenue, Roseland, New Jersey 07068, 800-631-1253, [www.organon.com](http://www.organon.com)

Ortho-McNeil Pharmaceutical, Inc., 1000 Route 202 South, PO Box 300, Raritan, NJ 08869-0602  
800-682-6532, [www.orthomcneil.com](http://www.orthomcneil.com)

Pfizer Inc., 235 East 42nd St., New York, NY 10017-5755, 800-438-1985, [www.pfizer.com](http://www.pfizer.com)

Roche Pharmaceuticals, 340 Kingsland St., Nutley, NJ 07110-1199, 800-526-6367, [www.roche.com](http://www.roche.com)

Schering-Plough Corporation, 2000 Galloping Hill Rd., Kenilworth, NJ 07033, 800-526-4099, [www.sgp.com](http://www.sgp.com)

Solvay Pharmaceuticals, Inc., 901 Sawyer Rd., Marietta, GA 30062, 800-354-0026  
[www.solvaypharmaceuticals-us.com](http://www.solvaypharmaceuticals-us.com)

Wyeth Laboratories, 5 Giralda Farms, Madison, NJ 07940, 800-934-5556, option #1, [www.wyeth.com](http://www.wyeth.com)

For more information on Patient/Drug Assistance Programs access the following websites:

Partnership for Prescription Assistance

[www.pparx.org](http://www.pparx.org)

RxAssist: Accessing Pharmaceutical Patient Assistance Programs

[www.rxassist.org](http://www.rxassist.org)

RxHope: The Heart of the Pharmaceutical Industry

[www.rxhope.com](http://www.rxhope.com)

## **Mental Health Services:**

- **EAP Consultants, Inc.** – 1-800-869-0276 (As a GDC employee, you are entitled to some free counseling sessions) – you do not need a referral – you can contact them directly.
- **Community Service Boards (CSBs)** - provide a variety of services in the areas of mental health, addictive diseases and developmental disabilities. Services provided vary between the various community service boards, so please call for more specific information about the particular location closest to you. Payment is based on need and they will charge based on a sliding scale. Many of the CSBs will even work out a payment plan if needed. You can find the CSB closest to you by looking on either Captiva>Executive Operations>Human Resources>Employee Menu>Employee Support>Overall Directories>Locating Counseling Assistance in Your Area or the GDC public website at [www.dcor.state.ga.us](http://www.dcor.state.ga.us) then, For Corrections Staff>Employee Support> Overall Directories>Locating Counseling Assistance in Your Area
- **Georgia Crisis and Access Line** - 1-800-715-4225 (24/7 speak to a live person) or [www.mygcal.com](http://www.mygcal.com)
- **Contact your personal health care provider**
- **Give An Hour** -[www.giveanhour.org](http://www.giveanhour.org)

Give an Hour™ is a nonprofit 501(c)(3), founded in September 2005 by Dr. Barbara Van Dahlen, a psychologist in the Washington, D.C., area. The organization's mission is to develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society.

- Currently, GAH is dedicated to meeting the mental health needs of the troops and families affected by the ongoing conflicts in Iraq and Afghanistan. We provide counseling to individuals, couples and families, and children and adolescents. We offer treatment for anxiety, depression, substance abuse, post-traumatic stress disorder, traumatic brain injuries, sexual health and intimacy concerns, and loss and grieving. We understand that individuals who have served in Iraq and Afghanistan-- and their families--may need help dealing with the effects of wartime service. We want to help you heal and offer a variety of mental health services to address your needs. We are a nonprofit organization providing free mental health services to U.S. military personnel and families affected by the current conflicts in Iraq and Afghanistan. We are offering a range of mental health services in order to address a variety of needs for those of you seeking services. We are also providing links to a variety of resources for military families, including articles that discuss the kinds of difficulties military families encounter and services available from national, state, and local organizations.
- **National Alliance on Mental Illness** [www.nami.org](http://www.nami.org)  
NAMI (pronounced NA-ME) is the nation's largest grassroots organization for people with mental illness and their families. NAMI recognizes that the key concepts of recovery, resiliency, and support are essential to improving the wellness and quality of life of all persons affected by mental illness. Mental illnesses should not be an obstacle to a full and meaningful life for persons who live with them. NAMI will advocate at all levels to ensure that all persons affected by mental illness receive the services that they need and deserve in a timely fashion.
- **Desert Waters Correctional Outreach program** – [www.desertwaters.com](http://www.desertwaters.com) - We at Desert Waters Correctional Outreach desire to come alongside corrections professionals and join hands with them in fighting the good fight against crime behind the walls. Desert Waters is a Colorado 501(c)(3) nonprofit corporation with the mission to increase the occupational, personal and family well-being of staff of all disciplines within the corrections profession. We operate independently of any government agencies or correctional corporations. Desert Waters is funded through individual and corporate donations, grants, fundraising events, and training, consulting and counseling fees. We serve staff and their families in several ways.
  - Their 24/7 hotline, the Corrections Ventline™, is anonymous, confidential and at no charge. It includes one free phone consultation with a counselor. Face-to-face counseling is offered on a low-fee, cash basis. (Health insurance is not billed.) Coping and interpersonal skills trainings are offered to facilities or groups for a fee or through grants. Consultations are aimed to build staff resilience and solidarity with management, co-workers, and family members. Their monthly educational newsletter is offered free of charge.

Also visit the National Alliance on Mental Illness for additional patient/drug assistance programs:  
[http://www.nami.org/Content/ContentGroups/Helpline1/Prescription\\_Drug\\_Patient\\_Assistance\\_Programs.htm](http://www.nami.org/Content/ContentGroups/Helpline1/Prescription_Drug_Patient_Assistance_Programs.htm)

## **Pets:**

- **Pets Are Loving Support** - [www.palsatlanta.org](http://www.palsatlanta.org)

What is P.A.L.S.? (Pets Are Loving Support)

P.A.L.S. is an Atlanta-based Non Profit 501(C) 3 Organization that loves animals. We provide pet-care including free food and basic veterinary care, and support to the companion pets of critically ill and disabled Atlantans.

## **Pet Food Assistance –**

- **Local Humane Society** - Contact your nearest humane society to see if they have a pet food assistance program – One in the Metro Atlanta area is called Save Our Pets Food Bank
- **Save Our Pets Food Bank** - <http://www.saveourpetsfoodbank.org/>

## **Free Pet Food for Families in Need**

As the recession deepens and unemployment grows to record highs, pets are being brought into already full shelters, dumped or left behind in a foreclosed home ... many times to die.

***The labor department reports that unemployment has doubled since last year and is approaching over 9% nationwide. That means over 13 million people have lost their jobs. Family budgeting is crucial and many times the \$40 average monthly cost to care for and feed a pet creates the decision that the pet is too expensive to keep and has to go.***

## **Grief – Pets:**

- Iams Pet Loss Support Center: 1-888-332-7738; Monday-Saturday, 8:00 AM to 8:00 PM EST
- Pet Loss Support Hotlines – [www.avma.org/careforanimals/animatedjourney/goodbyefriend/plhotlines.asp](http://www.avma.org/careforanimals/animatedjourney/goodbyefriend/plhotlines.asp)
- **Pet Loss Support Hotline** toll-free phone number: Tel (800) 565-1526  
Hours: 6:30 to 9:30 p.m. PST - Monday through Friday  
Note: Summer/holiday hours may vary

People call because many of their friends and family members just don't understand what they are going through when they suffer the loss of an animal. Many callers refer to their pets as "my children" or "my best friends." Call us. We understand the strong feelings people can have for their animals. We have them, too. We are available simply to listen or to help you sort through emotions or questions you may have. We can send you free resource materials or help you to find support services in your geographical area. Many callers will say, "I know I shouldn't feel this way." It is a big relief for them to hear that what they are feeling is actually very normal. One caller was starting to think about getting another cat from a rescue organization, but felt it would be a betrayal of the cat she lost. We talked about some of the best times with her cat, and she decided to volunteer at a shelter. When a call comes in and the person is crying and very upset, then thirty minutes later they are more at ease and even thankful, that makes everything worthwhile. — Jason Sweitzer, class of 2009

## **Retirement:**

- Employee Retirement System of Georgia – [www.ersga.org](http://www.ersga.org) – 404-350-6300
- AARP or American Association of Retired Persons - <http://www.aarp.org>

Founded in 1958, AARP is a nonprofit, nonpartisan membership organization that helps people 50 and over improve the quality of their lives.

The AARP Foundation wants you to have the information you need to apply for low- and no-cost programs, including public benefits that can help older Americans:

• save money on prescription drugs; pay doctors' bills; reduce property taxes; and cover other basic living costs.

This fact sheet describes the programs in your state, helps you decide which are right for you, and tells you how to sign up. Income guidelines, eligibility requirements, and telephone numbers are subject to change. You can also go to the Benefits QuickLINK website ([www.aarp.org/quicklink](http://www.aarp.org/quicklink)) to find out if you qualify for the benefits listed below or to print out applications for programs in your state.

## **Paying for Health Care and Prescription Drugs**

### ▪ **Medicare**

**Benefit:** Health insurance that helps pay for preventive care, doctor visits, hospital stays

and prescription drugs. **Who can apply:** People who are 65 and older, and younger people with disabilities

or kidney failure. **How to apply:** You can find your local Social Security office by calling toll-free at **1-800-772-1213** and telling the operator where you live. You can also log on to [www.socialsecurity.gov](http://www.socialsecurity.gov) and click on

the Medicare section. For information about the Medicare prescription drug coverage, call **1-800-MEDICARE** or log on to

[www.medicare.gov](http://www.medicare.gov). For additional assistance, call the GeorgiaCares Services, also known as

the Georgia State Health Insurance Assistance Program (SHIP), toll-free at **1-800-669-8387** or **404-657-5334** or log

on to the Division of Aging Services website at <http://aging.dhr.georgia.gov> and select "Services," "Elder Rights & Advocacy Programs," and "Georgia Cares."

### ▪ **Medicare Savings Programs**

**Benefit:** Pays for some of the costs of Medicare, including the Part B premium, deductibles, and co-pays. How much you get depends on your income and assets. **Who can apply:** People who get Medicare and earn around \$1,190 per month for one person, or \$1,595

per month for a married couple. **How to apply:** For more information or to apply, contact GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP) toll-free at **1-800-669-8387** or **404-657-5334**. Or, log on to the Division of Aging Services

website at <http://aging.dhr.georgia.gov> and

select "Services," "Elder Rights & Advocacy Programs," and "Georgia Cares."

### ▪ **Medicare Rx Extra Help**

**Benefit:** Pays for the monthly fee and deductible for Medicare prescription drug coverage, and lowers prescription drug

co-payments. **Who can apply:** People who get Medicare and have combined savings, investments, and real estate (other than your house) that are not worth more than \$11,990 if you are single, or \$23,970 if you are married and

living with your spouse, and have a limited income. **How to apply:** Call the Social Security Administration toll-free at **1-800-772-1213** and ask for the Medicare Rx Extra Help application. You can also log on to [www.socialsecurity.gov](http://www.socialsecurity.gov) and click on the Medicare section.

For additional assistance, call the GeorgiaCares Services, also known as the Georgia State Health Insurance Assistance Program (SHIP), toll-free at **1-800-669-8387** or **404-657-5334** or log

on to <http://aging.dhr.georgia.gov> and select "Services," "Elder Rights & Advocacy Programs," and "Georgia Cares."

### ▪ **Georgia Partnership for Caring Foundation**

**Benefit:** Free and reduced cost doctor's visits and prescriptions for eligible clients. **Who can apply:** People who do not have

Medicare, Medicaid, or private insurance and meet income guidelines. **How to apply:** For more information or an application, call toll-free at **1-800-982-4723** or **678-578-2920**. Or, log on to [www.gacares.org](http://www.gacares.org).

### ▪ **Medicaid**

**Benefit:** Provides medical coverage for hospital care, health center and clinical services, doctor care, nurse care, lab and X-ray

services and nursing homes. **Who can apply:** People who are 65 or older, blind, or have disabilities with limited income, few resources, or in some cases, high medical bills. To qualify, you must meet Medicaid income and asset limits. Income limits vary,

depending on the size of your family and where you live. Income limits also vary based on the particular Medicaid program for which you qualify, so contact your state Medicaid office for more information. **How to apply:** For more information or to apply, please visit

your local county Department of Family and Children Services Office. For a complete list of local offices, log on to

<http://dfcs.dhr.georgia.gov> and click on "How do I apply for Medicaid?" or call toll-free at **1-800-869-1150**.

## **Retirement (continued):**

### **Help with Your Home**

#### ▪ **State Property Tax Assistance**

**Benefit:** The state provides numerous tax benefits to individuals who meet limited income and age requirements. **Who can apply:** Homeowners 62 and older who earn \$10,000 or less are eligible for the School Tax Exemption Program. Under the Floating Inflation-Proof Exemption Program, older adults age 62 or older whose family income does not exceed \$30,000 may qualify for an exemption from state and county property taxes equal to the amount by which the assessed value of the homestead exceeds the assessed value for the preceding tax year. For those 65 or older who earn \$10,000 or less, \$4,000 of their property's value is exempt from state and county taxes as well under the Double Homestead Property Tax Exemption Program. The Property Tax Deferral Program provides individuals 62 or older whose income is less than \$15,000 to defer state and county property taxes up to \$50,000 off the assessed value of the home.

**How to apply:** For additional information, call **404-968-0707**. To view additional information about property taxes, visit the Georgia Department of Revenue at [www.etax.dor.ga.gov/IndTax\\_PropTax.aspx](http://www.etax.dor.ga.gov/IndTax_PropTax.aspx).

#### ▪ **Low Income Home Energy Assistance Program**

**Benefit:** Pays heating and cooling bills, and some energy-related home repairs. **Who can apply:** Low-income people with annual incomes less than \$15,315 for one person, or \$20,535 for two people. **How to apply:** For additional information or application assistance call toll-free at **1-800-869-1150** or **404-651-9361**. Or, log on to <http://dfcs.dhr.georgia.gov> and select "Services" and "Energy Assistance."

#### ▪ **Telephone Assistance**

**Benefit:** Helps pay for the cost of basic local telephone services. **Who can apply:** Qualified older adults with low incomes. You are automatically eligible if you are in one of the following programs: Bureau of Indian Affairs (BIA) General Assistance, Federal Housing Assistance/ Section 8 Programs, Food Stamps, Low Income Home Energy Assistance Programs, Medicaid, Supplemental Security Income (SSI), and Tribally Administered Temporary Assistance for Needy Families (TANF). **How to apply:** Call your local phone company and tell the sales department that you want to apply for Link Up or Lifeline. For more information, go to [www.lifelinesupport.org](http://www.lifelinesupport.org), and click on your state.

#### ▪ **Food Stamps**

**Benefit:** An Electronic Benefit Transfer (EBT) card, similar to a debit card, that you can use like cash to pay for food at most grocery stores. **Who can apply:** People with limited income and resources, especially people 60 and over. The program has been revised, so you may now be eligible, even if you did not qualify in the past. Find out today! **How to apply:** Contact the Georgia Department of Human Resources Division of Family and Children Services toll-free at **1-800-869-1150** or **404-651-9361** or visit <http://dfcs.dhr.georgia.gov/portal/site/DHR-DFCS> and select "Services" and "Food Stamps."

#### ▪ **Cash Assistance - Social Security**

**Benefit:** Monthly checks. How much you get depends on how long you have worked, how much money you earned, where you worked, and your age when you began getting benefits. **Who can apply:** Workers who are 62 or older, people with disabilities, or the spouse and children of a deceased or disabled worker who paid into the Social Security program. **How to apply:** You can find your local Social Security office by calling **1-800-772-1213** toll-free and telling the operator where you live. Or, you can log on to [www.socialsecurity.gov](http://www.socialsecurity.gov) and click on the Retirement section. You must make an appointment at your local Social Security office to apply.

#### ▪ **Supplemental Security Income (SSI)**

**Benefit:** Monthly checks. **Who can apply:** People who are 65 and older, are blind, have disabilities and have very low income and assets. **How to apply:** You can find your local Social Security office by calling **1-800-772-1213** toll-free and telling the operator where you live. Or, you can log on to [www.socialsecurity.gov](http://www.socialsecurity.gov) and click on the Disability & SSI section. You must make an appointment at your local Social Security office to apply.

#### ▪ **Eldercare Locator**

Connects older Americans and their caregivers with sources of information on senior services. Call **1-800-677-1116** or log on to [www.eldercare.gov](http://www.eldercare.gov).

#### ▪ **Senior Information Hotline**

For additional information about other programs and resources for older adults in Georgia, call the Georgia Division of Aging Services toll-free at **1-866-552-4464** or **404-657-5258**. Or, log on to <http://aging.dhr.georgia.gov>.

#### ▪ **Legal Help**

You can call the Atlanta Legal Aid Society toll-free at **1-888-257-9519** or **404-657-9915** or log on to [www.atlantalegalaid.org/departments](http://www.atlantalegalaid.org/departments).

**Retirement (continued):**

- **[www.caring.com](http://www.caring.com)**

Caring.com was created to help you care for your aging parents and other loved ones. Our mission is to give you the information and other resources you need to make better decisions, save time, and feel more supported.

There are more than 34 million of you today caring for parents, grandparents, and other aging relatives (see [Facts on Eldercare, Aging, and Caregivers](#)). Most of you, research shows, also work in demanding jobs. Many of you are sandwiched between generations, caring for both your parents and your own children. You have to make complex decisions daily, and you frequently find yourself alone in your role as caregiver. It can be a difficult and overwhelming experience.

***A trusted resource created by caregivers for caregivers***

Caring.com provides the practical information, easy-to-use tools, and personal support you need during this challenging time. Our seasoned [executive team](#), [editors](#), and technical staff have decades of experience producing award-winning health and family publications. But perhaps more important is that nearly all of us have first-hand experience as caregivers. We know well the day-in, day-out concerns of care giving, and we're dedicated to offering you advice from trusted experts in geriatric medicine, legal matters, finances, housing, and family issues, as well as community support from caregivers like you.

- **Also – Refer to Senior Services (below)**

## **Senior Services:**

- **Refer to Retirement**
- **Eldercare.org** - [www.eldercare.org](http://www.eldercare.org) - Eldercare Locator, a public service of the U.S. Administration on Aging. The Eldercare Locator is the first step to finding resources for older adults in any U.S. community. Just one phone call or Web site visit instantly connects you to eldercare resources in your community.  
  
You can find local information resources by calling toll-free 1-800-677-1116 or visiting the [Resources](#) section of [Eldercare.gov](http://Eldercare.gov) to learn about additional federal and national information sources.
- **Adult Day Care** - 866-55-AGING ( 866-552-4464)
- **Contact your local county government and ask about “senior services”**

There are also some good articles on both Captiva and the GDC Public Website under “Employee Support>Family Issues (Children, Elderly Parents)

- [Articles from the Eldercare Resource Center](#)
- [Assistance with Child Support Collection and Enforcement](#)
- [Caregiver Self-Assessment Questionnaire](#)
- [First Care for Yourself](#)
- [Information for Caregivers to Elderly or Ill Relatives](#)

- **Benefits Checkup -- <https://www.benefitscheckup.org>**

Developed and maintained by The [National Council on Aging](#) (NCOA), BenefitsCheckUp is the nation's most comprehensive Web-based service to screen for benefits programs for seniors with limited income and resources.

### **About BenefitsCheckUp**

Many older people need help paying for prescription drugs, health care, utilities and other basic needs. Ironically, millions of older Americans — especially those with limited incomes — are eligible for but not receiving benefits from existing federal, state and local programs. Ranging from heating and energy assistance to prescription savings programs to income supplements, there are many public programs available to seniors in need if they only knew about them and how to apply for them.

BenefitsCheckUp includes more than 1,800 public and private benefits programs from all 50 states and the District of Columbia, such as:

- Prescription drugs
- Nutrition (including Supplemental Nutrition Assistance (SNAP)/Food Stamps)
- Energy assistance
- Financial
- Legal
- Health care
- Social Security
- Housing
- In-home services
- Tax relief
- Transportation
- Educational assistance
- Employment
- Volunteer services

Since 2001, millions of people have used BenefitsCheckUp to find benefits programs that help them pay for prescription drugs, health care, rent, utilities, and other needs. For more information on BenefitsCheckUp, contact us at [comments@benefitscheckup.org](mailto:comments@benefitscheckup.org).

### **Senior Services (continued):**

- **Local Area Agencies on Aging** - [www.aging.dhr.georgia.gov](http://www.aging.dhr.georgia.gov) - The Division of Aging Services (DAS) coordinates with 12 AAAs identified by geographical boundaries. All community-based services for older Georgians are coordinated through these agencies. AAAs are effective advocates for the needs of Georgia's aging population.

#### Adult Protective Services

Provides a mechanism to report abuse, neglect or exploitation of disabled adults or elder persons who are not residents of nursing homes or personal care homes.

#### Aging and Disability Resource Connection

The Aging & Disability Resource Connection (ADRC) streamlines access to long-term care by serving as a one-stop-shop for consumers' aging and disability-related information, counseling, referral, and planning needs.

#### Caregiving

Provides programs which include adult day care, respite and other support services to assist individuals in the care of their loved ones.

#### Community Care Services Program

Provides home and community-based Medicaid services to nursing home-eligible consumers to help them remain in their homes.

#### Elder Rights & Advocacy Programs

Programs include legal services, elder abuse prevention programs and health insurance counseling.

#### **GeorgiaCares**

Georgia Cares, Georgia's State Health Insurance Assistance Program (SHIP), helps consumers understand Medicare issues and products, select Medicare prescription plans, file Medicare fraud reports, and analyze long-term care insurance policies.

#### Home & Community Based Services Program

Provides 47 individual and group services to help older Georgians remain in their homes. For non-Medicaid-eligible Georgians.

#### Long-Term Care Ombudsman Program

Improves the quality of life of residents in nursing and personal care homes by acting as an independent advocate.

#### Senior Community Service Employee Program

Senior Community Service Employment Program provides part-time community service work & training for Georgia's unemployed low-income seniors age 55 & older & helps them obtain paid employment.

### **Available services in your community may include:**

#### **Nutrition and Wellness**

- ◆ Congregate (group) Meals at Senior Centers
- ◆ Home-Delivered Meals
- ◆ Nutrition and Wellness Education
- ◆ Counseling
- ◆ Health Promotion and Disease Prevention
- ◆ Physical Fitness Classes
- ◆ Senior Recreation

#### **In-Home Services**

- ◆ Emergency Response Services
- ◆ Respite Care  
(services that offer a brief period of rest for family caregivers)
- ◆ Friendly Visiting  
(home visits to reduce isolation)
- ◆ Telephone Reassurance  
(regular phone calls to reduce isolation and check on an elder's safety)
- ◆ Homemaker Services (light housekeeping, meal preparation, etc.)
- ◆ Chore Services
- ◆ Personal Care Assistance  
(stand-by prompting or hands-on help with bathing, dressing, and similar activities of daily living)

### **Senior Services (continued):**

- **Local Area Agencies on Aging** - [www.aging.dhr.georgia.gov](http://www.aging.dhr.georgia.gov) - The Division of Aging Services (DAS) coordinates with 12 AAAs identified by geographical boundaries. All community-based services for older Georgians are coordinated through these agencies. AAAs are effective advocates for the needs of Georgia's aging population.

### **Caregiver Programs**

- ◆ Respite
  - ◆ Education and Support Groups
  - ◆ Adult Day Services  
(daytime care and meals in a supervised group community setting)
  - ◆ Mobile Day Care ([Click here.](#))

### **Kinship Care Programs**

(Grandparents and Other Relatives Raising Children)

- ◆ Education and Support
- ◆ Case Management
- ◆ Counseling
- ◆ Respite  
(services to provide a brief period of relief for caregivers, exs: summer camps and child care)
- ◆ Special Services  
(Exs: Legal Assistance, Tutoring, Respite, etc.)

### **Other Services**

- ◆ Home Modification and Repair
  - ◆ Home Management Training  
(training in self-help and self-care skills, training in daily living skills)
  - ◆ Material Aid  
(Limited Availability: payments to or on behalf of an elder for housing/shelter, transportation, utilities, food, etc.)
  - ◆ Mental Health Counseling
  - ◆ Community and Public Education
  - ◆ Home Sharing
  - ◆ Transportation

### **Caregiver to elderly or ill relative –**

- **Organizations that support caregivers:**
  - Family Caregiver Alliance, National Center on Caregiving – [www.caregiver.org/caregiver/jsp/home.jsp](http://www.caregiver.org/caregiver/jsp/home.jsp) 800-445-8106
  - The National Alliance for Caregiving [www.caregiving.org](http://www.caregiving.org) 301-718-8444
  - National Family Caregivers Association [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org) 800-896-3650
  - Share the Caregiving [www.sharethecare.org](http://www.sharethecare.org) Learn how to set up your own caregiving network 646-467-8097
  - Article – Caring for the Caregiver [www.aarpmagazine.org/family/caregiving/caring\\_for\\_the\\_caregiver.html](http://www.aarpmagazine.org/family/caregiving/caring_for_the_caregiver.html)
- Medicaid – applications - –[ (contact local DFCS office (to locate office visit [www.dfcs.dhr.georgia.gov/locations](http://www.dfcs.dhr.georgia.gov/locations) or call 404-651-9361)]

**Stress:**

- **EAP Consultants, Inc.** – 1-800-869-0276 (As a GDC employee, you are entitled to some free counseling sessions) – you do not need a referral – you can contact them directly.
- **Community Service Boards (CSBs)** - provide a variety of services in the areas of mental health, addictive diseases and developmental disabilities. Services provided vary between the various community service boards, so please call for more specific information about the particular location closest to you. Payment is based on need and they will charge based on a sliding scale. Many of the CSBs will even work out a payment plan if needed. You can find the CSB closest to you by looking on either Captiva>Executive Operations>Human Resources>Employee Menu>Employee Support>Overall Directories>Locating Counseling Assistance in Your Area or the GDC public website at [www.dcor.state.ga.us](http://www.dcor.state.ga.us) then, For Corrections Staff>Employee Support> Overall Directories>Locating Counseling Assistance in Your Area
- **Georgia Crisis and Access Line** - 1–800-715-4225 (24/7 speak to a live person) or [www.mygcal.com](http://www.mygcal.com)
- **American Institute of Stress** – [www.stress.org](http://www.stress.org) then select “job stress”
- **Center for Disease Control and Prevention** – National Institute for Occupational Safety and Health – [www.cdc.gov/niosh/topics/stress/](http://www.cdc.gov/niosh/topics/stress/)
- **Medline Plus** (service of U.S. National Library of Medicine) – [www.nlm.nih.gov/medlineplus/stress.html](http://www.nlm.nih.gov/medlineplus/stress.html)

## **Substance Abuse:**

- **EAP Consultants, Inc.** – 1-800-869-0276 (As a GDC employee, you are entitled to some free counseling sessions) – you do not need a referral – you can contact them directly.
- **Community Service Boards (CSBs)** - provide a variety of services in the areas of mental health, addictive diseases and developmental disabilities. Services provided vary between the various community service boards, so please call for more specific information about the particular location closest to you. Payment is based on need and they will charge based on a sliding scale. Many of the CSBs will even work out a payment plan if needed. You can find the CSB closest to you by looking on either Captiva>Executive Operations>Human Resources>Employee Menu>Employee Support>Overall Directories>Locating Counseling Assistance in Your Area or the GDC public website at [www.dcor.state.ga.us](http://www.dcor.state.ga.us) then, For Corrections Staff>Employee Support> Overall Directories>Locating Counseling Assistance in Your Area
- **Georgia Crisis and Access Line** - 1-800-715-4225 (24/7 speak to a live person) or [www.mygcal.com](http://www.mygcal.com)
- **United States Substance Abuse and Mental Health Services Administration** – [www.samhsa.gov](http://www.samhsa.gov) or call 1-800-662-4357 (24 hour help line to help you find treatment services near you)
- **National Institutes of Health** – National Institute on Drug Abuse – [www.nida.nih.gov](http://www.nida.nih.gov)
- **Alcoholics Anonymous** – [www.aa.org](http://www.aa.org) – 1-212-870-3400
- **Narcotics Anonymous** – [www.na.org](http://www.na.org) – 1-818-773-9999

## **Suicide Prevention/Support Groups for Survivors:**

- **National Suicide Prevention Lifeline** - 1-800-273-8255 or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- **Georgia Crisis and Access Line** - 1-800-715-4225 (24/7 speak to a live person) or [www.mygcal.com](http://www.mygcal.com)
- **American Association of Suicidology (AAS)** -<http://www.suicidology.org>  
AAS is a membership organization for all those involved in suicide prevention and intervention, or touched by suicide. AAS is a leader in the advancement of scientific and programmatic efforts in suicide prevention through research, education and training, the development of standards and resources, and survivor support services.

American Association of Suicidology  
5221 Wisconsin Avenue, NW  
Washington, DC 20015  
Phone: (202) 237-2280  
Fax: (202) 237-2282  
Email: [info@suicidology.org](mailto:info@suicidology.org)

- **Suicide Awareness Voices of Education** – [www.save.org](http://www.save.org)

SAVE was one of the nation's first organizations dedicated to the prevention of suicide and was a co-founding member of the National Council for Suicide Prevention. Our history and growth from an all-volunteer, small grassroots group of passionate survivors led us to what is one of today's leading national not-for-profit organizations with staff dedicated to prevent suicide. This site, along with our work, is based on the foundation and belief that suicide should no longer be considered a hidden or taboo topic, and that through raising awareness and educating the public, we can SAVE lives.

- **Befrienders International** - <http://www.befrienders.org/helplines/helplines.asp?c2=USA>  
More about befriending centers
- The main aim of the centers is to give emotional support to people when they are suicidal. The centers also alleviate misery, loneliness, despair and depression by listening to anyone who feels they have nowhere else to turn.
- The people who run the centers - befrienders - are volunteers who have all been specially trained. The work is non-political and non-religious, and volunteers do not try to impose their convictions on anyone. They simply listen.
- The fact that someone has been in contact with a center - whether by telephone, letter, email or in a face-to-face meeting - is strictly confidential. So too is everything that the person tells a befriender. Some callers prefer to remain anonymous - and that's fine.
- Article – “When Someone Talks to You About Suicide”  
[www.hopkinshospital.org/health\\_info/Mental\\_Health/Reading/suicide.html](http://www.hopkinshospital.org/health_info/Mental_Health/Reading/suicide.html)

### **Troubled teen:**

- **EAP Consultants, Inc.** – 1-800-869-0276 (As a GDC employee, you are entitled to some free counseling sessions) – you do not need a referral – you can contact them directly.
- **Community Service Boards (CSBs)** - provide a variety of services in the areas of mental health, addictive diseases and developmental disabilities. Services provided vary between the various community service boards, so please call for more specific information about the particular location closest to you. Payment is based on need and they will charge based on a sliding scale. Many of the CSBs will even work out a payment plan if needed. You can find the CSB closest to you by looking on either Captiva>Executive Operations>Human Resources>Employee Menu>Employee Support>Overall Directories>Locating Counseling Assistance in Your Area or the GDC public website at [www.dcor.state.ga.us](http://www.dcor.state.ga.us) then, For Corrections Staff>Employee Support> Overall Directories>Locating Counseling Assistance in Your Area
- **Georgia Crisis and Access Line** - 1–800-715-4225 (24/7 speak to a live person) or [www.mygcal.com](http://www.mygcal.com)
- **Youth Challenge Academy** <http://www.ngycp.org>

(schooling, mental counseling, military option with graduating from their program). Maybe it would be an option to get away from everything and have time to think about his life in the future. They do take children with juvenile court cases and will make sure that they make it to their court hearings if they have them while they are in their program. The program is 5 1/2 months long at either Fort Stewart (Hinesville) or Fort Gordon (Augusta). It carries the basic of getting your GED and basic training for the military although the student has the option of not joining the military or joining already ranked. They also offer Scholarships at colleges when you take the SAT through them. I recommend it to alot of parents who are having difficulty with their children in school. I have a family member who completed it and loved it. It changed him alot.

<http://www.ngycp.org/site/state/gafs/> Fort Stewart Location

<http://www.ngycp.org/site/state/gafg/> Fort Gordon Location – located near Augusta

The program is state and federally funded. There are no tuition or application fees. You are responsible for the TABE test fees and for providing the required list items on the packing list issued at orientation . You are responsible for graduation fees (usually \$100).

#### **What class will my child be able to enter?**

Applications are accepted and processed for the next available class. Classes are scheduled as follows: 2nd week of January, 3rd week of March, 2nd week of July, and 3rd week of September.

- 
- **Check with the local DFCS and Juvenile Court for camp and program referral**
  - **Teen Challenge** – [http://www.teenchallenge.cc/tcise\\_programs\\_mens.htm](http://www.teenchallenge.cc/tcise_programs_mens.htm)

---

Men 18 and over - Are you looking for an answer to your or a family members drug addiction? Is alcohol abuse becoming chronic? Have these and other life-controlling problems been spinning out of control. Teen Challenge offers a place. A haven of hope for adult men. For guys eighteen and older the program is both intensive and dynamic.

---

Prayer Mountain campus for Teen Challenge  
Greg Keylon, Director  
(p) 770-567-8180  
[tcprayermountain@bellsouth.net](mailto:tcprayermountain@bellsouth.net)

## **Troubled teen (continued)**

- **Second Nature Wilderness Programs**

<http://www.snwp.com/index.asp>

Welcome to Second Nature - the industry's most sophisticated wilderness therapy treatment program. At Second Nature we provide insight, direction and hope to troubled teens and their families. As the therapists and other staff members help your teen (11-14 years old) discover the reasons behind his/her actions, your teen becomes a student of self. She/he can then make healthy choices concerning the future.

- **Roosevelt Wilderness Camp Outdoor Therapeutic Program - Warm Springs Georgia** - Phone: (706) 655-5900

- **Project Destiny - Newbirth Missionary Baptist Church** - 678-824-1054

- **Shepherd's Hill Farms**

<http://www.shepherdhillfarm.org/about.html>

Shepherd's Hill Farm • (706) 779-5766 • Fax (706) 779-5736 • 2200 Price Road, Martin, GA 30557

Shepherd's Hill Farm (SHF) is an outdoor residential therapeutic program and accredited school designed to equip at-risk and troubled youth struggling with behavioral issues with the tools necessary to become more productive members at home, school, and in the community. Our 80-acre facility lends itself to an atmosphere conducive for learning and growing spiritually, mentally, emotionally, and physically.

- **Georgia Baptist Children Homes** [www.gbchfm.org](http://www.gbchfm.org)

For more than 137 years, Georgia Baptist Children's Home has been the loving hand that reaches out to these hurting children. Our programs have changed over the years to serve the needs of children in our care, but our mission has not. **We continue to be a Christian ministry of services designed to promote the spiritual, physical, and emotional well-being of children, youth and families.** We have a wide variety of services used to meet the needs of many different children. Our goal is to provide every child in our care a loving home through these ministries:

**Campus Residential Programs:** These ministries provide residential care for troubled children, youth, and families. Christ-centered programs on three campuses, located in Baxley, Meansville, and Palmetto, work together to meet the basic physical needs of our children, as well as assist them in personal development and spiritual growth.

**Group Home Residential Care:** Available in communities across the state, these group homes have the capacity to serve five to eight children. We have group homes located in Brooks, Carrollton, Demorest, Ellijay, and Newnan.

**Maternity Care:** Our maternity program includes a facility on the Palmetto campus providing a safe place for pregnant young women and guidance for unwed mothers and their child.

**Emergency Shelters:** Our emergency shelters are licensed to take in a child 24 hours a day, 7 days a week. That means that there is a social worker always available to help a child during this very difficult time and there is always a place for the child to go.

**Specialty Residential Care:** This program evaluates the physical, mental, psychological, emotional, and spiritual needs of a child and serves children with higher emotional needs, including children who have been victimized, on a long-term basis.

**Georgia Baptist Children Homes** [www.gbchfm.org](http://www.gbchfm.org)

**Camp Hawkins:** This summer camping program is designed to meet the needs of children with developmental disabilities. This ministry has expanded to include a weekend respite care program called "Matthew's Time" for children with more severe disabilities.

**Community Child and Adolescent Services:** We offer a full range of coordinated mental health and community support services including individual counseling, family counseling, psychiatric services, nursing services and pharmacological services.

---

**GIRLS ONLY** - This is a link to the Methodist Children's Home. Not sure if it will help or not. They only take girls.

<http://www.themethodisthome.org/macon.htm>

---

**Project HIP** – It's a collaboration between the Atlanta Transitional Center, Clayton County Sheriff's Office's Correctional Emergency Response Team and the Juvenile Court. This program gives youth a true picture of prison and gang life as told by young adults who made serious mistakes in their teen years. The target audience is pre-teens and teenagers in danger of entering the court system for their behavior. For more information, contact Clayton County's Juvenile Court – 770-477-3270

**Youth Recovery Community Center** (478-274-0511), Dublin, GA If you need a live-in organization, they can advise you further.

## Veteran Information and Resources

- **United States Department of Veterans Affairs** – [www.va.gov](http://www.va.gov)
  - Overall benefits – 1-800-827-1000 - Health care benefits – 1-877-222-8387
  - Crisis counseling/suicide prevention – 1-800-273-8255 or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- **Great website for those in Operation Enduring Freedom and Operation Iraqi Freedom** - [www.oefoif.va.gov](http://www.oefoif.va.gov)  
1-866-606-8216
  - Subjects listed include:
    - What can VA do for me?
    - How do I get help?
    - Welcome Home and Outreach
    - Family Support
    - Guard and Reserve
- Typically, veterans eligibility for benefits depend on:
  - Type of discharge
  - Length of service (enlisted – started before 9/8/1980; officer – started before 10/17/81 = there is no length of service required) Otherwise, 24 months of continuous service is required (with a few exceptions)
  - Income level
- Services that can be offered:
  - Readjustment counseling
  - Substance abuse
  - Employment counseling
  - Marital and family counseling
  - Bereavement counseling
  - And many more

**U.S. Department of Veterans Affairs - Federal Benefits for Veterans, Dependents and Survivors - Phone Numbers and Web Sites** - [http://www1.va.gov/opa/publications/benefits\\_book/benefits\\_contacts.asp](http://www1.va.gov/opa/publications/benefits_book/benefits_contacts.asp)

**Resources for New Veterans** - [http://www.nvf.org/pages/what\\_resources](http://www.nvf.org/pages/what_resources)

Education - complete the Application for VA Education Benefits (VA Form 22-1990), this form is available at your school or you can download a .pdf at [http://www.nvf.org/pages/what\\_resources](http://www.nvf.org/pages/what_resources)

Have any supporting documentation you think is necessary to include:

- copies of your Member 4 DD214 form
- proof of any payments to the GI Bill
- call-up orders
- college fund contracts
- LES's
- anything else you think is important

**Home Loans** – [www.homeloans.va.gov](http://www.homeloans.va.gov)

The VA Home Loan Program is a benefit for eligible veterans, active duty personnel, Reserve members and National Guard personnel to assist them with purchasing and retaining a home.

There are three distinct areas of the VA Home Loan Program:

Loan Production – deals with eligibility, origination, processing, underwriting, closing, guaranty and post guaranty issues as well as providing Native American Veterans living on trust lands with VA direct home loans.

Phone Number: (602) 627-3048 (602) 627-3048

Construction and Valuation – responsible for overseeing the appraisal of property to be pledged as security for guaranteed or direct loans, as well as processing Specially Adapted Housing grants for eligible veterans.

Phone Number: (602) 627-3050 (602) 627-3050

Loan Administration – responsible for all issues involving existing VA home loans and can act as a liaison between a borrower and a mortgage company when a borrower experiences financial difficulties.

Phone Number: (602) 627-3080 (602) 627-3080

**Veteran information and resources (continued):**

**Compensation and Pension**

Disability Compensation is a tax-free benefit paid to a veteran for disabilities that are a result of or made worse by injuries or diseases that happened while on active duty, active duty for training, or certain inactive duty training. Disability compensation is also paid to certain veterans disabled from VA health care.

Pension is a benefit paid to wartime veterans who have limited or no income, and who are age 65 or older, or, if under 65, who are permanently and totally disabled. Veterans who are more seriously disabled may qualify for Aid and Attendance or Housebound benefits. These are benefits that are paid in addition to the basic pension rate.

**Survivors' Benefits**

Dependency Indemnity Compensation (DIC) is a monthly benefit paid to eligible survivors of certain veterans. A survivor eligible for DIC may also be qualified for the Aid and Attendance or Housebound supplement. These supplements are paid in addition to the base payment, and provide a small additional income for persons who either needs assistance with everyday living tasks or are substantially confined to their home.

Death Pension is for the survivors of deceased wartime veterans. The pension is intended to provide a guaranteed minimum income for the unremarried spouse and/or children who qualify. For example: If the spouse had a countable income of \$6000 per year with no deductible medical expenses and 1 dependent child, in 2008 the VA would have provided \$9,815 - \$6000, or \$3,815 paid in 12 equal monthly payments.

**Life Insurance**

VA life insurance programs were developed to provide insurance benefits for veterans and service members who may not be able to get insurance from private companies. There are different options available.

Most forms can be found and filled out on-line at the Department of Veterans Affairs - Veterans on-line Application website.



**GEORGIA DEPARTMENT OF  
VETERANS SERVICE**

[www.sdvs.georgia.gov](http://www.sdvs.georgia.gov) or 404-656-2300

**Benefits for Georgia Veterans**

(refer to website or call for more detailed information)

**Possible Exemptions From Taxation**

- A. Homestead Tax
- B. Sales Tax on Vehicles
- C. Ad Valorem Tax on Vehicles
- D. State Income Tax

**Other possible benefits:**

- A. Hunting and Fishing Licenses
- B. Veterans Drivers' Licenses
- C. Honorary Driver's License
- D. Medal of Honor Tags
- E. DV Tags (Automobile/Motorcycle)
- F. POW Tags
- G. Purple Heart Tags
- H. DV Tags: Disabled veteran tags
- I. Pearl Harbor Tags
- J. ID Cards
- K. Reduced State Park and Historical Site Fees for Disabled Veterans
- L. Veterans License Plates

**Special Provisions:**

- A. Handicapped Parking
- B. Motor Fuel Service to Handicapped
- C. Abatement of State Income Taxes
- D. Employment Preference
- E. Guardianship
- F. War Veterans Home
- G. State Veterans Memorial Cemeteries
- H. Vital Statistics
- I. Service Records

- Where to go for Assistance: All Georgia veterans and their dependents are urged to visit the nearest office of the Georgia Department of Veterans Service for complete information on benefits for which they may be eligible as well as professional assistance in obtaining them.

## Veteran information and resources (continued):

- **National Center for Post Traumatic Stress Disorder (PTSD)** – [www.ptsd.va.gov](http://www.ptsd.va.gov)
- **Realifelines Advisor (Department of Labor)** – [www.dol.gov/elaws/vets/realifelines/menu.htm](http://www.dol.gov/elaws/vets/realifelines/menu.htm)
- **Fallen Heroes Family Foundation** - Possible resource for staff/family who have had loved ones killed/injured in the military. The Fallen Heroes Family Foundation is a 501(3)(c) support system founded by a Pike County lady who lost her son in Afganastan.Wesite : [www.fallenheroes-familyfoundation.org](http://www.fallenheroes-familyfoundation.org).
- **American Red Cross** - [www.redcross.org](http://www.redcross.org) – 1-800-733-2767

### **Assistance to Veterans - Financial Assistance**

The American Red Cross works under partnership agreements with the Air Force Aid Society, Army Emergency Relief, Coast Guard Mutual Assistance, and Navy-Marine Corps Relief Society to provide quality, reliable financial assistance to eligible applicants 24/7/365. Types of assistance include financial assistance for emergency travel, burial of a loved one, assistance to avoid privation, etc.

In FY 08, the Red Cross, in partnership with the military aid societies, facilitated access to more than \$5.8 million in financial aid to more than 5,000 service members, their military dependents, retired military personnel and widows of retired military personnel.

### **Service for Veterans**

For information and assistance, veterans and their families should contact their local Red Cross chapters, which are listed in local telephone books and can be found at Your Local Red Cross.

### **Veterans Affairs Volunteer Services**

Red Cross volunteer services to U.S. veterans date back to World War I and are consistent with the mission of its congressional charter. Today, the Red Cross is proud to maintain its commitment to the sick and disabled men and women who have served in the U.S. Armed Forces.

### **Your Opportunity to Serve—and Say “Thanks” – How You Can Help**

Volunteers from Red Cross chapters and Red Cross offices on military installations serve in 153 VA hospitals around the nation. It is their way of saying thank-you to that special group of men and women who answered their country’s call and who are now cared for each day in VA medical centers. The opportunities for volunteers to meet the great needs in these centers include:

- Transporting patients to and from treatment sessions
- Working in libraries, bringing magazines, books, and comfort items to patients
- Providing companionship and personal services to patients
- Working in hospital offices, laboratories and at information desks
- Raising funds to support veterans’ activities and material needs
- \* Participating in outreach opportunities in community-based outpatient clinics, nursing homes and home visitations

Both youth and adults can volunteer on a regularly scheduled basis or on an occasional basis working on special projects. Youth volunteers are especially welcome and are offered the same opportunities as adults. Regardless of how one serves, being able to reach out to these men and women has special rewards.

### **Veterans Claims for Benefits**

The Red Cross provides assistance and information in preparing, developing, and obtaining sufficient evidence to support applicants’ claims for veterans’ benefits and also assists claimants who seek to appeal to the Board of Veterans’ Appeals (BVA). Red Cross staff at the BVA and a network of State Work-Share Representatives who are accredited by the Department of Veterans Affairs work on behalf of the Red Cross to assist claimants.

### **Hooah for Health – [www.hooah4health.com](http://www.hooah4health.com)**

Hooah and welcome to the U.S. Army health promotion and wellness web site. Unlike other health-related web sites, this one is specifically targeted for the Reserve Components. Citizen Soldiers juggle many different balls every day...but they cannot afford to drop the one ball that allows them to live a healthier, less stressful life. Hooah 4 Health is a health promotion partnership that allows individuals to assume the responsibility to explore options and take charge of their health and [well being](#).

- **Veteran-to-Veteran Peer Counseling**  
1-877-VET2VET
- **Nat'l Veterans Foundation Help Line**  
1-888-777-4443 (M-F 9-9 Pacific)
- **VA Suicide Hotline**  
1-800-273-TALK (8255)

## Veteran information and resources (continued):

- **Army Reserve Warrior and Family Assistance Center** – 1-866-436-6290 (toll free, 24 hours a day)

Who do we help? We help all members of the Army Reserve Community deal with the challenges we face every day. When you call on us for help, we become partners with you in finding solutions. Our Partners are:

- All Army Reserve Soldiers, whether they drill in a unit, are assigned as Active Guard and Reserve or Individual Mobilization Augmentees, or belong to the Individual Ready Reserve.
- Veterans who served with the Army Reserve.
- Retirees from the Army Reserve.
- The Families of all these Army Reserve Soldiers, past and present

Maybe you have a question about how the military is supposed to work and don't know who to call for an answer? Maybe a situation related to your military service is causing a difficulty for you or your Family? The Warrior and Family Assistance Center is here to help you. The kinds of issues we can help you with include: Medical Care, Military and VA Benefits, Personnel Actions, Financial Difficulties, Individual and Family Counseling  
Call us whenever you have a question about something that is important to you as a member of the Army Reserve Community.

Someone is available on our toll-free phone line **1-866-436-6290** 24 hours a day.

You can also contact us via email at [ar-wfac@usar.army.mil](mailto:ar-wfac@usar.army.mil).



- **Operation: Military Kids** <http://www.operationmilitarykids.org/public/home.aspx> is the U.S. Army's collaborative effort with America's communities to support the children and youth impacted by deployment. This initiative was officially launched in April 2005. Since its inception OMK has touched **88,000 military youth** and provided information to **21,009 community members** across the United States.
- **Operation Homefront** - [www.operationhomefront.net](http://www.operationhomefront.net)  
Operation Homefront provides emergency assistance and morale to our troops, to the families they leave behind, and to wounded warriors when they return home.
  - Gown Offer - Operation Homefront Georgia is proud to announce a partnership with Alfred Angelo, one of the world's premier gown designers. Alfred Angelo graciously donated over 300 beautiful bridal gowns for gifting to military brides to be. If you are interested or know someone who is, please send us an email or faxed one page essay on why a donation of a beautiful gown would make your dream day complete. Email us at [georgia@operationhomefront.net](mailto:georgia@operationhomefront.net) or fax to 1-866-412-0774.

Recipients agree to wear the gown they've selected and not transfer ownership either by sale, donation or gift for six months after receipt. Gowns vary in size, color and style. For a complete list of gowns available, please call our office at 1-800-390-2115 and request the dress packet.

### ▪ **Army Emergency Relief**

(866) 878-6378

[www.aerhq.org](http://www.aerhq.org)

Army Emergency Relief offers financial counseling and assistance via grants and loans for emergency housing, food, medical assistance and other essentials. It is usually handled via the local or base Army Emergency Relief officer. They also offer scholarship programs. Army Emergency Relief - is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff - AER's sole mission is to help soldiers and their dependents. AER is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of Its Own". AER provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of soldiers. AER funds are made available to commanders having AER Sections to provide emergency financial assistance to soldiers - active & retired - and their dependents when there is a valid need. AER funds made available to commanders are not limited and are constrained only by the requirement of valid need. For these reasons, the AER assistance program is conducted within the Army structure by major commanders and their installation/organization commanders through AER sections and other related organizations.

## **U.S. Army Medical Department – Army Behavioral Health** - [www.behavioralhealth.army.mil](http://www.behavioralhealth.army.mil)

Resources and information regarding mental well-being for soldiers and their family members. Provided by the U.S. Army Medical Department. Intended for interested soldiers, family members and the public. When our Soldiers return home, most will experience a brief readjustment period and a successful home transition. Some will need short or long-term counseling to assist in their transition. Explore this Web site especially for Soldiers, Families, and friends. Learn how to adjust, cope, get ready to deploy, transition to return home, and other information and sources.

## **Veteran information and resources (continued):**

- **Military One Source** – [www.militaryonesource.com](http://www.militaryonesource.com)

Education, relocation, parenting, stress - you name it - Military OneSource is here to help you with just about any need. Available by phone or online, our free service is provided by the Department of Defense for active-duty, Guard, and Reserve service members and their families. The service is completely private and confidential, with few exceptions.

- **Give An Hour** - [www.giveanhour.org](http://www.giveanhour.org)

Give an Hour™ is a nonprofit 501(c)(3), founded in September 2005 by Dr. Barbara Van Dahlen, a psychologist in the Washington, D.C., area. The organization's mission is to develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society.

Currently, GAH is dedicated to meeting the mental health needs of the troops and families affected by the ongoing conflicts in Iraq and Afghanistan. We provide counseling to individuals, couples and families, and children and adolescents. We offer treatment for anxiety, depression, substance abuse, post-traumatic stress disorder, traumatic brain injuries, sexual health and intimacy concerns, and loss and grieving. . We understand that individuals who have served in Iraq and Afghanistan--and their families--may need help dealing with the effects of wartime service. We want to help you heal and offer a variety of mental health services to address your needs. We are a nonprofit organization providing free mental health services to U.S. military personnel and families affected by the current conflicts in Iraq and Afghanistan. We are offering a range of mental health services in order to address a variety of needs for those of you seeking services. We are also providing links to a variety of resources for military families, including articles that discuss the kinds of difficulties military families encounter and services available from national, state, and local organizations.

- **Military Pathways** – [www.militarymentalhealth.org](http://www.militarymentalhealth.org)

To help those who may be struggling, the Department of Defense teamed up with the nonprofit organization, Screening for Mental Health®, to launch Military Pathways™ (formerly the Mental Health Self-Assessment Program®). The program is available online, over the phone, and at special events held at installations worldwide. It provides free, anonymous mental health and alcohol self-assessments for family members and service personnel in all branches including the National Guard and Reserve. The self-assessments are a series of questions that, when linked together, help create a picture of how an individual is feeling and whether they could benefit from talking to a health professional.

The primary goals of the program are to reduce stigma, raise awareness about mental health, and connect those in need to available resources. The self-assessments address depression, posttraumatic stress disorder (PTSD), generalized anxiety disorder, alcohol use and bipolar disorder. After an individual completes a self-assessment, s/he is provided with referral information including services provided through the Department of Defense and Veterans Affairs.

- **Suicide Hotlines**

1-888-649-1366  
1-800-SUICIDE  
1-800-784-2433

- **Suicide Help Online**

<http://www.hopeline.com>  
<http://www.spanusa.org>

- **Veterans of the Vietnam War**

1-800-843-8626

- **VA Office of the Inspector General**

Report Suspected Wrongdoing in VA Programs and Operations Call the OIG Hotline – (800) 488-8244

## **Veteran information and resources (continued):**

- **Veterans' Heart** – <http://www.veteransheartgeorgia.org>

On Veterans' Day, 2007, a small group of Veterans and therapists gathered around a table and committed to establishing an organization devoted to healing PTSD, the invisible wound of war.

Veteran's Heart Georgia fosters the healing of veterans of all wars by attending to the spiritual and emotional needs of veterans, their families and our communities. We are addressing the effects of war by creating a community-based network of services, resources and education. This network includes: consultation with specially trained counselors and mental health clinicians for veterans and families; workshops and programs for veterans, couples and families, community gatherings and training for professionals; outreach and mentoring by trained, seasoned veterans; community education and involvement.

- <http://www.veteranlove.com> – **Veteran Love and Appreciation Inc.**

Veteran Love and Appreciation Inc., a nonprofit 501(c) (3), exists to provide direct services to our severely wounded and disabled men and women who served in Operation Iraqi Freedom and Operation Enduring Freedom.

- **USA Together** – <https://app01.usatogether.org/>

How it works - USA Together brings together injured service members who need assistance and the people who want to help them.

- [Family Readiness Groups \(FRGs\)](#)

The Army recognizes that helping families is its moral obligation and in its best interest. Family Readiness Groups (FRGs) are an organization of officers, enlisted soldiers, civilians, and family members who volunteer to provide mutual social and emotional support, outreach services, and information to their fellow soldiers and family members in a local area. For information contact your unit, or if you need help in locating family assistance, contact the Army-wide Family Liaison Office or call toll-free 1-800-833-6622.

- **Armed Forces Relief Trust**

[www.afrtrust.org/](http://www.afrtrust.org/)

This is the main Web site for collecting donations for Military relief organizations.

- **Coast Guard Mutual Assistance**

(800) 881-2462

[www.cgmahq.org/](http://www.cgmahq.org/)

The Coast Guard Mutual Assistance program offers financial counseling and assistance via grants and loans for emergency housing, food, medical assistance and other essentials.

- **Navy Marine Corps Relief Society**

<http://www.nmcrs.org/about.html>

Navy Marine Corps Relief Society offers financial counseling and assistance via grants and loans for emergency housing, food, medical assistance and other essentials. Please contact the nearest office for assistance.

- **Employee Support of the Guard and Reserve (ESGR)** – [www.esgr.org](http://www.esgr.org)

ESGR Mission: Gain and maintain active support from all public and private employers for the men and women of the National Guard and Reserve as defined by demonstrated employer commitment to employee military service.

- **Uniformed Services Employment and Reemployment Rights Act (USERRA)** –

[www.dol.gov/elaws/userra.htm](http://www.dol.gov/elaws/userra.htm)

The Uniformed Services Employment and Reemployment Rights Act (USERRA) Advisor helps Veterans understand employee eligibility and job entitlements, employer obligations, benefits and remedies under the Act. The law is intended to encourage non-career uniformed service so that America can enjoy the protection of those services, staffed by qualified people, while maintaining a balance with the needs of private and public employers who also depend on these same individuals.

**Veteran information and resources (continued):**

- **The Association of the United States Army Family Programs Update – [www.ausa.org](http://www.ausa.org) – then select “family programs”**

AUSA's Family Programs Directorate works on behalf of Army families through installation visits, information gathering, supporting family readiness activities and hosting Military Family Forums.

- **Reserve Component Members – [www.tricare.osd.mil/reserve/](http://www.tricare.osd.mil/reserve/)**

When on military duty, RC members are covered for any injury, illness or disease incurred or aggravated in the line of duty, including traveling to and from military duty, under line-of-duty procedures. Medical coverage (direct care at the MTF) is available when the member is activated. When ordered to active duty for more than 30 consecutive days, RC members have comprehensive health care coverage under TRICARE.

- **The Unmet Needs Program – [www.unmetneeds.com/ApplyforAssistance.aspx](http://www.unmetneeds.com/ApplyforAssistance.aspx)**

The Unmet Needs Program is intended to provide funds in the form of grants (not loans) to families of members of the military that have deployed in support of the War on Terrorism. Although the families of Active Duty military are not excluded and may apply, this program and money primarily is intended for the families of deployed Reserve and National Guard where less family support and assistance structure exists.

- **Possible Enhanced Education Benefits**

Many Department of Corrections employees will be eligible for enhanced education benefits and programs on their return from the Iraqi Theater of Operations. The Department of Veterans' Service (DVA) Regional Processing Office in Atlanta has begun processing education claims under the Reserve Educational Assistance Program (REAP), Chapter 1607. Eligible veterans can now submit their applications and supporting documents for Chapter 1607 claims. VA has a large number of pending REAP claims, so please be patient while they work through their current inventory. Veterans with eligibility who has never applied for benefits should start the application process by completing VA Form 22-1990, Application for VA Education Benefits.

Complete as instructions indicate, but with two modifications. Item 1, C. of the referenced form should be modified to read 1607 where it currently reflects 1606. In item 31, Remarks, of this form, an entry should be placed that reads, "This is a Chapter 1607 Education Claim." A copy of the document ordering the claimant to active duty, and indicating the period of active duty, to include a DD Form 214, must be attached. For applicants who have previously used education benefits and are using VA Form 22-1995 to apply, write "This is a Chapter 1607 Claim" at the top of the form. For VA to concentrate on implementing the processing of 1607 claims under REAP, they will need your assistance. Please allow them time to work the cases before contacting the RPO. If you must contact the RPO with a veteran specific REAP question, please use their Internet site at [www.GIBILL.va.gov](http://www.GIBILL.va.gov) to ask your question. For additional information, veterans are encouraged to check with the VA website at: <http://www.va.gov/>. A list of questions and answers concerning Chapter 1607 benefits is attached that may be helpful. You may also call VA toll free number 1-888-GI-BILL-1 (1-888-442-4551) or visit any VA Regional Office. Call the Department of Veterans Service, Education and Training if you have questions. (404)656-2306/2322.

## **Lowe's Expands Support of the Military with Year-Round Discount**

### **10 Percent Discount for Active, Reserve, Retired and Disabled Military Personnel and Immediate Family Members**

MOORESVILLE, N.C., Feb 10, 2010 (BUSINESS WIRE) -- Lowe's Companies, Inc. announced today it will expand its support of the military by offering an all day, every day 10 percent discount to all military personnel who are active, reserve, retired or disabled veterans and their family members, with a valid, government-issued military ID card.

All other military veterans will receive the discount on the Memorial Day, Fourth of July and Veterans Day weekends.

"Lowe's was founded on the heels of World War II by veterans Jim Lowe and Carl Buchan and has always been a supporter of the military," said Larry D. Stone, Lowe's president and chief operating officer. "The year-round discount program is one way we are reaffirming our commitment to the thousands of men and women who are serving throughout the world, as well as their family members at home."

The discount is available on in-stock and Special Order purchases up to \$5,000. Excluded from the discount are sales via [Lowe.com](http://Lowe.com), previous sales, and purchases of services or gift cards.

- Help by County:

Atlanta Community ToolBank  
55 Ormond St SE  
Atlanta, GA 30315-1511

(404) 880-0054 (404) 880-9774? - Fax  
[www.atlanta.toolbank.org](http://www.atlanta.toolbank.org)

The ToolBank is a nonprofit organization, providing actual tools and materials to other nonprofits, charities, and organizations for use in volunteer and service projects throughout Atlanta and beyond  
Provided by the business owner