

**UNITED STATES GOVERNMENT
Programs for Seniors**

1. Find out what you qualify for. BENEFITS CHECK UP at: www.benefitscheckup.org
2. Federal Citizens' Information Center. Saving money, starting a new business and financial tips. 888-878-3256 www.pueblo.gsa.gov
3. Legal Help for Seniors. Senior Legal Hotlines. www.legalhotlines.org
4. Legal Services for Elderly. 800-677-116
5. Legal Services/Legal Aid. www.lsc.gov
6. American Bar Association. www.abanet.org/aging Clink - Find Legal Aid in Your State.
7. LIHEAP 866-674-63227 www.ncat.org/liheap/sp.htm
8. Weatherization Assistance Program. 800-363-3732 www.eere.energy.gov/weatherization
9. Consumer Guide to Home Energy Savings. www.aceee.org
10. SHIP – State Health Insurance Assistance Programs. www.shiptalk.org www.medicare.org 1-800-medicare
11. Local Lions Club 800-747-4448 www.lionsclubs.org
12. Eye Care America 800-222-EYES www.eyecareamerica.org
13. www.knightstemplar.org 773-205-3838
14. Vision USA 800-766-4466
15. Mission Cataract USA 800-343-7265
16. Tax Help – AARP www.aarp.org/taxaide
17. Voluntary Income Tax Assistance 800-829-1040
18. HUD 800-569-4287 www.hud.gov
19. Area Aging Agency 800-677-1116
20. Funeral Consumers Alliance. 800-765-0107 www.funerals.org

21. □ www.funeralservicefoundation.org
22. □ Understanding Social Security Benefits (booklet)
www.socialsecurity.gov/pubs/10024.html
23. □ Yearly mailed social security statement. 1-800-722-1213
www.ssa.gov/mystatement
24. □ Social Security Electronic Newsletter. www.socialsecurity.gov click-eneews.
25. □ Plan Your Retirement. www.ssa.gov/r&ml.htm
26. □ Retirement Benefits and What You Need To Know When You Get Retirement Or Survivors Benefits. (booklets)
www.socialsecurity.gov/pubs/10043.html and [10077.html](http://www.socialsecurity.gov/pubs/10077.html)
27. □ Medicare Explanation. www.socialsecurity.gov/pubs/10043.html also Medicare and you 800-633-4227
28. □ Medicare changes that could affect you.888-687-2277 www.aarp.org
29. □ Social Security Survivors Benefits/
www.socialsecurity.gov/pubs/10084.html
30. □ Social Security Supplemental Security Income (SSI).
www.socialsecurity.gov/pubs/11000.html
31. □ How Work Affects Your Benefits. www.socialsecurity.gov/pubs/10069.html
32. □ Disability Benefits Info. On applying for benefits.
www.socialsecurity.gov/pubs/10029.html
33. □ Working While Disabled. www.socialsecurity.gov/pubs/10095.html
34. □ Social Security, What Every Woman Should Know.
www.socialsecurity.gov/pubs/10127.html
35. □ Applying for Retirement Benefits. 1-800-722-1213 www.socialsecurity.gov
36. □ Home modification for seniors by specially trained individuals. CAPS 800-368-5242 Ext. 8216
37. □ Home modification help. 800-414-1226 www.rurdev.usda.gov/rhs
38. □ Stay in touch with Savvy Seniors at www.savvyseniortv.com