

VAN BUREN COUNTY RESOURCE LIST

MARCH 2019

Please send updates, corrections and additions to sjpico@artelco.com

IF YOU DON'T NEED ASSISTANCE,
CONSIDER MAKING A DONATION TO ONE OF THESE WORTHY PROGRAMS.

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MISCELLANEOUS HELPFUL INFORMATION

DO NOT WAIT – if you know or even think you might have rent, a bill, or any expense that you will not be able to pay DO SOMETHING NOW. Assistance Programs usually take time. DO NOT EXPECT INSTANT HELP. Sign up early for rides, get on the waiting lists, and DO NOT STOP with the first program. Keep looking and applying for alternative help. This is true when looking for help with anything! Better to get a little help from several resources than put all your hope on one resource that cannot give you everything you need. Wishing you the best with your search - Sue

ITEMS YOU MAY NEED WHEN APPLYING

When you have these items with you, it shows you are serious about attaining assistance. You will not waste time going back and forth if you are ready in the first place. Be prepared to fill out an application there and then! Be prepared by keeping these important papers together.

- Birth Certificate(s) for all family members
- Social Security Card(s)
- Valid Photo Drivers License or Valid Photo State ID Card
- Most Recently Dated Medicaid/Medicare Card
- A current Decision Letter from your local Board of Social Services Office Services or Social Security, Food-stamps, stating the amounts you are receiving.
- Should you be disabled, a copy of your most current Med-1 Form from your County Social Services Office or your Social Security Decision Letter stating your disability.
- Proof of any and all of the programs that you are attending.
- Proof of need, whether a utility bill that is due or letter or lease from your landlord.
- Phone numbers and addresses of landlord, utility company, etc.
- Hospital's Charity Care Papers
- Fire Report
- Proof of Income – pay stubs, last year tax statement, (not usually bank statements)
- Anything else you have that will prove who you are and that you have a valid need.

BURN BAN HOTLINE for Van Buren County

501-745-2333

Call to find out if there is a Burn Ban or not in Van Buren County

DIAL 2-1-1 is an easy to remember telephone number that, where available, connects people with important community services and volunteer opportunities. Dial 211 from a land line for referral to United Way resources in your area. Go to <http://www.211arkansas.org/> to use the web site to find assistance. While services that are offered through 2-1-1 vary from community to community, 2-1-1 provides callers with information about and referrals to human services for every day needs and in times of crisis.

DO NOT CALL

888 382 1222

The phone you use will be registered to stop telemarketing calls. Once on the list, file complaint by getting name or phone number of offending company then go to www.donotcall.gov or call the above number.

DRIVING ARKANSAS

<http://www.idrivearkansas.com/> road and traffic conditions for the state of Arkansas

ASSISTANCE PROGRAMS

ARKANSAS ASSISTANCE PROGRAMS.

<https://www.needhelppayingbills.com/> then select Arkansas

Find how to get assistance in Arkansas. Get access to rent assistance, help for paying utilities, health care and medical bills, food, and other financial aid. Go to this website and find the resource list.

BENEFITS CHECK UP

<https://www.benefitscheckup.org>

A free service of the National Council on Aging (NCOA), this is a nonprofit service and advocacy organization in Washington, DC. Quickly find benefit programs that could help you pay for medications, health care, food, and more. Answer a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses. You will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form. This is available to all ages.

BENEFIT FINDER

www.benefits.gov/benefits/benefit-finder

Learn about different benefits programs you may qualify for.

CONWAY AND FAULKNER SALVATION ARMY ASSISTANCE PROGRAMS

501 329 1712

http://www.needhelppayingbills.com/html/conway_salvation_army_assistan.html

The Salvation Army Conway Corps Social Services, 950 Carson Cove; Suite 106, Conway, AR
Whether you need food, financial help, or holiday assistance, the Salvation Army of Conway and Faulkner County Arkansas may have resources for you or they can refer you to places to contact. The centers also can normally advise or support people in neighboring areas, such as Van Buren County or Cleburne County.

VBC DEPT. OF HUMAN SERVICES (DHS)

501 745 4192 <http://humanservices.arkansas.gov>

449 Ingram St., Clinton, AR, 72031

FEDERAL GOVERNMENT GRANTS FOR INDIVIDUALS

www.disability.gov/federal-government-grants-for-individuals/

There are very few federal government grants for individuals, and those that are available are awarded for very specific purposes, such as helping students pay for their college education or funding scientific research and development.

- Grants for Small Business Owners
- Grants for People Affected by Disasters
- Grants for Students

You may also be interested in learning about federal loans that are available to help pay for school or buy a house. Search and determine your eligibility on GovLoans.gov.

LEGAL AID FOR ARKANSAS

If your problem is urgent, or if you would rather apply by phone, call the HelpLine 800 952 9243.

To apply on line go to <http://www.arlegalservices.org/applyonline>

Legal Aid of Arkansas and the Center for Arkansas Legal Services help low-income Arkansans with civil legal issues. Qualifying for help is based on your income and assets. It is also based on the type of legal problem you have.

OPERATION HOPE - The Global Leader for Financial Dignity

866 270 2583

www.operationhope.org They offer a variety of programs and initiatives to provide a way to own a home, set up your own business, etc. You will be assigned an Advisor who will send you information and walk you through the process. This service is FREE.

TRAVELERS AID and COMMUNITY SERVICE (TACS)

- Kyle Blanton (Pee Dee Baptist Church) 501 745 4115
- Craig Golden (Bee Branch Baptist Church) 870 731 4080
- George Odell (Clinton Methodist Church) 501 745 5181

Call one of the Pastors listed for assistance to travelers and VBC residents, funded and administered by the local churches joined in the Ministerial Alliance

CHILDREN

ANGEL TREE in VBC

501 745 6500

Clinton Chamber of Commerce, 290 Main Street, Clinton,
501 745-2839

Bud's Home Appliance Center, 218 Griggs St, Clinton, AR 72031

Applications begin Oct 1 accepting applications till Dec 1, 2017. Paperwork has to be done by a person who lives in the household and has an ID

ARKANSAS BAPTIST CHILDREN'S HOMES & FAMILY MINISTRIES

Office hours: 8am to 5pm - (501) 376-4791, ext. 5167 or www.abchomes.org

Helping children, adolescents and their families. Long-term residential care for children and teens ages 5 to 17; family care for single adult women and their children; counseling for individuals, married couples and entire families around the state.

BACK 2 SCHOOL BLESSING - ANNUAL EVENT:

501 253 1204 Billy or Elizabeth West Reece

Formosa Baptist, 192 county line rd., Formosa

501 757 1021 Cindy Bradley

General Baptist Church at 664 AR-16, Clinton

501 654 4639 Shirley Eddie Ragsdale

Shirley First Baptist, 10277 Hwy 16 East Shirley

Event Date: **AUGUST 5, 2016** from 10am-1 pm. Free school supplies, haircuts, food, games, prizes, and fun. Many churches gather donations, three locations for pick-up.

The CALL in VBC (Children of Arkansas Loved for a Lifetime)

County Coordinators: Kenny & Keri Wyatt 501-251-7331 - vanburencounty@thecallinarkansas.org

Our mission is to educate, equip, and encourage the Christian community to provide a future and a hope for children in foster care in Van Buren County. Our vision: No waiting Children. The CALL is working toward having Christian families waiting to provide a home for every child in foster care in Van Buren County

CHILD CARE ASSISTANCE <http://humanservices.arkansas.gov/dccece/Pages/ChildCareAssistance.aspx>

Program for low-income families, provides financial assistance for quality child care and is made possible by the Child Care Development Fund (CCDF).

DDS (DIVISION OF DEVELOPMENTAL DISABILITIES) CHILDREN'S SERVICES

Cynthia Hoskison, RN, email Cynthia.Hoskison@dhs.arkansas.gov , phone 479-738-2161.

HEAD START PROGRAM (OZARK OPPORTUNITIES INC.)

501 745 6905 or www.ozarkopp.org

Opportunities for infants and toddlers in the VBC area located in Clinton! Opening January 2017, providing High Quality, Comprehensive Services to children from ages 6 weeks to 3 years and their families. Services will be at no - cost to those that qualify.

Recruitment is ongoing; but space is limited so apply today!

HEALTHY FAMILIES ARKANSAS - OZARK MOUNTAINS

Call or text Melissa Smyth, Director 870-448-6488 Registration is open to Pregnant Mommies and/or Babies up to 3 months. Offering parenting advice, assistance with diapers, formula, and more

HIPPY (Home Instruction for Parents of Preschool Youngsters)

501-940-8159 or www.facebook.com/mainstreetkidshippy

Sponsored by Arkansas Children's Hospital, serving Van Buren and Stone Counties

Providing tools to be your 3 and 4 year old child's first teacher, free books, school supplies, and lessons

INFANTSEE®,

<http://www.infantsee.org/> or (888) 396 EYES (3937)

A public health program, managed by Optometry Cares®, to ensure that eye and vision care becomes an essential part of infant wellness care to improve a child's quality of life. Under this program, participating optometrists provide a comprehensive infant eye assessment between 6 and 12 months of age as a no-cost public service.

SHOP WITH A COP OF VAN BUREN COUNTY

FACEBOOK: <https://www.facebook.com/Vbcshopwithacop/posts/1761390947236328>

501-745-3838 Van Buren County Sheriffs office 184 Detention drive

Taking applications for the shop with a cop program until November 27, 2017. This is Van Buren County residents ONLY so if you are a family in need or if you know a family that needs help this Christmas come by and pick up your application at the Van Buren County sheriff's department. Selections will be made on the 28th and if you are selected for this program you will be contacted by December 1

VBC FOSTER CARE COALITION

501 860 1917

*Recruit new foster and adoptive homes for children in care in VBC

*Advocate for children in foster care

*Provide supports to current foster homes, DCFS, and children and families involved in the child welfare system.

CLOTHING

ANGEL GOWNS NICU Helping Hands

website www.nicuhelpinghands.org Nona Vandergriff
Help for families who have lost babies
Donations of wedding dresses welcome

CLINTON SCHOOL FREE CLOTHES CLOSET

For Clinton Students ONLY
Contact your child's teacher

FREE CLOTHES CLOSET

501 893 2714

Center Ridge First Baptist Church, 3631 Hwy 92, Center Ridge

Open Wednesdays 4 to 7 pm and first Saturday of every month.

All sizes Children's, Women's and Men's clothes, shoes, and coats. Take all you need! Donations welcome.

FREE CLOTHES CLOSET - THE WELL

501 242 1745

Church of the Nazarene 1664 Hwy. 65 S., Clinton

Open Tues from 6:30 to 9 pm

FREE CLOTHES CLOSET

870 447 2223

Leslie Baptist Church

Open 10-12 on Tues, Thurs, and Sat.

EDUCATION

ARKANSAS CAREER PATHWAYS INITIATIVE

Pathways can assist you in obtaining a GED, and the campus may have funds available for *Tuition and Textbooks, *Childcare, and/or *Transportation.

Enables your local two-year college to offer qualified applicants career training and college classes

Pathways will provide you with a counselor/advisor and tutor to help you choose classes, get enrolled, and put you and your family on the road to a better life. For more information contact the two-year college in your area.

ADULT EDUCATION CENTER – CLINTON (University of Arkansas Community College at Morrilton)

(501) 745-6554

100 Success Drive, Clinton, AR

feist@uaccm.edu or freeman@uaccm.edu

Free Services

- GED® Preparation and Testing Services
- English as a Second Language (ESL)
- Workforce Alliance for Growth in the Economy (WAGE)
- Workplace Education
- Prep for College Entrance Exams

CHILD DEVELOPMENT - Head Start programs are FREE to qualifying families

Clinton Early Head Start 1367 Hwy 85 West (501)745-6905

Shirley Head Start 154 School Street (501)723-4301

***HEAD START** is for children ages 3-5 years old and provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and their families. The focus is school readiness so children are prepared to transition into kindergarten. Classrooms are in session with the local public school; August through May.

***EARLY HEAD START** is for children ages 6 weeks up to 3 years of age. Children are provided (at no charge to parents) age appropriate food, drinks, diapers, pull-ups, wipes, sippy cups, bottles, and bibs among other necessities. Parents provide pacifiers, lovies (favorite stuffed animal/blanket) and changes of clothing. Classrooms are in session from August through June.

LIBRARIES

Applying for a library card is free and a relatively simple process, and can be done at the public library nearest you. And taking advantage of everything your local public library has to offer can be an incredible way to save money as well.

***FAIRFIELD BAY LIBRARY:** 369 Dave Creek Parkway, Fairfield Bay, AR 72088, (501) 884-4930
\$15 for one \$25 for family for annual membership

We are a Private Non-Profit community library that offers * books * audio books for all ages * DVD's * Children's Summer Reading programs * Readers Group meetings * internet access and more! We are manned by volunteers who are the heart of our organization.

***VAN BUREN COUNTY PUBLIC LIBRARY:** 289 Factory Road, Clinton, AR 72031, 501 745-2100

Ask about: * Mango a language learning system * Magazines * Hoopla * Notary services * Fax/copy/scan * 3D printer * Community room * Over 6000 movies * Genealogy research * Online database access * Ordering of any movie, book, audiobook or magazine * Student Reading Programs * Arts and Crafts * Teen Advisory * ongoing Children's programs and more!

QUESTBRIDGE NATIONAL COLLEGE

www.questbridge.org

Are you a low-income student who has excelled academically, but feels that the nation's best colleges are financially out of reach? The QUESTBRIDGE NATIONAL COLLEGE MATCH was created for students like you. High School Seniors! The application for the 2016 National College Match is now open. Apply now!

SINGLE PARENT SCHOLARSHIP FUND OF VAN BUREN COUNTY

Financial assistance and personal support for single parents who are enrolled in college or technical programs and are seeking better-paying careers

(501) 884-6240 - oldc9guy@aol.com

Skip Davis, SPSF Chair

SUCCESS PROGRAM (Ozark Opportunities)

Cathy Brownell 870- 715-5064 www.OzarkOpp.org 501 745 2437

Helps individuals and families become self-reliant and restore their sense of self-respect, hope, and reclaim their dreams of a better life. Examples of possible short-term goals: * Obtain a part-time job * Obtain a full-time job * Pay off a debt * Obtain a GED * Enroll in college. Examples of long-term goals: *Purchase a home * Buy a vehicle *Pay off a loan *Earn a college degree. When funding is available, cash incentives are paid directly to electric provider for attending monthly seminars.

TRIO EDUCATIONAL OPPORTUNITY CENTER

501 745 7777 or 745 6554 or 870 391 3129 Della Hand

Available at Van Buren County Adult Ed Center at 100 Success Dr. Clinton

Available in Clinton area on Tuesdays 10 am to 3 pm or another day by appointment. Can meet at the Clinton Library or closer to you, the prospective student, as well.

Assists with applying for financial aid (FAFSA), scholarships, admissions applications to enter college or obtain technical training. The EOC Counselor offers help with almost anything to do with education. ALL SERVICES ARE FREE.

VBC EXTENSION SERVICE

Danny Griffin, County Extension Agent, Agriculture - Staff Chair

Torrie Caston, County Extension Agent, FCS/4-H (501) 745-7117,

vanburen-clinton@uaex.edu

1414 Hwy 65 South, Suite 137, Clinton, AR 72031

Providing research-based information through non-formal education to help all Arkansans improve their economic well-being and their quality of lives. Whether it is agriculture, 4-H, health and living, or community development, our Van Buren County Extension Office is at your service!

VAN BUREN COUNTY LITERACY COUNCIL: (ADULT LEARNING CENTER)

501 745 6440 - Brenda Wood

100 Success Drive, Suite 8, Clinton AR, 72153 (VBC County Office Complex)

FREE: One on one tutoring for adults learn to write check, balance a checkbook, devise a budget, and more

WHITE RIVER PLANNING AND DEVELOPMENT DISTRICT, INC.

www.wrpdd.org ; 870-269-4070 or 870-213-6674

100 Success Drive, Room 173, Clinton, AR

WORKFORCE AND COMMUNITY EDUCATION

501.977.2132 1537 University Blvd Morrilton

870.793.5233 1652 White Drive Batesville

Take advantage of the classes and services listed in this brochure to help improve your knowledge and skills. UACCM offers these services to all community members for general self-improvement or to gain an advantage in the job market. A sampling of classes available:

- INTRODUCTION TO WELDING BASICS
- COMMERCIAL DRIVER TRAINING
- ACT TEST PREP
- COMPUTER SKILL: MICROSOFT EXCEL BEGINN ER
- THE BASICS: MEMORY LOSS, DEMENTIA, AND ALZHEIMER'S DISEASE
- NURSING ASSISTANT
- HEALTH SAFETY & NUTRITIO N
- EFFECTIVE INTERVIEWING

WIOA – WORKFORCE INNOVATION AND OPPORTUNITY ACT

Ronda Ivy 870 269 4070 (Stone, Cleburne, Van Buren Counties) Helping individuals get into high quality jobs. Tuition assistance, on-the-job training and supportive services to those who qualify and are willing to train for jobs that are in high demand. Students and adults in and out of school who meet income qualifications, who are tired of living in poverty and ready to do what it takes to earn a better living should call today!

EMPLOYMENT

ARKANSAS WORKFORCE CENTER AT CLINTON

501 268 8601 or www.dws.arkansas.gov

501 West Arch Ave., Searcy, AR

Sample of Available Programs

TEA (Transitional Employment Assistance) - federally funded, provides time-limited cash assistance to needy families with (or expecting) children.

Work Pays - post-employment program that provides assistance to prior participants of the Transitional Employment Assistance (TEA) program.

Career Pathways - supports the development and implementation of career pathway programs in the state's two-year colleges and technical institutions for low-income families.

Community Investment Initiative - focuses on improving outcomes for youth; parenting and family functioning, marriage and relationship skills, employment skills and family connections of parents who leave state jails and prisons; and support devices to child-only cases in the TEA program.

CLINTON, AR HELP WANTED on Facebook

List available jobs or positions wanted on this Facebook page.

JOB SEARCH

<http://www.indeed.com> Type in kind of job or location for search

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501.977.2132 1537 University Blvd Morrilton

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FINANCES

THE DOLLAR STRETCHER Living Better ... for Less

Site updated daily < www.stretcher.com>.

FREE newsletter sign up at < <http://www.stretcher.com/subscribe/subscribestt.cfm>>.

Do you struggle to get ahead financially? *Dollar Stretcher* and *Surviving Tough Times* are weekly newsletters aimed at helping you stretch your dollars and make the most of your resources.

EMERGENCY SOLUTIONS GRANT- OZARK OPPORTUNITIES

501 745 2437 Clinton

Vehicle Repair Loan is a revolving loan program for those needing repairs for their vehicle. There is a \$500 maximum loan limit and the loan must be repaid within a year.

VAN BUREN COUNTY LITERACY COUNCIL: (ADULT LEARNING CENTER)

501 745 6440 - Brenda Wood

100 Success Drive, Suite 8, Clinton AR, 72153 (VBC County Office Complex)

FREE: One on one tutoring for adults learn to write check, balance a checkbook, devise a budget, and more

FIRE or DISASTER ASSISTANCE

METHODIST THRIFT SHOP

501 745 3533

570 Griggs St, Clinton, AR 72031

Open Tues and Thurs from 9-4

Assistance to victims of house fires, Van Buren County fire report required

METHODIST CHURCH

501 745-5181

Assistance to victims of house fires

PROJECT SURGE

501 592 1380 David Holcomb

Providing assistance for folks in need

RED CROSS

501-748-1021 or 1-800-REDCROSS (1-800-733-2737)

Food, clothing, and shelter to those affected by a home fire or disaster

FOOD

(Call ahead to see if they need ID and what paperwork you'll need to supply)

FOOD AND NUTRITION SERVICE PROGRAMS (FNS) <http://www.fns.usda.gov>

This site gives information concerning the following programs:

- *Supplemental Nutrition Assistance Program (SNAP)
- *Special Supplemental Nutrition Program for Women, Infants and Children (WIC)
- *Child Nutrition Programs (National School Lunch, School Breakfast, Child and Adult Care)
- *Summer Food Service and Special Milk)
- *Food Distribution Programs (Schools, Emergency Food Assistance, Indian Reservations, Commodity)
- *Supplemental, Nutrition for the Elderly, and Charitable Institutions)

FISHES AND LOAVES PANTRY

LESLIE Methodist Church at 202 High St

Open Monday 12:30 – 3 pm.

Pick up food once a month, but come in every Monday to visit over coffee or juice.

FOOD BANK

501 253 7987

Choctaw Food Bank, 201 Hwy 330 E., Choctaw.

Pantry hours: Wednesdays 11:00am - 6:00pm.

FOOD FOR LIFE

501 745 2332

599 Highway 65 Bus., Clinton, AR 72,031

10 am to 3 pm Tuesdays and Fridays.

FORMULA FOR BABIES

501 253 2578 Pastors Jimmy & Lisa Coots

The Power House, 159 Mt Zion Rd. Bee Branch, AR. 72013

(4 miles past Snappy's on Hwy 92 toward Greers Ferry, directly behind the Morganton Fire Dept. in a sharp curb, Big Rock Church)

MOTHERS' MILK BANK

1 866 810 0071

moms@texasmilkbank.org

“With support from the Van Buren Health Unit, we are connecting generous women with breastmilk to share with the families who need it the most. They are helping to meet the growing demand from hospitals for donor human milk for premature and medically fragile infants.” To be screened as a milk donor and donate milk, lactating moms are asked to email or call the Mothers' Milk Bank of North Texas

The STATION AT DAMASCUS

501-335-7092

11 West Main - the Station is in process of moving, be sure to call for current information.

Food bank serves residents of Van Buren, Faulkner, Conway, and Cleburne Counties. Clients must not receive more than 150% of the federal poverty guideline in income. Also support the foster families of Van Buren County. Open Monday and Wednesday from 9 until 1.

STORE HOUSE

501 825 6655

First Assembly of God Church, 50 Victory Lane, Greers Ferry

Food bank open Wed and Sat from 9 to 11

Serving zip codes: 72044, 72067, 72088, 72153, 72013, and 72130

WIC

501 745 2485 <http://www.healthy.arkansas.gov/> Van Buren County Health Unit, 526 Quality Drive (P.O. Box 452), Clinton, AR 72031. Hours 8 am - 4:30 pm. Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk

WHYHUNGER HOTLINE

1-800-5HUNGRY (800-548-6479)

If you were unable get help with your food needs in your area, please contact

The hours of operation are Monday - Friday, 9:00 a.m. to 6:00 p.m. EST

HEALTH / SAFETY

911 - If you think you are in immediate danger, call 911 right away!

ALZHEIMER'S ARKANSAS

TWO support groups for those caring for loved ones with dementia or Alzheimer's

501-745-9495 D.K. Olmstead LPN/SSD

*First Wednesday of every month at 2 pm

Ozark Health Board Room, Ozark Health Nursing Home, Clinton

501-745-7004 Option 2 Ron Henson RN

*Third Wednesday of every month, at 2 pm in the library

Indian Rock Village, 265 Dave Creek Pkwy, Fairfield Bay

AMERICAN MEDICAL ALERT (AMAC)

800 645 3244 <http://americas.tunstall.com> Personal emergency response system (you might qualify for free service)Managed by White River Agency on Aging home health care VBC

ARKANSAS MISSION OF MERCY (ArMOM) –annual free dental clinic. Link to website that discusses eligibility—which is basically just show up medically healthy and able to stay the full day to wait your turn. Check out the website for the once a year date, location and very helpful details about what to expect on the day of the event. <http://www.arkansasmissionofmercy.org/patient-information> .

BREAST CANCER FREEBIES

Go to breastcancerfreebies.com for a list of hundreds of freebies including wigs, hats, scarves, jewelry, gift cards, magazines and much more. You do need to apply individually for each freebie for which you qualify. "Like" the Facebook page to find the latest freebies, contests and updates. Created by Bethany Kandel, a 9-year breast cancer survivor, mother, reporter and author to bring all the resources together on one site

CANCER COVERAGE FOR LIFE AND TRAVEL EXPENSES

Ronald McDonald House set the example here, but other providers have stepped into the breach as well. For a clearing house of such services, go to cancer.net. (AARP Magazine June/July 2018)

VBC CRD <> Contact Sue Pico <sjpico@artelco.com> with additions, corrections and updates.

CHARITABLE GRANTS for Cancer

Cancer Care is one such charity that can help, but there are many others. It's like applying for college. Fill out a lot of applications and see where you get in. Your hospital may be able to guide you. (AARP Magazine June/July 2018)

CHI ST. VINCENT COMMUNITY CARE

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

*CHI ST. VINCENT COMMUNITY CARE - CONWAY INTERFAITH

1301 Museum Road, Conway, AR 72032. Phone: 501-932-0559

*CHI ST. VINCENT PRIMARY CARE - CONWAY

3025 Fountain Dr. #100, Conway, AR 72034. Phone: 501-932-5060

*CHI ST. VINCENT PRIMARY CARE - MORRILTON

1711 E. Harding Street, Morrilton, AR 72110. Phone: 501-354-4637

*CHI provides free or discounted care for dental, emergency or other medically necessary care to patients who qualify.

COMMUNITY SERVICE, INC

501 745 2956 Clinton

Having difficulty with your child/teen and struggling to know how to handle it? Services offered to youth (ages 2 – 19 years) and their families in the following areas: Mental Health Services, Prevention & Education, Therapeutic Foster Care, Rehabilitative Day Treatment, Substance Abuse Services, and Juvenile Justice. CSI accepts the following payment sources: AR Kids First, Medicaid, Employer medical insurance and others but “no family is turned away”

CONWAY COUNSELING & WELLNESS CENTER, PLLC

Primary 855 South German Ln. in Conway

Also 234 Moss St. in Clinton

501-358-6606 or www.conwaycwc.com .

Accepts most major insurance including Medicare and exchange plans. This is a private practice focused on adults and families struggling with anxiety, depression, addictions, anger management, trauma, PTSD, Grief/Loss, couples conflict, adult ADHD and more.

EXTENSION WELLNESS AMBASSADOR PROGRAM (EWAP)

501-745-7117

Volunteer Ambassadors encourage everyone to live healthy lifestyles and conduct programs based on research to improve the lives of Van Buren County residents. Programs include exercise classes and educational workshops designed to improve every individual's health and overall wellness. There is much to accomplish and more volunteers are needed.

FAIRFIELD BAYS LIONS CLUB

501 884 3202 Lions Club Member Jeannie Hooper

Help with eye glasses, eye exams, and basic medical equipment, such as wheelchairs, walkers, bedside commodes, etc. to loan.

ICAN AT4ALL

1-800-828-2799 outside of the Little Rock area or 501-666-8868 in Little Rock <http://www.ar-ican.org/>

Statewide assistive technology program making technology available and accessible for everyone who needs it (It's FREE) Services include: Information and Referral, Equipment Loans, Equipment recycling, etc.

OZARK HEALTH HOME CARE

* <http://www.homecareassociationarkansas.org/agency/ozark-health-home-care>

428 Medical Center Parkway, Clinton – 501 745 7004

Services Provided: * Skilled Nursing * Physical Therapy * Home Health Aide * Speech Therapy * Occupational Therapy * Medicare Certified

* <https://www.carepathways.com/ar/home-health-care-clinton/services.cfm?medicare=047167>

247 Quality Drive, Clinton - 501 745 7004

Services Offered: *Skilled Nursing * Physical Therapy * Occupational Therapy * Speech Pathology * Medical Social Worker * Home Health Aide

“FIND” PRESCRIPTION DISCOUNTS

The big drug companies are under fire for their shockingly expensive new drugs, so most provide some charity for people in need. Call the drugmaker directly and speak to the customer assistance team. (AARP Magazine June/July 2018)

RED CROSS – SAFE AND WELL

<https://safeandwell.communityos.org>

If you are currently being affected by a disaster somewhere in the U.S., click List Myself as Safe and Well or if you are concerned about a loved one in the U.S., click Search Registrants. Safe and Well is available 24 hours a day, 365 days a year and is accessible in both English and Spanish.

STAMP OUT SMOKING

Wanting to QUIT? Get one on one help today call 1 800 784 8669.

SUICIDE PREVENTION HOTLINE: 800-273-8255

UAMS NORTH CENTRAL MEDICATION ASSISTANCE PROGRAM

501 268 5000 Teresa Henry, THenry@uams.edu

Office hours: 8 am-12 pm Monday- Friday

Help finding free and/or discounted medications for patients that cannot afford their medication.

VAN BUREN COUNTY HEALTH UNIT

501 745-2485 <http://www.healthy.arkansas.gov>

526 Quality Drive, Clinton, AR 72031

No Deductible, No Co-Pay required!

- Immunizations (Flu Shots, Child & Adult Immunizations)
- Family Planning (Birth Control, Pap Tests, etc.)
- Pregnancy, New Moms & Infant Information (prenatal, postpartum, etc.)
- WIC Program (provides healthy foods from birth to 5, pregnant women, etc.)
- Breast & Cervical Cancer Control Program (Exams, Mammograms, etc.)
- Communicable Disease Testing (testing, counseling, treatment, etc.)

VISION USA EYE CARE SERVICES

501-745-1295 Linda Appleby

Call to set up appointment. Eye care made possible for low income families in VBC. Free eye exams and glasses to individuals who have no vision care insurance. Eligibility is based on income.

THE WOMEN'S SHELTER OF CENTRAL ARKANSAS, INC.

(866) 358-2265 (toll free)

www.conwaywomensshelter.com

Engaged in providing a promise of hope and a haven of safety for adults and children who seek protection and relief from domestic abuse.

ZENNI OPTICAL (this is a “for profit” business but it’s such a good deal, I’ve included it)

<http://www.zennioptical.com>

Mission: Give people glasses they can actually afford but still make them look like a million bucks. Frames from as low as \$6.95, but even the more expensive frames are affordable. You’ll need your prescription and pupil distance to order.

DISABILITY

AGING AND DISABILITY RESOURCE CENTERS and DESIGNATED LOCAL CONTACT AGENCY FOR NURSING FACILITY RESIDENTS

866 801 3435

brad.nye@dhs.arkansas.gov or <http://www.choicesinliving.ar.gov>

Van Buren County

DISABILITY RESOURCE LIST from the DEPARTMENT OF LABOR

<https://www.dol.gov/odep/topics/disability.htm> lists web sites regarding: Benefits, Civil Rights, Community Life, Education Employment, Emergency Preparedness, Health, Housing, Technology, and Transportation.

GUIDES TO INFORMATION AND RESOURCES RE: DISABILITY

www.disability.gov

If you didn’t find the information you were looking for, check this site out

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1-800-828-2799 outside of the Little Rock area or 501-666-8868 in Little Rock <http://www.ar-ican.org/>

Statewide assistive technology program making technology available and accessible for everyone who needs it (It’s FREE) Services include: Information and Referral, Equipment Loans, Equipment recycling, etc.

RECOVERY

ARKANSAS REGIONAL SERVICE COMMITTEE OF NARCOTICS ANONYMOUS (NA)

Call the Statewide or Area helplines for meeting information:

Arkansas Regional Referral Line (800) 338-8750 <http://www.arscna.org/>

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

CHRIST POWERED RECOVERY

Church of the Nazarene, Clinton 501-745-4859 or Rev. Sherry Bright 501-253-4192

TEEN CHALLENGE

<https://www.womenstc.com> The Arkansas Center is located in Russellville. Toll free 866 567 7101

Offers a 13 month residential program for adult women (17 and up) with an effective and comprehensive Christian faith-based solution to life-controlling problems.

THE OTHER SIDE – Faith based addictions ministry

Daughters of The Other Side - Searcy, AR 501- 742-1442 or 501-230-5101

The Other Side - Heber Springs, AR - 1-501-362-2535 - Office/TOS Campus

tosministry@yahoo.com * <http://www.tosministry.org>

A local mission based on the principles that were taught by Jesus Christ. Reaching out to those struggling with drug and alcohol addictions. Guiding those suffering to a place that will help them overcome their issues by finding the peace that is offered by Jesus.

SERENITY RIDGE

501 253 1673 Vickie Sprout

501 617 1308 Frank McIlroy

501 209 0890 Jimmie Allen

184 3rd Street, Clinton, AR 72031

Sober living recovery home for men with addiction, services provided thru Church of Christ.

TEA COALITION - THUGS (Teens Having United Goals)

501-745-7004 ext. 120

Brian Henderson, TEA Coalition Coordinator, brian.henderson@myozarkhealth.com

Encourages youth to achieve their full potential, a youth leadership council playing a vital role in TEA's efforts by serving as role models in our schools and communities to raise awareness of the dangers and consequences of alcohol, tobacco, and other drugs

SPECIAL NEEDS

DDS (DIVISION OF DEVELOPMENTAL DISABILITIES) CHILDREN'S SERVICES

Cynthia Hoskison, RN, email Cynthia.Hoskison@dhs.arkansas.gov , phone 479-738-2161.

Services provided to those meeting the qualifications are care coordination/case management, assistance with completing CES (Community) Waiver applications, family support/respite funds, bathroom modifications, vehicle conversions, home ramps, ceiling lift track systems for houses, assistance with referrals and obtaining other resources, help with completing various applications, purchase of specialized medical equipment, parent advisory council, and assistance paying for medical camps and various other medical supplies. Contact our office for more information on how to apply or what the qualifications are for various services.

VETERANS

COUNTY VETERAN SERVICE OFFICER

501-745-5114

Paul Pronia Van Buren County. 1414 HWY 65 South, Clinton 72031 Weds, Thurs 8-12 & 1-4

DEPARTMENT OF VETERANS AFFAIRS

800-827-1000 or www.va.gov

DEPARTMENT OF VETERANS SERVICE RECORDS

800 772 1213 or www.ssa.gov

DISTRICT VETERAN SERVICE OFFICER

479-747-5671 Robert "Pete" Petersen, District 4

DREAMS FOR VETERANS

(888)4DREAMS (888 437 3267)

www.dreamfoundation.org/veterans

Effectively tailors the dream experience for Veterans and their families. Recipients are U.S. military Veterans 18 years or older with a life expectancy of 12 months or less, and who lack the means to make his or her dream come true unassisted.

VETERANS HELP AND SUICIDE HOTLINE: 1-800-273-8255

NATIONAL RETIREE HELPDESK: volunteer-staffed 833-224-6743 or NRHDesk@gmail.com for questions regarding all Coast Guard retiree benefits.

RETIREE ACTIVITIES OFFICE

henry.ward.2@us.af.mil

501-987-6095 Henry F. Ward , Colonel, USA (ret),

Director of Retiree Activities Office, Little Rock, AFB AR 72099

Sign up for emails to receive information helpful to all branches of military retirees. Contact for guidance on programs and assistance.

WOMEN VETERANS CALL CENTER: 855 VA WOMEN provides information on services available to female veterans at the VA. Center for Women Veterans (CWV) WEB: www.va.gov/womenvet/

HOUSING

ARKANSAS BAPTIST CHILDREN'S HOMES & FAMILY MINISTRIES

Office hours: 8am to 5pm - (501) 376-4791, ext. 5167 or www.abchomes.org

Helping children, adolescents and their families. Long-term residential care for children and teens ages 5 to 17; family care for single adult women and their children; counseling for individuals, married couples and entire families around the state.

BLACK RIVER AREA DEVELOPMENT CORP. (BRAD)

<http://www.blackriverareadevelopment.com/weatherization.php>

Johnie Dean - 870 892 4547 Ext 254, Weatherization Director

Mission is to reduce heating and cooling costs for the low-income families, particularly for the elderly, people with disabilities, and children, by improving the energy efficiency of their homes while ensuring their health and safety. There is a two-part approval process. (1) The applicant has to be approved based on income and (2) the existing condition of the home can't exceed the scope of our services. Don't wait to sign up, as the waiting list can be long. (in May of 2017 it was about a year)

CONWAY HOMELESS SHELTERS & SERVICES FOR THE NEEDY

www.homelessshelterdirectory.org - Go to this site for a list of all of the homeless shelters and services for the needy that provide help to those in need for Conway, AR and surrounding cities.

HOMELESS SHELTERS – contact for availability and details

- Batesville – 800 894 8821
- Margies Haven in Heber Springs – 501 362 6757
- Marshal Homeless Shelter – 870 523 5000
- Safe Passage in Melbourne – 870 258 7777
- Stone County in Mountain View – 870 269 4888

EMERGENCY SOLUTIONS GRANT - OZARK OPPORTUNITIES 501 745 2437 Clinton

* Homelessness Prevention is available for those that may soon become homeless due to eviction or change in housing situation.

* Rapid Rehousing is available for homeless individuals to move into permanent housing and achieve stability in that housing.

THE OTHER SIDE – Faith based addictions ministry

Daughters of The Other Side - Searcy, AR 501- 742-1442 or 501-230-5101

The Other Side - Heber Springs, AR - 1-501-362-2535 - Office/TOS Campus

tosministry@yahoo.com * <http://www.tosministry.org>

A local mission based on the principles that were taught by Jesus Christ. Reaching out to those struggling with drug and alcohol addictions. Guiding those suffering to a place that will help them overcome their issues by finding the peace that is offered by Jesus.

RENTAL MANAGERS

Qualified applicants must have first month's rent, deposits, no pets, and no smoking.

Goodwin & Herman Associates Real Estate. 884-4885

Graham Realty - Chris -501 745 2436

Lauer, Rocky or Janet - 501 940 9002 – Government Programs NOT accepted

St. John Capital LLC – 501 745 4044

Tice Realty - Dale Tice - 501-253-1676

Whillock, Tim - 501 253 1881

RIDES

Affordable Rides for senior adults - **VBC AGING PROGRAM, INC.** 501 745 2244 *

- Transportation for registered clients to local destinations. (Suggested donation \$2 one way)

CHURCH BUS/RIDE MINISTRY

Contact list for Family's and Adults needing a ride to church functions.

Grace Church, 3793 Hwy 65 S, Clinton, Angela Passmore 501 757 0291 Church Office (501) 472-7462

Mainline Full Gospel Church, 114 Mariposa Loop, Bee Branch: Call 501 654 2151

New Life apostolic, 198 Richard St, Clinton, (501) 253-5091 or (501) 745-6411

Pleasant Valley Baptist Church Shirley, 5092 Banner Mtn Road: Call Trina Jones 501 757 0038

The Power House behind the Morganton Fire Station, Bee Branch (501) 253-2385

FREE or AFFORDABLE TRANSPORTATION (Rural Public Transportation)

Non-Emergency Transportation (NET) to Medical Appointments and Other Locations

Have Medicare? FREE rides through the Area Agency on Aging Western

All ages can ride with Western Transit within your home city beginning at \$6.00 round trip

Both these services are through the same company. For more information call 501 305 4100.

<https://agingwest.org/transportation/> 48 business hour prior notification is required call 1-888-783-6632 to schedule a round trip ride. The service can be used for shopping, personal needs, and much more. This is a service for all ages. Additional fees may apply for extra stops. It's a "first come first serve" basis.

Serving Conway, Crawford, Franklin, Johnson, Logan, Perry, Polk, Pope, Scott, Sebastian, Van Buren, Stone, Cleburne, White, Woodruff, Jackson, Independence, Sharp and Yell counties in Arkansas.

STATE and COUNTY SERVICES

911 NON-EMERGENCY please call 501 884 6005, vbc911@artelco.com

POISON CONTROL 800-222-1222

SENIOR ADULTS & COMMUNITY CENTERS

(Check out the **HEALTH/SAFETY SECTION** for health related programs)

ARKANSAS SENIOR SERVICES

<http://www.talk-early-talk-often.com/Arkansas-senior-services.html>

Websites of Arkansas Senior Services

AGING AND DISABILITY RESOURCE CENTERS and DESIGNATED LOCAL CONTACT AGENCY FOR NURSING FACILITY RESIDENTS

866 801 3435

brad.nye@dhs.arkansas.gov or <http://www.choicesinliving.ar.gov>

DHS DIVISION OF AGING AND ADULT SERVICES/ PROGRAMS

http://www.daas.ar.gov/programs_services.html

A list of DHS programs available for Seniors | For Adults with Physical Disabilities

HOME INSTEAD Senior Care

(501) 205-1021 or (888) 764-1814

www.homeinstead.com/601 Conway Office Serving Van Buren County

Providing a convenient and reliable care solution. Contact us for Companionship Services, Home Helper Services or Personal Care Services.

THE NATIONAL AGING IN PLACE COUNCIL

202 939 1770 akrapacs@ageinplace.org or <http://www.ageinplace.org/> .

Living at home helps seniors stay healthy, maintain independence, and remain close with family and friends. The NAIPC connecting seniors to service providers who can help them stay in their own homes.

USA.GOV

844 USA GOV1 (844 872 4681) www.usa.gov

A wealth of information for retirees, featuring retirement calculators and guides to post-retirement health benefits, retiree rights, and financial planning. A quick search on USA.gov will help you answer most, if not all of your retirement questions.

VBC AGING PROGRAM, INC.

501 745 2244

311 Yellow Jacket Lane Suite 2, Clinton. Open Monday thru Friday, 9 a.m. / 4 p.m.

Provides Nutrition, Transportation, Socialization, and Wellness services to the 60 and over crowd in Van Buren County. (Clients are individuals age 60 and over who register at any of the senior center locations.)

- Five senior center locations provide nutritious hot meals. (Find locations under Senior Center Listing) Registered clients are encouraged to donate \$3 per meal. Guests and those under 60 pay \$6 per meal.
- Home-Delivered Meals to our home-bound elderly neighbors.
- Transportation for registered clients to local medical appointments as well as shopping and errands, for donation of \$4.00 for each round trip. (\$2 one way)
- Daily dominoes, bingo, and live music, etc. at the senior centers and weekend trips to events out of town.
- Our Annual fundraiser, COWBOY CATFISH SUPPER, to support our Home-delivered Meal program will be held Wednesday, August 29 - Saturday, September 1 from 5-7 pm

VBC WRAAA (White River Area Agency on Aging – a non-profit)

501-745-4002 or 1-877-482-2354

Merinda Barnett (merinda.barnett@wraaa.com) or Nurse Leah Gather (leah.gather@wraaa.com)

Our mission is to help individuals remain in the community.

Free Information and Assistance through these and other programs

- Personal Care (and attendance care services)
- Homemaker (help with light household tasks)
- Respite/Adult Companion (temporary relief for caregivers)
- Legal Services (free legal help – income based qualification)
- Veteran's Services (VA Personal Care, Aid and Attendance, etc.)
- Assisted Living (Eagle Mountain Assisted Living, Batesville)
- Services for Disabled (services to enhance life)
- Family Caregiver Program (Limited financial assistance)
- Foster Grandparent Program
- Housing (housing options for low income)

SENIOR CENTERS

CLINTON SENIOR CENTER * 501 745 2544

311 Yellowjacket Lane, Suite 1 * Open Mon-Thu 8:30-3:30

DAMASCUS SENIOR CENTER * 501 289 3342

7349 Hwy. 65 South * Open Tues & Thurs: 10:00 am - 1:00 pm

FAIRFIELD BAY SENIOR CENTER * 501 884 4881 or 501 884 7800

385 Dave Creek Parkway - open Tuesday – Friday 8:30 a.m. until 2 p.m.

SCOTLAND SENIOR CENTER * 501 592 3377 Judy Simmons – Director
11763 Hwy 95 West (Old school building), Scotland, Arkansas 72141
Open Monday - Thursday 8 a.m. until 1 p.m. Lunch served daily.

SHIRLEY SENIOR CENTER (the Community Center) * 501 723 4669
489 Highway 9 E, (Community Center/City Hall) * Open Mon-Thu 7:30 a.m. – 1 p.m.

UTILITIES

OZARK OPPORTUNITIES – HEAP when funds are available

501 745 2437 Clinton

Monday, Wednesday, Thursday, or Friday from 8-4 closed 11:30-1:00

870-448-2414 Marshall

Tuesdays 9:00-3:30 closed 11:30-1:00.

- **NON-EMERGENCY HOME ENERGY ASSISTANCE FUNDS**

These funds take 35 days to reach the utility and will NOT stop a shut off order, must qualify

- **CRISIS HOME ENERGY ASSISTANCE FUND**

Available on announced dates twice a year winter and summer, when funds are available, must qualify

Both programs continue until funds are gone (but funds usually last only a few days to a few weeks)

“OTHER or SPECIAL” ASSISTANCE Department of Human Services (DHS) CLINTON

501 745 4192 Lisa Regal Applications are taken every Wed of each month until funds are depleted. This is a special fund for assistance with utilities, rent, and other expenses. Funding is from Wear and Share donations.

PETIT JEAN ELECTRIC COOPERATIVE CORPORATION

501 745 2493 Clinton OR 800 786 7618

ADVANCE PAY OPTION: Cost to set up is \$80: \$20 Membership, \$40 Connection Fee, \$20 Electricity Credit. Power usage is checked every DAY AT 9:30 A.M. If utility credit is \$0 power is shut off. No reconnect fee is charged if utility credit is brought up to \$20 within 5 days. Power is restored immediately. If your struggle to pay monthly electric bill has resulted in paying reconnect fees and deposit installments, it may be time to investigate this program.

ANIMALS

ALF PET NETWORK

www.alfpetnetwork.com

Reunite lost and found pets with their owners. Anyone who is missing or who has rescued a pet in Arkansas is welcome to submit information.

COMPANIONS SPAY AND NEUTER CLINIC

501-679-7900, fixyourpet@alliancecable.net or <http://www.companionsspayandneuter.com>

589 Highway 65N, Greenbrier, AR 72058

Affordable means to spay & neuter

FAIRFIELD BAY ANIMAL PROTECTION LEAGUE

501-884-6005

FAIRFIELD BAY ANIMAL SHELTER

501-884-6417 ffanimalshelter@gmail.com

Tuesday-Friday 12:00 p.m-3:00pm, and Saturday from 10-3 for adoptions only

FUZZY HEARTS ANIMAL RESCUE:

501-215-6096

Van Buren County (spay/neuter & pet food assistance)

On Facebook: [Fuzzyheartsanimalrescue](https://www.facebook.com/fuzzyheartsanimalrescue)

"OPERATION KINDNESS"

870-221-1630 Chopper operationkindness@yahoo.com

Searcy County Humane Society with a mobile-van spay-neuter service

<http://searcycountyhumanesociety.webstarts.com/index>

NATIONAL ANIMAL POISON CONTROL CENTER 1-800-426-4435 for advice

SNYP ARKANSAS

(Previously VAN BUREN COUNTY ANIMAL CONTROL SHELTER)

501 745 7697

187 Tester Street Clinton, AR 72031

FACEBOOK: SNYP Arkansas (volunteers and donations always welcome)

ZS BEES -HONEY BEE RESCUE AND RELOCATION

Fred Zeiler 479 430 4146

FREE and safe removal of honey bees