

**VAN BUREN COUNTY RESOURCE LIST**  
**OCTOBER 2021**

Send updates, corrections and additions or request the list to [sjpico@artelco.com](mailto:sjpico@artelco.com)

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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 take time. **DO NOT EXPECT INSTANT HELP.** Sign up early for rides, get on waiting lists, and **DO NOT STOP** with the first program. Keep looking and applying for alternative help. 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**

Having these items with you, shows you are serious about attaining assistance. Be prepared to fill out an application!

- 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

## **DO NOT CALL**

888 382 1222 The phone you use will be registered to stop telemarketing calls. Once on the list, file complaint: get name or phone number of offending company then go to [www.donotcall.gov](http://www.donotcall.gov) or call the above number.

## **DRIVING ARKANSAS**

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

## **SECURE THE CALL**

National outreach collecting unwanted cell phones to distributed to high-risk individuals as a 911 phone, free of charge. Many of these go to battered women's shelters, recovery homes, seniors, etc. Donate instead of trashing old devices. [Www.securethecall.org](http://www.securethecall.org) .

# **ASSISTANCE PROGRAMS**

## **ARKANSAS ASSISTANCE PROGRAMS**

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

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, click on Arkansas.

## **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**

Learn about different benefits programs at [www.benefits.gov/benefits/benefit-finder](http://www.benefits.gov/benefits/benefit-finder)



## **CONWAY AND FAULKNER SALVATION ARMY ASSISTANCE PROGRAMS**

501 329 1712 [http://www.needhelp-paying-bills.com/html/conway\\_salvation\\_army\\_assistan.html](http://www.needhelp-paying-bills.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

ARKANSAS DEPT OF HUMAN SERVICES (DHS) WEBSITE:

<https://humanservices.arkansas.gov/divisions-shared-services/>

Find information on the following programs. DHS is there to help. Reach out and find out what kind of assistance is available to help in your situation.

- ◆ Divisions & Shared Services
- ◆ Division Of Aging, Adult, & Behavioral Health Services
- ◆ Division Of Child Care & Early Childhood Education
- ◆ Division Of Children & Family Services
- ◆ Division Of County Operations
- ◆ Division Of Developmental Disabilities Services
- ◆ Division Of Medical Services
- ◆ Division Of Provider Services & Quality Assurance
- ◆ Division Of Youth Services
- ◆ Shared Services

## **FEDERAL GOVERNMENT GRANTS FOR INDIVIDUALS**

[www.disability.gov/federal-government-grants-for-individuals/](http://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 Help Line 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](http://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.

## **STATEWIDE COMMUNITY RESOURCES PORTAL**

The Arkansas Department of Education launched the Portal to connect schools and communities with information about available support services around the state. The ADE said that COVID-19 lead to many students and families in need of essential support services, such as financial, healthcare, and housing assistance.

Some organizations provide such services around the state, but a list of information did not exist. Statewide Community Resources Portal - Home (arkansas.gov) or <https://adedata.arkansas.gov> to see the ADE resources.

### **TRAVELERS AID and COMMUNITY SERVICE (TACS)**

- Pee Dee Baptist-501 745 4115
- Clinton Methodist-501 745 5181
- First Baptist Church-501 745 6113

Call one of the churches 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 usually begin Oct 1 - don't wait. Paperwork is 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](http://www.abchomes.org)

Helping children, adolescents and 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**

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: **TBA** Free school supplies, haircuts, food, games, prizes, and fun. Many churches gather donations. Watch social media for current dates and locations.

### **The CALL in VBC**

(Children of Arkansas Loved for a Lifetime) County Coordinators: Kenny & Keri Wyatt 501-251-7331 -

[vanburencounty@thecallinarkansas.org](mailto: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.

### **ARKANSAS CHILD ABUSE HOTLINE**

1-800-482-5964. Anyone who suspects child maltreatment may report their concerns. If you see something that concerns you or just doesn't look right, we encourage you to say something! If you need to report child maltreatment, it's easy. Just call.

### **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).

### **CHILDREN'S ADVOCACY ALLIANCE (help for abused children)**

VBC Satellite Office, 1396 Hwy 65 S, Suite 29, Clinton, or PO Box 1202, Conway, AR 72033. Call: 501-745-3038. [www.hopeandjustice.org](http://www.hopeandjustice.org). Provides guidance, treatment and support for child victims of abuse and neglect. Coordinates programs that protect children from further harm and restore hope to their lives.

**DDS (Division Of Developmental Disabilities) children's services**

Cynthia Hoskison, RN, email [Cynthia.Hoskison@dhs.arkansas.gov](mailto:Cynthia.Hoskison@dhs.arkansas.gov) phone 479-738-2161.

**HEAD START PROGRAM (Ozark Opportunities Inc.)**

501 745 6905 or [www.ozarkopp.org](http://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/mainstreetkidship](http://www.facebook.com/mainstreetkidship)

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 is an essential part of infant wellness care. 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 Van Buren County**

FACEBOOK: [www.facebook.com/Vbcshopwithacop](http://www.facebook.com/Vbcshopwithacop) for updates 501-745-3838 VBC Sheriffs office 184 Detention drive. Date TBA. VBC residents ONLY so if you need help this Christmas call, come by and pick up your application at the VBC sheriff's department. If you are selected for this program you will be contacted by Dec 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, & children and families involved in the child welfare system.

**CLOTHING**

**ANGEL GOWNS NICU Helping Hands**

website [www.nicuhelpinghands.org](http://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 @ Center Ridge First Baptist Church**

501 208 3233, 3631 Hwy 92, Center Ridge

Open Wednesdays 4pm-7pm during school year.

Open Wednesdays 4pm-6pm during summer.

Open first Saturday of every month 10am-1:00pm.

All sizes Children's, Women's and Men's clothes, shoes, and coats. Donations welcome.

**FREE CLOTHES CLOSET @ Leslie Baptist Church**

870 447 2223

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

**FREE CLOTHES CLOSET @ Clinton Seventh Day Adventist Community Services**

Clothing, shoes and toiletries, toys, books, dishes and food. Everything is free. New items sometimes available. Tuesdays 12:30 PM to 4:30PM @ 125 Skyhill Dr. Clinton AR. Questions; 501-745-4532 or 870-718-3333.

## **DISASTER ASSISTANCE**

**METHODIST THRIFT SHOP**

Temporarily Closed 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

**DISASTER AID**

501-682-8714 for emergency assistance with utility bills through the Arkansas Department of Human Services.

**FEDERAL EMERGENCY MANAGEMENT AGENCY (FEMA)**

If you live in an area that has experienced a major natural disaster here's emergency contact information for Helpline – 6am-10pm CT, seven days a week: 1-800-621-FEMA (1-800-621-3362); TTY 1-800-462-7585 Website – <https://disasterassistance.gov> Regional FEMA Contacts – 940-898-5399 | Twitter: @FEMARegion6 FEMA Region VI website: <https://www.fema.gov/region-vi-arkansas-louisiana-new-mexico-oklahoma-texas>

**MAPS & LOCAL EMERGENCY INFORMATION**

Army Corps of Engineers flooding map – <https://bit.ly/30Lo0eG>

Road closures – <https://www.idrivearkansas.com/>

Arkansas.gov website – <https://portal.arkansas.gov/pages/flood/>

Arkansas Department of Emergency Management – <https://adem.arkansas.gov/>

Arkansas State Police – <https://asp.arkansas.gov/>

**RED CROSS**

1-800-REDCROSS (1-800-733-7267) Food, clothing, & shelter to those affected by a home fire or disaster

## **EDUCATION**

**ARKANSAS CAREER PATHWAYS INITIATIVE**

[www.nationalskillscoalition.org/resources/publications/file/how-tanf-can](http://www.nationalskillscoalition.org/resources/publications/file/how-tanf-can) 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) 501.745.5666 @ 236 Factory Road, Clinton, AR 72031 <http://www.uaccm.edu/adulted/index.htm> Free Services:

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

## **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**

Please Call Libraries before your visit to check on current hours due to the corona-virus situation.

### **\*FAIRFIELD BAY LIBRARY:**

369 Dave Creek Parkway, Fairfield Bay, AR 72088, (501) 884-4930. \$20 for one adult card, \$30 for two annual membership cards. Junior memberships available with active adult member ship. A Private Non-Profit community library offering books, both fiction and non fiction, (adult and children), large print books, audio books, DVD's, opies, fax, notary public services and a new feature which gives adult patrons access to a digital catalog of over 50,000 items at no additional cost. Children's Summer Reading programs \* Readers Group meetings \* internet access \* copies \* fax \* notary public services and more! Manned by volunteers. Hours: Monday, Tuesday & Thursday from 1pm to 4pm, Wednesday & Friday from 9am to 4pm, Saturday from 10 am to 12.30pm. Closed major holidays.

### **\*VAN BUREN COUNTY PUBLIC LIBRARY:**

289 Factory Road, Clinton, AR 72031, 501 745-2100 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. 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](http://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!

## **SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (NCBA-SCSEP)**

1396 Hwy 65 S, Suite 161, Clinton, AR Office: 501-745-4070, Fax: 501-7454199 Website: [www.ncba-aged.org](http://www.ncba-aged.org). Contact: Linda Appleby (501)676-8637, [lappleby@myncba.com](mailto:lappleby@myncba.com) or Teresa Gossom, [tgossom@myncba.com](mailto:tgossom@myncba.com).

Provides useful part-time community service training assignments for persons with low incomes who are 55 years old or older and useful community services while helping participants transfer into private sector jobs.

**SINGLE PARENT SCHOLARSHIP FUND 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](mailto:oldc9guy@aol.com), Skip Davis, SPSF Chair

**SUCCESS PROGRAM (Ozark Opportunities)**

Cathy Brownell 870- 715-5064 [www.OzarkOpp.org](http://www.OzarkOpp.org) 501 757 0155

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**

Haley Markle TRIO Academic Advisor, 870-391-3129, [haley.markle@northark.edu](mailto:haley.markle@northark.edu)

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

Assists with applying for financial aid (FAFSA), scholarships, and admissions applications to enter any college or obtain technical training. The EOC Advisor offers help with almost anything to do with education. ALL SERVICES ARE FREE. Available for group presentations as well.

**VBC EXTENSION SERVICE**

Danny Griffin, County Extension Agent, Agriculture - Staff Chair, Jessa Heavin, County Extension Agent, FCS/4-H (501) 745-7117, [vanburen-clinton@uada.edu](mailto:vanburen-clinton@uada.edu) 100 Success Drive, Suite 24 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](http://www.wrpdd.org); 870-269-4070 or 870-213-6674 \* 100 Success Drive, Room 173, Clinton, AR

**WIOA – Workforce Innovation And Opportunity Act**

Ronda Ivy 870 269 4070 [ronda@wrpdd.org](mailto:ronda@wrpdd.org) (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!

**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
- Nursing Assistant
- Health Safety & Nutrition
- Effective Interviewing

- Computer: Microsoft Excel Beginner

- Memory Loss, Dementia, & Alzheimer's

## **EMPLOYMENT**

### **ARKANSAS WORKFORCE CENTER Clinton**

501 268 8601 or [www.dws.arkansas.gov](http://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

### **WORKFORCE AND COMMUNITY EDUCATION**

\* 501.977.2132, 1537 University Blvd, Morrilton \* 870.793.5233, 1652 White Drive, Batesville

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- |                                  |  |
|----------------------------------|--|
| • Introduction To Welding Basics | • Health Safety & Nutrition            |
| • Commercial Driver Training     | • Effective Interviewing               |
| • Act Test Prep                  | • Computer: Microsoft Excel Beginner   |
| • Nursing Assistant              | • Memory Loss, Dementia, & Alzheimer's |

### **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!

## **FINANCES**

### **THE DOLLAR STRETCHER Living Better ... for Less**

Site updated daily [www.stretcher.com](http://www.stretcher.com). FREE newsletter sign up [www.stretcher.com/subscribe/subscribebestt.cfm](http://www.stretcher.com/subscribe/subscribebestt.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**

501 757 0155 Clinton, <https://ozarkopp.org/> (information about programs and forms)

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.

### **FINANCIAL INDEPENDENCE FOR INDIVIDUALS WITH IDD (Intellectual or Developmental Disability)**

<https://www.moneygeek.com/credit-cards/resources/navigating-credit-and-debt-with-idd>

### **UNITED WAY OF CENTRAL ARKANSAS**

[www.uwcark.org](http://www.uwcark.org) 501-327-5087

Services include: Free Tax Prep from Feb thru April 13, Financial Opportunity Center , The goal of the FOC is to provide a financial stability initiative aimed at assisting low to moderate income households with financial counseling, budgeting classes, job retention training, free credit reports, credit card education, increased financial literacy, affordable banking, Free Tax Preparation (VITA), Encourage savings accounts (especially 529 Plan Child college savings plan), Bank On Referral - banking for the under and unbanked. This is only for certain clients.

**\*Help for Agencies:**-Charity Tracker is an online case management system through UW which allows local non-profits, churches, school counselors, government agencies, etc. to keep and see records of assistance given.

### **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

## **FOOD**

(Call ahead to see what ID and paperwork you'll need to bring)

### **CHOCTAW FOOD BANK**

Questions: 501.253.7987. Location: 201 Hwy 330 E., Choctaw. Pantry hours: Wednesdays hours are 9-4:45.

Must have ID and utility bill to prove residency in Van Buren County.

### **CLINTON FREEDOM OUTPOST**

501-317-9133. 210 Griggs Street, Clinton, AR. Free meals on Thursdays from 11 am to 5 pm everyone welcome. Food for people in need and free clothes closet.

### **CLINTON SEVENTH DAY ADVENTIST COMMUNITY SERVICES**

Clothing, shoes and toiletries, toys, books, dishes and food. Everything is free. New items sometimes available. Tuesdays 12:30 PM to 4:30PM @ 125 Skyhill Dr. Clinton AR. Questions; 501-745-4532 or 870-718-3333.

### **FOOD BLESSING BOXES**

Community reaching out to help community. No questions asked. Take what you need, trade or just leave any non-perishable food or toiletries you have to share.

### **BEE BRANCH**

- Under Bee Branch Baptist Church sign on Hwy 65.



## **CLINTON**

- Downtown north side of the courthouse building by the tree.
- SELF SERVE COMMUNITY FOOD BANK AND LIBRARY  
East side of the Police Department at 274 US 65 Business.

## **FAIRFIELD BAY**

- In the mall between Edward Jones and the flower shop.

## **SHIRLEY**

- Downtown in front of "Merchant Wholesale Grocer" store.

## **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.

## **FORMULA FOR BABIES**

501 253 2578 Pastors Jimmy & Lisa Coots @ The Power House, 159 Mt Zion Rd. Bee Branch, AR.

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

## **MOTHERS' MILK BANK**

1 866 810 0071 [moms@texasmilkbank.org](mailto: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

## **SHIRLEY FOOD PANTRY:**

Shirley School Superintendent's office. Thursdays from 9-2. Bring ID. Food & monetary donations are welcome.

## **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 (Women, Infants, and Children)**

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**

11-800-5HUNGRY (800-548-6479) The hours of operation are Monday - Friday, 9:00 a.m. to 6:00 p.m. EST  
If you were unable get help with your food needs in your area.

## **HEALTH / SAFETY**

### **911**

- If you think you are in immediate danger, call 911 right away! For ALL emergencies.

### **AARP FRIENDLY VOICE**

<https://aarppcommunityconnections.org/friendly-voices/>

Connecting People to People. We may be isolated, but we don't have to be alone. Sometimes, just hearing a friendly voice on the other end of the line can help in challenging times. Trained AARP Friendly Voice volunteers will provide a call to say hello. Request a call: Call us directly at 1-888-281-0145 and leave us your information and we will call you back. Llámanos directamente al 1-888-497-4108

### **ADULT PROTECTIVE SERVICES**

1-800-482-8049 – Adult Maltreatment Hotline. investigates maltreatment, abuse, neglect, and exploitation of people age 18 and older, who qualify.

### **ALZHEIMER'S ARKANSAS**

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

**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. <https://www.arkansasmissionofmercy.org/>

### **BE WELL ARKANSAS**

833 283 WELL [www.bewellarkansas.org](http://www.bewellarkansas.org) Linking Arkansans to local resources to improve their health and well being. Quit tobacco or nicotine. Manage diabetes. Manage high blood pressure.

### **BREAST CANCER FREEBIES**

Go to [www.breastcancerfreebies.com](http://www.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 [www.cancer.net](http://www.cancer.net). (AARP Magazine June/July 2018)

### **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) <https://www.cancercare.org/>

### **CHI ST. VINCENT COMMUNITY CARE**

<http://www.chistvincent.com/> \*CHI ST. VINCENT PRIMARY CARE – MORRILTON @ 1711 E. Harding Street, Morrilton, AR 72110. Phone: 501-354-4637. The community care clinic offers discounted care for dental and medical patients with no insurance coverage.

### **CHILDREN'S ADVOCACY ALLIANCE (help for abused children)**

VBC Satellite Office, 1396 Hwy 65 S, Suite 29, Clinton, or PO Box 1202, Conway, AR 72033. Call: 501-745-3038. [www.hopeandjustice.org](http://www.hopeandjustice.org). Provides guidance, treatment and support for child victims of abuse and neglect. Coordinates programs that protect children from further harm and restore hope to their lives.

### **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. Conway, also 234 Moss St. in Clinton 501-358-6606 or [www.conwaycwc.com](http://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.

### **FAMILY CAREGIVER RESOURCES FOR ARKANSAS**

AARP developed a family caregiver guide as a starting point to help find services and support needed. To order a print copy of this online guide, call the toll-free AARP Family Caregiving Resource Line at 877-333-5885 and indicate which state(s) and receive a copy in the mail. See the Arkansas online guide at: <https://states.aarp.org/arkansas/caregiver-resources>

### **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.

### **MEDICARE COST AND MEDICATION SAVINGS**

To see if you qualify, go to: [https://insurance.arkansas.gov/uploads/pages/2020\\_save\\_money\\_brochure.pdf](https://insurance.arkansas.gov/uploads/pages/2020_save_money_brochure.pdf)

### **MEDICARE SAVINGS PROGRAM: (Medicare Buy-in)**

A State of Arkansas Program known as the Medicare Buy-in. Applications are processed by the Arkansas Department of Human Services. May help pay the monthly Part B premium and may help with Medicare cost sharing, depending on the program (there are three types of MSPs), [www.access.arkansas.gov](http://www.access.arkansas.gov)

### **EXTRA HELP: with Medicare Part D**

A federal program that helps pay for some to most of the costs of Medicare Part D prescription drug coverage. Contact the Social Security Administration at 800-772-1213 or visit [www.ssa.gov/medicare/prescriptionhelp](http://www.ssa.gov/medicare/prescriptionhelp) to learn if you are eligible for Extra Help and to start an application.

### **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

### **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 drug maker directly and speak to the customer assistance team. (AARP Magazine June/July 2018)

### **U.S. CONSUMER PRODUCT SAFETY COMMISSION**

[www.cpsc.gov](http://www.cpsc.gov), 800-638-2772 (TTY 301-595-7054) Times: 8 a.m. – 5:30 p.m. ET; Messages can be left anytime

Call to get product safety and other agency information and to report unsafe products.

[www.cpsc.gov/en/Newsroom/Subscribe/](http://www.cpsc.gov/en/Newsroom/Subscribe/) to subscribe to email updates on recalled products.

### **STAMP OUT SMOKING**

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

### **SUICIDE PREVENTION HOTLINE**

800-273-8255

### **TIME OFF FOR CAREGIVERS**

Caring for an ill relative? At [www.n4a.org](http://www.n4a.org) you can find your local Area Agency on Aging, which can tell you if free respite care is available. (White River Area Agency on Aging 501-745-4002 or 1-877-482-2354) If you are looking after a veteran, you may be able to get free respite care. Go to [www.va.gov](http://www.va.gov) and click on Family Member Benefits near the middle of the page.

### **UAMS NORTH CENTRAL MEDICATION ASSISTANCE PROGRAM**

501 268 5000 Teresa Henry, [THenry@uams.edu](mailto: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](http://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. They have 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**

### **ADAPTING A HOME FOR DISABILITY ACCESSIBILITY**

<https://www.moneygeek.com/mortgage/resources/home-modification-for-disability/>

### **AGING & DISABILITY RESOURCE CENTERS & LOCAL CONTACT AGENCY FOR NURSING FACILITY RESIDENTS**

866 801 3435 [brad.nye@dhs.arkansas.gov](mailto:brad.nye@dhs.arkansas.gov) or <http://www.choicesinliving.ar.gov> Van Buren County

### **ASSISTIVE ELECTRONICS**

People who have both significant hearing loss and vision loss can get free smartphones, computers, screen readers and other technology, along with help setting up the devices. The federally funded program is for individuals earning up to \$49,960 or two-person households making no more than \$67,640. Go to [www.ICanConnect.org](http://www.ICanConnect.org).

### **DISABILITY RESOURCE LIST**

<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.

### **FINANCIAL INDEPENDENCE FOR INDIVIDUALS WITH IDD (Intellectual or Developmental Disability)**

<https://www.moneygeek.com/credit-cards/resources/navigating-credit-and-debt-with-idd>

### **GUIDES TO INFORMATION AND RESOURCES RE: DISABILITY**

[www.disability.gov](http://www.disability.gov) If you didn’t find the information you were looking for, check this site out

### **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.

## **MENTAL HEALTH**

### **MENTAL HEALTH & ADDICTION SERVICES IN ARKANSAS**

844 763 0198 Mon-Fri, 8 am -4:30 pm. [Www.Humanservices.arkansas.gov/about-dhs/daabhs/mentalhealth](http://www.Humanservices.arkansas.gov/about-dhs/daabhs/mentalhealth) for more information. All Arkansans have access to mental health & addiction services.

## **MENTAL HEALTH & ADDICTION SUPPORT LINE**

Did you know that DHS offers these mental health & addiction services to Arkansans who have limited incomes? 1-844-763-0198 or <https://humanservices.arkansas.gov/about-dhs/daabhs/mentalhealth> to locate providers in your area. After locating a provider in your area, you can call for immediate and confidential help 24 hours a day, seven days a week. Following the initial call, available services will vary.

- Assessment
- Substance Abuse Counseling & Treatment
- Help During a Mental Health Crisis
- Family Counseling
- Parent & Child Counseling for Children under 4
- Individual & Group Counseling
- Mental Health Medication Needs

## **ARKANSAS CRISIS CENTER**

If you are contemplating suicide, please call immediately 1-888-CRISIS2

## **AR CONNECT**

Struggling with mental health issues like depression, anxiety and/or stress? Call 501-526-3563 or 800-482-9921. UAMS AR-Connect is a comprehensive behavioral health treatment program created to provide care to all Arkansans dealing with a variety of mental-health issues, from substance abuse disorders to mental illnesses ranging from anxiety and depression to bipolar disorder and schizophrenia. All sessions are virtual, meeting via live video. <https://psychiatry.uams.edu/clinical-care/arconnect/>

## **ARKANSAS QUITLINE**

If you would like support to quit using tobacco, please call 1-800-QUIT-NOW

## **NAMI ARKANSAS**

for additional support, (800) 844-0381 [www.newsite.namiarkansas.org](http://www.newsite.namiarkansas.org) NAMI Arkansas is a private, non-profit organization whose mission is to help people living with mental illness, their families, and the community. NAMI Arkansas operates a statewide organization providing and coordinating a network of local support groups providing support, education, and advocacy throughout the state. The organization is affiliated with National NAMI, located in Arlington, VA.

## **NATIONAL WIDOWERS' ORGANIZATION**

A virtual toolkit for men coping with the loss of a loved one, a place where men can meet others going through the same transition. <https://nationalwidowers.org/>

## **SINCERA WELLNESS, LLC** Counseling in Fairfield Bay

Mary Anne Gunter, MS, LAC, LAMFT 501.238.2557, [www.sincerawellness.net](http://www.sincerawellness.net) ,

[MaryAnne@sincerawellness.net](mailto:MaryAnne@sincerawellness.net) Capital Place at Fairfield Bay, (formerly the White River Insurance building), 14781 Highway 16, Fairfield Bay, AR 72088. (about 1 mile east of the main Fairfield Bay entrance) Offering a variety of services and fees. Member Therapist, Open Path Collective, a non-profit network of therapists who offer lowered fees to Open Path members. Go to <https://openpathcollective.org/> and simply enter zip code "72088" to find this therapist's profile.

## **RECOVERY**

### **ADULT & TEEN CHALLENGE OF THE GREATER SOUTH**

<https://www.atcgreatersouth.org> 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.

### **ARKANSAS REGIONAL SERVICE COMMITTEE OF NARCOTICS ANONYMOUS**

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. Meets Tuesdays @ 7 pm

### **DOSE OF REALITY FOR PARENTS**

Prescription painkillers are involved with more overdose deaths than heroin and cocaine combined. What parents can do: [www.DoseOfReality.adh.Arkansas.gov](http://www.DoseOfReality.adh.Arkansas.gov)

### **MISSION TEENS, INC.**

Contact the individual Center. More information at: [www.missionteens.com](http://www.missionteens.com) or [www.gracembtc.com](http://www.gracembtc.com)

They do not charge for the 8-10 month residential faith based program that deals with those who have a history of alcoholism, drug abuse, and/or emotional problems. Find hope for the hopeless.

Victory MBTC

PO Box 145

Center Ridge, AR 72027

(501) 386-1493

God's New Life MBTC

PO Box 166

Marked Tree, AR 72365

(870) 358-4851

Grace MBTC

PO Box 1035

Paragould, AR 72450

(870) 573-6414

### **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](mailto: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.

## **SPECIAL NEEDS**

### **DDS (Division Of Developmental Disabilities) CHILDREN'S SERVICES**

Cynthia Hoskison, RN, email [Cynthia.Hoskison@dhs.arkansas.gov](mailto: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.

### **FINANCIAL INDEPENDENCE FOR INDIVIDUALS WITH IDD (Intellectual or Developmental Disability)**

<https://www.moneygeek.com/credit-cards/resources/navigating-credit-and-debt-with-idd>

## **VETERANS**

### **AUTOS FOR DISABLED VETERANS**

800 827 1000 Vets and military members who have suffered certain service-related disabilities can receive up to \$19,817 toward the purchase of a vehicle, plus free adaptive equipment required because of their disability. Go to [www.benefits.gov/benefit/278](http://www.benefits.gov/benefit/278)

### **COUNTY VETERAN SERVICE OFFICER**

501-745-5114 \* Paul Pronia Van Buren County. 1414 HWY 65 South, Clinton 72031 Weds, Thurs 8-12 & 1-4

### **DENTAL LIFE LINE (VETERANS)**

<https://dentallifeline.org/veterans/> Will You See One Vet program, Veteran Eligibility: Dentists across the country have volunteered to provide dental care to veterans. They do this for free to eligible applicants. If you have a permanent disability or are over 65 years old or have a chronic and serious illness and don't have enough money to pay for dental care, you may qualify for free treatment. There is a three step application process that will take time to complete.

### **DEPARTMENT OF VETERANS AFFAIRS**

800-827-1000 or [www.va.gov](http://www.va.gov)

### **DEPARTMENT OF VETERANS SERVICE RECORDS**

800 772 1213 or [www.ssa.gov](http://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](http://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.

### **RIDES TO VA HOSPITAL**

DISABLED AMERICAN VETERANS (DAV) operates a fleet of vehicles, driven by volunteers, to provide free transportation to VA medical facilities for injured and ill veterans. Contact Margaret Robinson at 501 257 2000. Little Rock VA Medical Center (03598), These rides are on specific days of the week, so call ahead for information.

### **TIME OFF FOR CAREGIVERS**

If you are looking after a veteran, you may be able to get free respite care. Go to [www.va.gov](http://www.va.gov) and click on Family Member Benefits near the middle of the page. Caring for a civilian? At [www.n4a.org](http://www.n4a.org) you can find your local Area Agency on Aging, which can tell you if free respite care is available. (White River Area Agency on Aging. 501-745-4002 or 1-877-482-2354)

### **VETERANS MEDICAL FOSTER HOMES**

private homes in which a trained caregiver provides services to a few individuals. Some, but not all, residents are Veterans. VA inspects and approves all Medical Foster Homes. A Medical Foster Home can serve as an alternative to a nursing home. It may be appropriate for Veterans who require nursing home care but prefer a non-institutional setting with fewer residents. Contact the VA for information on homes available in Arkansas.

### **VETERANS HELP AND SUICIDE HOTLINE:**

1-800-273-8255



**NATIONAL RETIREE HELPDESK:**

volunteer-staffed 833-224-6743 or [NRHDesk@gmail.com](mailto:NRHDesk@gmail.com) for questions regarding all Coast Guard retiree benefits.

**RETIREE ACTIVITIES OFFICE**

[henry.ward.2@us.af.mil](mailto: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/](http://www.va.gov/womenvet/)

**VA HOTLIN ES**

- 24/7 White House VA Hotline: 855-948-2311
- VA Benefits Hotline: 844-698-2311
- VA Caregiving Hotline: 855-260-3274
- VA Crisis Line for Mental Health: 800-273-8255
- VA Loan Center Hotline: 800-827-0648
- Health Care Debt Relief: 888-827-4817

## **HOUSING**

**ARKANSAS BAPTIST CHILDREN'S HOMES & FAMILY MINISTRIES**

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

[www.blackriverareadevelopment.com/weatherization.php](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.

**CONWAY HOMELESS SHELTERS & SERVICES FOR THE NEEDY**

[www.homelessshelterdirectory.org](http://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.

**HERE TO STAY (AARP FOUNDATION)**

A list of programs available in your zip code. Topics listed: upkeep and repairs, help with utility bills, disaster relief, health and safety, education and counseling, renters, and other resources. (Some of the programs listed are already part of this list) <https://heretostay.aarpfoundation.org/find-services>

**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 77

- Stone County in Mountain View – 870 269 4888

### **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](mailto: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.

### **OUR HOUSE (Little Rock)**

empowers homeless and near-homeless families and individuals to succeed in the workforce, in school, and in life through hard work, wise decision-making, and active participation in the community. The Housing program includes an 80-bed dormitory known as the Shelter, and a transitional residence, known as the Family House.

501-374-7383, 302 E Roosevelt Road, Little Rock, AR 72206\_email: [connect@ourhouseshelter.org](mailto:connect@ourhouseshelter.org) web site:

<https://ourhouseshelter.org/>

### **RENTAL MANAGERS**

Rentals are hard to find in VBC. Contact the Rental Manager of any local Real Estate Company. Qualified applicants must have first month's rent, deposits, no pets, and no smoking. Be prepared to pay rent each month.

### **SENIORHOUSING.NET**

Industry-leading senior care organization dedicated to providing tools and essential resources to help enhance the lives of older adults of all walks of life. These dedicated pages provide detailed information for families and senior citizens who are looking for senior living and care options that can help maintain their independence and quality of life in Arkansas and comprehensive information on topics like financial support and care options.

<https://www.seniorhousingnet.com/seniors/senior-living-us/arkansas>

<https://www.seniorhousingnet.com/care-types/assisted-living>

## **RIDES**

### **VBC AGING PROGRAM, INC.**

Affordable or FREE Rides for senior adults - 501 745 2244 \* Transportation for registered clients to local destinations. (Suggested donation \$2 one way)

### **ERRANDS ETC.**

501 253 2480 "Let Us Do The Running For You" based in the Greers Ferry Lake area. Transporting folks to the Airport, local Business, Doctor appointments, grocery shopping and more... Call for prices and details.

### **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

### **SOUTHEASTTRANS TRANSPORTATION**

888-833-4128 <https://www.southeastrans.com/>

Provides transportation to Arkansas Medicaid Members who are eligible for non-emergency transportation assistance to Medicaid-billable healthcare services. Call 48 business hours ahead to schedule.

Hours of operation: 8:00am-5:00pm CST Monday-Friday

## **RIDES TO VA HOSPITAL**

DISABLED AMERICAN VETERANS (DAV) operates a fleet of vehicles, driven by volunteers, to provide free transportation to VA medical facilities for injured and ill veterans. Contact Margaret Robinson at 501 257 2000. Little Rock VA Medical Center (03598), These rides are on specific days of the week, so call ahead for information.

## **STATE and COUNTY SERVICES**

### **911 NON-EMERGENCY**

please call 501 884 6005, [ybc911@artelco.com](mailto:ybc911@artelco.com)

### **POISON CONTROL**

800-222-1222

### **STATEWIDE COMMUNITY RESOURCES PORTAL**

The Arkansas Department of Education launched the Portal to connect schools and communities with information about available support services around the state. The ADE said that COVID-19 lead to many students and families in need of essential support services, such as financial, healthcare, and housing assistance. Some organizations provide such services around the state, but a list of information did not exist. Statewide Community Resources Portal - Home ([arkansas.gov](http://arkansas.gov)) or <https://adedata.arkansas.gov> to see the ADE resources.

## **SENIOR ADULTS & COMMUNITY CENTERS**

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

### **AARP FRIENDLY VOICE**

<https://aarpcommunityconnections.org/friendly-voices>

Connecting People to People. We may be isolated, but we don't have to be alone. Sometimes, just hearing a friendly voice on the other end of the line can help in challenging times. Trained AARP Friendly Voice volunteers will provide a call to say hello. Request a call: Call us directly at 1-888-281-0145 and leave us your information and we will call you back. Llámanos directamente al 1-888-497-4108

### **AARP FRAUD WATCH NETWORK**

Have questions related to scams? Call toll-free at 877 908 3360. For the latest fraud news and advice, go to [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork)

### **ARKANSAS SENIOR SERVICES**

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

### **AGING AND DISABILITY RESOURCE CENTERS & LOCAL CONTACT AGENCY FOR NURSING FACILITY RESIDENTS**

866 801 3435 [brad.nye@dhs.arkansas.gov](mailto: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](http://www.daas.ar.gov/programs_services.html) A list of DHS programs for Seniors Adults with Physical Disabilities

### **HOME INSTEAD Senior Care**

(501) 205-1021 or (888) 764-1814 [www.homeinstead.com/601](http://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 SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM**

1396 Hwy 65 S, Suite 161, Clinton, Office 501-745-4070, Fax 501-745-4199, Cell 501-676-8637

The United States Department of Labor, Employment and Training Administration, helps senior citizens get back into or remain active in the labor workforce. A community service and work-based training program offering job skill training and employment assistance. Senior Workers are paid minimum wage, or the prevailing wage, for an average of 20 hours per week, in order to gain a permanent job. Please contact this program if you are a senior adult in search of work or a business in search of a dependable employee. DOL subsidizes the participants while in training. The training will be with a non-profit or Government agency. The business can be reimbursed for the training 100% for the first 30 days if they hire a participant from the program through the On Job Experience program with DOL.

### **THE NATIONAL AGING IN PLACE COUNCIL**

202 939 1770 [akrapacs@ageinplace.org](mailto: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](http://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 register at any of the senior center locations below) Registered clients are encouraged to donate \$4 per meal. Guests and those under 60 pay \$7 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 last Wednesday of Aug, first Saturday of Sept from 5-7 pm

### **SENIOR CENTERS**

Senior Centers of VAN BUREN COUNTY AGING PROGRAM (Clinton, Damascus, Shirley) are closed until further notice due to the Covid-19 pandemic. Meals and transportation are still available. Call (501) 745-2244 for more information.

#### **CLINTON SENIOR CENTER**

**Closed during pandemic** \* 501 745 2544 \* 311 Yellowjacket Lane, Suite 1 \* Open Mon-Thu 8:30-3:30

#### **DAMASCUS SENIOR CENTER**

**\*Closed during pandemic** 501 289 3342 \* 7349 Hwy. 65 South \* Open Tues & Thurs: 10:00 am - 1:00 pm

#### **SCOTLAND SENIOR CENTER**

**Closed during pandemic** \* 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.

Home Delivered Meals : (501) 745-2244 Nutritious Meals for homebound seniors age 60 and over.

Transportation: (501) 745-8140 Local transportation for seniors age 60 and over

## INDEPENDENT COMMUNITY CENTERS

Fairfield Bay Senior Center and Scotland Senior Center separated from Van Buren County Aging and now have Program open without age restrictions. May be open during Covid-19 pandemic.

### 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.

### SHIRLEY SENIOR CENTER

(Community Center) \* 501 723 4669 \* 489 Highway 9 E, \* Open Mon-Thu 7:30 a.m. – 1 p.m.

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

501-745-4002 or 1-877-482-2354 Tracy Acton (tracy.acton@wraaa.com) or RN Donna Golden

(donna.golden@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)
- PERS (personal emergency response system) you might qualify for free services
- Homemaker (help with light household tasks)
- Foster Grandparent Program
- Services for Disabled (services to enhance life)
- Respite/Adult Companion (temporary relief for caregivers)
- Legal Services (free legal help – income based qualification)
- Veteran's Services (VA Personal Care, Aid & Attendance, etc.)
- Assisted Living (Eagle Mountain Assisted Living, Batesville)
- Family Caregiver Program (Limited financial assistance)
- Housing (housing options for low income)

## UTILITIES

### COMMUNITY ASSISTANCE

through Department of Human Services (DHS) 449 Ingram St, 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 and First Baptist Church Clinton donations..

### OZARK OPPORTUNITIES – HEAP when funds are available

501 757 0155 Clinton & Marshall <https://ozarkopp.org/> (information about programs and forms) Call for hours and to schedule appointment. Programs continue until funds are gone (funds usually last only a few days to a few weeks)

- 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

### PETIT JEAN ELECTRIC COOPERATIVE CORPORATION

501 745 2493 Clinton OR 800 786 7618 will work with you. Contact them BEFORE you get a shut off order. 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.

## **PHONE AND INTERNET**

People with low incomes can get help paying for cellphone or landline service as well as broadband under the Federal Communications Commission's Lifeline program. The benefit is \$9.25 per month toward your monthly bill. Go to [www.LifelineSupport.org](http://www.LifelineSupport.org) to discover if you qualify.

## **SECURE THE CALL**

National outreach collecting unwanted cell phones to distributed to high-risk individuals as a 911 phone, free of charge. Many of these go to battered women's shelters, recovery homes, seniors, etc. Donate instead of trashing old devices. [www.securethecall.org](http://www.securethecall.org).

## **ANIMALS**

### **ALF PET NETWORK**

[www.alfpetnetwork.com](http://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.

### **ARKANSAS LOST AND FOUND PET NETWORK**

<https://www.facebook.com/alfpetnetwork/>

### **COMPANIONS SPAY AND NEUTER CLINIC**

501-679-7900, Affordable means to spay & neuter 589 Highway 65N, Greenbrier, AR 72058  
[fixyourpet@alliancecable.net](mailto:fixyourpet@alliancecable.net) or <http://www.companionsspayandneuter.com>

### **FAIRFIELD BAY ANIMAL PROTECTION LEAGUE**

501-884-6005

### **FAIRFIELD BAY ANIMAL SHELTER**

501-884-6417 [ffbanimalshelter@gmail.com](mailto:ffbanimalshelter@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

### **GREEN ACRES MINI PIG RESCUE**

501.253.5879, 4469 HWY 336 W., Clinton, AR 72031 [greenacresminipigrescue@gmail.com](mailto:greenacresminipigrescue@gmail.com). A 501(c)3 that advocates for all mini pigs, rehabilitates pigs in need, educates the public, and finds loving forever homes. Donations and volunteers welcome.

### **"OPERATION KINDNESS"**

870-221-1630 Chopper

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 (donations and volunteers always welcome)

**Zs BEES -HONEY BEE RESCUE AND RELOCATION**

Fred Zeiler 479 430 4146 FREE and safe removal of honey bees