

AARP	1-888-687-2227	<a href="http://www.aarp.org">www.aarp.org</a>
AARP – Arkansas	1-866-554-5379	<a href="https://states.aarp.org/arkansas">https://states.aarp.org/arkansas</a>
Administration for Community Living	1-202-401-4634	<a href="http://www.acl.gov">www.acl.gov</a>
Alliance for Retired Americans	1-202-637-5399	<a href="http://www.retiredamericans.org">www.retiredamericans.org</a>
Alzheimer's Arkansas	1-501-224-0021	<a href="http://www.alzark.org">www.alzark.org</a>
Alzheimer's Association	1-800-272-3900	<a href="http://www.alz.org">www.alz.org</a>
Alzheimer's Foundation of America	1-800-232-8484	<a href="http://www.alzfdn.org">www.alzfdn.org</a>
American Cancer Society		<a href="http://www.cancer.org">www.cancer.org</a>
American Diabetes Association	1-800-342-2383	<a href="http://www.diabetes.org">www.diabetes.org</a>
American Heart Association		<a href="http://www.heart.org">www.heart.org</a>
American Society on Aging	1-800-537-9728	<a href="http://www.asaging.org">www.asaging.org</a>
ARBenefits (Public School Employees Health Insurance Plan)	1-501-682-9656	<a href="http://www.arbenefits.org">www.arbenefits.org</a>
AR Association of Area Agencies on Aging	1-866-739-3901	<a href="http://www.agingarkansas.org">www.agingarkansas.org</a>
Arkansas Attorney General	1-800-482-8982	<a href="http://www.arkansasag.gov/">www.arkansasag.gov/</a>
Arkansas Insurance Department	1-800-282-9134	<a href="http://www.insurance.arkansas.gov">www.insurance.arkansas.gov</a>
Arkansas Law Help (Legal Aid)	1-888-540-2941	<a href="http://www.arlawhelp.org">www.arlawhelp.org</a>
Arkansas Senior Medicare Patrol	1-866-726-2916	<a href="http://www.humanservices.arkansas.gov">www.humanservices.arkansas.gov</a>
Arkansas State Legislature		<a href="http://www.arkleg.state.ar.us">www.arkleg.state.ar.us</a>
House of Representatives (In Session)	501-682-6211	<a href="http://www.arkansashouse.org">www.arkansashouse.org</a>
House of Representatives (Out of Session)	501-682-7771	
Senate (In Session)	501-682-2902	<a href="https://senate.arkansas.gov">https://senate.arkansas.gov</a>
Senate (Out of Session)	501-682-6107	
Arkansas Teacher Retirement System (ATRS)	1-800-666-2877	<a href="http://www.artrs.gov">www.artrs.gov</a>
Arthritis Foundation	1-800-283-7800	<a href="http://www.arthritis.org">www.arthritis.org</a>
Better Business Bureau	1-501-664-4888	<a href="http://www.bbb.org/arkansas">www.bbb.org/arkansas</a>
Caregiver Action Network	1-855-227-3640	<a href="http://www.caregiveraction.org">www.caregiveraction.org</a>

## HELPFUL CONTACTS

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Child Abuse Hotline	1-800-482-5964	
Consumer Product Safety Commission	1-800-638-2772	<a href="http://www.cpsc.gov">www.cpsc.gov</a>
Domestic Violence Hotline	1-800-332-4443	
DHS Division of Aging and Adult Services	1-501-686-9164	<a href="http://www.humanservices.arkansas.gov">www.humanservices.arkansas.gov</a>
DHS Division of Services for the Blind	1-501-682-5463	<a href="http://www.arcareereducation.org/services/division-of-services-for-the-blind">www.arcareereducation.org/services/division-of-services-for-the-blind</a>
DHS Office of Long Term Care	1-501-682-6789	<a href="http://www.humanservices.arkansas.gov">www.humanservices.arkansas.gov</a>
Dignity Planner (funeral planning tool)	1-844-448-4447	<a href="http://www.thedignityplanner.com">www.thedignityplanner.com</a>
Economic Policy Institute	1-202-775-8810	<a href="http://www.epi.org">www.epi.org</a>
Elder Abuse Hotline	1-800-482-8049	
Eldercare Locator	1-800-677-1116	<a href="http://www.eldercare.acl.org">www.eldercare.acl.org</a>
Family Caregiver Alliance		<a href="http://www.caregiver.org">www.caregiver.org</a>
Federal Trade Commission	1-202-326-2222	<a href="http://www.ftc.gov">www.ftc.gov</a>
Health.Gov		<a href="https://health.gov">https://health.gov</a>
Healthy Living	1-800-232-4636	<a href="http://www.cdc.gov/healthyliving">www.cdc.gov/healthyliving</a>
Hear in America	1-800-286-6149	<a href="http://www.hearinamerica.com">www.hearinamerica.com</a>
Hospice Home Care	1-844-558-4100	<a href="http://www.hospicehomecare.com">www.hospicehomecare.com</a>
Identity Theft		<a href="http://www.identitytheft.gov">www.identitytheft.gov</a>
Internet Crime Complaint Center		<a href="http://www.ic3.gov/complaint">www.ic3.gov/complaint</a>
Just Serve (volunteer opportunities)		<a href="http://www.justserve.org">www.justserve.org</a>
Leadership Council of Aging Organizations		<a href="http://www.lcao.org">www.lcao.org</a>
Long Term Care		<a href="https://acl.gov/ltc">https://acl.gov/ltc</a>
Medicare/Medicare Fraud	1-800-633-4227	<a href="http://www.medicare.gov">www.medicare.gov</a>
Mercy Medical Angels	1-800-296-1217	<a href="http://www.mercymedical.org">www.mercymedical.org</a>
Mesothelioma.Com	1-800-336-0086	<a href="http://www.mesothelioma.com">www.mesothelioma.com</a>
Military & Veteran Retirement Benefits		<a href="http://www.military.com/money/retirement">www.military.com/money/retirement</a>
National Center on Elder Abuse	1-855-500-3537	<a href="https://ncea.acl.gov">https://ncea.acl.gov</a>

National Committee to Preserve Social Security & Medicare	1-800-998-0180	<a href="http://www.ncpssm.org">www.ncpssm.org</a>
National Council on Aging	1-571-527-3900	<a href="http://www.ncoa.org">www.ncoa.org</a>
National Health Information Center		<a href="http://www.health.gov/nhic">www.health.gov/nhic</a>
National Institute on Aging	1-800-222-2225	<a href="http://www.nia.nih.gov/health">www.nia.nih.gov/health</a>
National Institute on Retirement Security		<a href="http://www.nirsonline.org">www.nirsonline.org</a>
National Library Service for the Blind	1-888-657-7323	<a href="http://www.loc.gov/nls">www.loc.gov/nls</a>
Nursing Home Complaints (Arkansas)	1-800-582-4887	
NRTA - AARP's Educator Community	1-888-687-2277	<a href="http://www.aarp.org/about-aarp/nrta">www.aarp.org/about-aarp/nrta</a>
Public Service Commission – Complaints Retire Guide	1-800-482-1164	<a href="http://www.apscservices.info">www.apscservices.info</a> <a href="http://www.retireguide.com">www.retireguide.com</a>
Retirement USA		<a href="http://www.retirement-usa.org">www.retirement-usa.org</a>
Senior Living.Org		<a href="http://www.seniorliving.org">www.seniorliving.org</a>
Smart 911 (emergency planning tool)		<a href="http://www.smart911.com">www.smart911.com</a>
Social Security Administration	1-800-772-1213	<a href="http://www.ssa.gov">www.ssa.gov</a>
Social Security Fraud Report	1-800-269-0271	<a href="https://oig.ssa.gov">https://oig.ssa.gov</a>
Social Security Works		<a href="http://www.socialsecurityworks.org">www.socialsecurityworks.org</a>
Tax Fraud/Tax ID Theft		<a href="http://www.irs.gov/identity-theft-central">www.irs.gov/identity-theft-central</a>
U of A Cooperative Extension Service	1-501-671-2000	<a href="http://www.uaex.uada.edu">www.uaex.uada.edu</a>
U.S. Department of Health & Human Services	1-877-696-6775	<a href="http://www.hhs.gov">www.hhs.gov</a>
U.S. Postal Inspection Service	1-877-876-2455	<a href="http://www.uspis.gov">www.uspis.gov</a>
Well Spouse Association		<a href="http://www.wellspouse.org">www.wellspouse.org</a>
Women's Institute for a Secure Retirement	1-202-393-5452	<a href="http://www.wiserwomen.org">www.wiserwomen.org</a>