

- **Meals On Wheels Association of America**
 The Meals On Wheels Association of America (MOWAA) is the oldest and largest organization in the United States representing those who provide meal services to people in need.
<http://www.mowaa.org>
 Phone- (703) 548-5558
- **Administration on Aging**
www.aoa.gov
 Phone- (202) 619-0724
- **Department of Veterans Affairs**
www.va.gov
 Phone- (800) 827-1000 VA Benefits or (877) 222-8387 To speak with a health care benefits counselor
- **National Do Not Call List**
 Gives consumers control of telemarketing calls received at home.
www.ftc.gov/donotcall
- **FirstGov for Seniors**
www.Seniors.gov
- **Federal and State Government Benefit Information** www.govbenefits.gov
 Phone- (800) 333-4636
- **Social Security Administration**
www.ssa.gov
- **Department of Housing and Urban Development**
www.hud.gov
 Phone- (202) 708-1112
- **Low Income Energy Assistance Program (LIHEAP)**
 Nat'l Energy Assistance Referral Hotline
www.Ncat.org
 Phone- (866) 674-6327
- **FEMA**
www.fema.gov Phone- (800) 621-3362
- **Dept. of Aging and Disability**
www.dads.state.tx.us
 Phone- (800) 458-9858
- **Private Duty Homecare Association**
 All persons with needs should be able to live independently and safely at home for as long as possible.
www.pdhca.org
- **Identity Theft Resource Center**
www.idtheftcenter.org
 Phone- (858) 693-7935
- **National Center On Elder Abuse**
www.ncea.aoa.gov
 Phone- (800) 677-1116
- **Rebuilding Together**
www.rebuildingtogether.org
 Phone- (800) 473-4229
- **National Resource Center on Supportive Housing and Home Modification**
www.homemods.org
 Phone- (213) 740-1364
- **MedlinePlus**
 Health Topics, Drug Info, Medical Dictionary, etc
www.medlineplus.gov
- **National Alzheimer's Association**
 Provides information and resources for Alzheimer's Disease
www.alz.org
 Phone- (866) 403-3073
- **National Lung Health Education Program**
 (NLHEP) Useful information on COPD and other Lung disorders
www.nlhep.org
- **Texas Evacuation Routes**
www.txdps.state.tx.us/dem/hurricane.htm
- **Assistance with Evacuation – 211**
www.211texas.org/211
 Phone- (713) 957-4357
- **Texas Homeland Security & Emergency Mgmt**
www.ready.gov/america/local/tx.html