



Steps to Weathering the Financial Storm

Times are hard, perhaps the worst in your lifetime. But you're not alone. There is help in your local community. United Way has compiled the following list of resources that can help you survive the financial crisis.

1. If you've been laid-off:

Unemployment benefits & Job Counseling

Workforce Oklahoma 2 John C. Bruton Blvd Shawnee 275-9130

Temporary Assistance for Needy Families & Food Stamps

Department of Human Services 1400 Kennedy Shawnee 878-4000

Supplemental Security Income

Social Security Admin. 909 E. Federal Shawnee 273-2325

Education

Retraining for a different career & Vocational Programs

Gordon Cooper Career Tech 1 John C. Bruton Blvd. Shawnee 273-7493

Community colleges

Seminole State College, Rose State College

Lifelong learning centers

Oklahoma Baptist University 500 W. University Shawnee 275-2850

St. Gregory's University 1900 W. MacArthur Shawnee 878-5100

Food

Food Pantries

Simon Peter's Store House 3831 N. Kickapoo Shawnee 760-9143

Mission Shawnee 126 S. Center Shawnee 273-2248

Seminole Ministerial Alliance PO Box 310 Seminole 382-0734

The Salvation Army Soup Kitchen (*meals offered 6:00 pm every evening*) 200 E. 9th Shawnee 275-2243

Housing

Temporary Housing

Shawnee Housing Authority 601 W. 7th Shawnee 275-6330

The Salvation Army 200 E. 9th Shawnee 275-2243

Family Promise 39604 W. Independence Shawnee 273-0161

Mortgage/rent assistance

Mission Shawnee 126 S. Center Shawnee 273-2248

Community Action 429 N. Union Shawnee 275-6060

Heating/Utility assistance

Mission Shawnee 126 S. Center Shawnee 273-2248

The Salvation Army 200 E. 9th Shawnee 275-2243

Community Action 429 N. Union Shawnee 275-6060

Seminole Ministerial Alliance PO Box 310 Seminole 382-0734

Transportation

Citizen Potawatomi Nation 1601 S. Gordon Cooper Dr. Shawnee 878-4833

Community Action 429 N. Union Shawnee 275-6060

Shawnee Veteran Shuttle PO Box 764 Shawnee 275-2017 (Veterans only)

Debt relief Bills, Credit Cards, Mortgage/Rent

Consumer Credit Counseling 130 E. MacArthur Suite 206 Shawnee 789-2227

Health care

Local Free Clinic & Prescription Drug Assistance

Volunteer Health Center 1904 S. Gordon Cooper Drive Shawnee 273-2157

Open Thursday Evenings 5:00 pm

Medicaid

Department of Human Services 1400 Kennedy Shawnee 878-4000

Medicare

Social Security Admin. 909 E. Federal Shawnee 273-2325

State Children's Health Insurance Program

Pottawatomie County Health Dept. 1904 S. Gordon Cooper Drive Shawnee 273-2157

2. If you're losing your house:

Avoiding foreclosure http://www.federalreserve.gov/consumerinfo/foreclosure_consumers.htm

3. If I have banking issues:

Find an insured bank

www.fdic.gov/deposit

Learn about safely saving and investing

<http://www.sec.gov/investor/pubs/roadmap.htm>

Failed Banks and taking the next steps

<http://www.fdic.gov/consumers/banking/facts/payment.html>

4. If I need bankruptcy protection:

For businesses

<http://www.uscourts.gov/bankruptcycourts/bankruptcybasics/chapter11.html>

For individuals

<http://www.uscourts.gov/bankruptcycourts/bankruptcybasics/chapter13.html>

5. If I'm a retiree:

Is my pension protected?

<http://www.pbgc.gov/>

I'm losing company health care

Medicare/Medicaid

<http://www.cms.hhs.gov/>

I need information on long-term care insurance

<http://longtermcare.gov>

Where do I find supplemental insurance policies?

<http://www.medicare.gov/medigap/>

Want to talk about your options?

Dial 2-1-1 to reach an information and referral specialist.