



HELPING



Help with Medical Bills

(excerpts from USA.gov)

If you can't afford medical care or prescription drugs, these state and federal programs may be able to help:

- HealthCare.gov helps you find insurance options, compare care, learn about prevention, and understand the Affordable Care Act.
- State human/social service agencies offer direct aid and referrals to other organizations.
- State Medicaid offices offer help to low-income people.
- Local Department of Veterans Affairs (VA) offices offer programs designed to help veterans.
- Eldercare Locator information specialists put you in contact with resources and programs designed to help seniors.
- State Children's Health Insurance Programs (SCHIP) help insure children of working families who cannot afford health insurance or don't get it through their work.
- Benefits.gov allows you to complete a confidential questionnaire and receive a list of programs that may help.

Help with Prescription Drug Costs

If you're looking for help paying for your prescriptions, there are a number of local and federal agencies and programs you can contact:

- State human service agencies provide direct assistance to people in distress and referrals to other local organizations that may be able to help.
- Local health centers serve people with limited access to health care. You pay based on your income and family size.
- Medicare's Prescription Drug Program can provide extra help with the cost of prescription drugs if you qualify and are a Medicare beneficiary.
- Use Healthfinder.gov's list of prescription assistance resources to find more programs that could help you pay for your medicines.



What Social Security Is and How It Works

Social Security is a federal government program that provides a source of income for you or your legal dependents (spouse, children, or parents) if you qualify for benefits. You also need a Social Security number to get a job.

How do benefits work and how can I qualify? While you work, you pay Social Security taxes. This tax money goes into a trust fund that pays benefits to those who are currently retired, to people with disabilities, and to the surviving spouses and children of workers who have died. Each year you work, you'll get credits to help you become eligible for benefits when it's time for you to retire.

There are four main types of benefits that the SSA offers:

- Retirement benefits
- Disability benefits
- Benefits for spouses or other survivors of a family member who's passed
- Supplemental Security Income (SSI)

Local Social Security Administration (SSA) offices help those on Social Security and Medicare. You may also call the SSA at 1-800-772-1213.

Your local EAP representative listed on the reverse side can provide more information



Child Care Help

Child Care Aware®, a program of Child Care Aware® of America, is funded by the Office of Child Care, or OCC. OCC is an office of the Administration for Children and Families (ACF) in the U.S. Department of Health and Human Services (DHHS).

OCC supports working families across the United States through child care fee assistance (subsidies). These subsidies are provided for children from birth to age 13. The assistance promotes children's learning by improving the quality of child care programs. This is done in large part through the Child Care and Development Fund, or CCDF. CCDF is a federal block grant that OCC administers to states, tribes, and territories to support quality child care. States have a fair amount of flexibility in the use of these funds. They are able to set their own eligibility requirements and priorities.

OCC also works to create and implement child care policies designed to keep children safe in child care. Through these policies and the CCDF block grant, families can access quality child care. In addition, children are safe, healthy and learning in child care and providers receive support to operate quality programs.

ChildCare.gov Project

The CCDBG Reauthorization Act of 2014 includes a requirement to design and develop a National Website to disseminate publicly available child care consumer education information for parents. The information on the website will help parents access safe and quality child care services in their community, with a range of price options, that best suits their family's needs. The Act also includes a requirement to design and develop a National toll-free Hotline to allow persons to report (anonymously if desired) suspected child abuse or neglect, or violations of health and safety requirements, by an eligible child care provider.

IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

IAM Eastern Region
Employee Assistance Program
Regional Representative:
Victor Acosta,
Cell: 201 640-0498
E-mail: vicacoeap141@gmail.com

IAM EAP Calendar

2017 EAP I-IV

Classes

William W. Winpisinger Education
and Technology Center

EAP I

Oct 1-6

EAP III

June 25-30

EAP IV

NEW DATE

October 29 - Nov. 3