

#### **APRIL 2022**



#### From the Desk of Executive Director, Julie Gaudan

April is a new month and a new start. We are beyond excited to be serving meals again. These have been two of the longest years of our lives but we made it through together!

Things are getting back to something closer to normal. The kitchen remodel turned out even better than we hoped. We will spend April working out the kinks. Please be patient as we figure out the new normal. Breakfast will start in a couple of months. Until then, coffee hour will start at 9:30. We will start charging for classes again so check the calendar.



Mark your calendars. The official Open House is Thursday, May 19. It will be an opportunity to check out the kitchen which is normally off limits to visitors, find out plans for new and returning programming, and celebrate Older Americans Month!

Inflation is on all our minds. Cari can help with rent/property tax rebate, food, energy bills and now a new program that helps with water bills. Don't assume that you do not qualify for these programs without checking with Cari. Did you know that some insurance premiums reduce your reportable income? You may be entitled to more than you think. As we wrap up our taxes, we have our financial information all together which makes it a great time to make inquiries.

With the price of food going up, now is a great time to give our in person lunch a try. Please remember to make your reservations each Monday for meals the next week. Participants who used the drive thru service have a couple of weeks to transition to our congregate meal by picking frozen meals up inside.

The parking lot is getting busier. You are welcome to park at the Center after hours if we do not have an event but please do not park here during the day if you are not participating in a program at the Center. We want to make sure everyone has a place to park when they come for an activity.

See you at the center!

Julie



# Pampered Chef Fundraiser For the Phoenixville Senior Center

Let's fundraise together! Mark your calendar—April 1st to April 30th. 15% of the party sales will go to the Senior Center! You can even share the site with your friends!

Website: <a href="https://www.pamperedchef.com/party/pasc0422">https://www.pamperedchef.com/party/pasc0422</a>

Need Help, Have Questions, Concerns? Email Sandy Fota at <a href="mailto:Sandy.Fota@gmail.com">Sandy.Fota@gmail.com</a> or call 267-481-1781



Craft Day Monday April 11th at 11am Fee \$2

Join Christine as we create Bunny Candy Jars.

All materials will be provided. Supplies may differ from photo.

Please reserve your space by calling 610-935-1515 ext 29

Masks are optional at the Senior Center.

#### The Senior Center & Copilot needs some new information!

This information is required for our Federal funding.

Please fill out this slip and return it to the Senior Center.


#### \*Living Situation (select one)

Alone / With Spouse / With Relative / With Friend / Other \*

\*Years living at same address (select one)

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### Book Club with Mark Pinto Monday April 25th at 2pm Calico Joe by John Grisham

It's the summer of 1973, and Joe Castle is the boy wonder of baseball. The kid from Calico Rock, Arkansas, dazzles Cubs fans as he hits home run after home run and shatters all rookie records. Calico Joe quickly becomes the idol of Paul Tracey, the young son of a hard-partying and hard-throwing New York Mets pitcher. On the day that Warren Tracey finally faces Calico Joe, Paul is in the stands, rooting for his idol but also for his dad. Then Warren throws a fastball that will change their lives forever.

If you need a copy of the book or to register, please call 610-935-1515 ext 29

#### Watercolor Art Class Wednesday April 13th & 27th at 1pm

Supplies not provided \$5 fee

#### Art on Canvas Tuesday April 19th at 11am

Supplies are provided. \$10 fee/ \$5 for VIP card Participants Please pre-register by calling 610-935-1515 ext 29





JOHN Grisham

Calico Ioe

Coffee Hour every day from 9:30am to 10:30am

Weekly Zoom Program with the Senior Center and Wondrium

WHS -World Heritage Sites: Exploring the Worlds Greatest Places



#### every Wednesday at 10:45am

Encounter some of the most astounding treasures of our world, both man-made and natural, in this tour of UNESCO World Heritage sites

Join this great program by following the Zoom link: http://bit.ly/PSCzoom

#### Join us for Cash BINGO on Monday April 18th at 11am

5 games for \$5

Call 610-935-1515 ext 29 to reserve your space.





#### New Class from the Chester County Food Bank

#### Seeds to Supper

A beginning gardening course for growing veggies at home on a budget.

The class is offered by the Chester County Food Bank, in partnership with Penn State Extension Master Gardeners of Chester County, and hosted by the Phoenixville Senior Center. Designed for adults, the free classes highlight practical, low-cost techniques for planning, planting, maintaining, and celebrating the harvest of a successful vegetable garden.

· Classes begin on Monday April 11th at 1pm for 6 weeks. To register, please go online to:

https://forms.gle/E22CgHRxT9EG5P1K6

Space is limited to 12 participants. Sign up now!





Join the Senior Center and Tower Health
TWICE in April!

## Tuesday April 19th for a special event at 11 am Attention to Hearing Loss

It takes most people seven to ten years to admit they have a hearing loss. While studies have linked hearing loss to greater risk for and accidents and even dementia, fewer than 1 in 3 adults 70 and older who could benefit from hearing aids ever use them.

A Clinical Audiologist will present a program discussing types of hearing loss and will demonstrate the process of individual hearing aide evaluation.

#### Wednesday April 27th at 11am

as they present a roundtable health talk entitled

"Do You Know: Food Report Card"

Please call Christine at 610-935-1515 ext 29 to reserve your space.

#### Third Thursday April 21st at 5pm



## Come solve a mystery with the Senior Center!

Bring your sleuthing skills and we'll provide the mystery and snacks! BYOB! Teams welcome.

Call 610-935-1515 ext 29 to reserve a spot!



Want to join the Senior Center at a Reading Phillies morning game?

Game is Tuesday May 10th at 11am.

Tickets are \$40 and includes transportation, game and a box lunch.

Limited number of tickets available.

Contact the Senior Center for more information or to purchase a ticket before May 1st. 610-935-1515 ext 29.

\* Event is not handicap accessible

#### The Senior Center is looking for volunteers!

- Kitchen help/prep—volunteer will help with prep of lunch meals
  - Reception Hostess—check in participants
    - Newsletter Assembler—once a month

Volunteers will have backround checks and need to be fully vaccinated.

Please call 610-935-1515 ext 29 if interested

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#### Weekly Programs at the Senior Center in person and on Zoom

## Silver Sneakers Circuit—Intermediate \$2 Monday and Wednesday 8:45am

This standing class alternates upper-body strength work with low-impact cardio to maximize fitness benefits.

## Silver Sneakers Classic –Beginner \$2 Monday, Wednesday & Friday 9:45am

This workout includes fall prevention drills and exercises to improve strength and endurance. A chair and handheld weights or tubing are used.

## Silver Sneakers Yoga \$2 Tuesday 1:00 pm and Friday 8:45am

Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels.

#### Walking with the Senior Center Tuesdays and Thursdays at 9 am

Tuesdays outside at Black Rock Sanctuary
953 Black Rock Road, PA-113

### Thursdays outside at Charlestown Park 100 Academic Way

In inclement weather on Tuesdays and Thursdays we will walk at Franklin Commons. 400 Franklin Way,

#### **Mahjong**

#### **Every Tuesday at 10am**

*Mahjong* is fun and enormously popular, a classic Chinese game of strategy, skill, and summation.

#### In person Coffee Hour

#### Every day from 9:30am to 10:30am

Come for the coffee stay for a class!

## Zoom: How to Stay Fit As You Age every Monday at 12:30 pm

Make the choice to stay fit as you get older with this course that provides a series of video workouts to help keep you on track.

#### http://bit.ly/PSCzoom

**Zoom : Qigong Flow** 

#### every Thursdays @ 10:30am

Move more mindfully through your life with routines that bring together the ancient traditions of yoga and gigong. http://bit.ly/PSCzoom

#### **Duplicate Bridge**

#### Thursdays at 10am

The most widely used variation of contract bridge in club and tournament play.

#### **Social Stitchers**

#### Thursdays at 1pm

Bring your own project to work on.

#### **Pinochle**

#### Tuesdays and Thursdays at 1pm

*Pinochle* is a trick-taking, Ace-Ten card game played with a 48-card deck.



		Department of Aging Services			-	APKIL				
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1/2 pt   Milk		S			1 Each	Strawberry Shortcake		_		-
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1	1/2 pt	Milk	1/2 cup	Sweet Potato Fries	1/2 cup	Pasta				Of Good Friday
1/2 pt   Milk   1/2 pt   Mil			1/2 cup	Pears	1 each	Dinner Roll/Margarine				
18			1 Each	Ketchup	1/2 cup	Applesauce	1/2 pt	Milk		
Roast Turkey w/ Gravy 3 oz Chicken Marsala 3 oz Roast Turkey w/ Gravy 3 oz Chicken Marsala 3 oz Pork Chop 3 oz Pork Chop 3 oz Pork Chop 3 oz Baked Chicken Breast 1/2 cup 4 oven Roasted Potatoes 1/2 cup 5 oven Roasted Potatoes 1/2 cup 6 oven Roasted Potatoes 1/2 cup 7 oven Roasted Potatoes 1/2 cup 8 oven Roasted Potatoes 1/2 cup 9 oven Roasted Potatoes 1/2 cup 9 oven Roasted Potatoes 1/2 cup 1/2				Milk		Milk				
Roast Turkey w/ Gravy   3 oz   Chicken Marsala   Pork Chop   3 oz   Baked Chicken Breast   1 each   Grilled Cheese   2 fl oz   Poultry Gravy   1/2 cup   Oven Roasted Potatoes   1/4 c   Sauerkraut   1/2 cup   Au gratin Potatoes   3/4 cup   Tomato Soup   1/2 cup   Mashed Sweet Potatoes   1/2 cup   Creamed Spinach   1/2 cup   Brussel Sprouts   1/2 cup   Vanilla Pudding   2 each   Oatmeal Raisin Cookies   1/2 cup   Tomato Soup   2 each   Oatmeal Raisin Cookies   1/2 cup   Tomato Soup   2 each   Oatmeal Raisin Cookies   1/2 cup   Tomato Soup   2 each   Oatmeal Raisin Cookies   1/2 cup   Tomato Soup   2 each   Oatmeal Raisin Cookies   1/2 cup   Tomato Soup   1/2 cup   Milk   1/2 pt   Milk   1/2 cup   Tomato Soup   1/2 cup   Tomato Raisin Cookies   1/2 cup   Macarin Potatoes   1/2 cup   Milk   1/2 pt   Milk   1/2 cup   Romano Blend   2 fl oz   Brown Gravy   1/3 cup   Brussel Sprouts   1/2 cup   Brussel Sprouts   1/2 cup   Macaroni & Cheese   1/2 cup   Macaroni & Cheese   1/2 cup   Chocolate Pudding   1/2 cup   Applesauce   1 each   Margarine	18		19		20	Happy	21		22	
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1/2 cup Green Beans	2 fl oz	Poultry Gravy	1/2 cup	Oven Roasted Potatoes	1/4 c	Sauerkraut	1/2 cup	Au gratin Potatoes	3/4 cup	Tomato Soup
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1 Each Wheat Bread 1 Each Dinner Roll 1/2 cup Pineapples 3/4 cup Peas & Carrots 1/2 cup Pears 1 Each Margarine 1 Each Margarine 1 each Italian Bread 1 Each Wheat Roll 1 Each Tartar Sauce 1/2 cup Chocolate Pudding 1/2 cup Applesauce 1 each Margarine 1 Each Margarine 1/2 pt Milk 1/2 pt Milk 2 Each Sugar Cookies	1/2 cup	Au Gratin Potatoes	1/2 cup	Oven Roasted Potatoes	1/2 cup	Romano Blend	2 fl oz	Brown Gravy	1/3 cup	Macaroni & Cheese
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1/2 cup Chocolate Pudding 1/2 cup Applesauce 1 each Margarine 1 Each Margarine 1/2 pt Milk	1 Each	Wheat Bread	1 Each	Dinner Roll	1/2 cup	Pineapples	3/4 cup	Peas & Carrots	1/2 cup	Pears
1/2 pt Milk 1/2 pt Milk 2 Each Sugar Cookies	1 Each	Margarine	1 Each	Margarine	1 each	Italian Bread	1 Each	Wheat Roll	1 Each	Tartar Sauce
	1/2 cup	Chocolate Pudding	1/2 cup	Applesauce	1 each	Margarine	1 Each	Margarine	1/2 pt	Milk
1/2 pt Milk	1/2 pt	Milk	1/2 pt	Milk	1/2 pt	Milk	2 Each	Sugar Cookies		
							1/2 pt	Milk		

#### Finally! In person lunches begin April 4th!

Reservations must be made by every Monday for the following week of meals.

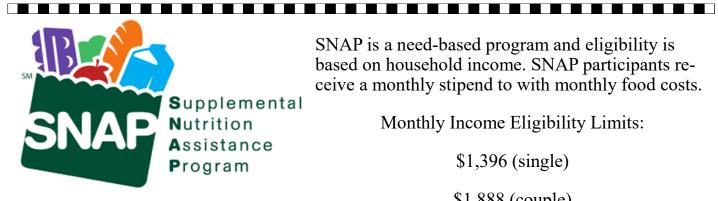
Menu found at www.phoenixvilleseniorcenter.org Meals are a \$2 suggested donation.



Join Copilot Community to preregister for meals and programing at home.

To join: go to www.community.copilot21.com and register with your Copilot card.

Need a Copilot card/ help registering? Call 610-935-1515 ext 29 to get one.



SNAP is a need-based program and eligibility is based on household income. SNAP participants receive a monthly stipend to with monthly food costs.

Monthly Income Eligibility Limits:

\$1,396 (single)

\$1,888 (couple)

Medical expenses, including your Medicare premiums, reduce your income, and you might be eligible even if your income is higher than the limits.

To see if you qualify, please call the SNAP hotline at 215-430-0556. They have expert counselors waiting to guide you through the application process..

The Low Income Home Energy Assistance Program (LIHEAP) provides cash grants and crisis grants paid directly to your utility/fuel provider.



Income limits: 1 person - \$19,320 2 people - \$26,130

The application deadline is May 5th, 2022.

We can help you apply!

Call Cari at 610-935-1515 ext24.

If you are experiencing a heating emergency and need crisis assistance, please contact the Chester County Assistance Office at 610-466-1042 or the Montgomery County Assistance Office at 610-272-1752.



#### We will celebrate our April Birthdays on April 20th at 1pm

Come for lunch and a sweet treat and stay for some good music! Go to www.community.copilot21.com or call 610-935-1515 ext 29 to reserve lunch by 4/11.



## Please join us in wishing our April Birthday Participants a very Happy Birthday!

Lonnie Alexander

Susan Batten

Patricia Bogardus

Jack Carney

Elisabeth Christman

Myrtle Coale

Kathleen Crawley

Helena Deegan

Greta D'Souza

Janet Dynarski

Jesse Fhrhart

Lenora Francis

William Frederick

Judith Horvath

Harb Kareer

James Kassel

Mary Beth Kealy

Sophie Kowaleski

**Geraldine Kracz** 

**Evelyn Landis** 

Karen Lantz

Mary Lou Lare

Cynthia Lobb

Jenniifer Long

Julia Lotsis

John Martin

John Mershon

Robert Miller

Cesar Molina

**Bob Moore** 

William Mosteller

Alice Mungin

Donna Remesch

Stanley Schmidt

Nancy Scott

Carole Straub

Sam Suwinski

Russel Tate

Rita Vukas

**Jack Walters** 

Mary Weidle

Linda Weston

Inez White

Theodore Yoder

Ken Zimmerman



## AARP CHAPTER 71 3 April 2022

#### PRESIDENT'S MESSAGE:

It's been a long road back, yet here we are still standing! We had 21 members return for our March meeting! Looking for even more attendees in April.

~Chuck Benz, President

"Act as if what you do makes a difference, because it does"

#### CALENDAR OF EVENTS/SPEAKERS

March 22 Board Meeting 10:00 AM Presbyterian Church

April 6 General Meeting 12:15 PM Ivan Stiles and Chuck K

April 20 Board Meeting 10:00 AM Presbyterian Church

**UPCOMING PROGRAMS** For our April 6th meeting we will have Ivan Stiles and Chuck K, The Coots! These well known folk musicians have been with us before and were actually scheduled for April 2020! We are fortunate to have them back!

**SUNSHINE AND SYMPATHY** If you know one of our members or families who needs a pick me up, please call June Meadows at 610 933-3883.

**MEMBERSHIP** The Board of Directors has set the dues for 2022 at \$9, no increase! Our membership dues cover the 2022 calendar year. You must present a National AARP card for 2021-22.

For 2022, dues will be collected at the April and May meetings or at the first meeting you attend in 2022.

**OPPORTUNITIES TO HELP YOUR CHAPTER**: Starting with the May meeting, we will be asking for dessert volunteers to make our meetings sweeter! Do you have a suggestion for an interesting program or speaker? Call Chuck @ 610 - 316 - 4102.

**REDNER'S TAPE PROGRAM** Arlene Griffin- Save your Redner's tapes! Reminder from Redners: Each receipt must be complete and include the 1% Save-a-Tape notation at the bottom of the receipt.

DID YOU KNOW that we have a Facebook page? Search Phoenixville AARP and you will find us!

## Wednesday March 16th from 9:30 to 11:30



They provide help with new/renew SEPTA Passes, property tax/rent rebate, unclaimed property and much more. Please call the center at 610-935-1515 ext 29 if you plan to come. Masks are optional by are requested for unvaccinated participants. Please do not come in if you are feeling unwell.



Thursday March 24th 9:30 to 11:30 from 9:30 to 11:30.

#### Mobile Home Tax Reassessment Program

#### 2022 Reassessment Forms Now Open

United Way of Chester County is continuing its important Mobile Home Tax Reassessment initiative and has an ambitious goal of completing 500 successful appeals this year. Partnering with Legal Aid of Southeastern Pennsylvania, LCH Health and Community Services and local food pantries, the Mobile Home Tax Reassessment program offers free assistance to mobile home owners in Chester County to file for property tax reassessment appeals.

Although some progress has been made, there is still work to do. There are 3,600 mobile homes in Chester County and only 27% have been reassessed.

To learn more about the Mobile Home Tax Reassessment project or to fill out the 2022 form, follow this link

https://www.unitedwaychestercounty.org/our-impact/mobile-home-tax-reassessment/
If you don't have internet and an email address, contact:

<u>Darshana Shyamsunder</u>, Senior Director, Community Impact Initiatives, at 610.429.9400 ext. 4112.

Or

Cari can submit the forms for you but you will need to make an appointment come into the Center to sign the documents (610-935-1515 ext 24)



## FLIPPIN' FLAPJACKS FUNDRAISER



RAFFLE BASKETS

VACATION
50/50 RAFFLE

SUNDAY, MAY 22

8 am – Noon

Phoenixville Senior Center

\$10 ADULTS \$5 Children 5-12

Under 5 Free

TICKETS AVAILABLE NOW

Call 610-935-1515 or click here

https://bit.ly/PASCpancake

All you can eat

Pancakes, Sausage, Eggs,

Juice, Coffee, Tea

All proceeds benefit the programs and activities of the Phoenixville Area Senior Center. The official registration and financial information of the Senior Adult Activity Center of Phoenixville Area may be obtained om the Pennsylvania Department of State by calling, toll free, within PA (800) 732-0999. Registration does not imply endorsement.





## may be able to assist you with overdue water and wastewater bills.

#### What is LIHWAP?

The Low Income Household Water Assistance Program (LIHWAP) is a temporary emergency program to help low-income families pay overdue water bills. LIHWAP is a grant. You do not have to repay it.

#### To receive help...

- Apply starting January 4, 2022.
- You don't have to be on public assistance.
- · You need to have an unpaid water bill.
- You can either rent or own your home.

#### How does LIHWAP work?

LIHWAP Crisis grants may be available if you have an emergency situation and are in jeopardy of losing your water service. You can receive one Crisis grant for your drinking water service and one Crisis grant for your wastewater service, up to \$2,500 each.

#### **Crisis situations include:**

- · Past-due water bills.
- Termination of utility service.
- Danger of having utility service terminated (received a notice that service will be shut off within the next 60 days).

#### How do I apply?

- Apply online at www.compass.state.pa.us.
- Request an application by calling the Statewide Customer Service Center at 877-395-8930 or call PA Relay at 711 for the hearing impaired.
- Applications are available at your local county assistance office.

#### To apply, you will need:

- · Names of people in your household;
- Dates of birth for all household members;
- Social Security numbers for all household members;
- · Proof of income for all household members; and
- A recent water bill.

#### Who is eligible?

You may qualify for a LIHWAP grant if:

- You must have an overdue water bill that you are responsible for paying.
- Your household income meets the following income guidelines:

#### **INCOME GUIDELINES** Household **Maximum Annual** Size Income 1 \$ 19,320 \$ 26,130 3 \$ 32,940 \$ 39,750 4 \$ 46,560 6 \$ 53,370 \$ 60,180 \$ 66,990 \$73,800 \$ 80.610 10 **Each Additional Person** Add \$ 6,810

After your application is processed, you will receive a written notice that will tell you if you qualify. If eligible, it will tell you the amount of your grant.

#### INFORMATION AND ASSISTANCE

In these challenging times, there is assistance available for those who need it. If you need help, please leave a message for Cari at the center 610-935-1515 ext 24 or send her an email at <a href="mailto:cforeman@phoenixvilleseniorcenter.org">cforeman@phoenixvilleseniorcenter.org</a>.

Here is a list of some of the available programs with their gross monthly income limits for a one-person household and asset/resource limits where applicable:

PACE/PACENET – helps to save money on prescription medication costs (PACE: \$1,208/PACENET: \$2,792)

**LIS/Extra Help with Medicare Part D** – helps with monthly premiums, annual deductibles, and copayments (\$1,595, assets: \$13,110)

**Medicare Savings Program** – helps pay Medicare premiums, deductibles, coinsurance, and copayments depending on level of assistance (\$1,436, assets: \$7,860)

Medical Assistance – Medicaid for those with Medicare (1,063, assets: \$2,000)

**SNAP** – supplemental nutrition assistance (\$1,041, assets: \$3,500)\*EVERYONE who gets SNAP is getting extra benefits, called "emergency allotments" (EAs), in April 2021 and can spend them without worry. EAs are to help with food costs during the pandemic.

**Senior Food Box** – supplemental canned and dry goods (\$1,595)

Property Tax / Rent Rebate help

**LIHEAP** (Low-Income Home Energy Assistance Program) –(1 person - \$19,320; 2 people - \$26,130)



### Pennsylvania's Prescription

#### **Assistance programs**

for older adults, PACE and PACENET, offer low-cost prescription medication to qualified residents, age 65 and older. On February 21, 2022, the income limits for these programs will increase, allowing 100,000 additional Pennsylvania seniors to be eligible. The new income limits are as follows:

PACE: \$14,500 (single yearly income)

\$17,700 (married yearly income)

PACENET: \$33,500 (single yearly income)

\$41,500 (married yearly income)

Please contact Cari at extension 24 or at <u>cfore-man@phoenixvilleseniorcenter.org</u> for assistance.

#### Emergency Rent and Utility Assistance for

#### **County Residents**

The rent and utility grants are available to individuals and families in Chester County who are obligated to pay rent and who:

- 1. Qualify for unemployment or have experienced a reduction in household income, incurred significant costs, or experienced a financial hardship due to COVID-19
- 2. Demonstrate a risk of experiencing homelessness or housing instability
- 3. Have a household income at or below 80 percent of the area median family of 1 = \$54,150 and family of 4 = \$77,300. (Amount may be subject to change.)

To apply for funding, residents should **call 211** and request rent and utility assistance. Three housing organizations – Friends Association, the Housing Authority of Chester County, and Open Hearth, Inc., will work with the applicants, to process payments to landlords and utility providers.

Phoenixville Area Senior Center 153 Church Street Phoenixville, PA 19460 610-935-1515 www.phoenixvilleseniorcenter.org Electronic Service Requested NONPROFIT ORG US POSTAGE PAID Southeastern, PA Permit No.609

The Senior Center provides a meeting place for persons over 60 years of age living in the following areas: Spring City, Phoenixville, East and West Vincent, East and West Pikeland, Charlestown and Schuylkill Townships and the surrounding areas.

#### The Phoenixville Senior Center is supported by:

Chester County Department of Aging Services Fundraising Events

Various Foundations
The generosity of individual donors



United Way of Chester County



The Pennsylvania Council on the Arts, a state agency

Senior Adult Activity Center of Phoenixville Area is a 501(c)3 charitable organization, contributions to which are tax-deductible as permitted by law. The official registration and financial information of Senior Adult Activity Center of Phoenixville Area may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.