

FINANCIAL ASSISTANCE

Railroad Retirement Act Benefits

The Federal Railroad Retirement Act offers retirement and disability annuities for qualified railroad employees, spousal annuities for their wives and husbands, and survivor benefits for the families of deceased employees who were insured under the Act. These programs are administered by the United States Railroad Retirement Board and are very similar to Social Security benefits; eligibility is determined in much the same manner. If both railroad and Social Security benefits are payable, however, the railroad benefits may be reduced.

For more information, contact or visit the following:

U.S. Railroad Retirement Board
Roanoke, Virginia, District Office
210 First Street, Room 460
P.O. Box 270
Roanoke, VA 24002
Telephone: (540) 857-2335

U.S. Railroad Retirement Board
Richmond, Virginia, Branch Office
700 Center Building
704 East Franklin Street, Suite 232
Richmond, VA 23219
Telephone: (804) 771-2997

Railroad Retirement Helpline
(800) 808-0772

Also available upon request from the United States Railroad Retirement Board offices is an information pamphlet entitled *Railroad Retirement and Survivor Benefits*. This pamphlet describes the retirement and disability annuities provided for employees under the Railroad Retirement Act and the benefits available to their spouses and survivors. Medicare, unemployment and sickness insurance payments, and other benefits paid by the Railroad Retirement Board are described in separate pamphlets.

The Food Stamp Program

Introduction

With food costs rising ever higher, millions of older Americans on fixed incomes have difficulty obtaining food “basics” necessary for a proper diet. If you meet the income guidelines, the Food Stamp Program may be able to help you stretch your food budget. As the name suggests, the Food Stamp Program, administered by the federal government, provides funding for food, as well as plants and seeds to grow food. The Food Stamp Program explicitly excludes by regulation such nonfood items as alcoholic beverages, pet food, vitamins, medicines, tobacco, and cigarettes.