



Fraud Conference Resource List & Other Helpful Resources for Seniors

Revised and Updated Frequently

October 19, 2025

**This list and other publications are available for free in PDF format on the
Publications page of [Magnus Omnicorps' website](http://www.magnusomnicorps.com/home.html).¹**

¹ <http://www.magnusomnicorps.com/home.html>

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2025: 5/17, 6/11, 9/10, 9/26, 10/19

[CLICK HERE FOR OTHER FREE PUBLICATIONS AVAILABLE
FROM MAGNUS OMNICORPS²](#)

[B.O.B. \(Bug Out Bag\) Guide](#)

[Estate Sale Survival Guide](#)

[Apartment Living: Selection & Guide w/Special Section for Senior Living Communities](#)

[Special Report: Long Term Care from the Inside Out](#)

[Special Report: Identity Theft, Financial Fraud & Cyber-Crime – Problems, Solutions and Mitigation Strategies](#)

[The \(Brutally Honest\) Life Manual: How to be Highly Successful and Have a Less-Stressful Life Through Proper Education, Life Planning, Teamwork and the Right Attitude](#)

² <http://www.magnusomnicorps.com/publications.html>

If you are experiencing any kind of emergency in your life, help is available to you immediately:

- Dial 911 for Emergency Services
- Dial 988 for the Suicide and Mental Health Crisis Lifeline or text 838255 (for Vets, too)
- ASPCA Pet Poison Control Hotline: 888-426-4435 (charges \$95, long wait times, try Pet Poison Helpline)
- Bureau of Indian Affairs, Indian Country Child Abuse Hotline: 800-633-5155
- Crisis Textline Text 741741
- Childhelp National Child Abuse Hotline: 800-4-A-CHILD (800-424-4453)
- Disaster Distress Helpline: 800-985-5990
- Domestic Violence Hotline: 800-799-7233 or text 88788
- Female Genital Mutilation/Cutting Survivor Support Line: 877-751-0880
- Gambling addiction: National Problem Gambling Helpline : 800-GAMBLER (800-426-2537)
- Love is Respect (Dating Abuse): 866-331-9474
- MADD (Mothers Against Drunk Driving: 877-MADD-HELP (877-623-34357)
- National Center for Missing & Exploited Children: 800-THE-LOST (843-5678)
- National Center for School Crisis & Bereavement: 877-536-2722
- National Elder Fraud Hotline: 833-FRAUD-11 (833-372-8311)
- National Human Trafficking Hotline: 888-373-7888
- National Organization of Parents of Murdered Children: 888-818-POMC (7662)
- National Runaway Safeline: 800-RUNAWAY (800-786-2929)
- National Sexual Assault Hotline: 800-656-HOPE (4673)
- Pet Poison Helpline: 855-764-7661 (charges \$89, reasonable wait times, efficient)
- Poison Control Hotline: 800-222-1222
- Safe Helpline: 877-995-5247
- SAMHSA's National Helpline, 800-662-HELP (4357) (Substance Abuse & Mental Health Service Administration, also known as the Treatment Referral Routing Service)
- StrongHearts Native Helpline: 844-7NATIVE (844-762-8483)
- VictimConnect Resource Center: 855-4-VICTIM: (855-484-2846)
- Victims Engagement & Services Line: 833-383-1465

If you missed the big, annual Fraud Conferences of 2023, 2024, and 2025, you missed out on a lot of great information to help you not only avoid scammers and fraudsters, but how to insulate yourself from it and, most importantly, who to turn to in the event you are victimized by these criminals and need help putting the

pieces back together. Video editing has been completed and here are the Zoom links to the 2024 and 2025 conferences so those who missed it can watch and get all the beneficial information.

[3rd Annual Fraud Prevention Conference, Day1, June 13, 2025](#)

[3rd Annual Fraud Prevention Conference, Day1, June 20, 2025](#)

[3rd Annual Fraud Prevention Conference, Day1, June 27, 2025](#)

[2nd Annual Fraud Prevention Conference, Day 1, July 12, 2024](#)

[2nd Annual Fraud Prevention Conference, Day 2, July 19, 2024](#)

[2nd Annual Fraud Prevention Conference, Day 3, July 26, 2024](#)

Below is a list of organizations gleaned from the first and second conferences that can help you if you run into trouble and places you can go to keep up-to-date on the latest threats. I have also included some other, relevant resources from my other reports, guides, e-books and website. *(If you do not live in Oklahoma, most states and cities have similar organizations and services.)*

Immediate reporting these crimes is imperative as law enforcement uses this information to not only track down these criminals and hopefully recover your assets, but to identify trends so they can better inform and warn the public of what to look out for and how to protect ourselves. Also, in many cases, some type of report to an official regulatory agency, such as your local police and other state and federal agencies, will be needed by other organizations to help recover your assets. Reporting also helps these agencies justify their budgets and manpower to legislators so they can more effectively and expeditiously help the public combat this growing problem.

Educating the public is key to preventing this type of crime – we cannot legislate or prosecute our way out of this. Many of the organizations listed below offer free speakers to help educate you, your group, community, etc., about this type of crime – call them to request a speaker.

In the event you are scammed, defrauded, have your identity or financials compromised, follow these steps first:

1. Contact your financial institution(s) **immediately** and alert them of the incident.
2. Go to <https://www.idtheft.gov> and follow the steps indicated.
3. Call 911 and file a report with the local police or sheriff.
4. File a report with the [FTC](#)³ if you did not already do so in Step 2.
5. File a report with the FBI's [IC3](#)⁴, if an Internet-related crime if you did not already do so in Step 2.
6. File a report with any of the other, appropriate, respective oversight agencies below.
7. Contact the [VictimConnect Resource Center](#)⁵ and or U.S. Dept. of Justice (DOJ) [Office for Victims of Crime - National Elder Fraud Hotline](#)⁶ to be connected with a counsellor to help you (contact info below).
8. Also check here for additional resources: <https://victimsofcrime.org/victim-recovery-checklist/>
9. Follow the tips in **Magnus Omnicorps LLC's Special Report - ID Theft Reminder Tip Sheet** on the [Publications page of the main website](#)⁷ to help secure your electronic life.
10. If you are experiencing, stress, duress, have thoughts of hopelessness, despair, suicide, etc., for **any reason**, dial **988**, the national number for the Suicide and Crisis Lifeline – it is a free service for all U.S. residents with trained counsellors who can get you the help you need if don't know where else to turn. <https://988lifeline.org/>

³ <https://reportfraud.ftc.gov/>

⁴ <https://www.ic3.gov>

⁵ <https://victimconnect.org/>

⁶ <https://www.justice.gov/stopelderfraud>

⁷ <https://www.magnusomnicorps.com/publications.html>

HAVE I BEEN PWND??

<https://haveibeenpwned.com/>

Purpose: Check here to see if your e-mail has been involved in a data breach.

CITY, COUNTY, STATE & FEDERAL GOVERNMENT IDENTITY THEFT & FRAUD RESOURCES

U.S. Federal Trade Commission (FTC)

<https://reportfraud.ftc.gov/>

<https://www.consumer.ftc.gov>

<https://consumer.ftc.gov/articles/avoiding-and-reporting-gift-card-scams>

877-382-4357

Purpose: Report anything you think may be a fraud, scam, or bad business practice. For ideas of what you might report to the FTC, check out consumer.ftc.gov for more information and advice, or take a look at the FTC's latest cases at ftc.gov.

National Do-Not-Call Registry

<https://www.donotcall.gov/>

Purpose: Prevent sales & marketing calls from legitimate businesses. Also report unwanted calls here. Note some organizations are exempt – see website for more info.

AND/OR:

<https://www.identitytheft.gov>

877-438-4338

Purpose: Jump off point to report if you've been defrauded in **any** way – walks you through steps to correct and recover.

U.S. Federal Bureau of Investigation (FBI) - Internet Crime Complaint Center (IC3)

<https://www.ic3.gov>

Purpose: IC3 is the nation's central hub for reporting cyber crime.

U.S. Federal Bureau of Investigation (FBI) – Oklahoma City Office

<https://www.fbi.gov/contact-us/field-offices/oklahomacity/community-outreach>

U.S. Federal Bureau of Investigation (FBI)

<https://www.fbi.gov/how-we-can-help-you/scams-and-safety/common-scams-and-crimes/elder-fraud>

U.S. Federal Bureau of Investigation (FBI) Cyber Threat Resources

<https://www.fbi.gov/investigate/cyber>

U.S. Dept. of Justice (DOJ)

<https://www.justice.gov/criminal-fraud/report-fraud>

<https://www.justice.gov/civil/consumer-protection-branch>

<https://www.justice.gov/elderjustice/senior-scam-alert>

<https://www.justice.gov/elderjustice/financial-exploitation>

877-FTC-HELP (877-382-4357)

877-ID-THEFT (877-438-4338)

Purpose: Report fraud, information to other organizations that can assist you.

U.S. Treasury Departments Financial Crimes Enforcement Network (FinCEN)

<https://www.fincen.gov/>

Purpose: To safeguard the financial system from illicit use, combat money laundering and its related crimes including terrorism, and promote national security through the strategic use of financial authorities and the collection, analysis, and dissemination of financial intelligence.

FDIC Consumer Resource Center - Money Smart for Older Adults

<https://www.fdic.gov/consumer-resource-center/money-smart-older-adults>

Purpose: Provide educational materials (syllabi, PowerPoints, guides, student materials, etc.) to help laypersons and professionals educate on a variety of scams, fraud, etc.

U.S. Consumer Protection Financial Bureau

<https://www.consumerfinance.gov/consumer-tools/educator-tools/resources-for-older-adults/>

<https://www.consumerfinance.gov/consumer-tools/managing-someone-elses-money/>

Purpose: A wealth of resources for all things financial, including free, downloadable informational and educational materials for the public, professionals and educators.

National Center for Victims of Crime – VictimConnect Resource Center

<https://victimconnect.org/> (also you can go to the website to text chat with a counsellor)

855-484-2846

Purpose: A nonprofit organization that advocates for victims' rights, trains professionals who work with victims, and serves as a trusted source of information on victims' issues. Provides direct services and resources to victims of crime across the country, advocates for stronger rights, protections, and services for Victims. Delivers training and technical assistance to victim service providers and allied professionals serving victims of crime. Fosters innovative thinking about the impact of crime and the ways in which each of us can help victims regain control of their lives. NCVC has operated two hotlines, **VictimConnect Resource Center** and **DC Victim Hotline**, since 2015. Both programs provide phone, chat, and text-based services to all victims of crime. Visitors to the hotlines can receive strength-based and trauma-informed services and referrals in over 200 languages. NCVC's Victim Assistance Specialists receive extensive training and mentoring to provide emotional support, information, and referrals that empower visitors as they navigate the physical, emotional, legal, and financial consequences of crime. Outreach & Training for the Community & Partners: We partner with community agencies to provide training and presentations. We provide general outreach and table at community events. If you are interested in having us attend an event or provide a presentation, please contact us at hotlineleadership@victimsofcrime.org or call the VictimConnect Resource Center between 8-4 Monday through Friday and ask to speak to a supervisor.

National Center for Victims of Crime, Financial Fraud Victim Recovery Checklist:

<https://victimsofcrime.org/victim-recovery-checklist/>

U.S. Department of Health and Human Services, Office of the Inspector General

<https://oig.hhs.gov/fraud/>

<https://oig.hhs.gov/fraud/report-fraud>

800-HHS-TIPS (800-447-8177)

Purpose: OIG Hotline Operations accepts tips and complaints from all sources about potential fraud, waste, abuse, and mismanagement in the U.S. Department of Health and Human Services' programs, including Medicare and Medicaid.

United States Postal Service Mail Fraud

<https://www.postalinspectors.uspis.gov>

800-372-8347

Purpose: Report any type of fraud, theft, misuse of U.S. Mail and its services.

United States Attorney's Office – Western District of Oklahoma

<https://www.justice.gov/usao-wdok/programsinitiatives/community-outreach>

405-553-8700

Purpose: The USAO is committed not only to prosecuting those who violate the law, but also to preventing crime and helping those who have completed prison sentences return to our communities. Our outreach programs keep us in touch with the public we serve and build safer communities with the help of residents, community leaders, non-governmental organizations, local governments, and educators.

United States Secret Service (USSS)

<https://www.secretservice.gov/>

<https://www.secretservice.gov/investigations/cyber>

405-272-0630 Other field office numbers here: <https://www.secretservice.gov/contact/field-offices>

Purpose: The Secret Service is the world's most elite protection force and is at the cutting edge of investigating complex, cyber-enabled financial crime. To execute on these mission skill-sets, the Secret Service integrates rigorous training, skilled financial management, continuous human capital efforts, and robust strategic planning. These elements are typically carried out by administrative, professional, and technical personnel, who are career professionals such as accountants, analysts, attorneys, engineers, IT experts, project managers, statisticians and many more to create a culture of empowered, decisive and effective leadership.

Oklahoma Attorney General – Consumer Protection Unit

<https://www.oag.ok.gov/citizen-resources>

<https://oklahoma.gov/oag/about/divisions/cpu.html> (Consumer Protection Unit)

<https://oklahoma.gov/oag/about/divisions/mfcu.html> (Medicaid Fraud Control Unit)

833-681-1895

405-521-2029

Oklahoma City main: 405-521-3921

Tulsa main: 918-581-2885

Purpose: Report any kind of fraudulent or illegal dealings, problems, etc., with any public or private businesses you interact with, includes pharmacy problems, Medicaid and utilities. Through its Consumer Protection Unit (CPU), the Office of the Attorney General is committed to ensuring a safe and fair marketplace in Oklahoma. To achieve this goal, the Consumer Protection Unit assists Oklahoma consumers through community outreach and education programs, mediation of consumer complaints and taking legal action when necessary against individuals or businesses engaged in deceptive, fraudulent or unfair advertising or sales practices. **Consumer Complaints** The CPU processes thousands of consumer complaints every year. In many cases, the dispute can be resolved over the phone by a consumer representative or through a written mediation process. Through this process, the CPU returns tens of thousands of dollars in refunds to consumers every year.

Also: SAFE-LINE 800-522-SAFE (7233) A 24-hour hotline for those seeking help or info about domestic violence, sexual assault or stalking.

U.S. Dept. of Justice (DOJ) National Center for Disaster Fraud

<https://www.justice.gov/disaster-fraud>

866-720-5721

Purpose: Allows you to submit complaints of fraud, waste, abuse, or mismanagement related to any man-made or natural disaster, to include criminal activity related to the coronavirus (COVID-19) and to advocate for the victims of such fraud.

Oklahoma Dept. of Consumer Credit

<https://www.ok.gov/okdocc/Complaints/index.html>

https://www.ok.gov/okdocc/Consumer_Resources/License_Rosters/

800-448-4904

Purpose: Protect and educate consumer buyers, lessees and borrowers against unfair practices, and are fair and impartial in the regulation of consumer credit transactions in Oklahoma. Regulates the following industries: Mortgage lender, mortgage broker, mortgage loan originator, supervised lender, pawnbroker, rental purchase lessor, health spa, precious metal and gem dealer, credit services organizations, consumer litigation funder, notification filing, Oklahoma small lender.

City of Oklahoma City Action Center for Resident Reporting

<https://www.okc.gov/residents/action-center/report>

405-297-2535

Purpose: Citizens can report issues related to and have code inspectors investigate: Animal welfare, disability related, fire, fireworks, graffiti, health hazards, high grass or weeds, homeless outreach, OG&E street light outage, parking, parks, permits/inspections/licensing, police, property maintenance, public transportation, renter/tenant/landlord, streets/creek/drainage, traffic signage, signals, trash/junk & debris, view obstruction, water/sewer, zoning violation. Be sure to get [their OKC Connect app](#)⁸ for your smart device. See their webpage for several other contact options..

Community Action Agency of Oklahoma City

<https://www.caaofokc.org/>

405-232-0199

Purpose: Today the division has greatly expanded to offer [legal assistance](#); [tax assistance](#); summer [youth programs](#); [senior transportation](#) to meal sites, medical appointments, and shopping; [rent and mortgage assistance](#); financial services and training for entrepreneurs, home purchasing and education assistance, home repair and weatherization, Head Start for children and many, many other community needs.

Oklahoma County Clerk

<https://www.oklahomacounty.org/elected-offices/county-clerk>

405-713-1540

Purpose: Multi-purpose – everything related to county business and records-keeping. See website for full information. Also manages the:

Oklahoma County Property Lien Alert System

<https://alert.okcc.online/info.php>

Purpose: Pro-actively notify registered property owners of any changes to their recorded documents. Note that this system may be down from time-to-time – check back frequently for updates on the website.

Oklahoma County Sheriff's Office

405-713-1000

<https://www.oklahomacounty.org/elected-offices/sheriff>

Purpose: Law enforcement, community outreach and education on crime prevention.

Oklahoma County Sheriff's Office & Metro Tech Crime Prevention, Fraud & Scam Awareness

<https://www.metrotech.edu/business-training/safety/crime-prevention>

Purpose: An informative virtual series where we delve into the sophisticated frauds and scams targeting our community, emphasizing the importance of protecting senior citizens in the digital landscape. Financial fraud is an ongoing problem, and criminals are using sophisticated methods to target victims and perpetrate these crimes. A monthly collaboration between Metro Tech, OK County Sheriff's Office Triad program, and expert guest speakers on the 3rd Wednesday of each month sharing vital information to keep you ahead of the fraudsters.

⁸ <https://www.okc.gov/residents/action-center/okc-connect-app>

Oklahoma County Sheriff's and Oklahoma City Police's TRIAD Program

Seniors, locally this is the #1 program with which you **MUST** be involved! They work with all the organizations listed here and dozens of other community partners to bring you the latest and greatest senior-related info through their monthly public meetings at 20 different, convenient metro locations ([and online](#))⁹ and other annual public seminars and events throughout the year. It is all 100% free and without any obligation whatsoever.

- [OCSO TRIAD Brochure](#)¹⁰
- [OCPD TRIAD Brochure](#)¹¹
- <https://www.oklahomacounty.org/Elected-Offices/Sheriff> (scroll down and expand TRIAD tab)
- <https://www.okc.gov/departments/police/community-programs/triad>
- <https://www.magnusomnicorps.com/oklahoma-county-triad.html>

Oklahoma Department of Securities

<https://securities.ok.gov/Main/>

<https://securities.ok.gov/ContactUs/>

405-280-7700

Purpose: The activities of the Department of Securities consist of receiving and processing applications for registration or exemption of securities, business opportunities, takeovers and subdivided land offered in and/or from the state of Oklahoma, including reviewing the offering documents and sales material to be used; receiving and processing applications for registration of broker-dealers, agents, investment advisers, and investment adviser representatives; periodic on-site examining of registrants for compliance with the applicable acts; disseminating information through public lectures, programs, correspondence, and the press, so that professional groups and the public at large may become better acquainted with the requirements and provisions of the acts subject to the jurisdiction of the Department; investigating complaints concerning the offer and/or sale of securities, business opportunities, and subdivided land; taking administrative actions upon notice of violations of the acts; taking civil action where necessary; making criminal referrals to appropriate law enforcement officials, and/or by assisting in such prosecutions. The Department also receives filings of the final documents for bonds, notes or other evidences of indebtedness of any public trust.

Oklahoma Human Services – Aging Your Way: Oklahoma's Multisector Plan on Aging

<https://oklahoma.gov/okdhs/services/cap/mpa.html>

Purpose: Oklahoma Human Services has led a collaborative effort to develop a plan called *Aging Our Way: Oklahoma's Multisector Plan on Aging* to prepare the state for this impending — and significant — demographic shift expected within the next 10 years. The plan engages public, private and other organizations to address the anticipated population shift in older Oklahomans – specifically those 60 and older. Our goal is to give every older adult the confidence to live life on their terms and to provide them with the resources needed to lead a healthy lifestyle. We also seek to:

- Build relationships across public and private sectors and facilitate relationships across a diverse group of stakeholders to improve services to aging Oklahomans
- Raise awareness of aging issues and establish statewide priorities to cater to the needs and demands of the growing population
- Create strategic synergies and positively impact areas which go beyond traditional healthcare like economic development, workforce, among others.

⁹ <https://www.metrotech.edu/business-training/courses-training/crime-prevention>

¹⁰ <https://nebula.wsimg.com/9b1649d0d9d3ea4cb35bcb48cb84ba5f?AccessKeyId=602ED0BF003FFC4E99AF&disposition=0&alloworigin=1>

¹¹ <https://nebula.wsimg.com/a3d77d6ea4e14c7cbe0029cfa429a948?AccessKeyId=602ED0BF003FFC4E99AF&disposition=0&alloworigin=1>

Dale K. Graham Veterans Foundation

Purpose: Serving veterans and their families:

At the Dale K. Graham Veterans Foundation, we assist veterans with filing pension and other benefits claims through the U.S. Department of Veterans Affairs and provide any other necessary assistance at no charge. We are committed to making sure every veteran and their families get the benefits they need and deserve to protect their future.

<https://dalekgrahamveteransfoundation.org/>

405-550-8806

Oklahoma Department of Veterans Affairs (this is the Oklahoma State Dept., not federal)

Purpose: Serving Oklahoma veterans and their families:

<https://oklahoma.gov/veterans.html>

MEDICARE, MEDICAID & SOCIAL SECURITY FRAUD**U.S. Dept. of Health & Human Services Office of Inspector General**

<https://oig.hhs.gov/fraud/>

Purpose: Accept complaints about fraud, waste and abuse in Medicare, Medicaid and other HHS programs and from HHS employees, grantees and contractors who are reporting wrongdoing at HHS and its programs (whistleblowers) for the first time.

Medicare

<https://www.medicare.gov/>

800-633-4227 [1-800-MEDICARE]

Purpose: If you suspect Medicare fraud, you can report it directly to Medicare by calling the number above. You can also visit the Medicare website for additional resources and reporting options. Also see

INSURANCE FRAUD section for state offices.

U.S. Social Security Administration

800-269-0271

Fraud Hotline: 800-269-0271 (may be a long wait on hold to get to a rep)

<https://www.ssa.gov>

<https://oig.ssa.gov/report/>

<https://www.ssa.gov/scam/>

<https://www.ssa.gov/fraud/>

<https://oig.ssa.gov/>

Purpose: Report any social security number or social security account fraud and identity theft. The Social Security Administration (SSA) Office of Inspector General (OIG) allows you to report fraud, waste, and abuse related to Social Security programs. You can file a report online or by calling their hotline.

Oklahoma Attorney General – Medicaid Fraud Control Unit

<https://www.oag.ok.gov/citizen-resources>

<https://oklahoma.gov/oag/about/divisions/mfcu.html> (Medicaid Fraud Control Unit)

833-681-1895

405-521-2029

Oklahoma City main: 405-521-3921

Tulsa main: 918-581-2885

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Consumer Complaints The CPU processes thousands of consumer complaints every year. In many cases, the dispute can be resolved over the phone by a consumer representative or through a written mediation process. Through this process, the CPU returns tens of thousands of dollars in refunds to consumers every year.

Also: SAFE-LINE 800-522-SAFE (7233) A 24-hour hotline for those seeking help or info about domestic violence, sexual assault or stalking.

TAX FRAUD

IRS Tax Fraud & Scam/Fraud Alerts

<https://www.irs.gov/identity-theft-central>

<https://www.irs.gov/newsroom/tax-scamsconsumer-alerts>

800-908-4490

800-366-4484

Purpose: The IRS encourages individuals to report any suspicious calls or emails claiming to be from the IRS. You can report these incidents through their website or by calling the provided number.

Oklahoma Tax Commission

<https://oklahoma.gov/tax.html>

405-521-3160

Purpose: Report state tax-related fraud and identity theft.

INSURANCE FRAUD

Oklahoma Insurance Department (OID)

<https://www.oid.gov>

<https://www.oid.ok.gov/consumers/>

405-521-2828

Purpose: Takes complaints of any kind for any type of insurance/warranty product or company offering such products and or services. For pharmacy problems, see the Oklahoma Attorney General's Office.

Oklahoma Medicare Assistance Program (MAP) and Senior Medicare Patrol (SMP) and State Health Insurance Counselling Program (SHIP)

<https://www.oid.ok.gov/consumers/information-for-seniors/>

405-521-2828

800-763-2828

Purpose: To assist Oklahoma residents with all things Medicare, including the reporting of fraud, waste and abuse. Also call the numbers above to order more **Healthcare Journals** or online here:

<https://www.oid.ok.gov/consumers/information-for-seniors/#1684764802966-026f9ba0-6e87>

REAL ESTATE FRAUD

Oklahoma Real Estate Commission (OREC)

<https://oklahoma.gov/orec.html>

405-521-3387

Purpose: Licenses real estate agents and brokerages, provide oversight, investigate complaints. Not for multi-family rental properties.

Oklahoma Metropolitan Association of Realtors (OKCMAR)

<https://okcmar.org/>

405-840-1493

Purpose: A private, professional trade organization that promotes professionalism in the industry. Investigates professionalism/ethics complaints against members and brokerages and refers to OREC if necessary. Also manages the home MLS (multi-list system) and Realtor lockboxes.

Oklahoma Construction Industries Board

<https://cib.ok.gov/consumers>

405-521-6550

877-484-4424

Purpose: Regulates skilled trades (Plumbing, Electrical, Mechanical, Roofing, Building and Construction Inspectors, and Home Inspectors) to ensure there is compliance with the minimum standard of statutory requirements to perform skilled-trade, or craft-trade work in order to protect life and property of the public by licensing and inspection of the related trades for the health, safety and welfare of the public.

Oklahoma Home Builders Association

<https://www.okhba.org/>

405-843-5579

Purpose: A private, professional trade organization that promotes their members and the professionalism of their industry and are dedicated to providing safe, quality, and affordable housing for the citizens of Oklahoma. Contact them to see if your builder is a member and certified and also if they are certified in any special areas such as senior housing, green construction, etc.

INVESTMENT BROKER/SECURITIES FIRMS CHECKS

U.S. Securities & Exchange Commission

<https://adviserinfo.sec.gov>

<https://www.sec.gov/check-your-investment-professional>

<https://www.sec.gov/complaint/select.html>

<https://www.investor.gov/introduction-investing/getting-started/working-investment-professional/check-your-investment>

<https://www.investor.gov/protect-your-investments>

Complaints: 800-732-0330

Whistleblower tips: 202-551-4790

Purpose: Resources for consumers to research investment counselling professionals and firms, licensure status, complaints and file complaints.

Financial Industry Regulatory Authority (FINRA)

<https://www.brokercheck.finra.org>

<https://www.adviserinfo.sec.gov>

<https://www.finra.org/investors/need-help/helpline-seniors>

800-289-9999

Purpose: A private American corporation that acts as a self-regulatory organization that regulates member brokerage firms and exchange markets. Research investment counselling professionals and firms, licensure status and raise concerns about issues with brokerage accounts and investments.

Oklahoma Department of Securities

<https://www.securities.ok.gov>

405-280-7700

Purpose: Oversight, registration, and complaint investigation of securities, broker-dealers and investment advisers.

Oklahoma Bankers Association (OBA)

<https://www.oba.com/>

405-424-5252

866-424-5252

Purpose: The OBA serves approximately 200 member banks. Based in Oklahoma City, the OBA assists its members with government relations, educational programs, legal and compliance services, communications, insurance products and numerous products and services. Its basic mission is that of helping banks cope with their common concerns and needs. The OBA works with banks to ensure they have the tools they need to support their communities. We provide fraud training programs to banks at no charge, we bring financial literacy programs to communities across the state and so much more.

ELDER FRAUD AND ABUSE

National Domestic Violence Hotline

<https://www.thehotline.org/>

800-799-7233

Purpose: 24 hours a day, seven days a week, 365 days a year, provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

National Center on Elder Abuse

<https://www.ncea.acl.gov>

800-677-1116

Eldercare Locator: <https://eldercare.acl.gov/Public/Index.aspx>

Purpose: A national resource center dedicated to the prevention of elder abuse, neglect, and exploitation. The NCEA provides professionals, policymakers, and the public information and resources on elder abuse prevention and response to help ensure that older adults age with dignity and respect, free from maltreatment. Also see elder abuse training resources: <https://trea.usc.edu/>

U.S. Dept. of Justice (DOJ) Office for Victims of Crime - National Elder Fraud Hotline

<https://www.justice.gov/stopelderfraud> or

<https://ovc.ojp.gov/program/stop-elder-fraud/providing-help-restoring-hope>

<https://www.justice.gov/elderjustice/senior-scam-alert>

833-372-8311

Purpose: Provides services to all adults ages 60 and older, who may be victims of financial fraud. Staffed by experienced case managers who provide personalized support to callers by assessing the needs of the victim, and identifying relevant next steps. While the hotline does not serve in an investigatory capacity, case managers will identify appropriate reporting agencies and provide information to callers to assist them in reporting, or connect callers directly with the appropriate agency. The Hotline staff also provide resources and referrals to other applicable services as needed. When appropriate, case managers will complete a complaint form with the Federal Bureau of Investigation Internet Crime Complaint Center for Internet-facilitated crimes and submit a consumer complaint to the Federal Trade Commission on behalf of the caller. Reporting certain financial losses due to fraud as soon as possible, and within the first 2–3 days, can increase the likelihood of recovering losses.

U.S. Federal Bureau of Investigation (FBI)

<https://www.fbi.gov/how-we-can-help-you/scams-and-safety/common-scams-and-crimes/elder-fraud>

Oklahoma Department of Human Services Elder Abuse/Adult Protective Services (APS)

Each year, thousands of vulnerable adult Oklahomans suffer abuse, neglect, and exploitation by family members and other caregivers. Many victims are frail and vulnerable and cannot help themselves and depend on others to meet their basic needs. Adult Protective Services (APS) assists adults who need help taking care of themselves, and who may be experiencing maltreatment. If you or someone you know is concerned about the well-being of an adult friend, neighbor or relative, APS is there to listen and respond.

<https://oklahoma.gov/okdhs/services/cap/aps.html>

<https://www.abuseisnotok.org>

<https://www.ouokdhs.org/s/reportabuse>

Abuse & Neglect Hotline: 800-522-3511 or 911

Oklahoma Ombudsman Program (Dept. of Health and Human Services)

Purpose: The Ombudsman Program serves residents in Oklahoma's long-term care facilities, including nursing homes, assisted living and similar adult care homes. An ombudsman helps improve the quality of life and the quality of care available to long-term care facility residents. A long-term care ombudsman is a person who receives complaints from residents of long-term care facilities, their friends or relatives and attempts to resolve those complaints within the facility. The Ombudsman has the authority to explore problems and recommend corrective action to the facility.

405-521-2281

<https://oklahoma.gov/okdhs/services/cap/ombudsman.html>

Oklahoma Attorney General – Long-Term Care Ombudsman, Residents Rights & Advocacy

<https://oklahoma.gov/oag/about/divisions/ltrco.html>

405-521-6734

National Long Term Care Ombudsman Program & Locator

<https://ltcombudsman.org/>

Direct to Map

https://theconsumervoice.org/get_help

Oklahoma State Dept. of Health, Protective Health Services Provider Survey/Inspection Search (look here to find assisted living and nursing home administrator names)

<https://surveys.health.ok.gov/>

Medicare Nursing Home Ratings

<https://www.medicare.gov/nursinghomecompare/search.html>

Oklahoma State Dept. of Health, Long Term Care Complaints Enforcement Div.

<https://oklahoma.gov/health/protective-health/medical-facilities-service/complaints-and-enforcement-division.html>

Oklahoma Caregivers

Purpose: The Oklahoma Caregiver Coalition's mission is to improve the supports and experiences over the lifespan of family caregivers through education, advocacy, and access to resources. Also info and tools for guardians and guardianship.

<https://www.okcares.org>

Oklahoma Areawide Aging Agency

405-942-8500

Purpose: Areawide Aging Agency is dedicated to advancing the dignity and independence of older adults in our community. We serve Canadian, Cleveland, Logan and Oklahoma Counties in Oklahoma. Anyone over the age of 60 is eligible for our services; however, those living below the poverty line are the ones who depend upon these services the most to help make ends meet. For over 40 years, our efforts involve funding, coordinating and monitoring programs authorized by the Older Americans Act. **Survival Kit for Seniors**¹² (online only 58-page resource guide for all senior-related services, crisis hotlines, etc. – EXCELLENT!)

<https://www.areawideaging.org/>

Gatekeeper Program of Oklahoma County

Purpose: The Gatekeeper Program is part of Oklahoma County Social Services and is a community-wide effort to identify and assist vulnerable older residents in need of help. Many of them are healthy, active people involved with family and friends, church or community groups. But many others are not so fortunate. They may live alone and have little contact with others. If they become ill, or unable to function independently, they can easily go unnoticed and unattended. "Gatekeepers" serve as the eyes and ears of the community.

https://www.oklahomacounty.org/Portals/0/gatekeeperProgram_1.pdf

405-713-1893

¹² <https://www.areawideaging.org/survival-kit>

CREDIT REPORTING AGENCIES

At the time of this writing (8/4/2024) and because of Covid, you may still get **free** copies of your credit reports **weekly** – you do NOT have to sign up for any products or services. Besides going directly to each credit reporting agency, this is the only official, consolidated website – beware of other, similar-named websites. **Source:** <https://www.annualcreditreport.com> or call 877-322-8228.

Purpose: If someone has used your personal identification to fraudulently establish credit, report the incident as quickly as possible to each of the credit reporting agencies and request that a fraud alert be placed on your file.

TransUnion

<https://www.transunion.com/>

Service Center: 800-916-8800

Report Fraud: 800-680-7289

ID Theft Restoration: 833-570-2959

Equifax

Main: <https://www.equifax.com/>

Identity Theft Protection: <https://www.equifax.com/personal/identity-theft-protection/>

Main: 888-Equifax (888-378-4329)

Report Fraud: 800-525-6285

NCTUE (National Consumer Telecom & Utilities Exchange (part of Equifax))

A credit reporting agency that maintains data, such as payment and account history, reported by member service providers in the telecommunications, pay TV, and utility industries. **Note:** Credit file locks/freezes through Equifax do not apply to the NCTUE, you must perform those services on their direct website below:

<https://nctue.com/consumers/>

Main & Place a Fraud Alert: 866-349-3233

Disputes & Fraud: 866-343-2821

Experian

Main: <https://www.experian.com/>

Fraud Center: <https://www.experian.com/fraud/center.html>

ID Theft Victim Assistance: <https://www.experian.com/help/identity-theft-victim-assistance.html>

Main: 866-617-1894

Fraud Hotline: 888-397-3742

ChexSystems

<https://www.chexsystems.com/>

Main: 800-428-9623

Automated System & Dedicated Security Freeze Reps: 800-887-7652

OTHER RESOURCES

Western Union - Report Fraud

800-448-1492

<https://www.westernunion.com/us/en/fraudawareness/fraud-report-fraud.html>

MoneyGram – Report Fraud

800-926-9400

<https://corporate.moneygram.com/compliance/report-fraud/>

<https://www.moneygram.com/mgo/us/en/help/faq/fraud-prevention/>

KFOR Oklahoma's News 4

Purpose: News and information relevant to senior issues and concerns. Investigates consumer complaints.

4 Seniors

<https://kfor.com/4-seniors/>

In Your Corner

405-759-6985

<https://kfor.com/news/in-your-corner/>

<https://kfor.com/news/in-your-corner/send-a-complaint-to-in-your-corner/>

Legal Aid Services of Oklahoma, Inc.

Purpose: Need a lawyer? We're here to give you help. And hope. Legal Aid Services of Oklahoma is a non-profit law firm. We're here for you because we believe access to the legal system is as important as food, shelter and clothing.

<https://www.legalaidok.org/>

888-534-5243

OK-SPLASH provides free legal advice, counseling, and community education for American citizens who are 60 years of age or older. The goal of this project is to increase free legal services and representation of senior Oklahomans in greatest social or economic need in order to preserve Oklahoma seniors' independence, choice, and financial security. Through special funding from Area Agencies on Aging, under provisions of the Older Americans Act, each law office is able to provide this service to older Americans.

855-488-6814

<https://www.legalaidok.org/senior-legal-help/>

OK Legal Connect helps find legal help for eligible low-income people with civil legal problems.

<https://oklegalconnect.org/#/login>

Neighborhood Alliance of Central Oklahoma

Purpose: For over 35 years Neighborhood Alliance has been successful at helping residents create sustainable change through our educational and support programs. Our training and connections allow neighborhood leaders to work alongside Police, Fire, School Administrators, City Officials, Corporations, other Non-Profits and Foundations in order to improve their neighborhood. We are building a better Central Oklahoma by empowering and educating citizens to become neighborhood leaders.

<https://nacok.org/>

405-528-6322

Nextdoor

Purpose: It's where communities come together to greet newcomers, exchange recommendations, and read the latest local news. Where neighbors support local businesses and get updates from public agencies. Where neighbors borrow tools and sell couches. It's how to get the most out of everything nearby. Welcome, neighbor.

No phone number – an Internet-based social media hub for neighborhoods.

<https://nextdoor.com/>

Sunbeam Family Services

Purpose: When you absolutely don't know where or who to turn to for help, contact Sunbeam. If they don't have a specific program for you, they probably can get you in touch with someone who does. Established in 1907, Sunbeam Family Services is Oklahoma's longest-serving social service agency. Founded as a children's home for dependent and neglected children, we have evolved to meet the growing needs of the community, today serving vulnerable children, seniors, caregivers and families throughout central Oklahoma. Sunbeam has been a proud United Way Partner Agency since 1924.

<https://sunbeamfamilyservices.org/>

405-528-7721

United Way of Central Oklahoma

Purpose: United Way of Central Oklahoma is committed to improve the health, safety, education and economic well-being of individual families in need in central Oklahoma by connecting community resources with responsive and accountable health and human services agencies. Get connected to the help you need, such as:

- rental assistance
- food pantries
- affordable housing
- health resources
- child care
- after-school programs
- caregiver support
- financial programs
- literacy
- job programs

<https://www.unitedwayokc.org/>

405-236-8441

United Way 2-1-1 Immediate Help If you're thinking of hurting yourself or if someone else is hurting you, call 2-1-1. Help is here when you need it, day and night.

ODOT (Oklahoma Department of Transportation's) Mobility Management Program (senior transportation)

<https://okmm.multiscreensite.com/>

<https://irp.cdn-website.com/2dbb3304/files/uploaded/2025+MM+Program+Brochure+v7.pdf> (see brochure for specific service providers' contact numbers in your area.)

EMBARC Oklahoma Mobility Management Program (senior transportation)

<https://www.embarkok.com/bus/mobility-management>

405-297-2583 (main number for all services, see link above for specific program contact numbers)

Rides In Sight, a Program from ITNAmerica (senior transportation)

<https://ridesinsight.org/>

<https://www.itncentraloklahoma.org/>

855-607-4337

No and low-cost transportation options for seniors. A location-based searchable database that returns numerous transportation options. Be sure to contact the listed providers first to confirm eligibility, availability, schedules, services, pricing, etc.

RSVP (Retired Senior Volunteer Program) of Central Oklahoma

<https://rsvpokc.org>

405-605-3110

Purpose: Enriching the lives of older adults by connecting them with meaningful and rewarding community volunteer opportunities. **Note** that as of May, 2023, they no longer offer their Provide-A-Ride program.

[News article here](#)¹³.

OKC Mature Moves Senior Living Truth Series Seminars

Purpose: Outstanding free, informative and without any obligation whatsoever, the monthly [Senior Living Truth Series seminars](#)¹⁴ (online and in-person) are conducted by senior real estate experts, Dr. Nikki and Chris Buckelew, Realtors, of [OKC Mature Moves](#)¹⁵ and the [Buckelew Realty Group](#)¹⁶. Dr. Nikki and her panel of industry experts discuss a variety of senior life-related topics such as, housing, downsizing, legal issues, long term care, government benefits, dementia & Alzheimer's, aging in place, senior home selling, healthcare, and a host of other subjects of interest to the senior community. You can see videos of their seminars on their [YouTube channel here](#)¹⁷ or their [website here](#)¹⁸ – Highly recommended!! [Click here for upcoming seminar schedules](#)¹⁹ or call 405-563-7501 to register.

Oklahoma Senior Journal Radio Program with Robin Gunn

Purpose: The Oklahoma Senior Journal is the original senior-focused Oklahoma publication....the original and longest-running 50-Plus publication in the metro. Be sure to tune in every Saturday at 9:00 am on KZLS 1640 AM and 96.9 FM to hear Robin and her great, informative guests on her "Rise and Thrive" radio program and get all the latest and greatest info for seniors. You can also listen live on their [website](#)²⁰ or download the companion app for your smart devices (links on website). You can also hear past shows on the [OSJ website](#)²¹ or on the app. You can get a PDF copy of the latest Oklahoma Senior Journal and find out about the **OSJ app** for your smart device on the [OSJ's website's homepage](#)²². Also see their [Facebook](#)²³ and [Instagram](#)²⁴ pages.

¹³ <https://seniornewsandliving.com/05-01-23/rsvp-celebrates-provide-a-ride-program-volunteers/>

¹⁴ <https://seniorlivingtruthseries.com>

¹⁵ <https://www.okcmaturemoves.com/>

¹⁶ <https://www.buckelewrealtygroup.com>

¹⁷ <https://www.youtube.com/c/SeniorsrealestateinstituteUSA/videos>

¹⁸ <https://seniorlivingtruthseries.com/senior-living-truth-series-video-replays/>

¹⁹ <https://seniorlivingtruthseries.com/>

²⁰ <https://www.freedom969.com/>

²¹ <https://okseniorjournal.com/contact/>

²² <http://okseniorjournal.com/>

²³ <https://www.facebook.com/OklahomaSeniorJournal/>

²⁴ <https://www.instagram.com/oklahomaseniorjournal/?hl=en>

Well Preserved Radio Program with Eunice Khoury

Purpose: Be sure to tune in to KTOK AM 1000 ([or on their website](#)²⁵) at 9:06 am every Saturday to listen to Eunice - she and her special weekly guests are a wealth of information for seniors on a variety of issues, but especially Medicare and other insurance issues. You can also listen on your computer ([live](#)²⁶ or [archived podcasts](#)²⁷) or smart device through [iHeart Radio app here](#)²⁸. Also check the Eunice Khoury's Well Preserved Advisory Group's Events page for other functions that may be of interest to you and sign up for her free e-newsletter!!

405-848-5790

<https://wellpreserved.info/>

Caregiver Magazine Free Digital Issues Archive

<https://caregiveroklahoma.com/digital-issues>

(Download w/this free service) <https://issuu.pdf-downloader.com/>

Senior News & Living OK Free Newspaper Digital Archive

<https://seniornewsandliving.com/latest-issue-download/>

U.S. Federal Bureau of Investigation (FBI)

Missing Persons/Kidnappings: <https://www.fbi.gov/wanted/kidnap>

Parental Kidnappings: <https://www.fbi.gov/wanted/parental-kidnappings>

International Kidnapping: <https://www.justice.gov/criminal/criminal-ceos/international-parental-kidnapping>

U.S. Department of Justice-Office of Justice Programs-National Missing & Unidentified Persons System (NamUs)

<https://namus.nij.ojp.gov/>

U.S. Department of Justice-Report & Identify Missing Persons

<https://www.justice.gov/action-center/report-and-identify-missing-persons>

National Center for Missing & Exploited Children: 800-THE-LOST (843-5678)

<https://www.missingkids.org/HOME>

Charitable Donations:

When making charitable donations, we have to be careful not to fall victims to scammers and many charities have similar-sounding names, so, be sure to check out the organization(s) first with these charity review websites:

Better Business Bureau Charity Reviews - <https://www.bbb.org/all/charities-donors>

Charity Navigator - <http://www.charitynavigator.org/>

Charity Review Council - <http://www.smartgivers.org/>

Charity Watch - <https://www.charitywatch.org/>

Give.org - <https://give.org/>

GiveWell Charity Reviews - <http://www.givewell.org/>

Great Nonprofits - <http://greatnonprofits.org/>

Guidestar - <http://www.guidestar.org/>

National Philanthropic Trust Charitable Giving Statistics - <http://www.nptrust.org/philanthropic-resources/charitable-giving-statistics/>

ProPublica's Non-Profit Explorer - <https://projects.propublica.org/nonprofits/>

²⁵ <http://www.ktok.com/>

²⁶ http://www.iheart.com/live/1909/?autoplay=true&pname=697&campid=play_bar&cid=/articles/broadcast-schedule-257466/ktok-broadcast-schedule-568902/

²⁷ <https://soundcloud.com/eunice-khoury>

²⁸ <https://www.iheart.com/>

America's Top Charities – Forbes - <https://www.forbes.com/lists/top-charities/?sh=570ffbd95f50>
50 Worst Charities in America - How to Keep from Getting Scammed - <https://smartasset.com/mortgage/the-50-worst-charities-in-america-how-to-keep-from-being-scammed>
The Worst Charities in America – UK Daily Mail 6/25/23 - <https://www.dailymail.co.uk/news/article-12219603/The-WORST-charities-America-organizations-giving-CEOs-millions-ignoring-causes.html>
Above the Law: America's Worst Charities – CNN 6/13/13 - <http://www.cnn.com/2013/06/13/us/worst-charities>

NEWS & UPDATES ON THE LATEST SCAMS & FRAUD, PROTECTION TIPS

Magnus Omnicorps

Purpose: A diversified, professional service company licensed by the Oklahoma Council on Law Enforcement Education and Training that also works closely with seniors, especially on security, real estate, and long-term care issues. See the following pages for more information and get your free reports, guides and e-books on ID theft, cyber-crime, fraud, etc., and other resources, which are revised and updated frequently, to help secure your life from this type of crime.

<https://www.magnusomnicorps.com/oklahoma-county-triad.html>

<https://www.magnusomnicorps.com/publications.html>

- *Long Term Care from the Inside Out*
- *Apartment Living: Selection Guide (with a special section for senior living communities)*
- *Identity Theft, Financial Fraud & Cyber Crime: Problems, Solutions & Mitigation Strategies*

AARP Fraud Watch Network & Helpline

<https://www.aarp.org/money/fraudwatchnetwork/>

<https://www.aarp.org/money/scams-fraud/about-fraud-watch-network/>

<https://www.aarp.org/money/scams-fraud/>

<https://www.aarp.org/fraudsupport>

<https://states.aarp.org/oklahoma/>

877-908-3360

AARP membership **not** required. Support helpline is a **free service** to the public. Be sure to sign up for their Fraud Watch Network! **EXCELLENT!!!**

LexisNexis Fraud of the Day

<https://fraudoftheday.com/>

KFOR News 4 Scam Alert page

<https://kfor.com/?submit=&s=scam&orderby=relevance>

KWTV News 9 Scam Alert page

<https://www.news9.com/story/search?q=scam>

KOCO News 5 Scam Alert page

<https://www.koco.com/search?q=scam>

KOKH Fox 25 Scam Alert page

<https://okcfox.com/search?find=scam>

Better Business Bureau Scam Tracker

<https://www.bbb.org/scamtracker>

Look up existing scams, find and report new scams and fraud

Get Safe Online

<https://www.getsafeonline.org/>

Everything you need to know and do to stay safe in cyberspace and with other technology.

Krebs on Security

<https://krebsonsecurity.com/>

Noted Internet and computer security expert.

Kim Komando

Main: <https://www.komando.com/>

Fraud articles: <https://www.komando.com/?s=FRAUD>

Noted national computer and technology expert on the radio and Internet.

Clark Howard

Main: <https://clark.com/>

Latest Scams & Fraud: <https://clark.com/scams-rip-offs/>

Noted national consumer advocate on the radio and Internet.

Kurt the CyberGuy

<https://cyberguy.com/>

Journalist, inventor, entrepreneur - stay up-to-date with the latest in everything technology related.

Rich on Tech

<https://richontech.tv/>

Rich DeMuro brings you the latest **tech** news, helpful tips and apps, gadget reviews, and more—plus interviews with industry experts—all in this weekly show

World's Biggest Data Breaches & Hacks to Date (Infographics and updated regularly)

<https://informationisbeautiful.net/visualizations/worlds-biggest-data-breaches-hacks/>

Biggest Data Breaches To Date (updated regularly)

<https://www.upguard.com/blog/biggest-data-breaches>

Worst Data Breaches of 2023 (and prior)

<https://www.identityforce.com/blog/2023-data-breaches>

Journal of Consumer Research – Consumer Affairs ID Theft Statistics

<https://www.consumeraffairs.com/finance/identity-theft-statistics.html>

Verified Service Provider Names, Numbers & Websites

Your banks/brokerages:

Name: _____

Number: _____

Website: _____

Name: _____

Number: _____

Website: _____

Name: _____

Number: _____

Website: _____

Name: _____

Number: _____

Website: _____

Name: _____

Number: _____

Website: _____

Name: _____

Number: _____

Website: _____

Your credit card issuers' Fraud Departments

Name: _____

Number: _____

Website: _____

Name: _____

Number: _____

Website: _____

Name: _____

Number: _____

Website: _____

Name: _____

Number: _____

Website: _____

Name: _____

Number: _____

Website: _____

Other Financial Institutions (Investment firms, CFP, CPA, etc.)

Name: _____

Number: _____

Website: _____

Name: _____

Number: _____

Website: _____

Name: _____

Number: _____

Website: _____

Name: _____

Number: _____

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Name: _____
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Your insurance carriers (life, health, auto, home, professional)

Name: _____
Number: _____
Website: _____

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Your utility companies (electric, gas, water, trash, heating oil, septic)

Name: _____
Number: _____
Website: _____

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Website: _____

**Your communications providers [Internet (ISP), cable, telephone,
cellular, satellite, streaming accounts (Sling, YouTube Plus, etc.)]**

Name: _____

Number: _____

Website: _____

Name: _____

Number: _____

Website: _____

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Your/Your Children's education contacts (schools, teachers, online)

Name: _____

Number: _____

Website: _____

Name: _____

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Any other service providers not categorized

Name: _____

Number: _____

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