



MRC (Methodist Retirement Communities) complies with applicable state and Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**MRC:**

- Provides free aids and services in a timely manner to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services in a timely manner to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services or other assistance, contact Frances Beltran at the MRC Corporate Office, 1440 Lake Front Circle, Suite 140 The Woodlands Texas 77380, by phone 281-210-0126, fax to 281-292-4968, or by email to [fbeltran@mrcaff.org](mailto:fbeltran@mrcaff.org)

If you believe that MRC has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with the MRC Corporate Office, in person or by mail at 1440 Lake Front Circle, Suite 140 The Woodlands Texas 77380, by phone 281-210-0126, fax to 281-292-4968, or by email to [fbeltran@mrcaff.org](mailto:fbeltran@mrcaff.org)

If you need help filing a grievance, the MRC Corporate Office is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 281-210-0126.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 281-210-0126.

注意：如果您使用繁體中文，您可以免費獲得語言 援助服務。請致電 281-210-0126。

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 281-210-0126.

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶቻችን በነጻ ሊያገለግሉት ተዘጋጅተዋል። ወደ ሚስተለው ቁጥር ይደውሉ 281-210-0126.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 281-210-0126.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 281-210-0126 번으로 전화해 주십시오.

Ige nti: O buru na asu lbo asusu, enyemaka diri gi site na call 281-210-0126  
AKIYESI: Ti o ba nso ede Yoruba ofe ni iranlowo lori ede wa fun yin o. E pe ero ibanisoro yi 281-210-0126.

ةلمساعدة تخدمنا نفا، للغة ركاذ تتحدتك إذا: ةظملحو  
فتاه مقر 281-210-0126 مقر ل صتا .ن بالمجا لك رفاتتو ةيوغللا  
مكبلوا مرصلا:

ییب۔ لکا دارخبر: رگا آپ اردو ےتلوب، بین وژ آپ وک ن باز ی کدمدی  
281-210-0126 تخدمنا تغم ییم بستیا

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 281-210-0126.

ध्यान दें: यदद आप ह िंदी बोलते हैं तो आपके ललए मुफत में भाषा सहायता सेवाएं उपलब्ध हैं। 281-210-0126.

OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 281-210-0126.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 281-210-0126.

ប្រយ័ត្ន៖ បរើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, បសវាជំនួយ  
្នកភាសា ោយមិនគិត ្ល គឺអាចមាសសំរាវរំបរ ក។ ចូរ  
ទូរស័ព្ទ 281-210-0126.