

DIRECTORY OF ELDER RESOURCES
FOR
COCHISE COUNTY

Revised January 22, 2010



SEAGO

AREA AGENCY ON AGING, REGION VI

300 COLLINS ROAD

BISBEE, AZ 85603

(520) 432-5301

Web site: www.seago.org/aaa

e-mail: aging@seago.org

Contact Grace Murcio with your questions about Medicare at 520-432-5301 ext. 205 or gmurcio@seago.org.



DIRECTORY OF ELDER RESOURCES IN

Cochise County

This directory lists as many resources as possible in order to provide useful information to older persons and their families. Agency names, services provided, and phone numbers do change, so despite attempts for accuracy, there may be changes in some of the information included. Phone books have Community Resources and/or Government listings in the first section of the book as well as in the Yellow Pages under Social Services and Elder Care. Many communities have Chambers of Commerce that can give information on community resources. If you have questions or need additional information, please call the Area Agency on Aging at (520) 432-5301.

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ABUSE, NEGLECT, AND EXPLOITATION

ADULT PROTECTIVE SERVICES (APS)

1-877-SOS-ADULT or

1-877-767-2385 (Toll free)

APS assesses and makes referrals for services when there is possible abuse, neglect, or exploitation of a vulnerable adult. If you or someone you know is being abused, neglected, or exploited, please call this number. It is mandatory for most care providers to report when there is evidence of abuse, neglect, or exploitation of a vulnerable or incapacitated adult.

OMBUDSMAN PROGRAM

Bisbee/Douglas/Sierra Vista: 432-5301

Benson/Willcox: (520) 287-3408

Advocates for individuals in nursing homes and assisted living facilities (formerly called supervisory care facilities and adult care homes).

SHELTERS

Douglas

House of Hope: 364-2465

Sierra Vista

**Sierra Vista Domestic Crisis Shelter
(formerly Forgach House): 458-9096**

Provides domestic violence services and emergency housing for women and children.

Bisbee

Renaissance House - Women's Transition Shelter: 432-1771

Provides long-term treatment and shelter for women and women with children.

Coalition for the Homeless: 432-4660

Provides shelter for men and case management to anyone in need.

Sierra Vista

Good Neighbor Alliance: 439-0776

Provides shelter for men and families with children.

VICTIM WITNESS: 432-8730

May provide support/assistance to victims of crime.

ADAPTIVE AIDS AND DEVICES/LOAN CLOSETS

In addition to the medical equipment and supply stores listed below agencies in Tucson also serve Cochise County. These are listed in the phone book or your doctor's office can assist you. It is important to get a prescription from your doctor and check with the store to make sure Medicare or your other insurance will cover the item.

INDEPENDENT LIVING REHABILITATION SERVICES

1-800-824-3093 Ext 223 or (520) 629-0225, ext. 223– Beverly Benjamin

Analyzes needs and provides equipment for qualifying individuals. Can do limited home modifications.

EMERGENCY ALERT SYSTEMS

Individual dialers may be purchased in electronic stores or online. There are several systems on the market including:

ALERT ONE: 1-866-322-8202

FIRST ALERT/PIONEER EMERGENCY RESPONSE: 1-800-274-8274

A national company offering 24-hour emergency response systems

LIFE FONE: 1-800-882-2280: A communication system providing assistance 24 hours a day.

LIFELINE EMERGENCY DEVICE: 1-520-298-4448
information for your community.

Hospital social workers can provide

PERSONAL ASSISTANCE VOICE DIALER
1-800-675-3044

A device connected to the phone that rings up to four preprogrammed numbers if pressed.

Also see **TELECARE** under **IN- HOME SERVICES**

LOAN CLOSETS (Sites where one can borrow a piece of medical equipment free of charge).

Benson

American Legion: **586-2654**

Sierra Vista

AAA Case Management Site: **803-3950**

Bisbee

AAA Case Management Site: **432-9683**

The Elks Lodge: **458-2065**

Bisbee Senior Center: **432-2167**

Tombstone

American Legion Post 24: **457-2273**
(Equipment may be dusty)

Tucson

Tucson Loan Closet: **(520) 624-3367**

MEDICAL EQUIPMENT (FOR SALE)

Advantage Med. and Oxygen Supply 458-7330

Millenium Med.Supply 1-877-404-0652

Sierra Medical Supply 452-3864

Lincare, Inc. 586-7911

Preferred Homecare 459-1725

Apria Healthcare 452-1382

ALZHEIMER'S/DEMENTIA

ALZHEIMER'S ASSOCIATION

Tucson: (520) 322-6601 or 1-800-425-9080

Provides information, support, resources, educational opportunities, care consultation (case management), and dementia identification registry packet with bracelet.

SAFE RETURN

1-888-572-8566

To register someone with dementia.

1-800-572-1122

To report someone found or missing even if not wearing a bracelet.

Also see **CAREGIVING** Section of this booklet.

AREA AGENCY ON AGING

SEAGO AREA AGENCY ON AGING

Bisbee: (520) 432-5301

Provides information about services available and how to access them. Serves Cochise, Graham, Greenlee, and Santa Cruz Counties.

ASSISTED LIVING

Homes and centers that are licensed by the Office of Assisted Living Licensure of the Arizona Department of Health Services may provide supervisory, personal, or direct care to individuals who need assistance and who do not need 24-hour nursing care. Individuals and their families should visit and compare facilities before making a selection. A current license should be posted in every facility. Information about selecting a home is available from the ombudsman program.

STATE OFFICE OF ASSISTED LIVING LICENSURE: (520) 628-6965

OMBUDSMAN PROGRAM

Bisbee/Douglas/Sierra Vista: 432-5301 Benson/Willcox: (520) 287-3408

ASSISTED LIVING FACILITIES

Benson

AZ SKYLINE ASSISTED LIVING HOME

(520) 586-1003
311 N. Saddle Vista Road
Benson, AZ 85602

J-SIX ASSISTED LIVING HOME

520-586-4741
24580 East Shawnee Trail
Benson, AZ 85602

Bisbee

VALLEY VISTA ADULT FOSTER CARE HOME

234-4858
5867 W. Double Adobe Road
McNeal, AZ 85617

Douglas

CYPRESS INN

364-7232
757 12th Street
Douglas, AZ 85607

Sierra Vista Area

CASA de las MONTANAS

520-459-8662
799 Golf Links
Sierra Vista, AZ 85635

Sierra Vista Area

GOLDEN OAKS ANNEX

520-378-9540
8099 S. Geoffrion Street
Hereford, AZ 85615

GARDEN TERRACE ASSISTED LIVING

520-459-0005
1100 S. Chaparral Circle
Sierra Vista, AZ 85635

GOLDEN OAKS CANYON

520-803-0118
5433 Calle Metate
Sierra Vista, AZ 85635

HIDDEN GARDENS ASSISTED LIVING

515-0394
5005 Corte Vista
Sierra Vista, AZ 85635

GOLDEN OAKS RANCH

520-378-3077
8099 S. Geoffrion Street
Hereford, AZ 85615

HUMMINGBIRD HOUSE

226-4849

1448 Hummingbird Lane
Sierra Vista, AZ 85635

OUR HOUSE OF SIERRA VISTA

520-458-1842

148 e. Mallard Circle
Sierra Vista, AZ 85635

PRESTIGE ASSISTED LIVING

452-1402

4400 Avenida Cochise
Sierra Vista, AZ 85635

Cochise

CASA DE ESPERANZA

520-826-4065

424 West Kaibab Way
Cochise, AZ 85606

RAINBOW RIDGE

520-803-0962

5138 S. Santa Ana Avenue
Sierra Vista, AZ 85650

VILLA VISTA ASSISTED LIVING

520-452-1600

4255 Calle Vista
Sierra Vista, AZ 85635

WINDMILL RANCH

520-803-1234

5605 E. Labrador Lane
Hereford, AZ 85615

Willcox

CIRCLE B CENTRAL ADULT CARE HOME

520-384-4855

418 North Austin
Willcox, AZ 85643

CIRCLE B RANCH ADULT CARE HOME

520-384-0077

465 East Circle B Drive
Willcox, AZ 85643

BENEFITS

SOCIAL SECURITY ADMINISTRATION

1-800-772-1213 or

Douglas: 364-1241

For Social Security Retirement, Disability, Survivor's Benefits, and Supplemental Security Income (SSI).

VETERANS' BENEFITS: 1-888-952-4700 or (520) 458-7144

To find out about eligibility for veterans, widows, widowers, and spouses. See **VETERAN'S** Section.

CAREGIVER/CASE MANAGEMENT

Nearly 22 million Americans provide unpaid care so that their senior family members can remain at home. However, there are local services that help families care for their frail loved ones. Area Agency on Aging case managers can help families explore their options by explaining what services exist and their eligibility requirements. In addition to case management, other services that might help include home delivered meals, housekeeping, personal care, in-home respite, and home health, which includes home nursing.

AREA AGENCY ON AGING (SEAGO)

Bisbee: (520) 432-5301

Provides information about services available and how to access them. Serves Cochise, Graham, Greenlee, and Santa Cruz Counties.

EVALUATION/CASE MANAGEMENT

Area Agency on Aging Case Management

Cochise Aging and Social Services

Benson: 586-8191

Bisbee/Elfrida: 432-9683

Douglas: 805-5631

Huachuca City/Sierra Vista: 803-3950

Willcox, Tombstone: 586-8192

Information is provided to individuals and family caregivers about in-home services available for elderly and disabled individuals. Case managers evaluate individuals in their homes and determine eligibility for Area Agency on Aging services.

FAMILY CAREGIVER PROGRAM

Area Agency on Aging Case Management

Cochise Aging and Social Services

Bisbee: 432-9683

Case Management/family support services, including training and information, throughout the county to unpaid caregivers.

IN-HOME RESPITE

Call Area Agency on Aging Case Manager. See phone numbers under Evaluation/Case Management. Provides relief to a family caregiver.

SENIOR HOUSING RESULTS

Tucson: 520-720-6217

Senior Housing Results specializes in compiling options available to a senior in need of senior healthcare/housing.

THOROUGH CARE HOME HEALTH

Sierra Vista: 803-1234

VOLUNTEER INTERFAITH CAREGIVER PROGRAM (VICaP)

Benson: 586-2387

Bisbee: 432-5280

Sierra Vista: 459-8146

Provides transportation services for medical appointments and shopping, friendly visiting, errands, some minor home repairs, etc. in Benson, Sierra Vista, and Bisbee.

For private pay options see **HOME HEALTH, HOSPICE, and IN-HOME SUPPORTIVE SERVICES** Sections of this booklet.

CREDIT PROBLEMS

CONSUMER CREDIT COUNSELING SERVICE OF ARIZONA: 1-800-338-3328 or 1-800-308-2227

Nonprofit agency to consult when debt is a problem and prior to pursuing bankruptcy. Provide credit counseling and credit education classes at no cost. Offers debt repayment program for a small processing fee.

DENTAL

Reduced or sliding fee scale programs.

CHIRICAHUA CLINIC - Elfrida: 642-2222

ST. ELIZABETH'S OF HUNGARY - Tucson: 628-7871

DIABETES

DIABETES EDUCATION

Chiricahua Community Health Center
Elfrida: 642-2222

Sierra Vista Regional Health Center
Sierra Vista: 458-0136

MEDICAL NUTRITION THERAPY

1-800-432-4040

Nutrition counseling. A physician can write a referral for medical nutrition therapy and Medicare will cover the service. This number gives a list of Registered Dietitians in your area who are Medicare providers.

TRANSPORTATION TO DIALYSIS

Douglas: 364-3292 or 364-4474

For other information on resources, education and support groups, check with local hospitals. They may have information or be able to refer out.

DIALYSIS CENTERS

Davita Dialysis
Sierra Vista: 459-7791
Chronic Disease Management Program.

Douglas Dialysis Clinic, Inc.
Douglas: 364-2204

DISCOUNTS, REFUNDS, AND TAXES

EARNED INCOME CREDIT

1-800-829-1040

A federal tax credit for low income working individuals and families, or grandparents raising grandchildren. Grandparent must be under 65, and have an income below qualifying limits. Contact the IRS for more information.

INCOME TAX PREPARATION HELP

Visit the VITA/AARP website at www.cir.org/seasonal-tax-aarp.html. Or, if you are homebound call 1-888-227-7669.

NATURAL GAS DISCOUNT

Southwest Gas Company

459-1702 or 1-800-428-7324

May help low income individuals with winter heating discount.

PROPERTY TAX EXEMPTIONS

Bisbee: 432-8650 County Assessor

A program for widows/widowers and disabled persons. All Social Security income is exempt. Requires special forms from the County Assessor’s Office, and be filed between January 1 and March 1.

PROPERTY TAX REFUNDS

1-800-352-4090

For owners/renters aged 65 or older or those on SSI, who have been Arizona residents for the entire calendar year. Income not counting Social Security must be less than \$3,751 single or \$5,501 married. Use form 140PTC at tax time. Contact Arizona Department of Revenue.

SENIOR PROPERTY VALUATION FREEZE

Bisbee: 432-8650 County Assessor

A program to freeze the property valuation of a primary residence in which homeowners aged 65 or older have resided for at least 2 years, and whose income is under \$27,072 for one owner, or \$33,840 for two or more owners. File with county assessor by September 1.

SOUTHEASTERN ARIZONA COMMUNITY ACTION PROGRAM

1-800-293-1144

Bisbee: 432-5401

Willcox: 384-3120

Offering financial assistance for appliance repair and replacement, home repair, and utility bill payments, rental assistance, and telephone discounts.

TELEPHONE DISCOUNTS

SEACAP: 1-800-293-1144

Bisbee: 432-5401

Willcox: 384-3120

VICaP: 459-8146

Provides information about various programs offered from simple discounts for low-income to free phone service if medically necessary.

VEHICLE REGISTRATION DISCOUNTS

Bisbee: 432-8650 County Assessor

A program for widows/widowers and disabled persons giving a discount on vehicle registration.

THRIFT STORES

St. Vincent de Paul has thrift stores in **Benson, Douglas, Sierra Vista, and Willcox**. Elfrida (642-4244)

Salvation Army has a thrift store in **Sierra Vista**.

Maranatha Thrift Store and Hopeful Treasures Thrift Store are in **Douglas**.

Your Thrift Store is in **Bisbee**.

Cochise Food Bank/Thrift Store is in **Benson**.

Fort Huachuca Community Thrift Store is on base.

Second Whistle is in **Willcox**.

Some food banks, community organizations, and churches also give out clothes.

FOOD

CONGREGATE MEALS SITES FOR ELDERLY

See **SENIOR CENTERS/NUTRITION SITES** Section in this booklet.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) – Formerly known as Food Stamps:

Benson: 586-2303

Douglas: 364-1291

Bisbee: 432-5415

Sierra Vista: 459-6901

A state and federal program of food assistance for low-income individuals and families.

HOME DELIVERED MEALS

Referrals are made to the Area Agency on Aging Case Management/Cochise Aging and Social Services. Phone numbers are listed in the **CAREGIVING** Section.

FOOD BANKS, PANTRIES, AND COMMODITY DISTRIBUTION SITES

Each food bank sets its own days and hours of operation and its own eligibility requirements. Food banks also distributing monthly commodities are marked by *. Sites only distributing monthly commodities are marked **.

Benson

Benson Food Bank:

586-7916

Cochise Food Bank:

586-3190*

Bisbee

Loaves and Fishes Food Bank:

432-3872

Bisbee Coalition for the Homeless:

432-7839*

St. Patrick's Church

432-5009

Bowie

Bowie Food Bank:

847-2335

Douglas

Douglas Area Food Bank:

364-4170*

Maranatha Church:

805-0259*

St. Vincent de Paul

364-7573

Dragoon

Commodity Distribution only:

586-0165**

Elfrida

The Food Basket

928-210-7303

928-210-8241

Huachuca City

Food Bank:

456-3059*

Willcox

Southeast Ariz. Food Bank:

384-4433*

Willcox Food Pantry

384-2114

Pearce

Commodity distribution only: **824-3218****

San Simon

Commodity distribution only: **845-2386****

Sierra Vista

St. Andrew's Church: **458-0500**
(St. Vincent de Paul)

Commodity Distribution only **458-9725****
(St. Vincent de Paul)

Food Plus (Salvation Army) **459-8411**

Sierra Vista

SV Health Dept., call for availability of
surplus bread **803-3900**

St. David

Food Bank: **720-4755**

Commodity Distribution only: **720-9670****

Tombstone

Food Bank: **457-3548***

St. Vincent de Paul: **457-3548**

The food banks and organizations below offer the following additional programs.

FOOD CARE

Tombstone Food Program: 457-3548

This program is open to anyone. It provides food packages at less than one-half retail cost. May be purchased with Food Stamps or cash.

Douglas Food Bank: 364-4170

Commodity supplemental food program for certain groups, including seniors.

WILLCOX

Operation Blessing: 384-5876

Provides a box of groceries for a donation and operates a store.

Southeast Arizona Food Bank: 384-4433

Provides a lunch Monday-Thursday. Call for information.

GRANDPARENTS SERVICES

Child & Family Resources:

Provides limited financial assistance to grandparents raising grandchildren.

Sierra Vista Branch: (520) 458-7348

Nogales Branch: (520) 281-9303

Safford Branch: (928) 428-7231

GUARDIAN, CONSERVATOR SERVICES

COCHISE COUNTY PUBLIC FIDUCIARY

432-9660 (Serves entire county.)

May serve as court appointed guardian, and/or conservator, or probate agency of last resort.

HEARING

ARIZONA COMMISSION FOR THE DEAF AND HARD OF HEARING

1-800-352-8161 V/TTY

Services and resources, including TDD machines and telephone amplifiers, for hearing impaired individuals.

COMMUNITY OUTREACH PROGRAM FOR THE DEAF

(520) 623-0344 (Interpreter 24 hours)

Counseling, job placement, interpreting, independent living, and outreach services.

LIONS SIGHT AND HEARING FOUNDATION: 1-602-954-1723

May assist low-income individuals with hearing aids.

HOME HEALTH

Provides intermittent skilled nursing, therapy, and medical social services to patients in their homes. Services are based on a care plan developed in consultation with the physician. Payment is usually provided by insurance, Medicare or another public funding source. Below are the state licensed agencies that provide these services.

AMERICAN GERIATRICS ENTERPRISES

(520) 459-9493

Provides house calls by an M.D. in geriatrics and in-home skilled nursing care in the Sierra Vista area.

ARISTOCARE

Sierra Vista: 439-9359

Serves all of Cochise County. Is a state licensed home health agency; is not Medicare certified.

COPPER VALLEY HOME HEALTH

Bisbee: 432-7450 or Sierra Vista: 458-1571

Serves the Bisbee, Douglas, Elfrida, Hereford, Sierra Vista, Huachuca City, Tombstone and Palominas/Miracle Valley area.

LEGACY HOME HEALTH AGENCY

520-335-6118 Serves all of Cochise County except the Willcox area.

MT. GRAHAM HOME HEALTH

1-800-664-3509

Serves the northern Cochise County.

THOROUGH CARE HOME HEALTH

SIERRA VISTA: 803-1234

Not Medicare certified, servicing Central and Western Cochise County

HOSPICE SERVICES

Based on a physician's determination, hospice provides in-home or in-patient services for terminally ill patients and their families. Services may include nursing, personal care, respite, spiritual and bereavement counseling, and pharmacy services. Medicare or insurance usually pays for services.

CASA DE LA PAZ HOSPICE

1-800-880-0088

Sierra Vista: 417-3080

Serves Sierra Vista and surrounding areas.

CHARLES W. LEIGHTON, JR.

HOSPICE: 384-5879

Serves Willcox, San Simon, Bowie, Sunsites, and Sunizona.

COMPASSION & CHOICES

1-800-247-7421

National nonprofit providing end of life consultation to patients and their families.

TUCSON MEDICAL CTR. HOSPICE

324-2438 or 1-800-362-7004

Serves the Benson area. Has a hospice bed in Benson Hospital.

VETERANS ADMIN. HOSPITAL

HOSPICE 792-1450 or 1-800-470-8262

In-patient hospice.

VALOR HOSPICE CARE

Sierra Vista: 458-9450

Serves all Cochise county.

VISTA CARE HOSPICE

888-881-5448

Serves Benson Area

HOSPITALS

BENSON HOSPITAL – 586-2261

BISBEE: COPPER QUEEN HOSPITAL - 432-5383

DOUGLAS: SOUTHEAST ARIZONA MEDICAL CENTER – 520-364-7931

SIERRA VISTA REGIONAL HEALTH CENTER – 458-4641

WILLCOX: NORTHERN COCHISE COMMUNITY HOSPITAL – 384-3541

HOUSING

COCHISE COUNTY HOUSING AUTH.

Bisbee: 432-8881 (Serves entire county.)

Subsidized housing (HUD).

DOUGLAS HOUSING AUTHORITY

364-8458

Subsidized housing (HUD).

HABITAT FOR HUMANITY

Sierra Vista: 378-6966

Assists low income individuals to build and finance homes.

REBUILDING TOGETHER/CHRISTMAS IN APRIL

Bisbee: 432-3721

Brings homes of eligible elderly up to code (by volunteers one day a year).

REVERSE MORTGAGE PROGRAM

Administration of Resources and Choices: (520) 327-8250

SEAGO: (520) 432-5301 Countywide

A program for elderly or terminally ill who need to borrow money against their home.

RURAL DEVELOPMENT: 384-3529 (Willcox)

Grants and low interest loans to qualified persons for home repairs and home purchase.

SOUTHWEST FAIR HOUSING COUNCIL

520-798-1568, or Toll-free: 1-888-624-4611

Takes complaints for potential housing discrimination situations.

INDEPENDENT LIVING

Sierra Vista

Mountain View Gardens

459-1898

3477 Rodeo Drive

Sierra Vista, AZ 85635

Provides activities, housekeeping, meals and transportation

LOW INCOME or, SUBSIDIZED HOUSING

Benson

Cochise Apartments

586-9280

650 West Union Street

Benson, AZ 85602

La Habra Apartments

526-4210

656 S. Hwy 80

Benson, AZ 85602

Villa del Sol

586-3276

750 West Union.

Benson, AZ 85602

Bisbee

Copper City Villas

432-7963

508 Melody Lane

Bisbee, AZ 85603

San Jose Triangle

432-2910

100 Navajo Drive

Bisbee, AZ 85603

Peppertree Apartments

364-8927

2540 15th Street

Douglas, AZ 85607

Cochise Canyon Apartments

364-6338

1620 Apache Drive

Douglas, AZ 85607

Ramona Morales

586-2139

550 West Benson

Benson, AZ 85602

San Pedro Terrace Apts.

528-9144

351 E. Pearl St.

Benson, AZ 85602

Esperanza Senior Apartments

432-7669

100 Esperanza Lane

Bisbee, AZ 85603

Douglas

Casa de Oro

805-0100

409 North Christine Avenue

Douglas, AZ 85607

Douglas Villa Apartments

364-3964

2700 15th Street

Douglas, AZ 85607

Sundance Apartments

805-9611

2701 6th Street

Douglas, AZ 85607

Huachuca City

Huachuca Triangle Apartments

456-1155

712 Gonzales Blvd.
Huachuca City, AZ 85616

Sierra Vista

Bonita Vista Apartments

459-3167

570 South Coronado
Sierra Vista, AZ 85635

Crystal Creek Apts.

452-9815

4500 Campus Drive
Sierra Vista, AZ 85635

Garden Plaza Apts.

458-3135

100 Golf Links Road
Sierra Vista, AZ 85635

Mountain View Apartments

458-4226

77 East Camino Real
Sierra Vista, AZ 85635

Willcox

Cochise Village Apartments

384-4884

210 South Bisbee Avenue
Willcox, AZ 85643

Willcox Senior Apartments

384-4045

457 West Scott
Willcox, AZ 85643

Northgate Apartments

456-1234

200 Howard Street
Huachuca City, AZ 85616

Suncrest Apartments

439-4904

105 Toscanini
Sierra Vista, AZ 85635

San Pedro Apartments

459-4069

4600 Charleston Road
Sierra Vista, AZ 85635

Falcon Court Apts.

459-3071

355 North 7th Street
Sierra Vista, AZ 85635

Tombstone

Casa Loma Triangle Housing

457-3733

20 West Allen Street
Tombstone, AZ 85638

Willcox Villa Apartments

384-3436

204 Bisbee Avenue
Willcox, AZ 85643

INFORMATION AND REFERRAL

COCHISEABILITY

Sierra Vista: 417-0901

Provides information and referral for individuals who have disabilities.

ELDERCARE LOCATOR: 1-800-677-1116

Provides telephone number for the local Area Agency on Aging who can in turn refer to direct aging services in that location.

INFORMATION AND REFERRAL (I & R), INC.

1-800-362-3474

Provides information and referral, resource directories, and may provide telephone research.

SVRHC WELLNESS DEPOT

SIERRA VISTA: 459-8210

Located at the Mall in Sierra Vista on Hwy 92, the Sierra Vista Regional Health Center Wellness Depot provides a resource library of free health information, brochures, and booklets. You can pay hospital bills here, apply for pre-admission to the maternal/child department, and have insurance questions answered. The Depot will also have health-related speakers and organizations featured throughout each month.

IN-HOME SUPPORTIVE SERVICES

A state license is not required of agencies that provide these services, but a local business license may be required. Services include custodial, attendant, companion, homemaker, and respite provided in a home setting. Payment for services is not usually covered by insurance. In addition to the agencies listed below case managers for the Area Agency on Aging services and some hospital social workers have lists of individuals and agencies that provide in-home services on a private pay basis in each community.

ACCENTCARE

Sierra Vista: 459-8333 or 1-888-883-7448

Serves Cochise County.

ARISTOCARE

Sierra Vista: 439-9359

Serves Cochise County

BRIGHT STAR Healthcare

Tucson: (520) 901-6589

Serves Green Valley and all Cochise County

COMFORT KEEPERS

Sierra Vista: 417-2000

Serves Cochise County

HEART FELT HELP

Huachuca City: 456-9071

Serves Cochise County except the Willcox area.

HELPING HANDS

Sierra Vista: 458-4213

Wide variety of non-medical helpful services from shopping to help with pets. Serves Sierra Vista, Bisbee, and Tombstone area.

HOME HEALTHCARE SPECIALIST CNA

Sierra Vista: 378-2304 or cell 678-4545

Serves Sierra Vista and Hereford

LUTHERAN SOCIAL SERVICES OF THE SOUTHWEST IN HOME SERVICES

Sierra Vista: 1-800-763-9260

Serves Cochise County

MINIBOOKMOBILE SERVICE

Bisbee: 432-8930 or 1-800-231-1574

Serves all Cochise County

Once a month the Minibookmobile will bring you books if you are unable to get to your local library or the bookmobile stop. Your local library can help you with the arrangements. There is also the Talking Book Program and you can get information about it from your local library, or from Gwyn Coe at the above listed phone number.

PERSONAL SHOPPING

Sierra Vista: 417-3153

Serves Sierra Vista

RUOK IN WILLCOX

Willcox: 384-4673

Wellness checks for residents within Willcox city limits.

TELECARE

Sierra Vista: 417-3153

Free daily call-in service for citizens.

SONIA CORDOVA (SMART LOOK SALON & NAIL SPA):

Sierra Vista: 508-1318

Licensed hairstylist will do hair care in your home.

SUNLIFE HOME CARE, INC.

(520) 577-1803

Serves all of Cochise and Pima Counties.

THOROUGH CARE HOME HEALTH

Sierra Vista: 803-1234

Serves Cochise County except Wilcox and Douglas

LEGAL SERVICES

ARIZONA CENTER FOR DISABILITY LAW

1-800-922-1447

Provides protection and advocacy for individuals with mental illness and developmental disabilities, and advocates for individuals with substantial physical impairments.

SOUTHERN ARIZONA LEGAL AID (SALA)

Tucson: 1-800-248-6789

Bisbee: 432-1639 or 1-800-231-7106

The Bisbee office of Southern Arizona Legal Aid provides assistance with most civil legal issues to residents of Cochise, Graham, and Greenlee Counties. Some areas of specialty include Social Security, public benefits, housing, consumer law and landlord/tenant. Free booklets are available on landlord/tenant problems, and other frequently encountered legal issues. In addition, SALA provides a phone-in hotline where seniors can obtain legal advice and assistance over the phone. Main office for Cochise, Graham, and Greenlee Counties is in Bisbee, but county residents may also apply in Tucson.

VICTIM WITNESS

432-8730

May provide support/assistance to victims of crime.

MEDICAL INSURANCE

There are numerous insurance policies available through insurance companies. These listed below are more common and pertain to low-income or Medicare eligible individuals.

ARIZONA HEALTH CARE COST CONTAINMENT SYSTEM (AHCCCS)

Benson: 586-2303

Douglas: 364-1291

Willcox: 384-3583

Bisbee: 432-5415

Sierra Vista: 459-6901

DES determines eligibility for health insurance for individuals who are eligible for AHCCCS based on federal poverty guidelines. In other states this program is called Medicaid. AHCCCS benefits are automatic for recipients of Supplemental Security Income (SSI) and certain other programs.

ARIZONA LONG TERM CARE SYSTEM

(ALTCS) 459-7050 or 1-800-654-8713

This Medicaid program, operated by AHCCCS, provides acute medical services and covers the cost of long-term care in a nursing home or if cost effective through in-home services. Medical and financial eligibility is determined

by the state ALTCS office. ALTCS provides services in clients' homes, in an assisted living center or facility, and in nursing homes.

MEDICAL INSURANCE COUNSELING and MEDICARE SUPPLEMENT POLICY INFORMATION

SEAGO: 432-5301

State Health Insurance Assistance Program: 1-800-432-4040

These agencies have information on most health insurance policies available and provide assistance in understanding and applying for various forms of insurance.

MEDICARE

This health insurance program primarily serves those aged 65 or older. To apply, contact Social Security Administration.

1-800-772-1213 or Douglas at 364-1241

For questions, information, or problems regarding a claim.

1-800-633-4227

To sign up for a Medicare Part D plan, use Planfinder on the Medicare Web site www.medicare.com, or contact SEAGO at 432-5301.

MEDICARE SAVINGS PROGRAM (QMB/SLMB/QI)

459-7050 or 1-800-654-8713

This program pays the Medicare Part B premium for low income Medicare beneficiaries. It also qualifies an individual for Part D extra help. Eligibility requirements must be met. Contact SEAGO for assistance in completing forms: **432-5301**.

V.A. HEALTH CARE SYSTEM

1-888-950-4700 or 458-7144

The Arizona Dept. of Veterans' Services will assist with enrollment forms for V.A. health coverage. The V.A. determines eligibility.

MEDICAL SERVICES

CHIRICAHUA COMMUNITY HEALTH CENTERS, INC. - Elfrida: (520) 642-2222

Satellite Clinics: Bisbee: 432-3309

Douglas: 364-3285

Mobile Medical Clinic (travels throughout Cochise County): 642-2222

Accepts all insurance and has sliding fee. Provides medical services including Well Women Health Check and Chronic Disease Management, basic dental and mental health services.

COCHISE COUNTY HEALTH DEPARTMENT

Benson: 586-8200

Douglas: 805-5600

Willcox: 384-4662

Bisbee: 432-9400

Sierra Vista: 803-3900

Immunizations, pneumonia and flu shots, blood pressure, and other screenings.

COPPER QUEEN HOSPITAL CLINICS

Sliding fee scale for services for people without insurance

Bisbee: 432-2042

Douglas: 364-7659

Palominas: 366-0333

FOX INFUSION

Tucson: 520-795-0111

Therapies: Intravenous, Injection, Enteral, Inhalation

HILL-BURTON ACT

1-800-638-0742

Each hospital built with federal funding under this act must provide a certain amount of service at no charge or reduced fee each year. Apply at local hospitals.

V.A. HEALTH CARE SYSTEM

1-800-470-8262

V CARE FAMILY MEDICINE

Sierra Vista: 439-0115

Dr. Parag Patel, MD, FAAFP is a board certified gerontologist.

MEDICATIONS

There are numerous prescription discount programs. Some are sponsored by drug manufacturers and usually have specific eligibility criteria. There are discount prescription plans sponsored by pharmacy chains, organizations, insurance plans, and even the state of Arizona in which one pays an annual membership fee and/or monthly fee in order to receive discounts. For individuals eligible for Medicare, the Part D insurance program provides more than a discount, it helps pay for the cost of drugs.

MEDICARE PART D

1-800-MEDICARE or 1-800-633-4227

SEAGO at 432-5301

To sign up for a Medicare Part D plan, use Planfinder on the Medicare Website www.medicare.com, or contact the above numbers. Part D provides insurance to purchase prescription drugs listed on the insurance plan's formulary. Insurance plans include stand alone drug coverage, and drug coverage within a Medicare managed care plan. Extra help is available to assist low income individuals to pay Medicare Part D premiums and co-pays. Apply for extra help at the AHCCCS/ALTCS office or at Social Security. SEAGO can assist in completing applications for extra help.

STATE OF ARIZONA COPPER RX PROGRAM

1-888-227-8315 Provides discounts on various prescriptions for eligible persons who join.

STATE HEALTH INSURANCE ASSISTANCE PROGRAM

1-800-432-4040

SEAGO

432-5301

Both of these programs are available to provide information, counseling, and assistance to individuals with questions about various prescriptions discount programs, and insurance programs to pay for prescriptions.

MENTAL HEALTH SERVICES

ALCOHOLICS ANONYMOUS

Hot line for meetings throughout **Cochise County: (520) 459-0031 Toll free: 1-866-780-9758**

Web Site: www.aa-cochisecounty.org, call for meeting time and place nearest to you.

Support groups for recovering alcoholics and their families.

VERHELST RECOVERY HOUSE

432-3764

Non-medical drug and alcohol treatment facility for men. Also part of National Council for Alcohol and Drug Dependency. Serves as a hotline for information on A.A. and meetings places in Cochise County.

SOUTHEAST ARIZONA BEHAVIORAL HEALTH SERVICES (SEABHS)

Sierra Vista: 458-3932

Douglas: 364-1286

Bisbee: 432-7751

Benson: 586-7989

Willcox: 384-2521

Psychiatric Health Facility: 586-7737

After Hours Emergency: 1-800-586-9161

Provides inpatient and outpatient behavioral health services including 24-hour crisis care, mental health services for seriously mentally ill adults, general mental health services, substance abuse services, and community prevention services.

SOUTHEASTERN ARIZONA CONSUMER RUN SERVICES, INC. (SEACRS) 452-0080

The Comfort Zone

A self-help center for individuals with mental illness dedicated to promoting wellness and recovery through peer support, education, and life-enhancing activities. Provides transportation within a 10-mile radius of the center.

Mobile Outreach Recovery Empowerment (MORE) - Call Albert Regain 559-5460

MORE is a mobile unit that will provide countywide peer support services (mental health, wellness, recovery, and substance abuse).

Many communities and towns have support groups for a number of diseases, illnesses, and various living situations. Contact the local hospital, Health Department, or Area Agency on Aging Case Manager.

NURSING HOMES

The Office of Long Term Care Licensure of the Arizona Department of Health Services licenses nursing homes and long-term care units in hospitals. Information about selecting a nursing home is available from the ombudsman program.

OFFICE OF LONG TERM CARE LICENSURE

(520) 628-6965

OMBUDSMAN PROGRAM

Bisbee/Douglas/Sierra Vista: 432-5301

Benson/Willcox: (520) 287-3408

Benson: QUIBURI MISSION

SAMARITAN CENTER - 586-2372

850 South Highway 80

Benson, AZ 85602

LIFE CARE CENTER

458-1050

2305 East Wilcox Drive

Sierra Vista, AZ 85635

Douglas: SOLANA AT DOUGLAS

364-7937

1400 North San Antonio

Douglas, AZ 85607

Willcox: NORTHERN COCHISE

NURSING HOME

384-3541

901 West Rex Allen Drive

Willcox, AZ 85643

Sierra Vista: HACIENDA REHABILITATION AND CARE CENTER 459-4900

660 Coronado Drive
Sierra Vista, AZ 85635

POLICE

EMERGENCIES 911

BENSON POLICE DEPARTMENT: (520) 586-2211

BISBEE POLICE DEPARTMENT: (520) 432-6059

BORDER PATROL:

Bisbee: (520) 432-5121

Douglas: (520) 805-6600

Willcox: (520) 384-2412

COCHISE COUNTY SHERIFF: 1-800-362-0812

Benson: (520) 586-2221

Bisbee: (520) 432-9500

Bowie: (520) 847-2211

Sierra Vista: (520) 803-3850

Willcox: (520) 384-4288

DOUGLAS POLICE DEPARTMENT: (520) 364-8422

HUACHUCA CITY POLICE DEPARTMENT: (520) 456-1353

SIERRA VISTA POLICE DEPARTMENT: (520) 458-3311 or (520) 452-7500

TOMBSTONE MARSHAL: (520) 457-2244

WILLCOX POLICE DEPARTMENT: (520) 384-4673

POISON CONTROL: 1-800-222-1222

AMERICAN RED CROSS: (520) 458-4858

Disaster relief for individuals and families.

SCAMS, CONSUMER, AND FRAUD ISSUES

ARIZONA ATTORNEY GENERAL

1-800-352-8431 or (602) 542-5763

Consumer information and complaints, including scams.

BETTER BUSINESS BUREAU OF SOUTHEASTERN ARIZONA

Sierra Vista: 732-9823

Consumer information and complaints.

ELDER AFFAIRS PROGRAM (Arizona Attorney General's Office)

Call **(602) 542-2124** or **1-800-352-8431** (Ask to be transferred to the Elder Affairs Program.) This program is available to talk with a senior or caregiver about issues, information, or problems. They are also available to give information on life planning and other areas.

EXAMPLES OF SCAMS:

CAR REPAIR SCAM

You have car problems and while fixing one issue another problem is found costing hundreds or thousands of dollars more than the estimate.

CREDIT CARD SCAM

You get unsolicited mail offering you a low interest credit card with a high credit limit. When you receive the credit card it can only be used to purchase items from their catalog.

HOME IMPROVEMENT SCHEMES

Usually a salesperson comes to your door saying they spotted something deficient with your home. They offer to do the job immediately. They always insist on cash up-front. **Do not pay it!**

INVESTMENT FRAUD

Unsolicited phone calls from salesperson with an investment opportunity. Usually offering higher returns than other investments. Check with a reputable money manager.

LIVING TRUST SCAM

Pressuring unsuspecting seniors into buying living trusts that they may not want or need using kits, which on average cost \$1,500.

MAGAZINE SUBSCRIPTIONS

The company calls you up. If you buy their magazines, you will be entered in their prize drawing. You usually receive the magazine but get a phone call shortly after to buy more magazines to go even higher in the prize lottery. Seniors often spend \$800 or more per year on magazine subscriptions.

MEDICAL EQUIPMENT DEVICES

They often leave flyers in mailboxes or solicit you in the hospital or doctor's parking lot. You are told to go to them and for a small fee Medicare will pick up the entire bill.

SWEEPSTAKES WINNERS

You receive an unsolicited phone call stating you have won a foreign lottery or a prize. Person states you only have to send a little money to receive the winnings or prize. You will usually be asked to send the money to a post office box so that it cannot be traced.

SENIOR CENTER/NUTRITION SITES

NUTRITION SITES

Benson:

586-9775

Benson Community Center
705 West Union Street

Huachuca City: 456-3059

Huachuca City Senior Center
500 North Gonzales Blvd.

Bisbee: **432-5301**
SEAGO.AAA
300 Collins Road
Vouchers for hospital cafeteria

Sierra Vista: **417-6988 or 417-6987**
Ethel Berger Center
2950 East Tacoma

Douglas: **364-2647**
Douglas ARC
610 9th Street

SENIOR CENTERS

BISBEE SENIOR CENTER
432-2167
300 Collins Road

SUNSITES SENIOR/COM. CENTER
826-4024 (Charlie Brown)
826-4003 (Center)
1216 East Treasure Road

**SIERRA VISTA CITY PARKS and
LEISURE SERVICES**
417-6980
Ethel Berger Center
2950 East Tacoma

TOMBSTONE SENIOR CENTER
457-2533
513 East Toughnut

TRANSPORTATION

BENSON:
BENSON TAXI
520-586-1294

General public transportation, from 8a.m. – 6 p.m..

CATHOLIC COMMUNITY SERVICES for BENSON
520-586-9406

Elderly and disabled transportation to nutrition sites, medical appointments, and shopping in the Benson area.

VICaP
520-586-2387 (Judy Wise-Ray)

Provides transportation services for medical appointments and grocery shopping in Benson at no charge or donation. To Sierra Vista or Wilcox medical appointments, and to Tucson medical appointment. Call for rates. A minimum of three (3) days notice is required for all transportation requests.

BISBEE:
CATHOLIC COMMUNITY SERVICES/BISBEE BUS
520-364-4474

Transportation for seniors and individuals with disabilities. An additional charge for door to door service. Vehicles are wheelchair accessible.

COMMUNITY PROVIDER OF ENRICHMENT SERVICES (CPES)
520-432-5453

Transportation from Bisbee to the rest of Cochise, county, as well as Graham and Pima counties. Advance notice is required unless it is an emergency. Call for rates.

VICaP

520-432-5280

Transportation to doctor appointments in Bisbee and Sierra Vista for seniors and individuals with disabilities. Donations accepted but not required.

DOUGLAS

CATHOLIC COMMUNITY SERVICES

364-4474, or 364-4330

Transportation for seniors and individuals with disabilities. Vehicles are wheelchair accessible

HUACHUCA CITY

CITY OF HUACHUCA CITY

456-1354

The City provides transportation between Huachuca City and Sierra Vista twice daily, free, for Huachuca City citizens.

SIERRA VISTA (Includes surrounding area.)

ARIZONA PARATRANSIT SERVICES

459-1713

Services inside SV city limits. Wheel chair and stretcher transport. Accepts some insurances, no charge for AHCCCS patients. Call for fee schedule

ARIZONA WORLD EXPRESS

458-3330

Transportation from Sierra Vista to Tucson train and bus stations, and airport. 24 hour notice required. Call for rates. Wheelchair lift available.

DISABLED AMERICAN VETERANS (DAV)

458-5776

Transportation for veterans only to doctor appointments in Tucson. Requires five (5) days advance notice.

HUACHUCA SHUTTLE

439-0439

Transportation between 6:00 a.m. and 8:00 p.m. Sunday through Wednesday, and between 6:00a.m. and 3:00 a.m. Thursday thru Saturday. Pick-up and delivery anywhere in Cochise county. Delivery to Tucson train and bus stations, and the airport with 24 hour advanced notice. Call for rates, including senior rates.

VISTA TRANSIT

417-4888

General public transportation with an emphasis on the senior (65 years and over), and disabled (any age) citizens of Sierra Vista. All vehicles are wheelchair accessible. Door to door service is available.

TRANSPORTATION EXPRESS

459-7778

A 24-hour a day general public transportation service. Not wheelchair accessible.. Door to door service

available to Ft. Huachuca, Sierra Vista, Bisbee, Benson, Tombstone and Palominas. Will travel to Tucson train and bus stations, and the airport. Will connect with Arizona Shuttle to Phoenix.

VICaP

459-8146

Transportation provided by volunteers for seniors and individuals with disabilities. Donations accepted but not required.

WILLCOX

NORTHERN COCHISE COMMUNITY HOSPITAL

384-3541

Transportation for seniors starting in October 2009 for Willcox, Bowie, and Sunsites.

WYNNE CHAPEL

678-5437

Scheduled trips on the first, third, and fifth Thursday of each month from Richland Ranchettes and Sunizona to Willcox for shopping. Donations accepted but not required. Call for other information.

OTHER

AZ Physicians/IPA (AHCCCS Transport)

1-800-348-4058

CdE TRANSPORTS & SERVICES

826-3449

Will transport ambulatory and wheelchair clients to Northern Cochise, Graham, Greenlee (on a case by case basis), and Pima counties. Current cost is \$1.20 per mile after pickup, plus a pickup fee of \$10 for ambulatory people or \$12.50 for wheelchair bound people.

CRANE TRANSPORTATION

826-7433

Long-distance transportation pre-authorized through individual's AHCCCS case manager in Cochise, Graham and Pima counties for long-distance travel to medial appointments

MR. RIDE

249-6304

Transportation for ambulatory and wheelchair in Cochise and Pima counties.

SAFE RIDE

1-800-797-7433

Non-emergency and specialized service.

STATEWIDE EXPRESS

1-800-280-4826

These specialize in medically necessary, non-emergency transportation and have contracts with AHCCCS, Cochise Health Systems, and/or other insurance. They also provide transportation on a private pay basis and are wheelchair accessible.

VETERANS

ARIZONA DEPARTMENT OF VETERANS SERVICES

Sierra Vista: (520) 458-7144 or 1-888-952-4700 Phoenix: 1-800-852-VETS

Fiduciary Division Tucson: (520) 628-6489 Phoenix: (602) 248-1554

Assists with V.A. Health System enrollment, benefit counseling and claims, referral to fiduciary services.

DAV (DISABLED AMERICAN VETS) TRANSPORTATION

1-800-470-8262 (Appointments made through Tucson V.A. Hospital.)

SIERRA VISTA V.A. CLINIC

1-800-470-8262 (when you call in you get a recording with many options to choose from, as you follow the directions, use all of the following options to get to local VA: option 2, option 2, option 2, and then option 1)

SAFFORD V.A. CLINIC (Serves Willcox)

1-800-470-8262 (when you call in you get a recording with many options to choose from, as you follow the phone directions use all of the following options to get to local VA: option 2, option 2, option 2, and then option 5). Appointments made through Tucson V.A. Hospital.

V.A. HOSPITAL: in Tucson at (520) 792-1450 or

TLC (Telephone Linked Care) 1-800-470-8262

Provide medical services, hospice services, and transportation to V.A. hospital.

V.A. REGIONAL OFFICE

1-800-827-1000

Processes claims for disability compensation, education benefits, pensions, widow's benefits, veteran's home loans.

VISION

LIONS SIGHT AND HEARING FOUNDATION

1-602-954-1723

May be able to assist low income individuals with glasses or surgery.

RURAL BLIND PROGRAM

DES/Independent Living Blind services

Douglas; 364-1291 ext. 2234– Mimi Marsh

Serves the entire county.

SUN SOUNDS RADIO

(520) 296-2400

Radio station for visually impaired. Receiver provided free of charge.

TALKING BOOKS

1-800-255-5578

Available from Rural Blind Program and from public libraries.

VOLUNTEER OPPORTUNITIES

ELDERCARE FOR LIFE

Sierra Vista: 803-1234

HOSPICE VOLUNTEER CLASSES

417-3221

Call for info on becoming a Hospice volunteer.

NATIONAL PARKS SERVICE

Sierra Vista: 366-5515, ext. 2310

Call for information about becoming a volunteer in the National Parks.

OMBUDSMAN PROGRAM

Bisbee/Douglas/Sierra Vista: (520) 432-5301 Benson/Willcox: (520) 287-3408

Recruits volunteer advocates for individuals in nursing homes and assisted living facilities.

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)

Tucson: (520) 881-3300, ext. 143

Recruits and places volunteers aged 55 or older in public or private nonprofit agencies throughout southeastern Arizona.

SIERRA VISTA REGIONAL HEALTH CENTER

417-3153

For volunteer opportunities at the hospital.

VOLUNTEER INTERFAITH CAREGIVER PROGRAM (VICaP)

Bisbee: 432-5280

Benson: 586-2387

Sierra Vista: 459-8146

Recruits and trains volunteers in the Sierra Vista/Bisbee area to provide transportation services for medical appointments and shopping, friendly visiting, errands, some minor home repairs, etc.

WEB SITES

www.aarp.org

AARP's Web site contains info on legal assistance.

www.azag.gov

Arizona Office of Attorney General. Free life planning information and documents.

www.alz.org

Information for caregivers and education about Alzheimer's.

www.arizonaselfhelp.org

Can inform about programs that may be of benefit and where to go for help.

www.azheadspine.org/index.asp

Information for individuals with spinal and head injuries.

www.azlawhelp.org

Helps to solve legal problems for low-income individuals.

www.benefitscheckup.org/link/seago

Assists individuals in identifying potential eligibility for benefits.

www.benefitscheckupRx.org

Helps find programs that may assist with payment of prescriptions, health care, and other essential services.

www.caregiver.org

Identifies resources for caregivers.

www.nfcacares.org

Helps educate, support, and empower caregivers.

www.cochiseability.org

Information for helping disabled seniors

www.cochisecounty.com

General Web site for Cochise County; information about the county and its services.

www.ccs-soaz.org

Information about Catholic Community Services.

www.cdc.gov

Center for Disease Control.

www.donotcall.gov

Sign up for blocking phone sales pitches.

www.eldercare.gov

The Elder Locator Web site provides information about local aging services.

www.elderhostel.org

Travel/learning opportunities for seniors.

www.health.harvard.edu

Health information.

www.hospicenet.org

For patients and families facing a life threatening illness.

www.infoseaz.org

Provides directories from Cochise, Santa Cruz, Graham, and Greenlee counties, and a calendar for upcoming human services and behavioral health events.

www.medicare.gov:

Information about Medicare.

www.medlineplus.gov or www.medlineplus.gov/esp (for Spanish)

Health information.

www.nhcoa.org

National Hispanic Council on Aging.

www.safeaging.org

Library of safety information for seniors and caregivers.

www.sath.org

Provides information for accessible travel and hospitality.

www.seago.org

Provides information about the SEAGO region.

www.seniors.gov Assists seniors in obtaining health and security information and services.

www.volunteersoaz.org Recruits volunteers and operates the Retired and Senior Volunteer Program (RSVP) in southeastern Arizona.