

DIRECTORY OF ELDER RESOURCES
FOR
COCHISE COUNTY

Revised December 21, 2011



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 Adam Casillas with your questions about Medicare at 520-432-5301 ext. 205 or send an e-mail to <acasillas@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.

TABLE OF CONTENTS

	Page
Abuse, Neglect, and Exploitation.....	1
Adaptive Aids and Devices/Loan Closets.....	1
Alzheimer's/Dementia.....	2
Area Agency on Aging.....	3
Assisted Living.....	3
Behavioral Health Services	5
Benefits (Social Security, Veterans)	6
Caregiver/Case Management.....	7
Credit Problems	8
Dental.....	8
Diabetes	8
Discounts, Refunds, and Taxes	8
Food	10
Funeral Homes.....	11
Guardian and Conservator Services	11
Hearing	11
Home Health.....	12
Hospice Services.....	13
Hospitals	13
Housing.....	13
Information and Referral	16
In-Home Supportive Services.....	16
Legal Services.....	17
Medical Insurance.....	18
Medical Services.....	19
Medications	19
Mental Health Services.....	20
Nursing Homes	20
Police and Emergency Numbers	21
Scams, Consumer, and Fraud Issues	21
Senior Center/Nutrition Sites	22
Transportation.....	23
Veterans	26
Vision.....	26
Volunteer Opportunities	27
Web Sites.....	28

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

**Forgach House Domestic Crisis Shelter:
458-9096**

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

Bisbee

Women's Transition Project (dba Renaissance House): 432-1771

Provides residential treatment for substance abuse for women and women may bring their children.

Coalition for the Homeless: 432-7839

Provides shelter for men and women, 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.

ARIZONA LOANS FOR ASSISTIVE TECHNOLOGY (AZLAT)

Phoenix: 1(602) 776-4670, or 1 (800) 477-9921, 1 (602) 728-9536 TTY

Provide financial loans for purchasing Assistive Technology.

DES INDEPENDENT LIVING REHABILITATION SERVICES

Benson: (520) 586-8356 (Jesus Martinez)

Counseling and help in finding adaptive aids.

INDEPENDENT LIVING REHABILITATION SERVICES

Tucson: 1-(520)-638-2405 (Dave Cheesman) or 1-(520) 638-2399 (Al Zulli)

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 or from the number listed below. These dialers do not include any monthly fee or any maintenance. There are also several companies that provide systems that include a start up cost and monthly fees. Some of these systems require contracts for a minimum period of time.

The local hospital or the building where a senior resides may have an agreement to use a particular system. Only a few of the systems available on the market are listed below. Their listing here does not reflect any kind of endorsement by SEAGO.

ALERT ONE: 1-866-322-8202

ARIZONA DEFENSE TECHNOLOGIES – 520-747-7403, OR 520-891-9674

LIFE FONE: 1-800-882-2280

LIFELINE EMERGENCY DEVICE

1-800-543-3546 or 1-800-LIFELINE

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** in **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**

SAAVI Visual Aids Store: **(520) 795-1331, ext. 227**

MEDICAL EQUIPMENT (FOR SALE)

Advantage Med. and Oxygen Supply 458-7330

Apria Healthcare 452-1382

Preferred Homecare 459-1725

Sierra Medical Supply 452-3864

Lincare, Inc. 586-7911

Millennium Med. Supply 1-877-404-0652

Orbit Medical (Motorized Wheelchairs) 1-800-403-9613

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 Provide 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

BEEHIVE

520-335-6880

4110 E. Anderson Street
Sierra Vista, AZ 85650

CASA de las MONTANAS

520-459-8662

799 Golf Links
Sierra Vista, AZ 85635

GARDEN TERRACE ASSISTED LIVING

520-459-0005

1100 S. Chaparral Circle
Sierra Vista, AZ 85635

GOLDEN OAKS ANNEX

520-378-9540

8099 S. Geoffrion Street
Hereford, AZ 85615

GOLDEN OAKS CANYON

520-803-0118

5433 Calle Metate
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

PRESTIGE ASSISTED LIVING

452-1402

4400 Avenida Cochise
Sierra Vista, AZ 85635

VILLA VISTA ASSISTED LIVING

520-452-1600

4255 Calle Vista
Sierra Vista, AZ 85635

SOLACE ASSISTED LIVING

520-335-2019

600 Heather
Sierra Vista, AZ 85635

WINDMILL RANCH

520-803-7181

5605 E. Labrador Lane
Hereford, AZ 85615

Willcox

CIRCLE B CENTRAL ADULT CARE HOME

520-384-4855

418 North Austin
Willcox, AZ 85643

Cochise

CASA DE ESPERANZA

520-826-4065

424 West Kaibab Way
Cochise, AZ 85606

BEHAVIORAL 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.

HAVEN SENIOR HORIZONS

Phoenix: (623) 236 – 2000

A licensed psychiatric facility for seniors.

NORTHERN COCHISE COMMUNITY HOSPITAL – SENIOR BEHAVIORAL CENTER

Willcox: (520) 384-8564

Offers group, individual and family counseling, as well as medication management.

VERHELST RECOVERY HOUSE

Bisbee: 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.

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

www.seacrs.org

The Comfort Zone

Sierra Vista: 459-2624

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

Mobile Outreach Recovery Empowerment (MORE) – Call: Sierra Vista: 459-2624

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

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.

CENPATICO SERVICES

Behavioral health services offered are based on eligibility for services and the needs of the participant. Typical services for those that are Title 19 include, but are not limited to, case management, individual and group counseling, skills groups, employment services, medication management and transportation to appointments. Services for those that are not Title 19 are limited to crisis services and medication management. If you are interested in enrolling in services please call Cenpatico Customer Service at 1-866-495-6738 and a representative will assist you in finding a provider agency near you. The following agencies hold contracts with Cenpatico:

ARIZONA COUNSELING & TREATMENT SERVICES (ACTS)

<u>Benson:</u>	500 S. Highway 80, Ste A Benson, AZ 85602 866-966-0220	<u>Bisbee:</u>	400 Arizona Street Bisbee, AZ 85603 866-966-0220
-----------------------	--	-----------------------	--

<u>Sierra Vista:</u>	2039 E. Willcox Dr., Ste B Sierra Vista, AZ 85635 866-966-0220	<u>Willcox:</u>	145 E. Maley Willcox, AZ 85644 866-966-0220
-----------------------------	--	------------------------	---

COMMUNITY INTERVENTION ASSOCIATES (CIA)

Bisbee: 1326 Hwy 92, Ste J
Bisbee, AZ 85603
866-673-9166

Douglas: 1701 N. Douglas Ave.
Douglas, AZ 85607
866-673-9166

CORAZON

Douglas: 1815 E. 9th St.
Douglas, AZ 85607
520-364-3630

PINAL HISPANIC COUNCIL

Douglas: 1940 E. 11th St.
Douglas, AZ 85607
520-364-4508

SOUTHEASTERN AZ BEHAVIORAL HEALTH SERVICES (SEABHS)

Benson: 590 S. Ocotillo Ave.
Benson, AZ 95602
520-384-2521

Sierra Vista: 4755 Campus Dr.
Sierra Vista, AZ 85635
520-458-3932

Willcox: 404 Rex Allen Dr.
Willcox, AZ 85643
520-384-2521

BENEFITS

SOCIAL SECURITY ADMINISTRATION

1-800-772-1213 or

Douglas: 1-877-480-4858

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.

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.

COCHISEABILITY

Sierra Vista: 417-0901 or Lilly at 439-0990

Provides information and referral for individuals who have disabilities.

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 available services 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/Hereford/

Miracle Valley/Palominas: 432-9683

Douglas: 805-5631

Sierra Vista: 803-3950

Huachuca City/Tombstone/

Willcox: 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: 432-9681

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.

VOLUNTEER INTERFAITH CAREGIVER PROGRAM (VICaP)

Benson: 586-2387

Bisbee: 432-5174

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 **FOOD, 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: (520) 628-7871

DIABETES

DIABETES EDUCATION

Chiricahua Community Health Center
Elfrida: 642-2222

Sierra Vista Regional Health Center
Sierra Vista: 458-0136

DIALYSIS CENTERS

Davita Dialysis
Sierra Vista: 459-7791

Douglas Dialysis Clinic, Inc.
Douglas: 364-2204

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.

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

EXCISE TAX

Phoenix: 1-800-352-4090

The 140ET is a refundable credit for low-income Arizona resident taxpayers to help mitigate the sales tax (transaction privilege tax) increase for education. This credit can be claimed with or without an Arizona return depending on your income level or if you do not qualify for the 140PTC. Your federal adjusted gross income must be \$25,000 or less if married filing a joint return or a head of household, or \$12,500 or less if single or married filing separately. If you are filing a 140PTC claim, this credit is available on that form. The amount of credit is \$25.00 for each person who is a resident of Arizona. Credits can also be claimed for dependents, but not to exceed \$100 per household.

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. Contact assessor for income eligibility limits. File with county assessor between July 15 and 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. Also contact SEAGO/AAA at 432-5301 ext. 205 to apply.

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. For private pay meals, in Bisbee/Douglas area contact **DARC** at **364-7473**, and in the rest of the county contact **CCS** at **458-4203, ext. 107**.

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: 586-7946

Cochise Food Bank 526-3190*

SEAGO/AAA 432-5301, ext. 208, or 205

To sign up for senior food box eligibility.

Pearce

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

Bisbee

Bisbee Coalition for the Homeless 432-7839*

Loaves and Fishes Food Bank 432-3872

St. Patrick Church 432-5009

San Simon

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

Bowie

Bowie Food Bank 847-2335

Sierra Vista

Cochise County Health Dept. 803-3900

Call for availability of surplus bread and other food programs

St. Andrew's Church 458-0500

St. Vincent de Paul 458-9725**

Commodity distribution only

SEAGO/AAA 432-5301, ext. 208, or 205

To sign up for senior food box eligibility.

Salvation Army Food Plus 459-8411

Douglas

Douglas-Area Food Bank 364-4170*

Maranatha Church 805-0259*

St. Vincent de Paul 364-7573

SEAGO/AAA 432-5301, ext. 208, or 205

To sign up for senior food box eligibility

St. David

Food Bank 720-4755

Commodity distribution only **720-9600****

Dragoon

Commodity distribution only 586-0165**

Elfrida

The Food Basket 928-210-7303

Call for information

Huachuca City

Food Bank 508-3433*

Sunsites

The Food Basket 928-210-7303

Call for information

Tombstone

Community Food Bank 457-3697*

Call for information

Willcox

Southeast Ariz. Food Bank 364-4433*

Also serves a lunch Monday – Thursday. Call for information.

Willcox Food Pantry 384-2144

FUNERAL HOMES

Benson

Benson Mortuary: 586-2288

Sierra Vista

Hatfield Funeral Home: 458-5120

Jensen’s Sierra Vista Mortuary: 378-4895

Bisbee

Alex Espinosa Bisbee Funeral Home: 432-2491

Willcox

Westlawn Chapel Mortuary & Crematory: 384-2413

Douglas

Alex Espinosa Douglas Funeral Chapel: 364-2121

Brown-Page Mortuary Inc.: 364-3434

GUARDIAN and CONSERVATOR SERVICES

COCHISE COUNTY PUBLIC FIDUCIARY

432-9660 (Serves the entire county.)

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

SHARC

458-4611 (Serves the entire county.)

Provide guardian, conservator, power of attorney and representative payee services.

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.

DES OFFICE OF VOCATIONAL REHABILITATION

Tucson: (520) 629-0225, ext. 223 (Jonathon Pringle, Consultant)

Available for consultations, or referral, to other agencies, for individuals with combined hearing and vision loss.

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.

ABRIO FAMILY SERVICES

Sierra Vista: (520) 458-6778

Provides services in most of Cochise County, is a state licensed home health agency; is not Medicare certified.

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, and is a state licensed home health agency; is not Medicare certified.

BAYADA NURSES

Tucson: (520) 721-0056

Serves Benson, St. David, Pomerene, Whetstone, Huachuca City, Sierra Vista and Hereford

BRIGHTSTAR

Sierra Vista: 335-6680

Serves Green Valley and all Cochise County. Is a state licensed home health agency, not Medicare certified

COPPER VALLEY HOME HEALTH

Bisbee: 432-7450

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

LEGACY HOME HEALTH AGENCY

Sierra Vista: 335-6118

Serves all of Cochise County, and is Medicare certified.

MT. GRAHAM HOME HEALTH

1-800-664-3509

Serves northern Cochise County only.

THOROUGH CARE HOME HEALTH

Sierra Vista: 803-1234

Not Medicare certified, serving 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 agency, 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.

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 (formerly 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

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 (Zip Code-85602)

Cochise Apartments

586-9280

650 West Union Street

San Pedro Terrace Apartments

528-9144

351 East Pearl Street

LaHabra Apartments

526-4210

656 South Hwy. 80

Villa del Sol

586-3276

750 West Union

Ramona Morales Apartments

586-2139

550 West Benson

Bisbee (Zip Code-82603)

Copper City Villas

432-7963

508 Melody Lane

San Jose Triangle

432-2910

100 Navajo Drive

Esperanza Senior Apartments

432-7669

100 Esperanza Lane

Douglas (Zip Code-85607)

Casa de Oro

805-0100

409 North Christine Avenue

Cochise Canyon Apartments

364-6338

1620 Apache Drive

Douglas Villa Apartments

364-3964

2700 15th Street

Huachuca City (Zip Code-85616)

Huachuca Triangle Apartments

456-1155

712 Gonzales Boulevard

Sierra Vista (Zip Code-85635)

Bonita Vista Apartments

459-3167

570 South Coronado Drive

Crystal Creek Apartments

452-9815

4500 Campus Drive

Falcon Court Apartments

459-3071

355 North 7th Street

Garden Plaza Apartments

458-3135

100 Golf Links Road

Tombstone (Zip Code-85638)

Casa Loma Triangle Housing

457-3733

204 West Allen Street

Peppertree Apartments

364-6338

2540 15th Street

Sundance Apartments

805-9611

2701 6th Street

Northgate Apartments

456-1234

200 Howard Street

Mountain View Apartments

458-4226

77 East Camino Real

Suncrest Apartments

439-4904

105 Toscanini

San Pedro Apartments

459-4069

4600 Charleston Road

Willcox (Zip Code-85643)

Cochise Village Apartments

384-4884

210 South Bisbee Avenue

Willcox Senior Apartments

384-4045

457 West Scott

Willcox Villa Apartments

384-3436

204 Bisbee Avenue

INFORMATION AND ASSISTANCE

COCHISEABILITY

Sierra Vista: 417-0901, or Lilly at 439-0990

Provides information and referral for individuals who have disabilities.

ELDERCARE LOCATOR: 1-800-677-1116

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

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.

ABRIO FAMILY SERVICES

Sierra Vista: (520) 458-6778

Provides services in most of Cochise County.

ARISTOCARE

Sierra Vista: 439-9359

Serves Cochise County

ACCENTCARE

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

Serves Cochise County.

BAYADA NURSES

Tucson: (520) 721-0056

Serves Benson, St. David, Pomerene, Whetstone, Huachuca City, Sierra Vista and Hereford

BRIGHT STAR

Sierra Vista: 335-6680

Serves Green Valley and all Cochise County, and is a state licensed home health agency.

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

RUOK IN WILLCOX

Willcox: 384-4673

Wellness checks for residents within Willcox city limits.

MINIBOOKMOBILE SERVICE

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

Serves all Cochise County

Once a month the Mini-bookmobile 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.

SONIA CORDOVA (SMART LOOK SALON & NAIL SPA):

Sierra Vista: 508-1318

Licensed hairstylist will do hair care in your home

LEGACY HOME HEALTH AGENCY

Sierra Vista: 335-6118

Serves all of Cochise.

TELECARE

Sierra Vista: 417-3153

Free daily call-in service for citizens.

LUTHERAN SOCIAL SERVICES OF THE SOUTHWEST IN HOME SERVICES

Sierra Vista: 1-800-763-9260

Serves Cochise County

THOROUGH CARE HOME HEALTH

Sierra Vista: 803-1234

Serves Cochise County except Willcox 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 (Social Security Administration)

For questions, information, or problems regarding a claim.

1-800-633-4227 (Medicare)

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)

Sierra Vista: 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 available.

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

Sierra Vista Regional Health Center Clinic

Tombstone: 457-2374

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.

NORTHERN COCHISE COMM. HOSPITAL – SENIOR BEHAVIORAL CENTER

Willcox: (520) 384-8564

Offers a wide range of services covered by Medicare.

V.A. HEALTH CARE SYSTEM

1-800-470-8262

NEW ERA FAMILY MEDICINE

Sierra Vista: 439-0115

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

AMER. GERIATRICS ENTERPRISES, INC.

Hereford: 803-1108

Office visits, nursing home care, and house calls.
Dr. Vandivort is a board certified geriatrician.

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 or 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

See **BEHAVIORAL HEALTH SERVICES**

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. **Certain small rural hospitals have a “swing bed” agreement. Under this agreement, the hospital is participating in Medicare and has approval to provide post-hospital skilled care and meets certain requirements. Medicare Part A (the hospital insurance program) covers post-hospital extended care services given by a swing bed hospital. This allows an individual to get rehabilitation in a rural hospital instead of having to go to a nursing home.**

OFFICE OF LONG TERM CARE LICENSURE

(520) 628-6965

OMBUDSMAN PROGRAM

Bisbee/Douglas/Sierra Vista: 432-5301

Benson/Willcox: (520) 287-3408

Benson (Zip Code-85602)

Quiburi Mission Samaritan Center

586-2372

850 South Highway 80

Douglas (ZipCode-85607)

Solana At Douglas

364-7937

1400 North San Antonio

Sierra Vista (Zip Code-85635)

Hacienda Rehab. And Care Center

459-4900

660 Coronado Drive

Life Care Center

458-1050

2305 East Wilcox Drive

Willcox (Zip Code-85643)

Northern Cochise Nursing Home

384-3541

901 West Rex Allen Drive

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: 586-2824 (leave a message)

Benson Community Center
705 West Union Street
Benson, AZ 85602

Sierra Vista: 631-6262

Ethel Berger Center
2950 East Tacoma
Sierra Vista, AZ 85635

Bisbee: 432-5301

SEAGO/AAA
300 Collins Road
Bisbee, AZ 85603
Vouchers for hospital cafeteria

Tombstone: 457-2525

Tombstone Senior Center
507 East Toughnut
Tombstone, AZ 85638

Douglas: 364-2647

Douglas ARC
610 9th Street
Douglas, AZ 85607

SENIOR CENTERS

BISBEE SENIOR CENTER

432-2167

300 Collins Road
Bisbee, AZ 95603

TOMBSTONE SENIOR CENTER

457-2525

507 East Toughnut
Tombstone, AZ 85638

SIERRA VISTA LEISURE SERVICES

417-6987 OR 417-6988

Ethel Berger Center
2950 East Tacoma
Sierra Vista, AZ 85635

ROSE C. ALLEN LEARNING CENTER

384-3541, ext. 410

Northern Cochise Community Hospital Campus
990 W. Scott
Willcox, AZ 85643

SUNSTITES SENIOR COMM. CENTER

826-4024(Charlie Brown)

826-4003 (Center)

1216 East Treasure Road
Sunsites, AZ 85625

TRANSPORTATION

BENSON

BENSON TAXI

520-586-1294

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

CITY OF BENSON

520-586-9406

Elderly and disabled transportation to nutrition sites, medical appointments, and shopping in the Benson area. Will become a public transportation system on October 1, 2010.

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 Willcox 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.

SASSY TRANSPORT

520-366-2149

Transportation between Bisbee and Douglas, or Sierra Vista. Van is handicap accessible.

VICaP

520-432-5174 (Anne Widmann)

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, and is free for Huachuca City citizens who are seniors or disabled.

SIERRA VISTA (Includes the surrounding area)

ARIZONA PARATRANSIT SERVICES

459-1713

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

ARIZONAWORLD 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 a.m. and 8 p.m. Sunday through Wednesday, and between 6 a.m. and 3 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 advance 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 and disabled in 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.

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 medical appointments

MR. RIDE

249-6304

Transportation for ambulatory and wheelchair in Cochise and Pima Counties.

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.

Veteran Peer Support Program

Sierra Vista: 459-2624 or vets@seacrs.org

Veterans helping veterans get through everything from PTSD to readjustment to civilian life. Serving all veterans, regardless of service era, or combat status.

V.A. REGIONAL OFFICE

1-800-827-1000

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

VISION

DES OFFICE OF VOCATIONAL REHABILITATION

Tucson: (520) 629-0225, ext. 223 (Jonathon Pringle, Consultant)

Available for consultation, or referral to other agencies for individuals with combined hearing and vision loss.

LIONS SIGHT AND HEARING FOUNDATION

1-602-954-1723

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

SIERRA VISTA EVENING LIONS CLUB

Will help low income seniors with eyeglasses.

SOUTHERN ARIZONA ASSOCIATION FOR VISUALLY IMPAIRED

Tucson: (520) 795-1331

Provides a variety of rehabilitation services and workshops for adults ,experiencing vision loss, who are looking for employment skills or better quality of life. .Services are **FREE** to clients and can be provided at the center or at home.

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.

SIERRA VISTA REGIONAL HEALTH CENTER

417-3153

For volunteer opportunities at the hospital.

SAAVI – SOUTHERN ARIZONA ASSOCIATION FOR THE VISUALLY IMPAIRED

Tucson: (520) 795-1331

For volunteer opportunities, working with adults who are blind and visually impaired. Volunteer opportunities are in a rehabilitation setting and can encompass many experiences. Call for details.

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.azlat.net

Helps provide loans for purchasing assistive technology

www.azlawhelp.org

Helps to solve legal problems for low-income individuals.

www.caregiver.org

Identifies resources for caregivers.

www.cenpaticoaz.com

Information about behavioral health providers.

www.nfcacares.org

Helps educate, support, and empower caregivers.

www.cochiseability.org

Information for helping disabled seniors

www.cochise.edu/cll

Web site for Center for Lifelong Learning at Cochise College.

www.cochise.az.gov

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.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.saavi.us
Southern Arizona Association for the Visually Impaired.

www.sath.org
Provides information for accessible travel and hospitality.

www.seago.org/aaa
Provides information about the SEAGO region.

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