

DIRECTORY OF ELDER RESOURCES
FOR
COCHISE COUNTY

Revised October 10, 2016



SEAGO

AREA AGENCY ON AGING, REGION VI
300 COLLINS ROAD
BISBEE, AZ 85603
520-432-2528

Web site: www.seago.org (click on Area Agency on Aging)

E-mail: aging@seago.org



Contact SEAGO with your questions about **Medicare** at 520-432-2528, ext. 222 or send an e-mail to <shiphelp@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, websites, 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 520-432-2528.

“Under Titles VI and VII of the Civil Rights Act of 1964(Title VI and Title VII) and the Americans Disabilities Act of 1990(ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, SEAGO Area Agency on Aging prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex national origin, age, and disability. The SEAGO Area Agency on Aging must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary, the SEAGO Area Agency on Aging must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the SEAGO Area Agency on Aging will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in an alternative format or for further information about this policy please contact: SEAGO Area Agency on Aging at [520-432-2528](tel:520-432-2528).” Para obtener este documento en otro formato u obtener informacion adicional sobre esta politica, SEAGO Area Agency on Aging [520-432-2528](tel:520-432-2528).

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ABUSE, NEGLECT, AND EXPLOITATION

ADULT PROTECTIVE SERVICES (APS)

Website: www.azdes.gov/reportadultabuse

1-877-SOS-ADULT or 1-877-767-2385

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

Website: www.seago.org

Bisbee/Douglas/Sierra Vista/Benson/Willcox: 520- 432-2528, ext. 206

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

SHELTERS

Bisbee

Women's Transition Project (dba Renaissance House): 520- 432-1771

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

Coalition for the Homeless (Tin Town Shelter): 520-432-7839

Provide shelter for men and women, and case management to anyone in need.

Douglas

House of Hope: 520-364-2465

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

Sierra Vista

Forgach House Domestic Crisis Shelter: 520-458-9096

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

Good Neighbor Alliance: 520-439-0776

Provides assistance to homeless men, women and families with children transition into a better way of life.

TASKFORCE AGAINST SENIOR ABUSE (TASA)

Phoenix: 602-542-2124, or 1-800-352-8431(selection #3)

The Arizona Attorney General's task force to stem senior abuse.

VICTIM WITNESS: 520-432-8730

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)

Website: www.azlat.net

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

Provide financial loans for purchasing Assistive Technology.

DES INDEPENDENT LIVING REHABILITATION SERVICES

Sierra Vista: 520-458-9309, ext. 3559

Counseling and help in finding adaptive aids.

EMERGENCY ALERT SYSTEMS

Website: bestcompany.com/medical-alert-systems/

Individual dialers may be purchased in electronic stores, 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. This listing **DOES NOT** reflect an endorsement by SEAGO.

ALERT ONE: 1-866-322-8202

ARIZONA DEFENSE TECHNOLOGIES: 520-747-7403 or 520-891-9674

GREAT CALL: 1-800-918-8543

LIFE FONE: 1-800-882-2280

LIFELINE EMERGENCY DEVICE: 1-800-543-3546 or 1-800-LIFELINE

SAFELINK:

Website: www.safelinkwireless.com

Provides information on free cell phones for low income individuals.

SILVER ALERT: 602- 223-2212

E-Mail: cmoore@asdps.gov

Displays qualified alerts on local and state highway marquees for missing elderly personnel.

LOAN CENTERS

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

Bisbee

Bisbee Senior Center: 520-432-2167

Sunsites/Pearce

Pearce Fire District: 520- 826-3645

Elfrida

Elfrida Fire Station: 520- 642-3749

Tombstone

American Legion Post 24: 520-457-2273

(Equipment may be dusty)

Sierra Vista

**The Knights of Columbus Handicap
Equipment Ministry: 520-458-5060**

Tucson

Tucson Loan Closet: 520-624-3367

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

MEDICAL EQUIPMENT (For Sale)

Advantage Medical and Oxygen Supply: 520-458-7330

Apria Healthcare: 520- 452-1382

Lincare, Inc.: 520-459-1671

Orbit Medical (Motorized Wheelchairs): 1-800-403-9613
Preferred Homecare: 520-459-1725

MINIBOOKMOBILE SERVICE

Bisbee: 520-432-8930 or 1-800-231-1574

Serves all of 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.

R-U-OK (Are You Okay) in Cochise County

Website: www.cochise.az.gov/sheriff/home

Bisbee: 520-432-9500

Automated calling system application on line serves all residents in county and city limits. Registration forms are available through the Sheriff's office for regularly scheduled wellness checks throughout the county.

TELECARE

Sierra Vista: 520-263-3295

Free daily call-in service for citizens.

VOCATIONAL REHABILITATION SERVICES

Tucson: 520-638-2405 or 520-638-2399

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

WIDOW'S MITE

Sierra Vista: 520-266-2020 or 520-234-2003

A nondenominational, voluntary community service organization to help widows with home upkeep and repair, auto repair, financial assistance, or other services.

ALZHEIMER'S/DEMENTIA

ALZHEIMER'S ASSOCIATION

Website: www.alz.org

Tucson: 520-322-6601 or 1-800-272-3900.

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

MEDICAL ALERT

Website: www.medicalalert.org

Medical alert and safe return line.

SAFE RETURN: 1-888-572-8566

Call to register someone with dementia.

SAFE RETURN: 1-800-572-1122

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

SILVER ALERT: (602) 223-2212

E-mail: cmoore@asdps.gov

A multi-agency initiative to locate missing or endangered elderly. If a person 65 years of age or older goes missing it shall be reported to the local law enforcements. Once reported the investigation will be conducted and a Silver Alert issued if the missing person meets the Silver Alert criteria.

(Also see **ADAPTIVE AIDS AND DEVICES – EMERGENCY ALERT SYSTEMS** Section of this booklet)

AREA AGENCY ON AGING

SEAGO AREA AGENCY ON AGING

Website: www.seago.org

Bisbee: 520-432-2528, ext. 220 or 222

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. Some facilities may provide respite, day care or hospice based on bed availability.

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

OMBUDSMAN PROGRAM

Website: www.seago.org

Bisbee/Douglas/Sierra Vista/Benson/Willcox: 520- 432-2528, ext. 206

ASSISTED LIVING FACILITIES**Benson:**

AZ SKYLINE ASSISTED LIVING HOME

520-586-1003

423/311 N. Saddle Vista Road

Benson, AZ 85602

Cochise:

CASA DE ANGELS

(Formerly: CASA DE ESPERANZA)

520-826-4065

424 West Kaibab Way

Cochise, AZ 85606

Douglas:

CYPRESS INN

520-364-7232

757 E.12th Street

Douglas, AZ 85607

HAVEN OF DOUGLAS

520-634-7937

1400 San Antonio Ave.

Douglas, AZ 85607

ESTHER ADULT CARE HOME

520-364-6477
 2001 E. 14th St.
 Douglas, AZ 85607

McNeal:**VALLEY VISTA ADULT FOSTER
CARE HOME**

520-234-4558
 5867 W. Double Adobe Road
 McNeal, AZ 85617

Sierra Vista/Hereford:**BEEHIVE HOMES of SV**

520- 226-4091
 4110 E. Anderson Street
 Sierra Vista, AZ 85635

CASA de las MONTANAS

520-459-8662
 799 Golf Links Rd.
 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 85650

OLIVE BRANCH

520-378-9516
 4916 S. Santa Ana Ave.
 Sierra Vista, AZ 85635

Willcox:**CIRCLE B CENTRAL ADULT CARE
HOME**

520-384-4855
 418 North Austin
 Willcox, AZ 85643

PRESTIGE ASSISTED LIVING

520-452-1402
 4400 Avenida Cochise
 Sierra Vista, AZ 85635

SOLACE HOUSE

520-335-2019
 600 Heather Dr.
 Sierra Vista, AZ 85635

TRUDY'S ADULT CARE HOME

520-335-6158
 1410 Calle Amable
 Sierra Vista, AZ 85635

VIA ELEGANTE

520-398-4748
 4120 E. Ramsey Rd.
 Hereford, AZ 85615

VILLA VISTA ASSISTED LIVING

520-452-1600
 4255 Calle Vista
 Sierra Vista, AZ 85635

WINDMILL RANCH

520-803-7181
 5605 E. Labrador Lane
 Hereford, AZ 85615

BEHAVIORAL HEALTH SERVICES

ALCOHOLICS ANONYMOUS

Web Site: www.aa-cochisecounty.org

Cochise County: 520-459-0031 or 1-866-780-9758

Hot line for meetings throughout the county. Call for meetings or support groups for recovering alcoholics and their families.

CENPATICO SERVICES

Website: www.cenpaticointegratedcareaz.com

Customer Service: 1-866-495-6738

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 and a representative will assist you in finding a provider agency near you. The following agencies may hold contracts with Cenpatico:

ARIZONA COUNSELING & TREATMENT SERVICES (ACTS)

Benson: 520-720-0290

500 S. Highway 80, Ste A
Benson, AZ 85602

Sierra Vista: 520-266-9002

2039 E. Wilcox Drive, Ste. A
Sierra Vista, AZ 85635

Bisbee: 520-366-8720

24 Howell Avenue
Bisbee, AZ 85603

Willcox: 520-254-4334

114 S. Arizona Ave.
Willcox, AZ 85644

COMMUNITY HEALTH ASSOCIATES (CHA)

Bisbee: 520-366-3603

1326 Hwy 92, Ste J
Bisbee, AZ 85603

Douglas: 520-366-3133

1701 N. Douglas Avenue
Douglas, AZ 85607

CORAZON

Douglas: 520-364-3630

936 F. Ave B
Douglas, AZ 85607

PINAL HISPANIC COUNCIL

Douglas: 520-364-4508

1940 E. 11th Street
Douglas, AZ 85607

SOUTHEASTERN AZ. BEHAVIORAL HEALTH SERVICES (SEABHS)

Benson: 520-586- 6177

590 S. Ocotillo Rd.
Benson, AZ 85602

Willcox: 520-384-2521

404 Rex Allen Drive
Willcox, AZ 85643

(Call for hours of operation)

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

HAVEN SENIOR HORIZONS

Phoenix: 623-236-2000

A licensed in-patient psychiatric hospital for seniors.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

WEBSITE: www.nami.org

Sierra Vista: 520-459-3228

Provide support, education, awareness, and advocacy for individuals and families impacted by mental illness.

VERHELST RECOVERY HOUSE

Bisbee: 520-432-3764

A 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.

WELLNESS CONNECTIONS

Sierra Vista: 520-459-2624

A self-help center located in Sierra Vista and surrounding communities, serving individuals with mental illness. Wellness Connections is dedicated to promoting wellness and recovery through peer support, life skills training & education, and other life-enhancing activities. Transportation also available. Serving Bridgeway/ALTCS and CENPATICO enrolled members, and U.S. Military Veterans. Services are delivered to surrounding communities through Wellness Connections mobile outreach program, providing countywide peer support and rehabilitation 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.

BENEFITS

ARIZONA DEPARTMENT OF VETERANS SERVICES

CEMETARY SERVICES

Sierra Vista: 520-458-7144 or 1-888-952-4700,

Phoenix: 1-800-852-VETS (8387)

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

DIRECT CENTER for INDEPENDENCE

Tucson: 520-624-6452, or 800-342-1853

Center for Independent Living for region. Provides information and referral for individuals who have disabilities.

SOCIAL SECURITY ADMINISTRATION

Website: www.ssa.gov

1-800-772-1213 or

Douglas: 1-877-480-4858

600 E. 15th St.

Douglas, AZ 85607

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

VETERANS ASSOCIATION TELEPHONE ASSISTANCE SERVICE: 1-800-827-1000**VETERANS' BENEFITS: 520-458-7150**

To find out about eligibility for veterans, widows, widowers, and spouses.

Fiduciary Division:

Phoenix: 602-248-1554

Provides guardianship or conservators for veterans.

WESTERN STATES PENSION ASSISTANCE PROJECT

1-866-413-4911 or 1-916-551-2140

For pension or retirement counseling within Arizona.

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)

Website: www.seago.org

Bisbee: 520-432-2528, ext. 222 or 220

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

AZ CHILDREN'S ASSOCIATION (formerly KARE FAMILY CENTER)

Website: www.arizonaschildren.org

Sierra Vista: 520- 224-9100

Arizona Children's Association provides legal resources and assistance for families trying to obtain legal guardianship in a case where the child is under 18 and not born to you. Arizona Children's Association also provides support groups and assistance in completing benefits applications for TANF, AHCCCS, and Kids Care. Arizona Children's Association can also help navigate and provide advocacy services for caregivers working with schools, court systems, health care, mental health agencies, and Child Protective Services.

EVALUATION/CASE MANAGEMENT

Cochise Health and Social Services: Area Agency on Aging (AAA) Case Management

MAIN: 520-432-9680

Benson: 520-586-8190/8191

Bisbee/Elfrida/Hereford/ Miracle Valley/Palominas: 520-432-9683

Douglas: 520-805-5631

Huachuca City/Tombstone/ Willcox: 520-586-8192/8190

Sierra Vista: 520-803-3950

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 to determine eligibility for AAA services.

FAMILY CAREGIVER PROGRAM (phone may be answered “Fiduciary Office”)**Website: www.caregiver.org or****Website: www.caregiveraction.org**

Provides resources for caregivers in different situations.

Bisbee: 520-432-9681

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 (this section). Provides relief to a family caregiver.

VOLUNTEER INTERFAITH CAREGIVER PROGRAM (VICaP)**Website: www.vicapsv.org****Benson: 520-586-2387****Sierra Vista: 520-459-8146**

Provides transportation services for medical appointments and shopping, friendly visiting, some minor home repairs, etc. in Western Cochise County.

For private pay options see **ALZHEIMERS/DEMENTIA, FOOD, AND HOME HEALTH** Sections of this booklet.**CREDIT PROBLEMS****MONEY MANAGEMENT INTERNATIONAL** (Formerly **CONSUMER CREDIT COUNSELING SERVICE OF ARIZONA**)**Website: www.moneymanagement.org****1-888-845-5669, 1-800-338-3328 or 1-800-308-2227**

A 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**CHIRICAHUA CLINIC****Website: www.cchci.org****Bisbee: 520-432-3309****Douglas: 520-364-3285****Elfrida: 642-2222****Sierra Vista: 459-3011**

Reduced or sliding fee scale programs.

ST. ELIZABETH'S OF HUNGARY**Tucson: 520-628-7871****DIABETES**

DIABETES EDUCATION**Chiricahua Community Health Center****Website: www.cchci.org****Elfrida: 520-642-2222****Canyon Vista Medical Center (formerly SIERRA VISTA REGIONAL HEALTH CENTER)****Website: www.canyonvistamedicalcenter.com****Sierra Vista: 520-263-2000****Wellness Depot: 520-458-8210****DIALYSIS CENTERS****Davita Dialysis****Website: www.davita.com/SierraVista****Sierra Vista: 520-459-7791****Douglas Dialysis Center (Dci)****Douglas: 520-364-2204****TRANSPORTATION TO DIALYSIS (Apply for a bus pass.)****Douglas: 520-364-4474**

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 (IRS): 1-800-829-1040****Website: www.irs.gov**

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**AARP: 1-888-227-7669****Website: www.aarp.org**

NATURAL GAS DISCOUNT

Southwest Gas Company: 1-877- 860-6020

Website: www.swgas.com

May help low income individuals with winter heating discount.

PROPERTY TAX EXEMPTIONS

Website: www.cochise.az.gov/assessor

Bisbee: 520-432-8650

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

Website: www.dor.gov

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 the Arizona Department of Revenue.

SAFELINK

Website: www.safelinkwireless.com

For information on free cell phones for low income individuals.

SENIOR PROPERTY VALUATION FREEZE

Website: www.cochise.az.gov/assessor

Bisbee: 520-432-8650

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

Main:1-800-293-1144

Bisbee: 520-432-5401

Willcox: 520- 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: 520-432-5401

Willcox: 520- 384-3120

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

THRIFT STORES

**Bisbee: Your Thrift Store
520-432-1295**

**Benson: Goodwill Store
520-586-8839**

Fort Huachuca: Community Thrift Store

520-458-4606

Sierra Vista: Salvation Army
520-459-4612
Goodwill Store
520-895-5986

St. Vincent De Paul has thrift stores in:

Benson: 520-586-9438

Bisbee: 520-432-5009

Douglas: 520- 364-7573

Elfrida: 520-642-4244

Sierra Vista: 520-458-9725

Willcox: 520-384-4900

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

VEHICLE REGISTRATION DISCOUNTS

Website: www.cochise.az.gov/assessor

Bisbee: 520-432-8650

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

FOOD

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) (Formerly FOOD STAMPS)

Benson: 520-586-8300

Douglas: 520-364-1291

Bisbee: 520-432-5415

Sierra Vista: 520-459-6901

A state and federal program of food assistance for low-income individuals and families. Also contact SEAGO/AAA at 432-2528 ext. 222 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 **CAREGIVER** Section of this booklet. For private pay meals in Bisbee/Douglas/McNeal/Naco/ Double Adobe/Elfrida area contact **Douglas ARC** at 520-364-2647, and in the rest of the county contact **Catholic Community Services** at 520-459-8716.

FOOD BANKS, PANTRIES, AND COMMODITY DISTRIBUTION SITES

Each food bank sets its own days and hours of operation and its own eligibility requirements. Call for distribution times and eligibility.

Benson

Benson Food Bank: 520-586-4208

Bisbee

Bisbee Coalition for the Homeless: 520-432-7839

Loaves and Fishes Food Bank: 520-432-3872

St. Patrick Parrish: 520-432-5753

Bowie

San Simon

Commodity distribution only: 520-845-2386

Sierra Vista

Country Estates Baptist Church

Commodity distribution only: 520-378-2836

St. Andrew's Church: 520-458-2925

St. Vincent de Paul: 520-458-9725

Salvation Army: 520-459-8411

Bowie Food Bank: 520-847-2335

Website: www.salvationarmy.com

Cochise

Cochise Food Bank: 520-526-3190

United Methodist Church

Commodity Distribution only: 520-378-3352

Douglas

Douglas-Area Food Bank: 520-364-4170

Maranatha Church: 520-805-0259

St. Vincent de Paul: 520-364-7573

St. David

Food Bank: 520-720-4755

Commodity distribution only: 520-720-9600

Dragoon

Commodity distribution only: 520-586-0165

Tombstone

Community Food Bank: 520-457-3697

Huachuca City

Food Bank: 520-508-3433

Whetstone Food Bank: 520-404-3491/9114

Commodities third Friday of each month

Willcox

Willcox Food Pantry: 520-384-2114

Pearce

Commodity distribution only: 520-824-3218

Also see SENIOR CENTERS/NUTRITION SITES section of this booklet.

FUNERAL HOMES/GRIEF SUPPORT

FUNERAL HOMES

Benson

Richardson/Benson Mortuary: 520-586-2288

Sierra Vista

Hatfield Funeral Home: 520-458-5120

Jensen's Sierra Vista Mortuary: 520-378-4895

Bisbee

Alex Espinosa Bisbee Funeral Home: 520-432-4242/2491

Willcox

Westlawn Chapel Mortuary & Crematory: 520-384-2413

Douglas

Brown-Page Mortuary Inc.: 520-364-3434

GRIEF SUPPORT

Homicide Survivors, Inc.

Website: www.azhomicidesurvivor.org

Tucson: 520- 207-5012

Nonprofit victim assistance organization dedicated to meeting the crisis and long term needs of families of murder victims. Provides help with Crime Victim Compensation, funeral assistance, mental health and social service referrals.

VICTIM SERVICES

Tucson: 520-740-5525

GUARDIAN and CONSERVATOR SERVICES

COCHISE COUNTY PUBLIC FIDUCIARY

Website: www.cochise.az.gov/health-and-social-services/public-fiduciary

520-432-9660 (Serves the 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

520-792-1906 (Interpreter 24 hours)

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

DES OFFICE OF VOCATIONAL REHABILITATION

Website: www.azdes.gov

Tucson: 520-629-0225

Available for consultations for individuals that are blind, visually impaired, deaf or hard of hearing, or referral to other agencies,

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

May assist low income individuals with hearing aids.

HOME HEALTH

Provide 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.

Website: www.homehealthcareagencies.com

ACCENTCARE: 1-888-883-7448

Serves Cochise County.

BAYADA HOME HEALTH CARE

Website: www.bayada.com

Sierra Vista: 520-459-4800

State licensed, Medicare certified, and serves Benson, Bisbee, Hereford, Huachuca City, Pomerene, Sierra Vista, St. David and Whetstone.

BRIGHTSTAR

Website: www.brightstarcare.com

Sierra Vista: 520-335-6680

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

COPPER VALLEY HOME HEALTH**Website: www.cqch.org****Bisbee: 520-432-7450**

State licensed, Medicare certified, and serves the Bisbee, Douglas, Elfrida, Hereford, Naco, Pyrtleville, Double Adobe, McNeal, Sierra Vista, Huachuca City, and Palominas/Miracle Valley areas.

HEART FELT HELP**Huachuca City: 520-456-9071**

Serves Cochise County.

LEGACY HOME HEALTH AGENCY**Sierra Vista: 520-335-6118**

State licensed, Medicare certified, and serves all of Cochise County.

MT. GRAHAM HOME HEALTH: 1-800-664-3509

Serves only northern Cochise County.

THOROUGH CARE HOME HEALTH**Hereford: 803-1234**

Serves Cochise County within a reasonable distance from the home office, is a state licensed home health agency, not Medicare certified.

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 other insurance, usually pays for services.

Website: www.hospicenet.org**CANYON VISTA MEDICAL CTR: 1-800-880-0088**

Serves Sierra Vista, and surrounding areas.

CASA DE LA PAZ HOSPICE:**Sierra Vista: 520-263-3400****CHARLES W. LEIGHTON, JR. HOSPICE: 520-384-5879**

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

COMPASSION & CHOICES: 1-800-247-7421

A national, nonprofit agency, providing end of life consultation to patients and their families.

SOUTHERN AZ VA HEALTH CARE HOSPICE: 520-792-1450 ext #2016

In-patient hospice.

TUCSON MEDICAL CENTER HOSPICE: 520-324-2438 or 1-800-362-7004

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

VALOR HOSPICE CARE**Website: www.valorhospicecare.com**

Sierra Vista: 458-9450

Serve all of Cochise County.

HOSPITALS

BENSON HOSPITAL

Website: www.bensonhospital.com

Benson: 520-586-2261

CANYON VISTA MEDICAL CENTER

Website: www.canyonvistamedicalcenter.com

Sierra Vista: 520-263-2000

COPPER QUEEN COMMUNITY HOSPITAL

Website: www.cqch.org

Bisbee: 520-432-5383

NORTHERN COCHISE COMMUNITY HOSPITAL

Website: www.ncch.com

Willcox: 520-384-3541

HOUSING

COCHISE COUNTY HOUSING AUTHORITY

Bisbee: 520-432-8881

Serves entire county. Section 8 Housing Choice Voucher (HCV)

DOUGLAS HOUSING AUTHORITY

Douglas: 520-417-7385

Section 8 HUD Housing Choice Voucher (HCV)

HABITAT FOR HUMANITY

Website: www.habitatsvaz.org

Sierra Vista: 520-458-0016

Assists low income individuals to build and finance homes.

REBUILDING TOGETHER (formerly CHRISTMAS IN APRIL)

Bisbee: 520-561-7220

Step Up Bisbee - 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:

Willcox: 520-384-3529

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

SOUTHERN ARIZONA LEGAL AID, INC. (SALA)

Website: www.sazlegalaid.org

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

Tucson: 1-800-640-9465

SALA is there to provide free, civil legal aid to qualified low-income persons who would not otherwise have access to Arizona's civil justice system.

SOUTHWEST FAIR HOUSING COUNCIL

Website: www.swfhc.com

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

Takes complaints for potential housing discrimination situations.

INDEPENDENT LIVING

Mountain View Gardens

Website: www.seniorlivinginstyle.com

Sierra Vista: 520-459-1898 or 520-226-0098

Provides activities, housekeeping, meals and transportation

LOW INCOME or, SUBSIDIZED HOUSING

Benson (Zip Code-85602)

Cochise Apartments

520-586-9280

650 West Union Street

LaHabra Apartments

520-586-4210

656 South Hwy. 80

Ramona Morales Apartments

520-586-2139

550 West Union Street

San Pedro Terrace Apartments

520-586-9144

351 East Pearl Street

Villa del Sol

520-586-3276

750 West Union Street

Bisbee (Zip Code-85603)

Copper City Villas

520-432-7963

508 W. Melody Lane

Esperanza Senior Apartments

520-432-7669

100 Esperanza Lane

San Jose Triangle

520-432-2910

100 Navajo Drive #100

Douglas (Zip Code-85607)

Cochise Canyon Apartments

520-364-6338

1620 Apache Drive

Pioneer Village

520-417-7385

1240 18th Street and
1260 16th Street

Coronado Courts
520-364-4637
 1190 East 18th Street

Douglas Villa Apartments
520-364-3964
 2700 15th Street

Peppertree Apartments
520-364-8927
 2540 East 15th Street

Summer Crossing Apartments
520-364-5072
 1301 Florida Avenue

Sundance Apartments
520-805-9611
 2701 6th Green Street

Huachuca City (Zip Code-85616)

Huachuca Triangle Apartments
520-456-1155
 712 Gonzales Boulevard #100

Northgate Apartments
(formerly Huachuca Desert Apartments)
520-456-1234
 200 Howard Street

Vista del Norte
520-439-9452
 175 Skyline Drive

Sierra Vista (Zip Code-85635/85650)

Bonita Vista Apartments
520-459-3167
 570 South Coronado Drive

Casa Del Sol Apartments
520-335-6010
 1020 S. Carmichael Avenue

Crystal Creek Apartments
520-452-9815
 4500 Campus Drive

Garden Plaza Apartments
520-458-3135
 100 Golf Links Road

Las Palomas
520-417-9013
 499 S. Carmichael Ave.

Mountain View Apts
520-458-4226
 77 S. El Camino Real

Santa Fe Springs
520-458-5780
 400 S. Denman Ave

San Pedro Apartments
520-459-4069
 4600 Charleston Road

Sierra Linda & Marianne Apartments
520-458-2308
 380 Taylor Dr.

Sterling Pointe Apartments
520-459-0431
 500 S. Carmichael Ave.

Suncrest Apartments
520-439-4904
 105 Toscanini

Tombstone (Zip Code-85638)

Casa Loma Triangle Housing
520-457-3733
 204 West Allen Street

Willcox (Zip Code-85643)

Cochise Village Apartments
520-384-4884
 210 South Bisbee Avenue

Willcox Villa Apartments
520-384-3436
 201 North Bisbee Avenue

Willcox Senior Apartments
520-384-4045
 457 West Scott Street

For shelters see **ABUSE, NEGLECT, AND EXPOITATION** section of this booklet.

INFORMATION AND ASSISTANCE

CANYON VISTA MEDICAL CENTER WELLNESS DEPOT**SIERRA VISTA: 520-459-8210**

Located at the Mall in Sierra Vista on Hwy 92, the Canyon Vista Medical Center Wellness Depot provides a resource library of free health information, brochures, and booklets. The Depot will also have health-related speakers and organizations featured throughout each month.

CENTER FOR LIFELONG LEARNING**Sierra Vista: 520-515-5492**

Website: www.cochise.edu/cll

Lifelong learning classes, free brown bag lunch lectures, and on-line classes.

DIRECT**Tucson: 520-624-6452, or 800-342-1853**

Center for Independence for the region. Provides information and referral for individuals who have disabilities.

ELDERCARE LOCATOR: 1-800-677-1116

Website: www.eldercare.gov

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.

EPILEPSY OUTREACH PROJECT, INC.**Tucson: 520-326-6690 or 1-800-234-0935**

A Tucson based, independent agency. Provides information, support, and advocacy for those with a seizure-disorder (epilepsy) and for their family and friends. Open 24 hour a day, 7 days a week.

HARVARD HEALTH INFORMATION

Website: www.health.harvard.edu

Information and advice for a healthier life.

NATIONAL HISPANIC COUNCIL ON AGING

Website: www.nhcoa.org

An organization that is working to improve the lives of Hispanic older adults, their families, and caregivers.

NATIONAL LIBRARY OF MEDICINE: 1-888-346-3656

Website: www.nlm.nih.gov

Website: www.medlineplus.gov

Website: www.medlineplus.gov/spanish (Spanish)

Find, read, learn about diseases, drugs, and clinical trials. Contains drug and supplement information and medical encyclopedia.

SAFE AGING**Website: www.safeaging.org**

Library of safety information for seniors.

SOCIETY FOR SAFE TRAVEL AND HOSPITALITY**Website: www.sath.org**

Provides information for accessible travel and hospitality.

IN-HOME SUPPORTIVE SERVICES

See HOME HEALTH or ADAPTIVE AIDS section of this booklet.

LEGAL SERVICES**ARIZONA CENTER FOR DISABILITY LAW: 1-800-922-1447**

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

AZ CHILDREN'S ASSOCIATION (formerly KARE FAMILY CENTER)**Website: www.arizonaschildren.org****Sierra Vista: 520-224-9100**

Arizona Children's Association provides legal resources and assistance for families trying to obtain legal guardianship in a case where the child is under 18 and not born to you. Arizona Children's Association also provides support groups and assistance in completing benefits applications for TANF, AHCCCS, and Kids Care. Arizona Children's Association can also help navigate and provide advocacy services for caregivers working with schools, court systems, health care, mental health agencies, and CPS.

SOUTHERN ARIZONA LEGAL AID (SALA)**Website: www.azlawhelp.org or****Website: www.sazlegalaid.org****Bisbee: 520-432-1639 or 1-800-231-7106****Tucson: 1-800- 640-9465**

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. Provide legal assistance to low and moderate income individuals facing or at risk of foreclosure or legal issues directly related to the foreclosure of their home. Legal assistance may also be provided to tenants living in properties in or at risk of foreclosure and foreclosures associated with Homeowner Association fees.

VICTIM WITNESS: 520-432-8700

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.

AFFORDABLE CARE ACT (MARKETPLACE)

Website: www.healthcare.gov

www.cuidadoesalud.gov/marketplace (Spanish)

1-800-318-2596 or TTY: 1-855-889-4325

To apply for the Marketplace go to site or call. Marketplace is open 24/7 and has 150-plus languages.. To find application assisters, visit <http://coveraz.org/navigators-and-assisters/>.

ARIZONA HEALTH CARE COST CONTAINMENT SYSTEM (AHCCCS)

Website: www.healtharizonaplus.gov

Benson: 520-586-8300

Douglas: 520-364-1291

Willcox: 520- 384-3583

Bisbee: 520-432-5415

Sierra Vista: 520-459-6901

855-432-7587 (for interpretation services)

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): 520-459-7050 or 1-800-654-8713

Website: www.altcs.com

This Medicaid program, operated by AHCCCS, provides acute medical services and covers the cost of long-term care in a facility 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 facility, and in nursing homes.

MEDICAL INSURANCE COUNSELING and MEDICARE SUPPLEMENT POLICY INFORMATION

SEAGO: 520-432-2528, ext. 222

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

Website: www.medicare.gov

Bisbee: 520-432-2528, ext. 222 or 1-800-633-4227

This health insurance program primarily serves those aged 65 or older. Call for questions, information, or problems regarding a claim or assistance in signing up for a Medicare Part D plan.

MEDICARE SAVINGS PROGRAM (QMB/SLMB/QI)

Website: www.azahcccs.gov

520-432-2528, ext. 222 or 1-602-417-5010

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.

V.A. HEALTH CARE SYSTEM**1-800-470-8262 or 520-458-7150/7144**

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

MEDICAL SERVICES**ARIZONA CHAPTER OF AMERICAN PARKINSON'S DISEASE ASSOCIATION****Website: www.azapda.org**

Assists with meetings, resources, and information on Parkinson's disease.

AMERITAS SPECIALTY & INFUSION PHARMACY (formerly FOX INFUSION)**Tucson: 520-795-0111**

Therapies: Intravenous, Injection, Enteral, Inhalation

CENTER FOR DISEASE CONTROL AND PREVENTION**Website: www.cdc.gov**

The CDC maintains several departments concerned with occupational safety and health, such as the Center for Injury Prevention and Control.

CHIRICAHUA COMMUNITY HEALTH CENTERS, INC.**Satellite Clinics:****Bisbee: 520-432-3309****Douglas: 520-364-3285****Elfrida: 520-642-2222****Sierra Vista: 520-459-3011****Willcox: 520-766-1051****Mobile Medical Clinic (travels throughout Cochise County): 520- 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 & SOCIAL SERVICES**Website: www.cochise.az.gov****Benson: 520-586-8200****Douglas: 520-805-5600****Willcox: 520-384-7100****Bisbee: 520-432-9400****Sierra Vista: 520-803-3900**

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

COPPER QUEEN HOSPITAL CLINICS**Bisbee: 520-432-2042****Douglas: 520-364-7659****Palominas: 520-366-0300**

Sliding fee scale for services for people without insurance.

CANYON VISTA REGIONAL HEALTH CENTER CLINICS**Hereford: 520-417-3980****Tombstone: 520-457-2374**

V.A. HEALTH CARE SYSTEM: 1-800-470-8262**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

Website: www.medicare.gov

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

SEAGO at 520-432-2528, ext. 222

To sign up for a Medicare Part D plan, use Planfinder on the Medicare Website. Part D provides insurance to purchase prescription drugs listed on the insurance plan's formulary. Insurance plans include standalone 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 520-432-2528, ext. 222

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** section of this booklet.

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/Benson/Willcox: 520- 432-2528, ext. 206

The ombudsman program provides an advocate for residents in SEAGO contracted nursing homes and assisted living centers. They review questions and complaints brought by residents till an acceptable resolution. They advocate on behalf of residents addressing a wide range of issues, such as meals, responses to calls, staffing, cleanliness, and changes in routines and services. Coordinates with the State Ombudsman office and the Area Agency on Aging in Complaint investigation and resolution.

POLICE AND EMERGENCY NUMBERS

AMERICAN RED CROSS:

Website: www.redcross.org

Disaster relief for individuals and families.

BORDER PATROL:

Bisbee: 520-432-5121

Naco: 520-432-1130

Douglas: 520-805-6900

Willcox: 520-384-7200

COCHISE COUNTY SHERIFF: 1-800-362-0812

Benson: 520-586-8150

Sierra Vista: 520-803-3850

Bisbee: 520-432-9534

Willcox: 520-384-7050

Elfrida: 520-642-3648

EMERGENCIES Call #911

NON-EMERGENCY POLICE DEPARTMENTS:

BENSON POLICE DEPARTMENT: 520-586-2211

BISBEE POLICE DEPARTMENT: 520-432-2261

DOUGLAS POLICE DEPARTMENT: 520-417-7550

HUACHUCA CITY POLICE DEPARTMENT: 520-456-1353

SIERRA VISTA POLICE DEPARTMENT: 520-458-3311

TOMBSTONE MARSHAL: 520-457-2245

WILLCOX POLICE DEPARTMENT: 520-384-4673

POISON CONTROL: 1-800-222-1222

SCAMS, CONSUMER, AND FRAUD ISSUES

ARIZONA ATTORNEY GENERAL

Website: www.azag.gov

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

Consumer information and complaints, including scams and identity theft help.

BETTER BUSINESS BUREAU OF SOUTHEASTERN ARIZONA

Website: www.bbb.org/tucson

Sierra Vista: 520-732-9823

Consumer information and complaints.

DO NOT CALL

Website: www.donotcall.gov

Sign up for blocking phone sales pitches. Must be renewed periodically.

ELDER AFFAIRS PROGRAM (Arizona Attorney General's Office-Senior Abuse)

602-542-2124 or 1-800-352-2124

This program is available to talk with a senior or caregiver about issues, information, or problems with physical, emotional, sexual, financial, or neglect abuse. They are also available to give information on life planning and other areas.

EXAMPLES OF SCAMS

Website: www.azag.gov

For a list of the most current AZ 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.

- GRANDPARENT SCAM

Someone calls and says "Hey, Grandma/Grandpa, this is your favorite Grandson/Granddaughter. Aw, come on you know who?" When you say the name they state that they "are in trouble and want you to send them money but don't tell mom & dad. You can help me just this once, can't you?"

- 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: 520-586-2824 (leave a message)**

Benson Community Center
705 West Union Street
Benson, AZ 85602

Douglas: 520-364-2647

Douglas ARC
610 9th Street
Douglas, AZ 85607

Huachuca City: 520-456-3059

Huachuca City Senior Center
504 N. Gonzales Blvd.
Huachuca City, AZ 85616

Sierra Vista: 520-459-8716

Ethel Berger Center
2950 East Tacoma
Sierra Vista, AZ 85635

Tombstone: 520-457-2525

Tombstone Senior Center
507 East Toughnut
Tombstone, AZ 85638

SENIOR CENTERS**Bisbee: 520-432-2167**

Bisbee Senior Center
300 Collins Road
Bisbee, AZ 95603

Douglas: 520-364-2647

Douglas ARC
610 9th Street
Douglas, AZ 85607

Huachuca City: 520-456-3059

Huachuca City Senior Ctr.
504 N. Gonzales Blvd.
Huachuca City, AZ 85616

Sierra Vista: 520-417-6980

Sierra Vista Leisure Svcs.
Ethel Berger Center
2950 East Tacoma
Sierra Vista, AZ 85635

Tombstone: 520-457-2525

Tombstone Senior Center
507 East Toughnut
Tombstone, AZ 85638

Willcox: 520-766-6474

Rose C. Allen Senior Center
Northern Cochise Community Hospital Campus
990 W. Scott
Willcox, AZ 85643

Pearce: 520-826-4003

Cochise Senior Center
1216 Treasure Road
Pearce, AZ 85625

TRANSPORTATION

BENSON:**CITY OF BENSON–BENSON AREA TRANSIT: 520-586-9406**

Public transportation system, that also provides elderly and disabled transportation to nutrition site, medical appointments, and shopping in the Benson area.

VICaP: 520-586-2387

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:

SASSY TRANSPORT: 520-366-6019

Transportation between Bisbee and Douglas, or Sierra Vista.

DOUGLAS:

**CITY OF DOUGLAS TRANSIT DEPARTMENT/DOUGLAS RIDES
520-364-4474/508-1936**

Transportation for seniors and individuals with disabilities. Vehicles are wheelchair accessible. Dial a ride requires 24 hour prior notice.

HUACHUCA CITY:

CITY OF HUACHUCA CITY: 520-456-1354

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: (Including the surrounding area)

ARIZONA PARATRANSIT SERVICES: 520-459-1713

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

ARIZONAWORLD EXPRESS: 520-458-3330

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): 520-458-5776

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

HUACHUCA SHUTTLE: 520-439-0439

Transportation between 6 a.m. and 8 p.m. Sunday through Thursday, and between 6 a.m. and 2 a.m. Friday and Saturday. Pick-up and delivery anywhere in Sierra Vista. Delivery to Tucson train and bus stations and the airport with 24-hour advance notice. Call for rates, including senior rates.

VISTA TRANSIT: 520-417-4888

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.

WILLCOX/ SUNSITES-PEARCE:

WYNNE CHAPEL: 520-826-2600

Scheduled trips on the first & third Thursday of each month from Richland Ranchettes and Sunsites to Willcox for shopping and the fifth Thursday to Benson. \$10 donations accepted. Call for other information or reservations.

OTHER TRANSPORTATION:

3 CANYONS TRANSIT: 520-803-6713

Website: www.GOShuttleAZ.com

Transportation to Tucson airport, train and bus terminals, and to to non-emergency-medical appointments in

Tucson. Also can make trips around most of Cochise County. Call for information and fares.

AAA TRANSPORT: 520-312-5540

Transportation to Tucson airport, train and bus terminals, and to non-emergency appointments in Tucson. Call for information and fares. Not covered by medical insurance.

MB TRANSPORT (formerly TRANSPORTATION EXPRESS): 520-459-7778

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

MR. RIDE: 520-249-6304

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 and other insurance. They also provide transportation on a private pay basis and are wheelchair accessible.

VICaP: 520-459-8146

Transportation provided by volunteers for seniors and individuals with disabilities. Donations accepted. A minimum of three (3) days notice is required for all transportation requests.

VETERANS

ARIZONA DEPARTMENT OF VETERANS SERVICES

Sierra Vista: 520-458-7150

Phoenix: 1-800-852-VETS(8387) or 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, ext. 6565

SAFFORD V.A. CLINIC (Serves Willcox): 928-428-8010

SIERRA VISTA V.A. CLINIC: 520-459-1529

V.A. HOSPITAL:

Tucson: 520-792-1450 or

TLC (Telephone Linked Care) 1-800-470-8262 ext. #6565

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

V.A. REGIONAL OFFICE: 1-800-827-1000

Website: www.va.gov

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

Vet to Vet Peer Support Program (Wellness Connections)

Sierra Vista: 520-459-2624

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

VETERAN'S CRISIS LINE: 1-800-273-8255, ext. #1

VISION

DES OFFICE OF VOCATIONAL REHABILITATION

Tucson: 520-629-0225

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

LIONS HEARING FOUNDATION: 1-602-954-1723

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

LIONS VISION CENTER: 1-602-267-7573

May be able to assist low income individuals with eye glasses and/or eye exams.

SOUTHERN ARIZONA ASSOCIATION FOR VISUALLY IMPAIRED

Tucson: 520-795-1331

Website: www.saavi.us

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

Website: www.sunsounds.org

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

TALKING BOOKS: 1-800-255-5578

Talking books available to individuals that are visually impaired.

VOLUNTEER OPPORTUNITIES

CANYON VISTA MEDICAL CENTER: 520-263-2000

Website: www.canyonvistamedicalcenter.com

For volunteer opportunities at the Sierra Vista hospital.

ELDERCARE FOR LIFE

Sierra Vista: 520-803-1234

Eldercare for Life, Inc. is an umbrella non-profit 501 (c)3 organization. Volunteers are needed in many capacities. To contact by email: eldercare4life@isp.com.

HELPING HANDS MINISTRY

Sierra Vista: 520-954-0091

Call for info on becoming a volunteer in Cochise County.

NATIONAL PARKS SERVICE

Sierra Vista: 520- 366-5515, ext. 2310

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

OMBUDSMAN AND SHIP PROGRAMS

Bisbee/Douglas/Sierra Vista/Benson/Willcox: 520- 432-2528, ext. 206

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

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP): 520-305-2482

RSVP in Cochise and Santa Cruz Counties is sponsored by the Civic Service Institute at Northern Arizona University (NAU) and offers Americans 55 years of age and older the opportunity to volunteer by connecting them to non-profit agencies in need of volunteer support.

SAAVI – SOUTHERN ARIZONA ASSOCIATION FOR THE VISUALLY IMPAIRED

Tucson: 520-795-1331

Website: www.saavi.us

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.

VALOR HOSPICE VOLUNTEER PROGRAM: 520-458-9450

Education and Compassion. Please call for information on becoming part of the Valor Volunteer Team

VOLUNTEER INTERFAITH CAREGIVER PROGRAM (VICaP)

Benson: 520-586-2387

Sierra Vista: 520-459-8146

Website: www.vicapsv.org

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.aa-cochisecounty.org

Hotline for Alcoholics Anonymous meetings.

www.aarp.org

AARP's Web site contains info on legal assistance and tax preparation.

www.altcs.com

Arizona Long Term Care System

www.azag.gov

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

www.azahcccs.gov

Arizona Healthcare Cost Containment System. Medicare Savings Program (Qualified Medicare Beneficiary (QMB), Specified Low-Income Beneficiary (SLMB), Qualified Individual (QI))

www.alz.org

Information for caregivers and education about Alzheimer's

www.arizonaschildren.org

Provides legal resources and assistance for families trying to obtain legal guardianship.

www.zaahccs.gov

Arizona Health Care Cost Containment System (AHCCS) eligibility for medicare savings program.

www.azapda.org

Arizona Chapter of American Parkinson Disease Association

www.azdes.gov

Arizona Department of Economic Security

www.azdes.gov/reportadultabuse

Adult Protective Service's site for reporting abuse online.

www.azhomicidesurvivor.org

Grief Support for homicide survivors.

www.azlat.net

Helps provide loans for purchasing assistive technology

www.azlawhelp.org

Helps to solve legal problems for low-income individuals.

www.bayada.com

Licensed Home Healthcare Services

www.bbb.org/tucson/

Better Business Bureau of Southern Arizona

www.bensonhospital.com

Benson Hospital

www.bestcompany.com/medical-alert-systems/

Identifies and compares Emergency Alert Systems

www.brightstarcare.com

Licensed Home Healthcare Agency

www.canyonvistamedicalcenter.com

Canyon Vista Medical Center and Sierra Vista Wellness Depot

www.caregiver.org

Identifies resources for caregivers.

www.caregiveraction.org

Provides resources for caregivers in different situations.

www.caregiveraction.org

Provides resources for caregivers in different situations.

www.cdc.gov

Center for Disease Control.

www.cenpaticointegratedcareaz.com

Information about behavioral health providers.

www.cchci.org

Chiricahua health clinic provides sliding fee scale programs.

www.cochise.az.gov

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

www.cochise.az.gov/assessor

Senior property valuation freeze.

www.cochise.az.gov/health-and-social-services/public-fiduciary

Cochise County Public Fiduciary

www.cochise.az.gov/sheriff/home

Automated calling system application for R-U-Okay program.

www.cochise.edu/cll/online-classes

Center for Lifelong Learning at Cochise College.

www.cqch.org

Copper Queen Community Health center and licensed home health care agency.

www.cuidadoesalad.gov/marketplace

Apply for the Marketplace government health insurance options in Spanish.

www.davita.com/SierraVista

Davita Dialysis Center

www.donotcall.gov

Sign up for blocking phone sales pitches.

www.dor.gov

Department of Revenue for owners/renters aged 65 or older or those on SSI.

www.eldercare.gov

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

www.GoShuttleAZ.com

Transportation to Tucson airport, train and bus terminals.

www.habitatsvaz.org

Habitat for Humanity for Sierra Vista.

www.healthcare.gov

To apply for the Marketplace of health insurance options.

www.healthearizonaplus.gov

Determine eligibility for Arizona Health Care Cost Containment System (AHCCS)

www.health.harvard.edu

Health information. Advise for a healthier life.

www.homehealthcareagencies.com

Information on home healthcare options and agencies.

www.hospicenet.org

For patients and families facing a life threatening illness.

www.irs.gov

Earned Income Credit

www.medicalalert.org

Medical alert and safe return line.

www.medicare.gov

Information about Medicare.

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

Health information from the National Library of Medicine.

www.moneymanagement.org

Provides credit counselling and credit education classes at not cost.

www.nami.org

National Alliance on Mental Illness

www.ncch.com

Northern Cochise Community Hospital

www.nfcacares.org

Helps educate, support, and empower caregivers. Caregiver action network.

www.nhcoa.org

National Hispanic Council on Aging.

www.redcross.org

American Red Cross

www.saavi.us

Southern Arizona Association for the Visually Impaired.

www.safeaging.org

Library of safety information for seniors and caregivers.

www.safelinkwireless.com

Information on free cell phone for low income individuals

www.salvationarmy.com

Salvation Army

www.sath.org

Provides information for accessible travel and hospitality.

www.sazlegalaid.org

Southern Arizona Legal Aid, Inc. (SALA)

www.seago.org

Provides information about the SouthEast Arizona Government Office (SEAGO) region.

www.seniorlivinginstyle.com

Mountain View Gardens independent living

www.sunsounds.org

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

www.ssa.gov

Social Security Administration

www.swfhc.com

Southwest Fair Housing Council

www.swgas.com

Southwest Gas Company Bill Assistance Program for qualified low income families.

www.va.gov

U.S. Department of Veteran's Affairs

www.valorhospicecare.com

Hospice care servicing all of Cochise County

www.vicapsv.org

Sierra Vista Volunteer Interfaith Caregiver Program