

# **A Guide to Services** **2012**

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## **Directory of Aging and Disability Resources in Pima County**

Revised 01/2012



Pima Council on Aging  
8467 E. Broadway ▪ Tucson, AZ 85710 ▪ [www.pcoa.org](http://www.pcoa.org)  
Help Line: (520) 790-7262 or [help@pcoa.org](mailto:help@pcoa.org)

# Community Resources

## ACTIVITIES FOR SENIORS

Computer Adult Learning Centers.....	(520) 721-7591
Elder Circles.....	(520) 298-6542
OASIS (personal interest classes).....	(520) 322-5627
Osher Lifelong Learning Institute .....	(520) 626-9039
Parks and Recreation Centers .....	(520) 791-4877
Pima Community College .....	(520) 206-4500
Pima Council on Aging's Living Well Program .....	(520) 790-7262
The Drawing Studio OATS Program .....	(520) 622-0947
The Learning Curve.....	(520) 777-5817
TMC Senior Services.....	(520) 324-1960
Call PCOA for a complete list of activities and clubs.....	(520) 790-7262

## ADULT DAY CARE

Casa de Esperanza (Green Valley).....	(520) 625-2273
Handmaker's Adult Day Care .....	(520) 547-6037
Senior Moments Adult Day Care (Vail).....	(520) 561-0448

## ASSISTIVE EQUIPMENT & MEDICAL SUPPLIES

Arizona Superior Medical Program (Medical Monitoring).....	(520) 747-7403
DIRECT Center for Independence (Resource for the disabled) .....	(520) 624-6452
Friends In Deed (Green Valley) .....	(520) 625-1150
Guardian Medical Monitoring.....	(520) 906-0232
Lockboxes for Fire Department Access (Call PCOA for list) .....	(520) 790-7262
New Spirit Lutheran Church (Medical Equipment Loans) .....	(520) 731-3706
One-Stop Home Medical Equipment (Low-cost Loans).....	(520) 624-3367
Philips Lifeline (Our Family Services) .....	(520) 465-4111
Safe Return Medic ID Bracelets (for wanderers).....	(520) 322-6601
Salvation Army (Main Store) .....	(520) 624-1741
Top Dog Training (Free Dog Training for the Disabled).....	(520) 323-6677
World Care (Medical Equipment Loans) .....	(520) 514-1588

## BODY AND ORGAN DONATION

Biological Resource Center.....	(866) 794-4272
Biogift .....	(866) 670-1799
Donor Network of Arizona.....	(800) 943-6667
Life Legacy .....	(520) 575-5200
Mayo Clinic .....	(507) 284-2693
Science Care.....	(800) 417-3747
U of A Willed Body Program.....	(520) 626-6083
United Network for Organ Sharing (UNOS) .....	(888) 894-6361

## **CASE MANAGEMENT** (For low-income disabled adults and seniors 60+)

- Community Services System Central Intake (call for screening).....(520) 790-7262
- Southern Arizona AIDS Foundation—all ages (SAAF) .....(520) 628-7223
- Valley Assistance Services (Green Valley and surrounding area)....(520) 625-5966

## **COUNSELING/MENTAL HEALTH**

- MHC Behavioral Health Services .....(520) 682-1091
- Casa de Esperanza (Green Valley 24 hour crisis line) .....(520) 625-2273
- Catalina Community Services (Catalina area) .....(520) 825-0009
- Catholic Social Services .....(520) 623-0344 ext. 1014
- CODAC Behavioral Health .....(520) 327-4505
- COPE Behavioral Services .....(520) 792-3293
- Crisis Line (24 hour help)** .....(520) 622-6000
- Depression and Bipolar Support Alliance .....(520) 531-2388
- Individual Counselors (Call PCOA for list).....(520) 790-7262
- Jewish Family and Children’s Services .....(520) 795-0300
- KARE (for grandparents raising grandchildren).....(520) 323-4476
- La Frontera (Behavioral Health) .....(520) 884-9920
- Lutheran Social Services .....(520) 748-2300
- Marana Health Center .....(520) 682-4111
- Marriage Counslors (Call PCOA for list) .....(520) 790-7262
- National Alliance on Mental Illness (NAMI).....(520) 622-5582
- Our Family Services.....(520) 323-1708
- Southern Arizona Mental Health Center (SAMHC) .....(520) 617-0043
- University of Phoenix Counseling Skills Center.....(520) 239-5315

## **DENTAL CLINICS—REDUCED FEE**

- El Rio Dental Clinics .....(520) 670-3758
- Desert Senita Medical Center (Ajo).....(520) 387-4500
- Marana Dental Clinic .....(520) 616-6200
- Pima Community College (Cleanings only) .....(520) 206-6090
- St. Elizabeth of Hungary Dental Clinic.....(520) 628-7871
- Urgent Care Dental (Extractions only) .....(520) 322-5800

## **EMERGENCY PREVENTION SERVICES**

- Arizona Superior Medical Program (Medical Monitoring).....(520) 747-7403
- Guardian Medical Monitoring .....(520) 906-0232
- Philips Lifeline (Our Family Services) .....(520) 465-4111
- Poison Control (Statewide Hotline) .....(800) 222-1222
- Safe Return Program (through the Alzheimer’s Assoc.) .....(520) 322-6601

## **FINANCIAL ASSISTANCE**

- Consumer Credit Counseling Services .....(800) 308-2227
- Department of Economic Security (DES).....(800) 352-8401
- Pima Council on Aging Money Management Program .....(520) 790-7262

Pima County Public Fiduciary .....	(520) 740-5454
Public Fiduciary (for veterans) .....	(520) 514-0868
Supplemental Security Income.....	(866) 331-7693
Utility Assistance (outside Tucson city limits) .....	(520) 243-6688
Utility Assistance (within Tucson city limits) .....	(520) 791-9522
Water Bill Assistance Hotline .....	(520) 243-6770

### **Foreclosure Prevention Help**

Administration of Resources and Choices.....	(520) 623-9383
Chicanos por la Causa .....	(520) 882-0018
Family Housing Resources .....	(520) 318-0993
Old Pueblo Community Services .....	(520) 546-0122
Pio Decimo Center .....	(520) 624-0551
Primavera Foundation .....	(520) 882-5383
TMM Family Services.....	(520) 322-9557
Tucson Urban League .....	(520) 791-9522 ext. 262

### **Emergency Rent And Utility Assistance**

Ajo Community Services .....	(520) 387-5611
Arizona Housing and Prevention Services.....	(520) 498-4613
Chicanos por la Causa .....	(520) 882-0018
Community Action Agency .....	(520) 243-6688
Interfaith Community Services .....	(520) 297-6049
Project PPEP.....	(520) 622-3553
Primavera Foundation .....	(520) 884-5244
Salvation Army.....	(520) 792-1111
Tucson Indian Center .....	(520) 884-7131
Tucson Urban League .....	(520) 791-9522

## **FOOD ASSISTANCE—GENERAL**

Ajo Food Bank .....	(520) 387-4916
Casa de Esperanza (Green Valley Senior Center).....	(520) 625-2273
Catalina Community Services .....	(520) 825-0009
Community Food Bank .....	(520) 622-0525
Congregate Meals (through PCOA).....	(520) 790-7262
Department of Economic Security (Food Stamps/SNAP) .....	(800) 352-8401
DES (Food Stamps).....	(800) 352-8401
Food Plus for Seniors .....	(520) 243-7777
Green Valley and Sahuarita Food Bank .....	(520) 625-5252
Lioque Senior Center (Pascua Yaqui).....	(520) 879-7688
Marana Community Food Bank .....	(520) 628-3001

### **Nutrition And Socialization Centers**

Ajo Community Center .....	(520) 387-5040
Archer Center .....	(520) 791-4355
Armory Park Senior Center .....	(520) 791-4070
Casa Community Center .....	(520) 625-2273 ext. 32

Eastside El Dorado .....	(520) 546-2257
El Pueblo Neighborhood Center.....	(520) 889-0928
El Rio Neighborhood Center .....	(520) 624-5313
Ellie Towne/Flowing Wells .....	(520) 887-9786
Freedom Recreation Center .....	(520) 791-4969
Northwest Neighborhood Center .....	(520) 791-3247
Quincie Douglas Senior Center.....	(520) 791-2509
Robles Junction Community Center .....	(520) 578-3063

## **FOOD ASSISTANCE—HOME DELIVERED MEALS**

Catalina Community Services (Catalina area) .....	(520) 825-0009
Delicious Deliveries (restaurant deliveries) .....	(520) 620-6600
Dine Wise.....	(800) 749-1170
Lutheran Social Services .....	(520) 514-7642
Magic Kitchen .....	(877) 516-2442
Matt’s Organics (Fresh produce) .....	(520) 790-4360
Meals by the Week.....	(520) 741-9020
Mobile Meals (northwest area) .....	(520) 297-6049
Mobile Meals (special diet meals; no age restriction) .....	(520) 622-1600
Mom’s Meals.....	(866) 971-6667
Pascua Center.....	(520) 882-7688
Pima Meals on Wheels (through PCOA) .....	(520) 790-7262
Schwan’s.....	(888) 724-9267
St. Nicholas Indian Center (South Tucson).....	(520) 879-5537
Westside Nutrition (Catholic Social Services).....	(520) 624-1562

## **GRANDPARENT RESOURCES**

KARE Family Center .....	(520) 323-4476
Southern Arizona Grandparents Coalition.....	(520) 626-5161

## **GREEN VALLEY RESOURCES**

Call PCOA for list.....	(520) 790-7262
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## **HEARING LOSS RESOURCES**

Adult Loss of Hearing Association (ALOHA).....	(520) 795-9887
Arizona Commission for the Deaf/Hard of Hearing.....	(800) 352-8161
Audient Alliance (Hearing Aid Financial Assistance) .....	(866) 956-5400
Community Hearing Aid Program (CHAP).....	(602) 679-9558
Community Outreach Program for the Deaf (COPD) .....	(520) 792-1906
COSTCO Hearing Aid Centers (East Tucson) .....	(520) 886-6377
COSTCO Hearing Aid Centers (NW Tucson) .....	(520) 797-1980
COSTCO Hearing Aid Centers (South Tucson) .....	(520) 791-7340
Hamilton Internet Relay .....	www.hamiltonrelay.com
HEAR NOW Program .....	(800) 328-8602
Telecommunications Equipment for the Deaf/Hard of Hearing .....	(866) 223-3412

- U of A Hearing Aid Bank (Call COPD).....(520) 792-1906
- U of A Adult Hearing Clinic.....(520) 621-7070
- U of A Living with Hearing Loss Support Groups.....(520) 621-7070

## **HOARDING CLEAN UP SERVICES**

- A.C.T. Remediation Services .....(888) 477-0015
- Ann’s Handy Helpers .....(520) 888-4996
- AZ-Bio Cleanup and Restoration.....(877) 292-4691
- Caring Transitions of Southern Arizona .....(520) 262-1495
- Organizing Helpers.....(520) 327-8586
- Quality Restoration .....(520) 322-5326
- Southwest Hazard Control .....(520) 622-3607
- Tera’s Team Cleaning Services.....(520) 398-6656
- Tracy’s Dynamic Cleaning .....(520) 721-4288

## **HOARDING CONTACTS**

- Animal Experts.....(520) 531-1020
- City of Tucson Outreach Coordinator .....(520) 837-5013
- Humane Society.....(520) 881-0321
- Pima Animal Care Center .....(520) 243-5900
- Southern Arizona .....(520) 622-6000
- Tucson Fire Department Prevention Unit .....(520) 791-4014
- Tucson Police Department .....(520) 791-4444

## **HOME CARE SERVICES (IN-HOME HELP)**

- Community Services System Central Intake (call for screening).....(520) 790-7262
- Private Pay Home Health Agencies (call PCOA for list) .....(520) 790-7262

### **Medical House Calls**

- Ascension In-Home Medical Care .....(520) 577-1136
- At Home Medical Care, LLC.....(520) 940-1119
- Dr. Raymond Bock (Podiatry only).....(520) 881-2882
- Elaine Wosniak, NP .....(520) 488-9790
- IPC .....(520) 615-6200
- Lindsey Pearson, NMD.....(520) 302-4033
- MD24 House Calls (Serves facilities only) .....(520) 344-8732
- Tucson House Calls .....(520) 529-8387

### **Mobile Hair Care**

- Angels on Earth .....(520) 405-1590
- FresHair Salon and Mobile Service.....(520) 906-8742
- Hunter’s Hair Care.....(520) 370-1625

## **HOME REPAIR AND ADAPTATION**

- Arizona DES Independent Living Program (Disability Adaptation) ..(520) 638-2399
- Chicanos por la Causa .....(520) 882-0018

City of Tucson Housing and Community Development .....	(520) 791-4636
Community Home Repair Projects of Arizona .....	(520) 745-2055
DIRECT Center for Independence (Disability Adaptation) .....	(520) 624-6452
Independent Contractors (Call PCOA for list) .....	(520) 790-7262
Interfaith Community Services (Small maintenance and repairs) ...	(520) 297-6049
Pima Council on Aging (Home owners 60+) .....	(520) 790-7262
Town of Marana (Marana only) .....	(520) 382-1999
TMM Family Services .....	(520) 322-9557
Tucson Urban League .....	(520) 791-9522
USDA Rural Development .....	(520) 648-1769 ext. 4
Yard Work Program .....	(520) 740-4915

## **HOSPICE**

Casa de la Luz .....	(520) 544-9890
Carondelet Hospice .....	(520) 205-7700
Evercare Hospice and Palliative Care .....	(520) 407-8000
Heartland Hospice .....	(520) 325-2790
Hospice Family Care .....	(520) 790-9299
Odyssey Hospice .....	(520) 577-0270
TMC Hospice .....	(520) 324-2438
Valor Hospice Care .....	(520) 615-3996

## **HOSPITALS AND ACUTE CARE HOSPITALS**

HealthSouth Rehabilitation Institute of Tucson .....	(520) 322-4405
HealthSouth Rehabilitation Hospital of Southern AZ .....	(520) 742-2800
Heart and Vascular Institute (Carondelet Health Network) .....	(520) 696-2328
Kindred Hospital .....	(520) 584-4500
Northwest Medical Center .....	(520) 742-9000
Oro Valley Hospital .....	(520) 901-3500
St. Joseph's Hospital (Carondelet Health Network) .....	(520) 873-3000
St. Mary's Hospital (Carondelet Health Network) .....	(520) 873-3000
Tucson Medical Center .....	(520) 327-5461
UAMC South Campus (Kino) .....	(520) 874-2000
University Medical Center .....	(520) 694-0111
Southern Arizona VA Medical Center .....	(520) 792-1450

## **HOUSING**

Assisted Living and Adult Care Homes (Call PCOA for lists) .....	(520) 790-7262
Assisted Living Referral Agencies (Call PCOA for list) .....	(520) 790-7262
City of Tucson Public Housing .....	(520) 791-4616
Housing of Interest to Seniors (Call PCOA for list) .....	(520) 790-7262
Marshall Home for Men .....	(520) 624-5193
Retirement Housing (Call PCOA for list) .....	(520) 790-7262
St. Luke's Home .....	(520) 628-1512
Subsidized and Low-income Housing (Call PCOA for list) .....	(520) 790-7262

## **Moving Organizers**

Caring Transitions .....	(520) 262-1495
Organizing Helpers.....	(520) 327-8586
Sharon Harn Organizing .....	(520) 360-1450
Solutions, Etc.....	(520) 256-2121

## **INTERNET RESOURCES**

Access America for Seniors .....	<a href="http://www.seniors.gov">www.seniors.gov</a>
AARP.....	<a href="http://www.aarp.org">www.aarp.org</a>
Arizona Links for Aging and Disability Resources .....	<a href="http://www.azlinks.gov">www.azlinks.gov</a>
Administration on Aging .....	<a href="http://www.aoa.gov">www.aoa.gov</a>
Aging with Dignity.....	<a href="http://www.agingwithdignity.org">www.agingwithdignity.org</a>
American Geriatric Society .....	<a href="http://www.americangeriatrics.org">www.americangeriatrics.org</a>
American Health Care Association .....	<a href="http://www.ahca.org">www.ahca.org</a>
And Thou Shalt Honor (Caregiving) .....	<a href="http://www.andthoushalthonor.org">www.andthoushalthonor.org</a>
Benefits Check-Up.....	<a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a>
Caring Information.....	<a href="http://www.caring.com">www.caring.com</a>
Caregiver Consortium (local caregiver resources) .....	<a href="http://www.arizonacaregivers.org">www.arizonacaregivers.org</a>
Caregivers Handbook .....	<a href="http://www.pcoa.org">www.pcoa.org</a>
Children of Aging Parents .....	<a href="http://www.CAPS4caregivers.org">www.CAPS4caregivers.org</a>
Christopher and Dana Reeves Foundation.....	<a href="http://www.paralysis.org">www.paralysis.org</a>
Empowering Caregivers.....	<a href="http://www.care-givers.com">www.care-givers.com</a>
Family Caregiver Alliance .....	<a href="http://www.caregiver.org">www.caregiver.org</a>
Medicare .....	<a href="http://www.medicare.gov">www.medicare.gov</a>
National Academy on an Aging Society .....	<a href="http://www.agingociety.org">www.agingociety.org</a>
National Family Caregivers Association .....	<a href="http://www.nfcacares.org">www.nfcacares.org</a>
National Institute on Aging (Health Information).....	<a href="http://www.nia.nih.gov">www.nia.nih.gov</a>
National Library of Medicine and Institute of Health .....	<a href="http://www.medlineplus.gov">www.medlineplus.gov</a>
Pima Council on Aging.....	<a href="http://www.pcoa.org">www.pcoa.org</a>
Pima County Housing .....	<a href="http://www.pimacountyhousingsearch.org">www.pimacountyhousingsearch.org</a>
Spinal Cord Injuries Information .....	<a href="http://www.spinal-cord.org">www.spinal-cord.org</a>
Social Security Administration .....	<a href="http://www.ssa.gov">www.ssa.gov</a>
Veterans Administration .....	<a href="http://www.azdvs.gov">www.azdvs.gov</a>

## **Local Hospital Websites**

Carondelet Health Network.....	<a href="http://www.carondelet.org">www.carondelet.org</a>
Northwest Medical Center .....	<a href="http://www.northwestmedicalcenter.com">www.northwestmedicalcenter.com</a>
Oro Valley Hospital.....	<a href="http://www.orovalleyhospital.com">www.orovalleyhospital.com</a>
Tucson Medical Center .....	<a href="http://www.tmcaz.com">www.tmcaz.com</a>
University Medical Center .....	<a href="http://www.azumc.com">www.azumc.com</a>
Southern Arizona VA Medical Center.....	<a href="http://www.tucson.va.gov">www.tucson.va.gov</a>

## **LEGAL SERVICES**

AZ Center for Disability Law.....	(520) 327-9547
Bankruptcy Court Help Line (Volunteer Lawyers).....	(800) 556-9224
Lawyer's Referral Service.....	(520) 623-4625

Pima Council on Aging NAELA Clinic (Elder Law issues) .....	(520) 790-7262
Southern Arizona Legal Aid .....	(520) 623-9465

## **MEDICAL CLINICS**

Catalina Health Center.....	(520) 232-8438
Clinica del Alma .....	(520) 616-6760
East Side Health Center .....	(520) 574-1551
El Rio—Congress.....	(520) 670-3909
El Rio—El Pueblo Health Center .....	(520) 573-0096
El Rio—HIV/AIDS Care .....	(520) 628-8287
El Rio—Homeless Clinic .....	(520) 624-7750
El Rio—Northwest .....	(520) 670-3909
El Rio—Pascua .....	(520) 879-6225
El Rio—Southeast.....	(520) 309-3210
El Rio—Southwest.....	(520) 670-3909
Flowing Wells Family Health Center .....	(520) 887-0800
Freedom Park Health Center .....	(520) 790-8500
Islamic Center of Tucson Free Clinic.....	(520) 329-1428
Keeling Health Center.....	(520) 696-6969
Marana Health Center .....	(520) 682-4111
MHC Primary Care Health Center .....	(520) 616-4948
Ortiz Community Health Center.....	(520) 682-3777
Pima County Health Dept. Senior Wellness—Armory Park .....	(520) 791-4070
Pima County Health Dept. Senior Wellness—El Pueblo.....	(520) 889-0929
Pima County Health Dept. Senior Wellness—El Rio.....	(520) 624-5313
Pima County Health Dept. Senior Wellness—Flowing Wells .....	(520) 887-9786
Pima County Health Dept. Senior Wellness—Northwest .....	(520) 791-3249
Pima County Health Dept. Senior Wellness—Quincie Douglas.....	(520) 791-2509
Pima Partnership Health Center .....	(520) 616-4944
Santa Catalina Health Center .....	(520) 825-6763
St. Elizabeth’s Health Center .....	(520) 628-7871
St. Elizabeth’s Health Center at Ellie Towne .....	(520) 888-0076
St. Elizabeth’s Health Center at Santa Rosa .....	(520) 620-0228
University of Arizona Mobile Health Program.....	(520) 626-0293
West Side Health Center.....	(520) 616-6790
Wilmot Family Health Center.....	(520) 616-6790

## **MEDICARE INFORMATION**

Pima Council on Aging—SHIP .....	(520) 546-2011
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## **NURSING HOMES AND ACUTE REHAB HOSPITALS**

Arizona Department of Health Services (facility lists, complaints) ..	(520) 628-6541
Avalon Southwest Health and Rehabilitation .....	(520) 294-0005
Catalina Care Center .....	(520) 795-9574
Devon Gables Healthcare Center .....	(520) 296-6181
Handmaker Jewish Services for the Aging.....	(520) 881-2323

HCR ManorCare .....	(520) 299-7088
HealthSouth Rehabilitation Hospital of Southern Arizona.....	(520) 742-2800
HealthSouth Rehabilitation Institute of Tucson.....	(520) 322-4405
Kindred Hospital—Tucson .....	(520) 584-4500
Kindred Transitional Care & Rehabilitation Center—NW .....	(520) 297-8311
Kindred Transitional Care & Rehabilitation Center—Tucson .....	(520) 296-6100
La Cañada Care Center.....	(520) 797-1191
La Hacienda at La Posada.....	(520) 648-8388
La Rosa Healthcare .....	(520) 742-6242
Life Care Center of Tucson .....	(520) 575-0900
Mountain View Care Center .....	(520) 797-2600
Park Avenue Healthcare and Rehabilitation .....	(520) 882-6151
Posada del Sol Healthcare Center.....	(520) 733-8700
Pueblo Springs Rehabilitation Center .....	(520) 296-2306
Sabino Canyon Care Center .....	(520) 722-5515
Santa Rita Nursing and Rehabilitation Center .....	(520) 625-0175
Santa Rosa Care Center.....	(520) 795-1610
Sonora at Spenido.....	(520) 878-2600
The Forum at Tucson .....	(520) 325-4800
Villa Maria Care Center .....	(520) 323-9351

## **PROTECTIVE SERVICES (ABUSE AND NEGLECT)**

Adult Protective Services .....	(877) 767-2385
Elder Shelter (Emergency Placement for Older Adults) .....	(520) 566-1919

## **RESPIRE**

Casa de Esperanza (Green Valley).....	(520) 625-2273
Community Services System Central Intake (PCOA) .....	(520) 790-7262
Handmaker’s Adult Day Care .....	(520) 547-6037
Home Health Agencies (call PCOA for list) .....	(520) 792-7262
Interfaith Community Services (in-home volunteers) .....	(520) 297-6049
Senior Moments Adult Day Care (Vail).....	(520) 561-0448
VA Medical Center (Facility Respite Program).....	(520) 792-1450

## **SOCIAL SECURITY INFORMATION**

Social Security Administration .....	(866) 331-7693
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## **SUPPORT GROUPS**

Alzheimer’s—Alzheimer’s Association .....	(520) 322-6601
Alzheimer’s—Clare Bridge of Oro Valley .....	(520) 289-6701
Alzheimer’s—Emeritus at Catalina Foothills .....	(520) 299-7755
Alzheimer’s—Encore Senior Village .....	(520) 320-7505
Alzheimer’s—Friends In Deed (Green Valley) .....	(520) 393-0822
Alzheimer’s—Grace Health & Healing (early stage only).....	(520) 207-6779
Alzheimer’s—Green Valley Community Church .....	(520) 631-5969
Alzheimer’s—Northwest Oro Valley Hospital .....	(520) 544-6109

Alzheimer's—Oro Valley Public Library .....	(520) 575-5549
Alzheimer's—Pima Council on Aging .....	(520) 240-0822
Alzheimer's—Rancho Vistoso/Sun City .....	(520) 825-5741
Alzheimer's—Rincon Congregational United Church .....	(520) 751-1649
Alzheimer's—Santa Catalina Villas .....	(520) 730-3132
Alzheimer's—Valley Presbyterian Church (Green Valley).....	(520) 631-5969
Alzheimer's—Veteran's Hospital.....	(520) 219-9578
Cancer .....	(520) 694-2873
Caregiver Support—Rancho Vistoso Urgent Care.....	(520) 790-0504 ext. 5013
Caregiver Support—Pima Council on Aging .....	(520) 790-0504 ext. 5013
Caregiver Support—St. Philip's Church.....	(520) 790-0504 ext. 5013
Caregiver Support—Student Union Building .....	(520) 790-0504 ext. 5013
Caregiver Support—Tucson Estates .....	(520) 790-0504 ext. 5013
Mental Illness .....	(520) 622-5582
Stroke Support—HealthSouth.....	(520) 322-4409
Stroke Support—HealthSouth.....	(520) 544-5240
Stroke Support—St. Joseph's Hospital (Communication Group) .....	(520) 873-3497
Stroke Support—St. Joseph's Hospital (for caregivers).....	(520) 873-3661
Stroke Support—Tanque Verde Lutheran Church .....	(520) 749-1606
Stroke Support—TMC .....	(520) 324-4345
Stroke Support—U of A .....	(520) 621-7070

## **TRANSPORTATION**

American Pony Express .....	(520) 888-2996
Arizona Senior Transport .....	(520) 573-6221
DVA Transport Network for Veterans.....	(520) 792-1450
Friends In Deed (Green Valley and surrounding area) .....	(520) 625-4424
Handicar.....	(520) 881-3391
Interfaith Community Services .....	(520) 297-6049
Mike's Helping Hand.....	(520) 207-3917
Neighbors Care Alliance.....	(520) 790-0504
Rural Transportation (Sun Shuttle).....	(520) 792-9222
Sun Tran .....	(520) 792-9222
Sun Van .....	(520) 798-1000
TRS Transportation .....	(520) 870-5306
Veterans Patient Travel .....	(520) 792-1450

## **UTILITY DISCOUNTS**

Safelink Wireless® (Free Cell Phones and minutes).....	(800) 723-3546
Southwest Gas.....	(877) 860-6020
Telephone Assistance Program .....	(520) 243-6730
Trash Discount.....	(520) 791-3171
Tucson Electric Power .....	(520) 623-7711
Tucson Water Zanjero Program .....	(520) 791-3242

## VISION RESOURCES

American Foundation for the Blind .....	(800) 232-5463
Desert Low Vision Services .....	(520) 881-3439
EyeCare America's Senior EyeCare Program.....	(877) 887-6327
Foundation for Fighting Blindness .....	(800) 683-5555
Lions Sight and Hearing Foundation .....	(800) 246-9771
National Federation of the Blind in Arizona .....	(520) 733-5670
SAAVI .....	(520) 795-1331
Sun Sounds .....	(520) 296-2400
Tucson Society of the Blind.....	(520) 886-1913

## VOLUNTEER CAREGIVER ASSISTANCE

Catalina Community Services (Catalina area) .....	(520) 825-0009
Interfaith Community Services .....	(520) 297-6049
Neighbors Care Alliance (through Pima Council on Aging).....	(520) 790-7262
Valley Assistance Services (Green Valley and surrounding area)....	(520) 625-5966

## VOLUNTEER OPPORTUNITIES

Catalina Community Services (Catalina area) .....	(520) 825-0009
Interfaith Community Services .....	(520) 297-6049
Neighbors Care Alliance (through Pima Council on Aging).....	(520) 790-7262
Valley Assistance Services (Green Valley) .....	(520) 625-5966
Pima Council on Aging Volunteer Program .....	(520) 546-2002
Volunteer Southern Arizona .....	(520) 881-3300

**For more information regarding senior services and resources, please call the Pima Council on Aging Help Line: (520) 790-7262**

**This guide attempts to list the most commonly requested services, but it is not all-inclusive. The information listed is updated periodically and may not be current. Pima Council on Aging assumes no responsibility by providing this information. This guide is a community service and not an endorsement of any organization listed.**