

**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](http://www.seago.org) (click on Area Agency on Aging)  
E-mail: [aging@seago.org](mailto: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](mailto: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](http://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](http://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](http://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/](http://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](http://www.safelinkwireless.com)

Provides information on free cell phones for low income individuals.

**SILVER ALERT: 602- 223-2212**

**E-Mail:** [cmoore@asdps.gov](mailto:cmoore@asdps.gov)

Displays qualified alerts on local and state highway marqueees 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](http://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.

<b>ALZHEIMER'S/DEMENTIA</b>
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### **ALZHEIMER'S ASSOCIATION**

**Website: [www.alz.org](http://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](http://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](mailto: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)

<b>AREA AGENCY ON AGING</b>
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**SEAGO AREA AGENCY ON AGING**

**Website: [www.seago.org](http://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.

<b>ASSISTED LIVING</b>
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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](http://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.12<sup>th</sup> 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. 14<sup>th</sup> 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](http://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](http://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. 11<sup>th</sup> 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](http://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](http://www.ssa.gov)**

**1-800-772-1213 or**

**Douglas: 1-877-480-4858**

**600 E. 15<sup>th</sup> 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](http://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](http://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](http://www.caregiver.org) or****Website: [www.caregiveraction.org](http://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](http://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](http://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](http://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](http://www.cchci.org)****Elfrida: 520-642-2222****Canyon Vista Medical Center (formerly SIERRA VISTA REGIONAL HEALTH CENTER)****Website: [www.canyonvistamedicalcenter.com](http://www.canyonvistamedicalcenter.com)****Sierra Vista: 520-263-2000****Wellness Depot: 520-458-8210****DIALYSIS CENTERS****Davita Dialysis****Website: [www.davita.com/SierraVista](http://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](http://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](http://www.aarp.org)**

## **NATURAL GAS DISCOUNT**

**Southwest Gas Company: 1-877- 860-6020**

**Website: [www.swgas.com](http://www.swgas.com)**

May help low income individuals with winter heating discount.

## **PROPERTY TAX EXEMPTIONS**

**Website: [www.cochise.az.gov/assessor](http://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](http://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](http://www.safelinkwireless.com)**

For information on free cell phones for low income individuals.

## **SENIOR PROPERTY VALUATION FREEZE**

**Website: [www.cochise.az.gov/assessor](http://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](http://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](http://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.

<b>FUNERAL HOMES/GRIEF SUPPORT</b>
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**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](http://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](http://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](http://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](http://www.homehealthcareagencies.com)

### ACCENTCARE: 1-888-883-7448

Serves Cochise County.

### BAYADA HOME HEALTH CARE

**Website:** [www.bayada.com](http://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](http://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](http://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](http://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](http://www.valorhospicecare.com)**

**Sierra Vista: 458-9450**

Serve all of Cochise County.

<b>HOSPITALS</b>
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**BENSON HOSPITAL**

**Website:** [www.bensonhospital.com](http://www.bensonhospital.com)

**Benson:** 520-586-2261

**CANYON VISTA MEDICAL CENTER**

**Website:** [www.canyonvistamedicalcenter.com](http://www.canyonvistamedicalcenter.com)

**Sierra Vista:** 520-263-2000

**COPPER QUEEN COMMUNITY HOSPITAL**

**Website:** [www.cqch.org](http://www.cqch.org)

**Bisbee:** 520-432-5383

**NORTHERN COCHISE COMMUNITY HOSPITAL**

**Website:** [www.ncch.com](http://www.ncch.com)

**Willcox:** 520-384-3541

<b>HOUSING</b>
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**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](http://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](http://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](http://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](http://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 18<sup>th</sup> Street and  
1260 16<sup>th</sup> Street

**Coronado Courts**  
**520-364-4637**  
 1190 East 18<sup>th</sup> Street

**Douglas Villa Apartments**  
**520-364-3964**  
 2700 15<sup>th</sup> Street

**Peppertree Apartments**  
**520-364-8927**  
 2540 East 15<sup>th</sup> Street

**Summer Crossing Apartments**  
**520-364-5072**  
 1301 Florida Avenue

**Sundance Apartments**  
**520-805-9611**  
 2701 6<sup>th</sup> 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.

<b>INFORMATION AND ASSISTANCE</b>
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**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](http://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](http://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](http://www.health.harvard.edu)**

Information and advice for a healthier life.

**NATIONAL HISPANIC COUNCIL ON AGING**

**Website: [www.nhcoa.org](http://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](http://www.nlm.nih.gov)**

**Website: [www.medlineplus.gov](http://www.medlineplus.gov)**

**Website: [www.medlineplus.gov/spanish](http://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](http://www.safeaging.org)**

Library of safety information for seniors.

**SOCIETY FOR SAFE TRAVEL AND HOSPITALITY****Website: [www.sath.org](http://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](http://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](http://www.azlawhelp.org) or****Website: [www.sazlegalaid.org](http://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](http://www.healthcare.gov)

[www.cuidadoesalud.gov/marketplace](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.bbb.org/tucson)**

**Sierra Vista: 520-732-9823**

Consumer information and complaints.

## **DO NOT CALL**

**Website: [www.donotcall.gov](http://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](http://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 9<sup>th</sup> 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 9<sup>th</sup> Street  
Douglas, AZ 85607

**Huachuca City: 520-456-3059**

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

**Pearce: 520-826-4003**

Cochise Senior Center  
1216 Treasure Road  
Pearce, AZ 85625

**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

## 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

**ARIZONA WORLD 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](http://www.GOShuttleAZ.com)**

Transportation to Tucson airport, train and bus terminals, and 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.

<b>VETERANS</b>
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**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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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](http://www.aa-cochisecounty.org)

Hotline for Alcoholics Anonymous meetings.

[www.aarp.org](http://www.aarp.org)

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

[www.altcs.com](http://www.altcs.com)

Arizona Long Term Care System

[www.azag.gov](http://www.azag.gov)

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

[www.azahcccs.gov](http://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](http://www.alz.org)

Information for caregivers and education about Alzheimer's

[www.arizonaschildren.org](http://www.arizonaschildren.org)

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

[www.zaahccs.gov](http://www.zaahccs.gov)

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

[www.azapda.org](http://www.azapda.org)

Arizona Chapter of American Parkinson Disease Association

[www.azdes.gov](http://www.azdes.gov)

Arizona Department of Economic Security

[www.azdes.gov/reportadultabuse](http://www.azdes.gov/reportadultabuse)

Adult Protective Service's site for reporting abuse online.

[www.azhomicidesurvivor.org](http://www.azhomicidesurvivor.org)

Grief Support for homicide survivors.

[www.azlat.net](http://www.azlat.net)

Helps provide loans for purchasing assistive technology

[www.azlawhelp.org](http://www.azlawhelp.org)

Helps to solve legal problems for low-income individuals.

[www.bayada.com](http://www.bayada.com)

Licensed Home Healthcare Services

[www.bbb.org/tucson/](http://www.bbb.org/tucson/)

Better Business Bureau of Southern Arizona

[www.bensonhospital.com](http://www.bensonhospital.com)

Benson Hospital

[www.bestcompany.com/medical-alert-systems/](http://www.bestcompany.com/medical-alert-systems/)

Identifies and compares Emergency Alert Systems

[www.brightstarcare.com](http://www.brightstarcare.com)

Licensed Home Healthcare Agency

[www.canyonvistamedicalcenter.com](http://www.canyonvistamedicalcenter.com)

Canyon Vista Medical Center and Sierra Vista Wellness Depot

[www.caregiver.org](http://www.caregiver.org)

Identifies resources for caregivers.

[www.caregiveraction.org](http://www.caregiveraction.org)

Provides resources for caregivers in different situations.

[www.caregiveraction.org](http://www.caregiveraction.org)

Provides resources for caregivers in different situations.

[www.cdc.gov](http://www.cdc.gov)

Center for Disease Control.

[www.cenpaticointegratedcareaz.com](http://www.cenpaticointegratedcareaz.com)

Information about behavioral health providers.

[www.cchci.org](http://www.cchci.org)

Chiricahua health clinic provides sliding fee scale programs.

[www.cochise.az.gov](http://www.cochise.az.gov)

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

[www.cochise.az.gov/assessor](http://www.cochise.az.gov/assessor)

Senior property valuation freeze.

[www.cochise.az.gov/health-and-social-services/public-fiduciary](http://www.cochise.az.gov/health-and-social-services/public-fiduciary)

Cochise County Public Fiduciary

[www.cochise.az.gov/sheriff/home](http://www.cochise.az.gov/sheriff/home)

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

[www.cochise.edu/cll/online-classes](http://www.cochise.edu/cll/online-classes)

Center for Lifelong Learning at Cochise College.

[www.cqch.org](http://www.cqch.org)

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

[www.cuidadoesalad.gov/marketplace](http://www.cuidadoesalad.gov/marketplace)

Apply for the Marketplace government health insurance options in Spanish.

[www.davita.com/SierraVista](http://www.davita.com/SierraVista)

Davita Dialysis Center

[www.donotcall.gov](http://www.donotcall.gov)

Sign up for blocking phone sales pitches.

[www.dor.gov](http://www.dor.gov)

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

[www.eldercare.gov](http://www.eldercare.gov)

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

[www.GoShuttleAZ.com](http://www.GoShuttleAZ.com)

Transportation to Tucson airport, train and bus terminals.

[www.habitatsvaz.org](http://www.habitatsvaz.org)

Habitat for Humanity for Sierra Vista.

[www.healthcare.gov](http://www.healthcare.gov)

To apply for the Marketplace of health insurance options.

[www.healthearizonaplus.gov](http://www.healthearizonaplus.gov)

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

[www.health.harvard.edu](http://www.health.harvard.edu)

Health information. Advise for a healthier life.

[www.homehealthcareagencies.com](http://www.homehealthcareagencies.com)

Information on home healthcare options and agencies.

[www.hospicenet.org](http://www.hospicenet.org)

For patients and families facing a life threatening illness.

[www.irs.gov](http://www.irs.gov)

Earned Income Credit

[www.medicalalert.org](http://www.medicalalert.org)

Medical alert and safe return line.

[www.medicare.gov](http://www.medicare.gov)

Information about Medicare.

[www.medlineplus.gov](http://www.medlineplus.gov) or [www.medlineplus.gov/spanish](http://www.medlineplus.gov/spanish) (for Spanish)

Health information from the National Library of Medicine.

[www.moneymanagement.org](http://www.moneymanagement.org)

Provides credit counselling and credit education classes at not cost.

[www.nami.org](http://www.nami.org)

National Alliance on Mental Illness

[www.ncch.com](http://www.ncch.com)

Northern Cochise Community Hospital

[www.nfcacares.org](http://www.nfcacares.org)

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

[www.nhcoa.org](http://www.nhcoa.org)

National Hispanic Council on Aging.

[www.redcross.org](http://www.redcross.org)

American Red Cross

[www.saavi.us](http://www.saavi.us)

Southern Arizona Association for the Visually Impaired.

[www.safeaging.org](http://www.safeaging.org)

Library of safety information for seniors and caregivers.

[www.safelinkwireless.com](http://www.safelinkwireless.com)

Information on free cell phone for low income individuals

[www.salvationarmy.com](http://www.salvationarmy.com)

Salvation Army

[www.sath.org](http://www.sath.org)

Provides information for accessible travel and hospitality.

[www.sazlegalaid.org](http://www.sazlegalaid.org)

Southern Arizona Legal Aid, Inc. (SALA)

[www.seago.org](http://www.seago.org)

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

[www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

Mountain View Gardens independent living

[www.sunsounds.org](http://www.sunsounds.org)

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

[www.ssa.gov](http://www.ssa.gov)

Social Security Administration

[www.swfhc.com](http://www.swfhc.com)

Southwest Fair Housing Council

[www.swgas.com](http://www.swgas.com)

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

[www.va.gov](http://www.va.gov)

U.S. Department of Veteran's Affairs

[www.valorhospicecare.com](http://www.valorhospicecare.com)

Hospice care servicing all of Cochise County

[www.vicapsv.org](http://www.vicapsv.org)

Sierra Vista Volunteer Interfaith Caregiver Program