

**DIRECTORY OF ELDER RESOURCES**  
**FOR**  
**COCHISE COUNTY**

Revised July 12, 2010



**SEAGO**

**AREA AGENCY ON AGING, REGION VI**

**300 COLLINS ROAD**

**BISBEE, AZ 85603**

**(520) 432-5301**

Web site: [www.seago.org/aaa](http://www.seago.org/aaa)

e-mail: [aging@seago.org](mailto:aging@seago.org)

Contact Grace Murcio with your questions about Medicare at 520-432-5301 ext. 205 or [gmurcio@seago.org](mailto:gmurcio@seago.org).



## **DIRECTORY OF ELDER RESOURCES IN**

### **Cochise County**

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

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## ABUSE, NEGLECT, AND EXPLOITATION

### ADULT PROTECTIVE SERVICES (APS)

**1-877-SOS-ADULT or**

**1-877-767-2385 (Toll free)**

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

### OMBUDSMAN PROGRAM

**Bisbee/Douglas/Sierra Vista: 432-5301**

**Benson/Willcox: (520) 287-3408**

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

### SHELTERS

**Douglas**

**House of Hope: 364-2465**

**Sierra Vista**

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

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

**Bisbee**

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

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

**Coalition for the Homeless: 432-4660**

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

**Sierra Vista**

**Good Neighbor Alliance: 439-0776**

Provides shelter for men and families with children.

**VICTIM WITNESS: 432-8730**

May provide support/assistance to victims of crime.

## ADAPTIVE AIDS AND DEVICES/LOAN CLOSETS

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

### INDEPENDENT LIVING REHABILITATION SERVICES

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

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

### EMERGENCY ALERT SYSTEMS

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

**ALERT ONE: 1-866-322-8202**

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

A national company offering 24-hour emergency response systems

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

**LIFELINE EMERGENCY DEVICE: 1-520-298-4448**

information for your community.

Hospital social workers can provide

**PERSONAL ASSISTANCE VOICE DIALER**

**1-800-675-3044**

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

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

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

**Benson**

American Legion: **586-2654**

**Sierra Vista**

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

**Bisbee**

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

The Elks Lodge: **458-2065**

Bisbee Senior Center: **432-2167**

**Tombstone**

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

**Tucson**

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

**MEDICAL EQUIPMENT (FOR SALE)**

**Advantage Med. and Oxygen Supply 458-7330**

**Millenium Med.Supply 1-877-404-0652**

**Sierra Medical Supply 452-3864**

**Lincare, Inc. 586-7911**

**Preferred Homecare 459-1725**

**Apria Healthcare 452-1382**

**ALZHEIMER'S/DEMENTIA**

**ALZHEIMER'S ASSOCIATION**

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

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

**SAFE RETURN**

**1-888-572-8566**

To register someone with dementia.

**1-800-572-1122**

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

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

**AREA AGENCY ON AGING**

**SEAGO AREA AGENCY ON AGING**

**Bisbee: (520) 432-5301**

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

## ASSISTED LIVING

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

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

### **OMBUDSMAN PROGRAM**

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

### **ASSISTED LIVING FACILITIES**

#### **Benson**

##### **AZ SKYLINE ASSISTED LIVING HOME**

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

##### **J-SIX ASSISTED LIVING HOME**

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

#### **Bisbee**

##### **VALLEY VISTA ADULT FOSTER CARE HOME**

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

#### **Douglas**

##### **CYPRESS INN**

**364-7232**  
757 12<sup>th</sup> Street  
Douglas, AZ 85607

#### **Sierra Vista Area**

##### **CASA de las MONTANAS**

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

#### **Sierra Vista Area**

##### **GOLDEN OAKS ANNEX**

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

##### **GARDEN TERRACE ASSISTED LIVING**

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

##### **GOLDEN OAKS CANYON**

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

##### **HIDDEN GARDENS ASSISTED LIVING**

**515-0394**  
5005 Corte Vista  
Sierra Vista, AZ 85635

##### **GOLDEN OAKS RANCH**

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

**HUMMINGBIRD HOUSE**

**226-4849**

1448 Hummingbird Lane  
Sierra Vista, AZ 85635

**OUR HOUSE OF SIERRA VISTA**

**520-458-1842**

148 e. Mallard Circle  
Sierra Vista, AZ 85635

**PRESTIGE ASSISTED LIVING**

**452-1402**

4400 Avenida Cochise  
Sierra Vista, AZ 85635

**Cochise**

**CASA DE ESPERANZA**

**520-826-4065**

424 West Kaibab Way  
Cochise, AZ 85606

**RAINBOW RIDGE**

**520-803-0962**

5138 S. Santa Ana Avenue  
Sierra Vista, AZ 85650

**VILLA VISTA ASSISTED LIVING**

**520-452-1600**

4255 Calle Vista  
Sierra Vista, AZ 85635

**WINDMILL RANCH**

**520-803-1234**

5605 E. Labrador Lane  
Hereford, AZ 85615

**Willcox**

**CIRCLE B CENTRAL ADULT CARE HOME**

**520-384-4855**

418 North Austin  
Willcox, AZ 85643

**CIRCLE B RANCH ADULT CARE HOME**

**520-384-0077**

465 East Circle B Drive  
Willcox, AZ 85643

**BENEFITS**

**SOCIAL SECURITY ADMINISTRATION**

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

**Douglas: 364-1241**

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

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

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

## CAREGIVER/CASE MANAGEMENT

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

### AREA AGENCY ON AGING (SEAGO)

**Bisbee: (520) 432-5301**

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

### EVALUATION/CASE MANAGEMENT

**Area Agency on Aging Case Management**

**Cochise Aging and Social Services**

**Benson: 586-8191**

**Huachuca City/Sierra Vista: 803-3950**

**Bisbee/Elfrida: 432-9683**

**Willcox, Tombstone: 586-8192**

**Douglas: 805-5631**

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

### FAMILY CAREGIVER PROGRAM

**Area Agency on Aging Case Management**

**Cochise Aging and Social Services**

**Bisbee: 432-9681**

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

### IN-HOME RESPITE

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

### SENIOR HOUSING RESULTS

**Tucson: 520-720-6217**

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

### THOROUGH CARE HOME HEALTH

**Sierra Vista: 803-1234**

### VOLUNTEER INTERFAITH CAREGIVER PROGRAM (VICaP)

**Benson: 586-2387**

**Bisbee: 432-5280**

**Sierra Vista: 459-8146**

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

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

## CREDIT PROBLEMS

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

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

## DENTAL

Reduced or sliding fee scale programs.

**CHIRICAHUA CLINIC - Elfrida: 642-2222**

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

## DIABETES

### DIABETES EDUCATION

**Chiricahua Community Health Center**  
**Elfrida: 642-2222**

**Sierra Vista Regional Health Center**  
**Sierra Vista: 458-0136**

### MEDICAL NUTRITION THERAPY

**1-800-432-4040**

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

### TRANSPORTATION TO DIALYSIS

**Douglas: 364-3292 or 364-4474**

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

### DIALYSIS CENTERS

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

**Douglas Dialysis Clinic, Inc.**  
**Douglas: 364-2204**

## DISCOUNTS, REFUNDS, AND TAXES

### EARNED INCOME CREDIT

**1-800-829-1040**

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

### INCOME TAX PREPARATION HELP

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

### NATURAL GAS DISCOUNT

**Southwest Gas Company**

**459-1702 or 1-800-428-7324**

May help low income individuals with winter heating discount.

**PROPERTY TAX EXEMPTIONS**

**Bisbee: 432-8650 County Assessor**

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

**PROPERTY TAX REFUNDS**

**1-800-352-4090**

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

**SENIOR PROPERTY VALUATION FREEZE**

**Bisbee: 432-8650 County Assessor**

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

**SOUTHEASTERN ARIZONA COMMUNITY ACTION PROGRAM**

**1-800-293-1144**

**Bisbee: 432-5401**

**Willcox: 384-3120**

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

**TELEPHONE DISCOUNTS**

**SEACAP: 1-800-293-1144**

**Bisbee: 432-5401**

**Willcox: 384-3120**

**VICaP: 459-8146**

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

**VEHICLE REGISTRATION DISCOUNTS**

**Bisbee: 432-8650 County Assessor**

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

**THRIFT STORES**

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

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

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

Your Thrift Store is in **Bisbee**.

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

**Fort Huachuca** Community Thrift Store is on base.

Second Whistle is in **Willcox**.

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

**FOOD**

**CONGREGATE MEALS SITES FOR ELDERLY**

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

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

**Benson: 586-2303                      Douglas: 364-1291**  
**Bisbee: 432-5415                      Sierra Vista: 459-6901**

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

**HOME DELIVERED MEALS**

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

**FOOD BANKS, PANTRIES, AND COMMODITY DISTRIBUTION SITES**

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

**Benson**

Benson Food Bank: **586-7916**  
Cochise Food Bank: **586-3190\***

**Bisbee**

Loaves and Fishes Food Bank: **432-3872**  
Bisbee Coalition for the Homeless: **432-7839\***  
St. Patrick’s Church **432-5009**

**Bowie**

Bowie Food Bank: **847-2335**

**Douglas**

Douglas Area Food Bank: **364-4170\***  
Maranatha Church: **805-0259\***  
St. Vincent de Paul **364-7573**

**Dragoon**

**Commodity Distribution only: 586-0165\*\***

**Elfrida**

The Food Basket **928-210-7303**  
**928-210-8241**

**Huachuca City**

Food Bank: **456-3059\***

**Willcox**

Southeast Ariz. Food Bank: **384-4433\***  
Willcox Food Pantry **384-2114**

**Pearce**

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

**San Simon**

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

**Sierra Vista**

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

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

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

**Sierra Vista**

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

**St. David**

Food Bank: **720-4755**

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

**Tombstone**

Food Bank: **457-3548\***

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

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

## **FOOD CARE**

**Tombstone Food Program: 457-3548**

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

**Douglas Food Bank: 364-4170**

Commodity supplemental food program for certain groups, including seniors.

## **WILLCOX**

**Operation Blessing: 384-5876**

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

**Southeast Arizona Food Bank: 384-4433**

Provides a lunch Monday-Thursday. Call for information.

## **GRANDPARENTS SERVICES**

### **Child & Family Resources:**

Provides limited financial assistance to grandparents raising grandchildren.

**Sierra Vista Branch: (520) 458-7348**

**Nogales Branch: (520) 281-9303**

**Safford Branch: (928) 428-7231**

## **GUARDIAN, CONSERVATOR SERVICES**

### **COCHISE COUNTY PUBLIC FIDUCIARY**

**432-9660** (Serves entire county.)

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

## **HEARING**

### **ARIZONA COMMISSION FOR THE DEAF AND HARD OF HEARING**

**1-800-352-8161 V/TTY**

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

### **COMMUNITY OUTREACH PROGRAM FOR THE DEAF**

**(520) 623-0344 (Interpreter 24 hours)**

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

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

May assist low-income individuals with hearing aids.

## HOME HEALTH

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

### **AMERICAN GERIATRICS ENTERPRISES**

**(520) 459-9493**

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

### **ARISTOCARE**

**Sierra Vista: 439-9359**

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

### **BRIGHT STAR**

**Sierra Vista: 335-6680**

Serves Green Valley and all Cochise County, not Medicare certified.

### **COPPER VALLEY HOME HEALTH**

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

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

### **LEGACY HOME HEALTH AGENCY**

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

### **MT. GRAHAM HOME HEALTH**

**1-800-664-3509**

Serves the northern Cochise County.

### **THOROUGH CARE HOME HEALTH**

**SIERRA VISTA: 803-1234**

Not Medicare certified, servicing Central and Western Cochise County

## HOSPICE SERVICES

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

### **CASA DE LA PAZ HOSPICE**

**1-800-880-0088**

**Sierra Vista: 417-3080**

Serves Sierra Vista and surrounding areas.

### **CHARLES W. LEIGHTON, JR.**

**HOSPICE: 384-5879**

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

## COMPASSION & CHOICES

**1-800-247-7421**

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

### TUCSON MEDICAL CTR. HOSPICE

**324-2438 or 1-800-362-7004**

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

### VETERANS ADMIN. HOSPITAL

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

In-patient hospice.

### VALOR HOSPICE CARE

**Sierra Vista: 458-9450**

Serves all Cochise county.

### VISTA CARE HOSPICE

**888-881-5448**

Serves Benson Area

## HOSPITALS

**BENSON HOSPITAL – 586-2261**

**BISBEE: COPPER QUEEN HOSPITAL - 432-5383**

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

**SIERRA VISTA REGIONAL HEALTH CENTER – 458-4641**

**WILLCOX: NORTHERN COCHISE COMMUNITY HOSPITAL – 384-3541**

## HOUSING

### COCHISE COUNTY HOUSING AUTH.

**Bisbee: 432-8881** (Serves entire county.)

Subsidized housing (HUD).

### DOUGLAS HOUSING AUTHORITY

**364-8458**

Subsidized housing (HUD).

### HABITAT FOR HUMANITY

**Sierra Vista: 378-6966**

Assists low income individuals to build and finance homes.

### REBUILDING TOGETHER/CHRISTMAS IN APRIL

**Bisbee: 432-3721**

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

### REVERSE MORTGAGE PROGRAM

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

**SEAGO: (520) 432-5301** Countywide

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

### RURAL DEVELOPMENT: 384-3529 (Willcox)

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

## **SOUTHWEST FAIR HOUSING COUNCIL**

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

Takes complaints for potential housing discrimination situations.

## **INDEPENDENT LIVING**

### **Sierra Vista**

#### **Mountain View Gardens**

**459-1898**

3477 Rodeo Drive

Sierra Vista, AZ 85635

Provides activities, housekeeping, meals and transportation

## **LOW INCOME or, SUBSIDIZED HOUSING**

### **Benson**

#### **Cochise Apartments**

**586-9280**

650 West Union Street

Benson, AZ 85602

#### **La Habra Apartments**

**526-4210**

656 S. Hwy 80

Benson, AZ 85602

#### **Villa del Sol**

**586-3276**

750 West Union.

Benson, AZ 85602

### **Bisbee**

#### **Copper City Villas**

**432-7963**

508 Melody Lane

Bisbee, AZ 85603

#### **San Jose Triangle**

**432-2910**

100 Navajo Drive

Bisbee, AZ 85603

#### **Peppertree Apartments**

**364-8927**

2540 15<sup>th</sup> Street

Douglas, AZ 85607

#### **Ramona Morales**

**586-2139**

550 West Benson

Benson, AZ 85602

#### **San Pedro Terrace Apts.**

**528-9144**

351 E. Pearl St.

Benson, AZ 85602

#### **Esperanza Senior Apartments**

**432-7669**

100 Esperanza Lane

Bisbee, AZ 85603

### **Douglas**

#### **Casa de Oro**

**805-0100**

409 North Christine Avenue

Douglas, AZ 85607

#### **Douglas Villa Apartments**

**364-3964**

2700 15<sup>th</sup> Street

Douglas, AZ 85607

**Cochise Canyon Apartments**

**364-6338**

1620 Apache Drive  
Douglas, AZ 85607

**Huachuca City**

**Huachuca Triangle Apartments**

**456-1155**

712 Gonzales Blvd.  
Huachuca City, AZ 85616

**Sierra Vista**

**Bonita Vista Apartments**

**459-3167**

570 South Coronado  
Sierra Vista, AZ 85635

**Crystal Creek Apts.**

**452-9815**

4500 Campus Drive  
Sierra Vista, AZ 85635

**Garden Plaza Apts.**

**458-3135**

100 Golf Links Road  
Sierra Vista, AZ 85635

**Mountain View Apartments**

**458-4226**

77 East Camino Real  
Sierra Vista, AZ 85635

**Willcox**

**Cochise Village Apartments**

**384-4884**

210 South Bisbee Avenue  
Willcox, AZ 85643

**Willcox Senior Apartments**

**384-4045**

457 West Scott  
Willcox, AZ 85643

**Sundance Apartments**

**805-9611**

2701 6<sup>th</sup> Street  
Douglas, AZ 85607

**Northgate Apartments**

**456-1234**

200 Howard Street  
Huachuca City, AZ 85616

**Suncrest Apartments**

**439-4904**

105 Toscanini  
Sierra Vista, AZ 85635

**San Pedro Apartments**

**459-4069**

4600 Charleston Road  
Sierra Vista, AZ 85635

**Falcon Court Apts.**

**459-3071**

355 North 7<sup>th</sup> Street  
Sierra Vista, AZ 85635

**Tombstone**

**Casa Loma Triangle Housing**

**457-3733**

20 West Allen Street  
Tombstone, AZ 85638

**Willcox Villa Apartments**

**384-3436**

204 Bisbee Avenue  
Willcox, AZ 85643

**INFORMATION AND REFERRAL**

**COCHISEABILITY**

**Sierra Vista: 417-0901**

Provides information and referral for individuals who have disabilities.

**ELDERCARE LOCATOR: 1-800-677-1116**

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

**INFORMATION AND REFERRAL (I & R), INC.**

**1-800-362-3474**

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

**SVRHC WELLNESS DEPOT**

**SIERRA VISTA: 459-8210**

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

**IN-HOME SUPPORTIVE SERVICES**

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

**ACCENTCARE**

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

Serves Cochise County.

**ARISTOCARE**

**Sierra Vista: 439-9359**

Serves Cochise County

**BRIGHT STAR**

**Sierra Vista: 335-6680**

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

**COMFORT KEEPERS**

**Sierra Vista: 417-2000**

Serves Cochise County

**HEART FELT HELP**

**Huachuca City: 456-9071**

Serves Cochise County except the Willcox area.

**HELPING HANDS**

**Sierra Vista: 458-4213**

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

**HOME HEALTHCARE SPECIALIST CNA**

**Sierra Vista: 378-2304 or cell 678-4545**

Serves Sierra Vista and Hereford

**LUTHERAN SOCIAL SERVICES OF THE SOUTHWEST IN HOME SERVICES**

**Sierra Vista: 1-800-763-9260**

Serves Cochise County

**MINIBOOKMOBILE SERVICE**

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

Serves all Cochise County

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

**PERSONAL SHOPPING**

**Sierra Vista: 417-3153**

Serves Sierra Vista

**RUOK IN WILLCOX**

**Willcox: 384-4673**

Wellness checks for residents within Willcox city limits.

**TELECARE**

**Sierra Vista: 417-3153**

Free daily call-in service for citizens.

**SONIA CORDOVA (SMART LOOK**

**SALON & NAIL SPA):**

**Sierra Vista: 508-1318**

Licensed hairstylist will do hair care in your home.

**SUNLIFE HOME CARE, INC.**

**(520) 577-1803**

Serves all of Cochise and Pima Counties.

**THOROUGH CARE HOME HEALTH**

**Sierra Vista: 803-1234**

Serves Cochise County except Wilcox and Douglas

**LEGAL SERVICES**

**ARIZONA CENTER FOR DISABILITY LAW**

**1-800-922-1447**

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

**SOUTHERN ARIZONA LEGAL AID (SALA)**

**Tucson: 1-800-248-6789**

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

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

**VICTIM WITNESS**

**432-8730**

May provide support/assistance to victims of crime.

**MEDICAL INSURANCE**

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

## **ARIZONA HEALTH CARE COST CONTAINMENT SYSTEM (AHCCCS)**

**Benson: 586-2303**

**Douglas: 364-1291**

**Willcox: 384-3583**

**Bisbee: 432-5415**

**Sierra Vista: 459-6901**

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

## **ARIZONA LONG TERM CARE SYSTEM**

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

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

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

## **MEDICAL INSURANCE COUNSELING and MEDICARE SUPPLEMENT POLICY INFORMATION**

**SEAGO: 432-5301**

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

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

## **MEDICARE**

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

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

For questions, information, or problems regarding a claim.

**1-800-633-4227**

To sign up for a Medicare Part D plan, use Planfinder on the Medicare Web site [www.medicare.com](http://www.medicare.com), or contact SEAGO at 432-5301.

## **MEDICARE SAVINGS PROGRAM (QMB/SLMB/QI)**

**459-7050 or 1-800-654-8713**

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

## **V.A. HEALTH CARE SYSTEM**

**1-888-950-4700 or 458-7144**

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

## **MEDICAL SERVICES**

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

**Satellite Clinics: Bisbee: 432-3309**

**Douglas: 364-3285**

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

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

## **COCHISE COUNTY HEALTH DEPARTMENT**

**Benson: 586-8200**

**Douglas: 805-5600**

**Willcox: 384-4662**

**Bisbee: 432-9400**

**Sierra Vista: 803-3900**

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

## **COPPER QUEEN HOSPITAL CLINICS**

Sliding fee scale for services for people without insurance

**Bisbee: 432-2042**

**Douglas: 364-7659**

**Palominas: 366-0333**

## **FOX INFUSION**

**Tucson: 520-795-0111**

Therapies: Intravenous, Injection,  
Enteral, Inhalation

## **HILL-BURTON ACT**

**1-800-638-0742**

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

## **V.A. HEALTH CARE SYSTEM**

**1-800-470-8262**

## **V CARE FAMILY MEDICINE**

**Sierra Vista: 439-0115**

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

# **MEDICATIONS**

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

## **MEDICARE PART D**

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

**SEAGO at 432-5301**

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

## **STATE OF ARIZONA COPPER RX PROGRAM**

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

## STATE HEALTH INSURANCE ASSISTANCE PROGRAM

1-800-432-4040

### SEAGO

432-5301

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

## MENTAL HEALTH SERVICES

### ALCOHOLICS ANONYMOUS

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

**Web Site:** [www.aa-cochisecounty.org](http://www.aa-cochisecounty.org), call for meeting time and place nearest to you.

Support groups for recovering alcoholics and their families.

### VERHELST RECOVERY HOUSE

432-3764

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

### SOUTHEAST ARIZONA BEHAVIORAL HEALTH SERVICES (SEABHS)

**Sierra Vista:** 458-3932

**Douglas:** 364-1286

**Bisbee:** 432-7751

**Benson:** 586-7989

**Willcox:** 384-2521

**Psychiatric Health Facility:** 586-7737

**After Hours Emergency:** 1-800-586-9161

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

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

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

### The Comfort Zone

**Sierra Vista:** 459-2624

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

### Mobile Outreach Recovery Empowerment (MORE) – Call: 559-5460

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

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

## NURSING HOMES

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

**OFFICE OF LONG TERM CARE LICENSURE  
(520) 628-6965**

**OMBUDSMAN PROGRAM**

**Bisbee/Douglas/Sierra Vista: 432-5301**

**Benson/Willcox: (520) 287-3408**

**Benson: QUIBURI MISSION  
SAMARITAN CENTER - 586-2372  
850 South Highway 80  
Benson, AZ 85602**

**LIFE CARE CENTER  
458-1050  
2305 East Wilcox Drive  
Sierra Vista, AZ 85635**

**Douglas: SOLANA AT DOUGLAS  
364-7937  
1400 North San Antonio  
Douglas, AZ 85607**

**Willcox: NORTHERN COCHISE  
NURSING HOME  
384-3541  
901 West Rex Allen Drive  
Willcox, AZ 85643**

**Sierra Vista: HACIENDA REHABILITATION AND CARE CENTER 459-4900  
660 Coronado Drive  
Sierra Vista, AZ 85635**

**POLICE**

**EMERGENCIAS 911**

**BENSON POLICE DEPARTMENT: (520) 586-2211**

**BISBEE POLICE DEPARTMENT: (520) 432-6059**

**BORDER PATROL:**

**Bisbee: (520) 432-5121**

**Douglas: (520) 805-6600**

**Willcox: (520) 384-2412**

**COCHISE COUNTY SHERIFF: 1-800-362-0812**

**Benson: (520) 586-2221**

**Bisbee: (520) 432-9500**

**Bowie: (520) 847-2211**

**Sierra Vista: (520) 803-3850**

**Willcox: (520) 384-4288**

**DOUGLAS POLICE DEPARTMENT: (520) 364-8422**

**HUACHUCA CITY POLICE DEPARTMENT: (520) 456-1353**

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

**TOMBSTONE MARSHAL: (520) 457-2244**

**WILCOX POLICE DEPARTMENT: (520) 384-4673**

**POISON CONTROL: 1-800-222-1222**

**AMERICAN RED CROSS: (520) 458-4858**

Disaster relief for individuals and families.

## **SCAMS, CONSUMER, AND FRAUD ISSUES**

### **ARIZONA ATTORNEY GENERAL**

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

Consumer information and complaints, including scams.

### **BETTER BUSINESS BUREAU OF SOUTHEASTERN ARIZONA**

**Sierra Vista: 732-9823**

Consumer information and complaints.

### **ELDER AFFAIRS PROGRAM** (Arizona Attorney General's Office)

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

### **EXAMPLES OF SCAMS:**

#### **CAR REPAIR SCAM**

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

#### **CREDIT CARD SCAM**

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

#### **HOME IMPROVEMENT SCHEMES**

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

#### **INVESTMENT FRAUD**

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

#### **LIVING TRUST SCAM**

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

#### **MAGAZINE SUBSCRIPTIONS**

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

## MEDICAL EQUIPMENT DEVICES

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

## SWEEPSTAKES WINNERS

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

## SENIOR CENTER/NUTRITION SITES

### NUTRITION SITES

**Benson:**

**586-9775**

Benson Community Center  
705 West Union Street

**Huachuca City: 456-3059**

Huachuca City Senior Center  
500 North Gonzales Blvd.

**Bisbee:**

**432-5301**

SEAGO.AAA  
300 Collins Road  
Vouchers for hospital cafeteria

**Sierra Vista: 417-6988 or 417-6987**

Ethel Berger Center  
2950 East Tacoma

**Douglas:**

**364-2647**

Douglas ARC  
610 9<sup>th</sup> Street

## SENIOR CENTERS

### BISBEE SENIOR CENTER

**432-2167**

300 Collins Road

### SUNSIDES SENIOR/COM. CENTER

**826-4024** (Charlie Brown)

**826-4003** (Center)

1216 East Treasure Road

### SIERRA VISTA CITY PARKS and LEISURE SERVICES

**417-6980**

Ethel Berger Center  
2950 East Tacoma

### TOMBSTONE SENIOR CENTER

**457-2525**

513 East Toughnut

## TRANSPORTATION

**BENSON:**

**BENSON TAXI**

**520-586-1294**

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

**CATHOLIC COMMUNITY SERVICES for BENSON**

**520-586-9406**

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

**VICaP**

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

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

**BISBEE:**

**CATHOLIC COMMUNITY SERVICES/BISBEE BUS**

**520-364-4474**

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

**COMMUNITY PROVIDER OF ENRICHMENT SERVICES (CPES)**

**520-432-5453**

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

**VICaP**

**520-432-5280**

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

**DOUGLAS**

**CATHOLIC COMMUNITY SERVICES**

**364-4474, or 364-4330**

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

**HUACHUCA CITY**

**CITY OF HUACHUCA CITY**

**456-1354**

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

**SIERRA VISTA** (Includes surrounding area.)

**ARIZONA PARATRANSIT SERVICES**

**459-1713**

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

**ARIZONAWORLD EXPRESS**

**458-3330**

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

## **DISABLED AMERICAN VETERANS (DAV)**

**458-5776**

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

## **HUACHUCA SHUTTLE**

**439-0439**

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

## **VISTA TRANSIT**

**417-4888**

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

## **TRANSPORTATION EXPRESS**

**459-7778**

A 24-hour a day general public transportation service. Not wheelchair accessible.. Door to door service available to Ft. Huachuca, Sierra Vista, Bisbee, Benson, Tombstone and Palominas. Will travel to Tucson train and bus stations, and the airport. Will connect with Arizona Shuttle to Phoenix.

## **ViCaP**

**459-8146**

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

## **WILLCOX**

## **NORTHERN COCHISE COMMUNITY HOSPITAL**

**384-3541**

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

## **WYNNE CHAPEL**

**678-5437**

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

## **OTHER**

### **AZ Physicians/IPA (AHCCCS Transport)**

**1-800-348-4058**

## **CdE TRANSPORTS & SERVICES**

**826-3449**

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

## **CRANE TRANSPORTATION**

**826-7433**

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

## **MR. RIDE**

**249-6304**

Transportation for ambulatory and wheelchair in Cochise and Pima counties.

## **SAFE RIDE**

**1-800-797-7433**

Non-emergency and specialized service.

## **STATEWIDE EXPRESS**

**1-800-280-4826**

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

# **VETERANS**

## **ARIZONA DEPARTMENT OF VETERANS SERVICES**

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

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

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

## **DAV (DISABLED AMERICAN VETS) TRANSPORTATION**

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

## **SIERRA VISTA V.A. CLINIC**

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

## **SAFFORD V.A. CLINIC** (Serves Willcox)

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

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

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

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

## **Veteran Peer Support Program**

**Sierra Vista: 459-2624 or [vets@seacrs.org](mailto:vets@seacrs.org)**

Veterans helping veterans through everything from PTSD to readjustment to civilian life.

Serving all veterans regardless of service era or combat status.

## **V.A. REGIONAL OFFICE**

**1-800-827-1000**

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

## **VISION**

### **LIONS SIGHT AND HEARING FOUNDATION**

**1-602-954-1723**

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

### **RURAL BLIND PROGRAM**

**DES/Independent Living Blind services**

**Douglas; 364-1291 ext. 2234– Mimi Marsh**

Serves the entire county.

### **SUN SOUNDS RADIO**

**(520) 296-2400**

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

### **TALKING BOOKS**

1-800-255-5578

Available from Rural Blind Program and from public libraries.

## **VOLUNTEER OPPORTUNITIES**

### **ELDERCARE FOR LIFE**

**Sierra Vista: 803-1234**

### **HOSPICE VOLUNTEER CLASSES**

**417-3221**

Call for info on becoming a Hospice volunteer.

### **NATIONAL PARKS SERVICE**

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

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

### **OMBUDSMAN PROGRAM**

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

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

### **RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)**

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

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

## SIERRA VISTA REGIONAL HEALTH CENTER

417-3153

For volunteer opportunities at the hospital.

## VOLUNTEER INTERFAITH CAREGIVER PROGRAM (VICaP)

Bisbee: 432-5280

Benson: 586-2387

Sierra Vista: 459-8146

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

## WEB SITES

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

AARP's Web site contains info on legal assistance.

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

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

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

Information for caregivers and education about Alzheimer's.

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

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

[www.azheadspine.org/index.asp](http://www.azheadspine.org/index.asp)

Information for individuals with spinal and head injuries.

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

Helps to solve legal problems for low-income individuals.

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

Assists individuals in identifying potential eligibility for benefits.

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

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

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

Identifies resources for caregivers.

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

Helps educate, support, and empower caregivers.

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

Information for helping disabled seniors

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

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

[www.ccs-soaz.org](http://www.ccs-soaz.org)

Information about Catholic Community Services.

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

Center for Disease Control.

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

Sign up for blocking phone sales pitches.

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

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

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

Travel/learning opportunities for seniors.

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

Health information.

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

For patients and families facing a life threatening illness.

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

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

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

Information about Medicare.

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

Health information.

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

National Hispanic Council on Aging.

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

Library of safety information for seniors and caregivers.

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

Provides information for accessible travel and hospitality.

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

Provides information about the SEAGO region.

[www.seniors.gov](http://www.seniors.gov) Assists seniors in obtaining health and security information and services.

[www.volunteersoaz.org](http://www.volunteersoaz.org) Recruits volunteers and operates the Retired and Senior Volunteer Program (RSVP) in southeastern Arizona.