Senior Connections
Resource Guide

For older adults, caregivers, and their families in PINAL and GILA counties

Pinal-Gila Council for Senior Citizens
Area Agency on Aging, Region V
8969 W McCartney Road
Casa Grande, AZ 85194
520-836-2758 or 800-293-9393
www.pgcsc.org
Pinal-Gila Council for Senior Citizens
Mission Statement

Providing Opportunities for Seniors and Persons with Disabilities to Achieve and Maintain Independence and Dignity.

Arizona Tax Credit for Qualifying Charitable Organizations

Pinal-Gila Council for Senior Citizens is a Qualifying Charitable Organization – Code 20746

Please consider taking advantage of the Arizona tax credit. As a Qualified Charitable Organization, a donation of up to $400 per individual ($800 for married couples filing jointly) made to Pinal-Gila Council for Senior Citizens can be claimed as a dollar-for-dollar tax credit in your Arizona state income taxes! You can pay your income tax to the state, or you can designate part of your taxes to be spent locally by writing a check to Pinal-Gila Council for Senior Citizens. You can also donate through our website at www.pgcsc.org.

With your help, Pinal-Gila Council for Senior Citizens can provide comfort and nourishment to help frail and isolated seniors stay at home and live in dignity. Today, you can make a difference in the lives of our seniors who live in your community and need your help.
Senior Connections
Resource Guide

For older adults, caregivers, and their families in Pinal and Gila counties

Pinal-Gila Council for Senior Citizens
8969 W. McCartney Road
Casa Grande, AZ 85194
(520) 836-2758 or 1 (800) 293-9393
www.pgcsc.org

Funding support for this Guide provided by:
Pinal-Gila Council for Senior Citizens, Area Agency on Aging, Region V
DES, Division of Aging and Adult Services
Older Americans Act
AARP

Updated May 2019
A Message for Older Adults, Caregivers and Their Families

Knowing where to look for resources to care for oneself, family members and friends can be a daunting task. Pinal-Gila Council for Senior Citizens has compiled Senior Connections Resource Guide to serve as a foundational guide in your quest for information. In addition to a listing of community resources, this guide contains an overview of Area Agencies on Aging and further information and referral resources. Also, the Appendix contains a listing of national organization websites, must-have documents for caregivers, and emergency numbers.

Pinal-Gila Council for Senior Citizens is committed to providing assistance and information, as well as continuing to advocate on your behalf. We are dedicated to our vision and mission to meet the ever changing dynamic needs of those older adults and caregivers that we are here to serve.

If you are a caregiver, you are one of over 804,000 caregivers in Arizona. If you are aged 60 or older, you are one of over 1,232,000 residents in Arizona’s fastest growing age group. So please, remember that you are not alone.

We gratefully acknowledge the continued support of AARP Arizona, which also provided the initial funding for our resource guide specifically for older adults and caregivers in Pinal and Gila counties. This manual may also be found online on our website at www.pgcsc.org.

Sincerely,

Olivia B. Guerrero, M.S. 
President and CEO

Joan Koczor
Chairwoman, Board of Directors
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The information contained in this guide is provided only as an aid in your search for needed support services, without any representation or warranty whatsoever regarding the accuracy or completeness of the information, and may or may not reflect the most current information available. Please note that users of this guide are responsible for independently verifying any and all information. Furthermore, the inclusion of links does not imply endorsement or support of any of the linked information, services, products, or providers.

Although every effort has been made to include the most current information in the printed copy, we know that things change quickly. We will be updating our online version regularly, and it can be viewed or downloaded at [www.pgcsc.org/about-us/senior-resource-guide.html](http://www.pgcsc.org/about-us/senior-resource-guide.html), or you may call the PGCSC Information and Referral line at 520-836-2758 or 800-293-9393 and speak with our Information and Referral specialist.
OVERVIEW OF AREA AGENCIES ON AGING

Pinal-Gila Council for Senior Citizens
Area Agency on Aging, Region V
8969 W. McCartney Road, Casa Grande, AZ 85194
1-800-293-9393 or (520) 836-2758
www.pgcsc.org

Incorporated in 1974, Pinal-Gila Council for Senior Citizens (PGCSC) is a non-profit organization designated as the Area Agency on Aging for Region V, which encompasses Pinal and Gila counties. PGCSC’s mission is to assist seniors and persons with disabilities in Region V achieve and maintain self-sufficiency with dignity, and offer choices of appropriate care by providing a wide range of community and home based services. PGCSC also represents the interests of the elderly and acts to advocate for change in public and private attitudes, policies, and regulations.

PGCSC provides a wide variety of services for seniors, persons with disabilities, and caregivers. These services are offered directly or through a network of provider agencies. PGCSC services include, but are not limited to, the following:

- Information, Referral and Assistance
- Aging, Disability and Caregiver Support Resources
- Benefits, Entitlements and Advocacy – State Health Insurance Assistance Program (SHIP), Ombudsman Program (Nursing Home Advocacy), and Senior Medicare Patrol (Medicare/Medicaid fraud and abuse)
- Independent Living Services – Caregiver Support Services, Health Promotion, and Drug and Alcohol Prevention Services
- Home Care – Housekeeping, Personal, Attendant and Respite Care
- Case Management
- Meals On Wheels – Home Delivered Meals
- Legal Services and Legal Help Line
- Mature Work Force Development (Senior Employment Training Program)
- Multipurpose Senior Centers – Social, Nutritional, Wellness Support and Transportation
- Santa Cruz Village Apartments – a HUD 202/Section 8 low income independent living apartment complex (for seniors & persons with disabilities)
- Aging Care Essentials (Care Options Planning)
- Mobility Management – Transportation Coordination and Senior Rides Transit Program Training
- Volunteer Services and Opportunities for Placement

Pinal-Gila Council’s Senior Foundation

The Pinal-Gila Council’s Senior Foundation was incorporated in 2004. Its purpose is to perform the charitable functions of PGCSC. The Foundation is governed by a board of directors composed of concerned community members who endeavor on behalf of seniors and persons with disabilities.

The Pinal-Gila Council’s Senior Foundation has partnered with PGCSC to help with the crisis of senior hunger in our communities. The goal of this effort is to ensure that every senior who needs a meal gets a meal. The Meals On Wheels program provides home delivered meals to homebound elderly adults and persons with disabilities who are at risk of losing their independence due to poor nutrition and support.
If you are interested in helping seniors and persons with disabilities that are homebound and in need of home delivered meals, please contact the Foundation and join them in their efforts to reduce senior hunger.


Area Agencies on Aging

Pinal-Gila Council for Senior Citizens is one of eight Area Agencies on Aging throughout the State of Arizona. These are organizations which administer, coordinate and offer a variety of services for adults aged 60 and over, adults with disabilities, and those who care for older adults. Area Agencies provide some services directly, and others are provided by their contracted agencies. The focus of services offered is to help older adults continue to live independently in their own homes.

Services and programs vary by agency but most Area Agencies provide:

- **Information and Referral Help**
  - Special telephone help lines for seniors
  - Health insurance counseling
  - Caregiver support
  - Case management

- **Community Based Services**
  - Meals served at nutrition sites and senior centers
  - Volunteer placement
  - Older worker employment training and assistance
  - Recreation and socialization at senior centers
  - Grandparents raising grandchildren support
  - Transportation assistance

- **In-Home Services**
  - Home delivered meals
  - Housekeeping services
  - Telephone reassurance
  - Personal care services
  - Respite care

- **Housing Services**
  - Referrals to senior housing
  - Help with minor home repairs

- **Protecting Older Adult Rights and Advocacy**
  - Legal assistance
  - Elder abuse prevention
  - Ombudsman assistance for long-term care patients
  - Advocacy for Seniors on aging issues and policies

Arizona Area Agencies on Aging

Area Agency on Aging, Region I
1366 E. Thomas Rd., Ste. 108
Phoenix, AZ 85014
602-264-2255 (Business)
1-888-783-7500 (Help Line)
www.aaaphx.org
(Serves Maricopa County)
Area Agency on Aging, Region II
Pima Council on Aging
8467 E. Broadway Blvd.
Tucson, AZ 85710
520-790-0504 (Business)
520-790-7262 (Help Line)
www.pcoa.org
(Serves Pima County)

Area Agency on Aging, Region III
Northern Arizona Council of Governments
323 N. San Francisco St., Ste 200
Flagstaff, AZ 86001
1-877-521-3500
www.nacog.org/aging
(Serves Apache, Coconino, Navajo and Yavapai counties)

Area Agency on Aging, Region IV
Western Arizona Council of Governments
1235 E. Redondo Center Cir.
Yuma, AZ 85365
928-782-1886
https://www.wacog.com/senior_services.html
(Serves Yuma, La Paz, and Mohave counties)

Area Agency on Aging, Region V
Pinal-Gila Council for Senior Citizens
8969 W. McCartney Rd.
Casa Grande, AZ 85194
520-836-2758 or 1-800-293-9393
www.pgcsc.org
(Serves Pinal and Gila counties)

Area Agency on Aging, Region VI
SouthEastern Arizona Governments Organization
300 Collins Rd.
Bisbee, AZ 85603
520-432-5301
www.seago.org
(Serves Cochise, Graham, Greenlee, and Santa Cruz counties)

Area Agency on Aging, Region VII
Navajo Area Agency on Aging
P O Box 1390
Window Rock, AZ 86515
928-729-4520
www.naaa.navajo-nsn.gov
(Serves elders living on the Navajo Nation)

Area Agency on Aging, Region VIII
Inter Tribal Council of Arizona, Inc.
2214 N. Central Ave., Ste. 100
Phoenix, AZ 85004
602-258-4822
www.itcaonline.com
(Senior services for American Indian elders 60 and over in Arizona)
AZ4A is a statewide network of seven regional agencies that address the needs of seniors and individuals with disabilities, as well as their families and caregivers.
https://az4a.org

N4a is a membership association representing America’s national network of 622 Area Agencies on Aging (AAAs).
202.872.0888
www.n4a.org

To locate Area Agency on Aging Programs in other states
1-800-677-1116
www.eldercare.acl.gov

Arizona Dept. of Economic Security, Division of Aging and Adult Services

The Division of Aging and Adult Services (DAAS), within the Arizona Department of Economic Security, is Arizona’s designated State Unit on Aging. The Older Americans Act provides the unit with its authority. The unit works closely with all of the eight designated Area Agencies on Aging in the state, advocates for at-risk and older persons, and develops and implements a comprehensive service delivery system statewide.

Some of the major initiatives of the Division of Aging and Adult Services are:

- Operating a Central Intake line for Adult Protective Services
- Development of a system of Direct Care Workforce Initiatives to prepare for the state’s need for more trained direct care workers
- Working closely with the Governor’s Advisory Council on Aging
- Administering various programs for aging, including the state Long-Term Care Ombudsman Program, the Family Caregiver Support Program, the Mature Worker Program, the Foster Grandparent Program, Adult Protective Services, the Medicare Patrol Project, and the State Health Insurance Assistance Program.

Division of Aging and Adult Services  602-542-4446
State Health Insurance Assistance Program (SHIP)  1-800-432-4040
Adult Abuse Hotline  1-877-767-2385

Mailing Address:
Department of Economic Security
Division of Aging and Adult Services
1789 W. Jefferson St. (Site Code 950A)
Phoenix, AZ 85007

Administration for Community Living (ACL)

Administration on Aging (AOA) and Disability Networks
www.acl.gov
INFORMATION AND REFERRAL RESOURCES

There are many agencies and programs not listed in this guide that may be able to help you. If you have not found the services you need in this guide, you may contact the more comprehensive community information and referral resources listed on the next page.

**Pinal and Gila Counties**

Pinal-Gila Council for Senior Citizens  
8969 W. McCartney Rd.  
Casa Grande, AZ  85194-7432  
520-836-2758  
Toll free:  800-293-9393  
[www.pgcsc.org](http://www.pgcsc.org)

**Statewide**

2-1-1 Arizona (Community Information and Referral Services)  
Phone:  2-1-1 within Arizona  
Toll-free:  877-211-8661 from anywhere  
[www.211Arizona.org](http://www.211Arizona.org)

Arizona Self Help (Online program eligibility screening)  

AzLinks.gov (Offers assistance and information on aging and disability)  
Caregiver Resource Line: 1-888-737-7494  

Arizona Community Action Association (Wildfire)  
People’s Information Guide  
Phone:  602-604-0640  
[https://wildfireaz.org/find-help/peoples-information-guide](https://wildfireaz.org/find-help/peoples-information-guide)

**Pinal County**

First Things First  
Pinal Family Resource Guide  

CG HELPS Resource Center (Resources for the Homeless)  
350 E. 6th St.  
Casa Grande, AZ 85122  
520-836-0736

**National Information and Support**

AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million. It works to strengthen communities and promote the issues that matter most to families such as healthcare security, financial security and personal fulfillment. AARP also advocates for individuals in the marketplace by selecting products and services of high
quality and value to carry the AARP name. Examples of programs that can be accessed through AARP are: free income tax preparation, driver safety courses, money management programs, family caregiving resources, and local business discounts and offers.

AARP in Arizona
Toll-free: 866-389-5649
To Join: 800-566-0242
www.aarp.org

COMMUNITY RESOURCES

Abuse of the Elderly
Elder abuse, neglect, and exploitation are problems among older adults. If you are concerned that you or someone you know is a victim of abuse or is being taken advantage of, call the number below or report online.

Adult Protective Services Adult Abuse Hotline
Report abuse by phone: 1-877-767-2385 (Mon-Fri 7am to 7pm; Sat, Sun, & state holidays 10am to 6pm)
Report abuse online: www.azdes.gov (24/7)

In the event of an emergency related to elder abuse, call 911 or your local law enforcement agency.

Abuse of Children
A report of suspected child abuse, neglect, exploitation or abandonment is a responsible attempt to protect a child. Arizona law requires certain persons who suspect that a child has received non-accidental injury or has been neglected to report their concerns to DCS or local law enforcement.

Arizona Department of Child Safety
Arizona Child Abuse Hotline
888-SOS-CHILD (888-767-2445)
https://dcs.az.gov/report-child-abuse

Prevent Child Abuse Arizona
3298 Bob Dr.
Prescott Valley, AZ 86314
928-445-5038
www.pcaaz.org

Adaptive Aids
Adaptive aids are sometimes called “durable medical equipment.” These items are designed to help elderly and physically disabled persons with the tasks of daily living. They are often expensive and rarely available for loan. Some medical insurance plans cover the purchase or rental of adaptive aids and equipment. Check with your local insurance provider for details.

Statewide
Active Forever
1-800-377-8033
www.activeforever.com
Arizona Technology Access Program (AZTAP)
Northern Arizona University
300 W. Clarendon Ave., Ste. 475
Phoenix, AZ 85013
602-728-9534 or 1-800-477-9921
http://aztap.org

Arizona Statewide Independent Living Council
PO Box 46354
Phoenix, AZ 85063
602-262-2900
www.azsilc.org

Arizona Commission for the Deaf & for the Hard of Hearing
Arizona Telecommunication Equipment Distribution Program
100 N. 15th Ave., Ste. 104
Phoenix, AZ 85007
602-542-1124
1-866-223-3412
www.acdhh.org

Disability Products
Mesa, AZ
480-220-1739
www.disabilityproducts.com

**Gila County**

American Homepatient
1100 N. Broad St., Ste. E
Globe, AZ 85501
928-425-5795

**Pinal County**

RTA Home Care
1275 E. Florence Blvd., Ste. 4
Casa Grande, AZ 85122
520-836-9300

**Advisory and Advocacy Groups**

Advisory groups explore public issues and make recommendations to lawmakers and regulators that they think are in the best interests of the community. Many groups focus on older adults and persons with disabilities.

AARP Arizona
16165 N. 83rd Ave., Ste. 201
Peoria, AZ 85382
866-389-5649
www.aarp.org

Alzheimer’s Association
Desert Southwest Chapter
1028 E. McDowell Rd.
Phoenix, AZ 85006
602-528-0545 or 24-hour helpline: 800-272-3900
www.alz.org/dsw
Alcohol and Substance Abuse

Alcohol and substance abuse are problems that many seniors and physically disabled adults are challenged with. Sometimes older adults abuse substances to deal with change or loneliness. Sometimes older adults mix alcohol with their prescription medications, causing even bigger problems which cannot be resolved without help from outside the family. (Also see alcohol and narcotics support groups)

Narcotics Anonymous
To determine times and locations of local Narcotics Anonymous meetings.
Help line: 520-426-0121
http://www.arizona-na.org/meetings/southcentral.php

Gila County

Health Choice Integrated Care
Member Service: 800-640-2123
Crisis Line: 877-756-4090

Horizon Health and Wellness
415 W. Baseline Spur
Globe, AZ 85501
928-402-9297
www.hhwaz.org

Southwest Behavioral & Health Services
404 W. Aero Drive
Payson, AZ 85541
928-474-3303
Crisis Line: 800-631-1314
www.sbhservices.org

San Carlos Apache Healthcare
103 Medicine Way Rd.
Peridot, AZ 85542
928-475-1400
www.scahealth.org

Pinal County

Arizona Complete Health
Behavioral Health Crisis Line (available 24/7): 866-495-6735
www.azcompletehealthcom
Arizona Treatment Institute  
1927 N. Trekell Rd., Ste D  
Casa Grande, AZ 85122  
520-836-9788  

Helping Associates, Inc.  
1901 N. Trekell Rd., Ste A  
Casa Grande, AZ 81222  
520-836-1029  
www.helpingassociates.com

Horizon Health and Wellness Centers:  
Centers located in Apache Junction, Casa Grande, Florence, Kearny, Oracle, and Queen Creek. Call or go to the Horizon Health and Wellness website for more information.  
480-983-0065  
www.hhwaz.org

Nazcare (Rising Star Wellness Center)  
879 N. Plaza Dr., #101-E  
Apache Junction, AZ 85120  
480-982-1514  
www.nazcare.org

Pinal Hispanic Council  
107 E. 4th St.  
Eloy, AZ 85131  
520-466-7765  
www.pinalhispaniccouncil.org

The River Source  
16286 S. Sunland Gin Rd. (not a mailing address)  
Arizona City, AZ 85123  
866-547-8239  
www.theriversource.org

Alzheimer’s and Memory Disorders

Memory disorders clinics can assist people who seem to be having problems with their memory or their ability to think. Clinics provide assessment, diagnosis, and a treatment plan. Appropriate care options may be explored in addition to providing caregiver support resources. (Also see Alzheimer’s/dementia support groups)

Banner Alzheimer’s Institute  
901 E. Willetta St.  
Phoenix, AZ  85006  
602-839-6900  
www.banneralz.org

Barrow Neurological Institute  
350 W. Thomas Road  
Phoenix, AZ  85013  
800-227-7691  
https://www.barrowneuro.org

Mayo Clinic Arizona  
Appointment Number:  800-446-2279  
www.mayoclinic.org
For psychiatric emergencies, call
Arizona Complete Health – Pinal County
Behavioral Health Crisis Line (available 24/7): 866-495-6735
www.azcompletehealthcom

Health Choice Integrated Care – Gila County
Member Service: 800-640-2123
Crisis Line: 877-756-4090

St. Luke’s Medical Center Generations Program/Phoenix
602-251-8535
www.stlukesbehavioralhealth.org

Arizona Legislative Contact Information

Arizona State Senate
1700 W. Washington
Phoenix, AZ 85007-2890
602-926-3559 or 800-352-8404
www.azsenate.gov

Arizona House of Representatives
1700 W. Washington
Phoenix, AZ 85007-2890
602-926-3032 or 800-352-8404
www.azhouse.gov

Arizona Long Term Care System (ALTCS)
The Arizona Long Term Care System (ALTCS) provides care and services for eligible individuals who are elderly and/or those with physical or developmental disabilities. ALTCS provides institutional care and home and community based services to recipients who have been determined to be at risk of institutionalization. ALTCS is part of the Arizona Health Care Cost Containment System (AHCCCS), which is Arizona’s Medicaid agency. AHCCCS offers health care programs to serve Arizona residents. Individuals must meet certain income and other requirements to obtain services.

ALTCS Call Center: 1-888-621-6880
www.azahcccs.gov

Pinal County

Casa Grande ALTCS Office
201 E. Cottonwood Ln., Ste. 2
Casa Grande, AZ 85122
520-421-1500
1-855-277-0260
Assisted Living and Skilled Nursing Facilities  
Licensed through the Arizona Department of Health Services  
(Subject to change – check website for current listing:  

**Gila County**  

**AC Assisted Living**  
320 E. Oak St.  
Globe, AZ 85501  
928-793-4959  

**Faubush Family Homes**  
7760 S. Six Shooter Canyon Rd.  
& 300 E. Hunter Dr.  
Globe, AZ 85501  
928-961-4828  

**Frontier House**  
906 E. Frontier St.  
Payson, AZ 85541  
928-468-2461  

**Haven of Globe (Skilled Nursing Facility)**  
1100 Monroe St.  
Globe, AZ 85501  
928-425-5721  

**Heritage Health Care Center (Skilled Nursing Facility)**  
1300 South St.  
Globe, AZ 85501  
928-425-3118  

**Houston Creek Assisted Living**  
210 S. Houston Creek Cir.  
Star Valley, AZ 85541  
928-478-6943  

**Ordinary Lifestyles (4 Locations)**  
401 N. Laredo Ln.  
Payson, AZ 85541  
928-595-2068/928-595-2069  

**Payson Care Center (Skilled Nursing Facility)**  
107 E. Lone Pine Dr.  
Payson, AZ 85541  
928-474-6896  

**Powell Place (Assisted Living Center)**  
806 W. Longhorn Rd.  
Payson, AZ 85541  
928-474-6249  

**Rim Country Health & Retirement Community (Skilled Nursing Facility)**  
807 W. Longhorn Rd.  
Payson, AZ 85541  
928-474-1120
Pinal County

Acuna at Morning Sun
35597 N. Bandolier Dr.
San Tan Valley, AZ 85142
602-432-7818

Allegiance Senior Living
18727 E. Pine Valley Dr.
Queen Creek, AZ  85142
480-987-6582

Anna’s Assisted Living
4533 E. Rolling Ridge Rd.
San Tan Valley, AZ 85140
480-529-3362

Apache Junction Health Center (Skilled Nursing Facility)
2012 W. Southern Ave.
Apache Junction, AZ  85120
480-983-0700

Arizona Eldercare Group
5375 E. Superstition Blvd.
Apache Junction, AZ  85119
480-332-5449

Aurora Place (Assisted Living Center)
675 W. Broadway Ave.
Apache Junction, AZ  85120
480-288-1791

Baxter Elderly Care
3463 S. Mammoth Dr.
Casa Grande, AZ  85193
520-836-9177

Better Senior Carehome
1151 W. 20th Ave.
Apache Junction, AZ 85120
480-205-3595

Brookdale Apache Junction (Assisted Living Center)
2080 S. Ironwood Dr.
Apache Junction, AZ 85120
480-983-5047

By Your Side Assisted Living
1329 S. Royal Palm
Apache Junction, AZ 85120
480-313-2636

Caliche Senior Living (Assisted Living Center)
1640 N. Peart Rd.
Casa Grande, AZ 85122
520-316-8041
Hope Care Assisted Living
43204 W. McCord Dr.
Maricopa, AZ 85138
520-340-3009

House of Dignity Assisted Living
214 W. Danish Red Trl.
Queen Creek, AZ 85143
614-900-6111

Jaidon Manor II
1177 E. Bonita Pl.
Casa Grande, AZ 85122
520-876-0640

Lavie Home
45503 W. Morning View Ln.
Maricopa, AZ 85139
520-666-2452

Lita Caring Home
1337 N. Walnut Dr.
Casa Grande, AZ 85122
520-836-1480

Magma Calm Home
757 W. Magma Rd.
San Tan Valley, AZ 85143
480-474-6097

Mary & Pete’s Assisted Living Home
203 E. Avenue I
San Manuel, AZ 85631
520-909-3241

Medisys Home Care
1301 N. Park Ave.
Casa Grande, AZ 85122
520-421-2200

Melody Care Home
1796 W. Ray Ln.
Apache Junction, AZ 85120
480-983-4646

Oasis Pavilion Nursing & Rehabilitation Center (Skilled Nursing Facility)
161 W. Rodeo Rd.
Casa Grande, AZ 85122
520-836-1772

Olive Branch Assisted Living
1121 N. Olive Ave.
Casa Grande, AZ 85122
602-618-3756

Queen of Hearts Corporation
1073 E. Estate Rd.
San Tan Valley, AZ 85140
404-824-2475
Renata’s Home for the Elderly 2
31392 N. Sunflower Way
San Tan Valley, AZ 85143
480-275-8321

San Tan Valley Assisted Living
35750 N. Belgian Blue Ct.
San Tan Valley, AZ 85143
602-931-7894

Senior Haven Assisted Living Home
1111 W. Superstition Blvd.
Apache Junction, AZ 85120
480-625-1938

St. Raphael’s Home Care
1538 E. Jahns Dr.
Casa Grande, AZ 85122
520-518-5050

Supreme Adult Care Home
3629 E. Thames Cir.
San Tan Valley, AZ 85140
480-840-5824

Supreme Assisted Living Care Home
3611 E. Thames Cir.
San Tan Valley, AZ 85140
480-840-5824

Treasures of Wisdom
483 W. Gascon Rd.
San Tan Valley, AZ 85143
480-252-9795

Visions Senior Living at Apache Junction (Assisted Living Center)
1510 E. Broadway Ave., Bldg. 1 & 2
Apache Junction, AZ 85119
480-671-1490
480-288-2400

Behavioral Health

**Gila County**

**Regional Behavioral Health Authority for Gila County:**
**Steward Health Choice Arizona**
Customer Service: 866-640-2123
Crisis Line: 877-756-4090
www.stewardhealthchoiceaz.com

Horizon Health and Wellness
415 W. Baseline Spur
Globe, AZ 85501
928-402-9297
www.hhwaz.org
San Carlos Apache Healthcare
103 Medicine Way Rd.
Peridot, AZ 85542
928-475-1400
www.scahealth.org

Southwest Behavioral & Health Services
404 W. Aero Dr.
Payson, AZ 85541
928-474-3303
www.sbhservices.org

**Pinal County**

**Regional Behavioral Health Authority for Pinal County:**

*Arizona Complete Health*
Customer service: 1-888-788-4408
Crisis line: 1-866-495-6735 (24 hrs. a day/7 days per week)
www.azcompletehealth.com

Casa Grande Counseling Service
635 E. Cottonwood Ln.
Casa Grande, AZ 85122
520-836-0440
www.casagrandecounseling.com

Corazon Integrated Healthcare Services
900 E. Florence Blvd.
Casa Grande, AZ 85122
520-836-4278
www.chaposcorazon.com

Crisis Preparation and Recovery
1828 E. Florence Blvd., Bldg. C, #143
Casa Grande, AZ 85122
480-804-0326
www.crisisprepandrecovery.com

Helping Associates, Inc.
1901 N. Trekell Rd., Ste. A
Casa Grande, AZ 85122
520-836-1029
www.helpingassociates.com

Horizon Health and Wellness – locations
480-983-0065
www.hhwaz.org/locations

Intermountain Centers for Human Development
1821 N. Trekell Rd., Ste. 1, Bldg. A
Casa Grande, AZ 85122
520-426-4289
https://intermountaincenters.org

Luminaria (Serving Pinal County)
4040 N. Del Monte Dr.
Eloy, AZ 85131
520-466-2233
www.luminariaarizona.com
Blind and Visually Impaired Services

A comprehensive directory of services for the blind and visually impaired can be found on the American Foundation for the Blind website: www.afb.org/directory.

Assistance may also be found from the following agencies.

**Statewide**

Arizona Talking Book Library
1030 N. 32nd St.
Phoenix, AZ 85008
800-255-5578
www.azlibrary.gov/talkingbooks

Arizona Center for the Blind and Visually Impaired
3100 E. Roosevelt St.
Phoenix, AZ 85008
602-273-7411
www.acbvi.org

Arizona Industries for the Blind
515 N. 51st Ave., Ste. 130
Phoenix, AZ 85043
623-233-7900
http://www.azifb.com

Eye Dog Foundation for the Blind
8252 S. 15th Ave.
Phoenix, AZ 85041
Toll-free: 800-393-3641
www.eyedogfoundation.org
DES – Independent Living Blind
1155 N. Arizona Ave.
Coolidge, AZ  85128
520-858-8667 x1022

**Pinal and Gila Counties**

Ability360 – Pinal-Gila County Office
1419 N. Arizona Blvd.
Coolidge, AZ 85128
520-316-4300
http://ability360.org

Vocational Rehabilitation Office Serving Persons with Blindness or Vision Impairment
3262 Bob Dr., Ste 12
Prescott Valley, AZ  86314
928-759-1654

**Caregiving for Elders**

**Nationwide**

AARP
Toll-free:  866-389-5649 (in Arizona)
Toll-free:  888-687-2277 (nationwide)
https://www.aarp.org/caregiving

Arizona Caregiver Coalition
Toll-free:  888-737-7494
http://azcaregiver.org

Eldercare Locator
Administration on Aging
Toll-free:  800-677-1116
www.eldercare.acl.gov

seniorDECISION
Ratings & Reviews for Senior Care and Housing
www.SeniorDecision.com

**Chambers of Commerce**

**Gila County**

Globe-Miami Chamber of Commerce
1360 N. Broad St.
Globe, AZ  85501
928-425-4495 or 800-804-5623
www.globemiamichamber.com

Rim Country Regional Chamber of Commerce
100 W. Main St.
Payson, AZ  85541
928-474-4515
www.rimcountrychamber.com
**Pinal County**

Apache Junction Chamber of Commerce  
567 W. Apache Trl.  
Apache Junction, AZ  85120  
480-982-3141  
[www.ajchamber.com](http://www.ajchamber.com)

Arizona City Chamber of Commerce  
13640 S. Sunland Gin Rd. (Mail: PO Box 5)  
Arizona City, AZ  85123  
520-466-5141  
[www.arizonacitychamber.com](http://www.arizonacitychamber.com)

Casa Grande Chamber of Commerce  
575 N. Marshall St.  
Casa Grande, AZ  85122  
520-836-2125  
[www.casagrandechamber.org](http://www.casagrandechamber.org)

Coolidge Chamber of Commerce  
351 N. Arizona Blvd.  
Coolidge, AZ  85128  
520-723-3009  
[www.coolidgechamber.org](http://www.coolidgechamber.org)

Copper Basin Chamber of Commerce  
355 W. Alden Rd.  
Kearny, AZ  85137  
520-363-7607  
[www.copperbasinaz.org](http://www.copperbasinaz.org)

Eloy Chamber of Commerce  
305 N. Stuart Blvd.  
Eloy, AZ  85131  
520-466-3411  
[www.eloychamber.com](http://www.eloychamber.com)

Florence Chamber of Commerce  
24 W. Ruggles St. (Mail: PO Box 929)  
Florence, AZ  85132  
520-868-9433  
[www.florenceazchamber.com](http://www.florenceazchamber.com)

Maricopa Chamber of Commerce  
19756 N. John Wayne Pkwy, Ste 100  
Maricopa, AZ  85139  
520-568-9573  
[www.maricopachamber.org](http://www.maricopachamber.org)
Companion Pets and Animals

Pets can be very special friends and companions for older adults. The organizations below may be able to make companion animals available.

**Statewide**

Arizona Humane Society
Nina Mason Pulliam Campus for Compassion
1521 W. Dobbins Rd.
Phoenix, AZ 85041
602-997-7585
[www.azhumane.org](http://www.azhumane.org)

Humane Society of Southern Arizona
635 W. Roger Rd.
Tucson, AZ 85705
520-327-6088
[https://hssaz.org](https://hssaz.org)

**Gila County**

Gila County Animal Shelter
700 W. Hackney Ave.
Globe, AZ 85501
928-425-5882

Gila County Animal Shelter
107 W. Frontier St., Ste. A
Payson, AZ 85541
928-474-1210

High Desert Humane Society
150 W. Mesquite St
Globe, AZ 85501
928-200-3611
Computer Access

Although many resources in this Guide list internet websites, many people do not own a computer. Pinal-Gila Council for Senior Citizens maintains computers for the public to use without charge during the hours of 8:00am to 4:00pm. Most local libraries also maintain computer labs for the public. (See Libraries)

Pinal-Gila Council for Senior Citizens
8969 W. McCartney Rd.
Casa Grande, AZ 85194
520-836-2758 or 800-293-9393

Consumer Action Handbook

https://www.usa.gov/handbook (Download or order a printed copy)

Day Care – Adult

Adult Day Care provides care and supervised activities for seniors and persons with disabilities. Care is normally available for several hours each day up to five days a week. Some centers provide transportation.

Some assisted living facilities may also take seniors for a limited period of time during the day.

Arbor Rose Adult Day Club
6033 E. Arbor Ave.
Mesa, AZ 85206
602-467-3842
Deaf and Hearing Impaired Services

Arizona Commission for the Deaf and Hard of Hearing

This site maintains a statewide information and referral directory to provide information and referral services throughout Arizona for persons who are deaf and hard of hearing, as well as their caregivers.

Additionally, the Commission maintains directories of physicians who sign, licensed interpreters, and free telecommunications devices for residents who need help communicating on the phone. They also can help with Relay 7-1-1 to provide telephone accessibility for free to residents.

Voice: 602-542-3323/Video phone: 480-599-9441
www.acdhh.org

Dental Assistance

Dental services may be too expensive for older adults even if they have dental insurance. Various reduced fee or sliding scale payment dental assistance programs exist to provide reduced fee dental services.

To find out about reduced fee dental services available in Gila and Pinal counties, contact:

Arizona Dental Foundation (provides charitable dentistry to children and individuals with a special need)
480-344-5777
www.azdentalfoundation.org

Arizona School of Dentistry & Oral Health
5855 E. Still Cir.
Mesa, AZ 85206
480-248-8100
www.atsu.edu/asdoh

Carrington College Dental Hygiene Clinic
1300 S. Country Club Dr., Ste 2
Mesa, AZ 85210
480-717-3510
https://carrington.edu/schools/mesa-arizona/dental-hygiene-clinic

Dorothy Nolan Senior Center – Dental assistance based on income
2nd & 4th Tuesdays of the month, beginning at 9am – must make appointment
330 N. Pinal St.
Florence, AZ 85132
520-868-7622
Rio Salado College Dental Clinic (preventive dental hygiene treatments only)
2250 W. 14th St.
Tempe, AZ 85281
480-377-4100
www.riosalado.edu/locations

St. Elizabeth’s Health Center Dental Services
140 W. Speedway Blvd., Ste 100
Tucson, AZ 85705
520-770-8530 (dental appointments)
http://saintehc.com/services/dental-services

Sun Life Family Health Center—Dentistry (sliding fee discount for uninsured)
865 N. Arizola Rd.
Casa Grande, AZ 85122
520-381-0381

Disaster Assistance

American Red Cross
4747 N. 22nd St., Ste 100
Phoenix, AZ 85016
602-336-6660
www.redcross.org/get-help.html

Arizona Emergency Information Network (AzEIN)
The State of Arizona’s official source for emergency updates, preparedness and hazard
information, and related resources.
https://ein.az.gov

FEMA – Federal Emergency Management Agency
1-800-621-FEMA (3362)
DisasterAssistance.gov.

Gila County Emergency Management
5515 S. Apache Ave, Ste. 400
Globe, AZ 85001
Office: 928-402-8764
Emergency Hotline: 928-402-8888 or 800-304-4452, Ext 8888

Pinal County Emergency Management
31 N. Pinal St., Bldg. F
Mail: PO Box 727
Florence, AZ 85132
520-866-6684
Toll-free: 888-431-1311

Domestic Violence

There are many programs and services to help individuals in domestic violence
situations. There is also a hotline for locating emergency shelter, which operates 24
hours per day/7 days per week. (Also see Counseling and Behavioral Health)

National Domestic Violence Hotline
www.thehotline.org
800-799-SAFE (7233)
Many studies have shown the value of older workers in terms of productivity, work ethic and dependability. Many older adults retire and then decide they’d like to go back to work. There are resources available to assist with job training and employment leads.

**Senior Community Service Employment Program (SCSEP)**

**PROGRAM DESCRIPTION:** The Senior Community Service Employment Program (SCSEP) provides subsidized, part-time community service assignments to eligible, low-income, unemployed persons aged 55 and over. Training compensation – Arizona minimum wage rate.

**ELIGIBILITY INFORMATION:**

- Arizona resident
- 55 years or older (Priority given to Veterans and those 65 and over)
- Unemployed
- Meet current income guidelines
WHERE TO APPLY:
For more information contact the SCSEP Coordinator:
Area Agency on Aging, Region V
Pinal-Gila Council for Senior Citizens
8969 W. McCartney Rd.
Casa Grande, AZ 85194
520-836-2758
Toll-free: 1-800-293-9393
www.pgcsc.org

Self-Employment

Another option is self-employment. S.E.E.D., information below, is an alternative financing program designed to assist individuals with disabilities in borrowing money at affordable rates for the purchase of office equipment, furniture, supplies, or assistive technology, who are seeking employment through self-employment or teleworking.

Arizona Technology Access Program(AzTAP)
Self Employment for Entrepreneurs with Disabilities (S.E.E.D.)
300 W. Clarendon Ave., Ste. 475
Phoenix, AZ 85013
1-800-477-9921 or 602-776-4670
http://aztap.org/at.funding/seed-loans

Work Search

Great places to start your work search for full-time, part-time or temporary work are listed below:

DES/Arizona@Work
https://arizonaatwork.com
318 N. Florence St.
Casa Grande, AZ 85122
520-866-3600

100 N. Tonto St., Ste B
Payson, AZ 85541
928-468-9800—press 2

5515 S. Apache Ave.
Globe, AZ 85501
928-425-7631

www.jobing.com (Search local jobs, find local employers)

www.azjobconnection.gov (Free statewide job matching and labor market information system)

https://azstatejobs.azdoa.gov (State of Arizona government jobs)

https://www.my.jobs/arizona/usa/jobs
Job Service/Vocational Rehab Offices

Gila County

Globe DES Vocational Rehabilitation Office
605 S. 7th St.
Globe, AZ  85501
928-425-3101

Payson DES Vocational Rehabilitation Office
100 N. Tonto St., Ste. 100
Payson, AZ  85541
928-468-9829

Pinal County

Apache Junction DES Vocational Rehabilitation
11518 E. Apache Trail, Ste. 110 & 111
Apache Junction, AZ 85120
480-983-0427

Casa Grande DES Vocational Rehabilitation Office
401 N. Marshall
Casa Grande, AZ  85122
520-426-3529

Coolidge DES Vocational Rehabilitation Office
1155 N. Arizona Blvd.
Coolidge, AZ  85128
520-723-5351

End-of-Life Planning

Arizona Attorney General’s Life Care Planning Information

The Attorney General’s Life Care Planning information packet can be found at the Arizona Attorney General’s website below.

There are numerous senior contacts and resources listed on this website. If you have questions about any of the information or forms found, please contact an attorney or PGCSC Legal Services (520-836-2758) for assistance.

A general durable Power of Attorney form is not available on the website, but more information about the process is. The Power of Attorney designations, wills, and trusts are powerful legal instruments, and it is recommended that you fully understand the documents you are signing.

The documents are found at [www.azag.gov/seniors/life-care-planning](http://www.azag.gov/seniors/life-care-planning) and include:

- **Durable Health Care Power of Attorney and Durable Mental Health Care Power of Attorney**
  Provides for a designated person to make medical care decisions, including mental health care decisions, when you are unable to do so.

- **Letter to my Agent (Representative)**
  About Powers of Attorney Forms and Responsibilities
• **Living Will (End of Life Care)**  
  Allows you to specify your wishes. Helps eliminate confusion and questions about what you want related to certain treatments.

• **Pre-Hospital Medical Directive (Do Not Resuscitate Directive, also known as DNR)**  
  A link is provided on the website to find out if you should complete a DNR form.

**Fiduciary Services**

The office of the Public Fiduciary was created by the Arizona State Legislature to help individuals who have no one else willing or able to handle their medical care and placement or their finances. Normally, Public Fiduciaries handle the affairs of persons who are low-income, vulnerable and incapacitated.

Gila County Public Fiduciary  
5515 S. Apache Ave., Ste. 800  
Globe, AZ 85501  
928-425-3149

Pinal County Public Fiduciary  
971 N. Jason Lopez Cir., Bldg. D  
Mail: PO Box 808  
Florence, AZ 85132  
520-866-7252

**Food Assistance**

Listed below is contact information to apply for the Food Stamp Program (now called Supplemental Nutrition Assistance Program—SNAP) and the Food Plus Program. The area Food Banks are also listed. (For information on Meals On Wheels, see [Meals—Home Delivered](#))

**Supplemental Nutrition Assistance Program-SNAP**

SNAP funds can be spent to buy nutritious food. Generally, they are only part of the food budget; shoppers spend some cash along with SNAP funds.

**WHERE TO APPLY:**
DES/FAA Offices Statewide  
Toll-free: 1-855-432-7587

**GILA COUNTY**
605 S. 7th St.  
Globe, AZ 85501  
1-855-432-7587

100 N. Tonto St., Ste B  
Payson, AZ 85541-5421  
1-855-432-7587

**PINAL COUNTY**
11518 E. Apache Trl., Ste. 113  
Apache Junction, AZ 85120  
1-855-432-7587

555 W. Main Ave.  
Casa Grande, AZ 85122  
1-855-432-7587
To find out more information about applying for SNAP food assistance, go to: www.arizonaselfhelp.org, https://des.az.gov/services/basic-needs/family-assistance, or www.healthearizonaplus.gov

**FOOD PLUS (Commodity Supplemental Food Program)**

**PROGRAM DESCRIPTION:**
This program provides a monthly supplemental food package which includes canned meats, cereal, fruits, vegetables, juices, cheese, rice and dried beans.

**WHERE TO APPLY:**
Call the Arizona Department of Health Services toll-free hotline at **1-800-252-5942.**

**Food Buying Cooperatives**

**PROGRAM DESCRIPTION:**
Cooperatives offer food packages which you can purchase using cash or, in many cases, SNAP funds. You receive a food package containing food worth **double** what you paid for it. A package generally costs between $13 and $35 and may include a combination of frozen meat, fruits, vegetables, specialty items and staple foods.

**Food buying cooperatives are not charity or government programs, and they will not affect any benefits from other programs.** They are operated primarily by non-profit organizations and are able to offer such a good deal because of the volume of purchases they make and because they also take advantage of close-outs, over-production and package changes. The operating organizations do not make a profit on these food cooperative programs.

Bountiful Baskets
www.bountifulbaskets.org

**Gila County**

Gila Community Food Bank
317 W. Hackney Ave.
Globe, AZ 85501
928-425-3639
(Must meet Federal poverty guidelines)

St. Vincent’s of Holy Angels
201 S. Broad St.
Globe, AZ 85501
928-425-3137

St. Vincent de Paul Food Bank
511 S. St. Phillips St.
Payson, AZ 85541
928-474-9104

Food Banks and Emergency Food
Pinal County

Apache Junction Food Bank
575 N. Idaho Rd.
Apache Junction, AZ 85119
480-983-2995
(ID & proof of residence required)

Caring Hands Community Food Bank
139 W. 1st St.
Casa Grande, AZ 85122
520-477-1886
(Bring names & birthdates of all family members)

Casa Grande Food Bank
235 E. 4th St.
Casa Grande, AZ 85122
520-836-1347

Epic Food Mission (3rd Saturday from 9-11 a.m.)
5418 E. Skyline Dr. (Compassion Care Center)
San Tan Valley, AZ 85140
480-987-0885
(Photo ID & proof of residence required)

Florence Baptist Food Bank (Tuesdays & Fridays)
30 N. Willow St.
Florence, AZ 85132
520-868-1728

Hope International Food Pantry
1280 N. Arizona Blvd.
Coolidge, AZ 85128

Living Hope Helping Hands
13270 S. Sunland Gin Rd.
Arizona City, AZ 85123
520-466-7255

Project Manna (New Beginnings Church of the Nazarene)
2nd Saturday 5:30-11 a.m. ($10 donation)
1915 N. Casa Grande Ave.
Casa Grande, AZ 85122
520-836-7510

Salvation Army
605 E. Broadway Rd.
Apache Junction, AZ 85119
480-982-4110
(Photo ID & proof of residence required)

Santa Cruz Valley Food Bank (CAHRA)
109 N. Sunshine Blvd
Eloy, AZ 85131
520-466-1112
(Photo ID & proof of residence required)
Seeds of Hope – Free meal Mon-Sat 11am-12pm, served at:
Fountains of Living Water Church
518 E. 2nd St.
Casa Grande, AZ  85122
520-836-6335

Society of St. Vincent de Paul
405 E. 2nd St.
Casa Grande, AZ 85122
520-836-2009
(Photo ID and Proof of Address)

St. George Food Pantry
300 E. 16th Ave.
Apache Junction, AZ 85119
480-982-2929
(Proof of residence required)

Tri-Community Food Bank
108 W. Redwood Drive
Mammoth, AZ 85618
520-487-2010
(Must meet federal poverty guidelines)

United Food Bank Oracle Mobile Pantry
1817 W. American Ave.
Oracle, AZ  85623
480-398-4520

Fraud – Reporting

Also see Law Enforcement Agencies

Office of the Attorney General, Consumer Information and Complaints
2005 N. Central Ave.
Phoenix, AZ  85004
800-352-8431
www.azag.gov/complaints/consumer

Gila County Attorney’s Office
1400 E. Ash St.
Globe, AZ 85501
928-402-8630

Pinal County Attorney’s Office
30 N. Florence Street, Bldg. D
Florence, AZ 85132
520-866-6271

Pinal-Gila Council for Senior Citizens
8969 W. McCartney Rd.
Casa Grande, AZ 85194
520-836-2758
Toll-free:  800-293-9393
Government Offices

**Gila County**

Gila County Government  
1400 E. Ash St.  
Globe, AZ 85501  
928-425-3231  
Toll-free: 800-304-4452  
[www.gilacountyaz.gov](http://www.gilacountyaz.gov)

City of Globe  
150 N. Pine St.  
Globe, AZ 85501  
928-425-7146  
[www.globeaz.gov](http://www.globeaz.gov)

Town of Hayden  
520 N. Velasco Ave.  
Hayden, AZ 85135  
520-356-7801  
[www.townofhaydenaz.gov](http://www.townofhaydenaz.gov)

Town of Miami  
500 W. Sullivan St.  
Miami, AZ 85539  
928-473-4403  
[www.miamiaz.gov](http://www.miamiaz.gov)

Town of Payson  
303 N. Beeline Hwy.  
Payson, AZ 85541  
928-474-5242  
[www.paysonaz.gov](http://www.paysonaz.gov)

Town of Winkelman  
206 Giffin Ave.  
Winkelman, AZ 85192  
520-356-7854  

**Pinal County**

Pinal County Government  
31 N. Pinal St.  
Florence, AZ 85132  
520-509-3555  
Toll-free: 888-431-1311  
[www.pinalcountyaz.gov](http://www.pinalcountyaz.gov)

City of Apache Junction  
300 E. Superstition Blvd.  
Apache Junction, AZ 85119  
480-982-8002  
[www.ajcity.net](http://www.ajcity.net)
Health Care

A variety of programs are available to help with health care needs of seniors and disabled adults. Some of these programs are listed below.

**Gila County**

Gila County Health Services
5515 South Apache Ave., Ste. 100
Globe, AZ 85501
928-402-8811

Gila County Health Services
107 W. Frontier St.
Payson, AZ 85541
928-474-1210

**Pinal County**

Pinal County Public Health Services District
791 N. Jason Lopez Cir., Bldg. D
Florence, AZ 85132
Toll-free: 866-960-0633
http://pinalcountyaz.gov/PUBLICHEALTH

**Pinal County Public Health Clinics**

Call for general information and appointments
Toll-free: 866-960-0633 Mon-Fri, 8 am - 5:30 pm

- Apache Junction Clinic
  575 N. Idaho St., Ste. 301
  Apache Junction, AZ 85119
  Nursing: Tues-Fri, 8 am – 6 pm

- Casa Grande Clinic
  1729 N. Trekell Rd., Ste 120
  Casa Grande, AZ 85122
  Nursing: Mon-Fri, 8 am – 6 pm

- Coolidge Clinic
  119 W. Central
  Coolidge, AZ 85128
  Nursing: (Temporarily closed for maintenance beginning August 2018)

- Eloy Clinic
  302 E. 5th St.
  Eloy, AZ 85131
  Nursing: Tues-Wed, 8 am – 6 pm

- Kearny Clinic
  355 Alden Rd.
  Kearny, AZ 85137
  Nursing: 3rd Wed of month, 8 am – 6 pm
Mammoth Clinic
110 Main St.
Mammoth, AZ 85618
Nursing: Thurs-Fri, 8 am – 6 pm

Maricopa Clinic
41600 W. Smith-Enke Rd., Bldg. 15
Maricopa, AZ 85138
Nursing: Tues-Fri, 8 am – 6 pm

Oracle Clinic
1870 W. American Ave.
Oracle, AZ 85623

San Manuel Clinic is held at Sun Life Clinic
23 S. McNab Pkwy.
San Manuel, AZ 85631

San Tan Valley Clinic
36235 N. Gantzel Rd.
San Tan Valley, AZ 85142
Nursing: Mon-Thurs, 8 am – 6 pm

Superior Clinic
60 E. Main St.
Superior, AZ 85173
Nursing: 2nd Wed of Month, 8 am – 6 pm

Horizon Health & Wellness
Apache Junction
625 N. Plaza Dr.
Apache Junction, AZ 85120
480-983-3368

Casa Grande
115 W. 2nd St.
Casa Grande, AZ 85122
520-836-1688

Florence
450 W. Adamsville Rd.
Florence, AZ 85132
520-635-6336

Kearny
374 Alden Rd.
Kearny, AZ 85137
520-363-9578

Queen Creek
22713 S. Ellsworth Rd., Bldg. A, Ste 101
Queen Creek, AZ 85142
480-474-5670
Sun Life Family Health Centers

Sun Life Family Health Center – Apache Junction
2080 W. Southern Ave., Ste. B-10
Apache Junction, AZ  85120
480-351-2850

Sun Life Family Health Center – Casa Grande
865 N. Arizola Rd.
Casa Grande, AZ 85122
520-836-3446

Sun Life Family Health Center – Coolidge
1284 N. Arizona Blvd.
Coolidge, AZ 85128
520-723-9131

Sun Life Family Health Center – Eloy
205 N. Stuart Blvd.
Eloy, AZ 85131
520-466-7883

Sun Life Family Health Center – Florence
174 W. Highway 287
Florence, AZ  85132
520-868-5811

Sun Life Family Health Center – Maricopa
44572 W. Bowlin Rd.
Maricopa, AZ 85138
520-568-2245

Sun Life Family Health Center – Oracle
1040 W. American Ave.
Oracle, AZ  85623
520-896-2092

Sun Life Family Health Center – San Manuel
23 S. McNab Pkwy.
San Manuel, AZ 85631
520-385-2234

Health Education Centers

Eastern Arizona Health Education Center
www.azeahec.org

Greater Valley Health Education Center
www.empowermentsystems.org/gvahec

Home Care Services

Home care services may include general services provided in the home, such as Personal, Housekeeping, and Attendant Care. Some home health care agencies may also provide services, such as visiting nurses, respite, home health aide services and other in-home medically needed services.
The following are some home care agencies. Please consult your local telephone book if you need more options. (ALTCS or Medicare acceptance noted in parentheses; however, other forms of payment or insurances are taken. Please call to inquire.)

Ability360 (Accepts ALTCS)
1419 N. Arizona Blvd.
Coolidge, AZ 85128
520-316-4300

AccentCare (Accepts ALTCS)
1515 E. Florence Blvd., Ste 101
Casa Grande, AZ 85122
Monday – Friday
Toll-free:  888-567-6492
200 W. Frontier St., Ste. G
Payson, AZ  85541
928-404-8000

AIRES, Inc. (Accepts ALTCS)
580 Camino Mercado, Ste. 1
Casa Grande, AZ  85122
520-836-0881
2140 W. Greenway Rd., Ste. 140
Phoenix, AZ 85023
602-995-3591

Angels Care Home Health (Accepts Medicare)
653 E. Cottonwood Ln.
Casa Grande, AZ 85122
520-876-0622

At Home Solutions (Accepts ALTCS)
1415 N. Trekell Ave., Ste. 201
Casa Grande, AZ 85122
888-496-3983

BrightStar Care (serving Apache Junction, Gold Canyon, Queen Creek & San Tan Valley) (Accepts VA)
1223 S. Clearview Ave., Ste. 110
Mesa, AZ  85209
480-898-0880

Casa Grande Home Health Care (Arizona Home Health Agency) (Accepts Medicare)
550 E. Cottonwood Ln., Ste D
Casa Grande, AZ 85122
623-206-7386 or 602-287-0003

Circle of Life Home Care
1179 E. Cottonwood Ln., Ste. 7
Casa Grande, AZ 85122
520-836-9700

Comfort Keepers (serving Apache Junction, Maricopa, Queen Creek, & San Tan Valley) (Accepts ALTCS and Medicare)
1311 W. Chandler Blvd., Ste. 160
Chandler, AZ 85224
480-256-8696
Heritage Home Healthcare (Phoenix metropolitan area)
7310 N. 16th St., Ste. 228
Phoenix, AZ 85020
602-745-2900

Home Health Insights (Arizona Home Health Agency) (Accepts ALTCS)
701 E. Cottonwood Ln., Ste. 2
Casa Grande, AZ 85122
520-421-2239

Home Instead Senior Care (serving Apache Junction, Casa Grande, Florence, Gold Canyon, Maricopa, Queen Creek, & San Tan Valley)
3850 E. Baseline Rd., Ste. 128
Mesa, AZ 85206
480-827-4343

Marc Community Resources
924 N. Country Club Dr.
Mesa, AZ 85201
480-969-3800

Nursing Solutions (Accepts ALTCS in limited cases)
15255 N. 40th St., Ste. 141
Phoenix, AZ 85032
602-331-1100

Prileo Home Care (Accepts ALTCS)
201 E. Cottonwood Ln., Ste. 4
Casa Grande, AZ 85122
520-421-3088

ResCare HomeCare (Accepts ALTCS)
1930 S. Alma School Rd., Ste. A118
Mesa, AZ 85210
480-485-9754

Soreo In-Home Support Services (Accepts ALTCS and Medicare)
442 W. Kortsen Rd., #103A
Casa Grande, AZ 85122
520-568-6400

2475 E. Water St.
Tucson, AZ 85719
520-881-4477

Synergy Home Care (Accepts ALTCS & Medicare)
1855 W. Baseline Rd., Ste. 202
Mesa, AZ 85202
480-377-6770

Tempe ADHC/Foundation for Senior Living (Accepts ALTCS and some Medicare plans)
2234 E. Maryland Dr.
Tempe, AZ 85281
602-532-2982
Hospice Services

Terminally ill persons, as well as their families, often turn to the compassionate services of hospice. Hospice services focus on maintaining the best quality of life and personal comfort for individuals and their families. Services are available in individual homes, assisted living complexes, group homes, in special hospital units and in many nursing care facilities. Medicare, Medicaid (AHCCCS), and/or private insurance cover hospice care.

Arizona Care Hospice
1100 N. Beeline Hwy, Ste A
Payson, AZ  85541
928-535-5353

Aviant Hospice (Parts of Pinal and Gila Counties)
136 S. Broad St.
Globe, AZ  85501
928-425-5400

Casa de la Luz (Oracle area)
7740 N. Oracle Rd.
Tucson, AZ 85704
520-544-9890

Compassus
  1675 E. Monument Plaza Cir., Ste A
  Casa Grande, AZ  85122
  520-421-7143
  511 S. Mud Springs Rd., Ste 1 & 2
  Payson, AZ  85541
  928-472-6340

Hospice Family Care (Pinal County)
  1175 E. Cottonwood Ln., Ste. 1
  Casa Grande, AZ 85122
  520-233-6116
  1550 S. Alma School Rd., Ste 102
  Mesa, AZ  85210
  704-662-0416

Hospice of Payson
900 N. Beeline Hwy, Ste B
Payson, AZ  85541
928-474-2415

Hospice of the Valley
1510 E. Flower St.
Phoenix, AZ 85014
602-530-6900

Integrity Hospice Care
6877 S. Kings Ranch Rd., Ste 2
Gold Canyon, AZ  85118
480-426-0255
Reflections Hospice  
(Serving Casa Grande, Coolidge, Florence, Globe, Maricopa, & Superior)  
480-246-3560

THEMA Health Services  
2123 Sunset Pointe Dr., Unit B3  
Miami, AZ 85539  
928-425-8330 or 623-399-2521

Valley Hospice of Arizona  
126 E. Main St., Ste A  
Payson, AZ 85541  
480-878-4561

### Hospitals and Urgent Care Facilities

#### Gila County

Cobre Valley Regional Medical Center  
5880 S. Hospital Dr.  
Globe, AZ 85501  
928-425-3261

Banner Payson Medical Center  
807 S. Ponderosa St.  
Payson, AZ 85541  
928-474-3222

PHS Indian Hospital – San Carlos  
223 Cibecue Cir.  
Mail: PO Box 208  
San Carlos, AZ 85550  
928-475-2371

CVRMC Pleasant Valley Clinic  
124 N. Tewksbury Blvd.  
Young AZ 85554  
928-462-3435

#### Pinal County

Banner Ironwood Medical Center  
37000 N. Gantzel Rd.  
Queen Creek, AZ 85140  
480-394-4000

Banner Casa Grande Medical Center  
1800 E. Florence Blvd.  
Casa Grande, AZ 85122  
520-381-6300

Banner Health Center  
17900 N. Porter Rd.  
Maricopa, AZ 85138  
520-233-2500

Updated May 2019
Hu Hu Kam Memorial Hospital
Huhukam/Gila River Health Care System
483 W. Seed Farm Rd.
Mail: PO Box 38
Sacaton, AZ 85147
520-562-3321

**Urgent Care**
Banner Casa Grande Urgent Care
1676 E. McMurray Blvd., Ste. 1
Casa Grande, AZ 85122
520-316-0688

FastMed Urgent Care
495 N. Pinal Pkwy., Ste. 106
Florence, AZ 85132
520-868-0573

NextCare Urgent Care
2080 W. Southern Ave.
Apache Junction, AZ 85120
480-985-0172

1683 E. Florence Blvd., Ste. 7
Casa Grande, AZ 85122
520-876-0800
Toll free: 888-381-4858

**Housing Services**
Contact the agencies below to learn about minor home repairs, repairs to heaters and air conditioners, major housing rehabilitation, home weatherization, reverse mortgages and Section 8 and other subsidized housing.

There are Section 8 Housing Voucher Programs, Section 8 Housing complexes and other low-cost housing options for low-income qualifying older adults.

Several apartment complexes subsidize rent for a specified number of units for income-qualified individuals or families.

To locate go to:
Arizona Department of Housing
602-771-1000
[https://housing.az.gov](https://housing.az.gov)

USDA Rural Development
602-280-8701
[www.rd.usda.gov/az](http://www.rd.usda.gov/az)

U.S. Department of Housing and Urban Development
800-347-3739
[www.hud.gov](http://www.hud.gov)

**Gila County**
Gila County Community Action Program—Payson
107 W. Frontier St., Ste. C
Payson, AZ 85541
928-474-7192
Gila County Community Action Program—Globe/Miami
5515 S. Apache Ave., Ste 200
Globe, AZ 85501
928-425-7631

Hope House
401 S. Mariposa St.
Payson, AZ 85541
928-363-4052

Payson Area Habitat for Humanity, Inc.
425 N. Beeline Hwy. (Mail: PO Box 1131)
Payson, AZ 85547
928-474-0330

Town of Payson Housing Division
303 N. Beeline Hwy.
Payson, AZ 85541
928-472-5038

**Pinal County**

City of Apache Junction Housing Programs
300 E. Superstition Blvd., Bldg. D
Apache Junction, AZ 85119
480-474-26356

Casa Grande—Owner Occupied Housing Rehabilitation Program
510 E. Florence Blvd.
Casa Grande, AZ 85122
520-421-8670
[https://casagrandeaz.gov/owner-occupied-housing-rehabilitation-program/](https://casagrandeaz.gov/owner-occupied-housing-rehabilitation-program/)

City of Coolidge Housing Rehabilitation
131 W. Pinkley Ave.
Coolidge, AZ 85128
520-723-5361

Community Action Human Resources Agency (CAHRA)
109 N. Sunshine Blvd.
Eloy, AZ 85131
520-466-1112

Eloy Housing Rehabilitation Program Grants
626 N. Main St.
Eloy, AZ 85131
520-464-3426

Pinal County Housing Authority
970 N Eleven Mile Corner Rd.
Casa Grande, AZ 85194
520-866-7201

Santa Cruz Village Apartments (Pinal-Gila Council for Senior Citizens’ Low Income Independent Living Apartment Complex)
118 E. 5th St.
Eloy, AZ 85131
520-866-7201 or 520-836-2758
Indigent Burial Information

The Indigent Burial Program and application process varies by county. No public assistance program can pre-qualify a decedent or family for this service. Eligibility is generally based on income and assets of both the decedent and the next of kin.

To initiate a referral for the Indigent Burial Program, contact the County Public Fiduciary’s Office nearest you for further information.

Qualified veterans may be buried at the Veteran’s Administration National Memorial Cemetery in Arizona. Another option is whole-body donation (see Whole-Body Donation).

Gila County Public Fiduciary
5515 S. Apache Ave., Ste. 800
Globe, AZ 85501
928-425-3149

Pinal County Public Fiduciary
971 N. Jason Lopez Cir., Bldg. D
Florence, AZ 85132
520-866-7252

Law Enforcement Agencies

Gila County

Gila County Sheriff’s Office
1100 South St. (Mail: PO Box 311)
Globe, AZ 85502
928-425-4449

Globe Police Department
175 N. Pine St.
Globe, AZ 85501
928-425-5751

Hayden Police Department
601 Hayden Ave.
Hayden, AZ 85135
520-356-6205

Miami Police Department
740 Sullivan St.
Miami, AZ 85539
928-473-2466

Payson Police Department
303 N. Beeline Hwy.
Payson, AZ 85541
928-474-5177

San Carlos Apache Police Department
200 W. Pinal St.
San Carlos, AZ 85550
928-475-2311
Pinal County

Pinal County Sheriff’s Office
971 Jason Lopez Cir., Bldg. C
Florence, AZ 85132
520-866-5111/Toll free:  800-420-8689

Ak-Chin Police Department
47314 W. Farrell Rd.
Maricopa, AZ 85139
520-568-1200

Apache Junction Police Department
1001 N. Idaho Rd.
Mail:  300 E. Superstition Blvd.
Apache Junction, AZ 85119
480-982-8260

Casa Grande Police Department
373 E. Val Vista Blvd.
Casa Grande, AZ 85122
520-421-8700

Coolidge Police Department
911 S. Arizona Blvd.
Coolidge, AZ 85128
520-723-5311

Eloy Police Department
630 N. Main St.
Eloy, AZ 85131
520-466-7324

Florence Police Department
425 N. Pinal St. (Mail:  PO Box 2670)
Florence, AZ 85132
520-868-7681

Gila River Police Department
PO Box 2186
Sacaton, AZ 85147
520-562-7114

Kearny Police Department
355 Alden Rd (Mail:  PO Box 639)
Kearny, AZ 85137
520-363-5566

Mammoth Police Department
125 S Clark Rd. (Mail:  PO Box 130)
Mammoth, AZ 85618
520-487-2347  or  520-487-2348

Maricopa Police Department
39675 W. Civic Center Plz.
Maricopa, AZ 85138
520-316-6800
Legal Services

Even if resources make a private attorney unaffordable for older adults, there are many legal assistance programs to turn to for help with legal questions, wills, estate planning and government benefits. Some of those programs are listed here.

**Pinal-Gila Council for Senior Citizens (PGCSC)**
8969 W. McCartney Rd.
Casa Grande, AZ 85194-7432
520-836-2758
Toll-free: 800-293-9393
Fax: 520-424-2824

If you are 60 years of age or older, the PGCSC Legal Help Line is available to help you at no cost by calling the number listed above. Although there are no fees for services, donations are gladly accepted.

PGCSC’s qualified legal professionals can help with:
- Stop Collection Effort Letters
- Beneficiary Deeds (document preparation only)
- Cremation Directives
- Fraud, Exploitation and Abuse
- Informal Probate (document preparation only)
- Affidavits to Transfer Real Property
- Affidavits to Collect Personal Property
- Landlord/Tenant Problems
- Power of Attorney (Medical and Mental Health Care)
- Revocation of Powers of Attorney
- Wills & Living Wills
- Consumer

There are other free legal service agencies throughout the state for people with low incomes. Contact the office nearest you.

**Nationwide**

Law for Seniors
www.LawForSeniors.org

**Statewide**

AZLawHelp (free or reduced fee legal help if eligible)
866-637-5341
www.AZLawHelp.org

Elder Law Hotline (age 60+)
Toll-free: 800-231-5441
Arizona Center for Disability Law
5025 E. Washington St., Ste. 202
Phoenix, AZ 85034
602-274-6287
Toll-free: 800-927-2260

Community Legal Services
305 S. 2nd Ave.
Phoenix, AZ 85003
602-258-3434
Toll-free: 1-800-852-9075
https://clsaz.org

Community Legal Services, Inc.
1220 S. Alma School Rd., Ste 206
Mesa, AZ 85210
480-833-1442
Toll-free: 800-852-9075

Equal Employment Opportunity Commission (EEOC)
3300 N. Central Ave., Ste. 690
Phoenix, AZ 85012
Toll-free: 800-669-4000
www.eeoc.gov

Family Lawyers Assistance Project (designed to assist people representing themselves)
201 W. Jefferson St., 6th floor
Phoenix, AZ 85003
602-506-7948

Friendly House Immigration Legal Services
113 W. Sherman St.
Phoenix, AZ 85003
602-257-1870
www.friendlyhouse.org/immigration

**Arizona Attorney General Resources**

Arizona Attorney General’s Office
602-542-5025
www.azag.gov

Elder Help Line and Complaints
602-542-2124
Toll-free: 844-894-4735
www.azag.gov/seniors

Consumer Information and Complaints
Toll free: 800-352-8431
www.azag.gov/consumer

**Pinal County**

Southern Arizona Legal Aid
1729 N. Trekell Rd., Ste. 101
Casa Grande, AZ 85122
520-316-8076
Website: www.sazlegalaid.org
Florence Immigration and Refugee Rights Project (FIRRP)
PO Box 654
Florence, AZ 85132
520-868-0191
Website: https://firrp.org

Libraries

**Gila County**

Globe Public Library
339 S. Broad St.
Globe, AZ 85501
928-425-6111
www.globeaz.gov/departments/library

Hayden Public Library
219 E. 5th Ave.
Mail: PO Box 99
Hayden, AZ 85135
520-356-7801 Ext.501

Isabelle Hunt Memorial Public Library
6124 N. Randall Pl.
Mail: PO Box 229
Pine, AZ 85544
928-476-3678

Miami Memorial Library
282 S. Adonis Ave.
Miami, AZ 85539
928-473-2621

Payson Public Library
328 N. McLane Rd.
Payson, AZ 85541
928-474-9260

San Carlos Public Library
San Carlos Ave.
Mail: PO Box 545
San Carlos, AZ 85550
928-475-2611

Tonto Basin Public Library
415 Old Highway #188
Mail: PO Box 368
Tonto Basin, AZ 85553
928-479-2355

Young Public Library
123 S. Midway Ave.
Mail: PO Box 150
Young, AZ 85554
928-462-3588
**Pinal County**

Apache Junction Public Library  
1177 N. Idaho Rd.  
Apache Junction, AZ 85119  
480-474-8555

Arizona City Community Library  
13254 S. Sunland Gin Rd.  
Arizona City, AZ 85123  
520-466-5565

City of Casa Grande Public Library  
449 N. Drylake St.  
Casa Grande, AZ 85122  
520-421-8710

(Casa Grande) Vista Grande Public Library  
1556 N. Arizola Rd.  
Casa Grande, AZ 85122  
520-421-8652

Coolidge Public Library  
160 W. Central Ave.  
Coolidge, AZ 85128  
520-723-6030

Eloy Santa Cruz Library  
1000 N. Main St.  
Eloy, AZ 85131  
520-466-3814

Florence Community Library  
778 N. Main St.  
Mail: PO Box 2670  
Florence, AZ 85132  
520-868-8311

Kearny Public Library  
912-A Tilbury Rd.  
Mail: PO Box 220  
Kearny, AZ 85137  
520-363-5861

Mammoth Public Library  
125 N. Clark St.  
Mammoth, AZ 85618  
520-487-2026

Maricopa Public Library  
41600 W. Smith-Enke Road, Bldg 10  
Maricopa, AZ 85138  
520-568-2926

Oracle Public Library  
565 E. American Ave.  
Oracle, AZ 85623  
520-896-2121
Life Long Learning

Community Colleges offer a wide array of classes and learning opportunities, many of which are of special interest to older adults. If you would like to learn to use the computer, surf the Internet, learn more about your hobby, brush up on your Spanish or prepare for a new job, your community college is the place to start.

**Gila County**

Gila Community College - Gila Pueblo Campus  
8274 S. Six Shooter Canyon Rd. (Mail: PO Box 2656)  
Globe, AZ 85502-2656  
928-425-8481  
[www.gilaccc.org](http://www.gilaccc.org)

Gila Community College - Payson Campus  
201 N. Mud Springs Rd. (Mail: PO Box 359)  
Payson, AZ 85547-0359  
928-468-8039  
[www.gilaccc.org](http://www.gilaccc.org)

**Pinal County**

Central Arizona College - Aravaipa Campus  
80440 E. Aravaipa Rd.  
Winkelman, AZ 85192  
520-357-2800  
Toll-free: 866-869-6507  
[www.centralaz.edu](http://www.centralaz.edu)

Central Arizona College – Maricopa Campus  
17945 N. Regent Dr.  
Maricopa, AZ 85138  
520-494-6400  
[www.centralaz.edu](http://www.centralaz.edu)

Central Arizona College – San Tan Campus  
3736 E. Bella Vista Rd.  
San Tan Valley, AZ 85143  
520-494-6725/480-677-7825  
[www.centralaz.edu](http://www.centralaz.edu)

Central Arizona College - Signal Peak Campus  
8470 N. Overfield Rd.  
Coolidge, AZ 85128  
520-494-5444  
Toll-free: 800-237-9814  
[www.centralaz.edu](http://www.centralaz.edu)
Long Term Care

Long term care is a term used to cover a variety of services to help individuals who live with illness, disability or functional limitations that require care over a long period of time.

There are three basic types of long term care: home and community based services, residential services and nursing home care facilities.

Long term care can be paid by Medicaid, known in Arizona as the Arizona Long Term Care System (ALTCS), if the individual meets financial and functional criteria, or some of the costs may be paid by private insurance.

Pinal-Gila Council for Senior Citizens may be able to provide some home and community services. (See the Home Care Services section of this Guide for additional resources.)

Meals – Home Delivered

The Meals On Wheels program provides home-delivered meals to homebound elderly adults and persons with disabilities who are at risk of losing their independence due to poor nutrition and support. PGCSC serves homebound individuals (age 60 and over) and those 18-59 with a doctor-certified disability. This effort is made possible through partnerships with senior center providers in our communities. Donations are encouraged and allow the program to continue or expand. (Note—All seniors may enjoy a noonday meal served at most senior centers. See the Senior Centers section for contact information.)

For home-delivered meals referrals, call Pinal-Gila Council for Senior Citizens at 520-836-2758 or 800-293-9393.

Medicare and Benefit Assistance

State Health Insurance Assistance Program (SHIP)
and Senior Medicare Patrol (SMP)

Many older adults and their caregivers are overwhelmed when trying to navigate Medicare and other benefit options. There are trained benefits counselors who can help you work through the problems encountered most often when applying for benefits. They can also act as advocates on behalf of individuals who apply for and obtain the benefits to which they are entitled.

The SHIP program is a free health benefits counseling program for Medicare beneficiaries and their families or caregivers. Their mission is to educate, advocate, counsel and empower people to make informed benefits decisions. SHIP is an independent program by federal agencies and is not affiliated with the insurance industry. The program is a partnership of the Department of Economic Security Division of Aging and Adult Services and the Area Agencies on Aging.

The SMP program is designed to involve retired professionals as volunteers in the education of their peers, in safeguarding the Medicare and Medicaid programs. The Senior Patrol Volunteers are part of the SHIP program. They are seniors who help fight and prevent Medicare/Medicaid fraud and abuse.
Benefits counseling and casework can be obtained by contacting:

**Pinal-Gila Council for Senior Citizens, Region V**
8969 W. McCartney Rd.
Casa Grande, AZ 85194
520-836-2758
Toll-free: 800-293-9393
[www.pgcsc.org](http://www.pgcsc.org)

**Nationwide**

Centers for Medicare & Medicaid Services
[www.cms.gov](http://www.cms.gov)

Health Insurance Quotes
Toll-free: 855-243-5899
[www.HealthInsurance.com](http://www.HealthInsurance.com)

Medicare
Toll-free: 800-MEDICARE (800-633-4227)
[www.medicare.gov](http://www.medicare.gov)

Medicare Rx Access Network (Rx Advocacy Group)
[https://medicareaccess.org](http://https://medicareaccess.org)

Medicare Rights Center
Toll-free: 800-333-4114

My Medicare Matters
National Council on Aging

**Ombudsman**

A Long-Term Care Ombudsman is a specially trained advocate who seeks to resolve complaints on behalf of residents of long-term care facilities, including assisted living and skilled nursing facilities. Ombudsmen are given the authority to receive, investigate, and assist in resolving complaints on behalf of residents through federal and state law.

**Pinal and Gila Counties**

Pinal-Gila Council for Senior Citizens
8969 W. McCartney Rd.
Casa Grande, AZ 85194
520-836-2758
Toll-free: 800-293-9393
[www.pgcsc.org](http://www.pgcsc.org)

Arizona Department of Economic Security
Long-Term Care Ombudsman
1789 W. Jefferson, Mail Drop 1119
Phoenix, AZ 85007
602-364-2860
Toll-free: 866-362-2837
Prescription Assistance

Prescriptions are often expensive. Many of the drug manufacturers have private prescription assistance programs that you may qualify for. Contact them directly for information.

**Prescription Assistance Programs**

AIDS Drug Assistance Program
800-334-1540

Benefits Checkup
National Council on Aging

Medicare Prescription Assistance
[www.ssa.gov/medicare/prescriptionhelp](http://www.ssa.gov/medicare/prescriptionhelp)

Partnership for Prescription Assistance – Assistance finding a prescription medication program for free or very low cost.
[www.pparx.org](http://www.pparx.org)

Pinal-Gila Council for Senior Citizens
520-836-2758 or 1-800-293-9393

State Health Insurance Assistance Program (SHIP)
Statewide hotline: 800-432-4040 (leave message)

Sun Life Family Health Center
865 N. Arizola Rd.
Casa Grande, AZ 85122
520-836-3446

TRICARE for Life (Current and retired military and their families)
1-877-363-1303
[https://tricare.mil/CoveredServices/Pharmacy](https://tricare.mil/CoveredServices/Pharmacy)

VA Benefits
[www.va.gov/healthbenefits/access/prescriptions.asp](http://www.va.gov/healthbenefits/access/prescriptions.asp)
520-836-2536 (Casa Grande VA Clinic)
520-629-4801 (Pinal County VA Clinic)

**Prescription Discount Cards**

Statewide Prescription Assistance Program (PAP)
Free pharmacy coupon card
[www.arizonarxcard.com](http://www.arizonarxcard.com)

FamilyWize Prescription Savings Cards
800-222-2818
[http://FamilyWize.org](http://FamilyWize.org)
Prescription and Over the Counter Medication Disposal

Prescription medication should be disposed of properly. It should never be left where children might have access to it, nor should it be flushed down the toilet or thrown into a landfill where it could seep into and contaminate the water supply.

Medication drop boxes are the best place to get rid of old or unwanted medications. These drop boxes are located in many communities in Pinal and Gila counties. Addresses are listed below; please call for information and hours.

**Gila County**

**Globe**
Gila County Sheriff’s Office—928-425-4449
1100 South St.

Globe Police Department—928-425-5751
175 N. Pine St.

**Hayden**
Hayden Police Department—520-356-6205
601 Hayden Ave.

**Miami**
Miami Police Department—928-473-2466
740 W. Sullivan St.

**Payson**
Gila County Sheriff’s Substation—928-474-2208
108 W. Main St.

Payson Police Department—928-474-5177
303 N. Beeline Hwy.

**Peridot**
San Carlos Apache Healthcare Pharmacy—928-475-1400
103 Medicine Way Rd.

**Pinal County**

**Apache Junction**
Apache Junction Police Department—480-982-8260
1001 N. Idaho Rd.

**Arizona City**
Pinal County Sheriff’s Office Substation—520-866-7453
13970 S. Sunland Gin Rd.

**Casa Grande**
Casa Grande Police Department—520-421-8700
373 E. Val Vista Blvd.

Casa Grande Police Department—520-421-8700
520 N. Marshall St.

Healthcare Medical Waste Services—520-316-9207
1305 N. V I P Blvd.
Pinal County Sheriff’s Office Substation—520-866-7419
820 E. Cottonwood Ln.

Walgreens—520-836-2787
1514 E. Florence Blvd.

**Coolidge**
Coolidge Police Department—520-723-5311
911 S. Arizona Blvd.

**Eloy**
Eloy Police Department—520-466-7324
630 N. Main St.

**Florence**
Florence Fire Station & Police Substation—520-868-7511
2035 N. Hunt Hwy.

Florence Police Department—520-868-7681
425 N. Pinal St.

Pinal County Sheriff’s Office—520-866-6800
971 N. Jason Lopez Cir., Bldg. C

**Gold Canyon**
Pinal County Sheriff’s Office Substation—520-866-6120
5750 S. Kings Ranch Rd.

**Kearny**
Kearny Police Department—520-363-5566
355 Alden Rd.

**Mammoth**
Mammoth Police Department—520-487-2347
125 S. Clark Rd.

**Maricopa**
Maricopa Police Department—520-316-6800
39675 W. Civic Center Plaza (bin in lobby)

Maricopa Police Department Substation
17985 N. Greythorn Dr. (bin in lobby)

Walmart Supercenter
41650 W. Maricopa Casa Grande Hwy (bin by pharmacy)

**Oracle**
Pinal County Sheriff’s Office Substation—520-896-9250
1470 N. Justice Dr.

**SaddleBrooke**
Pinal County Sheriff’s Office Substation—800-420-8689, #2 to schedule
63701 E. SaddleBrooke Blvd., Ste. C

**San Manuel**
Pinal County Sheriff’s Office Substation—520-866-7880
28380 S. Veterans Memorial Blvd.
Property Tax Exemptions and Senior “Freeze” Programs

County Assessor Offices have various programs that may help older adults with their property taxes. Taxes may be reduced and/or temporarily protected from increases through property tax exemptions or through a senior property valuation protection program.

Gila County

Gila County Assessor’s Office
1400 E. Ash St.
Globe, AZ 85501
928-402-8711
www.gilacountyaz.gov/government/assessor

Senior Freeze (applications accepted January-September 1st):

Widow/Widower/Disabled Exemptions (applications accepted January-March 1st):

Pinal County

Pinal County Assessor’s Office
31 N. Pinal St., Bldg. E
Mail: PO Box 709
Florence, AZ 85132
520-866-6361 (Same # for Casa Grande office)
www.pinalcountyaz.gov/Assessor

Senior Freeze (applications accepted March 1st through September 1st, 2019):
http://pinalcountyaz.gov/Assessor/Pages/SeniorFreeze.aspx

Widows, Widowers, and Disabled Persons Exemption (applications accepted 1st Monday of January through last day of February):
http://pinalcountyaz.gov/Assessor/Pages/TransfersExemptions.aspx

Recreation Departments

Recreation departments, libraries, and various clubs in each community provide opportunities for recreational activities and social events on a regular basis. Senior Centers offer additional opportunities (see Libraries and Senior Centers).

Gila County

City of Globe
150 N. Pine St.
Globe, AZ 85501
928-425-7146
www.globeaz.gov/departments/recreation
Town of Hayden
520 Velasco Ave. (Mail: PO Box B)
Hayden, AZ 85135
520-356-7801

Town of Miami
500 W. Sullivan St.
Miami, AZ 85539
928-473-4403
www.miamiaz.gov

Town of Payson
303 N. Beeline Hwy.
Payson, AZ 85541
928-474-5242
www.paysonaz.gov

Town of Winkelman
206 Giffin Ave. (Mail: PO Box 386)
Winkelman, AZ 85192
520-356-7854
www.winkelmanaz.com

**Pinal County**

City of Apache Junction
300 E. Superstition Blvd.
Apache Junction, AZ 85119
480-982-8002
www.ajcity.net

City of Casa Grande Community Recreation Center
1905 N. Peart Rd.
Casa Grande, AZ 85122
520-421-8677
https://casagrandeaz.gov/crc

City of Coolidge
660 S. Main St.
Coolidge, AZ 85128
520-723-4551
www.coolidgeaz.com

City of Eloy
100 E. 7th St.
Eloy, AZ 85131
520-466-7351 Ext. 3
www.ci.eloy.az.us

Town of Florence
778 N. Main St. (Mail: PO Box 2670)
Florence, AZ 85132
520-868-7589
www.florenceaz.gov
Rehabilitation and Disability Services

Individuals who have physical disabilities or challenges may benefit from the various programs offered to address their special needs.

There are a number of private and nonprofit agencies which provide physical rehabilitation services; these are best located using your local telephone directory or the internet.

Listed below are DES vocational rehabilitation services and Centers for Independent Living Services (CILS) for individuals who are no longer able to do the work they once did or have a disability, but are looking for help to train for a new type of work.

**Gila County**

DES Vocational Rehabilitation
605 S. 7th St.
Globe, AZ 85501
928- 425-3101

DES Vocational Rehabilitation
100 N. Tonto St., Ste 100
Payson, AZ 85541
928-468-9829

**Pinal County**

DES Vocational Rehabilitation Centers
11518 E. Apache Trl., Ste. 110 & 111
Apache Junction, AZ 85120
480-983-0427
Respite Care & Resources

Respite care is intended to give unpaid caregivers a break. It is designed to help relieve caregiver stress and burn-out.

Arizona Caregiver Coalition
888-737-7494
http://azcaregiver.org

National Respite Locator Service
919-490-5577
http://archrespite.org/respitelocator

Pinal-Gila Council for Senior Citizens
8969 W. McCartney Rd.
Casa Grande, AZ 85194-7432
520-836-2758
Toll-free: 800-293-9393

Gila County

Catholic Community Services of Southern Arizona
Gila Aging Services
809 W. Longhorn, Ste. B-15
Payson, AZ 85541
928-468-0546

Pinal County

Arbor Rose Senior Care
6033 E. Arbor Ave.
Mesa, AZ 85206
602-467-3842

Caliche Senior Living (Day Club)
1640 N. Peart Rd.
Casa Grande, AZ 85122
520-316-8041

Oakwood Creative Care (Day Club)
Town Center Location
247 N. MacDonald
Mesa, AZ 85201
480-464-1061
Oakwood Creative Care (Day Club)
Red Mountain Location
7550 E. Adobe Rd.
Mesa, AZ  85207
480-641-7644

For additional respite resources, refer to the American Parkinson Disease Association and Veterans Assistance.

Senior Centers

Each Senior Center in Pinal and Gila counties is unique in the programs and services offered.

Senior Centers usually serve a noonday meal and offer a variety of social and recreational activities. Many Senior Centers offer ongoing educational and exercise programs. Many times transportation to and from the Senior Center is available.

Pinal-Gila Council for Senior Citizens has staff members in various departments who visit Senior Centers on a regular basis to provide additional assistance, such as for legal services or help with Medicare problems.

Gila County

Globe Active Adult Center
579 S. Broad St.
Globe, AZ 85501
928-425-9030

Hayden Senior Center
520 N. Velasco Ave.
Mail: PO Box B
Hayden, AZ 85135
520-356-7035

Miami Senior Center
506 W. Live Oak St.
Miami, AZ 85539
928-473-4190

Payson Senior Center
514 W. Main St.
Payson, AZ 85541
928-474-4876

Pine-Strawberry Senior Center
Highway 87 & Randall Pl.
Mail: PO Box 1281
Pine, AZ 85544
928-476-2151

Pinal County

Apache Junction Active Adult Center
1035 N. Idaho Rd.
Apache Junction, AZ 85119
480-474-5260
Relationships

Social Security

Two of the most important programs for older adults are Social Security for income and Medicare for health, hospitalization and prescriptions. Pinal-Gila Council for Senior Citizens has counselors trained to help you understand your options under both of these programs. (Also see Medicare and Benefit Assistance)

Pinal-Gila Council for Senior Citizens
8969 W. McCartney Rd.
Casa Grande, AZ 85194-7432
520-836-2758
Toll-free: 800-293-9393
www.pgcs.org

Social Security Administration
Toll-free: 800-772-1213 M-F 7am to 7pm
www.ssa.gov
Field Offices:
Apache Junction Social Security Office  
253 W. Superstition Blvd.  
Apache Junction, AZ  85120  
866-964-7417  

Casa Grande Social Security Office  
1637 E. Monument Plaza Cir., Ste. 2  
Casa Grande, AZ 85122  
877-405-0403  

Globe Social Security Office  
1405 E. Ash St.  
Globe, AZ  85501  
1-800-772-1213  

Support Groups and Self-Help Groups
These groups bring together individuals who are experiencing similar types of problems. Many times, a professional may lead or be part of the group. Groups may help individuals cope with an illness, bereavement or other challenging life experience.

Alcoholics Anonymous (AA) and Al-Anon
Alcoholics Anonymous  
(For dates, times and locations of meetings)  
24-Hour Help Line:  602-264-1341  
www.aaphoenix.org  

Alzheimer's/Dementia Support Groups
For information, call:  
Pinal-Gila Council for Senior Citizens  
520-836-2758  
Toll-free:  800-293-9393  

Arizona City  
1st Tuesday of each month, 1:00 – 2:30 p.m.  
Living Hope Community Church  
13270 S. Sunland Gin Rd.  
Arizona City, AZ 85123  

Casa Grande  
4th Wednesday of each month, 1:00 – 2:30 p.m.  
Caliche Senior Living  
1640 N. Peart Rd.  
Casa Grande, AZ 85122  

Florence  
2nd Thursday of each month, 10:00 – 11:30 a.m.  
Dorothy Nolan Senior Center  
330 N. Pinal St.  
Florence, AZ  85132  
(October through May only)  

Globe  
2nd Tuesday of each month, 12:15 – 1:45 p.m.  
Globe Active Adult Center  
579 S. Broad St.
Maricopa
2nd Wednesday of each month 10:00 – 11:30 a.m.
Copper Sky Rec. Complex, Meeting Room A
44345 W. Martin Luther King Blvd.

Payson
1st and 3rd Wednesdays of each month, 1:30 – 3:00 p.m.
Payson Senior Center
514 W. Main St.
Contact Mary Cailey for additional information: 928-474-3560

San Manuel
3rd Wednesday of each month, 10:00 – 11:30 a.m.
Sun Life Family Health Center—Resource Room
23 S. McNab Pkwy
(October through April only)

Bereavement Support and Counseling
Compassus—Payson
928-238-3211

Compassus—Casa Grande
1675 E. Monument Plaza Cir.
Casa Grande, AZ 85122
520-494-3830

Hospice Family Care
520-233-6116

Cancer Support Groups
American Cancer Society
(For dates, times and locations of meetings)
Phoenix Office: 602-224-0524
Toll-free: 800-227-2345
www.cancer.org

Caregiver Support
Arizona Caregiver Coalition
Caregiver Resource Line: 888-737-7494
www.azcaregiver.org

Domestic Abuse/Violence
Against Abuse, Inc.
Casa Grande, AZ: 520-836-1239
24-Hour Crisis Hotline: 520-836-0858
www.against-abuse.org

Community Alliance Against Family Abuse
Apache Junction, AZ
Help Line: 480-982-0196
www.caafaaz.org
**Gambling Addiction**
Arizona Office of Problem Gambling
Toll free:  800-639-8783
https://problemgambling.az.gov

Gamblers Anonymous
Phoenix hotline:  602-266-9784
www.GamblersAnonymous.org

**Narcotics Addiction**
Arizona Region of Narcotics Anonymous
Meeting locations and information
www.arizona-na.org

**Tax Assistance (Income Tax)**

There is free help available for older adults as well as homebound older adults to complete and file their federal and state income tax returns. Assistance is available in almost every city and town in Arizona, primarily through volunteers who pitch in to help out. Dates, times and locations for tax help change every year. During tax season, the following organizations will have free tax help information.

IRS Tax Information for Seniors
www.irs.gov/individuals/seniors-retirees

United Way of Pinal County
www.myfreetaxes.com

Volunteer Income Tax Assistance (VITA)
800-906-9887

AARP TCE Tax-Aide Sites (Tax Counseling for the Elderly)
888-227-7669
www.aztax-aide.org

**Telephone Assistance**

The Telephone Assistance Program (TAP) provides for the monthly basic phone rate and assistance with installation costs for low-income persons with a medical need. For more information call 1-800-582-5706.

Emergency cell phones are available through local law enforcement agencies.

Arizona Lifeline Information – Lifeline provides subscribers a discount on monthly telephone service purchased from participating providers in the marketplace.
www.phone-bill-assistance.com/lifeline/AZ

**Telephone Reassurance**

Provides a friendly phone call each morning to check on the well being of individuals who have requested this service.

Casa Grande Police Department Senior Phone Patrol
Volunteer Services Center
520-421-8711, ext. 6140
Transportation

Many of the Senior Centers in Pinal and Gila counties offer at least limited transportation assistance. They can usually provide rides to and from Senior Centers and, at times, they can provide rides to shopping, medical appointments and recreational events. Specialized transportation assistance is available in some communities. (See Senior Centers for the Senior Center in your area)

**Gila County**

**Globe / Miami**
Cobre Valley Community Transit
928-473-8222

**Payson**
Mountain Valley Shuttle
928-537-4539

**San Carlos/Safford/Globe**
San Carlos Nnee Bich’o Nii Transit Services
928-475-5023/5024

**Pinal County**

**Apache Junction**
Apache Junction Ride Choice (Reimbursement for taxi – call for details)
480-474-5260

**Coolidge**
Cotton Express
520-723-7195

**Coolidge to Neighboring Communities**
Central Arizona Regional Transit (CART)
520-723-7195

**Oracle**
On-The-Go-Express
520-866-4508

**Maricopa**
City of Maricopa Express Transit (COMET)
520-316-6959
http://www.maricopa-az.gov/web/living/travel-transportation
Medical Only

Patient Travel Referral (Charitable Long distance Medical Transportation)
Fax: 800-550-1767
www.patienttravel.org

TRIAD

A partnership of the Pinal County Sheriff’s Office, the Pinal County Attorney’s Office and volunteers, TRIAD works to identify areas of concern for senior citizens and concentrates on finding solutions. Several communities within Pinal County have a TRIAD in place. Programs may include, but are not limited to:

Home Alone Units. Volunteers install a pendant system in the home that can be activated for an emergency call in case the person is unable to reach the phone.

Lock Boxes. Lock boxes are available for those who would like emergency responders to have access to their homes in an emergency. They are often given out in conjunction with the Home Alone Unit.

Refrigerator Medical Cards. This is a medical information form printed on two sides of a yellow card the size of a half sheet of paper. It is placed on the front of the refrigerator and, in an emergency, provides first responders or emergency medical personnel with essential information.

The Pinal County Attorney’s Office Community Liaison can direct you to a TRIAD in your area: 520-866-6271 (ask for Community Liaison)

Unemployment

AZ Unemployment Insurance Call Center (8am-5pm)
Toll-free: 877-600-2722

DES/Arizona@Work
318 N. Florence St.
Casa Grande, AZ 85122
520-866-3600
https://arizonaatwork.com

Arizona@Work
100 Tonto St., Ste. 100
Payson, AZ 85541
928-468-9840

Arizona@Work
5515 S. Apache Ave., Ste. 200
Globe, AZ 85501
928-402-8549

United Fund Giving and Support

United Way of Pinal County
520-836-0736
http://unitedwayofpc.org

United Fund of Globe-Miami, Inc.
928-961-3620
www.ufglobemiami.com
Utility Assistance

Some utility companies may provide assistance in limited situations. Contact your local utilities for information. The Community Action Programs can also provide utility assistance and are listed below:

**Gila County**

Gila County Community Services Division  
5515 S. Apache Ave., Ste. 200  
Globe, AZ 85501  
928-425-7631

Gila County Community Action Program  
107 W. Frontier, Ste. C  
Payson, AZ 85541  
928-474-1759

**Pinal County**

Community Action Human Resources Agency (CAHRA)  
109 N. Sunshine Blvd.  
Eloy, AZ 85131  
520-466-1112

**Veterans Assistance**

**Nationwide**

National Homeless Veterans Resource Line  
877-424-3838

U.S. Department of Veterans Affairs  
[https://www.va.gov](https://www.va.gov)

Veterans Crisis Line: 1-800-273-8255, press 1  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

VA Family Caregiver Program  
[https://www.caregiver.va.gov/support/support_benefits.asp](https://www.caregiver.va.gov/support/support_benefits.asp)  
Toll free Caregiver Support Line: 855-260-3274

**Statewide**

American Legion Office  
3333 N. Central, Suite 1048  
Phoenix, AZ 85012  
602-627-3284

Arizona Army National Guard HQ  
5636 E. McDowell Rd. Bldg. M5101  
Phoenix, AZ 85008  
602-267-2700
The Arizona Department of Veterans’ Services (ADVS)
3839 N. 3rd St.
Phoenix, AZ 85012
602-255-3373
https://dvs.az.gov/services/resources

Be Connected Program
866-4AZ-VETS (866-429-8387)
https://beconnectedaz.org

Coaching into Care VA Family Call Center
(Provides coaching to family and friends of Veterans who see that a Veteran in their life may be having difficulty adjusting to civilian life.)
888-823-7458
https://www.mirecc.va.gov/coaching

Eloy Veterans Center
316 N. Main St.
Eloy, AZ 85131
520-423-4255

Phoenix VA Health Care System
650 E. Indian School Rd.
Phoenix, AZ 85012
602-277-5551
Toll free: 800-554-7174

Science Care Body Donation Veterans Program
Veterans Burial Benefits
21410 N. 19th Ave., Ste 126
Phoenix, AZ 85027
800-417-3747
www.sciencecare.com

Southern Arizona VA Health Care System
3601 S. 6th Ave.
Tucson, AZ 85723
520-792-1450/toll free: 800-470-8262

**Gila County**

Arizona Department of Veterans’ Services
5860 S. Hospital Dr., Ste. 111
Globe, AZ 85501
2nd Tuesday, 8am-3:30pm, walk-in

Arizona Department of Veterans’ Services
807 W. Longhorn Rd.
Payson, AZ 85541
602-627-3267
2nd Thursday, 9am-3pm
Northern Arizona Veterans Resource Center  
Flagstaff, AZ 86004  
928-266-1984

Veterans Helping Veterans  
212 W. Wade Ln.  
Payson, AZ 85541  
928-474-3920

**Pinal County**

Arizona Department of Veterans’ Services  
318 N. Florence St., Ste. A  
Casa Grande, AZ 85122  
520-510-5142  
Monday-Wednesday, 8am-3:30pm

Arizona Department of Veterans’ Services  
17945 N. Regent Dr., Bldg. A, Room 110  
Maricopa, AZ 85138  
520-510-5142  
Thursday-Friday, 8am-3:30pm

Casa Grande Community Based Outpatient Clinic  
(Primary Care Services for Veterans)  
1876 E. Sabin Dr., Bldg. A, Ste. 15  
Casa Grande, AZ 85122  
520-836-2536  
www.tucson.va.gov/locations/CasaGrande.asp

**Volunteer Opportunities and Programs**

There are many volunteer opportunities for older adults who want to stay active and contribute to the community. Interested volunteers may contact the following:

**Gila County**

Pinal-Gila Council for Senior Citizens  
8969 W. McCartney Rd.  
Casa Grande, AZ 85194  
520-836-2758 or  
Toll free: 800-293-9393

**Pinal County**

Big Brothers Big Sisters of Central Arizona  
4745 N. 7th St., Ste. 210  
Phoenix, AZ 85014  
602-264-9254  
www.bbbsaz.org/volunteer

Community Action Human Resources Agency (CAHRA)  
109 N. Sunshine Blvd.  
Eloy, AZ 85131  
520-466-1112
Voting Information

Elected officials make changes to programs and services based on what they think is important to the people they represent. The MOST influential individuals are REGISTERED VOTERS. It is important to REGISTER and to VOTE!

Now voting from home is easier than ever by requesting a mail-in ballot or by requesting to be on the permanent mail-in ballot list.

Arizona Secretary of State (election & voting information, resources & results)
602-542-8683
Toll-free: 877-843-8683
www.azsos.gov/elections

VOTER QUALIFICATIONS – YOU MUST:
Be a United States citizen
Be a resident of Arizona and the county listed on your registration
Be 18 years of age or older on or before the day of the next regular General Election

ALSO:
You cannot have been convicted of a felony and not yet had your civil rights restored
You cannot have been adjudicated incompetent

TO REGISTER TO VOTE:
- **Online registration**
  Website: www.servicearizona.com (select voter registration)

- **Print a form**: https://azsos.gov/sites/default/files/voter_registration_form.pdf. Complete, sign and mail form as noted on instructions.

- **By mail**: You may contact the County Recorder’s Office listed below for your area and request that a voter registration form be mailed to you.

- **In person**: You may visit the County Recorder’s Office in the county in which you are a legal resident and complete a voter registration form.

**Gila County Recorder**
1400 E. Ash St.
Globe, AZ 85501
928-402-8731

**Pinal County Recorder**
31 N. Pinal St., Bldg. E
Florence, AZ 85132
520-866-6830
Whole Body Donation

No-cost whole body donation can help advance medical technology, training, and education, and may lead to new disease treatment options, better patient outcomes, and advanced surgical procedures. Please check to confirm sign-up requirements and any fees that may apply.

Research for Life
2230 E. Magnolia St.
Phoenix, AZ 85034
800-229-3244
http://researchforlife.org

Science Care Body Donation (includes a Veterans program)
21410 N. 19th Ave., Ste 126
Phoenix, AZ 85027
800-417-3747
www.sciencercare.com

United Tissue Network
3620 E. Wier Ave.
Phoenix, AZ 85040
877-738-6111
https://unitedtissue.org

Willed Body Program – College of Medicine Tucson
University of Arizona Health Sciences
PO Box 245045
Tucson, AZ 85724
520-626-6083
https://bodydonation.med.arizona.edu
Appendix A – National Organization Websites and Toll-Free Numbers

- Alzheimer’s Association
  Toll-free: 800-272-3900
  www.alz.org

- American Autoimmune Related Diseases Association
  Toll-free: 800-598-4668
  www.aarda.org

- American Cancer Society
  Toll-free: 800-227-2345
  www.cancer.org

- American Diabetes Association
  Toll-free: 800-DIABETES (800-342-2383)
  www.diabetes.org

- American Foundation for AIDS Research
  www.amfar.org

- American Heart Association
  Toll-free: 800-242-8721
  www.heart.org

- American Kidney Fund
  Toll-free: 800-638-8299
  www.kidneyfund.org

- American Liver Foundation
  Toll-free: 800-465-4837
  www.liverfoundation.org

- American Lung Association
  Toll-free: 800-586-4872
  www.lungusa.org

- American Parkinson Disease Association
  Toll-free: 800-223-2732
  www.apdaparkinson.org
  Arizona Chapter—520-326-5400
  www.apdaarizona.org

- American Stroke Association
  Toll-free: 888-4-STROKE (888-478-7653)
  www.strokeassociation.org

- American Tinnitus Association
  Toll-free: 800-634-8978
  www.ata.org

- ALS Association (Amyotrophic Lateral Sclerosis)
  Toll-free: 800-782-4747
  www.alsa.org
• Arthritis Foundation  
  Toll-free: 844-571-HELP  
  www.arthritis.org

• Asthma & Allergy Foundation of America  
  Toll-free: 800-7-ASTHMA (800-727-8462)  
  www.aafa.org

• Prevent Cancer Foundation  
  Toll-free: 800-227-2732  
  http://preventcancer.org

• CHADD  
  (Children and Adults with Attention-Deficit/Hyperactivity Disorder)  
  Toll-free: 800-233-4050  
  www.chadd.org

• Crohn’s & Colitis Foundation  
  Toll-free: 800-932-2423  
  http://www.crohnscolitisfoundation.org

• Cystic Fibrosis Foundation  
  Toll-free: 800-FIGHT-CF (800-344-4823)  
  www.cff.org

• Easterseals  
  Toll-free: 800-221-6827  
  www.easterseals.com

• Epilepsy Foundation  
  Toll-free: 800-332-1000  
  www.epilepsy.com

• Foundation Fighting Blindness  
  Toll-free: 800-683-5555  
  www.blindness.org

• Huntington’s Disease Society of America  
  Toll-free: 800-345-HDSA (4372)  
  http://hdsa.org/

• Kidney Cancer Association  
  Toll-free: 800-850-9132  
  www.kidneycancer.org

• Leukemia & Lymphoma Society  
  Toll-free: 800-955-4572  
  www.lls.org

• Lupus Foundation of America  
  Toll-free: 800-558-0121  
  www.lupus.org

• March of Dimes  
  www.marchofdimes.org
• Myasthenia Gravis Foundation of America
  Toll-free: 800-541-5454
  www.myasthenia.org

• Myositis Association
  Toll-free: 800-821-7356
  www.myositis.org

• National Bone Health Alliance
  Toll-free: 855-742-8179
  www.nbha.org

• National Down Syndrome Society
  Toll-free: 800-221-4602
  www.ndss.org

• National Hemophilia Foundation
  Toll-free: 800-424-2634
  www.hemophilia.org

• Mental Health America (MHA)
  Toll-free: 800-969-6642
  www.mentalhealthamerica.net

• National Asian Pacific Center on Aging
  206-624-1221
  www.napca.org

• National Caucus & Center on Black Aging
  202-637-8400
  https://ncba-aging.org

• National Hispanic Council on Aging
  202-347-9733
  www.nhcoa.org

• National Indian Council on Aging
  505-292-2001
  https://nicoa.org

• National Multiple Sclerosis Society
  Toll-free: 800-344-4867
  www.nationalmssociety.org

• National Organization for Rare Disorders
  Toll-free: 800-999-6673
  www.rarediseases.org

• National Psoriasis Foundation
  Toll-free: 800-723-9166
  www.psoriasis.org

• National Resource Center on LGBT Aging
  212-741-2247
  www.lgbtagingcenter.org
Appendix B – Must-Have Documents for Caregivers

*List of Doctors*
This list will help caregivers to immediately access the health care team. It should include the doctor’s name, address, phone number, e-mail address, and reasons the care recipient is seeing this doctor.

*Weekly Medication Chart*
Medication errors can be reduced and medications are more likely to be taken on schedule when a chart is developed and kept, listing all prescriptions, over-the-counter medications, herbal treatments, and vitamin supplements, along with when each is taken, and the assigned dosage.

*Caregiver’s Log*
Many times various relatives and loved ones provide caregiving in shifts. Included is a helpful form for when information needs to be shared.

*Personal Health History*
A chart is included that will help when taking your loved one to visit their doctor. It can help the doctor decide on medications and treatments needed.
## List of Doctors

<table>
<thead>
<tr>
<th>Doctor's Name</th>
<th>Street Address</th>
<th>Phone Number</th>
<th>City, State, Zip</th>
<th>Email</th>
<th>Condition being treated</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>
Weekly Medication Chart

It is important to keep track of your loved one’s medication when caregiving or sharing caregiving with others. This chart should help.

1. Complete a new chart weekly.

2. Each section is for one medication. Transfer the name from each prescription container to the space in the first row.

3. In the second row enter the dosage and the time or how often each day the medication should be taken.

4. In the third row write the size, shape, and color of the pill.

5. When your loved one takes a medication, place an “X” in the box for the day of the week. If your loved one takes a medication more than once a day, mark an “X” each time.
# Weekly Medication Chart

<table>
<thead>
<tr>
<th>Name of Medication:</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Dosage:</td>
<td>How Often:</td>
</tr>
<tr>
<td>Description (size/shape/color):</td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>Mon</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name of Medication:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dosage:</td>
<td>How Often:</td>
</tr>
<tr>
<td>Description (size/shape/color):</td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>Mon</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name of Medication:</th>
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<tbody>
<tr>
<td>Dosage:</td>
<td>How Often:</td>
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<td>Description (size/shape/color):</td>
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<tr>
<td>Sun</td>
<td>Mon</td>
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<th>Name of Medication:</th>
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<tr>
<td>Dosage:</td>
<td>How Often:</td>
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<td>Description (size/shape/color):</td>
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<th>Name of Medication:</th>
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<td>Dosage:</td>
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<td>Description (size/shape/color):</td>
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<td>Sun</td>
<td>Mon</td>
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</table>
Caregiver’s Log

Many times various relatives and loved ones provide caregiving in shifts. This form may be useful for those times when information should be shared.

Caregiver Name: _______________________________

I cared for ____________________________________

From __________________ to ___________________

<table>
<thead>
<tr>
<th>Food (list food eaten and times)</th>
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</table>

<table>
<thead>
<tr>
<th>Medications (list medication doses and times)</th>
<th></th>
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<tr>
<th>Activities Enjoyed</th>
<th></th>
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<tr>
<th>Sleep/Energy Level</th>
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<tr>
<th>Pain or Discomfort</th>
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List any other concerns for new caregiver to follow-up with:
Personal Health History

A chart such as this will help when taking your loved one to visit their doctor. It can help the doctor decide on medications and treatments needed.

### Hospitalizations

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Condition</th>
<th>Date (s)</th>
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### Surgeries

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<tr>
<th>Hospital</th>
<th>Surgery for</th>
<th>Date (s)</th>
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### Illnesses

<table>
<thead>
<tr>
<th>Illness</th>
<th>Treatment</th>
<th>Date (s)</th>
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<tbody>
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### Medications Taken

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dosage</th>
<th>Began taking date(s)</th>
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<tbody>
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</table>
### Allergies:

<p>| | | |</p>
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### Health Care Providers:

<table>
<thead>
<tr>
<th>Provider</th>
<th>City</th>
<th>Phone</th>
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<tr>
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### Major Health Conditions of Immediate Family Members:

- 
- 
- 

### For other very helpful caregiver checklists and forms, go to these websites:

- [www.caregiverslibrary.org](http://www.caregiverslibrary.org)
- Examples of other checklists and forms available free online at [http://www.caregiverslibrary.org/caregivers-resources/grp-checklists-forms.aspx](http://www.caregiverslibrary.org/caregivers-resources/grp-checklists-forms.aspx)
  - Caregiving Decision Questionnaire
  - Driving Assessment Checklist
  - Needs Assessment Worksheet
  - Home Modification Checklist
  - Nursing Home Checklist
  - Medical Appointment Tracking Form
  - Caregivers Document Organizer
  - Personal Record Tracking Form
  - Payment Options Form to Compare Medicare and Supplemental Insurance Coverage
  - Health Insurance Coverage Decision Chart
  - Choosing the Right Doctor Checklist

- [www.caregiverresource.net](http://www.caregiverresource.net)
- [www.caregiver.com](http://www.caregiver.com)
Funding provided in part by the State of Arizona/DES Division of Aging and Adult Services, Federal Older Americans Act, Social Services Block Grant, PGCSC, ADOT 5310 Program, Arizona Complete Health, Pinal County, Gila County, Local Cities and Towns, Program Participant Donations, Pinal-Gila Council’s Senior Foundation, WACOG, EFSP (FEMA), United Way of Pinal County, Walmart Foundation, and Walmart Distribution Center #7013. Some programs are funded by the Arizona Department of Economic Security. Points of view are those of PGCSC and do not necessarily represent the official position or policies of DES.

“Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Pinal-Gila Council for Senior Citizens prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Pinal-Gila Council for Senior Citizens 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, Pinal-Gila Council for Senior Citizens must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that Pinal-Gila Council for Senior Citizens 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 alternative format or for further information about this policy please contact: Olivia Guerrero at 520-836-2758 or 1-800-293-9393. Para obtener este documento en otro formato u obtener información adicional sobre esta política, Olivia Guerrero a 520-836-2758 o 1-800-293-9393.”

PGCSC is a proud member of the United Way of Pinal County.
Mission Statement: “To eliminate health problems or deaths associated with misuse or abuse of medications in the senior population and families of Pinal County.”

Vision Statement: “CHAMMP is a coalition educating the senior population of Pinal County in proper medication storage, usage, and disposal, resulting in safer communities for all ages.”
### Important Telephone Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
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</thead>
<tbody>
<tr>
<td>In the event of a true emergency, call 911</td>
<td>911</td>
</tr>
<tr>
<td>Adult Abuse Hotline (Arizona Adult Protective Services) Statewide</td>
<td>1-877-SOS-ADULT (1-877-767-2385)</td>
</tr>
<tr>
<td></td>
<td>(TDD: 877-815-8390)</td>
</tr>
<tr>
<td>Child Abuse Hotline (Arizona Department of Child Safety) Statewide</td>
<td>1-888-SOS-CHILD (1-888-767-2445)</td>
</tr>
<tr>
<td>National 24-Hour Domestic Violence Hotline</td>
<td>1-800-799-7233 (TTY: 1-800-787-3224)</td>
</tr>
<tr>
<td>Empact Suicide Prevention Center—24-hour</td>
<td>1-866-205-5229</td>
</tr>
<tr>
<td>National Suicide Prevention Lifeline—24 hours/7 days a week</td>
<td>1-800-273-8255</td>
</tr>
<tr>
<td>Arizona Poison and Drug Information Center (University of Arizona)</td>
<td>1-800-222-1222</td>
</tr>
<tr>
<td>Arizona Caregiver Resource Line</td>
<td>1-888-737-7494</td>
</tr>
<tr>
<td>Gila County Crisis Line Steward Health Choice Arizona</td>
<td>1-877-756-4090</td>
</tr>
<tr>
<td>Pinal County Crisis Line Arizona Complete Health</td>
<td>1-866-495-6735</td>
</tr>
</tbody>
</table>

Important reference numbers taken from AZLinks.gov.
Multipurpose Senior Centers

Directly provide recreational activities, educational speakers, transportation, congregate meals, medical screening and nutrition education. Call Centers for hours of operation, information, and meal reservations.

Apache Junction Active Adult Center
1035 N. Idaho Road
Apache Junction, AZ  85119
480-474-5260

Coolidge Adult Center
250 S. Third Street
Coolidge, AZ  85128
520-723-4803

Dorothy Nolan Senior Center
330 N. Pinal Street
Florence, AZ  85132
520-868-7622

Dorothy Powell Senior Adult Center
405 E. 6th Street
Casa Grande, AZ  85122
520-421-8760

Eloy Adult Center
3925 N. Shira Street
Eloy, AZ  85131
520-466-3166

Globe Active Adult Center
579 S. Broad Street
Globe, AZ  85501
928-425-9030

Hayden Senior Center
520 N. Velasco Avenue
Hayden, AZ  85135
520-356-7035

Miami Senior Center
506 W. Live Oak Street
Miami, AZ  85539
928-473-4190

Payson Senior Center
514 W. Main Street
Payson, AZ  85541
928-474-4876

Superior Senior Center
360 W. Main Street
Superior, AZ  85541
520-689-5182