



Senior Connections

THE BEST EVER COMMUNITY RESOURCE GUIDE

for older adults, caregivers and their families
in Pinal and Gila Counties

(520) 836-2758 or 1-(800)-293-9393



Pinal-Gila Council for Senior Citizens



This Guide provided through the support of:

AARP in Arizona

Pinal-Gila Council for Senior Citizens, Area Agency on Aging, Region V
Older American's Act Title III-E



Pinal-Gila Council for Senior Citizens

A Message for Older Adults, Caregivers and Their Families

As a baby boomer myself and as my own mother ages and needs more attention and caregiving I realize first hand the maze each of you must travel through to find information and resources.

We hope that this guide will help you navigate the path more easily to find the resources you need for yourself and to support your family member or friend as they are forced to rely on care from others. This guide has been written in 8 sections and includes: 1) Area Agencies/AARP/DES 2) Best Caregiver Organizations 3) Best National Aging Organizations 4) Arizona Attorney General Life Care Planning Packet 5) Must Have Caregiver Forms 6) Program Benefits and Eligibility Chart 7) Local Government Contacts Information and 8) Community Resources.

Pinal-Gila Council for Senior Citizens is here to help by providing assistance and information as well as to continue speaking up on your behalf. Our goal is to ensure that the resources needed for older adults and caregivers can be expanded to meet the increasing need.

If you are a caregiver you are one of over 570,000 caregivers in Arizona. If you are aged 65 or older you are one of over 700,000 in Arizona in that age group. So, please remember that you are not alone.

We appreciate the support from AARP Arizona which provided funding and support for the first resource guide specifically for older adults and caregivers in Pinal and Gila Counties.

Sincerely,

Olivia B. Guerrero, M.S.
President and CEO
2008

Updated May 2008



**PINAL-GILA COUNCIL FOR SENIOR CITIZENS
AREA AGENCY ON AGING
For
Pinal and Gila Counties
Pinal-Gila Council for Senior Citizens, Region Five**

www.pgcsc.org

8969 W. McCartney Rd.
Casa Grande, AZ 85294
1-800-293-9393
(520)836-2758

PROGRAM DESCRIPTION

Area Agencies on Aging 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 contract agencies. The focus of services offered is to help older adults remain living independently in their own homes.

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

- **Information and Referral Help**
 - Special Senior Telephone Help Lines
 - 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
 - Homemaker Assistance
 - Telephone Reassurance
 - Home Health Services
 - Respite Care

- **Housing Services**
 - Referrals to special 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

ELDER CARE LOCATOR

www.eldercare.gov

To locate Area Agency on Aging Programs in other states, call 1-800-677-1116

Arizona Area Agencies on Aging

Area Agency on Aging, Region I

1366 E. Thomas Road, #108

Phoenix, AZ 85014

602-264-4357 (24 hour hotline)

1-888-263-2258

www.aaaphx.org

(serves Maricopa County)

Area Agency on Aging, Region II

Pima Council on Aging

8467 E. Broadway

Tucson, AZ 85710

520-790-7262 (HELP Line)

www.pcoa.org

(serves Pima County)

Area Agency on Aging, Region III

119 E. Aspen Ave.

Flagstaff, AZ 86001

928-774-1894

www.nacog.org

(serves Apache, Navajo, Coconino and Yavapai Counties)

Area Agency on Aging, Region IV

Yuma County

224 S. 3rd Ave.

Yuma, AZ 85364

928-782-1886

(serves Yuma, Mohave and La Paz Counties)

Area Agency on Aging, Region V

8969 W. McCartney Rd.

Casa Grande, AZ 85294

520-836-2758

1-800-293-9393

www.pgcsc.org

(serves Pinal and Gila Counties)

Arizona Department of Economic Security Division of Aging and Adult Services

The Division of Aging and Adult Services, within the Arizona Department of Economic Security, is Arizona's designated State Unit on Aging. The Older American's Act provides the unit with its authority. The unit works closely with all of the five 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 Governors 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, the Medicare Patrol Project and the State Health Insurance Assistance Program.

| | |
|--------------------------------------|----------------|
| Division of Aging and Adult Services | 602-542-4446 |
| State Health Insurance Assistance | 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, Site Code 950 A
Phoenix, AZ 85007



AARP

AARP is a nonprofit, nonpartisan membership organization that helps people 50+ have independence, choice and control in ways that are beneficial and affordable to them and society as a whole.

AARP and the AARP Foundation offer a large variety of programs in areas of health, finances, life enjoyment and advocacy related to special needs of older adults. Examples of programs that can be accessed through AARP are: grandparents raising grandchildren assistance, money management programs for low-income older adults, reverse mortgage education and senior employment programs.

AARP in Arizona (866) 389-5649

www.AARP.org and go to “In Your State” and click on Arizona



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ADAPTIVE AIDS AND EQUIPMENT

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.

Sometimes there are limited amounts of adaptive equipment available for loan but supplies are normally very limited.

Some medical insurance plans cover the purchase or rental of adaptive aids and equipment. Check with your local insurance provider for details.

WHO YOU GONNA CALL?

STATEWIDE

Active Forever
10799 N. 90th St.
Scottsdale, AZ 85260
1-800-377-8033

Az TAP
Arizona Technology Regional Resource Centers
2400 Central, Suite 300
Phoenix, AZ 85004
602-728-9534
1-800-477-9921

Arizona Bridge to Independent Living
1229 E. Washington St.
Phoenix, AZ 85034
1-800-280-2245
azbridge@abil.org

Arizona Statewide Independent Living Council
2400 N. Central, Suite 105
Phoenix, AZ 85004
602-262-2900
azsilc@qwest.net

Arizona Telecommunication Equipment Distribution
1400 E. Washington, Room 126
Phoenix, AZ 85007
602-542-3323
1-800-352-8161
info@acdhh.state.az.us

Disability Products
5447 E. Elmwood St.
Mesa, AZ 85205
1-800-688-4576
info@disabilityproducts.com

Sun Sounds of Arizona
Provides free radio and special reading services
for those finding it hard to read print
2323 W. 14th St.
Tempe, AZ 85281
480-774-8300
www.sunsounds.org

GILA COUNTY

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

DES/Rehabilitation Services Administration
122 E. Highway 260
Suite 110
Payson, AZ 85541
928-472-9339

PINAL COUNTY

DES/Rehabilitation Services Administration
323 N. Florence St.
Casa Grande, AZ 85222
520-836-0087

DES/Rehabilitation Services Administration
11518 E. Apache Trail
Suites 110 and 111
Apache Junction, AZ 85220
480-983-0427

RTA Home Care
1275 E. Florence Blvd.
Casa Grande, AZ 85222
520-836-9300

ADULT DAY HEALTH CARE

Adult Day Health Care (ADHC) provides care and supervised activities for seniors and persons with disabilities allowing caregivers to take time off from care giving. Many times working caregivers depend on ADHC.

ADHC Centers offer supervision, planned activities, personal care, personal skills training, meals and health monitoring. Care is normally available for several hours each day for up to five days per week. Some centers provide transportation.

WHO YOU GONNA CALL?

PINAL COUNTY

Daybreak Adult Day Health Care Center
1050 W. Superstition Blvd.
Apache Junction, AZ 85220-4041
480-671-3086

Lutheran Social Ministry of the Southwest
Adult Day Health Care
1050 W. Superstition Blvd.
Apache Junction, AZ 85220-4041
480-671-3086

ADVISORY AND ADVOCACY GROUPS

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

WHO YOU GONNA CALL?

Governor's Advisory Council on Aging
1789 W. Jefferson St.
Phoenix, AZ 85007-3295
602-542-4710
www.azgovernor.gov/gaca

AARP Arizona 
Phoenix, AZ 85004-2428
866-389-5649
www.aarp.org

Alzheimer's Association
Desert Southwest Chapter
1028 E. McDowell Rd.
Phoenix, AZ 85006
602-528-0545

Pinal-Gila Council for Senior Citizens
8969 W. McCartney Road
Casa Grande, AZ 85294
520-836-2758 or 1-800-293-9393
www.pgcsc.org

ARIZONA LEGISLATIVE CONTACT INFORMATION

Arizona State Senate
1700 W. Washington
Phoenix, AZ 85007-2890
Toll Free: 1-800-352-8401

Arizona House of Representatives
1700 W. Washington
Phoenix, AZ 85007-2890
Too Free: 1-800-352-8404

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.

WHO YOU GONNA CALL?

Narcotics Anonymous Substance Abuse (drugs and alcohol)

(520) 426-0121

Contact this number to determine times and locations of local Alcoholics Anonymous and Narcotics Anonymous meetings.

GILA COUNTY

Alcohol Counseling and Education
809 W. Longhorn
Payson, AZ 85541
928-474-4111

Horizon Human Services
415 W. Baseline Spur
Globe, AZ 85501
928-402-9297
www.horizonhumanservices.org

Horizon Human Services
P.O. Box 955
Miami, AZ 85539
928-473-2408
www.horizonhumanservices.org

Horizon Human Services
P.O. Box 2587
Payson, AZ 85547
928-472-8296
www.horizonhumanservices.org

Rim Guidance Center, Inc.
404 W. Aero Drive
Payson, AZ 85541
928-474-3303
www.sbhservices.org

San Carlos Service Unit – PHS Indian Health Services
P.O. Box 208
San Carlos, AZ 85550
928-475-2371
www.ihs.gov

PINAL COUNTY

Adelante Juntos Coalition
Substance Abuse Prevention
101 S. Avenue B
San Manuel, AZ 85631
520-385-3028

Arizona Treatment Institute
1927 N. Trezell Rd., Suite D
Casa Grande, AZ 85222
520-836-9788
www.arizonatreatmentinstitute.com

Horizon Human Services
210 Cottonwood
Casa Grande, AZ 85222
520- 836-1688
www.horizonhumanservices.org

Pinal Hispanic Council
712 N. Main St.
Eloy, AZ 85231
520-466-7765

Helping Associates, Inc.
1901 N. Trezell Rd., Suite A
Casa Grande, AZ 85222
1-800-683-5753 or 520-836-1029
www.helpingassociates.com

Superstition Mountain Mental Health Centers

Idaho Road Outpatient Clinic
563 N. Idaho Rd, Suite 9
Apache Junction, AZ 85220
520-983-0573
www.smmhc.org

San Pedro Valley Behavioral Health Agency
23 McNab
San Manuel, AZ 85631
480-983-0065

San Pedro Valley Behavioral Health Agency
980 E. Mt. Lemon Road
Oracle, AZ 85623
480-983-0065

Sonora-Ray Counseling Agency
100 Tillbury Road
Kearny, AZ 85237
480-983-0065

Superstition Mountain Mental Health Center, Inc.
400 E. Main
Superior, AZ 85273
480-983-0065

ARIZONA LONG TERM CARE INSURANCE (ALTCS)

The Arizona Long Term Care System (ALTCS) is a health insurance program for aged (65 and over), blind and disabled individuals needing ongoing services at a nursing facility level of care. Participants do not have to reside in a nursing home. They may live at home and receive needed in-home services for their care. To qualify for AHCCCS income and resources must be limited and within guidelines set each year.

WHO YOU GONNA CALL?

STATEWIDE

1-800-962-6690

www.ahcccs.state.az.us

GILA COUNTY

ALTCS Office
Cobre Valle Plaza
2250 Highway 60, Suite H
Miami, AZ 85539-9700
928-425-3165
1-888-425-3165

PINAL COUNTY

ALTCS Office
500 N. Florence Street
Casa Grande, AZ 85222
520-421-1500

ARIZONA LONG TERM CARE (ALTCS) HEALTH PLAN

Pinal/Gila Long Term Care operates under the authority of the Pinal County Board of Supervisors and has operated as the ALTCS Health Plan in Pinal County since 1989 and in Gila County since 2001.

Through a large network of physicians, facilities, home care and ancillary providers Pinal/Gila Long Term Care Case Managers work with members and their families to arrange a comprehensive array of health care including assisted living, attendant and personal care and other home based services.

WHO YOU GONNA CALL?

PINAL AND GILA COUNTIES

Pinal/Gila Long Term Care
P.O. Box 2140
971 N. Jason Lopez Circle
Building D
Florence, AZ 85232
520-866-6775

BENEFITS COUNSELING AND CASEWORK

Many older adults and their caregivers are overwhelmed when trying to complete paperwork for insurance claims and other benefit programs. With the number of prescription assistance programs available how do you choose the best ones?

There are trained benefits counselors who know how to work through the problems encountered most often when applying for benefits that can help you. They also can act as advocates on your behalf in helping individuals apply for and obtain the benefits to which they are entitled.

Benefits counseling and casework can be obtained by contacting the organizations listed below.

WHO YOU GONNA CALL?

Pinal-Gila Council for Senior Citizens, Region V

www.pgcsc.org

8969 W. McCartney Rd.

Casa Grande, AZ 85294

1-800-293-9393

(520)836-2758

BLIND AND VISUALLY IMPAIRED SERVICES

Seniors and adults with disabilities who are blind or who have visual problems can seek assistance from the agencies listed below.

WHO YOU GONNA CALL?

Arizona Directory of Services for Persons who are Blind and Visually Impaired

www.azdes.gov.rsa to download this comprehensive directory of services in Arizona for blind and visually impaired
1-800-563-1221 (Voice/TDD) for an alternate format

GILA COUNTY

DES/Rehab Services Administration
605 S. 7th Street
Globe, AZ 85501
928-425-3101

DES/Rehab Services Administration
122 E. State Hwy. 260, Suite 110
Payson, AZ 85541
928-474-0784

PINAL COUNTY

DES/Rehab Services Administration
318 N. Florence St.
Casa Grande, AZ 85222
520 836-0087

DES/Rehab Services Administration
111518 E. Apache Trail
Suite 110 & 111
Apache Junction, AZ 85220
480- 983-0427

DES/Rehab Services Administration
1155 N. Arizona Blvd.
Coolidge, AZ 85228
520- 723-5351

PINAL AND GILA COUNTIES

DES Rehab Services Administration
Central Arizona
602-266-9286, ext. 7303
602-266-6752

COMPANION ANIMALS AND PET CARE

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

WHO YOU GONNA CALL?

STATEWIDE

Arizona Humane Society
Nina Mason Pulliam Campus for Compassion
www.azhumane.org
1521 W. Dobbins Road
Phoenix, AZ 85041
602-997-7586

Humane Society of Southern Arizona
www.humane-so-arizona.org
3450 N. Kelvin Blvd.
Tucson, AZ 85716
520- 327-6088

GILA COUNTY

Gila Humane Society
P.O. Box 383
Claypool, AZ 85532
928-425-9075

Payson Human Society
812 S. McLane Road
Payson, AZ 85541
928-474-5590

PINAL COUNTY

Pinal County Animal Care and Control
764 S. Eleven Mile Corner Rd.
Casa Grande, AZ 85222
520-509-3555

COUNSELING AND BEHAVIORAL HEALTH

Many life situations cause older adults to find themselves in new circumstances that cause isolation, loneliness, and changes in health and living situations. Individuals often find it helpful to seek professional counseling.

Counselors can often provide some new insights into problems and can help find options to deal with new circumstances, such as the death of a spouse.

Some of the counseling resources available are listed below. More may be listed in your local telephone directory. Many times, insurance coverage is available for counseling. Through Medicare or the state's funded behavioral health system payment assistance may be available.

WHO YOU GONNA CALL?

GILA COUNTY

Cenpatco Behavioral Health of Arizona

To locate the office nearest you contact:

Customer service: 1-866-495-6738

Crisis line: 1-866-495-6735 (24 hrs.day/7 days per week)

Horizon Human Services

415 Baseline Spur

Globe, AZ 85501

928-402-9297

www.horizonhumanservices.org

Rim Guidance Center, Inc.

404 W. Aero Drive

Payson, AZ 85541

928-474-3303

www.sbhservices.org

San Carlos Service Unit – PHS Indian Health Services
P.O. Box 208
San Carlos, AZ 85550
928-475-2371
www.ihs.gov

PINAL COUNTY

Casa Grande Regional Medical Center
Behavioral Health Services
Generations Program
1800 E. Florence Blvd.
Casa Grande, AZ 85222
520-381-6720
www.casagrandehospital.com

Cenpatico Behavioral Health of Arizona
To locate the office nearest you contact:
Customer service: 1-866-495-6738
Crisis line: 1-866-495-6735 (24 hrs.day/7 days per week)

Corazon Behavioral Health Services
900 E. Florence Blvd., Suite G
Casa Grande, AZ 85222
520- 836-4278

Horizon Human Services
210 East Cottonwood Lane
Casa Grande, AZ 85222
520-836-1688
www.horizonhumanservices.org

Areas served: Arizona City, Casa Grande, Coolidge, 11 Mile Corner, Eloy, Gila River Indian Community, La Palma, Maricopa, Picacho, Randolph, Red Rock, Stanfield, Toltec, Valley Farms

Arizona Treatment Institute
1927 N. Trekell Rd., Suite D
Casa Grande, AZ 85222
520-836-9788
www.arizonatreatmentinstitute.com

Narcotics Anonymous
Substance Abuse (drugs and alcohol)
520-426-0121
Contact this number to determine times and locations of local
Alcoholics Anonymous and Narcotics Anonymous meetings.

Pinal Hispanic Council
712 N. Main St.
Eloy, AZ 85231
520-466-7765

Helping Associates, Inc.
1901 N. Trekell Rd., Suite A
Casa Grande, AZ 85222
520- 836-1029
www.helpingassociates.com

Superstition Mountain Mental Health Center
www.smmhc.org

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|---|---------------|
| 564 N. Idaho Rd. Apache Junction, AZ | 480-983-0065 |
| 980 Mt. Lemon Rd. Oracle, AZ | 520- 896-9240 |
| 23 McNab Parkway San Manuel, AZ | 520-385-1156 |
| 400 E. Main Superior, AZ | 520- 689-2457 |
| 100 Tilbury Kearny, AZ | 520- 363-9578 |

DEAF and HEARING IMPAIRED SERVICES

Special services to help persons with hearing loss and deafness are available. Some programs are free of charge and some may be covered by insurance benefits.

WHO YOU GONNA CALL?

Arizona Commission for the Deaf and Hard of Hearing
www.acdhh.org

This site maintains a statewide information and referral directory to provide information and referral services for 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.

602-542-3323

1-800-352-8161

DENTAL ASSISTANCE

Many times dental services are 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

WHO YOU GONNA CALL?

To find out about any reduced fee dental services available in Gila or Pinal County contact:

Pinal-Gila Council for Senior Citizens
8969 W. McCartney Road
Casa Grande, AZ 85294-7432
520- 836-2758 or 1-800-293-9393

DISASTER ASSISTANCE

The Arizona Division of Emergency Management (ADEM) coordinates the state's response to reduce the impact of disasters on people and property. The Division maintains a website with unfolding emergency information, www.az211.gov. As larger scale events (wildfires, floods, and monsoon storms) emergency response agencies share information and action steps that citizens need to take. This information is posted on www.az211.gov so citizens have a one stop shop for easy access.

WHO YOU GONNA CALL?

Gila County Emergency Management
5515 S. Apache Ave, Ste. 400
Globe, Az 85004
928-402-8767

Pinal County Emergency Management
31 N. Pinal St.
Florence, Az 85232
520- 866-6462

DOMESTIC VIOLENCE

There are a variety of programs and services to help individuals in domestic violence situations. Some programs focus specifically on late life domestic violence.

There is also a hotline for locating emergency shelter which operates 24 hours per day/7 days per week.

WHO YOU GONNA CALL?

In order to locate emergency shelter 24 hours per day/7 days per week call 1-800-799-7739, the Community Network for Accessing Shelter Hotline.

For other services contact:

GILA COUNTY

Time Out, Inc.
Payson, AZ
928-472-8007

Horizon Human Services
Southern Gila County Safe Home
928-402-0648
1-800-890-2880

PINAL COUNTY

Against Abuse, Inc.
Casa Grande, AZ
520-836-0858
emergency/transitional/women/
children/legal advocacy/referral/
counseling

Community Alliance Against Family
Abuse
Apache Junction, AZ
480-982-0196
comprehensive victim services

Horizon Human Services
Casa Grande, AZ
520-836-1688
counseling/ referrals

Pinal County DV Coalition
Casa Grande, AZ
520-836-1239
advocacy

ELDER ABUSE

Elder abuse, neglect and exploitation are among problems found when working with older adults. Anyone who comes in contact with older adults has a responsibility to become aware of the signs of abuse and to report these signs to the proper authorities listed below.

WHO YOU GONNA CALL?

ADULT PROTECTIVE SERVICES

To report a situation concerning an older person being neglected, abused or exploited, call DES Adult Protective Services at:

Statewide 1-877-767-2385 (24 Hour Adult Abuse Hotline)

Gila and Pinal 928- 425-3101

In the event of an emergency related to elder abuse, neglect or exploitation you should call 911 or your local law enforcement agency listed below.

GILA COUNTY

Gila County Sheriff's Office
1100 South St.
Globe, AZ 85501
928-425-4449

Globe Police Department
175 N. Pine Street
Globe, AZ 85501
928- 425-5752

Hayden Police Department
601 Hayden Ave.
Hayden, AZ 85235
520- 356-6205

Miami Police Department
804 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
San Carlos, AZ 85550
928-475-2224

GILA COUNTY ATTORNEY'S OFFICE

1400 East Ash
Globe, AZ 85501
928-425-3231, ext. 8630

PINAL COUNTY

Pinal County Sheriff's Office
971 Jason Lopez Circle, Building C
Florence, AZ 85232
520- 866-6800

Ak-Chin Police Department
47314 W. Farrell Rd.
Maricopa, AZ 85239
520- 568-1200

Apache Junction Police Department
1001 N. Idaho Rd.
Apache Junction, AZ 85219
480-982-8260

Casa Grande Police Department
520 N. Marshall St.
Casa Grande, AZ 85230
520-421-8700

Coolidge Police Department
911 S. Arizona Blvd.
Coolidge, AZ 85228
520-723-5311

Eloy Police Department
630 N. Main St.
Eloy, AZ 85231
520-466-7324

Florence Police Department
425 Pinal St.
Florence, AZ 85232
520-868-7681

Gila River Police Department
P.O. Box 568
Sacaton, AZ 85247
520-562-7115

Kearny Police Department
375 Alden Rd.
Kearny, AZ 85237
520- 353-5566

Mammoth Police Department
P.O. Box 130
Mammoth, AZ 85618
520- 487-2347

Superior Police Department
734 W. Main St.
Superior, AZ 85273
520-689-5254

PINAL COUNTY ATTORNEY'S OFFICE

Pinal County Attorney
30 N. Florence St., Bldg. D
Florence, AZ 85232
520-866-6271

EMERGENCY MEDICAL CARE

Most hospitals have emergency facilities. Here are some hospitals and community health clinics available in Pinal and Gila Counties.

WHO YOU GONNA CALL?

GILA COUNTY

Cobre Valley Community Hospital
5880 S. Hospital Dr.
Claypool, AZ 85332
928-425-3261

Payson Regional Medical Center
807 S. Ponderosa Dr.
Payson, AZ 85541
928-474-3222

PHS Indian Hospital – San Carlos
P.O. Box 208
San Carlos, AZ 85550
928-475-2371

Pleasant Valley Community Medical Center (Urgent Care)
288 Tewksbury
Young AZ 85554
928-462-33435

PINAL COUNTY

Casa Grande Regional Medical Center
1800 E. Florence Boulevard
Casa Grande, AZ 85222
520-381-6453

Casa Grande Regional Medical Center Urgent Care
1676 E. McMurray Blvd.
Casa Grande, AZ 85222
520-316-0688

Ho Ho Kam Memorial Hospital
P.O. Box 38
Sacaton, AZ 85247
520-562-3321

Maricopa Urgent Care
21300 N. John Wayne Parkway, Ste. 112
Maricopa, AZ 85239
520-381-3811

Next Care Urgent Care
1729 N. Trezell Rd., Ste. 110
Casa Grande, AZ 85222, Ste. 110
520-836-0746

Sun Life Family Health Center – Coolidge
1284 N. Arizona Blvd.
Coolidge, AZ 85228
520-723-9131

Sun Life Family Health Center – Casa Grande
865 N. arizola Rd.
Casa Grande, AZ 85222
520-836-3446

Sun Life Family Health Center – Eloy Satellite
501 N. Main Street
Eloy, AZ 85231
520-466-7883

Sun Life Family Health Center – San Manuel
23 McNab Parkway
San Manuel, AZ 85631
520-385-2113

Sun Life Family Health Center – Maricopa
44765 Hathaway Ave.
Maricopa, AZ 85239
520-568-2245

EMPLOYMENT AND JOB TRAINING

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 older workers with job training and employment leads.

WHO YOU GONNA CALL?

Jobs are listed for Arizona Mature Workers to help connect Mature Worker Friendly Employers with Mature Job Applicants.

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

www.AzMatureWorkers.com (in partnership with jobing.com)
(lists employment opportunities, mature worker and employer resources, community events and job fairs)

www.arizonaworkforceconnection.com (assists with re-careering, skills training and connecting mature workers and employers)

www.boomersindemand.com or call 602-286-8147
(serves the workforce needs of both boomers and employers by enabling them to connect to beneficial work experience)

Below is a list of current Job Service Offices:

GILA COUNTY

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

Payson DES Job Service Office
122 E. Highway 260, #110
Payson, AZ
928-472-9339

PINAL COUNTY

Casa Grande DES Job Service Office
432 N. Marshall
Casa Grande, AZ
520-426-3529

Coolidge DES Job Service Office
1155 N. Cherry St. F
Casa Grande, AZ
520-723-5451

PROGRAM DESCRIPTION:

The **Senior Community Service Employment Program (SCSEP)** is a program designed to assist seniors in finding jobs and provide job skill training. This programs is intended to assist older individuals maximize their independence by providing a stepping-stone to prepare an older person to gain job skills for their entry or return to work. The training is 20 hours a week and pays minimum wage.

ELIGIBILITY INFORMATION:

To be eligible for these services you must:

- Be 55 years or older
- Be unemployed
- Have a household income of no more than 125% of the federal poverty level

WHERE TO APPLY:

For more information contact the Area Agency on Aging listed below:

Pinal-Gila Council for Senior Citizens
8969 W. McCartney Road
Casa Grande, AZ 85294
1-800-293-9393 or (520) 836-2758

www.pgcsc.org

FIDUCIARY SERVICES

The offices of the Public Fiduciary was created by the Arizona State Legislature to help individuals who had no one else willing or capable to handle their estate or conservatorship. Normally, Public Fiduciaries handle the affairs of persons who are low-income, vulnerable and incapacitated.

GILA COUNTY

Gila County Public Fiduciary
1100 Monroe St.
Globe, AZ 85501
928-425-3149

PINAL COUNTY

Pinal County Public Fiduciary
500 S. Central
Florence, AZ 85232
520-866-7252

FINANCIAL ASSISTANCE

Some older adults find themselves raising grandchildren and needing additional income, some persons are ready to apply for social security or supplemental security income. Some older adults are facing higher than normal utility bills. (See the UTILITY ASSISTANCE section for help with utility bills)

Various programs and agencies are available to help.

WHO YOU GONNA CALL?

DES/FAA has offices throughout Gila and Pinal Counties. These offices help with applications for Food Stamps, AHCCCS, Cash Assistance, JOBS Program, General Assistance and referrals to other programs. Community Action Programs (CAPS) may be able to help with short term emergency assistance for rent, utilities or mortgage payments when funds are available

GILA COUNTY DES FAA Offices

605 S 7th St
Globe, AZ 85501
928-425-3101

122 E Hwy 260 # 110
Payson, AZ 85541-5421
928-474-4521

Highway 70 (next to Basha's)
Peridot, AZ 85550
928-475-2663

GILA COUNTY Community Action Program Offices

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

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

PINAL COUNTY DES FAA Offices

318 N Florence St
Casa Grande, AZ 85222
520-836-7435

1155 N Arizona Blvd
Coolidge, AZ 85228
520-723-5351

Seed Farm and Career Ctr Rd
Sacaton, AZ 85247
520-562-1766

109 N Sunshine Blvd
Eloy, AZ 85231
520-466-4226

331 Alden Rd
P.O. Box 1119
Kearny, AZ 85237
520-363-5560

228- Main St
Mammoth, AZ 85618
520-487-2311

PINAL COUNTY Community Action Program Office

Community Action Human Resources Agency (CAHRA)
311 N. Main St.
Eloy, AZ 85231
520-466-1112
1-877-472-2472

FOOD ASSISTANCE

No older adult should go hungry. There are various food assistance programs that provide short term help as well as programs that provide ongoing help to ensure seniors have enough to eat. Below we list who to contact to apply for the Food Stamp Program, the Food Plus Program, the Food Value Club or the Help Yourself Program. The area Food Banks are also listed. (For information on Meals on Wheels see the HOME DELIVERED MEAL SECTION and for information on Congregate Meals Programs see the SENIOR CENTER SECTION)

WHO YOU GONNA CALL?

FOOD STAMP PROGRAM

Food Stamps are funds that can be spent to buy nutritious food. For most households, Food Stamps are only **part** of the food budget; shoppers must spend some cash along with food stamps in order to buy enough food for a month. A "household" could be made up of a person living alone **or** a group of people (2 or more) who live together and buy and prepare meals together. All participants received their Food Stamp Benefits on an EBT (Electronic Benefits Transfer Card) card called QUEST. You are able to use the card at grocery stores or participating Farmer's Markets, as you would a debit or credit card.

WHERE TO APPLY:

DES/FAA Offices Statewide

1-800-352-8401

Gila County

605 S 7th St

Globe, AZ 85501

928-425-3101

122 E Hwy 260 # 110
Payson, AZ 85541-5421
928-474-4521

Highway 70 (next to Basha's)
Peridot, AZ 85550
928-475-2663

Pinal County

318 N Florence St
Casa Grande, AZ 85222
520-836-7435

1155 N Arizona Blvd
Coolidge, AZ 85228
520-723-5351

Seed Farm and Career Ctr Rd
Sacaton, AZ 85247
520-562-1766

109 N Sunshine Blvd
Eloy, AZ 85231
520-466-4226

331 Alden Rd
P.O. Box 1119
Kearny, AZ 85237
520-363-5560

228 Main St
Mammoth, AZ 85618
520-487-2311

You can also download a Food Stamp application at:
www.arizonaselfhelp.org or www.asdes.gov/faa

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:

Food buying cooperatives can help individuals and families increase their food purchasing power while providing nutritious foods. Cooperatives offer food packages which you can purchase using **cash** or, in many cases, **food stamps**. 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 sheer 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.

FOOD VALUE CLUB

- No restrictions or qualifications
- Accepts cash or food stamps for payment
- Available in Maricopa, Pinal, Navajo, Apache, Mohave, Yavapai, Coconino and Gila counties

Call St. Mary's Food Bank Alliance: (602) 415-5474

HELP YOURSELF

- No restrictions or qualifications
- Accepts cash or food stamps
- Available in Maricopa, Apache, Navajo, Pinal and Gila counties

Call United Food Bank: (480) 926-4897

FOOD BANKS and EMERGENCY FOOD

Gila County

Gila Community Food Bank
317 Hackney Ave
Globe, AZ 85501
928-425-3639

Miami Food Bank
501 1/2 Live Oak St
Miami, AZ 85539
928-473-3851

St. Vincent's of Holy Angels
143 S. Broad St.
Globe, AZ 85501-2601
928-425-3137

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

Pinal County

Apache Junction Reach Out Food Bank
575 N. Idaho Rd., Suite 701
Apache Junction, AZ 85219
480-983-2995

Border Food Pantry
1112 Tillbury Dr.
Kearny, AZ 85237
520-363-7273

Emergency Aid Ministry
300 E. 16th Ave.
Apache Junction, AZ 85219
480-982-2929

Epic Food Mission
30072 N. Desert Willow Blvd.
Queen Creek, AZ 85243
480-882-9530

New Beginnings
Church of the Nazarene
1915 N. Casa Grande
Casa Grande, AZ 85222
520- 836-7510

Oracle Food Distribution
Call for times
1-800-208-6897

Salvation Army
605 W. Broadway Ave.
Apache Junction, AZ 85219
480-982-4110

Society of St. Vincent de Paul
405 E. 2nd St.
Casa Grande, AZ 85222
520-836-2009

Sharing Hands Food Bank
340 S. Main
Coolidge, AZ 85228
520-723-4711

Santa Cruz Valley Food Bank
313 N. Main St.
Eloy, AZ 85231
520-466-1112

San Manuel Food Distribution
Call for days/times
American Legion
300 S. Main
San Manuel, AZ 85631
520-385-2714

Tri-Community Food Bank
220 Main St.
Mammoth, AZ 85618
520-487-2010

HEALTH CARE

A variety of programs are available to help with health care needs of seniors and disabled adults. Some of those programs are listed below. (See Section on EMERGENCY MEDICAL CARE for a list of hospitals and Community Health Clinics in Gila and Pinal Counties)

WHO YOU GONNA CALL?

GILA COUNTY

Gila County Public Health Department
5515 South Apache Avenue
Globe, AZ 85501
928-425-3231, ext. 8803

Gila County Public Health Department
107 W. Frontier, Suite A
Payson, AZ 85541
928-474-1210

PINAL COUNTY

Pinal County Division of Public Health
500 S. Central
Florence, AZ 85232
520-866-7301

HOME HEALTH CARE SERVICES

Home health care services may include services such as visiting nurses, assistance with bathing or housekeeping services provided in the home. Services are based on individual home health care needs.

WHO YOU GONNA CALL?

Accentcare

400 N. Marshall St.
Casa Grande, AZ 85222
520-316-0290

P.O. Box 347
Globe, AZ 85502
888-447-3420

Arbor Rose Adult Day Care

6033 E. Arbor Ave.
Mesa, AZ 85206
480-654-8200

At Home Solutions

1415 N. Trekell Ave.
Suite 105
Casa Grande, AZ 85222
520-876-5470

151 W. Central Ave.
Coolidge, Az 85228
520- 723-3930

2100 S. Idaho Rd.
Apache Junction, AZ 85220
480-984-2700

222 Hackney Ave.
Globe, AZ 85501
928-425-6200

744 N. Center Ave.
Mesa, AZ 85201
480-615-1055

Catholic Community Services of Southern Arizona

Gila Aging Services (serving Globe, Miami and Payson)
525 Sullivan
Miami, AZ 85539
928-473-2100

Comfort Keepers

42348 W. Bunker Dr.
Maricopa, AZ 85239
520-208-5491

958 W. Chandler Blvd.
Ste. 8
Chandler, AZ 85225
480- 659 9201

Concentric Home Solutions

4250 N. Drinkwater
Ste. 165
Scottsdale, AZ 85251
(480) 444-7788

Daybreak Homebased Services

12921 N. Sunland Gin Rd.
Arizona City, AZ 85223
520-810-8227

140 N. Oak
Globe, AZ 85501
928-402-9221

1525 N. Power Rd.
Mesa, AZ 85205
480-325-4901

601 E. Highway 260
Payson, AZ 85541
928- 468-6976

1050 W. Superstition Blvd.
Apache Junction, AZ 85220
480- 671-3088

East Valley Adult Day Health Center

1525 N. Power Road
Mesa, AZ 85205
480 891-6260

Heritage Home Health Care

5150 N. 16th St., Suite A-224
Phoenix, AZ 85016
602-745-2900

Home Health Insights

121 W. Florence Blvd., Suite A
Casa Grande, AZ 85222
520- 421-2239

Horizon Home Care

971 N. Jason Lopez Cr., Bldg. E
Florence, AZ 85232
520- 866-4500

Los Ninos Innovative Home Health

2601 E. Thomas Rd., Suite 117
Phoenix, AZ 85016-0222
602-305-9500

Lutheran Social Ministries of the Southwest

(serves parts of Pinal and Gila counties)
5049 E. Broadway, Ste. 102
Tucson, AZ 85711
520-748-2300

Nursing Solutions

7228 N. Dreamy Draw Dr.
Phoenix, AZ 85020
602-331-1100

Prileo Home Care

201 E. Cottonwood Lane
Suite 4
Casa Grande, AZ 85222
520- 421-3088

Soreo In Home Support Services

1632 N. Country Club
Tucson, AZ 85716
520-321-4477

177 W. Cottonwood Lane
Suite 11
Casa Grande, AZ 85222
520-568-6400

Synergy Home Care
1660 S. Alma School Rd.
Suite 201
Mesa, AZ 85210
(480) 377-6770

Tempe ADHC
2234 Maryland Dr.
Tempe, AZ 85218
(480) 968-0822

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. They also involve the family. Services are available in individual homes, in special hospital units and in many nursing care facilities. Medicare often covers hospice care.

WHO YOU GONNA CALL?

Arizona Hospice and Palliative Care Organization

www.Arizonahospice.org

480-967-9424

Banner Hospice Care (parts of Pinal and Gila Counties)

1-800-293-6989

Hospice Family Care (Gila County)

480-461-3144

Hospice of the Valley

1510 E. Flower

Phoenix, AZ 85014

602-530-6900

Odyssey Hospice

1730 E. River Rd., Suite 107

Tucson, AZ 85718

1-800-569-6605

www.odsyhealth.com

RTA Hospice

RTA Hospice, Inc. (Casa Grande)
520-421-7143

RTA Hospice, Inc. (Payson)
928-472-6340

Trinity Hospice (both Pinal and Gila Counties)

1377 E. Florence Blvd, Ste. 149
Casa Grande, AZ 85222
520- 426-9503

1100 Monroe Street, Bldg. A
Globe, Az 85501
928-425-0860

Valor Hospice

1760 E. River Rd., Suite 230
Tucson, AZ 85718
877-615-3996 (toll free)

HOUSING SERVICES

Safe, affordable and decent housing might be hard to find for older adults. Many older adults live in older homes which need rehabilitation or weatherization. There are special housing programs which may be able to help. 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 VIII subsidized housing.

Through local Public Housing Authorities caregivers can find information for the individual needing care about a variety of housing options and programs.

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

Reverse mortgages may help cash strapped older adults by giving them payments every month from equity in their homes. There are specialists trained to counsel you about reverse mortgages as this is a good option only based on certain circumstances.

WHO YOU GONNA CALL?

Gila County

City of Globe
150 N. Pine
Globe, AZ 85501
(928) 425-7146

Gila County Community Services & Housing Authority
Division
Housing Dept
100 Monroe St
Globe, AZ 85501
928-425-7631

Globe-Miami Habitat for Humanity (new homes only)
P.O. Box 328
85532-0328
no phone – contact in writing

Payson Area Habitat for Humanity, Inc. (new homes only)
P.O. Box 1131
Payson, AZ 85547
928-474-0330

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

Pinal County

City of Apache Junction
1001 N. Idaho Road
Apache Junction, AZ 85219
480-671-5127

City of Casa Grande
510 E. Florence Blvd.
Casa Grande, AZ 85222
520-421-8670

City of Coolidge
141 N. Main St.
Coolidge, AZ 85228
520-723-6014

Community Action Human Resources Agency (CAHRA)
311 N. Main St.
Eloy, AZ 85231
520-466-1112

Eloy Housing Authority
100 W Phoenix Ave
Eloy, AZ 85231
520-466-7162

Pinal County Housing Authority
970 N Eleven Mile Corner Rd
Casa Grande, AZ 85222
520-866-7201

Town of Kearny
312 C Tilbury Rd/
Kearny, AZ 85237
520-363-5547

INDIGENT BURIAL

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. Both the decedent and the next of kin must meet the poverty guidelines. Qualified veterans may be buried at the Veteran's Administration National Memorial Cemetery in Arizona.

To initiate a referral for the indigent burial program contact the County Public Fiduciary's Office nearest you for further information.

WHO YOU GONNA CALL?

State of Arizona County Public Fiduciary Offices

Gila County

928-425-3149

Pinal County

520-866-7522

INFORMATION AND REFERRAL

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 below.

WHO YOU GONNA CALL?

PINAL and GILA COUNTY

Pinal-Gila County for Senior Citizens
8969 W. McCartney Road
Casa Grande, AZ 85294-7432
520- 836-2758
1-800-293-9393
www.pgcsc.org

GILA COUNTY

www.co.az.us/communityservices (on-line directory)

www.inpayson.com (on-line directory)

PINAL COUNTY

www.pinalresources.org (on-line directory)

Pinal County Senior Resource Center
94 W. Butte
Florence, AZ 85232
520-866-6075

STATEWIDE AND SOUTHERN ARIZONA

Statewide Community Information and Referral

24 hrs per day/7 days per week

1-800-352-3792

Southern Arizona Community Information and Referral

7am-7pm M-F and

9am-5pm Sat. and Sun.

1-800-362-3474

Arizona Statewide Information

www.az211.gov (on line statewide directory of services)

www.ArizonaSelfHelp.org (on line program eligibility screening)

www.benefitscheckup.org/link/az211 (on line screening for hundreds of programs for older adults)

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 below.

WHO YOU GONNA CALL?

Pinal-Gila Council for Senior Citizens (PGCSC)

8969 W. McCartney Road
Casa Grande, AZ 85294-7432
520-836-2758
1-800-293-9393

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 800 number listed above. Although there are no fees for services donations are gladly accepted.

Typical cases the PGCSC Legal Department, staffed by Qualified Professionals, can help with are:

- Stop Collection Effort Letters
- Wills
- Beneficiary Deeds (document preparation only)
- Guardian/Conservator (document preparation only)
- 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)
- Living Wills
- Consumer
- Income Only Trust (document preparation only)

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

Nationwide

Law for Seniors
Toll-free: 1-800-231-5441
www.LawForSeniors.org

Statewide

Elder Law Hotline (age 60+) 1-800-231-5441 and
www.azlawhelp.org

Arizona Attorney General Resources

www.azag.gov

Elder Help Line
602-542-2124
www.azag.gov/seniors

Community Service Programs
602-542-2123
communityservices@azag.gov

Consumer Information & Complaints
Toll-Free: 1-800-352-8431
consumerinfo@azag.gov

Pinal County

Southern Az Legal Aid
766 N Park Ave
Casa Grande, AZ 85222
520-316-8076

Florence Immigrant and Refugee Rights Project
300 S Main, P O Box 654
Florence, AZ 85232
520-868-0191

Statewide

Arizona Coalition Against Domestic Violence (ACADV)
100 W Camelback Rd, Ste 109
Phoenix, AZ 85013
602-279-2900

Arizona Senior Citizens Law Project
1818 S 16th St
Phoenix, AZ 85034
602-252-6710

Arizona Center for Disability Law
3839 N 3rd St Ste 209
Phoenix, AZ 85012
602-274-6287

Community Legal Services
305 S 2nd Ave
Phoenix, AZ 85003
602-258-3434
Client only: 1-800-852-9075

Community Legal Services, Inc.
20 W First St, Ste 100
Mesa, AZ 85201
480-833-1442
1-800-852-9075

Community Legal Services Disability Advocacy Project
4520 N Central Ave, Ste 575A
Phoenix, AZ 85012
602-212-2724

Community Legal Services/Farm Workers Program Volunteer
Lawyers Program
305 S 2nd Ave
Phoenix, AZ 85003
602-258-3434

Equal Employment Opportunity Commission (EEOC)
3300 N Central Ave, Ste 690
Phoenix, AZ 85012
602-640-5000

Family Lawyer Assistance Project
201 W Jefferson St
Phoenix, AZ 85003
602-506-7948

Friendly House Immigration Service
802 S First Ave
Phoenix, AZ 85030
602-257-1870

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.

WHO YOU GONNA CALL?

Gila County

Gila Community College
Gila Pueblo Campus
8274 Six Shooter Canyon Rd.
P.O. Box 2656
Globe, AZ 85502-2656
928-425-8481
www.gilaccc.org

Gila Community College
Payson Campus
201 N. Mud Springs Rd.
P.O. Box 359
Payson, AZ 85547-0359
928-468-8039
www.gilaccc.org

Gila Community College
San Carlos Campus
Tonto and Mesa Drive
P.O. Box 152
San Carlos, AZ 85550
928-475-5981
www.gilaccc.org

Pinal County

Central Arizona College
Signal Peak Campus
8470 N. Overfield Road
Coolidge, AZ 85228
1-800-237-9814
www.centralaz.edu

Central Arizona College
Aravaipa Campus
80440 E. Aravaipa Rd.
Winkelman, AZ 85292
520-357-2800
www.centralaz.edu

Central Arizona College
Superstition Mountain Campus
273 Old West Highway
Apache Junction, AZ 85219
480-677-7700
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 the state's Arizona Long Term Care System (ALTCS) if the individual meets financial and functional criteria. Medicare may pay some of the costs and private insurance may pay some costs. Additionally, the Area Agency on Aging programs may be provided to cover some of the care needed.

WHO YOU GONNA CALL?

ADHS LICENSED ASSISTED LIVING FACILITIES

GILA COUNTY

Copper Mountain Inn
DHS Licensed Skilled Nursing Facility
1100 Monroe Street
Globe, AZ 85501
928-425-5721
Assisted Living – Directed
Drug and Alcohol Rehab

Heritage Health Care Center
DHS Licensed Skilled Nursing Facility
1300 South Street
Globe, AZ 85501
928-425-3118

Ordinary Lifestyles
DHS Licensed Assisted Living – Directed
401 N. Laredo Lane
Payson, AZ 85541
928-595-2068

Payson Care Center
DHS Licensed Skilled Nursing Facility
107 East Lone Pine Drive
Payson AZ 85541
928-474-6896

Powell House
DHS Licensed Assisted Living - Directed
806 W. Longhorn Rd.
Payson, AZ 85541
928- 474-6249

Rim County Health and Retirement Community
DHS Licensed Skilled Nursing Facility
807 W. Longhorn Road
Payson, AZ 85541
928-474-1120

Sunrise Vista Care Center
DHS Licensed Assisted Living - Directed
7760 South Six Shooter Canyon Road
Globe, AZ 85501
928-425-8545

PINAL COUNTY

Apache Junction Health Center
DHS Licensed Skilled Nursing Facility
2012 W. Southern Ave.
Apache Junction, AZ
480-983-0700

Aurora House
DHS Assisted Living Center – Directed
675 W. Broadway
Apache Junction, AZ
480-288-1791

Casa Alaya Assisted Living , LLC
DHS Licensed Assisted Living Home - Directed
1301 N. Park Ave.
Casa Grande, AZ
520-421-2200

Casa Grande Elderly Care
DHS Licensed Assisted Living Home - Directed
1262 E. Brenda Dr.
Casa Grande, AZ
520-836-2713

Cradled Arms Assisted Living Home
DHS Licensed Assisted Living Home – Directed
1511 E. Scenic Rd.
Apache Junction, AZ
520-949-2232

Deborah’s House
DHS Licensed Assisted Living Home – Directed
1201 N. Olive Ave.
Casa Grande, AZ
520-426-9226

Desert Oasis Assisted Living of Casa Grande
DHS Licensed Assisted Living Home – Directed
3842 N. Kootenai Ct.
Casa Grande, AZ
480-980-5418

Desert Rose Assisted Living
DHS Licensed Assisted Living Home – Directed
1109 E. Laurel
Casa Grande, AZ
520- 836-9183

Garnet of Casa Grande
DHS Licensed Assisted Living Center – Directed
510 East 8th St.
Casa Grande, AZ
520- 876-4200

Golden Age Supervisory Home
DHS Licensed Assisted Living Home - Directed
118 E. 11th St.
Eloy, AZ
520- 466-7885

Harmony House Adult Care Home
DHS Licensed Assisted Living Home – Directed
10305 W. Arivaca Dr.
Arizona City, AZ
520-494-0334

Harmony House Adult Care Home II
DHS Licensed Assisted Living Home – Directed
10275 W. Arivaca Dr.
Arizona City, AZ
520-494-0334

IDH Adult Care
DHS Licensed Assisted Living Home – Directed
689 E. Hondo Ave.
Apache Junction, AZ
480-747-4977

Just Like Home
DHS Licensed Assisted Living Home – Directed
7036 E. Casa Requena St.
Gold Canyon, AZ
480-755-2055

Lita Caring Home
DHS Licensed Assisted Living Home - Directed
1337 N. Walnut Dr.
Casa Grande, AZ
520-836-1480

Lost Dutchman Adult Care Home
DHS Licensed Assisted Living Home - Directed
201 W. 20th Ave.
Apache Junction, AZ
480-982-2942

Mansion, The
DHS Licensed Assisted Living Home – Directed
9078 N. Malpais Rd.
Winkelman, AZ
520-356-6099

Melody Care
DHS Licensed Assisted Living Home – Directed
1796 W. Ray Lane
Apache Junction, AZ
480-987-8549

Nourishing Ark, LLC
DHS Licensed Assisted Living Home – Directed
1266 W. Chimes Tower Dr.
Casa Grande, AZ
520-423-8382

Olive Branch Assisted Living Home
DHS Licensed Assisted Living Home – Directed
1121 N. Olive Avenue
Casa Grande, AZ
520- 421-0071

Simple Solutions Assisted Living
DHS Licensed Assisted Living Home - Directed
720 W. Datil Circle
Apache Junction,AZ
480-983-2584

St. Raphael Family Home
DHS Licensed Assisted Living Home – Directed
1538 E. Jahns Drive
Casa Grande, AZ
520-876-0510

Sun Valley Care Home, LLC
DHS Licensed Assisted Living Home - Directed
1761 N. Agave St.
Casa Grande, AZ
520- 876-9340

Wishing U Well
DHS Licensed Assisted Living Home – Directed
1164 E. Bonita Place
Casa Grande, AZ
520-876-5047

MEALS – HOME DELIVERED

The Senior Centers located throughout Pinal and Gila Counties prepare and distribute nutritious meals to individuals who are homebound and have no other source for cooked meals. Case managers contracted by Pinal-Gila Council for Senior Citizens provide individual assessments to make determinations of eligibility for this program. (See SENIOR CENTER section for congregate meal program information)

This program is publicly funded but funding does not cover the true cost of the meals. If individuals are financially able they are encouraged to contribute to the program.

WHO YOU GONNA CALL?

Pinal and Gila Counties

Pinal-Gila Council for Senior Citizens, Region V

www.pgcsc.org

8969 W. McCartney Rd.

Casa Grande, AZ 85230

1-800-293-9393

520-836-2758

OMBUDSMAN

The Long Term Care Ombudsman Program is designed to ensure that individuals living in nursing homes and other long term care facilities receive quality care. Ombudsmen are trained and certified through the Arizona Ombudsman Office. They visit individuals living in care facilities to help solve problems and to make sure quality care is being received. When necessary Ombudsmen work together with DES Adult Protective Services when resolving problems.

WHO YOU GONNA CALL?

Pinal and Gila Counties

Pinal-Gila Council for Senior Citizens, Region V

www.pgcsc.org

8969 W. McCartney Rd.
Casa Grande, AZ 85294
1-800-293-9393
520-836-2758

Arizona Department of Economic Security
Long-Term Care Ombudsman
1789 W. Jefferson, Site Code 950 A
Phoenix, AZ 85007
602-542-4446

PRESCRIPTION ASSISTANCE

Finding the right prescription assistance program can be a big task and can cause a lot of confusion. The contacts below are some of the best we've found to help you through this maze.

WHO YOU GONNA CALL?

State Health Insurance Assistance Program (SHIP)
1-800-432-4040 or

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

Discount Cards

Copper Rx (Arizona Prescription Savings Program)
Apply by calling 1-888-227-8315 or by going to az211.com

Temporary cards can be downloaded from
www.rx.america.com/az

Other Prescription Assistance Contacts

Partnership for Prescription Assistance
This one contact can help you find assistance in paying for prescription medications from over 200 companies.

1-888-477-2669

www.pparx.org

Benefits Checkup

www.BenefitsCheckUp.org

Medicare Prescription Assistance

www.MyMedicare.gov

Medicare Prescription Drug Plans

www.socialsecurity.gov

1-800-772-1213

VA Benefits
602- 277-5551, ext. 7210

Tri-Care for Life
1-888-363-5433

COBRA
1-626-583-7862
Federal Retirees
1-888-767-6738

AIDS Drug Assistance Program
602-230-5819 or 800-334-1540

PROPERTY TAX EXEMPTIONS AND SENIOR PROPERTY VALUE PROTECTION PROGRAMS

Through the local County Assessor Offices there are various programs that may help older adults manage their property taxes. Through a property tax exemption or through the senior property valuation protection program taxes may be reduced and/or temporarily protected from increases.

WHO YOU GONNA CALL?

Gila County

Gila County Assessor's Office
1400 E. Ash St.
Globe, AZ 85501
928-425-3231
www.co.gila.az.us

Pinal County

Pinal County Assessor's Office
31 N. Pinal Avenue
Building E
Florence, AZ 85232
520- 866-6311
www.pinalcountyz.gov/Departments/Assessor

RECREATION AND SOCIALIZATION

Through Senior Centers located in both Pinal and Gila Counties various recreational activities and socialization events take place on a regular basis. Recreation departments and Libraries at cities and towns and various clubs in each community also offer opportunities for recreation.

Recreation may include exercise programs designed specially for older adults.

Many times local cities and towns have recreation departments. You should contact the city recreation department closest to you to find out about programs and events.

WHO YOU GONNA CALL?

Gila County Senior Centers

Globe Senior Center
579 S Broad St
Globe, AZ 85501
928-425-9030

Hayden Senior Center
(also serves parts of Pinal County)
520 Velasco Ave
Hayden, AZ 85235
520-356-7035

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

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

Pine Senior Center
P.O. Box 1281
Pine, AZ 85544
928-476-2151

Gila County Libraries

Globe Public Library
339 S. Broad St.
Globe, AZ 855501
928-476-3678

Gila County Library
1400 E. Ash
Globe, AZ 85501
928-402-8768

Hayden Public Library
520 Velasco Ave.
Hayden, AZ 85235-1067
520-356-7031

Isabelle Hunt Memorial Public Library
6124 N. Randall Rd.
Pine, AZ 85544
928-476-3678

Miami Memorial Library
1052 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 Avenue
San Carlos, AZ 85550
928-479-2355

Tonto Basis Public Library
415 Old Highway #188
Tonto Basin, AZ
928-479-2355

Young Public Library
150 Community Circle
Young, AZ 85554
928-462-3588

Gila County City and Town Recreation Departments

City of Globe
150 N. Pine St.
Globe, AZ 85501
928-425-7146

Town of Hayden
520 Velasco Ave.
Hayden, AZ 85235
520-356-7801

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

Town of Payson
303 N. Beeline Hwy.
Payson, AZ 85541
928-474-5242
www.ci.payson.az.us

Town of Winkelman
208 Griffen Ave.
Winkelman, AZ 85292
520-356-7854

PINAL COUNTY Senior Centers

Apache Junction Senior Center
1035 N. Idaho Road
Apache Junction, AZ 85219
480-474-5260

Coolidge Senior Center
250 S Third St
Coolidge, AZ 85228
520-723-4803

Dorothy Powell Senior Adult Center
(Casa Grande Senior Center)
405 E 6th St
Casa Grande, AZ 85222
520-421-8760

Dorothy Nolan Senior Adult Center
(Florence Senior Center)
330 N Pinal St
Florence, AZ 85232
520-868-7622

Eloy/Toltec Adult Center
3925 N. Shira
Toltec, AZ 85231
520-466-3166

Kearny Senior Center
912 E. Tibury Dr.
Constitution Hall
Kearny, AZ 85237
520-363-5071

San Manuel Senior Center
210 Avenue A
San Manuel, AZ 85631
520-385-9558

Superior Senior Center
326 Main St
Superior, AZ 85273
520-689-5182

Pinal County Libraries

Apache Junction Public Library
1177 N. Idaho Rd.
Apache Junction, AZ 85219
480-474-8555

Arizona City Public Library
13254 Sunland Gin Road
Arizona City, AZ 85223
520-466-5565

Casa Grande Public Library
449 N. Dry Lake
Casa Grande, AZ 85222
520-466-5565

Coolidge Public Library
160 W. Central
Coolidge, AZ 85228
520-723-6030

Eloy Public Library
100 E. 7th St.
Eloy, AZ 85231
520-466-3814

Florence Community Library
1000 S. Willow St.
Florence, AZ 85232
520-868-9471

Kearny Arthur Pomeroy Library
912-A Tilbury Rd.
Kearny, AZ 85237
520-363-5861

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

Maricopa Community Library
4420 W. Maricopa
Maricopa, AZ 85239
520-568-2926

Pinal County City and Town Recreation Departments

City of Apache Junction
300 E. Superstition Blvd.
Apache Junction, AZ 85219
480-982-8002
www.ajcity.net

City of Casa Grande
510 E. Florence Blvd.
Casa Grande, AZ 85222
520-421-8600
www.casagrandeaz.gov

City of Coolidge
150 W. Central Ave.
Coolidge, AZ 85228
520-723-5361
www.coolidgeaz.com

City of Eloy
628 N. Main St.
Eloy, AZ 85231
520-466-9201
www.ci.elay.ar.us

Town of Florence
775 N. Main St.
Florence, AZ 85232
520-868-7500
www.town.florence.ar.us

Town of Kearny
912-C Tilbury Road
Kearny, AZ 85237
520- 363-5547
www.townofkearny.com

Town of Mammoth
125 N. Clark St.
Mammoth, AZ 85618
520-487-2331
www.townofmammoth.com

City of Maricopa
44624 W. Garvey Rd.
Maricopa, AZ 85239
520-568-9098
www.cityofmaricopa.net

Town of Queen Creek
22350 S. Ellsworth Rd.
Queen Creek, AZ 85242-9311
480-987-9887
www.queen creek.org

Town of Superior
734 W. Main St.
Superior, AZ 85273-3409
520-689-5752

REHABILITATION PROGRAMS

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

WHO YOU GONNA CALL?

GILA COUNTY

DES Rehabilitation Services Administration
605 S. 7th Street
Globe, AZ 85501
928- 425-3101

122 E. Hwy. 260, #110
Payson, AZ 85541
928-474-4521

PINAL COUNTY

DES Rehabilitation Services Administration
11518 E. Apache Trail
Suite 110 & 111
Apache Junction, AZ 85220
480-983-0427

318 N. Florence St.
Casa Grande, AZ 85222
520-836-7435

1155 N. Arizona Blvd.
Coolidge, AZ 85228
520-723-5351

RESPIRE CARE

Respite care is designed to give unpaid caregivers a break from care giving duties for as little as a few hours or for as long as a few weeks. It helps caregivers relieve the stress of full time care giving and be able to maintain a sense of normalcy in their own lives.

Respite care may be available through Area Agency on Aging contractors or at some nursing homes and home health care agencies.

WHO YOU GONNA CALL?

GILA COUNTY

Our Precious Moments Day Group Respite
Catholic Community Services of Southern Arizona
141 North Hill Street
Globe, AZ 85501
928-473-2100

PINAL COUNTY

Daybreak Adult Day Health Center
1050 W. Superstition Blvd.
Apache Junction, AZ 85220-4041
480- 671-3086

Palm Villa Adult Day Health Services
500 S. Central
Florence, AZ 85232
520- 866-7279 or 520- 866-7912

For additional respite resources refer to the Parkinson Disease Association, Veteran Services and Pinal-Gila Long Term Care Program as listed in this directory.

SELF HELP AND SUPPORT 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 a certain illness, bereavement or other challenging life experience.

WHO YOU GONNA CALL?

GILA COUNTY

Alcoholics Anonymous (AA) and Al-Anon

For dates, times and locations of meetings within Gila County contact:

Alcoholics Anonymous

www.aaphoenix.org or 602-264-1341

Bereavement Support and Counseling

For dates, times and location of meetings within Gila County contact:

928-474-3303

Cancer Support Groups

For dates, times and locations of meetings within Gila county contact:

American Cancer Society – Central Arizona Region

www.cancer.org or 602-553-7129

Domestic Violence

Against Abuse, Inc.

Casa Grande, AZ

520-836-0858

Community Alliance Against Family Abuse
Apache Junction, AZ
480-982-0196

Gambler's Anonymous

For dates, times and locations of meetings within Gila County contact:

www.gamblersanonymous.org or
Arizona Office of Problem Gambling 1-800-639-8783
www.problemgamblingaz.gov

Grandparent Support Group - Globe

For information on days, times and location contact:

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

Grandparent Support Group - Payson

For information on days, times and locations contact:

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

PINAL COUNTY

Alzheimer's Caregivers Support Group – Casa Grande

For information on days, time and locations contact:

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

Alcoholics Anonymous (AA) and Al-Anon

For dates, times and locations of meetings within Pinal County contact:

Alcoholics Anonymous
www.aaphoenix.org or 602-264-1341

Bereavement Support Groups

For dates, times and locations of meetings within Pinal County contact: Vista Care
520-318-0700

Cancer Support Groups

For dates, times and locations of meetings within Pinal County contact:
American Cancer Society – Central Arizona Region
www.cancer.org or 602-553-7129

Gambler's Anonymous

For dates, times and locations of meetings within Pinal County contact:
www.gamblersanonymous.org or
Arizona Office of Problem Gambling 1-800-639-8783
www.problemgamblingaz.gov

Caregiver Support Group – Oracle

For information on days, time and location contact:
Pinal-Gila Council for Senior Citizens
520-836-2758
1-800-293-9393 toll free

Domestic Abuse Support Group – Apache Junction

For dates, times and locations of meetings contact:
480-982-0205 or crisis line 480-982-0196

Grandparent Support Group – Apache Junction

For information on days, times and locations contact:

Pinal-Gila Council for Senior Citizens

520-836-2758

1-800-293-9393 toll free

SENIOR CENTERS

Each senior center in Pinal and Gila County is unique in the programs and services offered.

Senior centers usually serve a noonday congregate meal and offer a variety of social and recreational activities. Many senior centers offer ongoing educational programs. Many times transportation to and from the senior center is available.

Pinal-Gila Council for senior citizens has staff members in various departments visit senior centers on a regular basis to provide additional assistance such as for legal services or help with Medicare problems.

WHO YOU GONNA CALL?

Gila County

Globe Senior Center
579 S Broad St
Globe, AZ 85501
928-425-9030

Hayden Senior Center
520 Velasco Ave
Hayden, AZ 85235
520-356-7035

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

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

Pine Senior Center

P.O. Box 1281

Pine, AZ 85544

928-476-2151

(part-time only)

Pinal County

Apache Junction Senior Center

1177 N Idaho Rd Ste 2

Apache Junction, AZ 85219

480-474-5260

Coolidge Adult Center

250 S Third St

Coolidge, AZ 85228

520-723-4803

Dorothy Powell Senior Adult Center

(Casa Grande Senior Center)

405 E 6th St

Casa Grande, AZ 85222

520-421-8760

Dorothy Nolan Senior Adult Center

(Florence Senior Center)

330 N Pinal St

Florence, AZ 85232

520-868-7622

Eloy/Toltec Adult Center

3650 W Shedd Rd

Eloy, AZ 85231

520-466-3166

Kearny Senior Center

912 E. Tibury Dr.

Constitution Hall

Kearny, AZ 85237

520-363-5071

(part-time only)

Oracle Senior Center
P.O. Box 1382
Oracle, AZ 85623
(part-time only)

San Manuel Senior Center
210 Avenue A
San Manuel, AZ 85631
520-385-9558
(part-time only)

Superior Senior Center
360 Main St
Superior, AZ 85273
520-689-5182

SOCIAL SECURITY AND AND MEDICARE

Two of the most important programs for older adults are Social Security for income and Medicare for Health, Hospitalization and Prescriptions. Both of these programs now have excellent websites that allow you to determine when should apply for benefits, whether you can do your business over the phone or whether you need an in person appointment. These programs also have toll free contact numbers.

Using the website or toll free numbers you can quickly find the office nearest to you.

Pinal-Gila Council for Senior Citizens also has counselors trained to help you with social security and Medicare questions and problems.

WHO YOU GONNA CALL?

Social Security

www.ssa.gov

1-800-772-1213 M-F 7am to 7pm

Medicare

www.medicare.gov

1-800-MEDICARE (1-800-63342273) 24 hrs day/7 days per week

Pinal-Gila Council for Senior Citizens

www.pgcsc.org

8969 W. McCartney Road

Casa Grande, AZ 85294-7432

520-836-2758 or

1-800-293-9393

TAX ASSISTANCE

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. The Statewide Community Information and Referral Website annually posts all of the tax assistance sites and times on their website. You can also find out who to contact locally by calling Community Information and Referral. Many tax sites are sponsored by AARP.

WHO YOU GONNA CALL?

Tax Assistance for the Homebound 888-277-7699 (AARP's Tax Aide Site)

Community Information and Referral
(during tax season call this number to find free tax help nearest to you)

602-263-8856 or 1-800-352-3792

TELEPHONE ASSISTANCE

There are a variety of programs available to help older adults and persons with disabilities with their phone bills. Among available programs are the Telephone Assistance Program which helps with basic phone bills every month as well as installation charges, the Senior Phone Discount Program which provides a 17% discount on monthly phone service and the Lifeline phone assistance program which helps with basic monthly phone costs. Some of these programs also help with installation charges.

WHO YOU GONNA CALL?

GILA COUNTY

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

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

PINAL COUNTY

Community Action Human Resources
Agency (CAHRA)
311 N. Main St.
Eloy, AZ 85231
520-466-1112

TRANSPORTATION

Many of the Senior Centers in Pinal and Gila counties offer at least limited transportation assistance. They usually can 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 in Pinal and Gila Counties.

WHO YOU GONNA CALL?

GILA COUNTY

Globe / Miami

- Dial-A-Ride/Cobre Valley Transit 928-473-8222

Payson

- Taxis (Sun. through Thurs.)
- Payson Multipurpose Senior Center 928-474-4876

PINAL COUNTY

Coolidge

- Cotton Express/ Dial-A-Ride: 520-723-7195

Casa Grande

- Taxis
- Rider Assistance Program 520- 836-2758
For riders 60 and over in some areas of Pinal County
- Pinal Rides 520-836-2758
Service between some Pinal County cities and towns

Apache Junction

- Taxis
- Ride Choice Program
East Valley Senior Services
Apache Junction Senior Center 480-474-5260

Eastern Pinal County

- On-the-GO-EXPRESS
1-800-208-6897, ext. 7685

UTILITY ASSISTANCE

There are a variety of programs to help with utility bills for senior citizens and persons with disabilities. The largest program, Low Income Home Energy Assistance, also called LIHEAP is available through the Community Action Programs. If Community Action Programs are unable to assist you they will refer you to other agencies which help with utility bills. Most utility companies now also offer monthly utility discounts for low income senior citizens and other customers. Utility companies also maintain lists of customers with life-threatening medical conditions requiring the use of lifesaving electrical equipment. Special provisions may be made for these customers but you must register with the utility company first.

WHO YOU GONNA CALL?

GILA COUNTY

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

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

PINAL COUNTY

Community Action Human Resources
Agency (CAHRA)
311 N. Main St.
Eloy, AZ 85231
520- 466-1112

Contact your local gas and electric utility to inquire about signing up for monthly utility discount programs.

VOLUNTEER OPPORTUNITIES AND PROGRAMS

Older adults who want to stay active and contribute to the community at the same time have many opportunities to volunteer within their communities. To find out about volunteer opportunities there are agencies to contact.

WHO YOU GONNA CALL?

GILA COUNTY

Pinal Gila Council for Senior Citizens Ambassador Program
8969 W. McCartney Road
Casa Grande, AZ 85294
520- 836-2758 or 1-800-293-9393

Retired Senior Volunteer Program (RSVP)
Central Arizona Association of Governments
1075 S. Idaho Rd., Suite 300
Apache Junction, AZ 85219
480-474-9300
800-782-1445

PINAL COUNTY

Big Brothers/Big Sisters of Southern Arizona
1010 E. McDowell #400
Phoenix, AZ 85006
520-483-8474

Community Action Human Resources Agency (CAHRA)
311 N. Main Street
Eloy, AZ 85231
520- 466-1112

Retired Senior Volunteer Program (RSVP)
Central Arizona Association of Governments
1075 S. Idaho Rd., Suite 300
Apache Junction, AZ 85219
(480) 474-9300
800-782-1445

Pinal Gila Council for Senior Citizens Ambassador Program
8969 W. McCartney Road
Casa Grande, AZ 85294
(520) 836-2758 or 1-800-293-9393

United Way of Pinal County
P.O. Box 10541
402 E. 10th St.
Casa Grande, AZ 85230
1-800-390-0736
520-836-0736
www.unitedwayofpc.org

VETERANS SERVICES

The Arizona Department of Veteran's Affairs and its satellite offices located throughout the state work on behalf of Arizona veterans in a number of ways. Among the services they provide are financial services, educational benefits approval, assistance with medical benefits and advocacy.

WHO YOU GONNA CALL?

STATEWIDE

American Legion Office
3333 N. Central, suite 1048
Phoenix, AZ 85012
602-627-3281

Arizona Department of Veteran's Affairs
3839 N. 3rd St. Suite 300
Phoenix, AZ 85012
602-255-3373

Veteran's Service Division
National Guard Office
1335 N. 5th St., Room M5710
Phoenix, AZ 85008
602-629-4380

PINAL COUNTY

Arizona Veteran's Affairs Office
401 N. Marshall St.
Casa Grande, AZ 85222
520-426-1456

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. When you register to vote, you send a clear signal to your elected officials that your needs and opinions are important, and they need to listen to them or you will help elect other officials who will better represent your needs. Many changes are happening for older persons and the services they need. It is important for your elected officials to hear what you think. Your voice matters to elected officials...USE IT!

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

WHO YOU GONNA CALL?

Arizona Secretary of State Website is: www.azsos.gov

Voter Registration Hotline 1-877-THE-VOTE(843-8683)

TO REGISTER TO VOTE, YOU MUST:

- be a U.S. citizen
- be a resident of Arizona for 29 days before the day of election
- be 18 years of age or older on or before the day of the next General Election
- have not been convicted of treason or a felony, or your civil rights have been restored.
- have not been adjudicated or an incapacitated person as defined in A.R. 5101

TO REGISTER TO VOTE:

Online: Go to www.servicearizona.com and select voter registration

Print a form: Go to www.azsos.gov and select printable form. 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 is 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's Office

Gila County Recorder
Globe, AZ 85501
(928) 425-3231 ext 8730

Pinal County Recorder's Office

Pinal County Recorder
Florence, AZ 85232
(520) 868-7100




SECTION II.
BEST EVER CAREGIVER WEBSITES
Caregiver Organizations, Information, Advocacy
and Support Resources

Toll-free Numbers and Websites

SECTION II. BEST EVER CAREGIVER WEBSITES

Caring for Elders

- AARP 
Toll-free: 866-389-5649
Web site: <http://www.aarp.org>
- Eldercare Locator
National Association of Area Agencies on Aging
Toll-free: 800-677-1116
Website <http://www.n4a.org>
- Senior Decision
Toll-free: 877-222-1845
Website: <http://www.seniordecision.com>

End-of-Life Planning, Hospice, Bereavement

- Aging with Dignity
Toll-free: 888-594-7437
Website: <http://www.agingwithdignity.org>
- Hospice Directory
Toll-free: 800-868-5171
Website: <http://hospicedirectory.org>

Health Insurance/Prescription Information

- Benefits check-Up and Benefits Check-Up RX
Website: <http://www.benefitscheckup.org>

- Health Insurance quotes
Toll-free: 800-942-9019
Website: <http://www.healthinsurance.com>
- Medicare Rights Center
Toll-free: 888-466-9050
Website: <http://www.medicarerights.org>
- Medicare Rx Matters
Toll-free: <http://www.MedicareRxMatters.org>
- Medicare
Toll-free: 800-MEDICARE
Website: <http://www.medicare.gov>
- Rx Compare
Website: <http://www/maprx.info>
- National Patient Travel Center
Toll-free: 800-296-1217
Website: <http://www/PatientTravel.org>
- National Association of Hospital Hospitality Houses (NAHHH)
Toll free: 800-542-9730
Website: <http://www/nahhh.org>

Respite Resources

- National Adult Day Services Association, Inc.
Toll free: 866-256-9578
Website: <http://www.nadsa.org>
- National Respite Locator Service
Toll free: 800-473-1727
Website: <http://www.respitelocator.org/index.htm>



**SECTION III
BEST EVER NATIONAL
ORGANIZATION WEBSITES AND
TOLL-FREE NUMBERS FOR
CAREGIVERS AND OLDER ADULTS**

BEST EVER NATIONAL ORGANIZATIONS, WEBSITES and TOLL-FREE NUMBERS for OLDER ADULTS AND CAREGIVERS

- Alzheimer's Association
Toll-free: 800-272-3900
Web site: <http://www.alz.org>
- American Autoimmune Related Diseases Association
Toll-free: 800-598-4668
Web site: <http://www.aarda.org>
- American Cancer Society
Toll-free: 800-ACS-2345
Web site: <http://www.cancer.org>
- American Diabetes Association
Toll free: 800-342-2383
Web site: <http://www.diabetes.org>
- American Foundation for AIDS Research
Toll free: 800-392-6327
Web site: <http://www.amfar.org>
- American Heart Association
Toll-free: 800-242-8721
Web site: <http://www.americanheart.org>
- American Kidney Foundation
Toll-free: 800-363-8299
Web site: <http://kidneyfund.org>
- American Liver Foundation
Toll free: 800-465-4837
Web site: <http://www.liverfoundation.org>

- American Lung Association
Toll free: 800-586-4872
Web site: <http://www.lungusa.org>
- American Parkinson Disease Association
Toll free: 800-223-2732
Web site: www.apdaparkinson.org
- American Stroke Association
Toll free: 888-478-7653
Web site: <http://www.strokeassociation.org>
- American Tinnitus Association
Toll free: 800-634-8978
Web site: <http://www.ata.org>
- Amyotrophic Lateral Sclerosis Association
Toll free: 800-782-4747
Web site: <http://www.alsa.org>
- Arthritis Foundation
Toll free: 800-283-7800
Web site: <http://www.arthritis.org>
- Asthma & Allergy Foundation
Toll free: 800-727-8762
Web site: <http://www.aafa.org>
- Cancer Research and Prevention Foundation
Toll free: 800-227 2732
Web site: <http://www.preventcancer.org>
- CHADD
(Children and Adults with Attention-Deficit/Hyperactivity Disorder)
Toll free: 800-233-4050
Web site: <http://www.chadd.org>

- Cystic Fibrosis Foundation
Toll free: 800-343-3637
Website: <http://www.cff.org>
- Easter Seals
Toll-free: 800-221-6827
Web site: <http://www.easter-seals.org>
- Epilepsy Foundation
Toll-free: 800-221-6827
Web site: <http://www.epilepsyfoundation.org>
- Foundation Fighting Blindness
Toll free: 888-394-3937
Web site: <http://www.blindness.org>
- Huntington's Disease Society of America
Toll free: 800-345-4372
Web site: <http://ninds.nih.gov>
- Kidney Cancer Association
Toll free: 800-850-9132
Web site: <http://kidneycancerassociation.org>
- The Leukemia & Lymphoma Society
Toll free: 800-955-4572
Web site: <http://www.leukemia-lymphoma.org>
- Lupus Foundation of America
Toll free: 800-588-0121
Web site: <http://www.lupus.org>
- March of Dimes Birth Defects Foundation
March of Dimes Resource Center
Toll Free: 888-663-4637
Web site: <http://www.modimes.org>

- Myasthenia Gravis Foundation of America
Toll free: 800-541-5454
Web site: <http://www.myasthenia.org>
- Myositis Association
Toll free: 800-821-7356
Web site: <http://www.myositis.org>
- National Down Syndrome Society
Toll free: 800-221-4602
Web site: <http://www.ndss.org>
- National Hemophilia Foundation
Toll free: 800-424-2631
Web site: <http://hemophilia.org>
- National Mental Health Association
Toll free: 800-969-6642
Web site: <http://www.nmha.org>
- National Multiple Sclerosis Society
Toll free: 800-344-4867
Web site: <http://www.nationalmssociety.org>
- National Organization for Rare Disorders
Toll free: 800-999-6673
Web site: <http://www.rarediseases.org>
- National Psoriasis Foundation
Toll free: 800-723-9166
Web site: <http://www.psoriasis.org>
- National Sleep Foundation
Toll free: 202-347-3471
Web site: <http://www.sleepfoundation.org>
- Osteogenesis Imperfecta Foundation
Toll free: 800-981-2663
Web site: <http://www/oif.org>

- The Paget Foundation
Toll free: 800-237-2438
Web site: <http://www.paget.org>
- Parkinson Disease Association
Arizona Chapter
Toll free: 1-800-541-4960
www.azapda.org
- Progressive Supranuclear Palsy Organization
Toll free: 1-800-457-4777
www.curepsp.org
- Sjogren's Syndrome Foundation
Toll free: 800-475-6473
Web site: <http://www.sjogrens.org>
- Spina Bifida Association of America
Toll free: 800-621-3141
Web site: <http://www.sbaa.org>
- Tourette Syndrome Association, Inc.
Toll free: 888-486-8738
Web site: <http://www/tsa-usa.org>
- Tuberous Sclerosis Alliance
Toll free: 800-225-6872
Web site: <http://www.tsalliance.org>
- United Ostomy Association
Toll free: 800-826-0826
Web site: <http://www.uoaa.org>
- United Cerebral Palsy
Toll free: 800-872-5827
Web site: www.ucpa.org



IV ARIZONA ATTORNEY GENERAL'S LIFE CARE PLANNING PACKET

If you need further assistance understanding these Life Care Planning documents you may contact the Pinal-Gila Council for Senior Citizens, Legal Help Line, at 1-800-293-9393

➤ **Durable Health Care Power of Attorney and Durable Mental Health Care Power of Attorney**

Provides for a designated person to have control of legal and financial matters the care recipient may be unable or unwilling to handle.

➤ **Letter to my Agent (Representative)** About Powers of Attorney Forms and Responsibilities

➤ **Pre-Hospital Medical Directive (Do Not Resuscitate Directive)**-
Must be printed on ORANGE paper.

➤ **Living Will (End of Life Care)**
States the care recipient's wishes under certain health care scenarios, especially end-of-life. Helps eliminate confusion and questions about what the care recipients wants related to certain treatments.



**SECTION V
MUST HAVE DOCUMENTS FOR
CAREGIVERS**

Must Have Documents for Caregivers

***List of Doctors**

Will help caregivers be able to immediately access the health care team. This list should include the doctor's name, address, phone number, e-mail address and reasons the care recipient is seeing this doctor.

***List of Medications/Weekly Medication Chart**

By developing and keeping up a chart of all prescriptions, counter medications, herbal treatments, vitamin supplements as well as when each is taken, the assigned dosage and the reason the person being cared for is taking it medication errors can be reduced and medications are more likely to be taken on schedule.

***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 on to visit their doctor. The form can also help the doctor decide on medications and treatments needed.

Caregiver's Log

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

Caregiver Name: _____

I cared for _____ from _____ to

| | |
|--|--|
| Food (list food eaten and times) | |
| Medications (list medication doses and times) | |
| Activities Enjoyed | |
| Sleep/Energy Level | |
| Pain or Discomfort | |

List any other concern for new caregiver to follow-up with:

Weekly Medication Chart

When caregiving or sharing caregiving with other persons it is important to keep track of your loved ones medication.

This chart should help.

1. Complete a new chart weekly
2. Each row is for one medication. Transfer the name and dosage to be taken from each prescription container to the spaces on the first row.
3. In the second row write the size, shape, color of the pill
4. In the third row enter the time or how often each day the medication should be taken
5. When your loved one takes a medicine place an "X" in the column for the day of the week. If you loved one takes a medication more than once a day, mark an "X" each time.

Weekly Medication Chart

Name: _____

Week of: _____

| Name & Dosage of Medicine | Size, shape, color of the pill | When to take medicine | Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|---------------------------|--------------------------------|-----------------------|-----|-----|-----|-----|------|-----|-----|
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
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| | | | | | | | | | |
| | | | | | | | | | |

Personal Health History

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

Hospitalizations

| Hospital | Condition | Date (s) |
|----------|-----------|----------|
| | | |
| | | |
| | | |
| | | |
| | | |

Surgeries

| Hospital | Surgery for | Date (s) |
|----------|-------------|----------|
| | | |
| | | |
| | | |
| | | |

Illnesses

| Illness | Treatment | Date (s) |
|---------|-----------|----------|
| | | |
| | | |
| | | |
| | | |
| | | |

Medications Taken

| Medication | Dosage | Began taking date(s) |
|------------|--------|----------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Allergies:

Health Care Providers:

| Provider | City | Phone |
|----------|------|-------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Major Health Conditions of Immediate Family Members:



**For other very helpful caregiver checklists and forms go
to these
Websites:**

www.caregiverslibrary.org

www.caregiverresource.net

**Examples of other checklists and forms available free
online from the above websites for caregivers:**

1. Social Services Checklist
2. Care giving Decision Questionnaire
3. Driving Assessment Checklist
4. Needs Assessment Worksheet
5. Home Modification Checklist
6. Nursing Home Checklist
7. Medical Appointment Tracking Form
8. Caregivers Document Organizer
9. Personal Record Tracking Form
10. Payment Options form to compare Medicare and Supplemental Insurance Coverage
11. Health Insurance Coverage Decision Chart
12. Choosing the Right Doctor Checklist



SECTION VI. PROGRAM BENEFITS & ELIGIBILITY CHART



SECTION VII. LOCAL GOVERNMENT CONTACT INFORMATION

GILA COUNTY

Gila County Government
1400 E. Ash
Globe, AZ 85501
(928) 425-3231
www.co.gila.az.us

City of Globe
150 N. Pine St.
Globe, AZ 85501
(928) 425-7146

Town of Hayden
520 Velasco Ave.
Hayden, AZ 85235
(520) 356-7801

Town of Miami
500 Sullivan St.
Miami, AZ 85539
(928) 473-4403
www.miamiaz.org

Town of Payson
303 N. Beeline Hwy.
Payson, AZ 85541
(928) 474-5242
www.ci.payson.az.us

Town of Winkelman
208 Griffen Ave.
Winkelman, AZ 85292
(520) 356-7854

PINAL COUNTY

Pinal County Government
31 N. Pinal Street, Bldg. A
Florence, AZ 85232
(520)866-6000
www.pinalcountyz.gov

City of Apache Junction
300 E. Superstition Blvd.
Apache Junction, AZ 85219
(480) 982-8002
www.ajcity.net

City of Casa Grande
510 E. Florence Blvd.
Casa Grande, AZ 85222
(520) 421-8600
www.casagrandeaz.gov

City of Coolidge
150 W. Central Ave.
Coolidge, AZ 85228
(520) 723-5361
www.coolidgeaz.com

City of Eloy
628 N. Main St.
Eloy, AZ 85231
(520) 466-9201
www.ci.elay.az.us

Town of Florence
775 N. Main St.
Florence, AZ 85232
(520) 868-7500
www.town.florence.az.us

Town of Kearny
912-C Tilbury Road
Kearny, AZ 85237
(520) 363-5547
www.townofkearny.com

Town of Mammoth
125 N. Clark St.
Mammoth, AZ 85618
(520) 487-2331
www.townofmammoth.com

City of Maricopa
44624 W. Garvey Rd.
Maricopa, AZ 85239
(520) 568-9098
www.cityofmaricopa.net

Town of Queen Creek
22350 S. Ellsworth Rd.
Queen Creek, AZ 85242-9311
(480) 987-9887
www.queencreek.org

Town of Superior
734 W. Main St.
Superior, AZ 85273-3409
(520) 689-5752
www.superior-arizona.com



**SECTION VIII.
SENIOR CITIZEN AND CAREGIVER
RESOURCES FOR PINAL AND GILA
COUNTIES**

SECTION EIGHT

Senior Citizen and Caregiver Resources for Pinal and Gila Counties

A

Adaptive Aids and Equipment

Adult Day Health Care Programs

Advisory and Advocacy Groups

Alcohol and Substance Abuse

Arizona Long Term Care Insurance (ALTCS)

Arizona Long Term Care Health Plan

B

Benefits Counseling and Casework

Blind and Visually Impaired Services

C

Companion Pets and Animals and Pet Care

Counseling and Behavioral Health

D

Deaf and Hearing Impaired Services

Dental Assistance

Disaster Assistance

Domestic Violence

E

Elder Abuse

Emergency Medical Care

Employment and Job Training

F

Fiduciary Services

Financial Assistance

Food Assistance

H

Health Care

Home Health Care

Hospice Services

Housing

I

Indigent Burial Information

Information and Referral

L

Legal Services

Lifelong Learning

Long Term Care

M

Meals

O

Ombudsman

P

Prescription Assistance

Property Tax Exemptions

R

Recreation and Socialization

Rehabilitation Programs

Respite Care

S

Self Help and Support Groups

Senior Centers

Social Security and Medicare

T

Tax Assistance

Telephone Assistance

Transportation

U

Utility Assistance

V

Veterans Services

Volunteer Opportunities and Programs

Voting Information