
Resources for 'Yard Help'

Limited to service areas:

Limited to resources with:

Old Ft Lowell Live-At-Home Program

P.O. Box 14633
Tucson, AZ 85732-4633

Phone: (520) 275-6757

Email: ofllahcoordinator@gmail.com

Website: www.oldfortlowellliveathome.org

Description: Old Fort Lowell Live-At-Home is a part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources, and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and shopping, running errands, meal delivery, phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduces the social isolation many older adults face while helping to meet everyday needs.

The NCA welcomes all interested volunteers and

neighborhood programs to the network. Through participation in the Alliance, your neighborhood program will build a vast network of resources and support building a safety net for older adults.

Serving older adults and individuals with disabilities who reside within the Old Fort Lowell Neighborhood boundaries encompasses the area of Swan Road to the Pantano Wash and the Rillito River to Glenn Road.

Services offered:

- Transportation
- Errands
- Friendly Visit
- Friendly Phone Call
- Caregiver Relief
- Light Yard Work

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: FREE to our clients

Interfaith Community Services

Volunteer Ride Service

Phone: (520) 297-6049

Email: tkidd@icstucson.org

Website: www.icstucson.org

Description: Interfaith Community Services is part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs

with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources, and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and shopping, errands, meal delivery, phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduces the social isolation many older adults face while helping to meet everyday needs.

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You are serving older adults and people with disabilities in 28 zip code areas of Pima County. Please visit the ICS website to determine if your neighborhood is included.

Services offered:
Transportation
Errands
Friendly Visit
Friendly Phone Call
Caregiver Relief
Light Yard Work
Light Home Maintenance

Lend A Hand Senior Assistance, Inc.

Lend A Hand Senior Assistance, Inc.

P.O. Box 41323
Tucson, AZ 85717-1323

Phone: (520) 248-6882

Email: coordinator@lahseniorhelp.org

Website: www.lahseniorhelp.org

Description: Lend A Hand is part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources, and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and shopping, errands, meal delivery, phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduce the social isolation many older adults face while helping to meet everyday needs.

The NCA welcomes all interested volunteers and neighborhood programs to the network. Through participation in the Alliance, your neighborhood program will build a vast network of resources and support building a safety net for older adults.

We serve older adults in Campus Farm, Limberlost, RillitoBend, Mountain View, Richland Heights East, Richland Heights West, Winterhaven, Hedrick Acres, Mountain/1st, Samos, Campbell/Grant, and Jefferson Park Neighborhoods.

Services offered:
Transportation
Errands
Friendly Visit
Friendly Phone Call
Light Yard Work
Light Home Maintenance
Monthly Luncheon
Produce Delivery

Service Area: Tucson

Business Hours: M - F 8:00 AM - 5:00 PM

Ajo Works Job Training Program

International Sonoran Desert Alliance

38 N. Plaza St.
Ajo, AZ 85321

Phones: (520) 387-3570, Fax: (520) 387-3005

Website: www.isdanet.org

Description: Ajo Works provides minor home repairs to low-income homeowners in the Ajo area. Services include grab bar and ramp installation, more simple maintenance and repair, minor electrical repairs, painting and drywall, minor plumbing repairs, weatherization, and yard work—eligibility requirements.

Service Area: Ajo

Business Hours: M - F 9:00 AM - 4:00 PM

Costs: Income Qualify

Features: Low Income, Spanish Services

Tucson Estates Neighbors Helping Neighbors

5486 W. Flying Circle St.
Tucson, AZ 85713

Phone: (520) 360-9578

Description: Tucson Estates Neighbors Helping Neighbors (also known as TENHN) is one of 15 Neighbors Care Alliance (NCA) programs affiliated with the Pima Council on Aging (PCOA). The NCA is a network of independent neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. Tucson Estates Neighbors Helping Neighbors, founded in 2005, is a non-profit, volunteer organization that serves the older adults in the Tucson Estates area and the adjacent neighborhoods. Our Mission Statement is “to provide the needed help to stay in your home independently, safely, with dignity just a little longer.”

Our registered Volunteers joyfully serve to make

our registered Clients feel loved. Our goal is to meet everyday needs such as transportation, grocery shopping, yard work, home maintenance, etc. while reducing isolation through scheduled social events, exercise classes, and educational programs. In addition, we provide, install, and support several products designed to assist seniors with daily personal safety needs (e.g., the Lively emergency pendant, a titanium lockbox for an extra key, emergency motion-sensed nightlights & LED flashlight, hearing-impaired doorbells, and Dysem, an easy-to-use household miracle tool. We also provide relocation and moving assistance to those who can no longer live independently.

Service Area: Tucson

Costs: All services are FREE to registered clients and registered volunteers.

We are 100% supported by tax-deductible donations.

We provide limited financial support to low-income participants as needed and approved by our Board of Directors.

Interfaith Community Services

Home Sweet Home

2820 W. Ina Rd.
Tucson, AZ 85741

Phone: (520) 297-6049 ext: 4225

Email: www.icstucson.org/contact

Website: www.icstucson.org

Description: ICS provides volunteers to assist low-income participants with minor home repair and yard work, dependent on volunteer availability and zip code. Homeowners must supply materials. Call for more information and service-area restrictions.

Service Area: Tucson

Business Hours: M - F 9:00 AM - 4:00 PM

Features: Low Income

Southwest Gas

Utility Assistance

Tucson, AZ

Phone: (877) 860-6020

Website: www.swgas.com/en/az-special-programs

Description: Southwest Gas offers a utility assistance program for qualified customers. The program includes a discounted monthly basic service charge and a 30% reduction on the first 150 therms per month from Nov. 1st–Apr., 30th. Eligibility is based on income and other factors. Call or visit the website for further information and to schedule an appointment. If you need help with the application process, you can call PCOA's helpline at (520) 790-7573 Ext 7262 for assistance.

Service Area: Tucson

Business Hours: M - F 8:00 AM - 5:00 PM

Features: Low Income

Greater Vail Community Resources

Phone: (520) 879-1240

Website: www.resourcesvail.org

Description: Resources in Vail – Greater Vail Community Resources is a part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources, and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and shopping, running errands, meal delivery, phone calls and visits,

lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduces the social isolation many older adults face while helping to meet everyday needs.

The NCA welcomes all interested volunteers and neighborhood programs to the network. Through participation in the Alliance, your neighborhood program will build a vast network of resources and support building a safety net for older adults.

Serving older adults who reside in the area that makes up the Vail School District. Irvington Road on the north, South Wilmot on the west, Pima County border on the east.

Service offered:
Transportation
Food delivery
Errands

Iskashitaa Refugee Network

Phone: (520) 440-0100

Website: www.iskashitaa.org

Description: Iskashitaa Refugee Network is part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources, and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and shopping, running errands, meal delivery, phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduce the social isolation many older adults face while helping to meet everyday needs.

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neighborhood programs to the network. Through participation in the Alliance, your neighborhood program will build a vast network of resources and support building a safety net for older adults.

We are providing support to older adult refugees throughout Pima County. Harvesting and gleaning unwanted produce and distributing it to community partners and residents.

Services offered:
Transportation
Errands
Friendly Visit
Friendly Phone Call
Gleaning and Harvesting of produce
Food Distribution

Neighbors Helping Neighbors - Park West

Phone: (520) 903-9094

Email: RH779@aol.com

Description: Neighbors Helping -Park West Neighbors is a part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources, and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and shopping, running errands, meal delivery, phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduces the social isolation many older adults face while helping to meet everyday needs.

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neighborhood programs to the network. Through participation in the Alliance, your neighborhood program will build a vast network of resources and support building a safety net for older adults.

Serving older adults and people with disabilities who live in the Park West Mobile Home Community at 303 West Broadway Boulevard.

Services offered:
Transportation
Errands
Friendly Visit
Friendly Phone Call
Caregiver Relief

IMPACT of Southern Arizona

3535 E. Hawser St.
Tucson, AZ 85739

Phones: (520) 825-0009, Fax: (520) 825-6899

Email: info@impactsoaz.org

Website: www.impactsoaz.org

Description: IMPACT of Southern Arizona is part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources, and mileage reimbursement. Volunteers support older adults through various services, such as phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduce the social isolation many older adults face while helping to meet everyday needs.

The NCA welcomes all interested volunteers and neighborhood programs to the network. Through participation in the Alliance, your neighborhood

program will build a vast network of resources and support building a safety net for older adults.

Serving older adults with meal delivery and transportation residing in northwest Pima County, including Oro Valley, Marana, and Catalina.

Services offered:

Errands

Meal Preparation

Caregiver Relief

Service Area: Catalina, Marana, Oro Valley, Tucson

Business Hours: M - F 8:00 AM - 4:30 PM

Costs: Free

Features: Low Income, Spanish Services

Bertha and the Babes Estate Sales

ESPF Enterprises

10358 E. Loveless Gardner Ln.
Tucson, AZ 85747

Phone: (520) 665-9221

Email: antiquepenney@yahoo.com

Website: berthaandthebabes.com

Description: We specialize in liquidating homes' contents, including items in the yard, garage, and sheds. Our current platform is online auctions, which have proven to realize more profit for our clients than in-person sales. The first step in hiring us is to call or email us to set up an introductory appointment at the location where the items to be sold are located. We have been in business for sixteen years and have a triple AAA rating with the BBB. We are passionate about helping seniors transition and do all we can to relocate as stress-free as possible.

Service Area: Catalina, Green Valley, Saddlebrook, Tucson

Business Hours: We answer the phone 24 hours a day 7 days a week

Costs: We charge 40% of the gross of the sale

for our services. Our clients receive a check for 60% of the gross of the sale. We pay for all costs, advertising, credit card fees, sit up costs, and appraisals if needed. There is no out of pocket charge to our clients and no hidden charges.

Corona Cares

494 W. Chatfield St.
Vail, AZ 85641

Phone: (520) 395-9327

Email: coronacares@cox.net

Description: Corona Cares is part of The Neighbors Care Alliance (NCA).

We serve older adults in Corona de Tucson Fire District on Houghton Road between Dawn Road on the north, Camino Aurelia on the south, Wentworth Road on the east, and Ocotillo View Road on the west.

Services offered:

Transportation

Errands

Friendly Visit

Friendly Phone Call

Caregiver Relief

Service Area: Corona De Tucson

Business Hours: M - F 9:00 AM - 3:00 PM

29th Street Community Assistance Network

Neighbors Care Alliance

85732-2954

Phone: (520) 406-6959

Website: www.29thstreetcan.yolasite.com

Description: The Neighbors Care Alliance (NCA) is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas, and each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build

infrastructure, volunteer training, opportunities for networking, access to community resources, and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and shopping, errands, meal delivery, phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduces the social isolation many older adults face while helping to meet everyday needs.

The NCA welcomes all interested volunteers and neighborhood programs to the network. Your neighborhood program will build a vast network of resources and support through participation in the Neighbors Care Alliance, building a safety net for older adults.

We serve older adults (55+) and adults with disabilities living within the boundaries of 22nd Street, Golf Links Road, Country Club Road, and Craycroft Road.

Services offered:

Transportation

Errands

Friendly Visit

Friendly Phone Call

Junction Connection (Robles Junction)

Phone: (520) 429-7843

Email: junction2u4help@gmail.com

Description: Junction Connection (Robles Junction) is part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources, and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and

shopping, errands, meal delivery, phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduces the social isolation many older adults face while helping to meet everyday needs.

The NCA welcomes all interested volunteers and neighborhood programs to the network. Through participation in the Alliance, your neighborhood program will build a vast network of resources and support building a safety net for older adults.

We serve older adults, primarily with transportation, residing at Robles Junction between Milewide Road, Britten Ranch Road, and Coleman Road to Kinney Road.

Services offered:

Transportation

Errands

Friendly Visit

Friendly Phone Call

Eastside Neighbors Volunteer Program

Eastside Neighbors Volunteer Program

8302 E. Broadway Blvd.

Tucson, AZ 85710

Phone: (520) 245-4729

Email: envpcares@gmail.com

Website: www.tucsonenvp.com

Description: We are a non-profit that provides transportation to clients that live within our service boundaries and are 60 years or older. The vehicle is for Medical Appointments, Grocery Shopping, and Banking. We will also Grocery Shop for clients. Clients must agree to an in-home interview and be ambulatory to qualify for Transportation Services."

Service Area: Tucson

Business Hours: M - F 9:00 AM - 3:00 PM

1-800-GOT-JUNK

1245 W. Giaconda Way,
Tucson, AZ 85704

Phone: (800) 468-5865

Website:

www.1800gotjunk.com/us_en/locations/junk-removal-tucson/us04002

Description: 1-800-GOT-JUNK is a full-service junk removal company that offers removal services for homes and businesses: removing old furniture, appliances, electronics, tires, construction debris, yard waste, and more.

How our service works:

Schedule your appointment online or by calling 1-800-468-5865.

Our truck team will contact you 15-30 minutes before your scheduled appointment window to let you know when we'll arrive.

We'll take a look at the items you want to be removed and give you an all-inclusive price.

We'll remove your items, sweep up the area, and collect payment once we're done.

Service Area: Green Valley, Oro Valley, Pima County, Sahuarita, Tucson

Business Hours: M - Su 5:00 AM - 12:00 AM

Costs: Please call for details.

International Sonoran Desert Alliance

Ajo Works Job Training Program

38 N Plaza St
Ajo, AZ 85321

Phones: (520) 387-3570, Fax: (520) 387-3005

Website: www.isdanet.org

Description: Ajo Works provides minor home repairs to low-income homeowners in the Ajo area. Services include grab bar and ramp installation, more simple maintenance and repair, minor electrical repairs, painting and drywall,

minor plumbing repairs, weatherization, and yard work—eligibility requirements.

Service Area: Ajo

Business Hours: M - F 9:00 AM - 4:00 PM

Costs: Please call for details.

Features: Low Income, Spanish Services

Pima Council on Aging (PCOA)

Healthy Living Classes

8467 E. Broadway Blvd.
Tucson, AZ 85710

Phone: (520) 305-3409

Email: help@pcoa.org

Website: pcoa.org/ways-we-help/healthy-living-classes.html

Description: PCOA provides healthy living classes and workshops for individuals aged 55 and over. These include Enhance Fitness and A Matter of Balance, both evidence-based fall prevention programs. Other workshops include Healthy Living with Ongoing Health Conditions, Healthy Living with Chronic Pain, and Healthy Living with Diabetes. Another program, the Aging Mastery Program (AMP), is a comprehensive approach to aging well.

Enhance Fitness is a one-hour exercise class held three times a week at various times and community locations. The class focus on increasing your strength, endurance, balance, and flexibility. A certified fitness instructor leads it.

The A Matter of Balance® is a workshop designed to reduce the fear of falling and help participants learn to view falls as controllable, set goals for increasing activity, and make changes to reduce fall risks at home. It includes eight two-hour sessions for 10-15 participants and is led by trained coaches.

The Healthy Living with Ongoing Health Conditions workshop (Chronic Disease Self-

Management Program) is an evidence-based program developed by Stanford University. It has been shown to improve the health and well-being of adults with different chronic conditions. The workshop meets 2 ½ hours per week for six weeks and is a Peer-led (non-healthcare professional) self-management workshop. It promotes empowerment by teaching behavior management, is not disease-specific, and is excellent for people with a single or multiple chronic health conditions and caregivers. It addresses topics such as Problem-solving, Relaxation techniques, Nutritious eating, Improving communication with physicians, family, and friends, and more. Participants receive a copy of the Living a Healthy Life with Chronic Conditions book.

Healthy Living with Chronic Pain workshop is a high-level evidence-based program for people with persistent pain. Developed at Stanford University, the workshop sessions meet for 2-1/2 hours once a week for six consecutive weeks. This community-based program is very interactive, where mutual support and success build participants' confidence in managing their pain and maintaining active and fulfilling lives. Facilitated by two trained Leaders in a small group setting (10-15 people), the program delves into mental, physical, and emotional well-being topics. Gain knowledge, share your experience, practice new skills, and help others while helping yourself. Participants receive a copy of the Living a Healthy Life with Chronic Pain book.

Healthy Living with Diabetes (Diabetes Self-Management Program) is a 6-week group program for people with type 2 diabetes. Stanford University developed the program to help you manage your diabetes symptoms, tiredness, pain, and emotional issues, by helping you learn skills to manage your diabetes day to day better. It covers various topics, including menu planning, balancing meals and physical activity, etc. Participants receive a copy of the book Living a Healthy with Chronic Conditions book.

The Aging Mastery Program is a comprehensive approach to aging well. The program combines classes with expert speakers, group discussion, and goal setting to help you gain new skills and helpful resources to help you age well. The session is for ten weeks and meets on the same day of the week at the same time. The program fee includes curriculum books and supplies for each participant.

Service Area: Tucson

Business Hours: M - F 8:30 am - 4:30 pm

Costs: Enhance Fitness is \$36 per month per person. The workshops A Matter of Balance, Healthy Living with Ongoing Health Conditions, Healthy Living with Chronic Pain, and Healthy Living with Diabetes are \$30 per person. The Aging Mastery Program (AMP) is \$89 per person by a specific date; after that, it is \$99 per person. Please see more information on the Aging Mastery Program (AMP) cost on our website at <https://pcoa.org/ways-we-help/aging-mastery.html/>.

Pima Council on Aging (PCOA)

Personal Budgeting Assistance

8467 E. Broadway Blvd
Tucson, AZ 85710

Phone: (520) 790-7262

Email: help@pcoa.org

Website: pcoa.org

Description: The Personal Budgeting Assistance Program at PCOA pairs trained volunteers with people who need assistance with budgeting, writing checks, and organizing bills. Services are provided in-home.

Service Area: Tucson

Business Hours: M - F 8:30 AM - 5:00 PM

Costs: No Cost

Administration of Resources and

Choices (ARC)

Elder Shelter Program

1625 N Alvernon Way Ste 101
Tucson, AZ 85712

Phones: (520) 623-9383, (520) 339-2801 Crisis Line

Email: JGuyer@arc-az.org

Website: arc-az.org/elder-protection

Description: ARC's skilled professional case managers help older adults escape abusive and life-threatening situations. We employ the generosity of Tucson area adult care homeowners to help provide safe temporary housing, acquire immediate medical care, and transition to long-term housing— all free of charge. Funding is provided by the US Department of Justice, the Arizona Department of Public Safety, and Pima County.

Our services include:

Professional Crisis Intervention and Support services for people over 50 or for individuals with disabilities experiencing abuse or neglect
Professional Case Management Services and help navigate the justice system and acquire appropriate legal and social services.
Obtaining remote orders of protection
Safety Planning and help locating accessible long-term housing.

Business Hours: Mon-Thu 9:00 am-5:00 pm ; Fri 9:00 am - 4:00 pm

Costs: No fees apply to this program

Features: Low Income

DES Division of Aging and Adult Services

Arizona Department of Economic Security

1789 W. Jefferson St.
Phoenix, AZ 85007

Phone: (602) 542-4446

Email: contactdaas@azdes.gov

Website: des.az.gov/services/older-adults

Description: The Arizona Department of Economic Security (DES) makes Arizona stronger by helping all residents reach their potential through diverse programs that provide support and services to achieve and maintain self-sufficiency. In partnership with non-profit organizations, as well as state and federal partners, DES offers vital support to residents, including by providing access to food and healthcare, as well as providing job training, enforcing child support orders, assistance with rent, along with guidance accessing unemployment insurance and evaluating reports of abuse, neglect and abuse of vulnerable citizens ages 18 and older.

The DES Division of Aging and Adult Services (DAAS) assists at-risk Arizonans with meeting basic needs so they can live safely, with dignity and independence. Services and programs DAAS delivers reach diverse residents from homeless youths to older adults and those ages 18 and older who have disabilities. Adult Protective Services (APS), part of DAAS, accepts and reviews abuse, neglect, and exploitation claims on behalf of vulnerable adults. Its caseworkers take calls and reports online, 24 hours a day, and collaborate with law enforcement officials, the courts, and community-based service providers to facilitate services and help protect at-risk adults ages 18 and older. Community Service Programs (CSP) expand the safety net for vulnerable and at-risk individuals and families by offering assistance for survivors of domestic violence, along with those experiencing homelessness and food insecurity and refugees seeking help settling in Arizona, among other outreach.

Whether you need help or would like to be considered for employment with DES, we are looking forward to working with you to create a better future for everyone in the state. You can find DES office locations and learn more about its many programs and services here <https://des.az.gov>.

DES Office Locator: <https://azdes-community.secure.force.com/EOL/>

Business Hours: M - F 8:00 AM - 5:00 PM

Features: Low Income

Adult Care Hunters, LLC

Housing Referral Agency

P.O. Box 69398

Oro Valley, AZ 85737

Phone: (520) 665-1233

Email: margaret@adultcarehunters.net

Website: www.adultcarehunters.net

Description: A senior living referral service helps narrow down the best options for folks looking for Memory Care, Licensed Assisted living Homes, Assisted Living Centers, Independent Living, or In home care. We provide an evaluation to help determine which type of living situation fits your individual needs, mindful of the budget and area you prefer. We run the state inspection reports and provide you with questions to ask and checklists to help guide you through the process. We are well versed with ALTCS and LTC insurance and have resources for folks needing full-service movers, case managers, in-home care, etc.

With over 25 years of experience, we are still mindful that this may be the first time you have to place a loved one. We hold your hand and give you moral support along with our wealth of knowledge to assist you through the process. Give us a call; we are here to help!

Service Area: Green Valley, Marana, Oro Valley, Sahuarita

Business Hours: 9 AM - 6 PM

Costs: No Cost to the clients, the one-time fee is paid by the communities and can not be charged to the client

Features: ALTCS

Bogutz & Gordon, P.C.

Estate

Planning/Probate/Conservatorship/Guardianship

3503 N. Campbell Ave., Ste. 101

Tucson, AZ 85719

Phones: (520) 321-9700, (800) 688-2568, Fax: (520) 321-9797

Email: firm@bogutzandgordon.com

Website: bogutzandgordon.com

Description: Our firm advises families at all levels of wealth regarding passing whatever it is they cherish to the next generation and beyond. Likewise, we help clients assert their rights concerning estates and trusts and advocate for them in many different roles. For example, we guide executors in their duties and challenges. We help clients resolve disputes over wills and other estate matters.

The firm's structure remains unusual among law firms. In the planning arena, we help clients with traditional estate planning needs, creating wills, trusts, powers of attorney, and planning regarding benefits and taxes.

The firm also serves as a "fiduciary." A "fiduciary" is typically a person in a position of trust, one who is legally empowered to make decisions for other persons. In our case, the firm collectively serves clients as trustees, agents under a power of attorney, guardian, conservator, and personal representative, making decisions in their best interests when they cannot, or carrying out their final wishes.

The firm is well-suited to advise and assist clients facing the realities of aging or disabilities or recovering from injuries resulting from accidents or medical malpractice.

Service Area: Tucson

Business Hours: M-Th, 8:30a-5:00p; F, 8:30a-4:00p. Closed from 12-1 for lunch.

Features: Spanish Services

Pima Council on Aging (PCOA)

Rights & Benefits

8467 E. Broadway Blvd
Tucson, AZ 85710

Phone: (520) 790-7262

Email: help@pcoa.org

Website: pcoa.org

Description: We help and advocate for people aged 60 and older with a wide range of issues. We help negotiate landlord/tenant disputes. We can help access financial assistance resources and consumer issues such as unfair sales practices and unsatisfactory service. Services offered include one-on-one counseling or advice, contacting creditors or other entities on your behalf, assisting you in filling out forms, helping with benefits screening, and much more. Services are available by phone or appointment at either PCOA's facilities.

Service Area: Tucson

Business Hours: M - F 8:30 AM - 5:00 PM

Costs: Most services provided at no cost.

Arizona Suicide Prevention Coalition (AZSPC)

P.O. Box 10745
Phoenix, AZ 85064

Phone: (602) 248-8337

Website: www.azspc.org

Description: The Arizona Suicide Prevention Coalition (AZSPC) provides education and awareness of suicide prevention. Resources are available for individuals, families, and friends to help see signs and obtaining help.

Pima County Community Action Agency

2797 E. Ajo Way, 3rd Fl.
Tucson, AZ 85713

Phones: (520) 791-5443, (520-724-2667)
Hotline, Fax: (520) 838-7434

Website:

webcms.pima.gov/cms/one.aspx?portalId=169&p
ageld=24822

Description: Pima County Community Action Agency can assist with emergency utility assistance through the Low-Income Home Energy Assistance Program (LIHEAP). You may only receive assistance once per year. They can also help you apply for ongoing water, trash, and sewer discounts. To receive assistance call for an appointment. In addition, they also offer rent and mortgage assistance and may be able to help you or a loved one obtain clothing, hygiene items, gasoline, bus passes, and food vouchers.

Business Hours: M - F 8:0 AM - 10:30 AM

Features: Low Income

Amada Senior Care Tucson

Amada Senior Care Franchisor

7070 N Oracle Rd Ste 120
Tucson, AZ 85704

Phones: (520) 222-8262, Fax: (520) 202-5359

Email: admin.tucson@amadaseniorcare.com

Website: www.amadatucson.com

Description: Amada Senior Care provides in-home care for older adults and guides families through the many older adult housing options available for assisted living. We also help older adults understand, file, and manage long-term care insurance claims and help veterans understand financial options for funding care.

Business Hours: M - F 9:00 AM - 5:00 PM

Features: In-Home Services

Interfaith Community Services

Advanced Care Planning

2820 W. Ina Rd.
Tucson, AZ 85741

Phones: (520) 297-6049 ext: 4223, Fax: (520)
797-3029

Email: tkidd@icstucson.org

Website: www.icstucson.org

Description: Honoring Our Lives programming prepares people of all life stages and cultures transitioning through life stages and their departure from this life.

Advance care planning is a way to help ensure that your values in life and wishes for care will be honored through your life if you are ever unable to speak for yourself. Interfaith Community Services (ICS) offers FREE workshops to help people begin, continue or revise their advance care planning.

Business Hours: M - F 9:00 am-4:00 pm

Costs: No Cost

Features: Low Income, Spanish Services

Taxpayer Advocate Service (TAS)

4041 N. Central Ave. MS-1005
Phoenix, AZ 85012

Phones: (602) 636-9500, Fax: (855) 829-5330

Website: taxpayeradvocate.irs.gov

Description: The Taxpayer Advocate Service (TAS) is an independent organization within the IRS. We're here to ensure that every taxpayer is treated fairly and that you know and understand your rights. Our advocates can help if you have tax problems that you can't resolve on your own.

Business Hours: M - F 8:00 AM - 5:00 PM

Center for Community Dialogue & Training

Our Family Services
Center for Community Dialogue and Training

5049 E. Broadway Blvd., Ste 125
Tucson, AZ 85712

Phones: (520) 323-1708 ext: 124, Fax: (520) 325-8841

Email: center@ourfamilyservices.org

Website: www.ourfamilyservices.org/center

Description: The Center for Community Dialogue & Training (CCDT), serving the community for over 40 years by using communication and conflict resolution skills as life skills to navigate various systems. The Center staff and volunteers help individuals and groups navigate difficult conversations, supports, and empower Southern Arizonans and beyond through our program and services.

Services offered:

Community Forums and Community Dialogue – working with community partners to facilitate large community forums and small topic-centered groups, empowering respectful and productive discussions in which all voices are heard.

Community Mediation – Highly skilled, trained, and certified volunteer community mediators conduct confidential mediation processes to help dispute parties communicate and design their solutions – safely, with respect, and without going to court.

Training for individuals, families, and professionals – Gain and enhance conflict management skills, conflict resolution, dialogue, facilitation, effective communication, running productive meetings, and customized training.
Strategic Planning and Consulting – Engage all organization members, the board of directors, department, coalition, or unique project to set priorities, focus energy, allocate resources, identify obstacles, and determine possible actions.

Business Hours: M - F 8:30 AM - 5:00 PM

Costs: Costs associated with programs, training, events vary. Please visit our website for more information associated with costs.

Features: Spanish Services

Administration of Resources and Choices (ARC)

Home Owner Assistance Fund, Home Buyer Program and Reverse Mortgage

1625 N. Alvernon, Ste 101
Tucson, AZ 85712

Phones: (520) 623-9383, Fax: (520) 623-9577

Email: info@arc-az.org

Website: www.arc-az.org

Description: The Homeowner Assistance Fund (HAF):

Helps eligible individuals and families who have experienced financial difficulties from COVID-19 (since January 2020) pay mortgage delinquencies and balances due, past due utilities, unpaid homeowners' insurance, and taxes.

Home Buyer Programs:

Affordable lending now makes it possible for more individuals and families to consider homeownership than ever. ARC's certified Housing Counseling professionals use a Home Buyer Readiness Survey to create individual plans that can help you achieve successful homeownership.

You can expect to receive the following benefits upon completion of ARC's "Home Buying and Pre-Purchase Services" program:

Education and Counseling

Eligibility Review for Down Payment Assistance

Home Purchase Budget Preparation

Credit Score Review and Credit Counseling

Home Buyer Education Class Certification

Evaluation of Various Lending Programs

Mortgage Readiness Review

How much home is right for you?

Know your borrowing potential

Review lender opportunities

Reverse Mortgage Counseling:

Let ARC's professional counselors help you determine if a Reverse Mortgage is right for you. The initial consultation is free. You must be 62 years or older to apply.

A Reverse Mortgage Can...

Create a tax-free income stream for life

Provide security to age in place

Eliminate loan payments during your lifetime

Call us for an appointment: (520) 301-5126

Business Hours: Monday - Thursday 9am-5pm;
Friday 9am-4pm

Costs: Fees for credit reports and reverse mortgage program, Please call for details.

Features: Low Income

Pima County Community Land Trust (PCCLT)

17 N. Linda Ave.

Tucson, AZ 85745-2960

Phone: (520) 603-0587 ext: 121

Email: Maggie@pcclt.org

Website: www.pcclt.org

Description: The Pima County Community Land Trust (PCCLT) is a nonprofit, community-based organization committed to developing permanently affordable housing, promoting community revitalization, and providing programs and services that help low-income families achieve, preserve, and sustain housing.

***Housing Counseling:**

PCCLT empowers families long-term through programs that provide pre-purchase, homeowner, mortgage, and rental default counseling; Homebuyer financial education; referrals, resources, and relationship building.

***Sale/Resale of Homes:**

PCCLT builds, sells, and helps homeowners resell their homes under the Community Land Trust model to households who earn between 50-80% AMI. PCCLT retains title to the land under the affordable house and enters into a 99-year ground lease, allowing the program to recycle the Public subsidies for the benefit of future homeowners.

***Affordable Rentals:**

PCCLT has 21 affordable rental units

***Monetary Assistance:**

PCCLT has access to funds to help homebuyers with Down Payment Assistance AND Homeowners with Mortgage Default Financial Assistance.

Service Area: Pima County, Southern Arizona, Tucson

Business Hours: M - Th 8:00 AM - 5:00 PM, F - Su Closed

Costs: Credit Reports are \$50

Features: Low Income, Spanish Services

Speech Solutions - East

526 E. Rogers Rd
Tucson, AZ 85705

Phone: (520) 261-3306

Email: Diana@speechsolutionsaz.com

Website: speechsolutionsaz.com

Description: Speech Solutions is a private speech therapy clinic in Tucson, Arizona. We specialize in helping adults who have trouble speaking, thinking, or swallowing. Our patients include those with Parkinson's, strokes, Alzheimer's, brain injuries, and more. We provide one-on-one therapy with skilled, compassionate therapists who teach you compensation techniques and rehabilitation exercises. We assess how safely you swallow, teach strengthening exercises, and provide counseling on food textures and consistencies to keep you safe while eating. We do offer instrumental evaluation of swallowing. Our cognition program supports memory skills, lengthening your attention and sharpening your focus. Our voice sessions focus on determining the cause of vocal problems and offering personalized techniques and therapy to strengthen your voice. We offer free phone consultations with a speech therapist. Call us today to see how we can help.

Service Area: Tucson

Business Hours: M - F 8:00-5:00 by appointment

Costs: We accept Medicare insurance, Alivant, and Blue Cross Blue Shield plans, which often means there is no out-of-pocket cost for patients. Our direct pay rates are \$120 per hour, subject to change.

Speech Solutions - North

2220 N. Camino Principal., Ste D
Tucson, AZ 85715

Phones: (520) 261-3306, Fax: (520) 300-8092

Email: Diana@speechsolutionsaz.com

Website: speechsolutionsaz.com

Description: Speech Solutions is a private speech therapy clinic in Tucson, Arizona. We specialize in helping adults who have trouble speaking, thinking, or swallowing. Our patients include those with Parkinson's, strokes, Alzheimer's, brain injuries, and more. We provide one-on-one therapy with skilled, compassionate therapists who teach you compensation techniques and rehabilitation exercises. We assess how safely you swallow, teach strengthening exercises, and provide counseling on food textures and consistencies to keep you safe while eating. We do offer instrumental evaluation of swallowing. Our cognition program supports memory skills, lengthening your attention and sharpening your focus. Our voice sessions focus on determining the cause of vocal problems and offering personalized techniques and therapy to strengthen your voice. We offer free phone consultations with a speech therapist. Call us today to see how we can help.

Service Area: Tucson

Business Hours: M - F 8:00-5:00 by appointment

Costs: We accept Medicare insurance, Alivant, and Blue Cross Blue Shield plans, which often means there is no out-of-pocket cost for patients. Our direct pay rates are \$120 per hour, subject to change.

Parkinson's Disease Nutrition

Phone: (520) 270-3836

Email: parkynut@gmail.com

Website: parkinsonsdiseasenutrition.com

Description: Nutrition consults, meal delivery services, resources, meal plans, cooking classes, presentations, caregiving, and home help.

Service Area: Arizona

Business Hours: M - Su 5:00 AM - 9:00 PM

Costs: Prices vary depending on the individual. Prices range from \$0-100 for consults and \$0-150 for meal deliveries and in-home help

Features: In-Home Services, Low Income

Ronald Zack Law, PLC

4400 E. Broadway Blvd., Ste 307
Tucson, AZ 85711

Phones: (520) 999-3272, Fax: (520) 314-3272

Email: bernadette@ronaldzacklaw.com

Website: ronaldzacklaw.com

Description: Ronald Zack is a Tucson Estate Planning and Elder Law attorney who can help design an estate plan that will achieve your objectives, including providing for yourself in the event of your disability and your loved ones after you are gone. A carefully prepared estate plan can assure the transfer of your non-financial wealth and your financial assets. In addition to wills, trusts, powers of attorney, and other planning documents, he can help with any actions in Probate Court – guardianships, emergency guardianships, conservatorships, and probate administration.

Service Area: Green Valley, Southern Arizona, Tucson

Business Hours: M - S 8:00 AM - 6:00 PM

Features: In-Home Services

Manifest Joy Counseling, PLLC

Manifest Joy Life Guidance, PLLC.

6805 E. Camino Principal
Tucson, AZ 85715

Phone: (520) 885-1033

Email: info@manifestjoycounseling.com

Website: www.manifestjoycounseling.com

Description: Manifest Joy Counseling, PLLC provides psychotherapy services to individuals, couples, and families in a wide range of circumstances and family structures. Our therapists have specific expertise in working with older and LGBTQ+ people. Whether you are looking for help with depression and anxiety, grief and loss, life transitions, PTSD, marriage/family struggles, stress management, and growing older, we can help. We are skilled in many therapeutic approaches, including but not limited to: family systems, motivational interviewing, cognitive-behavioral therapy (CBT), and much more. Groups and workshops are offered periodically; fees vary. Current group offerings are found on our website.

Business Hours: M - F 9:00 AM - 6:00 PM

Costs: Initial Consultation:
By phone (15 minutes) Free
In-person (30 minutes) \$30

Individual, couples, and family therapy:
60-minute session \$75 to \$125 (varies by the therapist)
Groups/Workshops:
60 to 90-minute session \$30 (individual) to \$75 (couple) per session, varies by event.
Some insurance plans accepted, varies by the therapist.

Pathways Paralegal and Mediation

1830 E. Broadway Blvd. #124-253
Tucson, AZ 85719

Phones: (520) 203-7763, Fax: (866) 727-3027

Email: alison@pathwaysparalegal.com

Website: www.pathwaysparalegal.com

Description: \$35.00 half-hour down-to-earth consults for affairs less than 1 million in value by an experienced paralegal, in-home signings, complete support in conducting legal matters from another state or country for relatives and friends of elderly or deceased residents of Arizona, Guardianships/Conservatorships, Wills, Trusts, Deeds, Probate, Power of Attorney, Administrative Support for End of Life Paperwork, Divorce, Real Property Splits, and Trusts. Fees are all paid upfront—a minimum service fee of \$35 for refunds.

We prioritize cost efficiency by using email and video chats. Customers who don't use email must pay a \$35 surcharge for paper communications. We strive to only have face-to-face meetings, if necessary, for notarizations (signings), for example. We often work with family members who are technologically capable to works with clients. The Pima County Superior Court Law Library has Spanish translation services available to the public. We are happy to meet there to help with self-help paperwork and a translator. We would keep our time while the meeting occurs with the translator at the courthouse and bill at \$120/hr. Travel charges are free.

Business Hours: M - Sa 7:00 AM - 2:00 PM

Costs: Please call for pricing details

Features: Low Income

Arizona Division of Problem Gambling

Arizona Department of Gaming
Division of Problem Gambling

100 N. 15th Ave. Ste 202
Phoenix, AZ 85007

Phones: (602) 542-8998, Fax: (602) 255-3883

Email: contact@problemgambling.az.gov

Website: problemgambling.az.gov

Description: We subsidize treatment services for

individuals struggling with problem gambling and persons affected by a problem gambler. Contracted Treatment Providers (Counselors) can be found here:

<https://problemgambling.az.gov/treatment-counseling/treatment-providers>

Offer a 24/7 Helpline number for help and information on Problem Gambling. Call: 1800NEXTSTEP (1-800-639-8783) or Text NEXTSTEP to 53342

Problem Gambling Educational presentations are available to organizations, community members, etc., and can be tailored to your needs.

Service Area: Tucson

Costs: All services are subsidized. Co-pays may be applied for Treatment based on individual financial analysis.

Esperanza en Escalante

1647 E. Seneca St. and 3700 S. Calle Polar
Tucson, AZ 85730

Phones: (520) 977-8321 ext: 102, Fax: (520) 745-0398

Email: prussell@eeeveterans.org

Website: eeeveterans.org

Description: Esperanza en Escalante provides transitional and permanent supportive housing to veterans and veteran families. We also provide, in addition to housing, case management services, crisis intervention, help with employment, help with applications for benefits, and transportation for appointments to medical, dental, and other appointments and grocery runs. Transitional housing admittance must be pre-approved by the homeless program at the local VA located in Bldg. 90. Permanent supportive housing is managed by our property management company, Gorman and Co. You can contact Gorman and Co. at (520) 347-4500.

Business Hours: Mon-Fri 9:00 am to 5:00 pm

Costs: If a client has income, we request payment of program fees, usually 30% of income

with a cap of \$350/month.

Features: Low Income

TMC Hospice at Home & Peppi's House

TMC Healthcare

TMC Hospice

2715 N. Wyatt Dr.

Tucson, AZ 85712

Phones: (520) 324-2438, (520) 324-5770 Peppi's House

Email: hospiceinfo@tmcaz.com

Website: www.tmcaz.com/medical-programs/hospice

Description: TMC Hospice is a local nonprofit accredited by the Joint Commission, certified by Medicare, and is a Level III partner of We Honor Veterans. TMC Hospice cares for people with a life-limiting illness after the patient, physician, and family have decided that medical care to cure the underlying disease is no longer the best path. Hospice involves a team-oriented approach to expert medical care, pain management, and emotional and spiritual support that fits patients' needs and wishes. At the center of hospice and palliative care is the belief that each of us has the right to die pain-free and with dignity and that our families will receive the support they need to allow us to do so.

Peppi's House, a 16-bed home for TMC Hospice, is located on the northwest part of the Tucson Medical Center campus. While most hospice care is delivered in the home setting, inpatient care is used for respite care when a patient's caregiver needs a rest or a short-term stay to help manage pain or symptoms that cannot be effectively managed at home. Our mission is to help those with life-limiting illnesses walk their life path and receive compassion, dignity, and love.

Service Area: Tucson

Business Hours: M - F 8:00 AM - 5:00 PM

Features: In-Home Services

Right at Home of Southern Arizona

210 W. Continental Rd, Sute 224

Green Valley, AZ 85622

Phones: (520) 777-4159, Fax: (520) 844-1198

Email: info@rahsouthernaz.com

Website: rightathome.net/green-valley

Description: Right at Home exists to be your guide to successfully living at Home. Our mission is to improve your quality of life.

Aging, disability, illness, or injury can make a living at Home a daunting challenge. We believe no one should face the long list of complex decisions and unforeseen changes alone. We are the experts in living at Home, providing care and coaching, and having the experience to help navigate every step.

Call us today for a FREE in-home assessment to help with a customized plan of care to meet your specific needs.

LET'S START TALKING ABOUT LIVING!

-Companionship (Medication Reminders, Meals, Shopping, Transportation, Housekeeping)

-Personal Care (Hygiene, Toileting, Dressing, Grooming, Transfers, Ambulation)

-Cognitive Support

Service Area: Green Valley, Rio Rico, Sahuarita, Tucson, Vail

Business Hours: 24/7

Costs: Please call for pricing information. No minimum required

Features: ALTCS, In-Home Services, Low Income, Spanish Services

Parkinson Wellness Recovery

4343 N. Oracle Rd., #173

Tucson, AZ 85705

Phones: (520) 591-5346, Fax: (888) 780-0154

Email: info@pwr4life.org

Website: www.pwr4life.org

Description: Parkinson Wellness Recovery (PWR!) is a health and wellness facility providing physical rehabilitation, group fitness classes, and educational support for people with Parkinson's disease and their care partners. We also offer virtual exercise programs for those that cannot come to the PWR! Gym in Tucson. At PWR!, your care is overseen by experts in Parkinson's and is tailored to help you maximize your function so that you can continue doing what you want. PWR! is also a national leader in developing Parkinson-specific therapy and exercise programs. Health professionals can inquire about how to receive training to help those with Parkinson's disease.

Business Hours: M - F 8:00 AM – 4:30 PM

Costs: Call for pricing details.

Features: Low Income, Spanish Services

A Senior Journey

P.O. Box 89995
Tucson, AZ 85742

Phone: (520) 870-0962

Email: amanda@aseniorjourney.com

Website: aseniorjourney.com

Description: We offer a Free service to help locate the right Independent or Assisted living center, adult care home or memory care center. We look at the client's needs, wants, location and budget to determine the places that we will tour. We strive to show the right places that fit that criterion. We only use licensed communities and homes and those that are in good standing with the Department of Health services. We have been assisting clients and their families for over 16 years. We would consider it an honor to help you or your loved on this Journey. We are here for you!

Service Area: Green Valley, Marana, Oro Valley, Sahuarita, Tucson, Vail

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: We work within client's budgets, providing it is reasonable.

Independent starting at \$1575 on up

Assisted living \$2300 on up

Memory Care communities \$4500 on up

Features: ALTCS, Low Income

Cleaning for a Reason

ISSA Charities

Lewisville, TX 75056

Phone: (877) 337-3348

Email: info@cleaningforareason.org

Website: www.cleaningforareason.org

Description: Cleaning for a Reason is a program to help cancer patients find two free cleanings in their communities. Cancer patients needing help with cleanings can apply with our program at <http://www.cleaningforareason.org>. Professional cleaning services offer two free cleanings to any patient in their community. Any cancer patient with any cancer can use it. Men, women, and children are eligible to apply. Cancer patients in hospice are eligible to apply. Cleaning for a Reason will search on behalf of patients who used to find openings with cleaning services. This program is nationwide and also in Canadian territories.

Service Area: All US Territories.

Business Hours: M - F 8:00 AM - 4:30 PM

Costs: Free house cleaning for cancer patients

Features: In-Home Services

Arizona@Work

316 W. Fort Lowell Rd.
Tucson, AZ 85705

Phones: (520) 638-2230, Fax: (520) 408-5050

Website: www.azjobconnection.gov/ada/r

Description: Arizaon@Work is an employment

resource center that can help you find the right job by posting your resume on the statewide job database and providing career guidance—matching you with job opportunities and preparing you with customized training and education. We host hiring events to connect with employers and get assistance with specialized services for veterans and disabled job seekers. To find a workforce center near you, please visit our website, click on contact us for a list of locations.

Service Area: Tucson

Business Hours: M - F 8:00 - 5:00

Arizona Bankruptcy Court & Volunteer Attorneys

38 S. Scott Ave., Ste. 100
Tucson, AZ 85701

Phones: (520) 202-7500, (800) 556-9230

Website: www.azb.uscourts.gov

Description: Volunteer attorneys will consult with individuals for 20–30 minutes without charge concerning their bankruptcy situation. The volunteer attorneys are available by appointment only. Court staff cannot provide legal advice.

Service Area: Phoenix, Yuma

Business Hours: M - F 8:30 AM - 4:00 PM

Features: Spanish Services

Arizona Complete Behavioral Health Crisis Line

Phone: (866) 495-6735

Website: www.azcompletehealth.com

Description: Crisis services are available to anyone in the community. Insurance or enrollment does not matter. Crisis services may include screenings, assessments, counseling, medication stabilization, and supportive services to help prevent a future crisis.

Service Area: Tucson

Business Hours: 24/7

Features: Low Income

Fleming & Curti, PLC

1745 E. River Rd., Ste 101
Tucson, AZ 85718

Phones: (520) 622-0400, Fax: (520) 203-0240

Email: FlemingAndCurti@gmail.com

Website: www.elder-law.com

Description: Elder law attorneys strongly emphasize estate planning, trust (and special needs trust) administration; guardianship and conservatorship; and long-term care planning licensed private fiduciary.

Service Area: Tucson

Business Hours: M - F 8:00 - 5:00

Costs: Please see our fee schedule online at <https://elder-law.com/office-fees/>

Humane Society of Southern Arizona

635 W. Roger Rd.
Tucson, AZ 85705

Phones: (520) 327-6088, Fax: (520) 321-3704

Email: dcannon@hssaz.org

Website: hssaz.org

Description: The Humane Society of Southern Arizona helps prevent the euthanasia of healthy, adoptable animals and stops animal overpopulation. Services provided are low-cost spay/neuter, vaccinations, microchipping, adoption, and more. The Humane Society can answer general questions about animal hoarding and help with animal removal.

Business Hours: M - F 8:00 AM - 6:00 PM

Features: Low Income, Spanish Services

Interfaith Community Services

Emergency Utility Assistance - East

8701 E. Old Spanish Tr.
Tucson, AZ 85710

Phone: (520) 297-6049 ext: 3

Email: info@icstucson.org

Website: www.icstucson.org

Description: ICS offers emergency utility assistance through the Low-Income Home Energy Assistance Program (LIHEAP). This program can pay for the current or past month's utility bills. You may only receive assistance once per year. Requests for emergency financial assistance can now be made through phone requests at (520) 297-6049 or at www.icstucson.org under the GET HELP tab. Requests are taken until appointment slots are filled.

Service Area: Tucson

Business Hours: M - F 9:00 AM - 4:00 PM

Features: Low Income

Interfaith Community Services

Emergency Utility Assistance - South

101 W. Irvington Rd., Unit 2A
Tucson, AZ 85714

Phone: (520) 297-6049 ext: 3

Email: info@icstucson.org

Website: www.icstucson.org

Description: ICS offers emergency utility assistance through the Low-Income Home Energy Assistance Program (LIHEAP). This program can pay for the current or past month's utility bills. You may only receive assistance once per year. Requests for emergency financial assistance can now be made through phone requests at (520) 297-6049 or at www.icstucson.org under the GET HELP tab. Requests are taken until appointment slots are filled.

Service Area: Tucson

Business Hours: M - F 9:00 AM - 4:00 PM

Features: Low Income

Interfaith Community Services

Volunteer Income Tax Assistance (VITA)

2820 W. Ina Rd.
Tucson, AZ 85741

Phone: (520) 297-6049

Website: unitedwaytucson.org/VITA

Description: Through the United Way of Tucson, ICS provides free tax preparation for individuals and families with low to moderate incomes. In addition to this free tax preparation assistance, participants receive help to determine their eligibility for the Earned Income Tax Credit and ensure they get the full tax refund for which they qualify. • VITA is currently being offered by appointment only on Wednesday evenings and Saturdays. For more information on hours and locations, please visit the United Ways website.

Service Area: Tucson

Business Hours: M - F 8:00 AM - 4:00 PM

Features: Low Income

Interfaith Community Services

Workforce Development Center--East

8701 E. Old Spanish Tr.
Tucson, AZ 85710

Phone: (520) 731-3106

Email: info@icstucson.org

Website: www.icstucson.org

Description: ICS provides free job search assistance. Workforce Development Centers are open to help job seekers by appointment only to ensure our staff, volunteers, and visitors' health and safety. To schedule a consultation, please call or visit our website to request an appointment.

Service Area: Tucson

Business Hours: M-F 9:00 am-4:00 pm

Features: Low Income

Local State Agencies & Key Contacts

Arizona Direct
Resource Directory for the State of Arizona

Website: azdirect.az.gov

Description: This online resource can help direct you to various state-run agencies in Arizona.

Medicare.gov

Phones: (800) 633-4227, (877) 486-2048. TTY

Website: www.medicare.gov

Description: Medicare.gov is the official U.S. Government Site for Medicare. At Medicare.gov, you can sign up for Medicare or change your plans. It provides information and resources on your medicare costs, what Medicare covers, drug coverage (part D), supplements & other insurance, links to claims & appeals: information to manage your health, forms, help, and other resources. For more information, please visit our website.

Pima County Bar Association

P.O. Box 2189
Tucson, AZ 85702

Phones: (520) 623-8258, Fax: (520) 623-9772

Email: Irs@pimacountybar.org

Website: pimacountybar.org

Description: Pima County Bar Association can provide contact and information about getting legal help in Pima County, including finding an attorney and legal forms for various legal issues, including a free 30-minute consult with an attorney for Family Law issues.

Service Area: Ajo, Arivaca, Avra Valley, Catalina, Marana, Oro Valley, Sahuarita, Vail

Business Hours: M - F 9:00 AM -4:30 PM

Features: Low Income

Pima County Bar Association

QUILT Modest Means Program

Phone: (520) 623-4625

Email: LRS@pimacountybar.org.

Website: pimacountybar.org

Description: A community service program sponsored by the Pima County Bar Association is designed to help those who earn too much to qualify for free legal services but not enough to afford standard legal fees. Legal areas served are DUI, general civil litigation, landlord/tenant, divorce (with or without children), foreclosures, and guardianship. Client eligibility guidelines and the attorney fee schedule can be viewed at www.pimacountybar.org (click on QUILT), or call the Lawyer Referral Service to determine whether or not you qualify.

Business Hours: M - F 9:00 AM - 4:30 PM

Costs: \$30.00 Application Fee.

Features: Low Income

Rx Hope

Website: www.rxhope.com

Description: RxHope provides a helping hand to people in need of obtaining critical medications that they would typically have trouble affording. We act as your advocate in making the patient assistance program journey more comfortable and faster by supplying vital information and help. For more information, please visit our website.

Features: Low Income

St. Vincent de Paul of Southern Arizona - Thrift Store

829 S. 6th Ave.
Tucson, AZ 85701

Phones: (520) 628-7837, Fax: (520) 624-9102

Email: inbox@svdptucson.org

Website: svdptucson.org

Description: St. Vincent de Paul provides help with rent and utility assistance, food assistance and clothing, furniture, mattresses, and appliances. For a list of St. Vincent de Paul's thrift stores and locations, please visit our website or call our administrative office.

Business Hours: M-F 9:00 AM - 5:00 PM

Features: Low Income

U.S. Department of Veterans Affairs (VA)

Fiduciary and Representative Payees

Phone: (888) 407-0144

Email: VBAWA.HUB@va.gov

Website: benefits.va.gov/fiduciary/index.asp

Description: The purpose of the Department of Veterans Affairs (VA) fiduciary program is to ensure VA benefit payments made to a fiduciary on behalf of a beneficiary are used for the well-being of the recipient and the beneficiary's dependents.

Our mission is to protect Veterans and beneficiaries who are unable to manage their financial affairs.

Envoy America

Phones: (888) 375-5558, (480)-584-5894

Website: envoyamerica.com/request-a-ride

Description: Envoy America provides door-to-door, 24/7, non-emergency transportation in Tucson. They provide round-trip transportation to church, shopping, medical appointments, and any local destination. They will help with shopping and wait at medical appointments. They can provide multiple stops per ride. Ambulatory only.

Business Hours: M - F 6:00 am- 6:00 pm

Aging Successfully in Diverse

Communities

Arizona State University Edson College of Nursing and Health Innovation
Programs for Older Adults and Caregivers

500 N. 3rd St.
Phoenix, AZ 85004

Phones: (844) 418-5538, Fax: (602) 391-2797

Email: agingsuccessfully@asu.edu

Website:

docs.google.com/forms/d/e/1FAIpQLSehZxaKqK0L61i6BsMQa0dySywRIX-fGnJe-g897LCW4j72OQ/viewform

Description: Aging Successfully is affiliated with the Center for Innovation in Healthy and Resilient Aging at the Edson College (ASU), directed by Dr. David Coon.

Our programs and research studies are designed to help older adults and their caregivers reduce their stress and plan for the future. Participation is open to the United States residents, and the programs are offered via telephone and Zoom. We offer groups in English and Spanish.

Ongoing projects include:

- Early-Stage Partners in Care (EPIC) - for persons with early-stage memory loss and their care partners
- EPIC Living Alone - for persons with early-stage memory loss who live alone
- CarePRO - for family and friend caregivers of older adults with progressive memory loss
- CarePRO DS/IDD - for family and friend caregivers of older adults with Down syndrome or Intellectual and Developmental Disabilities (DS-IDD) who have developed memory problems as they age.

For more information and assistance please call or visit our website.

Zoom-based programs, open to U.S. residents.

Business Hours: M - F 8:00 - 5:00

Costs: All programs are free. Research participants receive payments or gift cards as a "thank you" for their time.

Features: Spanish Services

Money Management International

2401 W. Peoria Ave., Ste 120
Phoenix, AZ 85029

Phone: (602) 246-4520

Website:

www.moneymanagement.org/locations/arizona/phoenix

Description: Money Management International provides credit counseling, debt management plans, foreclosure counseling, homebuyer counseling, credit report reviews, reverse mortgage counseling, bankruptcy counseling, and representative payee services to consumers struggling with debt, budgeting, housing, and student loan concerns. Services are available by phone, online, and face-to-face. Counseling is available by telephone 24/7, so no matter where you live or what time of day it may be, when you're ready to speak with a counselor, we're here to help - 866-550-8004.

Business Hours: Tues–Thurs 9:00AM –3:00PM
by Appointment

Veterans Aid & Attendance (A&A)

Aid & Attendance

1717 W. Orangewood Ave., Ste G
Orange, CA 92868

Phones: (866) 584-7191, Fax: (714) 202-5924

Email: Info@AmericanVeteransAid.com

Website: www.veteranaid.org

Description: The Department of Veteran Affairs offers a unique benefit to war-era veterans, and their surviving spouses called Aid and Attendance.

Aid and Attendance is a tax-free benefit designed to provide financial assistance to help cover the cost of long-term care in the home, in an assisted living facility, or a nursing home. This Benefit is for those veterans and surviving spouses who

require the regular attendance of another person or caregiver in at least two daily activities of living, such as bathing, dressing, eating, toileting, and transferring.

Grace Hearing Center

2919 E. Broadway Blvd., Ste 110
Tucson, AZ 85716

Phone: (520) 468-9976

Email: gracehearing@hearintucson.com

Website: gracehearing.org

Description: Grace Hearing Center provides the Gift of Hearing to the under-served and under-insured men, women, and children in the greater Tucson area. We work closely with primary care physicians and treat individuals from newborns to seniors. We fit donated hearing aids and provide testing on a sliding fee schedule that also incorporates our "Giving Circle" of volunteer hours to local nonprofits in place of monetary means to help our community.

Service Area: Tucson

Business Hours: By appointment only

Costs: Sliding fee schedule along with volunteer hour requests to Southern Arizona nonprofits

Features: Low Income, Spanish Services

Interfaith Community Services

Workforce Development Center--Northwest

2820 W. Ina Rd
Tucson, AZ 85741

Phone: (520) 526-9320

Email: info@icstucson.org

Website: www.icstucson.org

Description: ICS provides free job search assistance. Workforce Development Centers are open to help job seekers by appointment only to ensure our staff, volunteers, and visitors' health and safety. To schedule a consultation, please call or visit our website to request an

appointment.

Service Area: Tucson

Business Hours: 9:00 am-4:00 pm

Features: Low Income

TMC for Seniors Advance Care Planning

End of Life

2695 N. Craycroft Road
Tucson, AZ 85712

Phone: (520) 324-1960

Email: seniorservices@tmcaz.com

Website: www.tmcaz.com/wellness-and-prevention/tmc-for-seniors/advance-care-planning

Description: Do you know what kind of medical care you would receive if you couldn't speak for yourself because of a vehicle accident, stroke, or unexpected surgery? If it matters to you, join us to learn why advance-care planning is so important for you and all your family members. Make sure you are the one making these decisions by choosing a health care power of attorney and completing advance directives. Please don't put it off any longer. At TMC, we want YOUR health care to always be in YOUR control. To help you make these important decisions, we provide:

- Lectures on advance care planning
- Please call to make an appointment with an ACP volunteer

Service Area: Tucson

Business Hours: M - F 8:00 AM - 4:00 PM

Costs: The cost for advance care planning is free.

Indigent Interment Services

Pima County

2825 E. District St.
Tucson, AZ 85714

Phone: (520) 724-8600

Website:

webcms.pima.gov/cms/One.aspx?pageId=445464

Description: Indigent Interment Services

The County may provide interment services for circumstances in which the next of kin are found to be financially unable to pay for arrangements or in which the decedent is unclaimed or abandoned. If you are the legal next of kin and you believe you are unable to pay for arrangements, the Indigent Interment Program (IIP) Coordinator at the Pima County Office of the Medical Examiner will explore the available alternatives with you to ensure a proper and dignified disposition.

Financial Assistance with Services

One option is to apply for assistance through the Pima County Indigent Interment Program. To determine if you are eligible for assistance through this program, you must fully complete the application for assistance and return it to the Program Coordinator as soon as possible. You will also need to provide financial information and documentation to process your request for assistance. The assistance application, application instructions, and list of required documentation can be downloaded below.

Financial assistance application link: https://webcms.pima.gov/UserFiles/Servers/Server_6/File/Government/Medical%20Examiner/IIP-Application.pdf

NeedyMeds

50 Whittemore St.
Gloucester, MA 01930

Phones: (978) 281-6666, Fax: (206) 260-8850

Email: info@needymeds.org

Website: www.needymeds.org

Description: NeedyMeds is a national non-profit information resource that educates and empowers those seeking affordable healthcare.

Business Hours: M - F 9:00 AM - 5:00 PM

Features: Low Income, Spanish Services

Rio Rico Medical & Fire District

Fire Suppression and EMS

822 Pendleton Dr.
Rio Rico, AZ 85648

Phones: (520) 281-8421 ext: 7554, Fax: (520) 281-7670

Email: HR@rioricofire.org

Website: rioricomedicalandfire.org

Description: The Rio Rico Medical & Fire District's primary function is to serve emergency services to our customers within the Rio Rico Medical & Fire District and the Nogales Suburban Fire District boundaries. Additionally, we offer interfacility transport services on patient transfers from the hospital and clinic facilities within the Nogales and Rio Rico area to alternate destinations for higher medical services not provided in Santa Cruz County. Alternate care options are treatment and referral services for certain medical conditions and telemedicine options for stable patients who need guidance through an online medical physician for treatment or care options. Community Health Paramedicine (CHP) services are offered to residents of our community who need are in need of education and resources available to help with their chronic health conditions. Appointments are required for CHP services; please call the main number to set up an appointment.

Service Area: Rio Rico

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: No charge for Community Health Paramedicine visits

911 Services, Interfacility, Treat & Refer, Telemedicine charges:

Base Ambulance rate: \$1174.42

per mile rate: \$15.29

Note* Ambulance rate charges are billed to insurance providers. Patients pay insurance co-pays and deductibles as per their insurance

carrier.

Features: Spanish Services

Pima County Public Fiduciary Office

Pima County Public Defense Services Administration

Pima County Public Fiduciary

32 N. Stone Ave., 4th Fl.
Tucson, AZ 85701

Phones: (520) 724-5417, Fax: (520) 624-7190

Email: peter.santini@pima.gov

Website:

webcms.pima.gov/government/public_fiduciary

Description: The Public Fiduciary serves as court-appointed Guardian, Conservator, or Estate Administrator for decedent estates when no one else is willing or able to help (A.R.S 14-5602). Referrals are made through our online referral form or by calling 520-724-5454 to request referral information.

Service Area: Tucson

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: Attorney \$ 200.00

Fiduciary \$ 100.00

Accountant \$ 100.00

Investigator \$ 75.00

Paralegal \$ 75.00

Probate Specialist \$ 75.00

Probate Legal Assistant \$ 75.00

Asset Manager \$ 65.00

Burial Coordinator \$ 40.00

Associated Costs Cost Amounts

Mileage (per mile) \$ 0.55

Regular Envelope Postage \$ 0.46

Large Envelope Postage \$ 1.25

Certified Envelope Postage \$ 5.59

Small Padded Mailer \$ 2.00

Large Padded Mailer \$ 4.00

Copy Charge (per page) \$ 0.50

Long Distance Phone Call Charge (per minute) \$

Actual Cost

Long Distance Fax Charge (per fax) \$ 1.00
Banking Fee for 1-5 transactions per year \$ 25.00
Banking Fee for 6-99 transactions per year \$ 50.00
Banking Fee for 100+ transactions per year \$ 100.00
Income Tax Return Preparation Fee \$ 75.00

Western States Pension Assistance Project

Legal Services Of Northern California

501 12th St.
Sacramento, CA 95814

Phones: (866) 413-4911, Fax: (916) 551-2197

Email: pensionproject@lsnc.net

Website: www.lsnc.net/pension

Description: The Western States Pension Assistance Project is a pension counseling project that provides services free of charge to individuals of all ages and income levels who live or have worked in California, Arizona, Nevada, or Hawaii.

Our knowledgeable pension team can help you understand your retirement plan rights and claim your earned benefits, regardless of the type of company or retirement benefit involved. They also assist with tracking down benefits from previous employers; working through the claims and appeals process; helping you understand your rights as a former or surviving spouse; correcting pension benefit calculations, and addressing overpayment demands.

Bayada Home Health Care - Green Valley

Green Valley - Home Care

81 Esperanza Blvd., Ste. 100A
Green Valley, AZ 85614

Phones: (520) 648-7170, Fax: (520) 625-7300

Email: gvaoffice@bayada.com

Website: www.bayada.com

Description: Bayada Home Health Care provides in-home care such as bathing, grooming, using the toilet, and dressing. Meal planning and preparation, light housekeeping, laundry, and running errands.

Medication reminders and picking up prescriptions. Escorts to appointments or meetings, help with activities or hobbies, and general companionship 4 hours to 24/7 care.

Service Area: Amado, Green Valley, Nogales, Rio Rico, Sahuarita, Tubac

Business Hours: M - F 8:30 AM - 5:00 PM

Costs: \$29.00 per hour/4 hour shift minimum
\$50.00 per hour/2-3 hour shift

Features: In-Home Services, Spanish Services

Organizing Helpers Inc.

P.O. Box 42352
Tucson, AZ 85733

Phone: (520) 327-8586

Email: organize@theriver.com

Description: Organizing Helpers provides Case Management, 24/7 assistance with Contracted Clients.

Fiduciary services: Guardianships, Conservatorships, Power of Attorney, Trustee and Estate Representation

Accounting and Bill Paying services for both home and business

We advocate for our clients with medical and legal professionals, social workers, financial advisors, bankers, insurance companies, and more.

They have been working hard to help people maximize their independence while preserving their assets since 1985.

Service Area: Tucson

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: Private Pay

Features: In-Home Services

Arizona's Children Association

Arizona Children Association
Kinship Support Services

3716 E. Columbia St.
Tucson, AZ 85714

Phone: (520) 318-4882

Email: kinship@arizonaschildren.org

Website: www.arizonaschildren.org

Description: Kinship Support Services help kinship caregivers provide care, access services for children residing in their homes, and maintain family stability. Through kinship navigation, caregivers receive assistance, directly or through referral, to provide a safe home environment. Caregivers receive professional support services and are encouraged to utilize informal support, including friends, neighbors, other kinship caregivers, and community organizations. Kinship Support Services are collaborative with the caregiver and, when appropriate, with parents and other family members. Caregivers are guided in obtaining the necessary training and certification to provide care to the children in their homes. They are also informed of permanency options that include adoption, guardianship, or subsidized guardianship and connected to resources that can assist them with these legal custody alternatives. The Kinship Support Services support concurrent planning and will support the permanency planning efforts of DCS. Kinship Support Services are not responsible for disclosing permanency options to other parties to the case or assessing for or facilitating reunification efforts as developing and documenting the permanency plan is the role of DCS. Furthermore, Kinship Support Services is not responsible for counseling parents about relinquishment and alternative permanency options. The primary focus of the Kinship Support Services is to support the kinship caregivers as they navigate the child welfare system.

Service Area: Tucson

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: No cost for Arizona Kinship Support Services.

Features: Spanish Services

Widows/Widowers Support Group

Jewish Family & Children Services
Widows/Widowers Support Groups

207 N Maguire Ave #118
Tucson, AZ 85710

Phone: (520) 884-4570

Email: dellakorh@yahoo.com

Website: www.widowedtowidowed.org

Description: Widows/Widowers Support Group is for individuals who have lost a spouse. Support is given through talking and listening to others about our experiences. This is a way to process grief and encourage members to talk when ready.

We are not professionals giving advice, nor are we a 12-step program. We share what we have experienced, how we have dealt with those experiences, and where we are in the grieving process. We offer each other support and help each other rebuild our lives.

We provide groups all over Tucson, please call or visit our website for group times and locations near you.

Service Area: Tucson

Costs: There is a \$15.00 annual membership fee.

Pima County Law Library and Resource Center

Superior Court in Pima County
Law Library and Resource Center

110 W. Congress St., Rm. 256
Tucson, AZ 85701

Phone: (520) 724-8456

Email: lawlibrary@sc.pima.gov

Website: www.sc.pima.gov

Description: The Pima County Law Library and Resource Center provide legal information and self-service legal forms by phone, email, website, and office.

Service Area: Ajo, Arivaca, Avra Valley, Catalina, Green Valley, Marana, Oro Valley, Sahuarita, Vail

Business Hours: M - F 8:00 AM to 5:00 PM except holidays

Features: Low Income, Spanish Services

Medicine Assistance Tool (MAT)

Phone: (571) 350-8643

Website: medicineassistancetool.org

Description: Medicine Assistance Tool (MAT) is a search engine designed to help patients, caregivers, and health care providers learn more about the resources available through the various biopharmaceutical industry programs. MAT is not its patient assistance program but rather a search engine for many patient assistance resources that the biopharmaceutical industry offers.

Features: Low Income, Spanish Services

Funeral Consumers Alliance of Arizona

4625 E. Broadway Blvd., #219
Tucson, AZ 85711

Phones: (520) 721-0230, Fax: (520) 306-4939

Email: fcaofaz@gmail.com

Website: fcaaz.org

Description: **Funeral Consumers Alliance of Arizona is conducting business as usual, but the office is not open to visitors.**

The Funeral Consumers Alliance of Arizona is a

nonprofit, trusted, objective source of information to help you navigate end-of-life arrangements. We educate and advocate for the rights of families to make informed choices that reflect their values and preferences.

Business Hours: M, T, W, F 8:30 AM - 12:30 PM

Going Home with Care

Post-Hospital Discharge Program

3950 S Camino del Heroe
GreenValley, AZ 85614

Phone: (520) 625-5966

Website: www.valleyassistanceservices.org

Description: Going Home with Care is a partnership between Valley Assistance Services and Green Valley/Santa Cruz Hospital. It provides care transitions from hospital to home at discharge with specific diagnoses to help ensure recovery and discharge follow-through. Our VAS RN includes home visits to assess each client's health for care needs, providing clients have needed medications and knowledge of drugs used to reduce readmissions.

Service Area: Green Valley

Business Hours: M - F 8:30 AM - 5:00 PM

Costs: No cost for this program.

Features: Low Income, Spanish Services

MAP (Map-A-Plan)

Rent and Utility Assistance

3950 S Camino del Heroe
Green Valley, AZ 85614

Phone: (520) 625-5966

Website: www.valleyassistanceservices.org

Description: Valley Assistance Services' MAP (MAP-a-Plan) program offers money for rent and utilities to prevent evictions and homelessness. This program includes required attendance for 6 hours of budgeting classes, savings, and benefits information and resources, including online SNAP

(food stamps) application assistance. Arizona Self-Help program is available to all clients.

Service Area: Green Valley

Business Hours: M - F 8:30 AM - 5:00 PM

Costs: No cost for this program.

Features: Low Income, Spanish Services

Arizona Health Care Cost Containment System (AHCCCS)

Arizona Long Term Care System (ALTCS)

801 E. Jefferson
Phoenix, AZ 85034

Phone: (602) 417-4729

Email: heidi.capriotti@azahcccs.gov

Website: www.azahcccs.gov

Description: ALTCS is Arizona's Medicaid program that provides long-term care services in the home or facility to individuals who require an institutional level of care. Strict medical and financial criteria must be met to qualify.

Business Hours: M - F 8:00 AM - 5:00 PM

Features: ALTCS, Low Income

Adult Loss Of Hearing Association (ALOHA)

4001 E. Fort Lowell Rd.
Tucson, AZ 85712

Phone: (520) 795-7998

Email: info@alohaaz.org

Website: alohaaz.org

Description: 1. Weekly and monthly peer discussions both in person and on Zoom. Zoom captioning is used for all meetings—Call 520-795-9887 for a Calendar of Events.
2. One-on-one Demonstrations of Assistive Listening Devices (ALDs).
3. How to apply for hearing aids for low income.
4. FREE hearing aid supplies at the ALOHA

office - batteries, a variety of ear tips/domes in a wide range of sizes, and all sorts of receiver wax guards (some brand-specific.)

5. Hospital Packets at the ALOHA office - "Take-along" packets contain items you may need when visiting a hospital, urgent care center, a doctor, or anywhere you would like help communicating. The packet includes a clear mask made by ALOHA volunteers.

Service Area: Green Valley, Oro Valley, Sierra Vista, Tucson

Business Hours: Tues-Wed-Thurs, 10 AM to 4 PM, Phone and Email only

Costs: Since we are a non-profit, we do not charge for our services. For items such as our "Take-Along/Hospital Packets" that we put together, donations are graciously accepted but never required.

Features: Low Income, Spanish Services

Volunteer Income Tax Assistance (VITA)

United Way of Tucson and Southern Arizona
330 N. Commerce Park Loop., Ste. 200
Tucson, AZ 85745

Phone: (520) 333-5810

Email: vita@unitedwaytucson.org

Website: unitedwaytucson.org/vita

Description: The United Way of Tucson and Southern Arizona provides a VITA program that assists low-income older adults in preparing their taxes. Available options include in-person appointments, drop-off appointments, and fully online services. Visit the website or call (520) 333-5810 for more information.

Business Hours: M - F 8:00 AM - 5:00 PM

Features: Low Income

The Conversation Project

Institute for Healthcare Improvement

53 State St., 18th Fl.
Boston, MA 02109

Phone: (617) 301-4800

Email: conversationproject@ihi.org

Website: theconversationproject.org

Description: The Conversation Project is a public engagement initiative with free resources to help everyone talk about their wishes for care through the end of life so that those wishes can be understood and respected.

Features: Spanish Services

Alzheimer's Association

Alzheimer's Disease and Related Disorders
Association Inc

2990 N. Swan Rd., Ste 147
Tucson, AZ 85712

Phones: (800) 272-3900, Fax: (520) 322-6739

Email: llopez@alz.org

Website: www.alz.org/dsw

Description: The Alzheimer's Association offers various free programs, services, and resources to help cope with all aspects of dementia and its progression, including Support Groups, Education, Early Stage programs, Safety Services, and a 24/7 Helpline (800) 272-3900.

Service Area: Tucson

Business Hours: 9 a.m. - 5 p.m. M-F with 24/7 Helpline Support

Costs: Programs and services are provided free of charge.

Features: ALTCS, Low Income, Spanish Services

Valor Health Services

2990 N. Campbell Ave., Ste 230
Tucson, AZ 85719

Phones: (520) 777-7725, Fax: (520) 770-8299

Email: info@valorhealth.com

Website: valorhealthservices.com

Description: Valor Health Services provides home-based primary care to residents of assisted living facilities, independent living facilities, and adult care homes. Valor also does in-home palliative care. Valor works with Medicare and most health plans. Our primary care providers see patients in their residences and use mobile electronic health records. Like lab and x-ray, many mobile partners can help coordinate care in the homes.

Service Area: Green Valley, Marana, Oro Valley, Sahuarita, Tucson

Business Hours: M-F 8:00 AM - 5:00 PM

Features: ALTCS, In-Home Services, Low Income, Spanish Services

Job Connection Centers

Goodwill of Southern Arizona

1940 E. Silverlake , Ste 405
Tucson, AZ 85713

Phones: (520) 623-5174, Fax: (520) 623-8528

Email: iMarketing@goodwilltucson.org

Website: www.goodwillsouthernaz.org/programs-and-services/job-connection-centers

Description: All Five Job Connection Centers offer computers with internet, phones, fax machines, copiers, and printers at no cost. The centers are staffed with on-site Career Development Specialists who can provide guidance and assistance in basic computer skills, employment, education, and community support.

Customers at the Job Connection Centers can:

Create email accounts

Get assistance on resumes and cover letters

Review the job postings/referral board

Search and apply to jobs online

Seek guidance in interview preparation,

Career exploration, as well as
Learn about training/other opportunities and
resources available in Southern Arizona.
Help with new hire paperwork.

To Schedule an appointment or find a location
near you, visit our website.

Service Area: Casa Grande, Sierra Vista, Tucson

VA Lesbian, Gay, Bisexual and Transgender Veteran Care

The Southern Arizona VA Health Care System
(SAVAHCS)
Lesbian, Gay, Bisexual and Transgender Veteran
Care

3601 S. 6th Ave
Tucson, AZ 85723

Phones: (520) 792-1450 ext: 5904, (800)
273-8255 Crisis Line, Press 1

Website:
www.tucson.va.gov/services/lgbt/index.asp

Description: The Department of Veterans Affairs
(VHA) is committed to providing quality care to all
Veterans inclusive of lesbian, gay, bisexual,
transgender, and queer/questioning (LGBTQ+)
Veterans. Excellent care has no boundaries.
Southern Arizona VA Health Care System seeks
to promote the health, welfare, and dignity of
LGBTQ+ Veterans and their families. We are
committed to making sensitive and high-quality
health care accessible. Our employees are
prepared to provide personalized, patient-
centered care in a safe, affirming, and welcoming
environment.

Every VA facility has a local LGBTQ+ Veteran
Care Coordinator (VCC) who can connect you
with services and help you navigate specialized
resources.

Service Area: Tucson

Business Hours: M - F 9:00 AM to 5:00 PM

Features: LGBTQ-Friendly, Spanish Services

Veterans Crisis Line

Crisis Line

Phone: (800) 273-8255 ext: 1

Website: www.veteranscrisisline.net

Description: The Veterans Crisis Line is a free,
confidential resource available to any Veteran,
even if they are not enrolled in VA health care or
registered with VA. Care does not end when the
conversation is over. The Veterans Crisis Line
can connect Veterans to their local suicide
prevention coordinators (SPC), who follow up to
coordinate care. If you are in immediate danger,
please call 911.

For immediate help in dealing with a personal
crisis, please call. To chat, go online to
VeteransCrisisLine.net/Chat, or text 838255.
Veterans Crisis Line responders are trained to
listen and offer support to Veterans in crisis and
their loved ones.

Business Hours: 24/7

Features: Low Income, Spanish Services

Dementia Capable Southern Arizona

Pima Council on Aging

600 S. Country Club Rd
Tucson, AZ 85716

Phone: (520) 790-7262

Website: dcsa.poca.org

Description: Dementia Capable Southern
Arizona (DCSA) works to increase our
community's understanding of Alzheimer's
Disease and related dementias. Working
alongside local governments, we create a
dementia-friendly community plan to make
southern Arizona a better place for people living
with dementia and those who care for them.
Because early detection matters, we help
increase the identification of people with
Alzheimer's Disease and related dementias and

make referrals to appropriate resources. We are excited to introduce Memory Cafés in Pima County and to partner with local businesses to provide training and support to caregivers in the workplace.

Service Area: Pima County

Business Hours: M - F 8:30 AM - 5:00 PM

Features: Spanish Services

KARE Family Center

Casey Family Programs

220 E. Speedway Blvd.
Tucson, AZ 85705

Phones: (520) 323-4476, Fax: (520) 323-9830

Website: www.casey.org

Description: Casey Family Programs is a partner agency in the Kinship and Adoption Resource and Education (KARE) Family Center, opening in Tucson in 1983. Our office is co-located at the center with Arizona's Children Association. The KARE Family Center provides specialized case management and other services to relatives and non-relatives caring for youth and clinical case management for youth and families who need help attaining or maintaining permanency and for young adults transitioning from foster care. We are part of Casey Family Programs' Child and Family Services team, which operates field offices in California, Idaho, Texas, and Washington, all focused on the urgent and relentless pursuit of securing lifelong, permanent family connections for every child.

Business Hours: M - F 8:00 AM - 5:00 PM

Arizona Legal Women and Youth Services (ALWAYS)

24 W. Camelback Rd., Box A335
Phoenix, AZ 85013

Phones: (602) 248-7055, Fax: (602) 926-8222

Email: info@alwaysaz.org

Website: alwaysaz.org

Description: The ALWAYS Opportunity Through Immigration Practice assists undocumented immigrants homeless or victims of trafficking and abuse to access available legal remedies and establish pathways to employment, stability, and self-sufficiency. ALWAYS can help youth obtain needed legal documents and fulfill application requirements related to Deferred Action for Childhood Arrivals, specialized visas available to abused and neglected children, and visas for survivors of human trafficking, domestic violence, and other qualified crimes.

Service Area: Phoenix

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: Please call for details.

Features: Low Income, Spanish Services

Hospice Education and Legal Partnership, Inc. (H.E.L.P.)

Hospice Legal Line

PO Box 13485
Tucson, AZ 85732

Phone: (520) 333-5774

Email: HospiceLegalLine@gmail.com

Website: hospicelegalline.org

Description: H.E.L.P. provides free and reduced-fee legal care to those with a terminal illness. We understand legal issues can directly impact health and quality of life for everyone involved with a terminal illness. We provide legal care to those who usually may not have access to legal care.

We assist with public benefits such as if you are having difficulties with Social Security Disability, Medicare, or issues with A.L.T.C.S.

Legal Planning, we can help establish health care directives, guardianships, wills, or powers of attorney.

Housing, if you are facing an eviction or foreclosure due to terminal illness or your caretakers.

If you are having trouble with your health insurance carrier, insurance coverage, or long or short-term disability.

Employment, if you are being denied or limited on your rights to FMLA? Are you facing ADA/MHRA discrimination? Our attorneys can provide the legal support you need.

Financial, has your illness brought you or supported person creditor issues, or are you now facing bankruptcy? We can provide legal support for your financial crisis.

For more information, please call or visit our website.

Costs: Free and reduced-fee

Features: Low Income

Gloria's Assisted Living, LLC.

3340 S. Watson Dr.
Tucson, AZ 85730

Phones: (520) 298-1195, Fax: (520) 298-2115

Email: gloriasassistedlivingtucson@gmail.com

Website: www.gloriasassistedlivingtucson.com

Description: Gloria's Assisted Living, LLC. is a ten-bed assisted living home that offers help with dressing, bathing, eating, and toileting (ADLs) without intensive medical and nursing care. If a resident may need hospice, the resident may stay here and get all the care required—three meals a day, exercise activities, brain activities, etc. Respite is provided upon availability; please call for more details.

Service Area: Tucson

Business Hours: M - F 8:00 AM - 4:00 PM

Costs: Please call for pricing details.

Accepts ALTCS - Mercy Care and Banner United Health

Features: ALTCS, Spanish Services

Amy Farrell Matheson

Fleming & Curti PLC

1745 E. River Rd., Ste 101
Tucson, AZ 85718

Phones: (520) 622-0400, Fax: (520) 203-0240

Email: FlemingAndCurti@gmail.com

Website: elder-law.com/team/amy-farrell-matheson

Description: Amy Farrell Matheson is an attorney who counsels clients and prepares estate planning documents. She assists clients with trust administration, probate, and other elder law services.

Service Area: Tucson

Business Hours: M - F 8:00 AM - 5:00 PM and by appointment

Costs: Please call for details

YWCA Southern Arizona

YWCA USA

525 N. Bonita Ave
Tucson, AZ 85745

Phones: (520) 884-7810 ext: 100, Fax: (520) 884-5205

Email: info@ywcatucson.org

Website: ywcatucson.org/program/wceo

Description: YWCA offers wellness, leadership, and career development programs for women and families in Southern Arizona. Our Women's Business Center supports anyone who wants to start or strengthen a business. Our Women's Counseling Network connects women who may not have insurance to free long-term counseling. Our Latina Leadership Institute offers programs like divorce recovery & Folklorico that help

women heal in the community. Your Sister's Closet and Project Period provide free professional clothing, accessories, and menstrual products. And our Economic Advancement programs include GED and ESL classes, career coaching, childcare, and tuition assistance for technical training.

Business Hours: M-Th 8:30am-5pm, F 8:30am-3pm

Costs: Some Women's Business Center classes have a \$10 registration fee, but most of our services are provided at no cost.

Features: Low Income, Spanish Services

Friends In Deed

301 W. Camino Casa Verde
Green Valley, AZ 85614

Phones: (520) 625-1150, Fax: (520) 625-2980

Email: opsdirector@fid-gv.org

Website: fid-gv.org

Description: Friends In Deed aims to ensure, through the work and generosity of its volunteers and donors, that people in Green Valley Community have access to transportation, temporary loans of medical equipment, and physical space for meetings, activities, and socialization, all without cost, to help them maintain their independence as well as their physical and mental health.

Service Area: Green Valley, Sahuarita

Business Hours: M - F 9:00 AM - 3:00 PM

Easterseals Blake Foundation

7750 E. Broadway Blvd., Suite A100
Tucson, AZ 85710

Phones: (520) 327-1529 ext: 7032, Fax: (520) 269-7080

Email: klinn@blake.easterseals.com

Website:
www.easterseals.com/blakefoundation/who-we-

are/locations

Description: Easterseals Blake Foundation provides:

Adult Day Services
Pima & Graham Counties
(520) 622-3933

Day programs for adults with intellectual and physical disabilities. We utilize a person-centered approach, emphasizing independent living skills and implementing therapy plans and social/leisure activities to foster community involvement. Members are given ongoing training and support to encourage independence.

Behavioral Health Services
Cochise, Gila, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz & Yuma counties.
844-546-3068

Individual & Family Counseling for Family Members of All Ages

Evidence-based counseling is offered to children, families, and adults. All services are designed to meet the individual and family's needs, ensuring that members receive quality care. Trained clinicians focus on strengths to support members and families through life transitions, behavioral concerns, and behavioral health and substance abuse challenge. Play-based therapy is utilized for young children.

Aviva Children's Services offers behavioral health services to children currently in foster care.

Family Support Programs
Aviva Children's Services
Pima County (520) 327-6779

Community, Outreach, Resource, and Education program: CORE.

A short-term program focuses on assisting foster families in connecting with services and resources in the community. CORE also provides in-home support and guidance on navigating the Department of Child Safety, behavioral health, and educational systems. The CORE is child and family-focused to help stabilize the child and family unit.

Residential Services

Community-Based Residential Homes
Pima, Cochise, Graham & Santa Cruz Counties
(520) 792-2636

Nineteen community-based, licensed group, residential homes for adults and children with moderate to severe intellectual and physical disabilities throughout the Tucson area where adults and children (ages 12 to 80) receive individualized person-centered support and treatment strategies to ensure each person served can live, work and play in their community. Designed by the member and their team, service plans are developed based on the needs and desires of the member and their family/guardian when appropriate. Services include habilitation, room and board, and transportation. Supervision and support by trained direct support professionals are available 24 hours a day, seven days a week.

Transportation Services

Pima, Graham, Greenlee, Cochise, and Santa Cruz counties (520) 327-1529
Door-to-door transportation to maintain consistent access to community services, day programs, employment, medical and service appointments, educational and recreational activities, and social engagements for individuals with intellectual and physical disabilities.

Older Adults and low-income individuals who require accessible transportation can also access transportation services.

Service Area: Tucson

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: AHCCCS only

Features: In-Home Services, Low Income, Spanish Services

University of Arizona - Hearing Clinic

Speech, Language, and Hearing Sciences

1131 E. 2nd St.
Tucson, AZ 85721

Phones: (520) 621-7070, Fax: (520) 621-9901

Email: slhsclinic@email.arizona.edu

Website: slhs.arizona.edu/clinic/hearing-services-living-well-hearing-loss/clinical-services/hearing-aid-hearing-implant-1

Description: University of Arizona - Hearing Clinic provides hearing tests, hearing aid dispensing, cochlear implant candidacy, cochlear implant mapping, tinnitus evaluation, counseling

Business Hours: M - F 8:30 AM - 4:30 PM

Costs: YOUR COSTS:

Our Professional Fee: These fees are standard and are the same no matter your choice of hearing aid:

One hearing aid - \$600

Two hearing aids - \$1000

Cost of the Hearing Device: You will be charged the manufacturer's invoice price of the hearing aid, plus an amount to cover shipping and processing. This cost ranges from approximately \$450 to \$2100 per hearing aid, depending on selected devices.

Features: Low Income, Spanish Services

The Aging Mastery Program (AMP)

Pima Council on Aging

600 S. Country Club Rd.
Tucson, AZ 85716

Phone: (520) 305-3409

Email: kring@pcoa.org

Website: pcoa.org/ways-we-can-help/aging-mastery.html

Description: The Aging Mastery Program® offers a comprehensive approach to aging well. The program combines classes with expert speakers, group discussion, and goal setting to help older adults gain new skills to make small, meaningful life changes. PCOA offers the program under license with the National Council

on Aging (NCOA), which developed the curriculum to provide a roadmap for aging.

The Aging Mastery Program® offers ten sessions that explore:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Advance Planning
- Healthy Relationships
- Medication Management
- Fall Prevention

The Aging Mastery Program (AMP) will offer the fall 10-week session beginning Tuesday, September 13, 2022, from 1:30 – 3:00 pm. The classes will be in-person at The Katie Dusenberry Healthy Aging Center, 600 Country Club Rd. Class dates are Sept. 13, 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8, 15, 2022. The early Bird Registration fee is \$89 per person if registered and paid by Tues., August 16, 2022. After August 16, the fee is \$99 per person. Registration and Fee (payable in advance) by Tuesday, August 16, 2022. (No refunds after Tues., August 16, 2022.)

Business Hours: M - F 8:30 - 4:30

Costs: Early Bird Registration fee is \$89 per person if registered and paid by Tues., Aug. 16, 2022. After Aug. 16, the cost is \$99 per person. Registration and Fee (payable in advance) by Tuesday, August 16, 2022. (No refunds after Tues., August 16, 2022.)

Marshall Home for Men

3314 S. 16th Ave.
Tucson, AZ 85713

Phones: (520) 624-5193, Fax: (520) 882-2812

Email: marshallhomeformen3314@outlook.com

Website: marshallhomeformen.org

Description: The Marshall Home for Men is a 52-room non-profit, state-licensed personal care facility for older adult men with limited means. We

maintain a safe, home-like atmosphere while providing care and assistance for those who need extra help. Three meals a day are provided.

Service Area: Tucson

Business Hours: M - F 8:00 AM - 4:00 PM

Costs: We try to do a sliding scale for those that don't make too much and show proof of income. It was \$1000-\$2350. for a total price is \$1600 semi-private and \$2350 private. We do except ALTCS

Features: ALTCS, Low Income, Spanish Services

Sterling Case Management & Fiduciaries of Arizona, LLC

7493 N. Oracle Rd., Ste. 105
Tucson, AZ 85704

Phones: (520) 428-5080, Fax: (855) 760-1862

Email: martelle@sterlingcasemanagement.com

Website: www.sterlingcasemanagement.com

Description: Sterling Case Management and Fiduciaries of Arizona is a professional fiduciary and case management company specializing in the unique needs of Seniors, People with special needs, and veterans. We are available to act as Court-appointed guardians, Conservators, Personal representatives, and Trustees. We are also known as Medical or Financial Power of Attorney for individuals by appointment. We can assist families and decision-makers with their loved one's needs.

Service Area: Arizona, Tucson

Business Hours: M - F 8:00 AM 4:00 PM

Costs: Please call for a complimentary Discovery Session where we can provide you with a comprehensive plan moving forward.

Features: Spanish Services

Parkinson's Foundation - Southwest

Parkinson's Foundation

Phone: (480) 626-0192

Email: southwest@parkinson.org

Website: www.parkinson.org/southwest

Description: The Parkinson's Foundation improves life for people with Parkinson's disease by improving care and advancing research toward a cure. In everything we do, we build on the energy, experience, and passion of our global Parkinson's community.

We provide education, resources, and programs throughout Arizona, New Mexico, and Nevada. Whether you are newly diagnosed with PD or have been managing it for years, a care partner, family member, or friend of someone with PD, we are here to help you.

Business Hours: M - F 9:00 am - 4:00 pm

Costs: Free

Habitat for Humanity Tucson

3501 N. Mountain Ave.
Tucson, AZ 85719

Phone: (520) 326-1217

Email: info@habittucson.org

Website: www.habittucson.org/40-2

Description: Habitat helps low-income homeowners, veterans, seniors, and families restore and maintain their homes. Habitat will partner with homeowners to alleviate critical health and safety issues and complete needed home improvement projects. Habitat works with eligible, hardworking families to help them realize the dream of owning their own home. We believe building equity is an essential step in building strength, stability, and self-reliance for generations to come.

Service Area: Southern Arizona, Tucson

Business Hours: M F 8:00 5:00

Features: Low Income, Spanish Services

Arizona@Work and DES

Ajo Way Location

2797 E. Ajo Way
Tucson, AZ 85713-6223

Phone: (833) 762-8196

Website: des.az.gov/back-to-work-program

Description: ARIZONA@WORK and DES provide no-cost employment services that job seekers can access from home as they safely prepare to return to Arizona's workforce. DES offers virtual appointments for employment services, including resume, interview, and job search assistance online at workappointment.azdes.gov or calling 1-833-762-8196.

Job seekers can acquire new skills with ARIZONA@WORK's no-cost guidance to help job seekers return to the workforce stronger. The Return Stronger Upskilling website(link is external) provides job seekers the tools to elevate existing skills, obtain new certifications for their next job and connect with local career counselors to map their goals. Job seekers can explore online training tools(external link) and attend workforce readiness workshops and hiring events online or in person. A complete list of upcoming events can be found on the events page of our website.

Additionally, DES reinstated the Reemployment Services and Eligibility Assessment (RESEA) program, which assists UI claimants in overcoming barriers to employment.

Stroke Resource Center of Southern Arizona

Tucson, AZ 85712

Phone: (520) 488-5009

Email: strokeresourcecenter@gmail.com

Website: soazstrokeresources.org

Description: Members of our organization personally help stroke survivors and their caregivers connect to the community resources

they need as they learn to live with stroke. We provide support groups for stroke survivors and their caregivers (via Zoom and in-person as health regulations permit) and offer in-person day retreats and other activities throughout the year (as health regulations allow). Private consultations on what to expect after a stroke are provided. Information about our services can be found on our website or by contacting us by email or phone.

Service Area: Tucson

Business Hours: M - F 9:00 AM - 5:00 PM

Costs: No Cost

Arizona Coalition for Military Families

2929 N. Central Ave., Ste 1550
Phoenix, AZ 85012

Phone: (602) 753-8802

Email: info@arizonacoalition.org

Website: arizonacoalition.org

Description: You can reach the Be Connected team at <http://www.BeConnectedAZ.org> or 1-866-4AZ-VETS (429-8387).

Be Connected site.

If you need assistance with a job or career search, you can reach the Career Navigation team at careernav@arizonacoalition.org. Please stay safe and let us know how we can help and support you and your community during this time.

Business Hours: M - F 8:00 AM - 5:00 PM

Department of Veteran Affairs (VA)

Veteran Benefits Assistance

Tucson, AZ 85716

Phone: (800) 827-1000

Website:
www.ebenefits.va.gov/ebenefits/homepage

Description: Veteran Benefits Assistance-- Find

out what benefits you as a veteran are entitled to, and make sure you are taking advantage of them with this program's help. Please visit our website for more information.

Business Hours: Mon-Fri 8:00 am - 9:00 pm

Costs: Telephone assistance service

988 Suicide & Crisis Lifeline

Phone: 988

Website: www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables

Description: If you or someone you know needs support now, call or text 988 or chat at 988Lifeline.org. 988 connects you with a trained crisis counselor who can help.

Arizona Department of Veterans' Services

U.S. Department of Veterans' Affairs

555 E. Ajo Way
Tucson, AZ 85713

Phone: (520) 638-2157

Website: www.va.gov

Description: The Arizona Department of Veterans' Services provides direct services to Veterans. The Veterans Benefits Offices help Veterans connect with their VA Benefits. There are two skilled nursing veteran home facilities, one in Phoenix and the other in Tucson, to provide short and long-term care. Three Veterans' Memorial Cemeteries are Sierra Vista, Marana, and Camp Navajo (near Flagstaff). The Arizona Department of Veterans' Services provides critical, state-wide coordination and technical assistance. As well as serving the public and private sectors experiencing homelessness and building community capacity to address veteran employment and higher education.

Service Area: Marana, Sierra Vista

Business Hours:

M - F 8:00 AM - 3:30 PM

Tucson Northwest Widowed Support Group

Phone: (520) 303-0900

Email: tucsonwidowed@gmail.com

Website: tnwwidowedsupport.org

Description: Our group provides grief support for widows and widowers in Tucson, Arizona. We have meetings every Monday morning, followed by lunch together. We also have monthly dinners as well as other social events. Our meeting discussions cover grief and other self-help topics and bereavement research each week.

Service Area: Tucson

Business Hours: 10 AM every Monday

Costs: Minimal membership fee per year

Med-Tech, Inc.

5536 E. Grant Rd.
Tucson, AZ 85712

Phones: (520) 290-0337, Fax: (520) 733-7263

Email: info@shopmedtech.com

Website: www.shopmedtech.com

Description: Med-Tech has been serving the community for over 25 years. We carry over 4,000 products in stock. We also have short-term rental services in case you have a short-term need for a medical device. Med-Tech will not only sell medical equipment, and we have a repair department that will help you keep your gear safe.

*Hospital Beds

*Lift Chairs

*Walkers & Wheelchairs

*Bath Safety

*Compression Stockings

*Incontinence Supplies

*Wound Care Supplies

*Nursing Supplies

*Aids to Daily Living

Service Area: Arizona, Tucson

Business Hours: M - F 8:00 AM - 5:00 PM

Features: Spanish Services

Elderhealth PLLC

1846 E. Innovation Park Dr.
Oro Valley, AZ 85755

Phones: (520) 829-9987, Fax: (833) 989-2161

Email: admin@elderhealthathome.com

Website: elderhealthathome.com

Description: From advanced care planning to home-based primary care, we are here to help. ElderHealth PLLC is a medical practice providing in-home care to people with or without cognitive impairment. Our mission is to support families, improve quality of life, and keep people at home as long as possible. We work with families and caregivers to find ways to deal with behavioral issues without using risky medications. Our team includes an MD board-certified geriatrician, a Nurse Practitioner with extensive work with older adults, a Nurse Practitioner certified in palliative care with extensive research in alternative therapies for behavioral problems, and a Social Worker certified in palliative care and committed to helping families keep their loved one in the home. Our team also includes certified music therapists, an art guide, and a Registered Nurse to add additional support. Our primary care services are available with a paid annual membership. Our unique advanced care planning services are offered via telehealth and are generally covered by Medicare without a co-pay. Advanced care planning services are available without a membership.

Service Area: Dove Mountain, Marana, Oro Valley, Tucson

Business Hours: M - F 9:00 AM - 4:00 PM

Costs: We accept traditional Medicare and several private insurances and advantage plans.

We are a membership model; our unique, supportive, and robust services cost an additional \$3500/year.

Features: In-Home Services

Emergency Eviction Legal Services Program (EELS)

Pima County

Phone: (520) 724-3357

Website: pima.gov/evictionlegalservices

Description: If you are facing an eviction and have received a notice from your landlord, We may be able to help. You may be entitled to Free legal services. Pima County's Emergency Eviction Legal Services Program (EELS) can ensure you know your rights and be your advocate.

Who Is Eligible?

Navigation services are available to all tenants or landlords involved in eviction cases in Pima County. If you are a tenant and your income is below 80% of the area median income, you also qualify for access to an attorney for free. In the chart below, find the box that represents your household size. You meet income eligibility requirements if you earn up to the amount listed below.

Annual income - Household size

1 2 3 4 5 6 7 8

\$38,450 \$43,950 \$49,450 \$54,900 \$59,300

\$63,700 \$68,100 \$72,500

Business Hours: M - F 8:30 AM - 4:00 PM

Costs: Eligibility Requirements.

Senior Living Finders

3690 W. El Moraga Pl.
Tucson, AZ 85745

Phones: (520) 449-2415, Fax: (520) 844-1159

Email: nick@seniorlivingfinders.com

Website: seniorlivingfinders.com

Description: A NO COST service. Since 2008, Senior Living Finders has been helping Tucson seniors and their families find the most appropriate senior care settings. Our thorough assessment will help you locate potential facilities or homes based on care needs, desired budget, preferred location/cross streets, and urgency.

Service Area: Green Valley, Oro Valley, Saddlebrook, Sahuarita, Sierra Vista, Tucson

Business Hours: 24/7

Costs: No Cost Service

Features: ALTCS, Low Income

Cancer Care

Co-Payment Assistance Foundation

275 7th Ave., 22nd Fl.
New York, NY 10001

Phones: (800) 813-4673, Fax: (212) 601-9760

Email: info@cancercare.org

Website: www.cancercare.org

Description: Cancer Care provides case management, counseling, education support, and financial and co-payment assistance. We offer limited financial services for cancer-related costs and co-pays, and our professional oncology social workers can help you find additional resources.

Business Hours: M - Th 9:00 AM - 7:00 PM (EST), F 9:00 AM - 5:00 PM (EST)

University Medicine Endocrinology and Diabetes Clinic

Banner Health
Endocrinology and Diabetes Clinic

3838 N. Campbell Rd., Bldg. 2 - 3rd floor, clinic G
Tucson, AZ 85719

Phones: (520) 694-8888, (833) 252-5535
Customer Care

Website:

www.bannerhealth.com/locations/tucson/banner-university-medicine-endocrinology-and-diabetes-clinic-country-club

Description: Banner's Endocrinology clinic can help to manage and treat many complications and illnesses that can arise from diabetes and metabolism-related ailments. For more information or to find a location near you, visit our website.

Business Hours: M-F 8:00 AM - 5:00 PM

Harmony Hospice

1200 N. El Dorado Pl Ste B-200
Tucson, AZ 85715

Phone: (520) 284-9334

Email: info@harmonyhospice.org

Website: harmonyhospice.org

Description: Harmony Hospice offers educational seminars to the community at NO cost. We invite community leaders and educators to share their knowledge on various subjects such as Falls, Safety and Proper Body Mechanics, Diabetes Self-Management, Power of Positivity, and more.

Harmony Hospice also provides volunteer opportunities. As a Volunteer, you not only offer companionship to a client in need, but you provide moral support and help with activities that will enrich their (and your) lives. You may enjoy reading together, watching tv, working on a craft project, having a conversation, and assisting with respite care.

Please let us know if you possess a unique talent or skill and have time to share it with our patients and their families. We would be delighted to have you on board.

Business Hours: M - F 8:30 AM -4:30 PM

Features: Spanish Services

Step up to Justice

320 N. Commerce Park Lp., Ste. 100
Tucson, AZ 85745

Phone: (520) 276-3398

Website: www.stepuptojustice.org

Description: Step Up to Justice is a pro bono law center. We provide free civil legal services for low-income residents of Pima County. For more information, please visit our website.

Business Hours: M - F 9:00 AM - 4:00 PM

Costs: All services provided by Step Up to Justice are free to residents of Pima County who are financially and asset eligible.

Features: Low Income, Spanish Services

Southwest Fair Housing Council

Fair housing education, outreach and advocacy

5425 E. Broadway Blvd. #297
Tucson, AZ 85711

Phones: (520) 798-1568 ext: 3, Fax: (520) 620-6796

Email: jay@swfhc.org

Website: www.swfhc.org

Description: Our vision is to eliminate all forms of illegal discrimination related to housing. We do this through education (free classes) and enforcement. We offer free help to everyone who is experiencing unlawful housing discrimination. SWFHC advocates for and facilitates the enforcement of the Federal and State Fair Housing Acts and the Non-discriminatory Ordinances of different Arizonan municipalities. Free, remote classes are offered online so everyone can learn about their rights and responsibilities in fair housing. Can I have my emotional support animal, a monkey, in my apartment? Can they have a policy stating we don't rent to felons? These and many more get answered in our free online, real-time classes.

Service Area: Tucson

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: 0 Free We are a grant-funded organization

Features: Spanish Services

Eden Home Health

Eden Health

1661 N. Swan., Ste 208
Tucson, AZ 85715

Phones: (520) 335-6118, Fax: (888) 504-1425

Description: Home health, Hospice, and Home Care Services. Providing RN/PT/OT/MSW/ST services to those in need in the greater Tucson and Vail areas. Eden Home Health helps with the follow-up on physician's orders so that you can recover in your home safely with the care you deserve. Eden Hospice provides end-of-life care to the patient and family with an Interdisciplinary Team comprised of an RN, Medical Director, Chaplain, Social Worker, and Certified Nursing Assistant, as well as volunteers and those you may need to help your loved one. Home Care services are provided at cost to the client. This service can give in-home light cleaning, assistance with doctor's appointments and grocery shopping, companionship services, and much more.

Business Hours: M - S 8:00 AM - 5:00 PM

Costs: Home Health and Hospice are provided through a referral from a physician and are covered mainly by individual insurance. Insurance plans may vary regarding required co-pays and coverage.

Features: Low Income, Spanish Services

Jenell's Caring Heart Adult Placement Service

8023 S. Farmhills Pl
Tucson, AZ 85756

Phone: (520) 365-6700

Email: ladyj0429@yahoo.com

Description: Refer clients to assisted living

homes to help with transitioning.

Service Area: Green Valley, Tucson

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: No cost to clients.

Features: Low Income, Spanish Services

Senior Housing Net

Phone: (855) 999-4938

Website: www.seniorhousingnet.com

Description: Our website provides free resource guides to help everyone make informed decisions about assisted living, and Independent Living in Arizona.

Tucson Vet Center

2525 E. Broadway Blvd.
Tucson, AZ 85716

Phones: (520) 882-0333, (602) 535-1215 Make Appointment, (877) 927-8387 Call Center

Website: www.va.gov/tucson-vet-center

Description: We offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, post-traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). We can also connect you with more support in VA and your community.

We're currently open for limited in-person service and screening all visitors for symptoms due to COVID-19. For individual and group counseling, we recommend using our telehealth services. If you need to speak with someone confidentially, please call us 24/7 at 877-927-8387.

Service Area: Tucson

Business Hours: M - W 8:00 AM - 5:00 PM, Th 8:00 AM - 8:00 PM, F 8:00 AM - 4:30 PM, Closed Sat & Sun

Inspirations of River Centre

Grace Management Community

5665 East River Rd.
Tucson, AZ 85750

Phone: (520) 666-3708

Website: www.inspirationsofrivercentre.com

Description: In our assisted living lifestyle, you'll enjoy the comforts of a place to call your very own while getting the personalized assistance you need throughout your daily routines. From planned activities to social events, you'll participate in fulfilling experiences throughout the day and have 24/7 help at your fingertips. Our amenities include 2-bedroom apartments, an all-inclusive pricing structure, rooms wired with cable, we have arts and crafts areas, a bistro dining area, a book discussion club, common areas with TVs, a cooking club, and more.

Inspiration of River Centre also provides short-term stays. Short-term stays give you the option to explore our community before deciding to move in. Whether looking to tap into a renewed sense of purpose and re-energize or try on the community for size, a short-term stay is sure to relax, refresh and renew, giving you the time to decide whether our community will be yours. Participate in our life enrichment activities, enjoy our delicious cuisine and get to know who we are.

Service Area: Tucson

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: Please call for pricing details.

Joyner-Green Valley Library

Pima County Public Library
Joyner-Green Valley Library

601 N. La Canada Dr.
Green Valley, AZ 85614

Phones: (520) 594-5295, (520) 594-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, job search help, and programs for all age levels. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Green Valley

Business Hours: Mon-Thurs: 9-5, Fri: 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Martha Cooper Library

Pima County Public Library
Martha Cooper Library

1377 N. Catalina Ave.
Tucson, AZ 85712

Phones: (520) 594-5315, (520) 594-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: NOTE: Martha Cooper Library will be closed from November 20, 2022, through Spring 2024 for a significant renovation. While it is completed, the book drop will be closed, and materials can be returned to any other library. Outdoor WiFi will not be available, and food distribution services will be paused. The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, job search help, and programs for all age levels. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Tues-Thurs: 10-6, Fri-Sat: 10-5, Closed Mondays

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Murphy-Wilmot Library

Pima County Public Library
Murphy-Wilmot Library

530 N. Wilmot Rd.
Tucson, AZ 85711

Phones: (520) 594-5420, (520) 594-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, job search help, and programs for all age levels. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Tues-Thurs: 10-6, Fri-Sat 10-5, Closed Mondays

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Wheeler Taft Abbett Sr Library

Pima County Public Library
Wheeler Taft Abbett Sr Library

7800 N. Schisler Dr.
Tucson, AZ 85743

Phones: (520) 594-5200, (520) 594-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library

provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, job search help, and programs for all age levels. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Mon-Thurs: 10-6, Fri: 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Sam Lena-South Tucson Library

Pima County Public Library
Sam Lena-South Tucson Library

1607 S. 6th Ave.
Tucson, AZ 85713

Phones: (520) 594-5265, (520) 594-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, job search help, and programs for all age levels. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Tues-Thurs: 9-5, Fri-Sat: 10-5

Costs: Copies & Print Jobs: 10 cents / per side of the page (color or black and white)
Faxing: \$1.00 / page

Features: Spanish Services

Caviglia-Arivaca Library

Pima County Public Library
Caviglia-Arivaca Library

17050 W. Arivaca Rd.
Arivaca, AZ 85601

Phones: (520) 594-5235, (520) 791-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Arivaca

Business Hours: Mon-Thurs: 9-5, Fri 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Dewhirst-Catalina Library

Pima County Public Library
Dewhirst-Catalina Library

15631 N Oracle Rd. #199
Catalina, AZ 85739

Phones: (520) 594-5240, (520) 791-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various

resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Business Hours: Mon-Thurs: 9-5, Fri 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents). Faxing: \$1.00 per page

Features: Spanish Services

Dusenberry-River Library

Pima County Public Library
Dusenberry-River Library

5605 E. River Rd., Ste. 105
Tucson, AZ 85750

Phones: (520) 594-5345, (520) 791-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Business Hours: Mon-Thurs: 10-6, Fri 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Eckstrom-Columbus Library

Pima County Public Library
Eckstrom-Columbus Library

4350 E. 22nd St.
Tucson, AZ 85711

Phones: (520) 594-5285, (520) 594-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Business Hours: Mon-Thurs: 10-6, Fri-Sat: 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

El Rio Library

Pima County Public Library
El Rio Library

1390 W. Speedway Blvd.
Tucson, AZ 85745

Phones: (520) 594-5245, (520) 791-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone!

We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Mon-Tues: 10-6, Closed Wed, Thu-Fri: 10-6

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Flowing Wells Library

Pima County Public Library
Flowing Wells Library

1730 W. Wetmore Rd.
Tucson, AZ 85705

Phones: (520) 594-5225, (520) 791-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Mon-Thurs: 10-6, Fri: 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Frank De La Cruz-El Pueblo Library

Pima County Public Library
Frank De La Cruz-El Pueblo Library

101 W. Irvington Rd.
Tucson, AZ 85714

Phones: (520) 594-5250, (520) 791-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Mon-Fri: 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Himmel Park Library

Pima County Public Library
Himmel Park Library

1035 N. Treat Ave.
Tucson, AZ 85716

Phones: (520) 594-5305, (520) 594-4010 info line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Business Hours: Mon-Thurs: 10-6, Fri: 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Joel D Valdez Main Library

Pima County Public Library
Joel D Valdez Main Library

101 N. Stone Ave
Tucson, AZ 85701

Phones: (520) 594-5500, (520) 791-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and

updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Mon-Thurs: 10-6, Fri: 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Kirk-Bear Canyon Library

Pima County Public Library
Kirk-Bear Canyon Library

8959 E. Tanque Verde Rd.
Tucson, AZ 85749

Phones: (520) 594-5275, (520) 594-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Mon-Thurs: 10-6, Fri: 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Miller-Golf Links Library

Pima County Public Library
Miller-Golf Links Library

9640 E Golf Links Road
Tucson, AZ 85730

Phones: (520) 594-5355, (520) 594-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Mon-Thurs: 10-6, Fri-Sat 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Nanini Library

Pima County Public Library
Nanini Library

7300 N. Shannon Rd.
Tucson, AZ 85741

Phones: (520) 594-5365, (520) 594-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library

provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Mon-Thurs: 10-6, Fri-Sat: 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Oro Valley Public Library

Pima County Public Library
Oro Valley Public Library

1305 W. Naranja Dr.
Oro Valley, AZ 85737

Phones: (520) 594-5580, (520) 594-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Oro Valley

Business Hours: Mon-Thurs: 10-6 Fri-Sat: 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Quincie Douglas Library

Pima County Public Library
Quincie Douglas Library

1585 E. 36th St.
Tucson, AZ 85713

Phones: (520) 594-5335, (520) 791-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Mon-Thurs: 10-6, Fri: 10-5

Costs: Copies & Print Jobs: 10 cents / per side of the page (color or black and white)
Faxing: \$1.00 / page

Features: Spanish Services

Richard Elias-Mission Library

Pima County Public Library
Richard Elias-Mission Library

3770 S. Mission Rd.

Tucson, AZ 85713

Phones: (520) 594-5325, (520) 594-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Mon-Thurs: 10-6, Fri: 10-5

Costs: Copies & Print Jobs: 10 cents / per side of the page (color or black and white)
Faxing: \$1.00 / page

Features: Spanish Services

Sahuarita Library

Pima County Public Library
Sahuarita Library

670 Sahuarita Rd. W
Sahuarita, AZ 85629

Phones: (520) 594-5490, (520) 594-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment,

including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Sahuarita

Business Hours: Mon-Thurs: 10-6, Fri-Sat: 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

Salazar-Ajo Library

Pima County Public Library
Salazar-Ajo Library

15 W. Plaza St., Ste. 179
Ajo, AZ 85321

Phones: (520) 387-6075, (520) 594-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Ajo

Business Hours: Mon-Fri: 9-1, 2-5 (closed for lunch: 1-2pm)

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20

cents), Faxing: \$1.00 per page

Features: Spanish Services

Santa Rosa Library

Pima County Public Library
Santa Rosa Library

1075 S. 10th Ave.
Tucson, AZ 85701

Phones: (520) 594-5260, (520) 594-4010 Info
Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Mon-Fri: 10-5

Costs: Copies & Print Jobs: 10 cents / per side of the page (color or black and white)
Faxing: \$1.00 / page

Features: Spanish Services

Southwest Library

Pima County Public Library
Southwest Library

6855 S. Mark Rd.
Tucson, AZ 85757

Phones: (520) 594-5270, (520) 594-4010 Info
Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Mon-Fri: 10-5

Costs: Copies & Print Jobs: 10 cents / per side of the page (color or black and white)
Faxing: \$1.00 / page

Features: Spanish Services

Valencia Library

Pima County Public Library
Valencia Library

202 W. Valencia Rd.
Tucson, AZ 85706

Phones: (520) 594-5390, (520) 594-4010 Info
Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our

mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Mon-Thurs: 10-6, Fri-Sat: 10-5

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: \$1.00 per page

Features: Spanish Services

W. Anne Gibson-Esmond Station Library

Pima County Public Library
W. Anne Gibson-Esmond Station Library
10931 E. Mary Ann Cleveland Way
Tucson, AZ 85747

Phones: (520) 594-5460, (520) 791-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Mon-Thurs: 10-6, Fri: 10-5

Costs: Copies & Print Jobs: 10 cents / per side of the page (color or black and white)
Faxing: \$1.00 / page

Features: Spanish Services

Woods Memorial Library

Pima County Public Library
Woods Memorial Library

3455 N. First Ave.
Tucson, AZ 85719

Phones: (520) 594-5445, (520) 594-4010 Info Line

Email: askalibrarian@pima.gov

Website: www.library.pima.gov

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Service Area: Tucson

Business Hours: Mon-Thurs: 10-6 Fri-Sat: 10-5

Costs: Copies & Print Jobs: 10 cents / per side of the page (color or black and white)
Faxing: \$1.00 / page

Features: Spanish Services

Golden Goose Thrift Shop

Golden Goose Thrift Shop
15970 N. Oracle Rd.
Tucson, AZ 85739

Phones: (520) 825-9101, Fax: (520) 818-1398

Email: manager@goldengooseaz.com

Website: www.goldengooseaz.com

Description: We are serving our community through sales of donated merchandise. 100% of our profits are donated to help feed, clothe, and educate local children, seniors, and families in need.

Business Hours: Shop Hours: Tuesday-Friday
10:00AM-2:00PM Shop Hours: Saturday
9:00AM-2:00PM Donation Hours: M - S 8:00AM -
3:00PM

Features: Low Income, Spanish Services

Fairmount Assisted Living & Memory Care

Assisted Living & Memory Care

6161 E. Fairmount St.
Tucson, AZ 85712

Phones: (520) 344-8890 ext: 1, Fax: (520)
396-3526

Email: liaison@fairmountal.com

Website: fairmountassistedliving.com

Description: Our integrative care approach blends our residents' desires for home with their need for more supportive care. We do this by providing beautiful, stimulating surroundings, creating a home-like atmosphere that nurtures health and well-being, and is mindful of each person's unique physical, mental, spiritual, and social nature. We are a 40-bed community with an adjoining ten-bed home to help create an easier transition for our residents moving in from home.

Service Area: Tucson

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: Semi-private: \$4800

Private: \$5500

Deluxe Private: \$8000

ALTCS L-Mercy Care

Features: ALTCS, Spanish Services

Arizona Care Advocates, PC

1645 W. Valencia Rd., Ste. 109-403
Tucson, AZ 85746

Phones: (520) 302-8962, Fax: (520) 908-0650

Email: debra@arizonacareadvocates.com

Website: arizonacareadvocates.com

Description: Geriatric Care management includes Assessments, Plan of Care, helping with resources for caregivers, therapists, and other providers, Advocating at Physician Appointments, Communicating with Physicians, family, and other service providers, Managing medications, Advocating in the hospital setting, Home Visits to check on any change in status and Health Care Power of Attorney services.

Service Area: Green Valley, Oro Valley, Tucson

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: Fees for Assessments and Plans of Care, with recommendations, are from \$300.00 - \$500.00. Hourly rates are \$120/hour, charged in 6-minute (or 1/10th of an hour) increments.

Features: In-Home Services

Pima Council on Aging (PCOA)

Senior Companion Program

8467 E. Broadway Blvd.
Tucson, AZ 85710

Phone: (520) 790-7573 ext: 3451

Email: sgonzalez@pcoa.org

Website: seniorcompanion.pcoa.org

Description: Senior Companion volunteers aged 55 and older help homebound and isolated older adults continue living independently by providing companionship, transportation, and caregiver respite. For more information on our Senior Companion Program, please visit our website.

Service Area: Tucson

Business Hours: M - F 8:30 am - 5:00 pm

BrightStar Care Tucson/ Sierra Vista

BrightStar Care

4811 E. Grant Rd., Ste. 255
Tucson, AZ 85712

Phones: (520) 901-6587, Fax: (520) 901-6589

Email: tucson@brightstarcare.com

Website: www.brightstarcare.com/sierra-vista

Description: At BrightStar Care of Tucson/Sierra Vista, we believe that caring is more than just a job— it's a way of life. That's why our caregivers mean so much more to the people, families, and organizations they serve. BrightStar Care nurses, therapists, CNAs, and caregivers deliver professional and compassionate care in the comfort and familiarity of home. We are proud to provide a range of home care services to meet your loved one's unique needs. From companionship, bathing, and hygiene assistance to in-home infusions and medication management, our professional care staff is available 24/7 to help when you need it most.

Service Area: Avra Valley, Benson, Catalina, Green Valley, Marana, Oro Valley, Sahuarita, Sierra Vista, Three Points, Tucson, Vail

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: Tucson Area:
CG/CNA Shifts 4hr or more \$35/hr
CG/CNA Shifts Less than 4 hrs \$400/shift (flat-rate)

Couple Care 4hrs or more \$52.50/hr

RN/LPN Visit \$125/Visit

PT/OT/ST Visit \$150/Visit

COVID Care depends on staff availability; there is an increased rate

Sierra Vista Area:

CG/CNA Shifts 2hrs to 11hrs \$35/hr

CG/CNA Shifts scheduled with 12hrs/wk or more \$33/hr

CG/CNA Shifts less than 2 hrs \$200/ shift (flat-rate)

Couple Care 4hrs or more \$52.50/ hr

RN/LPN Visit \$125/Visit

PT/OT/ST Visit \$150/Visit

COVID Care depends on staff availability; there is an increased rate

Features: ALTCS, In-Home Services

Arizona Baptist Children's Services and Family Ministries

2411 E. Fort Lowell Rd.

Tucson, AZ 85712

Phone: (800) 678-0648

Website: www.abcs.org

Description: Arizona Baptist Children's Services and Family Ministries provide different prenatal and adult care services. We can help with diapers, food, clothing, and hygiene items. Other benefits include providing faith-based counseling and assisting with SNAP applications. For more information on our resources and where to go, please visit our website at abcs.org.

Business Hours: T - Th 1:00 PM - 4:00 PM
SNAP is by appointment only

Features: Low Income, Spanish Services

ProMedica Hospice- Tucson

ProMedica

Hospice

3112 N. Swan Rd.

Tucson, AZ 85712

Phones: (520) 325-2790, Fax: (520) 300-8220

Email: tucsonhospice@promedica.org

Website: www.promedica-hospice.org/Tucson

Description: At ProMedica Hospice, a non-profit hospice, we believe wholeheartedly in the power of the individual, the importance of relationships, and the value of respect and dignity to everyone at every stage of life. Our goal is to create a positive difference every day, make a personal connection, and create memorable moments that will enrich your life. We provide care wherever you call home: in your house, the skilled nursing center assisted or independent living facility. Our caregivers help create individualized care plans, set personal goals, and manage pain and symptoms. Every patient is different, with different challenges, different needs, and different

family and friends. So the care we give each patient is other. Contact us anytime, 24 hours a day, seven days a week.

Business Hours: 24/7

Costs: 100% covered under Medicare and most insurances.

Features: ALTCS, In-Home Services, Low Income, Spanish Services

Interfaith Community Services

Emergency Utility Assistance - West

2820 W. Ina Rd.
Tucson, AZ 85741

Phone: (520) 297-6049 ext: 3

Email: info@icstucson.org

Website: www.icstucson.org

Description: ICS offers emergency utility assistance through the Low-Income Home Energy Assistance Program (LIHEAP). This program can pay for the current or past month's utility bills. You may only receive assistance once per year. Requests for emergency financial assistance can now be made through phone requests at (520) 297-6049 or at www.icstucson.org under the GET HELP tab. Requests are taken until appointment slots are filled.

Service Area: Tucson

Business Hours: M - F 9:00 AM - 4:00 PM

Features: Low Income

Southern Arizona Placement Agency

4865 E. 18th St
Tucson, AZ 85711

Phone: (520) 345-0297

Email: sapaofarizona@gmail.com

Website: azplacementagency.com

Description: Older Adult Care referral services to help you locate an appropriate and affordable assisted-living community or home for yourself or a loved one. We work with many resources in the Tucson community, including but not limited to VA benefits, Arizona Long-Term Care, in-home care, hospice, and in-home health.

Service Area: Green Valley, Marana, Oro Valley, Phoenix, Tucson, Vail

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: No cost to the client or their family.

Features: ALTCS, In-Home Services, Low Income, Spanish Services

SMC Counseling & Social Work, LLC

Counseling and Mental Health

815 W. Via Rancho Sahuarita #239
Sahuarita, AZ 85629

Phone: (520) 262-2170

Email: shellymcmw@gmail.com

Website:

www.psychologytoday.com/us/therapists/shelly-michele-mccullough-cruz-sahuarita-az/409812

Description: I offer compassion, understanding, and a kind and direct approach to ensure each minute we meet is valuable to your well-being. I have a client-centered approach, as therapy is different for everyone, whether you need a couple of sessions or more. I have extensive experience restructuring thoughts, grief, and loss, lessening anxiety and depression, or processing trauma. I will provide the correct therapeutic modality to obtain newfound satisfaction and peace. Serving 23 years in the military, I understand the challenges military/family members may face. I have extensive volunteer experience helping victims and understanding how trauma affects the soul. My wide range of life experiences will help support you with the complications life may present at this moment.

Service Area: Green Valley, Sahuarita

Business Hours: M - Th 4:00 - 6:00

Costs: Individual Therapy rates are 50.00 - 100.00 per session

Couples Therapy rates 100.00 - 120.00 per session

The sliding Fee is available

Insurance Accepted - Blue Cross/Blue Shield

Telehealth/Face to Face Sessions available

Osher Lifelong Learning Institute at the University of Arizona (OLLI-UA)

The University of Arizona

Osher Lifelong Learning Institute at the University of Arizona (OLLI-UA)

4485 N 1st Ave
Tucson, AZ 85719

Phone: (520) 626-9039

Email: ollimail@arizona.edu

Website: olli.arizona.edu

Description: For 30+ years, OLLI-UA has served as a life-enriching healthy aging education program for adults 50+. OLLI-UA is a community of learners filled with curious minds passionate about knowledge. OLLI-UA members bring their own life experiences to the classroom making for a very engaging and enthusiastic learning setting. At its essence, it's learning just for the joy of it with no tests or grades.

OLLI-UA is a member-run, community-based learning environment that offers a diverse repertoire of 400+ intellectually stimulating, noncredit courses and educational activities each year, along with significant volunteer engagement and leadership opportunities.

OLLI-UA also serves as an amazingly effective health and wellness program in disguise, keeping members engaged intellectually and active socially. OLLI-UA creates new friends with similar interests and a passion for life and learning. Our schedule often provides a welcome respite from

personal issues like caring for a loved one or recovering from loss.

OLLI-UA has three campus locations serving Central Southeast Tucson, Green Valley / Sahuarita, and an online program. We offer classes during the Fall, Spring, and Summer and help 1,100+ members each year.

Service Area: Green Valley, Marana, Oro Valley, Sahuarita, Tucson, Vail

Business Hours: M - F 9:00 AM - 4:00 PM

Costs: Membership prices range from \$150 to \$350, depending on the membership level. Financial assistance is available. See the website for details.

Gentle Hearts Homecare LLC

9542 E. Creek St
Tucson, AZ 85730

Phone: (520) 405-3585

Email: gentleheartshomecare@yahoo.com

Description: We offer compassionate in-home care and assistance with daily activities (grooming, dressing, eating, etc.). We personalize each client's specific needs, including meal preparation, light housekeeping, help managing bills, appointments, and mobility. We are licensed, certified, and vaccinated.

Service Area: Tucson, Vail

Business Hours: M - F 7:00 AM - 7:00 PM

Costs: Our services range from \$26.00 - \$35.00 an hour depending on the services requested.

Features: In-Home Services, Low Income, Spanish Services

American Parkinson Disease Association - Arizona Chapter

Phones: (520) 326-5400, (800) 223-2732

Email: apdaaz@apdaparkinson.org

Website:
www.apdaparkinson.org/community/arizona

Description: The American Parkinson's Disease Association works tirelessly daily to support and empower anyone impacted by Parkinson's disease (PD). Our nationwide network provides information and referral, education and support programs, health and wellness activities, and other events to facilitate a better quality of life for the PD community while funding vital research. This grassroots structure distinguishes APDA from other organizations serving people with PD. We are here to help you and your loved ones every step of the way.

Costs: Free

Features: Spanish Services

Southern Arizona AIDS Foundation (SAAF)

Anti-Violence Project

375 S. Euclid Ave.
Tucson, AZ 85719

Phones: (520) 628-7223, (520) 260-1800 Crisis Line, Fax: (520) 628-7222

Email: yrodriguez@saaf.org

Website: saaf.org

Description: Testing for HIV, HEP C, and STIs. Care services for people living with HIV include psychosocial, meal delivery, case management, housing, and pet food services. Syringe Access Program for anyone needing to exchange used needles for new ones; this includes needles used for diabetes care. Our new clinic, SAAF Health, offers primary care for anyone at no cost. Our Anti-Violence program provides help to anyone in the LGBTQ+ community that finds themselves in a dangerous relationship. Buyer's Club is open to anyone needing to purchase vitamins and other wellness items at a discount.

Business Hours: M-F 8:00 AM - 5:00 PM

Costs: All Case Management services are free. Housing services vary and may require clients to contribute 30% of their Gross Income towards

rent.

Features: Spanish Services

International Rescue Committee

1011 N. Craycroft Rd., Ste 404
Tucson, AZ 85711

Phones: (602) 651-4458, Fax: (520) 319-2160

Email: barbara.franklin@rescue.org

Website: www.rescue.org/united-states/tucson-az

Description: Responding to the world's worst humanitarian crises, the International Rescue Committee's (IRC) mission is to help people whose lives and livelihoods are shattered by conflict and disaster to survive, recover and gain control of their future. In Tucson, the IRC provides essential resettlement programs and services, including access to necessities, economic empowerment and employment, social services, health and wellness, immigration legal services, education, and advocacy.

Service Area: Tucson

Business Hours: M - F 9:00 AM - 5:00 PM

Costs: IRC services are free to IRC clients. We also offer immigration services on a sliding scale when capacity allows.

Features: Low Income

Arizona's Children's Association

Arizona Kinship Support Services (AKSS)

3716 E. Columbia St.
Tucson, AZ 85714

Phones: (800) 944-7611, Fax: (520) 624-7042

Email: Kinship@arizonaschildren.org

Website: www.arizonaschildren.org/kinship

Description: Kinship Support Services help kinship caregivers provide care, access services for children residing in their homes, and maintain family stability. Through kinship navigation,

caregivers receive direct or referral assistance to provide a safe home environment. Caregivers receive professional support services and are encouraged to utilize informal support, including friends, neighbors, other kinship caregivers, and community organizations. Kinship Support Services collaborate with the caregiver and, when appropriate, with parents and other family members. Caregivers are guided in obtaining the necessary training and certification to care for the children in their homes. They are also informed of permanency options that include adoption, guardianship, or subsidized guardianship and are connected to resources that can assist them with these legal custody alternatives. The Kinship Support Services support concurrent planning and will support the permanency planning efforts of DCS. Kinship Support Services are not responsible for disclosing permanency options to other parties to the case or assessing for or facilitating reunification efforts, as developing and documenting the permanency plan is the role of DCS. Furthermore, Kinship Support Services is not responsible for counseling parents about relinquishment and alternative permanency options. The primary focus of the Kinship Support Services is to support kinship caregivers as they navigate the child welfare system.

Service Area: Tucson

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: No cost for Arizona Kinship Support Services.

Features: Spanish Services

La Santuaria, PLLC

84 W. Cushing St.
Tucson, AZ 85701

Phones: (520) 665-8891, Fax: (520) 844-9797

Website: lasantuaria.com/services-for-older-adults

Description: Art Therapist with over 20 years of experience working with older adults living with dementia. In-Home or downtown studio

appointments are available. Art Therapy can help us see ourselves differently, most importantly, acknowledging positive attributes when experiencing an unprecedented loss with few experiences supporting the essential sense of identity. Art-making engages complex mental processes that regulate emotional distress, validate physical experiences, and speak volumes through the symbols we make. The metaphor expressed in the artwork validates knowledge. As such, it can reach into the core of our being and assure the individual they are loved and cared for, esteemed and valued, and belong to a community.

Service Area: Tucson

Business Hours: by appointment only

Costs: In-Home Appointments – Some clients prefer to have art therapy brought to them in their homes. Private In-Home appointments save travel time, disruption from changing environments, and reduce stress. Please call us to discuss if In-Home Appointments are right for you.

Art Supplies Provided – We will bring all the supplies needed for our session, and the art you create is yours to keep with no additional fees. This commitment is included in our standard fee of \$150 for a 90-minute appointment.

Features: In-Home Services

MedCure

Phone: (866) 560-2525

Email: donate@medcure.org

Website: medcure.org

Description: Body donation significantly impacts medical research, development, and education advancements every day. MedCure acts as a bridge between whole-body donors and the medical professionals who rely on those donations to help shape the future of medicine. Together, these donors and medical professionals impact the future of medicine. Please visit our website for more information on Veteran Benefits and Body Donation.

Business Hours: 24/7

Costs: Call for details.

TLC Coordination and Advocacy (DBA for Tucson Life Care)

3849 E. Broadway., #266
Tucson, AZ 85716

Phones: (520) 305-4454, Fax: (520) 373-5143

Email: info@tucsonlifecare.com

Website: www.tucsonlifecare.com

Description: We provide consultation, assessment, advocacy, and private care management for older adults and disabled individuals. We develop a care plan and coordinate all kinds of services from home care, home health, physicians including those who make house calls, mobile lab and X-rays, mobile dentists, hospices, elder law attorneys, real estate agents, placement specialists, pet care, housekeepers, and home maintenance and many other services. We assist with discharge planning for a smooth transition between hospitals or facilities and home or assisted living. We arrange all kinds of services for our clients wherever they are and monitor them to ensure quality care. We are the boots on the ground for out-of-town families and support local family members caring for their loved ones. We assist older adults in remaining as independent as possible with a safety net for urgent matters. We're available to assist with temporary snowbird support, hospital discharge support, or move stabilization, or we'll stay with you for as long as you and can help plan for the end of life care.

Service Area: Green Valley, Marana, Oro Valley, Tucson

Business Hours: M - F 8:00 AM - 5:00 PM 24/7 on call for established clients

Costs: Please call for current hourly rates. We bill on the 10th of the hour and only bill when we do something.

Features: In-Home Services

Deena Hitzke Counseling

DHC Center for Grief and Loss Recovery 1145
North Craycroft, Ste., 101
Tucson, AZ 85716

Phones: (520) 882-9000, Fax: (520) 298-2323

Email: drhitzke@deenahitzkecounseling.com

Website: www.deenahitzkecounseling.com

Description: Dr. Hitzke provides narrative and interpersonal therapy to help people manage anxiety, depression, trauma, codependency, and grief, utilizing the principles of counseling for empowerment, self-determination theory, narrative identity work, and reminiscence and life review therapy. All services are available on a sliding fee scale. This is a supervised private practice. It is owned and managed by a master's level, non-independent licensee, under Board approved clinical supervision, under A.A.C. R4-211. The Board approved Clinical Supervisor of this Practice is:

Janet Lee O'Conner, EdS, LISAC, L.P.C.
520-360-0007
janetloconnereds@gmail.com

Business Hours: M - S 8:00 AM 7:00 PM

Costs: \$40.00 - \$75 for a 50-minute session.
\$60-\$125 for 1.5 HR Intakes/Intensive Sessions.
Free Consultations. Free quarterly workshops for established patients.

Features: Low Income

Homewatch CareGivers

Homewatch CareGivers of Southern Arizona
Green Valley Location

514 E. Whitehouse Canyon Rd., Ste, #100
Green Valley, AZ 85704

Phones: (520) 297-9349, Fax: (520) 447-7000

Email: phc@hwcg.com

Website:

www.homewatchcaregivers.com/greenvalley

Description: Homewatch CareGivers' goal is to help older adults stay in their homes as long as possible by providing respite care, personal grooming, medication reminders, transportation, housekeeping, meal prep, and respect for Dementia, Alzheimer's, and Parkinson's. For more information, call or visit the website.

Service Area: Green Valley, Sahuarita, Vail

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: 1 hour is \$65.00 per hour

2 hours \$ 42.00 per hour

3 hours or more \$33.00 per hour

Features: In-Home Services, Spanish Services

Griiffin's Trauma Scene Cleanup LLC

11711 S Agua Verde Rd

Vail, AZ 85641

Phone: (520) 444-4999

Email: griffintraumascenecleanup@gmail.com

Website: www.griffintraumascenecleanup.com

Description: Griiffin's Trauma Scene Cleanup LLC provides cleanup of biohazard, hoarder properties, and clandestine drug labs. We work with homeowners to help them determine what to do with the items they have surrounded themselves with, keep, discard, donate, recycle, etc. Whatever is necessary to make their environment safe.

Service Area: Green Valley, Tucson, Vail

Business Hours: 24/7/365

Costs: Variable depending upon ability to pay.

Features: Low Income

Pima Council on Aging (PCOA)

End of Life Planning/End of Life Education

8467 E. Broadway Blvd.

Tucson, AZ 85710

Phone: (520) 790-7262

Email: help@pcoa.org

Website: pcoa.org

Description: End-of-Life Planning Conversations with family, healthcare professionals, and close friends are essential for end-of-life care planning. Organizations like PCOA can help you begin those conversations and provide reliable information on filling out your advanced directives. In addition, these plans allow you to have the care and treatment you would want if you can no longer make the decisions on your own. The sub-categories here will assist you in this process. The Arizona Advance Directive Registry is hosted and maintained by a healthcare organization called Health Current/Contexture. As a result, a person's end-of-life care plans can be accessible by healthcare professionals as part of their electronic health records.

End-of-Life Education

End-of-life care education provides information and resources to assist people in thinking about, planning and documenting their end-of-life care plans (also known as advanced directives). End-of-life education clarifies medical and legal terms, answers frequently asked questions, and creates a respectful space for considering your end-of-life options for health care and creating a legacy. Presentations in 1, 1.5, or 2-hour versions can be provided in English or Spanish, and are customizable to meet your company's unique needs, place of worship, or community group. Some organizations, like PCOA, can also develop a special presentation to address specific end-of-life issues or concerns that are important to you.

Service Area: Tucson

Business Hours: M - F 8:30 AM - 5:00 PM

Costs: No Cost.

Features: Spanish Services

Placita Senior Advisors

Placita In Home Care

6303 N. Wilmot Rd. Ste. 301
Tucson, AZ 85712

Phones: (520) 221-2083, Fax: (520) 844-6326

Website: www.placitacare.com

Description: We provide placement services within the community for older adults. We help facilitate between the care homes and the facilities to ensure a smooth transition. We coordinate with families to ensure the right fit is found for their loved ones.

Service Area: Benson, Corona De Tucson, Green Valley, Marana, Oro Valley, Phoenix, Saddlebrook, Sahuarita, Sun City, Tucson, Vail

Business Hours: 24/7

Costs: There is no charge to the families for our services. We are paid for our services by the communities themselves.

Features: Spanish Services

Patient Care Advocates, LLC

2223 E. Speedway Blvd.
Tucson, AZ 85719

Phones: (520) 546-4141, Fax: (520) 546-7002

Email: vperalta@pcatucson.com

Website: pcatucson.com

Description: Patient Care Advocates, LLC provides clinically trained Certified Nursing Assistants and Certified Caregivers to assist you with your caregiving needs. We help you with bathing, dressing, cooking, housekeeping, exercises, outings, and other fun activities.

Business Hours: M - F 8:00 AM - 5:00 PM

Features: ALTCS, In-Home Services

Homicide Survivors Inc.

2315 E. Speedway Blvd.
Tucson, AZ 85719

Phone: (520) 207-5012

Email: hsi@azhomicidesurvivors.org

Website: homicidesurvivorsinc.org/about-us

Description: Homicide Survivors, Inc. is on a mission to help meet the crisis and long-term needs of families of murder victims through support, advocacy, and assistance.

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: Free

Features: Low Income, Spanish Services

Mobility Plus

G&D Tucson LLC

245 S. Plumer Ave., Ste 2
Tucson, AZ 85745

Phone: (520) 225-0415

Email: Tucson.Metro@MobilityPlus.com

Website: www.MobilityPlus.com

Description: Mobility Plus offers scooters, ramps, lifts, and more for your mobility needs, including sales, rental, repair, and installation. We're here to help people with mobility challenges and those recovering from injury, illness, or surgery.

Products includes Pride mobility scooters, Golden mobility scooters, EV Rider mobility scooters, Pride power wheelchairs, Harmar vehicle lifts, Harmar stairlifts, Merits stairlifts, Pride lift chairs, Golden lift chairs, Harmar Vehicle lifts, Stander walkers, Stander rollators, Nova wheelchairs, Med-Mizer hospital beds, EZ Access ramps, etc.

We also have many fall prevention products from Stander and HealthCraft, including bed rails, security poles, grab bars, etc.

Mobility Plus Tucson is Veteran and LGBTQ-owned and operated. We proudly serve the needs of veterans and the LGBTQ community.

Service Area: Marana, Oro Valley, Tucson

Business Hours: M -F 9-5, Sat 10-4

Costs: Costs subject to change:
Scooters from \$29.99/day \$149.99/week
\$299.99/month
Power Wheelchairs from \$39.99/day
\$199.99/week \$399.99/month
Manual Wheelchairs from \$14.99/day
\$39.99/week \$79.99/month
Knee Scooter \$14.99/day \$44.99/week
\$119.99/month
Walkers/Rollators from \$14.99/day \$24.99/week
\$44.99/month
Ramps from \$14.99/day \$44.99/week
\$119.99/month
Lift Chairs \$24.99/day \$99.99/week
\$249.99/month
Stair Lifts \$499.99/1st month \$299.99/add'l mos.
(3 mo. min.)
Hospital Beds \$499.99/1st month \$299.99/add'l
mos. (1 mo. min.)

Features: In-Home Services, LGBTQ-Friendly

Mobility Plus

G&D Tucson LLC

10861 N. Mavinee Dr., Ste 155

Phone: (520) 225-0415

Email: Tucson.Metro@MobilityPlus.com

Website: www.mobilityplus.com

Description: Mobility Plus offers scooters, ramps, lifts, and more for your mobility needs, including sales, rental, repair, and installation. We're here to help people with mobility challenges and those recovering from injury, illness, or surgery.

Products include Pride mobility scooters, Golden mobility scooters, EV Rider mobility scooters, Pride power wheelchairs, Harmar vehicle lifts, Harmar stairlifts, Merits stairlifts, Pride lift chairs, Golden lift chairs, Harmar Vehicle lifts, Stander walkers, Stander rollators, Nova wheelchairs, Med-Mizer hospital beds, EZ Access ramps, etc.

We also have many fall prevention products from

Stander and HealthCraft, including bed rails, security poles, grab bars, etc.

Mobility Plus is Veteran and LGBTQ-owned and operated. We proudly serve the needs of veterans and the LGBTQ community.

Service Area: Marana, Oro Valley, Tucson

Business Hours: M -F 9-5, Sat 10-4

Costs: Costs subject to change:
Scooters from \$29.99/day \$149.99/week
\$299.99/month
Power Wheelchairs from \$39.99/day
\$199.99/week \$399.99/month
Manual Wheelchairs from \$14.99/day
\$39.99/week \$79.99/month
Knee Scooter \$14.99/day \$44.99/week
\$119.99/month
Walkers/Rollators from \$14.99/day \$24.99/week
\$44.99/month
Ramps from \$14.99/day \$44.99/week
\$119.99/month
Lift Chairs \$24.99/day \$99.99/week
\$249.99/month
Stair Lifts \$499.99/1st month \$299.99/add'l mos.
(3 mo. min.)
Hospital Beds \$499.99/1st month \$299.99/add'l
mos. (1 mo. min.)

Pima Council on Aging (PCOA)

(State Health Insurance Assistance Program)
Medicare Counselling and Senior Medicare Patrol

600 S. County Club Rd
Tucson, AZ 85716

Phones: (520) 546-2011, Fax: (520) 546-2011

Email: ship@pcoa.org

Website: www.pcoa.org/medicare

Description: PCOA is the designated State Health Insurance Assistance Program (SHIP) for Pima County that provides unbiased, no-cost direct assistance with Medicare for Pima County Medicare-eligible individuals. Our staff and volunteers are highly trained and certified to help

Medicare beneficiaries, their families, and caregivers with information about Medicare Advantage, Medicare Prescription Drug coverage, Medigap plans, explaining how supplemental insurance options work with Medicare, fraud concerns, Medicare billing issues, and much more. As a State Health Insurance Assistance Program, PCOA does not sell nor endorse any Medicare plans.

Service Area: Pima County, Tucson

Business Hours: M - F 8:30 am - 5:00 pm

Costs: No Cost

Features: Low Income, Spanish Services

Life and Work Connections

The University of Arizona

888 N. Euclid, Suite 113
Tucson, AZ 85721

Phone: (520) 621-9870

Email: lifework@arizona.edu

Website: lifework.arizona.edu

Description: Life and Work Connections provides free, confidential wellness assistance to the staff and faculty of the University of Arizona. The dependent care specialist at Life and Work Connections assists our university caregivers of adults and elders through consultations and individualized care plans unique to comprehensive challenges. Care plans include navigation of resources, such as support and diagnosis-specific aid. Dependent care specialist services help employees, and their loved ones uphold legal, financial, and end-of-life wishes in caregiving plans. Dependent care services are offered to students and benefits-eligible staff and faculty.

Life and Work Connections offers various services to address wellness and work-life balance. This includes mental health support, physical health, nutrition, and legal and financial services. Services include individual consultations, workshops, training sessions, and

articles on various health and well-being topics.

Business Hours: M - F 8:00 AM - 5:00 PM

Costs: No cost for services to eligible staff, faculty, and students.

All About Services LLC

PO Box 35111
Tucson, AZ 85751

Phone: (520) 990-6464

Email: servicesbyannie@gmail.com

Website: www.servicesbyannie.com

Description: All About Services LLC provides Lifestyle Concierge Services to older adults needing assistance in many areas of their life.

I will assist in downsizing your home by finding and hiring a moving company and help with packing, unpacking, and organizing your belongings. Provide estate logistics and mobile notary.

I provide long and short-term house and pet sitting, assist in shopping and running errands, and provide administrative, research, and proofreading services.

At All About Services LLC, we care about our clients and will provide end-of-life compassion care for you, your loved ones, and your pets.

Serving Tucson and surrounding areas, Pet sitting is limited to a 3-mile radius of Oracle and Orange Grove.

*** Please note I do NOT offer house cleaning services***

Business Hours: 8am-8pm / Work Hours 24/7
365 days a year

Costs: Rates vary based on the type of service, duration, complexity, variables, drive time and distance, etc. Estimates may be provided by phone but may require an on-sight visit to assure

the logistics and details of the project.

Features: In-Home Services

The Gratitude Crew

7440 N. Oracle Rd., Bldg. 5B
Tucson, AZ 85704

Phones: 520-201-8227, Fax: 520-797-1491

Email: gratitudecrew@gmail.com

Website: www.gratitudecrew.com

Description: We bring the spirit of gratitude to the community in the form of gratitude groups. We train teen volunteers to help facilitate the groups and travel to organizations. We are currently focused on the elderly, independent and assisted living residences, and organizations that involve the aging population. Our mission is to combat the negativity in the community and in our own minds by taking a moment to express gratitude.

Service Area: Marana, Oro Valley, Tucson

Business Hours: 9:00 AM to 9:00 PM, M-F

Costs: We are a free service. We do take donations.

Tucson Notary Pro LLC

Sue Simmons

Tucson, AZ

Phone: 520-373-7715

Email: sue@tucsonnotarypro.com

Website: www.tucsonnotarypro.com

Description: I do a lot of general notary work. I go to people at home or in hospitals or nursing homes. Sometimes they have serious health problems and can't sign or can't speak or they have expired ID. There are solutions to any type of signing problem as long as the signer can communicate to me in some way that they know what they are signing and are signing voluntarily. Documents common in general notary work are estate documents such as wills, trusts, power of

attorneys, and living wills, or they may have banking, pension, deed, authorizations, affidavits and other documents.

I am also a certified loan signing agent (real estate documents) with over 1000 loan signings. For loan signings I show you how to fill out the documents, answer questions about the purpose of the document, and make sure it's all filled out correctly. I can also ship the documents for you.

Business Hours: 8:00 AM to 8:00 PM, 7 days a week.

Costs: For general notary work each notarial act is \$10. Arizona notarial acts are acknowledgment, jurat, oath and copy certification. If you come to me there is no other charge. If I go to you there is a travel fee depending on distance. Loan signings include other services and are priced as a package. If there is other work such as arranging for one or two witnesses, shipping documents, recording documents, printing or scanning copies, etc. there is an extra charge depending on what needs to be done, the distance, and the time involved. Call and tell me what you need done and I will be glad to help you.

Features: In-Home Services

PCOA assumes no responsibility by providing this information. This list is a community service and not an endorsement of any organization listed. Though PCOA does their best to ensure accuracy of the information provided, some information may not be up to date. For more help please call our helpline at (520) 790-7262.