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## Resources for 'Yard Help'

Limited to service areas:

Limited to resources with:

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### Interfaith Community Services

**Phone:** (520) 297-6049

**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.

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.

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

### Interfaith Community Services

2820 W. Ina Rd.  
Tucson, AZ 85741

**Phone:** (520) 297-6049

**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.

### Old Ft Lowell Live-At-Home Program

Associated with zip code 85712

**Phone:** (520) 275-6757

**DESCRIPTION:** Serving older adults and individuals with disabilities who reside within the

boundaries of the Old Fort Lowell Neighborhood, which encompasses the area of Swan Road to the Pantano Wash and the Rillito River to Grant Road.

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

## Lend A Hand

Associated with zip codes 85705, 85716, 85719.

**Phone:** (520) 248-6882

**DESCRIPTION:** Serving older adults in Campus Farm, Limberlost, Rillito Bend, 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

## Tucson Estates Neighbors Helping Neighbors

Associated with zip code 85713

**Phone:** (520) 360-9578

**DESCRIPTION:** Serving older adults who reside in the Tucson Estates Community which is east of Kinney Road and west of Sarasota Boulevard.

Services offered:  
Transportation

Errands  
Meal Preparation  
Friendly Visit  
Friendly Phone Call  
Caregiver Relief  
Light Yard Work  
Light Home Maintenance

## Corona Cares (NCA)

Associated with zip code 85641

**Phone:** (520) 395-9327

**DESCRIPTION:** Serving older adults who reside in Corona de Tucson Fire District between Dawn Road on the north and Ocotillo View Road on the south, Houghton Road on the west and Wentworth Road on the east.

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

## Pima Council on Aging (PCOA)

8467 E. Broadway Blvd.  
Tucson, AZ 85710

**Phone:** (520) 305-3409

**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.

**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/>.

## Southwest Gas

3401 East Gas Road  
Tucson, AZ 85714-1917

**Phone:** (877) 860-6020

**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.

## 1-800-GOT-JUNK

1245 W. Giaconda Way,  
Tucson, AZ 85704

**Phone:** (800) 468-5865

**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.

**COSTS:** Please call for details.

## Interfaith Community Services

Associated with zip codes 85652, 85653, 85654, 85658, 85701, 85704, 85705, 85706, 85710, 85711, 85712, 85713, 85714, 85715, 85716, 85718, 85719, 85730, 85737, 85739, 85741, 85742, 85743, 85745, 85748, 85749, 85750, 85755.

**Phone:** (520) 297-6049

**DESCRIPTION:** Serving older adults and people with disabilities in 28 zip code areas of Pima County. (Please visit the ICS website at [icstucson.org](http://icstucson.org) to determine if your neighborhood is included).

Services offered:

Transportation  
Errands  
Friendly Visit  
Friendly Phone Call  
Light Yard Work  
Light Home Maintenance

## Eastside Neighbors Volunteer Program

8302 E. Broadway Blvd.  
Tucson, AZ 85710

**Phone:** (520) 245-4729

**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."

## Bertha and the Babes Estate Sales

10358 E. Loveless Gardner Ln.  
Tucson, AZ 85747

**Phone:** (520) 400-4208

**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.

**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.

## **Park West - Neighbors Helping Neighbors**

Associated with zip code 85745.

**Phone:** (520) 903-9094

**DESCRIPTION:** Serving older adults and people with disabilities who live in the Park West Mobile Home Community at 3003 West Broadway Boulevard.

Services offered:

Transportation

Errands

Friendly Visit

Friendly Phone Call

Caregiver Relief

Light Housekeeping

Light Yard Work

Light Home Maintenance

## **International Sonoran Desert Alliance - Ajo Works Job Training Program**

38 N. Plaza St.  
Ajo, AZ 85321

**Phone:** (520) 387-3570

**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.

**COSTS:** Please call for details.

## **Amphi Volunteers in Service (AVIS)**

Associated with zip code 85705

**Phone:** (520) 909-1939

**DESCRIPTION:** Providing support to older adults (55+) residing in the City of Tucson's Ward 3,

Amphi Neighborhood – located within Roger Road to the north, Fort Lowell Road to the south, Oracle Road to the east, and First Avenue to the west.

Services offered:

Friendly Visit

Friendly Phone Call

Light Housekeeping

Light Yard Work

Light Home Maintenance

Dog Walking

## **Carefree Village Helpers**

Associated with zip code 85705

**Phone:** (520) 668-9950

**DESCRIPTION:** Providing support to older adults residing in Carefree Village Mobile Home Community and Mobile Home Park. 4100 N. Romero Road.

Services offered:

Transportation

Errands

Friendly Visit

Friendly Phone Call

Light Housekeeping

Light Yard Work

## **Eastside Neighbors Volunteer Program**

Associated with zip codes 85710, 85711, 85712, 85715, 85730, 85748, 85749

**Phone:** (520) 245-4729

**DESCRIPTION:** Providing support to older adults (55+) who reside between Grant Road/Tanque Verde Road on the north and Irvington on the south, Swan Road on the west and Houghton Road on the east.

Services offered:

Transportation

Errands  
Friendly Visit  
Friendly Phone Call  
Light Housekeeping  
Light Yard Work

## Administration of Resources and Choices (ARC)

1625 N Alvernon Way Ste 101  
Tucson, AZ 85712

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

**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.

**COSTS:** No fees apply to this program

## Adult Care Hunters, LLC

P.O. Box 69398  
Oro Valley, AZ 85737

**Phone:** (520) 665-1233

**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. Please give us a call; we are here to help!

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

## Bogutz & Gordon, P.C.

3503 N. Campbell Ave., Ste. 101  
Tucson, AZ 85719

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

**DESCRIPTION:** Our firm advises families at all levels of wealth regarding passing whatever 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 who is legally empowered to make decisions for others. In our case, the firm collectively serves clients as trustees, agents under a power of attorney, guardians, conservators, and personal

representatives, 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.

## **DES Division of Aging and Adult Services**

1789 W. Jefferson St.  
Phoenix, AZ 85007

**Phone:** (602) 542-4446

**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. DAAS delivers Services and programs that reach diverse residents, from homeless youths to older adults and those ages 18 and older with disabilities. Adult Protective Services (APS), part of DAAS, accepts and reviews abuse, neglect, and exploitation claims for vulnerable adults. Its caseworkers take calls and report 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 assisting survivors of domestic violence, those experiencing homelessness and food insecurity, and refugees seeking help settling in Arizona, among other outreach.

Whether you need help or want to be considered for employment with DES, we look 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/>

## **Philips Lifeline - Southern Arizona Lifeline**

**Phone:** (855) 681-5351

**DESCRIPTION:** Philips Lifeline provides a medical alert service to keep older adults in their homes longer while giving family/friends peace of mind. Our easy-to-use medical alert systems let you summon any type of help whenever you need it, any time of day or night – even if you can't speak\*. All you need to do is press your help button, worn as a wristband or pendant, and a Trained Care Specialist will make sure you quickly get the help you need.

**COSTS:** Call for details

## **Step up to Justice**

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

**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. Applicants interested in applying for services can reach us through our website at <https://www.stepuptojustice.org/apply-for-help>

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

## Pima Council on Aging (PCOA)

8467 E. Broadway Blvd  
Tucson, AZ 85710

**Phone:** (520) 790-7262

**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.

**COSTS:** Most services provided at no cost.

## Hadley

700 Elm Street  
Winnetka, IL 60093

**Phone:** (800) 323-4328

**DESCRIPTION:** Hadley is a 104 year old company that helps older adults that are losing their vision. We offer practical help, social connections and emotional support free of charge to anyone with a visual impairment, their families and the professionals supporting them. Hadley's help comes directly to those that need the help, online, on the phone or through the mail. Over 138,000 members (people) have used Hadley's services since 2020.

**COSTS:** Free. All services are online.

## A Senior Journey

P.O. Box 89995  
Tucson, AZ 85742

**Phone:** (520) 870-0962

**DESCRIPTION:** We offer a Free service to help locate a suitable 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 we will tour. We strive to show the right places that fit that criterion. We only use licensed communities, homes, and those 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 one on this Journey. We are here for you!

**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

## Arizona Division of Problem Gambling

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

**Phones:** (602) 542-8998, (800) Next-Step

**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.

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

## Arizona Suicide Prevention Coalition (AZSPC)

P.O. Box 10745  
Phoenix, AZ 85064



**Phones:** (480) 784-1500, (866) 205-5229, Call 988

**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.

## Cleaning for a Reason

Lewisville, TX 75056

**Phone:** (877) 337-3348

**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.

**COSTS:** Free house cleaning for cancer patients

## Humane Society of Southern Arizona

635 W. Roger Rd.  
Tucson, AZ 85705

**Phone:** (520) 327-6088

**DESCRIPTION:** The Humane Society of Southern Arizona has saved over 1 million pets since 1944. We take in pets from all over Southern Arizona, assisting smaller shelters by taking in hard-to-place pets and pets with serious medical needs – pets who might not otherwise have a chance at life. We heal their bodies and hearts and help them find loving homes forever. We believe in the power of community. Please find out how we can help you at our website:

<http://www.hssaz.org>.

Services provided are low-cost spay/neuter, vaccinations, microchipping, adoption, intake, education, and more.

Unlike many national animal welfare organizations, the Humane Society of Southern Arizona is in your community — providing care for animals in need 365 days a year. We are not a government agency and are not affiliated with any national humane societies. We rely on neighbors like you to enable us to do our needed work.

## Taxpayer Advocate Service (TAS)

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

**Phone:** (602) 636-9500

**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.

## Parkinson Wellness Recovery

4343 N. Oracle Rd., #173  
Tucson, AZ 85705

**Phone:** (520) 591-5346

**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.

**COSTS:** Call for pricing details.

## Right at Home of Southern Arizona

210 W. Continental Rd, Sute 224  
Green Valley, AZ 85622

**Phone:** (520) 777-4159

**DESCRIPTION:** Right at Home exists to be your guide to successfully living at Home. Our mission is to improve the quality of life for those we serve. Aging, disability, illness, or injury can make a living at Home daunting. 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

**COSTS:** Please call for pricing information. No minimum required

## Ronald Zack Law, PLC

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

**Phone:** (520) 999-3738

**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.

## Manifest Joy Counseling, PLLC

1661 N. Swan Rd., Ste. 112  
Tucson, AZ 85712

**Phone:** (520) 885-1033

**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.

**COSTS:** We do not accept Medicare/Medicaid/AHCCCS. We do accept Blue Cross/Blue Shield, United/Optum, and HSA. We can provide Superbills. We also accept private pay clients. Rates are \$125/50 mins for individuals and \$175/50 mins for couples. No sliding scale.

## Pima County Community Land Trust (PCCLT)

17 N. Linda Ave.  
Tucson, AZ 85745-2960

**Phone:** (520) 603-0587 ext: 121

**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 31 affordable rental units

**\*Monetary Assistance:**

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

**COSTS:** No Charge

Optional \$70 for online/self paced homebuyer education class.

## TMC Hospice at Home & Peppi's House

2715 N. Wyatt Dr.  
Tucson, AZ 85712

**Phones:** (520) 324-5770, (520) 327-5461 for after hours

**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.

## Esperanza en Escalante

3700 S. Calle Polar  
Tucson, AZ 85730

**Phone:** (520) 571-8294

**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.

**COSTS:** If a client has income, we request payment of program fees, usually 30% of income with a cap of \$350/month.

## Speech Solutions - North

1639 E Prince Rd  
Tucson, AZ 85705

**Phone:** (520) 261-3306

**DESCRIPTION:** Speech Solutions is a private speech therapy clinic in Tucson, Arizona. We specialize in helping adults with 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 in the office or virtually 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.

**COSTS:** We accept Medicare insurance, Alignment, and Blue Cross Blue Shield plans, which often means there is no out-of-pocket cost for patients. Our direct pay rates are \$180 per hour, subject to change

## Amada Senior Care Tucson

7070 N Oracle Rd Ste 120  
Tucson, AZ 85704

**Phone:** (520) 222-8262

**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.

## Pathways Paralegal and Mediation

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

**Phone:** (520) 203-7763

**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.

**COSTS:** Please call for pricing details

## Speech Solutions - East

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

**Phone:** (520) 261-3306

**DESCRIPTION:** Speech Solutions is a private speech therapy clinic in Tucson, Arizona. We specialize in helping adults with 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 in the office or virtually 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.

**COSTS:** We accept Medicare insurance, Alignment, and Blue Cross Blue Shield plans, which often means there is no out-of-pocket cost for patients. Our direct pay rates are \$180 per hour, subject to change

## Crossroads End of Life Services

**Phone:** (520) 365-7721

**DESCRIPTION:** Hi, my name is Jess, and I'm an End of Life Doula. Have you heard of an EOL Doula ( or death doula)? That's ok; I'm here to educate and empower those near end of life or just doing advanced preparation.

I guide those that are dying through the process. Together we work through issues you may want to be resolved before passing, things you may be afraid to discuss with anyone else and work on lessening the fear of dying. We also can design and work on a legacy project, something you'd like your loved ones to have, to remember you by. We will also plan your vigil ( the atmosphere you want and the rules your loved ones need to honor while you're passing.) I will be there with you every step of the way to ensure your vigil plan is adhered to and guide you and your loved ones through active dying. After your passing, I will connect with loved ones to ensure they are experiencing a healthy grieving process. Nobody should die alone and afraid. I am here to help empower you through death. Studies show that those who use an End of Life Doula experience less pain and have an easier death than those who don't have a doula.

I would love to talk with you to discuss how I can help you in more detail. Remember, you don't have to go through this alone.

**COSTS:** Please call for pricing details.

## Pima County Community Land Trust (PCCLT) Financial and Credit Counseling

17 N. Linda Ave  
Tucson, AZ 85701

**Phone:** (520) 603-0587

**DESCRIPTION:** PCCLT financial coaches provide expertise and guidance to you as you set and work towards your financial goals. We will help you assess your financial situation and make a realistic plan for progress. Once we have drafted an action plan with you, we will provide you with ongoing support, encouragement, and accountability. We will also provide you with the tools you need to make informed decisions along the way.

Financial coaching goals:

- Increased goal attainment
- Better money management skills
- Improved savings, lower debt levels, and better credit scores
- More financial confidence
- Increased financial well-being

### Credit Counseling

PCCLT offers confidential, low-cost credit counseling. Our specially trained counselors help you understand your credit rating and make a plan to improve your credit score and credit-worthiness.

We provide your credit scores and a Tri-Merge credit report—an easy-to-read report from Equifax, Experian, and Transunion—that combines information about all of your credit accounts in one place.

The cost for your credit report and credit analysis is \$30.50.

**COSTS:** The cost for your credit report and credit analysis is \$30.50

## Mobility Plus

9140 N. Silverbell Rd., Ste 120  
Marana, AZ 85743

**Phone:** (520) 225-0415

**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.

**COSTS:** Rental 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 \$299.99/month plus \$499.99 delivery, installation, and removal (3 mo. min.)

Hospital Beds \$499.99/1st month including delivery \$299.99/add'l mos. (1 mo. min.)

## **Alzheimer's Association**

2990 N. Swan Rd., Ste 147

Tucson, AZ 85712

**Phone:** (800) 272-3900

**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.

**COSTS:** Programs and services are provided free of charge.

## **American Parkinson Disease Association (APDA)**

**Phones:** (800) 223-2732, (800) 223-2732

**DESCRIPTION:** The American Parkinson's Disease Association (APDA) is the largest grassroots network dedicated to fighting Parkinson's disease (PD) and works tirelessly to help the approximately one million with PD in the United States live life to the fullest in the face of this chronic neurological disorder. Founded in 1961, APDA has raised and invested over \$252 million to provide outstanding patient services and educational programs, elevate public awareness about the disease, and support research designed to unlock the mysteries of PD and ultimately end this disease.

**COSTS:** Free

## **Arizona@Work (multiple locations)**

Multiple offices located throughout Pima County

**Phone:** (520) 638-2230

**DESCRIPTION:** Arizona@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 learn more about available services, use this webpage: [arizonaatwork.com/explore-services](http://arizonaatwork.com/explore-services)

You can find an office near you here:  
[arizonaatwork.com/locations](http://arizonaatwork.com/locations)

## Arizona Bankruptcy Court & Volunteer Attorneys

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

**Phones:** 866-553-0893, (800) 556-9230

**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.

## Arizona Care Advocates, PC

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

**Phone:** (520) 302-8962

**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.

**COSTS:** \$125.00 an hour. Cost of opening a case and performing an Assessment vary.

## Arizona Baptist Children's Services and Family Ministries

2411 E. Fort Lowell Rd.  
Tucson, AZ 85712

**Phone:** (800) 678-0648

**DESCRIPTION:** Arizona Baptist Children's

Services and Family Ministries provide different prenatal and adult care services. We can help with food, clothing, and hygiene items. Other benefits include providing faith-based counseling and assisting with SNAP applications. SNAP applications are scheduled by appointment only. For more information on our resources and where to go, please visit our website at [abcs.org](http://abcs.org) to find a location for the services you are seeking.

## Homicide Survivors Inc.

5049 E. Broadway Blvd. #151  
Tucson, AZ 85711

**Phone:** (520) 207-5012

**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.

**COSTS:** Free

## University Medicine 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

**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.

## BrightStar Care Tucson/ Sierra Vista

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

**Phone:** (520) 901-6587

**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.

**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

## Cancer Care

275 7th Ave., 22nd Fl.

New York, NY 10001

**Phone:** (800) 813-4673

**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.

## Caviglia-Arivaca Library

17050 W. Arivaca Rd.

Arivaca, AZ 85601

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

**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 <http://www.library.pima.gov> for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## Arizona Complete Behavioral Health Crisis Line

**Phones:** (844)534-4673, Call 988 for Statewide Crisis Line

**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.

Are you or someone you know experiencing a behavioral health crisis?

Call the statewide crisis line. It is available 24 hours a day, 7 days a week.

Crisis services are available to any Arizona resident, even if you do not have health insurance coverage.

The single statewide crisis line number is:



1(844)534-4673 or 1(844)534-HOPE  
988 will also route to the Statewide Crisis Line  
based on area code.

National Suicide Prevention Lifeline  
1-800-273-TALK (8255)  
1-888-628-9454 (Spanish)  
Veterans Crisis Hotline  
1-800-273-TALK (8255) and Press 1  
or Text message to 838255  
Crisis Text Line  
Text HOME to 741741  
Text NATIVE or INDIGENOUS to 741741 for  
Indigenous text line  
Teen Lifeline  
1-800-248-TEEN (8336)  
The Trevor Project  
1-866-488-7386  
(Youth who identify as LGBTQIA+)  
Safe Call Now  
206-459-3020  
(Support for First Responders)

## Dewhirst-Catalina Library

15631 N Oracle Rd. #199  
Catalina, AZ 85739

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## Department of Veteran Affairs (VA)

Tucson, AZ 85716

**Phone:** (800) 827-1000

**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.

**COSTS:** Telephone assistance service

## Drexel Heights Community Center

5220 S. San Joaquin Ave.  
Tucson, AZ 85746

**Phone:** (520) 883-4228

**DESCRIPTION:** Drexel Heights Community Center provides games for older adults. Tuesday and Thursday  
10 a.m. to noon

Come join us at the Drexel Heights Community Center for board games, such as Mahjongg, Scrabble, Yahtzee, Rummy Cube, cards, and more.

Enhance Fitness Class  
Monday, Wednesday, and Friday  
11:45 a.m. to 12:45 p.m.  
Age 55+  
Cost \$32

Registration is now open.  
Call for more information. Register on the Pima County Natural Resources, Parks and Recreation website.

Enhance Fitness is an evidence-based program with years of research backing it, which means it is specifically proven to improve strength and balance, increase flexibility, boost activity levels, improve mood, and help prevent falls. Enhance Fitness is developed specifically for older adults, with exercises focusing on four key areas important to your health and fitness.

Stretching and flexibility, low-impact aerobics, strength training, and balance. You can join us no matter what your level of fitness is now, and we offer seated and standing exercise options.

## Eckstrom-Columbus Library

4350 E. 22nd St.  
Tucson, AZ 85711

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## El Rio Library

1390 W. Speedway Blvd.  
Tucson, AZ 85745

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

**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 <http://www.library.pima.gov> for more details.

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

**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

## Fairmount Assisted Living & Memory Care

6161 E. Fairmount St.  
Tucson, AZ 85712

**Phone:** (520) 344-8890 ext: 1

**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.

**COSTS:** Semi-private: \$4800  
Private: \$5500  
Deluxe Private: \$8000  
ALTCS L–Mercy Care

## Amy Farrell Matheson

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

**Phone:** (520) 622-0400

**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.

**COSTS:** The fee schedule is available at <http://www.elder-law.com>

## Fleming & Curti, PLC

1745 E. River Rd., Ste 101

Tucson, AZ 85718

**Phone:** (520) 622-0400

**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.

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

## Flowing Wells Library

1730 W. Wetmore Rd.  
Tucson, AZ 85705

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## Friends In Deed

301 W. Camino Casa Verde  
Green Valley, AZ 85614

**Phone:** (520) 625-1150

**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.

## Golden Goose Thrift Shop

15970 N. Oracle Rd.  
Tucson, AZ 85739

**Phone:** (520) 825-9101

**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.

## Habitat for Humanity Tucson

3501 N. Mountain Ave.  
Tucson, AZ 85719

**Phone:** (520) 326-1217

**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.

## Himmel Park Library

1035 N. Treat Ave.  
Tucson, AZ 85716

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## Homewatch CareGivers

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

**Phone:** (520) 297-9349

**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.

**COSTS:** 1 Hour Service \$65.00

2 Hour Service \$42.00

3 or more hours of Service \$33.00

1 Hour Nurse Visit \$85.00

All services include transportation with an added mileage charge of .68 a mile if we use our vehicle.

## Joyner-Green Valley Library

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

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

**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 <http://www.library.pima.gov> for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## Kinghorn Law / Financial

3573 E. Sunrise Dr., Ste. 209  
Tucson, AZ 85718

**Phone:** (520) 529-4000

**DESCRIPTION:** At Kinghorn Law | Financial, our passion is to empower individuals and families to achieve peace by educating, coaching, and serving with love and compassion. We help our clients make important decisions and take action to ensure their loved ones are protected if they are incapacitated or when they pass. Our attorneys and team have earned an outstanding reputation for their expertise, compassion, and desire to "take care" of their clients.

Kinghorn Law | Financial offers comprehensive estate planning, elder law, business succession and formation, and investor coaching services. We assist clients as they plan for potential incapacity and death; represent clients in probate or trust administration; guide new and seasoned business owners in business formation and succession planning; and coach investors on finding and living their true purpose for money. In addition, Kinghorn Law | Financial is recognized as a leader and innovator in helping clients qualify for Medicaid or Veterans Affairs benefits, protecting assets from creditors and other predators.

**COSTS:** It varies depending on the services provided. Attorneys offer a complimentary consultation to anyone seeking assistance. After reviewing their situation and needs, an attorney may quote a price for services offered.

## Kirk-Bear Canyon Library

8959 E. Tanque Verde Rd.  
Tucson, AZ 85749

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## Marshall Home for Men

3314 S. 16th Ave.  
Tucson, AZ 85713

**Phone:** (520) 624-5193

**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.

**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

## Martha Cooper Library

1377 N. Catalina Ave.  
Tucson, AZ 85712

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

**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.

**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

## Medicare.gov

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

**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.

## Miller-Golf Links Library

9640 E Golf Links Road  
Tucson, AZ 85730

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## Richard Elias-Mission Library

3770 S. Mission Rd.  
Tucson, AZ 85713

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

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

## Murphy-Wilmot Library

530 N. Wilmot Rd.  
Tucson, AZ 85711

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

**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 <http://www.library.pima.gov> for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## Nanini Library

7300 N. Shannon Rd.  
Tucson, AZ 85741

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## National Center for Lesbian Rights (NCLR)

**Phone:** (415) 392-6257

**DESCRIPTION:** NCLR runs a Legal Helpline for the community. We provide legal resources and information to help protect your legal rights, including contact information for LGBTQ-friendly attorneys. We do not provide legal representation or legal advice through the helpline.

## NeedyMeds

50 Whittemore St.  
Gloucester, MA 01930

**Phone:** 1-800-503-6897

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

## Organizing Helpers Inc.

P.O. Box 42352  
Tucson, AZ 85733

**Phone:** (520) 327-8586

**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.

**COSTS:** Private Pay

## Oro Valley Public Library

1305 W. Naranja Dr.  
Oro Valley, AZ 85737

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

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

4485 N 1st Ave  
Tucson, AZ 85719

**Phone:** (520) 626-9039

**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. We also offer social activities like dining out events, field trips, and more.

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 two campus locations serving Tucson and Green Valley / Sahuarita, and an extensive online program. We offer classes

during the Fall, Spring, and Summer and help 1,100+ members each year experience the Joy of Learning with no tests or grades.

**COSTS:** Price varies by membership type - currently ranges from \$150 to \$425 for unlimited class offerings. We also offer partial and full fee assistance.

## Tucson Ostomy Support Group

P.O. Box 41454  
Tucson, AZ 85717-1454

**Phones:** (520) 206-0268, (520) 213-2350 for supplies

**DESCRIPTION:** The Ostomy Support Group of Tucson provides current or future ostomates and their caregiver(s) education through meetings, newsletters, and emotional support. The purposes of the OSG-TAZ are to: 1) assist in the rehabilitation of persons who have or will have ostomy surgery; 2) assist all ostomates needing help, including pre-operative and post-operative visits by trained visitors; 3) provide reassurance and emotional support to the ostomate's family; and 4) provide a better understanding of ostomies.

## Medicine Assistance Tool (MAT)

**Phone:** (571) 350-8643

**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.

## Patient Care Advocates

2223 E. Speedway Blvd.  
Tucson, AZ 85719

**Phone:** (520) 546-4141

**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.

## Pima Council on Aging (PCOA)

600 S. Country Club RD  
Tucson, AZ 85716

**Phone:** (520) 305-3453

**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.

## Pima Council on Aging (PCOA)

8467 E. Broadway Blvd.  
Tucson, AZ 85710

**Phone:** (520) 790-7262

**DESCRIPTION:** End-of-Life Planning  
Having conversations with family, health care professionals, and close friends are important for planning your end-of-life care. Organizations like PCOA can help you begin those conversations and give you 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 no longer can 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 are accessible by participating healthcare professionals as part of their electronic health record.

**COSTS:** No Cost.

## Pima Council on Aging (PCOA)



600 S. County Club Rd  
Tucson, AZ 85716

**Phone:** (520) 546-2011

**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.

**COSTS:** No Cost

## Pima County Bar Association

177 N Church Ave, Suite #101  
Tucson, AZ 85701

**Phone:** (520) 623-8258

**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.

## QUILT Modest Means Program

**Phone:** (520) 623-4625

**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](http://www.pimacountybar.org) (click on QUILT), or call the Lawyer Referral Service to determine whether or not you qualify.

**COSTS:** \$30.00 Application Fee.

## Pima County Law Library and Resource Center

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

**Phone:** (520) 724-8456

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

## Pima County Public Fiduciary Office

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

**Phone:** (520) 724-5454

**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.

**COSTS:** Please call for pricing details.

## Joel D Valdez Main Library

101 N. Stone Ave  
Tucson, AZ 85701

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## Rio Rico Medical & Fire District

822 Pendleton Dr.  
Rio Rico, AZ 85648

**Phone:** (520) 281-8421 ext: 7554

**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.

**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.

## Rx Hope

**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.

## Southern Arizona AIDS Foundation (SAAF)

375 S. Euclid Ave.  
Tucson, AZ 85719

**Phones:** (520) 628-7223, (520) 260-1800 Crisis Line, (800) 771-9054 (Toll free)

**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.

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

## Sahuarita Library

670 Sahuarita Rd. W  
Sahuarita, AZ 85629

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## **W. Anne Gibson-Esmond Station Library**

10931 E. Mary Ann Cleveland Way  
Tucson, AZ 85747

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

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

## **Salazar-Ajo Library**

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

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

**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 <http://www.library.pima.gov> for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## **Sam Lena-South Tucson Library**

1607 S. 6th Ave.  
Tucson, AZ 85713

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

**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 <http://www.library.pima.gov> for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

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

## **Santa Rosa Library**

1075 S. 10th Ave.

Tucson, AZ 85701

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

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

## VA 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

**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.

## Southwest Fair Housing Council

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

**Phone:** (520) 798-1568

**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.

**COSTS:** 0 Free We are a grant-funded organization

## Southwest Library

6855 S. Mark Rd.  
Tucson, AZ 85757

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

**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 <http://www.library.pima.gov> for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

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

## **Sterling Case Management & Fiduciaries of Arizona, LLC**

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

**Phone:** (520) 428-5080

**DESCRIPTION:** Fiduciary Services, Guardian and Conservatorship, Medical and Financial POA, Personal Representative, and Trustee. We offer Case Management to families needing support and assistance caring for their loved ones. We act as trustees for special needs trusts for disabled adults. Sterling also is contracted with the VA to serve as Federal Payee for veterans. We offer transportation services.

**COSTS:** Fee for service by the hour. We offer a complimentary discovery session where you can learn about Sterling Case Management and Fiduciaries of Arizona see and what we have to offer. We frequently develop a plan and assistance at no charge.

## **The Aging Mastery Program (AMP)**

600 S. Country Club Rd.  
Tucson, AZ 85716

**Phone:** (520) 790-7573 ext: 1800

**DESCRIPTION:** The Aging Mastery Program® offers a comprehensive approach to aging well. The program combines classes with expert speakers, group discussions, 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 the following:

- 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 12, 2023, 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. 12, 19, 26, Oct. 3, 10, 17, 24, 31, 2023. The early Bird Registration fee is \$89 per person if registered and paid by Tues., August 29, 2023. After August 29, the cost is \$99 per person. Registration and Fee (payable in advance) by Tuesday, August 29, 2023. (No refunds after Tues., August 29, 2023.)

**COSTS:** The early Bird Registration fee is \$89 per person if registered and paid by Tues., August 29, 2023. After August 29, the cost is \$99 per person. Registration and Fee (payable in advance) by Tuesday, August 29, 2023. (No refunds after Tues., August 29, 2023.)

## **The Conversation Project**

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

**DESCRIPTION:** The Conversation Project® is a public engagement initiative of the Institute for Healthcare Improvement (IHI). Our goal is simple and transformative: to help everyone talk about their wishes for care through the end of life to be understood and respected.

## **Arizona's Children's Association**

3716 E. Columbia St.  
Tucson, AZ 85714

**Phones:** (800) 944-7611, (520) 549-3733

**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.

**COSTS:** No cost for Arizona Kinship Support Services.

## University of Arizona - Hearing Clinic

1131 E. 2nd St.  
Tucson, AZ 85721

**Phone:** (520) 621-7070

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

**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.

## U.S. Department of Veterans Affairs (VA)

**Phone:** (888) 407-0144

**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.

## Valencia Library

202 W. Valencia Rd.  
Tucson, AZ 85706

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## Veterans Crisis Line

**Phone:** (800) 273-8255 ext: 1

**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](http://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.

## Western States Pension Assistance Project

501 12th St.  
Sacramento, CA 95814

**Phone:** (866) 413-4911

**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.

## Wheeler Taft Abbett Sr Library

7800 N. Schisler Dr.  
Tucson, AZ 85743

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

**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 <http://www.library.pima.gov> for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## Widows/Widowers Support Group

14233 E Placita Nievla  
Tucson, AZ 85747

**Phone:** 520-884-4570

**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.

**COSTS:** \$15.00 membership fee

## Woods Memorial Library

3455 N. First Ave.  
Tucson, AZ 85719

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

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

## YWCA Southern Arizona

525 N. Bonita Ave  
Tucson, AZ 85745

**Phones:** (520) 884-7810 ext: 100, (520) 884-8916

**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.

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

## Arizona Department of Veterans' Services

555 E. Ajo Way  
Tucson, AZ 85713

**Phone:** (800) 827-1000

**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.

## Envoy America

**Phone:** (888) 375-5558

**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.

## Easterseals Blake Foundation

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

**Phone:** (520) 327-1529 ext: 7032



**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.

**COSTS:** AHCCCS only

## **Gloria's Assisted Living, LLC.**

3340 S. Watson Dr.  
Tucson, AZ 85730

**Phones:** (520) 298-1195, (520) 465-2869

**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.

**COSTS:** Please call for pricing details.  
Accepts ALTCS - Mercy Care and Banner United Health

## BeeHive Homes of Marana

6180 W. Mamie Kai Dr.  
Marana, AZ 85743

**Phone:** (520) 579-6788

**DESCRIPTION:** Beehive Homes is a 20-unit Assisted Living and Dementia Care facility. Our home has 15 Suites with large friendly living rooms, an open-air kitchen and dining room, private Suites, and shared rooms. Our home provides residents with comfortable settings without the overwhelming long hallways, elevators, and confusing layout.

Beehive Home's Assisted Living and Memory Care services are designed for residents who need assistance with essential daily activities. We are proud to offer all-inclusive rates based on the resident's needs. Devoted certified caregivers are available 24 hours a day / seven days a week, to help with bathing, dressing, medications, meals, laundry, housekeeping, and additional activities for daily living services.

**COSTS:** ALTC Contract: Mercy Care  
Private pay please call for pricing details.

## Dusenberry-River Library

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

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## Volunteer Income Tax Assistance (VITA)

330 N. Commerce Park Loop., Ste. 200  
Tucson, AZ 85745

**Phone:** 520-903-9000

**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.

## Miracles Life Care LLC

2828 N. Country Club Rd.  
Tucson, AZ 85716

**Phone:** (520) 261-2273

**DESCRIPTION:** Home Health Care and Caregiving Services from 4 to 24 hour coverage 7 days per week.

Including but not limited to ADL's, meal prep, grocery store transportation/assistance, doctor appointments, social outings, medication management/reminders, home exercise and mobility activities, light housekeeping, help facilitate hobbies and social activities.

**COSTS:** Competitive Industry Rates, 3 Hour minimum, no hidden fees, no evaluation fees, no mileage fees, no add-on fees for additional

services and no additional fees for multiple members of the household.

## Stroke Resource Center of Southern Arizona

Tucson, AZ 85712

**Phone:** (520) 488-5009

**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.

**COSTS:** No Cost

## Parkinson's Disease Nutrition

**Phone:** (520) 270-3836

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

**COSTS:** Prices vary depending on the individual. Please call for pricing details.

## All About Services LLC

PO Box 35111  
Tucson, AZ 85740

**Phone:** (520) 990-6464

**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.

\*\*\* Hands on caregiving and house cleaning not offered.\*\*\*

**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.

## Aging Successfully in Diverse Communities

500 N. 3rd St.  
Phoenix, AZ 85004

**Phone:** (844) 418-5538

**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.

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

## **SMC Counseling & Social Work, LLC**

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

**Phone:** (520) 262-2170

**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.

**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

## **Tucson Life Care**

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

**Phone:** (520) 305-4454

**DESCRIPTION:** We are the one call to make to sort out what services you need. 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. 24-hour on-call for established clients.

Campbell office location by appointment only.

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

## **Money Management International**

2401 W. Peoria Ave., Ste. 350  
Phoenix, AZ 85029

**Phone:** (602) 246-4520

**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. Call 866-550-8004 (toll-free).

Online counseling is also provided. Please fill out this form: [moneymanagement.org/online-counseling](http://moneymanagement.org/online-counseling)

## **Griiffin's Trauma Scene Cleanup LLC**

11711 S Agua Verde Rd  
Vail, AZ 85641

**Phone:** (520) 444-4999

**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.

**COSTS:** Variable depending upon ability to pay.

## **International Rescue Committee**

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

**Phone:** (602) 651-4458

**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.

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

## **Arizona Coalition for Military Families**

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

**Phone:** (602) 753-8802

**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](mailto:careernav@arizonacoalition.org). Please stay safe and let us know how we can help and support you and your community during this time.

## **Grace Hearing Center**

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

**Phone:** (520) 468-9976

**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.

**COSTS:** Sliding fee schedule along with volunteer hour requests to Southern Arizona

nonprofits

## Americare Home Care

11811 N. Tatum Blvd  
Phoenix, AZ 85024

**Phone:** (520) 261-0094

**DESCRIPTION:** Home care services include but are not limited to personal care, transportation, assistance with transfers, meal prep, light housekeeping, help with showering and toileting, and medication reminders.

**COSTS:** Please call for pricing details.

## Interfaith Community Services (Northwest Location)

2820 W. Ina Rd  
Tucson, AZ 85741

**Phone:** (520) 526-9320

**DESCRIPTION:** Here are a few of the services we offer:

Career options and coaching  
Resume and cover letter development  
Interviewing skills and practice  
Coaching for completing an application for screening by the new Application Tracking System. This means we can help your application get seen by a real person, and not just the computer program that screens submissions.  
Assistance with special circumstances like long gaps in employment and periods of incarceration.  
New Horizons computer learning classes

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To schedule a consultation, please visit this webpage to fill out an appointment request form: [www.icstucson.org/what-we-do/self-sufficiency-programs/employment/#1615225521099-8d30aef4-6620](http://www.icstucson.org/what-we-do/self-sufficiency-programs/employment/#1615225521099-8d30aef4-6620)

## Southern Arizona Placement Agency

4865 E. 18th St  
Tucson, AZ 85711

**Phone:** (520) 345-0297

**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.

**COSTS:** No cost to the client or their family. Our services are paid for by the assisted living homes and communities in the community.

## TMC for Seniors Advance Care Planning

2695 N. Craycroft Road  
Tucson, AZ 85712

**Phone:** (520) 324-1960

**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

**COSTS:** The cost for advance care planning is free.

## Life and Work Connections

888 N. Euclid, Suite 113  
Tucson, AZ 85721

**Phone:** (520) 621-9870

**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.

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

## Deena Hitzke Counseling

1145 North Craycroft, Ste., 101  
Tucson, AZ 85716

**Phone:** (520) 390-3484

**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

**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.

## Elderhealth PLLC

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

**Phone:** (520) 829-9987

**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 a certified music therapist, 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.

**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.

## Goodwill Career Centers (multiple locations)

Locations in Midvale; Flowing Wells; Kolb & 22nd; Ft Lowell & Dodge; Casa Grande; and Sierra Vista  
Tucson, AZ

**DESCRIPTION:** 6 local career centers providing the following services:

- Job Search and Application Assistance
- Resume and Interview Talking Points
- Next Level Skills Workshops (require RSVP)
- Pathways to Living-Wage Careers
- Employer Hiring Events and Onboarding
- SNAP Application Assistance
- Help with Grants and Scholarships

To schedule an appointment, find your local career center and use the contact information listed for your nearest center here: [goodwillsouthernaz.org/programs-and-services/career-centers/](http://goodwillsouthernaz.org/programs-and-services/career-centers/)

## Indigent Interment Services

2825 E. District St.  
Tucson, AZ 85714

**Phone:** 520-724-2170

**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](https://webcms.pima.gov/UserFiles/Servers/Server_6/File/Government/Medical%20Examiner/IIP-Application.pdf)

## Mobility Plus

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

**Phone:** (520) 225-0415

**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.

**COSTS:** Rental 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 \$299.99/month plus \$499.99 delivery,  
installation, and removal (3 mo. min.)  
Hospital Beds \$499.99/1st month including  
delivery \$299.99/add'l mos. (1 mo. min.)

## Gentle Hearts Homecare LLC

9542 E. Creek St  
Tucson, AZ 85730

**Phone:** (520) 405-3585

**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.

**COSTS:** Our fee's range from \$27-\$34 an hour depending on specific needs of each client.

## Funeral Consumers Alliance of Arizona

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

**Phone:** (520) 721-0230

**DESCRIPTION:** 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.

## Going Home with Care

3950 S Camino del Heroe  
Green Valley, AZ 85614

**Phone:** (520) 625-5966

**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.

**COSTS:** No cost for this program.

## La Santuarria Art Therapy Studio

270 S. Stone Ave  
Tucson, AZ 85701

**Phone:** (520) 665-8891

**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.

**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.

## **KARE Family Center**

220 E. Speedway Blvd.  
Tucson, AZ 85705

**Phone:** (520) 382.5584

**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.

## **MedCure**

**Phone:** (866) 560-2525

**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.

**COSTS:** Call for details.

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

PO Box 13485  
Tucson, AZ 85732

**Phone:** (520) 355-3356

**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

## **988 Suicide & Crisis Lifeline**

**Phone:** Call or text 988

**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.

## Placita Senior Advisors

333 N Wilmot #340  
Tucson, AZ 85711

**Phone:** (520) 221-2083

**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.

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

## Emergency Eviction Legal Services Program (EELS)

**Phone:** (520) 724-3357

**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.

**COSTS:** Eligibility Requirements.

## Harmony Hospice

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

**Phone:** (520) 284-9334

**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.

## Eden Home Health

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

**Phone:** (520) 335-6118

**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.

**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.

## Senior Housing Net

**Phone:** (855) 999-4938

**DESCRIPTION:** Need help finding or choosing a local assisted living community, in-home care agency, or other senior care provider? Talk to one of our Family Advisors toll-free

## Tucson Vet Center

2525 E. Broadway Blvd.  
Tucson, AZ 85716

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

## Inspirations of River Centre

5665 East River Rd.  
Tucson, AZ 85750

**Phone:** (520) 462-4338

**DESCRIPTION:** Inspirations of River Centre is an assisted living community that provides everything from planned activities to social events, 24/7 help. Our amenities include 2-bedroom apartments, 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 or respite care for caregivers.

**COSTS:** Please call for pricing details.

## Frank De La Cruz-El Pueblo Library

101 W. Irvington Rd.  
Tucson, AZ 85714

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

**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 <http://www.library.pima.gov> for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

**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

## Quincie Douglas Library

1585 E. 36th St.  
Tucson, AZ 85713

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

**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](http://www.library.pima.gov) for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

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

## Tucson Notary Pro LLC

Tucson, AZ

**Phone:** (520) 373-7715

**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.

**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.

## The Gratitude Crew

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

**Phone:** (520) 201-8227

**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.

**COSTS:** We are a free service. We do take donations.

## Canyon View by Platinum Care

1331 E. Sobre Lomas  
Tucson, AZ 85718

**Phone:** (520) 393-9952

**DESCRIPTION:** Canyon View by Platinum Care Homes is an assisted living facility that provides three levels of care, help with all activities of daily living, nutritious fresh meals, medication management and activities, with private rooms and beautiful common areas. Platinum Care Homes strives to deliver an exceptional lifestyle and home environment for our residents by employing the best certified caregivers, providing a robust wellness program, and offering our services in a comfortable home so that residents get the care and individual attention they need and deserve. Come see why small communities offering tailored care are preferred over large impersonal facilities. Owned by medical professionals with integrity and experience.

**COSTS:** Private rooms start at \$4800 monthly

## Cottages of Tucson

619 W. Chula Vista Rd.  
Tucson, AZ 85704

**Phone:** (520) 606-5850

**DESCRIPTION:** One of the most difficult decisions a family can face is how to help a loved one with Alzheimer's or other memory loss problems. The Cottages of Tucson, a memory care community, combines the best features of adult family homes and professional, compassionate assisted living communities. Here, you will find an intimate environment where residents receive individual attention from a professionally managed, highly trained, and compassionate staff, available 24 hours a day and seven days a week.

Our Memory Care Community offers four small, cozy cottages, each with only twenty residents. This design concept allows us to give your loved one the personal attention they deserve in a familiar, intimate, calm, and safe environment. Each cottage is self-contained with a kitchen, dining room, laundry, living room area with fireplace, and private resident rooms.

**COSTS:** Please call for pricing details.

## Telecare Services

601 N La Canada Dr  
Green Valley, AZ 85614

**Phone:** (520) 351-6744

**DESCRIPTION:** TeleCare Service offers a free daily phone call to Green Valley residents who live alone. Our TeleCare team places calls between 7:30 a.m. and 9:00 a.m., 365 days a year. If a resident does not answer after several attempts, the SAV Supervisor dispatches a SAV Patrol to check on the person. Thankfully, in most cases, the person is fine, but if they cannot be contacted at their home, SAV patrol members enlist the help of Pima County Sheriff's deputies who take over efforts to contact the resident. For more information, or to enroll in the program,

please call the TeleCare answering system at (520) 351-6706 to leave a message. Your call will be returned within 24 hours.

**COSTS:** Free

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Green Valley, AZ 85614

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## Arizona Department of Economic Security (multiple locations)

**Phone:** (833) 762-8196

**DESCRIPTION:** Arizona Department of Economic Security (AZ DES) provides a variety of services (e.g. job assistance) to older adults throughout Arizona to ensure their safety and economic security.

You can receive no-cost employment readiness services virtually or in-person.

To receive virtual assistance, call 1-833-762-8196 or set up an online appointment at this webpage: [workappointment.azdes.gov/](http://workappointment.azdes.gov/)

For in-person employment services, find a DES office near you: [des.az.gov/find-your-local-office](http://des.az.gov/find-your-local-office)

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Below are some (but not all) of the services AZ DES offers to help older adults gain employment:

\* Senior Community Service Employment Program (SCSEP): Assists low-income, unemployed individuals aged 55 years or older find employment. For more information, visit the following webpage: [des.az.gov/services/older-adults/senior-community-service-employment-program](https://des.az.gov/services/older-adults/senior-community-service-employment-program)

\*Veterans Program: Increase job opportunities for veterans and eligible spouses. For more information, visit the following webpage: [des.az.gov/services/employment/veterans](https://des.az.gov/services/employment/veterans)

\*Arizona Rehabilitation Services: Open to individuals with disabilities seeking employment. Visit the following webpage for more information: [des.az.gov/services/employment/arizona-rehabilitation-services](https://des.az.gov/services/employment/arizona-rehabilitation-services)

## Interfaith Community Services (Central Location)

122 N Craycroft Rd  
Tucson, AZ 85711

**Phone:** 520-297-6049

**DESCRIPTION:** Here are a few of the services we offer:

- Career options and coaching
- Resume and cover letter development
- Interviewing skills and practice
- Coaching for completing an application for screening by the new Application Tracking System. This means we can help your application get seen by a real person, and not just the computer program that screens submissions.
- Assistance with special circumstances like long gaps in employment and periods of incarceration.
- New Horizons computer learning classes

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To schedule a consultation, please visit this webpage to fill out an appointment request form: [www.icstucson.org/what-we-do/self-sufficiency-programs/employment/#1615225521099-8d30aef4-6620](http://www.icstucson.org/what-we-do/self-sufficiency-programs/employment/#1615225521099-8d30aef4-6620)

## Kate Stewart Book Coaching, Editorial, and Oral History Services

855 East River Road #126  
Tucson, AZ 85718

**Phone:** (319) 321-8225

**DESCRIPTION:** I provide services to older adults including oral history recording and transcripts, memoir ghostwriting, book coaching (assisting writers with their nonfiction book writing and publishing goals), and archival services. If you are concerned about how to pass down your stories and legacy to the next generations, I can help!

Services available in person in Tucson and Phoenix and also by Zoom.

**COSTS:** Starting at \$50/hour for oral history services; package and retainer rates available for memoir ghostwriting, book coaching, and archival services.

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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.