

# A LIST OF COMMUNITY RESOURCES

## **AARP AMERICAN ASSOC. OF RETIRED PERSONS**

602-256-2277 800-424-3410  
 Enhance the experience of aging thru education [www.aarp.org](http://www.aarp.org)  
 advocacy, information and services.

## **"ABIL" A BRIDGE TO INDEPENDENT LIVING**

602-256-2245 602-256-2154  
 Provides info & referral to persons w/disabilities,  
 Peer support, Home modifications (ramps/bars), Employment services,  
 Independent living skills instruction, Counseling & more

## **ADDICTION COUNCIL- East Valley**

480-962-7922

## **AGING**

### **AREA AGENCY on AGING:**

602-264-2255

Respite Service: for an individual who cares for  
 an older parent, grandparent, or friend, a personal break  
 from their role as caregiver, providing free time to shop  
 or simply see a movie/also Resource guide/support groups

### **Area Agency on Aging 24 Help Line**

602-264-4357

### **Gov National Advisory Council on Aging**

602-542-4710

Advises Secretary of US Dept of Health & Human Services and the  
 Director of the NIA.

800-424-9046

### **National Institute on Aging Information Center**

800-222-2225

### **NATIONAL INSTITUTE ON AGING** - The primary Federal agency for

Alzheimer's disease research, provides publication on medications,  
 dietary supplements, diseases, clinical trials, related organizations

related sites: [www.nia.nih.gov/HealthInformation/](http://www.nia.nih.gov/HealthInformation/)

800-424-9046

### **AHCCCS:**

800-654-8713

### **Arizona Health Care Cost Containment System**

Arizona's Medicaid Program: delivery of managed care. Pays other  
 programs & health plans to provide care for enrolled members

## **ALCOHOLISM**

Alcohol addiction and drug helpline

800-821-4357

Alcoholics Anonymous

480-834-9033

National Council on Alcoholism

800-622-2255

Alcohol & Addiction Assist

602-277-7527

## **ALTCS: AZ LONG TERM CARE SERVICES**

Phoenix

602-417-6200

Mesa

602-417-6400

## **ALZHEIMER'S**

602-528-0545 or

Alzheimer's Disease: Association

602-528-0550

Alzheimer's education and referral center

800-438-4380

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

### **ELDER ABUSE: MESA**

480-345-1708

### **ELDER ABUSE: APACHE JUNCTION**

480-983-0426

### **Epilepsy & Seizure Disorder Support**

480-786-6616

## **AMERICAN RED CROSS - GILBERT**

480-892-9898

American Red Cross Mesa

480-461-1100

American Red Cross Main Office Phoenix

602-336-6660

## **APS: ADULT PROTECTIVE SERVICES**

877-767-2385

APS - Mesa

480-345-1708

## **ARTHRITIS**

602-264-7679

## **ASIAN LANGUAGE BANK:** Older asians can receive information

in their language, Interpreters speak Chinese, Japanese, Viet-

Filipino 24-hour Senior HELP LINE

602-264-HELP

## **ASTHMA**

800-727-8462

## **ATTORNEY GENERAL- ELDER AFFAIRS**

602-542-2124

## **AZ DEPT HEALTH SERVICES**

602-542-1000

## **BRAIN INJURY ASSOCIATION OF ARIZONA**

602-323-9165

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

## **CANCER:**

602-244-0524 or

### **American Cancer Society**

602-224-0880

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

800-227-2345

American Institute for Cancer Research

800-843-8114

National Cancer Institute - Information Service

800-422-6237

Cancer Resource Network

480-464-9096

### **CENTER for DISEASE CONTROL**[www.edc.gov/](http://www.edc.gov/)

800-458-5231

### **CONTINENCE, SIMON FOUNDATION FOR**

800-237-4666

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

## **COMMUNITY CARE: INTERFAITH SERVICES**

623-979-7126

### **COUNSELING** - East Valley Interfaith

480-969-2783

### **COUMADIN CLINIC**- Banner Baywood

480-321-4396

### **Community Information & Referral Services**

602-263-8856

Community Calendar, Az Links, free publications

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

To Order: *Directory of Human Services and Self-Help*

### **Support Groups** (also on CD) All counties

### **DENTAL** - Central AZ Dental Society

480-344-5880

### **DEAF ALEX GRAHAM BELL ASSOCIATION**

480-837-9044

### **DEPRESSED ANONYMOUS**

602-231-0868

### **DIABETES, AMERICAN DIABETIC ASSOC.**

602-861-4731

[www.diabetes.org/adaAZ](http://www.diabetes.org/adaAZ)

## **HOSPICE:**

National Hospice Foundation [www.hospiceinfo.org/](http://www.hospiceinfo.org/)

## **HYPERTENSION: HeartCenterOnline for patients**

[www.heartcenteronline.com/myheartdr/common/prevention\\_list.html](http://www.heartcenteronline.com/myheartdr/common/prevention_list.html)

### **INSURANCE: Az Dept of Consumer Info**

800-325-2548

## **INDIAN HEALTH**

602-279-5262

<http://www.asha.org/default.htm>

Phoenix Indian Health

602-263-1017

## **IRS - TAX INFORMATION**

800-829-1040

## **J-POUCH OSTOMY SUPPORT**

<http://www.orgsites.com/az/j-pouch-support/>

## **JEWISH COMMUNITY CENTER**

480-483-7121

## **KIDNEY:**

Responsible for protecting the legal & financial rights of vulnerable adults needing guardianship/conservatorship & to administer decedent estates where there is no one else to do so.

**FOOD BANK, ARIZONA, SOUTHEAST** 602-352-3640  
[www.volunteersolutions.org](http://www.volunteersolutions.org)

#### **FUNERAL HOMES:**

**Family Burial & Cremation Center-East Valley** 480-897-9204  
Mariposa Gardens 480- 830-4422  
Messinger Mortuary - Scottsdale 480-945-9521

#### **HEARING**

Az Hearing Resources 480-777-1145  
Hear Now 800-648-4327  
Hearing Instrument Services 602-956-2980  
National Institute on Deafness 800-241-1044  
Hearing Impairment American Speech 800-638-8255

**HEART DISEASE: Az Heart Association** 800-242-8721  
Az Heart Association **Stroke** Connection 800-553-6321  
Mended Hearts 602-414-5353  
American Heart Association-Az affiliate 602-414-5353

#### **HEAD AND BRAIN**

Head & Brain Injury Foundation 602-952-2449  
American Brain Tumor Association (APDA) [www.abta.org/](http://www.abta.org/)

#### **HISPANIC HEALTH**

**National Alliance for Hispanic Health** 202-387-5000  
Network of health & human service providers fostering health well being & prosperity of Hispanics. Spanish language resources  
[www.hispanichealth.org/](http://www.hispanichealth.org/)

**National Association for Hispanic Elderly** <http://anppm.org>

**HOMELESS SHELTER** 602-263-8900

**MENTAL HEALTH:** Generations - Mesa 480-461-2920  
**Arizona Alliance for the Mentally Ill** [az.nami.org](http://az.nami.org)  
**Mental Health Assoc of Az** 480-994-4407

**SUICIDE: EMPACT - Suicide Crisis Hotline** 480-784-1500

**NATIONAL FOUNDATION FOR DEPRESSIVE ILLNESS**  
[www.depression.org](http://www.depression.org) 800-248-4344

**BEHAVIOR HEALTH CRISIS HOTLINE** 602-254-4357

**MULTIPLE SCLEROSIS** 480-968-2488

**NATIONAL ASSOCIATION FOR HOME CARE**  
Info on Homecare & Hospice, State Associations, publications, legislation, advocacy, etc 202-547-7424

#### **NATIONAL INSTITUTE of NEUROLOGICAL DISORDERS & STROKE**

NINDS is part of NIH, conducts supports research on stroke head & spinal injuries: [www.ninds.nih.gov/](http://www.ninds.nih.gov/) 1-800-352-9424  
Tumors of the central nervous system, Epilepsy, Multiple Sclerosis, Huntington's Disease, Parkinson's Disease, Alzheimer's Disease.

**OMBUDSMAN** 602-528-3715

#### **ORGAN DONATION:**

Organ Donation Anatomical Gift Foundation 602-528-3715  
Donor Network of Arizona 800-447-9477

National Kidney Foundation 800-622-9010

**LEUKEMIA:** Foundation of Arizona 602-495-1472

**LAWYER REFERRAL SERVICES** 602-257-4434

**LIVER: AMERI. LIVER FOUNDATION** [www.liverfoundation.org](http://www.liverfoundation.org)

Promotes liver health & disease prevention, education, advocacy for those affected by hepatitis and other liver diseases

#### **LUNG**

American Lung Association of Arizona 602-258-7505

**MEALS:** Chandler- Meals on Wheels 480-963-5678

Escalante, Senior Ctr Tempe 480-350-5880

Mesa Meals on Wheels 480-969-6401

[www.mealcall.org/meals-on-wheels/az/](http://www.mealcall.org/meals-on-wheels/az/)

Meals While You Heal 480-962-5612

Tempe Meals on Wheels 480-784-5668

**SMILE (Pinal County)** 800-293-9393

Services Maximizing Independent Living Empowerment

#### **MEDICARE**

Medicare State Health Insurance Assistance 800-432-4040

Medicare Hotline 800-638-6833

Medicare Rights Center 212-869-3850

Medicare Information 800-633-4227

#### **PROSTHETICS**

Prosthetic Outreach Foundation

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

Offers amputee Resources & Support Groups, Prosthetic [www.opfund.org](http://www.opfund.org)

Providers, Professional Org & Resources, Journals & Pub.,

#### **Orthotic & Prosthetic Assistance Fund, Inc**

**ABOVE KNEE AMPUTEE** [www.abovekneeamputee.com/](http://www.abovekneeamputee.com/)  
840-396-3500

**AMPUTEE ONLINE** [www.amputee-online.com/](http://www.amputee-online.com/) 480-835-0909

**United Amputee Services Association Inc.** [www.opfund.org](http://www.opfund.org)

[www.oandp.com/resources/organizations/uasa/](http://www.oandp.com/resources/organizations/uasa/)

Offers: The Survivor's Guide for the Recent Amputee

#### **SENIOR SERVICES-** Meals, Rx assist.

dental/caregiver programs, transportation, volunteers, assistance with paperwork, i.e. taxes 602-390-1523

East Mesa Senior Center 480-775-7611

Red Mountain Senior Center East

Apache Junction Senior Center

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

**VESTIBULAR DISORDERS ASSOCIATION:** 480-854-9833

Info to public about inner ear balance disorders such as 480-358-6767

Meniere's disease, BPPV, and Labyrinthitis Dizziness, 480-461-2375

vertigo, nausea, fuzzy vision, hearing problems, fatigue, and

changes in cognitive functioning. [www.vestibular.org](http://www.vestibular.org)

Vestibular & Balance Clinic/ Samaritan Hosp Rehab Institute

480-962-5612

**VETERANS ADMINISTRATION** 480-218-2221

**OSTEOPOROSIS:**

Osteoporosis National Foundation 800-223-9994  
 Osteoporosis National Foundation - Local 602-246-7452  
 NIH Osteoporosis & Related Bone Diseases 800-624-bone  
 National Resource Center (info & resources) [www.osteo.org](http://www.osteo.org)  
 National Osteoporosis Foundation [www.nof.org/](http://www.nof.org/) 202-223-2226  
**PACE (Phx Advocacy & Counseling for the Elderly)** 602-262-6631  
**PARKINSON'S Disease Foundation** [www.pdf.org](http://www.pdf.org) 602-406-4931

**PET LOSS GRIEF SUPPORT**

480-838-7611

**SOCIAL SECURITY ADMINISTRATION**

800-772-1213

**STROKES: [www.AmericanStroke.org](http://www.AmericanStroke.org)**

800-431-2804

**Stroke National Connection**

800-553-6321

**Stroke National Association: Online Info**

800-787-6537

**American Stroke Association [www.strokeassociation.org/](http://www.strokeassociation.org/)**

**Stroke Support Groups**

602-252-6061

**TRANSPORTATION:**

AA Medex - Wheelchair Service 480-735-8000  
 American HTS (Special Needs-Wheelchair) 602-253-0911  
 American Red Cross 602-336-6660  
 American Taxi Co. 480-833-8333  
 Central Az Travel & Transportation Service 1-888-316-1419  
 Checker Cab Co. 480-834-4545  
 Discount Cab Co. 602-200-2000  
 Dial a Ride, East Valley 480-633-0101  
 Guardian Angel Transport 602-938-1136  
 Greyhound Bus Lines 1-800-231-2222  
 Mesa Senior Center 480-962-5612  
 Phoenix Dial-a-Ride 602-253-4000  
 Phoenix Urban League 602-254-5611  
 Safe Ride 602-627-6700  
 SCAT - Sun City Areas Transportation 623-977-8363  
 Valley Metro-Buses 602-253-5000  
 Veterans 602-255-4713

**VOCATIONAL REHAB PROGRAMS Available**

[www.de.state.az.us/rsa/vr.asp](http://www.de.state.az.us/rsa/vr.asp)

602-254-9000

**Healthfinder:** A gateway consumer health and hu 480-461-7426

information web site from the US Government. Online publications,  
 clearinghouses, databases, websites, support and self 602-542-3332 voice  
 as well as gov. agencies & not4profit organizations th 602-542-6049  
 reliable info for the public on health issues. [www.Healthfinder.gov](http://www.Healthfinder.gov)

**VISION:** American Academy of Opthal.

800-222-3937

American Council for the Blind

800-424-8666

Arizona Center for Visually Impaired

602-273-7411

Mobility training, teaching computer &

**POISON CONTROL**

623-773-8310

**Center for Research on Women with Disabilities**

(CROWD) 1-800-442-7693 or 713-960-0505

**American Association of People with Disabilities**

1-800-840-8844 or 202-457-0046

**ARIZONA PRIORITY CARE - EAST VALLEY CARE CENTER**

706 North McQueen Road

Gilbert, Az 85233

480-800-6400

Open 7 days 9:00 am to 7:00 pm

**NeedyMeds**

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

Programs to help people who can't afford medications and  
 healthcare costs. Information available online

Helpline: (800) 503-6897

Email: [info@needymeds.org](mailto:info@needymeds.org)







**Gentiva CareCentrix-**

|                               |                |              |
|-------------------------------|----------------|--------------|
| Gentiva CareCentrix-Intake PX | 602-604-9241   | 602-604-9594 |
| Jan Nelson-Director           | x2200          |              |
| Kathy Emsing-Team Leader      | x2179          |              |
| Mary Kay Miller -Team Leader  | x2130          |              |
| Stan Ferris-Team Leader DME   | x2152          |              |
| CareCentrix - Tampa           | 888-999-2422   |              |
| CareCentrix - Houston         | 800-453-8003   |              |
| CareCentrix - Hartford        | 800-411-2305   |              |
| HELP DESK                     | 1-800-944-4357 |              |

**Branches-**

|                   |              |              |
|-------------------|--------------|--------------|
| Mesa - 0670       | 480-838-5553 | 480-838-3347 |
| PX West-0005      | 602-997-8411 | 602-997-4243 |
| PX Homecare-2166  | 602-265-4886 | 602-604-8524 |
| Pediatrics-2144   | 602-604-0548 | 602-604-9690 |
| Private Duty-0141 | 602-433-200  | 602-279-9796 |

**PX Administration**

|                               |              |              |
|-------------------------------|--------------|--------------|
| John Aurelio AVP-x2300        | 602-279-9898 | 602-279-4243 |
| Sondra Stark -x2301           |              |              |
| Bob Koch PT - Ortho Dir-x2308 |              | 602-319-3822 |

**MISCELLANEOUS NUMBERS:**

|                                  |                |              |
|----------------------------------|----------------|--------------|
| Banner Baywood Heart Hosp        | 480-854-5000   |              |
| Banner Baywood Medical Ctr.      | 480-981-2000   |              |
| United Health                    | 602-664-2100   | 290-888-4747 |
| First Health                     | 480-467-1398?  |              |
| Gentiva Help Desk                | 1-800-944-4357 |              |
| BCBS GHI                         | 1-800-223-9870 |              |
| Great West Eligibility : Ext 219 | 480-892-9285   |              |
| One Health Plan                  | 800-663-8081   |              |
| Great West Life                  | 480-624-5100   |              |
| Indian Health Services           | 263-1200       |              |

**Account Executives**

|                                    |              |
|------------------------------------|--------------|
| Jennifer Harrington RN             | 602-628-2860 |
| Cynthia Burnett LPN                | 602-628-0996 |
| <b><u>HomeCare Specialists</u></b> |              |
| Jody Kaluza RN                     | 480-570-8412 |
| Carla Lasso RN                     | 602-628-2591 |
| Pamela Werber RN                   | 602-703-0766 |
| Pamela (Pam) Lindsey RN PEDS       | 602-440-9904 |
| Meg                                |              |
| Rich                               |              |

**REFERRAL SOURCES**

**Archstone 1980 W. Pecos Rd** 85224 Chand 480-821-1268  
Social Worker/Case Mgr: Ron

**Apache Junction/MSW** 480-983-0700

2012 W. Southern Ave AJ 85220

Social worker/Case Mgr Cindy VanDoren

Connie Medical Records Unit Clerk Eric Aide  
PT/Jim,Meg -Unit Clerk/Judy- RN/Marifa

**Arizona Spine & Joint** 480-832-4770

4620 E.Baseline 85206 Front Desk 480-824-1233

Social worker/Case Mgr Chris Shaw

Social worker/Case Mgr Heather Lorig

**Aurora House**

675 Broadway Ave, AJ 85220 480-288-1791

**Chandler Healthcare** 480-899-6717

2121 W. Elgin St. Chandler 85221

Marketing Director Sue Smith

Social worker/Case Mgr Lisa

**Chandler Regional** Gracie 602-593-3787

**Chandler Regional Hospital** 475 S. Dobson Rd 85224

**Chula Vista** 480-837-3903

60 S. 58th St, Mesa 85206

**REFERRAL SOURCES**

**Desert Cove** 1750 W. Frye Rd 85224 480-899-0641  
Social Worker/Case Mgr: Angie

**Evergreen Mesa** 480-833-4226

255 W. Brown Rd 85201

Social Worker/Case Mgr:

**Evergreen Valley** 480-832-5160

8458 E. Broadway Rd - 85206 Nurs Sta 480-832-5160

Social Worker/Case Mgr April Johnson BSW

**Foothills Manor** 480-759-0358

Ahwatukee

Social worker/Case Mgr

**Friendship Village**

2645 E. Southern Ave 85282 480-831-0880

Social worker/Case Mgr

**Hearthstone of Mesa** 480-985-6992

215 S. Power Road Mesa 85206

Social worker/Case Mgr Zenda Treaster MSW

**Life Care Solutions** 602-437-4480

**Cypress Court** 480-832-1300

Social Worker/Case Mgr: Ellen

## REFERRAL SOURCES

### Mesa General Hospital

515 N. Mesa Dr 85201

RN BSN- Discharge Planner Maureen Lawless 480-586-6903

Mesa General Fax Fax 480-461-4472

RN CMC-Discharge Planner Marianne O'Keefe 480-461-4471

480-586-6903

Social Worker/Case Mgr: Muschi Morgan 602-201-0381

Social Worker/Case Mgr: Jill Purcell MSW W 480-586-6902

Social Worker/Case Mgr: Ailene 480-844-4156

### Mesa Rehab

Front desk: 480-844-4156

Fax: 480-844-4722

Registered Nurses:

Kathy and Di Pat-Roxy-Burnadette

Physical Therapist Mac, Kathy

Program Director Vernon Thatcher

Social Worker/Case Mgr:

### Mesa Wound Care

480-461-4470

534 N. Mesa Dr. 85201 Fax 480-461-4479

Registered Nurse Lynne Solinsky RN

### Mi Casa

480-981-0687

330 S. Pinnule Circle Mesa 85206

Social Worker/Case Mgr:

## REFERRAL SOURCES

### Tempe St. Lukes

480-969-9112 602-238-0892

1500 S. Mill Ave Tempe 85281 (OR 284) 480-784-5500

Social Worker/Case Mgr: Carrie 602-448-4729

Social Worker/Case Mgr: Lucy

Telemetry : 827-7701

Cardiac: Shannon Lunders PA

### Park Regency

480-345-8500

2555 N. Price Road, Chandler 85224

Social Worker: Gil Urban

### Plaza Healthcare

Wendy 480-951-2100

### Springdale East

480-981-8844

7255 E. Broadway Rd 85208

Social Worker: Mark

### Merrill Gardens

2080 S. Ironwood Dr. AJ 85220

Brenda

Dr. Robert Tully 480-981-9800

7525 E. Broadway Rd Suite 2 85208 FAX: 480-

### The Springs

480-985-8900

## PHYSICIANS

|                           |              |
|---------------------------|--------------|
| Dr. Rinely Aquire         | 480-961-2303 |
| Dr. Joseph Alia           | 480-961-2303 |
| Dr. Ahmed                 | 602-787-3210 |
| Dr. Zeenat Ara            | 602-595-8734 |
| Dr. Gustavo Armendarez    | 480-894-5202 |
| Dr. Dennis Armstrong      | 480-969-3531 |
| Dr. Deb Banerjee          | 480-926-0170 |
| Dr. Barlingay Bhagyashree |              |
| Dr. Susan Benz            |              |
| Dr. Brophy                | 480-832-3600 |
| Dr. Jerrelle Copeland     | 480-982-6000 |
| Dr. Vicky Chen            |              |
| Dr. Earl Feng             | 480-969-3531 |
| Dr. Sarojn Kulkarni       | 480-832-2600 |
| Dr. Mary ann Lecavalier   | 480-981-3000 |
| Dr. Michael Lucherini     | 480-981-8650 |
| Dr. Salvatore LaCognata   | 480-461-0047 |
| Dr. Sadek Ebeid           | 480-777-9922 |
| Dr. Roddy Gardner         | 480-967-7824 |
| Dr. Gay                   | 480-981-2700 |
| Dr. Goldberg              |              |
| Dr. Joe Gregory           | 480-834-0771 |
| Dr. Ethan Kennedy         | 480-983-4200 |
| Dr. LaCognata             |              |
| Dr. Andre Matthews        | 480-981-1085 |

## PHYSICIANS

|                      |               |
|----------------------|---------------|
| Dr. Thomas Maxwell   | 480-964-2908  |
| Dr. Leroy Merring    | 602-387-5061  |
| Dr. Frank Metzger    | 480-964-0080  |
| Dr. G Metzger        | 602-230-1400  |
| Dr. Edourd Mouaikel  | 480-961-2303  |
| Dr. Mullen           |               |
| Dr. Novak            | 480-882-2800  |
| Dr. Chuba Ononya     | 480-218-7800  |
| Dr. Steven Ortiz     | 602-208-3090  |
| Dr. Curtis Page      |               |
| Dr. VeraPannini      |               |
| Dr. Rigby Patterson  | 480-324--0300 |
| Dr. Norberto Perez   | 602-553-8400  |
| Dr. Phyllis Popp     | 480-496-9400  |
| Dr. Steven Parker    | 602-208-3747  |
| Dr. Judy Pinsonnault | 480-641-4646  |
| Dr. Gary Purcell     | 480-635-0070  |
| Dr. Ramaswamy Ramesh | 480-830-7707  |
| Dr. Samuel Roberts   | 480-982-0922  |
| Dr. Czar Rodarte     | 480-832-1992  |
| Dr. Larry Sanders    | 480-962-8485  |
| Dr. Juanita Sapp     |               |
| Dr. Kipling Sharpe   | 480-964-2908  |
| Dr. Mikel Skousen    |               |
| Dr. Gregg Smith      | 480-357-2048  |

## PHYSICIANS

|                      |              |
|----------------------|--------------|
| Dr. Fiel Thomas      | 480-894-2823 |
| Dr. Richie Thomas    | 480-835-6100 |
| Dr. Edward Tokatlian | 480-961-2303 |
| Dr. Robert Tully     | 480-981-9800 |
| Dr. Meana Venugopa   |              |
| Dr. John York        |              |
| Dr. William Zipperer | 480-964-0080 |
| Dr. Zwerin           |              |

## PHYSICIANS