



**Arizona  
Priority Care™**

One Goal. One Priority. Your Healthcare.

# Community Resources



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# Community Resources

*This list is not intended to exclude and specifically disclaims any endorsement of any provider listed. The information may change at any time.*

## AARP

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

888 687-2277

Mission is to enhance the quality of life for all as they age. Advocates for positive social change and delivers value to members through information, advocacy, and service. Offers discounts to member seniors on various goods/services.

## Adult Day Care Centers

These are locations of various Adult Day Care Centers. Payment is private or by other programs listed in this Resource.

Glendale	Glendale Adult DC	6010 W Northern 85301	623 532-2983
Mesa	Arbor Rose Adult DC	6033 E Arbor Ave 85206	480 654-8200
Mesa	Red Mountain Creative Care	7550 Adobe St 85207	480 464-1061
Mesa	Town Center Creative Care	247 N MacDonald 85201	480 464-1061
Peoria	West Valley Peoria Adult DC	8133 W Cactus 85381	623 979-7126
Phoenix	Arizona State Vets Adult DC	4141 E Herrera Way 85012	602 248-1550
Phoenix	FSL Adult Day Care Phoenix	3620 N 4 <sup>th</sup> Ave 85013	602 297-1840
Phoenix	John C Lincoln Adult DC	303 E Eva 85020	602 870-6347
Phoenix	Ray Harvey Adult DC	4141 N 3 <sup>rd</sup> St 85012	602 248-1572
Phoenix	Sunflower Healthcare DC	2814 W Bell Ave 85053	602 843-8711
Phoenix	Suntree Adult DC	4120 N 20 <sup>th</sup> St 85016	602 441-4900
Scottsdale	Scottsdale Adult DC	7375 E 2 <sup>nd</sup> St 85257	480 947-4472
Sun City	Mary's Place Memory Care	14601 N Del Webb Blvd 85351	623 815-1031
Sun City	Benevilla Sun City Restorative	15800 Del Webb 85351	623 977-8274
Tempe	FSL Tempe Adult Day Care	2234 E Maryland Dr 85281	602 532-2982

**Adult Protective Service**[www.azdes.gov](http://www.azdes.gov)**602 542-4446**

Protect vulnerable adults from financial, physical abuse, neglect, and exploitation. Make a report by phone or online (<https://des.az.gov/reporting-arizona-adult-abuse-neglect-and-exploitation>). Legal and home-based services can be facilitated with police, lawyers, courts, and community agencies. The goal is to assist individuals to remain in their homes.

**ALTCS – Arizona Long Term Care Services**[www.azachcccs.gov](http://www.azachcccs.gov)**602 417-6600**

This program is for 65+, blind, disabled and/or individuals who live in nursing homes or require care at a nursing home level. The application process requires an interview, meeting eligibility requirements which can take up to 45 days. Thereafter, services are available at nursing homes, assisted living homes, in-home health care, hospice, attendant care at home, delivered meals, adult day care and case management. Apply at local AHCCCS offices which can be found by calling 602 417-6600.

**Alzheimer’s Association – Desert Southwest Chapter**[www.alz.org](http://www.alz.org)**602 528-0545**

Seeks to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Provides support to individuals, families, care partners and communities affected by dementia.

**Area Agency on Aging/Sail Program**[www.aaaphx.org](http://www.aaaphx.org)**602 264-4357**

A vast array of free services are provided to people 60+, people with HIV, AIDS of any age, disabled people over 18 with caregivers. A partial list of services is: home delivered meals, elder domestic violence and abuse, financial counseling and assist with ALTCS applications, job training for people over 50, transportation, caregiver respite, guardianship information, long term care ombudsman program, emergency housing, elder refugee program, Medicare patrol, assistive devices. The SAIL (Senior Adult Independent Living) program provides home services, such as, adult day care, home delivered meals, personal care, home nursing and minor home repairs. A 146 page Elder Resource Guide can be downloaded for free or the Guide can be mailed to you for \$5.00.

**Arizona Department of Veteran’s Services**[www.DVS.AZ.gov](http://www.DVS.AZ.gov)**602 255-3373**

This agency is not the VA. The services are for all veterans and directed toward: homeless vets, processing compensation benefits, appealing VA decisions, filing for survivors benefits, burials, education, records, upgrading military discharges to name a few. Counselors take crisis calls and meet at one of 7 offices in the Phoenix area. See the website or call for more information. A 37 page Veterans Benefit Information Directory can be downloaded for free.

**Caregiver Support Program****24-hour hotline****602 264-4357**

The Area Agency on Aging supports the family caregiver of an adult who can no longer care for him/herself alone by providing short periods of respite, caregiver classes and support groups and a 24 hour support hotline.

Duet AZ has 3 areas of service. They are:

#### Homebound Independent Adults 18 years and older

- Free volunteer services include:
- Grocery shopping
- Transportation to medical appointments
- Friendly visiting for 1 hour 1 time a week to enjoy an activity together
- Friendly phoning 2-3 times a week for 10-15 minutes
- Handyman services
- Home safety assessments
- Respite assistance 2 hours 1 time a week
- Paperwork assistance
- Computer assistance with email and internet instruction for 1 hour a week for up to 12 weeks

#### Caregivers

- Support groups and respite time are provided to caregivers of Alzheimer's or Parkinson's individuals.

#### Grandparents raising Grandchildren

- Grandparents are provided support groups, respite time, workshops, legal guidance, and group activities for families.

### Elder Domestic Violence

These are 2 programs for education and referral information:

#### Doves

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

602 264-4357

Domestic Violence Does Not Respect Age. Abuse is **PHYSICAL, SEXUAL, PSYCHOLOGICAL, FINANCIAL, NEGLECT AND SELF-NEGLECT. IT IS ABOUT POWER AND CONTROL, NOT LOVE.** With a phone call, safety can be provided by free shelters especially for 50+ adults up to 2 weeks. The time can be extended up to 2 years based on needs. Additionally, case management, support groups, crisis intervention, food and clothing, transportation, job readiness, SSI and SSD applications assistance can be provided.

#### Elder Abuse Hotline

[www.AZAG.gov/seniors/elderabuse](http://www.AZAG.gov/seniors/elderabuse)

602 542-2124

Within the Arizona Attorney General's office, the Task Force against Senior Abuse specializes in fraud, abuse, and exploitation. The Task Force is made up of attorneys, investigators, and outreach specialists. Education and reporting information is provided. Also provided are Life Care Planning packets which include:

- Medical Health Care Power of Attorney form
- Mental Health Care Power of Attorney form
- Living Will
- Prehospital Medical Power of Attorney

These forms are provided at [CommunityService@AZAG.gov](mailto:CommunityService@AZAG.gov)

**Elderly Housing Program**[www.HUD.gov/apartments](http://www.HUD.gov/apartments)**602 534-4243**

Apartments at 30 apartment properties are provided for people 55+ for about 30% of an individual's income. Qualifications are based on age, income, household size, background checks. Although this is a statewide program, just apartments in Phoenix are listed here.

Broadway Terrace	12815 N 28 <sup>th</sup> Dr	85029
Casa De Primavera	1617 N 45 <sup>th</sup> Ave	85035
Casa Mia	1010 E Turney	85014
Casa Pedro F Ruiz	6327 W Fillmore St	85043
Christian Care Manor I	11830 N 19 <sup>th</sup> Ave	85029
Christian Care Manor II	11812 N 19 <sup>th</sup> Ave	85029
Christian Care Manor III	1944 W Sunnyside Dr	85029
Colter Commons	3003 W Colter St	85017
CPLC Villas	7235 S 7 <sup>th</sup> St	85042
Fellowship Towers	222 E Indianola Ave	85012
Fillmore Courtyard	722 W Taylor St	85007
Fillmore Gardens	802 N 22 <sup>nd</sup> Pl	85006
Hacienda Del Rio	4121 W McDowell Rd	85009
Hong Lok	3928 N 24 <sup>th</sup> St	85015
Hong Ning	3920 N 24 <sup>th</sup> St	85015
Kivel Manor, East and West	3040 N 36 <sup>th</sup> St	85018
Lemon Grove Apts	7220 N 27 <sup>th</sup> Ave	85051
Paradise Valley Retirement Center	11640 N 27 <sup>th</sup> St	85028
Phoenix Memorial Towers	1405 S 7 <sup>th</sup> Ave	85007
Phoenix Silver Crest Residence	613 N 4 <sup>th</sup> Ave	85003
St Mary's Manor	6515 N 39 <sup>th</sup> Ave	85019
Sunland Terrace	435 E Sunland Ave	85040
Tanner Gardens	4420 S 18 <sup>th</sup> Pl	85040
Urban League Manor	4343 W Thomas Rd	85031
Vista de la Montana	8028 S Jesse Owens	85040
Westward Ho	618 N Central Ave	85004

**Foundation for Senior Living**[www.fsl.org](http://www.fsl.org)**602 285-1800**

This program serves everybody regardless of race, religion, economic status, especially seniors and their families in the area of hunger, disability, aging, illness, loneliness, substandard housing, and caregiving. Programs are adult day care, adult foster care, behavioral health clients, affordable housing, young adult day care for those 18-45 with head injuries and other disabilities

**Homeless Placement Contact****602-413-7213**



## Home Delivered Groceries

These are online stores from which delivery is by local companies.

**Envoy** [www.Helloenvoy.com](http://www.Helloenvoy.com)  
Online ordering from Trader Joe's Whole Foods Costco and delivery within a 2 hour window.

**Fry's stores** [www.Shipt.com](http://www.Shipt.com)  
Online ordering and delivery in 1 hour.

**Safeway stores** [www.Safeway.com](http://www.Safeway.com)  
Groceries are ordered and delivered by Safeway.

**Schwan's Home Service** [www.Schwans.com](http://www.Schwans.com)  
Online ordering and delivered to home.

## Home Delivered Meals

Meals can be delivered from the Senior Centers throughout the Valley. See the list of Senior Centers under "Senior Centers" in this document. Registration is required at the Senior Center beforehand. Meals are usually served at the Center. Home delivery is for a short time and based on medical need. The SAIL and ALTCS programs can deliver meals at home. Registration and some requirements need to be met. The SAIL program is handled by the Area Agency on Aging which is also found in this document.

Private pay meals are available from:

**Dining in** [www.dininginaz.com](http://www.dininginaz.com) 480 269-5163

**Delivery Dine** [www.deliverydine1.com](http://www.deliverydine1.com) 480 206-8332  
Order online with this service for meal delivery from a chosen restaurant for \$4.99.

**Fresh and Lean** [www.freshnlean.com](http://www.freshnlean.com) 888 420-4080  
Food is delivered for about \$27.99 a day.

**Sunfare** [www.Sunfare.com](http://www.Sunfare.com) 866 786-3273  
Healthy meals consisting of breakfast, lunch, dinner and 2 snacks a day are prepared and delivered to home for \$49.95 a day.

**Grub Hub** [www.Grubhub.com](http://www.Grubhub.com) 877 585-1085  
This website searches your neighborhood for restaurants that deliver and their prices.

**Insurance Help** [www.aaaphx.org](http://www.aaaphx.org) 602 264-2255

Arizona Senior Health Insurance Providers (SHIP) is a program for Medicare beneficiaries and their families. The goal is to advocate, counsel and empower people to make informed decisions. SHIP is sponsored and provided by the Area Agency on Aging which can be found on this list.

## Legal Assistance for ALTCS (Arizona Long Term Care Services) applications, Elder Law Issues, Estate Planning

Area Agency on Aging [www.aaaphx.org](http://www.aaaphx.org) 602 264-2255  
Offers assistance with ALTCS applications and a variety of other legal issues. See this listing elsewhere in this document.

Arizona Senior Citizen's Law Project [www.azlawhelp.org](http://www.azlawhelp.org) 602 252-6710  
Assistance with numerous legal issues from Bankruptcy, Domestic Violence to Immigrant Rights and much more. Free to low cost for seniors. Sponsored by the Arizona Bar Association.

Arizona Bar Association [www.Maricopalawyers.org](http://www.Maricopalawyers.org) 602 257-4434  
For \$40 for a 30 minute talk to a lawyer who specializes in your problem area.

## Medical Alert Devices

Monitoring devices protect people living alone from various accidents, falls, strokes, seizures. Some alerts are activated by the individual in trouble. Others have sensors to detect falls, etc. requiring no action by the person. AARP recommends the following companies.

Life Alert	<a href="http://www.lifealert.com">www.lifealert.com</a>	800 494-9394
Life Station	<a href="http://www.lifestation.com">www.lifestation.com</a>	866 286-5518
Medical Alert	<a href="http://www.medicalalert.com">www.medicalalert.com</a>	800 800-2537
Mobile Help	<a href="http://www.mobilehelp.com">www.mobilehelp.com</a>	800 992-0616
Philips Life Line	<a href="http://www.lifeline.philips">www.lifeline.philips</a>	855 681-5351
Rescue Alert	<a href="http://www.rescuealert.com">www.rescuealert.com</a>	800 688-9576

## Medical Equipment Loan Closets

Free/low cost medical equipment is loaned or given to those in need.

<b>ABIL Lending Closet</b>	5025 E Washington 85034	<a href="http://www.Abil.com">www.Abil.com</a>	602 256-2245
<b>Ability 360</b>	5031 E Washington 85034	<a href="http://www.ability360.org">www.ability360.org</a>	602 386-4566
<b>ALS Association</b>	360 E Coronado 85004	<a href="http://www.ALSA.org">www.ALSA.org</a>	866 350-2572
<b>Elks Lodge</b>	14424 N. 32 <sup>nd</sup> St 85032	<a href="http://www.elks.org">www.elks.org</a>	602 482-2335
<b>Helping Hands Foundation</b>	14624 RH Johnson Blvd. Avondale 85375	<a href="http://www.scwfoundation.org">www.scwfoundation.org</a>	623 975-5499
<b>St Vincent DePaul</b>	420 W Watkins Road 85003	<a href="http://www.stvincentdepaul.net">www.stvincentdepaul.net</a>	602 261-6896
<b>Southwest Lending Closet</b>	218 N Central. Avondale 85323	<a href="http://www.southwestlendingcloset.org">www.southwestlendingcloset.org</a>	623 932-1016
<b>Sunshine Services</b>	9980 Santa Fe Drive. Sun City 85351	<a href="http://www.sunshineservice.org">www.sunshineservice.org</a>	623 974-2561

## Medical Equipment Stores

Private pay stores to order medical equipment and have it delivered.

<b>Active Forever</b>	8 locations in valley	<a href="http://www.activeforever.com">www.activeforever.com</a>	800 377-8033
<b>Allegro Medical</b>	1733 E McKellips Road. Tempe 85281	<a href="http://www.Allegromedical.com">www.Allegromedical.com</a>	480 990-8881
<b>CVS</b>	25 stores in Phoenix	<a href="http://www.cvs.com">www.cvs.com</a>	888 607-4287
<b>Southwest Medical Supply</b>	505 W Thomas Road 85013	<a href="http://www.southwestmedical.com">www.southwestmedical.com</a>	800 236-4215
<b>Ultimate Medical</b>	420 E Bell Road 85022	<a href="http://www.umeaz.com">www.umeaz.com</a>	602 978-4100
<b>Walgreen Health Initiatives</b>	Various locations in the valley	<a href="http://www.Walgreens.com">www.Walgreens.com</a>	800 925-4733

## Placement Coordinators

Placement coordinators make safe housing arrangements for the elderly needing more assistance. The services are usually free. Some of these organizations are:

Adult Care Connections	<a href="http://www.Adultcareconnection.com">www.Adultcareconnection.com</a>	480 380-2348
AZ Assisted Living Options	<a href="http://www.azoptions.com">www.azoptions.com</a>	602 620-3796
From The Heart.AZ LLC	<a href="http://www.fromtheheartaz.com">www.fromtheheartaz.com</a>	602 578-3892
Tender Touch	<a href="http://www.tendertouchresources.com">www.tendertouchresources.com</a>	480 221-3464

## Private Duty Home Caregivers

These agencies provide an array of home services: meal preparation, bathing, dressing, shopping, companionship, laundry, non-medical care and more.

Affordable Home Care Solutions	<a href="http://www.affordablehomecare.com">www.affordablehomecare.com</a>	480 451-8183
Always Best Care Senior Services	<a href="http://www.alwaysbestcare.org">www.alwaysbestcare.org</a>	480 306-8862
Bayada Nurses	<a href="http://www.bayada.com">www.bayada.com</a>	888 889-2821
Bright Star	<a href="http://www.brightstarcare.com">www.brightstarcare.com</a>	480 897-1166
Concepts in Care	<a href="http://www.conceptsincare.org">www.conceptsincare.org</a>	602 942-9430
Home Instead Senior Care	<a href="http://www.homeinstead.com">www.homeinstead.com</a>	602 903-1346
Nightingale Home Care	<a href="http://www.ngcare.com">www.ngcare.com</a>	602 504-1552
Right At Home	<a href="http://www.nwphx.rightathome.net">www.nwphx.rightathome.net</a>	623 878-5050
Synergy Home Care	<a href="http://www.synergyhomecare.com">www.synergyhomecare.com</a>	877 432-2692
Visiting Angels	<a href="http://www.visitingangels.com">www.visitingangels.com</a>	800 365-4189



## Senior Centers

Senior Centers are sponsored by the City of Phoenix Human Services. The program is for independent seniors who could benefit from socialization, classes and/or a meal. Lunches are provided for a contribution of about \$3.00 a day. Transportation is provided by Senior Shuttle (602 801-1160) or Reserve a Ride (602 262-1870).

### Phoenix Centers

Adam Diaz Senior Center	4115 W Thomas Rd 85019	602 262-1609
Chinese Senior Center	734 W Elm St 85013	602 262-6411
Deer Valley Senior Center	2001 W Wahalla Ln 85027	602 495-3714
Desert West Senior Center	6501 W Virginia Ave 85035	602 495-3711
Devonshire Senior Center	2802 E Devonshire Ave 85016	602 262-7807
Geolet A C Beuf Senior Center	3435 W Pinnacle Peak Rd 85027	602 534-9743
Helen Drake Senior Center	7600 N 27 <sup>th</sup> Ave 85051	602 262-4949
Marcos de Niza Senior center	305 W Pima 85003	602 362-7249
McDowell Place Senior Center	1845 E McDowell Rd 85006	602 262-1842
Paradise Valley Senior Center	17402 N 40 <sup>th</sup> St 85032	602 495-3785
Pecos Senior Center	17010 S 48 <sup>th</sup> St 85048	602 543-5366
Senior Opportunities West Sr Center	1220 S 7 <sup>th</sup> Ave 85007	602 262-6610
Shadow Mountain Senior Center	3546 E Sweetwater 85032	602 534-2303
South Mountain Senior Center	212 E Alta Vista Rd 85040	602 262-4093
Sunnyslope Senior Center	802 E Vogel Ave 85020	602 262-7572

### Glendale Centers

Glendale Adult Center	5970 W Brown St 85302	623 930-4321
Valley West YMCA	8561 N 61 <sup>st</sup> Ave 85301	623 931-7436

### Mesa Centers

Mesa Senior Center	247 N MacDonald 85201	480 962-5612
Red Mountain Senior Center	7550 E Adobe 85207	480 218-2221

### Scottsdale Centers

Granite Reef Senior Center	1700 N Granite Reef Rd 85257	480 312-1700
Via Linda Senior Center	10440 E Via Linda 85258	480 312-5810

### Tempe Centers

Escalante Senior Center	2150 E Orange 85281	480 350-5810
Pyle Adult Recreation Center	655 E Southern 85282	480 350-5211

### Transportation to Senior Centers

Senior Shuttle (PHX).....	602 801-1160
Reserve A Ride.....	602 262-1871

## Supervisory Care Assisted Living

The following centers provide 'supervisory care' (below an assisted living level of care) and take those with Social Security Income only. Examples of services provided: medication monitoring, meals, room & board, appointment scheduling, etc.

Country Manor	2815 N. 48th Street, Phoenix, AZ 85008	602-840-5940 Mary (manager)
East Whitton Manor	1106 E. Whitton Ave , Phoenix, AZ 85014	602-388-1749
A-1 Guest Lodge	6632 S. 22nd Street, Phoenix, AZ 85042	602- 268-5766
Joyce Ridge Civitan House	5038 N. 17th Ave., Phoenix, AZ 85015	602-443-4789
Ester's Care Center ( <i>Assisted Living Home</i> )	2942 E. Roosevelt St., Phoenix, AZ 85008	602-275-9267
South Mountain ( <i>Room and Board Only</i> )	6420 S. 22nd Street, Phoenix, AZ 85042	602-276-3883

## Transportation

### Taxi Service (private pay)

Discount Cab	<a href="http://www.Discountcab.com">www.Discountcab.com</a>	602 200-2000
AAA	<a href="http://www.yellowcabaz.com">www.yellowcabaz.com</a>	480-888-8888
Elite Taxi Cab	<a href="http://www.elitetaxicabaz.com">www.elitetaxicabaz.com</a>	602 307-5555

### Wheelchair/Stretchers

Non-emergency transportation is provided 24/7 in vans sized to accommodate stretchers and wheelchairs. Companions and personal luggage can accompany the rider. Insurances may cover the cost. Price quotes will be provided prior to trip.

Medstar Medical Transport <sup>^*</sup>	<a href="http://www.Medstarmtc.com">www.Medstarmtc.com</a>	602 469-2149
Phoenix EI Transport <sup>*</sup>	<a href="http://www.Phoenixei.com">www.Phoenixei.com</a>	602 320-1414
Quality Transport Service <sup>*</sup>	<a href="http://www.qtsaz.com">www.qtsaz.com</a>	602 371-1000
Safe and Care Medical Transport+	<a href="http://www.safecaremedicatransportation">www.safecaremedicatransportation</a>	480 639-9003

<sup>^</sup>will transport bariatric patients up to 500 lbs.

<sup>\*</sup>will transport patients with O2

<sup>+</sup>will transport into Arizona and New Mexico Indian reservations

### Other Transportation Resources

Dial-a-Ride	<a href="http://www.phoenix.gov">www.phoenix.gov</a>	602 253-5000
Riders 65+ pay \$2.00. ADA Riders pay \$1.00		

Dialysis Transportation	<a href="http://www.phoenix.gov">www.phoenix.gov</a>	602 801-1160
Dialysis patients pay ¼ of the cab fare cost to and from the center and home.		

Phoenix Neighborhood Circulator	<a href="http://www.phoenix.gov">www.phoenix.gov</a>	
Free daily service everywhere except Glendale (25 cents) and Avondale (50 cents). See <a href="http://www.valleymetro.org">www.valleymetro.org</a> for schedule.		

Senior Cab/ADA Cab [www.phoenix.gov](http://www.phoenix.gov) 602 801-1180  
Phoenix residents 65+ and/or disabled pay low cost cab fare based on number of trips per month.

Senior Center Shuttle [www.phoenix.gov](http://www.phoenix.gov) 602 262-4520  
Seniors pay \$1.00 a day for transportation to and from Senior Center and home

**24/7 Crisis Line for Mental Health**

**Maricopa Crisis Line**.....602-222-9444 (This Crisis Line covers all locations in Arizona except Pima County)

**Pima County Crisis Line**.....866-495-6735

## MEMBERS: EDUCATIONAL RESOURCES

### Tobacco Cessation

Ash Line via Arizona Health Department (free patches) <https://www.azdhs.gov/ashline.com> 1-800-556-6222

### Alcohol and Drug Use

Community Bridges <http://communitybridgesaz.org> Also free referral service for mental health and substance abuse can be located at <http://www.samhsa.gov/find-help/national-helpline>

### Free fall or Injury Prevention

Area on Ageing <http://www.aaaphx.org/about-us> (website is currently under construction) – member can contact [derek.oetken@aaaphx.org](mailto:derek.oetken@aaaphx.org) to schedule free classes or call senior help line at 602-264-4357 or 1-800-783-7500  
The CDC also offers free online education <http://cdc.gov> to prevent falls and injury

### Weight Control/Nutrition/Physical Activity

Area on Ageing <http://www.aaaphx.org/about-us> member can contact [derek.oetken@aaaphx.org](mailto:derek.oetken@aaaphx.org) to schedule free classes; Also these free classes are sometimes offered at senior centers or call Senior help line at 602-264-4357 or 1-800-783-7500. The CDC also offers free online education <http://cdc.gov> for weight control and obesity prevention

### Self-care and management of health conditions, including asthma/COPD; diabetes; hypertension, and CHF

Free classes via Area on Ageing <http://www.aaaphx.org/about-us> – member can contact [derek.oetken@aaaphx.org](mailto:derek.oetken@aaaphx.org) to schedule free classes or call Senior help line at 602-264-4357 or 1-800-783-7500 The CDC also offers free online education <http://cdc.gov> for the aforementioned health conditions.

### More Resources

The American Lung Association <http://www.lung.org> offers further free educational assistance with asthma/COPD  
The American Diabetes Association <http://www.diabetes.org> offers further free educational assistance with diabetes  
The American Heart Association <http://www.heart.org> offers free educational services for hypertension and CHF  
The American Cancer Association <http://www.cancer.org> offers free educational services for cancer

**Mom's Meals** <https://www.momsmeals.com> 866-971-6667

**Meals on Wheels** <https://mealsonwheelsamerica.org> 602-264-4357 Senior Help Line

**Food Stamps** <https://www.benefitsapplication.com> Free application Help 800-377-3536

### Food Boxes

**Desert Mission Food** <http://www.desertmission.com> 602-870-6062

St. Mary's Food Bank <http://www.firstfoodbank.org> 602-344-4124  
Arizona Food Bank Network <http://azfoodbanks.org> 602-5283434  
Friendly House – Food Distribution Center [www.friendlyhouse.org](http://www.friendlyhouse.org) 602-257-1870  
St Vincent de Paul <http://www.stvincentdepaul.net> 602-433-7613

Rent and Utility Bill Assistance <http://www.stvincentdepaul.net> 602-850-6948



One Goal. One Priority. Your Healthcare.



585 N. Juniper Dr. Ste. #150 Chandler, AZ 85226



480-499-8700



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