

Greater Green Valley Help & Resource Phone List

This list was compiled by the Health & Human Services Committee of the Green Valley Community Coordinating Council (GVCCC) and is meant to provide some contact phone numbers that can be helpful in time of need. We gratefully acknowledge **St. Mary's Hospital**, who paid for the cost of printing and distribution of the original list.

Adult Protective Services: 1-877-767-2385

(Call if you are a vulnerable or incapacitated person who is being abused, neglected or exploited; also see Attorney General's representative at GVCCC offices on Tuesday afternoons)

Arizona Health Care Cost Containment Services

(AHCCS): 520-205-8600

Medicaid help for qualified Medicare eligibles with lower incomes

Arizona Long-Term Care System (ALTCS): 1-800-825-2656 and press "0"

(to start application for state aid for in-home, assisted living or nursing home care)

Alzheimer's Association: Tucson (520) 322-6601-

National HelpLine 1-800-272-3900

(Also see Friends In Deed for support group information)

Carondelet Hospice in Green Valley (520) 625-7777

In home and other care for Medicare qualified hospice care.

Hospice Family Care, Inc. (520)-790-9299

Serving Tucson and Green Valley

Casa de Esperanza (520) 625-2273

Adult Day Care Center -care for the elderly & their caregivers

Community Behavioral Health Services

Case Management

Psychiatrist visits

Substance Abuse Services

Domestic Violence Advocacy;

Elder In-home Counseling

Casa Senior Center: Noon meal, Activities and Socialization

Catholic Social Services (520) 623-0344 or 790-0504 for case management

Continental Family Medical Center (520) 625-3691

Comprehensive family medicine with community outreach and eligibility workers, and sliding fee scale for those who qualify

Green Valley Community Food Bank (520) 625-5252

Free food boxes for low-income people

Friends In Deed (520) 625-1150

Medical equipment to loan up to 60 days

Contact for transportation in wheel-chair van (520) 625-1150

or for Doctor's appointments (48 hour notice) (520) 625-4424

Support Groups for: Alzheimer's Better Breathing; Crohn's/Colitis; Diabetes; Elders; Grief; Fibromyalgia; Low vision; Multiple Sclerosis; Parkinson's Caregivers; and Post Polio
Counseling: Medicare & Insurance; Veteran's Service Benefits

Green Valley Assistance Services: (520) 625-5966

Case Management: Home visits; Service planning; Referrals=No Charge.

Volunteer helpers of all types: friendly visitors; errand-runners etc.

Temporary financial assistance in emergencies for frail elderly, disabled, socially isolated and low-income residents

Applications for glasses and hearing aids through the Lions Club (low income only)

Green Valley Interfaith Volunteer Corps (520) 625-5699

Help for the frail, isolated, or disabled elderly: caregiver respite; visiting; light home maintenance; meal preparation; shopping; and referral to need services.

Legal Hotline for Elderly: 1-800-231-5441

Also Attorney General's office hours at GVCCC offices on Tuesday afternoons

LifeLine-Personal Alarm System: (520) 323-1700

To get help fast in case of emergency when living alone.

Meals on Wheels: (520) 399-2136

Medicare and HMO Complaints: 1-800-359-9909

Pima Council On Aging (PCOA) (520) 790- 7262

Provides information and contacts on a very extensive wide range of services to seniors.

Salvation Army/Green Valley (520) 625-3888

Crisis, utility bills, rentals, prescription help available.

Sheriffs Auxiliary Volunteers (SAV): (520) 625-0139

Will register people with Alzheimer's or dementia to aid in their safe return if "lost."

Telecare-volunteers: (520) 625-3638

Will make daily phone calls to check-up on people.

Tucson Association for the Blind and Visually Impaired: (520) 795-1331

Help for the visually impaired.

Green Valley Community Coordinating Council, Inc.,

Green Valley Mall, 101-14B S. La Canada Drive

Green Valley, AZ 85614-2633

(520) 648-1936 Fax (520) 648-5079

e-mail: gvccc@theriver.com