

# *GREEN VALLEY FAIRWAYS NEIGHBOR TO NEIGHBOR RESOURCE GUIDE*

## *Health and Wellness*

**Pima Council on Aging 520-790-7262 [www.pcoa.org](http://www.pcoa.org)**

Pima Council on Aging (PCOA) is the designated area agency on aging serving older adults and their families living in Pima County, Arizona. PCOA is a donor-supported non-profit 501 C 3 organization accessible to any individual or group seeking assistance or sharing our mission.

Information/services provided includes:

- Assistance with Medicare
- Classes on healthy living and nutrition
- Guides to Services-is an index of services available to elderly and disabled residents in Pima County
- Dental Resources-options for low income seniors who need dental care.
- Visual Impairment Resources-there are several resources in Pima County for seniors who have impaired vision
- Hearing Loss Resources

**Friends in Deed 520-625-1150 301 W. Camino Casa Verde, Green Valley**

- Medical equipment is available on loan, free of charge
- Free blood pressure screening
- Information about health care services and providers

**Valley Assistance Services 520-625-5966 3950 S Camino del Heroe, Green Valley**

- Medical Advocacy
- Health education and prevention
- RN care management in your home such as:
  - Support through life changes
  - Assess your medical needs
  - Coordinate wellness
  - Manage medications
  - Accompany to primary care visits
  - Provide health education through classes and programs

## *Food and Meals*

**Casa Community Services by La Posada 520-625-2273**

- Weekday Senior lunch with transportation available. Sliding scale fee \$2.00-\$3.00, coordinates with Meals on Wheels, PCOA.

**Pima Council on Aging (PCOA) 520-790-7262**

- Pima Meals on Wheels, grocery shopping assistance.

- Funds, coordinates and contracts with community agencies such as:
  - **Neighbors Care Alliance 520-790-0504** funded by PCOA. Volunteers will help older adults with grocery shopping, meal preparation and much more.
  - **Valley Assistance Services 520-625-5966** Offers help with SNAP (food stamp program) and budgeting. Also grocery shopping assistance.
  - **Seniors Helping Seniors 520-907-5207** Meal preparation, shopping and much more. Most long term care insurance accepted. Monthly billing
  - **Sahuarita Food Bank 520-625-1375** Provides emergency food to those who are food insecure.
  - **Amado-Green Valley-Sahuarita Food Bank 520-625-5252**

### *Rides and Transportation*

- 1. Casa Community Services 520-625-2273**
  - Bus service to selected events for enrolled clients.
- 2. Friends in Deed 520-625-4424**
  - Rides at no cost. Schedule within three business days for local rides and 4-5 days for Tucson rides. Good for doctor appointments-driver will wait for you
- 3. United Community Health Center (UCHC) 520-407-5600**
  - Medical trips for enrolled clients
- 4. Valley Assistance Services 520-625-5966**
  - Partners clients with volunteer-enrolled clients only
- 5. Sun Shuttle 520-884-7433**
  - Transportation provided north of Continental Road, call for routes, schedules or reservations
- 6. Sun Shuttle Dial-A-Ride 520-792-9222**
  - Door to door transportation available north of Continental Road
- 7. Arizona Stagecoach 520-889-1000**
  - General purpose transportation service-call for prices
- 8. Class Act Transportation 520-867-7826**
  - Taxi service-call for rates
- 9. Discount Cab 520-388-9000**
  - Taxi service in Pima County. Subcontractor with Sun Shuttle. Call for rates
- 10. Arizona Medical Transit 520-792-0944**
  - Transportation provided from Tucson Hospitals. Insurance based transportation
- 11. Arizona Senior Transport 520-573-6221**
  - Medical ambulance-\$15 plus mileage
- 12. Handi-Car 520-881-3391**
  - Transportation for medical appointments \$60 base rate plus mileage
- 13. Road to Recovery 520-321-7989**
  - Rides to appointments for cancer patients
- 14. Sun ID 520-791-4100**
  - Must go to Low Income Special Services Office, 35 W. Alameda, Tucson to qualify for Sun Shuttle Dial-a-Ride (ADA Office). Need two (2) forms of ID
- 15. Casa De Esperanze 520-625-2273**
  - Lunch and transport/VA financial assist if approved. Lunch cost

## Utility Resources

### **Southwest Gas**

- Customer Service-1-800-860-6020 Financial assistance
- Residential Energy Assistance 1-877-6020, extension 3 LIRA Program-if qualified reduces THERM RATE. [www.sw.com](http://www.sw.com) and click on “Assistance Program”

### **Tucson Electric**

- Customer Service 520-623-7711
- Emergency Hotline 520-623-3451
- Financial Assistance-if qualified call Customer Service or visit the following websites:
  - [www.tep.com/customer/support](http://www.tep.com/customer/support)
  - [www.tep.com/news/pluggedin/limitedincome](http://www.tep.com/news/pluggedin/limitedincome) assistance
  - Short Term Assistance: [www.tep.com/assistance/emergency](http://www.tep.com/assistance/emergency)
  - Weatherization Assistance: [www.tep.com/customerassistance/efficiency](http://www.tep.com/customerassistance/efficiency)

### **Water**

#### **Community Water Company of Green Valley 520-625-8409 [www.communitywater.com](http://www.communitywater.com)**

- Financial Assistance is offered through Salvation Army funded by the Round Up Program of Community Water

### **Sewer**

#### **City of Tucson-Customer Service 520-791-3171**

- City of Tucson does not give assistance to Green Valley customers. Assistance of various needs can be sought through the Pima County Community Action 520-724-3794 or at [www.needhelp-paying-bills.com/html/pima\\_county\\_community-action](http://www.needhelp-paying-bills.com/html/pima_county_community-action)

## Animal Sanctuaries and Emergency Services

### **1. Animal League of Green Valley 520-625-3170**

- Information for animal care and emergency services. Hours 10 Am-2 Pm 7 days a week.

### **2. Simpsons Wildlife Sanctuary 520-625-5900**

- Birds and all wildlife-call for instruction

### **3. PAWS 520-207-4024**

- Feral cat report

### **4. Snakes**

- **Call 911 if Bitten**
- To remove snakes from your property call 625-9200

### **5. Humane Society of Tucson 520-327-6088**

- Report injured animals

## Green Valley Fire District [www.gvfire.org](http://www.gvfire.org)

**1. Nurse Practitioner:** Green Valley Fire Based Urgent Care Service (FBUMS). Purpose is to increase the availability of healthcare to the community by providing either mobile urgent care via the 911 system or pre-scheduled appointments in order to evaluate, diagnose and treat lower acuity illness and injuries. This service is an additional resource to handle non-emergency urgent care type of calls. If you request to be seen by the NP (Nurse Practitioner) and if you don't need to be transported to an ER, a captain on scene can request that the NP respond with a

dedicated vehicle directly to your home. Alternatively, local residents who have a non-emergency problem can call the NP Hotline at 520-428-0550 to schedule an appointment directly.

**2. Smoke Alarms:** The Green Valley Fire District offers two programs to help ensure all homeowners have properly working smoke alarms in their homes.

- **Smoke Alarm Battery Program:** allows homeowners to have their smoke alarm batteries changed every other year for a small fee of \$20 for a standard number of alarms (8 or fewer).
- **Smoke Alarm Installation Program:** allows residents to purchase smoke alarms directly from the Fire Department for \$20 each, installed by the GV Fire Corps volunteers.

**3. Residential Lock Boxes**

- Designed to be a secure method of allowing district firefighters access to your home via a key in your lock box when you are unable to open your own door or in the event of a critical emergency at your residence when you are not at home.
- Cost is \$50 for the lock box and \$25 for the installation.