

ACUPUNCTURE

Acupuncture in the Brooke
Zita McCoig, Lic, Acupuncturist
(520) 343-1868

American Health Acupuncture
(520) 544-6603

Margie Parolisi
in-home available
(520) 825-5269

CARE MANAGEMENT

Care management involves the coordination of in-home services and referral to out-of-home services when needed.

A+ Nursing Services
www.aplusnursing.net
(520) 887-5003
(520) 256-2667 (cell)

ACT Eldercare Services
www.acteldercareservices.com
(520) 247-1111

ACT NOW RNs
www.actnowrns.com
(520) 795-1453

Adult Care Managers LLC
(520) 665-1233

Karen Lombardi, LCSW
(520) 955-0414

ProAging Solutions
www.proagingsolutions.org
(520) 237-2227

Home Care Agencies

Amedisys Home Health Care
(520) 325-9056

Aristocare Home Health
(520) 577-4825

Arizona In-Home Care
www.arizonainhomecare.com
(520) 333-3303

Bayada Nurses
www.bayada.com
(520) 544-2300

By Your Side
www.byyoursideaz.com
(520) 888-3100

Intrepid USA Healthcare Services
www.intrepidusa.com
(520) 742-0272

Lutheran Social Ministries of the Southwest
(520) 748-2300

Senior Helpers
www.seniorhelpers.com
(520) 298-9281

Seniors Helping Seniors
(520) 733-2497

Soreo Pathways
www.soreo.com
(520) 547-7000

Sun Life Home Care Services
www.sunlifehomecare.com
(520) 888-1311

Synergy Home Care
of Tucson
(520) 327-2771

Medical In-Home Calls

Ascension In-Home Medical
Care
www.ascensionmedicalcare.com
(520) 577-1136

At Home Medical Care, LLC
(520) 940-1119

Medical Care Solutions
Elaine Wozniak
(520) 408-4627

Raymond Bock, DPM
Podiatry
(520) 881-2882

**CHIROPRACTIC
SERVICES**

AZ Chiropractic Orthopedics
www.azchiro.net
(520) 888-2600

Brue Chiropractic
SB Commercial Center
(520) 825-8182

Chiropractic USA
Steve Watson, D.C.
(520) 818-7788

Huntington Chiropractic
Reikei by Dawn
(520) 896-9844

DENTISTS

General

Beverly Agnew, DDS
(520) 825-1505

Mary Gharagozloo, DDS
(520) 505-4422

Douglas B. Gilliam, DDS
(520) 797-8159

Wayne Goodner, DDS
(520) 742-4227

Hohenstein & Schwartz
(520) 797-4844

Oro Dental Medicine
(520) 297-2227

Oracle Family Dentistry
(520) 219-7004

Patrick S. Shaffer, DDS
(520) 825-4491

Todd Haft, DDS
(520) 825-2195

Dental Implants

ClearChoice
www.clearchoice.com
(520) 308-6499

Graig D. Brown, DDS, MS
(520) 790-2151

Wayne Goodner, DDS
(520) 742-4227

Endodontists

Southern Arizona Endodontics
(520) 322-0800

Periodontists

Graig D. Brown, DDS, MS
(520) 790-2151

Edward Cole, DDS
(520) 322-9300

Wayne Goodner, DDS
(520) 742-4227

Clyde M. Robinson, DDS
(520) 327-0263

DIET & NUTRITION

Carmen Palacio, RD
(520) 870-7717

Hunter Yost, MD
(520) 219-5060

Lauren Kanzler, RD, CCN
(520) 743-2336

Nancy Teeter, RD
www.EatRightAZ.com
(520) 820-6869

END OF LIFE SERVICES

Body & Organ Donation

Biogift
www.biogift.org
(866) 670-1799

Biological Resource Center
www.brcil.org
(866) 794-4272

Donor Network of Arizona
www.dnaz.org
(800) 943-6667

Life Legacy
www.lifelegacy.org
(520) 575-5200

Science Care
www.sciencecare.com
(800) 417-3747

UA Willed Body Program
www.bodydonation.med.arizona.edu
(520) 626-6083

Funeral/Burial Services

Adair Funeral Homes
www.adairfuneralhomes.com
(520) 742-7901

Evergreen Mortuary,
Cemetery & Crematory
(520) 888-7470

Funeral Consumers Alliance of
Southern Arizona, Inc.
www.funerals.org/affiliates/tucson
(520) 721-0230

Neptune Society
www.neptunesociety.com
(520) 297-1044

Southern AZ Veterans'
Memorial Cemetery
www.azdvs.gov/services/cemetery.aspx
(520) 458-7144

US Dept. of Veteran's Affairs
www.cem.va.gov

Vistoso Memorial Chapel
www.vistosofh.com
(520) 544-2285

FINANCIAL ASSISTANCE & COUNSELING

AARP Tax-Aide
Free Tax Preparation by Dave Taylor
(520) 818-3344

Department of Economic
Security (DES)
(520) 487-2311

Supplemental Security Income-
SSI
www.ssa.gov
(866) 331-7693

FOOD ASSISTANCE

Financial

Department of Economic
Security - Food Stamps
(520) 487-2311

Home Delivered Meals

Catalina Community Services
(520) 825-0009

DineWise
(800) 749-1170

Dinner To Go
Pam Hall
520-825-4347

Lutheran Social Services
(520) 514-7642

Magic Kitchen
(877) 516-2442

Matt's Organics
Fresh produce
(520) 790-4360

Mom's Meals
Special diets available
www.momsmeals.com
(877) 508-6667

Safeway
Online ordering for delivery
www.shopsafeway.com

Schwan's
(888) 724-9267

Tastefully Simple
(520) 818-6378

The Butler
Wade Martin
(928) 310-4395

HEARING LOSS RESOURCES

Adult Loss of Hearing
Association
www.alohaaz.org
(520) 795-9887

Assistech Special Needs
www.assistech.com
(866) 674-3549

Audient Alliance
www.audientalliance.org
(877) 283-4368

AZ Commission for the
Deaf/Hard of Hearing
www.acdhh.org
(800) 352-8161

Beltone Hearing Aid Center
(520) 797-2004

Clarity Hearing Aid Center
www.tucsonhearing.com
(520) 219-1151

Community Hearing Aid
Program (CHAP)
(602) 679-9558

Community Outreach Program
for the Deaf
www.copdaz.org
(520) 792-1906

Hamilton Internet Relay
www.hamiltonrelay.com
(800) 618-4781

HEAR NOW Program
www.starkeyhearingfoundation.org
(800) 328-8602

Hearing Tech, Inc
www.hearingtechtucson.com
(520) 297-7555

Lions Sight & Hearing
Foundation
www.lions-sight-and-hearing-foundation.org

Oro Valley Audiology
www.HearinTucson.com
(520) 825-4770

Southern Arizona VA
Health Care System
www.tucson.va.gov
(520) 792-1450

Telecommunications Equipment
for the Deaf/Hard of Hearing
(866) 223-3412

UA Adult Hearing Clinic
www.lwhl.arizona.edu
(520) 621-7070

HOME MAINTENANCE AND RESTORATION

1-800-GOT-JUNK
(520) 465-4395

Abracadabra Restoration
(520) 323-3261

Ann's Handy Helpers
(520) 888-4996

AZ-Bio Cleanup and
Restoration
(877) 292-4691

Arizona Therapeutics Walk-In
Tubs
(877) 629-5003

Caring Transitions of
Southern Arizona
(520) 262-1495

Organizing Helpers
(520) 327-8586

Pima Council on Aging
(520) 790-7262

Quality Restoration
(520) 322-5326

Re-Bath
(520) 322-0120

Tracy's Dynamic Cleaning
(520) 721-4288

HOME MEDICAL SUPPLIES & EQUIPMENT

American Mobility
www.americanmobility.net
(520) 628-7480

Assistech Special Needs
www.assistech.com
(866) 674-3549

CVS Pharmacy-Health & Home
Rentals & sales
(520) 297-8397 # 8

DIRECT Center for
Independence
www.directilc.org
(520) 624-6452

Med-Tech Tools For
Mature Living
(520) 290-0337

One-Stop Home Medical
Equipment
www.jfcstucson.org
(520) 624-3367

SB Community Church
Temp Med Equipt Loans
(520) 825-5394

World Care
www.worldcare.org
(520) 514-1588

HOSPICE

Carondelet Hospice
www.carondelet.org/home/carondelet-hospice.aspx
(520) 205-7700

Casa de la Luz
www.casahospice.com
(520) 544-9890

Evercare Hospice and
Palliative Care
(520) 334-1846

Hospice Family Care
www.hfc-az.com/Home
(520) 790-9299

Odyssey Hospice
www.odsyhealth.com
(520) 577-0270

Soreo Pathways
www.soreo.com
(520) 547-7000

Southern Arizona VA
Health Care System
www.tucson.va.gov
(520) 792-1450 x 5316

TMC Hospice
www.tmcaz.com/TucsonMedicalCenter/Hospice
(520) 324-2438

Valor Hospice Care
www.valorhospicecare.com
(520) 615-3996

HOSPITALS

Carondelet Health Network
www.carondelet.org
(520) 873-3000

Kindred Hospital Tucson
www.khtucson.com
(520) 584-4500
*A long-term acute care hospital
that specializes in the treatment
and rehabilitation of medically
complex patients who require an
extended stay in a hospital setting.*

Northwest Medical Center
www.northwestmedicalcenter.com
(520) 742-9000

Oro Valley Hospital
www.orovalleyhospital.com
(520) 901-3500

Southern Arizona VA
Health Care System
www.tucson.va.gov
(520) 792-1450

Tucson Medical Center
www.tmcaz.com
(520) 327-5461

University of Arizona
Medical Center
www.azumc.com
(520) 694-0111

IN-HOME REFERRAL AGENCIES

Catalina Community Services
(520) 825-0009

Jewish Elder Access
(520) 404-4596

Pima Council on Aging
(520) 790-7262

Pinal-Gila Council for
Senior Citizens
(520) 836-2758

SaddleBrooke Community
Church Care Ministry
(520) 825-5394

Santa Catalina Catholic
Parish Sr. Outreach Ministry
(520) 825-9611

**Individual Personal Care
Givers**

*Personal Care Services, personal
hygiene assistance, dressing,
grooming, bathing, skin care, nail
care, shaving and walking/mobility
assistance. May also include light
housekeeping and grocery
shopping.*

Care By Lynette
(520) 370-4788

Celia Lopez
(520) 861-4328

Frances Tramazzo
(520) 979-5736

Irene Beeler
(520) 818-2381

Alfonso Rojas
(520) 954-1360

Judy Luning
(520) 661-0433

Sarah Baumann
520-262-9003

Companion Care

*May include transportation, light
housekeeping, grocery shopping
(no personal care)*

By Your Side
www.byyoursideaz.com
(520) 888-3100

Cathy Farrell
(520) 603-4111

Desert Home Companion
(520) 896-3944

Groceries2YourDoor
Grocery Shopping, Prescription Pickup Only
(520) 288-9310

Kathy Leftus
(520) 818-0635

Senior Helpers
www.seniorhelpers.com
(520) 298-9281

LEGAL SERVICES

**Wills/Advance
Directives/Health Care
Directives/Living Wills**

AZ Attorney General's
Office, Community
Outreach & Education
www.azag.gov/life_care/index.html
(602) 542-2123

Bogutz & Gordon, PC
(520) 321-9700

Cleere Law Offices
(520) 219-9733

Draegeth Law
(520) 505-0166

Hillman & Shelby Law
(520) 818-3220

Robert B. Fleming
(520) 622-0400

Ronald Zack, PLC
(520) 664-3420

Other Legal Services

AZ Attorney General
Elder Help Line
(602) 542-2124

AZ Center for Disability Law
(520) 327-9547

Bankruptcy Court Help Line
Volunteer Lawyers
(800) 556-9224

Lawyer's Referral Service
(520) 623-4625

Pinal County Public Fiduciary
[www.pinalcountyz.gov/departments/
publicfiduciary](http://www.pinalcountyz.gov/departments/publicfiduciary)
(520) 866-7252

Pinal-Gila Council for Senior
Citizens (PGCSC)
(800) 293-9393

State Fiduciary for Veterans
www.azdvs.gov/services/fiduciary.aspx
(888) 711-8387

MASSAGE THERAPY

Milagro Massage &
Therapeutics
(520) 647-1383

Ted Robu
(520) 825-8980

MEDICARE, MEDICAID & SOCIAL SECURITY INFORMATION

Arizona Long Term Care
System (ALTCS)
[www.azahcccs.gov/applicants/applicat
ion/ALTCS.aspx](http://www.azahcccs.gov/applicants/application/ALTCS.aspx)
(520) 205-8600

Medicare
www.medicare.gov
(800) 633-4227
(877) 486-2048 (TTY)

Pinal-Gila Council for Senior
Citizens Benefits & Entitlement
Advice
(800) 293-9393

Sandbrook Benefits Group
(520) 888-9649

Social Security Admin.
www.ssa.gov
(800) 772-1213
(800) 325-0778 (TTY)

MENTAL HEALTH/ COUNSELING

Ann Haney Gooden, LCSW
(520) 733-2524

Catalina Community Services
(520) 825-0009

Catholic Social Services
(520) 623-0344 ext. 1014

Cenpatico Behavioral
Health Crisis Line
(866) 495-6735

CODAC Behavioral Health
(520) 327-4505

COPE Behavioral Services
(520) 792-3293

COPE Behavioral Services
Crisis Line - 24 hour help
(520) 622-6000

Depression and Bipolar
Support Alliance
(520) 531-2388

Dolores Hutchinson Robu, MSW
(520) 825-8980

Jewish Family and
Children's Services
(520) 795-0300 ext. 2363

Karen Lombardi,
Licensed Counselor
Mental Health
(520) 955-0414

La Frontera
Behavioral Health
(520) 884-9920

Lutheran Social Services
(520) 748-2300

MHC Behavioral
Health Services
(520) 682-1091

Our Family Services
(520) 323-1708

Southern Arizona Mental
Health Center (SAMHC)
(520) 617-0043

MOBILE SALON SERVICES

FresHair Salon and
Mobile Service
(520) 906-8742

Have Shears Will Travel
(520) 289-9299

Touch of Class Hair Salon
(520) 825-0665

MOVING ORGANIZERS

Caring Transitions
(520) 262-1495

Organizing Helpers
(520) 327-8586

Solutions, Etc.
(520) 256-2121

Kindred Transitional Care &
Rehabilitation Center
(520) 297-8311

La Cañada Care Center
(520) 797-1191

La Hacienda at La Posada
(520) 648-8388

La Rosa Healthcare
(520) 742-6242

NURSING HOMES

Arizona State Veteran Home
(520) 638-2159

Avalon SW Health &
Rehabilitation
(520) 294-0005

Catalina Care Center
(520) 795-9574

Devon Gables
Healthcare Center
(520) 296-6181

Foothills Rehabilitation Center
(520) 733-8700

Handmaker Home
for the Aging
(520) 881-2323

Health Care Center-Forum
(520) 325-4800

Life Care Center of Tucson
(520) 575-0900

ManorCare Health Services
(520) 299-7088

Mountain View Care Center
(520) 797-2600

Park Avenue Healthcare &
Rehabilitation
(520) 882-6151

Pueblo Springs
Rehabilitation Center
(520) 296-2306

Santa Rosa Care Center
(520) 795-1610

Splendido at Rancho Vistoso
(520) 878-2600

Villa Maria Care Center
(520) 323-9351

**PERSONAL
EMERGENCY ALERT
SERVICES/SYSTEMS**

Arizona Superior Medical
Program
Medical Monitoring
(520) 747-7403

Catalina Community Services
(520) 825-0009

Guardian Medical Monitoring
(520) 906-0232

Lockboxes for Fire
Department Access
Golder Ranch Fire District
(520) 825-9001

MedicAlert Safe Return
Program
Alzheimer's Association
(888) 572-8566

Philips Lifeline
(800) 566-6218

Poison Control
Statewide Hotline
(800) 222-1222

Poison Control (UA)
(800) 362-0101

SADDLEBROOKE TRIAD
Message Line
1 (520) 866-5008

PET ASSISTANCE

Cathy Farrell
(520) 603-4111

Eva Harris
(520) 818-6670

Kass Newman
(520) 818-1378
Cell (520) 444-1365

W.E. "Buzz" Busse
(520) 896-3944

PHARMACIES

PHYSICAL THERAPY

Desert Palms Physical
Therapy
(520) 818-3856

Feather Touch Bowen Work
Karen Brungardt, DO
(520) 825-1845

Rainbow Bridge Healing Arts
Center
Michael Austin, DC
(520) 887-2428

Shifren Physical Therapy
(520) 572-6540

W & W Physical Therapy
(520) 825-8002

Foothills Gastroenterology
(520) 818-3680

PHYSICIANS

Primary Care

Oro Valley Adult Medicine
www.ovalleyadultmedicine.com
(520) 547-5688

Santa Catalina Health Center
(520) 825-6763

Cardiology

Desert Cardiology of Tucson
(520) 797-4206

Pima Heart Physicians
(520) 297-9060

Dermatology

Sheftel Associates
www.sheftelderm.com
(520) 293-5757

Ear, Nose & Throat

Valley ENT
(520) 792-2170

Tucson ENT
(520) 575-1272

Gastroenterology

Arizona Gastroenterology Ltd.
(520) 742-4139

Paul Butler, MD
(520) 901-6336

Geriatrics

Manoj Mittal, MD
(520) 219-1539

Multi-Specialty Practices

Northwest Allied Physicians
(520) 818-0300

*University of Arizona
Medical Center Physicians*
www.uahealth.com/physicians
(520) 694-8888

Oncology

Arizona Oncology
www.arizonaoncology.com
(520) 229-2095

Arizona Cancer Center
(520) 626-6401

Orthopedic

Desert Sky Spine &
Sports Medicine
(520) 229-2080

Tucson Orthopaedic Institute
www.tucsonortho.com
(520) 382-8200

Podiatry

Darin Bocian, DPM
(520) 877-3328

Desert Medical Podiatric
Specialists
(520) 575-0800

Foot Clinics Ltd
(520) 575-9108

Rheumatology

University of Arizona
Arthritis Center
(520) 626-5026

Urology

Arizona Institute of Urology
(520) 784-7000

Urogynecology

Southern Arizona
Urogynecology Center
(520) 795-9300

PLACEMENT ADVISORS

(Fees paid by the home)

Adult Care Hunters, LLC
(520) 665-1233

Andrea Blattberg
www.abcsenioradvisors.com
(520) 303-2266 - office
(520) 870-6131 - cell

PROTECTIVE SERVICES (ABUSE AND NEGLECT)

Adult Protective Services
(877) 767-2385

Against Abuse
Safe Journey House
(520) 385-4970

AZ Attorney General
Elder Help Line
(602) 542-2124

AZ Coalition Against Domestic
Violence
(602) 279-2900

DOVES
Elder Abuse Helpline
(602) 264-4357

Elder Shelter
Emergency Placement for Older Adults
(520) 566-1919 - Pager

Pinal County Attorney
(520) 866-6271

REHABILITATION FACILITIES

HealthSouth Rehabilitation
Hospital of Southern AZ
www.healthsouthsouthernarizona.com
(520) 742-2800

HealthSouth Rehabilitation
Institute of Tucson
www.rehabinstituteoftucson.com
(520) 325-1300

Kindred Transitional Care &
Rehabilitation Center
www.kindrednorthwest.com
(520) 297-8311

RESIDENTIAL SERVICES

*(A) Assisted living
(I) Independent living
(H) Hospice
(M) Memory
(NH) Nursing Home
(R) Respite*

*Facility provides specialized
dementia/memory care in a
secured setting.*

Assisted Living Homes & Centers

*Assisted Living includes meals,
transportation, activities,
housekeeping, 24-hour
supervision, administration of
medications and assistance with
personal care.*

Clare Bridge Oro Valley (M)
(520) 544-4300

Copper Canyon Alzheimer's
Special Care Center (M)
(520) 293-3114

Friendship Villas
at La Cholla (M, H)
(520) 329-4056

Heritage Manor at
Lago del Oro
(520) 818-2488

Sierra Madre Adult Care
Home, Inc
(520) 825-9172

Sunrise at River Road (M)
(520) 888-8400

Via Elegante Assisted
Living at La Cholla
(520) 293-3280

Villas at La Canada (M)
(520) 531-0086

Independent & Assisted Living Centers

Independent Living includes meals, transportation, activities, security, housekeeping, emergency response system is provided to residents in individual apartments.

Amber Lights (I, A)
(520) 498-0668

Atria Compana
Del Rio (I, A, M)
(520) 299-1941

Cascades of Tucson (I, A, R)
(520) 886-3171

Desert Springs (I)
(520) 219-8100

Fairwinds Desert Point (I, A)
(520) 898-1111

Fountains at La Cholla (I, A, M)
(520) 797-2001

Handmaker Jewish Services
For the Aging (A, M, NH)
(520) 881-2323

Mountain View
Retirement Village (I, A)
(520) 229-3350

The Forum at Tucson (I, A, M)
(520) 325-4800

Continuing Care Retirement Community (CCRC)

CCRCs offer a full continuum of care, ranging from independent retirement apartments or villas, to assistance with personal care in assisted living apartments, to long-term care in a skilled nursing facility. Designed to allow residents to receive all their care needs on the same campus.

Santa Catalina Villas
(I, A, M, NH)
(520) 742-6242

Splendido (I, A, NH)
(888) 731-0204

RESOURCES & NATIONAL ORGANIZATIONS

AARP
www.aarp.org

Access America for Seniors
www.seniors.gov

Aging with Dignity
www.agingwithdignity.org

Alzheimer's Association Desert
Southwest Chapter
www.alz.org/dsw
(520) 322-6601

American Foundation
for the Blind
www.afb.org

American Geriatrics Society
www.americangeriatrics.org

American Parkinson Disease
Assn. (APDA) Southern Arizona
www.azapda.org

Arizona Dept. of Veterans'
Services
www.azdvs.gov/Default.aspx
(602) 255-3373

Benefits Check-Up
www.benefitscheckup.org

Caring Information
www.caring.com

Children of Aging Parents
www.CAPS4caregivers.org

National Elder Law Foundation
www.nelf.org

National Institute on Aging
www.nia.nih.gov

National Ovarian Cancer
Coalition
www.ovarian.org

Pima Council on Aging
www.pcoa.org

Pinal-Gila Council for
Senior Citizens
www.pgscsc.org

SaddleBrooke AZ
community forum
<http://groups.yahoo.com/group/SBAZ>

SB Coalition Against Domestic
Violence
www.saddlebrookecoalitionagainstdomesticviolence.org

Sights 'n Sounds for
SaddleBrooke Seniors
www.sbseniors.org

Veterans Administration
www.azdvs.gov

RESPIRE CARE

Cascades of Tucson
(520) 886-3171

Clare Bridge of
Oro Valley - Alzheimer's
(520) 289-6701

Southern Arizona
VA Health Care System
(520) 792-1450

SUPPORT GROUPS

Alcoholics Anonymous
(520) 624-4183

Alzheimer's Assoc. Desert
Southwest Chapter
24/7 Helpline
(800) 272-3900

Alzheimer's –
Clare Bridge of Oro Valley
(520) 289-6701

Alzheimer's – Oracle
(520) 955-0414

Alzheimer's –
Rancho Vistoso/Sun City
(520) 825-5741

Alzheimer's –
Veteran's Hospital
(520) 219-9578

Amputees
(520) 873-3661

Bereavement Group –
Dolores Robu (520) 825-8980
David Johnson (520) 825-3894

Caregiver Support –
Rancho Vistoso Urgent Care
(520) 305-3413

Caregiver Support
Group (CCS)
(520) 825-0009

Caregiver Support-
Touched by Joy Foundation
(520) 797-9410

Clutterers Anonymous
Support Group
www.clutterersanonymous.net

Daughter Support Group
(520) 818-0657

DOVES
Elder Abuse Helpline
(602) 264-4357

Gluten-Free/Allergy-Friendly
(530) 399-7313

Hoarders Support Group
Ann Haney Gooden, LCSW
(520) 733-2524

Narcotics Anonymous
Substance Abuse
www.na.org

National Alliance On
Mental Illness
www.namisa.org
(520) 622-5582

Overeaters Anonymous
(520) 818-0040

Perky Parkies (Parkinsons)
Bobby Black (520) 818-6592
Bill Coffee (520) 818-9267

Stroke/Neuro Support Group
(520) 825-3641
(520) 825-9069

TRANSPORTATION

Catalina Community
Services (IMPACT)
Medical only
(520) 825-0009

Celia Lopez
(520) 861-4328

Eva Harris
(520) 818-6670

Frances Tramazzo
(520) 979-5736

Kathy Leftus
(520) 818-0635

SaddleBrooke Community
Church Care Ministry
(520) 825-5394

Southwest AZ Veterans
Patient Transportation Section
(520) 629-4626

W.E. "Buzz" Busse
(520) 896-3944

URGENT CARE CENTERS

Rancho Vistoso Urgent Care
(520) 818-2000

VACCINATIONS

Healthwaves
www.healthwaves.com/Public_Flu_Clinics.html
(480) 968-1886

Mollen Immunization Clinics
www.flushotsusa.com
(480) 214-2000

Pima County Health Dept.
At Catalina Community
Services
(520) 825-9299

Southern Arizona VA
Health Care System
www.tucson.va.gov
(520) 792-1450

VISION RESOURCES

Assistech Special Needs
www.assistech.com
(866) 674-3549

Catalina Eyecare
www.catalinaeye.com
(520) 576-5110
Desert Low Vision Services
www.desertlowvision.com
(520) 881-3439

EyeCare America's Online
Referral Center
www.eyecareamerica.org
(877) 887-6327

