

*I'm Mary T. Pearson, owner of **Harmony Home Care**. For over two decades we've been helping seniors find the right solutions to meet their ongoing needs. We offer compassionate, certified care providers at the very best price in the Verde Valley. Bonded and Insured. Rely on us 24/7. Enjoy your free health services guide and please keep us in mind for your quality home care needs.*

Call us today for your Free Home Care Evaluation!

282-1901

"We're here for you because we care"

Compassionate, Certified Care Providers at the Best Price in the Verde Valley!

The Harmony Guide To Local Senior Services



***This guide is also available at
www.chooseharmony.com***

"We're here for you because we care"

Harmony Home Care

(928) 282-1901

www.chooseharmony.com

Email: chooseharmony1@yahoo.com

We offer compassionate, certified care providers at the best price in the Verde Valley and provide excellent non-medical home care from six to twenty four hours a day as needed. Weekly visits ensure your complete satisfaction, and as you recover, we reduce the care hours to help lower your home care costs. Rely on us to respond to your needs 24 hours a day, including holidays. We always send you the same consistent care providers that you know and trust while being mindful of creating a compatible match for you. Harmony refers competent care-providers that are experienced with post-stroke, dementia, cancer care and rehab support. Harmony also refers a special team of care providers who effectively meet the comfort needs associated with a terminal illness, and coordinates care directly with Hospice. Whatever your situation, rest assured that we have the right solution to meet your unique needs. Give us a call today for your free home care evaluation. We'll always take excellent care of you because we care.

I created this free senior guide to make it easier for seniors and their families to find solutions during times when they need it most. We are deeply grateful to this community for their continued support and to our client's and their families whom we have been privileged to serve for over two decades. God bless you and thank you!

At your service, *Mary T. Pearson*, Owner, of Harmony Home Care

Adult Care Homes

Best of Europe Adult Care Home

(928) 634-2856

1632 East Coconino Street, Cottonwood, Arizona 86326

A family setting with no more than ten residents to a home. All Levels of care. State licensed. Private and semi-private rooms. 24-hour Certified Caregivers, live-in management, Quarterly assessments by R.N., Physician on call 24-hours and Medication assistance.

Carefree Assisted Living Center

(928) 639-3860 or (928) 649-9624

22 South 7th Street Cottonwood, AZ 86326

State licensed. 24-hour Certified Caregivers, R.N. on staff and Physician on call. Group home setting for up to 24 residents

Country Cottage Assisted Living Home, Country Care, Inc.

(928) 649-0434

3980 E. Cassie Lane, Cottonwood, Arizona 86326

A peaceful country setting on two acres just minutes from Verde Valley Medical Center. Private and semi-private rooms. 24-hour Caregivers. Nurse on call. Medication assistance. Scheduled activities and exercise. 10 residents maximum.

Country Ranch Assisted Living Home, Country Care, Inc.

(928) 646-0201

3940 E. Cassie Lane, Cottonwood, Arizona 86326

A peaceful country setting on two acres just minutes from Verde Valley Medical Center. Private and semi-private rooms. 24-hour Caregivers. Nurse on call. Medication assistance. Scheduled activities and exercise. Respite and daycare available. 10 residents per location.

Caring Haven Homes, LLC

(913) 302-1785 www.caringhavenhomes.com

90 Vultee Road, Sedona, Arizona 86351

A five bed Assisted Living Facility designed to meet the needs of every patient. They offer assistance while respecting your independence. Experienced and capable of addressing behavioral issues associated with dementia and Alzheimer's. A licensed care provider in the state of Arizona.

Generations; Senior Living

(928) 641-6012 www.jandjgenerations.com

1275 Classic Court, Clarkdale, Arizona 86324

They provide quality care to seniors and disabled adults in a group home setting. R.N. owned and operated, 24/7 supervision, personal attention and family atmosphere. 9 resident capacity.

Gracious Granny's LLC.

(928) 282-3656 www.graciousgrannys.com

1420 Bates Road, Cottonwood, Arizona 86326

Private and semi-private rooms, furnished or unfurnished. 24-hour Caregivers. RN Manager. Medication assistance. Assistance with Activities of Daily Living. Scheduled activities and exercise. 10 residents per location. Lots of pampering and garden area.

Lovely Ladies (private care home)

(928) 899-9498

465 4th Street, Camp Verde, Arizona 86322

Locally owned and operated by Brooke Spiecker. 2 female capacity.

Adult Day Care Services

A Caring Place Adult Day services

(505) 270-4803 (Julie Keeney) Email: Julie_keeney@msn.com

203 South Candy lane, Cottonwood, Arizona 86326

A Caring Place Adult Day Center is designed for older adults who need assistance and supervision throughout the day or simply who are isolated and need social interaction. They enable seniors to socialize with others while receiving needed care services and medical supervision. At the same time, they offer caregivers a break from caregiving duties while knowing their loved one is in good hands. The care team develops an individualized program with social interaction, sensory and memory activities, fun activities such as bingo, Karaoke, card games, physical fitness programs, outdoor outings, music therapy, art therapy, crafting & gardening and massage therapy. They offer breakfast, lunch and snacks for those in need as well as a dinner that can be brought home. They also have a nutritionist on staff to help with healthy eating habits, cooking and customized diets. They have a nurse on premises and oversight by a physician who provides weekly visits on site in their care center. Their nurse provides wellness checks daily along with medication management. They offer assistance with the Arizona AHCCCS/ALTCS and the VA application process; coordination of benefits; referral services and medical appointments. They accept private pay, ALTCS and VA benefits. To reserve your spot please call or email Julie Keeney.

Acupuncture

Sedona Acupuncture

Dr. Robert Abrahamson, OMD, L.A.C

(928) 204-0595 www.sedona-acupuncture.com

1785 SR 89A, Suite 3D Sedona, Arizona 86336

Voted best acupuncturist for 2013. For the last 38 years Dr. Robert Abrahamson has helped heal a myriad of medical issues, including pain management, musculoskeletal joint issues, insomnia, weight loss, depression, anxiety, infertility, allergies, migraines, headaches, smoking cessation and other addictions, PTSD, and hormonal imbalances. He understands and has a deep respect for western medicine and can help people to integrate Chinese and western medicine.

Assisted Living

Austin House

(928) 634-4278 www.windsorcares.com

195 South Willard Street, Cottonwood, Arizona

Located by the Verde Valley Medical Center. Private comfortable studios. Licensed, 24-hour staff, medication assistance. Exercise programs, Physical, speech, respiratory and occupational therapy with a physician's order. Health monitoring, Nutritional classes, daily transportation, recreational activities, social services and counseling. For a complete list of services please visit their website.

Carefree Assisted Living Center

(928) 639-3860 or (928) 649-9624

22 South 7th Street, Cottonwood, Arizona

State Licensed, 24-hour Certified Caregivers and R.N. on staff, medication assistance, and Physician on call. Group home setting for up to 24 residents.

Care Patrol of Northern Arizona Mark Sylvester, Owner/Certified Senior

928-515-3100 www.patrolnaz.com

Mark helps families in the Verde Valley find assisted living, independent living, memory care and in-home care in Northern Arizona. He reviews the care history of communities that he works with. He tours families to recommended facilities much like a realtor shows families new homes. With a national network of certified senior advisors, he can assist families who wish to relocate loved ones into and out of Northern Arizona. Care Patrol's service is free to families. "Better Senior Living Choices"

Christian Care Apartments Cottonwood

(928) 634-7571 www.christiancare.org

859 South 12th Street, Cottonwood, Arizona 86326

Independent & Assisted Living, subsidized senior housing and services. Prospective residents must Meet certain State and Federal guidelines to apply. Comfortable apartments surrounded by carefully tended grounds, they offer security, fellowship and fun under one roof.

Cottonwood Village

(928) 634-4229 www.capitalsenior.com

201 East Mingus Avenue, Cottonwood, Arizona 86326

Located by the Verde Valley Medical Center. They offer both studios and one-bedroom apartments rented on a monthly basis. They have both independent living and licensed assisted living with housekeeping and full laundry service, scheduled transportation, 24-hour staffing, recreational activities, breakfast, lunch, dinner and snacks, all utilities included except for telephone and cable. For a complete list of their services please visit their website.

Circle of Life

(928) 862-2287 www.circleoflifecare.com

24/7 all-inclusive direct care, three home cooked meals and snacks daily, private rooms, daily exercise, daily activities, person centered care, trained caregivers in Alzheimer/Dementia Care, medication assistance and safety supervision.

El Dorado

(928) 567-3304

3363 W. Middle Verde Road, Camp Verde, AZ 86322

Private rooms available in this residential Assisted Living Home. Ten resident capacity.

Hillsman House

(928) 634-9609

2021 South Wrangler's Way, Cottonwood, Arizona 86326

Locally owned and operated by Stephanie and Joel Hillsman. 9 resident capacity. Co-ed & Private pay. Private duty respite for outside parties.

Lovely Ladies (private care home)

(928) 899-9498

465 4th Street, Camp Verde, Arizona 86322

Locally owned and operated by Brooke Spieker. 2 resident capacity.

Mingus Manor

(928) 649-1351

25 West Fir Street, Cottonwood, AZ 86336

Alzheimer and Dementia care available. 8 resident care home.

Mingus Terrace

(928) 649-0275

1236 So. Pioneer Drive, Cottonwood, AZ 86336

Dementia and Alzheimer care available. 10 resident capacity.

Mountain Home Adult Care

(928) 821-4229

298 General Cook Trail, Camp Verde, AZ 86322

Locally owned and operated by Perry Haddon. 10 resident capacity. Co-ed, private pay, ALTCS and pet friendly.

Page Springs Living

(928) 649-0588 www.pagespringsliving.com

995 S. Page Springs Rd. Cornville, AZ 86325

Page Springs Living is a new assisted living home in the rural setting of Cornville. Enjoy free country living at its finest! Help gather eggs from Their chickens, watch the horses and cattle or just enjoy the fresh air! They offer a wonderful home environment so your loved one will feel like part of the family. Their professional staff of certified caregivers will tend to all your needs, including medication administration, as well as other activities of daily living. Their food is home cooked, delicious and healthy. They are happy to cater to your dietary needs. Please call for a tour and find out why everyone loves Page Springs Living.

Rainbow Acres

(928) 567-5231 www.rainbowacres.com

2120 West Reservation Loop Road, Camp Verde, Arizona 86322

Rainbow Acres provides assisted living for people with developmental disabilities. It is a thriving not-for-profit 501-(C) 3 organization and welcomes donations. They offer exceptional housing, programs, and extracurricular activities; both on the ranch and in the local community. Private-pay assisted living for individuals 18 years old and above with developmental disabilities, licensed by the State of Arizona. Tours and lunch available by appointment.

Sedona Winds Assisted Living

(928) 284-9077 www.sedonawinds.com

475 Jacks Canyon Road, Sedona, Arizona 86351

They offer independent and assisted living for seniors. Independent living services include one meal a day, housekeeping twice monthly, all utilities, basic cable television, scheduled transportation, a full program of activities, 24-hour staffing and general maintenance is all included in the monthly rent. Expanded meal plans; additional housekeeping and some personal services are available at a nominal additional fee. With their assisted living and memory-impaired program, a thorough assessment is conducted to determine which of their eight levels of care is appropriate. Services range from minimal supervision to total assistance with activities of daily living, incontinence care, and administration of medications. Three meals a day, 24-hour staffing, weekly deep cleaning of the apartment, all utilities included, scheduled transportation, recreational activities, maintenance, once a week laundering and changing of bed linens are also included. They offer a special program in their serenity wing for patients with memory loss or confusion. For a complete list of their services please visit their website.

Behavioral Health Services

Alcoholics Anonymous www.centramountain.org

(928) 646-9428 **Verde Valley Chapter**

Alcohol & Drug Abuse National Helpline

(800) 729-6686 Information, resources, and hospital referrals.

Angel's Care Home Health

(928) 649-8883

301 South Willard, Cottonwood, AZ 86326

This Medicare Certified Agency offers caring, compassionate and cost-effective service based upon each person's individual needs. Triggers for behavioral health may include frequent adjustment of psychotropic medications, new or changed medications, difficulty with managing medications, people requiring psycho-therapeutic interventions because of suicidal ideations or frequent verbal or behavioral escalations, a new psychiatric disorder, frequent exacerbations of an existing psychiatric disorder, patients requiring injections or blood monitoring and problems coping with Depression, Anxiety and Dementia. They also provide skilled nursing care, restorative therapy, and medical social services to patients in their homes or wherever they reside, including assisted living facilities and retirement communities. They serve the Verde Valley and a large service area in Arizona.

Deborah Logan, LCSW ~ Private Counselor

(928) 202-9054

723 Cove Parkway, Cottonwood, AZ 86326

Accepts MCR and private pay clients.

Flagstaff Medical Center Behavioral Health Services (outpatients)

(928) 213-6400

1200 North Beaver Street Flagstaff, Arizona 86001

Flagstaff Medical Center Behavioral Health Services

(928) 213-6300

1200 North Beaver Street Flagstaff, Arizona 86001

Inpatient treatment for adults and adolescents with acute psychiatric and addiction problems.

Behavioral Health Unit at Verde Valley Medical Center

(928) 639- 6450 www.verdevalleymedicalcenter.com

269 South Candy Lane, Cottonwood, Arizona 86326

For people 18 years or older. Treat Depression, Marked personality changes, Confusion, inability to concentrate and/or memory loss, numerous unexplained physical ailments or changes in eating & sleeping patterns, Excessive fear or anxiety, withdrawal from family or friends, growing inability to cope with daily activities resulting in unsafe behaviors, hallucinations or hearing voices. They offer a comprehensive medical & psychological evaluation, individualized treatment plan, individual group and family therapy, coping and life-skills training, pastoral counseling, medication management and education, pet therapy and continuing care plan for the patient and family after discharge. They also offer help with substance abuse and eating disorders. They accept voluntary patients only who want care for themselves.

Laura Fellows, E.D.S., LCSW ~ Psychotherapist

(928) 300-6322 Email: laurafellows@msn.com

13 years clinical experience. Depression, Anxiety, PTSD, Loss & Adjustment, Self-Advocacy. Private pay, insurance and Medicare provider. Home Visits. Serving Sedona & the Verde Valley.

Spectrum Healthcare (Formerly Verde Valley Guidance Clinic)

(928) 634-2236 www.Spectrumhealthcare-group.com Email: info@SpectrumHealthcare-Group.org

8 E. Street, Cottonwood, Arizona 86326

Alcohol and drug prevention groups, 24-hour emergency phone center. Outpatient and day treatment, suicide prevention, screening for hospitalization and for involuntary commitments and psychiatric services, behavioral health services. They now offer primary care physicians and have a lab and pharmacy on campus.

Bill Pay

Lew Ann Perry-Licensed Fiduciary and Daily Money Manager

(928) 300-7985 Email: lapfid@gmail.com

Providing assistance with organization and money management on a temporary or long term basis. Services include paying bills, account reconciliation, budgeting, verification income and benefits, and other associated activities. As a licensed fiduciary, she can also serve as conservator, guardian, personal representative of an estate, or by agreement as a representative payee or agent under

power of attorney. Lew Ann's goal is to provide trustworthy help and stability, thereby reducing unnecessary stress, vulnerability and the potential for abuse and exploitation.

Cancer Treatment

Arizona Oncology

(928) 639-6299

www.arizonaoncology.com

203 South Candy Lane, Suite 9-A, Cottonwood, Arizona 86326

Arizona Oncology provides patients and their families with access to the latest treatments, state-of-the-art-technology, and an extensive research program. They believe it is beneficial to their patients that their therapies are provided in a community setting where they can remain close to home and to their support systems. They are Board Certified in Internal Medicine and Medical Oncology and their physicians are supported by a talented clinical team that is sensitive to the needs of cancer patients and their caregivers.

Arizona Oncology Foundation

(520) 870-6060

www.arizonaoncologyfoundation.org

A cancer diagnosis frequently throws patients and their families into a state of enormous anxiety and uncertainty. A strong support system and access to resources relieves much of that. Arizona Oncology Foundation serves patients and their families; reducing some of the stress of uncertainty so they can focus healing. In Northern Arizona they provide transportation and lodging support, helping relieve the additional transportation and lodging costs of traveling to the clinic and/or the hospital for treatment.

Asbestos.com
(855) 405-6811

This group helps victims of asbestos and their families by connecting them with local doctors, Support groups, caregivers and other resources at no cost. They maintain relationships with doctors and cancer centers to promote patient access to cutting edge treatments. Most people are not aware that asbestos can lie dormant for up to 50 years before symptoms appear which is why 80 percent of people suffering from mesothelioma are seniors.

The Cancer Center of Sedona
(928) 204-4160 or (800) 304-3004

Cottonwood please call: (928) 634-2251 www.nahealth.com
3700 West Hwy 89 A, Sedona, Arizona 86336

A state of the art cancer treatment center with radiation Oncology, Physicist, Radiation Therapist, Dosimetrist, RN, Social Worker, and Dietitian who work together as a strong team to design an individual treatment plan for each individual patient. They offer both radiation and chemotherapy. I was treated at the Cancer Center of Sedona in 2004 and am cancer free!

Hair care for chemotherapy patients

www.nioxin.com

Use before and during chemotherapy treatments to minimize hair loss. I used this product before Chemo and kept my hair!

Care Management, Eldercare & Benefits Planning

Carlton Financial, Inc.

(928) 649-1254 Fax: (928) 649-3006

Christine Carlton, CRFA Email: christine@carltonfinancialinc.com

850 Cove Parkway, Suite C Cottonwood, AZ 86326

Investments, Insurance, Annuities, Long Term Care, Medicare Plans, Estate Planning, help with prescription costs and VA benefit planning.

Care Patrol of Northern Arizona Mark Sylvester, Owner/Certified Senior

928-515-3100 www.carepatrol.com

Mark helps families in the Verde Valley find assisted living, independent living, memory care and in-home care in Northern Arizona. He reviews the care history of communities that he works with. He tours families to recommended facilities much like a realtor shows families new homes. With a national network of certified senior advisors, he can assist families who wish to relocate loved ones into and out of Northern Arizona. Care Patrol's service is FREE to families. "Better Senior Living Choices"

Arizona Care Management Solutions

“Helping people navigate the journey through aging...well”

Bonnie Shimko CSA, Consultant

(928) 300-0172 www.azcaremanagement.com

Fax: (928) 639-0276 Email: office@AZcaremanagement.com

544 South 6th Street, Suite 105 Cottonwood, AZ 86326

PO Box 1542, Cottonwood, AZ 86326

Arizona Care Management Solutions provides long term care management and quality consulting with a supportive team for seniors and their families. Their team provides a collaborative process of assessment, benefit and care planning, facilitation and advocacy to meet your personal needs. They can assist you with Advance Directives, ALTCS applications, VA Aid & Attendant and selecting the best place to live. Through effective communication and available resources they can help navigate the fast changing environment of healthcare as it relates to your personal journey of aging.

Julie Keeney

(928) 899-9498

Julie Keeney is an excellent resource who helps seniors and their families to identify the right care solutions. Julie can help to determine when people are eligible for VA, ALTCS, Medicare or Long Term Care Insurance through state and federal programs and connects people to the right physician, assisted living, home care services and community resources to meet their specific needs. Her consultation is a free community service. Planning ahead of a crisis can reduce a great deal of stress and is the best way to make certain that your health care decisions are honored.

Care provider Support

Family Caregiver Program

Brandon Baxter (928) 213-5225 Toll Free: (877) 521-3500 Email: bbaxter@nacog.org

Lita Nelson (928) 213-5255 Toll Free: (877) 521-3500 Email: lnelson@nacog.org

NACOG provides FREE caregiver workshops for family caregivers so they can benefit from receiving professionally facilitated training to increase the care givers wellbeing. Caregiver stress is common and can be alleviated by learning practical skills to decrease injuries and accidents, tips and strategies and by networking with other peers who understand. Workshops are designed to keep families SAFE in their homes longer and to learn the valuable skills that are needed to decrease frustration and to avoid caregiver burnout. For more information on the AREA AGENCY ON AGING-NACOG programs, services and information please **visit www.nacog.org/aging**

The Home Consortium Alliance

A national consortium convened by the AARP public policy Institute has produced short videos in English and Spanish to show caregivers how to help friends and family members to get safely from a wheelchair to a bed, a car or into the shower. Because falls are a leading cause of serious injury and deaths in the home, these videos show safe use of walkers and canes and are a wonderful tool to help people to care for loved ones so they can remain at home independently and safely.

Find the videos at aarp.org/nolongeralone

Chiropractor

Assurance Chiropractic, inc. Walk In Clinic Dr. Charles St.George

(928) 646--9220

www.assurance-chiro.com

4141 East Western Drive, Cottonwood, Arizona 86326

I highly recommend Dr. Charles because I am a patient. Expert adjustments. Walk-ins welcome.

Dr. Steven Cox

www.drstevencox.com

(928) 284-2228

100 Verde Valley School Road, Suite 110, Sedona, Arizona 86351

(928) 282-7646

West Sedona: 2155 West State 89A, Suite 105, Sedona, AZ 86336

Affordable packages. Expert adjustments.

Developmental Disabilities Services

Rainbow Acres

(928) 567-5231

www.rainbowacres.com

2120 West Reservation Loop Road, Camp Verde, Arizona 86322

Founded in 1974 and set on a beautiful ranch, Rainbow Acres is a thriving community where miracles occur every day and people find their true potential. Some of their residents are well into their 80's. It's not the chronological age that is important as much as it is to empower each individual to discover new talents. They serve adults with a wide degree of disabilities including but not limited to Cerebral Palsy, Down syndrome, Fragile X and within the Autism spectrum. Come to their promising futures tours, for dates and times please visit their website.

Elder Law and Estate Planning

Jackson White Law Firm

(800) 243-1160

LaBenz Law, PLLC Julie LaBenz, Esq.

www.julielabenz.com Email: julie@julielabenz.com

(928) 284-0909

25 Bell Rock Plaza, Suite A, Sedona, Arizona, 86351

Paralegal Services of the Verde Valley

(928) 554-5376 Email: paralegal@gmail.com

Josh Hinton

Free Consultation up to 45 minutes. Will make house calls. Preparation of legal documents including wills and trusts, Guardianship, Powers of Attorney, Deeds, Real Estate services, business services, civil complaints, probate, Act.

The Merrill Law Firm, PLLC, Robin Merrill, Esq.

(928) 649-9499 www.TheMerrillFirm.com Email: Robin@TheMerrillFirm.com

PO Box 517, Cottonwood, Arizona, 86326

Serving Sedona, Cottonwood and Camp Verde by appointment only.

Estate Sales

Ethical Estate Sales

“Your trusted partner through life’s transitions”

(928) 203-6345 www.ethicalestatesales.com Email: ethicalestatesales@gmail.com

Whatever your life transition whether it is relates to a divorce, the death of a loved one, health changes or downsizing they have the right solutions to meet your needs. They research, price, stage, advertise and liquidate your estate and are members of the American Society of Estate liquidators and the Better Business Bureau. They charge a commission once the sale is complete with no upfront or hidden fees. Give them a call today for a free estate consultation.

Eye Care

The Eye Clinic

Dr. Paydar, MD

(928) 203-9600 2530 West Hwy 89A, Suite B-3, Sedona, Arizona, 86336

(928) 649-2600 401 Calvary, Suite D, Cottonwood, Arizona, 86326

Eye Physician & Surgeon, Board Certified Ophthalmologist, Medical, Laser, Surgical, Optical Services, eye Care & emergency Services, In- Office surgery Center.

Fiduciaries

Lagas & Associates Paralegal Service, LLC

(928) 282-6256

Lloyd Paralegal Services

(928) 634-7206

Lew Ann Perry-Licensed Fiduciary and Daily Money Manager

(928) 300-7985 Email: lapfid@gmail.com

Licensed to serve as conservator, guardian, and personal representative for an estate, or by Agreement as representative payee or agent under power of attorney. Lew Ann’s goal is to provide trustworthy and affordable fiduciary or daily money management assistance in order to promote independence and reduce the potential for abuse and exploitation. She also provide guidance and support to family members, existing POA, guardian, conservator or personal representative and can assist in coordinating needed services.

Financial Services

Edward Jones

Phone: (928) 649-7424 or (855) 649-7424 www.edwardjones.com

Amy Brown, Financial Advisor Email: amybrown@edwardjones.com

1672 East Cottonwood Street, Suite B, Cottonwood, Arizona, 86326

The Edward Jones Philosophy is that service to the individual is of utmost importance. We provide this personal brand of service by discussing clients' individual investment needs on a one to one basis. We can assist with all of your financial planning needs including saving for retirement, income in retirement, education savings and protection of assets. We provide specialized planning for small business owners and estate considerations as part of a professional team including your CPA and attorney. For the sixth year out of the past eight, Edward Jones was ranked "Highest Investor Satisfaction with Full Brokerage Firms" according to J.D. Power and Associates 2012 Investor Satisfaction Study SM.

Food Banks and meals

Bread of Life Mission

(928) 567-6931

Address: 1575 South Sullivan Lane , Camp Verde, Arizona, 86322

Walk ins served no referral required. Food boxes & onsite meal. Onsite meal served Tuesday at 5:30pm. Food boxes distributed after the onsite meal.

Old Town Mission

(928) 634-7869 www.oldtownmission.org

Address: 116 East Pinal Street, Cottonwood, Arizona, 86326

Walk ins served no referral required. Food boxes, soup kitchen and onsite meal. Food boxes Mon, Wed-Fri 9am-11:30am. Onsite meals served Mon-Fri, Noon-12:45pm. Sack lunches Sat, Sun, Noon-12:45pm.

Sedona Food Bank

(928) 204-2808

Wednesdays.

St. Vincent DePaul (St. John Vianney Conference) Food Bank

(928) 821-1292

Physical: 180 St. John Vianney Lane, Sedona, Arizona, 86336

Mailing: PO Box 612, Sedona, Arizona, 86339

They offer a wonderful selection of food on Thursdays. Walk ins served no referral required. They also offer home visits, utility assistance and a hotline. It is located at the St. John Vianney Church. I am also including their mailing address for tax-deductible donations. Please use the entire name listed above. Non-produce & non-perishable items are welcomed. Serving the 86336, 86339, 86340, 96341 and 86351 areas.

Foot Care

Dr. Mark Brekke

(928) 282-3138

2155 State Route 89A, Suite 116 Sedona, Arizona 8633

Funeral Homes, Body Donation and Cremation Services

Advance Directive

Agingwithdignity.org

Five wishes meets the legal requirements for an advance directive in Arizona. You can use the five wishes in Arizona just like in other states to express how you want to be treated if you are seriously ill and unable to speak for yourself, using a document that is easy to understand. All you have to do is check a box, circle a direction or write a few sentences on their website

Bueler Funeral Home

Camp Verde (928) 567-5206 Cottonwood (928) 634-4001

Pre-Planning Services-Compassionate- Affordable-Family owned & operated. On-Site Crematory.

Greer's Mortuary and Crematory of Sedona

(928)282-3253 www.greersmortuary.com

2725 W. State Hwy 89A, Sedona, AZ 86336

Neptune Society

(480) 785-7000

Neptune Society is one of the oldest and largest cremation societies in the United States. By planning ahead, you can spare your family complicated financial and emotional decisions in their time of grief. It can also offer an alternative to the costs of a funeral home or cemetery. Neptune Society plans include transportation of the deceased, cremation, an urn, shipment of cremains to a cemetery or loved one. Their pre-need counselors are trained to assist you with setting up the plan that best reflects your personal choices.

Science Care

(800) 417-3747 www.sciencecare.com

Body donations. Arizona based.

Research for Life

(800) 229-3244 www.researchforlife.org

Transport for Life

(844) 466-7600 www.transplantforlife.org

2230 East Magnolia Street, Phoenix, AZ, 85034

Transplant for Life recovers the necessary tissues to restore sight to those who have visual impairment, to treat the wounds of burn victims and to repair musculoskeletal deformities and injuries to restore mobility. They enhance lives in our community through the gift of donation.

Westcott Funeral Home

(928) 634-9566 www.westcottfuneralhomes.com Steve and April Palmer, Owner

1013 East Mingus Ave. Cottonwood, AZ 86322 / 631 South First St. Camp Verde, AZ 86322

Hearing Services

Sedona Hearing Center

(928) 282-6510 Email: frontoffice@redrockhearing.com

Plaza West 2155 West SR 89A, Suite 210 Sedona, Arizona 86336

Practice includes diagnostics, assessment, rehabilitation and hearing aid dispensing.

Connect Hearing

(928) 284-5200

Village of Oak Creek: 100 Verde Valley School Road Suite 105 Sedona, AZ 86351

Audiologist: Jeff Schetter. Appointments available: Monday through Thursday from 9am-5pm.

Paradise Hearing

(928) 634-0039

905 Cove Parkway Cottonwood, AZ 86326

Complete testing and dispensing of Hearing Aids.

Verde Hearing Solutions, LLC

(928) 634-2077 www.verdehearingsolutions.com

709 East Mingus, Suite 102, Cottonwood, AZ 86326

Board certified hearing specialist does in home visits as indicated, full testing & services. By appointment only. They accept private insurance, HMOs, AHCCCS (APIPA) Plans accepted. Ask about benefits (some insurance plans offer a free hearing aid every 2 years). Hearing Testing Clinics available. Free cleaning/servicing @ senior facilities in the Verde Valley.

Help Lines

Adult Protective Services (877) SOS-ADULT {1-877-767-2385}. Report Elder Abuse.

Alzheimer's Association (800) 272-3900 24 hours a day, 7 days a week

Local Phone: **928-771-9257** www.alz.org

American Red Cross (800) 842-7349

Arizona Braille Talking Book Library (800) 255-5578

Arizona Long Term Care System (ALTCS) www.azahcccs.gov

Cottonwood: (928) 634-8101

AHCCCS offers Medicaid services for individuals who require nursing home or in-home care through the *Arizona Long Term Care System (ALTCS)*. This program is for individuals who are age 65 or older, blind or have a disability (at any age) and need ongoing services at a nursing facility level of care.

Many ALTCS members live in their own homes or an assisted living facility and receive in-home care from program contracted providers.

Legal Aid (Community Legal Services) **(800) 233-5114**

Multiple Sclerosis (800) 344-4867

NACOG: Area Agency on Aging (877) 521-3500 Flagstaff Office. www.nacog.org

National Council on Aging (800) 424-9046

Parkinson's Hotline (800) 223-2732

Parkinson's & Movement Alliance (800) 256-0966 www.pmdalliance.org

Poison Control (800) 222-1222

Medical Alert/Safe Return (888) 572-8566 Bracelets for people with Alzheimer's and related dementia.

Social Security (800) 772-1213

Stroke Hotline (800) 787-6537

Suicide Prevention (800) 273-8255

Homeless Shelter

Angies House

(928) 301-2169 www.angieshouseaz.com

They provide a warm, safe and caring environment. Available 24/7. Help with food and clothing and resources. Pet friendly, alcohol and drug free. Pets are welcome. Donations are welcome, please help our seniors, veterans and families need you. 501(c) (3)

Homeopathic Education, Consultation and Resources

Hahnemann Center for Heilkunst and Homeopathy

www.homeopathic.com Email: email@homeopathic.com

This Federally registered research institute operates as a college and a clinic in Canada. They are further accredited by the Canadian international Heilkunst Association and are the only college in the world offering training in medical Heilkunst. Medical Heilkunst is the name given by Dr. Hahnemann that encompasses an extensive range of health-promoting methods which involve physics, biology, and the sciences as well as homeopathy and other modalities. The HCH website offer books, software and advanced courses online as well as homeopathic medicines.

Home Health Care

Angel's Care Home Health

(928) 649-8883

301 South Willard, Cottonwood, AZ 86326

This Medicare Certified Agency offers caring, compassionate and cost-effective service based upon each person's individual needs. They provide skilled nursing care, restorative therapy, and medical social services to patients in their homes or wherever they reside, including assisted living facilities and retirement communities. They serve the Verde Valley and a large service area in Arizona.

Kindred at Home

(928) 649-9933 www.kindredathome.com

807 Cove Parkway, Suite 102 Cottonwood, AZ 86326

Their mission is to promote healing, provide hope and preserve dignity. They have been serving Yavapai County and Arizona families for nearly twenty years; offering a tradition of caring through a continuum of services that include: Home Health, Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Social Work, palliative Care (comfort Care) Hospice Care, and Private Duty Care (non-medical). Dr. Kevin Doyle, their in-house medical director, is board certified in family medicine and in Hospice & Palliative Care Medicine by the American Board of Medical Specialties. They are rated at 4.5 stars for their quality by the Centers for Medicare and Medicaid Services. Their excellent rating ensures that you will receive outstanding care.

Northern Arizona Homecare

(928) 639-6674 www.NAHealth.com

203 South Candy Lane, Suite 10B Cottonwood, Arizona 86326

Intermittent skilled nursing, physical therapy, speech therapy, home health aides, social services and Medicare Home Health Services.

Nurses Network

(928) 204-2255

Providing Medicare Certified Home Health Services and Arizona State Licensed Private duty Services in the Verde Valley area.

Sedona Family Health

(928) 282-0005 www.Sedonafamilyhealth.com

1890 West SR 89A, Suite D Sedona, Arizona 86336

Well woman exams, acute and chronic illness care, physicals, house calls, immunizations, Medicare and insurance billing, a provider for HMN Arizona Foundation insurance and BCBS.

Hospice

Accord Hospice (Previously named Verde Valley Community Hospice)

(928) 278-4134 www.accordhealthgroup.com

1350 Highway 89A, Suite 24, Sedona, AZ 86336

The Accord Hospice of Sedona mission is to provide and deliver compassionate and superior healthcare service to their patients, their families and the communities they serve. Their mission is their promise and they honor this by being available 24/7 to provide physical comfort, emotional well-being and spiritual peace to those in need of end-of-life-care. They are not about “a place,” but rather they serve their patients wherever they define their home to be, whether it is in a skilled nursing or assisted living facility, a hospice house or their own home. Their team is comprised of physicians, nurses, chaplains, social workers and volunteers- all committed to their patients and their families. If so desired, they will provide grief and loss services to those in need 13 months after the death of their loved one. In addition, Accord Hospice understands the importance of educating our community on those difficult topics, such as Advance Care Directives, the Myths of Hospice, and Pain & Symptom management among others. Serving their community is truly why they are here and they look forward to being your partners in care.

Aviant Hospice

(928) 634-1073 www.avianthospice.com

1756 East Villa Drive, Suite C-17 Cottonwood, AZ 86326

The Aviant Hospice team of caring physicians, nurses, social workers and chaplains provides each of our patients and their families with the support needed for life-limiting illnesses with dignity and helps families cope with loss through strength. Hospice services are available for individuals who have been diagnosed with an incurable condition or life-limiting prognosis. Examples of diagnoses include: end-stage renal and kidney diseases, heart disease (CHF), lung disease (COPD), dementia, stroke, cancer. Additionally, patients and their families consider hospice care when: comfort-oriented care to improve the quality of life is most important, life is measured in months and weeks rather than years, curative treatment is not an alternative or is no longer desired. The services provided by Aviant Hospice are designed to best support the needs of both the patient and the patient’s family. Their services include: availability 24/7 weekends and on call, exceptional nursing care with emphasis on pain control and symptom management, Care provided in the home, nursing home, or other facilities, medications used to relieve symptoms, medical supplies and equipment, social workers, volunteer companionship to provide transportation, run errands or just to “be there”, short, inpatient respite care, spiritual support, bereavement follow up for 13 months after the death or longer, if needed, grief classes, individual and group counseling and other community-based educational programs.

Compassus Hospice & Palliative Care

(928) 284-0180 www.compassus.com

70 Bell Rock Plaza, Suite A Sedona, Arizona 86351

Hospice Compassus’ mission is serving terminally ill patients and their families with compassion, integrity and excellence. Hospice Compassus offers the highest clinical standards for day-to-day medical care, including providing pain and symptom management. Family centered approach focuses on the patient, led by an interdisciplinary team, including a medical director, nurses, social workers, non-denominational chaplains, counselors and trained volunteers. Our goal is to provide the greatest possible comfort and care for those who experience one of life’s most intimate and challenging moments.

Hospice of the Pines

(928) 632-0111 or (888) 632-0111

13175 E. SR 169, Dewey, AZ 86327

Hospice of the Pines offers full service hospice services including but not limited to: Nursing Aides, Social Services, Spiritual and Bereavement .We have bereavement groups throughout the Community. Hospice is a basic Medicare benefit and most health insurers offer hospice as a benefit with no out of pocket expenses. They also have a community loan closet.

Maggie's Hospice Inc.& Palliative Care Services

(928) 775-2290 www.maggieshospice.com Email: jdudley@themaaz.com

314 North Alarcon Street, Prescott, Arizona 86301

Serving Prescott, Quad cities area and The Verde Valley

Maggie's Hospice was named after Dr. Margaret Irby who lived in the Prescott area. Dr. Margaret believed strongly in providing services that are responsive to the needs and exceed the expectations of those they serve. Maggie's Hospice is dedicated to carrying out her mission in the community that Dr. Margaret loved. So why choose Maggie's Hospice? Maggie's Hospice is not a corporation. They are privately owned and operated by a Registered Nurse. The mission of Maggie's Hospice is to provide quality care and service that is responsive to the needs and goals of those they care for. Their team approach is patient and family centered, continuously striving to exceed the expectations of those they serve.

Northern Arizona Homecare

(928) 639-6676 www.NAHealth.com

203 South Candy Lane, Suite 10A Cottonwood, Arizona 86326

Serving the Verde Valley since 1984. Hospice is for patients who have a terminal illness & have decided to shift the focus from cure to comfort. Hospice care emphasizes the quality of remaining life & allows the patient to remain at home in familiar surroundings while receiving expert care. It focuses on the comfort of the patient & supports the family members in caring for their loved one at home. Services include: regularly scheduled nursing visits in the home, R.N. on call 24 hours/day, home health aide visits for personal care & bathing, volunteer visits, medical equipment, supplies & medications, emotional, spiritual support & bereavement counseling. Medicare or private insurance carriers often cover costs. NO AZ Hospice is a non-profit organization which relies on donations and fundraisers.

Valley View Care

(928) 639-6676 www.nahealth.com

421 North Willard Street, Cottonwood, Arizona 86326

Northern Arizona Health Care's 12,000- square- foot hospice facility is the first hospice house In the Verde Valley for those who need hospice services, but lack the resources to remain at home. Their specially trained staff help patients and their families with the challenges of end of life care by offering pain management, comfort care, and emotional and spiritual support during their end of life journey. It is a beautiful 10 bed retreat with stunning views, private baths and peaceful surroundings, a perfect setting for the patient and their families end of life journey. It was created by the generosity of local donors. If you would like to join the mission of providing excellent end-of-life support to patients and their families in the Verde Valley, please contact the Verde Valley Medical Center Foundation at 928-639-6100.

Aviant Hospice (formally Verde Valley Community Hospice)

(928) 634-1073 www.avianthospice.com

859 Cove Parkway, Suites 102 & 103 Cottonwood, AZ 86326

In Home Hospice care including RN, C.N.A, Home Health Aide offered throughout the Verde Valley. Medical Social Workers, Respite Care, Bereavement Counseling, Hospice Education. Volunteers, Medical Equipment & comfort supplies. PT, OT, Speech Therapy & other services coordinated as needed. 24 hour On-Call emergency assistance.

Infusion Services

Amerita Specialty Infusion Services

(928) 708-0025 www.ameritaiv.com

They offer home IV Therapy, specialty injectables, TPN Therapy, Eternal Therapy, IVIG and Inotropes. Services after hours and on weekends, free shipping, pharmacist 24 hours a day, in-hospital patient education and care coordination. Comprehensive insurance screening and preauthorization.

Labs

Lab Corp.

West Sedona: (928) 282-1031

Cottonwood: (928) 634-0495

Rapid Ray Mobile x-ray service

(928) 776-XRAY (9729) Fax: (928)708-XRAY (9729)

Providing in-home portable x-ray and ultrasound services to home bound patients in the Verde Valley and Flagstaff. Their fully digital system allows for the highest quality images with reports faxed to your doctor within 30 minutes of the exam. Reports and actual films are available to the doctor on their website indefinitely. Same day service in all cases. Rapid Ray-Mobile, portable radiology, X-Ray, EKG, MRI, also serving Phoenix, Green Valley, Tucson and Prescott. For more information or to place an Order please give them a call.

Sonora Quest Laboratories

(928) 282-8562

210 Sunset Drive, Suite C-1, Sedona, Arizona 86336

Landscaping and handyman

D&R Landscaping

(928) 202-7439 Email: chadmkime.ck@gmail.com

Together making your home more beautiful; all aspects of landscaping and weed spray. Our goal is to provide customer service that is affordable and customers that are satisfied with their landscaping.

Life Alerts

Alert One (800) 693-5433

NACOG (Area Agency on Aging)

(928) 649-3876 www.nacog.org

They have an amazing Emergency Response and Medication Management System called carenect which creates a response plan just for you at an affordable price.

Northern Arizona Lifeline Systems

(928) 445-2994 or (888) 445-2994

Physical Address: 915 Hinman Street, Prescott, Arizona 86305

Verde Valley Caregivers

(928) 204-1238 Fax: (928) 203-9503 www.vvcaregivers.org Email: caregivers@vvcaregivers.org
299 Van Deren Road, Suite 2, Sedona, Arizona 86336

The GAP Program (Guardian Angel Program) loans and installs a Personal Assistance Security System for persons living alone.

Meal Prep & Delivery Services

Adult Community Center of Sedona

(928) 282-2834 Fax: (928) 282-2843 www.sccsedona.org Email: info@sccsedona.org

Physical Address: 2615 Melody Lane, Sedona, Arizona 86339

Mailing Address: PO Box 2894 Sedona, Arizona 86339

Non-profit social service program supports at-risk seniors in need. Their mission is to enhance the quality of life for people of the greater Sedona community through their award winning food programs, outstanding exercise and educational activities and compassionate supportive services. They offer classes and other events that have a fee. A schedule of classes can be found at the center or on their website at www.sccsedona.org. They provide hot, nutritious meals & dinner sandwiches to housebound and/or disabled seniors Monday - Friday. Each Friday they deliver a grocery bag with food for the weekend. The suggested donation for their healthy community lunches served Monday-Friday from 12:00-1:00pm is \$5.00. They offer a variety of meals on wheels programs. Between the delivered meals, daily community lunches and the breakfast/weekend club, they serve over 24,000 meals per year to seniors in need.

Meals on Wheels, NACOG

(877) 521-3500

Call to set up meals on wheels.

Verde Valley Senior Citizens Association

Phone: (928) 634-5450 Fax: (928) 649-0520 www.verdevalleyseniorcenter.org

Physical Address: 500 East Cherry Street, Cottonwood, Arizona 86326

Mailing Address: PO Box 681 Cottonwood, Arizona 86326

They serve a 25-mile radius, which includes Bridgeport, Camp Verde, Clarkdale, Cottonwood, Jerome, Cornville, Beaver creek, and Verde Village. Volunteer grocery shopping, meals on wheels, lunch served at the center. Transportation to the center for meals and social activities. Suggested donation for meals \$3.50. Volunteers and donations are always needed and gratefully accepted.

Medical Centers

Flagstaff Medical Center

(928) 779-3366 www.nahealth.com

1200 North Beaver Street, Flagstaff, Arizona 86001

For a complete list of their services please visit their website.

Sedona Medical Center

(928) 204-2000 www.sedonamedicalcenter.com

3700 West Hwy 89A, Sedona, Arizona 86336

For a complete list of their services please visit their website.

Sedona Urgent Care

(928) 203-4813

2530 W. HWY 89A, Bldg. A Sedona, Arizona 86336

Convenient care for illnesses and injuries on a walk-in basis. No appointment necessary. X-ray and Lab facilities on site with experienced physician on duty. Open 365 days a year.

Verde Valley Medical Center

Phone: (928) 639-6000 www.verdevalleymedicalcenter.com

269 South Candy Lane, Cottonwood, Arizona 86326

For a complete list of their services please visit their website.

Yavapai Regional Medical Center

(928) 445-2700 www.yrmc.org

YRMC East: 7700 E. Florentine Road, Prescott Valley, AZ 86314

YRMC Del E Webb Outpatient Center: 3262 Windsong Road, Prescott Valley, AZ 86314

YRMC West: 1003 Willow Creek Road, Prescott, AZ 86301

Yavapai Regional Medical Center is a locally owned, operated, not-for-profit hospital YRMC West in Prescott and YRMC East in Prescott Valley – plus the YRMC Del E. Webb Outpatient Center, also in Prescott Valley. Cardiac Surgery Program at their heart center. Visit their website for services.

Medical Equipment and Supplies

All Med Equipment and Supplies

(928) 634-3627 or (800) 293-6666 Fax: (928) 634-4158 www.all-medaz.com

Physical Address: 680 E. Mingus Avenue, Cottonwood, Arizona 86326

Mailing Address: PO Box 339 Cottonwood, Arizona 86326

They offer a complete line of medical equipment and supplies for sale and rental including, oxygen equipment and service, respiratory therapy, scooters, wheelchairs, walkers, canes, braces and supports, bedside commodes, toilet seat risers, colostomy and diabetic supplies, hospital beds, electric lifts and lift chairs. They are JCAHO Accredited and have been in operation since 1985. They offer **free delivery** throughout the whole Verde Valley including Sedona. They handle all of the Medicare/insurance billing and offer 24-hour emergency service.

Lincare

(928) 639-0980

2635 Union Drive, Cottonwood, Arizona 86326

Oxygen and respiratory services and supplies and all durable medical equipment for local and traveling customers. Follow up service 24-72 hours after delivery. 24-hour emergency service. Complimentary nurses visit to check vital signs. Insurance or Medicare Billing.

Hope And Care Foundation (in affiliation with hospice of the Pines)

Durable Medical Equipment Loan Closet

(928) 632-0111

This loan closet is completely free. They just ask that you return the items when they are no longer needed. The Hope and Care Foundation is a 501(3) non-profit entity of Hospice of the Pines. Do you have any durable medical equipment you are no longer using? They would love to have these items available to help our community. Walkers, wheelchairs, canes, crutches, bedside commodes are some of the items they have on hand or need. Availability is based on the items that are donated by our community.

Preferred Homecare

(928) 634-7528

295 S Willard Street Cottonwood, Arizona 86326

Home care equipment sales and rental, Oxygen and supplies. Delivery available. All Durable Medical Equipment available.

Sleep Med Help

(928) 282-1276 Fax: (928) 282-1852

2155 W. Hwy 89A Ste. #104 Sedona, AZ 86336

A full service Medicare certified durable medical equipment company offering a full line of Nebulizers, CPAP units and therapy supplies including masks for PAP and nebulizer therapy. Our Health Sleep program is backed by Respiratory Therapists who provide a personal approach to respiratory care either in person where we assist and monitor how well each patient is doing in their prescribed course of therapy and treatment. We offer full CPAP unit downloads for required Medicare compliance checks.

Northern Arizona Seniors In Action Coalition

Adult Disposable Briefs Supply Bank

(928) 282-1122 Email: nazsac@gmail.com Fax: 928-282-5074 www.nazsac.org

PO Box 305, Sedona, Arizona 86339-0305

Call or email to donate or where to drop off/pick up supplies. Verde Valley Seniors in Action Coalition is a 501(c) 3 non-profit corporation dba Northern Arizona Seniors In Action Coalition. Your donation is tax deductible.

Medicare and Medicare Advantage and Prescription Drug Plans

Medicare Helper, LLC

Ryan M. Steinert, Licensed Insurance and Financial Services Agent

(928) 649-9939 Website: www.yourmedicarehelper.com Email: info@yourmedicarehelper.com

Want to know the TRUTH about Medicare and Medicare Advantage plans? Set your appointment with Ryan today. He is contracted with all Medicare Advantage providers in Yavapai County and has over 8 years of experience in the Verde Valley. He is contracted with 11 Medicare Supplement companies and understands how plans work with local providers. Ryan is a fully licensed healthcare agent who networks effectively with the local health care community. He will end the confusion over Medicare and help you to understand all of your options simply and clearly.

Medicare and Federal Resources

1 (800)-Medicare www.medicare.gov

If you know someone who needs assistance, visit Eldercare.gov or call 1-800-677-1116

Additional resources can be found at www.seniors.gov or by calling 1800-FED-INFO

Medication Assistance

Carlton Financial, Inc.

(928) 649-1254

MATFORCE Prescription Drug “Take Back” Program: Protect our environment & water supply.

Please drop off expired/unused OTC/Prescription medications in original containers at Sedona or Cottonwood Police Departments. They incinerate medications – an alternative to flushing meds into municipal water supply or disposal in trash where contamination of landfills & groundwater can occur. Okay to bring medications in tablet or capsule form. No syringes or liquids. Do not need prescription bottle, can bring them in a zip lock bag. “Dump the Drugs” days are held locally 2 times a year.

Sedona Police Drop-Off Hours: Monday – Friday, 7am-6pm. Info: (928) 282-3102

Pfizer

(800) 717-6005 www.pfizerpathways.com

www.needymeds.org

Provides information on how to enroll in charitable programs, information about policies regarding refills and limits, and procedures for dispensing.

www.rxassist.org

The Robert Wood Johnson Foundation provides information on over 100 pharmaceutical manufacturer’s patient assistance programs, including programs that offer free prescriptions.

Memories

Aiyana Studio of Photography

(928) 713-9870 www.aiyanastudio.com

5615 North Ardmore Ave, Prescott Valley, Arizona 86314

Certified professional award winning photographer specializing in senior citizens. Family heirloom portraits and life story legacy DVD's. Helping loved ones share the best memory of you through thoughtful photography. Don't let your family's memories fade away.

Moving

In Your Space Consulting

(928) 636-0730 Cell: (928) 379-2664 www.inyourspaceaz.com

Barbara has been an Arizona resident since 1984, Certified Senior Move Manager, member of the National Association of Senior Move Managers, Licensed, Bonded and Insured. She can help you modify your existing home to make it safer and more comfortable.

Nursing Homes

Kachina Point Health Care & Rehabilitation Center

(928) 284-1000

505 Jacks Canyon Road, Sedona, Arizona 86351

Licensed, Medicare-certified, personal, intermediate, and skilled levels of care. Alzheimer's unit.

Haven of Cottonwood

(928) 634-5548 www.havenhg.com

197 South Willard Street, Cottonwood, Arizona 86326

Licensed, Medicare-certified, personal, intermediate, and skilled levels of care. Long-term skilled Nursing care. Hospice & respite care. Specialized Dementia & Alzheimer services.

Haven of Camp Verde

(928) 567-5253

86 West Salt Mine Rd. Camp Verde, Arizona 86322

Licensed, Medicare-certified, personal, intermediate, and skilled levels of care. Long-term skilled Nursing care. Dementia & Alzheimer care. Hospice & respite care.

The Peaks

(928) 774-7106

3150 North Winding Brook Road Flagstaff, AZ 86001 www.thepeaks.org

Long term care & rehabilitation facility in Northern Arizona. The Health Care Center at the Peaks is certified by Medicare and AHCCCS (the Arizona Medicaid Program) and contracts with most long term care and many acute care health plans.

Obudsman

Sue McCauley

(928) 649-3763 ext. 2

Coconino County

Margot Williams

(928) 775-9993 ext. 5

Yavapai County

Pet Boarding

Applewood Kennels

(928) 639-1847 www.applewoodkennel.com

24 East Cottonwood Street, Cottonwood, Arizona 86326

Providing boarding for dogs and cats. They offer weekend and emergency service.

Physical Therapy ~ Outpatient

Cory Physical Therapy

(928) 282-0072

2515 State Route 89A, Sedona, Arizona 86336

Entire Care Rehab & Sports Medicine Experts (a service of VVMC)

Sedona (928) 282-6775 www.NAHealth.com Email: mark.ritter@nahealthcare.com

35 Dry Creek Road, Sedona, Arizona 86336

Cottonwood (928) 639-6383

269 S. Candy Lane Cottonwood, AZ 86326

Kachina Point Outpatient Clinic

(928) 284-2411

505 Jacks Canyon Road, Sedona, Arizona 86351

Lebec Physical Therapy

(928) 282-5050

55 Southwest Drive, Sedona, AZ 86336

Linda Lebec, Owner Physical therapy for all diagnosis including neurological, orthopedic and vestibular care. Friendly staff will bill private insurance or Medicare.

Northern Arizona Rehabilitation and Fitness

(928) 649-9726 www.norazrehab.com

480 South Willard Cottonwood, Arizona 86326

Physical Therapy Evaluation and Intervention, Aquatic Therapy, Orthopedic Manual Therapy, Ergonomic Evaluations, Sport Specific Training, Individualized Fitness Programs.

Precision Physical Therapy

(928) 634-1900

856 Cove Parkway, Suite #A-B Cottonwood, AZ 86326

Geriatrics, Anodyne Therapy and Orthopedics.

Sedona Integrative Medical Clinic

Phone: (928) 284-0166 www.sedonaclinic.com

1146 State Route 89A Suite 1, Sedona, Arizona 86336

Primary care and physical therapy facility in the Village of Oak Creek. Also offering massage therapy, psychiatry, acupuncture, wellness and nutritional coaching. Linda Haggard PA-C specializes in internal medicine, women's health and thyroid function for men and women. Integrating natural and modern medicine for 27 years. Eric Haggard physical therapist specializes in post- surgery rehabilitation, sports injuries, back pain, massage therapy and hypnosis. Friendly staff and welcoming atmosphere, "expertise with Compassion". Blue Cross Blue Shield, Medicare, Tri-Care, AHCCCS accepted. For more information, please call.

Verde Valley Medical Center

(928) 639-6383

Physical Address: 269 South Candy Lane, Cottonwood, Arizona 86326

Verde Valley Physical Therapy

(928) 634-9518

Physical Address: 411 South 14th Street, Suite 102, Cottonwood, Arizona 86326

Realtors

Berkshire Hathaway Home Services

Crest Real Estate

Rachel M. Pearson, Realtor www.bhhscrest.com Email: rachelpearson@att.net

(818)-438-7973

Clients choose Rachel for her outstanding client service, her strong work ethic, integrity and attention to detail. When buying or selling a home or condominium Rachel can give professional advice with getting your home ready to put on the market, recommending reputable local movers and vendors to service the property as well as pairing the client with the right Berkshire Hathaway Arizona based Realtor to serve your real estate needs. A great listener and skilled negotiator with the latest high tech marketing tools make her your number one choice in real estate.

Century 21 Sexton Realty

DJ Smith, Realtor www.century21sexton.com Email: djsmith@century21.com

Physical Address: 565 South Main Street, Cottonwood, Arizona 86326

(928)-300-5703

“Joining Hearts to Homes”

Rehabilitation Facilities

Kachina Point Health Care & Rehabilitation Center

(928) 284-1000

505 Jacks Canyon Road, Sedona, Arizona 86351

Licensed, Medicare-certified, personal, intermediate, and skilled levels of care. Alzheimer's unit.

Mountain Valley Regional Rehabilitation Hospital

(928) 759-8800 www.MVRRH.ernesthealth.com

3700 North Windsong Drive Prescott Valley, AZ 86314

Rehabilitative services for patients with functional deficits as a result of debilitating illnesses or injuries. MCVRRH believes that therapy is not just physical, it is also a very emotional experience. Unique specialized and progressive Rehab services provided by a caring skilled staff.

Haven of Cottonwood

(928) 634-5548 www.havenhg.com

197 South Willard Street Cottonwood, Arizona 86326

Licensed, Medicare-certified, personal, intermediate, and skilled levels of care. Long-term skilled Nursing care. Hospice & Respite care. Specialized Dementia & Alzheimer services

Haven of Camp Verde

(928) 567-5253

86 W. Salt Mine Rd. Camp Verde, Arizona 86322

Licensed, Medicare-certified, personal, intermediate, and skilled levels of care. Long-term skilled Nursing care. Dementia, Alzheimer's, Hospice and Respite care.

The Peaks

(928)-774-7106

3150 North Winding Brook Road Flagstaff, AZ 86001

Long term care and rehabilitation facility in Northern Arizona. The Health Care Center at The Peaks is certified by Medicare and the Arizona Health Care Cost Containment System (the Arizona Medicaid Program) and contracts with most long term care and many acute care health plans.

Senior Services

Catholic Social Services

(928) 634-4254 Regional Website: www.catholiccharitiesaz.org

736 North Main Street, Cottonwood, Arizona 86326

A non-profit organization that helps with a community loan closet (medical equipment), counseling, advocates for the disabled, visiting nurses personal care homemaking services and respite care for the elderly and handicapped.

NACOG (Area Agency on Aging)

(928) 649-3876 (877) 521-3500 www.nacog.org

An organization which helps seniors with referrals, case management, legal advocacy, benefits counseling, meals on wheels, family caregiver support program and ombudsman services. They also have an amazing emergency response and medication management system called Carenect which creates a response plan just for you at an affordable price.

Verde Valley Seniors in Action Coalition

(928) 282-1122 Fax: (928) 282-5074 www.nazsac.org Email: nazsac@gmail.com

Mailing Address: PO Box 305, Sedona, Arizona 86339-0305

An organization which helps seniors with referrals, business training programs, art exhibitions, a health interactive website, dispensing information about aging. They advocate, educate, facilitate and motivate elected officials and agencies regarding public issues affecting people age 60 and older in the state of Arizona. They also have the disposable brief supply bank which is a vital service.

Verde Valley Senior Citizens Association

(928) 634-5450 Fax: (928) 649- 0520 www.verdevalleyseniorcenter.org

Email: seniorcenter@verdenet.com

Physical Address: 500 East Cherry Street, Cottonwood, Arizona 86326

Mailing Address: PO Box 681 Cottonwood, Arizona 86326

They serve a 25-mile radius, which includes Bridgeport, Camp Verde, Clarkdale, Cottonwood, Jerome, Cornville, Beaver Creek, and Verde Village. They offer a AARP tax volunteer program, Medicare volunteer by appointment only, referrals to community services, meals on wheels, lunch served at the center, transportation to the center for meals and social activities. The suggested donation for meals is \$4.00. They really need volunteers to bring meals to seniors many of whom are home bound. It is very rewarding and just takes a couple hours to make a big difference in someone's life. I apply my Arizona State taxes towards the center instead of paying directly to the state that way I ensure that the taxes are benefiting my own community.

Northern Arizona VA Health Care System

Phone: (928) 445-4860, or (800)-949-1005 www.prescott.va.gov

500 Hwy 89 Prescott, AZ 86313

Veterans Administration Benefits (VA) for qualifying veterans and their widows reimburses medical expenses such as in-home care, assisted livings, and other medical expenses.

Verde Valley Caregivers Coalition

(928) 204-1238 Fax: (928) 203-9503

www.vvcaregivers.org, Email: caregivers@vvcaregivers.org

299 Van Deren Suite #2 Sedona, Arizona 86336

Non-profit organization of caring volunteer's helping adult neighbors through services & programs to help seniors maintain their independence & improve quality of life at home. GAP Program (Guardian Angel Program): they loan & install a Personal Assistance Security System for persons living alone. It is programmed with up to four phone numbers of neighbors or family members who can respond quickly to an emergency. These primary emergency contacts should also be furnished with a key so that they can easily help in an emergency. They do not provide "hands on care" or help with major home repairs. Volunteers offer friendly visiting & phoning service, help doing grocery shopping or can pick up prescriptions. They take neighbors grocery shopping, to doctors appointments, the bank, beauty salon, pharmacy, and occasionally to Wal-Mart. They require a 48-hour notice. Services are provided free of charge, however, there is a suggested donation for round trips over 35 miles. They offer business help, handypersons & respite assistance. Their Adult Children of Aging Parents Program support group that is a valuable resource for people caring for parents. Thrift Shop in Uptown Sedona to benefit community programs. The Silver Linings Thrift Shop located at 345 Jordan Road, Sedona AZ 86336 (Uptown Sedona) (928) 282-6851. Please support your local seniors through donations or visiting their thrift shop!

Sleep Clinic

Sleep Med Center

(928) 634-6369 Fax: (928) 634-6389

401 S. Calvary Way, Cottonwood, AZ 86326

A nationally accredited sleep center, which diagnoses and treats sleep disorders, like Sleep Apnea or other sleep related breathing disorders. Dedicated to serving patients and addressing all of their sleep medicine needs, including providing home sleep testing.

Social Security Administration

(800) 772-1213

Support Groups

Alzheimer Association, Desert Southwest Chapter

928-771-9257 Helpline: 800-272-3900

Call Prescott Regional Office for information on Meetings in the Verde Valley.

Chat Room

(928) 204-4175

3700 West Hwy 89 A, Sedona, Arizona 86336

A support group for cancer survivors. Meets the 1st and 3rd Thursday of the month at the Sedona Cancer Center located at the Sedona Medical Center campus.

Diabetes Education Class

(928) 639-6346

269 South Candy Lane, Cottonwood, Arizona 86326

Happy Huggers Women's Support Group

Julie (928) 899-9498

2050 89A Cottonwood, AZ 86336.

Meets 2nd Tuesday of the month at 1:30pm at the Pine Shadows club house. This support group is geared to help individuals meet and share information, friendship and moral support.

Heads Up

(928) 204-4175

3700 West Hwy 89 A, Sedona, Arizona 86336

For survivors of head and neck cancer. Meets 1st Friday of the month at Verde Valley Medical Center.

Living with loss

Julie (928) 899-9498 or Hospice of the Pines (877) 632-0111

Verde View Senior Apartments, 377 West Hwy 260, Camp Verde, Arizona 86322

Free and open to the public. Light refreshments served. Any kind of loss or pending loss can make us feel separated from those things that make life worth living. It is important to embrace hope and feel companioned in your journey. Just listening to the experience of others can help us not to feel so alone during this trying time.

Transitions Grief Support Group

(928) 284-0180

Sedona Community Center 2615 Melody Lane, Sedona, Arizona 86336

Transportation Services

Ace Xpress Shuttle Service

(928) 649-2720 or (800) 336-2239

Picks up travelers at home or the hospital. \$60.00 one-way. \$99.00 round trip. Stops at Phoenix airport, surrounding hotels, Arizona Heart Institute and the Greyhound bus station. Advance reservations are required.

CATS (cottonwood Area Transit System)

(928) 634-2287

Handicapped accessible.

CK's Need a Lift

(928) 301-1982

Beaver Creek Buggy

(928) 301-2749 Lake Montezuma

Serving the residents of Rimrock, McGuireville and Lake Montezuma. Transportation for Medical appointment, errands, shopping and misc. Call for availability. Available 7 days a Week 24 hours a day. Donation basis for most services.

High Desert Delivery, LLC

(928) 775-7301 Fax: (928) 775-6919 Email: highdesertdelivery@hotmail.com

8671 Spouse Dr. Prescott Valley, AZ 86314

Serving central and northern Arizona including; Sedona and the Verde Valley, Prescott and Metro areas, Flagstaff and Phoenix Metro areas. They offer transportation to and from anywhere you need to go. They provide ambulatory, wheelchair accessible, and stretcher transportation. Each driver has good driving records and is certified for first-aid and CPR. They can take people to the doctor, dentist, physical therapy, pharmacy pick up and deliveries or help them to get home after a discharge from the hospital or rehabilitation facilities. They also deliver pharmaceutical and medical supplies. Mobile notary. CPR/First Aid Classes, 2 classes/month. "We treat everyone like they are family."

Sedona Cancer Center Van

(928) 204-4151

Transportation for patients who are receiving radiation therapy who live in the Verde Valley. No charge.

Sedona Phoenix Shuttle

(928) 282-2066

Servants Hearts

(928) 777-5512

Non-medical transportation.

Verde Valley Caregivers Coalition: Volunteer Caregivers Program

(928) 204-1238 Fax: (928) 203-9503 www.vvcaregivers.org Email: caregivers@vvcaregivers.org

They take neighbors grocery shopping, to doctor's appointments, the bank, beauty salon, pharmacy, and occasionally to Wal-Mart. They require a 48-hour notice. Services are provided free of charge however there is a suggested donation for round trips over 35 miles.

Veterans

Arizona Care Management Solutions

Bonnie Shimko CSA, Consultant

(928) 963-1663 (928) 300-0172 Email: azcaresolutions@gmail.com

Bonnie Shimko is very knowledgeable in helping Veterans and their families identify and implement resources.

Arizona Department of Veteran's Services

(928) 443-1213

Jim Morrow

(800) 852-8387

VA benefits counselor. Comes to the Cottonwood DES office on Cherry Street every Thursday from 9am-2pm.

Wound Care

Angels Care Home Health

(928) 649-8890 Fax: (928) 649-8891

301 South Willard Cottonwood, AZ 86326

Website: www.angmarholdings.com

Serving the entire Verde Valley. Skilled nursing home visits. Anodyne Therapy in conjunction with wound care/Wound Vac services.

Mingus Medical Care D. Adele Sumner RNC, CWS

(928) 649-8250 Cell: (928) 301-0838

813 Cove Parkway Suite 101 Cottonwood, AZ 86326

Nationally Board Certified in Advanced Wound Care. Expertise and experience serving the Verde Valley. Assessing, Evaluating & Treating non-healing and complicated wounds with "that special gentle touch."

We created this free senior guide to make it easier for seniors and their families to find solutions so they can live better lives. Harmony Home Care Referral Service, LLC is not affiliated with these organizations or services. This guide is not all-inclusive. Our clients reside in the Verde Valley and this guide was created to meet their local needs. While it is not our intention to exclude any service from this guide, it is not possible for us to include every service in the Verde Valley. We have included the resources & services that are most frequently requested by our seniors and their families. Our referral list is maintained by positive feedback directly from clients and their families. Updated 3/21/2018

We are deeply grateful to our Community for entrusting us with their home care needs and for their continued support over the years. We are privileged to be at your service.

Mary T. Pearson, Owner, Harmony Home Care