

Disabled In Yuma

Services for the Disabled and Elderly

Yuma County Library District

October 2015

YUMA COUNTY
LIBRARY DISTRICT



DISABLED IN YUMA

A List of Services for the Disabled and Elderly

**Yuma County Library District
Special Services Librarian
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**(928) 373-6498
2951 S. 21st Dr. Yuma, AZ 85364**

October 2015

**This booklet can be copied.
Available on the Yuma County Library District's Web Page at:
<http://www.yumalibrary.org/resources>**

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AMERICANS WITH DISABILITIES ACT

ADA Americans with Disabilities Act www.ada.gov Hotline (800)514-0301; (800)514-0383 TTY 100 N. 15th Ave., Ste. 361 Phoenix, AZ 85007, Federal Government's disability-related information and resources website for people with disabilities, their families, employers, service providers, and others. Some Spanish Language materials are available.

American Association of People with Disabilities www.aapd.com

Disability.Gov www.disability.gov Federal information and referral website on disability policies, programs and services nationwide with links to federal, state, and local government agencies, academic institutions and nonprofit organizations.

ASSISTIVE TECHNOLOGY

Abledata www.abledata.com Email: abledata@neweditions.net (800)227-0216 Voice Se habla español, (703)992-8313 TTY 8630 Fenton St., Suite 930 Silver Spring, MD 20910 Federally funded project which provides a database listing over 29,000 assistive technology products for people with disabilities and for seniors. Searches can be conducted on the website or by calling the toll free number. Anything can be downloaded without charge from the website, including fact sheets and informed consumer guides. A great resource for finding low-tech assistive devices is the "DIY" section of AbleData.

Ai Squared www.aisquared.com/ Email: sales@aisquared.com (800) 859-0270 A leader in assistive technology, they offer a range of products designed to help the visually impaired access the computer and the world around them. Their flagship product is ZoomText, offers magnification and reading software for the vision impaired. It is available in 20 languages and 45 countries through a network of over 350 dealers across the globe.

Arizona Technology Access Program (AzTAP) aztap.org/ Email: askaztap@nau.edu Tel.: (800)477-9921; (602)728-9536 TTY 2400 N. Central Ave. Ste.300 Phoenix, AZ 85004 The mission of AzTAP is to increase access to assistive technology (AT) devices and services for individuals with disabilities and their families through systems change, advocacy, training, and direct services. Program staff works with consumers, service providers, state agencies, private industry, legislators, and other stakeholders to facilitate the development of a statewide system of AT services. In addition, AzTAP has an affordable financial loan program for qualified consumers who want to buy assistive technology.

Arizona Telecommunications Equipment Distribution Program (AzTEDP) www.acdhh.org/ Email: info@acdhl.az.gov Voice/TTY (800)352-8161, Video Phone (480)559-9444, 100 N. 15th Ave. Ste. 104 Phoenix, Arizona 85007 Equipment through AzTEDP is free to all Deaf, Hard of Hearing, Deaf-Blind, and Speech Impaired Arizonans.

Assistech Special Needs www.assistech.com/ (866) 674-3549 Providing assistive products Hearing, Vision, Speech, Mobility and professional services for an active and independent life.

Assistive Media www.assistivemedia.org Email: info@assistivemedia.org 400 Maynard St., Ann Arbor, MI 48104 Assistive Media plays audio recordings of literary works, primarily essays reprinted from literary journals. “Assistive Media’s mission is to offer universal accessibility to good writing, points of view, and deeper understanding of people, communities, and cultures.” To access the service you may install RealPlayer right from the Assistive Media site.

Bierley Electronic Magnifiers www.bierley.com Email: ussales@bierley.com (800)985-0535 devices for communication, computer, desktop, optical, portable, TV, video.

Freedom Scientific (Simple Reading Appliance for Home **SARA**) www.FreedomScientific.com (800)444-4443 Freedom Scientific is the largest worldwide manufacturer of assistive technology products for those who are blind or have low vision including, **JAWS**, world's most popular PC screen reader provides speech and Braille output for the most popular computer applications.

Humanware www.humanware.com Email: info@humanware.com (800)-722-3393 Products for the deaf-blind, visually impaired, and learning disabilities.

Kurzweil Educational Systems www.kurzweiledu.com Email: sales@cambiumtech.com (800) 894-5374 Developer of reading technology for learning difficulties and visually impaired.

Low Vision Plus lowvisionplus.com Email: support@lowvisionplus.com (877)228-2159 (623)815-6787, Phoenix, AZ Mobile business that handles magnification aids and other devices. Low Vision Plus serves the entire state. Call to schedule an appointment.

Southwest Low Vision, Inc. www.southwestlowvision.com Email: southwest.vision@gmail.com (888)534-4321; (520)297-0027 2297 West Catalina View Drive Tucson, AZ 85742

ViewFinder Low Vision Resource Center www.viewfinderlowvision.com (866)924-8755, 1830 S. Alma School Rd., #131 Mesa, AZ 85210 A nationally recognized optometric practice that specializes in vision rehabilitation.

Vision Rehabilitation & Assistive Technology Expo vrate.org Free and open to the public. Dec. 11, 2015 Phoenix Convention Center. Displaying technology and services promoting independence and quality of life for vision and combined vision/hearing loss.

AUTISM

ASAN, Autistic Self Advocacy Network autisticadvocacy.org

Email: info@autisticadvocacy.org PO Box 66122 Washington, DC 20035

Autism Response Team (ART) www.autismspeaks.org

Email: familyservices@autismspeaks.org (888)288-4762 **En Español** (888)772-9050

Members are specially trained to connect families with information, resources and opportunities. They are available to answer calls and emails from 9am to 1pm local time.

Autism Academy for Education Development autismacademyed.com (480)300-7652

1540 N. Burk Street Gilbert, AZ 85234. Offers educational programs for students with Autism Spectrum Disorders, Kindergarten to 8th grade.

Yuma Autism Support Group autismyuma.cfsites.org/ **Email:** autismyuma@yahoo.com

399 West 32nd St. Yuma, AZ. Gwen Conner. Generally meets the first Wednesday of every month from 6-8pm at the YRMC Corporate Center located at 399 West 32nd Street in Yuma, AZ www.facebook.com/pages/Yuma-Autism-Parents/146894212018878

BLIND & VISUALLY IMPAIRED

ACB Radio acbradio.org **Email:** info@acb.org (800)424-8666, You can listen on your computer, offers six Internet radio stations. It is owned and operated by the American Council of the Blind. You can receive the broadcasts using many popular and free Internet audio players and ordinary telephone by calling (231)460-1047.

American Foundation for the Blind www.afb.org (800)232-5463 Ensures that individuals who are blind or visually impaired have access to the information, technology, education, and legal resources they need to live independent and productive lives through the AFB Directory of Services for Blind and Visually Impaired Persons in the United States and Canada.

<http://www.afb.org/directory.aspx?action=result>

American Macular Degeneration Foundation www.macular.org **Email:** amdf@muscular.org (888)622-8527(MACULAR), Advice, health tips, nationwide eye care and services directory.

Arizona Council of the Blind (AzCB) www.acb.org/arizona **Email:** arizonaacb@gmail.com (888)273-1510, (602)273-1510, 3124 E. Roosevelt St., Ste. 4 Phoenix, AZ 85008. The Arizona Council of the Blind is a nonprofit IRS exempt organization made up of blind, visually impaired, and sighted Arizonans, with a broad diversity of occupations and professions. Primary focus is on blindness-related issues.

Arizona Rehabilitation Services www.azdes.gov/rsa **Email:** azrsa@azdes.gov

(800)563-1221 **Voice/Videophone**, (855)475-8194 **TTY**, Strives to support the DES mission of promoting the safety, well-being, and self-sufficiency of children, adults, and families by

working with individuals with disabilities to achieve increased independence and/or gainful employment through the provision of comprehensive rehabilitative and employment support services in a partnership with all stakeholders.

Blindness Resource Center www.nyise.org/blind.htm **Email:** info@nyise.org
(718)519-7000 Ext. 315, New York Institute for Special Education.

Braille Institute www.brailleinstitute.org/ **Email:** la@brailleinstitute.org
Spanish **Email:** institutobraille.org (800)272-4553 Arizona State Schools for the Deaf and the Blind Tucson, AZ (520) 770-3437 **Email:** Deborah.hertz@asdb.az.gov

Council of Citizens with Low Vision International c/o American Council of the Blind
www.cclvi.org **Email:** info@cclvi.org, fb@cclvi.org, (800) 733-2258
Vision Access magazine www.cclvi.org/vaccess/main.htm The California Council of Citizens with Low Vision is an affiliate.

Family Connect www.familyconnect.org/parentsitetime.asp Also in Spanish.
Videos, personal stories, events, news, and an online community that can offer tips and support from other parents of children who are visually impaired.

Guide Dog Users of Arizona (GDUA) www.gduaz.org

Lighthouse International Headquarters: www.lighthouse.org/
Email: info@lighthouseguild.org Also in Spanish (800)284-4422, Leading non-profit organization dedicated to preserving vision and to providing critically needed vision and rehabilitation services to help people of all ages overcome the challenges of vision loss.

Lions Sight & Hearing Foundation lions-sight-and-hearing-foundation.org
Email: board@ls-hf.org 3427 N. 32nd St Phoenix, AZ 85018 Office: (602)954-1723

Lost Peepers Support Group www.smile-az.org **Email:** Shawnnita@smile-az.org
(928) 329-6681 Shawnnita. 1931 S. Arizona Ave., Ste. 4, Yuma 85364, AZ. Meets on the third Wednesday of the month 1-3 pm. Peer support group, mentoring for people with visual impairments. Blind devices are available, help with SSI, and SSDI paperwork. SMILE will provide and pay for transportation if needed.

National Federation of the Blind of Arizona (NFB) www.nfbarizona.com
Email: krezguy@cox.net (888)899-6322 (928)782-1489 Yuma Chapter.

National Federation for the Blind (NFB) Newsline® www.nfbnewsline.org (866)504-7300
Available only in English for the visually impaired, allowing access to over 300 newspapers and magazines (*The Economist, The New Yorker and Diabetes Self-Management*) using their own touch-tone phones. Four Spanish-language newspapers are available. The National Federation of the Blind (NFB) created the service to allow people who are unable to read conventional print to have access to newspapers and other materials at virtually the same time as their sighted colleagues, friends, and family members. See also **MAGAZINE, FREE TALKING** p.14

Southern Arizona Assoc. for the Visually Impaired (SAVVI) www.saavi.us/
Email: jcoronado@saavi.us (928)276-4600, 3795 W. 22nd Lane, Ste. B, Yuma, AZ 85364 Help for blind and visually impaired Arizonans.

Sun Sounds of Arizona sunsounds.org email: Info@sunsounds.org Available in Yuma through Time Warner Channel 70 and also KTTI subcarrier. Call Yuma Area Rep. Arlene Kingery (928)329-6681 ext. 20; Hours 9am-2 pm, 1929 S. Arizona Ave. Ste. 15. Provides 24-hour radio service to most areas of the state reading newspapers, magazines (some Spanish programming), and grocery ads for the visually and physically disabled. Listeners will need to use a special radio for this. These may be borrowed free from Sun Sounds. Service can be accessed three ways: on the radio, on the web, and on the phone.

Visionaware www.visionaware.org Email: visionaware@afb.net Service for seniors with an eye condition such as macular degeneration, cataracts, diabetic retinopathy, or glaucoma.

CANCER

www.ashline.org (800)55-66-222 Help to stop smoking.

Cancer Care (800)813-4673 www.cancercare.org Email: info@cancercare.org National nonprofit organization provides free, professional support services, and free online telephone education workshops for anyone affected by cancer.

CAREGIVERS

Alzheimer's Association: 24/7 (800)272-3900 (866)403-3073 TDD www.alz.org
Email: info@alz.org The Alzheimer's Association's mission is to provide leadership to eliminate Alzheimer's disease through the advancement of research, while enhancing care and support services for individuals and families. Information kits are provided on request as well as a quarterly chapter newsletter. Safe Return is a nationwide identification, support, and registration program. Support groups are held in many locations throughout Arizona to meet the needs of persons diagnosed with Alzheimer's disease and related dementia, their caregivers, families, and friends. There are two support groups in Yuma:

1. **Copper Hills House**, 12234 E. North Frontage Rd., Yuma, AZ 85367. 1st and 3rd Friday of month: 10:30 a.m. to noon. Contact person: **Patty Nabozny** (928)783-8528.
2. **Emerald Springs** 1475 S. 46th Ave., Yuma, AZ 85364. Third Saturday of the month: 10:00 a.m. to 11:30 a.m. Sitter available on request. Contact person: **Patty Nabozny** (928)783-8528

The Alzheimer's Store Ageless Design, Inc. alzstore.com/ (800)752-3238, Online store provides unique products and information for those caring for someone with Alzheimer's disease. Products in the store have been carefully selected to make living with Alzheimer's as easy as possible.

Amputee Support Group Email: jhabkirk@hanger.com Jean Hobkirk (928)341-1965 Therapy Gym 901 W 24th St. Yuma, AZ Second Tuesday of the month at 5:30pm

ARCH National Respite Network www.archrespice.org Email: mmathers@chtop.org (919)490-5577
National Respite Locator Service to help find respite services for the caregiver & webinars.

Arizona Family Hospice www.azfamilyhospice.com/
Email: carmen@azfamilyhospice.com (928)276-4033, 291 S. Main St. Ste. D, Yuma, AZ
85364.

Arizona Long Term Care System (ALTCS) www.arizonaseniorlaw.com
Email: firm@jacksonwhitelaw.com (480)818-6912, Lawyers work with coordinators, social
workers and specialists to help their clients with their medical and financial options.

Respite Care is offered at the following Yuma facilities:

Amedisys Home Health Care (928)341-1300, 1380 S. Castle Dome Ave. 85365 Physical
occupational and speech therapy. Home Health Aides, and social work.

Daybreak www.ccs-soaz.org/services/detail/daybreak-adult-day-health-care
Email: programs@ccs-westaz.org Adult Day Care **Catholic Community Services in Western
Arizona** Main office counseling services only (928)783-8316, 321 S. 15th Ave. Yuma, AZ
85364 Work Training, homemaking, meals on wheels nutrition services for seniors qualified by
WACOG, safe house for battered women.

Emerald Springs (928)329-7707, 1475 S. 46th Ave. Yuma, AZ 85364

La Mesa Healthcare Center (928)344-8541, 2470 S. Arizona Ave. Yuma, AZ 85364

Life Care Center of Yuma (928)344-0425, 2450 S. 19th Ave. Yuma, AZ 85364

Palm View Rehabilitation & Care Center (928)783-8831, 2222 S. Ave. A Yuma, AZ 85364

Sun Quest Village of Yuma Assisted Living (928)344-8680, 265 E. 24th St. Yuma, AZ 85364

Yuma Nursing Center (928)726-6700, 1850 W 25th St, Yuma, AZ 85364

Some assisted living homes provide respite care when beds are available. Please call **WACOG**
(Western Arizona Council of Governments) (800)782-1886 for a list of assisted living facilities,
and caretakers respite care. Area Agency on Aging and Disability www.azaging.org

Caregiver www.caregiver.com Email: info@caregiver.com (800)829-2734, Information,
support for family and professional caregivers, includes links to sites of interest to caregivers.

Caregiver Action Network www.nfcacares.org Email: info@caregiveraction.org
(202)772-5050, Works to meet the needs of family caregivers and improve the caregiver's
quality of life. Caregivers are entitled to a free membership and will receive lots of information.

Eldercare Locator www.eldercare.gov/ (800)677-1116, Public service of the U.S. Administration on Aging. Spanish language literature is available. Community services, caregiver programs, home modification, nutrition services, etc.) for the elderly in Arizona as well as in every other state—useful for arranging care for elderly parents who may live in states other than Arizona. Eldercare Locator information specialist weekdays, 9am-8pm (ET) Spanish-speaking Information Specialists are on duty.

Family and Friends Together www.fftaz.org/ (800)594-1936 Primary caregivers for mentally ill family and friends.

Greater Foothills Helping Hands, local volunteer organization helping elderly and disabled, www.greaterfoothillshelpinghands.com (928) 305-9974, 11776 S. Sheryl Dr., Yuma, AZ 85367 M-F 8-3:30 pm All services are Free! The Greater Foothills area comprises west to Avenue 5 E, north to Yuma Lakes, and south to County 15th St. (Greater Foothills Helping Hands Program is the only service that goes all the way to Tacna.) Yearly Giant Yard Sale!

Home Instead Senior Care www.homeinstead.com/592 (928)317-3037, 7200 E. 31st Place, Yuma, AZ 85365. Non-medical home care services, meal preparation, light housekeeping, bathing, laundry, transportation, companionship, medication reminders.

Horizon Human Services www.horizonhumanservices.org/dvservices.asp

Email: Yuma@horizonhumanservices.org (928)783-3986, 791 S. 4th Ave. Anger Management, Domestic Violence Services, Mental illness, substance abuse, DUI.

Hospice of Yuma (928)343-2222, 1824 S. 8th Ave. Limited to terminal patients with life expectancy of less than 6 months. **Arizona Hospice & Palliative Care:** www.arizonahospice.org (480)491-0540 & **National Hospice and Palliative Care Organization (NHPCO)** www.nhpco.org (703)837-1500.

Multiple Sclerosis, Group Empowerment for (GEMS) 901 W 24th St., Yuma, AZ 85364, Quechan Room, Yuma Rehabilitation Hospital, 3rd Saturday of the Month, 10am-noon.

National Family Caregiver Support Program www.agingcarefl.org/ (800)963-5337, Provides support for people aged 60 and over whom are either caring for a grandchild who is under 18 or caring for an elderly relative at home. Services offered for these family caregivers may include information, assistance, educational programs and support groups, respite care and supplemental services.

Saguaro Foundation www.saguarofoundation.org **Email:** saguaroweb@aol.com

(928)783-6069, 1495 S. 4th Ave. Yuma, AZ 85364 Respite care for families with a developmentally disabled child or adult in the home. See Also Developmental Disabilities.

San Luis Walk-In Clinic, Inc. www.slwic.org/. (928)722-6112, 1896 E. Babbit Ln. San Luis. (928)627-1120, 214 W. Main St., Somerton. Non-Profit Federal Rural Health Clinic.

Senior Advisor www.senioradvisor.com (800)805-3621 Features trusted reviews and advice on senior living communities

Socks for Seniors socksforseniors.com/ Socks for Seniors program benefits those living alone and in nursing homes and the homeless.

Stroke Resource Center of Southern Arizona soazstrokeresources.org/ (520)820-9277
FAST (Face, Arm, Speech, Time) Call **911!** Time lost is brain lost. Stroke happens when any part of the brain does not get enough oxygen.

Stuttering Foundation www.stutteringhelp.org/ (800)992-9392.

Sunquest Village of Yuma (928)344-8680 265 E. 24th St. Yuma, AZ 85364. Assisted-living, offering adult day care.

SWI Southwest Institute for Families and Children www.swifamilies.org (480)222-8800, Connects to your community and statewide resource information for children, youth and adults with special needs, their families, professionals and community.

Businesses offering home care are listed in the yellow pages of the telephone book under “**Home Health Services**”

Yuma County Elder Abuse Coalition Terisa Rademacher trademacher@abrioservices.com
Cell (928)919-1728

Yuma Friends of the Arizona Health Sciences Email: melindagraham@roadrummer.com
(928)246-7345 Melinda Graham, Yuma medical, and educational groups supporting health presentations and research.

YumaHeatReliefProject@gmail.com

Yuma Stroke Survivors Support Group (928)726-5000, 901 W. 24th St., Yuma, AZ 4:30pm - 6:30pm Caregiver and family welcome. 3rd Thursday of each month at YRMC.

CHILDREN WITH DISABILITIES, WEBSITES FOR PARENTS AND TEACHERS

EP (Exceptional Parent) Magazine www.eparent.com (800)372-7368, Addresses the full spectrum of special needs from infancy to geriatrics for parent, caregiver for special needs persons.

National Center Deaf-Blindness www.nationaldb.org
Email: info@nationaldb.org (520)770-3268, Information specialists are available by phone and email to respond to questions five days a week. The staff uses an extensive library of nearly 8,000 books and other materials to answer requests. Responses include a tailored packet of information for each request.

Starfall www.starfall.com/ free public service teaches children to read with phonics for preschool, kindergarten, first grade, second grade, **special education**, homeschool, and English language development (ELD, ELL, and ESL). Starfall is an educational alternative to other entertainment choices for children.

Stuttering Foundation www.stutteringhelp.org/ Spanish www.tartamudez.org/
Email: info@stutteringhelp.org (800)992-9392, (800)967-7700.

CONSUMER COMPLAINTS

ARIZONA ATTORNEY GENERAL'S OFFICE www.azag.gov/consumer To receive consumer information, or to submit a complaint, contact: Arizona Attorney General Consumer Information and Complaints 1275 West Washington St. Phoenix, AZ 85007 (800)352-8431 (in-state); (877)881-7552 TDD It is also possible to file a complaint online by choosing "Consumer Complaint Form" on the website and then "File a Complaint Online"

DEAF AND HEARING IMPAIRED

American Tinnitus Association www.ata.org/ Email: tinnitus@ata.org (800)634-8978
 8:30am-4:30pm Pacific Standard Time (PST)

Arizona Commission for the Deaf and the Hard of Hearing www.acdhh.org
Email: info@acdhh.az.gov (800)352-8161 **Voice/TTY**, (480)559-9441 **Video Phone**, Arizona Commission for the Deaf and the Hard of Hearing is a state agency whose role is to provide information/referral on anything to do with deafness/hard of hearing issues, provide training, oversee the Arizona Relay System, and compile and publish an annual TTY directory. The commission operates a telecommunication distribution program, which supplies phone equipment to deaf, hard of hearing, and speech impaired Arizona residents at no charge.

Arizona Deaf Relay Service (866)931-9028 **TTY/Voice** www.azrelay.org
Email: rm-attcustomercare@att.com AZ Relay Channel Managers connie.short@att.com, lee.sams@att.com Contact AT&T Customer Care (866)259-1768 **Voice**, (800)347-1695 **TTY/Spanish**, (800)855-2886 **TTY/Voice**, (866) 377-8642 **Voice**; (800) 877-8339 **TTY** The Arizona Relay Service enables deaf people to make phone calls to hearing people and vice versa. Free assistive TTY's for deaf and hard of hearing. To make an Arizona relay call, DIAL **7-1-1**.

Deaf Seniors USA deafseniorsusa.blogspot.com/ & <https://www.facebook.com/DeafSeniorsUsa>

Hearing Foundation (Ear of the Lion) www.hearingfoundation.org
Email: hearfoundation@aol.com (800)327-8077, They provide hearing aids to needy and qualified low-income diagnosed with hearing loss and who don't receive government assistance for their health issues. It runs hearing aid and assistive listening devices recycling program.

Hearing Loss Assoc. of America www.hearingloss.org Yuma Chapter (928)305-6665, (301)657-2248 Blog: hlaa-advocacy.blogspot.com Nation's largest organization for people with hearing loss opens the world of communication through information, education, advocacy and support. The website gives useful information including link to find an audiologist in your area.

DENTAL

Sunset Community Health Center www.sunsetcommunityhealthcenter.org/ Offers dental services on a sliding scale at the Wellton, San Luis, and Somerton offices. San Luis: Medical (928)627-3822 815 E. Juan Sánchez Blvd, San Luis, AZ 85349; Dental (928)627-8584 801 N. 2nd Ave. San Luis, AZ **Somerton:** (928)627-2051, Medical, (928)627-8806 Dental, 115 N. Somerton Ave. **Wellton:** (928)785-3256 Medical (928)785-8008 Dental 10425 Williams Street Wellton, AZ 85356, **Yuma Clinic - Internal Medicine - Health Education Services** 2060 W. 24th Street Yuma, AZ 85364 **Internal Medicine** (928)344-4216

DEVELOPMENTAL DISABILITIES

Attention Deficit Disorder Assoc. (ADDA) www.add.org Email: info@add.org Phone/Fax: (800)939-1019 Helping Adults with ADHD lead better Lives

Arc of Yuma County www.thearc.org , www.arcarizona.org ,
Email: thearcaz@gmail.com (800)433-5255, (928)782-4791 Chapter 1272
Email: fgarcia348@gmail.com National non-profit organization whose goal is to help children and adults with mental developmental disabilities.

Arizona's Children Association www.arizonaschildren.org (800)944-7611, (928)344-8800, 3780 S. 4th Av., Ste. K Yuma, AZ 85365 Identifies and coordinates services for families of children, birth to five years, with disabilities or developmental delays.

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)
www.chadd.org Email: help@chadd.org (800)233-4050, Improves the lives of people affected by ADHD.

Children's Rehabilitative Services (928)336-7095; (800)837-7309, (located within the Yuma Regional Medical Center Hospital) 2851 S. Ave B, Bldg.25 Tuscan Plaza Yuma, AZ 85364. A specialty health clinic that contracts with physicians in Yuma and with out of town specialists. It serves children with cardiac conditions up to age 21.

Down Syndrome Society, National Helpline www.ndss.org/ Email: info@ndss.org (800)221-4602

Dyslexia Association, Int'l (IDA) www.interdys.org (410)296-0232 Non-profit organization for those with dyslexia.

Learning Disabilities Assoc. of America www.ldanatl.org Email: info@LDAAmerica.org (412)341-1515 For parents and teachers of children with dyslexia, dyscalculia, dysgraphia and attention deficit/hyperactivity disorder.

LD online www.ldonline.org An educational service of PBS WETA in Washington, D.C. world's leading website on learning disabilities and ADHD.

National Center for Learning Disabilities www.nclld.org/types-learning-disabilities

RISE Services, Inc. www.riseservicesinc.org (928)783-8771, 1030 W. 24th St. Ste. D&E Yuma, AZ 85364 Nonprofit that specializes in home and community-based support services for children and adults with mental and developmental and other disabilities, and aging adults, rehabilitation, and respite services.

Saguaro Foundation (928)783-6069 www.saguarofoundation.org Email: saguaroweb@aol.com 1495 S. 4th Ave. Yuma, AZ 85366 Saguaro Foundation runs group homes for developmentally disabled adults and children, also offers respite care for families with a developmentally disabled child or adult in the home. A trained staff member can come into the home to offer respite care. Temporary respite care can be provided for a developmentally disabled adult (18 or over) in a group home. In addition, the Saguaro Foundation offers the SAND, a day-by-day program for developmentally disabled adults, so participants work on appropriate projects together. The Saguaro Foundation Outpatient Habilitation Services if children are in school. **Saguaro Adult Day Program** (928)627-7299; **Saguaro Transportation Services** (928)376-7272 for those that qualify and require medical treatment and supported travel and the Snoezelen mobile unit.

DIABETES

American Diabetes Association www.diabetes.org (800)342-2383 American Diabetes Assoc. is the nation's leading nonprofit health organization providing diabetes research, information and advocacy.

Children with Diabetes, Inc. www.childrenwithdiabetes.com

National Diabetes Education Program contact **Rise**, Yuma (928)783-8771 www.ndep.nih.gov (301)496-3583 NDEP is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private organizations

National Federation of the Blind <https://nfb.org/voice-diabetic> Online archive of the no longer published magazine, *Voice of the Diabetic*. Each issue features **diabetes recipes**, columns of tidbit articles culled from news releases, exercise advice, and medical questions answered by an insulin-dependent physician. www.sugarscience.org/

EDUCATION

Arizona Western College www.azwestern.edu/student-services/

Email: accessability@azwestern.edu (928)344-7674 Laura Sandigo Coordinator, AccessABILITY Resource Services (ARS) Resource Services for Students with Disabilities P.O. Box 929 Yuma, AZ 85366

Crane School District (928)373-3451 Londa Scott, Administrative Assistance, Salvador Rodriguez Director, Exceptional Student Services 4250 W. 16th St. Yuma, AZ 85364

George Washington University, HEATH Resource Center heath.gwu.edu/

Email: askheath@gwu.edu National Clearinghouse on Postsecondary Education, College for Individuals with Disabilities. The Center answers questions by email, mail, and telephone about matters concerning college students with disabilities. Such topics as accessibility, financial aid, independent living, and educational support services are covered.

Hadley School for the Blind www.hadley-school.org **Email:** info@hadley.edu (800)323-4238 (847)446-8111 TTY 700 Elm St. Winnetka, IL 60093 Wide range of accessible courses (including learning Braille) that allow students to study in their own homes, at their own pace, completely free of charge. Courses are offered in Braille, in large print, on audiocassette, and online.

Northern Arizona University nau.edu/Disability-Resources **Email:** dr@nau.edu (928)523-8773 **Voice** (928)523-6906 **TTY**, Disability Support Services, NAU-Yuma P.O. Box 5633 Flagstaff, AZ 86011

Yuma Elementary School District #1 (928)502-7750 Rebecca Kuechel Director of Exceptional Student Services 400 W. 5th St. Yuma, AZ 85364

Adult Literacy Plus of SW Arizona (formerly Yuma Reading Council) www.yumaalps.org (928)343-9363, 825 S. Orange Ave. Yuma, AZ 85364. Provides comprehensive literacy services to the community. GED and ESL.

Yuma Union High School District www.yumaunion.org (928)502-4600, Claudette Newbourn Administrative Secretary for Lisa Anderson Director of Special Education 3150 S. Ave. A. Yuma, AZ 85364

EMERGENCY ASSISTANCE COMMUNICATIONS FOR HOME ALONE

Lifeline www.lifelinesys.com (medical alert service) (800)380-3111

Home Instead Senior Care Yuma (928)317-3037 Lifeline provides a means of communication, 24 hours a day, for people who are alone. A communicator (radio device) is installed in the home and a help button supplied which is worn around the neck. The user needs only to press this button in case of a fall or other emergency to elicit a response through the communicator that acts like a two-way radio. Medication Dispenser also available

Are You OK? Program www.yumacountysheriff.org/services-ruok.html (928)819-2212; (928)819-2213 The R.U.O.K. Computer System was devised to make daily telephone checks on elderly or ill people who reside alone and have no one in the local area to check regularly on their welfare. The system calls subscribers daily (seven days a week) at a prescribed time. If the person answers, the computer verifies that that person is okay. If there is no answer, the computer issues an alert, and the dispatcher takes the prescribed actions. The computer system is located in the Communications Section where the dispatcher monitors the system. The sheriff's office sponsors the program.

FOOD ASSISTANCE

Crossroads Mission: www.crossroadsmission.org (928)783-9362, 944 S. Arizona Ave., Meals, shelter, job training for homeless, drug rehabilitation, mental health.

Nutrition Assistance (formerly **Food Stamps**) **Arizona Department of Economic Security (DES) Family Assistance Administration (FAA)** https://www.azdes.gov/nutrition_assistance/ Food stamps, cash assistance, and medical assistance (AHCCCS) (800)334-5283). (800)352-8401, **San Luis** 627-1890, 663 N. 1st Ave., **San Luis, AZ** 85349; **Somerton** 627-2075, 342 W. Main St. Somerton, AZ.; **Yuma Admin:** 247-8760, 1185 S. Redondo Center Drive, Yuma, AZ 85364

Yuma Community Food Bank www.yumafoodbank.org **Email:** smerten@yumafoodbank.org (928)343-1243, 2404 E 24th St. Yuma, AZ 85365, 9am-2pm Mon-Fri., Sat 9am-12noon.

Senior Nutrition Centers www.wacog.com/senior_centers.html (Hot, nutritious meals are offered at the sites for seniors 60 and over. The suggested donation is \$2.00. Menus are listed in the *Yuma Daily Sun*. There are activities as well at the Yuma, San Luis, and Somerton centers **San Luis Senior Nutrition Center** (928)627-0646, 790 W. San Juan Sánchez Blvd, San Luis, AZ 85349 11am-12noon.

Somerton Senior Nutrition Center www.cityofsomerton.com/seniors.html (928)627-9878 245 S. Bingham Ave. Somerton, AZ 85350 8:00am-11:30pm

Yuma Senior Nutrition Center Bilingual (928)782-4489, **Email:** b_olsen@ccs-westaz.org 160 E. 1st St. Yuma, AZ 85364 8:00am-12:00pm bingo 9:00am -10:00am, Nutrition Services including **Meals on Wheels**.

HOME DELIVERY

Food City (928)343-0840, 2600 W. 16th St. Yuma, AZ 85364, Kelly Redondo, Call only on Wednesdays from 7:00 a.m. to 12:00 noon to place an order. Deliveries are made Tuesday, Thursday, depending on the area in which the individual lives. The delivery charge is \$7.50 (\$9.95 out of town).

Meals on Wheels SEE Yuma Senior Nutrition Center

HOME DELIVERY PHARMACIES

Community Assistance Program (CAP) www.caprprogram.org (888)311-6224, Assistance for the uninsured and underinsured with their prescription needs.

Kachina Pharmacy (928)726-4081 2451 S. Ave. A Yuma, AZ, 85364, Deliveries for free within Yuma city limits.

Sant United Drug (928)783-7856 **Bilingual** 419 W. 8th St. Yuma, AZ 85364, Delivers within Yuma city limits. (The charge is \$2.00 per delivery trip.) Call before 1:00 pm for same day delivery M-F 8:30am -6:00pm, closed Sat. & Sun.

HOTLINE INFORMATION & REFERRAL

Arizona Self Help www.arizonaselfhelp.org/programs/ **Email:** arizonaselfhelp@gmail.com
Arizona Community Action Association. One stop access to health and human services programs.

Community Information and Referral www.211Arizona.org www.cir.org
24/7 Help Hotline (877)211-8661 Provides referrals and information on hundreds of available services. Spanish speaking assistance is available.

Crisis Line 24/7 www.ciayuma.com/24hr-crisis-center.html (866)495-6735, A team of nurses and behavioral health staff NurseWise; Cenpatico Behavioral Health of AZ
www.cenpaticoaz.com

Easter Seals Disability Services

http://es.easterseals.com/site/PageServer?pagename=AZTU_yuma_lapaz_locations
2603 4th Ave. (928) 248-5112, 1060 S. 5th Ave. Yuma, AZ 85364. (928)276-9225, Helping individuals with disabilities and special needs, and their families Autism, Children's Services, Adult Services, Senior Services, Military & Veteran Services, Employment & Training, Medical Rehabilitation.

National Suicide Prevention Lifeline www.suicidepreventionlifeline.org 24/7
(800)273-8255, (800)799-4889 TTY or DIAL 9-1-1 www.suicideispreventable.org

INTERNET

INTERNET ACCESS BY PHONE www.internetspeech.com

Email: support@internetspeech.com (408)532-8460 offers subscription service to people who want to access the Internet by phone, without a computer. Users may surf and browse websites, search by key words, send and receive email, and conduct e-commerce through the use of an interactive voice technology.

INTERNET SCANNED BOOKS www.bookshare.org , benetech.org/

Email: info@benetech.org 480 S. California Ave., Ste. 201 Palo Alto, CA 94306-1609. Enables book scans to be shared by individuals who are visually impaired, have severe learning disabilities or mobility impairments. This online community makes the collections of thousands of individuals who regularly scan books available to others, eliminating significant duplication of effort. U.S copyright law permits reproduction of publications into specialized formats for the disabled. Proof of disability is required and an annual fee applies for subscription.

LYNX WWW text only browser lynx.browser.org/ **Lynx** is a text browser for the World Wide Web.

Medline (U.S. National Library of Medicine) www.nlm.nih.gov/
(888)346-3656, (800)735-2258 TDD

INTERNET WEBSITES FOR SENIORS

(AARP) American Association of Retired Persons states.aarp.org/aarp-arizona-2/

Email: aarpaz@aarp.org (866)389-5649 AARP's database on Internet resources. It links to more than 700 of the best websites for people 50 and over.

AOA (Administration on Aging) www.aoa.gov/ The Administration on Aging website offers information and resources for elders and their families.

AZLINKS www.azlinks.gov Arizona's Aging and Disability website to help Arizona seniors with disabilities, caregivers and family members find resources and services.

Benefits Checkup: www.BenefitsCheckUp.org A Service of the National Council on the Aging, this is a free online survey that helps people (ages 55 and over) find programs that help them with costs of prescription drugs, health care, utilities, and other essential items or services. All fifty states are included. The WACOG Area Agency on Aging helps with Benefits Checkup. (800)782-1886 Aging Disability helpline.

Caring Connections www.caringinfo.org **Email:** caringinfo@nhpco.org (800)658-8898 multilingual (877)658-8896 National Hospice and Palliative Care Organization (NHPCO), Offers information and help with end of life decisions.

Elder Care www.eldercare.gov/ (800)677-1116, A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

Elderweb www.elderweb.com/ Online eldercare sourcebook about long term care for seniors. It includes a link to the Eldercare Locator, which identifies community services for the elderly in all 50 states. Elderweb has on its site a detailed history of long term care in the United States with many references to books and other information.

First Gov for Seniors www.firstgov.gov This is a website that helps users access all government sites that provide services for senior citizens.

Nursing Home Compare www.medicare.gov/NursingHomeCompare,
www.medicare.gov/nhcompare/home.asp Bilingual. Provides information about the past performance of every Medicare and Medicaid certified nursing home in the country.

Vital Aging Network www.vital-aging-network.org Email: info@vital-aging-network.org (651)917-4652. This website focuses on age awareness, providing information about changes that tend to occur with age, and ways of respecting and adjusting to the differences.

JOBS

ABILITY Magazine www.abilityjobs.com/ leading magazine covering Health, Disability & Human Potential. Disabled Vets click on United States Veterans with Disabilities and Injuries.

Achieve Human Services www.excelgroup.org/contact.html (928)341-4126, 3220C E. 40th St. Yuma, AZ 85365 7am-3pm M-F W.O.R.C. Center, Inc. Provides assessments and evaluations, work adjustment, competitive employment, employment preparation training, supportive employment, and job placement for the disabled population in Yuma and Eastern Imperial Counties.

Goodwill Career Center 3097 S 8th Ave. (928)343-7600.

AMERICA'S JOBLINE <https://nfb.org/images/nfb/publications/vod/vodsum0405.htm> (800)414-5748, Job Service for the Blind and Visually Impaired.

Arizona Rehabilitation Services <https://www.azdes.gov/rsa/> (800)563-1221, (855)475-8194 TTY Works with persons with disabilities to achieve their goals for employment and independence.

Career Resource Center (YPIC, Yuma Private Industry Council) www.ypic.com
Email: crc@ypic.com (928) 329-0990, (928)329-6466 TTY, 3834 W 16th St., Yuma, AZ;
Somerton Career Center (928)627-9396, 663 E Main St., Somerton, AZ; MLK Youth Career Center (928)783-9347, 300 S 13th Ave., Yuma, AZ. One Stop Center for Yuma County, single point of entry brings together various organizations and agencies, both public & private for the benefit of both employer and job seeker, preparing individuals for employment. Training programs are part of the services offered.

City of Yuma Human Resources
www.yumaaz.gov/human-resources/employment-information.html (928) 373-5125, One City Plaza, Yuma

Yuma County Human Resources
www.yumacountyaz.gov/departments-and-services/human-resources (928) 373-1013, 198 S. Main, Yuma

Defy Ventures defyventures.org/take-action/become-a-student/ Harness the natural talents of formerly incarcerated individuals and redirect them toward the creation of profitable and legal business ventures.

Department of Economic Security (DES) EMPLOYMENT www.azdes.gov Unemployment Dept. (877)600-2722, (928)247-8760, 1185 S. Redondo Center Drive, Yuma, AZ 85364.

Jobs2Careers www.jobs2careers.com/

JOB LISTING SERVICE for the deaf, deaf blind, hearing impaired, or those who work with them www.vcaa.com/deafnews/jobs/

VetJobs <https://www.vetjobs.com/> (877)838-5627 Owned and operated by veterans for veterans. VetJobs makes it easy for employers to reach and employ all the members of the military community.

LAW

Arizona Center for Disability Law www.acdl.com Email: center@azdisabilitylaw.org Tucson (800)927-2260 (Voice, TTY) A non-profit public interest law firm, serving statewide, dedicated to protecting the rights of individuals with a wide range of physical, sensory and cognitive disabilities. Provides a list of services the center offers, self-advocacy guide, etc. Vocational rehabilitation rights, employment rights under the ADA and work incentives for social security beneficiaries are covered.

Community Legal Services, Yuma: www.azlawhelp.org/resourceprofile.cfm?id=37 www.clsaz.org/ (800)424-7962, (928)782-7511, Bilingual, 204 S. First Ave., Yuma. AZ 85364. Civil legal assistance for low income

Legal Action Center www.lac.org Email: lacinfo@lac.org (808)223-4044, Non-profit law firm and policy organization in the United States that fights to protect the legal rights of and improve public policies and services for people with histories of alcoholism or addiction, people with HIV and AIDS, and people with arrest or conviction records.

Yuma County Public Fiduciary (928)373-1145, 3007 S. Pacific Ave. Bilingual Available 24/7 Guardianship, conservatorship, decedent services for the incapacitated.

LAW, SENIOR HOTLINES

ADA (800)514-0301 Voice, (800)514-0383 TTY www.ada.gov Employment and Vocational Rehabilitation Rights Legal Advice Line.

Amberly's Place (928) 373-0849 amberlysplace.com 1350 W. Colorado St, Yuma, AZ 85364. Professionals who are especially trained in dealing with victims of child abuse (both physical and sexual), domestic violence, sexual assault and elderly abuse.

Pinal-Gila Council for Senior Citizens www.pgcsc.org (Services Yuma, La Paz, and Mohave Counties) **Email:** info@pgcsc.org (800)293-9393 for English & Spanish, 8969 W. McCartney Road, Casa Grande, AZ 85194. Help line for English-speaking and Spanish-speaking seniors who have questions or problems concerning wills, probate, deeds, transfer of property, consumer issues, debt, Social Security, and the Arizona Long Term Care System. Legal help can also be obtained by mail by writing to Pinal-Gila Council for Senior Citizens, Legal Department.

Southern Arizona Legal Aid www.sazlegalaid.org (800)640-9465, 2343 E. Broadway Blvd., Ste.200, Tucson, AZ 85719. Civil legal aid to low and moderate-income persons.

LIBRARY SERVICES

Yuma County Library District Main Library (928)782-1871 www.yumalibrary.org 2951 S. 21st Dr. Yuma, AZ 85364 **Special Services Librarian**, José Beltrán (928)373-6498 (Yuma County Point of Contact for Arizona Talking Books) **Email:** jbeltran@yumalibrary.org **Yuma homebound service** (928)373-6488 David Monypeny **Email:** dmonypeny@yumalibrary.org (928)373-6504, Sylvia Moore **Email:** smoore@yumalibrary.org (928)373-6488, Home delivery of books, DVDs, and audio books is provided for patrons unable to use library facilities. Typical reasons for homebound service might be lack of transportation, illness, or disability. Special Services also has weekly lobby stops at several retirement homes and senior communities in the city. The Main library has a 20" color CCTV (print enlarger) for patrons to use in the library. The Yuma County Libraries have special computers set up to download to e-book readers. The Main Library periodically offers **American Sign Language** classes, call for more information.

LOW VISION SPECIALISTS

Desert Low Vision Services www.desertlowvision.com
Email: info@desertlowvision.com (520)881-3439, 1645 N. Alvernon Way, Ste. 2, Tucson, AZ 85712 Tucson, AZ 85712. Has served the visually impaired in all of Arizona over 20 years.

Arizona Rehabilitation Services www.azdes.gov/rsa Arizona Dept. of Economic Security, Rehabilitation Services Administration (800)563-1221; (855)475-8194 TTY, Partners with eligible disabled to achieve employment by offering services and supports.

International Academy of Low Vision Specialists (IALVS) www.ialvs.org (888)778-2030
Optometrists who are specially trained in low vision needs.

View Finder Low Vision Resource Center

http://www.lowvision.org/viewfinder_low_vision_resource_c.htm **Email:** lpnoon@cox.net
(866)924-8755 call for nearest satellite office near you.

MAGAZINES

Ability Magazine <http://www.abilitymagazine.com/> (949)854-8700 **Voice**, Ranked in the Top 50 Magazines in the World is the leading magazine covering Health, Disability & Human Potential. <http://www.abilityjobs.com/> https://www.facebook.com/ABILITYMagazine?v=app_7146470109

Choice Magazine <http://www.choicemagazinelisting.org> **Email:** choicemag@aol.com (888)724-6423, This nonprofit provides free of charge audio recordings to blind, visually impaired, physically disabled or dyslexic adults. To play it is necessary to have a Library of Congress digital player or 4-track player, such as members of the Arizona State Braille and Talking Book Library. **Tell Me** voice activated telephone current news, sports, entertainment, stock quotes, and more.

MEDICAL EQUIPMENT & SUPPLIES

Apria Healthcare <http://www.apria.com/wps/portal/apria/home> **Email:** contact_us@apria.com (800)277-4288, (928)782-6509, 2185 E Palo Verde St. Yuma, AZ 85365

Desert Health Mobility (928)329-7235, 1700 S. 1st Ave. Ste. 300, Yuma, AZ 85364

Lincare (928)317-0788, 2515 S. Ave. 2 ½ Ste. 3 Yuma, AZ Respiratory, Hearing Aids, and Assistive Devices.

Preferred Homecare www.preferredhomecare.com (928)783-4120, 1103 E. St., Ste. B Yuma, AZ. Home Medical Equipment Products and Services.

Rx Positive Medical Supply www.rxpmedicalsupply.com (928)344-9301, 1845 W. 25th St. Ste. B, Yuma, AZ 85364 rehabilitation exercise equipment

Yuma Regional First Health Medical Supply (928)317-0040, 399 W. 32nd St., Sales & Rentals, Special Order, Oxygen, Beds, Oxygen Scooters, bath safety. They service what they sell.

MENTAL HEALTH

American Association for Geriatric Psychiatry(AAGP) www.aagponline.org **Email:** cstankiewicz@aagponline.org (703)556-9222, This association can provide the names (2-3) of Board Certified Geriatric Psychiatrists in your geographic area or in the geographic area of your loved one. This is done by email from the website.

Achieve Human Services (formerly Excel Group) www.achievehumanservices.org (855)231-8385, (928)341-0335, 3250A E. 40th St., Yuma, AZ 85365. Vocational rehabilitation and housing services.

Depression and Bipolar Support Alliance (DBSA) www.dbsalliance.org/ **Email:** mbtaaxx@gmail.com , dbsaherramientas@gmail.com (800)826-3632, Yuma, (928)941-1320, (928)503-4466.

Families for Depression Awareness www.familyaware.org Email: info@familyaware.org (781)890-0220, Helps people in caregiver roles and people with depressive disorders, e.g. bipolar disorder (manic depression) understand the conditions, reduce stigma, and share issues.

National Alliance on Mental Illness of Arizona (NAMI) www.namiaz.org (602)244-8166 Improving the lives of people with severe mental illnesses such as schizophrenia, manic and major depressions, and anxiety disorders. **NAMI Yuma Family-to-Family support group** (928)581-6886, Robin, Email: nami.yumaaz@gmail.com meetings on 1st and 3rd Monday of the month 6:30pm to 8pm starting Jan. 2015 at YRMC. Open to all who have someone who suffers with a mental illness.

National Institute of Mental Health www.nimh.nih.gov Email: nimhinfo@nih.gov (NIMH) (866)615-6464; (866)415-8051 TTY English or Spanish. The mission of the NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.

Mental Health America www.nmha.org Country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness.

PARKINSON'S

American Parkinson Disease Assoc. www.youngparkinsons.org/
Email: apda@youngparkinsons.org (877)223-3801.

APDA Parkinson's Support Group of Yuma Email: YumaBev@gmail.com (928)246-2876
Beverly Ribaud (928)210-4679 YRMC AZ. 1st Monday of the month 9 am-11am, at Daybreaker's Café 10800 #. N. Frontage, Rd.

National Parkinson Foundation www.parkinson.org Email: helpline@parkinson.org
(800)473-4636

Parkinson's Humor parkinsonshumor.blogspot.com/ YumaBev has Parkinson's and a sense of humor!

PARKINSON'S HELPLINE www.pdf.org Email: info@pdf.org (800)457-6676

RECREATION

Yuma Parks and Recreation Department www.yumaaz.gov/parks-and-recreation/index.html
(928)373-5243 City of Yuma, One City Plaza, Yuma, Adapted Aquatics (for individuals who are over-weight, arthritic, or with physical or mental disabilities) is offered at Marcus Pool year-round and **Recreational swimming** at Carver Pool in the summer. Primarily adult program that varies from pool to pool, ages 14 and over, year-round. Special Population Activity is offered at

Clymer Park and features arts and crafts activities for mentally and physically disabled, twice a month, year-round.

Saddles of Joy, Inc. <http://www.saddlesofjoyinc.com/> **Email:** saddlesofjoy1@gmail.com (928)344-3562, 2749 W. County 14th St. Yuma, AZ 85365 M-F 8am-12pm, & 3pm-6pm Sat. 9-3:30pm, Closed Sundays & Holidays. Horseback riding, petting farm. Old west reenactments. Therapeutic horseback riding for special needs children 2 years and older and adults is offered Monday through Friday. The school, physician, mental health care provider, or other appropriate facility determines the special need. Physical, mental, emotional, and learning disabilities are included. Safety helmets, seatbelts, and side walkers are used for the most severely disabled. Enjoy pony and horse rides, visit the petting farm and explore the ranch. **Play Day** Free & Open to the Public every Saturday 9:00 am to 1:00 pm. Saddles of Joy is a 501C3 nonprofit group.

Special Olympics, Yuma <http://www.specialolympicsarizona.org/> Lisa Ball (928)341-4117

RELIGIOUS LITERATURE FOR THE VISUALLY IMPAIRED

American Bible Society www.americanbible.org Bilingual Customer Service Department 1865 Broadway New York, NY 10023 (212)408-1200 <http://www.bibles.com> (800)322-4253

Email: CustomerService@bibles.com Bibles are available in large print and on cassette. There is a charge for these materials, but a free catalogue is available on request. Spanish language versions are available. The Society also offers some books of the Bible in Braille.

Audio Bibles for the Blind audiobiblesfortheblind.org **Email:** bibles@auroraministries.org (941)748-3031, The Bible is available free of charge—"to keep; to have and to hold, forever" in more than 64 languages to individuals unable to read standard print because of visual impairment. A verification of the impairment will be necessary. They also provide Bibles to people who have a physical disability that prevents them from holding a book. Verification of this impairment is required for this service also. Some Spanish literature is available. This is a nonprofit, nondenominational organization.

Christian Record Services for the Blind www.christianrecord.org

Email: info@christianrecord.org (402)488-0981, P.O. Box 6097 Lincoln, NE 68506 International organization helping visually impaired. Magazines are available in large type and Braille and on cassette. There is a lending library. The New Testament (King James) is available on cassette and the complete Bible (King James, New International, and Spanish) in large type. The Christian Record Service also has Bible lessons in large type and Braille and on cassette. Some **Spanish** literature is available. This group also has a program—**National Camps for Blind Children** www.blindcamps.org **Email:** info@christianrecord.org There are summer and winter camps in the U.S.

JBI International Jewish Braille Institute. <http://www.jbibrary.org>

Email: admin@jbibrary.org (800)433-1531, JBI is a Jewish-interest library containing a broad range of subjects, including fiction, mystery, biography, cookbooks, self-help, history, and religion. They produce books in three media: audio, Braille and large print. Their audio collection consists, primarily, of books in English, but they also record in Yiddish, Russian,

Romanian, Hungarian and Spanish. JBI offers two library services: a Lending Library, where books are loaned for a three-month period, and a Special Publications Library consisting of books that patrons can keep.

Jewish Heritage for the Blind <http://www.jhbinternational.org/contact-us.html>

Email: services@jhbinternational.org (800)995-1888, Provides Braille and large type for such religious Jewish books as prayer books for adults and storybooks for children.

Lutheran Braille Evangelism Association <http://www.lbea.org> **Email:** mail@lbea.org

(651)426-0469, A monthly magazine, Bibles, and other Christian resources are available in extra-large type, Braille and on cassette. A hand-held, talking digital Bible is also offered. English only.

Lutheran Braille Workers, Inc. www.lbwinc.org **Email:** LLB@lbwinc.org (800)925-6092,

Provides the Bible and other devotional materials in Braille and large type. All items are free upon request. Some Spanish language literature.

Tape Ministries www.tapeministries.org **Email:** webmaster@tapeministries.org (206)243-7377,

Provides cassettes that may be played in standard two-track cassette players. Materials are those ordinarily found in Christian bookstores—Christian fiction, books on Christian life and practice, missionary accounts—but not Bibles, commentaries, and study guides. *Our Daily Bread*, a monthly devotional, is also available on cassette. No Spanish materials.

Xavier Society for the Blind www.xaviersocietyfortheblind.org

Email: info@xaviersocietyfortheblind.org (800)637-9193, Oldest and largest U.S. Catholic Library in English for the blind, with nearly 1,500 titles of spiritual and inspirational reading materials, sacred scriptures, devotionals and magazines available in Braille, large print and audiocassette. Included in the service are *Catholic Digest*, *Liguorian*, and other magazines. The Xavier Society will also supply the Bible in sections. A lending library is available, postage-free. No Spanish materials.

SERVICES FOR SENIORS

EyeCare America www.eyecareamerica.org **Email:** pubserv@ao.org (877)887-6327,

The Seniors EyeCare Program is a major public service outreach program ensuring that every elderly American has access to medical eye care. The program is designed for those with limited funds who do not have an ophthalmologist. Eligible callers to the toll free help line are matched with one of 7,300 volunteer ophthalmologists nationwide. The physician provides a complete medical eye examination and treatment for any condition diagnosed at the initial visit, for up to one year. To receive a referral through the Seniors Eye Care Program, a caller must be 65 years of age or older, a U.S. citizen or legal resident, not have had an eye examination in the last three years, and not belong to a doctor-restricted HMO plan or receive VA eye care benefits. Their organization provides eye exams and up to one year of care to US citizens and legal residents through volunteer ophthalmologists (EyeMDs) Two related programs, **Diabetes EyeCare America Program** (800)272-3937 and **Glaucoma Eye Care Program** (800)391-3937 24/7.

These programs are co-sponsored by EyeCare America, the Knights Templar Eye Foundation, Inc., and supported by state ophthalmologic societies.

Housing Authority of the City of Yuma <http://hacy.org/> (928)782-3823, 420 S. Madison Ave., Yuma, AZ 85364

Services Maximizing Independent Living and Empowerment (SMILE)

<http://www.smile-az.org> Email: info@smile-az.org (928)329-6681, 1931 S. Arizona Ave. Ste.4, Services are available throughout Yuma and La Paz Counties. Mission is to empower persons with significant disabilities.

WACOG (Western Arizona Council of Governments) www.wacog.com (800)782-1886, (928)782-1886, 224 S. Third Ave. Yuma, AZ 85364 Yuma Area Agency on Aging advocates on behalf of the elderly and provides training, information, and referrals on elderly issues and the disabled in Yuma, La Paz, and Mohave counties. Assists sorting out Medicare and supplemental insurance forms and Medicare-approved drug discount cards, resident's rights and assisted living facilities, referrals for in-home health care, housekeeping, Meals on Wheels.

SIGN LANGUAGE

ASL (American Sign Language) The Main Library periodically offers **ASL sign language** classes, call for more information. Practice your sign language! www.lifeprint.com , www.aslpro , www.gallaudet.edu/ , www.signingsavvy.com , www.deafvideo.tv , www.pbs.org/wnet/soundandfury/resources.html , DVC Christian TV Network <http://www.deafvideo.com>, www.deafmissions.com/, deafnation.com DeafNation World Expo 2016, July 6-8 Las Vegas, NV.

Hearing Loss Association of America (301)657-2248 www.hearingloss.org *Hearing Loss Magazine*

National Assoc. of the Deaf <http://nad.org> (301)587-1788; (301)587-1789 TTY <https://www.facebook.com/NAD1880> Deaf & Hard of Hearing Civil Rights organization.

Sign Language <http://www.azwestern.edu/> (928)344-7629 Laura Sandigo ARS AccessABILITY Resource Services for Students with Disabilities. Coordinator, Arizona Western College.

VideoPhone Software www.purple.us Email: vri@purple.us Video Remote Interpreting (800) 669-7707, (877)885-3172 support, (877)467-4875 FREE! (602)244-1797, 1295 W Washington St., Tempe, AZ 85281. Available 24 hours, 7 days a week, 365 days a year. Requires a computer internet connection, and a webcam for the deaf and hard of hearing to make calls. The deaf can call each other and through a sign language interpreter, and place calls to non-deaf English and Spanish regular telephones.

SPINAL AND HEAD INJURIES

American Brain Tumor Association <http://abta.org> Email: ABTAcares@abta.org
(800)886-2282, Information about brain tumors, treatment options, clinical trials and living with a brain tumor. It also includes a variety of social work resources and services.

Arizona Governor's Council on Spinal and Head Injuries azheadspine.org
Email: PLeeper@azdes.gov (888)500-9165; (602)774-9148, The Arizona Governor's Council on Spinal and Head Injuries is a state agency that works to enhance the health, safety, and quality of life for children and adults with spinal cord and brain injuries and their families.

Arizona Paralyzed Veterans of America (PVA) www.azpva.org Email: azpva@azpva.org
(800)621-9217, (602)244-9168, 5015 N. 7TH Ave. Phoenix, AZ 85013 The mission of the Arizona Chapter Paralyzed Veterans of America is to improve the quality of life of all U.S. military veterans and all who have experienced spinal cord injury/dysfunction through advocacy for proper health care, promotion of sports, education and communication.

Arizona Spinal Cord Injury Association www.azspinal.com Email: info@azspinal.org
(888)889-2185, (602)507-4209, 5025 E. Washington St. #110, Phoenix, AZ 85034 This association was formed to enhance the lives of those with spinal cord injuries while offering support and education to family, community, and professionals.

Brain Injury Alliance of Arizona <http://biaaz.org> Email: info@biaaz.org (888)500-9165,
(602)323-9165, 5025 E. Washington St., Ste. 108, Phoenix, AZ 85034 Non-profit membership organization of people with brain injuries and their families, friends, and service providers working together since 1983 to provide information & referrals, education, advocacy and support for those affected by brain injury.

National Spinal Cord Injury Assoc. (NSCIA) <http://www.spinalcord.org> (718)803-3782
United Spinal's New Mobility Magazine for wheel chair users. Mission to improve the quality of life of all people living with spinal cord injuries and disorders

STAMPS WITHOUT LEAVING HOME

www.usps.com/shop Email: StampsNow.info@usps.gov (800)275-8777,
(800)877-8339 TDD/TTY, To have your postal carrier deliver postage stamps to your home, leave a note in your mailbox requesting that the carrier leave you a stamps-by-mail form. When the form arrives, fill it out and leave it for the carrier with a check. The carrier will deliver the stamps within 5 business days. You can also order stamps by phone by calling (800)782-6724, 24/7. You must use a major credit card—there will be a \$1.00 charge for shipping and handling. If you can wait for a 7-day delivery period, there will be no minimum number of stamps to order.

TALKING BOOK PROGRAM

Arizona Braille and Talking Book Library www.lib.az.us/braille (800)255-5578, 1030 N. 32nd St. Phoenix, AZ 85008. Talking books are books recorded on cassettes and digital media for visually and physically handicapped persons. The collection of Braille, talking books, magazines, and equipment is loaned to individuals who cannot hold, handle, or read conventional printed matter due to a visual or physical disability. There is no charge for the books, equipment, supplies, or mailing. To begin service, call the Arizona State Braille and Talking Book Library. Yuma Library Special Services at (928)373-6498 will gladly replace non-functioning talking book tape players but not digital players. Also, the Arizona State Braille and Talking Book Library has a collection of described videos that are available to be borrowed. These videos include a voice-over narration so that the visually impaired person can follow the action.

TELEPHONE SERVICES FOR HEARING & VISUALLY IMPAIRED

TTY User and Emergency Assistance ("9-1-1") Dial 9-1-1 directly. All 9-1-1 (National Emergency centers) are equipped to handle TTY calls. Using Relay for 9-1-1 may result in a delay to getting your urgent message through.

Arizona Relay Service (AZRS) 7-1-1 Customer Care

www.azrelay.org/home/contact_us Email: rm-attcustomercare@att.com, www.acdhh.org
Email: info@acdhh.az.gov (866)259-1768 Voice (800)347-1695 Spanish/TTY/Voice, (800)855-2886

THRIFT STORES

Assistance League of Yuma Thrift Shop www.assistanceleague.org

10am-4pm T-F 10am-1pm Sat, Email: info@assistanceleague.org (928)782-9314
1054 South 4th Ave. Yuma, AZ 85364

Cross-Roads Mission 2nd Chance Thrift Store crossroadsmission.org (928)726-0491

550 W. 8th St., corner of 8th St & 5th Ave., Yuma, AZ 8am-4pm Mon-Sat.

Goodwill Stores www.goodwillaz.org/ (928)344-5322, 3096 S. 4th Ave. Yuma, AZ.

Habitat for Yuma yumahabitat.org (928)344-5788, 3242 E. 43rd St. 85365, off of 3E past Marine Corp Base next to Bargain Barn.

Hospice of Yuma Thrift Shop www.hospiceofyuma.com/thriftshop.html

Email: wecare@hospiceofyuma.com (928)782-9593, M-F 9am-pm Sat. 9am-1pm. 1824 S. 8th Ave, Yuma, AZ. 85364

Humane Society of Yuma Thrift shop www.hsoyuma.com/ (928)783-0408, M-F 9am-5pm, Sat. 9am-4pm 136 W 32nd Ave. Yuma, AZ 85364

Precious Treasures Mission, Inc. www.precioustreasuresmission.org
Email: precioustreasuresmission@gmail.com (928)627-3640, 492 E. Main St. Somerton, AZ 85350.

Salvation Army Thrift Stores, Yuma (928)783-0181 M-Sat. 9am-6pm 600 W. Catalina Drive, Foothills (928)305-0064 M-Sat 8-5pm 11825 S. Fortuna Rd.

TRANSPORTATION FOR DISABLED

Air Travel Disability Related Service Problems www.dot.gov/airconsumer
 (202)366-2220, (202)366-0511 TTY/Assistive Device M-F 8:30am-5:00pm

ASL Consumer Support Line www.fcc.gov www.fcc.gov/encyclopedia/disability-rights-office
 (844)432-2275 TTY (202)810-0444 ASL/Videophone

Amtrak www.amtrak.com/home (800)872-7245; (800)523-6590 TTY,
 15% Rail Discounts for Disabled and traveling companion are available only from toll free number; none are available thru Internet.

Greyhound Bus Lines www.greyhound.com for tickets (800)231-2222, (800)345-3109 TTD/TTY, (800)531-5332 Spanish, in Yuma: (928)783-4403 M-Sat. 8am-6pm 2715 E 14th St. (close to 3E) Yuma, AZ 85365. Bus loading and unloading is at Target Store. Disability Companion Travel Assistance Line and Access Greyhound Program to get on and off the bus: PCA (Personal Care Attendant Program) (800)752-4841 Yuma County Area Transit (YCAT) accepts Greyhound tickets on board YCAT routes to the ultimate city or town shown on the ticket based on routes that connects with the Greyhound bus stop located at 1275 Castle Dome Avenue, Yuma, AZ 85364 with no additional fare required.

Imperial Valley Transit www.ivtransit.com/ (760)482-2900 \$2.00 one way using YCAT to Winterhaven: Mon, Wed, Sat. Closed Sunday & holidays. 792 E. Ross Rd. B, El Centro, CA 92243

Rides in Sight www.ridesinsight.org/ (855)607-4337, M-F All questions answered within 24 hrs. Senior transportation options in local communities throughout the United States (especially if you feel unsafe to drive with declining physical, cognitive or visual abilities).

Statewide Express, Inc. (800)783-9298, (928)783-6236 (English and Spanish), M-F 8am-5pm 940 S. 2nd Ave., Yuma, AZ. Nonemergency interstate medical transport for Yuma and Winterhaven, CA.

Taxis are listed under “Taxicabs and other Transportation” in the yellow pages of the telephone book.

Yuma County Area Transit (YCAT) www.ycat.org Transit Information (928)783-2235 or 511, 711 TDD/TTY, Offices (928)539-7076, The agency is closed on Sundays, and Holidays.

YCAT Bus Facility, 2715 E. 14th St. Yuma, AZ 85365 (east of Pacific Ave.) call for senior and disabled services **YCIPTA** also sells **Greyhound tickets** to over 3,400 locations throughout the United States, Canada, and Mexico. **YCAT on Call** www.ycipta.org/ycat-oncall.html You need to be registered and certified eligible by Yuma County Intergovernmental Public Transportation Authority (YCIPTA) prior to using the service. (928)539-7076 TDD/TTY users call 711 through the Relay Service. You can also write **ADA Application Request, YCIPTA**, 2715 East 14th Street, Yuma, AZ 85365. **YCAT On Call** is available from 5:50 a.m. to 7:30 p.m. M-F; 9:15 am - 6:30 p.m. Saturday. No service on Sundays and holidays. Please contact the dispatcher at (928)783-2235 if you no longer require a trip.

UTILITIES, PUBLIC

APS (Arizona Public Service) Electric Energy Support Program (928) 782-7151 through the Department of Economic Security (DES). To apply, call APS. Fill out the application and take it to the local DES Office. If approved, APS will apply the savings to the customer’s account.

Southwest Gas Corp. www.swgas.com/assistance/index.php (877)860-6020, Will high mark (label) gas appliances for blind and visually impaired customers. The company also offers monthly bills in Braille. **Low Income Rate Assistance Program (LIRA)**. The program is in effect from Nov.1 thru April 30. A summer discount is also available.

VETERANS

Arizona Dept. of Veteran Services Yuma (928)726-2851 8:00 am – 5:00 pm M-F, 2811 S. 4th Ave. Ste. D, Yuma, AZ 85364

Arizona Paralyzed Veterans of America (PVA) <http://www.azpva.org>
Email: azpva@azpva.org (602)244-9168, see also **SPINAL AND HEAD INJURIES**

Employment see **Jobs**.

Southern Arizona VA Health Care Medical Center (800)470-8262.

US Dept. Veteran Affairs (800)827-1000.

Veterans Crisis Line (800)784-2433.

Yuma VA Clinic (520)792-1450 2555 E Gila Ridge Rd. Yuma, AZ 85365.

Yuma Veterans Center www.va.gov 3111 S. 4th Avenue, Yuma, AZ 85364. **Counseling Center** (928)271-8700, (877)927-8387; hospital & medical benefits (877)222-8387 <https://iris.custhelp.com/>, VA toll free numbers.

VIDEO, DESCRIPTIVE PROGRAMMING FOR SIGHT-IMPAIRED

(These are television programs and videos that have a voice-over narration throughout so that the visually impaired can follow the action as the narrator depicts key visual elements in scenes.)

Arizona State Braille and Talking Book Library www.lib.az.us/braille
www.azlibrary.gov/talkingbooks (800)255-5578, (602)255-5578, 1030 North 32nd St. Phoenix, AZ 85008 Has a collection of described videos that are available to be borrowed.

Described and Captioned Media Program (CMP) www.dcmp.org **Email:** info@dcmp.org (864)585-1778, (864)-585-2617 TTY, **National Association of the Deaf (NAD)** lending library of videos CD-ROM, and DVD open-captioned media that are for the deaf, blind, hard of hearing, visually impaired, and deaf-blind. Educational and popular titles are included. There are no rental, registration, or postage fees. Several hundred titles are also streamed on the **CMP web site**.

National Broadcast Reading Service www.ami.ca/ serving Canada and USA.

Email: info@ami.ca , Offers a large selection of described movies on video audiocassette, and assistive products. Described movies are available for sale online in video, audiocassette and CD formats. Audio description offers concise and unobtrusive description of the visual elements of a film or video product.

National Center for Accessible Media, WGBH (NCAM) ncam.wgbh.org

Email: ncam@wgbh.org (617)300-3400, (617)300-2489 TTY, For a DVS Home Video Catalog listing described videos available for purchase and described programs on **PBS** and **Turner Classic Movies** <http://shop.tcm.com> The catalog is available in large type, in Braille, and in audio.

Narrative Television Network (NTN) www.narrativetv.com **Email:** info@narrativetv.com

(800)801-8184, Network is devoted exclusively to text only programming, contact your cable or satellite company for local availability.

VOICE Corps www.voicecorps.org **Email:** cadkins@voicecorps.org (614)274-7650, Reading Services Voice Print broadcasts readings of full text newspaper and magazine articles, columns and feature stories from more than a hundred publications. It is distributed via cable on the S.A.P. of CBC News world and via direct-to-home satellite services on an audio channel.

VOCATIONAL REHABILITATION

Arizona Department of Economic Security Rehabilitation Services

<https://www.azdes.gov/rsa> Administration (800)563-1221; (855)475-8194 TTY, **Arizona Rehabilitation Services Administration (RSA)** programs provide a variety of specialized services to individuals who have physical or mental disabilities that create barriers to employment or independent living. RSA offers three major service programs and several specialized programs and services. The three major service programs are: (1) Vocational Rehabilitation Services Program, (2) Employment Support Services Program, and (3) Independent Living Rehabilitation Services Program.

VOLUNTEER OPPORTUNITIES FOR SENIORS

Alliance of Arizona Nonprofits www.arizonanonprofits.org (866)472-6878, (602)279-2966

Corporation for National & Community Service (800)942-2677 Press 4.

Senior Corps www.seniorcorps.gov Email: info@cns.gov (800)942-2677, (800)833-3722 TTY, Engages more than 5 million Americans in service through its core programs - Senior Corps, AmeriCorps, and the Social Innovation Fund - and leads President Obama’s national call to service initiative, United We Serve.

Senior Volunteering 55+ (RSVP) www.oneoc.org/get-involved/rsvp_program/
Email: info@OneOC.org

Services Maximizing Independent Living and Empowerment (SMILE) www.smile-az.org
Email: info@smile-az.org (855)209-8363, (928)329-6681 Voice; (928)782-7458 TTY, 1931 S. Arizona Ave. Ste. 4 Yuma, AZ 85364 Services are available throughout Yuma and La Paz Counties. Volunteers are needed to empower persons with significant disabilities.

Volunteer Solutions volunteer.truist.com This website lists assistance organizations in and around Yuma County. It is useful for people looking for services, as well as for people seeking volunteer activities.

WACOG Volunteers (928)217-7158 Jacqueline Romero

Yuma County Library Volunteers (928)373-6501 Rebecca McSween



If you or someone you know is in crisis, call 800-273-8255 or 911 immediately. For crisis support via text message, text LISTEN to 741741.