

Disabled In Yuma



September 2018
Services for the Disabled and Elderly
Yuma County Library District

**YUMA COUNTY
LIBRARY DISTRICT**



DISABLED IN YUMA

A List of Services for the Disabled and Elderly

Yuma County Library District

**Refdesk1@yumalibrary.org
(928) 373-6482**

2951 S. 21st Dr. Yuma, AZ 85364

September 2018

This booklet can be copied.

<http://www.yumalibrary.org/resources>

**If you or someone you know is in crisis,
Call 911 or 800-273-8255 immediately.**

**For crisis support via text message,
text LISTEN to 741741.**

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AIDS/HIV

Aids.gov www.hiv.gov , <https://aidsinfo.nih.gov/>

AIDS/HIV Services, Yuma County Public Health Services (928)317-4540 ext -1843 & ext. -1733; 2200 West 28th St. (Room 256) Yuma Free testing on Dec. 1st, World's Aids Day in Yuma County.

All things HIV in Arizona www.hivaz.org (602)882-8675. English, Español. 1101 N. Central Ave., Ste. 212 Phoenix, AZ 85004

Arizona Department of Health Services <http://www.azdhs.gov/>
(602)542-1025; 150 N.18th Ave. Phoenix, AZ 85007

The Body <http://www.thebody.com> The complete HIV/AIDS Resource, disponible en español

Centers for Disease Control and Prevention <http://www.cdc.gov/hiv> disponible en español

ALCOHOLICS & NARCOTICS ANONYMOUS

Alcoholics Anonymous Yuma support group www.aayuma.com/ (928)782-2605 24-Hour Hotline manned by AA members; Al-AnonFamily Groups <http://al-anon.org/> Email: wso@al-anon.org Strength, hope for friends & families of problem drinkers Toll Free Meeting Line (888)425-2666.

DrugFree <http://www.drugfree.com/treatment/> (800)420-9064; 24/7 Helpline, Arizona (928)247-6141

Narcotics Anonymous, Arizona Region Yuma <http://www.arizonana.org/meetings/yuma.php>.

AMERICANS WITH DISABILITIES ACT

ADA (Americans with Disabilities Act) www.ada.gov Arizona ADA <http://www.know-the-ada.com> Email: arizona@know-the-ada.com Hotline (800)358-3617; (602)542-6686 TTY; 1700 W. Washington, Ste. 164 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 Assn. of People with Disabilities www.aapd.com (866)536-4461

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, disponible en español, (703)992-8313 TTY; 103 W. Broad Street, Ste. 400 Falls Church,

VA 22046 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.

Arizona Technology Access Program (AzTAP) <http://aztap.org/>

Email: askaztap@nau.edu Tel.: (800)477-9921, (602)728-9536TTY. 300 W. Clarendon Ave., Suite 475, Phoenix, AZ 85013. 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/ Disponible en Español. (800)352-8161Voice/TTY, (480)559-9441 VideoPhone; 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.

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.” Access the service by installing 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, digital magnifiers, portable, TV, and video.

Capteck Inc. <http://www.captek.net> Email: info@saptek.net (800)888-7401. Adaptive technology for the Blind and Vision Impaired.

Freedom Scientific (Simple Reading Appliance for Home, SARA)

<http://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.

Harris Communications <http://www.harriscomm.com> (800)825-6758Voice, (800)825-9187TTY, (952)388-2152VP. Sells everything for Hearing Loss.

HearingPlanet www.hearingplanet.com (800)432-7669

Humanware www.humanware.com Email: info@humanware.com (800)722-3393

Products for the deaf-blind, visually impaired, and learning disabilities.

Independent Living <http://www.independentliving.com> (800)537-2118 se habla español, Oldest private mail-order company in the US for products for individuals who are visually impaired or blind.

International Center for Disability Resources on the Internet (ICDRI) <http://www.icdri.org/>
Email: icdri@icdri.org (800)775-8267 Email: JDean@LSSproducts.com Wheelchair Vans, Handicap Van, Used Handicap Vans, lifts.

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

Low Vision Plus <http://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.

MaxiAids <http://www.maxiaids.com> (800)522-6294 Assistive products hearing, vision, speech, mobility and professional services for an active and independent life. .Free domestic shipping on web orders of \$59.55 or more, restrictions may apply.

National Research and Training Center on Blindness and Low Vision
<http://www.blind.msstate.edu/> Email: nrtc@colled.msstate.edu (662)325-2001.

Optelec <https://us.optelec.com> Email: info@optelec.com. (800)444-4443 in Arizona; see Viewfinder Low Vision Resource Center (623)583-2800.

Prentke Romich Company (PRC) <https://www.prentrom.com/>
Email: info@prentrom.com (800)262-1990, Email: español@prentrom.com
(800)262-1984 ext. 1417; Jorge Sarzosa (en español) Communication Solutions

Starkey Hearing Foundation <https://www.starkeyhearingfoundation.org/>
Email: hearnow@starkeyfoundation.org (800)328-8602. Hearing aid help.

ViewFinder Low Vision Resource Center www.viewfinderlowvision.com
Email: Noon@ViewFinderLowVision.com (480)924-8755; 1830 S. Alma School Rd., #131 Mesa, AZ 85210 Optometric practice that specializes in vision rehabilitation.

Vision Rehabilitation & Assistive Technology Expo <http://vrate.org> Free and open to the public. Displaying technology and services promoting independence and quality of life for vision and combined vision/hearing loss.

AUTISM

Arizona Autism Coalition <http://www.azautism.org> PMB#522, 4802 E. Ray Road, Ste. 23 Phoenix, AZ 85044-6417

ASAN, Autistic Self Advocacy Network <http://autisticadvocacy.org/> Email: info@autisticadvocacy.org; PO Box 66122 Washington, DC 20035

Autism Academy for Education Development <https://www.aaed.org> Email: info@aaed.org (623)439-5368 Gilbert Campus, Tempe Campus, and West Valley offer educational programs for students with Autism Spectrum Disorders.

Autism/PDD Resources Network <http://www.autism-pdd.net/> Helping Families Facing Autism.

Autism Response Team (ART) www.autismspeaks.org Email: familyservices@autismspeaks.org (888)288-4762, (888)772-9050 en español; Members are specially trained to connect families with information, resources and opportunities.

Autism Society of America <http://www.autism-society.org/> Email: familyserices@autismspeakks.org disponible en español (800)3-AUTISM) 328-8476. A leading source of trusted and reliable information about autism.

Autism Speaks <https://www.autismspeaks.org/> Email: familyservices@autismspeaks.org (888)288-4762, (888)772-9050 en español. Yuma Autism Support Group <http://autismyuma.cfsites.org/> Email: autismyuma@yahoo.com YRMC, 399 West 32nd St., Yuma, AZ. Generally meets the first Wednesday of every month from 6-8 pm at the YRMC Corporate Center located at 399 West 32nd Street in Yuma, AZ www.facebook.com/YumaAutismParents/

BLIND & VISUALLY IMPAIRED

American Council of the Blind <http://www.acb.org> (800)424-8666; Email: info@acb.org

ACB Radio <http://acbradio.org> Email: info@acb.org (800)424-8666; Mon-Fri, 9 am-5 pm EST 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.

American Foundation for the Blind www.afb.org Email: info@afb.net (212)502-7600. 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 <http://www.afb.org/directory.aspx?action=result>

American Macular Degeneration Foundation www.macular.org (888)-MACULAR(622-8527; Advice, health tips, nationwide eye care and services directory.

American Printing House for the Blind <http://www.aph.org/> Email: info@aph.org (800)223-1839

Assn. of Blind Citizens <http://www.blindcitizens.org/> Email: president@blindcitizens.org (781)961-1023

Arizona Council of the Blind (AzCB) www.acb.org/arizona (773)572-6313 16845 N 29th Ave. Ste. 139 Phoenix, AZ 85053 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.

Arizona Rehabilitation Services <https://des.az.gov/services/employment/arizona-rehabilitation-services> Email:

(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

https://www.nyise.org/apps/pages/index.jsp?uREC_ID=445303&type=d&pREC_ID=959967 Email: info@nyise.org (718)519-7000 Ext. 315, NY Institute for Special Education has been serving special needs students since 1831.

Braille Institute www.brailleinstitute.org/ Email: la@brailleinstitute.org, <http://www.institutobraille.org/> en español (800)BRAILLE(272-4553)

Council of Citizens with Low Vision International c/o American Council of the Blind www.cclvi.org Email: cclvi@cclvi.org. (844)460-0625; The California Council of Citizens with Low Vision is an affiliate.

Dancing Dots <http://www.dancingdots.com/> (610)783-6692. Accessible Music Technology for Blind & Low Vision Performers.

EYEKNOWAZ (Arizona Governor's Council on Blindness & Visual Impairment) <https://eyeknow.az.gov/> GCBVI@azdes.gov (602)542-3780. Directory listing services especially in Arizona for vision and hearing loss.

Family Connect www.familyconnect.org Email: connectcenter@aph.org disponible en español. Online community that can offer tips and support from other parents of children who are visually impaired, also videos, news, personal stories.

Foundation Fighting Blindness <http://www.blindness.org/> "Listen to This Page option" Email: info@FightBlindness.org , <https://www.instagram.com/fightblindness> (800)683-5555 (800)683-5551 TDD, disponible en español.

Foundation for Blind Children <http://www.seeitourway.org/> Email: info@seeitoutway.org (800)322-4870; Mission is to provide education, tools and services.

Lighthouse Guild International Headquarters: <http://www.lighthouseguild.org> disponible en español (800)284-4422 TTY711 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 <http://lions-sight-and-hearing-foundation.org> Email: board@ls-hf.org (602)954-1723, 3124 E. Roosevelt St Bldg. D #1, Phoenix, AZ 85008

Lost Peepers Support Group Email: Shawnnita@smile-az.org , info@smile-az.org (928)329-6681; 1929 S. Arizona Ave., Ste. 11, Yuma, AZ 85364. Peer support group meets on the third Wed of the month from 1-3 pm., and mentors for people with visual impairments. Blind devices are available, helps with SSI, and SSDI paperwork. SMILE

will provide and pay for transportation if needed.

National Braille Press <http://www.nbp.org/ic/nbp/> Email: contact@nbp.org (888)965-8965 Promotes literacy of blind children through braille.

National Federation for the Blind (NFB) www.nfb.org/ Email: nfb@nfb.org (410)659-9314; <https://www.nfb.org/programs-services/nfb-newsline> 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 MAGAZINES

National Federation of the Blind of Arizona (NFB) <https://www.nfb.org/about-us/state-affiliates/arizona> Email: nfb.az.president@gmail.com (888)899-6322.

National Resource Center for Blind Musicians <http://www.blindmusicstudent.org/> Email: info@blindmusicstudent.org (203)366-3300 ext. 229

Prevent Blindness <http://www.preventblindness.org/> Email: info@preventblindness.org (800)331-2020; Mission is to prevent blindness and preserve sight.

SeeMoreVision <https://www.seemorevision.com/> Email: barryg@seemorevision.com (800)428-6673

Seva Foundation <http://www.seva.org> (877)764-7382. Partners worldwide to create self-sustaining programs that preserve and restore sight.

Southern Arizona Assoc. for the Visually Impaired (SAVVI) www.saavi.us Email: jcoronado@saavi.us (928)276-4600; 3795 W. 22nd Lane, Ste. 2, Yuma, AZ 85364. Help for blind and visually impaired Arizonans.

Sun Sounds of Arizona sunsounds.org Email: Info@sunsounds.org Sun Sounds of Arizona

provides audio access to print information to people who cannot read or hold print material

due to a disability. Sun Sounds broadcasts the reading of over 200 local and national publications 24/7 from studios in Tempe, Flagstaff, and Tucson. Some Spanish Programming.

All reading is done by hundreds of trained volunteers. 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: connetcenter@aph.org Service for seniors with an eye condition such as macular degeneration, cataracts, diabetic retinopathy, or glaucoma.

World Services for the Blind <http://www.wsblind.org/> Email: training@wsblind.org
(800)248-0734 Comprehensive rehabilitation center for blind or visually impaired adults.

CANCER

www.ashline.org (800)55-66-222; Help to stop smoking. Tobacco Cessation Support Group in Yuma (928)317-4555; YRMC Corporate Center, Office 399 W. 32nd St.lft message @336-7065 Volunteer Services.

CancerCare (800)813-(HOPE)4673; www.cancercare.org Email connect@cancercare.org; info@cancercare.org disponible en español. National nonprofit organization provides free, professional support services, and free online telephone education workshops for anyone affected by cancer.

Yuma Cancer Support Group (928)336-7247; 944-6150 YRMC Corp. Center Office 399 W. 32nd St. Meets every second Monday at 7 pm.

CAREGIVERS

Alzheimer's Assn. 24/7 Helpline (800)272-3900, (866)403-3073TDD. www.alz.org Email: info@alz.org for support groups. The Alzheimer's Assn. 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.

Alzheimer's Support groups in Yuma:

Copper Hills House 12234 E. North Frontage Rd., Yuma, AZ 85367. Support group meets 1st and 3rd Friday of month: 10:30 am to noon.

Emerald Springs 1475 S. 46th Ave., Yuma, AZ 85364. Support group meets 1st & 3rd Thursday of the month: 5:30 pm

Alzheimer Grupo de Apoyo at the Somerton Library (928)627-2149 on 4th Tuesday of every month at 10:30 am

Alzheimer's Assoc. Safe Return Medic Alert <http://www.alz.org/care/dementia-medical-alert-safe-return.asp> (888)572-8566, (800)272-3900. 24/7 nationwide emergency response service for dementia lost wanderers.

The Alzheimer's Store <http://www.alzstore.com> (800)752-3238; Email: contact@alzstore.com. 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 & (928)726-5000 2nd Tuesday of the month at 5:30 pm at Yuma Rehab Hospital 901 W. 24th St, Yuma, AZ.

Canine Companions for Independence <http://www.cci.org/locations/southwest/valley-of-the-sun-chapter/> (800)572-BARK(2275)

Dogs for Better Lives <https://www.dogsforbetterlives.org>. Also for the hard of hearing, and provides Autism Assistance Dogs.

Fidelco Guide Dogs <https://www.fidelco.org> Email: admissions@fidelco.org
(860)243-5200

Freedom Guide Dogs, Inc <http://freedomguidedogs.org/> Email:
info@freedomguidedogs.org

Guide Dogs of America, International Guiding eyes Program Guide Dogs of America
<http://www.guidedogsofamerica.org> Email: mail@guidedogsofamerica.org
(818)362-5834

Guide Dog Foundation <http://www.guidedog.org> Email: info@guidedog.org
(800)548-4337

Guide Dog Users of Arizona <http://www.gduaz.org>

Guide Dogs for the Blind <http://www.guidedogs.com> (800)295-4050

Guide Dogs of the Desert <https://www.guidedogsofthedesert.org> (888)883-0022

Guiding Eyes for the Blind <https://www.guidingeyes.org/> Email:
admissions@guidingeyes.org (800)942-0149

Leader Dogs For The Blind <http://www.leaderdog.org> Email: leaderdog@leaderdog.org
(888)777-5332ext. 1114, (248)651-3713 TTY disponible en español .

National Assoc. of Guide Dog Users <http://www.nagdu.org/> Email: president@nagdu.org
(888)NAGDU(6243), (813)626-2789.

National Education for Assistance Dog Services, Inc (NEADS)/Dogs for Deaf and Disabled Americans <http://www.neads.org/> Email: jvautour@neads.org
(978)422-9064Voice, TDD

Pilot Dogs, Inc. www.pilotdogs.org/ Email: jgray@pilotdogs.org (614)221-6367

The Seeing Eye <http://www.seeingeye.org/> Email: info@SeeingEye.org (915)539-4425
oldest guide dog school in the world.

Service Dogs for America <http://www.servicedogsforamerica.org/> (701)685-2242

ARCH National Respite Network www.archrespite.org Email: mmathers@chtop.org
(919)490-5577; National Respite Locator Service to help find respite, planned or emergency care services for temporary relief of family caregivers.

Area Agency on Aging www.agingcarefl.org/ Email: ADRC.helpline@aaapp.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.

Arizona Assoc. of Area Agencies on Aging <https://az4a.org/>

Arizona Best Hospice LLC (928)783-0705, 250 W. 24th St., Yuma, AZ 85364

Arizona Long Term Care System (ALTCS, Arizona Medicaid program)
<https://des.az.gov/services/disabilities/developmental-child-and-adult/altcs-home> Email:
firm@jacksonwhitelaw.com (480)818-6912; Elder Law Attorneys work with coordinators, social workers and specialists to help their clients with their medical and financial options.

Assisted Living Homes provide respite care when beds are available. Please call
(Western Arizona Council of Governments) firm@jacksonwhitelaw.com (480)818-6912

for a list of assisted living facilities, respite care and caretakers. Respite Care offered at the following Yuma facilities:

Assisted Living Facility Directory <http://www.assistedlivingfacilities.org/> (866)333-6002
Senior Living Guide <http://www.seniorlivingguide.com/> Directory of Senior living facilities.

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 Resource Line <http://www.azkincare.org> Email: crl@azcaregiver.net (888)737-7494

Caregiver Action Network www.nfcacares.org Email: info@caregiveraction.org
 (202)454-3970, 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.

Eden Alternative <http://www.edenalt.org/> (585)461-3951 Applicable to all care settings, including home care and residential care. Close and continuing contact with plants, animals and children are the answer to the real problems for elders: loneliness, helplessness and boredom.

Elder Care Locator www.eldercare.gov (800) 677-1116 Voice, TTY disponible en español; A public service of the US Department of Health and Human Services, community services, programs for the caregiver, home modification, nutrition services, etc. For the elderly in Arizona, as well as in every other state. Useful to organize care for elderly parents who may live in other states - Spanish-speaking information specialists are available in the week from 9 am to 8 pm (ET).

Find a Support Group near you <http://arizonakinship.org/support-groups/find-a-specific-type-of-resource> KAF KARE Centers and others provide support groups including grief, substance abuse, incarcerated family and youth support groups.

Greater Foothills Helping Hands, local volunteer organization helping elderly and disabled, <http://helpingyuma.org/> Email: info@helpingyuma.org (928)305-9974
 11776 S. Sheryl Dr., Yuma, AZ 85367 Mon-Fri 8 am-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 Sales, 1st weekend in December and February.

Home Care Businesses are listed in the yellow pages of the telephone book under "Home Health Services"

Horizon Health and Wellness <http://www.hhwaz.org/>
 Email: <mailto:Yuma@hhwaz.org> (928)783-3986, 791 S. 4th Ave. Non-Profit Health Care Agency offering comprehensive, integrated health care program: Anger Management, Domestic Violence Services, Mental illness, substance abuse, DUI.

Hospice of Yuma <http://www.hospiceofyuma.com/> Email: drcparker@gmail.com
(928)343-2222, 1824 S. 8th Ave. Limited to terminal patients with life expectancy of less than 6 months.

Multiple Sclerosis, Group Empowerment for (GEMS) Email: mjschaal@yahoo.com
(928)502-1322. Quechan Room, Yuma Rehabilitation Hospital, 901 W 24th St. Yuma, AZ 85364. 1st Sat of the Month, 9:30 am-11:15 am.

National Multiple Sclerosis Society <http://www.nationalmssociety.org/> (800)344-4867

Saguaro Foundation www.saguarofoundation.org Email: saguaroweb@aol.com
(928)783-6069; 1495 S. 4th Ave. Yuma, AZ 85364. Disabled and special needs. 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 San Luis: (928)722-6112
1896 E. Babbit Ln. Somerton: (928)627-1120, 214 W. Main St. Non-Profit Federal Rural Health Clinic.

Senior Advisor www.senioradvisor.com (800)805-3621. Features reviews and advice on senior living communities: assisted living, nursing homes, and more.

Senior Care Authority <http://www.seniorcareauthority.com/> Email: info@seniorcareauthority.com (888)854-3910. Help finding the best places to live, receiving the proper care and navigating through a complex health care system

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

Stroke Resource Center of Southern Arizona <https://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. Stroke Survivor Support Group Yuma Rehab (928)726-5000. Meets 3rd Thu of the month 4:30 pm-6:30 pm

Stuttering Foundation www.stutteringhelp.org Email: info@stutteringhelp.org
(800)992-9392. Information brochures, and nationwide referral to pathologists who specialize in stuttering.

SWI Southwest Institute for Families and Children www.swifamilies.org
Email: info@swifamilies.org (480)222-8800. Statewide resource information for children, youth and adults with special needs, their families, professionals and community.

WACOG Region Four Area Agency on Aging <https://des.az.gov/services/aging-and-adult/aging-and-disability-services/area-agency-aging/area-agency-aging-region-four>
(928)782-1886; Mon-Fri 8 am-5 pm by appointment only. 1235 S. Redondo Center Drive, Yuma AZ85365

Yuma County Elder Abuse Coalition <https://www.facebook.com/Yuma-County-Elder-Abuse-Coalition> Email trademacher@abrioservices.com (928)919-1728. Meets monthly at 11:30 am on 2nd Wednesday of each month at Emerald Springs 1475 S 46th Ave., Yuma, AZ.

Yuma County Water Hydration Stations & Refuge Locations. <https://www.yumaaz.gov/article/yuma-fire-department-press-releases/cooling-centers-and-water-sites>
Email: YumaHeatReliefProject@gmail.com

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

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

CHILDREN WITH DISABILITIES

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

National Center on Deaf-Blindness (NCDB) www.nationaldb.org Email: info@nationaldb.org (503)838-8754. 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 disponible en español www.tartamudez.org
Email: info@stutteringhelp.org (800)992-9392, (901)761-0343.

CLINICS

Fort Yuma Health Center, Indian Health Service
<https://www.ihs.gov/Phoenix/healthcarefacilities/fortyuma/> Main Clinic (800)862-4911, (760)572-4100, Pharmacy (760)572-4119; Dental (760)572-4226; One Indian Hill Road, Winterhaven, CA 92283

Community for Medicine Program, Regional Border Health Center Coordinator (928)722-7383 & (928)627-2017. Somerton Fire Dept. Chronic Illness Home Visitation Program; From County 11 on Somerton Ave. south to County 20 & from Ave. B west to the River.

Sunset Community Health Center www.sunsetcommunityhealthcenter.org They offer dental services on a sliding scale at the Wellton, San Luis, and Somerton offices. San Luis: Medical (928)627-3822, Pharmacy (928)373-5757, Dental (928)627-8584; 815 E. Juan Sánchez Blvd.; P.O. Box 2017 San Luis, AZ 85349

Somerton: Medical (928)627-2051, Pharmacy (928)627-1607, Dental (928)627-8806;
115 N. Somerton Ave.; P.O. Box 538 Somerton, AZ 85350
Wellton: Medical (928)785-3256, Pharmacy (928)785-3256, Dental (928)785-8008;
10425 Williams Street; P.O. Box 686, Wellton, AZ 85356

North Yuma Pediatrics, & Internal Medicine (928)539-3140. 675 S. Ave. B, Yuma, AZ 85364

Yuma Medical https://freeclinikdirectory.org/detail/sunset_community_health_center_billing_department1_yuma_az.html (928)819-8999 Pharmacy (928)819-8941. 2060 W. 24th St. Yuma, AZ 85364

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 W. Washington St. Phoenix, AZ 85007 (800)352-8431(in-state); (800)420-5875 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 Assn. of the Deaf-Blind <http://www.aadb.org> Email: aadb-info@aadb.org

American Tinnitus Assn. (ATA) www.ata.org Email: tinnitus@ata.org (800)634-8978
8:30 am-4:30 pm (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 providing 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 7-1-1 (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 (866)259-1768; AT&T Customer Care, (800)347-1695 Voice/TTY/en español, (800)676-3777 TTY/Voice/ASCII/VCO/HCO, (877)787-1989 (Speech to Speech), (800)676-4290 en español/TTY/Voz/ASCII/VCO/HCO) (866)670-9134 (subtitulaje en español con CapTel) 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.

Assn. of Late-Deafened Adults (ALDA) <http://www.alda.org> ALDA's communication philosophy is "Whatever Works!" - sign language, lip reading, cochlear implants, hearing aids, written notes or gestural communication.

Deaf Linx <http://www.deaflinx.com> Email: webmaster@deaflinx.com Fighting Audism through empowerment and education.

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

Gallaudet Univ. Laurent Clerc National Deaf Education Center Catalog <http://clerccenter2.gallaudet.edu/products> Email: infotogo@gallaudet.edu (202)651-5494, (202)250-2507VP Spanish language supplements of the popular children's stories that have been translated into American Sign Language (ASL) are available for the titles in the Shared Reading Project (SRP) Book Bag Library. To order the Spanish supplements, call (800)526-9105 or Email: Infotogo@gallaudet.edu.

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

Hearing Loss Assoc. of America www.hearingloss.org Email: membership@hearingloss.org (301)657-2248 <https://hlaa-advocacy.blogspot.com> (**invited readers only**) Nation's largest organization for people with hearing loss opens the world of communication through information, education, advocacy and support. Includes link to find an audiologist in your area.

National Assoc. of the Deaf <https://www.nad.org/> (301)587-1789TTY, (301)453-2390 (Purple Video Phone) <https://www.facebook.com/NAD1880> Deaf & Hard of Hearing Civil Rights organization. Disponible en español

National Center on Deaf-Blindness <https://nationaldb.org> In Arizona State Schools for the Deaf (520)770-3268 TTY/Voice Resources for the deaf-blind and their families. Recursos en español para sordo-ciegos y familias.

DEVELOPMENTAL DISABILITIES

Arizona State Schools for the Deaf and the Blind Tucson, AZ (520)770-3731. Blind Email: lisa.yencarelli@asdb.az.gov Deaf Email jennifer.hensley@asdb.az.gov 1200 W Speedway Blvd, Tucson, AZ 85745

Attention Deficit Disorder Assoc. (ADDA) www.add.org (800)939-1019. Helping Adults with ADHD lead better Lives

The Arc <http://www.thearc.org> (800)433-5255; Resource for Autism Spectrum Disorder, Shaken Baby Syndrome, Down Syndrome, Intellectual Disability, Fetal Alcohol Spectrum Disorder. The Arc of Arizona www.arcarizona.org . Email: thearcaz@gmail.com (877)574-3033, <https://www.facebook.com/TheArcofArizona/> <https://twitter.com/TheArcAZ>, Developmental Disabilities Arc of Yuma County Chapter 1272, (602)542-0419, Email: fgarcia348@gmail.com (928)782-4791

Arizona's Children Assn. www.arizonaschildren.org (800)944-7611. (928)344-8800, 3780 S. 4th Ave. Ste. J&K Yuma, AZ 85365. Identifies and coordinates services for

families of children, birth to five years, with disabilities or developmental delays, also adoption, and foster care.

Autism Speaks <https://www.autismspeaks.org/> Email: familyservices@autismspeaks.org
Autism Response Team (888)288-4762, (888)772-7050 en español. National non-profit organization whose goal is to help children and adults with mental developmental disabilities.

Cerebral Palsy Guidance Answers and Assistance www.cerebralpalsyguidance.com
(866)579-8495 Live Chat. Guidance and assistance to parents of a child with cerebral palsy. Learn about the different types, symptoms, and causes of cerebral palsy.

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)
www.chadd.org Email: help@chadd.org Twitter [@CHADD_ADHD](https://twitter.com/CHADD_ADHD) (800)233-4050.
National Resource on ADHD, Improves the lives of people affected by ADHD.

Children's Rehabilitative Services located within the Yuma Regional Medical Center Hospital (928)336-2777. 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 Assn, Int'l (IDA) www.interdys.org, <https://az.dyslexiaida.org> (410)296-0232;
Non-profit organization for those with dyslexia.

Helen Keller National Center for Deaf-Blind Youths & Adults (HKNC)
<https://www.helenkeller.org/hknc> Email: hkncinfo@hknc.org (516)944-8900

Helen Keller Services <https://www.helenkeller.org/> Email: info@helenkeller.org
(718)522-2122

Learning Ally www.learningally.org (800)221-4792. Helps children with reading-related learning disabilities, dyslexia, blindness, and visual impairments reach their full potential.

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

LD online www.ldonline.org disponible en Español. (412)341-1515 An educational service of PBS WETA in Washington, D.C. World's leading website on learning disabilities and ADHD.

National Center for Learning Disabilities (NCLD) <http://www.nclld.org>

National Family Assoc. for Deaf-Blind <http://nfadb.org/> Email: NFADBinfo@gmail.com
(800)255-0411; Trains, supports, connects, collaborates.

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

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.

United Cerebral Palsy (UCP) www.ucp.orgb Email: dcarucci@uspsd.org (858)571-7803.

DIABETES

American Diabetes Assoc. www.diabetes.org (800)DIABETES(342-2383); Nation's leading nonprofit health organization providing diabetes research, information and advocacy.

Children with Diabetes, Inc. www.childrenwithdiabetes.com

National Diabetes Education Program www.ndep.nih.gov
Email: healthinfo@niddk.nih.gov (800)860-8747, (866)569-1162TTY

National Federation of the Blind <https://nfb.org/voice-diabetic> Email: nfb@nfb.org (410)659-9314 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.

EDUCATION

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

Arizona Western College <https://www.azwestern.edu/student-support/accessibility-services> Email: accessability@azwestern.edu (928)344-7674. Mon-Thu, 7 am - 5 pm
2020 S. Ave 8E, P.O. Box 929 Yuma, AZ 86366; AccessABILITY Resource Services (ARS) Resource Services for Students with Disabilities.

Crane School District <http://www.craneschools.org/> (928)373-3451 Exceptional Student Services. 4250 W. 16th St. Yuma, AZ 85364.

George Washington University, HEATH Resource Center <https://www.heath.gwu.edu>
Email: askHEATH@gwu.edu (202)994-1000 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 Inst. for the Blind & Visually Impaired <https://www.hadley.edu/> Email: info@hadley.edu (800)323 -4238, (847)446-8111 TTY; 700 Elm St. Winnetka, IL 60093-2554; Wide range of live long distance courses for visually impaired, their families, and blindness service providers (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 <https://nau.edu/disability-resources/> Email: dr@nau.edu (928)523-8773 Voice. Disability Support Services, NAU-Yuma, P.O. Box 5633 Flagstaff, AZ 86011-5633

Yuma Elementary School District #1 (928)502-4300. Exceptional Student Services, 450 W. 6th St., Yuma, AZ 85364

Yuma Union High School District www.yumaunion.org (928)502-4600. Special Education. 3150 S. Ave. A. Yuma, AZ 85364-7998

FOOD ASSISTANCE

Crossroads Mission www.crossroadsmission.org (928)783-9362. 944 S. Arizona Ave. Yuma, AZ. Meals, shelter, job training for homeless, mental health, drug and alcohol rehabilitation. Kitchen & Dining: (928) 328-860, Family Shelter: (928) 328-861, Men's Shelter: (928) 783-9362, Ext. 100, Drug & Alcohol Stabilization: (928) 328-8082, Education Center: (928) 328-8236, Human Resources: (928) 328-8140, Ministry: (928) 328-8610

National Eating Disorders Assoc. (NEDA) www.nationaleatingdisorders.org Helpline (800)931-2237. Email: info@NationalEatingDisorders.org; Supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

Nutrition Assistance (formerly Food Stamps) Arizona Department of Economic Security (DES) Family Assistance Administration (FAA) <https://des.az.gov/services/basic-needs/food-assistance> Email: faapolicy@azdes.gov Food stamps, cash assistance, and medical assistance (AHCCCS) (855) HEAplus(432-7587), 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

Senior Nutrition & Adult Centers <https://www.wacog.com/senior-nutrition/> 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 Center (928)341-8582. 790 W. San Juan Sánchez Blvd., San Luis, AZ 85349 Somerton Senior Nutrition Center (928)627-9878. 245 S. Bingham Ave., Somerton, AZ 85350 The center consists of physical activities, local field trips, arts and craft, singing and dancing, playing games, breakfast and lunch served daily.

Yuma Senior Nutrition Center Bilingual (928)782-4489. 160 E. 1st St. Yuma, AZ 85364
Nutrition Services including Meals on Wheels.

Yuma Community Food Bank www.yumafoodbank.org (928)343-1243.
2404 E 24th St. Yuma, AZ 85365. 8am-2pm Mon-Fri.

HOME ALONE ASSISTANCE

Arizona Poison & Drug Information Center <http://azpoison.com/> 24/7 (800)222-1222

Are You OK? Program www.yumacountysheriff.org/services-ruok.html (928)819-2212,
(928)819-2213 Volunteer Program; 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.

CERT (Community Emergency Response Team)

<https://www.yumacountyaz.gov/government/emergency-management> Yuma County Emergency
Management (928)317-4681. Emergencypreparedness training
free classes offered to the public.

MedicAlert www.medicalert.org (medical alert service) (800)432-5378. 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.

HOME DELIVERY FOOD

Food City (928)343-0840. 2600 W. 16th St. Yuma, AZ 85364, Call only on Wednesday
from 7:00 am. - 12:00 pm to place an order. Deliveries are made Tue and Thur,
depending on the area in which the individual lives. The delivery charge is \$7.50 (\$9.95
out of town).

Meals on Wheels to apply contact WACOG (800)782-1886, in Yuma (928)329-4248.

HOME DELIVERY PHARMACIES

Community Assistance Program (CAP) www.caprxprogram.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. Free deliveries
within Yuma city limits.

HOTLINE & REFERRAL

Arizona Self Help <http://www.arizonaselfhelp.org/programs>

Arizona Community Action Association. One stop access to health and human services programs.

Cenpatico Behavioral Health of AZ <https://www.cenpaticointegratedcareaz.com/>

(866)495-6738, (928)376-0026. 711 TDD/TTY. 2851 S. Ave. B, Ste. 27 Yuma, AZ 85364 partners with Telecare Yuma ACT (Assertive Community Treatment) <http://www.telecarecorp.com/yuma-act/> (928)329-5855. 1531 S. 1st Ave., Yuma, AZ. For serious mental illness.

Community Information and Referral www.211Arizona.org

24/7 Help Hotline (877)211-8661, 7-1-1, (800)367-8939TDD. Provides referrals and information on hundreds of available services. Disponible en español.

Crisis Support Services 24/7 <http://www.chaarizona.co> (866)495-6735.

2851. S. Ave. B, Bldg. 11, Yuma, AZ 85364. Team of nurses and behavioral staff will help with any medical, mental or emotional crisis e.g. bereavement.

Easter Seals Disability Services <http://www.easterseals.com/>

Email: info@easterseals.com (800)221-6827. In Yuma for behavioral health (928)276-9225. 1060 S. 5th Ave., Yuma AZ 85364. Children & Family Services (928)248-5112. 2603 4th Ave., Yuma, AZ 85364. Helps individuals with disabilities and special needs, and their families: Autism, Children's Services, Adult Services, Senior Services, Military & Veteran Services, Employment & Training, and Medical Rehabilitation.

Know the Signs, Find the Words, Reach Out www.suicideispreventable.org

Email: info@suicideispreventable.org (800)273-8255.

National Suicide Prevention Lifeline www.suicidepreventionlifeline.org 24/7

(800)799-4889. Chat (888)628-9454. Disponible en español (800)799-4889. Deaf & Hard of Hearing (800)273-998255TTY, or DIAL 9-1-1.

INTERNET

(AARP) American Assn. of Retired Persons <http://www.aarp.org>

Email: aarpaz@aarp.org (888)687-2277(OUR-AARP), (866-238-9488) en español.

AARP's database on Internet resources links to more than 700 of the best websites for people 50 and over.

ADAPT <http://adapt.org/>, Email: contactus@adapt.org ADAPT works for Disabled

Rights including the end of institutional bias, and provide seniors and people with disabilities home and community-based services (HCBS) as an alternative to expensive institutionalization.

ACL (Administration for Community Living) www.acl.gov (202)401-4634 Website offers information and resources for elders and their families.

AZLINKS <https://azdaars.getcare.com/consumer/> Arizona's Aging and Disability website helps Arizona seniors with disabilities, caregivers, and family members find resources.

Benefits Checkup <https://www.benefitscheckup.org/> (800)782-1886. Aging Disability helpline. A Service of the National Council on Aging, 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.

CaringInfo www.caringinfo.org , <http://www.nhpc.org> Email: caringinfo@nhpc.org; Email: nhpcinfo@nhpc.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. Public service of the U.S. Administration on Aging connecting older adults and their families.

Senior Living www.seniorliving.org (866)901-4858. 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. Senior Living has on its site a detailed history of longterm care in the United States with many references to books and other information.

First Gov for Seniors <https://www.seniorliving.org/organization/firstgov-seniors/> (877)285-5360. Helps users access all government sites that provide services for senior citizens.

Internet Speech www.internetspeech.com Email: support@internetspeech.com (877)231-9286, (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

Book Share www.bookshare.org/cms (650)352-0198; 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. Members can also enjoy the entire collection in braille. The books can be read using a variety of compatible reading tools and choose from two book formats, BRF (braille ready format) or DAISY. 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 lynx.browser.org Lynx is a text browser for World Wide Web.

Medline (U.S. National Library of Medicine) www.nlm.nih.gov (888) 346-3656, Twitter @NLM_LHC. Possibly the most extensive medical literature database available.

Medicare Nursing Home Compare <https://www.medicare.gov/what-medicare-covers/what-part-a-covers/compare-nursing-home-quality> disponible en español <https://es.medicare.gov/what-medicare-covers/what-part-a-covers/compare-nursing-home-quality>. (800)-medicare(633-4227), (877)486-2048TTY. Provides information about the past performance of every Medicare and Medicaid certified nursing home in the country.

PubMed Nat'l Center for Biotechnology Information (NCBI) <https://www.ncbi.nlm.nih.gov/> Provides latest information from the fields of medicine, nursing, dentistry, veterinary medicine, health care systems, and preclinical sciences.

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.

WebMD <http://www.webmd.com/> Check your symptoms, find a doctor and lowest drug prices.

JOBS

Ability Jobs <http://abilityjobs.com/> Dedicated to People with Disabilities. Disabled Vets click on United States Veterans with Disabilities and Injuries.

Ability 360 Jobs <http://ability360.org/> Email: info@ability360.org (800)280.2245, (602)256-2245.

Achieve Human Services <http://www.achievehs.org> (855)321-8385, (928)341-4126. 3250A E. 40th St. Yuma, AZ 85365 8 am-5 pm Mon-Fri W.O.R.C. Center, Inc. Provides assessments and evaluations, work adjustment, competitive employment, employment preparation training, housing, supportive employment, and job placement for the disabled population in Yuma and Eastern Imperial Counties.

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

Arizona Industries for the Blind www.azifb.com disponible en español. AbilityOne Base Supply Center Yuma Marine Corp Air Station in Yuma. Email: BSCYuma@azifb.com (928) 615-3170. 328 W. Spears Street, Yuma MCAS, AZ 85365

Arizona Rehabilitation Services, Arizona Dept. of Economic Security <https://des.az.gov/services/employment/arizona-rehabilitation-services> Partners with eligible disabled to achieve their goals for employment and independence. Yuma DES office (928)247-8760. 1185 S. Redondo Center Drive, Yuma, AZ 85364

Association of People Supporting Employment First (APSE) <http://apse.org/> Email: info@apse.org (301)279-0060. Helps establish and expand equitable employment opportunities for individuals with disabilities.

Arizona at Work (YPIC) Yuma Private Industry Council www.ypic.com Email: crc@ypic.com (928)329-0990. (928)329-6466TTY 3826 W 16th St., Yuma, AZ.

City of Yuma Human Resources www.yumaaz.gov/human-resources/employment-information.html (928)373-5125, (928)373-5149TTY. One City Plaza, Yuma, AZ

DefyVentures Inc. <https://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.

Goodwill Career Center 3097 S 8th Ave. Yuma (928)782-7774. Mon-Fri 8 am–5 pm.

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

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, and preparing individuals for employment are part of the services offered.

VetJobs <https://www.vetjobs.com/> (877)838-5627. Job Board owned and operated by veterans for veterans. VetJobs makes it easy for employers to reach out and employ.

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

LAW

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

Affordable Care Act (ACA) Resources <https://nmlm.gov/scr/outreach/aca.html> <https://www.healthcare.gov/> <http://www.hhs.gov/healthcare/facts-and-features/key-features-of-aca/> (800)318-2596. Watch for open enrollment periods. (928)373-5724 Sunset Community Health Center for life change modifications.

Arizona Center for Disability Law www.acdl.com Email: center@azdisabilitylaw.org Phoenix (800)927-2260, Tucson (800)922-1447. 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.

Arizona Foundation for Legal Services & Education <http://www.azflse.org> AZLawHelp.org, LawForSeniors.org, LawForVeterans.org LawForKids.org (602)340-7366. 4201 N. 24th Street Ste. 210 Phoenix, Arizona 85016-6288

Arizona Judicial Branch <http://www.azcourts.gov/> (602)452-3300, (602)452-3545TDD; Arizona Supreme Court 1501 W. Washington Phoenix, AZ 85007. Includes court finder.

The Bazelon Center for Mental Health Law <http://www.bazelon.org> (202)467-5730 Email: intakes@bazelon.org include name, tel., city, state, brief description. 1101 15th St.

NW, Ste. 1212 Wash., DC 2005 Advocates for the civil rights, full inclusion and equality of adults and children with mental disabilities.

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.

Equal Rights Center <http://www.equalrightscenter.org> (866)719-4372 disponible en
español

Federal Communications Commission (FCC) <https://www.fcc.gov/>
(888) 225-5322TTY, (844) 432-2275VP

Find Law www.findlaw.com

HEINONLINE Index to law journal articles. <http://heinonline.org/HOL/Welcome>

LAW4AZ www.azlawhelp.org (State Library of Arizona Virtual Reference Desk)

Legal Action Center www.lac.org Email: lacinfo@lac.org (212)243-1313. 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.

Legal Forms Library YCLD Resource subscription. Go to www.yumalibrary.org/resources
Click on the Gale Legal Forms link at the center of the page.

Legal Match <http://www.legalmatch.com/> Email: info@legalmatch.com Find the Right
Lawyer.

Modest Means Program <https://www.azflse.org/modestmeans/> (866)6375341
LegalLearn line, a 24 hour automated pre-application system low-cost legal assistance for
those who do not qualify for free legal services, but cannot afford the expertise of
attorneys at the standard rate.

Pinal-Gila Council for Senior Citizens www.pgscsc.org (Services Yuma, La Paz, and
Mohave Counties) Email: info@pgscsc.org (800) 293-9393, (520) 836-2758 disponible en
español. Legal help can also be obtained by mail by writing to Pinal-Gila Council for
Senior Citizens, Legal Department: 8669 W McCartney Rd, Casa Grande, AZ 85194.
Helpline for 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. Powers of Attorney,

Public Library of Law <http://www.plol.org/> one of the world's largest comprehensive free
law libraries with tutorials.Registry of Interpreters for the Deaf, Inc.(RID) <https://rid.org/>
Email: RIDinfo@rid.org (571)257-3957VP, (703)838-0030Voice

Southern Arizona Legal Aid www.sazlegalaid.org (800)640-9465.
Civil legal aid to low and moderate-income persons

Victim Assistance & Compensation <https://www.yumacountyaz.gov/government/county-attorney/divisions-a-quick-look/victim-services> (928)817-4303. Office of the County Attorney, Yuma County Justice Center 250 W. 2nd St. Suite G, Yuma AZ 85364.

Yuma County Public Fiduciary <https://www.yumacountyaz.gov/government/public-fiduciary> (928)373-1145 Bilingual; 24/7. 3007 S. Pacific Ave. Yuma, AZ 85365. Guardianship, conservatorship, decedent services, services for the incapacitated.

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 and pick up of books, DVDs, and audio books for patrons unable to use library facilities. Typical reasons for homebound service might be lack of transportation, pregnancy, illness, or disability. Special Services also has weekly **Lobby Stops** at several retirement homes and senior communities in the city. The Main library provides **Interact-AS** available for meeting room presentations that transcribes presenter's spoken speech into text that is projected on the wall for the deaf, hard of hearing and nonverbal Spanish only speakers. **TouchChat** iPads are available at the Main and Foothills Libraries for children, teens, and adults that allows the autistic, deaf, hard of hearing, Down syndrome, ALS, apraxia, stroke and other conditions that affect a person's ability to speak, have their messages spoken in English by pressing on picture icons or text with the "We Speak Library, Hablamos Biblioteca." Room 225 at the Main Library has fast internet **Video Phone service** for the deaf and hard of hearing on a large monitor. Online Purple staff can translate ASL and Spanish to English translators for them. The **JAWS** computer and Braille key board gives the blind access to the Internet. The Yuma County Library District library catalog is viewable in different languages (Arabic, Chinese, Dutch, English, French, German, Italian, Portuguese, Russian, and Spanish).

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. Served the Serving visually impaired in all of Arizona for over 20 years.

International Academy of Low Vision Specialists (IALVS) www.ialvs.org (888)771-8383. Optometrists who are specially trained in low vision needs.

View Finder Low Vision Resource Center <http://viewfinderlowvision.com/our-low-vision-center/> (866)924-8755. Call for nearest satellite office near you.

MAGAZINES

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

Choice Magazine <http://www.choicemagazinelistening.org> Email: choicemag@aol.com (888)724-6423. 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. TellMe voice activated telephone service speaks current news, sports, entertainment, stock quotes, and more.

Future Reflections <https://nfb.org/future-reflections> www.nfbcal.org/listserv-signup
(410)659-9314. Magazine for parents and teachers of blind children.

Journal of Visual Impairment & Blindness (JVIB) AFB <http://www.afb.org/afbp/afbp/jvib.aspx> Email: Jvib@afb.net Cutting-edge research and practices.

MEDICAL EQUIPMENT & SUPPLIES

Apria Healthcare <https://www.apria.com> (800)277-4288, (928)782-6509. 2185 E Palo Verde St. Yuma, AZ 85365

Desert Health Mobility (928)329-7235. 200 E. 24th St. 700 S. 1st Ave. Ste. 300, Yuma, AZ 85364

Lincare (Respiratory Specialists) (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. 21ST Yuma, AZ. Home Medical Equipment Products and Services.

Rx Positive Medical Supply <http://www.rxpositive.com> Email: contact@rxpositive.com
(928)344-9301. 8 am-5 pm, 24/7 for emergency. 1845 W. 25th St. Ste. B, Yuma, AZ 85364 home medical equipment. Veteran Owned

Yuma Regional First Health Medical Supply
<https://www.healthcare6.com/supplier/yuma-az/yuma-regional-plaza-laboratory-3552.html> (928)317-0040. 8 am - 5 pm 24/7 for emergencies 2451 S Ave A. Bldg. B Ste. 101. Sales & Rentals, Special Order, oxygen, scooters, bath safety products. They service what they sell.

MENTAL HEALTH

Achieve Human Services (formerly Excel Group) www.achievehumanservices.org
(855)321-8385, (928)341-0335. 3250A, E. 40th St., Yuma, AZ 85365. Vocational rehabilitation and housing services.

American Assn. for Geriatric Psychiatry (AAGP) www.aagponline.org Email: main@aagponline.org (703)556-9222. Provides the names of Board Certified Geriatric Psychiatrists in your geographic area or in the geographic area of your loved one.

Care For Your Mind <http://careforyourmind.org/> Join the conversation with your personal experience and ideas to build a mental health care system that works.

Depression and Bipolar Support Alliance (DBSA) www.dbsalliance.org/ Email: info@dbsalliance.org
(800)826-3632. In Yuma, Email: nick.felber@gmail.com (928)581-1959, en español Email: dbsayuma@gmail.com (928)941-1320.

Epilepsy Foundation <http://www.epilepsy.com> Email: ContactUs@efa.org (800)332-1000, (866)748-8008 español, Seizures Helpline 24/7. Epilepsy Foundation Arizona <http://www.epilepsy.com/arizona> (888)768-2690 Email: ContactUs@efa.org 24/7 Epilepsy Foundation Arizona <http://www.epilepsy.com/arizona> (602)282-3515

Families for Depression Awareness www.familyaware.org Email: info@familyaware.org, (781)890-0220 Helps people in caregiver roles and people with depressive disorders, and 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 Email: sjunck@namiaz.org Improves the lives of people with severe mental illnesses such as schizophrenia, manic depressions, and anxiety disorders. NAMI Yuma Family to Family support group, Email nami.yumaaz@gmail.com (928)581-6886, meets on 2nd Monday of the month 6:30 pm - 8 pm 2951 S. 21st Dr. Open to all who have someone who suffers with a mental illness.

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

Mental Health America (MHA) <http://www.mentalhealthamerica.net> (800)969-6642. Country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness.

National Mental Health Information Center <http://www.mentalhealth.org/>, <https://espanol.mentalhealth.org/>.

Recovery International <https://www.recoveryinternational.org/> (866)221-0302 Cognitive behavioral training method for self-help groups for all mental and emotional disorders. Chat, telephone, and online meetings.

PARKINSON'S

American Parkinson Disease Assoc. (APDA) www.apdaparkinson.org/ Email: apda@apdaparkinson.org (800)223-2732.

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

National Parkinson Foundation <http://www.parkinson.org> Email: helpline@parkinson.org (800)4PD-INFO(473-4636).

Parkinson's Humor <http://parkinsonshumor.blogspot.com/> Yuma Bev has Parkinson's and a sense of humor!

RECREATION

National Parks Disability Access Pass <https://www.nps.gov/planyourvisit/passes.htm>

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 7 am - 11pm, & 3 pm - 6 pm, Sat 9 am- 3:30 pm, Closed Sundays & Holidays. Healing through Horses, Horseback riding, petting farm, old west reenactments. Therapeutic Horseback riding for special needs children 2 years and older and adults is given 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 is Free & Open to the Public every Sat 9:00 am - 1:00 pm. Saddles of Joy is a 501C3 nonprofit group.

Special Olympics, Arizona <http://www.specialolympicsarizona.org> (800)289-UWIN(4946)

Yuma Art Center <https://aztributeconcerts.com/yuma-art-center/> (928)373-5202, 254 S. Main St. Yuma, AZ 85364.

Yuma Civic Center <http://www.yumaaz.gov/parks-and-recreation/venues/civic-center.html> (928)373-5040. 1440 W. Desert Dr.

Yuma Parks and Recreation Department <http://www.yumaaz.gov/parks-and-recreation/index.html> Email marilyn.lammel@yumaaz.gov (928)373-5200 ext. 5294 City of Yuma, One City Plaza, Yuma. Adapted Aquatics (for individuals who are overweight, arthritic, or with physical or mental disabilities) is offered at Marcus Pool year-round and Recreational swimming at Carver Pool in the summer. Adult program varies from pool to pool, ages 14 and over, year-round. Circle of Friends for special needs population meets every Wednesday from 4 pm- 5 pm. Email Marilyn.

RELIGION

American Bible Society www.americanbible.org (215)309-0900. Bilingual Customer Service Department, 101 N. Independence Mall E. FL8, Philadelphia, PA 19106-2155 <http://www.bibles.com> Email: CustomerService@bibles.com (800)32-BIBLE (800)-322-4253. Email: CustomerService@bibles.com Tulsa, OK 74101-9921 Bibles are available in large print and on cassette. There is a charge for these materials, but a free catalogue is available on request. Versiones en español están disponibles, al igual que algunos libros Braille de la Biblia.

Audio Bibles for the Blind (Aurora Ministries Inc.) www.audiobiblesfortheblind.org Email: bibles@auroraministries.org (941)748-3031. The Bible is available free of charge 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. [Servicios en español https://christianrecord.org/member-services/en-espaol.html](https://christianrecord.org/member-services/en-espaol.html) . 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 68506-0097 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. <https://christianrecord.org/member-services/en-espaol.html> en español (402)488-0981 ext. 246. This group also has a program— National Camps for Blind Children www.blindcamps.org summer and winter camps in the U.S.

JB International Jewish Braille Institute. <https://www.jbibrary.org/> , <https://www.jbibrary.org/es> en español 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 Email: (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 Assn. <http://www.lbea.org> Email: mail@lbea.org
(651)447-2195, 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 in English.

Lutheran Braille Workers, Inc. <http://www.lbwinc.org> Email: lbw@lbwinc.org
(800)925-6092. Provides the Bible and other devotional materials in Braille and large type. All items are free upon request. Algunas materias son disponibles en español.

Audiobook Ministries <https://www.audiobookministries.org/> Email:
ABM@AudioBookMinistries.org (206)243-7377. Provides audio books. 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 hay materias en español.

Xavier Society 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 free. No hay materias en español.

SERVICES FOR SENIORS

Acacia Home Health, Inc. <http://acaciahomehealthaz.com/> Email: info@acaciahomehealthaz.com
(928)726-9163. 103 E 24th St. AZ 89564

American Diabetic Assoc. <http://diabetes.org/> (800)DIABETES(342-2383)

Arizona Department of Economic Security <https://des.az.gov/services/aging-and-adult/division-aging-and-adult-services> (800)782-1886. 1235 Redondo Center Dr. Yuma, AZ 85365. Help for the elderly and their caregivers, refugee assistance, domestic violence, homeless, elder abuse, eviction, utility and telephone services.

EyeCare America <http://www.aao.org> Email: pubserv@aao.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, 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. This organization provides eye exams and up to one year of care to US citizens and legal residents through volunteer ophthalmologists (EyeMDs).

Catholic Community Services in Western Arizona <http://www.ccs-soaz.org/> Email: emendez@ccs-westaz.org , www.facebook.com/ccsyuma (928)341-9400. 690 E. 32nd St., Yuma, AZ 85365. Behavioral health-counseling services, work training, home-making, safe house for battered women. Call WACOG (877)440-0550 to request meals on wheels nutrition services for seniors.

Glaucoma Research Foundation www.glaucoma.org Email: question@glaucoma.org (415)986-3162. Email: grf@glaucoma.org National Nonprofit dedicated to cure glaucoma.

Housing Authority of the City of Yuma (HACY) <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 (855)209-8363, (928)329-6681 Voice/TTY, 1931 S. Arizona Ave. Ste.4, Yuma, AZ 85364. 8 am - 5 pm. 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. 1235 S. Redondo Center Dr., Yuma, AZ 85365. Disponible en español. 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. Budgeting, Credit, Finance Classes 3rd Thu of each month 5:30 pm - 7:30 pm, en español el primer martes del mes 5:30 pm -7:30 pm. Housing Counseling and Education Including training on self-home repairs (928)217-7160. Medicare assists sorting out 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. Networking for Community Resources, (800) 782-1886.

SIGN LANGUAGE

ASL (American Sign Language) The Main library has a Video Phone (VP) exclusively for Deaf and the Hard of Hearing. Practice your sign language at www.lifeprint.com ,

www.aslpro.com , www.gallaudet.edu, www.signingsavvy.com, www.deafvideo.tv ,
<http://www.deafvideo.com> <http://www.deafvideo.com> , www.deafmissions.com ,
<https://video.deafnation.com>

AWC Diversity & AccessABILITY Resource Services Arizona Western College for Students with Disabilities <https://www.azwestern.edu/student-support/accessibility-services> Email: accessability@azwestern.edu (928)344-7629. Laura Sandigo, Coordinator.

Ear Foundation of Arizona <https://www.earfoundationaz.com/> (602)904-6344

Hearing Loss Assn. of America (HLAA) www.hearingloss.org (301)657-2248 Hearing Loss Magazine bimonthly.

National Assoc. of the Deaf <https://www.nad.org/> , <https://www.facebook.com/NAD1880>
 (301)587-1789 TTY (301)453-2390(Purple)VP

VideoPhone Software <https://www.purplevrs.com> Email: vri@purple.us VRS(Video Relay Service) English (877)467-4877 VRS, español (877)467-4875 Video Remote Interpreting, (800) 669-7707, VRS support Customer Care (877)885-3172. 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 place calls to non-deaf English and Spanish speakers through a sign language interpreter.

SPINAL AND HEAD INJURIES

American Brain Tumor Assn. <http://abta.org> Email: info@abta.org (800)886-ABTA(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 <http://azheadspine.org>
 Email: ATarpy@azdes.gov (602)774-9148. 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.

Paralyzed Veterans of America (PVA) Arizona Chapter www.azpva.org
 Email: azpva@azpva.org (800)621-9217, (602)244-9168. 5015 N. 7th Ave, Phoenix, AZ 85013. Mission of the Arizona Chapter 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 Assn. www.azspinal.com Email: info@azspinal.org
 (888)889-2185. 5025 E. Washington St. #110, Phoenix, AZ 85034. Enhances 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, Support Groups https://www.abta.org/support_groups/brain-injury-alliance-arizona-support-groups-2/ 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 to provide information & referrals, education, advocacy and support for those affected by brain injury.

United Spinal Association. <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, DELIVERED

www.usps.com/shop (800)275-8777, (800)782-6724, 24/7 (800)877-8339TDD/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 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, no minimum number of stamps to order.

TALKING BOOK PROGRAM

Arizona Talking Book Library www.lib.az.us/braille (800)255-5578(AZ). 1030 N. 32nd St. Phoenix, AZ 85008. Talking books are books recorded on 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 Main Library Special Services at (928)373-6498 will gladly return no longer needed tape, and 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 FOR HEARING & VISUALLY IMPAIRED

Arizona Relay Customer Service (AZRS) 7-1-1 Customer Care
<https://www.acdhh.org/telecommunications>
 (877)787-1989Speech to Speech, (800)676-3777TTY/Voice/ASCII/VCO/HCO Email:
kennith.arcia@sprint.com
en español (866)676-4290 (TTY/ASCII/VCO) , (866)670-9134 (Subtitulaje en español con el Cap Tel)

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.

THRIFT STORES

Assistance League of Yuma Thrift Shop www.assistanceleague.org
 (928)782-9314 10 am - 4 pm Tue-Fri 10 am-1 pm Sat 1054 South 4th Ave. Yuma, AZ 85364
Cross-Roads Mission 2nd Chance Thrift Store <http://crossroadsmission.org/> (928)726-0491. 550 W.8th St., Yuma, AZ 85364 8 am-4 pm Mon-Sat 550 W. 8th St., corner of 8th St & 5th Ave., Yuma, AZ

Goodwill Stores <https://www.goodwillaz.org/location/yuma-southgate/> Mon-Sat 9 am - 9 pm, Sun 10 am-6 pm at both locations Southgate 3096 S. 4th Ave. (928)343-7629, Fortuna (928)343-7630 11259 S. Frontage Road. Yuma 85367.

Habitat for Yuma <http://yumahabitat.org/> (928)783-3993, 3242 E. 43rd St., AZ 85365, off of 3E past Marine Corp Base next to Bargain Barn.

Hospice of Yuma Thrift Shop & Furniture <http://www.hospiceofyuma.com/thrift-shop/>
Email: wecare@hospiceofyuma.com (928)343-2222, Mon-Fri 9 am - 2pm Sat 9 am-2 pm. 1824 S. 8th Ave, Yuma, AZ. 85364

Humane Society of Yuma Thrift shop www.hsoyuma.com (928)782-1621, Tue-Sat 9 am-5 pm, 4050 S. Ave 4½ E Yuma, AZ 85365

TRANSPORTATION

Disability Air Travel Information for Seniors and Disabled <https://www.disabled-world.com/travel/airlines/>

Disability Rights Office <https://www.fcc.gov/general/disability-rights-office>
(888)225-5322, (888)835-5322TTY, (844)432-2275VP.

AMTRAK www.amtrak.com/home (800)USA-RAIL(872-7245), (800)523-6590TTY.
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 24/7, (800)345-3109 TTD/TTY, In Yuma: (928)783-4403. Tickets Mon-Fri 8 am-8 pm, Sat 9 am-6 pm. Bus stop: Bus loading and unloading is on north side of Target Store. 2715 E 14th St (close to 3E) Yuma, AZ 85365. Disability Companion Travel Assistance Line and Access Greyhound Program to get on and off the bus: (800)752-4841. Disabilities 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 connect with the Greyhound bus stop located with no additional fare required.

Imperial Valley Transit www.ivtransit.com (760)482-2900. 792 East Ross Road B, El Centro, CA 92243.

Rides in Sight www.ridesinsight.org (855)60-RIDES. Mon-Fri 8 am - 9 pm EST
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. <http://www.statewideaz.net/> Email: hdispatch@statewideaz.net
24/7, (800)783-9298 (English, español), Mon-Fri 8 am - 5 pm. 940 S. 2nd Ave., Yuma, AZ 85364. YRMC Hospital Van: (928)210-4028 (Mon-Sun, 8 am - 5 pm).
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) <https://www.ycipta.org/>transit Information
(928)783-2235 711/TDD/TTY, Offices (928)539-7076, Agency is closed on Sundays, and Holidays.YCAT Bus Facility, 1495 S. 3rd Ave, 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)783-2235 TDD/TTY users call 711 through the Relay Service or 511 then option 1. You can also write ADA Application Request, YCIPTA, 2715 East 14th Street, Yuma, AZ 85365. YCAT On Call is available from 5:50 am. to 7:30 pm. M-F, No service on Sundays and holidays. Please contact the dispatcher at (928)783-2235 if you no longer require a trip. \$2.00 one way using YCAT to Winterhaven: Mon, Wed, Sat Closed Sunday & holidays. Libraries on the Go! All YCAT buses have been outfitted with shelves with a selection of donated children's, teen and adult books and magazines from Yuma County Library District and Friends of the Yuma County Library. Savor Yuma Culinary Tours (800)293-0071 or (928)783-0071

UTILITIES, PUBLIC

APS (Arizona Public Service) <https://www.aps.com/en/residential/Pages/home.aspx> Electric Energy Assistance

Arizona Community Action <http://arizonaselfhelp.org/ACAA/> (928)247-8760. Family Assistance Admin Office (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.

CenturyLink <http://www.centurylink.com/aboutus/community/disabled/> 7-1-1 TRS, 9-1-1 TTY/Voice Lifeline +Link-Up Services

Southwest Gas Corp. <https://www.swgas.com/en/contact-us> (877)860-6020. Will high mark (label) gas appliances for blind and visually impaired customers. The company also offers monthly bills in Braille. <https://myaccount.swgas.com/content/lira> 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. Mon-Fri 7:30 am - 4:00 pm. 1450 E 16th St. Ste. 101 Yuma, AZ 85364.

Arizona Chapter Paralyzed Veterans of America (PVA) <http://www.azpva.org>
Email: azpva@azpva.org (800)621-9217. See also SPINAL AND HEAD INJURIES

BootstoBusiness <http://boots2business.org> Email: boots-to-business@sba.gov (202)205-VET1(8381).

Employment see Jobs.

National Caregiver Support Line for Caregivers of Veterans (855)260-3274.
Mon-Fri 8 am - 11 pm EST, Sat 10:30 am - 6:00 pm EST.

Post-traumatic stress disorder (PTSD) Yuma Support Group (928)271-8700
Women's Support Group (928)257-7570 & (928)580-3801

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

US Dept. Veteran Affairs telephone assistance <http://www.va.gov> (844)698-2311 Benefits, (877)222-VETS(8387), Health Care (800)273-8255 Press 1 Crisis Line.

Veterans Crisis Line (844)698-2311. <https://www.prosthetics.va.gov/> , <http://www.rehab.va.gov/blindrehab/>, www.benefits.va.gov/benefits/applying.asp
Visual Impairment Services Team (VIST) (202)461-7317.

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

Yuma Veteran's Counseling Center community based outpatient clinic (928)271-8700, 8 am - 4:30 pm, 3111 S. 4th Ave. Yuma, AZ 85364 Mental Health Referrals for Combat Veterans (877)927-8387.

Dept. of Veteran Affairs (877)927-8387. Hospital & medical benefits <https://iris.custhelp.com/> , <http://www.tucson.va.gov/locations/Yuma.asp>

VIDEO, DESCRIPTIVE PROGRAMMING FOR SIGHT-IMPAIRED

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

Arizona State Braille and Talking Book Library <https://azlibrary.gov/talkingbooks>
Talking Books (800)255-5578, (602)255-5578. 1030 N. 32nd St. Phoenix, AZ 85008.
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)585-2617TTY. National Assn. 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 Email: info@ami.ca (866)509-4545. Serving Canada and USA. Email: info@ami.ca 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. Provides shows, news, sports, business & technology, arts, culture and healthy lifestyles.

National Center for Accessible Media WGBH (NCAM) <http://ncam.wgbh.org>
Email: ncam@wgbh.org (617)300-3400, (617)300-2489TTY. 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> (888)982-6746. 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: voicecorps@voicecorps.org (614)274-7650. Reading Services Audio provides access to the world. 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://des.az.gov/services/employment/arizona-rehabilitation-services> (800)563-1221, (855)475-8194TTY. RSA District IV Office, 350 W. 16th St. Ste. 309, Yuma, AZ 85364. 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. Arizona's nonprofit promoter.

AmeriCorps <http://www.nationalservice.gov/programs/ Americorps>, <https://twitter.com/ Americorps> engages more than 75,000 Americans in intensive service each year at nonprofits, schools, public agencies, community and faith-based groups across the country.

Corporation for National & Community Service <http://www.nationalservice.gov> (800)942-2677. Federal agency helps millions of Americans improve the lives of their fellow citizens through nonprofit and faith-based service groups. We are [AmeriCorps](#), [Senior Corps](#), the [Social Innovation Fund](#), the [Volunteer Generation Fund](#), and more.

Senior Corps www.seniorcorps.gov Email: info@cns.gov (800)942-2677. Senior Corps connects today's 55+ with the people and organizations that need them most. We help them become mentors, coaches or companions to people in need, or contribute their job skills and expertise to community projects and organizations.

Senior Volunteering 55+ (RSVP) <https://www.oneoc.org> Email: info@OneOC.org (714)953-5757.

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

Volunteer Solutions connecting people to caring <https://volunteer.truist.com> 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 www.wacog.com Email: rebecca@wacog.com (928)217-7120
 Rebecca Clayton

Yuma County Library Volunteers (928)373-6501
