COPD
Resource guide

Breathing easier

An informational booklet for COPD patients, their caregivers and families.

♦ Covering all of Southern Arizona
♦ Providing information on local medical supply companies, Pharmacies, Pulmonologist, Pulmonary rehabilitation facilities and more!

American Lung Association in Arizona
2819 E. Broadway Blvd
Tucson, AZ 85716

Phone: 520-323-1812
Fax: 520-323-1816
Website: www.BreatheEasyAz.org

COPD is Chronic Obstructive Pulmonary Disease which includes Chronic Bronchitis and Emphysema
My feelings today

Thoughts: ________________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________

Important phone numbers:

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Welcome to your Copd Resource Guide

This guide has been created to help you and your family easily locate the resources you need for daily living. We offer this booklet, Breathing Easier, to you as a one stop shop for information and resources.

This guide will continue to evolve and grow as the public knowledge and awareness of COPD grows. We have included a great amount of information for Southern Arizona but will continue to update and change information as necessary.

Please let us know if you have information that will enhance this guide book. We will continue to add and update as necessary!

Best wishes,
The COPD Collaborative Team

This booklet has suggested sources of information and is not a complete listing of all health information. The information presented here is not meant to be used for self-diagnosis or to replace the services of a medical professional. The American Lung Association in Arizona does not endorse, recommend or make any warranties or representations regarding the accuracy, completeness, timeliness, quality or non-infringement of any of the materials, products or information provided by the organizations referenced herein.
BREATHING EASIER

It's important to stay connected to people in times of change. Ways to stay connected:

- Support groups
- Family and Friends
- Health experts
- Acquaintances

Know who you can talk to and do so regularly. Use a log to keep track of feelings, questions, thoughts and anything else you feel you need.

Keep a log

Start logging your questions, feelings and thoughts in this booklet. Use the pages toward the back of the booklet to keep track of questions and information you want to share at a next doctor visit or to track information that is given to you. Writing down questions can help you remember between doctor’s appointments.

My feelings today are:

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Knowing your resources

You may have questions that this booklet does not answer. It is good to have questions. The more questions you have, the better you will understand your diagnosis and be able to take action for your health. The more knowledge you have the better you can advocate for your best care.

COPD is the 3rd leading cause of death in Arizona, and the 4th leading cause in the United States. More than 12 million people are diagnosed and an additional 12 million likely have it and do not know.

A special thank you to those who helped gather the resources for this guidebook. American Lung Association interns and Patti Allen, we could not have put this together without your help!
## Pima County Resources
Serving Tucson, Green Valley, Sahuarita, Oro Valley, Catalina, Ajo and Arivaca

### Pulmonologists

<table>
<thead>
<tr>
<th>Clinic Name</th>
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</thead>
<tbody>
<tr>
<td>Catalina Chest Clinic</td>
<td>520-575-6944</td>
</tr>
<tr>
<td>2035 W. Hospital Drive #175</td>
<td></td>
</tr>
<tr>
<td>Tucson, AZ 85704</td>
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</tr>
<tr>
<td>Pulmonary Associates of Southern Arizona</td>
<td>520-318-1114</td>
</tr>
<tr>
<td>1951 N. Wilmot Rd #4</td>
<td></td>
</tr>
<tr>
<td>Tucson, AZ 85711</td>
<td></td>
</tr>
<tr>
<td>Tucson Pulmonology</td>
<td>520-885-1402</td>
</tr>
<tr>
<td>6365 E. Tanque Verde Rd #200</td>
<td></td>
</tr>
<tr>
<td>Tucson, AZ 85715</td>
<td></td>
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<tr>
<td>University Physicians Healthcare</td>
<td>520-626-6115</td>
</tr>
<tr>
<td>1501 N. Campbell</td>
<td></td>
</tr>
<tr>
<td>Tucson, AZ 85724</td>
<td></td>
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<tr>
<td>VA Hospital</td>
<td>520-792-1450</td>
</tr>
<tr>
<td>3601 S. 6th Ave (1-111A)</td>
<td></td>
</tr>
<tr>
<td>Tucson, AZ 85723</td>
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<td>PASA</td>
<td>520-318-1114</td>
</tr>
<tr>
<td>514 E. White House Canyon Rd</td>
<td></td>
</tr>
<tr>
<td>Green Valley, AZ 85614</td>
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<tr>
<td>Pima Lung and Sleep</td>
<td>520-119-8878</td>
</tr>
<tr>
<td>5310 N. La Cholla Blvd</td>
<td></td>
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<tr>
<td>Tucson, AZ 85741</td>
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### Resources

<table>
<thead>
<tr>
<th>Resource Name</th>
<th>Website URL</th>
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<tr>
<td>COPD Foundation</td>
<td><a href="http://www.copdfoundation.org">www.copdfoundation.org</a></td>
</tr>
<tr>
<td></td>
<td>1-866-316-2673</td>
</tr>
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<td></td>
<td>COPD Digest, Support and Information</td>
</tr>
<tr>
<td>COPD International</td>
<td><a href="http://www.copd-international.com">www.copd-international.com</a></td>
</tr>
<tr>
<td></td>
<td>Online support and Information</td>
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<tr>
<td>National Heart Lung Blood Institute</td>
<td><a href="http://www.nhlbi.nih.gov">www.nhlbi.nih.gov</a></td>
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<tr>
<td></td>
<td>COPD: Learn More Breathe Better campaign and information</td>
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<td>National Lung Health Education Program</td>
<td><a href="http://www.nlhep.org">www.nlhep.org</a></td>
</tr>
<tr>
<td></td>
<td>Educational information</td>
</tr>
<tr>
<td>Alpha-1 Association</td>
<td><a href="http://www.alpha1.org">www.alpha1.org</a></td>
</tr>
<tr>
<td></td>
<td>Information on Alpha-1 antitrypsin deficiency</td>
</tr>
<tr>
<td>Alpha-1 Foundation</td>
<td><a href="http://www.alphaone.org">www.alphaone.org</a></td>
</tr>
<tr>
<td></td>
<td>Leadership and resources for Alpha-1 Antitrypsin</td>
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<td>Global Initiative for Chronic Obstructive Lung Disease (GOLD)</td>
<td><a href="http://www.goldcopd.com">www.goldcopd.com</a></td>
</tr>
<tr>
<td></td>
<td>Guidelines for Spirometry</td>
</tr>
<tr>
<td>Arizona Smoker’s Helpline (ASHline)</td>
<td><a href="http://www.ashline.org">www.ashline.org</a></td>
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<tr>
<td></td>
<td>Tobacco Cessation</td>
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<tr>
<td></td>
<td>Covers all of Arizona</td>
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<tr>
<td></td>
<td>Free services—call 1-800-55-66-222</td>
</tr>
<tr>
<td>COPD Collaborative</td>
<td><a href="http://www.BreatheEasyAz.org">www.BreatheEasyAz.org</a></td>
</tr>
<tr>
<td></td>
<td>American Lung Association in Arizona’s COPD website</td>
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</table>
Breathing Techniques

**Pursed lip breathing**

- Relax
- Inhale through your nose comfortably, keeping mouth closed
- Exhale through mouth with lips puckered in whistling position
- Take twice as long to exhale as it takes to inhale
- Do not force the air out, or puff cheeks out when exhaling
- Practice pursed lip breathing often. It will allow you to catch your breath quicker, and minimizes shortness of breath with activities

**Diaphragmatic/Abdominal Breathing**

- Recline back comfortably. Relax shoulders and chest. Place one hand on your stomach and one hand on your chest.
- Exhale while pushing down on the stomach, tighten and pull the belly in.
- Begin a slow inhalation through your nose. As you inhale, lower your diaphragm allowing your abdomen to protrude.
- The hand on your belly should be pushed out or raised as our lungs fill with air. The hand on your chest should move very little.

Breathing Techniques with Activities

**Coordinate Breathing and Walking**

- Do not take deep gasping breaths. If you do, air may be trapped in lungs causing tightness.
- As you start walking, inhale through the nose, using diaphragmatic breathing. Count how many steps you can take while inhaling a comfortable breath.
- Begin exhaling through pursed lips, and continue walking for twice as many steps as you took while inhaling.
- If you become too short of breath or fatigued, slow down or stop. You do not benefit from pushing yourself to walk further or accomplishing a task.

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**HOSPITALS**

- **Tucson Medical Center**
  5301 E. Grant Rd
  Tucson, AZ 85712
  520-324-2040

- **University Medical Center**
  1501 N. Campbell Ave
  Tucson, AZ 85724
  520-694-6093

- **Northwest Medical Center**
  6200 N. La Cholla Boulevard
  Tucson, AZ 85741
  520-469-8000

- **St. Joseph’s Hospital**
  350 N. Wilmot Rd.
  Tucson, AZ 85711
  520-721-3840

- **Holy Cross Hospital**
  1171 W. Target Range Road
  Nogales, AZ 85621
  520-287-8020

- **St. Mary’s Hospital**
  1601 W. St. Mary’s Road
  Tucson, AZ 85745
  520-620-4901

- **Northwest Medical Center– Oro Valley**
  1551 E. Tangerine Rd
  Tucson, AZ 85737
  520-818-0893

- **University Physicians Hospital– Kino**
  2800 E. Ajo Way
  Tucson, AZ 85713
  520-874-2800
Urgent Care

Urgent Care Associates 520-795-8888
1622 N. Swan Rd
Tucson, AZ 85712

Urgent Care Associates 520-795-8888
8045 S. Rita Road
Tucson, AZ 85747

Northwest Medical Center 520-219-6616
2945 W. Ina Rd.
Tucson, AZ 85747

University Physicians Hospital—Kino 520-874-2800
2800 E. Ajo Way
Tucson, AZ 85713

Energy Conservation

Exercise and activity are an important part of your treatment plan but you will want to pace yourself to prevent fatigue and breathlessness. Below are some ideas on how to conserve energy.

- Plan rest periods
  - Take 5-15 minutes between activities to rest and regain strength
  - Sit while performing tasks such as washing dishes, bathing, and brushing teeth

- Gather your clothes together before dressing
  - Sit down while dressing
  - Don’t bend over to put on shoes and socks bring feet up to you

- Plan your day
  - Do the most important activities while you have the most energy
  - Don’t schedule high energy activities back to back
  - Keep frequently used dishes out rather than putting them away

- Keep frequently used items at waist height
  - Avoid having to reach, bend or lift
  - Consider home modifications to reduce effort and strain
Exercise

Exercise is good for you. The type and level of effort have to fit your needs and ability. Talk to you doctor to assess your needs. Exercise and activity will probably be an important part of your treatment plan. Remember, you want this to be helpful and safe so know your needs before you start, use caution during activity and stop and rest when you need to.

Exercise improves heart and lung function. It will help you build strength and increase your ability to do more over time. Always remember to discuss safe types of exercise with your healthcare provider before you begin a new routine.

Safe Types of Exercise:
- Chair exercises
- Walking outside
- Walking on the treadmill
- Swimming and water aerobics

Doing more……
- Your exercise goal should be 20-30 minutes, 4 to 7 times a week.
- Make exercise part of your daily routine
- Schedule workouts with a friend
- Wear a watch and keep a diary to track your progress
- As you build up your workout time, challenge yourself.
- Don’t skip workouts. Instead, take more breaks if you need to.
- Try new things. Go dancing. Learn tai chi or yoga.
Eating Healthy

Eating healthy gives you energy and makes you feel good. Food is fuel for your body. Eating well-balanced nutritious meals can help you fight infection, give you strength and more energy.

Tips for eating better:

• Eat food from each of the 5 food groups every day
  - Grains
  - Vegetable
  - Fruit
  - Milk
  - Meat & Beans
• Prepare extra food and freeze it
  - This will come in handy when you feel especially tired
• Avoid gas producing foods.
  - Foods like cabbage, Brussels sprouts, broccoli and cauliflower can cause bloating and make breathing more difficult.
• Eat small frequent meals throughout the day
• Drink plenty of fluids
  - This will help mucus thin and make it easier to cough up.
• Allow yourself plenty of time to eat
• Chew your food completely and eat slowly
• To have more energy, rest before eating
Take Charge!

- This can be a challenging time for you and your family. Some tips to help you take charge and be in control of your health.
- Start a log today. Write down who you see, what they said and carry it with you. You can start this on the pages provided in this booklet in the Keeping a Log section.
- We recommend that you take someone with you to your medical appointments.
- Ask questions when you don’t understand. Three important questions to ask are:
  1) What is my main problem?
  2) What do I need to do?
  3) Why is it important for me to do this?
- Write down new or strange words or phrases that are unclear and ask your health expert to explain.
- Always write down the names of medicines you are taking in your log and keep the log with you at all times.
- Make sure you understand all your options and what the next steps will be.
- Talk to your pharmacist who can help you in describing how to take any medicine.

You have a right to understand!!!
Senior Services
Pima Council on Aging
8467 E. Broadway Blvd
Tucson, AZ 85710
Medicare Information
520-790-7262

Response Link
www.responselink.com
Toll Free 1-800-894-1428

AZ Lifeline
520-298-4448

Home to Home (Move Management)
3661 N. Campbell Ave #227
Tucson, AZ 85719
www.movehometohome.com

Cupboard to Closet
P.O. Box 30244
Tucson, AZ 85719
www.cupboardtocloset.com

Room to Breathe
Professional organizer
www.SharonHarn.com

Adult Day Care
Casa De Esperanza
780 S. Park Centre Ave
Green Valley, AZ 85614

Day Break Adult Day Care
5630 E. Pima Rd
Tucson, AZ 85711

Greenlee County
Serving Clifton, Duncan, Morenci

Hospitals/Clinics
Mt. Graham Regional Medical Center
1600 S. 20th Ave
Safford, AZ 85546

Aging & Home Care Services
Greenlee County Government Health & County Services
253 Fifth St
P.O. Box 936
Clifton, AZ 85533

Tobacco Cessation support
Greenlee County Tobacco Education and Prevention
Greenlee County Health Department
253 Fifth St
P.O. Box 936
Clifton, AZ 85533

Clifton Office
In Clifton Elementary School
Monday-Friday 8am-5pm

Duncan Office
P.O. Box 153
Duncan, AZ 85534
In the Duncan Health Annex Building
Monday-Friday 8am-5pm
MEALS

SEACAP
283 W. 5th St
Safford, AZ 85546

Nutrition Center
822 W. Main St
Safford, AZ 85546

Senior Center
822 W. Main St.
Safford, AZ 85546

Transportation
Southeastern Arizona Community Action Program

Urgent Care
First Care
2081 W. US Highway 70
Thatcher, AZ

Gila Valley Clinic
2016 W. 16th St
Safford, AZ

Mt. Graham Regional Medical Center
1600 S. 20th Ave
Safford, AZ

Hospitals/ urgent care
Casa Grande Regional Medical Center
1800 E. Florence Blvd
Casa Grande, AZ 85222

NextCare Urgent Care
1729 N. Trekell Rd
Casa Grande, AZ 85222

Casa Grande Regional Medical Center Urgent Care
1676 E. McMurray Blvd.
Casa Grande, AZ 85222

Pulmonologist (lung specialist)
Dr. Henry Giure, MD
1780 E. Florence Blvd Suite 110
Casa Grande, AZ 85222

Dr. Rajeev S. Punnakkattu, MD
803 N. Salk Dr
Casa Grande, AZ 85222

AMBULANCE

Florence- SW Ambulance Service
9-1-1 or 520-836-0284

San Manuel, Mammoth, Oracle- Tri-City Ambulance
520-385-2111

Pinal County
Serving Apache Junction, Arizona City, Casa Grande, Coolidge, Eloy, Florence, Kearny, Mammoth, Maricopa, Oracle, Picacho, Picacho Peak, Red Rock, San Manuel, Superior
**Medical Supply**

Apria Healthcare Inc  
580 N. Camino Mercado  
Casa Grande, AZ 85222

Egg Enterprise Inc.  
241 W. Cottonwood Ln.  
Casa Grande, AZ 85222

Total Mobility Concepts  
414 E. 9th St.  
Casa Grande, AZ 85222

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**Pharmacy**

Fry’s Food Store-Pharmacy  
1385 E. Florence Blvd.  
Casa Grande, AZ 85222

Walgreens #4344  
1514 E. Florence Blvd  
Casa Grande, AZ 85222

Florence Drug  
231 N. Main St.  
Florence, AZ 85232

Kearny Health Mart Pharmacy  
338 Aiken Road  
P.O. Box 1550  
Kearny, AZ 85237

Sun Life Pharmacy  
520-385-2236  
San Manuel, Oracle, Mammoth

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**Pharmacy**

Medicap Pharmacy  
1520 W. Thatcher Blvd  
Safford, AZ 85546

Thrifty Food and Drug  
755 S. Central Ave  
Safford, AZ 85546

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**Home Health Care Service**

Mt. Graham Home Health  
1600 20th Ave Bldg E  
Safford, AZ 85546

Southeastern Arizona Community Unique Services  
624 W. Main St.  
Safford, AZ 85546

Ekman Kacey PNP  
2016 W. 16th St  
Safford, AZ 85546

Seacus  
822 W. Main St  
Safford, AZ 85546

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**Pulmonary Rehabilitation**

Mt. Graham Community Hospital  
1600 20th Ave  
Safford, AZ 85546

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**Pulmonologist (lung specialist)**

Pulmonary Associates—Southern  
1600 S. 20th Ave Ste. B  
Safford, AZ 85546
Hospitals/Clinics
Mt. Graham Regional Medical Center
1600 S. 20th Ave
Safford, AZ 85546
928-348-4000

Canyonlands Community Health Care
618 S. Central Ave
Safford, AZ 85546
928-428-1500

Southeastern Arizona Behavioral Health Services
1615 S. 1st Ave
Safford, AZ 85546
928-428-4550

Adult Day Care/Senior Living
Infinia Safford
1933 W. Pepper Tree Drive
Safford, AZ 85546
928-425-4910

Sunset Gardens Senior Care
1766 N. Sunset Blvd
Safford, AZ 85546
928-425-5500

Mulberry House
2755 S. Main Street
Pima, AZ 85543
928-485-0900

Medical Supply
Millennium Medical Supply Inc
1741 S. 20th Ave
Safford, AZ 85546
928-348-0652

Apria Healthcare
1912 W. Thatcher Blvd
Safford, AZ 85546
928-428-7768

Home Health Care Companies
Horizon Home Care
971 N. Jason Lopez Circle
Casa Grande, AZ 85232
520-866-4500

Centrum Healthcare
317 E. Cottonwood Ln
Casa Grande, AZ 85222
520-421-0097

At Home Solutions
1415 N. Telchak St. 103
Casa Grande, AZ 85222
520-836-8466

Comfort Keepers
19909 N. Justin Dr
Maricopa, AZ 85239
520-233-2848

Senior Services
Florence Senior Center
330 N. Pinal St.
Florence, AZ 85232
520-868-7622

United Way of Pinal County
1201 N. Pinal Ave
Casa Grande, AZ 85222
520-836-0736

Pinal Gila Council for Senior Citizens
800-293-9393
www.pgccc.org
Hospice Care

Trinity Hospice LLC
1377 E. Florence Blvd #149
Casa Grande, AZ 85222
520-426-9503

RTA Hospice and Palliative Care
1975 E. Monument Plaza Dr.
Casa Grande, AZ 85222
520-421-7143

Trinity Hospice
928-425-0860
Serving Globe-Miami, Winkelman, Kearny, Superior, and San Carlos
1100 Monroe Street Building A
Globe, AZ 85501

Hospice Family Care
950 N. Arizola Rd #2
Casa Grande, AZ 85222
520-421-2455

Home Safety Checks and Personal Assistance

“Are You OK” Yuma County Sheriff’s Dept 928-783-4427
Home Instead– Life Line 928-317-3037
Helping Hands of the Foothills 928-305-9974

Hospice

Hospice of Yuma 928-343-2222
1824 S. 8th Ave
Yuma, AZ

RTA Hospice 928-344-6100
1025 W. 24th Suite 15
Yuma, AZ

Urgent Care

Prime Care Urgent Care Central 928-341-4563
284 W. 32nd St
Yuma, AZ
Open 24 hours Daily

Prime Care Foothills 928-341-4563
11142 S. Scottsdale Dr
Yuma, AZ
Open Daily 7am-7pm

Prime Care Valley 928-341-4563
2377 S. 22nd Dr
Yuma, AZ
Open Mon-Fri 7am-7pm

Northside Medical Clinic Walk In Urgent Care 928-539-0055
1394 W. 16th St
Open Mon-Fri 8am-8pm, Sat 8am-4pm
ADULT DAY CARE

Catholic Community Services/Daybreak Adult Day Care
321 S. 15th Ave
Yuma, AZ
928-783-8316 or 928-341-9400

CARE LINE

928-336-2273

A free service provided by Yuma Regional Medical Center
Call if you:
Need help finding a doctor
Need health advice from registered nurses
24hrs/7 days a week

CUSTODIAL CARE

In-home Care Management and non-skilled Services

Home Instead  928-317-3037
Missing Pieces Care Management  928-782-5355
Compassionate Hearts  928-345-4690
Angels PRN  928-729-9163
Catholic Community Services  928-341-9400

HOME HEALTH SERVICES

Arizona Home Rehabilitation & Healthcare, LLC
2218 W. 24th St #6
Yuma, AZ 85364
928-344-1701

Yuma Home Care
1841 W. 25th St Suite A
Yuma, AZ 85364
928-341-1300

Santa Cruz County
Serving Nogales, Tubac, Patagonia, Sonoita and Elgin

PULMONOLOGISTS (LUNG SPECIALISTS)
Please see Pima County for information

HOSPITALS/CLINICS

Carondelet Holy Cross Hospital  520-285-3000
1171 W. Target Range Road
Nogales, AZ 85621
www.carondelet.org

Tubac Regional Health Center  520-398-9604
2239 E. Frontage Road
Tubac, AZ 85646

Sonoita-Elgin Emergency Services  520-455-5854
Volunteer fire department and EMTs

Carlos R. Gonzales, M.D.  520-394-2262
Family medicine
Patagonia, AZ

MEDICAL SUPPLY

Dependable Medical Equipment Inc  520-761-3211
857 West Bell Road
Nogales, AZ 85621
www.dependablehealth.com
Pharmacy

Wal-Mart
100 West White Park Drive
Nogales, AZ 85621
Open 24 Hours a day
Www.walmart.com

520-281-4974

Old Pueblo United Drug
3272 State Highway 82
Sonoita, AZ

520-455-0058

Home Health Companies

AristoCare
1740 N. Mastick Way Suite A
Nogales, AZ 85621

520-281-2777

Access Wisdom Homecare Plus
16 Calle Iglesia
Tubac, AZ 85646

520-398-8088

Accent Care
2921 N. Grand Ave #2
Nogales, AZ 85621

520-28-1435

Dependable Nurses
857 W. Bell Road #7
Nogales, AZ 85621

520-761-3211

Hospice

Valor Hospice Care
1131 S. La Canada Drive, Suite 103
Green Valley, Arizona 85614

520-399-0200

Pulmonary Rehabilitation

Yuma Regional Medical Center Cardiac and Pulmonary Rehab
Located inside the YMCA
2550 S. 4th Ave
928-336-1015

Support Groups

Huffers and Puffers
2nd Thursday of each month, 1:30pm
Yuma Regional Medical Plaza
1501 N. 24th St
Yuma, AZ

Transportation

Dial-A-Ride
928-783-8911

WRAP – Rider Assistance Program (age 60+)
900-782-1886
(This program does not provide a driver but will reimburse for mileage if you can provide a non-family driver)

YCAT (public transportation)
928-783-8911

Skilled Nursing Facilities

La Mesa Care Center
2470 Arizona Ave
Yuma, AZ

928-344-8541

Palm View Rehabilitation & Care Center
2222 S. Ave A
Yuma, AZ

928-783-8831

Life Care Center of Yuma
2450 S. 19th Ave
Yuma, AZ

928-344-0425

Yuma Nursing Center
1850 W. 25th St
Yuma, AZ

928-726-6700
**Pharmacy**

CVS Pharmacy  
1555 S. Ave B  2800 S. 4th Ave  
819-0208  344-2341

Eckert Drug (Foothills)  
11509 S. Fortuna Rd  
342-2388

Fry's Food Stores - Pharmacy (Foothills)  
11274 S. Fortuna Rd  
342-1332

Kachina Pharmacy  
2451 S. Ave A  
726-4081

Sant Drug  
Prescription delivery within city limits  
419 W. 8th St.  
783-7856

Sav-On Pharmacy  
Located in Albertsons  
2378 W. 24th St  
343-2311

Sunset Community Health Center Pharmacy  
115 N. Somerton Ave, Somerton  
627-1607  
518 E. Juan Sanchez Blvd, San Louis  
373-5757  
2060 W. 24th St, Yuma  
819-8941

Target Stores Pharmacy  
1450 Yuma Palms Pkwy  
343-7466

Walgreens Drug Stores  
2801 S. 4th Ave  
2491 W 24th St  
24 hour Location  
783-6834  
341-0589

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**Senior Living**

La Paloma Home for the Aging  
520-287-9133  
2064 N. Calle Trinidad  
Nogales, AZ 85621

Chalon Living  
520-377-2255  
1769 West Target Range Road  
Nogales, AZ 85621

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**Senior services**

Santa Cruz Council on Aging  
520-287-7422  
125 E. Madison St  
Nogales, AZ 85621

Santa Cruz Council on Aging  
520-394-2494  
100 Quiroga Ln  
Patagonia, AZ

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**Support Groups**

Better Breathers– Green Valley  
1st and 3rd Friday of Each month, 11:00am  
600 S. La Canada  
Green Valley, AZ

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Cochise County
Serving Sierra Vista, Wilcox, Bisbee, Benson, Bowie, Douglas, Tombstone, Sunsites, Pearce and Huachuca City

### Pulmonologists

- **Dr. Ubaier Ahmed**  
  198 S Coronado Dr. Ste. B  
  Sierra Vista, AZ 85635  
  520-417-0542

- **Dr. Aslhaq Omar**  
  198 S Coronado Dr. Ste. A  
  Sierra Vista, AZ 85635  
  520-417-0542

- **Dr. Jihad G. Yousef**  
  198 S Coronado Dr. Ste. A  
  Sierra Vista, AZ 85635  
  520-417-0542

### Hospitals/Clinics/urgent care

- **Benson Hospital**  
  450 S. Ocotillo St  
  P.O. Box 2290  
  Benson, AZ 85602  
  Emergency Department  
  520-586-2261 x 229

- **Copper Queen Community Hospital**  
  101 Cole Avenue  
  Bisbee, AZ 85603  
  Emergency Department  
  520-432-5383

- **Northern Cochise Community Hospital**  
  901 West Rex Allen Drive  
  Wilcox, AZ 85643  
  Emergency Department  
  520-384-3541 x 224

- **Sierra Vista Regional Health Center**  
  300 El Camino Real  
  Sierra Vista, AZ 85635  
  Emergency Department  
  520-417-3003 x 3060

- **Southeast Arizona Medical Center**  
  Rural Route 1, P.O. Box 30  
  Douglas, AZ 85607  
  Emergency Department  
  520-364-7931

### Medical Supply

- **Yuma Regional First Health Medical Supply**  
  928-317-0788  
  399 W. 32nd St  
  Yuma, AZ 85364

- **Lincare**  
  928-317-0788  
  2450 S. 4th Ave  
  Yuma, AZ 85364

- **Apria Healthcare**  
  928-782-6509  
  2185 E. Palo Verde St  
  Yuma, AZ

- **Preferred Homecare**  
  928-783-4120  
  1103 E. 21st St  
  Yuma, AZ 85364

- **Rx Positive Medical & Orthotic**  
  928-344-9301  
  1845 W. 25th St  
  Yuma, AZ 85364

### Home Health Services

- **Arizona Home Rehabilitation & Healthcare, LLC**  
  928-344-1701  
  2218 W 24th St #6  
  Yuma, AZ 85364

- **Yuma Home Care**  
  928-341-1300  
  1841 W 25th St  
  Yuma, AZ 85364

### Meals

- **Meals on Wheels/ Senior Nutrition Program**  
  800-782-1886-delivery

- **Salvation Army (in their cafeteria)**  
  928-782-3703

- **Yuma County Senior Nutrition Center**  
  928-782-4489

- **Yuma Community Food Bank**  
  928-343-1243
Yuma County
Serving San Luis, Somerton, Wellton and Yuma

Pulmonologists
Abdulkadir Hourani, MD 928-344-4111
Board Certified Pulmonary, Critical Care and Sleep Medicine
2051 W 25th St
Suite D
Yuma, AZ

Mallappa Neelappa, MD 928-344-0810
Internal Medicine, Pulmonary Disease and Critical Care Medicine
2275 S. Elks Lane
Yuma, AZ

Ashvin Shah, MD 928-344-1891
Board Certified Internal Medicine, Pulmonary Medicine, Critical Care and Sleep Medicine
2110 W. 24th St
Yuma, AZ

Medical Supply Companies
Sierra Medical Supply 520-452-3864
1967 Frontage Road
Sierra Vista, AZ 85635

Advantage Medical and Oxygen Supply 520-458-7330
2270 E. Fry Blvd
Sierra Vista, AZ 85635

Apria Healthcare 520-452-1382
2377 E. Fry Blvd
Sierra Vista, AZ 85635

Carecore Medical 520-364-1208
1205 F. Ave #N
Douglas, AZ 85607

Hospitals/Clinics/Urgent Care

Yuma Regional Medical Center 928-344-2000
2400 Ave A
Yuma, AZ

Yuma Rehabilitation Hospital 928-726-5000
901 W. 24th St
Yuma, AZ

PrimeCare Urgent Care 928-341-4563
Prime Care Central
284 W. 32nd St
Prime Care Foothills
11142 S. Scottsdale Dr
Prime Care Valley
2377 S. 22nd Dr

Northside Medical Clinic 928-539-0055
Walk-In Urgent Care
1394 W. 16th St
Yuma, AZ

Adult Day Care

Aging and Social Services 520-432-9600
1415 Melody Lane
Bldg A
P.O. Box 4249
Bisbee, AZ 85603

126 W. 5th St.
Benson, AZ 85602
### Pharmacies

<table>
<thead>
<tr>
<th>Pharmacy</th>
<th>Phone</th>
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<tbody>
<tr>
<td>CVS Pharmacy</td>
<td>520-438-1254</td>
</tr>
<tr>
<td>2090 E. Fry Blvd</td>
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<tr>
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<tr>
<td><strong>Target</strong></td>
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<tr>
<td><strong>Fry’s Food Stores</strong></td>
<td>520-458-0989</td>
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<tr>
<td>4351 E. Highway 90</td>
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<tr>
<td>Sierra Vista, AZ 85635</td>
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<tr>
<td><strong>Safeway</strong></td>
<td>520-364-7566</td>
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<td>90 E. 5th St</td>
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<tr>
<td>Douglas, AZ 85607</td>
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<tr>
<td><strong>Wal-Mart Super Center</strong></td>
<td>520-364-1279</td>
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<tr>
<td>199 W. 5th St</td>
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<td>Douglas, AZ 85607</td>
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<tr>
<td><strong>Safeway</strong></td>
<td>520-432-2274</td>
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<td>101 S. Naco Hwy</td>
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<tr>
<td><strong>Wal-Mart</strong></td>
<td>520-586-0754</td>
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<td>201 S. Prickly Pear Ave</td>
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<td><strong>Safeway</strong></td>
<td>520-586-9094</td>
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<td>599 W. 4th St</td>
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<td>Benson, AZ 85602</td>
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### Emergency Transportation

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<th>Service</th>
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<tbody>
<tr>
<td>Lifenet Ambulance Service</td>
<td>520-805-0618</td>
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<tr>
<td>2180 W. Oak Ave</td>
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<tr>
<td>Douglas, AZ 85607</td>
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<tr>
<td><strong>Arizona Ambulance Transport</strong></td>
<td>520-364-3000</td>
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<tr>
<td>425 E. 10th St.</td>
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<td>Douglas, AZ 85607</td>
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### Retirement/Auxiliary Living

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<th>Retirement/Auxiliary Living</th>
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<tbody>
<tr>
<td>Life Care Center</td>
<td>520-438-1050</td>
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<tr>
<td>2305 E. Wilcox Drive</td>
<td></td>
</tr>
<tr>
<td>Sierra Vista, AZ 85635</td>
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<tr>
<td><strong>Infinia</strong></td>
<td>520-364-7937</td>
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<tr>
<td>1400 N. San Antonio Ave.</td>
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<tr>
<td>Douglas, AZ 85607</td>
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<tr>
<td><strong>Golden Oak Assisted Living</strong></td>
<td>520-378-6879</td>
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<tr>
<td>8103 S. Calle Geoffrion St.</td>
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<tr>
<td>Hereford, AZ</td>
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<tr>
<td><strong>Cypress Inn Assisted Living</strong></td>
<td>520-364-7232</td>
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<tr>
<td>757 12th Street</td>
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<tr>
<td>Douglas, AZ 85607</td>
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<tr>
<td><strong>Prestige Assisted Living</strong></td>
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<tr>
<td>4400 Avenida Cochise</td>
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<td>Sierra Vista, AZ 85635</td>
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### Police/Home Safety

<table>
<thead>
<tr>
<th>Police/Security District</th>
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<tbody>
<tr>
<td><strong>Benson Patrol District</strong></td>
<td>520-586-8150</td>
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<tr>
<td>126 West 5th Street</td>
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<tr>
<td>Benson, AZ 85602</td>
<td></td>
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<tr>
<td><strong>Bisbee Patrol District</strong></td>
<td>520-432-9500</td>
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<tr>
<td>205 North Judd Drive</td>
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<tr>
<td>Bisbee, AZ 85603</td>
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<tr>
<td><strong>Douglas Patrol District</strong></td>
<td>520-805-5670</td>
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<tr>
<td>661 G Avenue</td>
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<tr>
<td>Douglas, AZ 85607</td>
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<tr>
<td><strong>Sierra Vista Patrol</strong></td>
<td>520-803-3850</td>
</tr>
<tr>
<td>100 Colonia De Salud Suite 106</td>
<td></td>
</tr>
<tr>
<td>Sierra Vista, AZ 85635</td>
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<tr>
<td><strong>Wilcox Patrol District</strong></td>
<td>520-432-7540</td>
</tr>
<tr>
<td>450 South Haskell Avenue</td>
<td></td>
</tr>
<tr>
<td>Wilcox, AZ 85603</td>
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