

*I'm Mary T. Pearson, owner of **Harmony Home Care**. We offer compassionate, certified caregivers to help you in the comfort of your own home. Weekly visits ensure your complete satisfaction with our services. Enjoy your free guide and please keep us in mind for your quality home care needs.*

**Call us today for your Free Home Care Evaluation!
282-1901**

“We're here for you because we care”

Compassionate, Certified Care Providers in the Comfort of Your Own Home

The Harmony Guide To Health Care Services



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

“We're here for you because we care”

Harmony Home Care

(928) 282-1901

This Harmony Community Guide is available on our website at www.chooseharmony.com

We've been serving the Verde Valley for three decades, offering compassionate, certified caregivers from 12 to 24-hours a day as needed. Weekly visits ensure your complete satisfaction with our services and you can rely on us to respond to your needs 24 hours a day, including holidays.

We send you the same consistent caregivers who are familiar with your care routine, while being mindful of creating compatible matches for you. Harmony Home Care refers competent caregivers who are experts with all types of care including post-stroke, Parkinson's, dementia, cancer, post-hospital/post-facility care. Whatever your situation, rest assured that we have the right solution to meet your unique needs.

Harmony also refers a special team of caregivers who meet the special comfort needs that are associated with a terminal illness, and coordinate care with Hospice.

I created this free senior guide decades ago to make it easier for seniors and their families to find solutions when they need it most. We are deeply grateful to this community for their continued support and to our client's and their families whom we have been privileged to serve. Thank You!

Give us a call today for your free home care evaluation. If we are not the right fit, we always resource you to the right solution for your needs. We'll always take excellent care of you because "we're here for you because we care."

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

Acupuncture

Sedona Acupuncture

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

(928) 204-0595 www.sedona-acupuncture.com Email: info@sedona-acupuncture.com
1785 SR 89A, Suite 3D Sedona, Arizona 86336

Voted best acupuncturist for the last 12 years. For the last 38 years Dr. Robert Abrahamson has helped to heal a myriad of medical issues, including pain management, musculoskeletal joint issues, insomnia, weight loss, depression, anxiety, infertility, allergies, migraines, headaches, smoking cessation and other addictions, PTSD, and hormonal imbalances. He understands and has a deep respect for western medicine and can help people to integrate Chinese and western medicine.

Assisted Living

Austin House

(928) 634-4278 www.windsorcares.com
195 South Willard Street, Cottonwood, Arizona, 86326

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

Best of Europe Adult Care Home

(928) 634-2856
1632 East Coconino Street, Cottonwood, Arizona 86326

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

Carefree Assisted Living Center

(928) 639-3860 or (928) 649-9624
22 South 7th Street, Cottonwood, Arizona

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

Caring Haven Homes, LLC

(913) 302-1785 www.caringhavenhomes.com
1100 Verde Valley School Road, Sedona, Arizona 86351

A ten bed Assisted Living Facility designed to meet the needs of every patient. They offer assistance while respecting your independence. A licensed care provider in the state of Arizona.

Christian Care Cottonwood

(928) 634-7571 www.christiancare.org

859 South 12th Street, Cottonwood, Arizona 86326

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

Cottonwood Village

(928) 634-4229 www.capitalsenior.com

201 East Mingus Avenue, Cottonwood, Arizona 86326

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

El Dorado

(928) 567-3304

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

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

Generations: Senior Living

(928) 641-6012 www.jandjgenerations.com

1275 Classic Court, Clarkdale, Arizona 86324

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

Gracious Granny's LLC.

(928) 282-3656 www.graciousgrannys.com

1420 Bates Road, Cottonwood, Arizona 86326

Private and semi-private rooms, furnished or unfurnished. 24-hour caregivers, RN manager, medication assistance, assistance with activities of daily living and scheduled activities and exercise. 10 residents per location. Lots of pampering and garden area.

Page Springs Living

(928) 649-0588 www.pagespringsliving.com

11425 East Harmony Lane. Cornville, AZ 86325

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

Sedona Winds Assisted Living

(928) 284-9077 www.sedonawinds.com

475 Jacks Canyon Road, Sedona, Arizona 86351

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

Behavioral Health Services

Alcoholics Anonymous www.centralmountain.org

(928) 646-9428 Verde Valley Chapter

Flagstaff Medical Center Behavioral Health Services (outpatients)

(928) 213-6415

1215 North Beaver Street Flagstaff, Arizona 86001

Flagstaff Medical Center Behavioral Health Services (inpatient)

(928) 214-3937

1215 North Beaver Street Flagstaff, Arizona 86001

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

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

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

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

Spectrum Healthcare

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

8 E. Street, Cottonwood, Arizona 86326

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

Cancer Treatment

The Cancer Center of Sedona

(928) 204-4160 or (800) 304-3004

Cottonwood please call: (928) 634-2251 www.nahealth.com

3700 West Hwy 89 A, Sedona, Arizona 86336

A state-of-the-art cancer treatment center with radiation Oncology, Physicist, Radiation Therapist, Dosimetrist, RN, Social Worker, and Dietitian who work together as a strong team to design an individual treatment plan for each individual patient. They offer both radiation and chemotherapy.

Hair care for chemotherapy patients

www.nioxin.com

Use before and during chemotherapy treatments to minimize hair loss.

Care Management & Benefits Planning

Arizona Care Management Solutions

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

Bonnie Shimko, CSA, Consultant

(928) 300-0172 www.azcaremanagement.com

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

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

PO Box 1542, Cottonwood, Arizona, 86326

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

Chiropractor

Dr. Bruce Moseng

(928) 634-0733

211 Jennifer Drive, Suite A, Cottonwood, Arizona, 86326

Covid Testing

Free Covid Home Testing kits available through the United States Postal Service. Go to store.usps.com They will give up to 16 kits.

Verde Valley Medical Center

269 South Candy Lane, Cottonwood, Arizona 86326

Free testing available in the dirt parking lot behind the hospital. Fast, accurate and no lines.

Developmental Disabilities

Rainbow Acres

(928) 567-5231 www.rainbowacres.com

2120 West Reservation Loop Road, Camp Verde, Arizona 86322

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

Elder Law and Estate Planning

LaBenz Law, PLLC Julie LaBenz, Esq.

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

(928) 284-0909

PO Box 20405, Sedona, Arizona, 86341

Lagas & Associates

www.lagasparalegal.homestead.com

(928) 282-6256

30 Inspirational Drive, Sedona, Arizona, 86336

Paralegal Services of the Verde Valley

(928) 554-5376

Josh Hinton

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

Eye Care

The Eye Clinic

Dr. Paydar, MD

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

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

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

Fiduciaries

Lagas & Associates Paralegal Service, LLC

(928) 282-6256 lagas@esedona.net

Lloyd Paralegal Services

(928) 634-7206

Lew Ann Perry-Licensed Fiduciary and Daily Money Manager

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

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

Food Banks

www.foodpantries.org

Bread of Life Mission

(928) 567-6931

1575 South Sullivan Lane, Camp Verde, Arizona, 86322

Walk-ins welcome no referral required. Food boxes and onsite meal. Please call for more details.

Manzanita Outreach

(928) 649-5772 www.manzanitaoutreach.org

406 South 6th Street, Cottonwood, Arizona, 86326

They distribute food in many locations in the Verde Valley. For a schedule of food events please visit their website.

Old Town Mission

(928) 634-7869 www.OLDTOWNMISSION.ORG

116 East Pinal Street, Cottonwood, Arizona, 86326

Walk-ins welcome no referral required. Food boxes, onsite meal and soup kitchen. They serve sack lunches on weekends. Please call for more details.

Sedona Community Food Bank

(928) 204-2808 www.sedonafoodbank.com

Lower Level of Seventh Day Adventist Church

680 South Sunset Drive, Sedona, Arizona, 86336

Mailing Address: PO Box 3962, Sedona, Arizona, 86340

This is a non-profit, community supported organization, which provides food and assistance to people in need. They offer home delivery of supplemental food to home bound seniors once a month. They do weekend emergency food-packs for school children as well. Please call them or check their website for more information. Non-perishable items are welcomed. Monetary donations can be made on the website or mailed to their mailing address.

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

(928) 821-1292

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

Mailing Address: PO Box 612, Sedona, Arizona, 86339

Walk-ins welcome no referral required. Food boxes and onsite meal. They serve the 86336, 86339, 86340, 86341 and 86351 areas. Monetary donations can be made on the website or mailed to their mailing address and non-perishable items are welcomed.

St. Vincent DePaul Food Bank

(928) 639-3000

Physical: 825 West Mingus Avenue, Cottonwood, AZ, 86326

Foot Care

Dr. Mark Brekke

(928) 282-3138

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

Funeral Homes and Body Donation

Bueler Funeral Home

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

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

Greer's Mortuary and Crematory of Sedona

(928) 282-3253 www.greersmortuary.com

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

Life Legacy Foundation

(888) 774-4438 www.lifelegacy.org

6825 East Outlook Drive, Tucson, AZ 85756

Inform your family and friends that you have chosen to donate. You can go online and fill out a donation card to keep in your wallet or files. Please call them if you are on hospice or end-of-life-care. If death is sudden or unexpected, your family or representative will need to contact life legacy and complete a phone interview for an immediate donation decision. Most people are able to donate their organs but check directly with them for exclusions.

Research for Life

(800) 229-3244 www.researchforlife.org

2230 East Magnolia Street, Phoenix, AZ, 85034

Westcott Funeral Home

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

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

Hearing Services

Sedona Hearing Center

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

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

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

Connect Hearing

(928) 284-5200

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

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

Paradise Hearing

(928) 634-0039

905 Cove Parkway Cottonwood, AZ 86326

Complete testing and dispensing of Hearing Aids.

Help Lines

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

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

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

American Red Cross (800) 842-7349

Arizona Long Term Care System (ALTCS)

Cottonwood: (928) 634-8101

AHCCCS offers Medicaid services for individuals who require nursing home or in-home care through the *Arizona Long Term Care System (ALTCS)*. This program is intended for individuals who are age 65 or older, blind or have a disability (at any age) and need ongoing services at a nursing facility level of care. Many ALTCS members live in their own homes or an assisted living facility and receive needed in-home services from program contract providers.

Details about the program available at www.azahcccs.gov.

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

Multiple Sclerosis (800) 344-4867

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

Parkinson's Hotline (800) 223-2732

Poison Control (800) 222-1222

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

Social Security (800) 772-1213

Stroke Hotline (800) 787-6537

Home Health Care

Angel's Care Home Health

(928) 649-8890 www.locations.angelscarehealth.com

301 South Willard, Cottonwood, Arizona 86326

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

Kindred at Home

(928) 649-9933 www.kindredathome.com

807 Cove Parkway, Suite 102 Cottonwood, AZ 86326

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

Northern Arizona Homecare

(928) 639-6674 www.NAHealth.com

203 South Candy Lane, Suite 5A Cottonwood, Arizona 86326

They offer outstanding Occupational Therapy Programs, intermittent skilled nursing, physical therapy, speech therapy, social services and Medicare Home Health Services.

Nurses Network

(928) 204-2255

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

Hospice

Accord Hospice

(928) 278-4134 www.accordhealthgroup.com
1350 Highway 89A, Suite 24, Sedona, AZ 86336

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

Aviant Hospice

(928) 634-1073 www.avianthospice.com
1756 East Villa Drive, Suite C-17 Cottonwood, AZ 86326

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

Compassus Hospice & Palliative Care

(928) 284-0180 www.compassus.com
70 Bell Rock Plaza, Suite A Sedona, Arizona 86351

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

Hospice of the Pines

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

13175 E. SR 169, Dewey, AZ 86327

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

Maggie's Hospice and Home Care

(928) 775-2290 www.Maggieshospice.com

203 South Candy Lane, Suite 12A Cottonwood, Arizona 86326

Serving the Verde Valley, Prescott Valley, Prescott, Chino Valley, Flagstaff and surrounding areas since 2013. Maggie's Hospice is not a corporation. They are privately owned and operated by a registered nurse. They offer hospice care which is covered by the Medicare hospice benefit. There are no additional expenses to the patient or family. For those struggling with a chronic disease, Palliative Care may be the best option. It is covered by Medicare. Their nurse practitioners work with your primary care physician, to provide you additional support and continuity of care. They provide care in your home or facility. They offer pain management, social services, volunteers, Nurse Practitioners, Registered nurses, Certified Nursing Assistants, and a chaplain. Their Medical Director will work with your physician.

Northern Arizona Hospice

(928) 639-6676 www.NAHealth.com

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

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

Valley View Care

(928) 639-6676 www.nahealth.com

421 North Willard Street, Cottonwood, Arizona 86326

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

Labs

Lab Corp.

Cottonwood: (928) 634-0495

Rapid Ray Mobile x-ray service

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

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

Sonora Quest Laboratories

(928) 282-8562

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

Life Alerts

Verde Valley Caregivers Coalition

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

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

299 Van Deren Suite #2 Sedona, Arizona 86336

Non-profit organization of caring volunteer's helping adult neighbors through services & Programs to help seniors maintain their independence & improve quality of life at home. GAP Program (Guardian Angel Program): they loan & install a Personal Assistance Security System for persons living alone. It is programmed with up to four phone numbers of neighbors or family members who can respond quickly to an emergency.

Life Alert (800) 696-6336 www.lifealerthelp.com

For medical and shower emergencies and personal protection. Batteries never need charging.

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

Medical Guardian (800) 916-1206 www.medicalguardian.com

US based monitoring system. On the go and at-home solutions.

Meal Prep & Delivery Services

Adult Community Center of Sedona

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

Physical Address: 2615 Melody Lane, Sedona, Arizona 86339

Mailing Address: PO Box 2894 Sedona, Arizona 86339

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

Meals on Wheels, NACOG

(877) 521-3500

Please call to set up meals on wheels.

Verde Valley Senior Citizens Association

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

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

Mailing Address: PO Box 681 Cottonwood, Arizona 86326

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

Medical Centers

Flagstaff Medical Center

(928) 779-3366 www.nahealth.com

1200 North Beaver Street, Flagstaff, Arizona 86001

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

Next Care Cottonwood

(928) 634-0039 www.nextcare.com

450 South Willard Street, Suite 120, Cottonwood, Arizona, 86326

They offer virtual medicine for patients, weekend care, reduces covid risk.

Next Care Sedona

(928) 203-4813 www.nextcare.com

450 South Willard Street, Suite 120, Cottonwood, Arizona, 86326

They offer virtual medicine for patients, weekend care, reduces covid risk.

Sedona Medical Center

(928) 204-2000 www.sedonamedicalcenter.com
3700 West Hwy 89A, Sedona, Arizona 86336

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

Sedona Urgent Care

(928) 203-4813

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

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

Verde Valley Medical Center

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

269 South Candy Lane, Cottonwood, Arizona 86326

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

Yavapai Regional Medical Center

(928) 445-2700 www.yrmc.org

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

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

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

Yavapai Regional Medical Center is a locally owned, operated, not-for-profit hospital YRMC

West in Prescott and YRMC East in Prescott Valley – plus the YRMC Del E. Webb Outpatient Center, also in Prescott Valley. Cardiac Surgery Program at their heart center. Visit their website for services.

Medical Equipment and Supplies

All Med Equipment and Supplies

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

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

Mailing Address: PO Box 339 Cottonwood, Arizona 86326

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

Lincare

(928) 639-0980

2635 Union Drive, Cottonwood, Arizona 86326

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

Preferred Homecare

(928) 634-7528

295 S Willard Street Cottonwood, Arizona 86326

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

Medicare and Medicare Advantage and Prescription Drug Plans

My Medicare Helper

Ryan M. Steinert, Licensed Insurance and Financial Services Agent

(928) 649-9939 Email: rsteinert@farmersagent.com

Want to know the TRUTH about Medicare and Medicare Advantage plans? Set your appointment with Ryan today. He is contracted with all Medicare Advantage providers in Yavapai County and has over 15 years of experience in the Verde Valley. He is contracted with 11 Medicare Supplement companies and understands how plans work with local providers. Ryan is a fully licensed health care agent who networks effectively with the local health care community. He will end the confusion over Medicare and help you to understand all of your options simply and clearly.

Medicare and Federal Resources

1 (800)-677-1116 www.medicare.gov

Medication Assistance

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

Drop off expired/unused OTC/Prescription medications at Sedona or Cottonwood Police Departments. They incinerate medications – an alternative to flushing meds into municipal water or disposal in trash which contaminates our landfills & groundwater. No syringes or liquids. Do not need prescription bottle, can bring prescriptions in a zip lock bag.

Sedona Police Drop-Off Hours: Monday – Friday, 7am-6pm. Info: (928) 282-3100

Cottonwood Police Drop-Off Hours: Monday – Friday, 8am-5pm. Info: (928) 634-4246

Pfizer (Lipitor)

(800) 717-6005 www.pfizerpathways.com

www.needymeds.org

(800) 503-6897

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

www.rxassist.org

info@rxassist.org

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

Nursing Homes

Haven of Sedona

www.havenhg.com

(928) 284-1000

505 Jacks Canyon Road, Sedona, Arizona 86351

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

Haven of Cottonwood

(928) 634-5548 www.havenhg.com

197 South Willard Street, Cottonwood, Arizona 86326

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

Haven of Camp Verde

(928) 567-5253

86 West Salt Mine Rd. Camp Verde, Arizona 86322

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

The Peaks

(928) 774-7106

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

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

Pet Boarding

Applewood Kennels

(928) 639-1847 www.applewoodkennel.com

24 East Cottonwood Street, Cottonwood, Arizona 86326

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

Physical Therapy ~ Outpatient

Cory Physical Therapy

(928) 204-2924

2515 State Route 89A, Suite 4, Sedona, Arizona 86336

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

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

35 Dry Creek Road, Sedona, Arizona 86336

Cottonwood (928) 639-6383

269 S. Candy Lane Cottonwood, AZ 86326

Lebec Physical Therapy

(928) 282-5050

www.sedonapt.com

55 Southwest Drive, Sedona, AZ 86336

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

Northern Arizona Rehabilitation and Fitness

(928) 649-9726 www.norazrehab.com

480 South Willard Cottonwood, Arizona 86326

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

Precision Physical Therapy

(928) 634-1900

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

Geriatrics, Anodyne Therapy and Orthopedics.

Sedona Integrative Medical Clinic

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

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

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

Entire Care Village of Oak Creek

(928) 282-8428

Physical Address: 61 Bell Rock Plaza, Sedona, Arizona 86351

Rehabilitation Facilities

Haven of Sedona

(928) 284-1000 havenhg.com

505 Jacks Canyon Road, Sedona, Arizona 86351

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

Mountain Valley Regional Rehabilitation Hospital

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

3700 North Windsong Drive Prescott Valley, AZ 86314

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

The Peaks

(928)-774-7106

3150 North Winding Brook Road Flagstaff, AZ 86001

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

Senior Services

Catholic Social Services

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

736 North Main Street, Cottonwood, Arizona 86326

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

Verde Valley Senior Citizens Association

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

Email: seniorcenter@verdenet.com

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

Mailing Address: PO Box 681 Cottonwood, Arizona 86326

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

Northern Arizona VA Health Care System

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

500 Hwy 89 Prescott, AZ 86313

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

Verde Valley Caregivers Coalition

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

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

299 Van Deren Suite #2 Sedona, Arizona 86336

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

Support Groups

Alzheimer Association, Desert Southwest Chapter

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

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

Chat Room

(928) 204-4175

3700 West Hwy 89 A, Sedona, Arizona 86336

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

Diabetes Education Class

(928) 639-6346

269 South Candy Lane, Cottonwood, Arizona 86326

Heads Up

(928) 204-4175

3700 West Hwy 89 A, Sedona, Arizona 86336

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

Parkinsons

(928) 300-0172 facilitator Bonnie Shimko

Transitions Grief Support Group

(928) 284-0180

Sedona Community Center 2615 Melody Lane, Sedona, Arizona 86336

Transportation Services

Ace Xpress Shuttle Service

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

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

CATS (cottonwood Area Transit System)

(928) 634-2287

Minimum charge \$1.25 Cottonwood.

CK's Need a Lift

(928) 301-1982

Beaver Creek Buggy

(928) 301-2749 Lake Montezuma

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

High Desert Delivery, LLC

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

8671 Spouse Dr. Prescott Valley, AZ 86314

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

MG Transportation

(928) 649-6787

Non-emergency transport to doctors and other appointments. Wheelchair and stretcher transportation available.

Sedona Cancer Center Van

(928) 204-4151

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

Servants Hearts Non-Medical Transportation
(928)777-5512 www.servantsheartaz.com

Verde Valley Caregivers Coalition: Volunteer Caregivers Program

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

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

Wound Care

Angels Care Home Health

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

301 South Willard Cottonwood, AZ 86326

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

Kindred at Home

(928) 649-9933 www.kindredathome.com

1760 East Villa Parkway, Suite E-F Cottonwood, AZ 86326

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

*We created this free senior guide to make it easier for seniors and their families to find solutions when they most need them. Harmony Home Care Referral Service, LLC is not affiliated with these organizations or services. This guide is not all-inclusive. Our clients reside in the Verde Valley and this guide was created to meet their local needs. While it is not our intention to exclude any service from this guide, it is not possible for us to include every service in the Verde Valley. We have included the resources & services that are most frequently requested by our seniors and their families. **Updated 6/17/22***

We are deeply grateful to this Community for entrusting us with their home care needs and for their continued support. We are privileged to be at your service!

With sincere appreciation,
Mary T. Pearson, Owner

