



# Resource Guide To Support Aging In Place

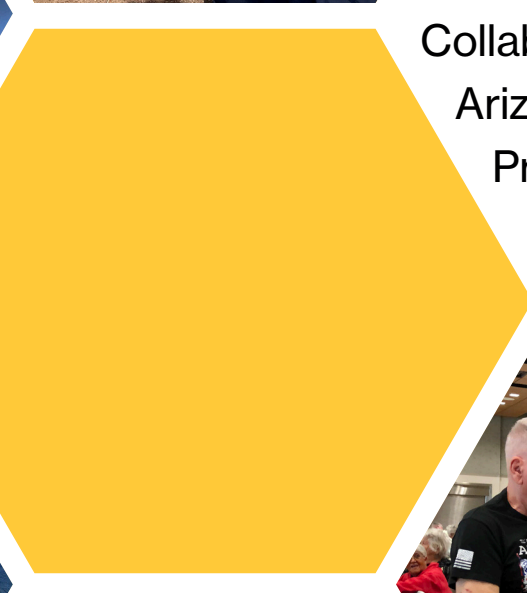


Sustainable  
Cities  
Network

Arizona State  
University

Project Cities

A Fall 2022  
Collaborative Project with  
Arizona State University's  
Project Cities & the  
City of Peoria



# **PART 1:**

## **Project and Community Introduction**

**GET TO KNOW THE PROJECT**

**ABOUT ASU PROJECT CITIES**

**ABOUT THE CITY OF PEORIA**

**EXECUTIVE SUMMARY**

**KEY STUDENT RECOMMENDATIONS**

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*This report represents original work prepared for the City of Peoria by students participating in courses aligned with Arizona State University's Project Cities program. Findings, information, and recommendations are those of students and are not necessarily of Arizona State University. Student reports are not peer reviewed for statistical or computational accuracy, or comprehensively fact-checked, in the same fashion as academic journal articles. Editor's notes are provided throughout the report to highlight instances where Project Cities staff, ASU faculty, municipal staff, or any other reviewer felt the need to further clarify information or comment on student conclusions. Project partners should use care when using student reports as justification for future actions. Text and images contained in this report may not be used without permission from Project Cities.*

*Cover images:*

**Project Cities and  
City of Peoria**

*The following report summarizes and draws highlights from work and research conducted by students in HCA 509 Interventions to Support Aging in Place for Fall 2022 partnership between ASU's Project Cities and the City of Peoria.*

*To access original student materials and resources, visit:*  
[links.asu.edu/PCPeoriaSeniorGuide22F](https://links.asu.edu/PCPeoriaSeniorGuide22F)

# **ACKNOWLEDGMENTS**

## **City of Peoria**

Cathy Carlat, Mayor

Jon Edwards, Vice Mayor

Bill Patena, Mayor Pro Tem

Michael Finn, City Councilmember

Vicki Hunt, City Councilmember

Bridget Binsbacher, City Councilmember (2015-2022)

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## **Arizona State University (ASU)**

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Dave White, Director, Global Institute of Sustainability and Innovation, and Associate Vice President of Research Advancement, Knowledge Enterprise

Diane Pataki, Director, School of Sustainability

*On behalf of the Julie Ann Wrigley Global Futures Laboratory, the Global Institute of Sustainability and Innovation, and the School of Sustainability, we extend a heartfelt thank you to the City of Peoria for enthusiastically engaging with students and faculty throughout the semester. These projects provide valuable real-world experience for our students and we hope that their perspectives shine light on opportunities to continuously improve Peoria's future livelihood and community well-being.*

## ABOUT PROJECT CITIES

The ASU Project Cities program uses an innovative approach to traditional university-community partnerships. Through a curated relationship over the course of an academic year, selected community partners work with Project Cities faculty and students to co-create strategies for better environmental, economic, and social balance in the places we call home. Students from multiple disciplines research difficult challenges chosen by the city and propose innovative sustainable solutions in consultation with city staff. This is a win-win partnership, which also allows students to reinforce classroom learning and practice professional skills in a real-world client-based project. Project Cities is a member of Educational Partnerships for Innovation in Communities Network (EPIC-N), a growing coalition of more than 35 educational institutions partnering with local government agencies across the United States and around the world.

## ABOUT SUSTAINABLE CITIES NETWORK

Project Cities is a program of ASU's Sustainable Cities Network. This network was founded in 2008 to support communities in sharing knowledge and coordinating efforts to understand and solve sustainability problems. It is designed to foster partnerships, identify best practices, provide training and information, and connect ASU's research to front-line challenges facing local communities. Network members come from Arizona cities, towns, counties, and Native American communities, and cover a broad range of professional disciplines. Together, these members work to create a more sustainable region and state. In 2012, the network was awarded the Pacific Southwest Region's 2012 Green Government Award by the U.S. EPA for its efforts. For more information, visit [sustainablecities.asu.edu](http://sustainablecities.asu.edu).

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Arizona State University

Project Cities



# ABOUT PEORIA

Ranked as the No. 1 place to live in Arizona by Money Magazine, the City of Peoria is currently home to over 190,000 residents. The City enjoys a reputation as a family-oriented, active community with an exceptional quality of life. Peoria entertainment and recreational amenities include attractions such as Lake Pleasant, trails, and community parks.

The City has also demonstrated a strong commitment to sustainability, as evidenced by its incorporation of LEED building design standards, a council-adopted Sustainability Action Plan, and the "Green Team" staff dedicated to managing organization-wide sustainability initiatives.

## PEORIA TEAM

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Sharon Roberson, Assistant to the City Manager, City Manager's Office



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*Peoria is the place  
World class • Sustainable • Future Ready*

peoriaaz.gov



# EXECUTIVE SUMMARY

The City of Peoria has continuously demonstrated itself as a sustainable and livable community through its extensive offering of municipal services and forward-thinking planning. The City's Livability Initiatives establish a framework of six priorities for the City to guide its mission of "providing excellent municipal services by anticipating community needs," (City of Peoria, 2022). As one of the fastest growing communities in Arizona, Peoria's population continues to age, creating a need for the City to further develop its resources available for its senior population to ensure the well-being and active participation of the senior population in the community. In response to this need, the City's Neighborhood and Human Services Department is interested in developing a resource guide for its senior population that includes information about the City's health services, recreation programs, and classes, as well as how to be an active member of the community.



*Figure 1 The six Livability Initiatives focusing on sustainable development*

Graduate students from Dr. Aaron Guest's **HCA 509 Interventions to Support Aging in Place** course collaborated with the City of Peoria's Neighborhood and Human Services department to thoroughly review the City's resources for its senior population. Based on the World Health Organization's Age-friendly Cities Framework and the AARP Livable Communities resources, students identified eight topical categories to organize resources for older persons by, including Staying Active and Involved, Getting Around, Housing and In-Home Assistance, Food and Nutrition Services, Staying Healthy, Staying Safe, Helping People Who Care for Others, and Guiding People Through the Grieving Process. Students reviewed resource guides from other cities, as well as contacted local community organizations to develop a resource guide that includes information about Peoria's Community Center, its programming, and resources regarding housing, food assistance, and transportation.



*Figure 2 Eight interconnected domains for livability by City of Peoria*

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# **PART 2:**

## **Resource Guide To Support Aging In Place**

**INFORMATION TO SUPPORT THE NEEDS OF OLDER ADULTS  
AND THEIR FAMILIES**

**HCA 509: INTERVENTIONS TO SUPPORT AGING IN  
PLACE**

**EDSON COLLEGE OF NURSING AND HEALTH  
INNOVATION**

**FACULTY:  
M. AARON GUEST**

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## About this guide

*This guide was produced by graduate students at the Edson College of Nursing and Health Innovation, Arizona State University. As part of a partnership between ASU's Project Cities program and the City of Peoria, this project was done as part of the Interventions to Support Aging in Place course taught by Dr. Aaron Guest. The Active Adult Program Coordinator for the City of Peoria, Ryan Stevens, was the advisor on this project.*

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*To access the original student reports, additional materials, and resources, visit:*

**[links.asu.edu/PCPeoriaSeniorGuide22F](https://links.asu.edu/PCPeoriaSeniorGuide22F)**

# CITY OF PEORIA RESOURCE GUIDE FOR OLDER ADULTS



*Figure 1 Peoria residents traveling by Peoria on the Go (POGO) bus, by City of Peoria*

## Welcome to Peoria

Peoria is a rapidly growing, modern city that offers a high quality of living in the natural beauty of the Sonoran Desert. Ranked as one of the best places to live in Arizona, the City of Peoria is committed to ensuring its high quality of living through its Livability Initiatives, which value Healthy Neighborhoods, Superior Public Services, Integrated Transportation, and Arts, Cultural, & Recreational Enrichment and more. With green spaces, parks and recreation, municipal services, and arts and entertainment, Peoria has much to offer residents of all ages and abilities.

## How to use this guide

This resource guide is informed through a collaborative effort from experts in individual fields, community representatives, interviews, and observations. This resource guide was designed to provide information to programs, resources, and organizations that offer solutions or direction to further support older adults and their families in optimizing quality of life and independence. This resource guide will equip older adults and their families with a list and brief description of organizations and resources available to support the needs of older adults, irrespective of their functional and cognitive capacity. Additionally, resources are listed in support of those caring for others.

# IMPORTANT INFORMATION

## City Hall

**Address:** 8401 W. Monroe St., Peoria, AZ 85345

**Phone:** (623) 773-7000

**Website:** <https://www.peoriaaz.gov/home>

## Rio Vista Recreation Center

**Address:** 8866 W. Thunderbird Road, Peoria, AZ 85381

**Phone:** (623) 773-8600

**Website:** <https://www.peoriaaz.gov/government/departments/parks-recreation-and-community-facilities/recreation-facilities/rio-vista>

## Peoria Community Center/ Resource Center

**Address:** 8335 W. Jefferson St., Peoria, AZ 85345

**Phone:** (623) 773-7436

**Website:** <https://www.peoriaaz.gov/government/departments/neighborhood-and-human-services/community-center>

## Emergency Services

**For Emergencies** (Police, Fire, Ambulance)

**Phone:** 911

### **For Police Non-Emergencies:**

**Phone:** (623) 773-8311

**Website:** <https://www.peoriaaz.gov/government/departments/police>

### **For Fire Non-Emergencies:**

**Phone:** (623) 773-7279

**Website:** <https://www.peoriaaz.gov/government/departments/fire-medical>

### **For information about public transportation and dial-a-ride:**

**Phone:** (623) 773-7435

**Website:** <https://www.peoriaaz.gov/government/departments/public-works-and-utilities/transportation>

## Libraries

### **Main Library**

**Address:** 8463 W. Monroe St., Peoria, AZ 85345

**Phone:** (623) 773-7555

### **Sunrise Mountain Library**

**Address:** 21109 N. 98th Ave. Peoria, AZ 85382

**Phone:** (623) 773-8650

**Website:** <https://peoria.polarislibrary.com/polaris/>



# PEORIA COMMUNITY CENTER

The Peoria Community Center is a 26,000 square foot, state-of-the-art facility located in the heart of Downtown Peoria. The Center offers a broad range of activities and classes for all ages such as arts and crafts, dance, games, wellness, and more. It also serves as a multi-purpose space for community events, meetings, lectures, and activities. Programs designed for older adults include line dancing, art classes and bingo. Free computers with wi-fi are available. The Center is also home to the Community Resource Center, which helps connect people to nonprofit organizations that can provide assistance related to housing, food, and healthcare.

Phone	(623) 979-3570
Address	8335 W. Jefferson St., Peoria, AZ 85345



Figure 2 Community Center, by City of Peoria

## Active Adult Lunch- Operated by Foundation for Senior Living Programs

The Peoria Community Center offers a Senior lunch program in partnership with Foundation for Senior Living (FSL) programs. Lunch is served Monday–Friday, beginning at 11:30 a.m. Call 623-979-3570 to make a reservation. A donation of \$3 per meal (for those 60 and above) is requested, but people should only pay what they can afford.

Phone	(623) 979-3570
Hours	Monday–Friday, 8:00 a.m. to 5:00 p.m.
Website	<a href="https://www.peoriaaz.gov/government/departments/neighborhood-and-human-services/community-center">https://www.peoriaaz.gov/government/departments/neighborhood-and-human-services/community-center</a>

### Active Adult Programs

The Peoria Community Center offers a variety of activities for Peoria's active adults. With events, classes, and clubs, this is an opportunity to meet new people and take part in activities around Peoria.

Phone	(623) 773-7436
Website	<a href="https://www.peoriaaz.gov/government/departments/neighborhood-and-human-services/recreation-programs/active-adults">https://www.peoriaaz.gov/government/departments/neighborhood-and-human-services/recreation-programs/active-adults</a>
Register for select trips and classes online	<a href="https://cityofpeoriaaz.perfectmind.com/24267/Reports/BookMe4?widgetId=98c9c44a-014a-4c70-a9b1-8b6ce1dfcfce">https://cityofpeoriaaz.perfectmind.com/24267/Reports/BookMe4?widgetId=98c9c44a-014a-4c70-a9b1-8b6ce1dfcfce</a>



## STAYING ACTIVE AND INVOLVED

Regular exercise and an active lifestyle are crucial to maintaining health and wellbeing. The City of Peoria offers a variety of programming and resources to get residents out in the community.

### At Your Leisure

At Your Leisure is a monthly brochure provided by the City of Peoria for active adults. Programs include fitness classes, social and group games, a book club, golf, AARP Driver Safety Course, sewing and craft classes, and culinary classes.

Phone	(623) 773-7436
Website	<a href="https://www.peoriaaz.gov/government/departments/neighborhood-and-human-services/recreation-programs/active-adults">https://www.peoriaaz.gov/government/departments/neighborhood-and-human-services/recreation-programs/active-adults</a> <a href="https://www.peoriaaz.gov/home/showpublisheddocument/9660/637973856502130000">https://www.peoriaaz.gov/home/showpublisheddocument/9660/637973856502130000</a>

### Parks and Recreation

Peoria's Parks and Recreation Department manages citywide recreation programs, neighborhood parks, community parks, trails, rights-of-way, open spaces, natural resources and recreation facilities.

Phone	(623) 773-7137
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## Explore Peoria: A Guide to City of Peoria Programs & Events

This guide includes information about Parks and Recreation, Neighborhood and Human Services, and Arts, Culture & Library Services.

Phone	(623) 773-7436
Website	<a href="https://www.peoriaaz.gov/government/departments/parks-recreation-and-community-facilities/recreation-programs">https://www.peoriaaz.gov/government/departments/parks-recreation-and-community-facilities/recreation-programs</a>
Peoria Explore Fall 2022 issue	<a href="https://issuu.com/peoriarecreation/docs/peoria_active_septdec_2022_08032022?fr=sMWUOMDEzMzk4MA">https://issuu.com/peoriarecreation/docs/peoria_active_septdec_2022_08032022?fr=sMWUOMDEzMzk4MA</a>



Figure 3 Peoria Explore cover, by City of Peoria

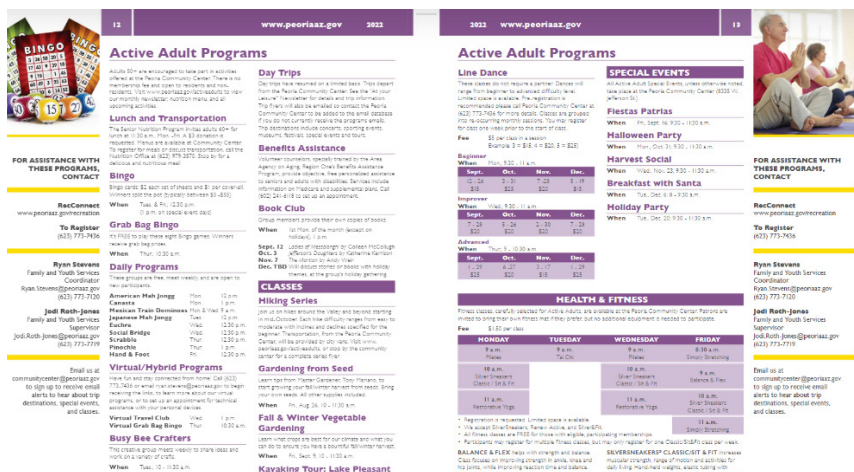


Figure 4 Image showing Active adult programs hosted, by City of Peoria

## Water Aerobics, Adult Swim Lessons, and Lap Swimming

Adult swim lessons and water aerobics classes are an excellent source of physical activity and wellness. Adult swim classes are offered to those who have little or no swimming experience to develop basic swimming skills. Water aerobics class and lap swimming are also available.

Phone	(623) 773-7137
Website	<a href="https://www.peoriaaz.gov/government/departments/parks-recreation-and-community-facilities/recreation-programs/aquatics/swim-lessons">https://www.peoriaaz.gov/government/departments/parks-recreation-and-community-facilities/recreation-programs/aquatics/swim-lessons</a>

## Parks and Trails

With more than 30 parks and 20 miles of trails, Peoria offers outdoor recreation opportunities for people of all ages and abilities to enjoy the natural beauty. Peoria has neighborhood parks, community parks, hiking trails, fishing, and dog parks.



*Figure 5 Skunk Creek Trail*

Parks/Trails	Website
Neighborhood Parks	<a href="https://www.peoriaaz.gov/government/departments/parks-and-recreation/parks-and-trails/neighborhood-parks">https://www.peoriaaz.gov/government/departments/parks-and-recreation/parks-and-trails/neighborhood-parks</a>
Hiking Trails	<a href="https://www.peoriaaz.gov/government/departments/parks-recreation-and-community-facilities/parks-and-trails/hiking-trails">https://www.peoriaaz.gov/government/departments/parks-recreation-and-community-facilities/parks-and-trails/hiking-trails</a>
Dog Parks	<a href="https://www.peoriaaz.gov/government/departments/parks-recreation-and-community-facilities/parks-and-trails/dog-parks">https://www.peoriaaz.gov/government/departments/parks-recreation-and-community-facilities/parks-and-trails/dog-parks</a>
Pioneer Community Park	<a href="https://www.peoriaaz.gov/government/departments/parks-recreation-and-community-facilities/parks-and-trails/pioneer-community-park">https://www.peoriaaz.gov/government/departments/parks-recreation-and-community-facilities/parks-and-trails/pioneer-community-park</a>
Fishing	<a href="https://www.azgfd.com/fishing/community/">https://www.azgfd.com/fishing/community/</a>

*Figure 6 Information about parks and trails available to residents of City of Peoria*

### Walking activities in or near Peoria

Website	<a href="https://www.active.com/peoria-az/walking">https://www.active.com/peoria-az/walking</a>
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### Arizona Trailblazers Hiking Club

Organized day hikes and related activities, with trips varying in length and difficulty. Most are one-day events but also offer overnight camping and backpacking trips. Distances vary but are typically 5–10 miles.

Website	<a href="https://www.azhikers.org/hike_arizona.html">https://www.azhikers.org/hike_arizona.html</a>
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### West Valley and Other Resources

**Meetup.com** is a website that can help individuals meet others with similar interests, make friends, find support, grow a business, and explore interests. Events happen every day and include opportunities for older adults. Meetup.com also provides opportunities to start a new group if a desired group does not exist.

Meetup website links:
<a href="https://www.meetup.com/run-for-your-life-getting-physical-about-limitless-living/">https://www.meetup.com/run-for-your-life-getting-physical-about-limitless-living/</a>
<a href="https://www.meetup.com/adjusting-to-retirement-friendship-scottsdale-phoenix/">https://www.meetup.com/adjusting-to-retirement-friendship-scottsdale-phoenix/</a>
<a href="https://www.meetup.com/phoenix-active-dogs-meetup-group/">https://www.meetup.com/phoenix-active-dogs-meetup-group/</a>
<a href="https://www.meetup.com/fun-fit-friendly-female-50/">https://www.meetup.com/fun-fit-friendly-female-50/</a>
<a href="https://www.meetup.com/all-ages-all-stages/">https://www.meetup.com/all-ages-all-stages/</a>

### Oasis

An organization with a purpose to serve older adults through lifelong learning, health, and volunteering.

Website	<a href="https://www.oasisnet.org/">https://www.oasisnet.org/</a>
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## Intergenerational Programming

Intergenerational Programming is a way to bridge the gap between generations. Activities and programs can increase knowledge exchange and provide interactions between people of all ages.

### Foster Grandparent Program

This initiative is spearheaded by Northern Arizona University. The foster grandparents are mentors and tutors to children in schools in Maricopa, Pima, and other counties.

Phone	(866) 856-3017
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### Paradise Valley Unified School District

The Paradise School District has an intergenerational program called Volunteer in Paradise (VIP). Retired teachers and other professionals who volunteer in VIP are trained to tutor children in grades K-6. There are currently 100+ older adults in this program who focus on early intervention in reading and math for children in elementary schools. The program is currently in 11 out of 43 schools in the district.

Phone	(602) 449-2053 – Marsha Geraghty, Main Contact
Email	volunteerparadise@PVSchools.net
Website	<a href="https://in.nau.edu/center-for-service-and-volunteerism/foster-grandparent-2/">https://in.nau.edu/center-for-service-and-volunteerism/foster-grandparent-2/</a>

### Generations United

Information on Intergenerational programs in the United States. Anyone can add their program to the database as well.

Website	<a href="https://www.gu.org/ig-program-database/?search=&amp;state=AZ&amp;topic=&amp;active=true">https://www.gu.org/ig-program-database/?search=&amp;state=AZ&amp;topic=&amp;active=true</a>
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## Volunteerism

There are a variety of volunteer opportunities available throughout the City of Peoria. The following organizations provide many ways to engage directly with the local community.

### Eve's Place

Nonprofit organization with a mission to support any victim of Domestic, Sexual & Teen Dating abuse by increasing access to services through mobile advocacy.

Phone	(623) 230-3698
Website	<a href="https://www.evesplace.org/">https://www.evesplace.org/</a>

### Peoria Diamond Club

Nonprofit organized committed to making a difference for youth by supporting community programs. Volunteers participate in operations of Spring Training at the Peoria Sports Complex.

Website	<a href="https://peoriadiamondclub.org/">https://peoriadiamondclub.org/</a>
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### The UBU Project

Arts education outreach organization to support emotional needs of school-aged children experiencing stress, bullying, and addiction issues.

Website	<a href="https://ubuproject.org/">https://ubuproject.org/</a>
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### City of Peoria Neighborhood Pride

City program adopted by Council in 1996 to provide opportunities for residents to ensure long-standing Peoria homes are cared for by the community. Volunteers contribute to maintaining appearance and value of homes through activities such as exterior house painting, gravel placement, debris clearing, fence and gate repair, and bulk trash pick-up.

Email	<a href="mailto:communityassistance@peopriaaz.gov">communityassistance@peopriaaz.gov</a>
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### Volunteer Match

Searchable database of a variety of volunteer opportunities.

Website	<a href="http://www.volunteermatch.org">www.volunteermatch.org</a>
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## Hospice of the Valley

Volunteer through visiting, reading, providing emotional support to patients and families, or work in the thrift shops.

Website	<a href="http://www.peoriaaz.gov/government/departments/neighborhood-and-human-services/community-engagement/neighborhood-pride">www.peoriaaz.gov/government/departments/neighborhood-and-human-services/community-engagement/neighborhood-pride</a>
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## City of Peoria Boards and Commissions

Peoria residents who wish to take an active role in their community are invited to serve on a Board or Commission. Boards and commissions are public bodies that advise the City Council on various matters. Boards and Commissions are a meaningful way to foster citizen involvement and input in city government.

Website	<a href="https://www.peoriaaz.gov/government/departments/city-clerk-s-office/board-and-commission-meetings/vacancies">https://www.peoriaaz.gov/government/departments/city-clerk-s-office/board-and-commission-meetings/vacancies</a>
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The screenshot shows the City of Peoria website. The main content area is titled "Boards and Commissions Member Application". Below the title, there is a "Thank you for your interest in serving on one of the City of Peoria's boards and commissions!" message. The page also includes a sidebar with a "DEPARTMENTS" section and a "CITY CLERK'S OFFICE" section. The "CITY CLERK'S OFFICE" section is expanded to show "Boards and Commissions" and "Apply Today!".

Figure 7 Boards and Commissions member application web-page, by City of Peoria

## Big Brother Big Sister of Central Arizona

Organization that creates and supports one-to-one mentoring relationships that ignite the power and promise of youth.

Phone	(602) 264-9254
Website	<a href="http://www.bbbsaz.org">www.bbbsaz.org</a>



### **Maricopa Community Colleges**

Maricopa Community Colleges offers continuing education with a discounted rate for those aged 65 years and older. Access to credit and non-credit courses, generational programs, and recreation & fitness centers across 11 Maricopa County campuses.

Website	<a href="https://www.maricopa.edu/community-business/community-education-programs/lifelong-learning">https://www.maricopa.edu/community-business/community-education-programs/lifelong-learning</a>
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### **Peoria's Parks and Trails division**

Wide variety of exciting volunteer opportunities throughout the year for residents to participate and spend time outdoors.

Email	Della.Killeen@peoriaaz.gov
Website	<a href="https://www.peoriaaz.gov/government/departments/parks-recreation-and-community-facilities/parks-and-trails/volunteer">https://www.peoriaaz.gov/government/departments/parks-recreation-and-community-facilities/parks-and-trails/volunteer</a>

## **Lifelong Learning**

Lifelong learning has significant benefits for older adults, including improving neurologic, social, and physical wellbeing.

### **Peoria Public Library**

- Free computer classes – (623) 773-7556
- Talking books for the blind or physically disabled
- Bookmobile home delivery
- Large print books
- “Ask a Master Gardener” program to mentor with an expert
- Practice driving tests in partnership with Driving-tests.org

Phone	(623) 773-7555
Website	<a href="https://peoria.polarislibrary.com/polaris/">https://peoria.polarislibrary.com/polaris/</a>



## GETTING AROUND

Get up and get around with Peoria's public transportation! With Peoria on the Go and Dial-A-Ride, see the city in a new way while meeting new people and taking part in community services.

### Peoria on the Go Destinations (POGO)

A free circular bus route with three routes that connects to various points within Peoria city limits. Runs Friday to Sunday from 10 a.m. to 10 p.m. A mobile app is available for Apple and Android users.

Peoria Transit Phone:	(623) 773-7555
Peoria Transit Hotline:	(623) 773-8642
Email	POGO@peoriaaz.gov
Website	<a href="https://www.peoriaaz.gov/government/departments/public-works/transportation/peoria-on-the-go">https://www.peoriaaz.gov/government/departments/public-works/transportation/peoria-on-the-go</a>



*Figure 8 Peoria on the Go (POGO) bus, by City of Peoria*



*Figure 9 Peoria on the Go (POGO) bus (interior), by City of Peoria*

### AARP Smart Driver Course

Courses are offered through the Peoria recreation programs located in the West Valley.

Phone	(623) 773-7436
Email	communitycenter@peoriaaz.gov

### Dial-a-Ride (DAR)

ADA certified and is a shared ride with curb-to-curb services.

- Peoria residents must be registered with Valley Metro
- Cost ranges from \$1 to \$3 - cash only or Peoria DAR tickets
- Non-ADA trips be reserved no later than by 5 p.m. the day before departure
  - Monday to Friday, 6 a.m. to 6 PM. (no services on national holidays)
- ADA trips should be reserved one to 14 days in advance
  - Monday to Friday from 4:30 a.m. to 9 p.m. & Saturday, Sundays, and holidays from 6 a.m. to 10 p.m.

Reservation Information Center Phone:	(623) 773-7435
Website	<a href="https://www.peoriaaz.gov/home/showpublisheddocument/26362/637630679937200000">https://www.peoriaaz.gov/home/showpublisheddocument/26362/637630679937200000</a>

### Peoria Transit Discounts

20-Ride Punch Pass for General Public and ADA Passengers	\$54
20-Ride Punch Pass for Seniors, Youths and Persons with Disabilities	\$18

### Fixed Bus Routes via Valley Metro

#### Reduced fares for 65+, Medicare recipients, and individuals with disabilities

Local Bus/Light Rail	<ul style="list-style-type: none"> <li>• One-Day: \$2</li> <li>• Single-Ride: \$1</li> <li>• Seven-Day: \$10</li> <li>• 15-Day: \$16.50</li> <li>• 31-Day: \$32</li> </ul>
Express	\$2.25 additional fare over local reduced fare
Rural Route one-way	\$2
Neighborhood Circulators Avondale ZOOM is for Single-Ride	Most are free \$0.50
Streetcar: Single-Ride	\$0.50

Phone	(602) 253-5000
Website	<a href="https://www.valleymetro.org/">https://www.valleymetro.org/</a>
Mobile App	<a href="https://www.valleymetro.org/how-to-ride/online-tools/app">https://www.valleymetro.org/how-to-ride/online-tools/app</a>



## HOUSING AND IN-HOME ASSISTANCE

Housing is a critical part of aging and ensures a place for Peoria residents to age actively and independently in their community.

### Affordable Housing:

#### Gene Rice Rosa Linda Apartments, Senior Living Community

Gene Rice Apartments is a HUD Section 8/202 apartment community designed especially for the elderly and mobility-impaired living. The 84-unit community offers studio and one-bedroom apartments with in-unit emergency call systems, a large recreational room, and well-landscaped, spacious grounds.

The property is located in the City of Peoria. The Valley Dial-a-Ride bus stop is located right outside the front door allowing residents easy access to convenient transportation and the community is located close to many medical facilities including Banner Del E. Webb Medical Center. In addition, Arrowhead Mall and other shopping, services, and restaurants are all minutes from this community.

Phone	(623) 486-9232
Website	<a href="https://www.genericeapts.com/">https://www.genericeapts.com/</a>
Address	10245 N. 87th Ave. Phoenix, AZ 85345

#### City of Phoenix Affordable Housing Resources for Elderly

The Housing Department is dedicated to helping local seniors continue living an active and fulfilling life during their retirement years. Seniors have a variety of housing choices: 55+ communities, 62+ senior and disabled communities, and family communities.

The City of Phoenix's apartment communities are conveniently located throughout Phoenix. They are located near bus routes, shopping centers, grocery stores, senior centers, parks, hospitals, and pharmacies. Their retirement communities are specially designed to provide a comfortable living for elderly residents. The City of Phoenix does not provide assisted living; however, residents are welcome to secure their own assistance when medically necessary.

Website	<a href="https://www.phoenix.gov/housing/findingaffordablerental/seniors">https://www.phoenix.gov/housing/findingaffordablerental/seniors</a>
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### **Grandfamilies Housing Phoenix**

Grandfamilies Place of Phoenix is designed to provide supportive housing for grandparents raising grandchildren.

Website	<a href="https://www.grandfamiliesplace.net/">https://www.grandfamiliesplace.net/</a>
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### **SAIL: Senior Adult Independent Living**

The Senior Adult Independent Living (SAIL) program provides intake and case managed services to adults 60 years of age or older, and adults of all ages with physical disabilities. The purpose of the program is to help individuals remain in their own homes for as long as possible by providing needed assistance with daily living activities. The SAIL program is run by the Area Agency on Aging and contracts with professional provider agencies to deliver needed services throughout Maricopa County. SAIL Case Managers assist in arranging in-home services that include case management, adult day health care, home-delivered meals, personal care, home nursing, and minor home repair.

Phone	(602) 264-4357
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### **Prime Home Care**

PrimeCare Home Solutions is an in-home care agency that operates as a full spectrum senior care resource as well as a general health management organization. Their aim is to assist older adults in leading dignified and independent lives in the comfort and safety of their own homes. They offer assistance to Veterans in applying for the “Aid and Attendance” from the Veterans Administration (VA). Individuals and/or their surviving spouse may be eligible for 10-to-20 hours a week of free in-home care paid for by the VA.

Website	<a href="https://primecarehomesolutions.com/about-us/">https://primecarehomesolutions.com/about-us/</a>
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### **Home and Community Based Services**

Home and Community Based Services (HCBS) provides older adults help with daily activities while allowing many individuals to remain in their own homes or live with their families by reducing the need for institutional care. Services include adult day care, home delivered meals, home health aide, housekeeping, personal care, and transportation.

Website	<a href="https://azcaregiver.org/service/adult-day-health-centers-2/">https://azcaregiver.org/service/adult-day-health-centers-2/</a>
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### **List of Low-Income Housing for Aging in Peoria**

Website	<a href="https://affordablehousingonline.com/housing-search/Arizona/Peoria">https://affordablehousingonline.com/housing-search/Arizona/Peoria</a>
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## FOOD AND NUTRITION SERVICES

Lead a healthy life in Peoria by taking advantage of the services related to food and nutrition to bridge the gap for active and homebound seniors.

### Food Services

#### Peoria Senior Nutrition Program

This program provides congregate meals at the Peoria Community Center and home-delivered meals for homebound seniors. Lunch at the center for seniors 60 and older, 11:45 a.m. Monday through, with 24-hour notice is required and a \$3 donation (\$5 for those younger than 60) requested.

Phone	(623) 979-3570
Website	<a href="https://www.peoriaaz.gov/government/departments/neighborhood-and-human-services/recreation-programs/active-adults/health-fitness-nutrition">https://www.peoriaaz.gov/government/departments/neighborhood-and-human-services/recreation-programs/active-adults/health-fitness-nutrition</a>

#### Meals of Joy

MOJ offers our meal delivery program five days a week, made fresh each morning and delivered by volunteers in time for lunch. Services to Peoria vary.

Phone	(623) 594-9588
Website	<a href="https://www.mealsofjoy.org/">https://www.mealsofjoy.org/</a> <a href="https://www.instagram.com/mealsofjoyaz/">https://www.instagram.com/mealsofjoyaz/</a> <a href="https://www.facebook.com/mealsofjoyaz">https://www.facebook.com/mealsofjoyaz</a>

#### Thursday Brown Bag Program

Food pick-up at Peoria Community Center takes place on Thursday mornings from approximately 7 a.m. to 8 a.m. The variety includes vegetables, fruits, some miscellaneous products, drinks, and usually bread or pastries.

Phone	(623) 979-3570
Website	<a href="https://www.peoriaaz.gov/government/departments/neighborhood-and-human-services/recreation-programs/active-adults/health-fitness-nutrition/">https://www.peoriaaz.gov/government/departments/neighborhood-and-human-services/recreation-programs/active-adults/health-fitness-nutrition/</a>
Address	8335 W. Jefferson St. Peoria, AZ 85345

## Grocery Store Information:

Grocery Store	Details
Duet	Phone: (602) 274-5022 Website: <a href="https://duetaz.org/homebound-adults/">https://duetaz.org/homebound-adults/</a> Grocery Shopping, English and Spanish-speaking
Albertsons	Senior shopping from 7-9 a.m. on Tuesdays and Thursdays
Bashas', Food City, and AJ's Fine Foods	Senior Shopping from 5-6 a.m. on Wednesdays
Dollar general	First hour of every business day for senior shoppers
Safeway	Senior shopping from 7-9 a.m. on Tuesdays and Thursdays
Wal-Mart	Senior Shopping (ID required) one hour before opening
Whole Foods	Senior shopping one hour before opening

*Figure 10 Information about Grocery stores*

## Other Meal Assistance Programs:

### Home Assist Health

Attendant Care which includes planning and preparing meals.

Phone	(602) 795-7620
Website	<a href="https://homeassisthealth.org/services/">https://homeassisthealth.org/services/</a>

## Kindred at Home

Meal preparation and grocery shopping service.

Phone	1-800-CARE-KAH
Website	<a href="https://www.gentivahs.com/services/personal-care/kindred-at-home-personal-care/">https://www.gentivahs.com/services/personal-care/kindred-at-home-personal-care/</a>

## Nutrition Assistance

### *Cancer Support Community Arizona*

Cancer Support Community Arizona offers several cooking classes to support cancer recovery journeys. This program provides nutrition classes which include *Feel Good Foods for Cancer and Cooking for Cancer*. Visit the calendar for a full list of classes and dates. In response to COVID-19, Cancer Support Community Arizona shifted this program to be held via Zoom only, which is a virtual/online platform that is free and accessible to you via any smartphone, laptop, desktop, or tablet.

Phone	(602) 712-1006
Website	<a href="https://cscaz.gnosishosting.net/Events/Calendar">https://cscaz.gnosishosting.net/Events/Calendar</a> <a href="https://www.facebook.com/CSCArizona">https://www.facebook.com/CSCArizona</a> <a href="https://twitter.com/CSCArizona">https://twitter.com/CSCArizona</a>





## STAYING HEALTHY

Health and wellness are crucial to healthy aging. Care facilities in Peoria strive to be accessible and meet the needs of all community members.

### Health & Welfare:

#### Maricopa County Department of Public Health

Contact for information regarding immunizations, nurse-family partnerships, and disease prevention education.

Phone	(602) 542-1025
Website	<a href="https://www.maricopa.gov/5302/Public-Health">https://www.maricopa.gov/5302/Public-Health</a>

#### Adelante Healthcare

Accessible and affordable medical services care for all.

Phone	(877) 809-5092
Website	<a href="https://adelantehealthcare.com/locations/peoria/">https://adelantehealthcare.com/locations/peoria/</a>

#### Cancer Support Community Arizona

Psychosocial support and services to individuals, families, and friends. Includes education, social activities, and referrals.

Phone	(602) 712-1006
Website	<a href="https://cscsz.org">https://cscsz.org</a>

#### Surprise VA Outpatient Clinic

Primary care, mental health, physical therapy and more for Veterans.

Phone	(623) 251-2884
Website	<a href="https://www.va.gov/phenix-health-care/locations/northwest-va-clinic/">https://www.va.gov/phenix-health-care/locations/northwest-va-clinic/</a>

### Arizona Department of Public Health Services

Phone	(602) 542-1025
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### HonorHealth Virginia G. Piper Cancer Center Network

The Virginia G. Piper Cancer Center at HonorHealth is known throughout the Southwest for its commitment to providing personalized cancer care. The Center also is known for its innovative combination of community oncology services, academic medicine, and genomic cancer research.

Phone	(855) 485-4673
Website	<a href="https://www.honorhealth.com/medical-services">https://www.honorhealth.com/medical-services</a>

### Valleywise Comprehensive Health Center

*(Renamed from Maricopa Integrated Health System)*

A new 70 million dollar specialty healthcare center providing a wide array of health care and dental services.

Phone	(602) 344-5011
Website	<a href="https://valleywisehealth.org/locations/comprehensive-health-center-peoria/">https://valleywisehealth.org/locations/comprehensive-health-center-peoria/</a>

### United States Veterans Initiative

Treatment for mental and physical health problems, counseling, and referrals.

Phone	(602) 757-9723
Website	<a href="https://usvets.org/locations/phoenix/">https://usvets.org/locations/phoenix/</a>

## Memory Programs and Resources:

### Banner Sun Health Research Institute

Located in the West Valley, focused on memory and movement disorders.

Phone	(623) 832-6500
Website	<a href="https://www.bannerhealth.com/locations/sun-city/banner-sun-health-research-institute-santa-fe">https://www.bannerhealth.com/locations/sun-city/banner-sun-health-research-institute-santa-fe</a>

## Dementia Friendly Surprise

The City of Surprise partners with community experts to provide access to programs and services. The Memory Café is hosted the 2nd & the 4th Tuesday of each month from 10 to 11:30 a.m.

Phone	(623) 832-6637
Website	<a href="https://surpriseaz.gov/463/Dementia-Friendly-Surprise">https://surpriseaz.gov/463/Dementia-Friendly-Surprise</a>



### Surprise Memory Café

As part of Dementia Friendly Surprise, the Memory Café provides a social and resource place for people living with memory loss and their care partners. The group gathers for coffee and socialization. Caregivers participate in an education and support session while people with memory loss actively participate in a life enrichment group.

The program is free and available with two attendance options:  
**in-person at the Salvation Army or virtually via Zoom.**  
 While registration is not required, you will need to contact us for the link/telephone number if you are interested in attending virtually.



**In-Person**  
 10 - 11:30a (MST)  
 4th Tuesday of each month  
 Salvation Army  
 17420 N. Avenue of the Arts  
 Surprise, Ariz.



**Virtual**  
 10 - 11:30a (MST)  
 2nd Tuesday of each month  
 Online via Zoom  
 Please contact us for virtual  
 access information.

**For more information, contact us.**

 (623) 832-6637

 [BannerResearch@bannerhealth.com](mailto:BannerResearch@bannerhealth.com)

*Figure 11 Surprise Memory Café Flyer, by City of Surprise*

## Alzheimer's Association

Voluntary health organization in Alzheimer's care, support, and research.

Phone	(602) 528-0545
24/7 Hotline	(800) 272-3900
Website	<a href="http://www.alz.org">www.alz.org</a>

### **Benevilla**

Full-service organization for families and caregivers of older adults.

Phone	(623) 584-4999
Website	<a href="http://www.benevilla.org">www.benevilla.org</a>

### **Duet**

Full-service resource for older adults and their families.

Phone	(602) 274-5022
Website	<a href="https://duetaz.org">https://duetaz.org</a>

### **Neighborhood Outreach Access to Health (NOAH)**

Comprehensive health, nutritional, and community resources.

Phone	(480) 882-4545
Website	<a href="https://noahhelps.org">https://noahhelps.org</a>

### **Sun Health**

Education, counseling, and supportive resources for chronic medical and cognitive diseases.

Phone	(623) 471-9355
Website	<a href="https://www.sunhealth.org/">https://www.sunhealth.org/</a>

### **Area Agency on Aging**

Nonprofit organization that coordinates services and programming in Maricopa County for adults 60 years of age and older, caregivers, and adults with long-term care needs. The Area Agency on Aging is a licensed behavioral health provider through the Arizona Department of Health Services. Visit the website or call the number provided for more information, resources, and programs.

Phone	(602) 264-2255
Website	<a href="https://www.aaaphx.org">https://www.aaaphx.org</a>

## Dental Services:

### Mobile Dentistry of Arizona

Serving those who are unable to travel to a dentist or have complex medical conditions.

Phone	(480) 313-3310
Website	<a href="http://www.mobiledentistryofaz.com">www.mobiledentistryofaz.com</a>

### Smiles by Delivery

Mobile dentistry option available in Maricopa County and surrounding communities.

Phone	(623) 584-4746
Website	<a href="http://www.smilesbydelivery.com">www.smilesbydelivery.com</a>

## Prescription Resources:

### Mission of Mercy

Nonprofit organization that provides healthcare and prescriptions to those who are uninsured, underinsured, or newly unemployed.

Phone	(602) 861-2233
Website	<a href="https://www.amissionofmercy.org/arizona/">https://www.amissionofmercy.org/arizona/</a>

## Disability Resources:

### Hospice of the Valley

Hospice, palliative, and dementia care and support for caregivers.

Phone	(602) 530-6900
Website	<a href="http://www.hov.org">www.hov.org</a>

### **Ability 360**

Programs and services to support seniors and those with physical disabilities.

Phone	(602) 256-2245
Website	<a href="http://www.ability360.org">www.ability360.org</a>

### **Arizona Center for the Blind & Visually Impaired**

Phone	(602) 273-7411
Website	<a href="http://www.acbvi.org">www.acbvi.org</a>

### **Gompers**

Organization serving the Phoenix Metro Area through assistive technology, adult day programs, and home care to assist individuals and families caring for a loved one with disabilities.

Phone	(623) 245-8332 ext. 305
Website	<a href="http://www.gompers.org/programs">www.gompers.org/programs</a>

## **Home Health Agencies – Wound Care, Sleep Apnea, Diabetes, and Equipment:**

### **Home Assist Health**

Providing 24/7 support and Home Care to Arizonans living a self-determined lifestyle.

Phone	(602) 795-7620
Website	<a href="http://www.homeassisthealth.org">www.homeassisthealth.org</a>

### **CenterWell Home Health**

CenterWell Home Health specializes in helping older adults reach personal recovery goals in the privacy and comfort of their own home, whether it's after surgery, a hospital stay, or managing a chronic illness.

Phone	(623) 979-7471
Website	<a href="https://www.centerwellhomehealth.com/">https://www.centerwellhomehealth.com/</a>

### **Interim Healthcare**

Healthcare service based in Peoria that provides comprehensive in-home care.

Phone	(602) 830-3003
Website	<a href="https://peoriaaz.interimhealthcare.com/">https://peoriaaz.interimhealthcare.com/</a>

### **Apria**

Providing home medical equipment and related services such as home respiratory therapy, sleep therapy and many more.

Phone	(623) 872-1392
Website	<a href="https://www.apria.com/services">https://www.apria.com/services</a>

### **Serene Mobility & Lifts**

Peoria-based company that provides mobility solutions and services.

Phone	(623) 580-8500
Website	<a href="https://www.serenemobility.com/">https://www.serenemobility.com/</a>

### **Lincare**

Durable medical equipment (DME), wound care, speech and auditory devices, and INR testing.

Phone	(623) 972-0044
Website	<a href="https://www.lincare.com/en/">https://www.lincare.com/en/</a>

### **Medical Lending Center**

Organization providing short-term loans of medical equipment at no cost.

Phone	(623) 977-4661
Website	<a href="http://www.youngtowncommunityfund.com">www.youngtowncommunityfund.com</a>

### **Inogen Portable Oxygen through Banner Thunderbird Medical Center**

Offers compact, lightweight, and travel-approved portable oxygen concentrators.

Phone	855-MY-INOGEN
Website	<a href="https://www.inogen.com/?utm_source=yellowpages&amp;utm_medium=banner&amp;utm_campaign=YPWEB">https://www.inogen.com/?utm_source=yellowpages&amp;utm_medium=banner&amp;utm_campaign=YPWEB</a>

### **Optical Experts**

Durable medical equipment (DME) and optical experts

Phone	(623) 815-1600
Website	<a href="http://theopticalexpert.com/">http://theopticalexpert.com/</a>

### **Southwest Lending**

Southwest Lending Closet has a wide range of home health equipment; from wheelchairs to shower chairs to walking canes. All equipment is lent out for 90 days, without cost.

Address	218 N. Central Ave., Avondale, AZ 85323
Phone	(623) 932-1016
Website	<a href="https://swlendingcloset.org/">https://swlendingcloset.org/</a>

### **Active Forever**

Online medical supply store offering exercise equipment, nutrition supplements, incontinence support, wound care, mobility devices, and other large DME.

Website	<a href="https://www.activeforever.com/shop-all-categories">https://www.activeforever.com/shop-all-categories</a>
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## STAYING SAFE

Stay safe by taking advantage of the numerous resources available for home and neighborhood emergencies. With resources like a residential lock box, online portal, and more, Peoria's emergency services strive to serve all members of the community.

### Peoria Police Department

The Peoria Police Department is committed to partnering with the community to ensure a high quality of life and safety.

For emergencies call	911
For non-emergencies call	(623) 773-831
Address	8351 W. Cinnabar Ave., Peoria, AZ 85345
Website	<a href="https://www.peoriaaz.gov/government/departments/police">https://www.peoriaaz.gov/government/departments/police</a>

### Residential Lock Box Program

An individual who calls 911 may not be able to open their door when firefighters arrive. This is especially true if an individual suffers a fall, stroke, or heart attack. In these instances, every second counts. Firefighters must break through a door or a window, causing damage and costing money and valuable time. Instead, residents can order a lock box for home, so firefighters have immediate access. A residential lock box is a small metal box that opens with a proprietary key that only Police and Fire can access. The box is mounted on the exterior of the home and the homeowner provides a house key and/or screen door key to be permanently locked in the box. The cost is \$50, and the City will install the lock box and provide instructions.

Phone	(623) 773-7919 (Contact Kyle Layne, to schedule an appointment.)
Website	<a href="https://www.peoriaaz.gov/government/departments/fire-medical/community-outreach/lock-box-program">https://www.peoriaaz.gov/government/departments/fire-medical/community-outreach/lock-box-program</a>

### **Peoria Fire-Medical Department**

The Peoria Fire-Medical Department is committed to protecting and caring for our neighbors, our guests, and each other. Ambulance and fire services are offered through this department, with eight fire stations throughout the city.

For emergencies call	911
For non-emergencies call	(623) 773-7279
Website	<a href="https://www.peoriaaz.gov/government/departments/fire-medical">https://www.peoriaaz.gov/government/departments/fire-medical</a>

### **Adult Protective Services**

Elder abuse is a significant problem in Arizona. This can be physical, emotional, or sexual, financial, or neglect.

For emergencies call	911
For non-emergencies call	(877) 767-2385 for State's adult protective services (602) 264-4357 for Aging 24-hour helpline (Contact Area Agency)
For financial exploitation	(602) 542-2124 for Attorney General's office

For more information on elder abuse, the Arizona Attorney General provides a guide:

Online Guide	<a href="https://www.azag.gov/seniors/senior-abuse">https://www.azag.gov/seniors/senior-abuse</a>
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## HELPING PEOPLE WHO CARE FOR OTHERS

Caregivers often need their own assistance - support groups, financial assistance, training help and more. In the Valley, various nonprofit organizations offer programs designed for caregivers.

### Alzheimer's Association

Voluntary health organization in Alzheimer's care, support, and research.

Phone	(800) 272-3900
Website	<a href="https://www.alz.org/dsw?lang=en-US">https://www.alz.org/dsw?lang=en-US</a>

### Arizona Caregiver Coalition

Nonprofit organization dedicated to improving the quality of life for family caregivers across Arizona through collaborative partnerships, advocacy, resource, and respite support.

Phone	(888) 737-7494
Website	<a href="https://azcaregiver.org/">https://azcaregiver.org/</a>

### Banner Alzheimer's Institute

Comprehensive Care for care for individuals and families facing Alzheimer's and other Dementias.

Phone	(602) 839-6900
Website	<a href="https://www.banneralz.org/">https://www.banneralz.org/</a>

### Benevilla

Full-service organization for families and caregivers of older adults.

Phone	(623) 584-4999
Website	<a href="https://benevilla.org/">https://benevilla.org/</a>

### **Duet**

A nonprofit, interfaith organization that promotes health and well-being through its accessible and affordable services to homebound adults, family caregivers, faith communities, and families.

Phone	(602) 274-5022
Website	<a href="https://duetaz.org/family-caregiver/">https://duetaz.org/family-caregiver/</a>

### **Foundation for Senior Living**

Nonprofit organization committed to providing older adults with necessary information about support services in addition to referrals to much-needed services.

Phone	(602) 285-1800
Website	<a href="https://www.fsl.org/fsl-history">https://www.fsl.org/fsl-history</a>

### **Hospice of the Valley's Dementia Care and Education Campus**

Organization that provides care for people with Dementia and support their family caregivers.

Phone	(602) 767-8300
Website	<a href="https://dementiacampus.org/">https://dementiacampus.org/</a>



## GUIDING PEOPLE THROUGH THE GRIEVING PROCESS

Grief is a shared experience that impacts individuals and the communities. Resources are available from Hospice of the Valley and AARP for caregivers and families.

### HealGrief

A social support network that offers tools and resources to guide one's journey with grief into healthy personal growth.

Website	<a href="https://healgrief.org/contact-us/">https://healgrief.org/contact-us/</a>
Website	<a href="http://www.youngtowncommunityfund.com">www.youngtowncommunityfund.com</a>

### Hospice of the Valley Grief Support

Offers up to 13 months of bereavement counseling and support to spouses/partners, family members, and close friends of a loved one served by Hospice of the Valley.

Phone	(602) 530-6970
Website	<a href="https://www.hov.org/our-care/grief-support/grief-support-groups/">https://www.hov.org/our-care/grief-support/grief-support-groups/</a>

### AARP Prepare to Care Guide

Planning guide developed for caregivers.

Website	<a href="https://www.aarp.org/content/dam/aarp/home-and-family/caregiving/2012-10/PrepareToCare-Guide-FINAL.pdf">https://www.aarp.org/content/dam/aarp/home-and-family/caregiving/2012-10/PrepareToCare-Guide-FINAL.pdf</a>
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