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HEALTH GUIDE

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State of health in Maricopa

With a population of over 50,000, Maricopa is a diverse mix of age groups, income brackets and health needs.

According to U.S. Census estimates, the city has 5,500 residents over the age of 65 and 2,600 under the age 5. Data from 2017 estimate 7.4 percent live below the poverty level.

In 2019, Pinal was among the counties to experience a Hepatitis A outbreak. County health clinics maintain a supply of Hepatitis A vaccines and do not require insurance.

The health portrait of Maricopa is similar to that of Pinal County, with some of the same health concerns. Here are statistics from federal and local agencies.

More than
4,000
Maricopans in 2017 had no health insurance.

1,300
Maricopans are on food stamps/SNAP.



22%

Maricopa veterans with poverty status have a disability.



Maricopa's veteran population in 2017 was over

4,000
with 1,243 from the Vietnam War era. More than 2,000 served during the pre- and post-9/11 Gulf wars.

76%

of the county's low-income population lived more than 10 miles from a grocery store in 2016.

38%

of new syphilis cases were in individuals age 25-34 in 2013-2018.



Heart disease
was the top cause of death in Pinal County

42%

Heart disease death rate of men over women.



Cancer
was the second-leading cause of death in Pinal County.

55

Men and women died of lung cancer



Auto accidents
No. 1 cause of accidental death among county men.

21

Men's deaths in auto accidents were 130 percent higher than women's.



Poisoning
No. 1 cause of accidental death among county women.

15

Accidental deaths caused by poisoning among women.

60%

Rate at which men were more likely than women to suffer accidental death.

13.3%

of the county's population at times did not have access to nutritionally adequate sources of food in 2017.

Men were
19%

more likely than women to die from diabetes, accidents, firearm injuries, liver disease or suicide in Pinal County.

More than
33,000

Maricopans are covered by private health insurance.

Data from U.S. Census, American Community Survey estimates and Pinal County Public Health Department



Residents push for hospital while City talks with providers

BY RAQUEL HENDRICKSON

Once upon a time, the items at the top of the wish list for Maricopans were a “sit-down restaurant” and a solution for State Route 347.

Today, restaurant needs have taken a back seat as a hospital facility now rivals 347 for residents’ demands, according to recent polling. For some residents, the two are tightly connected.

“With all the accidents on 347, a trauma center staffed with the best physicians would save lives,” Carol Kaye Robinson responded in an InMaricopa Facebook post. “A top surgical center would go hand-in-hand with the trauma center.”

“I had to take my child to the ER twice this past year. One for an eye infection, one for asthma,” Jessica Truckner added. “When you have a sick child, a 20-minute drive on the nightmare road that is the 347 can feel like an eternity. Not to mention all the women that drive out of town to deliver babies.”

While Maricopa has doctor’s offices, clinics and urgent care, residents want something more. What that would look like and what needs it would fulfill vary. So does the identity of the entity that would be most likely to build a facility.

“We have had a recent and productive meeting with Dignity Health regarding their future plans for Maricopa,” City Manager Ricky Horst said. “This effort continues to be a work in progress. Dignity has reaffirmed their commitment to the city.”

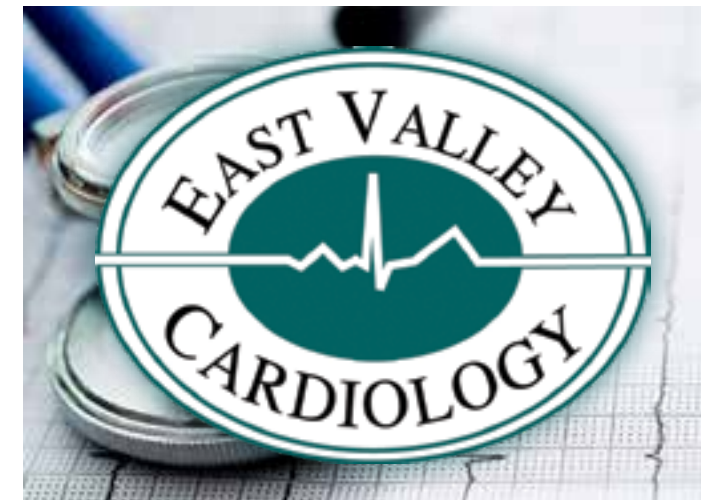
Dignity and Banner Health have both invested in the city. Dignity Community Care continues to own about 18 undeveloped acres behind Maricopa Station and CVS and runs the urgent care at 20750 N. John Wayne Parkway, which operates from 10 a.m. to 8 p.m. daily. It is connected to Mercy Gilbert Medical Center.

Continued on page a6



“When you have a sick child, a 20-minute drive on the nightmare road that is the 347 can feel like an eternity. Not to mention all the women that drive out of town to deliver babies.”

JESSICA TRUCKNER



SERVICES

- Cardiology Consult
- Coumadin Clinic
- Echocardiography
- EKG
- Holter
- Event Monitoring
- Pacemaker Checks
- Treadmill Stress Test
- Vascular Imaging

PROVIDERS

- James F Ganem, MD
- Robert A Hanson, DO
- Daniel Einhorn, DO
- Erica M Flores, MD
- Melissa M Mattison, FNP



EAST VALLEY CARDIOLOGY
20924 N. John Wayne Parkway, Suite D4

(480) 899-9430

EastValleyCardiology.com

MAIN OFFICE - CHANDLER

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595 N. Dobson Road, Suite C48

HOURS:

Monday thru Thursday 8:30am-5:00pm
Friday 8:30am -3:00pm



PEDIATRICS

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- Hariadi, MD
- Kampfe-Leacher, NP
- Brown, NP

OBGYN

- Allen, MD
- Bolander, CNM
- Kayani, MD

FAMILY/INTERNAL

Relationship Between You & Your Physician

- Basnyat, MD
- Bechill, MD
- Bottomley, MD
- Kamireddy, MD
- Richardson, MD
- Sheard, MD
- Song, MD
- Donos, NP

SERVICES

- Chronic Health
- Diagnosing & Treating Illness
- Guidance for Maintaining a Healthy Lifestyle
- Health-Risk Assessments
- Immunization & Screening Tests
- Integrated Care
- Preventive Care
- Personalized Care
- Routine Checkups

Monday-Thursday
Friday
Saturday

7 a.m. to 7 p.m.
7 a.m. to 5 p.m.
8 a.m. to 1 p.m.

Banner Health Center
17900 N. Porter Rd
(520) 233-2500



www.BannerHealthMaricopa.com



Hospital

Meanwhile, Banner Health Center at 17900 N. Porter Road has primary care physicians, X-rays and labs. It is affiliated with Banner hospitals in Casa Grande and the Valley.

An online question at InMaricopa.com found 85 percent wanted an emergency room or trauma center, preferably operating 24 hours a day.

“We need a small hospital with an emergency room, much like what Banner Health is building at Alma School and the 202,” Brent Egnal said in InMaricopa’s social media conversation. “It’s not a massive hospital, but it will have everything you need or want at a hospital.”

A hospital facility would serve the unincorporated area around Maricopa, one resident pointed out.

“While I appreciate all the people who live in Maricopa proper are concerned with the drive time, putting a full-service hospital in Maricopa will help Stanfield, Mobile, Hidden Valley, etc.” Michele Mayhugh commented to InMaricopa’s online query. “We have 45 minutes to an hour drive to a hospital.”

Not everyone agrees a hospital is necessary in Maricopa.

“I do not think we need a hospital,” Dawn Brunn said. “Maybe have the urgent care 24 hours to start. We are less than 30 minutes from two hospitals. This isn’t the first time I lived in a town without a hospital. I knew we didn’t have one when I moved here in 2008. I do not mind driving if I need to go to the hospital.”

Luchia Young was even more emphatic. “A hospital in Maricopa is a big no. I want a private helicopter company w/pad available to fly me to a major hospital with trauma care. If I need a trauma one with a neuro surgeon, I don’t want to be held up in some small-town hospital where I will end up a vegetable. We do maybe need a 24-hour urgent care.”

For the many residents who have been vocal about the need for a hospital, the push is driven by personal experience.

“I had to drive my husband with a ruptured appendix to Chandler Regional Hospital for care, then watch him writhe in agony every time he had to wait for a



“I had to drive my husband with a ruptured appendix to Chandler Regional Hospital for care, then watch him writhe in agony every time he had to wait for a gunshot victim to be treated first.”

ANNA JONES

gunshot victim to be treated first,” Anna Jones shared.

“I just spent over a week at Chandler Hospital, and to get there took the most terrible ambulance ride, and [I] prayed the whole trip,” Thomas DeGraphenreed II wrote.

“Well, if we had a hospital, I wouldn’t have almost had my baby in the bathtub,” Erin Tucker added. ■

POLL

What is the most important hospital service not available in Maricopa?

85%

ER/Trauma Center

3%

Cardiology
Out-patient surgery

2%

In-patient surgery
Labor/Delivery
24-hour lab
Specialists

0.5%

Oncology
Cath lab



Dr. C. Jon Beecroft



Dr. Kelvin Crezee



Dr. Alex Stewart

- Ingrown Toenails
- Sprains & Fractures
- Athletic Injuries
- Warts

- Plantar Fasciitis
- Varicose Veins Treatment
- Ankle & Foot Surgery
- Bunions & Bone Spurs



Two convenient locations



Maricopa Foot & Ankle Center

(520) 494-1090

MFAAC.com

21300 N. John Wayne Parkway, Suite 126

Just south of ACE Hardware



Ahwatukee Foot & Ankle Center

(480) 893-1090

AHWFAC.com

15810 S. 45th St., Suite 190

Just south of Chandler Blvd.



5 Tips for healthy eyes

1 CONTROL YOUR DIABETES AND BLOOD SUGAR.

According to the National Institutes of Health, one third of the 285 million people with diabetes also have diabetic retinopathy, a disease that occurs when high blood sugar levels cause damage to the

blood vessels of the retina, deep inside the eye. A third of those cases are vision-threatening. If you've been diagnosed with diabetes, work with your doctor or endocrinologist to ensure your A1C blood sugar level stays in a healthy range. Get annual eye exams to ensure any retinopathy is identified early, so it can be treated.



3 GET PROPER NUTRITION.

We can all support our ocular health through a diet rich in antioxidants, colorful fruits and vegetables, and omega 3 fatty acids. However, if you've been diagnosed with or have a strong family history of age-related macular degeneration, additional supplements may be beneficial. Talk to your doctor about whether the AREDS2 formulation is right for you.

4 QUIT SMOKING.

Smoking is harmful to many of the body's systems. In the eyes, smoking dramatically increases the risk of diabetic retinopathy, cataracts, macular degeneration and Uveitis (an inflammatory condition of the eye). It can also exacerbate Dry Eye Syndrome.

5 SCHEDULE ANNUAL EYE EXAMS.

Get regular eye exams, especially if you have a family history of eye problems such as glaucoma or macular degeneration. Many early cases of glaucoma have no overt, outward signs, meaning someone could have good vision but could be developing irreversible damage to the internal structures of the eye. By detecting this and other conditions early, patients have the best treatment options and outcomes. ■

2 PROTECT YOUR EYES FROM EXTERNAL THREATS, SEEN AND UNSEEN.

We know that we should wear safety glasses when we're working with power tools and sunglasses to protect ourselves from UV radiation outside, but do you know about HEV? HEV, or high energy visible light, refers to the high-energy portion of the visible blue

light spectrum, from 380-500nm. This type of light has always been present in nature, but we have dramatically increased our eye exposure to HEV, as it is emitted from the LED screens of the phones and tablets we spend so much time with, at close range. Studies have shown that HEV light may cause digital eye strain, disrupt circadian rhythms affecting sleep and may increase risk of macular degeneration. Consider a blue light filter for your phone or tablet, and ask your eye doctor about blue-light blocking lens technologies.



Normal retina

Diabetic retinopathy



For more information, call 520-568-7538 or visit MaricopaEyeCare.com.

Native always has healthy options to choose. Here are just a few!



Cobb Salad



Chicken Apple Walnut Salad



Chicken Lettuce Wraps

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Kitchen Open: 11am-11pm; Lounge: 11am-2am
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BY DAVID LOZANO
Banner Health
Marketing & Public
Relations

Banner Casa Grande set to begin construction on new Emergency Department and Wound Clinic

It seems like only yesterday when we announced the expansion of the Women and Infant Services unit at Banner Casa Grande Medical Center. It's hard to believe that was a little more than three years ago. It's even harder to believe that more than two years ago, that unit opened, and we've been

providing exceptional care and treatment in that space to hundreds of people ever since. In just the past few years, the hospital has seen some vast improvements including new services, and of course, some physical upgrades – this includes the expanded Women and Infant Services



unit, as well as the opening of a new retail pharmacy. Now, it's time to focus on Emergency care and Wound care. In early August, Banner Health announced that work will soon begin on a new \$10 million Emergency Department and Wound Clinic expansion.

This project will add more than 3,300 square feet to the existing Emergency Department, creating private triage areas and 12 more patient rooms, bringing the total number of beds in that department to 28. A second computed tomography (CT) scanner that scans detailed images of internal organs, will also be added, as will new restrooms, expanded staff storage and work space.

In addition to the Emergency Department expansion, the current Wound Clinic will move to a more accessible space in the medical office building that is adjacent to the main hospital on the same campus. That will occur as part of the first phase of the construction project. Once that is complete, the second phase will then transform that former clinic space into additional space for the Emergency Department. All these changes are needed as Banner Casa Grande's Emergency Department sees more than 4,000 patients a month, making it the busiest Emergency Department in Pinal County.

"As more people continue to move to our community, we want to make sure our Emergency Department can handle their needs," said Brian Kellar, CEO of Banner Casa Grande. "It's our responsibility to make sure people have the best possible access to emergency medicine now and in the future.

As the population in Maricopa and the rest of Pinal County continues to expand with more people moving into the local communities, along with the influx of tourists and winter visitors who may stay for several weeks out of the year, enhanced medical services is



what Banner Health is able to deliver. Luckily, residents have a great choice when it comes to Banner Urgent Care in Casa Grande for less serious medical issues, like a cold or the flu, or finding primary care at the Banner Health Center in Maricopa. And of course, there's the option of getting Emergency care at Banner Casa Grande Medical Center.

Since it's opening in 1984, it's amazing to see all the changes that have occurred at Banner Casa Grande in that 35-year span.

"As more people continue to move to our community, we want to make sure our Emergency Department can handle their needs."

CEO BRIAN KELLARE

It's also amazing to see how much change has taken place in just a short amount of time. Once considered small and rural, towns like Casa Grande and Maricopa are becoming less "sleepy," and more vibrant and urban as they are being more directly linked to larger cities such as Tucson and the Phoenix Metropolitan area.

Walt Disney once said this about Disneyland: "Disneyland will never be completed. It will continue

to grow as long as there is imagination left in the world." While Disneyland is in the entertainment business, and we're in the business of health care, if you look at the dramatic changes made to the hospital since it's opening 35 years ago, as long as there are people that need exceptional medical care, Banner Casa Grande will also continue to grow, meeting the demands of our communities and helping our patients by making health care easier. ■

About Banner Casa Grande Medical Center

Banner Casa Grande Medical Center is a full-service, community hospital providing comprehensive quality care to the Casa Grande Valley as well as the surrounding communities of western Pinal County. The hospital offers a variety of medical specialties including: cardiology, gastroenterology, gynecology, neurology, oncology, pediatrics, psychiatry and urology. Banner Casa Grande is part of Banner Health, a nonprofit healthcare system with 28 acute-care hospitals in six states.



For more information, visit BannerHealth.com/casagrande.



Medicare changes

- A lot changed in Medicare this year with more coming in 2020.
- A new Open Enrollment was introduced to allow switching from HMO to HMO or PPO to PPO plans between Jan.1 and March 31.
 - Opioid measures were introduced to help manage the recognized crisis.
 - New Medicare Cards were issued.
 - Announcement that Plan C and F (Medicare supplement) are no longer available to individuals eligible for the first time January 2020 and beyond.
 - More PPO plans offered, some with \$0 monthly premium.

HIGHLIGHTS OF PUBLISHED CHANGES FOR 2020

- Prescription plans with deductible can increase from \$415 to \$435.
- Entry into the medicine coverage gap (donut hole) starts at \$4,020 up from \$3,820.
- Coverage gap closes at \$6,350 up from \$5,100.
- Member pays 25% of the cost in the gap (brand name and generics).
- More PPOs coming.
- Dental, vision, hearing and more. . .

NOTE: The Annual Notice of Change is sent to all current plan holders by early October each year. This notice shows the year-to-year changes (side-by-side format). Read this! Many, many plan holders place this notice in the to-be-read pile of mail received during the Annual Enrollment Period (Oct. 15-Dec. 7), but don't take the time to study it. This is an important document and it's a quick read.

Here is a Snapshot of the Medicare parts and how they work, and how you access them.

Medicare is available to individuals under 65 after a Social Security disability of 24 months and for individual 65 and older.

There are four parts to Medicare.

Part A: Pays for hospitalization costs (no monthly premium, if the 40 quarters of Social Security contribution is met).

Part B: Pays for physician services, lab and X-ray services, durable medical equipment, and outpatient and other services (a monthly standard premium applies) – 2020 premium will be announced around the time Social Security changes are made public. This year's standard premium is \$135.50.

Part C: Medicare Advantage Plans (like HMO or PPO) are offered by private companies approved by Medicare (some plans required no additional monthly premium).

Part D: Assists with the cost of prescription.

HOW DO I APPLY FOR MEDICARE?

1. If you are already receiving Social Security benefits, you will automatically receive your card about 3 months before your effective date. Coverage always starts on the first day of month.
2. If you are turning 65 and do not receive Social Security benefits, you can apply online with www.ssa.gov or in person at your Social Security Administration Office 3 months before your 65th birthday.

HOW DO I SELECT A PLAN?

You have many choices, the most common are:

- a. Original Medicare – Part A and B
- b. Prescription Plan
- c. Medicare Supplement

Or

Medicare Advantage Plan (HMO/PPD) with/or without prescription coverage.

ORIGINAL MEDICARE/MEDICARE SUPPLEMENTS

If you want complete choice of providers that accept Medicare, then search out the Medicare Supplement Plan that is best for you. Medicare Supplement plans help to pay the 20% cost that Medicare doesn't cover. And, you will want to select a prescription drug plan. This option will include a premium for: a) Medicare Supplement; b) Prescription plan and c) Part B premium.

NOTE: there is a 1% penalty for not enrolling in a prescription plan when first eligible (if you do not have creditable coverage).

MEDICARE ADVANTAGE

If your decision is a Medicare Advantage plan (HMO/PPD), then confirm that your doctor(s) and other providers are included in the plan. And finally, check to see if your medicine is covered and at what cost. Check again each Annual Enrollment Period (AEP) October 15th to December 7th.

This option may be at no extra premium to you. Additionally, many Medicare Advantage plans offer extra benefits, such as: over-the-counter no-cost mail order purchases of covered items (which save you money); fitness benefits at no or low costs; virtual non-emergency doctor appointments; gift card rewards for fitness assessments; and free meals after your hospital stay.

WHEN CAN I SELECT A PLAN?

You can select your Medicare Advantage or Prescription plan up to 3 months before the effective date, the month of or up to 3 months after your effective date.

Medicare Supplement Plan plans can be selected up to 6 months before your effective date.

It's a good idea to learn all your options before making a decision.

Your mailbox will be filled with offers when you are first eligible and during the Oct. 15-Dec. 7 Annual Enrollment Period (AEP). People have told me sometimes 10-12 different offers are received daily for the 4-5 months before your effective date. Make an informed decision that fits your needs.

WHERE CAN I GET HELP, IF I NEED IT?

- You can attend a no-sales education/information session
- You can contact the Area Council on Aging in your area
- Contact Medicare directly
- You can contact Medicare brokers that offer the plan in your area. ■



Gloria Smith is an Independent Insurance Broker, main office in Maricopa, and meeting locations in Arizona City, Peoria, and Tucson. Licensed in Arizona, California, Nevada and Washington.

i For more information or to register for a free information session offered by Gloria, contact her at 520-568-6750, 877-542-5520 or gloria@gloriadsmith.com. Space is limited. Reserve your space.

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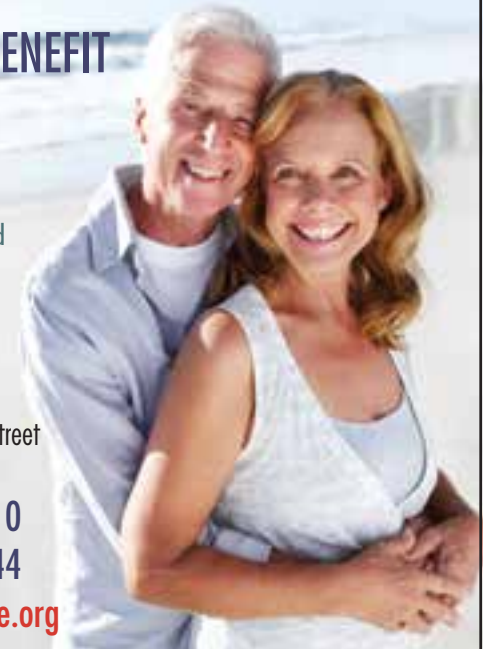
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Dr. Woods

Dr. Assadi



BY STAFF WRITER

Sun Life Family Health Center – Trusted Care. Close to Home.

The staff at Sun Life Family Health Center truly care about the people we serve. It has been our legacy since Sun Life started. We began in Casa Grande, as an outgrowth of the Arizona Job College, which provided job training for migrant and seasonal farm-workers. The farm workers who were interested in health services were trained at the Center. Over time, as the training funds ran out, the health funds kept coming and the job college became solely a health facility.

The Center became established as a Federally Qualified Health Center (FQHC) in 1981, allowing a shift in funding from migrant grants to the Community Health Center Program grant. The Center operated on a sliding-fee schedule; patients paid according to their income. This was by no means a “free clinic,” as there was a minimum fee charged. This meant the Center was able to ensure that everyone in the community was eligible to use its services, regardless of income or insurance status. Even in these early years, the goal was to offer good, quality, conventional care, focusing on preventative health services. This level of care supported continued growth, and, by 1984, the organization was operating four offices in the County.

In 2001, the organization saw construction of its Maricopa Family Practice office and, in 2015, Sun Life moved Maricopa’s family practice to a new, larger facility and added pediatric care and a pharmacy. Sun Life then renovated the original Maricopa office to provide OB/GYN services at Sun Life Center for Women.

From the humble beginnings, Sun Life has grown from a small office with one full-time and one part-time physician to staffing 61 health care providers at 13 offices in nine communities in Pinal and Maricopa Counties.

Sun Life Family Health Center has been serving the community of Maricopa for over 38 years. Sun Life has an unwavering dedication to providing our patients and the community comprehensive, trusted and affordable healthcare close to home. Over the years, we have grown our services to meet the changing needs of our communities. This includes offering integrated behavioral health, wellness education and most recently ensuring our communities have access to medication by opening our Maricopa Pharmacy to the public. ■

SUN LIFE’S HISTORICAL JOURNEY TO AND IN MARICOPA

In 1976, the Center became incorporated as a 501(c)3 not-for-profit, which staffed one full-time and one part-time physician. In the first year, the Center provided 12,000 patient visits. In March 1977, the Center moved from the Job College to Cottonwood Lane. This move provided a larger facility, allowing the Center to increase staffing to three full-time and three part-time physicians. This new facility was built to offer laboratory, X-ray and pharmacy services as a convenience for patients. By 1978, the Center had introduced family dentistry

and women’s health and maternity care services (OB/GYN), now providing an array of services to the community, and truly being a “family health center.”

The Center saw the start of growth to communities outside of Casa Grande, starting with the Center’s second office in Maricopa in 1980.



Family Medicine
(520) 568-2245
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i Primary Medical Care 520-568-2245
44572 W. Bowlin Road

SLFHC.org

OB/GYN Care 520-788-6100
44765 W. Hathaway Avenue



DIRECTORY

AESTHETICS

Maricopa Wellness
41600 W. Smith Enke Road
Bldg 14, Suite 3
520-464-6193
MaricopaWellnessCenter.com

ASSISTED LIVING/HOME CARE
Comfort Keepers
480-659-9201
ComfortKeepers.com

1 Holistic Mental Health, LLC
41600 W. Smith-Enke Road
Bldg 12, Suite 128
480-653-4051
HolisticMhaz.com
See ad on page HG18

Rehoboth Residential Facility
19436 N. Smith Drive
480-603-5286

ATTORNEY

Copple & Copple, P.C.
15333 N. Pima Road, Suite 200
Scottsdale
602-528-4705
Chris@CoppleLawFirm.com

Law Office of Nicholas Fuerst
44400 Honeycutt Road
Suite 102
480-755-1930

Robert D. Corl, Esq.
20987 N. John Wayne Parkway
Suite B-104-172
520-413-3123 Office
480-417-9281 Cell

AUDIOLOGY

The Hearing Centers of Arizona
21300 N. John Wayne Parkway
Suite 116
520-494-3285

CARDIOLOGY

Affiliated Cardiologist of Arizona
21300 N. John Wayne Parkway
Suite 123
520-709-3106

2 East Valley Cardiology
20924 N. John Wayne Parkway
Suite D4
480-899-9430
EastValleyCardiology.com
See ad on page HG5

Premier Cardiovascular Center
21300 N. John Wayne Parkway
Bldg 7, Suite 116
520-836-6682
PCVC.md

CHIROPRACTIC

A-1 Health & Wellness
21300 N. John Wayne Parkway
Suite 109
520-494-7788
MaricopaChiropractor.com

Harshe Chiropractic

20800 N. John Wayne Parkway
Suite 116
520-350-0074
HarsheChiropractic.com

Sonora Spine Care
44870 W. Hathaway Ave.
Suite 5
520-428-4772

CPR TRAINING

Arizona CPR Training and Certification
4625 S. Lakeshore Drive
Tempe
520-424-4071
ArizonaCPRCertification.com

DENTISTRY/ORTHODONTISTRY

Arizona Associates in Dentistry
21300 N. John Wayne Parkway
Suite 128
520-568-5959

Cobblestone Dental

44600 W. Smith-Enke Road
Suite 103
520-494-7333
CobblestoneDental.com

Dentistry at Maricopa

20046 N. John Wayne Parkway
Suite 105
520-316-6100

3 Edison Family Dental Care

44555 W Edison Rd
Suite A
520-463-4067
EdisonFamilyDentalCare.com
See ad on page HG13

Family Dentistry of Maricopa

44870 W. Hathaway Ave.
520-568-7004

Maricopa Family Dentistry

44480 W. Honeycutt Road
Suite 110
520-568-9100

Maricopa Smiles Dentistry and Orthodontics

41620 W. Maricopa-Casa Grande Hwy., Suite 110
520-568-2800

Oasis Oral & Facial Surgery

21300 N. John Wayne Parkway
Suite 114
520-231-6700

Premier Orthodontics

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520-568-5600
YourAZBraces.com

Smile Lines Dentistry

21300 N. John Wayne Parkway
Suite 108
520-494-7578

4 Smiley Dental

20917 N. John Wayne Parkway
Suite A-105
833-793-7773
SmileyDentalMaricopa.com
See ad on page HG18

Super Smiles 4 Kids

21116 N. John Wayne Parkway
Suite B-7
520-568-3828

Treasured Smiles Children's Dentistry

21300 N. John Wayne Parkway
Unit 117
520-316-6111
TreasuredSmilesChildrensDentistry.com

DIAGNOSTIC IMAGING

AZ-Tech Radiology
21300 N. John Wayne Parkway
Suite 113
520-568-6411

SimonMed Imaging

44555 W. Edison Road
520-666-7960

EMERGENCY SERVICES

Maricopa Fire Department
911 or 520-568-3333

Maricopa Police Department

911 or 520-316-6800

Poison Control

800-222-1222

FAMILY

Agave Family Physicians

21300 N. John Wayne Parkway
Suite 123
520-494-7778

Ak-Chin Health Clinic

48203 W. Farrell Road
520-568-3881

5 Banner Health Center

17900 N. Porter Road
520-233-2500
BannerHealthMaricopa.com
See ad on page HG5

Dignity Health Medical Group

21300 N. John Wayne Parkway
Suite 115
520-426-3424

Health Matters

9180 E. Desert Cove, Suite 103
Scottsdale
480-933-3331
HealthMattersAZ.com

Pinal County Public Health Clinic

41600 W. Smith-Enke Road
Suite 15
866-960-0633

6 Sunshine Family Healthcare Center

19756 N. John Wayne Parkway
Suite 111
520-510-9486
SunshineFHC.com
See ad on page HG2

7 Sun Life Family Health Center

44572 W. Bowlin Road
520-568-2245
SLFHC.org
See ad on page HG14-15

FITNESS

Anytime Fitness
21116 N. John Wayne Parkway
Suite B3
520-568-5226
AnytimeFitness.com

Copper Sky Recreation Complex

44345 W. Martin Luther King Jr. Blvd.
520-316-4600
PlayMaricopa.com

CrossFit Maricopa

21576 N. John Wayne Parkway
480-532-0067

Longevity Athletics

20924 N. John Wayne Parkway
Suite D2-A
520-261-4661

Planet Fitness

20595 N. John Wayne Parkway
Suite 400
520-666-2300

FUNERALS

J. Warren Funeral Services

44400 W. Honeycutt Road
Suite 102-G
520-836-8041
JWarrenFuneral.com

HEALTH & WELLNESS

8 Native Grill & Wings

21164 N. John Wayne Parkway
520-568-6077
NativeGrillAndWings.com
See ad on page HG9

HOSPITAL

Banner Casa Grande Medical Center

1800 E. Florence Blvd.
Casa Grande
520-381-6300
BannerHealth.com/CasaGrande
See ad on page HG10-11, HG20

Phoenix ER & Medical Hospital

480-284-5867
3050 S. Dobson Road
Chandler
PhoenixERHospital.com
See ad on page HG19

INSURANCE

9 Insurance and Consulting Services

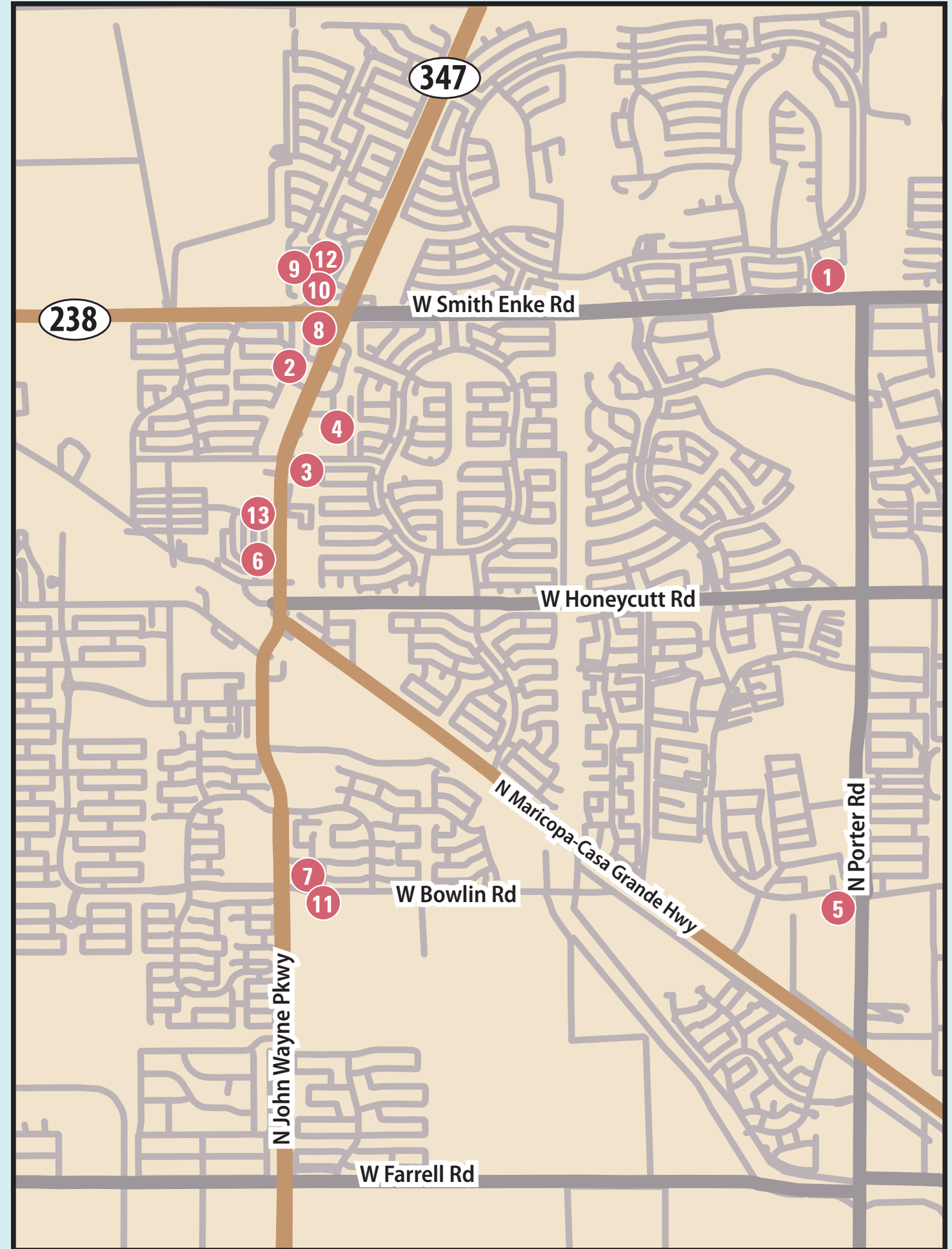
21300 N. John Wayne Parkway
Suite 103
520-568-6750
GloriaDSmith.com
See ad on page HG12

Humana

Virginia "Beth" Hare
480-231-6212
TTY: 711
See ad on page HG19

State Farm

Insurance Agency, Inc.
Vanessa McDill
20800 N. John Wayne Parkway
Suite 110
520-568-8400
MyMaricopaAgent.com





DIRECTORY

INTERNAL MEDICINE

5 Banner Health Center
17900 N. Porter Road
520-233-2500
BannerHealthMaricopa.com
See ad on page HG5

Vidal Medical Office

21300 N. John Wayne Parkway
Suite 116
520-423-9699

LABORATORY

Sonora Quest Laboratories
21300 N. John Wayne Parkway
Bldg. 3, Suite 106
520-568-0627

MEDICAL RESEARCH

Research For Life
2230 E. Magnolia Street
Phoenix
480-940-1310
ResearchForLife.org
See ad on page HG13

MEDICAL SPA

Maricopa Wellness Center
41600 W. Smith-Enke Road
Bldg 14, Suite 3
520-464-6193

MENTAL HEALTH COUNSELING

Community Partners Integrated Health Care
20046 N. John Wayne Parkway
Suite 102A
520-381-0048

Be Awesome Youth Coalition

BeAwesomeYouth.Life

Reflections Counseling

21300 N. John Wayne Parkway
Suite 120
520-717-0497

La Frontera Arizona

EMPACT — Suicide Prevention Center
21476 N. John Wayne Parkway
Suite C101
520-316-6068
480-784-1500 — 24-hour Crisis Hotline
LaFrontera-Empact.org

Maricopa Behavioral Health Services

21300 N. John Wayne Parkway
Suite 103
480-524-2699

NUTRITION

Copa Craze
20928 N. John Wayne Parkway
Suite C3
520-316-6153

OPTOMETRY

Desert Eye Care
21300 N. John Wayne Parkway
Suite 105
520-201-3937

10 Maricopa Eye Care

21300 N. John Wayne Parkway
Suite 119
520-568-7538
MaricopaEyeCare.com
See ad on page HG8-9

Nationwide Vision

20928 N. John Wayne Parkway
Suite C-6
520-316-4388

Walmart Vision & Glasses

41650 W. Maricopa-Casa Grande Hwy
520-568-0419

PAIN MANAGEMENT

Eudemonia Well-Being
602-899-3923

Health Matters

9180 E. Desert Cove, Suite 103
Scottsdale
480-933-3331
HealthMattersAZ.com

PATIENT ADVOCACY

Healthmatch Advocacy
Carolyn Bennett BSN, RN, BCPA
520-836-7735
See ad on page HG13

PEDIATRICS

5 Banner Health Center
17900 N. Porter Road
520-233-2500
BannerHealthMaricopa.com
See ad on page HG5

Southwestern Pediatrics

21300 N. John Wayne Parkway
Suite 112
520-568-9500

11 Sun Life Center for Children

44572 W. Bowlin Road
520-568-2245
SLFHC.org
See ad on page HG14-15

PHARMACY

Bashas'
21044 N. John Wayne Parkway
520-836-4401

CVS

44274 W. Smith Enke Road
520-568-8290

Fry's Marketplace

20797 N. John Wayne Parkway
520-568-6200

11 Sun Life Pharmacy

44572 W. Bowlin Road
520-350-7646
SLFHC.org
See ad on page HG14-15

Walgreens

21274 N. John Wayne Parkway
520-568-0672

Walmart

41650 W. Maricopa-Casa Grande Hwy.
520-568-3302

PHYSICAL THERAPY

360 Physical Therapy & Aquatic
21083 N. John Wayne Parkway
Suite C104
520-233-7555

Empower Physical Therapy

21300 N. John Wayne Parkway
Suite 107
520-868-6100

Petersen Physical Therapy

21300 N. John Wayne Parkway
Suite 125
520-568-2723
PetersenPhysicalTherapy.com

PODIATRY

Foot & Ankle Clinics of Arizona

21300 N. John Wayne Parkway
Suite 116
480-917-2300
YourFeetFixer.com

12 Maricopa Foot & Ankle Center

21300 N. John Wayne Parkway
Suite 126
520-494-1090
MFAAC.com
See ad on page HG7

URGENT CARE

Dignity Health Urgent Care
20750 N. John Wayne Parkway
520-233-2468

WOMEN'S HEALTH

5 Banner Health Center
17900 N. Porter Road
520-233-2500
BannerHealthMaricopa.com
See ad on page HG5

MomDoc

21300 N. John Wayne Parkway
Suite 121
520-494-7045

13 Sun Life Center for Women

44765 W. Hathaway Ave.
520-788-6100
SLFHC.org
See ad on page HG14-15

VETERINARY

Maricopa Animal Hospital
19950 N. John Wayne Parkway
520-568-2224

Maricopa Wells Veterinary Hospital

41620 W. Maricopa-Casa
Grande Hwy.
Suite 101
520-568-6645



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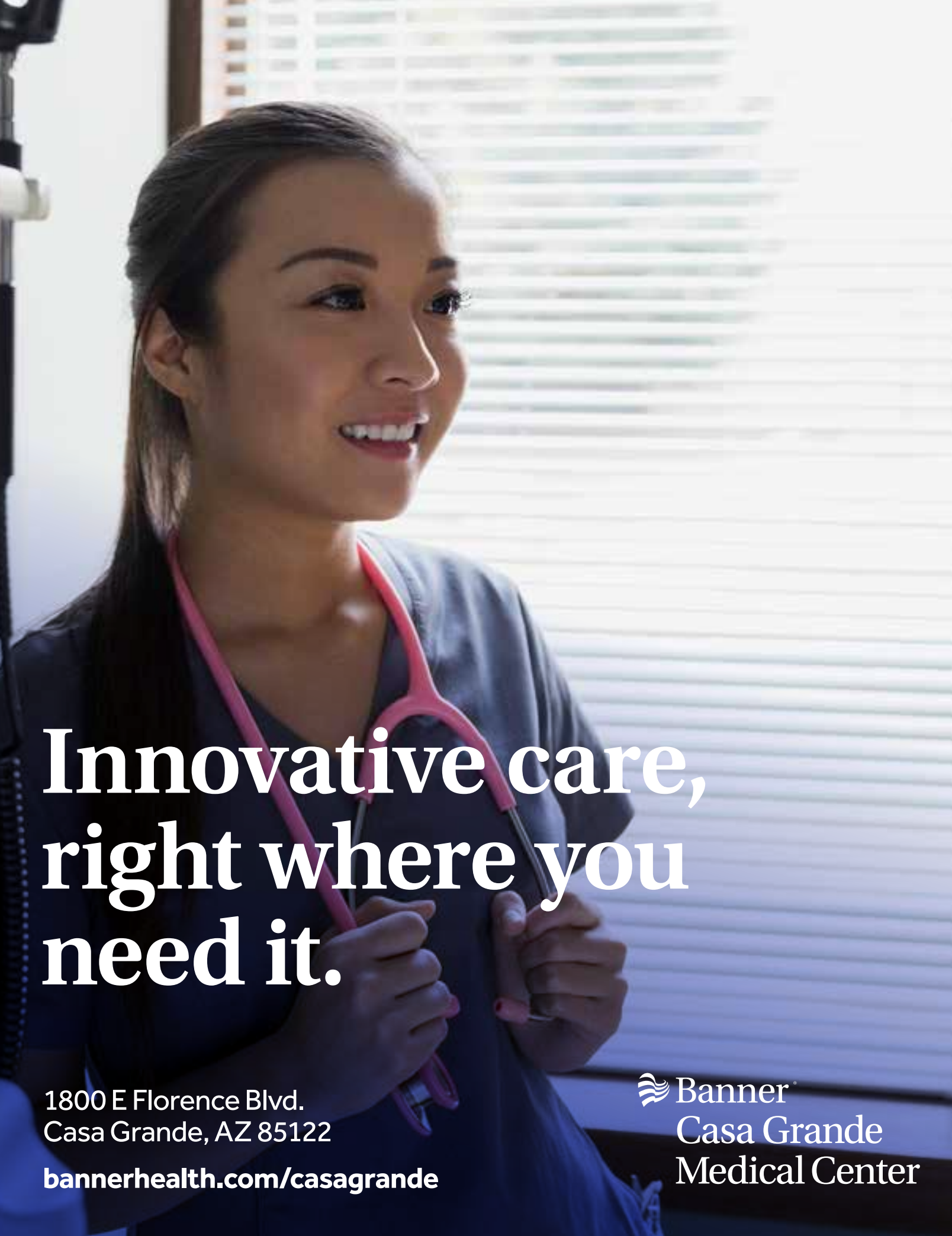
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