

How to stop worrying about things you can't control

Whether it's global unrest, the health of your parents or the chance your flight will get delayed or canceled, there are probably times when you spend your energy worrying about things you have little or no control over.

"There's a harsh truth in life that is very difficult for many of us to accept – we cannot control everything that happens in our lives. And unfortunately, many of us tend to focus on what we can't control," says Denise Black, a social worker at Banner Behavioral Health Hospital in Arizona. "This leads to worry, which can turn into an overwhelming cycle – the more we worry, the more anxious we feel. Ultimately, resisting the fact that we cannot control certain things makes us worry about them even more.

And this stress can take a toll on you. "Worrying can drain you of your mental strength and your energy. It can start to consume you," Black said. You can develop anxiety, panic attacks and depression as well as physical symptoms such as headaches, high blood pressure, muscle tension and stomachaches. "Don't ignore these symptoms – your body is communicating to you that something is not right," she said. Fortunately, there are ways you can break this cycle. "Your brain is like a muscle. You can train your brain just like you can train your body in the gym. You can build your mental muscle to think positively and focus on what you can control," Black said. Here, she shares some strategies.

Evaluate how much control you have

When you're stressed or worried about things, you're probably not thinking about your level of control. Taking a step back can help. Black recommends writing down all the things you are worried about, then categorizing them into things you can control, things you can't control and things that fall somewhere in the middle.

For those in the middle, where you may have some influence, rate your level of influence from one to ten. "For anything you rate less than a five, meaning you have little or no influence, focus on acceptance. For anything you rate five or higher, consider whether the situation is worth your time and energy," Black said.

For instance, you may rate your level of control over your teenager's grades a seven – your child is ultimately responsible for their grades. But your child's academic success might be important to you, so you may choose to offer your help and support.

Take steps to reduce this type of stress

Of course, it's easy to tell yourself you're going to "let go" and stop caring about the things you can't control. But that's not always easy to put into action. Your list of the things you're worried about is a good starting point – with it, you're starting to develop an awareness of your level of control.

When you notice that you are worrying about something you can't control, focus on what you can control. In many cases, the only thing you can control is your own reaction. "For example, you can't control how somebody treats you, but you can control how you react to that person," Black said.

You can also ask yourself what you are afraid will happen if you don't have complete control over a situation. "Thinking of the worst-case scenario and coming up with a plan to deal with that will help ease the worry," Black said. "Usually, it won't be as bad as you perceive it, and chances are, you're stronger than you think."

(cont. on next page)



Business hours for July, August, September 2025

Monday	9:00 a.m. – 4:00 p.m.
Tuesday	9:00 a.m. – 4:00 p.m.
Wednesday	9:00 a.m. – 4:00 p.m.
Thursday	9:00 a.m. – 4:00 p.m.
Friday	CLOSED

Closures: High Country Seniors will be closed Monday, September 1st in observance of Labor Day

(cont. from cover)

For example, you might worry that your mother might need long-term care. You could talk to her about her finances and research the cost and availability of facilities. Knowing your options can ease your stress levels.

Try other stress-reducing strategies

You can also turn to some of the tried and true methods of reducing stress that comes from any cause, whether you can control it or not:

- Exercise
- Eat healthy foods that nourish your body
- Get plenty of sleep
- Meditate or practice yoga
- Focus on the present

- Take a few slow, deep breaths when you're feeling stressed
- Tell yourself positive affirmations, which can combat self-doubt

The bottom line

The cycle of worrying about things you can't control can be tough to break. But you can take steps to reduce this type of stress, and it's worth making an effort. "When you stop worrying about things you can't control, you'll be surprised to find you will have more time and energy to devote to things you do have control over. This can be the key to living your best life!"

If you would like to talk to a mental health professional about stress-reducing strategies, reach out to Banner Health.

Lunch & Learn | Free and Open to the Public

Lunch is provided **FREE** to you. All events begin at NOON unless noted otherwise.

Space is limited - **Reservations are required**. Please call High Country Seniors at 928.596.4747 to register today. Visit the Banner High Country Seniors Website for more details....www.bannerhealth.com/HighCountrySeniors

EMERGENCY MANAGEMENT | ARIZONA PUBLIC SERVICE COMPANY | PAYSON FIRE DEPARTMENT

JULY 9 | Reservations due by July 3rd, 2025

Arizona's hot and dry weather puts our state at risk for wildfires. APS equipment, including power lines, runs through our forest communities to bring electricity to our homes. APS is prepared to respond to wildfires year-round. Janet Dean will be here to discuss their mitigation efforts. Joining her will be Kevin McCauley, Payson Fire Department, who will speak to us about fire-wising our property and our town's evacuation plan in the event of a fire. He will also share some things we can do to keep our community safe.

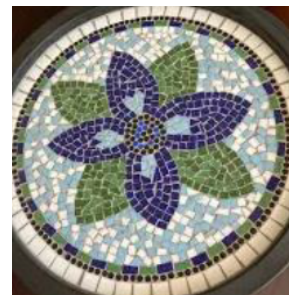
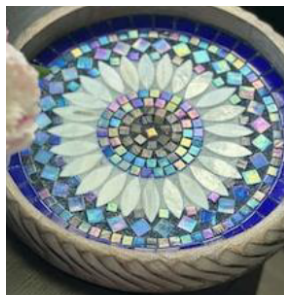
SPECIAL EVENT!

CERAMIC SERVING TRAYS | Dorothy Perry

July 11 | Reservation due by July 1, 2025 (limited to the first 20)

We are excited to announce that Dorothy Perry with the Rim Country Artists will be hosting a class at High Country Seniors for students interested in making a mosaic serving tray. The class will be held on Friday, July 11, 2025, from 10:00 a.m. to 3:00 p.m. All supplies will be provided. Lunch will also be provided. The fee for the class is \$65.00 paid to the instructor the day of the class and is limited to the first 20 students. RSVP to Banner High Country Seniors today 928.596.4747.

Examples of what can be made:



*(The tray that
will be provided)*

Lunch & Learn (cont.)

UTI'S IN SENIORS OVER 50 | Dr. Roberta Matern, and Dr. Jo

July 23 | Reservations due by July 18th, 2025

Your risk of developing a urinary tract infection increases as you age. UTI's are among the most diagnosed infections in seniors, both male and female. Symptoms include urgent or frequent urination, burning, or pain during urination. There are a few reasons why UTI's get more frequent as we age. Join Dr. Roberta Matern, and Dr. Jo as they discuss UTI's in seniors over 50.

RESPIRATORY THERAPY | Jessie Westerfield

August 13 | Reservations due by August 8th, 2025

Respiratory therapy is a specialized field where therapists treat patients with conditions affecting their lungs and breathing. Conditions include COPD, asthma, pneumonia, bronchitis, and a number of other respiratory issues including neuromuscular disorders, sleep apnea and others. Join us as we learn about these conditions and how to avoid them.

HOSPITAL UPDATE | Hoyt Skabelund C.E.O.

August 27 | Reservations due by August 22nd, 2025

Banner Payson Medical Center is celebrating 10 years of serving the Payson community and surrounding areas! Join Hoyt Skabelund as he highlights the significant improvements Banner has made to healthcare in our community along with an update on the hospital, physicians, and current services offered.

SINUS INSTITUTE | Jay Homewood, D.O.

September 10 | Reservations due by September 5th, 2025

The National Sinus Institute is located on the campus at Banner Payson Medical Center. They treat sinus and nasal conditions, allergies, hearing and balance issues, ear conditions, thyroid, and much more. We invited Dr. Jay Homewood to speak to us about the institute as well as an informative class about sinusitis. Please reserve your seat by calling High Country Seniors at 928-596-4747.

ANXIETY | Patty Wisner, Program Director - NAMI

September 24 | Reservations due by September 19th, 2025

Someone living with anxiety has constant fear, tension and worry about something with an uncertain outcome. They may worry about the immediate or long-term future; think about a problem over and over again, unable to stop; want to escape a situation; or think about death due to the perceived risk of certain dangers. Signs of anxiety include difficulty concentrating due to racing thoughts; difficulty falling or staying asleep; gastrointestinal distress; increased heart rate, trembling, or sweating. Join Patty Wisner when she speaks about anxiety and ways to cope.

High Country Seniors honored with Vitalant Impact Award

Banner's High Country Seniors was honored recently with both a platinum level Valentines for Life Award and the Vitalant Impact Award. To earn a Valentines for Life Award, organizations must collect 100 or more blood components annually and achieve at least 90% of their blood drive goals during the year. Platinum level winners must hold five or more blood drives. "Vitalant is a massive organization. They help us coordinate blood drives to collect the blood, process and prepare it to be administered as lifesaving transfusions for patients all over the state," said Tiffani Cluff, BPMC volunteer services program manager. "We are honored to work with Vitalant and thank the community blood donors for their ongoing support," Tiffani said.



Community Workshops | Free and Open to the Public

UNFORTUNATELY, OUR DIABETIC WORKSHOP AND OUR HYPERTENSION WORKSHOP HAVE BEEN PLACED ON HOLD. OUR THOUGHTS AND PRAYERS ARE WITH JOHN HANCOCK AND HIS FAMILY AS HE RECOVERS. WE WILL ADVISE YOU AS SOON AS THESE PROGRAMS RESUME.

Rim Country Forget-Me-Nots | Ongoing- Meets twice monthly on the 1st and 3rd Wednesday at 1:30pm-3:00pm
Support for caregivers of those with Alzheimer's, Dementia and Brain Disorders. This support group offers financial support, training, information, fellowship and more. This support group is free and open to the public.

T.O.P.S. (Taking Off Pounds Sensibly) | Meets every Wednesday morning at 8:00am

Eat healthier and lose weight! TOPS is a weight-loss support program that gives you freedom to follow a meal plan that works for you — and support to help you stick to that plan. With TOPS, you have choices to help you be healthy at any size. No cookie-cutter diets! This group is supportive and welcoming to everyone. Join us today for better health tomorrow. TOPS organization membership fees do apply.

COMMUNITY EVENTS | Open to the Public

Blood Drive | Vitalant

When: August 1, 2025, and Oct 3, 2025

Location: High Country Seniors, 215 S Beeline Hwy

To schedule an appointment, visit www.Vitalant.org

Member Classes | Open to High Country Seniors Members Only

SEE CALENDAR INSERT FOR ALL DETAILS

ARTS & CRAFTS

2:00pm – 3:30pm 1st Monday of each month

BANNER JAMMERS (Offsite) - Open Jam Session

Wednesdays from 10:30pm -12:00pm

BOOK LOVERS CLUB

2:00pm - 3:00pm 2nd Tuesday of each month

FEELING FIT

9:00am and 10:00am classes every Tuesday and Thursday

HAND & FOOT

12:00pm - 3:45pm every Monday

KNIT, STITCH, QUILT AND CROCHET GROUP

9:00am - 11:00am Thursdays

MAHJONG

1:00pm - 3:30pm Wednesdays

PAPER CRAFTING - 2 Classes Available

9:00am - 11:00am 2nd and 3rd Monday of each month

PINOCHLE - Double Deck

Tuesdays and Thursdays from 12:00pm - 4:00pm

QIGONG

9:30am to 10:30am every Monday and Wednesday

SCRAPBOOKING

9:00am - 10:30am 4th Monday of each month

TECHNOLOGY 101

3:00pm - 4:00pm 2nd and 4th Thursdays of each month

WIDOW'S WINDOW

9:00am - 11:00am 1st Tuesday of each month



Banner High Country Seniors | Merchant Discounts

High Country Seniors Member **MUST** show membership card to receive discounts

Business Services:

- **All Stages Carpet Care** — 10% off services- 100% guaranteed | 928.951.3812
- **Atomic Pest Control** — 10% off services | 928.474.3991
- **Cheaper Sweeper House Cleaning** — 10% off first cleaning and \$5.00 off second | 928.472.9897
- **Coyote Auto** — 10% off labor (not parts) | 928.472.1100
- **Dan Good Flooring** — 10% off services, free measures, and estimates | 928.472.4597
- **Diversified Services Home Improvement** — 10% off services | 928.970.1873
- **North Mechanical Heating and Cooling** — 5-10% off Total Bill – includes labor AND materials | 928.468.9400
- **Pane in the Glass Window Cleaning** — 10% off services | 928.978.9781
- **Payson Golf Club** — 10% off green fees, cart, driving range, meals | 928.474.2273
- **Payson Tire Pros and Automotive** — \$10 off any oil change, including free tire rotation, 5% off current labor rate on auto repairs, \$10 off any alignment, \$50 off any set of new tires
- **Peaceful Pantry** — Clean and organize kitchens, cabinets & pantry | 10% off services | 559.901.2006
- **Post Net** — 5% off copying, printing & shipping | 928.472.4355
- **Printing by George** — 10% off services | 928.472.3169
- **Quality Inn of Payson** — 10% off Best Available Rate includes a hot, deluxe breakfast | 928.474.3241
- **Smart Systems computer Technology & Repair** — 10% off Service Fees | 928.468.7400

Food and Drink:

- **Beverage Place** — 10% off wine and liquor | 111 E. Hwy 260, Payson, AZ 85541 | 928.474.6300
- **Bosa Donuts** — 5% off purchase | 303 Beeline Hwy, Payson, AZ 8554 | 928.474.8889
- **Delicious! Café** — 10% off purchase | 512 S. Beeline Hwy, Ste. 1, Payson, AZ 85541 | 928.468.3013
- **El Rodeo Mexican Restaurant & Cantina** — 10% off purchase- excludes alcohol | 404 E. Hwy 260, Payson, AZ 85541 | 928.474.3328
- **Macky's Grill** — FREE soft drink with meal | 201 W. Main St., Ste. J, Payson, AZ 85541 | 928.474.7411
- **Pizza Factory** — 20% off purchase - excludes alcohol | 238 E. Hwy 260, Payson, AZ 85541 | 928.474.1895
- **Rim Country BBQ** — 10% off purchase - excludes alcohol | 202 W. Main St., Payson, AZ 85541 | 928.472.2227
- **Tiny's Restaurant** — 10% off purchase - excludes alcohol | 600 E. Hwy 260, Payson, AZ 85541 | 928.474.5429

Personal Care:

- **AVON** — Representative Carol Watts 10% off your order | 928.468.6116 or www.youravon.com/cwatts
- **Miracle Ear** — Buy 1 battery & Get 1 FREE (Sizes 10, 312 & 13 only) | 1107 S. Beeline Hwy, Suite 3, Payson, AZ 85541 | 928.474.5158
- **Tonto Apache Gym** — Gym Membership only \$70.00 per quarter (normally \$40 a month) | 30 Tonto Apache Reservation MPB, Payson, AZ 85541 | 928.474.7093

NEW MERCHANT DISCOUNT

High Country Seniors is pleased to welcome the following merchant:

PAYSON GOLF CLUB –
1504 W COUNTRY CLUB DRIVE
928-474-2273

ENJOY 10% OFF ON GREEN FEES*, (including driving range), GOLF PRODUCTS, AND FOOD

Present your Banner High Country Seniors membership card in the pro-shop or restaurant to enjoy your discount.

**TOURNAMENT PLAY EXCLUDED*

Shopping:

- **Arizona Wildflower and Gifts** — 10% off purchase | 616 N. Beeline Hwy, Payson, AZ 85541 | 928.363.4080
- **Banner High Country Gift Shop (Hospital Gift Shop)** — 15% off one item (some restrictions apply) | 807 S. Ponderosa St., Payson, AZ 85541 | 928.471.1323
- **Payson Candle Factory** — 10% off purchase | 620 N. Beeline Hwy, Payson, AZ 85541 | 928.474.2152
- **The Carpenter's Wife Antiques** — 10% off purchase | 112 W. Wade Lane, Payson, AZ 85541 | 928.47.7343

VOLUNTEERS

Banner Payson Medical Center and High Country Seniors are on the lookout for Volunteers! Perks include a FREE membership to High Country Seniors if you are 50+ and meal credits in the BPMC Cafe!!! Call the Volunteer Department at 928-596-4747 for all the details and consider joining this dynamic team today!



July 2025

Mon	Tues	Wed	Thurs
	9:00-11:00 Widow's Window 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 1:00-3:30 Mah Jong 1:30-3:00 Forget-Me-Nots	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot 2:00-3:30 Arts & Crafts	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 2:00-3:00 Book Lovers Club	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 12:00-1:00 Emergency Management - APS/ Payson Fire 1:00-3:30 Mah Jong	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 3:00-4:00 Technology 101
9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 1:00-3:30 Mah Jong 1:30-3:00 Forget-Me-Nots	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 12:00-1:00 UTI's in Seniors - Drs. Matern & Jo 1:00-3:30 Mah Jong	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 3:00-4:00 Technology 101
9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 1:00-3:30 Mah Jong	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle

August 2025

Mon	Tues	Wed	Thurs
9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot 2:00-3:30 Arts & Crafts	9:00-11:00 Widow's Window 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 1:00-3:30 Mah Jong 1:30-3:00 Forget-Me-Nots	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
9:00-11:00 Paper Crafts 9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 2:00-3:00 Book Lovers Club	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 12:00-1:00 Respiratory Therapy - Jessica Westerfield 1:00-3:30 Mah Jong	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 3:00-4:00 Technology 101
9:00-11:00 Paper Crafts 9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 1:00-3:30 Mah Jong 1:30-3:00 Forget-Me-Nots	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
9:00-10:30 Scrapbooking 9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 12:00-1:00 Hospital Update - Hoyt Skabelund 1:00-3:30 Mah Jong	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 3:00-4:00 Technology 101

September 2025

Mon	Tues	Wed	Thurs
1 CLOSED (LABOR DAY)	2 9:00-11:00 Widow's Window 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	3 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 1:00-3:30 Mah Jong 1:30-3:00 Forget-Me-Nots	4 9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
8 9:00-11:00 Paper Crafts 9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot	9 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 2:00-3:00 Book Lovers Club	10 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 12:00-1:00 Sinus Institute - Dr. Homewood 1:00-3:30 Mah Jong	11 9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 3:00-4:00 Technology 101
15 9:00-11:00 Paper Crafts 9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot	16 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	17 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 1:00-3:30 Mah Jong 1:30-3:00 Forget-Me-Nots	18 9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
22 9:00-10:30 Scrapbooking 9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot	23 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	24 8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 12:00-1:00 Anxiety - Patty Wisner 1:00-3:30 Mah Jong	25 9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 3:00-4:00 Technology 101
29 9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot	30 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle		





215 N. Beeline Hwy.
Payson, AZ 85541
928.596.4747

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NEW BANNER HIGH COUNTRY SENIORS WEBSITE
Looking for the latest High Country Seniors Member information including discounts, class updates and more? Visit the new Banner High Country Seniors website today! www.bannerhealth.com/HighCountrySeniors

Visit www.bannerhealth.com/HighCountrySeniors and choose the link you need. This will walk you through the online payment process. High Country Seniors is **no longer accepting CASH** for any payments.

TONTO APACHE GYM DUES | DUE IN JUNE & SEPTEMBER
Discounted quarterly TAG dues are \$70 and are due during the month of **June**, which covers July, August, and September 2025. **Payments must be received by June 27th.**
Dues are due again in **September** for the months of October, November, December 2025. **Payments must be received by September 26th.**
Unfortunately, we are unable to grant extensions. Payments can be made in person at High Country Seniors or over the phone. We accept all major credit cards and checks. Our mailing address is 215 N. Beeline Hwy Payson, AZ 85541