



This is a compilation of resources provided by residents on the PC egroup, speaker presentations, facilitators and members of support groups, Area Agency on Aging, lists from organizations specializing in seniors and resources obtained from research on the internet.

DISCLAIMER

The Directory of Services is designed to enhance access to resources that might be helpful to residents of the PebbleCreek Community. While every effort is made to ensure the accuracy of the information, there are no guarantees. The inclusion of an organization or service does NOT imply an endorsement of the organization or service, nor does exclusion imply disapproval.

IMPORTANT

Each individual using this directory is responsible for vetting the resources.

Under no circumstances shall Kare Bears or the author be liable for direct, indirect, incidental, special, punitive, or consequential damages which may result in any way from your use of the information included in the Directory of Services.

The most current information is available for viewing at www.karebears.org

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DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****TELEPHONE****WEBSITE****AARP**

AARP Arizona State Office

888-687-2277 www.aarp.org/states/az**ADULT DAY HEALTH CENTERS****(also see Rehab and Respite Care)**

Benevilla Adult Day Care Programs - Main Office
 Several locations - For Alzheimer's/Dementia, Parkinsons,
 stroke survivors and those with intellectual disabilities.

623-584-4999 www.benevilla.org

Glendale Adult Day Health Center

602-532-2983 www.fsl.org**ADULT SENIOR CENTERS**

Avondale Senior Center

623-333-2705 www.avondaleaz.gov/seniors

Banner Olive Branch Senior Center - Sun City

623-465-6000 www.bannerhealth.com/olivebranch

Buckeye Senior Center

623-349-6600 www.buckeyeaz.gov

Glendale Community Center

623-930-4700

OptumCare Community Center - Goodyear
 Open to the public. Fitness, classes, social, etc.
 1981 N. PebbleCreek Pkwy, Ste 8

855-888-2908 www.optumcare.com

Tolleson Senior Center

623-936-2760 www.tollesonaz.org**AREA AGENCY ON AGING - EXTENSIVE RESOURCES****(see Community Information/Referral)**602-264-2255 www.aaaphx.org**ASSISTED LIVING FACILITIES****(see Housing Consultants and Housing for Seniors)****ATTORNEYS (see Elder Law)****BABY EQUIPMENT RENTALS**

Anything for Baby, Inc
 Free delivery, set up, and pick up.

480-515-9783 www.anythingforbaby.com

Sweet Pea Baby Rentals

602-549-9918 www.sweetpeababyrentals.com**BETTER BUSINESS BUREAU**

Better Business Bureau - Arizona

602-264-1721 www.arizonabbb.org

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****TELEPHONE****WEBSITE****BLOOD PRESSURE (PebbleCreek only)**

PebbleCreek Nurses Club - Activities office- Room 100

Dee-Dee Patrick - Nov. thru May

708-494-0008

Gladys Mabey - June thru October

623-330-4080

1:30 to 3:30 every Thursday, Nov through May

and on the last Thursday of the month from June thru Oct.

CAREGIVING SERVICE PROVIDERS

(see Home Health Medical & Non-Medical Care)

CEMETERIES

(see Funeral Homes/Cemeteries)

CLOTHING (adaptive clothing for easier dressing)

Buck and Buck

800-458-0600 www.buckandbuck.com

Silvert's Adaptive Clothing and Footware

800-387-7088 www.silverts.com

COMMUNITY INFORMATION/REFERRALS (also see Home Health Consultants & Housing for Seniors)

Area Agency on Aging - Senior Help Line

602-264-4357 www.aaaphx.org

Elder Resource Guide- View on line

www.aaaphx.org/caring-for-someone

Provides information, referral and assistance

for transportation, housing, long-term home care,
home-delivered meals, options counseling, etc.

Hard copy available upon request. Also view copy at KB house.

Arizona Directory of Human Services (2-1-1 Arizona)

www.211arizona.org

Connected to available health and human services.

Benevilla

623-584-4999 www.benevilla.org

Offers a wide variety of FREE services and resources.

Kare Bears (PebbleCreek only)

623-536-1200 www.karebears.org

Kare Bears library (books & community resources),

Directory of Services - online

View "Directory" at Eagle's Nest and Tuscan Library.

Copies available at Guest Services Desk for small charge.

YANA - You Are Not Alone - Free Program provided by the
City of Goodyear Police

623-882-7481 www.goodyearaz.gov/yana

Regular home visits and phone calls; Resources

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****TELEPHONE****WEBSITE****COUNSELING SERVICES (also see Support: Programs/
Organizations and Pastoral Support)**

Catholic Charities	602-749-4405	
Crisis Hotline - Maricopa County	602-222-9444	
Jewish Family & Children Services	602-257-9314	www.jfcsaz.org
Mercy Care RBHA	800-564-5465	
National Alliance on Mental Illness (NAMI) Crisis Support Line	602-222-9444	
Non-Crisis Warm line	602-347-1100	

CREDIT REPORTING

Equifax	800-685-1111	
Experian	888-397-3742	
Transunion	800-888-4213	www.annualcreditreport.com

DENTAL SERVICE/INFORMATION/REFERRALS/HOUSE CALLS

Arizona Dental Association - Dental Referrals	480-344-5777	www.azda.org
Arizona State Board of Dental Examiners Checks background, complaints, board actions. Licenses individuals who provide dental services.	602-242-1492	
Coronado Dental Services - For homebound residents Mobile Dental Services	480-461-1232	
Mobile Dentistry of Arizona - For homebound residents	480-313-3310	www.mobiledentistryofaz.com

DISPENSARIES IN GOODYEAR (CBD OIL)

Red Star Vapor & CBD 13824 W. McDowell Rd. 13824 W. McDowell Rd. , Ste. 105, Goodyear	480-430-5929	www.redstarvapor.com
Valley of the Sun Medical Dispensary 16200 W. Eddie Albert Way, Goodyear	623-932-3859	www.votsmd.com

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****TELEPHONE****WEBSITE****DONATIONS/CHARITY**

Airman's Attic- Luke AFB Thrift Shop

13975 W. Phantom St. # 750 Glendale, AZ 85309

Wed & Friday 10:00 - 2:00

623-856-6415 www.lukespousesclub.org

Benevilla

Day programs, Caregiver Support, Resources, Home Services

16752 N. Greasewood St., Surprise, AZ 85378

Hours: Wednesday and Friday: 10:00 - 2:00

623-584-4999 www.benevillaplannedgifts.org

Goodwill

15433 W. McDowell Rd., Goodyear 85395

602-535-4287

Hopes Closet Thrift Store (Open Mon-Sat 10-6)

415 N Litchfield Rd, Goodyear 85338

623-925-0965

Lions Club: Hearing aids, old phones , glasses

Donate at the Activities Office at Eagle's Nest Clubhouse

New life Center

A refuge from domestic violence

623-932-4404 www.newlifectr.org

Kare Bears (PebbleCreek)

15383 W. Cheery Lynn Rd, Goodyear 85395

Accepts wheelchairs, walkers, knee walkers, crutches, canes
and monetary donatons. Tax deductible.623-536-1200 www.karebears.org

Salvation Army

11 N. 3rd Ave. Avondale, 85323

623-932-0472 <https://arizona.salvationarmy.org/>

Southwest Lending Closet

218 N Central Ave, Avondale, 85323

Mon, Wed, Friday, Sat - 9 to 12; Tues & Thurs 12 to 3

Accepts medical equipment and monetary donations

623-932-1016 www.southwestlendingcloset.org**DRY CLEANING - Mobile**

Dry Cleaning Home Express - Monday & Thursday

623-433-9737 www.dchomeexpress.com**ELDER LAW****(also see Estate and Financial Planning)**

Arizona Senior Citizens Law Project

602-252-6710 www.azlawhelp.org

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****TELEPHONE****WEBSITE**

Community Legal Services

602-258-3434 www.clsaz.org

Lora Johnson - Elder Law Attorney

623-505-3903 www.johnsonestatelaw.com

Rita Daninger - Elder Law Attorney

623-815-8069 www.daningerlaw.com**EMERGENCY RESPONSE****(also see Medical Alert Services/Products)**

Fire Prevention Division

www.goodyearaz.gov/home/showdocument?id=822For Key Box Installation requirements, contact
Fire Department for instructions.**ENVIRONMENT**EWG- Rates 80,000 Food products, personal care products &
household cleaning productswww.EWG.org**ERRANDS (also see Home Health Non-Medical Care
and Prescription Delivery)**Benevilla - Occasional help in completing emergency errands. 623-584-4999 www.Benevilla.org
Pre-registration prior to receiving free services.

Ecklund, Robbin (former PebbleCreek resident)

602-448-6742

Glenz, Xiu (Sho) (PebbleCreek only)

623-760-6260

Miscellaneous rides - Email: show_cui2013@yahoo.com

Isadore, Howard (PebbleCreek only)

949-637-7072

Pappas, Cliff (PebbleCreek only)

602-770-2462

Money collected for service is donated to New Life Center.

Roemer, Herb (PebbleCreek only)

623-433-8512

ESTATE AND FINANCIAL PLANNING**(also see Elder Law)**Dana Law Group
Estate Planning623-972-2388 www.danalawgroup.com

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****TELEPHONE****WEBSITE**

Johnson, Laura Estate Planning and Elder Law	623-505-3903	www.johnsonestatelaw.com
Mahoney Law Office - Jennifer Mahoney Estate planning, Wills and Trusts	623-518-3513	www.mahoneylawoffice.net
RBC Wealth Management - Kris Dahl Financial Advisor	480-609-4936	www.rbcwmfa.com/kris.dahl

EYE GLASS REPAIR

M&M Mobile Eyeglass Repair - Luis Lopez	623-693-9372	
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FLOWERS

Thompson's Flower Shop 406 N. Litchfield Rd. Ste 212, Goodyear Flowers for all occasions	623-932-0531	www.thompsonsflowershop.com
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FUNERAL HOMES/CEMETERIES

Ganley's Funeral Home - Buckeye	623-386-4812	www.ganleysbuckeyefuneralhome.com
Chapel of the Chimes Mortuary 7924 N 59th Ave, Glendale	623-937-9297	www.chapelofthechimesmortuary.com
Christ Church of the Valley - Funerals and Memorials 1565 N. 113th Ave, Avondale	623-561-3600	www.ccv.church.com
Glendale Memorial Park Cemetery 7844 N 61st Ave, Glendale	623-930-2189	
Heritage Arrowhead Funeral Center & Cemetery 7545 W. Rose Garden Lane, Glendale	623-362-3255	www.heritagefuneralchapels.com
Heritage Funeral Chapel 6830 W. Thunderbird Rd, Peoria	623-974-3671	www.heritagefuneralchapels.com
Holy Cross Catholic Cemetery and Funeral Home 9925 W. Thomas Rd, Avondale	623-936-1710	www.hcccem.org www.hccfh.org
Simply Cremation and Funeral Arrangements 16952 W. Bell Rd. Ste. 303, Surprise	623-975-9393	www.simplycremationaz.com
Sunland Memorial Park Mortuary & Cremation Center 15826 Del Webb Blvd, Sun City	623-933-0161	www.dignitymemorial.com

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****TELEPHONE****WEBSITE**

Sunwest Funeral Home Cemetery & Crematory
12525 N.W. Grand Ave, El Mirage

623-974-2054 www.heritagefuneralchapels.com

Thompson Funeral Chapel
926 S. Litchfield Rd, Goodyear

623-932-1780 www.thompsonfuneralchapel.com

West Resthaven Park Cemetery & Funeral Home
6450 W. Northern Ave, Glendale

623-939-8394

GOLF CART/CAR SERVICE AT YOUR HOME

Cactus Golf Cars Mobile Services

480-255-0706

Gonzales, George - Auto detailer

623-533-0404

Mobile Golf Cart Repair - Rubin Matos

623-332-1420

The Battery Guy

602-663-5870 www.thebatteryguy.com

GOODYEAR

Adult trips/activities

623-932-3910 www.goodyearaz.gov/residents

Fire - Non-Emergency calls

623-932-2300

For help getting up from falls... call 911

Fire Department- Home Safe Home

623-882-7233 www.goodyearaz.gov/fire

Free in-home safety checks for anyone age 60+

Free carbon monoxide alarm & smoke alarm assessment

Goodyear Victim Advocate - Police Department

623-882-7677 www.goodyearaz.gov

Police Non-Emergency Response

623-932-1220

Sanitation Services - Solid Waste Division

623-882-7887 www.goodyearaz.gov/trash

Access website for trash, recycle

& bulk trash and holiday pickup schedule

Solid waste day finder

YANA -You Are Not Alone - Free

623-882-7481 www.goodyearaz.gov/yana

City of Goodyear Elder Safety Program.

Provides regular phone calls and home visits.

DIRECTORY OF SERVICES FEBRUARY 2020

RESOURCES

TELEPHONE

WEBSITE

GOVERNMENT AGENCIES

Adult Protective Services <i>(also see Long-Term Care Ombudsman Program)</i>	877-767-2385	www.azdes.gov/reportadultabuse
AG Consumer Information & Complaint	602-542-5763	www.azag.gov/consumer
AG Medicaid Fraud	602-417-4045	www.azag.gov/complaints/mfcu
AG Office of Victims Services	602-542-4911	www.azag.gov
Aging and Adult Services	602-542-4446	www.azlinks.gov
Arizona Attorney General's Office - Click on "seniors". Life Care Planning packet materials and more.	602-542-5763	www.azag.gov
Arizona Corporation Commission - Securities Division	602-542-4242	www.azcc.gov/divisions/securities
Arizona Department of Economic Security - Fraud line Director: Keith Schraad	602-542-9449 602-364-3100	
Arizona Department of Health Services Searchable database containing information about facilities/providers.	602-542-1025	www.azdhs.gov
Arizona Department of Insurance Director Keith Schraad	602-364-2499 602-364-3100	www.insurance.az.gov
Arizona Department of Motor Vehicles Report unsafe drivers, download forms & publications. Driver Condition/Behavior Report - Form 96-0469	602-771-2460	www.azdot.gov
Arizona Department of Financial Institutions	602-255-4421	www.azdfi.gov
Arizona Department of Veteran Affairs	800-827-1000	www.va.gov
Arizona Medical Board Physician info/medical background/complaints.	480-551-2700	www.azmd.gov
Arizona Registrar of Contractors	602-542-1525	www.azroc.gov
Arizona Secretary of State Advance Directive Registry Electronically store and access your medical directives.	602-542-6187	www.azsos.gov

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES**

	<u>TELEPHONE</u>	<u>WEBSITE</u>
Arizona State Board of Dental Examiners Background, complaints, board actions, etc. Licenses individuals who provide dental services.	602-242-1492	https://dentalboard.az.gov/
AZ State Health Insurance Assistance Program Free health benefits counseling service for Medicare beneficiaries, families, or caregivers.	800-432-4040	www.azdes.gov/daas/ship
Elder Help Line Task force against senior abuse.	602-542-2124	www.azag.gov
Governor's Advisory Council on Aging	602-542-4710	
Social Security Administration	800-772-1213	www.socialsecurity.gov

GROCERY SERVICE

Benevilla Weekly grocery shopping for those not able to shop for themselves. No charge - Pre-registration prior to service.	623-584-4999	www.Benevilla.org
Frys - Camelback & Litchfield Online shopping, bagged and ready for pickup.	623-334-7735	www.frys.com
Safeway - Delivery for a cost (cost varies) Online shopping.	623-935-3228	www.safeway.com
Walmart - Online shopping, bagged and ready for pickup		www.walmart.com/cp/2281929

HANDICAPPED VEHICLE AND MOBILITY AIDS**(also see Medical Supplies)**

Ability Center - New and Used Lift products, accessible vehicles, power chairs	623-879-0800	www.abilitycenter.com
United Access - Auto adaptation for handicap use.	602-275 3325	www.unitedaccess.com

HANDYMAN SERVICES (see Home Maintenance)**HOME HEALTH CONSULTANTS AND REFERRAL SERVICES****(also see Home Health Medical Care and Home Health Non-Medical Care)**

AZ In-Home Care Association Provide referrals for medical/non-medical services.	602-283-3503	www.aznha.org
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DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES**

Care.com

National website allows you to find local senior care, house sitters and pet sitters.

TELEPHONE WEBSITE877-227-3115 www.care.com

Foundation for Senior Living
Geriatric Care Manager

602-285-1800 www.fsl.org

Geriatric Resources
Crystal Littlejohn - Care Management

623-776-3098 www.geriatricresourcesaz.com**HOME HEALTH MEDICAL CARE**

**(also see Home Health Consultants/Referral Services
and Home Health Non-Medical Care)**

Arizona Palliative Home Health Care
A Hospice of the Valley Agency (Pre-hospice)
Scheduled Visits

602-287-7050 www.hov.org

Banner Home Care
Skilled Nursing and Therapy

480-657-1000 www.bannerhealth.com

Bayada Home Health Care
Skilled Nursing and Therapy - Scheduled Visits

623-979-5266 www.bayada.com

Firstat Home Health
Medical and Non-Medical care

602-279-0000

KC's Home Health Care
Skilled Nursing - Therapy - Short term

602-283-4089 www.kcshomehealthcare.com

Nightingale Home Care

602-504-1555 www.ngcare.com**HOME HEALTH NON-MEDICAL CARE**

(also see Home Health Consultants/Referral Services)

Adult Care Assistance-West Valley

623-977-2223 www.adultcareassistance.com

Blessings! For Seniors

623-594-0819 www.blessingsforseniors.com

Caring Visits - Carol Smail - PC resident/retired nurse
Caregiving, Companions, Patient Advocacy, Respite Care
Transportation and Wellness Checks

602-510-1600

Email: caringvisits@cox.net

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES**

	<u>TELEPHONE</u>	<u>WEBSITE</u>
ComForCare Home Care	623-934-2722	www.comforcare.com
Compassionate Assistance - Bonded and Insured On site care for Private Residences, Rehabilitation Facilities Retirement Communities, Assisted Living Facilities and Memory Care. RN on Staff.	480-468-2699	www.compassionateassistance.com
Foundation for Senior Living- Home Health Care	602-285-1800	www.fsl.org
Golden Heart Senior Care - Licensed, bonded and insured. House cleaning, meal prep, laundry, pet services, transportation, dementia care & complex care issues.	623-748-3301	www.goldenheartaz.com
Good Neighbor Support Services	623-932-4878	www.gncares.com
Home Instead Senior Care - Goodyear	623-777-3637	www.homeinstead.com
Nightingale Home Care	602-504-1555	www.ngcare.com
Right at Home	623-547-0700	www.Rahwest.com
Synergy Homecare	623-875-7100	www.Synergyhomecare.com
Touching Hearts Bonded and insured; Complimentary in-home visit consult. Companionship, light housekeeping, cooking, shopping, errands, pick up prescriptions, transportation, Alzheimer's care and more.	623-207-9391	www.touchinghearts.com/azvalley
Visiting Angels	623-266-9304	www.visitingangels.com

HOME MAINTENANCE (By PebbleCreek Residents)

Ed Bob's Home Service - Ed Bobigian	623-374-6014
Window Cleaning	703-785-3960
Gillespie, Jim	623-455-8962
Smoke detectors	623-698-6982
Jarvis Hauling and Home Services -Email:wjarvis3@yahoo.com	336-598-2065
Home Improvements/Home repairs	
Luders Handyman Services - Gary Luders	623-271-5441
Large variety of services - Smoke alarms too!	

DIRECTORY OF SERVICES FEBRUARY 2020

RESOURCES

Prinz, Randy
Pumbing/Electrical and much more!

TELEPHONE WEBSITE

972-854-9953

Service by Rich - Rich Veleta
Electrical wiring, plumbing, convert address lights to LED
and other misc. jobs. E-mail: rjveleta@cox.net

708-692-9376

623-295-9376

Suttles, Rodney
Locksmith

623-628-3182

Younger, Marlin
Power washes patios, patio furniture, garage floors, driveways

623-499-2852

HOME MAINTENANCE (Non-PebbleCreek)

Apex Window Cleaning
Doug McNelley

623-498-7589 www.apexwindowcleaningaz.com

Beckham Electric, LLC (John)

480-370-1014 www.beckhamelectricllc.com

Benevilla
Help for minor repairs such as changing light bulbs,
filters, etc. for homebound or disabled. **No charge.**
Pre-registration prior to receiving services.

623-584-4999 www.Benevilla.org

Clean Rite Window Service

623-932-0072

Emil Neagu Air Conditioning, Heating & Plumbing Co.
Licensed and Bonded - Ask for PebbleCreek discount.

623-546-3042 <http://www.emilneaguco.com>

Greg The Glassman
Glass/Door Repair, Window Replacement, etc.

623-694-2347

Jamie Cid - Window Washing/Screens
Makes Sun Screens

602-435-0032

Mike's Dryer Vent Cleaning & Services
Smoke alarm batteries, pigeon proofing, roof tile replacement,
gutter cleaning, wood gate slat replacements, vent cleaning,
water channel replacements for walkways & chimney caps.

623-266-1326

West Valley Air Conditioning & Heating, LLC
Email: wvac@cox.net

623-764-3750

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****TELEPHONE****WEBSITE****HOME MODIFICATION AND SAFE PATIENT HANDLING****(also see Medical Supplies)**

Foundation for Senior Living Caregiver House

602-285-1800 www.fsl.org

Visit Caregiver House for ideas on modification of homes.

602-532-2976

Will come to house and see what can be done.

Grab Bars

602-509-2678 www.grabbarsnow.com

Free home evaluation. Medical equipment & installation and threshold ramps

HOME WATCH SERVICES

Gillespie Jim (PebbleCreek resident)

623-455-8962

Law, George (PebbleCreek resident)

623-536-8104

623-698-6982

Shaw, Craig (PebbleCreek resident)

734-250-2249

HOSPICE

Banner Hospice

480-657-1100 www.bannerhealth.com

Everest Hospice

623-282-9255 www.everesthospice.com

Hospice of the Valley

602-530-6900 www.hov.org

Hospice of the West

602-343-6422 www.hospicewestaz.com

The Crossing Hospice and Palliative Care

602-889-4400 www.themaaz.com**HOSPITALS/BEHAVIORAL HEALTH CENTERS**

Abrazo Arizona Heart Hospital

602-532-1000 www.abrazohealth.com

1930 E. Thomas Rd. Phoenix

Abrazo Arrowhead Campus

623-561-1000 www.abrazohealth.com18701 N. 67th Ave, Glendale*ER online check-in ; Wait at home.*Abrazo Central Campus - *ER online check-in; Wait at home.*602-249-0212 www.abrazohealth.com

2000 W. Bethany Home Rd, Phoenix

Abrazo West Campus (West Valley Hospital)

623-882-1500 www.abrazohealth.com

13677 W. McDowell Rd, Goodyear

ER online check-in; Wait at home.

DIRECTORY OF SERVICES FEBRUARY 2020

RESOURCES

<u>RESOURCES</u>	<u>TELEPHONE</u>	<u>WEBSITE</u>
Banner Boswell Medical Center 10401 W. Thunderbird Blvd, Sun City	623-832-4000	www.bannerhealth.com
Banner Del E. Webb Medical Center 14502 W. Meeker Blvd, Sun City West	623-524-4000	www.bannerhealth.com
Banner Del E. Webb- Behavioral Health Care- Sage Unit 14502 W. Meeker Blvd, Sun City West	623-524-4042	
Banner Estrella Medical Center 9201 W. Thomas Rd, Phoenix	623-327-4000	www.bannerhealth.com
Banner MD Anderson Cancer Center 2946 E. Banner Gateway Dr, Gilbert Hospital specializing in cancer.	480-256-6444	www.bannerhealth.com
Banner MD Anderson Cancer Center 5555 W. Thunderbird, Glendale	602-865-5445	www.bannerhealth.com
Banner University Medical Center 1111 E. McDowell Rd, Phoenix	602-839-2000	www.bannerhealth.com
Cancer Treatment Centers of America - Phoenix 14200 W. Celebrate Life Way, Goodyear	623-207-3000	www.cancercenter.com
Copper Springs Behavioral Health Hospital -Avondale Inpatient & Outpatient Drug & Alcohol Addiction Treatment 10550 W. McDowell Rd, Avondale	480-565-3035	www.coppersprings.com
Dignity Health - Arizona General Emergency Room 251 N. Estrella Parkway - Goodyear	623-322-6900	www.azgeneraler.com
Dignity Health -St. Joseph's Hospital & Medical Center Emergency Room <i>ER online check-in; Wait at home.</i> 350 W. Thomas Rd., Phoenix	602-406-3000 602-406-3361	www.dignityhealth.org
Dignity Health - St. Joseph's Westgate Medical Center Emergency Room <i>ER online check-in; Wait at home</i> 7300 N. 99th Ave., Glendale	602-406-0000 602-406-0100	www.dignityhealth.org
Haven Behavioral Hospital 1201 S. 7th Ave., Phoenix	623-236-2000	www.havenofphoenix.com

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES**

Honor Health John C. Lincoln Medical Center
250 E. Dunlap Ave. Phoenix

TELEPHONE

602-943-2381

WEBSITEwww.honorhealth.com

Mayo Clinic Hospital
5777 E. Mayo Blvd, Phoenix

480-342-2000

www.mayoclinic.org

Quail Run Behavioral Health
2545 W. Quail Ave, Phoenix

602-455-5694

Valleywise Health Medical Center
Emergency Room
2601 E. Roosevelt St, Phoenix

602-344-5011

www.valleywisehealth.org

602-344-5411

HOUSING CONSULTANTS /REFERRALS**(also see Housing for Seniors)**

Arizona Senior Options - Placement & Advocacy Services
Denisa Barbur Email: Denisa@AZSeniorOptions.com
No cost to you

602-903-6365

www.Azsenioroptions.com

Call Jackie Senior Living Options (Jackie Wargo)

602-826-8893

www.call-jackie.com

Elder OP Senior Living Advisors
help@elderop.com

623-566-3578

www.elderop.com

Golden Assist Senior Placement Services - PC resident
Teri Sellers, E-Mail: Teri_Sellers@msn.com
Visits communities with you to help you to make sure
you get vital information. 25 years experience in
senior health care. No Charge to you!

602-793-0299

www.GoldenAssist.com

Helping Hands Senior Services - Charlene Sargent, RN.
E-mail: charlene@helpinghandsaz.com

602-620-2342

www.helpinghandsaz.com

Options for Senior Living Placement & Referral Services
Tammy Crutcher

602-501-8143

www.optionsforseniorliving.com

**HOUSING FOR SENIORS – Independent/Assisted Living/
Skilled Nursing & Nursing Homes/Memory Care
(also see Housing Consultants for referrals, Rehabilitation
and Respite Care)**

AZ State Veterans Home - Skilled Nursing
4141 N.S. Herrera Way, Phoenix

602-248-1550

www.dvs.az.gov

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES**

Guide to Senior Housing - Pace
 Pictures, amenities, prices, etc. of Independent, Assisted
 Living (including group homes), Continued Care Retirement
 Communities, Rehabilitation, Behavioral, Memory and
 Skilled Nursing facilities.

View online or order hard copy. Sample is available at
 the Kare Bears House.

Huger Mercy Living Center (Barrows)
 2345 W. Orangewood Ave, Phoenix
 Assisted Living Directed Memory Care

Robson Reserve at PebbleCreek - Goodyear
 15833 W. Clubhouse Dr. - Independent & Assisted Living

Senior Directory - View on-line
 Community resources, Health Services, Housing,
 Newsletter, Monthly articles and much more!
 Hard copy available for review at the Kare Bear House or
 Can be ordered for free on-line.

IDENTITY THEFT/SCAMS

FTC Identity Theft Hotline

877-438-4338

Identity Theft/Consumer Info.

US Government Website

For Email phishing, report to: spam@uce.gov

LifeLock - Identity Theft Protection

800-416-0599 www.lifelock.com

Scambusters

www.scambusters.org

KARE BEARS (PebbleCreek only)

Kare Bears

15383 W. Cheery Lynn Rd

May-Oct: Mon-Fri 9-12 Nov-Apr: Mon-Fri 9-3

623-536-1200 www.karebears.org

LABORATORY TESTING

Labcorp - *Make appointment online or walk-in.*

www.labcorp.com

10815 W. McDowell Rd, Ste 302, Avondale

623-907-8505

13555 W. McDowell Rd, Ste 208, Goodyear

623-536-2747

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES**

Sonora Quest Laboratories

13657 W. McDowell Rd, Ste.100, Goodyear

9321 W.Thomas Rd, Ste 105, Phoenix

*Make appointments online or walk-in.***TELEPHONE**

623-535-4805

623-742-9072

WEBSITEwww.sonoraquest.com**LIFELONG LEARNING (PebbleCreek only)**

Lectures, classes, trips and special events

www.lifelonglearningatpc.org**LONG -TERM CARE (Ombudsman)**

Area Agency on Aging - Ombudsman

Resolves issues that affect quality of life in

Assisted Living Facilities and in Nursing Homes.

602-264-2255

www.aaaphx.org**MASSAGE/LYMPHEDEMA CARE****(also see Relaxation/Meditation)**

Banner Thunderbird Rehabilitation Services

Lymphedema Care

480-210-6445

Encompass Health Rehabilitation Hospital - Scottsdale

Dr. Andrea Brennan - Certified Lymphedema Therapist

9630 E. Shea Blvd. Scottsdale

480-551-5454

PebbleCreek Massage Therapists

Dartt, Tina

Lo, Selina

Williams, Lan-Ing

602-717-9975

623-907-3989

623-206-7640

Spooner Physical Therapist

5281 N. 99th Ave. Glendale (Suite 200)

For mild lymphedema

Amanda Dewitt Email: a.dewitt@spoonerpt.com

623-889-0411

The Personal Touch Massage LLC (Mobile)

ReNay Bojorquez \$50 an hour

Phillip Morin - Deep tissue and athletic massage- \$55 an hour

602-206-8303

623-810-1920

MEALS**(also see Grocery Services)**

Hello Fresh

Weekly meal kit service that delivers pre-measured ingredients. Email: Hello@hellofresh.com

800-733-2414 www.hellofresh.com

Meals on Wheels

Avondale Senior Center- Private pay \$5.00

623-333-2705

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES**

Meals of Joy - Delivery of food to seniors who are unable to prepare meals. Fees vary according to client.

TELEPHONE

623-594-9588

WEBSITEwww.mealsofjoy.org

Schwans

Easy to prepare meals - Delivery to your door.

888-724-9267

www.Schwans.com

St. Mary's Food Bank Alliance

Bridges reaching the elderly and disabled

Delivered 1 x per month - pre-packed

Must register & qualify for program.

602-242-3663

www.firstfoodbank.org**MEDICAL ALERT SERVICES/PRODUCTS**

(also see Emergency Response)

Alzheimer's Association- Safe Return/Medical Alert program for finding patients who wander - 24 hour assistance

800-432-5378

www.medicalalert.org/safereturn

Bay Alarm Medical

877-522-9633

www.bayalarmmedical.com

Great Call

Uses GPS for nationwide coverage.

800-918-8543

www.greatcall.com

Life Alert

3 year contract; GPS, fall detection, etc.

800-852-3081

www.lifealrthelp.com

Medical Alert

Fall detection; Use anywhere; no long term contracts

800-800-2537

www.medicalalert.com

Medic Alert Foundation

Medic Alert ID Pendants, sports bands, shoe tags, and bracelets.

24/7 Emergency Response; Safe Return

800-432-5378

www.medicalalert.org

Medical Care Alert

Home, Home & Yard, GPS - Home or Away, Fall protection.

855-272-1010

www.medicalcarealert.com

Medical Guardian

800-668-9200

www.medicalguardian.com

Philips LifeLine

3 levels, no contract, fall protection, GPS, etc.

855-633-6528

www.lifeline.philips.com**MEDICAL EDUCATION & RESOURCES**

(also see Support-Programs/Products/Organizations)

Alzheimer's Association - Materials and books

www.alz.org/dsw

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES**

	<u>TELEPHONE</u>	<u>WEBSITE</u>
Area Agency on Aging Elder Resource Guide - FREE information on Adult Care Homes, Independent Living Communities and Nursing Care. Hard copy available at Kare Bears House. <i>To download guide ...</i> Click on website, scroll down right side and click on Elder Resource Guide.	602-264-4357	www.aaaphx.org/caring-for-someone
Benevilla C.A.R.E.S. Information and Resources	623-584-4999	www.benevilla.org
Drugs.com Pill Identifier Source for dosages & side effects		www.drugs.com
Foundation for Senior Living	602-285-1800	www.fsl.org
Guide to Senior Housing - Pace - view magazine on line Prices, services, pictures of Independent/Assisted living Continued Care Retirement Communities, Rehabilitation, Behavioral, Memory, Skilled Nursing, Home Health Services, Community Resources - Hard copy available per request. View copy at the Kare Bears House.	480-246-3515	www.seniorhousing.org
Health and Human Services - Health News		www.healthfinder.gov
Kare Bears (PebbleCreek only) Medical Library, resources, speakers and website	623-536-1200	www.karebears.org
National Library of Medicine - Medline Plus Information on health and wellness, disorders & conditions, drugs & supplements. Tutorials: Health & surgery videos		www.medlineplus.gov
Sun Health/Banner Community Education Programs www.sunhealthcommunityeducation.org	623-207-1703	
Top Doc Magazine (PebbleCreek residents only) Available at the Kare Bears House for review. Selected by peers.		www.phoenixmag.com/top-doctors

**MEDICAL SUPPLIES/MOBILITY AIDS/PROPER USE OF EQUIP/
TIPS AND ADVICE**
(also see Medical Alert Systems/Products and
Handicapped Vehicles)

Active Forever Medical Supplies - online only www.activeforever.com

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****TELEPHONE****WEBSITE**

American Academy of Orthopedic Surgeons
Search : How to use Crutches/Canes/Walkers

<https://orthoinfo.aaos.org>

Apria Healthcare - Peoria
 Home Medical Equipment & Respiratory Services

623-933-9399 www.Apria.com

Comfort Plus Medical Supplies
 Incontinence Care Specialists

480-545-8055 www.comfortplusonline.com

Epill Medication Reminders
 Electronic devices to remind of medications

800-549-0095 www.epill.com

Grab Bars Now
 Medical Equipment/installation - Free home evaluation

602-509-2678 www.grabbarsnow.com

Kare Bears (PebbleCreek only) NO CHARGE!
 Loans wheelchairs, walkers, crutches, canes, etc.

623-536-1200 www.karebears.org

Medassure Inc. - Phoenix
 Medical equipment

623-935-1221 www.medassureinc.com

Medline Plus---How to use a walker or cane

www.medlineplus.gov

Phillips Lifeline Systems
 Medication Dispensers/Med Minders

855-633-6528 www.lifeline.philips.com

Southwest Lending Closet
 218 N Central, Avondale
 Provides medical equipment at NO CHARGE for 90 days.
 Loans bath benches, bedside commodes,
 walkers, crutches, wheelchairs, etc. Call for hours.

623-932-1016 www.southwestlendingcloset.org

MEDICARE/MEDICAID

Area Agency on Aging Benefits Assistance Program (Ship)
 A free health benefits counseling service for
 Medicare beneficiaries, their families, or caregivers.
 Senior Help Line (24hrs)

602-280-1059 www.azdes.gov/daas/ship

602-264-4357

Arizona Access Administration

602-417-7000 www.healthArizonaPlus.org

US Government
 General Medicare information plus nursing home check list.

800-633-4227 www.medicare.gov

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES**

Valley of the Sun Medicaid Planning - Patricia Barraza

TELEPHONE

623-329-9369

WEBSITEwww.vosmedicaidplanning.com**MOVING SERVICES/ESTATE LIQUIDATORS****(also see Pick Up and Delivery)**

Firehouse Moving Co.

623-215-8788

www.firehousemovingco.comDusty - Email: dusty@firehousemovingco.com

623-695-1999

Moving You Simply - Moving Coordinator

480 216-5387

www.movingyousimply.com

Relocation, organizing, and downsizing services.

NOTARY SERVICES (PebbleCreek only)

Activities Office at Eagle's Nest

623-535-9854

NURSE ADVICE LINE (Tricare only)

24 hours a day.

800-874-2273

NUTRITIONConsumer Lab -Reviews of 1,000 different products,
rates and compares products and offers expert insights.www.consumerlab.com

Vitamin Advisor - Only Me - Personalized supplement plan

800-585-5055

www.onlymetoday.com**PASTORAL SUPPORT FOR PEBBLECREEK RESIDENTS****(also see Grief Management under Support/Products)**

Merwald, Hal - Retired Pastor, PebbleCreek resident

360-393-0788

Ripley, Rev. Bob - Senior Pastor- PebbleCreek resident

207-907-0535

PebbleCreek Community Church

Email: pastorbob.ripley@gmail.com**PEBBLECREEK HOA**

PebbleCreek Homeowner's Association

www.pebblecreekhoa.org**PET COMPANION CLUB (PebbleCreek only)**

Jim Ellison - President

623-935-6651

www.pcpets.org[Email: arizviking@hotmail.com](mailto:arizviking@hotmail.com)

602-679-4958

Contact for stray animals, injured wildlife and donations.

Info on website: adoptable dogs, lost and found pets,

veterinary hospitals, mobile veterinarians, groomers, etc.

View site for list of PebbleCreek pet sitters.**PHARMACY DELIVERY (also see Errands)**

KeyHealth Pharmacy & Compounding- Free delivery

623-271-8577

www.keyhealthrx.com

560 N. Estrella Parkway Ste. B9, Goodyear

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****TELEPHONE****WEBSITE****PHONE CHECKUPS/HOME VISITS**

Benevilla - No Charge

623-584-4999 www.Benevilla.org

Phone pals - weekly calls and home visits - companionship
Pre-registration required prior to service.

Caring Visits - Carol Smail (PebbleCreek only)

602-510-1600

Phone Checks (free), Wellness Checks (for fee)

Email: caringvisits@cox.net

YANA - You Are Not Alone - No Charge

623-882-7481 www.goodyearaz.gov/yana

City of Goodyear Elder Safety Program

Provides regular phone calls and home visits.

PHYSICAL THERAPY

AZ Orthopedic Physical Therapy

623-242-6908 www.azopt.net

14557 W. Indian School Rd, 500B, Goodyear

Biomechanics

623-882-2992 www.biomechanix.com

750 N. Estrella Parkway, Ste 50, Goodyear

Empower Physical Therapy

623-935-5505 www.freedomofmotion.com

3050 N. Litchfield Rd., Ste 100, Goodyear

Foothills Sports Medicine and Rehabilitation

623-547-4739 www.foothillsrehab.com

5110 N. Dysart Rd, Litchfield Park

Spooner Physical Therapy

623-935-0734 www.spoonerpt.com

1626 N. Litchfield Rd, Ste 310, Goodyear

White Tanks Physical Therapy

623-882-9787 www.whitetankspt.org

250 N. Litchfield Rd, Goodyear

PHYSICIAN INFORMATION/REFERRALS

Arizona Medical Board

480-551-2700 www.azmed.gov

Physician information, medical background, complaints, etc

Maricopa County Medical Society

602-252-2844 www.mcmsonline.com

Referrals of physicians

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****TELEPHONE****WEBSITE****PHYSICIANS/MOBILE MEDICAL CARE & DIAGNOSTIC TESTING**

CareToU - Mobile Medical Clinics Skin Cancer Screening, biopsy services, and a non-surgical treatment for Basal Cell Carcinoma and pre-cancerous conditions. Contact for a mobile clinic close to you.	602-639-0189 480-202-3914	www.caretoU.com
Dispatch Health - House calls for assessment & diagnostic purposes & provides general procedures such as IV's, blood testing, urinary catheter insertion, etc.	480-493-3444	www.dispatchhealth.com
Heavenly Soles, PLLC - Mobile Podiatrist for homebound	623-584-0760	
MD HomeCare - Primary care practice Mobile X-rays, Labs, Wound Care, Flu shots and more!	602-362-2983	www.mymdhomecare.com
MD24House Call - For Homebound & Disabled	888-632-4758	www.md24housecall.com
Mom & Dad's Mobile Doctors Email: Intake@medicalhomecall.com	480-607-0606	www.medicalhomecall.com
See, Marian See (PC Resident) Injections, change bandages, & work with IV's.	623-935-3571	

PICK UP AND DELIVERY

Az Firemen Movers - Email: azfiremenmovers@gmail.com Move furniture within home; In state and out of state moving; Full packing and unpacking.	602-373-7117	www.azfiremenmovers.com
Jarvis Hauling & Home Services - Walter Jarvis Full house moves; pick up and delivery wjarvis3@yahoo.com	336-598-2065	

PLASTIC SURGERY

American Society of Plastic Surgeons Referral service	847-228-9900	www.plasticsurgery.org
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POISON CONTROL

Banner Good Samaritan Poison & Drug Info. Center Insect bites, drugs, etc.	602-253-3334	
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DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****TELEPHONE****WEBSITE****PRESCRIPTION RELIEF/PHARMACEUTICAL TREATMENTS**

Patient Advocate Foundation

www.copays.org/diseases

Financial assistance with co-payments, co-insurance or cost sharing associated with prescription drugs through funds dedicated to specific disease states.

GoodRx

855-268-2822

www.goodrx.com

App for phone to check prices on medications and get coupons for cheaper drugs for those whose insurance doesn't cover them.

RADIOLOGY

Banner Imaging (previously Valley Radiologists)

13555 W. McDowell Rd., Ste 106, Goodyear

Pacific Mobile Diagnostics - Performs routine x-rays, ultrasounds, EKG's and more!

602-249-4790

www.pmdxray.com

Simon Med Imaging

www.simonmed.com

10815 W. McDowell Rd, Ste 102, Avondale

623-433-0121

13657 W. McDowell Rd, Ste 111, Goodyear

623-302-7930

REHABILITATION**(also see Adult Day Care Programs and Caregiver Support)**

Cobalt Rehabilitation - Surprise

623-499-9100

Encompass Valley of the Sun - Glendale

623-878-8800

Freedom Plaza Care Center - Peoria

480-787-2971

www.brookdale.com

Genesis Estrella - Avondale

623-932-2282

www.geneshcc.com

Grandview Terrace - Sun City West

623-975-8014

www.sunhealthseniorliving.org

La Loma Care Center/Rehab - Litchfield Park

623-537-7401

www.sunhealthseniorliving.org

Palm Valley Rehab & Care Center - Goodyear

623-536-9911

www.palmvalleyrehabilitation.com

Sante' of Surprise

623-377-9698

www.santesurprise.com

Transitional Rehabilitation Center

Near Banner Del Webb Hospital

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****RELAXATION /MEDITATION**

Gillian Driscoll - gillian@gilliandriscoll.com (PC resident)
Reiki energy balancing too!

Jason Stephenson - Guided meditations and sleep music
You tube- **Free**

RESPIRE CARE (also see Home Health)

Benevilla Life Enrichment Day Programs

623-584-4999 www.benevilla.org

Genesis Estrella-Avondale

623-932-2282 www.geneshcc.com

Hacienda Del Rey -Litchfield Park

623-800-7710 www.mbkseiorliving.com

La Loma Care Center- Litchfield

623-537-7401 www.sunhealthseniorliving.org

Legacy House- Avondale

623-478-3800 <https://legacyavondale.com>

Silverado - Memory Care

480-447-7827 www.silverado.com

The Groves - Goodyear (PebbleCreek Parkway)

623-935-9058 www.merrillgardens.com

The Inn at Freedom Plaza - Peoria

623-815-6160 www.Freedomplazaarizona.com

The Woodmark - Sun City

623-583-7600 www.pacificaseniorliving.com

SALON MOBILE SERVICES FOR HOMEBOUND SENIORS

Angelique, Patricia - Hair

623-210-8590

Crow, Judith - Hair, nails and pedicures.

602-859-5083

Gloria's Private Nail Salon- Gloria Stephens

623-399-0959

Litchfield Barber Shop - Robert - Will come to your home.

623-535-0300

SEAMSTRESSES (PebbleCreek only)

Datwyler, Kitty - PebbleCreek Resident

623-535-5274

Ewest, Hope - PebbleCreek Resident

623-547-7642

Goldhagen-Hinkel, Cora - PebbleCreek Resident

623-536-9733

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****TELEPHONE****WEBSITE****SECURITY HOME MONITOR SYSTEM**

Home life moments to your smart phone. Logi Circle 2
2 way talk as well as video options.

www.logi.com/circle

SHARE BEARS (PebbleCreek only)

A Kare Bears Program - For seasoned seniors
Contact Norma Klinger - weekly bingo
Eagle's Nest Ballroom 11:00am-Noon. Every Friday.

623-512-1338 www.karebears.org

SUPPORT: PROGRAMS/ PRODUCTS/ORGANIZATIONS***ALCOHOL & SUBSTANCE ABUSE***

AA Serenity Group- AKA:PebbleCreek Recovery(residents only) 480-249-3471

Al-Anon - Counseling Service

480-969-6144

ALZHEIMER'S DISEASE/DEMENTIA

(also see Medical Alert and Caregivers)

Aging Care - Alzheimer's Care Guide. Free e-book download,
newsletters, support, etc. Ask questions and get answers.

www.AgingCare.com

Alzheimer's Association

800-272-3900 www.alz.org

24 Hour Help Line/Info & Referral

Alzheimer's Association - Desert Southwest Chapter

602-528-0545 www.alz.org/dsw

Free publications and Information; Family Care Consultation,
Safe Return/Medical Alert Program and Caregiver Support

Group - Lora Johnson Facilitator

623-505-3903

Christ Evangelical Luthern Church

918 S. Litchfield Rd. Building "A"

1st & 3rd Monday 3:00pm- 4:30pm (excluding holidays)

Alzheimer's Association - Safety Center

Includes tips and resources

www.alz.org/care/alzheimers-dementia-safety.asp

Alzheimer's/Dementia Caregiver Discussion Group

602-793-0299

(for PebbleCreek residents only)

Meets monthly - 3rd Saturday. Breakfast monthly - 1st Sat

Contact Teri Sellers for more information.

DIRECTORY OF SERVICES FEBRUARY 2020

RESOURCES

TELEPHONE

WEBSITE

Alzheimer's/Dementia Webinars

www.screencast.com/t/kwaagMKHNhy

Click on "Download this Media" to view and hit "save".

Understanding different forms of Dementia; Effective Communication, Eating Strategies, Dementia and Caregiving, Strategies for tough issues, etc.

Alzheimer's Reading Room

Short daily emails to help caregivers understand, cope and communicate with persons having dementia.

www.alzheimersreadingroom.com

Alzheimer's Store Products

Products for comfort and security for all stages of dementia.

800-752-3238

www.alzstore.com

Banner Del E. Webb - Behavioral Health Care - Sage
Inpatient care and Outpatient programs

623-524-4042

Benevilla- Life Enrichment day programs (Fee)

623-584-4999

www.benevilla.org

Caregiver Families - Tips, support and resources

www.caregiverfamilies.com

Caring Alzheimer's Newsletters

www.caring.com/newsletters

Daily Caring Newsletters - Caregiver tips

www.dailycaring.com

Haven Behavioral Hospital- Gero-Psychiatric Hospital, Phx.
Psychiatric and Medical evaluations

623-236-2000

www.havenofphoenix.com

Home Instead -Help for Alzheimer's Families

Interactive e-learning course, Free family caregiver training, Alz/Dementia Guide, Symptoms and stages, Online chats with Alz experts, etc.

www.helpforalzheimersfamilies.com

Lewy Body Dementia Association Helpline

www.lbda.org

Mayo Clinic Alzheimer's Newsletter

Go to website search for Mayo Clinic Alzheimer's

www.mayoclinic.org

National Institute on Aging

Caring for a person with Alzheimer's Disease
Easy-to-use guide - Understanding AD, Caring for a person with AD, Caring for yourself, When you need help, The medical side of AD, Coping with the last stages of AD. Click on PDF file and view on the web.

www.nia.nih.gov/health/publication

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES**

OnLine Dementia Journal (Monthly newsletter and video)
Articles for daily living and videos that demonstrate
hands-on skills.

[Click on Resources and then on Online Dementia Journal.](#)

Sun Health Community Wellness
Memory Care Navigator, Support Groups for Caregivers

TELEPHONE**WEBSITE**

www.teepasnow.com

623-832-9300 www.sunhealth.org/memorycare

ARTHRITIS

Adaptive Clothing

Buck & Buck

800-458-0600 www.buckandbuck.com

Silvert's Adaptive Clothing & Footware

800-387-7088 www.silverts.com

Arthritis Foundation

602-212-9900 www.arthritis.org

BLIND/VISUALLY IMPAIRED

Arizona Braille/Talking Books

Doctor's referral. Book players are provided. Free
audio books, movies, magazines, and newspapers.

602-255-5578 www.azlibrary.gov/talkingbooks

Arizona Center for the Blind and Visually Impaired
Social Recreation, Support Groups, Training & Education

602-273-7411 www.acbvi.org

En-Vision America

Script Talk. Audible tag that reads prescription labels.

Ask your pharmacist and they can help you get started -Free.

800-890-1180 www.envisionamerica.com

Hadley - Low Vision Focus

Free adaptive living audio recordings

855-830-5355 www.hadley.edu

Litchfield Park Library – Books on tape

602-652-3000

Low Vision Plus - Adaptive aids and in-home assistance

623-815-6787 www.lowvisionplus.com

LS & S - Products for visually impaired

800-468-4789 www.LSSproducts.com

Maxiaids

Products for blind, deaf, mobility & hard of hearing

800-522-6294 www.Maxiaids.com

RSA - Rehabilitation Services Administration

Arizona Resource Directory for persons who have vision,
hearing or combined hearing and vision loss.

For print, audio, Braille or electronic copies call this number.

602-542-3332 www.azdes.gov

DIRECTORY OF SERVICES FEBRUARY 2020

RESOURCES

State Services for the Blind - Independent program
Will send a wealth of information upon request.
Human Guide Techniques
A guide for persons with blindness or vision impairment.
Services for persons who are blind and much more!

TELEPHONE **WEBSITE**
602-266-9286 <https://eyeknow.az.gov>

Sun Sounds of Arizona
Reading Thru Radio. Audio version of newspapers,
magazines, and books read out loud.
Radios are loaned out at no charge.

480-774-8300 www.sunsounds.org

U.S. Currency Reader Program - Free
iBill Talking Banknote Identifier - key fob
www.bep.gov/uscurrencyreaderpgm.html

844-815-9388

Veteran's Referral Services for the Blind
Visual Impairment Services Team and Support Groups
Must be legally blind - Tom Hicks - Vist Coord. Ext. 7236

602-277-5551

View Finders - Low vision adaptive aids
10001 W. Bell Road, Sun City

623-583-2800 www.viewfinderlowvision.com

VisionAware
Getting started- for people new to vision loss

www.visionaware.org

Vispero
Eye Palo- Freedom Scientific
Instant reading device- Good for low vision & totally blind
Digital camera snapshot converts text-to-speech,
Magnifier/Reader, Screen magnifications & reading

727-803-8000 www.vispero.com

CANCER (also see Hospitals)

American Cancer Society
Variety of services - *Cancer Help Line*
Road to Recovery - Free transportation for treatment
Look Good, Feel Better - Free class offering tips and free
cosmetics for improving appearance while going through
treatment. Gently used wigs and other products.

602-224-0524 www.cancer.org
800-227-2345

American Institute for Cancer Research

800-843-8114 www.aicr.org

Breast Cancer Discussion Group (PebbleCreek only)
Facilitator - Rayma Scalzo - Call for more information.
January through May & September thorough December

623-935-1819

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****TELEPHONE****WEBSITE**

<p>Cancer Care Oncology social workers counsel cancer patients, caregivers, and loved ones over the phone; Online support groups for patients & caregivers; Education workshops, and more!</p>	800-813-4673	www.cancercares.org
<p>Cancer Hope Network Free phone support. Matches cancer patients or family member with trained volunteer cancer survivors who have undergone similar treatment.</p>	800-552-4366	www.cancerhopenetwork.org
<p>Cancer Support Community Find info on living with cancer whether you are newly diagnosed, a survivor, family member or friend.</p>		www.cancersupportcommunity.org
<p>CareToU Mobile Dermatology Clinics - Skin Cancer Services Screening, biopsy services & treatment of basal cell Carcinoma</p>	480-202-3914	www.CaretoU.com
<p>Caring Bridge Free personalized websites that support & connect loved ones during critical illness, treatment & recovery.</p>		www.caringbridge.org
<p>Colorectal Cancer Alliance Hotline Free online helpline patient support; Newsletter</p>	877-422-2030	www.ccalliance.org
<p>Lymphedema Specialists (Refer to information under Massage/Lymphedema Section)</p>		
<p>National Cancer Institute Online books for Types of Cancer, Screening Treatment & Side effects, Coping & Support for Family & Caregivers www.cancer.gov/publications/patient-education</p>	800-422-6237	
<p>National Comprehensive Cancer Network NCCN Guidelines For Treatment of Cancer by Site. View books online for many different types of cancer. Printed copy available upon request.</p>		www.nccn.org
<p>Us Too Prostate Cancer Support Group - Sun City West Richard Miles - 2nd Thursday 9am. Call for summer schedule.</p>	916-548-7407	www.ustoo.org

DIRECTORY OF SERVICES FEBRUARY 2020

RESOURCES

TELEPHONE

WEBSITE

Specialty Products During/After Cancer Treatment

AZ Wig Company and Boutique

480-429-3778 www.arizonawigco.com

7074 E. 5th Ave, Scottsdale Tues-Sat; 10-5:30

Banner Lakes Imaging Center -Free- Brand new wigs

623-832-5682

10474 W. Thunderbird Blvd.,Ste. 101, Sun City

Barbara's Mastectomy Boutique

602-234-9568 www.barbarasmastectomyboutique.cc

Boutique and sometimes in home visits for post mastectomies.

Accepts all insurances- Call for appointment.

5350 N. 16th St. Ste. 101, Phoenix

Bio Concepts

602-267-7854 www.bio-con.com

2424 E University Drive, Phoenix

Custom made pressure garments for lymphedema.

Cancer Treatment Centers of America (CTCA)Phoenix

623-207-3000 www.cancercenter.com

14200 W. Celebrate Life Way, Goodyear

Fine Fittings

623-214-3324 www.finefittings.org

18795 N Reems Rd, Shop G-113, Surprise

Wigs & Mastectomy prosthetics- Everything related to beauty

Hanger Clinic (prosthetics & orthotics)

623-535-1919 www.hanger.com

13065 W McDowell Rd, Ste. 111(Bldg A), Avondale

Tina's Treasures

480-323-1990

Breast prosthetics, post surgery camisoles,

Lymphedema products, hats, scarves, wigs & hair pieces, etc.

10460 N. 92nd St. Suite 100, Scottsdale

"TLC" Tender Loving Care - Online

800-850-9445 www.tlcdirect.org

Mastectomy products, wigs, head covers, camisoles, etc.

CAREGIVERS (also see Home Modification, Rehab, Respite, & Home Health Non-Medical Care and Alzheimers Section)

Alzheimer's /Dementia Caregiver Support Group

602-793-0299

Teri Sellers (PebbleCreek only)

Caregiver's Resource Library - Download FREE!

www.agingcare.com/ebook/library?utm_source

Guide for veterans benefits, Caring with someone with Alz,

Caregiver's survival guide, How to find & manage home care.

DIRECTORY OF SERVICES FEBRUARY 2020

RESOURCES

TELEPHONE

WEBSITE

Caregiver Stress

Tips on caring for yourself, educational info, Alzheimer's support, emails, and much more.

www.CaregiverStress.com

Foundation for Senior Living - Caregiver training
Visit Caregiver House - ideas for home modification.

602-285-1800 www.fsl.org

Parkinson's Support Groups (See Parkinson's section)

DEAF/HEARING IMPAIRED

Ascent Audiology, Surprise and Glendale offices
Also provides *mobile* visits for homebound.

623-745-0828 www.ascentaudiologyglendale.com

CaptionCall (Funded by the FCC)

877-557-2227 www.captioncallphone.com

Phone streams what the person on the phone is saying.
Free delivery, installation, phone and ongoing service.

Commission for Deaf or Hard of Hearing

602-542-3323 www.acdhh.org

Costco

623-907-5663

www.costco.com/hearing-aid-center.html

RSA - Rehabilitation Services Administration
Arizona Resource Directory for persons who have vision,
hearing or combined hearing and vision loss. For print, audio,
Braille or electronic copies call this number.

602-542-3332

Sound Point Hearing Center, Goodyear
Hearing aids & audiology

623-214-6062 www.soundpointgoodyear.com

DIABETES (also see Wound Clinics)

American Diabetes Association

602-861-4731 www.diabetes.org

DISABLED/HANDICAPPED

(also see Home Modification and Handicapped Vehicles)

Ability 360

602-256-2245 www.ability360.org

Programs/services for people with disabilities

Arizona Center for Disability Law

602-274-6287 www.azdisabilitylaw.org

Specialty Products for Easier Dressing

Buck and Buck

800-458-0600 www.buckandbuck.com

Silvert's Specialty Clothing for physically disabled.

www.silverts.com

DIRECTORY OF SERVICES FEBRUARY 2020

RESOURCES

TELEPHONE

WEBSITE

ELDER ABUSE

Adult Protective Services Hotline - Can report online.

877-767-2385

www.Azdes.gov/reportadultabuse

Area Agency on Aging - Senior hotline

602-264-4357 www.aaaphx.org

Ombudsman- Resolves issues that affect quality of life issues for residents in assisted living/nursing facilities.

GRIEF MANAGEMENT (also see Pastoral Support)

Divorce Care Group

www.divorcecare.org

Structured grief support from a Christian prospective. DVD's, workbook, and discussion.

Use website and put in zipcode for nearby locations.

GriefShare

www.griefshare.org

Structured grief support from a Christian prospective. DVD's, workbook, and discussion.

Use website and put in zip code for nearby locations.

Grief Support - One on one

307-637-3554

Karen Sapp (PC resident) ksapp1211@yahoo.com

Krysstine Gubser-Hislop, PHD (PC resident)

970-623-5527 www.drkrysstine.com

The Grief Recovery Specialist- all kinds of grief support

E-book download available from website.

Private and group support -see website for cost.

Online grief support group - Monitored by grief counselor

www.griefhealingdiscussiongroups.co

PebbleCreek Community Church - Grief Support

262-442-9973

For information call Tom Clark - Email: justtomc7@gmail.com

HEART/STROKE

American Heart Association & American Stroke Association

602-414-5353 www.heart.org

American Stroke Association

800-787-6537 www.stroke.org

Stroke Support Groups, e-newsletters, etc. FREE

Specialty Products -Adaptive Clothing

Buck and Buck

800-458-0600 www.buckandbuck.com

Silvert's Adaptive Clothing and Footware

800-387-7088 www.silverts.com

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES****TELEPHONE****WEBSITE*****KIDNEY***

National Kidney Foundation of Arizona

602-840-1644 www.azkidney.org***LUNG***

American Lung Association

602-258-7505 www.lung.org

Better Breathers Club - Abrazo -West Campus
 For those having lung cancer & caregivers
 Meets 2nd Wednesday of each month -10am to 11am
 Lung Helpline

877-934-9355

800-586-4872

MENTAL HEALTH

Banner Del W. Webb Behavioral Health Center - Inpatient
 Crisis Hotline (Maricopa County)

623-524-4042

602-222-9444

Haven Behavioral Hospital-Gero-Psychiatric Hospital - Phx.
 Psychiatric and medical evaluations

623-236-2000 www.phoenix.havenbehavioral.com

Marc Community Resources
 Information Resource Coordinator
 will help locate support groups, etc.

480-994-4407 www.mentalhealthaz.org

Mercy Care RBHA

800-564-5465 www.mercycareaz.org

National Alliance on Mental Illness

www.nami.org***MULTIPLE SCLEROSIS***

National Multiple Sclerosis Society

800-344-4867 www.nationalmssociety.org***PARKINSON'S DISEASE***

Benevilla Life Enrichment Day Programs

623-584-4999 www.benevilla.org

Muhammad Ali Parkinson Center
 Dignity Health- St. Joseph's Hospital
 Therapy, outreach and variety of classes.
 240 W. Thomas Rd, Ste 301 Phoenix

602-406-4931 www.barrowneuro.org

Parkinson's Support Groups

602-406-4921

Contact Kris Watts

Christ Evangelical Church - 918 S. Litchfield Rd.
 For caregivers only - 2nd Thursday - 9:45-10:45

DIRECTORY OF SERVICES FEBRUARY 2020

<u>RESOURCES</u>	<u>TELEPHONE</u>	<u>WEBSITE</u>
PebbleCreek Parkinson's Discussion Group Charlotte Sessoms - artlotte@gmail.com	360-966-6873	
<u>TRANSPORTATION AIRPORT SERVICES (PC Residents)</u>		
Biancardi, Fred - Airport	623-238-6527	
Cleland, Rosanne - Airport	586-557-2065	
Conlin, Tom (Toms Driving Service) - Airport	414-688-4011	
Fenoglio, Tom - Airport	618-616-5398	
Glenz, Xiu (Sho) - Airport & More!	623-760-6260	
Hand, David - Airport	720-519-1152	
Heck, Barbie - Airport	785-393-0059	
Jacobson, Mark - Airport	360-770-0651	
Jones, Michael - Airport	208-412-7691	
Lupo Airport Service (Team of Drivers)	602-818-2518	
Manns, Lynn - Airport	215-527-5793	
Muldrow, Andrea - Airport	480-909-9047	
Nesline, Christine - Airport & More!	301-466-5575	
O'Brien, Maureen - Airport	619-559-6384	
Pappas, Cliff - Airport and More! Money collected donated to New Life Center	602-770-2462	
Peters, Paulette (previous resident)	623-810-8665	
Roemer, Herb -Airport and More!	623-433-8512	
Sikes, Tammie - Airport	815-703-7888	
Singleton, RJ - Airport	623-308-4917	

DIRECTORY OF SERVICES FEBRUARY 2020

RESOURCES

Waynick, Sylvia - Airport

TELEPHONE

623-256-2864

WEBSITE

Williams, Jim - Wheels in Motion- Airport

602-403-0094

TRANSPORTATION MISCELLANEOUS SERVICES

American Cancer Society - Road to Recovery

800-227-2345

FREE transportation for cancer medical treatment.

Must be able to walk unassisted or have caregiver help.

Foldable wheelchairs only.

(Four business days notice required)

Benevilla- **Free** transportation to medical appointments

623-584-4999

www.Benevilla.org

Pre-registration required

Crisis Hotline (Maricopa County)

602-222-9444

Rides for detox - **No Charge** -24 hrs a day

Envoy America

888-375-5558

www.envoyamerica.com

Driving companion can stay with you if requested.

Kare Bears - Provides transportation **FREE** for medically related appointments. 48 hours notice required

623-536-1200

Royal Express Transportation - Non Emergency Transportation 602-391-1001

Wheelchair lifts & stretchers

URGENT CARE CENTERS

Alliance Urgent Care

623-742-2300

www.allianceurgentcare.com

15530 W. Roosevelt St. Ste. D101, Goodyear

Check-In online

Banner Urgent Care

623-465-6300

www.bannerurgentcare.com

3328 N. Litchfield Rd.

(By Safeway in Goodyear)

Check-in online

FastMed Urgent Care

623-215-0040

www.fastmed.com

1507 N Litchfield Road, Suite 200, Goodyear

Check-in online

DIRECTORY OF SERVICES FEBRUARY 2020**RESOURCES**

Med Post Urgent Care
 13840 W. Camelback Rd. Ste. 10, Litchfield Park
Check-in online

TELEPHONE **WEBSITE**
 928-323-8112 www.medpost.com

Next Care Urgent Care
 13075 W McDowell Rd, Suite D 106, Avondale.
Check-in online

623-547-0522 www.nextcare.com

WOUND CARE CLINICS

Abrazo West Wound Clinic
 1325 N. Litchfield Rd. Ste 145

623-882-1740

Banner Health Wound Institute
 1012 E. Willetta Street, Phx

602-839-6040

Banner Thunderbird Wound Clinic -Outpatient
 5555 W. Thunderbird Rd. Glendale, AZ

602-865-2230 www.bannerhealth.com

Elite Home Health Services (Wound Care & Ostomy Experts)
 2140 W. Greenway Rd., Ste. 100, Phoenix

602-626-8462 www.elitehhs.com