



Due to Covid-19, some of the resources are not providing services.
Be sure to contact them to verify information.

This is a compilation of resources provided by residents on the PebbleCreek E-Group, speaker presentations, facilitators and members of support groups, the 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 any 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 use of the information included in the Directory of Services.

How to navigate this document

This Directory of Services document is divided into two broad categories: General Programs/Products/Organizations, and Support Programs/Products/Organizations.

The electronic version of this document contains both in-document and external hyperlinks to assist in navigating the provided information. By selecting an entry in the Table of Contents you will be taken directly to that resource category in the document.

Resource categories are printed in blue, underlined, bold, uppercase font, such as: **COMMUNITY INFORMATION/REFERRALS**.

Within each category, providers/organizations are printed in a bold, black, italics font, such as, *Kare Bears*. When available, phone numbers, e-mail addresses, and web addresses are also provided. The web addresses are hyperlinks, such as www.KareBears.org, to assist in navigating to the provider web site.

Cross-referenced relationships between categories are shown in a blue font with selectable hyperlinks to the corresponding categories, such as “(also see [Home Health Consultants](#)).”

Note:

This directory is updated annually, and all resources are verified at that time. Some businesses/services are not eligible for inclusion due to publication and other considerations.

Please address any questions, comments, concerns, and/or corrections to Rayma Scalzo (raymas@cox.net).

Publication services provided by Eddie Daurora.

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Resource	Phone	Web/Email Address
GENERAL PROGRAMS/PRODUCTS/ORGANIZATIONS		
AARP		
<i>AARP Arizona State Office</i>	888-687-2277	https://states.aarp.org/arizona
ADULT DAY HEALTH CENTERS		
(also see Rehabilitation and Respite Care)		
<i>Benevilla Adult Day Care Programs - Main Office</i>	623-584-4999	www.benevilla.org
Several locations - For Alzheimer's/Dementia, Parkinson's, stroke survivors and those with intellectual disabilities.		
<i>Glendale Adult Day Health Center</i>	602-532-2983	www.fsl.org
ADULT SENIOR CENTERS		
<i>Avondale Senior Center</i>	623-333-2705	www.avondaleaz.gov/seniors
<i>Banner Olive Branch Senior Center - Sun City</i>	623-465-6000	www.bannerhealth.com/olivebranch
<i>Buckeye Senior Center</i>	623-349-6600	www.buckeyeaz.gov
<i>OptumCare Community Center – Goodyear</i>	888-203-8310	www.optum.com
1981 N. PebbleCreek Pkwy, Ste 8 Open to the public M-F 8AM to 4PM. Fitness, classes, social, etc.		
<i>Tolleson Senior Center</i>	623-936-2760	www.tollesonaz.org
AREA AGENCY ON AGING - EXTENSIVE RESOURCES		
<i>Area Agency On Aging</i> (also 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		
<i>Anything for Baby, Inc</i>	480-515-9783	www.anythingforbaby.com
Free delivery, set up, and pick up.		
<i>Sweet Pea Baby Rentals</i>	602-639-1407	https://sweetpeababyrentals.com
Tara		
BETTER BUSINESS BUREAU		
<i>Better Business Bureau - Arizona</i>	602-264-1721	www.arizonabbb.org
BLOOD PRESSURE (PebbleCreek only)		
Dee-Dee Patrick	708-494-0008	

Resource	Phone	Web/Email Address
CAR DETAILING AT YOUR HOME		
Gonzales, George - Auto detailer	623-533-0404	
J.M. Mobile Auto Touch Up Fix dents, bumper repair, headlight restoration, & more.	602-380-1540	
CAREGIVING SERVICE PROVIDERS (see Home Health Medical Care & Home Health Non-Medical Care)		
CEMETERIES (see Funeral Homes/Cemeteries)		
CLOTHING (adaptive clothing for easier dressing)		
Buck and Buck	800-458-0600	www.buckandbuck.com
Silverts Adaptive Clothing and Footwear	800-387-7088	www.silverts.com
COMMUNITY INFORMATION/REFERRALS (also see Home Health Consultants & Housing for Seniors)		
Area Agency on Aging - Senior Help Line (24 hour)	602-264-4357	https://www.aaaphx.org
Area Agency on Aging Resource Guide Provides information, referral and assistance for transportation, housing, long-term home care, home-delivered meals, options counseling, etc. Hard copy can be purchased by calling the Senior Help Line. Hard copy available for viewing at the Kare Bears House.	602-264-4357	https://www.aaaphx.org
Arizona Directory of Human Services (2-1-1 Arizona) Connected to available health and human services.		www.211arizona.org
Benevilla Offers a wide variety of FREE services and resources.	623-584-4999	www.benevilla.org
Kare Bears (PebbleCreek only) Kare Bears library (books & community resources) and a Directory of Services. Directory is available for viewing online at the Kare Bears website and the PebbleCreekio E-Group.	623-536-1200	www.karebears.org
YANA - You Are Not Alone Free Program provided by the City of Goodyear Police Regular home visits and phone calls; Support and Resources Contact: Rose Beals	623-696-8545	www.goodyearaz.gov/yana rbeals@goodyeararizona.gov
COMPUTER CLUB (PebbleCreek only) Dan Phelka – President Provides computer classes.	623-535-7791	http://www.PebbleCreekcomputerclub.org danphelka@hotmail.com

Resource	Phone	Web/Email Address
<u>COMPUTER SERVICES</u>		
<i>Cina, Ken (PebbleCreek Resident)</i> Repairs Windows desktops and laptops. Accepts & refurbishes donated computers, etc. to give to missionaries and others in need. All funds received, after expenses, are used for technology ministry.	414-550-4056	kcin@cox.net
<i>GTech Providers</i> DuVal Goley (Non-PebbleCreek resident)	623-547-2050 623-696-5694	
<i>Phelka, Dan (PebbleCreek Resident)</i> Cleanup, improvement, and repairs of Windows machines, including setting up new ones. Helps with Internet connectivity and wireless printer issues. Can work remotely if necessary.	623-535-7791	danhelka@hotmail.com
<i>Roberts, Mark (PebbleCreek Resident)</i> Setup and service of Apple IMAC, MacBook, iPhone and iPads. Installation of Wi-Fi components. Setup and service of Windows computers. Installation and diagnosis of printers. TV setup (excluding wall mounting).	602-821-7027	emsareus@gmail.com
<u>COUNSELING SERVICES</u> (also see Support: Programs/ Organizations & Pastoral Support)		
<i>Catholic Charities Counseling</i>	602-749-4405	
<i>Crisis Hotline - Maricopa County</i>	602-222-9444	
<i>Jewish Family & Children Services</i>	602-257-9314	www.jfcsaz.org
<i>Mercy Care RBHA</i>	800-564-5465	
<i>National Alliance on Mental Illness (NAMI)</i>		
Crisis Support Line	602-222-9444	
Non-Crisis Warm line	602-347-1100	
<u>CREDIT REPORTING</u>		
<i>Equifax</i>	800-685-1111	
<i>Experian</i>	888-397-3742	
<i>Transunion</i>	800-888-4213	www.annualcreditreport.com
<u>DENTAL SERVICE/INFORMATION/REFERRALS/HOUSE CALLS</u>		
<i>Arizona Dental Association - Dental Referrals</i>	480-344-5777	www.azda.org
<i>Arizona State Board of Dental Examiners</i> Checks background, complaints, board actions. Licenses individuals who provide dental services.	602-242-1492	https://dentalboard.az.gov/
<i>Mobile Dentistry of Arizona</i> For homebound residents	480-313-3310	www.mobiledentistryofaz.com

Resource	Phone	Web/Email Address
DISPENSARIES IN GOODYEAR (CBD OIL)		
<i>Red Star Vapor & CBD</i> 13824 W. McDowell Rd. , Ste. 105, Goodyear	480-430-5929	www.redstarvapor.com
<i>Valley of the Sun Medical Dispensary</i> 16200 W. Eddie Albert Way, Goodyear	623-932-3859	www.votsmd.com
DONATIONS/CHARITY		
<i>Airman's Attic- Luke AFB Thrift Shop</i> 13975 W. Phantom St. # 750 Glendale, AZ 85309 Wed & Friday 10:00 - 2:00	623-856-6415	www.lukespousesclub.org lukethriftshop@gmail.com
<i>Benevilla</i> 16752 N. Greasewood St., Surprise, AZ 85378 Day programs, Caregiver Support, Resources, Home Services	623-584-4999	www.benevillaplannedgifts.org
<i>Goodwill</i> 15433 W. McDowell Rd., Goodyear 85395	602-216-3913	
<i>Hope's Closet Thrift Store</i> 415 N Litchfield Rd, Goodyear 85338 Call for hours	623-925-0965	www.newlifectr.org
<i>Lions Club: Hearing aids, old phones, glasses</i> Donate at the Activities Office		
<i>New Life Center</i> A refuge from domestic violence	623-932-4404	www.newlifctr.org
<i>Kare Bears (PebbleCreek)</i> 15383 W. Cheery Lynn Rd, Goodyear 85395 Accepts wheelchairs, walkers, knee walkers, crutches, canes, and monetary donations. Tax deductible.	623-536-1200	www.karebears.org
<i>Salvation Army</i> 11 N. 3rd Ave. Avondale, 85323	623-932-0472	https://arizona.salvationarmy.org
<i>Southwest Lending Closet</i> 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.SWLendingcloset.org
DRY CLEANING - Mobile		
<i>Rite Cleaners & Dry Cleaning Home Express</i>	623-433-9737	www.dchomeexpress.com
ELDER LAW (also see Estate and Financial Planning)		
<i>Arizona Senior Citizens Law Project</i>	602-252-6710	www.azlawhelp.org
<i>Community Legal Services</i>	602-258-3434	www.clsaz.org
<i>Lora Johnson - Elder Law Attorney</i>	623-505-3903	www.johnsonestatelaw.com
<i>Rita Daninger - Elder Law Attorney</i>	623-815-8069	http://www.attorneyrdaninger.com

Resource	Phone	Web/Email Address
EMERGENCY RESPONSE (see Medical Alert Services/Products , and Fire Prevention Division – under Goodyear)		
ENVIRONMENT		
<i>EWG</i> Rates 80,000 Food products, personal care products & household cleaning products		www.EWG.org
ERRANDS (also see Home Health Non-Medical Care)		
<i>Benevilla</i> Occasional help in completing emergency errands. Pre-registration prior to receiving free services.	623-584-4999	www.benevilla.org
<i>Pappas, Cliff (PebbleCreek resident)</i> Money collected for service is donated to New Life Center.	602-770-2462	Cliff2939@aol.com
<i>Roemer, Herb (PebbleCreek resident)</i>	623-433-8512	
<i>Waynick, Sylvia (PebbleCreek resident)</i>	623-256-2864	
<i>Zuckerbrow, Rochelle (PebbleCreek resident)</i>	480-250-7585	
ESTATE AND FINANCIAL PLANNING (also see Elder Law)		
<i>Dana Law Group</i> Estate Planning	623-972-2388	www.danalawgroup.com
<i>Johnson, Lora</i> Estate Planning and Elder Law	623-505-3903	www.johnsonestatelaw.com
<i>Mahoney Law Office - Jennifer Mahoney</i> Estate planning, Wills and Trusts	623-518-3513	www.mahoneylawoffice.net
<i>RBC Wealth Management - Kris Dahl</i> Financial Advisor	480-609-4936	www.KrisDahlRBC.com kris.dahl@cbc.com
EYE GLASS REPAIR		
<i>M&M Mobile Eyeglass Repair - Luis Lopez</i>	623-693-9372	
FLOWERS		
<i>Thompson's Flower Shop</i> 406 N. Litchfield Rd. Ste 200, Goodyear Flowers for all occasions	623-932-0531	www.thompsonsflowershop.com
FUNERAL HOMES/CEMETERIES		
<i>Ganley's Buckeye Funeral Home - Buckeye</i>	623-386-4812	www.ganleysbuckeyefuneralhome.com
<i>Chapel of the Chimes Mortuary</i> 7924 N 59th Ave, Glendale	623-937-9297	www.dignitymemorial.com

Resource	Phone	Web/Email Address
<i>Christ Church of the Valley</i> 1565 N. 113th Ave, Avondale Funerals and Memorials	623-561-3600	www.ccv.church.com
<i>Glendale Memorial Park Cemetery</i> 7844 N 61st Ave, Glendale	623-930-2189	
<i>Heritage Arrowhead Funeral Center & Cemetery</i> 7545 W. Rose Garden Lane, Glendale	623-362-3255	www.heritgefuneralchapel.com
<i>Heritage Funeral Chapel</i> 6830 W. Thunderbird Rd, Peoria	623-974-3671	www.heritgefuneralchapel.com
<i>Holy Cross Catholic Cemetery and Funeral Home</i> 9925 W. Thomas Rd, Avondale	623-936-1710	www.hcccem.org www.hccfh.org
<i>Simply Cremation and Funeral Arrangements</i> 16952 W. Bell Rd. Ste. 303, Surprise	623-975-9393	www.simplycremationaz.com
<i>Sunland Memorial Park Mortuary/Cremation Center & Cemetery</i> 15826 Del Webb Blvd, Sun City	623-933-0161	www.sunlandmemorial.com
<i>Sunwest Funeral Home Cemetery & Crematory</i> 12525 N.W. Grand Ave, El Mirage	623-974-2054	www.heritgefuneralchapel.com
<i>Thompson Funeral Chapel</i> 926 S. Litchfield Rd, Goodyear	623-932-1780	www.thompsonfuneralchapel.com
<i>West Resthaven Park Cemetery & Funeral Home</i> 6450 W. Northern Ave, Glendale	623-939-8394	www.dignitymemorial.com
<u>GOLF CART SERVICE AT YOUR HOME</u>		
<i>Mobile Golf Cart Repair - Rubin Matos</i>	623-332-1420	
<i>The Battery Guy</i>	602-663-5870	www.thebatteryguy.com
<u>GOODYEAR</u>		
<i>Fire - Non-Emergency calls</i> For help getting up from falls...call 911	623-932-2300	
<i>Fire Department- Home Safe Home</i> Free in-home safety checks for anyone age 60+ Free carbon monoxide alarm & smoke alarm assessment	623-882-7233	www.goodyearaz.gov/fire
<i>Goodyear Victim Advocate - Police Department</i>	623-882-7677	www.goodyearaz.gov
<i>Miller, Rick – PC Resident</i> Installation of lock box for gaining entry by fire personnel for emergencies.	623-535-8750	milmanor@cox.net
<i>Police Non-Emergency Response</i>	623-932-1220	

Resource	Phone	Web/Email Address
<i>Sanitation Services</i> Access HOA website for trash, recycle and bulk trash and holiday pickup schedule. Click on PC information for trash pickup.		https://pebblecreekhoa.org/group/pebblecreek-homeowner-association/trash-pickup
<i>Walk Up Service</i> Garbage can assistance to and from your house	623-882-7887	
<i>YANA - You Are Not Alone</i> Free Program provided by the City of Goodyear Police Regular home visits and phone calls; Support and Resources Contact: Rose Beals	623-696-8545	www.goodyearaz.gov/yana rbeals@goodyeararizona.gov
GOVERNMENT AGENCIES		
<i>Adult Protective Services</i> (also see Long-Term Care Ombudsman Program)	877-767-2385	https://des.az.gov/services/basic-needs/adult-protective-services/report-adult-abuse
<i>AG Consumer Information & Complaint</i>	602-542-5763	www.azag.gov/consumer
<i>AG Office of Victims Services</i>	602-542-4911	www.azag.gov
<i>Aging and Adult Services</i>	602-542-4446	www.azlinks.gov
<i>AZ Attorney General's Office</i> Life Care Planning packet materials and more. Click on "seniors".	602-542-2123	www.azag.gov
<i>AZ Corporation Commission - Securities Division</i>	602-542-4242	www.azcc.gov/divisions/securities
<i>AZ Department of Economic Security - Fraud line</i>	602-542-9449	
<i>AZ Department of Health Services</i> Searchable database containing information about facilities/providers.	602-542-1025	www.azdhs.gov
<i>AZ Department of Insurance</i> Director Evan Daniels	602-364-2499 602-364-3100	https://difi.az.gov
<i>AZ Department of Motor Vehicles – Medical Review</i> Report unsafe drivers, download forms & publications. Driver Condition/Behavior Report – Form 96-0469	602-771-2460	www.azdot.gov
<i>AZ Department of Veteran Affairs</i>	800-827-1000	www.va.gov
<i>AZ Medical Board</i> Physician info/medical background/complaints.	480-551-2700	www.azmd.gov
<i>AZ Registrar of Contractors</i>	602-542-1525	www.azroc.gov
<i>AZ Secretary of State</i> Advance Directive Registry Electronically store and access your medical directives.	602-542-6187	www.azsos.gov
<i>AZ State Board of Dental Examiners</i> Background, complaints, board actions, etc. Licenses individuals who provide dental services.	602-242-1492	https://dentalboard.az.gov

Resource	Phone	Web/Email Address
<i>AZ State Health Insurance Assistance Program</i> Free health benefits counseling service for Medicare beneficiaries, families, or caregivers.	800-432-4040	www.shiptacenter.org
<i>Elder Help Line</i> Task force against senior abuse.	602-542-2124	www.azag.gov
<i>Social Security Administration</i>	800-772-1213	www.socialsecurity.gov
GROCERY SERVICE		
<i>Benevilla</i> Weekly grocery shopping for those not able to shop for themselves. No charge - Pre-registration prior to service.	623-584-4999	www.benevilla.org
<i>Fry's</i> Online shopping bagged and ready for pickup. Delivery for a cost		www.frysfood.com
<i>Safeway</i> Online shopping bagged and ready for pickup. Delivery for a cost		www.safeway.com
<i>Walmart</i> Online shopping bagged and ready for pickup. Free delivery with \$35 minimum purchase.		www.walmart.com/cp/2281929
HANDICAPPED VEHICLE AND MOBILITY AIDS (also see Medical Supplies)		
<i>United Access - Auto adaptation for handicap use.</i> New and used – lift products, accessible vehicles, power chairs	602-275-3325	www.braunability.com
HANDYMAN SERVICES (see Home Maintenance)		
HOME HEALTH CONSULTANTS & REFERRAL SERVICES (also see Home Health Medical Care and Home Health Non-Medical Care)		
<i>AZ In-Home Care Association</i> Provide referrals for medical/non-medical services.	602-283-3503	www.aznha.org info@aznha.org
<i>Care.com</i> National website allows you to find local senior care, house sitters and pet sitters.		www.care.com
<i>Foundation for Senior Living</i> Geriatric Care Manager	602-285-1800	www.fsl.org
<i>Geriatric Resources</i> Crystal Littlejohn - Care Management	623-776-3098	www.geriatricresourcesaz.com Info@geriatricresourcesaz.com

Resource	Phone	Web/Email Address
HOME HEALTH MEDICAL CARE (also see Home Health Consultants/Referral Services and Home Health Non-Medical Care)		
ALIKA Skilled Nursing-Therapy-Short term	480-264-4568	www.santecares.com
Arizona Supportive Home Care A Hospice of the Valley Agency (Pre-hospice) Scheduled Visits	602-287-7050	www.hov.org info@geriatricresourcesaz.com
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	www.firstat.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	caringvisits@cox.net
ComForCare Home Care	623-934-2722	www.comforcare.com
Foundation for Senior Living- Home Health Care	602-285-1800	www.fsl.org
Golden Heart Senior Care	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/831
Nightingale Home Care	602-504-1555	www.ngcare.com
Right at Home	623-547-0700	www.Rahwest.com
Synergy Homecare	623-246-1000	www.Synergyhomecare.com
Touching Hearts at Home	623-207-9391	www.touchingheartsaz.com
Visiting Angels	623-266-9304	www.visitingangels.com
HOME MAINTENANCE (By PebbleCreek residents)		
Gary Luders - Handyman Wide range of services	623-271-5441	frisbeelud@gmail.com
Henson Floor Care Tyler Henson Carpet-Tile-Grout-Upholstery	623-570-2618	

Resource	Phone	Web/Email Address
<i>Jarvis Hauling and Home Services</i>	336-598-2065	wjarvis3@yahoo.com
Moving, Pickup Delivery and Handyman		
<i>Miller, Rick – PC Resident</i>	623-535-8750	milmanor@cox.net
Installation of lock box for gaining entry by fire personnel for emergencies.		
<i>Nicholson, Johnny</i>	360-972-5322	Nicholsonjohn56@gmail.com
Smoke detectors & a variety of odd jobs.		
<i>Pebble Creek Air Conditioning and Heating LLC</i>	623-266-2660	www.pebblecreekAIR.com info.PebbleCreekair@gmail.com
Contact: Dave and Karen Douglas		
<i>Prinz, Randy & Ryan</i>	541-727-1385	
Plumbing/Electrical and much more!	602-740-2034	
<i>Service by Rich - Rich Veleta</i>	708-692-9376	rjveleta@gmail.com
Electrical wiring, plumbing, convert address lights to LED and other misc. jobs.	623-295-9376	
<i>Suttles, Rodney</i>	623-628-3182	
Locksmith		
<i>Vesely, Rick (PC Resident)</i>	970-596-6081	Richardv77@icloud.com
Smoke Alarms, closet remodel, ceiling fans, minor electrical, pigeon deterrents, toilet installation,garbage disposals,kitchen/bath faucets, tree rat shields, rabbit fence installation,power washing, carpentry, storage racks, door installation, hang pictures		
<u>HOME MAINTENANCE (Non-PebbleCreek Residents)</u>		
<i>AAA Cleaning & Maintenance - Jessie Linderman</i>	623-249-8157	JLfeenix@cox.net
Carpet-Tile-Grout		
<i>A Bright View Window Cleaning, Inc</i>	602-989-1038	ABVCleaning@gmail.com
Including pressure washing, garbage cans & solar panels		
<i>Allan's Discount Blind Repair</i>	623-326-5349	Acotkin1@cox.net
<i>Argent Solar</i>	623 734-6011	
Charlie Miller		
<i>Apex Window Cleaning</i>	623-498-7589	www.apexwindowcleaningaz.com
Doug McNelley		
<i>Arizona Leak Detection</i>	602-354-2945	www.leakdetectionarizona.com
<i>Avondale Garage Doors</i>	623-693-8677	http://www.avondalegaragedoors.com
Repair * Sales * Installation		avondaledoors@yahoo.com
<i>Beckham Electric, LLC (John)</i>	480-370-1014	www.beckhamelectricllc.com
Licensed		

Resource	Phone	Web/Email Address
<i>Benevilla</i> 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
<i>Clean Rite Window Service</i>	623-932-0072	
<i>Elite Appliance Repair</i> Jim Zack	623-866-3677	
<i>Emil Neagu Air Conditioning, Heating & Plumbing Co.</i> Licensed and Bonded - Ask for PebbleCreek discount.	623-546-3042	http://www.emilneaguco.com
<i>Gabriel's Appliance Repair</i>	623-535-9611	
<i>Greg The Glassman</i> Glass/Door Repair, Window Replacement, etc.	623-694-2347	
<i>Jamie Cid - Window Washing/Screens/Solar panels</i> Makes Sunscreens	602-435-0032	
<i>Kodet Plumbing (Todd)</i>	623-535-7622	
<i>Mike's Dryer Vent Cleaning & Services</i> Smoke alarm batteries, pigeon proofing, roof tile replacement, gutter cleaning, wood gate slat replacements, vent cleaning, water channel replacements for walkways & chimney caps, wash solar panels.	623-266-1326	
<i>New Age Cabinetry and Coating</i> Jonathan Martinez	602-373-4054	
<i>Palm Valley Garage Doors</i> Dave	623-628-6404	
<i>Rapid Roofing</i> Robert Barnett	623-628-6372	
<i>Screen Mobile</i> Repair/Replace Screens	602-438-8485	http://www.screenmobile.com screenmobile70@gmail.com
<i>The Grout Doctor</i>	623-208-6020	
<i>TNT Lighting Pros</i> Tye Connor / Owner Light design, repair current lighting and electrical wires. FREE nighttime landscape demonstrations, and more.	480-886-2614	www.tntlightingpros.com tye@tntlightingpros.com
<i>West Valley Air Conditioning & Heating, LLC</i>	623-764-3750	wvac@cox.net
<u>HOME MODIFICATION AND SAFE PATIENT HANDLING</u> (see Medical Supplies)		

Resource	Phone	Web/Email Address
<u>HOME WATCH SERVICES (By PebbleCreek residents)</u>		
Gillespie, Jim	623-698-6982	gillespie161@cox.net
Law, George	623-536-8104	
Zuckerbrow, Rochelle	480-250-7585	
<u>HOSPICE</u>		
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
<u>HOSPITALS/BEHAVIORAL HEALTH CENTERS</u>		
Abrazo Arizona Heart Hospital 1930 E. Thomas Rd. Phoenix	602-532-1000	www.abrazohealth.com
Abrazo Arrowhead Campus 18701 N. 67th Ave, Glendale ER online check-in ; Wait at home.	623-561-1000	www.abrazohealth.com
Abrazo Central Campus 2000 W. Bethany Home Rd, Phoenix ER online check-in; Wait at home.	602-249-0212	www.abrazohealth.com
Abrazo Surprise Hospital 16815 W. Bell Rd, Surprise	623-244-2400	www.abrazohealth.com
Abrazo West Campus (West Valley Hospital) 13677 W. McDowell Rd, Goodyear ER online check-in; Wait at home.	623-882-1500	www.abrazohealth.com
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	480-256-6444	www.bannerhealth.com
Banner MD Anderson Cancer Center 5555 W. Thunderbird, Glendale	602-865-5445	www.bannerhealth.com

Resource	Phone	Web/Email Address
<i>Banner University Medical Center</i> 1111 E. McDowell Rd, Phoenix	602-839-2000	www.bannerhealth.com
<i>City of Hope</i> 14200 W. Celebrate Life Way, Goodyear	623-207-3000	www.cancercenter.com
<i>Dignity Health - Arizona General - Emergency Room</i> 251 N. Estrella Parkway - Goodyear	623-322-6900	www.azgeneraler.com
<i>Dignity Health Litchfield Park - Emergency Department</i> 4975 N. Dysart Rd, Litchfield; Online Waiting room	602-406-8700	www.dignityhealth.org
<i>Dignity Health -St. Joseph's Hospital & Medical Center</i> Emergency Room - ER online check-in; Wait at home 350 W. Thomas Rd., Phoenix	602-406-3000	www.dignityhealth.org
<i>Dignity Health - St. Joseph's Westgate Medical Center</i> Emergency Room ER online check-in ; Wait at home 7300 N. 99th Ave., Glendale	602-406-0000	www.dignityhealth.org
<i>Haven Behavioral Hospital</i> 1201 S. 7th Ave., Phoenix	623-236-2000	www.havenofphoenix.com
<i>Honor Health John C. Lincoln Medical Center</i> 250 E. Dunlap Ave. Phoenix	602-943-2381	www.honorhealth.com
<i>Mayo Clinic Hospital</i> 5777 E. Mayo Blvd, Phoenix	480-342-2000	www.mayoclinic.org
<i>Quail Run Behavioral Health</i> 2545 W. Quail Ave, Phoenix	602-455-5694	http://www.quailrunbehavioral.com
<i>Valleywise Health Medical Center</i> Emergency Room 2601 E. Roosevelt St, Phoenix	602-344-5011	www.valleywisehealth.org
<u>HOUSING CONSULTANTS /REFERRALS</u> (also see Housing for Seniors)		
<i>Arizona Senior Options - Placement & Advocacy Services</i> Denisa Barbur; No cost to you	602-903-6365	www.Azsenioroptions.com Denisa@AZSeniorOptions.com
<i>Call Jackie Senior Living Options (Jackie Wargo)</i>	602-826-8893	www.calljackienow.com
<i>Golden Assist Senior Placement Services - PC resident</i> Teri Sellers 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	Teri_Sellers@msn.com
<i>Helping Hands Senior Services - Charlene Sargent, RN.</i>	602-620-2342	www.helpinghandsaz.com charlene@helpinghandsaz.com
<i>Options for Senior Living Placement & Referral Services</i> Tammy Luna	602-501-8143	www.optionsforseniorliving.com

Resource	Phone	Web/Email Address
<u>HOUSING FOR SENIORS</u>		
Independent/Assisted Living/Skilled Nursing & Nursing Homes/Memory Care (also see Housing Consultants for referrals , Rehabilitation and Respite Care)		
<i>AZ State Veterans Home - Skilled Nursing</i> 4141 N.S. Herrera Way, Phoenix	602-248-1550	https://dvs.az.gov/
<i>Guide to Senior Housing - Pace</i> Pictures, amenities, prices, etc. of Independent, Assisted Living (including group homes), Continued Care Retirement Communities, Rehabilitation, Behavioral, Memory and Skilled Nursing facilities. Order free hard copy. Guide is available for viewing at the Kare Bears House.	480-246-3515	
<i>Huger Mercy Living Center (Barrows)</i> 2345 W. Orangewood Ave, Phoenix Assisted Living Directed Memory Care	602-406-5600	
<i>Robson Reserve at PebbleCreek - Goodyear</i> 15833 W. Clubhouse Dr. - Independent & Assisted Living	623-440-6800	www.robsonreserve.com
<u>IDENTITY THEFT/SCAMS</u>		
<i>FTC Identity Theft Hotline</i>	877-438-4338	
<i>Identity Theft/Consumer Info.</i>		www.consumer.ftc.gov
US Government Website National Do Not Call registry, block unwanted calls on land lines and mobile phones. For Email phishing, report to: spam@uce.gov		
<i>Norton LifeLock - Identity Theft Protection</i>		www.NortonLifelock.com
<i>Scambusters</i>		www.scambusters.org
<u>IRONING SERVICES (PebbleCreek Residents)</u>		
<i>Hauser, Judy</i>	623-535-7890	doggie8744@aol.com
Cell phone	623-826-7359	
<i>Luber, Dreama</i>	443-605-6962	dlroyaldaughter@yahoo.com
<i>McManus, Joan</i>	928-978-2298	
<u>KARE BEARS (PebbleCreek only)</u>		
<i>Kare Bears</i>	623-536-1200	www.karebears.org
15383 W. Cheery Lynn Rd		
Call for hours		

Resource	Phone	Web/Email Address
LABORATORY TESTING		
<i>Labcorp</i>		www.labcorp.com
<i>10815 W. McDowell Rd, Ste 302, Avondale</i>	623-907-8505	
<i>13555 W. McDowell Rd, Ste 208, Goodyear</i>	623-536-2747	
Make appointment online or walk-in.		
<i>Sonora Quest Laboratories</i>		www.sonoraquest.com
<i>13657 W. McDowell Rd, Ste.100, Goodyear</i>	623-535-4805	
<i>9321 W. Thomas Rd, Ste 105, Phoenix</i>	623-742-9072	
Make appointments online or walk-in.		
LIBRARY		
<i>Georgia T. Lord Library</i>		
1900 N. Civic Square, Goodyear		
LIFELONG LEARNING (PebbleCreek only)		www.lifelonglearningatpc.org
Lectures, classes, trips, and special events		
LONG -TERM CARE (Ombudsman)		
<i>Area Agency on Aging - Ombudsman</i>	602-264-2255	www.aaaphx.org
Resolves issues that affect quality of life in Assisted Living Facilities and in Nursing Homes.		
MASSAGE/LYMPHEDEMA CARE		
(also see Relaxation/Meditation)		
<i>Banner Physical Therapy</i>	480-210-6445	
Lymphedema Care		
5605 W. Eugie Ave Ste. 212, Glendale, AZ		
<i>PebbleCreek Massage Therapists</i>		
Dartt, Tina	602-717-9975	
Lo, Selina	623-907-3989	
Williams, Lan-Ing	623-206-7640	
<i>The Personal Touch Massage LLC (Mobile)</i>		
ReNay Bojorquez \$50 an hour	602-206-8303	
Phillip Morin - Deep tissue and athletic massage- \$55 an hour	623-810-1920	
MEALS		
(also see Grocery Services)		
<i>Hello Fresh</i>		www.hellofresh.com
Weekly meal kit service that delivers pre-measured ingredients.		Hello@hellofresh.com">Hello@hellofresh.com

Resource	Phone	Web/Email Address
<i>Meals of Joy</i> Delivery of food to seniors who are unable to prepare meals. Fees vary according to client.	623-594-9588	www.mealsofjoy.org
<i>Schwan's</i> Easy to prepare meals - Delivery to your door.	888-724-9267	www.Schwans.com
<i>St. Mary's Food Bank Alliance</i> Bridges reaching the elderly and disabled Delivered 1 x per month - pre-packed Must register & qualify for program.	602-242-3663	www.firstfoodbank.org http://www.stmarysfoodbank.org
MEDICAL ALERT SERVICES/PRODUCTS (also see Emergency Response)		
<i>Bay Alarm Medical</i>	877-522-9633	www.bayalarmmedical.com
<i>Life Alert</i> 3-year contract; GPS, fall detection, etc.	800-852-3081	www.lifealerthelp.com
<i>Lifeline Systems</i> Fall protection, GPS, etc.	855-633-6528	www.lifeline.com
<i>Lively</i> Uses GPS for nationwide coverage.	800-918-8543	www.lively.com
<i>Medical Alert</i> Fall detection; Use anywhere; no long-term contracts	800-800-2537	www.medicalalert.com
<i>Medic Alert Foundation</i> Medic Alert ID Pendants, sports bands, shoe tags, and bracelets. 24/7 Emergency Response; Safe Return	800-432-5378	www.medicalalert.org
<i>Medical Care Alert</i> Home, Home & Yard, GPS - Home or Away, Fall protection.	855-272-1010	www.medicalcarealert.com
<i>Medical Guardian</i>	800-668-9200	www.medicalguardian.com
MEDICAL EDUCATION & RESOURCES (also see Support-Programs/Products/Organizations)		
<i>Alzheimer's Association</i> Materials and books	800-272-3900	www.alz.org/dsw
<i>Area Agency on Aging</i> Resource Guide - FREE information on Adult Care Homes, Independent Living Communities and Nursing Care. Hard copy available for viewing at the Kare Bears House.	602-264-4357	http://www.aaaphx.org
<i>Benevilla C.A.R.E.S. Information and Resources</i>	623-584-4999	www.benevilla.org
<i>Drugs.com Pill Identifier</i> Source for dosages & side effects		www.drugs.com
<i>Foundation for Senior Living</i>	602-285-1800	www.fsl.org

Resource	Phone	Web/Email Address
<i>Guide to Senior Housing - Pace</i> Prices, services, pictures of Independent/Assisted living, Continued Care Retirement Communities, Rehabilitation, Behavioral, Memory, Skilled Nursing, Home Health Services, Community Resources Hard copy available FREE per request. View copy at the Kare Bears House.	480-246-3515	
<i>Kare Bears (PebbleCreek only)</i> Medical Library, resources, speakers, and website	623-536-1200	www.karebears.org
<i>National Library of Medicine - Medline Plus</i> Information on health and wellness, disorders & conditions, drugs & supplements, tutorials & newsletters		www.medlineplus.gov
<i>Sun Health/Banner Community Education Programs</i>	623-207-1703	http://www.sunhealthwellness.org
<i>Top Doc Magazine</i> Selected by peers.		http://www.phoenixmag.com
MEDICAL SUPPLIES/MOBILITY AIDS/PROPER USE OF EQUIP/TIPS AND ADVICE (also see Medical Alert Systems/Products and HANDICAPPED VEHICLE AND MOBILITY AIDS)		
<i>Active Forever Medical Supplies - online only</i>		www.activeforever.com
<i>American Academy of Orthopedic Surgeons</i> Search: How to use Crutches/Canes/Walkers		https://orthoinfo.aaos.org
<i>Comfort Plus Medical Supplies</i> Incontinence Care Specialists	480-545-8055	www.comfortplusonline.com
<i>Epill Medication Reminders</i> Electronic devices to remind of medications	800-549-0095	www.epill.com
<i>Kare Bears (PebbleCreek only) NO CHARGE!</i> Loans wheelchairs, walkers, crutches, canes, etc.	623-536-1200	www.karebears.org
<i>Lifeline Systems</i> Medication Dispensers/Med Minders	855-633-6528	www.lifeline.com
<i>Southwest Lending Closet</i> 218 N Central Ave, 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.SWLendingcloset.org
MEDICARE/MEDICAID		
<i>Area Agency on Aging Benefits Assistance Program (Ship) and Senior Medicare Patrol</i> A free health benefits counseling service for Medicare beneficiaries, their families, or caregivers.	602-280-1059	https://aaaphx.org

Resource	Phone	Web/Email Address
<i>Arizona Access Administration</i>	602-417-7000	www.healthearizonaplus.gov
<i>Senior Help Line (24hrs)</i>	602-264-4357	
<i>US Government Medicare</i>	800-633-4227	www.medicare.gov
General Medicare information plus nursing home check list.		
<u>MOVING SERVICES/ESTATE LIQUIDATORS</u>		
(also see Pick Up and Delivery)		
<i>Firehouse Moving Co.</i>	623-215-8788	www.firehousemovingco.com
Dusty	623-695-1999	dusty@firehousemovingco.com
<i>Moving You Simply - Moving Coordinator</i>	480 216-5387	www.movingyousimply.com
Relocation, organizing, and downsizing services.		
<u>NOTARY SERVICES (By PebbleCreek residents)</u>		
<i>Activities Office at Eagle's Nest</i>	623-535-9854	
<i>Brown, Marcia</i>	505-321-9220	Marciahall75@gmail.com
<i>Campbell, Wally</i>	623-451-1100	
<i>Deckard, Brenda</i>	602-320-9023	
<i>O'Brien, Maureen</i>	480-259-8403	MaurOBrien@me.com
<u>NURSE ADVICE LINE (Tricare only)</u>	800-874-2273	
24 hours a day.		
<u>NUTRITION</u>		
<i>Consumer Lab</i>		www.consumerlab.com
Reviews of 1,000 different products, rates, and compares products and offers expert insights.		
<u>PASTORAL SUPPORT FOR PEBBLECREEK RESIDENTS</u>		
(also see Grief Management under Support/Products)		
<i>Mayer, Jamie</i>	208-221-2294	
Retired Pastor		
<u>PEBBLECREEK HOA</u>		
<i>PebbleCreek Homeowner's Association</i>		www.pebblecreekhoa.org
<u>PEST CONTROL</u>		
<i>Ford Pest Control</i>	623-932-9339	
Scott		
<i>Nip it in the Bud</i>	602-423-5552	
Chris		
<u>ZBEST</u>	623-523-7323	
Eric		

Resource	Phone	Web/Email Address
PET COMPANION CLUB (PebbleCreek only)		
Jim Ellison - President Contact for stray animals, injured wildlife, and donations. Info on website: adoptable dogs, lost and found pets, veterinary hospitals, mobile veterinarians, groomers, etc. <i>View site for list of PebbleCreek pet sitters.</i>	623-935-6651 602-679-4958	www.pcpets.org arizviking@hotmail.com
PHARMACY DELIVERY (see Errands)		
PHONE CHECKUPS/HOME VISITS		
<i>Benevilla</i> Phone pals - weekly calls and home visits - companionship Pre-registration required prior to service. No Charge	623-584-4999	www.benevilla.org
<i>YANA - You Are Not Alone</i> Free Program provided by the City of Goodyear Police Regular home visits and phone calls; Support and Resources Contact: Rose Beals	623-696-8545	www.goodyearaz.gov/yana rbeals@goodyeararizona.gov
PHYSICAL THERAPY		
<i>ATI Physical Therapy</i> 380 N. Estrella Parkway, Ste A-1, Goodyear	928-589-5251	www.atipt.com
<i>AZ Orthopedic Physical Therapy</i> 14545 W. Indian School Rd, Ste 900, Goodyear	623-242-6908	www.azopt.net
<i>Biomechanics</i> 750 N. Estrella Parkway, Ste 50, Goodyear	623-882-2992	www.biomechanixpt.com info@biomechanixpt.com
<i>Empower Physical Therapy</i> 3050 N. Litchfield Rd., Ste 100, Goodyear	623-935-5505	
<i>Foothills Sports Medicine and Rehabilitation</i> 5110 N. Dysart Rd, Ste. 148, Litchfield Park	623-547-4739	www.foothillsrehab.com
<i>Spooner Physical Therapy</i> 1626 N. Litchfield Rd., #310, Goodyear	623-935-0734	www.spoonerpt.com
<i>White Tanks Physical Therapy</i> 250 N. Litchfield Rd, Ste 155, Goodyear	623-882-9787	www.whitetankspt.org
PHYSICIAN INFORMATION/REFERRALS		
<i>Arizona Medical Board</i> Physician information, medical background, complaints, etc.	480-551-2700	www.azmd.gov
<i>Maricopa County Medical Society</i> Referrals of physicians	602-252-2844	www.mcmsonline.com

Resource	Phone	Web/Email Address
<u>PHYSICIANS/MOBILE MEDICAL CARE & DIAGNOSTIC TESTING</u>		
<i>Dispatch Health Urgent Medical Care</i> 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
<i>Heavenly Soles, PLLC</i> Mobile Podiatrist for homebound	623-584-0760	
<i>Sage Primary & Palliative Care</i> Full house moves; pick-up and delivery & handyman	480-607-0606	intake@medicalhomecall.com
<u>PICK UP AND DELIVERY</u>		
<i>Az Firemen Movers</i> Move furniture within home; In state and out of state moving; Full packing and unpacking.	602-373-7117	www.azfiremenmovers.com azfiremenmovers@gmail.com
<i>Jarvis Hauling & Home Services - Walter Jarvis</i> Full house moves; pick-up and delivery & handyman	336-598-2065	wjarvis3@yahoo.com
<u>PLASTIC SURGERY</u>		
<i>American Society of Plastic Surgeons</i>		www.plasticsurgery.org
<u>POISON CONTROL</u>		
<i>Banner Poison & Drug Info. Center</i> Insect bites, drugs, etc.	602-253-3334	
<u>PRESCRIPTION RELIEF/PHARMACEUTICAL TREATMENTS</u>		
<i>Patient Advocate Foundation</i> Financial assistance with co-payments, co-insurance or cost-sharing associated with prescription drugs through funds dedicated to specific disease states.	866-512-3861	www.copays.org/funds
<i>GoodRx</i> Check prices on medications and get coupons for cheaper drugs for those whose insurance does not cover them.		www.goodrx.com
<u>RADIOLOGY</u>		
<i>Banner Imaging (previously Valley Radiologists)</i> 13555 W. McDowell Rd., Ste 106, Goodyear	480-610-7400	
<i>Pacific Mobile Diagnostics for Home bound</i> Performs routine x-rays, ultrasounds, EKG's and more! A doctor's order is required.	602-249-4790	www.pmdxray.com
<i>Simon Med Imaging</i> 10815 W. McDowell Rd, Ste 102, Avondale	623-433-0121	www.simonmed.com
13657 W. McDowell Rd, Ste 111, Goodyear	623-302-7930	

Resource	Phone	Web/Email Address
REHABILITATION (also see Adult Day Care Programs and Caregiver Support)		
<i>Encompass Valley of the Sun - Glendale</i>	623-878-8800	www.encompasshealth.com
<i>Estrella Health & Rehab - Avondale</i>	623-932-2282	http://www.estrellahealthandrehab.com
<i>Freedom Plaza Care Center - Peoria</i>	623-815-6100	www.freedomplazaarizona.com
<i>Grandview Terrace - Sun City West</i>	623-975-8114	http://www.sunhealthcommunities.org
<i>La Loma Care Center/Rehab - Litchfield Park</i>	623-537-7401	www.sunhealthcommunities.org
<i>Palm Valley Rehab & Care Center - Goodyear</i>	623-536-9911	www.windsorpalmvalley.com
<i>PAM Health Hospital - Surprise</i>	623-499-9100	www.curahospital.com
<i>Santé of Surprise</i> Transitional Rehabilitation Center Near Banner Del Webb Hospital	623-594-5050	www.santecares.com
RELAXATION /MEDITATION		
<i>Jason Stephenson - Guided meditations and sleep music</i>		
You tube- Free		
RESPITE CARE (also see Home Health Non-Medical Care)		
<i>Benevilla Life Enrichment Day Programs</i> (Fee)	623-584-4999	www.benevilla.org
<i>Grandview Terrace – Sun City West</i>	623-975-8114	www.sunhealthcommunities.org
<i>Hacienda Del Rey -Litchfield Park</i>	623-800-7710	
<i>Legacy House- Avondale</i>	623-478-3800	http://www.legacyavondale.com
<i>The Groves - Goodyear (PebbleCreek Parkway)</i>	623-935-9058	http://www.seniorlifestyles.com
<i>The Inn at Freedom Plaza - Peoria</i>	623-815-6160	www.freedomplazaarizona.com
<i>The Woodmark - Sun City</i>	623-583-7600	http://www.woodmarkatsuncity.com
SALON MOBILE SERVICES FOR HOMEBOUND SENIORS		
<i>Gloria's Private Nail Salon- Gloria Stephens</i>	623-399-0959	
<i>Litchfield Barber Shop</i> Robert - Will come to your home.	623-535-0300	
<i>Miller, Lee Hair Services (PC Resident)</i>	623-535-8750	Leezie1@cox.net
SEAMSTRESSES (By PebbleCreek residents)		
<i>Datwyler, Kitty</i>	623-535-5274	
<i>Ewest, Hope</i>	623-547-7642	

Resource	Phone	Web/Email Address
<u>SECURITY HOME MONITOR SYSTEMS</u>		
<i>Logitech Circle 2</i> Home life moments to your smart phone. 2 way talk as well as video options. Indoor/Outdoor.		http://www.logitech.com
<i>Ring Video Doorbell</i>		http://www.ring.com
<u>SHARE BEARS (PebbleCreek only)</u> A Kare Bears Program - For seasoned seniors		
Contact Norma Klinger - weekly bingo Call for more information.	623-512-1338	Sharebears@karebears.org
SUPPORT PROGRAMS/PRODUCTS/ORGANIZATIONS		
<u>ALCOHOL & SUBSTANCE ABUSE</u>		
<i>AA Serenity Group</i>	541-517-2294	
<i>Al-Anon - Counseling Service</i>	480-969-6144	
<u>ALZHEIMER'S DISEASE/DEMENTIA</u> (also see Medical Alert and Caregivers)		
<i>Alzheimer's Association</i> 24 Hour Help Line/Info & Referral	800-272-3900	www.alz.org
<i>Alzheimer's Association - Desert Southwest Chapter</i> Free publications and Information; Family Care Consultation, Safe Return/Medical Alert Program and Caregiver Support Group	602-528-0545	www.alz.org/dsw
<i>Alzheimer's Association – Caregiver Support Group</i> Lora Johnson - Facilitator Virtual Support. Call for information. 1 st & 3 rd Monday each month.	623-505-3903	
<i>Alzheimer's Association - Safety Center</i> Includes tips and resources		www.alz.org/help-support/caregiving/safety
<i>Alzheimer's/Dementia Caregiver Discussion Group</i> (for PebbleCreek residents only) Meets monthly - 3rd Saturday. Breakfast monthly - 1st Sat Contact Teri Sellers for more information.	602-793-0299	
<i>Alzheimer's Store Products</i> Products for comfort and security for all stages of dementia.	800-752-3238	www.alzstore.com
<i>Banner Del E. Webb - Behavioral Health Care - Sage</i> Inpatient care and Outpatient programs	623-524-4042	
<i>Benevilla- Life Enrichment day programs (Fee)</i>	623-584-4999	www.benevilla.org
<i>Caring Alzheimer's Newsletters</i>		www.caring.com/newsletters
<i>Daily Caring Newsletters - Caregiver tips</i>		www.dailycaring.com

Resource	Phone	Web/Email Address
<i>Haven Behavioral Hospital- Gero-Psychiatric Hospital, Phoenix.</i>	623-236-2000	www.havenofphoenix.com
Psychiatric and Medical evaluations		
<i>Home Instead -Help for Alzheimer's Families</i>		www.helpforalzheimersfamilies.com
Interactive e-learning course, Free family caregiver training, Alzheimer's/Dementia Guide, Symptoms and stages, online chats with Alzheimer's experts, etc.		
<i>Lewy Body Dementia Association Helpline</i>	800-539-9767	www.lbda.org
<i>Mayo Clinic Alzheimer's Newsletter</i>		www.mayoclinic.org
Go to website search for Mayo Clinic Alzheimer's		
<i>National Institute on Aging</i>		www.nia.nih.gov/health/publication
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.		
<i>Positive Approach to Care</i>		www.teepasnow.com
PAC videos about dementia		
<i>Sun Health Community Wellness</i>	623-471-9355	www.sunhealth.org/memorycare
Memory Care Navigator, Support Groups for Caregivers		
<i>UCLA Alzheimer's & Dementia Care Program</i>		www.uclahealth.org
Caregiver training videos		
<u>ARTHRITIS</u>		
Adaptive Clothing		
<i>Buck & Buck</i>	800-458-0600	www.buckandbuck.com
<i>Silverts Adaptive Clothing & Footwear</i>	800-387-7088	www.silverts.com
<i>Arthritis Foundation</i>		www.arthritis.org
<u>BLIND/VISUALLY IMPAIRED</u>		
<i>Arizona Braille/Talking Books</i>	602-255-5578	www.azlibrary.gov/talkingbooks
Doctor's referral. Book players are provided. Free audio books, movies, magazines, and newspapers.		
<i>Arizona Center for the Blind and Visually Impaired</i>	602-273-7411	www.acbvi.org
Social Recreation, Support Groups, Training & Education		
<i>Arizona Talking Book Library</i>	602-255-5578	
1030 N. 32nd St Phoenix 85008		
<i>En-Vision America</i>	800-890-1180	www.envisionamerica.com
Script Talk. Audible tag that reads prescription labels.		
<i>Hadley - Low Vision Focus</i>	800-323-4238	www.hadley.edu
Free adaptive living audio recordings		
<i>Litchfield Park Library – Books on tape</i>	602-652-3000	

Resource	Phone	Web/Email Address
<i>LS & S - Products for visually impaired</i>	800-468-4789	www.LSproducts.com
<i>Maxiaids</i>	800-522-6294	www.Maxiaids.com
Products for blind, deaf, mobility & hard of hearing		
<i>RSA - Rehabilitation Services Administration</i>	800-563-1221	
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.		
<i>State Services for the Blind - Independent program</i>	602-266-9286	https://eyeknow.az.gov
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!		
<i>Sun Sounds of Arizona</i>	480-774-8300	www.sunsounds.org
Reading Thru Radio. Audio version of newspapers, magazines, and books read out loud. Radios are loaned out at no charge.		
<i>U.S. Currency Reader Program - Free</i>	844-815-9388	https://www.bep.gov/services/currency-accessibility/us-currency-reader-program
iBill Talking Banknote Identifier - key fob		
<i>View Finders - Low vision adaptive aids</i>	623-583-2800	www.viewfinderlowvision.com
10001 W. Bell Road, Ste. 115, Sun City		
<i>VisionAware</i>		www.visionaware.org
Getting started- for people new to vision loss		
<i>Vispero</i>	800-444-4443	www.vispero.com contact@vispero.com
Eye Pal®- Freedom Scientific		
Assistive Technology Provider. Instant reading device- Good for low vision & totally blind Digital camera snapshot converts text-to-speech, Magnifier/Reader, Screen magnifications & reading		
CANCER		
(also see Hospitals)		
<i>American Cancer Society</i>		www.cancer.org
Variety of services - Cancer Help Line	800-227-2345	
<i>Road to Recovery-</i> Free transportation for treatment (5 business days notice)		
<i>ANCAN Virtual Support Groups</i>	623-536-1496	http://www.ancan.org info@ancan.org
<i>American Institute for Cancer Research</i>	800-843-8114	www.aicr.org
<i>Breast Cancer Discussion Group (PebbleCreek only)</i>		
Call for more information Judy Ayers	623-536-1496	ayers52@me.com

Resource	Phone	Web/Email Address
<i>Cancer Care</i> Oncology social workers counsel cancer patients, caregivers, and loved ones over the phone; Online support groups for patients & caregivers; Education workshops, and more!	800-813-4673	www.cancercare.org
<i>Cancer Hope Network</i> Free phone support. Matches cancer patients or family member with trained volunteer cancer survivors who have undergone similar treatment.	800-552-4366 877-467-3638	www.cancerhopenetwork.org
<i>Cancer Support Community</i> Find info on living with cancer whether you are newly diagnosed, a survivor, family member or friend.		www.cancersupportcommunity.org
<i>Caring Bridge</i> Free personalized websites that support & connect loved ones during critical illness, treatment & recovery.		www.caringbridge.org
<i>Colorectal Cancer Alliance Hotline</i> Free online helpline patient support; Newsletter	877-422-2030	www.ccalliance.org
<i>Lymphedema Specialists</i> (Refer to information under Massage/Lymphedema Section)		
<i>Male Care - Prostate Cancer</i> Prostate Support groups & Newsletter (Free)		http://www.malecare.org
<i>National Cancer Institute</i> Online books for Types of Cancer, Screening, Treatment & Side effects, Coping & Support for Family & Caregivers	800-422-6237	http://www.cancer.gov/publications/patient-education
<i>National Comprehensive Cancer Network</i> NCCN Guidelines for Treatment of Cancer by Site. View books online for many different types of cancer. Printed copy available upon request.		www.nccn.org
Specialty Products During/After Cancer Treatment		
<i>AZ Wig Company and Boutique</i> 7074 E. 5th Ave, Scottsdale Tues-Sat; 10-5:30	480-429-3778	www.arizonawigco.com
<i>Barbara's Mastectomy Boutique</i> 5350 N. 16th St. Ste. 101, Phoenix, AZ 85016 Boutique for post mastectomies. Accepts all insurances. Call for appointment.	602-234-9568	
<i>City of Hope</i> 14200 W. Celebrate Life Way, Goodyear	623-207-3000	www.cancercenter.com
<i>Fine Fittings</i> 18795 N Reems Rd, Shop G-113, Surprise Wigs & Mastectomy prosthetics Everything related to beauty	623-214-3324	www.finefittings.org
<i>Hanger Clinic (prosthetics & orthotics)</i> 13065 W McDowell Rd, Ste. 111 (Bldg. A), Avondale	623-535-1919	www.hanger.com

Resource	Phone	Web/Email Address
<i>Tina's Treasures</i> 10460 N. 92nd St. Suite 100, Scottsdale Breast prosthetics, post-surgery camisoles, Lymphedema products, hats, scarves, wigs & hair pieces, etc.	480-583-6550	
<i>"TLC" Tender Loving Care - Online</i> Mastectomy products, wigs, head covers, camisoles, etc.	800-850-9445	www.tlcdirect.org
CAREGIVERS (also see Home Modification , Rehab , Respite , & Home Health Non-Medical Care and Alzheimer's Section)		
<i>Alzheimer's /Dementia Caregiver Support Group</i> Teri Sellers (PebbleCreek only)	602-793-0299	
<i>Caregiver's Resource Library - Download FREE!</i> Guide for veterans' benefits, Caring for someone with Alzheimer's, Caregiver's survival guide, How to find & manage home care.		www.agingcare.com
<i>Caregiver Stress (Home Instead)</i> Tips on caring for yourself, educational info, Alzheimer's support, emails, and much more.	888-575-0946	www.CaregiverStress.com
<i>Parkinson's Support Groups</i> (also see Parkinson's section)		
DEAF/HEARING IMPAIRED		
<i>Ascent Audiology, Surprise, Goodyear, & Glendale offices</i> Also provides mobile visits for homebound.	623-745-0828	www.ascentaudiologyarizona.com
<i>CaptionCall (Funded by the FCC)</i> Phone streams what the person on the phone is saying. Free delivery, installation, phone, and ongoing service.	877-557-2227	support@captioncall.com
<i>Commission for Deaf or Hard of Hearing</i>	602-542-3323	www.acdhh.org
<i>Costco</i> Hearing testing & Hearing aids	623-907-5663	www.costco.com/hearing-aid-center.html
<i>RSA - Rehabilitation Services Administration</i> For persons who have vision, hearing or combined hearing and vision loss.	602-542-3332	
<i>Sound Point Hearing Center, Goodyear</i>	623-214-6062	www.soundpointgoodyear.com Rheanna-Lyall@audibel.com
DIABETES (also see Wound Clinics)		
<i>American Diabetes Association</i>	602-861-4731	www.diabetes.org

Resource	Phone	Web/Email Address
<u>DISABLED/HANDICAPPED</u> (also see Home Modification and Handicapped Vehicles)		
Ability 360 Programs/services for people with disabilities	602-256-2245	www.ability360.org
Arizona Center for Disability Law	602-274-6287	www.azdisabilitylaw.org
Buck and Buck Specialty Products for Easier Dressing	800-458-0600	www.buckandbuck.com
Silverts Specialty Clothing for physically disabled	800-387-7088	www.silverts.com
<u>ELDER ABUSE</u>		
Adult Protective Services Hotline - Can report online.	877-767-2385	https://des.az.gov/services/basic-needs/adult-protective-services/report-adult-abuse
Area Agency on Aging - Senior hotline Ombudsman- Resolves issues that affect quality of life issues for residents in assisted living/nursing facilities.	602-264-4357	www.aaaphx.org
<u>GRIEF MANAGEMENT</u> (also see Pastoral Support)		
Divorce Care Group Structured grief support from a Christian perspective. DVD's, workbook, and discussion. Use website and put in zip code for nearby locations.		www.divorcecare.org
GriefShare Structured grief support from a Christian perspective. DVD's, workbook, and discussion. Free daily emails. Use website and put in zip code for nearby locations.		www.griefshare.org
Grief Support - One on one Karen Sapp (PC resident)	307-637-3554	ksapp1211@yahoo.com
Online grief support group Monitored by grief Counselor		www.griefhealingdiscussiongroups.com
PebbleCreek Community Church - Grief Support For information call or email Tom Clark	262-442-9973	jusstomc7@gmail.com
Reflecting on Memories Daily emails		www.reflectingonmemories.com
<u>HEART/STROKE</u>		
American Heart Association & American Stroke Association	602-414-5353	www.heart.org
American Stroke Association Stroke Support Groups, e-newsletters, etc. FREE	800-787-6537	www.stroke.org

Resource	Phone	Web/Email Address
<i>Specialty Products -Adaptive Clothing</i>		
Buck and Buck	800-458-0600	www.buckandbuck.com
Silverts Adaptive Clothing and Footwear	800-387-7088	www.silverts.com
KIDNEY		
National Kidney Foundation of Arizona	602-840-1644	www.azkidney.org
LUNG		
American Lung Association	602-258-7505	www.lung.org
Lung Helpline	800-586-4872	
MENTAL HEALTH		
Banner Del W. Webb Behavioral Health Center - Inpatient	623-524-4042	www.bannerhealth.com
Crisis Hotline (Maricopa County)	988 or 602-222-9444	https://crisis.solari-inc.org
Haven Behavioral Hospital - Gero-Psychiatric Hospital - Phoenix	623-236-2000 623-745-8338	https://havenofphoenix.com/
Psychiatric and medical evaluations		
Marc Community Resources	480-994-4407	www.mentalhealthaz.org
Information Resource Coordinator will help locate support groups, etc.		
Mercy Care RBHA	800-564-5465	www.mercycareaz.org
National Alliance on Mental Illness		www.nami.org
MULTIPLE SCLEROSIS	800-344-4867	www.nationalmssociety.org
National Multiple Sclerosis Society		
PARKINSON'S DISEASE		
Benevilla Life Enrichment Day Programs (Fee)	623-584-4999	www.benevilla.org
Muhammad Ali Parkinson Center 240 W. Thomas Rd, Ste 302 Phoenix Dignity Health- St. Joseph's Hospital Therapy, outreach, and variety of classes.	602-406-4931	www.barowneuro.org
Parkinson's Support Groups Contact Kris Watts For caregivers only - 2nd Thursday - 9:45-10:45	602-406-4921	
PC Parkinson's Discussion Group (PebbleCreek only) Charlotte Sessoms	360-966-6873	artlotte@gmail.com

Resource	Phone	Web/Email Address
TRANSPORTATION AIRPORT SERVICES (PC Residents)		
Cleland, Rosanne - Airport	586-557-2065	
Comden, Gerty - Airport	805-416-4203	
Conlin, Tom (Toms Driving Service) - Airport	414-688-4011	
Cowan, Sam - Airport	949-632-2737	
Glenz, Sho - Airport	623-760-6260	
Heck, Barbie - Airport	785-393-0059	
Jones, Michael - Airport	208-412-7691	
Manns, Lynn - Airport	215-527-5793	
Pappas, Cliff - Airport and More!	602-770-2462	Cliff2939@aol.com
Money collected donated to New Life Center		
Muldrow, Andrea – Airport	480-809-8373	
O'Malley, Mike – Airport	510-306-0919	Mike84.omalley@yahoo.com
Peters, Paulette (previous resident)	623-810-8665	
Ransom, Allison - Airport	414-828-3712	Sajj@yahoo.com
Ransom, Steve – Airport	262-378-1947	heldfor1@gmail.com
Roemer, Herb -Airport and More!	623-433-8512	
Singleton, RJ - Airport	623-308-4917	
Tompkins, Linda – Airport	269-598-3370	
Walker, Rudy	208-539-3880	
Waynick, Sylvia - Airport	623-256-2864	
White, Michelle – Airport	623-800-4080	airportestrella@gmail.com
Zuza, Kevin – Airport	614-296-6064	
TRANSPORTATION MISCELLANEOUS SERVICES		
American Cancer Society - Road to Recovery	888-227-6333	
FREE transportation for cancer medical treatment. Must be able to walk unassisted or have caregiver help. Foldable wheelchairs only. (5 business days notice)		
Benevilla	623-584-4999	www.benevilla.org
Free transportation to medical appointments. Pre-registration required. 10 days notice.		
Crisis Hotline (Maricopa County)	602-222-9444	https://crisis.solari-inc.org
Rides for detox - No Charge -24 hours a day		
Envoy America	888-375-5558	www.envoyamerica.com
Driving companion can stay with you if requested.		
Kare Bears (PebbleCreek only)	623-536-1200	www.karebears.org
Provides transportation FREE for medically related appointments. 48 hours' notice required		

Resource	Phone	Web/Email Address
<i>Royal Express Transportation</i> Non-Emergency Transportation Wheelchair lifts & stretchers	602-391-1001	www.roexaz.com roexaz6@gmail.com info@roeaz.com
<u>URGENT CARE CENTERS</u>		
<i>Alliance Urgent Care</i> 15530 W. Roosevelt St. Ste. D101, Goodyear Check-In online	623-742-2300	www.allianceurgentcare.com
<i>FastMed Urgent Care</i> 1507 N Litchfield Road, Suite 200, Goodyear Check-in online Open only for drug screens	623-215-0040	www.fastmed.com
<i>Med Post Urgent Care</i> 13840 W. Camelback Rd. Ste. 10, Litchfield Park Check-in online	928-323-8112	www.medpost.com
<i>Next Care Urgent Care</i> 13075 W McDowell Rd, Suite D 106, Avondale. Check-in online	623-547-0522	www.nextcare.com
<u>WOUND CARE CLINICS</u>		
<i>Abrazo West Wound Clinic</i> 1325 N. Litchfield Rd. Ste 145	623-882-1740	
<i>Banner Boswell Advanced Wound Care & Hyperbaric Medicine</i> 10401 W Thunderbird, Ste. 306, Sun City	623-832-6580	
<i>Banner Health Wound Institute</i> 1012 E. Willetta Street, Phoenix	602-839-6040	