



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 2019**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 2019**RESOURCES****TELEPHONE****WEBSITE****BLOOD PRESSURE (PebbleCreek only)**

PebbleCreek Nurses Club - Activities office- Room 100

Elaine Berg - Nov. thru May

623-536-6816

Gladys Mabey - June thru October

623-536-1212

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 Libraries.

Copies available at Guest Services Desk for small charge.

YANA - You Are Not Alone

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

Program provided by the City of Goodyear Police

DIRECTORY OF SERVICES FEBRUARY 2019**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	

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

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	
Goodwill 15433 W. McDowell Rd., Goodyear	602-535-4287	

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

Hopes Closet Thrift Store Open Mon-Sat 10-6
415 N Litchfield Rd, Goodyear

TELEPHONE WEBSITE

623-925-0965

Kare Bears (PebbleCreek)
15383 W. Cheery Lynn Rd, Goodyear
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

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

Southwest Lending Closet - Accepts Medical Equipment
218 N Central Ave, Avondale
Mon, Wed, Friday - 9 to 12; Tues & Thurs 12 to 3

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

Dry Cleaning Home Express - Monday & Thursday

623-433-9737

ELDER LAW**(also see Estate and Financial Planning)**

Arizona Senior Citizens Law Project

602-252-6710 www.azlawhelp.org

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=822

For Key Box Installation requirements, contact
Fire Department for instructions.

ENVIRONMENT

EWG- Rates 80,000 Food products, personal care products &
household cleaning products

www.EWG.org**ERRANDS (also see Home Health Non-Medical Care
and Prescription Delivery)**

Benevilla - Occasional help in completing emergency errands. Pre-registration prior to receiving free services.

623-584-4999 www.Benevilla.org

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE**

Concierge at Your Service - PebbleCreek resident
 Sheralynn Ries E-mail: Sheralynnries@gmail.com
 Errands and Companionship

480-408-0808 www.concierge-at-ur-service.com

Ecklund, Robbin (former PebbleCreek resident)

602-448-6742

Glenz, Xiu (Sho) (PebbleCreek only)
 Miscellaneous rides - Email: show_cui2013@yahoo.com

623-760-6260

Pappas, Cliff (PebbleCreek only)
 Money collected for service is donated to New Life Center.

602-770-2462

Roemer, Herb (PebbleCreek only)

623-433-8512

ESTATE AND FINANCIAL PLANNING

(also see Elder Law)

Dana Law Group
 Estate Planning

623-972-2388 www.danalawgroup.com

Johnson, Laura
 Estate Planning and Elder Law

623-505-3903 www.johnsonestatelaw.com

King Enterprises 2000 LLC (Bobby King)
 Estate & Financial Strategist

623-935-5101 www.whataboutitbob.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

FLOWERS

Thompson's Flower Shop
 406 N. Litchfield Rd. Ste 212, Goodyear
 Flowers for all occasions

623-932-0531 www.thompsonsflowershop.com

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE****FUNERAL HOMES/CEMETERIES**

Ganley's Funeral Home - Buckeye	623-386-4812	www.ganleysbuckeyefuneralhome.com
Chapel of the Chimes Funeral Home 7924 N 59th Ave, Glendale	623-937-9297	
Christ Church of the Valley - Peoria Avondale location - Free Funerals	623-376-2444 623-561-3600	
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	
Holy Cross Catholic Mortuary and Cemetery 9925 W. Thomas Rd, Avondale	623-936-1710	www.hcccem.org
Simply Cremation and Funeral Arrangements 16952 W. Bell Rd. Ste. 303, Surprise		
Sunland Memorial Park Mortuary & Cremation Center 15826 Del Webb Blvd, Sun City	623-933-0161	
Sunwest Funeral Home Cemetery & Crematory 12525 N.W. Grand Ave, El Mirage	623-974-2054	www.heritagefuneralchapels.com
Thompson Valley West 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	
<u>GOLF CART SERVICE AT YOUR HOME</u>		
Cactus Golf Cars Mobile Services	480-255-0706	
Mobile Golf Cart Repair - Rubin Matos	623-332-1420	
The Battery Guy - Brett	602-663-5870	www.thebatteryguy.com

DIRECTORY OF SERVICES FEBRUARY 2019

RESOURCES**TELEPHONE****WEBSITE****GOODYEAR**

Adult trips/activities

www.goodyearaz.gov/residents

Fire - Non-Emergency calls

623-932-2300

For help getting up from falls... call 911

Goodyear Victim Advocate - Police Department

623-882-7677

www.goodyearaz.gov

Home SAFE Home - Free Service by Fire Department

623-882-7233

www.goodyearaz.gov/fire

In-home safety checks for age 60+, smoke alarm assessment and one free carbon monoxide alarm.

E-mail: homesafehome@goodyearaz.gov

Police Non-Emergency Response

623-932-1220

Sanitation Services

www.goodyearaz.gov/residents

Access website, then click on Trash, Recycle & Bulk Trash and then Holiday Pickup Schedule

YANA -You Are Not Alone - Free

623-882-7481

City of Goodyear Elder Safety Program.

Provides regular phone calls and home visits.

GOVERNMENT AGENCIES

Adult Protective Services

877-767-2385

www.azdes.gov/reportadultabuse

(also see Long-Term Care Ombudsman Program)

AG Consumer Information & Complaint

602-542-5763

www.azag.gov/consumer

AG Medicaid Fraud

602-542-3881

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".

602-542-5763

www.azag.gov

Life Care Planning packet materials and more.

Arizona Corporation Commission - Securities Division

602-542-4242

www.azcc.gov/divisions/securities

Arizona Department of Economic Security - Fraud line

602-542-9449

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE WEBSITE**

Arizona Department of Health Services Searchable database containing information about facilities/providers.	602-542-1025	www.azdhs.gov
Arizona Department of Insurance	602-364-2499	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
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
<u>GROCERY SERVICE</u>		
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

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

Frys - Camelback & Litchfield

Online shopping, bagged and ready for pickup.

Delivery for a cost

TELEPHONE WEBSITE623-334-7735 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

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.

Membership Trade Organization.

602-283-3503 www.aznha.org

Care.com

National website allows you to find local
senior care, house sitters and pet sitters.877-227-3115 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

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE**

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 time

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](mailto:caringvisits@cox.net)

ComForCare Home Care

623-934-2722 www.comforcare.com

Compassionate Assistance
For all ages - Bonded and Insured
Onsite care for Private Residences, Rehabilitation Facilities,
Retirement Communities, Assisted Living Facilities
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.

623-748-3301 www.goldenheartaz.com

Services include deep house cleaning, meal prep,
laundry, pet services, transportation, etc.
Specialists in dementia care & complex care issues

Good Neighbor Support Services

623-932-4878 www.gncares.com

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE**

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	623-875-7100	www.Synergyhomecare.com
Touching Hearts Bonded and insured; Complimentary in-home visit consult. Companionship, light housekeeping, cooking, shopping, errands, pick up prescriptions, Alzheimer's/Dementia care and more.	623-207-9391	www.touchinghearts.com/azvalley
Visiting Angels	623-266-9304	www.visitingangels.com
<u>HOME MAINTENANCE (PebbleCreek only)</u>		
Ed Bob's Home Services - Ed Bobigian	623-374-6014	
Window Cleaning	703-785-3960	
Gillespie, Jim	623-455-8962	
Smoke detectors & variety of services	623-698-6982	
Law, George	623-536-8104	
Specializes in replacing expansion joints in sidewalks, repairing patio ceilings, and more		
Luders Handyman Services - Gary Luders	623-271-5441	
Large variety of services - Smoke alarms too!		
Prinz, Randy	972-854-9953	
Pumbing/Electrical and much more!		
Service by Rich - Rich Veleta	708-692-9376	
Electrical wiring, plumbing, convert address lights to LED and other misc. jobs. E-mail: rjveleta@cox.net	623-295-9376	
Suttles, Rodney	623-628-3182	
Locksmith		
Younger, Marlin	623-499-2852	
Power washes patios, patio furniture, garage floors, driveways		

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE****HOME MAINTENANCE (Non-PebbleCreek)**

Apex Window Cleaning
Doug McNelley

623-498-7589 www.apexwindowcleaningaz.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 and more!

623-266-1326

HOME MODIFICATION AND SAFE PATIENT HANDLING**(also see Medical Supplies)**

Foundation for Senior Living Caregiver House
Visit Caregiver House for ideas on modification of homes.
Will come to house and see what can be done.

602-285-1800 www.fsl.org

602-532-2976

Grab Bars
Free home evaluation. Medical equipment & installation and
Threshold Ramps

602-509-2678 www.grabbarsnow.com

HOME WATCH SERVICES

A Watchful Eye - Bonded and insured

623-217-9486 www.awatchfuleyehomeservices.com

Ed Bob's Home Services - Ed Bobigian (PebbleCreek only)

703-785-3960

623-374-6014

Gillespie Jim (PebbleCreek only)

623-455-8962

Shaw, Craig (PebbleCreek only)

734-250-2249

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE****HOSPICE**

Banner Hospice	480-657-1100	www.bannerhealth.com
Everest Hospice	623-282-9255	www.everesthospice.com
Hospice of the Valley	602-530-6920	www.hov.org
Hospice of the West	602-343-6422	www.hospicewestaz.com
The Crossing Hospice and Palliative Care	602-216-6005	www.themaaz.com

HOSPITALS

Abrazo Arizona Heart Hospital 1930 E. Thomas Rd. Phx	602-532-1000	
Abrazo Arrowhead Campus 18701 N. 67 th Ave, Glendale <i>ER online check- in ; Wait at home.</i>	623-561-1000	www.abrazohealth.com
Abrazo Central Campus - <i>ER online check-in; Wait at home.</i> 2000 W. Bethany Home Rd, Phoenix	602-249-0212	www.abrazohealth.com
Abrazo West Campus (West Valley Hospital) 13677 W. McDowell, Goodyear <i>ER online check-in; Wait at home.</i>	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	623-524-4000	www.bannerhealth.com
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 Thunderbird Medical Center 5555 W. Thunderbird, Glendale	602-588-5555	www.bannerhealth.com
Banner University Medical Center 1111 E. McDowell Rd, Phoenix	602-839-2000	www.bannerhealth.com

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE**

Cancer Treatment Centers of America A specialized cancer hospital in Goodyear 14200 W. Celebrate Life Way, Goodyear Accepts Medicare	623-207-3000	www.myCTCA.com
Copper Springs Behavioral Health Hospital -Avondale Inpatient & Outpatient Drug & Alcohol Addiction Treatment	480-565-3035	www.copperspringshealth.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 ER online check-in; Wait at home. 350 W. Thomas Rd., Phoenix	602-406-3000 602-406-3361	www.dignityhealth.org
Dignity Health - St. Joseph's Westgate Medical Center Emergency Room ER online check-in; Wait at home 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.phoenix.havenbehavioral.com
Honor Health John C. Lincoln Medical Center 250 E. Dunlap Ave. Phoenix	602-943-2381	www.honorhealth.com
Maricopa Integrated Health System Emergency Room: 2601 E. Roosevelt St, Phoenix	602-344-5011 602-344-5411	www.mihs.org
Mayo Clinic Hospital 5777 E. Mayo Blvd, Phoenix	480-515-6296	www.mayoclinic.org
St. Lukes Medical Center Emergency Room: 1800 E. Van Buren, Phoenix	602-251-8100 602-251-8183	www.stlukesmedcenter.com

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

Arizona Senior Options - Placement & Advocacy Services Denisa Barbur Email: Denisa@AZSeniorOptions.com No cost to you	602-308-9545	www.Azsenioroptions.com
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DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

Call Jackie Senior Living Options (Jackie Wargo)

TELEPHONE

602-826-8893

WEBSITE

www.call-jackie.com

Elder OP Senior Living Advisors

623-566-3578

www.elderop.com

help@elderop.com

Golden Assist Senior Placement Services - PC resident

602-793-0299

www.GoldenAssist.com

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!

Helping Hands Senior Services - Charlene Sargent, RN.

602-620-2342

www.helpinghandsaz.com

E-mail: charlene@helpinghandsaz.com

Options for Senior Living Placement & Referral Services

602-501-8143

www.optionsforseniorliving.com

Tammy Crutcher

**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

602-248-1550

www.dvs.az.gov

Guide to Senior Housing - Pace

480-246-3515

www.seniorhousing.org

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)

602-406-5600

www.barrowneuro.org

2345 W. Orangewood Ave, Phoenix

Assisted Living Directed Memory Care

Robson Reserve at PebbleCreek

623-535-1613

www.robsonreserve.com

Independent and Assisted Living

Cindy Findley: cindy.findley@robson.com

Seniordirectory.com - View on-line

www.seniordirectory.com

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.

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE****IDENTITY THEFT**

FTC Identity Theft Hotline

877-438-4338

Identity Theft/Consumer Info.
US Government Websitewww.consumer.ftc.gov

LifeLock - Identity Theft Protection

844-530-9892 www.lifelock.com

Scambusters

www.scambusters.org**KARE BEARS (PebbleCreek only)**

Kare Bears

623-536-1200 www.karebears.org

15383 W. Cheery Lynn Rd

May-Oct: Mon-Sat 9-12 Nov-Apr: Mon-Fri 9-3, Sat. 9-12

LABORATORY TESTINGLabcorp - *Make appointment online or walk-in.*623-907-8505 www.labcorp.com

10815 W. McDowell Rd, Ste 302, Avondale

13555 W. McDowell Rd, Ste 208, Goodyear

Sonora Quest Laboratories

www.sonoraquest.com

13657 W. McDowell Rd, Ste.100, Goodyear

623-535-4805

9321 W.Thomas Rd, Ste 105, Phoenix

623-742-9072

*Make appointments online or walk-in.***LIFELONG LEARNING (PebbleCreek only)**www.lifelonglearningatpc.org

Lectures, classes, trips and special events

LONG -TERM CARE

Area Agency on Aging - Ombudsman

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)**

Banner University Rehabilitation Services

408-210-6556

Lymphedema care for arms only

Banner Thunderbird Rehabilitation Services

480-210-6445

Lymphedema Care

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE WEBSITE**

Encompass Health Rehabilitation Hospital - Scottsdale
 Dr. Andrea Brennan - Certified Lymphedema Therapist
 9630 E. Shea Blvd. Scottsdale

480-551-5454

PebbleCreek Massage Therapists

Dartt, Tina

602-717-9975

Lo, Selina

623-907-3989

Williams, Lan-Ing

623-206-7640

Spooner Physical Therapist

623-889-0411

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

For mild lymphedema

Amanda Dewitt Email: a.dewitt@spoonerpt.com

The Personal Touch Massage LLC (Mobile)

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)

Abrazo Healthy Meals to Go - Abrazo West Campus

602-923-5660 www.abrazohealth.com/mealstogo

Nutritional meals for people living with diabetes
 and heart-related issues.

Meals are \$7 which includes tax. Pick up at Abrazo hospital.

Hello Fresh

800-733-2414

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

www.hellofresh.com/menus/2019-W04/classic-menu

Meals on Wheels

623-333-2401

Avondale Senior Center- Private pay \$5.00

Meals of Joy - for seniors who are unable to prepare meals.

623-594-9588 www.scosic.org

Fees vary according to client.

Email: info@scosic.org

Schwans

888-724-9267 www.Schwans.com

Easy to prepare meals - Delivery to your door.

St. Mary's Food Bank Alliance

602-242-3663 www.firstfoodbank.org

Bridges reaching the elderly and disabled

Delivered 1 x per month - pre-packed

Must register & qualify for program.

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

You Buy and We Fly

Choose from 35 restaurant menus.

Food delivery & catering too.

TELEPHONE

623-414-3378

WEBSITE

www.youbuyandwefly.com

MEDICAL ALERT SERVICES/PRODUCTS

(also see Emergency Response)

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

www.medicalalert.org/safereturn

Bay Alarm Medical

877-522-9633

www.bayalarmmedical.com

Great Call

Uses GPS for nationwide coverage.

800-650-4240

www.greatcall.com

Life Alert

3 year contract; GPS, fall detection, etc.

800-852-3081

www.lifealerthelp.com

Medical Alert

Fall detection; Use anywhere; no long term contracts

800-803-4700

www.medicalalert.com

Medical Alert Foundation

MedicAlert 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 Life Line

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

855-633-6528

www.lifeline.philips.com

Radiant Mobile GPS Safety Watch

Pinpoint location of wearer

877-980-4477

www.adiantmobile.com

The Electronic Caregiver

Available: Inactivity sensor, medication reminders, physician
on demand, Wellness card, Health Care Advocate plus
normal medical alert services.

855-305-5104

www.electroniccaregiver.com

DIRECTORY OF SERVICES FEBRUARY 2019

RESOURCES

TELEPHONE

WEBSITE

MEDICAL EDUCATION & RESOURCES

(also see **Support-Programs/Products/Organizations**)

Alzheimer's Association - Materials and books

www.alz.org/dsw

Area Agency on Aging

602-264-4357

www.aaaphx.org/caring-for-someone

Elder Resource Guide - FREE information on Adult Care Homes, Independent Living Communities and Nursing Care.

Hard copy available at Kare Bears House.

To download guide ... Click on website, scroll down right side and click on Elder Resource Guide.

Request personal copy from Area Agency on Aging.

Drugs.com Pill Identifier

www.drugs.com

Source for dosages & side effects

Foundation for Senior Living

602-285-1800

www.fsl.org

Guide to Senior Housing - **Pace**- view magazine on line

480-246-3515

www.seniorhousing.org

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.

Health and Human Services - Health News

www.healthfinder.gov

Kare Bears (PebbleCreek only)

623-536-1200

www.karebears.org

Medical Library, resources, speakers and website

National Library of Medicine - Medline Plus

www.medlineplus.gov

Information on health and wellness, disorders & conditions, drugs & supplements.

Tutorials: Health & surgery videos

Sun Health/Banner Community Education Programs

623-207-1703

www.sunhealthcommunityeducation.org

Top Doc Magazine (PebbleCreek residents only)

www.phoenixmag.com/top-doctors

Available at the Kare Bears House for review.

Selected by peers. Can be viewed on-line alphabetically with ribbon next to those with years selected on list.

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE****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.comAmerican Academy of Orthopedic Surgeons
Provides information on how to use Crutches/Canes/
Walkerswww.orthoinfo.aaos.org/topic.cfm?topic=a00181Apria Healthcare - Peoria
Home Medical Equipment & Respiratory Services623-933-9399 www.Apria.comComfort Plus Medical Supplies
Incontinence Care Specialists480-545-8055 www.comfortplusonline.comEpill Medication Reminders
Electronic devices to remind of medications800-549-0095 www.epill.comGrab Bars Now
Medical Equipment/installation - Free home evaluation602-509-2678 www.grabbarsnow.comKare Bears (PebbleCreek only) NO CHARGE!
Loans wheelchairs, walkers, crutches, canes, etc.www.karebears.org

623-536-1200

Medassure Inc. - Phoenix
Medical equipment623-935-1221 www.medassureinc.com

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

www.medlineplus.govPhillips Lifeline Systems
Medication Dispensers/Med Minders855-633-6528 www.lifeline.philips.comSouthwest 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

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE****MEDICARE/MEDICAID**

Area Agency on Aging Benefits Assistance Program (Ship)

602-280-1059

www.azdes.gov/daas/ship

A free health benefits counseling service for

Medicare beneficiaries, their families, or caregivers.

Senior Help Line

602-264-4357

Arizona Access Administration

602-417-7000

www.healthEarizonaplus.org

US Government

800-633-4227

www.medicare.gov

General Medicare information

Valley of the Sun Medicaid Planning - Patricia Barraza

623-329-9369

www.vosmedicaidplanning.com**MISCELLANEOUS MEDICAL SERVICES AT HOME**

Injections and change of bandages

Marian See- PebbleCreek resident & nurse - PC only

623-935-3571

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)

800-874-2273

24 hours a day.

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

Dr. Andrew Weil, MD

800-585-5055

www.weilvitaminadvisor.com

Vitamin advisor with personalized evaluation.

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

Merwald, Hal - Retired Pastor, PebbleCreek resident

360-393-0788

Shelton, Bob - Lay Pastor, PebbleCreek resident

623-535-4690

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE****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
560 N. Estrella Parkway Ste. B9, Goodyear623-271-8577 www.keyhealthrx.comNewSpring Pharmacy-Avondale Compounding
Affordable Meds Program623-932-9800 www.newspringrx.com

10750 W. McDowell Rd. Bldg C, Suite 301, Avondale

PHONE CHECK UPS/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 retired nurse

602-510-1600

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

Email: caringvisits@cox.net

YANA - You Are Not Alone - No Charge

623-882-7481

City of Goodyear Elder Safety Program

Provides regular phone calls and home visits.

PHYSICAL THERAPYAZ Orthopedic Physical Therapy
14557 W. Indian School Rd, 500B, Goodyear623-242-6908 www.azopt.net

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

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

Foothills Sports Medicine and Rehabilitation
5110 N. Dysart Rd, Litchfield Park

TELEPHONE

623-547-4739

WEBSITEwww.foothillsrehab.com

Spooner Physical Therapy
1616 N. Litchfield Rd, Ste 115, Goodyear

623-935-0734

www.spoonerpt.com

White Tanks Physical Therapy
250 N. Litchfield Rd, Goodyear

623-882-9787

PHYSICIAN INFORMATION/REFERRAL/HOUSE CALLS

Arizona Medical Board
Physician info, medical background/complaints, etc.

480-551-2700

www.azmd.gov

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.

480-202-3914

www.caretoU.com

Heavenly Soles, PLLC - Mobile Podiatrist for homebound

623-584-0760

JB House Calls & Primary Care, LLC - Joyce Benjamin
Family Nurse Practitioner (FNP)
Provides personalized, compassionate care to the elderly
in the comfort of home. Also, schedules labs, X-rays & EKG's
in home.

623-533-6461

Maricopa County Medical Society
Referrals of physicians

602-252-2844

www.mcmsonline.com

MD Home Care by appointment
ONE Stop home for mobile healthcare. Primary care practice.
Mobile Xrays, 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

Top Doc Magazine (PebbleCreek residents only)
Available at the Kare Bears House for review.

PICK UP AND DELIVERY

Az Firemen Movers - Email: azfiremenmovers@gmail.com

602-373-7117

www.azfiremenmovers.com

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE**

Jarvis Hauling & Home Services- Walter Jarvis

336-598-2065

PLASTIC SURGERYAmerican Society of Plastic Surgeons
Referral service800-514-5058 www.plasticsurgery.org**POISON CONTROL**Banner Good Samaritan Poison & Drug Info. Center
Insect bites, drugs, etc.

602-253-3334

PRESCRIPTION RELIEFPatient Advocate Foundation
Financial assistance with co-payments, co-insurance or cost sharing associated with prescription drugs through funds dedicated to specific disease states.www.copays.org/diseases

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

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

Valley Radiologist, LTD

623-847-2000 www.valleyradiologists.com

13555 W McDowell Rd, Ste 106, Goodyear

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.geneshicc.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

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE**

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

RELAXATION /MEDITATION

Gillian Driscoll - gillian@gilliandriscoll.com (PC resident)

303-548-2108 www.gilliandriscoll.com

Reiki energy balancing too!

Guided Meditation On-line

YouTube- Google Jason Stephenson

RESPIRE CARE (also see Home Health)

Genesis Estrella-Avondale

623-932-2282 www.geneshihcc.com

Hacienda Del Rey -Litchfield Park

623-800-7710 www.mbkseniorliving.com

La Loma Care Center- Litchfield

623-537-7401 www.sunhealthseniorliving.org

Legacy House- Avondale

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

Pathways - Goodyear

602-633-2300 www.pathwaysaz.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

623-207-9223 www.brookdale.com

The Woodmark - Sun City

623-583-7600 www.seniorlifestyle.com**SALON SERVICES FOR HOMEBOUND SENIORS**

Judith Crow - Hair, nails and pedicures.

602-859-5083

Gloria's Private Nail Salon- Gloria Stephens

623-399-0959

Heavenly Soles, DPM- Mobile Podiatrist

623-584-0760

Toenails for Diabetics

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

623-535-0300

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE****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

SECURITY HOME MONITOR SYSTEMwww.logi.com/circle

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

SHARE BEARS (PebbleCreek only)

A Kare Bears Program - For super seniors

Contact Norma Klinger - weekly bingo for PC Seniors

623-512-1338

www.karebears.org

Eagle's Nest Ballroom 11:00am - Every Friday.

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

AA Serenity Group-(PebbleCreek 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

*Caregiver Support Group: Lora Johnson Facilitator**Christ Evangelical Luthern Church**918 S. Litchfield Rd. Building "A"**1st & 3rd Monday 3:00pm*

Alzheimer's Association - Safety Center

Includes tips and resources

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

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE WEBSITE**

Alzheimer's/Dementia Caregiver Discussion Group
(for PebbleCreek residents only)

602-793-0299

Meets monthly - 3rd Saturday. Breakfast monthly - 1st Sat
Contact Teri Sellers for more information.

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

www.alzheimersreadingroom.com

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

Alzheimer's Store Products

800-752-3238 www.alzstore.com

Products for comfort and security for all stages of dementia.

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

623-524-4042

Books- Kare Bears Library

623-536-1200

Caregiver Families

www.caregiverfamilies.com

Tips, support and resources

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
1201 S. 7th Ave. Phoenix

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

Home Instead -Help for Alzheimer's Families

www.helpforalzheimersfamilies.com

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

Lewy Body Dementia Association Helpline

www.lbda.org

Mayo Clinic Alzheimer's Newsletter

www.mayoclinic.org

Go to website search for Mayo Clinic Alzheimer's

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE**

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

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.](#)

www.teepasnow.com

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

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

ARTHRITIS

Adaptive Clothing

Silvert's Specialty Clothing/Apparel for physically disabled.

800-387-7088 www.silverts.com

Buck & Buck

800-458-0600 www.buckandbuck.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

Blind/Low Vision Support - Adaptive Aids

800-522-6294 www.maxiaids.com

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

Hadley - Low Vision Focus

Free adaptive living audio recordings

855-830-5355

Litchfield Park Library – Books on tape

602-652-3000

Low Vision Plus - Adaptive aids and in-home assistance

623-815-6787 www.lowvisionplus.com

DIRECTORY OF SERVICES FEBRUARY 2019

<u>RESOURCES</u>	<u>TELEPHONE</u>	<u>WEBSITE</u>
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
State Services for the Blind 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!	602-266-9286	https://eyeknow.az.gov
Sun Sounds 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	844-815-9388	www.bep.gov
Veteran's Referral Services for the Blind Visual Impairment Services Team Must be legally blind - Tom Hicks - Vist Coord. Ext. 7236 Support Groups & much more.	602-277-5551	
VFO Group Eye Palo - Freedom Scientific Instant reading device. Good for low vision and totally blind. Digital camera snapshot converts text-to-speech. Magnifier/Reader - Screen magnifications & screen reading.	727-803-8000	www.vfogroup.com
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

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE*****CANCER* (also see Hospitals)**

American Cancer Society

602-224-0524 www.cancer.orgVariety of services - *Cancer Help Line*

800-227-2345

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.

American Institute for Cancer Research

800-843-8114 www.aicr.org

Breast Cancer Discussion Group (PebbleCreek only)

623-935-1819

Facilitator - Rayma Scalzo

January through May & September thorough December

Cancer Care

800-813-4673 www.cancercare.org

Oncology social workers counsel cancer patients, caregivers, and loved ones over the phone;

Online support groups for patients & caregivers;

Education workshops, and more!

Cancer Hope Network

800-552-4366 www.cancerhopenetwork.org

Free online support. Matches cancer patients or family member with trained volunteer cancer survivors who have undergone similar treatment.

Cancer Support Community

www.cancersupportcommunity.org

Find info on living with cancer whether you are newly diagnosed, a survivor, family member or friend.

CareToU Mobile Medical Clinics - Skin Cancer Services

480-202-3914 www.CaretoU.com

Screening, biopsy services & treatment of basal cell Carcinoma

Caring Bridge

www.caringbridge.org

Free personalized websites that support & connect loved ones during critical illness, treatment & recovery.

Colorectal Cancer Alliance Hotline

877-422-2030 www.ccalliance.org

Free online helpline patient support; Newsletter

Lymphedema Specialists

(Refer to information under Massage/Lymphedema Section)

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE WEBSITE**

National Cancer Institute

800-422-6237

Online books for Types of Cancer, Screening
Treatment & Side effects, Coping & Support for
Family & Caregivers

www.cancer.gov/publications/patient-education

National Comprehensive Cancer Network

www.nccn.org

NCCN Guidelines For Treatment of Cancer by Site.
View books online for many different types of cancer.
Printed copy available upon request.

Us Too Prostate Cancer Support Group - Sun City West

www.ustoo.org

Richard Miles - 2nd Thursday 9am. Call for summer schedule. 916-548-7407

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

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 – Goodyear*623-207-3000 www.MyCTCA.com

Accepts Medicare

*Fine Fittings*623-214-3324 www.finefittings.org

18795 N Reems Rd, Shop G-113, Surprise

Wigs & Mastectomy prosthetics

Hanger Clinic (prosthetics & orthotics)

623-535-1919

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

Tina's Treasures

480-323-1990

Breast prosthetics, post surgery camisoles,
Lymphedema products, hats, scarves, hair pieces, etc.

10460 N. 92nd St. Suite 100, Scottsdale

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RESOURCES**TELEPHONE****WEBSITE**

"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.

Caregiver Stress

www.CaregiverStress.com

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

Foundation for Senior Living - Caregiver training

602-285-1800 www.fsl.org

Visit Caregiver House - ideas for home modification.

HomeCare

888-510-3722

Misconceptions & questions to ask in selecting a caregiver .
Free audio message.

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

DEAF/HEARING IMPAIRED

Ascent Audiology, Surprise and Glendale offices

623-745-0828 www.ascentaudiologyglendale.com

Also provides **mobile** visits for homebound.

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

602-542-3332

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.

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE**

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

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

ELDER ABUSE

Adult Protective Services Hotline

877-767-2385

www.Azdes.gov/reportadultabuse

Can report online.

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
perspective. DVD's, workbook, and discussion.

Use website and put in zipcode for nearby locations.

GriefShare

www.griefshare.org

Structured grief support from a Christian
perspective. 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

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

Krysstine Gubser-Hislop, PHD (PC resident)
 The Grief Recovery Specialist- all kinds of grief support
 E-book download available from website.
 Private and group support -see website for cost.

TELEPHONE **WEBSITE**
 970-623-5527 www.drkrysstine.com

Online grief support group www.griefhealingdiscussiongroups.com
 Monitored by a grief counselor

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
 Adaptive Clothing Silvert's Specialty

www.silverts.com

Buck and Buck 800-458-0600 www.buckandbuck.com

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 877-934-9355
 For those having lung cancer & caregivers
 Meets 2nd Wednesday of each month -10am to 11am

Lung Helpline 800-586-4872

MENTAL HEALTH

Banner Del W. Webb Behavioral Health Center
 Inpatient 623-524-4042

Crisis Hotline (Maricopa County) 602-222-9444

Haven Behavioral Hospital-Gero-Psychiatric Hospital - Phx. 623-236-2000 www.phoenix.havenbehavioral.com
 Psychiatric and medical evaluations

Marc Community Resources 480-994-4407 www.mentalhealthaz.org
 Information Resource Coordinator
 will help locate support groups, etc.

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

Mercy Care RBHA

TELEPHONE WEBSITE800-564-5465 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***

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

PebbleCreek Parkinson's Discussion Group

360-966-6873

Charlotte Sessoms - artlotte@gmail.com

TRANSPORTATION SERVICES

ABS Sun City Express Airport Transportation

623-933-9300

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)

Cleveland, Rosanne (PebbleCreek only) Airport

586-557-2065

Crisis Hotline (Maricopa County)

602-222-9444

Rides for detox - No Charge

Desert Princess Carriage Service

602-300-7076

Van - Foldable Wheelchairs only; rate is per trip.

Envoy America

602-687-6345 www.envoyamerica.com

Driving companion can stay with you if requested.

Fenoglio, Tom (PebbleCreek only) Airport only

618-616-5398

Garibay's Medical Transport

623-478-2054

Wheelchair and stretcher accessible. 24 hour notice

DIRECTORY OF SERVICES FEBRUARY 2019

<u>RESOURCES</u>	<u>TELEPHONE</u>	<u>WEBSITE</u>
Glenz, Xiu (Sho) (PebbleCreek only) Miscellaneous transportation including airport trips.	623-760-6260	
Heck, Barbie (PebbleCreek only) Airport transportation	785-393-0059	
Isadore, Howard (PebbleCreek only) Miscellaneous transportation- Airport and more!	949-637-7072	
Jones, Michael (PebbleCreek only) Airport transportation	208-412-7691	
Kare Bears Transportation - FREE (PebbleCreek only) For medically related appointments Requires 48 hours notice.	623-536-1200	
Lupo, Joe (PebbleCreek only) Airport transportation	623-755-8147	
Lyft Affordable ride in minutes -Airport transportation		www.lyft.com
Marveless Airport Transportation Licensed, Bonded and Insured	602-438-0808 920-418-5818	
Nesline, Christine (PebbleCreek only) Airport transportation	301-466-5575	
O'Brien, Maureen (PebbleCreek only) Airport transportation	619-559-6384	
Pappas, Cliff (PebbleCreek only) Miscellaneous transportation Money collected is donated to New Life Center	602-770-2462	
Peters, Paulette - Airport transportation	623-810-8665	
Roemer, Herb (PebbleCreek only) Miscellaneous transportation, airport, errands, etc.	623-433-8512	
Super Shuttle Airport Transportation Rates dependent on pick up and drop off addresses. Wheelchair accessible (SUVs) 24 hour notice	602-244-9000	www.supershuttle.com
Total Ride \$10 charge for electric wheelchair if needed- 24 hour notice.	602-200-2000	

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

Uber
Cashless and convenient taxi without hassle.

TELEPHONE **WEBSITE**
www.uber.com

Valley Metro Transit Bus Information

602-253-5000

Wheels in Motion (PebbleCreek only) Airport Transportation
Jim Williams -jslja@q.com

602-403-0094

URGENT CARE CENTERS

Alliance Urgent Care
15530 W. Roosevelt St. Ste. D101, Goodyear
Check-In online

623-742-2300 www.allianceurgentcare.com

Banner Urgent Care
3328 N. Litchfield Rd.
(By Safeway in Goodyear)
Check-in online

623-465-6300 www.bannerurgentcare.com

FastMed Urgent Care
1507 N Litchfield Road, Suite 200, Goodyear
Check-in online

623-215-0040 www.fastmed.com

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

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 Wound Clinic
13677 W. McDowell Rd.

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 and Ostomy Experts

602-626-8462 www.elitehhs.com