



**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).

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Resource	Phone	Web/Email Address
GENERAL PROGRAMS/PRODUCTS/ORGANIZATIONS		
<u>AARP</u>		
<i>AARP Arizona State Office</i>	888-687-2277	https://states.aarp.org/arizona
<u>ADULT DAY HEALTH CENTERS</u>		
(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
<u>ADULT SENIOR CENTERS</u>		
<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>	855-888-2908	www.optumcare.com
1981 N. PebbleCreek Pkwy, Ste 8 Open to the public. Fitness, classes, social, etc.		
<i>Tolleson Senior Center</i>	623-936-2760	www.tollesonaz.org
<u>AREA AGENCY ON AGING - EXTENSIVE RESOURCES</u>		
<i>Area Agency On Aging</i> (also see Community Information/Referral)	602-264-2255	www.aaaphx.org
<u>ASSISTED LIVING FACILITIES</u>		
(also see Housing Consultants and Housing for Seniors)		
<u>ATTORNEYS</u>		
(see Elder Law)		
<u>BABY EQUIPMENT RENTALS</u>		
<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>	602-549-9918	www.sweetpeababyrentals.com
<u>BETTER BUSINESS BUREAU</u>		
<i>Better Business Bureau - Arizona</i>	602-264-1721	www.arizonabbb.org
<u>BLOOD PRESSURE (PebbleCreek only)</u>		
Dee-Dee Patrick	708-494-0008	
<u>CAREGIVING SERVICE PROVIDERS</u>		
(see Home Health Medical Care & Home Health Non-Medical Care)		

Resource	Phone	Web/Email Address
<u>CEMETERIES</u>		
(see Funeral Homes/Cemeteries)		
<u>CLOTHING (adaptive clothing for easier dressing)</u>		
<i>Buck and Buck</i>	800-458-0600	www.buckandbuck.com
<i>Silverts Adaptive Clothing and Footwear</i>	800-387-7088	www.silverts.com
<u>COMMUNITY INFORMATION/REFERRALS</u>		
(also see Home Health Consultants & Housing for Seniors)		
<i>Area Agency on Aging - Senior Help Line (24 hour)</i>	602-264-4357	www.aaaphx.org
<i>Elder Resource Guide - View online</i>	602-264-4357	www.aaaphx.org
Provides information, referral and assistance for transportation, housing, long-term home care, home-delivered meals, options counseling, etc. Hard copy available for \$5.00.		
<i>Arizona Directory of Human Services (2-1-1 Arizona)</i>		www.211arizona.org
Connected to available health and human services.		
<i>Benevilla</i>	623-584-4999	www.benevilla.org
Offers a wide variety of FREE services and resources.		
<i>Kare Bears (PebbleCreek only)</i>	623-536-1200	www.karebears.org
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.		
<i>YANA - You Are Not Alone</i>	623-882-7539	www.goodyearaz.gov/yana
Free Program provided by the City of Goodyear Police Regular home visits and phone calls; Resources Contact: Rose Beals		rbeals@goodyeararizona.gov
<u>COMPUTER CLUB (PebbleCreek only)</u>	623-535-7791	http://www.PebbleCreekcomputerclub.org
Dan Phelka – President Provides computer classes.		danphelka@hotmail.com
<u>COMPUTER SERVICES (By PebbleCreek residents)</u>		
<i>Cina, Ken</i>	414-550-4056	kcina@cox.net
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.		
<i>Phelka, Dan</i>	623-535-7791	danphelka@hotmail.com
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.		

Resource	Phone	Web/Email Address
<i>Roberts, Mark</i>	602-821-7027	emsareus@gmail.com
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).		
<u>COUNSELING SERVICES</u>		
(also see Support: Programs/ Organizations & Pastoral Support)		
<i>Catholic Charities</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	
<u>National Alliance on Mental Illness (NAMI)</u>		
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>	602-242-1492	https://dentalboard.az.gov/
Checks background, complaints, board actions. Licenses individuals who provide dental services.		
<i>Mobile Dentistry of Arizona</i>	480-313-3310	www.mobiledentistryofaz.com
For homebound residents		
<u>DISPENSARIES IN GOODYEAR (CBD OIL)</u>		
<i>Red Star Vapor & CBD</i>	480-430-5929	www.redstarvapor.com
13824 W. McDowell Rd., Ste. 105, Goodyear		
<i>Valley of the Sun Medical Dispensary</i>	623-932-3859	www.votsmd.com
16200 W. Eddie Albert Way, Goodyear		
<u>DONATIONS/CHARITY</u>		
<i>Airman's Attic- Luke AFB Thrift Shop</i>	623-856-6415	www.lukespousesclub.org
13975 W. Phantom St. # 750 Glendale, AZ 85309 Wed & Friday 10:00 - 2:00		lukethriftshop@gmail.com
<i>Benevilla</i>	623-584-4999	www.benevillaplannedgifts.org
16752 N. Greasewood St., Surprise, AZ 85378		
Day programs, Caregiver Support, Resources, Home Services		

Resource	Phone	Web/Email Address
<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.newlifectr.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
<u>DRY CLEANING - Mobile</u>		
<i>Rite Cleaners & Dry Cleaning Home Express</i>	623-433-9737	www.dchomeexpress.com
<u>ELDER LAW</u> (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.johnsonstatelaw.com
<i>Rita Daninger - Elder Law Attorney</i>	623-815-8069	www.daningerlaw.com
<u>EMERGENCY RESPONSE</u> (see Medical Alert Services/Products , and Fire Prevention Division – under Goodyear)		
<u>ENVIRONMENT</u>		
<i>EWG</i> Rates 80,000 Food products, personal care products & household cleaning products		www.EWG.org

Resource	Phone	Web/Email Address
<u>ERRANDS</u>		
(also see Home Health Non-Medical Care)		
<i>Benevilla</i>	623-584-4999	www.benevilla.org
Occasional help in completing emergency errands. Pre-registration prior to receiving free services.		
<i>Pappas, Cliff (PebbleCreek resident)</i>	602-770-2462	Cliff2939@aol.com
Money collected for service is donated to New Life Center.		
<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	
<u>ESTATE AND FINANCIAL PLANNING</u>		
(also see Elder Law)		
<i>Dana Law Group</i>	623-972-2388	www.danalawgroup.com
Estate Planning		
<i>Johnson, Lora</i>	623-505-3903	www.johnsonstatelaw.com
Estate Planning and Elder Law		
<i>Mahoney Law Office - Jennifer Mahoney</i>	623-518-3513	www.mahoneylawoffice.net
Estate planning, Wills and Trusts		
<i>RBC Wealth Management - Kris Dahl</i>	480-609-4936	www.KrisDahlRBC.com
Financial Advisor		
kris.dahl@rbc.com		
<u>EYE GLASS REPAIR</u>		
<i>M&M Mobile Eyeglass Repair - Luis Lopez</i>	623-693-9372	
<u>FLOWERS</u>		
<i>Thompson's Flower Shop</i>	623-932-0531	www.thompsonsflowershop.com
406 N. Litchfield Rd. Ste 200, Goodyear Flowers for all occasions		
<u>FUNERAL HOMES/CEMETERIES</u>		
<i>Ganley's Funeral Home - Buckeye</i>	623-386-4812	www.ganleysbuckeyefuneralhome.com
<i>Chapel of the Chimes Mortuary</i>	623-937-9297	www.dignitymemorial.com
7924 N 59th Ave, Glendale		
<i>Christ Church of the Valley</i>	623-561-3600	www.ccv.church.com
1565 N. 113th Ave, Avondale Funerals and Memorials		
<i>Glendale Memorial Park Cemetery</i>	623-930-2189	
7844 N 61st Ave, Glendale		
<i>Heritage Arrowhead Funeral Center & Cemetery</i>	623-362-3255	www.heritagefuneralchapels.com
7545 W. Rose Garden Lane, Glendale		

Resource	Phone	Web/Email Address
<i>Heritage Funeral Chapel</i> 6830 W. Thunderbird Rd, Peoria	623-974-3671	www.heritagefuneralchapels.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</i> 15826 Del Webb Blvd, Sun City	623-933-0161	www.dignitymemorial.com
<i>Sunwest Funeral Home Cemetery & Crematory</i> 12525 N.W. Grand Ave, El Mirage	623-974-2054	www.heritagefuneralchapels.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	
<u>GOLF CART/CAR SERVICE AT YOUR HOME</u>		
<i>Gonzales, George - Auto detailer</i>	623-533-0404	
<i>J.M. Mobile Auto Touch Up</i> Fix dents, bumper repair, headlight restoration, & more.	602-380-1540	
<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	
<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	

Resource	Phone	Web/Email Address
<i>YANA -You Are Not Alone - Free</i>	623-882-7481	www.goodyearaz.gov/yana
City of Goodyear Elder Safety Program. Provides regular phone calls and home visits.		rbeals@goodyearArizona.gov
<u>GOVERNMENT AGENCIES</u>		
<i>Adult Protective Services</i>	877-767-2385	www.azdes.gov/reportadultabuse
(also see Long-Term Care Ombudsman Program)		
<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>	602-542-2123	www.azag.gov
Life Care Planning packet materials and more. Click on "seniors".		
<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>	602-542-1025	www.azdhs.gov
Searchable database containing information about facilities/providers.		
<i>AZ Department of Insurance</i>	602-364-2499	www.insurance.az.gov
Director Evan Daniels	602-364-3100	
<i>AZ Department of Financial Institutions</i>	602-255-4421	www.azdfi.gov
<i>AZ Department of Motor Vehicles – Medical Review</i>	602-771-2460	www.azdot.gov
Report unsafe drivers, download forms & publications. Driver Condition/Behavior Report – Form 96-0469		
<i>AZ Department of Veteran Affairs</i>	800-827-1000	www.va.gov
<i>AZ Medical Board</i>	480-551-2700	www.azmd.gov
Physician info/medical background/complaints.		
<i>AZ Registrar of Contractors</i>	602-542-1525	www.azroc.gov
<i>AZ Secretary of State</i>	602-542-6187	www.azsos.gov
Advance Directive Registry Electronically store and access your medical directives.		
<i>AZ State Board of Dental Examiners</i>	602-242-1492	https://dentalboard.az.gov
Background, complaints, board actions, etc. Licenses individuals who provide dental services.		
<i>AZ State Health Insurance Assistance Program</i>	800-432-4040	www.shiptacenter.org
Free health benefits counseling service for Medicare beneficiaries, families, or caregivers.		
<i>Elder Help Line</i>	602-542-2124	www.azag.gov
Task force against senior abuse.		
<i>Social Security Administration</i>	800-772-1213	www.socialsecurity.gov

Resource	Phone	Web/Email Address
<u>GROCERY SERVICE</u>		
<i>Benevilla</i>	623-584-4999	www.benevilla.org
Weekly grocery shopping for those not able to shop for themselves. No charge - Pre-registration prior to service.		
<i>Fry's</i>		www.frys.com
Online shopping bagged and ready for pickup. Delivery for a cost		
<i>Safeway</i>		www.safeway.com
Online shopping bagged and ready for pickup. Delivery for a cost		
<i>Walmart</i>		www.walmart.com/cp/2281929
Online shopping bagged and ready for pickup. Delivery for a cost		
<u>HANDICAPPED VEHICLE AND MOBILITY AIDS</u>		
(also see Medical Supplies)		
<i>Ability Center - New and Used</i>	623-879-0800	www.abilitycenter.com
Lift products, accessible vehicles, power chairs		
<i>United Access - Auto adaptation for handicap use.</i>	602-275 3325	www.unitedaccess.com
<u>HANDYMAN SERVICES</u>		
(see Home Maintenance)		
<u>HOME HEALTH CONSULTANTS & REFERRAL SERVICES</u>		
(also see Home Health Medical Care and Home Health Non-Medical Care)		
<i>AZ In-Home Care Association</i>	602-283-3503	www.aznha.org
Provide referrals for medical/non-medical services.		
<i>Care.com</i>		www.care.com
National website allows you to find local senior care, house sitters and pet sitters.		
<i>Foundation for Senior Living</i>	602-285-1800	www.fsl.org
Geriatric Care Manager		
<i>Geriatric Resources</i>	623-776-3098	www.geriatricresourcesaz.com
Crystal Littlejohn - Care Management		
<u>HOME HEALTH MEDICAL CARE</u>		
(also see Home Health Consultants/Referral Services and Home Health Non-Medical Care)		
<i>Arizona Palliative Home Health Care</i>	602-287-7050	www.hov.org
A Hospice of the Valley Agency (Pre-hospice) Scheduled Visits		

Resource	Phone	Web/Email Address
<i>Banner Home Care</i>	480-657-1000	www.bannerhealth.com
Skilled Nursing and Therapy		
<i>Bayada Home Health Care</i>	623-979-5266	www.bayada.com
Skilled Nursing and Therapy - Scheduled Visits		
<i>Firstat Home Health</i>	602-279-0000	www.firstat.com
Medical and Non-Medical care		
<i>KC's Home Health Care</i>	602-283-4089	www.kcshomehealthcare.com
Skilled Nursing - Therapy - Short term		
<i>Nightingale Home Care</i>	602-504-1555	www.ngcare.com
<u>HOME HEALTH NON-MEDICAL CARE</u>		
(also see Home Health Consultants/Referral Services)		
<i>Adult Care Assistance-West Valley</i>	623-977-2223	www.adultcareassistance.com
<i>Blessings! For Seniors</i>	623-594-0819	www.blessingsforseniors.com
<i>Caring Visits - Carol Smail - PC resident/retired nurse</i>	602-510-1600	caringvisits@cox.net
Caregiving, Companions, Patient Advocacy, Respite Care Transportation and Wellness Checks		
<i>ComForCare Home Care</i>	623-934-2722	www.comforcare.com
<i>Compassionate Assistance</i>	480-468-2699	www.compassionateassistance.com
<i>Foundation for Senior Living- Home Health Care</i>	602-285-1800	www.fsl.org
<i>Golden Heart Senior Care</i>	623-748-3301	www.goldenheartaz.com
<i>Good Neighbor Support Services</i>	623-932-4878	www.gncares.com
<i>Home Instead Senior Care - Goodyear</i>	623-777-3637	www.homeinstead.com
<i>Nightingale Home Care</i>	602-504-1555	www.ngcare.com
<i>Right at Home</i>	623-547-0700	www.Rahwest.com
<i>Synergy Homecare</i>	623-246-1000	www.Synergyhomecare.com
<i>Touching Hearts</i>	623-207-9391	www.touchinghearts.com
<i>Visiting Angels</i>	623-266-9304	www.visitingangels.com
<u>HOME MAINTENANCE (By PebbleCreek residents)</u>		
<i>Gillespie, Jim</i>	623-698-6982	gillespie161@cox.net
Smoke detectors		
<i>Henson Floor Care</i>	623-570-2618	
Tyler Henson Carpet-Tile-Upholstery		
<i>Jarvis Hauling and Home Services</i>	336-598-2065	wjarvis3@yahoo.com
Home Improvements/Home repairs		
<i>Luders Handyman Services - Gary Luders</i>	623-271-5441	
Large variety of services - Smoke alarms too!		

Resource	Phone	Web/Email Address
<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	Nicholson56@gmail.com
Smoke detectors & a variety of odd jobs.		
<i>Pebble Creek Air Conditioning and Heating LLC</i>	623-266-2660	www.pebblecreekAIR.com
Contact: Dave and Karen Douglas		info.PebbleCreekair@gmail.com
<i>Prinz, Randy & Randy</i>	541-727-1385	
Plumbing/Electrical and much more!		
<i>Richter, Ron</i>	801-910-4801	
Electrical, plumbing, and misc.		
<i>Service by Rich - Rich Veleta</i>	708-692-9376	rjveleta@cox.net
Electrical wiring, plumbing, convert address lights to LED and other misc. jobs.	623-295-9376	
<i>Suttles, Rodney</i>	623-628-3182	
Locksmith		
<u>HOME MAINTENANCE (Non-PebbleCreek)</u>		
<i>AAA Cleaning & Maintenance - Jessie Linderman</i>	623-249-8157	www.aaamaintenance.net
Carpet-Tile-Grout		JLfeenix@cox.net
<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>Apex Window Cleaning</i>	623-498-7589	www.apexwindowcleaningaz.com
Doug McNelley		
<i>Arizona Leak Detection</i>	602-354-2945	www.leakdetection.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
<i>Benevilla</i>	623-584-4999	www.benevilla.org
Help for minor repairs such as changing light bulbs, filters, etc. for homebound or disabled. No charge. Pre-registration prior to receiving services.		
<i>Clean Rite Window Service</i>	623-932-0072	
<i>Emil Neagu Air Conditioning, Heating & Plumbing Co.</i>	623-546-3042	http://www.emilneaguco.com
Licensed and Bonded - Ask for PebbleCreek discount.		
<i>Gabriel's Appliance Repair</i>	623-535-9611	
<i>Greg The Glassman</i>	623-694-2347	
Glass/Door Repair, Window Replacement, etc.		

Resource	Phone	Web/Email Address
<i>Jamie Cid - Window Washing/Screens/Solar panels</i>	602-435-0032	
Makes Sunscreens		
<i>Kodet Plumbing (Todd)</i>	623-535-7622	
<i>Mike's Dryer Vent Cleaning & Services</i>	623-266-1326	
Smoke alarm batteries, pigeon proofing, roof tile replacement, gutter cleaning, wood gate slat replacements, vent cleaning, water channel replacements for walkways & chimney caps.		
<i>New Age Coating – Cabinet Refinishing</i>	602-373-4054	
Jonathan Martinez		
<i>Screen Mobile</i>	602-438-8485	http://www.screenmobile.com
Repair/Replace Screens		screenmobile70@gmail.com
<i>TNT Lighting Pros</i>	480-886-2614	www.tntlightingpros.com
Tye Connor / Owner		tye@tntlightingpros.com
Light design, repair current lighting and electrical wires. FREE nighttime landscape demonstrations, and more.		
<i>West Valley Air Conditioning & Heating, LLC</i>	623-764-3750	wvac@cox.net
<u>HOME MODIFICATION AND SAFE PATIENT HANDLING</u>		
(also see Medical Supplies)		
<i>Foundation for Senior Living Caregiver House</i>	602-285-1800	www.fsl.org
Visit Caregiver House for ideas on modification of homes. Will come to house and see what can be done.	602-532-2976	
<i>Grab Bars Now</i>	602-509-2678	www.grabbarsnow.com
Free home evaluation. Medical equipment & installation and threshold ramps		
<u>HOME WATCH SERVICES (By PebbleCreek residents)</u>		
<i>Gillespie, Jim</i>	623-698-6982	gillespie161@cox.net
<i>Law, George</i>	623-536-8104	
<i>Zuckerbrow, Rochelle</i>	480-250-7585	
<u>HOSPICE</u>		
<i>Banner Hospice</i>	480-657-1100	www.bannerhealth.com
<i>Everest Hospice</i>	623-282-9255	www.everesthospice.com
<i>Hospice of the Valley</i>	602-530-6900	www.hov.org
<i>Hospice of the West</i>	602-343-6422	www.hospicewestaz.com
<i>The Crossing Hospice and Palliative Care</i>	602-889-4400	www.themaaz.com

Resource	Phone	Web/Email Address
<u>HOSPITALS/BEHAVIORAL HEALTH CENTERS</u>		
<i>Abrazo Arizona Heart Hospital</i> 1930 E. Thomas Rd. Phoenix	602-532-1000	www.abrazohealth.com
<i>Abrazo Arrowhead Campus</i> 18701 N. 67th Ave, Glendale ER online check-in ; Wait at home.	623-561-1000	www.abrazohealth.com
<i>Abrazo Central Campus</i> 2000 W. Bethany Home Rd, Phoenix ER online check-in; Wait at home.	602-249-0212	www.abrazohealth.com
<i>Abrazo Surprise Hospital</i> 16815 W. Bell Rd, Surprise	623-244-2400	www.abrazohealth.com
<i>Abrazo West Campus (West Valley Hospital)</i> 13677 W. McDowell Rd, Goodyear ER online check-in; Wait at home.	623-882-1500	www.abrazohealth.com
<i>Banner Boswell Medical Center</i> 10401 W. Thunderbird Blvd, Sun City	623-832-4000	www.bannerhealth.com
<i>Banner Del E. Webb Medical Center</i> 14502 W. Meeker Blvd, Sun City West	623-524-4000	www.bannerhealth.com
<i>Banner Del E. Webb-Behavioral Health Care – Sage Unit</i> 14502 W. Meeker Blvd, Sun City West	623-524-4042	
<i>Banner Estrella Medical Center</i> 9201 W. Thomas Rd, Phoenix	623-327-4000	www.bannerhealth.com
<i>Banner MD Anderson Cancer Center</i> 2946 E. Banner Gateway Dr, Gilbert	480-256-6444	www.bannerhealth.com
<i>Banner MD Anderson Cancer Center</i> 5555 W. Thunderbird, Glendale	602-865-5445	www.bannerhealth.com
<i>Banner University Medical Center</i> 1111 E. McDowell Rd, Phoenix	602-839-2000	www.bannerhealth.com
<i>Cancer Treatment Centers of America - Phoenix</i> 14200 W. Celebrate Life Way, Goodyear	623-207-3000 623-745-9632	www.cancercenter.com
<i>Copper Springs Behavioral Health Hospital - Avondale</i> 10550 W. McDowell Rd, Avondale Inpatient & Outpatient Drug & Alcohol Addiction Treatment	480-418-7659	www.coppersprings.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

Resource	Phone	Web/Email Address
<i>Dignity Health -St. Joseph's Hospital & Medical Center</i>	602-406-3000	www.dignityhealth.org
Emergency Room - ER online check-in; Wait at home 350 W. Thomas Rd., Phoenix	602-406-3361	www.dignityhealth.org
<i>Dignity Health - St. Joseph's Westgate Medical Center</i>	602-406-0000	www.dignityhealth.org
Emergency Room ER online check-in ; Wait at home 7300 N. 99th Ave., Glendale	602-406-0100	www.dignityhealth.org
<i>Haven Behavioral Hospital</i>	623-236-2000	www.havenofphoenix.com
1201 S. 7th Ave., Phoenix		
<i>Honor Health John C. Lincoln Medical Center</i>	602-943-2381	www.honorhealth.com
250 E. Dunlap Ave. Phoenix		
<i>Mayo Clinic Hospital</i>	480-342-2000	www.mayoclinic.org
5777 E. Mayo Blvd, Phoenix		
<i>Quail Run Behavioral Health</i>	602-455-5694	www.quailrunbehavioral.com/
2545 W. Quail Ave, Phoenix		
<i>Valleywise Health Medical Center</i>	602-344-5011	www.valleywisehealth.org
Emergency Room	602-344-5411	
2601 E. Roosevelt St, Phoenix		
<u>HOUSING CONSULTANTS /REFERRALS</u>		
(also see Housing for Seniors)		
<i>Arizona Senior Options - Placement & Advocacy Services</i>	602-903-6365	www.Azsenioroptions.com
Denisa Barbur; No cost to you		Denisa@AZSeniorOptions.com
<i>Call Jackie Senior Living Options (Jackie Wargo)</i>	602-826-8893	www.call-jackie.com
<i>Golden Assist Senior Placement Services - PC resident</i>	602-793-0299	www.GoldenAssist.com
Teri Sellers		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!		
<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>	602-501-8143	www.optionsforseniorliving.com
Tammy Luna		
<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>	602-248-1550	www.dvs.az.gov
4141 N.S. Herrera Way, Phoenix		

Resource	Phone	Web/Email Address
<i>Guide to Senior Housing - Pace</i>	480-246-3515	
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.		
<i>Huger Mercy Living Center (Barrows)</i>	602-406-5600	www.barrowneuro.org
2345 W. Orangewood Ave, Phoenix Assisted Living Directed Memory Care		
<i>Robson Reserve at PebbleCreek - Goodyear</i>	623-440-6800	www.robsonreserve.com
15833 W. Clubhouse Dr. - Independent & Assisted Living		
<i>Senior Directory - View on-line</i>		www.seniordirectory.com
Community resources, Health Services, Housing, Newsletter, Monthly articles and much more!		
<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</u>		
<i>Judy Hauser - PC resident</i>	623-535-7890	doggie8744@aol.com
Cell phone	623-826-7359	
<i>Dreama Luger - PC resident</i>	443-605-6962	dlroyaldaughter@yahoo.com
<u>KARE BEARS (PebbleCreek only)</u>		
<i>Kare Bears</i>	623-536-1200	www.karebears.org
15383 W. Cheery Lynn Rd		
Call for hours		
<u>LABORATORY TESTING</u>		
<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.		

Resource	Phone	Web/Email Address
<i>Sonora Quest Laboratories</i>		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.		
<u>LIFELONG LEARNING (PebbleCreek only)</u>		www.lifelonglearningatpc.org
Lectures, classes, trips, and special events		
<u>LONG -TERM CARE (Ombudsman)</u>		
<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.		
<u>MASSAGE/LYPHHEDEMA CARE</u>		
(also see Relaxation/Meditation)		
<i>Banner Thunderbird Rehabilitation Services</i>	480-210-6445	
Lymphedema Care		
<i>PebbleCreek Massage Therapists</i>		
Dartt, Tina	602-717-9975	
Lo, Selina	623-907-3989	
Williams, Lan-Ing	623-206-7640	
<i>Spooner Physical Therapist</i>	623-889-0411	
5281 N. 99th Ave. Glendale (Suite 200) For mild lymphedema Amanda Dewitt		a.dewitt@spoonerpt.com
<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	
<u>MEALS</u>		
(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
<i>Meals of Joy</i>	623-594-9588	www.mealsofjoy.org
Delivery of food to seniors who are unable to prepare meals. Fees vary according to client.		
<i>Schwan's</i>	888-724-9267	www.Schwans.com
Easy to prepare meals - Delivery to your door.		

Resource	Phone	Web/Email Address
<i>St. Mary's Food Bank Alliance</i>	602-242-3663	www.firstfoodbank.org
Bridges reaching the elderly and disabled Delivered 1 x per month - pre-packed Must register & qualify for program.		
<u>MEDICAL ALERT SERVICES/PRODUCTS</u>		
(also see Emergency Response)		
<i>Bay Alarm Medical</i>	877-522-9633	www.bayalarmmedical.com
<i>Great Call</i>	800-918-8543	www.greatcall.com
Uses GPS for nationwide coverage.		
<i>Life Alert</i>	800-852-3081	www.lifealerthelp.com
3-year contract; GPS, fall detection, etc.		
<i>Medical Alert</i>	800-800-2537	www.medicalalert.com
Fall detection; Use anywhere; no long-term contracts		
<i>Medic Alert Foundation</i>	800-432-5378	www.medicalert.org
Medic Alert ID Pendants, sports bands, shoe tags, and bracelets. 24/7 Emergency Response; Safe Return		
<i>Medical Care Alert</i>	855-272-1010	www.medicalcarealert.com
Home, Home & Yard, GPS - Home or Away, Fall protection.		
<i>Medical Guardian</i>	800-668-9200	www.medicalguardian.com
<i>Philips LifeLine</i>	855-633-6528	www.lifeline.philips.com
Fall protection, GPS, etc.		
<u>MEDICAL EDUCATION & RESOURCES</u>		
(also see Support-Programs/Products/Organizations)		
<i>Alzheimer's Association</i>	800-272-3900	www.alz.org/dsw
Materials and books		
<i>Area Agency on Aging</i>	602-264-4357	www.aaaphx.org/caring-for-someone
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 Resource Guide.		
<i>Benevilla C.A.R.E.S. Information and Resources</i>	623-584-4999	www.benevilla.org
<i>Drugs.com Pill Identifier</i>		www.drugs.com
Source for dosages & side effects		
<i>Foundation for Senior Living</i>	602-285-1800	www.fsl.org

Resource	Phone	Web/Email Address
<i>Guide to Senior Housing - Pace</i>	480-246-3515	
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.		
<i>Kare Bears (PebbleCreek only)</i>	623-536-1200	www.karebears.org
Medical Library, resources, speakers, and website		
<i>National Library of Medicine - Medline Plus</i>		www.medlineplus.gov
Information on health and wellness, disorders & conditions, drugs & supplements, tutorials & newsletters		
<i>Sun Health/Banner Community Education Programs</i>	623-207-1703	http://www.sunhealthwellness.org
<i>Top Doc Magazine</i>		http://www.phoenixmag.com
Available at the Kare Bears House for review. Selected by peers.		
<u>MEDICAL SUPPLIES/MOBILITY AIDS/PROPER USE OF EQUIP/TIPS AND ADVICE</u>		
(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>		https://orthoinfo.aaos.org
Search: How to use Crutches/Canes/Walkers		
<i>Comfort Plus Medical Supplies</i>	480-545-8055	www.comfortplusonline.com
Incontinence Care Specialists		
<i>Epill Medication Reminders</i>	800-549-0095	www.epill.com
Electronic devices to remind of medications		
<i>Grab Bars Now</i>	602-509-2678	www.grabbarsnow.com
Medical Equipment/installation - Free home evaluation		
<i>Kare Bears (PebbleCreek only) NO CHARGE!</i>	623-536-1200	www.karebears.org
Loans wheelchairs, walkers, crutches, canes, etc.		
<i>Medasure Inc. - Phoenix</i>	623-935-1221	www.medasureinc.com
Medical equipment		
<i>Phillips Lifeline Systems</i>	855-633-6528	www.lifeline.philips.com
Medication Dispensers/Med Minders		
<i>Southwest Lending Closet</i>	623-932-1016	www.SWLendingcloset.org
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.		

Resource	Phone	Web/Email Address
<u>MEDICARE/MEDICAID</u>		
<i>Area Agency on Aging Benefits Assistance Program (Ship) and Senior Medicare Patrol</i>	602-280-1059	https://aaaphx.org
A free health benefits counseling service for Medicare beneficiaries, their families, or caregivers.		
<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>Ripley, Rev. Bob</i>	207-907-0535	www.churchpcc.org
Senior Pastor, PebbleCreek Community Church		pastorripley1955@gmail.com
<u>PEBBLECREEK HOA</u>		
<i>PebbleCreek Homeowner's Association</i>		pebblecreekhoa.org

Resource	Phone	Web/Email Address
<u>PET COMPANION CLUB (PebbleCreek only)</u>		
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. View site for list of PebbleCreek pet sitters.	623-935-6651 602-679-4958	www.pcpets.org arizviking@hotmail.com
<u>PHARMACY DELIVERY</u>		
(see Errands)		
<u>PHONE CHECKUPS/HOME VISITS</u>		
<i>Benevilla</i>	623-584-4999	www.benevilla.org
Phone pals - weekly calls and home visits - companionship Pre-registration required prior to service. No Charge		
<i>YANA - You Are Not Alone</i>	623-882-7539	www.goodyearaz.gov/yana
City of Goodyear Elder Safety Program - No Charge Provides regular phone calls and home visits. Rose Beals		rbeals@goodyeararizona.gov
<u>PHYSICAL THERAPY</u>		
<i>ATI Physical Therapy</i>	928-589-5251	www.atipt.com
380 N. Estrella Parkway, Ste A-1, Goodyear		
<i>AZ Orthopedic Physical Therapy</i>	623-242-6908	www.azopt.net
14545 W. Indian School Rd, Ste 900, Goodyear		
<i>Biomechanics</i>	623-882-2992	www.biomechanixpt.com info@biomechanixpt.com
750 N. Estrella Parkway, Ste 50, Goodyear		
<i>Empower Physical Therapy</i>	623-935-5505	
3050 N. Litchfield Rd., Ste 100, Goodyear		
<i>Foothills Sports Medicine and Rehabilitation</i>	623-547-4739	www.foothillsrehab.com
5110 N. Dysart Rd, Ste. 148, Litchfield Park		
<i>Spooner Physical Therapy</i>	623-935-0734	www.spoonerpt.com
1626 N. Litchfield Rd, Ste 310, Goodyear		
<i>White Tanks Physical Therapy</i>	623-882-9787	www.whitetankspt.org
250 N. Litchfield Rd, Ste 155, Goodyear		
<u>PHYSICIAN INFORMATION/REFERRALS</u>		
<i>Arizona Medical Board</i>	480-551-2700	www.azmd.gov
Physician information, medical background, complaints, etc.		
<i>Maricopa County Medical Society</i>	602-252-2844	www.mcmsonline.com
Referrals of physicians		

Resource	Phone	Web/Email Address
<u>PHYSICIANS/MOBILE MEDICAL CARE & DIAGNOSTIC TESTING</u>		
<i>Dispatch Health Urgent Medical Care</i>	480-493-3444	www.dispatchhealth.com
House calls for assessment & diagnostic purposes & provides general procedures such as IV's, blood testing, urinary catheter insertion, etc.		
<i>Heavenly Soles, PLLC</i>	623-584-0760	
Mobile Podiatrist for homebound		
<i>MD HomeCare - Primary care practice</i>	602-362-2983	www.mymdhomecare.com
Mobile X-rays, Labs, Wound Care, Flu shots and more!		
<i>Mom & Dad's Mobile Doctors End Stage Palliative Care</i>	480-607-0606	www.medicalhomecall.com Intake@medicalhomecall.com
<i>See, Marian (PebbleCreek Resident)</i>	623-935-3571	
Injections, change bandages, & work with IV's.		
<u>PICK UP AND DELIVERY</u>		
<i>Az Firemen Movers</i>	602-373-7117	www.azfiremenmovers.com
Move furniture within home; In state and out of state moving; Full packing and unpacking.		azfiremenmovers@gmail.com
<i>Jarvis Hauling & Home Services - Walter Jarvis</i>	336-598-2065	wjarvis3@yahoo.com
Full house moves; pick-up and delivery		
<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>	602-253-3334	
Insect bites, drugs, etc.		
<u>PRESCRIPTION RELIEF/PHARMACEUTICAL TREATMENTS</u>		
<i>Patient Advocate Foundation</i>		www.copays.org/diseases
Financial assistance with co-payments, co-insurance or cost-sharing associated with prescription drugs through funds dedicated to specific disease states.		
<i>GoodRx</i>		www.goodrx.com
Check prices on medications and get coupons for cheaper drugs for those whose insurance does not cover them.		
<u>RADIOLOGY</u>		
<i>Banner Imaging (previously Valley Radiologists)</i>	480-610-7400	
13555 W. McDowell Rd., Ste 106, Goodyear		
<i>Pacific Mobile Diagnostics for Home bound</i>	602-249-4790	www.pmdxray.com
Performs routine x-rays, ultrasounds, EKG's and more!		

Resource	Phone	Web/Email Address
<i>Simon Med Imaging</i>		www.simonmed.com
10815 W. McDowell Rd, Ste 102, Avondale	623-433-0121	
13657 W. McDowell Rd, Ste 111, Goodyear	623-302-7930	
<u>REHABILITATION</u>		
(also see Adult Day Care Programs and Caregiver Support)		
<i>Cobalt Rehabilitation Hospital - Surprise</i>	623-499-9100	www.curahealth.com
<i>Encompass Valley of the Sun - Glendale</i>	623-878-8800	www.encompasshealth.com
<i>Freedom Plaza Care Center - Peoria</i>	623-815-6100	www.freedomplazaarizona.com
<i>Genesis Estrella - Avondale</i>	623-932-2282	www.geneshcc.com
<i>Grandview Terrace - Sun City West</i>	623-975-8116	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>Santé of Surprise</i>	623-594-5050	www.santecares.com
Transitional Rehabilitation Center Near Banner Del Webb Hospital		
<u>RELAXATION /MEDITATION</u>		
<i>Jason Stephenson - Guided meditations and sleep music</i>		
You tube- Free		
<u>RESPIRE CARE</u>		
(also see Home Health Non-Medical Care)		
<i>Benevilla Life Enrichment Day Programs</i>	623-584-4999	www.benevilla.org
<i>Grandview Terrace – Sun City West</i>	623-975-8116	www.sunhealthseniorliving.org
<i>Hacienda Del Rey -Litchfield Park</i>	623-800-7710	www.mbkseiorliving.com
<i>Legacy House- Avondale</i>	623-478-3800	
<i>The Groves - Goodyear (PebbleCreek Parkway)</i>	623-935-9058	www.merrillgardens.com
<i>The Inn at Freedom Plaza - Peoria</i>	623-815-6160	www.Freedomplazaarizona.com
<i>The Woodmark - Sun City</i>	623-583-7600	www.pacificaseniorliving.com
<u>SALON MOBILE SERVICES FOR HOMEBOUND SENIORS</u>		
<i>Gloria's Private Nail Salon- Gloria Stephens</i>	623-399-0959	
<i>Litchfield Barber Shop</i>	623-535-0300	
Robert - Will come to your home.		
<i>Miller, Lee Hair Services (PC Resident)</i>	623-535-8750	Leezie1@cox.net
<u>SEAMSTRESSES (By PebbleCreek residents)</u>		
<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>		http://www.logitech.com
Home life moments to your smart phone. 2 way talk as well as video options. Indoor/Outdoor.		
<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>	800-272-3900	www.alz.org
24 Hour Help Line/Info & Referral		
<i>Alzheimer's Association - Desert Southwest Chapter</i>	602-528-0545	www.alz.org/dsw
Free publications and Information; Family Care Consultation, Safe Return/Medical Alert Program and Caregiver Support Group		
<i>Alzheimer's Association – Caregiver Support Group</i>		www.alz.org/dsw
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>		www.alz.org/care/alzheimers-dementia-safety.asp
Includes tips and resources		
<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>	800-752-3238	www.alzstore.com
Products for comfort and security for all stages of dementia.		
<i>Banner Del E. Webb - Behavioral Health Care - Sage</i>	623-524-4042	
Inpatient care and Outpatient programs		
<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>		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>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	
<i>LS & S - Products for visually impaired</i>	800-468-4789	www.LSSproducts.com

Resource	Phone	Web/Email Address
<i>Maxiaids</i>	800-522-6294	www.Maxiaids.com
Products for blind, deaf, mobility & hard of hearing		
<i>RSA - Rehabilitation Services Administration</i>	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.		
<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	www.bep.gov/uscurrencyreaderpgm.html
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>	727-803-8000	www.vispero.com
Eye Pal®- Freedom Scientific		
Instant reading device- Good for low vision & totally blind Digital camera snapshot converts text-to-speech, Magnifier/Reader, Screen magnifications & reading		
<u>CANCER</u>		
(also see Hospitals)		
<i>American Cancer Society</i>	602-224-0524	www.cancer.org
Variety of services - Cancer Help Line	800-227-2345	
<u>Road to Recovery</u> - Free transportation for treatment		
<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
<i>Cancer Care</i>	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!		

Resource	Phone	Web/Email Address
<i>Cancer Hope Network</i>	800-552-4366 877-467-3638	www.cancerhopenetwork.org
Free phone support. Matches cancer patients or family member with trained volunteer cancer survivors who have undergone similar treatment.		
<i>Cancer Support Community</i>		www.cancersupportcommunity.org
Find info on living with cancer whether you are newly diagnosed, a survivor, family member or friend.		
<i>Caring Bridge</i>		www.caringbridge.org
Free personalized websites that support & connect loved ones during critical illness, treatment & recovery.		
<i>Colorectal Cancer Alliance Hotline</i>	877-422-2030	www.ccalliance.org
Free online helpline patient support; Newsletter		
<i>Lymphedema Specialists</i>		
(Refer to information under Massage/Lymphedema Section)		
<i>National Cancer Institute</i>	800-422-6237	http://www.cancer.gov/publications/patient-education
Online books for Types of Cancer, Screening, Treatment & Side effects, Coping & Support for Family & Caregivers		
<i>National Comprehensive Cancer Network</i>		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.		
<i>Us Too Prostate Virtual Support (List of Groups)</i>		www.ustoo.org/virtual-ustoo-support-groups
<u>Specialty Products During/After Cancer Treatment</u>		
<i>AZ Wig Company and Boutique</i>	480-429-3778	www.arizonawigco.com
7074 E. 5th Ave, Scottsdale Tues-Sat; 10-5:30		
<i>Banner Boswell Cancer Resource Center</i>	623-832-1277	
Free Wigs Look Good, Feel Better Class – Tips and Free cosmetics for improving appearance while going through treatment		
<i>Barbara's Mastectomy Boutique</i>	602-234-9568	
5350 N. 16th St. Ste. 101, Phoenix, AZ 85016 Boutique and sometimes in-home visits for post mastectomies. Accepts all insurances. Call for appointment.		
<i>Cancer Treatment Centers of America (CTCA) Phoenix</i>	623-207-3000	www.cancercenter.com
14200 W. Celebrate Life Way, Goodyear		
<i>Fine Fittings</i>	623-214-3324	www.finefittings.org
18795 N Reems Rd, Shop G-113, Surprise Wigs & Mastectomy prosthetics Everything related to beauty		
<i>Hanger Clinic (prosthetics & orthotics)</i>	623-535-1919	www.hanger.com
13065 W McDowell Rd, Ste. 111 (Bldg. A), Avondale		

Resource	Phone	Web/Email Address
<i>Tina's Treasures</i>	480-323-1990	
10460 N. 92nd St. Suite 100, Scottsdale Breast prosthetics, post-surgery camisoles, Lymphedema products, hats, scarves, wigs & hair pieces, etc.		
<i>"TLC" Tender Loving Care - Online</i>	800-850-9445	www.tlcdirect.org
Mastectomy products, wigs, head covers, camisoles, etc.		
<u>CAREGIVERS</u>		
(also see Home Modification , Rehab , Respite , & Home Health Non-Medical Care and Alzheimer's Section)		
<i>Alzheimer's /Dementia Caregiver Support Group</i>	602-793-0299	
Teri Sellers (PebbleCreek only)		
<i>Caregiver's Resource Library - Download FREE!</i>		www.agingcare.com
Guide for veterans' benefits, Caring for someone with Alzheimer's, Caregiver's survival guide, How to find & manage home care.		
<i>Caregiver Stress (Home Instead)</i>		www.CaregiverStress.com
Tips on caring for yourself, educational info, Alzheimer's support, emails, and much more.	888-575-0946	
<i>Foundation for Senior Living - Caregiver training</i>	602-285-1800	www.fsl.org
Visit Caregiver House - ideas for home modification.		
<i>Parkinson's Support Groups</i> (also see Parkinson's section)		
<u>DEAF/HEARING IMPAIRED</u>		
<i>Ascent Audiology, Surprise, Goodyear, & Glendale offices</i>	623-745-0828	www.ascentaudiologyglendale.com
Also provides mobile visits for homebound.		
<i>CaptionCall (Funded by the FCC)</i>	877-557-2227	www.captioncallphone.com
Phone streams what the person on the phone is saying. Free delivery, installation, phone, and ongoing service.		
<i>Commission for Deaf or Hard of Hearing</i>	602-542-3323	www.acdhh.org
<i>Costco</i>	623-907-5663	www.costco.com/hearing-aid-center.html
Hearing testing & Hearing aids		
<i>Goodear Hearing- Larry Eckels (PC resident)</i>	623-738-3395	http://www.GoodEarHearing.com
Mobile Services- sales, testing & repairs		goodhearing@gmail.com
<i>RSA - Rehabilitation Services Administration</i>	602-542-3332	
For persons who have vision, hearing or combined hearing and vision loss.		
<i>Sound Point Hearing Center, Goodyear</i>		www.soundpointgoodyear.com
	623-214-6062	Rheanna-Lyall@audibel.com

Resource	Phone	Web/Email Address
<u>DIABETES</u>		
(also see Wound Clinics)		
<i>American Diabetes Association</i>	602-861-4731	www.diabetes.org
<u>DISABLED/HANDICAPPED</u>		
(also see Home Modification and Handicapped Vehicles)		
<i>Ability 360</i>	602-256-2245	www.ability360.org
Programs/services for people with disabilities		
<i>Arizona Center for Disability Law</i>	602-274-6287	www.azdisabilitylaw.org
<i>Buck and Buck</i>	800-458-0600	www.buckandbuck.com
Specialty Products for Easier Dressing		
<i>Silverts Specialty Clothing for physically disabled</i>	800-387-7088	www.silverts.com
<u>ELDER ABUSE</u>		
<i>Adult Protective Services Hotline - Can report online.</i>	877-767-2385	www.Azdes.gov/reportadultabuse
<i>Area Agency on Aging - Senior hotline</i>	602-264-4357	www.aaaphx.org
Ombudsman- Resolves issues that affect quality of life issues for residents in assisted living/nursing facilities.		
<u>GRIEF MANAGEMENT</u>		
(also see Pastoral Support)		
<i>Divorce Care Group</i>		www.divorcecare.org
Structured grief support from a Christian perspective. DVD's, workbook, and discussion. Use website and put in zip code for nearby locations.		
<i>GriefShare</i>		www.griefshare.org
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.		
<i>Grief Support - One on one</i>	307-637-3554	
Karen Sapp (PC resident)		ksapp1211@yahoo.com
<i>Online grief support group</i>		www.griefhealingdiscussiongroups.com
Monitored by grief Counselor		
<i>PebbleCreek Community Church - Grief Support</i>		
For information call or email Tom Clark	262-442-9973	justtomc7@gmail.com
<i>Reflecting on Memories</i>		www.reflectingonmemories.com
Daily emails		

Resource	Phone	Web/Email Address
<u>HEART/STROKE</u>		
<i>American Heart Association & American Stroke Association</i>	602-414-5353	www.heart.org
<i>American Stroke Association</i>	800-787-6537	www.stroke.org
Stroke Support Groups, e-newsletters, etc. FREE		
<i>Specialty Products -Adaptive Clothing</i>		
<i>Buck and Buck</i>	800-458-0600	www.buckandbuck.com
<i>Silverts Adaptive Clothing and Footwear</i>	800-387-7088	www.silverts.com
<u>KIDNEY</u>		
<i>National Kidney Foundation of Arizona</i>	602-840-1644	www.azkidney.org
<u>LUNG</u>		
<i>American Lung Association</i>	602-258-7505	www.lung.org
<i>Lung Helpline</i>	800-586-4872	
<u>MENTAL HEALTH</u>		
<i>Banner Del W. Webb Behavioral Health Center - Inpatient</i>	623-524-4042	www.bannerhealth.com
<i>Crisis Hotline (Maricopa County)</i>	602-222-9444	www.solari-inc.com
<i>Haven Behavioral Hospital - Gero-Psychiatric Hospital - Phoenix</i>	623-236-2000	www.phoenix.havenbehavioral.com
Psychiatric and medical evaluations		
<i>Marc Community Resources</i>	480-994-4407	www.mentalhealthaz.org
Information Resource Coordinator will help locate support groups, etc.		
<i>Mercy Care RBHA</i>	800-564-5465	www.mercycareaz.org
<i>National Alliance on Mental Illness</i>		www.nami.org
<u>MULTIPLE SCLEROSIS</u>		
<i>National Multiple Sclerosis Society</i>	800-344-4867	www.nationalmssociety.org
<u>PARKINSON'S DISEASE</u>		
<i>Benevilla Life Enrichment Day Programs</i>	623-584-4999	www.benevilla.org
<i>Muhammad Ali Parkinson Center</i>	602-406-4931	www.barrowneuro.org
240 W. Thomas Rd, Ste 302 Phoenix Dignity Health- St. Joseph's Hospital Therapy, outreach, and variety of classes.		
<i>Parkinson's Support</i> <i>Parkinson's Support Groups</i>	602-406-4921	
Contact Kris Watts Christ Evangelical Church - 918 S. Litchfield Rd. For caregivers only - 2nd Thursday - 9:45-10:45		

Resource	Phone	Web/Email Address
<i>PC Parkinson's Discussion Group (PebbleCreek only)</i>	360-966-6873	artlotte@gmail.com
Charlotte Sessoms		
<u>TRANSPORTATION AIRPORT SERVICES (PC Residents)</u>		
<i>Cleland, Rosanne - Airport</i>	586-557-2065	
<i>Comden, Gertry - Airport</i>	805-416-4203	
<i>Conlin, Tom (Toms Driving Service) - Airport</i>	414-688-4011	
<i>Cowan, Sam - Airport</i>	949-632-2737	
<i>Heck, Barbie - Airport</i>	785-393-0059	
<i>Jones, Michael - Airport</i>	208-412-7691	
<i>Manns, Lynn - Airport</i>	215-527-5793	
<i>Pappas, Cliff - Airport and More!</i>	602-770-2462	Cliff2939@aol.com
Money collected donated to New Life Center		
<i>Peters, Paulette (previous resident)</i>	623-810-8665	
<i>Roemer, Herb -Airport and More!</i>	623-433-8512	
<i>Sikes, Tammie - Airport</i>	623-800-4080 815-703-7888	airportestrella@gmail.com
<i>Singleton, RJ - Airport</i>	623-308-4917	
<i>Waynick, Sylvia - Airport</i>	623-256-2864	
<u>TRANSPORTATION MISCELLANEOUS SERVICES</u>		
<i>American Cancer Society - Road to Recovery</i>	888-227-6333	
FREE transportation for cancer medical treatment. Must be able to walk unassisted or have caregiver help. Foldable wheelchairs only. (Four business days' notice required)		
<i>Benevilla</i>	623-584-4999	www.benevilla.org
Free transportation to medical appointments. Pre-registration required. 10 days notice.		
<i>Crisis Hotline (Maricopa County)</i>	602-222-9444	www.solari-inc.org
Rides for detox - No Charge -24 hours a day		
<i>Envoy America</i>	888-375-5558	www.envoyamerica.com
Driving companion can stay with you if requested.		
<i>Kare Bears (PebbleCreek only)</i>	623-536-1200	www.karebears.org
Provides transportation FREE for medically related appointments. 48 hours' notice required		
<i>Royal Express Transportation</i>	602-391-1001	www.roexaz.com
Non-Emergency Transportation Wheelchair lifts & stretchers		roexaz6@gmail.com

Resource	Phone	Web/Email Address
<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>Banner Urgent Care</i> 3328 N. Litchfield Rd. (By Safeway in Goodyear) Check-in online	623-465-6300	www.bannerurgentcare.com
<i>FastMed Urgent Care</i> 1507 N Litchfield Road, Suite 200, Goodyear Check-in online	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	