



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		
AARP		
<i>AARP Arizona State Office</i>	888-687-2277	https://states.aarp.org/arizona
ADULT DAY HEALTH CENTERS		
(also see Rehabilitation and Respite Care)		
<i>Benevilla Adult Day Care Programs - Main Office</i>	623-584-4999	www.benevilla.org
Several locations - For Alzheimer's/Dementia, Parkinson's, stroke survivors and those with intellectual disabilities.		
<i>Glendale Adult Day Health Center</i>	602-532-2983	www.fsl.org
ADULT SENIOR CENTERS		
<i>Avondale Senior Center</i>	623-333-2705	www.avondaleaz.gov/seniors
<i>Banner Olive Branch Senior Center - Sun City</i>	623-465-6000	www.bannerhealth.com/olivebranch
<i>Buckeye Senior Center</i>	623-349-6600	www.buckeyeaz.gov
<i>OptumCare Community Center - Goodyear</i>	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
AREA AGENCY ON AGING - EXTENSIVE RESOURCES		
<i>Area Agency On Aging</i> (also see Community Information/Referral)	602-264-2255	www.aaaphx.org
ASSISTED LIVING FACILITIES		
(also see Housing Consultants and Housing for Seniors)		
ATTORNEYS		
(see Elder Law)		
BABY EQUIPMENT RENTALS		
<i>Anything for Baby, Inc</i>	480-515-9783	www.anythingforbaby.com
Free delivery, set up, and pick up.		
<i>Sweet Pea Baby Rentals</i>	602-549-9918	www.sweetpeababyrentals.com
BETTER BUSINESS BUREAU		
<i>Better Business Bureau - Arizona</i>	602-264-1721	www.arizonabbb.org
BLOOD PRESSURE (PebbleCreek only)		
Dee-Dee Patrick	708-494-0008	
CAREGIVING SERVICE PROVIDERS		
(see Home Health Medical Care & Home Health Non-Medical Care)		

Resource	Phone	Web/Email Address
CEMETERIES (see Funeral Homes/Cemeteries)		
CLOTHING (adaptive clothing for easier dressing)		
<i>Buck and Buck</i>	800-458-0600	www.buckandbuck.com
<i>Silverts Adaptive Clothing and Footwear</i>	800-387-7088	www.silverts.com
COMMUNITY INFORMATION/REFERRALS (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> Provides information, referral and assistance for transportation, housing, long-term home care, home-delivered meals, options counseling, etc. Hard copy available for \$5.00.	602-264-4357	www.aaaphx.org
<i>Arizona Directory of Human Services (2-1-1 Arizona)</i> Connected to available health and human services.		www.211arizona.org
<i>Benevilla</i> Offers a wide variety of FREE services and resources.	623-584-4999	www.benevilla.org
<i>Kare Bears (PebbleCreek only)</i> 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 egroup.	623-536-1200	www.karebears.org
<i>YANA - You Are Not Alone</i> Free Program provided by the City of Goodyear Police Regular home visits and phone calls; Resources Contact: Rose Beals	623-882-7539	www.goodyearaz.gov/yana rbeals@goodyeararizona.gov
COMPUTER CLUB (PebbleCreek only) Dan Phelka – President Provides computer classes.	623-535-7791	http://www.PebbleCreekcomputerclub.org danhelka@hotmail.com
COMPUTER SERVICES (By PebbleCreek residents)		
<i>Cina, Ken</i> Repairs Windows desktops and laptops. Accepts & refurbishes donated computers, etc. to give to missionaries and others in need. All funds received , after expenses, are used for technology ministry.	414-550-4056	kcina@cox.net
<i>Phelka, Dan</i> Cleanup, improvement, and repairs of Windows machines, including setting up new ones. Helps with Internet connectivity and wireless printer issues. Can work remotely if necessary.	623-535-7791	danhelka@hotmail.com

Resource	Phone	Web/Email Address
<i>Roberts, Mark</i> Setup and service of Apple IMAC, MacBook, iPhone and iPad's. Installation of WiFi components. Setup and service of Windows computers. Installation and diagnosis of printers. TV setup (excluding wall mounting).	602-821-7027	emsareus@gmail.com
COUNSELING SERVICES (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	
<i>National Alliance on Mental Illness (NAMI)</i>		
Crisis Support Line	602-222-9444	
Non-Crisis Warm line	602-347-1100	
CREDIT REPORTING		
<i>Equifax</i>	800-685-1111	
<i>Experian</i>	888-397-3742	
<i>Transunion</i>	800-888-4213	www.annualcreditreport.com
DENTAL SERVICE/INFORMATION/REFERRALS/ HOUSE CALLS		
<i>Arizona Dental Association - Dental Referrals</i>	480-344-5777	www.azda.org
<i>Arizona State Board of Dental Examiners</i> Checks background, complaints, board actions. Licenses individuals who provide dental services.	602-242-1492	https://dentalboard.az.gov/
<i>Mobile Dentistry of Arizona</i> For homebound residents	480-313-3310	www.mobiledentistryofaz.com
DISPENSARIES IN GOODYEAR (CBD OIL)		
<i>Red Star Vapor & CBD</i> 13824 W. McDowell Rd. , Ste. 105, Goodyear	480-430-5929	www.redstarvapor.com
<i>Valley of the Sun Medical Dispensary</i> 16200 W. Eddie Albert Way, Goodyear	623-932-3859	www.votsmd.com
DONATIONS/CHARITY		
<i>Airman's Attic- Luke AFB Thrift Shop</i> 13975 W. Phantom St. # 750 Glendale, AZ 85309 Wed & Friday 10:00 - 2:00	623-856-6415	www.lukeswivesclub.org lukethriftshop@gmail.com
<i>Benevilla</i> 16752 N. Greasewood St., Surprise, AZ 85378	623-584-4999	www.benevillaplannedgifts.org
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.newlifctr.org
<i>Kare Bears (PebbleCreek)</i> 15383 W. Cheery Lynn Rd, Goodyear 85395 Accepts wheelchairs, walkers, knee walkers, crutches, canes, and monetary donations. Tax deductible.	623-536-1200	www.karebears.org
<i>Salvation Army</i> 11 N. 3rd Ave. Avondale, 85323	623-932-0472	https://arizona.salvationarmy.org
<i>Southwest Lending Closet</i> 218 N Central Ave, Avondale, 85323 Mon, Wed, Friday, Sat - 9 to 12; Tues & Thurs 12 to 3 Accepts medical equipment and monetary donations	623-932-1016	www.SWLendingcloset.org
<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.johnsonestatelaw.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> Occasional help in completing emergency errands. Pre-registration prior to receiving free services.	623-584-4999	www.benevilla.org
<i>Pappas, Cliff (PebbleCreek resident)</i> Money collected for service is donated to New Life Center.	602-770-2462	Cliff2939@aol.com
<i>Roemer, Herb (PebbleCreek resident)</i>	623-433-8512	
<i>Waynick, Sylvia (PebbleCreek resident)</i>	623-256-2864	
<i>Zuckerbrow, Rochelle (PebbleCreek resident)</i>	480-250-7585	
<u>ESTATE AND FINANCIAL PLANNING</u> (also see Elder Law)		
<i>Dana Law Group</i> Estate Planning	623-972-2388	www.danalawgroup.com
<i>Johnson, Lora</i> Estate Planning and Elder Law	623-505-3903	www.johnsonestatelaw.com
<i>Mahoney Law Office - Jennifer Mahoney</i> Estate planning, Wills and Trusts	623-518-3513	www.mahoneylawoffice.net
<i>RBC Wealth Management - Kris Dahl</i> Financial Advisor	480-609-4936	www.KrisDahlRBC.com kris.dahl@cbc.com
<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> 406 N. Litchfield Rd. Ste 200, Goodyear Flowers for all occasions	623-932-0531	www.thompsonsflowershop.com
<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> 7924 N 59th Ave, Glendale	623-937-9297	www.dignitymemorial.com
<i>Christ Church of the Valley</i> 1565 N. 113th Ave, Avondale Funerals and Memorials	623-561-3600	www.ccv.church.com
<i>Glendale Memorial Park Cemetery</i> 7844 N 61st Ave, Glendale	623-930-2189	
<i>Heritage Arrowhead Funeral Center & Cemetery</i> 7545 W. Rose Garden Lane, Glendale	623-362-3255	www.heritagefuneralchapels.com

Resource	Phone	Web/Email Address
<i>Heritage Funeral Chapel</i> 6830 W. Thunderbird Rd, Peoria	623-974-3671	www.heritgefuneralchapels.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.heritgefuneralchapels.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	
GOLF CART/CAR SERVICE AT YOUR HOME		
<i>Gonzales, George - Auto detailer</i>	623-533-0404	
<i>Mobile Golf Cart Repair - Rubin Matos</i>	623-332-1420	
<i>The Battery Guy</i>	602-663-5870	www.thebatteryguy.com
GOODYEAR		
<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	
<i>YANA -You Are Not Alone - Free</i> City of Goodyear Elder Safety Program. Provides regular phone calls and home visits.	623-882-7481	www.goodyearaz.gov/yana rbeals@goodyearArizona.gov

Resource	Phone	Web/Email Address
<u>GOVERNMENT AGENCIES</u>		
<i>Adult Protective Services</i> (also see Long-Term Care Ombudsman Program)	877-767-2385	www.azdes.gov/reportadultabuse
<i>AG Consumer Information & Complaint</i>	602-542-5763	www.azag.gov/consumer
<i>AG Office of Victims Services</i>	602-542-4911	www.azag.gov
<i>Aging and Adult Services</i>	602-542-4446	www.azlinks.gov
<i>AZ Attorney General's Office</i> Life Care Planning packet materials and more. Click on "seniors".	602-542-2123	www.azag.gov
<i>AZ Corporation Commission - Securities Division</i>	602-542-4242	www.azcc.gov/divisions/securities
<i>AZ Department of Economic Security - Fraud line</i>	602-542-9449	
<i>AZ Department of Health Services</i> Searchable database containing information about facilities/providers.	602-542-1025	www.azdhs.gov
<i>AZ Department of Insurance</i> Director Evan Daniels	602-364-2499 602-364-3100	www.insurance.az.gov
<i>AZ Department of Financial Institutions</i>	602-255-4421	www.azdfi.gov
<i>AZ Department of Motor Vehicles – Medical Review</i> Report unsafe drivers, download forms & publications. Driver Condition/Behavior Report – Form 96-0469	602-771-2460	www.azdot.gov
<i>AZ Department of Veteran Affairs</i>	800-827-1000	www.va.gov
<i>AZ Medical Board</i> Physician info/medical background/complaints.	480-551-2700	www.azmd.gov
<i>AZ Registrar of Contractors</i>	602-542-1525	www.azroc.gov
<i>AZ Secretary of State</i> Advance Directive Registry Electronically store and access your medical directives.	602-542-6187	www.azsos.gov
<i>AZ State Board of Dental Examiners</i> Background, complaints, board actions, etc. Licenses individuals who provide dental services.	602-242-1492	https://dentalboard.az.gov
<i>AZ State Health Insurance Assistance Program</i> Free health benefits counseling service for Medicare beneficiaries, families, or caregivers.	800-432-4040	www.shiptacenter.org
<i>Elder Help Line</i> Task force against senior abuse.	602-542-2124	www.azag.gov
<i>Social Security Administration</i>	800-772-1213	www.socialsecurity.gov

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

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

Resource	Phone	Web/Email Address
<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>Nicholson, Johnny</i> Smoke detectors & a variety of odd jobs.	360-972-5322	Nicholson56@gmail.com
<i>Pebble Creek Air Conditioning and Heating LLC</i> Contact: Dave and Karen Douglas	623-266-2660	www.pebblecreekAIR.com info.PebbleCreekair@gmail.com
<i>Prinz, Randy & Randy</i> Plumbing/Electrical and much more!	541-727-1385	
<i>Richter, Ron</i> Electrical, plumbing, and misc.	801-910-4801	
<i>Service by Rich - Rich Veleta</i> Electrical wiring, plumbing, convert address lights to LED and other misc. jobs.	708-692-9376 623-295-9376	rjveleta@cox.net
<i>Suttles, Rodney</i> Locksmith	623-628-3182	
<u>HOME MAINTENANCE (Non-PebbleCreek)</u>		
<i>AAA Cleaning & Maintenance - Jessie Linderman</i> Carpet-Tile-Grout	623-249-8157	www.aaamaintenance.net JLfeenix@cox.net
<i>A Bright View Window Cleaning, Inc</i> Including pressure washing, garbage cans & solar panels	602-989-1038	ABVCleaning@gmail.com
<i>Allan's Discount Blind Repair</i>	623-326-5349	Acotkin1@cox.net
<i>Apex Window Cleaning</i> Doug McNelley	623-498-7589	www.apexwindowcleaningaz.com
<i>Arizona Leak Detection</i>	602-354-2945	www.leakdetection.com
<i>Beckham Electric, LLC (John)</i>	480-370-1014	www.beckhamelectricllc.com
<i>Benevilla</i> Help for minor repairs such as changing light bulbs, filters, etc. for homebound or disabled. No charge. Pre-registration prior to receiving services.	623-584-4999	www.benevilla.org
<i>Clean Rite Window Service</i>	623-932-0072	
<i>Emil Neagu Air Conditioning, Heating & Plumbing Co.</i> Licensed and Bonded - Ask for PebbleCreek discount.	623-546-3042	http://www.emilneaguco.com
<i>Gabriel's Appliance Repair</i>	623-535-9611	
<i>Greg The Glassman</i> Glass/Door Repair, Window Replacement, etc.	623-694-2347	
<i>Jamie Cid - Window Washing/Screens/Solar panels</i> Makes Sunscreens	602-435-0032	

Resource	Phone	Web/Email Address
Kodet Plumbing (Todd)	623-535-7622	
Mike's Dryer Vent Cleaning & Services	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.		
New Age Coating – Cabinet Refinishing	602-373-4054	
Jonathan Martinez		
Screen Mobile	602-438-8485	http://www.screenmobile.com screenmobile70@gmail.com
Repair/Replace Screens		
West Valley Air Conditioning & Heating, LLC	623-764-3750	wvac@cox.net
<u>HOME MODIFICATION AND SAFE PATIENT HANDLING</u>		
(also see Medical Supplies)		
Foundation for Senior Living Caregiver House	602-285-1800 602-532-2976	www.fsl.org
Visit Caregiver House for ideas on modification of homes. Will come to house and see what can be done.		
Grab Bars Now	602-509-2678	www.grabbarsnow.com
Free home evaluation. Medical equipment & installation and threshold ramps		
<u>HOME WATCH SERVICES (By PebbleCreek residents)</u>		
Gillespie, Jim	623-698-6982	gillespie161@cox.net
Law, George	623-536-8104	
Zuckerbrow, Rochelle	480-250-7585	
<u>HOSPICE</u>		
Banner Hospice	480-657-1100	www.bannerhealth.com
Everest Hospice	623-282-9255	www.everesthospice.com
Hospice of the Valley	602-530-6900	www.hov.org
Hospice of the West	602-343-6422	www.hospicewestaz.com
The Crossing Hospice and Palliative Care	602-889-4400	www.themaaz.com
<u>HOSPITALS/BEHAVIORAL HEALTH CENTERS</u>		
Abrazo Arizona Heart Hospital 1930 E. Thomas Rd. Phoenix	602-532-1000	www.abrazohealth.com
Abrazo Arrowhead Campus 18701 N. 67th Ave, Glendale ER online check-in ; Wait at home.	623-561-1000	www.abrazohealth.com
Abrazo Central Campus 2000 W. Bethany Home Rd, Phoenix ER online check-in; Wait at home.	602-249-0212	www.abrazohealth.com

Resource	Phone	Web/Email Address
<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
<i>Dignity Health -St. Joseph's Hospital & Medical Center</i> Emergency Room - ER online check-in; Wait at home	602-406-3000 602-406-3361	www.dignityhealth.org
<i>Dignity Health - St. Joseph's Westgate Medical Center</i> 350 W. Thomas Rd., Phoenix	602-406-0000	www.dignityhealth.org
<i>Dignity Health - St. Joseph's Westgate Medical Center</i> Emergency Room ER online check-in ; Wait at home	602-406-0100	www.dignityhealth.org
<i>Haven Behavioral Hospital</i> 1201 S. 7th Ave., Phoenix	623-236-2000	www.havenofphoenix.com
<i>Honor Health John C. Lincoln Medical Center</i> 250 E. Dunlap Ave. Phoenix	602-943-2381	www.honorhealth.com

Resource	Phone	Web/Email Address
<i>Mayo Clinic Hospital</i> 5777 E. Mayo Blvd, Phoenix	480-342-2000	www.mayoclinic.org
<i>Quail Run Behavioral Health</i> 2545 W. Quail Ave, Phoenix	602-455-5694	www.quailrunbehavioral.com/
<i>Valleywise Health Medical Center</i> Emergency Room 2601 E. Roosevelt St, Phoenix	602-344-5011 602-344-5411	www.valleywisehealth.org
<u>HOUSING CONSULTANTS /REFERRALS</u> (also see Housing for Seniors)		
<i>Arizona Senior Options - Placement & Advocacy Services</i> Denisa Barbur; No cost to you	602-903-6365	www.Azsenioroptions.com Denisa@AZSeniorOptions.com
<i>Call Jackie Senior Living Options (Jackie Wargo)</i>	602-826-8893	www.call-jackie.com
<i>Golden Assist Senior Placement Services - PC resident</i> Teri Sellers Visits communities with you to help you to make sure you get vital information. 25 years' experience in senior health care. No Charge to you!	602-793-0299	www.GoldenAssist.com Teri_Sellers@msn.com
<i>Helping Hands Senior Services - Charlene Sargent, RN.</i>	602-620-2342	www.helpinghandsaz.com charlene@helpinghandsaz.com
<i>Options for Senior Living Placement & Referral Services</i> Tammy Luna	602-501-8143	www.optionsforseniorliving.com
<u>HOUSING FOR SENIORS</u> Independent/Assisted Living/ Skilled Nursing & Nursing Homes/Memory Care (also see Housing Consultants for referrals , Rehabilitation and Respite Care)		
<i>AZ State Veterans Home - Skilled Nursing</i> 4141 N.S. Herrera Way, Phoenix	602-248-1550	www.dvs.az.gov
<i>Guide to Senior Housing - Pace</i> Pictures, amenities, prices, etc. of Independent, Assisted Living (including group homes), Continued Care Retirement Communities, Rehabilitation, Behavioral, Memory and Skilled Nursing facilities. Order free hard copy. Guide is available for viewing at the Kare Bears House.	480-246-3515	
<i>Huger Mercy Living Center (Barrows)</i> 2345 W. Orangewood Ave, Phoenix Assisted Living Directed Memory Care	602-406-5600	www.barrowneuro.org
<i>Robson Reserve at PebbleCreek - Goodyear</i> 15833 W. Clubhouse Dr. - Independent & Assisted Living	623-440-6800	www.robsonreserve.com

Resource	Phone	Web/Email Address
<u>Senior Directory - View on-line</u> Community resources, Health Services, Housing, Newsletter, Monthly articles and much more!		www.seniordirectory.com
IDENTITY THEFT/SCAMS		
<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
IRONING SERVICES		
<i>Judy Hauser - PC resident</i>	623-535-7890	doggie8744@aol.com
Cell phone	623-826-7359	
KARE BEARS (PebbleCreek only)		
<i>Kare Bears</i>	623-536-1200	www.karebears.org
15383 W. Cheery Lynn Rd		
Call for hours		
LABORATORY TESTING		
<i>Labcorp</i>		www.labcorp.com
<i>10815 W. McDowell Rd, Ste 302, Avondale</i>	623-907-8505	
<i>13555 W. McDowell Rd, Ste 208, Goodyear</i>	623-536-2747	
Make appointment online or walk-in.		
<i>Sonora Quest Laboratories</i>		www.sonoraquest.com
<i>13657 W. McDowell Rd, Ste.100, Goodyear</i>	623-535-4805	
<i>9321 W. Thomas Rd, Ste 105, Phoenix</i>	623-742-9072	
Make appointments online or walk-in.		
LIFELONG LEARNING (PebbleCreek only)		www.lifelonglearningatpc.org
Lectures, classes, trips, and special events		
LONG -TERM CARE (Ombudsman)		
<i>Area Agency on Aging - Ombudsman</i>	602-264-2255	www.aaaphx.org
Resolves issues that affect quality of life in Assisted Living Facilities and in Nursing Homes.		
MASSAGE/LYMPHEDEMA CARE		
(also see Relaxation/Meditation)		
<i>Banner Thunderbird Rehabilitation Services</i>	480-210-6445	
Lymphedema Care		

Resource	Phone	Web/Email Address
PebbleCreek Massage Therapists		
Dartt, Tina	602-717-9975	
Lo, Selina	623-907-3989	
Williams, Lan-Ing	623-206-7640	
Spooner Physical Therapist 5281 N. 99th Ave. Glendale (Suite 200) For mild lymphedema Amanda Dewitt	623-889-0411	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)		
Hello Fresh Weekly meal kit service that delivers pre-measured ingredients.		www.hellofresh.com Hello@hellofresh.com">Hello@hellofresh.com
Meals of Joy Delivery of food to seniors who are unable to prepare meals. Fees vary according to client.	623-594-9588	www.mealsofjoy.org
Schwan's Easy to prepare meals - Delivery to your door.	888-724-9267	www.Schwans.com
St. Mary's Food Bank Alliance Bridges reaching the elderly and disabled Delivered 1 x per month - pre-packed Must register & qualify for program.	602-242-3663	www.firstfoodbank.org
MEDICAL ALERT SERVICES/PRODUCTS (also see Emergency Response)		
Bay Alarm Medical	877-522-9633	www.bayalarmmedical.com
Great Call Uses GPS for nationwide coverage.	800-918-8543	www.greatcall.com
Life Alert 3-year contract; GPS, fall detection, etc.	800-852-3081	www.lifealerthelp.com
Medical Alert Fall detection; Use anywhere; no long-term contracts	800-800-2537	www.medicalalert.com
Medic Alert Foundation Medic Alert ID Pendants, sports bands, shoe tags, and bracelets. 24/7 Emergency Response; Safe Return	800-432-5378	www.medicalert.org

Resource	Phone	Web/Email Address
<i>Medical Care Alert</i> Home, Home & Yard, GPS - Home or Away, Fall protection.	855-272-1010	www.medicalcarealert.com
<i>Medical Guardian</i>	800-668-9200	www.medicalguardian.com
<i>Philips LifeLine</i> Fall protection, GPS, etc.	855-633-6528	www.lifeline.philips.com
MEDICAL EDUCATION & RESOURCES (also see Support-Programs/Products/Organizations)		
<i>Alzheimer's Association</i> Materials and books	800-272-3900	www.alz.org/dsw
<i>Area Agency on Aging</i> Resource Guide - FREE information on Adult Care Homes, Independent Living Communities and Nursing Care. Hard copy available at Kare Bears House. To download guide... Click on website, scroll down right side and click on Resource Guide.	602-264-4357	www.aaaphx.org/caring-for-someone
<i>Benevilla C.A.R.E.S. Information and Resources</i>	623-584-4999	www.benevilla.org
<i>Drugs.com Pill Identifier</i> Source for dosages & side effects		www.drugs.com
<i>Foundation for Senior Living</i>	602-285-1800	www.fsl.org
<i>Guide to Senior Housing - Pace</i> Prices, services, pictures of Independent/Assisted living, Continued Care Retirement Communities, Rehabilitation, Behavioral, Memory, Skilled Nursing, Home Health Services, Community Resources Hard copy available FREE per request. View copy at the Kare Bears House.	480-246-3515	
<i>Kare Bears (PebbleCreek only)</i> Medical Library, resources, speakers and website	623-536-1200	www.karebears.org
<i>National Library of Medicine - Medline Plus</i> Information on health and wellness, disorders & conditions, drugs & supplements, tutorials & newsletters		www.medlineplus.gov
<i>Sun Health/Banner Community Education Programs</i>	623-207-1703	http://www.sunhealthwellness.org
<i>Top Doc Magazine</i> Available at the Kare Bears House for review. Selected by peers.		http://www.phoenixmag.com

<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>Medassure Inc. - Phoenix</i>	623-935-1221	www.medassureinc.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.		
<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
<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. <i>View site for list of PebbleCreek pet sitters.</i>	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		
<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> Insect bites, drugs, etc.	602-253-3334	
<u>PRESCRIPTION RELIEF/PHARMACEUTICAL TREATMENTS</u>		
<i>Patient Advocate Foundation</i> Financial assistance with co-payments, co-insurance or cost-sharing associated with prescription drugs through funds dedicated to specific disease states.		
<i>GoodRx</i> Check prices on medications and get coupons for cheaper drugs for those whose insurance does not cover them.		www.goodrx.com
<u>RADIOLOGY</u>		
<i>Banner Imaging (previously Valley Radiologists)</i> 13555 W. McDowell Rd., Ste 106, Goodyear	480-610-7400	
<i>Pacific Mobile Diagnostics for Home bound</i> Performs routine x-rays, ultrasounds, EKG's and more!	602-249-4790	www.pmdxray.com
<i>Simon Med Imaging</i> 10815 W. McDowell Rd, Ste 102, Avondale 13657 W. McDowell Rd, Ste 111, Goodyear	623-433-0121 623-302-7930	www.simonmed.com
<u>REHABILITATION</u>		
(also see Adult Day Care Programs and Caregiver Support)		
<i>Cobalt Rehabilitation Hospital - Surprise</i>	623-499-9100	www.curahospital.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.genesis-hcc.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.windsor-palmvalley.com
<i>Santé of Surprise</i> Transitional Rehabilitation Center Near Banner Del Webb Hospital	623-594-5050	www.santecares.com
<u>RELAXATION /MEDITATION</u>		
<i>Jason Stephenson - Guided meditations and sleep music</i> You tube- Free		
<u>RESPITE 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.mbkSeniorliving.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	
<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> Products for comfort and security for all stages of dementia.	800-752-3238	www.alzstore.com
<i>Banner Del E. Webb - Behavioral Health Care - Sage</i> Inpatient care and Outpatient programs	623-524-4042	
<i>Benevilla- Life Enrichment day programs (Fee)</i>	623-584-4999	www.benevilla.org
<i>Caring Alzheimer's Newsletters</i>		www.caring.com/newsletters
<i>Daily Caring Newsletters - Caregiver tips</i>		www.dailycaring.com
<i>Haven Behavioral Hospital- Gero-Psychiatric Hospital, Phoenix.</i> Psychiatric and Medical evaluations	623-236-2000	www.havenofphoenix.com
<i>Home Instead -Help for Alzheimer's Families</i> Interactive e-learning course, Free family caregiver training, Alzheimer's/Dementia Guide, Symptoms and stages, online chats with Alzheimer's experts, etc.		www.helpforalzheimersfamilies.com
<i>Lewy Body Dementia Association Helpline</i>		www.lbda.org
<i>Mayo Clinic Alzheimer's Newsletter</i> Go to website search for Mayo Clinic Alzheimer's		www.mayoclinic.org
<i>National Institute on Aging</i> 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
<i>Positive Approach to Care</i> PAC videos about dementia		www.teepasnow.com
<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> Caregiver training videos		www.uclahealth.org
<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
<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		

CANCER		
(also see Hospitals)		
<i>American Cancer Society</i>	602-224-0524	www.cancer.org
Variety of services - Cancer Help Line	800-227-2345	
Road to Recovery- 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!		
<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
Specialty Products During/After Cancer Treatment		
<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		
<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.agincare.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>	888-575-0946	www.CaregiverStress.com
Tips on caring for yourself, educational info, Alzheimer's support, emails, and much more.		
<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 goodhearing@gmail.com
Mobile Services- sales, testing & repairs		
<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>	623-214-6062	www.soundpointgoodyear.com Rheanna-Lyall@audibel.com
<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	ksapp1211@yahoo.com
Karen Sapp (PC resident)		
<i>Online grief support group</i>		www.griefhealingdiscussiongroups.com
Monitored by grief Counselor		
<i>PebbleCreek Community Church - Grief Support</i>	262-442-9973	jusstomc7@gmail.com
For information call or email Tom Clark		
<i>Reflecting on Memories</i>		www.reflectingonmemories.com
Daily emails		
<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>	800-344-4867	www.nationalmssociety.org
<i>National Multiple Sclerosis Society</i>		

PARKINSON'S DISEASE		
<i>Benevilla Life Enrichment Day Programs</i>	623-584-4999	www.benevilla.org
<i>Muhammad Ali Parkinson Center</i> 240 W. Thomas Rd, Ste 302 Phoenix Dignity Health- St. Joseph's Hospital Therapy, outreach, and variety of classes.	602-406-4931	www.barrownuro.org
<i>Parkinson's Support Groups</i> Contact Kris Watts Christ Evangelical Church - 918 S. Litchfield Rd. For caregivers only - 2nd Thursday - 9:45-10:45	602-406-4921	
<i>PC Parkinson's Discussion Group (PebbleCreek only)</i> Charlotte Sessions	360-966-6873	artlotte@gmail.com
TRANSPORTATION AIRPORT SERVICES (PC Residents)		
<i>Cleland, Rosanne - Airport</i>	586-557-2065	
<i>Comden, Gerty - 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> Money collected donated to New Life Center	602-770-2462	Cliff2939@aol.com
<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	airporkestrella@gmail.com
<i>Singleton, RJ - Airport</i>	623-308-4917	
<i>Waynick, Sylvia - Airport</i>	623-256-2864	
TRANSPORTATION MISCELLANEOUS SERVICES		
<i>American Cancer Society - Road to Recovery</i> FREE transportation for cancer medical treatment. Must be able to walk unassisted or have caregiver help. Foldable wheelchairs only. (Four business days' notice required)	888-227-6333	
<i>Benevilla</i> Free transportation to medical appointments. Pre-registration required. 10 days notice.	623-584-4999	www.benevilla.org
<i>Crisis Hotline (Maricopa County)</i> Rides for detox - No Charge -24 hours a day	602-222-9444	www.solari-inc.org
<i>Envoy America</i> Driving companion can stay with you if requested.	888-375-5558	www.envoyamerica.com

<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 roexaz6@gmail.com
Non-Emergency Transportation Wheelchair lifts & stretchers		
<u>URGENT CARE CENTERS</u>		
<i>Alliance Urgent Care</i>	623-742-2300	www.allianceurgentcare.com
15530 W. Roosevelt St. Ste. D101, Goodyear Check-In online		
<i>Banner Urgent Care</i>	623-465-6300	www.bannerurgentcare.com
3328 N. Litchfield Rd. (By Safeway in Goodyear) Check-in online		
<i>FastMed Urgent Care</i>	623-215-0040	www.fastmed.com
1507 N Litchfield Road, Suite 200, Goodyear Check-in online		
<i>Med Post Urgent Care</i>	928-323-8112	www.medpost.com
13840 W. Camelback Rd. Ste. 10, Litchfield Park Check-in online		
<i>Next Care Urgent Care</i>	623-547-0522	www.nextcare.com
13075 W McDowell Rd, Suite D 106, Avondale. Check-in online		
<u>WOUND CARE CLINICS</u>		
<i>Abrazo West Wound Clinic</i>	623-882-1740	
1325 N. Litchfield Rd. Ste 145		
<i>Banner Boswell Advanced Wound Care & Hyperbaric Medicine</i>	623-832-6580	
10401 W Thunderbird, Ste. 306, Sun City		
<i>Banner Health Wound Institute</i>	602-839-6040	
1012 E. Willetta Street, Phoenix		