



**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](http://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](mailto:raymas@cox.net)).

**Publication services provided by Eddie Daurora.**

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<i>AARP Arizona State Office</i>	888-687-2277	<a href="https://states.aarp.org/arizona">https://states.aarp.org/arizona</a>
<b><u><a href="#">ADULT DAY HEALTH CENTERS</a></u></b>		
(also see <a href="#">Rehabilitation</a> and <a href="#">Respite Care</a> )		
<i>Benevilla Adult Day Care Programs - Main Office</i>	623-584-4999	<a href="http://www.benevilla.org">www.benevilla.org</a>
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	<a href="http://www.fsl.org">www.fsl.org</a>
<b><u><a href="#">ADULT SENIOR CENTERS</a></u></b>		
<i>Avondale Senior Center</i>	623-333-2705	<a href="http://www.avondaleaz.gov/seniors">www.avondaleaz.gov/seniors</a>
<i>Banner Olive Branch Senior Center - Sun City</i>	623-465-6000	<a href="http://www.bannerhealth.com/olivebranch">www.bannerhealth.com/olivebranch</a>
<i>Buckeye Senior Center</i>	623-349-6600	<a href="http://www.buckeyeaz.gov">www.buckeyeaz.gov</a>
<i>OptumCare Community Center – Goodyear</i>	888-203-8310	<a href="http://www.optum.com">www.optum.com</a>
1981 N. PebbleCreek Pkwy, Ste 8 Open to the public M-F 8AM to 4PM. Fitness, classes, social, etc.		
<i>Tolleson Senior Center</i>	623-936-2760	<a href="http://www.tollesonaz.org">www.tollesonaz.org</a>
<b><u><a href="#">AREA AGENCY ON AGING - EXTENSIVE RESOURCES</a></u></b>		
<i>Area Agency On Aging</i> (also see <a href="#">Community Information/Referral</a> )	602-264-2255	<a href="http://www.aaaphx.org">www.aaaphx.org</a>
<b><u><a href="#">ASSISTED LIVING FACILITIES</a></u></b>		
(see <a href="#">Housing Consultants</a> and <a href="#">Housing for Seniors</a> )		
<b><u><a href="#">ATTORNEYS</a></u></b>		
(see <a href="#">Elder Law</a> )		
<b><u><a href="#">BABY EQUIPMENT RENTALS</a></u></b>		
<i>Anything for Baby, Inc</i>	480-515-9783	<a href="http://www.anythingforbaby.com">www.anythingforbaby.com</a>
Free delivery, set up, and pick up.		
<i>Sweet Pea Baby Rentals</i>	602-639-1407	<a href="https://sweetpeababyrentals.com">https://sweetpeababyrentals.com</a>
Tara		
<b><u><a href="#">BETTER BUSINESS BUREAU</a></u></b>		
<i>Better Business Bureau - Arizona</i>	602-264-1721	<a href="http://www.arizonabbb.org">www.arizonabbb.org</a>
<b><u><a href="#">BLOOD PRESSURE (PebbleCreek only)</a></u></b>		
Dee-Dee Patrick	708-494-0008	

Resource	Phone	Web/Email Address
<b><u>CAR DETAILING AT YOUR HOME</u></b>		
<i>Gonzales, George - Auto detailer</i>	623-533-0404	
<i>J.M. Mobile Auto Touch Up</i>	602-380-1540	
Fix dents, bumper repair, headlight restoration, & more.		
<b><u>CAREGIVING SERVICE PROVIDERS</u></b>		
(see <a href="#">Home Health Medical Care</a> & <a href="#">Home Health Non-Medical Care</a> )		
<b><u>CEMETERIES</u></b>		
(see <a href="#">Funeral Homes/Cemeteries</a> )		
<b><u>CLOTHING (adaptive clothing for easier dressing)</u></b>		
<i>Buck and Buck</i>	800-458-0600	<a href="http://www.buckandbuck.com">www.buckandbuck.com</a>
<i>Silverts Adaptive Clothing and Footwear</i>	800-387-7088	<a href="http://www.silverts.com">www.silverts.com</a>
<b><u>COMMUNITY INFORMATION/REFERRALS</u></b>		
(also see <a href="#">Home Health Consultants</a> & <a href="#">Housing for Seniors</a> )		
<i>Area Agency on Aging - Senior Help Line (24 hour)</i>	602-264-4357	<a href="https://www.aaaphx.org">https://www.aaaphx.org</a>
<i>Area Agency on Aging Resource Guide</i>	602-264-4357	<a href="https://www.aaaphx.org">https://www.aaaphx.org</a>
Provides information, referral and assistance for transportation, housing, long-term home care, home-delivered meals, options counseling, etc. Hard copy can be purchased by calling the Senior Help Line. Hard copy available for viewing at the Kare Bears House.		
<i>Arizona Directory of Human Services (2-1-1 Arizona)</i>		<a href="http://www.211arizona.org">www.211arizona.org</a>
Connected to available health and human services.		
<i>Benevilla</i>	623-584-4999	<a href="http://www.benevilla.org">www.benevilla.org</a>
Offers a wide variety of FREE services and resources.		
<i>Kare Bears (PebbleCreek only)</i>	623-536-1200	<a href="http://www.karebears.org">www.karebears.org</a>
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>	623-696-8545	<a href="http://www.goodyearaz.gov/yana">www.goodyearaz.gov/yana</a>
Free Program provided by the City of Goodyear Police Regular home visits and phone calls; Support and Resources Contact: Rose Beals		<a href="mailto:rbeals@goodyeararizona.gov">rbeals@goodyeararizona.gov</a>
<b><u>COMPUTER CLUB (PebbleCreek only)</u></b>	623-535-7791	<a href="http://www.PebbleCreekcomputerclub.org">http://www.PebbleCreekcomputerclub.org</a>
Dan Phelka – President Provides computer classes.		<a href="mailto:danphelka@hotmail.com">danphelka@hotmail.com</a>

Resource	Phone	Web/Email Address
<b><u>COMPUTER SERVICES</u></b>		
<i>Cina, Ken (PebbleCreek Resident)</i>	414-550-4056	<a href="mailto:kcina@cox.net">kcina@cox.net</a>
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>GTech Providers</i>	623-547-2050	
DuVal Goley (Non-PebbleCreek resident)	623-696-5694	
<i>Phelka, Dan (PebbleCreek Resident)</i>	623-535-7791	<a href="mailto:danphelka@hotmail.com">danphelka@hotmail.com</a>
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.		
<i>Roberts, Mark (PebbleCreek Resident)</i>	602-821-7027	<a href="mailto:emsareus@gmail.com">emsareus@gmail.com</a>
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).		
<b><u>COUNSELING SERVICES</u></b>		
(also see <a href="#">Support: Programs/ Organizations</a> & <a href="#">Pastoral Support</a> )		
<i>Catholic Charities Counseling</i>	602-749-4405	
<i>Crisis Hotline - Maricopa County</i>	602-222-9444	
<i>Jewish Family &amp; Children Services</i>	602-257-9314	<a href="http://www.jfcsaz.org">www.jfcsaz.org</a>
<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	
<b><u>CREDIT REPORTING</u></b>		
<i>Equifax</i>	800-685-1111	
<i>Experian</i>	888-397-3742	
<i>Transunion</i>	800-888-4213	<a href="http://www.annualcreditreport.com">www.annualcreditreport.com</a>
<b><u>DENTAL SERVICE/INFORMATION/REFERRALS/HOUSE CALLS</u></b>		
<i>Arizona Dental Association - Dental Referrals</i>	480-344-5777	<a href="http://www.azda.org">www.azda.org</a>
<i>Arizona State Board of Dental Examiners</i>	602-242-1492	<a href="https://dentalboard.az.gov/">https://dentalboard.az.gov/</a>
Checks background, complaints, board actions. Licenses individuals who provide dental services.		
<i>Mobile Dentistry of Arizona</i>	480-313-3310	<a href="http://www.mobiledentistryofaz.com">www.mobiledentistryofaz.com</a>
For homebound residents		

Resource	Phone	Web/Email Address
<b><u>DISPENSARIES IN GOODYEAR (CBD OIL)</u></b>		
<i>Red Star Vapor &amp; CBD</i>	480-430-5929	<a href="http://www.redstarvapor.com">www.redstarvapor.com</a>
13824 W. McDowell Rd. , Ste. 105, Goodyear		
<i>Valley of the Sun Medical Dispensary</i>	623-932-3859	<a href="http://www.votsmd.com">www.votsmd.com</a>
16200 W. Eddie Albert Way, Goodyear		
<b><u>DONATIONS/CHARITY</u></b>		
<i>Airman's Attic- Luke AFB Thrift Shop</i>	623-856-6415	<a href="http://www.lukespousesclub.org">www.lukespousesclub.org</a>
13975 W. Phantom St. # 750 Glendale, AZ 85309 Wed & Friday 10:00 - 2:00		<a href="mailto:lukethriftshop@gmail.com">lukethriftshop@gmail.com</a>
<i>Benevilla</i>	623-584-4999	<a href="http://www.benevillaplannedgifts.org">www.benevillaplannedgifts.org</a>
16752 N. Greasewood St., Surprise, AZ 85378		
Day programs, Caregiver Support, Resources, Home Services		
<i>Goodwill</i>	602-216-3913	
15433 W. McDowell Rd., Goodyear 85395		
<i>Hope's Closet Thrift Store</i>	623-925-0965	<a href="http://www.newlifectr.org">www.newlifectr.org</a>
415 N Litchfield Rd, Goodyear 85338 Call for hours		
<i>Lions Club: Hearing aids, old phones, glasses</i>		
Donate at the Activities Office		
<i>New Life Center</i>	623-932-4404	<a href="http://www.newlifectr.org">www.newlifectr.org</a>
A refuge from domestic violence		
<i>Kare Bears (PebbleCreek)</i>	623-536-1200	<a href="http://www.karebears.org">www.karebears.org</a>
15383 W. Cheery Lynn Rd, Goodyear 85395		
Accepts wheelchairs, walkers, knee walkers, crutches, canes, and monetary donations. Tax deductible.		
<i>Salvation Army</i>	623-932-0472	<a href="https://arizona.salvationarmy.org">https://arizona.salvationarmy.org</a>
11 N. 3rd Ave. Avondale, 85323		
<i>Southwest Lending Closet</i>	623-932-1016	<a href="http://www.SWLendingcloset.org">www.SWLendingcloset.org</a>
218 N Central Ave, Avondale, 85323		
Mon, Wed, Friday, Sat - 9 to 12; Tues & Thurs 12 to 3 Accepts medical equipment and monetary donations		
<b><u>DRY CLEANING - Mobile</u></b>		
<i>Rite Cleaners &amp; Dry Cleaning Home Express</i>	623-433-9737	<a href="http://www.dchomeexpress.com">www.dchomeexpress.com</a>
<b><u>ELDER LAW</u></b>		
(also see <a href="#">Estate and Financial Planning</a> )		
<i>Arizona Senior Citizens Law Project</i>	602-252-6710	<a href="http://www.azlawhelp.org">www.azlawhelp.org</a>
<i>Community Legal Services</i>	602-258-3434	<a href="http://www.clsaz.org">www.clsaz.org</a>
<i>Lora Johnson - Elder Law Attorney</i>	623-505-3903	<a href="http://www.johnsonstatelaw.com">www.johnsonstatelaw.com</a>
<i>Rita Daninger - Elder Law Attorney</i>	623-815-8069	<a href="http://www.attorneyrdaninger.com">http://www.attorneyrdaninger.com</a>

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

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



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

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

Resource	Phone	Web/Email Address
<b><u>HOME HEALTH MEDICAL CARE</u></b>		
(also see <a href="#">Home Health Consultants/Referral Services</a> and <a href="#">Home Health Non-Medical Care</a> )		
<b>ALIKA</b> Skilled Nursing-Therapy-Short term	480-264-4568	<a href="http://www.santecares.com">www.santecares.com</a>
<b>Arizona Supportive Home Care</b> A Hospice of the Valley Agency (Pre-hospice) Scheduled Visits	602-287-7050	<a href="http://www.hov.org">www.hov.org</a> <a href="mailto:info@geriatricresourcesaz.com">info@geriatricresourcesaz.com</a>
<b>Banner Home Care</b> Skilled Nursing and Therapy	480-657-1000	<a href="http://www.bannerhealth.com">www.bannerhealth.com</a>
<b>Bayada Home Health Care</b> Skilled Nursing and Therapy - Scheduled Visits	623-979-5266	<a href="http://www.bayada.com">www.bayada.com</a>
<b>Firstat Home Health</b> Medical and Non-Medical care	602-279-0000	<a href="http://www.firstat.com">www.firstat.com</a>
<b>Nightingale Home Care</b>	602-504-1555	<a href="http://www.ngcare.com">www.ngcare.com</a>
<b><u>HOME HEALTH NON-MEDICAL CARE</u></b>		
(also see <a href="#">Home Health Consultants/Referral Services</a> )		
<b>Adult Care Assistance-West Valley</b>	623-977-2223	<a href="http://www.adultcareassistance.com">www.adultcareassistance.com</a>
<b>Blessings For Seniors</b>	623-594-0819	<a href="http://www.blessingsforseniors.com">www.blessingsforseniors.com</a>
<b>Caring Visits - Carol Smail - PC resident/retired nurse</b> Caregiving, Companions, Patient Advocacy, Respite Care Transportation and Wellness Checks	602-510-1600	<a href="mailto:caringvisits@cox.net">caringvisits@cox.net</a>
<b>ComForCare Home Care</b>	623-934-2722	<a href="http://www.comforcare.com">www.comforcare.com</a>
<b>Foundation for Senior Living- Home Health Care</b>	602-285-1800	<a href="http://www.fsl.org">www.fsl.org</a>
<b>Golden Heart Senior Care</b>	623-748-3301	<a href="http://www.goldenheartaz.com">www.goldenheartaz.com</a>
<b>Good Neighbor Support Services</b>	623-932-4878	<a href="http://www.gncares.com">www.gncares.com</a>
<b>Home Instead Senior Care - Goodyear</b>	623-777-3637	<a href="http://www.homeinstead.com/831">www.homeinstead.com/831</a>
<b>Nightingale Home Care</b>	602-504-1555	<a href="http://www.ngcare.com">www.ngcare.com</a>
<b>Right at Home</b>	623-547-0700	<a href="http://www.Rahwest.com">www.Rahwest.com</a>
<b>Synergy Homecare</b>	623-246-1000	<a href="http://www.Synergyhomecare.com">www.Synergyhomecare.com</a>
<b>Touching Hearts at Home</b>	623-207-9391	<a href="http://www.touchingheartsaz.com">www.touchingheartsaz.com</a>
<b>Visiting Angels</b>	623-266-9304	<a href="http://www.visitingangels.com">www.visitingangels.com</a>
<b><u>HOME MAINTENANCE (By PebbleCreek residents)</u></b>		
<b>Gary Luders - Handyman</b> Wide range of services	623-271-5441	<a href="mailto:frisbeelud@gmail.com">frisbeelud@gmail.com</a>
<b>Henson Floor Care</b> Tyler Henson Carpet-Tile-Grout-Upholstery	623-570-2618	

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

<b>Resource</b>	<b>Phone</b>	<b>Web/Email Address</b>
<b><i>Benevilla</i></b>	623-584-4999	<a href="http://www.benevilla.org">www.benevilla.org</a>
Help for minor repairs such as changing light bulbs, filters, etc. for homebound or disabled. No charge. Pre-registration prior to receiving services.		
<b><i>Clean Rite Window Service</i></b>	623-932-0072	
<b><i>Elite Appliance Repair</i></b>	623-866-3677	
Jim Zack		
<b><i>Emil Neagu Air Conditioning, Heating &amp; Plumbing Co.</i></b>	623-546-3042	<a href="http://www.emilneaguco.com">http://www.emilneaguco.com</a>
Licensed and Bonded - Ask for PebbleCreek discount.		
<b><i>Gabriel's Appliance Repair</i></b>	623-535-9611	
<b><i>Greg The Glassman</i></b>	623-694-2347	
Glass/Door Repair, Window Replacement, etc.		
<b><i>Jamie Cid - Window Washing/Screens/Solar panels</i></b>	602-435-0032	
Makes Sunscreens		
<b><i>Kodet Plumbing (Todd)</i></b>	623-535-7622	
<b><i>Mike's Dryer Vent Cleaning &amp; Services</i></b>	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, wash solar panels.		
<b><i>New Age Cabinetry and Coating</i></b>	602-373-4054	
Jonathan Martinez		
<b><i>Palm Valley Garage Doors</i></b>	623-628-6404	
Dave		
<b><i>Rapid Roofing</i></b>	623-628-6372	
Robert Barnett		
<b><i>Screen Mobile</i></b>	602-438-8485	<a href="http://www.screenmobile.com">http://www.screenmobile.com</a>
Repair/Replace Screens		<a href="mailto:screenmobile70@gmail.com">screenmobile70@gmail.com</a>
<b><i>The Grout Doctor</i></b>	623-208-6020	
<b><i>TNT Lighting Pros</i></b>	480-886-2614	<a href="http://www.tntlightingpros.com">www.tntlightingpros.com</a>
Tye Connor / Owner		<a href="mailto:tye@tntlightingpros.com">tye@tntlightingpros.com</a>
Light design, repair current lighting and electrical wires. FREE nighttime landscape demonstrations, and more.		
<b><i>West Valley Air Conditioning &amp; Heating, LLC</i></b>	623-764-3750	<a href="mailto:wvac@cox.net">wvac@cox.net</a>
<b><u><a href="#">HOME MODIFICATION AND SAFE PATIENT HANDLING</a></u></b>		
(see <a href="#">Medical Supplies</a> )		

Resource	Phone	Web/Email Address
<b><u>HOME WATCH SERVICES (By PebbleCreek residents)</u></b>		
<i>Gillespie, Jim</i>	623-698-6982	<a href="mailto:gillespie161@cox.net">gillespie161@cox.net</a>
<i>Law, George</i>	623-536-8104	
<i>Randecker, Diane</i>	206-861-6701	<a href="mailto:konagir1505@gmail.com">konagir1505@gmail.com</a>
<i>Zuckerbrow, Rochelle</i>	480-250-7585	
<b><u>HOSPICE</u></b>		
<i>Banner Hospice</i>	480-657-1100	<a href="http://www.bannerhealth.com">www.bannerhealth.com</a>
<i>Everest Hospice</i>	623-282-9255	<a href="http://www.everesthospice.com">www.everesthospice.com</a>
<i>Hospice of the Valley</i>	602-530-6900	<a href="http://www.hov.org">www.hov.org</a>
<i>Hospice of the West</i>	602-343-6422	<a href="http://www.hospicewestaz.com">www.hospicewestaz.com</a>
<i>The Crossing Hospice and Palliative Care</i>	602-889-4400	<a href="http://www.themaaz.com">www.themaaz.com</a>
<b><u>HOSPITALS/BEHAVIORAL HEALTH CENTERS</u></b>		
<i>Abrazo Arizona Heart Hospital</i> 1930 E. Thomas Rd. Phoenix	602-532-1000	<a href="http://www.abrazohealth.com">www.abrazohealth.com</a>
<i>Abrazo Arrowhead Campus</i> 18701 N. 67th Ave, Glendale ER online check-in ; Wait at home.	623-561-1000	<a href="http://www.abrazohealth.com">www.abrazohealth.com</a>
<i>Abrazo Central Campus</i> 2000 W. Bethany Home Rd, Phoenix ER online check-in; Wait at home.	602-249-0212	<a href="http://www.abrazohealth.com">www.abrazohealth.com</a>
<i>Abrazo Surprise Hospital</i> 16815 W. Bell Rd, Surprise	623-244-2400	<a href="http://www.abrazohealth.com">www.abrazohealth.com</a>
<i>Abrazo West Campus (West Valley Hospital)</i> 13677 W. McDowell Rd, Goodyear ER online check-in; Wait at home.	623-882-1500	<a href="http://www.abrazohealth.com">www.abrazohealth.com</a>
<i>Banner Boswell Medical Center</i> 10401 W. Thunderbird Blvd, Sun City	623-832-4000	<a href="http://www.bannerhealth.com">www.bannerhealth.com</a>
<i>Banner Del E. Webb Medical Center</i> 14502 W. Meeker Blvd, Sun City West	623-524-4000	<a href="http://www.bannerhealth.com">www.bannerhealth.com</a>
<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	<a href="http://www.bannerhealth.com">www.bannerhealth.com</a>
<i>Banner MD Anderson Cancer Center</i> 2946 E. Banner Gateway Dr, Gilbert	480-256-6444	<a href="http://www.bannerhealth.com">www.bannerhealth.com</a>
<i>Banner MD Anderson Cancer Center</i> 5555 W. Thunderbird, Glendale	602-865-5445	<a href="http://www.bannerhealth.com">www.bannerhealth.com</a>

<b>Resource</b>	<b>Phone</b>	<b>Web/Email Address</b>
<i>Banner University Medical Center</i> 1111 E. McDowell Rd, Phoenix	602-839-2000	<a href="http://www.bannerhealth.com">www.bannerhealth.com</a>
<i>City of Hope</i> 14200 W. Celebrate Life Way, Goodyear	623-207-3000	<a href="http://www.cancercenter.com">www.cancercenter.com</a>
<i>Dignity Health - Arizona General - Emergency Room</i> 251 N. Estrella Parkway - Goodyear	623-322-6900	<a href="http://www.azgeneraler.com">www.azgeneraler.com</a>
<i>Dignity Health Litchfield Park - Emergency Department</i> 4975 N. Dysart Rd, Litchfield; Online Waiting room	602-406-8700	<a href="http://www.dignityhealth.org">www.dignityhealth.org</a>
<i>Dignity Health -St. Joseph's Hospital &amp; Medical Center</i> Emergency Room - ER online check-in; Wait at home 350 W. Thomas Rd., Phoenix	602-406-3000 602-406-3361	<a href="http://www.dignityhealth.org">www.dignityhealth.org</a> <a href="http://www.dignityhealth.org">www.dignityhealth.org</a>
<i>Dignity Health - St. Joseph's Westgate Medical Center</i> Emergency Room ER online check-in ; Wait at home 7300 N. 99th Ave., Glendale	602-406-0000 602-406-0100	<a href="http://www.dignityhealth.org">www.dignityhealth.org</a> <a href="http://www.dignityhealth.org">www.dignityhealth.org</a>
<i>Haven Behavioral Hospital</i> 1201 S. 7th Ave., Phoenix	623-236-2000	<a href="http://www.havenofphoenix.com">www.havenofphoenix.com</a>
<i>Honor Health John C. Lincoln Medical Center</i> 250 E. Dunlap Ave. Phoenix	602-943-2381	<a href="http://www.honorhealth.com">www.honorhealth.com</a>
<i>Mayo Clinic Hospital</i> 5777 E. Mayo Blvd, Phoenix	480-342-2000	<a href="http://www.mayoclinic.org">www.mayoclinic.org</a>
<i>Quail Run Behavioral Health</i> 2545 W. Quail Ave, Phoenix	602-455-5694	<a href="http://www.quailrunbehavioral.com">http://www.quailrunbehavioral.com</a>
<i>Valleywise Health Medical Center</i> Emergency Room 2601 E. Roosevelt St, Phoenix	602-344-5011 602-344-5411	<a href="http://www.valleywisehealth.org">www.valleywisehealth.org</a>
<b><u><a href="#">HOUSING CONSULTANTS /REFERRALS</a></u></b>		
(also see <a href="#">Housing for Seniors</a> )		
<i>Arizona Senior Options - Placement &amp; Advocacy Services</i> Denisa Barbur; No cost to you	602-903-6365	<a href="http://www.Azsenioroptions.com">www.Azsenioroptions.com</a> <a href="mailto:Denisa@AZSeniorOptions.com">Denisa@AZSeniorOptions.com</a>
<i>Call Jackie Senior Living Options (Jackie Wargo)</i>	602-826-8893	<a href="http://www.calljackienow.com">www.calljackienow.com</a>
<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	<a href="mailto:Teri_Sellers@msn.com">Teri_Sellers@msn.com</a>
<i>Helping Hands Senior Services - Charlene Sargent, RN.</i>	602-620-2342	<a href="http://www.helpinghandsaz.com">www.helpinghandsaz.com</a> <a href="mailto:charlene@helpinghandsaz.com">charlene@helpinghandsaz.com</a>
<i>Options for Senior Living Placement &amp; Referral Services</i> Tammy Luna	602-501-8143	<a href="http://www.optionsforseniorliving.com">www.optionsforseniorliving.com</a>

Resource	Phone	Web/Email Address
<b><u>HOUSING FOR SENIORS</u></b>		
Independent/Assisted Living/Skilled Nursing & Nursing Homes/Memory Care (also see <a href="#">Housing Consultants for referrals</a> , <a href="#">Rehabilitation</a> and <a href="#">Respite Care</a> )		
<i>AZ State Veterans Home - Skilled Nursing</i> 4141 N.S. Herrera Way, Phoenix	<a href="tel:602-248-1550">602-248-1550</a>	<a href="https://dvs.az.gov/">https://dvs.az.gov/</a>
<i>Guide to Senior Housing - Pace</i> Pictures, amenities, prices, etc. of Independent, Assisted Living (including group homes), Continued Care Retirement Communities, Rehabilitation, Behavioral, Memory and Skilled Nursing facilities. Order free hard copy. Guide is available for viewing at the Kare Bears House.	480-246-3515	
<i>Huger Mercy Living Center (Barrows)</i> 2345 W. Orangewood Ave, Phoenix Assisted Living Directed Memory Care	602-406-5600	
<i>Robson Reserve at PebbleCreek - Goodyear</i> 15833 W. Clubhouse Dr. - Independent & Assisted Living	623-440-6800	<a href="http://www.robsonreserve.com">www.robsonreserve.com</a>
<b><u>IDENTITY THEFT/SCAMS</u></b>		
<i>FTC Identity Theft Hotline</i>	877-438-4338	
<i>Identity Theft/Consumer Info.</i> US Government Website National Do Not Call registry, block unwanted calls on land lines and mobile phones. For Email phishing, report to: <a href="mailto:spam@uce.gov">spam@uce.gov</a>		<a href="http://www.consumer.ftc.gov">www.consumer.ftc.gov</a>
<i>Norton LifeLock - Identity Theft Protection</i>		<a href="http://www.NortonLifelock.com">www.NortonLifelock.com</a>
<i>Scambusters</i>		<a href="http://www.scambusters.org">www.scambusters.org</a>
<b><u>IRONING SERVICES (PebbleCreek Residents)</u></b>		
<i>Hauser, Judy</i> Available from October to April Cellphone	623-826-7395	<a href="mailto:doogie8744@aol.com">doogie8744@aol.com</a>
<i>Luber, Dreama</i>	443-605-6962	<a href="mailto:dlroyaldaughter@yahoo.com">dlroyaldaughter@yahoo.com</a>
<i>McManus, Joan</i>	928-978-2298	
<b><u>KARE BEARS (PebbleCreek only)</u></b>		
<i>Kare Bears</i> 15383 W. Cheery Lynn Rd Call for hours	623-536-1200	<a href="http://www.karebears.org">www.karebears.org</a>



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

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

<b>Resource</b>	<b>Phone</b>	<b>Web/Email Address</b>
<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	<a href="http://www.karebears.org">www.karebears.org</a>
Medical Library, resources, speakers, and website		
<i>National Library of Medicine - Medline Plus</i>		<a href="http://www.medlineplus.gov">www.medlineplus.gov</a>
Information on health and wellness, disorders & conditions, drugs & supplements, tutorials & newsletters		
<i>Sun Health/Banner Community Education Programs</i>	623-207-1703	<a href="http://www.sunhealthwellness.org">http://www.sunhealthwellness.org</a>
<i>Top Doc Magazine</i>		<a href="http://www.phoenixmag.com">http://www.phoenixmag.com</a>
Selected by peers.		
<b><u><a href="#">MEDICAL SUPPLIES/MOBILITY AIDS/PROPER USE OF EQUIP/TIPS AND ADVICE</a></u></b>		
(also see <a href="#">Medical Alert Systems/Products</a> and <a href="#">HANDICAPPED VEHICLE AND MOBILITY AIDS</a> )		
<i>Active Forever Medical Supplies - online only</i>		<a href="http://www.activeforever.com">www.activeforever.com</a>
<i>American Academy of Orthopedic Surgeons</i>		<a href="https://orthoinfo.aaos.org">https://orthoinfo.aaos.org</a>
Search: How to use Crutches/Canes/Walkers		
<i>Comfort Plus Medical Supplies</i>	480-545-8055	<a href="http://www.comfortplusonline.com">www.comfortplusonline.com</a>
Incontinence Care Specialists		
<i>Epill Medication Reminders</i>	800-549-0095	<a href="http://www.epill.com">www.epill.com</a>
Electronic devices to remind of medications		
<i>Kare Bears (PebbleCreek only) NO CHARGE!</i>	623-536-1200	<a href="http://www.karebears.org">www.karebears.org</a>
Loans wheelchairs, walkers, crutches, canes, etc.		
<i>Lifeline Systems</i>	855-633-6528	<a href="http://www.lifeline.com">www.lifeline.com</a>
Medication Dispensers/Med Minders		
<i>Southwest Lending Closet</i>	623-932-1016	<a href="http://www.SWLendingcloset.org">www.SWLendingcloset.org</a>
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.		
<b><u><a href="#">MEDICARE/MEDICAID</a></u></b>		
<i>Area Agency on Aging Benefits Assistance Program (Ship) and Senior Medicare Patrol</i>	602-280-1059	<a href="https://aaaphx.org">https://aaaphx.org</a>
A free health benefits counseling service for Medicare beneficiaries, their families, or caregivers.		

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

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

Resource	Phone	Web/Email Address
<b><u>PHYSICIANS/MOBILE MEDICAL CARE &amp; DIAGNOSTIC TESTING</u></b>		
<i>Dispatch Health Urgent Medical Care</i>	480-493-3444	<a href="http://www.dispatchhealth.com">www.dispatchhealth.com</a>
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>Sage Primary &amp; Palliative Care</i>	480-607-0606	<a href="mailto:intake@medicalhomecall.com">intake@medicalhomecall.com</a>
Full house moves; pick-up and delivery & handyman		
<b><u>PICK UP AND DELIVERY</u></b>		
<i>Az Firemen Movers</i>	602-373-7117	<a href="http://www.azfiremenmovers.com">www.azfiremenmovers.com</a>
Move furniture within home; In state and out of state moving; Full packing and unpacking.		<a href="mailto:azfiremenmovers@gmail.com">azfiremenmovers@gmail.com</a>
<i>Jarvis Hauling &amp; Home Services - Walter Jarvis</i>	336-598-2065	<a href="mailto:wjarvis3@yahoo.com">wjarvis3@yahoo.com</a>
Full house moves; pick-up and delivery & handyman		
<b><u>PLASTIC SURGERY</u></b>		
<i>American Society of Plastic Surgeons</i>		<a href="http://www.plasticsurgery.org">www.plasticsurgery.org</a>
<b><u>POISON CONTROL</u></b>		
<i>Banner Poison &amp; Drug Info. Center</i>	602-253-3334	
Insect bites, drugs, etc.		
<b><u>PRESCRIPTION RELIEF/PHARMACEUTICAL TREATMENTS</u></b>		
<i>Patient Advocate Foundation</i>	866-512-3861	<a href="http://www.copays.org/funds">www.copays.org/funds</a>
Financial assistance with co-payments, co-insurance or cost-sharing associated with prescription drugs through funds dedicated to specific disease states.		
<i>GoodRx</i>		<a href="http://www.goodrx.com">www.goodrx.com</a>
Check prices on medications and get coupons for cheaper drugs for those whose insurance does not cover them.		
<b><u>RADIOLOGY</u></b>		
<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	<a href="http://www.pmdxray.com">www.pmdxray.com</a>
Performs routine x-rays, ultrasounds, EKG's and more! A doctor's order is required.		
<i>Simon Med Imaging</i>		<a href="http://www.simonmed.com">www.simonmed.com</a>
10815 W. McDowell Rd, Ste 102, Avondale	623-433-0121	
13657 W. McDowell Rd, Ste 111, Goodyear	623-302-7930	

Resource	Phone	Web/Email Address
<b><u>REHABILITATION</u></b>		
(also see <a href="#">Adult Day Care Programs</a> and <a href="#">Caregiver Support</a> )		
<i>Encompass Valley of the Sun - Glendale</i>	623-878-8800	<a href="http://www.encompasshealth.com">www.encompasshealth.com</a>
<i>Estrella Health &amp; Rehab - Avondale</i>	623-932-2282	<a href="http://www.estrellahealthandrehab.com">http://www.estrellahealthandrehab.com</a>
<i>Freedom Plaza Care Center - Peoria</i>	623-815-6100	<a href="http://www.freedomplazaarizona.com">www.freedomplazaarizona.com</a>
<i>Grandview Terrace - Sun City West</i>	623-975-8114	<a href="http://www.sunhealthcommunities.org">http://www.sunhealthcommunities.org</a>
<i>La Loma Care Center/Rehab - Litchfield Park</i>	623-537-7401	<a href="http://www.sunhealthcommunities.org">www.sunhealthcommunities.org</a>
<i>Palm Valley Rehab &amp; Care Center - Goodyear</i>	623-536-9911	<a href="http://www.windsorpalmvalley.com">www.windsorpalmvalley.com</a>
<i>PAM Health Hospital - Surprise</i>	623-499-9100	<a href="http://www.curahealth.com">www.curahealth.com</a>
<i>Santé of Surprise</i>	623-594-5050	<a href="http://www.santecares.com">www.santecares.com</a>
Transitional Rehabilitation Center Near Banner Del Webb Hospital		
<b><u>RELAXATION /MEDITATION</u></b>		
<i>Jason Stephenson - Guided meditations and sleep music</i>		
You tube- Free		
<b><u>RESPIRE CARE</u></b>		
(also see <a href="#">Home Health Non-Medical Care</a> )		
<i>Benevilla Life Enrichment Day Programs</i>	623-584-4999	<a href="http://www.benevilla.org">www.benevilla.org</a>
(Fee)		
<i>Grandview Terrace – Sun City West</i>	623-975-8114	<a href="http://www.sunhealthcommunities.org">www.sunhealthcommunities.org</a>
<i>Hacienda Del Rey -Litchfield Park</i>	623-800-7710	
<i>Legacy House- Avondale</i>	623-478-3800	<a href="http://www.legacyavondale.com">http://www.legacyavondale.com</a>
<i>The Groves - Goodyear (PebbleCreek Parkway)</i>	623-935-9058	<a href="http://www.seniorlifestyles.com">http://www.seniorlifestyles.com</a>
<i>The Inn at Freedom Plaza - Peoria</i>	623-815-6160	<a href="http://www.Freedomplazaarizona.com">www.Freedomplazaarizona.com</a>
<i>The Woodmark - Sun City</i>	623-583-7600	<a href="http://www.woodmarkatsuncity.com">http://www.woodmarkatsuncity.com</a>
<b><u>SALON MOBILE SERVICES FOR HOMEBOUND SENIORS</u></b>		
<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	<a href="mailto:Leezie1@cox.net">Leezie1@cox.net</a>
<b><u>SEAMSTRESSES (By PebbleCreek residents)</u></b>		
<i>Datwyler, Kitty</i>	623-535-5274	
<i>Ewest, Hope</i>	623-547-7642	

Resource	Phone	Web/Email Address
<b><u>SECURITY HOME MONITOR SYSTEMS</u></b>		
<i>Logitech Circle 2</i>		<a href="http://www.logitech.com">http://www.logitech.com</a>
Home life moments to your smart phone. 2 way talk as well as video options. Indoor/Outdoor.		
<i>Ring Video Doorbell</i>		<a href="http://www.ring.com">http://www.ring.com</a>
<b><u>SHARE BEARS (PebbleCreek only)</u></b>		
A Kare Bears Program - For seasoned seniors		
Contact Norma Klinger - weekly bingo Call for more information.	623-512-1338	<a href="mailto:Sharebears@karebears.org">Sharebears@karebears.org</a>
<b>SUPPORT PROGRAMS/PRODUCTS/ORGANIZATIONS</b>		
<b><u>ALCOHOL &amp; SUBSTANCE ABUSE</u></b>		
<i>AA Serenity Group</i>	541-517-2294	
<i>Al-Anon - Counseling Service</i>	480-969-6144	
<b><u>ALZHEIMER'S DISEASE/DEMENTIA</u></b>		
(also see <a href="#">Medical Alert</a> and <a href="#">Caregivers</a> )		
<i>Alzheimer's Association</i>	800-272-3900	<a href="http://www.alz.org">www.alz.org</a>
24 Hour Help Line/Info & Referral		
<i>Alzheimer's Association - Desert Southwest Chapter</i>	602-528-0545	<a href="http://www.alz.org/dsw">www.alz.org/dsw</a>
Free publications and Information; Family Care Consultation, Safe Return/Medical Alert Program and Caregiver Support Group		
<i>Alzheimer's Association – Caregiver Support Group</i>		<a href="http://www.alz.org/dsw">www.alz.org/dsw</a>
Lora Johnson - Facilitator Virtual Support. Call for information. 1 <sup>st</sup> & 3 <sup>rd</sup> Monday each month.	623-505-3903	
<i>Alzheimer's Association - Safety Center</i>		<a href="http://www.alz.org/help-support/caregiving/safety">www.alz.org/help- support/caregiving/safety</a>
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	<a href="http://www.alzstore.com">www.alzstore.com</a>
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	<a href="http://www.benevilla.org">www.benevilla.org</a>
<i>Caring Alzheimer's Newsletters</i>		<a href="http://www.caring.com/newsletters">www.caring.com/newsletters</a>
<i>Daily Caring Newsletters - Caregiver tips</i>		<a href="http://www.dailycaring.com">www.dailycaring.com</a>



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

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

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

<b>Resource</b>	<b>Phone</b>	<b>Web/Email Address</b>
<i>Tina's Treasures</i>	480-583-6550	
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	<a href="http://www.tlcdirect.org">www.tlcdirect.org</a>
Mastectomy products, wigs, head covers, camisoles, etc.		
<b><u>CAREGIVERS</u></b>		
(also see <a href="#">Home Modification</a> , <a href="#">Rehab</a> , <a href="#">Respite</a> , & <a href="#">Home Health Non-Medical Care</a> and <a href="#">Alzheimer's Section</a> )		
<i>Alzheimer's /Dementia Caregiver Support Group</i>	602-793-0299	
Teri Sellers (PebbleCreek only)		
<i>Caregiver's Resource Library - Download FREE!</i>		<a href="http://www.agingcare.com">www.agingcare.com</a>
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>		<a href="http://www.CaregiverStress.com">www.CaregiverStress.com</a>
Tips on caring for yourself, educational info, Alzheimer's support, emails, and much more.	888-575-0946	
<i>Parkinson's Support Groups</i> (also see <a href="#">Parkinson's section</a> )		
<b><u>DEAF/HEARING IMPAIRED</u></b>		
<i>Ascent Audiology, Surprise, Goodyear, &amp; Glendale offices</i>	623-745-0828	<a href="http://www.ascentaudiologyarizona.com">www.ascentaudiologyarizona.com</a>
Also provides mobile visits for homebound.		
<i>CaptionCall (Funded by the FCC)</i>	877-557-2227	<a href="mailto:support@captioncall.com">support@captioncall.com</a>
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	<a href="http://www.acdhh.org">www.acdhh.org</a>
<i>Costco</i>	623-907-5663	<a href="http://www.costco.com/hearing-aid-center.html">www.costco.com/hearing-aid-center.html</a>
Hearing testing & Hearing aids		
<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>		<a href="http://www.soundpointgoodyear.com">www.soundpointgoodyear.com</a>
	623-214-6062	<a href="mailto:Rheanna-Lyall@audibel.com">Rheanna-Lyall@audibel.com</a>
<b><u>DIABETES</u></b>		
(also see <a href="#">Wound Clinics</a> )		
<i>American Diabetes Association</i>	602-861-4731	<a href="http://www.diabetes.org">www.diabetes.org</a>

Resource	Phone	Web/Email Address
<b><u>DISABLED/HANDICAPPED</u></b>		
(also see <a href="#">Home Modification</a> and <a href="#">Handicapped Vehicles</a> )		
<i>Ability 360</i>	602-256-2245	<a href="http://www.ability360.org">www.ability360.org</a>
Programs/services for people with disabilities		
<i>Arizona Center for Disability Law</i>	602-274-6287	<a href="http://www.azdisabilitylaw.org">www.azdisabilitylaw.org</a>
<i>Buck and Buck</i>	800-458-0600	<a href="http://www.buckandbuck.com">www.buckandbuck.com</a>
Specialty Products for Easier Dressing		
<i>Silverts Specialty Clothing for physically disabled</i>	800-387-7088	<a href="http://www.silverts.com">www.silverts.com</a>
<b><u>ELDER ABUSE</u></b>		
<i>Adult Protective Services Hotline - Can report online.</i>	877-767-2385	<a href="https://des.az.gov/services/basic-needs/adult-protective-services/report-adult-abuse">https://des.az.gov/services/basic-needs/adult-protective-services/report-adult-abuse</a>
<i>Area Agency on Aging - Senior hotline</i>	602-264-4357	<a href="http://www.aaaphx.org">www.aaaphx.org</a>
Ombudsman- Resolves issues that affect quality of life issues for residents in assisted living/nursing facilities.		
<b><u>GRIEF MANAGEMENT</u></b>		
(also see <a href="#">Pastoral Support</a> )		
<i>Divorce Care Group</i>		<a href="http://www.divorcecare.org">www.divorcecare.org</a>
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>		<a href="http://www.griefshare.org">www.griefshare.org</a>
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)		<a href="mailto:ksapp1211@yahoo.com">ksapp1211@yahoo.com</a>
<i>Online grief support group</i>		<a href="http://www.griefhealingdiscussiongroups.com">www.griefhealingdiscussiongroups.com</a>
Monitored by grief Counselor		
<i>PebbleCreek Community Church - Grief Support</i>		
For information call or email Tom Clark	262-442-9973	<a href="mailto:justtomc7@gmail.com">justtomc7@gmail.com</a>
<i>Reflecting on Memories</i>		<a href="http://www.reflectingonmemories.com">www.reflectingonmemories.com</a>
Daily emails		
<b><u>HEART/STROKE</u></b>		
<i>American Heart Association &amp; American Stroke Association</i>	602-414-5353	<a href="http://www.heart.org">www.heart.org</a>
<i>American Stroke Association</i>	800-787-6537	<a href="http://www.stroke.org">www.stroke.org</a>
Stroke Support Groups, e-newsletters, etc. FREE		

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

<b>Resource</b>	<b>Phone</b>	<b>Web/Email Address</b>
<b><u>TRANSPORTATION AIRPORT SERVICES (PC Residents)</u></b>		
<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>Glenz, Sho - Airport</i>	623-760-6260	
<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	<a href="mailto:Cliff2939@aol.com">Cliff2939@aol.com</a>
Money collected donated to New Life Center		
<i>Muldrow, Andrea – Airport</i>	480-809-8373	
<i>O’Malley, Mike – Airport</i>	510-306-0919	<a href="mailto:Mike84.omalley@yahoo.com">Mike84.omalley@yahoo.com</a>
<i>Peters, Paulette (previous resident)</i>	623-810-8665	
<i>Ransom, Allison - Airport</i>	414-828-3712	<a href="mailto:Sajj@yahoo.com">Sajj@yahoo.com</a>
<i>Ransom, Steve – Airport</i>	262-378-1947	<a href="mailto:heldfor1@gmail.com">heldfor1@gmail.com</a>
<i>Roemer, Herb -Airport and More!</i>	623-433-8512	
<i>Singleton, RJ - Airport</i>	623-308-4917	
<i>Tompkins, Linda – Airport</i>	269-598-3370	
<i>Walker, Rudy</i>	208-539-3880	
<i>Waynick, Sylvia - Airport</i>	623-256-2864	
<i>White, Michelle – Airport</i>	623-800-4080	<a href="mailto:airportestrella@gmail.com">airportestrella@gmail.com</a>
<i>Zuza, Kevin – Airport</i>	614-296-6064	
<b><u>TRANSPORTATION MISCELLANEOUS SERVICES</u></b>		
<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. (5 business days notice)		
<i>Benevilla</i>	623-584-4999	<a href="http://www.benevilla.org">www.benevilla.org</a>
Free transportation to medical appointments. Pre-registration required. 10 days notice.		
<i>Crisis Hotline (Maricopa County)</i>	602-222-9444	<a href="https://crisis.solari-inc.org">https://crisis.solari-inc.org</a>
Rides for detox - No Charge -24 hours a day		
<i>Envoy America</i>	888-375-5558	<a href="http://www.envoyamerica.com">www.envoyamerica.com</a>
Driving companion can stay with you if requested.		
<i>Kare Bears (PebbleCreek only)</i>	623-536-1200	<a href="http://www.karebears.org">www.karebears.org</a>
Provides transportation FREE for medically related appointments. 48 hours’ notice required		

<b>Resource</b>	<b>Phone</b>	<b>Web/Email Address</b>
<i>Royal Express Transportation</i>	602-391-1001	<a href="http://www.roexaz.com">www.roexaz.com</a>
Non-Emergency Transportation Wheelchair lifts & stretchers		<a href="mailto:roexaz6@gmail.com">roexaz6@gmail.com</a> <a href="mailto:info@roeaz.com">info@roeaz.com</a>
<b><u>URGENT CARE CENTERS</u></b>		
<i>Alliance Urgent Care</i>	623-742-2300	<a href="http://www.allianceurgentcare.com">www.allianceurgentcare.com</a>
15530 W. Roosevelt St. Ste. D101, Goodyear Check-In online		
<i>FastMed Urgent Care</i>	623-215-0040	<a href="http://www.fastmed.com">www.fastmed.com</a>
1507 N Litchfield Road, Suite 200, Goodyear Check-in online Open only for drug screens		
<i>Med Post Urgent Care</i>	928-323-8112	<a href="http://www.medpost.com">www.medpost.com</a>
13840 W. Camelback Rd. Ste. 10, Litchfield Park Check-in online		
<i>Next Care Urgent Care</i>	623-547-0522	<a href="http://www.nextcare.com">www.nextcare.com</a>
13075 W McDowell Rd, Suite D 106, Avondale. Check-in online		
<b><u>WOUND CARE CLINICS</u></b>		
<i>Abrazo West Wound Clinic</i>	623-882-1740	
1325 N. Litchfield Rd. Ste 145		
<i>Banner Boswell Advanced Wound Care &amp; 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		