



This is a compilation of resources provided by residents on the PC egroup, speaker presentations, facilitators and members of support groups, Area Agency on Aging, lists from organizations specializing in seniors and resources obtained from research on the internet.

DISCLAIMER

The Directory of Services is designed to enhance access to resources that might be helpful to residents of the PebbleCreek Community. While every effort is made to ensure the accuracy of the information, there are no guarantees. The inclusion of an organization or service does NOT imply an endorsement of the organization or service, nor does exclusion imply disapproval.

IMPORTANT

Each individual using this directory is responsible for vetting the resources.

Under no circumstances shall Kare Bears or the author be liable for direct, indirect, incidental, special, punitive, or consequential damages which may result in any way from your use of the information included in the Directory of Services.

The most current information is available for viewing at www.karebears.org

<u>DIRECTORY OF SERVICES INDEX - FEBRUARY 2019</u>	STARTS ON <u>PAGE:</u>
AARP	1
Adult Day Health Centers (also see Rehab & Respite Care)	1
Adult Senior Centers	1
Area Agency on Aging (see Community Information/Referral)	
Assisted Living Facilities (see Housing Consultants and Housing for Seniors)	
Attorneys (see Elder Law)	
Baby Equipment Rentals	1
Better Business Bureau	1
Blood Pressure Checks (PebbleCreek only)	2
Caregiving Service Providers (see Home Health Medical and Non-Medical Care)	
Cemeteries (see Funeral Homes/Cemeteries)	
Community Information/Referrals (also see Home Health Consultants and Housing For Seniors)	2
Counseling Services (also see Support Programs/Organizations and Pastoral Support)	3
Credit Reporting	3
Dental Services/Information/Referrals/House Calls	3
Donations/Charity	3
Dry Cleaning - Pick up and Delivery	4
Elder Law (also see Estate and Financial Planning)	4
Emergency Response (also see Medical Alert Services/Products)	4
Environment	4

<u>DIRECTORY OF SERVICES INDEX - FEBRUARY 2019</u>	STARTS ON <u>PAGE:</u>
Errands (also see Home Health Non-Medical & Prescription Delivery)	4
Estate and Financial Planning (also see Elder Law)	5
Eyeglass Repair	5
Flowers	5
Funeral Homes/Cemeteries	6
Golf Cart Service at your home	6
Goodyear	7
Government Agencies	7
Grocery Service	8
Handicapped Vehicle and Mobility Aids (also see Medical Supplies)	9
Handyman Services (see Home Maintenance)	
Home Health Consultants and Referral Service for Medical & Non-Medical Care (also see Home Health Medical & Non-Medical Care)	9
Home Health Medical Care	9
Home Health Non-Medical Care	10
Home Maintenance (PebbleCreek Only)	11
Home Maintenance (Non-PebbleCreek)	11
Home Modification & Safe Patient Handling (also see Medical Supplies)	12
Home Watch Services	12
Hospice	12
Hospitals	13
Housing Consultants/Referrals (also see Housing for Seniors)	14

<u>DIRECTORY OF SERVICES INDEX - FEBRUARY 2019</u>	STARTS ON PAGE:
Housing for Seniors-- Independent, Assisted Living, Nursing Homes, Memory Care (see Housing Consultants for referrals, Rehabilitation & Respite Care)	15
Identity Theft	15
Kare Bears (PebbleCreek only)	16
Laboratory Testing	16
Life-Long Learning (PebbleCreek only)	16
Long-Term Care- Ombudsman	16
Massage/Lymphedema Care (also see Relaxation/Meditation)	16
Meals (also see Grocery Delivery Services)	17
Medical Alert Services/Products (also see Emergency Response)	18
Medical Education & Resources (also see Support : Programs/ Products/Organizations)	18
Medical Supplies/Mobility Aids/Proper Use of Equipment/ Tips and Advice (also see Medical Alert Systems/Products and Handicapped Vehicles)	19
Medicare/Medicaid	20
Miscellaneous Medical Services (at home)	21
Moving Services/Estate Liquidators (also see Pick up and Delivery	21
Notary Services (PebbleCreek only)	21
Nurse Advice Line (Tricare only)	21
Nutrition	21
Pastoral Support (also see Grief Management under Support/Products)	21
PebbleCreek HOA	21

<u>DIRECTORY OF SERVICES INDEX - FEBRUARY 2019</u>	STARTS ON PAGE:
Pet Companion Club - Pet sitters, etc. (PebbleCreek only)	21
Pharmacy Delivery (also see Errands)	22
Phone Check Ups/Home Visits	22
Physical Therapy	22
Physician Information/Referral/House Calls	22
Pick Up and Delivery	23
Plastic Surgery	23
Poison Control	23
Prescription Relief	23
Radiology	24
Rehabilitation (also see Adult Day Care Programs and Caregivers under Support/Programs)	24
Relaxation/Meditation	24
Respite Care	25
Salon Services For Homebound Seniors	25
Seamstresses (PebbleCreek only)	25
Security Home Monitor System	25
Share Bears (PebbleCreek only)	25
Support: Programs/Products/Organizations	
Alcohol & Substance Abuse	26
Alzheimer's Disease/Dementia	26
Arthritis	28

<u>DIRECTORY OF SERVICES INDEX - FEBRUARY 2019</u>	STARTS ON <u>PAGE:</u>
Blind/Visually Impaired	28
Cancer	29
Caregivers	31
Deaf/Hearing Impaired	32
Diabetes	32
Disabled/Handicapped (also see Home Modification and Handicapped Vehicles)	32
Elder Abuse	32
Grief Management (also see Pastoral Support)	33
Heart/Stroke	33
Kidney	33
Lung	33
Mental Health	34
Multiple Sclerosis	34
Parkinson's Disease	34
Transportation Services	34
Urgent Care Centers	36
Wound Care Clinics	37

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

AARP Arizona State Office

888-687-2277 www.aarp.org/states/az**ADULT DAY HEALTH CENTERS****(also see Rehab and Respite Care)**

Benevilla Adult Day Care Programs - Main Office
 Several locations - For Alzheimer's/Dementia, Parkinsons,
 stroke survivors and those with intellectual disabilities.

623-584-4999 www.benevilla.org

Glendale Adult Day Health Center

602-532-2983 www.fsl.org**ADULT SENIOR CENTERS**

Avondale Senior Center

623-333-2705 www.avondaleaz.gov/seniors

Banner Olive Branch Senior Center - Sun City

623-465-6000 www.bannerhealth.com/olivebranch

Buckeye Senior Center

623-349-6600 www.buckeyeaz.gov

Glendale Community Center

623-930-4700

OptumCare Community Center - Goodyear
 Open to the public. Fitness, classes, social, etc.
 1981 N. PebbleCreek Pkwy, Ste 8

855-888-2908 www.optumcare.com

Tolleson Senior Center

623-936-2760 www.tollesonaz.org**AREA AGENCY ON AGING - EXTENSIVE RESOURCES****(see Community Information/Referral)**602-264-2255 www.aaaphx.org**ASSISTED LIVING FACILITIES****(see Housing Consultants and Housing for Seniors)****ATTORNEYS (see Elder Law)****BABY EQUIPMENT RENTALS**

Anything for Baby, Inc
 Free delivery, set up, and pick up.

480-515-9783 www.anythingforbaby.com

Sweet Pea Baby Rentals

602-549-9918 www.sweetpeababyrentals.com**BETTER BUSINESS BUREAU**

Better Business Bureau - Arizona

602-264-1721 www.arizonabbb.org

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE****BLOOD PRESSURE (PebbleCreek only)**

PebbleCreek Nurses Club - Activities office- Room 100

Elaine Berg - Nov. thru May

623-536-6816

Gladys Mabey - June thru October

623-536-1212

1:30 to 3:30 every Thursday, Nov through May

and on the last Thursday of the month from June thru Oct.

CAREGIVING SERVICE PROVIDERS

(see Home Health Medical & Non-Medical Care)

CEMETERIES

(see Funeral Homes/Cemeteries)

CLOTHING (adaptive clothing for easier dressing)

Buck and Buck

800-458-0600 www.buckandbuck.com

Silvert's Adaptive Clothing and Footware

800-387-7088 www.silverts.com

COMMUNITY INFORMATION/REFERRALS (also see Home Health Consultants & Housing for Seniors)

Area Agency on Aging - Senior Help Line

602-264-4357 www.aaaphx.org

Elder Resource Guide- View on line

www.aaaphx.org/caring-for-someone

Provides information, referral and assistance

for transportation, housing, long-term home care,
home-delivered meals, options counseling, etc.

Hard copy available upon request. Also view copy at KB house.

Arizona Directory of Human Services (2-1-1 Arizona)

www.211arizona.org

Connected to available health and human services.

Benevilla

623-584-4999 www.benevilla.org

Offers a wide variety of services and resources

328 W. Western Ave. Avondale 8-7 Mon-Thurs. 9-5 Fridays

Care 1st Avondale Resource and Housing Center

Kare Bears (PebbleCreek only)

623-536-1200 www.karebears.org

Kare Bears library (books & community resources),

Directory of Services - online

View "Directory" at Eagle's Nest and Tuscany Libraries.

Copies available at Guest Services Desk for small charge.

YANA - You Are Not Alone

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

Program provided by the City of Goodyear Police

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE****COUNSELING SERVICES (also see Support: Programs/
Organizations and Pastoral Support)**

Catholic Charities	602-749-4405	
Crisis Hotline - Maricopa County	602-222-9444	
Jewish Family & Children Services	602-257-9314	www.jfcsaz.org
Mercy Care RBHA	800-564-5465	
National Alliance on Mental Illness (NAMI) Crisis Support Line	602-222-9444	
Non-Crisis Warm line	602-347-1100	

CREDIT REPORTING

Equifax	800-685-1111	
Experian	888-397-3742	
Transunion	800-888-4213	

DENTAL SERVICE/INFORMATION/REFERRALS/HOUSE CALLS

Arizona Dental Association Dental Referrals	480-344-5777	www.azda.org
Arizona State Board of Dental Examiners Checks background, complaints, board actions. Licenses individuals who provide dental services.	602-242-1492	
Coronado Dental Services - For homebound residents Mobile Dental Services	480-461-1232	
Mobile Dentistry of Arizona - For homebound residents	480-313-3310	www.mobiledentistryofaz.com

DONATIONS/CHARITY

Airman's Attic- Luke AFB Thrift Shop 13975 W. Phantom St. # 750 Glendale, AZ 85309 Wed & Friday 10:00 - 2:00	623-856-6415	
Goodwill 15433 W. McDowell Rd., Goodyear	602-535-4287	

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

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

TELEPHONE WEBSITE

623-925-0965

Kare Bears (PebbleCreek)
15383 W. Cheery Lynn Rd, Goodyear
Accepts wheelchairs, walkers, knee walkers, crutches, canes
and monetary donatons. Tax deductible.

623-536-1200 www.karebears.org

Salvation Army 11 N. 3rd Ave. Avondale

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

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

623-932-1016 www.southwestlendingcloset.org

DRY CLEANING - Mobile

Dry Cleaning Home Express - Monday & Thursday

623-433-9737

ELDER LAW

(also see Estate and Financial Planning)

Arizona Senior Citizens Law Project

602-252-6710 www.azlawhelp.org

Community Legal Services

602-258-3434 www.clsaz.org

Lora Johnson - Elder Law Attorney

623-505-3903 www.johnsonestatelaw.com

Rita Daninger - Elder Law Attorney

623-815-8069 www.daningerlaw.com

EMERGENCY RESPONSE

(also see Medical Alert Services/Products)

Fire Prevention Division

www.goodyearaz.gov/home/showdocument?id=822

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

ENVIRONMENT

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

www.EWG.org

**ERRANDS (also see Home Health Non-Medical Care
and Prescription Delivery)**

Benevilla - Occasional help in completing emergency errands. 623-584-4999 www.Benevilla.org
Pre-registration prior to receiving free services.

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

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

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

Ecklund, Robbin (former PebbleCreek resident)

602-448-6742

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

623-760-6260

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

602-770-2462

Roemer, Herb (PebbleCreek only)

623-433-8512

ESTATE AND FINANCIAL PLANNING

(also see Elder Law)

Dana Law Group
 Estate Planning

623-972-2388 www.danalawgroup.com

Johnson, Laura
 Estate Planning and Elder Law

623-505-3903 www.johnsonestatelaw.com

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

623-935-5101 www.whataboutitbob.com

Mahoney Law Office - Jennifer Mahoney
 Estate planning, Wills and Trusts

623-518-3513 www.mahoneylawoffice.net

RBC Wealth Management - Kris Dahl
 Financial Advisor

480-609-4936 www.rbcwmfa.com/kris.dahl

EYE GLASS REPAIR

M&M Mobile Eyeglass Repair - Luis Lopez

623-693-9372

FLOWERS

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

623-932-0531 www.thompsonsflowershop.com

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

Ganley's Funeral Home - Buckeye	623-386-4812	www.ganleysbuckeyefuneralhome.com
Chapel of the Chimes Funeral Home 7924 N 59th Ave, Glendale	623-937-9297	
Christ Church of the Valley - Peoria Avondale location - Free Funerals	623-376-2444 623-561-3600	
Glendale Memorial Park Cemetery 7844 N 61st Ave, Glendale	623-930-2189	
Heritage Arrowhead Funeral Center & Cemetery 7545 W. Rose Garden Lane, Glendale	623-362-3255	www.heritagefuneralchapels.com
Heritage Funeral Chapel 6830 W. Thunderbird Rd, Peoria	623-974-3671	
Holy Cross Catholic Mortuary and Cemetery 9925 W. Thomas Rd, Avondale	623-936-1710	www.hcccem.org
Simply Cremation and Funeral Arrangements 16952 W. Bell Rd. Ste. 303, Surprise		
Sunland Memorial Park Mortuary & Cremation Center 15826 Del Webb Blvd, Sun City	623-933-0161	
Sunwest Funeral Home Cemetery & Crematory 12525 N.W. Grand Ave, El Mirage	623-974-2054	www.heritagefuneralchapels.com
Thompson Valley West Funeral Chapel 926 S. Litchfield Rd, Goodyear	623-932-1780	www.thompsonfuneralchapel.com
West Resthaven Park Cemetery & Funeral Home 6450 W. Northern Ave, Glendale	623-939-8394	
GOLF CART SERVICE AT YOUR HOME		
Cactus Golf Cars Mobile Services	480-255-0706	
Mobile Golf Cart Repair - Rubin Matos	623-332-1420	
The Battery Guy - Brett	602-663-5870	www.thebatteryguy.com

DIRECTORY OF SERVICES FEBRUARY 2019

RESOURCES

TELEPHONE

WEBSITE

GOODYEAR

Adult trips/activities

www.goodyearaz.gov/residents

Fire - Non-Emergency calls

623-932-2300

For help getting up from falls... call 911

Goodyear Victim Advocate - Police Department

623-882-7677 www.goodyearaz.gov

Police Non-Emergency Response

623-932-1220

Sanitation Services

www.goodyearaz.gov/residents

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

YANA -You Are Not Alone - Free

623-882-7481

City of Goodyear Elder Safety Program.

Provides regular phone calls and home visits.

GOVERNMENT AGENCIES

Adult Protective Services

877-767-2385 www.azdes.gov/reportadultabuse

(also see Long-Term Care Ombudsman Program)

AG Consumer Information & Complaint

602-542-5763 www.azag.gov/consumer

AG Medicaid Fraud

602-542-3881 www.azag.gov/complaints/mfcu

AG Office of Victims Services

602-542-4911 www.azag.gov

Aging and Adult Services

602-542-4446 www.azlinks.gov

Arizona Attorney General's Office - Click on "seniors".
Life Care Planning packet materials and more.

602-542-5763 www.azag.gov

Arizona Corporation Commission - Securities Division

602-542-4242 www.azcc.gov/divisions/securities

Arizona Department of Economic Security - Fraud line

602-542-9449

Arizona Department of Health Services
Searchable database containing information
about facilities/providers.

602-542-1025 www.azdhs.gov

Arizona Department of Insurance

602-364-2499 www.insurance.az.gov

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

	<u>TELEPHONE</u>	<u>WEBSITE</u>
Arizona Department of Motor Vehicles Report unsafe drivers, download forms & publications. Driver Condition/Behavior Report - Form 96-0469	602-771-2460	www.azdot.gov
Arizona Department of Financial Institutions	602-255-4421	www.azdfi.gov
Arizona Department of Veteran Affairs	800-827-1000	www.va.gov
Arizona Medical Board Physician info/medical background/complaints.	480-551-2700	www.azmd.gov
Arizona Registrar of Contractors	602-542-1525	www.azroc.gov
Arizona Secretary of State Advance Directive Registry Electronically store and access your medical directives.	602-542-6187	www.azsos.gov
Arizona State Board of Dental Examiners Background, complaints, board actions, etc. Licenses individuals who provide dental services.	602-242-1492	https://dentalboard.az.gov/
AZ State Health Insurance Assistance Program Free health benefits counseling service for Medicare beneficiaries, families, or caregivers.	800-432-4040	www.azdes.gov/daas/ship
Elder Help Line Task force against senior abuse.	602-542-2124	www.azag.gov
Governor's Advisory Council on Aging	602-542-4710	
Social Security Administration	800-772-1213	www.socialsecurity.gov
<u>GROCERY SERVICE</u>		
Benevilla Weekly grocery shopping for those not able to shop for themselves. No charge - Pre-registration prior to service.	623-584-4999	www.Benevilla.org
Frys - Camelback & Litchfield Online shopping, bagged and ready for pickup. Delivery for a cost	623-334-7735	www.frys.com
Safeway - Delivery for a cost (cost varies) Online shopping	623-935-3228	www.safeway.com

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

Walmart - Online shopping, bagged and ready for pickup

www.walmart.com/cp/2281929

HANDICAPPED VEHICLE AND MOBILITY AIDS

(also see Medical Supplies)

Ability Center

623-879-0800

www.abilitycenter.com

Lift products, accessible vehicles, power chairs

United Access - Auto adaptation for handicap use.

602-275 3325

www.unitedaccess.com

HANDYMAN SERVICES (see Home Maintenance)**HOME HEALTH CONSULTANTS AND REFERRAL****SERVICES**

**(also see Home Health Medical Care
and Home Health Non-Medical Care)**

AZ In-Home Care Association

602-283-3503

www.aznha.org

Provide referrals for medical/non-medical services.

Membership Trade Organization.

Care.com

877-227-3115

www.care.com

National website allows you to find local
senior care, house sitters and pet sitters.

Foundation for Senior Living

602-285-1800

www.fsl.org

Geriatric Care Manager

Geriatric Resources

623-776-3098

www.geriatricresourcesaz.com

Crystal Littlejohn - Care Management

HOME HEALTH MEDICAL CARE

**(also see Home Health Consultants/Referral Services
and Home Health Non-Medical Care)**

Arizona Palliative Home Health Care

602-287-7050

A Hospice of the Valley Agency (Pre-hospice)

Scheduled Visits

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

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

Firstat Home Health
Medical and Non-Medical care

602-279-0000

KC's Home Health Care
Skilled Nursing - Therapy - Short time

602-283-4089 www.kcshomehealthcare.com

Nightingale Home Care

602-504-1555 www.ngcare.com**HOME HEALTH NON-MEDICAL CARE****(also see Home Health Consultants/Referral Services)**

Adult Care Assistance-West Valley

623-977-2223 www.adultcareassistance.com

Blessings! For Seniors

623-594-0819 www.blessingsforseniors.com

Caring Visits - Carol Smail - PC resident/retired nurse
Caregiving, Companions, Patient Advocacy, Respite Care
Transportation and Wellness Checks

602-510-1600

[Email: caringvisits@cox.net](mailto:caringvisits@cox.net)

ComForCare Home Care

623-934-2722 www.comforcare.com

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

480-468-2699 www.compassionateassistance.com

Foundation for Senior Living- Home Health Care

602-285-1800 www.fsl.org

Golden Heart Senior Care
Licensed, bonded and insured.
Services include deep house cleaning, meal prep,
laundry, pet services, transportation, etc.
Specialists in dementia care & complex care issues

623-748-3301 www.goldenheartaz.com

Good Neighbor Support Services

623-932-4878 www.gncares.com

Home Instead Senior Care - Goodyear

623-777-3637 www.homeinstead.com/831

Nightingale Home Care

602-504-1555 www.ngcare.com

Right at Home

623-547-0700 www.Rahwest.com

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

Synergy Homecare

623-875-7100

www.Synergyhomecare.com

Touching Hearts

623-207-9391

www.touchinghearts.com/azvalley

Bonded and insured; Complimentary in-home visit consult.
Companionship, light housekeeping, cooking, shopping,
errands, pick up prescriptions, Alzheimer's/Dementia
care and more.

Visiting Angels

623-266-9304

www.visitingangels.com**HOME MAINTENANCE (PebbleCreek only)**

Ed Bob's Home Services - Ed Bobigian

623-374-6014

Window Cleaning

703-785-3960

Gillespie, Jim

623-455-8962

Smoke detectors & variety of services

623-698-6982

Law, George

623-536-8104

Specializes in replacing expansion joints in sidewalks,
repairing patio ceilings, and more

Luders Handyman Services - Gary Luders

623-271-5441

Large variety of services - Smoke alarms too!

Prinz, Randy

972-854-9953

Pumbing/Electrical and much more!

Service by Rich - Rich Veleta

708-692-9376

Electrical wiring, plumbing, convert address lights to LED
and other misc. jobs. E-mail: rjveleta@cox.net

623-295-9376

Suttles, Rodney

623-628-3182

Locksmith

Younger, Marlin

623-499-2852

Power washes patios, patio furniture, garage floors, driveways

HOME MAINTENANCE (Non-PebbleCreek)

Apex Window Cleaning

623-498-7589

www.apexwindowcleaningaz.com

Doug McNelley

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

Benevilla

Help for minor repairs such as changing light bulbs, filters, etc. for homebound or disabled. No charge.
Pre-registration prior to receiving services.

TELEPHONE

623-584-4999

WEBSITEwww.Benevilla.org

Clean Rite Window Service

623-932-0072

Emil Neagu Air Conditioning, Heating & Plumbing Co.
Licensed and Bonded - Ask for PebbleCreek discount.

623-546-3042

<http://www.emilneaguco.com>

Greg The Glassman

623-694-2347

Glass/Door Repair, Window Replacement, etc.

Jamie Cid - Window Washing/Screens

602-435-0032

Makes Sun Screens

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 and more!

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

Foundation for Senior Living Caregiver House

602-285-1800

www.fsl.org

Visit Caregiver House for ideas on modification of homes.

Will come to house and see what can be done.

602-532-2976

Grab Bars

602-509-2678

www.grabbarsnow.com

Free home evaluation. Medical equipment & installation and
Threshold Ramps

HOME WATCH SERVICES

A Watchful Eye - Bonded and insured

623-217-9486

www.awatchfuleyehomeservices.com

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

703-785-3960

623-374-6014

Gillespie Jim (PebbleCreek only)

623-455-8962

Shaw, Craig (PebbleCreek only)

734-250-2249

HOSPICE

Banner Hospice

480-657-1100

www.bannerhealth.com

Everest Hospice

623-282-9255

www.everesthospice.com

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

	<u>TELEPHONE</u>	<u>WEBSITE</u>
Hospice of the Valley	602-530-6920	www.hov.org
Hospice of the West	602-343-6422	www.hospicewestaz.com
The Crossing Hospice and Palliative Care	602-216-6005	www.themaaz.com

HOSPITALS

Abrazo Arizona Heart Hospital 1930 E. Thomas Rd. Phx	602-532-1000	
Abrazo Arrowhead Campus 18701 N. 67 th Ave, Glendale <i>ER online check- in ; Wait at home.</i>	623-561-1000	www.abrazohealth.com
Abrazo Central Campus - <i>ER online check-in; Wait at home.</i> 2000 W. Bethany Home Rd, Phoenix	602-249-0212	www.abrazohealth.com
Abrazo West Campus (West Valley Hospital) 13677 W. McDowell, Goodyear <i>ER online check-in; Wait at home.</i>	623-882-1500	www.abrazohealth.com
Banner Boswell Medical Center 10401 W. Thunderbird Blvd, Sun City	623-832-4000	www.bannerhealth.com
Banner Del E. Webb Medical Center 14502 W. Meeker Blvd, Sun City	623-524-4000	www.bannerhealth.com
Banner Estrella Medical Center 9201 W. Thomas Rd, Phoenix	623-327-4000	www.bannerhealth.com
Banner MD Anderson Cancer Center 2946 E. Banner Gateway Dr, Gilbert Hospital specializing in cancer.	480-256-6444	www.bannerhealth.com
Banner Thunderbird Medical Center 5555 W. Thunderbird, Glendale	602-588-5555	www.bannerhealth.com
Banner University Medical Center 1111 E. McDowell Rd, Phoenix	602-839-2000	www.bannerhealth.com
Cancer Treatment Centers of America A specialized cancer hospital in Goodyear 14200 W. Celebrate Life Way, Goodyear Accepts Medicare	623-207-3000	www.myCTCA.com

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

	<u>TELEPHONE</u>	<u>WEBSITE</u>
Copper Springs Behavioral Health Hospital -Avondale Inpatient & Outpatient Drug & Alcohol Addiction Treatment	480-565-3035	www.copperspringshealth.com
Dignity Health - Arizona General Emergency Room 251 N. Estrella Parkway - Goodyear	623-322-6900	www.azgeneraler.com
Dignity Health -St. Joseph's Hospital & Medical Center Emergency Room ER online check-in; Wait at home. 350 W. Thomas Rd., Phoenix	602-406-3000 602-406-3361	www.dignityhealth.org
Dignity Health - St. Joseph's Westgate Medical Center Emergency Room ER online check-in; Wait at home 7300 N. 99th Ave., Glendale	602-406-0000 602-406-0100	www.dignityhealth.org
Haven Behavioral Hospital 1201 S. 7th Ave., Phoenix	623-236-2000	www.phoenix.havenbehavioral.com
Honor Health John C. Lincoln Medical Center 250 E. Dunlap Ave. Phoenix	602-943-2381	www.honorhealth.com
Maricopa Integrated Health System Emergency Room: 2601 E. Roosevelt St, Phoenix	602-344-5011 602-344-5411	www.mihs.org
Mayo Clinic Hospital 5777 E. Mayo Blvd, Phoenix	480-515-6296	www.mayoclinic.org
St. Lukes Medical Center Emergency Room: 1800 E. Van Buren, Phoenix	602-251-8100 602-251-8183	www.stlukesmedcenter.com

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

Arizona Senior Options - Placement & Advocacy Services Denisa Barbur Email: Denisa@AZSeniorOptions.com No cost to you	602-308-9545	www.Azsenioroptions.com
Call Jackie Senior Living Options (Jackie Wargo)	602-826-8893	www.call-jackie.com
Elder OP Senior Living Advisors help@elderop.com	623-566-3578	www.elderop.com

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

Golden Assist Senior Placement Services - PC resident
Teri Sellers, E-Mail: Teri_Sellers@msn.com
Visits communities with you to help you to make sure
you get vital information. 25 years experience in
senior health care. No Charge to you!

602-793-0299 www.GoldenAssist.com

Helping Hands Senior Services - Charlene Sargent, RN.
E-mail: charlene@helpinghandsaz.com

602-620-2342 www.helpinghandsaz.com

Options for Senior Living Placement & Referral Services
Tammy Crutcher

602-501-8143 www.optionsforseniorliving.com

**HOUSING FOR SENIORS – Independent/Assisted Living/
Skilled Nursing & Nursing Homes/Memory Care
(also see Housing Consultants for referrals, Rehabilitation
and Respite Care)**

AZ State Veterans Home - Skilled Nursing

602-248-1550 www.dvs.az.gov

Guide to Senior Housing - Pace
Pictures, amenities, prices, etc. of Independent, Assisted
Living (including group homes), Continued Care Retirement
Communities, Rehabilitation, Behavioral, Memory and
Skilled Nursing facilities.
View online or order hard copy. Sample is available at
the Kare Bears House.

480-246-3515 www.seniorhousing.org

Huger Mercy Living Center (Barrows)
2345 W. Orangewood Ave, Phoenix
Assisted Living Directed Memory Care

602-406-5600 www.barrowneuro.org

Seniordirectory.com - View on-line
Community resources, Health Services, Housing,
Newsletter, Monthly articles and much more!
Hard copy available for review at the Kare Bear House or
Can be ordered for free on-line

www.seniordirectory.com

IDENTITY THEFT

FTC Identity Theft Hotline

877-438-4338

Identity Theft/Consumer Info.
US Government Website

www.consumer.ftc.gov

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

LifeLock - Identity Theft Protection

TELEPHONE

844-530-9892

WEBSITEwww.lifelock.com

Scambusters

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

Kare Bears

623-536-1200

www.karebears.org

15383 W. Cheery Lynn Rd

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

LABORATORY TESTINGLabcorp - *Make appointment online or walk-in.*

623-907-8505

www.labcorp.com

10815 W. McDowell Rd, Ste 302, Avondale

13555 W. McDowell Rd, Ste 208, Goodyear

Sonora Quest Laboratories

www.sonoraquest.com

13657 W. McDowell Rd, Ste.100, Goodyear

623-535-4805

9321 W.Thomas Rd, Ste 105, Phoenix

623-742-9072

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

Lectures, classes, trips and special events

LONG -TERM CARE

Area Agency on Aging - Ombudsman

www.aaaphx.org

Resolves issues that affect quality of life in

Assisted Living Facilities and in Nursing Homes.

MASSAGE/LYMPHEDEMA CARE**(also see Relaxation/Meditation)**

Banner University Rehabilitation Services

408-210-6556

Lymphedema care for arms only

Banner Thunderbird Rehabilitation Services

480-210-6445

Lymphedema Care

Encompass Health Rehabilitation Hospital - Scottsdale

480-551-5454

Dr. Andrea Brennan - Certified Lymphedema Therapist

9630 E. Shea Blvd. Scottsdale

PebbleCreek Massage Therapists

Dartt, Tina

602-717-9975

Lo, Selina

623-907-3989

Williams, Lan-Ing

623-206-7640

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

Spooner Physical Therapist
5281 N. 99th Ave. Glendale (Suite 200)
For mild lymphedema
Amanda Dewitt Email: a.dewitt@spoonerpt.com

623-889-0411

The Personal Touch Massage LLC (Mobile)
ReNay Bojorquez \$50 an hour
Phillip Morin - Deep tissue and athletic massage
\$55 an hour for deep tissue.

602-206-8303

623-810-1920

MEALS**(also see Grocery Services)**

Abrazo Healthy Meals to Go - Abrazo West Campus
Nutritional meals for people living with diabetes
and heart-related issues.
Meals are \$7 which includes tax. Pick up at Abrazo hospital.

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

Hello Fresh
Weekly meal kit service that delivers pre-measured
ingredients. Email: Hello@hellofresh.com
www.hellofresh.com/menus/2019-W04/classic-menu

800-733-2414

Meals on Wheels
Avondale Senior Center- Private pay \$5.00

623-333-2401

Meals of Joy - for seniors who are unable to prepare meals.
Fees vary according to client.
Email: info@scosic.org

623-594-9588 www.scosic.org

Schwans
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

You Buy and We Fly
Choose from 35 restaurant menus.
Food delivery & catering too.

623-414-3378 www.youbuyandwefly.com

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE****MEDICAL ALERT SERVICES/PRODUCTS****(also see Emergency Response)**

Alzheimer's Association- Safe Return/Medical Alert program
for finding patients who wander - 24 hour assistance www.medicalert.org/safereturn

Bay Alarm Medical 877-522-9633 www.bayalarmmedical.com

Great Call 800-650-4240 www.greatcall.com
Uses GPS for nationwide coverage.

Life Alert 800-852-3081 www.lifealerthelp.com
3 year contract; GPS, fall detection, etc.

Medical Alert 800-803-4700 www.medicalalert.com
Fall detection; Use anywhere; no long term contracts

Medical Alert Foundation 800-432-5378 www.medicalert.org
MedicAlert ID Pendants, sports bands,
shoe tags, and bracelets.
24/7 Emergency Response; Safe Return

Medical Care Alert 855-272-1010 www.medicalcarealert.com
Home, Home & Yard, GPS - Home or Away, Fall protection.

Medical Guardian 800-668-9200 www.medicalguardian.com

Philips Life Line 855-633-6528 www.lifeline.philips.com
3 levels, no contract, fall protection, GPS, etc.

Radiant Mobile GPS Safety Watch 877-980-4477 www.adiantmobile.com
Pinpoint location of wearer

The Electronic Caregiver 855-305-5104 www.electroniccaregiver.com
Available: Inactivity sensor, medication reminders, physician
on demand, Wellness card, Health Care Advocate plus
normal medical alert services.

MEDICAL EDUCATION & RESOURCES**(also see Support-Programs/Products/Organizations)**

Alzheimer's Association - Materials and books www.alz.org/dsw

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

Area Agency on Aging

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

Hard copy available at Kare Bears House.

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

Request personal copy from Area Agency on Aging.

TELEPHONE**WEBSITE**

602-264-4357 www.aaaphx.org/caring-for-someone

Drugs.com Pill Identifier

Source for dosages & side effects

www.drugs.com

Foundation for Senior Living

602-285-1800 www.fsl.org

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

Prices, services, pictures of Independent/Assisted living

Continued Care Retirement Communities, Rehabilitation,

Behavioral, Memory, Skilled Nursing, Home Health Services,

Community Resources - Hard copy available per request.

View copy at the Kare Bears House.

480-246-3515 www.seniorhousing.org

Health and Human Services - Health News

www.healthfinder.gov

Kare Bears (PebbleCreek only)

Medical Library, resources, speakers and website

623-536-1200 www.karebears.org

National Library of Medicine - Medline Plus

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

Tutorials: Health & surgery videos

www.medlineplus.gov

Sun Health/Banner Community Education Programs

www.sunhealthcommunityeducation.org

623-207-1703

Top Doc Magazine (PebbleCreek residents only)

Available at the Kare Bears House for review.

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

www.phoenixmag.com/top-doctors

**MEDICAL SUPPLIES/MOBILITY AIDS/PROPER USE OF EQUIP/
TIPS AND ADVICE**

(also see Medical Alert Systems/Products and Handicapped Vehicles)

Active Forever Medical Supplies - online only

www.activeforever.com

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

American Academy of Orthopedic Surgeons

Provides information on how to use Crutches/Canes/
Walkers

www.orthoinfo.aaos.org/topic.cfm?topic=a00181

Apria Healthcare - Peoria

Home Medical Equipment & Respiratory Services

623-933-9399

www.Apria.com

Comfort Plus Medical Supplies

Incontinence Care Specialists

480-545-8055

www.comfortplusonline.com

Epill Medication Reminders

Electronic devices to remind of medications

800-549-0095

www.epill.com

Grab Bars Now

Medical Equipment/installation - Free home evaluation

602-509-2678

www.grabbarsnow.com

Kare Bears (PebbleCreek only) NO CHARGE!

Loans wheelchairs, walkers, crutches, canes, etc.

623-536-1200

www.karebears.org

Medasure Inc. - Phoenix

Medical equipment

623-935-1221

www.medasureinc.com

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

www.medlineplus.gov

Phillips Lifeline Systems

Medication Dispensers/Med Minders

855-633-6528

www.lifeline.philips.com

Southwest Lending Closet

218 N Central, Avondale

Provides medical equipment at NO CHARGE for 90 days.

Loans bath benches, bedside commodes,

walkers, crutches, wheelchairs, etc. Call for hours.

623-932-1016

www.southwestlendingcloset.org

MEDICARE/MEDICAID

Area Agency on Aging Benefits Assistance Program (Ship)

A free health benefits counseling service for

Medicare beneficiaries, their families, or caregivers.

Senior Help Line

602-280-1059

www.azdes.gov/daas/ship

602-264-4357

Arizona Access Administration

602-417-7000

www.healthArizonaPlus.org

US Government

General Medicare information

800-633-4227

www.medicare.gov

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

Valley of the Sun Medicaid Planning - Patricia Barraza

623-329-9369

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

Injections and change of bandages

Marian See- PebbleCreek resident & nurse - PC only

623-935-3571

MOVING SERVICES/ESTATE LIQUIDATORS**(also see Pick Up and Delivery)**

Firehouse Moving Co.

623-215-8788

www.firehousemovingco.comDusty - Email: dusty@firehousemovingco.com

623-695-1999

Moving You Simply - Moving Coordinator

480 216-5387

www.movingyousimply.com

Relocation, organizing, and downsizing services.

NOTARY SERVICES (PebbleCreek only)

Activities Office at Eagle's Nest

623-535-9854

NURSE ADVICE LINE (Tricare only)

800-874-2273

24 hours a day.

NUTRITION

Consumer Lab -Reviews of 1,000 different products, rates and compares products and offers expert insights.

www.consumerlab.com

Dr. Andrew Weil, MD

800-585-5055

www.weilvitaminadvisor.com

Vitamin advisor with personalized evaluation.

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

Merwald, Hal - Retired Pastor, PebbleCreek resident

360-393-0788

Shelton, Bob - Lay Pastor, PebbleCreek resident

623-535-4690

PEBBLECREEK HOA

PebbleCreek Homeowner's Association

www.pebblecreekhoa.org**PET COMPANION CLUB (PebbleCreek only)**

Jim Ellison - President

623-935-6651

www.pcpets.orgEmail: arizviking@hotmail.com

602-679-4958

Contact for stray animals, injured wildlife and donations.

Info on website: adoptable dogs, lost and found pets,

veterinary hospitals, mobile veterinarians, groomers, etc.

View site for list of PebbleCreek pet sitters.

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE****PHARMACY DELIVERY (also see Errands)**

KeyHealth Pharmacy & Compounding- Free delivery
560 N. Estrella Parkway Ste. B9, Goodyear

623-271-8577 www.keyhealthrx.com

NewSpring Pharmacy-Avondale Compounding
Affordable Meds Program
10750 W. McDowell Rd. Bldg C, Suite 301, Avondale

623-932-9800 www.newspringrx.com

PHONE CHECK UPS/HOME VISITS

Benevilla - No Charge

623-584-4999 www.Benevilla.org

Phone pals - weekly calls and home visits - companionship
Pre-registration required prior to service.

Caring Visits - Carol Smail, PebbleCreek retired nurse
Phone Checks (free), Wellness Checks (for fee)
Email: caringvisits@cox.net

602-510-1600

YANA - You Are Not Alone - No Charge
City of Goodyear Elder Safety Program
Provides regular phone calls and home visits.

623-882-7481

PHYSICAL THERAPY

AZ Orthopedic Physical Therapy
14557 W. Indian School Rd, 500B, Goodyear

623-242-6908 www.azopt.net

Biomechanics
750 N. Estrella Parkway, Ste 50, Goodyear

623-882-2992 www.biomechanix.com

Empower Physical Therapy
3050 N. Litchfield Rd., Ste 100, Goodyear

623-935-5505 www.freedomofmotion.com

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

623-547-4739 www.foothillsrehab.com

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

623-935-0734 www.spoonerpt.com

White Tanks Physical Therapy
250 N. Litchfield Rd, Goodyear

623-882-9787

PHYSICIAN INFORMATION/REFERRAL/HOUSE CALLS

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

480-551-2700 www.azmd.gov

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

Care 2 U - Mobile Family Medicine
Diagnosis & Treatment of Acute & Chronic conditions,
Urgent Care, Preventive Screenings, Physical Exams, etc.

TELEPHONE **WEBSITE**
252-514-6594 <https://care2umobile.com>

Heavenly Soles, PLLC - Mobile Podiatrist for homebound 623-584-0760

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

623-533-6461

Maricopa County Medical Society
Referrals of physicians

602-252-2844 www.mcmsonline.com

MD Home Care by appointment
ONE Stop home for mobile healthcare. Primary care practice.
Mobile Xrays, Labs, Wound Care, Flu shots and more!

602-362-2983 www.mymdhomecare.com

MD24House Call - For Homebound & Disabled

888-632-4758 www.md24housecall.com

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

PICK UP AND DELIVERY

Az Firemen Movers
Email: azfiremenmovers@gmail.com

602-373-7117 www.azfiremenmovers.com

Jarvis Hauling & Home Services- Walter Jarvis

336-598-2065

PLASTIC SURGERY

American Society of Plastic Surgeons
Referral service

800-514-5058 www.plasticsurgery.org

POISON CONTROL

Banner Good Samaritan Poison & Drug Info. Center
Insect bites, drugs, etc.

602-253-3334

PRESCRIPTION RELIEF

Patient Advocate Foundation
Financial assistance with co-payments, co-insurance or cost
sharing associated with prescription drugs through funds
dedicated to specific disease states.

www.copays.org/diseases

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

GoodRx

855-268-2822

www.goodrx.com

App for phone to check prices on medications and get coupons
for cheaper drugs for those whose insurance doesn't cover
them.

RADIOLOGY

Simon Med Imaging

www.simonmed.com

10815 W. McDowell Rd, Ste 102, Avondale

623-433-0121

13657 W. McDowell Rd, Ste 111, Goodyear

623-302-7930

Valley Radiologist, LTD

623-847-2000

www.valleyradiologists.com

13555 W McDowell Rd, Ste 106, Goodyear

REHABILITATION**(also see Adult Day Care Programs and Caregiver Support)**

Cobalt Rehabilitation - Surprise

623-499-9100

Encompass Valley of the Sun - Glendale

623-878-8800

Freedom Plaza Care Center - Peoria

480-787-2971

www.brookdale.com

Genesis Estrella - Avondale

623-932-2282

www.geneshcc.com

Grandview Terrace - Sun City West

623-975-8014

www.sunhealthseniorliving.org

La Loma Care Center/Rehab - Litchfield Park

623-537-7401

www.sunhealthseniorliving.org

Palm Valley Rehab & Care Center - Goodyear

623-536-9911

www.palmvalleyrehabilitation.com

Sante' of Surprise

623-377-9698

www.santesurprise.com

Transitional Rehabilitation Center

Near Banner Del Webb Hospital

RELAXATION /MEDITATIONGillian Driscoll - gillian@gilliandriscoll.com (PC resident)

303-548-2108

www.gilliandriscoll.com

Reiki energy balancing too!

Guided Meditation On-line

YouTube- Google Jason Stephenson

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****RESPIRE CARE**

	<u>TELEPHONE</u>	<u>WEBSITE</u>
Genesis Estrella-Avondale	623-932-2282	www.geneshcc.com
Hacienda Del Rey -Litchfield Park	623-800-7710	www.mbkseiorliving.com
La Loma Care Center- Litchfield	623-537-7401	www.sunhealthseniorliving.org
Legacy House- Avondale	623-478-3800	https://legacyavondale.com
Pathways - Goodyear	602-633-2300	www.pathwaysaz.com
Silverado - Memory Care	480-447-7827	www.silverado.com
The Groves - Goodyear (PebbleCreek Parkway)	623-935-9058	www.merrillgardens.com
The Inn at Freedom Plaza - Peoria	623-207-9223	www.brookdale.com
The Woodmark - Sun City	623-583-7600	www.seniorlifestyle.com

SALON SERVICES FOR HOMEBOUND SENIORS

Judith Crow - Hair, nails and pedicures.	602-859-5083	
Gloria's Private Nail Salon- Gloria Stephens	623-399-0959	
Heavenly Soles, DPM- Mobile Podiatrist Toenails for Diabetics	623-584-0760	
Litchfield Barber Shop - Robert - Will come to your home.	623-535-0300	

SEAMSTRESSES (PebbleCreek only)

Datwyler, Kitty - PebbleCreek Resident	623-535-5274	
Ewest, Hope - PebbleCreek Resident	623-547-7642	
Goldhagen-Hinkel, Cora - PebbleCreek Resident	623-536-9733	

SECURITY HOME MONITOR SYSTEM

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

www.logi.com/circle

SHARE BEARS (PebbleCreek only)

A Kare Bears Program - For super seniors Contact Norma Klinger - weekly bingo for PC Seniors Eagle's Nest Ballroom 11:00am - Every Friday.	623-512-1338	www.karebears.org
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DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES****TELEPHONE****WEBSITE****SUPPORT: PROGRAMS/ PRODUCTS/ORGANIZATIONS*****ALCOHOL & SUBSTANCE ABUSE***

AA Serenity Group-(PebbleCreek Residents only)

480-249-3471

Al-Anon - Counseling Service

480-969-6144

ALZHEIMER'S DISEASE/DEMENTIA**(also see Medical Alert and Caregivers)**

Aging Care - Alzheimer's Care Guide. Free e-book download, newsletters, support, etc. Ask questions and get answers.

www.AgingCare.com

Alzheimer's Association

800-272-3900

www.alz.org

24 Hour Help Line/Info & Referral

Alzheimer's Association - Desert Southwest Chapter

602-528-0545

www.alz.org/dsw

Free publications and Information; Family Care Consultation, Safe Return/Medical Alert Program

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

Alzheimer's Association - Safety Center

Includes tips and resources

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

Alzheimer's/Dementia Caregiver Discussion Group

602-793-0299

(for PebbleCreek residents only)

Meets monthly - 3rd Saturday. Breakfast monthly - 1st Sat

Contact Teri Sellers for more information.

Alzheimer's/Dementia Webinars

www.screencast.com/t/kwaagMKHnhy

Click on "Download this Media" to view and hit "save".

Understanding different forms of Dementia; Effective Communication, Eating Strategies, Dementia and Caregiving, Strategies for tough issues, etc.

Alzheimer's Reading Room

www.alzheimersreadingroom.com

Short daily emails to help caregivers understand,

cope and communicate with persons having dementia.

DIRECTORY OF SERVICES FEBRUARY 2019

RESOURCES

TELEPHONE

WEBSITE

<p>Alzheimer's Store Products Products for comfort and security for all stages of dementia.</p>	<p>800-752-3238</p>	<p>www.alzstore.com</p>
<p>Banner Del E. Webb - Behavioral Health Care - Sage Inpatient care and Outpatient programs</p>	<p>623-524-4042</p>	
<p>Books- Kare Bears Library</p>	<p>623-536-1200</p>	
<p>Caregiver Families Tips, support and resources</p>		<p>www.caregiverfamilies.com</p>
<p>Caring Alzheimer's Newsletters</p>		<p>www.caring.com/newsletters</p>
<p>Daily Caring Newsletters - Caregiver tips</p>		<p>www.dailycaring.com</p>
<p>Haven Behavioral Hospital- Gero-Psychiatric Hospital, Phx. Psychiatric and Medical evaluations 1201 S. 7th Ave. Phoenix</p>	<p>623-236-2000</p>	<p>www.phoenix.havenbehavioral.com</p>
<p>Home Instead -Help for Alzheimer's Families Interactive e-learning course, Free family caregiver training, Alz/Dementia Guide, Symptoms and stages, Online chats with Alz experts, etc.</p>		<p>www.helpforalzheimersfamilies.com</p>
<p>Lewy Body Dementia Association Helpline</p>		<p>www.lbda.org</p>
<p>Mayo Clinic Alzheimer's Newsletter Go to website search for Mayo Clinic Alzheimer's</p>		<p>www.mayoclinic.org</p>
<p>National Institute on Aging Caring for a person with Alzheimer's Disease Easy-to-use guide - Understanding AD, Caring for a person with AD, Caring for yourself, When you need help, The medical side of AD, Coping with the last stages of AD. <u>Click on PDF file and view on the web.</u></p>		<p>www.nia.nih.gov/health/publication</p>
<p>OnLine Dementia Journal (Monthly newsletter and video) Articles for daily living and videos that demonstrate hands-on skills. Click on Resources and then on Online Dementia Journal.</p>		<p>www.teepasnow.com</p>
<p>Sun Health Community Wellness Memory Care Navigator, Support Groups for Caregivers</p>	<p>623-832-9300</p>	<p>www.sunhealth.org/memorycare</p>

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

Adaptive Clothing

Silvert's Specialty Clothing/Apparel for physically disabled.

800-387-7088

www.silverts.com

Buck & Buck

800-458-0600

www.buckandbuck.com

Arthritis Foundation

602-212-9900

www.arthritis.org***BLIND/VISUALLY IMPAIRED***

Arizona Braille/Talking Books

602-255-5578

www.azlibrary.gov/talkingbooks

Doctor's referral. Book players are provided. Free audio books, movies, magazines, and newspapers.

Arizona Center for the Blind and Visually Impaired

602-273-7411

www.acbvi.org

Social Recreation, Support Groups, Training & Education

Blind/Low Vision Support - Adaptive Aids

800-522-6294

www.maxiaids.com

En-Vision America

800-890-1180

Script Talk. Audible tag that reads prescription labels.

Ask your pharmacist and they can help you get started -Free.

Hadley - Low Vision Focus

855-830-5355

Free adaptive living audio recordings

Litchfield Park Library – Books on tape

602-652-3000

Low Vision Plus - Adaptive aids and in-home assistance

623-815-6787

www.lowvisionplus.com

LS & S - Products for visually impaired

800-468-4789

www.LSSproducts.com

Maxiaids

800-522-6294

www.Maxiaids.com

Products for blind, deaf, mobility, hard of hearing

RSA - Rehabilitation Services Administration

602-542-3332

www.azdes.gov

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.

State Services for the Blind

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!

DIRECTORY OF SERVICES FEBRUARY 2019

RESOURCES

<u>RESOURCES</u>	<u>TELEPHONE</u>	<u>WEBSITE</u>
Sun Sounds	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.		
U.S. Currency Reader Program - Free iBill Talking Banknote Identifier - keyfob	844-815-9388	www.bep.gov
Veteran's Referral Services for the Blind Visual Impairment Services Team Must be legally blind - Tom Hicks - Vist Coord. Ext. 7236 Support Groups & much more.	602-277-5551	
VFO Group Eye Palo - Freedom Scientific Instant reading device. Good for low vision and totally blind. Digital camera snapshot converts text-to-speech. Magnifier/Reader - Screen magnifications & screen reading.	727-803-8000	www.vfogroup.com
View Finders - Low vision adaptive aids 10001 W. Bell Road, Sun City	623-583-2800	www.viewfinderlowvision.com
VisionAware Getting started- for people new to vision loss		www.visionaware.org
<i>CANCER (also see Hospitals)</i>		
American Cancer Society Variety of services - <i>Cancer Help Line</i> <i>Road to Recovery</i> - Free transportation for treatment <i>Look Good, Feel Better</i> - Free class offering tips and free cosmetics for improving appearance while going through treatment. Gently used wigs and other products.	602-224-0524 800-227-2345	www.cancer.org
American Institute for Cancer Research	800-843-8114	www.aicr.org
Breast Cancer Discussion Group (PebbleCreek only) Facilitator - Rayma Scalzo January through May & September thorough December	623-935-1819	
Cancer Care Oncology social workers counsel cancer patients, caregivers, and loved ones over the phone; Online support groups for patients & caregivers; Education workshops, and more!	800-813-4673	www.cancercare.org

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

Cancer Hope Network

800-552-4366 www.cancerhopenetwork.org

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

Cancer Support Community

www.cancersupportcommunity.org

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

Caring Bridge

www.caringbridge.org

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

Colorectal Cancer Alliance Hotline

877-422-2030 www.ccalliance.org

Free online helpline patient support; Newsletter

Lymphedema Specialists

(Refer to information under Massage/Lymphedema Section)

National Cancer Institute

800-422-6237

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

www.cancer.gov/publications/patient-education

National Comprehensive Cancer Network

www.nccn.org

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

Us Too Prostate Cancer Support Group - Sun City West

www.ustoo.org

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

Specialty Products During/After Cancer Treatment*AZ Wig Company and Boutique*480-429-3778 www.arizonawigco.com

7074 E. 5th Ave, Scottsdale Tues-Sat; 10-5:30

Banner Lakes Imaging Center -Free- Brand new wigs

623-832-5682

10474 W. Thunderbird Blvd., Ste. 101, Sun City

Barbara's Mastectomy Boutique

602-234-9568

Botique and sometimes in home visits for post mastectomies.

Accepts all insurances- Call for appointment.

5350 N. 16th St. Ste. 101, Phoenix

DIRECTORY OF SERVICES FEBRUARY 2019

RESOURCES

TELEPHONE

WEBSITE

Bio Concepts

2424 E University Drive, Phoenix
Custom made pressure garments for lymphedema.

602-267-7854 www.bio-con.com

Cancer Treatment Centers of America – Goodyear
Accepts Medicare

623-207-3000 www.MyCTCA.com

Fine Fittings

18795 N Reems Rd, Shop G-113, Surprise
Wigs & Mastectomy prosthetics

623-214-3324 www.finefittings.org

Hanger Clinic (prosthetics & orthotics)

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

623-535-1919

Tina's Treasures

Breast prosthetics, post surgery camisoles,
Lymphedema products, hats, scarves, hair pieces, etc.
10460 N. 92nd St. Suite 100, Scottsdale

480-323-1990

"TLC" Tender Loving Care - Online

Mastectomy products, wigs, head covers, camisoles, etc.

800-850-9445 www.tlcdirect.org

CAREGIVERS (also see Home Modification, Rehab, Respite, & Home Health Non-Medical Care and Alzheimers Section)

Alzheimer's /Dementia Caregiver Support Group
Teri Sellers (PebbleCreek only)

602-793-0299

Caregiver's Resource Library - Download FREE!

www.agingcare.com/ebook/library?utm_source

Guide for veterans benefits, Caring with someone with Alz,
Caregiver's survival guide, How to find & manage home care.

Caregiver Stress

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

www.CaregiverStress.com

Foundation for Senior Living - Caregiver training
Visit Caregiver House - ideas for home modification.

602-285-1800 www.fsl.org

HomeCare

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

888-510-3722

DIRECTORY OF SERVICES FEBRUARY 2019

RESOURCES

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

TELEPHONE

WEBSITE

DEAF/HEARING IMPAIRED

Ascent Audiology, Surprise and Glendale offices
Also provides *mobile* visits for homebound.

623-745-0828 www.ascentaudiologyglendale.com

CaptionCall (Funded by the FCC)
Phone streams what the person on the phone is saying.
Free delivery, installation, phone and ongoing service.

877-557-2227 www.captioncallphone.com

Commission for Deaf or Hard of Hearing

602-542-3323 www.acdhh.org

Costco

623-907-5663

www.costco.com/hearing-aid-center.html

RSA - Rehabilitation Services Administration
Arizona Resource Directory for persons who have vision,
hearing or combined hearing and vision loss. For print, audio,
Braille or electronic copies call this number.

602-542-3332

Sound Point Hearing Center, Goodyear
Hearing aids & audiology

623-214-6062 www.soundpointgoodyear.com

DIABETES (also see Wound Clinics)

American Diabetes Association

602-861-4731 www.diabetes.org

DISABLED/HANDICAPPED

(also see Home Modification and Handicapped Vehicles)

Ability 360
Programs/services for people with disabilities

602-256-2245

Arizona Center for Disability Law

602-274-6287 www.azdisabilitylaw.org

Specialty Products for Easier Dressing

Buck and Buck

800-458-0600 www.buckandbuck.com

Silvert's Specialty Clothing for physically disabled.

www.silverts.com

ELDER ABUSE

Adult Protective Services Hotline
www.Azdes.gov/reportadultabuse
Can report online.

877-767-2385

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

Area Agency on Aging - Senior hotline

602-264-4357 www.aaaphx.org

Ombudsman- Resolves issues that affect quality of life issues for residents in assisted living/nursing facilities.

GRIEF MANAGEMENT (also see Pastoral Support)

Divorce Care Group

www.divorcecare.org

Structured grief support from a Christian prospective. DVD's, workbook, and discussion.

Use website and put in zipcode for nearby locations.

GriefShare

www.griefshare.org

Structured grief support from a Christian prospective. DVD's, workbook, and discussion.

Use website and put in zip code for nearby locations.

Grief Support - One on one

307-637-3554

Karen Sapp (PC resident) ksapp1211@yahoo.com

Krysstine Gubser-Hislop, PHD (PC resident)

970-623-5527 www.drkrysstine.com

The Grief Recovery Specialist- all kinds of grief support

E-book download available from website.

Private and group support -see website for cost.

Online grief support group

www.griefhealingdiscussiongroups.co

Monitored by a grief counselor

HEART/STROKE

American Heart Association & American Stroke Association

602-414-5353 www.heart.org

American Stroke Association

800-787-6537 www.stroke.org

Stroke Support Groups, e-newsletters, etc. FREE

Specialty Products -Adaptive Clothing

Adaptive Clothing Silvert's Specialty

www.silverts.com

Buck and Buck

800-458-0600 www.buckandbuck.com

KIDNEY

National Kidney Foundation of Arizona

602-840-1644 www.azkidney.org

LUNG

American Lung Association

602-258-7505 www.lung.org

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

Banner Del W. Webb Behavioral Health Center
Inpatient

623-524-4042

Crisis Hotline (Maricopa County)

602-222-9444

Haven Behavioral Hospital-Gero-Psychiatric Hospital - Phx.
Psychiatric and medical evaluations

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

Marc Community Resources
Information Resource Coordinator
will help locate support groups, etc.

480-994-4407 www.mentalhealthaz.org

Mercy Care RBHA

800-564-5465 www.mercycareaz.org

National Alliance on Mental Illness

www.nami.org***MULTIPLE SCLEROSIS***

National Multiple Sclerosis Society

800-344-4867 www.nationalmssociety.org***PARKINSON'S DISEASE***

Muhammad Ali Parkinson Center
Dignity Health- St. Joseph's Hospital
Therapy ,outreach and variety of classes.
240 W. Thomas Rd, Ste 301 Phoenix

602-406-4931 www.barrowneuro.org

Parkinson's Support Groups

602-406-4921

Contact Kris Watts

Christ Evangelical Church - 918 S. Litchfield Rd.

For caregivers only - 2nd Thursday - 9:45-10:45

PebbleCreek Parkinson's Discussion Group

360-966-6873

Charlotte Sessoms - artlotte@gmail.com

TRANSPORTATION SERVICES

ABS Sun City Express Airport Transportation

623-933-9300

American Cancer Society - Road to Recovery

800-227-2345

FREE transportation for cancer medical treatment.

Must be able to walk unassisted or have caregiver help.

Foldable wheelchairs only.

(Four business days notice required)

DIRECTORY OF SERVICES FEBRUARY 2019

<u>RESOURCES</u>	<u>TELEPHONE</u>	<u>WEBSITE</u>
Cleland, Rosanne (PebbleCreek only) Airport	586-557-2065	
Crisis Hotline (Maricopa County) Rides for detox - No Charge	602-222-9444	
Desert Princess Carriage Service Van - Foldable Wheelchairs only; rate is per trip.	602-300-7076	
Envoy America Driving companion can stay with you if requested.	602-687-6345	www.envoyamerica.com
Fenoglio, Tom (PebbleCreek only) Airport only	618-616-5398	
Garibay's Medical Transport Wheelchair and stretcher accessible. 24 hour notice	623-478-2054	
Glenz, Xiu (Sho) (PebbleCreek only) Miscellaneous transportation including airport trips.	623-760-6260	
Heck, Barbie (PebbleCreek only) Airport transportation	785-393-0059	
Isadore, Howard (PebbleCreek only) Miscellaneous transportation- Airport and more!	949-637-7072	
Jones, Michael (PebbleCreek only) Airport transportation	208-412-7691	
Kare Bears Transportation - FREE (PebbleCreek only) For medically related appointments Requires 48 hours notice.	623-536-1200	
Lupo, Joe (PebbleCreek only) Airport transportation	623-755-8147	
Lyft Affordable ride in minutes -Airport transportation		www.lyft.com
Marveless Airport Transportation Licensed, Bonded and Insured	602-438-0808 920-418-5818	
Nesline, Christine (PebbleCreek only) Airport transportation	301-466-5575	
O'Brien, Maureen (PebbleCreek only) Airport transportation	619-559-6384	

DIRECTORY OF SERVICES FEBRUARY 2019

<u>RESOURCES</u>	<u>TELEPHONE</u>	<u>WEBSITE</u>
Pappas, Cliff (PebbleCreek only) Miscellaneous transportation Money collected is donated to New Life Center	602-770-2462	
Peters, Paulette - Airport transportation	623-810-8665	
Roemer, Herb (PebbleCreek only) Miscellaneous transportation, airport, errands, etc.	623-433-8512	
Super Shuttle Airport Transportation Rates dependent on pick up and drop off addresses. Wheelchair accessible (SUVs) 24 hour notice	602-244-9000	www.supershuttle.com
Total Ride \$10 charge for electric wheelchair if needed- 24 hour notice.	602-200-2000	
Uber Cashless and convenient taxi without hassle.		www.uber.com
Valley Metro Transit Bus Information	602-253-5000	
Wheels in Motion (PebbleCreek only) Airport Transportation Jim Williams -jslja@q.com	602-403-0094	
<u>URGENT CARE CENTERS</u>		
Alliance Urgent Care 15530 W. Roosevelt St. Ste. D101, Goodyear <i>Check-In online</i>	623-742-2300	www.allianceurgentcare.com
Banner Urgent Care 3328 N. Litchfield Rd. (By Safeway in Goodyear) <i>Check-in online</i>	623-465-6300	www.bannerurgentcare.com
FastMed Urgent Care 1507 N Litchfield Road, Suite 200, Goodyear <i>Check-in online</i>	623-215-0040	www.fastmed.com
Med Post Urgent Care 13840 W. Camelback Rd. Ste. 10, Litchfield Park <i>Check-in online</i>	928-323-8112	www.medpost.com

DIRECTORY OF SERVICES FEBRUARY 2019**RESOURCES**

Next Care Urgent Care
13075 W McDowell Rd, Suite D 106, Avondale.
Check-in online

<u>TELEPHONE</u>	<u>WEBSITE</u>
623-547-0522	www.nextcare.com

WOUND CARE CLINICS

Abrazo Wound Clinic
13677 W. McDowell Rd.

623-882-1740

Banner Health Wound Institute
1012 E. Willetta Street, Phx

602-839-6040

Banner Thunderbird Wound Clinic -Outpatient
5555 W. Thunderbird Rd. Glendale, AZ

602-865-2230 www.bannerhealth.com

Elite Home Health Services
Wound Care and Ostomy Experts

602-626-8462 www.elitehhs.com