



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

DISCLAIMER

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

IMPORTANT

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

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

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

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DIRECTORY OF SERVICES March 2018**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

623-333-2401 www.avondale.org

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

855-888-2908 www.optumcare.com

Tolleson Senior Center

623-936-2760

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 March 2018**RESOURCES****TELEPHONE****WEBSITE****BLOOD PRESSURE (PebbleCreek only)**

PebbleCreek Nurses Club

Louise Fils May-Oct

623-935-9515

Elaine Berg Nov-April

623-536-6816

1:30 to 3:30 every Thursday, Nov through May
and on the last Thursday of the month from June thru Oct.

Activities office- Room 100

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 Speciality Clothing

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

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

www.211arizona.org

Connected to available health and human services.

Benevilla

623-584-4999 www.benevilla.org

Offers a wide variety of resources.

Find Health.org

www.findhealth.org

Health insurance plans and information

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 Dest for small charge.

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE****WEBSITE**

YANA - You Are Not Alone
Program provided by the City of Goodyear Police

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

**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 Maricopa Integrative Care Mental Illness

800-564-5465

National Alliance on Mental Illness (NAMI)

703-600-1107 www.nami.org

CREDIT REPORTING

Equifax

800-685-1111

Experian

888-397-3742

Transunion

800-888-4213

DENTAL SERVICE/INFORMATION/REFERRALS/HOUSE CALLS

Arizona Dental Association

480-344-5777 www.azda.org

Dental Referrals

Arizona State Board of Dental Examiners
Checks background, complaints, board actions.
Licenses individuals who provide dental services.

602-242-1492 www.dentalboard.az.gov

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

Goodwill

602-535-4287

15433 W. McDowell Rd., Goodyear

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

623-925-0965

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE WEBSITE**

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 www.arizona.salvationarmy.org

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

623-932-1016

DRY CLEANING - Mobile

Home Express Dry Cleaning - 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.johnsonstatelaw.com

Rita Daninger - Elder Law Attorney

623-815-8069 www.attorneydaninger.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.

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

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

623-584-4999 www.Benevilla.org

Ecklund, Robbin (former PebbleCreek resident)

602-448-6742

Pappas, Cliff (PebbleCreek resident)

623-535-5674

Money collected for service is donated to New Life Center.

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE****WEBSITE**

Roemer, Herb (PebbleCreek resident)

623-433-8512

ESTATE AND FINANCIAL PLANNING**(also see Elder Law)**

Dana Law Group

623-972-2388 www.danalawgroup.com

King Enterprises 2000 LLC (Bobby King)

623-935-5101 www.whataboutitbob.com

Johnson, Laura

623-505-3903 www.johnsonestatelaw.com

Mahoney Law Office - Jennifer Mahoney - Estate planning

623-518-3513 www.mahoneylawoffice.net**FLOWERS**

Thompson's Flower Shop

406 N. Litchfield Rd. Ste 212, Goodyear

Flowers for all occasions

623-932-0531 www.thompsonsflowershop.com**FUNERAL HOMES/CEMETERIES**

Buckeye Funeral Home

623-386-4812

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

Sunland Memorial Park Cemetery and Mortuary

15826 Del Webb Blvd, Sun City

623-933-0161

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE****WEBSITE**

Sunwest Funeral Home and Cemetery
12525 N.W. Grand Ave, El Mirage

623-974-2054 www.heritagefuneralchapels.com

Simply Cremation and Funeral Arrangements
16952 W. Bell Rd. Ste 303, Surprise

623-975-9393 www.simplycremationaz.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

Mobile Golf Cart Repair - Rubin Matos
The Battery Guy - Brett

623-332-1420

602-663-5870

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, 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/seniors/mfcu.html

AG Office of Victims Services

602-542-4911 www.azag.gov/victim-Services

DIRECTORY OF SERVICES March 2018

<u>RESOURCES</u>	<u>TELEPHONE</u>	<u>WEBSITE</u>
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	602-542-9935	
Arizona Department of Health Services Searchable database containing information about facilities/providers.	602-364-2536	www.azdhs.gov
Arizona Department of Insurance	602-364-2499	www.insurance.az.gov
Arizona Department of Motor Vehicles Report unsafe drivers, download forms & publications. Driver Condition/Behavior Report - Form 96-0469	602-771-2460	www.azdot.gov
Arizona Department of Financial Institutions	602-255-4421	www.azdfi.gov
Arizona Department of Veteran Affairs	800-827-1000	www.va.gov
Arizona Medical Board Physician info/medical background/complaints.	480-551-2700	www.azmd.gov
Arizona Registrar of Contractors	602-542-1525	www.azroc.gov
Arizona Secretary of State Advance Directive Registry Electronically store and access your medical directives.	602-542-6187	www.azsos.gov
Arizona State Board of Dental Examiners Background, complaints, board actions, etc. Licenses individuals who provide dental services.	602-242-1492	www.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

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE WEBSITE**

Governor's Advisory Council on Aging

602-542-4710

Social Security Administration

800-772-1213 www.socialsecurity.gov**GROCERY SERVICE**

Benevilla

623-584-4999 www.Benevilla.org

Weekly grocery shopping for those not able to shop for themselves. No charge - Pre-registration prior to service.

Frys - Camelback & Litchfield

623-334-7735 www.frysfood.com/clicklist

Online shopping, bagged and ready for pickup.

Safeway - Delivery for a cost (cost varies)

623-935-3228 www.safeway.com

Online shopping

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

Performance Mobility - Auto adaptation for handicap use

602-275 3325 www.performancemobility.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 Non-Medical 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

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE WEBSITE**

Geriatric Resources Crystal Littlejohn - Care Management	623-776-3098	www.geriatricresourcesaz.com
Way Point Senior Care and Consulting	602-354-9094	www.waypointsc.com
With Love, Jeannean, LLC Geriatric Care Manager, Licensed Fiduciary	602-769-6843	

HOME HEALTH MEDICAL CARE

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

Arizona Palliative Home Health Care A Hospice of the Valley Agency (Pre-hospice) Scheduled Visits	602-287-7050	
Banner Home Care Skilled Nursing and Therapy	480-657-1000	www.bannerhealth.com
Bayada Home Health Care Skilled Nursing and Therapy - Scheduled Visits	623-979-5266	www.bayada.com
Firstat Home Health Medical and Non-Medical care	602-279-0000	
Heritage Home Services Wide range of private services from homemaker, hospital, sitters, aides, LPN and physical therapists. Accept all LTC insurance plans and private pay.	602-745-2900	
KC's Home HealthCare Skilled Nursing - Therapy - Short time	602-283-4089	www.kcshomehealthcare.com
Kindred at Home Skilled Nursing and Therapy	602-279-9898	www.kindredathome.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
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DIRECTORY OF SERVICES March 2018

<u>RESOURCES</u>	<u>TELEPHONE</u>	<u>WEBSITE</u>
Blessings! For Seniors	623-594-0819	www.blessingsforseniors.com
Care from the Heart	623-875-4440	www.carefromtheheartaz.com
Caring Visits and Caregiving Carol Smail, PebbleCreek resident Patient Advocate, Companionship, Individualized Attention	602-510-1600	
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
Family Home Care	602-867-9786	www.familyinhomecare.com
Firstat Home Health	602-279-0000	
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.	623-748-3301	www.goldenheartaz.com
Good Neighbor Support Services	623-932-4878	www.gncares.com
Home Instead Senior Care	602-588-7725	www.homeinstead.com
Legacy Home Care	480-777-0070	www.Legacyhomecare.net
Nightingale Home Care	602-504-1555	www.ngcare.com
Right at Home	623-547-0700	www.Rahwest.com
Sun Cities Caregivers	623-974-2397	www.Sccaregivers.com
Synergy Homecare	623-875-7100	www.Synergyhomecare.com

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE****WEBSITE**

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

623-207-9391 www.touchinghearts.com/azvalley

Visiting Angels

623-266-9304 www.visitingangels.com

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!

Suttles, Rodney

623-628-3182

Lock Smith

Younger, Marlin

623-229-7811

Power washes patios, patio furniture, garage floors, driveways

HOME MAINTENANCE (Non-PebbleCreek)

Apex Window Cleaning

623-498-7589 www.apexwindowcleaningaz.com

Doug McNelley

Benevilla

623-584-4999 www.Benevilla.org

Help for minor repairs such as changing light bulbs,
 filters, etc. for homebound or disabled. No charge.

Pre-registration prior to receiving services.

Burnanglag, Ryan

623-986-1991

Smoke detectors, drywall, plumbing, ceiling fans, tile & more

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE WEBSITE**

Clean Rite Window Service 623-932-0072

Greg The Glassman 623-694-2347
Glass/Door Repair, Window Replacement, etc.

Jamie Cid - Window Washing/Screens 602-435-0032

Top Notch Window Cleaning (Josh Barlow) 623-670-3639
Also does pigeon proofing & screens.

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.

Grab Bars 602-509-2678 www.grabbarsnow.com
Free home evaluation. Medical equipment & installation

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

Good Neighbors Home Watch, LLC (Pebblecreek only) 406-853-8341
Leslie Henson Email: info@goodneighborshw.com
Accredited member of National Home Watch Association

Shaw, Craig (PebbleCreek only) 734-250-2249

HOSPICE

Banner Hospice 480-657-1100 www.bannerhealth.com

Compassus Hospice 602-749-5900 www.compassus.com

Hospice of the Valley 602-530-6920 www.hov.org

Hospice of the West 602-343-6422 www.hospicewestaz.com

Serenity Hospice 602-216-2273 www.serenityhospiceaz.com

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE****WEBSITE**

The Crossing Hospice and Palliative Care

602-216-6005 www.themaaz.com**HOSPITALS**

Abrazo Arrowhead Hospital

623-561-1000 www.abrazohealth.com18701 N. 67th Ave, Glendale*ER online check- in ; Wait at home.*

Abrazo Maryvale Hospital Medical Center

623-848-5000 www.abrazohealth.com

5102 W. Campbell Ave, Phoenix

*ER online check- in ; Wait at home.*Abrazo Central Campus - *ER online check-in; Wait at home.*602-249-0212 www.abrazohealth.com

2000 W. Bethany Home Rd, Phoenix

Abrazo West Campus (West Valley Hospital)

623-882-1500 www.abrazohealth.com

13677 W. McDowell, Goodyear

ER online check-in; Wait at home.

Banner Boswell Medical Center

623-832-4000 www.bannerhealth.com

10401 W. Thunderbird Blvd, Sun City

Banner Del E. Webb Medical Center

623-524-4000 www.bannerhealth.com

14502 W. Meeker Blvd, Sun City

Banner Estrella Medical Center

623-327-4000 www.bannerhealth.com

9201 W. Thomas Rd, Phoenix

Banner MD Anderson Cancer Center

480-256-6444 www.bannerhealth.com

2946 E. Banner Gateway Dr, Gilbert

Hospital specializing in cancer

Banner Thunderbird Medical Center

602-588-5555 www.bannerhealth.com

5555 W. Thunderbird, Glendale

Banner University Medical Center

602-239-2000 www.bannerhealth.com

1111 E. McDowell Rd, Phoenix

Cancer Treatment Centers of America

623-207-3000 www.myCTCA.com

A specialized cancer hospital in Goodyear

Copper Springs Behavioral Health Hospital -Avondale

480-565-3035 www.copperspringshealth.com

Inpatient & Outpatient Drug & Alcohol Addiction Treatment

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE WEBSITE**

Dignity Health - Arizona Central Emergency Room
251 N. Estrella Parkway - Goodyear

623-322-6900 www.azgeneraler.com

Haven Senior Horizons, Phoenix
Gero-Psychiatric Hospital

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 www.mihs.org
602-344-5411

Mayo Clinic Hospital
5777 E. Mayo Blvd, Phoenix

480-515-6296 www.mayoclinic.org

St. Joseph's Hospital & Medical Ctr, Dignity Health
Emergency Room:
ER online check-in: Wait at home.
350 W.Thomas Rd, Phoenix

602-406-3000 www.dignityhealth.org
602-406-3361
www.dignityhealth.org/InQuicker/az

St. Joseph's Westgate Med Ctr, Dignity Health
Emergency Room:
ER online check-in ; Wait at home.
7300 N. 99th Ave, Glendale

602-406-0000 www.dignityhealth.org
602-406-0100
www.dignityhealth.org/InQuicker/az

St. Lukes Medical Center
Emergency Room:
1800 E. Van Buren, Phoenix

602-251-8100 www.stlukesmedcenter.com
602-251-8183

HOUSING CONSULTANTS /REFERRALS

(also see Housing for Seniors)

Call-Jackie Senior Living Options (Jackie Wargo)

602-826-8893 www.call-jackie.com

Elder OP Senior Living Advisors

623-566-3578 www.elderop.com

Elderly Care Options - Sonya Vance

602-944-2181

Geriatric Resources Care Management
Crystal Littlejohn

623-776-3098 www.geriatricresourcesaz.com

DIRECTORY OF SERVICES March 2018**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 - Tammy Crutcher

602-501-8143 www.optionsforseniorliving.com

WayPoint Senior Care and Consulting
Placement for Independent Living, Assisted Living, Memory
Care or a Residential Care Home

602-354-9094 www.waypointseniorcare.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

IDENTITY THEFT

FTC Identity Theft Hotline

877-438-4338

Identity Theft/Consumer Info.
US Government Website

www.consumer.ftc.gov

LifeLock

800-416-0599 www.lifelock.com

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE****WEBSITE**

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

623-535-4805 www.sonoraquest.com

13657 W. McDowell Rd, Ste.100, Goodyear

9305 W. Thomas Rd Ste 300, Phoenix

*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 Outpatient Therapy

602-521-3060

Lymphedema care for arms only

Banner Thunderbird Rehabilitation Services

602-865-5830

Lymphedema Care

Health South - Scottsdale

480-551-5454

Dr. Andrea Brennan - Certified Lymphedema Therapist

PebbleCreek Massage Therapists

Dartt, Tina

602-717-9975

Lo, Selina

623-907-3989

Williams, Lan-Ing

623-206-7640

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE****WEBSITE**

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

623-889-0411

The Personal Touch Massage LLC (Mobile)
ReNay Bojorquez \$45 an hour
Phillip Morin - Deep tissue and athletic massage
\$50 an hour for deep tissue.

602-206-8303

623-810-1920

MEALS**(also see Grocery Services)**

Abrazo Healthy Meals to Go - West Valley Hospital
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

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.

623-594-9588 www.mealsofjoy.org

Schwans
Easy to prepare meals - Delivery to your door.

888-724-9267 www.Schwans.com

St. Mary's Westside Food Bank
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 30 restaurant menus.
Food delivery & catering too.

623-414-3378 www.youbuyandwefly.com**MEDICAL ALERT SERVICES/PRODUCTS****(also see Emergency Response)**

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

www.medicalert.org/safereturn

Bay Alarm Medical

877-522-9633 www.bayalarmmedical.com

DIRECTORY OF SERVICES March 2018**RESOURCES**

	<u>TELEPHONE</u>	<u>WEBSITE</u>
Great Call Uses GPS for nationwide coverage.	800-650-4240	www.greatcall.com
Life Alert 3 year contract; GPS, fall detection, etc.	800-852-3081	www.lifealerthelp.com
Medical Alert Fall detection; Use anywhere; no long term contracts	800-803-4700	www.medicalalert.com
Medical Alert Foundation MedicAlert ID Pendants, sports bands, shoe tags, and bracelets. 24/7 Emergency Response; Safe Return	800-432-5378	www.medicalert.org
Medical Care Alert Home, Home & Yard, GPS - Home or Away, Fall protection.	855-272-1010	www.medicalcarealert.com
Medical Guardian	800-668-9200	www.medicalguardian.com
Philips Life Line 3 levels, no contract, fall protection, GPS, etc.	855-633-6528	www.lifeline.philips.com
Radiant Mobile GPS Safety Watch Pinpoint location of wearer	877-980-4477	www.adiantmobile.com
The Electronic Caregiver Available: Inactivity sensor, medication reminders, physician on demand, Wellness card, Health Care Advocate plus normal medical alert services.	855-305-5104	www.electroniccaregiver.com

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

Alzheimer's Association - Materials and books		www.alz.org/dsw
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. <i>To download guide ...</i> Click on website, scroll down right side and click on Elder Resource Guide. Request personal copy from Area Agency on Aging.	602-264-4357	www.aaaphx.org/caring-for-someone

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE****WEBSITE**

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 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 Health Education Programs "Live Well" newspaper too!	623-207-1703	www.sunhealthwellbeing.org
Top Doc Magazine (PebbleCreek residents only) Available at the Kare Bears House for review. Selected by peers.		
Web Health Description of Surgical Procedures/Animations		www.yoursurgery.com
<u>MEDICAL SUPPLIES/MOBILITY AIDS/PROPER USE OF EQUIP/ TIPS AND ADVICE</u>		
(also see Medical Alert Systems/Products and Handicapped Vehicles)		
Active Forever Medical Supplies - online only	623-215-8470	www.activeforever.com
American Academy of Orthopedic Surgeons Provides information on how to use Crutches/Canes/ Walkers www.orthoinfo.aaos.org/topic.cfm?topic=a00181		

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE WEBSITE**

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	800-549-0095	www.epill.com
Grab Bars Now Medical Equipment/installation - Free home evaluation	602-509-2678	www.grabbarsnow.com
Home Again Medical Supplies - Glendale Oxygen, wheelChairs, lift chairs, etc.	602-272-0707	www.home-again-medical.com
Kare Bears (PebbleCreek only) NO CHARGE! Loans wheelchairs, walkers, crutches, canes, etc.	623-536-1200	www.karebears.org
Medisure Inc. - Phoenix Medical equipment	623-935-1221	www.medassureinc.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
<u>MEDICARE/MEDICAID</u>		
Area Agency on Aging Benefits Assistance Program A free health benefits counseling service for Medicare beneficiaries, their families, or caregivers.	602-280-1059	www.azdes.gov/daas/ship
Arizona Access Administration	602-417-7000	www.healthEarizonaplus.org
US Government General Medicare information	800-633-4227	www.medicare.gov
Valley of the Sun Medicaid Planning - Patricia Barraza	623-329-9369	www.vosmedicaidplanning.com

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE****WEBSITE****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

Mobile Notary Services

Betty Evans - blevans1001@gmail.com , PC resident.

602-819-8016

NURSE ADVICE LINE (Tricare only)

800-874-2273

24 hours a day.

NUTRITIONConsumer Lab -Reviews of 1,000 different products
rate and compare products and offer 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 (PebbleCreek only)

PebbleCreek Homeowner's Association

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

Jim Ellison - President

623-935-6651 www.pcpets.org[Email: arizviking@hotmail.com](mailto:arizviking@hotmail.com)

602-679-4958

Contact for stray animals, injured wildlife and donations.

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

veterinary hospitals, mobile veterinarians, groomers, etc.

View site for list of PebbleCreek pet sitters.

DIRECTORY OF SERVICES March 2018**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

623-584-4999 www.Benevilla.org

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

YANA - You Are Not Alone

623-882-7481

City of Goodyear Elder Safety Program
Provides regular phone calls and home visits.

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

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

623-547-4739 www.foothillsrehab.com

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

623-935-5505 www.pptsonline.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 www.whitetankspt.com

PHYSICIAN INFORMATION/REFERRAL/HOUSE CALLS

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

480-551-2700 www.azmd.gov

Heavenly Soles, PLLC - Mobile Podiatrist for homebound

623-584-0760

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE****WEBSITE**

JB House Calls & Primary Care, LLC
 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

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

Burnanglag, Ryan
 Pick up and delivery plus installation if applicable.

623-986-1991

Two Men and a Pickup - Serving PC since 2007
 Will pick up and deliver items to your home, etc.
 Robert & Daniel Kampe - robertkampe22@yahoo.com

480-662-0768

815-351-3273

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

RADIOLOGY

Simon Med Imaging
 10815 W. McDowell Rd, Ste 102, Avondale
 13657 W. McDowell Rd, Ste 111, Goodyear

www.simonmed.com

623-433-0121

623-302-7930

Valley Radiologist, LTD
 13555 W McDowell Rd, Ste 106, Goodyear

623-847-2000 www.valleyradiologists.com**REHABILITATION****(also see Adult Day Care Programs and Caregiver support)**

Freedom Plaza Care Center - Peoria

480-787-2971 www.brookdale.com

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE WEBSITE**

Genesis Estrella - Avondale	623-932-2282	www.genesishcc.com
Grandview Health & Rehab - Sun City	623-975-8014	www.grandviewliving.org
La Loma Care Center/Rehab - Litchfield Park	623-537-7401	www.sunhealthseniorliving.org
Palm Valley Rehab & Care Center - Goodyear	623-536-9911	
Sante' of Surprise Transitional Rehabilitation Center Near Banner Del Webb Hospital	623-377-9698	www.santesurprise.com

RELAXATION /MEDITATION

Gillian Driscoll - gillian@gilliandriscoll.com (PC resident) Reiki energy balancing too!	303-548-2108	www.gilliandriscoll.com
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RESPITE CARE

Genesis Estrella-Avondale	623-932-2282	www.genesishcc.com
La Loma Care Center- Litchfield	623-537-7401	www.sunhealthseniorliving.org
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	

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE****WEBSITE****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

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

AA Support Group-(PebbleCreek Residents only)
Ken D.

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
24 Hour Help Line/Info & Referral

800-272-3900 www.alz.org

Alzheimer's Association - Desert Southwest Chapter
Free publications and Information; Family Care Consultation,
Safe Return/Medical Alert Program

602-528-0545 www.alz.org/dsw

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/safetycenter

Alzheimer's/Dementia Caregiver Discussion Group
(for PebbleCreek residents only)
Meets monthly - 3rd Saturday. Breakfast monthly - 1st Sat
Contact Teri Sellers for more information.

602-793-0299

DIRECTORY OF SERVICES March 2018

RESOURCES**TELEPHONE****WEBSITE**

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

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

www.alzheimersreadingroom.com

Alzheimer's Store Products

Products for comfort and security for all stages of dementia.

800-752-3238

www.alzstore.com

Arizona Caregiver Coalition - *Respite Vouchers*

Reimbursement program for respite services you secure on your own. \$12 an hour up to \$300 for 90 days.

Renewable for 90 more days. Total of \$600 annually.

Also a Resource Line for support groups and events.

888-737-7494

www.azcaregiver.org

Banner Alzheimer's Institute (BAI)

Online education, Caregiver classes/support

Dementia Dialogue Webinars Series

BAI Beacon Monthly Newsletter

602-839-6900

www.banneralz.org

602-839-6850

Banner Del E. Webb - Behavioral Health Care - Sage

Inpatient care and Outpatient programs

623-524-4042

Books- Kare Bears Library

623-536-1200

Caregiver Families

Tips, support and resources

www.caregiverfamilies.com

CarePro Workshops

Free workshops designed for caregivers

602-528-0545

www.alz.org

Caring Alzheimer's Newsletters

www.caring.com/newsletters

Daily Caring Newsletters - Caregiver tips

www.dailycaring.com

Haven Senior Horizons - Gero-Psychiatric Hospital, Phoenix

Psychiatric and Medical evaluations

623-236-2000

www.phoenix.havenbehavioral.com

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE****WEBSITE**

<p>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>	888-734-8645	www.helpforalzheimersfamilies.com
<p>Lewy Body Dementia Association Helpline</p>		www.lbda.org
<p>Mayo Clinic Alzheimer's Newsletter Go to website search for Mayo Clinic Alzheimer's</p>		www.mayoclinic.org
<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>		www.nia.nih.gov/health/publication
<p>OnLine Dementia Journal (Monthly newsletter and video) Articles for daily living and videos that demonstrate hands-on skills. <u>Click on Resources and then on Online Dementia Journal.</u></p>		www.teepasnow.com
<p>Sun Health Community Wellness Memory Care Navigator, Support Groups for Caregivers</p>	623-832-9300	www.sunhealth.org/memorycare
<i>ARTHRITIS</i>		
<p>Adaptive Clothing Silvert's Specialty Clothing/Apparel for physically disabled. Buck & Buck</p>	800-387-7088	www.silverts.com
	800-458-0600	www.buckandbuck.com
<p>Arthritis Foundation</p>	602-212-9900	www.arthritis.org
<i>BLIND/VISUALLY IMPAIRED</i>		
<p>Arizona Braille/Talking Books Doctor's referral. Book players are provided. Free audio books, movies, magazines, and newspapers.</p>	602-255-5578	www.azlibrary.gov/talkingbooks www.lib.az.us
<p>Arizona Center for the Blind and Visually Impaired Social Recreation, Support Groups, Training & Education</p>	602-273-7411	www.acbvi.org
<p>Arizona Council for the Blind</p>	602-273-1510	
<p>Blind/Low Vision Support - Adaptive Aids</p>	800-522-6294	www.maxiaids.com

DIRECTORY OF SERVICES March 2018

<u>RESOURCES</u>	<u>TELEPHONE</u>	<u>WEBSITE</u>
En-Vision America Script Talk. Audible tag that reads prescription labels. Ask your pharmacist and they can help you get started -Free.	800-890-1180	
Hadley - Low Vision Focus Free adaptive living audio recordings	855-830-5355	
Litchfield Park Library – Books on tape	602-652-3000	
Low Vision Plus - Adaptive aids	623-815-6787	www.lowvisionplus.com
LS & S - Products for visually impaired	800-468-4789	www.LSSproducts.com
Maxiaids Products for blind, deaf, mobility, hard of hearing	800-522-6294	www.Maxiaids.com
RSA - Rehabilitation Services Administration Arizona Resource Directory for persons who have vision, hearing or combined hearing and vision loss. For print, audio, Braille or electronic copies call this number.	602-542-3332	
State Services for the Blind - Extension "0" Will send a wealth of information upon request. Human Guide Techniques A guide for persons with blindness or vision impairment. Services for persons who are blind and much more!	602-266-9286	https://eyeknow.az.gov
Sun Sounds Reading Thru Radio. Audio version of newspapers, magazines, and books read out loud. Radios are loaned out at no charge .	480-774-8300	www.sunsounds.org
U.S. Currency Reader Program - Free iBill Talking Banknote Identifier - 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	

DIRECTORY OF SERVICES March 2018**RESOURCES**

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.

View Finders - Low vision adaptive aids

10001 W. Bell Road, Sun City

VisionAware

Getting started- for people new to vision loss

CANCER (also see Hospitals)

American Cancer Society

Variety of services - *Cancer Help Line*Road to Recovery - Free transportation for treatmentLook Good, Feel Better - Free class offering tips and free cosmetics for improving appearance while going through treatment. Gently used wigs and other products.

American Institute for Cancer Research

Breast Cancer Discussion Group (PebbleCreek only)

Facilitator - Rayma Scalzo

January through May & September thorough December

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!

Cancer Hope Network

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

Colon Cancer Alliance

Free online helpline patient support; Newsletter

Lymphedema Specialists

(Refer to information under Massage/Lymphedema Section)

TELEPHONE**WEBSITE**

727-803-8000

www.vfogroup.com

623-583-2800

www.viewfinderlowvision.comwww.visionaware.org

602-224-0524

www.cancer.org

800-227-2345

800-843-8114

www.aicr.org

623-935-1819

800-813-4673

www.cancercare.org

800-552-4366

www.cancerhopenetwork.org

877-422-2030

www.myccasupport.org

DIRECTORY OF SERVICES March 2018

RESOURCES**TELEPHONE****WEBSITE**

National Cancer Institute

800-422-6237

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

www.cancer.gov/publications/patient-education

National Comprehensive Cancer Network

www.nccn.org

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

Us Too Prostate Cancer Support Group - Sun City West

www.ustoo.org

Richard Miles

916-548-7407

2nd Thursday 9am. Call for summer schedule.

Specialty Products During/After Cancer Treatment

American Cancer Society 4550 E. Bell Road

602-224-0524

Gently used wigs, etc. Free!

AZ Wig Company and Boutique

480-429-3778

7074 E 5th Ave, Scottsdale

Barbara's Mastectomy Boutique

602-234-9568

In home visits for post mastectomy only
accepts all insurances

Bio Concepts

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

2424 E University Drive, Phoenix

Custom made pressure garments for lymphedema

Cancer Treatment Centers of America – Goodyear

623-207-3000 www.MyCTCA.com

Fine Fittings

623-214-3324 www.finefittings.org

18795 N Reems Rd, Shop G-113, Surprise

Wigs & Mastectomy prosthetics

Hanger Prosthetics and Orthotics

623-535-1919

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

Tina's Treasures

480-323-1990

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

10460 N. 92nd St. Suite 100, Scottsdale

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RESOURCES**TELEPHONE****WEBSITE**

"TLC" Tender Loving Care - Online

800-850-9445 www.tlcdirect.org

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

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

Arizona Caregiver Coalition- *Respite Vouchers*

888-737-7494 www.azcaregiver.org

Reimbursement program for respite services you secure on your own. \$12 an hour up to \$300 for 90 days.

Renewable for another 90 days - total \$600 annually

Caregiver Resource Line for support groups& other events

Alzheimer's /Dementia Caregiver Support Group

602-793-0299

Teri Sellers (PebbleCreek only)

Caregiver's Resource Library - Download FREE!

www.agingcare.com/ebook/library?utm_source

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

Caregiver Stress

www.CaregiverStress.com

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

Foundation for Senior Living - Caregiver training

602-285-1800 www.fsl.org

Visit Caregiver House - ideas for home modification

HomeCare

888-510-3722

Misconceptions & questions to ask in selecting a caregiver

Free audio message

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

DEAF/HEARING IMPAIRED

Ascent Audiology, Surprise and Glendale offices

623-745-0828 www.ascentaudiologyglendale.com

Also provides **mobile** visits for homebound.

CaptionCall (Funded by the FCC)

877-557-2227 www.captioncallphone.com

Phone streams what the person on the phone is saying.

Free delivery, installation, phone and ongoing service.

Commission for Deaf or Hard of Hearing

602-542-3323 www.acdhh.org

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE WEBSITE**

Costco

623-907-5663

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

RSA - Rehabilitation Services Administration

602-542-3332

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

Sound Point Hearing Center, Goodyear
Hearing aids & audiology

623-214-6062 www.soundpointgoodyear.com***DIABETES (also see Wound Clinics)***

American Diabetes Association

602-861-4731 www.diabetes.org***DISABLED/HANDICAPPED*****(also see Home Modification and Handicapped Vehicles)**

Ability 360

602-256-2245 www.ability360.org

Programs/services for people with disabilities

Arizona Center for Disability Law

602-274-6287 www.azdisabilitylaw.org*Specialty Products for Easier Dressing*

Buck and Buck

800-458-0600 www.buckandbuck.com

Silvert's Specialty Clothing for physically disabled.

www.silverts.com***ELDER ABUSE***

Adult Protective Services Hotline

877-767-2385

www.Azdes.gov/reportadultabuse

Can report online.

Area Agency on Aging - Senior hotline

602-264-4357 www.aaaphx.org

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

GRIEF MANAGEMENT (also see Pastoral Support)

Divorce Care Group

www.divorcecare.org

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

Use website and put in zipcode for nearby locations.

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE****WEBSITE**

GriefShare

Structured grief support from a Christian prospective. DVD's, workbook, and discussion.
Use website and put in zip code for nearby locations.

www.griefshare.org

Grief Support - One on one

307-637-3554

Karen Sapp (PC resident) ksapp1211@yahoo.com

Krysstine Gubser-Hislop, PHD (PC resident)

970-623-5527

The Grief Recovery Specialist

Online grief support group

Monitored by a grief counselor

www.griefhealingdiscussiongroups.com***HEART/STROKE***

American Heart Association & American Stroke Association

602-414-5353

www.heart.org

National Stroke Association

800-787-6537

www.stroke.org

Stroke Support Groups, e-newsletters, etc. FREE

One-on-One Stroke Support (PebbleCreek only)

623-536-1496

Lee Ayers

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***MENTAL HEALTH***

Banner Del W. Webb Behavioral Health Center

623-524-4042

www.bannerhealth.org

Inpatient and Outpatient programs

Crisis Hotline (Maricopa County)

602-222-9444

Haven Senior Horizons - Gero-Psychiatric Hospital - Phoenix

623-236-2000

www.phoenix.havenbehavioral.com

Psychiatric and medical evaluations

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE WEBSITE**

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

480-994-4407 www.mentalhealthaz.org

Mercy Maricopa Integrative Care Mental Illness

800-564-5465

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 (St. Joseph's Hospital)
Therapy and 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 patients and caregivers - 3rd Tuesday- 12:30-2:00

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)

Bates, Kathy (PebbleCreek only) Airport

303-779-7970

Cleland, Rosanne (PebbleCreek only) Airport

586-557-2065

Crisis Hotline (Maricopa County)

602-222-9444

Rides for detox - No Charge

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<u>RESOURCES</u>	<u>TELEPHONE</u>	<u>WEBSITE</u>
Desert Princess Carriage Service Van - Foldable Wheelchairs only; rate is per trip.	602-300-7076	
Discount Cab \$10 charge for Electric wheelchair 24 hour notice	602-200-2000	
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	
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		www.lyft.com
Nesline, Christine (PebbleCreek only) Airport transportation	301-466-5575	
Pappas, Cliff (PebbleCreek only) Miscellaneous transportation Money collected is donated to New Life Center	623-535-5674	
Roemer, Herb (PebbleCreek only) Miscellaneous transportation, airport, errands, etc.	623-433-8512	

DIRECTORY OF SERVICES March 2018**RESOURCES**

Super Shuttle Airport Transportation
Rates dependent on pick up and drop off addresses.
Wheelchair accessible (SUVs) 24 hour notice

TELEPHONE

602-244-9000

WEBSITEwww.supershuttle.com

Uber
Cashless and convenient taxi without hassle

www.uber.com

Valley Metro Transit Bus Information

602-253-5000

Wheels in Motion (PebbleCreek only)

602-403-0094

Jim Williams -jslja@q.com

URGENT CARE CENTERS

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

623-742-2300 www.allianceurgentcare.com

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

623-465-6300 www.bannerurgentcare.com

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

623-215-0040 www.fastmed.com

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

928-323-8112 www.medpost.com

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

623-547-0522 www.nextcare.com**WOUND CARE CLINICS**

Abrazo Wound Clinic
13677 W. McDowell Rd.

623-882-1500

Banner University Wound Institute
1012 E. Willetta Street, Phx

602-839-6040

DIRECTORY OF SERVICES March 2018**RESOURCES****TELEPHONE WEBSITE**

Banner Thunderbird Wound Clinic
Outpatient wound care
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