

Resource Guide				
Description	Telephone	More Information	Web Site	Bear Facts
AARP				
AARP Senior Community Employment	602-841-0403		www.aarp.org	
ADULT DAY HEALTH CENTERS				
Adult Day Health Center	623-931-0983	Glendale	www.fsl.org	
Adult Day Health Center	602-532-2979	Tolleson		
Adult Day Health Center	602-304-0355	South Mountain		
Benevilla Adult Day Care Programs	623-584-4999	Sun City, Peoria, and Surprise	www.benevilla.org	
Peoria Adult Day Health Center	623-979-7126		www.benevilla.org	
St. Clement's Adult Day Health Center	623-977-8274		www.benevilla.org	
Sun City West Adult Day Health Center	623-584-0040		www.benevilla.org	
ADULT SENIOR CENTERS				
Avondale Senior Center	623-333-2401		www.avondale.org	
Buckeye Senior Center	623-349-6600		www.buckeyeaz.gov	
Chinese Senior Center	602-262-6411			
El Mirage Senior Center	623-876-4232		www.cityofelmirage.org	
Glendale Community Center	623-930-4700			
Goodyear Senior Center	623-882-7525		www.goodyearaz.gov	
Litchfield Park Senior Center	623-935-2011		www.litchfield-park.org	
Olive Branch Senior Center	623-974-6797		www.sunhealth.org	
Peoria Community Center	623-773-7436			
Peoria Senior Center	623-979-3911			
Tolleson Senior Center	623-936-2753		www.tollesonaz.org	
AREA AGENCY ON AGING				
Area Agency on Aging	602-264-2255	Advocate	www.aaaphx.org	

Senior Help Line	602-264-4357	Elder Resource Guide - information on services outside of PebbleCreek	www.aaaphx.org
CEMETERIES			
Glendale Memorial Park	623-930-2189	7844 N. 61st Ave. Glendale	
Hansen Arrowhead Funeral Center at Joy	623-362-3255	21000 N. 75th Ave. Glendale	
Holy Cross Catholic Cemetery	623-936-1710	10045 W. Thomas, Avondale	
Resthaven Park Cemetery	623-939-8394	6290 W. Northern Ave. Glendale	
Sunland Memorial Park and Mortuary	623-933-0161	15826 Del Webb Blvd. Sun City	
COUNSELING SERVICES			
Bliss Creative Senior Living	602-996-5593		www.whatatrip.com
Catholic Charities	602-997-6105		
Crisis Hotline - Maricopa	602-222-9444		
Elder Op	623-566-3578		www.elderop.com
Referrals for Seniors	480-835-7679		
Senior Care Consultants	623-214-6652		www.srcareconsultants.com
SNAP for Seniors			www.snapforseniors.com
Transitioning Adults Plus	602-284-6966		www.ta-plus.com
FUNERAL HOMES			
Buckeye Funeral Home	623-386-4812	Phil Ganley	
Chapel of the Chimes	623-937-9297	7924 N. 59th Ave. Glendale	
Christ Church of the Valley	623-242-9915	Free Funerals. Contact PC resident Lois Olson	
Hansen Arrowhead Funeral Center at Joy	623-362-3255	21000 N. 75th Ave. Glendale	
Heritage Funeral Chapel	623-974-3671	6830 W. Thunderbird Rd., Peoria	
Sunwest Funeral Home and Cemetery	623-974-2054	12525 N.W. Grand Ave. El Mirage	
Thompsons Valley West Funeral Chapel	623-932-1780	926 S. Litchfield Rd. Goodyear	
GOVERNMENT AGENCIES			
Adult Protective Services	1-877-767-2385		www.de.state.az.us

Area Agency on Aging	602-264-2255		www.aaaphx.org	
Arizona Attorney General's Office	602-542-5763		www.azag.gov	8-Apr
Arizona Center for Disability Law	602-274-6287		www.azdisabilitylaw.org	
Arizona Commission for Deaf and Hard of Hearing	602-542-3323 Voice, 602-364-0990 -TTY		www.azcdhh.org	
Arizona Department of Economic Security	602-542-9935		www.de.stste.az.us	
Arizona Department of Veteran Affairs	800-827-1000			
Arizona Department of Veterans Services	602-627-3268		www.azvets.com	
Arizona Dept of Motor Vehicles	602-771-2460	Report Unsafe Drivers, Download Forms & Publications, Driver Condition/Behavior Report - Form 96-0469	www.azdot.gov	
Arizona Health Care Cost Containment System	602-417-7000		www.ahcccs.state.az.us	
Arizona Medical Board	480-551-2700		www.azmd.gov	8-Jun
Arizona Secretary of State	602-542-6187	Advance Directive Registry	www.azsos.gov	8-Apr
Arizona Senior Citizens Law Project	602-252-6710			
Arizona State Board of Dental Examiners	602-242-1492			8-Jun
Elder Help Line	602-542-2124		www.azag.gov	
Governor's Advisory Council on Aging	602-542-4710		www.azgovernor.gov	
Legal Aid	602-258-3434			
Medicare General Information	800-633-4227			
Medicare Information Hotline	800-432-4040			
Social Security Administration	800-772-1213			
State Health Insurance Assistance Program	1-800-432-4040			
HANDYMAN SERVICES				
Desired Handyman	623-910-5183	Michael Desi		
Jerry Briner	623-536-7920	Will change smoke alarm batteries		

Les Stubbs	623-910-0143	Will change smoke alarm batteries		
Terry Partyka	623-535-7795	Will change smoke alarm batteries		
Vern Hendrikson	623-215-3072			
Welling, Paul	623-523-3877			
HOME HEALTH SERVICES, MEDICAL				
Amedisys	623-847-9900		www.amedisys.com	
Banner Home Care	623-327-5200			
Caregivers of Arizona RN's	602-277-4142			
Coronado Dental Services	480-461-1232	Mobile Dental Services		
Firstat Nursing Services	602-279-0000			
Heritage Home Health	602-745-2900		www.heritagehomehealthcare.com	
Home Health Resources	602-216-6005			
Medisys	602-395-1999			
Nightingale Home Care	602-504-1555			
Nightingale Nurses	623-594-6948		www.nightingalenurses.com	
Royal Treatment Nursing Service	623-850-2350	Robbie Lynn Zaricki - Registered Nurse robbie@royaltreatmentnursing.com	www.royaltreatmentnursing.com	
HOME HEALTH SERVICES, NON_MEDICAL				
A Helping Hand	623-330-1433	Barbara Urena - driver, companion, errands, etc.		
Adult Care Assistance - West Valley	623-977-2223			
AZ Non-Medical Home Care Association	602-283-3503	Informational and advocacy association for consumers	www.aznha.org	
Blessings! For Seniors	623-594-0819			
Care by Design	602-285-1800	Foundation for Senior Living		
Care from the Heart	623-875-4440			
Caregivers of Arizona	602-277-4142			
Century Senior Solutions	623-398-8228	Bill & Teri Godwin		
Family Home Care	602-867-0786			
Good Neighbor Services	623-512-5282	ALTCS only		

Good Neighbor Support Services	623-932-4878			
Legacy Home Care	480-777-0070	Jamie Fletcher		
Lisa Justin	623-476-7302/425-829-2701	10 years experience 1 or 2 residents in home Days or nights		
Lopez, Genovive	623-882-9366 480-518-3641	Caregiver and housekeeping		
Mercy Home Care	602-451-2029			
Nightingale Home Care	602-504-1555			
Pauline Vance	623-877-3988/602-989-2792	13 years experience. Can care for 1 or 2 Days, nights, weekends		
Right at Home	623-547-0700	Licensed, bonded, insured		
Sanchez, Delfina	623-936-3578	House Cleaner & Certified Caregiver		
Sandra Williams	623-640-1812	certified care giver and certified nursing assistant 20 years experience 23147 W Ashliegh Marie Dr Buckeye, AZ 85326		
Sun Cities Caregivers	623-974-2397			
Synergy Home Care	623-935-9961	Ray Johnson		
Synergy Homecare	623-875-7100	David Cogan		
Villa Home Care	602-957-9300			
HOME WATCH SERVICES				
Bleau, Dave and Carolyn	623-535-1862	Home Guardian LLC		
Di's Home Watch	623-935-7481			
Kordel, Jan	623-536-1998			
Rae, Nancy	623-328-5922			
Shull, Bob and Diana	623-935-7481			
Sriver, Monty	623-536-7369			
Vesterby, Gary	623-337-2882			
HOSPICE				
Banner Home Care Hospice	480-497-5535			
Evercare Hospice & Palliative Care	602-749-5900			

Hearts for Hospice	602-265-3333	Teri Sellers - Community Liaison		
Hospice Inspiris	602-712-1000		www.hospiceinspiris.com	
Hospice of Arizona	602-678-1313		www.hospiceaz.com	
Hospice of the Valley	602-530-6900		www.hov.org	
Hospice of the Valley – West	623-583-4848		www.hov.org	
Serenity Hospice	602-216-2273		www.serenityhospiceaz.com	
Sojourn Care	480-315-1525		www.sojourncare.com	
The Crossing Hospice Care	602-216-6005			
HOSPITALS				
Arrowhead Emergency Room:	623-561-7222			
Arrowhead Hospital	623-561-1000	18701 N. 67th Ave, Glendale		
Banner Estrella Medical Center	623-327-4000	9201 W. Thomas Rd., Phoenix		
Banner Thunderbird Medical Center	602-588-5555	5555 W. Thunderbird, Glendale		
Boswell Memorial Hospital	623-977-7211	10401 W. Thunderbird Blvd., Sun City		
Del E. Webb Memorial Hospital	623-214-4000	14502 W. Meeker Blvd, Sun City		
Del Webb Emergency Room:	623-214-4066			
Good Samaritan Regional Medical Center	602-239-2000	1111 E. McDowell Rd, Phoenix		
Maricopa Emergency Room:	602-344-5411			
Maricopa Medical Center	602-344-5011	2601 E. Roosevelt St, Phoenix		
Maryvale Hospital Medical Center	623-848-5000	5102 W. Campbell Ave. Phoenix		
Mayo Clinic Hospital	480-515-6296	5777 E. Mayo Blvd., Phoenix		
Phoenix Baptist Hospital	602-249-0212	2000 W. Bethany Home Rd., Phoenix		
Phoenix Memorial Hospital	602-258-5111	1201 S. 7th Ave. Phoenix		
St. Joseph's Emergency Room:	602-406-3361			
St. Joseph's Hospital and Medical Center	602-406-3000	350 W. Thomas Rd., Phoenix		

St. Luke's Emergency Room:	602-251-8183			
St. Lukes Medical Center	602-251-8100	1800 E. Van Buren, Phoenix		
West Valley Hospital	623-882-1500	13677 W. McDowell, Goodyear		
HOUSING FOR SENIORS				
Amethyst Arbor Assisted Living	623-974-2255			
Area Agency for Aging - Hot Line	602-264-4357			
Area Agency on Aging	602-264-2255	Provides Elder Resource Guide, Senior Housing Guide and more.		
Area Agency on Aging	602-264-2255	Has comprehensive list of resource		
AZ State Veterans Home, Skilled Nursing	602-248-1550			
Baptist Village Youngtown	623-972-2371			
Brighton Gardens	623-933-2222			
Divine Destiny Assisted Living	623-882-8144			
Encore Senior Village - Peoria	623-876-8300	Assisted and Independent Living Memory care specialists	www.encoreseniorvillage.com	
Estrella Care and Rehab	623-932-2282	Formerly Sunbridge		
Foundation for Senior Living	602-285-1800	Assisted Group Living Homes		
Glencroft Retirement Community	623-939-9475			
Immanuel Campus of Care	623-977-8373			
Karcher Assisted Living Referrals	623-979-6885	Randy Karcher (PC Resident)		
LaLoma Care Center/Rehab	623-537-7401			
Litchfield Park ALH	623-547-2189	Anca Neamt		
Montecito	623-972-1400			
Palm Valley Rehab & Care Center	623-536-9911			
Senior Care and Housing Consulting	602-944-2181 602-418-9555	(Elder Care Options) Sonya Vance		
Sims Family Home Inc.	623-932-1877	Tammy Sims		

St. Thomas Lutheran Ministries	623-932-3754			
Sun View Care Center	623-977-6532			
The Woodmark	623-583-7600	Independent and Assisted Living Memory care specialists		
Twilight Haven	623-466-7673			
Villa Serene	623-374-4714	Dana Matras		
KARE BEARS				
Kare Bears	623-536-1200	15383 W. Cheery Lynn Rd. May-Oct: Mon-Sat 9-12 Nov-Apr: Mon-Fri 9-3, Sat 9-12	www.karebears.org	
LABORATORY TESTING				
Labcorp	623-536-7477	14044 W. Camelback Rd. Ste 226, Litchfield Park	www.labcorp.com	
Labcorp	623-907-8505	10815 W. McDowell Rd. Ste. 302, Avondale	www.labcorp.com	
Labcorp	623-535-4722	3000 N. Litchfield Rd. Ste 115, Goodyear	www.labcorp.com	
Sonora Quest Laboratories	623-535-4805	13657 W. McDowell Rd. Ste. 100		
Sonora Quest Laboratories	623-742-9072	9305 W. Thomas Rd. # 175, Phoenix		
Sonora Quest Laboratories	623-925-0027	250 N. Litchfield Rd. Ste 150		
MEALS				
Bread	602-352-3640	Bridges reaching the elderly and disabled	www.firstfoodbank.org	
Buckeye Food Bank	623-386-7839			
Meals on Wheels	602-264-4357	Through Avondale Senior Center		8-Jul
Palm Valley's Food Delivery Service	623-414-3378		www.youbuyandwefly.com	8-Jul
Schwans	888-724-9267	Easy to prepare meals	www.Schwans.com	
St. Mary's/West Side Food Bank Alliance	602-242-3663		www.firstfoodbank.org	
Toscana's Grill	623-935-6753	Take-home meals and delivery of meals (for a fee).	www.pebblecreekhoa.org	8-Jul
MEDICAL ALERT SERVICES/PRODUCTS				
Flashing carriage lights for home	623-536-1200		www.karebears.org	8-Feb
LifeLink	877-837-0779	Alternative system- No monthly fee	www.callforassistance.com	8-Feb

Medical Alert System	800-432-5378		www.medicalert.org	8-Feb
MedicAlert ID Pendants & Bracelets	800-432-5378		www.medicalert.org	
Medication Reminder by Blessings! For Seniors	623-594-0819	Part of Senior Safe Program		
Philips Life Line - Contact Kitty Tirone	623-225-5450		www.lifelinesys.com	8-Feb
Phone Link - Free service & daily phone contact	602-331-5777			
Quality Life Products	623-694-3004	Alert systems, Fall detectors, Personal Medication System, On Star	www.qlplc.com	02/08 & 11/08
MEDICAL CARE / MISCELLANEOUS SERVICES				
Blood Pressure Readings	null	PebbleCreek Fire Station - 2:00-5:00p.m.		
Crisis Hotline (Maricopa County)	800-631-1314 602-222-9444			
Geriatric Care Management	623-214-6652	Senior Care Consultants		
Magellan Health Services	602-797-8368 / 602-316-1719	Mental Health Issues 4129 E. VanBuren microbson@magellanhealth.com		
PebbleCreek Nurses Club	623-935-9515	Louise Fils Blood pressure in EN Dining Room Alcove, Nov - May, Thursday 2-4		
Physician Referral - Option 1 (Banner)	623-230-2273			
Shots given and change of bandages	623-535-9065	Roberta Medina – PC Resident & Nurse	minoaka1@msn.com	
Shots given and change of bandages	623-935-3571	Marian See - PC Resident & Nurse		
Sunbridge Estrella Care & Rehab	623-932-2282			
Wellness checks, by Blessings! For Seniors	623-594-0819	Part of Safe Senior Program		
MEDICAL EDUCATION & RESOURCES				
Alzheimer's Association	602-528-0545	Materials and books		
American Society of Plastic Surgeons	847-228-9900		www.plasticsurgery.org	8-Oct
Area Agency on Aging	602-264-4357			
Arizona Dental Association	480-344-5777		www.azda.org	8-Jun

Care Givers Guide	602-274-5022	Help for Helpers of the Aging		
Caregiver House	602-285-1800	How to modify homes for elderly		
COPD Coalition Team	602-429-0005	Contact: Charles Monroe Can answer questions regarding COPD		
Dentist Referral Service	800-336-8478			
Elder Resources Guide	602-264-4357	FREE information on Adult Care Homes, Independent Living Communities, Nursing Care (Available at Kare Bears House)	www.aaaphx.org	
Foundation for Senior Living	602-285-1800		www.foundationforseniorliving.org	
Generations Program	602-274-5022	Developing Older Adult Resources	www.centerdoar.org	
Health and Human Services			www.healthfinder.gov	8-May
Kare Bears Library	623-536-1200	Provides a variety of books, flyers and resources		
Kare Bears Website	623-536-1200		www.karebears.org	8-May
Maricopa County Medical Society	602-252-2844		www.mcmsonline.com	8-Jun
National Library of Medicine			www.medlineplus.gov	8-May
Phoenix Magazine	null	List of top doctors Available at KB House		
Physician Information		Medical background/complaints, etc.	www.azmd.gov	06/08 & 10/08
Physicians Desk Reference	null	Prescription drug information Available at Kare Bears House		
WebHealth		Description of Surgical procedures and animations	www.yoursurgery.com	8-May
MEDICAL SUPPLIES				
AAMS Medical Supplies	623-977-4380	Sun City	www.aamedsupplies.com	
Ability Center (Accessible Vans, Lifts)	623-879-0800			
Active Forever	480-767-6800		www.activeforever.com	
Apria Healthcare	602-282-1400	Home Medical Equipment & Respiratory Services		
Comfort Plus	480-545-8055	Medical Supplies/Incontinence Products		
Helping Hands Foundation	623-975-5499		www.scwfoundation.org	
Home Again Medical	602-272-0707			
Kare Bears	623-536-1200	Loans wheelchairs, walkers, crutches, canes	www.karebears.org	

Lifeline Systems	800-451-0525 ext: 2224	Kitty Tirone		
Medical Mobility Products	623-215-8470		www.ActiveForever.com	
Solecito Services, Inc.	623-876-5331			
Southwest Lending Closet	623-932-1016	Provides medical equipment at no charge. Loans bath benches, bedside commodes, walkers, crutches, wheelchairs, etc.		
The New Beginning	623-848-0370	Medical Supplies / Incontinence Products		
Youngtown Community Fund	623-977-4661			
MISCELLANEOUS				
All Faith Community Services	623-882-1249			
Anything for Baby, Inc	480-515-9783	Rent baby furniture & equipment, free delivery, set up, pick up	www.anythingforbaby.com	
Arizona Braille & Talking Book Library	602-255-5578	Provides audio books, movies, magazines, newspapers and book players through the mail	www.lib.az.us	
Arizona Bridge to Independent Living	602-256-2245	Home Modifications	www.abil.org	
Better Business Bureau	602-264-1721			
City of Goodyear, Arizona	623-932-3910		www.goodyearaz.gov	
Credit Reporting Bureaus - Equifax	800-685-1111			
Credit Reporting Bureaus - Transunion	800-888-4213			
Duet Partners in Health & Aging	602-274-5022		www.duet.org	
Foundation for Senior Living	602-285-0505		www.fsl.org	
FTC Identity Theft Hotline	877-438-4338			
Grocery and Prescription Delivery			www.safeway.com	
Haircuts for Men	623-707-3748	Gary Thurek, PC resident		
Hopes Closet	623-925-0965			
Household Essentials Online - Free Shipping	877-962-5433		www.alice.com	
Identity Theft information			www.scambusters.org	
Identity Theft information			www.getnetwise.com	

Interfaith Community Care	623-815-1100		www.interfaithcommunitycare.org
Jewish Family & Children Services	602-452-4623		www.jfcsaz.org
PC Singles - Chris Mucha (PC Resident)	623-533-3752		
PebbleCreek Homeowner's Association			www.pebblecreekhoa.org
Pet Companions Club	623-535-0698	Jacqui Boliaux - PC Resident	
Pharmacy: Valley Pharmacy	623-505-6500	Free delivery for seniors and disabled	
Salon In Your Home - Judith Crow	602-859-5083		
Sweet Pea Baby Rentals	602-549-9918		www.sweetpeababyrentals.com
Valley of the Sun Medicaid Planning	623-329-9369	Patricia Barraza	
Victory House Cleaning	480-518-3641	Housekeeper and Caregiver services Genoviev	
Voter Registration Forms	623-935-4277	Tom Fisher -PC Resident	
You are not alone (YANA)	623-882-7481	City of Goodyear elder safety check program	
PASTORAL SUPPORT			
Lamphere, Pete - Chaplain	623-516-8000	Goodyear resident	
Reverend Chalker, Gae	623-935-3279	St. Peter's Episcopal Church, 400 S.Old Litchfield Rd.,Litchfield Park	
Richardson, Beth - Retired Pastor	623-398-8818	Goodyear resident	
Thomas, Diane - Ordained clergy	623-249-4087	Goodyear resident	
PET SITTERS			
Becker, Lisa	623-374-7463	Small and medium dogs in her home	
Bell, Liz	623-374-4599	Will go to home 2-3 times daily and will walk dogs (No Reptiles)	
Bleau, Dave and Caroline	623-535-1862	Cats only in your home	
Camp, Janet & Mark	623-478-7950	Dogs in their home, Cats & birds in your home	
Carl, Ray	623-266-4671	Dogs in his home	
Dumas, Carol	623-536-1325	Dogs, cats, birds in your home - Bonded, Insured,CPR Certified	
Gifford, Ted & Margot	623-536-7933	Cats in your home	

Herrem, Rick & Nancy	623-536-8076	Dogs and cats in your home		
Jonna-Jette Chiroff's mom	623-935-7336	Will pet sit in your home		
Lutz, Carol	623-535-1743	All pets in your home or hers		
Mohr, Janet	623-935-7833	Small dogs. Large walled yard		
Pappas, Gay	623-535-5674	Dogs in her home and cats in your home		
Reynolds, Nicki & Al	623-535-1002	Cats in your home or theirs		
Risden, Barbara	623-536-1931	Cats in your home		
Savage, Doris	623-374-2435	Small dogs in her home		
Schaad, Bonnie	623-935-4925	Small/medium dogs and birds		
Scherer, Joanne	623-935-7773	Cats and dogs in your home. Will walk dogs		
Smith, Joan	623-935-5676	Dogs and Cats in your home. Will walk dogs		
Smith, Marilynn	623-322-3574	Dogs in her home		
Townsend, Max & Joy	623-535-1662	Cats in your home		
Trampel, Gary	623-935-7587	Walks dogs		
Victoria's Pet Sitting	623-536-2688 623-255-3709	Dogs and Cats - Will stay in your home		
Warren, Bev	623-594-3801	Dogs & Cats in your home or hers		
Wilhelm, Ginny	623-505-3890	Cats in your home or hers		
Wirick, Claudia	623-935-2936	Dogs and cats in your home		
PET SITTERS - NON/PC				
Lyndee's Pet Sitters	623-935-6883	Lyndee Cypher, Has references		
Pampered Pets and Plants	602-547-1121	Live-ins, visits, overnights	www.pamperedpetsandplants.com	
PHYSICAL THERAPY				
AZ Orthopedic Physical Therapy	623-242-6908			
Biomechanix	623-882-2992			
Foothills Sports Rehab Center	623-547-4739			
Physicians Physical Therapy	623-935-5505			
Spooner Physical Therapy	623-935-0734			
White Tanks Physical Therapy	623-882-9787			

POISON CONTROL

County Poison Control Center	602-253-3334			
National Hotline	800-222-1222			

RADIOLOGY

Simon Med Imaging	623-433-0121	10815 W. McDowell Rd, Ste 102, Avondale		
Valley Radiologist, LTD	623-847-2000	13555 W. McDowell Rd. Ste 106, Goodyear		

RESPIRE PROGRAMS

Benevilla Adult Day Care Programs	623-584-4999	Sun City, Peoria and Surprise	www.benevilla.org	
Glendale Adult Day Health Center	602-532-2983		www.fsl.org	
La Loma Care Center/Rehab	623-537-7401			8-Sep

SHARE BEARS

Kare Bears Program - Contact Barbara Kinney	623-536-7137	Weekly bingo for PC seniors	www.karebears.org	
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SUPPORT - ALCOHOL & SUBSTANCE ABUSE

AA Support Group for PebbleCreek residents:	602-621-3783	Ken D		
AA Support Group for PebbleCreek residents:	623-547-6262	Paul G. Reycraft		
AA Support Group for PebbleCreek residents:	623-810-6331	Lori F		
AA Support Group for PebbleCreek residents:	623-935-7553	Tony W		
Counseling Services - Al-Anon	480-969-6144			
Counseling Services - Catholic Social Services	602-997-6105			
Counseling Services - Crisis Hotline (Maricopa County)	602-222-9444			

SUPPORT - ALZHEIMER'S DISEASE

Alzheimer Association - Desert Southwest Chapter	623-815-2494	West Valley Resource Center		
Alzheimer Association - Desert Southwest Chapter	800-272-3900	24 Hour Help Line		

Alzheimer's Association, Inc	602-528-0545	Free books and information		
Family Care Consultation Program (Free)	602-528-0545	Alzheimer's Association: Develops care plans, provides resources & education		
H.O.M.E. Medicare	602-287-7050	Certified home health program - Education on difficult behaviors & techniques, home safety; resources		
Huger Mercy Living Center	602-406-5600	2345 W. Oranewood Ave., Phoenix		
PebbleCreek Alzheimer's Caregiver Support Group	623-935-1819	Meets monthly. PC contact Rayma Scalzo		
SUPPORT - ARTHRITIS				
Adaptive Clothing	800-387-7088			
Arthritis Foundation	602-264-7679			
SUPPORT - BLIND/VISUALLY IMPAIRED				
Arizona Braille/Talking Books Free books on tape.	602-255-5578	Doctor's referral		
Arizona Center for the Blind and Visually Impaired	602-273-7411			
Arizona Council for the Blind	602-273-1510			
Impaired Vision Support Group	623-935-4013	Millie Howard - PC resident		
Kindle 2 - Wireless reader, text to speech		Available at amazon.com	www.amazon.com	
Litchfield Park Library – books on tape	623-935-5053			
Low Vision Plus	623-815-6787	Adaptive aids to help maintain lifestyle		
Magnifier/Reader-Zoom text			ww.aisquared.com	
Magnifying America	602-956-6637			
Sun Sounds - Reading Thru Radio			www.sunsounds.org	8-Mar
SUPPORT - CANCER				
American Cancer Society	602-224-0524			
American Institute for Cancer Research	800-843-8114			
Barbara's Mastectomy Boutique	602-234-9568	In home visits		

Bosom Buddies Breast Cancer Support Group	602-231-6648			
Cancer Care Telephone Education Workshops			www.cancercares.org	
Cancer Help Line	800-227-2345	Health Education/ Free Literature	www.cancer.org	
Cancer Hope Network	800-552-4366	Connects you with other survivors of all types of cancer.		
Cancer Information Service (National Cancer Institute)	800-422-6237	Answers/questions/information for free		
Cancer Patient & Survivor Connection	800-433-0464			
Cancer Treatment Centers of America - Goodyear	623-207-3399	Class offering tips and free cosmetics for improving appearance while going through any cancer treatment. Contact is Ruth Longnecker	www.cancercenter.com	
Cancer Treatment Centers of America - Goodyear	623-207-3000	14200 W Fillmore St	www.lookgoodfeelbetter.org	
Cleaning For a Reason		Free housecleaning for women while undergoing Chemo treatment	www.cleaningforareason.org	
Nutrition AICR Newsletter & Free Health-e-recipes			www.aicr.org	
Nutrition Hotline Online		Connects you to Registered Dietitians	www.aicr.org	
PebbleCreek Breast Cancer Support Group	623-935-1819	For information, call Rayma Scalzo		
Specialty Products During/After Cancer Treatment	480-323-1990	Tina's Treasures 10460 N. 92nd St. Suite 100, Scottsdale		8-Aug
Specialty Products During/After Cancer Treatment	480-429-3778	Az Wig Company and Boutique 7072 E. 5th Ave., Scottsdale		8-Aug
Specialty Products During/After Cancer Treatment	602-267-7854	Bio concepts 2424 E. University Drive, Phoenix	www.bio-con.com	8-Aug
Specialty Products During/After Cancer Treatment	623-207-3000	Cancer Treatment Centers of America - Goodyear		8-Aug
Specialty Products During/After Cancer Treatment	623-214-3324	Fine Fittings 18795 N. Reems Rd. Shop G-113, Surprise	www.finefittings.org	8-Aug
Specialty Products During/After Cancer Treatment	623-535-1919	Hanger Prosthetics and Orthotics 13065 W. McDowell Rd.		8-Aug
Specialty Products During/After Cancer	623-583-1717	Ma's Swimwear 12851 W. Bell Road, Surprise		8-Aug

Treatment				
Specialty Products During/After Cancer Treatment	800-850-9445	"tlc" Tender Loving Care	www.tlcdirect.org	8-Aug
U of A Cancer Center, Tucson	520-327-5461			
Us Too Prostate Cancer Support Group	623-535-4690	Bob Shelton	www.ustoo.org	
Us Too Prostate Cancer Support Group	623-935-0886	Lou Perrinello	www.ustoo.org	
SUPPORT - CAREGIVERS				
Beatitudes Center DOAR - Generations Program	602-274-5022			
Caregiver House	602-285-1800	How to modify homes for elderly		
SUPPORT - DEAF/HEARING IMPAIRED				
Commission for Deaf or Hard of Hearing	602-542-3323			
Sign language classes.	720-272-1757	Rusty Rinehart - PC resident		
Sign language fluent assistance	623-388-4870	Claire Juengst - PC resident		
Valley Center for Deaf	602-267-1921			
SUPPORT - DIABETES				
American Diabetes Association	602-861-4731			
SUPPORT - ELDER ABUSE				
Adult Protective Services	602-255-0996			
Adult Protective Services Hotline	877-767-2385			
Area Agency on Aging, Region One	602-264-4357			
SUPPORT - GRIEF MANAGEMENT				
Diane Thomas- (PC resident) Ordained Clergy	623-249-4087	Individual grief counseling at no charge.		
Divorce Care Group – Alice Anderson - PC resident	623-536-7628	Structured grief support from a Christian prospective.		
GriefShare - Alice Anderson - PC resident	623-536-7628	Structured grief support from a Christian prospective.		
SUPPORT - HANDICAPPED				

Adaptive Clothing		Silver's Specialty Clothing Clothing/Apparel for physically disabled	www.silverts.com	
Arizona Office for Americans with Disabilities	602-542-6276		www.azada.gov	
SUPPORT - HEART				
American Heart Association	602-414-5353			
National Stroke Association	1-800-787-6537		www.stroke.org	
PebbleCreek Stroke Support Group	623-536-1496	Lee Ayers - Contact person		
SUPPORT - KIDNEY				
Arizona Kidney Foundation	602-840-1644			
SUPPORT - MENTAL HEALTH				
Bipolar & Depression Support Group	480-994-4407	Boswell Hospital 13180 N. 103rd Dr, Sun City		
Bipolar & Depression Support Group - Finding Balance	null	Arrowhead Wellness Connection, 6670 W. Sack Dr, Glendale		
Crisis Hotline (Maricopa County)	602-222-9444			
National Alliance on Mental Illness	623-546-4011	Arrowhead Hospital - 18699 N. 67th Ave. Glendale		
National Alliance on Mental Illness	623-546-4011	Shepard of the Hills United Methodist Church, 13658 Meeker Blvd, Sun City		
SUPPORT - PARKINSON'S DISEASE				
Muhammad Ali Parkinson Research Center	602-406-4931	(North of main hospital bldg.)		
Parkinson's Support Group - Dottie Kiley (PC resident)	602-935-5820	Skyway Church of the Valley, 14900 W. Van Buren		
Parkinson's Caregiver Support Group	623-935-5820	Dottie Kiley (PC resident) Skyway Church of the Valley-14900 W. Van Buren		
TRANSPORTATION SERVICES				
American Handicapped	602-253-0911	wheelchair & stretcher		
Carol's Airport Transportation	623-535-7643			
Crisis Hotline (Maricopa)	602-222-9444	Rides for detox - No Charge		
Desert Princess Carriage Service	602-300-7076			

Discount Cab	602-200-2000			
Enterprise Rent-A-Car-Goodyear	623-932-2501			
Garibay's Medical Transport	623-478-2054			
Handicap Vehicle Specialist	602-275-3325	Auto adaptation for handicap use		
Kare Bears Transportation	623-536-1200	For medically related appointments - No Charge		
Laid Back Transportation	602-957-2800	Wheelchair & stretcher vans		
Moving You Simply	480-216-5387		www.movingyousimply.com	
Rideplus	877-743-3090	Private door to door transportation with optional aide and accompaniment. Service 7 days/week including evenings. Available for appointments, errands, activities, visits with friends and family. Call for an estimate.	www.rideplus.net	
Safe Ride Services	602-627-6700			
Special Transportation Services	602-372-4280		www.hsd.maricopa.gov	
Sun City Express Airport Transportation	623-933-9300			
Super Shuttle Airport Transportation	602-244-9000			
Tom Fenoglio (Airport transportation)	623-748-9179 / 618-616-5398	14904 W. Picadilly Road tpfenoglio@aol.com		
Valley Metro Transit Bus Information	602-253-5000			
Visits with Rides Program	623-594-0819	Blessings! For Seniors		
Your Errand Service	623-221-3966		www.youerrandserviceco.com	
URGENT CARE CENTERS				
Advanced Urgent Care	623-846-7122	8260 W. Indian School Rd., Phoenix		
Advantage Urgent Care	602-530-6189	5410 W. Thunderbird Rd. #101, Glendale.		
Alliance Urgent Care	623-474-2300	9897 W. McDowell Rd. #100, Tolleson	www.allianceurgentcare.com	
Next Care	480-776-1590	13075 W. McDowell Rd. Suite D 106, Avondale.	www.nextcare.com	
Sun Valley Urgent Care	623-218-6907	2910 N. Litchfield Rd., Goodyear		