

**RESOURCE GUIDE****Resource Guide, use to Print**2011-02-05  
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	Description	Telephone	More Information	Web Site
<b>AARP</b>				
	AARP Senior Community Employment	602-841-0403		www.aarp.org
<b>ADULT DAY HEALTH CENTERS</b>				
	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
<b>ADULT SENIOR CENTERS</b>				
	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.ci.goodyear.az.us
	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
<b>AREA AGENCY ON AGING</b>				
	Area Agency on Aging	602-264-2255	Advocate	www.aaaphx.org

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<b>AREA AGENCY ON AGING</b> (Continued)			
Senior Help Line	602-264-4357	Elder Resource Guide – information on services outside of PebbleCreek	<a href="http://www.aaaphx.org">www.aaaphx.org</a>
<b>CEMETERIES</b>			
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	
<b>COUNSELING SERVICES</b>			
Bliss Creative Senior Living	602-996-5593		<a href="http://www.whatatrip.com">www.whatatrip.com</a>
Catholic Charities	602-997-6105		
Crisis Hotline – Maricopa	602-222-9444		
Elder Op	623-566-3578		<a href="http://www.elderop.com">www.elderop.com</a>
Referrals for Seniors	480-835-7679		
Senior Care Consultants	623-214-6652		<a href="http://www.srcareconsultants.com">www.srcareconsultants.com</a>
SNAP for Seniors			<a href="http://www.snapforseniors.com">www.snapforseniors.com</a>
Transitioning Adults Plus	602-284-6966		<a href="http://www.ta-plus.com">www.ta-plus.com</a>
<b>FUNERAL HOMES</b>			
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	

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<b>GOVERNMENT AGENCIES</b>				
	Adult Protective Services	1-877-767-2385		<a href="http://www.de.state.az.us">www.de.state.az.us</a>
	Area Agency on Aging	602-264-2255		<a href="http://www.aaaphx.org">www.aaaphx.org</a>
	Arizona Attorney General's Office	602-542-5763		<a href="http://www.azag.gov">www.azag.gov</a>
	Arizona Center for Disability Law	602-274-6287		<a href="http://www.azdisabilitylaw.org">www.azdisabilitylaw.org</a>
	Arizona Commission for Deaf and Hard of Hearing	602-542-3323 Voice, 602-364-0990-TTY		<a href="http://www.azcdhh.org">www.azcdhh.org</a>
	Arizona Department of Economic Security	602-542-9935		<a href="http://www.de.stste.az.us">www.de.stste.az.us</a>
	Arizona Department of Veteran Affairs	800-827-1000		
	Arizona Department of Veterans Services	602-627-3268		<a href="http://www.azvets.com">www.azvets.com</a>
	Arizona Dept of Motor Vehicles	602-771-2460	Report Unsafe Drivers, Download Forms & Publications, Driver Condition/Behavior Report - Form 96-0469	<a href="http://www.azdot.gov">www.azdot.gov</a>
	Arizona Health Care Cost Containment System	602-417-7000		<a href="http://www.ahcccs.state.az.us">www.ahcccs.state.az.us</a>
	Arizona Medical Board	480-551-2700		<a href="http://www.azmd.gov">www.azmd.gov</a>
	Arizona Secretary of State	602-542-6187	Advance Directive Registry	<a href="http://www.azsos.gov">www.azsos.gov</a>
	Arizona Senior Citizens Law Project	602-252-6710		
	Arizona State Board of Dental Examiners	602-242-1492		
	Elder Help Line	602-542-2124		<a href="http://www.azag.gov">www.azag.gov</a>
	Governor's Advisory Council on Aging	602-542-4710		<a href="http://www.azgovernor.gov">www.azgovernor.gov</a>
	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		

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<b>HANDYMAN SERVICES</b>			
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		
<b>HOME HEALTH SERVICES, MEDICAL</b>			
Amedisys	623-847-9900		<a href="http://www.amedisys.com">www.amedisys.com</a>
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		<a href="http://www.heritagehomehealthcare.com">www.heritagehomehealthcare.com</a>
Home Health Resources	602-216-6005		
Medisys	602-395-1999		
Nightingale Home Care	602-504-1555		
Nightingale Nurses	623-594-6948		<a href="http://www.nightingalenurses.com">www.nightingalenurses.com</a>
<b>HOME HEALTH SERVICES, NON_MEDICAL</b>			
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	<a href="http://www.aznha.org">www.aznha.org</a>
Blessings! For Seniors	623-594-0819		
Care by Design	602-285-1800	Foundation for Senior Living	
Care from the Heart	623-875-4440		

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<b>HOME HEALTH SERVICES, NON_MEDICAL</b> (Continued)				
	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		
<b>HOME WATCH SERVICES</b>				
	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		
<b>HOSPICE</b>				
	Banner Home Care Hospice	480-497-5535		
	Evercare Hospice & Palliative Care	602-749-5900		

Description	Telephone	More Information	Web Site
<b>HOSPICE</b> (Continued)			
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		
<b>HOSPITALS</b>			
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		

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<b>HOSPITALS</b> (Continued)				
	St. Joseph's Hospital and Medical Center	602-406-3000	350 W. Thomas Rd., Phoenix	
	St. Lukes Medical Center	602-251-8100	1800 E. Van Buren, Phoenix	
	St. Luke's Emergency Room:	602-251-8183		
	West Valley Hospital	623-882-1500	13677 W. McDowell, Goodyear	
<b>HOUSING FOR SENIORS</b>				
	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	<a href="http://www.encoreseniorvillage.com">www.encoreseniorvillage.com</a>
	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	

Description	Telephone	More Information	Web Site
<b>HOUSING FOR SENIORS</b> (Continued)			
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	
<b>KARE BEARS</b>			
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
<b>LABORATORY TESTING</b>			
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	
<b>MEALS</b>			
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	
Palm Valley's Food Delivery Service	623-414-3378		www.youbuyandwefly.com
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.

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<b>MEDICAL ALERT SERVICES/PRODUCTS</b>			
Flashing carriage lights for home	623-536-1200		www.karebears.org
LifeLink	877-837-0779	Alternative system- No monthly fee	www.callforassistance.com
Medical Alert System	800-432-5378		www.medicalert.org
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
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.qlpllc.com
<b>MEDICAL CARE / MISCELLANEOUS SERVICES</b>			
Blood Pressure Readings		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 mcredson@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	
<b>MEDICAL EDUCATION &amp; RESOURCES</b>			
Alzheimer's Association	602-528-0545	Materials and books	
American Society of Plastic Surgeons	847-228-9900		www.plasticsurgery.org

Description	Telephone	More Information	Web Site
<b>MEDICAL EDUCATION &amp; RESOURCES</b> (Continued)			
Area Agency on Aging	602-264-4357		
Arizona Dental Association	480-344-5777		<a href="http://www.azda.org">www.azda.org</a>
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)	<a href="http://www.aaaphx.org">www.aaaphx.org</a>
Foundation for Senior Living	602-285-1800		<a href="http://www.foundationforseniorliving.org">www.foundationforseniorliving.org</a>
Generations Program	602-274-5022	Developing Older Adult Resources	<a href="http://www.centerdoar.org">www.centerdoar.org</a>
Health and Human Services			<a href="http://www.healthfinder.gov">www.healthfinder.gov</a>
Kare Bears Library	623-536-1200	Provides a variety of books, flyers and resources	
Kare Bears Website	623-536-1200		<a href="http://www.karebears.org">www.karebears.org</a>
Maricopa County Medical Society	602-252-2844		<a href="http://www.mcmsonline.com">www.mcmsonline.com</a>
National Library of Medicine			<a href="http://www.medlineplus.gov">www.medlineplus.gov</a>
Phoenix Magazine		List of top doctors Available at KB House	
Physician Information		Medical background/complaints, etc.	<a href="http://www.azmd.gov">www.azmd.gov</a>
Physicians Desk Reference		Prescription drug information Available at Kare Bears House	
WebHealth		Description of Surgical procedures and animations	<a href="http://www.yoursurgery.com">www.yoursurgery.com</a>

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<b>MEDICAL SUPPLIES</b>				
	AAMS Medical Supplies	623-977-4380	Sun City	<a href="http://www.aamedsupplies.com">www.aamedsupplies.com</a>
	Ability Center (Accessible Vans, Lifts)	623-879-0800		
	Active Forever	480-767-6800		<a href="http://www.activeforever.com">www.activeforever.com</a>
	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		<a href="http://www.scwfoundation.org">www.scwfoundation.org</a>
	Home Again Medical	602-272-0707		
	Kare Bears	623-536-1200	Loans wheelchairs, walkers, crutches, canes	<a href="http://www.karebears.org">www.karebears.org</a>
	Lifeline Systems	800-451-0525 ext: 2224	Kitty Tirone	
	Medical Mobility Products	623-215-8470		<a href="http://www.ActiveForever.com">www.ActiveForever.com</a>
	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		
<b>MISCELLANEOUS</b>				
	All Faith Community Services	623-882-1249		
	Anything for Baby, Inc	480-515-9783	Rent baby furniture & equipment, free delivery, set up, pick up	<a href="http://www.anythingforbaby.com">www.anythingforbaby.com</a>
	Arizona Braille & Talking Book Library	602-255-5578	Provides audio books, movies, magazines, newspapers and book players through the mail	<a href="http://www.lib.az.us">www.lib.az.us</a>
	Arizona Bridge to Independent Living	602-256-2245	Home Modifications	<a href="http://www.abil.org">www.abil.org</a>
	Better Business Bureau	602-264-1721		

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<b>MISCELLANEOUS</b> (Continued)				
	City of Goodyear, Arizona			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	
	Voter Registration Forms	623-935-4277	Tom Fisher -PC Resident	
<b>PASTORAL SUPPORT</b>				
	Lamphere, Pete - Chaplain	623-516-8000	Goodyear resident	

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<b>PASTORAL SUPPORT</b> (Continued)				
	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	
<b>PET SITTERS</b>				
	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, Marilyn	623-322-3574	Dogs in her home	

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	Description	Telephone	More Information	Web Site
<b>PET SITTERS</b> (Continued)				
	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	
<b>PET SITTERS - NON/PC</b>				
	Lyndee's Pet Sitters	623-935-6883	Lyndee Cypher, Has references	
	Pampered Pets and Plants	602-547-1121	Live-ins, visits, overnights	<a href="http://www.pamperedpetsandplants.com">www.pamperedpetsandplants.com</a>
<b>PHYSICAL THERAPY</b>				
	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		
<b>POISON CONTROL</b>				
	County Poison Control Center	602-253-3334		
	National Hotline	800-222-1222		
<b>RADIOLOGY</b>				
	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	
<b>RESPIRE PROGRAMS</b>				
	Benevilla Adult Day Care Programs	623-584-4999	Sun City, Peoria and Surprise	<a href="http://www.benevilla.org">www.benevilla.org</a>
	Glendale Adult Day Health Center	602-532-2983		<a href="http://www.fsl.org">www.fsl.org</a>
	La Loma Care Center/Rehab	623-537-7401		

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Description	Telephone	More Information	Web Site
<b>SHARE BEARS</b>			
Kare Bears Program – Contact Barbara Kinney	623-536-7137	Weekly bingo for PC seniors	www.karebears.org
<b>SUPPORT – ALCOHOL &amp; SUBSTANCE ABUSE</b>			
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		
<b>SUPPORT – ALZHEIMER'S DISEASE</b>			
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	
Huger Mercy Living Center	602-406-5600	2345 W. Orangewood Ave., Phoenix	
H.O.M.E. Medicare	602-287-7050	Certified home health program – Education on difficult behaviors & techniques, home safety; resources	
PebbleCreek Alzheimer's Caregiver Support Group	623-935-1819	Meets monthly. PC contact Rayma Scalzo	
<b>SUPPORT – ARTHRITIS</b>			
Adaptive Clothing	800-387-7088		
Arthritis Foundation	602-264-7679		
<b>SUPPORT – BLIND/VISUALLY IMPAIRED</b>			
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		

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Description	Telephone	More Information	Web Site
<b>SUPPORT – BLIND/VISUALLY IMPAIRED</b> (Continued)			
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	<a href="http://www.amazon.com">www.amazon.com</a>
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			<a href="http://www.aisquared.com">www.aisquared.com</a>
Magnifying America	602-956-6637		
Sun Sounds – Reading Thru Radio			<a href="http://www.sunsounds.org">www.sunsounds.org</a>
<b>SUPPORT – CANCER</b>			
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			<a href="http://www.cancer.org">www.cancer.org</a>
Cancer Help Line	800-227-2345	Health Education/ Free Literature	<a href="http://www.cancer.org">www.cancer.org</a>
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	623-207-3000	14200 W Fillmore St	<a href="http://www.cancercenter.com">www.cancercenter.com</a>

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Description	Telephone	More Information	Web Site
<b>SUPPORT – CANCER</b> (Continued)			
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	<a href="http://www.lookgoodfeelbetter.org">www.lookgoodfeelbetter.org</a>
Cleaning For a Reason		Free housecleaning for women while undergoing Chemo treatment	<a href="http://www.cleaningforareason.org">www.cleaningforareason.org</a>
Nutrition AICR Newsletter & Free Health-e-recipes			<a href="http://www.aicr.org">www.aicr.org</a>
Nutrition Hotline Online		Connects you to Registered Dietitians	<a href="http://www.aicr.org">www.aicr.org</a>
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	
Specialty Products During/After Cancer Treatment	480-429-3778	Az Wig Company and Boutique 7072 E. 5th Ave., Scottsdale	
Specialty Products During/After Cancer Treatment	602-267-7854	Bio concepts 2424 E. University Drive, Phoenix	<a href="http://www.bio-con.com">www.bio-con.com</a>
Specialty Products During/After Cancer Treatment	623-207-3000	Cancer Treatment Centers of America – Goodyear	
Specialty Products During/After Cancer Treatment	623-214-3324	Fine Fittings 18795 N. Reems Rd. Shop G-113, Surprise	<a href="http://www.finefittings.org">www.finefittings.org</a>
Specialty Products During/After Cancer Treatment	623-535-1919	Hanger Prosthetics and Orthotics 13065 W. McDowell Rd.	
Specialty Products During/After Cancer Treatment	623-583-1717	Ma's Swimwear 12851 W. Bell Road, Surprise	
Specialty Products During/After Cancer Treatment	800-850-9445	"tlc" Tender Loving Care	<a href="http://www.tlcdirect.org">www.tlcdirect.org</a>
U of A Cancer Center, Tucson	520-327-5461		
Us Too Prostate Cancer Support Group	623-535-4690	Bob Shelton	<a href="http://www.ustoo.org">www.ustoo.org</a>
Us Too Prostate Cancer Support Group	623-935-0886	Lou Perrinello	<a href="http://www.ustoo.org">www.ustoo.org</a>

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	Description	Telephone	More Information	Web Site
<b>SUPPORT – CAREGIVERS</b>				
	Beatitudes Center DOAR – Generations Program	602-274-5022		
	Caregiver House	602-285-1800	How to modify homes for elderly	
<b>SUPPORT – DEAF/HEARING IMPAIRED</b>				
	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		
<b>SUPPORT – DIABETES</b>				
	American Diabetes Association	602-861-4731		
<b>SUPPORT – ELDER ABUSE</b>				
	Adult Protective Services	602-255-0996		
	Adult Protective Services Hotline	877-767-2385		
	Area Agency on Aging, Region One	602-264-4357		
<b>SUPPORT – GRIEF MANAGEMENT</b>				
	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.	
<b>SUPPORT – HANDICAPPED</b>				
	Adaptive Clothing		Silvert’s Specialty Clothing Clothing/Apparel for physically disabled	<a href="http://www.silverts.com">www.silverts.com</a>
	Arizona Office for Americans with Disabilities	602-542-6276		<a href="http://www.azada.gov">www.azada.gov</a>
<b>SUPPORT – HEART</b>				
	American Heart Association	602-414-5353		
	National Stroke Association	1-800-787-6537		<a href="http://www.stroke.org">www.stroke.org</a>
<b>SUPPORT – KIDNEY</b>				
	Arizona Kidney Foundation	602-840-1644		

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Description	Telephone	More Information	Web Site
<b>SUPPORT – MENTAL HEALTH</b>			
Bipolar & Depression Support Group	480-994-4407	Boswell Hospital 13180 N. 103rd Dr, Sun City	
Bipolar & Depression Support Group – Finding Balance		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	
<b>SUPPORT – PARKINSON'S DISEASE</b>			
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	
<b>TRANSPORTATION SERVICES</b>			
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		<a href="http://www.movingyousimply.com">www.movingyousimply.com</a>

Description	Telephone	More Information	Web Site
<b>TRANSPORTATION SERVICES</b> (Continued)			
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.	<a href="http://www.rideplus.net">www.rideplus.net</a>
Safe Ride Services	602-627-6700		
Special Transportation Services	602-372-4280		<a href="http://www.hsd.maricopa.gov">www.hsd.maricopa.gov</a>
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		<a href="http://yourerrandserviceco.com">yourerrandserviceco.com</a>
<b>URGENT CARE CENTERS</b>			
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	<a href="http://www.allianceurgentcare.com">www.allianceurgentcare.com</a>
Next Care	480-776-1590	13075 W. McDowell Rd. Suite D 106, Avondale.	<a href="http://www.nextcare.com">www.nextcare.com</a>
Sun Valley Urgent Care	623-218-6907	2910 N. Litchfield Rd., Goodyear	