

RESOURCE GUIDE

Resource Guide, by Category

2010-05-14
1 of 14

	Description	Telephone	More Information	Web Site	Bear Facts	Last Modified	Category
AARP							
	State office	602-256-2277 866-389-5649		www.aarp.org		2010-04-10	AARP
ADULT DAY HEALTH CENTERS							
	Tolleson Adult Day Health Care	602-532-2979			09/08	2010-04-10	ADULT DAY HEALTH CENTERS
ADULT SENIOR CENTERS							
	Avondale Senior Center	623-333-2421				2010-04-13	ADULT SENIOR CENTERS
	Chinese Senior Center	602-262-6411				2010-04-25	ADULT SENIOR CENTERS
	Peoria Senior Center	623-979-3911				2010-04-10	ADULT SENIOR CENTERS
AREA AGENCY ON AGING							
	Senior Help Line	602-264-4357	Elder Resource Guide - information on services outside of the PebbleCreek	www.aaaphx.org		2010-04-10	AREA AGENCY ON AGING
CEMETERIES							
	Glendale Memorial Park	623-930-2189	7844 N. 61st Ave. Glendale			2010-04-10	CEMETERIES
	Hansen Arrowhead Funeral Center at Joy	623-362-3255	21000 N. 75th Ave. Glendale			2010-04-10	CEMETERIES
	Holy Cross Catholic Cemetery	623-936-1710	10045 W. Thomas, Avondale			2010-04-10	CEMETERIES
	Resthaven Park Cemetery	623-939-8394	6290 W. Northern Ave. Glendale			2010-04-10	CEMETERIES
	Sunland Memorial Park and Mortuary	623-933-0161	15826 Del Webb Blvd. Sun City			2010-04-10	CEMETERIES
COUNSELING SERVICES							
	Catholic Charities	602-997-6105				2010-04-10	COUNSELING SERVICES
	Crisis Hotline - Maricopa	602-222-9444				2010-04-10	COUNSELING SERVICES
FUNERAL HOMES							
	Chapel of the Chimes	623-937-9297	7924 N. 59th Ave. Glendale			2010-04-10	FUNERAL HOMES
	Christ Church of the Valley	623-242-9915	Free Funerals. Contact PC resident Lois Olson			2010-04-25	FUNERAL HOMES
	Hansen Arrowhead Funeral Center at Joy	623-362-3255	21000 N. 75th Ave. Glendale			2010-04-10	FUNERAL HOMES
	Heritage Funeral Chapel	623-974-3671	6830 W. Thunderbird Rd., Peoria			2010-04-25	FUNERAL HOMES
	Sunwest Funeral Home and Cemetery	623-974-2054	12525 N.W. Grand Ave. El Mirage			2010-04-10	FUNERAL HOMES
	Thompsons Valley West Funeral Chapel	623-932-1780	926 S. Litchfield Rd. Goodyear			2010-04-10	FUNERAL HOMES
GOVERNMENT AGENCIES							
	Arizona Attorney General's Office	602-542-5763		www.azag.gov	04/08	2010-04-10	GOVERNMENT AGENCIES
	Arizona Department of Veteran Affairs	800-827-1000				2010-04-10	GOVERNMENT AGENCIES

Resource Guide, by Category

2010-05-14
2 of 14

Description	Telephone	More Information	Web Site	Bear Facts	Last Modified	Category
GOVERNMENT AGENCIES (Continued)						
Arizona Dept of Motor Vehicles	602-771-2460	Report Unsafe Drivers, Download Forms & Publications, Driver Condition/Behavior Report - Form 96-0469	www.azdot.gov		2010-04-25	GOVERNMENT AGENCIES
Arizona Medical Board	480-551-2700		www.azmd.gov	06/08	2010-04-10	GOVERNMENT AGENCIES
Arizona Secretary of State	602-542-6187	Advance Directive Registry		04/08	2010-04-10	GOVERNMENT AGENCIES
Arizona State Board of Dental Examiners	602-242-1492			06/08	2010-04-10	GOVERNMENT AGENCIES
Elder Help Line	602-542-2124		www.azag.gov		2010-04-10	GOVERNMENT AGENCIES
Medicare General Information	800-633-4227				2010-04-10	GOVERNMENT AGENCIES
Medicare Information Hotline	800-432-4040				2010-04-10	GOVERNMENT AGENCIES
Social Security Administration	800-772-1213				2010-04-10	GOVERNMENT AGENCIES
HANDYMAN SERVICES						
Jerry Briner	623-536-7920	Will change smoke alarm batteries			2010-04-10	HANDYMAN SERVICES
Les Stubbs	623-910-0143	Will change smoke alarm batteries			2010-04-10	HANDYMAN SERVICES
Terry Partyka	623-535-7795	Will change smoke alarm batteries			2010-04-10	HANDYMAN SERVICES
Vern Hendrikson	623-215-3072				2010-04-10	HANDYMAN SERVICES
Welling, Paul	623-523-3877				2010-04-10	HANDYMAN SERVICES
HOME HEALTH SERVICES, MEDICAL						
Banner Home Care	623-327-5200				2010-04-10	HOME HEALTH SERVICES, MEDICAL
Caregivers of Arizona RN's	602-277-4142				2010-04-10	HOME HEALTH SERVICES, MEDICAL
Coronado Dental Services	480-461-1232	Mobile Dental Services			2010-04-10	HOME HEALTH SERVICES, MEDICAL
Firstat Nursing Services	602-279-0000				2010-04-10	HOME HEALTH SERVICES, MEDICAL
Home Health Resources	602-216-6005				2010-04-10	HOME HEALTH SERVICES, MEDICAL
Medisys	602-395-1999				2010-04-10	HOME HEALTH SERVICES, MEDICAL
Nightingale Home Care	602-504-1555				2010-04-10	HOME HEALTH SERVICES, MEDICAL
HOME HEALTH SERVICES, NON_MEDICAL						
A Helping Hand	623-330-1433	Barbara Urena - driver, companion, errands, etc.			2010-04-25	HOME HEALTH SERVICES, NON_MEDICAL

Resource Guide, by Category

2010-05-14
3 of 14

	Description	Telephone	More Information	Web Site	Bear Facts	Last Modified	Category
HOME HEALTH SERVICES, NON_MEDICAL (Continued)							
	Adult Care Assistance – West Valley	623-977-2223				2010-04-10	HOME HEALTH SERVICES, NON_MEDICAL
	Blessings! For Seniors	623-594-0819				2010-04-25	HOME HEALTH SERVICES, NON_MEDICAL
	Care by Design	602-285-1800	Foundation for Senior Living			2010-04-10	HOME HEALTH SERVICES, NON_MEDICAL
	Caregivers of Arizona	602-277-4142				2010-04-10	HOME HEALTH SERVICES, NON_MEDICAL
	Good Neighbor Support Services	623-932-4878				2010-04-10	HOME HEALTH SERVICES, NON_MEDICAL
	Home Instead – bonded & insured	602-265-8228				2010-04-10	HOME HEALTH SERVICES, NON_MEDICAL
	Lopez, Genovive	623-882-9366 480-518-3641	Caregiver and housekeeping			2010-04-25	HOME HEALTH SERVICES, NON_MEDICAL
	Mercy Home Care	602-451-2029				2010-04-25	HOME HEALTH SERVICES, NON_MEDICAL
	Nightingale Home Care	602-504-1555				2010-04-10	HOME HEALTH SERVICES, NON_MEDICAL
	Right at Home	623-547-0700	Licensed, bonded, insured			2010-04-25	HOME HEALTH SERVICES, NON_MEDICAL
	Sanchez, Delfina	623-936-3578	House Cleaner & Certified Caregiver			2010-04-10	HOME HEALTH SERVICES, NON_MEDICAL
HOME WATCH SERVICES							
	Bleau, Dave and Carolyn	623-535-1862	Home Guardian LLC			2010-04-10	HOME WATCH SERVICES
	Di's Home Watch	623-935-7481				2010-04-10	HOME WATCH SERVICES
	Kordel, Jan	623-536-1998				2010-04-10	HOME WATCH SERVICES
	Rae, Nancy	623-328-5922				2010-04-10	HOME WATCH SERVICES
	Shull, Bob and Diana	623-935-7481				2010-04-10	HOME WATCH SERVICES
	Sriver, Monty	623-536-7369				2010-04-10	HOME WATCH SERVICES
	Vesterby, Gary	623-337-2882				2010-04-10	HOME WATCH SERVICES
HOSPICE							
	Banner Home Care Hospice	480-497-5535				2010-04-10	HOSPICE
	Hospice of the Valley	602-530-6900		www.hov.org		2010-04-10	HOSPICE
	Hospice of the Valley – West	623-583-4848		www.hov.org		2010-04-10	HOSPICE
	The Crossing Hospice Care	602-216-6005				2010-04-10	HOSPICE
HOSPITALS							
	Arrowhead Emergency Room:	623-561-7222				2010-04-10	HOSPITALS
	Arrowhead Hospital	623-561-1000	18701 N. 67th Ave, Glendale			2010-04-10	HOSPITALS
	Banner Estrella Medical Center	623-327-4000	9201 W. Thomas Rd., Phoenix			2010-04-10	HOSPITALS
	Banner Thunderbird Medical Center	602-588-5555	5555 W. Thunderbird, Glendale			2010-04-10	HOSPITALS
	Boswell Memorial Hospital	623-977-7211	10401 W. Thunderbird Blvd., Sun City			2010-04-10	HOSPITALS
	Del E. Webb Memorial Hospital	623-214-4000	14502 W. Meeker Blvd, Sun City			2010-04-10	HOSPITALS
	Del Webb Emergency Room:	623-214-4066				2010-04-10	HOSPITALS

Resource Guide, by Category

2010-05-14
4 of 14

	Description	Telephone	More Information	Web Site	Bear Facts	Last Modified	Category
HOSPITALS (Continued)							
	Good Samaritan Regional Medical Center	602-239-2000	1111 E. McDowell Rd, Phoenix			2010-04-10	HOSPITALS
	Maricopa Emergency Room:	602-344-5411				2010-04-10	HOSPITALS
	Maricopa Medical Center	602-344-5011	2601 E. Roosevelt St, Phoenix			2010-04-10	HOSPITALS
	Maryvale Hospital Medical Center	623-848-5000	5102 W. Campbell Ave. Phoenix			2010-04-10	HOSPITALS
	Mayo Clinic Hospital	480-515-6296	5777 E. Mayo Blvd., Phoenix			2010-04-10	HOSPITALS
	Phoenix Baptist Hospital	602-249-0212	2000 W. Bethany Home Rd., Phoenix			2010-04-10	HOSPITALS
	Phoenix Memorial Hospital	602-258-5111	1201 S. 7th Ave. Phoenix			2010-04-10	HOSPITALS
	St. Joseph's Emergency Room:	602-406-3361				2010-04-10	HOSPITALS
	St. Joseph's Hospital and Medical Center	602-406-3000	350 W. Thomas Rd., Phoenix			2010-04-10	HOSPITALS
	St. Lukes Medical Center	602-251-8100	1800 E. Van Buren, Phoenix			2010-04-10	HOSPITALS
	St. Luke's Emergency Room:	602-251-8183				2010-04-10	HOSPITALS
	West Valley Hospital	623-882-1500	13677 W. McDowell, Goodyear			2010-04-10	HOSPITALS
HOUSING FOR SENIORS							
	Amethyst Arbor Assisted Living	623-974-2255				2010-04-10	HOUSING FOR SENIORS
	Area Agency for Aging - Hot Line	602-264-4357				2010-04-10	HOUSING FOR SENIORS
	Area Agency on Aging	602-264-2255	Provides Elder Resource Guide, Senior Housing Guide and more.			2010-04-10	HOUSING FOR SENIORS
	Area Agency on Aging	602-264-2255	Has comprehensive list of resource			2010-04-10	HOUSING FOR SENIORS
	AZ State Veterans Home, Skilled Nursing	602-248-1550				2010-04-10	HOUSING FOR SENIORS
	Baptist Village Youngtown	623-972-2371				2010-04-10	HOUSING FOR SENIORS
	Brighton Gardens	623-933-2222				2010-04-10	HOUSING FOR SENIORS
	Estrella Care and Rehab	623-932-2282	Formerly Sunbridge			2010-04-10	HOUSING FOR SENIORS
	Foundation for Senior Living	602-285-1800	Assisted Group Living Homes			2010-04-10	HOUSING FOR SENIORS
	Glencroft Retirement Community	623-939-9475				2010-04-10	HOUSING FOR SENIORS
	Immanuel Campus of Care	623-977-8373				2010-04-10	HOUSING FOR SENIORS
	Karcher Assisted Living Referrals	623-979-6885	Randy Karcher (PC Resident)			2010-04-10	HOUSING FOR SENIORS
	LaLoma Care Center/Rehab	623-537-7401				2010-04-10	HOUSING FOR SENIORS
	Montecito	623-972-1400				2010-04-10	HOUSING FOR SENIORS
	Palm Valley Rehab & Care Center	623-536-9911				2010-04-10	HOUSING FOR SENIORS
	Senior Care and Housing Consulting	602-944-2181 602-418-9555	(Elder Care Options) Sonya Vance			2010-04-10	HOUSING FOR SENIORS
	Sun View Care Center	623-977-6532				2010-04-10	HOUSING FOR SENIORS

Resource Guide, by Category

2010-05-14
5 of 14

	Description	Telephone	More Information	Web Site	Bear Facts	Last Modified	Category
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		2010-04-10	KARE BEARS
LABORATORY TESTING							
	Labcorp	623-536-7477	14044 W. Camelback Rd. Ste 226, Litchfield Park	www.labcorp.com		2010-04-10	LABORATORY TESTING
	Labcorp	623-907-8505	10815 W. McDowell Rd. Ste. 302, Avondale	www.labcorp.com		2010-04-10	LABORATORY TESTING
	Labcorp	623-535-4722	3000 N. Litchfield Rd. Ste 115, Goodyear	www.labcorp.com		2010-04-10	LABORATORY TESTING
	Sonora Quest Laboratories	623-535-4805	13657 W. McDowell Rd. Ste. 100			2010-04-10	LABORATORY TESTING
	Sonora Quest Laboratories	623-742-9072	9305 W. Thomas Rd. # 175, Phoenix			2010-04-10	LABORATORY TESTING
	Sonora Quest Laboratories	623-925-0027	250 N. Litchfield Rd. Ste 150			2010-04-10	LABORATORY TESTING
MEALS							
	Meals on Wheels	602-264-4357	Through Avondale Senior Center		07/08	2010-04-10	MEALS
	Palm Valley's Food Delivery Service	623-414-3378		www.youbuyandwefly.com	07/08	2010-04-10	MEALS
	Schwans	888-724-9267	Easy to prepare meals	www.Schwans.com		2010-04-10	MEALS
	Toscana's Grill	623-935-6753	Take-home meals and delivery of meals (for a fee).	www.pebblecreekhoa.org.	07/08	2010-04-10	MEALS
MEDICAL ALERT SERVICES/PRODUCTS							
	Flashing carriage lights for home	623-536-1200		www.karebears.org	02/08	2010-04-10	MEDICAL ALERT SERVICES/PRODUCTS
	LifeLink	877-837-0779	Alternative system- No monthly fee	www.callforassistance.com	02/08	2010-04-10	MEDICAL ALERT SERVICES/PRODUCTS
	Medical Alert System	800-432-5378		www.medicalert.org	02/08	2010-04-10	MEDICAL ALERT SERVICES/PRODUCTS
	MedicAlert ID Pendants & Bracelets	800-432-5378		www.medicalert.org		2010-04-10	MEDICAL ALERT SERVICES/PRODUCTS
	Medication Reminder by Blessings! For Seniors	623-594-0819	Part of Senior Safe Program			2010-04-25	MEDICAL ALERT SERVICES/PRODUCTS
	Philips Life Line - Contact Kitty Tirone	623-225-5450		www.lifelinesys.com	02/08	2010-04-10	MEDICAL ALERT SERVICES/PRODUCTS
	Phone Link - Free service & daily phone contact	602-331-5777				2010-04-10	MEDICAL ALERT SERVICES/PRODUCTS
	Quality Life Products	623-694-3004	Alert systems, Fall detectors, Personal Medication System, On Star	www.qjpllc.com	02/08 & 11/08	2010-04-10	MEDICAL ALERT SERVICES/PRODUCTS
MEDICAL CARE / MISCELLANEOUS SERVICES							
	AZ Non-Medical Home Care Association	602-283-3503	Informational and advocacy association for consumers	www.aznha.org		2010-04-25	MEDICAL CARE / MISCELLANEOUS SERVICES
	Blood Pressure Readings		PebbleCreek Fire Station - 2:00-5:00p.m.			2010-04-10	MEDICAL CARE / MISCELLANEOUS SERVICES
	Crisis Hotline (Maricopa County)	800-631-1314 602-222-9444				2010-04-10	MEDICAL CARE / MISCELLANEOUS SERVICES
	Geriatric Care Management	623-214-6652	Senior Care Consultants			2010-04-10	MEDICAL CARE / MISCELLANEOUS SERVICES
	PebbleCreek Nurses Club	623-935-9515	Louise Fils Blood pressure in EN Dining Room Alcove, Nov - May, Thursday 2-4			2010-04-10	MEDICAL CARE / MISCELLANEOUS SERVICES

Resource Guide, by Category

2010-05-14
6 of 14

Description	Telephone	More Information	Web Site	Bear Facts	Last Modified	Category
MEDICAL CARE / MISCELLANEOUS SERVICES (Continued)						
Physician Referral - Option 1 (Banner)	623-230-2273				2010-04-10	MEDICAL CARE / MISCELLANEOUS SERVICES
Shots given and change of bandages	623-535-9065	Roberta Medina - PC Resident & Nurse	minoaka1@msn.com		2010-04-25	MEDICAL CARE / MISCELLANEOUS SERVICES
Shots given and change of bandages	623-935-3571	Marian See - PC Resident & Nurse			2010-04-25	MEDICAL CARE / MISCELLANEOUS SERVICES
Wellness checks, by Blessings! For Seniors	623-594-0819	Part of Safe Senior Program			2010-04-25	MEDICAL CARE / MISCELLANEOUS SERVICES
MEDICAL EDUCATION & RESOURCES						
Alzheimer's Association	602-528-0545	Materials and books			2010-04-25	MEDICAL EDUCATION & RESOURCES
American Society of Plastic Surgeons	847-228-9900		www.plasticsurgery.org	10/08	2010-04-10	MEDICAL EDUCATION & RESOURCES
Area Agency on Aging	602-264-4357				2010-04-10	MEDICAL EDUCATION & RESOURCES
Arizona Dental Association	480-344-5777		www.azda.org	06/08	2010-04-10	MEDICAL EDUCATION & RESOURCES
Care Givers Guide	602-274-5022	Help for Helpers of the Aging			2010-04-10	MEDICAL EDUCATION & RESOURCES
Caregiver House	602-285-1800	How to modify homes for elderly			2010-04-10	MEDICAL EDUCATION & RESOURCES
Dentist Referral Service	800-336-8478				2010-04-10	MEDICAL EDUCATION & RESOURCES
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		2010-04-10	MEDICAL EDUCATION & RESOURCES
Foundation for Senior Living	602-285-1800		www.foundationforseniorliving.org		2010-04-10	MEDICAL EDUCATION & RESOURCES
Generations Program	602-274-5022	Developing Older Adult Resources	www.centerdoar.org		2010-04-10	MEDICAL EDUCATION & RESOURCES
Health and Human Services			www.healthfinder.gov	05/08	2010-04-10	MEDICAL EDUCATION & RESOURCES
Kare Bears Library	623-536-1200	Provides a variety of books, flyers and resources			2010-04-25	MEDICAL EDUCATION & RESOURCES
Kare Bears Website	623-536-1200		www.karebears.org	05/08	2010-04-10	MEDICAL EDUCATION & RESOURCES
Maricopa County Medical Society	602-252-2844		www.mcmonline.com	06/08	2010-04-10	MEDICAL EDUCATION & RESOURCES
National Library of Medicine			www.medlineplus.gov	05/08	2010-04-10	MEDICAL EDUCATION & RESOURCES
Phoenix Magazine		List of top doctors Available at KB House			2010-04-10	MEDICAL EDUCATION & RESOURCES

Resource Guide, by Category

2010-05-14
7 of 14

	Description	Telephone	More Information	Web Site	Bear Facts	Last Modified	Category
MEDICAL EDUCATION & RESOURCES (Continued)							
	Physician Information		Medical background/complaints, etc.	www.azmd.gov	06/08 & 10/08	2010-04-10	MEDICAL EDUCATION & RESOURCES
	Physicians Desk Reference		Prescription drug information Available at Kare Bears House			2010-04-10	MEDICAL EDUCATION & RESOURCES
	WebHealth		Description of Surgical procedures and animations	www.yoursurgery.com	05/08	2010-04-10	MEDICAL EDUCATION & RESOURCES
MEDICAL SUPPLIES							
	AAMS Medical Supplies	623-977-4380	Sun City	www.aamedsupplies.com		2010-04-25	MEDICAL SUPPLIES
	Ability Center (Accessible Vans, Lifts)	623-879-0800				2010-04-10	MEDICAL SUPPLIES
	Apria Healthcare	602-282-1400	Home Medical Equipment & Respiratory Services			2010-04-10	MEDICAL SUPPLIES
	Comfort Plus	480-545-8055	Medical Supplies/Incontinence Products			2010-04-10	MEDICAL SUPPLIES
	Kare Bears	623-536-1200	Loans wheelchairs, walkers, crutches, canes	www.karebears.org		2010-04-10	MEDICAL SUPPLIES
	Medical Mobility Products	623-215-8470		www.ActiveForever.com		2010-04-10	MEDICAL SUPPLIES
	Southwest Lending Closet	623-932-1016	Provides medical equipment at no charge. Loans bath benches, bedside commodes, walkers, crutches, wheelchairs, etc.			2010-04-10	MEDICAL SUPPLIES
	The New Beginning	623-848-0370	Medical Supplies / Incontinence Products			2010-04-10	MEDICAL SUPPLIES
MISCELLANEOUS							
	Anything for Baby, Inc	480-515-9783	Rent baby furniture & equipment, free delivery, set up, pick up	www.anythingforbaby.com		2010-04-25	MISCELLANEOUS
	Better Business Bureau	602-264-1721				2010-04-25	MISCELLANEOUS
	City of Goodyear, Arizona			www.goodyearaz.gov		2010-04-25	MISCELLANEOUS
	Credit Reporting Bureaus - Equifax	800-685-1111				2010-04-25	MISCELLANEOUS
	Credit Reporting Bureaus - Transunion	800-888-4213				2010-04-25	MISCELLANEOUS
	FTC Identity Theft Hotline	877-438-4338				2010-04-25	MISCELLANEOUS
	Grocery and Prescription Delivery			www.safeway.com		2010-04-25	MISCELLANEOUS
	Haircuts for Men	623-707-3748	Gary Thurek, PC resident			2010-04-25	MISCELLANEOUS
	Hopes Closet	623-925-0965				2010-04-25	MISCELLANEOUS
	Household Essentials Online - Free Shipping	877-962-5433		www.alice.com		2010-04-25	MISCELLANEOUS
	Identity Theft information			www.scambusters.org		2010-04-25	MISCELLANEOUS
	Identity Theft information			www.getnetwise.com		2010-04-25	MISCELLANEOUS
	PC Singles - Chris Mucha (PC Resident)	623-533-3752				2010-04-25	MISCELLANEOUS
	PebbleCreek Homeowner's Association			www.pebblecreekhoa.org		2010-04-25	MISCELLANEOUS

Resource Guide, by Category

2010-05-14
8 of 14

	Description	Telephone	More Information	Web Site	Bear Facts	Last Modified	Category
MISCELLANEOUS (Continued)							
	Pet Companions Club	623-535-0698	Jacqui Boliaux - PC Resident			2010-04-25	MISCELLANEOUS
	Pharmacy: Valley Pharmacy	623-505-6500	Free delivery for seniors and disabled			2010-04-25	MISCELLANEOUS
	Salon In Your Home - Judith Crow	602-859-5083				2010-04-25	MISCELLANEOUS
	Sweet Pea Baby Rentals	602-549-9918		www.sweetpeababyrentals.com		2010-04-25	MISCELLANEOUS
	Voter Registration Forms	623-935-4277	Tom Fisher -PC Resident			2010-04-25	MISCELLANEOUS
PASTORAL SUPPORT							
	Lamphere, Pete - Chaplain	623-516-8000	Goodyear resident			2010-04-10	PASTORAL SUPPORT
	Reverend Chalker, Gae	623-935-3279	St. Peter's Episcopal Church, 400 S.Old Litchfield Rd.,Litchfield Park			2010-04-10	PASTORAL SUPPORT
	Richardson, Beth - Retired Pastor	623-398-8818	Goodyear resident			2010-04-10	PASTORAL SUPPORT
	Thomas, Diane - Ordained clergy	623-249-4087	Goodyear resident			2010-04-10	PASTORAL SUPPORT
PET SITTERS							
	Becker, Lisa	623-374-7463	Small and medium dogs in her home			2010-04-10	PET SITTERS
	Bell, Liz	623-374-4599	Will go to home 2-3 times daily and will walk dogs (No Reptiles)			2010-04-10	PET SITTERS
	Bleau, Dave and Caroline	623-535-1862	Cats only in your home			2010-04-10	PET SITTERS
	Camp, Janet & Mark	623-478-7950	Dogs in their home, Cats & birds in your home			2010-04-10	PET SITTERS
	Carl, Ray	623-266-4671	Dogs in his home			2010-04-10	PET SITTERS
	Dumas, Carol	623-536-1325	Dogs, cats, birds in your home - Bonded, Insured,CPR Certified			2010-04-10	PET SITTERS
	Gifford, Ted & Margot	623-536-7933	Cats in your home			2010-04-10	PET SITTERS
	Herrem, Rick & Nancy	623-536-8076	Dogs and cats in your home			2010-04-10	PET SITTERS
	Jonna-Jette Chiroff's mom	623-935-7336	Will pet sit in your home			2010-04-10	PET SITTERS
	Lutz, Carol	623-535-1743	All pets in your home or hers			2010-04-10	PET SITTERS
	Mohr, Janet	623-935-7833	Small dogs. Large walled yard			2010-04-10	PET SITTERS
	Pappas, Gay	623-535-5674	Dogs in her home and cats in your home			2010-04-10	PET SITTERS
	Reynolds, Nicki & Al	623-535-1002	Cats in your home or theirs			2010-04-10	PET SITTERS
	Risden, Barbara	623-536-1931	Cats in your home			2010-04-10	PET SITTERS
	Savage, Doris	623-374-2435	Small dogs in her home			2010-04-10	PET SITTERS
	Schaad, Bonnie	623-935-4925	Small/medium dogs and birds			2010-04-10	PET SITTERS
	Scherer, Joanne	623-935-7773	Cats and dogs in your home. Will walk dogs			2010-04-10	PET SITTERS
	Smith, Joan	623-935-5676	Dogs and Cats in your home. Will walk dogs			2010-04-10	PET SITTERS
	Smith, Marilyn	623-322-3574	Dogs in her home			2010-04-10	PET SITTERS
	Townsend, Max & Joy	623-535-1662	Cats in your home			2010-04-10	PET SITTERS

Resource Guide, by Category

2010-05-14
9 of 14

	Description	Telephone	More Information	Web Site	Bear Facts	Last Modified	Category
PET SITTERS (Continued)							
	Trampel, Gary	623-935-7587	Walks dogs			2010-04-10	PET SITTERS
	Victoria's Pet Sitting	623-536-2688 623-255-3709	Dogs and Cats - Will stay in your home			2010-04-10	PET SITTERS
	Warren, Bev	623-594-3801	Dogs & Cats in your home or hers			2010-04-10	PET SITTERS
	Wilhelm, Ginny	623-505-3890	Cats in your home or hers			2010-04-10	PET SITTERS
	Wirick, Claudia	623-935-2936	Dogs and cats in your home			2010-04-10	PET SITTERS
PET SITTERS - NON/PC							
	Lyndee's Pet Sitters	623-935-6883	Lyndee Cypher, Has references			2010-04-25	PET SITTERS - NON/PC
	Pampered Pets and Plants	602-547-1121	Live-ins, visits, overnights	www.pamperedpetsandplants.com		2010-04-10	PET SITTERS - NON/PC
PHYSICAL THERAPY							
	AZ Orthopedic Physical Therapy	623-242-6908				2010-04-10	PHYSICAL THERAPY
	Biomechanix	623-882-2992				2010-04-10	PHYSICAL THERAPY
	Foothills Sports Rehab Center	623-547-4739				2010-04-10	PHYSICAL THERAPY
	Physicians Physical Therapy	623-935-5505				2010-04-10	PHYSICAL THERAPY
	Spooner Physical Therapy	623-935-0734				2010-04-10	PHYSICAL THERAPY
	White Tanks Physical Therapy	623-882-9787				2010-04-10	PHYSICAL THERAPY
POISON CONTROL							
	County Poison Control Center	602-253-3334				2010-04-10	POISON CONTROL
	National Hotline	800-222-1222				2010-04-10	POISON CONTROL
RADIOLOGY							
	Simon Med Imaging	623-433-0121	10815 W. McDowell Rd, Ste 102, Avondale			2010-04-10	RADIOLOGY
	Valley Radiologist, LTD	623-847-2000	13555 W. McDowell Rd. Ste 106, Goodyear			2010-04-10	RADIOLOGY
RESPIRE PROGRAMS							
	La Loma Care Center/Rehab	623-537-7401			09/08	2010-04-10	RESPIRE PROGRAMS
	Tolleson Adult Day Health Care Center	602-532-2979			09/08	2010-04-10	RESPIRE PROGRAMS
SHARE BEARS							
	Kare Bears Program - Contact Barbara Kinney	623-536-7137	Weekly bingo for PC seniors	www.karebears.org		2010-04-10	SHARE BEARS
SUPPORT - ALCOHOL & SUBSTANCE ABUSE							
	AA Support Group for PebbleCreek residents:	602-621-3783	Ken D			2010-04-10	SUPPORT - ALCOHOL & SUBSTANCE ABUSE
	AA Support Group for PebbleCreek residents:	623-547-6262	Paul G. Reycraft			2010-04-10	SUPPORT - ALCOHOL & SUBSTANCE ABUSE
	AA Support Group for PebbleCreek residents:	623-810-6331	Lori F			2010-04-10	SUPPORT - ALCOHOL & SUBSTANCE ABUSE

Resource Guide, by Category

2010-05-14
10 of 14

	Description	Telephone	More Information	Web Site	Bear Facts	Last Modified	Category
SUPPORT – ALCOHOL & SUBSTANCE ABUSE (Continued)							
	AA Support Group for PebbleCreek residents:	623-935-7553	Tony W			2010-04-10	SUPPORT – ALCOHOL & SUBSTANCE ABUSE
	Counseling Services – Al-Anon	480-969-6144				2010-04-10	SUPPORT – ALCOHOL & SUBSTANCE ABUSE
	Counseling Services – Catholic Social Services	602-997-6105				2010-04-10	SUPPORT – ALCOHOL & SUBSTANCE ABUSE
	Counseling Services – Crisis Hotline (Maricopa County)	602-222-9444				2010-04-10	SUPPORT – ALCOHOL & SUBSTANCE ABUSE
SUPPORT – ALZHEIMER'S DISEASE							
	Alzheimer's Association, Inc	602-528-0545	Free books and information			2010-04-25	SUPPORT – ALZHEIMER'S DISEASE
	Alzheimer's Association-Help Line	602-528-0550 800-272-3900				2010-04-10	SUPPORT – ALZHEIMER'S DISEASE
	Family Care Consultation Program (Free)	602-528-0545	Alzheimer's Association: Develops care plans, provides resources & education			2010-04-25	SUPPORT – ALZHEIMER'S DISEASE
	Huger Mercy Living Center	602-406-5600	2345 W. Orangewood Ave., Phoenix			2010-04-10	SUPPORT – ALZHEIMER'S DISEASE
	H.O.M.E. Medicare	602-287-7050	Certified home health program – Education on difficult behaviors & techniques, home safety; resources			2010-04-25	SUPPORT – ALZHEIMER'S DISEASE
	PebbleCreek Alzheimer's Caregiver Support Group	623-935-1819	Meets monthly. PC contact Rayma Scalzo			2010-04-25	SUPPORT – ALZHEIMER'S DISEASE
SUPPORT – ARTHRITIS							
	Adaptive Clothing	800-387-7088				2010-04-10	SUPPORT – ARTHRITIS
	Arthritis Foundation	602-264-7679				2010-04-10	SUPPORT – ARTHRITIS
SUPPORT – BLIND/VISUALLY IMPAIRED							
	Arizona Braille/Talking Books Free books on tape.	602-255-5578	Doctor's referral			2010-04-10	SUPPORT – BLIND/VISUALLY IMPAIRED
	Arizona Center for the Blind and Visually Impaired	602-273-7411				2010-04-10	SUPPORT – BLIND/VISUALLY IMPAIRED
	Arizona Council for the Blind	602-273-1510				2010-04-10	SUPPORT – BLIND/VISUALLY IMPAIRED
	Impaired Vision Support Group	623-935-4013	Millie Howard – PC resident			2010-04-10	SUPPORT – BLIND/VISUALLY IMPAIRED
	Kindle 2 – Wireless reader, text to speech		Available at amazon.com	www.amazon.com		2010-04-25	SUPPORT – BLIND/VISUALLY IMPAIRED
	Litchfield Park Library – books on tape	623-935-5053				2010-04-10	SUPPORT – BLIND/VISUALLY IMPAIRED
	Low Vision Plus	623-815-6787	Adaptive aids to help maintain lifestyle			2010-04-25	SUPPORT – BLIND/VISUALLY IMPAIRED
	Magnifier/Reader-Zoom text			www.aisquared.com		2010-04-10	SUPPORT – BLIND/VISUALLY IMPAIRED

Resource Guide, by Category

2010-05-14
11 of 14

Description	Telephone	More Information	Web Site	Bear Facts	Last Modified	Category
SUPPORT – BLIND/VISUALLY IMPAIRED (Continued)						
Magnifying America	602-956-6637				2010-04-10	SUPPORT – BLIND/VISUALLY IMPAIRED
Magnifying Glass			www.come.to		2010-04-10	SUPPORT – BLIND/VISUALLY IMPAIRED
Sun Sounds – Reading Thru Radio			www.sunsounds.org	03/08	2010-04-10	SUPPORT – BLIND/VISUALLY IMPAIRED
SUPPORT – CANCER						
American Cancer Society	602-224-0524				2010-04-10	SUPPORT – CANCER
American Institute for Cancer Research	800-843-8114				2010-04-10	SUPPORT – CANCER
Barbara's Mastectomy Boutique	602-234-9568	In home visits			2010-04-25	SUPPORT – CANCER
Bosom Buddies Breast Cancer Support Group	602-231-6648				2010-04-10	SUPPORT – CANCER
Cancer Care Telephone Education Workshops			www.cancercares.org		2010-04-10	SUPPORT – CANCER
Cancer Help Line	800-227-2345	Health Education/ Free Literature	www.cancer.org		2010-04-10	SUPPORT – CANCER
Cancer Hope Network	800-552-4366	Connects you with other survivors of all types of cancer.			2010-04-10	SUPPORT – CANCER
Cancer Information Service (National Cancer Institute)	800-422-6237	Answers/questions/information for free			2010-04-10	SUPPORT – CANCER
Cancer Patient & Survivor Connection	800-433-0464				2010-04-10	SUPPORT – CANCER
Cancer Treatment Centers of America – Goodyear	623-207-3000	14200 W Fillmore St	www.cancercenter.com		2010-04-10	SUPPORT – CANCER
Cleaning For a Reason		Free housecleaning for women while undergoing Chemo treatment	www.cleaningforareason.org		2010-04-25	SUPPORT – CANCER
Nutrition AICR Newsletter & Free Health-e-recipes			www.aicr.org		2010-04-10	SUPPORT – CANCER
Nutrition Hotline Online		Connects you to Registered Dietitians	www.aicr.org		2010-04-10	SUPPORT – CANCER
PebbleCreek Breast Cancer Support Group	623-935-1819	For information, call Rayma Scalzo			2010-04-10	SUPPORT – CANCER
Specialty Products During/After Cancer Treatment	480-323-1990	Tina's Treasures 10460 N. 92nd St. Suite 100, Scottsdale		08/08	2010-04-10	SUPPORT – CANCER
Specialty Products During/After Cancer Treatment	480-429-3778	Az Wig Company and Boutique 7072 E. 5th Ave., Scottsdale		08/08	2010-04-10	SUPPORT – CANCER
Specialty Products During/After Cancer Treatment	602-267-7854	Bio concepts 2424 E. University Drive, Phoenix	www.bio-con.com	08/08	2010-04-10	SUPPORT – CANCER
Specialty Products During/After Cancer Treatment	623-207-3000	Cancer Treatment Centers of America – Goodyear		08/08	2010-04-10	SUPPORT – CANCER
Specialty Products During/After Cancer Treatment	623-214-3324	Fine Fittings 18795 N. Reems Rd. Shop G-113, Surprise	www.finefittings.org	08/08	2010-04-10	SUPPORT – CANCER
Specialty Products During/After Cancer Treatment	623-535-1919	Hanger Prosthetics and Orthotics 13065 W. McDowell Rd.		08/08	2010-04-10	SUPPORT – CANCER
Specialty Products During/After Cancer Treatment	623-583-1717	Ma's Swimwear 12851 W. Bell Road, Surprise		08/08	2010-04-10	SUPPORT – CANCER

Resource Guide, by Category

2010-05-14
12 of 14

Description	Telephone	More Information	Web Site	Bear Facts	Last Modified	Category
SUPPORT – CANCER (Continued)						
Specialty Products During/After Cancer Treatment	800-850-9445	"tlc" Tender Loving Care	www.tlcdirect.org	08/08	2010-04-10	SUPPORT – CANCER
U of A Cancer Center, Tucson	520-327-5461				2010-04-10	SUPPORT – CANCER
Us Too Prostate Cancer Support Group	623-535-4690	Bob Shelton	www.ustoo.org		2010-04-10	SUPPORT – CANCER
Us Too Prostate Cancer Support Group	623-935-0886	Lou Perrinello	www.ustoo.org		2010-04-10	SUPPORT – CANCER
SUPPORT – CAREGIVERS						
Beatitudes Center DOAR – Generations Program	602-274-5022				2010-04-10	SUPPORT – CAREGIVERS
Caregiver House	602-285-1800	How to modify homes for elderly			2010-04-10	SUPPORT – CAREGIVERS
SUPPORT – DEAF/HEARING IMPAIRED						
Commission for Deaf or Hard of Hearing	602-542-3323				2010-04-10	SUPPORT – DEAF/HEARING IMPAIRED
Sign language classes.	720-272-1757	Rusty Rinehart – PC resident			2010-04-25	SUPPORT – DEAF/HEARING IMPAIRED
Sign language fluent assistance	623-388-4870	Claire Juengst – PC resident			2010-04-25	SUPPORT – DEAF/HEARING IMPAIRED
Valley Center for Deaf	602-267-1921				2010-04-10	SUPPORT – DEAF/HEARING IMPAIRED
SUPPORT – DIABETES						
American Diabetes Association	602-861-4731				2010-04-10	SUPPORT – DIABETES
SUPPORT – ELDER ABUSE						
Adult Protective Services	602-255-0996				2010-04-10	SUPPORT – ELDER ABUSE
Adult Protective Services Hotline	877-767-2385				2010-04-10	SUPPORT – ELDER ABUSE
Area Agency on Aging, Region One	602-264-4357				2010-04-10	SUPPORT – ELDER ABUSE
SUPPORT – GRIEF MANAGEMENT						
Diane Thomas– (PC resident) Ordained Clergy	623-249-4087	Individual grief counseling at no charge.			2010-04-10	SUPPORT – GRIEF MANAGEMENT
Divorce Care Group – Alice Anderson – PC resident	623-536-7628	Structured grief support from a Christian prospective.			2010-04-10	SUPPORT – GRIEF MANAGEMENT
GriefShare – Alice Anderson – PC resident	623-536-7628	Structured grief support from a Christian prospective.			2010-04-10	SUPPORT – GRIEF MANAGEMENT
SUPPORT – HANDICAPPED						
Adaptive Clothing		Silvert's Specialty Clothing Clothing/Apparel for physically disabled	www.silverts.com		2010-04-10	SUPPORT – HANDICAPPED
Arizona Office for Americans with Disabilities	602-542-6276		www.azada.gov		2010-04-10	SUPPORT – HANDICAPPED
SUPPORT – HEART						
American Heart Association	602-414-5353				2010-04-10	SUPPORT – HEART
SUPPORT – KIDNEY						
Arizona Kidney Foundation	602-840-1644				2010-04-10	SUPPORT – KIDNEY

Resource Guide, by Category

2010-05-14
13 of 14

Description	Telephone	More Information	Web Site	Bear Facts	Last Modified	Category
SUPPORT – MENTAL HEALTH						
Bipolar & Depression Support Group	480-994-4407	Boswell Hospital 13180 N. 103rd Dr, Sun City			2010-04-10	SUPPORT – MENTAL HEALTH
Bipolar & Depression Support Group – Finding Balance		Arrowhead Wellness Connection, 6670 W. Sack Dr, Glendale			2010-04-10	SUPPORT – MENTAL HEALTH
Crisis Hotline (Maricopa County)	602-222-9444				2010-04-10	SUPPORT – MENTAL HEALTH
National Alliance on Mental Illness	623-546-4011	Arrowhead Hospital – 18699 N. 67th Ave. Glendale			2010-04-10	SUPPORT – MENTAL HEALTH
National Alliance on Mental Illness	623-546-4011	Shepard of the Hills United Methodist Church, 13658 Meeker Blvd, Sun City			2010-04-10	SUPPORT – MENTAL HEALTH
SUPPORT – PARKINSON'S DISEASE						
Muhammad Ali Parkinson Research Center	602-406-4931	(North of main hospital bldg.)			2010-04-10	SUPPORT – PARKINSON'S DISEASE
Parkinson's Support Group – Dottie Kiley (PC resident)	602-935-5820	Skyway Church of the Valley, 14900 W. Van Buren			2010-04-10	SUPPORT – PARKINSON'S DISEASE
Parkinson's Caregiver Support Group	623-935-5820	Dottie Kiley (PC resident) Skyway Church of the Valley– 14900 W. Van Buren			2010-04-10	SUPPORT – PARKINSON'S DISEASE
TRANSPORTATION SERVICES						
American Handicapped	602-253-0911	wheelchair & stretcher			2010-04-10	TRANSPORTATION SERVICES
Carol's Airport Transportation	623-535-7643				2010-04-10	TRANSPORTATION SERVICES
Crisis Hotline (Maricopa)	602-222-9444	Rides for detox – No Charge			2010-04-10	TRANSPORTATION SERVICES
Desert Princess Carriage Service	602-300-7076				2010-04-10	TRANSPORTATION SERVICES
Discount Cab	602-200-2000				2010-04-25	TRANSPORTATION SERVICES
Enterprise Rent-A-Car-Goodyear	623-932-2501				2010-04-10	TRANSPORTATION SERVICES
Garibay's Medical Transport	623-478-2054				2010-04-25	TRANSPORTATION SERVICES
Handicap Vehicle Specialist	602-275-3325	Auto adaptation for handicap use			2010-04-10	TRANSPORTATION SERVICES
Kare Bears Transportation	623-536-1200	For medically related appointments – No Charge			2010-04-10	TRANSPORTATION SERVICES
Laid Back Transportation	602-957-2800	Wheelchair & stretcher vans			2010-04-10	TRANSPORTATION SERVICES
Safe Ride Services	602-627-6700				2010-04-10	TRANSPORTATION SERVICES
Sun City Express Airport Transportation	623-933-9300				2010-04-10	TRANSPORTATION SERVICES
Super Shuttle Airport Transportation	602-244-9000				2010-04-10	TRANSPORTATION SERVICES
Valley Metro Transit Bus Information	602-253-5000				2010-04-10	TRANSPORTATION SERVICES
Visits with Rides Program	623-594-0819	Blessings! For Seniors			2010-04-25	TRANSPORTATION SERVICES
URGENT CARE CENTERS						
Advanced Urgent Care	623-846-7122	8260 W. Indian School Rd., Phoenix			2010-04-10	URGENT CARE CENTERS
Advantage Urgent Care	602-530-6189	5410 W. Thunderbird Rd. #101, Glendale.			2010-04-10	URGENT CARE CENTERS
Alliance Urgent Care	623-474-2300	9897 W. McDowell Rd. #100, Tolleson	www.allianceurgentcare.com		2010-04-10	URGENT CARE CENTERS
Next Care	480-776-1590	13075 W. McDowell Rd. Suite D 106, Avondale.	www.nextcare.com		2010-04-10	URGENT CARE CENTERS

Resource Guide, by Category2010-05-14
14 of 14

	Description	Telephone	More Information	Web Site	Bear Facts	Last Modified	Category
URGENT CARE CENTERS (Continued)							
	Now Care Urgent Care	623-925-2111	1020 N. Estrella Pkwy., Goodyear	www.walk-inurgentcare.com		2010-04-10	URGENT CARE CENTERS
	Sun Valley Urgent Care	623-218-6907	2910 N. Litchfield Rd., Goodyear			2010-04-10	URGENT CARE CENTERS