August 2013—July 2014

A guide to community resources for older adults in Pierce County

INFORMATION & REFERRAL

Produced by Senior Media Services
Publishers of Senior Scene
253-722-5687
Community Health Care is ready to meet your health care needs with five medical clinics* and two dental clinics in Pierce County.

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- Radiology

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*Opening November, 2013
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For information or to schedule an appointment, call 253.792.6680 or visit multicare.org/TFM.

- Open Monday–Friday, 8am–5pm • Closed holidays
- 521 Martin Luther King Jr. Way
- (just two blocks south of Tacoma General Hospital)
- Free parking
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Where to Turn

5
HOW TO USE THIS GUIDE

Where To Turn lists phone numbers by types of services. This publication includes services provided through government, publicly funded and nonprofit programs, and for-profit programs that accept Medicare or Medicaid. If you cannot locate a resource, call Community Connections Aging & Disability Resources (ADR) at (253) 798-4600 or 800-562-0332.

ABOUT THE PUBLISHER

Senior Media Services is a program of Lutheran Community Services Northwest (LCSNW). The goal of all LCSNW programs is to meet the specific needs of the local community. Senior Media Services has been serving the information needs of seniors for more than 30 years.

Senior Scene is distributed free at more than 350 locations throughout Pierce County. (Home delivery is $20 per year.) This monthly paper offers news, feature articles, personal profiles, opinion pieces, a calendar of events, and more. Seniors submit articles, and volunteer as proofreaders and delivery drivers.

Seniors, their families, friends and caregivers depend on the information provided in Where To Turn as resource for government and private providers of senior services in the south Puget Sound area and beyond.

SERVICES OUTSIDE PIERCE COUNTY

The Eldercare Locator lists Community Connections Aging and Disability Resources (ADR) programs throughout the United States. For help finding senior resources outside the state of Washington, call 800-677-1116. Callers should know the city and state for which information is needed.
Robert L. Michaels, Elder Law Section
Smith Alling Lane, P.S., Attorneys

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Tacoma, WA 98445 • kingsmanoralf.com

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Where to Turn

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  Pierce County ADR ....(253) 798-4600

• IN-HOME PROVIDERS
  A & B Home Care and Staffing, Inc. ..................................(253) 874-3333
  Arcadia Health Care ...(253) 863-1834
  Catholic Community Services (CCS) ....................................(253) 383-3697
  LCS Home Care ........(253) 272-8433
  Korean Women’s Association (KWA) ....................................(253) 535-4202

• OUT-OF-HOME PROVIDERS
  Cascade Park Active Day Adult Day Health .........................(253) 627-9990
  KWA Asian/Pacific Senior Day Care ....................................(253) 535-4202
  MultiCare Adult Day Health Services ..................................(253) 459-7222

ADULT DAY CARE
Respite and relief for caregivers

• ADVOCACY & COMPLAINTS
  Aging & Disability Resource Center .......................... (800) 562-0332 or
  (253) 798-4600
  Better Business Bureau .............................................(253) 830-2924 or
  (206) 431-2222
  Charity Information.....(800) 332-4483
  City of Tacoma Human Rights & Human Services Dept ........(253) 591-5151
  Disabled American Veterans .......................................(253) 472-4680

• DSHS COMPLAINT HOTLINES:
  Adult Protective Service ............................................ 1(877) 734-6277
Where to Turn

ADVOCACY & COMPLAINTS, cont...

Department of Health ..............................................................(800) 633-6828
Residential Care Services .....................................................(800) 562-6078
Medicaid/Medicare Fraud ......................................................(800) 447-8477
Medicare Part B Hotline ...........................................................(800) 633-4227

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www.RehmkeAndFlynn.com

Where to Turn
ADVOCACY & COMPLAINTS, cont...

Medicare Beneficiary Helpline ...........................................(800) 445-6941
Pierce County Long Term Care Ombudsman ..............(253) 798-3789
Samoan-Pacific Islander Assoc(SPIA) .........................(253) 496-0335
United Way HelpLine (info & referral) .......................211
U.S. Dept. of Labor (wages/hours) .....................(866) 487-9243

WASHINGTON:
  Atty General ...........(800) 551-4636 or ...........(253) 593-2904
  Insurance Commissioner ...........................................(800) 562-6900
  Long Term Care Ombudsman .....................................(800) 562-6028
  Disability Rights of Washington .....................................(800) 562-2702

CASE MANAGEMENT

Alzheimer’s Association .................................................(800) 272-3900
CayCare .........................................................(866) 337-1176
EARS .........................................................(253) 226-3076
Home & Community Services .................................(253) 476-7200
Pierce County ADR ....(253) 798-4600 or .........................(800) 562-0332
Samoan-Pacific Islander Assoc(SPIA) .........................(253) 496-0335

CHEMICAL DEPENDENCY

Alcohol and drug abuse

Al-Anon ...........................................(800) 726-8094
.........................................................(253) 474-8897
CHEMICAL DEPENDENCY, cont...

Castaeele, Williams & Association ...........................................(253) 536-2881
Good Samaritan Behavioral Health ...........................(253) 697-8400
Sea Mar (inpatient) ..............................................................(253) 280-9860
Tacoma Detox Unit.........................................................(253) 593-2413

CRIME PREVENTION
Education, advocacy and victim support

AARP.................................................(888) 687-2277
Adult Protective Services (DSHS) ...........................................(877) 734-6277
TTY .........................................................(800) 688-1165
Crime Stoppers Crimes Against Seniors .................................(253) 591-5959
Office of Crime Victim Advocacy ...........................................(800) 822-1067
Safe Streets .............................................(253) 272-6824

CRISIS LINES – 24 HOURS

Family Renewal Shelter ..................................................(253) 475-9010
...........................................(888) 550-3915
MultiCare/Good Samaritan Behavioral Health ......................(253) 697-8400

Pierce County:
24 Hr. Crisis Line... (800) 576-7764
Community Connections ....................................................(253) 798-4500
Domestic Violence Helpline .............................................(253) 798-4166
Sexual Assault Center of Pierce County .....................(253) 474-7273 or
.........................................................(800) 756-7273
Recovery Innovations (253) 439-5901
WAFHome (KWA) ......(253) 359-0470
DEMENTIA CARE

Alzheimer’s Association ........................................ (800) 272-3900
....................................................... (206) 363-5500
Elder Care & Alzheimer’s Resource
Lending Library ..........(800) 848-7097
Family Caregiver Support Program
....................................................... (253) 798-4600
Memory Wellness Program (Alzheimer’s study) ..........(866) 638-8813 or
....................................................... (253) 583-2033

DENTAL CARE

Bates Dental Clinic.....(253) 680-7310
Bates Denture Clinic ..(253) 680-7314
Community Health Care Family Dental
Clinic ............................(253) 572-7002
Community Health Care Lakewood
Clinic ............................(253) 589-7188
Grant Denture Clinic ..(253) 471-9999
Northwest Dental Services
....................................................... (253) 383-3001
Pierce College Dental Clinic
....................................................... (253) 964-6694
Pierce County ADR ....(253) 798-4600
Puyallup Tribal Health Authority
....................................................... (253) 593-0232
SeaMar Dental Clinic (bilingual Spanish/ English) ..........(253) 593-2144

DISABILITY-RELATED SERVICES

(Δ=Teletype service for the deaf only)

Center for Independence
....................................................... (253) 582-1253
Department of Services for the Blind
....................................................... (253) 597-4417
Diabetes Association of Pierce County

Information and Literature
Free Diabetes Screening Program
Children’s Summer Day Camp
Educational Workshops

(253) 272-5134
www.dapc.info

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.............................. (253) 472-4680
Hearing Loss Association of Tacoma
................................. (253) 851-6183
PC2........................................ (253) 564-0707
Pierce County ADR .... (253) 798-4600
Pierce County Human Services
Developmental Disabilities
........................................... (253) 798-6109
Pierce County Library (253) 536-6500
Tacoma Area Coalition of Individuals with Disabilities (TACID)
V/TDD: ................................. (253) 565-9000
TTY: ..................................... (253) 565-3486
Tacoma Public Library
........................................ (253) 591-5666
V/TTY: ................................... (253) 591-5667
WA Talking Book & Braille Library
........................................... (206) 615-0400
........................................... (800) 542-0866
WA TBI Resource Coordination
........................................... (253) 572-0383
WA TDD Relay Services
........................................... 711

DISASTER/EMERGENCY SERVICES

American Red Cross (253) 474-0400
Federal Emergency Management Administration (FEMA)
....................................... (800) 525-0321
Need-A-Break Services
........................................ (253) 284-4282
Salvation Army......... (253) 572-8452
DOMESTIC VIOLENCE PREVENTION

Casteele, Williams & Associates ............................................. (253) 536-2881
Family Renewal Shelter ......................................................... (253) 475-9010
..................................................................................... (888) 550-3915
Joint Base Lewis-McChord Safeline ........................................ (253) 966-7233
National Domestic Violence Hotline ................................... (800) 799-7233
Pierce County Domestic Violence Helpline ............................. (253) 798-4166
..................................................................................... (800) 764-2420
TDD: ................................................................. (253) 798-4620
Washington State Domestic Violence Hotline ...................... (800) 562-6025
We Are Family (KWA) ......................................................... (253) 535-4202
YWCA Women’s Shelter ........................................................ (253) 383-2593

DRIVING IMPROVEMENT

AARP—”55 Alive” .......... (888) 227-7669
Korean Language Test (KWA) ................................................ (253) 535-4202

EDUCATION

Educational Opportunity Center (EOC) ............................... (253) 572-5960
Franke Tobey Jones ......................................................... (253) 752-6621
L.I.F.E. ........................................................................... (253) 241-4166
Pierce County Home & Family Services ............................ (253) 798-7240

Where to Turn
EDUCATION, cont.

Tacoma Community House (GED prep & ESL) ..................... (253) 383-3951
Tacoma Area Literacy Council
............................................. (253) 272-2471

EMPLOYMENT

Senior Community Service
Employment Program
Tacoma/Peninsula (253) 272-5166
Pierce .................. (253) 552-2549

ENTERTAINMENT

Frolic-tunery .................. (206) 353-9838

EQUIPMENT

Franciscan Home Medical Supply
............................................. (253) 426-6912
Gerry’s Annex ............ (253) 951-2537
Shield Healthcare ...... (800) 720-7440 ex1

FINANCIAL COUNSELING

Consumer Counseling NW/Apprisen
Financial Advocates
............................................. 1(800)355-2227

FOOD

• FOOD BANKS:
  Allen Food Pantry ...... (253) 627-6855
  BASH ...................... (253) 531-9600
  Bread of Life at Bonney Lake
FOOD, cont...

Bread of Life at Lake City ...........................................(360) 897-9005
Buckley (Kiwanis) .............................................(253) 582-2515
Community Christian Assembly .............................................(253) 537-4010
Eatonville Family Agency ..............................................(360) 832-6805
Eatonville Living Word Assembly of God ...................................(360) 832-4220
Emmanuel Food Pantry .............................................(253) 863-3655

FISH Food Banks

Administration .............................................(253) 383-3164
Edgewood .............................................(253) 826-4654
Graham .............................................(253) 846-3805
Key Peninsula .............................................(253) 884-3312
Lakes .............................................(253) 581-1116
NW Tacoma .............................................(253) 756-4974
SE Tacoma .............................................(253) 531-4530

Food Connections .............................................(253) 383-5048

Gig Harbor Peninsula (FISH) .............................................(253) 858-6179
Key Peninsula .............................................(253) 884-4440
Lakewood/Prince of Peace .............................................(253) 584-2565

Orting .............................................(360) 893-3150
My Sister’s Pantry .............................................(253) 627-1186
Parkland 1st Baptist .............................................(253) 535-1293
Puyallup (FISH) .............................................(253) 848-5240
Roy/McKenna .............................................(253) 843-3033
Salvation Army/Puyallup .............................................(253) 841-1491
Salvation Army/Tacoma .............................................(253) 572-8452
Samoan Family Support .............................................(253) 535-9616
Spanaway (FISH) .............................................(253) 383-1817
FOOD, cont...

Steilacoom ...................(253) 581-1076
SE Asian Diets ............(253) 472-7264
Sumner ......................(253) 863-3655
Tacoma/Bounty ..........(253) 475-7098
TACS-Diabetic .............(253) 272-8289
United Lutheran Church
..............................................(253) 475-3175
University Place (FISH)
..............................................(253) 460-3134
WLSA/Steilacoom ......(253) 581-1076
Yelm .........................(360) 458-4003

FOOD STAMP PROGRAM

Department of Social & Health Services
(Bremerton) ................(360) 473-2200 or
..............................................(800) 338-7410
Department of Social & Health Services
(Pierce-South) ............(253) 671-7900
Holy Family of Jesus (Cambodian Church)
..............................................(253) 471-9838
Korean Women’s Association
..............................................(253) 535-4202
Indoche(nese) ...............(253) 473-5666
Pierce County Aging & Disability
Resources ...................(253) 798-4600
South Sound Outreach Services
..............................................(253) 593-2111
Eatonville Family Agency
..............................................(253) 832-6805

HOME-DELIVERED MEALS

All Saints Episcopal Church (Puyallup)
..............................................(253) 848-2000
Lutheran Community Services NW
(frozen) .........................(253) 272-8433
Catholic Community Services (frozen)
..............................................(253) 474-1300
Pierce County ADR ....(253) 798-4600
AIDS Foundation........(253) 383-2565
Avamere Health Services ........................................1(877) 282-6373
Breast Cancer Resource Center ......................................(253) 752-4222
Communicable Info & Referral (Pierce County Health Department) ..................................................(253) 798-6500
SHIBA Helpline (Statewide Health (Insurance Benefit Advisors) ALTC ............................................(800) 562-6900
SHIBA Helpline (Statewide Health (Insurance Benefit Advisors) KWA ..................................................(253) 535-4202

Community Health Care
(253) 597-4550

Downtown Tacoma (253) 597-3813
Eastside Clinic......(253) 471-4553
Lakewood Clinic ....(253) 589-7030
Parkland Clinic .....(253) 536-2020
Spanaway Clinic ....(253) 847-2304
Women’s Health ....(253) 597-4163

Diabetes Association..(253) 272-5134
Eye Care America......(800) 222-3937

Franciscan Health System
Cancer Resource Center ...................................................(253) 426-6810
Diabetes Education...(253) 426-6753
Doctor Referral…. ..(888) 825-3227
Heart Healthy Nutrition ...................................................(888) 825-3227
Knee/Joint Pain .....(888-825-3227
St. Anthony Sleep Disorders Center ......................................(253) 853-2999
St. Clare Sleep Disorders Center .......................................(253) 985-6951
**HEALTH CARE SERVICES, cont...**

Therapy Services ..(253) 426-4400

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Tacoma ..................(253) 779-6220

Franciscan Ear, Nose & Throat Associates ..............(253) 426-6731

Franciscan Endocrine Clinic  
..............................253) 833-1987

Franciscan Eye Care  
..............................(253) 502-5965

Franciscan Family Medicine  
Tacoma ..................(253) 382-8020  
Canyon Road ..............(253) 539-4200

Franciscan Foot & Ankle Specialists  
Gig Harbor ..............(253) 858-9192  
Lakewood ..............(253) 985-2733  
Tacoma ..............(253) 382-8200

Franciscan Medical Clinic  
Spanaway ..............(253) 536-2824

Franciscan Plastic Surgery  
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Franciscan Prompt Care—Canyon Road ..............(253) 539-4200

Franciscan Urology Associates  
Gig Harbor ..............(253) 858-9192  
Lakewood ..............(253) 985-6134

Franciscan Weight Loss Surgery Clinic—Gig Harbor  
..............................(253) 275-6030

Franciscan Women’s Health  
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Northwest Urology Center .............................. (253) 426-6180
Pearl Plastic Surgery .............................. (253) 759-4522
ROAD Clinic (Rheumatology, Osteoporosis and Arthritic Diseases) .............................. (253) 985-6490
St. Anthony Family Medicine .............................. (253) 858-9192
St. Anthony Prompt Care .............................. (253) 853-2050
St. Joseph Medical Clinic .............................. (253) 382-8100
St. Joseph Women’s Clinic .............................. (253) 382-8400
Tacoma Orthopaedic Surgeons .............................. (253) 756-0888
The Lakewood Clinic .............................. (253) 985-6688
The Orthopaedic Center .............................. (253) 272-2224
University Place Medical Clinic .............................. (253) 564-0170

Good Samaritan Hospital
Alzheimer’s Resource Center/ Elder Care ....................... (253) 697-8575
Interventional Pain Management .............................. (253) 697-4110

MultiCare Health System .............................. (800) 342-9919
Center for Healthy Living .............................. (253) 403-7894
HEALTH CARE SERVICES, cont...

Diabetes Education (253) 403-1726
Pierce County Health Department
........................................ (253) 798-6500
Birth/Death Certificates
........................................ (253) 798-6418
Environmenental Health Program
........................................ (253) 798-6470
Public Health Information referrals
........................................ (253) 798-2987
Puyallup Tribe Elder Care Services
Tribal members only... (253) 680-5480
Sea Mar Health Center (Tacoma)
........................................ (253) 593-2144
Sea Mar Health Center (Puyallup)
........................................ (253) 864-4550
VA Puget Sound Health Care System
American Lake .......... (253) 582-8440
Wellness Program (Franke Tobey Jones)
........................................ (253) 752-6621
YWCA-Pierce County (253) 272-4181

HEALTH INSURANCE

DSHS Community Service Office
........................................ (877) 501-2233
Medicare .................. (800) MEDICARE
SHIBA Helpline (Statewide Health
Insurance Benefit Advisors) ALTC
........................................ (253) 596-0918 or
........................................ (800) 562-6900
Korean Women’s Association (Korean
Language)................. (253) 535-4202

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VP .............................(253) 292-2210
Peninsula Audiology... (253) 858-3277
Sound Advice Audiology-Gig Harbor
................................... (253) 514-8900

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Tacoma General .......(253) 403-1000
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Pierce County Housing Authority
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Pierce County Home & Family Services
.............................................(253) 798-7240
Senior Housing Assistance Group
.............................................(888) 450-7424
Shared Housing Services
.............................................(253) 272-1532
Tacoma Housing Authority
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The Orchard (KWA) ...(253) 843-0384

**RESIDENTIAL CARE INFO**
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TACID .........................(253) 565-9000

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*Weatherization .....(253) 798-6115  
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Rural Development ....(360) 704-7760  
Tacoma Major Home Repair  
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*Tacoma Power ..........(253) 502-8363

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Tacoma Community House  
..............................(253) 383-3951  
US Immigration & Naturalization Services  
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Gig Harbor/Port Orchard Debbie Cupernall (253)225-5521
Fife/Edgewood Cora Castor (253)380-5741
Graham/Eatonville Fern Caldwell (360)832-6290

Washington State Residential Care Council office (888)439-8999

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Gentiva Health Services – Puyallup ..............................................(253) 435-9953
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Heartwarming Care ..............................................(253) 460-1574
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Lutheran Community Services Northwest
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  ............................................(800) 869-7062
- Puget Sound Home Health Care 
  
  ............................................(253) 581-9410
- Right At Home ............(253) 460-4848
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  ............................................(253) 661-5166
- Wesley Homes Home Health 
  
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- Northwest Justice Project 
  
  ............................................(253) 272-7879
  
  ............................................(888) 201-1015
- Pierce County ADR ....(253) 798-4600
- Pierce County Center for Dispute Resolution ............(253) 572-3657
- Pierce County Prosecuting Attorney 
  
  ............................................ (253) 798-7400
- Lawyer Referral Services Tacoma/Pierce Co. Bar Assoc. .......(253) 383-3432
- WA State Access to Justice Network CLEAR*Senior (non-criminal) 
  
  ............................................(888) 387-7111
Senior Citizens Lobby .............................. (360) 754-0207
Washington State Legislative Hotline .............................. (800) 562-6000

Pierce County Medical Society .............................. (253) 572-3666
WA State Access to Justice Network CLEAR*Senior ........ (888) 387-7111
WA State Medical Association .............................. (800) 552-0612
Aging & Disability Services (DSHS) .............................. (253) 476-7200

Pierce County ADR (info only) .............................. (253) 798-4600 or (800) 562-0332
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Pierce County Long Term Care Ombudsman ............ (253) 798-3789

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19304 Bonney Lake Blvd, Bonney Lake 98391

Buckley Senior Center
...........................................(360) 829-0190
811 Main St, Buckley 98321

Community Christian Assembly Food Bank
...........................................(253) 537-4010
10401 19th Avenue Ct E, Tacoma, WA 98445

Eatonville Community Center
...........................................(360) 832-6805
305 W Center St, Eatonville 98328

Fife Community Center
...........................................(253) 922-8368
2111 54th Ave E, Fife 98424

Gig Harbor Senior Mealsite
...........................................(253) 502-4670
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...........................................(253) 929-1154
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Pt Defiance/Ruston Senior Center
...........................................(253) 759-1070
4716 N Baltimore, Tacoma 98407

Puyallup Activity Center
...........................................(253) 841-5555
210 W. Pioneer, 98371

Salvation Army-Puyallup
...........................................(253) 841-1491
4009 9th St SW, Puyallup 98373

Spana-Park Senior Center
...........................................(253) 537-4854
325 E. 152nd St, Spanaway, 98387

Steilacoom Community Center
...........................................(253) 983-2059
2301 Worthington, Steilacoom 98388

Sumner Senior Center
...........................................(253) 863-2910
15506 62nd St Ct. E, Sumner 98390

Tacoma Rescue Mission
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425 South Tacoma Way, Tacoma 98402

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98498

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123 East 96th St. Tacoma 98445
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DSHS Mental Health Division ...............................................(800) 446-0259
Franciscan Mental Health Services .................................................(253) 439-5900
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Good Samaritan Behavioral Healthcare .................................................(253) 697-8400
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Kwawachee Counseling Services .................................................(253) 593-0247
Mental Health Ombudsman .................................................(800) 531-0508
Mobile Outreach Crisis Team .................................................1(800) 576-7764
Recovery Innovations .................................................(253) 439-5901
Sea Mar Behavioral Health Center (Tacoma) .................(253) 396-1634
Sea Mar Behavioral Health Center (Puyallup) ...............(253) 864-4550
TACID Mental Health Resource .................................................(253) 565-9000 x20
Therapy Center (Pacific Lutheran University) ............(253) 535-8782
MINORITY SERVICES

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KWA/Indo-Chinese Cultural & Service Center (Vietnamese/ Cambodian/ & Laotian) ......................(253) 473-5666
KWA (Asian/Pacific Island) ..................................................(253) 535-4202
Multicultural Self-Sufficiency Movement (Asian)..............(253) 584-5615
Puyallup Tribal Health Authority .................................(253) 593-0232
Sea Mar Community Health Center (Spanish) ..............(253) 593-2144
Samoan-Pacific Islander Assoc(SPIA) ..............................(253) 396-0335
Tacoma Community House (Laotians/Asians/Vietnamese/Cambodians/ & Russians) .........................(253) 383-3951

OUT-OF-COUNTY SERVICES

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Aging & Disability Resources
  King County ..........(888) 435-3377
  Kitsap County ......(800) 562-6418
  Lewis ................(888) 702-4464
  Mason ................(877) 227-4696
  Thurston ..........(360) 664-2168
  Other WA counties (253) 798-4600
  Kitsap Information & Referral .................................(360) 337-5700
PERSONAL EMERGENCY RESPONSE SYSTEMS

ADT - Personal Emergency Response System (Companion Service) ..........................(877) 828-1433
Franciscan Lifeline .....(253) 426-6726 or ........................................(888) 771-1977
ResponseLink ............(800) 894-1428
Telephone Reassurance Program ........................................(253) 798-4600

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CayCare......................(866) 337-1176
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Graham & Graham.....(888) 217-1655

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*Buckley Senior Center ..........................................................(360) 829-0190
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305 W. Center St, 98328

Enumclaw Senior Activity Center
...................................................(360) 825-4741
1350 Cole St., 98022

Federal Way Community Center
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876 S. 333rd St., Federal Way 98063

Federal Way Senior Center
...................................................(206) 838-3604
4016 S. 352nd St. Auburn 98001

*Fife Community Center
...................................................(253) 922-0900
2111 54th Ave E., 98424

Fircrest Community Center
...................................................(253) 564-8177
555 Contra Costa, 98466

Key Peninsula Community Center
...................................................(253) 884-4440
17015 9th St Ct KPN, Lakebay

KWA Community Center
...................................................(253) 535-4202
123 E. 96th St. Tacoma 98445

*Lakewood Senior Activity Center
...................................................(253) 798-4090
9112 Lakewood Dr. S.W. 98499

*Lighthouse Activity Center
...................................................(253) 591-5080
5016 E. ‘A’ St, Tacoma 98408

Mid-County Community Center
...................................................(253) 531-8412
10205 E. 44th Ave. E, Tacoma 98446

*Milton Activity Center
...................................................(253) 922-6586
1000 Laurel, 98354
Mt. View Community Center
...........................................(253) 826-4329
3505 122 Ave. E. Edgewood 98372

*The Centre at Norpoint
...........................................(253) 591-5504
4818 Nassau Ave, 98422

Orting Valley Senior Center
...........................................(360) 893-5827
120 Washington Ave. N., 98360

Pacific Algonia Community Center
...........................................(253) 929-1150
100 3rd Ave. S.E., Pacific 98407

*Pt Defiance/Ruston Sr Center
...........................................(253) 756-0601
4716 N Baltimore, Tacoma 98407

Puyallup Activity Center
...........................................(253) 841-5555
210 W. Pioneer, 98371

Salvation Army Sr Center
...........................................(253) 841-1491
4009 9th St S.W., Puyallup 98373

South End Neighborhood Ctr
...........................................(253)-591-5098
7802 S. L Street, Tacoma 98404

South Park Community Center
...........................................(253) 591-5299
4851 S. Tacoma Way, Tacoma 98409

Spana-Park Senior Center
...........................................(253) 537-4854
325 E. 152 Street, Spanaway 98387

Steilacoom Community Center
...........................................(253)-581-1076
2301 Worthington, 98388

Sumner Senior Center
...........................................(253) 863-2910
15506 62th St Ct. E, 98390
Where to Turn

SENIOR/COMMUNITY CENTERS, cont...

Tillicum/American Lk Gardens
Community Service Center
.............................................(253) 584-1280
14916 Washington Ave.S.W., 98498

True Vine Senior Center
.............................................(253) 761-1309
1819 S. Mason Ave, Tacoma 98405

*Univ. Place Senior Community Center
.............................................(253) 564-1992
2534 Grandview Dr W, 98466

SOCIAL SECURITY

Social Security Administration
.............................................(800) 772-1213

SUPPORT GROUPS & ASSOCIATIONS

Caregiver Support Group
.............................................(253) 697-8400
Support U: Fostering Caregiver Wellness
.............................................(253) 722-5691
Diabetes Association (253) 272-5134
Franciscan Health Systems Support Groups .................(888) 825-3227
MultiCare.Good Samaritan Community Services Alzheimers Support Group
.............................................(253) 697-8575
Pierce County ADR ....(253) 798-4600 or
.............................................(800) 562-0332
Sisters of Hope/Brothers of Faith Cancer Support Group .......(253) 572-2683
NARFE-Chapter 163..(253) 761-3138
Northwest Parkinson’s Foundation
.............................................(877) 980-7500
Tacoma Public Library ((253) 591-5666
United Way HelpLine .211
TAX INFORMATION

Internal Revenue Service ...........................................(800)-829-1040
Senior & Disabled Property Tax Exemptions ....................(253) 798-2169

TRANSPORTATION

A & B HomeCare and Staffing, Inc ..................................(253) 874-3333
A Blessing to Serve ....(253) 307-5928
Around The Sound.....(253) 858-7088
Amtrak..............................................(800) 872-7245
Ferry Information Line (800) 843-3779
Greyhound .........................(800) 231-2222
Intercity Transit (Olympia) ..........................................
..............................(360) 786-1881 or
..............................(800) 287-6348
Kitsap Transit (Bremerton) .........................................
.........................(360) 377-2877 or
.........................(800) 501-7433
Northwest Transport... (800) 600-9225
Paratransit Services... (800) 925-5438
Pierce Transit ..............(253) 581-8000 or
Shuttle Services .........(253) 581-8100 or
Shuttle or Bus TDD ....711
Seattle Metro.............(206) 553-3000 or
..........................(800) 542-7876
Sound Transit............(253) 398-5000 or
..........................(888) 889-6368
Volunteer Chore Services ...........................................
..........................(253) 502-2690

Please check with individual Senior/Community Centers for additional listings
TRIPS AND TOURS

Franke Tobey Jones... (253) 752-6621
Senior Adventures......(253) 927-8207
Please check with individual Senior/ Community Centers for additional listings

UTILITIES ASSISTANCE

Eatonville Family Agency
..............................................(360) 832-6805
Metro Devel. Council..(253) 572-5557
Pierce County ADR....(253) 798-4600
Pierce County Home & Family Services
..............................................(253) 798-7240
Salvation Army..........(253) 572-8452
South Sound Outreach Services
..............................................(253) 593-2111
Tacoma Public Utilities Discount Rate
..............................................(253) 502-8369

VETERANS SERVICES

Disabled American Veterans
..............................................(253) 752-2970
Memory Wellness Program
(Alzheimer’s study) ....(866) 638-8813 or
..............................................(253) 583-2033
Patriots Landing........(877) 964-4900
US Dept of Veterans Affairs
..............................................800-827-1000
AMVETS Post 1...........253-472-2552
Pierce County Veterans Bureau
..............................................253-798-7449
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Lic #BH 2112

Gig Harbor
(253) 358-2620
Lic #BH 2105

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Gig Harbor, WA 98335
www.HarborPlaceRetirement.com

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AARP .............................................(888) 227-7669
Celebrate Seniority .......(253) 697-7385
Foster Grandparent Program ...........................................(253) 502-2743
Franke Tobey Jones... (253) 752-6621
Franciscan Hospice & Palliative Care .................................(253) 534-7000
Palliative Care Outreach ...........................................(253) 534-7050
Korean Women’s Association .................................(253) 535-4202
Long Term Care Ombudsmen ...........................................(253) 798-3789
MultiCare Hospice Volunteer ...........................................(253) 403-1005
Retired & Senior Volunteer Program .................................(253) 682-1832
Senior Companion Program ...........................................(253) 272-8433
Senior Scene Newspaper (delivery) ..................................................(253) 722-5687
Service Corps of Retired Executives (SCORE).........................(253) 680-7770
SHIBA Helpline (Statewide Health (Insurance Benefit Advisors) ALTC) .................................(253) 596-0918 or (800) 562-6900
St. Anthony Hospital... (253) 530-2000
St. Clare Hospital ......(253) 581-6415
St. Joseph Medical Center ...........................................(253) 426-6785
TACID .................................................(253) 565-9000 x21
Volunteer Chore Services .................................................(253) 502-2741

VOLUNTEER OPPORTUNITIES
Tacoma Public Utilities can help you manage your utility bills.

Utility discount rates

You may qualify for a 30% discount on your utility account if you meet all these criteria:

- Be 62 or older OR a disabled adult receiving disability income
- Single service residential account only
- Head of household with the utility account in your name and live in the home full time
- Have a monthly gross household income not more than:
  - 1 person: $1,436*
  - 2 people: $1,939*
  - 3 people: $2,441*

*Effective Oct. 1, 2013

Call (253) 502-8369 (info line)  mytpu.org

Save energy and money at home

- Call or visit our Energy Conservation Center to learn easy ways to reduce your electric bill
- You may be eligible for a grant that typically covers the entire cost of new windows and insulation or a ductless heat pump. To qualify:
  - Your home must be electrically heated and meet program requirements
  - You must meet income guidelines (different than discount rates)

Call (253) 502-8377
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Funeral & Cremation Services
www.edwardsmemorial.com

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• Crematory owned & operated by Edwards family
• Full service funeral home
• Second largest funeral provider in Pierce County†
• We serve all cemeteries including Mountain View
• We offer guaranteed pre-paid plans
• We specialize in helping veterans

†According to 2010 Pierce County Health Department Records

COMPARISONS as of 7/12/2012

<table>
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<tr>
<th></th>
<th>Edwards Memorial</th>
<th>Mountain View</th>
<th>New Tacoma</th>
<th>Neptune Society</th>
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<td>Direct Cremation</td>
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*Price includes 24/7 removal, cremation container, urn, sales tax and online obituary

Note: Prices need to be verified with provider

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