

Where To Turn

August 2014— July 2015

*A guide to community
resources for older adults
in Pierce County*

INFORMATION & REFERRAL



N O R T H W E S T

Health • Justice • Hope

Pierce County Community Connections

AGING and DISABILITY RESOURCES

253-798-4600 / 800-562-0332

www.PierceADRC.org

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Home is where the HEART is

*But sometimes you need
a helping hand*



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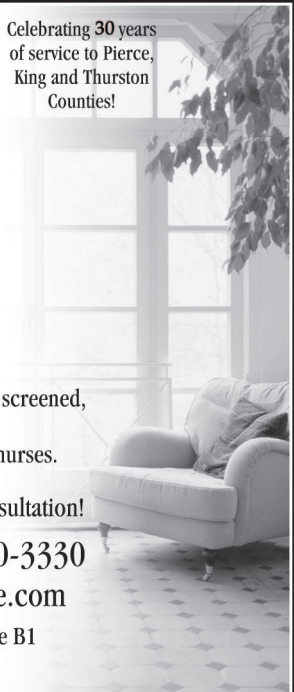
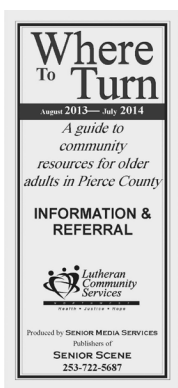


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For additional
copies of
Where To Turn,
please contact
Senior Media
Services at 253-
722-5687 or
pjenkins@lcsnw.org

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 non-profit programs, and for-profit programs that accept Medicare or Medicaid. If you can't locate a resource, call Community Connections Aging and Disability Resources 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 serves the information needs of seniors with the annual publication of **Where to Turn** and with **Senior Scene**, a monthly newspaper.

Seniors, their families, friends and caregivers depend on the information provided in **Where To Turn** as a resource for government and private providers of senior services in the south Puget Sound area. Nearly 50,000 copies of "the little yellow book," as it's come to be known, are distributed free of charge each year through LCSNW's South Puget Sound office in Tacoma and a network of non-profit and government agencies, as well as private businesses.

Senior Scene has been meeting the information needs of seniors for more than 30 years. The newspaper is distributed free each month at more than 300 locations in Pierce County and the south King County area, including senior and community centers, senior living communities, public libraries, hospitals and other medical facilities, churches, government offices and private businesses. Volunteers deliver the paper to the distribution sites.

Continued on next page

Readers of **Senior Scene** enjoy news and information, features and columns, lists of activities in and around their communities, and advertising that focuses on seniors' lifestyles.

More about **Senior Scene** and **Where to Turn** is available at 253-722-5687 and seniorscene.org.

ABOUT LUTHERAN COMMUNITY SERVICES NORTHWEST

Lutheran Community Services Northwest (LCSNW) is a non-profit human services agency serving communities throughout Washington, Oregon and Idaho. Its caring staff provides a wide variety of services to adults, adolescents, children, families, schools, businesses, congregations, neighborhoods and communities. LCSNW programs touch the lives of people of all ages, cultures and faiths.

Those programs include services that increase and maintain independence and well-being of seniors and the disabled. The services include Home Care, Meals on Wheels, Senior Companion, Retired and Senior Volunteer Program (RSVP), and Senior Media Services.

Home Care has offices in Tacoma and Bremerton and serves Pierce County, Kitsap County and the south King County area.

Meals on Wheels delivers meals each week to those who are unable to shop or prepare meals for themselves, including seniors, disabled persons and persons recovering from surgery or illness.

Senior Companion matches volunteers with vulnerable seniors and disabled adults, providing companionship and support services to those in need.

RSVP provides seniors with opportunities to help strengthen communities by volunteering through various organizations.

Support U, another service offered through LSCNW, partners with faith communities, agencies and businesses to provide education and support for caregivers.

More information about LCSNW, its office locations and its programs and services is available at lcsnw.org.

SERVICES OUTSIDE PIERCE COUNTY

The Eldercare Locator lists Community Connections Aging and Disability Resources programs throughout the United States. For help finding senior resources outside Washington, call 800-677-1116.

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8609 Portland Avenue

Tacoma, WA 98445 • kingsmanoralf.com

ADULT DAY CARE

Respite and relief for caregivers

- **INFORMATION ONLY**

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

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

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



WEATHERLY INN

(253) 752-8550

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- Assisted Living
- Respite Stays
- Memory Care
- Adult Day Care

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SEAN E. FLYNN

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- Wills/Trusts

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OF ELDER LAW
ATTORNEYS

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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...

- Castele, 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

(T)=Teletype service for the deaf only

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



Dental services are available from providers such as the dental clinic (above) at Bates Technical College in Tacoma. The clinic is staffed by a full-time dentist, a dental instructor and students. See the Dental Care listing on page 12 for more community dentistry services.




CATHOLIC COMMUNITY SERVICES
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 Educational Workshops

(253) 272-5134
www.dapc.info

Send Memorials and Donations to:
 P.O. Box 110427, Tacoma, WA 98411

DISABILITY-RELATED SERVICES, cont.

- Disabled American Veterans
.....(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

- Castele, 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

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...

-(360) 897-9005
- Bread of Life at Lake City
-(253) 582-2515
- Buckley (Kiwanis).....(253) 266-7309
- 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
- Indochinese.....(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

HEALTH CARE SERVICES

- 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

Franciscan Medical Group

All Family Medicine

.....(253) 536-1020

Endocrine Consultants Northwest

.....(253) 565-6777

Franciscan Cardiology Associates

Gig Harbor(253) 857-1130

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

.....(253) 985-6630

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

Gig Harbor(253) 530-2955

Pearl Place.....(253) 761-2244

Tacoma(253) 382-8160



Advanced medicine, trusted care

St. Joseph Medical Center
Tacoma

St. Anthony Hospital
Gig Harbor

St. Francis Hospital
Federal Way

Highline Medical Center
Burien

St. Clare Hospital
Lakewood

Regional Hospital
Burien

St. Elizabeth Hospital
Enumclaw

Harrison Medical Center
Bremerton and Silverdale

Full range of services includes:

- 24-hour emergency care
- Franciscan Heart Center
- Diabetes services
- Comprehensive cancer care
- Orthopedics and Joint Camp
- Lifeline Emergency Response System
- Hospice and Palliative Care services
- Sleep Disorders Centers

**To find a Franciscan doctor, call 1 (888) 825-3227
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FOR ADVANCED MEDICINE AND TRUSTED CARE,
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† CATHOLIC HEALTH
INITIATIVES

Franciscan Health System

HEALTH CARE SERVICES, cont...

- Gig Harbor Medical Clinic
.....(253) 858-9192
- Gig Harbor Orthopaedic Surgeons
.....(253) 853-8810
- Harbor Orthopedic Clinic
.....(253) 530-2663
- 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
- Environmental 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, 800-562-6900
- Korean Women's Association (Korean
Language).....(253) 535-4202

HEARING SPECIALIST

- CS Deaf & Hard of Hearing Resource
Specialist.....(253) 256-4690
www.cs-dhhrs.com

HEARING SPECIALIST, cont...

Hearing, Speech and Deafness Center
South Sound (253) 475-0782
..... (866) 421-5560
TTY: (866) 698-1748
VP (253) 292-2210
Peninsula Audiology... (253) 858-3277
Sound Advice Audiology-Gig Harbor
..... (253) 514-8900

HOSPICE

Franciscan Hospice & Palliative Care
..... (866) 969-7028
MultiCare Good Samaritan Home
Health & Hospice (253) 301-6400

HOSPITALS

Allenmore (253) 459-6633
American Lake Veterans
..... (253) 582-8440
Auburn Regional (253) 272-8180
Good Samaritan (253) 697-4000
Madigan Army Medical Center
..... (253) 968-1110
Tacoma General (253) 403-1000
St. Anthony (253) 530-2000
St. Clare (253) 985-1711
St. Elizabeth (360) 802-8800
St. Joseph Medical Center
..... (253) 426-4101
St. Francis (253) 944-8100



St. Clare Hospital in Lakewood is among the hospitals that are located in Pierce County and the south King County area. For a list of them and their telephone numbers, see page 24.

Live Well!

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Independent Living • Assisted Living
Short Stay Medical/Rehabilitation Care
Long Term Care • Memory Care
In- & Out-Patient Therapy Services

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near shopping, restaurants
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1301 N. Highlands Pkwy
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- **COMPLAINTS/DISCRIMINATION**
City of Tacoma(253) 591-5151
- **DOWN PAYMENT ASSISTANCE**
City of Tacoma(253) 591-5219
- **FURNISHINGS**
St. Vincent DePaul.....(253) 474-0519
Need-A-Break(253) 284-4282
- **LOW INCOME HOUSING**
International Place (KWA)
.....(253) 475-6861
Pacific Villa (KWA)(253) 538-9387
Pierce County ADR....(253) 798-4600
Pierce County Housing Authority
.....(253) 620-5400
Pierce County Home & Family Services
.....(253) 798-7240
Senior Housing Assistance Group
.....(888) 450-7424
Shared Housing Services
.....(253) 272-1532
Tacoma Housing Authority
.....253) 207-4400
The Orchard (KWA) ...(253) 843-0384
- **RESIDENTIAL CARE INFO**
Pierce County ADR....(253) 798-4600
- **SHELTER INFORMATION**
United Way Helpline ..211
TACID(253) 565-9000

HOUSING REPAIR SERVICES

*(*weatherization services)*

- Lakewood (major repair and rehabilitation)
.....(253) 589-2489
.....(253) 983-7785
.....(253) 512-2261



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- We are state licensed and accept insurance, private pay, DSHS and serve all income levels
- Services range from housework to personal care including medication reminders, incontinent care, transportation, bathing, dressing, transfers to/from wheelchair, and protective supervision
- We offer hourly visits to round the clock, live-in care
- We pride ourselves on employing the highest caliber of staff assuring our clients the best quality in-home care services



Please call for a free in-home evaluation:

1-877-870-1582

Visit us on the web at www.ccsww.org

HOUSING REPAIR SERVICES, cont...

- Metropolitan Development Council
Home Repair Program
.....(253) 591-7020
*Weatherization Program
.....(253) 593-2336
Need-A-Break(253) 284-4282
Paint Tacoma/Pierce County Beautiful
(Associated Ministries)
.....(253) 383-3056
Pierce County Home & Family Services
.....(253) 798-7240
Minor Home Repair(253) 798-7038
*Weatherization(253) 798-6115
Rebuilding Together South Sound
.....(253) 238-0977
Rural Development(360) 704-7760
Tacoma Major Home Repair
.....(253) 591-5236
*Tacoma Power(253) 502-8363

IMMIGRATION SERVICES

Resources, ESL classes, legal services etc.

- Korean Women's Association
.....(253) 535-4202
Tacoma Community House
.....(253) 383-3951
US Immigration & Naturalization Services
.....(800) 375-5283

IN-HOME CARE SERVICE

Personal care, chores, etc.

- AAA Residential Services
.....(253) 536-5803
A & B Home Care and Staffing, Inc.
.....(253) 874-3333
Advanced Health Care(253) 475-7744



Whether they're volunteers from Rebuilding Together South Sound (above) or any of the other organizations in the Housing Repair Services listing that starts on page 26, community members pitch in for projects that help seniors stay in their homes.

Good To Be Home Care

Because there's no place like YOUR home!

- Personal Care
- Meal Preparation
- Companionship
- Shopping
- Transportation
- Housekeeping
- Family Respite
- 2 to 24 hours



In-Home Care Services

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(866) 588-4344

www.goodtobehomecare.com

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Let our nursing, therapy and certified home health professionals bring quality care to your home. Services may be covered by Medicare or long-term care insurance.



Free phone consultation!
Call toll free

866-850-5774

www.wesleyhomes.org

Affiliated with Wesley Homes Retirement Communities and the Pacific Northwest Conference of the United Methodist Church.

IN-HOME CARE SERVICE, cont...

-(800) 690-3330
- Aging & Disability Services
-(253) 476-7200
-(800) 442-5129
- Arcadia Health Care...(253) 863-1834
- Assured at Home(888) 298-9852
- Catholic Community Services
-(253) 383-3697
- Family Resource Home Care
-(866) 545-1092
-(253) 761-8019
- First Choice in Home Care
-(253) 926-2230
-(877) 747-5090
- Gentiva Health Services – Tacoma
-(253) 475-6862
- Gentiva Health Services – Puyallup
-(253) 435-9953
- Good To Be Home Care
-(253) 588-4344 or
-(866) 588-4344
- Heartwarming Care....(253) 460-1574
- Korean Women’s Association
-(253) 535-4202
- Life Care at Home.....(253) 838-7916
- Lutheran Community Services Northwest
- LCS Home Care(253) 272-8433 or
-(800) 335-8433
- Maxim Healthcare Services
-(253) 671-9909
- ResCare HomeCare ..(253) 272-2675
-(253) 584-2311
-(888) 329-4695
- Right At Home.....(253) 460-4848
- Visiting Angels.....(253) 537-3700
- Volunteer Chore Services – CCS
-(253) 502-2741



In-home service providers help seniors stay in their homes.

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(253) 537-3700
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- ◆ Meal Preparation
- ◆ Light Housekeeping
- ◆ Errands and Shopping
- ◆ Joyful Companionship
- ◆ Affordable Hourly Rates
- ◆ Respite for Family
- ◆ Weekends, Holidays
- ◆ Day or Night
- ◆ Live-In or Out

Sometimes the best move is to stay right where you are. At home.

- Personal Care
- Meal Preparation
- Errands/Shopping
- Companionship
- Light Housekeeping
- Hourly/Live-in
- Skilled Nursing
- Care Management

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253-596-0918

SHIBA is a free, unbiased service of the:



IN-HOME HEALTH SERVICES

Visiting nurses, therapists, etc.

- Care Medical.....(800) 634-4992
Gentiva Health Services – Puyallup
.....(253)435-9953
MultiCare.Good Samaritan Home Health &
Hospice(253) 301-6400
.....(888) 516-4504
Providence Sound HomeCare & Hospice
.....(800) 869-7062
Puget Sound Home Health Care
.....(253) 581-9410
Right At Home.....(253) 460-4848
Signature Home Health
.....(253) 661-5166
Wesley Homes Home Health
.....(206) 870-1127

LEGAL ASSISTANCE

- Korean Women’s Association
..... (253) 535-4202
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

LEGISLATION

Senior Citizens Lobby
.....(360) 754-0207
Washington State Legislative Hotline
..... (800) 562-6000

LIVING WILL

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

LONG TERM CARE

Pierce County ADR (info only)
.....(253) 798-4600 or
.....(800) 562-0332
Community Connections
.....(253) 798-4400 or
.....(800) 642-5769
Pierce County Long Term Care
Ombudsman(253) 798-3789

MEAL SITES

Call for days, times, and reservations.

Beacon Activity Center
.....(253) 591-5083
415 S 13th St, Tacoma 98402

MEAL SITES, cont...

- Bonney Lake Senior Center**
.....(253) 863-7658
*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
8502 Skansie Avenue, 98335
- Good Shepherd Lutheran Church**
.....(253) 473-4848
140 E 56th St, Tacoma 98404
- Hospitality Kitchen ..**(253) 502-2763
1323 S. Yakima, Tacoma 98405
- Key Peninsula Community Services**
.....(253) 884-4440
10715 9th St Ct KPN, Lakebay 98349
- Korean Women's Association**
.....(253) 535-4202
123 East 96th St. Tacoma 98445
- Lighthouse Senior Center**
.....(253) 591-5080
5016 E. 'A' St, Tacoma 98408
- Mid-County Community Center**
.....(253) 531-8412
10205 44th Ave. E., Tacoma 98446



Seniors can enjoy delicious food and conversation at meal sites throughout Pierce County and the south King County area. The sites include senior centers, community centers, churches. The meal sites listing (starting on page 33) has locations and phone numbers to call for schedules and other information.

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- Call about our Pre-arrangement Discount
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HomeCare**

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MEAL SITES, cont...

My Sister's Pantry(253) 627-1186
621 Tacoma Ave. S. Tacoma 98402

Nativity House(253) 272-5266
2304 South Jefferson, Tacoma 98402

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

Algona/Pacific Senior Center
.....(253) 929-1154
100 3rd Ave. SE, Pacific 98047

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
.....(253) 383-4493
425 South Tacoma Way, Tacoma 98402

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

Trinity Lutheran Church
.....(253) 537-0201
12115 Park Ave S, Parkland 98444

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NE Tacoma, Norpoint Village, (253) 952-8347

University Place, Cottages at Peach Creek, (253) 565-6151

Puyallup, Highlands at South Hill, (253) 445-8000

Olympia, Cooper Point Village, (360) 956-9400

Gig Harbor, Rosedale Village (*OPENING FALL 2014!*), (253) 530-3334

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own home.*



253/272-8433
www.lcsnw.org

MEAL SITES, cont...

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

ETHNIC MEALSITES

African American(253) 383-3657
1323 S. Yakima, Tacoma 98405

Asian/Pacific.....(253) 535-4202
123 East 96th St. Tacoma 98445

Hispanic(253) 591-5080
*Lighthouse Activity Center
5016 S 'A' St, Tacoma 98408*

Indochinese(253) 473-5666
*KWA Indochinese Cultural Services Center (ICSC)
1427 E 40th St, Tacoma 98404*

Japanese.....(253) 584-1280
*Tillicum/American Lk Grdns Cmnty Ctr
14916 SW Washington, Tillicum 98498*

Puyallup Tribal Elders Intertribal Native American Meal Site ..(253) 680-5480
1650 East 30th St., Tacoma 98404

MENTAL HEALTH

See also: Crisis Lines and Crisis Services

Asian Counseling Services
.....(253) 301-5250

Bi-Polar Support Group (TACID)
.....(253) 565-9000

Castele, Williams & Association
.....(253) 536-2881

Catholic Community Services
.....(253) 383-3697



Pierce County
Community Connections

Aging & Disability Resource Center

- **Information**
- **Services**
- **Assistance**
- **Resources**
- **Referrals**
- **Benefits**

(253) 798-4600

(800) 562-0332

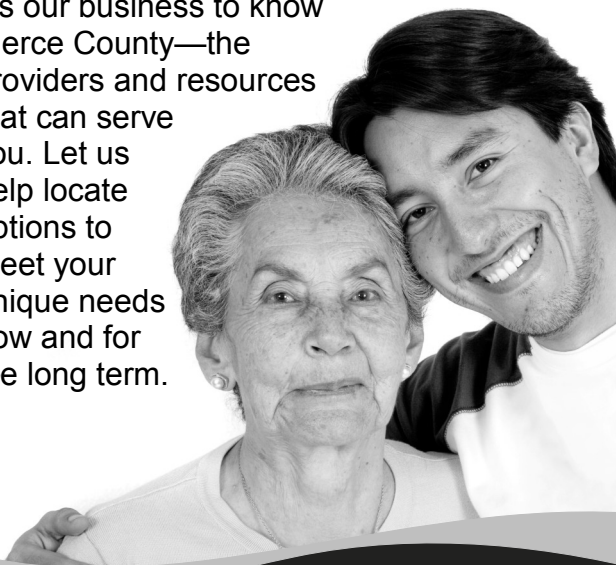
www.PierceADRC.org

We serve older adults, individuals with disabilities, caregivers, family members, friends, and community professionals.

It's our business to know

Pierce County—the providers and resources that can serve

you. Let us help locate options to meet your unique needs now and for the long term.



MENTAL HEALTH, cont...

Community Connections	(253) 798-4500
.....	(253) 798-4500
Crisis Line	(800) 576-7764
.....	(800) 576-7764
HopeSparks	(253) 565-4484
.....	(253) 565-4484
Comprehensive Mental Health Center	(253) 396-5000
.....	(253) 396-5000
DSHS Mental Health Division	(800) 446-0259
.....	(800) 446-0259
Franciscan Mental Health Services	(253) 439-5900
.....	(253) 439-5900
.....	(800) 576-7764
Good Samaritan Behavioral Healthcare	(253) 697-8400
.....	(253) 697-8400
Greater Lakes Mental Healthcare	(253) 581-7020
.....	(253) 581-7020
Healing Places Counseling Center	(253) 566-7454
.....	(253) 566-7454
Kwawatchee Counseling Services	(253) 593-0247
.....	(253) 593-0247
Mental Health Ombudsman	(800) 531-0508
.....	(800) 531-0508
Mobile Outreach Crisis Team	1(800) 576-7764
.....	1(800) 576-7764
Recovery Innovations	(253) 439-5901
.....	(253) 439-5901
Sea Mar Behavioral Health Center (Tacoma)	(253) 396-1634
.....	(253) 396-1634
Sea Mar Behavioral Health Center (Puyallup)	(253) 864-4550
.....	(253) 864-4550
TACID Mental Health Resource	(253) 565-9000 x20
.....	(253) 565-9000 x20
Therapy Center (Pacific Lutheran University)	(253) 535-8782
.....	(253) 535-8782

MINORITY SERVICES

Asian Counseling Services	
.....	(253) 471-0141
Centro Latino (Spanish)	
.....	(253) 572-7717
Elder Services & Wellness Center	
.....	(253) 680-5480
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

National Elder Care Locator (out of state)	
.....	(800) 677-1116

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

PERSONAL ASSISTANTS

Full Circle Personal Assistance

.....(206) 478-6621

PLACEMENT/REFERRAL

A Place For Mom(877) 311-6099

CayCare(866) 337-1176

Elder Assessment & Referral Services

.....(253) 756-7800

Graham & Graham.....(888) 217-1655

SENIOR/COMMUNITY CENTERS

*(*Trips/tours offered)*

***Beacon Senior Center**

.....(253) 591-5083

415 S 13th St, Tacoma 98402

Bonney Lake Seniors

.....(253) 863-7658

19304 Bonney Lk Blvd, 98390

***Buckley Senior Center**

.....(360) 829-0190

811 Main St, 98321

Bridgeport Place

Retirement & Assisted Living

5250 Bridgeport Way W.
University Place, WA 98467.

(253) 565-1960

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University Place, WA 98467.

(253) 566-7166

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- * Certified Wound Care Nurse on staff
- * Massage & Acupuncture services available on site
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- * Accelerated Care Plus (ACP) Therapy Modalities for stroke, pain & wound management



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■ reveraOrchardPark.com

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- * Post-surgical rehab
- * Hospice services
- * Rehab certification



SENIOR/COMMUNITY CENTERS, cont...

Celebrate Seniority ..(253) 697-7385

1401 E. Main, Puyallup, 98371

Eatonville Family Agency

.....(360) 832-6805

305 W. Center St, 98328

Enumclaw Senior Activity Center

.....(360) 825-4741

1350 Cole St., 98022

Federal Way Community Center

.....(253) 835-6900

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

SENIOR/COMMUNITY CENTERS, cont...

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 Algona 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 Communtiy 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

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 TDD711
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

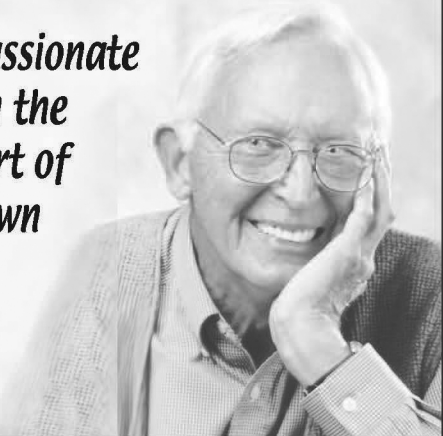
VETERANS SERVICES

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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VOLUNTEER OPPORTUNITIES

- Aging & Long Term Care
.....(253) 798-2823
- 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

Get help with your utility bills

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



Edwards Memorial



Funeral & Cremation Services

www.edwardsmemorial.com

- Local family owned and operated
- 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	Edwards Memorial	Mountain View	New Tacoma	Neptune Society
Direct Cremation	*\$549	*\$1883.37	*\$1131	\$1599
Immediate Burial w/ casket	\$990	\$2493.47	\$2680	N/A

*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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