A guide to community resources for older adults in Pierce County

INFORMATION & REFERRAL

Pierce County Community Connections
AGING and DISABILITY RESOURCES
253-798-4600 / 800-562-0332
www.PierceADRC.org

Produced by Senior Media Services
Publishers of Senior Scene
253-722-5687
Home is where the HEART is

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❤️ Meals on Wheels
❤️ Senior Companion
❤️ Senior Scene/
Where to Turn
❤️ Caregiver Services

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www.lcsnw.org

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# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADULT DAY CARE</td>
<td>8</td>
</tr>
<tr>
<td>ADVOCACY and COMPLAINTS</td>
<td>8</td>
</tr>
<tr>
<td>CASE MANAGEMENT</td>
<td>10</td>
</tr>
<tr>
<td>CHEMICAL DEPENDENCY</td>
<td>10</td>
</tr>
<tr>
<td>CRIME PREVENTION</td>
<td>11</td>
</tr>
<tr>
<td>CRISIS LINES – 24 HOURS</td>
<td>11</td>
</tr>
<tr>
<td>DEMENTIA CARE</td>
<td>12</td>
</tr>
<tr>
<td>DENTAL CARE</td>
<td>12</td>
</tr>
<tr>
<td>DISABILITY-RELATED SERVICES</td>
<td>12</td>
</tr>
<tr>
<td>DISASTER/EMERGENCY SERVICES</td>
<td>14</td>
</tr>
<tr>
<td>DOMESTIC VIOLENCE PREVENTION</td>
<td>15</td>
</tr>
<tr>
<td>DRIVING IMPROVEMENT/EDUCATION</td>
<td>15</td>
</tr>
<tr>
<td>EMPLOYMENT/ENTERTAINMENT</td>
<td>16</td>
</tr>
<tr>
<td>EQUIPMENT/FINANCIAL COUNSELING</td>
<td>16</td>
</tr>
<tr>
<td>FOOD</td>
<td>16</td>
</tr>
<tr>
<td>HEALTH CARE SERVICES</td>
<td>19</td>
</tr>
<tr>
<td>HEALTH INSURANCE/HEARING SPECIALIST</td>
<td>23</td>
</tr>
<tr>
<td>HOSPICE/HOSPITALS</td>
<td>24</td>
</tr>
<tr>
<td>HOUSING/HOUSING REPAIR SERVICES</td>
<td>26</td>
</tr>
<tr>
<td>IMMIGRATION SERVICES</td>
<td>28</td>
</tr>
<tr>
<td>IN-HOME CARE SERVICE</td>
<td>28</td>
</tr>
<tr>
<td>IN-HOME HEALTH SERVICES</td>
<td>32</td>
</tr>
<tr>
<td>LEGAL ASSISTANCE</td>
<td>32</td>
</tr>
<tr>
<td>LEGISLATION</td>
<td>33</td>
</tr>
<tr>
<td>LIVING WILL</td>
<td>33</td>
</tr>
<tr>
<td>LONG TERM CARE/MEAL SITES</td>
<td>33</td>
</tr>
<tr>
<td>ETHNIC MEALSITES</td>
<td>38</td>
</tr>
<tr>
<td>MENTAL HEALTH</td>
<td>38</td>
</tr>
<tr>
<td>MINORITY SERVICES</td>
<td>41</td>
</tr>
<tr>
<td>OUT-OF-COUNTY SERVICES</td>
<td>41</td>
</tr>
<tr>
<td>PERSONAL EMERGENCY</td>
<td>42</td>
</tr>
<tr>
<td>PERSONAL ASSISTANTS</td>
<td>42</td>
</tr>
<tr>
<td>PLACEMENT/REFERRAL</td>
<td>42</td>
</tr>
<tr>
<td>SENIOR/COMMUNITY CENTERS</td>
<td>42</td>
</tr>
<tr>
<td>SOCIAL SECURITY</td>
<td>46</td>
</tr>
<tr>
<td>SUPPORT GROUPS and ASSOCIATIONS</td>
<td>46</td>
</tr>
<tr>
<td>TAX INFORMATION</td>
<td>47</td>
</tr>
<tr>
<td>TRANSPORTATION</td>
<td>47</td>
</tr>
<tr>
<td>UTILITIES ASSISTANCE</td>
<td>48</td>
</tr>
<tr>
<td>VETERANS SERVICES</td>
<td>48</td>
</tr>
<tr>
<td>VOLUNTEER OPPORTUNITIES</td>
<td>50</td>
</tr>
</tbody>
</table>
### ADVERTISERS INDEX

<table>
<thead>
<tr>
<th>Name</th>
<th>Page(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced Health Care</td>
<td>2</td>
</tr>
<tr>
<td>Bridgeport Place Retirement &amp; Assisted Living</td>
<td>43</td>
</tr>
<tr>
<td>Catholic Community Services</td>
<td>27</td>
</tr>
<tr>
<td>Catholic Community Services foot care</td>
<td>13</td>
</tr>
<tr>
<td>Diabetes Association of Pierce County</td>
<td>13</td>
</tr>
<tr>
<td>Edwards Memorial</td>
<td>52</td>
</tr>
<tr>
<td>Family Resource Home Care</td>
<td>31</td>
</tr>
<tr>
<td>Fernwood at the Park</td>
<td>35</td>
</tr>
<tr>
<td>Franciscan Health System</td>
<td>21</td>
</tr>
<tr>
<td>Good To Be Home Care</td>
<td>29</td>
</tr>
<tr>
<td>Harbor Place at Cottesmore</td>
<td>49</td>
</tr>
<tr>
<td>King’s Manor</td>
<td>7</td>
</tr>
<tr>
<td>Lutheran Community Services Northwest</td>
<td>2, 37, 49</td>
</tr>
<tr>
<td>New Tacoma Cemeteries and Funeral Home</td>
<td>35</td>
</tr>
<tr>
<td>Norpoint Communities</td>
<td>37</td>
</tr>
<tr>
<td>Orchard Park Health and Rehabilitation</td>
<td>43</td>
</tr>
<tr>
<td>Pierce County Aging and Disability Resource Center</td>
<td>39</td>
</tr>
<tr>
<td>Rehmke &amp; Flynn, elder law attorneys</td>
<td>9</td>
</tr>
<tr>
<td>ResCare HomeCare</td>
<td>35</td>
</tr>
<tr>
<td>Statewide Health Insurance Benefits Advisor</td>
<td>Office of the Insurance Commissioner</td>
</tr>
<tr>
<td>Robert Michaels, attorney</td>
<td>7</td>
</tr>
<tr>
<td>Shield Health Care</td>
<td>21</td>
</tr>
<tr>
<td>Smith Ailing Lane, Attorneys</td>
<td>7</td>
</tr>
<tr>
<td>Tacoma Lutheran Retirement Community</td>
<td>25</td>
</tr>
<tr>
<td>Tacoma Public Utilities</td>
<td>51</td>
</tr>
<tr>
<td>Visiting Angels</td>
<td>31</td>
</tr>
<tr>
<td>Weatherly Inn</td>
<td>9</td>
</tr>
<tr>
<td>Wesley Homes</td>
<td>29</td>
</tr>
</tbody>
</table>

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

Robert L. Michaels, Elder Law Section
Smith Alling Lane, P.S., Attorneys

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Tacoma, WA 98445 • kingsmanoralf.com

Where to Turn
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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- Guardianships  
- Elder Abuse  
- Power of Attorney  
- Estate Planning
- Medicaid Planning
  - Nursing Homes
  - In Home
- Advance Directives
- Wills/Trusts

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917 Pacific Avenue, Ste 407 • Tacoma 98402

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...

Casteele, 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

(⊡=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.
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

DISABILITY-RELATED SERVICES, cont.

-efficient

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

DISASTER/EMERGENCY SERVICES
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
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 ...........................................(1800)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) 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
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  St. Anthony Hospital  
Tacoma  Gig Harbor

St. Francis Hospital  Highline Medical Center
Federal Way  Burien

St. Clare Hospital  Regional Hospital
Lakewood  Burien

St. Elizabeth Hospital  Harrison Medical Center
Enumclaw  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 or visit www.FHShealth.org.

FOR ADVANCED MEDICINE AND TRUSTED CARE, CHOOSE FRANCISCAN.
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.
• **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
Providing the highest quality home care to seniors and people with disabilities for more than 30 years

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

Call for free assessment
(253) 588-4344 or (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.

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HOME HEALTH
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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...

Aging & Disability Services ..............................................(800) 690-3330
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
First Choice in Home Care .............................................(253) 926-2230
Gentiva Health Services – Tacoma ..................................(253) 475-6862
Gentiva Health Services – Puyallup ................................(253) 435-9953
Good To Be Home Care ..................................................(253) 588-4344 or
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
Maxim Healthcare Services ..............................................(253) 671-9909
ResCare HomeCare .........................................................(253) 272-2675
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.

Visiting Angels
LIVING ASSISTANCE SERVICES

- Up to 24 Hour Care
- Hygiene Assistance
- Meal Preparation
- Light Housekeeping
- Errands and Shopping
- Joyful Companionship
- Affordable Hourly Rates
- Respite for Family
- Weekends, Holidays
- Day or Night
- Live-In or Out

(253) 537-3700
VisitingAngels.com

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

FamilyResource HomeCare
253.761.8019 • www.familyresourcehomecare.com

Questions about Medicare?
Talk to a real person for FREE, UNBIASED help

Call a local Statewide Health Insurance Benefits Advisor (SHIBA) volunteer today!

253-596-0918

SHIBA is a free, unbiased service of the:

Washington State
Office of the Insurance Commissioner

Where to Turn
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
<table>
<thead>
<tr>
<th>MEAL SITES, cont...</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bonney Lake Senior Center</strong></td>
</tr>
<tr>
<td>____________________________</td>
</tr>
<tr>
<td>19304 Bonney Lake Blvd, Bonney Lake 98391</td>
</tr>
<tr>
<td><strong>Buckley Senior Center</strong></td>
</tr>
<tr>
<td>____________________________</td>
</tr>
<tr>
<td>811 Main St, Buckley 98321</td>
</tr>
<tr>
<td><strong>Community Christian Assembly Food Bank</strong></td>
</tr>
<tr>
<td>____________________________</td>
</tr>
<tr>
<td>10401 19th Avenue Ct E, Tacoma, WA 98445</td>
</tr>
<tr>
<td><strong>Eatonville Community Center</strong></td>
</tr>
<tr>
<td>____________________________</td>
</tr>
<tr>
<td>305 W Center St, Eatonville 98328</td>
</tr>
<tr>
<td><strong>Fife Community Center</strong></td>
</tr>
<tr>
<td>____________________________</td>
</tr>
<tr>
<td>2111 54th Ave E, Fife 98424</td>
</tr>
<tr>
<td><strong>Gig Harbor Senior Mealsite</strong></td>
</tr>
<tr>
<td>____________________________</td>
</tr>
<tr>
<td>8502 Skansie Avenue, 98335</td>
</tr>
<tr>
<td><strong>Good Shepherd Lutheran Church</strong></td>
</tr>
<tr>
<td>____________________________</td>
</tr>
<tr>
<td>140 E 56th St, Tacoma 98404</td>
</tr>
<tr>
<td><strong>Hospitality Kitchen</strong></td>
</tr>
<tr>
<td>____________________________</td>
</tr>
<tr>
<td>1323 S. Yakima, Tacoma 98405</td>
</tr>
<tr>
<td><strong>Key Peninsula Community Services</strong></td>
</tr>
<tr>
<td>____________________________</td>
</tr>
<tr>
<td>10715 9th St Ct KPN, Lakebay 98349</td>
</tr>
<tr>
<td><strong>Korean Women’s Association</strong></td>
</tr>
<tr>
<td>____________________________</td>
</tr>
<tr>
<td>123 East 96th St, Tacoma 98445</td>
</tr>
<tr>
<td><strong>Lighthouse Senior Center</strong></td>
</tr>
<tr>
<td>____________________________</td>
</tr>
<tr>
<td>5016 E. ‘A’ St, Tacoma 98408</td>
</tr>
<tr>
<td><strong>Mid-County Community Center</strong></td>
</tr>
<tr>
<td>____________________________</td>
</tr>
<tr>
<td>10205 44th Ave. E., Tacoma 98446</td>
</tr>
</tbody>
</table>
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.

**Gain Peace of Mind with Pre-Planning**

- Call about our Pre-arrangement Discount
- Unique individual offerings
- To receive your FREE no-obligation Pre-Planning information, call us or visit our website

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**Quality home care in the comfort of your own home.**

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Respect and Care at Home
1-888-329-4695
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
Enjoy your Independence!
Single-level apartment homes in 55+ Communities

6 GREAT LOCATIONS!
North Tacoma, StoneRidge at the Park, (253) 879-1000
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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LUTHERAN COMMUNITY SERVICES NORTHWEST

Home Care

Compassionate care in the comfort of your own home.

253/272-8433
www.lcsnw.org

WHERE TO TURN
### ETHNIC MEALSITES

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Phone Number</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>African American</td>
<td>(253) 383-3657</td>
<td>1323 S. Yakima, Tacoma 98405</td>
</tr>
<tr>
<td>Asian/Pacific</td>
<td>(253) 535-4202</td>
<td>123 East 96th St. Tacoma 98445</td>
</tr>
<tr>
<td>Hispanic</td>
<td>(253) 591-5080</td>
<td>Lighthouse Activity Center 5016 S ‘A’ St, Tacoma 98408</td>
</tr>
<tr>
<td>Indochinese</td>
<td>(253) 473-5666</td>
<td>KWA Indochinese Cultural Services Center (ICSC) 1427 E 40th St, Tacoma 98404</td>
</tr>
<tr>
<td>Japanese</td>
<td>(253) 584-1280</td>
<td>Tillicum/American Lk Grdns Cmnty Ctr 14916 SW Washington, Tillicum 98498</td>
</tr>
<tr>
<td>Puyallup Tribal Elders</td>
<td>(253) 680-5480</td>
<td>Intertribal Native American Meal Site 1650 East 30th St., Tacoma 98404</td>
</tr>
</tbody>
</table>

### MENTAL HEALTH

See also: Crisis Lines and Crisis Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian Counseling Services</td>
<td>(253) 301-5250</td>
<td></td>
</tr>
<tr>
<td>Bi-Polar Support Group (TACID)</td>
<td>(253) 565-9000</td>
<td></td>
</tr>
<tr>
<td>Casteele, Williams &amp; Association</td>
<td>(253) 536-2881</td>
<td></td>
</tr>
<tr>
<td>Catholic Community Services</td>
<td>(253) 383-3697</td>
<td></td>
</tr>
</tbody>
</table>
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
Crisis Line .........................................................(800) 576-7764
HopeSparks .........................................................(253) 565-4484
Comprehensive Mental Health Center ...............................(253) 396-5000
DSHS Mental Health Division .......................................(800) 446-0259
Franciscan Mental Health Services .................................(253) 439-5900
..............................................................................(800) 576-7764
Good Samaritan Behavioral Healthcare ............................(253) 697-8400
Greater Lakes Mental Healthcare ....................................(253) 581-7020
Healing Places Counseling Center .................................(253) 566-7454
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

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
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

Full Circle Personal Assistance ...........................................(206) 478-6621

A Place For Mom .....................................(877) 311-6099
CayCare..............................................(866) 337-1176
Elder Assessment & Referral Services ...........................................(253) 756-7800
Graham & Graham ....................................(888) 217-1655

*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

SENIOR/COMMUNITY CENTERS
(*Trips/tours offered)
Where to Turn

**Bridgeport Place**

Retirement & Assisted Living

5205 Bridgeport Way W.
University Place, WA 98467.

(253) 565-1960

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- Independent Living, Assisted Living, Respite Care, & Stay-a-Day
- Spacious & private apartments
- Assisted Living services may include; diabetic management, medication assistance, safety checks, grooming assistance, escorts / transfers, …
- Amenities include; beauty salon, spa room, spacious bathrooms with handrails & walk-in showers, …

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5520 Bridgeport Way W.
University Place, WA 98467.

(253) 566-7166

- 24/7 RN Staffing for rehab units
- Certified Wound Care Nurse on staff
- Massage & Acupuncture services available on site
- In house Physical, Occupational & Speech therapies
- Accelerated Care Plus (ACP) Therapy Modalities for stroke, pain & wound management

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- Rehab certification
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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
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 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
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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 Administration

(800) 772-1213

Caregiver Support Group

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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

SOCIAL SECURITY

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

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
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Seattle Metro.........(206) 553-3000 or 
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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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WHERE TO TURN

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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
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St. Anthony Hospital ............................................. (253) 530-2000
St. Clare Hospital ................................................ (253) 581-6415
St. Joseph Medical Center ........................................ (253) 426-6785
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  - 2 people: $1,939*
  - 3 people: $2,441*

*Effective Oct. 1, 2013

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†According to 2010 Pierce County Health Department Records

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<tr>
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<th>Edwards Memorial</th>
<th>Mountain View</th>
<th>New Tacoma</th>
<th>Neptune Society</th>
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<td>Direct Cremation</td>
<td>*$549</td>
<td>*$1883.37</td>
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*Price includes 24/7 removal, cremation container, urn, sales tax and online obituary

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