Where To Turn
August 2017—July 2018

An information & referral guide to community resources for older adults in

PIERCE COUNTY

Produced by
SENIOR MEDIA SERVICES
A program of

Lutheran Community Services
NORTHWEST
Health • Justice • Hope

Pierce County Human Services
Aging & Disability Resource Center
(253) 798-4600 or (800) 562-0332
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When perfectly good medical and mobility equipment is no longer needed, people donate it to the MSHH Donor Closet in Tacoma and Edmonds. We refurbish the equipment and make it available at a "suggested minimum donation" amount that is almost always far below what you would pay elsewhere. In fact, you can often get things from us for less than others charge to rent the same item for a single month. Everything comes with a warranty and scooters and power chairs come with brand new batteries.

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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 Pierce County 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.

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. The organization’s earliest roots date to 1921.

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.

The LCSNW 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, Senior Friends, 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.

For additional copies of Where To Turn, please contact Senior Media Services at 253-722-5687 or pjenkins@lcsnw.org
RSVP provides seniors with opportunities to help strengthen communities by volunteering through various organizations.

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

More information about Lutheran Community Services Northwest and its programs in Pierce County is available at lcsnw.org and from the LCSNW South Sound office in Tacoma 253-272-8433.

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.
ADULT DAY CARE

• INFORMATION ONLY
  Pierce County ADR........253-798-4600

• IN-HOME PROVIDERS
  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
  .......................................253-798-4600
Better Business Bureau
  ........................................253-830-2924
  ........................................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
  ........................................877-734-6277
  Department of Health
  .......................................800-633-6828
  Residential Care Services
  .......................................800-562-6078
  Medicaid/Medicare Fraud
  .......................................800-447-8477
**ADVOCACY & COMPLAINTS, cont...**

Medicare Part B Hotline
........................................ 800-633-4227

Medicare Beneficiary Helpline
........................................ 800-445-6941

Pierce County Long Term Care Ombudsman
........................................ 253-798-3789

Samoan-Pacific Islander Association (SPIA)
........................................ 253-496-0335

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(253) 630-7496

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

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- Trusts
- Wills
- Medicaid Planning
- Nursing Home
- In Hosp

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253-460-3190  www.Rehmkelaw.com
ADVOCACY & COMPLAINTS, cont...

United Way HelpLine (info & referral) .................................................................211
U.S. Dept. of Labor (wages/hours) .................................................................866-487-9243

WASHINGTON:
Atty General ............800-551-4636
......................................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
Home & Community Services .................................................................253-476-7200
MultiCare Advance Care Planning .................................................................253-403-1136
Pierce County ADR........253-798-4600
.................................................................800-562-0332
Samoan-Pacific Islander Assoc.(SPIA) .................................................................253-496-0335

CHEMICAL DEPENDENCY
Al-Anon ......................800-726-8094
.................................................................253-474-8897
Castelee, 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
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
Family Renewal Shelter .................................. 253-475-9010 or 888-550-3915
MultiCare/Good Samaritan Behavioral Health .................. 253-697-8400

Pierce County:
  24 Hr. Crisis Line ...... 800-576-7764
  Domestic Violence Helpline .................................. 253-798-4166
  Sexual Assault Center of Pierce County .................. 253-474-7273
  .................................................. 800-756-7273
  WAFHome (KWA) ........ 253-359-0470

DEMENTIA CARE/SERVICES
Alzheimer’s Association .................................. 800-272-3900 or 206-363-5500
Elder Care & Alzheimer’s Resource Lending Library ....... 800-848-7097
Family Caregiver Support Program .......................... 253-798-4600
UW/VA Alzheimer’s Disease Research Center ................ 800-317-5382 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
Good Samaritan Mobile Dental Clinic .................................. 253-301-5215
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
Center for Independence .................................................. 253-582-1253
Department of Services for the Blind .............................. 253-597-4417
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 Coalition for Developmental Disabilities .......... 253-564-0707
Tacoma Area Coalition of Individuals with Disabilities (TACID) V/TDD: 253-565-9000
TTY: ..................................................... 253-565-3486
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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 in/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
DISABILITY-RELATED SERVICES, cont.

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

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 ..................................... 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 Community Action
.................................................253-798-7240
Tacoma Community House (GED prep & ESL) ........253-383-3951
Tacoma Area Literacy Council
.................................................253-272-2471

EMPLOYMENT
Senior Community Service Employment Program...253-573-6759, 253-573-6500
## FOOD

### FOOD BANKS:

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<td>253-627-6855</td>
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<td>BASH</td>
<td>253-531-9600</td>
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<td>Bread of Life at Bonney Lake</td>
<td>360-897-9005</td>
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<td>Bread of Life at Lake City</td>
<td>253-582-2515</td>
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<td>Buckley (Kiwanis)</td>
<td>253-266-7309</td>
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<td>Community Christian Assembly</td>
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<td>Eatonville Family Agency</td>
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<td>Eatonville Living Word Assembly of God</td>
<td>360-832-4220</td>
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<td>Emmanuel Food Pantry</td>
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<td>Graham</td>
<td>253-846-3805</td>
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<td>253-858-6179</td>
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<td>Key Peninsula</td>
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<td>253-584-2565</td>
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Samoan Family
Support..........................253-535-9616
Spanaway (FISH)..............253-383-1817
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
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
.......................................360-832-6805

• 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
HEALTHCARE SERVICES

AIDS Foundation ............... 253-383-2565
Avamere Health Services .......................................... 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
Concerto Health ............... 800-861-5902

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
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
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
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
Franciscan Women’s Health
   Gig Harbor .............253-530-2955
   Pearl Place ............253-761-2244
   Tacoma .................253-382-8160
Gig Harbor Medical Clinic ..................................253-858-9192
Gig Harbor Orthopaedic Surgeons ...........................253-853-8810
Where to turn

**HEALTH CARE SERVICES, cont...**

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
Cancer Center ..................................................253-697-4899
Interventional Pain Management ..............................253-697-4110

**MultiCare Health System**
..................................................800-342-9919

**MultiCare Outpatient Therapy**
Gig Harbor Medical 253-530-8122
Good Samaritan 253-697-7900
Puyallup Clinic 253-697-2346
Sumner YMCA Clinic 253-891-7490
Tacoma Clinic 253-459-6999
Tacoma General
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SENIOR FOOTCARE

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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 ............................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 ......................253-582-8440
YWCA-Pierce County ............................................253-272-4181

HEALTH INSURANCE

DSHS Community Service Office ...............................877-501-2233
Medicare ..........................................................800-MEDICARE
Matt Johnson Agency ...........................................253-904-8982
SHIBA Helpline ....................................................253-596-0918, 800-562-6900
Korean Women’s Association (Korean Language) .........253-535-4202

HEARING

Harbor Audiology ....................................................253-617-7160, 253-203-6641
Hearing, Speech and Deafness Center ........................253-475-0782
HOSPICE
Franciscan Hospice
Palliative Care..........866-969-7028
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MultiCare Home Health, Hospice & Palliative Care.............253-301-4600

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American Lake Veterans....................253-582-8440
Auburn Regional ..........253-272-8180
Good Samaritan..........253-697-4000
Madigan Army Medical Center................253-968-1110
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
Tacoma General ............253-403-1000

HOUSING
• 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
Where to turn

Pacific Villa (KWA) ..........253-538-9387
Pierce County ADR ..........253-798-4600
Pierce County Housing Authority
..................................................253-620-5400
Pierce County Community Action
..................................................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 REPAIRS

Lakewood (major repair and rehabilitation) ........253-589-2489
Metropolitan Development Council
Home Repair and Weatherization programs..............253-591-7020
Paint Tacoma-Pierce County
Beautiful (Associated Ministries)
..................................................253-383-3056
Pierce County Home Community
Action .................................253-798-7240
Rebuilding Together
South Sound .................253-238-0977
Rural Development ......360-704-7760
Tacoma Home Repair RTSS
..................................................253-948-3712
Tacoma Major Home
Where to turn

253-591-5236

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Tacoma Community House
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Homewatch Caregivers of Tacoma ..........................253-564-1006
Korean Women’s Asson......253-535-4202
Lutheran Community Services Northwest.....................253-272-8433
ResCare HomeCare ..........888-329-4695
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..........................Gig Harbor 253-509-0728
Volunteer Chore Services – CCS..................253-502-2741
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Providence Sound HomeCare & Hospice....................800-869-7062
Wesley Homes .............. 866-850-5774
Home Health ...................206-870-1127
Guardian Care .................253-549-9263
Homewatch Caregivers of Tacoma ..........................253-564-1006

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Bryana Cross Law Offices ....... 253-203-3352
Rehmke Law Offices ........ 253-460-3190
Smith Alling ......................... 253-627-1091
Lawyer Referral Services, Tacoma-Pierce County Bar Association..... 253-383-3432
WA State Access to Justice Network (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 ....................... 253-572-3667
WA State Access to Justice Network CLEAR Senior ........ 888-387-7111
WA State Medical Assn ..... 800-552-0612

LONG-TERM CARE

Pierce County ADR (information only) ........ 253-798-4600
Pierce County Human Services ............. 253-798-4400
Pierce County Long-Term Care Ombudsman ........ 253-798-3789

MEAL SITES

Beacon Activity Center .. 253-591-5083
415 S 13th St., Tacoma
Bonney Lake Senior Center ....................... 253-863-7658, 19304 Bonney Lake Blvd.
Buckley Senior Center ....................... 360-829-0190, 811 Main St.
MEAL SITES, cont...

Community Christian Assembly Food Bank..........................253-537-4010, 10401 19th Ave. Ct. E., Tacoma

Eatonville Community Center ................................. 360-832-6805, 305 W. Center St.
Fife Community Center..............................253-922-8368, 2111 54th Ave. E.

Gig Harbor Senior Mealsite ....253-502-4670, 8502 Skansie Ave.

Good Shepherd Lutheran Church 253-473-4848, 140 E. 56th St., Tacoma
Hospitality Kitchen ..........253-502-2695, 1323 S. Yakima, Tacoma

Key Peninsula Community Services ...............253-884-4440, 10715 9th St Ct. KPN, Lakebay

Korean Women’s Association 253-535-4202, 123 East 96th St., Tacoma

Lighthouse Senior Center.....253-591-5080, 5016 E. A St., Tacoma

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

My Sister’s Pantry ........253-627-1186 621 Tacoma Ave. S., Tacoma

Nativity House ........253-272-5266, 2304 S. Jefferson, Tacoma

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

Algona-Pacific Senior Center 253-929-1154, 100 Third Ave. SE., Pacific

Point Defiance-Ruston Senior Center ....253-759-1070, 4716 N. Baltimore

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

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

Spana-Park Senior Center ......253-537-
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Steilacoom Community Center
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Sumner Senior Center....253-863-2910, 15506 62nd St Ct. E, Sumner
Tacoma Rescue Mission
253-383-4493, 425 South Tacoma Way
Tillicum/American Lake Gardens
Community Service Center..253-584-1280, 14916 Washington Ave. SW., Tillicum
Trinity Lutheran Church..253-537-0201, 12115 Park Ave. S., Parkland
University Place Senior Community Center...............................253-564-1992, 2534 Grandview Dr. W.

ETHNIC MEAL SITES

African American ..........253-383-3657, 1323 S. Yakima, Tacoma
Asian/Pacific..................253-535-4202, 123 E. 96th St., Tacoma
Hispanic...............253-591-5080, Lighthouse Activity Center, 5016 S. A St., Tacoma
Indochinese................253-473-5666, KWA Indochinese Cultural Services Center, 1427 E. 40th St., Tacoma
Japanese.........................253-584-1280, Tillicum/American Lake Gardens Comm. Center, 14916 SW. Washington, Tillicum
Puyallup Tribal Elders
Intertribal Native American..253-680-5480, 1650 E. 30th St., Tacoma

MENTAL HEALTH

Asian Counseling Services
.................................................253-301-5250
Bi-Polar Support Group (TACID)
Where to turn

Catholic Community Services ........................................253-383-3697
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
Mental Health Ombudsman .........................................800-531-0508
Mobile Outreach Crisis Team .......................................800-576-7764
Sea Mar Behavioral Health Center, Tacoma .................253-396-1634, 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 ...............................................................253-572-7717

Continued on next page

Elder Services & Wellness Center ..................................253-680-5480
MINORITY SERVICES, cont...

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 Association .......................................253-396-0335
Tacoma Community House (Laotians/Asians/Vietnamese/Cambodians/Russians) .................... 253-383-3951

OUT-OF-PIERCE-COUNTY SERVICES

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

PERSONAL EMERGENCY RESPONSE SYSTEMS

Franciscan Lifeline ........253-426-6669
Telephone Reassurance Program .............................................. 253-798-4600
Full Circle Personal Assistance .............................................. 206-478-6621

PLACEMENT/REFERRAL
SENIOR and COMMUNITY CENTERS

Beacon Senior Center ........................................253-591-5083, 415 S. 13th St., Tacoma
Bonney Lake Seniors ........................................253-863-7658, 19304 Bonney Lake Blvd.
Buckley Senior Center .................................360-829-0190, 811 Main St.
Celebrate Seniority .....253-697-7385, 1401 E. Main, Puyallup
Eatonville Family Agency .....................................360-832-6805, 305 W. Center St., Eatonville
Enumclaw Senior Activity Center...360-825-4741, 1350 Cole St.
Federal Way Community Center
..................................................253-835-6900,
876 S. 333rd St., Federal Way

Continued on next page

Federal Way Senior Center
..................................................253-838-3604,
4016 S. 352nd St., Auburn
Fife Community Center........253-922-0900, 2111 54th Ave E.
Fircrest Community Center
..................................................253-564-8177,
555 Contra Costa
Key Peninsula Community Center
..................................................253-884-4440,
17015 9th St. Ct. KPN, Lakebay
Korean Women's Association Community Center........253-535-4202,
123 E. 96th St., Tacoma
Lakewood Senior Activity Center
..................................................253-798-4090,
9112 Lakewood Dr. SW.
Lighthouse Activity Center
..................................................253-591-5080,
5016 E. A St., Tacoma
Mid-County Community Center
..................................................253-531-8412,
10205 E. 44th Ave. E., Tacoma
Milton Activity Center...253-922-6586, 1000 Laurel
Mt. View Community Center
..................................................253-826-4329,
3505 122nd Ave. E., Edgewood
The Centre at Norpoint
.........253-591-5504,.4818 Nassau Ave.
Orting Valley Senior Center
Where to turn

.......................................360-893-5827,
120 Washington Ave. N., Orting
Pacific Algona Community Center
.......................................253-929-1150,
100 Third Ave. SE., Pacific
Point Defiance/Ruston Senior
Center.......................... 253-756-0601,
4716 N. Baltimore, Tacoma
Puyallup Activity Center
.......................................253-841-5555,
210 W. Pioneer
Salvation Army Senior Center
.......................................253-841-1491,
4009 9th St. SW., Puyallup
South Park Community Center
.......................................253-591-5299,
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Steilacoom Community Center ..................................... 253-581-1076,
2301 Worthington
Sumner Senior Center ............................................. 253-863-2910,
15506 62th St. Ct. E., Sumner
Tillicum/American Lake Gardens Community Service Center ..................................... 253-584-1280,
14916 Washington Ave.SW.
True Vine Senior Center ............................................. 253-761-1309,
1819 S. Mason Ave., Tacoma
University Place Senior Community Center ..................................... 253-564-1992,
2534 Grandview Dr. W.

SOCIAL SECURITY
Social Security Administration ..................................... 800-772-1213

SUPPORT GROUPS and ASSOCIATIONS

Alzheimer’s Association...800-272-3900
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 Alzheimer’s Support Group
.............................................253-697-8575
Pierce County Aging and Disability Resources..253-798-4600, 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
United Way HelpLine .......................211
Brain Injury Alliance of Washington
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Belfair, Rosedale Village, (253) 530-3334

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TAX INFORMATION

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

TRANSPORTATION

State ferries information...800-843-3779
Intercity Transit (Olympia) ........................................... 360-786-1881, 800-287-6348
Kitsap Transit ................................................................. 360-377-2877, 800-501-7433
Paratransit Services .... 800-925-5438

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Pierce Transit
.......................... 253-581-8000, Shuttle Services
..........................253-581-8000, Shuttle or Bus TDD 711
Seattle Metro
.......................... 206-553-3000, 800-542-7876
Sound Transit
.......................... 253-398-5000, 888-889-6368
Volunteer Chore Services
.......................... 253-502-2690

Please check with individual Senior/Community Centers for additional listings

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UTILITIES ASSISTANCE

Eatonville Family Agency ............................................. 360-832-6805
Metropolitan Development Council .................................. 253-572-5557
Pierce County ADR........253-798-4600
Pierce County Community
Action.............................253-798-7240
Salvation Army..................253-572-8452
South Sound Outreach Services
.......................................253-593-2111
Tacoma Public Utilities.....253-502-8600
Washington UTC..............888-333-9882

VETERANS

Disabled American Veterans
........................................253-752-2970
U.S. Veterans Affairs.........800-827-1000
AMVETS Post 1.................253-472-2552
Pierce County Veterans Bureau
.........................................253-798-7449
VOLUNTEER OPPORTUNITIES

Aging and Disability Resources ...........................................253-798-2823
AARP .................................................................888-227-7669
Celebrate Seniority ...............253-697-7385
Foster Grandparents..........253-502-2743
Franciscan Hospice and 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
Meals on Wheels (Lutheran Community Services) ......253-722-5680
MultiCare Hospice Volunteer ................................................253-403-1005
Retired and Senior Volunteer Program (RSVP) .............253-682-1832
Senior Companion Program ..............................................253-272-8433
Senior Media Services (Senior Scene newspaper delivery) .....253-722-5687
Service Corps of Retired Executives (SCORE) .............253-680-7770
SHIBA Helpline (Statewide Health (Insurance Benefit Advisors) ...........................................253) 596-0918, 800-562-6900
St. Anthony Hospital ........253-530-2000
St. Clare Hospital ............253-581-6415
St. Joseph Medical Center
........................................253-426-6785
Tacoma Area Coalition of Individuals with
Volunteers help customers find assistive equipment at MSHH Donor Closet in Tacoma. The non-profit organization provides used, low-cost walkers, wheelchairs, power chairs, lifts, hospital beds and crutches. Information is available at 253-327-1033 and managertacoma@mshh-donorcloset.org.

The staffs at branch libraries of the Pierce County Library System help seniors navigate computers and other digital technology by offering classes and technical assistance. Information is available at the branches and online at getsmart.pcls.us.
By popular demand, a King County edition of Where to Turn is now available. Call 253-722-5678 or e-mail pjenkins@lcsnw.org.
Need help?
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Aging & Disability Resource Center

We put you, your wishes and your needs first. Working with community partners throughout Pierce County, we connect you with services, programs, resources and options to help you stay safe and independent.

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Pierce County
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  - 2 people: $2,080
  - 3 people: $2,553

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<thead>
<tr>
<th>COMPARISON</th>
<th>Edwards</th>
<th>Mayfair</th>
<th>New</th>
<th>Tacoma</th>
<th>Victory Society</th>
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<td>Direct Cremation</td>
<td>$429 - $529</td>
<td>$1,162.52</td>
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<td>Immediate Burial</td>
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<td>not offered</td>
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