Where To Turn

June 2019—May 2020

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

KING COUNTY

Produced by SENIOR MEDIA SERVICES
A program of

LUTHERAN Community Services NORTHWEST

Find the services you need quickly

HOUSING, IN-HOME CARE, TRANSPORTATION, HEALTHCARE, FOOD RESOURCES, LEGAL AID and MORE
Where to Turn lists the telephone numbers of service providers by category. The lists include government, publicly funded and non-profit programs, and paid advertisers. For services outside King County or Washington, contact the U.S. Administration on Aging’s Eldercare Locator at 1-800-677-1116, or for services in Pierce County, contact Senior Media Services at 253-722-5687.

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

Helping Seniors Age in Place

Services for the Elderly, Disabled and Injured

• Personal Care & Bathing
• Housekeeping & Laundry
• Meal Preparation
• Ambulation
• Transfers
• Nurse Delegation
• Transportation
• Respite Care

*Licensed and Bonded
*Trained & Screened Caregivers

Payment Options Include:
Long-Term Care & Private Insurance, L&I, Workers’ Comp, VA, Private Pay and

Kent: (253) 850-6415
Federal Way (253) 839-3700
N. Seattle (206) 368-7667
Renton (425) 271-0614
www.ResCareHomeCare.com
Senior Media Services is a program of Lutheran Community Services Northwest (LC-SNW). 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. Both publications are produced at LCSNW’s South Puget Sound regional office in Tacoma. 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 Puget Sound area. “The little yellow book,” as it’s come to be known, is distributed free of charge each year through LCSNW and a network of non-profit and government agencies, as well as private businesses. Senior Scene has met the information needs of seniors for more than 30 years. The paper is distributed free at more than 300 locations in the south King County area and Pierce County, 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. For more information, contact Senior Media Services at 253-722-5687 and pjenkins@lcsnw.org.
Where to Turn

FREE DENTISTRY: Donated dental services for the elderly and other vulnerable populations is provided through Seattle-King County Dental Society (SKCS). These patients might otherwise fall through the cracks of public health programs, including Medicare. The phone number for SKCS is in the Dental Care category.

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. More information is available at lcsnw.org.
ADULT DAY CARE/ FAMILY HOME
Full Life ............................ 206-528-5315
Senior Services of
Seattle-King County .......... 206-448-3110

ADVOCACY/COMPLAINTS
Aging & Disability
Services ........................... 844-348-5464
Better Business Bureau .. 206-431-2222
King County licensing ..... 206-296-2710
Disabled American Vets ... 877-426-2838
Adult Protective Service ... 877-734-6277
AARP Fraud Fighter ........ 800-646-2283
State long-term
care ombudsman .......... 206-623-0816
Medicare Beneficiary
Helpline ......................... 800-445-6941
United Way HelpLine ........... 2-1-1
State attorney general ..... 800-551-4636
State insurance
commissioner .............. 800-562-6900
Disability Rights
of Washington .............. 800-562-2702
Elder Abuse Advocacy (Korean Women’s
Association) ............... 253-389-1872

CASE MANAGEMENT
Chinese Information and
Service Center .............. 206-624-5633
King County Area Agency
on Aging ....................... 206-684-0660
Kin On Caregiver .......... 206-652-2330
Washington Masonic Charities/
Masonic Outreach
Services ....................... 844-288-3531
Valley Cities ................. 253-833-7444
CHEMICAL DEPENDENCY

Al-Anon .......................... 800-726-8094
King County Substance Abuse Services ........... 206-263-9000
Kent Youth and Family Services...................... 253-859-0300
Recovery Centers of King County .................... 206-322-2970
Valley Cities ...................... 253-833-7444

CRIME PREVENTION

King County Sheriff .......... 206-296-4155
Adult Protective Services ......................... 877-734-6277
Crime Stoppers .................. 206-343-2020
Kent Police Department ... 253-856-5883
Auburn Police ................. 253-931-3080
Emergencies ................................. 9-1-1
Algona Police .................. 253-833-2743

DOOR-TO-DOOR VAN RIDES: Hyde Shuttle, in partnership with King County Metro, offers door-to-door van service for older and disabled adults. To find out where and how, see the Hyde Shuttle listing in the Transportation category on page 18.
### CRISIS LINES

<table>
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<tr>
<th>Service</th>
<th>Phone Number</th>
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<tr>
<td>Crisis Clinic</td>
<td>866-427-4747</td>
</tr>
<tr>
<td>WA Recovery Help Line</td>
<td>866-789-1511</td>
</tr>
<tr>
<td>King County Crisis and Commitment Services</td>
<td>206-263-9200</td>
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### DEMENTIA CARE

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Alzheimer’s Association</td>
<td>800-272-3900</td>
</tr>
<tr>
<td>Harborview Memory and Brain Wellness</td>
<td>206-520-5000</td>
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<tr>
<td>King County Caregiver Support Network</td>
<td>206-448-3110</td>
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### DENTAL CARE

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<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Renton Public Health/Dental Clinic</td>
<td>206-477-0100</td>
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<tr>
<td>Downtown Public Health/Dental Clinic (Seattle)</td>
<td>206-205-0577</td>
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<tr>
<td>Seattle-King County Dental Society</td>
<td>206-443-7607</td>
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<td>Auburn Community Health Center</td>
<td>253-735-0166</td>
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### DISABILITY SERVICES

<table>
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<tr>
<th>Service</th>
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<td>King County Developmental Disabilities</td>
<td>206-263-9061</td>
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<td>State Department of Services for the Blind</td>
<td>800-552-7103</td>
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<tr>
<td>Hearing Loss</td>
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<tr>
<td>Association of WA</td>
<td>425-742-3228</td>
</tr>
<tr>
<td>Braille Library</td>
<td>800-542-0866</td>
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<td>Washington TDD Relay</td>
<td>7-1-1</td>
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<tr>
<td>Alliance of People With Disabilities</td>
<td>206-545-7055</td>
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<tr>
<td>Deaf-Blind Service Center</td>
<td>206-323-9178</td>
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<td>Helping Hands for the Disabled</td>
<td>425-644-4344</td>
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<tr>
<td>Aging and Disability Resources</td>
<td>844-348-5464</td>
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DISASTER RELIEF

American Red Cross ........ 206-323-2345
Federal Emergency Management Administration (FEMA) ..... 800-525-0321
Salvation Army ............... 206-767-3150

DOMESTIC VIOLENCE

Valley Cities Counseling and Consultation ............... 253-939-4055
King County Coalition Against Domestic Violence ........ 206-568-5454
YWCA...................................... 425-226-1266
National Domestic Violence Hotline ...................... 800-799-7233
Washington State Domestic Violence Hotline .......... 800-562-6025

DRIVING EDUCATION

AARP—"55 Alive"............... 888-227-7669

EDUCATION

Goodwill ......................... 206-329-1000
Literacy Council
of Seattle ....................... 206-233-9720

I choose Wesley.
With Wesley home care, I can choose
quality time with my granddaughter.

WESLEY
HEALTH & HOME CARE

(888) 995-1126
HomeCare.WesleyChoice.org
EMPLOYMENT

National Asian Pacific Center on Aging .......... 206-322-5272
WorkSource ..................... 253-804-1177

FINANCIAL COUNSELING

State Department of Financial Institutions ..... 877-746-4334

FOOD

• Home-delivered meals
  Catholic Community Services .................. 253-474-1300

• Food banks
  Algona-Pacific Food Pantry .................... 253-351-0450
  Auburn Food Bank ..................... 253-833-8925

Franciscan Hospice & Palliative Care

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When you need it most.

1 (866) 969-7028
chifranciscan.org/hospice
Serving Pierce, King and Kitsap counties
**FOOD, continued**

Black Diamond Food Bank ................................ 360-886-1011
Des Moines Food Bank .................................. 206-878-2660
Emergency Feeding Program of Seattle & King County .... 206-329-0300
Enumclaw Kiwanis Food Bank .............................. 360-825-6188
Federal Way Food Bank .................................... 253-838-6810
Highline Food Bank ........................................ 206-433-9900
Hopelink Bellevue .......................................... 425-889-7880
Issaquah Food Bank ........................................ 425-392-4123
Kent Food Bank .............................................. 253-981-3145
Maple Valley Food Bank .................................... 425-432-8139
Muckleshoot Food Bank ..................................... 253-876-3336
Salvation Army-Renton ..................................... 425-255-5969
Tukwila Pantry ............................................... 206-431-8293
Vashon-Maury Food Bank ................................. 206-463-6332

• Meal sites
  Auburn Senior Center .......................... 253-931-3016
  Black Diamond Community Center .......... 360-886-2418
  Des Moines Community Center ................. 206-870-6584
  Enumclaw Senior Center ............................ 360-825-4741
  Federal Way Community Center ................... 253-835-6900
  Issaquah Senior Center ......................... 425-392-2381
  Kent Senior Center .................................... 253-856-5150
  North Bellevue Community Center .............. 425-452-7681
  Renton Senior Activity Center ................. 425-430-6633
  Peter Kirk Community Center (Kirkland) ....... 425-587-3360
  SeaTac Park Community Center .................... 206-973-4680
  South Park Community Center ...................... 206-684-7451
FOOD, continued
Pacific-Algona Community Center ...................... 253-929-1150
Redmond Senior Center .. 425-556-2314

FUNERALS
Edwards Memorial .......... 253-218-4646

HEALTHCARE SERVICES
Seattle-King County Public Health ...................... 800-325-6165
Kin On Healthcare ........ 206-721-3630
Franciscan Health System ............................. 888-825-3227
HealthPoint ...................... 425-277-1311
MultiCare Health System .. 800-342-9919

LUTHERAN COMMUNITY SERVICES NORTHWEST

Home Care

Compassionate care in the comfort of your own home.

homecare@lcsnw.org

253-722-5679
Tacoma
360-525-9479
Bremerton
PEOPLE CONNECTIONS: The Pike Market Senior Center and Food Bank is one of the 38 senior-serving organizations that are receiving funding from a special King County levy. “Senior centers keep people connected,” says County Executive Dow Constantine (standing, center). To contact one, see the Senior Centers list on page 18.
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 ASSISTANCE

King County Housing Authority ......................... 206-574-1100
Senior Housing Assistance Group .......................... 888-450-7424
Catholic Community Services ........................... 206-328-5696
Crisis Clinic .............................................. 2-1-1
Salvation Army ........................................... 206-281-4600
Solid Ground ............................................. 206-694-6700
St. Vincent de Paul ................................. 206-767-6449

HOSPICE

Providence Hospice ...... 206-320-4000
Wesley Hospice ............. 888-995-1126

HOSPITALS

Highline Medical Center (Burien) ....................... 206-244-9970
Harborview Medical Center .... 206-744-3000
Multicare Auburn Medical Center ...................... 253-545-2823
St. Elizabeth Hospital (Enumclaw) .................... 360-802-8800
St. Francis Hospital (Federal Way) ..................... 253-835-8100
Valley Medical Center .... 425-228-3450

HOUSING REPAIRS

City of Kent ..................... 253-856-5065
Rebuilding Together Seattle ............................ 206-682-1231
King County Housing Authority ......................... 206-574-1100
King County Housing Repair .. 206-263-9095
City of SeaTac ................... 206-973-4815
City of Covington .......... 253-480-2411
City of Tukwila .............. 206-433-7180
City of Des Moines .......... 206-870-6535
City of Auburn .............. 253-931-3099

IN-HOME CARE

Area Agency on Aging .. 206-684-0660
Catholic Community Services ................ 877-870-1582
Kin On In-Home Care ... 206-652-2330
Korean Women’s Association .................. 888-508-2780
Lutheran Community Services Northwest ..... 253-722-5680
Full Life ................................ .. 206-528-5315
ResCare Home Care .... 253-850-6415
Wesley Health & Home Care ..................... 888-995-1126

Personalized home care to support safety, comfort and independence.

Seattle & S. Snohomish County 206.545.1092
Bellevue & Eastside 425.455.2004
Tacoma & Pierce County 253.761.8019
Snohomish & Skagit County 425.361.0044
LEGAL ASSISTANCE
King County Bar Association .......................... 206-267-7055
Northwest Justice Project ................................ 888-201-1012

LIVING COMMUNITIES
Wesley Homes .................................. 206-824-5000

SENIOR CENTERS
Auburn ........................................ 253-931-3016
Black Diamond .............................. 360-886-2418
Des Moines ................................. 206-878-1642
Enumclaw ................................. 360-825-4741
Federal Way ................................ 253-835-6900
Renton ........................................ 425-254-1128
SeaTac Park .............................. 206-973-4680
South Park ................................. 206-684-7451
Pacific-Algona ............................. 253-929-1150
Maple Valley .............................. 425-432-1272
Kent ........................................... 253-856-5150

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

SUPPORT GROUPS
Alzheimer’s Association .................. 800-272-3900
Jewish Family Services ................. 206-461-3240
South Sound Ostomy .................... 253-403-1759
United Way .................................. 206-461-3700
Washington Brain Injury Resource Center ..................................... 877-824-1766
**TAXES**
King County assessor .. 206-296-7300

**TRANSPORTATION**
Metro Transit ............... 206-553-3000
Hyde Shuttles ............... 206-727-6262
Access .......................... 206-205-5000
Sound Transit ............... 888-889-6368
Northwest Transport .... 800-600-9225
Paratransit Services .... 800-925-5438
Amtrak ............................ 800-872-7245
Ferry Information Line .. 800-843-3779

**UTILITIES ASSISTANCE**
Multi-Service Center ..... 253-517-2263

**VETERANS**
King County Veterans Program .......................... 206-296-7656
Disabled American Veterans ............................ 206-220-6225
U.S. Veterans Affairs .... 800-827-1000
VA Puget Sound Healthcare System ...... 206-764-2758
VA Puget Sound Blind and Low-Vision Services .......................... 206-764-2758

• **American Legion**
  Kent ................................ 253-859-9905
  Renton ............................. 425-271-1439
  Auburn ........................... 253-939-5789

• **Veterans of Foreign Wars**
  Kent-Meridian Post ...... 206-650-8329
  Post 2886, Federal Way .. 253-927-1615
  Post 1741, Auburn ....... 253-293-5839
Where to Turn

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- Most chosen funeral provider in Pierce County
- We serve all cemeteries including Mountain View
- We offer guaranteed pre-paid plans
- We specialize in helping veterans
- No hidden fees guaranteed

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<th>New Tacoma</th>
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<tr>
<td>Direct Cremation</td>
<td>$589</td>
<td>$1,695</td>
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<td>Immediate Burial (includes minimum casket)</td>
<td>$1,048</td>
<td>$3,175</td>
<td>$4,390</td>
<td>No Option</td>
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Professional Service at Reasonable Prices

Locations
3005 Brideport Way W.,
University Place, WA 98466
11020 So. Tacoma Way
Lakewood, WA 98499

253-566-1008
EdwardsMemorial.com