

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

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**HOUSING, IN-HOME CARE,
TRANSPORTATION,
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FOOD RESOURCES,
LEGAL AID and MORE**

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FIND IT IN WHERE TO TURN

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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- Transportation
- Respite Care

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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

WHERE TO TURN'S 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. 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.

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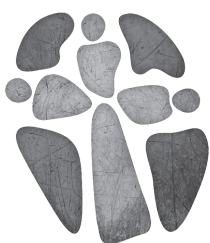
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Hospice.WesleyChoice.org



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.



LUTHERAN
**Community
Services**
NORTHWEST

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.



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.

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

Crisis Clinic 866-427-4747
WA Recovery Help Line .. 866-789-1511
King County Crisis and
Commitment Services ... 206-263-9200

DEMENTIA CARE

Alzheimer's Association .. 800-272-3900
Harborview Memory and
Brain Wellness 206-520-5000
King County Caregiver
Support Network 206-448-3110

DENTAL CARE

Renton Public Health/
Dental Clinic 206-477-0100
Downtown Public Health/
Dental Clinic (Seattle) 206-205-0577
Seattle-King County
Dental Society 206-443-7607
Auburn Community
Health Center 253-735-0166

DISABILITY SERVICES

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

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



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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

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chifranciscan.org/hospice

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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

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your own
home.*

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LUTHERAN
**Community
Services**
NORTHWEST

253-722-5679
Tacoma
360-525-9479
Bremerton

HEALTH INSURANCE

DSHS 877-501-2233
Medicare 800-MEDICARE
SHIBA (Statewide Health Insurance
Benefit Advisors) 206-727-6221

HOUSING

Wesley Des Moines 206-824-5000
Wesley Lea Hill 253-876-6000



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.



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- We pride ourselves on employing the highest caliber of staff assuring our clients the best quality in-home care services



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1-877-870-1582

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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
MulitCare 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



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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

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Lakewood, WA 98499

253-566-1008

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