Where To Turn

August 2019 - July 2020

An information and 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
www.PierceADRC.org

Paid Advertisement
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.

If you don’t have money to burn, come see us. We are an all-volunteer organization. And what we take in above our expenses we turn around and give out as financial aid to those with Multiple Sclerosis in Washington State. Pretty cool huh?

Donor Closet
3635 S. Lawrence Street, Suite E, Tacoma WA
Open 10 am to 3 pm Wed, Thur, Fri & Sat
(253) 327-1033
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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 Pierce County or Washington, refer to the Out of Pierce County Services category or contact the U.S. Administration on Aging’s Eldercare Locator at 1-800-677-1116.

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. More than 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.

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

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.

Healthy Eating: We Deliver

Meals on Wheels helps seniors and those with disabilities bridge the gaps from food access to eating a nutritious meal.

Meals on Wheels delivers client-selected frozen meals to your home once a week. Our meals are complete, nutritious, and only cost about $5 each.

Meals on Wheels has no age restrictions and is available to anyone in Pierce County who is unable to shop for or prepare meals for themselves. In addition to seniors and people with disabilities, this includes people recovering from surgery or illness.

Email us mealsonwheels@lcsnw.org or call 253-722-5684 to learn more about the program.
ADULT DAY CARE

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

• IN-HOME PROVIDERS
Catholic Community Services (CCS) ........................................ 253-383-3697
Korean Women’s Association (KWA) ........................................ 253-535-4202

• OUT-OF-HOME PROVIDERS
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
Better Business Bureau ......................................................... 253-798-4600
Better Business Bureau ......................................................... 253-830-2924
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

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833.577.5900
Residential Care Services .................................................. 800-562-6078
Medicaid/Medicare Fraud .................................................. 800-447-8477
Medicare Beneficiary Helpline ........................................... 800-633-4227
Pierce County Long Term Care Ombudsman ......................... 253-798-3789
United Way HelpLine (info & referral) ................................... 211
U.S. Dept. of Labor (wages/hours) ....................................... 866-487-9243

WASHINGTON:
Attorney 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

BRACING & ARTIFICIAL LIMBS
Evergreen Prosthetics and Orthodontics
Tacoma ................................................................. 253-393-2233
Federal Way, Gig Harbor... 253-642-0500

CASE MANAGEMENT
Alzheimer’s Association...800-272-3900

ELDER LAW ATTORNEYS
JONETE W. REHMKE
Rehmke Law P.S.

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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 .......................888-425-2666
Alcoholics Anonymous .. 253-474-8897
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
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
Family Caregiver Support Program
........................................253-798-4600
Lutheran Community Services Northwest
........................................253-722-5691
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

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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
Tacoma Public Library ................................................................. 253-591-5666
V/TTY: ................................................................. 253-591-5667
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

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DISABILITY-RELATED SERVICES, continued

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
BePreparedWA ..........833-577-5900
Federal Emergency Management Administration (FEMA) ...800-525-0321
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

MEDICARE ON YOUR MIND?
CONTACT MATTHEW JOHNSON FOR COMPLIMENTARY MEDICARE ADVICE TODAY.
(253) 904-8982 InsuringWashington.com
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

Bridgeport Place
Assisted Living
Boutique Senior Living

5250 Bridgeport Way W. • University Place
(253) 565-1960 • BridgeportPlaceSeniors.com

WHERE TO TURN
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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>
<td>253-537-4010</td>
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<td>Eatonville Family Agency</td>
<td>360-832-6805</td>
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<td>Eatonville Living Word Assembly</td>
<td>360-832-4220</td>
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<td>Eloise Cooking Pot</td>
<td>253-426-1994</td>
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<td>Emmanuel Food Pantry</td>
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<td>Information</td>
<td>253-383-3164</td>
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<td>Browns Point</td>
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<td>Edgewood</td>
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<td>253-383-3164</td>
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<td>253-581-1116</td>
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<td>253-756-4974</td>
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<td>Parkland 1st Baptist</td>
<td>253-535-1293</td>
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<td>253-843-3033</td>
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........................Tacoma 253-572-8452
Samoan Family Support .253-535-9616
Spanaway (Nourish) ......253-383-1817
Steilacoom ..............253-581-1076
SE Asian Diets ..........253-472-7264
Sumner ....................253-863-3793
Tacoma/Bounty ..........253-475-7098
TACS-Diabetic ..........253-272-8289
United Lutheran Church
................................253-475-3175
University Place (Nourish)
................................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

Catholic Community Services
Catholic Housing Services
OF WESTERN WASHINGTON
Providing Foot Care for Seniors (60+)
CALL FOR APPOINTMENT
(253) 579-6000 FEES BASED ON SLIDING SCALE
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FOOD, continued

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 Catholic Church (Puyallup)..............................253-848-2000
Lutheran Community Services NW (frozen)....................253-272-8433
Catholic Community Services (frozen).........................253-474-1300

FOOTCARE

Catholic Community Services.............................................253-579-6000
A Hunters’ Adventure Mobile Foot Care..........................360-908-8536

FUNERALS

Edwards Memorial ........253-566-1008

HEALTHCARE SERVICES

AIDS Foundation........253-383-2565
Avamere Health Services..877-282-6373
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

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Where to Turn
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
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.....253-944-2080
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.....253-944-2080
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
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 ....................................................................... 253-274-7503
St. Joseph Women’s Clinic ..................................................................... 253-274-7501
Tacoma Orthopaedic Surgeons ............................................................. 253-756-0888
The Lakewood Clinic ............................................................................... 253-985-6688

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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

**Iora Primary Care** ........................................... 206-518-9058

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

**MultiCare Outpatient Therapy**
Gig Harbor Medical ........................................... 253-530-8122
Good Samaritan ................................................. 253-697-7900
Puyallup Clinic .................................................. 253-697-2340
Sumner YMCA Clinic .......................................... 253-891-7490
Tacoma Clinic .................................................... 253-459-6999
Tacoma General Center for Healthy Living .............. 253-403-7895
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
YWCA-Pierce County ........................................... 253-272-4181
HEALTH INSURANCE

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

HEARING

Hearing, Speech and Deafness Center
South Sound .................253-475-0782

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Franciscan Hospice
Palliative Care.............253-534-7000
MultiCare Home Health, Hospice & Palliative Care.............253-301-6400

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St. Joseph Medical........253-426-4101
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Tacoma General...........253-403-1000

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• DOWN PAYMENT ASSISTANCE
  City of Tacoma ...............253-591-5219

• FURNISHINGS
  St. Vincent DePaul..........253-474-0519
  Need-A-Break ...............253-353-7056

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  Pierce County ADR .......253-798-4600
  Pierce County Housing Authority ........................................253-620-5400
  Pierce County Community Action ........................................253-798-7240
  SHAG ..............................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
**SENIOR/RETIREMENT COMMUNITIES**
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Bridgeport Place .......... 253-565-1960

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Metropolitan Development Council
Home Repair and Weatherization programs ..................253-591-7020
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Tacoma Community House...............................253-383-3951
U.S. Immigration & Naturalization Services..800-375-5283

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Lutheran Community Services Northwest..................253-272-8433
ResCare HomeCare ......888-329-4695
Volunteer Chore Services – CCS.........................253-502-2741
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Wesley Homes ................... 888-995-1126
Visiting Angels..................... 253-537-3700
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Insuring Washington ....... 253-904-8982
Preferred Benefits Partners
 ...................................................... 253-820-0717

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Pierce County Center
for Dispute Resolution...... 253-572-3657
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County Bar Association..... 253-383-3432
WA State Access to Justice Network
(non-criminal) ...................... 888-387-7111

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Hotline.............................800-562-6000

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Pierce County Long-Term Care
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Bonney Lake Senior Center.................................253-863-7658, 19304 Bonney Lake Blvd.
Buckley Senior Center.................................360-829-0190, 811 Main St.
Community Christian Assembly Food Bank.................................253-537-4010, 10401 19th Ave. Ct. E., Tacoma
Eastside Community Center.................................253-404-3990, 1721 E. 56th St., 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

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621 Tacoma Ave. S., Tacoma

Nativity House .................. 253-272-5266,
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Orting Valley Senior Center.....360-893-5827, 120 Washington St., Orting

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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.

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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,
MEAL SITES, continued

KWA Indochinese Cultural Services Center, 1427 E. 40th St., Tacoma
Japanese........................................253-584-1280,
Tillicum/American Lake Gardens Community Center,
14916 SW. Washington, Tillicum
Puyallup Tribal Elders Intertribal Native American .......... 253-680-5480
1650 E. 30th St., Tacoma

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- 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
- 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
Suicide Prevention Lifeline
..............................................800-273-8255
TACID Mental Health Resource
..............................................253-565-9000 x20
Therapy Center (Pacific Lutheran University)....................253-535-8782
Washington Warm Line
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MINORITY SERVICES
Asian Counseling Services
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Elder Services & Wellness Center
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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

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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
Federal Way Senior Center .......................... 253-838-3604, 4016 S. 352nd St., Auburn

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Fircrest Community Center
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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
.....................................................253-426-1282,
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
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Orting Valley Senior Center
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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,
4851 S. Tacoma Way, Tacoma
Spana-Park Senior Center
.....................................253-537-4854,
325 E. 152 St., Spanaway
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

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Brain Injury Alliance of Washington
.....................................877-824-1766
Caregiver Support Group
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Good Samaritan Prostate..253-691-2267
Good Samaritan Widow/Widower
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If you are a friend or neighbor . . .
If you are a service provider . . .
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800-562-0332
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SUPPORT GROUPS, continued

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Diabetes Association...... 253-272-5134
Franciscan Health Systems Support Groups.............. 888-825-3227
MultiCare.Good Samaritan Community NARFE-Chapter 163...... 253-761-3138
Northwest Parkinson’s Foundation ........................................... 877-980-7500
Pierce County Aging and Disability Resources..253-798-4600, 800-562-0332
Services Alzheimers Support Group ........................................... 253-697-8575
Sisters of Hope/Brothers of Faith Cancer Support Group ........... 253-572-2683
South Sound Ostomy........ 253-403-1759
Tacoma Older LGBT........ 253-271-8185
United Way HelpLine ...................... 211
WICS (Widowed Information and Consultation Services ...... 253-564-9154

TAX INFORMATION

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

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Around the Sound .......... 253-858-7088
State ferries information... 800-843-3779
Intercity Transit (Olympia) ......................................................... 360-786-1881, 800-287-6348
Kitsap Transit .................. 360-377-2877
Paratransit Services ..... 800- 925-5438
TRANSPORTATION, continued

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

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Pierce County Parks.......253-798-4141

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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
VA Puget Sound Blind and Low Vision Services ......................253-583-1287
VOLUNTEER OPPORTUNITIES

Aging and Disability Resources ...........................................253-798-4600
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....253-534-7000
Korean Women’s Association ..................................................253-535-4202
Long-Term Care Ombudsmen .............................................253-798-3789

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Retired and Senior Volunteer Program (RSVP)...........253-722-5695
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 Disabilities (TACID)........253-565-9000
Volunteer Chore Services...253-502-2741
Information fairs are among the events and activities at Lakewood Senior Activity Center. For a list of other places like it, see the Senior and Community Centers category in Where to Turn.
Volunteers for Rebuilding Together South Sound work on home-repair and improvement projects for low-income seniors and other community members in Pierce and King counties during the annual National Rebuilding Day. See the Housing Repairs category in Where to Turn.

Discounted fares for qualifying seniors are among the services of Pierce Transit. For more about that and other options for getting around, see the Transportation category in Where to Turn.
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☐ You are 62 or older OR a disabled adult receiving qualifying disability income
☐ You live in the home full time, and are the head of household with the utility account in your name
☐ Your monthly household income is not more than:
  ▪ 1 person: $1,561
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<thead>
<tr>
<th>Comparisons as of 4.10.2019</th>
<th>Edwards Memorial</th>
<th>Mountain View</th>
<th>New Tacoma</th>
<th>Neptune Society</th>
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<tr>
<td>Direct Cremation</td>
<td>$589</td>
<td>$1,695</td>
<td>$875</td>
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<tr>
<td>Immediate Burial (includes minimum casket)</td>
<td>$1,048</td>
<td>$3,175</td>
<td>$4,390</td>
<td>No Option</td>
</tr>
</tbody>
</table>

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