

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

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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.

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Aging & Disability Resource Center
(253) 798-4600 or (800) 562-0332
www.PierceADRC.org
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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.



LUTHERAN
**Community
Services**
NORTHWEST

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

.....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

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BePreparedWA.org

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:

Atty General800-551-4636
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
 Tacoma253-393-2233
 Federal Way, Gig Harbor... 253-642-0500

CASE MANAGEMENT

Alzheimer's Association...800-272-3900



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- Wills/Trusts
- Medicaid Planning
- ▶ Nursing Homes
- ▶ In Home
- Advance Directives



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 OF ELDER LAW
 ATTORNEYS

1021 Regents Blvd., Fircrest, WA 98466
 253-460-3190 www.Rehmkelaw.com

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-Anon888-425-2666
 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

AARP888-687-2277
 Adult Protective Services (DSHS)
877-734-6277
 TTY800-688-1165
 Crime Stoppers Crimes Against Seniors
253-591-5959
 Office of Crime Victim Advocacy
 800-822-1067
 Safe Streets253-272-6824

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 Clinic253-680-7314



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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



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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
.....	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

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TDD:253-798-4620
 Washington State Domestic
 Violence Hotline800-562-6025
 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
 Action253-798-7240
 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
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FOOD

• FOOD BANKS:

Allen Food Pantry	253-627-6855
BASH	253-531-9600
Bread of Life at Bonney Lake	360-897-9005
Bread of Life at Lake City	253-582-2515
Buckley (Kiwanis).....	253-266-7309
Community Christian Assembly	253-537-4010
Eatonville Family Agency	360-832-6805
Eatonville Living Word Assembly of God	360-832-4220
Eloise Cooking Pot	253-426-1994
Emmanuel Food Pantry	253-863-3655

Nourish Pierce County Food Banks

Information	253-383-3164
Browns Point	253-826-4654
Edgewood	253-826-4654
Graham	253-846-3805
Jackson Street	253-383-3164
Lakes	253-581-1116
NW Tacoma	253-756-4974
SE Tacoma	253-531-4530
Food Connections.....	253-383-5048
Gig Harbor Peninsula (Nourish)	253-858-6179
Lakewood/Prince of Peace	253-584-2565
Orting	360-893-3150
My Sister's Pantry	253-627-1186
Parkland 1st Baptist.....	253-535-1293
Puyallup (Nourish)	253-848-5240
Roy/McKenna	253-843-3033

Salvation Army
Puyallup 253-841-1491
Tacoma 253-572-8452
 Samoan Family Support ..253-535-9616
 Spanaway (Nourish)253-383-1817
 Steilacoom253-581-1076
 SE Asian Diets253-472-7264
 Sumner253-863-3793
 Tacoma/Bounty253-475-7098
 TACS-Diabetic253-272-8289
 United Lutheran Church
253-475-3175
 University Place (Nourish)
253-460-3134
 WLSA/Steilacoom253-581-1076
 Yelm360-458-4003

• **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



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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 Memorial253-566-1008

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 Health800-861-5902

Community Health Care

(253) 597-4550

Downtown Tacoma253-597-3813

Eastside Clinic.....253-471-4553

Lakewood Clinic253-589-7030

Parkland Clinic253-536-2020

Spanaway Clinic.....253-847-2304

Women's Health253-597-4163

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 Pain888-825-3227

St. Anthony Sleep Disorders Center

.....253-853-2999

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St. Clare Sleep Disorders Center
.....253-985-6951
Therapy Services253-426-4400

Franciscan Medical Group

All Family Medicine...253-536-1020
Endocrine Consultants Northwest
.....253-565-6777
Franciscan Cardiology Associates
 Gig Harbor253-857-1130
 Tacoma.....253-779-6220
Franciscan Ear, Nose & Throat
Associates253-426-6731
Franciscan Endocrine Clinic
.....253-833-1987
Franciscan Eye Care...253-502-5965
Franciscan Family Medicine
Tacoma.....253-382-8020
Canyon Road253-539-4200
Franciscan Foot & Ankle Specialists
 Gig Harbor253-858-9192
 Lakewood.....253-985-2733
 Tacoma253-382-8200
Franciscan Medical Clinic
 Spanaway253-536-2824
Franciscan Plastic Surgery
.....253-985-6630
Franciscan Prompt Care—Canyon
Road.....253-539-4200
Franciscan Urology Associates
 Gig Harbor253-858-9192
 Lakewood.....253-985-6134
Franciscan Weight Loss Surgery
Clinic—Gig Harbor.....253-944-2080
Franciscan Women’s Health
 Gig Harbor253-530-2955
 Pearl Place.....253-761-2244
 Tacoma253-382-8160
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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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
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 Sound253-475-0782

HOSPICE

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

HOSPITALS

- Allenmore.....253-459-6633
- American Lake
- Veterans.....253-582-8440
- Auburn Medical253-272-8180
- Good Samaritan.....253-697-4000



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HOSPITALS, continued

Madigan Army	253-968-1110
St. Anthony.....	253-530-2000
St. Clare.....	253-985-1711
St. Elizabeth.....	360-802-8800
St. Joseph Medical.....	253-426-4101
St. Francis.....	253-944-8100
Tacoma General.....	253-403-1000

HOUSING

- **COMPLAINTS/DISCRIMINATION**
City of Tacoma253-591-5151
- **DOWN PAYMENT ASSISTANCE**
City of Tacoma253-591-5219
- **FURNISHINGS**
St. Vincent DePaul.....253-474-0519
Need-A-Break253-353-7056
- **LOW INCOME HOUSING**
International Place (KWA)
.....253-475-6861
Pacific Villa (KWA)253-538-9387
Pierce County ADR.....253-798-4600
Pierce County Housing Authority
.....253-620-5400
Pierce County 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 Helpline211
TACID253-565-9000

- **SENIOR/RETIREMENT COMMUNITIES**
 Wesley Bradley Park ...253-435-8100
 Bridgeport Place 253-565-1960

HOUSING REPAIRS

- Lakewood (major repair and rehabilitation)253-589-2489
- Metropolitan Development Council Home Repair and Weatherization programs.....253-591-7020
- Need-A-Break 253-284-4282
- Paint Tacoma-Pierce County Beautiful (Associated Ministries)253-383-3056
- Pierce County Home Community Action253-798-7240
- Rebuilding Together South Sound253-238-0977



**TACOMA
LUTHERAN**
RETIREMENT COMMUNITY

- Short Stay Medical/Rehabilitation
- In- & Out-Patient Therapy Services
- Independent Living
- Assisted Living
- Long Term Care
- Memory & Hospice Care

(253)752-7112

TacomaLutheran.org

All faiths welcome!



HOUSING REPAIRS, continued

Rural Development.....	360-704-7760
Tacoma Major Home Repair	253-591-5236

IMMIGRATION SERVICES

LCSNW Refugee Resettlement	253-507-4677
Tacoma Community House.....	253-383-3951
U.S. Immigration & Naturalization Services..	800-375-5283

IN-HOME CARE/ HEALTH SERVICES

Advanced Health Care.....	253-475-7744
Aging and Disability Services	253-476-7200, 800-442-5129
Catholic Community Services	253-383-3697
Family Resource Home Care.....	253-761-8019
Good To Be Home Care	253-588-4344, 866-588-4344
Korean Women's Asson...	253-535-4202
Lutheran Community Services Northwest.....	253-272-8433
ResCare HomeCare	888-329-4695
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1721 E. 56th St., Tacoma

Eatonville Community Center

..... 360-832-6805, 305 W. Center St.

Fife Community Center

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Gig Harbor Senior Mealsite

.....253-502-4670, 8502 Skansie Ave.

Good Shepherd Lutheran Church

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Hospitality Kitchen253-502-2695,

1323 S. Yakima, Tacoma

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621 Tacoma Ave. S., Tacoma

Nativity House 253-272-5266,

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5827, 120 Washington St., Orting

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253-929-1150, 100 Third Ave. SE., Pacific

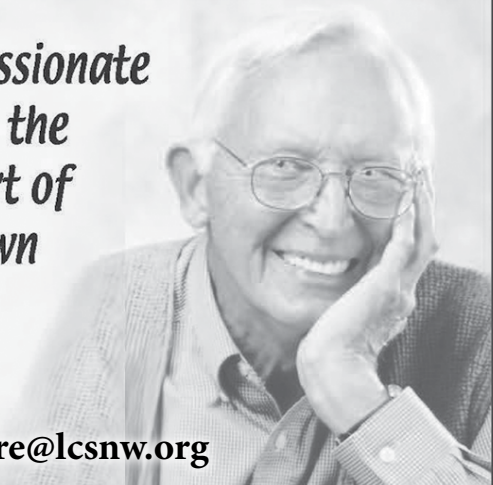
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Spana-Park Senior Center

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Steilacoom Community Center

253-983-2059, 2301 Worthington, Steilacoom

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 American253-383-3657,

1323 S. Yakima, Tacoma

Asian/Pacific.....253-535-4202,

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Activity Center, 5016 S. A St., Tacoma

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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
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Mobile Outreach Crisis Team	800-576-7764

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800-273-8255
 TACID Mental Health Resource
253-565-9000 x20
 Therapy Center (Pacific Lutheran
 University)253-535-8782
 Washington Warm Line
877-500-9276

MINORITY SERVICES

Asian Counseling Services
253-471-0141
 Centro Latino.....253-572-7717
 Elder Services & Wellness Center
253-680-5480
 KWA Indo-Chinese Cultural & Service
 Center (Vietnamese/Cambodian/Laotian)
253-473-5666
 KWA (Asian/Pacific Island)
253-535-4202
 Multicultural Self-Sufficiency Movement
 (Asian).....253-584-5615
 Puyallup Tribal Health Authority
253-593-0232
 Sea Mar Community Health Center
 (Spanish).....253-593-2144
 Samoan-Pacific Islander Association
253-396-0335
 Tacoma Community House (Laotians/
 Asians/Vietnamese/Cambodians/
 Russians)..... 253-383-3951

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Center.....360-825-4741, 1350 Cole St.

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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

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.....253-531-8412,

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Center..... 253-756-0601,

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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
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 2534 Grandview Dr. W.

SOCIAL SECURITY

Social Security Administration
800-772-1213

SUPPORT GROUPS and ASSOCIATIONS

Alzheimer's Association...800-272-3900
 Brain Injury Alliance of Washington
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 Caregiver Support Group
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 Good Samaritan Cancer..253-697-4899
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If you are a service provider . . .

If you are a health care professional . . .

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Pierce County
Human Services

SUPPORT GROUPS, continued

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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

TRANSPORTATION

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

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.....206-553-3000, 800-542-7876
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.....206-398-5000, 888-889-6368
- Volunteer Chore Services..253-502-2690
- Please check with individual Senior/
Community Centers for additional listings

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

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.....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

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- 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
Services253-583-1287

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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

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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.


**Where
To Turn**

June 2019— May 2020

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for older adults in*

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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.



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