Where To Turn

June 2020—May 2021

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

KING COUNTY

Produced by **Senior Media Services**
A program of

[Logo]

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
### TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Day Care</td>
<td>7</td>
</tr>
<tr>
<td>Advocacy and Complaints</td>
<td>7</td>
</tr>
<tr>
<td>Case Management</td>
<td>7</td>
</tr>
<tr>
<td>Chemical Dependency</td>
<td>8</td>
</tr>
<tr>
<td>Crime Prevention</td>
<td>8</td>
</tr>
<tr>
<td>Crisis Lines</td>
<td>8</td>
</tr>
<tr>
<td>Dementia Care</td>
<td>8</td>
</tr>
<tr>
<td>Dental Care</td>
<td>9</td>
</tr>
<tr>
<td>Disability-Related Services</td>
<td>9</td>
</tr>
<tr>
<td>Disaster Relief</td>
<td>9</td>
</tr>
<tr>
<td>Domestics Violence</td>
<td>10</td>
</tr>
<tr>
<td>Driving Education</td>
<td>10</td>
</tr>
<tr>
<td>Employment Resources</td>
<td>10</td>
</tr>
<tr>
<td>Financial Counseling</td>
<td>10</td>
</tr>
<tr>
<td>Food</td>
<td>11-12</td>
</tr>
<tr>
<td>Funerals</td>
<td>12</td>
</tr>
<tr>
<td>Healthcare Services</td>
<td>13</td>
</tr>
<tr>
<td>Medicare/Health Insurance</td>
<td>13</td>
</tr>
<tr>
<td>Hearing</td>
<td>13</td>
</tr>
<tr>
<td>Housing</td>
<td>13</td>
</tr>
<tr>
<td>Housing Assistance</td>
<td>13</td>
</tr>
<tr>
<td>Hospice</td>
<td>14</td>
</tr>
<tr>
<td>Hospitals</td>
<td>14</td>
</tr>
<tr>
<td>Home Repairs</td>
<td>14</td>
</tr>
<tr>
<td>Immigration Services</td>
<td>14-16</td>
</tr>
<tr>
<td>In-Home Care</td>
<td>16</td>
</tr>
<tr>
<td>Legal Assistance</td>
<td>16</td>
</tr>
<tr>
<td>Living Communities</td>
<td>16-17</td>
</tr>
<tr>
<td>Senior Centers</td>
<td>17-18</td>
</tr>
<tr>
<td>Social Security</td>
<td>18</td>
</tr>
<tr>
<td>Support Groups / Services</td>
<td>18</td>
</tr>
<tr>
<td>Taxes</td>
<td>18</td>
</tr>
<tr>
<td>Transportation</td>
<td>18-19</td>
</tr>
<tr>
<td>Utilities Assistance</td>
<td>19</td>
</tr>
<tr>
<td>Veterans Services</td>
<td>19</td>
</tr>
</tbody>
</table>
We choose independence.

We choose Wesley.

When Mom broke her arm, Wesley helped her rehab in her own home. Now they help her cook, take her to the park and showed her how to video chat with me while I’m at work. I’m so grateful for Wesley Health & Home Care.

WESLEY
HEALTH & HOME CARE
Care Choices in Your Home

Wesley Health & Home Care is a faith-based, not-for-profit provider of licensed in-home care and Medicare/Medicaid certified home health and hospice services.
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.
AN OPTION FOR EVERY LIFESTYLE
AFFORDABLE INDEPENDENT SENIOR LIVING

Enjoy an active, independent lifestyle at any of our ten affordable senior communities stretching from Bellingham down to Olympia.

ALDERWOOD COURT
18420 36th Avenue West
Lynnwood, WA 98037
(833) 700-6951
ALDERWOODCOURT.COM

AUBURN COURT
102 10th Street NE, Suite A
Auburn, WA 98002
(833) 840-5968
AUBURNCOURT.COM

BALLINGER COURT
22707 76th Avenue W
Edmonds, WA 98026
(833) 245-7018
BALLINGERCOURT.COM

BOARDWALK
410 Capitol Way N
Olympia, WA 98501
(833) 290-4232
LITEATBOARDWALK.COM

CEDAR PARK
12740 30th Avenue NE
Seattle, WA 98125
(833) 464-0001
LITEATCEDARPARK.COM

LAKEWOOD MEADOWS
5228 112th Street SW
Lakewood, WA 98499
(844) 227-4813
LIVELAKEWOODMEADOWS.COM

MERIDIAN COURT
31420 23rd Avenue S
Federal Way, WA 98003
(844) 302-6785
LIVEMERIDIANCOURT.COM

WASHINGTON TERRACE
120 6th Avenue S
Seattle, WA 98104
(833) 277-2099
LIVEWASHINGTONTERRACE.COM

WOODLANDS
9224 Slater Avenue NE
Kirkland, WA 98033
(844) 360-5290
LIVEWOODLANDS.COM

WOODROSE
3353 Racine Street
Bellingham, WA 98226
(844) 408-6510
LIVewoodrose.com
Where to Turn

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
Algonia Police .................... 253-833-2743
Crisis Clinic ....................... 866-427-4747
WA Recovery Help Line .... 866-789-1511
King County Crisis and Commitment Services .... 206-263-9200

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-RELATED 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
Community Care Connections ............... 855-567-0252
Northwest Access Fund ... 206-328-5116
Northwest ADA Center ... 800-949-4232

**DISASTER RELIEF**

American Red Cross ...... 206-323-2345
Federal Emergency Management Administration (FEMA) ... 800-525-0321
King County Emergency Management ............... 206-296-3830
Salvation Army ............... 206-767-3150
DOMESTIC VIOLENCE

Valley Cities Counseling and Consultation .................... 253-939-4055
King County Coalition Against Domestic Violence .......... 206-568-5454
King County Emergency Management ....................... 206-296-3830
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

EMPLOYMENT RESOURCES

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
  Sound Generations ............. 206-448-5767

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

AllWays Caring
HomeCare

Care Your Way
When You Need It

We're always there when you need us - ready to provide care in all ways. Our flexible, innovative services are designed around your needs. We've helped seniors remain independent in their homes for more than 20 years.

Care You Can Trust
The All Ways Caring difference is our people. Our team has a special combination of heart skills and clinical skills. Let us help you design a home healthcare plan specific to your needs and schedule a complimentary in-home assessment.

N. Seattle 206-368-7667 . Bellevue 425-289-1257

AllWaysCaring.com

Care Your Way
When You Need It
FOOD, continued

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
  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
  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

MEDICARE / HEALTH INSURANCE
Medicare .................... 1-800-633-4227
Medicare beneficiary helpline .................. 800-633-4227
SHIBA (Statewide Health Insurance Benefit Advisors) ........ 800-562-6900

HEARING
Beltone .................. 253-565-0954
Hearing, Speech and Deafness Center .................. 206-323-5770

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

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
Swedish Hospital .......... 206-386-6000
Valley Medical Center .... 425-228-3450
UW Medical Center ........ 206-598-3300

HOME 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
Sound Generations ....... 206-448-5751

IMMIGRATION SERVICES
City of Seattle Immigrant and Refugee Affairs ................. 206-727-8515
con’t on page 16
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
IMMIGRATION SERVICES, cont.

Lutheran Community Services Northwest refugee resettlement
  • SeaTac  206-816-3253
  • Kent  253-487-7573
  • Seattle  206-694-5700

Northwest Immigrant Rights Project ................................. 206-587-4009
Refugee Resettlement Office .................................. 206-323-3152
Refugee Women’s Alliance ....................................... 206-721-0243

Seattle Chinese New Immigrants Center .......................... 425-336-0128
U.S. Immigration and Naturalization ............................. 800-375-5283

IN-HOME CARE

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

LEGAL ASSISTANCE

King County Bar Association ................................. 206-267-7055
Northwest Justice Project ................................. 888-201-1012
Sound Generations ......  206-448-5720

LIVING COMMUNITIES

Fairfield Communities
  • Alderwood Court ....  833-700-6951
• Auburn Court .......... 833-840-5968
• Ballinger Court .......... 833-245-7018
• Boardwalk (Olympia) ............. 833-290-4232
• Cedar Park ............. 833-464-0001
• Lakewood Meadows .......... 844-227-4813
• Meridian Court ............. 844-302-6785
• Washington Terrace .......... 833-277-2099
• Woodlands ............. 844-360-5290
• Woodrose (Bellingham) .......... 844-408-6510
SHAG ............................ 800-450-7424
Wesley Homes ............. 206-824-5000

SENIOR CENTERS
Auburn ...................... 253-931-3016
Black Diamond ............. 360-886-2418
Burien ...................... 206-988-3700
Des Moines .................... 206-878-1642
Enumclaw ..................... 360-825-4741

Family resource home care

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
SENIOR CENTERS, cont.

Federal Way ............... 253-835-6900
Kent ..................... 253-856-5150
Maple Valley ............. 425-432-1272
Pacific-Alguna ............ 253-929-1150
Renton .................... 425-254-1128
SeaTac .................... 206-973-4680
South Park ................ 206-684-7451
Tukwila ................... 206-768-2822

SOCIAL SECURITY

Social Security Administration ............ 800-772-1213
• Burien office ........ 866-964-7380
• Kent office .......... 866-931-7671

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 .......... 877-982-4292
Widowed Information and Consultation Services (WICS) .......... 206-241-5650

TAXES

AARP Tax-Aide .............. 888-687-2277
IRS .......................... 800-829-1040
King County assessor ...... 206-296-7300

TRANSPORTATION

Metro Transit ............... 206-553-3000
Hyde Shuttles .............. 206-727-6262
Access ...................... 206-205-5000
Sound Generations ........ 206-448-5740
Sound Transit ............. 888-889-6368
Northwest Transport ...... 800-600-9225
Paratransit Services ...... 800-925-5438
Where to Turn

TRANSPORTATION, cont.
Amtrak ......................... 800-872-7245
Ferry Information Line...... 800-843-3779

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

VETERANS SERVICES
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 1741, Auburn ...... 253-293-5839

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.
Where to Turn

We Offer a Best Price Guarantee

Some of Our Services Include:
- Two Crematories Owned & Operated by Edwards
- Full Service Funeral Home with Two Chapels
- Leading Cremation Specialist in the Puget Sound
- We Serve all Cemeteries and Fuiths
- We Offer Guaranteed Pre-Paid Plans
- We Specialize in Helping Veterans

Veteran’s
FUNERAL SPECIALIST™

Direct Cremation only
$589
All-inclusive. No hidden fees.

Online arrangements from the comfort of your home.

Locations
11020 So. Tacoma Way
Lakewood, WA 98499
3005 Brideport Way W.,
University Place, WA 98466
31919 6th Avenue South
Federal Way, WA 98003

253-566-1008
EdwardsMemorial.com

Price includes 24/7 removal, cremation container, urn, sales tax, and online obituary. Note: Please verify prices with provider.