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

Find the services you need for
Transportation, Housing, In-Home Care, Food Resources, Veterans, and more
AN OPTION FOR EVERY LIFESTYLE
AFFORDABLE INDEPENDENT SENIOR LIVING

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Auburn, WA 98002
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AUBURNCOURT.COM

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

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

CEDAR PARK
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Seattle, WA 98125
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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
LIVEWASHTONETERRACE.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
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HOME REPAIRS: Volunteers with Rebuilding Together South Sound tackle home-repair and improvement projects for elderly and disabled
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.
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, Dementia Services, Senior Friends, Retired and Senior Volunteer Program (RSVP), Santa for Seniors, and Senior Media Services.

Meals on Wheels delivers meals each week to those who are unable to shop or prepare meals for themselves, including seniors.

For additional copies of Where To Turn, please contact Senior Media Services at 253-722-5687 or pjenkins@lcsnw.org
disabled persons and persons recovering from surgery or illness.

Santa for Seniors distributes gifts to fixed-income, isolated or homebound seniors.

RSVP provides seniors with opportunities to help strengthen communities by volunteering through various organizations.

Dementia Services works for a dementia-friendly Pierce County through programs involving activities and socialization for people with dementia and their families.

Home Care helps seniors and people with disabilities continue living in their homes with personal care, companionship, light housekeeping, and other services.

Senior Companion matches volunteers with vulnerable seniors and disabled adults, providing companionship and support services.

More information about these programs is available at lcsnw.org and from the LCSNW South Sound office in Tacoma at 253-272-8433.

Help Us Create a
Dementia Friendly Pierce County

Become a Dementia Friend Today!

Call to schedule a FREE one-hour, dementia information session.

Our sessions are perfect for individuals, businesses and organizations.

Learn the signs of dementia and how to help those who live with it.

Contact us to learn more about Dementia Services:

Email: dementiaservices@lcsnw.org
Phone: 253-272-8433
dementiafriendlypc.org
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
  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
ADVOCACY & COMPLAINTS, continued

WASHINGTON:
Atty 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

CASE MANAGEMENT
Alzheimer's Association.... 800-272-3900
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
Association ..................... 253-396-0335

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Rehmke Law P.S.
MINTA A. ANDREVE,
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253-460-3190  www.Rehmkelaw.com

Serving Pierce, King, Kitsap, Jefferson,
and Clallam counties.

WHERE TO TURN
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<td>Alcoholics Anonymous</td>
<td>253-474-8897</td>
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<tr>
<td>Good Samaritan Behavioral Health</td>
<td>253-697-8400</td>
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<td>Sea Mar (inpatient)</td>
<td>253-280-9860</td>
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<td>Tacoma Detox Unit</td>
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<td>Adult Protective Services (DSHS)</td>
<td>877-734-6277</td>
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<tr>
<td>TTY</td>
<td>800-688-1165</td>
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<td>Crime Stoppers Crimes Against Seniors</td>
<td>253-591-5959</td>
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<td>Office of Crime Victim Advocacy</td>
<td>800-822-1067</td>
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<td>Safe Streets</td>
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<td>MultiCare Behavioral Health</td>
<td>253-697-8400</td>
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<td>24 Hr. Crisis Line</td>
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<td>Domestic Violence Helpline</td>
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<td>Sexual Assault Center of Pierce County</td>
<td>253-474-7273, 800-756-7273</td>
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<td>WAF Home (KWA)</td>
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<td>800-272-3900 or 206-363-5500</td>
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<td>Family Caregiver Support Program</td>
<td>253-798-4600</td>
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<td>Lutheran Community Services Northwest</td>
<td>253-272-8433</td>
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<tr>
<td>UW/VA Alzheimer’s Disease Research Center</td>
<td>800-317-5382 or 253-583-2033</td>
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**Where to Turn**
DENTAL CARE

Bates Dental Clinic....... 253-680-7310
Bates Denture Clinic .... 253-680-7314
Community Health Care Family Dental Clinic ...................... 253-572-7002
Community Health Care Lakewood Clinic ............................ 253-589-7188
Good Samaritan Mobile Dental Clinic .............................. 253-691-7596
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
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 Aging and Disability Resources .................. 253-798-4600
Pierce County Coalition for Developmental Disabilities .................. 253-564-0707
Northwest Access Fund ............................................. 206-328-5116
Northwest ADA Center ............................................. 800-949-4232
Tacoma Area Coalition of Individuals with Disabilities (TACID)
V/TDD: ............................................. 253-565-9000
TTY: ............................................... 253-565-3486
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 .................. 253-592-1720
Federal Emergency Management Administration (FEMA) ... 800-525-0321
Salvation Army .................. 253-572-8452
Providing the highest quality home care to seniors and people with disabilities for more than 30 years

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- 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
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
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

EDUCATION

Franke Tobey Jones ....... 253-752-6621
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

MEDICARE ON YOUR MIND?
CONTACT MATTHEW JOHNSON FOR COMPLIMENTARY MEDICARE ADVICE TODAY.
(253) 904-8982 InsuringWashington.com
EYE CARE / VISION SERVICES
Eye Care America ........ 877-887-6327
Franciscan Eye Care .... 253-274-7503
Hope Vision Foundation .. 833-228-5501

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
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<td>Salvation Army</td>
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<td>Puyallup</td>
<td>253-841-1491</td>
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<td>Tacoma</td>
<td>253-572-8452</td>
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<td>Samoan Family Support</td>
<td>253-535-9616</td>
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<td>Spanaway (Nourish)</td>
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<td>Steilacoom</td>
<td>253-581-1076</td>
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<td>SE Asian Diets</td>
<td>253-472-7264</td>
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<tr>
<td>Sumner</td>
<td>253-863-3793</td>
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<td>Tacoma/Bounty</td>
<td>253-475-7098</td>
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<td>Tacoma Adventist Community Services/</td>
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<td>special diets</td>
<td>253-272-8289</td>
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<td>Trinity Lutheran Food</td>
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<td>253-537-0201</td>
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<td>Church</td>
<td>253-475-3175</td>
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<td>University Place (Nourish)</td>
<td>253-460-3134</td>
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<td>WLSA/Steilacoom</td>
<td>253-581-1076</td>
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<td>Yelm</td>
<td>360-458-4003</td>
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**FOOD STAMP PROGRAM**

- Department of Social & Health Services (Pierce-South) 877-501-2233
- Holy Family of Jesus (Cambodian Church) 253-471-9838
- Korean Women’s Association 253-535-4202
- Indochinese 253-473-5666
- 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

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

HEALTHCARE SERVICES
AIDS Foundation .......... 253-383-2565
Communicable Info & Referral (Pierce
County Health
Department) ................. 253-798-6500
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

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

Dedicated to exceeding your expectations ... “always”.

Always Best Care
senior services
10324 Canyon Rd. E., suite 208
Puyallup, WA 98373
253-534-9596

Home care services includes;
Companionship, light housekeeping & meal prep, personal care, memory care
If home is no longer an option, ask us about our free service to help locate the next best living arrangement.

pnatsiopoulos@abc-seniors.com
AlwaysBestCareTacoma.com
**HEALTHCARE SERVICES, continued**

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<th>Service</th>
<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td>St. Clare Sleep Disorders Center</td>
<td>253-985-6951</td>
</tr>
<tr>
<td>Therapy Services</td>
<td>253-426-4400</td>
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<td><strong>Franciscan Medical Group</strong></td>
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<tr>
<td>All Family Medicine</td>
<td>253-536-1020</td>
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<td>Endocrine Consultants</td>
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<tr>
<td>Northwest</td>
<td>253-565-6777</td>
</tr>
<tr>
<td>Franciscan Cardiology Associates</td>
<td></td>
</tr>
<tr>
<td>Gig Harbor</td>
<td>253-857-1130</td>
</tr>
<tr>
<td>Tacoma</td>
<td>253-779-6220</td>
</tr>
<tr>
<td>Franciscan Ear, Nose &amp; Throat Associates</td>
<td>253-426-6731</td>
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<tr>
<td>Franciscan Endocrine Clinic</td>
<td>253-833-1987</td>
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<tr>
<td>Franciscan Family Medicine</td>
<td>253-474-9038</td>
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<tr>
<td>Canyon Road</td>
<td>253-539-4200</td>
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<tr>
<td>Franciscan Foot &amp; Ankle Specialists</td>
<td></td>
</tr>
<tr>
<td>Gig Harbor</td>
<td>253-858-9192</td>
</tr>
<tr>
<td>Lakewood</td>
<td>253-985-2733</td>
</tr>
<tr>
<td>Tacoma</td>
<td>253-274-7504</td>
</tr>
<tr>
<td>Franciscan Medical Clinic</td>
<td></td>
</tr>
<tr>
<td>Spanaway</td>
<td>253-538-4660</td>
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<td>Franciscan Plastic Surgery</td>
<td>253-985-6630</td>
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<tr>
<td>Franciscan Prompt Care—Canyon Road</td>
<td>253-539-4200</td>
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<tr>
<td>Franciscan Urology Associates</td>
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<tr>
<td>Gig Harbor</td>
<td>253-858-9192</td>
</tr>
<tr>
<td>Lakewood</td>
<td>253-985-6134</td>
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<tr>
<td>Franciscan Weight Loss Surgery Clinic—Gig Harbor</td>
<td>253-530-2940</td>
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<tr>
<td>Franciscan Women’s Health</td>
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<td>Gig Harbor</td>
<td>253-530-2955</td>
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<tr>
<td>Pearl Place</td>
<td>253-761-2244</td>
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<td>Tacoma</td>
<td>253-274-7501</td>
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<td>Gig Harbor Medical Clinic</td>
<td>253-858-9192</td>
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<tr>
<td>Gig Harbor Orthopaedic Surgeons</td>
<td>253-853-8810</td>
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</table>
HEALTHCARE SERVICES, continued

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
The Orthopaedic Center ......................... 253-272-2224

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LUTHERAN Community Services NORTHWEST

Email us mealsonwheels@lcsnw.org
or call 253-722-5684 to learn more about the program.
HEALTHCARE SERVICES, continued

University Place Medical
Clinic ................................ 253-564-0170

Good Samaritan Hospital
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

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

HEALTH INSURANCE

DSHS Community Service Office .......................... 877-501-2233

Insuring Washington .... 253-904-8982

Medicare ...................... 800-MEDICARE

SHIBA Helpline ........... 253-596-0918

........................................ 800-562-6900
Korean Women’s Association (Korean Language)................. 253-535-4202

HEARING
Beltone Hearing Aids .... 253-565-0954
Hearing, Speech and Deafness Center
South Sound ..................253-475-0782

HOSPICE
Franciscan Hospice
Palliative Care.............253-534-7000
MultiCare Home Health, Hospice &
Palliative Care...............253-301-6400
Wesley Hospice .......... 888-995-1126

HOSPITALS
Allenmore....................253-459-6633
American Lake
Veterans................... 253-582-8440

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Memory Care
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WHERE TO TURN
### HOSPITALS, continued

- Auburn Medical .......... 253-272-8180
- Good Samaritan .......... 253-697-4000
- 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 Tacoma .......... 253-591-5151

**• DOWN PAYMENT ASSISTANCE**  
City of Tacoma .......... 253-591-5230

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

**• LANDLORD - TENANT ISSUES**  
Housing Justice Project .. 253-572-5134
Northwest Justice Project .. 206-464-1519

**• 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
Housing, continued

• Shelter Information
  United Way Helpline ....................... 211
  TACID ..................................... 253-565-9000

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
Pierce County Community
Action ......................... 253-798-7240
Paint Tacoma-Pierce County
Beautiful (Associated
Ministries) ..................... 253-383-3056
Rebuilding Together
South Sound .................... 253-238-0977
Rural Development .......... 360-704-7760
Tacoma Home
Rehabilitation .................. 253-573-2435

Immigration Services

Lutheran Community Services NW
Refugee Resettlement ... 253-287-3610
Northwest Immigration Rights
Project ......................... 253-383-0519
IMMIGRATION SERVICES, continued

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
All Ways Caring .......... 253-839-3700
Always Best Care ........ 253-534-9596
Catholic Community
Services ....................... 253-383-3697
Family Resource
Home Care.................... 253-761-8019
Good To Be Home
Care .... . 253-588-4344, 866-588-4344

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(253) 327-1033
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IN-HOME CARE / HEALTH SERVICES, con’t

Korean Women’s Association .................. 253-535-4202
Lutheran Community Services Northwest .................. 253-272-8433
Volunteer Chore Services – CCS.......................... 253-502-2741
MultiCare.Good Samaritan Home Health & Hospice .................. 253-301-6400
Providence Sound HomeCare & Hospice .................. 800-869-7062
Wesley Homes .................. 888-995-1126

LEGAL ASSISTANCE

Northwest Justice Project..253-272-7879
Pierce County Center for Dispute Resolution..... 253-572-3657
Rehmke Law Offices ...... 253-460-3190
Tacoma Pro Bono ........... 888-822-5134
Lawyer Referral Services,Tacoma-Pierce County Bar Association....253-383-3432
WA State Access to Justice Network (non-criminal).................888-387-7111

LEGISLATION / STATE

AARP Washington .......... 866-227-7457
Senior Citizens Lobby ..... 360-754-0207
Washington State Legislative Hotline .................. 800-562-6000

LIVING WILL

Pierce County Medical Society .................. 253-572-3667
Washington State Access to Justice Network
CLEAR Senior.................. 888-387-7111
WA State Medical Association ............... 800-552-0612
LONG-TERM CARE
Community Living
Connections .................. 855-567-0252
Pierce County Aging and Disability Resources
(information only) ........... 253-798-4600
Pierce County Long-Term Care
Ombudsman .................. 253-798-3789

MEAL SITES
Beacon Activity Center... 253-591-5083
415 S 13th St., Tacoma
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.. 253-922-0900, 2111 54th Ave. E.
Gig Harbor Senior ........ 253-514-6338
6509 38th Ave. NW.
Good Shepherd Lutheran
Church .......................... 253-473-4848
140 E. 56th St., Tacoma
Hospitality Kitchen ...... 253-502-2695
1323 S. Yakima, Tacoma
Key Peninsula Community
Service ........................ 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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MEAL SITES, continued

Lighthouse Senior Center ........................................ 253-591-5080
5016 E. A St., Tacoma

Mid-County Community Center ................................ 253-531-8412
10205 44th Ave. E., Tacoma

My Sister’s Pantry .............................................. 253-627-1186
621 Tacoma Ave. S., Tacoma

Nativity House ..................................................... 253-272-5266
2304 S. Jefferson, Tacoma

Orting Valley Senior Center ....................................... 360-893-5827
120 Washington St., Orting

Algona-Pacific Senior Center ......................................
253-929-1150, 100 Third Ave. SE., Pacific

Point Defiance-Ruston Senior Center ................................
253-756-0601, 4716 N. Baltimore
Puyallup Activity Center ........................................ 253-841-5555
210 W. Pioneer

Salvation Army-Puyallup ........................................ 253-841-1491
4009 9th St. SW.

Spana-Park Senior Center ...........................................
253-537-4854
325 E. 152nd St., Spanaway

Steilacoom Community Center ................................
253-983-2059
2301 Worthington, Steilacoom

Sumner Senior Center ............................................ 253-863-2910
15506 62nd St Ct. E., Sumner

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Email: info@nwaccessfund.org
Phone: (206) 328-5116

Northwest Access Fund

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MEAL SITES, continued

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 American ..........253-502-2723, 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

FOOD ASSISTANCE: Turn to the Food category in Where to Turn for a list of food banks like the ones run by volunteers and workers at Nourish Pierce County.
ETHNIC MEAL SITES, continued
Indochinese ..................... 253-473-5666
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

MENTAL HEALTH/
SUICIDE PREVENTION
Asian Counseling Services ..................... 253-301-5250
Bi-Polar Support Group (TACID) ...................... 253-565-9000
Catholic Community Services ..................... 253-383-3697
Community Connections ..................... 253-798-4500
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, 800-576-7764
MultiCare 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 ............................. 877-500-9276

MINORITY SERVICES
Asian Counseling
Services ............................. 253-471-0141
Centro Latino ............................. 253-572-7717
Elder Services & Wellness Center ............................. 253-680-5480
MINORITY SERVICES, continued

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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Bellevue & Eastside 425.455.2004
Tacoma & Pierce County 253.761.8019
Snohomish & Skagit County 425.361.0044
OUT-OF-PIERCE-COUNTY SERVICES

Aging & Disability Resources
- King County: 888-435-3377
- Kitsap County: 800-562-6418
- Lewis: 888-702-4464
- Mason: 877-227-4696
- Thurston: 360-664-2168

PERSONAL EMERGENCY RESPONSE SYSTEMS

- Franciscan Lifeline: 253-426-6669
- Telephone Reassurance Program: 253-798-4600

SENIOR and COMMUNITY CENTERS

- Beacon Senior Center: 253-301-3369
  415 S. 13th St., Tacoma
- Bonney Lake Seniors: 253-863-7658
  19304 Bonney Lake Blvd.
- 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
Fife Community Center .......................... 253-922-0900
2111 54th Ave E.

Fircrest Community Center .......................... 253-564-8177
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

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NE Tacoma, Norpoint Village (253) 952-8347
University Place, Cottages at Peach Creek (253) 565-6151
Puyallup, Highlands at South Hill (253) 445-8000
Olympia, Cooper Point Village (360) 956-9400
Gig Harbor, Rosedale Village (253) 530-3334
Silverdale, Cottages on the Ridge (360) 633-1800

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Milton Activity Center...253-922-6586, 1000 Laurel
Mt. View Community Center ...................... 253-826-4329
3505 122nd Ave. E., Edgewood
Mustard Seed Project ... 253-884-9814
9016 154th Ave. Ct. NW., Lakebay
The Centre at Norpoint ......................... 253-591-5504
4818 Nassau Ave.
Orting Valley Senior Center ...................... 360-893-5827
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
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.
University Place Senior Community Center ........ 253-564-1992
2534 Grandview Dr. W.
Home is where the HEART is

But sometimes you need a helping hand

❤️ Home Care
❤️ Meals on Wheels
❤️ Senior Companion
❤️ Senior Scene/Where to Turn
❤️ Dementia Services
❤️ Retired Senior Volunteer

LUTHERAN COMMUNITY SERVICES NORTHWEST

253-272-8433
www.lcsnw.org

WHERE TO TURN

SENIOR LIVING COMMUNITIES

Norpoint Communities
• Stoneridge at the Park
  (Tacoma) ................... 253-879-1000
• Norpoint Village
  (Tacoma) ................... 253-952-8347
• Cottages at Peach Creek
  (University Place) ...... 253-565-6151
• Highlands at South Hill
  (Puyallup) .................. 253-445-8000
• Cooper Point Village
  (Olympia) ................. 360-956-9400
• Rosedale Village
  (Gig Harbor) ............... 253-530-3334
• Cottages on the Ridge
  (Silverdale) ............... 360-633-1800

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

SOCIAL SECURITY
Social Security Administration ............... 800-772-1213
• Puyallup office .......... 855-886-9627
• Tacoma office .......... 888-487-9229

SUPPORT GROUPS
Alzheimer’s Association... 800-272-3900
Brain Injury Alliance of
Washington ...................... 877-982-4292
Caregiver Support
Group............................. 253-697-8575
Good Samaritan Cancer.. 253-697-4899
Good Samaritan Prostate.. 253-691-2009
Good Samaritan Widow/
Widower .......................... 253-697-4899
Support U: Fostering Caregiver
Wellness ......................... 253-722-5682
Diabetes Association ..... 253-272-5134
Franciscan Health Systems
Support Groups .......... 888-825-3227
Northwest Parkinson’s
Foundation ...................... 877-980-7500
Pierce County Aging and Disability
Resources.. 253-798-4600, 800-562-0332
Sisters of Hope/Brothers of Faith Cancer
Support Group ............... 253-572-2683
SUPPORT GROUPS, continued

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

GETTING AROUND: Need a ride? A variety of options are listed in the Transportation category of Where to Turn.

TAX INFORMATION and ASSISTANCE

AARP Tax-Aide .............. 888-687-2277
Internal Revenue Service ..................... 800-829-1040
Pierce County assessor/senior and disabled property tax exemptions ..................... 253-798-2169

TRANSPORTATION

State ferries information ... 800-843-3779
Intercity Transit
TRANSPORTATION, continued

(Olympia) .. 360-786-1881, 800-287-6348
Kitsap Transit ................. 360-377-2877
Paratransit Services .... 800-925-5438
Pierce Transit .................. 253-581-8000
Shuttle Services .............. 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

Please check with individual Senior/Community Centers for additional listings

TRIPS and TOURS
FAB Tacoma Metro Parks .. 253-278-1475
Pierce County Parks ....... 253-798-4141

Aging & Disability Resource Center

♦ Serving seniors & people with disabilities
♦ Assisting caregivers and friends
♦ Working with community partners
♦ Focusing on needs and goals
♦ Answering questions
♦ Responding to wants and needs
♦ Explaining options

253-798-4600 • 800-562-0332
www.PierceADRC.org

Pierce County Human Services
Family Caregiver Support Program

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

- Wendy Lustbader

We help support unpaid caregivers — spouses, adult children, families, friends and neighbors — with the tools and resources to provide quality care at home. Call us to learn more.

253-798-4600 or 800-562-0332
www.PierceADRC.org

Pierce County Human Services
UTILITIES ASSISTANCE
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
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
Meals on Wheels (Lutheran Community Services)..... 253-722-5684
HERE TO HELP: Social services and other organizations that help with shelter, paying bills and other essential needs include the Salvation Army, whose Tacoma Corps can be reached at 253-572-8452.

VOLUNTEER OPPORTUNITIES, con’t

MultiCare Hospice
Volunteer......................... 253-403-1005
Retired and Senior Volunteer
Program (RSVP) ............ 253-722-5695
Senior Companion ........ 253-272-8433
Senior Media Services (Senior Scene newspaper delivery).......253-722-5687
Service Corps of Retired Executives (SCORE) ..... 253-680-7770
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
Get Help Paying Your Utility Bills
A variety of support is available when payments are a challenge on limited income.

You might qualify for a 30% discount on your utility bills

You must meet these criteria:

- Be 62 or older or a disabled adult receiving qualifying disability income;
- Live in your home full time;
- File as head of household, with your utility account in your name;
- Your monthly household income is no more than:
  - 1 person: $1,595
  - 2 people: $2,155
  - 3 people: $2,715

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