

Where To Turn

August 2020 - July 2021

*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



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

BALLINGER COURT

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

CEDAR PARK

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

MERIDIAN COURT

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

WOODLANDS

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

AUBURN COURT

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

BOARDWALK

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

LAKWOOD MEADOWS

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

WASHINGTON TERRACE

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

WOODROSE

3353 Racine Street
Bellingham, WA 98226
(844) 408-6510
LIVEWOODROSE.COM

PROFESSIONALLY MANAGED BY

FAIRFIELD
RESIDENTIAL



CATEGORIES OF SERVICE

ADULT DAY CARE	8
ADVOCACY and COMPLAINTS.....	8
CASE MANAGEMENT	9
CHEMICAL DEPENDENCY	10
CRIME PREVENTION.....	10
CRISIS LINES	10
DEMENTIA CARE/SERVICES.....	10
DENTAL CARE.....	11
DISABILITY-RELATED SERVICES.....	12
DISASTER/EMERGENCY SERVICES	12
DOMESTIC VIOLENCE PREVENTION	14
DRIVING IMPROVEMENT.....	14
EDUCATION	14
EMPLOYMENT	14
EYE CARE/VISION SERVICES	15
FOOD	15
FOOTCARE	17
FUNERALS.....	17
HEALTH CARE SERVICES	17-20
HEALTH INSURANCE.....	20
HEARING	21
HOSPICE	21
HOSPITALS	21-22
HOUSING.....	22-23
HOUSING REPAIRS	23
IMMIGRATION SERVICES	23-24
IN-HOME CARE/ HEALTH SERVICES	24
LEGAL ASSISTANCE	25
LEGISLATION	25
LIVING WILL	25
LONG TERM CARE.....	26
MEAL SITES	26-29
ETHNIC MEALSITES.....	29-30
MENTAL HEALTH/SUICIDE PREVENTION ..	30-31
MINORITY SERVICES.....	31-32
OUT-OF-PIERCE-COUNTY SERVICES.....	33
PERSONAL EMERGENCY RESPONSE SYSTEMS...	33
SENIOR/COMMUNITY CENTERS	33-37
SENIOR LIVING COMMUNITIES	36
SOCIAL SECURITY	37
SUPPORT GROUPS and ASSOCIATIONS ...	37-38
TAX INFORMATION AND ASSISTANCE	38
TRANSPORTATION	38-39
TRIPS AND TOURS	39
UTILITIES ASSISTANCE	41
VETERANS SERVICES	41
VOLUNTEER OPPORTUNITIES	41-42

ADVERTISING INDEX

Advanced Health Care	21
All Ways Caring Home Care	17
Always Best Care	11
Catholic Community Services	13
Edwards Memorial	44
Fairfield Communities	2
Family Resource Home Care	32
Good to Be Home	23
Insuring Washington	14
Lutheran Community Services Northwest	7, 19, 31, 36
MSHH Donor Closet	24
Norpoint Communities	34
Northwest Access Fund	28
Pierce County Aging and Disability Resources	39, 40
Rehmke Law	9
Tacoma Public Utilities	43
Wesley Health and Home Care	27



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.

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, 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,

Where To Turn

August 2020 - July 2021

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

PIERCE COUNTY

Produced by SENIOR MEDIA SERVICES
A program of



Find the services you need for
Transportation, Housing,
In-Home Care, Food Resources,
Veterans, and more

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 house-keeping, 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 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

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



ELDER LAW ATTORNEYS

JONETE W. REHMKE
Rehmke Law P.S.

MINTA A. ANDREVE,
Associate Attorney



NATIONAL ACADEMY
OF ELDER LAW
ATTORNEYS

Flat fees and hourly rates available

- **Probate**
- **Power of Attorney**
- **Estate Planning**
- **Wills/Trusts**
- **Medicaid Planning**
- ▶ **Nursing Homes**
- ▶ **In Home**
- **Advantage Directives**

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

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

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 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
Northwest253-272-8433
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
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



Expert care in the comfort of home. From people you trust. 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
Renton 425-271-0614 . Federal Way 253-839-3700

AllWaysCaring.com

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



CATHOLIC COMMUNITY SERVICES

OF WESTERN WASHINGTON

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

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

INSURING
WASHINGTON

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

FOOD, continued

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
Steilacoom	253-581-1076
SE Asian Diets	253-472-7264
Sumner	253-863-3793
Tacoma/Bounty	253-475-7098
Tacoma Adventist Community Services/ special diets	253-272-8289
Trinity Lutheran Food Pantry	253-537-0201
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 (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
Services253-579-6000

FUNERALS

Edwards Memorial253-566-1008

HEALTHCARE SERVICES

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

Community Health Care

(253) 597-4550

Downtown Tacoma253-597-3813
Eastside Clinic253-471-4553
Lakewood Clinic253-589-7030
Parkland Clinic253-536-2020
Spanaway Clinic...253-847-2304
Women's Health253-597-4163
Diabetes Association.253-272-5134

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

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*

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 Family Medicine

Tacoma 253-474-9038

Canyon Road 253-539-4200

Franciscan Foot & Ankle Specialists

Gig Harbor 253-858-9192

Lakewood 253-985-2733

Tacoma 253-274-7504

Franciscan Medical Clinic

Spanaway 253-538-4660

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 ... 253-530-2940

Franciscan Women's Health

Gig Harbor 253-530-2955

Pearl Place 253-761-2244

Tacoma 253-274-7501

Gig Harbor Medical

Clinic 253-858-9192

Gig Harbor Orthopaedic

Surgeons 253-853-8810

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

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.

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

HEALTH INSURANCE, *continued*

Korean Women's Association (Korean Language)..... 253-535-4202

HEARING

Beltone Hearing Aids 253-565-0954

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

Wesley Hospice 888-995-1126

HOSPITALS

Allenmore.....253-459-6633

American Lake

Veterans.....253-582-8440

SAFE & SECURE CARE IN THE COMFORT OF **YOUR OWN HOME**

Companionship
Personal Care
Housekeeping/Meals
Bathing
Memory Care
Mobility/Transfers
Medication Assistance
Grocery Shopping/Errands

LOCALLY OWNED & TRUSTED Since 1984

CALL US TODAY to discuss your in home care options

253.475.7744

ADVANCED
HEALTH CARE
Serving Home Care Needs with Compassion

www.advanced-healthcare.com

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
- **DOWN PAYMENT ASSISTANCE**
 - City of Tacoma
- **FURNISHINGS**
 - St. Vincent DePaul
 - Need-A-Break
- **LANDLORD - TENANT ISSUES**
 - Housing Justice Project ..
 - Northwest Justice Project ..
- **LOW INCOME HOUSING**
 - International Place (KWA)
 - Pacific Villa (KWA)
 - Pierce County ADR
 - Pierce County Housing Authority
 - Pierce County Community Action
 - SHAG
 - Shared Housing Services
 - Tacoma Housing Authority
 - The Orchard (KWA)
- **RESIDENTIAL CARE INFO**
 - Pierce County ADR

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

Good To Be Home Care

Because there's no place like YOUR home!

- Personal Care •Transportation
- Meal Preparation •Housekeeping
- Companionship •Family Respite
- Shopping •2 to 24 hours

-- *Call for free assessment* --

**(253) 588-4344 or
(866) 588-4344**

www.goodtobehomecare.com



In-Home Care Services

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

More Affordable Medical and Mobility equipment



Donor Closet

3635 S Lawrence St., Suite E, Tacoma

(253) 327-1033

Wed - Sat 10:00 am 'til 3:00 pm

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
..... 888-516-4504
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



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.



ChooseHomeCareByWesley.org • (888) 995-1126

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

*We are a nonprofit offering **low-interest loans** to purchase hearing aids, scooters, adapted vehicles, and other Assistive Technology.*



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

Northwest Access Fund

Independence is priceless. We make it affordable.

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.



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

African American253-502-2723,
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

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
Center253-396-5000
- DSHS Mental Health
Division 800-446-0259
- Franciscan Mental Health
Services .. 253-439-5900, 800-576-7764
- MultiCare Behavioral
Healthcare253-697-8400
- 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

LUTHERAN COMMUNITY SERVICES NORTHWEST

Home Care

*Compassionate
 care in the
 comfort of
 your own
 home.*

homecare@lcsnw.org



LUTHERAN
**Community
 Services**
 NORTHWEST

253-722-5679
 Tacoma

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



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

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

Center253-838-3604
4016 S. 352nd St., Auburn

SENIOR AND COMMUNITY SERVICES, con't

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

Retirement Starts Here

Single-level apartment homes in 55+ communities

7 GREAT LOCATIONS!

- North Tacoma**, StoneRidge at the Park (253) 879-1000
- 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



Visit us online!

www.norpoint.com



SENIOR AND COMMUNITY SERVICES, con't

10205 E. 44th Ave. E., Tacoma

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

Center253-841-1491

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.

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

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

- 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/
Widower253-697-4899
- 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 Group253-572-2683

SUPPORT GROUPS, continued

- South Sound Ostomy.....253-403-1759
- Tacoma Older LGBT.....253-271-8185
- United Way HelpLine211
- 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 Transit360-377-2877
Paratransit Services800- 925-5438
Pierce Transit253-581-8000
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 Hospital253-581-6415

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

Call **253-502-8400** or visit **MyTPU.org/Discounts** to apply.

Save money on electric bills with an energy-efficient home

We'll help you pay for energy-efficiency improvements to your home that will save you money on your utility bills.

- **Deferred loans** - no monthly payments; repay when the ownership of your home changes.
- **Regular Loans** - get 0% interest for 7 years, and low monthly payments.
- **Instant Rebates** - get money back on the products you buy.

See which upgrades you qualify for by calling **253-502-8363** or visit **MyTPU.org/Rebates**.

MyTPU.org



Edwards Memorial



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 Faiths
- 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.