Where To Turn

2021 - 2022

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, Healthcare, Food and Utilities Assistance, and more

Pierce County Human Services

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

Paid Advertisement

The Energy Assistance program pays utility bills for Pierce County households living outside the Tacoma city limits.

Pierce County
HUMAN SERVICES

$$$
Switching to LED lightbulbs can save you hundreds!
$$$

Financial assistance is not limited to those behind on payments - many people can save money through the Energy Assistance program!

Family Size	Income
1	$1,595 / month
2	$2,155 / month
3	$2,715 / month

Add $560 for each additional family member.

Apply online or by calling 253-798-4328
PierceCountyWA.gov/Energy

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FIND IT IN WHERE TO TURN

Where To Turn lists the telephone numbers of service providers by category. The lists include government, publicly funded and non-profit programs, and paid advertisers. For services outside Pierce County or Washington, refer to the Out of Pierce County Services category or contact the U.S. Administration on Aging's Eldercare Locator at 1-800-677-1116.

ABOUT THE PUBLISHER

Senior Media Services is a program of Lutheran Community Services Northwest (LCSNW). The goal of all LCSNW programs is to meet the specific needs of the local community. Senior Media wServices 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 70,000 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 community organizations and businesses.

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

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.

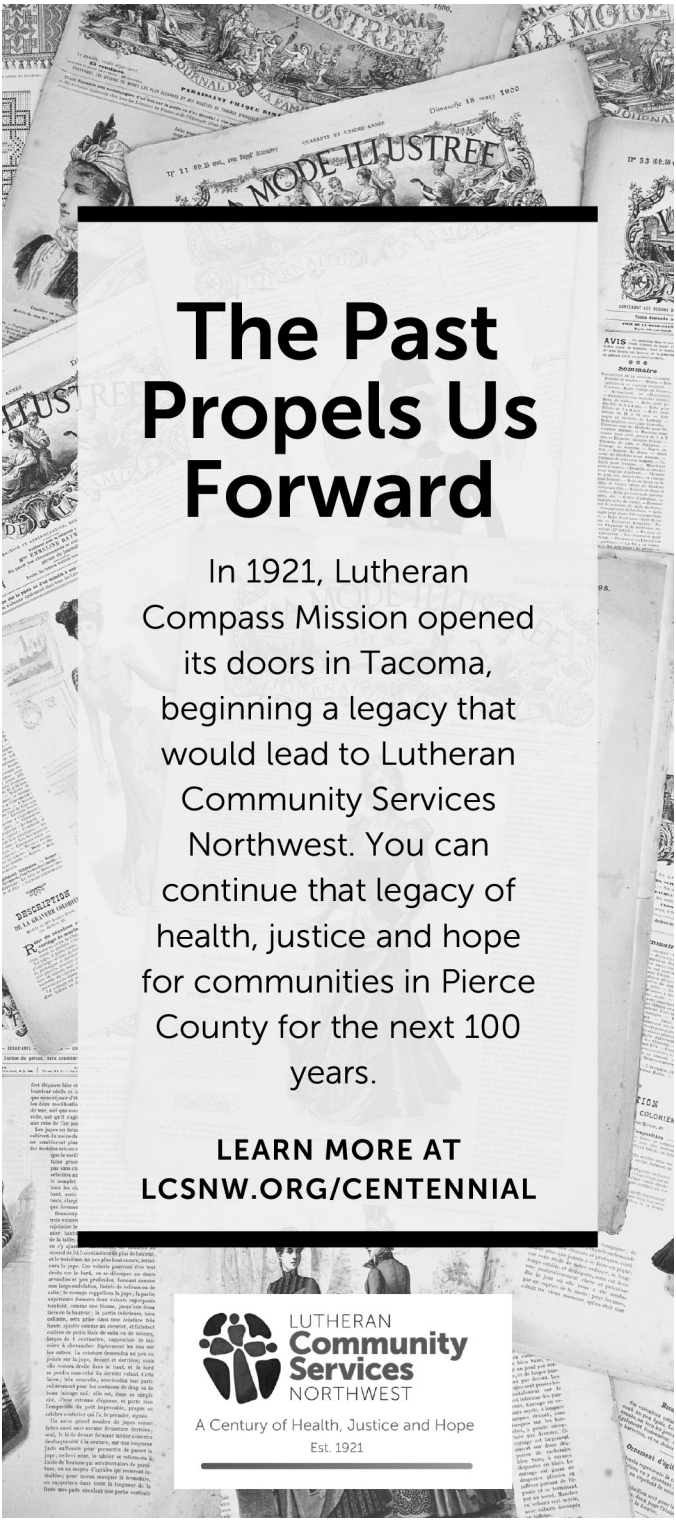
Learn the signs of dementia and how to help those who live with it.

Contact us to learn more about Dementia Services:

Email: dementiaservices@lcsnw.org
Phone: 253-272-8433

dementiafriendlypc.org

LUTHERAN Community Services NORTHWEST


MODE ILLUSTREE
The Past Propels Us Forward
In 1921, Lutheran Compass Mission opened its doors in Tacoma, beginning a legacy that would lead to Lutheran Community Services Northwest. You can continue that legacy of health, justice and hope for communities in Pierce County for the next 100 years.
LEARN MORE AT LCSNW.ORG/CENTENNIAL
LUTHERAN Community Services NORTHWEST
A Century of Health, Justice and Hope
Est. 1921

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 253-591-5045
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 800-562-6906
  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

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

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.

Fircrest: 253-272-2675

AllWaysCaring.com

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
..... 253-597-6424, 800-756-7273
WAFHome (KWA) 253-359-0470
Washington Listens 833-681-0211

DEMENTIA CARE/SERVICES

Alzheimer's Association
.....800-272-3900 or 206-363-5500
Family Caregiver Support
Program 253-798-4600
Lutheran Community Services
Northwest 253-272-8433
UW/VA Alzheimer's Disease Research
Center..800-317-5382 or 253-583-2033

NEED A RIDE? Pierce Transit is among the options for getting around that are listed in the Transportation category of 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

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

DISABILITY RELATED SERVICES, *continued*

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

The Soldiers Home in Orting is among the state Department of Veterans Affairs' services. Information: 800-562-2308.

Pierce County Aging & Disability Resource Center

Helping older adults and individuals living with disabilities remain safe and independent in the community.

How we work for you:

- Listen to your needs
- Focus on what will work for you
- Research successful options
- Help caregivers with services
- Partner with dozens of local organizations
- Connect with state and local resources
- Provide educational opportunities

Connect with the Pierce County ADRC

253-798-4600 • 800-562-0332

ADRC@PierceCountyWA.gov

www.PierceADRC.org

Pierce County
Human Services

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.... 253-272-4181

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NAELA

MEMBER
National Academy of
Elder Law Attorneys

- Elder Law home visits
- Wills/Trusts
- Powers of Attorney
- Complete Estate Planning
- Medicaid Planning
- Probate

Phone: (253) 627-1091 | bobm@smithalling.com

Robert L. Michaels, Elder Law Section
Smith Alling, P.S., Attorneys

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

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
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
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 360-893-0095
My Sister's Pantry 253-627-1186
Parkland 1st Baptist 253-535-1293
Puyallup (Nourish) 253-848-5458
Roy/McKenna 253-843-3033
Salvation Army
Puyallup ..... 253-841-1491 ext. 201
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 360-458-7000

- **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

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 **reasonably priced.**

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.

FUNERALS

ShareLife
Tacoma-Federal Way, Edwards Memorial Funeral Home 253-566-1008;
Sumner-Puyallup, Curnow Funeral Home and Cremation Services .. 253-863-2800;
Auburn-Kent, Klontz Funeral Home and Cremation Services 253-833-1322

HEALTHCARE SERVICES

AIDS Foundation 253-383-2565
Communicable Info & Referral (Pierce County Health Department) 253-798-6500
Community Health Care
- Downtown Tacoma....253-442-8690
- 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
Virginia Mason Franciscan Health
- 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
- St. Clare Sleep Disorders Center 253-985-6951
- Therapy Services 253-426-4400
- **Medical Group**
- Franciscan Cardiology Associates
  - Gig Harbor 253-627-1244
  - Tacoma 253-627-1244

Franciscan Ear, Nose & Throat Associates 253-274-7505
Franciscan Endocrine Clinic 253-565-6777
Franciscan Family Medicine
Tacoma 253-474-9038
Canyon Road 253-539-4200
Franciscan Foot & Ankle Specialists
Gig Harbor 253-858-9192
Tacoma 253-274-7504
Franciscan Medical Clinic
Spanaway 253-538-4660
Franciscan Prompt Care—Canyon Road 253-539-4200
Franciscan Urology Associates
Gig Harbor 253-858-9192
Lakewood.....253-985-6134
Franciscan Weight Loss Surgery Clinic—Gig Harbor ... 253-530-2940
Franciscan Women's Health

HOSPITALS, *continued*

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 253-530-2663
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
The Lakewood Clinic 253- 985-6688
University Place Medical Clinic 253-564-0170

Good Samaritan Hospital

Cancer Center 253-697-4899
Interventional Pain Management 253-697-4110

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

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 253-403-1040

Diabetes Education 253-403-1726

Pierce County Health Department 253-798-6500

Birth/Death Certificates 253-649-1500

Environmental Health Program 253-798-6470

Puyallup Tribe Elder Care Services

Tribal members only 253-680-5480

VA Puget Sound Health Care System

American Lake 253-582-8440

HEARING

Hearing, Speech and Deafness Center

South Sound 253-475-0782

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

In-Home Care Services

www.goodtobehomecare.com

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
Auburn Medical 253-833-7711
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

NEED A WILL?

Last Will and Testament $179.00
Community Property Agreement $99.00
Durable Power of Attorney $99.00
Living Will (Terminal Condition) $99.00

NEED A TRUST?

AVOID PROBATE
Living Trust $795.00

OTHER AREAS

Uncontested Divorce • Real Estate Deeds
Probate • Notary

We The People, P.S.

ERNEST B. CHAPPEL Attorney At Law MONDAY - FRIDAY
253.588.8811 • wethepeoplelaw.com • 800.451.3846

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

• RENTAL ASSISTANCE
Pierce County Human Services/
City of Tacoma 2-1-1

• RESIDENTIAL CARE INFO
Pierce County ADR.... ... 253-798-4600

• SHELTER INFORMATION
United Way Helpline 211
TACID 253-565-9000

HOUSING REPAIRS

Lakewood (major repair
and rehabilitation) 253-589-2489

HOUSING REPAIRS, continued

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 Beautiful (Associated Ministries) 253-426-1516
Rebuilding Together South Sound 253-238-0977
Rural Development 360-704-7760
Tacoma Home Rehabilitation 253-573-2435

A COMPANION: This is one of the volunteers in the Senior Companion program of Lutheran Community Services Northwest who visit isolated or disabled residents of Pierce and Kitsap counties to chat, play cards or share hobbies, among other activities. The volunteers also accompany their clients on short errands or doctor appointments. Information: 253-722-5686.

IMMIGRATION SERVICES

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

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 253-272-2675
Always Best Care 253-534-9596

Pierce County
Family Caregiver Support Program

We can help caregivers
give needed care to a loved one.

Just as importantly, we can help caregivers
take care of themselves.

Contact us to learn more:
253-798-4600 • 800-562-0332
ADRC@PierceCountyWA.gov
www.PierceADRC.org

Pierce County
Human Services

IN HOME CARE/ HEALTH SERVICES, cont.

Catholic Community
Services 253-383-3697
EverHome Healthcare 425-275-5858
Family Resource
Home Care 253-761-8019
Good To Be Home
Care 253-588-4344, 866-588-4344
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

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

Non Emergency Medical Transportation
Door through Door

PEGASUS LIFTS

www.pegasuslifts.com

dispatch-wa@pegasuslifts.com

253-336-6444

Serving all of Pierce County and most of Kitsap, King, and Thurston Counties

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

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

MEAL SITES, continued

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

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

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

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
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
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 253-864-4770
Suicide Prevention Lifeline 800-273-8255
TACID Mental Health Resource 253-565-9000 x20

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Tacoma & Pierce County **253.761.8019**
Snohomish & Skagit County **425.361.0044**

Therapy Center (Pacific Lutheran University) 253-535-8782
Washington Warm Line 877-500-9276
Wellfound Behavioral Health Hospital 253-301-5494

MINORITY SERVICES

Asian Counseling Services 253-471-0141
Centro Latino 253-572-7717
Elder Services & Wellness Center 253-680-5480
KWA Indo-Chinese Cultural & Service Center (Vietnamese/Cambodian/ Laotian) 253-473-5666
KWA (Asian/Pacific Island) 253-535-4202
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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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(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

OUT-OF-PIERCE-COUNTY SERVICES

Aging & Disability Resources

King County..... ... 206-684-0660
Kitsap County..... 800-562-6418
Lewis 888-702-4464
Mason..... 877-227-4696
Thurston 360-664-2168

PERSONAL EMERGENCY RESPONSE SYSTEMS

Franciscan Lifeline..... 253-426-6676
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

SENIOR & COMMUNITY CENTERS, con't.

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

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- Meals on Wheels
- Senior Companion
- Senior Scene/ Where to Turn
- Dementia Services
- Retired Senior Volunteer

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253-272-8433
www.lcsnw.org

Korean Women's Association Community Center..... 253-535-4202
123 E. 96th St., Tacoma
Lakewood Senior Activity Center 253-798-4090
9112 Lakewood Dr. SW.
Lighthouse Activity Center..... 253-426-1282
5016 E. A St., Tacoma
Mid-County Community Center
.....253-531-8412
10205 E. 44th Ave. E,, Tacoma
Milton Activity Center... 253-922-6586,
1000 Laurel
Mt. View Community Center 253-826-4329
3505 122nd Ave. E., Edgewood
Mustard Seed Project 253-884-9814
9016 154th Ave. Ct. NW., Lakebay
The Center at Norpoint 253-404-3900
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

SENIOR & COMMUNITY CENTERS, *con't.*

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

VOLUNTEERING: Folks like these at one of the Nourish Pierce County food banks help their communities through the Retired Senior Volunteers Program, administered by Lutheran Community Services Northwest. See the Volunteers category for contact information.

- 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

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

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Northwest Parkinson's Foundation 206-748-9481
Pierce County Aging and Disability Resources..253-798-4600, 800-562-0332
South Sound Ostomy 253-403-1759
Tacoma Older LGBT..... 253-271-8185
United Way HelpLine 211
WICS (Widowed Information and Consultation Services.... 253-564-9154

TAX INFORMATION 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 (Olympia)..360-786-1881, 800-287-6348
Kitsap Transit 360-377-2877

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Pierce Transit 253-581-8000
Shuttle Services 253-581-8000
Shuttle or Bus TDD 711
King County 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..253-305-1000
Pierce County Parks 253-798-4141

UTILITIES / ENERGY ASSISTANCE

Metropolitan Energy Development Council 253-383-3921
Pierce County ADR.....253-798-4600
Pierce County Community Action.....253-798-7240
Pierce County Energy Assistance 253-798-4328
PC Energy Assistance ... 253-798-4328
Salvation Army 253-572-8452
South Sound Outreach Services 253-593-2111
Tacoma Public Utilities.....253-502-8400
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

VETERANS, *con't*

VA Puget Sound Blind and Low Vision Services 253-583-1287
WA Department of Veterans Affairs 800-562-2308

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
MultiCare Hospice Volunteer..... 253-301-6100
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..... 253-985-1711
St. Joseph Medical Center 253-426-4101
Tacoma Area Coalition of Individuals with Disabilities (TACID).....253-565-9000
Volunteer Chore Services...253-502-2741

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Call **253-502-8363** or visit **MyTPU.org/Rebates** to see which upgrades and incentives you qualify for.

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