Where To Turn
2022-2023

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

Produced by SENIOR MEDIA SERVICES
A program of

LUTHERAN Community Services NORTHWEST

Find the services you need quickly
HOUSING, IN-HOME CARE, TRANSPORTATION, HEALTHCARE, FOOD RESOURCES, LEGAL AID and MORE
ADVERTISER PARTNERS

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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 King County or Washington, contact the U.S. Administration on Aging’s Eldercare Locator at 1-800-677-1116, or for services in Pierce County, contact Senior Media Services at 253-722-5687.

For additional free copies of Where To Turn, please contact Senior Media Services at 253-722-5687 or pjenkins@lcsnw.org
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Home is where the HEART is

But sometimes you need a helping hand

Immigration Counseling and Advocacy 206-694-5742

Refugees and Immigrant Services 206-602-1341

Where to Turn / Senior Media Services 253-722-5687

www.lcsnw.org
WHERE TO TURN’S PUBLISHER

Senior Media Services is a program of Lutheran Community Services Northwest, a non-profit social services agency serving communities in Washington, Oregon and Idaho. Senior Media, with the goal of helping people lead healthy, active and informed lives, has been meeting the information needs of older adults and their families in the Puget Sound area for more than 30 years by publishing our community resources directory, Where to Turn, and our newspaper, The Senior Scene. Where to Turn is published annually in separate editions for King, Pierce, and Kitsap counties, and is distributed free of charge through 200-plus organizations. Each year, the “little yellow book” is a guide for about 100,000 people to government, non-profit, and private providers of senior services. The Senior Scene, offering features and news to approximately 25,000 readers each month, is distributed at more than 380 locations in King and Pierce counties. In addition to being in print, Where to Turn and Senior Scene are online at www.seniorscene.org. For more information, contact us at 253-722-5687, pjenkins@lcsnw.org, or Senior Media Services/LCSNW, 3848 S. Junett St., Tacoma, WA 98409.

SENIOR CENTERS, such as the one for Federal Way, are places where older adults can find socialization, meals, and other community services. For a list of them, see the Senior Centers category of Where to Turn.
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
ADVOCACY / COMPLAINTS

Aging & Disability Services ............................................. 844-348-5464
Better Business Bureau ........................................... 206-431-2222
King County licensing .............................................. 206-296-2710
 Disabled American Vets .............................................. 877-426-2838
Adult Protective Service .............................................. 877-734-6277
AARP Fraud Fighter .................................................. 800-646-2283
State long-term care ombudsman .................................. 206-623-0816
Medicare Beneficiary Helpline ....................................... 800-633-4227
United Way HelpLine ................................................ 2-1-1
State attorney general ............................................... 800-551-4636
State insurance commissioner .................................... 800-562-6900
Disability Rights of Washington ................................. 800-562-2702

THE SEATTLE-KING COUNTY DENTAL SOCIETY, in cooperation with the Dental Lifeline Network, donates dental services to older adults and disabled or medically compromised people who can’t afford treatment or get public aid. More information is at skcds.org and 877-861-6028.
CHEMICAL DEPENDENCY

Al-Anon ........................................ 800-726-8094
King County Substance Abuse Services ....................... 206-263-9000
Kent Youth and Family Services .................................. 253-859-0300
Recovery Centers of King County .............................. 206-322-2970
Valley Cities .................................................. 253-833-7444

CRIME PREVENTION

King County Sheriff ........................................ 206-296-4155
Adult Protective Services ....................................... 877-734-6277
Crime Stoppers ................................................. 206-343-2020
Kent Police Department ......................................... 253-856-5883
Auburn Police .................................................. 253-931-3080
Emergencies ..................................................... 9-1-1
Algona Police ................................................... 253-833-2743
Crisis Clinic ...................................................... 866-427-4747
WA Recovery Help Line ....................................... 866-789-1511
King County Crisis and Commitment Services ............... 206-263-9200
CRISIS LINES

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

DEMENTIA CARE

Alzheimer’s Association ....................... 800-272-3900
Harborview Memory and Brain Wellness ..................... 206-520-5000
King County Caregiver Support Network .................... 206-448-3110

DENTAL CARE

Renton Public Health/ Dental Clinic ..................... 206-477-0100
Downtown Public Health/ Dental Clinic (Seattle) ............ 206-477-8300
Seattle-King County Dental Society ....................... 206-443-7607
Auburn Community Health Center ......................... 253-735-0166

DISABILITY-RELATED SERVICES

King County Developmental Disabilities .................. 206-263-9105
State Department of Services for the Blind .............. 800-552-7103
Hearing Loss Association of WA ......................... 425-742-3228
Braille Library ............................................. 800-542-0866
Washington TDD Relay ...................... 7-1-1
Alliance of People With Disabilities ....................... 206-545-7055
Deaf-Blind Service Center ......................... 206-323-9178
Helping Hands for the Disabled ......................... 206-684-0660
**DISABILITY - RELATED SERVICES, cont.**

Aging and Disability Services .......................... 844-348-5464
Community Care
Connections ........................................... 855-567-0252
Northwest Access Fund .................. 206-328-5116
Northwest ADA Center .................. 800-949-4232

**DISASTER RELIEF**

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

**DOMESTIC VIOLENCE**

Valley Cities Counseling and Consultation .................. 253-939-4055
King County Coalition Against Domestic Violence .................. 206-568-5454
King County Emergency Management ........................................ 206-296-3830
YWCA .................................................. 425-226-1266
National Domestic Violence Hotline .......................... 800-799-7233
Washington State Domestic Violence Hotline .......................... 800-562-6025

**DRIVING EDUCATION**

AAA Roadwise ...................................... 877-476-1254
AARP—"55 Alive" ..................................... 888-227-7669

**EMPLOYMENT RESOURCES**

National Asian Pacific Center on Aging ...................... 206-624-1221
WorkSource ........................................ 253-804-1177
FINANCIAL COUNSELING
State Department of Financial Institutions .............. 877-746-4334

FOOD

• Home-delivered meals
  Catholic Community Services .... 253-474-1300
  Sound Generations ................. 206-448-5757

• Food banks
  Algonia-Pacific Food Pantry .................. 253-351-0450
  Asian Americans (ACRS) .......... 206-695-7510
  Auburn Food Bank ...................... 253-833-8925
  Black Diamond Food Bank ............. 360-886-1011
  Des Moines Food Bank ................. 206-878-2660
  Emergency Feeding Program of Seattle & King County ....... 206-329-0300

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 County 425.361.0044
Skagit County 425.386.1156
Enumclaw Kiwanis 
Food Bank ............................ 360-825-6188
Federal Way Food Bank .......... 253-838-6810
Highline Food Bank .......... 206-433-9900
Hopelink Bellevue ............. 425-889-7880
Issaquah Food Bank .......... 425-392-4123
Kent Food Bank ............... 253-981-3145
Maple Valley Food Bank ........ 425-432-8633
Muckleshoot Food Bank ......... 253-876-3336
Salvation Army-Renton .......... 425-255-5969
Snoqualmie Valley 
Food Bank ......................... 425-888-7832
Tukwila Pantry .................... 206-431-8293
Vashon-Maury Food Bank .......... 206-463-6332

• Meal sites
Auburn Senior Center ........... 253-931-3016
Black Diamond 
Community Center ............... 360-886-1011
Des Moines Community 
Center .................................. 206-870-6584
Enumclaw Senior 
Center .................................. 425-837-3339
Federal Way Community 
Center .................................. 253-835-6900
Issaquah Senior Center .......... 425-392-2381
North Bellevue 
Community Center ............... 425-452-7681
Pacific-Algona Community 
Center .................................. 253-929-1150
Peter Kirk Community 
Center (Kirkland) ................. 425-587-3360
Redmond Senior Center .......... 425-556-2314
Renton Senior Activity 
Center .................................. 425-430-6633
SeaTac Park Community 
Center .................................. 206-973-4680
South Park Community 
Center .................................. 206-684-7451
FUNERALS

Klontz Funeral Home
(Auburn, Kent) .......................253-833-1322
Edwards Memorial
(Federal Way, Tacoma) .............253-566-1008

HEALTHCARE SERVICES

Seattle-King County Public
Health ....................................... 800-325-6165
Kin On Healthcare .................... 206-721-3630
Franciscan Health
System ..................................... 888-825-3227
HealthPoint ............................. 425-277-1311
MultiCare Health System .......... 800-342-9919

HEALTH INSURANCE / MEDICARE

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

PHONE DISCOUNTS: Qualifying low-income consumers can receive discounts on their telephone service through the Federal Communications Commission’s Lifeline program. Information is available at 888-641-8722.
HEARING
Hearing, Speech and Deafness
Center ........................................ 206-323-5770

HOME REPAIRS
City of Kent .................................. 253-856-5065
Rebuilding Together Seattle .......... 206-682-1231
King County Housing Authority ... 206-574-1100
King County Housing Repair ........ 206-263-9095
City of SeaTac ............................. 206-973-4815
City of Covington ...................... 253-480-2411
City of Tukwila ........................... 206-433-7180
City of Des Moines ............... 206-870-6535
City of Auburn ....................... 253-931-3099
Sound Generations .................. 206-448-5751

HOUSING ASSISTANCE
King County Housing Authority ... 206-574-1100
Senior Housing Assistance
Group ........................................ 888-450-7424
Catholic Community Services .... 206-328-5696
Compass Housing Alliance ....... 206-474-1000
Crisis Clinic ................................. 2-1-1
Salvation Army ......................... 206-281-4600
Solid Ground ............................... 206-694-6700
St. Vincent de Paul .................... 206-767-6449

HOSPICE
Providence Hospice ..................... 206-320-4000

HOSPITALS
Highline Medical Center (Burien) ... 206-244-9970
Harborview Medical Center ........ 206-744-3000
MulitCare Auburn Medical Center ........................................ 253-545-2823
St. Elizabeth Hospital
(Enumclaw) ............................... 360-802-8800
St. Francis Hospital
(Federal Way) ......................... 253-835-8100
Swedish Hospital ....................... 206-386-6000
Valley Medical Center .............. 425-228-3450
UW Medical Center ................... 206-598-3300
IMMIGRATION AND REFUGEE SERVICES

City of Seattle Immigrant and Refugee Affairs ..................... 206-727-8515
Lutheran Community Services Northwest refugee resettlement ........... 206-602-1341
Northwest Immigrant Rights Project ..................................... 206-587-4009
Refugee Resettlement Office ............................................... 206-323-3152
Refugee Women’s Alliance .................................................. 206-721-0243
Seattle Chinese New Immigrants Center ............................. 425-336-0128
U.S. Immigration and Naturalization ................................. 800-375-5283

VOLUNTEER HELP: Volunteer Services, a program of Catholic Community Services, helps low-income elders and chronically ill or disabled adults live independently with assistance such as transportation to grocery stores and appointments. Other services include laundry and yard work. More information is at 206-328-5787 and ccsnw.org.
IN-HOME CARE

Area Agency on Aging .......... 206-684-0660
All Ways Caring
   North Seattle .................. 206-368-7667
   Bellevue ...................... 425-289-1257
   Renton ......................... 425-271-0614
   Federal Way ................... 253-839-3700
Catholic Community Services ... 877-870-1582
Full Life ........................ 206-528-5315
Family Resource Homecare
   Seattle ......................... 206-545-1092
   Bellevue-Eastside ............ 425-455-2004
Kin On In-Home Care .......... 206-652-2330
Korean Women’s Association ... 888-508-2780

LEGAL ASSISTANCE

King County Bar
Association ........................ 206-267-7100
Northwest Justice
Project ............................ 888-201-1014
Sound Generations ............. 206-448-5757

SENIOR CENTERS

Auburn ............................ 253-931-3016
Black Diamond .................. 360-886-1011
Burien ............................. 206-988-3700
Des Moines ....................... 206-878-1642
Enumclaw ........................ 360-825-4741
Federal Way ..................... 253-835-6900
Kent ............................... 253-856-5150
Maple Valley .................... 425-432-1272
Pacific-Algonia ................. 253-929-1150
Renton ........................... 425-254-1128
SeaTac ............................ 206-973-4680
South Park ....................... 206-684-7451
Tukwila ........................... 206-768-2822
SOCIAL SECURITY

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

SUPPORT GROUPS

Alzheimer’s Association ......................... 800-272-3900
Jewish Family Services ......................... 206-461-3240
South Sound Ostomy ................................. 253-403-1759
United Way ......................................................... 206-461-3700
Washington Brain Injury Resource Center ......................... 877-982-4292
Widowed Information and Consultation Services (WICS) ......................... 206-241-5650

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Care You Can Trust

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

N. Seattle 206-368-7667. Bellevue 425-289-1257
AllWaysCaring.com
TAXES
AARP Tax-Aide .............................. 888-687-2277
IRS ............................................. 800-829-1040
King County assessor ..................... 206-296-7300

TRANSPORTATION
Metro Transit ............................... 206-553-3000
Hyde Shuttles .............................. 206-727-6262
Access ....................................... 206-205-5000
Sound Generations ...................... 206-448-5740
Sound Transit .............................. 888-889-6368
Northwest Transport ..................... 800-600-9225
Paratransit Services ..................... 800-925-5438
Amtrak ....................................... 800-872-7245
Ferry Information Line .................. 800-843-3779

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

VETERANS SERVICES
King County Veterans Program ............. 206-296-7656
Disabled American Veterans .......... 206-341-8267
U.S. Veterans Affairs .................... 800-827-1000
VA Puget Sound Healthcare System ...... 206-762-1010
VA Puget Sound Blind and Low-Vision Services 206-764-2758

• American Legion
Kent ............................................ 253-859-9905
Renton ........................................ 425-271-1439
Auburn ..................................... 253-939-5789

• Veterans of Foreign Wars
Kent-Meridian Post ....................... 206-650-8329
Post 1741, Auburn ....................... 253-293-5839
ABOUT LUTHERAN COMMUNITY SERVICES NORTHWEST

With roots dating to 1921, Lutheran Community Services Northwest is a non-profit human services agency serving communities in Washington, Oregon and Idaho.

Its caring staff provides a wide variety of services to adults, adolescents, children, families, schools, businesses, congregations, neighborhoods and communities.

LCSNW programs touch the lives of people of all ages, cultures and faiths. Those programs include services that increase and maintain independence and well-being of seniors and the disabled. More information is available at lcsnw.org.
Every life is unique – shouldn’t every funeral be, too?

ShareLife is more than just a funeral. It’s a unique, complete approach to funeral planning that honors and celebrates the life of your loved one. Plan a personalized, memorable life celebration service with a ShareLife provider near you.

The ShareLife experience doesn’t have to be expensive. Our providers in Washington have options to fit every budget. Call today to learn more!

Tacoma • Federal Way
Edwards Memorial Funeral Home
(253) 566-1008 EdwardsMemorial.com

Auburn • Kent
Klontz Funeral Home & Cremation Services
(253) 833-1322 KlontzFuneralHome.com

Sumner • Puyallup
Curnow Funeral Home & Cremation Services
(253) 863-2800 CurnowFuneralHome.com
VOLUNTEER OPPORTUNITIES