Where To Turn

2022 - 2023

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.

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

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$1,610 / month</td>
</tr>
<tr>
<td>2</td>
<td>$2,178 / month</td>
</tr>
<tr>
<td>3</td>
<td>$2,745 / month</td>
</tr>
</tbody>
</table>

Income guidelines are in effect from 10/1/2021 to 9/30/2022 and are subject to change beginning 10/1/2022.

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

ADULT DAY CARE ........................................... 7
ADVOCACY and COMPLAINTS ............................. 7
CASE MANAGEMENT ......................................... 8
CHEMICAL DEPENDENCY .................................. 8
CRIME PREVENTION ........................................ 9
CRISIS LINES ................................................. 9
DEMENTIA CARE/SERVICES ............................... 10
DENTAL CARE ................................................ 10
DISABILITY-RELATED SERVICES ......................... 10
DISASTER/EMERGENCY SERVICES ....................... 12
DOMESTIC VIOLENCE PREVENTION ..................... 12
DRIVING IMPROVEMENT ................................... 13
EDUCATION .................................................... 13
EMPLOYMENT .................................................. 13
EYE CARE/VISION SERVICES ............................. 13
FOOD .................................................................. 14
FUNERALS ....................................................... 17
HEALTH CARE SERVICES ................................. 18
HEARING .......................................................... 22
HOSPICE .......................................................... 22
HOSPITALS ....................................................... 22
HOUSING .......................................................... 23
HOUSING REPAIRS .......................................... 24
IMMIGRATION SERVICES ................................... 24
IN-HOME CARE/ HEALTH SERVICES .................... 25
INSURANCE ...................................................... 26
LEGAL ASSISTANCE ......................................... 26
LEGISLATION ..................................................... 27
LIVING WILL ..................................................... 27
LONG TERM CARE ............................................. 27
MEAL SITES ..................................................... 28
ETHNIC MEAL SITES .......................................... 30
MEDICAL AND MOBILITY EQUIPMENT ............... 31
MENTAL HEALTH/SUICIDE PREVENTION ............ 31
MINORITY SERVICES ......................................... 32
OUT-OF-PIERCE-COUNTY SERVICES ................. 32
SENIOR/COMMUNITY CENTERS ....................... 32
SENIOR LIVING COMMUNITIES ......................... 36
SOCIAL SECURITY ............................................. 37
SUPPORT GROUPS and ASSOCIATIONS .................. 37
TAX INFORMATION AND ASSISTANCE ................ 37
TRANSPORTATION ............................................. 38
TRIPS AND TOURS ............................................ 39
UTILITIES ASSISTANCE .................................... 39
VETERANS SERVICES ........................................ 40
VOLUNTEER OPPORTUNITIES ............................ 40

WHERE TO TURN
<table>
<thead>
<tr>
<th>Category</th>
<th>Advertised Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Homecare</strong></td>
<td>Advanced Health Care .......................................................................................... 21</td>
</tr>
<tr>
<td></td>
<td>All Ways Caring .................................................................................................. 11</td>
</tr>
<tr>
<td></td>
<td>Always Best Care .................................................................................................. 40</td>
</tr>
<tr>
<td></td>
<td>Catholic Community Services .................................................................................. 19</td>
</tr>
<tr>
<td></td>
<td>Family Resource Homecare ...................................................................................... 33</td>
</tr>
<tr>
<td></td>
<td>Good to Be Home Care ............................................................................................. 8</td>
</tr>
<tr>
<td><strong>Funeral planning</strong></td>
<td>ShareLife ............................................................................................................... 44</td>
</tr>
<tr>
<td><strong>Insurance</strong></td>
<td>Insuring WA .......................................................................................................... 28</td>
</tr>
<tr>
<td><strong>Senior living communities</strong></td>
<td>Kings Manor ............................................................................................................ 38</td>
</tr>
<tr>
<td></td>
<td>Merrill Gardens Wright Park ................................................................................... 16</td>
</tr>
<tr>
<td></td>
<td>Norpoint Communities ............................................................................................. 34</td>
</tr>
<tr>
<td><strong>Medical and Mobility Equipment</strong></td>
<td>MSHH Donor Closet .................................................................................................. 12</td>
</tr>
<tr>
<td><strong>Utilities assistance</strong></td>
<td>Pierce County Human Services .............................................................................. 2</td>
</tr>
<tr>
<td></td>
<td>Tacoma Public Utilities ........................................................................................... 43</td>
</tr>
<tr>
<td><strong>Lawyers / legal assistance</strong></td>
<td>Rehmke Andreve Elder Law ...................................................................................... 22</td>
</tr>
<tr>
<td></td>
<td>We the People law office ......................................................................................... 25</td>
</tr>
<tr>
<td><strong>Caregiver support</strong></td>
<td>Pierce County Human Services .............................................................................. 26</td>
</tr>
<tr>
<td><strong>Senior, dementia, and disability services</strong></td>
<td>Lutheran Community Services Northwest ............................................................... 6,36</td>
</tr>
<tr>
<td></td>
<td>Pierce County Aging and Disability Resources .................................................... 1,15</td>
</tr>
<tr>
<td><strong>Meals on wheels</strong></td>
<td>Lutheran Community Services Northwest ................................................................ 6,30</td>
</tr>
</tbody>
</table>
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. “The little yellow book,” as it’s come to be known, is distributed free of charge each year through LCSNW’s South Puget Sound office in Tacoma and in partnership with 200-plus community organizations and businesses.

For additional copies of Where To Turn, please contact Senior Media Services at 253-722-5687 or pjenkins@lcsnw.org
Lutheran Community Services Northwest (LCSNW) is a non-profit human services agency serving communities throughout Washington, Oregon and Idaho. The organization’s earliest roots date to 1921.

Its caring staff provides a wide variety of services to adults, adolescents, children, families, schools, businesses, congregations, neighborhoods and communities. LCSNW programs touch the lives of people of all ages, cultures and faiths.

The LCSNW programs include services that increase and maintain independence and well-being of seniors and the disabled. The services include Meals on Wheels, Senior Companion, Dementia Services, Senior Friends, Retired and Senior Volunteer Program (RSVP), Santa for Seniors, and Senior Media Services.

Home is where the HEART is
But sometimes you need a helping hand
Meals on Wheels
Senior Companion
Senior Scene/Where to Turn
Dementia Services
Retired Senior Volunteer

253-272-8433
www.lcsnw.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 ................. 253-591-5045
Disabled American
Veterans ......................... 253-472-4680

- DSHS COMPLAINT HOTLINES:
  Adult Protective Service .... 877-734-6277
  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

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

Where to turn
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
Nationwide Suicide and Crisis ........ 9-8-8
Sexual Assault Center of Pierce
County ........ 253-597-6424, 800-756-7273
WAFHome (KWA) .............. 253-359-0470
Washington Listens ............. 833-681-0211

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.
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

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
MultiCare 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
DISABILITY-RELATED SERVICES, continued

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

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.

Serving all of Pierce County:
Fircrest: 253-272-2675
AllWaysCaring.com
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

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

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
DOMESTIC VIOLENCE PREVENTION, cont.

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

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

POWER UP: For help paying utility bills, see the Utilities / Energy Assistance listings in Where to Turn.
**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 ........................................ 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
  - Spanaway (Nourish) .......... 253-383-1817
  - Steilacoom .................. 253-581-1076
  - SE Asian Diets ................ 253-472-7264
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
Merrill Gardens at Wright Park is located in the Stadium District neighborhood, providing sweeping views of Mount Rainier and Commencement Bay. With spacious apartments, stunning common areas, and a variety of amenities, Merrill Gardens is a wonderful place to call home.
**FOOD, continued**

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

**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
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- 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

Visit us on the web at www.ccsww.org

Please call for a free in-home evaluation:

1-877-870-1582
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
  Gig Harbor 253-530-2955
  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
Iora Primary Care 206-518-9058
MultiCare Health System 800-342-9919
**HEALTHCARE SERVICES, continued**

**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

---

**SCREENED, TRAINED & SUPERVISED CAREGIVERS TO ASSIST YOU AT HOME**

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

**CALL US TODAY to discuss your in-home care options**

**253.475.7744**

**www.advanced-healthcare.com**

**LOCALLY OWNED & TRUSTED Since 1984**
HEARING
Hearing, Speech and Deafness Center
South Sound .............................. 253-475-0782

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

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

St. Elizabeth ...................... 360-802-8800
St. Joseph Medical ............. 253-426-4101
St. Francis ....................... 253-944-8100
Tacoma General ................. 253-403-1000

HOUSING

• COMPLAINTS/DISCRIMINATION
  City of Tacoma .................. 253-591-5151

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

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

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

• LOW INCOME HOUSING
  International Place (KWA) .... 253-475-6861
  Pacific Villa (KWA) .......... 253-538-9387
  Pierce County ADR .......... 253-798-4600
  Pierce County Housing Authority .... 253-620-5400
  Pierce County Community Action .... 253-798-7240
  SHAG ............................ 888-450-7424
  Shared Housing Services ...... 253-272-1532
  Tacoma Housing Authority .... 253-207-4400
  The Orchard (KWA) ............ 253-843-0384

• RENTAL ASSISTANCE
  Pierce County Human Services/
  City of Tacoma ................ 211

• 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
Metropolitan Development Council weatherization .............. 253-591-2336
Need-A-Break ...................... 253-284-4282
Pierce County Community Action ........................................ 253-798-7240
Paint Tacoma Beautiful (Associated Ministries) .................. 253-579-3970
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
Tacoma Community House .............................................. 253-383-3951
U.S. Immigration & Naturalization Services ...................... 800-375-5283

CENTERS OF ATTENTION: Spana-Park Senior Center is among the many hubs of activities, services and socializing for older adults. For a list, see the Senior and Community Centers listings in Where to Turn.
## IN-HOME CARE/HEALTH SERVICES

<table>
<thead>
<tr>
<th>Business</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced Health Care</td>
<td>253-475-7744</td>
</tr>
<tr>
<td>Aging and Disability Services</td>
<td>253-476-7200, 800-442-5129</td>
</tr>
<tr>
<td>All Ways Caring</td>
<td>253-272-2675</td>
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<tr>
<td>Always Best Care</td>
<td>253-534-9596</td>
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<tr>
<td>Catholic Community Services</td>
<td>253-383-3697</td>
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<tr>
<td>Family Resource</td>
<td>253-761-8019</td>
</tr>
<tr>
<td>Good To Be Home Care</td>
<td>253-588-4344, 866-588-4344</td>
</tr>
<tr>
<td>Aging and Disability Services</td>
<td>253-535-4202</td>
</tr>
<tr>
<td>Volunteer Chore Services – CCS</td>
<td>253-502-2741</td>
</tr>
<tr>
<td>MultiCare Home Health &amp; Hospice</td>
<td>253-301-6400</td>
</tr>
<tr>
<td>Providence Sound HomeCare &amp; Hospice</td>
<td>800-869-7062</td>
</tr>
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### NEED A WILL?

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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<tbody>
<tr>
<td>Last Will and Testament</td>
<td>$179.00</td>
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<tr>
<td>Community Property Agreement</td>
<td>$99.00</td>
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<tr>
<td>Durable Power of Attorney</td>
<td>$99.00</td>
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<tr>
<td>Living Will (Terminal Condition)</td>
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### NEED A TRUST?

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Living Trust</td>
<td>$795.00</td>
</tr>
</tbody>
</table>

### OTHER AREAS

- Uncontested Divorce
- Real Estate Deeds
- Probate
- Notary

---

**We The People, P.S.**

ERNEST B. CHAPPEL  Attorney At Law  MONDAY - FRIDAY
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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

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

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
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

DRIVE SAFELY: AARP offers classes for older drivers to help them keep their driving skills sharp and be safe on the roads. To start signing up, see the Driving Improvement category.
<table>
<thead>
<tr>
<th>MEAL SITES</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beacon Activity Center ..................</td>
<td>253-591-5083</td>
</tr>
<tr>
<td>415 S 13th St., Tacoma</td>
<td></td>
</tr>
<tr>
<td>Bonney Lake Senior Center</td>
<td>253-863-7658</td>
</tr>
<tr>
<td>19304 Bonney Lake Blvd.</td>
<td></td>
</tr>
<tr>
<td>Buckley Senior Center</td>
<td>360-829-0190</td>
</tr>
<tr>
<td>811 Main St.</td>
<td></td>
</tr>
<tr>
<td>Community Christian Assembly Food Bank</td>
<td>253-537-4010</td>
</tr>
<tr>
<td>10401 19th Ave. Ct. E., Tacoma</td>
<td></td>
</tr>
<tr>
<td>Eastside Community Center</td>
<td>253-404-3990</td>
</tr>
<tr>
<td>1721 E. 56th St., Tacoma</td>
<td></td>
</tr>
<tr>
<td>Buckley Senior Center</td>
<td>360-832-6805, 305 W. Center St.</td>
</tr>
<tr>
<td>Eatonville Community Center</td>
<td>253-922-0900, 2111 54th Ave. E.</td>
</tr>
<tr>
<td>Gig Harbor Senior</td>
<td>253-514-6338</td>
</tr>
<tr>
<td>6509 38th Ave. NW.</td>
<td></td>
</tr>
<tr>
<td>Good Shepherd Lutheran Church</td>
<td>253-473-4848</td>
</tr>
<tr>
<td>140 E. 56th St., Tacoma</td>
<td></td>
</tr>
<tr>
<td>Hospitality Kitchen</td>
<td>253-502-2695</td>
</tr>
<tr>
<td>1323 S. Yakima, Tacoma</td>
<td></td>
</tr>
<tr>
<td>Key Peninsula Community Service</td>
<td>253-884-4440</td>
</tr>
<tr>
<td>10715 9th St Ct. KPN, Lakebay</td>
<td></td>
</tr>
<tr>
<td>Korean Women's Association</td>
<td>253-535-4202</td>
</tr>
<tr>
<td>123 East 96th St., Tacoma</td>
<td></td>
</tr>
</tbody>
</table>

**MEDICARE ON YOUR MIND?**

I’VE HELPED THOUSANDS OF CLIENTS DETERMINE THE BEST COVERAGE FOR THEIR INDIVIDUAL NEEDS!

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Email: Matt@InsuringWashington.com

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MEAL SITES, continued

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

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

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

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

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

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

Point Defiance-Ruston Senior Center ... 253-756-0601, 4716 N. Baltimore

Puyallup Activity Center .................. 253-841-5555
210 W. Pioneer

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

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

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

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

Tacoma Rescue Mission ...... 253-383-4493
425 South Tacoma Way

Tillicum/American Lake Gardens Community Service Center ...... 253-584-1280
14916 Washington Ave. SW., Tillicum

Trinity Lutheran Church ...... 253-537-0201
12115 Park Ave. S., Parkland

University Place Senior Community Center .................. 253-564-1992
2534 Grandview Dr. W.
### ETHNIC MEAL SITES

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Contact Information</th>
<th>Address</th>
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<tbody>
<tr>
<td>African American</td>
<td>253-502-2723</td>
<td>1323 S. Yakima, Tacoma</td>
</tr>
<tr>
<td>Asian/Pacific</td>
<td>253-535-4202</td>
<td>123 E. 96th St., Tacoma</td>
</tr>
<tr>
<td>Hispanic</td>
<td>253-591-5080</td>
<td>Lighthouse Activity Center, 5016 S. A St., Tacoma</td>
</tr>
<tr>
<td>Indochinese</td>
<td>253-473-5666</td>
<td>KWA Indochinese Cultural Services Center, 1427 E. 40th St., Tacoma</td>
</tr>
<tr>
<td>Japanese</td>
<td>253-584-1280</td>
<td>Tillicum/American Lake Gardens Community Center, 14916 SW. Washington, Tillicum</td>
</tr>
<tr>
<td>Puyallup Tribal Elders Intertribal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Native American</td>
<td>253-680-5480</td>
<td>1650 E. 30th St., Tacoma</td>
</tr>
</tbody>
</table>

---

**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 for anyone in Pierce County who is unable to shop or prepare meals for themselves. This includes seniors, people with disabilities, and people recovering from surgery or illness.

[Email us](mailto:measonwheels@lcsnw.org) or call **253-722-5684** to learn more about the program.
MEDICAL AND MOBILITY EQUIPMENT
MSHH Donor Closet .......... 253-327-1033

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

WHERE TO TURN
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/Lao) ......................... 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

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

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.
SENIOR AND COMMUNITY CENTERS, con’t

Buckley Senior Center .......... 360-829-0190
811 Main St.

Celebrate Seniority .......... 253-697-7385
1004 E. Main, Puyallup

Eatonville Family Agency ........................................ 360-832-6805
305 W. Center St., Eatonville

Enumclaw Senior Activity Center .......... 360-825-4741, 1350 Cole St.

Federal Way Community Center ........................................ 253-835-6900
876 S. 333rd St., Federal Way

Federal Way Senior Center ........................................ 253-838-3604
4016 S. 352nd St., Auburn

Fife Community Center ........................................ 253-922-0900
2111 54th Ave E.


Where to turn

Family resource home care

Personalized home care to support safety, comfort and independence.

Seattle & S. Snohomish County 206.545.1092
Bellevue & Eastside 425.455.2004
Tacoma & Pierce County 253.761.8019
Snohomish & Skagit County 425.361.0044
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
10205 E. 44th Ave. E., Tacoma

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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
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
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

King’s Manor ..................... 253-617-0378
Merrill Gardens
Wright Park ......................... 253-292-3867
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

Participants Welcome!

Art & Music Classes
Opening Minds through Art (OMA) and Music and Memories classes give people living with dementia and other cognitive challenges the opportunity to freely express themselves artistically and musically. Come join us for free!
  • No art or music experience needed
  • We have multiple locations and times available.
  • Encourage participation by joining along to have fun with art and music

For more information or to register, please contact us:
Phone: 253-272-8433
Email: dementia_services@lcsnw.org

dementiafriendlypc.org
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 Center 253-697-4899
Good Samaritan Widow/Widower 253-697-4899
Diabetes Association 253-272-5134
Franciscan Health Systems Support Groups 888-825-3227
Northwest Parkinson’s Foundation 206-748-9481
Pierce County Aging and Disability Resources 253-798-4600, 800-562-0332
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
Paratransit Services ............ 800-925-5438
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

Family-focused assisted living in the scenic South Sound

Faith-based, Non-profit
24-hour caregivers and long-term team members
Robust activities and scheduled transportation

Learn more!
(253) 235-3825

Kings Manor
Senior Living Community
8609 Portland Ave E | Tacoma, WA 98445
www.kingsmanorslc.com
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

HOME REPAIRS: Volunteers with Rebuilding Together South Sound tackle home-repair and improvement projects for elderly and disabled residents. See the Housing Repairs category of Where to Turn for contact information.
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
WA Department of Veterans Affairs ........................ 800-562-2308

VOLUNTEER OPPORTUNITIES

AARP .......................... 888-227-7669
Celebrate Seniority ........ 253-697-7385
Foster Grandparents ......... 253-502-2743

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

Always Best Care
senior services

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.

10324 Canyon Rd. E., suite 2 253-534-9596
Puyallup, WA 98373
pnatsiopoulos@abc-seniors.com AlwaysBestCareTacoma.com

Where to turn
Volunteer Opportunities, con’t.

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
MultiCare Hospice Volunteer ......................... 253-301-6100

Multi-cultural: Korean Women’s Association representatives like these provide multi-cultural, multi-lingual services to older adults and other community members. KWA is listed in several Where to Turn categories, including In-home Care, Adult Day Care, and Minority Services.
VOLUNTEER OPPORTUNITIES, con’t.
Retired and Senior Volunteer Program (RSVP) .................. 253-722-5695
Senior Companion ....................... 253-722-5686
Senior Friends ......................... 253-722-5691
Senior Media Services (Senior Scene newspaper delivery)............. 253-722-5687
Service Corps of Retired Executives (SCORE) ............ 253-680-7770
St. Anthony Hospital .............. 253-530-2146
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

GETTING AROUND: Need a ride? A variety of options are listed in the Transportation category of Where to Turn.
Get help with your utility bills

Paying your utility bills can have its challenges when finances become limited. We offer programs and services to help make paying your utility bills more manageable.

Get a Discount

You might qualify for a 35% discount on your utility bill. You must meet all of these criteria:

- You’re 62 or older or a disabled adult receiving qualifying disability income
- You live in the home full time
- You are the head of household, with the utility account in your name
- Your monthly household income is not more than:
  - 1 person: $2,666
  - 2 people: $3,045
  - 3 people: $3,428

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

Save Money and Energy

You can lower your bill with home upgrades that use electricity more efficiently. Save with an improved heating or cooling system, water heater, insulation, windows, ducting and more.

Upgrading is easy and more affordable with:

- Rebates that give you instant money back.
- Loans with 0% interest for 7 years, and low monthly payments.
- Deferred loans with no monthly payments, repay when your home changes ownership.

Loans will allow you to make upgrades now while paying for them over time while you save money on your bills.

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

To be eligible for utility discount rates, loans or rebates, you must meet all required eligibility criteria. Program requirements listed in full at MyTPU.org. You must meet all of the qualifications above, and some additional criteria may apply. Your project(s) must be pre-approved, and meet eligibility criteria and program requirements. Programs are subject to change at any time.
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