

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**

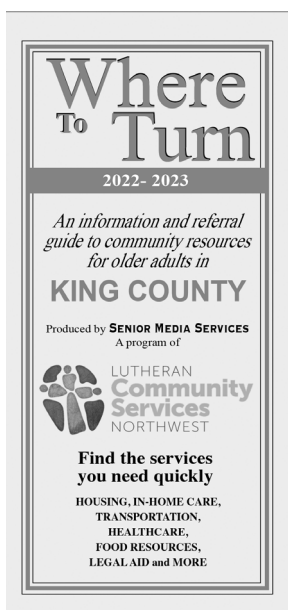
**HOUSING, IN-HOME CARE,
TRANSPORTATION,
HEALTHCARE,
FOOD RESOURCES,
LEGAL AID and MORE**

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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



LUTHERAN
**Community
Services**
NORTHWEST

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.



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
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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.

CASE MANAGEMENT

Asian Counseling and Referral Service	206-695-7595
Chinese Information and Service Center	206-624-5633
King County Area Agency on Aging	206-684-0660
Kin On Caregiver	206-652-2330
Washington Masonic Charities/ Masonic Outreach Services	844-288-3531
Valley Cities	253-833-7444

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**

Algona-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

FOOD, continued

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

Multicare 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-Algona	253-929-1150
Renton	425-254-1128
SeaTac	206-973-4680
South Park	206-684-7451
Tukwila	206-768-2822

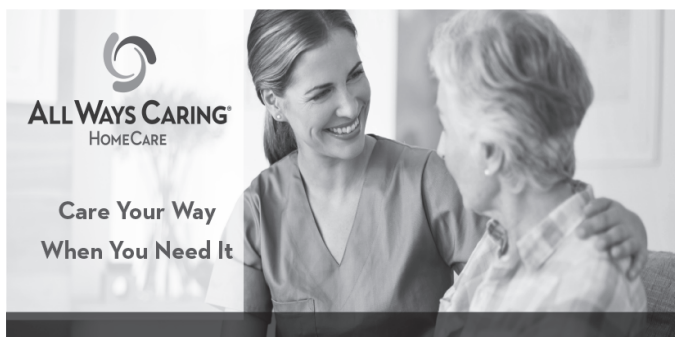
SOCIAL SECURITY

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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Renton 425-271-0614 . Federal Way 253-839-3700**

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
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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



SHELVES AT FOOD BANKS in virtually every King County community are stocked for people who need the help. Check out the Food category of Where to Turn for a list of food banks.

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.



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Sumner • Puyallup

Curnow Funeral Home & Cremation Services
(253) 863-2800 CurnowFuneralHome.com

