

# Where To Turn

2023- 2024

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**



# Get the caregiving support you need, when you need it.

At AARP Family Caregiving, we're here to help you get answers, connect with other caregivers and find local resources close to home. So you can take care of what matters most. **To learn more, visit [aarp.org/caregiverswa](https://aarp.org/caregiverswa)**

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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](mailto: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  
206-694-5700**



**Where to Turn  
and Senior Scene  
253-722-5687**

*[www.lcsnw.org](http://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](http://www.seniorscene.org). For more information, contact us at 253-722-5687, [pjenkins@lcsnw.org](mailto:pjenkins@lcsnw.org), or Senior Media Services/LCSNW,



**The Hyde Shuttle** is a door-to-door van service for older adults and adults with disabilities. Numbers to call about that and other transportation options are in the Transportation section of Where to Turn.



❖ one medical seniors

## Join us for an upcoming event!

One Medical Seniors is a doctor's office designed for those on Medicare.

We believe in building strong relationships with our patients and the local community to help keep our community healthy and connected.

**Our teams host a variety of community events throughout the year that focus on:**

- Medicare knowledge and education
- Health and exercise
- Technology for older adults
- Hobbies and interests

To learn more about our events, scan the QR Code or call 206-590-4030



## ADVOCACY/ COMPLAINTS

### Aging & Disability

Services .....	206-684-0660
Better Business Bureau ..	206-431-2222
King County licensing .....	206-296-2710
Disabled American Vets ...	877-426-2838
Adult Protective Service ...	877-734-6277
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

## 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
Valley Cities .....	253-833-7444



# CRIME and FRAUD PREVENTION

AARP Fraud Watch Network  
Helpline ..... 877-908-3360  
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 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 ..... 206-436-2975



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Errands



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**253-874-1435**

[www.advanced-healthcare.com](http://www.advanced-healthcare.com)

## 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  
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 Driver Safety ..... 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



**DENTAL HELP:** 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](http://skcds.org) and 877-861-6028.

## 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

Enumclaw Kiwanis

Food Bank ..... 360-825-6188

Federal Way Food Bank ... 253-838-6810

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 County 425.361.0044

Skagit County 425.386.1156

## ***FOOD, continued***

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 .....	360-825-4741
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

## HEALTHCARE SERVICES

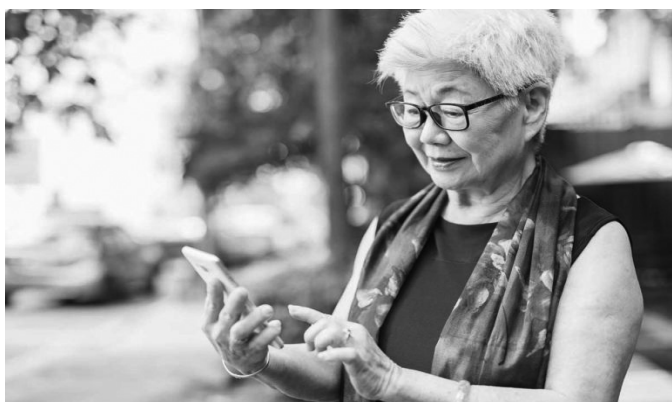
Seattle-King County Public  
Health ..... 800-325-6165  
Kin On Healthcare ..... 206-721-3630  
Franciscan Health  
System ..... 888-825-3227  
HealthPoint ..... 425-277-1311  
One Medical ..... 206-590-4030

## HEALTH INSURANCE / MEDICARE

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

## HEARING

Hearing, Speech and Deafness  
Center ..... 206-323-5770



**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.

## 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
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## 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 .....	206-816-3253
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

## **IN-HOME CARE**

Advanced Health Care ....	253-874-1435
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
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



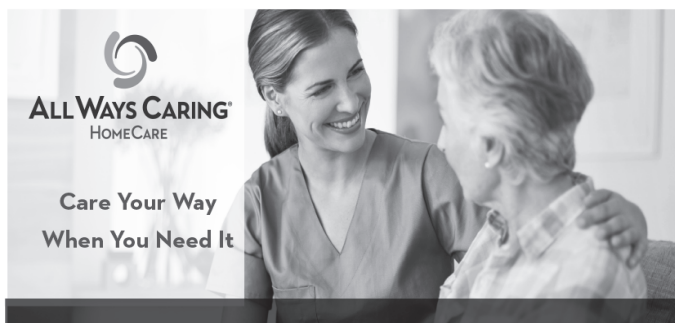
**AARP's Driver Safety classes** are one way that older adults can brush up on their behind-the-wheel skills and maybe earn a discount on auto insurance. See the Driving Education category of Where to Turn.

## SUPPORT GROUPS

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

## TAX HELP / INFORMATION

AARP Foundation  
Tax-Aide ..... 888-227-7669  
Volunteer Income Tax  
Assistance ..... 800-906-9887  
IRS ..... 800-829-1040  
King County assessor .. 206-296-7300



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**N. Seattle 206-368-7667 . Bellevue 425-289-1257  
Renton 425-271-0614 . Federal Way 253-839-3700**

**AllWaysCaring.com**

## 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

City of Seattle .....	206-684-0268
Hopelink (east county) ...	425-658-2592
Multi-Service Center (south county) .....	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
Vet Center (VA) .....	253-838-3090
WA Veterans Affairs .....	800-562-2308
• <b>American Legion</b>	
Kent .....	253-859-9905
Renton .....	425-271-1439
Auburn .....	253-939-5789
• <b>Veterans of Foreign Wars</b>	
Kent-Meridian Post .....	206-650-8329
Post 1741, Auburn .....	253-293-5839



ShareLife®

# 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](http://EdwardsMemorial.com)

## Auburn • Kent

**Klontz Funeral Home & Cremation Services**  
(253) 833-1322 [KlontzFuneralHome.com](http://KlontzFuneralHome.com)

## Sumner • Puyallup

**Curnow Funeral Home & Cremation Services**  
(253) 863-2800 [CurnowFuneralHome.com](http://CurnowFuneralHome.com)