

# Where To Turn

**2023 - 2024**

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](http://www.PierceADRC.org)**

Paid Advertisement



# 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)**

 [facebook.com/AARPWA](https://facebook.com/AARPWA)

 [@AARPWA](https://twitter.com/AARPWA)



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### Caregiver support

AARP Washington

Pierce County Human Services

### Dementia activities

Lutheran Community Services Northwest

### Energy assistance

Pierce County Human Services

Tacoma Public Utilities

### Funeral Planning

Share Life

### Healthcare

One Medical Seniors

### Homecare

Advanced Health Care

Always Best Care

All Ways Caring

Family Resource Homecare

Good to Be Home Care

### Human services

Lutheran Community Services Northwest

### Insurance / Medicare

Insuring WA

Savvy Senior Strategies

SHIBA

### Lawyers / legal assistance

Rehmke Andreve Elder Law

We the People law office

### Medical and Mobility Equipment

MSHH Donor Closet

### Senior Living Communities

Cascade Communities

Merrill Gardens Tacoma

Norpoint Communities

### Volunteering

RSVP

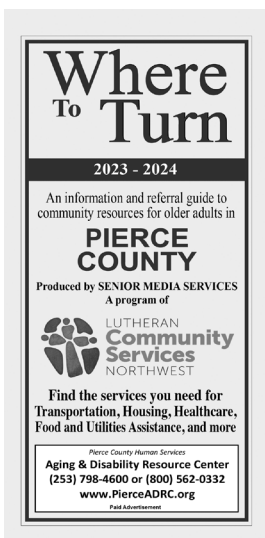
## FIND IT IN WHERE TO TURN

**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

## ABOUT LUTHERAN COMMUNITY SERVICES NORTHWEST

Lutheran Community Services Northwest (LCSNW) is a non-profit human services agency serving communities throughout Washington, Oregon and Idaho. The organization's earliest roots date to 1921.

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

The LCSNW programs include services that increase and maintain independence and well-being of seniors and the disabled. The services include 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 Activities**



**Retired Senior Volunteer**



LUTHERAN  
**Community  
Services**  
NORTHWEST

**253-272-8433**  
[www.lcsnw.org](http://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

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living community with  
a guarantee to match

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**Independent Living • Assisted Living • Memory Care**

**ADVOCACY & COMPLAINTS, continued**

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

**WASHINGTON:**

Atty General ..... 800-551-4636

..... 253-593-2904

**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.
- Have fun with art and music.
- Classes are offered in multiple locations and various times are available.



**For more information or to register, contact us:**

Phone: 253-272-8433

Email: [dementiaactivities@lcsnw.org](mailto:dementiaactivities@lcsnw.org)



**lcsnw.org**



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](http://www.goodtobehomecare.com)

In-Home Care Services

# CRIME AND FRAUD PREVENTION

AARP Fraud Watch Network

Helpline..... 877-908-3360

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

## DEMENTIA CARE / SERVICES

Alzheimer's Association

.....800-272-3900 or 206-363-5500

Family Caregiver Support

Program ..... 253-798-4600

Lutheran Community Services

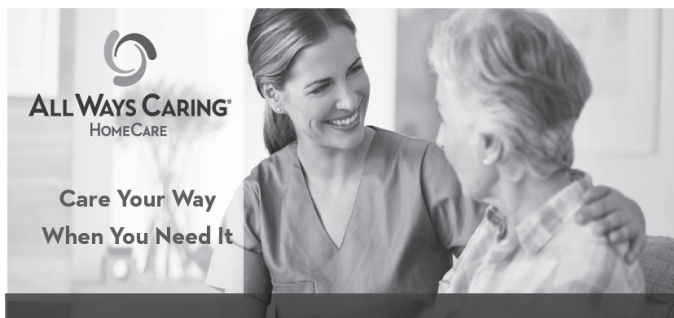
Northwest ..... 253-272-8433

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



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.

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The All Ways Caring difference is our people. Our team has a special combination of heart skills and clinical skills.

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**AllWaysCaring.com**

# DISABILITY-RELATED SERVICES

Center for Independence .....	253-582-1253
Department of Services for the Blind .....	253-597-4417
Disabled American Veterans .....	253-472-4680
Hearing Loss Association of Tacoma .....	253-851-6183
PC2 .....	253-564-0707
Pierce County Aging and Disability Resources .....	253-798-4600
Pierce County Coalition for Developmental Disabilities .....	253-564-0707
Northwest Access Fund .....	206-328-5116
Northwest ADA Center .....	800-949-4232
Tacoma Area Coalition of Individuals with Disabilities (TACID)	
V/TDD: .....	253-565-9000
TTY: .....	253-565-3486

## 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

WA Talking Book & Braille  
Library ..... 206-615-0400, 800-542-0866  
WA TBI Resource  
Coordination ..... 253-572-0383  
WA TDD Relay Services ..... 711

## DISASTER/EMERGENCY SERVICES

American Red Cross ..... 253-474-0400  
BePreparedWA ..... 253-592-1720  
Federal Emergency Management  
Administration (FEMA) ..... 800-525-0321  
Salvation Army ..... 253-572-8452

## DOMESTIC VIOLENCE PREVENTION

Family Renewal  
Shelter ..... 253-475-9010, 888-550-3915  
Joint Base Lewis-McChord  
Safeline ..... 253-966-7233  
National Domestic Violence  
Hotline ..... 800-799-7233  
Pierce County Domestic  
Violence ..... 253-798-4166, 800-764-2420  
TDD: ..... 253-798-4620  
Washington State Domestic  
Violence Hotline ..... 800-562-6025  
We Are Family (KWA) ..... 253-535-4202  
YWCA Women's Shelter ..... 253-272-4181



### Questions about Medicare?

*Talk to a real person for FREE, UNBIASED help*

Call us for assistance over the phone or  
in-person one-on-one counseling

**Local: 253-212-3519**

**OIC: 1-800-562-6900**

*Statewide Health Insurance  
Benefits Advisors (SHIBA)*



OFFICE of the  
**INSURANCE  
COMMISSIONER**  
WASHINGTON STATE

## DRIVING CLASSES

AARP Driver Safety..... 888-227-7669

## EDUCATION

Franke Tobey Jones ..... 253-752-6621

Tacoma Community House

(GED prep & ESL).... 253-383-3951

Tacoma Area Literacy

Council ..... 253-272-2471

## EMPLOYMENT

Senior Community Service Employment

Program ..... 253-573-6759, 253-573-6500

## EYE CARE / VISION SERVICES

Eye Care America ..... 877-887-6327

Franciscan Eye Care ..... 253-274-7503

Hope Vision Foundation ..... 833-228-5501

## FOOD

### • FOOD BANKS:

Allen Food Pantry ..... 253-627-6855

BASH..... 253-531-9600

Bread of Life at

Lake City ..... 253-582-2515

Buckley (Kiwanis) ..... 253-266-7309

Community Christian

Assembly ..... 253-537-4010

Eatonville Family

Agency ..... 360-832-6805

Eatonville Living Word Assembly

of God ..... 360-832-4220

Eloise Cooking Pot ..... 253-426-1994

Emmanuel Food Pantry ..... 253-863-3655

### **Nourish Pierce County Food Banks**

Information ..... 253-383-3164

Edgewood ..... 253-826-4654

Graham ..... 253-846-3805

# 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](mailto:ADRC@PierceCountyWA.gov)

[www.PierceADRC.org](http://www.PierceADRC.org)



**Pierce County**  
Human Services

❖ 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





## **FOOD**, *continued*

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) .....	253-846-3805
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
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

## **FOOD, continued**

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 ..... 253-200-9767

Auburn-Kent, Klontz Funeral Home and

Cremation Services ..... 253-200-1515

## **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

# Cascade



## SENIOR LIVING SERVICES

**Your affordable senior living is found  
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**4 locations in Tacoma**

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TACOMA, WA 98406

**CASCADE PARK  
GARDENS MEMORY CARE**  
4347 S UNION AVE  
TACOMA, WA 98409

**CASCADE PARK VISTA**  
242 ST HELENS AVE  
TACOMA, WA 98402

**PEOPLES SENIOR LIVING**  
1720 67TH ST  
TACOMA, WA 98404

**We are creating remarkable communities!**

**Inquire at 253-242-6406  
or [info@cascadecares.com](mailto:info@cascadecares.com)**

- **Peoples Senior Living:** private pay assisted living and memory care
- **Cascade Park Adult Day Health:** Monday-Friday therapies offered in 4-hour group sessions including a Veterans program
- **Cascade Park Vista:** Medicaid + Private pay assisted living
- **6th Ave Senior Living:** Medicaid mental health assisted living
- **Cascade Park Gardens:** behavioral health dementia care

**Learn more at [www.cascadecares.com](http://www.cascadecares.com)**

**Creating Remarkable Communities  
and Fulfilling Workplaces.**

**HEALTHCARE SERVICES, continued**

St. Anthony Sleep Disorders Center.....	253-853-2999
St. Clare Sleep Disorders Center .....	253-985-6951
Therapy Services .....	253-426-4400
<b>Medical Group</b>	
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 .....	253-853-8845
Tacoma .....	253-274-7504
Franciscan Medical Clinic	
Spanaway .....	253-538-4660
Franciscan Prompt Care - Canyon Road .....	253-539-4200
Franciscan Urology Associates	
Gig Harbor .....	253-858-9192
Lakewood .....	253-985-6134
Franciscan Weight Loss Surgery Clinic - Gig Harbor .....	253-530-2940
Franciscan Women’s Health	
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

**One Medical Seniors** ..... 206-590-4030



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Housekeeping/Meals

Bathing

Memory Care

Mobility/Transfers

Medication Assistance

Grocery Shopping/Errands



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

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## HEALTHCARE SERVICES, *continued*

**MultiCare Health System ... 800-342-9919**

### **MultiCare Outpatient Therapy**

Gig Harbor Medical ..... 253-530-8122

Good Samaritan ..... 253-697-7900

Puyallup Clinic ..... 253-697-2340

Sumner YMCA Clinic ..... 253-891-7490

Tacoma Clinic ..... 253-459-6999

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 ..... 253-680-5482

VA Puget Sound Health Care System

American Lake ..... 253-582-8440



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#### **Areas of Practice**

- |                       |                          |
|-----------------------|--------------------------|
| • Probate             | • Medicaid Planning for: |
| • Power of Attorney   | ○ Nursing Homes          |
| • Estate Planning     | ○ In Home Care           |
| • Wills/Trust         | • Elder Abuse            |
| • Advanced Directives | • Guardianships          |

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

# HOUSING

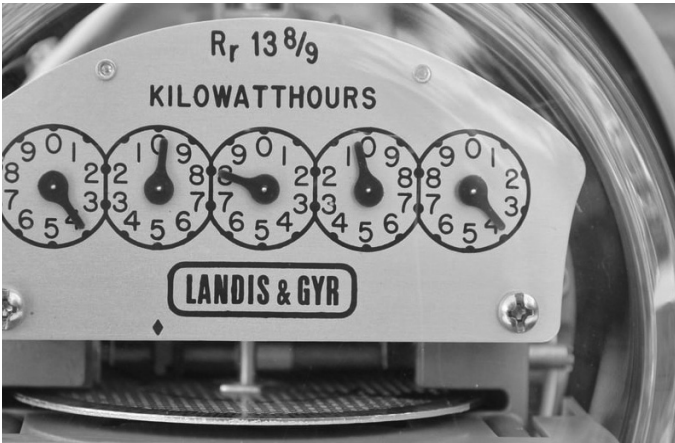
- **COMPLAINTS/DISCRIMINATION**  
City of Tacoma .....253-591-5151
- **DOWN PAYMENT ASSISTANCE**  
City of Tacoma..... 253-591-5230
- **FURNISHINGS**  
St. Vincent DePaul..... 253-474-0519  
Need-A-Break ..... 253-353-7056
- **LANDLORD - TENANT ISSUES**  
Housing Justice Project .... 253-572-5134  
Northwest 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

**HOUSING, continued**

- Pierce County Community Action ..... 253-798-7240
- SHAG ..... 888-450-7424
- Shared Housing Services ..... 253-383-3056
- Tacoma Housing Authority ..... 253-207-4400
- The Orchard (KWA) ..... 253-686-1899
- **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 ..... 253-593-2336
- Need-A-Break ..... 253-284-4282
- Pierce County Community Action ..... 253-798-7240



**POWER UP:** For help paying utility bills, see the Utilities / Energy Assistance listings in Where to Turn



Paint Tacoma Beautiful (Associated  
Ministries) ..... 253-921-7466  
Rebuilding Together  
South Sound ..... 253-238-0977  
Rural Development ..... 360-704-7760  
Tacoma Home  
Rehabilitation ..... 253-591-5667  
Tacoma-Pierce County Habitat  
for Humanity ..... 253-627-5626

## IMMIGRATION and REFUGEE SERVICES

Lutheran Community Services NW Refugee  
Resettlement ..... 253-272-8433  
Northwest Immigration Rights  
Project ..... 253-383-0519  
Tacoma Community  
House ..... 253-383-3951  
U.S. Immigration & Naturalization  
Services ..... 800-375-5283

### NEED A WILL?

Last Will and Testament .....\$199<sup>00</sup>  
Community Property Agreement .....\$119<sup>00</sup>  
Durable Power of Attorney .....\$119<sup>00</sup>  
Living Will (Terminal Condition) .....\$99<sup>00</sup>

### NEED A TRUST?

#### AVOID PROBATE

Living Trust ..... \$895<sup>00</sup>

### OTHER AREAS

Uncontested Divorce • Real Estate Deeds  
Probate • Notary

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# IN-HOME CARE/ HEALTH SERVICES

Advanced Health Care .....	253-475-7744
Aging and Disability Services .....	253-476-7200, 800-442-5129
All Ways Caring .....	253-272-2675
Always Best Care .....	253-534-9596
Catholic Community Services .....	253-383-3697
Family Resource Home Care .....	253-761-8019
Good To Be Home Care .....	253-588-4344
Korean Women's Association .....	253-535-4202
Volunteer Chore Services – CCS .....	253-502-2741
MultiCare Home Health & Hospice .....	253-301-6400
Providence Sound HomeCare & Hospice.....	800-869-7062

## Pierce County Family Caregiver Support Program

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

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

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



**Pierce County**  
Human Services

# INSURANCE / MEDICARE

DSHS Community Service	
Office .....	877-501-2233
Insuring Washington .....	253-904-8982
Medicare .....	800-MEDICARE
Savvy Senior Strategies .....	360-791-1570
SHIBA Helpline .....	253-212-3519
.....	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



**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.

## LEGISLATION / STATE

Senior Citizens Lobby ..... 360-754-0207  
Washington State Legislative  
Hotline ..... 800-562-6000

## LIVING WILL

Pierce County Medical  
Society ..... 253-572-3667  
Washington State Access to Justice Network  
CLEAR Senior ..... 888-387-7111

## LONG-TERM CARE

Community Living  
Connections ..... 855-567-0252  
Pierce County Aging and Disability  
Resources (information only) .. 253-798-4600  
Pierce County Long-Term Care  
Ombudsman ..... 253-798-3789

## MEAL SITES

**Beacon Activity Center** ..... 253-591-5083  
415 S 13th St., Tacoma  
**Bonney Lake Senior  
Center**..... 253-863-7658  
19304 Bonney Lake Blvd.  
**Buckley Senior Center** ..... 360-829-0190  
811 Main St.  
**Community Christian Assembly Food  
Bank** ..... 253-537-4010  
10401 19th Ave. Ct. E., Tacoma



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WASHINGTON

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Johnson today!

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Email: [Matt@InsuringWashington.com](mailto:Matt@InsuringWashington.com)

**Eastside Community Center** .. 253-404-3990  
1721 E. 56th St., Tacoma

**Eatonville Community Center**.. 360-832-6805, 305 W. Center St.

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

**Gig Harbor Senior** ..... 253-514-6338  
6509 38<sup>th</sup> Ave. NW.

**Good Shepherd Lutheran Church** ..... 253-473-4848  
140 E. 56th St., Tacoma

**Hospitality Kitchen** ..... 253-502-2695  
1323 S. Yakima, Tacoma

**Key Peninsula Community Service** ..... 253-884-4440  
10715 9th St Ct. KPN, Lakebay

**Korean Women's Association** ..... 253-535-4202  
123 East 96th St., Tacoma

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

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

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

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

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

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

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

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

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

**MEAL SITES, continued**

- 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.

**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  
[mealsonwheels@lcsnw.org](mailto:mealsonwheels@lcsnw.org)  
or call 253-722-5684 to learn more about the program.

## ETHNIC MEAL SITES

<b>African American</b> .....	253-502-2723
1323 S. Yakima, Tacoma	
<b>Asian/Pacific</b> .....	253-535-4202
123 E. 96th St., Tacoma	
<b>Indochinese</b> .....	253-473-5666
KWA Indochinese Cultural Services Center, 1427 E. 40th St., Tacoma	
<b>Japanese</b> .....	253-584-1280
Tillicum/American Lake Gardens Community Center, 14916 SW. Washington, Tillicum	
<b>Puyallup Tribal Elders Intertribal Native American</b> .....	253-680-5480
1650 E. 30th St., Tacoma	

## 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 / SUICIDE PREVENTION, cont...***

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

## **MINORITY SERVICES**

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

<b>Beacon Senior Center</b> .....	253-301-3369
415 S. 13th St., Tacoma	
<b>Bonney Lake Seniors</b> .....	253-863-7658
19304 Bonney Lake Blvd.	
<b>Buckley Senior Center</b> .....	360-829-0190
811 Main St.	
<b>Celebrate Seniority</b> .....	253-697-7385
1004 E. Main, Puyallup	



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

**SENIOR AND COMMUNITY CENTERS, *con't***

- Eatonville Family Agency** ..... 360-832-6805  
305 W. Center St., Eatonville
- Enumclaw Senior Activity Center**.....360-825-4741, 1350 Cole St.
- Federal Way Community Center**..... 253-835-6900  
876 S. 333rd St., Federal Way
- Federal Way Senior Center**..... 253-838-3604  
4016 S. 352nd St., Auburn
- Fife Community Center** ..... 253-922-0900  
2111 54th Ave E.
- Fircrest Community Center**..... 253-564-8177  
555 Contra Costa
- Key Peninsula Community Center**..... 253-884-4440  
17015 9th St. Ct. KPN, Lakebay

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- 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



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**Korean Women's Association Community Center** ..... 253-535-4202  
123 E. 96th St., Tacoma

**Lakewood Senior Activity Center** ..... 253-798-4090  
9112 Lakewood Dr. SW.

**Lighthouse Activity Center**..... 253-426-1282  
5016 E. A St., Tacoma

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

**Milton Activity Center**..... 253-922-8733  
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

## **SENIOR AND COMMUNITY CENTERS, *con't***

### **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**

Cascade Communities ..... 253-242-6406

Merrill Gardens

Tacoma ..... 253-777-3196

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

## **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
Sisters of Hope (cancer) .....	253-882-7410
Tacoma Older LGBT .....	253-271-8185
United Way HelpLine .....	211
WICS (Widowed Information and Consultation Services .....	253-564-9154

## TAX INFORMATION and ASSISTANCE

AARP Foundation Tax-Aide ...	888-227-7669
Internal Revenue Service .....	800-829-1040
Pierce County assessor/senior and disabled property tax exemptions .....	253-798-2169



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**Tammie Rutledge, CSA**  
*Insurance Broker and Certified Senior Advisor (CSA)®*  
 Email: [SavvyMedicareStrategies@gmail.com](mailto:SavvyMedicareStrategies@gmail.com)  
 360-791-1570 cell

## 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

## 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
Salvation Army .....	253-572-8452
South Sound Outreach Services .....	253-593-2111
Tacoma Public Utilities .....	253-502-8400
Washington UTC .....	888-333-9882

# Want help paying your energy bill?



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

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!

Apply online or by calling 253-798-4328



[PierceCountyWA.gov/Energy](http://PierceCountyWA.gov/Energy)

# 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

Vet Center (VA) ..... 253-565-7038



**NEED A RIDE?** A variety of options are listed in the Transportation category of Where to Turn.



# VOLUNTEER OPPORTUNITIES

AARP.....	888-227-7669
Celebrate Seniority.....	253-697-7385
Foster Grandparents .....	253-502-2743
Franciscan Hospice and Palliative Care .....	253-534-7000
Korean Women's Association .....	253-535-4202
Long-Term Care Ombudsmen .....	253-798-3789
MultiCare Hospice Volunteer .....	253-301-6100
Retired and Senior Volunteer Program (RSVP) .....	253-722-5695
Senior Companion .....	253-722-5686

## Join the Retired & Senior Volunteer Program (RSVP) in Pierce & Kitsap Counties

Are you 55 years of age or older, have a few hours a week to give, and enjoy working with the community? We have several new volunteer opportunities at a variety of local nonprofit organizations.

### Contact us to learn more about RSVP:

**Email:** [RSVPpiercecounty@lcsnw.org](mailto:RSVPpiercecounty@lcsnw.org)  
[RSVPkitsapcounty@lcsnw.org](mailto:RSVPkitsapcounty@lcsnw.org)

**Phone:** Nancy McFarland  
 RSVP Program Director, 253-722-5695

**Website:** [lcsnw.org](http://lcsnw.org)



**AmeriCorps  
Seniors**



**LUTHERAN  
Community  
Services  
NORTHWEST**

## **VOLUNTEER OPPORTUNITIES, *con't.***

Senior Friends .....	253-722-5682
Senior Media Services (Senior Scene newspaper delivery) .....	253-722-5687
Service Corps of Retired Executives (SCORE) .....	253-680-7770
St. Anthony Hospital .....	253-530-2000
St. Clare Hospital .....	253-985-1711
St. Joseph Medical Center .....	253-426-4101
Tacoma Area Coalition of Individuals with Disabilities (TACID) .....	253-565-9000
Volunteer Chore Services .....	253-502-2741

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**Home care services includes;  
Companionship, light housekeeping &  
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**If home is no longer an option, ask us  
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Puyallup, WA 98373**

**[pnatsiopoulos@abc-seniors.com](mailto:pnatsiopoulos@abc-seniors.com)    [AlwaysBestCareTacoma.com](http://AlwaysBestCareTacoma.com)**

# 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: \$2,825
  - » 2 people: \$3,225
  - » 3 people: \$3,629

Call **253-502-8600** 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 money back.
- Contractor discounts where we cover a portion of the bill from your Tacoma Power Participating Contractor.
- Deferred loans with no monthly payments; repay when your home changes ownership.

These offers make home improvements easy and affordable, and can help you save hundreds (or thousands) of dollars up front, plus even more on your utility bill over time.

To see which upgrades and incentives you qualify for, call **253-502-8363** or visit **MyTPU.org/Incentives**.

*To be eligible for utility discount rates, loans, or rebates, you must meet all required eligibility criteria.*



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.

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## 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)