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

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**

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WHERE TO TURN
ADVERTISING PARTNERS

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

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

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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!

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- 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

Music Memories
Opening Minds through Art

LUTHERAN COMMUNITY SERVICES NORTHWEST
lcsnw.org
WHERE TO TURN

Advocacy & Complaints
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

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WHERE TO TURN
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

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WHERE TO TURN
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

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(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
0IC: 1-800-562-6900

Statewide Health Insurance Benefits Advisors (SHIBA)
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
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www.PierceADRC.org
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

WHERE TO TURN
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
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
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- 6th Ave Senior Living: Medicaid mental health assisted living
- Cascade Park Gardens: behavioral health dementia care

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**HEALTHCARE SERVICES, continued**

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 ......................... 253-853-8845  
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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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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NAELA Member

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Areas of Practice

- Probate
- Power of Attorney
- Estate Planning
- Wills/Trust
- Advanced Directives
- Medicaid Planning for:
  - Nursing Homes
  - In Home Care
- Elder Abuse
- 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 .................... $199.00
Community Property Agreement ........ $119.00
Durable Power of Attorney ............... $119.00
Living Will (Terminal Condition) .......... $99.00

NEED A TRUST?
AVOID PROBATE
Living Trust ........................................... $895.00

OTHER AREAS
Uncontested Divorce • Real Estate Deeds
Probate • Notary

We The People, P.S.

ERNEST B. CHAPPEL Attorney At Law MONDAY - FRIDAY 253.588.8811 • wethethepeoplelaw.com • 800.451.3846

WHERE TO TURN
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
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
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 38th 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 or call 253-722-5684 to learn more about the program.
ETHNIC MEAL SITES

**African American** ............. 253-502-2723
1323 S. Yakima, Tacoma

**Asian/Pacific** ..................... 253-535-4202
123 E. 96th St., Tacoma

**Indochinese** ...................... 253-473-5666
KWA Indochinese Cultural Services Center, 1427 E. 40th St., Tacoma

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

**Puyallup Tribal Elders Intertribal**

**Native American** .............. 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

Beacon Senior Center: 253-301-3369
415 S. 13th St., Tacoma

Bonney Lake Seniors: 253-863-7658
19304 Bonney Lake Blvd.

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

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

Family Resource

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

WHERE TO TURN
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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Retirement Starts Here

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
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 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

Savvy Medicare Strategies
Tammie Rutledge, CSA
Insurance Broker and Certified Senior Advisor (CSA)*
Email: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?

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
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
       RSVPkitsapcounty@lcsnw.org
Phone: Nancy McFarland
       RSVP Program Director, 253-722-5695
Website: lcsnw.org
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

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
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](http://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](http://MyTPU.org/Incentives). To be eligible for utility discount rates, loans, or rebates, you must meet all required eligibility criteria.
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