

Where To Turn

2024 - 2025

An information and referral
guide to community resources
for older adults

KITSAP 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**

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.

B|E|C|U

 /aarpwa  @aarpwa



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ABOUT THE PUBLISHER

Senior Media Services is a program of Lutheran Community Services Northwest (LCSNW), a non-profit human services agency. The goal of all LCSNW programs is to meet the specific needs of local communities. Senior Media Services, which is based in Tacoma, serves the information needs of tens of thousands of older adults in multiple counties with free print publications (*Where to Turn* and *Senior Scene*) and online (seniorscene.org).

Where to Turn, published annually, is a resource guide used by seniors, their families, friends and caregivers to find community services provided by government and private providers. Separate editions of *Where to Turn* are published for Kitsap County, Pierce County and King County and are distributed free of charge through more than 220 partnering organizations.

Senior Scene, a monthly newspaper, is distributed free at more than 400 locations in Pierce County and King County. Readers enjoy news, features and information to help them lead healthy, active, informed and meaningful lives and connect with communities.

Information about Senior Media Services is at 253-722-5687 and seniorscene.org.

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 Washington, contact the U.S. Administration on Aging's Eldercare Locator at 1-800-677-1116.

ABOUT LUTHERAN COMMUNITY SERVICES NORTHWEST

Lutheran Community Services Northwest (LCSNW) is a non-profit human services agency with offices and programs in Washington, Oregon and Idaho. Its origins date to 1921, and its services--focused on health, justice and hope for individuals, families and communities--touch the lives of people of all ages, cultures and faiths. In Kitsap County, programs include:

- Senior Companion matches trained volunteers with isolated seniors and disabled adults for companionship such as playing games, sharing hobbies, going for walks, and transportation for short errands or medical appointments. seniorcompanion@lcsnw.org, 253-722-5686.

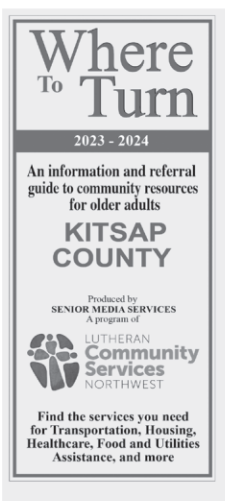
- Retired and Senior Volunteer Program (RSVP), part of the AmeriCorps Seniors, helps older volunteers find roles that fit their specific skills and interests. More information is at RSVPkitsapcounty@lcsnw.org and 253-722-5695.

- Military Family Respite Care helps military families enrolled in Child Care Aware of America EFM Respite care program. The program offers 40 hours per month

of no-cost respite care for children with special needs, allowing parents to attend appointments or rest. More information is at 800-424-2246, lcsnw.org or 360-479-3489

- Where to Turn community resources guide, published by Senior Media Services.

For additional copies of **Where To Turn** please contact Senior Media Services at 253-722-5687 or pjenkins@lcsnw.org



ADULT DAY CARE

Caregiver Support Center	360-337-5700
Gateway Adult Services	360-377-9810

ADVOCACY and COMPLAINTS

Adult Protective Services/DSHS	877-734-6277
Better Business Bureau	206-431-2222
Disability Rights Washington	800-562-2702
DSHS Residential Care Services	253-983-3819
Kitsap County Long-term Care Ombudsman	360-337-5714
State Attorney General Consumer Protection	800-551-4636
State Insurance Commissioner	800-562-6900

CHEMICAL DEPENDENCY

Al-Anon	888-425-2666
Alcoholics Anonymous	253-474-8897
Kitsap Recovery Center	360-337-4625
Westsound Treatment Center	360-876-9430

CRIME and FRAUD PROTECTION

AARP Fraud Watch Network Help Line	877-908-3360
Bainbridge Island Police	206-842-5211
Bremerton Police	360-473-5220
Crimestoppers of Puget Sound	800-222-TIPS
Kitsap County Sheriff	360-337-7101
Port Orchard Police	360-876-1700

DEMENTIA CARE/ SERVICES

Alzheimer's Association	800-272-3900
Kitsap County Senior Information and Assistance	360-337-5700
Lutheran Community Services Northwest	253-722-5682
UW Alzheimer's Disease Research Center	206-744-0588

DENTAL CARE

Peninsula Community

Health Services 360-377-3776

DISASTER/EMERGENCY SERVICES

American Red Cross 253-474-0400

FEMA (Federal Emergency

Management Agency) 800-525-0321

Kitsap County Department of Emergency

Management 360-307-5871

Salvation Army 360-373-5550

DISABILITY-RELATED SERVICES

Disabled American Veterans 360-373-2397

DSHS 1-800-772-1213

Kitsap County Division of Aging and

Long-Term Care 360-337-5700

Northwest Access Fund 206-328-5116

Northwest ADA Center 800-949-4232

Washington Talking Book and

Braille Library 206-615-0400



HELP WITH UTILITIES: Low-income Kitsap County residents can get help paying for utilities, including water, from local and state organizations. See the Utilities Assistance category of services in Where to Turn.

DOMESTIC VIOLENCE

Adult Protective Services/DSHS 877-734-6277
National Domestic Violence Hotline... 800-799-7233
YWCA Kitsap
County ... 360-479-0522, 800-500-5513 (crisis line)

DRIVING CLASSES

AARP Driver Safety 888-227-7669
AAA Roadwise..... 877-476-1254

EMPLOYMENT

AARP Foundation Senior Community Service
Employment Program1-855-850-2525
Worksource 360-902-9500
Senior Community Service
Employment Program 206-624-6698

FOOD BANKS / FOOD ASSISTANCE

Bainbridge Island Helpline House 206-842-7621
Bremerton Food Line 360-479-6188
Central Kitsap Food Bank 360-692-9818
DSHS Home and Community Services ... 360-842-2112
Fishline 360-779-5190
Meals on Wheels Kitsap 360-377-8511
Salvation Army 360-373-5550
South Kitsap Helpline 360-876-4089
St. Vincent de Paul 360-377-2929

HEALTHCARE / HOSPITALS

St. Michael Medical Center:
Bremerton and Port Orchard 360-744-3911
 Poulsbo 360-598-7500
 Silverdale 360-744-8800
Kitsap County Medical Society
physician referrals 866-844-9355
Kitsap Public Health District 360-728-2235
Naval Hospital Bremerton 360-475-4000
Peninsula Community
Health Services 360-377-3776

HEARING

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

HOSPICE

CHI Franciscan 1-866-969-7028
Kaiser Permanente Home Health and
Hospice 206-326-4530

HOUSING ASSISTANCE / HOUSING REPAIRS

Bremerton Housing Authority 360-479-3694
Housing Kitsap 360-535-6100
Housing Resources Bainbridge 206-842-1909
Kitsap Community Resources 360-473-2035
VA Supportive Housing 253-582-8440
Washington State Housing Finance
Commission 206-464-7139

IMMIGRATION SERVICES

Kitsap Immigrant Assistance Center .. 360-616-0479
U.S. Immigration and
Naturalization 800-375-5283

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: Rena Marken
253-722-5695

Website: lcsnw.org



**AmeriCorps
Seniors**



**LUTHERAN
Community
Services
NORTHWEST**

IN-HOME CARE/HEALTH SERVICES

Catholic Community Services 877-870-1582
Korean Women's Association 360-479-1707

LEGAL ASSISTANCE

Kitsap County Bar Association 253-682-3135
Kitsap Legal Services 360-479-6125

LEGISLATION / STATE

Senior Citizens Lobby 360-754-0207
Washington Legislature Hotline 800-562-6000

LONG-TERM CARE

Kitsap County Division of Aging
and Long-Term Care 360-337-5700
Long Term Care Ombudsman 360-337-5714



PHONE, INTERNET DISCOUNTS: Qualifying low-income consumers can receive discounts on their telephone and broadband Internet through the Federal Communications Commission's Lifeline program. Call 888-641-8722.

MEDICARE / HEALTH INSURANCE

Medicare 1-800-633-4227
Medicare beneficiary helpline 800-633-4227
Medicare/Medicaid Fraud 800-447-8477
SHIBA (Statewide Health Insurance Benefits
Advisors) 360-475-3095, 800-562-6900

MENTAL HEALTH / SUICIDE PREVENTION

Kitsap Mental Health Services 360-373-5031
Kitsap Suicide Prevention Task Force .. 360-337-5279
NAMI (National Alliance on Mental Illness) .. 206-783-4288
National Suicide Prevention Lifeline ... 1-800-273-8255
Peninsula Community Health Services ... 360-377-3776
Suicide and Crisis Lifeline 9-8-8
Volunteers of America Western Washington
Crisis Line 888-910-0416
Washington Listens 1-833-681-0211

MINORITY SERVICES

Korean Women's Association 253-535-4202
Office of Minority Affairs and Diversity ... 206-543-7132
Port Gamble S'Klallam Tribe 360-297-2646
Suquamish Tribe 360-598-3311



NOW OPEN!
Charming 55+ community in *Silverdale*

norpoint
COMMUNITIES

Retire Here!
Single-level cottages with attached garages. For rent! No buy-in. Reserve today: (360) 633-1800

www.norpoint.com

SENIOR / COMMUNITY CENTERS

Bainbridge Island Senior Center	206-842-1616
Bremerton Family YMCA	360-377-3741
Bremerton Senior Recreation Center ...	360-473-5357
Givens Community Center (Port Orchard)	360-337-5777
Haselwood Family YMCA (Silverdale)	360-698-9622
North Kitsap Senior Center	360-779-5702
Port Gamble S'Klallam Tribe Senior Center	360-297-9630
Suquamish Tribe Elders Lodge	360-598-6883
Village Green Community Center (Kingston)	360-297-1263



**KITSAP COUNTY AGING
& LONG TERM CARE**

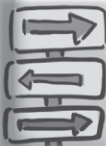
**KITSAP COUNTY'S
AREA AGENCY ON AGING**

USAging

SENIOR INFORMATION & ASSISTANCE

A FREE Service for People 60+ & Their Caregivers

Where to turn in Kitsap County for...



- Answers to questions about services and opportunities
- Review of needs and referral to local resources
- Help finding and applying for programs and services
- Advocacy on issues important to older adults

Promoting the well-being of older adults & assisting them in maintaining their independence

360-337-5700 or 1-800-562-6418
www.agingkitsap.com www.waclc.org

CAREGIVER SUPPORT CENTER

Support for you in your unpaid role of helping an adult family member or friend



**Caregiver
Support
Center**

Kitsap County Aging & Long Term Care Services

FREE:

- Personal Caregiver Consultation
- Information & Education
- Specialized Services

ASK ABOUT:

- Dementia Resources
- Support & Training
- Caregiver Respite

Offices in North and South Kitsap County
for in-office help, call ahead for staff availability

360-337-5700 or 1-800-562-6418
www.agingkitsap.com www.waclc.org

SENIOR LIVING COMMUNITIES

Norpoint Communities 360-633-1800

SOCIAL SECURITY

Social Security Administration 800-772-1213

Bremerton office 1-855-820-0098

SUPPORT GROUPS/ ASSOCIATIONS

Alzheimer's Association 800-272-3900

Brain Injury Alliance of Washington ... 1-877-824-1766

Kitsap County Caregiver

Support Center 360-337-5700

Northwest Parkinson's Foundation ... 877-980-7500

Widowed Information and Consultation Services

(WICS) 206-241-5650

TAX HELP / INFORMATION

AARP Tax-Aide 888-227-7669

IRS 800-829-1040

Kitsap County assessor 360-337-7160

Volunteer Income Tax Assistance ... 800-906-9887



GET WITH IT: Exercise and fitness classes, like this one, are some of the activities offered at senior centers in every corner of Kitsap County. For one near you, see the Senior/Community Centers category in Where to Turn.

TRANSPORTATION

Amtrak	800-872-7245
Catholic Community Services volunteer transportation	253-502-2708
Kitsap Transit	800-501-7433, 360-377-2877
Paratransit Services	360-377-7007
State ferries	800-843-3779

UTILITIES ASSISTANCE

Federal Lifeline Telephone Program ..	888-641-8722
Kitsap Community Resources	360-377-0053
Kitsap County Public Utility District ...	360-779-7656
Salvation Army	360-373-5550
Washington Utilities and Transportation Commission	360-664-1160

VETERANS / MILITARY

American Legion	
• Post 149 Bremerton	360-373-8983
• Post 30 Port Orchard	360-908-7319
Disabled American Veterans	360-373-2397
Fleet Reserve Association	360-373-2296
Kitsap Community Resources	360-377-0053
Kitsap County Veterans Assistance ...	360-337-4811
Marine Corps League	360-695-7233
Military Family Respite Care	360-479-3489
Navy League	360-479-1233
U.S. Veterans Affairs	360-782-0129
VFW Post 239 Bremerton	360-377-6739
Washington Department of Veterans Affairs	800-562-2308
Washington Veterans Home - Port Orchard	360-895-4700

VOLUNTEERING

AARP Tax-Aide	866-227-7457
Citizens on Patrol/Kitsap County Sheriff	360-337-4650
Kitsap County Parks	360-337-5350
Kitsap County Volunteer Services ...	360-337-5777
Retired and Senior Volunteer Program (RSVP)	360-377-5511
Meals on Wheels Kitsap	360-377-8511

VOLUNTEERING CON'T

United Way of Kitsap County	360-377-8505
Meals on Wheels (Lutheran Community Services)	253-722-5684
MultiCare Hospice	253-301-6400
Retired and Senior Volunteer Program (RSVP)	253-722-5695
Senior Companion Program	253-722-5686
Senior Media Services (Senior Scene newspaper delivery)	253-722-5687
Service Corps of Retired Executives (SCORE)	253-680-7770
SHIBA Helpline (Statewide Health (Insurance Benefit Advisors) ...	253) 596-0918, 800-562-6900
St. Anthony Hospital	253-530-2000
St. Joseph Medical Center	253-426-4101
St. Michael Medical Center	564-240-3078
Tacoma Area Coalition of Individuals with Disabilities (TACID)	253-565-9000
Volunteer Chore Services.....	253-502-2741



TRANSPORTATION: Kitsap Transit Access offers door-to-door transportation for elderly and disabled riders. Information: 360-377-2877, 800-501-7433, and kitsaptransit.com.

Home is where the HEART is

*But sometimes
you need
a helping hand*



**Retired and Senior
Volunteer Program**
253-722-5695



**Military Family
Respite Care**
360-479-3489



Senior Companion
253-722-5686



**Where to Turn /
Senior Media Services**
253-722-5687

www.lcsnw.org



LUTHERAN
**Community
Services**
NORTHWEST