

# Where To Turn

August 2010 — July 2011

*A guide to community resources for  
older adults in Tacoma/Pierce County*

## INFORMATION & REFERRAL

**Pierce County Aging and  
Disability Resource Center  
(ADRC)**

253-798-4600 • 800-562-0332

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



N O R T H W E S T

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Publishers of

**SENIOR SCENE** newspaper

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- Housekeeping
- Bathing
- Transportation



- Meal Preparation
- Toileting/Incontinence
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- And Much More!

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**Lakewood 253-584-2311**

**[www.ResCareHomeCare.com](http://www.ResCareHomeCare.com)**

# TABLE OF CONTENTS

ADULT DAY CARE .....	8
ADVOCACY & COMPLAINTS.....	8
CASE MANAGEMENT .....	10
CHEMICAL DEPENDENCY .....	10
CRIME PREVENTION.....	11
CRISIS LINES – 24 HOURS .....	11
DENTAL CARE.....	12
DISABILITY-RELATED SERVICES.....	12
DISASTER/EMERGENCY SERVICES .....	14
DOMESTIC VIOLENCE PREVENTION .....	15
DRIVING IMPROVEMENT .....	15
EDUCATION/EMPLOYMENT .....	16
ENTERTAINMENT/EQUIPMENT .....	16
FINANCIAL COUNSELING/FOOD.....	16
HEALTH CARE SERVICES .....	18
HEALTH INSURANCE/HEARING SPECIALIST ..	23
HOSPICE/HOSPITALS .....	23
HOUSING.....	24
HOUSING REPAIR SERVICES .....	26
IMMIGRATION SERVICES .....	26
IN-HOME CARE SERVICE .....	28
IN-HOME HEALTH SERVICES.....	30
LEGAL ASSISTANCE.....	30
LEGISLATION/LIVING WILL .....	32
LONG TERM CARE/MEAL SITES .....	33
ETHNIC MEALSITES .....	36
MENTAL HEALTH .....	38
MINORITY SERVICES.....	40
OUT-OF-COUNTY SERVICES .....	40
PERSONAL EMERGENCY .....	41
RESPONSE SYSTEMS/PETS.....	41
SENIOR/COMMUNITY CENTERS .....	41
SOCIAL SECURITY .....	45
SUPPORT GROUPS & ASSOCIATIONS.....	45
TAX INFORMATION.....	46
TRANSPORTATION .....	46
TRIPS AND TOURS .....	48
UTILITIES ASSISTANCE .....	48
VETERANS SERVICES .....	48
VOLUNTEER OPPORTUNITIES .....	50

## ADVERTISERS INDEX

A & B Homecare and Staffing.....	29
Advanced Helath Care .....	29
Aging & Disability Resource Center .....	47
Bridgeport Place/University Place .....	43
Brookdale Senior Living.....	31
Catholic Community Services.....	27
Community Health Care .....	37
Edwards Memorial .....	52
Family Resource Home Care .....	37
Franciscan Health System.....	25,35, 39
Gibson Gardens .....	35
Good To Be Home Care .....	31
Graham & Graham, LLC.....	7
Harbor Place at Cottesmore .....	49
Kings Manor .....	43
Lutheran Community Services .....	49
MultiCare .....	21
New Tacoma Cemeteries & Funeral Home .....	2
Rehmke, Jonete W., Elder Law Attorney .....	9
ResCare Home Care .....	3
Right at Home.....	37
Robert Michaels, Attorney .....	7
Sound Vista Village .....	13
Spring Ridge.....	13
Tacoma Lutheran Home .....	13
Tacoma Lutheran Retirement Community .....	13
Tacoma Public Utilities.....	51
The Village Retirement & Assisted Living.....	7
TotalCare Home Care .....	7
Visiting Angels .....	31
Weatherly Inn .....	37

For additional copies of  
the *Where To Turn* guide  
contact Senior Media Services  
at (253) 722-5687

## 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 has been serving the information needs of seniors for more than 30 years.

*Senior Scene* is distributed free at more than 350 locations throughout Pierce County. (Home delivery is \$16 per year.) This monthly paper offers news, feature articles, personal profiles, opinion pieces, a calendar of events, and more. Seniors submit articles, and volunteer as proofreaders and delivery drivers.

Seniors, their families, friends, and caregivers depend on the information provided in *Where To Turn* as an indispensable resource for government and private providers of senior services in the South Puget Sound area and beyond.

## HOW TO USE THIS GUIDE

*Where To Turn* lists phone numbers by types of services. This publication includes services provided through government, publicly funded and nonprofit programs, and for-profit programs that accept Medicare or Medicaid. If you cannot locate a resource, call Aging & Disability Resource Center (ADRC) at (253) 798-4600 or 800-562-0332.

## SERVICES OUTSIDE PIERCE COUNTY

The Eldercare Locator lists Aging & Disability Resource Center (ADRC) programs throughout the United States. For help finding senior resources outside Washington state, call 800-677-1116. Callers should know the city and state for which information is needed. A zip code is helpful, but not required. Eldercare Locator hours are Monday through Friday, 6 a.m. to 5 p.m., Pacific Time.

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- Probate



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- \* Free Assessment

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## **ADULT DAY CARE**

*Respite and relief for caregivers*

- **INFORMATION ONLY**

Pierce County ADRC .(253) 798-4600

- **IN-HOME PROVIDERS**

A & B Home Care and Staffing, Inc.

.....(253) 874-3333

Arcadia Health Care...

.....(253) 863-1834

Catholic Community Services (CCS)

.....(253) 383-3697

HomeHelpers HomeCare

.....(253) 272-8433

Korean Women's Association (KWA)

.....(253) 535-4202

ResCare HomeCare ..(866) 535-1200 x14

- **OUT-OF-HOME PROVIDERS**

Catholic Community Services Adult Day

.....(253) 589-0352

Cascade Park Active Day Adult Day

Health.....(253) 627-9990

Korean Women's Association 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 or

.....(253) 798-4600

Better Business Bureau

.....(253) 830-2924 or

.....(206) 431-2222

Charity Information.....(800) 332-4483

City of Tacoma Human Rights & Human

Services Dept.....(253) 591-5151

Disabled American Veterans



## ADVOCACY & COMPLAINTS, cont...

.....(253) 472-4680

.....(253) 320-4960

### • DSHS COMPLAINT HOTLINES:

Adult Protective Service

.....(253) 476-7212

Department of Health

.....(800) 633-6828

Residential Care Services

.....(800) 562-6078



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**Tacoma, WA 98402**

- Long-Term Care Planning
- Probate
- Guardianships
- Elder Abuse
- Power of Attorney
  - ▶ Financial/Health
- Estate Planning
- Medicaid Planning
  - ▶ Nursing Homes
  - ▶ In Home
  - ▶ Gifting/Transfers
- Advance Directives
- Trusts/Wills

**Morton McGoldrick, P.S.**

A PROFESSIONAL SERVICE CORPORATION

**ATTORNEYS AT LAW**

## ADVOCACY & COMPLAINTS, cont...

- Medicaid/Medicare Fraud  
.....(800) 447-8477
- Medicare Part B Hotline  
.....(800) 633-4227
- Pierce County Long Term Care  
Ombudsman .....(253) 798-3789 or  
.....(800) 642-5769
- Quality Improvement..(800) 445-6941
- United Way HelpLine (info & referral)  
.....211
- US Dept of Labor .....(866) 487-9243

### **WASHINGTON STATE:**

- Atty General .....(800) 551-4636 or  
.....(253) 593-2904
- Insurance Commissioner  
.....(800) 562-6900
- Long Term Care Ombudsman  
.....(800) 562-6028
- Disability Rights of Washington  
.....(800) 562-2702

## **CASE MANAGEMENT**

- ADRC.....(253) 798-4600 or  
.....(800) 562-0332
- Alzheimer's Association  
.....(800) 848-7097
- Good Samaritan Community Services  
.....(253) 697-8400
- Home & Community Services  
.....(253) 476-7200
- Sound Options .....(253) 756-5007

## **CHEMICAL DEPENDENCY**

### ***Alcohol and drug abuse***

- Al-Anon .....800-726-8094

## CHEMICAL DEPENDENCY, cont...

Castele, Williams & Association  
.....(253) 536-2881  
Chemical Abuse Resources &  
Education .....(253) 572-2273  
Tacoma Detox Unit.....(253) 593-2413

## **CRIME PREVENTION**

*Education, advocacy and victim support*

AARP ..... 1-888-687-2277  
Adult Protective Services (DSHS)  
.....(253) 476-7212  
Crime Stoppers Crimes Against Seniors  
.....(253) 591-5959  
Office of Crime Victim Advocacy  
.....(800) 822-1067  
Safe Streets .....(253) 272-6824

## **CRISIS LINES – 24 HOURS**

Comprehensive Mental Health  
Crisis Intervention .....(253) 396-5000  
Family Renewal Shelter  
.....(253) 475-9010  
.....(888) 550-3915  
Good Samaritan Behavioral Health  
..... 1(800) 876-7764  
Greater Lakes Mental Healthcare  
.....(253) 584-8933

### **Pierce County:**

24 Hr. Crisis Line... (800) 576-7764 or  
.....(253) 798-4333  
Domestic Violence Helpline  
.....(253) 798-4166  
Pierce County Human Services  
Chemical Dependency Program  
..... (253) 798-4500

## CRISIS LINES, cont...

Sexual Assault Center of Pierce  
County .....(253) 474-7273 or  
.....(800) 756-7273  
WAFHome (KWA) .....(253) 359-0470

## **DENTAL CARE**

ADRC (info only) .....(253) 798-4600  
Bates Dental Clinic.....(253) 680-7310  
Bates Denture Clinic ..(253) 680-7314  
Clover Park Dental Clinic  
.....(253) 589-5632  
Community Health Care Family Dental  
Clinic .....(253) 572-7002  
Community Health Care Lakewood  
Clinic .....(253)589-7188  
Dental Services of Washington  
.....(253) 584-8840  
Grant Denture Clinic ..(253) 471-9999  
Northwest Dental Services  
.....(253) 383-3001  
Pierce College Dental Clinic  
.....(253) 964-6694  
Puyallup Tribal Health Authority  
.....(253) 593-0232  
SeaMar Dental Clinic (bilingual Spanish/  
English) .....(253) 593-2144  
Tacoma Dental Center  
.....(253) 627-5707

## **DISABILITY-RELATED SERVICES**

**(J)=Teletype service for the deaf only)**

Department of Services for the Blind  
.....(253) 597-4417  
Disabled American Veterans  
.....(253) 472-4680  
Hearing Loss Association of Tacoma  
.....(253) 851-6183



Phone - 253-474-1093

Fax - 253-474-0662

## Warm, Caring and Supportive Services In a Home-like Setting

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*Quality care, quality living for over 70 years!*

## DISABILITY RELATED SERVICES, cont...

- Hearing, Speech and Deafness Center  
South Sound .....(253) 475-0782  
.....(866) 421-5560  
TTY/VP: ..... 1-866-643-9085  
.....(866) 698-1748  
Pierce County ADRC .(253) 798-4600  
Pierce County Coalition for Developmental  
Disabilities.....(253) 564-0707  
PC2.....(253) 798-6109  
Pierce County Library  
.....(253) 531-4656  
Tacoma Area Coalition of Individuals with  
Disabilities (TACID)  
V/TDD: .....(253) 565-9000  
TTY: .....(253) 565-3486  
Hearing, Speech, & Deafness Center  
.....(253) 475-0782 or  
TTY: .....(253) 474-1748  
Tacoma Public Library  
.....(253) 591-5666  
V/TTY:.....(253) 591-5667  
WA Talking Book & Braille Library  
.....(206) 615-0400  
.....(800) 542-0866  
WA TBI Resource Coordination  
.....(253) 572-0383  
WA TDD Relay Services  
.....(877) 551-3323

## **DISASTER/EMERGENCY** **SERVICES**

- American Red Cross..(253) 474-0300  
Federal Emergency Management  
Administration (FEMA)  
.....(800) 525-0321  
Need-A-Break Services  
.....(253) 284-4282

*DISASTER/EMERGENCY SERVICES,  
cont...*

Salvation Army .....(253) 572-8452

**DOMESTIC VIOLENCE  
PREVENTION**

Castele, Williams & Associates  
.....(253) 536-2881  
City of Tacoma DV Program  
.....(253) 591-5164  
.....(253) 591-5165  
Family Renewal Shelter  
.....(253) 475-9010 or  
.....(888)550-3915  
Good Samaritan Behavioral Health  
.....(253) 697-8400  
Lutheran Community Services  
.....(253) 272-8433  
Pierce County Domestic Violence Helpline  
.....(253) 798-4166  
TDD: .....(253) 798-4620 or  
.....(800) 764-2420  
We Are Family (Korean Women’s Assoc.)  
.....(253) 535-4202  
YWCA Women’s Shelter  
.....(253) 383-2593

**DRIVING IMPROVEMENT**

AARP—“55 Alive” .....(888) 227-7669  
EverActive.....(253) 403-2780  
Korean Language Test (Korean Women’s  
Association) .....(253) 535-4202

## EDUCATION

Educational Opportunity Center (EOC)  
.....(253) 572-5960  
Franke Tobey Jones...(253) 752-6621

## EMPLOYMENT

### **Senior Community Service Employment Program**

Tacoma/Peninsula(253) 272-5166  
Pierce .....(253) 552-2549

## ENTERTAINMENT

Frolic-tunery .....(206) 353-9838

## EQUIPMENT

Franciscan Home Medical Supply  
.....(253) 426-6912  
Gerry's Annex .....(253) 951-2537

## FINANCIAL COUNSELING

Consumer Counseling NW/Apprisen  
Financial Advocates ... 1(800)355-2227

## FOOD

### • **FOOD BANKS:**

Allen Food Pantry .....(253) 572-5733  
BASH .....(253) 531-9600  
Bonney Lake .....(253) 863-4043  
Bread of Life at Buckley  
.....(360) 897-9005  
Bread of Life at Lake City  
.....(253) 582-2515



## *FOOD, cont...*

- Buckley (Kiwanis).....(253) 266-7309  
Eatonville Family Agency  
.....(360) 832-6805  
Eatonville Living Word Assembly of God  
.....(360) 832-4220  
Edgewood (FISH) .....(253) 826-4654  
Emmanuel Food Pantry  
.....(253) 863-3655  
Fife/Milton/Edgewood (FISH)  
.....(253) 922-0960  
FISH Food Banks  
Administration .....(253) 383-3164  
Food Connections.....(253) 383-5048  
Gig Harbor Peninsula (FISH)  
.....(253) 858-6179  
Graham (FISH) .....(253) 846-3805  
Key Peninsula .....(253) 884-4440  
Lakes (FISH).....(253) 383-3164  
Lakewood/Prince of Peace  
.....(253) 584-2565  
NW Tacoma .....(253) 756-4974  
Orting .....(360) 893-3150  
My Sister's Pantry .....(253) 627-1186  
Parkland 1st Baptist...(253) 535-1293  
Puyallup (FISH).....(253) 848-5240  
Roy/McKenna .....(253) 843-3033  
Salvation Army/Puyallup  
.....(253) 841-1491  
Salvation Army/Tacoma  
.....(253) 572-8452  
Samoan Family Support  
.....(253) 535-9616  
Spanaway (FISH).....(253) 383-1817  
Steilacoom .....(253) 535-3265  
SE Asian Diets .....(253) 472-7264  
SE Tacoma (FISH).....(253) 572-8452  
Sumner (FISH).....(253) 863-3793  
Sumner-St Andrews ... (253) 863-2253

## FOOD, cont...

Tacoma/Bounty .....(253) 475-7098  
TACS-Special Dietary  
.....(253) 272-8289  
Tillicum-American Lake  
.....(253) 584-1280  
United Lutheran Church  
.....(253) 475-3175  
University Place (FISH)  
.....(253) 460-3134  
WLSA/Steilacoom.....(253) 581-1076  
Yelm.....(360) 458-4003

### • FOOD STAMP PROGRAM

Department of Social & Health Services  
(Bremerton).....(360) 473-2200 or  
.....(800) 338-7410  
Holy Family of Jesus (Cambodian Church)  
.....(253) 471-9838  
Korean Women's Association  
.....(253) 535-4202  
Indochinese.....(253) 473-5666  
Pierce South .....(253) 671-7900  
Pierce County Aging & Disability  
Resources.....(253) 798-4600  
South Sound Outreach Services  
.....(253) 593-2111

### • HOME-DELIVERED MEALS

ADRC (referral only) ..(253) 798-4600  
Lutheran Community Services NW  
(frozen) .....(253) 272-8433  
Catholic Community Services (frozen)  
.....(253) 474-1300  
Puyallup (All Saints)...(253) 848-2000

## **HEALTH CARE SERVICES**

AIDS Foundation.....(253) 383-2565  
Avamere Health Services  
.....1(877) 282-6373

## HEALTH CARE SERVICES, cont...

- Breast Cancer Resource Center  
.....(253) 752-4222
- Communicable Info & Referral (Pierce  
County Health Department)  
.....(253) 798-6410
- SHIBA Helpline (Statewide Health  
(Insurance Benefit Advisors) ALTC  
.....(253) 596-0918 or  
.....(800) 562-6900
- SHIBA Helpline (Statewide Health  
(Insurance Benefit Advisors) KWA  
.....(253) 535-4202

### **Community Health Care**

**(253) 597-4550**

- Downtown Tacoma (253) 597-3813
- Eastside Clinic.....(253) 471-4553
- Lakewood Clinic ....(253) 589-7030
- Parkland Clinic .....(253) 536-2020
- Soundview Clinic...(253) 404-0737
- Spanaway Clinic....(253) 847-2304
- Tillicum Clinic.....(253) 589-7027
- Women's Health ...(253) 597-4163
- Diabetes Association..(253) 272-5134
- Eye Care America .....(800) 222-3937

### **Franciscan Health System**

- Cancer Resource Center  
.....(253) 426-4237
- Diabetes Education...(253) 426-6753
- Doctor Referral... ..(888) 825-3227
- Heart Healthy Nutrition  
.....(888) 825-3227
- Knee/Joint Pain .....(888-825-3227
- St. Anthony Sleep Disorders Center  
.....(253) 853-2999
- St. Clare Sleep Disorders Center  
.....(253) 985-6951
- Therapy Services ..(253) 426-4400

*HEALTH CARE SERVICES, cont...*

**Franciscan Medical Group**

All Family Medicine(253) 536-1020

Audiology/Hearing Aids

.....(253) 426-6731

DuPont Medical Clinic

.....(253) 964-5260

Endocrine Consultants Northwest

.....(253) 565-6777

Enumclaw Medical Center

.....(360) 825-6511

Federal Way Medical Center

.....(253) 839-2030

Franciscan Eye Care

.....(253) 502-5965

Franciscan Family Medicine

Tacoma.....(253) 474-9038

Canyon Road ... (253) 539-4200

Franciscan Foot & Ankle Specialists

Enumclaw.....(360) 802-5760

Federal Way ... (253) 835-8040

Gig Harbor.....(253) 858-9192

Highline .....(206) 242-6553

Lakewood.....(253) 985-2733

Port Orchard.....(360) 874-5900

Tacoma.....(253) 593-8400

Gig Harbor Medical Clinic

.....(253) 858-9192

Kitsap Urology Associates

.....(360) 874-7300

Port Orchard Medical Clinic

.....(360) 874-5900

Rainier Urology

Gig Harbor.....(253) 858-9192

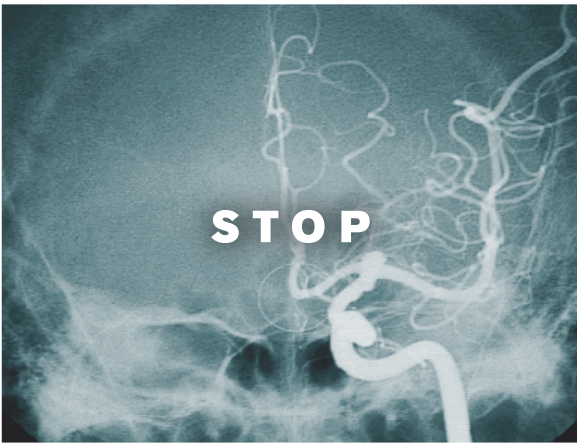
Lakewood ... (253) 985-6134

St. Anthony Family Medicine

.....(253) 858-9192

St. Anthony Prompt Care

.....(253) 853-2050



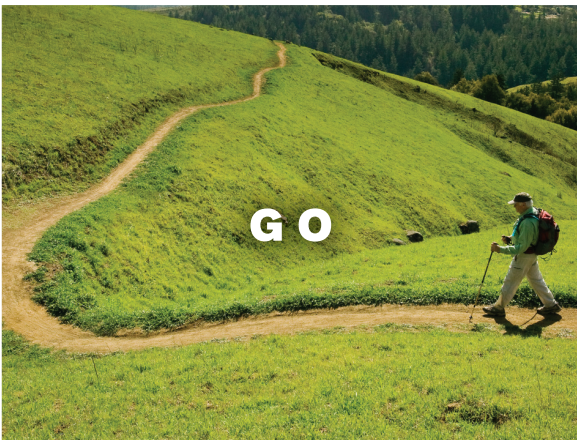
**Let us get in the way of a stroke before it gets in the way of what's important to you.** Stroke isn't just life-threatening, it's the leading cause of disability in adults. Fortunately, we have rapid response teams and the South Sound's first endovascular interventional neuroradiologist ready to intervene. And our outcomes are among the top ten percent in the nation.

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**MultiCare**   
**Neuroscience Center of Washington**

**Better**Connected

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## HEALTH CARE SERVICES, cont...

- St. Francis Medical Clinic  
.....(253) 874-2227
- St. Francis Women's Healthcare  
.....(253) 944-6950
- St. Joseph Medical Clinic  
.....(253) 593-8400
- St. Joseph Women's Clinic  
.....(253) 207-4890
- Surprise Lake Medical Clinic  
.....(253) 922-5262
- The Lakewood Clinic  
.....(253) 985-6688
- University Place Medical Clinic  
.....(253) 564-0170

### **Good Samaritan Hospital**

- Alzheimer's Resource Center/ Elder  
Care.....(253) 697-8575
- Health Care Resource Center  
.....(253) 770-2300
- Interventional Pain Management  
.....(253) 697-4110

### **MultiCare Health System**

- .....**(800) 342-9919**
- Center for Healthy Living  
.....(253) 403-7894
- Diabetes Education.....(253) 403-1726
- Knee/Joint Pain .....(800) 342-9919
- Pierce County Health Department  
.....(253) 798-6500
- Birth/Death Certificates  
.....(253) 798-6418
- Environmental Health Program  
.....(253) 798-6470
- Public Health Information referrals  
.....(253) 798-2987
- Puyallup Tribe Elders Care Services  
Tribal members only...(253) 274-8643
- VA Puget Sound Health Care System

## HEALTH CARE SERVICES, cont...

- American Lake .....(253) 582-8440  
Wellness Clinic (PLU) (253) 535-7354  
Wellness Program (Franke Tobey Jones)  
.....(253) 752-6621  
YWCA-Pierce County (253) 272-4181

## HEALTH INSURANCE

- Aging & Disability Services  
.....(800) 442-5129  
DSHS Community Service Office  
.....(877) 476-6800  
Medicare (information)1(800) MEDICARE  
SHIBA Helpline (Statewide Health  
Insurance Benefit Advisors) ALTC  
.....(253) 596-0918 or  
.....(800) 562-6900  
Korean Women's Association (Korean  
Language).....(253) 575-4202

## HEARING SPECIALIST

- Sound Advice Audiology-Gig Harbor  
.....(253) 514-8900

## HOSPICE

- Franciscan Hospice & Palliative Care  
.....(253) 534-7000 or  
.....(800) 338-8305  
Good Samaritan/MultiCare Hospice  
.....(253) 301-6400

## HOSPITALS

- Allenmore .....(253) 459-6200  
American Lake Veterans  
.....(253) 582-8440

## HOSPITALS, cont...

Auburn Regional .....	(253) 272-8180
Good Samaritan.....	(253) 848-6661
Madigan Army Medical Center	
.....	(253) 968-1110
Tacoma General.....	(253) 403-1000
St. Anthony.....	(253) 530-2000
St. Clare .....	(253) 985-1711
St. Joseph .....	(253) 426-4101
St. Francis.....	(253) 944-8100

## **HOUSING**

- **COMPLAINTS/DISCRIMINATION**
  - City of Tacoma .....
  - (253) 591-5151
- **DOWN PAYMENT ASSISTANCE**
  - City of Tacoma .....
  - (253) 591-5219
- **FURNISHINGS**
  - St. Vincent DePaul.....
  - (253) 474-0519
- **LOW INCOME HOUSING**
  - ADRC (list) .....
  - (253) 798-4600
  - International Place (KWA)
  - .....
  - (253) 475-6861
  - Pacific Villa (KWA) .....
  - (253) 535-4202
  - Pierce County Housing Authority
  - .....
  - (253) 620-5400
  - Senior Housing Assistance Group
  - .....
  - (888) 450-7424
  - Shared Housing Services
  - .....
  - (253) 272-1532
  - Tacoma Housing Authority
  - .....
  - (253) 207-4400
  - The Orchard (KWA) ...
  - (253) 843-0384
- **RESIDENTIAL CARE INFO**
  - ADRC (lists) .....
  - (253) 798-4600
  - Need-A-Break .....
  - (253) 284-4282
  - Senior Media Services (housing guides)
  - .....
  - (253) 722-5687





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**St. Anthony Hospital**  
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**St. Francis Hospital**  
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253-944-8100

**Enumclaw Regional Hospital**  
*Enumclaw*  
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**St. Clare Hospital**  
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INITIATIVES

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St. Francis Hospital · St. Clare Hospital  
Enumclaw Regional Hospital  
St. Anthony Hospital  
Franciscan Medical Group  
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## HOUSING REPAIR SERVICE, cont...

### • SHELTER INFORMATION

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TACID .....(253) 565-9000

## **HOUSING REPAIR SERVICES**

**(\*weatherization services)**

Lakewood (minor/major repair and rehabilitation) .....(253) 589-2489

### **Metropolitan Development Council**

Home Repair Program

.....(253) 591-7020

\*Weatherization Program

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.....(253) 238-0977

Tacoma Major Home Repair

.....(253) 591-5236

\*Tacoma Power.....(253) 502-8363

## **IMMIGRATION SERVICES**

***Resources, ESL classes, legal services etc.***

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.....(253) 383-3951

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- A & B Home Care and Staffing, Inc.  
.....(253) 874-3333
- Addus Healthcare .....(253) 474-3548
- Advanced Health Care(253) 475-7744  
.....(800) 690-3330
- Aging & Disability Services  
.....(253) 476-7200
- Arcadia Health Care...(253) 863-1834
- Assured at Home .....(888) 298-9852
- Catholic Community Services  
.....(253) 383-3697
- Community Home Care  
.....(206) 384-4539
- Family Resource Home Care  
.....1(866) 545-1092
- First Choice in Home Care  
.....1(866) 912-4922
- Gentiva Health Services - Tacoma  
.....(253) 475-6862
- Gentiva Health Services – Puyallup  
.....(253) 435-9953
- Good To Be Home Care  
.....(253) 588-4344 or  
.....(866) 588-4344
- Heartwarming Care....(253) 460-1574
- Korean Women’s Association  
.....(253) 535-4202
- Life Care at Home.....(253) 838-7916
- Lutheran Community Services Northwest  
HomeHelpers HomeCare  
.....(253) 272-8433 or  
.....(800) 335-8433
- Maxim Healthcare Services  
.....(253) 671-9909



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.....(253) 584-2311  
.....(888) 329-4695  
Silver Lining Health Care Services  
.....(253) 223-6407  
Visiting Angels.....(253) 537-3700  
Volunteer Chore Services - CCS  
.....(253) 502-2741

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Gentiva Health Services –Tacoma  
.....(253) 475-6862  
Gentiva Health Services – Puyallup  
.....(253)435-9953  
Good Samaritan Home Health & Hospice  
.....(253) 697-7600  
MultiCare Home Health  
.....(253) 459-8355  
Pacesetters Home Care Agency  
.....(253)848-2894  
Providence Sound HomeCare & Hospice  
.....(800) 869-7062  
Puget Sound Home Health Care  
.....(253) 581-9410  
Signature Home Health(253) 661-5166  
Wesley Homes Home Health  
.....(206) 870-1127

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Korean Women's Association  
.....(253) 535-4202

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- Pierce County Prosecuting Attorney  
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- Lawyer Referral Services Tacoma/Pierce  
Co. Bar Assoc. ....(253) 383-3432
- WA State Access to Justice Network  
CLEAR\*Senior (non-criminal)  
.....(888) 387-7111

## LEGISLATION

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

## LIVING WILL

- Pierce County Medical Society  
.....(253) 572-3666
- WA State Access to Justice Network  
CLEAR\*Senior .....(888) 387-7111
- WA State Medical Association  
.....(800) 552-0612
- Aging & Disability Services (DSHS)  
.....(253) 476-7200

## LONG TERM CARE

- Pierce County ADRC (info only)  
.....(253) 798-4600 or  
.....(800) 562-0332
- Pierce County Human Services, Aging &  
Long Term Care .....(253) 798-4400 or  
.....(800) 642-5769



## LONG TERM CARE, cont...

Pierce County Long Term Care  
Ombudsman .....(253) 798-3789

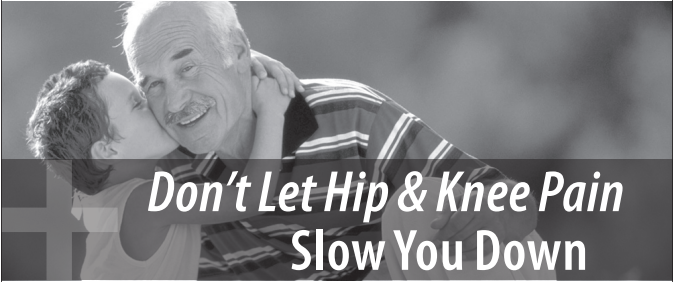
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.....(253) 863-7658  
*19304 Bonney Lake Blvd, Bonney Lake 98390*
- Buckley Senior Center**  
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*811 Main St, Buckley 98321*
- Eatonville Community Center**  
.....(360) 832-4636  
*305 W Center St, Eatonville 98328*
- Fife Community Center**  
.....(253) 922-2489  
*2111 54th Ave E, Fife 98424*
- Good Shepherd Lutheran Church**  
.....(253) 473-4848  
*140 E 56th St, Tacoma 98404*
- Hospitality Kitchen ..(253) 502-2763**  
*1323 S. Yakima, Tacoma 98405*
- Key Peninsula Community Center**  
.....(253) 884-4440  
*10715 9th St Ct KPN, Lakebay 98349*
- Korean Women's Association**  
.....(253) 535-4202  
*123 East 96th St. Tacoma 98445*

*MEAL SITES, cont...*

- Lighthouse Senior Center**  
.....(253) 591-5080  
*5016 E. 'A' St, Tacoma 98408*
- Mid-County Community Center**  
.....(253) 531-8412  
*10205 44th Ave. E., Tacoma 98446*
- My Sister's Pantry ....**(253) 627-1186  
*621 Tacoma Ave. S. Tacoma 98402*
- Nativity House .....**(253) 272-5266  
*2304 South Jefferson, Tacoma 98402*
- New Beginnings .....**(253) 841-3158  
*7317 56th St. E, Puyallup 98371*
- Orting Valley Senior Center**  
.....(360)-893-5827  
*120 Washington St, Orting 98360*
- Parkland-Trinity Lutheran Church**  
.....(253) 537-0201  
*12115 Park Ave S, Parkland 98444*
- Pt Defiance/Ruston Senior Center**  
.....(253) 759-1070  
*4716 N Baltimore, Tacoma 98407*
- Puyallup 1st United Pres Church**  
.....(253) 848-7243  
*412 W Pioneer, Puyallup 98371*
- Puyallup Activity Center**  
.....(253) 841-5555  
*210 W. Pioneer, 98371*
- Puyallup/South Hill Sr Center**  
.....(253) 841-1491  
*4009 9th St SW, Puyallup 98373*
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### **Sumner Senior Center**

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15506 62nd St Ct. E, Sumner 98390

### **Tacoma Rescue Mission**

.....(253) 383-4493

425 South Tacoma Way, Tacoma 98402

### **Tillicum/American Lk Gardens**

#### **Community Service Center**

.....(253) 584-1280

14916 Washington Ave. SW, Tillicum  
98498

### **University Place Senior Community**

#### **Center.....(253) 564-1992**

2534 Grandview Dr W, University Place  
98466

## **ETHNIC MEALSITES**

### **African American .....(253) 589-0352**

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### **Asian/Pacific.....(253) 535-4202**

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### **Hispanic .....(253) 591-5087**

Lighthouse Activity Center

5016 S 'A' St, Tacoma 98408

### **Indochinese .....(253) 473-5666**

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***See also: Crisis Lines and Crisis Services***

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..... (206) 363-5500
- Asian Counseling Services  
..... (253) 471-0141
- Bi-Polar Support Group (TACID)  
..... (253) 565-9000
- Castele, Williams & Association  
..... (253) 536-2881
- Catholic Community Services  
..... (253) 383-3697
- Crisis Line ..... (253) 798-2709
- HopeSparks ..... (253) 565-4484
- Comprehensive Mental Health Center  
..... (253) 396-5000
- DSHS Mental Health Division  
..... (800) 446-0259
- Franciscan Mental Health Services  
..... (253) 426-6691
- Good Samaritan Behavioral Healthcare  
..... (253) 697-8400
- Greater Lakes Mental Healthcare  
..... (253) 584-8933
- Healing Places Counseling Center  
..... (253) 564-4233
- Kwawatchee Counseling Services  
..... (253) 593-0247
- Memory Wellness Program (Alzheimer's  
study) ..... (866) 638-8813 or  
..... (253) 583-2033
- Mobile Outreach Crisis Team  
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- Women's health

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† CATHOLIC HEALTH  
INITIATIVES

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TACID Mental Health Resource  
.....(253)565-9000 x20  
Therapy Center (Pacific Lutheran  
University).....(253) 535-8782

## **MINORITY SERVICES**

- Asian Counseling Services (English/  
Vietnamese/Korean/Cambodian/ &  
Laotian .....(253) 471-0141  
Centro Latino (Spanish)  
.....(253) 572-7717  
KWA/Indo-Chinese Cultural & Service  
Center (Vietnamese/ Cambodian/ &  
Laotian).....(253) 473-5666  
Korean Women's Association (Asian/  
Pacific Island).....(253) 535-4202  
My Service Mind (Asian)  
.....(253) 584-5615  
Puyallup Tribal Health Authority  
.....(253) 593-0232  
Sea Mar Community Health Center  
(Spanish).....(253) 593-2144  
Tacoma Community House (Laotians/  
Asians/Vietnamese/Cambodians/ &  
Russians).....(253) 383-3951

## **OUT-OF-COUNTY SERVICES**

- National Elder Care Locator (out of state)  
.....(800) 677-1116

### **ADRC**

- King County.....(888) 435-3377  
Kitsap County.....(800) 562-6418  
Lewis.....(888) 702-4464  
Mason.....(877) 227-4696



*OUT-OF-COUNTY SERVICES, cont...*

Thurston .....(360) 664-2168  
Other WA counties (253) 798-4600

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*SENIOR/COMMUNITY CENTERS, cont...*

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*305 W. Center St, 98328*

**Enumclaw Senior Activity Center**

.....(360) 825-4741

*1350 Cole St., 98022*

**Federal Way Community Center**

.....(253) 835-6900

*876 S. 333rd St., Federal Way 98063*

**Federal Way Senior Center**

.....(206) 838-3604

*4016 S. 352nd St. Auburn 98001*

**\*Fife Community Center**

.....(253) 922-0900

*2111 54th Ave E., 98424*

**Fircrest Community Center**

.....(253) 564-8177

*555 Contra Costa, 98466*

**Key Peninsula Community Center**

.....(253) 884-4440

*17015 9th St Ct KPN, Lakebay*

**KWA Community Center**

.....(253) 535-4202

*123 E. 96th St. Tacoma 98445*

**\*Lakewood Senior Activity Center**

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*9112 Lakewood Dr. S.W. 98499*

**\*Lighthouse Activity Center**

.....(253) 591-5080

*5016 E. 'A' St, Tacoma 98408*

**Mid-County Community Center**

.....(253) 531-8412

*10205 E. 44th Ave, Tacoma 98373*

**\*Milton Activity Center**

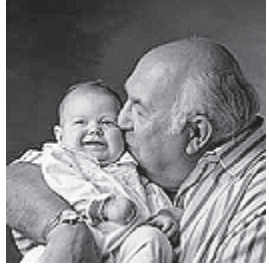
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Our goal at King's Manor is to meet each resident's individual needs while maintaining the highest level of choice, dignity, privacy, and respect—all in a home-like atmosphere. We're proud of our distinguished history of providing quality care to seniors in the scenic South Sound area.

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**Mt. View Community Center**

.....(253) 826-4329  
*3505 122 Ave. E. Edgewood 98372*

**\*The Centre at Norpoint**

.....(253) 591-5504  
*4818 Nassau Ave, 98422*

**Orting Valley Senior Center**

.....(360) 893-5827  
*120 Washington Ave. N., 98360*

**Pacific Algona Community Center**

.....(253) 929-1154  
*100 3rd Ave. S.E., Pacific 98407*

**\*Pt Defiance/Ruston Sr Center**

.....(253) 756-0601  
*4716 N Baltimore, Tacoma 98407*

**Puyallup Activity Center**

.....(253) 841-5555  
*210 W. Pioneer, 98371*

**Salvation Army Sr Center**

.....(253) 841-1491  
*4009 9th St S.W., Puyallup 98373*

**South End Neighborhood Ctr**

.....(253)-591-5098  
*7802 S. L Street, Tacoma 98404*

**South Park Communtiy Center**

.....(253) 591-5299  
*4851 S. Tacoma Way, Tacoma 98409*

**Spana-Park Senior Center**

.....(253) 537-4854  
*325 E. 152 Street, Spanaway 98387*

**Steilacoom Community Center**

.....(253)-581-1076  
*2301 Worthington, 98388*

**Sumner Senior Center**

.....(253) 863-2910  
*15506 62th St Ct. E, 98390*

*SENIOR/COMMUNITY CENTERS, cont...*

**Tillicum/American Lk Gardens  
Community Service Center**

.....(253) 584-1280

*14916 Washington Ave.S.W., 98498*

**True Vine Senior Center**

.....(253) 761-1309

*1819 S. Mason Ave, Tacoma 98405*

**\*Univ. Place Senior Community Center**

.....(253) 564-1992

*2534 Grandview Dr W, 98466*

**SOCIAL SECURITY**

Social Security Administration

.....(800) 772-1213

**SUPPORT GROUPS &  
ASSOCIATIONS**

ADRC (resource) .....(253) 798-4600 or

.....(800) 562-0332

Caregiving University .(253) 722-5691

Geriatric Care Management Services

.....(253) 697-8400

Good Samaritan Alzheimer Caregiver

Resource Center .....(253) 697-8575

Franciscan Mental Health Systems

Support Groups.....(888) 825-3227

GriefWorks: A Bereavement Resource

.....(253) 333-9420

Helping Elders through Referral

& Outreach Services (HEROS)

.....(253) 445-8120

Senior Resource Alliance

.....(253) 756-2011

Senior Resource Network

.....(253) 722-5687

## *SUPPORT GROUPS & ASSOC., cont...*

- Tacoma Public Library (information)  
.....(253) 591-5666  
United Way HelpLine (resource)  
.....211  
Widowed Info & Consultation  
Service, Inc (WICS) ...(253) 272-8092

## **TAX INFORMATION**

- Internal Revenue Service  
.....(800)-829-1040  
Senior & Disabled Property Tax  
Exemptions .....(253) 798-2169

## **TRANSPORTATION**

- A & B HomeCare and Staffing, Inc  
.....(253) 874-3333  
A Blessing to Serve....(253) 307-5928  
Around The Sound....(253) 858-7088  
Amtrak.....(800) 872-7245  
Ferry Information Line(800) 843-3779  
Greyhound .....(800) 231-2222  
Intercity Transit (Olympia)  
.....(360) 786-1881 or  
.....(800) 287-6348  
Kitsap Transit (Bremerton)  
.....(360) 377-2877 or  
.....(800) 501-7433  
Northwest Transport...(800) 600-9225  
Paratransit Services...(800) 925-5438  
Pierce Transit.....(253) 581-8000 or  
Shuttle Services .....(253) 581-8100 or  
Shuttle or Bus TDD ....711  
Seattle Metro.....(206) 553-3000 or  
.....(800) 542-7876  
Sound Transit.....(253) 398-5000 or  
.....(888) 889-6368

**No matter –  
the questions  
the problems  
the challenges**

**~ Call the ADRC ~  
Pierce County  
Aging & Disability  
Resource Center**

**Providing information, assistance  
and referral for older adults,  
individuals with disabilities, family  
members, caregivers, friends and  
community professionals**

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**(800) 562-0332**

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



*A service of  
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for all residents in  
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## TRANSPORTATION., cont...

Volunteer Chore Services  
.....(253) 502-2690

## TRIPS AND TOURS

Franke Tobey Jones... (253) 752-6621  
Senior Adventures..... (253) 927-8207

## UTILITIES ASSISTANCE

ADRC (info only) ..... (253) 798-4600  
Eatonville Family Agency  
..... (360) 832-6805  
Metro Development Council  
..... (253) 572-5557  
Pierce County Cmnty Service  
..... (253) 798-7240  
Salvation Army ..... (253) 572-8452  
South Sound Outreach Services  
Discount Rate Program  
..... (253)-593-2111  
Tacoma Public Utilities Discount Rate  
..... (253) 502-8369

## VETERANS SERVICES

Disabled American Veterans  
..... (253) 752-2970  
    Service Officer ..... (253) 302-4960  
Memory Wellness Program  
(Alzheimer's study) .... 866-638-8813 or  
..... (253)-583-2033  
US Dept of Veterans Affairs  
..... 800-827-1000





N O R T H W E S T  
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Partnering with individuals, families and communities for health, justice and hope in South Puget Sound through:



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- ♥ Caregiver University
- ♥ Care Team Ministry
- ♥ Meals on Wheels
- ♥ Senior Companions
- ♥ Where To Turn Guide
- ♥ Senior Scene Newspaper

Contact us to find out how we can help you or a loved one.

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- Aging & Long Term Care  
.....(253) 798-2823
- AARP .....(888) 227-7669
- Celebrate Seniority ....(253) 697-7386
- Foster Grandparent Program  
.....(253) 502-2743
- Franke Tobey Jones...(253) 752-6621
- Franciscan Hospice & Palliative Care  
.....(253) 534-7069
- Palliative Care Outreach  
.....(253) 534-7083
- Korean Women's Association  
.....(253) 535-4202
- Long Term Care Ombudsmen  
.....(253) 798-3789
- MultiCare Hospice Volunteer  
.....(253) 403-1005
- Retired & Senior Volunteer Program  
.....(253) 682-1832
- Senior Companion Program  
.....(253) 272-8433
- Senior Scene Newspaper (delivery)  
.....(253) 722-5687
- Service Corps of Retired Executives  
(SCORE).....(253) 680-7770
- SHIBA Helpline (Statewide Health  
(Insurance Benefit Advisors) ALTC  
.....(253) 596-0918 or  
.....(800) 562-6900
- St. Anthony Hospital...(253) 530-8145
- St. Clare Hospital .....(253) 581-6415
- St. Joseph Hospital ....(253) 426-6785
- TACID .....(253) 565-9000 x21
- Volunteer Chore Services  
.....(253) 502-2741



## **DISCOUNT RATES AVAILABLE!**

**You may be eligible for discounts on your Tacoma Public Utilities residential account.**

- 25 percent discount for electric, water, solid waste, surface water, and wastewater services
- Discount on Click! Network cable television services

**Qualify by meeting all of these criteria:**

- 62 years or older or disabled adult – receiving disability income
- Utility account in your name
- Live in the home full-time
- Monthly gross household income from all sources must not be more than:
  - 1 person = \$1,354 per month
  - 2 people = \$1,821 per month
  - 3 people = \$2,289 per month(Income guidelines change October 1)

**To request an application:**

Call Tacoma Public Utilities Customer Solutions Office at (253) 502-8369.

# **(253) 502-8369**

# Edwards Memorial



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[www.edwardsmemorial.com](http://www.edwardsmemorial.com)

- Local family owned and operated
- Crematory owned & operated by Edwards family
- Full service funeral home
- Second largest funeral provider in Pierce County<sup>†</sup>
- We serve all cemeteries including Mountain View
- We offer guaranteed pre-paid plans

<sup>†</sup>According to 2009 Pierce County Health Department Records

COMPARISONS as of 7/15/2010	Edwards Memorial	Mountain View	New Tacoma	Neptune Society
Direct Cremation	<b>*\$549</b>	\$1771	\$1120	\$1647
Immediate Burial w/ casket	<b>\$990</b>	\$2220	\$2680	N/A

\*Price includes 24/7 removal, cremation container, urn, sales tax and online obituary

Note: Prices need to be verified with provider

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We serve all cemeteries



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