

Where To Turn

2024- 2025

An information and referral
guide to community resources
for older adults in

KING COUNTY

Produced by **SENIOR MEDIA SERVICES**
A program of



LUTHERAN
**Community
Services**
NORTHWEST

**Find the services
you need quickly**

**HOUSING, IN-HOME CARE,
TRANSPORTATION,
HEALTHCARE,
FOOD RESOURCES,
LEGAL AID and MORE**

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

At AARP Family Caregiving, we're here to help you get answers, connect with other caregivers and find local resources close to home. So you can take care of what matters most.

To learn more, visit aarp.org/caregiverswa.

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Lutheran Community Services Northwest ... 20

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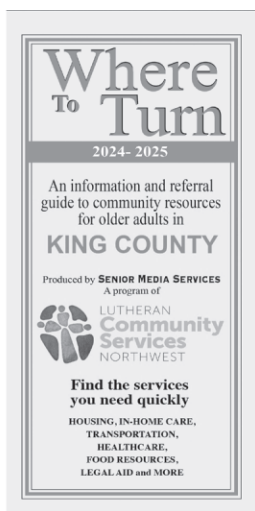
Family Resource 10

Information resources

Lutheran Community Services Northwest ... 20

FIND IT IN WHERE TO TURN

Where to Turn lists the telephone numbers of service providers by category. The lists include government, publicly funded and non-profit programs, and paid advertisers. For services outside King County or Washington, contact the U.S. Administration on Aging's Eldercare Locator at 1-800-677-1116, or for services in Pierce County, contact Senior Media Services at 253-722-5687.



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

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WHERE TO TURN'S PUBLISHER

Senior Media Services is a program of Lutheran Community Services Northwest, a non-profit social services agency serving communities in Washington, Oregon and Idaho. Senior Media, with the goal of helping people lead healthy, active and informed lives, has been meeting the information needs of older adults and their families in the Puget Sound area for more than 30 years by publishing our community resources directory, Where to Turn, and our newspaper, The Senior Scene. Where to Turn is published annually in separate editions for King, Pierce, and Kitsap counties, and is distributed free of charge through 320 organizations. Each year, the "little yellow book" is a guide for about 100,000 people to government, non-profit, and private providers of senior services. The Senior Scene, offering features and news to approximately 25,000 readers each month, is distributed at more than 400 locations in King and Pierce counties. In addition to being in print, Where to Turn and Senior Scene are online at www.seniorscene.org. For more information, contact us at 253-722-5687, pjenkins@lcsnw.org, or Senior Media Services/LCSNW, 3848 S. Junett St., Tacoma, WA 98409.

You Can Help

Please join us in thanking and acknowledging our advertisers. Their partnership and generous support helps us make Where to Turn a free resource for all who need it.

And you can help.

If you want to promote your business by becoming one of our advertising partners, or if you're a community member who'd like to make a financial donation to our work, please contact us at 253-722-5687, pjenkins@lcsnw.org, or Senior Media/LCSNW, 3848 S. Junett St., Tacoma, WA 98409.

ADVOCACY AND COMPLAINTS

Aging & Disability Services	206-684-0660
Better Business Bureau	206-431-2222
Disabled American Vets	877-426-2838
Adult Protective Service	877-734-6277
State long-term care ombudsman	206-623-0816
Medicare Beneficiary Helpline	800-633-4227
United Way HelpLine	2-1-1
State attorney general/ consumer issues	800-551-4636
State insurance commissioner	800-562-6900
Disability Rights of Washington	206-324-1521

CASE MANAGEMENT

Asian Counseling and Referral Service	206-695-7595
Chinese Information and Service Center	206-624-5633
King County Area Agency on Aging	206-684-0660
Valley Cities	253-833-7444

CHEMICAL DEPENDENCY

Al-Anon	206-625-0000
King County Substance Abuse Services	206-263-9000
Kent Youth and Family Services.....	253-859-0300
Valley Cities	253-833-7444

CRIME and FRAUD PREVENTION

AARP Fraud Watch Network	
Helpline	877-908-3360
Adult Protective	
Services	877-734-6277
Crime Stoppers	206-343-2020
Algona Police	253-833-2743
Renton Police	425-430-7500
Auburn Police	253-931-3080
Kent Police Department	253-856-5883
King County Sheriff	206-296-3311
Emergencies	9-1-1

CRISIS LINES

Crisis Clinic	866-427-4747
WA Recovery Help Line	866-789-1511
King County Crisis and	
Commitment Services	206-461-3222
NAMI	800-950-6264
Suicide and Crisis Lifeline	9-8-8



DENTAL HELP: The Seattle-King County Dental Society, in cooperation with the Dental Lifeline Network, donates dental services to older adults and disabled or medically compromised people who can't afford treatment or get public aid. More information is at skcds.org and 877-861-6028.

DEMENTIA CARE

Alzheimer's Association	206-363-5500
Harborview Memory and Brain Wellness	206-520-5000
King County Caregiver Support	206-436-2975

DENTAL CARE

Renton Public Health/ Dental Clinic	206-477-0100
Downtown Public Health/ Dental Clinic (Seattle)	206-477-8300
Seattle-King County Dental Society	206-443-7607
Auburn Community Health Center	253-735-0166

DISABILITY-RELATED SERVICES

King County Developmental Disabilities	206-263-9105
State Department of Services for the Blind	206-906-5500
Hearing Loss Association of WA	503-882-0115
Braille Library	206-615-0400
Washington TDD Relay	7-1-1
Alliance of People With Disabilities	206-545-7055
Deaf-Blind Service Center.....	206-455-7932
Helping Hands for the Disabled	206-684-0660
Aging and Disability Services	206-684-0660
Northwest Access Fund	206-328-5116
Northwest ADA Center	425-248-2480

DISASTER RELIEF

American Red Cross	206-323-2345
Federal Emergency Management Administration (FEMA)	800-525-0321
King County Emergency Management	206-296-3830
Salvation Army	206-767-3150

DOMESTIC VIOLENCE

Valley Cities Counseling and Consultation	253-833-7444
King County Coalition Against Domestic Violence	206-568-5454
YWCA.....	425-226-1266
National Domestic Violence Hotline	800-799-7233
King County Domestic Violence Hotline	800-562-6025

DRIVING EDUCATION

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



PHONE DISCOUNTS: Qualified 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.

EMPLOYMENT RESOURCES

National Asian Pacific Center on Aging	206-624-1221
WorkSource	253-804-1177

FINANCIAL COUNSELING

Financial Empowerment Network	360-830-6190
Hopelink	425-250-3003
Northwest Access Fund	206-328-5116

FOOD

• Home-delivered meals

Catholic Community Services	253-474-1300
Sound Generations	206-448-5767



**For care beyond compare,
we're the resource.**

We have 10 locations across Puget Sound.
For more information, visit our website at
familyresourcehomecare.com.

Bellevue & Eastside	425.455.2004
Bellingham	360.524.4402
Renton	425.658.1135
Seattle & S. Snohomish County	206.545.1092
Woodinville	425.488.7575

FOOD, *continued*

• **Food banks**

Algona-Pacific Food Pantry	253-351-0450
Asian Americans (ACRS).....	206-695-7510
Auburn Food Bank	253-833-8925
Black Diamond Food Bank	360-886-1011
Buckley Kiwanis Food Bank	253-266-7309
Des Moines Food Bank	206-878-2660
Emergency Feeding Program of Seattle & King County	425-277-0300
Enumclaw Kiwanis Food Bank	360-825-6188
Federal Way Food Bank	253-838-6810
Highline Food Bank	206-433-9900
Hopelink Bellevue	425-943-7555
Issaquah Food Bank	425-392-4123
Kent Food Bank	253-520-3550
Maple Valley Food Bank	425-432-8633
Muckleshoot Food Bank	253-876-3336
Salvation Army-Renton	425-255-5969
Snoqualmie Valley Food Bank	425-888-7832
Tukwila Pantry	206-431-8293
Vashon-Maury Food Bank	206-463-6332

• **Meal sites**

Auburn Senior Center	253-931-3016
Black Diamond Community Center	360-886-1011
Des Moines Community Center	206-878-1642
Enumclaw Senior Center	360-825-4741
Federal Way Senior Center	253-838-3604

LUTHERAN **Community Services** NORTHWEST

Our work,
our history

Lutheran Community Services Northwest partners with individuals, families and communities to promote health, justice and hope through its programs in Washington, Oregon and Idaho.

The history of Lutheran Community Services Northwest (LCSNW) predates the Great Depression to 1921 with the founding of the Lutheran Compass Mission in Tacoma.

The mission served “down-and-out” individuals and families in the community. In 1926, caring Lutherans in Portland organized a similar outreach effort known as the Lutheran Welfare Society.

As human suffering escalated during the 1930s, Northwest Lutherans increased their efforts to provide clothing, bedding, food, and shelter to the homeless.

In the 1940s, LCSNW resettled refugees from Eastern Europe and started offering adoption services. The Spokane office opened in 1956 and the Tri-Cities office opened in 1964 as work focused on mental health and marriage and family counseling.

In the 1970s and '80s, the agency expanded services for refugees and unaccompanied minors, senior services grew in Tacoma, and the Rape Crisis Center opened in Spokane.

In 2001, Lutheran Social Services of Washington and Idaho joined with Lutheran Family Service of Oregon and Southwest Washington to form Lutheran Community Services Northwest.

Its programs today support aging and independent living for seniors, behavioral health, child welfare, crime victims, families, refugees and immigrants.

More information, including how to donate to LCSNW's work, is available at 206-901-1685, lcsnw.org, and Facebook, Instagram, and other social media.



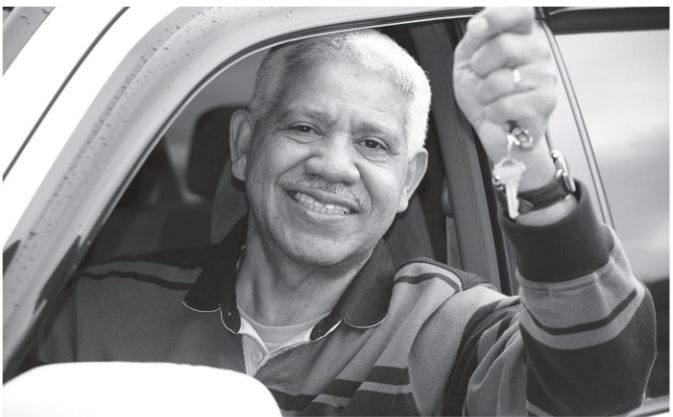
LUTHERAN
**Community
Services**
NORTHWEST

FOOD, Meal sites ... *continued*

Issaquah Senior Center	425-837-3339
North Bellevue Community Center	425-452-7681
Pacific-Algona Community Center	253-929-1150
Peter Kirk Community Center (Kirkland)	425-587-2300
Redmond Senior Center	425-556-2314
Renton Senior Activity Center	425-430-6633
SeaTac Community Center	206-973-4680
South Park Community Center	206-767-2544

HEALTHCARE SERVICES

Seattle-King County Public Health	206-296-4600
Virginia Mason Franciscan Health System	888-825-3227
HealthPoint	866-893-5717



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

HEALTH INSURANCE / MEDICARE

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

HEARING

Hearing, Speech and Deafness Center	206-323-5770
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HOME REPAIRS

City of Kent	253-856-5065
Rebuilding Together Seattle	206-682-1231
King County Housing Repair	206-263-9095
City of SeaTac	206-973-4815
City of Covington	253-480-2411
City of Tukwila	206-433-7180
City of Des Moines	206-878-4595
City of Auburn	253-931-3099
Sound Generations	206-448-5751

HOUSING ASSISTANCE

Catholic Community Services	206-328-5755
Compass Housing Alliance	206-474-1000
Salvation Army	206-281-4600
Solid Ground	206-694-6700
St. Vincent de Paul	206-767-6449

HOSPICE

Providence Hospice	206-320-4000
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HOSPITALS

St. Anne Hospital	206-244-9970
Harborview Medical Center	206-744-3000
Multicare Auburn Medical Center	253-833-7711
St. Elizabeth Hospital (Enumclaw)	360-802-8800
St. Francis Hospital (Federal Way)	253-944-8100
Swedish Hospital	206-386-6000
Valley Medical Center	425-690-1000
UW Medical Center	206-598-3300
Virginia Mason Medical Center	206-624-1144

IMMIGRATION AND REFUGEE SERVICES

City of Seattle Immigrant and Refugee Affairs	206-727-8515
Lutheran Community Services Northwest	206-816-3253
Northwest Immigrant Rights Project	206-587-4009
Refugee Resettlement Office	206-323-3152
Refugee Women's Alliance	206-721-0243
Seattle Chinese New Immigrants Center	425-336-0128
U.S. Immigration and Naturalization	800-375-5283

IN-HOME CARE

Area Agency on Aging	206-684-0660
Catholic Community Services.....	877-870-1582
Family Resource Homecare Seattle	206-545-1092
Korean Women's Association	253-535-4202

LEGAL ASSISTANCE

King County Bar Association	206-267-7100
Northwest Justice Project	888-201-1012
Sound Generations	206-448-5720

SENIOR CENTERS

Auburn	253-931-3016
Black Diamond	360-886-1011
Burien	206-988-3700
Des Moines	206-878-1642
Enumclaw	360-825-4741
Federal Way	253-838-3604
Kent	253-856-5150
Maple Valley	425-432-1272
Pacific-Algona	253-929-1150
Renton	425-430-6633
SeaTac	206-767-2544
South Park	206-767-2544
Tukwila	206-768-2822



SENIOR CENTERS, like the one in Tukwila where fitness and exercise are among the programs, are a popular hub of activities throughout King County. See the Senior Centers category in *Where to Turn* for one near you.

SOCIAL SECURITY

Social Security

Administration	800-772-1213
• Burien office	866-964-7380
• Kent office	866-931-7671

SUPPORT GROUPS

Alzheimer's Association	206-363-5500
Jewish Family Services	206-461-3240
United Way	206-461-3700
Brain Injury Association	800-444-6443
Widowed Information and Consultation Services (WICS)	206-241-5650

TAX HELP / INFORMATION

AARP Foundation

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

TRANSPORTATION

Metro Transit	206-553-3000
Hyde Shuttles	206-727-6262
Access	206-205-5000
Sound Generations	206-448-5740
Sound Transit	888-889-6368
Northwest Transport	253-216-5000
Paratransit Services	800-925-5438
Amtrak	800-872-7245
Washington State Ferries	800-843-3779

UTILITIES ASSISTANCE

City of Seattle	206-684-0268
Hopelink (east county)	425-943-7555
Multi-Service Center (south county)	253-838-6810

VETERANS SERVICES

King County Veterans Program	206-263-8387
Disabled American Veterans	206-341-8267
U.S. Veterans Affairs	800-827-1000
VA Puget Sound Healthcare System	206-762-1010
VA Puget Sound Blind and Low-Vision Services	206-764-2758
Vet Center (VA)	206-764-5130
WA Veterans Affairs	800-562-2308
• American Legion	
Kent	253-859-9905
Renton	425-271-1439
Auburn	253-939-5789
• Veterans of Foreign Wars	
Kent-Meridian Post	206-251-5998
Post 1741, Auburn	253-293-5839



GET A RIDE: Door-to-door van service for older adults and adults with disabilities is among the transportation options in the Transportation section of Where to Turn.

Home is where the HEART is

*But sometimes
you need
a helping hand*



**Aging and
Independent Living
206-602-1347**



**Refugee and
Immigrant Services
206-816-3253**



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

www.lcsnw.org



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