

Where To Turn

2024 - 2025

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





Family Caregiving

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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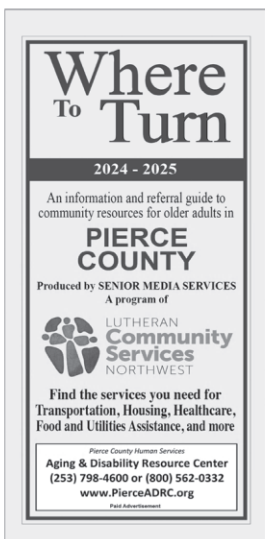
FIND IT IN WHERE TO TURN

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 care-givers 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 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*



Senior Friends



Senior Companion



Senior Scene/Where to Turn



Retired Senior Volunteer



LUTHERAN
**Community
Services**
NORTHWEST

*Bremerton 360-377-5511
Tacoma 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

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:
Attorney General
Consumer Issues 1-800-551-4636
.....(1-800-833-6388 for hearing-impaired)

ADVOCACY & COMPLAINTS, continued...

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
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



**SCREENED, TRAINED & SUPERVISED
CAREGIVERS TO ASSIST YOU AT HOME**

- Companionship
- Personal Care
- Housekeeping/Meals
- Bathing
- Memory Care
- Mobility/Transfers
- Medication Assistance
- Grocery Shopping/Errands



CALL US TODAY to discuss your in home care options

253.475.7744

www.advanced-healthcare.com

LOCALLY OWNED & TRUSTED Since 1984

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

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



HIT THE ROAD: 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.

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

9-8-8 Suicide and Crisis Lifeline 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

UWVA 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

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
 WA Talking Book & Braille
 Library 206-615-0400, 800-542-0866
 WA TBI Resource
 Coordination 253-572-0383
 WA TDD Relay Services 7-1-1

● ● ●
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 WASHINGTON

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 and the different plan options.

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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

DRIVING CLASSES

AARP Driver Safety.....	888-227-7669
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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
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EYE CARE / VISION SERVICES

Eye Care America 877-887-6327
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
Jackson Street 253-383-3164
Lakes 253-581-1116
NW Tacoma 253-756-4974



Medical Equipment, Supplies, Rentals & Services

MOBILE SERVICE TECHNICIANS

16009 Pacific Ave S
Spanaway, WA, 98387



253.536.1796 Store
253.276.5855 Fax

Medex@rehmedical.com

253.405.8832 owner

FOOD, *continued...*

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
Ministries to the Poor	253-474-0835
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
South Sound Outreach Services	253-593-2111
Eatonville Family Agency	360-832-6805

Pierce County Aging & Disability Resource Center

*Helping older adults
and individuals living with disabilities
remain safe and independent
in the community.*



How we work for you:

- ◆ Listen to your needs
- ◆ Focus on what will work for you
- ◆ Research successful options
- ◆ Help caregivers with services
- ◆ Partner with dozens of local organizations
- ◆ Connect with state and local resources
- ◆ Provide educational opportunities

Connect with the Pierce County ADRC

253-798-4600 • 800-562-0332

ADRC@PierceCountyWA.gov

www.PierceADRC.org



Pierce County
Human Services

FOOD, continued

• **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

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



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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

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
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

HEALTHCARE SERVICES, *continued*

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
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

HEARING

Hearing, Speech and Deafness Center
South Sound 253-475-0782

HOMELESS SERVICES

Beacon Center
Young Adult Shelter253-753-7089
CCS Family Day Center 253-471-5340
Coordinated Entry / Diversion 2-1-1
Downtown Tacoma YMCA 253-597-6444
Nativity House Shelter 253-502-2780
New Hope Resource Center 253-845-0174
Safe Parking 253-346-6482

HOSPICE

Franciscan Hospice
Palliative Care 253-534-7000

Pierce County Family Caregiver Support Program

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

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

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



Pierce County
Human Services

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Overwhelmed by Senior Living Options?

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At New Horizons, we offer FREE personalized senior living solutions. Our nurses match your loved one with trusted communities, including Adult Family Homes, which provide:

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- Qualified staff and visiting healthcare professionals for high-quality care



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Contact us today and let our experts simplify your search for the perfect care home!

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For more information visit:
www.PNWSeniorService.com

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HOSPICE, *continued...*

MultiCare Home Health, Hospice &
Palliative Care 253-301-6400

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

Pierce County Community

Action 253-798-7240

SHAG 888-450-7424

HOUSING, continued

- Associated Ministries
of Tacoma 253-383-3056
- Tacoma Housing
Authority 253-207-4400
- The Orchard (KWA) 253-686-1899
- **RENTAL ASSISTANCE**
Pierce County Human Services/
City of Tacoma 2-1-1
 - **RESIDENTIAL CARE INFO**
Pierce County ADR 253-798-4600
 - **SHELTER INFORMATION**
United Way Helpline..... 2-1-1
 - TACID 253-565-9000

HOUSING REPAIRS

- Lakewood (major repair
and rehabilitation) 253-589-2489
- Metropolitan Development Council

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, program
supervisor, 253-722-5695

Website: lcsnw.org



**AmeriCorps
Seniors**



**LUTHERAN
Community
Services
NORTHWEST**

Sent: Wednesday, September 11, 2024 3:05 PM

weatherization	253-593-2336
Need-A-Break	253-284-4282
Pierce County Community Action	253-798-7240
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

IN-HOME CARE/ HEALTH SERVICES

Advanced Health Care	253-475-7744
Aging and Disability Services	253-476-7200, 800-442-5129
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

IN-HOME CARE/ HEALTH SERVICES, *continued*

Volunteer Chore Services –

CCS 253-502-2741

MultiCare Home Health

& Hospice 253-301-6400

Providence Sound HomeCare

& Hospice..... 800-869-7062

INSURANCE / MEDICARE

DSHS Community Service

Office 877-501-2233

Insuring Washington 253-904-8982

Medicare 800-MEDICARE

SHIBA Helpline 253-212-3519

..... 800-562-6900

Kaiser Foundation

Health Plan 425-919-6286

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

Tacoma Pro Bono 888-822-5134

Lawyer Referral Services, Tacoma-Pierce

County Bar Association 253-383-3432

Rehmke Andreve Elder and

Family Law 253-460-3190

We the People 253-588-8811

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

MEDICAL AND MOBILITY EQUIPMENT

MedEx 253-536-1796

MEAL SITES

Beacon Senior Center 253-327-1226
415 S 13th St., Tacoma
**Bonney Lake Senior
Center**..... 253-863-7658
19304 Bonney Lake Blvd.

NEED A WILL?

Last Will and Testament\$219⁰⁰
Community Property Agreement\$129⁰⁰
Durable Power of Attorney\$129⁰⁰
Living Will (Terminal Condition)\$109⁰⁰

NEED A TRUST?

AVOID PROBATE

Living Trust \$995⁰⁰

OTHER AREAS

Uncontested Divorce • Real Estate Deeds
Probate • Notary

We The People, P.S.

ERNEST B. CHAPPEL Attorney At Law MONDAY - FRIDAY
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MEAL SITES, *continued*

- 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 Activity
Center** 253-327-1112
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.
- Spana-Park Senior Center**..... 253-537-4854
 325 E. 152nd St., Spanaway
- Steilacoom Community Center** 253-983-2059
 2301 Worthington, Steilacoom



DENTAL HELP: Several non-profit or education or community-based organizations provide free or low-cost dental services to older adults and disabled or medically compromised people. Check the Dental Care category in Where to Turn.

MEAL SITES, continued

- 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.

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

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 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



Questions about Medicare?

Talk to a real person for FREE, UNBIASED help

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Local: 253-212-3519

OIC: 1-800-562-6900

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OFFICE of the
INSURANCE
COMMISSIONER
WASHINGTON STATE

MENTAL HEALTH/ SUICIDE PREVENTION, cont.

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**..... 253-327-1226
415 S. 13th St., Tacoma
- Bonney Lake Seniors** 253-863-7658
19304 Bonney Lake Blvd.
- Buckley Senior Center** 360-829-0190
811 Main St.
- 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



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SENIOR AND COMMUNITY CENTERS, cont...

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

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..... 253-327-1112
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
- 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.



CENTERS OF ATTENTION: Senior centers, such as the one in Puyallup where an Elvis Presley impersonator performed, are places with a variety of activities, entertainment and socializing. Find one in the Senior Centers category of Where to Turn.

SENIOR LIVING COMMUNITIES

- Cascade Communities 253-242-6406
 New Horizons
 Senior Referral 253-508-8103
 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

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| North Tacoma , StoneRidge at the Park | (253) 879-1000 |
| NE Tacoma , Norpoint Village | (253) 952-8347 |
| University Place , Cottages at Peach Creek | (253) 565-6151 |
| Puyallup , Highlands at South Hill | (253) 445-8000 |
| Olympia , Cooper Point Village | (360) 956-9400 |
| Gig Harbor , Rosedale Village | (253) 530-3334 |
| Silverdale , Cottages on the Ridge | (360) 633-1800 |



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- Cottages on the Ridge
(Silverdale) 360-633-1800

SENIOR LIVING REFERRALS

New Horizons 253-508-8103

SOCIAL SECURITY

Social Security

Administration 800-772-1213

- Puyallup office 855-886-9627

- Tacoma office 888-487-9229

SUPPORT GROUPS

Alzheimer's Association 800-272-3900

Brain Injury Alliance of

Washington 877-982-4292

Caregiver Support Group 253-697-8575

Good Samaritan Cancer

Center 253-697-4899

Good Samaritan Widow/

Widower 253-697-4899

Diabetes Association 253-272-5134

Franciscan Health Systems

Support Groups 888-825-3227

Northwest Parkinson's

Foundation 206-748-9481

Pierce County Aging and Disability

Resources 253-798-4600, 800-562-0332

Sisters of Hope (cancer) 253-882-7410

Tacoma Older LGBT 253-271-8185

United Way HelpLine 2-1-1

WICS (Widowed Information and Consultation

Services 253-564-9154

TAX INFORMATION and ASSISTANCE

AARP Foundation Tax-Aide 888-227-7669

Internal Revenue Service

VITA). 800-829-1040

TAX INFORMATION AND ASSISTANCE, *con't...*

Pierce County Assessor/senior and disabled property tax exemptions... 253-798-2169

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 Runner 253-581-8000
Pierce Transit 253-581-8000
Shuttle Services 253-581-8000
Shuttle or Bus TDD 7-1-1
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

Pierce County Parks 253-798-4141
Metro Parks Tacoma 253-305-1000

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

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

VOLUNTEER OPPORTUNITIES

AARP..... 1-866-227-7457
 Celebrate Seniority..... 253-697-7385
 Foster Grandparents 253-502-2743
 Franciscan Hospice and
 Palliative Care 253-534-7000

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In-Home Care Services

VOLUNTEER OPPORTUNITIES, cont...

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
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



GET A RIDE: Pierce Transit Runner, is one of the public transportation options available in Pierce County. See the Transportation category in Where to Turn to find out more.

Resources to Get Ahead on Utility Bills

Whether you face a short-term financial issue or are on a limited or fixed income, paying your bills can sometimes be challenging.

We offer programs to help pay for electricity, drinking water, solid waste, wastewater, recycling, and stormwater.

Bill Credit Assistance Plan

Qualifying households receive a monthly bill credit for all services on the Bill Credit Assistance Plan. You don't need to be current on your bill to receive the automatic credits. You can achieve additional credits when you make on-time payments in full.

Discount Rate

Our Discount Rate Program offers a 35% discount on utility bills for adults 62 and up or adults who are receiving state/federal disability income.

If your household meets the requirements below, you may qualify for one of these programs.



Have a current TPU account in your name.



Live in the dwelling full-time as your primary residence.



Have residential, single-metered service (another unit or structure cannot share your power or water meter).



Your household meets the income guidelines.

Call **253-502-8600** or visit **MyTPU.org/Assistance** to view the current income guidelines, application, and information on how to apply.

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SENIOR LIVING SERVICES

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4 locations in Tacoma

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or info@cascadecares.com

- **Peoples Senior Living:** assisted living and memory care



- **Cascade Park Adult Day Health:** Monday - Friday therapies offered in 4-hour group sessions including a Veterans program

- **Cascade Park Vista:** assisted living
- **6th Ave Senior Living:** assisted living + memory care
- **Cascade Park Gardens:** behavioral health dementia care



Learn more at
www.cascadecares.com

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