

Where To Turn

2022 - 2023

*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

The Energy Assistance program pays utility bills for Pierce County households living outside the Tacoma city limits.



\$\$\$
Switching to
LED lightbulbs
can save you
hundreds!
\$\$\$

Financial assistance is not limited to those behind on payments - many people can save money through the Energy Assistance program!

Family Size	Income
1	\$1,610 / month
2	\$2,178 / month
3	\$2,745 / month

Income guidelines are in effect from 10/1/2021 to 9/30/2022 and are subject to change beginning 10/1/2022.

Apply online or by calling 253-798-4328

 [PierceCountyWA.gov/Energy](https://www.piercecountywa.gov/Energy)

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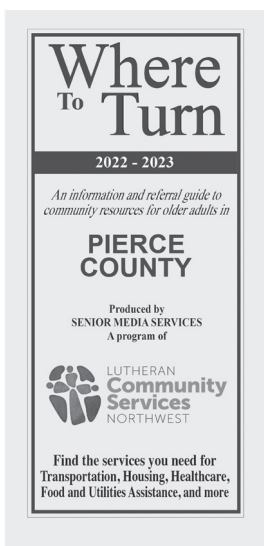
FIND IT IN WHERE TO TURN

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 caregivers depend on the information provided in **Where To Turn** as a resource for government and private providers of senior services in the south Puget Sound area. "The little yellow book," as it's come to be known, is distributed free of charge each year through LCSNW's South Puget Sound office in Tacoma and in partnership with 200-plus community organizations and businesses.



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

ABOUT LUTHERAN COMMUNITY SERVICES NORTHWEST

Lutheran Community Services Northwest (LCSNW) is a non-profit human services agency serving communities throughout Washington, Oregon and Idaho. The organization's earliest roots date to 1921.

Its caring staff provides a wide variety of services to adults, adolescents, children, families, schools, businesses, congregations, neighborhoods and communities. LCSNW programs touch the lives of people of all ages, cultures and faiths.

The LCSNW programs include services that increase and maintain independence and well-being of seniors and the disabled. The services include Meals on Wheels, Senior Companion, Dementia Services, Senior Friends, Retired and Senior Volunteer Program (RSVP), Santa for Seniors, and Senior Media Services.

Home is where the HEART is

*But sometimes you need
a helping hand*



Meals on Wheels



Senior Companion



***Senior Scene/
Where to Turn***



Dementia Services



Retired Senior Volunteer



LUTHERAN
**Community
Services**
NORTHWEST

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

ADVOCACY & COMPLAINTS, *continued*

WASHINGTON:

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

CASE MANAGEMENT

Alzheimer's Association	800-272-3900
CayCare	866-337-1176
Home & Community	
Services	253-476-7200
MultiCare Advance Care	
Planning	253-403-1136
Pierce County ADR	253-798-4600
.....	800-562-0332
Samoan-Pacific Islander	
Association	253-396-0335

CHEMICAL DEPENDENCY

Al-Anon	888-425-2666
Alcoholics Anonymous	253-474-8897
Good Samaritan Behavioral	
Health	253-697-8400
Sea Mar (inpatient)	253-280-9860
Tacoma Detox Unit	253-593-2413

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- Companionship
- Family Respite
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- 2 to 24 hours

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**(253) 588-4344 or
(866) 588-4344**

In-Home Care Services

www.goodtobehomecare.com

CRIME PREVENTION

AARP	888-687-2277
Adult Protective Services (DSHS)	877-734-6277
TTY.....	800-688-1165
Crime Stoppers Crimes Against Seniors	253-591-5959
Office of Crime Victim Advocacy	800-822-1067
Safe Streets	253-272-6824

CRISIS LINES

Family Renewal Shelter	253-475-9010 or 888-550-3915
MultiCare Behavioral Health	253-697-8400
24 Hr. Crisis Line	800-576-7764
Domestic Violence Helpline	253-798-4166
Nationwide Suicide and Crisis	9-8-8
Sexual Assault Center of Pierce County	253-597-6424, 800-756-7273
WAFHome (KWA)	253-359-0470
Washington Listens	833-681-0211



PHONE DISCOUNTS: Qualifying low-income consumers can receive discounts on their telephone service through the Federal Communications Commission's Lifeline program. Information is available at 888-641-8722.

DEMENTIA CARE / SERVICES

Alzheimer's Association
.....800-272-3900 or 206-363-5500
Family Caregiver Support
Program 253-798-4600
Lutheran Community Services
Northwest 253-272-8433
UW/VA Alzheimer's Disease Research
Center..... 800-317-5382 or 253-583-2033

DENTAL CARE

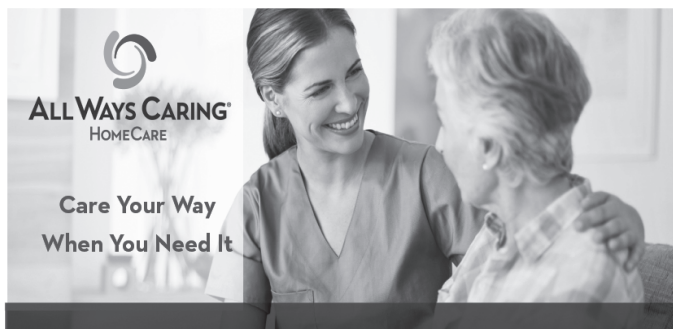
Bates Dental Clinic 253-680-7310
Bates Denture Clinic 253-680-7314
Community Health Care Family Dental
Clinic 253-572-7002
Community Health Care Lakewood
Clinic 253-589-7188
MultiCare Dental Clinic 253-691-7596
Northwest Dental
Services 253-383-3001
Pierce College Dental
Clinic 253-964-6694
Pierce County ADR 253-798-4600
Puyallup Tribal Health
Authority 253-593-0232

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

DISABILITY-RELATED SERVICES, *continued*

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	711



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Serving all of Pierce County:

Fircrest: 253-272-2675

AllWaysCaring.com

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

More Affordable Medical and Mobility equipment



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3635 S Lawrence St., Suite E, Tacoma
(253) 327-1033

Wed - Sat 10:00 am 'til 3:00 pm

DOMESTIC VIOLENCE PREVENTION, cont.

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 IMPROVEMENT

AARP—"55 Alive" 888-227-7669

EDUCATION

Franke Tobey Jones 253-752-6621

Tacoma Community House

(GED prep & ESL) 253-383-3951

Tacoma Area Literacy

Council 253-272-2471

EMPLOYMENT

Senior Community Service Employment

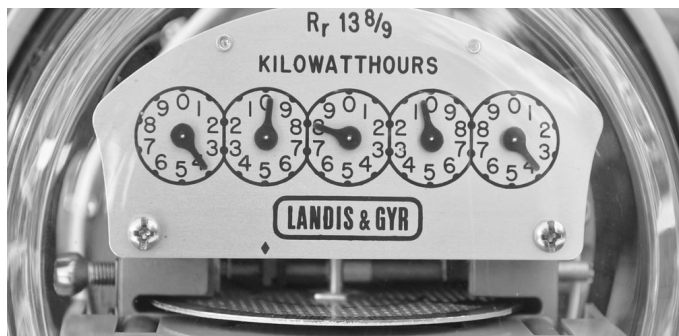
Program 253-573-6759, 253-573-6500

EYE CARE / VISION SERVICES

Eye Care America 877-887-6327

Franciscan Eye Care 253-274-7503

Hope Vision Foundation 833-228-5501



POWER UP: For help paying utility bills, see the Utilities / Energy Assistance listings in Where to Turn.

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
SE Tacoma	253-531-4530
Food Connections	253-383-5048
Gig Harbor Peninsula (Nourish)	253-858-6179
Lakewood/Prince of Peace	253-584-2565
Orting	360-893-0095
My Sister's Pantry	253-627-1186
Parkland 1st Baptist	253-535-1293
Puyallup (Nourish)	253-848-5458
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

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

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Today!**

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W R I G H T P A R K

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5 South G St, Tacoma, WA 98405



License Pending

Independent Living • Assisted Living • Memory Care

FOOD, continued

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

• **HOME-DELIVERED MEALS**

All Saints Catholic Church (Puyallup)	253-848-2000
Lutheran Community Services NW (frozen)	253-272-8433
Catholic Community Services (frozen).....	253-474-1300

FUNERALS

ShareLife

Tacoma-Federal Way, Edwards Memorial Funeral Home	253-566-1008
Sumner-Puyallup, Curnow Funeral Home and Cremation Services	253-863-2800
Auburn-Kent, Klontz Funeral Home and Cremation Services	253-833-1322

HEALTHCARE SERVICES

AIDS Foundation 253-383-2565
Communicable Info & Referral (Pierce County
Health Department) 253-798-6500

Community Health Care

Downtown Tacoma 253-442-8690
Eastside Clinic 253-471-4553
Lakewood Clinic 253-589-7030
Parkland Clinic 253-536-2020
Spanaway Clinic 253-847-2304
Women's Health 253-597-4163
Diabetes Association 253-272-5134

Virginia Mason Franciscan Health

Cancer Resource Center... 253-426-6810
Diabetes Education 253-426-6753
Doctor Referral..... 888-825-3227
Heart Healthy Nutrition ... 888-825-3227
Knee/Joint Pain888-825-3227
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 253-858-9192
Tacoma 253-274-7504



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- We pride ourselves on employing the highest caliber of staff assuring our clients the best quality in-home care services



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HEALTHCARE SERVICES, continued

Franciscan Medical Clinic	
Spanaway	253-538-4660
Franciscan Prompt Care -	
Canyon Road	253-539-4200
Franciscan Urology Associates	
Gig Harbor	253-858-9192
Lakewood	253-985-6134
Franciscan Weight Loss Surgery Clinic -	
Gig Harbor	253-530-2940
Franciscan Women's Health	
Gig Harbor	253-530-2955
Tacoma	253-274-7501
Gig Harbor Medical	
Clinic	253-858-9192
Gig Harbor Orthopaedic	
Surgeons	253-530-2663
Pearl Plastic	
Surgery	253-759-4522
ROAD Clinic (Rheumatology,	
Osteoporosis and Arthritic	
Diseases)	253-985-6490
St. Anthony Family	
Medicine	253-858-9192
St. Anthony Prompt Care ..	253-853-2050
St. Joseph Medical	
Clinic	253-274-7503
St. Joseph Women's	
Clinic	253-274-7501
The Lakewood	
Clinic	253- 985-6688
University Place Medical	
Clinic	253-564-0170
Good Samaritan Hospital	
Cancer Center	253-697-4899
Interventional Pain	
Management	253-697-4110
Iora Primary Care	206-518-9058
MultiCare Health	
System	800-342-9919

HEALTHCARE SERVICES, *continued*

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
Tacoma General Center for Healthy Living	253-403-1040
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	253-680-5480
VA Puget Sound Health Care System American Lake	253-582-8440



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Memory Care
Mobility/Transfers
Medication Assistance
Grocery Shopping/Errands



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HEARING

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

HOSPICE

Franciscan Hospice
Palliative Care 253-534-7000
MultiCare Home Health, Hospice &
Palliative Care 253-301-6400
Wesley Hospice 888-995-1126

HOSPITALS

Allenmore 253-459-6633
American Lake
Veterans 253-582-8440
Auburn Medical 253-833-7711
Good Samaritan 253-697-4000
Madigan Army 253-968-1110
St. Anthony 253-530-2000
St. Clare 253-985-1711



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Areas of Practice

- Probate
- Power of Attorney
- Estate Planning
- Wills/Trust
- Advanced Directives
- Medicaid Planning
- Nursing Homes
- In Home
- Elder Abuse
- Guardianships

HOSPITALS, continued

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 Tacoma253-591-5151
- **DOWN PAYMENT ASSISTANCE**
City of Tacoma253-591-5230
- **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
Shared Housing
Services 253-272-1532
Tacoma Housing
Authority 253-207-4400
The Orchard (KWA) 253-843-0384
- **RENTAL ASSISTANCE**
Pierce County Human Services/
City of Tacoma 211
- **RESIDENTIAL CARE INFO**
Pierce County ADR 253-798-4600
- **SHELTER INFORMATION**
United Way Helpline..... 211
TACID 253-565-9000

HOUSING REPAIRS

Lakewood (major repair and rehabilitation)	253-589-2489
Metropolitan Development Council weatherization	253-591-2336
Need-A-Break	253-284-4282
Pierce County Community Action	253-798-7240
Paint Tacoma Beautiful (Associated Ministries)	253-579-3970
Rebuilding Together South Sound	253-238-0977
Rural Development	360-704-7760
Tacoma Home Rehabilitation	253-573-2435

IMMIGRATION SERVICES

Lutheran Community Services NW Refugee Resettlement	253-287-3610
Northwest Immigration Rights Project	253-383-0519
Tacoma Community House	253-383-3951
U.S. Immigration & Naturalization Services	800-375-5283



CENTERS OF ATTENTION: Spana-Park Senior Center is among the many hubs of activities, services and socializing for older adults. For a list, see the Senior and Community Centers listings in Where to Turn.

IN-HOME CARE/ HEALTH SERVICES

Advanced Health Care	253-475-7744
Aging and Disability Services	253-476-7200, 800-442-5129
All Ways Caring	253-272-2675
Always Best Care	253-534-9596
Catholic Community Services	253-383-3697
Family Resource Home Care	253-761-8019
Good To Be Home Care	253-588-4344, 866-588-4344
Korean Women's Association	253-535-4202
Volunteer Chore Services – CCS	253-502-2741
MultiCare Home Health & Hospice	253-301-6400
Providence Sound HomeCare & Hospice.....	800-869-7062

NEED A WILL?

Last Will and Testament	\$179 ⁰⁰
Community Property Agreement	\$99 ⁰⁰
Durable Power of Attorney	\$99 ⁰⁰
Living Will (Terminal Condition)	\$99 ⁰⁰

NEED A TRUST?

AVOID PROBATE

Living Trust	\$795 ⁰⁰
--------------------	---------------------

OTHER AREAS

Uncontested Divorce • Real Estate Deeds
Probate • Notary

We The People, P.S.

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

INSURANCE

DSHS Community Service

Office 877-501-2233

Insuring Washington 253-904-8982

Medicare 800-MEDICARE

SHIBA Helpline 253-596-0918

..... 800-562-6900

Korean Women's Association (Korean

Language)..... 253-535-4202

LEGAL ASSISTANCE

Northwest Justice Project 253-272-7879

Pierce County Center

for Dispute Resolution 253-572-3657

Rehmke Law Offices 253-460-3190

Tacoma Pro Bono 888-822-5134

Lawyer Referral Services, Tacoma-Pierce

County Bar Association 253-383-3432

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

LEGISLATION / STATE

AARP Washington 866-227-7457
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



DRIVE SAFELY: AARP offers classes for older drivers to help them keep their driving skills sharp and be safe on the roads. To start signing up, see the Driving Improvement category.

MEAL SITES

Beacon Activity Center 253-591-5083

415 S 13th St., Tacoma

Bonney Lake Senior

Center..... 253-863-7658

19304 Bonney Lake Blvd.

Buckley Senior Center 360-829-0190

811 Main St.

Community Christian Assembly Food

Bank 253-537-4010

10401 19th Ave. Ct. E., Tacoma

Eastside Community Center ... 253-404-3990

1721 E. 56th St., Tacoma

Eatonville Community

Center.. 360-832-6805, 305 W. Center St.

Fife Community

Center..... 253-922-0900, 2111 54th Ave. E.

Gig Harbor Senior 253-514-6338

6509 38th Ave. NW.

Good Shepherd Lutheran

Church 253-473-4848

140 E. 56th St., Tacoma

Hospitality Kitchen 253-502-2695

1323 S. Yakima, Tacoma

Key Peninsula Community

Service 253-884-4440

10715 9th St Ct. KPN, Lakebay

Korean Women's

Association 253-535-4202

123 East 96th St., Tacoma

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MEAL SITES, continued

- Lighthouse Senior Center** 253-591-5080
5016 E. A St., Tacoma
- Mid-County Community Center** 253-531-8412
10205 44th Ave. E., Tacoma
- My Sister's Pantry** 253-627-1186
621 Tacoma Ave. S., Tacoma
- Nativity House** 253-272-5266
2304 S. Jefferson, Tacoma
- Orting Valley Senior Center**..... 360-893-5827
120 Washington St., Orting
- Algona-Pacific Senior Center**
253-929-1150, 100 Third Ave. SE., Pacific
- Point Defiance-Ruston Senior Center**..253-756-0601, 4716 N. Baltimore
- Puyallup Activity Center** 253-841-5555
210 W. Pioneer
- Salvation Army-Puyallup** 253-841-1491
4009 9th St. SW.
- Spana-Park Senior Center**..... 253-537-4854
325 E. 152nd St., Spanaway
- Steilacoom Community Center** 253-983-2059
2301 Worthington, Steilacoom
- Sumner Senior Center**.. . 253-863-2910
15506 62nd St Ct. E, Sumner
- Tacoma Rescue Mission** 253-383-4493
425 South Tacoma Way
- Tillicum/American Lake Gardens Community Service Center**..... 253-584-1280
14916 Washington Ave. SW., Tillicum
- Trinity Lutheran Church** 253-537-0201
12115 Park Ave. S., Parkland
- University Place Senior Community Center** 253-564-1992
2534 Grandview Dr. W.

ETHNIC MEAL SITES

- African American** 253-502-2723
1323 S. Yakima, Tacoma
- Asian/Pacific** 253-535-4202
123 E. 96th St., Tacoma
- Hispanic** 253-591-5080
Lighthouse Activity Center, 5016 S. A 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

Healthy Eating: We Deliver

Meals on Wheels helps seniors and those with disabilities bridge the gaps from food access to eating a nutritious meal.

Meals on Wheels delivers client-selected frozen meals to your home once a week. Our meals are complete, nutritious, and **reasonably priced**.

Meals on Wheels has no age restrictions and is for anyone in Pierce County who is unable to shop or prepare meals for themselves. This includes seniors, people with disabilities, and people recovering from surgery or illness.



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Email us
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or call 253-722-5684 to learn more about the program.

MEDICAL AND MOBILITY EQUIPMENT

MSHH Donor Closet 253-327-1033

MENTAL HEALTH/ SUICIDE PREVENTION

Asian Counseling Services 253-301-5250
Bi-Polar Support Group
(TACID) 253-565-9000
Catholic Community
Services 253-383-3697
Community
Connections 253-798-4500
Crisis Line 800-576-7764
HopeSparks 253-565-4484
Comprehensive Mental Health
Center 253-396-5000
DSHS Mental Health
Division 800-446-0259
MultiCare Behavioral
Healthcare 253-697-8400
Greater Lakes Mental
Healthcare 253-581-7020
Mental Health
Ombudsman 800-531-0508
Mobile Outreach Crisis
Team 800-576-7764
Sea Mar Behavioral Health Center
Tacoma 253-396-1634
Puyallup 253-864-4770
Suicide Prevention
Lifeline 800-273-8255
TACID Mental Health
Resource 253-565-9000 x20
Therapy Center (Pacific Lutheran
University) 253-535-8782
Washington Warm Line 877-500-9276
Wellfound Behavioral Health
Hospital 253-301-5494

MINORITY SERVICES

Asian Counseling

Services	253-471-0141
Centro Latino	253-572-7717
Elder Services & Wellness Center	253-680-5480
KWA Indo-Chinese Cultural & Service Center (Vietnamese/Cambodian/ Laotian)	253-473-5666
KWA (Asian/Pacific Island)	253-535-4202
Multicultural Self-Sufficiency Movement (Asian)	253-584-5615
Puyallup Tribal Health Authority	253-593-0232
Sea Mar Community Health Center (Spanish)	253-593-2144
Samoa-Pacific Islander Association	253-396-0335
Tacoma Community House (Laotians/ Asians/Vietnamese/Cambodians/ Russians)	253-383-3951

OUT-OF-PIERCE-COUNTY SERVICES

Aging & Disability Resources

King County	206-684-0660
Kitsap County	800-562-6418
Lewis	888-702-4464
Mason	877-227-4696
Thurston	360-664-2168

SENIOR AND COMMUNITY CENTERS

Beacon Senior Center	253-301-3369
415 S. 13th St., Tacoma	
Bonney Lake Seniors	253-863-7658
19304 Bonney Lake Blvd.	

SENIOR AND COMMUNITY CENTERS, con't

- Buckley Senior Center** 360-829-0190
811 Main St.
- Celebrate Seniority** 253-697-7385
1004 E. Main, Puyallup
- Eatonville Family Agency** 360-832-6805
305 W. Center St., Eatonville
- Enumclaw Senior Activity Center**.....360-825-4741, 1350 Cole St.
- Federal Way Community Center**..... 253-835-6900
876 S. 333rd St., Federal Way
- Federal Way Senior Center**..... 253-838-3604
4016 S. 352nd St., Auburn
- Fife Community Center**..... 253-922-0900
2111 54th Ave E.



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- Seattle & S. Snohomish County 206.545.1092
Bellevue & Eastside 425.455.2004
Tacoma & Pierce County 253.761.8019
Snohomish & Skagit County 425.361.0044

SENIOR AND COMMUNITY CENTERS, *con't*

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..... 253-426-1282

5016 E. A St., Tacoma

Mid-County Community

Center 253-531-8412

10205 E. 44th Ave. E., Tacoma

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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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SENIOR AND COMMUNITY CENTERS, *con't*

- Milton Activity Center**..... 253-922-6586
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.

SENIOR LIVING COMMUNITIES

- King's Manor 253-617-0378
- Merrill Gardens
- Wright Park 253-292-3867
- Norpoint Communities
- Stoneridge at the Park
(Tacoma) 253-879-1000
 - Norpoint Village
(Tacoma) 253-952-8347
 - Cottages at Peach Creek
(University Place) 253-565-6151
 - Highlands at South Hill
(Puyallup) 253-445-8000
 - Cooper Point Village
(Olympia) 360-956-9400
 - Rosedale Village
(Gig Harbor) 253-530-3334
 - Cottages on the Ridge
(Silverdale) 360-633-1800

Participants Welcome!



Art & Music Classes

Opening Minds through Art (OMA) and Music and Memories classes give people living with dementia and other cognitive challenges the opportunity to freely express themselves artistically and musically. **Come join us for free!**

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- We have multiple locations and times available.
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For more information or to register, please contact us:

Phone: 253-272-8433

Email: dementiaservices@lcsnw.org



dementiafriendlypc.org

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
- Tacoma Older LGBT 253-271-8185
- United Way HelpLine 211
- WICS (Widowed Information and Consultation Services)..... 253-564-9154

TAX INFORMATION and ASSISTANCE

- AARP Tax-Aide 888-687-2277
- Internal Revenue Service 800-829-1040
- 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 253-581-8000

Shuttle Services 253-581-8000

Shuttle or Bus TDD 711

King County

Metro 206-553-3000, 800-542-7876

Sound

Transit 206-398-5000, 888-889-6368

Volunteer Chore Services 253-502-2690

Please check with individual Senior/
Community Centers for additional listings

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TRIPS and TOURS

FAB Tacoma Metro Parks 253-305-1000

Pierce County Parks 253-798-4141

UTILITIES / ENERGY ASSISTANCE

Metropolitan Energy Development

Council 253-383-3921

Pierce County ADR 253-798-4600

Pierce County Community.

Action 253-798-7240

Pierce County Energy

Assistance 253-798-4328

PC 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



HOME REPAIRS: Volunteers with Rebuilding Together South Sound tackle home-repair and improvement projects for elderly and disabled residents. See the Housing Repairs category of Where to Turn for contact information.

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

VOLUNTEER OPPORTUNITIES

AARP 888-227-7669

Celebrate Seniority 253-697-7385

Foster Grandparents 253-502-2743

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Puyallup, WA 98373**

pnatsiopoulos@abc-seniors.com AlwaysBestCareTacoma.com

VOLUNTEER OPPORTUNITIES, *con't.*

Franciscan Hospice and Palliative Care	253-534-7000
Palliative Care Outreach	253-534-7000
Korean Women's Association	253-535-4202
Long-Term Care Ombudsmen	253-798-3789
MultiCare Hospice Volunteer	253-301-6100



MULTI-CULTURAL: Korean Women's Association representatives like these provide multi-cultural, multi-lingual services to older adults and other community members. KWA is listed in several Where to Turn categories, including In-home Care, Adult Day Care, and Minority Services.

VOLUNTEER OPPORTUNITIES, *con't.*

Retired and Senior Volunteer Program (RSVP)	253-722-5695
Senior Companion	253-722-5686
Senior Friends	253-722-5691
Senior Media Services (Senior Scene newspaper delivery).....	253-722-5687
Service Corps of Retired Executives (SCORE)	253-680-7770
St. Anthony Hospital	253-530-2146
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



GETTING AROUND: Need a ride? A variety of options are listed in the Transportation category of Where to Turn.

Get help with your utility bills

Paying your utility bills can have its challenges when finances become limited. We offer programs and services to help make paying your utility bills more manageable.

Get a Discount

You might qualify for a 35% discount on your utility bill. You must meet all of these criteria:

- You're 62 or older or a disabled adult receiving qualifying disability income
- You live in the home full time
- You are the head of household, with the utility account in your name
- Your monthly household income is not more than:
 - » 1 person: \$2,666
 - » 2 people: \$3,045
 - » 3 people: \$3,428

Call **253-502-8400** or visit **MyTPU.org/discounts** to apply.

Save Money and Energy

You can lower your bill with home upgrades that use electricity more efficiently. Save with an improved heating or cooling system, water heater, insulation, windows, ducting and more.

Upgrading is easy and more affordable with:

- Rebates that give you instant money back.
- Loans with 0% interest for 7 years, and low monthly payments.
- Deferred loans with no monthly payments; repay when your home changes ownership.

Loans will allow you to make upgrades now while paying for them over time while you save money on your bills.

Call **253-502-8363** or visit **MyTPU.org/Incentives** to see which upgrades and incentives you qualify for.

To be eligible for utility discount rates, loans or rebates, you must meet all required eligibility criteria. Program requirements listed in full at **MyTPU.org**. You must meet all of the qualifications above, and some additional criteria may apply. Your project(s) must be pre-approved, and meet eligibility criteria and program requirements. Programs are subject to change at any time.



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(253) 863-2800 CurnowFuneralHome.com