

2015-2016



East King County

RESOURCE GUIDE

For Older Adults and Their Families



Juanita Village, Kirkland

IMPORTANT PHONE NUMBERS

POLICE/FIRE/MEDICAL EMERGENCIES

911

IN CASE OF EMERGENCY, CONTACT:		
Name	Relationship	Phone Number

DOCTORS: _____

POISON CONTROL 1-800-222-1222

EVERGREENHEALTH MEDICAL CENTER (425) 899-1000

EVERGREENHEALTH COMMUNITY HEALTHCARE ACCESS TEAM (425) 899-3200

Press option 2

COMMUNITY LIVING CONNECTIONS INFORMATION & REFERRAL 1-844-348-5464

NON-EMERGENCY POLICE & FIRE DEPARTMENT CONTACT NUMBERS

If you are unsure if your situation is an emergency, dial 911. Dispatchers will help determine if immediate action is needed.

Use your local non-emergency number when police assistance is not immediately needed. This may be because some time has elapsed since the incident occurred (such as a car prowler discovered the next morning) or if you are calling regarding a nuisance issue, such as graffiti.

Bellevue, Kirkland & Mercer Island: (425) 577-5656 **Bothell: (425) 486-1254**

Carnation: (425) 333-4190 **Duvall: (425) 788-1519**

Issaquah: (425) 837-3200 **Redmond: (425) 556-2500**

Sammamish & Woodinville: (206) 296-3311 **Snoqualmie & North Bend: (425) 888-3333**

East King County

RESOURCE GUIDE

For Older Adults and Their Families



Acknowledgments

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For additional copies of this guide, please call:
EvergreenHealth Community Healthcare Access Team at (425) 899-3200
or City of Kirkland at (425) 587-3322

Or to obtain a digital copy, visit:
www.kirklandwa.gov



Cross Kirkland Corridor Trail

Welcome to the East King County Resource Guide for Older Adults & Their Families

Inside you will find information on community resources regarding health, housing, transportation, recreation, emergency preparedness, and more—all specifically tailored for adults ages 50 and up.

The resources focus on organizations that serve residents of East King County. If services in a category are not offered on the Eastside, then organizations from outlying areas are included.

Efforts have been made to verify the information in this guide, however all the listings within are subject to change.

Reading the Resource Guide

The Resource Guide lists organizations by category and sub-category. For example, a medical equipment supplier would be under the category “Health Care Services,” and sub-category “Medical Equipment Suppliers.” Individual agencies are listed alphabetically within each category.

At the beginning of each category, you will find important information including frequently used terms and a summary of the different types of options available. See the index for help locating a specific resource or organization.

Many organizations offer more than one service and are listed under multiple categories. A description of the types of services provided by each organization is included in the listing. Organizations that provide emergency assistance such as eviction prevention or food, are marked with a red diamond. Green squares denote for-profit businesses and organizations that require a membership have an orange circle.

KEY:

Red diamonds denote emergency service provision:

HOPELINK

A community action agency serving homeless and low-income families, children, seniors and people with disabilities. Services include food

Green squares denote a for-profit organization:

KITCHEN DOOR

Kitchen Door is a local company offering weekly delivery throughout the Eastside and Seattle area. Their menu includes fresh and frozen a la carte breakfasts, lunches, dinners,

Orange circles denote membership requirements:

THE AMERICAN LEGION

The American Legion is the largest wartime veterans’ service organization in the US and has several posts within King County. American Legion is a

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Adult Day Programs

Adult day centers offer an opportunity for older adults with physical and cognitive disabilities to socialize outside of their homes and can provide daytime respite for caregivers

Adult Day Program Terms To Know

Adult Day Care (ADC): A program which provides day time socialization, meals, and activities primarily for persons with physical and/or mental limitations. Participants return home each evening. Often used as respite for those caring for an older adult who cannot safely be left alone at home.

Adult Day Health (ADH): A program primarily for persons with physical and/or mental limitations which provides all the services of ADC and therapeutic activities facilitated by Registered Nurses, therapists, and other service providers.

Adult Day Programs

All facilities provide both Adult Day Care (ADC) and Adult Day Health (ADH) services unless otherwise indicated. Information on payment options is under "Financial Aid" on page 3.

CIRCLE OF FRIENDS

Provides ADC and ADH services, primarily for Russian and Slavic language speakers. COPES, RCL, and private pay accepted.

www.cofhealth.com

(425) 454-8585

121 107th Avenue NE
Bellevue, WA 98004

ELDER & ADULT DAY SERVICES

Provides ADC and ADH services. COPES, RCL, SCSA, VA, Respite, and private pay accepted on a sliding-fee scale for qualifying participants.

www.eads-cares.org

(425) 867-1799

12831 NE 21st Place
Bellevue, WA 98005

ELDERWISE

Provides ADC services with an arts focus. Private pay and most long-term care insurance plans accepted.

www.elderwise.org

(206) 774-6606

900 University Street
Seattle, WA 98101

KLINE GALLAND POLACK ADULT DAY CENTER

Provides ADC services with kosher meals and a Jewish heritage focus. Accepts private pay.

www.klinegalland.org

(206) 805-2337

7500 Seward Park Avenue S
Seattle, WA 98118

LEGACY HOUSE

Provides ADC and ADH services primarily for Asian older adults. Staff members speak 15 different languages.

www.legacyhouse.org

(206) 292-5184

803 S Lane Street
Seattle, WA 98104

NORTHSHORE SENIOR CENTER ADULT DAY PROGRAM

Provides ADC, ADH, and specialized programs for early stage memory loss. Serves people in King and Snohomish counties. COPES, RCL, SCSA, VA, Respite, and private pay accepted on a sliding-fee scale for low-income participants.

www.northshoreseniorcenter.org

(425) 487-2441

10212 E Riverside Drive
Bothell, WA 98011

OLD FRIENDS CLUB

Provides ADC services at two locations.
Private pay accepted on a sliding-fee scale.

www.olderfriendsclub.org

(425) 681-9776

Tolt Congregational Church

Mondays, Tuesdays, and Thursdays 9:30 AM-
2:30 PM

4851 Tolt Avenue

Carnation, WA 98014

Lake Washington United Methodist Church

Tuesdays and Thursdays 9:30 AM- 2:30 PM

7525 132nd Avenue NE

Kirkland, WA 98033

OVERLAKE TERRACE

Provides ADC and ADH services. Private pay
and most long-term care insurance plans
accepted.

www.overlaketerrace.com

(425) 883-0495

2956 152nd Avenue NE

Redmond, WA 98052

Financial Aid

WASHINGTON STATE DEPARTMENT OF SOCIAL AND HEALTH SERVICES

DSHS has funding options for those seeking
adult day services. Below are two commonly
accepted options:

Community Options Program Entry System

(COPES): A waiver program that pays for
services for people in community settings,
such as ADC and ADH, who would otherwise
need to be in nursing homes and are income
eligible.

Road to Community Living (RCL): A DSHS
project which helps eligible people move from
long-term care institutions, such as a hospital
or nursing home, back into the community.
This funding follows the beneficiary from
program to program.

You may apply online through
WashingtonConnection or in person at King
County's Home and Community Services (HCS)
office.

www.washingtonconnection.org

King County HCS

(206) 341-7750

1737 Airport Way S, Suite 130

Seattle, WA 98134

EVERGREENHEALTH COMMUNITY HEALTH ACCESS TEAM (CHAT)

Administers Washington State's Respite Care
program which provides financial assistance
to caregivers seeking respite care.

www.evergreenhealthcare.org

(425) 899-3200, press option 2

or 1-800-676-6692

12040 NE 128th Street, Suite B1-140

Kirkland, WA 98034

Information & Referral Services

ADULTDAYCARE.ORG

A national online database of adult day
centers, searchable by city, state, or zip code.
Adultdaycare.org also has other information
and resources related to adult day centers,
such as how to pay for services, and can
provide assistance via telephone.

www.adultdaycare.org

1-866-333-6002

LEADINGAGE WASHINGTON

Provides general information about adult day
centers, site visit checklists, and links to local
adult day centers.

www.leadingagewa.org

(253) 964-8870

SOUND GENERATIONS PATHWAYS INFORMATION & ASSISTANCE (FORMERLY SENIOR SERVICES)

Provides general information about adult day
centers and links to local adult day centers.

www.soundgenerations.org

(206) 448-3110

Emergency Assistance Programs

The programs listed in this section offer assistance for people in emergency situations involving financial and housing needs. Each program has eligibility criteria that must be met in order to receive services

BELLEVUE LIFESPRING ◆

Services Available:

Eviction Prevention

First Month's Rent Assistance

Food

Utility Assistance

Provides qualifying Bellevue residents with financial assistance for utility bills and rent. Gas, Electric, & Water assistance is available once a year to residents with a final disconnect or shut-off notice, or who have already had their utilities disconnected. Rental assistance is available once a year for qualifying residents who have a current eviction notice (3- or 10-day pay-or-vacate.) First month rent assistance is available to qualifying Bellevue residents moving within LifeSpring's service area.

www.bellevuelifespring.org

(425) 451-1175

PO Box 53203

Bellevue, WA 98015

CATHOLIC COMMUNITY SERVICES OF WESTERN WASHINGTON ◆

Services Available:

Emergency Motel Vouchers

Eviction Prevention

Food

Foreclosure Prevention

Move-in Assistance

Utility Assistance

CCSWW's Emergency Assistance Program is available to families, seniors, and people with disabilities. To access the services, contact the intake line listed below.

www.ccsww.org

(425) 213-1963

11061 NE 2nd Street

Bellevue, WA 98004

HOPELINK ◆

Services Available:

Eviction Prevention

Emergency Financial Assistance

First Month's Rent Assistance

Food

Utility Assistance

A community action agency serving homeless and low-income families, children, seniors and people with disabilities. Services include food banks, transportation, emergency financial aid, energy assistance, adult education, family development, and more. The agency has multi-purpose service centers and housing sites throughout north and east King County.

www.hope-link.org

Email: hopelink@hope-link.org

Bellevue: (425) 943-7555

14812 Main Street

Bellevue, WA 98007

Duvall: (425) 844-9669

Limited service, call for information.

Kirkland/Northshore: (425) 889-7880

11011 120th Avenue NE

Kirkland, WA 98033

Redmond: (425) 882-0241

16725 Cleveland Street

Redmond, WA 98052

Shoreline: (206) 440-7300

15809 Westminster Way N

Shoreline, WA 98133

Sno-Valley: (206) 333-4163

31957 E Commercial Street

Carnation, WA 98014

ISSAQUAH FOOD & CLOTHING BANK ◆

Services Available:
Eviction Prevention
Food
Utility Assistance

Partners with Issaquah Community Services to provide assistance to Issaquah residents.

www.issaquahfoodbank.org

(425) 392-4123

179 1st Avenue SE
 Issaquah, WA 98027

JEWISH FAMILY SERVICE ◆

Services Available:
Emergency Financial Assistance
Emergency Shelter Vouchers
Eviction Prevention
Food
Utility Assistance

Services are by appointment only. Language assistance available in Arabic, Cantonese, Farsi, Mandarin, Russian, Somali, Spanish, Ukrainian and Vietnamese.

www.jfsseattle.org

Email: emergency@jfsseattle.org

(425) 643-2221

or (206) 461-3240

East King County Office:

15821 NE 8th Street, Suite 210
 Bellevue, WA 98008

MERCER ISLAND YOUTH AND FAMILY SERVICES (MIYFS) ◆

Services Available:
Eviction Prevention
Food
Utility Assistance

Low-income Mercer Island residents of all ages who need assistance may be eligible for services from MIYFS.

www.miyfs.org

Main Office: (206) 275-7611

Emergency Line: (206) 275-7869

2040 84th Avenue SE
 Mercer Island, WA 98040

MUSLIM HOUSING SERVICES ◆

Services Available:
Case Management
Eviction Prevention
Utility Assistance

Case managers speak Amharic, Arabic, English, Hindi, Oromo, Somali, Swahili, Tigrinya and Urdu.

www.muslim-housing.org

(206) 723-1712

6727 Rainier Avenue S
 Seattle, WA 98118

THE SALVATION ARMY EASTSIDE CORPS ◆

Services Available:
Eviction Prevention
Food
Utility Assistance

The Salvation Army provides emergency assistance to help people with low incomes pay rent and utilities. Assistance is provided once in a twelve-month period. Call to confirm current location.

www.bellevue.salvationarmynw.org

(425) 452-7300

ST. VINCENT DE PAUL HELPLINE ◆

Services Available:
Eviction Prevention
Food Vouchers
Gasoline Vouchers
Home Visits
Utility Assistance

The St. Vincent de Paul Helpline can assist with the above services through either direct provision of services or referral. Helpline operates Monday-Friday, 8:00 AM-3:00 PM, subject to change.

www.svdpsattle.org

Main Office: (206) 767-9975

Helpline: (206) 767-6449

5950 4th Avenue S
 Seattle, WA 98108

Emergency Preparedness

This section provides information on how to prepare for emergencies such as natural disasters

911 should only be called when an immediate response from police, fire, or medics is needed.

Non-emergency police contact numbers and poison control are located on the front inside cover.

Emergency information is also broadcast on AM 1000 or FM 97.3.

Emergency Resources

2-1-1: KING COUNTY

Call 2-1-1 for information about emergency alerts in King County.

www.crisisclinic.org/find-help/2-1-1-resources-and-information

2-1-1

or 1-800-621-4636

TTY (206) 461-3610

5-1-1: WASHINGTON TRAVEL INFORMATION & ROAD WARNINGS

A state-wide travel information line offering incident reports, pass conditions, weather information and other resources.

www.wa511.org

5-1-1

or 1-800-695-7623

AMERICAN RED CROSS NORTHWEST REGION

Provides immediate, short-term disaster assistance, community disaster education, preparedness training, emergency kits and supplies, and other services. Operates a 24-hour disaster assistance hotline, listed below.

www.redcross.org

24-hour Hotline: 1-800-487-2441

or (206) 323-2345

1900 25th Avenue S
Seattle, WA 98144

KING COUNTY FLOOD WARNING INFORMATION LINE

Recorded flood-phase information, updated during flood events.

1-800-945-9263

KIRKLAND 24-HOUR EMERGENCY HOTLINE

Recorded message updated during Kirkland-area emergencies.

(425) 587-3767

PUGET SOUND ENERGY ■

24-hour utility information. Outage maps are also viewable online.

www.pse.com

1-888-225-5773

REGIONAL PUBLIC INFORMATION & NOTIFICATION (RPIN)

RPIN is an emergency alert system operated by King County. RPIN notifies residents of potential threats or hazards in their area by phone, email, or text message. Signing up is free and takes only a few minutes.

www.kingcounty.gov/safety/prepare/RPIN.aspx

(206) 296-3830

King County Office of Emergency Management
3511 NE 2nd Street
Renton, WA 98056

Emergency Preparedness Tips for Older Adults

Build a Kit

A minimum 7-14 day supply of necessities is recommended. Store your kit in a dry, easy-to-access location. Smaller items can go in a backpack or to-go kit. Include the following:

- 1) 1 gallon of water per person per day
- 2) Non-perishable foods with a manual can opener
- 3) Battery-powered radio and flashlights, with extra batteries stored in a water-proof bag
- 4) Weather-appropriate clothing and blankets, rain ponchos
- 5) Cash and change
- 6) Personal hygiene supplies
- 7) Medication. Talk to your health care provider(s) about ways to manage prescriptions and other medical needs during an emergency
- 8) Copies of important documents such as driver's license, birth certificate, doctor's information, living will and insurance information
- 9) Duct tape, dust mask, and gloves
- 10) First aid kit with extra medication, over-the-counter drugs, hearing-aid batteries, extra glasses or contact lenses, bandages, anti-bacterial ointment, gloves, and any other items to meet your needs
- 11) Items for pets such as extra food, water, medication, and litter
- 12) Photos of family members and pets

Make a Plan

Know where to go and who to call for help. The numbers on page 6 and on the front inside cover of this guide are good places to start. Coordinate with family and friends.

Talk to your health care provider(s) about ways to manage prescriptions and other medical needs during an emergency.

Write your plan down and keep it with your emergency kit.

Be Ready

Store your emergency kit and plan in a safe place. Consider keeping one in your vehicle.

Keep the numbers on page 6 and the inside cover of this guide easily accessible.

Food & Meal Programs

This section contains information on local food banks, community dining programs, home-delivered meals and groceries, and reduced-cost programs

Food Benefit Programs

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

State program that enables low-income people to purchase food with an electronic benefit card (used in the same manner as a debit card.) Applicants must meet financial requirements, and can apply by phone, online, or in person at the Department of Social & Health Services.

www.foodhelp.wa.gov

**Department of Social & Health Services
(206) 341-7404**

805 156th Avenue NE
Bellevue, WA 98007

SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMNP)

Provides qualifying low-income seniors with checks to spend on food at participating farmers markets. See page 15 for markets.

www.adsa.dshs.wa.gov

1-800-422-3263

Community Dining

ATTAIN HOUSING COMMUNITY SUPPER

Volunteers serve a free meal each Tuesday from 6:00-7:00 PM at Holy Spirit Lutheran Church in Kirkland. All are welcome and ESL assistance is available at each community supper.

www.attainhousing.org

(425) 576-9531

Meal Site:

Holy Spirit Lutheran Church
10021 NE 124th Street
Kirkland, WA 98034

FALL CITY COMMUNITY FOOD PANTRY

Operated by the Fall City United Methodist Church and open to anyone in need of grocery assistance. Lunch is served on the first and third Wednesdays of each month at noon, and the food bank operates on the first and third Wednesdays from 6:30-7:00 PM.

www.fallcityfoodpantry.org

(435) 222-5458

4326 337th Place SE
Fall City, WA 98024

GURUDWARA SIKH CENTRE OF SEATTLE

Caters to the spiritual needs of the Punjabi community and provides nightly Langar Service (free community meal) from 6:30-8:30 PM Monday-Saturday and from 10:30 AM-2:30 PM on Sundays, subject to change.

www.sikhcentreofseattle.org

Email: info@sikhcentreofseattle.org

(425) 487-4878

20412 Bothell Everett Highway
Bothell, WA 98012

ISSAQUAH MEALS

Catholic Community Services serves dinner Monday-Friday at 5:30 PM at Issaquah Community Hall. All are welcome.

www.ccsww.org

(425) 679-0342

180 E Sunset Way
Issaquah, WA 98207

LAKE WASHINGTON UNITED METHODIST CHURCH

Serves a free community meal each Wednesday at 5:30 PM.

www.lwumc.com

(425) 885-3311

7525 132nd Avenue NE
Kirkland, WA 98033

SENIOR HOT LUNCH PROGRAMS

Many Senior Centers in King County offer hot weekday lunches to individuals over age 60 for a suggested donation of \$3.00. Friends, family, and spouses under age 60 may purchase a meal for \$6.00. To participate, call the meal site to make your reservation.

Sound Generations can arrange transportation to and from these meals. Call (206) 727-6262 for assistance.

City	Meal Site	Schedule
Bellevue	North Bellevue Community Center (425) 452-7861 4063 148 th Avenue NE, Bellevue, WA 98007 www.bellevuewa.gov	M, T, W, & F at noon
Bothell	Northshore Senior Center (425) 487-2441 10201 E Riverside Drive, Bothell, WA 98011 www.northshoreseniorcenter.org	Monday-Friday 11:45 AM-12:15 PM
Issaquah	Issaquah Valley Senior Center (425) 392-2381 75 NE Creek Way, Issaquah, WA 98027 www.issaquahseniorcenter.org	Tuesday & Friday at noon
Kirkland	Peter Kirk Community Center (425) 587-3360 352 Kirkland Avenue, Kirkland, WA 98033 www.kirklandwa.gov	M, T, W, & F at noon
Monroe	East County Senior Center (360) 794-6359 276 Sky River Parkway, Monroe, WA 98272 www.eastcountyseniorcenter.org	Monday-Friday at noon
Redmond	Redmond Senior Center (425) 556-2314 8703 160 Avenue NE, Redmond, WA 98052 www.redmond.gov	Monday-Friday at noon
Snoqualmie Valley	Sno-Valley Senior Center (425) 333-4152 4610 Stephens Avenue, Carnation, WA 98014 www.snovalleysenior.org	Continental Breakfast: Monday-Friday, 8:15-9:00 AM Lunch: Monday-Friday at noon

Food & Meal Programs

OPEN KITCHEN

Open Kitchen is a once-weekly meal service provided by the Redmond United Methodist Church. Meals are served every Wednesday from 5:00–7:00 PM.

www.openkitchenredmond.com

(425) 883-7553

16540 NE 80th Street
Redmond, WA 98052

THE SALVATION ARMY ◆

Volunteers serve free meals Monday through Friday from 6:00 to 7:00 PM, except on holidays. Location subject to change.

www.bellevue.salvationarmynw.org

(425) 452-7300

Meal Site:

Overlake Park Presbyterian Church

1836 156th Avenue NE
Bellevue, WA 98007

Food Banks

ADRA P. BERRY MEMORIAL FOOD BANK ◆

Operated by Raging River Community Church. Open from 3:00-4:00 PM on Thursdays.

www.ragingrivercommunitychurch.org

(425) 222-5573

31104 SE 86th Street
Issaquah, WA 98027

FALL CITY COMMUNITY FOOD PANTRY ◆

Operated by the Fall City United Methodist Church and open to anyone in need of grocery assistance. Lunch is served on the first and third Wednesdays of each month at noon, and the food bank operates on the first and third Wednesdays from 6:30-7:00 PM.

www.fallcityfoodpantry.org

(435) 222-5458

4326 337th Place SE
Fall City, WA 98024

HOPELINK ◆

HopeLink locations offer food banks for local residents. Limited emergency food bags and home delivery for homebound adults are available. Clients may visit Hopelink's food banks twice a month. Each center is open Monday-Friday, 8:30 AM-5:00 PM unless otherwise noted.

www.hope-link.org/get_help/food

Food Bank Locations:

Bellevue:

(425) 943-7555

14812 Main Street
Bellevue, WA 98007

Kirkland/Northshore:

(425) 889-7880

11011 120th Avenue NE
Kirkland, WA 98033

Redmond:

(425) 882-0241

16725 Cleveland Street
Redmond, WA 98052

Shoreline:

(206) 440-7300

15809 Westminster Way N
Shoreline, WA 98133

Sno-Valley:

(425) 333-4163

31957 E Commercial Street
Carnation, WA 98014

**Sno-Valley location is closed Fridays*

ISSAQUAH FOOD & CLOTHING BANK ◆

Issaquah locals needing assistance may visit Issaquah Food Bank once weekly. Call ahead for first time visits or to check availability and hours.

www.issaquahfoodbank.org

(425) 392-4123

179 1st Avenue SE
Issaquah, WA 98027

Food & Meal Programs

MERCER ISLAND YOUTH & FAMILY SERVICES FOOD PANTRY ◆

Serves Mercer Island residents Monday-Friday from 8:30 AM-5:00 PM. Call ahead of first visit.

www.mercergov.org

(206) 275-7611

2040 84th Avenue SE
Mercer Island, WA 98040

MOUNT SI FOOD BANK ◆

Open to all Snoqualmie Valley residents in need. The food bank operates every Tuesday from 9:30 AM-6:00 PM. Home-made soup is also served to clients during food bank hours.

www.mtsifb.org

(425) 888-0096

1550 Boalch Avenue NW
North Bend, WA 98045

RENEWAL FOOD BANK ◆

Operates a food pantry within Highland Covenant Church for anyone in need. Clients may visit once per week. Call for more information.

www.renewalfoodbank.com

(425) 736-8132

15022 Bel-Red Road
Bellevue, WA 98007

SNOQUALMIE VALLEY FOOD BANK ◆

Residents of Fall City, Preston, North Bend, and Snoqualmie may visit once per week. Walk-ins of all ages are welcome each Wednesday from 9:30 AM-6:30 PM. Adults ages 65 and older can choose to shop on Wednesdays or during "Seniors Only" hours on Mondays from 10:00-11:30 AM. Pet food is also available on the first Wednesday of each month.

www.snoqualmievalleyfoodbank.org

(425) 888-7832

122 E 3rd Street
North Bend, WA 98045

WOODINVILLE STOREHOUSE FOOD BANK ◆

Serves residents of Woodinville, Redmond, Kirkland, and Bothell. Walk-ins are welcome Tuesdays from 6:30-7:20 PM and Saturdays from 9:30-10:20 AM.

www.woodinvillestorehouse.org

(425) 483-5252

17110 140th Avenue NE
Woodinville, WA 98072

Food & Meal Programs

EMERGENCY FEEDING PROGRAM

Partners with agencies throughout King County to distribute food packs. Food packs feed a household for two days and are available to anyone in need. Different sizes and contents are offered. Call ahead to confirm hours and availability as days and times are subject to change.

www.emergencyfeeding.org

(206) 329-0300

City	Walk-in Distribution Site	Hours
Bellevue	First Congregational Church of Bellevue (425) 454-5001 11061 NE 2 nd Street Bellevue, WA 98004	Monday-Thursday: 9:00 AM-4:00 PM Friday: 9:00 AM-1:00 PM
	Newport Covenant Church (425) 747-0515 12800 SE Coal Creek Parkway Bellevue, WA 98006	Monday-Friday: 8:30 AM-5:00 PM
	St. Andrew's Lutheran Church (425) 796-2529 2650 148 th Avenue SE Bellevue, WA 98007	Monday-Friday: 12:30-2:30 PM
	St. Margaret's Episcopal Church (425) 796-6650 4228 128 th Avenue SE Bellevue, WA 98007	Monday-Friday: 9:00 AM-4:00 PM
Bothell	Inglewood Presbyterian Church (425) 823-9334 7718 NE 141 st Street Bothell, WA 98011	Monday-Thursday: 9:00 AM-2:00 PM
Kirkland	Kirkland Congregational Church (425) 822-3811 106 5 th Avenue Kirkland, WA 98033	Monday-Wednesday & Friday: 9:00 AM-Noon

Food & Meal Programs

Home Delivered Groceries

The organizations listed below are private companies offering pay-for-service grocery delivery. They are listed here as options for interested consumers and are not endorsed by EvergreenHealth or City of Kirkland. Prices and terms are subject to change.

AMAZON FRESH ■

Offers same-day and early morning delivery of a broad range of groceries. Offerings include local fresh food, frozen and canned foods, beverages, and household supplies.

www.fresh.amazon.com

FULL CIRCLE FARMS ■

Delivers fresh, certified-organic fruits and vegetables once weekly. Boxes come pre-packed based on the size of the household and start at about \$25 per week. Other types of groceries like breads, eggs, meats, and cheese can be added as well.

www.fullcircle.com

SAFEGWAY ■

Safeway stores throughout the area offer home delivery of groceries. Same-day delivery is available for orders placed by 8:30 AM.

www.shop.safeway.com

SMITH BROTHERS FARMS ■

Groceries delivered weekly to your door by a Puget Sound-based company. Selections include milk, cheese, coffee, eggs, butter, juice, tea, and some meals and sides. Delivery is free for orders over \$10.

www.smithbrothersfarms.com

WHOLE FOODS MARKET ■

Whole Foods Markets allow customers to order groceries online and have them delivered on the same day. The service is facilitated by Instacart.

www.wholefoodsmarket.com/service/order-groceries-delivery

Home Delivered Meals

Many of the organizations listed below are private companies offering pay-for-service meal delivery. They are listed as local or older-adult specific options for interested consumers, but are not endorsed by EvergreenHealth or City of Kirkland. Prices and terms are subject to change.

CHICKEN SOUP BRIGADE

Delivers 5-21 free frozen meals per week for adults age 60 or greater who are homebound due to illness. A special program is also available for people recently discharged from a hospital or a care facility.

www.lifelongaidsalliance.org/services/chicken-soup-brigade

(206) 657-1686

FRESH & READY MEALS (FARM) ■

FARM is a local meal delivery company offering prepared meals with fresh meats, seafood, and produce. Meals are delivered to Eastside residents on Tuesdays. Plans start at \$40 per week. Check to confirm delivery area.

www.freshandreadymeals.com

(206) 569-8075

THE FRESH CHEF ■

The Fresh Chef Gourmet Meal Delivery offers a wide-ranging, revolving menu for weekly meal delivery. Meals can be ordered a la carte for around \$10-15 per plate. They arrive fresh and fully cooked, but can be frozen. Delivery day varies by zip code. Gluten/dairy free, low carb, and vegan/vegetarian options available.

www.freshchefseattle.com

(206) 214-5134

HEALTHY CHEF CREATIONS ■

Healthy Chef Creations offers fresh meals delivered weekly. Meals are available a la carte or in packages like "Healthy Senior," which starts at around \$250 per week.

www.healthychefcreations.com

1-866-575-2433

Food & Meal Programs

HOME BISTRO ■

Offers a la carte meals and some grocery items delivered within 3-6 days of placing an order. Special menus are available for diabetes management, low sodium, low carb, seniors, vegetarian, and weight loss needs.

www.homebistro.dinewise.com

1-800-749-1170

KITCHEN DOOR ■

Kitchen Door is a local company offering weekly delivery throughout the Eastside and Seattle area. Their menu includes fresh and frozen a la carte breakfasts, lunches, dinners, soups, salads, and desserts. Gluten-free and vegetarian options are available. Deliveries are made on Tuesdays.

www.kitchendoormeals.com

(206) 915-9609

MAGIC KITCHEN ■

Magic Kitchen has meal plans and bundles specifically for seniors and offers a senior discount. Special menus are available for diabetes management, renal care, and low sodium needs. Meals can be ordered from the a la carte menu or in a package. Deliveries are made within 3 business days of ordering.

www.magickitchen.com

1-800-516-2442

MEALS ON WHEELS

Sound Generations' (formerly Senior Services) Meals on Wheels program delivers frozen meals to homebound adults age 60 and older throughout King County. Meals are available for a suggested donation of \$3. Liquid supplements like Ensure & Glucerna are also available. To apply for Meals on Wheels, call or visit their website below.

www.soundgenerations.org

(206) 448-5767

MOM'S MEALS ■

Mom's Meals is a meal delivery & nutrition service specializing in seniors, recuperating patients, and those managing chronic disease. Mom's Meals offers gluten-free, vegetarian, diabetic-friendly, heart-healthy, cancer support, pureed and renal care meals among other specialized menus. Meals are delivered in packs of 7-21.

www.momsmeals.com

1-877-508-6667

Visiting Farmers Markets

Farmers Markets in east King County are open seasonally. Times and seasons listed below are subject to change and complete, up-to-date information is available at each market's website.

Low income older adults may take advantage of the Senior Farmers Market Nutrition Program, which provides additional funds to spend at farmers markets. More information about this program can be found on page 8.

Tuesday	Crossroads Farmers Market: Noon-6:30 PM, June-early October 15600 NE 8 th Street, Bellevue, WA
Wednesday	Kirkland Wednesday Market: 2:00-7:00 PM, June-September 25 Lakeshore Plaza Drive, Kirkland, WA Sammamish Farmers Market: 4:00-8:00 PM, mid May-mid September 801 228 th Avenue SE, Sammamish, WA
Thursday	Bellevue Farmers Market: 3:00-7:00 PM, mid May-October 1717 Bellevue Way NE, Bellevue, WA Duvall Farmers Market: 3:00-7:00 PM, May-Mid October Brown Avenue between NE Richardson and NE Ring, Duvall, WA North Bend Farmers Market: 4:00-8:00 PM, June-early September 400 SE Orchard Drive, North Bend, WA
Friday	Juanita Friday Market: 3:00 PM-7:00 PM, June-September 9703 NE Juanita Drive, Kirkland, WA
Saturday	Issaquah Farmers Market: 9:00 AM-2:00 PM, May-September 1730 10 th Avenue NW, Issaquah, WA Redmond Saturday Market: 9:00 AM-3:00 PM, May-October 7730 Leary Way NE, Redmond, WA Woodinville Farmers Market: 10:00 AM-4:00 PM, May-September 13680 NE 175 th Street, Woodinville, WA
Sunday	Mercer Island Farmers Market: 10:00 AM-3:00 PM, June-September 7700 SE 32 nd Street, Mercer Island, WA

Funeral Homes & Final Arrangements

This section provides information on funeral homes, cremation services, and bereavement support groups

End-of-Life & Estate Planning

End-of-life and estate planning resources are listed in the Legal Services section on page 78.

Bereavement Support Groups

EVERGREENHEALTH GRIEF & BEREAVEMENT SERVICES

EvergreenHealth offers individual support sessions, workshops, support groups, and other programs to help guide those experiencing loss through their grief. Three different types of support groups are offered- Adult Bereavement Series, Healing Through Visual Journeying, and Moving through Grief with Qijong. Each group meets at the Gene & Irene Wockner Hospice Center at Evergreen Health in Kirkland. For meeting times, contact Evergreen Grief & Bereavement services below.

www.evergreenhealth.com/grief

(425) 899-1077

12822 124th Lane NE
Kirkland, WA 98034

WIDOWED INFORMATION & CONSULTATION SERVICES (WICS)

Provides information and referrals, on-going support groups, telephone support with widowed volunteers, and social activities. A free Eastside support group meets Tuesday evenings from 7:00-8:30 PM at Pilgrim Lutheran Church in Bellevue.

www.kcwics.org

(206) 241-5650

Meeting Location: Pilgrim Lutheran Church
10420 SE 11th Street
Bellevue, WA 98004

Funeral Homes

AMERICAN CREMATION & CASKET ALLIANCE ■

Offers funeral services at several offices in King & Snohomish counties. Operates a 24-hour service line, listed below.

www.americancremation.com

1-800-398-7101

BARTON FAMILY FUNERAL SERVICE ■

Offers funeral services at several offices in King County. Operates a 24-hour service line, listed below.

www.bartonfuneral.com

(425) 823-1900

Kirkland Location:

11630 Slater Avenue NE, Suite 1A
Kirkland, WA 98034

BONNEY-WATSON FUNERAL PLANNING ■

Offers funeral services at several offices in King and Pierce counties. Operates a 24-hour service line, listed below.

www.bonneywatson.com

(206) 242-1787

CASCADE MEMORIAL

Offers funeral services in King, Snohomish, and Pierce Counties. Operates a 24-hour service line, listed below.

www.cascadememorial.com

(425) 641-6100

13620 NE 20th Street, Suite A
Bellevue, WA 98005

CEDAR LAWNS FUNERAL HOME & MEMORIAL PARK ■

Offers funeral services in Redmond. Affiliated with Dignity Memorial funeral, cremation, and cemetery service providers. Cedar Lawns can be reached 24-hours a day.

www.dignitymemorial.com/cedar-lawns-funeral-home/en-us/index.page

(425) 885-2414

7200 180th Avenue NE
Redmond, WA 98052

CHAPEL OF THE RESURRECTION ■

Offers Christian faith-based funeral services. Operates a 24-hour service line listed below.

www.chapeloftheresurrection.net

(425) 939-1332

16300 112th Avenue NE
Bothell, WA 98011

CREMATION SOCIETY NORTHWEST ■

Offers funeral services and operates a 24-hour service line, listed below.

(206) 284-7888

520 W Raye Street
Seattle, WA 98036

FLINTOFTS FUNERAL HOME & CREMATORY ■

Offers funeral services and operates a 24-hour service line, listed below.

www.flintofts.com

(425) 392-6444

540 E Sunset Way
Issaquah, WA 98027

FUNERAL & CREMATION CARE ■

Offers funeral services at several offices in Washington state. Operates a 24-hour service line, listed below.

www.funeralandcremationcare.com

1-800-764-0895

Bellevue Location:

1400 112th Avenue SE
Bellevue, WA 98004

LIFE CELEBRATIONS BY WASHELLI ■

Offers funeral services and operates a 24-hour service line, listed below.

www.washelli.com

(425) 486-1281

18824 103rd Avenue NE
Bothell, WA 98011

MUSLIM ASSOCIATION OF PUGET SOUND (MAPS) ■

Offers a Ghusul facility for members of the Muslim community to prepare their loved one for burial.

www.mapsredmond.org

(425) 861-9555

17550 NE 67th Court
Redmond, WA 98052

SUNSET HILLS FUNERAL HOME ■

Offers funeral services in Bellevue affiliated with Dignity Memorial funeral, cremation, and cemetery service providers. Sunset Hills can be reached 24-hours a day.

www.dignitymemorial.com/sunset-hills-funeral-home/en-us/index.page

(425) 746-1400

1215 145th Place SE
Bellevue, WA 98007

Government Programs

This section contains information on state and federal benefit programs

Eligibility & Guidance

NATIONAL ASIAN PACIFIC CENTER ON AGING (NAPCA)

Seattle-based organization operates a toll-free, multi-lingual Helpline for limited-English speaking Asians with questions regarding Medicare, Low Income Subsidy and other senior benefit programs.

www.napca.org

**Seattle Office:
(206) 624-1221**

1511 3rd Avenue, Suite 914
Seattle, WA 98101

Toll-free HelpLine:

Chinese: 1-800-582-4218

English: 1-800-336-2722

Korean: 1-800-582-4259

Vietnamese: 1-800-582-4336

NATIONAL COUNCIL ON AGING: BENEFITS CHECKUP

A free, online service of the National Council on Aging (NCOA) for adults 55 and up. BenefitsCheckUp asks a series of questions to help identify government benefits or non-profit programs that could help cover the cost of everyday expenses like food, housing, health care, in-home services, legal & tax services, medications, utilities, and transportation.

www.benefitscheckup.org

WASHINGTON LAW HELP

Features information about Medicaid and Washington Apple Health Programs, as well as other legal issues related to aging. From the home page, click "Seniors 60+" to access the information. Resources are available in 26 languages.

www.washingtonlawhelp.org

Washington Apple Health (formerly Medicaid)

In Washington, Medicaid is called Washington Apple Health (WAH). It is a state-administered program that pays for medical care for qualifying low-income individuals. It can also cover care in a nursing home, adult family home, or home care.

One program of Washington Apple Health/Medicaid is called Community Options Program Entry System or COPES. COPES is a Medicaid program that provides services to people who meet Medicaid requirements for nursing home care, but do not live in a nursing home. COPES offers alternative care such as care at home or in an adult family home. COPES recipients are also eligible for services reimbursed by Medicaid. Contact DSHS to determine eligibility.

The following offices can answer questions regarding eligibility and program benefits.

DEPARTMENT OF SOCIAL & HEALTH SERVICES (DSHS)

The DSHS Customer Service Center can help existing Medicaid/WAH clients with general questions.

www.dshs.wa.gov

1-800-562-3022

DSHS AGING & LONG-TERM SUPPORT ADMINISTRATION

Provides information on Medicaid/WAH and other services for older adults and individuals with disabilities.

www.dshs.wa.gov/altsa

(360) 725-2300

DSHS EASTSIDE COMMUNITY SERVICE OFFICE

This DSHS office processes applications for Washington Apple Health medical coupons, food benefits, and Medicare savings programs.

www.dshs.wa.gov

1-877-501-2233

805 156th Avenue NE, N40-1
Bellevue, WA 98007

DSHS HOME & COMMUNITY SERVICES

DSHS Home & Community Services Office can help determine Washington Apple Health eligibility and process applications. They can also assist with questions about Washington Apple Health programs such as COPES (Community Options Program Entry) or CFC (Community First Choice).

www.dshs.wa.gov

(206) 341-7750

or 1-800-346-9257

1737 Airport Way S #110
Seattle, WA 98134

DSHS THE ANSWER PHONE

A hotline available 24 hours a day for DSHS clients to access case status, payment details, and other information about food, financial, medical, and childcare benefits.

www.dshs.wa.gov

1-877-980-9220

Medicare

Medicare is a federal health insurance program for people 65 and older and younger people with certain disabilities or ailments. It has four parts- A, B, C- also called Medicare Advantage, and D.

Part A provides coverage for hospital inpatient services, some short-stay nursing home care, hospice, and home health services. Enrollment for Part A occurs automatically for eligible individuals and there is no premium.

Part B covers doctor visits and outpatient services such as labs and x-rays. It requires enrollment and the monthly premium is usually deducted from the Social Security checks (for those receiving Social Security checks).

Part C is often referred to as Medicare Advantage Plans. These are private insurance plans for individuals enrolled in parts A and B which generally include vision, dental, hearing, and prescription drug coverage.

Part D provides partial coverage for prescriptions. Part D plans are sold by private insurance companies and the cost varies based on the plan selected. Qualifying low-income individuals can receive a subsidy. Apply for the subsidy through any Social Security office, contact information is below.

Medicare does not pay for custodial care (help with bathing, eating, taking medicine, or supervision), long-term care, dentures or dental care, eyeglasses, or hearing aids.

SEATTLE MEDICARE PROGRAM OFFICE

Initial point of contact for Medicare and Medicaid issues.

www.medicare.gov

(206) 615-2306

701 5th Avenue, Suite #1600
Bellevue, WA 98004

Government Programs

MEDICARE PART A & B CLAIMS

Explains Medicare beneficiary rights, answers general Medicare questions, reviews complaints about quality of care, and reviews care if it is believed one is being discharged from a hospital too early.

1-800-MEDICARE
(1-800-633-4227)

Social Security

A federal program designed to replace the income lost when one retires, becomes severely disabled, or dies. Social Security benefits may include retirement benefits, survivor's benefits, or disability insurance. Your local Social Security Administration office can assist you with questions and applications.

SOCIAL SECURITY ADMINISTRATION OFFICE

Provides applications for federal social security, Supplemental Security Income (SSI), Medicare, Social Security Disability Income (SSDI) and survivor and death benefit programs. To receive Social Security benefits, the individual must have paid into the Social Security System for a certain period of time. Individuals may qualify for SSI even if they have not paid into the Social Security System.

www.ssa.gov

1-800-772-1213

636 120th Avenue NE, Suite 100
Bellevue, WA 98005

Veterans Affairs (VA)

The Department of Veterans Affairs provides many benefits to those who have served on active military duty in the armed forces as well as their dependents. Services include VA medical care, disability benefits, and burial and death benefits.

DEPARTMENT OF VETERANS AFFAIRS

The regional office determines an individual's eligibility for veterans benefits as well as spouse and dependent children benefits. Those who currently qualify for VA pensions may also qualify for an additional Aid & Attendance benefit if they require the presence of another person for care or are homebound.

www.va.gov

1-800-827-1000

915 2nd Avenue, Suite 1214 (Federal Building)
Seattle, WA 98174

VA MEDICAL CENTER CLINICS & HOSPITAL

Inpatient and outpatient services are provided for eligible veterans.

www.pugetsound.va.gov

(206) 762-1010

1-800-329-8387

1660 S Columbia Way
Seattle, WA 98108

Connecting with Your Government

You can advocate for yourself, friends, family, and community through conversation with your representatives. You can do this independently or by joining an advisory council such as the Bellevue Network on Aging or the Kirkland Senior Council. Below are some ways to engage.

Know Your Districts

It's hard to engage your representatives if you don't know who they are. The Washington State Legislature's website allows you to identify your legislative (state government) and congressional (Federal Government) district representatives by entering your street address at www.app.leg.wa.gov/districtfinder.

Congressional Representatives have field offices that can help you navigate federal programs such as Social Security, Medicare, and Veterans Affairs.

Attend City Council Meetings

No matter where you live, your city council hosts public meetings regularly through the month. Attending City Council meetings is a good way to learn about your community and contribute to the formation of local policy.

Join an Advisory Group

The cities of Bellevue and Kirkland each have special advisory groups dedicated to issues affecting older adults: Bellevue Network on Aging and Kirkland Senior Council. Group members engage in community outreach and advocate for older adults at the city, state, and federal level. Membership is open to adults over 50 and those who work with older adults.

For more information on The Bellevue Network on Aging: www.bellevuewa.gov

For more information on The Kirkland Senior Council: www.kirklandwa.gov

Health Care

This section contains information on clinics, healthcare programs, hospitals, resources for specific conditions, and support groups

Community Health Centers

Community Health Centers provide primary and preventative health care services for people regardless of their ability to pay. Most locations offer medical, dental, and pharmacy services.

EASTGATE PUBLIC HEALTH CENTER

Medical, Dental, & Pharmacy services
www.kingcounty.gov/healthservices/health/locations/eastgate.aspx
(206) 477-8000
14350 SE Eastgate Way
Bellevue, WA 98007

HEALTHPOINT BOTHELL

Medical, Dental, & Pharmacy services
www.healthpointchc.org/health-centers/bothell
(425) 486-0658
10414 Beardslee Boulevard
Bothell, WA 98011

HEALTHPOINT REDMOND

Medical, Dental, & Pharmacy services
www.healthpointchc.org/health-centers/redmond
(425) 882-1697
16315 NE 87th Street, Suite B6
Redmond, WA 98052

INTERNATIONAL COMMUNITY HEALTH SERVICES BELLEVUE CLINIC

Medical & Dental Services
www.ichs.com/bellevue/
(425) 373-3000
1050 140th Avenue NE
Bellevue, WA 98005

NORTHSHORE PUBLIC HEALTH CENTER

Medical services
www.kingcounty.gov/healthservices/health/locations/northshore.aspx
(206) 296-9787
10808 NE 145th Street
Bothell, WA 98011

RENTON PUBLIC HEALTH CENTER

Medical & Dental Services
www.kingcounty.gov/healthservices/health/locations/renton.aspx
(206) 477-0100
3201 NE 7th Street
Renton, WA 98056

SEA MAR COMMUNITY HEALTH CENTER-BELLEVUE MEDICAL CLINIC

Medical services
www.seamar.org/location.php?xloc=13&xser=1&xcty=4&xserloc=10
(425) 460-7140
1811 156th Avenue NE, Suite 2
Bellevue, WA 98007

Dental Care

The following services provide low-cost dental care. Check the Community Health Centers section on this page for more dental programs.

DR. TOM SEAL MOBILE DENTISTRY ■

A mobile-dentistry clinic serving home-bound individuals, Skilled Nursing Facilities, Assisted Living Homes, and Alzheimer's/Dementia/Memory Care facilities in the Seattle area. Provides a variety of dental services.
www.drтомseal.com
(425) 823-9000
9750 NE 120th Place #1
Kirkland, WA 98034

LAKE WASHINGTON INSTITUTE OF TECHNOLOGY DENTAL CLINIC

Services provided by student hygienists and licensed dentists, by appointment. Services are 20-30% lower cost than regular dental care. Emergency care can also be provided depending on appointment availability.

www.lwtech.edu/community/dental_clinic/default.aspx

(425) 739-8130

11605 132nd Avenue NE
Kirkland, WA 98034

NORTH BELLEVUE COMMUNITY CENTER

Dental services by appointment on the fourth Monday of each month.

www.bellevuewa.gov/north_bellevue_community_center_programs.htm#programs

(425) 452-7681

4063 148th Avenue NE
Bellevue, WA 98007

SEATTLE/KING COUNTY DENTAL SOCIETY

Provides referrals to private practice dentists and low-income clinics. These resources are also listed on their website.

www.skcds.org

(206) 443-7607

1111 Harvard Avenue
Seattle, WA 98122

UNIVERSITY OF WASHINGTON SCHOOL OF DENTISTRY

Low-cost dental work and dentures by dental students, including mobile dental service for individuals who are home-bound. Accepts Medicaid and/or personal payment for services.

www.dental.washington.edu/oral-medicine/patient-care/

(206) 685-2937

1959 NE Pacific Street
Seattle, WA 98195

Hearing & Speech

CAPTIONCALL

An FCC-supported program which provides free caption technology-enabled phones to those with professionally-verified hearing loss.

www.captioncall.com

Email: support@captioncall.com

1-877-557-2227

EASTSIDE AUDIOLOGY ■

Clinical audiologists who provide hearing screenings, hearing aid adjustments, repairs, and other services.

www.eastsideaudiology.com

(425) 358-5287

49 Front Street N
Issaquah, WA 98027

EVERGREEN SPEECH & HEARING CLINIC ■

Complete speech and hearing services and testing; hearing aid fittings, and related services. Three locations on the Eastside.

www.everhear.com

Bellevue: (425) 454-1883

1800 116th Avenue NE #103
Bellevue, WA 98004

Kirkland: (425) 899-5050

12333 NE 130th Lane #430
Kirkland, WA 98034

Redmond: (425) 882-4347

8301 161st Avenue NE #208
Redmond, WA 98052

EVERGREENHEALTH SPEECH THERAPY

Speech, language, voice, and swallowing evaluations and therapy.

www.evergreenhealth.com

(425) 899-3100

12040 NE 128th Street
Kirkland, WA 98034

HEARING SPECIALTY CENTER

Hearing evaluations and assistive devices.

www.hearingspecialtycenter.com

(425) 821-6600

12911 120th Avenue NE
Kirkland, WA 98034

Health Care

HEARING, SPEECH, AND DEAFNESS CENTER

Offers audiology services, hearing aids, accessories, and other types of assistive technology, advocacy, case management, speech therapy and aural rehabilitation, interpreting services, and ADA workplace accommodations.

www.hsdcc.org

(206) 323-5770

TTY: (206) 388-1275

1625 19th Avenue

Seattle, WA 98122

HEARING LOSS ASSOCIATION OF WASHINGTON (HLA-WA)

A statewide organization of people affected by hearing loss. Provides support, advocacy, and education. The Bellevue chapter meets monthly and has hearing assistance available including amplification, FM, audio induction loop system, and CART real-time captioning.

www.hearingloss-wa.org

Email: BellevueHLA@comcast.net

NORTHWEST LIONS FOUNDATION

The Lions Hearing Aid provides new hearing aids to qualifying individuals with little to no income.

www.nlfoundation.org

1-800-847-5786

OVERLAKE HOSPITAL SPEECH PATHOLOGY

Speech, language, voice, and swallowing evaluations and therapy.

www.overlakehospital.org

(425) 688-5900

1417 116th Avenue NE, Suite 110

Bellevue, WA 98004

UNIVERSITY OF WASHINGTON SPEECH & HEARING CLINIC

Offers evaluation and treatment of speech and hearing disorders. Medicaid, private pay, and sliding fee scale apply.

www.depts.washington.edu/sphsc

(206) 543-5440

4131 15th Avenue NE

Seattle, WA 98105

WASHINGTON RELAY SERVICE

Relay service between callers who use Telephone Devices for the Deaf (TDD) and those who do not. Calls can be made to anywhere in the world, 24 hours a day, 365 days a year with no restrictions on the number, length, or type of calls. All calls are strictly confidential and no records of any conversations are maintained.

www.dshs.wa.gov/altsa/odhh/telecommunication-relay-services

TTY: 1-800-833-6388

To reach an operator: 1-800-833-6384

Hospice & Palliative Care

Hospice care focuses on managing pain and symptoms, and the social, emotional, and spiritual needs of terminally ill persons and their families.

EVERGREENHEALTH HOSPICE CARE

EvergreenHealth provides end-of-life support and care such as such as nursing, medical direction, medical social work, counseling, and bereavement in the patient's home or at EvergreenHealth's Hospice Center. Accepts Medicare, Medicaid, and insurance.

www.evergreenhealth.com

(425) 899-1040

12822 124th Lane NE

Kirkland, WA 98034

EVERGREENHEALTH PALLIATIVE CARE

Creates a bridge between home health and hospice for chronically ill patients with progressive, complex and/or life-limiting conditions. Palliative care can be offered jointly with curative care. In concert with the patient's medical care providers, palliative care staff focus on the physical, functional, social, emotional, psychological, existential, and spiritual needs of patients and their families.

www.evergreenhealth.com

(425) 899-1040

12822 124th Lane NE

Kirkland, WA 98034

GENTIVA HOSPICE ■

Gentiva Hospice can provide routine home care, respite care, inpatient care, or continuous care for patients with life-limiting illnesses. Memory Care options also available.

www.hospice.gentiva.com/seattle/branch/carepartners.php

1-855-976-1349

115 NE 100th Street, Suite 210
Seattle, WA 98125

GROUP HEALTH COOPERATIVE HOSPICE PROGRAM

In-home hospice services for Group Health members facing life-limiting illness. Referrals made by Group Health physicians. Care services include registered nurses who are available 24 hours a day by phone or for home visits, medical social workers, spiritual counselors, doctors, specially trained respite care volunteers, home health aides, and therapists. Bereavement services are also available to help support families through the first year following their loved one's passing.

www.ghc.org

(206) 326-4444

HOSPICE EDUCATION INSTITUTE

Operates an informational and referral line about hospice & palliative care organizations throughout the US.

www.hospiceworld.org

1-800-331-1620

HOSPICE FOUNDATION OF AMERICA

Operates an online 'Ask an Expert' Hospice & Palliative care forum and provides other informative resources. Responses are generally made within 24 hours.

www.hospicefoundation.org

1-800-854-3402

KLINE GALLAND HOSPICE & PALLIATIVE CARE

Kline Galland Hospice care includes an interdisciplinary team of physicians, nurses, social workers, home health aides, spiritual & bereavement counselors, massage & music service providers, and physical, occupational, and speech therapists.

www.klinegalland.org

(206) 725-8800

7500 Seward Park Avenue S
Seattle, WA 98118

PROVIDENCE HOSPICE OF SEATTLE

Provides end-of-life care for children, adults, and their families and a pre-hospice transition program. No one is denied services because of inability to pay. Accepts Medicare, Medicaid, most insurance plans, and private payment.

www.washington.providence.org

(206) 320-4000

425 Pontius Avenue N, Suite 300
Seattle, WA 98109

Hospitals

EVERGREENHEALTH MEDICAL CENTER

www.evergreenhealth.com

(425) 899-1000

12040 NE 128th Street
Kirkland, WA 98034

OVERLAKE HOSPITAL MEDICAL CENTER

www.overlakehospital.org

(425) 688-5000

1035 116th Avenue NE
Bellevue, WA 98004

SNOQUALMIE VALLEY HOSPITAL

www.snoqualmiehospital.org

(425) 831-2300

9801 Frontier Avenue SE
Snoqualmie, WA 98065

SWEDISH MEDICAL CENTER

www.swedish.org

(425) 313-4000

751 NE Blakely Drive
Issaquah, WA 98029

Health Care

Information & Referral Services

EVERGREENHEALTH'S NURSE NAVIGATOR & HEALTHLINE

Registered nurses answer health care questions by phone 24/7. The HealthLine also offers referrals to Evergreen family doctors and specialists, information on Evergreen services, and registration for classes at EvergreenHealth Medical Center.

www.evergreenhealth.com

(425) 899-3000

NORTHWEST ADA CENTER

Provides information, resources, and guidance related to the Americans with Disabilities Act.

www.nwadacenter.org

(425) 248-2480

OVERLAKE HOSPITAL PHYSICIAN REFERRAL LINE

A free, 24-hour referral line to identify Overlake-affiliated physicians with open practices.

www.overlakehospital.org/find-a-doctor/referral-line/

(425) 688-5211

STATEWIDE HEALTH INSURANCE BENEFITS ADVISORS (SHIBA)

SHIBA can help individuals understand their health care coverage options & rights, find affordable coverage, and evaluate and compare health insurance plans. They also provide free, unbiased, confidential assistance with Medicare and health care choices. SHIBA volunteer advisors can assist by phone, email, or in-person. Visit their website to find an advisor and make an appointment.

www.insurance.wa.gov/about-oic/what-we-do/advocate-for-consumers/shiba/

1-800-562-6900

Office of the Insurance Commissioner
PO Box 40256
Olympia, WA 98504

WASHINGTON APPLE HEALTH (FORMERLY MEDICAID)

In Washington State, Medicaid is called Washington Apple Health. Individuals can apply for Apple Health through Washington Health Plan Finder (wahealthplanfinder.org, details below.) The application process takes approximately 45 minutes and a response is given right away. More information about Washington Apple Health is available at the website below.

www.hca.wa.gov/medicaid/Pages/index.aspx

WASHINGTON HEALTH PLAN FINDER

This is the official Affordable Care Act (ACA) compliant health benefit exchange for the State of Washington. Find and apply for health insurance coverage by entering basic information about yourself and your household. Individuals can apply for Washington Apple Health (formerly Medicaid) or renew their coverage through this website, by calling the number below, or in-person through a Navigator at no additional cost. Navigators can only be contacted through wahealthplanfinder.org.

www.wahealthplanfinder.org

1-855-WAFINDER (1-855-923-4633)

Understanding Where to go for Care

Below are EvergreenHealth's guidelines for determining where to seek medical care. You may also call EvergreenHealth's free, 24/7 consulting nurse service for guidance and home care advice. Dial (425) 899-3000 and press "2" at the prompt.

Always call 911 if you feel your life may be in danger.

Go to The Emergency Room if You Are Experiencing:

Anything that makes you feel that your long-term health or life will be impacted by a delay in medical care:

Chest pain	Sudden change in vision
Coughing or vomiting blood	Sudden dizziness
Deep cut	Sudden or severe pain
Numbness in the face or limbs	Sudden, severe headache (not migraine)
Shortness of breath/difficulty breathing	Sudden weakness
Significant broken bone	Uncontrolled bleeding

Go to Urgent Care if You Are Experiencing:

Injury or illness that is not life threatening but cannot wait until a primary care physician is available:

Abdominal pain	Minor burns
Abscess	Minor broken bones
Earache, headache, or sore throat that has reached a point where you need to be seen sooner rather than later	Minor cuts or abrasions
	Infection in a minor cut or wound
	Pink eye or other eye infection

Go to Primary Care if You Are Experiencing:

Symptoms that resemble an illness that's "going around" or other common health concerns:

Back or joint pain	Earache
Boil	Fevers
Chronic Pain	Muscle strain
Coughs and Colds	Sore throat
Dental Pain	Urinary tract infection

Health Care

Medical Equipment Suppliers

Medicare and/or Medicaid (also called Apple-Health) may cover some medical equipment and supplies if ordered by a doctor. Check with the supplier for more information.

ALLCARE BELLEVUE ■

Supplies compression garments, orthopedic supports, braces, and foot care products.

www.allcare.web

(425) 455-8330

1048 116th Avenue NE, Suite 130
Bellevue, WA 98004

APRIA HEALTHCARE ■

Offers a range of medical supplies for mobility, respiratory health, home accessibility, and other home medical equipment.

www.apria.com/shop

(425) 881-8500

14935 NE 87th Street
Redmond, WA 98052

BELLEVUE HEALTHCARE ■

Offers a range of medical supplies for mobility, respiratory health, home accessibility, and other home medical equipment. Accepts Medicare/Medicaid. Free home delivery.

www.bellevuehealthcare.com

(425) 451-2842

2112 116th Avenue NE
Bellevue, WA 98004

BRIDGE MINISTRIES MOBILITY PROGRAM

Free, used, durable medical equipment and other services for people with disabilities.

www.bridgemin.org

(425) 885-1006

12328 Northup Way
Bellevue, WA 98005

LINCARE ■

Offers oxygen, respiratory, and home infusion products and services.

www.lincare.com

(425) 486-0690

16120 Woodinville-Redmond Road NE #15
Woodinville, WA 98072

MARTIN MEDICAL, INC. ■

Supplies compression devices and other medical equipment to those living with lymphedema. Medicare and Medicaid are not accepted.

www.martinmedicalinc.com

(425) 462-5334

or 1-800-468-0789

555 116th Avenue NE, Suite 126
Bellevue, WA 98004

M.D. MEDICAL SUPPLIES ■

Provides walkers, wheelchairs, toilet & shower aids, hospital beds, and more for purchase or rental. Accepts Medicare, Medicaid, and private insurance through prescription by a doctor. Orders can be placed through their website.

www.mdmedicalsupplies.com

(425) 556-1490

7687 S 180th Street
Kent, WA 98032

NORTHSHORE SENIOR CENTER

The Northshore Senior Center maintains a supply of wheelchairs, walkers, canes, commodes, and other equipment that is available for a temporary loan of up to three months, or longer if needed. Usage of their resources is free, although cash and equipment donations are accepted.

www.northshoreseniorcenter.org

(425) 486-4564

10201 E Riverside Drive
Bothell, WA 98011

SNOQUALMIE VALLEY H.E.L.P. CENTER

Home medical equipment lending program for Snoqualmie Valley residents. The program lends wheelchairs, walkers, shower chairs, commodes, canes, and other medical equipment, and accepts donations of equipment that is no longer needed. Visit Snoqualmie Hospital Rehabilitation Clinic to access equipment at no charge.

www.snoqualmiehospital.org

(425) 831-3754

38565 SE River Street
Snoqualmie, WA 98065

Mobile Clinics

DR. TOM SEAL MOBILE DENTISTRY ■

A mobile-dentistry clinic serving home-bound individuals, Skilled Nursing Facilities, Assisted Living Homes, and Alzheimer's/Dementia/Memory Care facilities in the Seattle area. Provides a variety of dental services.

www.drтомseal.com

(425) 823-9000

9750 NE 120th Place #1
Kirkland, WA 98034

PUGET SOUND CHRISTIAN CLINIC (PSCC)

A free clinic serving King and Snohomish Counties. PSCC's main clinic provides medical, dental, and mental health care. PSCC also has a mobile medical clinic providing medical care to Bellevue, Edmonds, Green Lake, Shoreline, and Snohomish.

www.pschristianclinic.org

Email: info@pschristian.org

(425) 256-2939

14200 SE 13th Place
Bellevue, WA 98007

Main Office: (206) 363-4105

2150 N 122nd Street
Seattle, WA 98133

Senior Clinics

The following programs provide primary care services provided by physicians and/or nurse practitioners with special training and certification in geriatric medicine and a team of health care professionals including social workers and pharmacists. Services include comprehensive geriatric assessments, memory screening, functional ability evaluation and support needs, care coordination, and linkage to social and health services in the community.

EVERGREENHEALTH GERIATRIC CARE

Medicare, Medicaid (Washington Apple-Health) and most major insurance plans accepted.

www.evergreenhealth.com/for_patients/medical_services/senior_health_specialists/

(425) 899-6800

11521 NE 128th Street, Suite 100
Kirkland, WA 98034

OVERLAKE SENIOR HEALTH CENTER

Open to anyone 65 or older, accepts Medicare and Medicare Supplements.

www.overlakehospital.org/services/senior-care/health-clinic/

(425) 688-5234

1750 112th Avenue NE, Suite A101
Bellevue, WA 98004

Health Care

Urgent Care & Walk-in Clinics

Urgent care can be used in place of an emergency room for non-emergency illnesses and injuries. Wait times for non-emergencies are often less than wait times in emergency rooms. No appointment is needed. Call for hours and availability.

CITY	CLINIC NAME & ADDRESS	PHONE NUMBER
Bellevue	IMMEDIATE CLINIC BELLEVUE 15600 NE 8 th Street, Suite A4 Bellevue, WA 98008	(425) 643-3331
	GROUP HEALTH MEDICAL CENTER 11511 NE 10 th Street Bellevue, WA 98004	(425) 502-3000
	OVERLAKE URGENT CARE CLINIC 400 108 th Avenue NE Bellevue, WA 98004	(425) 635-6550
	US HEALTH WORKS MEDICAL GROUP 1925 140 th Avenue NE Bellevue, WA 98005	(425) 209-2428
	UW MEDICINE EASTSIDE URGENT CARE 3100 Northup Way Bellevue, WA 98004	(425) 865-8060
Bothell	IMMEDIATE CLINIC BOTHELL 23131 Bothell-Everett Highway Bothell, WA 98021	(425) 483-3335
Issaquah	OVERLAKE MEDICAL CLINICS ISSAQUAH 5708 East Lake Sammamish Parkway SE Issaquah, WA 98029	(425) 688-5777
	SWEDISH ISSAQUAH 751 NE Blakely Drive Issaquah, WA 98029	(425) 394-0610
Kirkland	IMMEDIATE CLINIC KIRKLAND 13718 100 th Avenue NE Kirkland, WA 98034	(425) 814-4888
	IMMEDIATE CLINIC ROSE HILL 13131 NE 85 th Street Kirkland, WA 98033	(425) 702-8002
Newcastle	NEWCASTLE URGENT CARE 7203 129 th Avenue, Suite 200 Newcastle, WA 98056	(425) 656-5590

Continued on next page

Urgent Care & Walk-in Clinics continued:

Redmond	EVERGREENHEALTH PRIMARY & URGENT CARE 8301 161 st Avenue NE, Suite 105 Redmond, WA 98052	(425) 883-3333
	OVERLAKE MEDICAL CLINICS REDMOND 17209 Redmond Way Redmond, WA 98052	(425) 635-6400
	SWEDISH REDMOND 18100 NE Union Hill Road Redmond, WA 98052	(425) 498-2165
	US HEALTHWORKS MEDICAL GROUP 16690 Redmond Way Redmond, WA 98052	(425) 882-0100
Snoqualmie Valley	MEADOWBROOK CLINIC URGENT CARE 209 Main Street S, Suite 115 North Bend, WA 98045	(425) 831-0777
	SNOQUALMIE VALLEY HOSPITAL 9801 Frontier Avenue SE Snoqualmie, WA 98065	(425) 831-2300
Woodinville	EVERGREENHEALTH URGENT CARE 16916 140 th Avenue NE Woodinville, WA 98072	(425) 488-2273

Health Care

Vision

The following programs provide services for individuals who are blind or have vision impairment. To find an eye doctor, contact the physician referral lines on page 26.

SIGHTCONNECTION

SightConnection works alongside individuals with low-vision diagnoses to develop strategies and skills for well-being and self-sufficiency. They provide counseling, training in safe movement and travel, white cane training, workshops, a low vision clinic, assistive technology information and demonstration, information and referrals. SightConnection also operates an online store for vision loss equipment such as magnifiers and large button telephones.

www.sightconnection.com

(206) 525-5556

or 1-800-458-4888

9709 3rd Avenue NE, Suite 100

Seattle, WA 98115

WASHINGTON STATE DEPARTMENT OF SERVICES FOR THE BLIND

The Washington State Department of Services of the Blind offers training, counseling, and support for blind and low-vision individuals. They have an Independent Living Older Blind program (contracted through the University of Washington and local providers), which helps older people who are blind or have low vision remain independent in their homes.

www.dsb.wa.gov

206-906-5500

3411 S Alaska Street

Seattle, WA 98118

WASHINGTON TALKING BOOK & BRAILLE LIBRARY

Offers audio books and listening devices, books in braille and large print which can be shipped through the mail at no charge.

www.wtbbl.org

(206) 615-0400

or 1-800-542-0866

TTY: (206) 615-0418

2021 9th Avenue

Seattle, WA 98121

Preventing Falls

According to the CDC, one out of three older adults falls each year. The risk of falling can be reduced by taking a few simple measures:

Exercise

Exercising to improve balance and strength can reduce one's risk of falling. Tai Chi, Yoga, water aerobics, and other exercise programs are low impact exercise options offered at many senior and community centers.

For more information on preventing falls through exercise, see "Falling into Fitness" - a free video produced by the Kirkland Senior Council: www.youtube.com/watch?v=vqT2Z_ULBp0

Check the Side Effects of Medications

Discuss medications with your health care provider or pharmacist. Be aware of medications that may cause dizziness or sleepiness, which can contribute to falling.

Have Your Vision Checked

Poor vision can increase your chances of falling, so regular eye exams are one way of preventing falls.

Make Your Home Safer

Keep pathways and walkways clear. Small, unsecured rugs should be removed or taped down.

Bright lighting will help you see pathways and trip hazards better.

Keep items you use often in places you can reach without having to use a stool or bend down too low to reach.

Place grab bars and non-slip mats in the bathroom.

Add hand rails on staircases or along hallways where there is nothing safe to grab on to.

Learn More About Preventing Falls

Local Senior Centers offer fall prevention classes called "A Matter of Balance." See page 47 for more information.

You can also ask your doctor about the best techniques to get up again after a fall.

Health Care & Support for Specific Needs

Specialized care and support groups for those seeking resources related to a particular condition listed alphabetically

Addiction & Recovery Services

The following programs offer assistance to people with chemical dependency. Services include referrals, counseling, self-help groups, crisis intervention, and inpatient or outpatient treatment.

ALANO CLUB OF THE EASTSIDE

Provides social opportunities and a cafe setting for recovering alcoholics.

www.alanocluboftheeastside.org

(425) 455-5700

12302 NE 8th Street
Bellevue, WA 98005

ALCOHOL & DRUG HELP LINE

The Alcohol & Drug Helpline can provide crisis intervention, referral assistance and information for individuals dealing with substance abuse issues.

www.adhl.org

(206) 722-3700

TTY: (206) 722-3724

ALCOHOLICS ANONYMOUS (AA) AGELESS IN RECOVERY

A drop-in recovery support group for adults 55 and up. Meets Fridays from noon-1:00 PM at Seattle Area Support Groups (SASG) & Community Center. Call to confirm hours.

www.sasgcc.org

(206) 322-2437

303 17th Avenue E
Seattle, WA 98112

ALCOHOLICS ANONYMOUS (AA) EASTSIDE INTERGROUP

Eastside Intergroup is the east King County branch of Alcoholics Anonymous (AA). They operate a 24-hour hotline, host group meetings, and connect individuals to other resources as needed. Information in English, French and Spanish at www.aa.org. Meetings are held on the first Thursday of each month at 7:30 PM at Bellevue Christian Reformed Church.

www.eastsideintergroup.com

www.aa.org

(425) 454-9192

1221 148th Avenue NE
Bellevue, WA 98007

CONSEJO SUBSTANCE USE DISORDER PROGRAM

Provides outpatient substance use disorder services tailored to monolingual, immigrant, and low-income adults.

www.consejocounseling.org

(206) 461-4880

14434 NE 8th Street
Bellevue, WA

FAIRFAX BEHAVIORAL HEALTH ■

Provides chemical dependency assessments, acute detoxification, intensive outpatient programs, and a co-occurring disorders treatment program.

www.fairfaxhospital.com

(425) 821-2000

or 1-800-435-7221
10200 NE 132nd Street
Kirkland, WA 98034

EVERGREENHEALTH MONROE RECOVERY CENTER AT SKY RIVER

Services at the Recovery Center at Sky River include evaluation, acute medical detoxification, residential treatment, suboxone stabilization, outpatient services, and a day treatment program.

www.valleygeneral.com/services/chemical_dependency.asp

(360) 794-1405

17880 147th Street SE
Monroe, WA 98272

KING COUNTY CHEMICAL DEPENDENCY INVOLUNTARY TREATMENT

Conducts evaluations and initiates court proceedings for involuntary treatment of those with chemical dependency.

www.kingcounty.gov/healthservices/SubstanceAbuse.aspx

(206) 296-7612

KING COUNTY MENTAL HEALTH, CHEMICAL ABUSE, AND DEPENDENCY SERVICES

Provides information in multiple languages about services and treatment in King County, as well as education about prevention and intervention.

www.kingcounty.gov/healthservices/MHSA.aspx

LAKESIDE MILAM RECOVERY CENTERS ■

Facilitates intervention & assessment, operates a residential inpatient program and outpatient program.

www.lakesidemilam.com

General Information: (425) 823-3116

Kirkland Inpatient Facility

(425) 823-3116

10322 NE 132nd Street
Kirkland, WA 98034

Kirkland Outpatient

(425) 822-5095

6725 116th Avenue NE, Suite 110
Kirkland, WA 98033

Issaquah Outpatient

(425) 392-8468

300 NE Gilman Boulevard, Suite 200
Issaquah, WA 98027

MOTIVATIONS RECOVERY CENTER ■

Outpatient chemical dependency treatment, counseling, assessment, and deferred prosecutions.

www.motivationsrecoverycenter.com

(425) 481-2122

17311 135th Avenue NE, Suite 750
Woodinville, WA 98072

NARCOTICS ANONYMOUS

Supports chemically dependent individuals and their friends and families. The number below is a 24/7 hotline for the Seattle area.

www.na.org

(206) 790-8888

PROVIDENCE DRUG & ALCOHOL ADDICTION TREATMENT

Services at Providence include detoxification, stabilization, partial hospitalization, outpatient day and evening programs, relapse programs, court assessments, evaluation, and education. Medicare, most insurance companies, and private pay are accepted. Some subsidized care also available.

www.providence.org

(425) 258-7390

916 Pacific Avenue
Everett, WA 98201

RECOVERY CENTER OF KING COUNTY

Offers a range of services including medically supervised detoxification, inpatient & outpatient programs, court assessments, relapse prevention, and substance-free housing for qualifying individuals. Medicaid, private health insurance, and private pay accepted. Services billable on a sliding fee scale based on income and payment plans may be available.

www.rckc.org

(206) 322-2970

464 12th Avenue, Suite 300
Seattle, WA 98122

Health Care & Support for Specific Needs

RESIDENCE XII

A non-profit chemical dependency treatment center for women of all ages. Offers free assessment and referrals. Treatment programs include outpatient and inpatient options, a family program, and aftercare.

(425) 823-8844

12029 113th Avenue NE
Kirkland, WA 98034

THERAPEUTIC HEALTH SERVICES

Offers outpatient treatment, classes, counseling services, and referrals for inpatient services. Medicaid and most insurance plans are accepted. A sliding-fee scale is available.

www.ths-wa.org

(425) 747-7892

1412 140th Place NE
Bellevue, WA 98007

Alzheimer's, Memory Care & Dementia

ALZHEIMER'S ASSOCIATION OF WASHINGTON

Information and referral services for most of Washington State. Family support groups, community education, virtual library, early stage and caregiver programs. The Alzheimer's Association also operates a 24/7 Helpline to provide reliable information and support to those in need.

www.alz.org/alzwa

(206) 363-5500

Help Line: 1-800-272-3900
100 W Harrison Street, Suite N200
Seattle, WA 98119

ALZHEIMER'S ASSOCIATION EL PORTAL DEL NOROESTE PROJECT

El Portal del Noroeste helps Latino & Hispanic Communities learn about memory loss, treatments, caregiver self-care, support groups, and coping mechanisms tailored to their language and culture.

www.alz.org/alzwa

(206) 356-0173 or

1-800-848-7097

ALZHEIMER'S ASSOCIATION LGBT CAREGIVER SUPPORT GROUP

A support group for LGBT caregivers of persons with Alzheimer's. Meets the second Tuesday of each month from 6:30-8:00 PM, subject to change. For location information, contact group facilitator Jan Leonard.

www.alz.org/alzwa

(206) 734-4047

Contact: Jan Leonard

ALZHEIMER'S CAFES

Alzheimer's Cafes are for persons living with Alzheimer's and their families and friends to socialize and enjoy a meal in a relaxed cafe setting. There is no agenda, just an understanding environment. Alzheimer's cafes take place at various locations throughout the Eastside and Seattle area. Visit the website below for a complete, updated calendar.

www.fulllifecare.org/alzcafes

BRAIN FITNESS CLUB AT NORTSHORE SENIOR CENTER

A social day program for individuals experiencing early memory loss. Participants engage in cognitive, physical, and social enrichment activities including educational discussions, modified fitness exercises, lunch, and other activities. The program allows for participation at Northshore's Senior Center and Adult Day Center, and can be a brief respite option for caregivers. Registration and pre-screening are required. Each session costs \$50, including lunch.

www.northshoreseniorcenter.org

(425) 286-6740

10201 E Riverside Drive
Bothell, WA 98011

DUVALL CAREGIVER SUPPORT GROUP

A support group for adult children of aging relatives with dementia or other chronic illnesses. Meets on the fourth Tuesday of each month at Stillwater Hill Church from 6:30-8:00 PM, subject to change.

(425) 788-8404

32111 NE Big Rock Road
Duvall, WA 98019

Health Care & Support for Specific Needs

ISSAQUAH CAREGIVER SUPPORT GROUP

A support group co-sponsored by the Alzheimer's Association for adult children of aging relatives with dementia or other chronic illnesses. Meets on the second Thursday of each month at Faith United Methodist Church from 6:30-8:00 PM.

(206) 617-1936

3924 Issaquah-Pine Lake Road SE
Issaquah, WA 98029

KIRKLAND CAREGIVER SUPPORT GROUP

A support group for individuals caring for loved ones with dementia or other chronic illnesses. Meets on the third Monday of each month at the Peter Kirk Community Center from 10:00-11:30 AM, subject to change.

(425) 587-3360

352 Kirkland Avenue
Kirkland, WA 98033

MOMENTIA

A website dedicated to the Alzheimer's, memory care, and dementia communities in the Seattle area. Maintains a calendar of events and helpful links.

www.momentiasseattle.org

NORTHSHORE SENIOR CENTER FAMILY CAREGIVER SUPPORT GROUP

A support group for adult children of aging relatives with dementia or other chronic illnesses. Meets on the third Wednesday of each month at the Northshore Senior Center from 6:30-8:00 PM, subject to change.

www.northshoreseniorcenter.org

(425) 286-1035

10201 E Riverside Drive
Bothell, WA 98011

OLD FRIENDS CLUB

Provides adult day center services for people with cognitive or communication issues such as Alzheimer's or aphasia. Private pay accepted on a sliding-fee scale.

www.olfriendsclub.org

(425) 681-9776

Tolt Congregational Church

Mondays, Tuesdays, and Thursdays 9:30 AM-2:30 PM

4851 Tolt Avenue
Carnation, WA 98014

Lake Washington United Methodist Church

Tuesdays and Thursdays 9:30 AM-2:30 PM

7525 132nd Avenue NE
Kirkland, WA 98033

OVERLAKE ALZHEIMER'S CAREGIVER SUPPORT GROUP

Provides support and education to family members of Alzheimer's or dementia patients. The support group is free to attend with no prior registration required. Meets the third Monday of each month at 4:30 PM at Overlake Senior Health Clinic.

(425) 502-9828

1750 112th Avenue NE, Suite A101
Bellevue, WA 98004

REDMOND CAREGIVER SUPPORT GROUP

A support group co-sponsored by the Alzheimer's Association for adult children of aging relatives with dementia or other chronic illnesses. Meets on the first Tuesday of each month at Emerald Heights from 1:00-2:30 PM.

(425) 556-8140

10901 176th Circle NE
Redmond, WA 98052

Health Care & Support for Specific Needs

Amyotrophic Lateral Sclerosis (ALS)

ALS ASSOCIATION, EVERGREEN CHAPTER

Resources and support groups for persons with ALS and their families.

www.alsa.org

(425) 656-1650

19226 66th Avenue S, Suite L-105
Kent, WA 98032

ALS CAREGIVER SUPPORT GROUP

The east King County support group meets at Bellevue College on the second Saturday of every month from 9:30-11:30 AM.

(206) 909-2131

3000 Landerholm Circle SE, Room L 100C
Bellevue, WA

Arthritis

ARTHRITIS FOUNDATION, WASHINGTON CHAPTER

Educational materials, support groups, self-help and aquatics programs. The Arthritis Foundation also operates a Help Line with the latest information on types of arthritis, medications, and treatments.

www.arthritis.org

(206) 547-2805

Help Line: 888-391-9389, Option 101

115 NE 100th Street, Suite 350
Seattle, WA 98125

ARTHRITIS FOUNDATION AQUATIC PROGRAM

Locations:

Bothell: Northshore YMCA

(425) 485-9797

11811 NE 195th Street
Bothell, WA 98011

Issaquah: Julius Boehm Pool

(425) 837-3350

50 SE Clark Street
Issaquah, WA 98027

Newcastle: Coal Creek YMCA

(425) 282-1500

13750 Newcastle Golf Club Road
Newcastle, WA 98059

North Bend: Si View Pool

(425) 831-1900

400 SE Orchard Drive
North Bend, WA 98045

Cancer

AMERICAN CANCER SOCIETY

Provides information & referral services, educational materials, transportation to treatment, assistance with temporary housing, free nutritional supplements, loaned medical equipment, support groups, and emergency food vouchers. The Help Line is available 24/7.

www.cancer.org

(206)-283-1152

Help Line: 1-800-227-2345

Washington State Help Line: 1-800-729-5588

2120 1st Avenue N
Seattle, WA 98109

CANCERCARE

A nationwide organization which can provide information, support, and limited financial assistance to people with cancer and their families.

www.cancercare.org

1-800-813-HOPE

(1-800-813-4673)

CANCER LIFELINE

Provides financial assistance to low-income patients with all types of cancer, support groups, referrals, exercise programs such as gentle yoga, and programs for families. Cancer Lifeline also operates a 24-hour helpline for immediate phone support.

www.cancerlifeline.org

206-297-2100

Help Line: (206) 297-2500

or (800) 255-5505

6522 Fremont Avenue N
Seattle, WA 98103

Health Care & Support for Specific Needs

CANCER PATHWAYS

Hosts free support groups, educational workshops, and other social events for people with cancer and their families. Can also assist with resources and non-medical referrals.

www.cancerpathways.org

(206) 709-1400

1400 Broadway
Seattle, WA 98122

CHRIS ELLIOTT FUND

A Redmond-based organization for people with brain cancer and their families. The Chris Elliott fund provides patients with immediate access to advanced treatment options, specialists, and support programs. Helps patients and caregivers with education, guidance, support, and advocacy.

www.chriselliottfund.org

(425) 785-8489

1-800-574-5703

14959 NE 95th Street
Redmond, WA 98052

EVERGREENHEALTH HALVORSON CANCER CENTER

A partnership between EvergreenHealth and Seattle Cancer Care Alliance, Halvorson Cancer Center provides a full range of medical and supportive services. The center hosts classes, sessions with oncology social workers, and is home to a resource center & boutique stocked with free wigs, head coverings, and breast prostheses.

www.evergreenhealth.com

Halvorson Cancer Center: (425) 899-6000

-For general center information

Medical Oncology: (425) 899-3181

-For consultations

Resource Center & Boutique: (425) 899-2264

12040 NE 128th Street
Kirkland, WA 98034

NATIONAL CANCER INSTITUTE INFORMATION SERVICE

Provides information, referrals, and education related to treatment, prevention, and research. Available to patients, families, health care providers, or anyone who has been affected by cancer.

www.cancer.gov

1-800-4-CANCER

(1-800-422-6237)

NORTHSHORE SENIOR CENTER PROSTATE CANCER SUPPORT GROUP

A free support group for men with prostate cancer. Meets Saturdays from 9:30-10:30 AM at Northshore Senior Center, subject to change.

Contact: Tom Labelle

(425) 487-2441

10201 E Riverside Drive, Room 203
Bothell, WA 98011

OVERLAKE MEDICAL CENTER CANCER RESOURCE CENTER & NAVIGATOR PROGRAM

Provides information, support groups, educational materials, and other services. The Center is staffed by oncology social workers, patient navigators, and volunteers. Patients and families may walk in or make an appointment if they wish to meet with a social worker for a private consultation.

www.overlakehospital.org/services/cancer/information/resource-center

Cancer Resource Center: (425) 688-5986

Email: cancer@overlakehospital.org

1135 116th Avenue NE
Bellevue, WA 98004

SEATTLE CANCER CARE ALLIANCE (SCCA)

SCCA is a cancer treatment center which unites doctors from local medical centers to develop community cancer treatment programs and promote availability to patients of SCCA physician-led clinical trials.

www.seattlecca.org

(206) 288-7222

825 Eastlake Avenue E
Seattle, WA 98109

Health Care & Support for Specific Needs

VALLEY MEDICAL CENTER

Houses oncology social workers and financial counselors, a lymphedema clinic, and fitness center.

www.valleymed.org/life

(425) 228-3450

400 S 43rd Street

Renton, WA 98055

Caregiver Support

Support groups for specific conditions are listed under the relevant condition.

KING COUNTY FAMILY CAREGIVER SUPPORT PROGRAM

Provides support for unpaid caregivers. Services may include information and referral, training, and respite care available on a sliding-fee scale.

www.kccaregiver.org

MERCER ISLAND CAREGIVER SUPPORT GROUP

Provides support, education, and resources for those caring for a loved one in a home, facility, or by long distance. Meets at the Mercer Island Community and Event Center on the first Thursday of the month from 3:00-4:30 PM, subject to change.

(206) 275-7752

8236 SE 24th Street

Mercer Island, WA 98040

Chronic Pain

LIVING WELL WITH A CHRONIC CONDITION

A free, 6-session program for individuals with chronic pain or conditions such as neuropathy, fibromyalgia, or diabetes. Helps participants cope and learn patient advocacy. The program is sponsored by EvergreenHealth and takes place periodically throughout the year at Northshore Senior Center in Bothell and Peter Kirk Community Center in Kirkland. Contact either center for more information including start dates.

Peter Kirk Community Center: (425) 587-3360

352 Kirkland Avenue

Kirkland, WA 98033

Northshore Senior Center: (425) 487-2441

10201 E Riverside Drive

Bothell, WA 98011

Diabetes

AMERICAN DIABETES ASSOCIATION

The local chapter of the American Diabetes Association offers educational programs and a lending library of materials, screenings, support groups and risk assessments. Literature tailored for older adults is also available at the American Diabetes Association website.

www.diabetes.org

(206) 282-4616

or 1-888-342-2388

2815 Eastlake Ave E #240

Seattle, WA 98102

DIABETES/PRE-DIABETES EDUCATION & SUPPORT GROUP

A support and discussion group for people with diabetes or pre-diabetes. Meets on the second Wednesday of the month from 10:00-11:30 AM, subject to change.

Northshore Senior Center: (425) 487-2441

10201 E Riverside Drive

Bothell, WA 98011

Health Care & Support for Specific Needs

EVERGREENHEALTH DIABETES EDUCATION SERVICES

EvergreenHealth has several programs taught by certified Diabetes Educators and recognized by the American Diabetes Association. Topics range from prevention to management. Individual consultations are also available. Medicare and Medicaid cover these services, as do most private insurance providers, but there are options for those without insurance.

www.evergreenhealth.com

(425) 899-3008

12040 NE 128th Street
Kirkland, WA 98034

LIVING WELL WITH DIABETES

Living Well with Diabetes is a free, 6-session program to help participants better manage their diabetes. The program is sponsored by EvergreenHealth, sessions take place periodically throughout the year at Northshore Senior Center and Peter Kirk Community center in Kirkland. Contact either center for more information including start dates.

Peter Kirk Community Center: (425) 587-3360

352 Kirkland Avenue
Kirkland, WA 98033

Northshore Senior Center: (425) 487-2441

10201 E Riverside Drive
Bothell, WA 98011

OVERLAKE MEDICAL CENTER DIABETES EDUCATION

Overlake Medical Center houses an American Diabetes Association-recognized diabetes education program taught by nurses and dietitians who are certified diabetes instructors. Topics range from prevention to management, and one-on-one instruction is also available. Medicare and Medicaid cover these services, as do most private insurance providers.

www.overlakehospital.org

(425) 688-5700

1750 112th Ave NE, Suite A-101
Bellevue, WA 98004

Disability

COMMUNITY LIVING CONNECTIONS

A resource for information and referral for aging and disability-related services, consultation and planning assistance for long-term care, and access to family caregiver supports. Callers can be connected to resources within their community.

www.communitylivingconnections.org

1-844-348-5464

LUTHERAN COMMUNITY SERVICES NORTHWEST

Serves older adults and people with disabilities in King & Snohomish counties with services such as Home Care, Meals on Wheels, Senior Companion and Retired & Senior Volunteer Program (RSVP).

www.lcsnw.org

(206) 694-5700

115 NE 100th Street, Suite 200
Seattle, WA 98125

Epilepsy

EPILEPSY FOUNDATION NORTHWEST

Provides seizure training to first responders and the public, emergency medication assistance, support groups, and other programs for people with epilepsy and their families.

(206) 547-4551

2311 N 45th Street #134
Seattle, WA 98103

PEARLS

PEARLS (Program to Encourage Active Rewarding Lives) is a self-management program that combines problem-solving treatment with pleasant social and physical activities to manage symptoms of depression. Has a special component for those with epilepsy. PEARLS is offered at Northshore Senior Center in Bothell and Peter Kirk Community Center in Kirkland.

www.pearlsprogram.org

(425) 286-1035

Health Care & Support for Specific Needs

Fibromyalgia

LIVING WELL WITH A CHRONIC CONDITION

A free, 6-session program for individuals with chronic pain or conditions such as back pain, fibromyalgia, or neuropathy. The program aims to help participants cope with pain, depression, life-style changes, medications, and to learn patient advocacy. The program is sponsored by EvergreenHealth and takes place periodically throughout the year in Bothell and Kirkland. Contact either center for more information including start dates.

Northshore Senior Center: (425) 487-2441

10201 E Riverside Drive
Bothell, WA 98011

Peter Kirk Community Center: (425) 587-3360

352 Kirkland Avenue
Kirkland, WA 98033

NATIONAL FIBROMYALGIA ASSOCIATION

An online resource center for information, reviews, and discussion of issues related to fibromyalgia.

www.fmaware.org

Head Injury/ Traumatic Brain Injury

BRAIN INJURY ALLIANCE WASHINGTON (BIAWA)

Provides information, assistance, and case management, support groups, and advocacy at no cost for persons with head injuries and their families.

www.biawa.org

1-877-982-4292

WASHINGTON TRAUMATIC BRAIN INJURY RESOURCE CENTER

Brain Injury Alliance Specialists staff this resource center and can answer questions and provide support.

1-877-824-1766

EVERGREENHEALTH NEUROLOGICAL REHABILITATION CLASSES

A variety of communication and exercise classes including dance, yoga & tai chi for adults affected by neurological impairments including Parkinson's, MS, stroke recovery, and brain injuries. Classes take place weekly. Four sessions cost \$20. EvergreenHealth also has a more comprehensive neurological rehabilitation program for those with a physician's referral.

(425) 899-3000

12039 128th Street
Kirkland, WA 98034

Heart Disease

AMERICAN HEART ASSOCIATION & AMERICAN STROKE ASSOCIATION

The Puget Sound chapter of the American Heart Association provides cardiovascular health information, public health education such as CPR classes, and a heart and brain health resource guide available online.

www.heart.org

(206) 336-7200

710 2nd Avenue, Suite 900
Seattle, WA 98104

EVERGREENHEALTH HEART & VASCULAR CARE

Offers ongoing support and management of chronic heart failure and helps coordinate care between a patient's primary care physician and heart specialist. The center also facilitates prevention and exercise consultation programs. Programs vary in cost, and participation may require a physician referral based on individual health risk.

(425) 899-2789

12303 NE 130th Lane, Suite 500
Kirkland, WA 98034

Health Care & Support for Specific Needs

OVERLAKE HOSPITAL MEDICAL CENTER & OVERLAKE MEDICAL CLINICS

Overlake Medical Center and Overlake Medical Clinics have extensive cardiac programs. Cardiologists provide comprehensive cardiac care to patients at the clinic and round-the-clock support for patients in need of emergency care at Overlake's Emergency Department.

Bellevue:

Overlake Medical Tower
(425) 454-2656
1135 116th Avenue NE, Suite 600
Bellevue, WA 98004

Cascade Medical Center

(425) 455-9555
1414 116th Avenue NE, Suite E
Bellevue, WA 98004

Issaquah:

Highmark
(425) 391-8626
1740 NW Maple Street, Suite 207
Issaquah, WA 98027

Kirkland:

(425) 454-2656
290 Central Way
Kirkland, WA 98033

Hepatitis

HEPATITIS EDUCATION PROJECT (HEP)

HEP has a free walk-in clinic for testing and vaccinations, support groups, and a case management program for referrals, insurance assistance, and advocacy.

www.hepeducation.org

(206) 732-0311
or 1-800-218-6932
911 Western Avenue #302
Seattle, WA 98104

HIV/AIDS

HIV/AIDS NEWLY DIAGNOSED & NEWLY DEALING SUPPORT GROUP

A support group for those newly diagnosed with HIV/AIDS or those who have been diagnosed for a longer period of time but are facing new challenges. The group is under the umbrella of Seattle Area Support Groups Community Center (SASG).

(206) 322-2437
303 17th Avenue E
Seattle, WA 98112

HIV/STD HOTLINE

Testing, information, and referral services.
(206) 205-7837

LIFELONG AIDS ALLIANCE

Offers a range of services including case management, information & referral, chemical dependency support, advocacy, and education. Lifelong AIDS Alliance has a nutrition program which includes delivery of meals for certain individuals. They can assist with gaining housing & health insurance.

www.lifelongaidsalliance.org

(206) 957-1600
or 1-877-297-0576
1016 E Pike Street
Seattle, WA 98122

Huntington's Disease

HUNTINGTON'S DISEASE SOCIETY OF AMERICA (HDSA) NORTHWEST CHAPTER

The chapter has a support group for those affected by Huntington's disease. The group meets on the fourth Wednesday of every month from 6:30-8:00 PM, subject to change. Meetings are held at the EvergreenHealth Surgery and Physician's Center in Kirkland.

www.hdsa.org/wa

Contact: Maria Cole, MSW
Email: mariahdsawa@gmail.com
12333 NE 130th Lane
Kirkland, WA 98034

Health Care & Support for Specific Needs

Incontinence

INCONTINENCE TREATMENT AT OVERLAKE HOSPITAL

Provides physical therapy treatment and education for bladder and bowel problems and other pelvic conditions. A referral from your primary care physician is required.

www.overlakehospital.org

(425) 688-5900

Outpatient Rehabilitation Services
1417 116th Avenue NE, Suite 110
Bellevue, WA 98004

Infectious Diseases

KING COUNTY PUBLIC HEALTH COMMUNICABLE DISEASE EPIDEMIOLOGY & IMMUNIZATION RESOURCES

King County Public Health operates an online resource center and 24-Hour hotline on communicable diseases such as the flu and Pertussis (whooping cough) or what to do if you are bitten by an animal in King County.

(206) 296-4774

24-Hour Pre-recorded Hotline: (206) 296-4949
401 5th Avenue, Suite 900
Seattle, WA 98104

Lung Disease

AMERICAN LUNG ASSOCIATION OF WASHINGTON

Information, education, home air quality testing, tenant support and support groups. The American Lung Association also operates a free lung HelpLine staffed by registered nurses and lung specialists.

(206) 441-5100

Helpline: 1-800-586-4872

822 John Street
Seattle, WA 98109

BETTER BREATHERS SUPPORT GROUP

Affiliated with the American Lung Association and hosted by EvergreenHealth Medical Center. Meets on the second Wednesday of each month at noon, subject to change.

(425) 899-1948

12822 124th Lane NE, Conference Room
Kirkland, WA 98034

Multiple Sclerosis (MS)

EVERGREENHEALTH MULTIPLE SCLEROSIS CENTER

Helps MS patients achieve their highest level of well being. Experts are available to help with treatment of the disease and its symptoms. Services include rehabilitation psychology, physical and occupational therapy, and vocational counseling. The program offers access to cutting-edge therapies.

(425) 899-5350

12039 NE 128th Street, Suite 300
Kirkland, WA 98034

NATIONAL MULTIPLE SCLEROSIS SOCIETY- SEATTLE CHAPTER

Information and referrals, counseling, support groups, and medical equipment loans.

www.nationalmssociety.org

(206) 284-4236

or 1-800-344-4867

192 Nickerson Street #100
Seattle, WA 98109

Muscular Dystrophy

MUSCULAR DYSTROPHY ASSOCIATION

Provides educational materials and programs, support groups, and clinics at University of Washington Medical Center and Seattle Children's Hospital.

www.mda.org

(206) 283-2183

701 Dexter Avenue N, Suite 106
Seattle, WA 98109

Health Care & Support for Specific Needs

Overeating

SEATTLE OVEREATERS ANONYMOUS

A 24-hour hotline for those recovering or needing support related to compulsive overeating.

(206) 264-5045

Parkinson's Disease

AMERICAN PARKINSON DISEASE ASSOCIATION (APDA) WASHINGTON CHAPTER

Provides information, educational materials & programs, support groups, a transportation assistance program, and respite care program.

www.waparkinsons.org

(206) 695-2905

150 Nickerson Street, Suite 100
Seattle, WA 98109

EVERGREENHEALTH DANCE FOR PARKINSON'S

An eight-week dance program for persons with Parkinson's which focuses on stretching and strengthening muscles through balance and rhythm. Adaptable chairs or standing. Classes occur at varying times throughout the year at Peter Kirk Community Center in Kirkland. Registration is required through EvergreenHealth's website or by phone.

www.evergreenhealthcare.org/classes

(425) 899-3000

Peter Kirk Community Center

352 Kirkland Avenue
Kirkland, WA 98033

EVERGREENHEALTH PARKINSON'S CARE CENTER

Strives to improve the quality of life for Parkinson's and other movement disorder patients and their families. The center provides medical evaluation, medication management, nutrition guidance, counseling, physical, occupational, swallowing and speech therapy, neuropsychological and social work services, and caregiver support.

(425) 899-3123

12039 NE 128th Street, Suite 300
Kirkland, WA 98034

NORTHSHORE SENIOR CENTER PARKINSON'S SUPPORT GROUP

A free support group for persons with Parkinson's disease and their caregivers. Meets on the third Tuesday of each month at Northshore Senior Center, subject to change.

Contact: Janet Zielasko

(425) 286-1035

10201 E Riverside Drive
Bothell, WA 98011

REDMOND PARKINSON'S SUPPORT GROUP

A free support group for persons with Parkinson's disease and their caregivers. Meets on the third Thursday of each month at Emerald Heights Retirement Community, subject to change.

Contact: John Waltner

(425) 556-8140

10901 176th Circle NE
Redmond, WA 98052

Polio

POLIO OUTREACH OF WASHINGTON

Information and referrals regarding Post-Polio Syndrome and organizes support groups throughout the state.

1-800-609-5538

PO Box 1876
Kingston, WA 98346

Health Care & Support for Specific Needs

Sleep Disorders

EVERGREENHEALTH SLEEP DISORDERS CENTER

Offers sleep consultations, diagnosis, and treatment of both complex and simple sleep disorders in a comfortable environment.

(425) 899-4280

11521 NE 128th Street, Suite 130
Kirkland, WA 98034

OVERLAKE SLEEP DISORDERS CENTER

Offers sleep consultations, diagnosis, and treatment of both complex and simple sleep disorders. Must be referred by an Overlake physician.

(425) 289-3000

1100 112th Avenue NE #320
Bellevue, WA 98004

Stroke

AMERICAN STROKE ASSOCIATION & AMERICAN HEART ASSOCIATION

The Puget Sound chapter of the American Heart Association provides cardiovascular health information, public health education such as CPR classes, and a heart and brain health resource guide available online.

www.strokeassociation.org

(206) 336-7200

or 1-888-4-STROKE
(1-888-478-7653)

710 2nd Avenue, Suite 900
Seattle, WA 98104

EASTSIDE STROKE SUPPORT GROUP

An affiliate of the American Stroke Association & American Heart Association. Meets at St. Andrews Lutheran Church on the first three Mondays of each month from 1:00-2:30 PM, subject to change.

Contact: Claudette Ainsworth

(425) 746-8396

St. Andrews Lutheran Church
2650 148th Avenue SE
Bellevue, WA 98006

EVERGREENHEALTH STROKE SERVICES

Offering life-saving treatments and post-stroke rehabilitation.

www.evergreenhealth.com

Inpatient Stroke Program: (425) 899-2478

Inpatient Acute Rehab: (425) 899-2550

Outpatient Rehab: (425) 899-3100

LIVING WELL AFTER STROKE: KIRKLAND SUPPORT GROUP

A free support group for stroke survivors and caregivers. Meets the first Tuesday of each month at EvergreenHealth Medical Center.

(425) 899-3131

12039 128th Street, Ranger Room
Kirkland, WA 98034

OVERLAKE MEDICAL CENTER STROKE RECOVERY GROUP

A free support group for stroke survivors and their loved ones. Meets the fourth Saturday of each month from 1:00-2:15 PM at Overlake Medical Center.

(425) 688-5904

1035 116th Avenue NE
Bellevue, WA 98004

SNOQUALMIE VALLEY HOSPITAL REHABILITATION CLINIC STROKE SUPPORT GROUP

A free support group for stroke survivors and caregivers. Meets the third Thursday of each month from 3:15-4:30 PM at Snoqualmie Hospital Rehabilitation Clinic, subject to change.

(425) 831-2376

38565 SE River Street
Snoqualmie, WA 98065

STROKE HELP LINE

A service of the National Stroke Association, the Stroke Help Line can assist callers with information, referrals, and support. It is open Monday through Friday, 9:00 AM- 4:00 PM Mountain Time.

www.stroke.org

1-800-STROKES

or 1-800-787-6537

Health Care & Support for Specific Needs

Wellness

A MATTER OF BALANCE

An eight session, evidence-based program to reduce fall risks for participants. A Matter of Balance is offered at Northshore Senior Center in Bothell and Peter Kirk Community Center in Kirkland.

**Contact: Janet Zielasko
(425) 286-1035**

ENHANCEFITNESS

An evidence-based fitness program for adults age 50 and older with a wide range of physical abilities. Program includes stretching, low- impact aerobics, walking, balance training, strength exercises and motivation. Class meets three times a week at Peter Kirk Community Center and is a covered benefit for some Group Health members.

(425) 587-3360
352 Kirkland Avenue
Kirkland, WA 98033

ENHANCEWELLNESS

An evidence-based self-care program to achieve positive health outcomes and maintain control of one's life. Enhance-Wellness is offered at Northshore Senior Center in Bothell and Peter Kirk Community Center in Kirkland.

**Contact: Janet Zielasko
(425) 286-1035**

NURTURING WATER THERAPIES

Offers individualized adaptive swim lessons, aquatic exercises, and aquatic therapies to individuals of all ages with sensory, developmental, neurological, physical, or other health challenges. Available to meet at Stroum Jewish Community Center and Bellevue Aquatic Center.

www.nurturingwatertherapies.org
(425) 429-6706

PEARLS

PEARLS (Program to Encourage Active Rewarding Lives) is a self-management program that combines problem-solving treatment with pleasant social and physical activities to manage symptoms of depression. Has a special component for those with epilepsy. PEARLS is offered at Northshore Senior Center in Bothell and Peter Kirk Community Center in Kirkland.

www.pearlsprogram.org

**Contact: Janet Zielasko
(425) 286-1035**

Housing

This section contains information on the variety of senior housing options as well as information, placement, and moving services. A list of housing terms and definitions is on page 63

Adult Family Homes

Adult Family Homes are residential homes licensed to care for up to six non-related residents. They provide room, meals, laundry, necessary supervision, and help with activities of daily living, personal care, and social services. Level of care varies by facility. For information, referral, and placement assistance placement, see page 55.

There are hundreds of adult family homes on the Eastside. Washington State DSHS Aging & Long-term Support Administration maintains a list of all adult family homes, searchable by location and needs. To access this list, refer to the contact information below.

DSHS AGING & LONG-TERM SUPPORT ADMINISTRATION

Maintains an online list of Adult Family Homes, a checklist to aid the search process, and other resources for individuals and families exploring Adult Family Homes.

www.aasa.dshs.wa.gov/altsa

DSHS HOME & COMMUNITY SERVICES

Provides information and assistance via phone for individuals and families exploring adult family homes, or other elder issues.

(206) 341-7750

Information & Referral Services

APTFINDER.ORG

An online resource for finding affordable housing in Washington State for low-income households.

www.aptfinder.org

A REGIONAL COALITION FOR HOUSING (ARCH)

ARCH is a partnership between King County and East King County cities dedicated to increasing the supply of low- and moderate-income housing in the region. They can assist renters and homeowners with information and guidelines on affordability, staying-in-place, and senior housing.

www.archhousing.org

(425) 861-3676

Email: info@archhousing.org

16225 NE 87th Street, Suite A-3
Redmond, WA 98052

DSHS AGING & LONG-TERM SUPPORT ADMINISTRATION

Maintains an online list of adult family homes, assisted living and nursing communities that is searchable by location and care need. Also offers a checklist to aid the search process, and other resources for individuals and families.

www.aasa.dshs.wa.gov/altsa

DSHS HOME & COMMUNITY SERVICES

Provides information and assistance via phone for individuals and families exploring assisted living communities or other elder issues.

(206) 341-7750

SENIORRESOURCE.COM ■

Provides general housing and healthcare information. Explains the different types of housing and important considerations for choosing appropriately.

www.seniorresource.com

SOLID GROUND

Provides resources related to housing such as residential and stabilization services, mortgage and reverse mortgage consultation services, and tenant services. Solid Ground also has information on transportation and nutrition.

www.solid-ground.org

(206) 694-6700

Email: info@solid-ground.org

1501 North 45th Street
Seattle, WA 98103

SOUND GENERATIONS PATHWAYS INFORMATION & ASSISTANCE (FORMERLY SENIOR SERVICES)

Offers useful guides on adult family homes, retirement homes, and assisted living communities in King County as well as staying-in-place resources and other information.

www.soundgenerations.org

(206) 448-3110

WASHINGTON STATE HOUSING FINANCE COMMISSION

Provides information about low and moderate income housing projects and policy in Washington State.

www.wshfc.org

BENEVIA ■

Benevia is a phone-based concierge service which coordinates transitions for older adults and their families for a flat annual fee of \$120.

www.benevia.com

1-888-236-3824

910 N 137th Street
Seattle, WA 98133

Living Communities

Listings include retirement living (also called Independent living) assisted living, memory and respite care. Level of care varies by facility. For placement assistance see page 55.

AEGIS OF BELLEVUE ■

Assisted living, continuing care and memory care. Does not accept Medicaid.

www.aegisliving.com/aegis-of-bellevue

(425) 298-3979

148 102nd Avenue SE
Bellevue, WA 98004

AEGIS OF ISSAQUAH ■

Assisted living, continuing care and memory care. Does not accept Medicaid.

www.aegisliving.com/aegis-living-of-issaquah

(425) 392-8100

780 NW Juniper Street
Issaquah, WA 98027

AEGIS OF KIRKLAND ■

Assisted living, continuing care, memory care, and respite care. Does not accept Medicaid.

www.aegisliving.com/aegis-living-of-kirkland

(425) 903-3092

13000 Totem Lake Boulevard
Kirkland, WA 98034

AEGIS LODGE OF KIRKLAND ■

Assisted living, memory care, and adult day care. Does not accept Medicaid.

www.aegisliving.com/aegis-living-of-lodge

(425) 947-0105

12629 116th Avenue NE
Kirkland, WA 98034

AEGIS OF MARYMOOR ■

Assisted living, continuing care and memory care. Does not accept Medicaid.

www.aegisliving.com/aegis-at-marymoor

(425) 999-4074

4585 W Lake Sammamish Parkway NE
Redmond, WA 98052

Housing

AEGIS OF REDMOND ■

Assisted living, memory care, and respite care. Does not accept Medicaid.

www.aegisliving.com/aegis-at-marymoor

(425) 786-2040

7480 West Lake Sammamish Parkway NE
Redmond, WA 98052

ALJOYA MERCER ISLAND ■

Retirement, assisted living, and continuing care nursing. Does not accept Medicaid.

www.eraliving.com/communities/mercer-island

(206) 466-4883

2430 76th Avenue SE
Mercer Island, WA 98040

ASHWOOD COURT ■

Retirement living for those whose income is no more than 60% AMI.

www.quantumms.com/bellevue-wa/ashwood-court

(425) 455-9473

11018 NE 11th Street
Bellevue, WA 98004

BEDFORD GROUP HOME ■

Assisted living. Does not accept Medicaid.

(425) 488-7764

12461 NE 173rd Place
Woodinville, WA 98072

THE BELLETTINI ■

Retirement, assisted living, and continuing care. Does not accept Medicaid.

www.thebellettini.com

(425) 450-0800

1115 108th Avenue NE
Bellevue, WA 98004

BELLEWOOD RETIREMENT ■

Retirement living with assisted living options. Does not accept Medicaid.

www.bellewood.com

(425) 391-2880

3710 Providence Point Drive SE
Issaquah, WA 98029

BRANDENWOOD ■

Retirement living for those whose income is between 40-60% AMI.

www.brandenwood.com

(425) 885-6134

14520 NE 40th Street
Bellevue, WA 98007

BROOKDALE BELLEVUE ■

Assisted living, continuing care and memory care. Does not accept Medicaid.

www.brookdale.com

(425) 953-2997

15241 NE 20th Street
Bellevue, WA 98007

BROOKDALE KENMORE ■

Assisted living, continuing care and memory care. Does not accept Medicaid.

www.brookdale.com

(425) 247-1243

7221 NE 182nd Street
Kenmore, WA 98028

BROOKDALE KIRKLAND ■

Assisted living and continuing care. Does accept Medicaid after a spend-down.

www.brookdale.com

(425) 803-6911

6505 Lakeview Drive NE
Kirkland, WA 98033

BROOKDALE RENTON ■

Assisted living and continuing care. Does not accept Medicaid.

www.brookdale.com

(425) 247-1339

71 SW Victoria Street
Renton, WA 98057

BROOKHAVEN GROUP HOME ■

Assisted living. Does not accept Medicaid.

(425) 488-8877

17235 126th Place NE
Woodinville, WA 98072

CAMBRIDGE COURT ■

Retirement living for those whose income is no more than 50% AMI.

(425) 562-1228

15220 Main Street
Bellevue, WA 98007

CHAMPION HOUSE ■

Assisted living. Does not accept Medicaid.

(425) 644-4477

1800 145th Place SE
Bellevue, WA 98007

CHATEAU AT BOTHELL LANDING ■

Retirement, assisted living, continuing care, memory care and respite care. Does not accept Medicaid.

www.chateau-bothell-landing.com

(425) 318-1140

17543 102nd Avenue NE
Bothell, WA 98011

CHELSEA GROUP HOME ■

Assisted living. Does not accept Medicaid.

(425) 771-2108

26511 NE Virginia
Duvall, WA 98019

COVENANT SHORES ■

Retirement, assisted living, continuing care, memory care, and skilled nursing. Does not accept Medicaid.

www.covenantshores.org

(206) 268-3000

9150 Fortuna Drive
Mercer Island, WA 98040

THE CREEKSIDE ■

Retirement living. Does not accept Medicaid.

www.merrillgardens.com

(425) 354-3784

18200 Woodinville Snohomish Road NE
Woodinville, WA 98072

EMERALD HEIGHTS ■

Retirement, assisted living, continuing care, memory care and skilled nursing. Does not accept Medicaid. Some income-restricted units.

www.emeraldheights.com

(425) 556-8100

10901 176th Circle NE
Redmond, WA 98052

EVERGREEN COURT ■

Retirement, assisted living, and continuing care primarily for low- to moderate-income residents. Does accept Medicaid.

www.myevergreencourt.com

(425) 455-4333

900 124th Avenue NE
Bellevue, WA 98005

EVERGREEN PLACE ■

Retirement living. Does not accept Medicaid.

www.holidaytouch.com/our-communities/evergreen-place

(425) 324-3913

1414 Monroe Avenue NE
Renton, WA 98056

FAIRWINDS BRITTANY PARK ■

Retirement, assisted living and continuing care. Does not accept Medicaid.

www.leisurecare.com/our-communities/fairwinds-brittany-park

(425) 402-7100

17143 133rd Avenue NE
Woodinville, WA 98072

FAIRWINDS REDMOND ■

Independent and assisted living. Does not accept Medicaid.

www.leisurecare.com/our-communities/fairwinds-redmond

(425) 558-4700

9988 Avondale Road NE
Redmond, WA 98052

FOUNDATION HOUSE AT BOTHELL ■

Retirement living. Does not accept Medicaid.

www.fhbothell.com

(425) 402-9606

17502 102nd Avenue NE
Bothell, WA 98011

THE GARDEN CLUB ■

Retirement living. Does not accept Medicaid. Some income-restricted units.

www.holidaytouch.com/our-communities/the-garden-club

(425) 947-5811

13350 SE 26th Street
Bellevue, WA 98005

Housing

THE GARDENS AT JUANITA BAY ■

Retirement, assisted living and continuing care. Does not accept Medicaid.

www.gardensatjuanitabay.com

(425) 823-0410

11853 97th Avenue NE
Kirkland, WA 98034

THE GARDENS AT TOWN SQUARE ■

Retirement, assisted living, continuing care and memory care. Does not accept Medicaid.

www.eraliving.com/communities/bellevue

(425) 688-1900

933 111th Avenue NE
Bellevue, WA 98004

GENCARE RENTON AT THE LODGE ■

Retirement living. Does not accept Medicaid.

www.thelodgegateagleridge.com

(425) 793-8080

1600 S Eagle Ridge Drive
Renton, WA 98055

GOLDEN HEARTH RESIDENT ■

Assisted living. Does not accept Medicaid.

www.goldenhearthresident.com

(425) 483-2273

15934 NE 139th Place
Woodinville, WA 98072

HALCYON ■

Assisted living and continuing care. Does not accept Medicaid.

(425) 643-7806

1200 134th Avenue NE
Bellevue, WA 98007

HERON LANDING ■

Retirement living with some units for whose income is no more than 60% AMI.

www.quantumms.com/kenmore-wa/heron-landing

(425) 398-1688

4025 NE 182nd Street
Kenmore, WA 98028

ISLAND HOUSE ■

Retirement, assisted living, continuing care, memory care, and respite care. Does not accept Medicaid.

www.merrillgardens.com/senior_living/Mercer_Island_WA

(206) 926-9732

7810 SE 30th Street
Mercer Island, WA 98040

KELSEY CREEK GROUP HOME ■

Assisted living and continuing care. Does not accept Medicaid.

(425) 454-5622

600 124th Avenue NE
Bellevue, WA 98005

MADISON HOUSE ■

Retirement, assisted living, and respite care. Does not accept Medicaid.

www.koelschseniorcommunities.com

(425) 243-9985

12215 NE 128th Street
Kirkland, WA 98034

MERRILL GARDENS AT KIRKLAND ■

Retirement, assisted living, continuing care, memory care, and respite care. Does not accept Medicaid.

www.merrillgardens.com

(425) 296-4588

14 Main Street S
Kirkland, WA 98033

MERRILL GARDENS AT RENTON CENTRE ■

Retirement, continuing care and assisted living. Does not accept Medicaid.

www.merrillgardens.com

(425) 272-1193

104 Burnett Avenue S
Renton, WA 98057

MOUNTAIN GROUP HOME ■

Assisted living. Does not accept Medicaid.

(425) 392-9554

230 SE Andrews
Issaquah, WA 98027

OVERLAKE TERRACE ■

Retirement and assisted living. Does accept Medicaid.

www.stellarliving.com/overlake-terrace

(425) 883-0495

2956 152nd Avenue NE
Redmond, WA 98052

PACIFIC REGENT BELLEVUE ■

Retirement living, continuing care and skilled nursing. Does not accept Medicaid.

www.bellevue.watermarkcommunities.com

(425) 233-8766

919 109th Avenue NE
Bellevue, WA 98004

PARK HIGHLAND ■

Retirement living with some units for those whose income is no more than 60% AMI.

(425) 454-8077

224-410 118th Avenue SE
Bothell, WA 98011

PATRIOTS GLEN ■

Assisted living, continuing care and memory care. Does not accept Medicaid.

www.patriotsglen.com

(425) 373-1161

1640 148th Avenue SE
Bellevue, WA 98007

PETERS CREEK RETIREMENT COMMUNITY ■

Retirement, assisted living, and memory care. Does not accept Medicaid.

www.peters-creek.com

(425) 869-2273

14431 Redmond Way
Redmond, WA 98052

RED OAK RESIDENCE OF NORTH BEND ■

Retirement and assisted living. Does not accept Medicaid.

www.redoakresidence.com

(425) 888-7108

650 E North Bend Way
North Bend, WA 98045

REDMOND HEIGHTS SENIOR LIVING ■

Retirement, assisted living, and memory care. Does not accept Medicaid.

www.redmondheightsseniorliving.com

(425) 885-4157

7950 Willows Road NE
Redmond, WA 98052

REGENCY NEWCASTLE ■

Retirement, assisted living, and respite care. Does accept Medicaid.

www.regencynewcastle.com

(425) 453-1508

7454 Newcastle Golf Club Road
Newcastle, WA 98059

REUNION AT REDMOND RIDGE ■

Retirement living with some units for those whose income is no more than 60% AMI.

www.reunionatredmondridge-living.com

(425) 898-8029

11315 Trilogy Parkway NE
Redmond, WA 98053

RIVERSIDE EAST ■

Retirement, assisted living, continuing care and memory care. Does accept Medicaid.

www.villageconcepts.com/riverside-east

(425) 481-1976

10315 E Riverside Drive
Bothell, WA 98011

RIVERSIDE LANDING

Retirement living with some units for those whose income is no more than 60% AMI.

www.riversidelandingapts.com

(425) 888-0574

10130 W Riverside Drive
Bothell, WA 98011

SAGEBROOK AT BELLEVUE ■

Retirement, assisted living, and memory care. Does not accept Medicaid.

www.leisurecare.com/our-communities/sagebrook-senior-living-bellevue/overview

(425) 641-4900

15750 NE 15th Street
Bellevue, WA 98008

Housing

SPIRITWOOD AT PINE LAKE ■

Retirement, assisted living, and memory care. Does accept Medicaid.

www.villageconcepts.com/spiritwood-at-pine-lake

(425) 313-9100

3607 228th Avenue SE
Issaquah, WA 98029

SUNRISE OF BELLEVUE ■

Assisted living, memory care, and respite care. Does not accept Medicaid.

www.sunriseseniorliving.com

(425) 401-5152

15928 NE 8th Street
Bellevue, WA 98008

SUNRISE OF BOTHELL ■

Assisted living and memory care. Does not accept Medicaid.

www.sunriseseniorliving.com

(425) 487-3245

10605 NE 185th Street
Bothell, WA 98011

SUNRISE OF MERCER ISLAND ■

Assisted living, memory care, continuing care, and respite care. Does not accept Medicaid.

www.sunriseseniorliving.com/communities/sunrise-of-merc-island/overview.aspx

(206) 232-6565

2959 76th Avenue SE
Mercer Island, WA 98040

TIMBER RIDGE AT TALUS ■

Retirement and skilled nursing, with assisted living, continuing care, and memory care opening in 2016. Does not accept Medicaid.

www.timberridgelcs.com

(425) 440-3213

100 Timber Ridge Way NW
Issaquah, WA 98027

UNIVERSITY HOUSE AT ISSAQUAH ■

Retirement, assisted living, and memory care. Does not accept Medicaid.

www.eraliving.com/communities/issaquah

(425) 207-3717

22975 SE Black Nugget Road
Issaquah, WA 98029

VASA CREEK WOODS

Retirement living with some units for those whose income is no more than 40% AMI.

www.vasacreekwoods.com

(425) 641-6060

15401 SE Newport Way
Bellevue, WA 98006

VINEYARD PARK AT BOTHELL LANDING ■

Retirement, continuing care, and assisted living. Does accept Medicaid.

www.carepartnersliving.com

(425) 485-8900

10519 E Riverside Drive
Bothell, WA 98011

Moving & Downsizing

THE COMPOSED DOMAIN ■

A private, local company dedicated to reducing clutter, organizing, and creating usable, balanced space. Can also assist with hoarding situations. Incorporates principles of meditation and Feng Shui. Individual assessments and organization sessions as well as group workshops are available.

www.composeddomain.com

(206) 546-8535

GREENWAY MOVING & DELIVERY ■

A private, Seattle-based moving company with a focus on moving seniors. Greenway can also help with estate sales and referrals to other services such as decluttering and sorting services.

www.gwmoving.com

(206) 937-2588

327 S 177th Place
Seattle, WA 98166

LADYBUG MOVING SERVICES & ESTATE SALES ■

A private, local company specializing in full-service moving and estate sale coordination. Ladybug assists with organizing, packing, unpacking, selling or removing unwanted belongings, and making small repairs, painting, housecleaning, or gardening.

www.ladybugmoving.com

(206) 235-6707

MOVING FORWARD ■

A private, local company which specializes in helping older adults with relocation, downsizing, decluttering, and emptying homes after a move or loss.

www.retirementdownsizing.com

(425) 702-8761

17234 NE 116th Street
Redmond, WA 98052

NEXT STEP TRANSITIONS ■

A private, local company which assists older adults with downsizing and organizing, liquidating excess items, coordinating moves, unpacking and setting up.

www.nextsteptransitions.com

(206) 276-7271

PO Box 15420
Seattle, WA 98115

SEGUE MOVE MANAGEMENT SERVICES ■

A private, local company which assists older adults with downsizing and organizing, coordinating moves, packing, unpacking, and setting up and providing referrals to other moving services such as estate sales professionals and donation agencies.

www.seguemovemanagement.com

(206) 729-6686

Placement Services

Placement service consultants help with placement into assisted living communities, adult family homes, and other types of senior living facilities. Agencies listed below are members of the Association of Senior Referral Professionals of Washington.

A PLACE FOR MOM ■

A private, national phone-based concierge service that assists in locating housing options for older adults. Services are free, and callers will be connected to a Senior Living Advisor in their area or the area where they need to find care.

www.aplaceformom.com

1-877-311-6099

ADULT CARE PRO ■

Adult Care Pro is a private, regional phone-based senior living referral service. They offer free placement assistance to older adults, including emergency placement services.

www.adultcarepro.com

1-877-373-6111

ADULT CARE SOLUTIONS ■

A private, regional placement and referral service which works with older adults by phone and through tours and in-home visits. Adult Care Solutions' services are free.

www.adultcaresolutions.net

(425) 941-5163

AGING SAFELY ■

A private, local adult family home placement service. Has a web-based adult family home search service, and can provide in-person consultations.

www.agingsafely.com

(425) 402-9118

24227 Crystal Lake Place
Woodinville, WA 98077

Housing

ALWAYS BEST CARE ■

A private, national, and free senior housing consultant company.

www.alwaysbestcare.com

(425) 748-5021

CARE PATROL ■

A private, regional, and free senior housing consultant company.

www.carepatrol.com

(425) 209-0592

CHANGE IS AFOOT ■

A private, local, and free senior housing consultant company which uses a client's medical history to identify housing options.

www.seniorhousingwa.com

(425) 577-2929

9224 Slater Avenue NE, Suite 215
Kirkland, WA 98033

CHOICE ADVISORY SERVICES ■

A private, regional, free senior housing and care referral service. Services are available by phone, through an online database, or a magazine-style guide.

www.choiceadvisory.com

1-800-361-0138

NW SENIOR LIVING ■

A private, local, and free senior living placement services. Can provide guided tours of housing facilities.

www.nwslresources.com

(425) 614-1499

2743 124th Avenue SE
Bellevue, WA 98005

OPTIONS FOR SENIORS ■

A private, local, and free senior living placement service serving. Provides in-person consultations and guided tours of housing facilities.

www.optionsforseniors.com

(425) 827-0894

PROFESSIONAL PLACEMENT SERVICES ■

A private, local, and free adult family home placement service serving King County.

(206) 601-0188

THE RIGHT PLACE SENIOR OPTIONS ■

A private, local, and free adult family home placement service serving King County.

(206) 604-5571

Email: lisa@trpso.com

SENIOR CARE SOLUTIONS ■

A private, local, and free adult family home placement service serving King County.

(425) 644-8050

Email: seniorcaresolutions@msn.com

SERVING OUR SENIORS ■

A private, local, and free senior housing consultant company.

www.servingourseniorsllc.com

(425) 968-8322

SILVER AGE SENIOR CARE ASSESSMENTS & REFERRALS ■

A private, local, and free adult family home placement service serving King County. Can provide guided tours.

www.silveragecare.com

(206) 669-7191

Email: info@silveragecare.com

Shelters

Year-round shelters and day centers for those experience homelessness. For eviction prevention, see page 4.

CONGREGATIONS FOR THE HOMELESS

Provides services for men experiencing homelessness. Programs include a day center, emergency winter shelter, year-round programmatic shelter and a housing program.

www.cfhomeless.org

(425) 614-6506

THE SOPHIA WAY

Provides services for women experiencing homelessness. Programs include a day center, emergency winter shelter, year-round programmatic shelter and a housing program.

www.sophiaway.org

(425) 463-6285

Skilled Nursing

Skilled nursing facilities, also referred to as nursing homes or long-term care facilities, offer skilled or custodial nursing care.

BOTHELL HEALTHCARE ■

Skilled nursing, short- and long-term rehabilitation, Alzheimer's & dementia care.

www.bothellhealthcare.com

(425) 481-8500

707 228th Street SW

Bothell, WA 98021

BRIARWOOD HEALTH CENTER AT TIMBER RIDGE ■

Skilled nursing, short- and long-term rehabilitation and Alzheimer's & dementia care. Affiliated with Timber Ridge at Talus.

www.timberridgelcs.com/health-and-wellness/skilled-nursing-care

(425) 947-2279

100 Timber Ridge Way NW

Issaquah, WA 98027

ISSAQUAH NURSING & REHABILITATION CENTER ■

Long- term skilled nursing, transitional care & rehabilitation services, and Alzheimer's & dementia care.

www.issaquahnursing.com

(425) 392-1271

805 Front Street S

Issaquah, WA 98027

KIN ON HEALTH CARE CENTER

Long-term skilled nursing, transitional care & rehabilitation services. Has language assistance in English, Cantonese, Mandarin, Toishanese, and Vietnamese.

www.kinon.org

(206) 721-3630

4416 S Brandon Street

Seattle, WA 98118

KLINE GALLAND HOME

Skilled nursing, short- and long-term rehabilitation, Alzheimer's & dementia care.

www.klinegalland.org

(206) 725-8800

7500 Seward Park Avenue S

Seattle, WA 98118

LIFE CARE CENTER OF KIRKLAND ■

Long-term skilled nursing, transitional care, and rehabilitation services.

www.lifecarecenterofkirkland.com

(425) 823-2323

10101 NE 120th Street

Kirkland, WA 98034

MISSION HEALTHCARE AT BELLEVUE ■

Long- term skilled nursing, transitional care & rehabilitation services.

www.missionhealthcare.com

(425) 897-8800

2424 156th Avenue NE

Bellevue, WA 98007

Housing

PROVIDENCE MARIANWOOD

Long-term skilled nursing, transitional care & rehabilitation services, and Alzheimer's & dementia care.

www.washington.providence.org/senior-care/arianwood/

(425) 391-2800

3725 Providence Point Drive SE
Issaquah, WA 98029

REDMOND CARE & REHABILITATION CENTER ■

Long-term skilled nursing, transitional care & rehabilitation services.

www.redmondcarerehab.com

(425) 885-0808

7900 Willows Road
Redmond, WA 98052

REGENCY NORTH BEND ■

Long-term skilled nursing, transitional care & rehabilitation services.

www.regencynorthbend.com

(425) 888-2129

219 Cedar Avenue S
North Bend, WA 98045

SEATTLE KEIRO

A skilled nursing facility which provides short term rehabilitation, long-term skilled nursing, and dementia care.

www.nikkeiconcerns.org

(206) 323-7100

1601 E Yesler Way
Seattle, WA 98122

SNOQUALMIE VALLEY HOSPITAL

A skilled nursing facility with a swing-bed unit for transitional care.

www.snoqualmiehospital.org

(425) 831-2300

9801 Frontier Avenue SE
Snoqualmie, WA 98065

TALBOT CENTER FOR REHABILITATION & HEALTHCARE ■

A skilled nursing facility which provides short-term rehabilitation, long-term skilled nursing, and dementia care.

www.talbothealthandrehab.com

(425) 226-7500

4430 Talbot Road S
Renton, WA 98055

Subsidized & Affordable Housing

The following resources manage subsidized housing properties for income-qualified individuals. The organizations have housing reserved for older adults; generally age 62 or greater. Due to high demand for this particular type of housing, long waiting lists are common.

For property tax or utility subsidies, see page 87. For eviction prevention, see page 4.

CATHOLIC HOUSING SERVICES (CHS)

Catholic Senior Housing projects provide rental subsidies from HUD, on-site social services and partnerships with other providers. CHS's East King County properties are for income-eligible adults age 62 or greater, with some exceptions for persons with disabilities.

Elbert House

(425) 747-5111

16000 NE 8th Street
Bellevue, WA 98008

Emma McRedmond Manor

(425) 869-2424

7960 169th Avenue NE
Redmond, WA 98052

HUD HOUSING FOR SENIORS

The US Department of Housing & Urban Development has a searchable online list of HUD properties for older adults and persons with disabilities.

www.portal.hud.gov/hudportal/HUD?src=/topics/information_for_senior_citizens

(206) 220-5101

Hutchinson House

(425) 562-1200

105 Mount Park Boulevard SW
Issaquah, WA 98027

Issaquah Gardens

(425) 557-5842

845 2nd Avenue NW
Issaquah, WA 98027

Sno Ridge Apartments

(425) 888-2793

401 Stow Avenue S
North Bend, WA 98045

IMAGINE HOUSING

Imagine Housing is a non-profit organization which owns and operates affordable rental communities and homes in East King County. For general questions, contact their main office. To apply for an apartment, contact the individual property, listed below.

www.imaginehousing.org

(425) 576-5190

10604 NE 38th Place, Suite 215
Kirkland, WA 98033

Andrew's Arms

Open to those earning between 35% and 50% of area median income.

(425) 392-2580

820 Front Street
Issaquah, WA 98027

Andrew's Glen

Open to formerly homeless veterans and those earning between 40% and 60% of area median income.

(425) 401-1004

4220 Factoria Boulevard SE
Bellevue, WA 98006

Andrew's Heights

Open to those earning between 25% and 50% of area median income.

(425) 401-1004

4087 129th Place SE
Bellevue, WA 98006

Chalet Apartments

Open to families, adults age 55 or greater, and disabled persons earning between 30% and 60% of area median income. Does not accept Section 8 vouchers.

(425) 401-1004

2627 148th Avenue SE
Bellevue, WA 98007

Ellsworth House

Open to adults age 62 or greater and disabled persons earning less than 50% of area median income. Does not accept Section 8 vouchers.

(206) 232-5800

2720 76th Avenue SE
Mercer Island, WA 98040

Francis Village

Open to formerly homeless veterans, formerly homeless men, survivors of domestic violence, and those earning between 30% and 60% of area median income.

(425) 820-1733

12601 NE 124th Street
Kirkland, WA 98034

Kirkland Plaza

Open to adults age 62 or greater and disabled persons earning less than 50% of area median income. Does not accept Section 8 vouchers.

(425) 822-6288

320 6th Avenue
Kirkland, WA 98033

Housing

Mine Hill

Open to those earning less than 50% of area median income.

(425) 392-2580

245 SW Clark Street
Issaquah, WA 98027

Velocity

Open to those earning between 30% and 60% of area median income.

(425) 213-3577

10711 NE 37th Court
Kirkland, WA 98033

KING COUNTY HOUSING AUTHORITY (KCHA)

KCHA owns and manages many properties in King County, several of which are designated for older adults and persons with disabilities.

A searchable listing of their properties is available online. For general questions, contact their main office. To apply for an apartment, contact the number associated with the property. You will be connected to the management office, which may or may not be on-site.

www.kcha.org

(206) 574-1100

600 Andover Park W
Tukwila, WA 98188

Avondale Manor

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1142

17107 NE 80th Street
Redmond, WA 98052

Bellevue Manor

Open to adults age 62 or greater and disabled persons. Does not accept Section 8 vouchers.

(425) 455-9844

143 Bellevue Way SE
Bellevue, WA 98004

Casa Juanita

Open to adults age 62 or greater and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1143

9821 NE 122nd Street
Kirkland, WA 98034

Cedarwood

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1142

14415 123rd Lane NE
Kirkland, WA 98034

College Place

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1141

1249 145th Place SE
Bellevue, WA 98007

Eastridge House

Open to adults age 55 or greater and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1141

120 W Sunset Way
Issaquah, WA 98027

Eastside Terrace

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1141

704 147th Place NE
Bellevue, WA 98007

Forest Glen

Open to adults age 62 or greater and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1142

8610 164th Avenue NE
Redmond, WA 98052

Forest Grove

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1142

8350 167th Avenue NE
Redmond, WA 98052

Hidden Village

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(206) 315-4380

14508 SE 24th Street
Bellevue, WA 98007

Juanita Court

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1143

9926 NE 126th Street
Kirkland, WA 98034

Juanita Trace

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1142

13137 107th Place NE
Kirkland, WA 98034

Kirkland Place

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1141

419-421 7th Avenue
Kirkland, WA 98033

Kirkwood Terrace

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1141

11925 NE 81st Circle
Kirkland, WA 98033

Landmark

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(425) 746-4823

16330 NE 11th Street
Bellevue, WA 98008

Newport

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(206) 315-4380

12646 SE 42nd Street
Bellevue, WA 98006

Newporter

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(425) 747-3011

5900 119th Avenue SE
Bellevue, WA 98006

Northlake House

Open to adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1143

18219 96th Avenue NE
Bothell, WA 98011

Park Royal

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1143

18309 96th Avenue NE
Bothell, WA 98011

Patricia Harris Manor

Open to adults age 55 or greater. Does not accept Section 8 vouchers.

(425) 881-5619

16304 NE 81st Street
Redmond, WA 98052

Housing

Pickering Court

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(253) 804-0877

7800 Pickering Court SE
Snoqualmie, WA 98065

Plum Court

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(425) 827-3707

451 4th Avenue S
Kirkland, WA 98033

Slater Park

Open to adults age 60 or greater. Does not accept Section 8 vouchers.

(206) 574-1143

12604 NE 119th Street
Kirkland, WA 98033

Spiritwood Manor

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(206) 315-4380

1424 148th Avenue SE
Bellevue, WA 98007

Timberwood

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(425) 885-4244

3809 148th Avenue NE
Bellevue, WA 98007

Village at Overlake Station

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(425) 746-3338

2580 152nd Avenue NE
Redmond, WA 98052

Wells Wood

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(206) 574-1142

18100 142nd Avenue NE
Woodinville, WA 98072

Woodside East

Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.

(425) 644-7162

16240 NE 14th Street
Bellevue, WA 98008

SENIOR HOUSING ASSISTANCE GROUP (SHAG)

SHAG is a non-profit organization which provides low- to moderate-income senior housing in Puget Sound. Each member of the household must be age 55 or greater and at least one member must be either age 61 or older by the end of the current year, or disabled. Their Eastside locations are listed below.

www.housing4seniors.com

1-888-450-7424

3642 33rd Avenue S, Suite C-4
Seattle, WA 98144

Sequoias

(425) 483-5244

7111 NE 181st
Kenmore, WA 98028

Woodlands at Forbes Lake

(425) 947-2537

9224 Slater Avenue NE
Kirkland, WA 98033

Housing Terms to Know

Adult Family Home (AFH): Adult family homes are residential homes licensed to care for up to six non-related residents. They provide room, meals, laundry, necessary supervision, and help with activities of daily living, personal care, and social services. Level of care varies by facility. More information about Adult Family Homes can be found on page 48.

Assisted Living Facility (ALF): Assisted living facilities provide private apartments that are rented on a month-to-month basis. Usually included in the rent are meals, housekeeping, social activities, and transportation to medical appointments.

Many residents choose to live independently, while others may require assistance with tasks such as bathing, dressing, taking medications, and dining. Additional fees are charged for each added service. Level of care varies by facility. Listings of assisted living facilities begin on page 49.

Continuing Care Retirement Community (CCRC): CCRCs offer varying levels of care on the same campus, allowing residents to shift to a new level of care as needed while living in the same community. They have all or some combination of independent apartment living, assisted living, memory care, long- or short-term skilled nursing and rehabilitation.

In addition to monthly rent, CCRCs charge one-time entrance fees dependent on the type of facility and the terms of the move-in contract. Listings of CCRCs begin on page 49.

Medicaid Spend Down: A Medicaid Spend Down is an option for people with disabilities and adults over age 65 who have too much income to qualify for Medicaid. The spend down occurs when they spend their excess income and become qualified for Medicaid.

Memory Care: Memory care facilities have long-term care options that are suited for people experiencing all forms of dementia, typically Alzheimer's Disease.

Retirement/Independent Communities: Retirement/Independent communities are for people who can live independently but would like services such as planned activities, scheduled transportation, maintenance, and others to be conveniently available.

Skilled Nursing Facilities (SNF): Skilled nursing facilities, or nursing homes, provide 24-hour supervised nursing care, personal care, therapy, nutrition management, activities, social services, housing, meals, and laundry.

In-Home Services

This section contains information on in-home services to help individuals who choose to stay-in-place. Such services include home care agencies, companion care volunteers, home health care, case management services, and respite care

Care Management

Care Managers are social workers, nurses, and other specialists who work on a fee-for-service basis. They help individuals and families problem solve, set goals, and develop action plans. Services include assessment, consultation, counseling, and ongoing monitoring.

FULL LIFE CARE

Full Life Care's geriatric care management team acts as a liaison for health care, legal, financial, in-home, and adult day health services. They help individuals and families by evaluating care needs, implementing, and monitoring services.

www.fulllifecare.org

(206) 224-3768

JEWISH FAMILY SERVICE CARE MANAGEMENT

Jewish Family Service's Care Management program can help coordinate medical care and other appointments.

www.jfsseattle.org

(206) 461-3240

MERCER ISLAND SENIOR SERVICES

Provides in-home safety, mental health, and cognitive assessments, develops individualized plans for care needs, provides resources and referrals, and other services. Open to Mercer Island residents age 55 or greater.

www.mercergov.org

(206) 275-7752

Companion Care & Chore Services

CATHOLIC COMMUNITY SERVICES VOLUNTEER CHORE SERVICES

A volunteer program for low-income adults age 60 or greater and adults with disabilities who live independently. Volunteers spend between two to eight hours per month helping with housework, transportation, protective supervision, moving assistance, yard work, cooking, and other tasks.

www.ccsww.org

(206) 328-5696

FULL LIFE CARE ELDERFRIENDS

A volunteer program to reduce isolation, ensure social and emotional needs are met, and provide a connection to community resources and information for adults age 65 or greater in King County. Elderfriends usually make one-on-one visits two to three times per month.

www.fulllifecare.org

(206) 224-3790

EASTSIDE FRIENDS OF SENIORS

A volunteer program for adults age 60 or greater living independently in Issaquah, Sammamish, and parts of Bellevue and Snoqualmie Valley. Services include transportation to medical appointments and social visits to friends in assisted living or skilled nursing facilities, assistance with shopping, errands, and chores, and information and referrals to other community services.

www.eastsidefriendsofseniors.org

(425) 369-9120

1121 228th Avenue SE

Sammamish, WA 98075

FRIEND TO FRIEND AMERICA

A volunteer organization serving the Greater Seattle area. Volunteers make one-on-one visits to residents of assisted living and skilled nursing facilities to provide companionship and social engagement.

www.ftfa.org

(206) 870-4266

Emergency Identification

ALZHEIMER'S ASSOCIATION SAFE RETURN PROGRAM

A 24-hour nationwide emergency response services for individuals with Alzheimer's or related dementia. May be used in the event of wandering or a medical emergency.

www.alz.org

1-888-572-8566

AMERICAN RED CROSS EMERGENCY CONTACT CARDS

The American Red Cross provides free, printable emergency contact cards online. They can be easily stored in a wallet or handbag.

www.redcross.org/images/MEDIA_Custom-ProductCatalog/m4240194_ECCard.pdf

MEDIC-ALERT FOUNDATION

A medical emergency information system which connects emergency responders to members' up-to-date medical information. Members wear identifying necklaces or bracelets which list personal information, emergency contacts, and key medical information for quick assistance in an emergency.

www.medicalert.org

1-800-432-5378

SMART911

A free service available to most King County residents which makes medical information available to first responders at the time 911 is called.

www.smart911.com

Emergency Response Systems

ELDER OPTIONS RESPONSELINK ■

An emergency alert system featuring a help button which can be worn on a wristband or necklace. Services are provided for a monthly fee.

www.elderoptions.org

(360) 636-0700

ON-CALL ALERT ■

An emergency alert system featuring a help button which can be worn on a wristband or necklace. Services are provided for a monthly fee. Provides an in-home assessment and product use training.

www.oncallalert.com

(425) 369-0200

PHILIPS LIFELINE NORTHWEST ■

An emergency alert system featuring a help button which can be worn on a wristband or necklace. Services are provided for a monthly fee.

www.lifeline.philips.com

1-866-674-9900, ext 4430

SAFETYLINE ■

An emergency alert system featuring a help button which can be worn on a wristband or necklace. Services are provided for a monthly fee. Provides an in-home assessment and product use training.

www.safetylinemedicalalertsyste.ms.com

(360) 303-4632

In-Home Services

Home Care Agencies

Home care agencies offer a variety of paid services which include companionship, chore services and personal care. This means help with light housekeeping, meal preparation, shopping, laundry, transportation, and assistance with dressing, bathing, and using the restroom. Medicare and supplemental insurance do not cover these services, though other types of insurance may.

For assistance with health care needs at home, see “Home Health Care” on page 67.

A HELPING HAND ■

Provides in-home care services. Accepts private pay and long-term care insurance.

www.ahelpinghandnw.com

(206) 686-7440

AMICABLE HEALTH CARE ■

Amicable Health Care can provide home care and home health services. They are currently contracted by Aging and Disability Services (ADS), DSHS, Department of Developmental Disability services (DDD), and the Asian Counseling and Referral services of Seattle (ACRS). They are also available to private pay clients.

www.amicablehealth.net

(206) 246-0550

ANDELCARE ■

Provides in-home care services available one to 24 hours a day. Accepts private pay and some types of long-term care insurance.

www.andelcare.com

(425) 283-0408

CAPABILITY HOME CARE ■

Provides in-home care services. Accepts private pay.

www.capabilityhomecare.com

(425) 679-5770

CAREFORCE ■

Provides in-home care services. Accepts private pay, private insurance.

www.careforce.com

(425) 462-4222

CATHOLIC COMMUNITY SERVICES HOME CARE

Provides non-medical assistance to aging and disabled individuals. Care is provided two to 24 hours per day. Accepts private pay on a sliding-fee scale.

www.ccsww.org

1-877-870-1582

COMPANION CARE ■

Provides in-home care services available one to 24 hours a day. Accepts private pay.

www.companioncareofwa.com

(425) 689-7141

18200 Woodinville Snohomish Road NE
Woodinville, WA 98072

FAMILY RESOURCE ■

Provides in-home care services available one to 24 hours a day. Accepts private pay.

www.familyresourcehomecare.com

(425) 455-2004

12835 Bellevue-Redmond Road, Suite 219
Bellevue, WA 98005

FULL LIFE HOME CARE

Provides in-home care services. Accepts private pay, private insurance, COPES, and Medicaid.

www.fulllifecare.org

(206) 224-3752

HOME INSTEAD ■

Provides in-home care services available one to 24 hours a day. Accepts private pay.

www.homeinstead.com

(425) 440-3301

JEWISH FAMILY SERVICE HOMECARE ASSOCIATES

Provides in-home care services full-time, part-time, or live-in, and long or short-term.

www.homecareassoc.org

(206) 861-3193

KIN ON HOME CARE

Provides non-medical assistance to aging and disabled individuals. Assistance is available in Cantonese, English, Mandarin, Toishanese, and Vietnamese.

www.kinon.org

(206) 652-2330

KLINE GALLAND HOME CARE

Provides in-home care services which can be full-time, part-time, or live-in, and long or short-term.

www.klinegalland.org

(206) 805-1930

KOREAN WOMEN'S ASSOCIATION HOME CARE

Provides in-home care services up to 24 hours per day. Accepts private pay, private insurance, COPES, and Medicaid.

www.kwacares.org

1-888-508-2780

RIGHT AT HOME ■

Provides in-home care services up to 24 hours per day including skilled nursing services. Accepts private pay, private insurance.

www.rightathome.net/seattle-eastside

(425) 818-7744

SYNERGY HOME CARE ■

Provides in-home care services available one to 24 hours a day. Accepts private pay.

www.synergyhomecare.com

(425) 462-5300

VISITING ANGELS ■

Provides in-home care services available one to 24 hours a day. Accepts private pay.

www.visitingangels.com

1-877-812-6435

Home Health Care

Home health care is specialized, skilled care ordered by a physician for a home-bound individual with a medical need. The care may be provided by a registered nurse, physical, occupational, or speech therapist or a social worker. Home health care is provided by a Medicare-certified agency and covered by Medicare. Home health care agencies do not provide personal care or hourly caregiving.

ALLIANCE NURSING ■

Provides private-duty nursing for patients with medically-intensive needs. Medicare, Medicaid and most private insurance plans cover these services.

www.alliancenursing.com

1-800-473-3303

14615 NE N Woodinville Way, Suite 108
Woodinville, WA 98072

CAREAGE ■

Provides skilled nursing, home health aides, medical-social services, physical therapy, occupational therapy, and speech therapy in-home. Medicare, Medicaid and most private insurance plans cover these services.

www.careagehealth.com

(425) 519-1265

EVERGREENHEALTH HOME HEALTH SERVICES

EvergreenHealth's Home Health Care can help individuals recover from surgery, illness, or an accident, as well as help with managing chronic illnesses and medications. Nurses, physical, occupational, and speech therapists, social workers, home health aides, and mental health specialists are available to provide in home care. Medicare, Medicaid, and most insurance plans cover these services.

www.evergreenhealth.com/home-health

(425) 899-3300

In-Home Services

GENTIVA HOME HEALTH CARE ■

Provides skilled nursing, cardiac and pulmonary care, neurorehabilitation, wound care, infusion services, chronic disease management, physical therapy, occupational therapy, speech therapy, and other services in-home. Medicare, Medicaid and most private insurance plans cover these services.

www.gentiva.com

1-888-984-7420

HOME CARE REFERRAL REGISTRY OF WASHINGTON STATE

A customized Internet-based system designed to assist seniors, individuals with developmental disabilities, and their families find pre-screened home care workers that best meet their personal and respite care needs.

www.hcrr.wa.gov/default.htm

1-800-970-5456

PROVIDENCE HOME SERVICES

Providence Home Health Care can help individuals recover from surgery, illness, or an accident, as well as help with managing chronic illnesses and medications. Nurses, physical, occupational, and speech therapists are available to provide in-home care. Medicare, Medicaid, and most insurance plans cover these services.

washington.providence.org/in-home-services/home-services-king-county/

(425) 525-6800

SIGNATURE ■

Provides skilled nursing, home health aides, medical-social services, physical therapy, occupational therapy, and speech therapy in-home. Medicare, Medicaid and most private insurance plans cover these services.

www.4signatureservice.com

1-877-670-3850

WESLEY HOMES IN-HOME CARE SERVICES

A non-profit organization that provides skilled nursing services available 24/7. Medicare, Medicaid, and most insurance plans cover these services. Does not serve all of East King County. Call to ensure your residence is within their service area.

www.wesleyhomes.org

(206) 729-3900

Home Repair & Modification

ADAPTIVE INSTALLATIONS ■

Provides home modification and specialty equipment to make homes more accessible. Products and services offered include ramps, remodeling, lifts, and more. Can work with health care professionals and assist with third party reimbursement.

www.adaptiveinstallation.com

(206) 762-1969

CITY OF BELLEVUE HOME REPAIR PROGRAM

Provides grants and zero-interest home repair loans to low- and moderate-income Bellevue homeowners for health and safety-related repairs. The maximum loan amount is \$35,000 and loans do not need to be repaid until the homeowner moves or the home is sold.

www.bellevuewa.gov/home_repair_assistance.htm

(425) 452-6884

KING CONSERVATION DISTRICT SOIL TESTING

Provides basic soil tests for residents of King County. Residents are eligible for up to five free tests, with each additional tests costing \$20 each. Soil testing can be done on rented or owned properties, and is helpful for gardeners and general property maintenance.

www.kingcd.org

(425) 282-1900

In-Home Services

KING COUNTY HOUSING REPAIR HOTLINE

Provides grants and zero-interest home repair loans to low- and moderate-income King County homeowners for health and safety-related repairs. The maximum loan amount is \$25,000 and loans do not need to be repaid until the homeowner moves or the home is sold. Qualifying renters who need to make their unit more accessible may be eligible for grants. Bellevue residents do not qualify for this program and must apply for assistance through the City of Bellevue, listed above.

www.kingcounty.gov/socialservices/Housing/ServicesAndPrograms/Services/HousingRepair.aspx

(206) 263-9095

KING COUNTY HOUSING AUTHORITY WEATHERIZATION PROGRAM

Provides free weatherization to single-family residences at no cost to qualifying households. Services are also available to qualifying multi-family apartment buildings at partial cost to the property owner.

www.kcha.org/wr/weatherization

(206) 214-1240

MASTER BUILDERS ASSOCIATION RAMP-A-THON

The Master Builders Association of King & Snohomish Counties has an annual ramp construction event. Volunteers from the association construct free ramps for low income residents in need.

www.masterbuildersinfo.com

(425) 451-7920

NORTHSHORE SENIOR CENTER HOME REPAIR

Performs minor home improvements, usually at reduced rates for older adults. Serves northeast King County including Bothell, Kirkland, Redmond, and Woodinville.

www.northshoreseniorcenter.org

(425) 486-4564

PUGET SOUND LABOR AGENCY

Builds wheel chair ramps for disabled homeowners in King, Pierce, and Snohomish counties. Client pays for materials, labor is free, and financial assistance may be available for qualifying homeowners.

www.pslaonline.org

(206) 448-9278

RAMPARTS ■

Provides and installs a wide variety of ramps and railings to increase the accessibility of a home. Options include temporary, rental, and portable ramps in addition to more permanent styles which can be designed to match your home and landscape. RampArts is a COPES authorized provider.

www.rampartsnw.com

(206) 440-9999

REBUILDING TOGETHER EASTSIDE

Volunteers perform needed repairs for East King County homeowners who are elderly, disabled, typically low-income, and unable to make the repairs themselves. All repairs are free.

www.rebuildingtogethereastside.org

(425) 455-0179

SOUND GENERATIONS MINOR HOME REPAIR

Performs minor home repairs including basic plumbing, electric, and carpentry, as well as disability access projects such as installing grab bars and building wheelchair ramps. Services are provided below market cost to low- to moderate-income homeowners in Seattle, Bellevue, and Shoreline.

www.soundgenerations.org

(206) 448-5751

In-Home Services

Information & Referral Services

HOME CARE ASSOCIATION OF WASHINGTON

An online database of adult day health, home health, and home care providers which are Association members. Searchable by location, services, and payment method.

www.hcaw.org

(425) 775-8120

Respite Care

For additional respite care resources see Adult Day Programs on page 2. Many of the home care agencies on pages 66 through 68 can also provide respite care.

AMERICAN PARKINSON DISEASE ASSOCIATION CAREGIVER'S DAY OFF

Provides up to 20 hours of respite care per year for caregivers of Parkinson's patients.

www.waparkinsons.org

(206) 695-2905

CRISIS CLINIC RESPITE CARE SERVICES

Full-time, unpaid caregivers of older adults may qualify for short-term respite care provided on a sliding-fee scale.

www.crisisclinic.org

(206) 436-2975

PARTNERS IN CARE

A non-profit organization which specializes in fiduciary care management services. They assist with guardianships, trusts, Power of Attorney, probate administration, and property management.

www.partners-in-care.org

(206) 525-2729

Email: info@partners-in-care.org

KING COUNTY FAMILY CAREGIVER SUPPORT NETWORK

Provides referrals and links to resources such as support groups and counseling, caregiver training, and respite care. Services are provided for unpaid primary caregivers of older adults and adults with disabilities.

www.kccaregiver.org

LIFESPAN RESPITE WASHINGTON

A statewide resource for caregivers. Offers online resources including where to find respite care, and caregiver support groups.

www.lifespanrespitewa.org

(206) 281-5700, Ext. 108

Staying in Place with Universal Design

Staying in place is a concern for many older adults, and one way to stay in your home longer is by incorporating principles of Universal Design. Universal Design is a design philosophy which makes a home more usable for all, regardless of age or ability. Many UD changes are inexpensive and easy to do. Others may require remodeling. Some common Universal Design elements include;

In the Kitchen:

- Add pull-out shelves to cabinets for easier-access to stored items

- Lower counter tops make kitchens more wheelchair accessible

In the Bathroom:

- Higher toilet seats which require less bending to use

- Add an adjustable shower seat

- Install a hand-held, flexible showerhead

- A step-in shower which gently slopes to a linear drain, with grab bars as necessary

Around the House:

- Replace door knobs with levers and change light switches to flat panels

- Solid-surface flooring such as hardwood to make wheelchair and walker usage easier

- First-floor master bedrooms to reduce trips up and down stairs

- Wider doorways and doors which slide into the wall, ensuring easy passage for wheel chairs

- Brighter lighting makes it easier to see and use spaces

- Gentle slopes in place of steps make walkways easier to navigate

Information & Referral Services

Agencies listed in this section are community-based, publicly-funded organizations that offer information on the full spectrum of senior care resources

2-1-1: KING COUNTY

2-1-1 connects callers to people who can provide health and human services information, answer questions, and make referrals. Call 2-1-1 for information about the availability of financial, food, and housing assistance programs and weather alerts.

www.crisisclinic.org/find-help/2-1-1-resources-and-information

2-1-1

or 1-800-621-4636

TTY (206) 461-3610

AFRICAN AMERICAN ELDERS PROGRAM

Catholic Community Services' African American Elders Program offers social and health referrals and case management for African American older adults.

www.ccsww.org

Email: ccskingcountyinfo@ccsww.org

(206) 328-5639

100 23rd Avenue South
Seattle, WA 98144

ASIAN COUNSELING AND REFERRAL SERVICE (ACRS)

Provides a broad range of social services for elderly Asian Pacific Americans in King County including communication assistance for 30 languages, family & individual counseling, advocacy, meals, substance abuse counseling and case management. For mental health services, ACRS accepts Medicaid, Medicare and most private insurance plans. Other programs and classes are offered on a sliding-fee scale based on household income.

www.acrs.org

(206) 695-7600

1420 156th Avenue NE, Suite G
Bellevue, WA 98007

CHINESE INFORMATION & SERVICE CENTER (CISC)

Provides services to immigrants including immigrant transition, adult day center, care giver support, in-home care, and case management. Languages spoken include several dialects of Chinese, English, Gujarati, Hindi, Indonesian, Malay, Punjabi, Russian, Spanish, and Vietnamese. In-person help is available at the locations listed below, subject to change.

www.cisc-seattle.org

(206) 624-5633

North Bellevue Community Center

Wednesdays 8:45 AM-3:00 PM
4063 148th Avenue NE
Bellevue, WA 98007

Issaquah Library

Wednesdays 10:00 AM-1:00 PM
10 W Sunset Way
Issaquah, WA 98027

CHINESE INFORMATION & SERVICE CENTER (CISC) CULTURAL NAVIGATORS

CISC Cultural Navigators help those with limited English by providing confidential social services assistance in a culturally appropriate way. No appointment is necessary, schedules are subject to change.

Crossroads Mini City Hall

Spanish: Monday, Tuesday, Thursday, and
Friday 1:00 PM-6:00 PM

Russian: Monday, Tuesday, Thursday, and
Friday 10:00 AM-3:00 PM

(425) 452-2800

15600 NE 8th Street, Suite H-9
Bellevue, WA 98008

Together Center

Spanish: Monday-Friday 9:00 AM-5:00 PM
Hindi & Urdu: Tuesday 10:00 AM-2:00 PM
(425) 869-6699
16225 NE 87th Street, Suite A-7
Redmond, WA 98052

COMMUNITY LIVING CONNECTIONS

Offers information and referral for aging and disability-related services. Callers are connected to resources within their community. Limited in-person assistance is available; locations and times are available on the website below.

www.communitylivingconnections.org

1-844-348-5464

DEPARTMENT OF SOCIAL & HEALTH SERVICES (WASHINGTON STATE)

Offers a broad range of services and assistance, including access to SNAP and other benefit programs.

www.dshs.wa.gov

1-800-737-0617

EAST AFRICAN COMMUNITY SERVICES

EACS provides social and medical referrals and case management services to East African elders.

www.eastafricanscs.org

(206) 721-1119

7054 32nd Avenue S, Suite 207
Seattle, WA 98118

EVERGREENHEALTH COMMUNITY HEALTHCARE ACCESS TEAM

General information and referral service regarding health and social services available to older adults, caregivers, and disabled or chronically ill persons in East King County.

www.evergreenhealthcare.org

(425) 899-3200, press option 2

or 1-800-676-6692

12040 NE 128th Street, Suite B1-140
Kirkland, WA 98034

GAY CITY

Operates a resource and referral line for LGBTQ communities, promotes wellness and provides select health services.

www.gaycity.org

Resource Line: (206) 323-LGBT (5428)

Main Office: (206) 860-6969

517 E Pike Street
Seattle, WA 98122

JEWISH FAMILY SERVICE REFUGEE & IMMIGRANT SERVICE CENTER (RISC)

Offers information and assistance, help accessing local and state social services, employment services, and language and citizenship classes. Language assistance may be available in Arabic, Cantonese, Farsi, Mandarin, Russian, Somali, Spanish, Ukrainian, and Vietnamese.

www.jfsseattle.org/refugee

Email: resettlement@jfsseattle.org

(425) 643-2221

15821 NE 8th Street, Suite 210
Bellevue, WA 98008

SOUND GENERATIONS PATHWAYS INFORMATION & ASSISTANCE (FORMERLY SENIOR SERVICES)

Provides comprehensive information on community services in King County, including directories and resource lists, consultation and planning assistance for long-term care, and access to family caregiver supports.

www.soundgenerations.org

(206) 448-3110

or 1-888-435-3377

22018 2nd Avenue #100
Seattle, WA 98121

WASHINGTON CONNECTION

An online service of the Department of Social & Health Services (DSHS) which helps residents of Washington State identify benefits and programs for which they may qualify. Users are connected to federal, state, and local benefits and can apply online for some programs.

www.washingtonconnection.org

Legal Services

This section provides information on programs and agencies that assist older adults with legal information and services

Advocacy Groups

The following programs and services offer advocacy on behalf of older adults about such issues as nursing care, legislation, and age discrimination.

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP) ●

Advocacy and education about consumer products and discounts, insurance products, information, and referral services for those age 50 or greater. Some services require a membership for an annual fee.

www.aarp.org/wa

1-866-227-7457

9750 3rd Avenue NE, Suite 450
Seattle, WA 98115

DISABILITY RIGHTS WASHINGTON

Protects the rights of people with physical, developmental, and mental disabilities. Provides free information, referral, legal representation, education, and advocacy.

www.disabilitywa.org

(206) 324-1521

or 1-800-562-2702

315 5th Avenue S, Suite 850
Seattle, WA 98104

LONG-TERM CARE OMBUDSMAN PROGRAM

Advocates for residents of nursing homes, adult family homes, and assisted living facilities and provides confidential responses to questions and complaints.

www.waombudsman.org

1-800-562-6028

OLDER WOMEN'S LEAGUE OF SEATTLE/KING COUNTY

An advocacy, education, and research organization focused on issues related to mid-life and older women.

www.scn.org/hoot

(206) 781-6679

117 E Louisa Street, Suite 176
Seattle, WA 98102

SAGE OLYMPIA (SERVICES & ADVOCACY FOR GLBT ELDERS)

SAGE is the nation's largest GLBT elder care organization, the Washington affiliate of which is called SAGE Olympia. SAGE Olympia promotes wellness through referrals and activities.

www.sageolympia.org

(360) 602-1204

PO Box 2659
Olympia, WA 98507

SENIOR CITIZEN'S LOBBY

Advocates for Washington State legislation concerning older adults issues.

www.waseniorlobby.org

(360) 754-0207

1501 S Capitol Way, Suite 103
Olympia, WA 98501

SOUND GENERATIONS SENIOR RIGHTS ASSISTANCE

Provides free assistance over the phone, in-person with a specialist, or through free downloadable documents. Topics include estate planning, Powers of Attorney, probate, guardianship, and others.

www.soundgenerations.org

(206) 448-5720

Legal Terms to Know

Advance Directive: A legal document which expresses a person's wishes regarding end of life care. There are two types of advance directives: health care directives (often called Living Wills) and durable powers of attorney for health care.

Health care directives/Living Wills are used to inform doctors and caregivers of your preferences regarding medical interventions that you would or would not want to be used to keep you alive in the event you are seriously or critically injured, terminally ill, or cannot communicate due to a coma or late-stage dementia.

Durable power of attorney for health care documents designate a trusted friend or family member to act as your health care agent if a physician determines that you cannot make health decisions on your own. The person you designate would be able to authorize, stop, or refuse medical treatment on your behalf.

Advance directive forms are available for free from the Washington State Medical Association's website: www.wsma.org/advance-directives. Consider your values and discuss the forms with your physician or attorney.

Conservatorship/Guardianship: An arrangement which gives a trusted friend or family member decision making authority over medical matters, financial matters, or both, if a judge determines you are unable to make them on your own. The terms "conservatorship" and "guardianship" can be used interchangeably, but states use one or the other. In Washington "guardianship" is the most commonly used term.

Durable Power of Attorney for Finances: A legal document which gives a trusted friend or family member decision making authority over your finances in the event you are unable to manage them.

POLST Form: POLST stands for 'physician orders for life-sustaining treatment.' It is a document that states the end-of-life care wishes of patients with a serious illness or injury, who may only expect to live up to a year (others should use advance directives.)

Probate: A court process which closes legal and financial matters after death. Wills can dictate the probate process.

Trust: A relationship in which a person (a 'trustee') is appointed by a third party such as a court to hold title to an asset for the use or benefit of someone who cannot manage the asset on their own (a beneficiary.) One example may be a bank account which the trustee manages but may only use for benefit of the beneficiary.

Legal Services

WASHINGTON STATE ALLIANCE FOR RETIRED AMERICANS

A politically active, non-partisan older adult organization.

www.retiredamericans.org

(206) 890-1009

Email: wsarapresident@hotmail.com

WASHINGTON STATE LEGISLATIVE HOTLINE

Hotline staff provide information and about engaging with Washington State government, pending legislation, and the legislative process. Passes opinions from constituents to legislators, the Governor, and Lieutenant Governor.

1-800-562-6000

TTY: 1-800-635-9993

Consumer Protection & Fraud Prevention

AARP FRAUD WATCH NETWORK

Provides fraud protection information such as how to identify and prevent fraud and operates the Fraud Watch HelpLine for reporting fraud or getting information.

www.aarp.org/money/scams-fraud/fraud-watch-network/

FEDERAL TRADE COMMISSION IDENTITYTHEFT.GOV

Provides step-by-step guidance on what to do if you are a victim of identity theft, including how to report the crime. Also provides tips for prevention and the warning signs of identity theft.

www.identitytheft.gov

WASHINGTON STATE CONSUMER PROTECTION

Online database of consumer protection resources relating to aging and elder care, food, insurance, finances, and other sectors. Provides informative resources and guidance on filing complaints. Telephone assistance also available.

access.wa.gov/topics/consumerprotection#

(360) 704-5221

WASHINGTON STATE FRAUD FIGHTERS

Fraud Fighters is a partnership between AARP and the State Attorney General's office. Trained volunteers provide information about current scams and resources for fraud protection. Fraud Fighters also make calls to notify people whose information appeared on call lists seized during law enforcement raids of fraudulent telemarketing operations.

www.atg.wa.gov/senior-fraud

1-800-646-2283

Crime Victim Assistance

These programs seek to prevent crime and abuse toward older adults and to provide support and assistance to victims. In any law enforcement emergency, always call 911.

ADULT PROTECTIVE SERVICES (APS)

APS is a division of DSHS which investigates reports of abuse, neglect, and exploitation of adults. If the investigator determines abuse has occurred, protective services are offered and the abuse may be reported to law enforcement. APS also provides case management services. APS' services are free of charge.

1-866-363-4276

www.dshs.wa.gov/altsa/home-and-community-services/adult-abuse-and-prevention

Preventing Fraud & Identity Theft

Never give out personal information to anyone on the phone, through the mail, or over the Internet.

It is common for scammers to claim they are calling from the IRS. The IRS will always send written communication through the US Mail. The IRS never asks for credit card, debit card or prepaid card information over the telephone.

Never respond to an offer that you do not understand.

Ask for offers in writing, don't let anyone pressure you into acting immediately. Remember that if an offer sounds too good to be true, it probably is.

Do not send money through wire transfers or pre-paid credit cards.

Scammers often pretend to be a relative in urgent need of a wire transfer. The caller may request that you keep it a secret. Try calling the relative through a phone number you have used before that you know to be genuine, or contact another family member who would be familiar with the situation.

Do not pay for goods or services in advance of receiving them.

Shred personal information before throwing it away.

Door-to-door roofers, pavers, and day laborers offering special deals on home repairs are scammers.

Be aware of workers in unmarked vehicles with no business ID or local contact information.

Legal Services

CRIME VICTIMS COMPENSATION PROGRAM

Assists victims of violent crimes with medical and mental health expenses that arise as a result of such crimes.

www.lni.wa.gov/ClaimsIns/CrimeVictims/default.asp

1-800-762-3716

DSHS RESIDENTIAL CARE SERVICES COMPLAINT RESOLUTION UNIT

Receives and responds to reports of abuse and neglect of vulnerable adults in residential care settings such as assisted living and nursing homes.

www.waombudsman.org/file-a-complaint/

1-800-562-6078

HARBORVIEW CENTER FOR SEXUAL ASSAULT & TRAUMATIC STRESS

Provides assault-related exams, counseling, advocacy, and referrals for victims of sexual abuse and traumatic events. Two offices on the Eastside.

www.depts.washington.edu/hcsats

(206) 744-1600

Bellevue Office:

UW Neighborhood Factoria Clinic

(206) 744-1600

13231 SE 36th Street, Suite 110

Bellevue, WA 98006

Redmond Office:

EvergreenHealth

(206) 744-1600

8980 161st Ave NE

Redmond, WA 98052

LIFEWIRE

Operates a 24-hour crisis line and provides other services such as emergency housing, advocacy, legal assistance and counseling to victims of domestic violence.

www.lifewire.org

(425) 746-1940

24-Hour Helpline: (425) 746-1940

OFFICE OF CRIME VICTIMS ADVOCACY

Assists crime victims in accessing needed services through case management and advocacy.

www.commerce.wa.gov/Programs/PublicSafety/OCVA/Pages/default.aspx

1-800-822-1067

1011 Plum Street SE

Olympia, WA 98501

WASHINGTON STATE DOMESTIC VIOLENCE HOTLINE

Information and referral service for domestic abuse victims.

www.wadvhotline.org

1-800-562-6025

End-of-Life & Estate Planning

KING COUNTY BAR ASSOCIATION ELDER LAW CLINIC

Provides free, 30-minute appointments with Elder Law attorneys to discuss power of attorney, guardianship, wills, and estate planning. Appointments are available in Seattle or Kent. Sound Generations hosts the events, call ahead to set up an appointment.

www.kcba.org

(206) 448-5720

NEPTUNE SOCIETY ■

Offers cremation planning and pre-payment services.

www.neptunesociety.com

(425) 672-8688

NORTHWEST JUSTICE PROJECT

Maintains a website of information and resources related to a variety of senior-specific legal concerns. Language assistance available.

www.washingtonlawhelp.org

Preventing Elder Abuse

Advice from DSHS, Adult Protective Services, and the King County Prosecuting Attorney's Office on protecting yourself and others from abuse:

Protect Yourself:

Stay busy and engaged in life. Don't let yourself become isolated from others or from your favorite activities

Cultivate a strong network of family and friends who are concerned about your well-being and do not let anyone prevent you from staying engaged. Abusers often prevent victims from using the telephone, leaving the house, seeing friends and family, or attending appointments alone. If living with another, have your own phone and send and open your own mail.

Take good care of yourself. Older adults in declining health can become more vulnerable to abuse.

Maintain regular medical and dental appointments and take care of your personal needs.

Be aware of yourself, your surroundings, and your rights.

If an adult relative wants to live with you, think it over carefully; especially if the individual is unemployed, has a history of violent behavior, substance abuse, or gambling.

Assert your right to be treated with dignity and respect. Be clear about what you will and will not tolerate and set boundaries. Trust your instincts. If you need help, ask a trusted friend, family member, attorney or physician.

Protect Others:

Keep a watchful eye out for family, friends, and neighbors who may be vulnerable.

Understand that abuse can happen to anyone and know what to look for. Some red flags for abuse include:

A new "best friend" in the adult's life who has taken an unusual interest in them

Expensive purchases or gifting that is inconsistent with the adult's previous spending patterns

Unmet commitments such as missed medical appointments and unpaid bills

Decline in self-care or care of their home

Lack of participation in usual activities, such as clubs, church, or social events

Change in the adult's power of attorney or will without the knowledge of the family or longtime attorney

Speak up if you have concerns. Trust your instincts!

Report any suspicions you have of abuse. Call 911 and DSHS. When you call 911 a police officer will be dispatched to where you are calling from to take a report. Both of these calls trigger an investigation of the abuse or neglect.

DSHS Abuse Reporting Line: 1-866-ENDHARM (1-866-363-4276)

If you are concerned about someone's wellbeing, you may also call 911 to request a welfare check. Welfare checks are performed by police officers when someone, such as a friend or family member, suspects an individual may be in need of assistance. It is not uncommon for officers to perform welfare checks for older adults.

Spread the word. Share what you've learned.

The King County Prosecuting Attorney's Office is a resource for anyone with questions or concerns about elder abuse. Visit their website at www.kingcounty.gov/Prosecutor/elderabuse.aspx.

Legal Services

PARTNERS IN CARE

A non-profit organization which specializes in fiduciary care management services. They assist with guardianships, trusts, Power of Attorney, probate administration, and property management.

www.partners-in-care.org

(206) 525-2729

Email: info@partners-in-care.org

PEOPLE'S MEMORIAL ASSOCIATION ●

A non-sectarian, nonprofit organization for funeral and cremation planning. Members pay \$35 for lifetime memberships which entitle them to end-of-life planning documents regarding cremation, burial, and related matters. Upon death, members are entitled to mortuary arrangements at discounted prices with funeral homes contracting with People's Memorial Association.

www.peoplesmemorial.org

(206) 325-0489

1801 12th Avenue, Suite A
Seattle, WA 98122

Legal Services

These programs can assist you with legal advice. Many community centers also have periodic legal advice sessions. See page 92 for community center listings.

CATHOLIC COMMUNITY SERVICES LEGAL ACTION CENTER

Provides free legal assistance for low-income persons facing landlord-tenant issues, eviction, and debtor-creditor issues related to past tenancies.

www.ccsww.org/site/PageServer?pagename=housing_legalactioncenter

(206) 324-6890

COORDINATED LEGAL EDUCATION, ADVICE & REFERRAL SYSTEM FOR SENIORS (CLEAR*SR)

Northwest Justice Project can provide free legal assistance for adults age 60 or older facing civil legal problems. Some income requirements may be in effect, and only civil (non-criminal) cases are accepted. Interpreter services are available.

www.nwjustice.org/get-legal-help

1-888-387-7111

EASTSIDE LEGAL ASSISTANCE PROGRAM (ELAP)

Provides free legal advice on civil law issues to low-income residents of East and Northeast King County. Services are available through 30-minute appointments at legal clinics throughout the region. Call to reserve an appointment.

www.elap.org

(425) 747-7274

KING COUNTY BAR ASSOCIATION (KCBA) HOUSING JUSTICE PROJECT

Provides free legal advice and services for low-income tenants facing eviction or eviction related issues.

www.kcba.org/pbs/HJP.aspx

(206) 267-7091

516 3rd Avenue, Room W314
Seattle, WA 98104

KING COUNTY BAR ASSOCIATION (KCBA) LAWYER REFERRAL SERVICE

Provides referral services for individuals who wish to hire an attorney. Most referrals cost about \$45 and include a 30-minute consultation with an attorney.

www.kcba.org/lrs

(206) 267-7010

KING COUNTY BAR ASSOCIATION (KCBA) NEIGHBORHOOD LEGAL CLINICS

Provides King County residents with free 30-minute consultations with an attorney. Interpreter services are available upon request. Call Tuesday-Thursday to schedule an appointment. The Eastside neighborhood legal clinic is held at the Bellevue Hopelink on Wednesday evenings from 7:00-9:00 PM.

www.kcba.org/pbs/NLC.aspx#nlcpage4

(206) 267-7070

Meeting Location: Bellevue Hopelink

14812 Main Street
Bellevue, WA 98007

SOUND GENERATIONS SENIOR RIGHTS ASSISTANCE

Provides free assistance over the phone, in-person with a specialist, or through free downloadable documents. Topics include estate planning, Powers of Attorney, probate, guardianship, and others.

www.soundgenerations.org

(206) 448-5720

SOUND GENERATIONS SPANISH LANGUAGE NEIGHBORHOOD LEGAL CLINICS

The King County Bar Association (KCBA) facilitates free 30-minute consultations with an attorney each Wednesday from 5:30-7:00 PM. The clinic is walk-in, with appointments assigned by lottery at 5:00 PM.

www.kcba.org/pbs/NLC.aspx

(206) 267-7070

2208 2nd Avenue
Seattle, WA 98121

Mental Health

This section contains information on community mental health, counseling, crisis intervention, support, and psychiatric programs

Community Mental Health Programs

Community mental health centers offer specialized counseling and support services for older adults and their families. These programs offer low cost services and usually accept Medicaid/ Washington Apple Health.

EVERGREENHEALTH IN-HOME MENTAL HEALTH PROGRAM & GERIATRIC REGIONAL ASSESSMENT TEAM (GRAT)

Outpatient mental health services to home-bound adults in King & Snohomish counties. Services are available to individuals living in their own home, adult family homes, assisted living and skilled nursing facilities. Accepts Medicare, Medicaid/Washington Apple Health, and private insurance. A sliding fee scale is available for individuals without insurance.

www.evergreenhealth.com/in-home-mental-health

(425) 899-6300

or 1-800-548-0558

SOUND MENTAL HEALTH

Provides case management, counseling, and education with programs tailored for those ages 60 and up, deaf and hard of hearing individuals, veterans, and more. Accepts Medicaid/Apple Health, Medicare, and many private insurance plans.

www.smh.org

Admissions: (206) 302-2300

Bellevue

(425) 653-4900

14216 NE 21st Street

Bellevue, WA 98007

Rainbow Creek:

(425) 653-5000

14270 NE 21st Street

Bellevue, WA 98007

Redmond:

(425) 653-4960

16225 NE 87th Street #A-6

Redmond, WA 98052

Community Support Organizations

EVERGREENHEALTH FAMILY CAREGIVER SUPPORT SERVICES

Provides caregivers with referral services, education, support, and up to six sessions of in-home individual and/or family counseling. Can assist with care coordination services for short- and long-term care.

www.evergreenhealth.com/family-caregiver-counseling-1826

(425) 899-6300

1800 NE 128th Street

Kirkland, WA 98034

HERO HOUSE

Provides education, employment, career development, meals, socialization, and other services. Hero House membership is free to those with a history of mental illness.

www.herohouse.org

(425) 614-1282

14230 NE 21st Street

Bellevue, WA 98007

NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI) EASTSIDE

NAMI Eastside is a community-based non-profit affiliate of the National Alliance for the Mentally Ill. They provide support groups, workshops, and other assistance for persons with brain disorders and their families. All services are free of charge.

www.nami-eastside.org

(425) 885-6264

16315 NE 87th Street, Suite B-3

Redmond, WA 98052

Counseling Programs

Counseling services for older adults, caregivers, and others. Style and format vary; some agencies offer combinations of individual, group, and family counseling.

ASIAN COUNSELING AND REFERRAL SERVICE (ACRS)

Provides a broad range of social services for elderly Asian Pacific Americans in King County including; communication assistance for 30 languages, family & individual counseling, advocacy, meals, substance abuse counseling and case management. For mental health services, ACRS accepts Medicaid, Medicare and most private insurance plans. Other programs and classes are offered on a sliding-fee scale based on household income.

www.acrs.org

(206) 695-7600

3639 Dr. Martin Luther King Jr. Way S
Seattle, WA 98144

Bellevue:

1420 156th Avenue NE, Suite G
Bellevue, WA 98007

CONSEJO COUNSELING & REFERRAL SERVICE

Case management services for older Hispanics including mental health, transitional housing, substance abuse counseling, and domestic violence assistance.

www.consejocounseling.org

(206) 461-4880

14434 NE 8th Street
Bellevue, WA

EASTERN EUROPEAN COUNSELING CENTER (EECC)

EECC provides behavioral health services to people from Eastern European and post-Soviet area countries. Services are available in English, Romanian, Russian, Ukrainian languages with interpreters available for other languages. Services are free of charge to low-income community members.

www.easterneuropeancounseling.org

Email: info@easterneuropeancounseling.org
(425) 649-1177

14205 SE 36th Street, Suite 139
Bellevue, WA 98006

JEWISH FAMILY SERVICE (JFS) ♦

Provides counseling services for those with cognitive disabilities or mental illness as well as programs for aging adults and family caregivers. Services are either free of charge or offered on a sliding-scale basis.

www.jfsseattle.org

Email: contactus@jfsseattle.org
(206) 461-3240

1601 16th Avenue
Seattle, WA 98122

WELLSPRING FAMILY SERVICES

Wellspring Family Services is a non-profit, multi-service organization which offers counseling services for individuals of all ages, couples and families. Their East King County locations in Bellevue and Redmond offer daytime and evening appointments, with services being covered by many private insurance companies. Reduced rates are available for those with Medicaid/Washington Apple Health or Medicare.

www.wellspringfs.org

Bellevue:

(425) 453-7890

11911 NE 1st Street #206
Bellevue, WA 98005

Redmond:

(425) 869-6687

16150 NE 85th Street #222
Redmond, WA 98052

Mental Health

Crisis Intervention

CRISIS CLINIC

24-hour immediate, confidential support to people in emotional distress.

www.crisisclinic.org

(206) 461-3222

or 1-866-427-4747

TTY: (206) 461-3219

EVERGREENHEALTH GERIATRIC REGIONAL ASSESSMENT TEAM (GRAT)

A specialized geriatric mental health outreach team that provides in-home crisis services, caregiver counseling, and private pay consultation services throughout King County. Qualifying individuals and caregivers may be eligible for free services. Services are available to individuals living in their own home, adult family homes, assisted living and skilled nursing facilities.

www.evergreenhealth.com/geriatric-regional-assessment-team

(425) 899-6300

or 1-800-548-0558

KING COUNTY CRISIS & COMMITMENT SERVICES

Provides psychiatric crisis intervention services including in-home visits and referrals for King County. Services are available 24 hours a day, 365 days a year.

www.kingcounty.gov/healthservices/Mental-Health/Services/CrisisServices/Commitment-Services.aspx

(206) 263-9200

401 5th Avenue, Suite 400
Seattle, WA 98104

Inpatient & Outpatient Psychiatric Programs

Inpatient psychiatric units for adults age 60 and older. Medicare, Medicaid/Washington Apple Health, and private insurance are accepted.

Day Hospital programs, or partial hospitalization programs, provide intensive outpatient psychiatric services in individual or group settings. Inpatient mental health services also available where indicated.

CASCADE BEHAVIORAL HEALTH ■

Cascade Behavioral Health has voluntary inpatient and outpatient programs tailored specifically to the needs of older adults. Their services include 24-hour admission, outpatient assessment and treatment, medication management, nutrition evaluation, and education.

www.cascadebh.com

(206) 248-4713

12844 Military Road S
Seattle, WA 98168

EVERGREENHEALTH MONROE HOSPITAL PSYCHIATRIC UNIT

Voluntary and involuntary admissions for adults ages 45 and greater.

www.valleygeneral.com

(360) 794-1443

14701 179th Avenue SE
Monroe, WA 98272

FAIRFAX BEHAVIORAL HEALTH PARTIAL HOSPITALIZATION PROGRAM ■

Offers a voluntary partial hospitalization program and both voluntary and involuntary inpatient units. Medicare & private insurances are accepted for the PHP. Medicare, Medicaid/Washington Apple Health and most private insurance plans will cover inpatient programs.

www.fairfaxhospital.com

(425) 821-2000

or 1-800-435-7221

10200 NE 132nd Street
Kirkland, WA 98034

NORTHWEST HOSPITAL GERO-PSYCHIATRIC CENTER

Northwest Hospital has an intensive outpatient program and voluntary and involuntary inpatient programs for patients 60 years and greater. They work with many insurance providers, accept Medicare, and have options for those without insurance.

www.nwhospital.org

Admissions & Information: (206) 368-1747

1550 N 115th Street
Seattle, WA 98133

OVERLAKE HOSPITAL PSYCHIATRIC DAY HOSPITAL PROGRAM ■

Offers specialized voluntary psychiatric care for older adults in inpatient and outpatient settings. Accepts Medicare and most private insurance plans.

www.overlakehospital.org

Outpatient Services: (425) 688-5460

Inpatient Services: (425) 688-5175

1750 112th Avenue NE, Suite B-102
Bellevue, WA 98004

Self-Care Programs

PEARLS

PEARLS (Program to Encourage Active Rewarding Lives) is a self-management program that combines problem-solving treatment with social, physical, and pleasant activities to manage symptoms of depression and has a special component for those with epilepsy. PEARLS is offered at Northshore Senior Center in Bothell and Peter Kirk Community Center in Kirkland.

www.pearlsprogram.org

**Contact: Janet Zielasko
(425)286-1035**

Northshore Senior Center: (425) 487-2441

10201 E Riverside Drive
Bothell, WA 98011

Peter Kirk Community Center: (425) 587-3360

352 Kirkland Avenue
Kirkland, WA 98033

Recognizing Depression

The CDC reports that older adults and healthcare providers often dismiss signs of depression as normal responses to illness or life changes associated with aging, but depression is more than that. Depression is feelings of sadness or anxiety that last for weeks at a time. It is also a treatable medical condition like diabetes or hypertension. Recognizing the signs can help you know when to seek treatment so you can begin to feel better.

Common signs of depression include:

- Feelings of hopelessness, pessimism, guilt, worthlessness, or helplessness
- Irritability
- Persistent aches or pains such as headaches, cramps, or digestive problems
- Loss of interest in hobbies and activities
- Restlessness, difficulty concentrating, remembering details, or making decisions
- Insomnia or excessive sleeping
- Fatigue
- Overeating or loss of appetite
- Thoughts of suicide or suicide attempts

Talk to your doctor if you think you may be experiencing depression. Programs like PEARLS (above) can also help you manage your symptoms.

The Crisis Clinic on page 84 offers immediate, confidential support 24-hours a day.

Personal Finance & Taxes

This section provides resources for personal finance and tax information and assistance

Consumer Protection & Fraud Prevention

Consumer protection and fraud prevention resources are listed in the Legal section on page 76.

Personal Financial Guidance

CONSUMER FINANCIAL PROTECTION BUREAU

Free financial information and resource guides specifically for older adults.

www.consumerfinance.gov/older-americans
1-855-411-2372

HOPELINK FINANCIAL COACHING

Hopelink offers free, one-on-one, confidential financial coaching services. Sessions are available by appointment and there is no income requirement to participate.

www.hope-link.org

(425) 250-3003

Contact: Donna O'Connor

Email: doconnor@hope-link.org

HOPELINK MONEY SMART FINANCIAL EDUCATION CLASSES

Hopelink offers free financial education workshops on several financial topics including managing credit, landlord-tenant rights, and financial solvency. Call or visit their website for scheduling, location and registration details.

www.hope-link.org

(425) 250-3003

Contact: Donna O'Connor

Email: doconnor@hope-link.org

NORTHSHORE SENIOR CENTER

Offers workshops on personal finance subjects such as investing, maximizing Social Security benefits, protecting assets and more. Workshops are free for Senior Center members; non-members are charged a fee. Meeting times vary.

www.northshoreseniorcenter.org

(425) 487-2441

10201 E Riverside Drive
Bothell, WA 98011

SENIOR MONEY PROJECT

Offers free educational videos, online resources, and in-person presentations for older adults. Topics include equity & reverse mortgages, scams, estate planning, budgeting, retirement & investing, Social Security, Medicare & Medicaid, and more.

www.seniormoneyproject.org

Tax Assistance

AARP TAX-AIDE

Volunteers offer free assistance with tax questions and returns for individuals with low to moderate incomes. Assistance is available via phone or email year round, and in-person tax filing services are available February-April.

www.aarp.org/money/taxes/aarp_taxaide

1-888-687-2277

Email: taxaide@aarp.org

UNITED WAY FREE TAX PREPARATION

Volunteers offer free, walk-in tax preparation from January-April. Tax preparation occurs at libraries, Goodwill stores, and other public sites in King County. Services are available in 50 languages and volunteers can also help refer people to other public benefits and services.

www.uwkc.org

(206) 461-3700

Utility & Property Tax Discounts

CITY UTILITY RATE DISCOUNT PROGRAMS

Cities often have utility discount programs for residents who are age 62 or older or disabled and meet certain income and residency requirements. Requirements vary by city.

City of Bellevue/Bellevue Utilities

For City of Bellevue residents in the Bellevue Utilities service area.

www.bellevuewa.gov/utilityrelief.htm

(425) 452-5285

City of Bothell

www.ci.bothell.wa.us/CityServices/Administration/BudgetAndFinance/UtilityBilling.ashx?p=1300

(425) 806-6881

City of Carnation

www.carnationwa.gov

(425) 333-4192

City of Duvall

www.duvallwa.gov/132/Utility-Billing

(425) 788-1185

City of Issaquah

www.ci.issaquah.wa.us/index.aspx?NID=297

(425) 392-2381

City of Kirkland

www.kirklandwa.gov/depart/Finance_and_Administration/communityservices/UtilityBilling.htm

(425) 587-3150

City of Mercer Island

www.mercergov.org/Page.asp?NavID=2414

(206) 275-7783

City of North Bend

www.northbendwa.gov/index.aspx?NID=69

(425) 888-7633

City of Redmond

www.redmond.gov/cms/One.aspx?portalId=169&pageId=2183

(425) 556-2152

City of Sammamish

Northeast Sammamish Sewer and Water District

www.nesswd.org/low_income_senior_discount.pdf

(425) 868-1144

City of Snoqualmie

www.ci.snoqualmie.wa.us/Residents/Utilities/WaterUtilityServicesRates.aspx

(425) 888-1555

City of Woodinville

Woodinville Water District

www.woodinvillewater.com/2012-09-18-17-46-05/payments/low-income-discount-rate.html

(425) 487-4100

HOPELINK ENERGY ASSISTANCE

Hopelink administers two energy assistance grant programs; Puget Sound Energy (PSE) and the Low Income Home Energy Assistance Program (LIHEAP). Applicants must live in Hopelink's service area and meet income guidelines. Only PSE customers may apply for PSE grants.

www.hope-link.org/get_help/energy_assistance

1-800-348-7144

KING COUNTY SENIOR PROPERTY TAX EXEMPTION & DEFERRAL PROGRAM

King County offers qualifying older adults and people with disabilities the option to be exempt from or to defer their property taxes. Detailed information about these options is available online in Chinese, English, Russian, Somali, Spanish, and Vietnamese.

www.kingcounty.gov/depts/assessor/TaxpayerAssistance/TaxRelief.aspx

(206) 296-3920

500 4th Avenue
Seattle, WA 98104

Pets & Veterinary Services

This section provides information on adoption services, veterinarians, and related programs

Adoption Services

HOMEWARD PET ADOPTION CENTER

Offers adoption and rehoming services, micro-chipping, low-cost spay and neuter services and a pet food bank.

www.homewardpet.org

(425) 488-4444

13132 NE 177th Place
Woodinville, WA 98072

MEOW CAT RESCUE & ADOPTION

Offers adoption and rehoming services for both cats and dogs.

www.meowcatrescue.org

(425) 822-6369

10600 NE 68th Street, Suite F
Kirkland, WA 98033

MOTLEY ZOO ADOPTION & DOGGY DAY CARE

Dog day care in Redmond and adoption services in Redmond.

www.motleyzoo.org

(206) 453-8480

16715 Cleveland Street
Redmond, WA 98053

PEOPLE UNITED FOR PETS

Provides adoption and rehoming services for dogs, by appointment.

www.pupdogrescue.org

Email: info@pupdogrescue.org

PO Box 1691
Issaquah, WA 98027

SEATTLE HUMANE

Provides adoption, rehoming, and veterinary services, microchipping and licensing, a pet food bank, pet loss support and other services. A special monthly pet food program may be available for low-income seniors.

www.seattlehumane.org

Administration: (425) 641-0080

Adoption Center: (425) 649-7563

Veterinary Services: (425) 649-7560

13212 SE Eastgate Way
Bellevue, WA 98005

SEATTLE PUREBRED DOG RESCUE

Provides adoption and rehoming services for purebred dogs, by appointment.

www.spdrdogs.org

(206) 654-1117

PO Box 3523
Redmond, WA 98073

SUMMIT ASSISTANCE DOGS

Provides trained assistance dogs for people with disabilities that significantly affect their mobility.

www.summitdogs.org

(360) 293-5609

PO Box 699
Anacortes, WA 98221

THREE RIVERS ANIMAL RESCUE

Animal rescue services by appointment in the Snoqualmie area.

www.threeriversrescue.net

(425) 888-9322

PO Box 1538
Snoqualmie, WA 98065

WASHINGTON FERRET RESCUE & SHELTER

Provides adoption and rehoming services for ferrets.

www.washingtonferret.org

(206) 442-2025

12514 128th Lane NE
Kirkland, WA 98034

Mobile Veterinary Services

CONCIERGE VET SERVICES ■

Offers 24-hour veterinary house calls primarily for residents living within 15 miles of Redmond.

www.draltvet.com

EASTSIDE VETERINARY ASSOCIATES ■

Provides in-clinic and at-home veterinary services. To schedule a house call, you must live within five miles of the clinic.

www.eastsidevetassociates.com

(425) 882-7788

8934 122nd Avenue
Kirkland, WA 98033

HOME PET VET ■

Offers in-home pet euthanasia and after care of the body.

www.homepetvet.com

(206) 232-6205

MOBILE VETERINARY SERVICES ■

Offers in-home veterinary care primarily for residents living within 10 miles of Bothell.

(425) 485-7387

VET CARE BY STACY ■

Offers in-home veterinary care for residents living in Kirkland and the Greater Seattle area.

www.vetcarebystacy.com

1-877-762-1032

9805 NE 116th Street, PMB# 7447
Kirkland, WA 98034-3555

YOUR AT-HOME VET ■

Offers in-home veterinary care for residents living in Bothell, Kenmore, Kirkland, Lynnwood, Mill Creek, Redmond, and Woodinville.

www.yourathomevet.com

(425) 402-0187

12459 NE Woodinville Drive
Woodinville, WA 98072

Pet Food Banks

HOPELINK

Hopelink food banks occasionally have pet food available. Call ahead of first visit. For information on Hopelink locations, see page 4.

www.hope-link.org

NORTHSHORE SENIOR CENTER

Northshore Senior Center can connect qualifying low-income seniors to free pet food from the Humane Society.

www.northshoreseniorcenter.org

(425) 486-4564

10201 E Riverside Drive
Bothell WA 98011

SEATTLE HUMANE

Low-income seniors may qualify for monthly pet food assistance.

www.seattlehumane.org

(425) 649-7566

13212 SE Eastgate Way
Bellevue, WA 98005

SNOQUALMIE VALLEY PET FOOD BANK

Provides pet food and supplies to low-income Snoqualmie Valley residents. Food is distributed at Snoqualmie Valley Food Bank on the first Wednesday of each month. Sign up is required prior to first pick up.

www.svpfoodbank.org

(425) 888-7832

122 E 3rd Street
North Bend, WA 98045

Pet Licensing

Licenses are required for cats and dogs eight weeks and older in the Regional Animal Services Coverage area, which includes most of east King County. Older adults pay a reduced registration fee and there is no fee for service animals. Licenses can be purchased at grocery stores, vet offices, city halls and online.

<http://www.kingcounty.gov/depts/region-al-animal-services/license-your-pet/purchase-renew-license.aspx>

Recreation & Socialization

This section provides information on community and senior centers, educational programs, exercise options, volunteer opportunities and more

Educational Programs

KING COUNTY LIBRARY SYSTEM WISDOM CAFES

Wisdom Cafes are facilitated discussions on topics such as gratitude, death, happiness, and what gives life meaning. The program meets at libraries throughout the King County system including North Bend and Redmond. Updated schedules are available at the website below.

www.kcls.org/50plus

North Bend Library

(425) 888-0554

115 E 4th Street
North Bend, WA 98045

Redmond Regional Library

(425) 885-1861

15990 NE 85th Street
Redmond, WA 98052

TELOS EDUCATIONAL PROGRAM

Non-graded, non-credit courses for older adults offered throughout the year by Bellevue College.

www.bellevuecollege.edu/ce/retiree-programs/

(425) 564-4400

3000 Landerholm Circle SE
Bellevue, WA 98007

Exercise & Sports

In addition to the resources listed below, most senior centers have exercise and fitness programs of their own. See page 92 for a list of senior center locations.

BELLEVUE AQUATIC CENTER

www.ci.bellevue.wa.us/aquatic_center.htm

(425) 452-4444

601 143rd Avenue NE
Bellevue, WA 98007

BELLEVUE FAMILY YMCA ●

Offers fitness programs tailored for order adults.

www.seattleyymca.org

(425) 746-9900

14230 Bel-Red Road
Bellevue, WA 98007

BELLEVUE SQUARE WALK FOR LIFE

A free indoor walking program held Mondays, Wednesdays, and Fridays (except Holidays) from 8:00-9:30 AM at Bellevue Square. Free blood pressure checks are also available. Sponsored by Overlake Medical Center and Bellevue Family YMCA.

www.bellevuesquare.com/WalkForLife.php

(425) 688-5259

575 Bellevue Square
Bellevue, WA 98004

COAL CREEK FAMILY YMCA ●

Offers fitness programs tailored for order adults.

www.seattleyymca.org

(425) 282-1500

13750 Newcastle Golf Club Road
Newcastle, WA 98059

ENHANCEFITNESS

An evidence-based fitness program for adults age 50 and older with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation. Class meets three times a week at Peter Kirk Community Center and is a covered benefit for some Group Health members.

(425) 587-3360

352 Kirkland Avenue
Kirkland, WA 98033

JUANITA AQUATICS CENTER

www.teamunify.com/Home.jsp?team=ja

(425) 936-1627

10601 NE 132nd Street
Kirkland, WA 98034

JULIUS BOEHM POOL

www.ci.issaquah.wa.us/index.aspx?NID=793

(425) 557-3298

50 SE Clark Street
Issaquah, WA 98027

KIRKLAND STEPPERS

A walking group for adults age 50 and up. Meets every Tuesday June-September at Peter Kirk Community Center.

(425) 587-3360

352 Kirkland Avenue
Kirkland, WA 98033

MARY WAYTE POOL

www.mercerislandpool.com

(206) 588-1117

8815 SE 40th
Mercer Island, WA 98040

NORTHSHORE YMCA ●

Offers fitness programs tailored for order adults.

www.seattleyymca.org/Locations/Northshore

(425) 485-9797

11811 NE 195th Street
Bothell, WA 98011

NURTURING WATER THERAPIES

Offers individualized adaptive swim lessons, aquatic exercises, and aquatic therapies to individuals of all ages with sensory, developmental, neurological, physical, or other health challenges. Available at Stroum Jewish Community Center and Bellevue Aquatic Center.

www.nurturingwatertherapies.org

(425) 429-6706

PETER KIRK POOL

Outdoor pool, open seasonally.

www.kirklandwa.gov

(425) 587-3335

340 Kirkland Avenue
Kirkland, WA 98033

REDMOND POOL

www.teamunify.com/TabGeneric.jsp?_tabid=34267&team=ja

(425) 883-4422

17535 NE 104th Street
Redmond, WA 98052

SAMENA SWIM & RECREATION CLUB ●

Offers fitness and aquatics programs tailored for older adults.

www.samena.com

(425) 746-1160

15231 Lake Hills Boulevard
Bellevue, WA 98007

SAMMAMISH YMCA ●

Offers fitness programs tailored for older adults.

www.seattleyymca.org

(425) 391-4840

4221 228th Avenue SE, Suite C
Issaquah, WA 98029

SI VIEW POOL & COMMUNITY CENTER

Offers fitness and aquatics programs tailored for older adults.

www.siviewpark.org

(425) 831-1900

400 SE Orchard Drive
North Bend, WA 98045

Recreation & Socialization

SILVER SNEAKERS

A free gym-membership program offered by many insurance plans to older adults. Local participants are listed below.

www.silversneakers.com

1-866-584-7389

24-Hour Fitness & LA Fitness locations in Bellevue, Bothell, Issaquah, Kirkland, and Redmond

The Belletini

(425) 450-0800

1115 108th Avenue NE
Bellevue, WA 98004

Fairwinds Brittany Park

(425) 402-7100

17143 133rd Avenue NE
Woodinville, WA 98072

North Bellevue Community Center

(425) 452-7681

4063 148th Avenue NE
Bellevue, WA 98009

Snap Fitness

(425) 605-2241

11435 Avondale Road NE
Redmond, WA 98052

STROUM JEWISH COMMUNITY CENTER ●

Offers fitness and aquatics programs tailored for older adults.

www.sjcc.org

(206) 232-7115

3801 E Mercer Way
Mercer Island, WA 98040

Senior & Community Centers

Senior centers provide a variety of services and activities specifically for older adults. Programs vary by location but usually include daily hot meals, exercise programs such as walking and yoga, games, shopping trips, and other social services. The meal schedule is on page 9.

Some centers listed are not located in east King County but provide culturally-competent or language-based services that are otherwise not available.

EL CENTRO DE LA RAZA

Open Monday through Friday, 8:00 AM-5:00 PM. Primarily serves Latino persons and hosts activities for older adults on a rotating schedule.

www.elcentrodeklaraza.org

(206) 329-9442

2524 16th Avenue S
Seattle, WA 98144

HIGHLAND COMMUNITY CENTER

Open Monday through Friday, 8:00 AM-5:00 PM.

www.ci.bellevue.wa.us/highland_center

(425) 452-7686

14224 Bel-Red Road
Bellevue, WA 98009

INDIA ASSOCIATION OF WESTERN WASHINGTON (IAWW)

Hosts activities for Asian Indian older adults on a rotating schedule. Visits North Bellevue Community Center every Thursday and Redmond Senior Center the second Thursday of each month.

www.iaww.org

Email: iawwsenior@hotmail.com

(206) 805-8976

PO Box 404
Bellevue, WA 98009

Recreation & Socialization

INTERNATIONAL DROP-IN CENTER

Open Monday through Friday 9:00 AM-5:00 PM. Primarily serves Asian & Pacific Islander communities.

www.idicseniorcenter.org

(206) 587-3735

7301 Beacon Avenue S
Seattle, WA 98108

ISSAQUAH VALLEY SENIOR CENTER

Open Monday through Friday, 8:30 AM-4:00 PM, no entrance after 3:30 PM.

issaquahseniorcenter.org

(425) 392-2381

75 NE Creek Way
Issaquah WA 98027

KENMORE SENIOR CENTER

Open Monday through Friday, 9:00 AM-3:00 PM. Affiliated with Northshore Senior Center.

www.northshoreseniorcenter.org

(425) 489-0707

6910 NE 170th Street
Kenmore, WA 98028

MATURE FRIENDS

Hosts activities for gay and lesbian individuals and couples 40 and older on a rotating schedule.

www.maturefriends.org

Email: info@maturefriends.org

Ballard Odd Fellows Hall
1706 NW Market Street
Seattle, WA 98107

MERCER ISLAND COMMUNITY CENTER

Open Monday through Thursday, 7:00 AM-9:00 PM, Friday from 7:00 AM-7:00 PM. Saturday from 8:00 AM-9:00 PM, and Sunday from 11:00 AM-5:00 PM. Hosts activities for older adults on a rotating schedule.

www.mercergov.org

(206) 275-7609

8236 SE 24th Street
Mercer Island, WA 98040

MOUNT SI SENIOR CENTER

Open Monday through Friday, 9:00 AM to 4:00 PM, subject to change.

www.mtsiseniorcenter.org

(425) 888-3434

411 Main Avenue S
North Bend, WA 98045

MUSLIM COMMUNITY RESOURCE CENTER

Hosts activities for older adults on a rotating schedule and provides information and assistance at the Together Center each Tuesday from 10:00 AM-4:00 PM, subject to change. Primarily serves older Muslim adults.

www.mcrcseattle.org

Email: eldercare@mrcrcseattle.org

(425) 954-6271

Together Center
16225 NE 87th Street, Suite A-5
Redmond, WA 98052

NORTHSHORE SENIOR CENTER

Open Monday, Tuesday, Thursday and Friday from 8:30 AM- 4:30 PM, Wednesday from 8:30 AM- 9:00 PM, Saturday from 8:30 AM-3:30 PM, and Sundays from 12:30-4:00 PM, subject to change.

www.northshoreseniorcenter.org

(425) 487-2441

10201 E Riverside Drive
Bothell, WA 98011

NORTH BELLEVUE COMMUNITY CENTER

Open Monday through Thursday 8:30 AM-9:00 PM, Friday from 8:30 AM-6:00 PM, and Saturday from 8:00 AM-noon. Hosts activities for older adults on a rotating schedule, including Chinese Information and Service Center activities on Wednesdays, India Association of Western Washington activities on Thursdays, and Sea Mar Spanish-language services on Mondays and Fridays, subject to change.

www.bellevuewa.gov

(425) 452-7681

4063 148th Avenue NE
Bellevue, WA 98009

Recreation & Socialization

PACIFIC ASIAN EMPOWERMENT PROGRAM (PAEP) & FILIPINO COMMUNITY OF SEATTLE (FCS)

Open Monday through Friday at 10:00 AM. Hosts activities for older adults on a rotating schedule.

www.paep-seattle.org

(206) 324-0236

Filipino Community Center

5740 Dr. Martin Luther King Jr. Way
Seattle, WA 98118

PETER KIRK COMMUNITY CENTER

Open Monday through Friday, 8:00 AM-5:00 PM. Schedule includes Chinese Information and Service Center's English language classes on Tuesdays and Sea Mar each Wednesday for Spanish-language services, subject to change.

www.kirklandwa.gov/depart/parks/About_Parks_and_Community_Services/Senior_Services.htm

(425) 587-3360

352 Kirkland Avenue
Kirkland, WA 98033

REDMOND SENIOR CENTER

Open Monday through Thursday, 8:30 AM-9:00 PM and Friday from 8:30 AM-4:30 PM. Schedule includes a meal from the India Association of Western Washington on the second Thursday of each month and activities with Chinese Information and Service Center each Friday, subject to change.

www.redmond.gov/cms/One.aspx?portalId=169&pageId=742&WT.ac=RSCRentalTo-ProgramsLink

(425) 556-2314

8703 160th Avenue NE
Redmond, WA 98052

RENTON SENIOR ACTIVITY CENTER

Open Monday through Friday 9:00 AM-5:00 PM and until 9:00 PM on Wednesdays, subject to change.

www.rentonwa.gov/senioractivitycenter

(425) 430-6633

211 Burnett Avenue N
Renton, WA 98057

SEATTLE INDIAN HEALTH BOARD

Hosts activities and health screenings for American Indian and Alaska Native elders age 55 and older. Clinic is open Monday through Friday, 8:30 AM-6:30 PM, subject to change. Services are offered on a rotating schedule.

www.sihb.org

(206) 324-9360

611 12th Avenue South
Seattle, WA 98144

SNO-VALLEY SENIOR CENTER

Open Monday through Friday 8:00 AM-3:30 PM.

www.snovalleysenior.org

(425) 333-4152

4610 Stephens Avenue
Carnation, WA 98014

SOUTH BELLEVUE COMMUNITY CENTER

Open Monday through Thursday, 6:00 AM-9:00 PM, Friday from 6:00 AM-8:00 PM, Saturday from 8:00 AM-5:00 PM, and Sunday from 10:00 AM-5:00 PM. Hosts activities for older adults on a rotating schedule, including English classes from Chinese Information & Service Center on Thursdays.

www.bellevuewa.gov/sbcc.htm

(425) 452-4240

14509 SE Newport Way
Bellevue, WA 98006

STROUM JEWISH COMMUNITY CENTER

Open Monday through Thursday, 5:00 AM-10:00 PM, Friday 5:00 AM-7:00 PM, and weekends 8:00 AM-7:00 PM, subject to change. Primarily serves the Jewish community and hosts activities for older adults on a rotating schedule.

www.sjcc.org

(206) 232-7115

3801 E Mercer Way
Mercer Island, WA 98040

Recreation & Socialization

SUNSHINE GARDEN CHINESE SENIOR DAY CENTER

Open Monday, Wednesday, Thursday, and Friday from 9:00 AM-3:00 PM and Saturday from 10:00 AM-1:00 PM. Services are provided in Mandarin and Cantonese.

www.cisc-seattle.org/?page=sunshine_garden&lang=en

(206) 624-5633

611 S Lane Street
Seattle, WA 98104

UKRAINIAN COMMUNITY CENTER OF WASHINGTON

Open Monday through Friday, 9:00 AM to 5:00 PM. Primarily serves Ukrainian, Russian and Polish speakers.

www.uccwa.us

(425) 430-8229

221 Hardie Avenue NW
Renton, WA 98057

UNITED INDIANS OF ALL TRIBES FOUNDATION

Hosts activities for American Indian elders on a rotating schedule.

www.unitedindians.org

(206) 285-4425

9010 13th Avenue NW
Seattle WA 98117

Senior Membership Programs

The following programs serve older adults with newsletters, education and recreation opportunities, health care screenings and information, and other services.

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP) ●

Publishes a magazine and newsletter. Offers insurance, travel services, employment services, and 55 alive driving skills.

www.aarp.org

1-866-227-7457

9750 3rd Avenue NE #450
Seattle, WA 98115

Travel

Many senior centers coordinate group day trips to regional destinations. Senior centers are listed beginning on page 92.

ROAD SCHOLAR

A non-profit organization specializing in educational travel for adults age 55 and older. Trips are available both within the US and internationally.

www.roadscholar.org

1-800-454-5768

Volunteer Opportunities

501 COMMONS SERVICE CORPS

Pairs skilled volunteers with nonprofits in need of pro bono assistance.

www.501commons.org

(206) 682-6704

AREA AGENCY ON AGING FOR SEATTLE & KING COUNTY

Volunteers advise Aging and Disability Services of Seattle/King County in providing services for older adults and individuals with disabilities within the community.

www.agingkingcounty.org/advisory-council

(206) 684-0652

BELLEVUE NETWORK ON AGING

Volunteers research, advocate, and develop policy and programs for older adults living in Bellevue and the region.

www.bellevuewa.gov/network_on_aging.htm

(425) 452-7681

CATHOLIC COMMUNITY SERVICES VOLUNTEER CHORE SERVICES

A volunteer program for low-income adults age 60 or greater and adults with disabilities who live independently. Volunteers spend between two to eight hours per month helping with housework, transportation, protective supervision, moving assistance, yard work, cooking, and other tasks.

www.ccsww.org

(206) 328-5696

Recreation & Socialization

EASTSIDE FRIENDS OF SENIORS

A volunteer program for adults age 60 or greater living independently in Issaquah, Sammamish, and parts of Bellevue and Snoqualmie Valley. Services include transportation to medical appointments and social visits to friends in assisted living or skilled nursing facilities, assistance with shopping, errands, and chores, and information and referrals to other community services.

www.eastsidefriendsofseniors.org

(425) 369-9120

1121 228th Avenue SE
Sammamish, WA 98075

FRIEND TO FRIEND AMERICA

Volunteers visit isolated older adults and disabled persons living in retirement homes, adult family homes, and other living facilities.

www.friendtofriendamerica.org

(206) 870-4266

FULL LIFE CARE ELDERFRIENDS

A volunteer program to reduce isolation, ensure social and emotional needs are met, and provide a connection to community resources and information for adults age 65 or greater in King County. Elderfriends usually make one-on-one visits two to three times per month.

www.fulllifecare.org

(206) 224-3790

HOPELINK GETTING AROUND PUGET SOUND (GAPS) TRAVEL AMBASSADOR PROGRAM

Getting Around Puget Sound volunteers assist travelers with transportation questions and trip planning at eastside community centers.

www.hope-link.org/get_help/transportation/mobility_management

(425) 943-6760

Email: mobility@hope-link.org

HOPELINK

Volunteer with various Hopelink projects. Common activities include assisting in the food banks or providing administrative support.

www.hope-link.org/take_action/volunteer/ongoing_volunteer_opportunities

(425) 869-6000

KIRKLAND SENIOR COUNCIL

Seniors and community volunteers research, advocate, and develop policy and programs for older adults living in Kirkland and the region.

www.kirklandwa.gov/depart/parks/About_Parks_and_Community_Services/Senior_Services/Senior_Council.htm

(425) 587-3322

LONG-TERM CARE OMBUDSMAN PROGRAM

Long-term care ombuds advocate for residents of nursing homes, adult family homes, and assisted living facilities and provides confidential responses to questions and complaints.

www.waombudsman.org

(206) 623-6028

Contact: **Jeremy Bell**

OVERLAKE MEDICAL CENTER CANCER RESOURCE CENTER & NAVIGATOR PROGRAM

Provides information, support groups, educational materials, and other services. The Center is staffed by oncology social workers, patient navigators, and volunteers.

www.overlakehospital.org/services/cancer/information/resource-center

Cancer Resource Center: (425) 688-5986

Email: cancer@overlakehospital.org

1135 116th Avenue NE
Bellevue, WA 98004

Recreation & Socialization

REGIONAL ANIMAL SERVICE OF KING COUNTY (RASKC)

Volunteers are needed to walk dogs, play with cats, and foster pets.

www.kingcounty.gov/depts/regional-animal-services/get-involved/volunteer-program.aspx

(206) 296-3946

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

Matches volunteers age 55 and older to a variety of projects with non-profit organizations. Some examples include delivering Meals-on-Wheels, tutoring, knitting clothing for homeless people, and more.

www.solid-ground.org/GetInvolved/Volunteer/RSVP/Pages/default.aspx

(206) 694-6785

SOUND GENERATIONS (FORMERLY SENIOR SERVICES)

Sound Generations seeks volunteer drivers to transport older adults to medical appointments, deliver Meals on Wheels, become Senior Rights Advocates or SHIBA advisors, prepare meals, lead fitness classes, help fundraise and more.

<http://seniorservices.org/HowYouCanHelp/AboutVolunteering.aspx>

(206) 268-6762

UNITED WAY VOLUNTEER CENTER

Volunteer with various United Way projects.

www.uwkc.org/volunteer/

(206) 461-3700



Learn about more volunteer opportunities by attending

Kirkland Senior Council's Annual Viva Volunteers Fair!

The fair is held in October each year at Peter Kirk Community Center, 352 Kirkland Avenue, Kirkland, WA. It features door prizes, snacks, free parking, and special information sessions! Contact the City of Kirkland Human Services Coordinator at (425) 584-3322 for more information

Volunteer opportunities include:

Health Care
Housing
Senior Care
Transportation
Food Banks

Animal Care
Park Development
Emergency Preparedness
Crisis Assistance
The Arts

Transportation

This section provides information on driving, public transportation, volunteer transportation programs, and related services

Cabulance Services

Cabulance services are private-pay organizations offering non-emergency medical transportation. Their vehicles are wheelchair-accessible and often feature medical equipment such as oxygen tanks.

EASY ACCESS MEDICAL TRANSPORTATION

Cabulance services based in Bellevue.

www.easyaccessride.com

(425) 378-0600

PUGET SOUND CABULANCE

Cabulance services available 24/7. Also available for non-medical transport.

www.pugetsoundcabulance.com

(206) 660-2892

Driver Safety

AARP 55 ALIVE DRIVING COURSE

A driver training course for older adult drivers which identifies ways to compensate for age-related physical changes. The course is \$15 for AARP members, \$20 for non-members, and an insurance rate reduction may be available for participants. The course is taught at the Peter Kirk Community Center. Call ahead for course times and registration information.

Peter Kirk Community Center

(487) 587-3360

352 Kirkland Avenue
Kirkland, WA 98033

Free or Low Cost Transportation

AMERICAN CANCER SOCIETY

Volunteers offer free transportation to cancer-related medical appointments. Patients must be able to walk to and from the vehicle or have a caregiver to assist. Call four business days ahead to schedule a ride.

1-800-227-2345

www.cancer.org

CATHOLIC COMMUNITY SERVICES VOLUNTEER TRANSPORTATION

Volunteers provide transportation to and from medical and other necessary appointments and errands. Must be 65 or older with low income. Transportation is dependent on volunteer availability.

www.ccsww.org

1-888-649-6850

EASTSIDE FRIENDS OF SENIORS

A volunteer-based organization offering free transportation to and from medical appointments and social visits for older adults living in Sammamish and Issaquah. A ride matching service is available for residents of Snoqualmie Valley. Must be ambulatory and able to transfer. Call one week ahead to schedule a ride.

www.eastsidefriendsofseniors.org

(425) 369-9120

1121 228th Avenue SE
Sammamish, WA 98075

HOPELINK DIAL-A-RIDE TRANSPORTATION (DART)

DART is a service of King County Metro and Hopelink which provides lift-equipped, fixed-route transportation to suburban King County. Riders can request route deviations to particular destinations within the route's service area, but door-to-door service is not always available. Call at least two hours in advance. All are welcome on DART buses for the same cost as standard bus fare and ORCA cards are accepted.

www.hope-link.org

1-866-261-DART (3278)

HOPELINK MEDICAID MEDICAL TRANSPORTATION

Hopelink offers transportation assistance and coordination to low-income seniors who receive Medicaid assistance. All Medicaid recipients automatically qualify for gas reimbursement or bus fare to Medicaid-related appointments. Those over age 72, with a wheelchair, or cancer diagnosis also qualify for door-to-door transportation. Hopelink arranges the most appropriate, least costly method of transportation. Call at least two days before appointment as same-day service is available only for urgent care visits.

www.hope-link.org

(425) 943-6789

HYDE SHUTTLE

Hyde Shuttles transport adults age 55 and older and people with disabilities to hot meal programs, medical appointments, senior centers, grocery stores, and other local destinations. Hyde Shuttles operate only within the boundaries of specific neighborhoods. In east King County, the service is available in Snoqualmie Valley. The service is free. Sign up over the phone.

www.soundgenerations.org

(425) 333-4009

MERCER ISLAND SENIOR ADULT TRANSPORTATION SERVICES

Offers door-to-door transportation for Mercer Island residents age 65 or older. One way trips cost \$1, round trip is \$2 per person. Mercer Island locations only. Call by 4:00 PM the business day prior to your trip.

(206) 275-7895

METRO ACCESS TRANSPORTATION

Provides next day, shared rides anywhere within Metro and Sound Transit's service area. Access Riders must be ADA Paratransit eligible. Rides can be requested 1-3 days before the ride is needed.

www.metro.kingcounty.gov

(206) 205-5000

or 1-866-205-5001

NORTHSHORE SENIOR CENTER TRANSPORTATION

Transportation to and from the senior center, weekly shopping trips, and medical appointments. Serves Bothell, Kenmore, and SE Snohomish county. Ride requests can be made 1 to 14 days in advance.

www.northshoreseniorcenter.org

(425) 286-1026

PETER KIRK COMMUNITY CENTER VAN TRANSPORTATION

The Peter Kirk Community Center (PKCC) van operates Monday through Friday and accepts reservations up to 5:00 PM the day before service. Provides transportation to and from the community center, medical appointments in Kirkland, Bellevue, Bothell, or Redmond, and local grocery stores and foodbanks. Suggested donation is \$2 or what riders can afford. Riders must be Kirkland residents and King County Metro Access eligible. Residents who have applied for Access can use PKCC van services for up to one month while their applications are pending.

(425) 587-3360

352 Kirkland Avenue
Kirkland, WA 98033

Transportation

REDMOND SENIOR CENTER VAN TRANSPORTATION

Offers Redmond residents transportation for grocery shopping trips each Thursday. Service is door-to-door at a cost of \$3 per round trip. Contact the center for more information or to participate.

(425) 556-2314

www.redmond.gov/ParksRecreation/50Plus

8703 160th Avenue NE
Redmond, WA 98052

SNOQUALMIE VALLEY TRANSPORTATION

Provides door-to-door transportation and bus service throughout the Snoqualmie Valley.

www.svtbus.org

(425) 888-7001

VOLUNTEER TRANSPORTATION FOR SENIORS

Volunteers provide free door-to-door transportation to essential appointments for low-income adults age 60 and older. Call by Wednesday for any appointments the following week. All rides depend on volunteer availability. Caregivers and family welcome.

www.soundgenerations.org

(206) 448-5740

or 1-800-282-5815

Information & Coordination

FINDARIDE.ORG

A web-based ride search service for ride planning provided by Sound Transit and Hopelink.

www.findaride.org

HOPELINK GETTING AROUND PUGET SOUND (GAPS) TRAVEL AMBASSADOR PROGRAM

Getting Around Puget Sound volunteers assist travelers with transportation questions and trip planning at the following locations:

Peter Kirk Community Center

1st Wednesday of the month, 9:00-11:00 AM

(425) 587-3360

352 Kirkland Avenue
Kirkland, WA 98033

North Bellevue Community Center

3rd Monday of the month, 11:00 AM-1:00 PM

(425) 452-7681

4063 148th Avenue NE
Bellevue, WA 98009

Redmond Senior Center

2nd Monday of the month, 10:30 AM-12:30 PM

(425) 556-2314

8703 160th Avenue NE
Redmond, WA 98052

METRO TRANSIT INSTRUCTION PROGRAM

Offers free training on using public transit for older adults and individuals with disabilities.

Trainees travel on transit with an instructor until they are comfortable on their own.

(206) 749-4242

METRO TRIP PLANNER

A web-based trip planning program. Enter starting location, destination, and desired arrival and departure times.

www.triplanner.kingcounty.gov

Phone assistance: **(206) 553-3000**

Parking Permits

DEPARTMENT OF LICENSING

Persons with permanent or temporary mobility-limiting disabilities may qualify for disabled parking permits from the Washington State Department of Licensing. Eligibility is determined by a health care provider. Applications are available at the website below.

www.dol.wa.gov/vehicleregistration/parking.html

Bellevue/Bel-Red Driver Licensing Office

(425) 649-4281

13133 Bel-Red Road
Bellevue, WA 98005

North Bend Driver Licensing Office

(425) 888-4040

402 Main Avenue S, Suite 11
North Bend, WA 98045

STATE-CONTRACTED SUB-AGENT OFFICES

Sub-agents of the State Department of Licensing that can provide disabled parking permits and other vehicle registration services.

Alpine Management Services, Inc ■

www.alpinelicensing.com

(425) 369-0409

1175 NW Gilman Boulevard, Suite B-3
Issaquah, WA 98027

Bel Red Auto License, Inc. ■

www.tabs4u.com

(425) 747-0444

15600 NE 8th, Suite K-16
Bellevue, WA 98008

Eastside Auto Licensing ■

www.eastsideautolicensing.com

(425) 828-4371

12006 NE 85th Street
Kirkland, WA 98033

Sno Falls Vehicle Licensing ■

www.snofalls.com/sno-falls-licensing

(425) 888-8705

9025 Meadow Brook Way SE
Snoqualmie, WA 98065

Woodinville License Agency ■

www.woodinvillelicense.com

(425) 486-0677

17403 139th Avenue NE
Woodinville, WA 98072

Worthington Brokerage, Inc. ■

www.worthingtonlicensing.com

(425) 481-1644

10035 NE 183rd Street
Bothell, WA 98011

Reduced Fare Programs

HOPELINK MEDICAID MEDICAL TRANSPORTATION

Provides gas or bus fare reimbursements for Medicaid recipients for Medicaid-related appointments. Arranges door-to-door transportation for those over age 72, with a wheelchair, or cancer diagnosis. Call at least two days in advance as same-day service is available only for urgent care visits.

www.hope-link.org

(425) 943-6789

METRO ADA PARATRANSIT

Paratransit services are for individuals whose disabilities prevent them from using accessible, non-commuter, fixed-route bus services. Application process required.

www.metro.kingcounty.gov

(206) 205-5000

METRO REGIONAL REDUCED FARE PERMIT

Entitles riders age 65 and older, disabled riders, and Medicaid card holders to reduced fare throughout the Puget Sound Region. A permit costs \$3 or is free to eligible applicants.

www.metro.kingcounty.gov

(206) 553-3000

METRO TAXI SCRIP PROGRAM

Provides discount taxi rides/Taxi Scrip for low-income people with disabilities and those 65 or older. Rides can be arranged with cab companies which accept Taxi Scrip. Must have a Regional Reduced Fare Permit (RRFP) to qualify. Call to apply.

www.metro.kingcounty.gov

(206) 553-3000

VETS-GO VETERANS TRANSPORTATION

An online source for veterans, service members, and their families to find transportation in King County. Lists all public transit, para-transit/access vehicles, airport shuttles, VA shuttles, taxis, and more. Includes a real-time traffic map and trip planner.

www.vets-go.com

Email: mobility@hope-link.org

Veterans Resources & Information

Agencies listed in this section provide information and services for US Military veterans

THE AMERICAN LEGION ●

The American Legion is the largest wartime veterans' service organization in the US and has several posts within King County. It is a membership-based organization but offers some services for non-member veterans such as guidance for working with the VA.

www.legion.org

1-800-433-3318

Redmond Post 161

www.post161.org

4330 148th Avenue NE
Redmond, WA 98052

Bothell Post 127

www.bothelllegion.org

(425) 483-5599

21920 State Route 9
Woodinville, WA 98072

BELLEVUE VALOR COMMUNITY-BASED OUTPATIENT CLINIC (CBOC)

CBOCs are operated by the Veterans Health Administration (VHA) to provide common outpatient services such as primary care, nurse and lab services, mental health and social work services.

www.pugetsound.va.gov/locations

(425) 214-1055

13033 Bel-Red Road, Suite 210
Bellevue, WA 98005

COMPASS HOUSING VETERANS PROGRAMS ◆

Compass Housing offers permanent and transitional housing for veterans (individuals, couples and families) earning up to 60% Area Median Income.

www.compasscenter.org

Renton Facility

(206) 474-1910

Shoreline Facility

(206) 474-1880

KING COUNTY VETERANS PROGRAM ◆

Offers emergency financial assistance, housing assistance, case management, Veterans' benefits counseling, mental health referrals and other services to low-income, homeless, disabled, and at-risk veterans, current service members, National Guard and Reserve members and their families. Direct services are available at two hub offices in Seattle and Renton, and eight satellite offices including one in Redmond.

www.kingcounty.gov

(206) 296-7656

Seattle

2124 4th Avenue, Fourth Floor
Seattle, WA 98121

Redmond

WorkSource Redmond

7735 178th Place NE
Redmond, WA 98052

Together Center

Wednesdays Only
16225 NE 87th Street, Suite A-7
Redmond, WA 98052

Renton

500 SW 7th Street, Suite 100
Renton, WA 98057

VETERANS AFFAIRS AID & ATTENDANCE AND HOUSEBOUND PENSIONS

Veterans and survivors who are eligible for a VA pension may also qualify for an additional monthly payment if they are homebound or require the aid and attendance of another person.

www.benefits.va.gov/seattle

1-800-827-1000

Jackson Federal Building
915 2nd Avenue
Seattle, WA 98174

VETERANS AFFAIRS (VA) REGIONAL OFFICE

Determines entitlement to VA benefits, handles VA claims, and provides other VA benefits and related services. More information on page 20.

www.benefits.va.gov/seattle

1-800-827-1000

Jackson Federal Building
915 2nd Avenue
Seattle, WA 98174

VETERANS CRISIS LINE

The Veterans Crisis Line connects veterans, service members, and their families to confidential information and assistance from a live VA responder. The crisis line can be accessed 24 hours a day, 365 days a year via telephone, text message, or online chat.

www.VeteransCrisisLine.net

1-800-273-8255, press '1'

or send a text message to **838255**

VETERANS OF FOREIGN WARS (VFW) ●

VFW is a membership organization for veterans of overseas conflicts that focuses on advocacy and camaraderie. Posts offer VFW members and their guests assistance with filing VA claims, provide Chaplain services, recreation, socialization, and other services. Several posts are located in East King County, services and meeting times vary by location.

Issaquah Post 3436

(425) 837-9478

75 NE Creek Way
Issaquah, WA 98027

Mercer Island Post 5760

www.vfwmercerisland.org

(206) 232-6390

1836 72nd Avenue SE
Mercer Island, WA 98040

Redmond Post 2995

www.vfwredmond.org

(425) 883-2995

4330 148th Avenue NE
Redmond, WA 98052

VETS-GO VETERANS TRANSPORTATION

An online source for veterans, service members, and their families to identify their best transportation options in King County. Enter basic information about your point of origin and destination, and VETS-GO will list all public transit, community shuttles, para-transit/access vehicles, airport shuttles, VA shuttles, trains, veteran service organization vans, ferries, and taxi options. The website also includes a real-time traffic map and trip planner.

www.vets-go.com

Email: mobility@hope-link.org

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You can positively impact lives.



Join the Kirkland Senior Council!

The Kirkland Senior Council is dedicated to ensuring that Kirkland is a safe, vibrant community for residents age 50+. As an advisory group to the City Council, they advocate, support, shape, and create programs and services for older adults in the community.

KSC meetings are held on the second Tuesday of the month from 5:30 – 7:30 PM at the **Peter Kirk Community Center, 352 Kirkland Avenue** in downtown Kirkland.

Membership is open to adults both younger and older than age 50 who live, work, or serve the older adult population in Kirkland.

**Applications are available at the
Peter Kirk Community Center and kirklandwa.gov.**

CITY OF KIRKLAND

SENIOR COUNCIL

Return applications to: Human Services Coordinator · 123 5th Avenue · Kirkland, WA 98033