

## Caregiver Resources

**\*\*NOTE: Info can frequently change, so always call to confirm any info provided in this document.**

### **GENERAL INFORMATION AND ASSISTANCE**

Community Living Connections (King) 206-962-8467 or 844-348-5464	Sound Generations (King) 206-448-3110	Homage Senior Services (Snohomish) 425-513-1900 or 800-422-2024
Aging and Disability Resource Center (Pierce) 253-798-4600	Senior Information and Assistance (Kitsap) 360-337-5700	General Information & Assistance Dial: 211

### **CAREGIVER SUPPORT RESOURCES**

Family Caregiver Support Program assists family/friend caregivers to locate resources on an ongoing basis. They can assist with connection to services such as caregiver support groups, respite care (potentially on a weekly basis, often limited to a few hours per week, but eligibility is determined by the program), Adult Day Health, errand/chore assistance, caregiver counseling. Some fees may apply depending on income.

<u>King County</u>		
Sound Generations: 206-448-3110	Alzheimer's Association: 206-363-5500 or 800-272-3900	Community Living Connections: 206-962-8467
African American Elders Program: 206-328-5639	Chinese Info & Service Center: 206-624-5633	Jewish Family Service: 206-861-3152
Kin On Community Care Network: 206-652-2330 x 115 or x 122	Neighborhood House: 206-461-4522	Open Doors for Multicultural Families 253-216-4479
<u>Snohomish County</u>		
Homeage Senior Services: 425-513-1900 or 800-422-2024		
<u>Pierce County</u>		
Family Caregiver Support Program: 253-798-4600 or 800-562-0332		
<u>Kitsap County</u>		
Caregiver Support Center: 360-337-5700 or 800-562-6418		

### **CAREGIVER SUPPORT GROUPS**

Alzheimer's Association <a href="https://www.alz.org/help-support/community/support-groups">https://www.alz.org/help-support/community/support-groups</a> 800-272-3900 (24/7)	Family Caregiver Alliance <a href="https://www.caregiver.org/connecting-caregivers/support-groups/">https://www.caregiver.org/connecting-caregivers/support-groups/</a>	Alzheimer's Foundation of America <a href="https://alzfdn.org/caregiving-resources/2860-2/">https://alzfdn.org/caregiving-resources/2860-2/</a> 866-232-8484
Caregiver Action Network – 202-454-3970 <a href="https://www.caregiveraction.org/community">https://www.caregiveraction.org/community</a>	UW Memory Brain and Wellness Center <a href="http://depts.washington.edu/mbwc/events/community-events-programs">http://depts.washington.edu/mbwc/events/community-events-programs</a>	

### **LONG TERM CARE PLANNING – PLACEMENT ADVISORS – GERIATRIC CARE MANAGEMENT**

- Guides
  - Dementia Care Road Map – developed by WA State Dementia Action Collaborative
    - <https://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/Dementia%20Road%20Map%20-%20A%20Guide%20for%20Family%20and%20Care%20Partners.pdf>
  - Options for Residential Care – Sound Generations
    - [https://soundgenerations.org/wp-content/uploads/Options-for-Residential-Care\\_-AFH-and-ALF-rev0518.pdf](https://soundgenerations.org/wp-content/uploads/Options-for-Residential-Care_-AFH-and-ALF-rev0518.pdf)
  - Questions to Consider for Adult Family Home or Assisted Living – Sound Generations
    - <https://soundgenerations.org/wp-content/uploads/Questions-To-Consider-For-AFH-and-ALF-rev1021.pdf>

- Video
  - ABC Action News Video – How to talk to parents about making the transition
    - <https://youtu.be/JyXSBrN42YA>
- Articles
  - When to Move from Independent Living to Assisted Living – US Health News
    - <https://health.usnews.com/best-assisted-living/articles/when-to-move-from-independent-living-to-assisted-living>
  - 12 Signs That It's Time to Consider Assisted Living – SeniorPath
    - <https://seniorpath.com/signs-that-your-parents-need-assisted-living/>
- Resource to find help
  - ElderCare Locator: 1-800-677-1116 or <https://eldercare.acl.gov/Public/Index.aspx>

Concierge Care Advisors 855-444-7364	Choice Advisory 800-361-0138	Options for Seniors 425-827-0894
Sound Transitions (AFH only) 206-355-5653	Aging Safely (AFH only) 425-402-9118	Aging Wisdom 425-894-9100
Fedelta Care Management 206-785-3622	Sound Options 800-628-7649	Aging Care Consult (Karin Taifour) 206-999-5934

### **HOME CARE RESOURCES**

- Average costs for private duty (agency): \$30-35/hour, often with minimum of 3-4 hours per visit
- If you have Long-Term Care Insurance, call for benefits (LTC services are generally not included with health insurance)
- If connected to VA, may be eligible for home care. Call 206-762-1010 (Seattle division), ask for social work dept.
- Home Care Agency list:
  - King County: <https://soundgenerations.org/wp-content/uploads/Licensed-Home-Health-Agencies-landscape-0721.pdf>
  - Snohomish County: <https://www.homage.org/wp-content/uploads/1-HomeCareAgencies.pdf>
- Guide: Options for Hiring Household Help
  - <https://soundgenerations.org/wp-content/uploads/Options-for-Hiring-Household-Help-rev1218.pdf>

Home Care Agency List (King County): <a href="https://soundgenerations.org/wp-content/uploads/Licensed-Home-Health-Agencies-landscape-0721.pdf">https://soundgenerations.org/wp-content/uploads/Licensed-Home-Health-Agencies-landscape-0721.pdf</a> Or call: 206-448-3110	Home Care Agency List (Snohomish County): <a href="https://www.homage.org/wp-content/uploads/1-HomeCareAgencies.pdf">https://www.homage.org/wp-content/uploads/1-HomeCareAgencies.pdf</a> Or call: 425-513-1900
Care.com – online website to hire directly <a href="http://www.care.com">www.care.com</a> Costs generally lower than agency, as you set the rates. Some background checks are done, but you would be the boss and may need to do further background checks, calling references, setting up contract.	
Home care services via Medicaid programs (COPES, TSOA, MAC). Need to be financially eligible. <b>King County: 206-341-7600      Snohomish County: 425-977-6530 (Lynnwood)</b> COPES: <a href="https://soundgenerations.org/wp-content/uploads/Copes-Information-for-Applicants.pdf">https://soundgenerations.org/wp-content/uploads/Copes-Information-for-Applicants.pdf</a> TSOA/MAC: <a href="https://soundgenerations.org/wp-content/uploads/QA-TSOA-MAC-Programs-Oct2021.pdf">https://soundgenerations.org/wp-content/uploads/QA-TSOA-MAC-Programs-Oct2021.pdf</a>	
Family/friend caregivers can also apply for respite care through Family Caregiver Support Programs (see above)	

### **SENIOR CENTERS**

<b>Senior Centers – Seattle</b>		
Ballard Northwest Senior Center 5429 32 <sup>nd</sup> Ave NW Seattle, WA 98107	Central Area Senior Center 500 30th Ave S Seattle, WA 98144	Club Bamboo / ACRS 3639 MLK Jr Way S Seattle, WA 98144

206-297-0403	206-726-4926	206-744-2440 / 206-695-7600
Greenwood Senior Center 525 N 85 <sup>th</sup> Street Seattle, WA 98103 206-297-0875	IDIC Filipino Senior Center 7301 Beacon Ave S Seattle, WA 98108 206-587-3735	Pike Market Senior Center 85 Pike Street, Suite 200 Seattle, WA 98101 206-728-2773
Salvation Army – Seattle White Center Senior Center 9050 16 <sup>th</sup> Ave SW Seattle, WA 98106 206-767-3150	Senior Center of West Seattle 4217 SW Oregon St Seattle, WA 98116 206-932-4044	South Park Neighborhood Center 8201 10 <sup>th</sup> Ave S, Suite 6 Seattle, WA 98108 206-767-3650
Southeast Seattle Senior Center 4655 S Holly St Seattle, WA 98118 206-722-0317	Sunshine Garden – Chinese Info and Service Center 611 S Lane Street Seattle, WA 98104 206-957-8517 / 206-624-5633	Wallingford Senior Center 4649 Sunnyside Ave N, Ste 140 Seattle, WA 98103 206-461-7825
<b>Senior Centers – Eastside</b>		
North Bellevue Community Center 4603 148 <sup>th</sup> Ave NE Bellevue, WA 98007 425-452-7681	Issaquah Senior Center 75 NE Creek Way Issaquah, WA 98027 425-392-2381	Peter Kirk Community Center 352 Kirkland Ave Kirkland, WA 98033 425-587-3360
Mercer Island Community Center 8236 SE 24 <sup>th</sup> St Mercer Island, WA 98040 206-275-7609	Mt Si Senior Center 411 Main Ave S North Bend, WA 98045 425-888-3434	Redmond Senior Center 8703 160 <sup>th</sup> Ave NE Redmond, WA 98052 425-556-2314
Sno-Valley Senior Center 4610 Stephens Ave Carnation, WA 98104 425-333-4152		
<b>Senior Centers – North (Snohomish)</b>		
Northshore Senior Center 10201 E Riverside Drive Bothell, WA 98011 425-487-2441	Edmonds Senior Center 220 Railroad Ave. Edmonds, WA 98020 425-774-5555 / 425-954-2518	Kenmore Senior Center 6910 NE 170 <sup>th</sup> Street Kenmore, WA 98028 425-489-0707
Mill Creek Senior Center 4111 133 <sup>rd</sup> SE Mill Creek, WA 98012 425-948-7170	Mountlake Terrace Senior Center 23000 Lake View Drive Mountlake Terrace, WA 98043 425-672-2407	Mukilteo Seniors Assoc. (Rosehill) 304 Lincoln Avenue Mukilteo, WA 98275 425-263-8187
Lynnwood Senior Center 19000 44 <sup>th</sup> Ave. W Lynnwood, WA 98036 425-670-5051	Shoreline Lake Forest Park Senior Center 18560 1 <sup>st</sup> Ave NE, #1 Shoreline, WA 98155 206-365-1536	
Center for Healthy Living / Multicultural Senior Center (Homage Senior Services) 5026 196 <sup>th</sup> St. SW Lynnwood, WA 98036		
Chinese Seniors Group (425) 290-1249 Social Worker: Kathy Jing	Korean Seniors Group (425) 290-1274 Social Worker: Jennifer Yang	Filipino Seniors Group (425) 740-3807 Social Worker: Jessica Gallardo
Hispanic/Latino Seniors Group (425) 514-3186 Social Worker: Nancy Santos Carl Gipson Senior Center	Slavic Seniors Group (425) 740-3796 Social Worker: Alla Geychenko Slavic Seniors Group Location	Vietnamese Senior Group (425) 290-1256 Social Worker: Phuong Le

	Bakerview Apartments 2605 15 <sup>th</sup> Street Everett, WA 98201	
<b>Senior Centers - South</b>		
Auburn Senior Center 808 Ninth Street SE Auburn, WA 98002 253-931-3016	Federal Way Senior Center 4016 S 352 <sup>nd</sup> St Auburn, WA 98001 253-828-3604	Black Diamond Senior Center 31605 3 <sup>rd</sup> Ave Black Diamond, WA 98010 360-886-1011
Burien Programs for 50+ Burien Community Center 14700 6 <sup>th</sup> Ave SW Burien, WA 98166 206-988-3700	Des Moines Senior Center 2045 S 216 <sup>th</sup> Des Moines, WA 98198 206-878-1642	Enumclaw Senior Center 1350 Cole St Enumclaw, WA 98022 360-825-4741
Kent Senior Center 600 E Smith Street Kent, WA 98030 253-856-5150	Pacific Community Center 100 3 <sup>rd</sup> Ave SW Pacific, WA 98047 253-929-1150	Renton Senior Activity Center 211 Burnett Ave N Renton, WA 98057 425-430-6633
Seatac Senior Program Seatac Community Center 13735 24 <sup>th</sup> Ave S Seatac, WA 98168 206-973-4690	Tukwila Senior Program Tukwila Community Center 12424 42 <sup>nd</sup> Ave S Tukwila, WA 98168 206-768-2822	

**ADULT DAY HEALTH (ADH) / DAY CARE – SNOHOMISH COUNTY**

Aegis of Lynnwood 18700 44 <sup>th</sup> Ave W Lynnwood, WA 98037 425-712-9999	Full Life Care ADH 2931 Rucker Ave Everett, WA 98201 425-355-1313	Rosewood Courte Memory Care 728 Edmonds Way Edmonds, WA 98020 425-673-2875
Sunrise of Bothell 10605 NE 18 <sup>th</sup> Street Bothell, WA 98011 425-748-9269	Sunrise of Lynnwood 21500 72 <sup>nd</sup> Ave W Edmonds, WA 98026 425-776-3600	

**ADULT DAY HEALTH (ADH) / DAY CARE – PIERCE COUNTY**

Cascade Park Active Day Health 246 St. Helens Tacoma, WA 98402 253-627-9990	Cascade Park Active Day Health (TBI) 232 St. Helens Tacoma, WA 98402 253-572-0383	Multicare Adult Day Healthcare 6442 S Yakima Ave Tacoma, WA 98408 253-459-7222
The Weatherly Inn Adult Day Stay 6016 N Highlands Parkway Tacoma, WA 98406 253-752-8550		

**ADULT DAY HEALTH (ADH) / DAY CARE – KING COUNTY**

Auburn Respite Care Program 808 9TH ST SE Auburn, WA 98002 253-229-7510	Elder and Adult Day Services 12831 NE 21ST PL Bellevue, WA 98005 425-250-7030	Elder and Adult Day Services 816 S 216TH, STE 1 Des Moines, WA 98198 425-250-7045
Elderwise Adult Day Program 531 NE 112th St Seattle, WA 98125 206-913-1757	Full Life ADH - North Seattle 6555 Ravenna Ave NE Seattle, WA 98115 206-528-5300 or 206-528-5315	Full Life ADH – Snohomish County 2931 Rucker Ave Everett, WA 98201 425-355-1313

Full Life ADH – South King County 7829 S 180TH ST Kent, WA 98032 425-227-9095 or 206-528-5315	Full Life ADH – South Seattle 4712 35TH AVE S Seattle, WA 98118 206-721-3634 or: (206) 528-5315	Kline Galland Home Polack Adult Day 7500 Seward Park Ave S Seattle, WA 98118 206-725-8800
Kokoro Kai Senior Activity Program 700 6TH AVE S Seattle, WA 98104 206-726-6474	Legacy House Adult Day Care 803 S Lane ST Seattle, WA 98104 206-292-5184	Northshore Adult Day Health 10212 E Riverside DR BOTHELL, WA 98011 425-488-4821
Old Friends Club PO BOX 2472 Kirkland, WA 98083 425-681-9776	Providence ElderPlace (All inclusive program – MD, ADH, Rehab, housing) 4515 MLK Way S, Suite 100 Seattle, WA 98108 206-320-5325 / 206-923-3940 (West Seattle) / 425-755-1100 (Redmond)	

### **COMPANIONSHIP / VOLUNTEERS**

Volunteer Chore Services – Catholic Community Services 206-328-5787 (King County) Assist with general chores, about 1-2 times per month.	Senior Companion Program – Homage Senior Services 425-265-2225 (Snohomish County) Visits for socialization, chores, transportation, meal prep
ElderFriends – Full Life Care 206-224-3790 (King County) Friendly companionship visits for people aged 65+	Senior Friendship Line (country-wide) 800-971-0016 Emotional support over the phone for seniors aged 60+

### **LEGAL RESOURCES**

Elder Law Legal Clinic (King): 206-448-5720 --Free 30-minute consultation --Can assist with POA, guardianship, wills, estate planning	Neighborhood Legal Clinics (King): 206-267-7070 --Free 30 minute consultation --Legal advice on civil issues
CLEAR Senior Hotline: 888-387-7111 (statewide) Legal hotline for people/seniors	Eastside Legal Assistance Program: 425-747-7274 Eastside low income residents

### **MENTAL HEALTH SERVICES**

Washington Recovery Helpline 866-789-1511 24/7 hotline for crisis intervention by phone and referrals for mental health, substance abuse and problem gambling	King County Mental Health Services 206-263-8997 or 800-790-8049 Info and referral hotline for mental health services for those on Medicaid.	Crisis Clinic Hotline 866-427-4747 or 206-461-3222 24/7 crisis intervention by phone; also able to do referrals for additional services (setting up urgent appts, mobile crisis home visit)
Snohomish County Care Crisis Line 800-584-3578 Triage, involuntary mental health, outreach, outpatient	National Suicide Prevention Lifeline 800-273-8255 24/7 assistance hotline	Homage Senior Services (Snohomish) Depression Screen / Short-term counseling program 425-290-1260
Evergreen Mental Health 11800 NE 128 <sup>th</sup> Street, Suite 200 Kirkland, WA 98034 425-899-6300	Navos Mental Health – OASIS 2600 SW Holden Street Seattle, WA 98126 206-248-8226	

### **TRANSPORTATION**

Access Bus (Metro) - <u>King County</u> 206-205-5000 Application: 3-steps (pre-app, full app, in-person) Call for pre-app or complete online <a href="https://www.surveymonkey.com/r/AccessSelfAssessment">https://www.surveymonkey.com/r/AccessSelfAssessment</a>	DART (Dial-a-Ride-Transportation) - <u>Snohomish County</u> 425-347-5912 Application: Call to receive via mail or download online <a href="https://www.dialaride.org/wp-content/uploads/sites/3/App-June-2018.pdf">https://www.dialaride.org/wp-content/uploads/sites/3/App-June-2018.pdf</a>
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Approximately 4 weeks total to complete process. Services / Costs: \$1.75 each way. Curb to curb service. Call at least 1 day in advance.	Complete in-person assessment (if applicable) Services / Costs: \$2.50 each way. Curb to curb service.
Hyde Shuttle (Sound Generations) - <u>King County</u> 206-727-6262 Application: Call to register. They will ask for name, DOB, address. Services / Costs: FREE! But donations are accepted. Must call at least 3 days in advance to schedule. Also, this is a shuttle, so best for use to do general activities that have flexible time frame. Shuttle runs in geographic areas only.	Transportation Assistance Program - <u>Snohomish County</u> 425-423-8517 For people with disabilities who live outside of the DART service area.
Volunteer Transportation - <u>King County</u> 206-448-5740 Application: Call to register. They will ask for name, DOB, address Services / Costs: FREE! A volunteer will pick up patient, take them to appointment, wait for them outside and take them back home once done with appt. Must call by Tuesday of prior week to request a ride. Most ride requests are filled (but no guarantee)	Pay Your Pal - <u>Snohomish County</u> 425-740-3791 Provides mileage reimbursement for people who volunteer to drive you to work, school or medical appointments. Call or email <a href="mailto:msteele@homage.org">msteele@homage.org</a> for application.
Eastside Friends of Seniors - <u>King County</u> 425-369-9120 Volunteer Driver services for <u>Eastside residents only</u>	Ethnic Senior Dining Transportation - <u>Snohomish County</u> Transportation to Multicultural Senior Center for lunch Chinese Seniors, Tuesdays, 425.290.1249 Filipino Seniors, Fridays, 425.514.3185 Korean Seniors, Thursdays, 425.290.1274 Vietnamese Seniors, Wednesdays, 425.290.1256 Hispanic/Latino Seniors, 1st & 3rd Tuesdays, Carl Gipson Senior Center, 425.514.3186
Taxi Scripts (50% discount in taxi fares) (must have a Reduced Regional Fare Permit) 206-553-3000	
Hopelink Cabulance 800-923-7433 (King) – or – 855-766-7433 (Snohomish) Eligibility: 1) Must have Medicaid 2) For medical appointments only 3) Call at least 2 days in advance	Trimed Cabulance 206-988-5000 Services / Costs: About \$55 each way + mileage fees. Insurance generally does not cover these fees. For additional fee, they can also transport patients up/down stairs (they will carry patient in a wheelchair)
Yellow Cab 206-622-6500; 425-455-4999; 253-872-5600 Wheelchair accessible vans are available for additional fee	GoGoGrandparent 855-464-6872 Services / Costs: Concierge service to set up an Uber/Lyft ride for patient. Approx \$3.42 base fare + \$1.48 per mile + \$0.25 per minute + \$0.27 concierge fee

### MEALS / FOOD

Meals on Wheels (Sound Generations) – <u>King County</u> 206-448-5767 Eligibility: Must be 60+ years old (if under 60, can still use service and pay \$5/meal) and homebound Services: Frozen meal delivery. Can request 7-14 meals delivered once a week. Can donate money to pay for meals (but not required) Application: <a href="https://seniorservicesmow.secure.force.com/mowapplication/">https://seniorservicesmow.secure.force.com/mowapplication/</a> Or download online	Meals on Wheels (Homage) – <u>Snohomish County</u> 425-347-1229 Eligibility: Must be 60+ years old and homebound Services: Frozen meal delivery Application: <a href="https://seniorservicesofsnohomishcounty.formstack.com/forms/home_delivered_meals_v1">https://seniorservicesofsnohomishcounty.formstack.com/forms/home_delivered_meals_v1</a>
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<a href="https://soundgenerations.org/wp-content/uploads/MOWApplication-Oct-2018.pdf">https://soundgenerations.org/wp-content/uploads/MOWApplication-Oct-2018.pdf</a>	
Chicken Soup Brigade – <u>King County</u> 206-957-1686 Programs: <u>Living with Serious Illness</u> Eligibility: Homebound, have chronic illness, live in Seattle Services: Home delivered Medically Specific Meals (frozen) <u>Homebound Seniors</u> --Program currently unavailable	Senior Centers in King County and Snohomish County <ul style="list-style-type: none"> <li>• Most will offer a hot lunch program (small fee applies)</li> <li>• See Senior Center list, call for details</li> </ul>
Food Lifeline 877-404-7543 <a href="https://foodlifeline.org/need-food/">https://foodlifeline.org/need-food/</a> Information food banks, hot meal programs	Volunteers of America – Western Washington 1230 Broadway, Everett, 98201; 425-259-3191 x 13014 1 <sup>st</sup> & 3 <sup>rd</sup> Mon – 10 am – 1 pm; 2 <sup>nd</sup> & 4 <sup>th</sup> Tue – 3 – 6 pm; Weds – 10 am – 3 pm; Thu – 10 am – 3 pm; 3 <sup>rd</sup> Sat – 10 am – 1 pm

### **HOUSING**

Seattle Housing Authority 190 Queen Anne Ave N Seattle, WA 98109 SHA Housing Program – 206-239-1737 Housing Choice Vouchers – 206-239-1728	Providence Supportive Housing Belltown, Rainier Vista, New Holly, White Center & West Seattle 855-360-5478	Retirement Housing Foundation Esperanza Apartments 3640 37 <sup>th</sup> Ave S Seattle, WA 98118 206-760-0202
Bellwether Housing (many Seattle sites) 1651 Bellevue Ave Seattle, WA 98122 206-623-0506	Seattle Housing Assistance Group (SHAG) – Many locations in King and Snohomish County 844-592-7424	King County Housing Authority 600 Andover Park W Tukwila, WA 98188 206-574-1100
Renton Housing Authority 2900 NE 10 <sup>th</sup> St Renton, WA 98056 425-226-1850	Imagine Housing (Eastside) 10604 NE 38 <sup>th</sup> Place, Ste 215 Kirkland, WA 98033 <a href="https://imaginehousing.org/">https://imaginehousing.org/</a>	KCHA provides subsidized housing and section 8 vouchers. Does not serve Seattle or Renton.
King County Low Income Housing (formerly housingsearchnw.org) <a href="http://www.socialserv.com/tenant/WA/index.html?ch=KCHA">www.socialserv.com/tenant/WA/index.html?ch=KCHA</a>	General Housing search <a href="http://www.aptfinder.org/">http://www.aptfinder.org/</a>	Wellspring Family Services 1900 Rainier Ave S Seattle, WA 98144 Call 211 to access support
Compass Housing Alliance 77 S Washington Street Seattle, WA 98104 206-474-1000		

### **PHARMACY DELIVERY**

Albertsons 2510 El Camino Real, Ste A Carlsbad, CA 92008 877-728-6655 (p); 877-728-6688 (f)	Ballard Plaza Pharmacy 1801 NW Market St, #104 Seattle, WA 98107 206-782-6354 (p); 206-782-1499 (f)	Bob Johnsons United Drugs 1407 NW 85 <sup>th</sup> St Seattle, WA 98117 206-782-5822 (p); 206-781-0379
Duvall Family Drugs 15602 Main St NE Duvall, WA 98019 425-788-2644 (p); 425-788-2645 (f)	Highland Pharmacy 22618 Highway 99, #109 Edmonds, WA 98026 425-673-8533 (p); 425-673-5010 (f)	Jim's Pharmacy 2820 Griffin Ave, #102 Enumclaw, WA 98022 360-825-6523 (p); 360-825-6614 (f)
Kattermans Sand Point Pharmacy 5400 Sand Point Way NE Seattle, WA 98105	Kelley Ross LTC Pharmacy 2324 Eastlake Ave E, Ste 400 Seattle, WA 98102	Lafferty's Pharmacy 5312 17 <sup>th</sup> Ave NW Seattle, WA 98107

206-524-2211 (p); 206-524-8669 (f)	206-838-4590 (p); 206-838-4599 (f)	206-783-5133
Lowry's Prescriptions 10330 Meridian Ave N Seattle, WA 98133 206-368-6060 (p); 206-368-6061 (f)	Maple Leaf Pharmacy 8830 Roosevelt Way NE Seattle, WA 98115 206-729-7514 (p); 206-729-7513 (f)	Nguyen's Pharmacy 1221 S Main St, Ste 103 Seattle, WA 98144 206-323-6003 (p)
Northwest Prescriptions & Medical Supplies 1536 N 115 <sup>th</sup> St, Ste 100 Seattle, WA 98133 206-365-2255 (p); 206-368-1128 (f)	Pharmacy Plus 1299 156 <sup>th</sup> NE, #140 Bellevue, WA 98007 425-644-8887 (p); 425-644-8615 (f)	Rite Aid Pharmacy PO Box 3165 Harrisburg, PA 17105 800-748-3243 (p)
Rxtra U&I Pharmacy 29 148 <sup>th</sup> Ave SE Bellevue, WA 98007 425-747-3800 (p); 425-641-7203 (f)	Sand Point Clinic Pharmacy 4575 Sand Point Way NE Seattle, WA 98105 206-523-5700 (p); 206-523-0546 (f)	

### **NEIGHBORHOOD ORGANIZATIONS**

Northeast Seattle Together (NEST) 206-525-6378 <a href="mailto:info@nestseattle.org">info@nestseattle.org</a> Costs: \$650/year Access to activities, events, referrals, volunteers to assist with tasks	Phinney Neighborhood Association [206-783-2244 <a href="mailto:pna@phinneycenter.org">pna@phinneycenter.org</a> ] 6532 Phinney Ave N, Seattle, WA 98103 Costs: Full Member: \$360/year; Builder Member: \$180/year Full Member: support services from volunteers (tasks, transportation, friendly visits, health advocates), referrals, social engagement Builder Member: Referrals and community building activities	
Eastside Neighbors Network Bellevue, WA 98004 425-270-8408 <a href="mailto:village@myenn.org">village@myenn.org</a> Builder Member: \$120/year (social activities) Full Member: \$300/year (volunteer services to help with tasks)	Wider Horizons Central Seattle 206-650-3586 <a href="mailto:denise@widerhorizonsvillage.org">denise@widerhorizonsvillage.org</a> Costs: ~\$600/year (approximate) Social engagement activities, volunteer services to help with tasks, chores, errands, etc	

### **VETERAN'S RESOURCES**

King County Veterans Program 2106 2 <sup>nd</sup> Ave, Suite 100 Seattle, WA 98121 206-477-8282 Hours: 8:30 am – 4:30 pm Walk-in Hours: M/W/Th – 8:30 am – 11:30 am Tuesday – 1:00 pm – 3:00 pm	King County Veterans Program 645 Andover Park West, Suite 100 Tukwila, WA 98188 206-477-7022 Hours: 8:30 am – 4:30 pm Walk-in Hours: M/T/W/Th – 8:30 am – 11:30 am	Snohomish Veterans Assistance 3000 Rockefeller Ave Everett, WA 98201 425-388-7255 Hours: Monday thru Friday 8 am – 11 am & 1 pm – 4 pm
King County Vets Info & Assist line 877-904-8387	American Legion 206-341-8262	Disabled American Veterans (DAV) 206-341-8267
Veterans of Foreign Wars 206-341-8284	Vietnam Veterans of America 206-341-8294	US Dept of Veterans Affairs 800-827-1000
WA Dept of Veterans Affairs 800-562-2308	VA Medical Center (Seattle) 206-762-1010	DAV Transportation Network-Seattle 206-764-2564
Catholic Community Services – Disabled Veterans Transportation 425-374-6336 / 888-240-8572	Veteran Transportation Service 206-764-2120 206-764-2810 (eves/weekends)	

### **MEDICAL EQUIPMENT**

Bridge Ministries	MS Helping Hands Donor Closet	SENIOR CENTERS
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12356 Northup Way Bellevue, WA 98005 425-885-1006 Provides low cost (possibly free) donated DME. Call for details	409 Howell Way Edmonds, WA 98020 425-712-1807 Low cost donated DME, financial aid may be available. Call for details	Many senior centers have donated DME (w/c, walkers). Call for details. (**Northshore Senior Center has a good equipment donor closet.)
ALS Association – Evergreen (King) **Free loans to ALS patients Rachel Washburn 425-656-1650 x 103 206-909-2131 (cell) rachel@alsa-ec.org		

**EMERGENCY ASSISTANCE**

Hopelink provides assistance with food, housing, financial, utility bills, employment, adult education, transportation	Hopelink – Main Office 8990 154 <sup>th</sup> Ave NE Redmond, WA 98052 425-869-6000	Hopelink Bellevue 14812 Main St Bellevue, WA 98007 425-943-7555
Hopelink Kirkland 11011 120 <sup>th</sup> Ave NE Kirkland, WA 98033 425-889-7880	Hopelink Shoreline 17837 Aurora Ave N Shoreline, WA 98133 206-440-7300	Hopelink Sno-Valley 31957 East Commercial St Carnation, WA 98014 425-333-4163
Salvation Army can assist with emergency assistance, health care, housing, bills, employment, food & meals, drug rehab	Salvation Army – Seattle 9501 Greenwood Ave N Seattle, WA 98103 206-783-1225	Salvation Army – Bellevue 911 164 <sup>th</sup> Ave NE Bellevue, WA 98008 425-452-7300
Salvation Army – Everett 2525 Rucker Ave Everett, WA 98201 425-259-8129	Salvation Army – Federal Way 26419 16 <sup>th</sup> Ave S Des Moines, WA 98198 253-946-7933	Salvation Army – Downtown Seattle 1101 Pike St Seattle, WA 206-447-9944
Salvation Army – Int’l District 811 Maynard Ave S Seattle, WA 206-621-0145	Salvation Army – White Center 9050 16 <sup>th</sup> Ave SW Seattle, WA 206-767-3150	Salvation Army – Renton 206 S Tobin St / 720 S Tobin St Renton, WA / Renton, WA 425-255-5969 / 425-255-5974
Volunteers of America – Western WA Can assist with food/meals, homelessness prevention, dispute resolution, behavioral health	Volunteers of America – Western WA 2802 Broadway Everett, WA 98201 425-259-3191	

**SERVICE DOGS**

Summit Assistance Dogs Anacortes, WA 98221 360-293-5609 <a href="mailto:info@summitdogs.org">info@summitdogs.org</a>	Brigadoon Service Dogs 4759 Mission Road Bellingham, WA 98226 360-733-5388 About 2-3 year wait after applying	Assistance Dogs Northwest Bainbridge, WA 98110 206-321-0592 <a href="mailto:info@assistedogsnorthwest.org">info@assistedogsnorthwest.org</a> About 12 month wait after applying
Pawsibilities 7338 26 <sup>th</sup> Street E, Fife, WA 98424 253-922-4271 Trains your dog for autism, diabetes, PTSD, seizure alert		

**GRIEF SUPPORT GROUPS**

The Healing Center	Providence Hospice Seattle	Providence Hospice Snohomish
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6409 ½ Roosevelt Way NE Seattle, WA 98115 206-523-1206	2811 S 102 <sup>nd</sup> Street, Suite 220 Tukwila, WA 98168 206-749-7702	2731 Wetmore Ave, Suite 500 Everett, WA 98201 425-261-4807
Evergreen Health, Bereavement 12040 NE 128 <sup>th</sup> St, MS 9 Kirkland, WA 98034 425-899-1077	Swedish Edmonds 21601 76 <sup>th</sup> Ave W Edmonds, WA 98026 425-640-4404	Overlake Hospital Bereavement 425-688-5308 (Overlake has several groups: stroke support, caregiver, weight loss)

**FUNERAL HOMES**

- A Sacred Moment**, specializing in at-home and green funerals; serving King and Snohomish counties: 425.316.8290
- American Cremation and Casket Alliance**, 1.800.398.7101
- Barton’s Family Funeral Service**, Seattle: 206.420.1875; Kirkland: 425.823.1900; Renton:206.329.7800
- Beck’s Funeral Home**, serving south Snohomish and north King counties: 425.771.1234
- Bonney-Watson**, Capitol Hill: 206.322.0013; Ballard: 206.782.4700; SeaTac: 206.242.1787; Federal Way: 253.839.7317
- Butterworth Funeral Home** (Arthur A. Wright Chapel) also affiliated with Cremation Society Northwest and Queen Anne Columbarium, Seattle: 206.282.5500
- Cascade Memorial**, serving King, Pierce and Snohomish counties: 425.641.6100
- Chapel of the Resurrection Mausoleum & Funeral Home**, Bothell: 425.939.1332
- Columbia Funeral Home**, Rainier Valley and greater Seattle area: 206. 722.1100
- Common Sense Cremation**, serving Seattle, Bellevue, Bothell, Edmonds, Lynnwood, and surrounding areas: 425.984.6290
- Currow Funeral Home & Cremation Service**, Sumner and Bellevue: 253.863.2800
- Dignity Memorial**, Washington state: 1.800. 34.DIGNITY
- Elemental Cremation & Burial**, serving King, Pierce and Snohomish counties: 206.357.1141
- Evergreen Washelli**, Seattle: 206.362.5200 ; Brier: 425.483.0555; Bothell: 425.486.1281; Toll free:1.800.755.1350
- Flintoffs Funeral Home and Crematory**, Issaquah: 425.392.6444
- Funeral and Cremation Care of Washington**, serving all areas of Washington: 1.800.764.0895
- Gilbertson Funeral Home**, serving the Stanwood and Camano Island areas: 360.629.2101
- Harvey Funeral Home**, serving King County and surrounding counties: 206.632.0100
- The Jewish Chapel and Cemetery**, greater Seattle area: 206.725.3067
- Neptune Society**, Seattle, Lynnwood, Tacoma and Spokane: 425.672.8587 or 1.877.529.4679
- People’s Memorial Association**, Washington state: 206.325.0489
- Purdy and Kerr Funeral Home**, Monroe: 360.794.7049
- Purdy and Walters at Floral Hills**, serving King and Snohomish counties: 425.672.1800
- Rosebud Funeral Service**, serving the Seattle area: 206.525.7800
- Seattle Sephardic Brotherhood**, providing burial assistance to members of the Sephardic Bikur Holim and Congregation Ezra Bessaroth Synagogues and current members of the Seattle Sephardic Brotherhood: 206.344.5238
- Solie Funeral Home and Crematory**, serving Everett, Snohomish and surrounding areas:425.252.5159

**Weeks' Funeral Home**, serving Enumclaw, Buckley, Tacoma, and surrounding areas: 360.829.117115

**UW Medicine Willed Body Program** – 206-543-1860

**MedCure** – Body Donation for Science – 1-866-560-2525