East King County
RESOURCE GUIDE
For Older Adults and Their Families
IMPORTANT PHONE NUMBERS

POLICE/FIRE/MEDICAL EMERGENCIES

<table>
<thead>
<tr>
<th>Name</th>
<th>Relationship</th>
<th>Phone Number</th>
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IN CASE OF EMERGENCY, CONTACT:

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 prowl discovered the next morning) or if you are calling regarding a nuisance issue, such as graffiti.

Bellevue, Kirkland & Mercer Island: (425) 577-5656
Carnation: (425) 333-4190
Issaquah: (425) 837-3200
Sammamish & Woodinville: (206) 296-3311
Bothell: (425) 486-1254
Duvall: (425) 788-1519
Redmond: (425) 556-2500
Snoqualmie & North Bend: (425) 888-3333
Acknowledgments

The East King County Resource Guide for Older Adults and Their Families is published as a community service by the City of Kirkland Senior Council, the City of Kirkland and EvergreenHealth. A digital copy is available online at www.kirklandwa.gov

Funding for this resource guide has been provided by The City of Kirkland and EvergreenHealth.

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
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
## Contents

**Adult Day Programs** ................................................................. 2
  - Adult Day Programs .............................................................. 2
  - Financial Aid ........................................................................ 3
  - Information & Referral Services ........................................ 3

**Emergency Assistance Programs** ........................................... 4

**Emergency Preparedness** ....................................................... 6
  - Emergency Resources .......................................................... 6
    *Emergency Preparedness Tips for Older Adults* .................. 7

**Food & Meal Programs** .......................................................... 8
  - Food Benefit Programs ......................................................... 8
  - Community Dining .............................................................. 8
  - Food Banks .......................................................................... 10
  - Home Delivered Groceries .................................................. 13
  - Home Delivered Meals ......................................................... 13
    *Visiting Farmers Markets* .................................................... 15

**Funeral Homes & Final Arrangements** ..................................... 16
  - Bereavement Support Groups .............................................. 16
  - Funeral Homes .................................................................... 16

**Government Programs** .......................................................... 18
  - Eligibility & Guidance ........................................................ 18
  - Medicaid/ Washington Apple Health .................................... 18
  - Medicare ............................................................................. 19
  - Social Security .................................................................... 20
  - Veterans Affairs (VA) .......................................................... 20
    *Connecting with Your Government* ...................................... 21

**Health Care** .......................................................................... 22
  - Community Health Centers ................................................. 22
  - Dental Care .......................................................................... 22
  - Hearing & Speech ............................................................... 23
  - Hospice & Palliative Care .................................................... 24
  - Hospitals .............................................................................. 25
  - Information & Referral Services ......................................... 26
Wellness ...................................................................................................................... 47

Housing ...................................................................................................................... 48
Adult Family Homes .................................................................................................. 48
Information & Referral Services ............................................................................... 48
Living Communities ................................................................................................. 49
Moving & Downsizing ............................................................................................... 54
Placement Services .................................................................................................... 55
Shelters ....................................................................................................................... 56
Skilled Nursing ........................................................................................................... 56
Subsidized & Affordable Housing ............................................................................... 58

Housing Terms to Know ............................................................................................. 63

In-Home Services ........................................................................................................ 64
Care Management ....................................................................................................... 64
Companion Care & Chore Services ........................................................................... 64
Emergency Identification ........................................................................................... 65
Emergency Response Systems .................................................................................. 65
Home Care Agencies .................................................................................................. 66
Home Health Care ...................................................................................................... 67
Home Repair & Modification ..................................................................................... 68
Information & Referral Services ............................................................................... 70
Respite Care ............................................................................................................... 70

Staying in Place with Universal Design ................................................................. 71

Information & Referral Services ............................................................................... 72

Legal Resources .......................................................................................................... 74
Advocacy Groups ....................................................................................................... 74

Legal Terms to Know .................................................................................................. 75
Consumer Protection & Fraud Prevention .................................................................. 76
Crime Victim Assistance ............................................................................................. 76

Preventing Fraud & Identity Theft ............................................................................. 77
End-of-Life & Estate Planning .................................................................................... 78

Preventing Elder Abuse .............................................................................................. 79
Legal Services ............................................................................................................... 80

Mental Health .............................................................................................................. 82
**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

**ELDERWISE**
Provides ADC services with an arts focus. Private pay and most long-term care insurance plans accepted.
[www.elderwise.org](http://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](http://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](http://www.legacyhouse.org)
(206) 292-5184
803 S Lane Street
Seattle, WA 98104

**NORTHSORE 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](http://www.northshoreseniorcenter.org)
(425) 487-2441
10212 E Riverside Drive
Bothell, WA 98011

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**CIRCLE OF FRIENDS**
Provides ADC and ADH services, primarily for Russian and Slavic language speakers. COPES, RCL, and private pay accepted.
[www.cofhealth.com](http://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](http://www.eads-cares.org)
(425) 867-1799
12831 NE 21st Place
Bellevue, WA 98005

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[= Emergency Assistance Provider] 
[●= Membership Requirement] 
[بث= For-profit company]
OLD FRIENDS CLUB
Provides ADC services at two locations. Private pay accepted on a sliding-fee scale.
www.oldfriendsclub.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

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

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.
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

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

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

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.svdpseattle.org
Main Office: (206) 767-9975
Helpline: (206) 767-6449
5950 4th Avenue S
Seattle, WA 98108

The web version of this guide is updated regularly and can be found at www.kirklandwa.gov
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.

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**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

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**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
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.

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

* = emergency assistance provider
● = membership requirement
● = for-profit company
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.snoqualmievallyfoodbank.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](http://www.emergencyfeeding.org)

(206) 329-0300

<table>
<thead>
<tr>
<th>City</th>
<th>Walk-in Distribution Site</th>
<th>Hours</th>
</tr>
</thead>
</table>
| Bellevue  | First Congregational Church of Bellevue  
(425) 454-5001 
11061 NE 2nd 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 148th Avenue SE 
Bellevue, WA 98007 | Monday-Friday:  
12:30-2:30 PM |
|           | St. Margaret’s Episcopal Church  
(425) 796-6650 
4228 128th Avenue SE 
Bellevue, WA 98007 | Monday-Friday:  
9:00 AM-4:00 PM |
| Bothell   | Inglewood Presbyterian Church  
(425) 823-9334 
7718 NE 141st Street 
Bothell, WA 98011 | Monday-Thursday:  
9:00 AM-2:00 PM |
| Kirkland  | Kirkland Congregational Church  
(425) 822-3811 
106 5th Avenue 
Kirkland, WA 98033 | Monday-Wednesday & Friday:  
9:00 AM-Noon |
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](http://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](http://www.fullcircle.com)

**SAFEWAY**
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](http://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](http://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](http://www.wholefoodsmarket.com/service/order-groceries-delivery)

Food & Meal Programs

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](http://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](http://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](http://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](http://www.healthychefcreations.com)
1-866-575-2433

The web version of this guide is updated regularly and can be found at [www.kirklandwa.gov](http://www.kirklandwa.gov)
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
Food & Meal Programs

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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Market</th>
<th>Days and Times</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td><strong>Crossroads Farmers Market:</strong> Noon-6:30 PM, June-early October</td>
<td>15600 NE 8th Street, Bellevue, WA</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td><strong>Kirkland Wednesday Market:</strong> 2:00-7:00 PM, June-September</td>
<td>25 Lakeshore Plaza Drive, Kirkland, WA</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Sammamish Farmers Market:</strong> 4:00-8:00 PM, mid May-mid September</td>
<td>801 228th Avenue SE, Sammamish, WA</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td><strong>Bellevue Farmers Market:</strong> 3:00-7:00 PM, mid May-October</td>
<td>1717 Bellevue Way NE, Bellevue, WA</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Duvall Farmers Market:</strong> 3:00-7:00 PM, May-Mid October</td>
<td>Brown Avenue between NE Richardson and NE Ring, Duvall, WA</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>North Bend Farmers Market:</strong> 4:00-8:00 PM, June-early September</td>
<td>400 SE Orchard Drive, North Bend, WA</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td><strong>Juanita Friday Market:</strong> 3:00 PM-7:00 PM, June-September</td>
<td>9703 NE Juanita Drive, Kirkland, WA</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td><strong>Issaquah Farmers Market:</strong> 9:00 AM-2:00 PM, May-September</td>
<td>1730 10th Avenue NW, Issaquah, WA</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Redmond Saturday Market:</strong> 9:00 AM-3:00 PM, May-October</td>
<td>7730 Leary Way NE, Redmond, WA</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Woodinville Farmers Market:</strong> 10:00 AM-4:00 PM, May-September</td>
<td>13680 NE 175th Street, Woodinville, WA</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td><strong>Mercer Island Farmers Market:</strong> 10:00 AM-3:00 PM, June-September</td>
<td>7700 SE 32rd Street, Mercer Island, WA</td>
<td></td>
</tr>
</tbody>
</table>
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.
(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.
(425) 746-1400
1215 145th Place SE
Bellevue, WA 98007
Government Programs

This section contains information on state and federal benefit programs

<table>
<thead>
<tr>
<th>Eligibility &amp; Guidance</th>
<th>Washington Apple Health (formerly Medicaid)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NATIONAL ASIAN PACIFIC CENTER ON AGING (NAPCA)</td>
<td>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.</td>
</tr>
<tr>
<td>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. <a href="http://www.napca.org">www.napca.org</a></td>
<td>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.</td>
</tr>
<tr>
<td>Seattle Office: (206) 624-1221 1511 3rd Avenue, Suite 914 Seattle, WA 98101</td>
<td>The following offices can answer questions regarding eligibility and program benefits.</td>
</tr>
<tr>
<td>Toll-free HelpLine:</td>
<td>DEPARTMENT OF SOCIAL &amp; HEALTH SERVICES (DSHS)</td>
</tr>
<tr>
<td>Chinese: 1-800-582-4218</td>
<td>The DSHS Customer Service Center can help existing Medicaid/WAH clients with general questions. <a href="http://www.dshs.wa.gov">www.dshs.wa.gov</a> 1-800-562-3022</td>
</tr>
<tr>
<td>English: 1-800-336-2722</td>
<td>DSHS AGING &amp; LONG-TERM SUPPORT ADMINISTRATION</td>
</tr>
<tr>
<td>Korean: 1-800-582-4259</td>
<td>Provides information on Medicaid/WAH and other services for older adults and individuals with disabilities. <a href="http://www.dshs.wa.gov/altsa">www.dshs.wa.gov/altsa</a> (360) 725-2300</td>
</tr>
<tr>
<td>Vietnamese: 1-800-582-4336</td>
<td><a href="http://www.napca.org">www.napca.org</a> Seattle Office: (206) 624-1221 1511 3rd Avenue, Suite 914 Seattle, WA 98101</td>
</tr>
<tr>
<td><a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a></td>
<td>NATIONAL COUNCIL ON AGING: BENEFITS CHECKUP</td>
</tr>
<tr>
<td>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 &amp; tax services, medications, utilities, and transportation. <a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a></td>
<td><a href="http://www.washingtonlawhelp.org">www.washingtonlawhelp.org</a></td>
</tr>
<tr>
<td>WASHINGTON LAW HELP</td>
<td>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. <a href="http://www.washingtonlawhelp.org">www.washingtonlawhelp.org</a></td>
</tr>
</tbody>
</table>
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

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 other childcare benefits.
www.dshs.wa.gov
1-877-980-9220
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/red-
mond
(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&x-
sер=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.drtomseal.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

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

The web version of this guide is updated regularly and can be found at www.kirklandwa.gov
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.hsdc.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

KLINGEALLAND 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.snoqualmievahospital.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
- Coughing or vomiting blood
- Deep cut
- Numbness in the face or limbs
- Shortness of breath/difficulty breathing
- Significant broken bone
- Sudden change in vision
- Sudden dizziness
- Sudden or severe pain
- Sudden, severe headache (not migraine)
- Sudden weakness
- 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
- Abscess
- Earache, headache, or sore throat that has reached a point where you need to be seen sooner rather than later
- Minor burns
- Minor broken bones
- 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
- Boil
- Chronic Pain
- Coughs and Colds
- Dental Pain
- Earache
- Fevers
- Muscle strain
- Sore throat
- 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

NORTHSORE 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.drtomseal.com](http://www.drtomseal.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](http://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

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**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/](http://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/](http://www.overlakehospital.org/services/senior-care/health-clinic/)

(425) 688-5234

1750 112th Avenue NE, Suite A101

Bellevue, WA 98004
### 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.

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

*Continued on next page*
### Urgent Care & Walk-in Clinics continued:

<table>
<thead>
<tr>
<th>Location</th>
<th>Clinic Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Redmond</td>
<td>EVERGREENHEALTH PRIMARY &amp; URGENT CARE</td>
<td>8301 161st Avenue NE, Suite 105 Redmond, WA 98052</td>
<td>(425) 883-3333</td>
</tr>
<tr>
<td></td>
<td>OVERLAKE MEDICAL CLINICS REDMOND</td>
<td>17209 Redmond Way Redmond, WA 98052</td>
<td>(425) 635-6400</td>
</tr>
<tr>
<td></td>
<td>SWEDISH REDMOND</td>
<td>18100 NE Union Hill Road Redmond, WA 98052</td>
<td>(425) 498-2165</td>
</tr>
<tr>
<td></td>
<td>US HEALTHWORKS MEDICAL GROUP</td>
<td>16690 Redmond Way Redmond, WA 98052</td>
<td>(425) 882-0100</td>
</tr>
<tr>
<td>Snoqualmie Valley</td>
<td>MEADOWBROOK CLINIC URGENT CARE</td>
<td>209 Main Street S, Suite 115 North Bend, WA 98045</td>
<td>(425) 831-0777</td>
</tr>
<tr>
<td></td>
<td>SNOQUALMIE VALLEY HOSPITAL</td>
<td>9801 Frontier Avenue SE Snoqualmie, WA 98065</td>
<td>(425) 831-2300</td>
</tr>
<tr>
<td>Woodinville</td>
<td>EVERGREENHEALTH URGENT CARE</td>
<td>16916 140th Avenue NE Woodinville, WA 98072</td>
<td>(425) 488-2273</td>
</tr>
</tbody>
</table>
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](http://www.sightconnection.com)

(206) 525-5556
or 1-800-458-4888
9709 3rd Avenue NE, Suite 100
Seattle, WA 98115

**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](http://www.wtbbl.org)
(206) 615-0400
or 1-800-542-0866
TTY: (206) 615-0418
2021 9th Avenue
Seattle, WA 98121

**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](http://www.dsb.wa.gov)
206-906-5500
3411 S Alaska Street
Seattle, WA 98118
# 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](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.valleysterling.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 recovery 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. There 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

The web version of this guide is updated regularly and can be found at www.kirklandwa.gov
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 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 ASSOCIATION CAFÉS
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 cafés 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 NORTHSHORE 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

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
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.oldfriendsclub.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

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.momentiaseattle.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.northshoreseniorkcenter.org
(425) 286-1035
10201 E Riverside Drive
Bothell, WA 98011

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

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
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

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)

NORTHSORE 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](http://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](http://www.overlakehospital.org)

(425) 688-5700
1750 112th Ave NE, Suite A-101
Bellevue, WA 98004

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**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](http://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](http://www.lcsnw.org)

(206) 694-5700
115 NE 100th Street, Suite 200
Seattle, WA 98125

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**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](http://www.pearlsprogram.org)

(425) 286-1035

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**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](http://www.fmaware.org)

### 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](http://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
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

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

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

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

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

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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](http://www.overlakehospital.org)

(425) 688-5900
Outpatient Rehabilitation Services
1417 116th Avenue NE, Suite 110
Bellevue, WA 98004

**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

**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

**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](http://www.mda.org)

(206) 283-2183
701 Dexter Avenue N, Suite 106
Seattle, WA 98109

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44  ◆ = Emergency Assistance Provider  ○ = Membership Requirement  ■ = For-profit company
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

NORTHSORE 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
**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](http://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](http://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](http://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](http://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**
www.brookdale.com
(425) 247-1243
7221 NE 182nd Street
Kenmore, WA 98028

**BROOKDALE KIRKLAND**
Assisted living and continuing care. Does not accept Medicaid.
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.
www.brookdale.com
(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
Housing

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

www.holidaytouch.com/our-communities/the-garden-club
(425) 947-5811
13350 SE 26th Street
Bellevue, WA 98005

The web version of this guide is updated regularly and can be found at www.kirklandwa.gov
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.thelodgeteagleridge.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/Mer- cer_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.
(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.timberridgeelcs.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
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.aging safely.com
(425) 402-9118
24227 Crystal Lake Place
Woodinville, WA 98077

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.reti rementdownsizing.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
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

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

**Skilled Nursing**

**Bothell Healthcare**
Skilled nursing, short- and long-term rehabilitation, Alzheimer’s & dementia care.
[www.bothellhealthcare.com](http://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.
(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](http://www.issaquahnursing.com)
(425) 392-1271
805 Front Street S
Issaquah, WA 98027

**Klin on Health Care Center**
Long-term skilled nursing, transitional care & rehabilitation services. Has language assistance in English, Cantonese, Mandarin, Toishanese, and Vietnamese.
[www.kinegalland.org](http://www.kinegalland.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](http://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](http://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](http://www.missionhealthcare.com)
(425) 897-8800
2424 156th Avenue NE
Bellevue, WA 98007

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

**Skilled Nursing**

**Bothell Healthcare**
Skilled nursing, short- and long-term rehabilitation, Alzheimer’s & dementia care.
[www.bothellhealthcare.com](http://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.
(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](http://www.issaquahnursing.com)
(425) 392-1271
805 Front Street S
Issaquah, WA 98027

**Klin on Health Care Center**
Long-term skilled nursing, transitional care & rehabilitation services. Has language assistance in English, Cantonese, Mandarin, Toishanese, and Vietnamese.
[www.kinegalland.org](http://www.kinegalland.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](http://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](http://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](http://www.missionhealthcare.com)
(425) 897-8800
2424 156th Avenue NE
Bellevue, WA 98007

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**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](http://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](http://www.sophiaway.org)
(425) 463-6285

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The web version of this guide is updated regularly and can be found at [www.kirklandwa.gov](http://www.kirklandwa.gov)
**Housing**

**PROVIDENCE MARIANWOOD**  
Long-term skilled nursing, transitional care & rehabilitation services, and Alzheimer’s & dementia care.  
(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](http://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](http://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](http://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](http://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](http://www.talbothealthandrehab.com)  
(425) 226-7500  
4430 Talbot Road S  
Renton, WA 98055

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**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
<table>
<thead>
<tr>
<th>Housing</th>
<th>Landmark</th>
<th>Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>(425) 746-4823</td>
<td>16330 NE 11th Street Bellevue, WA 98008</td>
</tr>
<tr>
<td>Hidden Village</td>
<td>Newport</td>
<td>Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.</td>
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<tr>
<td></td>
<td>(206) 315-4380</td>
<td>12646 SE 42nd Street Bellevue, WA 98006</td>
</tr>
<tr>
<td>Juanita Court</td>
<td>Newporter</td>
<td>Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.</td>
</tr>
<tr>
<td></td>
<td>(425) 747-3011</td>
<td>5900 119th Avenue SE Bellevue, WA 98006</td>
</tr>
<tr>
<td>Kirkland Place</td>
<td>Northlake House</td>
<td>Open to adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.</td>
</tr>
<tr>
<td></td>
<td>(206) 574-1143</td>
<td>18219 96th Avenue NE Bothell, WA 98011</td>
</tr>
<tr>
<td>Kirkwood Terrace</td>
<td>Park Royal</td>
<td>Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.</td>
</tr>
<tr>
<td></td>
<td>(206) 574-1141</td>
<td>13137 107th Place NE Kirkland, WA 98034</td>
</tr>
<tr>
<td>Forest Grove</td>
<td>Patricia Harris Manor</td>
<td>Open to adults age 55 or greater. Does not accept Section 8 vouchers.</td>
</tr>
<tr>
<td>Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.</td>
<td>(425) 881-5619</td>
<td>16304 NE 81st Street Redmond, WA 98052</td>
</tr>
<tr>
<td>(206) 574-1142</td>
<td>8350 167th Avenue NE Redmond, WA 98052</td>
<td>Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.</td>
</tr>
<tr>
<td>(206) 315-4380</td>
<td>14508 SE 24th Street Bellevue, WA 98007</td>
<td>Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.</td>
</tr>
<tr>
<td>(206) 574-1143</td>
<td>9926 NE 126th Street Kirkland, WA 98034</td>
<td>Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.</td>
</tr>
<tr>
<td>(206) 574-1142</td>
<td>13137 107th Place NE Kirkland, WA 98034</td>
<td>Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.</td>
</tr>
<tr>
<td>(206) 574-1141</td>
<td>419-421 7th Avenue Kirkland, WA 98033</td>
<td>Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.</td>
</tr>
<tr>
<td>(206) 574-1141</td>
<td>11925 NE 81st Circle Kirkland, WA 98033</td>
<td>Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.</td>
</tr>
</tbody>
</table>
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](http://www.fulllifecare.org)
- (206) 224-3768

**JEWSH FAMILY SERVICE CARE MANAGEMENT**

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

- [www.jfsseattle.org](http://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](http://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](http://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](http://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](http://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.safetylinemedicalalerts.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
In-Home Services

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

**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
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.
www.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.4signaturesservice.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
(206) 282-1900
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 wheelchair 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](http://www.hcaw.org)

(425) 775-8120

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**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](http://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](http://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](http://www.partners-in-care.org)

(206) 525-2729

Email: info@partners-in-care.org

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**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](http://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](http://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.

[Web link: 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.

[Web link: 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.

[Web link: 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.

[Web link: 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.eastafricancs.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 1-800-676-6699
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

JEWSH 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](http://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

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

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

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
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](http://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](http://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](http://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

## 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.


(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.herokuapphouse.org](http://www.herokuapphouse.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](http://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.easterneuropeanacounseling.org
Email: info@easterneuropeanacounseling.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

WELSPRING 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
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

<table>
<thead>
<tr>
<th>Consumer Protection &amp; Fraud Prevention</th>
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<tbody>
<tr>
<td>Consumer protection and fraud prevention resources are listed in the Legal section on page 76.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Personal Financial Guidance</th>
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<tbody>
<tr>
<td>CONSUMER FINANCIAL PROTECTION BUREAU</td>
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<tr>
<td>Free financial information and resource guides specifically for older adults.</td>
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<tr>
<td><a href="http://www.consumerfinance.gov/older-americans">www.consumerfinance.gov/older-americans</a></td>
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<tr>
<td>1-855-411-2372</td>
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<table>
<thead>
<tr>
<th>HOPELINK FINANCIAL COACHING</th>
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<tbody>
<tr>
<td>Hopelink offers free, one-on-one, confidential financial coaching services. Sessions are available by appointment and there is no income requirement to participate.</td>
</tr>
<tr>
<td><a href="http://www.hope-link.org">www.hope-link.org</a></td>
</tr>
<tr>
<td>(425) 250-3003</td>
</tr>
<tr>
<td>Contact: Donna O’Connor</td>
</tr>
<tr>
<td>Email: <a href="mailto:doconnor@hope-link.org">doconnor@hope-link.org</a></td>
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<tr>
<th>HOPELINK MONEY SMART FINANCIAL EDUCATION CLASSES</th>
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<tr>
<td>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.</td>
</tr>
<tr>
<td><a href="http://www.hope-link.org">www.hope-link.org</a></td>
</tr>
<tr>
<td>(425) 250-3003</td>
</tr>
<tr>
<td>Contact: Donna O’Connor</td>
</tr>
<tr>
<td>Email: <a href="mailto:doconnor@hope-link.org">doconnor@hope-link.org</a></td>
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<tr>
<th>NORTSHORE SENIOR CENTER</th>
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<tr>
<td>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.</td>
</tr>
<tr>
<td><a href="http://www.northshoreseniortcenter.org">www.northshoreseniortcenter.org</a></td>
</tr>
<tr>
<td>(425) 487-2441</td>
</tr>
<tr>
<td>10201 E Riverside Drive</td>
</tr>
<tr>
<td>Bothell, WA 98011</td>
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</tbody>
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<table>
<thead>
<tr>
<th>SENIOR MONEY PROJECT</th>
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</thead>
<tbody>
<tr>
<td>Offers free educational videos, online resources, and in-person presentations for older adults. Topics include equity &amp; reverse mortgages, scams, estate planning, budgeting, retirement &amp; investing, Social Security, Medicare &amp; Medicaid, and more.</td>
</tr>
<tr>
<td><a href="http://www.seniormoneyproject.org">www.seniormoneyproject.org</a></td>
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</tbody>
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<tr>
<th>Tax Assistance</th>
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</thead>
<tbody>
<tr>
<td>AARP TAX-AIDE</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td><a href="http://www.aarp.org/money/taxes/aarp_taxaide">www.aarp.org/money/taxes/aarp_taxaide</a></td>
</tr>
<tr>
<td>1-888-687-2277</td>
</tr>
<tr>
<td>Email: <a href="mailto:taxaide@aarp.org">taxaide@aarp.org</a></td>
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<tr>
<th>UNITED WAY FREE TAX PREPARATION</th>
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<tbody>
<tr>
<td>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.</td>
</tr>
<tr>
<td><a href="http://www.uwkc.org">www.uwkc.org</a></td>
</tr>
<tr>
<td>(206) 461-3700</td>
</tr>
</tbody>
</table>
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/Administra tion/BudgetAndFinance/UtilityBilling.ashx?p=1300
(425) 806-6881

City of Carnation
www.carnationwa.gov
(425) 333-4192

City of Duvall
(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_Ad ministration/communityservices/Utility_Billing.htm
(425) 587-3150

City of Mercer Island
www.mercergov.org/Page.asp?NavID=2414
(206) 275-7783

City of North Bend
(425) 888-7633

City of Redmond
(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
(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
### 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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.eastsidevetaassocites.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.svpetfoodbank.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.
Recreation & Socialization

This section provides information on community and senior centers, educational programs, exercise options, volunteer opportunities and more.

<table>
<thead>
<tr>
<th>Educational Programs</th>
<th>Exercise &amp; Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>KING COUNTY LIBRARY SYSTEM WISDOM CAFES</strong></td>
<td>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.</td>
</tr>
<tr>
<td>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. <a href="http://www.kcls.org/50plus">www.kcls.org/50plus</a></td>
<td></td>
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<tr>
<td><strong>North Bend Library</strong></td>
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<tr>
<td>(425) 888-0554</td>
<td></td>
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<tr>
<td>115 E 4th Street</td>
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</tr>
<tr>
<td>North Bend, WA 98045</td>
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<tr>
<td><strong>Redmond Regional Library</strong></td>
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<tr>
<td>(425) 885-1861</td>
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<tr>
<td>15990 NE 85th Street</td>
<td></td>
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<tr>
<td>Redmond, WA 98052</td>
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<tr>
<td><strong>TELOS EDUCATIONAL PROGRAM</strong></td>
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<tr>
<td>Non-graded, non-credit courses for older adults offered throughout the year by Bellevue College. <a href="http://www.bellevuecollege.edu/ce/retiree-programs/">www.bellevuecollege.edu/ce/retiree-programs/</a></td>
<td></td>
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<tr>
<td>(425) 564-4400</td>
<td></td>
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<tr>
<td>3000 Landerholm Circle SE</td>
<td></td>
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<tr>
<td>Bellevue, WA 98007</td>
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<tr>
<td><strong>BELLEVUE AQUATIC CENTER</strong></td>
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<tr>
<td><a href="http://www.ci.bellevue.wa.us/aquatic_center.htm">www.ci.bellevue.wa.us/aquatic_center.htm</a></td>
<td></td>
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<tr>
<td>(425) 452-4444</td>
<td></td>
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<tr>
<td>601 143rd Avenue NE</td>
<td></td>
</tr>
<tr>
<td>Bellevue, WA 98007</td>
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<tr>
<td><strong>BELLEVUE FAMILY YMCA</strong></td>
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<tr>
<td>Offers fitness programs tailored for older adults. <a href="http://www.seattleymca.org">www.seattleymca.org</a></td>
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<tr>
<td>(425) 746-9900</td>
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<tr>
<td>14230 Bel-Red Road</td>
<td></td>
</tr>
<tr>
<td>Bellevue, WA 98007</td>
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</tr>
<tr>
<td><strong>BELLEVUE SQUARE WALK FOR LIFE</strong></td>
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<tr>
<td>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. <a href="http://www.bellevuesquare.com/WalkForLife.php">www.bellevuesquare.com/WalkForLife.php</a></td>
<td></td>
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<tr>
<td>(425) 688-5259</td>
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<tr>
<td>575 Bellevue Square</td>
<td></td>
</tr>
<tr>
<td>Bellevue, WA 98004</td>
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<tr>
<td><strong>COAL CREEK FAMILY YMCA</strong></td>
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<tr>
<td>Offers fitness programs tailored for order adults. <a href="http://www.seattleymca.org">www.seattleymca.org</a></td>
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<tr>
<td>(425) 282-1500</td>
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<tr>
<td>13750 Newcastle Golf Club Road</td>
<td></td>
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<tr>
<td>Newcastle, WA 98059</td>
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</tbody>
</table>
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 Street
Mercer Island, WA 98040

NORTHSORE YMCA ●
Offers fitness programs tailored for older adults.
www.seattleymca.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.seattleymca.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 Bellettini
(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.elcentrodelaraza.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@mcrcseattle.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&pagId=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

= Emergency Assistance Provider     = Membership Requirement     = For-profit company
Recreation & Socialization

**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](http://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](http://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](http://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](http://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](http://www.ccsww.org)
(206) 328-5696

**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](http://www.aarp.org)
1-866-227-7457
9750 3rd Avenue NE #450
Seattle, WA 98115

**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.
(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](http://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](http://www.unitedindians.org)
(206) 285-4425
9010 13th Avenue NW
Seattle WA 98117
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
REGIONAL ANIMAL SERVICE OF KING COUNTY (RASKC)
Volunteers are needed to walk dogs, play with cats, and foster pets.
(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.
(206) 268-6762

UNITED WAY VOLUNTEER CENTER
Volunteer with various United Way projects.
www.uwkc.org/volunteer/
(206) 461-3700

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

Learn about more volunteer opportunities by attending Kirkland Senior Council’s Annual Viva Volunteers Fair!
Transportation

This section provides information on driving, public transportation, volunteer transportation programs, and related services

<table>
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<tr>
<th>Cabulance Services</th>
<th>Free or Low Cost Transportation</th>
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<tr>
<td>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. <strong>EASY ACCESS MEDICAL TRANSPORTATION</strong> Cabulance services based in Bellevue. <a href="http://www.easyaccessride.com">www.easyaccessride.com</a> (425) 378-0600 <strong>PUGET SOUND CABULANCE</strong> Cabulance services available 24/7. Also available for non-medical transport. <a href="http://www.pugetsoundcabulance.com">www.pugetsoundcabulance.com</a> (206) 660-2892</td>
<td><strong>AMERICAN CANCER SOCIETY</strong> 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 <a href="http://www.cancer.org">www.cancer.org</a> <strong>CATHOLIC COMMUNITY SERVICES VOLUNTEER TRANSPORTATION</strong> 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. <a href="http://www.ccsww.org">www.ccsww.org</a> 1-888-649-6850 <strong>EASTSIDE FRIENDS OF SENIORS</strong> 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. <a href="http://www.eastsidefriendsofseniors.org">www.eastsidefriendsofseniors.org</a> (425) 369-9120 1121 228th Avenue SE Sammamish, WA 98075</td>
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<tr>
<th>Driver Safety</th>
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<td><strong>AARP 55 ALIVE DRIVING COURSE</strong> 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. <strong>Peter Kirk Community Center</strong> (487) 587-3360 352 Kirkland Avenue Kirkland, WA 98033</td>
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* = Emergency Assistance Provider  ● = Membership Requirement  ●= For-profit company
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

NORTHSOKE 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

**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

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.tripplanner.kingcounty.gov  
Phone assistance: (206) 553-3000

**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

**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

**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

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.tripplanner.kingcounty.gov  
Phone assistance: (206) 553-3000
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

Transportation

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.
  - Website: [www.legion.org](http://www.legion.org)
  - Phone: 1-800-433-3318
  - Redmond Post 161
    - Website: [www.post161.org](http://www.post161.org)
    - Address: 4330 148th Avenue NE, Redmond, WA 98052
  - Bothell Post 127
    - Website: [www.bothell legion.org](http://www.bothell legion.org)
    - Phone: (425) 483-5599
    - Address: 21920 State Route 9, Woodinville, WA 98072

## Compass Housing Veterans Programs ♦
- Compass Housing offers permanent and transitional housing for veterans (individuals, couples and families) earning up to 60% Area Median Income.
  - Website: [www.compasscenter.org](http://www.compasscenter.org)
  - Renton Facility
    - Phone: (206) 474-1910
  - Shoreline Facility
    - Phone: (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.
  - Website: [www.kingcounty.gov](http://www.kingcounty.gov)
  - Phone: (206) 296-7656
  - Seattle
    - Address: 2124 4th Avenue, Fourth Floor, Seattle, WA 98121
  - Redmond
    - WorkSource Redmond
      - Phone: (425) 483-5599
      - Address: 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.
  - Website: [www.pugetsound.va.gov/locations](http://www.pugetsound.va.gov/locations)
  - Phone: (425) 214-1055
  - Address: 13033 Bel-Red Road, Suite 210, Bellevue, WA 98005

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Shebi = Emergency Assistance Provider  ● = Membership Requirement  ■ = For-profit company
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

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

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
Index

2-1-1: King County 6, 72
5-1-1: Washington Travel Information & Road Warnings 6
501 Commons Service Corps 95

A

AARP (American Association of Retired Persons) 74, 95
  55 Alive Driving Course 98
  Fraud Watch Network 76
  Tax-Aide 86
A Helping Hand 66
A Matter of Balance 47
A Place for Mom 55
A Regional Coalition for Housing (ARCH) 48
Adaptive Installations 68
Adra P. Berry Memorial Food Bank 10
Adult Care Pro 55
Adult Care Solutions 55
AdultDayCare.org 3
Adult Day Care 2
Adult Day Health 2
Adult Family Homes 48
Adult Protective Services (APS) 76
Advance Directive 75
Aegis Lodge of Kirkland 49
Aegis of Bellevue 49
Aegis of Issaquah 49
Aegis of Kirkland 49
Aegis of Marymoor 49
Aegis of Redmond 50
African American Elders Program 72
Aging Safely 55
Alano Club 34
Alcohol & Drug Help Line 34
Alcoholics Anonymous (AA)
  Ageless in Recovery 34
  Eastside Intergroup 34
Aljoya Mercer Island 50
Allcare Bellevue 28
Alliance Nursing 67
Alpine Management Services, Inc. 101
ALS Association, Evergreen Chapter 38
ALS Caregiver Support Group 38
Always Best Care 56
Alzheimer’s Association of Washington 36
  El Portal Del Noroeste Project 36
  LGBT Caregiver Support Group 36
  Safe Return Program 65
Alzheimer’s Cafes 36
Amazon Fresh 13
American Cancer Society 38, 98
American Cremation & Casket Alliance 16
American Diabetes Association 40
American Heart Association 42
The American Legion 102
American Lung Association of Washington 44
American Parkinson Disease Association (APDA) Washington Chapter 45, 70
American Red Cross 6
  Emergency Contact Cards 65
American Stroke Association 46
Amicable Health Care 66
AndelCare 66
Andrew’s Arms 59
Andrew’s Glen 59
Andrew’s Heights 59
Apria Healthcare 28
AptFinder.org 48
Area Agency on Aging for Seattle & King County 95
Arthritis Foundation, Washington Chapter 38
  Aquatic Program 38
Ashwood Court 50
Asian Counseling & Referral Service (ACRS) 72, 83
Assisted Living Communities 49
Attain Housing Community Supper 8
Avondale Manor 60

B

Barton Family Funeral Service 16
Bedford Group Home 50
The Belletini 50
Bellevue Aquatic Center 90
Bellevue/Bel-Red Driver Licensing Office 100
Bellevue Family YMCA 90
Bellevue Healthcare 28
Bellevue Home Repair Program 68
Bellevue LifeSpring 4
Bellevue Manor 60
Bellevue Network on Aging 95
Bellevue Square Walk for Life 90
Bellevue Valor Community-Based Outpatient Clinic (CBOC) 102
Bellewood Retirement 50
Bel Red Auto License, Inc. 101
Benevia 49
Better Breathers Support Group 44
Bonney-Watson Funeral Planning 16
Bothell Healthcare 5
Brain Fitness Club at Northshore Senior Center 36
Brain Injury Alliance Washington (BIAWA) 42
Brandenwood 50
Briarwood Health Center at Timber Ridge 57
Bridge Ministries Mobility Program 28
Brookdale Bellevue 50
Brookdale Kenmore  50
Brookdale Kirkland  50
Brookdale Renton  50
Brookhaven Group Home  50

C

Cambridge Court  50
Cancer Lifeline  38
Cancercare  38
Cancer Pathways  39
Capability Home Care  66
CaptionCall  23
CareAge  67
CareForce  66
Care Patrol  56
Casa Juanita  60
Cascade Behavioral Health  84
Cascade Memorial  16
Catholic Community Services of Western Washington (CCSWW)  4
   Home Care  66
   Legal Action Center  80
   Volunteer Chore Services  64, 95
   Volunteer Transportation  98
Catholic Housing Services (CHS)  58
Cedar Lawns Funeral Home & Memorial Park  17
Cedarwood  60
Chalet Apartments  59
Champion House  51
Change is Afoot  56
Chapel of the Resurrection  17
Chateau at Bothell Landing  51
Chelsea Group Home  51
Chicken Soup Brigade  13
Chinese Information & Service Center (CISC)  72
   Cultural Navigators  72
Choice Advisory Services  56
Chris Elliott Fund  39
Circle of Friends  2
City of Bellevue Home Repair Program  68
City Utility Rate Discount Programs  87
Coal Creek Family YMCA  90
College Place  60
Community Living Connections  41, 73
Compass Housing Veterans Programs  102
Companion Care  66
The Composed Domain  54
Concierge Vet Services  89
Congregations for the Homeless  57
Connecting with Your Government  21
Consejo Counseling & Referral Service  83
   Substance Use Disorder Program  34
Conservatorship/Guardianship  75
Consumer Financial Protection Bureau  86
Continuing Care Living Communities  49
Coordinated Legal Education, Advice & Referral System for Seniors (CLEAR*SR)  80
COPES  3
Covenant Shores  51
The Creekside  51
Cremation Society Northwest  17
Crime Victims Compensation Program  78
Crisis Clinic  84
   Respite Care Services  70

D

Department of Licensing  100
Department of Social & Health Services (DSHS)  3, 18, 73
   Aging & Long-Term Support Administration  18, 48
   The Answer Phone  19
   COPES  3
   Eastside Community Service Office  19
   Home & Community Services  19, 48
   Residential Care Services Complaint Resolution Unit  78
   Road to Community Living  3
Department of Veterans Affairs  20, 103
Diabetes/Pre-diabetes Education & Support Group  40
Disability Rights Washington  74
Domestic Violence  78, 83
Dr. Tom Seal Mobile Dentistry  22, 29
Durable Power of Attorney for Finances  75
Duvall Caregiver Support Group  36

E

East African Community Services  73
East County Senior Center  9
Eastern European Counseling Center (EECC)  83
Eastgate Public Health Center  22
Eastridge House  60
Eastside Audiology  23
Eastside Auto Licensing  101
Eastside Friends of Seniors  64, 96, 98
Eastside Legal Assistance Program (ELAP)  80
Eastside Stroke Support Group  46
Eastside Terrace  60
Eastside Veterinary Associates  89
Easy Access Medical Transportation  98
Elbert House  58
El Centro De La Raza  92
Elder Abuse  79
Elder & Adult Day Services  2
Elder Options ResponseLink  65
Index

Elderwise 2
Ellsworth House 59
Emerald Heights 51
Emergency Feeding Program 12
Emergency Preparedness Tips 7
Emma McRedmond Manor 58
EnhanceFitness 47, 91
EnhanceWellness 47
Epilepsy Foundation Northwest 41
Evergreen Court 51
EvergreenHealth Medical Center 25
Community Healthcare Access Team (CHAT) 3, 73
Dance for Parkinson’s 45
Diabetes Education Services 41
Family Caregiver Support Services 82
Geriatric Care 29
Geriatric Regional Assessment Team (GRAT) 82, 84
Grief & Bereavement Services 16
Halvorson Cancer Center 39
Heart & Vascular Care 42
Home Health Services 67
Hospice Care 24
In-Home Mental Health 82
Monroe Hospital Psychiatric 84
Monroe Recovery Center 35
Multiple Sclerosis Center 44
Neurological Rehabilitation Classes 42
Nurse Navigator & Healthline 26
Palliative Care 24
Parkinson’s Care Center 45
Primary Care 31
Senior Health Specialty Clinic 29
Sleep Disorders Center 46
Speech Therapy 23
Stroke Services 46
Substance Abuse Services 35
Urgent Care 30, 31
Evergreen Place 51
Evergreen Speech & Hearing Clinic 23

F

Fairfax Behavioral Health 34
Partial Hospitalization Program 84
Fairwinds Brittany Park 51
Fairwinds Redmond 51
Fall City Community Food Pantry 8, 10
Fall Prevention 33
Family Resource 66
Farmers Markets 14
Federal Trade Commission: IdentityTheft.gov 76
Filipino Community of Seattle (FCS) 94
FindARide.org 100
Flintofts Funeral Home & Crematory 17
Forest Glen 60
Forest Grove 61
Foundation House at Bothell 51
Francis Village 59
Fresh & Ready Meals (FARM) 13
The Fresh Chef 13
Friend to Friend America 65, 96
Full Circle Farms 13
Full Life Care
Elderfriends 64, 96
Home Care 66
Funeral & Cremation Care 17

G

The Garden Club 51
The Gardens at Juanita Bay 52
The Gardens at Town Square 52
Gay City 73
Gencare Renton at the Lodge 52
Gentiva Home Health Care 68
Gentiva Hospice 25
Golden Hearth Resident 52
Greenway Moving & Delivery 54
Group Health Cooperative Hospice Program 25
Group Health Medical Center 30
Guardianship/Conservatorship 75
Gurudwara Sikh Centre of Seattle 8

H

Halcyon 52
Halvorson Cancer Center 39
Harborview Center for Sexual Assault & Traumatic Stress 78
HealthPoint Bothell 22
HealthPoint Redmond 22
Healthy Chef Creations 13
Hearing Loss Association of Washington (HLA-WA) 24
Hearing Specialty Center 23
Hearing, Speech, and Deafness Center 24
Hepatitis Education Project (HEP) 43
Hero House 82
Heron Landing 52
Hidden Village 60
Highland Community Center 92
HIV/AIDS Newly Diagnosed & Newly Dealing Support Group 43
HIV/STD Hotline 43
<table>
<thead>
<tr>
<th>Index</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hoarding 54</td>
</tr>
<tr>
<td>Home Bistro 14</td>
</tr>
<tr>
<td>Home Care Association of Washington 70</td>
</tr>
<tr>
<td>Home Care Referral Registry of Washington State 67</td>
</tr>
<tr>
<td>Home Instead 66</td>
</tr>
<tr>
<td>Home Pet Vet 89</td>
</tr>
<tr>
<td>Homeward Pet Adoption Center 88</td>
</tr>
<tr>
<td>Hopelink 4, 89, 96</td>
</tr>
<tr>
<td>Dial-A-Ride Transportation 99</td>
</tr>
<tr>
<td>Energy Assistance 87</td>
</tr>
<tr>
<td>Financial Coaching 86</td>
</tr>
<tr>
<td>Food Banks 10</td>
</tr>
<tr>
<td>GAPS Program 96, 100</td>
</tr>
<tr>
<td>Medicaid Medical Transportation 99</td>
</tr>
<tr>
<td>Money Smart Financial Education Classes 86</td>
</tr>
<tr>
<td>Hospice Education Institute 25</td>
</tr>
<tr>
<td>Hospice Foundation of America 25</td>
</tr>
<tr>
<td>Hospitals 25</td>
</tr>
<tr>
<td>Housing Terms to Know 63</td>
</tr>
<tr>
<td>HUD Housing for Seniors 59</td>
</tr>
<tr>
<td>Huntington’s Disease Society of America (HDSA)-Northwest Chapter 43</td>
</tr>
<tr>
<td>Hutchinson House 59</td>
</tr>
<tr>
<td>Hyde Shuttle 99</td>
</tr>
<tr>
<td>Imagine Housing 59</td>
</tr>
<tr>
<td>Immediate Clinic 30</td>
</tr>
<tr>
<td>Incontinence Treatment at Overlake Hospital 44</td>
</tr>
<tr>
<td>IdentityTheft.gov 76</td>
</tr>
<tr>
<td>Independent Living Communities 49</td>
</tr>
<tr>
<td>India Association of Western Washington (IAWW) 92</td>
</tr>
<tr>
<td>International Community Health Services Bellevue Clinic 22</td>
</tr>
<tr>
<td>International Drop-In Center 93</td>
</tr>
<tr>
<td>Island House 52</td>
</tr>
<tr>
<td>Issaquah Caregiver Support Group 37</td>
</tr>
<tr>
<td>Issaquah Food &amp; Clothing Bank 5, 10</td>
</tr>
<tr>
<td>Issaquah Gardens 59</td>
</tr>
<tr>
<td>Issaquah Meals 8</td>
</tr>
<tr>
<td>Issaquah Nursing &amp; Rehabilitation Center 57</td>
</tr>
<tr>
<td>Issaquah Valley Senior Center 9, 93</td>
</tr>
<tr>
<td>Jewish Family Service 5, 83</td>
</tr>
<tr>
<td>Care Management 64</td>
</tr>
<tr>
<td>Homecare Associates 66</td>
</tr>
<tr>
<td>Refugee &amp; Immigrant Service Center (RISC) 73</td>
</tr>
<tr>
<td>Juanita Aquatics Center 91</td>
</tr>
<tr>
<td>Juanita Court 61</td>
</tr>
<tr>
<td>Juanita Trace 61</td>
</tr>
<tr>
<td>Julius Boehm Pool 91</td>
</tr>
<tr>
<td>K</td>
</tr>
<tr>
<td>Kelsey Creek Group Home 52</td>
</tr>
<tr>
<td>Kenmore Senior Center 92</td>
</tr>
<tr>
<td>Kin On Health Care Center 57, 67</td>
</tr>
<tr>
<td>King Conservation District Soil Testing 68</td>
</tr>
<tr>
<td>King County Bar Association (KCBA)</td>
</tr>
<tr>
<td>Elder Law Clinic 78</td>
</tr>
<tr>
<td>Housing Justice Project 81</td>
</tr>
<tr>
<td>Lawyer Referral Service 81</td>
</tr>
<tr>
<td>Neighborhood Legal Clinics 81</td>
</tr>
<tr>
<td>King County</td>
</tr>
<tr>
<td>Chemical Dependency Involuntary Treatment 35</td>
</tr>
<tr>
<td>Crisis &amp; Commitment Services 84</td>
</tr>
<tr>
<td>Family Caregiver Support Program 40, 70</td>
</tr>
<tr>
<td>Flood Warning Information Line 6</td>
</tr>
<tr>
<td>Housing Repair Hotline 69</td>
</tr>
<tr>
<td>Mental Health, Chemical Abuse, and Dependency Services 35</td>
</tr>
<tr>
<td>Prosecuting Attorney 79</td>
</tr>
<tr>
<td>Senior Property Tax Exemption &amp; Deferral Program 87</td>
</tr>
<tr>
<td>Veterans Program 102</td>
</tr>
<tr>
<td>King County Housing Authority (KCHA) 60</td>
</tr>
<tr>
<td>Weatherization Program 69</td>
</tr>
<tr>
<td>King County Library System Wisdom Cafes 90</td>
</tr>
<tr>
<td>King County Public Health Communicable Disease Epidemiology &amp; Immunization Resources 44</td>
</tr>
<tr>
<td>Kirkland 24-hour Emergency Hotline 6</td>
</tr>
<tr>
<td>Kirkland Caregiver Support Group 37</td>
</tr>
<tr>
<td>Kirkland Place 61</td>
</tr>
<tr>
<td>Kirkland Plaza 59</td>
</tr>
<tr>
<td>Kirkland Senior Council 97</td>
</tr>
<tr>
<td>Kirkland Steppers 91</td>
</tr>
<tr>
<td>Kirkwood Terrace 61</td>
</tr>
<tr>
<td>Kitchen Door 14</td>
</tr>
<tr>
<td>Kline Galland Home 56</td>
</tr>
<tr>
<td>Home Care 67</td>
</tr>
<tr>
<td>Polack Adult Day Center 2</td>
</tr>
<tr>
<td>Kline Galland Hospice &amp; Palliative Care 25</td>
</tr>
<tr>
<td>Korean Women’s Association Home Care 67</td>
</tr>
<tr>
<td>L</td>
</tr>
<tr>
<td>Ladybug Moving Services &amp; Estate Sales 55</td>
</tr>
<tr>
<td>Lakeside Milam Recovery Centers 35</td>
</tr>
<tr>
<td>Lake Washington Institute of Technology Dental Clinic 23</td>
</tr>
<tr>
<td>Lake Washington United Methodist Church Meal 8</td>
</tr>
</tbody>
</table>
Index

Landmark 61
LeadingAge Washington 3
Legacy House 2
Life Care Center of Kirkland 57
Life Celebrations by Washelli 17
Lifelong AIDS Alliance 43
Lifespan Respite Washington 70
Lifewire 78
Lincare 28
Living Well After Stroke: Kirkland Support Group 46
Living Well with a Chronic Condition 40, 42
Living Well with Diabetes 41
Long-Term Care Ombudsman Program 74, 96
Lutheran Community Services Northwest 41

M
Madison House 52
Magic Kitchen 14
Martin Medical, Inc. 28
Mary Wayte Pool 91
Master Builders Association Ramp-A-Thon 69
Mature Friends 93
M.D. Medical Supplies 28
Meadowbrook Clinic Urgent Care 31
Meals on Wheels 14
Medicaid (Washington Apple Health) 20, 26
Medic-Alert Foundation 65
Medicare 19
Part A & B Claims 20
Memory Care Living Communities 49
MEOW Cat Rescue & Adoption 88
Mercer Island Care Giver Support Group 40
Mercer Island Community Center 93
Mercer Island Senior Adult Transportation Services 99
Mercer Island Senior Services 64
Mercer Island Youth and Family Services (MIYFS) 5
Food Pantry 11
Merrill Gardens at Kirkland 52
Merrill Gardens at Renton Centre 52
Metro Access Transportation 99
ADA Paratransit 101
Regional Reduced Fare Permit Program (RRFP) 101
Taxi Scrip Program 101
Transit Instruction Program 100
Trip Planner 100
Mine Hill 60
Mission Healthcare At Bellevue 57
Mobile Veterinary Services 89
Momentia 37

Mom’s Meals 14
Motivations Recovery Center 35
Motley Zoo Adoption & Doggy Day Care 88
Mountain Group Home 52
Mount Si Food Bank 11
Mount Si Senior Center 93
Moving Forward 55
Muscular Dystrophy Association 44
Muslim Association Of Puget Sound (MAPS) 17
Muslim Community Resource Center 93
Muslim Housing Services 5

N
Narcotics Anonymous (NA) 35
National Alliance for The Mentally Ill (NAMI) Eastside 82
National Asian Pacific Center On Aging (NAPCA) 18
National Cancer Institute Information Service 39
National Council on Aging Benefits Checkup 18
National Fibromyalgia Association 42
National Multiple Sclerosis Society, Seattle Chapter 44
Neptune Society 78
Newcastle Urgent Care 30
Newport 61
Newporter 61
Next Step Transitions 55
North Bellevue Community Center 9, 23, 93
North Bend Driver Licensing Office 100
Northlake House 61
Northshore Public Health Center 22
Northshore Senior Center 9, 28, 86, 89, 93
Adult Day Program 2
Family Caregiver Support Group 37
Home Repair 69
Parkinson’s Support Group 45
Prostate Cancer Support Group 39
Transportation 99
Northshore YMCA 91
Northwest ADA Center 26
Northwest Hospital Gero-Psychiatric Center 85
Northwest Justice Project 78
Northwest Lions Foundation 24
Nurturing Water Therapies 47, 91
NW Senior Living 56

O
Office of Crime Victims Advocacy 78
Older Women’s League of Seattle/King County 74
Old Friends Club 3, 37
On-Call Alert 65
Open Kitchen 10
Options for Seniors 56
Overlake Hospital Medical Center 25, 43
  Alzheimer’s Caregiver Support Group 37
  Cancer Resource Center & Navigator Program 39, 96
  Diabetes Education 41
  Incontinence 44
  Medical Clinics 43
  Physician Referral Line 26
  Psychiatric Day Hospital Program 85
  Senior Health Center 29
  Sleep Disorders Center 46
  Speech Pathology 24
  Stroke Recovery Support Group 46
  Urgent Care 30, 31
Overlake Terrace 3, 53

P
  Pacific Asian Empowerment Program (PAEP) 94
  Pacific Regent Bellevue 53
  Park Highland 53
  Park Royal 61
  Partners in Care 70, 80
  Patricia Harris Manor 61
  Patriots Glen 53
  PEARLS 41, 47, 85
  People’s Memorial Association 80
  People United For Pets 88
  Pet Licensing 89
  Peter Kirk Community Center 9, 94
    Van Transportation 99
  Peter Kirk Pool 91
  Peters Creek Retirement Community 53
  Philips Lifeline Northwest 65
  Pickering Court 62
  Plum Court 62
  Polio Outreach of Washington 45
  POLST Form 75
  Power of Attorney 75
  Preventing Elder Abuse 79
  Preventing Falls 33
  Preventing Fraud & Identity Theft 77
  Probate 75
  Professional Placement Services 56
  Providence Drug & Alcohol Addiction Treatment 35
  Providence Home Services 68
  Providence Hospice of Seattle 25
  Providence Marianwood 58
  Puget Sound Cabulance 98
  Puget Sound Christian Clinic (PSCC) 29
  Puget Sound Energy 6
  Puget Sound Labor Agency 69

R
  RampArts 69
  Rebuilding Together Eastside 69
  Recovery Center of King County 35
  Redmond Caregiver Support Group 37
  Redmond Care & Rehabilitation Center 58
  Redmond Heights Senior Living 53
  Redmond Parkinson’s Support Group 45
  Redmond Pool 91
  Redmond Senior Center 9, 94
    Van Transportation 100
  Red Oak Residence of North Bend 53
  Regency Newcastle 53
  Regency North Bend 58
  Regional Animal Service of King County (RASKC) 97
  Regional Public Information & Notification (RPIN) 6
  Renewal Food Bank 11
  Renton Public Health Center 22
  Renton Senior Activity Center 94
  Residence XII 36
  Retirement Living Communities 49
  Reunion at Redmond Ridge 53
  Right at Home 67
  The Right Place Senior Options 56
  Riverside East 53
  Riverside Landing 53
  Road Scholar 95
  Road to Community Living 3
  RSVP (Retired Senior Volunteer Program) 97

S
  Safetyline 65
  Safeway 13
  Sagebrook at Bellevue 53
  SAGE Olympia 74
  The Salvation Army 5, 10
  Samena Swim & Recreation Club 91
  Sammamish YMCA 91
  Sea Mar Community Health Center Bellevue Medical Clinic 22
  Seattle Cancer Care Alliance (SCCA) 39
  Seattle Humane 88, 89
  Seattle Indian Health Board 94
  Seattle Keiro 58
  Seattle/King County Dental Society 23
  Seattle Medicare Program Office 19
Index
Seattle Overeaters Anonymous 45
Seattle Purebred Dog Rescue 88
Segue Move Management Services 55
Senior Care Solutions 56
Senior Citizen’s Lobby 74
Senior Farmers Market Nutrition Program (SFMNP) 8
Senior Hot Lunch Programs 9
Senior Housing Assistance Group (SHAG) 62
Senior Money Project 86
SeniorResource.com 49
Sequoias 62
Serving Our Seniors 56
Si View Pool & Community Center 91
SightConnection 32
Signature 68
Silver Age Senior Care Assessments & Referrals 56
Silver Sneakers 92
Slater Park 62
Smart911 65
Smith Brothers Farms 13
Sno Falls Vehicle Licensing 101
Sno Ridge Apartments 59
Snoqualmie Valley Food Bank 11
Snoqualmie Valley H.E.L.P. Center 28
Snoqualmie Valley Hospital 25, 31, 58
  Rehabilitation Clinic Stroke Support Group 46
Snoqualmie Valley Pet Food Bank 89
Snoqualmie Valley Transportation 100
Sno-Valley Senior Center 9, 94
Social Security Administration Office 20
Solid Ground 49
The Sophia Way 57
Sound Generations
  Minor Home Repair 69
  Pathways Information & Assistance 3, 49, 73
  Senior Rights Assistance 74, 81
  Spanish Language Neighborhood Legal Clinics 81
  Transportation 100
  Volunteering 97
Sound Mental Health 82
South Bellevue Community Center 94
Spiritwood at Pine Lake 54
Spiritwood Manor 62
Statewide Health Insurance Benefits Advisors 26
Staying in Place with Universal Design 71
Stroke Help Line 46
Stroum Jewish Community Center 92, 94
St. Vincent De Paul Helpline 5
Summit Assistance Dogs 88
Sunrise of Bellevue 54
Sunrise of Bothell 54
Sunrise of Mercer Island 54
Sunset Hills Funeral Home 17
Sunshine Garden Chinese Senior Day Center 95
Supplemental Nutrition Assistance Program (SNAP) 8
Swedish Medical Center 25, 30, 31
Synergy Home Care 67

T
Talbot Center For Rehabilitation & Healthcare 58
Telos Educational Program 90
Therapeutic Health Services 36
Three Rivers Animal Rescue 88
Timber Ridge At Talus 54
Timberwood 62
Trust 75

U
Ukrainian Community Center of Washington 95
Understanding Where to go for Care 27
United Indians of All Tribes Foundation 95
United Way Free Tax Preparation 86
United Way Volunteer Center 97
Universal Design 71
University House At Issaquah 54
University of Washington
  Eastside Urgent Care 30
  School of Dentistry 23
  Speech and Hearing Clinic 24
Urgent Care & Walk-In Clinics 30
US Healthworks Medical Group 30, 31
Utility Rate Discount Programs 87

V
VA Medical Center Clinics & Hospital 20
Valley Medical Center 40
Vasa Creek Woods 54
Velocity 60
Vet Care By Stacy 89
Veterans Affairs (VA) 20, 103
  Housebound Pensions, Aid & Attendance 103
Veterans Crisis Line 103
Veterans of Foreign Wars (VFW) 103
Vets-Go Veterans Transportation 101, 103
Village At Overlake Station 62
Vineyard Park at Bothell Landing 54
Visiting Angels 67
Volunteer Transportation For Seniors 100
Index

W

Washington Apple Health  26
Washington Connection  73
Washington Ferret Rescue & Shelter  88
Washington Health Plan Finder  26
Washington Law Help  18
Washington Relay Service  24
Washington State Alliance for Retired Americans  76
Washington State Consumer Protection  76
Washington State Department of Services for the Blind  32
Washington State Department of Social & Health Services (DSHS) 3, 18, 73
Aging & Long-Term Support Administration 18, 48
The Answer Phone  19
COPES  3
Eastside Community Service Office  19
Home & Community Services  18, 48
Residential Care Services Complaint Resolution Unit  78
Road to Community Living  3
Washington State Domestic Violence Hotline  78
Washington State Fraud Fighters  76
Washington State Housing Finance Commission  49
Washington State Legislative Hotline  76
Washington Talking Book & Braille Library  32
Washington Traumatic Brain Injury Resource Center  42
Ways To Prevent Fraud & Identity Theft  77
Wells Wood  62
Wellspring Family Services  83
Wesley Homes In-Home Care Services  68
Whole Foods Market  13
Widowed Information & Consultation Services (WICS)  16
Woodinville License Agency  101
Woodinville Storehouse Food Bank  11
Woodlands at Forbes Lake  62
Woodside East  62
Worthington Brokerage, Inc.  101

Y

YMCA
Bellevue Family  90
Coal Creek Family  90
Northshore  91
Sammamish  91
Your At-Home Vet  89
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.

Return applications to: Human Services Coordinator · 123 5th Avenue · Kirkland, WA 98033