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

POLICE/FIRE/MEDICAL EMERGENCIES ................................................................. 911

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
Bothell: (425) 486-1254
Carnation: (425) 333-4190
Duvall: (425) 788-1519
Issaquah: (425) 313-3200
Redmond: (425) 556-2500
Sammamish & Woodinville: (206) 296-3311
Snoqualmie & North Bend: (425) 888-3333

COMMUNITY LIVING CONNECTIONS

INFORMATION & REFERRAL ................................................................................. 1-844-348-5464

EVERGREENHEALTH COMMUNITY HEALTHCARE ACCESS TEAM ........(425) 899-3200
Press option 2

EVERGREENHEALTH MEDICAL CENTER ...........................................(425) 899-1000

KING COUNTY 2-1-1 ......................................................................................... 211

KING COUNTY CRISIS CONNECTIONS .......................................................(206) 461-3222

POISON CONTROL .......................................................................................... 1-800-222-1222
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.

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

This edition of the East King County Resource Guide is dedicated to Sydne J. Mack, a devoted member of the Kirkland Senior Council for over seven years and a tireless advocate for all seniors living in Kirkland. She was a dedicated teacher in the Lake Washington School District and a friend to all. She charmed us with her humor and hard work.

For additional copies of this guide, please contact: EvergreenHealth Community Healthcare Access Team at (425) 899-3200 or City of Kirkland at (425) 587-3307 or email resourceguide@kirklandwa.gov.

A digital copy is available online at www.kirklandwa.gov/SeniorCouncil (See QUICK LINKS in the right column).
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.

Members of the Kirkland Senior Council have made every effort to verify the information in this guide. However, organizations and missions can change. Please call the organization to verify that the services offered are what you are seeking.
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 LEGEND:

**HOPELINK**
A community action agency serving homeless and low-income families, children, seniors and people with disabilities.

Red diamonds denote emergency service provision.

**KITCHEN DOOR**
Kitchen Door is a local company providing weekly delivery throughout the Seattle area. Their menu includes...

Green squares denote a for-profit organization.

**THE AMERICAN LEGION**
The American Legion is the largest wartime veterans’ service organization in the US and has several programs...

Orange circles denote membership requirements.
<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adult Day Programs</strong></td>
<td>2-3</td>
</tr>
<tr>
<td>Adult Day Program Terms To Know</td>
<td>2</td>
</tr>
<tr>
<td>Adult Day Programs</td>
<td>2</td>
</tr>
<tr>
<td>Financial Aid</td>
<td>3</td>
</tr>
<tr>
<td>Information &amp; Referral Services</td>
<td>3</td>
</tr>
<tr>
<td><strong>Emergency Assistance Programs</strong></td>
<td>4-5</td>
</tr>
<tr>
<td><strong>Emergency Preparedness</strong></td>
<td>6-7</td>
</tr>
<tr>
<td>Emergency Resources</td>
<td>6</td>
</tr>
<tr>
<td>Emergency Preparedness Tips for Older Adults</td>
<td>7</td>
</tr>
<tr>
<td><strong>Food &amp; Meal Programs</strong></td>
<td>8-15</td>
</tr>
<tr>
<td>Food Benefit Programs</td>
<td>8</td>
</tr>
<tr>
<td>Community Dining</td>
<td>8</td>
</tr>
<tr>
<td>Food Banks</td>
<td>9</td>
</tr>
<tr>
<td>Emergency Feeding Program</td>
<td>11</td>
</tr>
<tr>
<td>Senior Hot Meals Program</td>
<td>12</td>
</tr>
<tr>
<td>Home Delivered Meals</td>
<td>13</td>
</tr>
<tr>
<td>Home Delivered Groceries</td>
<td>13</td>
</tr>
<tr>
<td>Visiting Farmers Markets</td>
<td>14</td>
</tr>
<tr>
<td><strong>End of Life Resources</strong></td>
<td>16-18</td>
</tr>
<tr>
<td>End-of-Life Options</td>
<td>16</td>
</tr>
<tr>
<td>Organ &amp; Body Donation</td>
<td>16</td>
</tr>
<tr>
<td>Breavement Support Groups</td>
<td>16</td>
</tr>
<tr>
<td>Funeral Homes</td>
<td>17</td>
</tr>
<tr>
<td><strong>Government Programs</strong></td>
<td>19-23</td>
</tr>
<tr>
<td>Eligibility &amp; Guidance</td>
<td>19</td>
</tr>
<tr>
<td>Medicare</td>
<td>19</td>
</tr>
<tr>
<td>Social Security</td>
<td>20</td>
</tr>
<tr>
<td>Veterans Affairs (VA)</td>
<td>20</td>
</tr>
<tr>
<td>Connecting with Your Government</td>
<td>20</td>
</tr>
<tr>
<td>Medicaid / Washington Apple Health</td>
<td>22</td>
</tr>
<tr>
<td>Understanding Your Coverage</td>
<td>23</td>
</tr>
<tr>
<td><strong>Health Care</strong></td>
<td>24-35</td>
</tr>
<tr>
<td>Community Health Centers</td>
<td>24</td>
</tr>
<tr>
<td>Dental Care</td>
<td>25</td>
</tr>
</tbody>
</table>
### CONTENTS

Hearing & Speech ................................................................. 25
Hospice & Palliative Care .................................................... 27
Hospitals ............................................................................. 28
Information & Referral Services ......................................... 28
Medical Equipment Suppliers ............................................. 29
Senior Clinics .................................................................... 30
Vision .................................................................................. 31
Preventing Falls ................................................................... 31
Urgent Care & Walk-in Clinics ............................................ 32

**Health Care & Support for Specific Needs** ........................................ 36-52

- Addiction & Recovery Services ........................................ 36
- Alzheimer’s, Memory Care, & Dementia .............................. 38
- Amyotrophic Lateral Sclerosis (ALS) ................................ 39
- Arthritis ............................................................................ 40
- Cancer .............................................................................. 40
- Caregiver Support .......................................................... 41
- Chronic Pain .................................................................... 43
- Diabetes ........................................................................... 43
- Disability ......................................................................... 44
- Epilepsy ........................................................................... 44
- Fibromyalgia .................................................................... 45
- Head Injury/Traumatic Brain Injury ................................. 45
- Heart Disease ................................................................... 45
- Hepatitis ........................................................................... 47
- HIV/AIDS ......................................................................... 47
- Huntington’s Disease ........................................................ 48
- Infectious Diseases ........................................................... 48
- Lung Disease ..................................................................... 48
- Multiple Sclerosis (MS) ..................................................... 48
- Muscular Dystrophy .......................................................... 49
- Overeating ........................................................................ 49
- Parkinson’s Disease .......................................................... 49
- Polio ................................................................................. 51
- Sleep Disorders .................................................................. 51
- Stroke ............................................................................... 51
### Housing

- Housing Terms to Know ................................................................. 53
- Adult Family Homes ................................................................. 53
- Information & Referral Services ......................................................... 54
- Living Communities ................................................................. 54
- Moving & Downsizing ............................................................... 59
- Placement Services ................................................................. 59
- Homeless Services ................................................................. 60
- Skilled Nursing ....................................................................... 61
- Subsidized & Affordable Housing .................................................. 62

### In-Home Services

- Care Management ........................................................................ 70
- Companion Care & Chore Services .................................................. 70
- Emergency Identification ............................................................. 71
- Medical Alert Systems ............................................................... 72
- Home Care Agencies ................................................................. 73
- Home Health Care ...................................................................... 75
- Home Repair & Modification ....................................................... 76
- Information & Referral Services ..................................................... 77
- Respite Care .............................................................................. 77

### Information & Referral Services

- 78-80

### Legal Resources

- Advocacy Groups ....................................................................... 81
- Consumer Protection & Fraud Prevention ........................................ 82
- Crime Victim Assistance ............................................................. 82
- End-of-Life & Estate Planning ....................................................... 84
- Legal Terms to Know ................................................................ 85
- Legal Services ........................................................................... 86
- Preventing Fraud & Identity Theft .................................................. 87
- Preventing Elder Abuse .............................................................. 88
# Contents

- **Mental Health** ................................................................. 89-93
  - Crisis Intervention .......................................................... 89
  - Community Mental Health Programs .............................. 89
  - Community Support Organizations ................................. 90
  - Counseling Programs ..................................................... 90
  - Inpatient & Outpatient Psychiatric Programs ................ 91
  - Self-Care Programs ....................................................... 92
  - Depression, Delirium, or Dementia? ............................... 93

- **Personal Finance & Taxes** ............................................. 94-95
  - Personal Financial Guidance .......................................... 94
  - Tax Assistance ............................................................. 94
  - Utility & Property Tax Discounts .................................... 95

- **Pets & Veterinary Services** ......................................... 96-98
  - Adoption Services ...................................................... 96
  - Animal Control & Licensing ......................................... 97
  - Mobile Veterinary Services .......................................... 98
  - Pet Food Banks .......................................................... 98

- **Recreation & Education** .............................................. 99-108
  - Educational Programs ................................................. 99
  - Senior Fitness & Community Centers ............................ 102
  - Culturally Focused Centers ......................................... 105
  - Senior Membership Programs ..................................... 107
  - Travel ........................................................................ 107
  - Volunteer Opportunities ............................................. 107
  - Wellness .................................................................... 108

- **Transportation** .............................................................. 109-112
  - Driver Safety .............................................................. 109
  - Transportation Services .............................................. 109
  - Education & Tools ....................................................... 111
  - Reduced Fare Programs ............................................... 112
  - Vehicle Licensing ....................................................... 112

- **Veterans Resources & Information** .............................. 113-114

- **Index** ............................................................................ 115-120
Adult Day Programs

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

**Adult Day Program Terms To Know**

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

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

**Adult Day Programs**

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

**Kline Galland Polack Adult Day Center**
Provides ADC services with kosher meals and a Jewish heritage focus. Accepts private pay. Open Monday-Thursday.
(206) 805-2337 | www.klinegalland.org/polack-adult-day-center
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.
(206) 292-5184 | www.legacyhouse.org
Email: information@legacyhouse.org
803 S Lane Street
Seattle, WA 98104

**Mercer Island Senior Social**
Adult day program provides social opportunities for senior adults who have physical, memory, hearing, or visual limitations as well as frail or isolated older adults. Activities on Tuesday, Wednesday, and Thursday. Contact hours, 10AM - 2PM.
(206) 275-7843 | Leslie Sylvetsky
8236 SE 24th Street
Mercer Island, WA 98040

**Northshore Senior Center Adult Day Program**
Provides ADC, ADH, and specialized programs for early stage memory loss. Serves people in King and Snohomish counties. COPES, RCL, SCSA, VA, respite, and private pay accepted on a sliding-fee scale for low-income participants.
(425) 488-4821 | www.northshoreseniorcenter.org/programsservices/adultdayhealth/overview.aspx
10212 E Riverside Drive
Bothell, WA 98011

**Old Friends Club**
Provides ADC services in multiple Eastside locations. A place of friendship for people with memory loss and a healthy break for caregivers. Private pay accepted, and most long-term care insurance is accepted. Financial assistance may be available. Locations in Bellevue, Carnation, Kirkland, Sammamish and more.
(425) 681-9776 | www.oldfriendsclub.org
Email: welcome@oldfriendsclub.org

**Providence Elderplace**
Providence ElderPlace is an innovative program of health care and social services for older adults known as PACE (Program of All-Inclusive Care for the Elderly). PACE programs keep older adults as healthy as possible in the community
by providing comprehensive health care and social services including: primary and specialty medical care, a day health program, social work services, rehabilitation, and much more.

(206) 320-5325 | https://washington.providence.org/services-directory/services/e/elderplace
Providence ElderPlace - Redmond
8632 160th Avenue NE
Redmond, WA 98052

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.

(866) 333-6002 | https://www.adultdaycare.org

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

(253) 964-8870 | www.leadingagewa.org/members/adult-day

Sound Generations Pathways Information & Assistance
Provides general information about adult day centers and links to local adult day centers.

(206) 448-3110 or (888) 435-3377 | www.soundgenerations.org
Email: info@soundgenerations.org

Information & Referral Services

Financial Aid

Washington State Department of Social and Health Services (DSHS)
DSHS has funding options for those seeking adult day services. Below are two commonly accepted options:

Community Options Program Entry System (COPES):
A Medicaid 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.

EvergreenHealth Community Health Access Team (CHAT):
Administers Washington State’s Respite Care program which provides financial assistance to caregivers seeking respite care.

(425) 899-3200, press option 2 or (425) 899-3250 for Spanish
www.evergreenhealthcare.org/access
Email: chat@evergreenhealth.com

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.

(866) 333-6002 | https://www.adultdaycare.org

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

(253) 964-8870 | www.leadingagewa.org/members/adult-day

Sound Generations Pathways Information & Assistance
Provides general information about adult day centers and links to local adult day centers.

(206) 448-3110 or (888) 435-3377 | www.soundgenerations.org
Email: info@soundgenerations.org
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.

**Catholic Community Services of Western Washington (CCSWW)**

CCSWW’s Emergency Assistance Program is available to families, seniors, and people with disabilities. To access the services, contact the intake line listed below, Wednesdays, 2PM-4PM.


11061 NE 2nd Street
Bellevue, WA 98004

**Hopelink**

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.hopelink.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
8990 154th Avenue NE
Redmond, WA 98052

**Shoreline**

(206) 440-7300
17837 Aurora Avenue N
Shoreline, WA 98133

**Sno-Valley: (206) 333-4163**

31957 E Commercial Street
P.O. Box 485
Carnation, WA 98014

**Issaquah Community Services (ICS)**

ICS helps families who are residents in the Issaquah School District with emergency aid to prevent homelessness with rent assistance. It also may help pay utility bills, bus tickets, and other miscellaneous expenses. Mondays, 9AM-11AM, 6:30PM-7:30PM, Tuesday-Friday, 9AM-11AM.

(425) 837-3127 | www.issaquahcommunityservices.org
Email: icsoffice180@gmail.com
180 E Sunset Way
Issaquah, WA 98027

**Issaquah Food & Clothing Bank**

Partners with Issaquah Community Services to provide assistance to Issaquah residents including eviction prevention, food, and utility assistance. Mondays, 5PM-7PM, Tuesdays and Thursdays, 10AM-1PM, Wednesdays 5PM-7PM.

(425) 392-4123 | www.issaquahfoodbank.org
179 1st Avenue SE
Issaquah, WA 98027
Jewish Family Service ♦
Services include emergency financial assistance, emergency shelter vouchers, eviction protection, food, and utility assistance. By appointment only. Language assistance available in Arabic, Cantonese, Farsi, Mandarin, Russian, Somali, Spanish, Ukrainian, and Vietnamese.
(425) 643-2221 or (206) 461-3240
www.jfsseattle.org
Email: emergency@jfsseattle.org
East King County Office
15466 NE Bel-Red Road, Suite B-15
Redmond, WA 98052

Mercer Island Youth & Family Services (MIYFS) ♦
Low-income Mercer Island residents of all ages who need eviction prevention assistance, food, and utility assistance may be eligible for services from MIYFS.
Main Office: (206) 275-7611
Emergency: (206) 275-7869 | www.miyfs.org
2040 84th Avenue SE
Mercer Island, WA 98040

Muslim Housing Services ♦
Services available include case management, eviction prevention, and utility assistance. Case managers speak Amharic, Arabic, English, Hindi, Oromo, Somali, Swahili, Tigrinya, and Urdu.
Mon, Tue & Thurs 10AM-6PM, Wed 10AM-5PM, Fri 10AM-1:15PM, 2:30PM-6PM.
(206) 723-1712 | www.muslim-housing.org
6727 Rainier Avenue S
Seattle, WA 98118

Salvation Army - Eastside Corps ♦
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.
(425) 452-7300 | www.bellevue.salvationarmy.org/eastside_bellevue_corps/overcome-poverty

St. Vincent de Paul Helpline ♦
The St. Vincent de Paul Helpline can assist with eviction prevention, food vouchers, gasoline vouchers, home visits, and utility through either direct provision of services or referral. Helpline operates Monday-Friday, 8AM-3PM, subject to change.
Main Office: (206) 767-9975
Helpline: (206) 767-6449
www.svdpseattle.org
EMERGENCY PREPAREDNESS

This section provides information on how to prepare for emergencies such as natural disasters. 911 should only be called when an immediate response from police, fire, or medics is needed. Non-emergency police contact numbers and poison control are located on the front inside cover. Emergency information is also broadcast on AM 1000 or FM 97.3.

Emergency Resources

2-1-1: King County ♦
Call 2-1-1 for information about emergency alerts in King County. Phone lines monitored Monday-Friday, 8AM-6PM. Live chat available online Monday-Friday, 10AM-4PM.
2-1-1 or 1-800-621-4636 | TTY (206) 461-3610
www.crisisconnections.org/king-county-2-1-1

5-1-1: Washington Travel Information & Road Warnings ♦
A state-wide travel information line offering incident reports, pass conditions, weather information and other resources.
5-1-1 or (800) 695-7623 | www.wa511.org

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, see listed below.
24-hour Hotline: (877) 272-7337 or (206) 323-2345 | www.redcross.org
1900 25th Avenue S
Seattle, WA 98144

Bellevue Office of Emergency Management ♦
Disaster preparedness information, resources, and emergency alerts for Bellevue-area emergencies.
(425) 452-6807 | www.bellevuewa.gov/city-government/departments/fire/emergency-management
Email: oem@bellevuewa.gov

Bothell Office of Emergency Management ♦
Disaster preparedness information, resources, and emergency alerts for Bothell-area emergencies.
(425) 806-6270 | www.bothellwa.gov/314/Emergency-Preparedness

King County Office of Emergency Management ♦
Specializes in disaster mitigation, preparedness, response, and recovery. In addition to natural and technological disasters, many homeland security issues are also coordinated through this office. Website offers information about how to prepare for a disaster as well as notifications. ALERT King County is a regional public information and notification service to help inform about potential hazards and threats. Sign up for this free service on the website.
(206) 296-3830 or (800) 523-5044 | www.kingcounty.gov/depts/emergency-management/alert-king-county
Email: ecc.kc@kingcounty.gov

Kirkland Office of Emergency Management ♦
Disaster preparedness information, resources, and emergency alerts for Kirkland-area emergencies.
(425) 587-3691 or 24/7 Emergency Update Hotline (425) 587-3767 | www.kirklandwa.gov/depart/Fire_Services/KirklandEM
Email: KirklandEM@kirklandwa.gov

Mercer Island Office of Emergency Management ♦
Disaster preparedness information, resources, and emergency alerts for Mercer Island-area emergencies.
(206) 275-7905 | www.mercergov.org/emergencymanagement
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 Benefit Programs

Senior Farmers Market Nutrition Program (SFMNP)
Provides qualifying low-income seniors with checks to spend on food at participating farmers markets. See pages 14 & 15 for markets.
(800) 422-3263 or (206) 233-7205 | www.dshs.wa.gov/altsa/home-and-community-services/senior-farmers-market-nutrition-program

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 and Health Services.
Department of Social & Health Services
(877) 501-2233 | www.doh.wa.gov/PublicHealthandHealthcareProviders/PublicHealthSystemResourcesandServices/LocalHealthResourcesandTools/SNAPEd
Email: Snap-Ed@doh.wa.gov
805 156th Avenue NE
Bellevue, WA 98007

Community Dining

Attain Housing Community Supper
Volunteers serve a free meal each Tuesday from 6PM-7PM at Holy Spirit Lutheran Church in Kirkland. All are welcome and ESL assistance is available at each community supper.
(425) 576-9531 | www.attainhousing.org/event/community-supper
10021 NE 124th Street
Kirkland, WA 98034

Bothell Community Kitchen
At the Bothell Community Kitchen members of the community are invited to share in a meal and fellowship at Bothell United Methodist Church. All are welcome to a free meal, regardless of need. Sundays, 5PM-6PM.
(425) 486-7132 | www.bothellumc.org/local-community
18515 92nd Avenue NE
Bothell, WA 98011

Fall City Community Food Pantry
Operated by the Fall City United Methodist Church and open to anyone in need of grocery assistance. The food bank operates on the first and third Wednesdays from 6:30PM-7PM
(425) 269-8098 | www.fallcityfoodpantry.org
Email: info@fallcityfoodpantry.org
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 6:30PM-8:30PM Monday-Saturday and from 10:30AM-2:30PM on Sundays, subject to change.
FOOD & MEAL PROGRAMS

(425) 487-4878 | www.sikhcentreofseattle.org/Langar.aspx
Email: info@sikhcentreofseattle.org
20412 Bothell Everett Highway
Bothell, WA 98012

Issaquah Meal Program
Catholic Community Services serves dinner Monday-Friday 5PM-6PM at Issaquah Community Hall. All are welcome.
(425) 679-0342 | www.ccsww.org/get-help/shelter-homeless-services/issaquah-meals
180 E Sunset Way
Issaquah, WA 98027

Lake Washington United Methodist Church
Serves a free community meal open to all Wednesdays, 5:30PM-6:15PM.
(425) 885-3311 | https://lakewaumc.org/community-dinner-4
Email: office@lwumc.com
7525 132nd Avenue NE
Kirkland, WA 98033

Open Kitchen
Open Kitchen is a once-weekly meal service provided by the Redmond United Methodist Church. Meals are served Wednesdays, 5PM–7PM.
(425) 883-7553 | www.openkitchenredmond.com
16540 NE 80th Street
Redmond, WA 98052

Salvation Army
Volunteers serve free meals Monday through Friday from 6PM-7PM, except on holidays.
(425) 452-7300 |
911 164TH Avenue NE
Bellevue, WA 98004

St. Brendan Center Catholic Church
Thursdays, 5PM – 6PM
101 NE 192nd Street
Bothell, WA 98011

St Johns Episcopal Church
Fourth Saturdays, 6PM-7:30PM
(425) 827-3077 |
Email: office@stjohnskirkland.org
105 State Street S
Kirkland, WA 98033

Vedic Cultural Center
Sunday Vegetarian Feast 7:30PM-9:30PM.
(425) 246-8436
1420 228th Avenue SE
Sammamish, WA 98075

Food Banks

Adra P. Berry Memorial Food Bank ♦
Operated by Raging River Community Church. Open from 3PM-4PM on Thursdays.
(425) 222-5573 | www.ragingrivercommunitychurch.org/ministry/foodbank
31104 SE 86th Street
Issaquah, WA 98027

Cedar Park Northshore ♦
Serves Kenmore area, hosted by Northshore Church, Monday, 6PM-7PM.
(425) 939-1377 | www.cpnorthshore.com/food-bank
18737 68th Avenue NE
Kenmore, WA 98028

Fall City Community Food Pantry
Lunch is served on the first and third Wednesdays of each month at noon.
(425) 269-8098 | www.fallcityfoodpantry.org
Email: info@fallcityfoodpantry.org
4326 337th Place SE
Fall City, WA 98024
**Helping Hands** ♦
Open to all Snoqualmie Valley residents in need. The food bank operates Tuesdays from 9:30AM-6PM. Home-made soup is also served to clients during food bank hours.
(425) 888-0096 | www.helpsnovalley.org
Email: info@helpsnovalley.org
1550 Boalch Avenue NW
North Bend, WA 98045

**Hopelink** ♦
Hopelink locations offer food banks for residents. Limited emergency food bags and home delivery for homebound adults are available. Clients may visit Hopelink’s food banks twice a month. Centers are open Monday-Friday, 8:30AM-5 PM unless otherwise noted. Food bank hours vary for each location. www.hopelink.org/get_help/food

**Food Bank Locations**

**Bellevue**
(425) 943-7555
Mondays: 10AM-1PM & 4:30PM-7:30PM
Tuesdays: 2PM-7:30PM
Wednesdays & Thursdays: 9:30AM-3PM
14812 Main Street
Bellevue, WA 98007

**Kirkland/Northshore**
(425) 889-7880
Mondays & Wednesdays: 10AM-4PM
Tuesdays & Thursdays: 12PM-6:30PM
11011 120th Avenue NE
Kirkland, WA 98033

**Redmond**
(425) 869-6000
Mondays & Tuesdays: 12:30PM-4:30PM
Wednesdays: 3:30PM – 7:30PM
Thursdays: 10:30AM – 2:30PM
8990 154th Avenue NE
Redmond, WA 98052

**Shoreline**
(206) 440-7300
Mondays: 1PM-4PM
Tuesdays & Thursdays: 10AM-2PM
Wednesdays: 1PM-7:30PM
17837 Aurora Avenue
Shoreline, WA 98133

**Sno-Valley**
(425) 333-4163
Second & Fourth Wednesdays 3PM-7PM,
Thursdays 10AM-2PM
31957 E Commercial Street
Carnation, WA 98014

**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. Mondays 5PM–7PM, Tuesdays & Thursdays, 10AM-1PM.
(425) 392-4123 | www.issaquahfoodbank.org
179 1st Avenue SE
Issaquah, WA 98027

**Mercer Island Youth & Family Services Food Pantry** ♦
Serves Mercer Island residents Monday-Friday from 8:30AM-5PM. Contact program coordinator for enrollment information.
(206) 275-7869 | www.miyfs.org
2040 84th Avenue SE
Mercer Island, WA 98040

**Renewal Food Bank** ♦
Operates a food pantry within Highland Covenant Church for anyone in need. Clients may visit once per week. Mondays and Wednesdays 10AM-1PM, Tuesdays 4PM-6:30PM.
(425) 736-8132 | www.renewalfoodbank.com
Email: Director@RenewalFoodBank.com
15022 Bel-Red Road
Bellevue, WA 98007
FOOD & MEAL PROGRAMS

Snoqualmie Tribe Food Bank Carnation ♦
Serves anyone in need in the Carnation area.
Wednesdays, 10AM–6PM.
(425) 333-6560
31822 Myrtle Street
Carnation, WA 98014

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 Mondays 11AM-12:30PM and Wednesdays from 9:30AM-6:30PM. Adults ages 65 and older can choose to shop on Mondays during “Senior Only” hours from 9:30AM-11AM.
(425) 888-7832 | www.snoqualmievalleyfoodbank.org
Email: manager@snoqualmievalleyfoodbank.org
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 6:30PM-7:20PM and Saturdays from 9:30AM-10:20AM.
(425) 483-5252 | www.woodinvillestorehouse.org
Email: info@Woodinvillestorehouse.org
17110 140th Avenue NE
Woodinville, WA 98072

Emergency Feeding Program (EFP)

EFP 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.
(206) 329-0300 | www.emergencyfeeding.org

Bellevue
First Congregational Church of Bellevue
Monday - Thursday: 9AM-4PM
Friday: 9AM-1PM
(425) 454-5001
11061 NE 2nd Street
Bellevue, WA 98004

Newport Covenant Church
Monday - Friday: 8:30AM-5PM
(425) 747-0515
12800 SE Coal Creek Parkway
Bellevue, WA 98006

St. Margaret’s Episcopal Church
Monday - Friday: 9AM-4PM
(425) 796-6650
4228 128th Avenue SE
Bellevue, WA 98007

Kirkland
Inglewood Presbyterian Church
Monday - Thursday: 9AM-2PM
(425) 823-9334
7718 NE 141st Street
Kirkland, WA 98034

Kirkland Congregational Church
Monday - Wednesday & Friday: 9AM-12PM
(425) 822-3811
106 5th Avenue
Kirkland, WA 98033
FOOD & MEAL PROGRAMS

Senior Hot Meals Program

Many Senior Centers in King County offer hot weekday lunches to individuals over age 60 for a suggested donation of $4.00. Friends, family, and spouses under age 60 may purchase a meal for $6.00. To participate, call the meal site to make your reservation. Prices are subject to change. To arrange transportation to and from these sites, call Sound Generations at (206) 727-6262.

<table>
<thead>
<tr>
<th>CITY</th>
<th>MEAL SITE</th>
<th>SCHEDULE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bellevue</td>
<td>North Bellevue Community Center (425) 452-7861</td>
<td>Monday, Tuesday, Wednesday, and Friday at noon</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.bellevuewa.gov/nbcc">www.bellevuewa.gov/nbcc</a> 4063 148th Avenue NE,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bellevue, WA 98007</td>
<td></td>
</tr>
<tr>
<td>Bothell /</td>
<td>Northshore Senior Center (425) 487-2441</td>
<td>Monday-Friday, 11:45AM-12:15PM</td>
</tr>
<tr>
<td>Woodinville</td>
<td><a href="http://www.northshoreseniorcenter.org">www.northshoreseniorcenter.org</a> 10201 E Riversi</td>
<td></td>
</tr>
<tr>
<td></td>
<td>de Drive, Bothell, WA 98011</td>
<td></td>
</tr>
<tr>
<td>Issaquah</td>
<td>Issaquah Valley Senior Center (425) 392-2381</td>
<td>Tuesday and Friday at noon</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.issaquahwa.gov/seniors">www.issaquahwa.gov/seniors</a> 75 NE Creek Way,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Issaquah, WA 98027</td>
<td></td>
</tr>
<tr>
<td>Kirkland</td>
<td>Peter Kirk Community Center (425) 587-3360</td>
<td>Monday, Tuesday, Wednesday, and Friday at noon</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.kirklandwa.gov/depart/parks/About_Parks">www.kirklandwa.gov/depart/parks/About_Parks</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>and_Community_Services/Senior_Services/Daily</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Activity_Schedule 352 Kirkland Avenue,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Kirkland, WA 98033</td>
<td></td>
</tr>
<tr>
<td>Monroe</td>
<td>East County Senior Center (360) 794-6359</td>
<td>Monday-Friday at noon</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.mcs.org/lunch">www.mcs.org/lunch</a> 276 Sky River Parkway,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Monroe, WA 98272</td>
<td></td>
</tr>
<tr>
<td>Redmond</td>
<td>Redmond Senior Center (425) 556-2314</td>
<td>Call for updated information</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.redmond.gov/206/Redmond-Senior-Center">www.redmond.gov/206/Redmond-Senior-Center</a></td>
<td></td>
</tr>
<tr>
<td>Snoqualmie Valley</td>
<td>Sno-Valley Senior Center (425) 333-4152</td>
<td>Monday-Friday at noon</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.snovalleysenior.org/services/food-and-din">www.snovalleysenior.org/services/food-and-din</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ing 4610 Stephens Avenue, Carnation, WA 98014</td>
<td></td>
</tr>
</tbody>
</table>
### Home Delivered Meals
Access locally sourced home delivered meals which offer culturally diverse options and have varying fees/rates. You can find many meal delivery sources online and obtain the list by searching your city for local listing.

**Chicken Soup Brigade**  
Delivers 5 to 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.  
(206) 957-1686 | [www.lifelong.org/chicken-soup-brigade](http://www.lifelong.org/chicken-soup-brigade)  
15015 Main Street, Suite 206  
Bellevue, WA 98007

**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 and Glucerna are also available. To apply for Meals on Wheels, call or visit website below.  
(206) 448-5767 | [www.soundgenerations.org/meals-on-wheels](http://www.soundgenerations.org/meals-on-wheels)  
Email: mealsonwheels@soundgenerations.org  
2208 Second Avenue, Suite 100  
Seattle, WA 98121

**Welcome Home Meals**  
Sponsored by Care Patrol. Fresh prepared meals using high quality ingredients. Meals are ordered weekly and you can order 7 to 21 meals per week.  
(425) 209-0603 or (866) 560-5656 |

---

### Home Delivered Groceries
Many of the organizations listed below are private companies offering pay-for-service grocery delivery. They are listed as local or older-adult specific options for interested consumers but are not endorsed by EvergreenHealth or the 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 including local fresh food, frozen and canned foods, beverages, and household supplies.  
[www.amazonfresh.com](http://www.amazonfresh.com)

**Full Circle Farms**  
Delivers fresh, certified organic fruits and vegetables once weekly. Boxes come prepacked, and pricing starts at about $25 per week.  
(866) 206-8080 | [www.fullcircle.com](http://www.fullcircle.com)  
Email: customerservice@fullcircle.com

**Safeway**  
Offers 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**  
Weekly delivery to your door by a Puget Sound based company. Free delivery for orders over $10.  
(877) 645-5626 | [www.smithbrothersfarms.com](http://www.smithbrothersfarms.com)  
Email: getmilk@smithbrothersfarms.com

**Walmart Grocery Delivery**  
Offers same day grocery delivery from 8AM-8PM. Delivery times can be scheduled for convenience. Delivery is free for orders over $30.  
(425) 429-0170 | [https://grocery.walmart.com](https://grocery.walmart.com)

**Whole Foods Market**  
Provides free 2-hour delivery with Amazon Prime Now membership.  
[www.wholefoodsmarket.com/primenow/delivery](http://www.wholefoodsmarket.com/primenow/delivery)
Visiting Farmers Markets

Farmers Markets in east King County are open seasonally. Times and months listed below are subject to change and complete, up-to-date information is available at each market’s website. Markets participating in the Senior Farmers Market Nutrition Program are indicated with: 🥦

More information about this program can be found on page 8.

<table>
<thead>
<tr>
<th>DAY OF THE WEEK</th>
<th>MARKETS’ INFORMATION</th>
<th>SEASON &amp; HOURS</th>
</tr>
</thead>
</table>
| Tuesday         | **Carnation Farmers Market** 🥦  
  (425) 765-8764 | May - September  
  3PM-7PM |
|                 | [https://carnationfarmersmarket.org](https://carnationfarmersmarket.org)  
  Email: marketmanager@snovalleytilth.org  
  Stossel Avenue NE & West Bird Street  
  Carnation, WA 98014 | |
|                 | **Crossroads Farmers Market** 🥦  
  [https://crossroadsbellevue.com/farmersmarket](https://crossroadsbellevue.com/farmersmarket)  
  Email: farmersmarket@crossroadsbellevue.com  
  15600 NE 8th Street, Bellevue, WA 98008 | June - early October  
  12PM-6:30PM |
| Wednesday       | **Kirkland Wednesday Market (Marina Park)**  
  (425) 822-8951 | June - September  
  2PM-7PM |
|                 | [http://kirklandmarket.org](http://kirklandmarket.org)  
  440 Central Way, Kirkland, WA 98033 | |
|                 | **Sammamish Farmers Market** 🥦  
  (425) 681-4910 | May - mid September  
  4PM-8PM |
|                 | [www.sammamishfarmersmarket.org](http://www.sammamishfarmersmarket.org)  
  Email: info@sammamishchamber.org  
  801 228th Avenue SE, Sammamish, WA 98075 | |
| Thursday        | **Bellevue Farmers Market** 🥦  
  (425) 454-8474 | May - October  
  3PM-7PM |
|                 | [www.bellevuefarmersmarket.org](http://www.bellevuefarmersmarket.org)  
  Email: fresh@bellevuefarmersmarket.org  
  1717 Bellevue Way NE, Bellevue, WA 98004 | |
|                 | **Duvall Farmers Market** 🥦  
  (425) 659-8140 | May - mid October  
  3PM-7PM |
|                 | [www.duvallfarmersmarket.org](http://www.duvallfarmersmarket.org)  
  Email: manager@duvallfarmersmarket.org  
  Brown Avenue between NE Richardson and NE Ring, Duvall, WA 98019 | |
|                 | **North Bend Farmers Market** 🥦  
  [www.siviewpark.org/farmers-market.phtml](http://www.siviewpark.org/farmers-market.phtml)  
  400 SE Orchard Drive, North Bend, WA 98045 | June - mid September  
  4PM-8PM |
<table>
<thead>
<tr>
<th>Day</th>
<th>Market Name</th>
<th>Contact Information</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>Juanita Friday Market</td>
<td>(425) 587-3385</td>
<td><a href="http://www.kirklandwa.gov">www.kirklandwa.gov</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>9703 NE Juanita Drive, Kirkland, WA 98034</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>Issaquah Farmers Market</td>
<td>(425) 837-3311</td>
<td><a href="http://www.ci.issaquah.wa.us/market">www.ci.issaquah.wa.us/market</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Email: <a href="http://www.ci.issaquah.wa.us/market">www.ci.issaquah.wa.us/market</a></td>
<td>1730 10th Avenue NW, Issaquah, WA 98027</td>
</tr>
<tr>
<td></td>
<td>Redmond Saturday Market</td>
<td>(425) 556-0636</td>
<td><a href="http://www.redmondsaturdaymarket.org">www.redmondsaturdaymarket.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:info@RedmondSaturdayMarket.org">info@RedmondSaturdayMarket.org</a></td>
<td>7730 Leary Way NE, Redmond, WA 98052</td>
</tr>
<tr>
<td></td>
<td>Woodinville Farmers Market</td>
<td><a href="http://www.woodinvillefarmersmarket.com">www.woodinvillefarmersmarket.com</a></td>
<td>May - September 9AM-3PM</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:WoodinvilleFM@gmail.com">WoodinvilleFM@gmail.com</a></td>
<td>13680 NE 175th Street, Woodinville, WA 98072</td>
</tr>
<tr>
<td>Sunday</td>
<td>Lake Forest Park</td>
<td><a href="http://www.thirdplacecommons.org">www.thirdplacecommons.org</a></td>
<td>May - October 10AM-3PM</td>
</tr>
<tr>
<td></td>
<td></td>
<td>17171 Bothell Way NE, Kenmore, WA 98155</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mercer Island Farmers Market</td>
<td>(206) 235-1185</td>
<td><a href="http://www.mifarmersmarket.org">www.mifarmersmarket.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:info@mifarmersmarket.org">info@mifarmersmarket.org</a></td>
<td>7700 SE 32nd Street, Mercer Island, WA 98040</td>
</tr>
</tbody>
</table>
This section provides information on funeral homes, cremation services, and bereavement support groups.

**End of Life Resources**

**End-of-Life & Estate Planning**

The legal resources for End-Of-Life and Estate Planning are on page 84.

**End-of-Life Options**

**Death With Dignity**
Promotes death with dignity laws based on its model legislation, the Oregon Death with Dignity Act, both to provide an option for dying individuals and to stimulate nationwide improvements in end-of-life care. Monday-Friday, 9AM-5PM.

(503) 228-4415 | www.deathwithdignity.org
520 SW 6th Avenue, Suite 1220
Portland, OR 97204

**End of Life Washington**
Guides people in the planning for the final days of their lives. We provide free end-of-life counseling and client services statewide to qualified patients who deserve a peaceful death.

(206) 256-1636 | www.endoflifewa.org
Email: info@endoflifewa.org
P.O. Box 61369
Seattle, WA 98141

**Legacy Advisor**
Online planning and a team of counselors help find answers and accomplish planning in a comfortable environment.

(866) 315-7354 | www.legacyadvisor.com

**Organ & Body Donation**

**Life Center Northwest**
Federally designated nonprofit organ procurement organization dedicated to saving lives through organ and tissue donation. Work with families, medical professionals, and communities across Alaska, Montana, North Idaho, and Washington.

(425) 201-6563 | www.lcnw.org
Email: info@lcnw.org
3650 131 Avenue SE, Suite 200
Bellevue, WA 98006

**Bereavement Support Groups**

**EvergreenHealth Grief & Bereavement Services**
EvergreenHealth offers individual/group support sessions, workshops, 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 Qigong. Each group meets at the Gene and Irene Wockner Hospice Center at Evergreen Health in Kirkland. For meeting times, contact Evergreen Grief and Bereavement services below.

Office hours, Monday-Friday, 8AM-4:30PM.

(425) 899-1077 | www.evergreenhealth.com/grief
12822 124th Lane NE
Kirkland, WA 98034
Widowed Information & Consultation Services (WICS)
Provides information, referrals, ongoing support groups, telephone support with widowed volunteers, and social activities. A free Eastside support group meets Mondays, 7PM-8:30PM at Pilgrim Lutheran Church in Bellevue.

Seattle Office – General Inquiries
(206) 241-5650 | www.kcwics.org
Email: wicsoffice@qwestoffice.net
PO Box 66896
Seattle, WA 98166

Eastside Support Group
(425) 653-7209 |
Email: clancyka@comcast.net

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

END OF LIFE RESOURCES

Funeral Homes

American Memorial
Provides funeral and cremation services to families. Operates 24-hour service line.
(425) 455-9665 or (800) 248-1745
Email: amfdbellevue@comcast.net
10900 NE 4th Street, Suite 2300
Bellevue, WA 98004

Barton Family Funeral Service
Offers funeral services at several offices in King County. Operates a 24-hour service line. Office hours, Monday-Friday, 9AM-5PM.
(425) 823-1900 | www.bartonfuneral.com
11630 Slater Avenue NE, Suite 1A
Kirkland, WA 98034

Cascade Memorial
Offers funeral services in King, Snohomish, and Pierce Counties. Operates a 24-hour service line. Hours: Monday-Friday, 8:30AM-4:30PM.
(425) 641-6100 | www.cascadememorial.com
Email: info@cascadememorial.com
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 | www.cedarlawnswa.com
7200 180th Avenue NE
Redmond, WA 98052

Chapel of the Resurrection
Offers Christian faith-based funeral services. Operates a 24-hour service line.
(425) 939-1332 | https://chapel.cedarpark.org
Email: cotr@cedarpark.org
16300 112th Avenue NE
Bothell, WA 98011

Co-op Funeral Home
The Co-op Funeral Home of People’s Memorial is a not-for-profit funeral home providing the Greater Seattle area with dignified and affordable burial and cremation arrangements.
(206) 529-3800 | www.funerals.coop
Email: info@funerals.coop
1801 12th Ave, Suite A
Seattle, WA 98122

Elemental Creation/Burial
Greater Seattle’s only green funeral home. Operates a 24-hour service line.
(206) 357-1141 | www.elementalnw.com
10900 NE 8th Street, Suite 1000
Bellevue, WA 98004
END OF LIFE RESOURCES

Flintofts Funeral Home & Crematory ■
Offers funeral services and operates a 24-hour service line, listed below.
(425) 392-6444 | www.flintofts.com
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.
(800) 764-0895 | www.funeralandcremationcare.com
1400 112th Avenue SE
Bellevue, WA 98004

Life Celebrations by Washelli ■
Offers funeral services and operates a 24-hour service line, listed below.
(425) 486-1281 | www.dignitymemorial.com/funeral-homes/washelli
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. Office hours, Monday-Friday, 9AM-5PM.
(425) 861-9555 | www.mapsredmond.org/what-we-do/services/funeral-services-muslim-islamic
Email: manager@mapsredmond.org
17550 NE 67th Court
Redmond, WA 98052

Sacred Moment ■
Utilizing dry ice instead of embalming, biodegradable caskets and shrouds, and hosts viewings at home to promote ecologically responsible funeral practices.
Monday–Friday: 9am–5pm
(425) 316-8290 | www.asacredmoment.com
Email: info@asacredmoment.com
1801 12th Avenue, Suite A
Seattle, WA 98122

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 | www.sunsethillsfuneralhome.com
1215 145th Place SE
Bellevue, WA 98007

[Note: All contact information is correct as of the time of printing.]
GOVERNMENT PROGRAMS

This section contains information on state and federal benefit programs.

Eligibility & Guidance

**National Asian Pacific Center of Aging (NAPCA)**
Seattle-based organization operates a toll-free, multi-lingual Helpline for limited-English speaking Asians with questions regarding Medicare, Low Income Subsidy, and other senior benefit programs.

**Seattle Office**
(206) 624-1221 | www.napca.org
1511 3rd Avenue, Suite 914
Seattle, WA 98101

**Toll-free Helpline**
- Chinese: (800) 582-4218
- English: (800) 336-2722
- Korean: (800) 582-4259
- Vietnamese: (800) 582-4336

**National Council on Aging:**
**Benefits Check Up**
A free, online service of the National Council on Aging (NCOA) for adults 55 and up. Benefits Check Up 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 and tax services, medications, utilities, and transportation.

[www.benefitscheckup.org](http://www.benefitscheckup.org)

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

[www.washingtonlawhelp.org/issues/aging-elder-law](http://www.washingtonlawhelp.org/issues/aging-elder-law)

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:

**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 Centers for Medicare & Medicaid Office**
Initial point of contact for Medicare and Medicaid issues.
(206) 615-2306 | [www.medicare.gov](http://www.medicare.gov)
701 5th Avenue, Suite 1600
Seattle, WA 98104
GOVERNMENT PROGRAMS

Medicare Part A & B Claims
Explains Medicare beneficiary rights, answers general Medicare questions, reviews complaints about quality of care and reviews care if it is believed one is being discharged from a hospital too early.
(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. Monday, Tuesday, Thursday, Friday, 9AM-4PM, Wednesday, 9AM-Noon.
(800) 772-1213 | www.ssa.gov
636 120th Avenue NE, Suite 100
Bellevue, WA 98005

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 and Attendance benefit if they require the presence of another person for care or are homebound. Mon-Fri: 8AM-4PM.
(800) 827-1000 or (206) 384-4382 | www.benefits.va.gov/seattle
Federal Building
915 2nd Avenue, Suite 1214
Seattle, WA 98174

VA Medical Center Clinics & Hospital
Inpatient and outpatient services are provided for eligible veterans.
(206) 762-1010 or (800) 329-8387
www.pugetsound.va.gov

Emergency & Crisis - Seattle VA Medical Center
(877) 927-8387 or (800) 273-8255
Open 24 hours a day, 7 days a week
1660 S Columbia Way
Seattle, WA 98108

Bellevue Outpatient Community Clinic
Monday-Friday, 8AM-4:30PM
(844) 296-6566
13033 Bel-Red Road, Suite 210
Bellevue, WA 98005

Connecting with Your Government
You can advocate for yourself, friends, family, and community through conversation with your federal, state, and local government representatives. You can do this independently or by joining an advisory council such as the Bellevue Network on Aging or the Kirkland Senior Council.

Federal Government
The United States Congress has two chambers, one called the Senate and the other called the
GOVERNMENT PROGRAMS

House of Representatives (or “House” for short) which share the responsibilities of the legislative process to create federal statutory law. They occupy opposite ends of the Capitol Building. Each state in the United States elects two senators, regardless of the state’s population. Senators serve six-year terms with staggered elections. The United States is divided into 435 congressional districts, each with a population of about 710,000 individuals. Each district elects a representative to the House of Representatives for a two-year term. Representatives are also called congressmen/congresswomen. You can find contact information for all these elected officials through a simple web search at: https://app.leg.wa.gov/districtfinder. Additionally, Congressional Representatives have field offices that can help you navigate federal programs such as Social Security, Medicare, and Veterans Affairs.

Washington State Government
The legislature of the state of Washington is made up of the House of Representatives and State Senate. There are 98 Representatives from 49 districts, each of which elects one Senator and two members of the House. All members of the House are elected to a two-year term without term limits and State Senators serve without term limits, though senators serve four-year terms.

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 representatives by entering your street address at https://app.leg.wa.gov/districtfinder.

Get Involved - By attending local Town Halls, informal incumbent and candidate neighborhood appearances you can become more informed and contribute to policy formation. Some legislators also have phone or online tele-town as well. All elected legislators and congressional district incumbents have their own webpages and voting records.

Municipal and County Government
Council Meetings - No matter where you live, your City and County Councils host public meetings regularly throughout the year. By attending these meetings, you can learn about your community and contribute to the formation of local policy.

Advisory Groups - 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 Kirkland Senior Council:  (425) 587-3360 I www.kirklandwa.gov/depart/parks/About_Parks_and_Community_Services/Senior_Services/Senior_Council

Voting
Voting is a very important avenue to have your voice heard at the local, state and federal levels of government. To register to vote:  www.votewa.gov. For information on local elections: www.kcelections.com.

Register To Vote.
Remember To Vote.
In Washington, Medicaid is called Washington Apple Health (WAH). It is a state-administered program that pays for medical care for qualifying low-income individuals. It can also cover care in a nursing home, adult family home, or home care. One program of WAH is Community Options Program Entry System (COPES). COPES is a Medicaid program that provides services to people who meet Medicaid requirements for nursing home care, but do not live in a nursing home. COPES offers alternative care such as care at home or in an adult family home. COPES recipients are also eligible for services reimbursed by Medicaid. Contact DSHS to determine eligibility.

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

**Washington State HealthCare Authority Medical Assistance Customer Service Center (MACSC)**

1-800-562-3022 | Email: askmedicaid@hca.wa.gov
Business hours - client line: Monday-Friday: 7 AM to 5 PM PST (except state holidays)

**Department of Social & Health Services (DSHS)**

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

(800) 562-3022 | www.dshs.wa.gov

**DSHS Aging & Long-Term Support Administration**

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

(800) 562-3200 or (800) 615-2306 | www.dshs.wa.gov/altsa

**DSHS King Eastside Community Service Office**

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

(877) 501-2233 or (206) 684-0660 | www.dshs.wa.gov

805 156th Avenue NE
Bellevue, WA 98007

**DSHS Home & Community Services**

Helps to determine Washington Apple Health eligibility and process applications. Also assists with questions about Washington Apple Health programs such as COPES or CFC (Community First Choice).

(206) 341-7750 or (800) 346-9257 | www.dshs.wa.gov

1737 Airport Way S, Suite 110
Seattle, WA 98134

**DSHS The Answer Phone**

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

(877) 980-9220 | www.dshs.wa.gov
Understanding Your Coverage

If you need assistance in understanding your health coverage options, contact:

- **Statewide Health Insurance Benefits Advisors (SHIBA)**
  For questions about enrolling in Medicare, or if you have other insurance options and need help deciding what is best for you:
  (800) 562-6900 | www.insurance.wa.gov/shiba

- **Health Care Authority**
  For questions about Washington Apple Health:
  (800) 562-3022

- **Washington Healthplanfinder**
  For questions about enrolling into a Qualified Health or Dental Plan:
  (855) 923-4633 | www.wahealthplanfinder.org

- **DSHS Community Services Division**
  For help applying for health coverage:
  (877)501-2233

- **DSHS Home and Community Services**
  For questions about long-term services and supports (if you need nursing home or help with personal care needs):
  (800) 422-3263

<table>
<thead>
<tr>
<th>Coverage Type</th>
<th>How to Apply</th>
<th>Medicare Eligible</th>
<th>Not Medicare Eligible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Help paying for Medicare premiums, deductibles, and coinsurance</td>
<td>Washington Connection (DSHS)</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Nursing facility, adult family homes, and in-home care</td>
<td>Washington Connection (DSHS)</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Either full or spenddown Medicaid coverage</td>
<td>Washington Connection (DSHS)</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Coverage for parent/caretakers of children age 19 or under</td>
<td>Washington Healthplanfinder</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Enroll in health and dental plans</td>
<td>Washington Healthplanfinder</td>
<td>NO</td>
<td>YES</td>
</tr>
</tbody>
</table>
This section contains information on clinics, healthcare programs, hospitals, resources for specific conditions, and support groups.

### Community Health Centers

#### Eastgate Public Health Center
Medical, dental, and pharmacy services. Medical clinic hours Monday-Friday 8AM-5PM. Dental clinic hours, Monday, Tuesday, Thursday, Friday 8AM-5PM.

(206) 477-8000 | www.kingcounty.gov/eastgate
14350 SE Eastgate Way
Bellevue, WA 98007

#### HealthPoint
HealthPoint offers doctors, dentists, counselors, naturopaths, and pharmacy services.

- **Bothell**
  Medical, dental and pharmacy services.
  (425) 486-0658 | www.healthpointchc.org/health-centers/bothell
  10414 Beardslee Boulevard
  Bothell, WA 98011

- **Redmond**
  Medical: (425) 882-1697
  Dental: (425) 883-8000 | www.healthpointchc.org/health-centers/redmond
  6225 NE 87th Street,
  Bldg B (Medical) Bldg C (Dental)
  Redmond, WA 98052

#### International Community Health Services (ICHs) Medical & Dental Clinic – Bellevue
Services include primary medical, dental health, and behavioral health counseling.

Medical clinic hours, Mon, 7:30AM-7PM, Tue-Fri, 7:30AM-6PM, Sat, 8:30AM-5:30PM.
Dental Clinic, Mon-Sat, 7:30AM-6PM.

Medical: (425) 373-3000 | Dental: (425) 373-3030
www.ichs.com/bellevue
1050 140th Avenue NE
Bellevue, WA 98005

#### Muslim Association of Puget Sound (MAPS-MCRC) Community Clinic
Provides basic health services to underserved people as well as continuous aid to low-income and underserved groups regardless of their ability to pay. Clinic offers general health care, physical exams, blood pressure checks, well women exam, diabetes checks, vaccines, heart health, acupuncture, and natural medicine. Third Sundays, 10AM-1PM.

(206) 486-5352 | www.mcrcseattle.org/maps-mcrc-free-medical-clinic
Email: mapsmcrcclinic@gmail.com
17550 NE 67th Court
Redmond, WA 98052

#### RotaCare Clinic
The RotaCare Clinic is a volunteer driven coalition of physicians, nurse practitioners, nurses, pharmacists, interpreters and administrators. The Bellevue Clinic provides free basic medical care and medications to adults and children. Services include treatment for minor injuries and illnesses, diabetes and high blood pressure screening, x-rays, bloodwork, and basic medications. Saturdays, 9:30AM-11:30AM.

(425) 828-4304 - Voicemail checked weekly
Email: info@BellevueRotaCare.org
Bellevue Hopelink Building
14812 Main Street
Bellevue, WA  98007

#### Sea Mar Community Health Center - Bellevue
Provides primary care family medicine, including preventive health exams, acute care visits, minor procedures, health education, follow-up care, and referrals. Mon-Sat, 8AM-5PM.

(425) 460-7140 (Medical)
(425) 998-5980 (Dental) | www.seamar.org
3801 150th Avenue SE
Bellevue, WA 98007
The following services provide low-cost dental care. Check the Community Health Centers section on this page for more dental programs.

**Dental Care**

**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.
(425) 823-9000 | www.drtomseal.com
Email: drtomseal@gmail.com
9750 NE 120th Place #1
Kirkland, WA 98034

**Healthy Smiles Inc.**
Affordable oral health care for 50 and older offered outside the dental office. Dental hygienist services include teeth and denture cleaning, fluoride application, oral cancer screening, dry mouth/low saliva care, gum pocket measurements, oral hygiene instruction and referrals to dentists. Call (206) 650-3272 to make an appointment.

**Eastsie locations:**
North Bellevue Community Center
Sno-Valley Senior Center
Peter Kirk Community Center
Mt. Si Senior Center

**Lake Washington Institute of Technology Dental Clinic**
Services provided by student hygienists and licensed dentists, by appointment. Services cost up to 30% less than regular dental care. Emergency care are provided based on appointment availability. Monday-Thursday 8AM-4:30PM.
(425) 739-8130 | www.lwtech.edu/campus-life/dental-clinic
11605 132nd Avenue NE
Kirkland, WA 98034

**Seattle/King County Dental Society**
Provides referrals to private practice dentists and low-income clinics. Resources are also listed on their website. Monday-Friday 8AM-5PM.
(206) 443-7607 | www.skcds.org
Email: skcds@skcds.com
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. Monday-Friday, 8AM-5PM.
(206) 616-6996 | www.dental.washington.edu/patient
Health Sciences Center
1959 NE Pacific Street, Suite D322
Seattle, WA 98195

**Captioncall**
FCC-supported program which provides free caption technology-enabled phones to those with professionally-verified hearing loss.
(877) 557-2227 | www.captioncall.com
Email: support@captioncall.com

**Eastside Audiology**
Clinical audiologists who provide hearing screenings, hearing aid adjustments, repairs, and other services. Monday-Thursday, 8AM-5PM.
(425) 528-8597 | www.eastsideaudiology.com
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
Email: bellevue@everhear.com
1800 116th Avenue NE, Suite 103
Bellevue, WA 98004
Kirkland: (425) 899-5050
Email: kirkland@everhear.com
12333 NE 130th Lane, Suite 430
Kirkland, WA 98034
Redmond: (425) 882-4347
Email: redmond@everhear.com
8301 161st Avenue NE, Suite 208
Redmond, WA 98052

EvergreenHealth Speech Therapy ■
Speech, language, voice, and swallowing evaluations and therapy.
(425) 899-3100 | www.evergreenhealth.com/speech-therapy-program
12040 NE 128th Street
Kirkland, WA 98034

Hearing Loss Association of Washington (HLA-WA)
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: info@hearingloss-wa.org
P. O. Box 265
Redmond, WA 98073-0265

Hearing Specialty Center LLC ■
Specializes in diagnosis and measurement of hearing loss for adults and children.
Cherri Hoyden, AUD, CCC-A
(425) 821-6600 | www.hearingspecialtycenter.com
Email: choyden@hearingspecialtycenter.com
12911 120th Avenue NE, Suite E40
Kirkland, WA 98034

Hearing, Speech, & 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.
Monday-Friday, 8:30AM-5PM.
(206) 323-5770 or TTY: (206) 388-1275 | www.hsdc.org
1625 19th Avenue
Seattle, WA 98122

Northwest Lions Foundation
The Lions Foundation provides new hearing aids to qualifying individuals with little to no income.
(206) 838-4600 | www.nlfoundation.org
Email: info@nlfoundation.org
1200 6th Avenue, Ste 300
Seattle, WA 98101-1128

Overlake Hospital Speech Pathology
Speech, language, voice, and swallowing evaluations and therapy. Monday-Friday, 7AM-6PM.
(425) 688-5900 | www.overlakehospital.org/services/rehabilitation-care/speech-therapy
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.
Monday-Friday 8AM-5PM.
(206) 543-5440 | https://sph.washington.edu
Email: shclinic@uw.edu
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, 24/7 with no restrictions on the number, length, or type of calls. All calls are strictly confidential, and no records of any conversations are maintained.
TTY: (800) 833-6388
To reach an operator: (800) 833-6384
www.dshs.wa.gov/altaa/odhh/telecommunication-relay-services

Hospice & Palliative Care

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

EvergreenHealth Hospice Care
Provides end-of-life support and care such as nursing, medical direction, medical social work, counseling, and bereavement in the hospital and the patient’s home or at EvergreenHealth Hospice Center. Accepts Medicare, Medicaid, and insurance. Office hours, Monday-Friday 8AM-5PM.
(425) 899-3300 | www.evergreenhealth.com/hospice-care
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. Palliative care staff focus on the physical, social, emotional, psychological, existential, and spiritual needs of patients and their families. Office hours, Monday-Friday 8AM-5PM.
(425) 899-3224 | www.evergreenhealth.com/palliative-care
12822 124th Lane NE
Kirkland, WA 98034

Hospice Foundation of America
Operates an online ‘Ask an Expert’ Hospice and Palliative care forum and provides other informative resources. Responses are generally made within 24 hours.
(800) 854-3402 | www.hospicefoundation.org

Kaiser Permanente Hospice Program
In-home hospice services for Kaiser Permanente members facing life-limiting illness. The Hospice program is Medicare-certified.
(206) 326-4444 or (800) 332-5735 | https://wa.kaiserpermanente.org/html/public/services/hospice

Kindred at Home & Kindred Hospice
Kindred can provide routine home care, respite care, inpatient care, or continuous care for patients with life-limiting illnesses. Memory care options also available.
(206) 525-1090 | www.kindredhealthcare.com/locations/hospice/seattle-wa-6877
155 NE 100th Street, Suite 510
Seattle, WA 98125

Kline Galland Hospice & Palliative Care
Kline Galland Hospice care includes an interdisciplinary team of physicians, nurses, social workers, home health aides, spiritual and bereavement counselors, massage and music service providers, and physical, occupational, and speech therapists. Embraces Jewish tradition.
7500 Seward Park Avenue S
Seattle, WA 98118

The web version of this guide can be found at www.kirklandwa.gov
OVERLAKE PALLIATIVE CARE

Working with patients and families to improve their quality of life. Our team provides compassionate care for seriously ill patients and their loved ones to address their physical, emotional, and spiritual needs.

(425) 635-6393 | www.overlakehospital.org/center/palliative-care
1035 116th Avenue NE
Bellevue, WA 98004

 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.

(206) 320-4000 | https://washington.providence.org/locations-directory/h/hospice-of-seattle
2811 S 102nd St Suite 200
Tukwila, WA 98168

EVERGREENHEALTH MEDICAL CENTER

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.

(425) 899-3000 | www.evergreenhealth.com/healthline

NORTHWEST ADA CENTER

Provides information, resources, and guidance related to the Americans with Disabilities Act. Monday-Friday, 8:30AM-4:30PM.

(425) 248-2480 | www.nwadacenter.org
Email: nwadactr@uw.edu

OVERLAKE HOSPITAL PHYSICIAN REFERRAL LINE

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

(425) 688-5211 | www.overlakehospital.org/node/2457

STATEWIDE HEALTH INSURANCE BENEFITS ADVISORS (SHIBA)

SHIBA can help individuals understand their health care coverage options and 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 advi-
sors can assist by phone, email, or in-person. Visit their website to find an advisor and make an appointment.

(800) 562-6900 | www.insurance.wa.gov/about-oic/what-we-do/advocate-for-consumers/shiba
Office of the Insurance Commissioner
PO Box 40256
Olympia, WA 98504

Washington Apple Health (Medicaid)
In Washington State, Medicaid is called Washington Apple Health. Individuals can apply for Apple Health through Washington Health Plan Finder (see 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. Monday-Friday, 7AM-5PM.

(800) 562-3022 | www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage
Email: askmedicaid@hca.wa.gov

Cherry Street Plaza
626 8th Avenue SE
Olympia, WA 98501

Washington Health Plan Finder
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 or renew their coverage through website, calling, or in-person through a Navigator at no additional cost. Navigators can only be contacted through website.

(855) 923-4633 | www.wahealthplanfinder.org

Medicare and/or AppleHealth 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. Monday-Friday, 10AM-4PM, Sunday, 11AM-3PM.

(425) 251-0922 | www.allcare.org
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.

(425) 881-8500 | www.apria.com/shop
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. Monday-Friday, 8AM-6PM, Saturday, 9AM-5PM.

(425) 451-2842 | www.bellevuehealthcare.com
2015 152ND Avenue NE
Redmond, WA 98052

Bridge Disability Ministries - Meyer Medical Equipment Center
Used, durable medical equipment for a suggested donation. No one turned away for inability to pay. Return equipment when no longer needed. Monday - Thursday 9:30AM-5:30PM, Friday 9:30AM-1:30PM.

(425) 885-1008 | https://bridgemin.org/medical-equipment
Email: bridge@bridgemin.org
12356 Northup Way
Bellevue, WA 98005
HEALTH CARE

M.D. Medical Supplies ■
Provides walkers, wheelchairs, toilet and 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. Store hours, Monday-Friday, 7AM-5PM.
(800) 892-1750 | www.mdmedicals.com
7687 S 180th Street
Kent, WA 98032

Martin Medical Inc. ■
Supplies compression devices and other medical equipment to those living with lymphedema. Medicare and Medicaid are not accepted. Monday-Friday, 9AM-5PM.
(425) 462-5334 or (800) 468-0789 | www.martinmedicalinc.com
Email: dmartin@martinmedical.net
1632 116th Avenue NE, Suite B
Bellevue, WA 98004

Northshore Senior Center
The Northshore Senior Center maintains a supply of wheelchairs, walkers, canes, commodes, and other equipment that is available for a temporary loan of up to three months or longer if needed. Usage of their resources is free, although cash and equipment donations are accepted.
10201 E Riverside Drive
Bothell, WA 98011

Rotech Healthcare Inc. ■
Rotech Healthcare provides an extensive array of home healthcare equipment and services to patients. Monday-Friday, 9AM-4PM.
(253) 926-0474 | www.rotech.com
1000 SW 7th Street Suite F
Renton, WA 98057

Snoqualmie Valley H.E.L.P. Center
Home medical equipment lending program for Snoqualmie Valley residents. Lends wheelchairs, walkers, shower chairs, commodes, canes, and other medical equipment and accepts donations of equipment. Visit Snoqualmie Hospital Rehabilitation Clinic to access equipment at no charge. First and third Fridays, 2:30PM-6:30PM.
(425) 831-3754 | www.snoqualmiesh.org/clinics/outpatient-therapy
Snoqualmie Hospital Rehabilitation Clinic
38565 SE River Street
Snoqualmie, WA 98065

Senior Clinics

The programs below provide primary care services by physicians and/or nurse practitioners with special training and certification in geriatric medicine and a team of health care professionals. 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, and most major insurance plans accepted.
Monday-Friday, 8:30AM-5PM.
(425) 899-6800 | www.evergreenhealth.com/geriatric-medicine
11521 NE 128th Street, Suite 100
Kirkland, WA 98034

Overlake Senior Health Center
Open to anyone 65 or older, accepts Medicare and Medicare Supplements. Monday - Thursday 8AM-4:45PM, Friday 8AM-4:30PM.
(425) 688-5234 | https://www.overlakehospital.org/center/senior-health-clinic
1750 112th Avenue NE, Suite A101
Bellevue, WA 98004
### Vision

The following programs provide services for individuals who are blind or have vision impairment. To find an eye doctor, contact the physician referral lines on page 28.

#### 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.

Office hours, Monday-Thursday, 7AM-5:30PM.
(206) 906-5500 | www.dsb.wa.gov
Email: info@dsb.wa.gov
3411 S Alaska Street
Seattle, WA 98118

#### Washington Talking Book & Braille Library

Offers audio books and listening devices, books in braille, and large print which can be shipped through the mail at no charge.
Monday-Friday, 8:30AM-5PM.
(206) 615-0400 or (800) 542-0866
TTY: (206) 615-0418 | www.wtbbl.org
Email: wtbbl@sos.wa.gov
2021 9th Avenue
Seattle, WA 98121

### Preventing Falls

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

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

For more information on preventing falls through exercise, see “Falling into Fitness” - a free video produced by the Kirkland Senior Council: www.youtube.com/watch?v=vqT2ZULBp0

**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 as well as adding 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 108 for more information.
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. Appointment booking and wait times are often displayed on the location’s website.

<table>
<thead>
<tr>
<th>CITY</th>
<th>CLINIC NAME, LOCATION &amp; HOURS</th>
<th>CONTACT &amp; WEBSITE</th>
</tr>
</thead>
</table>
| Bellevue | CareClinic at Bartell Drugs Bellevue Village
  10116 NE 8th Street
  Bellevue, WA 98004
  Daily, 9AM-7PM | (800) 722-3009
  Email: contactus@care-clinic.org
  www.bartelldrugs.com/care-clinic/bellevue-village |
|          | CareClinic at Bartell Drugs Crossroads
  653 156th Avenue NE
  Bellevue, WA 98007
  Daily, 9AM-7PM | (800) 722-3009
  Email: contactus@care-clinic.org
  www.bartelldrugs.com/care-clinic/crossroads |
|          | Concentra Urgent Care
  1925 140th Avenue NE
  Bellevue, WA 98005
  Monday-Friday, 8AM-5PM | (425) 865-8060 |
|          | Immediate Clinic – Bellevue
  15600 NE 8th Street, Suite A4
  Bellevue, WA 98008
  Daily, 8AM-8PM | (425) 643-3331
  Email: immediateclinic@multiplycare.org |
|          | Kaiser Permanente Urgent Care
  11511 NE 10th Street
  Bellevue, WA 98004
  24 hours a day, 7 days a week | (425) 502-4120 |
|          | Overlake Bellevue Urgent Care Clinic
  400 108th Avenue NE
  Bellevue, WA 98004
  Monday-Saturday, Noon-10PM | (425) 635-6550
  www.overlakehospital.org/department/urgent-care |
|          | Overlake Lake Hills Urgent Care
  619 156th Ave SE
  Bellevue, WA 98007
  Monday-Saturday, Noon-10PM | (425) 637-3280
  www.overlakehospital.org/department/urgent-care |
<table>
<thead>
<tr>
<th>CITY</th>
<th>CLINIC NAME, LOCATION &amp; HOURS</th>
<th>CONTACT &amp; WEBSITE</th>
</tr>
</thead>
</table>
| Bellevue | **Summit Primary Care & Walk-In Clinic**  
3900 Factoria Boulevard SE, Suite A  
Bellevue, WA 98006  
Monday-Friday, 8AM-7PM | (425) 903-3141  
[www.swedish.org/locations/swedish-express-care-at-walgreens-bellevue#llaid=6557](www.swedish.org/locations/swedish-express-care-at-walgreens-bellevue#llaid=6557) |
|          | **Swedish Express Care at Walgreens**  
15585 NE 24th Street  
Bellevue, WA 98007  
Daily, 8AM-8PM | (888) 227-3312  
[www.swedish.org/locations/swedish-express-care-at-walgreens-bellevue#llaid=6557](www.swedish.org/locations/swedish-express-care-at-walgreens-bellevue#llaid=6557) |
| Bothell  | **Immediate Clinic – Bothell**  
23131 Bothell-Everett Highway  
Bothell, WA 98021  
Daily, 8AM-8PM | (425) 483-3335  
Email: [immediateClinic@multicare.org](mailto:immediateClinic@multicare.org)  
|          | **Swedish Express Care at Walgreens**  
23131 Bothell-Everett Highway  
Bothell, WA 98021  
Daily, 8AM-8PM | (888) 227-3321  
| Issaquah | **MulitCare Indigo – Issaquah**  
6140 E Lake Sammamish Parkway SE, Suite F  
Issaquah, WA 98029  
Daily, 8AM-8PM | (425) 651-7090  
|          | **Overlake Medical Clinics Issaquah**  
5708 East Lake Sammamish Parkway SE  
Issaquah, WA 98029  
Daily, 7AM-11PM | (425) 688-5777  
[www.overlakehospital.org/department/urgent-care](www.overlakehospital.org/department/urgent-care) |
|          | **Swedish Express Care at Walgreens**  
6300 E Lake Sammamish Parkway SE  
Issaquah, WA 98029  
Daily, 8AM-8PM | (888) 227-3312  
|          | **UW Neighborhood Clinic**  
1740 NW Maple Street, Suite 100  
Issaquah, WA 98027  
Monday-Friday, 10AM-8PM,  
Saturday & Sunday, 8AM-6PM | (425) 391-3900  
[www.uwmedicine.org/locations/primary-care-issaquah](www.uwmedicine.org/locations/primary-care-issaquah) |
<table>
<thead>
<tr>
<th>CITY</th>
<th>CLINIC NAME, LOCATION &amp; HOURS</th>
<th>CONTACT &amp; WEBSITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kirkland</td>
<td><strong>Immediate Clinic – Kirkland</strong>&lt;br&gt;13718 100th Avenue NE&lt;br&gt;Kirkland, WA 98034&lt;br&gt;Daily, 8AM-8PM</td>
<td>(425) 814-4888&lt;br&gt;Email: <a href="mailto:immediateClinic@multicare.org">immediateClinic@multicare.org</a></td>
</tr>
<tr>
<td>Kirkland</td>
<td><strong>Immediate Clinic – Rose Hill</strong>&lt;br&gt;13131 NE 85th Street&lt;br&gt;Kirkland, WA 98033&lt;br&gt;Daily, 8AM-8PM</td>
<td>(425) 702-8002&lt;br&gt;Email: <a href="mailto:immediateClinic@multicare.org">immediateClinic@multicare.org</a></td>
</tr>
<tr>
<td>Kirkland</td>
<td><strong>MultiCare Indigo - Kirkland</strong>&lt;br&gt;12423 Totem Lake Boulevard NE&lt;br&gt;Kirkland, WA 98034&lt;br&gt;Daily, 8AM-8PM</td>
<td>(425) 406-5458&lt;br&gt;<a href="http://www.indigourgentcare.com/locations/urgent-care-kirkland">www.indigourgentcare.com/locations/urgent-care-kirkland</a></td>
</tr>
<tr>
<td>Kirkland</td>
<td><strong>Swedish Express Care at Walgreens</strong>&lt;br&gt;12405 NE 85th Street&lt;br&gt;Kirkland, WA 98033&lt;br&gt;Daily, 8AM-8PM</td>
<td>(888) 227-3312&lt;br&gt;<a href="http://www.swedish.org/locations/swedish-express-care-at-walgreens-kirkland">www.swedish.org/locations/swedish-express-care-at-walgreens-kirkland</a></td>
</tr>
<tr>
<td>Mercer Island</td>
<td><strong>Swedish Express Care at Walgreens</strong>&lt;br&gt;7707 SE 27th Street&lt;br&gt;Mercer Island, WA 98040&lt;br&gt;Daily, 8AM-8PM</td>
<td>(888) 227-3312&lt;br&gt;<a href="http://www.swedish.org/locations/swedish-express-care-at-walgreens-mercer-island">www.swedish.org/locations/swedish-express-care-at-walgreens-mercer-island</a></td>
</tr>
<tr>
<td>Redmond</td>
<td><strong>CareClinic at Bartells</strong>&lt;br&gt;7370 170th Avenue NE&lt;br&gt;Redmond, WA 98052&lt;br&gt;Daily, 9AM-7PM</td>
<td>(800) 722-3099&lt;br&gt;Email: <a href="mailto:contactus@care-clinic.org">contactus@care-clinic.org</a>&lt;br&gt;<a href="http://www.bartelldrugs.com/care-clinic/redmond">www.bartelldrugs.com/care-clinic/redmond</a></td>
</tr>
<tr>
<td>Redmond</td>
<td><strong>Concetra Urgent Care</strong>&lt;br&gt;16690 Redmond Way&lt;br&gt;Redmond, WA 98052&lt;br&gt;Monday-Friday, 8AM-5PM</td>
<td>(425) 882-0100</td>
</tr>
<tr>
<td>Redmond</td>
<td><strong>EvergreenHealth Urgent Care</strong>&lt;br&gt;8980 161st Avenue NE, Suite 320&lt;br&gt;Redmond, WA 98052&lt;br&gt;Monday-Friday, 8AM-8PM&lt;br&gt;Saturday &amp; Sunday, 9AM-5PM</td>
<td>(425) 883-3333&lt;br&gt;<a href="http://www.evergreenhealth.com/urgent-care">www.evergreenhealth.com/urgent-care</a></td>
</tr>
<tr>
<td>Redmond</td>
<td><strong>Overlake Medical Clinics Redmond</strong>&lt;br&gt;17209 Redmond Way&lt;br&gt;Redmond, WA 98052&lt;br&gt;Daily, 7AM-11PM</td>
<td>(425) 635-6400&lt;br&gt;<a href="http://www.overlakehospital.org/department/urgent-care">www.overlakehospital.org/department/urgent-care</a></td>
</tr>
<tr>
<td>CITY</td>
<td>CLINIC NAME, LOCATION &amp; HOURS</td>
<td>CONTACT &amp; WEBSITE</td>
</tr>
<tr>
<td>-----------</td>
<td>---------------------------------------------------------------------</td>
<td>--------------------------------------------------------</td>
</tr>
<tr>
<td>Redmond</td>
<td><strong>Swedish Redmond</strong>&lt;br&gt;18100 NE Union Hill Road&lt;br&gt;Redmond, WA 98052&lt;br&gt;Mon-Fri: 8AM-8PM, Sat &amp; Sun: 8AM-4PM</td>
<td>(425) 498-2165</td>
</tr>
<tr>
<td>Sammamish</td>
<td><strong>CareClinic at Bartells</strong>&lt;br&gt;526 228th Avenue NE&lt;br&gt;Sammamish, WA 98074&lt;br&gt;Daily, 9AM-7PM</td>
<td>(800) 722-3009&lt;br&gt;Email: <a href="mailto:contactus@care-clinic.org">contactus@care-clinic.org</a>&lt;br&gt;www.bartelldrugs.com/care-clinic/sammamish</td>
</tr>
<tr>
<td></td>
<td><strong>EvergreenHealth Urgent Care</strong>&lt;br&gt;22850 NE 8th Street, Suite 103&lt;br&gt;Sammamish, WA 98074&lt;br&gt;Mon-Fri: 8AM-8PM, Sat &amp; Sun: 9AM-5PM</td>
<td>(425) 898-1126&lt;br&gt;www.evergreenhealth.com/urgent-care</td>
</tr>
<tr>
<td></td>
<td><strong>Overlake Urgent Care Sammamish</strong>&lt;br&gt;22630 SE 4th Street, Suite 300&lt;br&gt;Sammamish, WA 98074&lt;br&gt;Monday-Saturday, Noon-10PM</td>
<td>(425) 635-3080&lt;br&gt;www.overlakehospital.org/department/urgent-care</td>
</tr>
<tr>
<td>Snoqualmie Valley</td>
<td><strong>CareClinic at Bartells</strong>&lt;br&gt;35013 Snoqualmie Parkway&lt;br&gt;Snoqualmie, WA 98065&lt;br&gt;Daily, 9AM-7PM</td>
<td>(800) 722-3009&lt;br&gt;Email: <a href="mailto:contactus@care-clinic.org">contactus@care-clinic.org</a>&lt;br&gt;www.bartelldrugs.com/care-clinic/snoqualmie-ridge</td>
</tr>
<tr>
<td></td>
<td><strong>Meadowbrook Clinic Urgent Care</strong>&lt;br&gt;209 Main Street S, Suite 115&lt;br&gt;North Bend, WA 98045&lt;br&gt;Mon-Sat: 10AM-8PM, Sun: 12PM-5PM</td>
<td>(425) 831-0777</td>
</tr>
<tr>
<td>Woodinville</td>
<td><strong>EvergreenHealth Urgent Care</strong>&lt;br&gt;16916 140th Avenue NE&lt;br&gt;Woodinville, WA 98072&lt;br&gt;Mon-Fri: 8AM-8PM, Sat &amp; Sun: 9AM-5PM</td>
<td>(425) 488-2273&lt;br&gt;www.evergreenhealth.com/urgent-care</td>
</tr>
</tbody>
</table>

**The web version of this guide can be found at www.kirklandwa.gov**
**Addiction & Recovery Services**

The following programs aid 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. Club hours, 6:30AM-9:30PM, seven days a week. Café hours, 7AM-9PM, seven days a week.

(425) 455-5700 | [http://alanocluboftheeastside.com](http://alanocluboftheeastside.com)
Email: alano_manager@questoffice.net
12302 NE 8th Street
Bellevue, WA 98005

**Alcohol & Drug Help Line**
The Alcohol and Drug Helpline can provide crisis intervention, referral assistance, and information for individuals dealing with substance abuse issues. 24-hour free confidential referral line.

(206) 722-3700 | [www.adhl.org](http://www.adhl.org)

**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. Meetings are held every day of the week, in over 16 cities on the Eastside. Call to confirm locations and hours.

(425) 454-9192 | [www.eastsideintergroup.com](http://www.eastsideintergroup.com)
Email: esig@eastsideintergroup.com

**Cascade Behavioral Health Hospital**
Provides inpatient and outpatient substance abuse and alcohol detoxification and treatment programs, mental health and trauma / PTSD programs, and a geriatric special unit providing services for dementia, depression, anxiety, and mental disorders. Accepts most insurance and Medicare. Both facility and phoneline staffed 24/7.

(866) 518-1340 | [www.cascadebh.com](http://www.cascadebh.com)
Email: info@cascadebh.com
12844 Military Road South
Tukwila, WA 98168

**Consejo Substance Use Disorder Program**
Provides outpatient substance use disorder services tailored to monolingual, immigrant, and low-income adults.

(206) 461-4880 | [www.consejocounseling.org](http://www.consejocounseling.org)

**EvergreenHealth Monroe Recovery Center**
Services at the Recovery Center are available 24/7 and include evaluation, acute medical detoxification, residential treatment, naloxone stabilization, outpatient services, and a day treatment program.

(360) 794-1405 | [www.recoverycentermonroe.com](http://www.recoverycentermonroe.com)
Email: recoverycenter@evergreenhealth.com
17880 147th Street SE
Monroe, WA 98272
HEALTH CARE & SUPPORT FOR SPECIFIC NEEDS

Fairfax Behavioral Health Hospital ■
Senior specific programs include occupational therapy, group therapy, and life skills coaching for patients who are experiencing a psychiatric disturbance related to age. Evaluation and admissions available 24/7.
(425) 296-0019 | www.fairfaxhospital.com/programs/seniors
10200 NE 132nd Street
Kirkland, WA 98034

Hotel California By the Sea Bellevue ■
Provides outpatient treatment programs to the greater Seattle area to achieve and maintain long-term sobriety and recovery and co-occurring mental health conditions. Provides inpatient detox services. Accepts most insurance.
(844) 252-1356 | https://www.hotelcaliforniabellevue.com
1601 114TH Avenue SE
Bellevue WA 98004

King County Behavioral Health and Recovery Division
Provides information in multiple languages about services and treatment in King County. Conducts evaluations and initiates court proceedings for involuntary treatment of those with chemical dependency as well as education about prevention and intervention.
Chinook Building
401 Fifth Avenue, Suite 400
Seattle, WA 98104

Lakeside Milan Recovery Centers ■
Facilitates intervention and assessment and operates a residential inpatient program and outpatient program for individuals experiencing chemical dependency.
General Information:
(800) 231-4303 | www.lakesidemilam.com
Email: help@lakesidemilam.com

Kirkland Inpatient Facility
(425) 823-3116
10322 NE 132nd Street
Kirkland, WA 98034

Kirkland Outpatient
(425) 822-5095
6725 116th Avenue NE, Suite 110
Kirkland, WA 98033

Issaquah Outpatient
(425) 392-8468
300 NE Gilman Boulevard, Suite 200
Issaquah, WA 98027

Motivations Recovery Center ■
Outpatient chemical dependency treatment, counseling, assessment, and deferred prosecutions.
(425) 481-2122 | www.motivationsrecoverycenter.com
17311 135th Avenue NE, Suite 750
Woodinville, WA 98072

Narcotics Anonymous
Supports chemically dependent individuals and their friends and families. The number below is a 24/7 hotline for the Seattle area.
(206) 790-8888 | www.seattlena.org
Email: info@seattlena.org

New Life Recovery Solutions ■
Full-service addiction recovery center serving patients in Bellevue and the surrounding area. Monday-Friday 9AM-8PM, Saturday, 9AM-3PM.
(425) 454-2238 | www.nlrsnow.com
12330 NE 8th Street, Suite 100
Bellevue, WA 98005

The web version of this guide can be found at www.kirklandwa.gov
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.
(425) 258-7390 | https://washington.providence.org/services-directory/services/s/substance-abuse
916 Pacific Avenue
Everett, WA 98201

Residence XII
The Northwest’s premier non-profit alcohol and 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 | www.residencexii.org
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. Office hours, Monday-Thursday, 7AM-5:30PM, Friday, 7AM-4:30PM. Dispensary hours, Monday-Friday, 6AM-1PM, Saturday, 7:30AM-11:30AM.
(425) 747-7892 | www.ths-wa.org
1412 140th Place NE
Bellevue, WA 98007
**Mercer Island**  
**Second Wednesdays, 3PM-4:30PM**  
**Mo’s Pizza**  
2630 77th Avenue SE  
Mercer Island, WA 98040  
Info: Carolyn Kelso | (206)356-0271

**Bothell**  
**Third Tuesdays, 3PM-5PM**  
**McMenamin’s Anderson School**  
**Thorndike Room in the Woodshop Restaurant**  
18607 Bothell Way NE  
Bothell, WA 98011  
Info: Heather Steele | (425) 485-9797  
Email: hsteele@seattleymca.org

**Bellevue**  
**Fourth Tuesdays, 3PM-5PM**  
**Tutta Bella Neapolitan Pizzeria – Crossroads**  
15600 NE 8th Street, Suite J1  
Bellevue, WA 98008  
Info: Cheri Pamer | (425) 830-0902  
Email: cpamer@seattleymca.org

**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 socially engaging activities. Weekly participation preferred. Brief respite option for caregivers. Pre-screening and registration required.  
$55 each class (lunch included).  
Contact: Candice Whelen | (425) 488-4821  
www.northshoreseniorcenter.org/programs-services/socialservices/earliestagememorylossprograms.aspx  
Email: candicew@mynorthshore.org  
10201 E Riverside Drive  
Bothell, WA 98011

**Momentia**  
Empowering persons with memory loss and their loved ones to remain connected and active in the community. Offers website and quarterly booklet providing a calendar of dementia-friendly creative or social engagement activities provided by numerous organizations.  
www.momentiaseattle.org

**Old Friends Club**  
Offers caregiver respite, group and individual support, education, and resources.  
(425) 681-9776 | www.oldfriendsclub.org  
Email: welcome@oldfriendsclub.org  
P.O. Box 2472  
Kirkland, WA 98083

---

**Amyotrophic Lateral Sclerosis (ALS)**

**ALS Association - Evergreen Chapter**  
Resources and support groups for persons with ALS and their families.  
(425) 656-1650 | http://webwa.alsa.org/site/PageServer?pagename=WA_homepage  
19226 66th Avenue S, Suite L-105  
Kent, WA 98032
### 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.  
(206) 489-4610 | Help Line: (844) 571-4357  
www.arthritis.org/washington  
155 NE 100th Street, Suite 303  
Seattle, WA 98125

**Arthritis Foundation Aquatic Program**  
**Bothell - Northshore YMCA**  
(425) 485-9797  
11811 NE 195th Street  
Bothell, WA 98011

**Issaquah - Julius Boehm Pool**  
(425) 837-3350  
50 SE Clark Street  
Issaquah, WA 98027

**Newcastle - Coal Creek YMCA**  
(425) 282-1500  
13750 Newcastle Golf Club Road  
Newcastle, WA 98059

**North Bend - Si View Pool**  
(425) 888-1447  
400 SE Orchard Drive  
North Bend, WA 98045

### Cancer

**American Cancer Society**  
Provides information and referral services, educational materials, transportation to treatment, assistance with temporary housing, free nutritional supplements, loaned medical equipment, support groups and emergency food vouchers.  
24/7 help line: (800) 227-2345 | www.cancer.org  
**Seattle Office**  
(206) 283-1153 | Monday-Friday: 8:30AM-5PM  
www.cancer.org/about-us/local/washington  
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.  
(800) 813-4673 | www.cancercare.org

**Cancer Lifeline**  
Provides financial assistance to low-income patients with all cancer types, support groups, referrals, exercise programs, and family programs. Cancer Lifeline operates a 24-hour helpline for immediate phone support. Monday-Friday 9AM-5PM, call for Saturday hours.  
(206) 297-2100 | Help Line: (206) 297-2500 or (800) 255-5505 | www.cancerlifeline.org  
6522 Fremont Avenue N  
Seattle, WA 98103

**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.  
Monday-Friday, 9AM-5PM.  
(206) 709-1400 | www.cancerpathways.org  
Email: info@cancerpathways.org  
1400 Broadway  
Seattle, WA 98122
Chris Elliott Fund (End Brain Cancer)
A Redmond-based organization for people with brain cancer and their families. Provides patients with immediate access to advanced treatment options, specialists, and support programs. Helps patients and caregivers with education, guidance, support, and advocacy.
(425) 444-2215 | www.endbraincancer.org
Email: wecare@endbraincancer.org
16150 NE 85th Street, Suite #201
Redmond, WA 98052

EvergreenHealth Halvorson Cancer Care Center
EvergreenHealth Halvorson Cancer Care Center provides a full range of medical and supportive services. The center hosts 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/cancer-care

General information
Halvorson Cancer Center: (425) 899-6000
Resource Center: (425) 899-2265
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 affected by cancer. Live help available Monday-Friday 6AM-6PM.
(800) 422-6237 | www.cancer.gov
Email: NCIinfo@nih.gov

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. Monday-Friday 8AM-5PM.
(425) 454-2148 | www.overlakehospital.org/cancer
Email: cancer@overlakehospital.org
1135 116th Avenue NE, Suite 200
Bellevue, WA 98004

Seattle Cancer Care Alliance (SCCA)
SCCA cancer treatment center unites doctors from local medical centers to develop community cancer treatment programs. Also promotes SCCA physician-led clinical trials to patients.
Monday-Friday 7AM-9PM.
(206) 288-7222 | www.seattlecca.org
825 Eastlake Avenue E
Seattle, WA 98109

Caregiver Support

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

Bellevue Caregiver Support Groups
Caregiver Support Group – YMCA
Second Wednesdays, 1:30PM-3PM
Contact: Ruth Hansing | (206) 232-2537
14230 Bel-Red Road
Bellevue, WA 98007

Caregiver Support Group – Overlake Senior Health Center
Third Mondays, 3PM-4:30PM
Contact: Regina Bennett | (425) 502-9828
Hidden Valley Office Park, Bldg 1
1750 112th Avenue NE, Ste A101
Bellevue, WA 98004

Spanish Speaking Caregiver Group
First Fridays, 1PM-2:30PM
Contact: Claudia Cruz | (425) 598-5436
Bellevue Family YMCA - Conference Room
14230 Bel-Red Road
Bellevue, WA 98007
Bothell Caregiver Support Group  
Third Tuesdays, 1:00PM-2:30PM  
Contact: Debbie Williams | (206) 965-5404  
First Lutheran Church of Bothell  
10207 NE 183rd St  
Bothell, WA 98011

Carnation Caregiver Support Group  
Third Thursdays, 1PM-2:30PM  
Contact: Kelly Fujiwara | (425) 333-4152  
Email: kellyf@soundgenerations.org  
Sno-Valley Senior Center  
4610 Stephens Avenue  
Carnation, WA 98014

Issaquah Caregiver Support Groups  
Aegis of Issaquah  
Second Thursdays, 6PM-7:30PM  
(425) 313-7364  
780 N Juniper Street  
Issaquah, WA 98027  

Issaquah Senior Center  
Third Wednesdays, 12:30PM-1:30PM  
Contact: Sandra Morris | (509) 429-2865  
75 NE Creek Way  
Issaquah, WA 98027

Issaquah Library  
Third Saturdays, 10:30AM-12PM  
Contact: Helen Boyer | (425) 301-0709  
Library, North Community Building  
4135-A Providence Point Drive SE  
Issaquah, WA 98029

Kirkland Caregiver Support Groups  
Kirkland Congregational Church  
Second Tuesdays, 7PM-8:30PM  
Contact: Marina Fisher | (425) 492-5188  
106 5th Ave  
Kirkland, WA 98033

Lake Washington United Methodist Church  
Third Tuesdays, 1PM-2:30PM  
Contact: Rosemary Reid | (425) 820-0134  
7525 132nd Ave NE  
Kirkland, WA 98033

Kirkland Caregiver Support Group  
Second Mondays, 1:30PM-3PM  
(425) 587-3360  
Peter Kirk Community Center  
352 Kirkland Avenue  
Kirkland, WA 98033

Mercer Island Caregiver Support Groups  
Caregiver Support Group  
First and third Thursdays, 3PM – 4:30PM  
(206) 230-0166  
Community Center at Mercer View  
8236 SE 24th Street  
Mercer Island 98040

Family Caregiver Support Group  
Mercer Island Senior Health Center  
Second Tuesdays, 3:30PM – 5PM  
(206) 275-7752  
7707 SE 27th Suite #110  
Mercer Island 98040

Redmond Caregiver Support Group  
Overlake Alzheimer’s Caregiver Support Group  
Provides support and education to families of Alzheimer’s or dementia patients. The support group is free to attend; no prior registration required. Meets the third Mondays, 3PM-4:30PM.

Overlake Senior Health Clinic  
(425) 502-9828  
1750 112th Avenue NE, Suite A101  
Bellevue, WA 98004

Redmond Alzheimer’s 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 Tuesdays, 1PM-2:30PM.

Emerald Heights | (425) 556-8140  
10901 176th Circle NE  
Redmond, WA 98052
**Mercer Island Youth & Family Services Support Group**  
First Wednesdays, 2:30PM-4PM  
(206) 275-7752 | betsy.zuber@mercergov.org  
2040 84th AVE SE  
Mercer Island 98040

**Northshore Adult Children of Aging Parent Support Group**  
As parents age, you may be struggling with legal and healthcare decisions, changing family roles, and finding meaning in this new phase of your life. Learn, share, and gain resources and emotional support from others who are traversing this inevitable transition.  
Facilitator: Janet Zielasko, MS, LSW  
Email: janetz@mynorthshore.org  
(425) 286-1035  
Northshore Senior Center  
Third Wednesdays, 6:30PM-8PM  
10201 East Riverside Drive, Room 205  
Bothell, WA 98011

**American Diabetes Association**  
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 website.  
Monday-Friday, 9AM-7PM  
(206) 282-4616 or (800) 342-2383 | https://www.diabetes.org/community/local-offices/alaska  
180 Nickerson Street, Suite 309  
Seattle, WA 98109

**Diabetes/Pre-Diabetes Education & Support Group**  
A support and discussion group for people with diabetes or pre-diabetes.  
Meets on the second Wednesdays 10AM-11:30AM, subject to change.  
Northshore Senior Center  
(425) 487-2441  
10201 East Riverside Drive  
Bothell, WA 98011

**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) 286-1035**  
10201 E Riverside Drive  
Bothell, WA 98011

**Diabetes**  
**EvergreenHealth Diabetes Education Services**  
EvergreenHealth has several programs taught by certified Diabetes Educators and is 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. Monday-Thursday, 8AM-5PM, Friday, 8AM-4PM.  
(425) 899-3008 | www.evergreenhealth.com  
12303 NE 130th Street  
Kirkland, WA 98034
Living Well with Diabetes
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/department/diabetes-education-services

Hidden Valley Office Park
(425) 688-5846
1750 112th Avenue NE, Suite A-101
Bellevue, WA 98004

Issaquah Highmark
(425) 688-5787
1740 NW Maple Street
Issaquah, WA 98027

Disability
Community Living Connections
A resource for information and referrals for aging and disability-related services, consultation and planning assistance for long-term care, and access to family caregiver supports.
(206) 962-8467 or (844) 348-5464 | www.communitylivingconnections.org
Email: info@communitylivingconnections.org

Lutheran Community Services Northwest
Serves older adults and people with disabilities in King and Snohomish counties for Home Care, Meals on Wheels, Senior Companion, and Retired and Senior Volunteer Program (RSVP).
(206) 694-5700 | www.lcsnw.org
115 NE 100th Street, Suite 200
Seattle, WA 98125

Epilepsy
Epilepsy Foundation Northwest
Provides seizure training to first responders and the public, emergency medication assistance, support groups, and other programs for people with epilepsy and their families.
(206) 547-4551 | www.epilepsywashington.org
Email: washington@efa.org
2311 N 45th Street, Suite 134
Seattle, WA 98103

Neuroscience, Spine & Orthopedic Institute
Helps patients achieve their highest level of wellbeing. Experts are available for 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. Monday-Friday, 8AM-5PM.
(425) 899-3135
DeYoung Pavilion
12039 NE 128th Street, Suite 300
Kirkland, WA 98034
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. Contact the center for more information including start dates.

**Northshore Senior Center**
(425) 487-2441
10201 E Riverside Drive
Bothell, WA 98011

**National Fibromyalgia Association**
An online resource center for information, reviews, and discussion of issues related to fibromyalgia.
[www.fmaware.org](http://www.fmaware.org) | Email: nfa@fmaware.org
316 Broadway, Ste 305
Seattle, WA 98122

### Heart Disease

All facilities or organizations that provide heart care may not be listed.
Contact your primary care provider for a referral to a qualified cardiologist.

**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.
Email: puget.sound@heart.org
710 2nd Avenue, Suite 900
Seattle, WA 98104

### Head Injury / Traumatic Brain Injury

**Brain Injury Alliance Washington (BIAWA)**
Provides information, assistance, case management, support groups, and advocacy at no cost for persons with head injuries and their families.
(206) 467-4800 or (877) 982-4292 | [www.biawa.org](http://www.biawa.org)
Email: info@biawa.org
316 Broadway, Suite 305
Seattle, WA 98122

**EvergreenHealth Neurological Rehabilitation Classes**
A variety of communication and exercise classes including dance, yoga, and tai chi for adults affected by neurological impairments including Parkinson’s, MS, stroke recovery, and brain injuries. EvergreenHealth also has a more comprehensive neurological rehabilitation program for those with a physician’s referral.
(425) 899-3135
DeYoung Pavilion
12039 128th Street Suite 300
Kirkland, WA 98034
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.

**Vascular:** (425) 450-7007 | www.evergreenhealth.com/vascular
12303 NE 130th Lane, Suite Coral 500 Kirkland, WA 98034

**Heart:** (425) 899-0555 | www.evergreenhealth.com/heart
12333 NE 130th Lane, Suite Tan 320 Kirkland, WA 98034

Kaiser Permanente Bellevue Medical Center
Coordinated and connected approach to cardiac care.

11511 NE 10th Street Bellevue, WA 98004

Overlake Hospital Medical Center & Overlake Medical Clinics
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**
Office hours: Monday-Friday, 8AM-5PM
(425) 454-2656
1135 116th Avenue NE, Suite 600 Bellevue, WA 98004

**Issaquah - Highmark Building**
Office hours: Monday-Friday, 8:30AM-5PM
(425) 391-8626
1740 NW Maple Street, Suite 207 Issaquah, WA 98027

**Kirkland**
Office hours: alternate Wednesdays, 12:30PM - 5PM
(425) 454-2656
290 Central Way Kirkland, WA 98033

**Redmond - Redmond Town Center**
Office hours: Tuesday & Thursday, 9AM-5PM
7345 164th Avenue NE, Suite I-105 Redmond, WA 98052

Virginia Mason Medical Center
Comprehensive cardiovascular care provided by a team of heart doctors, heart surgeons, nurses, nurse practitioners, nutritionists, dieticians, pharmacists, exercise therapists, and other specialists.

(206) 341-1111 | www.virginiamason.org/cardiology
11800 NE 128th Street, Suite 300 Kirkland, WA 98034

**Bellevue Heart Care**
Monday-Friday, 8AM-5:30PM
(425) 637-1855 | www.virginiamason.org/bellevue-heart-care
222 112th Avenue NE Bellevue, WA 98004

**Issaquah Heart Care**
Monday-Friday, 8AM-5:30PM
(425) 557-8000 | www.virginiamason.org/issaquah-heart-care
100 NE Gilman Boulevard Issaquah, WA 98027

**Kirkland Heart Care**
Monday-Friday, 8AM-5:30PM
(425) 814-5100 | www.virginiamason.org/kirkland-heart-care
EvergreenHealth Plaza Building
11800 128th Street, Suite 300 Kirkland, WA 98034
HEALTH CARE & SUPPORT FOR SPECIFIC NEEDS

Hepatitis

**Hepatitis Education Project (HEP)**
HEP has a free walk-in clinic for testing and vaccinations, a support group, and a case management program for referrals, insurance assistance, and advocacy. Also provides health education. Monday-Friday, 9AM-5PM by appointment.
(206) 732-0311 or (800) 218-6932 | www.hepeducation.org
1621 South Jackson Street, Suite 201
Seattle, WA 98144

**HIV/AIDS**

**Confidential STD Testing Centers**
Provides confidential lab testing for STDs. Monday-Friday, 7AM-7PM, Saturday, 7AM-2PM.

**Bellevue - Safeway**
(866) 334-1208 | confidentialstdtestingcenters-stdtestingservice.business.site
300 Bellevue Way NE
Bellevue, WA 98004

**Kirkland - Juanita Safeway**
(866) 634-1208 | website-593855303609607720976-stdtestingservice.business.site
10010 NE 137th Street
Kirkland, WA 98034

**Gay City**
Seattle’s LGBTQ Center offering HIV testing and STI screening. Offers rapid HIV Testing (finger poke), HIV antibody testing, and screening for syphilis, chlamydia, gonorrhea, and Hep C. Wellness Center is open Monday to Friday, 3:00 - 8:00PM, and Saturday 12:30 - 5:00PM.
Resource Line: (206) 323-5428
Main Office: (206) 860-6969
24-hour Crisis Line: (866) 427-4747
www.gaycity.org | Email: info@gaycity.org
517 E Pike Street
Seattle, WA 98122

**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). First and third Wednesdays, 7:30-9PM.
(206) 322-2437 | http://sasgcc.org/support
115 15th Avenue E, Suite 201
Seattle, WA 98112

**Lifelong AIDS Alliance**
Offers a range of services including case management, information and 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 and health insurance.
(206) 957-1600 or (877) 297-0576 | www.lifelongaidsalliance.org
15015 Main Street, Suite 206
Bellevue, WA 98007

**Washington State Department of Health - HIV Care Client Services**
Early Intervention Program (IEP) and the Medical Case Management Program can help people living with HIV to get medical care and support.
(877) 376-9316 | www.doh.wa.gov/YouandYour-Family/IllnessandDisease/HIV/ClientServices
Email: ask.EIP@doh.wa.gov
PO Box 47841
Olympia, WA 98504-7841

The web version of this guide can be found at www.kirklandwa.gov
HEALTH CARE & SUPPORT FOR SPECIFIC NEEDS

Huntington’s Disease & Incontinence

Huntington’s Disease Society of America (HDSA) Washington State Chapter
HDSA’s mission is to improve all lives affected by Huntington’s disease. The Washington State chapter conducts advocacy, connects patents with genetic testing, and offers support groups. (800) 345-4372 | www.hdsa.org/wa
Email: washington@HDSAVolunteer.org

Monthly support group meets on the second Tuesdays, 6:30-8PM, Room TAN 119 at the EvergreenHealth Surgery and Physician’s Center in Kirkland.
Contact: Delene Jewett Galvin
Email: delene@spu.edu
12333 NE 130th Lane
Kirkland, WA 98034

Overlake Hospital Incontinence Treatment
Provides physical therapy treatment and education for bladder/bowel problems and other pelvic conditions. A referral from your primary care physician is required. Mon-Fri, 7AM-6PM. (425) 688-5900 | www.overlakehospital.org/center/rehabilitation-care
Outpatient Rehabilitation Services
1417 116th Avenue NE, Suite 110
Bellevue, WA 98004

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.
Helpline (800) 586-4872
Email: InfoMTP@Lung.org
5601 6th Avenue South, Suite 460
Seattle, WA 98106

Better Breathers Support Group
Affiliated with the American Lung Association and hosted by EvergreenHealth Medical Center. Meets on the second Wednesdays, 12:30PM-2PM. Off on July and August. Subject to change.
(425) 899-1948 | www.lung.org/support-and-community/better-breathers-club
12822 124th Lane NE
Kirkland, WA 98034

Multiple Sclerosis

EvergreenHealth Multiple Sclerosis Center
Helps MS patients achieve their highest level of wellbeing. Experts are available to help with treatment of the disease and its symptoms. Services include rehabilitation psychology, physical and occupational therapy, and vocational counseling. Monday-Friday 8AM-5PM.
(425) 899-5350 | www.evergreenhealth.com/ms
12039 NE 128th Street, Suite 300
Kirkland, WA 98034

Infectious Diseases

King County Public Health Disease Epidemiology & Immunization Resources
Operates an online resource center and 24-Hour hotline on communicable diseases such as flu and whooping cough or animal bites in King County.
(206) 296-4774 | www.kingcounty.gov/cd
24-Hour Pre-recorded Hotline: (206) 296-4949
401 5th Avenue, Suite 900
Seattle, WA 98104

- = Emergency Assistance Provider  ■ = For-Profit Company

48 = Membership Requirement
HEALTH CARE & SUPPORT FOR SPECIFIC NEEDS

National Multiple Sclerosis Society - Seattle Chapter
Information and referrals, counseling, support groups, and medical equipment loans. Monday-Friday, 9AM-5PM.
(206) 284-4236 or (800) 344-4867 | www.nationalmssociety.org/Chapters/WAS
Email: MSnorthwest@nmss.org
192 Nickerson Street, Suite 100
Seattle, WA 98109

Muscular Dystrophy

Muscular Dystrophy Association
Provides educational materials and programs, support groups, and clinics at University of Washington Medical Center and Seattle Children’s Hospital. Office hours, Monday-Friday 9AM-5PM.
(206) 283-2183 | www.mda.org/office/seattle
Email: seattle@mdausa.org
21905 64th Avenue West, Suite 301B
Mountlake Terrace, WA 98043

Overeating

Seattle Overeaters Anonymous
A 24-hour hotline for those recovering or needing support related to compulsive overeating.
(206) 264-5045 | www.seattleoa.org

Parkinson’s Disease

American Parkinson Disease Association (APDA) - Washington Chapter
Provides information, educational materials and programs, support groups, transportation assistance, and respite care.
(206) 695-2905 | https://www.ap daparkinson.org/community/northwest/
Email: apdanw@apdaparkinson.org
180 Nickerson Street, Suite 108
Seattle, WA 98109

Parkinson’s Support Groups
Parkinson’s support group locations and schedules are listed below.

Bellevue Young Onset Support Group
Meets at North Bellevue Community Center on the first Wednesdays, 7PM-8:30 PM.
Suzanna Eller, MA, LMHC | (206) 320-2084
Email: SuzannaAPDA@gmail.com
4063 148th Avenue NE
Bellevue, WA 98007

Bothell Support
Meets at Northshore Senior Center on third Tuesdays, 10AM-11:30AM.
Janet Zielasko | (425) 286-1035
Email: janetz@mynorthshore.org
10201 E Riverside Drive, Room 203
Bothell, WA 98011

Issaquah Support Group
Meets at Our Savior Lutheran Church on second Mondays 1:30PM - 3PM.
Allison Fine, MSW, LICSW | (206) 226-1097
Email: balancemaintains@gmail.com
745 Front St S
Issaquah, WA 98027

Kirkland
Women Living with Parkinson’s Support Group
Meets at Evergreen Health fourth Tuesdays 3PM - 4:30PM.
Contact: Pam Salas
Email: spsalas@evergreenhealthcare.org
DeYoung Pavilion - 2nd Floor Rainier Room
12039 NE 128th St
Kirkland, WA 98034

Men’s Support Group
Meets at Evergreen Hospital second Tuesdays 3PM - 4:30PM.
Dr. Brad Tyson | (425) 899-3140
Email: bttysn@evergreenhealthcare.org
DeYoung Pavilion - 2nd Floor Rainier Room
12039 NE 128th St
Kirkland, WA 98034

The web version of this guide can be found at www.kirklandwa.gov
Mercer Island
Meets at Mercer Island Community and Event Center first Tuesdays, 2PM-3:30PM.
Debbie Hanson | (206) 275-7609
8236 SE 24th St
Mercer Island, WA 98040

Redmond
Emerald Heights Support Group meets third Wednesdays, 1PM-2:30PM.
John Waltner | (425) 556-8140
Email: johnw@emeraldheights.com
Emerald Heights
10901 176th Cir NE
Redmond, WA 98052

EvergreenHealth Dance for Parkinson’s
Eight-week dance program for persons with Parkinson’s that focuses on stretching and strengthening muscles through balance and rhythm. Classes occur at varying times throughout the year at Peter Kirk Community Center in Kirkland. Registration is required via EvergreenHealth’s website or by phone.
(425) 899-3000 | https://evergreenhealth.healthlines.org/wlp2/#/1/classes/search

Peter Kirk Community Center
352 Kirkland Avenue
Kirkland, WA 98033

Booth Gardner Parkinson’s Care Center at Evergreen Health
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. Monday-Friday, 8AM-5PM.
(425) 899-3123 | www.evergreenhealth.com/parkinsons
12039 NE 128th Street, Suite 300
Kirkland, WA 98034

Northwest Parkinson’s Foundation
NW Parkinson’s is committed to partnering with all people affected by Parkinson’s to find solutions to the challenges created by Parkinson’s. Programs and services include specialized neurology and rehab therapy referrals, HOPE Conferences, individualized care consultations with master’s level social workers, PD Link peer support, online exercise programming, Dance for PD, connection to support groups, and classes and more.
(206) 748-9451 or (877) 980-7500
www.nwpf.org | Email: info@nwpf.org
7525 Southeast 24th Street, Suite 300
Mercer Island, WA 98040

Yoga for Parkinson’s
This class is sponsored by the American Parkinson Disease Association (APDA). Yoga for Parkinson’s is an ongoing weekly class for people with Parkinson’s and their caregivers. All levels are welcome. The benefits of Yoga for Parkinson’s include increased flexibility and strength, better balance, fewer muscle cramps, better sleep, and greater steadiness and ease in daily life. Class fee paid to instructor on a drop-in basis. Tuesdays, 2:30PM-4PM.
(206) 719-8007 | www.yogaforpd.com
Instructor: Peter Lynch, RYT
Northshore Senior Center
10201 E Riverside Drive, Room 202/203
Bothell, WA 98011
HEALTH CARE & SUPPORT FOR SPECIFIC NEEDS

**Polio**

**Polio Outreach of Washington**
Information and referrals regarding Post-Polio Syndrome and organizes support groups throughout the state.
(800) 609-5538 | PO Box 1876
Kingston, WA 98346

**Support Groups**

**Snohomish County & North King County**
Rhonda Whitehead | (425) 488-0219
Email: lauriswh@comcast.net
second Saturdays 1PM - 3PM
Everett Providence Hospital - Pacific Campus

**South King County**
Mimi Sanger | (206) 725-8937
Email: fuzzface7@juno.com
Potluck - Third Saturdays noon to 2PM
First Evangelical Presbyterian Church
19800 108th Ave SE
Kent, WA 98031

**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 | www.evergreenhealth.com/sleep-disorder-services
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. Clinic hours Monday-Friday, 7AM-5PM.
(425) 289-3000 | www.oima.org/education/services-offered-sleep-disorders
1100 112th Avenue NE, Suite 320
Bellevue, WA 98004

**Virginia Mason Sleep Disorders Center**
Sleep medicine specialists offer diagnosis and treatment for all types of sleep disorders, including sleep apnea, insomnia, restless leg syndrome, narcolepsy, shift work disorder, and sleepwalking.

**Bellevue Medical Center**
Monday 7:40AM-5:20PM
(206) 625-7180 | www.virginiamason.org/bellevue-sleep-disorders
222 112th Avenue NE
Bellevue, WA 98004

**EvergreenHealth Plaza**
Monday and Thursday, 8AM-5PM
(206) 625-7180 | www.virginiamason.org/kirkland-sleep-disorders
11800 NE 128th St., Suite 300
Kirkland, WA 98034

**Stroke**

**American Stroke Association & American Heart Association**
Provides cardiovascular health information, public health education such as CPR classes, and offers a heart and brain health resource guide available online.
(206) 336-7200 | www.heart.org/en/affiliates/washington/puget-sound
Email: puget.sound@heart.org
710 2nd Avenue, Suite 900
Seattle, WA 98104

**EvergreenHealth Stroke Services**
Offering life-saving treatments and post-stroke rehabilitation. EvergreenHealth Stroke Services is certified as a Primary Stroke Center by the Joint Commission.
Stroke Center: (425) 899-2478
Inpatient Acute Rehab: (425) 899-2550
Outpatient Rehab: (425) 899-3100
www.evergreenhealth.com/stroke
Stroke Support Groups
Stroke support groups’ locations and schedules are listed below.

**Bellevue Support Group - Overlake Medical Center Stroke Recovery**
A free support group for stroke survivors and their loved ones. Fourth Saturdays, 1PM - 2:15PM at Overlake Medical Center.
(425) 688-5295 | www.overlakehospital.org/rehabilitation
1035 116th Avenue NE
Bellevue, WA 98004

**Kirkland Support Group - Living Well After Stroke**
A free support group for stroke survivors and caregivers. First Tuesdays at EvergreenHealth Medical Center.
Call the number below to register.
(425) 899-3000 | www.evergreenhealth.com/stroke-support-group
12039 128th Street, Rainier Room
Kirkland, WA 98034

**Snoqualmie Valley Support Group**
Rehabilitation Clinic Stroke Support Group
A free support group for stroke survivors and caregivers. Third Thursdays, 3:15PM-4:30PM at Snoqualmie Hospital Rehabilitation Clinic, subject to change.
(425) 831-2376
38565 SE River Street
Snoqualmie, WA 98065

**Stroke Warm Line**
The American Stroke Association’s Stroke Help Warm Line assists callers with information, referrals, and support. Monday-Friday, 7AM-4PM.
This section contains information on the variety of senior housing options as well as information, placement, and moving services. See a list of housing terms and definitions below.

### 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.

**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.

**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.

**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.

### 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, see page 54 and 59.

There are hundreds of adult family homes on the Eastside. Washington State DSHS Aging and Long-term Support Administration maintains a list of all adult family homes, searchable by location and needs.

To access this list: [https://fortress.wa.gov/dshs/adsaapps/lookup/afhpublookup.aspx](https://fortress.wa.gov/dshs/adsaapps/lookup/afhpublookup.aspx)
### 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.  
(425) 861-3676 | [www.archhousing.org](http://www.archhousing.org)  
Email: [info@archhousing.org](mailto:info@archhousing.org)  
16225 NE 87th Street, Suite A-3  
Redmond, WA 98052

**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  
1737 Airport Way S, Suite 130  
Seattle, WA 98134

**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.  
(206) 694-6700 | [www.solid-ground.org/get-help/housing](http://www.solid-ground.org/get-help/housing)  
Email: [info@solid-ground.org](mailto:info@solid-ground.org)  
1501 North 45th Street  
Seattle, WA 98103

### Living Communities

**Sound Generations Pathways Information & Assistance**  
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.  
Monday-Friday, 9AM-5PM  
(206) 448-3110 | [www.soundgenerations.org/get-help/pathways-information-assistance](http://www.soundgenerations.org/get-help/pathways-information-assistance)  
Email: [info@soundgenerations.org](mailto:info@soundgenerations.org)  
2208 2nd Ave #100  
Seattle, WA 98121

**Washington State Housing Finance Commission**  
Provides information about low- and moderate-income housing projects and policy in Washington State.  
(800) 767-4663 | [www.wshfc.org](http://www.wshfc.org)  
Email: [askusAMC@wshfc.org](mailto:askusAMC@wshfc.org)  
1000 Second Avenue, Suite 2700  
Seattle, WA 98104

**Aegis Living Communities**  
Assisted living, continuing care and memory care. Does not accept Medicaid.

**Aegis of Bellevue**  
148 102nd Avenue SE  
Bellevue, WA 98004

**Aegis of Bellevue at Overlake (opening 2020)**  
1835 116th Avenue NE  
Bellevue, WA 98004
<table>
<thead>
<tr>
<th><strong>Aegis Gardens</strong></th>
<th>(425) 903-3530</th>
<th><a href="http://www.aegisliving.com/aegis-gardens">www.aegisliving.com/aegis-gardens</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>13056 SE 76th Street</td>
<td>Mercer Island, WA 98056</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>780 NW Juniper Street</td>
<td>Issaquah, WA 98027</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>13000 Totem Lake Boulevard</td>
<td>Kirkland, WA 98034</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1002 Lake Street South</td>
<td>Kirkland WA 98033</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Aegis Lodge of Kirkland</strong></th>
<th>(425) 947-0105</th>
<th><a href="http://www.aegisliving.com/aegis-living-of-lodge">www.aegisliving.com/aegis-living-of-lodge</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>12629 116th Avenue NE</td>
<td>Kirkland, WA 98034</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Aegis of Marymoor</strong></th>
<th>(425) 999-4074</th>
<th><a href="http://www.aegisliving.com/aegis-at-marymoor">www.aegisliving.com/aegis-at-marymoor</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>4585 W Lake Sammamish Parkway NE</td>
<td>Redmond, WA 98052</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>7480 West Lake Sammamish Parkway NE</td>
<td>Redmond, WA 98052</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>7445 SE 24th Street</td>
<td>Mercer Island WA 98040</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2430 76th Avenue SE</td>
<td>Mercer Island, WA 98040</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1115 108th Avenue NE</td>
<td>Bellevue, WA 98004</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Bellewood Retirement</strong></th>
<th>Retirement living with assisted living options. Does not accept Medicaid.</th>
<th>(425) 391-2880</th>
<th><a href="http://www.bellewood.com">www.bellewood.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Email: <a href="mailto:info@bellewood.com">info@bellewood.com</a></td>
<td>3710 Providence Point Drive SE</td>
<td>Issaquah, WA 98029</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>17543 102nd Avenue NE</td>
<td>Bothell, WA 98011</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Covenant Shores</strong></th>
<th>Retirement, assisted living, continuing care, memory care, and skilled nursing. Does not accept Medicaid.</th>
<th>(206) 268-3000</th>
<th><a href="http://www.covenantshores.org">www.covenantshores.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>9150 Fortuna Drive</td>
<td>Mercer Island, WA 98040</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>18200 Woodinville Snohomish Road NE</td>
<td>Woodinville, WA 98072</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Emerald Heights ■ Retirement, assisted living, continuing care, memory care, and skilled nursing. Does not accept Medicaid.
(425) 556-8100 | www.emeraldheights.com
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.
(425) 455-4333 | www.myevergreencourt.com
900 124th Avenue NE
Bellevue, WA 98005

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

Brittany Park ■
(425) 402-7100 | www.leisurecare.com/our-communities/fairwinds-brittany-park
17143 133rd Avenue NE
Woodinville, WA 98072

Redmond ■
(425) 558-4700 | www.leisurecare.com/our-communities/fairwinds-redmond
9988 Avondale Road NE
Redmond, WA 98052

Fieldstone Memory Care Issaquah ■ Retirement, assisted living, and memory care. Does not accept Medicaid.
(425) 654-4005 | www.fieldstonecommunities.com/fieldstone-memory-care-issaquah-wa
23845 SE Issaquah-Fall City Road
Issaquah, WA 98029

The Garden Club ■ Retirement living. Does not accept Medicaid.
(425) 490-4398 | www.holidaytouch.com/our-communities/the-garden-club
13350 SE 26th Street
Bellevue, WA 98005

The Gardens at Juanita Bay ■ Retirement and assisted living. Accepts Medicaid.
(425) 823-0410 | www.gardensatjuanitabay.com
11853 97th Avenue NE
Kirkland, WA 98034

The Gardens at Town Square ■ Retirement, assisted living, continuing care, and memory care. Does not accept Medicaid.
(425) 243-9787 | www.eraliving.com/communities/bellevue
933 111th Avenue NE
Bellevue, WA 98004

Golden Hearth Resident ■ Assisted living. Does not accept Medicaid.
(425) 298-0407 | www.goldenhearthresident.com
Email: ghrrn@comcast.net
15934 NE 139th Place
Woodinville, WA 98072

(425) 553-4727 | www.mbkseniorliving.com/senior-living/wa/mercer-island/island-house-assisted-living
7810 SE 30th Street
Mercer Island, WA 98040

(425) 381-2977 | www.koelschseniorcommunities.com/senior-living/wa/kirkland/jefferston-house
12217 NE 128th Street
Kirkland, WA 98034
Lakeview Senior Living
6505 Lakeview Drive NE
Kirkland, WA 98033

Madison House
Independent, assisted living, and respite care. Does not accept Medicaid.
(425) 296-2696 | www.koelschseniorcommunities.com/senior-living/wa/kirkland/madison-house
12215 NE 128th Street
Kirkland, WA 98034

Merrill Gardens at Kirkland
Retirement, assisted living, and continuing care. Does not accept Medicaid. Moderate income program available.
(425) 296-4588 | www.merrillgardens.com/senior-living/wa/kirkland/merrill-gardens-at-kirkland
Email: marketing.kirkland@merrillgardens.com
14 Main Street S
Kirkland, WA 98033

Overlake Terrace
Retirement and assisted living. Does not accept Medicaid.
(425) 883-0495 | www.stellarliving.com/overlake-terrace
2956 152nd Avenue NE
Redmond, WA 98052

Pacific Regent Bellevue
Retirement living. Does not accept Medicaid.
(425) 646-9808 | https://bellevue.watermarkcommunities.com
919 109th Avenue NE
Bellevue, WA 98004

Patriots Glen
Assisted living, continuing care, and memory care. Does not accept Medicaid.
(425) 373-1161 | www.patriotsglen.com
1640 148th Avenue SE
Bellevue, WA 98007

Peters Creek Retirement Community
Retirement, assisted living, respite care, and memory care. Does not accept Medicaid.
(425) 629-9058 | www.peters-creek.com
14431 Redmond Way
Redmond, WA 98052

Red Oak Residence of North Bend
Retirement and assisted living. Does not accept Medicaid.
(425) 888-7108 | https://www.redoakresidence.com
650 E North Bend Way
North Bend, WA 98045

Redmond Heights Senior Living
Retirement, assisted living, respite care, and secure memory care. Does not accept Medicaid. Adult day program.
(425) 885-4157 | www.redmondheightsseniorliving.com
7950 Willows Road NE
Redmond, WA 98052

Regency Newcastle
Retirement, assisted living, and respite care. Does accept Medicaid.
(425) 453-1508 | www.regencynewcastle.com
7454 Newcastle Golf Club Road
Newcastle, WA 98059

Sagebrook at Bellevue
Retirement, assisted living, and memory care. Does not accept Medicaid.
(425) 641-4900 | https://www.sagebrookbellevue.com
15750 NE 15th Street
Bellevue, WA 98008

Lakeview Senior Living
6505 Lakeview Drive NE
Kirkland, WA 98033

Madison House
Independent, assisted living, and respite care. Does not accept Medicaid.
(425) 296-2696 | www.koelschseniorcommunities.com/senior-living/wa/kirkland/madison-house
12215 NE 128th Street
Kirkland, WA 98034

Merrill Gardens at Kirkland
Retirement, assisted living, and continuing care. Does not accept Medicaid. Moderate income program available.
(425) 296-4588 | www.merrillgardens.com/senior-living/wa/kirkland/merrill-gardens-at-kirkland
Email: marketing.kirkland@merrillgardens.com
14 Main Street S
Kirkland, WA 98033

Overlake Terrace
Retirement and assisted living. Does not accept Medicaid.
(425) 883-0495 | www.stellarliving.com/overlake-terrace
2956 152nd Avenue NE
Redmond, WA 98052

Pacific Regent Bellevue
Retirement living. Does not accept Medicaid.
(425) 646-9808 | https://bellevue.watermarkcommunities.com
919 109th Avenue NE
Bellevue, WA 98004

Patriots Glen
Assisted living, continuing care, and memory care. Does not accept Medicaid.
(425) 373-1161 | www.patriotsglen.com
1640 148th Avenue SE
Bellevue, WA 98007

Peters Creek Retirement Community
Retirement, assisted living, respite care, and memory care. Does not accept Medicaid.
(425) 629-9058 | www.peters-creek.com
14431 Redmond Way
Redmond, WA 98052

Red Oak Residence of North Bend
Retirement and assisted living. Does not accept Medicaid.
(425) 888-7108 | https://www.redoakresidence.com
650 E North Bend Way
North Bend, WA 98045

Redmond Heights Senior Living
Retirement, assisted living, respite care, and secure memory care. Does not accept Medicaid. Adult day program.
(425) 885-4157 | www.redmondheightsseniorliving.com
7950 Willows Road NE
Redmond, WA 98052

Regency Newcastle
Retirement, assisted living, and respite care. Does accept Medicaid.
(425) 453-1508 | www.regencynewcastle.com
7454 Newcastle Golf Club Road
Newcastle, WA 98059

Sagebrook at Bellevue
Retirement, assisted living, and memory care. Does not accept Medicaid.
(425) 641-4900 | https://www.sagebrookbellevue.com
15750 NE 15th Street
Bellevue, WA 98008
Sunrise Assisted Living ■
Assisted living, continuing care, and memory care. Does not accept Medicaid. Locations are listed below.

Kenmore Senior Living ■
Assisted living, continuing care, and memory care. Does not accept Medicaid.
(425) 481-4200 l www.sunriseseniorliving.com/communities/kenmore-senior-living
7221 NE 182nd Street
Kenmore, WA 98028

Sunrise of Bellevue ■
15928 NE 8th Street
Bellevue, WA 98008

Sunrise of Bothell ■
(425) 748-9269 l www.sunrisebothell.com
10605 NE 185th Street
Bothell, WA 98011

Sunrise of Issaquah ■
(425) 458-7346 l www.sunriseissaquah.com
23599 SE Issaquah-Fall City Road
Issaquah, WA 98029

Sunrise of Mercer Island ■
(206) 855-5293 l www.sunrisemercerisland.com
2959 76th Avenue SE
Mercer Island, WA 98040

Sunrise of Redmond ■
(425) 374-4017 l www.sunriseredmond.com
15241 NE 20th Street
Bellevue, WA 98007

Timber Ridge at Talus ■
Retirement and skilled nursing, with assisted living, continuing care, and memory care. Does not accept Medicaid.
(425) 440-3213 l www.timberridgetlcs.com
100 Timber Ridge Way NW
Issaquah, WA 98027

University House at Issaquah ■
Retirement, assisted living, and memory care. Does not accept Medicaid.
(425) 207-3717
www.eraliving.com/communities/issaquah
22975 SE Black Nugget Road
Issaquah, WA 98029

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

Bothell - Riverside East ■
(425) 481-1976 l www.villageconcepts.com/riverside-east
10315 E Riverside Drive
Bothell, WA 98011

Issaquah - Spiritwood at Pine Lake ■
(425) 313-9100 l www.villageconcepts.com/spiritwood-at-pine-lake
3607 228th Avenue SE
Issaquah, WA 98029

Vineyard Park at Bothell Landing ■
Retirement, continuing care, and assisted living. Does accept Medicaid.
10519 E Riverside Drive
Bothell, WA 98011

Woodland Terrace ■
Retirement living. Does not accept Medicaid.
(425) 402-9606 l www.leisurecare.com/our-communities/woodland-terrace
17502 102nd Avenue NE
Bothell, WA 98011

HOUSING
Moving & Downsizing

Caring Transitions of Issaquah & Bellevue
A private local company providing senior and family moving services, move management, downsizing and decluttering, and estate sales with online auctions. Free consultations.
(425) 654-8655 | www.caringtransitionsissbell.com
700 NW Gilman Boulevard, Suite 335
Issaquah, WA 98027

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.
(206) 629-6887 | www.composedomain.com
Email: info@composedomain.com

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, making small repairs, painting, housecleaning, or gardening.
(206) 235-6707
9240 30th Ave SW
Seattle, Washington 98126

Moving Forward
A private, local company which specializes in helping older adults with relocation, downsizing, decluttering, and emptying homes after a move or loss.
(425) 702-8761 | www.retirementdownsizing.com
12514 NE 162nd Street
Woodinville, WA 98072

Next Step Transitions
A private, local company which assists older adults with downsizing and organizing, liquidating excess items, coordinating moves, unpacking, and setting up.
(206) 276-7721 | www.nextsteptransitions.com
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.
(206) 729-6686 | www.seguemovemanagement.com
12345 Lake City Way NE
Seattle, WA 98125

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.

1st Choice Advisory Services
A private, regional, free, senior housing, and care referral service.
(800) 361-0138 | www.choiceadvisory.com
Email: bestcare@choiceadvisory.com

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.
(425) 941-5163 | http://adultcaresolutions.net/
Email: maria@adultcaresolutions.net

The web version of this guide can be found at www.kirklandwa.gov
Care Patrol ■
A private, regional and free senior living service providing in person consultation, guided tours, and follow up after move in.
(425) 209-0603 | www.carepatrolpnw.com

Oasis Seniors Advisors ■
A private, local, free senior housing service serving Eastside and South King County.
(425) 276-7613 | www.oassisenioradvisors.com/eastside-southking
22525 SE 64th Place #2266
Issaquah, WA 98027

Options for Seniors ■
A private, local, free senior living placement service. Provides in-person consultations and guided tours of housing facilities.
(425) 827-0894 | www.optionsforseniors.com

The Right Place Senior Options ■
A private, local, free adult family home placement service serving King County.
(206) 604-5571 | www.trpso.com

Senior Care Solutions ■
A private, local, free adult family home placement service serving King County.
(425) 644-8050
Email: seniorcaresolutions@msn.com

Serving Our Seniors ■
A private, local, free senior housing consultant company.
(425) 968-8322 | www.servingourseniorsllc.com
Email: servingourseniors@comcast.net
PO Box 631
Kirkland, WA 98083-0631

Silver Age Senior Care Referrals ■
A private, local, and free adult family home and assisted living placement service serving King County. Can provide guided tours. Monday-Friday, 9AM-6PM, Saturday & Sunday, 9AM-5PM.
(206) 669-7191 | www.silveragecare.com
Email: info@silveragecare.com

Homeless Services

Emergency services for those experiencing homelessness.
For eviction prevention, see page 4 and 86.

Congregations for the Homeless (Men Only)
Provides services for men experiencing homelessness. Programs include a day center, emergency shelter, year-round programmatic shelter, and a housing program.
(425) 289-4044 | www.cfhomeless.org

Lake Washington United Methodist Church Safe Parking Program
Lake Washington United Methodist Church offers their parking lot to women and families with children as a safe place to park and sleep in their cars. Guests have access to toilet facilities, kitchen, phone, free wi-fi, and other resource information.
(425) 739-7332 | www.lwumc.com/do/community-involvement/safe-parking-program
7525 132nd Avenue SE
Redmond WA 98052
St. Jude Catholic Church Safe Parking
Saint Jude Catholic church offers seven parking spots for homeless adult men, women, and couples who have an operable, regular size vehicle. Guests are able park in the lot from 6PM-8AM every night. The church has a guesthouse available with a refrigerator and microwave. A portable restroom is located on site as well.
(425) 658-4982 | 10526 166th Avenue NE Redmond WA 98052

Catholic Community Services (Families Only)
Provides services for families with children experiencing homelessness. Programs include a day center and emergency shelter.
11920 NE 80th Street, Suite 100 Kirkland, WA 98033

The Sophia Way (Women Only)
Provides services for women experiencing homelessness. Programs include a day center, emergency shelter, year-round programmatic shelter, and a housing program.
(425) 463-6285 | www.sophiaway.org
Email: info@sophiaway.org

Skilled Nursing

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

Bothell Healthcare
Skilled nursing, short- and long-term rehabilitation, Alzheimer’s, and dementia care.
(425) 481-8500 | www.bothellhealthcare.com
Email: admissions@bothellhealthcare.com
707 228th Street SW Bothell, WA 98021

Briarwood Health Center at Timber Ridge
Skilled nursing, short- and long-term rehabilitation and Alzheimer’s and dementia care. Affiliated with Timber Ridge at Talus.
(425) 278-4847 | www.timberridgeclc.com/health-and-wellness/skilled-nursing-care
100 Timber Ridge Way NW Issaquah, WA 98027

Issaquah Nursing & Rehabilitation Center
Long-term skilled nursing, transitional care and rehabilitation services, and Alzheimer’s and dementia care.
(425) 392-1271 | www.issaquahnursing.com
805 Front Street S Issaquah, WA 98027

Kin On Health Care Center
Long-term skilled nursing, transitional care, and rehabilitation services. Has language assistance in English, Cantonese, Mandarin, Taishanese, and Vietnamese.
(888) 721-3634 | www.kinon.org/services/residential-living-options/skilled-nursing
4416 S Brandon Street Seattle, WA 98118

Kline Galland Home
Skilled nursing, short and long term rehabilitation, and Alzheimer’s and dementia care.
(206) 725-8800 | www.klinegalland.org/care-options/kline-galland-home
7500 Seward Park Avenue S Seattle, WA 98118

Life Care Center of Kirkland
Long-term skilled nursing, transitional care, and rehabilitation services.
(425) 823-2323 | www.lifecarecenterofkirkland.com
10101 NE 120th Street Kirkland, WA 98034
Mission Healthcare at Bellevue ■
Long-term skilled nursing, transitional care, and rehabilitation services.
(425) 897-8800 | www.missionhealthcare.com
Email: info@missionhealthcare.com
2424 156th Avenue NE
Bellevue, WA 98007

Providence Marianwood
Long-term skilled nursing, transitional care, and rehabilitation services and Alzheimer’s and dementia care.
(425) 391-2800 | https://washington.providence.org/locations-directory/m/marianwood
3725 Providence Point Drive SE
Issaquah, WA 98029

Redmond Care & Rehabilitation Center ■
Long-term skilled nursing, transitional care, and rehabilitation services.
(425) 885-0808 | https://redmondcareandrehab.com/
Email: contact-Redmond@ensignservices.net
7900 Willows Road
Redmond, WA 98052

Regency North Bend ■
Long-term skilled nursing, transitional care, and rehabilitation services.
(425) 888-2129 | www.keironorthwest.org/programs/rehabilitation-care-center
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.
(206) 323-7100 | www.nikkeiconcerns.org
Email: ComeToKeiro@keironw.org
1601 E Yesler Way
Seattle, WA 98122

Snoqualmie Valley Hospital
A skilled nursing facility with a swing-bed unit for transitional care.
(425) 831-2376 | www.snoqualmievalleyhospital.org/services/rehabilitation
9801 Frontier Avenue SE
Snoqualmie, WA 98065

The Springs at Pacific Regent ■
A skilled nursing facility with short and long-term rehabilitation. No Medicaid.
919 109th Avenue NE
Bellevue, WA 98004

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 95. For eviction prevention, see page 4 and 86.

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.
(206) 448-8709 | www.ccsww.org/get-help/services-for-seniors-people-with-disabilities/senior-housing

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
Housing & Urban Development (HUD)

Housing for Seniors
The US Department of Housing and Urban Development has a searchable online list of HUD properties for older adults and persons with disabilities.
(206) 220-5101 | www.hud.gov/topics/information_for_senior_citizens

Seattle HUD Office
909 1st Avenue, Suite 200
Seattle, WA 98104-1000

Hutchinson House
(425) 392-9139
105 Mount Park Boulevard SW
Issaquah, WA 98027

Issaquah Gardens
(425) 557-5842 | www.quantumms.com/issaquah-wa/issaquah-gardens
Email: issaquahgardens@quantumms.com
845 2nd Avenue NW
Issaquah, WA 98027

Sno Ridge Apartments
(425) 888-2793 | www.quantumms.com/north-bend-wa/snoridge-apartments
Email: snoridgeapts@comcast.net
401 Stow Avenue S
North Bend, WA 98045

Guardian Management
Senior apartments with reduced income.

Brandenwood Senior Apartments
(425) 885-6134 | www.brandenwood.com
14520 NE 40th Street
Bellevue, WA 98007

Riverside Landing
(425) 488-0574 | www.riversidelandingapts.com
10130 West Riverside Drive
Bothell, WA 98011

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.
(425) 576-5190 | www.imaginehousing.org
10604 NE 38th Place, Suite 215
Kirkland, WA 98033

30Bellevue
Affordable apartments 1 -3 bedrooms more than ½ of which directly service homeless households.
(425) 389-8266 | www.imaginehousing.org/community/30bellevue
Email: 30bellevue@qresinc.com
3030 Bellevue Way NE
Bellevue, WA 98004

Andrew’s Arms
Open to those earning 35% - 50% of area median income.
(425) 392-2580 | www.imaginehousing.org/community/andrews-arms
Email: andrewsarms@alliedresidential.com
820 Front Street
Issaquah, WA 98027

Andrew’s Glen
Open to formerly homeless veterans and those earning 40% - 60% of area median income.
(425) 401-1004 | www.imaginehousing.org/community/andrews-glen
Email: andrewsglen@alliedresidential.com
4220 Factoria Boulevard SE
Bellevue, WA 98006

Andrew’s Heights
Open to those earning 30% - 60% of area median income.
(425) 401-1004 | www.imaginehousing.org/community/andrews-heights
Email: andrewsheights@alliedresidential.com
Athene
Senior community available to seniors over the age of 62 who earn 30% – 60% of area median income. (425) 293-9323 | www.imaginehousing.org/community/athene
Email: athene@Qresinc.com
12531 NE 124th St
Kirkland, WA 98034

Chalet Apartments
Open to families, adults age 55 or greater and disabled persons earning 30% - 60% of area median income. Does not accept Section 8 vouchers. 
(425) 401-1004 | www.imaginehousing.org/community/chalet
Email: chalet@alliedresidential.com
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) 232-7447 | www.imaginehousing.org/community/ellsworth-house
Email: ellsworthhouse@qresinc.com
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 30% - 60% of area median income.
(425) 820-1733 | www.imaginehousing.org/community/francis-village
Email: francisvillage@Qresinc.com
12601 NE 124th Street
Kirkland, WA 98034

Highland Gardens
Available for families earning 30% - 60% of area median income.
(425) 427-8387 | www.imaginehousing.org/community/highland-gardens
Email: highlandgardens@Qresinc.com
4575 Klahanie Drive SE
Sammamish, WA 98029

Johnson Hill
Available for families earning 30% - 60% of area median income.
(425) 392-2580 | www.imaginehousing.org/community/johnson-hill
Email: johnsonhill@alliedresidential.com
280 SW Clark Street
Issaquah WA, 98027

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 | www.imaginehousing.org/community/kirkland-plaza
Email: kirklandplaza@qresinc.com
320 6th Avenue
Kirkland, WA 98033

Mine Hill
Open to those earning less than 50% of area median income.
(425) 392-2580 | www.imaginehousing.org/community/mine-hill
Email: minehill@alliedresidential.com
245 SW Clark Street
Issaquah, WA 98027

Rose Crest at Talus
Available for families earning 30% - 60% of area median income.
(425) 392-8690 | www.imaginehousing.org/community/rose-crest-at-talus
Email: rosecrest@alliedresidential.com
341 Shangri La Way
Issaquah WA, 98027
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.

(206) 574-1100 | www.kcha.org
600 Andover Park W
Tukwila, WA 98188

Alpine Ridge
Open to all ages and accepts Section 8 vouchers.
(425) 488-7252 | www.alpineridgeapts.com
14465 Simonds Road NE
Kirkland, WA 98034

Avondale Manor
Open to families, adults age 55 or greater, and disabled people. Does not accept Section 8 vouchers.
17107 NE 80th Street
Redmond, WA 98052

Bellepark East
Moderate Income Housing open to all ages. Accepts Section 8 vouchers.
16241 NE 13th Place,
Bellevue, WA 98008

Belleview Manor
Open to adults age 62 or greater and disabled persons. Does not accept Section 8 vouchers.
(206) 574-1141 | www.kcha.org/housing/property.aspx?PropertyID=139
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.
9821 NE 122nd Street
Kirkland, WA 98034

Cascadian
Open to all ages and accepts Section 8 vouchers.
(425) 747-3567 | www.cascadianapts.com
15517 NE 12th Street
Bellevue, WA 98008

Cedarwood
Open to families, adults age 55 or greater, and disabled people. Does not accept Section 8 vouchers.
(206) 574-1142 | www.kcha.org/housing/property.aspx?PropertyID=26
14415 123rd Lane NE
Kirkland, WA 98034

College Place
Open to families, adults age 55 or greater, and disabled people. Does not accept Section 8 vouchers.
(206) 574-1141 | www.kcha.org/housing/property.aspx?PropertyID=28
1249 145th Place SE
Bellevue, WA 98007
**Housing**

**Eastridge House**
Open to adults age 55 or greater and disabled persons. Does not accept Section 8 vouchers.
120 W Sunset Way
Issaquah, WA 98027

**Eastside Terrace**
Open to families, adults age 55 or greater and disabled people. Does not accept Section 8 vouchers.
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.
8610 164th Avenue NE
Redmond, WA 98052

**Forest Grove**
Open to families, adults age 55 or greater, and disabled people. Does not accept Section 8 vouchers.
8350 167th Avenue NE
Redmond, WA 98052

**Green Leaf**
Open to families, seniors age 55+ and disabled persons.
16714 68th AVE NE
Kenmore WA 98028

**Gilman Square**
Open to all ages and accepts Section 8 vouchers.
(425) 310-4291 | [www.gilmansquare.securityproperties.com](http://www.gilmansquare.securityproperties.com)
360 NW Dogwood Street
Issaquah, WA 98027

**Harbour Villa**
Open to seniors age 60+
7217 NE 175th St.
Kenmore WA 98028

**Heritage Park**
Open to all ages and accepts Section 8 vouchers.
(425) 483-1237 | [www.heritageparkapts-bothell.com](http://www.heritageparkapts-bothell.com)
9834 NE 190th Street
Bothell, WA 98011

**Hidden Village**
Open to families, adults age 55 or greater, and disabled people. Does not accept Section 8 vouchers.
14508 SE 24th Street
Bellevue, WA 98007

**Highland Village**
Moderate Income Housing open to all ages.
14526 NE 7th PL
Bellevue WA 98007

**Houghton**
Open to families, seniors age 55+ and disabled persons.
6705 106th AVE NE
Kirkland WA 98033
Island Crest
Open to families, seniors age 55+ and disabled persons.
3030 81st PL SE
Mercer Island, WA 98040

Juanita Court
Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.
(206) 574-1143 | www.kcha.org/housing/property.aspx?PropertyID=52
9926 NE 126th Street
Kirkland, WA 98034

Juanita Trace
Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.
(206) 574-1142 | www.kcha.org/housing/property.aspx?PropertyID=53
13137 107th Place NE
Kirkland, WA 98034

Kirkland Place
Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.
(206) 574-1141 | www.kcha.org/housing/property.aspx?PropertyID=55
419-421 7th Avenue
Kirkland, WA 98033

Kirkwood Terrace
Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.
(206) 574-1141 | www.kcha.org/housing/property.aspx?PropertyID=56
11925 NE 81st Circle
Kirkland, WA 98033

Landmark
Open to families, adults age 55 or greater, and disabled persons. Accepts Section 8 vouchers.
16330 NE 11th Street
Bellevue, WA 98008

Newport
Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.
12646 SE 42nd Street
Bellevue, WA 98006

Newporter
Open to families, adults age 55 or greater, and disabled persons. Accepts Section 8 vouchers.
5900 119th Avenue SE
Bellevue, WA 98006

Northlake House
Open to adults age 55 or greater and disabled persons. Does not accept Section 8 vouchers.
(206) 574-1143 | www.kcha.org/housing/property.aspx?PropertyID=72
18219 96th Avenue NE
Bothell, WA 98011

Northwood
Open to seniors age 62+ and disabled persons.
(206) 575-1143 | www.kcha.org/housing/property.aspx?PropertyID=75
18128 73rd Avenue NE
Kenmore WA 98028

The web version of this guide can be found at www.kirklandwa.gov
**Park Royal**
Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.
18309 96th Avenue NE
Bothell, WA 98011

**Parkway**
Open to families, seniors age 55+, and disabled persons.
3970 West Lake Sammamish Parkway NE
Redmond WA 98052

**Patricia Harris Manor**
Open to adults age 55 or greater. Does not accept Section 8 vouchers.
16304 NE 81st Street
Redmond, WA 98052

**Pickering Court**
Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.
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.
451 4th Avenue S
Kirkland, WA 98033

**Si View**
Open to all ages. Does not accept Section 8 vouchers.
(425) 831-7740 | 404 Healy Avenue S
North Bend, WA 98045

**Slater Park**
Open to adults age 60 or greater. Does not accept Section 8 vouchers.
12604 NE 119th Street
Kirkland, WA 98033

**Somerset Gardens**
Open to all ages and accepts Section 8 vouchers.
(425) 883-2222 | [www.somersetgardensapts.com](http://www.somersetgardensapts.com)
14700 NE 29th Place
Bellevue, WA 98007

**Spiritwood Manor**
Open to families, adults age 55 or greater, and disabled persons. Does not accept Section 8 vouchers.
1424 148th Avenue SE
Bellevue, WA 98007

**Timberwood**
Open to families, adults age 55 or greater, and disabled persons. Accepts Section 8 vouchers.
3809 148th Avenue NE
Bellevue, WA 98007

---

**HOUSING**
**Providence John Gabriel House**  
Low income housing adjacent to Providence Elder Place and medical service program. It is available for those 62 and older with income less than 60% of area median. Residents have the option to participate in an adjacent PACE Center, Program of All-inclusive Care for the Elderly.  
Email: JohnGabrielHouseInfo@providence.org  
8632 160th Avenue NE  
Redmond, WA 98052

**Senior Housing Assistance Group (SHAG)**  
This non-profit organization provides low- to moderate-income senior housing in Puget Sound. Each household member must be 55 or older and at least one member must be either 61 or older by the end of the current year or disabled. Their Eastside locations are listed below.  
(888) 450-7424 | www.housing4seniors.com  
3642 33rd Avenue S, Suite C-4  
Seattle, WA 98144

**Boulevard Place**  
(425) 492-1565 | www.housing4seniors.com/communities/north-puget-sound/bothell/Boulevard-Place-2  
9920 Main Street  
Bothell, WA 98011

**Crossroads Senior Living**  
(425) 354-2978 | www.housing4seniors.com/communities/east-side/bellevue/crossroads-senior-living-private  
1390 158th Place NE  
Bellevue, WA 98008

**Woodlands at Forbes Lake**  
(425) 947-2537 | www.housing4seniors.com/communities/east-side/kirkland/woodlands-forbes-lake  
9224 Slater Avenue NE  
Kirkland, WA 98033
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 solve problems, set goals, and develop action plans. Services include assessment, consultation, counseling, and ongoing monitoring.

**Aging Wisdom**

Aging Wisdom helps families navigate options for aging well through a holistic, client-centered approach to caring for a parent, spouse, or other family member.

(425) 894-9100 | www.agingwisdom.com
40 Lake Bellevue, Suite 100
Bellevue, WA 98005

**Care Managers Northwest**

Care Managers NW lead seniors and their families through the healthcare system to help them identify the best resources to meet their needs. Care Managers provide comprehensive assessment, care planning, family conferences, advocacy, coordination of services and care, care monitoring, counseling, placement, assistance with insurance, and entitlements.

(206) 999-6037 | www.CareManagers-NW.com
Email: Laurie@CareManagers-NW.com
10416 125th Ave NE
Kirkland, WA 98033

**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.

(206) 224-3768 | www.fulllifecare.org

**Jewish Family Service Care Management**

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

(206) 461-3240 | www.jfsseattle.org
Email: oas@jfsseattle.org

**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 60 or greater.

(206) 275-7752 | www.mercergov.org
Email: betsy.zuber@mercergov.org

**Companion Care & Chore Services**

**Catholic Community Services Volunteer 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.

(206) 328-5787 | www.ccsww.org/get-help/services-for-seniors-people-with-disabilities/volunteer-services
Email: VC@ccsww.org
100 23rd Ave. S
Seattle, WA 98144

**Eastside Friends of Seniors**

A volunteer program for adults age 60 or greater living independently in Issaquah, Sammamish, and parts of Bellevue and Snoqualmie.
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.

(888) 572-8566 | https://www.medicalert.org/alz

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_CustomProductCatalog/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.

(800) 432-5378 | www.medicalert.org

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

Valley. Services include transportation to medical appointments and social visits to friends in assisted living or skilled nursing facilities, assistance with shopping, errands, chores, and information and referrals to other community services.

(425) 369-9120 | www.eastsidefriendsofseniors.org
Email: info@eastsidefriendsofseniors.org
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.

(206) 870-4266 | www.ftfa.org

Full Life Care - Elderfriends
A volunteer program to reduce isolation and 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.

(206) 224-3790 | www.fulllifecare.org/we-can-help/by-service/elderfriends
Email: elderfriends@fulllifecare.org
800 Jefferson St., Ste. 620
Seattle, WA 98104

Senior Companions
Senior Companions are volunteers 55 and over who provide assistance and friendship to seniors who have difficulty with daily living tasks. The program aims to keep seniors independent longer and provide aid to family caregivers.

(206) 329-0515 | www.nationalservice.gov/programs/senior-corps/senior-corps-programs/senior-companions
701 16th Ave
Seattle, WA 98122
Medical Alert Systems

Medical alert systems also known as personal emergency response systems (PERS), medical emergency response systems (MERS), or fall buttons, offer peace of mind and a quick way for an individual to get help during an emergency or any medical event that requires an immediate response. Medical alert systems are life-saving devices that connect a user to professional help.

Bay Alarm Medical ■
Customers select from 180 languages when purchasing device. Nonemergency customer service Monday - Friday 6 AM-6 PM Saturday & Sunday 8 AM - 12 PM, 12:30 PM - 4:30 PM
(877) 522-9633 | bayalarmmedical.com

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.
(360) 636-1000 | https://www.elderoptions.com
Email: info@elderoptions.com

GreatCall Lively Mobile ■
More than 100 languages offered.
(800) 733-6632 | www.greatcall.com

Life Alert ■
Some dispatchers speak multiple languages.
(800) 360-0329 | www.lifealert.com

LifeStation ■
Alternate languages available through third-party interpreter. 24/7
(855) 701-0968 | www.lifestation.com/lp1-medical-alert/?conid=169

Medical Alert ■
Customer to specify language at time of purchase.
(800) 800-2537 | www.medicalalert.com

Medical Guardian ■
Offers Spanish and will connect with third-party service for other languages. Life Safety Consultants are available Sunday - Saturday, 4:30 AM - 7 PM.
Life Safety Consultants: (800) 668-9200
Customer Care: (800) 313-1191 | www.medicalguardian.com

MobileHelp ■
Offers 240 languages through interpretation service.
(877) 827-6207 | www.mobilehelp.com

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. Seven days a week, 5AM-6PM
(855) 681-5351 | www.lifeline.philips.com

Rescue Alert ■
English, Spanish, and French, with interpreters available for more than 240 other languages.
(800) 688-9576 | www.rescuealert.com
Email: info@rescuealert.com

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. Office hours, Monday-Friday, 8AM-4PM.
(866) 344-4267 | www.safetylinemedicalalerts.com
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 currently 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 75.

A Helping Hand
Provides in home care services two to 24 hours per day. Accepts private pay.
(425) 336-4001 | www.ahelpinghandnw.com
Email: info@ahelpinghandnw.com

Amicable Health Care
Amicable Health Care can provide home care and home health services. They are currently contracted by Aging and Disability Services (ADS), Department of Social and Health Services (DSHS), Developmental Disabilities Administration (DDA), and the Asian Counseling and Referral services of Seattle (ACRS). They are also available to private pay clients. Office hours, Monday-Friday, 8AM-5PM.
(206) 246-0550 | www.amicablehealth.net
Email: support@amicablehealth.net

Andelcare
Provides in-home care services one to 24 hours a day. Accepts private pay and some types of long-term care insurance.
(425) 283-0408 | www.andelcare.com
14400 Bel-Red Road, Suite 109
Bellevue, WA 98007

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.
(877) 870-1582 | www.ccsww.org/get-help/services-for-seniors-people-with-disabilities/home-care

Companion Care Inc.
Provides in-home care services one to 24 hours a day. Accepts private pay. Office hours, Monday-Friday, 8AM-5PM.
(425) 485-7575 | www.companioncareofwa.com
18680 142nd Avenue NE
Woodinville, WA 98072

Executive Care of Seattle
Provides in-home care services one to 24 hours per day. Accepts private pay.
(425) 658-2828 | www.seattle-eastside.executivehomecare.com
Email: info@executivehomecare.com
10500 Valley View Road, Suite 101
Bothell, WA 98011

Family Resource
Provides in-home care services one to 24 hours a day. Accepts private pay.
(425) 455-2004 | www.familyresourcehome-care.com/locations/bellevue
Email: bellevue@familyrhc.com
9 Lake Bellevue Dr #213
Bellevue, WA 98005

Fedelta Home Care Bellevue
Provides in-home care services. Care management services available. Accepts private pay.
(206) 362-2366 or (425) 454-4548 | www.fedeltahomecare.com
Email: info@fedeltahomecare.com

The web version of this guide can be found at www.kirklandwa.gov
IN-HOME SERVICES

Home Care Assistance  ■
Providing hourly and live in care services with staff on call 24/7. Accepts LTC policies and private pay. Balance Care Method and Cognitive Therapeutics Method programs available.
(425) 553-0997 | www.homecareassistance.com
1025 108TH Avenue NE
Bellevue, WA  98004

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.
(425) 347-6726 |

Home Instead  ■
Provides in-home care services available one to 24 hours a day. Accepts private pay.
(425) 454-9744 | www.homeinstead.com
2821 Northup Way Suite 225
Bellevue, WA 98004

Homewatch CareGivers  ■
Assists with errands, transportation, meal prep, and companionship.
6912 220th Street SW, Ste. #107
Mountlake Terrace, WA 98043

Jewish Family Service Homecare Associates
Provides in-home care services which can be full-time, part-time, or live-in and long or short-term.
(206) 461-3240 | https://www.jfssseattle.org/get-help/supportive-living-services
Email: sls@jfssseattle.org
1601 16th Avenue
Seattle, WA 98122

Kin on Home Care
Provides non-medical assistance to aging and disabled individuals. Assistance is available in Cantonese, English, Mandarin, Taishanese, and Vietnamese.
(206) 652-2330 | www.kinon.org
815 S Weller St, Ste 212
Seattle, WA 98104

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

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.
(888) 508-2780 | www.kwacares.org/get-help/in-home-care

Optimal Aging Providence
Provides in-home care services two to 24 hours per day. Accepts private pay and LTC insurance.
(425) 525-5900 | https://washington.providence.org/services-directory/services/optimal-aging

Synergy Home Care  ■
Provides in-home care services available one to 24 hours a day. Accepts private pay.
(425) 462-5300 | www.synergyhomecare.com/agencies/wa/bellevue/wa01
1603 116th Avenue NE, Suite 116
Bellevue, WA 98004

Visiting Angels Kirkland  ■
Provides in-home care services available one to 24 hours a day. Accepts private pay.
(425) 828-4500 | www.visitingangels.com/east-side/home
12020 113th Avenue NE Bldg. C #180
Kirkland, WA 98034
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.
(800) 473-3303 | www.alliancenursing.com
14615 NE Woodinville Way, Suite 108
Woodinville, WA 98072

Careage
Provides skilled nursing, home health aides, medical-social services, physical, occupational, and speech therapy in-home. Medicare, Medicaid, and most private insurance plans cover these services.
(425) 519-1265 | www.careagehealth.com
Email: info@careagehealth.com
14450 NE 29th Place, Suite 106
Bellevue, WA 98007

EvergreenHealth Home Health Services
Helps 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 private insurance plans cover these services.
(425) 899-3300 | www.evergreenhealth.com/home-health

Kindred Home Health
Provides skilled nursing, cardiac and pulmonary care, neurorehabilitation, wound care, infusion services, chronic disease management, physical, occupational, and speech therapy, and other services in-home. Medicare, Medicaid, and most private insurance plans cover these services.
(425) 827-2415 | www.kindredhealthcare.com/locations/home-health/bellevue-wa-7027
10940 NE 33rd Place, Suite 103
Bellevue, WA 98004

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, medications, and providing infusion services. Nurses, physical, occupational, and speech therapists are available to provide in-home care. Medicare, Medicaid, and most insurance plans cover these services.
(425) 525-6800 | https://washington.providence.org/locations-directory/h/home-services-king-county
2811 S. 102nd Street, Suite 220
Tukwila, WA 98168

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.
(425) 747-7747 | www.4signatureservice.com/bellevue
Email: info@careagehealth.com
14450 NE 29th Place, Suite 106
Bellevue, WA 98007

EvergreenHealth Home Health Services
Helps 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 private insurance plans cover these services.
(425) 899-3300 | www.evergreenhealth.com/home-health

The web version of this guide can be found at www.kirklandwa.gov
Home Repair & Modification

Catholic Community Services – Volunteer Services
The minor home repair program is part of the Volunteer Services program. Program qualifications include: elderly or disabled and low income (monthly income of less than $1000/month or $1500 for a 2 person household). Services include yard work, painting, ramps, and grab bars.
(206) 328-5787 | www.ccsww.org
Email: VC@ccsww.org

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.
PO Box 90012
Bellevue, WA 98009

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 test costing $20 each. Soil testing can be done on rented or owned properties and is helpful for gardeners and general property maintenance. Office hours Monday-Friday, 8:30AM-5PM.
(425) 282-1900 | www.kingcd.org/programs/better-soils/healthy-soil
Email: soiltesting@kingcd.org
800 SW 39th Street, Suite 150
Renton, WA 98057

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.
(206) 263-9095 | www.kingcounty.gov/depts/community-human-services/housing/services/housing-repair
Email: csd@kingcounty.gov

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.
(206) 214-1240 | www.kcha.org/wx
Email: energyconservation@kcha.org
600 Andover Park West
Tukwila, WA 98188

Master Builders Association Ramp-a-Thon
The Master Builders Association of King and Snohomish Counties has an annual ramp construction event. Volunteers from the association construct free ramps for low income residents in need.
(425) 451-7920 | www.masterbuildersinfo.com

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.
(425) 486-4564 | www.northshoreseniorcenter.org
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.
(206) 448-9277 | www.pugetsoundlaboragency.org/wheelchair-ramp-program
Email: psla@pugetsoundlaboragency.org
2800 First Avenue, Room 126
Seattle, WA 98121

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 Community Options Program Entry System (COPES) authorized provider.
(206) 440-9999 | www.rampartsnw.com
Email: ramparts.joe@gmail.com

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.
(425) 455-0179 | www.rebuildingtogethereastside.org
Email: contact@rebuildingtogethereastside.org

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.
(206) 448-5751 | www.soundgenerations.org/get-help/home-maintenance
Email: mhr@soundgenerations.org

Information & Referral Services

Home Care Association of Washington
An online database of adult day health, home health, and home care providers which are Home Care Association members. Searchable by location, services, and payment method.
(425) 775-8120 | www.hcaw.org
Email: info@hcaw.org
2311 N 45th Street, #337
Seattle, WA 98103

Visiting Physicians Association (VPA)
VPA is a medical practice comprised of highly trained and compassionate doctors and nurse practitioners who treat patients in the comfort of their homes. With a focus on serving home-bound older adults.
(866) 259-1629 | http://www.visitingphysicians.com/about-us/locations/wa.html
606 Oakesdale Avenue SW, Suite C200
Renton, WA 98057

Respite Care

For additional respite care resources see Adult Day Programs on page 2. Many of the home care agencies on pages 73 and 74 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.
(206) 695-2905 | www.apdaparkinson.org/community/northwest/resources-support/caregivers-day-off-program
Email: apdanw@apdaparkinson.org
180 Nickerson Street, Suite 108
Seattle, WA 98109
IN-HOME SERVICES

Crisis Connections Respite Care Services
Full-time, unpaid caregivers of older adults may qualify for short-term respite care provided on a sliding-fee scale. Monday-Friday, 8AM-6PM.
(206) 436-2975 | www.crisisconnections.org/get-help/resources/older-adult-support
Email: caregiver@crisisclinic.org

Full Life Respite Services for Caregivers
A brief break for stressed caregivers providing care for loved ones. Provides someone to come into the home for the caregiver to leave the home for a few hours or an occasional overnight.
(206) 528-5315 | www.fulllifecare.org/we-can-help/by-service/adult-day-health-care
6555 Ravenna Avenue NE
Seattle WA, 98115

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.
(844) 348-5464 | www.kccaregiver.org

Lifespan Respite Washington
A statewide resource for caregivers. Offers online resources including where to find respite care and caregiver support groups.
(800) 572-7368 | www.lifespanrespitewa.org/respite-care/adults-elders

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.
(206) 525-2729 | https://www.pic.org/care-management.htm
Email: info@pic.org

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. Phone lines monitored Monday-Friday, 8AM-6PM. Live chat available online Monday-Friday, 10AM-4PM.
2-1-1 | (800) 621-4636 | TTY (206) 461-3610
www.crisisconnections.org/king-county-2-1-1

African American Elders Program
Catholic Community Services’ African American Elders Program offers social and health referrals and case management for African American older adults.
(206) 328-5696 | www.ccsww.org/african-american-elders-program
Email: ccskingcountyinfo@ccsww.org
100 23rd Avenue South
Seattle, WA 98144

Asian Counseling & 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 and 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.
(206) 695-7600 | www.acrs.org
Email: info@acrs.org
655 156th Avenue SE, Suite 255
Bellevue, WA 98007
Bellevue Mini City Hall – Crossroads Shopping Center
Crossroads Mini City Hall is a neighborhood service center extending City services and community connections to East Bellevue residents. A fully equipped satellite office specializes in personalized customer service and outreach to Bellevue’s diverse population. Services are provided in eight languages and staff is available to provide information and confidential social services assistance to visitors. Monday-Saturday 10AM-6PM.
(425) 452-2800 | www.bellevuewa.gov/mini-city-hall
Email: Minich@bellevuewa.gov
15600 NE 8th Street, Suite H-9
Bellevue, WA 98008

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.
(206) 624-5633 | www.cisc-seattle.org
Email: info@cisc-seattle.org

North Bellevue Community Center
Wednesdays 8:45AM-3PM
(206) 957-8525
4063 148th Avenue NE
Bellevue, WA 98007

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

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.
(206) 962-8467 or (844) 348-5464 | www.communitylivingconnections.org
Email: info@communitylivingconnections.org

Department of Social & Health Services Customer Connection
Offers a broad range of services and assistance, including access to SNAP and other benefit programs. Customers can apply for services online via Washington Connection, phone, or in person. Phone services are available Monday-Friday, 8AM-3PM. In person, walk-in hours, Monday-Friday, 8AM-5PM.
(877) 501-2233 | www.dshs.wa.gov/esa/community-services-offices/community-services-office

King Eastside Community Services Office
805 156th Ave NE
Bellevue, WA 98007

East African Community Services (EACS)
EACS provides social and medical referrals and case management services to East African elders.
(206) 721-1119 | www.eastafricancs.org
Email: info@eastafricancs.org
7054 32nd Avenue S, Suite 207
Seattle, WA 98118
INFORMATION & REFERRAL SERVICES

EvergreenHealth Community Healthcare Access Team (CHAT)
CHAT partners with many community organizations to assist low income and uninsured residents of EvergreenHealth’s service district who face barriers in accessing affordable and quality health and social services.

(425) 899-3200, press option 2 or (425) 899-3250 |
www.evergreenhealthcare.org/access
Email: chat@evergreenhealth.com
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. Resources are also listed on their webpage.

Resource Line: (206) 323-5428
Main Office: (206) 860-6969
24-hour Crisis Line: (866) 427-4747
www.gaycity.org
Email: info@gaycity.org
517 E Pike Street
Seattle, WA 98122

Jewish Family Service Refugee & Immigrant Service Center (RISC)
Offers information and assistance, help accessing local and state social services, employment services, and language and citizenship classes. Language assistance may be available in Arabic, Cantonese, Farsi, Mandarin, Russian, Somali, Spanish, Ukrainian, and Vietnamese.

(425) 643-2221 | www.jfsseattle.org/refugee
Email: ris@jfsseattle.org
15821 NE 8th Street, Suite 210
Bellevue, WA 98008

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.

24-Hour Helpline:
(425) 746-1940 or (800) 827-8840 |
www.lifewire.org
Email: info@lifewire.org

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. Assistance available Monday-Friday, 9AM-5PM.

(206) 448-3110 or (888) 435-3377 |
www.soundgenerations.org
Email: info@soundgenerations.org
2208 2nd Avenue, Suite 100
Seattle, WA 98121

Washington Connection
Washington Connection is an online universal application/benefit portal service of the Department of Social and Health Services (DSHS). Through Washington Connection, residents can easily and securely learn about and apply for food, cash, and medical assistance; child care subsidies; long-term care services and support; and drug and alcohol treatment.

www.washingtonconnection.org
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.
(866) 227-7457 | www.aarp.org/wa
18000 International Blvd, Suite 1020
SeaTac, WA 98188

Disability Rights - Washington
Protects the rights of people with physical, developmental, and mental disabilities. Provides free information, referral, legal representation, education, and advocacy.
(206) 324-1521 or (800) 562-2702 | www.disabilityrightswa.org
Email: info@dr-wa.org
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. Provides confidential responses to questions and complaints.
(800) 562-6028 | www.waombudsman.org

Senior Citizen’s Lobby
Advocates for 37 state-wide, regional organizations that want to enhance the quality of life for senior citizens through education and legislation.
(360) 754-0207 | www.waseniorlobby.org
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 simple will programs, probate, guardianship and end-of-life issues.
(206) 448-5720 | www.soundgenerations.org

Washington LawHelp
Washington LawHelp is a guide to free civil legal services for low-income persons and seniors in Washington. This site provides legal education resources that give you basic information on a number of legal problems, in some cases, detailed instructions and forms to help you represent yourself in court. Information is also available on free legal aid programs in Washington, including basic eligibility and contact information.
www.washingtonlawhelp.org

Washington State Alliance for Retired Americans
A politically active, non-partisan older adult organization.
(206) 890-1009 | washington.retiredamericans.org
Email: wsarapresident@hotmail.com

Washington State Legislative Hotline
Hotline staff provide information concerning Washington State government, pending legislation, and the legislative process. Passes opinions from constituents to legislators, the Governor and Lieutenant Governor.
8AM-7PM during session;
8AM-4:30 PM during non-session.
(800) 562-6000
### 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.

(877) 908-3360 | www.aarp.org/money/scams-fraud

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

www.identitytheft.gov

**Washington State Consumer Protection**
Online database of consumer protection resources relating to major consumer concerns including aging and elder care, food, insurance and finances. Provides resources and guidance on filing complaints.

www.access.wa.gov/topics/consumerprotection

**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.

(800) 646-2283 | www.atg.wa.gov/fraud-fighters

### Crime Victim Assistance

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

**Aging & Long-Term Support Administration (ALTSA)**
ALTSA is a division of the Department of Social and Health Services (DSHS) whose mission is to serve seniors and people with disabilities living with good health, independence, dignity, and control over decisions that affect their lives. Adult Protective Services (APS) fall under the umbrella of ALTSA. APS receives and investigates reports of allegations of abuse, abandonment, neglect, self-neglect and financial exploitation of vulnerable adults living in the community and in facilities. Reports can be filed online.

**Online filing:** fortress.wa.gov/dshs/altsaapps/OCR/publicOCR.PubRptInputReporterInformation.executeLoad.action

**Filing by phone:** (866) 221-4909

(360) 725-2300 | www.dshs.wa.gov/altsa

4450 10th Avenue SE Blake West
Lacey, WA 98503
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.
(206) 744-1600 | www.uwmedicine.org/locations/sexual-assault-and-traumatic-stress-center-harborview

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 Avenue NE, 3rd floor
Redmond, WA 98052

Labor & Industries Crime Victims Compensation
Assists victims of violent crimes with medical and mental health expenses that arise because of such crimes.
(800) 762-3716 | https://lni.wa.gov/claims/crime-victim-claims/apply-for-crime-victim-benefits
Email: crimevictimsprogramM@lni.wa.gov

Department of Labor & Industries
PO Box 44520
Olympia WA 98504-4520

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.
24-Hour Helpline:
(425) 746-1940 or (800) 827-8840 | www.lifewire.org

Office of Crime Victims Advocacy
Serves as a voice within government for the needs of crime victims. Victim of a crime can receive assistance to find the right services.
(800) 822-1067 | www.ocva.wa.gov
1011 Plum Street SE
Olympia, WA 98501

Victim Support Services
Advocates are available for crime victims 24/7 to provide crisis intervention, advocacy, court room support, information, referrals and more.
24-Hr Hotline: (888) 288-9221
King County Office: (425) 271-0305
www.victimsupportservices.org

Washington State Long-Term Care Ombudsman Program
Advocates for residents of nursing homes, adult family homes, and assisted living facilities. Their purpose is to protect and promote the Resident Rights guaranteed these residents under Federal and State law and regulations. The office receives complaints and resolve problems in situations involving quality of care, use of restraints, transfer and discharge, abuse, and other aspects of resident dignity and rights.
(800) 562-6078 | www.waombudsman.org
Email: ltcop@mschelps.org
PO Box 23699
Federal Way, WA 98093-0699
End-of-Life & Estate Planning

Cake End of Life Planning
Cake is a free online tool to help plan personalized healthcare, legal, and funeral decisions. The site prompts a series of questions that helps to create documents that express final wishes.

www.joincake.com

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. For appointment scheduling, call Monday-Thursday, 9:30AM-3:30PM.

(206) 448-5720 | www.kcba.org/For-the-Public/Free-Legal-Assistance/Neighborhood-Legal-Clinics

Seattle
1st & 3rd Fridays, 1PM-3PM

Senior Rights Assistance
2208 2nd Avenue, Suite 100
Seattle, WA 98121

Kent
Second & Fourth Fridays, 1PM-3PM

Kent Senior Center
600 E Smith Street
Kent, WA 98030

Neptune Society
The Neptune Society Seattle provides cremation planning services. Planning can be done in person or online. Office hours Monday-Friday, 8:30AM-5PM.

(425) 276-7707 | www.neptunesociety.com/location/seattle-cremation

Northwest Justice Project
Statewide law firm serving low-income clients through legal advice and representation, community partnerships, and education to empower clients and combat injustice in all its forms. Language assistance available.

(206) 464-1519 | www.nwjustice.org/home
401 2nd Avenue S, Suite 407
Seattle, WA 98104

Partners in Care
Organization specializing in fiduciary care management services. They assist with guardianships, trusts, Power of Attorney, probate administration, and property management.

(206) 525-2729 | www.pic.org
Email: info@partners-in-care.org

People’s Memorial Association (PMA) •
Since 1939, PMA has provided all Washingtonians with end of life arrangements, which match their values and family budget. Lifetime membership costs $50/pp, providing funeral planning paperwork and affordable plans through 21 contracted funeral homes. PMA guarantees no sales pressures or hidden fees.

(206) 325-0489 | www.peoplesmemorial.org
Email: info@peoplesmemorial.org
1801 12th Avenue, Suite A
Seattle, WA 98122
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 both health and mental health care, and finances 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:** 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:** 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.

**Physician Orders for Life-Sustaining Treatment (POLST) form:** POLST form 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:** Court process which closes legal and financial matters after death. Wills can dictate the probate process.

**Trust:** 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

These programs can assist you with legal advice. Many community centers also have periodic legal advice sessions. See beginning on page 102 for community center listings.

Catholic Community Services Tenant Legal Center
Provides free legal assistance for qualifying low-income persons facing landlord-tenant issues, eviction and subsidy terminations, and debtor-creditor issues related to past tenancies. Monday-Friday, 9AM-5PM
(206) 324-6890 | www.ccsww.org/get-help/specialized-services/tenant-law-center

Coordinated Legal Education, Advice, & Referral System for Seniors
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. (888) 387-7111 | www.nwjustice.org/get-legal-help

Eastside Legal Assistance Program (ELAP)
The ELAP provides high-quality, no-cost civil legal aid to low-income residents of East King County, Washington. Survivors of domestic violence throughout all of King County are also provided legal aid. Help Line hours, Mon-Fri, 10AM-4PM. Contact phone hours, Mon-Fri, 9AM-5PM
(425) 747-7274 | www.elap.org
Email: info@elap.org

King County Bar Association (KCBA)
Housing Justice Project
Provides free legal advice and services for low-income tenants facing eviction or eviction related issues. Mondays 8AM-10:30AM & 3:45PM-4:45PM, Tuesday-Friday, 8AM-10:30AM.
(206) 267-7090 | www.kcba.org/pbs/HJP.aspx
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. Monday-Friday, 9AM-4:30PM.
(206) 267-7010 | www.kcba.org/lrs
Email: lrs@kcba.org

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 simple wills. Monday-Friday, 9AM-4PM.
(206) 448-5720 | www.soundgenerations.org/get-help/insurance-legal/your-rights
Email info@soundgenerations.org

Sound Generations Spanish Language Neighborhood Legal Clinics
The King County Bar Association (KCBA) facilitates free 30-minute consultations with an attorney Wednesdays 5:30-7PM. The clinic is walk-in, with appointments assigned by lottery at 5PM.
(206) 267-7070 | www.kcba.org
2208 2nd Avenue
Seattle, WA 98121
Preventing Fraud & Identity Theft

Consumers lose billions of dollars each year to fraud. People over age 50 account for over half of all victims according to a study by AARP. These con-artists use everyday tools -the mailbox, the phone and the internet to reach our pocketbooks. How do you fight back?

- 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, your credit card company, or a computer software, or security company. These companies will never call and ask for personal information over the phone, even if they are claiming to be giving you a “refund.”
- Make sure that all your phones are on the do not call register. Hang up on robocalls.
- Many seniors are disconnecting their land lines and only using their cellphones, which in many cases allows the owner to block phone numbers from scam callers (T-Mobile, Verizon and AT&T offer the block call feature). You can also turn to technology apps to block these calls.
- If you answer the call because the number looks familiar, it may be. Current technology allows these scam artists to “ghost” local phone numbers even though they may be calling from overseas.
- Never give your credit card number over the phone or online to any charity you have not personally checked out. To check that a charity is a legitimate organization, contact the Secretary of State’s Division at (800) 332-4483 to make sure the organization is registered with the State.
- Never respond to an offer you do not understand. Always request the offer in writing and don’t let anyone pressure you into acting immediately. If the offer sounds too good to be true, it is.
- Never pay in advance for a promise. Someone may ask you to pay in advance for mortgage assistance or tax help. They may even say you have won a prize but first you must pay taxes or fees. If you do, they will probably take the money and disappear.
- Do not send money through wire transfers or pre-paid credit cards. Scammers often pretend to be a relative in urgent need of wire transfer. The caller usually requests that you keep their request a secret. DON’T. Hang up and contact another family member to work at verifying the request.
- Shred personal information before throwing it away.
- Never hire door-to-door vendors including roofers, pavers, tree trimmers, or other services offering you a deal on home repairs. Tell them you will want to check with the Better Business Bureau before making a commitment.
- In Washington State, you can file a complaint with the State Attorney General’s Office via the website. The AG’s Office also suggests you file with the National Fraud Information Center, which gathers information about fraud to assist consumers.

Preventing Elder Abuse

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

Protect Yourself
- Stay busy and engaged in life. Don’t let yourself become isolated from others or from your favorite activities.
- Cultivate a strong network of family and friends who are concerned about your well-being and do not let anyone prevent you from staying engaged. Abusers often prevent victims from using the telephone, leaving the house, seeing friends and family, or attending appointments alone. If living with another, have your own phone and send and open your own mail.
- Take good care of yourself. Older adults in declining health can become more vulnerable to abuse.
- Maintain regular medical and dental appointments and take care of your personal needs.
- Be aware of yourself, your surroundings, and your rights.
- If an adult relative wants to live with you, think it over carefully; especially if the individual is unemployed, has a history of violent behavior, substance abuse, or gambling. Assert your right to be treated with dignity and respect. Be clear about what you will and will not tolerate and set boundaries. Trust your instincts. If you need help, ask a trusted friend, family member, attorney, or physician.

Protect Others
Keep a watchful eye out for family, friends, and neighbors who may be vulnerable. Understand that abuse can happen to anyone and know what to look for.

Some red flags for abuse include:
- A new “best friend” in the adult’s life who has taken an unusual interest in them
- Expensive purchases or gifting that is inconsistent with the adult’s previous spending patterns
- Unmet commitments such as missed medical appointments and unpaid bills
- Decline in self-care or care of their home
- Lack of participation in usual activities, such as clubs, church, or social events
- Change in the adult’s power of attorney or will without the knowledge of the family or longtime attorney

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

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

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

Spread the word. Share what you’ve learned.
The King County Prosecuting Attorney’s Office is a resource for anyone with questions or concerns about elder abuse. Visit their website at www.kingcounty.gov/Prosecutor/elderabuse.aspx

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

### Crisis Intervention

<table>
<thead>
<tr>
<th>Crisis Connections (formerly Crisis Clinic)</th>
<th>24-hour immediate, confidential support to people in emotional distress.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>(206) 461-3222 or (866) 427-4747</strong></td>
<td><strong><a href="http://www.crisisconnections.org">www.crisisconnections.org</a></strong></td>
</tr>
</tbody>
</table>

### Community Mental Health Programs

<table>
<thead>
<tr>
<th>Sound Health</th>
<th>(Formerly Sound Mental Health)</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>Admissions: <strong>(206) 302-2300</strong></td>
<td><strong><a href="http://www.sound.health">www.sound.health</a></strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Bellevue</strong></th>
<th><strong>(425) 653-4900</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>14216 NE 21st Street</td>
<td>Bellevue, WA 98007</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Rainbow Creek</strong></th>
<th><strong>(425) 653-5000</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>14270 NE 21st Street</td>
<td>Bellevue, WA 98007</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Redmond</strong></th>
<th><strong>(425) 653-4960</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>16225 NE 87th Street #A-6</td>
<td>Redmond, WA 98052</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Snoqualmie</strong></th>
<th><strong>(425) 653-4950</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>37624 SE Fury St, STE 203</td>
<td>Snoqualmie WA 98065</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Stillwater House</strong></th>
<th><strong>(206) 302-2300</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>8705 166th Avenue</td>
<td>Redmond, WA 98052</td>
</tr>
</tbody>
</table>

### Crisis Intervention

<table>
<thead>
<tr>
<th>Crisis Connections (formerly Crisis Clinic)</th>
<th>24-hour immediate, confidential support to people in emotional distress.</th>
</tr>
</thead>
<tbody>
<tr>
<td>King County Crisis Commitment Services</td>
<td>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.</td>
</tr>
<tr>
<td><strong>401 5th Avenue, Suite 400</strong></td>
<td><strong>Seattle, WA 98104</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>National Alliance on Mental Illness Crisis Text Line</th>
<th>Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message. Text “NAMI” to 741741</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>National Suicide Prevention Life Line</th>
<th>The Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you and your loved ones, and best practices for professionals. Phone and live on-line chat options available.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>(800) 273-8255</strong></td>
<td><strong><a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a></strong></td>
</tr>
</tbody>
</table>
Community Support Organizations

**EvergreenHealth In-Home Mental Health Program (IHMH)**
EvergreenHealth’s In-Home Mental Health (IHMH) team provides counseling and case management services to adult King County Medicaid clients at their private residence, adult family home, assisted living facility, or skilled nursing facilities when situations exist that interfere with traveling to an agency setting for support services. Office hours, Monday-Friday, 8AM-5PM.
11800 NE 128th Street, Suite 200
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. Monday-Friday, 8:30AM-5PM.
(425) 614-1282 | [www.herohousenw.org](http://www.herohousenw.org)
Email: info@bellevueclubhouse.org
12838 SE 40th Place
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. Monday-Friday, 9AM-5PM.
(425) 885-6264 | [www.nami-eastside.org](http://www.nami-eastside.org)
Email: info@nami-eastside.org
16225 NE 8th Street, Suite A9
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 & 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 and individual counseling, advocacy, meals, substance abuse counseling, and case management. Accepts Medicaid, Medicare, and most private insurance plans for mental health services. Other programs and classes are offered on a sliding-fee scale based on household income. Monday-Friday, 9AM-5PM.
(206) 695-7600 | [www.acrs.org](http://www.acrs.org)
Email: info@acrs.org
3639 Dr. Martin Luther King Jr. Way S
Seattle, WA 98144

Bellevue – By appointment only
655 156th Ave SE, Suite 255
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.
(206) 461-4880 | [www.consejocounseling.org](http://www.consejocounseling.org)
14434 NE 8th Street
Bellevue, WA 98005
Eastern European Counseling Center (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.
(425) 649-1177 | www.easterneuropeancounseling.org
Email: info@easterneuropeancounseling.org
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. Mon-Fri: 9AM-5PM
www.jfsseattle.org | Email: contactus@jfsseattle.org
Seattle
(206) 461-3240
1601 16th Avenue
Seattle, WA 98122

Redmond
(425) 643-2221
15446 Bel-Red Rd Suite B-15
Redmond, WA 98052

Wellspring Family Services
Wellspring Family Services is a non-profit, multi-service organization that offers counseling services for individuals of all ages, couples, and families. Their East King County location in Redmond offers 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. Mon-Fri: 7AM-8PM.
(425) 869-6687 | www.wellspringfs.org
Redmond
16150 NE 85th Street, Suite 222
Redmond, WA 98052

Inpatient & Outpatient Psychiatric Programs
Inpatient psychiatric units for adults age 60+. 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.
(844) 334-3323 | www.cascadebh.com
12844 Military Road S
Seattle, WA 98168

Evergreenhealth Monroe
(360) 794-7497 | www.evergreenhealthmonroe.com
14701 179th Avenue SE
Monroe, WA 98272

Fairfax Behavioral Health Hospital
Offers a voluntary partial hospitalization program and both voluntary and involuntary inpatient units. Medicare and private insurances are accepted for the PHP. Medicare, Medicaid / Washington Apple Health, and most private insurance plans will cover inpatient programs.
Admissions & Assessments: (425) 284-8300
Patient & General Inquiries: (425) 821-2000 | www.fairfaxhospital.com
10200 NE 132nd Street
Kirkland, WA 98034
Harborview Inpatient Psychiatry
Inpatient psychiatric care is available at Harborview to people who need immediate and intensive mental health care. Staffed by an interdisciplinary team of physicians, nurses, social workers, chemical dependency counselors, pharmacists, recreational therapists and occupational therapists and peer support specialists. Offers both voluntary and involuntary admissions for people experiencing a broad range of severe and persistent psychotic and mood disorders, substance use disorders and personality disorders.
(206) 744-3000 | www.uwmedicine.org/locations/inpatient-psychiatry-harborview
325 9th Avenue
Seattle, WA 98104

Northwest Hospital Geropsychiatric Center
Northwest Hospital has an intensive outpatient program and voluntary and involuntary inpatient programs for patients 60 years and greater. They work with many insurance providers, accept Medicare and have options for those without insurance. Mon-Fri 8AM-5PM.
(206) 368-1747 | www.nwhospital.org/medical-services/geropsychiatric-center
1550 N 115th Street
Seattle, WA 98133

Overlake Psychiatric Services
Offers specialized voluntary psychiatric care for older adults in inpatient and outpatient settings. Accepts Medicare and most private insurance plans.
www.overlakehospital.org/department/psychiatric-services

Outpatient Services
(425) 688-5460
1750 112th Avenue NE, Suite B-102
Bellevue, WA 98004

Inpatient Services
(425) 688-5175
1035 116th Ave NE
Bellevue, WA 98004

UW Medical Center Inpatient Psychiatry
Inpatient psychiatric care is available at the UW Medical Center to people who need immediate and intensive mental health care.
(206) 598.4720 | www.uwmedicine.org/locations/inpatient-psychiatry-uwmc
1959 NE Pacific Street
Seattle, WA 98195

Self-Care Programs

Program to Encourage Active Rewarding Lives (PEARLS)
PEARLS is a self-management program that combines problem-solving treatment with social, physical, and pleasant activities to manage symptoms of depression and has a special component for those with epilepsy. PEARLS is offered at Northshore Senior Center in Bothell and Peter Kirk Community Center in Kirkland.
Contact: Janet Zielasko, MS, LWS
(425)286-1035
Email: janetz@seniorservices.org

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
Depression, Delirium, or Dementia?

These three medical conditions can mimic each other but are very different. All require very different treatments. This is a general overview of the three.

**Delirium**
Delirium is an acute, temporary condition triggered by infection, reaction to medication, organ failures, urinary tract infection, or other medical causes. Delirium symptoms can be dramatic and usually appear suddenly or over hours or days. They may also come and go.
Symptoms may include:
- Disorganized thoughts; difficulty focusing or following instructions
- Pronounced confusion or agitation, possibly worsening at night or upon waking
- Uncharacteristic aggression or argumentative behavior
- Hallucinations or other misinterpretations of the environment
- Delirium is an urgent medical situation that requires immediate attention

**Depression**
Depression is a common, treatable medical condition with symptoms that appear over weeks or months. Signs of depression are often dismissed as normal responses to illness or life changes associated with aging, even by healthcare providers. Recognizing the signs can help you know when to seek treatment, so you can begin to feel better.
Symptoms may be hard to describe but can include:
- Feelings of hopelessness, pessimism, guilt, worthlessness, or helplessness
- Irritability, restlessness, or fatigue
- Loss of interest in hobbies and activities; poor hygiene
- Difficulty concentrating, remembering details, or making decisions
- Insomnia or excessive sleeping
- Overeating or loss of appetite
- Thoughts of suicide or suicide attempts

Talk to your doctor if you think you may be experiencing depression.
Crisis Connections offers immediate, confidential support 24-hours a day: **866-427-4747**.

**Dementia**
Dementia is a progressive cognitive decline due to a brain disease or trauma such as Alzheimer’s, vascular disease, or traumatic brain injury. Symptoms appear gradually, over months or years. Recognizing Dementia is challenging because the symptoms can vary widely from person to person, come on gradually, and are difficult to accept. Early signs may include personality changes, trouble learning new tasks, difficulty finding the right words, or struggles with familiar tasks. Forgetfulness is not necessarily a sign of dementia. For example, it is normal to forget where your keys are, it is not normal to forget what keys are for. See your family doctor to eliminate delirium or depression.

24/7 Dementia Helpline: **800-272-3900**.
This section provides resources for personal finance and tax information and assistance. Consumer protection and fraud prevention resources are listed in the Legal section on page 82.

### Personal Financial Guidance

**American Financial Solutions**
Non-profit agency dedicated to helping people determine their current financial situation, make a plan to get out of debt, set financial goals, and plan for the future. Counselors available Monday-Friday, 6AM-6PM.
(888) 864-8548 | www.myfinancialgoals.org

**Consumer Financial Protection Bureau**
Free financial information and resource guides specifically for older adults.
(855) 411-2372 | www.consumerfinance.gov/older-americans

**El Centro de la Raza Education & Asset Building**
Seeks to promote self-sufficiency and empowerment through bilingual education, asset building and skill building initiatives.
2524 16th Avenue South
Seattle, WA 98144

**Hopelink Financial Capabilities**
This program provides free tools and services to achieve financial goals and make financial decisions to help increase financial stability and long-term security.
(425) 250-3003 | Email: financialed@hope-link.org
www.hopelink.org/need-help/financial-capabilities

**Northshore Senior Center**
Offers workshops on 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.
(425) 487-2441 | www.northshoreseniorcenter.org
10201 E Riverside Drive
Bothell, WA 98011

### Tax Assistance & Information

**AARP Tax-Aide**
Volunteers offer free assistance with tax questions and returns for individuals with low to moderate incomes. Assistance is always available by phone or email, and in-person tax filing services are available February-April.
(888) 687-2277 | Email: taxaide@aarp.org | www.aarp.org/money/taxes/aarp_taxaide

**Internal Revenue Service (IRS)**
The IRS website features information on senior specific resources, tools, and publications.
www.irs.gov/individuals/seniors-retirees

**United Way Free Tax Preparation**
United Way’s Free Tax Preparation Campaign is designed for people who make less than $66,000 per year. Offers free walk-in tax preparation services from January to April at various public sites throughout King County.
(800) 621-4636 | Email: freetax@uwkc.org
www.uwkc.org/need-help/tax-help
Utility & Property Tax Discounts

City Utility Rate Discount Programs
Cities often have utility discount programs for residents who are age 62 and 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.
Email: UtilityRelief@bellevuewa.gov

City of Bothell - (425) 806-6881
www.bothellwa.gov/1320/Low-income-senior-discount-program
Email: utilities@bothellwa.gov

City of Carnation - (425) 549-0407 | www.carnationwa.gov/vertical/sites/%7BBC2C8B0D-6FDD-43CB-A5E7-03E465DF30E5%7D/uploads/Utilities_Discount_Qualification_Worksheet.pdf

City of Duvall - (425) 788-1185

City of Issaquah - (425) 837-3070
www.ci.issaquah.wa.us/index.aspx?NID=297
Email: Finance@issaquahwa.gov

City of Kirkland - (425) 587-3150 | www.kirklandwa.gov/depart/Finance_and_Administration/communityservices/Utility_Billing.htm
Email: utilitybilling@kirklandwa.gov

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

City of North Bend - (425) 888-7633
Email: utilities@northbendwa.gov

City of Redmond - (425) 556-2152
www.redmond.gov/449/Utilities
Email: UtilityBilling@redmond.gov

City of Sammamish - (425) 868-1144
Northeast Sammamish Sewer and Water District
www.nesswd.org

City of Snoqualmie - (425) 888-1555
www.ci.snoqualmie.wa.us/130/Water-Services
Email: info@ci.snoqualmie.wa.us

City of Woodinville
Woodinville Water District

Northshore Utility District
Encompasses parts of Kenmore, Bothell, Juanita, Totem Lake, Kingsgate, Finn Hill, and Lake Forest Park.
(425) 398-4402 | www.nud.net/my-account/payment-information/low-income-discount-program
Email: billing@nud.net

Hopelink Energy Assistance
May provide up to $1,000 of your home heating costs per year. If qualified for the program, you can receive assistance even if you are not behind on your bill and/or have not received a shut-off notice.
(425) 658-2592 | www.hopelink.org/need-help/energy

King County Senior Property TAX Exemption & Deferral Program
Offers qualifying older adults and people with disabilities the option to be exempt from or to defer their property taxes. Detailed information is available online in Chinese, English, Russian, Somali, Spanish, and Vietnamese.
(206) 296-3920 | www.kingcounty.gov/depts/assessor/TaxRelief.aspx
Department of Assessments
King County Building
500 4th Avenue
Seattle, WA 98104
Adoption Services

Homeward Pet Adoption Center
Offers adoption and rehoming services, microchipping, low-cost spay and neuter services, and a pet food bank. Wed-Sun, 12PM-6PM
(425) 488-4444 | www.homewardpet.org
13132 NE 177th Place
Woodinville, WA 98072

Imagine Peace for Pups (IPFP)
IPFP is a foster based rescue organization. A pet adoption service dedicated to reducing animal euthanasia in shelters.
(206) 225-7020 | www.doodlingdames.wixsite.com/mysite-3
Email: imaginepeaceforpups@gmail.com
8740 NE 140th Street
Kirkland, Washington

Lil’ Waif Puppy Rescue
Rescues and rehomes dogs to loving families where they will be cherished companions.
Email: lilwaif@comcast.net

MEOW Cat Rescue & Adoption
Offers adoption and rehoming services for cats and dogs.
(425) 822-6369 | www.meowcatrescue.org
Email: info@meowcatrescue.org
10600 NE 68th Street, Suite F
Kirkland, WA 98033

Motley Zoo Animal Rescue
Motley Zoo is a foster based organization focused on individualized care and compatibility for both humans and animals. They work to ensure animals are matched with families where the animals will never again need rescue.
(206) 453-8480 | www.motleyzooanimalrescue.org
Email: adopt@motleyzoo.org

People United for Pets (PUP)
PUP Dog Rescue is volunteer driven non-profit specializing in shelter animals from high-kill areas.
www.pupdogrescue.org
Email: info@pupdogrescue.org
PO Box 1691
Issaquah, WA 98027

Purrfect Pals
Focuses on taking in cats and kittens from shelters that may not have resources to help them. This includes senior cats and cats with major medical needs, chronic illnesses including FIV and Feline Leukemia, and behavioral challenges.
(360) 652-9611 | www.purrfectpals.org
Email: cats@purrfectpals.org

Purrfect Pals Sanctuary
Adoption Hours: Tuesday-Saturday 10AM-4PM
230 McRae Road NE
Arlington, WA 98223

Regional Animal Services of King County (RASKC)
Provides King County with sustainable, affordable services that protect people and animals while providing humane animal care. Locations are listed below. Hours: Monday-Friday 12PM-6PM, Saturday & Sunday 1PM-5PM
(206) 296-7387 | www.kingcounty.gov/depts/regional-animal-services.aspx
Email: adoptapet@kingcounty.gov

RASKC Partner Adoption Centers:
Eastside Pet Adoption Center (inside Petco)
Adoption hours: Everyday, 1PM-5:30PM
12040 NE 85th Street
Kirkland, WA 98033

Denny’s Pet World
(425) 821-3800
13123 NE 124th Street
Kirkland, WA 98034

Issaquah Petco
(425) 392-9663
975 NE Gilman Blvd
Issaquah, WA 98027
The web version of this guide can be found at www.kirklandwa.gov

PETS & VETERINARY SERVICES

The Whole Cat & Kaboodle
www.thewhole-cat.com/adoptions

Kirkland Location
(425) 576-5548
Email: kirklandinfothewholecat@gmail.com
6501 132nd Avenue NE, Suite A
Kirkland, WA 98033

Redmond Location
(425) 307-1008
Email: redmondinfothewholecat@gmail.com
8103 161st Avenue NE
Redmond, WA 98052

Ribsey’s Refugees
This non-profit dog rescue organization focuses on giving unwanted, desperate dogs a second chance to find their permanent, forever home. www.ribseysrefugees.org/home.html
Email: ribseysinfo@comcast.net

Seattle Humane Society
Provides adoption, rehoming, veterinary services, microchipping/licensing, a pet food bank, pet loss support, and more. A monthly pet food program may be available for low-income seniors. Adoption hours, Sunday-Wednesday 11AM-6PM, Thursday-Saturday 11AM-8PM.
(425) 641-0080 | www.seattlehumane.org
13212 SE Eastgate Way
Bellevue, WA 98005

Seattle Purebred Dog Rescue
Provides adoption and rehoming services for purebred dogs, by appointment.
(206) 654-1117 | www.spdrdogs.org
PO Box 3523
Redmond, WA 98073

Washington Ferret Rescue & Shelter
Provides adoption and rehoming services for ferrets. Shelter hours, Saturday 11AM-3PM.
(206) 442-2025 | www.washingtonferret.org
Email: washingtonferret@yahoo.com

Animal Control & 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. Seniors pay a reduced registration fee and no fee for service animals. Licenses can be purchased at grocery stores, vet offices, city halls and online. www.kingcounty.gov/depts/regional-animal-services/license-your-pet/purchase-renew-license.aspx

Bothell Animal Services
Provides animal services such as pet licensing, impounding aggressive, dangerous, or stray dogs and cats, investigating animal cruelty and neglect, responding to barking dog complaints, and removal of deceased animals. Licensing available in person Monday-Friday 8AM-5PM. Online registration is found at www.petdata.com/for-pet-owners/bth. Seniors pay $15 per neutered or spayed pet up to three animals.
(425) 486-1254 |
www.ci.bothell.wa.us/283/Animal-Services
18410 101st Avenue NE
Bothell, WA 98011

Hunts Point & Medina Animal Services
The City of Medina handles licensing and animal control services for Medina and Hunts Point. Licensing: (425) 633-6400
Animal Control: (425) 233-6420
www.medina-wa.gov

Kirkland Animal Services
Provides pet licensing, animal control, and lost pet services. Licensing available in person at City Hall Monday-Friday 8AM-5PM or at the Kirkland Justice Center, Monday-Friday 7AM-5PM. Online registration is found at www.petdata.com/for-pet-owners/kld. Seniors pay ½ if animal is neutered or spayed.
(425) 577-5656 or 855 449-7387 | Email: Animal.Control@kirklandwa.gov

The web version of this guide can be found at www.kirklandwa.gov
**Mobile Veterinary Services**

Many veterinary hospitals also provide mobile services to their clients. Please check with your local veterinarian for services and pricing.

**Dr. Ellenbogen Mobile Veterinary Homecare & Hospice**
Offers in-home care and in-home palliative care and hospice for pets. Serves residents within a 10-mile radius of Bothell.

(425) 485-7387 | [www.drtinavet.com](http://www.drtinavet.com)
Email: drtinavet@aol.com
PO Box 1744
Bothell, WA 98011

**Home Pet Vet**
Offers in-home pet euthanasia and after care of the body. Monday-Friday, 9AM-5PM

(206) 232-6205 | [www.homepetvet.com](http://www.homepetvet.com)
Email: info@homepetvet.com
PO Box 81
Bellevue, WA 98004

**House Pet Vet Visits**
Provides compassionate care to pets at home. Services provided in Carnation, Duvall, Issaquah, Fall City, Redmond, and Sammamish.

(425) 533-4907 | [www.housepetvetvisits.com](http://www.housepetvetvisits.com)
Email: housepetvet@hotmail.com
704 228th Avenue NE #611
Sammamish, WA 98074

**Kraft Mobile Veterinary Services**
Provides quality and convenient veterinary care. Services the entire eastside community.

(425) 482-6345 | [www.kraftmobilevet.com](http://www.kraftmobilevet.com)
Email: kraftmobile@hotmail.com
1705 Broadway Avenue
Snohomish, WA 98296

**Montgomery Mobile**
Provides great care for family pets in their own homes. Services most of the eastside.

(206) 858.1263 | [www.mobilevetseattle.com](http://www.mobilevetseattle.com)
Email: montgomery@mobilevetseattle.com

**Pet Food Banks**

**Hopelink**
Hopelink food banks occasionally have pet food available. Call ahead of first visit. Hopelink locations listed on page 4. [www.hope-link.org](http://www.hope-link.org)

**Northshore Senior Center**
Connects qualifying low-income seniors to free pet food from the Humane Society.

Bothell | Kenmore | Mill Creek
---|---|---
(425) 487-2441 | (425) 489-0707 | (425) 948-7170
[www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org)
10201 E Riverside Drive
Bothell WA 98011

**Seattle Humane Society**
Low-income seniors may qualify for monthly pet food assistance.

(425) 649-7566 | [www.seattlehumane.org](http://www.seattlehumane.org)
13212 SE Eastgate Way
Bellevue, WA 98005

**Snoqualmie Valley Pet Food Bank**
Provides pet food and supplies to low-income Snoqualmie Valley residents. Food distributed at Snoqualmie Valley Food Bank on the first Wednesday every month, 9:30AM - 5:30PM. Sign up is required prior to first pick up.

(425) 888-7832 | [www.svpetfoodbank.org](http://www.svpetfoodbank.org)
122 E 3rd Street
North Bend, WA 98045
This section provides information on community and senior centers, educational programs, exercise options, volunteer opportunities and more.

**Educational Programs**

**King County Library System**
The King County Library System (KCLS) serves residents throughout King County with more than 4.1 million items including books, periodicals, newspapers, audio and video, and extensive online resources. Local library branches offer many classes, presentations, and tutoring for older adults. The KCLS website hosts a specific Older Adults page which features book and film recommendations, classes, and assistive services.

General phone line hours, Monday-Saturday, 10AM-6PM and Sunday, 12PM-5PM.

(425) 462-9600 | [www.kcls.org/older-adults](http://www.kcls.org/older-adults)

<table>
<thead>
<tr>
<th>City</th>
<th>Site</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bellevue</td>
<td>Crossroads Library Connection</td>
<td>Monday-Saturday, 10AM-9PM</td>
</tr>
<tr>
<td></td>
<td>(425) 644-6203</td>
<td>Sunday, 11AM-6PM</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.kcls.org/locations/1499">www.kcls.org/locations/1499</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>15600 NE 8th Street</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bellevue, WA 98008</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Downtown Bellevue</td>
<td>Monday-Thursday, 9AM-9PM</td>
</tr>
<tr>
<td></td>
<td>(425) 450-1765</td>
<td>Friday, 10AM-6PM</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.kcls.org/locations/1492">www.kcls.org/locations/1492</a></td>
<td>Saturday, 10AM-6PM</td>
</tr>
<tr>
<td></td>
<td>1111 110th Avenue NE</td>
<td>Sunday, 11AM-7PM</td>
</tr>
<tr>
<td></td>
<td>Bellevue WA 98004</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lake Hills</td>
<td>Monday-Thursday, 10AM-9PM</td>
</tr>
<tr>
<td></td>
<td>(425) 474-3350</td>
<td>Friday, 10AM-6PM</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.kcls.org/locations/1522">www.kcls.org/locations/1522</a></td>
<td>Saturday, 10AM-5PM</td>
</tr>
<tr>
<td></td>
<td>15590 Lake Hills Boulevard</td>
<td>Sunday, 1PM-5PM</td>
</tr>
<tr>
<td></td>
<td>Bellevue WA 98007</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Newport</td>
<td>Monday-Thursday, 10AM-9PM</td>
</tr>
<tr>
<td></td>
<td>(425) 747-2390</td>
<td>Friday, 10AM-6PM</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.kcls.org/locations/1529">www.kcls.org/locations/1529</a></td>
<td>Saturday, 10AM-5PM</td>
</tr>
<tr>
<td></td>
<td>14250 SE Newport Way</td>
<td>Sunday, 1PM-5PM</td>
</tr>
<tr>
<td></td>
<td>Bellevue WA 98006</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bothell</td>
<td>Monday-Thursday, 10AM-9PM</td>
</tr>
<tr>
<td></td>
<td>(425) 486-7811</td>
<td>Friday, 10AM-6PM</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.kcls.org/locations/1493">www.kcls.org/locations/1493</a></td>
<td>Saturday, 10AM-5PM</td>
</tr>
<tr>
<td></td>
<td>18215 98th Avenue NE</td>
<td>Sunday, 11AM-7PM</td>
</tr>
<tr>
<td>Location</td>
<td>Address</td>
<td>Phone</td>
</tr>
<tr>
<td>--------------</td>
<td>----------------------------------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Carnation</td>
<td>4804 Tolt Avenue Carnation, WA 98014</td>
<td>(425) 333-4398</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Duvall</td>
<td>15508 Main Street NE Duvall, WA 98019</td>
<td>(425) 788-1173</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fall City</td>
<td>33415 SE 42nd Place Fall City, WA 98024</td>
<td>(425) 222-5951</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Issaquah</td>
<td>10 W Sunset Way Issaquah, WA 98027</td>
<td>(425) 392-5430</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kenmore</td>
<td>6531 NE 181st Street Kenmore, WA 98028</td>
<td>(425) 486-8747</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kirkland</td>
<td>308 Kirkland Avenue Kirkland, WA 98033</td>
<td>(425) 822-2459</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kingsgate</td>
<td>12315 NE 143rd Street Kirkland, WA 98034</td>
<td>(425) 821-7686</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mercer Island</td>
<td>4400 88th Avenue Mercer Island, WA 98040</td>
<td>(206) 236-3537</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td>Address</td>
<td>Phone</td>
</tr>
<tr>
<td>--------------</td>
<td>----------------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>North Bend</td>
<td>115 E 4th Street, North Bend, WA 98045</td>
<td>(425) 888-0554</td>
</tr>
<tr>
<td>Redmond</td>
<td>15990 NE 85th Street, Redmond, WA 98051</td>
<td>(425) 885-1861</td>
</tr>
<tr>
<td>Sammamish</td>
<td>825 228th Avenue SE, Sammamish, WA 98075</td>
<td>(425) 392-3130</td>
</tr>
<tr>
<td>Snoqualmie</td>
<td>7824 Center Boulevard SE, Snoqualmie, WA 98065</td>
<td>(425) 888-1223</td>
</tr>
<tr>
<td>Woodinville</td>
<td>17105 Avondale Road NE, Woodinville, WA 98072</td>
<td>(425) 788-0733</td>
</tr>
</tbody>
</table>

**TELOS Educational Program**
Non-graded, non-credit courses for older adults offered throughout the year by Bellevue College.
(425) 564-4400 | [www.bellevuecollege.edu/ce/retiree-programs](http://www.bellevuecollege.edu/ce/retiree-programs)

**Bellevue College - North Campus**
14673 NE 29th Place
Bellevue, WA 98007
Bellevue Parks & Community Services
Bellevue Parks & Community Services offers enriching and educational recreation programs for people of all ages and abilities to stay fit and active.

Registration can be done online at https://register.bellevuewa.gov or call a facility directly.

Bellevue Aquatic Center
Offers two indoor pools with classes and warm water therapies. Features include wheelchair ramp, gradual entry and two lifts.
601 143rd Avenue NE
Bellevue, WA 98007

Crossroads Community Center
Crossroads is an international gathering place where participants reflect diversity. Over 64 languages are spoken. Comprehensive recreational and human services are available as well as referral for services from refugee services to legal services. Open Monday - Friday, 9AM-8PM.
(425) 452-4874 | www.bellevuewa.gov/crossroads
Email: CCC@bellevuewa.gov
16000 NE 10th Street
Bellevue, WA 98008

Highland Community Center
Provides programs that give people with disabilities opportunities for recreation, socialization, and learning.
(425) 452-7686 | www.bellevuewa.gov/hcc
Email: hcc@bellevuewa.gov
14224 Bel-Red Road
Bellevue, WA 98009

North Bellevue Community Center
Hosts activities for older adults on a rotating schedule such as 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. Open Monday-Thursday 8:30AM-9PM, Friday 8:30AM-6PM, Saturday 8AM-noon.
(425) 452-7681 | www.bellevuewa.gov/nbcc
Email: NBCC@bellevuewa.gov
4063 148th Avenue NE
Bellevue, WA 98009

South Bellevue
Hosts activities for older adults on a rotating schedule such as English classes from Chinese Information and Service Center on Thursdays. Open Monday-Thursday 6AM-9PM, Friday 6AM-8PM, Saturday 8AM-5PM, Sunday 10AM-5PM.
(425) 452-4240 | www.bellevuewa.gov/sbcc
Email: sbcc@bellevuewa.gov
14509 SE Newport Way
Bellevue, WA 98006

Bellevue Square Walk for Life
A free indoor walking program held Mondays, Wednesdays, and Fridays 8AM-9:30AM at Bellevue Square. Free blood pressure checks are also available.
(425) 688-5259 | www.overlakehospital.org/classes
575 Bellevue Square
Bellevue, WA 98004

International Council on Active Aging (ICCA)
Offers a website to help older adults find fitness and wellness facilities dedicated to serving 50+ adults of different abilities. Helps individuals find 55+ residential communities, health stores, and community services.
www.icaa.cc/wfacilitylocator.htm
Kirkland Parks & Community Services
Kirkland’s recreation program offers hundreds of sports and learning opportunities for people of all ages. Activities include athletic programs, special events, and performing arts. Registration can be done online at www.kirklandparks.net or by calling (425) 587-3336.

North Kirkland Community Center
Adult classes offered include languages, yoga, and fitness. Open Monday-Friday 8AM-5PM. (425) 587-3350 | www.kirklandwa.gov/department/parks/Permits_and_Reservations/Community_Centers.htm
12421 103rd Avenue NE
Kirkland, WA 98034

Peter Kirk Community Center
Kirkland’s hub for senior activities. Center is committed to health, wellness, and recreation opportunities for all ages. Schedule includes programs in English, Chinese, and Spanish. Subject to change. Open Mon - Fri: 8AM-5PM. (425) 587-3360 | www.kirklandwa.gov/department/parks/About_Parks_and_Community_Services/Senior_Services.htm
352 Kirkland Avenue
Kirkland, WA 98033

Peter Kirk Pool
Outdoor pool, open seasonally. (425) 587-3335 | www.kirklandwa.gov/pool
340 Kirkland Avenue
Kirkland, WA 98033

Mary Wayte pool
A full range of aquatic programs for older adults. Operating hours, Monday, Wednesday, 5:30AM-9PM, Tuesday, Thursday, Friday, 5:30AM-8PM, Saturday, 7AM-2:30PM, Sunday, 10AM-9PM. Check pool schedule for exact times. (206) 588-1117 | www.mercerislandpool.com
Email: marywaytepool@gmail.com
8815 SE 40th Street
Mercer Island, WA 98040

Issaquah Parks & Recreation
Offers activities, classes, and sports for people of all ages and skill levels. Registration for aquatic programs and Community Center fitness classes can be done online at: www.issaquahwa.gov/register or (425) 837-3300.

Issaquah Community Center
The Community Center is a gathering place for people of all ages with active lifestyles. The Center offers a fitness room, pickleball, indoor track, and many classes. Open Monday-Friday 5AM-9PM, Saturday 8AM-4PM, Sunday 11AM-5PM. (425) 837-3300 | www.issaquahwa.gov/index.aspx?nid=768
Email: parksrecreation@issaquahwa.gov
301 Rainier Blvd. S.
Issaquah, WA 98027

Issaquah Senior Center
The Issaquah Senior Center provides a network of comprehensive services including health and fitness, information and assistance, social and recreational opportunities, and a daily lunch program. Open Monday - Friday 8:30AM-4PM. (425) 392-2381 | www.issaquahwa.gov/seniors
75 NE Creek Way
Issaquah WA 98027

Julius Boehm Pool
The Julius Boehm Pool has been serving Issaquah residents since 1972 offering swim lessons, water exercise, and lap swim. Pool hours, Monday-Friday, 6:30AM-9:30PM, Saturday, 12PM-4:30PM, Sunday, 11AM-3PM. (425) 557-3298 | www.issaquahwa.gov/index.aspx?NID=793
50 SE Clark Street
Issaquah, WA 98027
Mercer Island Community and Event Center
Focuses on providing a variety activities that support an active lifestyle through education, outings, physical activity, health and wellness, and social connection for adults 65 and up. Offers drop-in fitness room. Register online at www.mirecconnect.com. Hours, Monday-Thursday 8AM-7PM, Friday & Saturday 8AM-5PM. (206) 275-7609 | www.mercergov.org/page.asp?NavID=1951
Email: miparks@mercergov.org
8236 SE 24th Street
Mercer Island, WA 98040

Northshore Senior Centers
Serves the older adults of Northshore area with locations in Bothell and Kenmore. A full range of activities and classes are presented to meet the social, educational, and recreational needs of elders and disabled.

Northshore Senior Center – Bothell
Programs and services range from fitness to cards and games to lifelong learning and computer classes. Offers a variety of support groups, adult day health, and respite care. Monday, Tuesday, Thursday, & Friday 8AM-4PM, Wednesday & Saturday 8AM-3:30PM, Sunday 12:30PM-4PM. (425) 487-2441 | www.northshoreseniorcenter.org
Email: Information@MyNorthshore.org
10201 E Riverside Drive
Bothell, WA 98011

Kenmore Senior Center
Offers health clinics, classes, clubs, a computer lab, special events, Wellness Project, Adult Day Centers, social services, and trips. Monday-Friday, 9AM-3PM. (425) 489-0707 | www.northshoreseniorcenter.org/locations/kenmore.aspx
Email: garrethj@mynorthshore.org
6910 NE 170th Street
Kenmore, WA 98028

Redmond Parks & Recreation
Serves all ages, abilities, and interests through innovative classes and services. They integrate unique art and cultural experiences into the activities, interactions, and events. Register online at www.redmond.gov/register or by phone (425) 556-2300.

Art Studio at Grass Lawn Park
Nestled within Grass Lawn Park is a dedicated art studio to draw, paint, sculpt, and create. Year-round and seasonal activities, classes, and workshops empower people of all ages and abilities to expand creativity through an array of artistic modalities. www.redmond.gov/arts
7031 148th Avenue NE
Redmond, WA 98052

Redmond Community Center at Marymoor Village
This 20,000 square-foot community center offers activities, rentals, and a space to disconnect and recharge. Workout in the drop in Flex Fit Studio with strength and cardio equipment. Hours Monday-Friday 6AM-9PM, Saturday 8AM-3PM, Sunday 8AM-1PM. (425) 556-2300 | www.redmond.gov/communitycenter
Email: guestservices@redmondwa.gov
6505 176th Avenue NE
Redmond, WA 98052

Redmond Senior Programs
Serves adults age 50 and better during the daytime with multi-generational activities and classes in the evenings and weekends. Gather around and have fun through classes, field trips, volunteer opportunities, and events. Call for Updated Information. (425) 556-2314 | www.redmond.gov/1145/Adults-Seniors
Email: rsc@redmondwa.gov
Si View Pool & Community Center
Offers fitness and aquatics programs tailored for older adults.
(425) 831-1900 | www.siviewpark.org
400 SE Orchard Drive
North Bend, WA 98045

Silver Sneakers
A free gym-membership program offered by many insurance plans to older adults.
(866) 584-7389 | www.silversneakers.com

Stroum Jewish Community Center
Offers fitness and aquatics programs tailored for older adults.
(206) 232-7115 | www.sjcc.org
3801 E Mercer Way
Mercer Island, WA 98040

Wave Aquatics
This nonprofit organization provides a range of public aquatics programs and facilities management services to Eastside Seattle - King County residents to enhance quality of life.
www.waveaquatics.org

Juanita Aquatics Center
(425) 936-1627 | www.waveaquatics.org/jac
10601 NE 132nd Street
Kirkland, WA 98034

Redmond Pool
(425) 883-4422 | www.waveaquatics.org/redmond-pool
17535 NE 104th Street
Redmond, WA 98052

YMCA of Greater Seattle
This nonprofit organization strengthens communities through youth development, healthy living, and social responsibility. Each location features Active Older Adult programming.

Bellevue Family YMCA
(425) 746-9900 | www.seattleymca.org/locations/bellevue-family-ymca
14230 Bel-Red Road
Bellevue, WA 98007

Coal Creek Family YMCA
(425) 282-1500 | www.seattleymca.org/locations/coal-creek-family-ymca
13750 Newcastle Golf Club Road
Newcastle, WA 98059

Northshore YMCA
(425) 485-9797 | www.seattleymca.org/locations/northshore-ymca
11811 NE 195th Street
Bothell, WA 98011

Sammamish YMCA
(425) 391-4840 | www.seattleymca.org/locations/sammamish-community-ymca
831 228th Ave SE
Sammamish, WA 98075

El Centro De La Raza
Primarily serves Latino persons and hosts activities for older adults Tuesday through Friday. Open Monday - Friday, 8AM-5PM.
(206) 957-4634 | www.elcentrodelaraza.org
2524 16th Avenue S
Seattle, WA 98144

Filipino Community Center of Seattle
Provides senior programs on a rotating basis. Senior lunches are served on Monday, Tuesday, and Thursday.
(206) 722-9372 | www.filcommsea.org
Email: info@filommsea.org
5740 Martin Luther King Jr Way S
Seattle, WA 98118

Stroum Jewish Community Center
Offers fitness and aquatics programs tailored for older adults.
(206) 232-7115 | www.sjcc.org
3801 E Mercer Way
Mercer Island, WA 98040

 Wave Aquatics
This nonprofit organization provides a range of public aquatics programs and facilities management services to Eastside Seattle - King County residents to enhance quality of life.
www.waveaquatics.org

 Juanita Aquatics Center
(425) 936-1627 | www.waveaquatics.org/jac
10601 NE 132nd Street
Kirkland, WA 98034

 Redmond Pool
(425) 883-4422 | www.waveaquatics.org/redmond-pool
17535 NE 104th Street
Redmond, WA 98052

 YMCA of Greater Seattle
This nonprofit organization strengthens communities through youth development, healthy living, and social responsibility. Each location features Active Older Adult programming.

 Bellevue Family YMCA
(425) 746-9900 | www.seattleymca.org/locations/bellevue-family-ymca
14230 Bel-Red Road
Bellevue, WA 98007

IDIC Filipino Senior & Family Services
Primarily serves Filipino, Asian, and Pacific Islander communities. Open Monday-Friday 9AM-5PM.
(206) 587-3735 | www.idicseniorcenter.org
7301 Beacon Avenue S
Seattle, WA 98108

RECREATION & EDUCATION
India Association of Western Washington (IAWW)
Hosts activities for Asian Indian older adults on a rotating schedule. Visits North Bellevue Community Center every Thursday, Peter Kirk Community Center on Fridays, and Redmond Senior Center the second Thursday of each month.
(206) 805-8976 | www.iaww.org
Email: iawwsenior@hotmail.com
PO Box 404
Bellevue, WA 98009

Mature Friends ●
Hosts activities for gay and lesbian individuals and couples 40 and older on a rotating schedule. Membership fee required.
www.maturefriends.org
Email: info@maturefriends.org

Wallingford Community Senior Center
4649 Sunnyside Avenue North
Seattle, WA 98103

Seattle Indian Health Board
Hosts activities and health screenings for American Indian and Alaska Native elders, age 55 and older. Clinic is open Monday 8:30AM-5PM, Tuesday-Thursday 8:30AM-6:20PM, Friday 8:30AM-6PM. Services are offered on a rotating schedule.
(206) 324-9360 | www.sihb.org
Email: info@sihb.org
611 12th Avenue South
Seattle, WA 98144

Stroum Jewish Community Center
Primarily serves the Jewish community and hosts activities for older adults on a rotating schedule. Subject to change. Open Monday-Thursday 5AM-10PM, Friday 5AM-7PM, Saturday & Sunday 8AM-7PM
(206) 232-7115 | www.sjcc.org
3801 E Mercer Way
Mercer Island, WA 98040

Sunshine Garden Chinese Senior Community Center
Helps promote health, emotional well-being, and life-long learning through activities and social support. Offers activities that promote food and nutrition, wellness and fitness, education and recreation, socialization and personal growth.
(206) 957-8517 | www.cisc-seattle.org/programs/senior-and-disabled-adult-services
Email: andesk@cisc-seattle.org
611 S Lane Street
Seattle, WA 98104

Ukrainian Community Center of Washington
Primarily serves Ukrainian, Russian and Polish speaking seniors. Open Monday-Friday 9AM-5PM. Elder programs are 10AM-2PM.
(425) 430-8229 | www.uccwa.us
17701 108th Avenue SE
Renton, WA 98035

United Indians of All Tribes Foundation
This program helps elders continue living independently and connect to their community sharing cultural practices and intergenerational knowledge. Program offers lunch four days a week, cultural activities, fitness classes, transportation, and social service information and referrals. Monday-Friday 10AM-2PM.
(206) 228-1410 | www.unitedindians.org/services/elders-program
Email: janderson@unitedindians.org
9010 13th Avenue NE
Seattle, WA 98117
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.

(866) 227-7457 | [https://local.aarp.org/seat-tle-wa/about-aarp](https://local.aarp.org/seat-tle-wa/about-aarp)

18000 International Boulevard, Suite 1020
SeaTac, WA 98188-4256

**Travel**

**Road Scholar**

A non-profit organization specializing in educational travel for adults age 55 and older. Trips are available both within the U.S. and internationally.

(800) 454-5768 | [www.roadscholar.org](http://www.roadscholar.org)

Volunteering benefits both the organization or cause but the individual who gives their time. According to a study done by the Corporation for National and Community Service, Americans over the age of 60 that volunteered reported lower disability and higher levels of well-being compared to those who did not volunteer. Some benefits to volunteering for older adults include, prevention of isolation, improved mental health, new relationships, physical activity, improved memory and speech, and providing a sense of purpose.

There are many volunteer opportunities throughout our community and finding the perfect match is important. Before you begin your search think about what you are interested in doing, your availability and commitment level, and distance you are willing to travel. A good place to start is with a web search such as [www.volunteermatch.org](http://www.volunteermatch.org) or [www.idealist.org](http://www.idealist.org), or [www.unitedway.org/get-involved/volunteer](http://www.unitedway.org/get-involved/volunteer). Most of the non-profit agencies, hospitals and municipalities included in this Guide welcome the assistance of volunteers.
Wellness

Please contact your local senior center or fitness center for wellness programming offered in your community. Contact information is offered beginning on pages 102. Some examples are listed below.

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.

(425) 286-1035 | Janet Zielasko
Email: janetz@mynorthshore.org

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 is offered at Northshore Senior Center in Bothell and is a covered benefit for some Kaiser Permanente members.

(425) 286-1035 | Janet Zielasko
Email: janetz@mynorthshore.org

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

(425) 286-1035 | Janet Zielasko
Email: janetz@mynorthshore.org

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.

(425) 429-6706 | www.nurturingwatertherapies.org

PEARLS (Program to Encourage Active Rewarding Lives)
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.

(425) 286-1035 | Janet Zielasko
Email: janetz@mynorthshore.org
This section provides information on driving, public transportation, volunteer transportation programs, and related services.

### Driver Safety

#### AARP Smart Driver Course
A driver training course for older adult drivers which identifies ways to compensate for age related physical changes. The course is $15 for AARP members, $20 for non-members (price is subject to change) and an insurance rate reduction may be available for participants. Course is offered at several eastside locations.

(866) 227-7457 | [www.aarp.org/benefits-discounts/all/driver-safety/](http://www.aarp.org/benefits-discounts/all/driver-safety/)

### Transportation Services

#### American Cancer Society
Volunteers offer free transportation to cancer-related medical appointments. Patients must be able to walk to and from the vehicle or have a caregiver to assist. Call four business days ahead to schedule a ride.


#### Catholic Community Services Volunteer Transportation
Volunteers provide transportation to and from medical and other necessary appointments and errands. Must be 65 or older with low income. Transportation is dependent on volunteer availability between 8AM-4:30PM.


100 23rd Avenue S
Seattle, WA 98144

#### Community Van – Kirkland
Alternative transportation program for Kirkland to get groceries, errands or any other trips done with friends, family, and community members. The Community Van operates weekdays and weekends. Use an ORCA card or complete the online application.


Email: CommVan@Kirklandwa.gov

#### Dial-A-Ride Transit (DART)
DART is a fixed-route transit service operated in King County under contract with Hopelink. DART
vehicles can also go off route for pick-ups and drop-offs within a defined service area upon request (on a first come, first-served basis). Fully accessible DART vehicles are wheelchair lift-equipped. Fares are the same as Metro’s regular bus service, including the acceptance of ORCA cards. Request your customized trips at least two hours before you want to be picked up. Reservations can be made up to 30 days in advance. Call or submit an online request. Reservations are taken Mon-Fri: 4:30AM-10:45PM, Sat: 5:45AM-9:30PM, and Sun: 9:30AM-6:45PM. (866) 261-3278 | www.kingcounty.gov/depts/transportation/metro/travel-options/bus.aspx

Online Reservations: www.hopelink.org/need-help/transportation/dart-ride-request

**Eastside Friends of Seniors**
A volunteer-based organization offering free transportation to and from medical appointments and social visits for those 60+ living in Sammamish and Issaquah. Must be ambulatory and able to transfer. Call one week ahead to schedule a ride.
(425) 369-9120 | www.eastsidefriendsofseniors.org
Email: info@eastsidefriendsofseniors.org
1121 228th Avenue SE
Sammamish, WA 98075

**Hyde Shuttle**
Hyde Shuttles transport adults age 55+ and people with disabilities to hot meal programs, appointments, senior centers, grocery stores, and other local destinations. In east King County, the service is only available in Snoqualmie Valley. The service is free. Call to sign up.
(425) 333-4009 | www.hopelink.org/need-help/transportation/medicaid-transportation

**Medical Transportation**
Hopelink provides Non-Emergency Medical Transportation in King and Snohomish counties for medical services covered by Medicaid. Ride scheduling takes place between 8AM-5PM. Be prepared to share your Provider One number, name of provider, location of appointment, date and time of appointment, and reason for appointment.

King County only: (800) 923-7433 | www.hopelink.org/need-help/transportation/medicaid-transportation

**Mercer Island Senior Adult Transportation Services**
Transportation is offered through the Alzheimer’s / Dementia social program and senior trips program.
(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 in advance. Reservations accepted daily, 8AM-5PM.
(206) 205-5000 or (866) 205-5001 | www.kingcounty.gov/depts/transportation/metro/travel-options/accessible/programs/access-transportation.aspx

**Metro ADA Paratransit**
Entitles riders age 65+, disabled riders, and Medicaid card holders to reduced fare throughout the Puget Sound Region. A permit is $3 or free to eligible applicants.

**Northshore Senior Center Transportation**
Transportation to and from the Senior Center, shopping trips, and appointments. Serves Bothell, Kenmore, Mill Creek, Kirkland, and Woodinville. Ride requests can be made 1 to 14 days in advance.
(425) 286-1026 | www.northshoreseniorcenter.org/programservices/transportation/overview.aspx
10201 E Riverside Drive
Bothell WA 98011
Peter Kirk Community Center (PKCC) Van Transportation
The PKCC van operates Monday through Friday and accepts reservations up to 5PM the day before service. Provides transportation to and from PKCC, medical appointments in Kirkland, Bellevue, Bothell, or Redmond local grocery stores, and foodbanks. $2 donation is suggested. 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 application is pending.
(425) 587-3363
352 Kirkland Avenue
Kirkland, WA 98033

Snoqualmie Valley Transportation
Provides transportation and bus service throughout North Bend, Snoqualmie, Fall City, Carnation, Preston, and Duvall. Transportation services available Monday-Friday, 5:30AM-9:30PM.
(425) 888-7001 | www.svtbus.org
Email: mreinert@svtbus.org
1308 Boalch Ave NW
North Bend, WA 98045

Volunteer Transportation for Seniors
Volunteers provide free door-to-door transportation to essential appointments for low-income adults age 60 and older. Call by Tuesday for any appointments the following week. All rides depend on volunteer availability. Caregivers and family welcome. Scheduling 8AM-5PM Mon-Fri.
(206) 448-5740 or (800) 282-5815 | www.soundgenerations.org

Education & Tools

FindARide
FindARide is an online resource that allows you to search and discover transportation options in King, Pierce, and Snohomish counties, such as local shuttles, volunteer drivers, or medical transportation.
(425) 943-6760 | www.findaride.org

Getting Around Puget Sound (GAPS)
This Hopelink program assists you with information about travel options in the community. Hopelink staff and volunteer travel trainers provide one-on-one transportation assistance at community centers, libraries, and gathering places. Call for location and times.
(425) 943-6760 | Email: mobility@hopelink.org

Metro Transit Website
The King County Metro website is a great information hub on anything having to do with public transit. Website features information on how to ride the bus, planning a trip, bus schedules, and helpful bus riding apps.

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.
Online Training Request: www.surveymonkey.com/r/7M3B82S

The web version of this guide can be found at www.kirklandwa.gov
Reduced Fare Programs

**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.


**ORCA 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.


Vehicle 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](http://www.dol.wa.gov/vehicleregistration/parking.html)
Agencies listed in this section provide information and services for US Military veterans.

**The American Legion ●**
This is the largest wartime veterans’ service organization in the US and has several posts within King County. It is a membership-based organization. Offers some services for non-member veterans.

(800) 433-3318 | [www.legion.org](http://www.legion.org)

**Redmond Post 161**
(425) 883-0161 | 4330 148th Avenue NE
Redmond, WA 98052

**Bothell Post 127**
(425) 483-5599 | [www.bothelllegion.org](http://www.bothelllegion.org)
Email: bothellal127@outlook.com
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. Monday – Friday, 8AM-4:30PM.

Email: info@valorhealthcare.com
13033 Bel-Red Road, Suite 210
Bellevue, WA 98005

**Compass Housing Alliance ◆**
Offers a variety of programs and housing that meet the specific needs of military veterans and their families who deal with post-traumatic stress, injury, and other unique challenges as they return from duty.

(206) 474-1000 | [www.compasshousingalliance.org/what-we-do-top/veterans-programs](http://www.compasshousingalliance.org/what-we-do-top/veterans-programs)

**Shoreline Center**
(206) 474-1880 | Monday-Friday, 8:30AM-5PM
1301 North 200th Street
Shoreline, WA 98033

**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 and eight satellite offices including Kirkland and Redmond.


**Seattle Hub Office**
Walk-in hours: Monday, Wednesday, Thursday, 8:30AM-11:30AM; Tuesdays, 1PM-3PM
Hours of operation: Mon-Fri, 8:30AM-4:30PM
(206) 477-8282
Belltown Center, King County Department of Community & Human Services
2106 2nd Ave, Suite 100
Seattle, WA 98121

**Tukwila Hub Office**
Walk-in hours: Mon-Thurs, 8:30AM-11:30PM
Hours of operation: Mon-Fri, 8:30AM-4:30PM
(206) 477-7022
King County Department of Community & Human Services
645 Andover Park West, Suite 100
Tukwila, WA 98188

**Satellite Sites**
Service hours vary. King County Veterans Program case managers are available at the following satellite locations. Please call for appointment times.

(206) 477-8282
WorkSource Redmond
7735 178th Place NE
Redmond, WA 98052
VETERANS RESOURCES & INFORMATION

Lake Washington Institute of Technology
11605 132nd Avenue NE
Kirkland, WA 98034

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.
(800) 827-1000 | www.va.gov/seattle

Jackson Federal Building
915 2nd Avenue
Seattle, WA 98174

Veterans Affairs (VA) Regional Office
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. For more information on VA benefits see page 20.
(800) 827-1000 | www.va.gov/seattle

Seattle Regional Benefit Office
Hours of Operation: Monday-Friday, 8AM-4PM
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.
(800) 273-8255, press ‘1’ or text message to 838255 | www.VeteransCrisisLine.net
Online Chat: www.VeteransCrisisLine.net/chat

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 | www.vfw3436.org/di/vfw/v2/default.asp
75 NE Creek Way
Issaquah, WA 98027

Mercer Island Post 5760
(206) 232-6390 | www.vfwmercerisland.org
Email: vfw.5760@gmail.com
1836 72nd Avenue SE
Mercer Island, WA 98040

Redmond Post 2995
(425) 883-2995 | www.vfw3436.org/di/vfw/v2/default.asp
1836 72nd Avenue NE
Redmond, WA 98052

Vets-Go Veterans Transportation
An online source for veterans, service members, and their families to identify their best transportation options in King County. Enter basic information about your point of origin and destination, and VETS-GO will list all public transit, community shuttles, para-transit/access vehicles, airport shuttles, VA shuttles, trains, veteran service organization vans, ferries, and taxi options. The website also includes a real-time traffic map and trip planner.
(425) 943-6760 | www.vets-go.com
Email: mobility@hope-link.org
14812 Main Street
Bellevue, WA 98007

114 ◆ = Emergency Assistance Provider ● = Membership Requirement ■ = For-Profit Company
INDEX

1st Choice Advisory Services 59
2-1-1 King County 6, 78
5-1-1 Washington Travel Information & Road Warnings 6

A
A Matter of Balance
A Regional Coalition for Housing (ARCH) 54
AARP 81, 82, 94, 107, 109
Adra P. Berry Memorial Food Bank 9
Adult Care Solutions 59
Adult Day Care (ADC) - Definition 2
Adult Day Health (ADH) - Definition 2
Adult Family Home (AFH) - Definition 53
Adultdaycare.org 3
Advance Directive - Definition 85
Aegis Living Communities 55
African American Elders Program 78
Aging & Long-Term Support Administration 53
Aging Wisdom 70
Alano Club of the Eastside 36
Alcohol & Drug Help Line 36
Alcoholics Anonymous (AA) Eastside Intergroup 36
Aljoya Mercer Island 55
Allcare Bellevue 29
Alliance Nursing 75
Alpine Management Services, Inc. (Vehicle Licensing) 112
ALS Association - Evergreen Chapter 39
Alzheimer’s Association 38, 71
Alzheimer’s Cafes 38
Amazon Fresh 13
American Cancer Society 40, 109
American Diabetes Association 43
American Financial Solutions 93
American Heart Association & American Stroke Association 45, 51
American Legion, The 113
American Lung Association of Washington 48
American Memorial 17
American Parkinson Disease Association 49, 77
American Red Cross 6, 71
Amicable Health Care 73
Andelcare 73
Apria Healthcare 29
AptFinder.org 54
Art Studio at Grass Lawn Park 104
Arthritis Foundation - Washington Chapter 40
Asian Counseling & Referral Service 78, 90
Assisted Living Facility (ALF) - Definition 53
Attain Housing Community Supper 8

B
Barton Family Funeral Service 17
Bay Alarm Medical 72
Bel Red Auto License, Inc. 112
Bellettni, The 55
Bellevue Aquatic Center 102
Bellevue Healthcare 29
Bellevue Square Walk for Life 102
Bellevue Valor Community-Based Outpatient Clinic 113
Bellevue, City of 6, 76, 95, 102
Bellevue/Bel-Red Driver Licensing Office 112
Bellewood Retirement 55
Better Breathers Support Group 48
Bothell Community Kitchen 8
Bothell Healthcare 61
Bothell, City of 6, 95
Brain Injury Alliance Washington 45
Briarwood Health Center at Timber Ridge 61
Bridge Ministries Mobility Program 29

C
Cake End of Life Planning 84
Cancer Lifeline 40
Cancer Pathways 40
CancerCare 40
Captioncall 25
Care Managers Northwest 70
Care Patrol 60
Careage 75
CareClinic at Bartell Drugs 32, 34, 35
Caring Transitions of Issaquah & Bellevue 59
Carnation, City of - Utilities 95
Cascade Behavioral Health Hospital 36, 91
Cascade Memorial 17
Catholic Community Services 4, 61, 62, 70, 73, 76, 86, 109
Cedar Lawns Funeral Home & Memorial Park 17
Cedar Park Northshore 9
Chapel of the Resurrection 17
Chateau at Bothell Landing 55
Chicken Soup Brigade 13
Chinese Information & Service Center (CISC) 79
Chris Elliott Fund (End Brain Cancer) 41
City Utility Rate Discount Programs 95
Community Living Connections 44, 79
Community Options Program Entry System (COPES) 22
Community Van – Kirkland 109
Companion Care Inc. 73
Compass Housing Alliance 113
INDEX

Composed Domain, The 59
Concetra Urgent Care 32, 34
Confidential STC Testing Centers 47
Congregations for the Homeless 60
Connecting with Your Government 20, 21
Consejo Counseling & Referral Service 36, 90
Conservatorship/Guardianship - Definition 85
Consumer Financial Protection Bureau 94
Continuing Care Retirement Community (CCRC) - Definition 53
Co-op Funeral Home 17
Coordinated Legal Education, Advice & Referral System for Seniors 86
Covenant Shores 55
Creekside, The 55
Crisis Clinic Respite Care Services 78
Crisis Connections 78, 89
Crossroads Community Center 102

Death With Dignity 16
Department of Social & Health Services 3, 8, 22, 23, 54, 79
Depression, Delirium, Dementia Definitions 93
Diabetes/Pre-Diabetes Education & Support Group 43
Dial-A-Ride Transit (DART) 109
Disability Rights - Washington 81
Dr. Ellenbogen Mobile Veterinary Homecare & Hospisc 98
Dr. Tom Seal Mobile Dentistry 25
Durable Power of Attorney for Finances - Definition 85
Duvall, City of - Utilities 95

East African Community Services 79
Eastern European Counseling Center 90
Eastgate Public Health Center 24
Eastside Audiology 25
Eastside Auto Licensing 112
Eastside Friends of Seniors 70, 110
Eastside Legal Assistance Program (ELAP) 86
Eastside Pet Adoption Center 96
El Centro de la Raza 94, 105
Elder Options Responselink 72
Elemental Creation/Burial 17
Emerald Heights 56
Emergency Feeding Program 11
Emergency Preparedness Tips 7

EhanceWellness 108
End of Life Washington 16
EnhanceFitness 108
Epilepsy Foundation Northwest 44
Evergreen Court 56
Evergreen Speech & Hearing Clinic 25
EvergreenHealth 3, 16, 26, 27, 28, 30, 34, 35, 36, 41, 43, 44, 45, 46, 48, 50, 51, 75, 80, 90, 91
Executive Care of Seattle 73

F
Fairfax Behavioral Health 37, 91
Fairwinds Retirement Communities 56
Fall City Community Food Pantry 8, 9
Family Resource 73
Farmers Markets 14, 15
Fedelta Home Care Bellevue 73
Federal Trade Commission Identify Theft 82
Fieldstone Memory Care Issaquah 56
Filipino Community Center of Seattle 105
FindARide 111
Flintofts Funeral Home & Crematory 18
Friend to Friend America 71
Full Circle Farms 13
Full Life Care 70, 71, 78
Funeral & Cremation Care 18

G
Garden Club, The 56
Gardens at Juanita Bay, The 56
Gardens at Town Square, The 56
Gay City 47, 79
Getting Around Puget Sound (GAPS) 111
Golden Hearth Resident 56
GreatCall Lively Mobile 71
Guardian Management 63
Gurudwara Sikh Centre of Seattle 9

Harborview Medical Center 83, 92
Health Point 24
Healthy Smiles Inc. 25
Hearing Loss Association of Washington 26
Hearing Specialty Center LLC 26
Hearing, Speech & Deafness Center 26
Helping Hands 10
Hepatitis Education Project 47
Hero House 90
Highland Community Center 102
HIV/AIDS Newly Diagnosed & Newly Dealing Support  
Group  47
Home Care Assistance  74
Home Care Association of Washington  77
Home Care Referral Registry of Washington State  74
Home Instead  74
Home Pet Vet  98
Homeward Pet Adoption Center  96
Homewatch CareGivers  74
Hospice  4, 10, 94, 95, 98
Hospice Foundation of America  27
Hotel California By the Sea Bellevue  37
House Pet Vet Visits  98
Housing & Urban Development (HUD) Housing for Seniors  63
Huntington’s Disease Society of America Washington State Chapter  48
Hunts Point & Medina Animal Services  97
Hyde Shuttle  110

I
IDIC Filipino Senior & Family Services  105
Imagine Housing  64, 65
Imagine Peace for Pups  96
Immediate Clinic  32, 33, 34
India Association of Western Washington (IAWW)  106
Internal Revenue Service (IRS)  94
International Community Health Services (ICHS) Medical & Dental Clinic – Bellevue  24
International Council on Active Aging (ICCA)  102
Island House  56
Issaquah Community Center  103
Issaquah Community Services  4
Issaquah Food & Clothing Bank  4, 10
Issaquah Meal Program  9
Issaquah Nursing & Rehabilitation Center  61
Issaquah Senior Center  103
Issaquah, City of  95, 103

J
Jefferson House  56
Jewish Family Service  5, 70, 74, 80, 91
Juanita Aquatics Center  105
Julius Boehm Pool  103

K
Kaiser Permanente  27, 28, 32, 46
Kenmore Senior Living  57
Kin On  61, 74
Kindred  27, 75
King Conservation District Soil Testing  76
King County Bar Association  84, 86
King County Crisis and Commitment Services  89
King County Family Caregiver Support  41, 77
King County Housing Authority  65, 76
King County Library System  99-101
King County Behavioral and Recovery Division  37
King County Office of Emergency Management  6
King County Public Health Disease Epidemiology & Immunization Resources  48
King County Senior Property Tax Exemption & Deferral Program  95
King County Veterans Program  113
Kirkland, City of  6, 95, 97, 103
Kline Galland  2, 27, 61, 74
Korean Women’s Association Home Care  74
Kraft Mobile Veterinary Services  98

L
Labor & Industries Crime Victims Compensation  83
Ladybug Moving Services & Estate Sales  59
Lake Washington Institute of Technology Dental Clinic  25
Lake Washington United Methodist Church  9, 60
Lakeview Senior Living  57
Lakside Milan - Kirkland  37
LeadingAge Washington  3
Legacy Advisor  16
Legacy House  2
Life Alert  72
Life Care Center of Kirkland  61
Life Celebrations by Washelli  18
Life Center Northwest  16
Lifelong AIDS Alliance  47
Lifespan Respite Washington  78
LifeStation  72
LifeWire  80, 83
Lil’ Waif Puppy Rescue  96
Living Well with A Chronic Condition  43, 45
Living Well with Diabetes  44
Long-Term Care Ombudsman Program  80
Lutheran Community Services Northwest  44
INDEX

M
M.D. Medical Supplies 30
Madison House 57
Martin Medical Inc. 30
Mary Wayte Pool 103
Master Builders Association Ramp-a-Thon 75
Mature Friends 106
Meadowbrook Clinic 35
Meals on Wheels 13
Medicaid Spend Down -Definition 53
Medicaid Transportation 110
Medical Alert 72
Medical Guardian 72
Medic-Alert Foundation 71
Medicare 19, 20
Memory Care - Definition 53
MEOW Cat Rescue & Adoption 96
Mercer Island Community and Event Center 63
Mercer Island Senior Services 2, 69, 110
Mercer Island Youth & Family Services 5, 10, 43
Mercer Island, City of 6, 94
Merrill Gardens at Kirkland 57
Metro 110, 111
Mission Healthcare at Bellevue 60
MobileHelp 72
Momentia 39
Montgomery Mobile 98
Motivations Recovery Center 37
Motley Zoo Animal Rescue 95
Moving Forward 59
MultiCare Indigo 33, 34
Muscular Dystrophy Association 49
Muslim Association of Puget Sound 18,24
Muslim Housing Services 5

N
Narcotics Anonymous 37
National Alliance for the Mentally Ill 89, 90
National Asian Pacific Center of Aging 19
National Cancer Institute Information Service 41
National Council on Aging: Benefits Check Up 19
National Fibromyalgia Association 45
National Multiple Sclerosis Society-Seattle Chapter 49
National Suicide Prevention Life Line 89
Neptune Society 84
New Bethlehem Day Center 61
New Life Recovery Solutions 37
Next Step Transitions 59
North Bellevue Community Center 102
North Bend Driver Licensing Office 112
North Bend, City of - Utilities 94
North Kirkland Community Center 103
Northshore Senior Center 12, 30, 39, 104
Northshore Senior Services 2, 30, 39, 43, 76, 92, 94, 98, 104, 110
Northshore Utility District 95
Northwest ADA Center 28
Northwest Hospital Geropsychiatric Center 92
Northwest Justice Project 84
Northwest Lions Foundation 26
Northwest Parkinson’s Foundation 50
Nurturing Water Therapies 108

O
Oasis Seniors Advisors 60
Office of Crime Victims Advocacy 83
Old Friends Club 2, 39
Open Kitchen 9
Options for Seniors 60
ORCA Taxi Scrip Program 112
Overlake Christian Church Safe Parking 60
Overlake Hospital & Medical Centers 26, 27, 28, 30, 32, 33, 34, 35, 41, 44, 46, 48, 51, 92
Overlake Terrace 57

P
Pacific Medical Center Totem Lake 28
Pacific Regent Bellevue 57
Parkinson’s Support Groups 49
Partners in Care 78, 84
Patriots Glen 57
People United for Pets (PUP) 96
People’s Memorial Association 84
Peter Kirk Community Center 94, 103
Peter Kirk Pool 103
Peters Creek Retirement Community 57
Philips Lifeline Northwest 72
Polio Outreach of Washington 51
POLST Form - Definition 85
Preventing Elder Abuse 88
Preventing Falls 31
Preventing Fraud & Identity Theft 87
Probate - Definition 85
Program to Encourage Active Rewarding Lives (PEARLS) 92, 108
Providence Health & Services 2, 28, 38, 62, 69
Puget Sound Energy 7
Puget Sound Labor Agency    77
Purrfect Pals        96

Q
Quantum Property Management    63

R
RamParts    77
Rebuilding Together Eastside    77
Red Oak Retirement Community  57
Redmond Care & Rehabilitation Center    62
Redmond Community Center at Marymoor Village  104
Redmond Heights Senior Living  57
Redmond Pool          104
Redmond Senior Center    104
Redmond, City of    7, 95, 104
Regency Newcastle    57
Regency North Bend  62
Regional Animal Services of King County (RASKC) Adoption Locations    96
Renewal Food Bank  10
Rescue Alert  72
Residence XII    38
Retirement/Independent Communities - Definition    53
Ribsey’s Refugees  97
Right Place Senior Options, The    60
Road Scholar    107
RotaCare Clinic    24
Rotech    30

S
Sacred Moment    18
SafetyLine  72
Safeway    13
Sagebrook at Bellevue    57
Salvation Army    5, 9
Sammamish, City of - Utilities    95
Sea Mar Community Health Center – Bellevue    24
Seattle Cancer Care Alliance (SCCA)    41
Seattle Humane Society    97, 98
Seattle Indian Health Board  106
Seattle Keiro  62
Seattle Overeaters Anonymous    49
Seattle Purebred Dog Rescue    97
Seattle/King County Dental Society    25
Segue Move Management Services    59
Senior Care Solutions    60
Senior Citizen’s Lobby  81
Senior Companions    71
Senior Farmers Market Nutrition Program (SFMNP)    8
Senior Hot Meal Programs    12
Senior Housing Assistance Group (SHAG)    69
Senior Money Project  94
Serving Our Seniors    60
Si View Pool & Community Center    105
Signature    75
Silver Sneakers    105
Skilled Nursing Facilities (SNF) - Definition    53
Smart911    70
Smith Brothers Farms    13
Sno-Falls Vehicle Licensing    112
Snoqualmie Tribe Food Bank Carnation    11
Snoqualmie Valley Food Bank    11, 98
Snoqualmie Valley Hospital    28, 30, 62
Snoqualmie Valley Transportation    111
Snoqualmie, City of - Utilities    95
Social Security Administration Office    20
Solid Ground    54
Sophia Way, The    61
Sound Generations    3, 54, 77, 80-82, 86
Sound Health    89
South Bellevue    102
Springs at Pacific Regent, The    62
St. Brendan Center Catholic Church    9
St. Jude Catholic Church Safe Parking    61
St. John’s Episcopal Church    9
St. Vincent de Paul Helpline    5
Statewide Health Insurance Benefits Advisors (SHIBA)    23, 28
Stroke Support Groups    52
Stroke Warm Line    52
Stroum Jewish Community Center    106
Summit Primary Care & Walk-In Clinic    33
Sunrise Assisted Senior Living Facilities    58
Sunset Hills Funeral Home    18
Sunshine Garden Chinese Senior Community Center  106
Supplemental Nutrition Assistance Program (SNAP)    8
Swedish    28, 33, 34, 35
Synergy Home Care    74
INDEX

T
TELOS Educational Program 101
Therapeutic Health Services 38
Timber Ridge at Talus 58
Trust - Definition 85

U
Ukrainian Community Center of Washington 106
United Indians of All Tribes Foundation 106
United Way Free Tax Preparation 94
University House at Issaquah 58
University of Washington 25, 26, 33, 92

V
Vedic Cultural Center 9
Veterans Affairs Office 20, 114
Veterans Crisis Line 114
Veterans of Foreign Wars (VWF) 114
Vets-Go Veterans Transportation 112, 114
Victim Support Services 83
Village Concepts 58
Vineyard Park at Bothell Landing 58
Virginia Mason 28, 46, 51
Visiting Angels Kirkland 74
Visiting Physicians Association 77
Volunteer Transportation for Seniors 111
Volunteering 107

W
Walmart Grocery Delivery 13
Washington Apple Health 22, 29
Washington Connection 80
Washington Ferret Rescue & Shelter 97
Washington Health Plan Finder 23, 29
Washington Law Help 19, 81
Washington Relay Service 26
Washington State Alliance for Retired Americans 81
Washington State Consumer Protection 82
Washington State Department of Health – HIV Care
Client Services 47
Washington State Department of Services for the Blind
31
Washington State Fraud Fighters 82
Washington State HealthCare Authority 22, 23
Washington State Housing Finance Commission 54
Washington State Legislative Hotline 81
Washington State Long-Term Care Ombudsman Program
81, 83
Washington Talking Book & Braille Library 31
WAVE Aquatics 105
Welcome Home Meals 13
Wellspring Family Services 91
Whole Foods Market 13
Widowed Information & Consultation Services 17
Woodinville License Agency 112
Woodinville Storehouse Food Bank 11
Woodinville, City of - Utilities 95
Woodland Terrace 58
Worthington Brokerage, Inc. (Vehicle Licensing) 112

Y
YMCA of Greater Seattle 105
Yoga for Parkinson’s 50
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.

For more information, call (425) 587-3360