

2010•2012

East King County

Resource Guide

For Older Adults and Their Families



IMPORTANT TELEPHONE NUMBERS

POLICE / FIRE / MEDICAL EMERGENCIES	911
POISON CONTROL	1-800-222-1222
IN CASE OF EMERGENCY _____	
FAMILY MEMBERS _____	

DOCTORS _____	

DENTIST _____	
PHARMACIST _____	
OVERLAKE HOSPITAL MEDICAL CENTER	425-688-5000
OVERLAKE HOSPITAL SENIOR CARE	425-688-5800
EVERGREEN HOSPITAL MEDICAL CENTER	425-899-1000
EVERGREEN CARE NETWORK	425-899-3200
SENIOR INFORMATION AND ASSISTANCE	206-448-3110

ACKNOWLEDGEMENTS

East King County Resource Guide for Older Adults and Their Families is published as a community service by the professional staff of the Senior Care programs at Overlake Hospital Medical Center and Evergreen Hospital Medical Center.

Efforts have been made to verify the information in this guide. The listing of agencies in this guide does not constitute an endorsement by either entity.

Funding for this resource guide has been provided by Overlake Hospital Medical Center and Evergreen Hospital Medical Center.

For additional copies of the guide please call:
Overlake Hospital Senior Care: 425-688-5800 or
Evergreen Care Network: 425-899-3200.

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GENERAL INFORMATION

GENERAL INFORMATION

Each community is served by a publicly supported Senior Information and Assistance referral service. This service is a good starting point. For those trying to locate services in another part of the state or country, this program will provide its counterpart in that community and offer information on the full spectrum of senior care resources.

SENIOR INFORMATION AND ASSISTANCE (KING COUNTY)

www.seniorservices.org
2208 2nd Ave, #100
Seattle 98121

206-448-3110

1-888-435-3377

E-mail: info@seniorservices.org

A service that provides comprehensive information on over 10,000 community services in the King County area including directories and resource lists, many available online.

SENIOR SERVICES OF SNOHOMISH COUNTY

www.sssc.org
8225 44th Ave W, Suite O
Mukilteo 98275

425-335-1112

1-800-422-2024

EVERGREEN CARE NETWORK

www.evergreenhealthcare.org

Affiliated with Evergreen
Hospital Medical Center
12040 NE 128th St
Suite B1-140

Kirkland 98034

425-899-3200

1-800-676-6692

General information and referral service concerning health and social services available to older adults, caregivers, and disabled or chronically ill persons. Information is specific to East King County.

OVERLAKE HOSPITAL SENIOR CARE

www.overlakehospital.org/seniorcare

1035 116th Ave NE
Bellevue 98004

425-688-5800

Information and referral service for seniors on the Eastside. Senior Care specializes in transition care, case management, advocacy, and health education for seniors and their caregivers.

COMMUNITY INFORMATION LINE

2-1-1

206-461-3200

1-800-621-4636

Monday – Friday
8:00 am – 6:00 pm

Refers people to services and programs available in King County.

CRISIS CLINIC

www.crisisclinic.org

206-461-3222

1-866-427-4747

(TTY): 206-461-3219

Twenty-four hour immediate support, that provides confidential assistance to people in emotional distress.

SPECIALIZED INFORMATION

ASIAN COUNSELING AND REFERRAL SERVICE

www.acrs.org

1420 156th Ave NE, Suite G
Bellevue 98007

425-284-0017 - Bellevue

206-695-7600 - Seattle

Social services for elderly Asians: family and individual counseling, advocacy, bilingual communication, meals, substance abuse counseling, and case management. Most services available on a sliding fee scale.

CATHOLIC COMMUNITY SERVICES

www.ccsww.org

100 23rd Ave S
Seattle 98144

206-328-5696

Counseling, emergency assistance, low income housing options, volunteers to assist with home care, and government related forms.

GENERAL INFORMATION

SPECIALIZED INFORMATION (continued)

CHINESE INFORMATION AND SERVICE CENTER

www.cisc-seattle.org
611 S Lane St
Seattle 98104
206-624-5633

Immigrant transition services for Chinese and Asian immigrants. Various programs include adult day care, caregiver support, SHIBA Helpline, and case management. Eastside Elderly Outreach serves primarily elderly Chinese. All major dialects are spoken.

CONSEJO COUNSELING AND REFERRAL SERVICE

www.consejo-wa.org
3808 S Angeline
Seattle 98118
206-461-4880

Case management services for elderly Hispanics. Mental health, transitional housing, substance abuse, and domestic violence.

EL CENTRO DE LA RAZA

www.elcentrodelaraza.org
2524 16th Ave S
Seattle 98144

206-329-9442 Main

206-957-4643 Senior Services

Services for Chicano-Latino persons, including some specialized programs for older adults and home delivered meals. Most services offered for free.

HOPELINK

www.hope-link.org

425-869-6000

Services include food banks, transportation, emergency financial aid, and energy assistance. Contact the main office for the branch in your area.

JEWISH FAMILY SERVICES

www.jfsseattle.org

1601 16th Ave
Seattle 98122

206-461-3240

Counseling, financial assistance, telephone reassurance, homemaker programs, volunteer programs, Kosher food bank, and refugee resettlement.

Most on a sliding fee scale.

MERCER ISLAND SENIOR PROGRAMS

2040 84th Ave SE
Mercer Island 98040

206-275-7609

Services for Mercer Island residents only.

SEATTLE INDIAN HEALTH BOARD

www.sihb.org
PO Box 3364
Seattle 98144

206-324-9360

A wide range of health and social services for Native Americans.

EMERGENCY AID PROGRAMS

Assistance for people in emergency situations involving financial and housing needs. These programs have eligibility criteria that must be met.

CATHOLIC COMMUNITY SERVICES

www.ccsww.org
100 23rd Ave S
Seattle 98144

206-328-5696

Provides shelter, rent assistance, emergency food, and referral services to families on the Eastside.

CITY OF BELLEVUE, ENERGY ASSISTANCE PROGRAM

425-452-5285

Discounts are given to seniors and people with disabilities; based on income. Call for an application, or pick-up an application at Bellevue City Hall, Crossroads police station, or North Bellevue Community Center.

HOPELINK

www.hope-link.org
Administrative office for information:

425 869-6000

Energy Assistance, rental assistance, eviction prevention, and other emergency assistance provided on an individual basis.

Call or visit the nearest local center:

BELLEVUE HOPELINK

14812 Main St
Bellevue 98007

425-943-7555

KIRKLAND/NORTHSHORE HOPELINK

11011 120th Ave NE
Kirkland 98033

425-889-7880

REDMOND HOPELINK

16225 NE 87th St, Suite A-1
Redmond 98052

425-882-0241

SNO-VALLEY HOPELINK

31957 Commercial St
Carnation 98014

425-333-4163

OVERLAKE SERVICE LEAGUE (OSL)

www.overlakeserviceleague.com

PO Box 53203

Bellevue 98015

425-451-1175

OSL provides services for people living within the Bellevue school districts.

Direct financial assistance to prevent eviction, help with move-in, prevent utility shutoff (water, gas, electric), and financial assistance for medical needs (including prescriptions and medical supplies).

SALVATION ARMY

911 164th Ave NE

Bellevue 98008

425-452-7300

Emergency assistance to people with low income to help pay rent or utilities (requires written notice from landlord or utility company). Assistance provided once in a 12-month period. Household ID required. Call for an appointment.

FOOD AND MEAL PROGRAMS

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) (FORMERLY FOOD STAMPS)

http://foodhelp.wa.gov/basic_food.htm

Department of Social and Health Services

805 156th Ave NE

Bellevue 98007

206-341-7404

Processes applications and other information relating to the SNAP program in the State of Washington which enables low-income people to purchase food with an electronic benefit card (used in the same manner as a debit card). Individuals must meet certain financial requirements and can apply by phone, online or in person.

COMMUNITY DINING

KITH COMMUNITY SUPPER

Kirkland Interfaith Transitions in Housing

Holy Spirit Lutheran Church

10021 NE 124th

Kirkland 98034

425-576-9531

Tuesdays, 6:00 pm

SALVATION ARMY

911 164th Ave NE

Bellevue 98008

425-452-7300

Monday-Friday (except holidays) 6:30 pm (doors open 15 minutes before serving).

Serving time may change, call for verification.

SENIOR HOT LUNCH PROGRAMS

All of the Senior Centers in East King County offer hot, noontime meals (see **Senior Center listings in this guide page 41**).

For more information call Senior Information and Assistance Senior Dining Program

206-448-5768

FOOD BANKS

Call first for eligibility criteria and registration information. Days and times of service are subject to change.

EMERGENCY FEEDING PROGRAM

www.emergencyfeeding.org

206-329-0300

Two-day supply of food for people in a crisis situation. Food for special diets available. Referrals to the following 6 Eastside distribution locations:

BELLEVUE

First Congregational

Church of Bellevue

752 108th Ave NE

Bellevue 98005

425-454-5001

Monday - Friday

9:00 am – 12:00 pm

Newport Covenant Church

12800 SE Coal Creek Pkwy

Bellevue 98006

425-747-0515

Monday, Wednesday

8:30 am – 12:00 pm

St. Andrew's Lutheran Church

2650 148th Ave SE

Bellevue 98007

425-653-1652

Monday - Friday

12:30 pm - 2:30 pm

St. Margaret's

Episcopal Church

4228 128th Ave SE

Bellevue 98006

425-653-1652

Tuesday, Thursday

10:00 am – 2:00 pm

BOTHELL

Inglewood Presbyterian Church

7718 NE 141st

Bothell 98011

425-823-9334

Monday - Thursday

9:30 am - 12:00 pm

KIRKLAND

Kirkland Congregational Church

106 5th Ave

Kirkland 98033

425-822-3811

Monday - Friday

9:00 am - 12:00 pm

FOOD AND MEAL PROGRAMS

HOPELINK

www.hope-link.org
Administrative office
for information
425-869-6000

**Food bank locations-
call for hours:**

Bellevue HopeLink

14812 Main St
Bellevue 98007
425-943-7555

Kirkland/Northshore HopeLink

11011 120th Ave NE
Kirkland 98033
425-889-7880

Redmond HopeLink

16225 NE 87th St, Suite A-1
Redmond 98052
425-882-0241

Sno-Valley HopeLink

31957 Commercial St
Carnation 98014
425-333-4163

ISSAQUAH FOOD BANK

www.issaquahfoodbank.org
179 1st Ave SE
Issaquah 98027
425-392-4123

Tuesday, Wednesday, Thursday
10:00 am – 1:00 pm
1st and 3rd Tuesday
5:00 pm – 7:00 pm

MERCER ISLAND YOUTH & FAMILY SERVICES FOOD PANTRY

www.mercergov.org/yfs
2040 84th Ave SE
Mercer Island 98040
206-236-3532
Monday - Friday
9:00 am – 5:00 pm

NORTHWEST HARVEST

www.northwestharvest.org
711 Cherry St
Seattle 98104
206-625-0755
Referrals to food banks located
in East King County.

RENEWAL FOOD BANK

www.worldimpactnetwork.org
2015 Richards Road
Bellevue 98005
425-643-8246
Monday, Wednesday
9:00 am – 12:00 pm
Monday
4:30 pm – 6:30 pm

HOME DELIVERED MEALS

MEALS-ON-WHEELS

Senior Services of Seattle/
King County
2208 Second Ave, Suite 100
Seattle 98121
206-448-5767
Frozen meals delivered
throughout King County.
No low sodium or diabetic
diets. \$3 per meal suggested
donation.

SAVORY MOMENT

www.monthofmeals.com
425-867-1516
Freshly prepared, packaged
and frozen meals for pickup or
delivery. \$50 for 12-15 single
serving meals (average cost).
\$25 delivery charge.

SCHWAN FOODS

www.schwans.com
Home Delivery
1-888-724-9267 for order
and delivery information.

HOME DELIVERED GROCERIES

www.Albertsons.com
www.Amazonfresh.com
www.Safeway.com

FUNERALS AND FINAL ARRANGEMENTS

AMERICAN CREMATION & CASKET ALLIANCE

1-800-398-7101

Nonprofitcremation.org
A non-profit funeral advocate
program for affordable
cremations and burials.

BARTON FAMILY FUNERAL SERVICE

<http://bartonfuneral.com>
11630 Slater Ave NE, Suite 1A
Kirkland 98034
425-823-1900

BONNEY-WATSON FUNERAL PLANNING

www.bonneywatson.com
211 Bellevue Way NE
Bellevue 98004
425-373-0020

CEDAR LAWNS FUNERAL HOME

7200 180th Ave NE
Redmond 98052
425-885-2414

CHAPEL OF THE RESURRECTION

16300 112th Ave NE
Bothell 98011
425-939-1332

CREMATION SOCIETY NORTHWEST

520 W Raye St
Seattle 98036
206-284-7888
425-776-8900 (Lynnwood)

Economy cremation packages
available.

EVERGREEN WASHELLI - BOTHELL

18224 103rd Ave NE
Bothell 98011
425-486-1281

FLINTOFT SERVICES

www.flintofts.com
540 E Sunset Way
Issaquah 98027
425-392-6444

FUNERAL & CREMATION PROFESSIONAL SERVICE

1400 112th Ave SE, Suite 100
Bellevue 98004
1-877-421-9681

SNOQUALMIE VALLEY CHAPEL

1202 Boalch Ave NW
North Bend 98045
425-888-2700

SUNSET HILLS FUNERAL HOME

1215 145th Place SE
Bellevue 98007
425-746-1400

PEOPLE'S MEMORIAL ASSOCIATION

www.peoplesmemorial.org
1801 12th Ave
Seattle 98122
206-325-0489

Non-sectarian, nonprofit
organization for funeral/cremation
services. Lifetime membership
\$25.00 per person. Members
receive planning documents
to designate their end-of-life
wishes regarding cremation or
burial, and related matters. At
death, members are entitled
to mortuary arrangements at
discounted prices with funeral
homes contracting with People's
Memorial Association.

NEPTUNE SOCIETY 1-800-637-8863

www.neptunesociety.com
Neptune Society makes
it possible to arrange all
cremation services prior to
death by offering a fixed price
on the costs of cremation.

FOOD

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) (FORMERLY FOOD STAMPS)

http://foodhelp.wa.gov/basic_food.htm

Department of Social and Health Services
805 156th Ave NE
Bellevue 98007

206-341-7404

Processes applications and other information relating to the SNAP program in the State of Washington which enables low-income people to purchase food with an electronic benefit card (used in the same manner as a debit card). Individuals must meet certain financial requirements and can apply by phone, online or in person.

MEDICAID

A state-administered program that pays for medical care for financially needy individuals. Medicaid can also pay for care in a nursing home, adult family home, retirement home, or home care. For information on eligibility and program benefits, contact one of the following offices:

DEPARTMENT OF SOCIAL AND HEALTH SERVICES (DSHS)

Customer Service Center

1-800-562-3022

Existing Medicaid clients with general questions.

DSHS HOME AND COMMUNITY SERVICES

1737 Airport Way S, #130
Seattle 98134

206-341-7750

1-800-346-9257

Medicaid eligibility, applications and program determination.

COPEs: COMMUNITY OPTIONS PROGRAM ENTRY SYSTEM

A special Medicaid program that provides services to people who meet the Medicaid requirements for nursing home care, but who do not live in a nursing home. COPEs offers alternative care which may include care at home or in an adult family home. Recipients are also eligible for medical services reimbursed by Medicaid. To determine eligibility contact: DSHS Home and Community Services (above).

EASTSIDE COMMUNITY SERVICE OFFICE

805 156th Ave NE
Bellevue 98007

206-341-7404

1-800-662-6715

Processes applications for Medicaid medical coupons, food benefits, and Medicare savings programs.

MEDICAID-THE ANSWER PHONE

www.dshs.wa.gov

1-877-980-9220

Access case status, payment, and basic information about food, financial, medical, and childcare benefits. Available 24 hours a day.

WASHINGTON LAW HELP

www.washingtonlawhelp.org
Information about COPEs and Medicaid. From the homepage click on Aging/Elder Law, then click on Long Term Care Assistance.

You can also receive information about Medicaid and assistance with applications from: Aging & Disability Services Administration
www.aasa.dshs.wa.gov

MEDICARE

Medicare is a federal health insurance program for people 65 and older, people of any age with permanent kidney failure, or those on disability. The local Social Security Administration office will take applications and provide information.

Medicare has three parts: Part A, Part B, and Part D. Part A provides coverage for hospital inpatient services, some short-stay nursing home care, hospice, and home health services. Enrollment in Part A occurs automatically for eligible individuals, and there is no premium. Part B, which covers doctors visits, lab, x-ray and other outpatient services, requires enrollment; the monthly premium is usually

GOVERNMENT PROGRAMS

deducted from the individual's Social Security check (for those receiving Social Security benefits). Part D provides partial coverage for prescription drugs. Part D plans are sold by private insurance companies, and the cost will vary depending on the plan selected. A low income subsidy (LIS) for Part D is available to individuals who qualify financially. Apply through Social Security at:
1-800-772-1213

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.

MEDICARE

www.medicare.gov
c/o Social Security Administration
505 106th Ave NE, #301
Bellevue 98004
1-800-772-1213

MEDICARE PART A & B CLAIMS FOR WASHINGTON STATE

Noridian (Medicare Part A)
PO Box 6727
Fargo, ND 58108
Qualis Health (Medicare Part B)
PO Box 6700
Fargo, ND 58108
1-800-633-4227
(1-800-MEDICARE)

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.

SOCIAL SECURITY

A federal program designed to replace part of the income lost when one retires, becomes severely disabled or dies. Social Security benefits may include retirement benefits, survivor's benefits, or disability insurance. Call the Social Security Administration for details and applications.

SOCIAL SECURITY ADMINISTRATION

www.ssa.gov
505 106th Ave NE, #301
Bellevue 98004
1-800-772-1213
Provides applications and administration for federal Social Security, Supplemental Income (SSI), Medicare, Social Security Disability Income (SSDI), and survivor and death benefits programs. To receive Social Security benefits, an individual must have paid into the Social Security system for a certain period of time.

SUPPLEMENTAL SECURITY INCOME (SSI)

505 106th Ave NE, #301
Bellevue 98004
1-800-772-1213

SSI pays monthly checks to people who are aged, disabled, or blind and have limited income and own few resources. Individuals may qualify for SSI even if they have not paid into the Social Security system.

VETERAN AFFAIRS (VA)

The Department of Veterans Affairs provides many benefits to those who have served actively in the armed forces, and to their dependents. Services include VA medical care, burial and death benefits, and disability benefits.
www.va.gov

DEPARTMENT OF VETERANS AFFAIRS

Regional Office
915 2nd Ave, Suite 1214
Federal Building
Seattle 98174

1-800-827-1000

The regional office determines an individual's eligibility for veterans benefits, as well as benefits for spouses, widows, and dependent children.

VA MEDICAL CENTER CLINICS AND HOSPITAL

www.va.gov/pugetsound
1660 S Columbia Way
Seattle 98108

206-762-1010

1-800-329-8387

Inpatient and outpatient services are provided for eligible veterans.

HEALTH CARE INFORMATION & REFERRAL SERVICES

EVERGREEN HEALTHLINE 425-899-3000

Quick, accurate answers to health care questions from registered nurses, referrals to Evergreen family doctors and specialists, information on Evergreen services, and registration for classes at Evergreen Hospital.

OVERLAKE HOSPITAL CANCER RESOURCE CENTER OVERLAKE MEDICAL TOWER

1135 116th Ave NE
Bellevue 98004

Walk-in center provides take-home information on topics related to cancer.

OVERLAKE HOSPITAL PHYSICIAN REFERRAL LINE 425-688-5211

A free 24-hour referral line to identify physicians who are affiliated with Overlake Hospital and who have open practices.

COMMUNITY CLINICS

(for seniors who are not eligible for Medicare)

BOTHELL PUBLIC HEALTH CENTER
10808 NE 145th St
Bothell 98011
Phone: 206-296-9787

EASTGATE PUBLIC HEALTH CENTER
14350 SE Eastgate Way
Bellevue 98007
206-296-4920 or 1-800-244-4512

HEALTHPOINT REDMOND
16315 NE 87th St, #B-6
Redmond 98052
425-882-1697

HEALTHPOINT BOTHELL-KENMORE
6016 NE Bothell Way
Bothell 98028
425-486-0658

SEA MAR COMMUNITY HEALTH CENTER
www.seamar.org
1811 156th Ave NE
Bellevue 98007
425-460-7140
(Se habla Español)

DENTAL CARE

The following services provide low cost dental care:

DENTAL CARE ACCESS PROGRAM

206-448-3110

Program coordinated through Senior Information and Assistance. This program offers a reduced fee for dental care for persons 60+ with family incomes under \$33,000/year (single person income under \$24,500/year) without dental insurance or without Medicaid coupons for dental coverage. Call for application and referral to a participating dentist.

LAKE WASHINGTON TECHNICAL COLLEGE DENTAL CLINIC

11605 132nd Ave NE, E107
Kirkland 98034

425-739-8130

Services provided by student hygienists and licensed dentists. By appointment. 20-30% lower cost than regular dental care. Emergencies addressed when openings are available.

HEALTHPOINT REDMOND
16315 NE 87th St, Suite C-2
Redmond 98052
425-883-8000

DENTAL CARE (continued)

RENTON PUBLIC HEALTH DENTAL CLINIC

10700 SE 174th St, #101
Renton 98055

206-296-4955

Basic dental care: exams, cleanings, fillings, extractions, dentures. Medicaid, and sliding fee scale.

SEATTLE/KING COUNTY DENTAL SOCIETY

www.skcds.org
2201 Sixth Ave, #1210
Seattle 98121

206-443-7607

Referrals to private practice dentists and low-income clinics (also listed on their website).

UNIVERSITY OF WASHINGTON SCHOOL OF DENTISTRY

www.dental.washington.edu
1959 NE Pacific
Seattle 98195

206-543-5830

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.

HEARING AND SPEECH

COMMUNITY SERVICE CENTER FOR THE DEAF AND HARD OF HEARING

1625 19th Ave
Seattle 98122

Voice: 206-323-5770

TTY: 206-388-1275

Interpreters, bookstore, library, newsletter, information and referral, and community education.

DEAFWEB.ORG

Online resources for the deaf and hard of hearing.

EVERGREEN SPEECH AND HEARING CLINIC

12333 NE 130th Lane, #430
Kirkland 98034

425-821-3747

1800 116th Ave NE, #103
Bellevue 98004

425-454-1883

8301 161st Ave NE, #203
Redmond 98052

425-882-4347

Complete in-depth speech and hearing services and testing; hearing aid fittings. Insurance and fee for service.

OVERLAKE HOSPITAL SPEECH PATHOLOGY DEPARTMENT-OVERLAKE OUTPATIENT CENTER

1120 112th Ave NE, #150
Bellevue 98004

425-688-5900

Speech, language, voice and swallowing evaluations and therapy. Insurance and fee for service.

UNIVERSITY OF WASHINGTON SPEECH & HEARING CLINIC

4131 15th Ave NE
Seattle 98105

206-543-5440

Evaluation and treatment of speech and hearing disorders. Medicaid, private pay, and sliding fee scale.

WASHINGTON RELAY SERVICE

TDY: 1-800-833-6388

To reach relay operator:

1-800-833-6384

Relay service between callers who use Telephone Devices for the Deaf (TDD) and those who don't.

HOSPICE

Hospice programs and services offer care to terminally ill persons and their families. Care can be given on an inpatient basis or in the patient's home. Hospice care focuses on the emotional, social and spiritual needs of dying persons and their families, as well as the patients' physical and medical needs. Emphasis is on pain control and symptom management.

EVERGREEN HOSPICE SERVICES

12822 124th Lane NE
Kirkland 98034

425-899-1040 - Referrals

A service of Evergreen Healthcare. Support and care for persons facing a life limiting illness. Evergreen provides support across all settings: from the patient's home, to the

nursing home, to the Evergreen Hospice inpatient center. Hospice offers services such as nursing, medical direction, medical social work, counseling, and bereavement as needed. Accepts Medicare, Medicaid, and insurance. King and Snohomish Counties.

EVERGREEN PALLIATIVE CARE SERVICES

12822 124th Lane NE
Kirkland 98034

425-899-1040

Creates a bridge between home health and hospice. In concert with the patient's medical providers, the palliative care staff focuses on the physical, functional, social, emotional, psychological, existential, and spiritual needs of patients and families.

GROUP HEALTH COOPERATIVE HOSPICE PROGRAM

206-326-4530

In-home hospice services primarily to Group Health members. Members must be facing life-limiting illness. Referrals made by Group Health physicians.

PROVIDENCE HOSPICE OF SEATTLE

425 Pontius Ave N, Suite 300
Seattle 98109

206-749-7701

Established in 1975, provides compassionate and quality care for children, and adults and their families living with life-limiting illness. Accepts Medicare, Medicaid, most insurance plans, and private payment. No one is denied services because of inability to pay. Pre-hospice Transitions program is also available.

HOSPICE EDUCATION INSTITUTE

www.hospiceworld.org

1-800-331-1620

HOSPICE FOUNDATION OF AMERICA

www.hospicefoundation.org

1-800-854-3402

HOSPITALS

EVERGREEN HOSPITAL MEDICAL CENTER

12040 NE 128th St
Kirkland 98034

425-899-1000

See back cover for services.

OVERLAKE HOSPITAL MEDICAL CENTER

1035 116th Ave NE
Bellevue 98004

425-688-5000

See back cover for services.

SNOQUALMIE VALLEY HOSPITAL

9575 Ethan Wade Way SE
Snoqualmie 98065

425-831-2300

MEDICAL EQUIPMENT SUPPLIERS

Medicare and/or Medicaid may cover some medical equipment and supplies if ordered by a doctor. Check with the supplier for more information.

ALLCARE

www.allcareweb.com
1048 116th Ave NE, Suite 130
Bellevue 98004

425-455-8330

Monday - Friday

10:00 am – 5:00 pm

Saturday 11:00 am – 3:00 pm

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

BELLEVUE HEALTHCARE

www.bellevuehealthcare.com

2112 116th Ave NE

Bellevue 98004

425-451-2842

Monday - Friday

8:00 am – 5:00 pm,

Saturday 9:00 am – 5:00 pm

Wide range of durable medical supplies, from braces to wheelchairs, for purchase or rental. Accepts Medicare and Medicaid by prescription from a doctor. Free home delivery.

BRIDGE MINISTRIES

www.bridgemin.org

12328 Northup Way, Suite 105

Bellevue 98005

Administration:

425-885-1006

Equipment: 425-885-1008

Monday - Thursday

12:00 pm – 4:30 pm

(call for appointment)

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

MARTIN MEDICAL INC.

www.martinmedicalinc.com

555 116th Ave NE, Suite 126

Bellevue 98004

425-462-5334 or

800-468-0789

Suppliers of compression devices and other medical equipment for those living with lymphedema. Medicare and Medicaid are not accepted.

HEALTH CARE SERVICES

M.D. MEDICAL SUPPLIES

www.mdmedicalsupplies.com
2533 152nd Ave NE
Redmond 98052

425-556-1490

Walkers, wheelchairs, toilet and shower aids, hospital beds, and incontinence supplies, etc. are available for purchase or rental. Accepts Medicare, Medicaid, and private insurance through prescription by a doctor.

SENIOR CLINICS

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

EVERGREEN SENIOR HEALTH SPECIALISTS

11521 NE 128th St, Suite 100
Kirkland 98034

425-899-6800

Medicare, Medicaid, and most major insurance plans accepted.

EVERGREEN HEALTHCARE ACCESS CLINICS

Lake Washington Technical College

Health Room W101

11605 132nd Ave NE

Kirkland 98034

425-739-8400

Free weekly health clinics available to uninsured residents of all ages living in the Evergreen Hospital District. Appointments required.

OVERLAKE SENIOR HEALTH CENTER - BELLEVUE

1750 112th Ave NE, #A-101

Bellevue 98004

425-688-5234

Medicare and Medicare supplements accepted.

OVERLAKE SENIOR HEALTH CENTER - MERCER ISLAND

7707 SE 27th St, #110

Mercer Island 98040

425-688-5641

Medicare and Medicare supplements accepted.

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 an emergency room. No appointment is needed. Call for hours of operation.

EVERGREEN REDMOND URGENT CARE

8301 161st Ave NE, Suite 105
Redmond 98052

425-883-3333

EVERGREEN WOODINVILLE URGENT CARE

17000 140th Ave NE, Suite 101
Woodinville 98072

425-488-2273

Evergreen Hospital's two urgent care locations are open extended hours to handle non-emergency illness and injuries. Patients are seen on a walk-in basis in order of severity.

GROUP HEALTH URGENT CARE

11511 NE 10th St

Bellevue 98004

425-502-4120

OVERLAKE - ISSAQUAH URGENT CARE

5708 East Lake Sammamish Parkway

Issaquah 98029

425-688-5777

Available 24 hours a day, 7 days a week. Offers medical care for non-life-threatening conditions. Most insurances accepted; co-pays apply. No appointment necessary.

US HEALTHWORKS

1925 140th Ave NE

Bellevue 98005

425-865-8060

VISION

The following programs provide services for individuals who are blind or have vision impairment. To find an eye doctor, see Physician Referral Services.

**EYE CARE SERVICE
206-323-1710**

Full-service optical company providing mobile eye care services and eye glass maintenance for homebound persons.

**COMMUNITY SERVICES
FOR THE BLIND AND
PARTIALLY SIGHTED (CSBPS)**

www.csbps.com
9709 3rd Ave NE, #100
Seattle 98115

**206-525-5556
1-800-458-4888**

Provides counseling, rehabilitation, and independent living skills training, as well as the Low Vision Clinic (see below). Volunteers are available to assist with mail reading, shopping, and correspondence. Assistive technology center, classes, and workshops. No fee. Retail store with adaptive devices are also available.

LOW VISION CLINIC

9709 3rd Ave NE, #100
Seattle 98115

**206-525-5556
1-800-458-4888**

Services for persons with partial vision. Focuses on living with low vision, learning skills to use existing vision, and training to use low vision devices.

**OPTOMETRIC CENTER
OF SEATTLE**

In the basement of New Hope Baptist Church
124 21st Ave
Seattle 98122

206-325-1100

Tuesday - Friday
Examinations for glaucoma, cataracts and other eye diseases. Sliding fee scale for low-income older adults. Patients requiring further care will be referred to other services.

**WASHINGTON TALKING
BOOK & BRAILLE LIBRARY**

www.wtbbl.org
2021 9th Ave
Seattle 98121

**206-615-0400
800-542-0866**

(TTY) 206-615-0418

Audio books, books in Braille and large print books sent to individuals through the mail. Newspapers and magazines read over the radio. No charge.

ADDICTION SERVICES

The following programs offer assistance to people with alcohol or other chemical dependencies. Services include referrals, counseling, self-help groups, crisis intervention, in-patient, and out-patient treatment.

FAIRFAX HOSPITAL ADDICTION RECOVERY TREATMENT SERVICES (ARTS)

10200 NE 132nd St
Kirkland 98034

425-821-2000
1-800-435-7221

Chemical dependency assessments, acute detoxification, intensive out-patient treatment, and dual diagnosis program.

ALCOHOL / DRUG HELP LINE

www.adhl.org

206-722-3700 (Seattle)
**1-800-562-1240 (Outside
Seattle; WA state only)**
206-722-4222 Teen line+
TTY 206-722-3724

Hours: 8:00 am - 10:00 pm
For help in a crisis situation, or for referral assistance. Statewide information, referral service, and crisis intervention line. Excellent resource for people concerned about drug abuse.

ALCOHOLICS ANONYMOUS (AA) EASTSIDE INTERGROUP

www.eastsideintergroup.org
1299 156th Ave NE, Suite 160
Bellevue 98007

425-454-9192

AA offers self-help groups for alcoholics in a variety of settings throughout King County. The above phone number is a 24-hour answering service that can assist in finding a group. Group meetings and other resources are listed on the website. The national website www.aa.org lists national and international groups, online meetings, and other resources in English, Spanish and French.

EVERGREEN HEALTHCARE SUBSTANCE ABUSE SERVICES

2414 SW Andover St, #D120
Seattle 98106

206-923-6300

Specialized substance abuse outreach team that provides assessments and counseling for older adults and disabled younger adults in much of King County. Medicaid, sliding fee scale, and private insurance.

KING COUNTY ALCOHOLISM, MENTAL HEALTH & SUBSTANCE ABUSE INFORMATION

www.kingcounty.gov/healthServices/MHSA.aspx
Provides information about services and treatment in King County, as well as education about prevention, and intervention. Website provides information in many different languages.

KING COUNTY CHEMICAL DEPENDENCY INVOLUNTARY TREATMENT

www.kingcounty.gov/healthservices/SubstanceAbuse/Services/Intervention/InvoluntaryCommitment.aspx
206-296-7612

Evaluation and initiation of court proceedings for involuntary treatment of those with chemical dependency.

LAKESIDE MILAM RECOVERY CENTERS

www.lakesidemilam.com

**General information &
in-patient program:**

425-823-3116

Out-patient program:
425-822-5095

Intervention, assessment, residential in-patient program, outpatient services, adolescent program, and family and community education services.

MOTIVATIONS

17311 135th Ave NE
Building 750
Woodinville 98072

425-481-2112

Out-patient alcohol/drug treatment, counseling, assessment, and deferred prosecutions.

DISEASE SPECIFIC RESOURCES

PROVIDENCE BEHAVIORAL HEALTH

Providence General Medical
Center

www.providence.org

916 Pacific Ave

Everett 98201

425-258-7300

425-258-7390

Everett (click on programs
& services, select chemical
dependency)

Detoxification, stabilization,
partial hospitalization, out-
patient day and evening
programs, relapse program,
court assessments, evaluation,
and education. Most insurance,
Medicare, and private pay
accepted. Some subsidized care
available.

RECOVERY CENTER OF KING COUNTY

www.rckc.org

In-patient

detoxification clinic:

206-325-5000

Out-patient services:

206-322-2970

This agency provides a 28-day
inpatient detoxification service
as well as a full range of out-
patient chemical dependency
programs. RCKC accepts
private health insurance; where
eligible, also accepts Medicaid
and ADATSA. In some cases,
sliding scale fees or payment
plans can be arranged.

THERAPEUTIC HEALTH SERVICES EASTSIDE BRANCH

www.therapeutichealth.org

1412 140th PI NE

Bellevue 98007

425-747-7892

Outpatient treatment,
community education classes,
counseling services, and
referrals for in-patient services
(when appropriate). Sliding fee
scale, Medicaid, and insurance
accepted.

AIDS (ACQUIRED IMMUNE DEFICIENCY SYNDROME)

HIV/STD HOTLINE

206-205-7837

Information and referral, and
testing resources.

LIFELONG AIDS ALLIANCE

1002 E Seneca

Seattle 98122

206-325-2689

Information, referral, case
management services, advocacy,
education, food bank, housing,
insurance, emergency financial
aid, mental health care, and
counseling to individuals with
HIV/AIDS. Free.

ALZHEIMER'S DISEASE

ALZHEIMER'S ASSOCIATION WESTERN & CENTRAL WA STATE CHAPTER

www.alz.org/alzwa

100 W Harrison St

North Tower, Suite 200

Seattle, 98119

206-363-5500

1-800-848-7097

Information and referral in
23 counties in Washington
State. Family support groups,
community education, library,
social services, and quarterly
newsletter.

ALS (AMYOTROPHIC LATERAL SCLEROSIS)

AMYOTROPHIC LATERAL SCLEROSIS – MUSCULAR DYSTROPHY ASSOCIATION (ALS-MDA)

www.als-mda.org

BELLEVUE OFFICE

110 110th Ave NE, Suite 305

Bellevue 98004

425-283-0730

SEATTLE OFFICE

University of Washington
Medical Center

1959 NE Pacific

Seattle 98195

206-283-2183

ARTHRITIS

ARTHRITIS FOUNDATION – PACIFIC NORTHWEST CHAPTER

[www.arthritis.org/chapters/
pacific-northwest](http://www.arthritis.org/chapters/pacific-northwest)

3876 Bridge Way N, #300

Seattle 98103

206-547-2707

1-800-542-0295 (Helpline)

Educational materials,
aquatics program, self-help
programs, and support groups.
Information and referral help
line.

DISEASE SPECIFIC RESOURCES

BACK PAIN

OVERLAKE PHYSICAL THERAPY

1120 112th Ave NE, Suite 150
Bellevue 98004

425-688-5231

Physical therapy management of back and neck injuries.

CANCER

AMERICAN CANCER SOCIETY

www.cancer.org
2120 1st Ave N
Seattle 98109

425-741-2648

1-800-227-2345

Information, referral, educational materials, transportation to treatment, temporary housing, free loaned equipment, support groups, free nutritional supplements (with doctor referral), and emergency food vouchers.

BREAST CANCER NETWORK OF STRENGTH

1-800-221-2141

Telephone counseling and information (24 hours) for women with breast cancer, their families, and friends. All operators on national hotline are breast cancer survivors.

CANCER LIFELINE

1-800-255-5505

24-hour telephone support, counseling, information and referral, family support program, workplace consultation, nutrition classes, exercise, and relaxation programs.

CANCER RESOURCE CENTER

Evergreen Hospital
Medical Center

425-899-2264

Lending library, education, free wigs, head-coverings, and breast prostheses.

EVERGREEN HOSPITAL MEDICAL CENTER CANCER PROGRAM

12040 NE 128th St
Kirkland 98034

Radiation Oncology

425-899-1860

Breast Center

425-899-1849

Diagnostic Imaging

425-899-1800

In-patient Oncology Unit

425-899-6100

Cancer Support Services

425-899-2265

Supportive counseling, information, financial and legal assistance, and support groups.

GILDA'S CLUB

1400 Broadway
Seattle 98122

206-709-1400

Support groups and groups for children of patients, exercise, yoga, art, cooking, and meditation classes.

NW REGION CANCER INFORMATION SERVICE

1100 Fairview Ave N
MP J2-400

Seattle 98109

1-800-4-CANCER

(1-800-422-6237)

Cancer information, referrals, and education materials. Part of the National Cancer Institute.

OVERLAKE HOSPITAL CANCER SERVICES

1135 116th Ave NE
Bellevue 98004

Cancer Resource Center

425-688-5986

Lending library, support groups, and education.

Breast Center

425-688-5985

Breast Center – Issaquah

425-688-5787

Radiation Oncology

425-688-5289

SEATTLE CANCER CARE ALLIANCE

www.seattlecca.org
825 Eastlake Ave
Seattle 98109

206-288-7222

In partnership with Overlake Hospital Medical Center to collaborate with community providers on the Eastside to ensure state of the art oncology services, develop community cancer treatment programs, and promote availability to patients of SCCA physician-led clinical trials.

DIABETES

AMERICAN DIABETES ASSOCIATION

www.diabetes.org
1730 Minor Ave, #920
Seattle 98101

206-282-4616
1-888-342-2383

Education programs, lending library, screenings, and risk assessments for individuals concerned about diabetes.

EVERGREEN HOSPITAL MEDICAL CENTER DIABETES EDUCATION

12040 NE 128th St
Kirkland 98034

425-899-3008

Helping people with diabetes live healthier lives through education and support. Classes are ADA recognized. Covered by Medicare and most insurance. Individual consultations provided by a nurse educator and/or a registered dietician.

OVERLAKE HOSPITAL MEDICAL CENTER DIABETES EDUCATION

1120 112th Ave NE, Suite 150
Bellevue 98004

425-688-5932

One-on-one counseling and/or group classes with diabetes nurse educator and nutritionist. Free monthly support group.

EPILEPSY

EPILEPSY FOUNDATION OF WESTERN WASHINGTON

www.epilepsyfoundation.org
2311 N 45th St, Suite 134
Seattle 98103

206-547-4551
1-800-752-3509

FIBROMYALGIA

NATIONAL FIBROMYALGIA ASSOCIATION

www.fmaware.org

HEAD INJURY

BRAIN INJURY ASSOCIATION OF WASHINGTON

www.biawa.org
206-388-0900

1-877-824-1766

Information, assistance, case management, support groups and advocacy for persons with head injuries and their families.

EVERGREEN HOSPITAL NEUROLOGICAL REHABILITATION SERVICES

12039 NE 128th St
Kirkland 98034

425-899-3100

Outpatient program serving adults recovering from traumatic brain injury, stroke, or other neurological impairment. Our focus is client attainment outcomes, including reentry into the home, community, and work settings.

HEART DISEASE

AMERICAN HEART ASSOCIATION

www.americanheart.org
710 2nd Ave, Suite 900
Seattle 98104

206-632-6881
1-888-440-2328

Information and referral, and cardio-pulmonary referrals. Blood pressure, stroke, women's heart health, and nutrition information. Stroke support groups.

EVERGREEN HOSPITAL MEDICAL CENTER CARDIAC ENHANCEMENT CENTER

12040 NE 128th St
MS 31 - Tan 415
Kirkland 98034

425-899-2789

Offers ongoing support and management of chronic heart failure, and helps coordinate care between patient's primary care physician and heart specialist. Monitoring by nurse and nurse practitioners.

EVERGREEN HOSPITAL MEDICAL CENTER CARDIOVASCULAR HEALTH AND WELLNESS CENTER

12039 NE 128th St, Suite 200
Kirkland 98034

425-899-3770

Provides cardiac wellness, prevention and rehabilitation programs including supervised exercise and education classes (physician referral required). Covered by Medicare and insurance.

HEART DISEASE (continued)

OVERLAKE HOSPITAL MEDICAL CENTER

[www.overlakehospital.org/
programs.aspx](http://www.overlakehospital.org/programs.aspx)

1035 116th Ave NE
Bellevue 98004

Overlake Hospital has an extensive cardiac program ranging from diagnostic and noninvasive procedures to open heart surgery. Overlake's primary cardiology groups are:

Bellevue Cardiology

425-455-9555

Cascade Heart Clinic

425-454-1560

Eastside Cardiology Associates

425-899-0555

Overlake Internal Medicine
Associates

425-454-2656

HUNTINGTON'S DISEASE

HUNTINGTON'S DISEASE SOCIETY OF AMERICA – NORTHWEST CHAPTER

www.nwhdsa.org

PO Box 33345

Seattle 98133

206-464-9598

1-888-264-4372

24-hour information hotline, assistance, referral and advocacy, free counseling, and support groups.

INCONTINENCE

CENTER FOR CONTINENCE AND PELVIC HEALTH AT EVERGREEN

12040 NE 128th St

Kirkland 98034

425-899-3890

Biofeedback and physical therapy treatment for bowel and urinary incontinence.

INCONTINENCE TREATMENT AT OVERLAKE HOSPITAL

Outpatient Rehab Center

1120 112th Ave NE, Suite 150

Bellevue 98004

425-688-5900

Biofeedback and physical therapy treatment for bowel and urinary incontinence.

LUNG DISEASE

AMERICAN LUNG ASSOCIATION OF WA

www.alaw.org

2625 Third Ave

Seattle 98121

206-441-5100

1-800-732-9339

Information, education materials, and support groups.

MULTIPLE SCLEROSIS (MS)

EVERGREEN HOSPITAL MEDICAL CENTER MULTIPLE SCLEROSIS CENTER

12039 NE 128th St, Suite 300

Kirkland 98034

425-899-5350

Helps MS patients achieve their highest level of well-being. Experts are available to help with treatment of the disease and its symptoms. Services include rehabilitation

psychology, physical therapy, occupational therapy, and vocational counseling. The Center's active research program offers access to cutting-edge therapies.

NATIONAL MULTIPLE SCLEROSIS SOCIETY

www.nationalmssociety.org

192 Nickerson St, #100

Seattle 98109

206-284-4236

1-800-344-4867

Information and referral, counseling, support groups, and loan equipment.

MUSCULAR DYSTROPHY

MUSCULAR DYSTROPHY ASSOCIATION

www.mda.org

701 Dexter Ave N, Suite 106

Seattle 98109

206-283-2106

In-home assessment, educational materials and programs, and support groups.

EASTER SEALS OF WASHINGTON

www.easterseals.com

220 W Mercer St, Suite 120-W

Seattle 98119

206-281-5700

1-800-678-5708

Telephone referral, housing assistance, and computer loan program for disabled individuals.

PARKINSON'S DISEASE

AMERICAN PARKINSON'S DISEASE - WA CHAPTER INFORMATION & REFERRAL CENTER

www.waparkinsons.org
University of Washington
Dept. of Neurology, S-127
1660 S Columbian Way
Seattle 98108

206-277-5516

Information and referral, educational materials and programs, and support groups.

EVERGREEN HOSPITAL BOOTH GARDNER PARKINSON'S CARE CENTER

12039 NE 128th St, Suite 300
Kirkland 98034

425-899-3123

Strives to improve the quality of life for Parkinson's patients, as well as those with other movement disorders, and their families. The Center provides medical evaluation, medication management, and nutrition guidance as well as counseling. The Center also offers physical, occupational, speech, and swallowing therapy as well as neuropsychological services, social work services, and caregiver support.

POLIO

POLIO OUTREACH OF WASHINGTON

www.poliooutreach.com

1-800-609-5538

Support groups throughout the state, newsletter, information and referral about post-polio syndrome.

SLEEP DISORDERS

EVERGREEN HOSPITAL MEDICAL CENTER SLEEP DISORDERS CENTER

11521 NE 128th St, Suite 130
Kirkland 98034

425-899-4280

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

OVERLAKE SLEEP DISORDERS CENTER

www.oima.org
1100 112th Ave NE, #320
Bellevue 98004

425-289-3000

Diagnosis and treatment of sleep disorders such as difficulty in initiating or maintaining sleep. Physician referral required. Accepts Medicare and insurance.

STROKE

AMERICAN STROKE ASSOCIATION

www.strokeassociation.org
7272 Greenville Ave
Dallas, TX 75231

1-888-478-7653

EVERGREEN HOSPITAL MEDICAL CENTER PRIMARY STROKE CENTER

Evergreen Neuroscience Institute
12039 NE 128th St
Kirkland 98034

425-899-3100

Offering the latest lifesaving treatments and post-stroke rehabilitation.

CRISIS INTERVENTION

CRISIS CLINIC

www.crisisclinic.org

206-461-3222

1-866-427-4747

(TTY): 206-461-3219

Twenty-four hour immediate support, and confidential assistance for people in emotional distress.

COMMUNITY INFORMATION LINE

www.211kingcounty.org

Phone: 211 or 206-461-3200

1-800-621-4636

TDD: 206-461-3610

Monday - Friday

8:00 am – 6:00 pm

Trained specialists provide information on a wide range of health and human services.

GERIATRIC REGIONAL ASSESSMENT TEAM (GRAT)

Evergreen Healthcare

2414 SW Andover St, #D-120

Seattle 98106

206-923-6300

Specialized, geriatric mental health outreach team that provides crisis services, caregiver counseling, substance abuse programs, and private pay consultation services throughout King County. Services free to eligible persons and caregiver.

KING COUNTY CRISIS & COMMITMENT SERVICES

900 4th Ave, Suite 625

Seattle 98164

206-263-9200

Provides psychiatric crisis intervention and referral services for King County, including home visits to individuals in crisis. For referral after hours and on weekends call the Crisis Clinic (206-461-3222).

COUNSELING PROGRAMS

Counseling services for older adults, caregivers, and others. Style and format vary (e.g. individual, group, or family counseling); interested persons should investigate and select a suitable program.

ASIAN COUNSELING AND REFERRAL SERVICES

www.acrs.org

1420 156th Ave NE, Suite G

Bellevue 98007

206-695-7600

Case management for seniors who speak languages from Asia and the Pacific Islands. Sliding fee scale and insurance.

CATHOLIC COMMUNITY SERVICES - ACCESS CENTER

www.ccsww.org

12828 Northup Way, Suite 100

Bellevue 98005

425-284-2211

Offers a variety of counseling services. Non-denominational. Sliding fee scale and private pay.

CONSEJO COUNSELING AND REFERRAL SERVICE

3808 S Angeline

Seattle 98118

206-461-4880

Counseling services for Hispanic community. Sliding fee scale and Medicaid.

FAMILY SERVICES

www.family-services.org

Bellevue Counseling Branch

11911 NE First, #206

Bellevue 98005

425-453-7890

Redmond Counseling Branch

16150 NE 85th St, #222

Redmond 98052

425-869-6687

Jewish Family Services

www.jfsseattle.org

Eastside Office

15821 NE 8th St, Suite 210

Bellevue 98008

206-461-3240

Individual and family counseling, group counseling, support groups, educational programs, and workshops for Jewish seniors. Sliding fee scale.

COMMUNITY MENTAL HEALTH PROGRAMS

Community mental health centers offer specialized counseling and support services for older adults and their families. These programs usually accept Medicaid, have a sliding fee scale, and offer low cost services.

SOUND MENTAL HEALTH

www.smh.org

206-302-2300

1-800-828-1449

Provides case management, counseling programs, and community education. Serves all older adults and the chronically mentally ill. Accepts Medicare, Medicaid, insurances, and private pay.

BELLEVUE LOCATIONS:

14216 NE 21st St
Bellevue 98007

425-653-4900

Rainbow Creek

14270 NE 21st St
Bellevue 98007

425-653-5000

REDMOND LOCATIONS:

16345 NE 87th St, #C-1
Redmond 98052

425-869-6634

Avondale House

11629 Avondale Road
Redmond 98052

425-653-5070

Stillwater House

8705 166th Ave NE
Redmond 98052

425-653-5080

HERO HOUSE

www.herohouse.org

14230 NE 21st Street
Bellevue 98007

425-614-1282

Clubhouse membership is free for those with a history of mental illness. Provides education, employment, career development, meals, social activities, and other services.

IN-HOME MENTAL HEALTH PROGRAM

Evergreen Healthcare

2414 SW Andover St
Bldg D, Suite 102

Seattle 98106

206-923-6300

1-800-548-0558

In-home mental health services to adults in King and Snohomish Counties who have difficulty accessing outpatient mental health services. The program specializes in working with those who have complex mental health and medical needs. Fees vary. Accepts Medicare, Medicaid, and insurance. Sliding fee scale is available.

MENTAL HEALTH SERVICES

DAY HOSPITAL PROGRAMS

Intensive outpatient psychiatric services are called either partial hospitalization or day hospital programs. Individual and group sessions are provided. When indicated, inpatient mental health services are also available.

FAIRFAX HOSPITAL PARTIAL HOSPITALIZATION PROGRAM

www.psysolutions.com/facilities/fairfax

10200 NE 132nd St
Kirkland 98034

425-821-2000

1-800-435-7221

Voluntary partial hospitalization program. Medicare, Medicaid, and insurance.

Monday - Friday

9:30 am – 3:30 pm

Voluntary and involuntary inpatient unit. Serves adults of all ages (18+ years).

NORTHWEST GERO-PSYCHIATRIC CENTER

1550 N 115th St, #E12
Seattle 98133

206-368-1813

Short-term day program for adults 60 years and older.

MENTAL HEALTH SERVICES

DAY HOSPITAL PROGRAMS (continued)

OVERLAKE HOSPITAL PSYCHIATRIC DAY HOSPITAL PROGRAM

2840 Northup Way, Suite 200
Bellevue 98004

425-688-5681

Voluntary, outpatient psychiatric intensive group treatment.

Monday - Friday

9:00 am – 3:00 pm

Overlake Hospital Medical

Center also provides a

voluntary psychiatric inpatient unit located on the main

hospital campus at 1035 116th Ave NE, Bellevue. (18+ years).

GERO-PSYCHIATRIC INPATIENT HOSPITAL UNITS

Inpatient psychiatric units for adults age 60 and older.

Medicare, Medicaid, and

private insurance accepted.

HIGHLINE GERIATRIC PSYCHIATRY CENTER

12844 Military Road S

Seattle 98168

206-248-4713

Twenty-four hour voluntary admission, outpatient assessments and treatment, medication management, nutrition evaluation, group psychotherapy, and patient and family education.

NORTHWEST GERO- PSYCHIATRIC CENTER

1550 N 115th St, #E12

Seattle 98133

206-368-1835

Voluntary and involuntary admissions to the center.

VALLEY GENERAL HOSPITAL INPATIENT PSYCHIATRIC TREATMENT UNIT

14701 179th Ave SE

Monroe 98272

360-794-1443

Voluntary and involuntary admissions for adults age 45 and older.

HOUSING OPTIONS

There are a variety of senior housing options available ranging from independent living (senior apartments) to settings that offer more services (assisted living communities, adult family homes, and nursing homes). There are placement services to help find an appropriate choice as well as companies that can help downsize/move.

GENERAL HOUSING INFORMATION

APTFINDER.ORG

www.aptfinder.org
Internet resource for affordable housing and “over 55” housing options in Washington state.

ARCH (A REGIONAL COALITION FOR HOUSING)

www.archhousing.org
16225 NE 87th St, Suite A-3
Redmond 98052
425-861-3677

Provides information and guidelines on affordable East King County rental housing for seniors.

SENIOR INFORMATION & ASSISTANCE

www.seniorservices.org
206-448-3110
Offers useful guides on adult family homes, retirement homes and assisted living communities in King County.

SENIOR RESOURCE

www.seniorresource.com
General housing information. Explains different types of housing and important considerations in choosing appropriate housing.

SNAP FOR SENIORS

www.snapforseniors.com
National online senior housing database.

SOLID GROUND

www.solid-ground.org
1501 N 45th St
Seattle 98103
206-694-6700

Offers a variety of housing-related services including reverse mortgage counseling.

WASHINGTON STATE HOUSING FINANCE CORPORATION

www.wshfc.org
Provides information about rental properties that have been developed to be more affordable for seniors and others with limited income.

Downsizing OR Moving

These service providers assist with downsizing possessions and coordinating moves for seniors. Some offer real estate and estate sale services as well.

BENEVIA CORPORATION **206-910-6869**

COMPOSED DOMAIN **206-546-8535**

GREENWAY MOVING & DELIVERY

206-937-2588

LADYBUG MOVING SERVICE AND ESTATE SALES

206-235-6707

MOVING FORWARD

425-702-8761

MY NEW FRIEND

425-822-1072

NEXT STEP TRANSITIONS

206-276-7271

SEGUE MOVE MANAGEMENT SERVICE

206-729-6686

TURNING POINT MOVES

425-641-8700

YOUR HOME

206-719-1011

PLACEMENT SERVICES

Consultants assist with placement in Assisted Living, Adult Family Homes, and many other types of senior living facilities.

A PLACE FOR MOM

www.aplaceformom.com
1-866-333-6604

PLACEMENT SERVICES (continued)

ADULT CARE PLACEMENTS

www.adultcareplacements.com
1-877-373-6111

ADULT CARE SOLUTIONS

www.adultcaresolutions.net
425-941-5163

AGING SAFELY

www.agingsafely.com
425-402-9118

ALOHA SENIOR SERVICES

425-821-6101

CARE MANAGEMENT PARTNERS

[http://
caremanagementpartners.net](http://caremanagementpartners.net)
206-533-8761

CHANGE IS AFOOT

www.achangeisafoot.com
425-301-6222

CHOICE ADVISORY SERVICES

www.choiceadvisory.com
1-800-361-0138

EASTSIDE SENIOR SOLUTIONS

425-458-4344

ELDER PLACEMENTS, INC.

www.place2place.us
206-719-5566

HOME CARE PLACEMENTS

206-240-0153

NW SENIOR LIVING

www.nwslresources.com
425-614-1499

OPTIONS FOR SENIORS

www.optionsforseniors.com
425-827-0894

PLACE 2 PLACE, LLC

425-641-4886

PREMIER HOME PLACEMENT SERVICES

206-617-7206

PROFESSIONAL PLACEMENT SERVICES

206-601-0188

SENIOR CARE SOLUTIONS

425-644-8050

SENIOR HOME FINDERS

425-417-7924

SENIOR HOUSING PLACEMENT SERVICES

425-640-0350

SENIOR PLACEMENT SOLUTIONS

<http://careoptions.info/sps>
206-612-7689

SILVER AGE SENIOR CARE ASSESSMENTS & REFERRALS

206-669-7191

SOUND TRANSITIONS

www.soundtransitions.net
206-285-3835

TCF NURSING SERVICES, INC.

425-761-7739

ADULT FAMILY HOMES

Adult family homes are private homes licensed by the state to care for up to six residents. Each resident has a private or shared room which can be furnished and decorated to make it feel more like home. Three meals per day are served in the home's dining room. All adult family homes have trained caregivers but the level of training varies. If a resident needs medical monitoring, it is best to find a home owned and staffed by a Registered Nurse. For services that assist with adult family home placement, please refer to "Placement Services" in this directory. For a current list of licensed adult family homes in King County, contact:

DSHS HOME AND COMMUNITY SERVICES REGION 4

www.aasa.dshs.wa.gov
206-341-7750

**ASSISTED LIVING
COMMUNITIES**

Assisted living communities provide private apartments that are rented on a month-to-month basis. Usually included in the rent are meals, weekly housekeeping, social activities, and transportation to medical appointments. Many residents choose to live independently, while others may require assistance, such as help with bathing, dressing, taking medications, and assistance to the dining room. Additional fees are charged for each added service.

AEGIS OF BOTHELL
www.aegisliving.com/
locations/bothell
10605 NE 185th St
Bothell 98011
425-487-3245

AEGIS OF ISSAQUAH
www.aegisliving.com
780 NW Juniper St
Issaquah 98027
425-392-8100

AEGIS OF KIRKLAND
www.aegisliving.com
13000 Totem Lake Blvd
Kirkland 98034
425-823-7272

**AEGIS LODGE AT
TOTEM LAKE**
www.aegisliving.com
12629 116th Ave NE
Kirkland 98034
425-814-2841

AEGIS OF REDMOND
www.aegisliving.com
7480 W Lake Sammamish
Parkway NE
Redmond 98052
425-883-4000

THE BELLETINI
www.leisurecare.com
1115 108th Ave NE
Bellevue 98004
425-450-0800

**BELLEWOOD RETIREMENT
APARTMENTS**
www.bellewood.com
3710 Providence Pt Dr SE
Issaquah 98029
425-391-2880

BRIGHTON GARDENS
www.sunriseseniorliving.com
15241 NE 20th
Bellevue 98007
425-401-0300

**CASCADE PLAZA
RETIREMENT CENTER**
www.cascadeplaza.com
7950 Willows Road NE
Redmond 98052
425-885-4157

**CHATEAU AT
BOTHELL LANDING**
www.chateau-bothell-landing.
com
17543 102nd Ave NE
Bothell 98011
425-485-1155

COVENANT SHORES
www.covenantretirement.
com
9150 Fortuna Drive
Mercer Island 98040
206-268-3000

THE CREEKSIDE
www.merrillgardens.com
18200 Woodinville-Snohomish
Rd NE
Woodinville 98072
425-483-7953

**CROSSROADS
RETIREMENT CENTER**
http://
crossroadsretirementcenter.
com
15750 NE 15th
Bellevue 98008
425-641-4900

EVERGREEN COURT
http://myevergreencourt.com
900 124th Ave NE
Bellevue 98005
425-455-4333

EVERGREEN PLACE
www.evergreen-place.net
1414 Monroe Ave NE
Renton 98056
425-226-3312

**FAIRWINDS -
BRITTANY PARK**
www.leisurecare.com
17143 133rd Ave NE
Woodinville 98072
425-402-7100

FAIRWINDS - REDMOND
www.fairwindsredmond.com
9988 Avondale Road NE
Redmond 98052
425-558-4700

HOUSING OPTIONS

FOUNDATION HOUSE AT BOTHELL

www.fhbothell.com
17502 102nd Ave NE
Bothell 98011
425-402-9606

GARDEN CLUB

www.tlchoices.com/
gardenclubretirement
13350 SE 26th
Bellevue 98005
425-643-7111

GARDENS AT JUANITA BAY

www.gardensatjuanitabay.com
11853 97th Ave NE
Kirkland 98034
425-823-0410

GARDENS AT TOWN SQUARE

www.eraliving.com
933 111th Ave NE
Bellevue 98004
425-688-1900

ISLAND HOUSE

www.merrillgardens.com
7810 SE 30th St
Mercer Island 98040
206-236-0502

KIRKLAND LODGE

www.emeritus.com
6505 Lakeview Drive NE
Kirkland 98033
425-803-6911

LODGE AT EAGLE RIDGE

www.thelodgeateagleridge.com
1600 Eagle Ridge Drive S
Renton 98055
425-793-8080

MADISON HOUSE

www.
madisonhouseretirement.
com
12215 NE 128th St
Kirkland 98034
425-821-8210

MARYMOOR

www.themarymoor.com
4585 W Lake Sammamish Pkwy
NE
Redmond 98052
425-556-9398

MERRILL GARDENS AT KIRKLAND

www.merrillgardens.com
201 Kirkland Ave
Kirkland 98033
425-828-2570

MERRILL GARDENS AT RENTON CENTRE

www.merrillgardens.com
104 Burnett Ave S
Renton 98057
425-235-6400

OVERLAKE TERRACE

www.overlaketerrace.com
2956 152nd Ave NE
Redmond 98052
425-883-0495

PETER'S CREEK RETIREMENT/ ASSISTED LIVING

www.regencypeterscreek.com
14431 Redmond Way
Redmond 98052
425-869-2273

RED OAK

www.redoakretirement.com
650 E North Bend Way
North Bend 98045
425-888-7108

REGENCY NEWCASTLE

www.regencypacificinc.com
7454 Newcastle Golf Club
Road
Newcastle 98059
425-453-1508

RENTON VILLA

www.emeritus.com
71 SW Victoria St
Renton 98055
425-226-8977

RIVERSIDE EAST

www.villageconcepts.com
10315 E Riverside Drive
Bothell 98011
425-481-1976

SPRING ESTATES ASSISTED LIVING

www.sunwestmanagement.com
7221 NE 182nd
Kenmore 98028
425-481-4200

SPIRITWOOD AT PINE LAKE

www.spiritwoodpinelake.org
3607 228th Ave SE
Issaquah 98029
425-313-9100

SUNRISE OF BELLEVUE

www.sunriseseniorliving.com
15928 NE 8th St
Bellevue 98008
425-401-5152

SUNRISE OF MERCER ISLAND

www.sunriseseniorliving.com
2959 76th Ave SE
Mercer Island 98040
206-232-6565

UNIVERSITY HOUSE AT ISSAQUAH

www.eraliving.com
22975 SE Black Nugget Road
Issaquah 98029
425-557-4200

VINEYARD PARK AT BOTHELL LANDING

www.vineyardpark.net
10519 E Riverside Drive
Bothell 98011
425-485-8900

WYNWOOD OF BELLEVUE

www.brookdaleliving.com/
wynwood-of-bellevue.aspx
1640 148th Ave SE
Bellevue 98007
425-373-1161

CONTINUING CARE RETIREMENT COMMUNITIES

Continuing Care Communities offer three levels of care: independent apartment living, assisted living, and nursing home care. Entrance fees are required in addition to monthly costs.

ALJOYA MERCER ISLAND

www.aljoya.com
2430 76th Ave SE
Mercer Island 98040
206-230-0150

COVENANT SHORES RETIREMENT COMMUNITY

www.covenantretirement.com
9150 Fortuna Drive
Mercer Island 98040
206-236-3000

EMERALD HEIGHTS

www.emeraldheights.com/
overview
10901 176th Circle NE
Redmond 98052
425-556-8100

TIMBER RIDGE AT TALUS

www.timberridgeattalus.com
100 Timber Ridge Way NW
Issaquah 98027
425-427-2929

NURSING HOMES

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

BRIARWOOD HEALTH CENTER

www.briarwoodlcs.com
100 Timber Ridge Way NW
Issaquah 98027
425-427-5200

CASCADE VISTA CONVALESCENT CENTER

www.cascadevista.com
7900 Willows Road NE
Redmond 98052
425-885-0808

COVENANT SHORES HEALTHCARE

9107 N Mercer Way
Mercer Island 98040
206-268-3000

ISSAQUAH NURSING AND REHABILITATION CENTER

www.issaquahnursing.com
805 Front St
Issaquah 98027
425-392-1271

KLINE GALLAND HOME

www.klinegalland.org
7500 Seward Park Ave S
Seattle 98118
206-725-8800

LIFE CARE CENTER OF BOTHELL

www.lcca.com
707 228th St SW
Bothell 98021
425-481-8500

LIFE CARE CENTER OF KIRKLAND

www.lcca.com
10101 NE 120th St
Kirkland 98034
425-823-2323

MERCER ISLAND CARE & REHABILITATION

www.sunh.com
7445 SE 24th St
Mercer Island 98040
206-232-6600

MISSION HEALTH CARE AT BELLEVUE

www.missionhc.com
2424 156th Ave NE
Bellevue 98007
425-641-1166

MT. SI TRANSITIONAL HEALTH CARE CENTER

www.regencypacificinc.com
219 Cedar Ave S
North Bend 98045
425-888-2129

NORTH CREEK HEALTH AND REHAB

www.eaglehealthcare.net
10909 NE 185th St
Bothell 98011
425-486-7174

NURSING HOMES (continued)

PROVIDENCE MARIANWOOD

www.providencemarianwood.org
3725 Providence Pt Dr SE
Issaquah 98029
425-391-2800

REGENCY AT RENTON

www.regencypacificinc.com
80 SW Second St
Renton 98057
425-226-4610

SEATTLE KEIRO

www.nikkeiconcerns.org
1601 E Yesler Way
Seattle 98122
206-323-7100

SNOQUALMIE VALLEY HOSPITAL

www.snoqualmiehospital.org
9575 Ethan Wade Way SE
Snoqualmie 98065
425-831-2300
Swing Bed unit for
transitional care.

THE SPRINGS AT PACIFIC REGENT

www.sunriseseniorliving.com
919 109th Ave NE
Bellevue 98004
425-646-3993

TALBOT CENTER FOR REHABILITATION/ HEALTHCARE

www.evergreenhealthcare.com
4430 Talbot Road S
Renton 98055
425-226-7500

SUBSIDIZED HOUSING

Subsidized apartments for older adults. Eligibility criteria vary, but generally individuals must be 62+ and qualify financially. Long waiting lists are commonplace, so it is best to plan ahead.

ARCHDIOCESAN HOUSING AUTHORITY

www.ccsww.org
206-448-3360

HUD (HOUSING AND URBAN DEVELOPMENT) HOUSING FOR SENIORS

www.hud.gov/groups/seniors.cfm
206-220-5101

KING COUNTY HOUSING AUTHORITY EASTSIDE OFFICE

www.kcha.org
9926 NE 126th St
Kirkland 98034
206-574-1140

KING COUNTY HOUSING AUTHORITY SECTION 8 OFFICE

www.kcha.org
15455 65th Ave S, Suite 200
Tukwila 98188
206-214-1300

Federally funded rent supplement. Vouchers and certificates allow participants to lease units in the private rental market. Limited application periods.

RENTON HOUSING AUTHORITY

www.rentonhousing.org
2900 NE 10th St
Renton 98056
425-226-1850

SENIOR HOUSING ASSISTANCE GROUP (SHAG) 1-888-450-7424

A private, not-for-profit organization offering affordable apartments for people, typically over the age of 62, who meet income requirements. There are 36 buildings throughout Western Washington.

Eastside locations:

WOODLANDS AT FORBES LAKE

9224 Slater Ave NE
Kirkland 98033
425-827-6220

THE SEQUOIAS

7111 NE 181st
Kenmore 98028
425-483-5244

HOME CARE AGENCIES

Private home care agencies offer a variety of paid services which include companionship and chore services (e.g. light housekeeping, meal preparation, shopping, laundry, and transportation) as well as personal care services (e.g. dressing, bathing, and toileting). **Medicare and supplemental insurance do not cover these services.** Long-term care insurance may partially cover the cost of services.

**A CARING HAND
IN-HOME CARE**

www.acaringhandofwa.com
425-254-2577
425-802-3042

A HELPING HAND

www.ahelpinghandnw.com
1-877-281-7111
206-686-7440

ACCENTCARE

www.accentcare.com
206-248-1292

AMICABLE HEALTH CARE

www.amicablehealth.net
206-246-0550

ANDELCARE

www.andelcare.com
425-283-0408

BEST SITTERS

www.bestsittersinc.com
425-837-8200

CAPABILITY HOMECARE

www.capabilityhomecare.com
425-679-5770

CAREFORCE

www.careforce.com
425-712-1999
1-877-426-8800

**CATHOLIC COMMUNITY
SERVICES (LONG TERM
CARE DIVISION)**

www.ccsww.org
253-850-2528

**CLUB 24 SENIOR
LIVING AT HOME**

www.club24seniorcare.com
206-547-2424

COMPANION CARE

www.companioncareofwa.com
425-488-7575

EASTSIDE VISITING ANGELS

[www.visitingangels.com/
kirkland](http://www.visitingangels.com/kirkland)
425-828-4500

**FAMILY RESOURCE
HOME CARE**

[www.
familyresourcehomecare.com](http://www.familyresourcehomecare.com)
425-455-2004

FEDELTA HOME CARE

www.fedeltahomecare.com
425-454-4548
1-866-411-6543

HEALTH PEOPLE

www.healthpeople.com
425-454-1947
1-888-859-8256

HELP UNLIMITED

www.helpunlimited.com
425-455-9393

HOME AND ABOUT

www.homeandabout.com
**1-888-8SENIOR
(1-888-873-6467)**
425-775-2676

HOME CARE ASSOCIATES

[www.ifsseattle.org/homecare.
html](http://www.ifsseattle.org/homecare.html)
206-861-3193

HOMEWATCH CAREGIVERS

www.homewatchcaregivers.com
425-889-2627

HOMEWELL SENIOR CARE

www.homewellcares.com
206-440-5500
1-866-279-1766

**HOME INSTEAD
SENIOR CARE**

www.homeinstead.com
425-454-9744

HOPELINKS SERVICES

www.hopelinks.org
206-779-6424

JODEM HOME HEALTH

425-643-8101

KIN ON

www.kinon.org
206-652-2330
Serving Asian elderly and
disabled adults.

MASTERCARE

[www.
mastercareinhomeservices.
com](http://www.mastercareinhomeservices.com)
206-937-3251
1-888-529-2122

**MAXIM HEALTHCARE
SERVICES**

www.maximhealthcare.com
425-643-0200

HOME CARE AGENCIES (continued)

MY NEW FRIEND

www.mynewfriend.com
425-822-1072

RESCARE HOME CARE

www.rescare.com
206-621-1964

RIGHT AT HOME

www.rightathome.net
425-818-7744

SENIOR HELPERS OF BELLEVUE

www.seniorhelpers.com
425-454-2094

SERVICE ALTERNATIVES FOR WASHINGTON

www.my-homecare.com
1-800-717-8239
425-870-4014

SOUND OPTIONS

www.soundoptions.com
1-888-791-4111

SYNERGY HOMECARE

www.synergyhomecare.com
425-462-5300

WITH A LITTLE HELP

www.withalittlehelp.com
206-352-7399

COMPANION CARE (VOLUNTEER)

ELDERFRIENDS

www.elderfriends.org
206-224-3790
Assistance and companionship for seniors living at home, providing one-on-one social visits.

FAITH IN ACTION

425-369-9120
Volunteers support seniors living in Issaquah and Sammamish by providing chore services, transportation and socialization.

FRIEND TO FRIEND

1-888-383-7818
Volunteers make one-on-one visits to residents of Assisted Living and Skilled Nursing facilities.

JEWISH FAMILY SERVICE

206-461-3240
Volunteers offer telephone and in-person visits to older adult clients.

VOLUNTEER CHORE SERVICES

(Catholic Community Services)
425-284-2240
Volunteers supply a variety of household services and transportation to low-income seniors and adults with disabilities who live in their own homes.

VOLUNTEERS OF AMERICA

www.voaww.org
206-329-0515
Volunteers are seniors themselves and provide assistance with everyday tasks, companionship and emotional support. Respite care also available.

HOME HEALTH CARE

Home Health Care is specialized “skilled care” ordered by a physician for a home-bound individual with a short-term medical need. The care may be provided by a Registered Nurse, Physical Therapist, Occupational Therapist, Speech Therapist, or a Social Worker. This care is covered by Medicare and is provided by a Medicare-certified Agency.

Home Health Care agencies do not provide chore services, personal care or hourly caregiving.

MEDICARE/MEDICAID CERTIFIED AGENCIES:

CAREAGE HOME HEALTH
425-519-1265

**EVERGREEN HOME
HEALTH CARE**
425-899-3300

GENTIVA HOME HEALTH
425-827-2415

**PROVIDENCE HOME
SERVICES, KING COUNTY**
425-525-6800

SIGNATURE HOME HEALTH
425-861-3850

**SWEDISH VISITING
NURSE SERVICES**
206-386-6602

**WESLEY HOMES COMMUNITY
HEALTH SERVICES**
206-729-3900

**PRIVATE CASE
MANAGEMENT SERVICES**

Private Case Managers are trained social workers and nurses who work on a fee-for-service basis. Services include assessment, consultation, counseling, and ongoing monitoring. This is a partial listing. For more information, contact Senior Information and Assistance at: 206-448-3110

**AGING WISDOM CARE
MANAGEMENT AND
CONSULTING**

Lisa Mayfield, LMHC, GMHS
www.agingwisdom.com
206-660-3276

BJB GERIATRIC SERVICES

Barbara J. Bridges, RN, MSN
1-800-799-3414

CARE FORCE

www.careforce.com
425-712-1999

**GRAY SAGE CARE
MANAGEMENT &
CONSULTING**

Jullie Gray, MSW, LICSW,
CMC, CPG
www.mygraysage.com
425-894-9100

PARTNERS IN CARE

www.partners-in-care.org
206-525-2729

SECOND FAMILY

www.secondfamily.com
206-285-4589

SOUND OPTIONS

www.soundoptions.com

Tacoma 98406
1-800-628-7649

Lynnwood 98036
1-888-791-4111

RESPIRE CARE**SEATTLE/KING COUNTY
RESPIRE CARE PROGRAM**

This program was created to offer relief to full-time, unpaid caregivers of elderly or disabled people. Respite care may be provided at home or in an adult day center. Care is paid for on a sliding fee scale based on income. Respite may be used occasionally or at regular intervals.

**EVERGREEN CARE NETWORK
425-899-3200**

Serving the Eastside north of I-90.

**SENIOR INFORMATION
AND ASSISTANCE**

206-448-3110
Serving the Eastside south of I-90.

**CRISIS CLINIC EMERGENCY
RESPIRE PROGRAM**

www.crisisclinic.org
206-461-3200

ADULT DAY CARE

Adult day centers provide an opportunity for seniors with physical and cognitive disabilities to socialize outside the home. Services may include social activities, hot lunches, physical therapy, and group activities. Each program has its own fees and hours of operation, as well as participant qualifications. For more information, call the Washington Adult Day Services Association at 206-461-3899, or check online at: www.adultday.org.

CIRCLE OF FRIENDS

121 107th Ave NE
Bellevue 98004

425-454-8585

(For Russian speaking and other Slavic language participants.)

ELDER AND ADULT DAY SERVICES

www.eads-cares.org
12831 NE 21st Pl
Bellevue 98005

425-867-1799

ELDERWISE

www.elderwise.org
1820 East Pine St, Suite 201
Seattle 98122

206-325-0471

ELDERHEALTH NORTHWEST

www.elderhealth.org

206-528-5315

Multiple sites throughout King County and Snohomish County:

Downtown Seattle

(On First Hill)
800 Jefferson St, Seattle

North Seattle

6555 Ravenna Ave NE, Seattle
(Entrance on NE 68th St)

South Seattle

(Columbia City)
4712 35th Ave S, Seattle

South King County

7829 South 180th St, Kent

LAKE WASHINGTON ADULT DAY HEALTH CENTER

106 5th Ave
Kirkland 98033

425-827-3001

LEGACY HOUSE ADULT DAY HEALTH

803 South Lane St
Seattle 98104

206-292-5184

Focuses on Asian seniors.

NORTHSHORE ADULT DAY CENTER

10212 E Riverside Dr
Bothell 98011

425-488-4821

OVERLAKE TERRACE

www.overlaketerrace.com
2956 152nd Ave NE
Redmond 98052

425-883-0495

Focuses on clients with dementia.

POLACK ADULT DAY CENTER/CAROLINE KLINE GALLAND HOME

www.klinegalland.org
7500 Seward Park Ave S
Seattle 98118

206-725-8800

Transportation available on Wednesdays for Jewish seniors from the Eastside.

PROVIDENCE MT. ST. VINCENT ADULT DAY SERVICES

www.providence.org
4831 35th Ave SW
Seattle 98126

206-937-3700

SENIOR SOCIAL PROGRAM

8236 SE 24th St
Mercer Island 98040

206-275-7843

SNOQUALMIE VALLEY ADULT DAY HEALTH

www.seniorservices.org
4610 Stevens Ave
Carnation 98014

425-333-4152

**EMERGENCY
IDENTIFICATION
INFORMATION****ER CARD**

www.ercardmember.com

1-888-873-2673

Personalized health information is stored in a national data base for use in a medical emergency.

MEDIC-ALERT

www.medicalert.org

1-800-432-5378

An identification system featuring a necklace or bracelet which lists personal information, emergency contacts, and key medical information for quick assistance in an emergency.

**SAFE RETURN PROGRAM
ALZHEIMER'S ASSOCIATION**

1-888-572-8566

Identification bracelet with national registration to ensure the safe return of a potential wanderer.

**EMERGENCY
RESPONSE SYSTEMS**

These Emergency Response Systems serve older adults in East King County.

ON-CALL ALERT

425-369-0200

NORTHWEST LIFELINE

866-674-9900, ext. 4430

RESPONSELINK

360-636-0700

**REPAIR & HOME
MODIFICATION
COMMUNITY PROGRAMS****HOUSING REHABILITATION
PROGRAM**

City of Bellevue Parks and Community Services Department

Human Services Division
PO Box 90012
Bellevue 98009

425-452-6884

Loans to assist low- and moderate-income homeowners in Bellevue to make health/safety home improvements.

**HOUSING REPAIR HOTLINE
KING COUNTY HOUSING
REHABILITATION**

821 2nd Ave, Suite 500
Seattle 98104

206-296-7640

Loans for low-income homeowners outside the cities of Auburn, Bellevue and Seattle for health/safety repairs.

**KING COUNTY
WEATHERIZATION PROGRAM**

King County Housing Authority

206-214-1240

Free weatherization for low- and moderate-income individuals who live in King County outside of Seattle.

**REBUILDING TOGETHER
EASTSIDE**

425-455-0179

Volunteers perform needed home repairs for qualifying homeowners.

**SENIOR SERVICES OF
KING COUNTY
MINOR HOME REPAIR**

www.seniorservices.org

206-448-5751

Serving home owners in Bellevue, Seattle and Shoreline with limited to moderate incomes.

REPAIR & HOME MODIFICATION PRIVATE PAY

ACCESS ELEVATOR 206-623-0731

Installation of elevators, stair lifts, and wheelchair lifts for homes and businesses.

ADAPTATIONS 206-417-2227

Design work to make homes accessible, while remaining aesthetically pleasing, for people with disabilities.

ADAPTIVE INSTALLATIONS 206-762-1969

Innovative products for people with disabilities. General contractors specializing in home modification and specialty equipment for people with physical challenges.

NORTHSHORE SENIOR CENTER 425-486-4564

Handymen available for home repairs and minor home improvements, usually at reduced rates for seniors. Serving northeast King County, including Kirkland, Redmond, Bothell, and Woodinville.

PUGET SOUND LABOR AGENCY

2800 1st Ave, Suite 126
Seattle 98121

206-448-9278

Wheelchair ramps. Client pays for material; labor is free.

RAMPARTS 206-440-9999

Installation of a wide variety of rental and portable ramps. COPES authorized provider.

**INSURANCE
INFORMATION****WASHINGTON STATE OFFICE
OF THE INSURANCE
COMMISSIONER**

www.insurance.wa.gov

1-800-562-6900

Assistance with questions and problems relating to insurance companies.

**STATEWIDE HEALTH
INSURANCE BENEFITS
ADVISORS (SHIBA)
206-727-6221**

Trained volunteers advise seniors regarding Medicare (including the Part D benefit) and health insurance options. Free. Appointments available at the following locations:

**EVERGREEN CARE NETWORK
425-899-3200****ISSAQUAH SENIOR CENTER
425-392-2381****KIRKLAND SENIOR CENTER
425-587-3360****MT. SI SENIOR CENTER
425-888-3434****NORTH BELLEVUE
SENIOR CENTER
425-452-7681****NORTHSHORE
SENIOR CENTER
425-487-2441****OVERLAKE HOSPITAL
SENIOR CARE
425-688-5800****REDMOND SENIOR CENTER
425-556-2314**

These programs and agencies provide information and services to older adults who have legal questions.

ADVANCE DIRECTIVES: LIVING WILLS, POLST FORMS AND HEALTH CARE DURABLE POWERS OF ATTORNEY

Living wills and health care powers of attorney are documents that allow making advance instructions for end-of-life decisions. The right to make a living will is found in Washington State's "Natural Death Act." It provides instructions to medical providers to withhold or withdraw life-supporting procedures and allow death to occur naturally.

The POLST form (Physician Orders for Life-Sustaining Treatment) is a voluntary form that helps patients with serious health conditions indicate their preferences regarding life-sustaining treatment (especially for 911 emergency responders).

A Durable Power of Attorney (DPOA) is someone (an agent) appointed by an individual to make healthcare decisions on his/her behalf

should s/he become incapacitated.

If you have questions about advance directives or would like to obtain the forms discussed above, please contact the Evergreen Care Network (425-899-3200) or Overlake Hospital Senior Care (425-688-5800). Overlake Hospital offers public education classes on advance directives. To register for this class or to receive information on future class dates, call 425-688-5800.

SENIOR RIGHTS ASSISTANCE 206-448-5720

Offers information and support to persons 55 and older dealing with end-of-life decisions. Call to schedule an appointment to visit with an attorney for 30 minutes, at no charge, to discuss powers of attorney, wills/probate, estate planning, and guardianship.

Booklets Available on Advance Directives:

AGING AND DISABILITY SERVICES, DSHS

www.aasa.dshs.wa.gov
"Your Legal Right to Make Decisions About Health Care and Advance Directives in Washington State." Advance directives with sample forms.

EVERGREEN CARE NETWORK INFORMATION AND ASSISTANCE 425-899-3200

"Hard Choices for Loving People." Free.

KING COUNTY MEDICAL SOCIETY

200 Broadway
Seattle 98122

206-621-9396

Pre-Death Planning Worksheet covers advance directives and living wills, important telephone numbers for family members, and the Washington State EMS-No CPR form and bracelet.

OVERLAKE HOSPITAL SENIOR CARE

425-688-5800

"Starting Points." Health care decision-making and living wills, durable powers of attorney, and values statements. Free.

NORTHWEST JUSTICE PROJECT

www.washingtonlawhelp.org
401 Second Ave S, Suite 407
Seattle 98104

206-464-1519

1-888-201-1012

"Questions and Answers on Living Wills,"

"Questions and Answers on Powers of Attorney." Free.

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), WEST REGION**

www.aarp.org/wa
9750 3rd Ave NE, #450
Seattle 98115

206-517-9348

1-866-227-7457

Advocacy and education about consumer products, consumer discounts, insurance products, information and referral services for those 50 and over.

**CITIZENS FOR IMPROVEMENT
OF NURSING HOMES (CINH)**

206-545-7053

Provides information from state surveys, DSHS, and individual opinion about long-term care facilities (nursing homes, assisted living facilities, and adult family homes).

**DISABILITY RIGHTS
WASHINGTON**

www.disabilityrightswa.org
315 5th Ave S, Suite 850
Seattle 98104

206-324-1521

1-800-562-2702

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

LEGISLATIVE HOTLINE

1-800-562-6000

Passes opinions from constituents to legislators, the Governor and Lt. Governor; provides bill information to citizens.

**LONG-TERM CARE
OMBUDSMAN PROGRAM**

www.ltcop.org

206-623-0816

1-800-562-6028

Responds to questions or complaints about nursing homes, retirement homes, and adult family homes. Confidential.

**OWL-OLDER WOMEN'S
LEAGUE OF SEATTLE-
KING COUNTY**

www.scn.org/hoot

Wallingford Senior Center

4649 Sunnyside Ave N

Seattle 98103

206-781-6679

Advocacy organization dealing with policy issues for midlife and older women. Social support groups.

SENIOR CITIZENS LOBBY

www.waseniorlobby.org

360-754-0207

Advocates for legislation concerning senior citizen issues at the state level.

SENIOR RIGHTS ASSISTANCE

206-448-5720

Trained volunteers provide information on legal and consumer issues.

**WASHINGTON STATE
ALLIANCE FOR RETIRED
AMERICANS**

www.wasara.org

2800 1st Ave, Suite 262

Seattle 98121

206-448-0859

Politically active non-partisan senior organization.

**CRIME PREVENTION AND
VICTIM ASSISTANCE**

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

**ADULT PROTECTIVE
SERVICES (APS)**

206-341-7660

1-866-221-4909

Department of Social and Health Services – Home and Community Services investigates and responds to situations involving possible abuse, exploitation, or neglect of an older adult. Services include assessment and referral for medical care, locating alternative living arrangements, and case management. Free.

**CRIME VICTIMS
COMPENSATION PROGRAM**

1-800-762-3716

Assist victims of violent crimes with medical or mental health expenses that arise as a result of these crimes.

CRIME PREVENTION AND VICTIM ASSISTANCE (continued)

DSHS COMPLAINT RESOLUTION UNIT **1-800-562-6078**

Receives and investigates reports of abuse and neglect of vulnerable adults in residential care settings.

EASTSIDE DOMESTIC VIOLENCE PROGRAM

<http://edvp.org>
425-746-1940

1-800-827-8840

24-hour crisis line. Information and referral for domestic violence programs.

HARBORVIEW CENTER FOR SEXUAL ASSAULT AND TRAUMATIC STRESS **206-744-1600**

Information, counseling, and referrals for victims of sexual abuse and traumatic events.

OFFICE OF CRIME VICTIMS ADVOCACY **1-800-822-1067**

Information, referral, and assistance in accessing benefits or services, and advocacy for crime victims.

WASHINGTON STATE DOMESTIC VIOLENCE HOTLINE

www.findsafety.org
1-800-562-6025

Information and referral service for domestic abuse problems.

LAWYER REFERRAL SERVICES & LEGAL ASSISTANCE

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

www.nwjustice.org/about_njp/clear.html

402 2nd Ave S, Suite 407
Seattle 98104

1-888-387-7111

TTY: 1-888-201-9737

Intake system for persons 60 years and older to obtain free legal assistance with civil legal problems. No criminal cases. Income requirements depend on programs to which client is referred.

EASTSIDE LEGAL ASSISTANCE PROGRAM (ELAP)

www.elap.org

425-747-7274

Legal clinics and senior lecture series at senior centers. Free half-hour consultation; appointment required.

EASTSIDE LEGAL CLINIC

Hopelink
14812 Main St
Bellevue 98007

206-267-7070

Wednesday evenings; appointment required.

LAWYER REFERRAL AND INFORMATION SERVICE

King County Bar Association
www.kcba.org

206-267-7010

Referral for legal assistance. Half-hour consultations with a lawyer and referral for on-going legal assistance. \$35 fee.

LEGAL ACTION CENTER

Catholic Community Services
875 140th Ave NE, Suite 205
Bellevue 98005

425-213-1963

Free legal assistance for low-income people with concerns about landlord-tenant, eviction, debtor-creditor, and consumer protection issues.

NEIGHBORHOOD LEGAL REFERRAL CLINICS

206-267-7070

Monday - Thursday
9:00 am – 12:00 pm

Provides half-hour consultation, information, and referral to an attorney. Various locations throughout Seattle and King County. Free.

SENIOR RIGHTS ASSISTANCE ELDER LAW CLINIC

206-448-5720

Trained volunteers provide information on Social Security, landlord-tenant issues, wills, small claims court, and funeral/burial.

In addition to the many resources listed below, all Eastside Parks Departments and King County Parks offer varied recreational opportunities for seniors.

EDUCATIONAL PROGRAMS

TELOS EDUCATIONAL PROGRAM

Bellevue College
www.conted.bcc.ctc.edu/telos
3000 Landerholm Circle SE
Bellevue 98007
425-564-4400

Educational programs for older adults sponsored by Bellevue College and Bellevue Parks and Recreation. Telos provides a wide variety of stimulating classes during fall, winter, and spring quarters.

AQUATIC PROGRAMS

These East King County pools offer programs for seniors including: water aerobics, water fitness classes, and swim lessons.

BELLEVUE AQUATICS CENTER

601 143rd Ave NE
Bellevue 98007

425-452-4444

To register: **425-883-0475**

BELLEVUE FAMILY YMCA

14230 Bel-Red Road
Bellevue 98007

425-746-9900

JULIUS BOEHM POOL

50 SE Clark St
Issaquah 98027

425-557-3298

MARY WAYTE POOL MERCER ISLAND

www.nwcenterpools.com
8815 SE 40th St
Mercer Island 98040
206-296-4370

NORTHSHORE RUIZ-COSTIE POOL

www.nwcenterpools.com
9815 NE 188th St
Bothell 98011
206-296-4333

NORTHSHORE YMCA

11811 NE 195th St
Bothell 98011
425-485-9797

PETER KIRK POOL

340 Kirkland Ave
Kirkland 98033
425-587-3335
(Recorded information only)
This is an outdoor pool, open in the summer only.

REDMOND-HARTMAN POOL

www.nwcenterpools.com
17535 NE 104th
Redmond 98052
425-233-3031

SAMMAMISH YMCA

4221 228th SE
Issaquah 98029
425-391-4840

SI VIEW POOL COMMUNITY CENTER

400 SE Orchard Drive
North Bend 98045
425-888-1447

STROUM JEWISH COMMUNITY CENTER

www.sjcc.org
3801 East Mercer Way
Mercer Island 98040
206-232-7115, Ext. 249

EXERCISE AND SPORTS

Websites providing online search by activity type and locations in King County:
www.ActiveOptions.org
www.shapeupkingcounty.org

OVERLAKE HOSPITAL SENIOR CARE

425-688-5800
Free physical activity guide
“Exercise Options for
Eastside Seniors,”
also available online at:
[www.overlakehospital.org/
resources](http://www.overlakehospital.org/resources).

YMCA

www.seattleyymca.org

BELLEVUE FAMILY YMCA

14230 Bel-Red Road
Bellevue 98007
425-746-9900
Senior-specific programs available.

LAKE HEIGHTS FAMILY YMCA

4228 Factoria Blvd SE
Bellevue 98006
425-644-8417
Senior-specific programs available.

NORTHSHORE YMCA

11811 NE 195th
Bothell 98011
425-485-9797
Senior-specific programs available.

SAMMAMISH YMCA

4221 228th SE
Issaquah 98029
425-391-4840
Senior-specific programs available.

WALKING PROGRAMS

These programs are for persons age 55 or older and offered at no charge. No registration required; sign up on site.

BELLEVUE SQUARE WALK FOR LIFE

425-688-5800

Sponsored by Overlake Hospital Senior Care and the Bellevue Parks and Community Services Department.

Hours: Monday, Wednesday, Friday, 8:00 am – 9:30 am

Volunteers onsite to provide information, check blood pressure and heart rate, and record the miles walked.

KENMORE SENIOR CENTER

6910 NE 170th
Kenmore 98028

425-489-0707

Tuesdays and Thursdays

KING COUNTY ANIMAL CARE & CONTROL

21615 64th Ave S
Kent 98032

206-296-7387

Seeks volunteers to walk dogs at the Eastside Pet Adoption Center.

MERCER ISLAND COMMUNITY CENTER

8236 SE 24th St
Mercer Island 98040

206-275-7609

Hiking and walking groups.

MOUNT SI SENIOR CENTER

411 Main Ave S
North Bend 98045

425-888-3434

Walking group.

PETER KIRK COMMUNITY CENTER

352 Kirkland Ave
Kirkland 98033

425-587-3360

Kirkland Steppers.

YOGA

Listed below are yoga centers that provide classes specifically for seniors, people with disabilities, and beginner level classes. These centers, and others not listed here, also offer more vigorous programs and intermediate level classes.

DAHNYOGA

www.dahnyoga.com

10702 NE 68th St
Kirkland 98033

425-893-9642

DISCOVER YOGA

www.discoveryyoga.com

16615 Redmond Way
Redmond 98052

425-861-1318

YOGA BARN

www.yogabarn.com

660 NW Gilman Blvd, Suite C6
Issaquah 98027

425-427-0038

YOGA CENTERS

www.yogacenters.com

2255 140th Ave NE, Suite F
Bellevue 98005

425-746-7476

SENIOR CENTERS

Most senior centers provide exercise programs, hot lunches, social activities, and social services.

NORTH BELLEVUE COMMUNITY CENTER

4063 148th NE
Bellevue 98009
425-452-7681

SOUTH BELLEVUE COMMUNITY CENTER

14509 SE Newport Way
Bellevue 98009
425-452-4240

ISSAQUAH VALLEY SENIOR CENTER

www.issaquahseniorcenter.org
75 NE Creek Way
Issaquah 98027
425-392-2381

KENMORE SENIOR CENTER

6910 NE 170th
Kenmore 98028
425-489-0707

PETER KIRK COMMUNITY CENTER

352 Kirkland Ave
Kirkland 98033
425-587-3360

MERCER ISLAND COMMUNITY CENTER

www.miparks.net
8236 SE 24th St
Mercer Island 98040
206-275-7609, Select option 0

MT. SI SENIOR CENTER

411 Main Ave S
PO Box 806
North Bend 98045
425-888-3434

NORTHSHORE SENIOR CENTER

www.northshoreseniorcenter.org
10201 E Riverside Drive
Bothell 98011
425-487-2441

REDMOND SENIOR CENTER

www.redmond.gov
8703 160th Ave NE
Redmond 98052
425-556-2314

RENTON SENIOR ACTIVITY CENTER

211 Burnett Ave
North Renton 98055
425-430-6633

SNO-VALLEY SENIOR CENTER

www.snovalleysenior.org
4610 Stephens Ave
PO Box 96
Carnation 98014
425-333-4152

STROOM JEWISH COMMUNITY CENTER

www.sjcc.org
3801 E Mercer Way
Mercer Island 98040
206-232-7115

SENIOR MEMBERSHIP PROGRAMS

The following programs publish newsletters that list education and recreational opportunities, health care screenings, and information on community services:

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)

www.aarp.org
9750 3rd Ave NE, #450
Seattle 98115
1-866-227-7457
AARP publishes a magazine and newsletter. Offers insurance, travel services, employment services, and 55 Alive driving skills.

EVERGREEN 55 AND BETTER

Evergreen Hospital
Medical Center
12040 NE 128th St, Suite B1-140
Kirkland 98034
425-899-2654

A program for persons age 55 and older which offers a wide variety of services: a newsletter, educational programs, health screenings, and information on community resources.

OVERLAKE SENIOR CARE CONNECTIONS

Overlake Hospital
Senior Care
1120 112th Ave NE, #100
Bellevue 98004
425-688-5800

A membership program for individuals 55 and older with a physician who is an active staff member at Overlake Hospital. Offers a newsletter, community information, health information, and educational programs. Health insurance and advance directives counseling available by appointment. No fee for membership; small fee for classes.

SOCIAL PROGRAMS

TRAVEL

EXPLORITAS (FORMERLY ELDERHOSTEL)

www.exploritas.org
1-800-454-5768

A not-for-profit educational travel organization for persons age 55 and older. This program offers innovative educational travel experiences at remarkable values. Inter-generational programs are also available. Call or visit website for travel catalog.

VOLUNTEER OPPORTUNITIES

Seniors are a valuable asset with skills, wisdom, and life experience who can make an important contribution to the community. The following agencies can match seniors with volunteer projects, or are seeking seniors to represent senior concerns:

AREA AGENCY ON AGING FOR SEATTLE & KING COUNTY

www.agingkingcounty.org/advisory-council

The Seattle-King County Advisory Council for Aging & Disability Services is a dedicated volunteer citizens group which represents older adults and individuals with disabilities within the community.

BELLEVUE NETWORK ON AGING

www.ci.bellevue.wa.us/network_on_aging.htm
425-452-7681

Senior volunteers research and develop policy and programs for seniors living in Bellevue.

EXECUTIVE SERVICE CORPS WASHINGTON

www.escwa.org
510 Second Ave W
Seattle 98119
206-682-6704

FRIEND TO FRIEND 206-246-5150

Agency matches volunteers who visit residents living in skilled nursing facilities, retirement homes, and assisted living communities. Accepts volunteers of all ages.

KIRKLAND SENIOR COUNCIL

www.ci.kirkland.wa.us/depart/parks/Senior_Services/Senior_Council.htm
425-587-3361

Senior and community volunteers serve on this advisory board to address issues affecting seniors in the Kirkland community.

R.S.V.P. (RETIRED SENIOR VOLUNTEER PROGRAM)

www.solid-ground.org/getinvolved/volunteer/rsvp
206-957-4779 ext. 116 / 122

Matches volunteers age 55 and older to a variety of projects. Some examples include delivering Meals-on-Wheels, tutoring, and knitting clothing for the homeless.

SENIOR COMMISSION

www.mercergov.org

206-275-7793

Mercer Island Senior Advisory board to the city council.

UNITED WAY VOLUNTEER CENTER 206-461-6906

Offers a variety of volunteer opportunities, mostly in the non-profit sector.

VOLUNTEER MATCH

www.volunteermatch.org
Online program that will match individuals with a volunteer opportunity in a specific area of interest.

VOLUNTEER WASHINGTON

www.volunteerwashington.org
Online volunteer match service.

Support groups provide a safe place to meet with other people who share a particular, usually burdensome, life situation. This may be a disease, a personal loss, or stress experienced by a family caregiver. Groups may be managed by its members or may have a professional facilitator. For additional groups, contact Senior Information and Assistance (206-448-3110), or check in the "Disease Specific Resource" section of this guide.

AIDS**AIDS SUPPORT GROUP**

www.dunsheehouse.org
206-322-2437

Support groups for persons affected by AIDS or HIV.

**ALCOHOL AND
CHEMICAL DEPENDENCY****ALCOHOLICS ANONYMOUS**

www.eastsideintergroup.org
425-454-9192

AL-ANON

www.seattle-al-anon.org
206-625-0000

Support for family members and friends dealing with alcohol-related issues.

NARANON

<http://nar-anon.org/washington.htm>
206-626-7171

Support for family members and friends of chemically dependent individuals.

**ALZHEIMER'S FAMILY
CAREGIVERS****ALZHEIMER'S ASSOCIATION**

www.alz.org/alzwa
206-363-5500

Provides a list of Alzheimer's support groups.

BELLEVUE

Overlake Senior Health Center
1750 112th Ave NE, Suite A101
Bellevue 98004
425-688-5807

BOTHELL

Northshore Senior Center
10201 E Riverside Drive
Bothell 98011
425-486-4564

ISSAQUAH

Faith United Methodist Church
3924 Issaquah Pine Lake Rd SE
Issaquah 98029
425-313-7364

KIRKLAND

Peter Kirk Community Center
406 Kirkland Ave
Kirkland 98033
425-587-3360

MERCER ISLAND

Community Center at
Mercer View
8236 SE 24th St
Mercer Island 98040
206-230-0166

REDMOND

Emerald Heights
10901 176th Circle NE
Redmond 98052
425-556-8140

SNOQUALMIE

Holy Innocence Catholic Church
26526 Cherry Valley Rd
Duvall 98019
425-868-4889

ARTHRITIS**ARTHRITIS FOUNDATION
NORTHWEST CHAPTER**

www.arthritis.org/chapters/pacific-northwest
206-547-2707
Educational materials, aquatics program, self-help programs and support groups.

BEREAVEMENT**KIRKLAND**

Evergreen Grief &
Bereavement Services
425-899-1077

BELLEVUE

Overlake Hospital
Medical Center
425-688-5586
Specifically for people who have lost a loved one due to cancer.

**WIDOWED INFORMATION &
CONSULTATION
SERVICES (WICS)**

www.kcwics.org
206-241-5650

**FROM HEARTACHE
TO OPEN HEART**

Northshore Senior Center
425-486-4564

CANCER

AMERICAN CANCER SOCIETY

www.cancer.org

1-800-729-5588, press 3

A variety of cancer related support groups.

AMERICAN CANCER SOCIETY PATIENT NAVIGATOR

Overlake Hospital
Medical Center

425-467-3809

CANCER LIFELINE

www.cancerlifeline.org

206-297-2500

1-800-255-5505

EVERGREEN HOSPITAL MEDICAL CENTER

425-899-2265

OVERLAKE HOSPITAL BREAST CANCER SUPPORT GROUP

425-688-5986

RENTON VALLEY MEDICAL CENTER

425-656-4002

CAREGIVERS

BELLEVUE

Overlake Senior
Health Center

425-688-5807

BOTHELL

Northshore Senior Center

425-486-4564

CARNATION

Sno-Valley Senior Center

425-333-4152

KIRKLAND

Peter Kirk Community
Center

425-587-3360

MERCER ISLAND

Overlake Senior Health
Center

425-688-5637

DEPRESSION/ MOOD DISORDER

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

425-885-6264

1-800-782-9264

Support for people with mental illness and their families.

BOTHELL

Northshore Senior Center

425-486-4564

DIABETES

AMERICAN DIABETES ASSOCIATION

www.diabetes.org

206-282-4616

1-888-342-2383

BOTHELL

Northshore Senior Center

425-486-4564

BELLEVUE

Overlake Hospital
Medical Center

425-747-2157

HEARING LOSS

HEARING LOSS ASSOCIATION OF WASHINGTON

www.hearingloss-wa.org

BELLEVUE CHAPTER

Lake Sammamish Foursquare Church

14434 NE 8th St

Bellevue 98007

425-463-7000

BOTHELL CHAPTER

Northshore Senior Center

425-487-2441

HEART DISEASE/ MENDE HEARTS

BELLEVUE

Overlake Medical Tower

425-643-5191

KIRKLAND

Evergreen Hospice

425-487-1330

LUNG DISEASE

AMERICAN LUNG ASSOCIATION

www.alaw.org/lung_disease

206-441-5100

BETTER BREATHERS CLUB

Evergreen Hospital

Medical Center

425-899-1948

OVEREATERS ANONYMOUS

www.seattleoa.org

206-264-5045

Support for those recovering from compulsive overeating.

PARKINSON'S DISEASE

BOTHELL

Northshore Senior Center

425-486-4564

MERCER ISLAND

Community Center at Mercer View

206-230-0166

REDMOND

Emerald Heights

425-556-8140

SHARING AND CARING (LIFE TRANSITIONS)

BOTHELL

Northshore Senior Center

425-486-4564

STROKE

AMERICAN HEART ASSOCIATION

www.strokeassociation.org

206-632-6881

BELLEVUE

Eastside Stroke Support Group

425-746-8396

STROKE/APHASIA SUPPORT GROUP

www.aphasia.org

425-688-5904

BOTHELL

Northshore Stroke Club

425-486-4564

CARNATION

Sno-Valley Senior Center

425-333-4152

NORTH BEND

Mt. Si Senior Center

425-888-3434

VISION LOSS

COMMUNITY SERVICES FOR THE BLIND AND PARTIALLY SIGHTED (CSBPS)

www.csbps.com

206-525-5556

Call for information on local support groups.

TAX INFORMATION & ASSISTANCE

NORTHSHORE SENIOR CENTER

10201 E Riverside Drive
Bothell 98011

425-487-2441

Free financial counseling,
money management, estate,
and retirement planning. By
appointment.

SENIOR PROPERTY TAX EXEMPTION

King County Administration
Building
500 4th Ave, Room 740
Seattle 98104

206-296-3920

Property tax reductions
for individuals 61 and older.
Discounts are based on the
property owner's income.
Participants' yearly income
must be less than \$35,000.

TAX-AIDE

www.aarp.org/taxaide
Co-sponsored by AARP
and the IRS.

1-888-687-2277 – AARP

Monday - Friday
7:00 am – 11:00 pm ET

1-800-829-1040 – IRS

Monday - Friday
7:00 am – 10:00 pm PT

Trained volunteers assist older
adults with basic income tax
returns and free electronic filing
from February 1 to April 15.
For Eastside locations, call
the numbers listed above.
Volunteers also do home visits
for homebound individuals.

CABULANCE

Non-emergency transportation requiring wheelchair. Private pay.

EASY ACCESS
425-378-0600

AAA CABULANCE
425-603-1070

ADVOCATE TRANSPORTATION
1-800-464-9190

AMERICAN CABULANCE BOTHELL
425-741-3444
1-800-750-5700

BLUEBIRD CABULANCE
206-365-2700

CASCADE CABULANCE
206-767-1717
1-800-767-1717

J MAC CABULANCE
www.jmaccabulance.com
425-753-2375
1-888-301-4848

PRO-TRANSPORT
www.protransport-l.com
425-881-8240
1-800-840-4255

DISABLED PARKING**DEPARTMENT OF LICENSING
DISABLED PERSONS SECTION**

Contact local Department of Driver Licensing for Disabled Parking Permit.

www.dol.wa.gov
Bellevue/Bel-Red Driver Licensing Office
425-649-4282

To download form:
www.dol.wa.gov/forms/420073.pdf

**FREE OR LOW COST
TRANSPORTATION****AMERICAN CANCER SOCIETY**
1-800-227-2345

Provides transportation for cancer patients to treatment 24/7. At least 3 business days advance notice required. No fee. Monday – Friday
8:30 am – 5:00 pm

FAITH IN ACTION
425-369-9120

Volunteer transport to medical appointments for seniors age 60 & over who live in Issaquah or Sammamish (must be ambulatory and able to transfer).

**MEDICAID MEDICAL
TRANSPORTATION**
1-800-923-7433

Transportation to and from medical appointments for individuals on Medicaid. Taxi and cabulance rides available. Call 7-14 days in advance. Monday – Friday
8:00 am – 4:00 pm

**DIAL-A-RIDE
TRANSPORTATION (DART)**
Information:
1-800-562-1381

Reservations:
1-866-261-3278

Offers lift-equipped transport on a fixed schedule within a defined service area at the same cost as bus fare. Call for route information.

BUS BUDDY PROGRAM
425-943-6769

Training and support program for learning and using public transportation options.

SENIOR SERVICE RIDE GUIDE

www.seniorservices.org
(Click on Getting Assistance, then Transportation, then Ride Guide)

Online customized search for transportation options by selecting trip time, purpose, and special needs.

**VOLUNTEER CHORE
SERVICES - CATHOLIC
COMMUNITY SERVICES
VOLUNTEER DRIVERS**

www.ccsww.org
425-284-2240
1-888-649-6850

Throughout King County for medical or other necessary appointments and shopping. Transportation dependent on volunteer availability.

**VOLUNTEER
TRANSPORTATION
FOR SENIORS**
206-448-5740

Available for lower income people over age 60 in King County. Volunteer escort accompanies to and from appointments. Must be ambulatory. Call by Wednesday for the following week. No fee.

METRO TRANSIT

METRO TRANSIT

King Street Center
201 S Jackson
Seattle 98104

METRO ROUTE AND SCHEDULE INFORMATION

www.transit.metrokc.gov
206-553-3000

METRO REGIONAL REDUCED FARE PERMIT (RRFP)

206-553-3060

Age 65 or older. Permit \$5.
Each transit agency sets its own
reduced fare structure.

METRO ACCESSIBLE BUS SERVICE

206-263-3113

Discounted fares for seniors
who have a Regional Reduced
Fare Permit.

METRO ADA PARATRANSIT (ACCESS)

206-205-5000

For disabled individuals age
6 and up. Application process
required.

METRO TAXI SCRIP PROGRAM

Apply by mail or in person at
King Street Center
201 S Jackson
Seattle 98104

Half-price taxi ride/Taxi Scrip
for low-income residents age
18-64 with disability, or seniors
65 or older. Arrange ride
through cab company accepting
scrip. Must have Regional
Reduced Fare Permit.

METRO TRANSIT INSTRUCTION PROGRAM

206-749-4242

Individual training offered
to seniors and persons with
disabilities designed to meet
specific needs, including use of
lifts and ramps.

SOUND TRANSIT

SOUND TRANSIT

www.findaride.org
800-201-4900

**EASTSIDE VETERINARY
ASSOCIATES**

425-882-7788

House-call services for canine and feline patients on the Eastside.

HOME PET VET

206-232-6205

Mercer Island and vicinity.

HUMANE SOCIETY

425-641-0080

Provides a variety of pet services including a pet loss support group, pet food bank, low-cost spay/neuter clinic, boarding, grooming, and other resources.

**MOBILE VETERINARY
SERVICES**

425-485-PETS (7387)

In-home veterinary care.

**NORTHSHORE
SENIOR CENTER**

425-486-4564

Free well-pet exams and low-cost vaccinations the first Friday of each month.

**WASHINGTON STATE
VETERINARY MEDICAL
ASSOCIATION**

425-454-8381

Call for mobile vet service areas and other pet owner resources.

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EASTSIDE HEALTHCARE: COMPREHENSIVE SERVICES CLOSE TO HOME

Evergreen Hospital Medical Center in Kirkland and Overlake Hospital Medical Center in Bellevue and Issaquah offer the latest in healthcare services and technology, as well as a wide range of innovative and award-winning programs to meet the needs of our ever-growing community. They include:

- Comprehensive **senior health centers** and services
- Advanced **surgical services**, both inpatient and outpatient
- **Cancer care**, including medical and radiation oncology, and support programs for patients and their families
- **Emergency services** when seconds count
- **Critical care**, with specially trained nurses working with area physicians to provide advanced care to critically ill or injured patients
- Modern **diagnostic and treatment services**, including state-of-the-art imaging technology
- **Education programs** for the entire family

Offering outstanding medical programs, education services and advanced technology close to home, Overlake and Evergreen are here when you need us.

For information on Overlake Hospital Medical Center, or Evergreen Hospital Medical Center, please call or visit our Web sites:

Overlake Hospital Medical Center
General Information: 425-688-5000
Overlake Senior Care: 425-688-5800
www.overlakehospital.org

Evergreen Hospital Medical Center
General Information: 425-899-3000
Evergreen Care Network: 425-899-3200
www.evergreenhospital.org