The Mustard Seed Project

Key Peninsula Senior Resource Guide

Compiled & Updated by Volunteers of the

Key Senior Information Center

12th Edition MARCH 2021

themustardseedproject.org

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March 2021

Dear Friends:

Please note that our listings in this 2021 edition may not all be current due to pandemic-caused changes in how so many agencies operate. That said, we:

- Update our information regularly and plan to issue another update in late 2021.
- Request your suggestions, comments, additions, and corrections.

We have compiled this directory in good faith, but cannot recommend or endorse any of the businesses, services or programs listed on these pages. Please continue to exercise consumer precautions and due diligence when considering the services listed. Ask about licensing, bonding, experience, references, and background checks as indicated.

Due to pandemic restrictions and distancing requirements, our Key Senior Information Center is not open to drop-in clients until further notice. That said, some KSIC volunteers are available by appointment. For further information, you can reach us by phone at 253-884-9814 or by email at: info@themustardseedproject.org.

We have a great variety of printed information (which we can mail out by request) and online resources available, including **lists of local service providers**. Our volunteers will gladly help you search for information in person (by appointment), on the phone, or online.

Many thanks for your interest in building an elder-friendly Key Peninsula!

Eric Blegen
Executive Director
The Mustard Seed Project of Key Peninsula

The Mustard Seed Project of Key Peninsula

The Mustard Seed Project's *mission* is to ensure choices for healthy aging on the Key Peninsula by connecting elders with innovative programs and resources. Our *vision* is to create an elder–friendly Key Peninsula, where our neighbors may choose to safely "age in place" with dignity and respect.

We continue to promote independent living and quality of life for our community's seniors and their families by providing services and programs in our focus areas of information and referral, transportation, health and wellness, senior housing options, and community education. We engage our community in service and educational opportunities, raising awareness of the many facets of aging.

The Key Senior Information Center

A Program of The Mustard Seed Project

Free, confidential & valuable information
for seniors & their families

Staffed by trained volunteers -
Call ahead, if possible, to be sure a KSIC volunteer will be available when you arrive.

253-884-9814

info@themustardseedproject.org

Office hours: 10 am – 4 pm Monday through Friday

9016 154th Ave. Ct. NW, Lakebay WA 98349

FREE COPIES OF THIS RESOURCE GUIDE ARE AVAILABLE AT THE MUSTARD SEED PROJECT OFFICE

QUICK LOCAL PHONE NUMBERS AT A GLANCE:

FOR EMERGENCIES: CALL 911 **CRISIS LINE: 1-800-576-7764**

ANGEL GUILD 253-884-9333

CHILDREN'S HOME SOCIETY 253-884-5433
Key Peninsula Family Resource Center

COMMUNITY VOLUNTEER NETWORK 253-884-2216
A program of The Mustard Seed Project of Key Peninsula

COST LESS PRESCRIPTIONS 253-857-7797
Pharmacy at Lake Kathryn Village

FIRE DISTRICT 16 BUSINESS OFFICE 253-884-2222

KEY CENTER LIBRARY 253-548-3309

KEY MEDICAL CENTER 253-884-9221
Dr. William Roes and associates

KEY PENINSULA CIVIC CENTER (OFFICE) 253-884-3456

KEY PENINSULA COMMUNITY SERVICES 253-884-4440
(AKA "The Food Bank," "The Senior Center," "Community House")

KEY PENINSULA SENIOR RIDE PROGRAM 253-884- 2216
A program of The Mustard Seed Project of Key Peninsula

KEY SENIOR INFORMATION CENTER 253-884-9814
A program of The Mustard Seed Project of Key Peninsula

KP SENIOR SOCIETY 253-884-4981

KP VETS 253-225-5130

LONGBRANCH IMPROVEMENT CLUB	253-884-6022
PIERCE COUNTY COUNCIL DISTRICT #7 Derek Young, Council Member representing Key Peninsula	253-798-6654
ST. ANTHONY HOSPITAL	253-530-2000
KP SCHOOL BUS CONNECTS	253-884-2877
THE MUSTARD SEED PROJECT Community-based nonprofit dedicated to building an elder-friendly Key Peninsula where seniors can "age in place" - located at 9016 154th Ave. Ct. NW, Lakebay WA 98349	**253-884-9814**

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ALZHEIMER'S DISEASE

ALZHEIMER'S ASSOCIATION- WESTERN AND CENTRAL WASHINGTON STATE CHAPTER: 206-363-5500 or 800-272-3900, www.alz.org/alzwa , 19031 33rd Ave West, Suite 301, Lynwood, WA 98036. The Association provides up-to-date information on Alzheimer's disease and many community resources available to meet care needs.

You can call the **toll-free Alzheimer's Association Hotline: 1- 800-272-3900, 24hours a day, 7 days a week** for information about Alzheimer's disease. A trained Helpline specialist will provide emotional support and appropriate referrals to local resources in the 23 Washington counties served by the Association. All calls are confidential. *Note*: The Alzheimer's Association has the ability to access translation services for 140 languages through their national office.

ALZHEIMER'S ASSOCIATION CAREGIVER SUPPORT GROUPS:

Meetings are free and open to all unpaid caregivers, family and friends of individuals with dementia. Please contact the Group Facilitator before attending the first time.

Key Peninsula Caregiver Support Group meets at The Mustard Seed Project in the Crandall Center, 9016 - 154th Ave Court NW, Lakebay, WA 98349 (Key Center). Facilitator: Ray Steiner, (253) 820-2213. Third Saturday each month, 10:30 AM to Noon.

Gig Harbor Caregiver Support Group meets at Gig Harbor United Methodist Church, 7400 Pioneer Way, Gig Harbor, 98329. Facilitator: Karen Hyde, (360) 819-3642. Second Saturday each month, 10:00-11:30 AM.

Belfair Caregiver Support Group meets at Belfair Senior Center (the HUB), 111 N E Old Belfair Hwy, Belfair, WA 98528. Facilitator: Debra Jamerson, (360) 621-1110. Third Tuesday each month, 1:00 -2:30 P.M.

Please also see "Support Groups" in this directory.

ELDER ABUSE, NEGLECT & EXPLOITATION

"Domestic elder abuse" generally refers to maltreatment of an older person by someone who has a special relationship with the elder (e.g., spouse, sibling, adult child, grandchild, friend, or caregiver in the older person's own home or in the home of a caregiver). Exploitation of elders can be carried out by anyone with access by phone, computer, or in person**.**

"**Institutional abuse**" generally refers to these forms of abuse that occur in residential facilities for older persons (e.g., nursing homes, foster homes, group homes, board and care facilities). Perpetrators of institutional abuse usually are persons who have a legal or contractual obligation to provide elder victims with care and protection (e.g., paid caregivers, staff, and professionals).

Types of elder abuse and neglect may include:

- Physical Abuse
- Emotional or Psychological Abuse
- Abandonment
- Financial or Material Exploitation
- Self-neglect
- Neglect
- Sexual Abuse

Reports of suspected abuse, neglect, self-neglect, or exploitation can be made anonymously.

TO REPORT ABUSE OR NEGLECT OF A VULNERABLE ADULT OR CHILD in Washington State, call the DSHS toll-free End Harm hotline, anytime day or night at 1-866-363-4276, TTY# 1-800-672-7091. When you call, you will speak with a real person, who will connect you to the direct, local number to make your report.

DURING BUSINESS HOURS, you can call the direct local number as follows:

1) If the person you suspect is being abused *lives in their own home or somewhere other than a residential care facility*, call the Pierce County Adult Protective Services
(APS) office**. Intake: 1-877-734-6277;**
TTY #: 1-800-672-7091; Fax: 1-360-664-9103.

2) If the person you suspect is being abused or neglected *lives in a nursing home, boarding home, or adult family home,* call the Complaint Resolution Unit toll-free hotline at **1-800-562-6078. You can also reach the Pierce County Long Term Care Ombudsman at 253-798-3789 or 1-800-562-6028. (See information below)**

PIERCE COUNTY LONG TERM CARE OMBUDSMAN:
Toll-free number: 1-800-562-6028
For general complaints, please call **253-798-3789**
For complaints regarding adult family homes, please call **253-798-7367**

Certified Ombudsmen listen to and advocate for residents of long-term care settings: nursing homes, adult family homes, and boarding homes.

Ombudsmen educate residents, staff, families, and the community about long-term care issues, resources, resident rights, and quality of life in long-term care.

To apply to become a Long Term Care Ombudsman, call **253-798-3789, Kashmiri Gavronski, Ombudsman** or e-mail kgavron@co.pierce.wa.us.

The Regional Long Term Care Ombudsman can also be reached by mail at 3580 Pacific Avenue, Tacoma, WA, 98418-7915; by fax at 253-798-3812; and by email at Kashmiri Gavronski, kgavron@co.pierce.wa.us.

DISABILITY RELATED SERVICES

CHEMICAL DEPENDENCY

CARE resource has been discontinued, but Alcohol/drug-related help is still located at this address, 721 South Fawcett, Suite 201, Tacoma, Washington 98402. The new phone number is 253-593-2740; email: care@mdc-tacoma.org. Old program has been de-funded; current one is much more limited.

NA (NARCOTICS ANONYMOUS): 253-531-8792; www.pcana.org/; NA is a nonprofit fellowship of people who suffer from the disease of addiction. They meet on a regular basis to help each other stay clean and share their experience, strength, and hope. If you think you might have a drug problem, please call the Helpline or attend a meeting.

NA MEETINGS AT KEY PENINSULA LUTHERAN CHURCH:
253-884-3312; 4213 Lackey Rd NW, Lakebay. Meetings are held on Wednesdays and Fridays (no longer on Saturdays) at 7:00 PM.

AA MEETINGS AT KEY PENINSULA LUTHERAN CHURCH: 253-884-3312; 4213 Lackey Rd NW, Lakebay. Meetings are held on Tuesdays at 5:30 p.m. and Thursdays at 7:00 PM.

AA MEETINGS AT KEY PENINSULA COMMUNITY SERVICES:
253-884-4440; 17015 9th St Ct NW, Lakebay. Meetings are held on Sundays, Wednesdays and Fridays at 7:00 PM. Meetings focus on chemical abuse resource and education.

AA MEETINGS AT GIG HARBOR UNITED METHODIST CHURCH:
253-851-2625; 7400 Pioneer Way, Gig Harbor. Call for meeting times. Please call AA - not the church phone - to obtain AA meeting times and dates.

MENTAL HEALTH

GREATER LAKES MENTAL HEALTH CARE: 253-581-7020; www.glmhc.org; 9330 59th Ave SW, Lakewood, WA. Greater Lakes Mental Healthcare is a full-service community mental health center, providing behavioral healthcare to the citizens of Pierce County for more than 50 years.

KITSAP MENTAL HEALTH SERVICES; 360-405-4010; www.kitsapmentalhealth.org; 5455 Almira Drive NE, Bremerton 98311.

They offer outpatient treatment/case management services, day treatment group activities for seniors, medical & nursing services, and information about therapeutic adult foster homes. Adult and youth inpatient units are also provided.

THE HOARDING PROJECT: 1-253-292-1216,
Jennifer Samson PhD, 621 Pacific Avenue #300, Tacoma, WA 98402.
P.O. BOX 7812 Tacoma, WA 9841-0812; www.thehoardingproject.org. Email: Jennifer@thehoardingprojkect.org.

The Project provides assistance to individuals and family members living in a hoarding situation: support groups, therapy, coordination with professional organizers, consulting & education**.**

SEA MAR COMMUNITY HEALTH CARE CENTERS: 206-763-5277; www.seamar.org.

Sea Mar Community Health Center is a community-based organization committed to providing quality, comprehensive health, human and housing services to diverse communities. Gig Harbor: Gig Harbor Behavioral Health, 6659 Kimball Drive, Suite 301; Gig Harbor 98335; 253-280-9888. Monday through Friday; 8 AM – 5 PM.

SERVICE ANIMALS

PET PARTNERS: 425- 679-5500; www.petpartners.org; 875 - 124th Ave NE # 101 Bellevue, WA 98005.

Pet Partners teams interact with a wide variety of clients including veterans with PTSD, seniors living with Alzheimer's, students with literacy challenges, patients in recovery, people with intellectual disabilities and those approaching end of life.

PRISON PET PARTNERSHIP: 253- 858-4240; 9601;
www.prisonpetpartnership.org; email address: info@prisonpetpartnership.org; 9601 Bujacich Rd NW, Gig Harbor, WA 98332.

Non-profit organization is located on the grounds of the Washington Corrections Center for Women in Gig Harbor. The nonprofit rescues and trains homeless animals to provide service dogs for persons with disabilities, and it operates a boarding and grooming facility to provide vocational education for female inmates.

FALLS PREVENTION & SAFETY

MEDICAL ALERT SYSTEMS

Companies offer landline and mobile systems. Some companies now offer "fall detection." Most devices are water resistant and can be used in the shower. Some companies charge setup/equipment fees; some do not.

Landline-Required: Connect this system to the home's traditional phone line and reach alert company with the push of a button worn around the neck or on the wrist.

No Landline Required/Wireless/Cellular/Mobile: Ideal for homes without a traditional phone service and for daily activities wherever you may be. The system operates on a digital cellular network as a one-button cell phone. Alert company can help at the press of a button worn around the neck or on the wrist.

What follows is a *sample* of some of the available companies. Information and reviews for some companies are available on the Internet. See, for example: www.consumerreports.org/cro/2014/06/what-to-look-for-in-a-medical-alertsystem/index.htm *and* www.consumersdigest.com/images/uploads/article/PERS_Comparison.pdf

BE SURE TO ASK IF A SPECIFIC SYSTEM WORKS IN YOUR GEOGRAPHIC LOCATION. NOT ALL OF THEM DO.

1800MEDALERT: 1-800-633-2537; http://www.1800medalert.com/
ADT HEALTH SOLUTIONS: 1-800-568-1216 #3; https://www.adt.com/health#features?mchhps00029

ALERT 1: 1-877-725-7118; www.alert-1.com

BAY ALARM MEDICAL: 1-877-522-9633; www.bayalarmmedical.com

GREAT CALL: 1-800-650-5921; https://www.greatcall.com/

LIFE ALERT: 1-800-490-0043; 1-800-696-6336 http://lifealerthelp.com/default.aspx?Id=Bing-Life_Alert

LIFEFONE: 1-844-253-7939; http://www.lifefone.com/

LIFELINE: 1-855-448-5457; https://www.lifeline.philips.com/

LIFE STATION: 1-877-478-3390; www.lifestation.com/

MEDICAL ALERT: 1-877-738-7485; www.medicalalert.com/

MEDICAL CARE ALERT: 1-844-278-0611; http://www.medicalcarealert.com/

MEDICAL GUARDIAN: 800-225-3002; www.medicalguardian.com/

MOBILE HELP: 1-855-533-9369; www.mobilehelp.com

PHILLIPS LIFELINE: 1-855-681-5351; www.lifelinesys.com/

RESCUE ALERT: 1-800-688-9576; www.rescuealert.com

RESPONSELINK: 866-802-3676; www.responselink.com/

FALLS PREVENTION CLASSES

STAY ACTIVE & INDEPENDENT FOR LIFE (SAIL): Key Peninsula Community Services; 253-884-4440; Lakebay.

Exercise class to improve strength and balance and prevent falls (SAIL) is held on Mondays, Wednesdays and Fridays from 10:15 AM to 11:15 AM. (It requires sign-up for waiting list prior to being admitted to this class.)

Tai Ji Quan (TJQMBB): Key Peninsula Community Services; 253-884-4440; Lakebay.

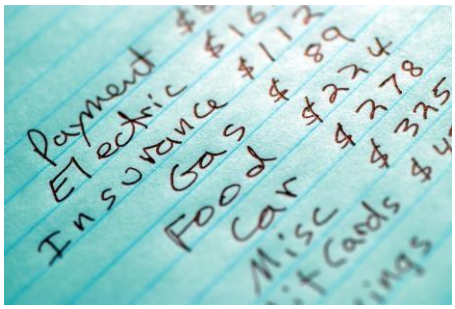
This class is held on a continuing basis on Mondays and Fridays from 9:00 AM to 10:00 AM. The course lasts 44 weeks.

For more FALLS PREVENTION, also see Recreation and Exercise.

REASSURANCE PROGRAMS

PIERCE COUNTY AGING AND LONG TERM CARE TELEPHONE REASSURANCE PROGRAM: 253-798-4600. Participants receive a phone call (up to five days a week at a prearranged time) from a trained volunteer working with law enforcement agencies in Pierce County. If the participant does not answer the phone, a procedure of safety checks is followed before an emergency response (911) is initiated.

FINANCIAL ASSISTANCE



ASSISTANCE WITH FINANCES

BENEFITS CHECK UP: www.BenefitsCheckUp.org or at the **Key Senior Information Center** 253- 884-9814.

Volunteers can provide assistance in doing a benefits checkup with this online resource. You can use your own home computer, computers at the local library or senior center computer lab to fill out a confidential questionnaire. Answer several questions to find benefit programs that can help you pay for medications, health care, food, utilities and more. The source is from a reliable and trusted source, the National Council on Aging.

SOUND OUTREACH SERVICES: 253- 593-2111 or 253-719-3388; www.southsoundoutreach.org ; e-mail address: info@soundoutreach.org; 1106 Martin Luther King Jr. Way, Tacoma.

Outreach provides the following services: money management counseling, free tax preparation, healthcare assistance, and home buyer education.

PROPERTY TAX EXEMPTIONS AND DEFERRALS: 253-798-6111 www.piercecountywa.org\atr.

Department of Assessor-Treasurer provides general information for persons with limited income, senior citizens and persons with disabilities; for senior exemptions dial 253-798-2169; www.piercecountywa.org\atr takes you directly to their website.

VINCENT DE PAUL OF PIERCE COUNTY: 253-474-0519; www.svdptacoma.org.

Leave a message at their phone number to schedule a home visit to assist with financial, material, and other needs.

FOOD BANKS

KEY PENINSULA COMMUNITY SERVICES: 253- 884-4440; www.keypeninsulacommunityservices.com; 17015 - 9th St Ct SW, Lakebay.

Food Bank Hours:

- Tuesday, Thursday & Friday 10:00 AM - 11:45 AM and 12:45 PM -3:00 PM
- Wednesday 10:00 - 11:45 AM and 12:45 PM - 5:45 PM
- Photo ID plus a piece of mail showing a Key Peninsula address must be provided. Food bank is accessible once a month.

BISCHOFF FOOD BANK: 1-425-444-2374; www.kpbischofffoodbank.org ; 1916 KP Highway North, Lakebay, WA 98349. Hours: Tuesday, Thursday, Friday 2:00 PM -6:00 PM; Wednesday 2:00 PM – 8:00 PM; Saturday 2:00 PM – 5:00 PM.

GIG HARBOR PENINSULA FISH FOOD BANK: 253-858-6179; www.ghpfish.com; 4425 Burnham Dr., Gig Harbor, WA.

- Monday 9:30AM - 3:30 PM
- Tuesday Closed
- Wednesday and Thursday 9:30AM - 6:00 PM
- Friday 9:30 AM - 3:30 PM
- Closed Saturday, Sunday and Holidays

One should be in emergency situation, present valid ID for each family member, Proof of Residence in Gig Harbor or Key Peninsula, and current utilities bill or other document that establishes current address.

NOURISH MOBILE FOOD BANK: 253-383-3164;
On FRIDAYS, 2 - 4 PM; Mobile Food Bank will be in the parking lot of the LDS Church, 12521 134th Ave NW, Gig Harbor; Bring ID card, names and birthdates of everyone in your household, grocery bags are helpful.

FOOD STAMPS

WASHINGTON CONNECTION PROGRAM: www.washingtonconnection.org. To determine eligibility and locate applications for benefits, go directly online. Low-income seniors can receive personal assistance with this website such as food stamps applications and other DSHS benefits. Contact the Key Senior Information

Center at 253-884-9814 for assistance (see listing under Key Senior Information Center in this Guide.)

RENTAL AND MORTGAGE ASSISTANCE

PIERCE COUNTY HOUSING AUTHORITY: Main number 253-620-5400; www.pchawa.org; 603 South Polk Street, Tacoma, WA 98445; mailing address: 1525 108th St. S. Tacoma, WA 98444. Hours: Monday - Tuesday-Thursday, 8:30 AM 12:00 PM and1:00 PM – 4:00 PM. Wednesday: 8:30 AM -12:00 PM and 1:00 PM – 6:00 PM.

For affordable housing and rental information, call 253-620-5423. Housing Authority has information about low-income public housing, Section 8 certificates and rental properties accepting Section 8 certificates.

PIERCE COUNTY COMMUNITY CONNECTIONS: 800-767-4663 x459; http://www.co.pierce.wa.us/4848/Down-Payment-Assistance; e-mail address: Dietrich.Schmitz@wshfc.org.

Down Payment Assistance Program makes funding available to assist lower-income households that qualify for a mortgage but lack resources for their down payment.

ASSOCIATED MINISTRIES: 253-383-3056; www.associatedministries.org; 901 South 13th Street, Tacoma, WA 98405.

Foreclosure counseling helps preserve your most important asset - your home. Links to foreclosure workshops and Foreclosure Intake Packet are located on website. (See also Financial Information section).

PIERCE COUNTY HOUSING & SHELTER SERVICES: 253-682-3401.
This program offers a central point of entry for households experiencing homelessness (or will be homeless within 72 hours). Households receive resources to secure housing and other needed services.

UTILITIES ASSISTANCE

PIERCE COUNTY

CHILDRENS HOME SOCIETY/KEY PENINSULA FAMILY RESOURCE CENTER: 253- 884-5433 www.childrenshomesociety.org/pierce/; 17010 South Vaughn Rd., Vaughn, WA. 98394.

Services are available to any community member facing eviction, power or water shutoff, or other serious needs. Person must live on Key Peninsula or Gig Harbor and provide Social Security number, picture ID and food stamp card if you have one.

Appointments are necessary; call between 9:00 AM and 4:00 PM Monday through Friday to schedule.

ENERGY ASSISTANCE PROGRAM: 253-798-4400; http://www.co.pierce.wa.us/1280/Energy-Assistance.

The EAP pays heating bills directly to utility companies for eligible applicants. Program operates during the "heating season", usually November through April. Payments are based on eligible household's fuel usage for the past 12 months**.** All applicants receive education on energy conservation, utility payment plans and budgeting. Resources are limited. To check for eligibility, call the automated appointment line at 1-855-798-HEAT (4328).

KEY PENINSULA FIREWOOD BANK: 253- 884-0102; Bank provides 1 load of wood per season, October-April.

$15 is the suggested donation for gas and delivery. Accepts donations of firewood all year; call for information. They no longer pick up wood, but accept deliveries to their place. Specified NO CEDAR WOOD!

LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP): 1-360-725-2857; www.commerce.wa.gov/growing-the-economy/energy/low-incomehome-energy-assistance/; email: LIHEAP@commerce.wa.gov.

LIHEAP is a federally funded block grant administered by the U. S. Department of Health and Human Services (HHS), Office of Community Services (OCS). The program's intent is to assist low income households in meeting their immediate home energy needs. LIHEAP primarily assists households by applying an energy assistance grant directly to the energy provider on behalf of the eligible household. In some situations, LIHEAP may also be able to help repair or replace an unsafe, dysfunctional, and/or inoperative heating system. Households who are eligible for LIHEAP may also qualify to have their homes made more energy efficient through the Weatherization Program.

PROJECT HELP: PENINSULA LIGHT PARTNERS WITH KEY PENINSULA COMMUNITY SERVICES: 253-857-5950; www.penlight.org/.

Project Help is a donation-based system that exists to help families who need financial assistance with their electric bill. It can provide up to $200 per year, through a partnership with Key Peninsula Community Services. Pen Light matches each donation dollar for dollar.

PENINSULA LIGHT COMPANY: 253-857-5950, 888- 809-8021; http://www.penlight.org/discounts/.

Company offers 25% discount to low-income seniors (age 62+) as well as disabled adult individuals who live in Peninsula Light's service territory year-round and have established service for the previous six months.

MANNA MINISTRIES/Peninsula Lutheran Church of Gig Harbor: 253-851-3428. This is a volunteer group that may provide financial assistance with utility bills and rent, gas vouchers.

KITSAP COUNTY

KITSAP COMMUNITY RESOURCES: Energy Assistance Programs,
360-479-1507; www.kcr.org .
Community Resources provides year-round energy assistance for income-eligible seniors. See website for appointments, forms, and qualifications.

KITSAP COUNTY PUD #1: 360-779-7656; www.kpud.org.
PUD provides water utility fee discounts for income eligible seniors and disabled customers. It is for Kitsap County residents and Kitsap County PUD #1 only.

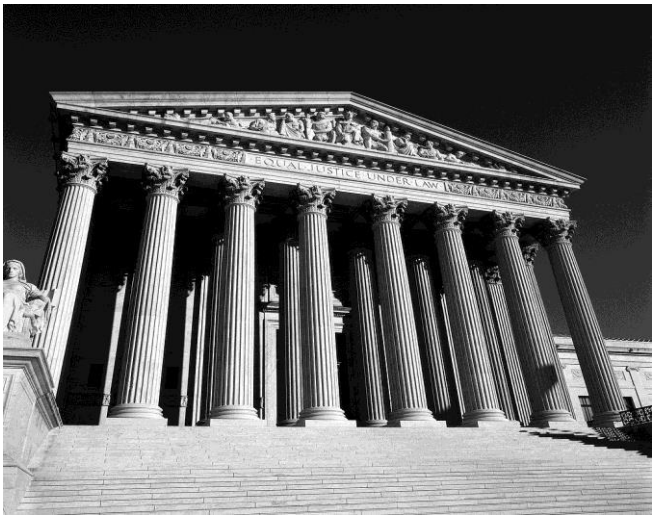
MASON COUNTY

These programs offer information and assistance with paying utility bills. You must be eligible to receive this assistance.

COMMUNITY ACTION COUNCIL: 360-426-9726; 807 W. Railroad, Shelton, WA 98584.

PUD #3: Belfair Payment Center: 360-275-2833; 21341 WA-3, Belfair, WA 98528.

GOVERNMENT PROGRAMS



FEDERAL AGENCIES

AGING ADMINISTRATION ELDERCARE LOCATOR: 800-677-1116; www.eldercare.gov. As a public service the U.S. Administration on Aging connects older adults and their families to various services.

ALCOHOL & DRUG PREVENTION AND TREATMENT INFORMATION: 800-729-6686 or 800-662-4357. Agency provides information and assistance with mental and substance abuse disorders.

NATIONAL CANCER INSTITUTE INFORMATION: 1-800-4-CANCER (1-800-422-6237) or 1-800-227-2345 (helpline); www.cancer.org. American Cancer Society's web site provides education about the disease, how to stay healthy, and how to find support and treatment and resources in the community.

NATIONAL CANCER INSTITUTE SMOKING QUITLINE: 877-448-7848.

DEAF AND HARD OF HEARING & SPEECH DISABLED: 800-877-8339. Phone number is a contact for deaf or speech disabled people trying to reach Federal offices. For persons who are not deaf or speech disabled, use 866-377-8642 to reach Federal employees who are deaf. Federal Relay Service: for customer service for either of the above, phone 800-877-0996.

HOUSING AND URBAN DEVELOPMENT (HUD): 253-620-5400 (Pierce County

Housing Authority in Tacoma). For state wide information see this link: http://portal.hud.gov/hudportal/HUD?src=/states/washington.

INTERNAL REVENUE SERVICE TAX HELP LINE: 800-829-1040; www.irs.gov.

MEDICARE: 800-633-4227; www.medicare.gov. Create an online account to receive updates and select Medicare plans. For more information, contact SHIBA: 800-562-6900.

FEDERAL SUBSTANCE ABUSE AND MENTAL HEALTH INFORMATION: 800-789-2647; https://www.samhsa.gov/

SOCIAL SECURITY ADMINISTRATION: 800-772-1213; www.ssa.gov. Create an online account to receive updates, but you can also apply online, and calculate benefits.

NATIONAL SUICIDE PREVENTION HOTLINE: (Also serves the Veterans Crisis Line): 800-273-8255; http://suicidepreventionlifeline.org/

NATIONAL PASSPORT INFORMATION CENTER: 877-487-2778; https://travel.state.gov/content/passports/en/passports.html. See also Wauna Post Office at Lake Katherine shopping center.

WASHINGTON POISON HELPLINE: 800-222-1222; www.wapc.org. For information on overdose of medications, drinking or eating poisonous products, or skin contact with contaminants, contact the helpline.

WASHINGTON STATE AGENCIES (access.wa.gov)

HEALTHCARE AUTHORITY: 800-562-3022; www.hca.wa.gov. Washington Apple Health (Medicaid) and the Public Employees Benefits Board (PEBB) Program. Healthcare Authority ensures Washingtonians have access to better health and better care at a lower cost.

DSHS COMMUNITY SERVICES OFFICE: 877-501-2233; https://www.washingtonconnection.org/home, DSHS offers an online service to assist in finding and applying for services.

COPES/BREMERTON HOME AND COMMUNITY SERVICES: 800-422-7114. (Clients on Key Peninsula must work through Bremerton Home and Community Services). The program pays for personal care and other services for low-income people in their own homes. COPES also pays for care in adult family homes, adult

residential care facilities, and assisted living facilities. It is designed to help people, who without COPES, requires care in a nursing home.

BIRTH/DEATH/MARRIAGE/DIVORCE CERTIFICATES:
360-236-4300;
www.doh.wa.gov/LicensesPermitsandCertificates/BirthDeathMarriageandDivorce/OrderCertificates; Department of Health Center for Health Statistics, P.O. Box 9709, Olympia, WA 98507-9709.

DRIVERS LICENSING: 253-593-2990; www.dol.wa.gov .

WASHINGTON STATE OFFICE OF THE INSURANCE COMMISSIONER
1-800-562-6900; email: cap@oic.wa.gov; www.insurance.wa.gov.
Consumer Advocacy has a staff of experts dedicated to help you understand your insurance rights and answer your questions for all types of insurance: home, auto, health, life, annuities, and business.

FERRIES: 888-808-7977; http://www.wsdot.wa.gov/ferries .

WASHINGTON STATE DOMESTIC VIOLENCE HOTLINE: 1-800-562-6025 or 1-800-799-7233; www.thehotline.org or www.wadvhotline.org. Hours are 8:00 AM - 5:00 PM seven days a week. It offers referral service for victims of adult abuse, including nursing home abuse.

WASHINGTON STATE PATROL: 253- 538-3240 (non-emergency). www.wsp.wa.gov.
EMERGENCY: 911.

VEHICLE LICENSING: 253-798-3649; www.co.pierce.wa.us/index.aspx?NID=93.

WASHINGTON STATE LEGISLATIVE HOTLINE: 800-562-6000.

COUNTY AGENCIES

AGING AND DISABILITY RESOURCES (ADRC):

Pierce County: 253-798-4600, 800-562-0332; http://piercecountyadrc.assistguide.net/

Kitsap County: 360-337-5700 or 800-562-6418; http://www.agingkitsap.com/

Mason County: 877-227-4696; 360-664-2168; 888-545-0910; www.lmtaaa.org

HEALTH AND WELLNESS SERVICES

DENTAL CARE

PIERCE COUNTY AGING AND DISABILITY RESOURCE CENTER (ADRC): 800-562-0332 or 253-798-4600; http://www.co.pierce.wa.us/index.aspx?NID=3126. For acute and emergency care contact ADRC for referral.

WASHNGTON STATE DEPARTMENT OF HEALTH: Dial 2-1-1from anywhere in Washington to speak to Information and Referral Specialist for dental resources. https://www.doh.wa.gov/YouandYourFamily/HealthyAging/OralHealthforOlderAdults; The website assists in finding dental resources.

TACOMA-PIERCE COUNTY HEALTH DEPARTMENT: 253-798-6500; https://www.tpchd.org/healthy-people/oral-health; 3629 South D Street, Tacoma, WA 98418. The department provides a guide to low-cost dental resources.

MILGARD FAMILY DENTAL CLINIC: 253-572-7002; https://www.commhealth.org/dental/&lid=31; 1708 E. 44th, Tacoma, WA 98404.

LAKEWOOD FAMILY DENTAL CLINIC: 253-589-7188; https://www.commhealth.org/dental/&lid=33; 10510 Gravelly Lake Drive SW, Lakewood, WA 98499.

HILLTOP REGIONAL HEALTH CENTER DENTAL CLINIC: 253-441-4743; https://www.commhealth.org/dental/&lid=59; 1202 Martin Luther King Jr. Way, Tacoma, WA 98405.

GRANT DENTURE CLINIC: 253-471-9999; http://grantdentureclinic.com ; 2902 South 74th, Tacoma, WA 98409.

NORTHWEST DENTAL SERVICES & DENTAL IMPLANT CENTER: 253-383-3001; http://www.northwestdental.com; 725 Saint Helens Avenue, Tacoma, WA 98402.

PIERCE COLLEGE DENTAL CLINIC: 253-964-6694; https://www.pierce.ctc.edu/studentlife/dental/; 9401 Farwest Drive, SW, Lakewood 98498.

PUYALLUP TRIBAL HEALTH AUTHORITY: 253-593-0232; www.eptha.com/; 2209 E 32nd St, Tacoma, WA 98404.

SEAMAR DENTAL CLINIC: 253-280-9840; www.seamar.org; 1215 S. 11th Street, Tacoma, WA 98405 (bilingual Spanish/English).

"M" STREET DENTISTRY: 253-476-8003; www.mstreetdentistry.com/; 3815 South M Street, Tacoma; (Vietnamese, Cambodian, Spanish, English).

EXCELLENT DENTAL CARE CENTER: 253-272-6242; www.tacomawadentalcare.com; 1212 South 11th Street Suite 20, Tacoma; (Vietnamese, Russian, Spanish, English).

EVERLAST FAMILY DENTAL CLINIC: 253-573-0070; www.everlastfamilydental.com; 1212 South 11th Street #47, Tacoma, WA.

GERIATRIC DENTAL GROUP: 253-839-1300; http://geriatricdental.org/; 728 South 320th St Suite A, Federal Way 98003. Geriatric Dental Group also has the capability to deliver dental treatment to non-ambulatory patients in care facilities and private homes.

KEY FREE CLINIC: 253-358-5436; www.keyfreeclinic.org; e-mail address: keyfreeclinic@gmail.com; 8903 Key Peninsula HWY N, Lakebay, WA 98349. The Key Free Clinic offers free dental services quarterly. Clients seeking dental care should call 253-313-3791 and ask for Anne.

HEALTH CARE SERVICES

KEY FREE CLINIC: 253-358-5436; www.keyfreeclinic.org; e-mail address: keyfreeclinic@gmail.com; 8903 Key Peninsula HWY N, Lakebay, WA 98349, (next door to the Library). The Key Free Clinic provides non-emergency medical care and help with referrals for patients needing ongoing, long-term medical care. Staff does

not prescribe controlled substances. The Clinic is open every Thursday from 5:30 - 8:00 PM.

KEY PENINSULA COMMUNITY SERVICES: 253-884-4440; 17015 9th St. Ct. NW, Lakebay; aka KP Senior Center.

- Blood Pressure Checks - First Friday of every month at 11:30 AM No appointment necessary

- Foot Care Services - Second Friday every other month; provides foot soaking, trimming, and filing of toenails to those over 60 years of age or older. Individuals charged according to family size and income.
  A Physician release form must be completed prior to receiving services.
  Call 884-4440 for questions and appointments.

PHYSICIANS AND HEALTH CARE PROVIDERS:
See http://www.medicare.gov/find-a-doctor/provider-search.aspx.

DIALYSIS CLINICS: http://www.medicare.gov/dialysisfacilitycompare/.

PIERCE COUNTY PROJECT ACCESS: 253- 572-7265; https://www.pcmswa.org/pcpa; 223 Tacoma Avenue South; Tacoma, WA 98402.

There are two programs:

- Premium Assistance Program: individuals and households can be enrolled in premium assistance. Washington Health Benefit Exchange criteria ensure premiums will be paid for at least 6 months.
- Donated Care program: to provide access to healthcare for people who are low income, uninsured, and Pierce County residents.

VISION

THE ED WORTHEN VISION CLINIC, a service of Key Free Clinic: 253-358-5436; www.keyfreeclinic.org; e-mail address: keyfreeclinic@gmail.com; 8903 Key Peninsula HWY N, Lakebay, WA 98349.

The Ed Worthen Vision Clinic offers free vision care on the 2nd Saturday of every month from 9:30 AM until noon on a drop-in basis.

FREE LOW VISION EVALUATION CLINIC: 253-851-7895.

Clinic provides free consultations/evaluations for low-vision clients, by appointment only on the 3rd Thursday of each month. You will be required to provide evidence of

having had an eye exam within the prior six months. The clinic is sponsored by Harbor Optical and a program of the Gig Harbor Lions Club.

KEY PENINSULA LIONS CLUB: 253-853-2721 or 253-884-3319.

The club operates an eyeglass and hearing aid recycling program (with a drop box at the Mustard Seed Project in Key Center. Lions Club also provides hearing screenings. Call if you are in need of financial assistance with vision or hearing aid services.

WASHINGTON TALKING BOOK AND BRAILLE LIBRARY: 800-542-0866; 206-615-0400; http://www.wtbbl.org/services.aspx .

The Washington Talking Book & Braille Library (WTBBL) is a program of the Washington State Library and the Office of the Secretary of State. Located in Seattle, WTBBL provides library services state-wide, at the library and by mail, to any Washington resident unable to read standard print material due to blindness, visual impairment, deaf-blindness, physical disability (cannot hold a book or turn pages), or reading disability. Interested individuals need to contact the library to apply for services. All services, including the mailing of books and equipment, are provided at no charge to WTBBL patrons.

NATIONAL INSTITUTE ON AGING: www.nei.nih.gov.

The web site contains information on safeguarding eyesight and eye health as well as resources for eye exams, surgery, eyeglasses prescription drugs, and government programs.

HEARING

KEY PENINSULA LIONS CLUB: 253-853-2721 or 253-884-3319.

The club operates an eyeglass and hearing aid recycling program (with a drop box at the Mustard Seed Project in Key Center; 884-9814). It also provides hearing screenings. Call if you are in need of financial assistance with vision or hearing aid services.

TACOMA AREA COALITION OF INDIVIDUALS WITH DISABILITIES (TACID): 253-565-9000; http:/tacid.org/.

The Hearing Loss Association of Tacoma meets at TACID; call 253-686-1816 for more information.

HEARING, SPEECH, AND DEAF CENTER: 253-475-0782; 1-866-421-5560; video phone: 253-292-2209; www.hsdc.org/services/deaf-communitymembers/tacoma-office.

HSDC is a Western Washington service hub for clients who are deaf, hard of hearing, or have communication disorders.

HEALTH INSURANCE

MEDICARE: 800-633-4227; www.medicare.gov.
The website provides the means to select Medicare supplement, advantage, and drug plans. For more information, contact SHIBA: 1-800-562-6900.

PHYSICIAN REFERRAL LINES: Pierce County 253-572-3666.

STATEWIDE HEALTH INSURANCE BENEFIT ADVISORS (SHIBA):
253-596-0918 or 800-562-6900; www.insurance.wa.gov.
SHIBA volunteers, sponsored by the Office of the Insurance Commissioner and Sound Outreach, offer free and impartial Medicare counseling: advocacy, assistance, and education about health insurance, health care access, and prescription drug programs.

A local SHIBA volunteer is available on the Key Peninsula by calling The Mustard Seed Project's *Key Senior Information Center* at 253-884-9814.

AFFORDABLE CARE ACT *aka* HEALTH CARE REFORM

The information below is correct as of April 2018. Contact The Mustard Seed Project or Sound Outreach for updates.

Open enrollment for the Affordable Care Act is in the fall and winter each year. Look for announcements for the specific dates.

In order to enroll during the rest of the year, you must meet at least one of the following conditions:

- Loss of employment and employer's health insurance
- New dependent (baby)
- Marriage
- New to Washington State

To enroll, go to Washington Health Plan Finder, www.wahealthplanfinder.org. If you are below a certain income, the website will link to Washington Apple Health (Medicaid). Dental insurance is available through Apple Health.

If you have difficulty finding a health insurance plan that meets your needs and budget or need more information, contact Pierce County navigator hotline at 253-798-3481.

PIERCE COUNTY PROJECT ACCESS (PCPA) 253-572-7265 can help you get affordable medical care. To be eligible you must have lived in the county for at least 3 months and not have medical insurance. There are income limits.

1. Premium Assistance Program: individuals and households can be enrolled in premium assistance. Washington Health Benefit Exchange criteria ensure premiums will be paid for at least 6 months.

2. Donated Care program: to provide access to healthcare for people who are low income, uninsured, and Pierce County residents.

HOME BASED CARE SERVICES

WASHINGTON STATE HOME CARE QUALITY AUTHORITY REFERRAL REGISTRY: 800-970-5456 for Pierce and Kitsap Counties. www.hcrr.wa.gov.
The registry is a customized internet-based system designed to match the needs of **publicly funded (Medicaid) or COPES in-home care consumers** with pre-qualified individual providers. Participation on the Registry is voluntary and not a condition to receive or provide Medicaid services.

The Registry can provide consumers with a referral, listing the names of screened providers. Upon receiving the list, the consumer of service (employer) is responsible for calling, interviewing and selecting the provider of her/his choice. The employer's case manager approves final authorization of services.

The Referral Registry also provides individuals with potential employment opportunities. Applicants must be at least 18 years old, and have successfully completed a background check, a face-to-face interview, and an introductory course before being listed as a consumer/employer referral.

Services may be affected by budget cuts, so consumers may need to go through a case manager.

DSHS MOBILE COMMUNITY SERVICES OFFICE VAN: Call the Contact Center at 877-501-2233; http://dshs.wa.gov/mobileoffice. The van comes to the Key Peninsula every three months.

HOME HEALTH

Home Health Services (nurses, physical therapy, occupational therapy, social workers) must be provided by a Medicare-certified agency in order to be covered by Medicare or private insurance. These services can only be provided under a physician's orders.
KINDRED AT HOME: Tacoma 253-475-6862, Bremerton 360-373-6966; www.kindredhealthcare.com/locations/home-health/tacoma-wa-2684.

Kindred at Home/Gentiva covers the following services: home health care provider, nursing, PT, OT, speech, social work and home health aide.

KAISER PERMANENTE: 253-274-4600. Membership is required.

MULTICARE HOME HEALTH: 253-301-6400, 888-516-4504; www.multicare.org/home-health/. MultiCare provides full range of home health and hospice care provided (PT, OT, speech, bath aids, nursing, bereavement, social workchaplains); and private pay chore services.

PUGET SOUND HOME HEALTH: 253-581-9410; www.pugetsoundhh.com. Full range of home health services, psychiatric nursing, and private pay indoor chore services is provided.

HOME CARE

Home care services (respite, companion, caregiver) are not covered by Medicare and do not require a physician's orders.

PIERCE COUNTY AGING AND DISABILITY RESOURCE CENTER:
253-798-4600 or 800-562-0332; www.co.pierce.wa.us/2897/ADRC-Background; 930 Tacoma Avenue S., Tacoma, WA 98402. ADRC provides information and referral for in-home care.

ADVANCED HEALTH CARE: 253-475-7744, 1-800-690-3330; www.advancedhealthcare.com; 9116 Gravelly Lake Dr. SW, Ste. B1, Tacoma, WA 98499-3148. They provide private duty home health care, respite, companionship, personal care, transportation and light housekeeping.

CATHOLIC COMMUNITY SERVICES (CCS): 253-383-3697, 1-877-870-1582; http://www.ccsww.org/site/PageServer?pagename=seniors homecare. (Private pay, sliding fee scale, or Medicaid)

CCS provides non-medical assistance to aging persons and those with disabilities living at home who require assistance with housework, grocery shopping, personal

care such as dressing and bathing, and help transferring from bed. Care can be given on an hourly or 24-hour basis.

If interested in foot care, call 253-579-6000 to get on waiting list at Key Peninsula Community Services. Foot care is for all income levels.

CCS also provides a home-delivered meal program for senior adults in Pierce County *AND* collaborates with The Mustard Seed Project to provide free transportation for eligible seniors (ages 60+) and adults with disabilities on the Key Peninsula.
GOOD TO BE HOME CARE: 253-588-4344, 866-588-4344; www.goodtobehomecare.com. (Private pay) Services provided: personal care, companion care, live-in, and transportation services.

HAVEN IN ALLYN: 360-277-0636; www.haveninallyn.com; 180 E. Wheelwright Street, Allyn. Services provided: house cleaning, personal care, medication administration, care management.

HOME INSTEAD SENIOR CARE: 360-782-4663; www.homeinstead.com; 840 Callahan Dr., Suite C, Bremerton, WA 98310. (Private pay) Services provided: in-home care.

LUTHERAN COMMUNITY SERVICES- HOME HELPERS HOME CARE: 253-272-8433; 223 N. Yakima Ave., Tacoma WA 98403; 360-377-5511, 800-3785771; 645 4th St., Suite 202, Bremerton, WA 98337 www.lcsnw.org/. (Private pay with sliding fee scale) Services provided: live-in help, retired senior volunteer program, and senior companion program.

MAXIM HEALTH CARE SERVICES: 253-671-9909; www.maximhomecare.com/Tacoma homecare 43.aspx; 4301 South Pine St Ste. 505, Tacoma, WA 98409 (Private pay) Services provided: chores, live-in companion care, and personal care.

RIGHT AT HOME: 253-509-0728; www.rightathome.net; 8805 N. Harborview Drive, Ste. 202, Gig Harbor, WA 98332. (Private pay) Services provided: chores, live- in, companion care, personal care, light housekeeping, and meal preparation, transportation.

HOSPICE CARE

Care designed to give support to people in the final phase of a terminal illness focusing on comfort and quality of life, rather than a cure. The goal is to enable patients to be comfortable and free of pain, so that they live each day as fully as possible. Hospice programs generally are home-based, but they sometimes provide services away from

home in hospice facilities, in nursing homes, or within hospitals. The philosophy of hospice is to provide support for the patient's emotional, social, and spiritual needs as well as medical symptoms as part of treating the whole person.

FRANCISCAN HOSPICE CARE: Tacoma Franciscan Hospice 253-534-7000 or 800-338-8305; www.chifranciscan.org/Health-Care-Services/Hospice-and-PalliativeCare; 2901 Bridgeport Way West, University Place, 98466. It also operates a volunteer palliative (pre-hospice) telephone care program.
KAISER PERMANENTE-HOSPICE CARE (formerly Group Health)**:** 1-800-332-5735; www.ghc.org/html/public/services/hospice. This service is for Kaiser Permanente members only.

MULTICARE HOME HEALTH AND HOSPICE: 253-301-6400 (and press 1 to be connected) or 1-888-516-4504; www.multicare.org/hhh/. Full range of home health and hospice care is provided as well as private pay chore services.

HOME REPAIR & WEATHERIZATION

NOTE: You can access information about contractors and plumbers, including information about infractions at the Department of Labor and Industries (L&I) website: http://www.lni.wa.gov/TradesLicensing/contractors/HireCon/

Information can also be obtained by calling the Tacoma-Pierce County office at 253596-3800, 800-647-0982, or any L&I office. The L&I website also has information on hiring a contractor.

HOME REPAIR SERVICES: 253-798-4400. Services are available to address emergency health and safety issues for eligible households. Common repairs include: only refrigerators (no other appliances), furnace, sink or faucet repairs, roof leaks. Apply online: www.co.pierce.wa.us/index.aspx?nid=1283.

Eligibility:

- Applicants must qualify based on HUD income guidelines
- Applicants must have occupied the home for at least one year

All work is performed by licensed and bonded contractors. Residents within the city limits of Tacoma, Lakewood, and Bonney Lake are not eligible.

HOME REHABILITATION LOAN PROGRAM: 253-798-6905 or 253-798-4344**.** Provides federally-funded loans of up to $60,000 for low-income homeowners in Pierce County to improve their housing conditions. The focus of this program is on rehabilitation, not remodeling.

WEATHERIZATION: EXAMINING FOR HEAT LOSS: 253-798-6115.
The weatherization team examines single and multi-unit dwellings and mobile homes.

Apply online at http://www.co.pierce.wa.us/index.aspx?nid=1290

The county contracts with private sector contractors to install energy conservation measures to

- Conserve energy;
- Educate occupants about saving energy and maximizing efficient, safe operations of their heating system; and
- Preserve affordable housing in Pierce County.

REBUILDING TOGETHER SOUTH SOUND: 253-238-0977; www.rebuildingtogetherss.org; Tacoma-based nonprofit. Rebuilding Together South Sound has two programs. The main program is Rebuilding Day, which takes place on the last weekend in April; volunteers rehabilitate the homes of low-income homeowners who are elderly, disabled or have families with children. RTSS also has a Year-Round Program that includes home modification and emergency repairs. Check the RTSS website for eligibility information and applications.

PIERCE COUNTY HEALTH DEPARTMENT, ENVIRONMENTAL HEALTH DIVISION: 253-798-6470. Call with questions about household waste, drinking water, solid waste, septic systems, mold, etc.

AREA AGENCY ON AGING: PIERCE COUNTY COMMUNITY CONNECTIONS, AGING AND DISABILITY RESOURCE CENTER (ADRC): 253-798-4600, 800-562-0332; http://www.PierceADRC.org. Agency makes referrals to organizations that may help with home repairs if they affect health – including steps and railings.

HOUSING FOR SENIORS

HOUSING OPTIONS

LOW INCOME HOUSING FINDER: Aptfinder.org. To access information regarding low income senior housing go to this web site.

SENIOR HOUSING ASSISTANCE GROUP (SHAG): 888-450-7424; www.housing4seniors.com.

Washington's largest non-profit organization is dedicated to providing affordable, age and income qualified rental apartment living communities for senior and disabled senior persons in communities located from Bellingham to Olympia.

SHARED HOUSING SERVICES OF PIERCE COUNTY: 253-272-1532; www.sharedhousingservices.org.

Shared housing is an option for seniors who wish to stay in their homes and would consider sharing it with screened and interviewed applicants. It takes a pool of applicants in a small community to increase the number of successful matches.

SENIOR HOUSING

Various types of Senior Housing are described below. Definitions, when used, are those of the Pierce County Aging and Disability Resource Center (ADRC) or the Department of Social and Health Services (DSHS), which is responsible for licensing adult family homes, assisted living facilities, and nursing homes. Retirement communities are not licensed by DSHS.

Neither the ADRC nor The Mustard Seed Project recommends or endorses any of these facilities. Consumers should ask for references and proof of professional licensing. Information on facilities in communities around the state can be found at:

WASHINGTON STATE DEPT. OF SOCIAL AND HEALTH SERVICES, **AGING AND DISABILITY SERVICES ADMINISTRATION**: www.dshs.wa.gov/altsa

Click on "long-term care services" for information. DSHS provides detailed information about assisted living options and services that help adults remain in their homes.

PIERCE COUNTY AGING AND DISABILITY RESOURCE CENTER (ADRC): 253-798-4600 or 1-800-562-0332; www.co.pierce.wa.us/index.aspx?NID=1991

CATHOLIC COMMUNITY SERVICES – SENIOR/LOW INCOME HOUSING: www.ccsww.org/site/PageServer?pagename=seniors_ppl_w_disabilities_index

ADULT FAMILY HOMES

Adult Family Homes are regular neighborhood homes where staff assumes responsibility for the safety and well-being of the adult. A room, meals, laundry, supervision, and varying levels of assistance with care are provided. Some provide occasional nursing care. Some offer specialized care for people with mental health issues, developmental disabilities, or dementia. The home can have 2 to 6 residents.

Residents or residents' families are required to arrange and pay for a yearly assessment of their condition. If covered by the COPES program, Medicaid pays for the assessment. However, if they are paying privately, they must pay for the assessment.

ADRC recommends the following options for families seeking a licensed professional to do the assessment:

1) Call "Found Options," a case management agency at 253-756-5007
2) Call Pierce County Aging and Disability Resource Center at 253-798-4600 or 800-562-0332.
3) Go to http://www.co.pierce.wa.us/index.aspx?NID=388 and click on the following links for more information: Adult Family Homes, Assisted Living, Assisted Living Fact Sheet, Independent Living Centers – WA State.

Our intention is to list only those "local" Adult Family Homes that specialize in care for *seniors*. When searching the Internet for Adult Family Homes, Assisted Living and Skill Nursing Homes, be aware that many of the phone numbers are toll-free numbers for consulting services. They may charge a fee when a loved one is placed in a home.

Key Peninsula Area:

BEAR CREEK ADULT FAMILY HOME: Cell phone: 253-225-8588; www.bearcreekafh.com; 398 SW Wycoff Rd, Port Orchard. Bear Creek also provides respite care, day care if bed available. Private Pay only, no Medicare.

Gig Harbor Area:

COUNTRY CARE MANOR: 253-857-8898;10610 Crescent Valley Dr. NW, Gig Harbor.

FAMILY FIRST: 253-853-2033. Family First operates homes in Gig Harbor and Olalla.
HARBOR HERITAGE: 253-514-8479; 7614 55th Ave Ct NW, Gig Harbor.

HARBOR HERITAGE LLC: 253-432-4113; 7006 71st Ave NW, Gig Harbor.

MY OTHER HOME: corporate: 866-825-8318 (A Place for Mom);
5515 99th Ave NW, Gig Harbor. Dementia care, Alzheimer's disease, respite and hospice care are provided.

SOUNDVIEW CARE HOME: corporate: 877-523-6523; local: 253-853-5532; 5917 Soundview Dr., Gig Harbor.

Kitsap County:

ALPINE ADULT FAMILY HOME: corporate: 866-825-8549; 6272 Alpine Rd SE, Olalla.

ASSISTED LIVING

Assisted Living facilities provide residents with three meals per day, housekeeping, staff on site around the clock, organized social/ recreational programs, some transportation, and assistance with medication, bathing, and dressing. Some allow pets. Check with each facility for cost and availability of services.

** denotes Facilities with specialized Alzheimer's/dementia care.

Gig Harbor Area:

****BROOKDALE HARBOR BAY**: local: 253-858-5300 www.brookdale.com ; 9324 N Harborview Drive, Gig Harbor.

HARBORPLACE AT COTTESMORE: 253-853-3354; www.harborplaceretirement.com ; 1016 29th St NW, Gig Harbor.

****OLYMPIC ALZHEIMER'S RESIDENCE**: 253-851-5306; www.prestigecare.com/alzheimers.php?id=17 ; 3025 14th Ave NW, Gig Harbor.

SOUND VISTA VILLAGE: 253-851-9929; 888-268-0517; http://www.villageconcepts.com/sound-vista-village/; 6633 McDonald Ave, Gig Harbor.

Kitsap County:

STAFFORD SUITES: 360-874-1212; www.staffordsuites.com/portorchard; 1761 Pottery Ave, Port Orchard.

Mason County:

****HAVEN IN ALLYN**: 360-277-0636; www.haveninallyn.com; 180 E Wheelwright St, Allyn. Services include long-term, home care, respite care adult day-care.

RETIREMENT/SENIOR LIVING COMMUNITIES

These facilities are designed for seniors who are physically and socially independent, choose to live in a senior community and eat at least one meal a day in a group setting. Some facilities provide housekeeping, linen service, organized social and recreational programs, transportation, and access to shopping and on-site nurses. They may provide assisted living services at additional cost. Costs vary widely.

Gig Harbor Area:

HARBORPLACE AT COTTESMORE: 253-853-3354; 866-379-8263; www.harborplaceretirement.com ; 1016 29th St NW, Gig Harbor.

BROOKDALE GIG HARBOR: 253-858-5300; www.brookdale.com ; 3213 45th St Court NW, Gig Harbor.

PENINSULA GIG HARBOR: 253-858-4800; www.holidaytouch.com/ourcommunities/peninsula; 3445 50th Ct NW, Gig Harbor.

SOUND VISTA VILLAGE: 253-851-9929; www.villageconcepts.com; 6633 McDonald Ave, Gig Harbor.

THE LODGE at MALLARD'S LANDING 253-253-3552; www.thelodge-gigharbor.com; 7083 Wagner Way, Gig Harbor 98335. Services provided: retirement and assisted living.

NURSING HOMES/SKILLED NURSING

Skilled Nursing Facilities (Nursing Homes) are licensed by Washington State. They provide 24 hour supervised nursing care, therapy, nutrition management, activities, social services, room, board, and laundry. Call each facility for current placement and payment status. Compare state survey results for nursing homes online at: www.medicare.gov/nursinghomecompare/search.html

Call DSHS Complaint Resolution at 800-562-6906 to make complaints or inquire about complaints against the licensed facility.

Gig Harbor Area:

COTTESMORE OF LIFE CARE: 253-853-3354; www.cottesmoreoflifecare.com; 2909 14th Ave NW, Gig Harbor.

MANOR CARE HEALTH SERVICES: 253-858-8688; www.heartland-manorcare.com/gigharbor; 3309 45th St Court NW, Gig Harbor.

LEGAL SERVICES

ATTORNEYS

The attorneys listed below have been identified by the Pierce County Aging and Disability Resource Center as "elder law attorneys" who understand and work with Medicaid law, trusts, estates, and wills. **Neither the ADRC nor The Mustard Seed Project recommends or endorses any individual or company.** Consumers should always ask for references and proof of professional licensing.

Be sure to inquire about fees at the outset. Some elder law attorneys will make home visits. For complaints against attorneys, contact The Washington State Bar Association at 1-800-945-9722 or www.wsba.org.

Stan Bonner: 253- 593-4190; Tacoma
Kerry Brink: 253-383-3791; www.vjglaw.com/; Tacoma
Heather L. Crawford: 253-627-7800; http://www.balsamlaw.com/attorneyprofiles/heather-l-crawford/; Tacoma.
Bryana Cross: 253-203-3352; http://crossbeanlegal.com/; Tacoma
Linda Lysne: 253-272-2997; http://bkb-law.com/linda-nelson-lysne/;Tacoma
Ronald Hendry: 253-272-2206; Tacoma
Nancy Lee: 253-904-8612; http://nancyleelaw.comcastbiz.net; Puyallup **Robert Michaels:** 253-627-1091; http://www.smithallinglane.com/; Tacoma **Eileen Peterson:** 253-620-6419; www.gth-law.com/; Tacoma.
Terrence Posey: 253-383-1014; www.posey-law.com/; Tacoma
Jonete Rehmke: 253-460-3190; https://www.rehmkelaw.com/; Fircrest
Darol Tuttle: 855-797-PLAN; http://daroltuttle.com/ ; Tacoma
Timothy Williams: 253-591-7088; http://tewilliamslaw.com/; Tacoma
Sandra Wilton; 253-472-8985; http://www.wiltonlawfirm.com ; Tacoma

ATTORNEY REFERRAL SERVICES

WASHINGTON STATE BAR ASSOCIATION ATTORNEY REFERRAL: https://www.wsba.org. See searchable Attorney Directory at https://www.mywsba.org/LegalDirectory.aspx

VOLUNTEER LEGAL SERVICES: 253-572-5134; Tacoma, www.tacomaprobono.org.

NATIONAL ASSOCIATION OF ELDER LAW ATTORNEYS: www.naela.org. Searchable database of attorneys who prepare wills, trusts, powers of attorney, living wills, and related estate-planning documents.

THE TACOMA-PIERCE COUNTY BAR ASSOCIATION LAWYER REFERRAL SERVICE: 253-383-3432; https://www.tpcba.com/public/lawyerreferral-service/

PRO BONO ATTORNEYS WASHINGTON; www.legalhandle.com/pro-bono-attorneys-Washington.html Provides information by county where to find pro bono (free) attorneys. (There are also advertisements on this website).

The *Senior Scene* newspaper sometimes has advertisements from attorneys that provide inexpensive wills & powers of attorney. Also, refer to telephone book yellow pages.

OTHER LEGAL SERVICES

CLEAR (COORDINATED LEGAL EDUCATION, ADVICE AND REFERRAL): 888-201-1014; http://nwjustice.org/get-legal-help.
If you are over 60, low-income and have a non-criminal legal problem outside King County, call CLEAR weekdays from 9:15 a.m. until 12:15 p.m. Also, seniors age 60 or over may call **CLEAR Senior** at 1-888-387-7111, regardless of income or the county in which they live.

WASHINGTON LAW HELP: www.washingtonlawhelp.org is an online legal resource that provides a variety of self-help legal information and referral services.

PIERCE COUNTY MEDICAL SOCIETY: 253-572- 3667; Living Will Forms. Also see the Washington State Medical Association website https://wsma.org/advance-

directives for advanced directive forms. Forms are also available at Key Center library and at some office supply/stationary stores.

CENTER FOR DIALOG AND RESOLUTION: 253-572- 3657; www.pccdr.org. Mediation is appropriate for any civil dispute that does not involve violence or crime, so long as all relevant parties are willing to sit down and talk things over with the assistance of a mediator. Examples of disputes appropriate for mediation include family conflicts, neighborhood conflicts, and contract disputes.

IDENTITY THEFT RESOURCE CENTER: 888-400-5530; www.idtheftcenter.org ; Help if you've been the victim of identity theft.

SOUND OUTREACH: 253-593-2111; http://www.soundoutreach.org/
Sound Outreach provides free foreclosure avoidance counseling and income tax help for seniors, and other valuable advocacy services.

FORECLOSURE ASSISTANCE: 1-877-894-4663; http://www.homeownershipwa.org/. Open 8:30 AM – 4:30 PM

MEDICAL EQUIPMENT

ABLEDATA: www.abledata.com; 800-227-0216; 103 W. Broad Street, Suite 400, Falls Church, VA 20910. AbleData is a database for unbiased, comprehensive information on products, solutions and resources to improve productivity and ease life's tasks. You can research medical equipment on the website.

ANGEL GUILD THRIFT SHOP: 253-884-9333; 9013 Key Peninsula Highway (in the "Corral") NW, Key Center. Sometimes the Guild has small equipment for sale at a nominal price. Accepts vouchers from Key Peninsula Community Services. Store open Tues-Sat 10:00 a.m. – 4:00 p.m. Donations accepted 9:30 a.m. – 4:00 p.m. Tues-Sat.

APRIA HEALTHCARE: 360-698-0552; 11634 Clear Creek Road #100, Silverdale 98383; www.apria.com. Also in Fife. Apria has supplies for CPAP machines and oxygen concentrators. They require a doctor's prescription. Medicare covers 80%. They have new and used equipment.

DONOR CLOSET: 253-327-1033; 3635 S. Lawrence St. Suite E.; Tacoma. Accepts medical equipment; refurbishes and sells at low price. Hours are 10:00 a.m. – 3:00 p.m. Wed-Sat. Has a very large inventory.

Kathy Ethan-Swanson: 253-857-4584. She sometimes has medical equipment to give away.

FAITH IN ACTION THRIFT STORE AND SENIOR CENTER: 360-275-0535; 111 Old Belfair Hwy, Belfair. Donates to seniors and people with disabilities.

FRANCISCAN HOME MEDICAL SUPPLY: 253-426-6912; St. Anthony's Hospital; 1511 Canterwood Blvd. NW, Suite 220. Open Monday – Friday, 9AM –

5PM. (closed for lunch 12:30 – 1PM). Larger supply is available at St. Joseph's Hospital in Tacoma.

KEY MEDICAL CENTER: 253-884-9221; 15610 89th Street Court NW, Key Center. Medical Center accepts donations of medical equipment. They are only able to store a small amount of equipment. Please call first.

OLYMPIC PHARMACY: 253-858-9941#2; 4700 Point Fosdick Dr., Gig Harbor. Pharmacy sells and repairs wheelchairs and other medical equipment.

WHEEL CHAIR HAVEN: 253-926-8971, 8411 Pacific Hwy E., Tacoma 98422; Monday – Friday: 10:00 AM – 6:00 PM; Saturday: 10:00AM - 5:00 PM. Haven has new and used wheelchairs, scooters, lift chairs, rental, vehicle lifts. They accept donations of some equipment.

NUTRITION & MEALS

FOOD-SHOPPING TRANSPORTATION

THE MUSTARD SEED PROJECT – KEY PENINSULA SENIOR RIDE PROGRAM: 253- 884-2216**;** http://themustardseedproject.org/servicesprograms/key-peninsula-senior-ride-program/; 9016 154th Ave. Ct. in "Uptown" Key Center. Call at least a week in advance**.**

KEY PENINSULA COMMUNITY SERVICES - SENIOR SHOPPING DAY: 253-884-4440; 17015 9th St Ct, SW, Lakebay. Shopping trips occur on the 1st and 3rd Tuesday of every month at 9:00 A.M. and pick-up and return between 3:00 P.M. and 5:00 P.M. Call in advance, open Tues thru Fri 9 AM – 4PM.

HOME DELIVERED MEALS

CATHOLIC COMMUNITY SERVICES: Tacoma office, 253.474.1300. CCS provides home delivered meals on the Key Peninsula through the Meals on Wheels program. Criterion: homebound, over 60, cannot drive, no paid caregiver, doesn't live with someone who can drive, no income limits, can cook a meal, can answer door. Seven TV dinners (frozen and one week's worth) are delivered on Tuesdays.

MEAL SITES

KEY PENINSULA COMMUNITY SERVICES: 253-884-4440; 17015 9th St Ct SW, Lakebay. Community Services provides hot meals for seniors on Wednesdays and Fridays at noon. Donations of $2.00 are accepted.

KEY PENINSULA SENIOR SOCIETY: 253-884-9984. Society meets on

Thursdays at the KP Civic Center in Vaughn for food, fellowship, and games. Potluck starts at noon, followed by activities. This number is the Society President, Charlene's home phone. Please call between 9:00 AM and 5:00 PM.

THE ACTIVE RETIREMENT AND SENIOR CLUB OF GIG HARBOR: 253-502-4670; Boys and Girls Club, 8502 Skansie Ave, Gig Harbor. Senior lunch program through Catholic Community Services are provided on Monday and Wednesday at noon. Donation of $3.00 over 60 and $5.75 under 60 are requested. No transportation is provided at this time. In case of adverse weather schedule, follow the Peninsula School District notices.

GIG HARBOR UNITED METHODIST CHURCH: 253-851-2625; 7400 Pioneer Way, Gig Harbor. Open Table Dinner, 3rd Monday, 5:30 - 6:30 PM and Open Table Lunch 4th Thursday, 12:00 -1:00 PM. Meals are free for anyone. Lunches are NOT served in November or December.

KEY PENINSULA LUTHERAN CHURCH: 253-884-3312; 4213 Lackey Road NW (corner of Lackey Rd and KP Highway). Occasionally hosts community meals.

KING OF GLORY LUTHERAN CHURCH: 253-857-4574**;** 6411 154th St. NW, Gig Harbor (at the corner of Purdy Drive NW and 154th Street). The church serves free supper, Matthew's Meals, 2nd Mondays from 6 -7 PM.

RECREATION AND EXERCISE ACTIVITIES

Check the monthly ***Key Peninsula News*** and ***Senior Scene*** (available at the Key Center Library & The Mustard Seed Project) for special activities & events. The ***Peninsula Gateway*** has weekly news of interesting activities.

ACTIVE OLDER ADULTS: 253-853-9622; www.ymcapkc.org/tom-taylorfamily-ymca. Programs of the Gig Harbor Family YMCA include: water exercise, yoga, stretching exercises, and other fitness programs. See website for current class schedules. Click on the program type you are interested in and click Tom Taylor to see the classes offered in Gig Harbor. Call for fee/membership information and current schedules. Discount rates for seniors are available. Silver Sneakers program is discontinued. For more information contact Tanya.

BOOK DISCUSSION: 253- 548 -3309. The group meets on the 4th Thursday of the month at 11:00 at the Key Center Library. Book list available at the Library; speak to a librarian for more detailed information.

CORNERSTONES: 253-853-0279; www.chapelhillpc.org; 7700 Skansie Ave, Gig Harbor. Cornerstones Fellowship group for 55 or older meets at Chapel Hill Presbyterian Church every day on the third Tuesday of each month at 5:00 PM for an informal dinner ($9), followed by a program which may include music or a guest speaker. It is a mixed group where "all" are welcome. Call ahead for more information.

GIG HARBOR WELCOME CLUB:
http://gigharborwelcomeclub.com/membership.html. A non-profit social group organized exclusively for social, educational and charitable purposes for the residents of the Gig Harbor and Key Peninsula areas. It offers 25 activity groups that range from gardening to computers, hiking to needle arts, cocktails to travel. Small fee is required to join.

KEY PENINSULA WRITERS GUILD: 253-884-6455. The guild meets the 1st and 3rd Saturdays from 10:00 AM to 12:00 PM in the community council office, Suite D, at the Key Center Corral.

KEY SINGERS: 253-884-5615. The choir meets on Tuesdays at 7:00 PM. at the Key Peninsula Lutheran Church.

KEY PENINSULA COMMUNITY SERVICES: 253-884-4440;
http://www.keypeninsulacommunityservices.org ; 17015 9th St. Ct SW, Lakebay, 98349. Many changes are occurring and schedules are in flux at the time of or going to press. Please phone ahead to check on services and activities that are available on a monthly basis.

KEY PENINSULA PARKS (AKA Key Pen Parks): 253-884-9240;
http://www.keypenparks.com. KP Parks offers a variety of adult recreational activities. They are interested in your suggestions for senior activities. Call for current offerings or visit their website.

KEY PENINSULA SENIOR SOCIETY: 360-509-5959. Society meets on Thursdays at the KP Civic Center for food, fellowship, and games. Potluck starts at noon, followed by activities.

LAKEBAY FUSCHIA SOCIETY: 253-884-9744. They meet on the first Thursday of the month at 7:00 PM at Vaughn Civic Center or otherwise listed (no meetings in September, December and January). Contact: Ginnie Aardal.

LAKEBAY WRITERS GROUP:253-884-2785. The writers meet on Wednesdays from 1:00 to 4:00 PM at Key Center Library.

LOVING HEARTS: 253-884-9619. They meet twice a month on the 2nd Tuesday of the month, 1:00-3:00 PM and the 4th Wednesday 1:00-3:00 PM at Waypoint Church. Participants hand knit items for those in need and are delivered to veterans, seniors, Backpacks for Kids, and other organizations that could benefit from handmade items.

SENIOR EXRCISE PROGRAM AT CHAPEL HILL PRESBYTERIAN CHURCH: 253-853-0284; www.chapelhillpc.org; 7700 Skansie Ave, Gig Harbor every day. Click on www.chapelhillpc.org/ministries/adults/athletics/ for their current schedule. The program is on-going, no start or stop dates. The Senior classes are held at 7:50 a.m. M, T, and Th. On Wed and Fri at 7:45 a.m. there are "fusion" classes.

SHARE AND CARE: 253-851-7779; Chapel Hill Presbyterian Church. Single senior women meet at 12:30 p.m. the first Tuesday of the month for lunch and conversation. Call the head receptionist, Dawn, for more information.

TACOMA COMMUNITY COLLEGE AT GIG HARBOR: 253-460-2424; http://www.tacomacc.edu/abouttcc/ourcampuses/gigharborcampus/. To access TCC's senior programs and services, dial 253-460-2356. The college offers a variety of classes such as art, computer courses, digital and music as well as other credit and non-credit academic courses. Fees apply.

THE ACTIVE RETIREMENT AND SENIOR CLUB OF GIG HARBOR: 253-502-4670; Jim & Carolyn Milgard Family HOPE Center (Boys and Girls Club); 8502 Skansie Ave, Gig Harbor. Activities include computer instruction, card games, bingo, Tai Chi, foot care, potlucks, etc. Senior lunch: Monday and Wednesday, at noon, $3.00 donation requested. *Annual membership required*: $69 single/$120 couple. Contact: Joyce.

TOASTMASTERS: 253-884-2283. You can learn how to speak publicly by joining Toastmasters. They meet Thursdays at 8:00 AM at Key Peninsula Lutheran Church McCauley Hall. Contact: Mr. Smiley

VOLKSMARCH (AMERICAN VOLKSPORTS ASSOCIATION):
253-857-3655. The event is held on the first Saturday after July 4th. Sign-in starts at 8:00 AM. Registered walkers must finish and check out by 4:00 PM. Total distance is 6.2 miles (10 kilometers). Contact: Neal

RESPITE CARE & ADULT DAY PROGRAMS

Respite Care/Adult Day Care provides relief for unpaid caregivers, as well as supervision, companionship, and personal care services.

BEAR CREEK ADULT FAMILY HOME: 253-225-8588 (cell); www.bearcreekafh.com; 398 SW Wycoff Rd, Pt. Orchard. The home provides respite care, day care if bed available. Contact: Cindy

HAVEN IN ALLYN: 360-277-0636; www.haveninallyn.com; 180 E Wheelwright St, Allyn. Haven provides respite care, adult day care, adult day health, in-home care, care management, and assisted living.

ORCHARD POINTE: 360-874-7400; www.seniorlifestyle.com/property/orchardpointe/#about; 300 S Kitsap Blvd, Port Orchard. They provide respite care**,** adult day care but specialize in dementia care. Contact: Melissa.

PIERCE COUNTY FAMILY CAREGIVER SUPPORT PROGRAM: 253-798-4600 (ADRC). The program provides a variety of services specifically designed for caregivers taking primary care of an older adult or individual with a chronic condition. Services include respite care, massage, housework and errands, adaptive equipment, counseling, and training. Eligibility is determined based on the income of the care recipient and services are offered on a sliding scale. There are new openings currently available in the program for individuals who have primary, unpaid care-giving responsibility.

SENIOR INFORMATION AND REFERRAL

Senior Information and Referral programs provide answers to questions about services, assessment of needs, and referral to local services. They provide help with identification of assistance sources, applications for programs and services, and advocacy on important senior issues.

PIERCE COUNTY AGING & DISABILITY RESOURCE CENTER:
253-798-4600 *or* 1800- 562-0332; www.co.pierce.wa.us/index.aspx?NID=1986
This is the Pierce County Area Agency on Aging, and part of the Pierce County *Community Connections* network. ADRC provides expert guidance and an access point for those seeking information and assistance regarding programs or services available to older adults or adults with disabilities. This service can range from a brief phone conversation to more in-depth discussion in the home setting. Phone lines are open on Monday - Friday; 9:00 AM – 4:00 PM.

KEY SENIOR INFORMATION CENTER (a program of The Mustard Seed Project): 253-884-9814; www.themustardseedproject.org; email: tmsp.mustardseed@gmail.com; 9016 154TH Ave CT NW, Key Center.
Trained volunteers provide confidential face-to-face information and referral services. Hours vary, call ahead. Office is open on Monday - Friday, 10:00 AM - 4:00 PM. Volunteers can assist with the www.BenefitsCheckUp.org, an online resource.

LUTHERAN COMMUNITY SERVICES NORTHWEST SOUTH PUGET SOUND OFFICE: Tacoma: 253-272-8433; Bremerton: 360-377-5511; www.lcsnw.org.
Lutheran Community Services provides a variety of caregiver support services; Senior Friends, home care, Meals on Wheels, Senior Companion Program, Senior Scene newspaper (www.seniorscene.org), and Retired Senior Volunteer Program.

NATIONAL COUNCIL ON AGING: 571-527-3900; www.ncoa.org.
NCOA has programs to offer for professionals, older adults, caregivers, and advocates.

SOUND OUTREACH: 253-593-2111; www.soundoutreach.org**.** Sound Outreach provides guidance to improve lives: basic food applications, Apple healthcare sign up, social security advocacy, foreclosure prevention, SHIBA (Medicare counseling).

UNITED WAY OF PIERCE COUNTY: Dial 2-1-1 is a simple, easy to use dialing code to access health and human services in Pierce County.

SUPPORT GROUPS

ADULT CHILDREN OF AGING PARENTS SUPPORT GROUP: 253-884-9814. The Mustard Seed Project of Key Peninsula, 9016 -154th Ave. Ct. in Key Center. This support group will assist you to obtain information about resources for healthy aging and to find a safe place to share your worries and frustrations.

ALCOHOLIC ANONYMOUS MEETINGS at Key Peninsula Lutheran Church**:** 253-884-3312; 4213 Lackey Rd NW, Lakebay; Tuesdays and Thursdays at 5:30 p.m.

NARCOTICS ANONYMOUS MEETINGS at Key Peninsula Lutheran Church**:** 253-884-3312; 4213 Lackey Rd NW, Lakebay; Wednesdays and Fridays at 7:00 p.m.

TOPS (TAKE OFF POUNDS SENSIBLY) MEETINGS at Key Peninsula Lutheran Church: 253-884-3312; 4213 Lackey Rd NW, Lakebay; Tuesdays at 9:00 a.m.

ALCOHOLIC ANONYMOUS MEETINGS at Key Peninsula Community Services: 253-884-4440; 17015 9th Street Court KPN, Lakebay; Sundays, Wednesdays and Fridays at 7:00 PM.

GIG HARBOR UNITED METHODIST CHURCH: 253-851-2625; 7400 Pioneer Way, Gig Harbor; www.piercecountyaa.org. The church hosts various AA meetings.

ALZHEIMER'S ASSOCIATION FAMILY CAREGIVER SUPPORT GROUPS: www.alz.org; 1-800-272-3900 or 253-820-2213.

- Ray Steiner (facilitator); 9016 -154th Ave Ct NW; Lakebay, WA 98349 (at The Mustard Seed Project's Crandall Center in Key Center) Group meets 3rd Saturday of each month 10:30 AM - Noon.
- Karen Hyde (facilitator); Gig Harbor Methodist Church, 7400 Pioneer Way, Gig Harbor; 2nd Saturday of each month 10–11:30 AM (253-819-3642).

Meetings are free and open to all unpaid caregivers, family members, and friends of individuals with dementia.

AMERICAN CANCER SOCIETY: 1-800- 227-2345; www.cancer.org, Contact Jesse Sanders. "Road to Recovery" ride is still active and is available but only at patient request. Need four business days advance notice.

GOOD SAMARITAN CANCER RESOURCE CENTER: 253-697-4899; www.multicare.org/cancer-goodsam/; 400 15th Ave. SE, Puyallup. Activities include: community outreach and education, free classes, support group and free wigs.

CELEBRATE RECOVERY: 253-853-0291; www.Celebraterecoverynarrows.com; 7700 Skansie Avenue, Gig Harbor, WA 98335. The group meets every Thursday night at 6:30 in Memorial Chapel at Chapel Hill Presbyterian Church in Gig Harbor (Use Entrance B off Rosedale). Information is available on website for men's and women's groups, compulsive behavior groups, emotional/physical/sexual abuse, codependents of sex addicts, and more.

PARKINSON'S SUPPORT GROUPS: St. Anthony's Hospital; 11567 Canterwood Blvd NW, Gig Harbor, WA 98332. Meet in the Green Point room beyond the cafeteria. Contact person is Hunter Severt; 509-389-0429; heartrocks57@gmail.com.

1. General meeting for everyone: Second Wednesday of the month, 4:15 p.m.
2. Caregivers meeting: Third Tuesday of every month, 10:00 a.m.

PARKINSON'S EXERCISE GROUP: 253-853-8466 (contact Melissa Sullivan); 2909 14th Ave. NW, Gig Harbor, WA 98335. Activities include group exercise, vocalization practice, and informational presentations with free light lunch. They meet 4th Thursdays 11:30 AM – 1:30 PM in the dining room at Harbor Place at Cottesmore of Life Care.

NORTHWEST PARKINSON'S FOUNDATION: 1-877-980-7500; www.nwpf.org. Provides education and 90 support groups.

UNITED METHODIST CHURCH: Brothers and Sisters Cancer Support Group. An active phone contact is: 253-572-2683 linked to the Cancer Support Group at that church.

FAMILY CAREGIVER SUPPORT PROGRAM (ADRC): 253-798-4600 or 800-562-0332. ADRC provides information and referral, respite care, housework and errands, comfort therapy, consultation by skilled nurses, minor adaptive equipment, and counseling. Sliding fee scale applies. Purpose: to provide relief for unpaid caregivers.

CHAPEL HILL PRESBYTERIAN CHURCH SUPPORT GROUPS: 253-851-7779; 7700 Skansie Ave, Gig Harbor www.chapelhillpc.org . The church has many support groups listed, from HIV/AIDS to Gamblers Anonymous, and more.

GRIEF/BEREAVEMENT SUPPORT

DEPRESSION AND BI-POLAR SUPPORT; 253-753-4270 (Kimberly); KP Lutheran Church; 4213 Lackey Road NW; DBSALakebay@gmail.com. Meets 11:15 a.m. to noon the first and third Saturday of the month.

GOOD GRIEF: 253-851-7446; 7700 Skansie Avenue, Gig Harbor, WA 98335. Good Grief meets at Chapel Hill Presbyterian Church. If you need help or just a friend during a difficult time, this support group is available.

YMCA LIFE UNIVERSITY: 253-853-9622; 10550 Harbor Hill Drive, Gig Harbor, WA 98332; www.YMCAPKC.org/lifeuniversity. Check the website for scheduled meetings regarding grief and other life situations. An 8-week course covering death and bereavement $30 for members, $45 non-members.

FRANCISCAN HOSPICE AND PALLIATIVE CARE: 253-534-7000. Contact the Palliative Bereavement Department. It is a six-week course, closed group; all participants must be prescreened.

MULTICARE HOSPICE AND GOOD SAMARITAN: 253-301-6400.

ST. ANTHONY HOSPITAL: 253-530-2142. Spiritual Care/Chaplain Services available to hospital patients and family Monday thru Friday.

CANCER CARE: For women, 253-851-7779; meet on Thursdays at 4 p.m. in Building A, in the library, at Chapel Hill Presbyterian Church. For men, 253-8517111; meet on the 1st and 3rd Thursdays at 7 p.m. at a private home; call for location.

CARE AND SHARE: 253-853-4694. For community women in their "golden years." Group meets 1st Tuesday at 12:30 for lunch and Christian fellowship at Chapel Hill Presbyterian Church.

TRANSPORTATION

DRIVING ASSESSMENT

AARP DRIVING /ASSESSMENT CLASSES: Call 1-888-227-7669 #2 for information on classes; www.aarp.org/drive .

AARP DRIVING CLASS: For additional information, call Gig Harbor Police Department at 253-265-8508.

HARBOR SPEECH PATHOLOGY: 253-851-0007; www.harborspeech.com ; 5202 Olympic Dr. NW, Suite 100, Gig Harbor. Worried about a loved one's driving? Call for more information about the DriveABLE assessment. Fee is required for service. Medicare pays portion.

NO-COST AND LOW-COST TRANSPORTATION OPTIONS

Dial 211. South Sound 211 can connect you to available transportation resources for seniors and people with disabilities, and others.

KP BUS CONNECTS: 253-884-BUSS (2877). Information and the current schedule available online: http://www.kpcouncil.org/kp-school-bus-connect.html. Bus Connects is provided through a partnership of Puget Sound Educational Service District, Peninsula School District and the Key Peninsula Community Council. FREE

community transportation on the Key Peninsula via off-duty school buses. Buses run on Tuesdays and Thursdays and connect riders to Key Center, Lake Kathryn, Volunteer Park, KPCS Food Bank, local stops and Purdy Park and Ride.

KEY PENINSULA COMMUNITY SERVICES - SENIOR SHOPPING DAY: 253-884-4440; 17015 9th St Ct, SW, Lakebay. Shopping trips occur on the 1st and 3rd Tuesday of every month at 9:00 A.M. and pick-up and return between 3 - 5 P.M. Call in advance, Tues thru Fri 9 AM – 4 PM.

KEY PENINSULA SENIOR RIDE PROGRAM: 253-884-2216. This program of **The Mustard Seed Project** provides two major types of senior transportation:

Volunteer Drivers: Screened volunteers provide free door-to-door transportation in their own vehicles, for seniors 60 and older, and low-income disabled individuals over the age of 18. Sign up and schedule rides seven days in advance. For seniors age 60 and over, income must be $3,000 a month or less for one person, *after* subtracting out-of-pocket medical expenses. Made possible through partnership with Catholic Community Services. Free - donations always welcome.

Community Solutions Mini-Bus: *No income eligibility requirements*. The Mustard Seed Project partners with Pierce Transit to provide this service to the Key Peninsula. Volunteer drivers are trained by Pierce Transit to operate the wheelchair liftequipped shuttle-style mini-bus. It runs Monday, Wednesday and Friday to a variety of destinations. The volunteer driver picks up local seniors for Senior Center lunches at KP Community Services on Wednesdays and Fridays. Depending on demand and driver availability, transportation is also possible for other destinations, including shopping and errands. Drives to the Gig Harbor Y are by request only.

We may offer more transportation options in the future. Call The Mustard Seed Project's Key Peninsula Senior Ride Program at 253-884-2216 for information.

Every rider is required to complete an ADA application, to determine eligibility for partial or full transportation considerations. For rides and information, call 253-8842216.

DISABLED AMERICAN VETERANS TRANSPORTATION NETWORK: 253-583-1343, ext: 71343; http://www.vets-go.com/provider/dav-transportationnetwork-american-lake-va/. Five business day advanced notice is required. Free for adults and seniors and must be a veteran. Please leave request on answering machine.

FAITH IN ACTION: 360-275-0535; http://fiaws.org/; PO Box 2697, Belfair 98528. Variety of services includes transportation across Mason/Pierce County line (they do not go across the Tacoma Narrows Bridge). They rely on volunteers. Criteria: elder, homeless or disabled living in North Mason County.

FISH FOOD BANK GIG HARBOR: 253-858-6179. Transportation is for food bank clients for medical appointments only. A possible resource *only if all other options have been exhausted.* Call the business day prior to your appointment. It is designed primarily for residents of Gig Harbor area.

PARATRANSIT: 800-925-5438; TTY (hearing impaired) 800-934-5438; http://www.wanemt.com. Transportation is for medical appointments and only for those with Medicaid coupons.

CATHOLIC COMMUNITY SERVICES: 253-502-2690 (for Pierce/Kitsap Co); http://ccsww.org/get-help/services-for-seniors-people-with-disabilities/volunteertransportation/; Rides for medical appointments, grocery shopping, paying bills, and so on. Serve low-income clients. Call two weeks in advance to set up a schedule.

OTHER OPTIONS

A BLESSING TO SERVE: 253-307-5928; www.ablessingtoserve.com.
It is a transportation business in the Gig Harbor area but does *not* currently serve the Key Peninsula, but special arrangements might be possible for Lake Kathryn Village, Creviston, Purdy Park and Ride, or elsewhere.

AROUND THE SOUND: 253-858-7088. Appointment in advance is required. Charge is currently $12/hour; subject to change.

ENVOY AMERICA: 1.888.375.5558; http://www.envoyamerica.com
Rides for seniors. Currently $39/hr for transport and $20/hr for waiting.

ADVANCED HEALTH CARE: 253-475-7744; Tacoma. Charges are $29.00 an hour and they require a three hour minimum with complimentary assessment and follow up with a nursing assistant.

KRISTIN OLSON: UBER, LYFT & Envoy America; 1-360-633-9452 (text ok).

BROOK-JOHN KOPP: LYFT. 1-253-549-5142 (text ok).

CATHOLIC COMMUNITY SERVICES: 253-502-2748; Tacoma. Minimum charge is 2 hours ranging from $27.25/hr to $29.75/hr plus $.56 cents a mile. Client must have a home assessment prior to receiving service.

HOME INSTEAD SENIOR CARE: 360-782-4663. Riders must be clients with a plan and signed service agreement. Three hour minimum/$32/hr if personal care is involved. No charge for driving client's car; otherwise $.54/mile).

PIERCE TRANSIT: 253-581-8000. Call for route information or find routes online at www.piercetransit.org/pierce-transit-routes/. **There currently are no routes on the Key Peninsula due to budget cuts.** Persons living on the Key Peninsula can connect with Bus route 100 at the Purdy Park and Ride.

Trips cost $2.00 each way, or $1.00 with a Senior Regional Reduced Fare Permit (Permits are obtained with ID at a customer service center). For individuals who have never taken the bus or are nervous about riding, Pierce Transit provides "bus Training" designed to help the rider feel more comfortable. Call for information.
KITSAP TRANSIT ACCESS: 800-422-2877 or 360-479-7272. Applications are online at www.kitsaptransit.org/access**.** Persons living on the Key Peninsula can connect with this service at the Purdy Park and Ride. ACCESS provides door-to-door or curb-to-curb transportation for elderly and disabled unable to use the fixed route transit system to medical appointments, shopping, visiting friends, or any other destination *within Kitsap County.*

To schedule rides on ACCESS, an eligibility application must be completed. Rides must be reserved preferably seven days in advance. Transportation is shared; seats are limited to certain times of day. Reduced fare is available by purchasing bus pass.

KITSAP TRANSIT: 800-501-7433 or 360-373-2877; www.kitsaptransit.com/. Persons living on Key Peninsula can access this service at the Mullenix Park and Ride at Highway 16 and Mullenix interchange. Trips cost $2 each way. Special rates are available for elderly and disabled. Call for route information or find routes online.

BREMERTON/KITSAP AIRPORTER: (360) 876-1737; http://kitsapairporter.com/. The airporter provides transportation to and from SEATAC airport. The Airporter can accommodate wheelchairs if you call ahead. Reservation is needed. The pick- up is at Purdy Park & Ride. Adults: $21.00 one way/$37.00 round trip; discounts are not provided.

VETERANS

VETERANS SERVICE OFFICES IN PIERCE COUNTY: Offer assistance with VA services and programs for veterans and dependents.

American Legion Post 236: 253-376-1543 www.legion.org/educaton/statebenefits/washington; 5601 Gustafson Dr. NW, Gig Harbor (Behind the Harbor Covenant Church).

AMVETS: Department of Washington 253-472-2552; http://amvetswa.org ; 5717 South Tyler, Tacoma, WA 98409.

Tacoma Vet Center: 253-565-7038; 4916 Center Street, Suite E, Tacoma, WA 98409. https://www.va.gov/directory/guide/facility.asp?ID=476 Provides a variety of services, with focus on combat troops and bereavement counseling.

WASHINGTON STATE DEPARTMENT OF VETERAN AFFAIRS: https://www.legion.org/veteransbenefits/washington. The Washington State Department of Veterans Affairs helps connect veterans and their family members to the benefits and services they earned through their military service.

The American Legion: 253-583-1300; VA Hospital, American Lake, 9600 Veterans Dr., Bldg. 16, Rm 111, Tacoma 98493; Walk-in basis only: Monday, Tuesday, Thursday, Friday: 8:00 -11:30 a.m.; 1:00 - 3:30 p.m., Wednesday: 10:00 - 11:30a.m.; 1: 3:30 p.m.

PIERCE COUNTY VETERANS BUREAU: 1-800-992-2456 #7449; www.co.pierce.wa.us/Index.aspx?NID=123; 1305 Tacoma Ave S, Suite104, Tacoma, WA 98402. It provides emergency assistance with food, rent and utilities to qualified indigent veterans and family members, with limited assistance with medical and other miscellaneous services also available on emergency need basis. Also offers the

Incarcerated Veterans Reintegration program, in partnership with the Washington State Department of Veterans Affairs.

WASHINGTON STATE DEPARTMENT OF VETERANS AFFAIRS: 1-800-562-2308 or TDD: 360-725-2199; www.dva.wa.gov/; 1102 Quince ST SE; PO Box 41150, Olympia, WA 98504-1150. The department provides information on benefits, services, programs, veteran homes, women services, burial, cemeteries, and employment.

KEY PENINSULA VETERANS: 253-225-5130**;** www.facebook.com/keypeninsula.veterans; PO Box 501, Lakebay, WA 98349. Active local group helps connect veterans and their dependents with available services.

EBENEFITS ONLINE NATIONAL RESOURCE DIRECTORY: https://www.ebenefits.va.gov/ebenefits/homepage .
As a service of the Department of Veterans Affairs and the Department of Defense, the website has resources for benefits/compensation, employment, education/training, family/caregiver support, health, homeless assistance, housing, transportation/travel, check on DD-214 benefits, claims, or appeals.

VETERAN'S AFFAIRS: www.va.gov. Benefits: 1-800-827-1000; Health Care: 1-877-222-VETS (8387); Veterans Crisis Line: 1-800-273-8255, Press 1.

VETERANS CRISIS LINE (U.S. DEPARTMENT OF VETERANS AFFAIRS): 1-800-273-8255; www.veteranscrisisline.net.
The Line connects veterans in crisis and their families with qualified responders through confidential toll-free hotline, online chat, or text 24 hours, 7 days a week, 365 days a year. Support for deaf and hard of hearing is also available.

NON-GOVERNMENT VETERANS EMPLOYMENT RESOURCES

MY NEXT MOVE: www.mynextmove.org/vets . The web site is a resource of civilian occupations based on specific military job experiences and training.

ONLINE JOB SEARCH SITES: http://www.monster.com; http://www.SimplyHired.com; http://www.Indeed.com; http://www.Branchout.com; http://www.LinkedIn.com/veterans.

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