

AGING & DISABILITY RESOURCE DIRECTORY

for

Seniors, Family Caregivers
& Adults with Disabilities



2023 - 2024

Lewis Mason Thurston
Area Agency on Aging

FREQUENTLY USED NUMBERS

Department of Social Health Services (DSHS)

Home & Community Services - Medicaid, COPES

Thurston & Mason County 360-664-9050
6639 Capitol Blvd SW, Tumwater, 98501

Lewis County360-669-2910
3451 Galvin Rd, Centralia, 98531

Community Service Office (CSO) - Food Stamps, Cash Assistance

State-Wide Hotline 1-877-501-2233

To apply online: washingtonconnection.org

Adult Protective Services (APS) Intake Line

To report Abuse, Neglect, Exploitation 1-877-734-6277

Social Security Nat'l Hotline: 1-800-772-1213

Thurston & Mason County

1009 College St SE, Lacey 1-866-755-6199

Lewis County

1821 Cooks Hill Rd, Suite 100, Centralia 1-855-848-7942

Medicare 1-800-633-4227

or contact your local SHIBA office **pg 29**

Medical Equipment Banks **pg 48-51**

Meals on Wheels **pg 43**

Thurston County 360-586-6181 x124

Mason County 360-586-6181 x124

Lewis County 1-888-976-0712

Senior Centers **pg 61-62**

Housing Authority **pg 37-38**

Thurston County 360-753-8292

Mason County 360-479-3694

Lewis County 360-736-5140

Legal Services **pg 40**

IF YOU ARE UNABLE TO LOCATE THE
INFORMATION OR PHONE NUMBER
YOU ARE LOOKING FOR PLEASE CONTACT:

**Lewis-Mason-Thurston
Area Agency on Aging**

**AGING & DISABILITY RESOURCE
CONNECTION SPECIALIST (ADRC)**
(Formerly known as Information & Assistance)

Lewis County - Chehalis office

1651 S Market Blvd, Chehalis, WA 98532
360-748-2524 x201

Mason County - Shelton office

2008 Olympic Hwy N, Shelton, WA 98584
PO Box 2087, Shelton, WA 98584
360-427-2226 x251

Thurston County - Olympia office

2404 Heritage Ct SW, Olympia, WA 98502
360-664-3162 x133 or 1-888-545-0910 x133

***To report errors in this resource directory
or to request additional copies please call:***

360-664-3162 x253 or 1-888-545-0910 x253

ABOUT LMTAAA

The Lewis-Mason-Thurston Area Agency on Aging (LMTAAA) was created through the Older Americans Act and has operated under the sponsorship of Lewis, Mason and Thurston Counties since 1976. The policy board of the Agency is the Council of Governments (COG), which is made up of one county commissioner from each of the three sponsoring counties.

LMTAAA staff directly provides a variety of services that support individuals, families, and caregivers. We provide case management and nurse consultation for approximately 6,000 individuals receiving Medicaid paid in-home care assistance. Our ADRC program receives more than 13,000 calls a year from individuals requesting information about how to access local services and support.

LMTAAA staff also works with community organizations in developing, monitoring and managing the delivery of services to seniors and disabled adults. LMTAAA contracts with governmental and non-governmental agencies for the delivery of a wide variety of services to eligible individuals. Services provided through contracts include: nutrition services, adult day care, transportation, legal assistance, respite care, in-home personal care, kinship and family caregiver support, and a multitude of Medicaid waiver services.

Our team is composed of highly dedicated and experienced people who value service, excellence, empowerment and collaboration.

HOW TO USE THIS DIRECTORY

In the Lewis-Mason-Thurston Area Agency on Aging (LMTAAA) Resource Directory you will find a wide range of services that are available to help those who find it difficult to maintain their independence. Some of the reasons for this difficulty can be related to chronic illnesses or other health-related problems, surgeries, accidents, or the gradual loss of capabilities associated with the natural aging process. Our emphasis is on providing services that allow a person to remain in the least restrictive environment possible.

Every attempt has been made to ensure that this publication is current, with a focus on public and nonprofit services. The information in this directory is provided as a starting point, and as an encouragement to the residents of Lewis, Mason, and Thurston Counties to seek assistance when needed. This is not a complete list of local resources, and inclusion in this directory is not an endorsement, referral, or recommendation on the part of LMTAAA. Information changes rapidly, so please do not hesitate to call any of the numbers listed for updated or more specific information.

For more information please visit our website:

LMTAAA.org

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ABUSE OF THE ELDERLY

Most elder abuse is often the result of complex and interrelated factors. Abuse may occur at home with family members or other caregivers, or in residential care settings. Elder abuse can be physical, verbal, emotional and/or financial.

If you suspect an older person is being abused, neglected, or exploited, please contact one of the following offices:

Adult Protective Services (APS)

for suspected abuse or neglect of a vulnerable adult

1-877-734-6277

fortress.wa.gov/dshs/altsaapps

Residential Care Facility Complaint Hotline

1-800-562-6078

1-800-737-7931 (TTY) toll-free

You may also make a report online at:

dshs.wa.gov/altsa

**FOR SITUATIONS THAT ARE LIFE THREATENING
PLEASE CALL 911**

ADULT DAY CARE

Adult day care programs provide a variety of recreational, social, and support services for those who need supervision and assistance in a protective setting. Participants are engaged in supervised activities in a safe setting while providing families a break from caregiving responsibilities.

Senior Services for South Sound Brighter Days Adult Day Care Program

Thurston County:

Virgil S. Clarkson Lacey Senior Center
6757 Pacific Ave SE
Lacey, WA 98503
360-407-3967 x207

southsoundseniors.org



AGING & DISABILITY RESOURCE CONNECTION

Lewis-Mason-Thurston Area Agency on Aging, Aging & Disability Resource Connection (ADRC) helps individuals to link with services and resources to maintain their independence.

Lewis County

Lewis-Mason-Thurston Area Agency on Aging

Chehalis ADRC Office

1651 S Market Boulevard, Chehalis, WA 98532

360-748-2524 x201

Mason County

Lewis-Mason-Thurston Area Agency on Aging

Shelton ADRC Office

2008 Olympic Hwy N, Shelton, WA 98584

360-427-2226 x251

Thurston County

Lewis-Mason-Thurston Area Agency on Aging

Olympia ADRC Office

2404 Heritage Ct SW, Olympia, WA 98502

360-664-3162 x133

1-888-545-0910

FOR OTHER INFORMATION, CONTACT:

Washington Information Network (WIN)

dial 2-1-1 or visit win211.org

ALCOHOL & DRUG ABUSE TREATMENT

Alcohol and substance abuse treatment is based upon a person's needs.

To find services in your area, please call:

Washington Recovery Help Line

*24-Hour Help for Substance Abuse,
Problem Gambling & Mental Health*

1-866-789-1511

WaRecoveryHelpLine.org

Lewis County

Alcoholics Anonymous

360-807-0902

Cascade Mental Health

135 W Main St, Chehalis, WA 98532

360-748-4339

2428 W Reynolds Ave, Centralia, WA 98531

360-330-9044

Eugenia Center

121 NW Chehalis Ave, Chehalis, WA 98532

360-740-9767

New Directions Counseling

1956 NE Kresky Ave, Chehalis, WA 98532

360-740-4380

(continued)

ALCOHOL & DRUG ABUSE TREATMENT

Mason County

Alcoholics Anonymous

360-275-9868

New Directions Counseling

360-427-5232

Northwest Indian Treatment Center

308 E Young St, Elma, WA 98541

360-482-2674

Northwest Resources

Also offers inpatient services.

235 S 3rd St, Shelton, WA 98584

360-426-0890

121 N 5th St, Shelton, WA 98584

360-868-2697

Thurston County

Alcoholics Anonymous

360-352-7344

Northwest Resources

Martin Way Clinic

3773 Martin Way E, Suite A-105

Olympia, WA 98506

360-688-7312

Olympia Clinic

2708 Westmoor Ct SW

Olympia, 98502

360-943-8810

(continued)

Northwest Resources

Lilly Road Clinic

200 Lilly Road NE, Building C
Olympia, 98506
360-918-8336

Behavioral Health & Recovery

Providence St. Peter

4800 College St SE
Lacey, WA 98503
360-456-7575
providence.org

SeaMar Behavioral Health

Outpatient-only chemical dependency services
336 Littlerock Rd SW, Tumwater, WA 98512
360-704-7590

202 Cullens St NW, Yelm, WA 98597
360-400-4860

SeaMar.org

CARE/CASE MANAGEMENT

PUBLIC AGENCIES

Public case managements provides eligibility determination, needs assessments, and care planning for recipients of Medicaid in-home services for those over 60 or younger adults with disabilities.

Lewis County

DSHS Home & Community Services

3451 Galvin Rd, Centralia, WA 98531

360-669-2910 or 1-800-487-0360

Lewis-Mason-Thurston Area Agency on Aging

1651 S Market Blvd, Chehalis, WA 98532

360-748-2288

Mason County

DSHS Home & Community Services

6639 Capitol Blvd SW, Tumwater, WA 98501

360-664-9050 or 1-800-462-4957

Lewis-Mason-Thurston Area Agency on Aging

2008 Olympic Hwy N, Shelton, WA 98584

360-427-2225

Thurston County

DSHS Home and Community Services

6639 Capitol Blvd SW, Tumwater, WA 98501

360-664-9050 or 1-800-462-4957

Lewis-Mason-Thurston Area Agency on Aging

2404 Heritage Ct SW, Olympia, WA 98502

360-664-2168 or 1-888-545-0910

(continued)

CARE/CASE MANAGEMENT

PRIVATE CARE MANAGERS

Private care managers provide consultations to people and their families, who are living at home and experiencing difficulties managing daily activities due to illness or disability. Care managers can help develop a plan of care, or arrange for services, such as caregivers, guardians, appropriate housing, or legal assistance. Care managers who are nurses can also provide medical evaluations and manage medical care. Other care managers have Master's degrees in Gerontology, Social Work, Nursing or Counseling. Expect to pay \$90 - \$175 per hour for care management services.

For additional information or assistance with this topic, please contact your local ADRC Office, listed just inside the front cover or this book.



(continued)

CARE/CASE MANAGEMENT

PRIVATE CARE MANAGERS

Concierge Care Advisors

2608 2nd Ave, Suite 224, Seattle, WA 98121

1-855-444-7364

conciergecareadvisors.com

Eldercare Counseling and Guidance Services

1700 Cooper Point Rd SW, Olympia, WA 98502

360-205-5989

eldercarecounselor.com

Smerken Consulting

120 State Ave NE, Suite 132, Olympia, Wa 98501

360-570-3357

smerken.com

CONFLICT RESOLUTION

Conflict resolution services assist elders, their families, and caregivers with resolving conflicts that may arise around issues of autonomy, caregiving, housing, health care or end-of-life decisions. Trained mediators are available:

Mason & Thurston County

Dispute Resolution Center

PO Box 6184, Olympia, WA 98507-6184

360-956-1155 or online at mediatethurston.org

Lewis County

Community Mediation Centers

1338 Commerce Ave, Suite D2, Longview, WA 98632

360-232-8622 or online at communitymediationcenters.org

CRISIS INTERVENTION HOTLINES

These agencies provide direct services, or information about community resources and referrals to other organizations and agencies.

Alzheimer's Association Help Line

1-800-272-3900

Free 24/7 help line for confidential support, information and caregiving strategies for family caregivers of people living with Dementia.

Mason & Thurston County

Crisis Clinic of Mason & Thurston County

360-586-2800

Offering crisis intervention, emotional support, information and referrals.

Mason County

Telecare Mason County Mobile Outreach Intensive Case Management Team

601 W Franklin St, Suite A, Shelton 98584
360-462-3016

Thurston County

Crime Victims Advocacy Network

360-786-5601

360-786-5540 x6273 **OR** x2061

1-888-288-9221 **24 Hour**

cvan11.org

Family Justice Center

360-754-9297

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CRISIS INTERVENTION HOTLINES

Domestic Violence & Sexual Assault Issues

Lewis, Mason and Thurston Counties

WA State Coalition Against Domestic Violence

*Online Directory of Domestic Violence Programs
by County*

wscadv.org/washington-domestic-violence-programs/

Lewis County

Hope Alliance

360-748-6601 or 1-800-244-7414

White Pass Community Services Coalition

360-496-5404

Mason County

Kitsap Sexual Assault Center

360-479-8500

Turning Pointe Domestic Violence Services

360-426-1216 or 1-877-923-1212

Crisis Line - 360-432-1212

(continued)

CRISIS INTERVENTION HOTLINES

Domestic Violence & Sexual Assault Issues

Thurston County

**Chehalis Confederated Tribes
Domestic Violence Program**

Oakville, WA
360-273-5911

SafePlace
360-786-8754

Safe Place Crisis Line
360-754-6300

Thurston County Family Justice Center
The Family Support Center
360-754-9297

CULTURAL SERVICES

Lewis, Mason & Thurston County

CIELO Integral Educational Center

Olympia Office

1601 N St SE, Olympia, WA 98501

360-709-0931

Shelton Office

2505 Olympic Hwy N, Suite 140, Shelton, WA 98584

360-868-2431

cieloprograms.org

La Mesa Redonda Hispanic Roundtable

PO Box 6368

Olympia, WA 98507

Hispanic@HispanicRoundtable.org

hispanicroundtable.org/wp/

Thurston County

Korean Seniors Association

Meet Wednesdays, 10am-1pm

Lacey Senior Center

6757 Pacific Ave SE, Lacey, WA 98503

360-407-3967

Spanish Speaking Seniors

Meet Mondays, 10am-1pm

Lacey Senior Center

6757 Pacific Ave SE, Lacey, WA 98503

360-407-3967

Vietnamese Senior Association

Evergreen Village

505 Division St NW, Olympia, WA 98502

360-943-5505

DENTAL CARE

Many dental providers will serve you regardless of which county you live in. Dental providers listed here are grouped by the county in which they are located. Please call the individual offices for more details.

Serving Multiple Counties

NEIGHBORCARE HEALTH

Dental at Providence St. Peter Hospital
360-456-8844

DENTURE SERVICES:

Bates Technical College Denturist – Tacoma
253-680-7314

FOR A LIST OF DENTISTS WHO ACCEPT MEDICAID

Thurston-Mason County Dental Society
360-956-0828
tmcdental.org/resources

Lewis County

Family Health Center Dental Clinic
1057 12th Ave, Longview, WA 98632
360-636-3892

Olympic Dental & Denture Center
716 W Main, Centralia, WA 98531
360-736-0795

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DENTAL CARE

Lewis County

Valley View Health Center - Medical & Dental

2690 NE Kresky Ave, Chehalis, WA 98532

360-330-9595

Valley View Health Center - DENTAL ONLY

148 E Division, Morton, WA 98356

360-496-5101

Valley View Health Center - Medical & Dental

300 Ocean Ave, Raymond, WA 98577

360-942-3040

Mason County

Mason County Public Health

*Will refer patients of all ages to dentists
who accept Medicaid*

415 N 6th Street

Shelton, WA 98584

360-427-9670 x400

Skokomish Dental Center

Serving Native Americans

80 N Tribal Center Rd

Skokomish, WA 98584

360-426-5755

Squaxin Island Health Clinic

Serving Native Americans

SE 90 Klah-Che-Min Dr

Shelton, WA 98584

360-427-9006

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DENTAL CARE

Thurston County

Nisqually Dental Clinic

Serving Native Americans
4816 She-Nah-Num Dr SE
Olympia, WA 98513
360-459-5312

Olympic Dental & Denture Center

4408 Pacific Ave SE
Lacey, WA 98503
360-438-8299

Olympia Union Gospel Mission Dental Center

309 Washington St NE
Olympia, WA 98501
360-943-6400

Sea Mar Dental Clinics

Lacey

669 Woodland Square Loop SE
Lacey, WA 98503
360-359-4860

Tumwater

409 Custer St, Suite C
Tumwater, WA 98501
360-570-8016

Yelm

202 Cullens St NW
Yelm, WA 98597
360-400-4840

(continued)

DENTAL CARE

South Puget Sound Community College

Dental Clinic

2011 Mottman Rd SW, Building 34

Tumwater, WA 98512

360-596-5464

Thurston County Public Health & Social Services

*Will refer patients of all ages to dentists
who accept Medicaid.*

412 Lilly Rd NE

Olympia, WA 98506

360-867-2500

Valley View Health Center Olympia

3775 Martin Way E, Suite A

Olympia, WA 98506

360-236-7166



DISABILITY SERVICES

Department of Social & Health Services (DSHS) Developmental Disabilities Administration (DDA)

The DDA is responsible for many services for individuals with developmental and intellectual disabilities including Medicaid waiver services that provide support to families of people with developmental disabilities. For information about services and the application process from DDA office near you:

Developmental Disabilities Administration (DDA)

1-800-339-8227

dshs.wa.gov/dda

Serving Multiple Counties

Brain Injury Alliance Washington (BIAWA)

Seattle

1-877-824-1766

www.BIAWA.org

Center for Independence

7801 Bridgeport Way W #200

Lakewood, WA 98499

253-582-1253

www.CFISouth.org

Easter Seal Society of Washington

1-800-678-5708

Hearing, Speech & Deaf Center (HSDC)

621 Tacoma Ave S, Suite 505

Tacoma, WA 98402

1-866-421-5560

1-866-698-1748 (TTY) toll-free

hsdc.org

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DISABILITY SERVICES

Serving Multiple Counties

MS Society of the Greater NW

1-800-344-4867

nationalmssociety.org/chapters/was

Office of the Deaf and Hard of Hearing

1-800-422-7930 (Voice & TTY)

Tacoma Area Coalition of Individuals with Disabilities

253-565-9000

tacid.org

Validus Consulting & Services

24421 34th Ave Ct E

Spanaway, WA 98387

253-847-7887

WA State Department of Services for the Blind

1-800-552-7103

dsb.wa.gov/

Washington Talking Book & Braille Library

1-800-542-0866

wtbbl.org

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DISABILITY SERVICES

Thurston County Only

Independent Living Old or Blind Program
Administered by the University of Washington,
please contact Seagull Low Vision Services:
360-493-1372

magnifywashington.org/

Behavioral Health Resources (BHR)
360-704-7170 or 1-800-825-4820

bhr.org

EYE CARE

Lewis, Mason and Thurston Counties

Airway Optical - *for Medicaid clients only:*
1-888-606-7788

Eye Care America
1-877-887-6327
EyeCareAmerica.org

Lions Low Vision Resource Center
360-790-8667
Olympiahostlions.org

Olympia Union Gospel Mission
309 Washington St NE, Olympia
360-709-9725
ougmm.org

FALLS PREVENTION RESOURCES

Preventing falls is a key part of maintaining independence for older adults. Connecting older adults with local resources, such as exercise programs, home safety, and healthcare consultations, is essential. Some local resources are listed below.

General Information

ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/

cdc.gov/steady/patient.html

Exercise Programs

Senior Centers (Lewis, Mason & Thurston Counties)
See Table of Contents for listings.

South Sound YMCA (Thurston County)
Briggs: 360-753-6576 or Plum Street: 360-357-6609

Home Safety and Accessibility

n4a.org/files/PreventingFalls.pdf

Adaptive Living, LLC (Lewis, Mason & Thurston Counties)
Home safety/home environment assessment
Jennifer Hopps, OTR/L, CAPS: 360-209-4199

FAMILY CAREGIVER SUPPORT PROGRAM

The Lewis-Mason-Thurston Area Agency on Aging (LMTAAA) Family Caregiver Support Program (FCSP) is designed to provide an array of services and supports for unpaid family caregivers whose dedication allows individuals needing care to remain in their homes. The following is a list of some of the services that the Family Caregiver Support Program offers:

- Family Caregiver Workshops**
- Housework & Errands Program**
- Information & Referral Assistance**
- Respite Care**
- Counseling Services**
- Resource Libraries**
- Resources for Grandparents Raising Grandchildren**

To reach a Family Caregiver Support Program Specialist near you:

Lewis County

360-748-2288

Mason County

360-427-2225

Thurston County

360-664-2168

1-888-545-0910

FOOD BANKS

Food banks may require an application for services and verification of your identity and address. Dates and times of distributions are subject to change.

Lewis County

Greater Chehalis Food Bank

750 SW 21st St, Chehalis, WA 98532
360-748-1226

Mineral

116 Front St, Mineral, WA 98355
360-492-3491

Pastor's Pantry

277 7th St, Morton, WA 98356
360-496-5456

Pe Ell Food Bank

134 Mauerman Rd, Pe Ell, WA 98572
360-880-8067

Salvation Army

303 N Gold, Centralia, WA 98531
360-736-4339

Somma Food Bank

144 Wilcox Rd, Salkum, WA 98582
360-985-2704

Toledo Food Bank

101 N 2nd St, Toledo, WA 98591
360-269-7001

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FOOD BANKS

Lewis County

White Pass Food Bank

106 Kindle Rd, Randle, WA 98377
360-520-3817

Winlock/Vader Food Bank

503 NE 1st Street, Winlock, WA 98596
360-785-2185

Mason County

Belfair Community Food Pantry

71 NE Old Belfair Hwy, Belfair, WA 98528
360-552-2600

Hood Canal Food Bank

331 N Finch Creek Rd, Hoodspport, WA 98528
360-877-6507

Matlock Food Bank

216 W Matlock-Brady Rd, Matlock, WA 98215
360-432-8189

North Mason Food Bank

22471 State Route 3, Belfair, WA 98528
360-275-4615

Saints Pantry

214 S 2nd St, Shelton, WA 98584
360-427-8847

United Methodist Church

1900 King St, Shelton, WA 98584
360-426-4174

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FOOD BANKS

Thurston County

Rainier Emergency Food Center

Valley Heart Church

11318 Vail Cut-Off Rd SE, Rainier, WA 98576

360-280-7326 or 360-446-2517

ROOF Community Services

10140 Hwy 12 SW, Rochester, WA 98579

360-273-6375

Sacred Heart Food Pantry

812 Bowker St SE, Lacey, WA 98503

360-923-0929

Tenino Food Bank

224 Sussex Ave E, Tenino, WA 98589

360-264-5505

Thurston County Food Bank (TCFB)

220 Thurston Ave NE, Olympia, WA 98501

360-352-8597

*TCFP operates many satellite locations-
check their website for more info:*

thurstoncountyfoodbank.org/satellite-locations/

Yelm Food Bank

624 Crystal Springs Rd NW, Yelm, WA 98597

360-458-4003

LGBTQIA

Services & advocacy for Lesbian, Gay, Bisexual, Transgender, Intersexed, Allies and other individuals.

Lewis, Mason & Thurston Counties

PFLAG

PO Box 12732, Olympia, WA 98508
360-207-1608

PFLAG-Olympia.org

Rainbow Health Center of Olympia

Rainbow Health Center's mission is to provide a healing space for the unique needs of non-mainstream participants and their network of providers.

1701 4th Ave E, Olympia, WA 98506

rainbowhealthcenter.com/
info@rainbowhealthcenter.com

Sound Alliance of Older LGBTQ

SAOL's mission is to promote the wellness of LGBTQelders in the Thruston County area, with a range of services and activities.

PO Box 7221, Olympia, WA 98501

soundallianceofolderlgbtq.org

GUARDIANSHIP SERVICES

Guardianship is a legal option that is available when a person has significant problems that prevent them from managing their financial affairs or caring for themselves. Guardianships are granted when a court proceeding determines that a person is legally incapacitated. Because guardianship deprives an individual of significant personal rights, it is considered a last resort, after all other options have been considered.

A listing of certified professional guardians can be found on the Washington State Courts website:

courts.wa.gov/guardianportal/

For additional information or assistance with this topic, please contact your local ADRC Office, listed just inside the front cover or this book.

HEALTH INSURANCE & PRESCRIPTION DRUG INFO

For more information on insurance, or information regarding the Low Income Subsidy from Social Security that helps pay for prescriptions through the Medicare Part D Prescription Drug Program, please contact your local ADRC office. (See *inside cover*)

Serving all counties

Insurance Commissioner Consumer Hotline
1-800-562-6900

Medicare Hotline
1-800-633-4227

Prescription Drug Assistance Foundation
206-518-0839
prescriptiondrugassistance.org

Washington Health Benefits Exchange
WaHealthPlanFinder.org

1-855-923-4633
1-855-627-9604 (TTY) toll-free

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HEALTH INSURANCE & PRESCRIPTION DRUG INFO

For patient assistance programs available through the drug companies:

[NeedyMeds.org](https://www.NeedyMeds.org)

[BenefitsCheckUp.org](https://www.BenefitsCheckUp.org)

Lewis County

LOVE Inc. - *prescription assistance*
360-748-8611

St. Vincent de Paul - *prescription assistance*

Centralia & Chehalis
360-623-1144

Napavine, Winlock, Toledo
(*& parts of East Lewis County*)
360-864-4130

Mason & Thurston County

**Statewide Health Insurance Benefits Advisors
Helpline (SHIBA)**

Located inside the Olympia Senior Center

360-586-6181 x134

1-800-562-6900

HOME CARE REFERRAL

Consumer Direct Care Network Washington (CDWA) matches Medicaid-eligible clients who qualify or are receiving state-funded in-home care services with pre-screened and pre-qualified in-home care workers.

Serving Lewis, Mason, and Thurston Counties

Consumer Direct Care Network
1-866-214-9899
consumerdirectwa.com

HOME CARE SERVICES

Home Care agencies are licensed to provide nonmedical services, which include, but are not limited to, personal care, housework tasks, shopping, meal preparation, transportation, respite care and support to family.

The cost of Home Care services may be covered by Medicaid, private insurance, or private pay.

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HOME CARE SERVICES

The following agencies are contracted to provide in-home care services for approved Medicaid recipients.

Home Care Agencies that are licensed by the State but do not accept Medicaid are too numerous to list here; please contact your local ADRC (*found just inside the front cover of this book*) to learn more.

For Home Health & Hospice agencies, see pg 33

Lewis, Mason and Thurston County

Chesterfield Health Services

360-557-3531

Coastal Community Action Program

1217 Cooper Point Rd SW, Suite 7

Olympia, WA 98502

360-915-8189

Family Resource Home Care

2620 RW Johnson Blvd SW, Suite 104

Tumwater, WA 98512

360-522-4024 or 1-800-775-6380

Lewis County

AllWays Caring HomeCare

1014 Kresky Ave, Suite 1, Centralia, WA 98531

360-736-1758 or 1-833-545-3221

Catholic Community Services - Long Term Care

1570 N National Ave, Suite 211

Chehalis, WA 98532

360-345-1100 or 1-800-642-8021

(continued)

HOME CARE SERVICES

Lewis County

Korean Women's Association

1217 Mellen St, Suite A, Centralia, WA 98531
360-736-4310 or 1-888-508-2728

Mason County

AllWays Caring HomeCare

111 Tumwater Blvd SE, Suite C-214
Tumwater, WA 98501
360-754-2582 or 1-888-329-4695

Catholic Community Services - Long Term Care

1716 Olympic Highway N, Shelton, WA 98584
360-427-2230 or 1-800-642-8026

Korean Women's Association

706A Cascade Ave, Shelton, WA 98584
360-426-9700 or 1-888-508-2734

Thurston County

AllWays Caring HomeCare

111 Tumwater Blvd SE, Suite C-214
Tumwater, WA 98501
360-754-2582 or 1-888-329-4695

Catholic Community Services - Long Term Care

5109 Capitol Blvd SE, Suite D, Tumwater, WA 98501
360-586-2960 or 1-800-783-8193

Korean Women's Association

1302 Homann Dr SE, Lacey, WA 98503
360-455-4524 or 1-888-508-2779

HOME HEALTH / HOSPICE CARE

Home Health agencies are licensed to provide medical and nonmedical services, which may include home health aides, nursing services, physical, occupational, speech, and respiratory therapies, home medical equipment, medical supplies, and more.

Home Health agencies also provide Hospice care. Hospice care is a holistic and coordinated program of care for those with a terminal illness, and their families. The primary goal is to provide support and comfort so that patients and their families may spend their remaining time together.

Assured Home Health and Hospice

Lewis County: 360-807-7776

[LHCgroup.com/locations/assured-home-health-of-centralia](https://lhcgroupp.com/locations/assured-home-health-of-centralia)

Mason & Thurston County: 360-352-0711

[LHCgroup.com/locations/assured-hospice-of-olympia](https://lhcgroupp.com/locations/assured-hospice-of-olympia)

Envision Hospice of Washington

360-350-4875 - *Thurston County Only*

envhh.com

Providence SoundHomeCare and Hospice

360-493-5900 or 1-877-620-3286

Washington.Providence.org/in-home-services/soundhomecare-and-hospice/

Puget Sound Hospice-Mason and Thurston County Only

360-839-2122

pugetsoundhh.com

See also Palliative Care on pg 57

HOME REPAIR

Loans and grants are made available to eligible individuals to maintain the health and safety of the recipients' own home. Volunteers are available to perform home repairs for qualifying clients. Clients generally pay for materials. In some cases, funding is available to purchase some or all of the materials.

Lewis, Mason, and Thurston Counties

Catholic Community Services

Volunteer Services

360-726-3885

USDA Rural Development

360-704-7760

Lewis County

Community Action Council

409 N Tower, Centralia, WA 98531

360-736-1800

Mason County

Community Action Council

807 W Railroad, Shelton, WA 98584

360-426-9726

The HUB Center for Seniors

111 NE Old Belfair Hwy, Belfair, WA 98528

360-275-0535

hubhappenings.org

Habitat for Humanity

A Brush With Kindness Program

360-426-8134

(continued)

HOME REPAIR

Thurston County

Community Action Council

3020 Willamette Dr NE, Lacey, WA 98516

360-438-1100

Habitat for Humanity South Puget Sound

Critical Home Repair

360-956-3456

[sps Habitat.org](https://www.sps Habitat.org)

Rebuilding Together Thurston County

809 Legion Way, Suite 306, Olympia, WA 98501

360-539-7830

www.RebuildingTogetherTC.org



HOSPITALS

Lewis County

Morton Hospital - Arbor Health

521 Adams Ave, Morton, WA 98356

360-496-5112

myarborhealth.org

Providence Centralia Hospital

914 S Scheuber Rd, Centralia, WA 98531

360-736-2803

providence.org

Mason County

Mason General Hospital and Family of Clinics

901 Mountain View Dr, Shelton, WA 98584

360-426-1611 or 360-754-5858

masongeneral.com

Thurston County

Capital Medical Center - Multicare

3900 Capital Mall Drive SW, Olympia, WA 98502

360-754-5858

multicare.org

Providence St. Peter Hospital

413 Lilly Rd NE, Olympia, WA 98506

360-491-9480 or 1-888-492-9480

washington.providence.org/hospitals/st-peter

HOUSING

Lewis County

Housing Opportunities of SW Washington

820 11th Ave

Longview, WA 98632

360-423-0140

hoswwa.org/housing-assistance/

Salvation Army - Coordinated Entry

303 N Gold St

Centralia, WA 98531

360-736-4339 ext 210

White Pass Community Services Coalition

123 W Main

Morton, WA 98356

360-496-5404

Mason County

Housing Authority of the City of Bremerton

600 Park Ave

Bremerton, WA 98337

360-479-3694

Crossroads Housing

71 Sargison Loop

Shelton, WA, 98584

360-427-6919



HOUSING

Thurston County

Habitat for Humanity South Puget Sound Affordable Housing

711 Capitol Way S, Suite 401
Olympia, WA 98501
360-956-3456

sps Habitat.org

Housing Authority of Thurston County

1206 12th Ave SE
Olympia, WA 98501
360-753-8292

HATC.org

Statewide

AptFinder.org

To search listings for low-income, affordable
housing

aptfinder.org

*For additional information or assistance with this topic,
please contact your local ADRC office, listed just inside the
front cover or this book.*



KINSHIP CARE SERVICES

Serving Lewis, Mason and Thurston Counties

Family Education and Support Services

Services are available for grandparents or other relatives raising children, such as information & assistance, support groups, educational events, and emergency assistance.

6840 Capitol Blvd, Building 3, Tumwater, WA 98501
360-754-7629 or 1-877-813-2828

790 E Johns Prairie Rd, Suite A, Shelton, WA 98584
360-545-2060

FamilyESS.org

Serving Thurston County

Family Support Center of South Sound

The Family Resource Services program helps Thurston County families with children who need special assistance navigating local resources, such as financial assistance to pay the rent or mortgage, food, clothing, health care, utility assistance, childcare, crisis intervention, holiday gifts, advocacy, case management, transportation, counseling, application assistance, or other hard to find resources.

201 Capitol Way, Olympia, WA 98501
360-754-9297

FSCSS.org

LEGAL SERVICES

Public legal services include advice and representation in civil legal matters such as public entitlements (DSHS, Medicaid, etc.), housing, consumer rights and personal care and safety issues.

Serving Lewis, Mason and Thurston Counties

Northwest Justice Project CLEAR *Sr

1-888-387-7111

1-888-211-9274 (TDD) toll-free

NWJustice.org

WashingtonLawHelp.org

Mason and Thurston Counties

Thurston County Volunteer Legal Services

PO Box 405, Olympia, WA 98507

360-705-8194

1-844-211-6916

tcvls.org

Elder Law

Elder Law is an area of legal practice that specializes in issues that significantly affect the senior population. The primary purpose is to help people prepare for financial and personal freedom and autonomy through financial and healthcare planning.

For additional information or assistance with this topic, please contact your local ADRC office, listed just inside the front cover or this book.

MEAL PROGRAMS

Congregate (group) meals are available at the following senior centers and nutrition sites:

Lewis County

Morton Senior Center

103 Westlake Ave, Morton, WA 98356
360-496-3230

Meal Days:

TUE, THUR

Olequa Senior Center

119 SW Kerron, Winlock, WA 98596
360-785-4325

TUE, THUR

Packwood Senior Center

12931 Hwy 12, Packwood, WA 98361
360-494-6331

MON, WED

Pe Ell Nutrition Site

416 S 1st St, Pe Ell, WA 98572
360-291-3636

MON, THUR

Toledo Senior Center

150 Coal St, Toledo, WA 98591
360-864-2112

WED, FRI

Twin Cities Senior Center

2545 N National Ave
Chehalis, WA 98532
360-740-2641

MON - FRI



(continued)

MEAL PROGRAMS

Mason County

Meal Days:

The HUB Center for Seniors

MON, TUES

111 NE Old Belfair Hwy

Dinner-Sundays 5:00 pm

Belfair, WA 98528

360-275-0535

Mason County

MON - FRI

Senior Activities Center-*Take out only*

190 W Sentry Dr, Shelton, WA 98584

360-426-7374

Shelton United Methodist Church

Every Other

1900 King St, Shelton, WA 98584

TUES

360-426-4174

Thurston County

Lacey Senior Center

MON - FRI

Senior Services for South Sound

6757 Pacific Ave SE, Lacey, WA 98503

360-407-3967

Olympia Senior Center

MON - FRI

Senior Services for South Sound

222 Columbia St NW, Olympia, WA 98501

360-586-6181

Rainier Senior Center

MON, WED

108 Michigan St S, Rainier, WA 98576

360-446-2258

Rochester United Methodist Church

WED, FRI

18206 Corvallis St, Rochester, WA 98579

11-11:30am

360-273-5000

(continued)

MEAL PROGRAMS

Thurston County

Meal Days:

Tenino Quarry House

399 Park Ave W, Tenino, WA 98589

360-264-5092

MON, TUES

11:30am

Tumwater Old Town Center

215 N 2nd Ave SW, Tumwater, WA 98512

360-754-4160

MON - FRI

11-11:30am

Vietnamese Senior Association

Evergreen Villages

505 Division St NW, Olympia, WA 98502

360-943-5505

WED

11am

HOME-DELIVERED MEALS

Services are available which provide nutritious meals which provide older and disabled adults who are homebound and meet assessment criteria.

Lewis County

Catholic Community Services

Lewis County Senior Programs

1-888-976-0712 or 253-474-1300

Mason and Thurston County

Senior Services for South Sound

360-586-6181 x124

southsoundseniors.org

MEDICAL CLINICS

The following clinics provide primary outpatient medical care for residents who cannot afford health care. Persons in life-threatening situations or in serious distress cannot be treated at these clinics and should call 911 or go directly to a hospital emergency room.

Lewis County:

Arbor Health

myarborhealth.org

Morton Clinic - 531 Adams Ave - 360-496-5145

Mossyrock Clinic - 745 Williams St - 360-983-8990

Packwood Clinic - 13051 US Hwy 12 - 360-496-3777

Randle Clinic - 108 Kindle Rd - 360-497-3333

Health & Hope Medical Outreach

HHMO.org

*Free Clinic accepts walk-ins Tuesday evenings
from 5:30 - 8:30pm.*

NW Pediatric - West Building

1911 Cooks Hill Rd, Centralia, WA 98531

360-623-1485

Valley View Health & Medical Centers

VVHC.org

Centralia - 1800 Cooks Hill Rd - 360-736-3042

2428 W Reynolds Ave - 360-669-0335

Chehalis - 2690 NE Kresky Ave - 360-330-9595

Onalaska - 1810 Hwy 508 - 360-978-6600

Pe Ell - 402 N Main St - 360-291-3232

(continued)

MEDICAL CLINICS

Lewis County

Valley View Health & Medical Centers

Toledo - 117 Ramsey Way - 360-864-4400

Winlock - 100 Cedar Crest Dr - 360-785-9400

SW Washington Boldt Diabetes & Nutrition Center

Diabetes education & classes

1010 S Scheuber Rd

Centralia, WA 98531

360-493-7567

Mason County

Health Care Center

107 N 8th

Shelton, WA 98584

360-426-9717

Mason General Hospital & Family of Clinics

Diabetes education and classes

901 Mountain View Dr

Shelton, WA 98584

306-426-1611 or 1-855-880-3201

masongeneral.com

MEDICAL CLINICS

Thurston County

Dispatch Health Mobile Urgent Care

360-200-8247

dispatchhealth.com

Olympia Free Clinic

225 State Ave NE

Olympia, WA 98501

360-890-4074

SeaMar Community Health Centers

24/7 Nurse advice line: 1-866-418-1002

Olympia

3030 Limited Lane NW

360-491-1399

Thurston Walk-In Clinic

3622 Ensign Rd NE, Suite A

360-742-5000

Lacey

669 Woodland Square Loop SE

360-359-4840

Yelm

202 Cullens St NW

360-400-4800

(continued)

MEDICAL CLINICS

Thurston County

Valley View Health Center

3775 Martin Way E, Suite A, Olympia, 98506
360-236-7166

273 Sussex Ave E, Tenino, WA 98589
360-264-5665

SW Washington Boldt Diabetes & Nutrition Center

Diabetes education & classes

2555 Marvin Rd NE, Lacey, WA 98516
360-493-7567

1620 Cooper Point Rd SW, Olympia, WA 98502
360-493-7567



MEDICAL EQUIPMENT

Serving Lewis, Mason and Thurston County

Aaro Medical Supply

1-800-752-2276

Apria Medical

405 Black Hills Lane SW, Olympia, WA 98502

360-352-1753 or 1-888-492-7742

Bellevue Health Care

4500 Pacific Ave, Lacey, WA 98503

360-438-2955

Timberland Regional Library (TRL)

Assistive Technology

trl.watap.org

OR check out a print catalog at your local TRL

Lewis County

The following organizations in Lewis County accept and loan out medical equipment at no charge for temporary use:

Knights of Columbus

157 SW 6th St, Chehalis, WA 98532

360-561-8798

Twin Cities Senior Center

2545 N National Ave, Chehalis, WA 98532

360-748-0061

Visiting Nurses Foundation

Serving Lewis County residents only

222 N Pearl St, Centralia, WA 98531

360-623-1562

(continued)

MEDICAL EQUIPMENT

Mason County

Sound Oxygen Services

1-877-269-0405

The following organizations in Mason County accept and loan out medical equipment at no charge for temporary use:

The HUB Center for Seniors

111 NE Old Belfair Hwy, Belfair, WA 98528

360-275-0535

hubhappenings.org

LOVE, Inc.

221 W Railroad Ave, Suite 10, Shelton, WA 98584

360-462-LOVE (5683)

Thurston County

Family Equipment Exchange

6544 Cedar Flats Rd SW, Olympia, WA 98512

360-866-3515



(continued)

MEDICAL EQUIPMENT

Thurston County

MyMedSupplies

6149 Martin Way E, Lacey, WA 98516

360-456-5475

mymedsupplies.com

Lincare, Inc.

6706 Martin Way E, Suite 1, Olympia, WA 98516

360-923-1985

Performance Home Medical

703 Lilly Rd NE, Suite 102, Olympia, WA 98506

360-456-4052

Preferred Medical, Inc.

1-800-722-7865

customerservice@preferredmedical.com

Thurston County Medical Equipment Bank

3537 Martin Way, Olympia, WA 98506

360-456-8810 - Message Line

medicalequipmentbank.org

MEDICAL EQUIPMENT

PERSONAL EMERGENCY RESPONSE SYSTEM (PERS)

Personal Emergency Response Systems allow older adults and people with disabilities, to be more confident living independently at home. The PERS unit, which works through your telephone, is activated by pressing a button to call for help.

Serving Lewis, Mason and Thurston County

American Medical Alert Corp

1-877-988-6769

Assured Independence

1-800-591-3109

Global Security & Communication, Inc.

1-800-446-2400

Lifeline Systems Company

1-800-368-2925

LifeStation

1-866-446-3300

MedScope America Corp

1-800-645-2060 x708

Safe @ Home

1-888-981-5465

SafetyLine

1-360-303-4632

safetylineusa.com

Valued Relationships, Inc. (VRI)

1-800-860-4230

MEDICATION DISPOSAL SITES

Today, medicine cabinets are full of unwanted or expired medications. Many of these medications, if mismanaged, pose serious safety and environmental threats ranging from child poisoning or illegal use to contamination of our waterways and drinking water.

Placing medicines in the trash, sink drains, or flushing them down the toilet may seem like the easy answer, but medicine in unsecured trash bins can be stolen and wastewater treatment plants do not effectively remove these drugs from our water supply. As a result, measurable amounts of drugs end up in our water supply.

Perhaps most importantly, getting rid of unused medicines in a safe manner will help reduce access to drugs that could be abused. So what should you do with those old medications? Fortunately, there are several good options for safely disposing of old or excess medications locally. Location information can be found below:

Serving all three counties and beyond

takebackyourmeds.org

Lewis County:

lewiscountywa.gov/publicworks/unused-and-outdated-medicines

Mason County:

co.mason.wa.us/health/community-family/community-health/perscription-drug-take-back-boxes.php

Thurston County:

co.thurston.wa.us/solidwaste/medicine/medicine-home.htm

MENTAL HEALTH SERVICES

Services may include intake/assessment, crisis intervention, support groups, brief counseling, case monitoring, outpatient, home mental health services, and interpretive services, as needed.

988 SUICIDE & CRISIS LIFELINE

988

988lifeline.org

FEDERAL SUBSTANCE ABUSE and MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

SAMHSA.gov

Lewis County

Cascade Mental Health Care

2428 W Reynolds Ave, Centralia, WA 98531
360-330-9044 or 1-800-559-6696

Great Rivers Behavioral Health

57 W Main St, Suite 260, Chehalis, WA 98532
1-800-392-6298

GreatRiversBHO.org

National Alliance on Mental Illness (NAMI)

Lewis County Chapter
360-880-8070

Valley View Health Center

2690 NE Kresky Ave, Chehalis, WA 98532
360-330-9595

(continued)

MENTAL HEALTH SERVICES

Mason County

Behavioral Health Resources (BHR) -Medicaid Only

110 W K St, Shelton, WA 98584

360-426-1696 or 1-800-825-4820

Mental Health Professionals, LLC

1620 Olympic Hwy N, Shelton, WA 98584

360-285-3400

National Alliance on Mental Illness (NAMI)

Thurston/Mason Chapter

360-493-6021 or 24 hour hotline at 360-866-0403

Thurston/Mason Behavioral Health Organization

612 Woodland Square Loop SE, Suite 401

Lacey, WA 98503

360-763-5828 or 1-800-658-4105

tmbho.org/

Thurston County

Behavioral Health Resources (BHR) -Medicaid Only

3857 Martin Way E, Olympia, WA 98506

360-704-7170 or 1-800-825-4820

Behavioral Health & Recovery

Providence St. Peter

4800 College St SE, Lacey, WA 98503

360-456-7575

providence.org

Crisis Resolution Services @ BHR -Medicaid Only

360-754-1338 or 1-800-270-0041

(continued)

MENTAL HEALTH SERVICES

Thurston County

Capital Recovery Center

1000 Cherry St SE, Olympia, WA 98501

360-357-2582

CROoly.org

National Alliance on Mental Illness (NAMI)

Thurston/Mason Chapter

360-493-6021 or 360-866-0403

Thurston/Mason Behavioral Health Organization

612 Woodland Square Loop SE, Suite 401

Lacey, WA 98503

360-763-5828 or 1-800-658-4105

tmbho.org/

SeaMar Behavioral Health - *Outpatient only;*
services vary by location.

seamar.org/county

Tumwater

Includes chemical dependency services:

6334 Littlerock Rd SW

Tumwater, WA 98512

360-704-7590

Yelm

Includes chemical dependency services:

202 Cullens St NW

Yelm, WA 98597

360-400-4860

NURSE CONSULTATION

Registered nurses are available to answer health questions, provide physician referrals and registration for hospital sponsored health classes.

Lewis, Mason and Thurston Counties

MEDnurse

Capital Medical Center
1-888-MED-5101

Providence PLUS

Providence St. Peter Hospital
360-493-7768

OMBUDSMAN PROGRAM *for* LONG-TERM CARE

For concerns regarding long-term care facilities, resident rights, problem resolution, complaints, and resources available to residents of long-term care facilities in Lewis, Mason, and Thurston Counties, contact:

**Regional Long-Term Care
Ombudsman Program**
888-733-4005

**State Long-Term Care
Ombudsman Program**
1-800-562-6028

www.WAOmbudsman.org

Volunteer Opportunities Available

PALLIATIVE CARE

The goal of palliative care is to help patients with serious illnesses feel better. It prevents or treats symptoms and side effects of disease and treatment. Palliative care also treats emotional, social, practical, and spiritual problems that illnesses can bring up. When patients feel better in these areas, they have an improved quality of life.

Palliative care can be given at the same time as treatments meant to cure or treat the disease. You may get palliative care when the illness is diagnosed, throughout treatment, during follow-up, and at the end of life.

Palliative care may be offered for people with illnesses, such as: cancer, heart disease, lung diseases, kidney failure and dementia. You do not need to give up your doctor or your treatments to receive palliative care.

Providence Palliative Care Consult Service

360-486-6402

What is Palliative Care?

[washington.providence.org/hospitals/st-peter/services/palliative-care/](https://www.washington.providence.org/hospitals/st-peter/services/palliative-care/)

Palliative Care FAQ:

[washington.providence.org/hospitals/st-peter/services/palliative-care/faq/](https://www.washington.providence.org/hospitals/st-peter/services/palliative-care/faq/)

PET RESOURCES

The health benefits of owning a pet are well known. This can be especially true for people who are older or have disabilities and may live alone; however, caring for a pet can become physically challenging. The following are organizations that assist with caring for pets.

PACT - Short Term Foster Placement

pactforanimals.org/find-a-foster/

Red Rover - Urgent Care Grants

redrover.org/relief/

Concern for Animals

360-456-8176

concernforanimals.org

Joint Animal Service - Medical Help

360-352-2510



RESIDENTIAL CARE FACILITIES

INTRODUCTION

When people are no longer able to care for themselves in their own homes, a move, either temporary or permanent, may be necessary. There are many long-term care options available depending upon what type of care is needed. Residential care includes retirement residences, adult family homes, assisted living/boarding home facilities, and skilled nursing facilities.

Adult Family Homes are regular neighborhood homes where staff assumes responsibility for the safety and well-being of the adult. Some may also provide occasional nursing care.

[AFH Facility Search \(wa.gov\)](#)

Assisted Living Facilities are larger facilities in a community setting where staff assumes responsibility for the safety and well-being of the adult. Some Assisted Living Facilities also provide nursing care.

[ALF Facility Search \(wa.gov\)](#)

Skilled Nursing Facilities provide 24-hour supervised nursing care, personal care, therapy, nutrition management, organized activities, social services, room, board and laundry.

[NH Facility Search \(wa.gov\)](#)

(continued)

RESIDENTIAL CARE FACILITIES

The Long Term Care Ombudsman program (page 56) has trained volunteers who listen to questions and concerns and act as advocates, protecting the rights of residents in long-term care settings.

Adult Family Homes

For a listing of Adult Family Homes and the services they provide please call:

DSHS Aging & Long-Term Services Administration

360-725-2300 or 1-800-422-3263

Or visit the Adult Family Home Locator online at:

fortress.wa.gov/dshs/adsaapps/lookup/AFHPubLookup.aspx

Residential Care Facility Complaint Hotline

1-800-562-6078

1-800-737-7931 (TTY) toll-free

You may also make a report online at:

dshs.wa.gov/altsa

For additional information or assistance with these topics, please contact your local ADRC office, listed just inside the front cover or this book.



SENIOR CENTERS

Call the individual centers for a current schedule of events, classes, meal services, and health screening events.

Lewis County

lewiscountyseniors.org

Pe Ell Senior Center

416 S 1st St, Pe Ell, WA 98572

360-291-3636

Morton Senior Center

103 Westlake, Morton, WA 98356

360-496-3230

Olequa Senior Center

119 SW Kerron, Winlock, WA 98596

360-785-4325

Packwood Senior Center

12931 Hwy 12, Packwood, WA 98361

360-494-6331

Toledo Senior Center

150 Coal St, Toledo, WA 98591

360-864-2112

Twin Cities Senior Center

2545 N National Ave, Chehalis, WA 98531

360-748-0061

Mason County

The HUB Center for Seniors

111 NE Old Belfair Hwy, Belfair, WA 98528

360-275-0535

hubhappenings.org

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SENIOR CENTERS

Mason County

Mason County Senior Activities Center

190 W Sentry Dr
Shelton, WA 98584
360-426-7374

MCSAC.net

Thurston County

Rainier Senior Center

108 Michigan St S
Rainier, WA 98576
360-446-2258

Senior Services for South Sound

***Lacey* - Virgil S. Clarkson Senior Center**

6757 Pacific Ave SE
Lacey, WA 98503
360-407-3967

***Olympia* - Olympia Senior Center**

222 Columbia St NW
Olympia, WA 98501
360-586-6181

SouthSoundSeniors.org

Tumwater Old Town Center

215 N 2nd Ave SW
Tumwater, WA 98512
360-252-5467

Yelm Senior Center

16530 103rd Ave SE
Yelm, WA 98597
360-458-7733

yelmseniorcenter.com

SENIOR COMPANIONS

To end loneliness in the lives of seniors, one senior at a time, Friend to Friend America recruits and trains volunteers in the community to visit lonely and isolated seniors.

Thurston County:

Friend to Friend America

Nursing & Adult Family Home Visitation:

Currently serving Thurston County but looking for volunteer coordinators to expand their service area.

PO Box 98766

Seattle, WA 98198

(206) 870-4266 or 1-855-711-3832

FriendToFriendAmerica.org

SOCIAL SECURITY

The US Government Social Security Administration can be reached at:

1-800-772-1213

SocialSecurity.gov

Lewis County

Social Security Administration

1821 Cooks Hill Rd, Suite 100, Centralia, WA 98531

1-855-848-7942 or 1-800-325-0778 (TTY) toll-free

Mason & Thurston County

Social Security Administration

1009 College St SE, Suite 120, Lacey, WA 98503

1-866-755-6199

TELEPHONE ASSISTANCE

Lewis, Mason, and Thurston Counties

The Washington Telephone Assistance Program ended in August, 2015. Customers seeking telephone assistance will need to apply for the federal Lifeline program or Assurance Wireless.

LifeLine

Visit lifelinesupport.org for more information about the Lifeline program, a discount on phone service for qualifying low-income consumers.

Assurance Wireless

Visit assurancewireless.com or call 1-888-321-5880 for Assurance Wireless. Assurance Wireless is a federal Lifeline Assistance program brought to you by Virgin Mobile. Lifeline is a government benefit program supported by the federal Universal Service Fund. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria.

TELEPHONE REASSURANCE

A program to reassure persons living alone that they will be contacted daily. If there is no answer, action is taken to discover if an emergency exists and to notify designated people.

Serving all three counties

Care Checkers

1-888-477-0435

carecheckers.com

(continued)

TELEPHONE REASSURANCE

Mason County

The HUB Center for Seniors - *Friendly Phone Calls*
360-275-0535

TRANSPORTATION

These services include scheduled and available-on-request transportation to medical facilities, shopping areas, senior centers and other essential locations. Personalized assistance is available for those who qualify.

Serving all three counties

Horizon Medical Transportation

360-491-6983

Paratransit Services (*Medicaid Clients only*)

1-800-846-5438

1-800-934-5438 (TDD only) toll-free

Catholic Community Services - *Volunteer Services*

1-844-851-9380

American MediCar Services

360-352-0342

(continued)

TRANSPORTATION

Lewis County

Catholic Community Services

Senior Transportation

360-748-0161

Cowlitz Tribe Transportation

360-232-8585

Dial-A-Ride Twin Transit (DARTT)

360-330-5555

Go Taxi

360-864-2323

Lewis Mountain Highway Transit

*Fixed bus route from Packwood to
Chehalis/Centralia and back*

360-496-5404

Twin Transit

360-330-2072

Mason County

Mason County Transit Authority

Dial-A-Ride

360-427-5033 or 1-800-374-3747

1-800-833-6388 (TTD/TTY) toll-free

The Patty Wagon

360-427-0202

pattywagonmobility.com

(continued)

TRANSPORTATION

Mason County

Mason County Taxi

360-426-8294

masoncountytaxi.com

Senior Transportation

Senior Services for South Sound

360-586-6181 x128

transportation@southsoundseniors.org

Thurston County:

Intercity Transit

Dial-A-Lift

Customer Service

360-786-1881 or 1-800-287-6348

360-943-5211 (TTY) toll-free

InterCityTransit.com

ruralTransit (rT)

Rochester, Tenino, Bucoda, Rainier, Yelm and the Confederated Tribes of the Chehalis Reservation. Services are available to the general public.

253-472-7846

thurstonRT.org

Senior Transportation

Senior Services for South Sound

360-586-6181 x128

transportation@southsoundseniors.org

Yelm Senior Center

360-458-7733

(continued)

TRANSPORTATION

VA Transportation Services

Serving multiple counties

Veterans Administration (VA)
Puget Sound Health Care System
Volunteer Transportation Offices
DAV Van Info, below:



American Lake & Seattle VA

Direct line: 253-583-1343

Toll-free: 1-800-329-8387



TRIBAL SERVICES

Each of the local tribes listed below provides a wide array of services for tribal members. These may include nutrition programs, health care, congregate meals, family caregiver support programs, transportation and elder centers. Please contact the individual tribes listed below for detailed information on services offered.

Chehalis Confederated Tribes

420 Howanut Rd

Oakville, WA 98568

Main Office: 360-273-5911

Clinic: 360-273-5504

Social Services: 360-273-5821

ChehalisTribe.org

Cowlitz Tribe

107 Spencer Rd

Toledo, WA 98591

Housing: 360-864-8720

Transportation: 360-232-8585

Elders Program: 360-864-7006

Cowlitz.org

Nisqually Tribe

4820 She-Nah-Num Dr SE

Olympia, WA 98513

Main Office: 360-456-5221

Elders Building: 360-486-9546

Medical Clinic: 360-459-5312

Social Services: 360-456-5221

Nisqually-NSN.gov

(continued)

TRIBAL SERVICES

Skokomish Tribe

80 N Tribal Center Road
Skokomish, WA 98584

Main Phone: 360-426-4232

Clinic: 360-426-5755

Family Services: 360-426-7788

Skokomish.org

South Puget Intertribal Planning Agency (SPIPA)

3104 SE Old Olympic Hwy
Shelton, WA 98584

Main Phone: 1-800-924-3984 or 360-426-3990

SPIPA.org

Squaxin Island Tribe

SE 10 Squaxin Lane
Shelton, WA 98584

Main Office: 360-426-9781

Transportation Hub: 360-432-0921

Clinic: 360-427-9006

Elders Program: 360-432-3972

Kamilche Dental: 360-427-1784

Housing Authority: 360-426-4641

SquaxinIsland.org

UTILITY BILL ASSISTANCE

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

Lewis County

Community Action Council

409 N Tower, Centralia, WA 98531

360-736-1800 or 1-800-878-5235

Lewis County Veteran's Relief Fund

(Veterans & spouses only)

360-740-1417

LOVE Inc.

360-748-8611

Salvation Army

303 N Gold St, Centralia, WA 98531

360-736-4339

St. Vincent de Paul

Centralia & Chehalis

360-623-1144

Napavine, Winlock, Toledo

& parts of East Lewis County:

360-864-4130

City Utility Assistance Programs

(If your town is not listed, call your local city hall for more information)

Centralia 360-330-7657

Chehalis 360-748-6664

(continued)

UTILITY BILL ASSISTANCE

Mason County

Community Action Council

807 W Railroad Ave, Shelton, WA 98584
360-426-9726

LOVE Inc.

360-462-5683

PUD #3

2621 E Johns Prairie Rd, Shelton, WA 98584
360-426-8255

City Utility Assistance Programs

(If your town is not listed, call your city hall for more info)

Shelton 360-426-4491

Thurston County

Community Action Council

3020 Willamette Dr NE, Lacey, WA 98516
360-438-1100

Thurston County Veterans Assistance Fund

(Veterans only)

360-867-2625

City Utility Assistance Programs

(If your town is not listed, call your city hall for more info)

Lacey 360-491-5616
Olympia 360-753-8340
Rainier 360-446-2265
Tenino 360-264-2368
Tumwater 360-754-4133
Yelm 360-458-3244

VETERAN'S AFFAIRS

Serving all three counties

988 SUICIDE & CRISIS LIFELINE

988 - 988lifeline.org

American Lake VA Hospital

Geriatric Research and Evaluation Clinic

253-583-2033

WA State Department of Veterans Affairs

1102 Quince St SE, Olympia, WA 98504

360-725-2200

1-800-562-2308

dva.wa.gov

VA Puget Sound Health Care System

Centralized Call Center

1-800-329-8387

Vietnam Veterans of America - WA State Council

206-364-5948

Lewis County

Lewis County Veterans Relief Fund

360-740-1417

Disabled American Veterans - *Meets in Winlock*

360-262-9360

(continued)

VETERAN'S AFFAIRS

Mason County

Disabled American Veterans

Meets in Belfair

360-275-0329

Mason County Veterans Assistance Fund

360-426-4546

Veterans Service Offices

Shelton

210 W Franklin St, Shelton, WA 98584

360-426-4546

Belfair

140 NE State Route 300, Belfair, WA 98528

360-552-2302

Thurston County

Disabled American Veterans

360-459-7400

dav.org

Thurston County Veterans Assistance Fund

360-867-2625

Veterans Services Hub - Lacey

4232 6th Ave SE, Suite 202, Lacey, WA 98503

360-456-3850

laceyveteranshub.org

VOLUNTEER OPPORTUNITIES

Serving all three counties

Catholic Community Services

Volunteer Services

360-726-3885

Concern for Animals

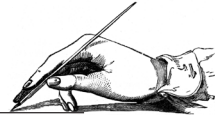
360-456-8176

concernforanimals.org

see also Long-Term Care Ombudsman Program on pg 56



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Lewis-Mason-Thurston Area Agency on Aging

www.LMTAAA.org

The Resource Directory has been provided by the Lewis-Mason-Thurston Area Agency on Aging with funds from the Older Americans Act and the State of Washington.