

RESOURCE DIRECTORY

for

**Seniors, Family Caregivers,
& Adults with Disabilities**



Area Agency on Aging

LEWIS-MASON-THURSTON
COUNTIES

WASHINGTON STATE

2014-2015

FREQUENTLY USED NUMBERS

DSHS HOME & COMMUNITY SERVICES

Thurston & Mason County 360-664-9050
Lewis County 360-807-7150

DSHS CSO - Food Stamps, Medicaid, Cash Assistance

State-Wide Hotline 1-877-501-2233

To apply for Food Stamps, Medicaid, the COPES In-Home Care program, or to find out what you qualify for, go online to:

www.WashingtonConnection.org

ADULT PROTECTIVE SERVICES (APS) Intake Line

There are no local phone numbers or office addresses for APS, you have to leave a message 1-877-734-6277

SOCIAL SECURITY

Thurston & Mason County
402 Yauger Way SW, Olympia 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. 22-23**

MEDICAL EQUIPMENT BANKS **pg. 41-44**

Thurston County MEB 360-456-8810
Mason County (LOVE Inc.) 360-426-5683
Lewis County (Knights of Columbus) 360-748-4150

MEALS ON WHEELS **pg. 34-37**

Lewis County 1-888-976-0712
Mason County 360-426-3697
Thurston County 360-586-6181

SENIOR CENTERS **pg. 48-49**

Olympia 360-586-6181
Shelton 360-426-7374
Twin Cities 360-748-0061



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

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

**Information &
Assistance Specialist**

Lewis County: Chehalis office

1651 S. Market Blvd., Chehalis, WA 98532
(360) 748-2524 x201, or toll-free 1-888-702-4464 x201

Mason County: Shelton office

628 W. Alder St/PO Box 2087, Shelton, WA 98584
(360) 427-2226 x251, or toll-free 1-877-227-4696 x251

Thurston County: Olympia office

2404 Heritage Court SW, Suite A, Olympia, WA 98502
(360) 664-3162 x133, or toll-free 1-888-545-0910 x133

www.LMTAAA.org

To report errors in this directory please call:

*(360) 664-3162 ext. 112
or toll-free: 1-888-545-0910 ext. 112*

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 2,000 individuals receiving Medicaid paid in-home care assistance. Our Information and Assistance program receives more than 12,000 calls a year from individuals requesting information about how to access local services and support. Our Family Caregiver Support Program offers information and assistance, educational opportunities, respite and other supports to unpaid caregivers providing informal care to an adult family member. LMTAAA manages the Home Care Referral Registry for the South Sound region, linking Individual Providers (home care aides) with Medicaid eligible older adults and adults with disabilities who need home care services.

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: Long Term Care Ombudsman, 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.

For more information please visit our website.

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. The emphasis today is on providing services to allow a person to remain in the least restrictive environment possible.

There are many services available in Lewis, Mason and Thurston Counties that help people remain in or return to their own home following a medical or emotional crisis. When a change in residence does become a necessity, there are alternative living accommodations that can be explored. This directory provides information to assist those who may be in need of help with community programs and services, in-home services, making a decision to move to another residence, or selecting a nursing home or convalescent center.

Every attempt has been made to ensure that this publication is current, with the focus being on public and nonprofit services. The information in this directory is provided as a starting point only, 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.

www.LMTAAA.org

INTRODUCTION & HOW TO USE THIS DIRECTORY

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COMMUNITY SERVICES LISTINGS

ABUSE OF THE ELDERLY

Most elder abuse is the result of many complex and interrelated factors. It can happen at home with family members or other caregivers, or in residential care settings.

Elder abuse can be physical, verbal, emotional and/or financial. If abuse occurs at home or in a residential setting, there is help available from the Department of Social and Health Services. If you suspect an older person is being abused, neglected, or exploited, please contact one of the following offices:

**DSHS Adult Protective Services (APS)
for suspected abuse or neglect of a
vulnerable adult:**

1-877-734-6277 toll-free

**DSHS Complaint Hotline for
residential care facilities:**

1-800-562-6078 toll-free

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

FOR SITUATIONS THAT ARE LIFE THREATENING

PLEASE CALL 9-1-1

ADULT DAY CARE

Adult day care programs provide a variety of health, social, and related support services in a protective setting. The older person is engaged in a social setting while providing families a break from caregiving responsibilities.

Senior Services for South Sound STARS Program

OLYMPIA: 222 Columbia Street NW
Olympia, WA 98501
360-586-6181

LACEY: 6757 Pacific Avenue SE, Lacey, WA 98503
360-407-3967

SHELTON: 1212 Connection Street, Shelton, WA 98584
360-586-6181

www.SouthSoundSeniors.org

ALCOHOL & DRUG ABUSE TREATMENT

Alcohol and substance abuse treatment is based upon a person's needs. Some individuals prefer treatment programs tailored specifically to older adults.

INPATIENT TREATMENT:

Thurston County:

Providence St. Peter Hospital
Chemical Dependency Center
4800 College Street SE, Lacey, WA 98503
360-456-7575 or toll-free 1-800-332-0465

(cont'd)

ADULT DAY CARE - ALCOHOL & DRUG ABUSE TREATMENT

ALCOHOL & DRUG ABUSE TREATMENT

OUTPATIENT TREATMENT:

Lewis County:

Alcoholics Anonymous
360-807-0902

Eugenia Center
121 NW Chehalis Ave, Chehalis, WA 98532
360-740-9767

New Directions Counseling
360-740-4380

Mason County:

Alcoholics Anonymous
360-352-7344

Alcohol and Drug 24 hour Helpline
1-800-562-1240 (voice/TDD) toll-free

Behavioral Health Resources Recovery Services
360-426-1696

New Directions Counseling
360-427-5232

Northwest Indian Treatment Center
90 SE Klah-Che-Min Drive, Shelton, WA 98584
360-427-9006

Northwest Resources
428 West Birch St, Suite 14 B, Shelton, WA 98584
360-426-0890

Thurston County:

Alcoholics Anonymous
360-352-7344

ALCOHOL & DRUG ABUSE TREATMENT

OUTPATIENT TREATMENT (cont'd):

Thurston County, cont'd:

Alcohol and Drug 24 hour Helpline
1-800-562-1240 (voice/TDD) toll-free

Northwest Resources
3773 A Martin Way E, Olympia, 98506
360-688-7312

2708 Westmoor Ct. SW, Olympia, 98502
360-943-8810

Providence St. Peter Hospital
Chemical Dependency Center
4800 College Street SE, Lacey, WA 98503
360-456-7575 or toll-free 1-800-332-0465
www.Washington.Providence.org/clinics/st-peter-chemical-dependency-center/

SeaMar Community Behavioral Health Clinics

OLYMPIA:
3030 Limited Lane NW, Olympia, WA 98502
360-491-1399

LACEY:
669 Woodland Square Loop SE
Lacey, WA 98503
360-359-4880

TUMWATER:
409 Custer Way, Suite C
Tumwater, WA 98501
360-704-7590

CARE/CASE MANAGEMENT

These services are provided at no cost for Medicaid recipients or those age 60 and over who meet the eligibility requirements.

PUBLIC AGENCIES

Lewis County:

DSHS Home & Community Services

3451 Galvin Rd, Centralia, WA 98531
360-807-7150 or toll-free 1-800-487-0360

Lewis-Mason-Thurston Area Agency on Aging

1651 S. Market Boulevard, Chehalis, WA 98532
360-748-2288 or toll-free 1-888-702-4464

Mason County:

DSHS Home & Community Services

4500 10th Ave SE, Lacey, WA 98503
PO Box 45610, Olympia, WA 98504-5610
360-664-9050 or toll-free 1-800-462-4957

Lewis-Mason-Thurston Area Agency on Aging

628 W. Alder/PO Box 2087, Shelton, WA 98584
360-427-2225 or toll-free 1-877-227-4696

Thurston County:

DSHS Home and Community Services

4500 10th Ave SE, Lacey, WA 98503
PO Box 45610, Olympia, WA 98504-5610
360-664-9050 or toll-free 1-800-462-4957

Lewis-Mason-Thurston Area Agency on Aging

2404 Heritage Court SW, Suite A
Olympia, WA 98502
360-664-2168 or toll-free 1-888-545-0910

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 \$70—\$100 per hour for care management. Consumers should always check references, and verify the licenses, education, and credentials of care managers.

Because there are many private care managers in business, we are unable to list them here. Please contact your local LMTAAA Information & Assistance office (listed just inside the front cover of this book) for help in locating a private agency or care manager to suit your needs.

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:

Lewis County:

Community Mediation Center of Lewis County
2616 NE Kresky Ave, Suite 305,
Chehalis, WA 98532
360-748-0492

Lewis, Mason and Thurston Counties:

Dispute Resolution Center
PO Box 6184, Olympia, WA 98507-6184
360-956-1155

CRISIS INTERVENTION HOTLINES

These agencies provide a 24-hour crisis hotline to assist people in need, as well as provide information about community resources and referrals to other organizations and agencies.

Lewis County:

Cascade Mental Health Center
360-748-6696 or toll-free 1-800-559-6696

Crisis Clinic
360-586-2800 or toll-free 1-800-627-2211

Mason and Thurston County:

Crisis Clinic
360-586-2800 or toll-free 1-800-627-2211

Crisis Resolution Services
360-754-1338 or toll-free 1-800-270-0041

CRISIS INTERVENTION HOTLINES

DOMESTIC VIOLENCE & SEXUAL ASSAULT ISSUES

Lewis County:

Human Response Network

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

White Pass Community Services Coalition

360-496-5404 or toll-free 1-800-994-8899

Mason County:

Center for Advocacy and Personal Development

Sexual Assault Advocacy

360-426-6925 or toll-free 1-888-341-7922

Kitsap Sexual Assault Center

360-479-8500

Turning Pointe Domestic Violence Services

360-432-1212 or toll-free 1-877-923-1212

Thurston County:

SafePlace

360-754-6300

Lewis, Mason, and Thurston Counties:

Crime Victims Advocacy Network

1-866-711-2826 toll-free

LEWIS & MASON COUNTY:

Crime Victims Service Center

(360) 736-1800 ext. 4105

THURSTON COUNTY:

360-786-5601

360-528-1174 cell

CRISIS INTERVENTION HOTLINES

CULTURAL SERVICES

Thurston County:

CIELO

Integral Hispanic Educational Center of Olympia

1202 Black Lake Blvd. SW

Suite B-1

Olympia, WA 98502

360-709-0931

www.CieloProject.org

Korean Seniors Association

Lacey Senior Center

6757 Pacific Avenue SE, Lacey, WA 98503

360-407-3967

Spanish Speaking Seniors

Lacey Senior Center

6757 Pacific Avenue SE, Lacey, WA 98503

360-407-3967

Vietnamese Senior Association

Evergreen Villages

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.

Lewis County:

Family Health Center Dental Clinic

1057 12th Avenue, Longview, WA 98632
360-414-1300

Lewis County Public Health

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

306 NW North Street, Chehalis, WA 98532
360-740-1223

Medical Teams International Mobile Dental Van

Serving North, Central and South Puget Sound
for locations and to make an appointment call:
425-284-1950

Olympic Dental Center

716 W. Main, Centralia, WA 98531
360-736-0795

Valley View Health Center– Medical & Dental

2960 NE Kresky Ave, Chehalis, WA 98532
360-330-9595

Valley View Health Center– DENTAL ONLY

102-A Westlake Avenue, Morton, WA 98356
360-496-5101

Valley View Health Center– Medical & Dental

300 Ocean Ave, Raymond, WA 98577
360-942-3540

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DENTAL CARE

DENTAL CARE

Mason County:

Community Action Dental LLC

807 W Railroad Ave

Shelton, WA 98584

360-426-2708

www.CACLMT.org

Mason County Public Health

Will refer patients of all ages to dentists

who accept Medicaid

415 North 6th Street, Shelton, WA 98584

360-427-9670 x400

Skokomish Dental Center

Serving Native Americans

N. 100 Tribal Center Rd.

Skokomish Nation, WA 98584

360-426-5755

Squaxin Island Health Clinic

Serving Native Americans

SE 90 Klah-Che-Min Drive

Shelton, WA 98584

360-427-9006

Pierce County:

Bates Technical College-Tacoma

253-596-1677

Pierce College-Tacoma

253-964-6694

DENTAL CARE

Thurston County:

Medical Teams International Mobile Dental Van

Serving North, Central and South Puget Sound.
For locations and to make an appointment call:
425-284-1950

Nisqually Dental Clinic

Serving Native Americans
4820 She-Nah-Num Drive SE
Olympia, WA 98513
360-459-5312

Olympic Dental Center

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

Olympia Union Gospel Mission Dental Center

413 Franklin 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 Street, Suite C,
Tumwater, WA 98501
360-570-8016

(cont'd)

DENTAL CARE

DENTAL CARE

Thurston County, cont'd:

South Puget Sound Community College

Dental Clinic

2011 Mottman Rd. SW

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

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

Delta Dental

Washington Dental Services Foundation

Senior Oral Health Program

www.SeniorsOralHealth.org

Under the **Community Resources** tab
click on **Finding Dental Care**

DISABILITY SERVICES

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

LOCAL DSHS DDA OFFICES:

Lewis County:..... 360-807-7151

Mason County: 360-753-4673

Thurston County:..... 360-725-4250

To find a DDA office near you, call:
1-800-339-8227

Or visit them online at:
<http://www.dshs.wa.gov/ddd>

For a complete listing of additional resources available for people with disabilities, visit the Developmental Disabilities Administration website Resource Links tab:

<http://www.dshs.wa.gov/ddd/links.shtml>

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DISABILITY SERVICES

DISABILITY SERVICES

These programs assist disabled persons and their families to obtain maximum benefits, services, information and referral services.

These Businesses serve all three counties:

Brain Injury Alliance Washington (BIAWA)

PO Box 3044, Seattle, WA 98114

1-877-982-4292 toll-free www.BIAWA.org

BIAWA Traumatic Brain Injury (TBI)

Resource Center

1-877-824-1766 toll-free www.BIAWA.org

Center for Independence

10828 Gravelly Lake Drive SW, Suite 112

Lakewood, WA 98499

253-582-1253

www.CenterForIndependence.org

Department of Services for the Blind

1-800-552-7103 toll-free

Easter Seal Society of Washington

1-800-678-5708 toll-free

Office of the Deaf and Hard of Hearing

360-902-8000 (Voice & TTY)

**Tacoma Area Coalition of
Individuals with Disabilities**

253-565-9000

Validus Consulting & Services

24421 34th Ave Ct. E., Spanaway, WA 98387

253-847-7887

**Washington State Talking Books &
Braille Library**

1-800-542-0866 toll-free

DISABILITY SERVICES

These Disability Resources are specific to the County they are listed under:

Mason County:

Independent Living Old or Blind Program

Administered by the University of Washington,
please contact **Seagull Low Vision Services:**
360-493-1372
www.Magnifywashington.org

Thurston County:

Behavioral Health Resources

360-704-7170
1-800-825-4820 toll-free

Thurston County Association of the Deaf

360-458-4623 (TTY/FAX)

EYE CARE

Lewis, Mason and Thurston Counties:

Eye Care America

1-877-887-6327
www.EyeCareAmerica.org

National Eye Care Project (Olympia only)

1-800-222-3937 toll-free

Olympia Union Gospel Mission

413 Franklin St NE, Olympia, WA
360-709-9725

Vision USA

1-800-766-4466
www.AOA.org/visionusa.xml

FAMILY CAREGIVER SUPPORT PROGRAM

The Lewis-Mason-Thurston Area Agency on Aging (LMTAAA) **Family Caregiver Support Program** 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:

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

To reach a **Family Caregiver Support Program Resource Manager** near you:

Lewis County LMTAAA:

360-748-2524 ext. 210
1-888-702-4464 ext. 210 toll-free

Mason County LMTAAA:

360-427-2226 ext. 260
1-877-227-4696 ext. 260 toll-free

Thurston County LMTAAA:

360-664-3162 ext. 135
1-888-545-0910 ext. 135 toll-free

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

Yard Birds Shopping Center
750 SW 21st St., Chehalis, WA 98532
360-748-1226

Lewis County Food Bank Coalition

360-330-1519

Pe Ell Food Bank—St Joseph Church

417 N Main Street, Pe Ell, WA 98572
360-291-3434

Salvation Army

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

Somma Food Bank

682 Winston Creek Road, Silver Creek, WA 98585
360-985-2422

Toledo Food Bank

130 2nd St. N, Toledo, WA 98591
360-978-6448

White Pass Food Bank

United Methodist Church, Randle, WA 98377
1-800-247-5872

Winlock Food Bank, “Sacks First Avenue”

503 NE 1st Street, Winlock, WA 98596
360-785-4377

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FOOD BANKS

FOOD BANKS

Mason County:

Hood Canal Food Bank

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

Matlock Food Bank

216 W Matlock-Brady Road, Matlock, WA 98215
360-427-4736 or 427-3747

North Mason Food Bank

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

Saints Pantry

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

United Methodist Church

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

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

Rochester Community Center (ROOF)

10140 Hwy 12 SW, Rochester, WA 98579
360-273-6375

Sacred Heart Food Pantry

906 Bowker St SE, Lacey, WA 98503
360-923-0929

FOOD BANKS

Thurston County, cont'd:

South Thurston United Friends (STUF)

18214 Corvalis Street, Rochester, WA 98579
360-273-5891

Tenino Food Bank

297 Sussex Ave E, Tenino, WA 98589
360-264-5505

Thurston County Food Bank

220 Thurston Ave NE, Olympia, WA 98501
360-352-8597

Yelm Food Bank

624 Crystal Springs Rd NW, Yelm, WA 98597
360-458-4003

GLBT

Services & advocacy for Gay, Lesbian, Bisexual,
Transgender individuals.

Lewis, Mason & Thurston Counties:

SAGE Olympia

SAGE (Services & Advocacy for GLBT Elders)
Olympia is the GLBT Eldercare project operating in
Olympia, WA, and is a net affiliate of SAGE USA.
PO Box 7221, Olympia, WA 98507

www.SageOlympia.org

PFLAG

PO Box 12732, Olympia, WA 98508
www.PFLAG-Olympia.org

GUARDIANSHIP SERVICES

Guardianship is one option that is available when a person has significant problems managing financial affairs or personal care. Guardianships are granted only when a person is legally incapacitated, which generally means the individual has demonstrated an inability to manage property, financial affairs, or manage his or her own nutrition, housing, health, or physical safety. Because guardianship deprives an individual of significant personal rights, it is considered the last resort.

Guardianship services may be provided by individual guardians or agencies. Washington State has created a Certified Professional Guardian Program, in order to achieve the greatest protection for the estates and affairs of incapacitated persons. The Certified Professional Guardian Board adopts and implements regulations governing certification, minimum standards of practice, training, and discipline of professional guardians.

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

www.courts.wa.gov/programs_orgs/guardian

You can also contact your local LMTAAA Information & Assistance office (listed just inside the front cover of this book) for help in locating Certified Professional Guardianship services near you.

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 LMTAAA Information & Assistance office. Office contact information can be found just inside the front cover of this book.

Serving all counties:

Insurance Commissioner Consumer Hotline

1-800-562-6900 toll-free

Medicare Hotline

1-800-633-4227 toll-free

Statewide Health Insurance Benefits Advisors Helpline (SHIBA)

1-800-562-6900 toll-free

*to contact your local SHIBA office directly
please see page 23*

Washington Health Benefits Exchange

Through the Exchange you can find, compare and purchase health insurance.

www.WaHealthPlanFinder.org

1-855-923-4633 toll-free

1-855-627-9604 TTY

For patient assistance programs available through the drug companies:

www.NeedyMeds.org

www.BenefitsCheckUp.org

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HEALTH INSURANCE & PRESCRIPTION DRUG INFO

Lewis County:

LOVE Inc.

prescription assistance

360-748-8611

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

1-800-383-2101 ext. 304 toll-free

St. Vincent de Paul

prescription assistance

CENTRALIA & CHEHALIS

360-623-1144

**NAPAVINE, WINLOCK, TOLEDO &
Parts of east Lewis County**

360-864-4130

Mason County:

Prescription Assistance Program

360-463-2981

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

*located inside the Olympia Senior Center; serving
Thurston & Mason County*

360-586-6181 ext. 134

Thurston County:

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

located inside the Olympia Senior Center

360-586-6181 ext. 134

HOME CARE REFERRAL REGISTRY

The **Home Care Referral Registry** is a service provided by the Lewis-Mason-Thurston Area Agency on Aging through a contract with the Aging and Disability Services Administration. The Registry matches Medicaid-eligible clients who qualify for State-funded in-home care with pre-screened and pre-qualified in-home care workers.

Serving Lewis, Mason, and Thurston Counties:

**Lewis-Mason-Thurston Area Agency on Aging
Home Care Referral Registry**
2404 Heritage Court SW, Suite A
Olympia, WA 98502
360-664-3162 ext. 143
1-888-545-0910 ext. 143 toll-free

HOME CARE/HOME HEALTH SERVICES

Home Care and **Home Health** agencies are licensed by the Washington State Department of Health, to provide a wide range of services designed to help people with illnesses or disabilities remain in their own homes.

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

Home Health agencies provide both nonmedical and medical services, which may include, but are not limited to, nursing, home health aides, physical, occupational, speech, and respiratory therapies, nutritional services, medical social services, and home medical equipment or supplies. The cost of both **Home Care** and **Home Health** services may be covered by Medicare, Medicaid, private insurance or private pay.

HOME CARE/HOME HEALTH SERVICES

Lewis County:

Advanced Health Care

406 Lilly Road NE, Suite C, Olympia, WA 98506
360-459-7888 or toll-free 1-800-690-3330

Anthony Care, LLC

5317 Atchinson Dr. SE, Olympia, WA 98513
360-456-0788

Assured Home Health & Hospice Private Duty Services

1821 Cooks Hill Road. Suite 200
Centralia, WA 98531
360-330-2640 or toll-free 1-800-833-9404

Catholic Community Services

Long Term Care

PO Box 1152, Chehalis, WA 98532
360-345-1100 or toll-free 1-800-642-8021

Help at Home Senior Services

360-736-9300 or toll-free 1-866-807-9300

Home Instead Senior Care

1217 Cooper Point Rd. SW, Suite 8
Olympia, WA 98502
360-570-0049

Korean Women's Association

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

Providence Sound Home Care & Hospice

500 SE Washington, Chehalis, WA 98532
360-330-8585 or toll-free 1-800-869-7062

HOME CARE/HOME HEALTH SERVICES

Lewis County cont'd:

ResCare HomeCare of Washington

1000 Kresky Ave, Suite 5A, Centralia, WA 98531
360-736-1758 or toll-free 1-888-329-4695

Right at Home Home Care

975 Carpenter Rd NE, Suite 101
Olympia, WA 98516
360-292-7511

South Sound CBOC VA Clinic

151 NE Hampe Way Suite B2-6
Chehalis, WA 98532
1-800-329-8387 option #2

Mason County:

Advanced Health Care

406 Lilly Road NE, Suite C, Olympia, WA 98506
360-459-7888 or toll-free 1-800-690-3330

Assured Home Health & Hospice

2102 Carriage Dr. SW, Olympia, WA 98502
360-236-9204 or toll-free 1-800-833-9404

Assured Private Duty Services

2102 Carriage Dr. SW, Olympia, WA 98502
360-236-9204 or toll-free 1-800-833-9404

Catholic Community Services

Long-Term Care

1716 Olympic Highway N/PO Box 1228
Shelton, WA 98584
360-427-2230 or toll-free 1-800-642-8026

Home Instead Senior Care

1217 Cooper Point Rd SW., Suite 8
Olympia, WA 98502
360-570-0049

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HOME CARE/HOME HEALTH SERVICES

HOME CARE/HOME HEALTH SERVICES

Mason County, cont'd:

Korean Women's Association

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

Lean on Me Home Care, LLC

PO Box 655, Union, WA 98592
360-545-4321
www.leanonme.ws

Providence Sound Home Care and Hospice

2146 W. Railroad Avenue, Shelton, WA 98584
360-426-7928 or toll-free 1-800-869-7062

ResCare HomeCare of Washington

2101 4th Avenue E Suite 103, Olympia, WA 98506
360-570-8000 or toll-free 1-888-329-4695

Thurston County:

Advanced Health Care

3825 Martin Way E, Suite 104, Olympia, WA 98506
360-459-7888 or toll-free 1-800-690-3330

Anthony Care, LLC

5317 Atchinson Dr. SE, Olympia, WA 98513
360-456-0788

Assured Home Health & Hospice

2102 Carriage Dr. SW, Olympia, WA 98502
360-236-9204 or toll-free 1-800-833-9404

Assured Private Duty Services

2102 Carriage Dr. SW, Olympia, WA 98502
360-236-9204 or toll-free 1-800-833-9404

Catholic Community Services Long-Term Care

129 Decatur St. NW, Olympia, WA 98502
360-586-2960 or toll-free 1-800-783-8193

HOME CARE/HOME HEALTH SERVICES

Thurston County, cont'd:

Help at Home Senior Services

360-736-9300 or toll-free 1-866-807-9300

Home Instead Senior Care

1217 Cooper Point Rd SW, Suite 8, Olympia, 98502
360-570-0049

Korean Women's Association

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

Maxim Healthcare Services

1230 Ruddell Road Suites 101 & 102
Lacey, WA 98503
360-456-1680 or toll-free 1-866-617-3781

Olympic Home Care

2629 Parkmont Lane SW, Suite 101-B,
Olympia, WA 98502
360-943-0680 or toll-free 1-855-943-0680

Providence Sound Home Care and Hospice

3432 South Bay Road NE, Lacey, WA 98506
360-459-8311 or toll-free 1-800-869-7062

ResCare HomeCare of Washington

2101 4th Avenue E, Suite 103, Olympia, WA 98506
360-570-8000 or toll-free 1-888-329-4695

Right at Home Home Care

975 Carpenter Rd NE, Suite 101, Olympia, 98516
360-292-7511

Visiting Angels

809 Legion Way SE, #305, Olympia, WA 98501
360-705-1929

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 Chore Program**
360-586-2915

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

Faith in Action Senior Services
23780 St. Rte. 3, Belfair, WA 98528
360-275-0535

**Habitat for Humanity
A Brush With Kindness Program**
360-426-8134

Thurston County:

Community Action Council
420 Golf Club Rd. SE, Lacey, WA 98503
360-438-1100

HOME REPAIR

Thurston County, cont'd:

Rebuilding Together Thurston County

PO Box 12822, Olympia, WA 98508
360-539-7830

www.RebuildingTogetherTC.org

HOSPITALS

Lewis County:

Morton General Hospital

521 Adams, Morton, WA 98356
360-496-5112

Providence Centralia Hospital

914 S Scheuber Road, Centralia, WA 98531
360-736-2803

Mason County:

Mason General Hospital

901 Mountain View Dr., Shelton, WA 98584
360-426-1611 or 360-754-5858

www.MasonGeneral.com

Thurston County:

Capital Medical Center

3900 Capital Mall Drive SW, Olympia, WA 98502
360-754-5858

Providence St Peter Hospital

413 Lilly Road NE, Olympia, WA 98506
360-491-9480 or toll-free 1-888-492-9480

HOUSING

Lewis County:

Longview Housing Authority

1207 Commerce Ave, Longview, WA 98632
360-423-0140

White Pass Community Services Coalition

123 W Main / PO Box 789, Morton, WA 98356
360-496-2322

Mason County:

Housing Authority of the City of Bremerton

Mason County Office
221 W. Railroad, Suite 3, Shelton, WA 98584
360-479-3694

Thurston County:

Housing Authority of Thurston County

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

www.HATC.org

*For more information on housing options in your area,
please contact your local Information & Assistance office,
listed just inside the front cover of this book.*

INFORMATION & ASSISTANCE

Lewis-Mason-Thurston Area Agency on Aging Information & Assistance provides help to individuals to link them with services, to arrange home visits if necessary, to follow up when appropriate, and to aid in service arrangements.

Lewis County:

Lewis-Mason-Thurston Area Agency on Aging Chehalis Office

1651 S. Market Boulevard, Chehalis, WA 98532

360-748-2524 ext. 201

1-888-702-4464 ext. 201 toll-free

Mason County:

Lewis-Mason-Thurston Area Agency on Aging Shelton Office

628 W. Alder St. / PO Box 2087, Shelton, WA 98584

360-427-2226 ext. 251

1-877-227-4696 ext. 251 toll-free

North Mason County Resources

140 NE SR 300 / PO Box 2052, Belfair, WA

360-552-2303

www.NMResources.org

Thurston County:

Lewis-Mason-Thurston Area Agency on Aging Olympia Office

2404 Heritage Court SW, Suite A

Olympia, WA 98502

360-664-3162 ext. 133

1-888-545-0910 ext. 133 toll-free

FOR OTHER INFORMATION, CONTACT THE

Washington Information Network (WIN)

2-1-1

KINSHIP CARE SERVICES

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

Lewis, Mason and Thurston Counties:

Family Education and Support Services

1202 Black Lake Blvd., Suite B, Olympia, WA 98502
360-754-7629 or 1-877-813-2828 toll free

www.FamilyESS.org

LEGAL SERVICES

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.

Lewis County:

Legal Aid/Lawyer Referral

139 NW Chehalis Ave., Chehalis, WA 98532
360-748-0430

Northwest Justice Project CLEAR *Sr

1-888-387-7111 toll free
1-888-201-9737 (TDD) toll free

www.NWJustice.org

www.WashingtonLawHelp.org

Mason and Thurston Counties:

Northwest Justice Project CLEAR *Sr

1-888-387-7111 toll free
1-888-201-9737 (TDD) toll free

www.NWJustice.org

www.WashingtonLawHelp.org

MEAL PROGRAMS

Lewis County:

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

Mineral Recreation Site—Mineral Fire Station

104 Front Street W, Mineral, WA 98355
360-492-5561

Morton Senior Center

103 E Westlake Avenue, Morton, WA 98356
360-496-3230

Olequa Senior Center

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

Packwood Senior Center

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

Pe Ell Nutrition Site

United Methodist Church

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

Toledo Senior Center

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

Twin Cities Senior Center

2545 North National Ave, Chehalis, WA 98532
360-748-0061

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MEAL PROGRAMS

MEAL PROGRAMS

Lewis County, cont'd

HOME-DELIVERED MEALS– Services are available which provide nutritious meals to older and disabled adults who are homebound and meet assessment criteria.

**Lewis County Senior Programs
Catholic Community Services**
1-888-976-0712

Mason County:

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

Mason County Senior Activities Center
190 W. Sentry Drive, Shelton, WA 98584
360-426-3697

Belfair Community Church
23300 NE State Route 3
Belfair, WA 98528
360-275-6031

HOME-DELIVERED MEALS– Services are available which provide nutritious meals to older and disabled adults who are homebound and meet assessment criteria.

Senior Services for South Sound
(serving Mason County residents)
360-426-3697 or 1-888-270-0619
www.SouthSoundSeniors.org

MEAL PROGRAMS

Thurston County:

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

Lacey Senior Center

Senior Services for South Sound

6757 Pacific Avenue SE, Lacey, WA 98503

360-407-3967

Olympia Senior Center

Senior Services for South Sound

222 Columbia Street NW, Olympia, WA 98501

360-586-6181

Rainier Senior Center

108 Michigan SW / PO Box 67, Rainier, WA 98576

360-446-2258

Rochester United Methodist Church

18206 Corvallis Street, Rochester, WA 98579

360-273-5000

Tenino Quarry House

399 Park Ave. W., Tenino, WA 98589

360-264-5092

Tumwater Old Town Center

215 North 2nd Avenue SW, Tumwater, WA 98512

360-754-4160

Yelm Adult Community Center

16530 103rd Ave SE, Yelm, WA 98597

360-458-7733

Vietnamese Senior Association

Evergreen Villages

505 Division St NW, Olympia, WA 98502

360-943-5505

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MEAL PROGRAMS

MEAL PROGRAMS

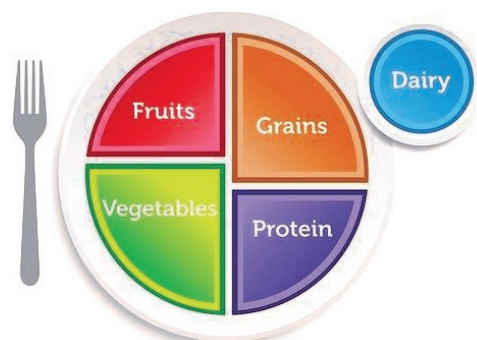
Thurston County, cont'd:

HOME-DELIVERED MEALS– Services are available which provide nutritious meals to older and disabled adults who are homebound and meet assessment criteria.

Senior Services for South Sound

360-586-6181

www.SouthSoundSeniors.org



Choose**MyPlate**.gov

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:

Health & Hope Medical Outreach

*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

www.HHMO.org

Valley View Health & Medical Centers

Multiple locations

www.VVHC.org

CENTRALIA– walk-in clinic:

1800 Cooks Hill Rd., Suite G, Centralia, WA
360-736-3042

CHEHALIS:

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

ONALASKA:

1810 Hwy 508, Onalaska, WA 98570
360-978-6600

PE ELL:

402 N Main St., Pe Ell, WA, 98572
360-291-3232

TOLEDO:

117 Ramsey Way, Toledo, WA, 98591
360-864-4400

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MEDICAL CLINICS

MEDICAL CLINICS

Lewis County, cont'd:

Valley View Health & Medical Centers, cont'd:

WINLOCK:

615 Cemetery Rd., Winlock, WA, 98596
360-785-9400

Veteran's Administration Community Based Outpatient Clinic (services for Veterans only)

151 NE Hampe Way, Chehalis, WA 98532
360-748-3049

Diabetes programs and classes are available. Topics include nutrition, meal planning, exercise, insulin and oral diabetes medications, blood glucose monitoring, complications and more.

Providence Centralia Hospital

Diabetes Education

1010 Scheuber Rd., Centralia, WA 98531
360-807-7996

Mason County:

Health Care Center

107 N. 8th, Shelton, WA 98584
360-426-9717

Diabetes programs and classes are available. Topics include nutrition, meal planning, exercise, insulin and oral diabetes medications, blood glucose monitoring, complications and more.

Mason General Hospital—Diabetes Education

910 Mountain View Dr., Shelton, WA 98584
360-426-1611

MEDICAL CLINICS

Thurston County:

Olympia Free Clinic

108 State Ave. NW, Olympia, WA 98501
360-529-1937

SeaMar Community Health Centers

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

OLYMPIA:

3030 Limited Lane, Olympia WA 98502
360-491-1399

OLYMPIA walk-in clinic:

205 Lilly Rd. NE, Olympia, WA 98506
360-742-5000

LACEY:

669 Woodland Square Lp., Lacey, WA, 98503
360-359-4840

YELM:

202 Cullens St. NW, Yelm, WA 98597
360-400-4800

Valley View Health Center

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

Diabetes programs and classes are available. Topics include nutrition, meal planning, exercise, insulin and oral diabetes medications, blood glucose monitoring, complications and more.

Providence St. Peter Hospital

Boldt Diabetes Center
413 Lilly Road NE, Olympia, WA 98506
360-493-7567

MEDICAL CLINICS

MEDICAL EQUIPMENT

Lewis County:

Adaptive Mobility, Inc.

360-753-4445

Apria Medical

1-800-638-0140 toll-free

Halls Pharmacy

505 S Tower, Centralia, WA 98531

360-736-0703

Lincare, Inc.

355 NW State Suite 2, Chehalis, WA 98532

360-748-4534 or toll-free 1-800-205-4639

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

Knights of Columbus

89 6th St., Chehalis, WA 98532

360-748-4150

Twin Cities Senior Center

360-748-0061

Visiting Nurses Foundation

222 North Pearl St., Centralia, WA 98531

360-623-1560

Winlock Equipment Bank

360-785-3600

Mason County:

Aaro Medical Supply

1-800-752-2276 toll-free

MEDICAL EQUIPMENT

Mason County, cont'd:

Adaptive Mobility, Inc.
360-753-4445

Apria Medical
1-800-638-0140 toll-free

Gateway Rentals
2505 Olympic Highway N, #200, Shelton, WA 98584
360-426-1091 or toll-free 1-877-426-1091

Sound Oxygen Services
1-877-269-0405 toll-free

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

Faith in Action Medical Equipment Bank
40 NE Old Belfair Hwy, Belfair, WA 98528
360-275-9115

Love, INC.
221 W. Railroad Ave., #10, Shelton, WA 98584
360-426-LOVE (5683)

Thurston County:

Aaro Medical Supply
1-800-752-2276 toll-free

Adaptive Mobility, Inc.
360-753-4445

Apria Medical
1-800-638-0140 toll-free

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MEDICAL EQUIPMENT

MEDICAL EQUIPMENT

Thurston County, cont'd:

Care Medical

3430 Pacific Ave, Suite A5, Olympia, WA 98501
1-800-634-4992 toll-free

Family Equipment Exchange

6544 Cedar Flats Road SW, Olympia, WA 98512
360-866-3515

Kirk's Medical Services

6906 Martin Way E
Olympia, WA 98516
360-491-1851
1-800-576-5475 toll-free

406 Yauger Way SW #406-C
Olympia, WA 98502
360-357-2282

Lincare, Inc.

1306 Fones Road SE, Olympia, WA 98501
360-923-1985 or toll-free 1-800-391-8145

Performance Home Medical

418 Lilly Road NE, Olympia, WA 98506
360-456-4052

Preferred Medical, Inc.

2938 Limited Lane NW, Suite D
Olympia, WA 98502
1-866-236-6375 toll-free

The following organization accepts and loans out medical equipment at no charge for temporary use:

Thurston County Medical Equipment Bank

360-456-8810

MEDICAL EQUIPMENT

PERSONAL EMERGENCY RESPONSE SYSTEMS (PERS)

Personal Emergency Response Systems allow elderly, handicapped and chronically ill people to be more confident living independently at home. The small remote control unit, which has a button to be pressed in case of need, works through the telephone.

Serving Lewis, Mason and Thurston County:

Assured Independence

425-516-7400

Computerized Services, Inc. (CSI)

360-491-2206 or toll-free 1-800-230-7249

CST *your* Link to Life

1-888-557-4462 toll-free

Global Security & Communication, Inc.

1-800-446-2400 toll-free

LifeStation

1-800-446-3300 toll-free

Safe @ Home

housed inside Elder Options in Longview

1-888-981-5465 toll-free

Valued Relationships, Inc. (VRI)

425-622-6253

MENTAL HEALTH SERVICES

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

Lewis County:

Cascade Mental Health Care

2428 West Reynolds Ave, Centralia, WA 98531
360-330-9044
1-800-559-6696 toll-free

National Alliance on Mental Illness (NAMI)

Lewis County Chapter
360-880-8070

Valley View Health Clinic

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

Mason County:

Behavioral Health Resources (BHR)

110 W K Street, Shelton, WA 98584
360-426-1696 or toll-free 1-800-825-4820

Capital Clubhouse Recovery Center

522 Franklin St. SE, Olympia, WA 98501
360-357-2582

National Alliance on Mental Illness (NAMI)

Thurston/Mason Chapter
360-493-6021

Thurston/Mason Regional Support Network

412 Lily Rd. NE Olympia, WA 98506
360-867-2606
1-800-658-4105 toll-free

www.co.thurston.wa.us/health/ssrsn

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MENTAL HEALTH SERVICES

Thurston County:

Behavioral Health Resources (BHR)

3857 Martin Way E, Olympia, WA 98506
360-704-7170 or 1-800-825-4820 toll free

BHR Acute Psychiatric Services Evaluation and Treatment Center

3436 Mary Elder Road NE, Olympia, WA 98506
360-528-2590

Capital Clubhouse Recovery Center

522 Franklin St. SE, Olympia, WA 98501
360-357-2582

National Alliance on Mental Illness (NAMI)

Thurston/Mason Chapter
360-493-6021 or 360-493-0431

Providence St Peter Hospital: Psych Services

413 Lilly Road NE, Olympia, WA 98506
360-493-7060

Thurston/Mason Regional Support Network

412 Lily Rd. NE Olympia, WA 98506
360-867-2606
1-800-658-4105 toll-free

www.co.thurston.wa.us/health/ssrsn

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 toll free

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

360-943-6018

State Long-Term Care

Ombudsman Program

1-800-562-6028 toll-free

SENIOR CENTERS

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

Lewis County:

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 Highway 12, Packwood, WA 98361
360-494-6331

Toledo Senior Center

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

Twin Cities Senior Center

2545 North National Ave, Chehalis, WA 98531
360-748-0061

Mason County:

Mason County Senior Activities Center

190 W Sentry Dr / PO Box 1066, Shelton WA 98584
360-426-7374
www.MCSAC.net

Thurston County:

Senior Services for South Sound

LACEY Senior Center

6757 Pacific Avenue SE, Lacey, WA 98503
360-407-3967
www.SouthSoundSeniors.org

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SENIOR CENTERS

SENIOR CENTERS

Thurston County, cont'd:

Rainier Senior Center

108 Michigan Street SW, Rainier, WA 98576
360-446-2258

Senior Services for South Sound

OLYMPIA Senior Center

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

www.SouthSoundSeniors.org

Tumwater Old Town Center

215 North 2nd Avenue SW, Tumwater, WA 98512
360-252-5467

Yelm Adult Community Center

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

SENIOR COMPANIONS

A Senior Companion is a trained adult volunteer, 55 or older, who gives family caregivers much needed relief for three or four hours once a week on a regularly scheduled basis. This free program serves adults ages 18 and over.

Thurston County:

Friend to Friend America

(Nursing & Adult Family Home Visitation)

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

P.O. Box 98766

Seattle, WA 98198

(206) 870-4266 or toll-free 1-888-383-7818

www.FriendToFriendAmerica.org

Senior Companion Program

PO Box 667, 508 Eighth Street

Hoquiam, WA 98550

1-888-532-9542

SOCIAL SECURITY

The US Government Social Security Administration can be reached at:

1-800-772-1213

www.SocialSecurity.gov

Lewis County:

Social Security Administration

1821 Cooks Hill Rd Suite 100, Centralia, WA 98531

1-855-848-7942

Mason & Thurston County:

Social Security Administration

402 Yauger Way SW, Olympia, WA 98502

1-866-755-6199

SENIOR COMPANIONS - SOCIAL SECURITY

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 LLC
1-888-477-0435

SafetyNet Services
360-275-9385

Mason County:

Faith in Action– 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.

Lewis County:

Catholic Community Services: Volunteer Chore
360-586-2915 or toll-free 1-855-827-6803

**Catholic Community Services
Senior Transportation**
360-748-0161

TRANSPORTATION

Lewis County, cont'd:

Cowlitz Tribe Transportation

360-232-8585

Lewis Mountain Highway Transit

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

360-496-5404 or toll-free 1-800-994-8899

Paratransit Services (Medicaid Clients only)

1-800-846-5438 toll-free

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

Twin Transit

360-330-2072

Mason County:

American MediCar Services

360-352-0342

Catholic Community Services Volunteer Chore

360-586-2915

Faith In Action

23780 St. Rte. 3, PO Box 2697, Belfair, WA 98528

360-275-0535

Horizon Medical Transportation

360-491-6983

Mason County Transit Authority

360-427-5033

1-800-374-3747 toll-free

360-427-0268 (TTD/TTY)

Paratransit Services (Medicaid Clients Only)

1-800-846-5438 toll-free

1-800-934-5438 (TDD only)

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TRANSPORTATION

TRANSPORTATION

Mason County, cont'd:

The Patty Wagon

360-427-0202

email: thepattywagon@rocketmail.com

Thurston County:

Catholic Community Services: Volunteer Chore

360-586-2915

Dial-A-Lift

360-754-9393

1-800-244-6846 toll-free

Intercity Transit

360-786-1881

1-800-287-6348 toll-free

360-943-5211 (TTY)

Intercity Transit Rider Update Line

360-705-5851

www.InterCityTransit.com

Paratransit Services (Medicaid Clients Only)

1-800-846-5438

1-800-934-5438 (TDD only)

Rural and Tribal Transportation

Rochester, Tenino, Bucoda 1-800-650-7846

Senior Services for South Sound

360-586-6181

Yelm Adult Community Center

360-458-7733

TRANSPORTATION

VA TRANSPORTATION SERVICES

Serving multiple counties:

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

****NOTE: You must call to arrange your ride
at least 5 working days in advance.****

Seattle VA

Direct line: 1-206-277-3893

Toll-free: 1-800-329-8387

*Press 1 after voice recording comes on
and enter extension 62564 when prompted.*

American Lake VA

Direct line: 253-583-1343

Toll-free: 1-800-329-8387

*When the recording comes on dial *71343.*

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./PO Box 536
Oakville, WA 98568
Main Office: 360-273-5911
Clinic: 360-273-5504
Social Services: 360-273-5821
www.ChehalisTribe.org

Cowlitz Tribe

107 Spencer Rd.
Toledo, WA 98591
Housing: 360-864-8720
Transportation: 360-232-8585
Elders Program: 360-864-7003
www.Cowlitz.org

Nisqually Tribe

4820 She-Nah-Num Drive
Olympia, WA 98513
Main Office: 360-456-5221
Elders Building: 360-486-9546
Clinic: 360-459-5312
Social Services: 360-456-5221
www.Nisqually-NSN.org

TRIBAL SERVICES

Northwest Urban Indian Community

Mailing address only:

120 State Ave NE, #1445

Olympia, WA, 98501

email: NWUrbanIndians@comcast.net

Skokomish Tribe

80 N. Tribal Center Road

Skokomish, WA 98584

Main Phone: 360-426-4232

Clinic: 360-426-5755

Family Services: 360-426-7788

www.Skokomish.org

South Puget Intertribal Planning Agency (SPIPA)

3104 SE Old Olympic Highway

Shelton, WA 98584

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

www.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

www.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 toll-free 1-800-952-8012

Lewis County Veteran's Relief Fund

(Veterans only)
360-740-1417

LOVE Inc.

360-748-8611

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
Morton 360-496-6881

UTILITY BILL ASSISTANCE

Mason County:

Community Action Council

728 W Railroad, Shelton, WA 98584

360-426-9726

PUD #3

307 W Cota, Shelton, WA 98584

360-426-8255

City Utility Assistance Programs

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

Shelton 360-426-4491

(cont'd)

UTILITY BILL ASSISTANCE

UTILITY BILL ASSISTANCE

Thurston County:

Community Action Council

420 Golf Club Rd. SE, Lacey, WA 98503

360-438-1100

City Utility Assistance Programs:

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

Lacey 360-491-5616

Olympia 360-753-8340

Rainier 360-446-2265

Tenino 360-264-2368

Tumwater 360-754-4133

Yelm 360-458-3244

Thurston County Veterans Assistance Fund

360-867-2625

TELEPHONE ASSISTANCE

For Medicaid-eligible individuals only:

Lewis, Mason, and Thurston Counties:

Washington Telephone Assistance Program

Medicaid clients only: toll-free 1-888-700-8880

VETERAN'S AFFAIRS

Serving all three counties:

American Lake VA Hospital

Geriatric Research and Evaluation Clinic

Free diagnostic testing, medical evaluations, resource referral for adults—veteran & non-veteran—with suspected Alzheimer's Disease or other memory disorders.

1-253-583-2033

FOR VA TRANSPORTATION, SEE PAGE 54

Lewis County:

Lewis County Veterans Relief Fund

360-740-1417

Disabled American Veterans

206-220-6225

**South Sound Community-Based
Outpatient Clinic**

151 NE Hampe Way, Chehalis, WA 98532

360-748-3049

Veteran's Service Officer

360-740-7889

WA State Department of Veterans Affairs

360-725-2167 or toll-free 1-800-562-2308

(cont'd)

VETERAN'S AFFAIRS

VETERAN'S AFFAIRS

Mason County:

Disabled American Veterans
206-220-6225

Mason County—Veterans Assistance Fund
360-426-4546

Vietnam Veterans of America—WA State Council
206-220-6731

WA State Department of Veterans Affairs
360-725-2167
1-800-562-2308 toll free

Thurston County:

Disabled American Veterans
206-220-6225

**South Sound Community-Based
Outpatient Clinic**
Centralized Call Center
1-800-329-8387 #2

Thurston County—Veterans Assistance Fund
360-867-2625

Vietnam Veterans of America—WA State Council
206-220-6731

WA State Department of Veterans Affairs
360-725-2167
1-800-562-2308 toll free

VOLUNTEER OPPORTUNITIES

Thurston County:

Senior Companion Program
PO Box 667, 508 Eighth Street
Hoquiam, WA 98550
1-888-532-9542

Serving all three counties:

Catholic Community Services Volunteer Chore
360-586-2915
1-800-783-8193 toll-free

**United Way Retired & Senior Volunteer Program
(RSVP)**
360-943-2773 ext. 21
www.UnitedWay-Thurston.org/RSVP.php

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.

The Long Term Care Ombudsman program (page 47) has trained volunteers who listen to questions and concerns and act as advocates, protecting the rights of residents in long-term care settings.

The following sections list contact information for Adult Family Homes, Assisted Living Facilities, Dementia Special Care Centers, and Retirement Residences. LMTAAA provides this listing as a convenience to consumers. We do not recommend or endorse any company listed here.

For additional information, please contact your local Information & Assistance office:

Lewis County:

360-748-2524 ext. 201
toll-free 1-888-702-4464 ext. 201

Mason County:

360-427-2225 ext. 251
toll-free 1-877-227-4696 ext. 251

Thurston County:

360-664-3162 ext. 133
toll-free 1-888-545-0910 ext. 133

RESIDENTIAL CARE FACILITIES

ADULT FAMILY HOMES

Adult family homes are licensed family homes with up to 6 residents. Basic services provided are room, board, laundry, necessary supervision, and various personal care and social services. Nursing care, allowed by licensure, may be provided in homes operated by an LPN or RN. Some homes accept only private pay residents; however, a number of licensed facilities contract with the state for care of state-funded (Medicaid) residents.

Adult family homes are too numerous to list in this directory. For a listing of Adult Family Homes, call:

**DSHS Aging & Long Term Services
Administration**

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

Or visit the Adult Family Home Locator online at:

<http://www.altsa.dshs.wa.gov/professional/afh.htm>

ASSISTED LIVING FACILITIES

Assisted Living facilities vary considerably in services offered. Each facility is different and may provide services such as bathing, dressing and assistance with medications in addition to room, board, housekeeping, laundry and recreational activities. Each resident may have a private or semi-private apartment-like unit with a private or shared bathroom. Many also provide social services, transportation and medical personnel on staff.

(cont'd)

RESIDENTIAL CARE FACILITIES - Assisted Living Facilities

RESIDENTIAL CARE FACILITIES

ASSISTED LIVING FACILITIES

(continued from previous page)

These facilities house 6 or more residents and are designed for persons who need assistance and/or supervision with daily activities. They offer board, room, medication management, arranging for medical services if necessary, and coordinating transportation to community services. There may be no medical personnel on staff.

Lewis County:

Chehalis West Retirement Center

478 NW Quincy Place, Chehalis, WA 98532
360-748-9911

Cooks Hill Manor

2010 Cooks Hill Road, Centralia, WA 98531
360-330-2010

Heritage House

860 W Main Avenue, Morton, WA 98356
360-496-6699

Sandra Care

1215 S. Tower Ave, Centralia, WA 98531
360-606-8655

Sharon Care Center Assisted Living

1509 Harrison Avenue, Centralia, WA 98531
360-736-0112

Stillwaters Colonial Residence

2700 Colonial Drive, Centralia, WA 98531
360-736-1551

RESIDENTIAL CARE FACILITIES

ASSISTED LIVING FACILITIES

Mason County:

Alpine Way Retirement Apartments

900 W Alpine Way, Shelton, WA 98584

360-426-2600

www.EncoreCommunities.com

Haven in Allyn

180 E Wheelwright Street / PO Box 928

Allyn, WA 98524

360-277-0636

HavenInAllyn@yahoo.com

Maple Glen Assisted Living Community

1700 N 13th Loop Road, Shelton, WA 98584

360-427-0300

www.Spring-Hill.net

Thurston County:

Artesian Place

828 McPhee Rd, Olympia, WA 98502

360-956-3396

Bonaventure of Lacey

4528 Intelco Loop SE, Lacey, WA 98503

360-455 8500

East Haven Villa

311 Cullen Road, Yelm, WA 98597

360-458-2800

Emeritus at Olympia

616 Lilly Road NE, Olympia, WA 98506

360-456-0601

(cont'd)

RESIDENTIAL CARE FACILITIES - Assisted Living Facilities

RESIDENTIAL CARE FACILITIES

ASSISTED LIVING FACILITIES

Thurston County, cont'd:

The Lodge at Roo-Lan

1530 Carpenter Road SE, Lacey, WA 98503
360-455-9256

Manor Care

4524 Intelco Loop, Lacey, WA 98503
360-491-9890

Olympics West Retirement Inn

929 Trospen Road SW, Tumwater, WA 98512
360-943-9900

Panorama - Assisted Living

1751 Circle Lane SE, Lacey, WA 98503
360-438-7539

Prestige Senior Living - Rosemont

215 Killion Road NW, Yelm, WA 98597
360-458-1800

Sequoia Village

825 Lilly Road NE, Olympia, WA 98506
360-491-0491

**Woodland Retirement
and Assisted Living Community**

4532 Intelco Loop SE, Lacey, WA 98503
360-528-3253

RESIDENTIAL CARE FACILITIES

DEMENTIA SPECIAL CARE CENTERS

Helpful numbers:

Alzheimer's Association: 1-800-848-7097

Alzheimer's Society:..... 1-800-493-3959

Alzheimer's Hotline: 1-800-848-7097

In addition to the services provided in "typical" Assisted Living facilities, these centers focus on dementia care.

Lewis County:

Guest Only Care Center

1215 S. Tower Avenue, Centralia, WA 98531
360-330-2496

Sharon Care Center Special Care Unit

1509 Harrison Avenue, Centralia, WA 98531
360-736-0112

Mason County:

Alpine Way Retirement Apartments

900 West Alpine Way, Shelton, WA 98584
360-426-2600

www.EncoreCommunities.com

Fir Lane Health & Rehabilitation Center

2430 North 13th, Shelton, WA 98584
360-426-1651

(cont'd)

RESIDENTIAL CARE FACILITIES - Dementia Special Care Facilities

RESIDENTIAL CARE FACILITIES

DEMENTIA SPECIAL CARE CENTERS

Thurston County:

Bonaventure of Lacey Senior Living Community

4528 Intelco Loop SE, Lacey, WA 98503

360-455-8500

Clare Bridge of Olympia

420 Yauger Way SW, Olympia, WA 98502

360-236-1400

East Haven Villa

311 Cullen Road, Yelm, WA 98597

360-458-2800

Garden Courte Memory Care Community

626 Lilly Road NE, Olympia, WA 98506

360-491-4435

Hampton Alzheimer Special Care Center

1400 Trospen Road SW, Tumwater, WA 98512

360-786-6062

The Lodge at Roo-Lan

1530 Carpenter Road SE, Lacey, WA 98503

360-455-9256

Panorama Gentle Care Wing

1704 Sleater-Kinney Road, Lacey, WA 98503

360-456-0111 ext. 4200

RESIDENTIAL CARE FACILITIES

RETIREMENT RESIDENCES

Retirement residences are non-licensed facilities that vary considerably in services offered. Each facility is different and may provide services such as room, board, housekeeping, laundry, transportation, and recreational activities. Each resident usually has a private apartment-like unit with a private bathroom.

Lewis County:

Stillwaters Estates

2800 Cooks Hill Road, Centralia, WA 98531
360-736-4744

Woodland Estates

2100 SW Woodland Circle, Chehalis, WA 98532
360-748-0095

Mason County:

Alpine Way Retirement Apartments

900 W Alpine Way, Shelton, WA 98584
360-426-2600

www.EncoreCommunities.com

(cont'd)

RESIDENTIAL CARE FACILITIES - Retirement Residences

RESIDENTIAL CARE FACILITIES

RETIREMENT RESIDENCES

Thurston County:

Bonaventure of Lacey Senior Living Community

4528 Intelco Loop SE, Lacey, WA 98503

360-455-8500

Capital Place Retirement Residence

700 Black Lake Boulevard SW, Olympia, WA 98502

360-357-9922

The Colonial Inn

3730 14th Avenue SE, Olympia, WA 98501

360-459-9110

The Firs Retirement Living Community

426 Lilly Road NE, Olympia, WA 98506

360-456-3477

Jubilee at Hawks Prairie

4236 Bainbridge Courte NE, Lacey, WA 98516

360-491-5900

Olympics West Retirement Inn

929 Trosper Road SW, Tumwater, WA 98512

360-943-9900 or 360-352-0311

Panorama

1751 Circle Lane SE, Lacey, WA 98503

360-456-0111

Rosemont Retirement & Assisted Living Comm.

215 Killion Road NW, Yelm, WA 98597

360-458-1800

Woodland Retirement & Assisted Living Comm.

4532 Intelco Loop SE, Lacey, WA 98503

360-528-3253

RESIDENTIAL CARE FACILITIES

SKILLED NURSING & REHAB FACILITIES

In the State of Washington skilled nursing facilities are licensed, certified, and surveyed by DSHS. These facilities provide 24 hour nursing care, personal care, therapy, supervised nutrition, organized activities, social and laundry services, as well as room and board in an environment regulated by building and life safety codes. In addition to caring for private pay patients, nursing centers may be certified to participate in the Medicare and Medicaid programs, or to contract with the Veterans' Administration for care to eligible veterans. Several nursing centers provide specialized care for mentally and/or developmentally disabled individuals. DSHS will provide a list of current facilities and the latest survey. They can be reached by calling:

DSHS Residential Care Services

1-800-422-3263 toll-free

Lewis County:

Liberty Country Place

917 S Scheuber Road, Centralia, WA 98531

360-736-9384

Riverside Nursing & Rehabilitation Center

1305 Alexander, Centralia, WA 98531

360-736-2823

Sharon Care Center

1509 Harrison Avenue, Centralia, WA 98531

360-736-0112

(cont'd)

RESIDENTIAL CARE FACILITIES - Skilled Nursing & Rehab Facilities

RESIDENTIAL CARE FACILITIES

SKILLED NURSING & REHAB FACILITIES

Mason County:

Fir Lane Health and Rehabilitation Center

2430 North 13th Street, Shelton, WA 98584

360-426-1651

Shelton Health & Rehabilitation Center

153 Johns Court, Shelton, WA 98584

360-427-2575

Thurston County:

Evergreen Nursing and Rehab Center

430 Lilly Rd NE, Olympia, WA 98506

360-491-9700

Manor Care Health Services

4524 Intelco Loop SE, Lacey, WA 98503

360-491-9890

Olympia Manor

1811 22nd Avenue SE, Olympia, WA 98501

360-943-0910

Panorama Convalescent & Rehab Center

1704 Sleater-Kinney Road SE, Lacey, WA 98503

360-456-0111

Providence Mother Joseph Care Center

3333 Ensign Road NE, Olympia, WA 98506

360-493-4900

Puget Sound Healthcare Center

4001 Capital Mall Drive SW, Olympia, WA 98502

360-754-9792

Roo-Lan Health Care Center

1505 Carpenter Road SE, Lacey, WA 98503

360-491-1765

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**Donation
Form**

DONATION FORM

If you would like to donate toward the cost of this Directory please cut out & return this form to:

**Lewis-Mason-Thurston
Area Agency on Aging**
2404 Heritage Court SW, Suite A
Olympia, WA 98502

or call:
360-664-3162 ext. 112
1-888-545-0910 ext. 112

Enclosed is a donation in the amount of:

\$ _____

If you would like a receipt please include the following information: ***

Name: _____

Address: _____

Phone: _____

-Thank you for your support!

****this information will be held in strict confidentiality and will be used solely for the purpose of generating a receipt*

Funding for this 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.

Produced by:

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



www.LMTAAA.org