

RESOURCE DIRECTORY

for

Seniors, Family Caregivers
& Adults with Disabilities

Lewis Mason Thurston
Area Agency
on Aging

2017 - 2018



SERVING RESIDENTS *of*
LEWIS, MASON & THURSTON COUNTY
WASHINGTON STATE

FREQUENTLY USED NUMBERS

DSHS HOME & COMMUNITY SERVICES

Thurston & Mason County 360-664-9050
6639 Capitol Blvd. SW, Tumwater, 98504

Lewis County 360-807-7150
3451 Galvin Rd., Centralia, 98531

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 services 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 will have to call this number 1-877-734-6277

SOCIAL SECURITY Nat'l Hotline: 1-800-772-1213

Thurston & Mason County:

402 Yaeger 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. 24-25

MEDICAL EQUIPMENT BANKS pg. 45-47

Thurston County MEB 360-456-8810

Mason County (LOVE Inc.) 360-462-3697

Lewis County (Knights of Columbus) 360-748-4150

MEALS ON WHEELS pg. 39-41

Thurston County 360-586-6181

Mason County 360-426-3697

Lewis County 1-888-976-0712

SENIOR CENTERS pg. 55-56

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 / P.O. 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

*To report errors in this resource directory
or to request additional copies 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.

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 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:

www.LMTAAA.org

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

State-Wide:

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 Programs:

Thurston County:

Virgil S. Clarkson (Lacey) Senior Center
6757 Pacific Avenue SE
Lacey, WA 98503
360-407-3967 ext. 107

Mason County:

Faith Lutheran Church
1212 Connection Street, Shelton, WA 98584
360-407-3967 ext. 107

www.SouthSoundSeniors.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

www.WaRecoveryHelpLine.org

(continued)

ALCOHOL & DRUG ABUSE TREATMENT

Lewis County:

Alcoholics Anonymous
360-807-0902

Cascade Mental Health
135 W. Main St.
Chehalis, WA 98532
360-330-9044

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

New Directions Counseling
360-427-5232

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

Northwest Resources
Also offers inpatient services.
428 West Birch St, Suite 14 B
Shelton, WA 98584
360-426-0890

ALCOHOL & DRUG ABUSE TREATMENT

Thurston County:

Alcoholics Anonymous
360-352-7344

Northwest Resources

East Olympia:
3773 A Martin Way E
Olympia, 98506
360-688-7312

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

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

www.Washington.Providence.org

SeaMar Behavioral Health

Outpatient-only chemical dependency services.
6336 Littlerock Rd SW
Tumwater, WA 98512
360-704-7590

www.SeaMar.org

CARE/CASE MANAGEMENT

PUBLIC AGENCIES

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

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

6639 Capitol Blvd. SW, Tumwater, WA 98501
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

6639 Capitol Blvd. SW, Tumwater, WA 98501
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, Mason and Thurston Counties:

Dispute Resolution Center

PO Box 6184, Olympia, WA 98507-6184
360-956-1155

Lewis County:

Community Mediation Center of Lewis County

2616 NE Kresky Ave, Suite 305, Chehalis, WA 98532
360-748-0492

CRISIS INTERVENTION HOTLINES

These agencies provide direct services, or information about community resources and referrals to other organizations and agencies. *These contacts are for all crimes other than domestic violence, sexual assault, or stalking* (examples include: vulnerable adult abuse, financial exploitation, theft, fraud, identity theft, burglary, robbery, assault, human trafficking, homicide, DUI injury collisions, child physical abuse, harassment, and property crimes).

Serving Multiple Counties:

Crime Victims Advocacy Network

1-888-288-9221 toll-free 24/7

<http://www.cvan11.org>

Mason & Thurston County:

Crisis Clinic of Mason & Thurston County

Offering crisis intervention, emotional support, information and referrals. 360-586-2800

CRISIS INTERVENTION HOTLINES

Lewis County:

Crime Victims Service Center

(located inside the Community Action Council)
409 N. Tower Ave, Centralia 98531
(360) 736-1800 ext. 4105

Mason County:

Crime Victims Service Center

(located inside the Community Action Council)
807 W. Railroad Ave, Shelton 98584
(360) 426-9726 ext. 3105

Thurston County:

Crime Victims Advocacy Network

(360) 709-3045
(360) 786-5540 x6273
(360) 786-5540 x2061

<http://www.commerce.wa.gov/serving-communities/crime-victims-public-safety/office-of-crime-victims-advocacy/>

Domestic Violence & Sexual Assault Issues

Lewis, Mason and Thurston Counties:

WA State Coalition Against Domestic Violence

Online Directory of Domestic Violence Programs by County:

<https://wscadv.org/washington-domestic-violence-programs/>

Lewis County:

Human Response Network

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

(continued)

CRISIS INTERVENTION HOTLINES

Domestic Violence & Sexual Assault Issues

Lewis County, cont'd:

White Pass Community Services Coalition
360-496-5404 or toll-free 1-800-994-8899

Mason County:

Prevention Advocacy & Specialized Services
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
360-426-1216 or toll-free 1-877-923-1212
Crisis Line: 360-432-1212

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 & 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

La Mesa Redonda
Hispanic Roundtable
PO Box 6368
Olympia, WA 98507
Hispanic@HispanicRoundtable.org
<http://hispanicroundtable.org/wp/>

Thurston County:

Korean Seniors Association
Meet Wednesdays, 10am-2pm
Lacey Senior Center
6757 Pacific Avenue SE, Lacey, WA 98503
360-407-3967

Spanish Speaking Seniors
Meet Mondays, 10am-1pm
Lacey Senior Center
6757 Pacific Avenue 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:

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 - WA Dental Services Foundation
Senior Oral Health Program**
www.SeniorsOralHealth.org
click on "Find a Dentist"

WA State Health Care Authority
Search for Medicaid providers, dental and otherwise:
www.fortress.wa.gov/hca/p1findaprovider/

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

DENTAL CARE

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

Mason County:

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

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DENTAL CARE

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

253-680-7310

www.Bates.ctc.edu/DentalClinic

Pierce College-Tacoma

253-964-6694

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

DENTAL CARE

Thurston County, cont'd:

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

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

DISABILITY SERVICES

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

The DDA Mission: Transforming lives by providing support and fostering partnerships that empower people to live the lives they want. People with developmental disabilities and their families are valued citizens of the state of Washington. The Developmental Disabilities Administration strives to develop and implement public policies that will promote individual worth, self-respect, and dignity such that each individual is valued as a contributing member of the community.

TO FIND A DDA OFFICE NEAR YOU:

call 1-800-339-8227

Or visit them online at:

<http://www.dshs.wa.gov/dda>

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

<https://www.dshs.wa.gov/dda/resource-links>

**PLEASE TURN THE PAGE
FOR ADDITIONAL SERVICE LISTINGS**

DISABILITY SERVICES

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

Serving Multiple Counties:

Brain Injury Alliance Washington (BIAWA)
PO Box 3044, Seattle, WA 98114
1-877-982-4292 toll-free www.BIAWA.org

Center for Independence
10828 Gravelly Lake Drive SW, Suite 112
Lakewood, WA 98499
253-582-1253 www.CFISouth.org

Easter Seal Society of Washington
1-800-678-5708 toll-free

MS Society of the Greater NW
1-800-344-4867
www.NationalMSSociety.org/chapters/was

Office of the Deaf and Hard of Hearing
360-902-8000 (Voice & TTY)
www.dshs.wa.gov/altsa/office-deaf-and-hard-hearing

**Tacoma Area Coalition
of Individuals with Disabilities**
253-565-9000

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 toll-free www.dsb.wa.gov

WA State Talking Books & Braille Library
1-800-542-0866 toll-free

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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 (BHR)
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:

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

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 (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:

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

Mason County LMTAAA FCSP
360-427-2226 ext. 149
1-877-227-4696 ext. 149 toll-free

Thurston County LMTAAA FCSP
360-664-3162 ext. 106
1-888-545-0910 ext. 106 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

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

Lewis County Food Bank Coalition

750 SW 21st St, Chehalis, WA 98532
360-330-1519

Pe Ell Food Bank at 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

144 Wilcox Rd / PO Box 61, Salkum, WA 98582
360-985-2704

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

FOOD BANKS

Mason County:

Belfair Community Food Pantry

71 NE Old Belfair Hwy, Belfair, WA 98528
360-275-6217

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 Ctr, 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

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FOOD BANKS

Thurston County, cont'd:

South Thurston United Friends (STUF)

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

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

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

<http://thurstoncountyfoodbank.org/satellite-locations/>

Yelm Food Bank

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

YWCA Other Bank - *provides toiletries, not food*

220 Union Ave SE, Olympia, WA 98501
360-352-0593

GLBTQIA

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

Lewis, Mason & Thurston Counties:

PFLAG

PO Box 12732, Olympia, WA 98508

www.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. We seek to provide access to high-quality, informed care for trans women and men, genderqueer, gender non-conforming, non-binary individuals, and affirmed men and women regardless of gender identity or expression, sexual orientation, race/ethnicity, religion, or socio-economic status.

1701 4th Ave E, Olympia, WA 98506

<https://rainbowhealthcenter.com/>
info@rainbowhealthcenter.com

SAGE Olympia

*(Services & Advocacy for GLBT Elders)
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

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:

<http://www.courts.wa.gov/guardianportal/>

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 see pg. 25

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

HEALTH INSURANCE & PRESCRIPTION DRUG INFO

Lewis County:

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

**Statewide Health Insurance Benefits Advisors
Helpline (SHIBA) Office**
360-425-3430 ext. 304
1-800-383-2101 ext. 304 toll-free

St. Vincent de Paul - *prescription assistance*

Centralia & Chehalis
360-623-1144

Napavine, Winlock, Toledo
(*& parts of E. Lewis Co.*)
360-864-4130

Mason County:

**Prescription Drug Assistance Foundation
at Mason General Hospital**
360-463-2981

Mason & 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 Long-Term Support Administration.

The Registry matches Medicaid-eligible clients who qualify for and are receiving State-funded in-home care services 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.

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

Agencies that are licensed by the State but do not accept Medicaid are too numerous to list here; please contact your local Information & Assistance office or Family Caregiver Support Program (*found just inside the front cover of this book*) to learn more.

Lewis County:

Catholic Community Services - Long Term Care
1570 N. National Ave, Suite 211 / PO Box 1152
Chehalis, WA 98532
360-345-1100 or toll-free 1-800-642-8021

HOME CARE / HOME HEALTH SERVICES

Lewis County, cont'd:

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

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

Mason County:

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

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

ResCare HomeCare of Washington
111 Tumwater Blvd. SW, #C-214, Tumwater, 98501
360-754-2582 or toll-free 1-888-329-4695

Thurston County:

Catholic Community Services - Long Term Care
129 Decatur St. NW, Olympia, WA 98502
360-586-2960 or toll-free 1-800-783-8193

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

ResCare HomeCare of Washington
111 Tumwater Blvd. SW, #C-214, Tumwater, 98501
360-754-2582 or toll-free 1-888-329-4695

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

1-844-851-9380 toll-free

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

111 NE Old Belfair Hwy, Belfair, WA 98528

360-275-0535

www.FIAWS.org

Habitat for Humanity

A Brush With Kindness Program

360-426-8134

HOME REPAIR

Thurston County:

Community Action Council

3020 Willamette Dr. NE, Lacey, WA 98516

360-438-1100

Habitat for Humanity Home Repair Program

360-956-3456

repairs@spsshabitat.org

Rebuilding Together Thurston County

PO Box 12822, Olympia, WA 98508

360-539-7830

www.RebuildingTogetherTC.org



HOSPICE CARE

Hospice care is a special kind of care. It is not curative. Its primary goal is to help relieve the physical symptoms experienced by those with a terminal illness while providing the emotional, psychological and spiritual support that these patients and their families need.

Hospice is a holistic and coordinated program of care. It honors the unique physical, social, emotional and spiritual needs of each child, adult and family who receives care. The emphasis is on providing the highest quality of care so that patients and their families may enjoy their remaining time together. A primary component of this care involves helping patients remain in their homes with the people they love. Medicare, Medicaid and private health insurance cover hospice care costs for most patients who meet specified criteria.

See also Palliative Care on pg. 54

Serving Lewis, Mason, and Thurston Counties:

Providence Sound HomeCare and Hospice

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

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

Lewis County:

Assured Hospice

360-807-7776

www.LHCgroup.com/locations/assured-home-health-of-centralia

Mason & Thurston County:

Assured Hospice

360-352-0711

www.LHCgroup.com/locations/assured-home-health-of-olympia

HOSPITALS

Lewis County:

Morton General Hospital

521 Adams, Morton, WA 98356

360-496-5112

www.MortonGeneral.com

Providence Centralia Hospital

914 S Scheuber Road, Centralia, WA 98531

360-736-2803

www.Providence.org

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

www.CapitalMedical.com

Providence St Peter Hospital

413 Lilly Road NE, Olympia, WA 98506

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

www.Providence.org

HOUSING

Lewis County:

Housing Resource Center of Lewis County

621 S. Diamond St.
Centralia, WA 98531
360-736-5140

www.LewisCSP.org

Longview Housing Authority

820 11th 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

Crossroads Housing

71 Sargison Loop, Shelton, WA, 98584
360-427-6919



HOUSING

Thurston County:

Housing Authority of Thurston County

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

www.HATC.org

All Counties, Statewide:

AptFinder.org

To search listings for low-income, affordable housing state-wide:

www.aptfinder.org

For more information on housing options in your area, please contact your local Information & Assistance office, listed on the next page.



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 Information & Assistance 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 Information & Assistance 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 Information & Assistance 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:

Washington Information Network (WIN)
 dial 2-1-1 or visit www.win211.org

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.

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

www.FamilyESS.org

Serving Thurston County:

Family Support Center of South Sound

Family Resource Services 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, healthcare, utility assistance, child care, 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

www.FSCSS.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.

Serving Lewis, 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

Lewis County:

Lewis County Bar Legal Aid

19 SW Cascade Ave., Chehalis, WA 98532

360-748-0430

Mason and Thurston Counties:

Thurston County Volunteer Legal Services

201 Capitol Way N, Olympia, WA 98507

360-705-8194

MEAL PROGRAMS

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

Lewis County:

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

Meal Days:

TUE, THUR

WED, FRI

TUE, THUR

MON, THUR

WED, FRI

5 days/wk: MON - FRI

For Home Delivered Meals in Lewis County, please see next page >>>

(continued)

MEAL PROGRAMS

HOME-DELIVERED MEALS- Lewis County

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

Catholic Community Services

Lewis County Senior Programs

1-888-976-0712 toll-free

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

Mason County:

Meal Days:

Belfair HUB Center

MON, FRI

111 NE Old Belfair Hwy

Belfair, WA 98528

360-275-0535

Mason County

5 days/wk: MON - FRI

Senior Activities Center

190 W. Sentry Drive, Shelton, WA 98584

360-426-3697

HOME-DELIVERED MEALS- Mason County

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

Senior Services for South Sound

Serving Mason County residents

360-586-6181 ext. 124

www.SouthSoundSeniors.org

MEAL PROGRAMS

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

Thurston County:

Meal Days:

Lacey Senior Center

5 days/wk: MON - FRI

Senior Services for South Sound

6757 Pacific Avenue SE, Lacey, WA 98503

360-407-3967

Olympia Senior Center

5 days/wk: MON - FRI

Senior Services for South Sound

222 Columbia Street NW, Olympia, WA 98501

360-586-6181

Rainier Senior Center

MON, WED

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

360-446-2258

Rochester United Methodist Church

WED, FRI

18206 Corvallis Street, Rochester, WA 98579

360-273-5000

Tenino Quarry House

TUE, THUR

399 Park Ave. W., Tenino, WA 98589

10am-1pm

360-264-5092

Tumwater Old Town Center

5 days/wk: MON - FRI

215 North 2nd Avenue SW, Tumwater, WA 98512

360-754-4160

(continued)

MEAL PROGRAMS

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

Thurston County, cont'd:	Meal Days:
Vietnamese Senior Association	WED
<i>Evergreen Villages</i>	11am
505 Division St NW, Olympia, WA 98502	
360-943-5505	
Yelm Adult Community Center	TUE - FRI
16530 103rd Ave SE, Yelm, WA 98597	
360-458-7733	

HOME-DELIVERED MEALS- Thurston County

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

Senior Services for South Sound
360-586-6181 ext. 124
www.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:

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- visit www.VVHC.org for more info

Centralia - walk-in clinic:

1800 Cooks Hill Rd., Suite G
Centralia, WA 98531
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

(continued)

MEDICAL CLINICS

Lewis County, cont'd:

Valley View Health & Medical Centers, *cont'd*:

Toledo:

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

Winlock:

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

South Sound Community-Based Outpatient Clinic (CBOC)

Services for Veterans only.

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

Providence Centralia Hospital

Diabetes education & classes

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

Mason County:

Health Care Center

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

Mason General Hospital & Family of Clinics

Diabetes education & classes

901 Mountain View Dr., Shelton, WA 98584
360-426-1611, or toll free: 1-855-880-3201

www.MasonGeneral.com

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, 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, 98506
360-236-7166

Providence St. Peter Hospital

Boldt Diabetes Center

Diabetes education & classes

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

MEDICAL EQUIPMENT

Serving Lewis, Mason and 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

Lewis County:

Halls Pharmacy
505 S Tower, Centralia, WA 98531
360-736-0703

Lincare, Inc.
1616 S. Gold St, Suite 10, Centralia, WA 98531
360-736-0777

The following organizations in Lewis County 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
Serving Lewis County residents only
222 North Pearl St., Centralia, WA 98531
360-623-1560

MEDICAL EQUIPMENT

Mason County:

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

The following organizations in Mason Co. 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
360-462-LOVE (5683)

Thurston County:

Bellevue Health Care
4500 Pacific Ave, Suite B, Lacey, WA 98405
360-438-2955

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

MEDICAL EQUIPMENT

Thurston County, cont'd:

Geneva Woods - two locations:

Lacey:

6149 Martin Way E
Lacey, WA 98516
360-456-5475
1-800-576-5475 toll-free

West Olympia:

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

Lincare, Inc.

426 Carpenter Rd. SE, Lacey, WA 98503
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 in Thurston County 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 SYSTEM (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:

Alert One

1-800-693-5433 toll-free

Assured Independence

1-425-516-7400

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

Philips LifeLine

1-800-368-2925 toll-free

Safe @ Home

1-888-981-5465 toll-free

SafetyLine

360-303-4632

Valued Relationships, Inc. (VRI)

1-800-860-4230 toll-free

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 or flushing them down the drain 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:

<http://www.takebackyourmeds.org>

Lewis County:

<http://lewiscountywa.gov/publicworks/unused-and-outdated-medicines>

Mason County:

https://www.co.mason.wa.us/health/community_family_community_health/prescription-drug-take-back-boxes.php

Thurston County:

<http://www.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.

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255

www.SuicidePreventionLifeline.org

FEDERAL SUBSTANCE ABUSE and MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

www.SAMHSA.gov

Lewis County:

Cascade Mental Health Care

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

Great Rivers Behavioral Health

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

www.GreatRiversBHO.org

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

(continued)

MENTAL HEALTH SERVICES

Mason County:

Behavioral Health Resources (BHR)

110 W K Street, Shelton, WA 98584
360-426-1696 or toll-free 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

Thurston/Mason Behavioral Health Organization

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

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

Thurston County:

Behavioral Health Resources (BHR)

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

Crisis Resolution Services @ BHR

360-753-1388 or toll-free 1-800-270-0041

BHR Acute Psychiatric Services

Evaluation and Treatment Center

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

Capital Recovery Center

1000 Cherry St. SE, Olympia, WA 98501
360-357-2582

www.CROoly.org

MENTAL HEALTH SERVICES

Thurston County, cont'd:

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 Behavioral Health Organization

412 Lily Rd. NE Olympia, WA 98506
360-867-2606

1-800-658-4105 toll-free

www.CO.Thurston.Wa.US/health/ssrsn

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

www.seamar.org/county

Tumwater:

Includes chemical dependency services:

6336 Littlerock Rd. SW

Tumwater, WA 8501

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 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

www.WAOmbudsman.org

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

www.Washington.Providence.org/hospitals/st-peter/services/palliative-care/

More information on Palliative Care can be found here:

What is Palliative Care?

<http://washington.providence.org/hospitals/st-peter/services/palliative-care/>

Palliative Care FAQ:

<http://washington.providence.org/hospitals/st-peter/services/palliative-care/faq/>

SENIOR CENTERS

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

Lewis County:

Lewis County has five Senior Centers, all listed on the website, below. Each one has a site manager and is run independently from the others. If you have any questions, call the site leader at specific Senior Center.

www.LewisCountyWA.gov

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:

Belfair HUB Center

111 NE Old Belfair Hwy / PO Box 2697
Belfair, WA 98528
360-275-0535

www.FIAWS.org

SENIOR CENTERS

Mason County, cont'd:

Mason County Senior Activities Center

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

www.MCSAC.net

Thurston County:

Rainier Senior Center

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

Senior Services for South Sound

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

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

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.

P.O. Box 98766, Seattle, WA 98198

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

www.FriendToFriendAmerica.org

Senior Companion Program

A service of the Coastal Community Action Program

117 E Third St, Aberdeen, WA 98520

360-533-5100 or toll-free 1-800-828-4883

<http://coastalcap.org/senior-companion-program/>

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

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

Mason County:

Faith in Action - *Friendly Phone Calls*

360-275-0535

Thurston County:

Phone Friends - *Friendly Phone Calls*

360-586-6181 ext. 101

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 toll-free

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

Catholic Community Services

Volunteer Services

1-844-851-9380 toll-free

(continued)

TRANSPORTATION

Lewis County:

Catholic Community Services

Senior Transportation

1-844-851-9380 toll-free

Cowlitz Tribe Transportation

360-232-8585

Go Taxi

360-864-2323

Lewis Mountain Highway Transit

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

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

Twin Transit

360-330-2072

Mason County:

American MediCar Services

360-352-0342

Around the Sound

253-858-7088

www.Around-The-Sound.net

Faith In Action

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

360-275-0535

Mason County Transit Authority

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

360-427-0268 (TTD/TTY)

TRANSPORTATION

Mason County, cont'd:

The Patty Wagon

360-427-0202

email: thepattywagon@rocketmail.com

Thurston County:

Dial-A-Lift

360-754-9393 or toll-free: 1-800-244-6846

Intercity Transit

360-786-1881 main number

1-800-287-6348 toll-free

360-943-5211 (TTY)

360-705-5851 *rider update line*

www.InterCityTransit.com

Rural and Tribal Transportation

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

Senior Services for South Sound

Senior Transportation

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, below:



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

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: 360-864-7006
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.gov

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 & 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

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 city hall for more info)

Shelton 360-426-4491

Thurston County:

Community Action Council

420 Golf Club Rd. SE, Lacey, WA 98503
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

UTILITY BILL ASSISTANCE

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

Assurance Wireless

Visit www.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.

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

WA State Department of Veterans Affairs
1102 Quince St. SE, Olympia, WA 98504
360-725-2167
1-800-562-2308 toll-free

VA Puget Sound Health Care System
Centralized Call Center
1-800-329-8387

for VA TRANSPORTATION see page 61

Lewis County:

Lewis County Veterans Relief Fund
360-740-1417

Disabled American Veterans
Meets in Winlock
360-262-9360

Home Base Project:
Program Navigator Crisis Line
1-877-515-7848

**South Sound Community-Based Outpatient Clinic
(CBOC)**
151 NE Hampe Way, Chehalis, WA 98532
360-748-3049

VETERAN'S AFFAIRS

Mason County:

Disabled American Veterans
Meets in Belfair
360-275-0329

Mason County - Veterans Assistance Fund
360-426-4546

Veteran's 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

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

Thurston County:

Disabled American Veterans
920 Poplar St, Olympia, WA 98501
360-459-7400

Thurston County - Veterans Assistance Fund
360-867-2625

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

Veterans Service Hub - Lacey
360-456-3850

VOLUNTEER OPPORTUNITIES

Serving all three counties:

Catholic Community Services

Volunteer Services

1-844-851-9380 toll-free

Senior Companion Program

A service of the Coastal Community Action Program

117 E Third St, Aberdeen, WA 98520

360-533-5100 or toll-free 1-800-828-4883

<http://coastalcap.org/senior-companion-program/>

United Way Retired & Senior Volunteer Program (RSVP)

360-943-2773 ext. 21

www.UnitedWay-Thurston.org/RSVP

see also Ombudsman on pg. 53



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 50) 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 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.

RESIDENTIAL CARE FACILITIES

The following section is arranged alphabetically with a key as to services offered:

KEY

Assisted Living	AL
Independent Living	IL
Memory Care (Dementia/Alzheimer's Special Care)	MC
Skilled Nursing	SN

Adult Family Homes

Adult Family Homes are too numerous to list in this Directory. For a listing of Adult Family Homes and the services they provide please 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:

<https://fortress.wa.gov/dshs/adsaapps/lookup/AFHPubLookup.aspx>

For additional information or assistance with these topics please contact your local Information & Assistance Office, listed just inside the front cover or this book.

RESIDENTIAL CARE FACILITIES

Lewis County:

KEY

Chehalis West Assisted Living AL

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

www.ChehalisWest.com

Cooks Hill Manor AL

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

www.CooksHillManor.com

Heritage House AL, MC

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

www.ACaringPlace.net/heritage-house-morton

Prestige Centralia SN

(formerly Liberty Country Place)
917 S Scheuber Road
Centralia, WA 98531
360-736-9384

Riverside Nursing & Rehab SN

1305 Alexander
Centralia, WA 98531
360-736-2823

www.RiversideSkilledNursing.com

Sandra Care AL

1215 S. Tower Ave
Centralia, WA 98531
360-807-4237

(continued)

RESIDENTIAL CARE FACILITIES

Lewis County, cont'd:

Sharon Care Center
1509 Harrison Avenue
Centralia, WA 98531
360-736-0112
www.SharonCare.com

KEY
AL, MC, SN

Stillwaters Colonial Residences
2700 Colonial Drive
Centralia, WA 98531
360-736-1551
www.ColonialResidence.com

AL

Stillwaters Estates
2800 Cooks Hill Road
Centralia, WA 98531
360-736-4744
www.StillwatersEstates.com

IL

Woodland Village
2100 SW Woodland Circle
Chehalis, WA 98532
360-748-0095
www.villageconcepts.com/woodland-village

IL

Mason County:

**Alpine Way
Continuing Care Community**
900 W Alpine Way
Shelton, WA 98584
360-426-2600
www.AlpineWayLiving.com

AL, IL, MC

RESIDENTIAL CARE FACILITIES

Mason County, cont'd:

Fir Lane Health & Rehab
2430 North 13th
Shelton, WA 98584
360-426-1651
www.FirlaneSkilledNursing.com

KEY
SN

Haven in Allyn
180 E Wheelwright Street / PO Box 928
Allyn, WA 98524
360-277-0636
HavenInAllyn@yahoo.com

AL, MC

**Maple Glen
Assisted Living Community**
1700 N 13th Loop Rd
Shelton, WA 98584
360-427-0300
www.MapleGlensl.com

AL

Shelton Health & Rehab
153 Johns Court
Shelton, WA 98584
360-427-2575
www.SheltonHealthandRehab.com

SN

Thurston County:

Artesian Place
828 McPhee Rd
Olympia, WA 98502
360-956-3396
<http://www.enlivant.com/communities/washington/artesian-place-olympia>

AL

RESIDENTIAL CARE FACILITIES

Thurston County, cont'd:	KEY
<p>Bonaventure of Lacey 4528 Intelco Loop SE Lacey, WA 98503 360-455-8500 www.BonaventureSenior.com/communities/Lacey</p>	AL, IL, MC
<p>Brookdale Olympia East 616 Lilly Rd NE Olympia, WA 98506 360-205-5248 www.Brookdale.com/communities/Emeritus-Olympia/</p>	AL, IL
<p>Brookdale Olympia West 420 Yauger Way Olympia, WA 98502 360-209-3120 www.Brookdale.com/communities/Clare-Bridge-of-Olympia/</p>	MC
<p>Capital Place 700 Black Lake Blvd SW Olympia, WA 98502 360-357-9922 www.HolidayTouch.com/our-communities/Capital-Place</p>	IL
<p>Colonial Inn 3730 14th Avenue SE Olympia, WA 98501 360-459-9110 www.ColonialInnOlympia.com</p>	IL

RESIDENTIAL CARE FACILITIES

Thurston County, cont'd:	KEY
<p>Easthaven Villa 311 Cullen Road Yelm, WA 98597 360-458-2800 www.ACaringPlace.net/Easthaven-Villa</p>	AL, MC
<p>The Firs 426 Lilly Road NE Olympia, WA 98506 360-456-3477 www.MBKSeniorLiving.com</p>	IL
<p>Garden Courte 626 Lilly Road NE Olympia, WA 98506 360-491-4435 www.GardenCourte.com</p>	MC
<p>The Hampton 1400 Trosper Road SW Tumwater, WA 98512 360-786-6062 www.JEASeniorLiving.com</p>	MC
<p>Manor Care 4524 Intelco Loop Lacey, WA 98503 360-491-9890 www.Heartland-Manorcare.com/Lacey</p>	AL, SN

(continued)

RESIDENTIAL CARE FACILITIES

Thurston County, cont'd:	KEY
<p>Olympia Transitional Healthcare & Rehabilitation 430 Lilly Rd NE Olympia, WA 98506 360-491-9700 www.OlympiaTransitional.com</p>	SN
<p>Olympics West Retirement Inn 929 Trosper Road SW Tumwater, WA 98512 360-943-9900 or 360-352-0311 www.JEASeniorLiving.com/Senior_Living/Tumwater</p>	AL, IL
<p>Panorama 1751 Circle Lane SE Lacey, WA 98503 360-438-7539 www.Panorama.org</p>	AL, IL
<p>Prestige Senior Living at Rosemont 215 Killion Road NW Yelm, WA 98597 360-458-1800 www.PrestigeCare.com</p>	AL, IL
<p>Providence Mother Joseph Care Center 3333 Ensign Road NE Olympia, WA 98506 360-493-4900 www.washington.providence.org</p>	SN

RESIDENTIAL CARE FACILITIES

Thurston County, cont'd:	KEY
<p>Puget Sound Healthcare 4001 Capital Mall Drive SW Olympia, WA 98502 360-754-9792 www.PugetSoundSkilledNursing.com</p>	SN
<p>Regency Olympia Rehabilitation & Nursing Center 1811 22nd Avenue SE Olympia, WA 98501 360-943-0910 www.OlympiaManor.com</p>	SN
<p>Roo-Lan Healthcare Center 1505 Carpenter Road SE Lacey, WA 98503 360-491-1765 www.RooLan.com</p>	AL, SN, MC
<p>The Sequoia Assisted Living 825 Lilly Road NE Olympia, WA 98506 360-491-0491 www.TheSequoia-Olympia.com</p>	AL
<p>Woodland by Bonaventure 4532 Intelco Loop SE Lacey, WA 98503 360-528-3253 www.WoodlandBonaventure.com</p>	AL, IL

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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



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