

# RESOURCE DIRECTORY

*for*

Seniors, Family Caregivers  
& Adults with Disabilities

Lewis Mason Thurston  
Area Agency  
on Aging

**2018 - 2019**

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, 98501

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](http://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: 1-800-722-1213

*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.) ..... 360-462-5683

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

***To inquire about a client's Case Manager,  
please contact: 360-664-2168 or 1-888-545-0910***

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

**ELDERCARE LOCATOR - *Find Aging Services Near You.***

1-800-677-1116 or online at [www.eldercare.acl.gov](http://www.eldercare.acl.gov)

***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.

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# 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](http://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:

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

1-877-734-6277 toll-free

## Residential Care Facility Complaint Hotline

1-800-562-6078 toll-free  
1-800-737-7931 (TTY) toll free

You may also make a report online at:

[www.dshs.wa.gov/altsa](http://www.dshs.wa.gov/altsa)

**FOR SITUATIONS THAT ARE LIFE THREATENING  
PLEASE CALL 9-1-1**



## ADULT DAY CARE

Adult day care programs provide a variety of recreational, social, and support services in a protective setting. Participants are engaged in a safe setting while providing families a break from caregiving responsibilities.

### Senior Services for South Sound STARS Adult Day Care Program

#### 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](http://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](http://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

360-748-4339

2428 W Reynolds Ave, Centralia, WA 98532

360-330-9044

### **Eugenia Center**

121 NW Chehalis Ave, Chehalis, WA 98532

360-740-9767

### **New Directions Counseling**

1956 NE Kresky Ave, Chehalis, WA 98532

360-740-4380

## Mason County:

### **Alcoholics Anonymous**

360-275-9868

### **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.*

235 South 3rd St, Shelton, WA 98584

360-426-0890

121 North 5th St, Shelton, WA 98584

360-868-2697

## Thurston County:

### **Alcoholics Anonymous**

360-352-7344

### **Northwest Resources**

#### **Martin Way Clinic:**

3773 Martin Way East, Suite A-105

Olympia, WA 98506

360-688-7312

#### **Olympia Clinic:**

2708 Westmoor Ct. SW

Olympia, 98502

360-943-8810

#### **Lilly Road Clinic:**

200 Lilly Road NE, Building C

Olympia, 98506

360-918-8336

### **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](http://www.Washington.Providence.org)

### **SeaMar Behavioral Health**

*Outpatient-only chemical dependency services.*

6336 Littlerock Rd SW, Tumwater, WA 98512

360-704-7590

202 Cullens St NW, Yelm, WA 98597

360-400-4860

[www.SeaMar.org](http://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

## 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:

### **Mason & Thurston County:**

#### **Dispute Resolution Center**

PO Box 6184, Olympia, WA 98507-6184

360-956-1155 or online at [mediatethurston.org](http://mediatethurston.org)

### **Lewis County:**

#### **Center for Constructive Resolution & Conversation**

500 W Main St, 2nd floor, Chehalis, WA 98531

360-623-8061 or online at [lewiscountycrc.org](http://lewiscountycrc.org)

## 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) 786-5601

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

(888) 288-9221

Family Justice Center - (360) 709-3045

<http://www.cvan11.org>

## 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

### **Mason County:**

**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, Mason & Thurston County:

### **CIELO Integral Educational Center**

*Olympia Office*

1601 North St SE, Olympia, WA 98501

360-709-0931

*Shelton Office*

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

360-868-2431

[www.cieloprograms.org](http://www.cieloprograms.org)

### **La Mesa Redonda Hispanic Roundtable**

PO Box 6368

Olympia, WA 98507

[Hispanic@HispanicRoundtable.org](mailto:Hispanic@HispanicRoundtable.org)

<http://hispanicroundtable.org/wp/>

## Thurston County:

### **Korean Seniors Association**

*Meet Wednesdays, 10am-1pm*

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  
[www.tmcidental.org/resources](http://www.tmcidental.org/resources)

**Delta Dental - WA Dental Services Foundation  
Senior Oral Health Program**  
[www.SeniorsOralHealth.org](http://www.SeniorsOralHealth.org)  
*click on "Find a Dentist"*

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

## **Lewis County:**

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

**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

## **Olympic Dental & Denture Center**

716 W. Main, Centralia, WA 98531

360-736-0795

## **Valley View Health Center - Medical & Dental**

2690 NE Kresky Ave, Chehalis, WA 98532

360-330-9595

## **Valley View Health Center - DENTAL ONLY**

148 E Division, Morton, WA 98356

360-496-5101

## **Valley View Health Center - Medical & Dental**

300 Ocean Ave, Raymond, WA 98577

360-942-3040

## **Mason County:**

### **Mason County Public Health**

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

415 North 6th Street, Shelton, WA 98584

360-427-9670 x400

### **Skokomish Dental Center**

*Serving Native Americans*

80 N Tribal Center Rd

Skokomish, WA 98584

360-426-5755

### **Squaxin Island Health Clinic**

*Serving Native Americans*

SE 90 Klah-Che-Min Drive

Shelton, WA 98584

360-427-9006

*(continued)*

# DENTAL CARE

## Pierce County:

**Bates Technical College-*Tacoma***

253-680-7310

[www.Bates.ctc.edu/DentalClinic](http://www.Bates.ctc.edu/DentalClinic)

**Pierce College-*Tacoma***

253-964-6694

[www.pierce.ctc.edu/dental-clinic](http://www.pierce.ctc.edu/dental-clinic)

## Thurston County:

**Nisqually Dental Clinic**

*Serving Native Americans*

4816 She-Nah-Num Drive SE

Olympia, WA 98513

360-459-5312

**Olympic Dental & Denture Center**

4408 Pacific Ave SE, Lacey, WA 98503

360-438-8299

**Olympia Union Gospel Mission Dental Center**

309 Washington St NE, Olympia, WA 98501

360-943-6400



# 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

#### Yelm

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

### South Puget Sound Community College Dental Clinic

2011 Mottman Rd. SW, Building 34  
Tumwater, WA 98512  
360-596-5464

### Thurston County Public Health & Social Services

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

412 Lilly Rd NE, Olympia, WA 98506  
360-867-2500

### Valley View Health Center Olympia

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

# DISABILITY SERVICES

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

The DDA 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>

## **Serving Multiple Counties:**

### **Brain Injury Alliance Washington (BIAWA)**

PO Box 3044, Seattle, WA 98114

1-877-824-1766 toll-free

[www.BIAWA.org](http://www.BIAWA.org)

### **Center for Independence**

7801 Bridgeport Way W #200

Lakewood, WA 98499

253-582-1253

[www.CFISouth.org](http://www.CFISouth.org)

# DISABILITY SERVICES

## **Easter Seal Society of Washington**

1-800-678-5708 toll-free

## **Hearing, Speech & Deaf Center (HSDC)**

621 Tacoma Ave S, Suite 505

Tacoma, WA 98402

1-866-421-5560 toll-free

1-866-698-1748 (TTY)

[www.hsdc.org/about-us](http://www.hsdc.org/about-us)

## **MS Society of the Greater NW**

1-800-344-4867

[www.NationalMSSociety.org/chapters/was](http://www.NationalMSSociety.org/chapters/was)

## **Office of the Deaf and Hard of Hearing**

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

## **Tacoma Area Coalition of Individuals with Disabilities**

253-565-9000

[www.tacid.org](http://www.tacid.org)

## **Validus Consulting & Services**

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

253-847-7887

## **WA State Department of Services for the Blind**

1-800-552-7103 toll-free

<http://www.dsb.wa.gov/>

## **Washington Talking Book & Braille Library**

1-800-542-0866 toll-free

[www.wtbbl.org](http://www.wtbbl.org)

*(continued)*

## DISABILITY SERVICES

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

### **Thurston County:**

#### **Independent Living Old or Blind Program**

*Administered by the University of Washington,  
please contact Seagull Low Vision Services:*

360-493-1372

<http://magnifywashington.org/>

#### **Behavioral Health Resources (BHR)**

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

[bhr.org](http://bhr.org)

## EYE CARE

### **Lewis, Mason and Thurston Counties:**

**Airway Optical** - *for Medicaid clients only:*

1-888-606-7788

#### **Eye Care America**

1-877-887-6327

[www.EyeCareAmerica.org](http://www.EyeCareAmerica.org)

#### **Lions Clubs**

[www.lionsclubs.org](http://www.lionsclubs.org)

#### **Olympia Union Gospel Mission**

309 Washington St NE, Olympia, WA

360-709-9725

#### **Vision USA**

1-800-766-4466

[www.AOA.org/visionusa.xml](http://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. 156

1-877-227-4696 ext. 156 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 or 360-748-1226

### **Pe Ell Food Bank at St. Joseph Church**

417 N Main Street, Pe Ell, WA 98572  
360-291-3646

### **Salvation Army**

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

### **Somma Food Bank**

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

### **Toledo Food Bank**

130 2nd St. N, Toledo, WA 98591  
360-978-4305

### **White Pass Food Bank**

United Methodist Church, Randle, WA 98377  
360-520-3817

### **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  
360-552-2600

### **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**

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

(continued)

# 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  
360-207-1608

[www.PFLAG-Olympia.org](http://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.*

1701 4th Ave E, Olympia, WA 98506

[https://rainbowhealthcenter.com/  
info@rainbowhealthcenter.com](https://rainbowhealthcenter.com/info@rainbowhealthcenter.com)

### **SAGE Olympia**

*GLBT Eldercare project operating in Olympia, WA, and is a net affiliate of SAGE USA.*

PO Box 7221, Olympia, WA 98507

[www.SageOlympia.org](http://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](http://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](http://www.NeedyMeds.org)

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

*(continued)*

# 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 SERVICES

Home Care 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, respite care and support to family.

The cost of Home Care services may be covered by 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.

*For Home Health & Hospice agencies, see pg. 29*

### **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

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

# HOME CARE 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

## 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 HEALTH / HOSPICE CARE

**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, social services and home medical equipment or supplies.

**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.

The cost of both **Home Health** and **Hospice** services may be covered by Medicare, Medicaid, private insurance or private pay. *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/](http://www.Washington.Providence.org/in-home-services/soundhomecare-and-hospice/)

### **Assured Home Health and Hospice**

*Lewis County:* 360-807-7776

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

*Mason & Thurston County:* 360-352-0711

[www.LHCgroup.com/locations/assured-hospice-of-olympia](http://www.LHCgroup.com/locations/assured-hospice-of-olympia)

# HOME REPAIR

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

## **Lewis, Mason, and Thurston Counties:**

### **Catholic Community Services**

*Volunteer Services*

360-586-2915

### **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

### **The HUB Center for Seniors**

111 NE Old Belfair Hwy, Belfair, WA 98528

360-275-0535

[www.FIAWS.org](http://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

### **Rebuilding Together Thurston County**

809 Legion Way, Suite 306, Olympia, WA 98501

360-539-7830

[www.RebuildingTogetherTC.org](http://www.RebuildingTogetherTC.org)



# HOSPITALS

## Lewis County:

### **Morton General Hospital**

521 Adams, Morton, WA 98356

360-496-5112

[www.MortonGeneral.org](http://www.MortonGeneral.org)

### **Providence Centralia Hospital**

914 S Scheuber Road, Centralia, WA 98531

360-736-2803

[www.washington.providence.org/hospitals/centralia-hospital/](http://www.washington.providence.org/hospitals/centralia-hospital/)

## Mason County:

### **Mason General Hospital**

901 Mountain View Dr., Shelton, WA 98584

360-426-1611 or 360-754-5858

[www.MasonGeneral.com](http://www.MasonGeneral.com)

## Thurston County:

### **Capital Medical Center**

3900 Capital Mall Drive SW, Olympia, WA 98502

360-754-5858

[www.CapitalMedical.com](http://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.washington.providence.org/hospitals/st-peter](http://www.washington.providence.org/hospitals/st-peter)

# HOUSING

## Lewis County:

### **Housing Resource Center of Lewis County**

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

[www.LewisCSP.org](http://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  
360-496-5404

## Mason County:

### **Housing Authority of the City of Bremerton**

600 Park Ave, Bremerton, WA 98337  
360-479-3694

### **Crossroads Housing**

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





# HOUSING

## Thurston County:

### **Housing Authority of Thurston County**

1206 12th Ave SE, Olympia, WA 98501

360-753-8292

[www.HATC.org](http://www.HATC.org)

### **South Puget Sound Habitat for Humanity**

711 Capitol Way S, Ste 401, Olympia, WA 98501

360-956-3456

[housing@spshabitat.org](mailto:housing@spshabitat.org)

## All Counties, Statewide:

### **AptFinder.org**

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

[www.aptfinder.org](http://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](http://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](http://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](http://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](http://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](http://www.NWJustice.org)

[www.WashingtonLawHelp.org](http://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**

PO Box 405, Olympia, WA 98507

360-705-8194

1-844-211-6916 toll-free

[tcvls.org](http://tcvls.org)



# MEAL PROGRAMS

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

## Lewis County:

### Morton Senior Center

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

**Meal Days:**

TUE, THUR

### Olequa Senior Center

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

WED, FRI

### Packwood Senior Center

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

TUE, THUR

### Pe Ell Nutrition Site

United Methodist Church  
416 S 1st Street , Pe Ell, WA 98572  
360-291-3636

MON, THUR

### Toledo Senior Center

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

WED, FRI

### Twin Cities Senior Center

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

*5 days/wk:* MON - FRI

## Mason County:

### The HUB Center for Seniors

111 NE Old Belfair Hwy  
Belfair, WA 98528  
360-275-0535

**Meal Days:**

MON, THURS, FRI

*(continued)*

# MEAL PROGRAMS

## **Mason County, cont'd:** **Meal Days:**

**Mason County** *5 days/wk:* MON - FRI  
**Senior Activities Center**  
190 W. Sentry Drive, Shelton, WA 98584  
360-426-7374

## **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 St S / 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

# MEAL PROGRAMS

## Thurston County, cont'd:

### **Vietnamese Senior Association**

*Evergreen Villages*

505 Division St NW, Olympia, WA 98502

360-943-5505

## **Meal Days:**

WED

11am

### **Yelm Adult Community Center**

16530 103rd Ave SE, Yelm, WA 98597

360-458-7733

TUE - FRI

## **HOME-DELIVERED MEALS**

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

## **Lewis County:**

### **Catholic Community Services**

### **Lewis County Senior Programs**

1-888-976-0712 or 253-474-1200

## **Mason County:**

### **Senior Services for South Sound**

360-586-6181 ext. 124

[www.SouthSoundSeniors.org](http://www.SouthSoundSeniors.org)

## **Thurston County:**

### **Senior Services for South Sound**

360-586-6181 ext. 124

[www.SouthSoundSeniors.org](http://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](http://www.HHMO.org)

### **Valley View Health & Medical Centers**

*Multiple locations- visit [www.VVHC.org](http://www.VVHC.org) for more info*

#### **Centralia** - walk-in clinic:

1800 Cooks Hill Rd., Suite G

Centralia, WA 98531

360-736-3042

2428 W Reynolds Ave, Centralia, WA 98531

360-669-0335

#### **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



# MEDICAL CLINICS

## Lewis County, cont'd:

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

#### Toledo:

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

#### Winlock:

100 Cedar Crest Dr, Winlock, WA, 98596  
360-785-9400

### South Sound Community-Based Outpatient Clinic

#### (CBOC) - Sterling Medical

*Services for Veterans only.*

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

### SW Washington Boldt Diabetes & Nutrition Center

*Diabetes education & classes*

1010 S Scheuber Rd., Centralia, WA 98531  
360-493-7567

## Mason County:

### Health Care Center

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

### Mason General Hospital & Family of Clinics

*Diabetes education & classes*

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

[www.MasonGeneral.com](http://www.MasonGeneral.com)

# MEDICAL CLINICS

## Thurston County:

### **Olympia Free Clinic**

108 State Ave. NW, Olympia, WA 98501  
360-890-4074

### **SeaMar Community Health Centers**

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

#### **Olympia:**

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

#### **Thurston Walk-In Clinic:**

205 Lilly Rd. NE, Suite A1, Olympia, WA 98506  
360-742-5000

#### **Lacey:**

669 Woodland Square Loop SE, 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

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

### **SW Washington Boldt Diabetes & Nutrition Center**

*Diabetes education & classes*

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

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

# MEDICAL EQUIPMENT

## Serving Lewis, Mason and Thurston County:

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

**Adaptive Mobility, Inc.**  
360-753-4445

**Apria Medical**  
1-888-492-7742 toll-free

**Timberland Regional Library (TRL)  
Assistive Technology**

[trl.watap.org](http://trl.watap.org)

OR check out a print catalog at your local TRL

## Lewis County:

**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  
360-623-1562

# 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:*

### **The HUB Center for Seniors**

111 NE Old Belfair Hwy, Belfair, WA 98528

360-275-0535

[www.FIAWS.org](http://www.FIAWS.org)

### **Love, INC.**

221 W. Railroad Ave., #10, Shelton, WA 98584

360-462-LOVE (5683)

## Thurston County:

### **Bellevue Health Care**

4500 Pacific Ave, Lacey, WA 98503

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:**

#### **Assured Independence**

1-425-516-7400 or toll-free 1-800-591-3109

#### **Computerized Services, Inc. (CSI)**

360-491-2206

#### **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:**

<http://www.co.mason.wa.us/health/community-family/community-health/perscription-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](http://www.SuicidePreventionLifeline.org)

## **FEDERAL SUBSTANCE ABUSE and MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)**

[www.SAMHSA.gov](http://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](http://www.GreatRiversBHO.org)

#### **National Alliance on Mental Illness (NAMI)**

*Lewis County Chapter*

360-880-8070

#### **Valley View Health Center**

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



# 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 or 24 hour hotline at 360-866-0403

### **Thurston/Mason Behavioral Health Organization**

612 Woodland Square Loop SE, Ste 401  
Lacey, WA 98503

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

<http://tmbho.org/>

## Thurston County:

### **Acute Psychiatric Services**

#### **Evaluation and Treatment Center**

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

### **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**

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

### **Capital Recovery Center**

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

[www.CROoly.org](http://www.CROoly.org)

# MENTAL HEALTH SERVICES

## Thurston County, cont'd:

### **National Alliance on Mental Illness (NAMI)**

*Thurston/Mason Chapter*

360-493-6021 or 360-866-0403

### **Providence - Olympia Psychiatry**

413 Lilly Road NE, Olympia, WA 98506

360-493-7060

### **Thurston/Mason Behavioral Health Organization**

612 Woodland Square Loop SE, Ste 401

Lacey, WA 98503

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

<http://tmbho.org/>

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

[www.seamar.org/county](http://www.seamar.org/county)

#### **Tumwater:**

*Includes chemical dependency services:*

6334 Littlerock Rd. SW

Tumwater, WA 98512

360-704-7590

#### **Yelm:**

*Includes chemical dependency services:*

202 Cullens St. NW

Yelm, WA 98597

360-400-4860

## NURSE CONSULTATION

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

### Lewis, Mason and Thurston Counties:

**MEDnurse**  
**Capital Medical Center**  
 1-888-MED-5101 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](http://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

*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.lewiscountyseniors.org](http://www.lewiscountyseniors.org)

### **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:**

### **The HUB Center for Seniors**

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

[www.FIAWS.org](http://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](http://www.MCSAC.net)

## Thurston County:

### **Rainier Senior Center**

108 Michigan Street S

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](http://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 1-855-711-3832

[www.FriendToFriendAmerica.org](http://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](http://www.SocialSecurity.gov)

### Lewis County:

#### **Social Security Administration**

1821 Cooks Hill Rd Suite 100, Centralia, WA 98531

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

### 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**

1-888-477-0435

[www.carecheckers.com/](http://www.carecheckers.com/)

## **Mason County:**

**The HUB Center for Seniors - *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



# TRANSPORTATION

## Lewis County:

### **Catholic Community Services**

#### **Senior Transportation**

360-748-0161

### **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

### **Twin Transit**

360-330-2072

## Mason County:

### **American MediCar Services**

360-352-0342

### **Around the Sound**

253-858-7088

[www.Around-The-Sound.net](http://www.Around-The-Sound.net)

### **The HUB Center for Seniors**

111 NE Old Belfair Hwy, Belfair, WA 98528

360-275-0535

[www.FIAWS.org](http://www.FIAWS.org)

### **Mason County Transit Authority**

360-426-9434 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](mailto:thepattywagon@rocketmail.com)

## Thurston County:

### **Intercity Transit**

*Customer Service (includes Dial-A-Lift)*

360-786-1881

1-800-287-6348 toll-free

360-943-5211 (TTY)

[www.InterCityTransit.com](http://www.InterCityTransit.com)

### **Rural and Tribal Transportation**

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

### **Senior Transportation**

**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, below:*



**American Lake & Seattle VA**  
Direct line: 253-583-1343  
Toll-free: 1-800-329-8387



# TRIBAL SERVICES

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

## **Chehalis Confederated Tribes**

420 Howanut Rd./PO Box 536

Oakville, WA 98568

Main Office: 360-273-5911

Clinic: 360-273-5504

Social Services: 360-273-5821

[www.ChehalisTribe.org](http://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](http://www.Cowlitz.org)

## **Nisqually Tribe**

4820 She-Nah-Num Drive SE

Olympia, WA 98513

Main Office: 360-456-5221

Elders Building: 360-486-9546

Medical Clinic: 360-459-5312

Social Services: 360-456-5221

[www.Nisqually-NSN.gov](http://www.Nisqually-NSN.gov)

# TRIBAL SERVICES

## **Skokomish Tribe**

80 N. Tribal Center Road

Skokomish, WA 98584

Main Phone: 360-426-4232

Clinic: 360-426-5755

Family Services: 360-426-7788

[www.Skokomish.org](http://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](http://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](http://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 1-800-878-5235

### **Lewis County Veteran's Relief Fund**

*(Veterans & spouses only)*  
360-740-1417

### **LOVE Inc.**

360-748-8611

### **Salvation Army**

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

### **St. Vincent de Paul**

#### **Centralia & Chehalis:**

360-623-1144

#### **Napavine, Winlock, Toledo:**

*& parts of east Lewis County:*  
360-864-4130

## City Utility Assistance Programs:

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

Centralia ..... 360-330-7657

Chehalis ..... 360-748-6664

# UTILITY BILL ASSISTANCE

## Mason County:

### **Community Action Council**

807 W Railroad Ave, 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**

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

### **Thurston County Veterans Assistance Fund**

*(Veterans only)*

360-867-2625

### City Utility Assistance Programs:

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

Lacey ..... 360-491-5616

Olympia ..... 360-753-8340

Rainier ..... 360-446-2265

Tenino ..... 360-264-2368

Tumwater ..... 360-754-4133

Yelm ..... 360-458-3244

# 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](http://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](http://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

360-725-2200

1-800-562-2308 toll-free

[dva.wa.gov](http://dva.wa.gov)

### **VA Puget Sound Health Care System**

*Centralized Call Center*

1-800-329-8387

### **Vietnam Veterans of America - WA State Council**

206-364-5948

## Lewis County:

### **Lewis County Veterans Relief Fund**

360-740-1417

### **Disabled American Veterans - Meets in Winlock**

360-262-9360

### **Home Base Project - Program Navigator**

1-877-515-7848

[washington.americaserves.org](http://washington.americaserves.org)

### **South Sound Community-Based Outpatient Clinic (CBOC) - Sterling Medical**

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

## Thurston County:

### **Disabled American Veterans**

360-459-7400

[www.dav.org](http://www.dav.org)

### **Thurston County Veterans Assistance Fund**

360-867-2625

### **Veterans Service Hub - Lacey**

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

360-456-3850

[www.laceyveteranshub.org](http://www.laceyveteranshub.org)

*for VA TRANSPORTATION see page 60*

# VOLUNTEER OPPORTUNITIES

## Serving all three counties:

### **Catholic Community Services**

Volunteer Services

360-586-2915

1-800-783-8193 toll-free

### **United Way Retired & Senior Volunteer Program (RSVP)**

360-943-2773 ext. 121

[www.UnitedWay-Thurston.org/RSVP](http://www.UnitedWay-Thurston.org/RSVP)

## **Thurston County:**

### **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/>

see also *Long-Term Care Ombudsman Program* on pg. 52



# 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 Facility Complaint Hotline

1-800-562-6078 toll-free  
1-800-737-7931 (TTY) toll free

You may also make a report online at:

[www.dshs.wa.gov/altsa](http://www.dshs.wa.gov/altsa)

# RESIDENTIAL CARE FACILITIES

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

## KEY

<b>Assisted Living</b> .....	AL
<b>Independent Living</b> .....	IL
<b>Memory Care</b> (Dementia/Alzheimer’s Special Care) ....	MC
<b>Skilled Nursing</b> .....	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](http://www.ChehalisWest.com)

### **Cooks Hill Manor**

AL

2010 Cooks Hill Road

Centralia, WA 98531

360-388-3147

[www.CooksHillManor.com](http://www.CooksHillManor.com)

### **Heritage House**

AL, MC

860 W Main Avenue

Morton, WA 98356

360-496-6699

<https://www.caringplaces.com/locations/heritage-house-morton/>

### **Prestige Centralia**

SN

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](http://www.RiversideSkilledNursing.com)

### **Sandra Care**

AL

1215 S. Tower Ave

Centralia, WA 98531

360-807-4237

# RESIDENTIAL CARE FACILITIES

## Lewis County, cont'd:

## KEY

**Sharon Care Center**  
1509 Harrison Avenue  
Centralia, WA 98531  
360-736-0112  
[www.SharonCare.com](http://www.SharonCare.com)

AL, MC, SN

**Stillwaters Colonial Residences**  
2700 Colonial Drive  
Centralia, WA 98531  
360-736-1551  
[www.ColonialResidence.com](http://www.ColonialResidence.com)

AL

**Stillwaters Estates**  
2800 Cooks Hill Road  
Centralia, WA 98531  
360-736-4744  
[www.StillwatersEstates.com](http://www.StillwatersEstates.com)

IL

**Woodland Village**  
2100 SW Woodland Circle  
Chehalis, WA 98532  
360-748-0095  
[www.villageconcepts.com/woodland-village](http://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](http://www.AlpineWayLiving.com)

AL, IL, MC

# RESIDENTIAL CARE FACILITIES

## Mason County, cont'd:

## KEY

### **Fir Lane Health & Rehab**

SN

2430 North 13th

Shelton, WA 98584

360-426-1651

[www.FirlaneSkilledNursing.com](http://www.FirlaneSkilledNursing.com)

### **Haven in Allyn**

AL, MC

180 E Wheelwright Street / PO Box 928

Allyn, WA 98524

360-277-0636

[HavenInAllyn@yahoo.com](mailto:HavenInAllyn@yahoo.com)

### **Maple Glen**

AL

### **Assisted Living Community**

1700 N 13th Loop Rd

Shelton, WA 98584

360-427-0300

[www.MapleGlensl.com](http://www.MapleGlensl.com)

### **Shelton Health & Rehab**

SN

153 Johns Court

Shelton, WA 98584

360-427-2575

[www.SheltonHealthandRehab.com](http://www.SheltonHealthandRehab.com)

## Thurston County:

### **Artesian Place**

AL

828 McPhee Rd

Olympia, WA 98502

360-956-3396

<http://www.enlivant.com/communities/washington/artesian-place-olympia>



# RESIDENTIAL CARE FACILITIES

## Thurston County, cont'd:

## KEY

### **Bonaventure of Lacey**

AL, IL, MC

4528 Intelco Loop SE

Lacey, WA 98503

360-455-8500

[www.BonaventureSenior.com/communities/Lacey](http://www.BonaventureSenior.com/communities/Lacey)

### **Brookdale Olympia East**

AL, IL

616 Lilly Rd NE

Olympia, WA 98506

360-205-5709

[www.Brookdale.com/communities/ -  
Emeritus-Olympia/](http://www.Brookdale.com/communities/Emeritus-Olympia/)

### **Brookdale Olympia West**

MC

420 Yauger Way

Olympia, WA 98502

360-209-3117

[www.Brookdale.com/communities/ -  
Clare-Bridge-of-Olympia/](http://www.Brookdale.com/communities/ -<br/>Clare-Bridge-of-Olympia/)

### **Capital Place**

IL

700 Black Lake Blvd SW

Olympia, WA 98502

360-357-9922

[www.HolidayTouch.com/our-communities/ -  
Capital-Place](http://www.HolidayTouch.com/our-communities/ -<br/>Capital-Place)

### **Colonial Inn**

IL

3730 14th Avenue SE

Olympia, WA 98501

360-459-9110

[www.ColonialInnOlympia.com](http://www.ColonialInnOlympia.com)

# RESIDENTIAL CARE FACILITIES

## Thurston County, cont'd:

## KEY

### **The Cottages of Lacey**

MC

8570 Martin Way E

Lacey, WA 98516

360-489-1128

[www.carepartnersliving.com/the-cottages-of-lacey/senior-living/](http://www.carepartnersliving.com/the-cottages-of-lacey/senior-living/)

### **Easthaven Villa**

AL, MC

311 Cullens St NW

Yelm, WA 98597

360-458-2800

[www.caringplaces.com/locations/easthaven-villa](http://www.caringplaces.com/locations/easthaven-villa)

### **Fieldstone Memory Care**

MC

710 Fieldstone Dr SW

Olympia, WA 98502

877-521-1734

[www.fieldstonecommunities.com/fieldstone-memory-care-olympia-wa/](http://www.fieldstonecommunities.com/fieldstone-memory-care-olympia-wa/)

### **The Firs**

IL

426 Lilly Road NE

Olympia, WA 98506

360-456-3477

[www.MBKSeniorLiving.com](http://www.MBKSeniorLiving.com)

### **Garden Courte**

MC

626 Lilly Road NE

Olympia, WA 98506

360-491-4435

[www.GardenCourte.com](http://www.GardenCourte.com)

# RESIDENTIAL CARE FACILITIES

<b>Thurston County, cont'd:</b>	<b>KEY</b>
<b>The Hampton</b> 1400 Trospen Road SW Tumwater, WA 98512 360-786-6062 <a href="http://www.JEASeniorLiving.com">www.JEASeniorLiving.com</a>	MC
<b>Manor Care</b> 4524 Intelco Loop SE Lacey, WA 98503 360-491-9890 <a href="http://www.Heartland-Manorcare.com/Lacey">www.Heartland-Manorcare.com/Lacey</a>	AL, SN
<b>Olympia Transitional Healthcare &amp; Rehabilitation</b> 430 Lilly Rd NE Olympia, WA 98506 360-491-9700 <a href="http://www.OlympiaTransitional.com">www.OlympiaTransitional.com</a>	SN
<b>Olympics West Retirement Inn</b> 929 Trospen Road SW Tumwater, WA 98512 360-943-9900 or 360-352-0311 <a href="http://www.JEASeniorLiving.com/Senior_Living/Tumwater">www.JEASeniorLiving.com/Senior_Living/Tumwater</a>	AL, IL
<b>Panorama</b> 1751 Circle Lane SE Lacey, WA 98503 360-438-7539 <a href="http://www.Panorama.org">www.Panorama.org</a>	AL, IL, SN

# RESIDENTIAL CARE FACILITIES

<b>Thurston County, cont'd:</b>	<b>KEY</b>
<b>Prestige Senior Living at Rosemont</b> 215 Killion Road SE Yelm, WA 98597 360-458-1800 <a href="http://www.PrestigeCare.com">www.PrestigeCare.com</a>	AL, IL
<b>Providence Mother Joseph Care Center</b> 3333 Ensign Road NE Olympia, WA 98506 360-493-4900 <a href="http://www.washington.providence.org">www.washington.providence.org</a>	SN
<b>Puget Sound Healthcare</b> 4001 Capital Mall Drive SW Olympia, WA 98502 360-754-9792 <a href="http://www.PugetSoundSkilledNursing.com">www.PugetSoundSkilledNursing.com</a>	SN
<b>Regency Olympia Rehabilitation &amp; Nursing Center</b> 1811 22nd Avenue SE Olympia, WA 98501 360-943-0910 <a href="http://www.regency-pacific.com">www.regency-pacific.com</a>	SN
<b>Revel Lacey</b> 211 Hoh Street SE Lacey, WA 98516 425-954-2181 <a href="http://www.revellacey.com">www.revellacey.com</a>	IL

# RESIDENTIAL CARE FACILITIES

## Thurston County, cont'd:

## KEY

### **Roo-Lan Healthcare Center**

1420 Carpenter Rd SE

Lacey, WA 98503

360-491-1765

[www.RooLan.com](http://www.RooLan.com)

AL, SN, MC

### **The Sequoia Assisted Living**

825 Lilly Road NE

Olympia, WA 98506

360-491-0491

[www.TheSequoia-Olympia.com](http://www.TheSequoia-Olympia.com)

AL

### **Woodland by Bonaventure**

4532 Intelco Loop SE

Lacey, WA 98503

360-528-3253

[www.WoodlandBonaventure.com](http://www.WoodlandBonaventure.com)

AL, IL, MC



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# Notes

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[www.LMTAAA.org](http://www.LMTAAA.org)