

# AGING & DISABILITY RESOURCE DIRECTORY

*for*

Seniors, Family Caregivers  
& Adults with Disabilities



2023 - 2024

Lewis Mason Thurston  
Area Agency on Aging

# FREQUENTLY USED NUMBERS

## Department of Social Health Services (DSHS)

### Home & Community Services - Medicaid, COPES

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

Lewis County ..... 360-669-2910  
3451 Galvin Rd, Centralia, 98531

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

State-Wide Hotline ..... 1-877-501-2233

To apply online: [washingtonconnection.org](http://washingtonconnection.org)

### Adult Protective Services (APS) Intake Line

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

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

Thurston & Mason County

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

Lewis County

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

**Medicare** ..... 1-800-633-4227

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

**Medical Equipment Banks** ..... pg 48-51

**Meals on Wheels** ..... pg 43

Thurston County ..... 360-586-6181 x124

Mason County ..... 360-586-6181 x124

Lewis County ..... 1-888-976-0712

**Senior Centers** ..... pg 61-62

**Housing Authority** ..... pg 37-38

Thurston County ..... 360-753-8292

Mason County ..... 360-479-3694

Lewis County ..... 360-736-5140

**Legal Services** ..... pg 40

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

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

**AGING & DISABILITY RESOURCE  
CONNECTION SPECIALIST (ADRC)**

*(Formerly known as Information & Assistance)*

**Lewis County - Chehalis office**

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

**Mason County - Shelton office**

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

**Thurston County - Olympia office**

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

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

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

# ABOUT LMTAAA

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

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

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

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

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

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

For more information please visit our website:

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

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# ABUSE OF THE ELDERLY

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

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

## **Adult Protective Services (APS)**

*for suspected abuse or neglect of a vulnerable adult*

1-877-734-6277

[fortress.wa.gov/dshs/altsaapps](https://fortress.wa.gov/dshs/altsaapps)

## **Residential Care Facility Complaint Hotline**

1-800-562-6078

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

You may also make a report online at:

[dshs.wa.gov/altsa](https://dshs.wa.gov/altsa)

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



## ADULT DAY CARE

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

### **Senior Services for South Sound Brighter Days Adult Day Care Program**

#### **Thurston County:**

**Virgil S. Clarkson Lacey Senior Center**

6757 Pacific Ave SE

Lacey, WA 98503

360-407-3967 x207

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



## AGING & DISABILITY RESOURCE CONNECTION

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

### **Lewis County**

**Lewis-Mason-Thurston Area Agency on Aging**  
*Chehalis ADRC Office*

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

### **Mason County**

**Lewis-Mason-Thurston Area Agency on Aging**  
*Shelton ADRC Office*

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

### **North Mason County Resources**

140 NE State Route 300, Belfair, WA  
360-552-2303

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

### **Thurston County**

**Lewis-Mason-Thurston Area Agency on Aging**  
*Olympia ADRC Office*

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

### **FOR OTHER INFORMATION, CONTACT:**

**Washington Information Network (WIN)**  
dial 2-1-1 or visit [win211.org](http://win211.org)

# ALCOHOL & DRUG ABUSE TREATMENT

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

To find services in your area, please call:

## **Washington Recovery Help Line**

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

1-866-789-1511

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

## **Lewis County**

### **Alcoholics Anonymous**

360-807-0902

### **Cascade Mental Health**

135 W Main St, Chehalis, WA 98532

360-748-4339

2428 W Reynolds Ave, Centralia, WA 98531

360-330-9044

### **Eugenia Center**

121 NW Chehalis Ave, Chehalis, WA 98532

360-740-9767

### **New Directions Counseling**

1956 NE Kresky Ave, Chehalis, WA 98532

360-740-4380

(continued)

# ALCOHOL & DRUG ABUSE TREATMENT

## Mason County

### **Alcoholics Anonymous**

360-275-9868

### **New Directions Counseling**

360-427-5232

### **Northwest Indian Treatment Center**

308 E Young St, Elma, WA 98541

360-482-2674

### **Northwest Resources**

*Also offers inpatient services.*

235 S 3rd St, Shelton, WA 98584

360-426-0890

121 N 5th St, Shelton, WA 98584

360-868-2697

## Thurston County

### **Alcoholics Anonymous**

360-352-7344

### **Northwest Resources**

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

3773 Martin Way E, Suite A-105

Olympia, WA 98506

360-688-7312

#### ***Olympia Clinic***

2708 Westmoor Ct SW

Olympia, 98502

360-943-8810

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## Northwest Resources

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

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

## **Behavioral Health & Recovery**

### **Providence St. Peter**

4800 College St SE  
Lacey, WA 98503  
360-456-7575  
[providence.org](http://providence.org)

### **SeaMar Behavioral Health**

*Outpatient-only chemical dependency services*

336 Littlerock Rd SW, Tumwater, WA 98512  
360-704-7590

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

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

# **CARE/CASE MANAGEMENT**

## **PUBLIC AGENCIES**

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

### **Lewis County**

#### **DSHS Home & Community Services**

3451 Galvin Rd, Centralia, WA 98531

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

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

1651 S Market Blvd, Chehalis, WA 98532

360-748-2288

### **Mason County**

#### **DSHS Home & Community Services**

6639 Capitol Blvd SW, Tumwater, WA 98501

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

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

2008 Olympic Hwy N, Shelton, WA 98584

360-427-2225

### **Thurston County**

#### **DSHS Home and Community Services**

6639 Capitol Blvd SW, Tumwater, WA 98501

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

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

2404 Heritage Ct SW, Olympia, WA 98502

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

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## CARE/CASE MANAGEMENT

### PRIVATE CARE MANAGERS

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

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



(continued)

# CARE/CASE MANAGEMENT

## PRIVATE CARE MANAGERS

### **Concierge Care Advisors**

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

1-855-444-7364

[conciergecareadvisors.com](http://conciergecareadvisors.com)

### **Eldercare Counseling and Guidance Services**

1700 Cooper Point Rd SW, Olympia, WA 98502

360-205-5989

[eldercarecounselor.com](http://eldercarecounselor.com)

### **Smerken Consulting**

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

360-570-3357

[smerken.com](http://smerken.com)

## CONFLICT RESOLUTION

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

### **Mason & Thurston County**

#### **Dispute Resolution Center**

PO Box 6184, Olympia, WA 98507-6184

360-956-1155 or online at [mediatethurston.org](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.

## **Alzheimer's Association Help Line**

1-800-272-3900

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

## **Mason & Thurston County**

### **Crisis Clinic of Mason & Thurston County**

360-586-2800

*Offering crisis intervention, emotional support, information and referrals.*

## **Lewis County**

### **Crime Victims Service Center**

*(located inside the Community Action Council)*

409 N Tower Ave, Centralia 98531

360-736-1800 x4105

## **Mason County**

### **Crime Victims Service Center**

*(located inside the Community Action Council)*

807 W Railroad Ave, Shelton 98584

360-426-9726 x3105

### **Telecare Mason County Mobile Outreach Intensive Case Management Team**

601 W Franklin St, Suite A, Shelton 98584

360-462-3016

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# CRISIS INTERVENTION HOTLINES

## Thurston County

### **Crime Victims Advocacy Network**

360-786-5601

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

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

### **Family Justice Center**

360-709-3045

[cvan11.org](http://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*

[wscadv.org/washington-domestic-violence-programs/](http://wscadv.org/washington-domestic-violence-programs/)

## Lewis County

### **Hope Alliance**

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

### **White Pass Community Services Coalition**

360-496-5404

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# CRISIS INTERVENTION HOTLINES

## Domestic Violence & Sexual Assault Issues

### Mason County

**Kitsap Sexual Assault Center**

360-479-8500

**Turning Pointe Domestic Violence Services**

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

***Crisis Line - 360-432-1212***

### Thurston County

**Chehalis Confederated Tribes**

**Domestic Violence Program**

Oakville, WA

360-273-5911

**SafePlace**

360-786-8754

***Safe Place Crisis Line***

***360-754-6300***

**Thurston County Family Justice Center**

The Family Support Center

360-754-9297

# CULTURAL SERVICES

## Lewis, Mason & Thurston County

### **CIELO Integral Educational Center**

#### *Olympia Office*

1601 N St SE, Olympia, WA 98501

360-709-0931

#### *Shelton Office*

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

360-868-2431

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

### **La Mesa Redonda**

#### **Hispanic Roundtable**

PO Box 6368

Olympia, WA 98507

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

[hispanicroundtable.org/wp/](http://hispanicroundtable.org/wp/)

## Thurston County

### **Korean Seniors Association**

*Meet Wednesdays, 10am-1pm*

Lacey Senior Center

6757 Pacific Ave SE, Lacey, WA 98503

360-407-3967

### **Spanish Speaking Seniors**

*Meet Mondays, 10am-1pm*

Lacey Senior Center

6757 Pacific Ave SE, Lacey, WA 98503

360-407-3967

### **Vietnamese Senior Association**

Evergreen Village

505 Division St NW, Olympia, WA 98502

360-943-5505

# DENTAL CARE

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

## Serving Multiple Counties

### NEIGHBORCARE HEALTH

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

### DENTURE SERVICES:

**Bates Technical College Denturist – Tacoma**  
253-680-7314

### FOR A LIST OF DENTISTS WHO ACCEPT MEDICAID

**Thurston-Mason County Dental Society**  
360-956-0828  
[tmcdental.org/resources](http://tmcdental.org/resources)

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

## Lewis County

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

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

(continued)

# DENTAL CARE

## Lewis County

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

2690 NE Kresky Ave, Chehalis, WA 98532

360-330-9595

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

148 E Division, Morton, WA 98356

360-496-5101

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

300 Ocean Ave, Raymond, WA 98577

360-942-3040

## Mason County

### **Mason County Public Health**

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

415 N 6th Street

Shelton, WA 98584

360-427-9670 x400

### **Skokomish Dental Center**

*Serving Native Americans*

80 N Tribal Center Rd

Skokomish, WA 98584

360-426-5755

### **Squaxin Island Health Clinic**

*Serving Native Americans*

SE 90 Klah-Che-Min Dr

Shelton, WA 98584

360-427-9006

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## Thurston County

### **Nisqually Dental Clinic**

*Serving Native Americans*

4816 She-Nah-Num Dr SE

Olympia, WA 98513

360-459-5312

### **Olympic Dental & Denture Center**

4408 Pacific Ave SE

Lacey, WA 98503

360-438-8299

### **Olympia Union Gospel Mission Dental Center**

309 Washington St NE

Olympia, WA 98501

360-943-6400

## **Sea Mar Dental Clinics**

### ***Lacey***

669 Woodland Square Loop SE

Lacey, WA 98503

360-359-4860

### ***Tumwater***

409 Custer St, Suite C

Tumwater, WA 98501

360-570-8016

### ***Yelm***

202 Cullens St NW

Yelm, WA 98597

360-400-4840

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# DENTAL CARE

## **South Puget Sound Community College**

### **Dental Clinic**

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

### **Thurston County Public Health & Social Services**

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

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

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

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





# DISABILITY SERVICES

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

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

### Developmental Disabilities Administration (DDA)

1-800-339-8227

[dshs.wa.gov/dda](http://dshs.wa.gov/dda)

## Serving Multiple Counties

### Brain Injury Alliance Washington (BIAWA)

Seattle

1-877-824-1766

[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)

### Easter Seal Society of Washington

1-800-678-5708

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

621 Tacoma Ave S, Suite 505

Tacoma, WA 98402

1-866-421-5560

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

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

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# DISABILITY SERVICES

## Serving Multiple Counties

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

1-800-344-4867

[nationalmssociety.org/chapters/was](https://nationalmssociety.org/chapters/was)

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

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

### **Tacoma Area Coalition**

#### **of Individuals with Disabilities**

253-565-9000

[tacid.org](https://tacid.org)

### **Validus Consulting & Services**

24421 34th Ave Ct E

Spanaway, WA 98387

253-847-7887

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

1-800-552-7103

[dsb.wa.gov/](https://dsb.wa.gov/)

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

1-800-542-0866

[wtbbl.org](https://wtbbl.org)

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## DISABILITY SERVICES

### Thurston County Only

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

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

**Behavioral Health Resources (BHR)**  
 360-704-7170 or 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  
[EyeCareAmerica.org](http://EyeCareAmerica.org)

**Lions Clubs**  
[lionsclubs.org](http://lionsclubs.org)

**Olympia Union Gospel Mission**  
 309 Washington St NE, Olympia  
 360-709-9725

**Vision USA**  
 1-800-766-4466  
[aoa.org/visionusa](http://aoa.org/visionusa)

# FALLS PREVENTION RESOURCES

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

## General Information

[ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/](https://ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/)

[cdc.gov/steady/patient.html](https://cdc.gov/steady/patient.html)

## Exercise Programs

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

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

## Home Safety and Accessibility

[n4a.org/files/PreventingFalls.pdf](https://n4a.org/files/PreventingFalls.pdf)

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

## FAMILY CAREGIVER SUPPORT PROGRAM

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

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

*To reach a Family Caregiver Support Program Specialist near you:*

### **Lewis County**

360-748-2288

### **Mason County**

360-427-2225

### **Thurston County**

360-664-2168

1-888-545-0910

# FOOD BANKS

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

## Lewis County

### **Greater Chehalis Food Bank**

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

### **Mineral**

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

### **Pastor's Pantry**

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

### **Pe Ell Food Bank**

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

### **Salvation Army**

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

### **Somma Food Bank**

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

### **Toledo Food Bank**

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

*(continued)*

# FOOD BANKS

## Lewis County

### **White Pass Food Bank**

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

### **Winlock/Vader Food Bank**

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

## Mason County

### **Belfair Community Food Pantry**

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

### **Hood Canal Food Bank**

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

### **Matlock Food Bank**

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

### **North Mason Food Bank**

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

### **Saints Pantry**

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

### **United Methodist Church**

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

*(continued)*

# FOOD BANKS

## Thurston County

### **Rainier Emergency Food Center**

*Valley Heart Church*

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

360-280-7326 or 360-446-2517

### **ROOF Community Services**

10140 Hwy 12 SW, Rochester, WA 98579

360-273-6375

### **Sacred Heart Food Pantry**

812 Bowker St SE, Lacey, WA 98503

360-923-0929

### **Tenino Food Bank**

224 Sussex Ave E, Tenino, WA 98589

360-264-5505

### **Thurston County Food Bank (TCFB)**

220 Thurston Ave NE, Olympia, WA 98501

360-352-8597

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

[thurstoncountyfoodbank.org/satellite-locations/](http://thurstoncountyfoodbank.org/satellite-locations/)

### **Yelm Food Bank**

624 Crystal Springs Rd NW, Yelm, WA 98597

360-458-4003



# LGBTQIA

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

## Lewis, Mason & Thurston Counties

### **PFLAG**

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

[PFLAG-Olympia.org](http://PFLAG-Olympia.org)

### **Rainbow Health Center of Olympia**

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

1701 4th Ave E, Olympia, WA 98506

[rainbowhealthcenter.com/](http://rainbowhealthcenter.com/)  
[info@rainbowhealthcenter.com](mailto:info@rainbowhealthcenter.com)

### **Sound Alliance of Older LGBTQ**

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

PO Box 7221, Olympia, WA 98507

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

# GUARDIANSHIP SERVICES

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

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

[courts.wa.gov/guardianportal/](https://courts.wa.gov/guardianportal/)

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

## HEALTH INSURANCE & PRESCRIPTION DRUG INFO

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

### Serving all counties

**Insurance Commissioner Consumer Hotline**  
1-800-562-6900

**Medicare Hotline**  
1-800-633-4227

**Prescription Drug Assistance Foundation**  
206-518-0839  
[prescriptiondrugassistance.org](http://prescriptiondrugassistance.org)

**Washington Health Benefits Exchange**  
[WaHealthPlanFinder.org](http://WaHealthPlanFinder.org)

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

(continued)

# HEALTH INSURANCE & PRESCRIPTION DRUG INFO

*For patient assistance programs available through the drug companies:*

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

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

## Lewis County

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

**St. Vincent de Paul** - *prescription assistance*  
**Centralia & Chehalis**  
360-623-1144

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

## Mason & Thurston County

**Statewide Health Insurance Benefits Advisors  
Helpline (SHIBA)**  
*Located inside the Olympia Senior Center*  
360-586-6181 x134  
1-800-562-6900

## HOME CARE REFERRAL

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

### Serving Lewis, Mason, and Thurston Counties

**Consumer Direct Care Network**

1-866-214-9899

[consumerdirectwa.com](http://consumerdirectwa.com)

## HOME CARE SERVICES

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

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

*(continued)*

# HOME CARE SERVICES

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

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

*For Home Health & Hospice agencies, see pg 33*

## **Lewis, Mason and Thurston County**

### **Chesterfield Health Services**

360-557-3531

### **Coastal Community Action Program**

1217 Cooper Point Rd SW, Suite 7

Olympia, WA 98502

360-915-8189

### **Family Resource Home Care**

2620 RW Johnson Blvd SW, Suite 104

Tumwater, WA 98512

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

## **Lewis County**

### **AllWays Caring HomeCare**

1014 Kresky Ave, Suite 1, Centralia, WA 98531

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

### **Catholic Community Services - Long Term Care**

1570 N National Ave, Suite 211

Chehalis, WA 98532

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

*(continued)*

# HOME CARE SERVICES

## Lewis County

### **Korean Women's Association**

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

## Mason County

### **AllWays Caring HomeCare**

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

### **Catholic Community Services - Long Term Care**

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

### **Korean Women's Association**

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

## Thurston County

### **AllWays Caring HomeCare**

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

### **Catholic Community Services - Long Term Care**

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

### **Korean Women's Association**

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

# HOME HEALTH / HOSPICE CARE

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

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

## **Assured Home Health and Hospice**

*Lewis County:* 360-807-7776

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

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

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

## **Envision Hospice of Washington**

360-350-4875 - *Thurston County Only*

[envhh.com](https://envhh.com)

## **Providence SoundHomeCare and Hospice**

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

[Washington.Providence.org/in-home-services/soundhomecare-and-hospice/](https://Washington.Providence.org/in-home-services/soundhomecare-and-hospice/)

## **Puget Sound Hospice-Mason and Thurston County Only**

360-839-2122

[pugetsoundhh.com](https://pugetsoundhh.com)

*See also Palliative Care on pg 57*



# HOME REPAIR

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

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

### **Catholic Community Services**

*Volunteer Services*

360-726-3885

### **USDA Rural Development**

360-704-7760

## **Lewis County**

### **Community Action Council**

409 N Tower, Centralia, WA 98531

360-736-1800

## **Mason County**

### **Community Action Council**

807 W Railroad, Shelton, WA 98584

360-426-9726

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

111 NE Old Belfair Hwy, Belfair, WA 98528

360-275-0535

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

### **Habitat for Humanity**

A Brush With Kindness Program

360-426-8134

(continued)

# HOME REPAIR

## Thurston County

### **Community Action Council**

3020 Willamette Dr NE, Lacey, WA 98516

360-438-1100

### **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 Hospital - Arbor Health**

521 Adams Ave, Morton, WA 98356

360-496-5112

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

### **Providence Centralia Hospital**

914 S Scheuber Rd, Centralia, WA 98531

360-736-2803

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

## Mason County

### **Mason General Hospital and Family of Clinics**

901 Mountain View Dr, Shelton, WA 98584

360-426-1611 or 360-754-5858

[masongeneral.com](http://masongeneral.com)

## Thurston County

### **Capital Medical Center - Multicare**

3900 Capital Mall Drive SW, Olympia, WA 98502

360-754-5858

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

### **Providence St. Peter Hospital**

413 Lilly Rd NE, Olympia, WA 98506

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

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

# HOUSING

## Lewis County

### **Housing Opportunities of SW Washington**

820 11th Ave

Longview, WA 98632

360-423-0140

[hoswwa.org/housing-assistance/](https://hoswwa.org/housing-assistance/)

### **Salvation Army - Coordinated Entry**

303 N Gold St

Centralia, WA 98531

360-736-4339 ext 210

### **White Pass Community Services Coalition**

123 W Main

Morton, WA 98356

360-496-5404

## Mason County

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

600 Park Ave

Bremerton, WA 98337

360-479-3694

### **Crossroads Housing**

71 Sargison Loop

Shelton, WA, 98584

360-427-6919



# HOUSING

## Thurston County

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

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

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

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

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

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

## Statewide

### **AptFinder.org**

To search listings for low-income, affordable  
housing

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

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



# KINSHIP CARE SERVICES

## Serving Lewis, Mason and Thurston Counties

### Family Education and Support Services

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

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

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

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

## Serving Thurston County

### Family Support Center of South Sound

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

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

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

## LEGAL SERVICES

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

### Serving Lewis, Mason and Thurston Counties

**Northwest Justice Project CLEAR \*Sr**

1-888-387-7111

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

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

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

### Mason and Thurston Counties

**Thurston County Volunteer Legal Services**

PO Box 405, Olympia, WA 98507

360-705-8194

1-844-211-6916

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

### Elder Law

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

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

# MEAL PROGRAMS

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

## **Lewis County**

### **Morton Senior Center**

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

**Meal Days:**

TUE, THUR

### **Olequa Senior Center**

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

TUE, THUR

### **Packwood Senior Center**

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

MON, WED

### **Pe Ell Nutrition Site**

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

MON, THUR

### **Toledo Senior Center**

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

WED, FRI

### **Twin Cities Senior Center**

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

5 days/wk: MON - FRI



*(continued)*



# MEAL PROGRAMS

<b>Mason County</b>	<b>Meal Days:</b>
<b>The HUB Center for Seniors</b>	MON, TUES
111 NE Old Belfair Hwy	Dinner-Sundays 5:00 pm
Belfair, WA 98528	
360-275-0535	
<b>Mason County</b>	<i>5 days/wk:</i> MON - FRI
<b>Senior Activities Center</b>	
190 W Sentry Dr, Shelton, WA 98584	
360-426-7374	
<b>Thurston County</b>	
<b>Lacey Senior Center</b>	<i>5 days/wk:</i> MON - FRI
Senior Services for South Sound	
6757 Pacific Ave SE, Lacey, WA 98503	
360-407-3967	
<b>Olympia Senior Center</b>	<i>5 days/wk:</i> MON - FRI
Senior Services for South Sound	
222 Columbia St NW, Olympia, WA 98501	
360-586-6181	
<b>Rainier Senior Center</b>	MON, WED
108 Michigan St S, Rainier, WA 98576	
360-446-2258	
<b>Rochester United Methodist Church</b>	WED, FRI
18206 Corvallis St, Rochester, WA 98579	
360-273-5000	

(continued)

# MEAL PROGRAMS

## Thurston County

### Meal Days:

#### **Tenino Quarry House**

399 Park Ave W, Tenino, WA 98589  
360-264-5092

TUE, THUR  
10am-1pm

#### **Tumwater Old Town Center**      5 days/wk:

215 N 2nd Ave SW, Tumwater, WA 98512  
360-754-4160

MON - FRI

#### **Vietnamese Senior Association**

*Evergreen Villages*

505 Division St NW, Olympia, WA 98502  
360-943-5505

WED  
11am

#### **Yelm Senior 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 253-474-1300

## Mason and Thurston County

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

360-586-6181 x124

[southsoundseniors.org](https://southsoundseniors.org)

## MEDICAL CLINICS

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

### Lewis County:

#### **Arbor Health**

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

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

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

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

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

#### **Health & Hope Medical Outreach**

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

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

NW Pediatric - West Building

1911 Cooks Hill Rd, Centralia, WA 98531

360-623-1485

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

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

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

2428 W Reynolds Ave - 360-669-0335

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

**Onalaska** - 1810 Hwy 508 - 360-978-6600

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

(continued)

# MEDICAL CLINICS

## Lewis County

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

**Toledo** - 117 Ramsey Way - 360-864-4400

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

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

*Diabetes education & classes*

1010 S Scheuber Rd

Centralia, WA 98531

360-493-7567

## Mason County

### **Health Care Center**

107 N 8th

Shelton, WA 98584

360-426-9717

### **Mason General Hospital & Family of Clinics**

*Diabetes education and classes*

901 Mountain View Dr

Shelton, WA 98584

360-426-1611 or 1-855-880-3201

[masongeneral.com](http://masongeneral.com)

# MEDICAL CLINICS

## Thurston County

### **Dispatch Health Mobile Urgent Care**

360-200-8247

[dispatchhealth.com](http://dispatchhealth.com)

### **Olympia Free Clinic**

225 State Ave NE

Olympia, WA 98501

360-890-4074

### **SeaMar Community Health Centers**

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

#### ***Olympia***

3030 Limited Lane NW

360-491-1399

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

3622 Ensign Rd NE, Suite A

360-742-5000

#### ***Lacey***

669 Woodland Square Loop SE

360-359-4840

#### ***Yelm***

202 Cullens St NW

360-400-4800

(continued)

# MEDICAL CLINICS

## Thurston County

### **Valley View Health Center**

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

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

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

*Diabetes education & classes*

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

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



# MEDICAL EQUIPMENT

## Serving Lewis, Mason and Thurston County

### **Aaro Medical Supply**

1-800-752-2276

### **Apria Medical**

405 Black Hills Lane SW, Olympia, WA 98502

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

### **Bellevue Health Care**

4500 Pacific Ave, Lacey, WA 98503

360-438-2955

### **Timberland Regional Library (TRL)**

#### **Assistive Technology**

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

OR check out a print catalog at your local TRL

## **Lewis County**

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

### **Knights of Columbus**

157 SW 6th St, Chehalis, WA 98532

360-561-8798

### **Twin Cities Senior Center**

2545 N National Ave, Chehalis, WA 98532

360-748-0061

### **Visiting Nurses Foundation**

*Serving Lewis County residents only*

222 N Pearl St, Centralia, WA 98531

360-623-1562

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# MEDICAL EQUIPMENT

## Mason County

### **Sound Oxygen Services**

1-877-269-0405

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

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

111 NE Old Belfair Hwy, Belfair, WA 98528

360-275-0535

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

### **LOVE, Inc.**

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

360-462-LOVE (5683)

## Thurston County

### **Family Equipment Exchange**

6544 Cedar Flats Rd SW, Olympia, WA 98512

360-866-3515



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# MEDICAL EQUIPMENT

## Thurston County

### **MyMedSupplies**

6149 Martin Way E, Lacey, WA 98516

360-456-5475

[mymedsupplies.com](http://mymedsupplies.com)

### **Lincare, Inc.**

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

360-923-1985

### **Performance Home Medical**

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

360-456-4052

### **Preferred Medical, Inc.**

1-800-722-7865

[customerservice@preferredmedical.com](mailto:customerservice@preferredmedical.com)

### **Thurston County Medical Equipment Bank**

3537 Martin Way, Olympia, WA 98506

360-456-8810 - Message Line

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

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# **MEDICAL EQUIPMENT**

## **PERSONAL EMERGENCY RESPONSE SYSTEM (PERS)**

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

## **Serving Lewis, Mason and Thurston County**

### **American Medical Alert Corp**

1-877-988-6769

### **Assured Independence**

1-800-591-3109

### **Global Security & Communication, Inc.**

1-800-446-2400

### **Lifeline Systems Company**

1-800-368-2925

### **LifeStation**

1-866-446-3300

### **MedScope America Corp**

1-800-645-2060 x708

### **Safe @ Home**

1-888-981-5465

### **SafetyLine**

1-360-303-4632

[safetylineusa.com](http://safetylineusa.com)

### **Valued Relationships, Inc. (VRI)**

1-800-860-4230

# MEDICATION DISPOSAL SITES

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

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

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

## **Serving all three counties and beyond**

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

### **Lewis County:**

[lewiscountywa.gov/publicworks/unused-and-outdated-medicines](http://lewiscountywa.gov/publicworks/unused-and-outdated-medicines)

### **Mason County:**

[co.mason.wa.us/health/community-family/community-health/perscription-drug-take-back-boxes.php](http://co.mason.wa.us/health/community-family/community-health/perscription-drug-take-back-boxes.php)

### **Thurston County:**

[co.thurston.wa.us/solidwaste/medicine/medicine-home.htm](http://co.thurston.wa.us/solidwaste/medicine/medicine-home.htm)

# MENTAL HEALTH SERVICES

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

## 988 SUICIDE & CRISIS LIFELINE

**988**

[988lifeline.org](https://988lifeline.org)

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

[SAMHSA.gov](https://SAMHSA.gov)

### Lewis County

#### **Cascade Mental Health Care**

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

#### **Great Rivers Behavioral Health**

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

[GreatRiversBHO.org](https://GreatRiversBHO.org)

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

*Lewis County Chapter*  
360-880-8070

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

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

*(continued)*

# MENTAL HEALTH SERVICES

## Mason County

### **Behavioral Health Resources (BHR) -Medicaid Only**

110 W K St, Shelton, WA 98584

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

### **Mental Health Professionals, LLC**

1620 Olympic Hwy N, Shelton, WA 98584

360-285-3400

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

*Thurston/Mason Chapter*

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

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

612 Woodland Square Loop SE, Suite 401

Lacey, WA 98503

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

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

## Thurston County

### **Behavioral Health Resources (BHR) -Medicaid Only**

3857 Martin Way E, Olympia, WA 98506

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

### **Behavioral Health & Recovery**

#### **Providence St. Peter**

4800 College St SE, Lacey, WA 98503

360-456-7575

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

### **Crisis Resolution Services @ BHR -Medicaid Only**

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

(continued)

# MENTAL HEALTH SERVICES

## Thurston County

### **Capital Recovery Center**

1000 Cherry St SE, Olympia, WA 98501

360-357-2582

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

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

*Thurston/Mason Chapter*

360-493-6021 or 360-866-0403

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

612 Woodland Square Loop SE, Suite 401

Lacey, WA 98503

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

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

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

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

### **Tumwater**

*Includes chemical dependency services:*

6334 Littlerock Rd SW

Tumwater, WA 98512

360-704-7590

### **Yelm**

*Includes chemical dependency services:*

202 Cullens St NW

Yelm, WA 98597

360-400-4860

## NURSE CONSULTATION

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

### Lewis, Mason and Thurston Counties

#### **MEDnurse**

Capital Medical Center  
1-888-MED-5101

#### **Providence PLUS**

Providence St. Peter Hospital  
360-493-7768

## OMBUDSMAN PROGRAM *for* LONG-TERM CARE

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

#### **Regional Long-Term Care Ombudsman Program**

888-733-4005

#### **State Long-Term Care Ombudsman Program**

1-800-562-6028

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

*Volunteer Opportunities Available*

# PALLIATIVE CARE

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

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

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

## Providence Palliative Care Consult Service

**360-486-6402**

*What is Palliative Care?*

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

*Palliative Care FAQ:*

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



## PET RESOURCES

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

### **PACT - Short Term Foster Placement**

[pactforanimals.org/find-a-foster/](http://pactforanimals.org/find-a-foster/)

### **Red Rover - Urgent Care Grants**

[redrover.org/relief/](http://redrover.org/relief/)

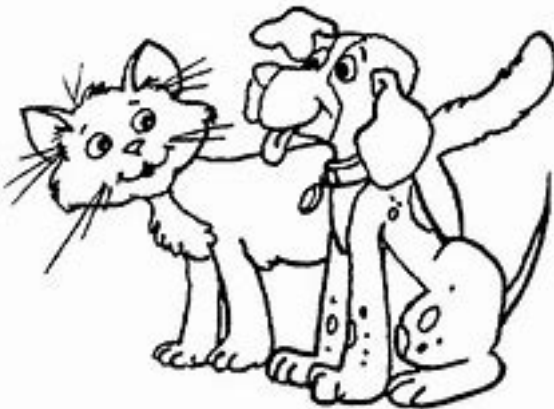
### **Concern for Animals**

360-456-8176

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

### **Joint Animal Service - Medical Help**

360-352-2510



# RESIDENTIAL CARE FACILITIES

## INTRODUCTION

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

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

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

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

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

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

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

*(continued)*

# RESIDENTIAL CARE FACILITIES

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

## Adult Family Homes

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

### DSHS Aging & Long-Term Services Administration

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

Or visit the Adult Family Home Locator online at:

[fortress.wa.gov/dshs/adsaapps/lookup/AFHPubLookup.aspx](http://fortress.wa.gov/dshs/adsaapps/lookup/AFHPubLookup.aspx)

## Residential Care Facility Complaint Hotline

1-800-562-6078

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

You may also make a report online at:

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

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



# SENIOR CENTERS

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

## Lewis County

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

### **Pe Ell Senior Center**

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

### **Morton Senior Center**

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

### **Olequa Senior Center**

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

### **Packwood Senior Center**

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

### **Toledo Senior Center**

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

### **Twin Cities Senior Center**

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

## Mason County

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

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

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

*(continued)*

# SENIOR CENTERS

## Mason County

### **Mason County Senior Activities Center**

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

[MCSAC.net](http://MCSAC.net)

## Thurston County

### **Rainier Senior Center**

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

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

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

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

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

### **Tumwater Old Town Center**

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

### **Yelm Senior Center**

16530 103rd Ave SE  
Yelm, WA 98597  
360-458-7733  
[yelmseniorcenter.com](http://yelmseniorcenter.com)

## SENIOR COMPANIONS

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

### **Thurston County:**

#### **Friend to Friend America**

*Nursing & Adult Family Home Visitation:*

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

PO Box 98766

Seattle, WA 98198

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

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

## SOCIAL SECURITY

The US Government Social Security Administration can be reached at:

**1-800-772-1213**

[SocialSecurity.gov](http://SocialSecurity.gov)

### **Lewis County**

#### **Social Security Administration**

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

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

### **Mason & Thurston County**

#### **Social Security Administration**

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

1-866-755-6199

## TELEPHONE ASSISTANCE

### Lewis, Mason, and Thurston Counties

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

#### LifeLine

Visit [lifelinesupport.org](http://lifelinesupport.org) for more information about the Lifeline program, a discount on phone service for qualifying low-income consumers.

#### Assurance Wireless

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

## TELEPHONE REASSURANCE

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

### Serving all three counties

#### Care Checkers

1-888-477-0435

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

*(continued)*

# TELEPHONE REASSURANCE

## Mason County

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

## Thurston County

**Phone Friends** - *Friendly Phone Calls*  
360-586-6181 x101

# TRANSPORTATION

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

## Serving all three counties

**Horizon Medical Transportation**  
360-491-6983

**Paratransit Services** (*Medicaid Clients only*)  
1-800-846-5438  
1-800-934-5438 (TDD only) toll-free

**Catholic Community Services** - *Volunteer Services*  
360-586-2915 or 1-844-851-9380

**American MediCar Services**  
360-352-0342

(continued)



# TRANSPORTATION

## Lewis County

### **Catholic Community Services**

#### **Senior Transportation**

360-748-0161

### **Cowlitz Tribe Transportation**

360-232-8585

### **Dial-A-Ride Twin Transit (DARTT)**

360-330-5555

### **Go Taxi**

360-864-2323

### **Lewis Mountain Highway Transit**

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

360-496-5404

### **Twin Transit**

360-330-2072

## Mason County

### **Mason County Transit Authority**

#### **Dial-A-Ride**

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

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

### **The Patty Wagon**

360-427-0202

[pattywagonmobility.com](http://pattywagonmobility.com)

(continued)

# TRANSPORTATION

## Mason County

### **Mason County Taxi**

360-426-8294

[masoncountytaxi.com](http://masoncountytaxi.com)

### **Senior Transportation**

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

360-586-6181 x128

[transportation@southsoundseniors.org](mailto:transportation@southsoundseniors.org)

## Thurston County:

### **Intercity Transit**

#### **Dial-A-Lift**

*Customer Service*

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

360-943-5211 (TTY) toll-free

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

### **ruralTransit (rT)**

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

253-472-7846

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

### **Senior Transportation**

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

360-586-6181 x128

[transportation@southsoundseniors.org](mailto:transportation@southsoundseniors.org)

### **Yelm Senior Center**

360-458-7733

(continued)

# TRANSPORTATION

## VA Transportation Services

### Serving multiple counties

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



### **American Lake & Seattle VA**

Direct line: 253-583-1343

Toll-free: 1-800-329-8387



# TRIBAL SERVICES

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

## **Chehalis Confederated Tribes**

420 Howanut Rd

Oakville, WA 98568

Main Office: 360-273-5911

Clinic: 360-273-5504

Social Services: 360-273-5821

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

## **Cowlitz Tribe**

107 Spencer Rd

Toledo, WA 98591

Housing: 360-864-8720

Transportation: 360-232-8585

Elders Program: 360-864-7006

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

## **Nisqually Tribe**

4820 She-Nah-Num Dr SE

Olympia, WA 98513

Main Office: 360-456-5221

Elders Building: 360-486-9546

Medical Clinic: 360-459-5312

Social Services: 360-456-5221

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

*(continued)*

# TRIBAL SERVICES

## **Skokomish Tribe**

80 N Tribal Center Road

Skokomish, WA 98584

Main Phone: 360-426-4232

Clinic: 360-426-5755

Family Services: 360-426-7788

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

## **South Puget Intertribal Planning Agency (SPIPA)**

3104 SE Old Olympic Hwy

Shelton, WA 98584

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

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

## **Squaxin Island Tribe**

SE 10 Squaxin Lane

Shelton, WA 98584

Main Office: 360-426-9781

Transportation Hub: 360-432-0921

Clinic: 360-427-9006

Elders Program: 360-432-3972

Kamilche Dental: 360-427-1784

Housing Authority: 360-426-4641

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

# UTILITY BILL ASSISTANCE

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

## Lewis County

### **Community Action Council**

409 N Tower, Centralia, WA 98531

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

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

*(Veterans & spouses only)*

360-740-1417

### **LOVE Inc.**

360-748-8611

### **Salvation Army**

303 N Gold St, Centralia, WA 98531

360-736-4339

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

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

360-623-1144

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

*& parts of East Lewis County:*

360-864-4130

## City Utility Assistance Programs

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

Centralia ..... 360-330-7657

Chehalis ..... 360-748-6664

*(continued)*

# UTILITY BILL ASSISTANCE

## Mason County

**Community Action Council**  
 807 W Railroad Ave, Shelton, WA 98584  
 360-426-9726

**LOVE Inc.**  
 360-462-5683

**PUD #3**  
 2621 E Johns Prairie Rd, Shelton, WA 98584  
 360-426-8255

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

Shelton ..... 360-426-4491

## Thurston County

**Community Action Council**  
 3020 Willamette Dr NE, Lacey, WA 98516  
 360-438-1100

**Thurston County Veterans Assistance Fund**  
*(Veterans only)*  
 360-867-2625

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

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

# VETERAN'S AFFAIRS

## Serving all three counties

**988 SUICIDE & CRISIS LIFELINE**

988 - [988lifeline.org](https://988lifeline.org)

**American Lake VA Hospital**

**Geriatric Research and Evaluation Clinic**

253-583-2033

**WA State Department of Veterans Affairs**

1102 Quince St SE, Olympia, WA 98504

360-725-2200

1-800-562-2308

[dva.wa.gov](https://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](https://washington.americaserves.org)

(continued)



# VETERAN'S AFFAIRS

## Mason County

### **Disabled American Veterans**

*Meets in Belfair*

360-275-0329

### **Mason County Veterans Assistance Fund**

360-426-4546

### **Veterans Service Offices**

#### **Shelton**

210 W Franklin St, Shelton, WA 98584

360-426-4546

#### **Belfair**

140 NE State Route 300, Belfair, WA 98528

360-552-2302

## Thurston County

### **Disabled American Veterans**

360-459-7400

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

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

360-867-2625

### **Veterans Services Hub - Lacey**

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

360-456-3850

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

# VOLUNTEER OPPORTUNITIES

**Serving all three counties**

**Catholic Community Services**

Volunteer Services

360-726-3885

**Concern for Animals**

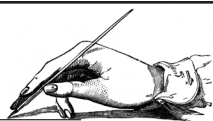
360-456-8176

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

*see also Long-Term Care Ombudsman Program on pg 56*



*Notes*



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Area Agency on Aging**  
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~Thank you for your support!



## Lewis-Mason-Thurston Area Agency on Aging

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

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