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EMERGENCIES

Emergencies, Ambulance, Fire & Police

911

Alternatives to Domestic Violence
326-1190

Child Protective Services (CPS)
363-3333

Emergency response for children, foster care, child abuse and neglect.

Crosswalk 838-6596

Emergencies for teens, and support and resources for homeless teens.

First Call for Help 877-678-4428

Free 24-hour telephone assistance, referrals, supportive listening, and links to individuals/community agencies. Service offered by Frontier Behavioral Health.

Poison Control Cntr 800-222-1222

SAFeT-Sexual Assault 624-7273

Search and Rescue (Mountain and Wilderness) 911

Senior Abuse Hotline 866-END-HARM (363-4276)

Hotline for abuse in senior care facilities.
Spokane COPS Administration
(Community Oriented Policing Services)
Provides a combined community-police effort to restore the safety of our neighborhoods and business districts.

Spokane County Sheriff
Spokane სეიჰროლოგია 1100 W Mallon 477-2240
Spokane 99260 spokanesheriff.org

NEIGHBORHOOD WATCH
Spokane საბრძოლო ჯგუფები 477-3055

CRIME PREVENTION 477-2592
Spokane სტაციონარ ქართულ

Spokane Police
Spokane სასტატიო პოლიცია Public Safety Bldg 477-5980
Bldg სტატიონი 1100 W Mallon
Spokane 99260 spokanepolice.org

CRIME PREVENTION 625-4079
CRIME REPORTING CNTR 456-2233
spokanecounty.org/crimereportingcenter

OMBUDSMAN 625-6742

Vanessa Behan Crisis Nursery
Vanessa Behan Crisis ჰაზრობით 535-3155
Free 24 Hour crisis child care (from birth-6 years)

2012-13 Elder Refugee Resource Directory 3
GOVERNMENT

DSHS Community Service Offices (CSO)
DSHS Community Service Offices (CSO) 877-501-2233

ACCESS SPOKANE CSO
1313 N Maple
Spokane 99201
dshs.wa.gov/onlinecso
Provides financial, food and medical assistance to low-income families and individuals. Helps low-income parents find employment. Provides subsidized child-care for working families.

Internal Revenue Service (IRS)
930 W Riverside 353-0508
Spokane WA 99201 irs.gov
- Federal tax questions
  800-829-1040
  TTY 800-829-4059
- Refund info
  800-829-4477
- Tax forms
  800-829-3676
Responsible for examinations, collections, taxpayers services and criminal investigations. Information and referrals provided on other questions, NO tax assistance provided over the phone.

Spokane City/Spokane 婧
SWITCHBOARD
755-CITY
Spokanecity.org
Business Licenses
625-6070
<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>PARKS &amp; RECREATION</td>
<td>625-6200</td>
</tr>
<tr>
<td>NEIGHBORHOOD SERVICES</td>
<td>625-6730</td>
</tr>
<tr>
<td>UTILITIES BILL INFO &amp; QUESTIONS</td>
<td>625-5200</td>
</tr>
<tr>
<td>PHONE PAYMENT</td>
<td>877-578-2200</td>
</tr>
<tr>
<td>STREET MAINTENANCE &amp; POTHOLE HOTLINE</td>
<td>625-7733</td>
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<td>Spokane County/Spokane</td>
<td>477-2265</td>
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<tr>
<td>Spokane Regional Health District/Spokane</td>
<td>477-3698</td>
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<tr>
<td>BIRTH &amp; DEATH CERTIFICATES</td>
<td>477-4730</td>
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<tr>
<td>VOTING (REGISTRATION)</td>
<td>477-2320</td>
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<tr>
<td>Spokane Public Schools</td>
<td>354-5900</td>
</tr>
<tr>
<td>Spokane Regional Solid Waste</td>
<td>625-7878</td>
</tr>
</tbody>
</table>
Utilities, Electricity – AVISTA
Customer Service & Power
Outage 800-227-9187
Senior Outreach 888-700-2757
Translation Services
800-227-9187

Washington Telephone Assistance Program – WTAP
Washington 888-700-2757
Customer Help-line
800-562-6150
Community Service Voice Mail, Spokane Office
456-7106
dshs.wa.gov/wtap.shtml
DSHS public assistance program, offers monthly discount on basic telephone service. Clients contact a provider upon receiving a DSHS client ID number.

FINANCIAL ASSISTANCE

Medicare/Medicaid Services
800-633-4273
Centers for Medicaid & Medicare Services
cms.gov

OFFICE OF THE INSPECTOR GENERAL FRAUD HOTLINE
800-447-8477
Medicare Customer Services
800-663-4227
WASHINGTON MEDICARE & MEDICAID
WASHINGTON 458-7450
800-737-0617
aasa-dshs.wa.gov/pubinfo
Visit local CSO office of DSHS.

Prescription Assistance
800-333-2000
Benefits Check Up
benefitscheckup.org
**Prescription Drug Assistance Program (MTGMEDS)**

mtgmeds.org 981-6420

**RxHelp for WA** 877-923-6779 (877-HelpWA) Washington

**Washington Prescription Drug Program**

mtgmeds.org 981-6420

**Protective Payee Program**

rx.wa.gov 800-913-4146

Provides elderly, survivors and disabled with Social Security benefits. Supplemental Security Income (SSI) provides for the aged and those with limited incomes.

Spokane County Assessor’s Office, Senior Citizen’s, Disabled Persons Exemption Section

1116 W Broadway 477-5754

Spokane 99260

**Social Security Administration**

714 N Ironbridge Way, Ste 100

Spokane 99202 800-772-1213

socialsecurity.gov

TDD 800-325-0778

Provides elderly, survivors and disabled with Social Security benefits. Supplemental Security Income (SSI) provides for the aged and those with limited incomes.

Spokane County Assessor’s Office, Senior Citizen’s, Disabled Persons Exemption Section

1116 W Broadway 477-5754

Spokane 99260
spokanecounty.org/accessor
Provides property tax relief for seniors and/or disabled people in financial need.

Statewide Health Insurance Benefits Advisors (SHIBA)
Provides health insurance benefits for seniors and/or disabled people.

AGING AND LONG TERM CARE OF EASTERN WASHINGTON
1222 N Post 625-4801
Spokane 99201
insurance.wa.gov
Trained volunteers provide seniors information on health insurance rights and options.

Catholic Charities Immigration Services
12 East 5th Ave 455-4960
Spokane 99202
catholiccharitiesspokane.org
Offers referral services, counseling and immigration benefits to refugees.

Global Neighborhood
108 N Washington Suite 418 482-6500
Spokane 99201
global-neighborhood.org
Improves lives of refugees through building relationships, English, employment and cultural awareness.

IMMIGRATION & REFUGEES SERVICES

IMMIGRATION & REFUGEES SERVICES

Catholic Charities Immigration Services
12 East 5th Ave
Spokane 99202
catholiccharitiesspokane.org
Offers referral services, counseling and immigration benefits to refugees.

Global Neighborhood
108 N Washington Suite 418
Spokane 99201
global-neighborhood.org
Improves lives of refugees through building relationships, English, employment and cultural awareness.
Immigration and Refugee Services of America (IRSA)

US Committee for Refugees and Immigrants

International Refugee Council of Spokane

Jacob’s Well Community Resources Center

Refugee Connections Spokane

Elder Refugee Resource Directory

Refugeeusa.org 202-797-2105

USCRI 202-347-3507

International Refugee Council of Spokane

901 E 2nd Ave, Suite 207
Spokane 99202 536-7878

ircspokane@gmail.com

Helps refugees become self-sufficient citizens by providing social and referral services.

Projects, programs and resources to benefit refugees, immigrants and their communities.

Jacob’s Well Community Resources Center

500 S Stone 535-3858
Spokane 99202 jwcr.com

Resettles and helps Burmese refugees with food, clothing, household items, transportation, English classes, scheduling, applications, housing, schools, doctors and dentists.

Refugee Connections Spokane

500 S Stone St #105 625-6958
Spokane 99202

projects, programs and resources to benefit refugees, immigrants and their communities.
US Citizenship and Immigration Services (USCIS)

SPOKANE SUB OFFICE

US Citizenship and Immigration Services (USCIS)
SPOKANE SUB OFFICE

Spokane US Courthouse
800-375-5283
920 W Riverside, Room 691
Spokane 99201 uscis.gov

Immigration and naturalization adjudication. Establishes immigration policies and priorities.

World Relief Spokane

World Relief Spokane
1522 N Washington St, Ste 204
Spokane 99201 484-9829
worldreliefspokane.org

Resettles refugees in Spokane under contract with U.S. State Department. Provides refugee resettlement assistance, employment services, micro-enterprise loans and immigration services, and works to raise awareness and serve victims of human trafficking.

Housing Rental

Catholic Housing Communities

Catholic Housing Communities
12 E 5th Ave 459-2279
Spokane 99202 catholiccharitiesspokane.org

Goodale & Barbieri

Goodale & Barbieri
818 W Riverside, #300
Spokane 99201 459-6102
g-b.com 800-572-9181

Kiemle & Hagood Co (K&H)

Kiemle & Hagood Co (K&H)
601 W Main Ave, Ste 400
Spokane 99201 755-7555
khco.com
Northeast Washington Housing Solutions (NEWHS)  
55 W Mission, Suite 104  
Spokane 99201  328-2953  
spokanehousing.org  
TDD323-9502

Wait List Hotline  252-7122

SNAP Affordable Rental Program  
SNAP Housing Assistance Programs  
500 S Stone  
Spokane 99202  snapwa.org

Coast Management Services -  
Call 747-2914 or 487-7701 for an application.

Spokane Housing Ventures (SHV)  
715 E Sprague, Ste 102  
Spokane 99202  232-0170  
spokanehousingventures.org

Spokane Low Income Housing Consortium (SLIHC)  
315 W Mission 25 B 325-3235  
Spokane 99201  
slihc.org  onestophousing.org

HOME MAINTENANCE

Recycling Hotline or Info  
800-732-9253

ACTION RECYCLING 483-4094  
911 E Marietta

EARTHWORKS RECYCLING, INC  
1904 E Broadway  534-1638

SPOKANE RECYCLING PRODUCTS  
3407 E Main  535-0284

SNAP Energy Resource Assistance  
3102 W Ft George Wright Dr  
Spokane 99224  242-2376  
snapwa.org

Teaches energy reduction techniques and cost management plans in classes offered from November to May.

SNAP Minor Home Repair/Weatherization  
snapwa.org  744-3370

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Makes modifications from fixing broken pipes to repairing heating systems and building handicap ramps. Weatherization provides improvements such as insulation and draft reduction.

**SustainableWorks**
5317 N Market St 443-3471
sustainableworks.com
Does energy efficiency audits and retrofits for residential homes in Spokane.

**Wood Smoke Information**
WASHINGTON STATE DEPARTMENT OF ECOLOGY 800-523-4636

**HOME OWNERSHIP**

**Habitat For Humanity**
732 N Napa St 534-2552
habitat-spokane.org
Builds decent affordable homes for low-income families, which purchase the home of cost of the land/construction at 0% interest 20 year loan.

**SNAP Mortgage Assistance Programs**
500 S Stone 456-7106
snapwa.org
HUD-approved comprehensive housing counseling agency provides mortgage default and foreclosure prevention counseling, pre-purchase counseling and education for prospective home buyers, and
reverse mortgage counseling for senior citizens.

HUD reverse mortgage counseling is available through HUD-approved counseling organizations. Call the HUD hotline for more information:

**City Bus - Spokane Transit Authority**

1130 W Boone Ave 325-6000
Spokane 99201 Routes 328-RIDE spokanetransit.com

**Paratransit Division 325-6026**
TDD 327-6055

Provides shared-ride, wheelchair-accessible transportation for ADA-eligible persons unable to use Spokane Transit Authority (STA) accessible, life-equipped buses. Pre-scheduled services. Same-day trip requests on a space available basis.

**Drivers’ Licenses**

NORTHSIDE
482-3882
6519 N Lidgerwood St
Spokane 99208

---

**TRANSPORTATION**

---

**Bus & Train, Regional & National**

221 W 1st Ave 800-872-7245
Spokane 99201 amtrak.com

GREYHOUND – BUS

greyhound.com 800-229-9429
TDD 800-345-3109

**Care Cars For Elders**

Elder Services
5125 N Market St 458-7450
Spokane 99207

Volunteer transportation to medical services for frail elders unable to use other forms of transportation.

---

**City Bus - Spokane Transit Authority**

1130 W Boone Ave 325-6000
Spokane 99201 Routes 328-RIDE spokanetransit.com

**Paratransit Division 325-6026**
TDD 327-6055

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**Drivers’ Licenses**

NORTHSIDE
482-3882
6519 N Lidgerwood St
Spokane 99208

2012-13 Elder Refugee Resource Directory 13
Special Mobility Services
3102 E Trent, Suite 210
Spokane 99202 534-9760
800-892-4817
sms1.org TDD 800-821-7167
Arranges transportation for people with medical coupons who don’t have transportation. Non-emergency services only. Each ride application must be authorized two working days in advance of appointment.

Vehicle Licensing
Spokane County Court
1116 W Broadway, 1st Flr Anx
Spokane 99260 477-2222
Hillyard - 5202 N Market St
Spokane 99217 487-1085
North - 6212 N Division
Spokane 99208 484-7416
Downtown 455-8320
613 S Washington Ste 105
Spokane 99204
North Spokane
South Hill 534-6022
2727 S Mount Vernon St, Suite 3B, Spokane 99223

HOSPITALS & CLINICS
CHAS - Community Health Association of Spokane
203 N Washington, Suite 300
Spokane 99201 444-8888
Billing 444-7880
chas.org
Nonprofit system of community clinics providing medical and dental health care to families and individuals of all ages, regardless of insurance status. Enrolls patients in Healthy Options, Basic Health Plan, First Steps, Medicare, Medicaid; Bills private insurance, or uses a sliding-fee scale based on income for uninsured patients. Locations:
**MEDICAL CLINICS:**
- 9227 E Main 434-0313
- 5921 N Market 487-1604
- 3919 N Maple 444-7801
- 1001 W 2nd Ave 444-8200

**DENTAL CLINICS:**
- 3919 N Maple 242-1824
- 1001 W 2nd Ave 434-0308

**Christ Clinic**
- 914 W Carlisle 325-0393
Spokane 99205
Christian-centered nonprofit medical clinic care for low-income persons with limited or no medical insurance.

**Deaconess Medical Center**
- 800 W Fifth Ave 458-5800
Spokane 99204
deaconessmedicalcenter.org
Acute-care hospital in downtown Spokane. Identified as one of the top heart hospitals. Chemical Dependency Unit.

**Grace Clinic**
- 823 W 7th Ave, Suite 102
Spokane 99204 326-6474
graceclinics.com

**Project Access**
- 532-8877
Orange Flag Bldg 104 S Freya, Suite 114
Spokane 99202
spcms.org/projectaccess
Arranges for more than 800 physicians and all five hospitals to donate health-care services: specialty-level office visits, surgeries and treatments, hospitalizations, lab and radiology services, durable medical equipment, translation, low-cost medication, and transportation.
Providence Adult Day Health
6018 N Astor 482-2475
Spokane 99208 phc.org
Support and rehabilitative services for frail, vulnerable elderly and impaired adults.

Providence Holy Family Hospital
5633 N Lidgerwood 482-0111
Spokane 99208 holy-family.org
Full-service, advanced medical and surgical care, specialty support and outpatient services.

Providence Sacred Heart Medical Center & Children’s Hospital
101 W 8th Ave 474-3131
Spokane 99204 shmc.org
Comprehensive, advanced medical and surgical care, specialty support and outpatient services.

Regional Support Networks
DSHS MENTAL HEALTH DIVISION
312 W 8th Ave, 3rd Flr
Spokane 99204 800-273-5864
Ombuds Services 866-814-3904 477-4666
24 HR CRISIS LINE 877-678-4428
spokanecounty.org/mental health
Riverstone Family Health, Northeast Clinic
Riverstone 4001 N Cook St  483-3427
Spokane 99207  yvfwc.org
Full range medical services, prenatal care and delivery.
Includes dental clinic.

Rockwood Clinic
Rockwood 400 E 5th Ave  838-2531
Spokane 99202 rockwoodclinic.com

Rockwood North Clinic
9001 N Country Homes Blvd
Spokane 99218  755-5340

Northpointe
605 E Holland Ave, Suite 200
Spokane WA 99218
Quail Run Clinic
2214 E 29th
Spokane 99203

Spokane Community Care
Spokane
1330 N Washington, Ste 3500
Spokane 99201  800-984-5710
Includes more than traditional Medicare: preventive health services, worldwide emergency and prescription coverage with doctors and hospitals in Spokane County. Mon-Fri 8 am-5 pm.

Spokane County Community Services, Housing, Community Development Dept
Spokane 312 W 8th Ave  477-5722
Spokane 99204 spokanecounty.org
Makes referrals for substance abuse treatment and prevention, developmental disabilities and mental health.
Spokane County Medical Society
104 S Freya, Suite 114 325-5010
Spokane 99202
Provides telephone-only referrals to physicians who accept medical coupons, serve low-income or provide services for a reduced fee. Provides information about physician based on location, medical speciality and medical insurance requirements.

Spokane Falls Family Clinic
120 W Mission Ave 326-4343
Spokane 99201 yvfwc.org
Offer a full range medical services prenatal care and delivery. Includes dental clinic and pharmacy.

Spokane Regional Health District Public Health Clinic
1101 W College Ave 324-1600
Spokane 99201 srhd.org
Offers Immunizations, flu shot and travel vaccines; HIV and tuberculosistesting; head lice checks, refugee screening. Fees may be reduced. Medical coupons accepted. Clinic hours: T-Th 8-5, F 9:30-5.

US Health Medical Clinics
9222 N Newport Hwy, Suite 1
Spokane 99218 467-4545
Provide Urgent care, work injuries, employment-listing.
Discounts cash pay program, available for uninsured clients.
Hours: 8-7, Mon-Fri; 9-5, Sat; 10-5, Sun.

Washington State Dental Association Outreach Program
Washington State Dental Association Outreach Program
altcew.org 458-2509
Reduced-fee dental program for seniors, disabled adults and Alzheimer’s patients. Volunteer WASDA members reduce fees by at least 25% for patients meeting criteria.

Second Harvest of the Inland NW
Second Harvest of the Inland NW
NW 1234 E Front 534-6678
Spokane 99202 800-662-3136
2-harvest.org
Supplies free food for hungry people. Call for distribution times and locations.

Brown Bag Program 534-6678
Brown Bag Program
Delivers commodities and food items to low-income, home-bound persons once a month.

Commodity Supplemental Food Program (CSFP)
Commodity Supplemental Food Program (CSFP)
1234 E Front Ave 534-6678
Spokane 99202
Provides commodities and food items to low-income children younger than 5-years-of-age and seniors 60 years and over. Once a month supplemental
food package with nutritional and community resource information may be picked up at CSFP food pantries or delivered to home-bound individuals.

Thrift Stores

Days & hours may vary:

<table>
<thead>
<tr>
<th>Store Name</th>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Discovery Shop</td>
<td>805 W Garland</td>
<td>328-9373</td>
</tr>
<tr>
<td>Global Neighborhood</td>
<td>902 W Indiana</td>
<td>868-0001</td>
</tr>
<tr>
<td>N.W. Christian Thrift Store</td>
<td>6607 N Maple</td>
<td>326-1522</td>
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<tr>
<td>Salvation Army Thrift Store</td>
<td>2020 N Division</td>
<td>325-6805</td>
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<tr>
<td>Teen Challenge Thrift Stores</td>
<td>2006 N Ash St</td>
<td>327-1383</td>
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<td></td>
<td>1919 E Sprague</td>
<td>534-0443</td>
</tr>
<tr>
<td>The Windfall - St. John’s Cathedral</td>
<td>1024 S Perry</td>
<td>534-3888</td>
</tr>
<tr>
<td>UGM Thrift Store</td>
<td>301 W Boone</td>
<td>326-3316</td>
</tr>
</tbody>
</table>

VALUE VILLAGE 325-2569
708 W Boone
VOA Thrift Store 327-4112
6206 E Trent

ENGLISH CLASSES

Barton School

318 S Cedar St 747-1058 x251
Spokane 99201
Offers one-on-one and small groups are tutored by a volunteer staff. Interviews students to establish needs, goals and individual programs of study.

Country Homes ESL School

8415 N Wall 466-3414
Spokane 99208 chchristian.org
Volunteers tutor immigrant adults and refugees in English.
Daily Dose
hjac@byu.net 448-5312
LDS volunteers provide free, conversational English lessons to function in the community.

Institute for Extended Learning ESL Program
ESL volunteers provide free, conversational English lessons.

ADULT EDUCATION CENTER
2917 W Ft George Wright Dr
Spokane 99224 533-4671

ESL Online Courses 533-8522
iel.spokane.edu/abe/esl.php
Offers English language classes providing competency in listening, speaking, writing, and observing. Prepares for job readiness, retention and advancement. Provides computer literacy and ESL specific software programs.

Spokane Public Schools
spokanepublicschools.org

ENGLISH LANGUAGE DEVELOPMENT - ELD PROGRAM 354-7304

FAMILY REGISTRATION AND ORIENTATION CENTER
354-5128
INTERPRETATION & TRANSLATION

Interpreter Services
Special Mobility Services

Serves as broker for oral interpreting in Spokane County/NE Wash. DSHS provides certified interpreters for Medicaid-paid appointments only. Medicaid providers can request service. Need 24-hour notice with coupon number, phone number, doctor’s/dentist’s name, address and phone, and appointment.

Spokane International Translation (Perciba)

502 E Third Ave 327-8064
Spokane 99201
spokanetranslations.com
Legal, business, medical, state court-ordered, phone and in-person translation. Written translation to or from any language.

LEGAL SERVICES

Center for Justice
35 W Main Ave, Suite 300
Spokane 99201 835-5211
cforjustice.org
Focuses on civil rights, discrimination, government accountability, poverty, and the
environment. Offers drivers relicensing and expungement.

Gonzaga School of Law Elder Law Clinic
Gonzaga School of Law Elder Law
2503 E. 5th Ave, 5th Floor
721 N Cincinnati 323-5791
Spokane 99258
Free to seniors 60+

HUD - Housing and Urban Development
HUD - ห้องปฏิบัติการในเมือง

35 W Main Ave, #250
Spokane 99202 325-2665
nwfairhouse.org 800-200-FAIR

Offers assistance/education on federal housing laws.
Provides housing counseling/information to landlords and tenants.

Northwest Justice Project
Northwest Justice Project
1702 W Broadway 324-9128
Spokane 99201 888-201-1019
nwjustice.org
Provides free civil (non-criminal) federally funded legal assistance to low-income residents of WA.

Northwest Fair Housing Alliance
Northwest Fair Housing Alliance
35 W Main Ave, #250
Spokane 99202 325-2665
nwfairhouse.org 800-200-FAIR
hhs.gov/ocr  800-368-1019
Assures equal access to Health and Human Services (HHS).
Investigates disability discrimination complaints on federal, state or local health and social services programs.

Volunteer Lawyer Program
Offers Bankruptcy Information Clinic, Divorce Advice Clinic, Family Law Advice and Housing Justice Project 1-4 pm, M-Th. Individual consultations, limited/full representation in civil law matters provided by volunteer attorneys. Available to low-income residents of Spokane County.

Unemployment Law Project
624-9178
Community Bldg/East
35 W Main Ave, Suite 370E
Spokane 99201  800-940-9178
unemploymentlawproject.org
Free legal assistance and info to people denied unemployment benefits. Offers services to anyone with a WA State claim.

Spokane Bar Association
Spokane
1704 W Broadway  324-0144
Spokane 99201
spokanebar.org
Offers Bankruptcy Information Clinic, Divorce Advice Clinic, Family Law Advice and Housing Justice Project 1-4 pm, M-Th. Individual consultations, limited/full representation in civil law matters provided by volunteer attorneys. Available to low-income residents of Spokane County.

Spokane Volunteer Lawyer Program
Volunteer Lawyer Program
Offers Bankruptcy Information Clinic, Divorce Advice Clinic, Family Law Advice and Housing Justice Project 1-4 pm, M-Th. Individual consultations, limited/full representation in civil law matters provided by volunteer attorneys. Available to low-income residents of Spokane County.
Washington State Human Rights Commission
Rock Pointe Plaza III  568-3196
1330 N Washington St Ste 2460
Spokane 99201  800-233-3247
hum.wa.gov
Investigates allegations of discrimination in employment, housing, public accommodation, credit and insurance. Offers educational programs on civil rights.

AARP - American Association of Retired Persons
aarp.org
800-424-3410
A membership organization for those 50+ provides positive social change and delivers value through advocacy and information on health, Medicare and Social Security.

SENIOR PROGRAMS

Aging & Long Term Care of Eastern WA – ALTCEW
1222 N Post St  458-2509
Spokane 99201  altcew.org
Provides community planning and advocacy. Funds a network of services to help seniors and adults with disabilities stay at home.

Elder Service
FRONTIER BEHAVIORAL HEALTH
5125 N Market St  458-7450
Spokane 99217
Strives to prevent premature or unnecessary hospitalization or nursing home placement.

2012-13 Elder Refugee Resource Directory 25
through in-home assessment, psychiatric care, respite care, family caregiver support and a 24-hour Information and Assistance Line for elders:

**TTY 835-1282**

Focal point of aging and long-term care service system, linking people to community services to maintain independence as long as possible.

**INFORMATION & ASSISTANCE/CASE MANAGEMENT**

458-7450

COPES PERSONAL CARE PROGRAM LONG TERM CASE MANAGEMENT

TTY 835-1282

Medicaid program provides personal care/household assistance to impaired persons 18+ in their homes, adult family homes, care or assisted living facilities.

**Medicaid Program**

323-9400

Prevention Education & Development Programs for Successful Aging – PED

315 W Mission, #22

326-1471

Spokane 99201

pedspokane.org

Researches, develops and offers educational programs to enhance aging for those 50+.

**Pedspokane.org**

26 2012-13 Elder Refugee Resource Directory
RSVP - Retired & Senior Volunteer Program YMCA

1126 N Monroe, 99201
ymcaspokane.org 344-7787

Respects connection between volunteering, spiritual growth and community health. Matches member interests and talents with one-time and ongoing volunteer opportunities in more than 100 Spokane County nonprofit and public organizations.

EMPLOYMENT & SMALL BUSINESS SUPPORT

Food Service Worker Permits

SPOKANE REGIONAL HEALTH DISTRICT

SPOKANE REGIONAL HEALTH DISTRICT

1101 W College Ave, #402
Spokane WA 99201 324-1563
www.srhd.org

Opportunity Center – YWCA

930 N Monroe, 99201
ywca.org/Spokane 789-9280

SNAP Refugee Business Development

Offers business establishment, development, and expansion assistance through programs.
including free courses and small business loans.

WorkSource

WorkSource

130 S Arthur  532-3000
Spokane 99202
Go2worksource.com
Connects job seekers and employers with enhanced services to empower our community.

IN-HOME CARE & RETIREMENT HOMES

DSHS Residential Care Services

Services  323-7304
Licenses and oversees adult family homes, boarding homes, nursing facilities and residential programs.

Home & Community Services- DSHS Spokane

1330 N Washington, Suite 3000  800-459-0421
Spokane 99201  323-9400
aasa.dshs.wa.gov
TTY456-2827

Services for elderly, functionally disabled and vulnerable adults

Home Care Referral Registry of Washington

Aging & Long Term Care (ALTCEW)

1222 N Post  458-2909
Spokane 99201  altcew.org
Helps find providers based on care needs, schedules and preferences.
Respite Care Relief for Care Givers
- Elder Services

Provides relief for family and unpaid caregivers of adults +18.

Medical Equipment & Supplies, & Mobility

HOSPITAL EQUIPMENT LOAN-SCOTTISH RITE
1108 W Riverside 624-5491
Spokane 99201

MEDICALERT & SAFE RETURN
alz.com 473-3390

MEDICARE DURABLE MEDICAL EQUIPMENT
800-583-2236

Mid-City Concerns/Meals on Wheels Spokane
1222 W 2nd 747-3257
Spokane 99201MOW 456-6597
mowspokane.org
Serves seniors and disabled in need of nutrition, advocacy, recreation and education.

Senior & Vulnerable Adult Services

CATHOLIC CHARITIES
12 E 5th Ave 459-6184
Spokane 99202
catholiccharitiesspokane.org
Support services for low-income elderly and adults with disabilities to improve quality of life and to promote independent living in their homes. Includes Senior
Nutrition, Foster Grandparents and Volunteer Chore Services.

Provides transportation, yard work and housekeeping to low-income seniors and adults with disabilities.

SNAP Long Term Care Ombudsman Program

SNAP တိုက်ရိုက်ကူညီချင်သူ အိမ်ထောင်းကူညီချင်သူ
3102 W Ft George Wright
Spokane 99224 456-7133
snapwa.org 800-660-713

Advocates for residents in nursing, adult and boarding homes. Trains and certifies volunteers to visit and monitor long-term care facilities.

Title XIX Medicaid Personal Care Program (MPC)

AGING & LONG TERM CARE OF EASTERN WASHINGTON (ALTCEW)

WASHINGTON
1222 N Post, Spokane 99201
altcew.org 458-2509

Provides personal care/household assistance to individuals 18+ with functional impairments such as bathing, dressing, shopping, walking, housekeeping, eating and transportation to medical providers.
Washington Residential Care Council (WSRCC)
Spokanewsrcc.org 888-439-8999
Adult Family Home Locator.

COMMUNITY CENTERS
Washington

Neighborhood-based support services and outreach, including gymnasium, conference rooms, senior center/senior nutrition, after and before schools programs, computer centers. Publishes a monthly newsletter.

Washington Residential Care Council (WSRCC)
Spokanewsrcc.org 888-439-8999

Adult Family Home Locator.

COMMUNITY CENTERS
Washington

Neighborhood-based support services and outreach, including gymnasium, conference rooms, senior center/senior nutrition, after and before schools programs, computer centers. Publishes a monthly newsletter.

East Central Community Center
500 S Stone 625-6699

West Central Community Center
1603 N Belt St 326-9540

Spokane 99202

Northeast Community Center
4001 N Cook 487-1603

Spokane 99205

Spokane 99207

http://necca.myspokane.net

ARTS & CULTURE

Libraries, City & County

Call for hours and services.

SPOKANE PUBLIC LIBRARIES

Downtown, 906 W Main 444-5300

spokanelibrary.org

East Side, 524 S Stone 444-5375

Hillyard, 4005 N Cook 444-5380

Indian Trail

4909 W Barnes

Shadle 444-5390

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HOSPICE CARE & GRIEF

Compassionate specialized care for people facing a life-limiting illness or injury. Involves a team-oriented approach to expert medical care, pain management, and emotional and spiritual support. Services provided for patient and loved ones.

Horizon Hospice LLC
123 W Cascade Way 489-4581
Spokane 99208
lguske@horizonhospice.com
horizonhospice.com

Hospice of Spokane
121 S Arthur 456-0438
Spokane 99202 888-459-0438
<table>
<thead>
<tr>
<th>Apartment Name, Address, Zip</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>5th &amp; Washington 419 S Washington St, 99204</td>
<td>838-6936</td>
</tr>
<tr>
<td>Alexandria Apts 623 S Howard, 99204</td>
<td>456-7106</td>
</tr>
<tr>
<td>Bel Franklin Apts 225 N Division St, 99202</td>
<td>443-4055</td>
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<tr>
<td>Belamy 2108 E First, 99202</td>
<td>456-7106</td>
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<tr>
<td>Bernadette Place 925 N A St, 99201</td>
<td>325-1847</td>
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<tr>
<td>Canterbury Court 1010 S Rockwood Blvd, 99202</td>
<td>624-1999/5678</td>
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<tr>
<td>Casas Salvadas 1024 W Boone Ave, 99201</td>
<td>232-0170 x 205</td>
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<tr>
<td>Casas Salvadas 1314 W Maxwell Ave, 99201</td>
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<tr>
<td>Casas Salvadas 704 S Sherman St, 99202</td>
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<tr>
<td>Casas Salvadas 1420 N Post St, 99205</td>
<td>232-0170 x 205</td>
</tr>
<tr>
<td>Casas Salvadas 807 W Augusta Ave, 99207</td>
<td>232-0170 x 205</td>
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<tr>
<td>Cathedral Plaza 1120 W Sprague Ave, 99201</td>
<td>747-6777</td>
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<tr>
<td>Catherine Johnson Ct 6321 E 4th Ave, 99202</td>
<td>532-8191</td>
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<tr>
<td>Cedar West 4018 W Rowan, 99205</td>
<td>327-2233</td>
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<tr>
<td>City Tri-Plex 818 W Riverside, 99201</td>
<td>459-6102</td>
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<tr>
<td>College Terrace Apts 4140-4160 W Ft Wright, 99224</td>
<td>327-2304</td>
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<tr>
<td>Collins Apts 204 S Wall, 99201</td>
<td>456-7106</td>
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<td>Coeur d’Alene Plaza 228 N Howard, 99201</td>
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<td>Cornerstone Courtyard 151 S Adams, 99201</td>
<td>624-5776</td>
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<tr>
<td>County Heights 6709 N Country Homes, 99208</td>
<td>327-7132</td>
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<td>Courtview 1217 N Madison, 99201</td>
<td>487-5530</td>
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<tr>
<td>Coventry Court 1600 W Pacific, 99204</td>
<td>455-8838</td>
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<td>D’Arcy Lee Apts 6120-6130 N Lidgerwood, 99208</td>
<td>483-3542</td>
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<td>The Delaney Apts 242 W Riverside, 99201</td>
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<tr>
<td>El Estero Apartments 2303 N Stone St, 99207</td>
<td>714-7251</td>
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<tr>
<td>Fahy Gardens 1411 W Dean Ave, 99201</td>
<td>326-6759</td>
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<tr>
<td>Fahy West 1523 W Dean Ave, 99201</td>
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<td>Friendship Gardens 201 E 5th Ave, 99204</td>
<td>536-1134</td>
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<td>Green Court 3207 E Carlisle, 99217</td>
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<td>Hamilton House 902 E Boone, 99202</td>
<td>483-9453</td>
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<td>Hart Terrace 3308 E 11th Ave, 99202</td>
<td>888-763-5368</td>
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<td>Heritage Heights 3818 N Cook, 99207</td>
<td>534-8245</td>
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<td>HiFumi En 826 E 8th Ave, 99202</td>
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<tr>
<td>Hope House 111 W Third Ave, 99201</td>
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<tr>
<td>Kensington Court</td>
<td>624-1956</td>
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<td>152-156 S Pine, 99202</td>
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<td>Keystone Corners</td>
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<td>2232 E 1st/24 S Crestline, 99202</td>
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<td>Liberty Park Terrace</td>
<td>534-7392</td>
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<tr>
<td>1401 E Hartson, 99202</td>
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<td>Lilac Plaza</td>
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<td>7007 N Wiscomb St, 99208</td>
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<td>Manito Gardens</td>
<td>624-7326</td>
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<td>500 E 29th Ave, 99202</td>
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<td>Metropole Apts</td>
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<td>Mt Vernon Terrace</td>
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<td>3102 S Mt Vernon St, 99223</td>
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<td>The Newark Apts</td>
<td>328-2953</td>
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<td>1104 E Newark, 99202</td>
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<td>The O’Malley</td>
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<td>707 E Mission, 99202</td>
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<td>Park Tower</td>
<td>487-1150</td>
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<td>217 W Spokane Falls Blvd, 99201</td>
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<td>Patrician Apts</td>
<td>456-7106</td>
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<tr>
<td>102 E. Second, 99201</td>
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<tr>
<td>The Parsons</td>
<td>624-0329</td>
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<td>108 S Jefferson, 99201</td>
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<tr>
<td>Pine Villa</td>
<td>467-6865</td>
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<tr>
<td>33 E Graves Rd, 99218</td>
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<td>Resident Court</td>
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<tr>
<td>1203 W Fifth, 99201</td>
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<tr>
<td>Richard Allen</td>
<td>536-4497</td>
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<td>600 S Richard Allen Ct, 99202</td>
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<td>Riverwalk I &amp; II</td>
<td>456-7106</td>
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<tr>
<td>5008 E Buckeye, 99217</td>
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<td>Apartment Name, Address, Zip</td>
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<td>Resident Court</td>
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<tr>
<td>Richard Allen</td>
<td>600 S Richard Allen Ct, 99202</td>
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<td>Riverwalk I &amp; II</td>
<td>5008 E Buckeye, 99217</td>
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<tr>
<td>Scattered-Sites Rental Project (VOA)</td>
<td>715 E Sprague Ste 102, 99201</td>
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<tr>
<td>Sharon Lord Apts</td>
<td>1203 &amp; 1207 N Madison, 99201</td>
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<tr>
<td>St Andrews Court</td>
<td>808 W Nora, 99205</td>
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<td>St Ann’s Apts</td>
<td>2117-23 E Pacific, 99202</td>
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<td>Triplex Project</td>
<td>1708-1730 E Boone, 99202</td>
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<td>Triplex Project</td>
<td>1721-1731 E Desmet, 99202</td>
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<td>Triplex Project</td>
<td>801-807 E Hartson, 99202</td>
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<tr>
<td>Vintage at Spokane</td>
<td>43 E Weile Ave, 99208</td>
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<td>Walnut Corners</td>
<td>1423 W Broadway, 99205</td>
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<td>Westfall Village</td>
<td>3724 N Cook, 99207</td>
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<td>Wilton Apts</td>
<td>156-1/2 S Browne St, 99201</td>
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<td>Winchester Court</td>
<td>4101 N Cook, 99207</td>
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<td>Woodhaven Apts</td>
<td>12424 N Fairwood Dr, 99201</td>
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### SENIOR NUTRITION

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<tr>
<th>Organization</th>
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<th>Time/Day</th>
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<tbody>
<tr>
<td>American Indian Center</td>
<td>535-0886</td>
<td>noon, M-F</td>
</tr>
<tr>
<td>Clare House</td>
<td></td>
<td>11:30, M-F</td>
</tr>
<tr>
<td>Corbin Senior Center</td>
<td></td>
<td>noon, M-Th</td>
</tr>
<tr>
<td>Delaney Apts</td>
<td></td>
<td>11:30, MTh</td>
</tr>
<tr>
<td>East Central Senior Center</td>
<td>625-6693</td>
<td>noon, M-F</td>
</tr>
<tr>
<td>Hillyard Senior Center</td>
<td>482-0803</td>
<td>noon, M-Th;</td>
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<tr>
<td></td>
<td></td>
<td>11:45, F</td>
</tr>
<tr>
<td>Mid City Concerns Senior Center</td>
<td>747-3257/</td>
<td>11:30, M-F</td>
</tr>
<tr>
<td></td>
<td>456-6597</td>
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<tr>
<td>Sinto Senior Activity Center</td>
<td>327-2861</td>
<td>11:30, M-F</td>
</tr>
<tr>
<td>Southside Senior Activity Center</td>
<td>535-0803</td>
<td>noon, MWF</td>
</tr>
<tr>
<td>St Aloysius Senior Center</td>
<td>313-5896</td>
<td>lunch, 1st Th</td>
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<tr>
<td></td>
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<td>$6.00, RSVP</td>
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### FOOD & CLOTHING BANKS

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hours</th>
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<tbody>
<tr>
<td>All Saints Lutheran Pantry</td>
<td>838-4409</td>
<td>X</td>
<td></td>
<td></td>
<td>10-2, M-Th</td>
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<tr>
<td>American Indian Center</td>
<td>535-0886</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9-4:30 MTF, 1-4:30 Th</td>
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<tr>
<td>Berachah Food Bank</td>
<td>747-6035</td>
<td>X</td>
<td></td>
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<td>1st W</td>
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<tr>
<td>Better Living Center</td>
<td>325-1258</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9-6, T; 9-2 Th</td>
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<tr>
<td>Caritas Outreach Ministries</td>
<td>326-2249</td>
<td>X</td>
<td></td>
<td></td>
<td>10-1, M-W, Th</td>
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<tr>
<td>Clothes Closet - Central Lutheran</td>
<td>624-9233</td>
<td>X</td>
<td></td>
<td></td>
<td>1-3, W</td>
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<tr>
<td>Clothing Closet - St Andrews</td>
<td>481-1167</td>
<td></td>
<td></td>
<td></td>
<td>11:30-1, M-Th</td>
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</tbody>
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2012-13 Elder Refugee Resource Directory 37
<table>
<thead>
<tr>
<th>Organization Address</th>
<th>Phone</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hours</th>
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<tbody>
<tr>
<td>East Central Community Center 500 S Stone, 99202</td>
<td>625-6699</td>
<td>X</td>
<td>X</td>
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<td>8:30-4, M-F</td>
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<tr>
<td>Labor of Love - Jesus is the Answer, 1803 E DeSmet, 99202</td>
<td>536-4803</td>
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<tr>
<td>New Hope Ranch Food Bank 2524 E Queen, 99217</td>
<td>487-2160</td>
<td>X</td>
<td></td>
<td></td>
<td>12-4, MW</td>
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<td>NW Ecumenical Food Bank 3908 N Driscoll, 99205</td>
<td>325-4541</td>
<td>X</td>
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<td>9:30-12:30, 2nd/last T</td>
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<td>Off-Broadway Family Outreach Broadway &amp; Nettleton, 99201</td>
<td>998-4096, 998-2630</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9:30-1, M</td>
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<td>Our Place Ministries 1500 W College, 99201</td>
<td>326-7267</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>10-12:30, MTTh</td>
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<td>Peaceful Valley Center 214 N Cedar St, 99201</td>
<td>624-8634</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>FB:10:30-12:30, F; CB: 9-3, M-F</td>
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<tr>
<td>St Peter Lutheran Food Bank 4620 N Regal, 99207</td>
<td>487-4843</td>
<td>X</td>
<td>X</td>
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<td>8-11:30, F</td>
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<tr>
<td>Salvation Army 204 E Indiana, 99207</td>
<td>325-6821</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9-5, MTThF, 1-7 W</td>
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<tr>
<td>Serve Spokane 8303 N Division St, 99208</td>
<td>444-8445</td>
<td>X</td>
<td></td>
<td></td>
<td>10-noon, 2nd &amp; 4th Sat</td>
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<td>SNAP Northeast Food Bank 4001 N Cook, 99207</td>
<td>487-1114</td>
<td>X</td>
<td></td>
<td></td>
<td>1-3, M-F, 2-4, T</td>
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<tr>
<td>Spokane Community Warehouse 800 N Hamilton, 99201</td>
<td>991-9345</td>
<td></td>
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<td>X</td>
<td>N/A</td>
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<td>Store House, The - Calvary Bapt., 207 E 3rd St, 99202</td>
<td>747-8793</td>
<td>X</td>
<td>X</td>
<td></td>
<td>9-1, MW</td>
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<td>Union Gospel Mission 1224 E Trent, 99202</td>
<td>535-8510</td>
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<td></td>
<td>X</td>
<td>8-9, M-WF; 9-10, Th</td>
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<td>Westminster Presbyterian Food Bank 2705 W Boone, 99201</td>
<td>329-0351</td>
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<td>11-1:45, W,F</td>
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