TABLE OF CONTENTS

Emergencies/आपत्तिकालिन अवस्थाहरु 2
Government/सरकार 3
Financial Assistance/आर्थिक सहायता 5
Immigration & Refugee Services/दर्शान्तररबासी र शरणार्थी सेवाहरु 7
Housing Rentals/किरायामा घर 8
Home Maintenance/घर सम्बन्ध 9
Home Ownership/गृह प्रमुखत्व अधिकार 10
Transportation/गृह प्रभुत्व अधिकार 10
Hospitals & Clinics/अस्पताल तथा बीमारी हिरस्व उपचार सेवा 11
Food and Clothing/स्नान र अर्द्ध 15
English Classes/अंग्रेजी क्लासेस 16
Interpretation & Translation/भाषान्तरण र अनुवाद 17
Legal Services/कानूनी सेवाहरु 18
Senior Programs/विच्छेद नागरिक कार्यक्रम 20
Employment & Small Business Support/रोजगार तथा साना व्यवसायिक आधार 21
In-Home Care & Retirement Homes/होम केयर र सेवानिवृत्ति होम्स 22
Community Centers/समुदायक केन्द्रहरु 24
Arts & Culture, Media/कला र संस्कृति 25
Hospice Care & Grief/धमेर्माला देखेने र शो 25

Tables:
Apartment Rentals 26
Senior Nutrition 30
Food & Clothing Banks 30
<table>
<thead>
<tr>
<th>Emergency</th>
<th>Contact Information</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergencies, Ambulance, Fire &amp; Police</td>
<td>911</td>
<td>आपत्तिकाल, एम्ब्लेंस, र प्रहरी</td>
</tr>
<tr>
<td>Alternatives to Domestic Violence</td>
<td>326-1190</td>
<td>घरेलु हिंसासाको बिकल्पहरू</td>
</tr>
<tr>
<td>Child Protective Services (CPS)</td>
<td>363-3333</td>
<td>बच्चों संरक्षण सेवाहरू (CPS)</td>
</tr>
<tr>
<td>Emergency response for children, foster care, child abuse and neglect.</td>
<td></td>
<td>बालबच्चोको पालन र पोषण, बालदवाल्याबाटर र बेबासाको प्रति आपत्कालिन अनौक्याको लागि</td>
</tr>
<tr>
<td>Crosswalk/क्रॉसवॉक</td>
<td>838-6596</td>
<td>Emergency for teens, and support and resources for homeless teens.</td>
</tr>
<tr>
<td>First Call for Help</td>
<td>877-678-4428</td>
<td>मददको लागि पहिलो कल</td>
</tr>
<tr>
<td>Free 24-hour telephone assistance, referrals, supportive listening, and links to individuals/community agencies. Service offered by Spokane Behavioral Health.</td>
<td></td>
<td>व्यापारी इलाकाहरूमा सुरक्षा बनाउने गर्न गर्नको हो</td>
</tr>
<tr>
<td>Poison Control Center</td>
<td>800-222-1222</td>
<td>व्यापारी इलाकाहरूमा सुरक्षा बनाउने गर्न गर्नको हो</td>
</tr>
<tr>
<td>SAFe-T-Sexual Assault</td>
<td>624-7273</td>
<td>झोली र उबचार (पहाड र जंगलमा)</td>
</tr>
<tr>
<td>Search and Rescue (Mountain and Wilderness)</td>
<td>911</td>
<td>झोली र उबचार (पहाड र जंगलमा)</td>
</tr>
<tr>
<td>Senior Abuse Hotline</td>
<td>866-END-HARM (363-4276)</td>
<td>Hotline for abuse in senior care facilities.</td>
</tr>
<tr>
<td>Spokane COPS Administration (Community Oriented Policing Services)</td>
<td>835-4592</td>
<td>स्पोकेन प्रहरी</td>
</tr>
<tr>
<td>Provides a combined community-policing effort to restore the safety of neighborhoods and business districts.</td>
<td>835-5495</td>
<td>स्पोकेन प्रहरी प्रशासन समुदायमूलक गो एक समुदाय र धर्माल्याकर्षक प्रहरी प्रयत्न हो जसले छिडिमक र व्यापारी इलाकहरूमा सुरक्षा बनाउने गर्न गर्नको हो</td>
</tr>
<tr>
<td>901 N Monroe</td>
<td>835-4592</td>
<td>स्पोकेन प्रहरी प्रशासन समुदायमूलक गो एक समुदाय र धर्माल्याकर्षक प्रहरी प्रयत्न हो जसले छिडिमक र व्यापारी इलाकहरूमा सुरक्षा बनाउने गर्न गर्नको हो</td>
</tr>
<tr>
<td>Spokane 99201</td>
<td>835-5495</td>
<td>स्पोकेन प्रहरी प्रशासन समुदायमूलक गो एक समुदाय र धर्माल्याकर्षक प्रहरी प्रयत्न हो जसले छिडिमक र व्यापारी इलाकहरूमा सुरक्षा बनाउने गर्न गर्नको हो</td>
</tr>
</tbody>
</table>
COPS NORTHEAST 625-3343
COPS NORTH HILL 625-3346
COPS NORTHWEST 625-3336
COPS SOUTHEAST 625-3326
COPS WEST 625-3340

Spokane County Sheriff
स्पोकेन प्रांत मुख्य प्रशासनिक अधिकारी
spokanesherriff.org 477-2240

NEIGHBORHOOD WATCH
सामाजिक निगरानी 477-3055

CRIME PREVENTION
बपराघ रोकथाम 477-2592

Spokane Police
सामाजिक निगरानी
Public Safety Bldg 458-5980
1100 W Mallon, Spokane 99260
spokanepolice.org

CRIME PREVENTION
बपराघ रोकथाम 625-4079

CRIME REPORTING CENTER
बपराघ पत्रिबेदन केन्द्र 456-2233
OMBUDSMAN 625-6742

Vanessa Behan Crisis Nursery
सांपट नंसारी 535-3155
Free 24 Hour crisis child care
(from birth-6 years).
(जन्म से छठे वर्ष सम्मका लागि)

Washington State Patrol
वाशिंगटन राज्य गस्ती 227-6566

Wild Fire Reports 800-562-6010
जङ्गला आगलागीको विवरणको लागि

GOVERNMENT
सरकार

DSHS Community Service Offices (CSO)
सामुदायिक सेवा कार्यलयहरू

ACCESS SPOKANE CSO
1313 N Maple 877-501-2233
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.
(यसले कम आय भएको व्यक्ति रपरिवारलाई आर्थिक, खाद्य तथा स्वास्थ्य सहायता उपलब्ध गराउँदै हो। कम आय भएको अभिभावकहरूलाई रोजगारी विलाउँदै वस्तु गर्न साथै कामकाजी परिवारका लागि अनुपूर्त वार्ता हरेकाह उपलब्ध गराउँदै हो।)

Internal Revenue Service (IRS)
आत्मनिर्भर राजस्व सेवा
930 W Riverside 353-0508
Spokane 99201
irs.gov
- Federal tax questions
(संवैधानिक कर सम्बन्धी प्रश्नहरू)
800-829-1040TTY 800-829-4059
- Refund info
(बौद्धिक सुन्दर नसलेका लागि 800-829-4477)
- Tax forms 800-829-3676
(र्ग ५ वटा सम्बन्ध जानकारीको लागि)

Responsible for examinations, collections, taxpayers services

2012-13 Elder Refugee Resource Directory 3
and criminal investigation. Information and referrals provided on other questions. No tax assistance provided over the phone.

Spokane City/스포케인 시

Switchboard  755-CITY
Spokanecity.org

Business Licenses

व्यापार अनुमति पत्र  625-6070

Parks & Recreation

पार्क तथा मनोरंजन  625-6200

Phone Payment  877-578-2200

Street Maintenance & Pothole Hotline

सड़क मरम्मतमार्ग तथा डेल निकासका लागि सिघे समय  625-7733

Utilities Bill Info & Questions

सार्वजनिक सेवाको विल सम्बन्धी जानकारी र प्रश्नहरूको लागि  625-6270

(Water & trash/पानी र फोटोर मैला)

Spokane County/스포케인 प्रांत

1116 W Broadway  477-2265
Spokane 99260
spokanecounty.org

Assessors  477-3698

Property Taxes, Treasury  477-4713

सम्मति तथा आयकर मुल्यांकन अधिकारी

Birth & Death Certificates

जन्म तथा मृत्यु दर्ताको प्रमाणपत्रहरूको लागि
Spokane Regional Health District

1101 W College Ave
Spokane 99201  324-1500

$30 for Vital Records

अत्यावश्यक अभिलेख (रकम्ड) वापत $30 शुल्क लाग्नेछ।

Marriage Licenses

विवाह अनुमति पत्र  477-2271

Licenses for $55

प्रमाणपत्रहरूको शुल्क रहेको $55  477-2260

Family Law Center  477-2211

पारिवारीक कानून केन्द्र

Spokane County
Superior Court Clerk

वरिष्ठ अदालत किरानी (वरिष्ठ राखेने अधिकारी)

Divorce Info  477-7612/5702

परमाणुको 99० प्रमाणपत्र सम्बन्धी जानकारीको लागि Divorce records, parenting plan, probate records.  477-2211

परमाणुको अभिलेख हेरेको अभिमानीय योजना, प्रमाणित इन्च पत्र र बोसियतको अभिलेख

Parks and Recreation

पार्क तथा मनोरंजन सम्बन्धमा  477-4730

Voting (Registration)

मतदान (दत्ता) को लागि  477-2320

Spokane Public Schools

स्पोकेन जसरकारी विद्यालयहरू

200 N Bernard St  354-5900
Spokane 99201
spokaneschools.org

Spokane Regional Solid Waste

स्पोकेन शृंखला ठोस अपशिष्ट

स्पोकेन शृंखला ठोस रंग, काम नलाम्ने बस्तु
solidwaste.org/  625-7878
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
Customer Help-Line 800-562-6150
Community Service Voice Mail, Spokane Office 456-7106
dshs.wa.gov/wtap.shtm
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

Centers for Medicaid & Medicare Services

Office of the Inspector General Fraud Hotline 800-447-8477

Medicare Customer Services medicare.gov 800-663-2427

Washington Medicare & Medicaid

Washington Prescription Drug Program 800-913-4146

RxHelp for Washington

Visit local CSO office of DSHS.

Prescription Assistance

Benefit Check Up / लाभ जांच

Benefitscheckup.org

Prescription Drug Assistance Program (MTGMEDS)

981-6420

Washington Prescription Drug Program 800-913-4146

RX Help for Washington

RX Help for Washington
Protective Payee Program
(सरक्षणात्मक तत्तवप्राप्त कार्यक्रम)
Receives/disburses funds for clients on Disability Life Line and SSI (Supplemental Security Income) because of mismanagement of funds or mental incapacity. Provides self-sufficiency training in money management and financial counseling.

Spokane County Assessor’s,
Senior Citizen’s, Disabled Persons Exemption Section
स्पोकेन प्रांत मन्त्री निधारण विभाग, ज्येष्ठ नागरिको को अपाहिता भएका व्यायतिकाको लागि छुट साख्का
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)
राज्यस्तरीय स्वास्थ्य विमा सुविधा सल्लाहकारहुर
AGING & LONG TERM CARE OF EASTERN WASHINGTON (ALTCEW)
1222 N Post 625-4801
Spokane 99201 insurance.wa.gov
Trained volunteers provide seniors information on health insurance rights and options.

Social Security Administration
सामाजिक सुरक्षा प्रशासन
714 N Ironbridge Way, Suite 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.

ARC of Spokane, The 328-6326
CORD - COALITION OF RESPONSIBLE DISABLED TDD 326-6355 877-606-2680
GOODWILL 462-0513
SKILS’KIN 327-9134

Social Security Administration
सामाजिक सुरक्षा प्रशासन
714 N Ironbridge Way, Suite 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.

Statewide Health Insurance Benefits Advisors (SHIBA)
राज्यस्तरीय स्वास्थ्य विमा सुविधा सल्लाहकारहुर
AGING & LONG TERM CARE OF EASTERN WASHINGTON (ALTCEW)
1222 N Post 625-4801
Spokane 99201 insurance.wa.gov
Trained volunteers provide seniors information on health insurance rights and options.

Social Security Administration
सामाजिक सुरक्षा प्रशासन
714 N Ironbridge Way, Suite 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.

ARC of Spokane, The 328-6326
CORD - COALITION OF RESPONSIBLE DISABLED TDD 326-6355 877-606-2680
GOODWILL 462-0513
SKILS’KIN 327-9134

Social Security Administration
सामाजिक सुरक्षा प्रशासन
714 N Ironbridge Way, Suite 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.

Statewide Health Insurance Benefits Advisors (SHIBA)
राज्यस्तरीय स्वास्थ्य विमा सुविधा सल्लाहकारहुर
AGING & LONG TERM CARE OF EASTERN WASHINGTON (ALTCEW)
1222 N Post 625-4801
Spokane 99201 insurance.wa.gov
Trained volunteers provide seniors information on health insurance rights and options.

Social Security Administration
सामाजिक सुरक्षा प्रशासन
714 N Ironbridge Way, Suite 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.

Statewide Health Insurance Benefits Advisors (SHIBA)
राज्यस्तरीय स्वास्थ्य विमा सुविधा सल्लाहकारहुर
AGING & LONG TERM CARE OF EASTERN WASHINGTON (ALTCEW)
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

Offers referral services, counseling and immigration benefits to refugees.

Global Neighborhood

Improves lives of refugees through building relationships, English, employment and cultural awareness.

Immigration and Refugee Services of America (IRSA)

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

US Citizenship and Immigration Services (USCIS)

Establishes...
immigration policies and priorities.

World Relief Spokane
1522 N Washington St, Suite #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.

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

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

Kiemle & Hagood Co (K&H)
601 W Main Ave, Suite 400
Spokane 99201  755-7555
khco.com

Northeast Washington Housing Solutions (NEWHS)
55 W Mission, Suite 104  328-2953
Spokane 99201  TDD323-9502
spokanehousing.org
Wait List Hotline  252-7122

SNAP Affordable Rental Program/सस्ता किराया कार्यक्रम
Coast Management Services - Call 747-2914 or 487-7701 for an application./ निवेदनको लागि

Spokane Low Income Housing Consortium (SLIHC)
स्पोकेन निम्न आय आवास
720 W Boone Ave, Suite 101
Spokane 99201  325-3235
slihc.org  onestophousing.org

Housing Rental किरायामा घर
**HOME MAINTENANCE**

**Recycling Hotline or Info**

**ACTION RECYCLING**
911 E Marietta

**EARTHWORKS RECYCLING, INC**
1904 E Broadway

**SPOKANE RECYCLING PRODUCTS**
3407 E Main

**SNAP Energy Resource**

**SNAP Minor Home Repair/Weatherization**

**SustainableWorks**

**Wood Smoke Information**

**HOME OWNERSHIP**

**Habitat For Humanity**

---

**SNAP Energy Resource Assistance**

3102 W Ft George Wright Dr
Sno 99224

**SNAP Minor Home Repair/Weatherization**

**SustainableWorks**

**Wood Smoke Information**

---

**SNAP Energy Resource Assistance**

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

**SNAP Minor Home Repair/Weatherization**

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

**SustainableWorks**

Does energy efficiency audits and retrofits for residential homes in Spokane.

**Wood Smoke Information**

**HOME OWNERSHIP**

**Habitat For Humanity**

---

**Habitat For Humanity - Spokane**

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
बंधक सहायता कार्यक्रम
500 S Stone 456-7106 x3
Spokane 99202 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.

AMTRAK STATION - TRAIN
amtrak.com 800-872-7245
GREYHOUND - BUS 800-229-9429
greyhound.com

Care Cars For Elders
ELDER SERVICES
जून्नुब्जुड़ा हे रचाह - जून्नुब्जुड़ा से बाहरु
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
सिटी बस, स्पोकेन ट्राइनज यातायात
Routes 328-RIDE
1130 W Boone Ave 325-6000
Spokane 99201
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-schedules services.

TRANSPORTATION
यातायात

Bus & Train, Regional & National
बस, रेल क्षेत्रीय राष्ट्रीय
221 W 1st Ave, Spokane 99201

Same-day trip requests are on a space available basis.
Drivers’ Licenses
सवारीचालक अनुमतिपत्र

NORTHSIDE 482-3882
6519 N Lidgerwood St, 99208

SPOKANE VALLEY 921-2358
12801 E Sprague, 99212

Special Mobility Services
विशेष गतिशीलता सेवाएं
3102 E Trent, Suite 210 534-9760
Spokane 99202 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
वाहन लाइसेंसिंग
Spokane County Court 477-2222

HOSPITALS & CLINICS
अस्पताल तथा बहिर्भाषा उपचार सेवा

CHAS - Community Health Association of Spokane
203 N Washington, Suite 300
Spokane 99201 444-8888
chas.org Billing/बिउलिंग: 444-7880
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.

Vehicle Licensing
वाहन लाइसेंसिंग
Spokane County Court 477-2222
2012-13 Elder Refugee Resource Directory 11
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/     क्रिस्ट क्लिनिक
914 W Carlisle     325-0393
Spokane 99205
christclinic.org

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. Offers a Chemical Dependency Unit.

Providence Adult Day Health
6018 N Astor       482-2475
Spokane 99208     phc.org

Offers support and rehabilitative services for frail, vulnerable elderly and impaired adults.

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

Project Access/     प्रैजेक्ट एक्सेस
Orange Flag Building 532-8877
104 S Freya, Suite 114
Spokane 99202

Provides low-cost, non-emergency medical care.

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

Regional Support Networks
DSHS MENTAL HEALTH DIVISION
SPOKANE REGIONAL SUPPORT NETWORKS
क्षेत्रीय सहायता संगठन - मानसिक स्वास्थ्य स्पोकेन क्षेत्रीय समर्थन नेटवर्क
312 W 8th Ave, 3rd Flr 477-5722
Spokane 99204 800-273-5864
OMBUDS SERVICES 866-814-3904 477-4666
24 HR CRISIS LINE 877-678-4428
24 घंटे संकट लाइन
spokanecounty.org/mental health

Riverstone Family Health, Northeast Clinic
रिवरस्टोन फ्यामिली हेल्थ नोर्थइस्ट क्लिनिक
4001 N Cook St 483-3427
Spokane 99207 yvfwc.org
Provides a full range of medical services, prenatal care and delivery. Includes dental clinic.

Rockwood Clinic
400 E 5th Ave 838-2531
Spokane 99202 rockwoodclinic.com
Outside Spokane 800-776-4048
Urgent Care Center 838-2531
ROCKWOOD NORTH CLINIC 755-5340
9001 N Country Homes Blvd
NORTHPOINTE 342-3010
605 E Holland Ave, Suite 200
QUAIL RUN CLINIC 755-5250
2214 E 29th

Spokane Community Care
स्पोकेन सामुदायिक सेवा
1330 N Washington, Suite 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
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
स्पोकेन काउंटी मेडिकल सोसाइटी
104 S Freya, Suite 114 325-5010
Spokane 99202
Provides telephone-only referrals to physicians who accept medical coupons, serves low-income or provides services for a reduced fee. Provides information about physicians based on location, medical speciality and medical insurance requirements.

Spokane Falls Family Clinic
स्पोकेन फल्स फामिली बिलिनिक
120 W Mission Ave 326-4343
Spokane 99201 yvfwc.org
Offers a full range of medical services, prenatal care and delivery. Includes dental clinic and pharmacy.

Spokane Regional Health District Public Health Clinic
स्पोकेन रिजियनल स्वास्थ्य विभाग जिला सार्वजनिक स्वास्थ्य बिलिनिक
1101 W College Ave 324-1600
Spokane 99201 srhd.org
Offers immunizations, flu shot and travel vaccines; HIV and tuberculosis testing; head lice checks, refugee screening. Fees may be reduced. Medical coupons accepted. Clinic hours: T-Th 8-5, F 9:30-5.

यहाँ बोध दिनहुँ, फ्लू के साथ एड्स र टिबी १० जापी बिलिनिक, हेद हाइड परिशिष्टा गिरिन्द्र, शरणार्थीहरूको स्वास्थ्य परिष्करण करिन्द्र। शुल्क कम पाई गरिन्द्र। मेडिकल कुपन स्वीकार गरिन्द्र। बिलिनिक सेवा: मीडिया देखिए।
US Health Medical Clinics

9222 N Newport Hwy, Suite 1
Spokane 99218 467-4545


Washington State Dental Association Outreach Program

2005 E 29th Ave 747-0770

Provides a 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 Northwest

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

Delivers commodities and food items to low-income, home-bound persons once a month. Commodities are provided to home-bound individuals. Information may be picked up at CSFP food pantries or delivered to home-bound individuals.

Commodity Supplemental Food Program (CSFP) 534-6678

1234 E Front Ave, Spokane 99202

Provides commodities and food items to low-income children younger than five years old 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.
**ENGLISH CLASSES  
अंग्रेजी क्लासेस**

<table>
<thead>
<tr>
<th>Barton School</th>
<th>318 S Cedar St</th>
<th>747-1058 x251</th>
<th>Spokane 99201</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Offers one-on-one and small groups are tutored by a volunteer staff. Students are interviewed to establish needs, goals and individual programs of study.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Country Homes ESL School</td>
<td>8415 N Wall</td>
<td>466-3414</td>
<td>Spokane 99208</td>
</tr>
<tr>
<td></td>
<td>Offers one-on-one and small groups are tutored by a volunteer staff. Students are interviewed to establish needs, goals and individual programs of study.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Daily Dose</td>
<td><a href="mailto:hjcav@byu.net">hjcav@byu.net</a></td>
<td>448-5312</td>
<td>LDS volunteers provide free, conversational English lessons to function in the community.</td>
</tr>
<tr>
<td></td>
<td>LDS volunteers provide free, conversational English lessons to function in the community.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Thrift Stores / ठिकाने का एड्जेंट स्टोर**

<table>
<thead>
<tr>
<th>Days &amp; hours may vary:</th>
<th>दिन और समय पर भर्ती पर्यावरण सम्मिलित होगा</th>
</tr>
</thead>
<tbody>
<tr>
<td>DISCOVERY SHOP</td>
<td>805 W Garland 328-9373</td>
</tr>
<tr>
<td>GLOBAL NEIGHBORHOOD</td>
<td>902 W Indiana 868-0001</td>
</tr>
<tr>
<td>NW CHRISTIAN THRIFT STORE</td>
<td>6607 N Maple 326-1522</td>
</tr>
<tr>
<td>SALVATION ARMY THRIFT STORE</td>
<td>2020 N Division 325-6805</td>
</tr>
<tr>
<td>TEEN CHALLENGE THRIFT STORE</td>
<td>2006 N Ash St 327-1383</td>
</tr>
<tr>
<td></td>
<td>1919 E Sprague 534-0443</td>
</tr>
<tr>
<td>THE WINDFALL - ST JOHN’S CATHEDRAL</td>
<td>1024 S Perry 534-3888</td>
</tr>
<tr>
<td>UGM THRIFT STORE</td>
<td>301 W Boone 326-3316</td>
</tr>
<tr>
<td>VALUE VILLAGE</td>
<td>325-2569</td>
</tr>
<tr>
<td>708 W Boone</td>
<td></td>
</tr>
<tr>
<td>VOA THRIFT STORE</td>
<td>327-4112</td>
</tr>
<tr>
<td>6206 E Trent</td>
<td></td>
</tr>
</tbody>
</table>
Institute for Extended Learning  
ESL Program  
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.

ADULT EDUCATION CENTER  
2310 N Monroe  
HILLYARD ADULT EDUCATION CENTER  
4410 N Market St  
MAGNUSON BLDG  
2917 W Ft George Wright Dr  
SPOKANE COMMUNITY COLLEGE  
1810 N Greene St

Spokane Public Schools  
спо́кен п́ублик ску́л  
spokanepublicschools.org  
ENGLISH LANGUAGE DEVELOPMENT - ELD PROGRAM  
354-7304  
अंग्रेजी भाषा विकाश काईकम

FAMILY REGISTRATION AND ORIENTATION CENTER  
354-5128  
परिवार पत्तीकरण र अन्तर्निर्णय केन्द्र

INTERPRETATION & TRANSLATION  
भाषान्तरण र अनुवाद

Interpreter Services: Special Mobility Services  
भाषान्तरण सेवाहरू: विशेष परिवर्तनीय सेवाहरू  
534-2016  
800-710-5030  
Serves as a 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 client’s name, medical coupon number, phone number, doctor’s/dentist’s name, address and phone, and appointment.

 commentator क्षेत्र र उत्तर पूर्व बाङ्गालीमा मौजूद भाषान्तरणमा दलालको रूपमा सेवा गर्दछ । (DSHS) ने Medicaid संग सलगन Appointment को लागि मात्र भाषान्तरक अनुमानितप्रबाहक उपलब्ध गराउँदछ । Medicaid संग सलगनहरूलाई यो सुविधा पाउँदछन् । यो सेवा लिनिको लागि तपाईले व्यक्तिको नाम, मेडिकल कूपन नम्बर, फोन नम्बर, चिकित्सक/दन्तचिकित्सकको नाम, ठेगाना र फोन नम्बर र समयांश 24 घण्टा अगाईौं उपलब्ध गर्नु।
Spokane International Translation (Perciba) 327-8064
502 E Third Ave, Spokane 99201
spokanetranslations.com
Does legal, business, medical, state court-ordered, phone and in-person translation. Written translation to or from any language.

Center for Justice / न्याय केन्द्र
35 W Main, Suite 300 835-5211
Spokane 99201
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 323-5791
721 N Cincinnati, Spokane 99258
Free to seniors 60+.

Legal Services कानूनी सेवाएं

HUD - Housing and Urban Development 368-3200
920 W Riverside, Suite 588
Spokane 99201  hud.go
Housing Discrimination Hotline 800-669-9777
Housing Counseling and Referral Line 800-569-4287

Northwest Fair Housing Alliance उत्तर पश्चिम निपक्ष घरनिर्माण संगठन
35 W Main Ave, #250 325-2665
Spokane 99202 800-200-FAIR
nwfairhouse.org
Offers assistance/education on federal housing laws. Provides housing counseling/information to landlords and tenants.

NW Justice Project 324-9128
उत्तरपश्चिम न्याय परियोजना
1702 W Broadway, Spo 99201
nwjustice.org 800-200-FAIR
Provides free civil (non-criminal) federally funded legal assistance to low-income residents of Washington.
Volunteer Lawyers Program
Spokane Bar Association
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.

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

Washington State Human
Rights Commission
Rock Pointe Plaza III  568-3196
1330 N Washington St, Suite 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.

Elder Services/ জেডো সেনে বাহঙু
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 Services/ জেডো সেনে বাহঙু
Spokane Behavioral Health
5125 N Market St 458-7450
Spokane 99217
Strives to prevent premature or unnecessary hospitalization or nursing home placement through in-home assessment, psychiatric care, respite care, family caregiver support and its 24-hour Information and Assistance Line for elders:

TTY 835-1282

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

Aging & Long Term Care of Eastern WA – ALTCEW
বৃহত্বস্তা তথা দীর্ঘকালীন হেরচাহ, পূর্ব বাশিঙ্গটন
1222 N Post St 458-2509

COPES PERSONAL CARE PROGRAM
LONG TERM CASE MANAGEMENT
কঠিন ব্যক্তিগত দেশ,- শোনা কার্যকলাপ লোনা টেম্পুরান প্রথম 323-9400
Medicaid program provides personal care/household assistance to impaired persons
18+ in their homes, adult family homes, care or assisted living facilities.

**EMPLOYMENT & SMALL BUSINESS SUPPORT**

**Food Service Worker Permits**
खाद्यवस्तु हातच्या छून, विशेष गरि रेष्टोरेंट होटलमा अनुमति पत्र
SPOKANE REGIONAL HEALTH DISTRICT
1101 W College Ave, #402
Spokane 99201 324-1563
www.srhd.org

**Opportunity Center – YWCA**
अवसर केन्द्र
930 N Monroe 789-9280
Spokane 99201 ywca.org/Spokane

**RSVP - Retired & Senior Volunteer Program**
YMCA
सेवा वातनवृत्ता र वरिष्ठ स्वयंसेवी कार्यकर्म
907 W Boone St 344-7787
Spokane 99201 ymcaspokane.org
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.

**INFORMATION & ASSISTANCE/CASE MANAGEMENT**
458-7450
सूचना र सहायता, प्रकरण प्रबङ्धन
Focal point of aging and long-term care service system, linking people to community services to maintain independence as long as possible.

**Prevention Education & Development Programs for Successful Aging – PED**
रोकथाम सफल उमेर बढनको लागि शिक्षा र विकास कार्यकर्म
315 W Mission, #22 326-1471
Spokane 99201 pedspokane.org
Researches, develops and offers educational programs to enhance aging for those 50+.

**Employment & Small Business Support**
रोजगार तथा साना व्यवसायिक आधार

**INFORMATION & ASSISTANCE/CASE MANAGEMENT**
458-7450
सूचना र सहायता, प्रकरण प्रबङ्धन
Focal point of aging and long-term care service system, linking people to community services to maintain independence as long as possible.

**Prevention Education & Development Programs for Successful Aging – PED**
रोकथाम सफल उमेर बढनको लागि शिक्षा र विकास कार्यकर्म
315 W Mission, #22 326-1471
Spokane 99201 pedspokane.org
Researches, develops and offers educational programs to enhance aging for those 50+.

**Employment & Small Business Support**
रोजगार तथा साना व्यवसायिक आधार

**INFORMATION & ASSISTANCE/CASE MANAGEMENT**
458-7450
सूचना र सहायता, प्रकरण प्रबङ्धन
Focal point of aging and long-term care service system, linking people to community services to maintain independence as long as possible.

**Prevention Education & Development Programs for Successful Aging – PED**
रोकथाम सफल उमेर बढनको लागि शिक्षा र विकास कार्यकर्म
315 W Mission, #22 326-1471
Spokane 99201 pedspokane.org
Researches, develops and offers educational programs to enhance aging for those 50+.

**Employment & Small Business Support**
रोजगार तथा साना व्यवसायिक आधार

**INFORMATION & ASSISTANCE/CASE MANAGEMENT**
458-7450
सूचना र सहायता, प्रकरण प्रबङ्धन
Focal point of aging and long-term care service system, linking people to community services to maintain independence as long as possible.

**Prevention Education & Development Programs for Successful Aging – PED**
रोकथाम सफल उमेर बढनको लागि शिक्षा र विकास कार्यकर्म
315 W Mission, #22 326-1471
Spokane 99201 pedspokane.org
Researches, develops and offers educational programs to enhance aging for those 50+.

**Employment & Small Business Support**
रोजगार तथा साना व्यवसायिक आधार

**INFORMATION & ASSISTANCE/CASE MANAGEMENT**
458-7450
सूचना र सहायता, प्रकरण प्रबङ्धन
Focal point of aging and long-term care service system, linking people to community services to maintain independence as long as possible.

**Prevention Education & Development Programs for Successful Aging – PED**
रोकथाम सफल उमेर बढनको लागि शिक्षा र विकास कार्यकर्म
315 W Mission, #22 326-1471
Spokane 99201 pedspokane.org
Researches, develops and offers educational programs to enhance aging for those 50+.

**Employment & Small Business Support**
रोजगार तथा साना व्यवसायिक आधार

**INFORMATION & ASSISTANCE/CASE MANAGEMENT**
458-7450
सूचना र सहायता, प्रकरण प्रबङ्धन
Focal point of aging and long-term care service system, linking people to community services to maintain independence as long as possible.

**Prevention Education & Development Programs for Successful Aging – PED**
रोकथाम सफल उमेर बढनको लागि शिक्षा र विकास कार्यकर्म
315 W Mission, #22 326-1471
Spokane 99201 pedspokane.org
Researches, develops and offers educational programs to enhance aging for those 50+.
IN-HOME CARE & RETIREMENT HOMES
होम केयर र सेवानिवृत्ति होम्स

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

WorkSource / रोजगार श्रौत
130 S Arthur 532-3000
Spokane 99202
Go2worksource.com
Connects job seekers and employers with enhanced services to empower the community.

Home Care Referral Registry of Washington
वाशिंगटन होम केयर रेफरल रजिस्ट्री

Home Care Referral Registry of Washington
वाशिंगटन होम केयर रेफरल रजिस्ट्री

SNAP Refugee Business Development
स्नाप शरणार्थी व्यावसायिक विकाश
franson@snapwa.org
snapwa.org 456-7174 x110
Offers business establishment, development and expansion assistance through programs including free courses and small business loans.

Home & Community Services- DSHS Spokane
घर र सामुदायिक सेवा 323-9400
1330 N Washington, Suite 3000
Spokane 99201 800-459-0421
aasa.dshs.wa.gov TTY456-2827
Services for elderly, functionally disabled and vulnerable adults.

Home Care Referral Registry of Washington
वाशिंगटन होम केयर रेफरल रजिस्ट्री

Home Care Referral Registry of Washington
वाशिंगटन होम केयर रेफरल रजिस्ट्री

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

Medical Alert & Safe Return

alz.com

MEDICARE DURABLE MEDICAL EQUIPMENT

(Volunteer Chore Service)

Mid-City Concerns/Meals on Wheels Spokane

Senior & Vulnerable Adult Services - Catholic Charities

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.

Volunteer Chore Service

Provides transportation, yard work and housekeeping to low-income seniors and adults with disabilities.
SNAP Long Term Care Ombudsman Program
3102 W Ft George Wright
Spokane 99224 456-7133
snapwa.org 800-660-7133
Advocates for residents in nursing, adult and boarding homes. Trains and certifies volunteers to visit and monitor long-term care facilities.

Washington Residential Care Council (WSRCC)
Spokanewsrrcc.org 888-439-8999
Adult Family Home Locator.

COMMUNITY CENTERS

SNAP Long Term Care Ombudsman Program
3102 W Ft George Wright
Spokane 99224 456-7133
snapwa.org 800-660-7133
Advocates for residents in nursing, adult and boarding homes. Trains and certifies volunteers to visit and monitor long-term care facilities.

Washington Residential Care Council (WSRCC)
Spokanewsrrcc.org 888-439-8999
Adult Family Home Locator.

Title XIX Medicaid Personal Care Program (MPC)
Aging & Long Term Care of Eastern Washington (ALTCEW)
1222 N Post 458-2509
Spokane 99201 altcew.org
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)
Spokanewsrrcc.org 888-439-8999
Adult Family Home Locator.

COMMUNITY CENTERS

SNAP Long Term Care Ombudsman Program
3102 W Ft George Wright
Spokane 99224 456-7133
snapwa.org 800-660-7133
Advocates for residents in nursing, adult and boarding homes. Trains and certifies volunteers to visit and monitor long-term care facilities.

Washington Residential Care Council (WSRCC)
Spokanewsrrcc.org 888-439-8999
Adult Family Home Locator.

COMMUNITY CENTERS

SNAP Long Term Care Ombudsman Program
3102 W Ft George Wright
Spokane 99224 456-7133
snapwa.org 800-660-7133
Advocates for residents in nursing, adult and boarding homes. Trains and certifies volunteers to visit and monitor long-term care facilities.

Washington Residential Care Council (WSRCC)
Spokanewsrrcc.org 888-439-8999
Adult Family Home Locator.

COMMUNITY CENTERS

SNAP Long Term Care Ombudsman Program
3102 W Ft George Wright
Spokane 99224 456-7133
snapwa.org 800-660-7133
Advocates for residents in nursing, adult and boarding homes. Trains and certifies volunteers to visit and monitor long-term care facilities.

Washington Residential Care Council (WSRCC)
Spokanewsrrcc.org 888-439-8999
Adult Family Home Locator.

COMMUNITY CENTERS

SNAP Long Term Care Ombudsman Program
3102 W Ft George Wright
Spokane 99224 456-7133
snapwa.org 800-660-7133
Advocates for residents in nursing, adult and boarding homes. Trains and certifies volunteers to visit and monitor long-term care facilities.

Washington Residential Care Council (WSRCC)
Spokanewsrrcc.org 888-439-8999
Adult Family Home Locator.

COMMUNITY CENTERS

SNAP Long Term Care Ombudsman Program
3102 W Ft George Wright
Spokane 99224 456-7133
snapwa.org 800-660-7133
Advocates for residents in nursing, adult and boarding homes. Trains and certifies volunteers to visit and monitor long-term care facilities.

Washington Residential Care Council (WSRCC)
Spokanewsrrcc.org 888-439-8999
Adult Family Home Locator.

COMMUNITY CENTERS

SNAP Long Term Care Ombudsman Program
3102 W Ft George Wright
Spokane 99224 456-7133
snapwa.org 800-660-7133
Advocates for residents in nursing, adult and boarding homes. Trains and certifies volunteers to visit and monitor long-term care facilities.

Washington Residential Care Council (WSRCC)
Spokanewsrrcc.org 888-439-8999
Adult Family Home Locator.

COMMUNITY CENTERS

SNAP Long Term Care Ombudsman Program
3102 W Ft George Wright
Spokane 99224 456-7133
snapwa.org 800-660-7133
Advocates for residents in nursing, adult and boarding homes. Trains and certifies volunteers to visit and monitor long-term care facilities.

Washington Residential Care Council (WSRCC)
Spokanewsrrcc.org 888-439-8999
Adult Family Home Locator.

COMMUNITY CENTERS

SNAP Long Term Care Ombudsman Program
3102 W Ft George Wright
Spokane 99224 456-7133
snapwa.org 800-660-7133
Advocates for residents in nursing, adult and boarding homes. Trains and certifies volunteers to visit and monitor long-term care facilities.

Washington Residential Care Council (WSRCC)
Spokanewsrrcc.org 888-439-8999
Adult Family Home Locator.

COMMUNITY CENTERS

SNAP Long Term Care Ombudsman Program
3102 W Ft George Wright
Spokane 99224 456-7133
snapwa.org 800-660-7133
Advocates for residents in nursing, adult and boarding homes. Trains and certifies volunteers to visit and monitor long-term care facilities.

Washington Residential Care Council (WSRCC)
Spokanewsrrcc.org 888-439-8999
Adult Family Home Locator.

COMMUNITY CENTERS
Northeast Community Center
उत्तरपूर्वीय सामुदायिक केंद्र
4001 N Cook 487-1603
Spokane 99207
http://necca.myspokane.net

West Central Community Center
ध्यपाश्चात्य सामुदायिक केंद्र
1603 N Belt St 326-9540
Spokane 99205  myspokane.net/wccc

HOSPICE CARE & GRIEF
धर्मशाला देखभाल र शोक

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 for patient and loved ones.

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

Hospice of Spokane 456-0438
121 S Arthur 888-459-0438
Spokane 99210

ARTS & CULTURE
कला र संस्कृति

Libraries, City & County
पुस्तकालयहरू शहर र क्षेत्रसमय र सेवाको लागि टेलिफोन सम्पर्क गर्नु हो स
Call for hours and services.
Downtown, 906 W Main
spokanelibrary.org 444-5300
East Side, 524 S Stone 444-5375
Hillyard, 4005 N Cook 444-5380
Indian Trail 444-5395
4909 W Barnes
Shadle 444-5390
2111 W Wellesley
South Hill, 3324 S Perry 444-5385
North Spokane County 893-8350
44 E Hawthorne scld.org

2012-13 Elder Refugee Resource Directory 25
<table>
<thead>
<tr>
<th>Apartment Name, Address, Zip</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>5th &amp; Washington</strong></td>
<td></td>
</tr>
<tr>
<td>419 S Washington St, 99204</td>
<td>838-6936</td>
</tr>
<tr>
<td><strong>Alexandria Apts</strong></td>
<td></td>
</tr>
<tr>
<td>623 S Howard, 99204</td>
<td>456-7106</td>
</tr>
<tr>
<td><strong>Bel Franklin Apts</strong></td>
<td></td>
</tr>
<tr>
<td>225 N Division St, 99202</td>
<td>443-4055</td>
</tr>
<tr>
<td><strong>Belamby</strong></td>
<td></td>
</tr>
<tr>
<td>2108 E First, 99202</td>
<td>456-7106</td>
</tr>
<tr>
<td><strong>Bernadette Place</strong></td>
<td></td>
</tr>
<tr>
<td>925 N A St, 99201</td>
<td>325-1847</td>
</tr>
<tr>
<td><strong>Canterbury Court</strong></td>
<td></td>
</tr>
<tr>
<td>1010 S Rockwood Blvd, 99202</td>
<td>624-1999/5678</td>
</tr>
<tr>
<td><strong>Casas Salvadas</strong></td>
<td></td>
</tr>
<tr>
<td>1024 W Boone Ave, 99201</td>
<td>232-0170 x 205</td>
</tr>
<tr>
<td><strong>Casas Salvadas</strong></td>
<td></td>
</tr>
<tr>
<td>1314 W Maxwell Ave, 99201</td>
<td>232-0170 x 205</td>
</tr>
<tr>
<td><strong>Casas Salvadas</strong></td>
<td></td>
</tr>
<tr>
<td>704 S Sherman St, 99202</td>
<td>232-0170 x 205</td>
</tr>
<tr>
<td><strong>Casas Salvadas</strong></td>
<td></td>
</tr>
<tr>
<td>1420 N Post St, 99205</td>
<td>232-0170 x 205</td>
</tr>
<tr>
<td><strong>Casas Salvadas</strong></td>
<td></td>
</tr>
<tr>
<td>807 W Augusta Ave, 99207</td>
<td>232-0170 x 205</td>
</tr>
<tr>
<td><strong>Cathedral Plaza</strong></td>
<td></td>
</tr>
<tr>
<td>1120 W Sprague Ave, 99201</td>
<td>747-6777</td>
</tr>
<tr>
<td><strong>Catherine Johnson Ct</strong></td>
<td></td>
</tr>
<tr>
<td>6321 E 4th Ave, 99202</td>
<td>532-8191</td>
</tr>
<tr>
<td><strong>Cedar West</strong></td>
<td></td>
</tr>
<tr>
<td>4018 W Rowan, 99205</td>
<td>327-2233</td>
</tr>
<tr>
<td><strong>City Tri-Plex</strong></td>
<td></td>
</tr>
<tr>
<td>818 W Riverside, 99201</td>
<td>459-6102</td>
</tr>
<tr>
<td><strong>College Terrace Apts</strong></td>
<td></td>
</tr>
<tr>
<td>4140-4160 W Ft Wright, 99224</td>
<td>327-2304</td>
</tr>
<tr>
<td><strong>Collins Apts</strong></td>
<td></td>
</tr>
<tr>
<td>204 S Wall, 99201</td>
<td>456-7106</td>
</tr>
<tr>
<td>Apartment Name, Address, Zip</td>
<td>Phone</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>-----------</td>
</tr>
<tr>
<td>Coeur d’Alene Plaza, 228 N Howard, 99201</td>
<td>456-8726</td>
</tr>
<tr>
<td>Cornerstone Courtyard, 151 S Adams, 99201</td>
<td>624-5776</td>
</tr>
<tr>
<td>County Heights, 6709 N Country Homes, 99208</td>
<td>327-7132</td>
</tr>
<tr>
<td>Courtyard, 1217 N Madison, 99201</td>
<td>487-5530</td>
</tr>
<tr>
<td>Coventry Court, 1600 W Pacific, 99204</td>
<td>455-8838</td>
</tr>
<tr>
<td>D'Arcy Lee Apts, 6120-6130 N Lidgerwood, 99208</td>
<td>483-3542</td>
</tr>
<tr>
<td>The Delaney Apts, 242 W Riverside, 99201</td>
<td>747-5081</td>
</tr>
<tr>
<td>El Estero Apartments, 2303 N Stone St, 99207</td>
<td>714-7251</td>
</tr>
<tr>
<td>Fahy Gardens, 1411 W Dean Ave, 99201</td>
<td>326-6759</td>
</tr>
<tr>
<td>Fahy West, 1523 W Dean Ave, 99201</td>
<td>326-6759</td>
</tr>
<tr>
<td>Friendship Gardens, 201 E 5th Ave, 99204</td>
<td>536-1134</td>
</tr>
<tr>
<td>Green Court, 3207 E Carlisle, 99217</td>
<td>456-7106</td>
</tr>
<tr>
<td>Hamilton House, 902 E Boone, 99202</td>
<td>483-9453</td>
</tr>
<tr>
<td>Hart Terrace, 3308 E 11th Ave, 99202</td>
<td>888-763-5368</td>
</tr>
<tr>
<td>Heritage Heights, 3818 N Cook, 99207</td>
<td>534-8245</td>
</tr>
<tr>
<td>HiFumi En, 826 E 8th Ave, 99202</td>
<td>534-2339</td>
</tr>
<tr>
<td>Hope House, 111 W Third Ave, 99201</td>
<td>455-2886</td>
</tr>
<tr>
<td>Apartment Name, Address, Zip</td>
<td>Phone</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-----------</td>
</tr>
<tr>
<td>Kensington Court 152-156 S Pine, 99202</td>
<td>624-1956</td>
</tr>
<tr>
<td>Keystone Corners 2232 E 1st/24 S Crestline, 99202</td>
<td>456-7106</td>
</tr>
<tr>
<td>Liberty Park Terrace 1401 E Hartson, 99202</td>
<td>534-7392</td>
</tr>
<tr>
<td>Lilac Plaza 7007 N Wiscomb St, 99208</td>
<td>489-7612</td>
</tr>
<tr>
<td>Manito Gardens 500 E 29th Ave, 99202</td>
<td>624-7326</td>
</tr>
<tr>
<td>Metropole Apts 178 ½ S Howard, 99201</td>
<td>838-6541</td>
</tr>
<tr>
<td>Mt Vernon Terrace 3102 S Mt Vernon St, 99223</td>
<td>536-1168</td>
</tr>
<tr>
<td>The Newark Apts 1104 E Newark, 99202</td>
<td>328-2953</td>
</tr>
<tr>
<td>The O’Malley 707 E Mission, 99202</td>
<td>624-7326</td>
</tr>
<tr>
<td>Park Tower 217 W Spokane Falls Blvd, 99201</td>
<td>487-1150</td>
</tr>
<tr>
<td>Patrician Apts 102 E. Second, 99201</td>
<td>456-7106</td>
</tr>
<tr>
<td>The Parsons 108 S Jefferson, 99201</td>
<td>624-0329</td>
</tr>
<tr>
<td>Pine Villa 33 E Graves Rd, 99218</td>
<td>467-6865</td>
</tr>
<tr>
<td>Resident Court 1203 W Fifth, 99201</td>
<td>456-7106</td>
</tr>
<tr>
<td>Richard Allen 600 S Richard Allen Ct, 99202</td>
<td>536-4497</td>
</tr>
<tr>
<td>Riverwalk I &amp; II 5008 E Buckeye, 99217</td>
<td>456-7106</td>
</tr>
<tr>
<td>Apartment Name, Address, Zip</td>
<td>Phone</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>---------------</td>
</tr>
<tr>
<td>Resident Court 1203 W Fifth, 99201</td>
<td>456-7106</td>
</tr>
<tr>
<td>Richard Allen 600 S Richard Allen Ct, 99202</td>
<td>536-4497</td>
</tr>
<tr>
<td>Riverwalk I &amp; II 5008 E Buckeye, 99217</td>
<td>456-7106</td>
</tr>
<tr>
<td>Scattered-Sites Rental Project (VOA) 715 E Sprague Ste 102, 99201</td>
<td>232-0170 x 206</td>
</tr>
<tr>
<td>Sharon Lord Apts 1203 &amp; 1207 N Madison, 99201</td>
<td>624-5133</td>
</tr>
<tr>
<td>St Andrews Court 808 W Nora, 99205</td>
<td>326-6506</td>
</tr>
<tr>
<td>St Ann’s Apts 2117-23 E Pacific, 99202</td>
<td>456-7106</td>
</tr>
<tr>
<td>Triplex Project 1708-1730 E Boone, 99202</td>
<td>535-0898</td>
</tr>
<tr>
<td>Triplex Project 1721-1731 E Desmet, 99202</td>
<td>535-0898</td>
</tr>
<tr>
<td>Triplex Project 801-807 E Hartson, 99202</td>
<td>535-0898</td>
</tr>
<tr>
<td>Vintage at Spokane 43 E Weile Ave, 99208</td>
<td>487-7070</td>
</tr>
<tr>
<td>Walnut Corners 1423 W Broadway, 99205</td>
<td>327-2133</td>
</tr>
<tr>
<td>Westfall Village 3724 N Cook, 99207</td>
<td>487-5244</td>
</tr>
<tr>
<td>Wilton Apts 156-1/2 S Browne St, 99201</td>
<td>624-9778</td>
</tr>
<tr>
<td>Winchester Court 4101 N Cook, 99207</td>
<td>979-7886</td>
</tr>
<tr>
<td>Woodhaven Apts 12424 N Fairwood Dr, 99201</td>
<td>466-8444</td>
</tr>
</tbody>
</table>
### SENIOR NUTRITION

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone #</th>
<th>Time/Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Indian Center</td>
<td>535-0886</td>
<td>noon, M-F</td>
</tr>
<tr>
<td>801 E 2nd Ste 10, 99202</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clare House</td>
<td></td>
<td>11:30, M-F</td>
</tr>
<tr>
<td>4827 S Palouse Hwy, 99223</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corbin Senior Center</td>
<td></td>
<td>noon, M-Th</td>
</tr>
<tr>
<td>827 W Cleveland, 99201</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Delaney Apts</td>
<td></td>
<td>11:30, MTh</td>
</tr>
<tr>
<td>242 W Riverside Ave, 99201</td>
<td></td>
<td></td>
</tr>
<tr>
<td>East Central Senior Center</td>
<td>625-6693</td>
<td>noon, M-F</td>
</tr>
<tr>
<td>500 S Stone, 99202</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hillyard Senior Center</td>
<td>482-0803</td>
<td>noon, M-Th;</td>
</tr>
<tr>
<td>4001 N Cook, 99207</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>
<td></td>
</tr>
<tr>
<td>Sinto Senior Activity Center</td>
<td>327-2861</td>
<td>11:30, M-F</td>
</tr>
<tr>
<td>1124 W Sinto, 99201</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Southside Senior Activity Center</td>
<td>535-0803</td>
<td>noon, MWF</td>
</tr>
<tr>
<td>3151 E 27th Ave, 99223</td>
<td></td>
<td></td>
</tr>
<tr>
<td>St Aloysius Senior Center</td>
<td>313-5896</td>
<td>lunch, 1st Th</td>
</tr>
<tr>
<td>330 E Boone, 99201</td>
<td></td>
<td>$6.00, RSVP</td>
</tr>
</tbody>
</table>

### FOOD & CLOTHING BANKS

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone #</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organization</td>
<td>Address</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All Saints Lutheran Pantry</td>
<td>314 S Spruce St, 99201</td>
<td>838-4409</td>
<td>X</td>
<td></td>
<td>10-2, M-Th</td>
</tr>
<tr>
<td>American Indian Center</td>
<td>801 E 2nd, Suite 10, 99202</td>
<td>535-0886</td>
<td>X</td>
<td>X</td>
<td>9-4:30 MTF, 1-4:30 Th</td>
</tr>
<tr>
<td>Berachah Food Bank</td>
<td>1225 N Cochran, 99201</td>
<td>747-6035</td>
<td>X</td>
<td></td>
<td>1st W</td>
</tr>
<tr>
<td>Better Living Center</td>
<td>25 E North Foothills, 99207</td>
<td>325-1258</td>
<td>X</td>
<td>X</td>
<td>9-6, T; 9-2 Th</td>
</tr>
<tr>
<td>Caritas Outreach Ministries</td>
<td>2919 N Monroe, 99205</td>
<td>326-2249</td>
<td>X</td>
<td></td>
<td>10-1, MWTh</td>
</tr>
<tr>
<td>Clothes Closet - Central Lutheran</td>
<td>512 S Bernard St, 99204</td>
<td>624-9233</td>
<td>X</td>
<td></td>
<td>1-3, W</td>
</tr>
<tr>
<td>Clothing Closet - St Andrews</td>
<td>2404 N Howard</td>
<td>481-1167</td>
<td>X</td>
<td></td>
<td>11:30-1, M-Th</td>
</tr>
</tbody>
</table>

30  2012-13 Elder Refugee Resource Directory
<table>
<thead>
<tr>
<th>Organization Address</th>
<th>Phone</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Central Community Center</td>
<td>625-6699</td>
<td>X</td>
<td>X</td>
<td></td>
<td>8:30-4, M-F</td>
</tr>
<tr>
<td>Labor of Love - Jesus is the Answer</td>
<td>536-4803</td>
<td>X</td>
<td></td>
<td></td>
<td>varies</td>
</tr>
<tr>
<td>New Hope Ranch Food Bank</td>
<td>487-2160</td>
<td>X</td>
<td></td>
<td></td>
<td>12-4, MW</td>
</tr>
<tr>
<td>NW Ecumenical Food Bank</td>
<td>325-4541</td>
<td>X</td>
<td></td>
<td></td>
<td>9:30-12:30, 2nd/last T</td>
</tr>
<tr>
<td>Off-Broadway Family Outreach</td>
<td>998-4096</td>
<td>X</td>
<td>X</td>
<td></td>
<td>9:30-1, M</td>
</tr>
<tr>
<td>Our Place Ministries</td>
<td>326-7267</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>10-12:30, MTTh</td>
</tr>
<tr>
<td>Peaceful Valley Center</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>
</tr>
<tr>
<td>St Peter Lutheran Food Bank</td>
<td>487-4843</td>
<td>X</td>
<td></td>
<td></td>
<td>8-11:30, F</td>
</tr>
<tr>
<td>Salvation Army</td>
<td>325-6821</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9-5, MTThF, 1-7 W</td>
</tr>
<tr>
<td>Serve Spokane</td>
<td>444-8445</td>
<td>X</td>
<td></td>
<td></td>
<td>10-noon, 2nd &amp; 4th Sat</td>
</tr>
<tr>
<td>SNAP Northeast Food Bank</td>
<td>487-1114</td>
<td>X</td>
<td></td>
<td></td>
<td>1-3, M-F, 2-4, T</td>
</tr>
<tr>
<td>Spokane Community Warehouse</td>
<td>991-9345</td>
<td>X</td>
<td></td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Store House, The - Calvary Bapt.</td>
<td>747-8793</td>
<td>X</td>
<td>X</td>
<td></td>
<td>9-1, MW</td>
</tr>
<tr>
<td>Union Gospel Mission</td>
<td>535-8510</td>
<td>X</td>
<td></td>
<td></td>
<td>8-9, M-WF; 9-10, Th</td>
</tr>
<tr>
<td>Westminster Presbyterian Food Bank</td>
<td>329-0351</td>
<td>X</td>
<td></td>
<td></td>
<td>11-1:45, W,F</td>
</tr>
<tr>
<td>YWCA Our Sister’s Closet</td>
<td>326-1190</td>
<td>X</td>
<td></td>
<td></td>
<td>9-4:30, M-F</td>
</tr>
</tbody>
</table>