

Senior Centers & Programs

idahoseniors.net
MatureandSeniorLivingChoices.com
PrimeNW.com
spokanevrcc.org
SeniorPages.com
<http://spokanewa.innovaging.com>

AARP

aarp.org 800-424-3410
 ID 866-295-7284 WA 866-227-7457
 55 ALIVE SAFE DRIVING CLASSES
aarp.org/families/driver_safety/
 Allows seniors to earn a discount on auto insurance.
 GRANDPARENTS INFO CNTR 202-434-2296
 AARP/IRS TAX-AIDE SITE
 INFORMATION 888-227-7669

Alzheimer's/Dementia Resources

ALZHEIMER'S ASSOCIATION alzwa.org
 CDA BRANCH OFFICE 208-666-2996
 SPOKANE OFFICE 456-0456 x8313
 SEATTLE HEADQUARTERS: 456-0456
 Provides information, education, referral and support services to families affected with any type of dementia. Territory is Washington and North Idaho.
 ALZHEIMER'S DISEASE EDUCATION AND REFERRAL CENTER 800-438-4380
 ALZHEIMER'S FOUNDATION OF AMERICA alzfdn.org 866-232-8484
 THE ALZHEIMER'S STORE alzstore.com 800-752-3238
 DEMENTIA PREVENTION NORTHWEST LLC
 1912 N Division, Ste 102
 Spokane 99207 328-6731
dementiapreventionnw.org
 Wendy Moore 294-1324

Advocacy & Networking

waseniorlobby.org
 SENIOR ACTION NETWORK OF EASTERN WA info@sanewa.org
 Pres: Vince McPhail sanewa.org
 Provides a networking forum to promote the exchange of ideas, enhance opportunities for business development, promote healthy independence and security for seniors and provide volunteer goods, services or labor for senior related charitable causes and community outreach events.
 SENIOR LEGISLATIVE COALITION OF EASTERN WA
 1207 E Columbia Ave 484-4319
 Spokane 99208 Rose Schultz,
 John Gormlry, Joyce Wright
 Senior issues and social justice advocacy in long-term care.

Aging & Long Term Care of Eastern WA - ALTCEW

458-2509
 1222 N Post St, Spokane 99201
action@altcew.org altcew.org
 Dir: Lynn Kimball
 A resource for independent- living and community-based services in Eastern Washington.
 STATEWIDE HEALTH INSURANCE BENEFITS ADVISORS (SHIBA) 800-562-6900

action@altcew.org 458-2509
altcew.org/shiba
 Provides free, unbiased information and counseling on Medicare and Medicaid coverage.

Aging Studies 359-4538

EWU SCHOOL OF SOCIAL WORK
 Center for the Studies on Aging
 Senior Hall Rm 116, Cheney 99004
kstansbury@ewu.edu
ewu.edu/csbsw/programs/aging-studies.xml Fax: 359-6475
 Prepares students for careers in services to older persons.

Area Agency on Aging of North Central Idaho

COMMUNITY ACTION PARTNERSHIP
 124 New Sixth St 208-798-4194
 Lewiston 83501 800-877-3206
cap4action.org/PSAgencyOnAging.html
 Designated Aging and Disability Resource Connections/Area Agency on Aging for Clearwater, Idaho, Latah, Lewis and Nez Perce Counties.

Area Agency on Aging of North Idaho 208-667-3179

NORTH IDAHO COLLEGE aaani.org
 2120 Lakewood Dr, Ste B
 Coeur d'Alene 83814 800-786-5536
InfoAssist@aaani.org Fax: 667-5938
 Dir: Dan English
 Assist Dir, Fiscal and Contracts Mgr: Marilyn Anders
 Provides answers on aging issues in Benewah, Bonner, Boundary, Kootenai and Shoshone counties.

Corbin Senior Activity Center

827 W Cleveland 327-1584
 Spokane 99205 Fax: 327-9162
info@corbinseniorcenter.org
corbinseniorcenter.org
 Jeff Edwards, Heidi Wehr

Deer Park Senior Center

Deer Park City Hall, Lower Level
 E316 Crawford St 276-2411
 PO Box 842, Deer Park 99006
cjeffery@ccspokane.org
 Mgr: Cordelia Jeffery
 Senior nutrition program \$3.50 donation, hot meal site at noon.
 Senior activities, bingo, cards and holiday celebrations. Age 60+.
 Handicap accessible.

DSHS Residential Care Services

316 W Boone, Ste 170, Spokane 99201
dshs.wa.gov/altsa/residential-care-services/
 District Admin: Shirlee Steiner
 Sec: Shelley Engle 323-7304
 Licenses and oversees adult family homes, boarding homes, nursing facilities and residential programs.
 ID NURSING HOME SERVICES, DEPT OF HEALTH & WELFARE 866-255-1190



Aging & Long Term Care OF EASTERN WASHINGTON

Community Living Connections

- Information, Referral & Options Counseling

Senior Services

- Adult Day Care
- Bathing Assistance
- Dental Access
- Group Meal Sites
- Home Delivered Meals
- Legal Assistance
- Medication Management
- Minor Home Repair
- Senior Employment
- Transportation

Caregivers and Families

- Caregiver Training and Registry
- Family and Kinship Caregiver Support

Community Services

- Care Coordination
- Falls Prevention Classes
- Chronic Disease Self Management
- Medicaid In-Home Care Management
- Medicare and Medicaid Counseling

To access these services and others, call:

Spokane County:
 Community Living Connections (509) 960-7281
 Stevens, Pend Oreille & Ferry (Tri) Counties:
 Rural Resources Community Action 800-873-5889
 Whitman County:
 Rural Resources Community Action 800-873-5889
 For other states and counties 800-677-1116
 Eldercare Locator Eldercare.gov

ADVOCACY • ACTION • ANSWERS

Aging & Long Term Care
 1222 N. Post St.
 Spokane WA 99201
 509-458-2509 www.altcew.org

Hillyard Senior Center

NE COMMUNITY CENTER 482-0803
4001 N Cook, Spokane 99207
hillyardseniorcenter@yahoo.com
hillyardseniorcenter.org
Social, education and recreation programs for seniors. Lunches for 60+ five days/week—reserve in advance. Community college classes in writing, arts and exercise. Weekly day trips, tours and crafts. Dance first Weds.

Medicare/Medicaid Services

MyMedicare.gov 800-MEDICARE
MEDICARE OFFICE
7500 Security Blvd 800-633-4227
Baltimore 21244 TTY 877-486-2048
www.medicare.gov
CENTERS FOR MEDICAID & MEDICARE SERVICES cma.hhs.gov 800-MEDICARE
COORDINATED CARE
877-644-4613 TDD/TTY 866-862-9360
coordinatedcarehealth.com
OFFICE OF THE INSPECTOR GENERAL
FRAUD HOTLINE 800-447-8477
MEDICARE CUSTOMER SERVICES
medicare.gov 800-663-4227
benefitsfitscheckup.org
ID MEDICAID 866-686-4272
-Enrollment & Asst 877-456-1233
healthandwelfare.idaho.gov
APPLE HEALTH (FORMERLY MEDICAID)
hca.wa.gov/medicaid/Pages/index.aspx
Application is through
wahealthplanfinder.org
MEDICAID TRANSPORTATION/AMERICAN
MEDICAL RESPONSE 800-296-0509
Service in Idaho 877-503-1261
idahonemt.net/
MEDICARE 458-7450/800-737-0617
Visit local CSO office of DSHS.
SOCIAL SECURITY ADMINISTRATION
714 N Ironbridge Way, Ste 100
Spokane 99202 800-772-1213
socialsecurity.gov TDD800-325-0778

Senior Centers

Provide social services & activities.
BAYVIEW COMMUNITY CENTER 683-8040
PO Box 493, 83803 683-2951
BLANCHARD AREA SENIORS INC, BASIC
685 Rusho Ln 208-437-1037
PO Box 127 Blanchard 83804
blanchardidaho.net
CHENEY SENIOR CITIZENS' CLUB 235-6196
Sessions Village Community Center
2221 N 6th St, Cheney 99004
CHEVELAH SENIOR CITIZENS CENTER
302 E Main, 99109 935-6204
EARL HILTON JR. SENIOR CENTER
CHENEY PARKS & RECREATION
DEPARTMENT 235-6196
Wren Pierson Community Center
624 3rd St, Cheney 99004
GOLDEN AGES CLUB OF MEDICAL LAKE
PO Box 999, 99022 299-7360
HARRISON SENIOR CITIZENS CENTER
103 W Pine, 83833 208-689-3557
HAYDEN SENIOR GEMS 208-762-7052
9428 N Government Way, 83835
<http://haydenseniorcenter.org/>

KELLOGG SENIOR CENTER 783-4581
211 McKinley Ave, 838 37
NORTH STAR SENIOR CENTER
8414 N Wall St, 99208 466-6350
SAGLE SENIOR, INC 208-265-2627
70 Walker Way, POB 614, Sagle 83860
SW SPOKANE COMMUNITY CENTER
All Saint's Lutheran 624-8634
310 S Spruce St, 99201
TUM TUM SENIORS 466-9643
214 E Franklin Dr, Nine Mile Falls 99026

Senior Health Issues

AMERICAN PARKINSON'S DISEASE ASSOC
apdaparkinson.org 800-223-2732
-WA STATE CHAPTER 800-223-2732
135 Parkinson Ave, waparkinsons.org
Staten Island NY 10305
ARTHRITIS FOUNDATION 800-283-7800
115 NE 100th St, Ste 350 arthritis.org
Seattle 98125 888-391-9389
Information and referral service:
local programs and physicians list.
ARTHRITIS FOUNDATION HELPLINE
800-542-0295 206-547-2707
ASSOCIATION OF LATE DEAFENED ADULTS
alda.org TTY 815-332-1515
HUNTINGTON'S DISEASE SOCIETY OF
AMERICA Hotline 800-345-4372
NATIONAL OSTEOPOROSIS FOUNDATION
nof.org Helpline 800-231-4222
NATIONAL PARKINSON'S FOUNDATION
parkinson.org 800-327-4545
Helpline 800-473-4636
POLIO OUTREACH OF WASHINGTON STATE
PO Box 1876, Kingston 98346
poliooutreach.com 800-609-5538
SENIOR FALLS PREVENTION
SPOKANE REGIONAL HEALTH DISTRICT
HEALTHY COMMUNITIES PROGRAM
1101 W College Ave 324-1530
Spokane 99201 srhd.org
SUNSHINE HEALTH FACILITIES
10410 E 9th Ave 926-3547
Spokane Valley 99206
shfi.com Fax: 922-9119
Provides multi-service approach
for people who are in need of
short and long-term nursing and
rehabilitation, skilled nursing,
mental health treatment, senior
care, and Medicare-certified
home healthcare.

Seniors Hospitality Center

6635 Lincoln St 208-267-5554
POB 1639 TDD 800-377-1634
Bonners Ferry 83805
Information@seniorshospitalitycenter.com Fax: 267-2563
seniorshospitalitycenter.com
Helps older persons maintain or
improve their health status, and
independence. Prevents premature
institutionalization. Allows earlier
discharge from hospitals and care
facilities.

Sinto Senior Activity Center

1124 W Sinto Ave 327-2861
Spokane 99201 sintocenter.com
Cal Coblentz calc@sintocenter.com

Recreational, educational and
social programs for seniors and
their families. Local outings,
domestic and international trips,
classes, games, special events and
great home cooked meals.

SNAP Energy Assist 456-7111

SNAP Long Term Care

Ombudsman Program 456-7133
3102 W Ft Wright Dr 800-660-7133
Spokane 99224 Fax: 456-7159
riley@snapwa.org snapwa.org
Prog Mngr: Aaron Riley
Advocates for residents in nursing,
adult and boarding homes. Trains
and certifies volunteers to visit
and monitor long-term care
facilities.

Southside Senior & Community Center 535-0803

3151 E 27th Ave, Spokane 99223
southsidescc.org
Provides recreational, educational,
health and social programs and
volunteer opportunities for all
adults over 18 years. For rental
offers commercial kitchen,
ballroom and office spaces.

Statewide Health Insurance

Benefits Advisors (SHIBA) - WA
insurance.wa.gov 800-562-6900
ALTCEW 458-2509
1222 N Post, Spokane 99201

action@altcew.org altcew.org/shiba
Provides free, unbiased
information about health care
coverage. Counseling on
Medicare & Medicaid Coverage.
COMMUNITY CHOICE OF ADAMS AND
GRANT COUNTIES - Adams County
102 Maple St, Ste B 782-5030
Cashmere 98815 888-452-0731
821 W Broadway, Ste 104 764-2225
Moses Lake 98837 888-452-0731
RURAL RESOURCES COMMUNITY ACTION
956 S Main, Ste A
Colville 99114 684-8421
Serving Ferry, Pend O'Reille,
Lincoln, & Stevens Counties
ID DEPT OF INSURANCE 208-666-6131
2005 Ironwood Pkwy, Ste 143
Coeur d'Alene 83814 800-247-4422
doi.idaho.gov/shiba
Regional Coord: Tonya Steele

SENIOR EDUCATION & ENTERTAINMENT

AARP

EMPLOYMENT PROGRAM 325-7712
222 W Mission #124, Spokane 99201
Dir: Steve Reiter Fax: 325-7729
Helps low-income people gain
work experience and job referrals.
Places clients 20 hours a week
at minimum wage in a nonprofit
or public service agency where
they receive work experience and
upgrade marketable skills. 55+ nd
employment.

Get Extra Help with your Medicare!

☞ Fixed Income

☞ Medicare
Prescription
"Extra Help"

☞ Medicare
Savings
Programs



Area Agency on Aging
of North Idaho

Partnering With
Idaho
Senior Health
Insurance
Benefit Advisors

Learn how you can:

- Save on Prescription Costs
- Eliminate the Donut Hole
- Save on Medicare A & B

SHIBA
1-800-247-2442
shiba.idaho.gov

Area Agency on Aging
208-667-3179
aaani.orgshiba.idaho



Act 2 Program

SCC-OFF CAMPUS PROGRAM

2917 W Ft Wright Dr 279-6030
Spokane 99224 Fax: 279-6090
katherine.murray@scc.spokane.edu
sccel.spokane.edu/ACT-2

Offers enrichment classes to retirees in the arts, computers, fitness, history and culture, languages and other interests. Scholarships available on request.

Computer Skills for Seniors

- ARE YOU GOING APE WITH YOUR COMPUTER? 891-8588
tzena@areyougoingape.com
Tzena Scarborough areyougoingape.com
- SENIORNET.ORG 800-747-6848

Project Joy Senior Entertainers

music@projectjoy.org 535-0584
projectjoy.org Fax: 535-5203
Linn Edmonson, Sheryl Savas
Offers performing groups—choral and instrumental music, dramatics,

poetry and dance—to provide entertainment for the benefit of the community.

Spokane Area Retired Educator's Foundation

hcmahan@comcast.net
spokanearearetirededucators.org
Recruits volunteers to provide slide shows of travel experiences to retirement and nursing homes.

SENIOR LAW

Elder Law Clinic

UNIVERSITY LEGAL ASSISTANCE
Gonzaga University School of Law
721 N Cinnati, Spokane 99258
Dir: Larry Weiser 323-5791
Free to seniors 60+. Legal representation and counseling on civil legal matters, probate and wills. Assists with entitlement, housing, consumer affairs, domestic relations and consumer education.

Sayre, Sayre, & Fossum PS

201 W North River Dr, Ste 460
Spokane 99201 325-7330
michelle@sayrelaw.com
sayrelaw.com Fax: 325-7334
Mgr Partner: Michelle Fossum
Legal services for seniors and their families, with asset preservation and

disability planning, Medicare and Medicaid; wills, powers of attorney, living wills, guardianships and trusts. Members of Spokane Estate Planning Council and certified as Elder Law Attorneys by the National Elder Law Foundation.

Members:
Spokane Estate
Planning Council

SENIOR LAW

Asset Preservation & Disability Planning
Medicare and Medicaid – Wills & Trusts

**SAYRE SAYRE
& FOSSUM**
ATTORNEYS AT LAW

325-7330

Richard L. Sayre*
Karen L. Sayre*
Michelle K. Fossum

*Certified as Elder Law
Attorneys by the
National Elder Law
Foundation

201 W. North River Drive, Suite 460 • Spokane WA 99201-2262
The Supreme Court does not recognize specialties, and certification is not required to practice law in Washington.