

Senior Resources

activeoptions.org PrimelNW.com
SeniorOutlook.com
SeniorPages.com
MatureLivingChoices.com
SeniorLivingChoices.com
seniorlivingstrategies.com

AARP

aarp.org **800-424-3410**
GREATER SPOKANE 534-1737/534-7042
 Spokane Falls **466-4013**
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.

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+ find employment.

GRANDPARENTS INFO CNTR 202-434-2296
AARP/IRS TAX-AIDE SITE INFORMATION 888-227-7669

Adults with Special Needs

PEACEFUL VALLEY CENTER
 214 N Cedar St **624-8634**
 Spokane 99201 **Fax: 747-1860**
prollison@peacefulvalley.org
lacaiya@peacefulvalley.org
peacefulvalley.qwestoffice.net
 Pamela Rollison 389-6039
 Lacaiya Johnson 280-5597
 Serves people who are 62 and older, assists them with shopping, gives them the means to make choices in their lives; assists them in obtaining volunteer positions

Aging & Long Term Care of Eastern WA - ALTCEW

1222 N Post St **458-2509**
 Spokane 99201
action@altcew.org altcew.org
 Exec Dir: Nick Beamer
 Serves residents of Spokane, Stevens, Ferry, Pend Oreille and Whitman counties. Provides community planning and advocacy. Funds a network of services to help seniors and adults with disabilities stay at home.

HOME CARE REFERRAL REGISTRY OF WA 458-2909
action@altcew.org altcew.org
 Helps consumers of state services find providers based on care needs, schedules and preferences.

STATEWIDE HEALTH INSURANCE BENEFITS ADVISORS (SHIBA) 625-4801
insurance.wa.gov

Trained volunteers provide seniors information on health insurance rights and options.

TITLE XIX MEDICAID PERSONAL CARE PROGRAM (MPC) - ALTCEW
 1222 N Post, 99201 **458-2509**
action@altcew.org 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.

WA STATE DENTAL ASSOCIATION OUTREACH PROGRAM 458-2509
action@altcew.org altcew.org

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.

Area Agency on Aging of North Idaho

2120 Lakewood Dr, Ste B
 Coeur d'Alene 83814 **208-667-3179**
InfoAssist@aaani.org

aaani.org **Fax: 667-5938**
 Provides answers on aging issues in Benewah, Bonner, Boundary, Kootenai and Shoshone counties.

Arthritis Answer

809 E Chestnut **800-542-0295**
 Bellingham 98225 arthritis.org
 Information and referral service: local programs and physicians list.

Blanchard Area Seniors Inc - BASIC

PO Box 127 **208-437-1037**
 685 Rusho Ln, Blanchard ID 83804
BlanchardNews@aol.com
blanchardidaho.net

Exec Dir: Barbara Hornby **437-4480**
 SHIBA Counselor: Linda Polzin
 Owns and manages Blanchard Community Center. Offers informative speakers, arts program, breakfasts, Medicare counseling, quarterly newsletter, cooking classes and other programs free or low cost. Building available to rent.

Center for the Studies on Aging

EWU SCHOOL OF SOCIAL WORK
 203 Senior Hall Rm 107 **359-6479**
 Cheney 99004 **Fax: 359-6475**
mpeck@mail.ewu.edu
 Maria Hernandez-Peck
 Prepares students for careers in services to older persons.

Cheney Care Center 235-6196

2219 N 6th Ave, Cheney 99004
kfauerso@cheneycare.com
cheneycare.com **Fax: 235-2044**
 Exec Dir: Keith Fauerso

"THERE'S NO PLACE LIKE HOME"

AGING & LONG TERM CARE OF EASTERN WASHINGTON

Through our community partners, we provide the following services for seniors and other adults with disabilities:

Access Services

- Information & Assistance
- Case Management
- Transportation
- Medicaid Caregiver Registry
- WSDA Dental Outreach
- Statewide Health Insurance Benefits Advisor (SHIBA)
- Medicare Part D Assistance

In-Home Services

- COPES & Medicaid Personal Care Services
- Bathing Assistance
- Home Delivered Meals
- Health Appliances
- Minor Home Repair
- Respite (In-Home and Out-of-Home)
- Family Caregiver Support
(Respite Care and Respite Planning)

Community Services

- In-Home Caregiver Training
- Congregate Nutrition
- Senior Employment
- Disease Prevention/Health Promotion
- Legal Assistance
- Senior Farmers Market
- Adult Day Care

For program descriptions go to www.altcew.org and click "Programs and Services" tab

To access these services and others, call:

Spokane County: Elder Services	509-458-7450 577-578-4428
Ferry County: Rural Resources of Ferry County	509-775-0912
Stevens & Pend Oreille Counties: Rural Resources Community Action	509-884-3032 800-573-8888
Whitman County: Council on Aging & Human Services	509-387-4305 800-808-3351
For other states and counties: Eldercare Locator	800-677-1116

AGING & LONG TERM CARE OF EASTERN WASHINGTON

- Advocacy
- Planning
- Services
- SHIBA Medicare Part D Assistance
- Caregiver Training

509-458-2509 or TTY 509-477-4442 www.altcew.org

Caring for elderly in Cheney and surrounding areas. Includes meal delivery, home care, assisted living, skilled care and senior apartments.

Community Service Project
SPOKANE AREA RETIRED EDUCATOR'S FOUNDATION 482-8653
Recruits volunteers to provide slide shows of travel experiences to retirement and nursing homes.

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

Corbin Senior Activity Center
827 W Cleveland 327-1584
Spokane 99205 Fax: 327-9162
christa@corbinseniorcenter.org
corbinseniorcenter.org
Christa Richardson, Marj Tomes
Admin: Tina Fisher
Room rentals, tours, dances, social games, about 20 classes—such as art, exercise—billiards, special events—such as high teas.

Council on Aging and Human Services
210 S Main 397-4305
PO Box 107, Colfax WA 99111
coai-a@stjohncable.com
Exec Dir: Karl Johanson coa-hs.org
I&A Dir: Nancy Gillard
Prog Dir: Scott Hallett, Kristina Umbright Fax: 397-2917
Multi-service agency assisting low-income, disabled and elderly individuals through information and assistance/care management, nutrition, transportation, family caregiver support and respite care.

County Assessor's Office - Senior Citizen's, Disabled Persons Exemption Section
SPOKANE COUNTY 477-5754
1116 W Broadway, Spokane 99260
Property tax exemption. Provides property tax relief for seniors and/or disabled people in financial need.
FERRY COUNTY TAX ASSESSOR 775-5205
350 E Delaware, Ste 1, Republic 99166
PEND OREILLE COUNTY TAX ASSESSOR 447-4312
PO Box 5010
Newport WA 99156
STEVENS COUNTY TAX ASSESSOR 684-6161
215 S Oak St, Colville 99114
WHITMAN COUNTY TAX ASSESSOR - SENIOR CITIZENS TAX RELIEF 397-6220
400 N Main St, Colfax 99111

Deer Park Senior Center
Deer Park City Hall, Lower Level

E316 Crawford St 276-2411
PO Box 842, Deer Park 99006
cphillips@ccspokane.org
Mgr: Carla Phillips
Senior nutrition program, hot meal site at noon. Senior activities, bingo, cards, holiday celebrations. Age 60+. Handicap accessible. Suggested daily donation: \$3.50.

Eagle Guardianship & Protective Servies, LLC
222 W Mission, Ste #120
Spokane WA 99201 532-8685
Guardianship services, partnering with and empowering vulnerable adult clients.

Elder Services
SPOKANE MENTAL HEALTH 458-7450
5125 N Market St, Spokane 99217
Program Admin: Karen Bias
Strives to prevent premature or unnecessary hospitalization or nursing home placement through in-home assessment, psychiatric care, respite care, family caregiver support and a 24-hour Information and Assistance Line for elders:
TTY 835-1282

CARE CARS FOR ELDERS 458-7450
Volunteer transportation to medical services for frail elders unable to use other forms of transportation.
COPE'S PERSONAL CARE PROGRAM
LONG TERM CASE MANAGEMENT
Pam Sloan 458-7450
Medicaid program provides personal care/household assistance to impaired persons 18+ in their homes, adult family homes, care or assisted living facilities.

FAMILY CAREGIVER SUPPORT 458-7450
spokaneec.org
Provides multi-faceted system of support services to assist family and other unpaid caregivers
INFORMATION & ASSISTANCE/CASE MANAGEMENT 458-7450
Focal point of aging and long-term care service system, linking people to community services to maintain independence as long as possible.
RESPIRE CARE RELIEF FOR CARE GIVERS 458-7450

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

Experience Works
Harding Family Cntr 208-765-5191
411 N 15th St 877-429-8077
Coeur d'Alene 83814
experienceworks.com
Senior workforce solutions to 55+ refreshing job skills training and find employment opportunities.

Foster Grandparent Program(s)
CATHOLIC CHARITIES 459-6176

12 E 5th Ave Fax: 358-4259
Spokane 99202 Michael Kenny
mkenney@ccspokane.org
catholiccharitiesspokane.org
Provides older people opportunities to put their life experiences to work as mentors, tutors and care givers for at-risk children and youth.

GRANDPARENTS AS PARENTS - BOUNDARY COUNTY 208-267-3235
PO Box 267, Bonners Ferry 83805
UI Extension Educator: Carol Hampton
AARP Grandparents Raising Grandchildren: Elsie Hollenbeck
Support group to address parenting a second time. Referral and info.
GRANDPARENTS RAISING GRAND-CHILDREN - KOOTENAI COUNTY
3265 16th Ave 208-777-9851
Post Falls ID 83854 gms@ior.com
Contact: Gyneen Sharp
Support group addresses issues of grandparents: referral and info.

Friend to Friend
St. Peter Lutheran 483-1600
4620 N Regal Fax: 483-1600
Spokane 99207
friendtofriendspokane@gmail.com
friendtofriendspokane.org
Partners with retirement communities to improve quality of life for seniors by recruiting volunteers to visit residents and help with activities.

Geriatric Care Management
Assists seniors and families to access community services for financial and legal needs.
EAGLE SENIOR CARE MANAGEMENT
222 W. Mission Suite #120,
Spokane, WA 99201 532-8685
jmcmanus@asisna.com
HONORING ELDERS 458-6800
honoringelders.com 866-330-6800
HYATT CARE MANAGEMENT 220-0344
PO Box 48176, Spokane 99228
LIGHTHOUSE CARE MNGT 326-8700
lighthousecaremanagement.net
TILLER CARE STRATEGIES 327-7331
2028 W Northwest Blvd, 99205
tillercare.com

Gritman Adult Day Care
700 S Stone 208-882-4511
Moscow ID 83843 gritman.org
Provides transition for families with patients from inpatient care to home. Offers respite care, skilled nursing, social work, rehab care, and mental health care.

Hillyard Senior Center
NE COMMUNITY CENTER 482-0803
4001 N Cook, Spokane 99207
Social, education and recreation programs for seniors. Lunches for 60+ five days a week—reserve in advance. Community college classes in writing, arts and exercise.
Weekly day trips, tours, and craft groups. Dance first Weds.
www.mtgmeds.org.

IEL Seniors Program
2917 W Ft Wright Dr, MS 1030
Spokane 99224 279-6237
iel.spokane.edu/ Fax: 533-4779
bct/seniors/default.php
Offers seniors college courses in arts and crafts, fitness and dance to learn skills and knowledge. Some scholarships.

Injury Prevention Program (Senior Falls Prevention)
SPOKANE REGIONAL HEALTH DISTRICT
1101 W College Ave 324-1530
Spokane WA 99201 srhd.org
Pedestrian and traffic safety, senior falls prevention.

Kellogg Senior Center
211 McKinley Ave 208-783-4581
Kellogg ID 83837 Pres: Bud Dally
Dances, card parties, exercise groups. Building available for group meetings by donation.

Lake City Senior Center
1916 Lakewood Dr 208-667-4628
Coeur d'Alene 83814 Fax: 667-6695
lakecityseniorcenter@yahoo.com
lakecityseniorcenter.org
Mgr: Vickie Harrison
Events Coord: Jessica Logan



Tiller Care Strategies
...Integrity In Service

TCS utilizes a team of experienced nurses, social workers & counselors to provide a comprehensive approach to adult & geriatric care management.

Tiller Care Strategies helps individuals & families navigate the complexities of the health care system & learn to better utilize our community's resources.

(509) 327-7331

2028 W. Northwest Blvd., Spokane WA 99205
Becky Tiller, LMHC, www.tillercare.com

MOW Coord: Leanne Carney
Social and recreational activities,
lunch at noon on Mon, Tues,
Wed and Fri. For seniors 60+, \$4
donation. Facility rental, 8-4, M-F.

Library Outreach Services

SPOKANE COUNTY LIBRARY 893-8430
Delivers library materials to
people outside Spokane city limits.
SPOKANE PUBLIC LIBRARY 444-5332
Delivers materials to homes.
Customers pay for return mail.

Medicare/Medicaid Services

CENTERS FOR MEDICAID & MEDICARE SERVICES 800-MEDICARE
cma.hhs.gov
OFFICE OF THE INSPECTOR GENERAL
FRAUD HOTLINE 800-447-8477
MEDICARE CUSTOMER SERVICES
medicare.gov **800-663-4227**
benefitscheckup.org
ID MEDICAID 866-686-4272
-Enrollment & Asst **877-456-1233**
healthandwelfare.idaho.gov
WA MEDICARE & MEDICAID
458-7450 800-737-0617
aasa-dshs.wa.gov/pubinfo
Visit local CSO office of DSHS.

Mid-City Concerns/Meals on Wheels Spokane

747-3257
1222 W 2nd **MOW 456-6597**
Spokane 99201 **232-0864**
director@mowspokane.org
mowspokane.org
Exec Dir: Mollie Dalpae, MSW
MOW Proj Mngr: Bobbi Lagerquist
Vol Coord: Heidi Mott
Senior Cntr Mngr: Laurie Farley
Care Mngr: Alison Adams
Serves seniors and disabled in need
of nutrition, advocacy, recreation
and education.

New Hope Resource Center

4211 E Colbert Rd, Colbert 99005
nhrecenter@yahoo.com **467-2900**
newhoperesource.org
Dir: Janeen Leachman
Senior assistance: transportation,
handyman, chore services, respite
care, house cleaning, yard work,
maintenance and repairs in North
Spokane County.

Paratransit Division

SPOKANE TRANSIT 325-6026
1230 W Boone, Spokane 99201
spokanetransit.com **TDD 327-6055**
Trans Mgr: Denise Marchoiro
Shared-ride, wheelchair-accessible
transportation for ADA-eligible
persons unable to use Spokane
Transit Authority (STA) accessible,
life-equipped busses. Pre-
scheduled services. Same-day trip
requests on a space available basis.

Prevention Education & Development Programs for Successful Aging - PED

315 W Mission, #22 **326-1471**
Spokane 99201 **Fax: 326-1472**
executedirector@ped-spokane.org
Exec Dir: Stephanie Regalado
Admin: Nan Alvarez pedspokane.org
Researches, develops and offers
programs to enhance aging
for those 50+. Includes Senior
Wellness Education, Inland NW
Senior Wellness Conference,
MONARCH Arts, Striders, Walk-in
Challenge and PED Quarterly.

Providence Adult Day Health

6018 N Astor **482-2475**
Spokane 99208 phc.org
Support and rehabilitative services
for frail, vulnerable elderly and
impaired adults.

Residential Care Services & State Oversight

DSHS RESIDENTIAL CARE SERVICES (WA)
323-7304
Regional Admin: Shirlee Steiner
Sec: Michelle Grimmert
Licenses and oversees adult family
homes, boarding homes, nursing
facilities and residential programs.
ID NURSING HOME SERVICES, DEPT OF
HEALTH & WELFARE 866-255-1190

RSVP - Retired & Senior Volunteer Program YMCA

907 W Boone St, 99201 **344-7787**
PO Box 208, Spokane 99210
ckruiswyk@ymcaspokane.org
ymcaspokane.org
Dir: Clint Kruiswyk
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.

AREA AGENCY ON AGING 208-667-3179
OF NORTH IDAHO-RSVP 800-786-5536
1221 Ironwood Dr, Ste 102
Coeur d'Alene 83814
rsvp@aaani.org **Fax: 667-5938**
aaani.org/RSVP.htm
RSVP (OF THE PALOUSE)
412 E 3rd **208-882-4906**
Moscow ID 83843 **Fax: 883-4576**
moscowrsvp@moscow.com
Linda Pike
Matches senior volunteers with
community organizations, staffs
the senior center and shares
information on senior activities.

Sayre & Sayre, PS

201 W North River Dr, Ste 460
Spokane 99201 **325-7330**
dick@sayrelaw.com
sayrelaw.com **Fax: 325-7334**
Mgr Partner: Richard Sayre

Karen Sayre karen@sayrelaw.com
Caring legal services for seniors
and families, emphasizing asset
preservation and disability
planning, Medicare and Medicaid;
powers of attorney, wills, living
wills, guardianships and trusts.
Members of Spokane Estate
Planning Council and certified
Elder Law Attorneys by the
National Elder Law Foundation.

Senior & Vulnerable Adult Services - CATHOLIC CHARITIES

12 E 5th Ave, 99202 **459-6184**
tcarroll@ccspokane.org
catholiccharitiesspokane.org
Contact: Tom Carroll
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.

Senior Centers

Provide social services and
activities.
AIRWAY HEIGHTS COMMUNITY CENTER
13120 W 13th Ave **244-4845**
Airway Heights 99001
BAYVIEW COMMUNITY CENTER 683-8040
PO Box 493 **683-2951**
Bayview ID 83803
CHENEY SENIOR CITIZENS' CLUB
-CHENEY PARKS & REC 498-9250
CHEWELAH SENIOR CITIZEN CENTER

302 E Main, 99109 **935-6204**
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
Hayden ID 83835
NORTH STAR SENIOR CENTER
8414 N Wall St, 99208 **466-6350**
TUM TUM SENIORS 466-9643
214 E Franklin Dr, Nine Mile Falls 99026
WALLACE SENIOR CENTER 208-752-1194

Senior Health Issues

AMERICAN PARKINSON'S DISEASE ASSOC
apdaparkinson.org **800-223-2732**
ARTHRITIS FOUNDATION HELPLINE
800-542-0295 206-547-2707
HUNTINGTON'S DISEASE SOCIETY OF AMERICA
Hotline **800-345-4372**
INJURY PREVENTION 324-1530
1101 W College, Rm 401
Spokane 99201 srhd.org
PARKINSON'S REGIONAL CENTER
St Luke's Rehab **473-6740**
PARKINSON'S RESOURCE CNTR OF SPOKANE
Deaconess Health & Education
Center, 910 W 5th Ave Ste 256
Spokane WA 99204 **473-2490**
center@spokaneparkinsons.org
spokaneparkinsons.org **Fax: 473-2495**

Senior Legislative Coalition of Eastern WA

1207 E Columbia Ave **484-4319**

You have a lifetime of experience. Put those skills and abilities to good use by volunteering with RSVP of Spokane County.

RSVP offers a full range of volunteer opportunities. With RSVP, you choose how and where you want to serve and the amount of time you want to give. You choose whether to share your existing skills or develop new ones. In short, we help you find the right opportunity for you.

Since RSVP started in 1971, our volunteers have donated over 2 million hours. Last year alone volunteers served more than 200,000 hours. We currently have more than 7000 volunteers serving at more than 150 nonprofit and public agencies around Spokane County. We offer benefits such as recognition events, supplemental insurance and mileage reimbursement for low-income volunteers.

Here are just a few of our current opportunities:

- Children's programs
- Disability support services
- Van or bus drivers
- Meal assistance
- Overnight care
- Executive book reader for seniors
- Library aides
- RSVP Advisory Council member

If you seek an opportunity to share your lifetime of experience or if you are already volunteering and need to join thousands of others, please contact Adam at:

RSVP of Spokane County
YMCA of the Inland Northwest
1125 N. Monroe
Spokane, WA 99201
(509) 344-7787

Spokane 99208 Rose Schultz
Non-partisan action group
representing region's retirees.
Advocates for federal, state and
local legislation on issues of
seniors, persons with disabilities,
and children's welfare. Meets
9:30 to noon, 4th Weds, at Corbin
Center.

Senior Nutrition Program

SPOKANE REGIONAL HEALTH DISTRICT
1101 W College Ave **324-1532**
Spokane 99201 srhd.org
Provides seniors with home-
delivered meals (Meals on Wheels)
and meals at senior centers.
Residents 60+ are eligible.
SEE MEAL SITE CHARTS

Seniors Hospitality Center

6635 Lincoln St **208-267-5553**
PO Box 1639 **267-5554**
Bonners Ferry ID 83805
Information@seniorshospitalitycenter.com
Fax: 267-2563
seniorshospitalitycenter.com
Helps older persons maintain
or improve their health status,
independence. Prevents pre-
mature institutionalization. Allows
earlier discharge from hospitals
and care facilities.

Sinto Senior Activity Center

1124 W Sinto Ave **327-2861**
Spokane 99201 Scott Niemeier
sniemeier@spokanecity.org
sintocenter.com
Recreational, educational and
social programs help adults 50+
remain active in the community
and making new friends. Fitness,
card games, dancing, health
programs and classes, insurance
advice, and meals.

SNAP Long Term Care Ombudsman Program

3102 W Ft George Wright **456-7133**
Spokane 99224 **800-660-7133**
fears@snapwa.org **Fax: 456-7159**
Prog Mngr: Melissa Nystrom snapwa.org
Advocates for residents in nursing,
adult and boarding homes. Trains
and certifies volunteers to visit and
monitor long-term care facilities.

SNAP Minor Home Repair/ Weatherization

snapwa.org **744-3370 x200**

Social Security Administration

714 N Ironbridge Way, Ste 100
Spokane 99202 **800-772-1213**
socialsecurity.gov **535-2618**
Colleen Francisco **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.

Southside Senior Activity & Community Center

3151 E 27th Ave **535-0803**
Spokane 99223
sssac.org/ssac.asp
Social and recreational facility for
seniors 55+ for aerobics,
pinocle, bridge, bingo, speakers,
travelogues, day trips, overnight
trips, tours, groups and meals.
PROJECT JOY SENIOR ENTERTAINERS
music@projectjoy.org **535-0584**
projectjoy.org **Fax: 535-5203**
Robert Smick, Dorothy Middaugh
Offers performing groups—choral
and instrumental music, dramatics,
poetry and dance—to provide
entertainment for the benefit of the
community.

Spokane Community Care

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 Valley Senior Center

Center Place **926-1937**
2426 N Discovery Pl
Spokane Valley 99206
svsca2005@yahoo.com
Pres: Dale Ferrell spokanevalley.org

St Joseph Family Center Counseling Services

1016 N Superior St **483-6495**
Spokane 99202 sjfconline.org
Non-profit counseling retreat and
healing arts center that focuses
on the integration of the whole
person. Helps create a healthy
community through its services.
Senior counseling and geriatric
massage offered. Most insurance
accepted including senior
Medicare.

Statewide Health Insurance Benefits Advisors (SHIBA)

ALTCEW 800-562-6900
1222 N Post, Spokane 99201
Duganka@dshs.wa.gov
insurance.wa.gov
Trained volunteers provide seniors
information on health insurance
rights and options.
EWU Cheney 99004 359-6479
**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
Serving Ferry & Stevens Counties
956 S Main, Ste A **684-8421**
Colville 99114 **Fax: 685-0108**
RSVP OF PEND OREILLE COUNTY

RURAL RESOURCES COMMUNITY ACTION
240 Union Ave N **447-5614**
Newport 99156 **800-562-6900**
shibatricounty@hotmail.com
ID DEPT OF INSURANCE 208-666-6847
2005 Ironwood Pkwy
Coeur d'Alene 83814 **800-488-5725**
doi.idaho.gov/shiba/
Regional Coord: Tonya Steele

Twilight Wish

18115 N Hilltop Rd **464-2303**
Colbert 99005 twilightwish.org
pacificnw@twilightwish.org
Pres: Cass Forkin
Vice Pres: Elinor Foltz
Grants wishes to low-income
elderly over 68 who cannot
make their own dreams come
true.

University Legal Assistance

GONZAGA UNIVERSITY 323-5791
721 N Cincinnati, Spokane 99258
Dir: Larry Weiser

Free to seniors 60+. Legal
representation and counseling
on civil legal matters, probate,
public low-cost attorneys for wills.
Assists with entitlement, housing,
consumer affairs, domestic
relations and consumer education.
In-home services by arrangement.

Volunteer Chore Services

CATHOLIC CHARITIES 328-8400
12 E 5th Ave, 99202 **Fax: 358-4259**
catholiccharitiesspokane.org
Cyndie Lapke clapke@ccspokane.org
Provides transportation, yard work
and housekeeping to low-income
seniors and adults with disabilities.

Washington Residential Care Council (WSRCC)

SpokaneWSRCC.org
Adult Family Homes Locator.



Liberty Cottage
Adult Family Home

A Nurse-Owned Family-Style Nursing Home Alternative

Our goal is to make a positive difference in every life we touch,
promoting health, safety and individual rights, caring for each
person's needs with dignity, compassion and respect.

(509) 298-5554 • 3488 E. Liberty Ave. • Spokane, WA 99217
www.libertycottagewa.com



Helping you
is energy well spent.

Our available assistance programs include:

- **Project Share**
program for emergency assistance
- **Comfort Level Billing**
to even out your energy bill's seasonal highs and lows
- **Senior Energy Outreach Grants**
to help seniors in need

AVISTA

1-800-227-9187
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SENIOR NUTRITION SITES

CODES: F - Frozen MOW, H - Hot meal or Hot MOW, MD - Meals on Wheels or other Meal Distribution, SC - Senior Center (not listed in Senior Resources and Programs, SN - Senior meals and Senior nutrition sites, some offered by regional agencies

City/Zip	Site Name	Location	Phone	SC	SN	Hours/Meal type	Cost/meal	MD	H	F
99202	American Indian Center	801 E 2nd Ste 10	535-0886	X	60+	11:30, M-F	\$3.50		X	
99201	Delaney Apts/Korean Sr Center	242 W Riverside			60+	11:30, MTh	\$3.50		X	
99202	East Central Senior Center	500 S Stone	625-6693	X	60+	12, M-F	\$3.50		X	
99201	En Christo	Park Tower, 217 W Spokane Falls Blvd	facebook.com		X	1:30, Sat	-		X	
99207	Hillyard Senior Center	4001 N Cook	482-0803	X	60+	11:45, M-F	\$3.50		X	
99202	Mid City Concerns Senior Center	1222 W 2nd	747-3257/456-6597	X	60+	11:30, M-F	\$3.50	X	X	
99206	Opportunity Presbyterian	202 N Pines	924-9750		60+	11:30, M-F	\$3.50		X	
99201	Sinto Senior Activity Center	1124 W Sinto	327-2861	X	60+	11:30 T-F	\$3.50		X	
99223	Southside Senior Activity Center	3151 E 27th Ave	535-0803	X	55+	noon, MWF	\$3.50		X	
99202	St Aloysius Senior Center	330 E Boone	323-5896	X	X	lunch			X	
99206	Edgecliff Senior Center	6903 E 4th	218-5980	X	60+	11:30, M-F	\$3.00		X	
99206	Spokane Valley MOW	321 S Dishman Mica	924-6976			M-F		X	X	
99206	Valley Senior Center - Center Pl	2426 N Discovery Pl	926-1937	X	X	noon, M-F	\$3.50		X	
Cheney	Cheney Care Center	2219 N 6th St	235-6196		60+	11:30, MTThF noon, 1st W	\$2.50	X	X	
Colfax	Council on Aging & Human Services	210 S Main St	397-4305					X	X	X
Colfax	Colfax Congregational	321 S Main	800-809-3351		X	noon, W	\$2.50		X	
Colville	Rural Resources Diner's ChoiceMOW	956 S Main St	684-8421		X		vouchers	X	X	X
Deer Park	Deer Park Senior Center	316 E Crawford	276-2411	X	60+	11:30, M-F	\$3.50	X	X	X
Liberty Lake	Liberty Lake City Hall	1421 N Meadowood Ln	755-6700		X	11:30, W	\$3.00		X	
Oakesdale	Oakesdale High School	1st & McCoy	800-809-3351		X	noon, W	\$2.50		X	
Palouse	Palouse Community Center	230 E Main	800-809-3351		X	noon, W	\$2.50		X	
Pullman	Pullman Senior Center	City Hall, 325 SE Paradise	800-809-3351	X	X	noon, MF	\$2.50		X	
Pullman	Whitman County MOW	Bishops Place	432-1667					X	X	X
Rosalia	Rosalia Methodist Church	214 S Whitman Ave	800-809-3351		X	noon, T	\$2.50		X	
Tekoa	Tekoa High School	513 East Henkle	800-809-3351		X	noon, Th	\$2.50		X	
Valleyford	Valleyford Community Church	13015 S Madison	926-2142		50+	6:30, 3rd W			X	
Bonnars Ferry	Senior's Hospitality Center, Inc	6635 Lincoln St	267-5553	X	X	noon, MTWF	\$3.00	X	X	
Clark Fork	Clark Fork Hope Area Seniors	10th & Cedar	266-1653	X	X	11:30, W-F	\$3.00	X	X	
Coeur d'Alene	Lake City Senior Center	1916 Lakewood Dr	667-4628	X	60+	noon, MTWF	\$4.00	X	X	
Deary	Deary Senior Meal Site	Fire Hall 403 Main	877-1515		X	noon, T	-		X	
Fernwood	Fernwood Senior Center	Hwy 3	245-3392	X	X	noon, MTh	-	X	X	
Kendrick	Juliette-Kendrick Senior Meals	9th & Railroad St	289-5031		X	-	-		X	
Kamiah	Kamiah Senior Center	125 Maple St	935-0244	X	X	-	-		X	
Kellogg	Kellogg Senior Center	211 McKinley Ave	783-4581	X	X	-	-		X	
Kellogg	Kellogg – Shoshone Apts	Kellogg ID	752-1194		X	12:30, W	-	X	X	
Moscow	Latah County Meals on Wheels	Health Services	882-7586					X	X	X
Moscow	Moscow Senior Center	412 E Third	882-1562	X	60+	11:30, TTh	\$4.00	X	X	
Mullan	The Morning Club	17 Hunter Ave	752-1194		X	12:30, W	-	X	X	
Osburn	Osburn Senior Meal Site	VFW - 4th & Mullan	752-1194		X	12:30, M	-	X	X	
Pinehurst	Community Bible Church	210 Main St	752-1194		X	12:30, F	-	X	X	
Plummer	Plummer Senior Center - VA	888 C St	686-1863	X	X	noon, TF	-	X	X	
Post Falls	Post Falls Senior Center	1215 E 3rd Ave	773-9582	X	X	noon, MWF	-	X	X	
Rathdrum	Rathdrum Senior Citizen's Center	8037 W Montana St	687-2028	X	X	noon, TTh; 8am, Sn	-	X	X	
Rose Lake	Rose Lake Community Center	Old Rose Lake School Hwy 3	752-1194	X	X	12:30, T	-	X	X	
Sandpoint	Sandpoint Senior Center	820 Main St	263-6860	X	X	11:30, M-Th 8:30 am, F	\$3.00	X	X	
Spirit Lake	Spirit Lake Senior Center	32564 N 4th Ave	623-6125	X	X	5:30, MW	-	X	X	
Tensed	Tensed Community Senior Citizens	260 3rd	245-2876	X	X	noon, MTh	-	X	X	
Wallace	Wallace Senior Drop In-Center	621 Cedar St	752-1194/5411	X	X	12:30, Th	-	X	X	
Worley	Worley Senior Center	PO Box 322	245-4576	X	X	noon, WTh	-	X	X	