Senior Centers & Programs

Aging & Long Term Care of Eastern WA - ALTCEW  458-2509
1222 N Post St, 99201  altcew.org
Dir: Lynn Kimball  action@altcew.org
A resource for independent living and community-based services in Eastern Washington.

Falls Prevention Course  960-7281

Area Agency on Aging of North Central Idaho
Community Action Partnership
124 New Sixth St  208-746-3335
Lewiston 83501  800-746-5450
cap-action.org/PSAgencyOnAging.html
Aging and disability resource connections/Area Agency on Aging for Clearwater, Idaho, Latah, Lewis and Nez Perce counties.

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SENIOR PROGRAMS
AARP  aarp.org  800-424-3410
ID  866-295-7284
WA  866-227-7457
GRANDPARENTS INFO  202-434-2296
AARP/IRS TAX-AIDE  888-227-7669

Alzheimer's/Dementia Resources
ALZHEIMER'S ASSOCIATION  alzwa.org
24/7 HELPLINE  800-272-3900
WA CHAPTER  206-363-5555
InquiryWa@alz.org
Provides information, education, referral and support services to families affected with any type of dementia. Covers WA and N Idaho.

SPOKANE OFFICE  456-0456
1403 S Grand, Ste 202-5, 99203
COEUR D'ALENE  208-666-2996
2065 W Riverstone, Ste 205, 83814
ALZHEIMER'S DISEASE EDUCATION AND REFERRAL CENTER alzheimers.gov
ALZHEIMER’S FOUNDATION OF AMERICA  866-232-8484
THE ALZHEIMER’S STORE  800-752-3238
ALZHEIMER'S SUPPORT  208-290-1973
Tango Cafe 414 Church, Sandpoint

ADVOCACY, ACTION, ANSWERS.
87% OF SENIORS WANT TO STAY IN THEIR HOMES

Discover the resources you need to plan, prepare for, and support living independently for as long as possible. Whether the information is for yourself or you’re a caregiver for a friend or family member... help starts here.

ALZHEIMER’S ASSOCIATION
Serving Washington State and North Idaho
Care Consultation • Support Groups
Education • Advocacy • Research
24/7 Helpline  1.800.272.3900
Visit us online at alzwa.org

Affordable Retirement Living
7007 N. Wiscob St.
Spokane, WA 99208
(509) 489-7612

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EFLC, 631 S Richard Allen, #215 - Spokane WA 99202 - 509-535-4112
A ‘Hub’ for available resources in the community
- Senior Center meals and information
- Home Delivered Meal information
- Support and referrals for suspected Elder Abuse
- Long-Term Care Elder Advocate
- Help with navigating Advance Directives
- Connection to Alzheimer & Dementia resources
- Medicare Fraud education

Funding & support to give you a break when caring for a loved one
- Caregiver educational programs
- Fit & Fall information
- Referrals for Housing, Legal, Transportation & much more
- Help with Wheelchair ramps, Grab-bar installation & other minor home repairs

Together we can help you find solutions to issues facing aging adults!

208-667-3179 * 800-786-5536 * www.aaani.org
402 W. Canfield Ave, Ste 1, Coeur d’Alene, ID 83815

PROUDLY SERVING BENEWAH, BONNER, BOUNDARY, KOOTENAI, & SHOSHONE COUNTIES

Get info at ALTCEW.ORG
Or call 509.960.7281

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Senior Centers

Provide social services, meals and activities for seniors.

**Spokane County:**

**American Indian Community Center**

aiccinc.org  535-0886

**Corbin Senior Activity Center**

info@corbinseniorcenter.org  327-1584

**Deer Park Senior Center**  276-2411

**Hillyard Senior Center - NECC**

hillyardseniorcenter.org  482-0803

**Mid-City Concerns Senior Center**

mowspokane.org  747-3257

**Spokane Valley Senior Center**

spokanevalleyseniorcenter.org  926-1937

**Santo Senior Center**

santocenter.com  868-0856

**Sinto Senior Activity Center**

1124 W Sinto, 99201  327-2861

**Southside Community Center**

3151 E 27th, 99223  535-0803

**Snohomish County**:

**Methow Valley Senior Center**

methowvalleyseniorcenter.org  383-5510

**Senior Programs**

**Coping**

Coping strategies for dealing with depression and isolation.

**Health Issues**

Arthritis Foundation

arthritis.org  800-283-7800

Assn of Late Deafened Adults

alda.org  TTY 815-332-1515

Huntington’s Disease Soc of America

hdsa.org  800-345-4372

National Osteoporosis Foundation

nol.org  Helpline 800-231-4222

Parkinson’s Foundation

parkinson.org  800-327-4545

**Education & Activities**

**AARP Employment Prog**  325-7712

AARP Employment Prog  222 W Mission #124, 99201

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 for work experience and to upgrade marketable skills. 55+.

**ACT 2 Program - SCC**

1810 N Greene, 99217  279-6027

Katherine.murray@scc.spokane.edu

scc.spokane.edu

Offers invigorating ways to stay informed, active and enriched in retirement. Affordable classes are in Spokane, Spokane Valley and other Eastern Washington locations. Offers courses from technology and history to exercise and art.

**SeniorNet.Org**

seniornet.org  800-747-6848

Retired Educator’s Foundation

spokanearearetirededucators.org

Recruits volunteers to provide talks on travel experiences to retirement and nursing homes.

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spokanearearetirededucators.org

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**S McClain Center**

500 S Stone, 99202  868-0856

**Senior Health Issues**

Arthritis Foundation

arthritis.org  800-283-7800

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parkinson.org  800-327-4545

**Elder Law Clinic - Gonzaga University Legal Assistance**

Gonzaga University School of Law 721 N Cincinnati, 99258

Free to seniors 60+.

**Law & Advocacy**

waseniorlobby.org

Durable Power of Attorney & End of Life

waseniorlobby.org  800-237-3329

ordersforlife.org  800-658-8898

**SAYRE, SAYRE, & FOSSUM PS**

201 W North River Dr, Ste 460

SPOKEANE 99201

sayrelaw.com

Senior and family legal services.