

Senior Centers & 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
-SEATTLE HEADQUARTERS 456-0456
 Provides information, education, referral and support services to families affected with any type of dementia. Covers WA and NID.
-SPOKANE OFFICE 456-0456 x8313
-CDA 208-666-2996
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
DEMENCIA PREVENTION NORTHWEST LLC 1912 N Division, Ste 102, 99207
dementiapreventionnw.org 328-6731
 Wendy Moore 294-1324

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

Aging Studies 828-1335
EWU SCHOOL OF SOCIAL WORK
 Center for the Studies on Aging Senior Hall, Cheney 99004
rkobayashi@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 208-746-3335
 Lewiston 83501 800-746-5450
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 Mngr: Marilyn Anders
 Provides answers on aging issues in Benewah, Bonner, Boundary, Kootenai and Shoshone counties.

Corbin Senior Activity Center
 827 W Cleveland, 99205
info@corbinseniorcenter.org

corbinseniorcenter.org 327-1584
 Jeff Edwards Fax: 327-9162

Deer Park Senior Center
 Deer Park City Hall, Lower Level
 E316 Crawford St 276-2411
 PO Box 842, Deer Park 99006
 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 Svcs
 -Spokane: 310 W Boone, Ste 170, 99201 323-7303
 -Yakima: 3011 River Rd, Ste 200 98902 225-2800
 Licensing certification, oversight of long-term care facilities.
ID NURSING HOME SERVICES, DEPT OF HEALTH & WELFARE 866-255-1190

Hillyard Senior Center
NE COMMUNITY CENTER 487-1603
 4001 N Cook, 99207
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 1st W.

Medicare/Medicaid Services, Health Insurance
MyMedicare.gov 800-MEDICARE
MEDICARE OFFICE medicare.gov
 7500 Security Blvd 800-633-4227
 Baltimore 21244 TTY 877-486-2048
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
benefitsitscheckup.org
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
ID MEDICAID 866-686-4272
 -Enrollment & Asst 877-456-1233
healthandwelfare.idaho.gov
APPLE HEALTH hca.wa.gov/medicaid/Pages/index.aspx
 Application is through wahealthplanfinder.org
MEDICARE 458-7450/800-737-0617
 Visit local CSO office of DSHS.
SOCIAL SECURITY ADMIN 800-772-1213
 714 N Ironbridge Way, Ste 100, 99202 TDD 800-325-0778
socialsecurity.gov
STATEWIDE HEALTH INSURANCE BENEFITS ADVISORS (SHIBA) - WA
insurance.wa.gov 800-562-6900



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
- Minor Home Repair
- Transportation

Caregivers and Families

- Caregiver Training and Registry
- Caregiver Support
- Kinship Caregiver Support

Community Services

- Care Coordination
- Falls Prevention Classes
- Medicaid In-Home Care Management
- Medicare and Medicaid Counseling
- Public Benefit 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

-ALTCEW 458-2509
1222 N Post, 99201
action@altcew.org altcew.org/shiba
Provides free, unbiased information about health care coverage. Counseling on Medicare & Medicaid Coverage.
-RURAL RESOURCES COMMUNITY ACTION
956 S Main, Ste A 684-8421
Colville 99114
NE Washington, Lincoln Counties
-SHIBA @ COMMUNITY CHOICES US
504 S Chelan Ave, Wenatchee

MSHH Donor Closet
3202 N Market 487-4119
mshh-donorcloset.com
Offers affordable, durable medical and mobility equipment that is donated, profits on equipment help those with MS in WA, Northern ID, MT, and AK.

Senior Centers
Provide social services & activities.
BAYVIEW COMMUNITY CNTR 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
CHEWELAH SENIOR CITIZENS 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, 83835
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, 83860
TUM TUM SENIORS 466-9643
214 E Franklin Dr
Nine Mile Falls 99026

Senior Health Issues
AMERICAN PARKINSON'S DISEASE ASSOC
135 Parkinson Ave 800-223-2732
Staten Island NY 10305
apdaparkinson.org
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
SENIOR FALLS PREVENTION - HEALTHY COMMUNITIES PROG - SRHD
1101 W College Ave, 99201
srhd.org 324-1530

Seniors Hospitality Center
6635 Lincoln St 208-267-5554
PO Box 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, 99201 327-2861
sintocenter.com
Recreational, educational and social programs for seniors and their families. Local outings, domestic and international trips, classes, games, special events and home cooked meals.

SNAP Long Term Care Ombudsman Prog 456-7133
3102 W Ft Wright Dr, 99224
snapwa.org 800-660-7133
ltcop@snapwa.org
Advocates for residents in long-term care facilities. Trains and certifies volunteers to visit long-term care residents. To volunteer use the email.

Southside Community Center
3151 E 27th, 99223 535-0803
Lisa Rosier southsidescc.org
A social and recreational facility for large rentable ballroom and full commercial kitchen, multiple class room available to rent. Social and recreational facility for all age groups. Offers exercise, card games, bingo, travel, special events, dinners, speakers, dances and volunteer opportunities.

EDUCATION & ACTIVITIES

AARP EMPLOYMENT PROG 325-7712
222 W Mission #124, 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 for work experience and upgrade marketable skills. 55+.
ACT 2 PROGRAM - SCC 279-6030
1810 N Greene St, MS 2151, 99217
scc.spokane.edu Fax: 279-6090
Offers affordable classes which are conveniently located in Spokane Metro and locations across eastern WA. Course offerings include technology, history, exercise and art.
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
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.
SENIORCORPS - AMERICORPS
servewashington.wa.gov/senior-corps
SPOKANE AREA RETIRED EDUCATOR'S FOUNDATION
spokaneneareretirededucators.org
Recruits volunteers to provide talks on travel experiences to retirement and nursing homes.

Volunteer

for The Fig Tree

write • edit • deliver • mail
events • displays

Call 535-4112

or emailvolunteer@thefigtree.org



We can help you find solutions to issues facing aging adults!

- Aging & Disability Resource Center
- Resource Information & Referrals
- Family Caregiver Support Programs
- Long Term Care Ombudsman
- Adult Protection Services
- In-Home Support Services
- Community Support Services
- Long Term Options Counseling
- Medicare Fraud Education
- Medicare "Extra Help"

Call us to learn about available resources in your community!

208-667-3179 • 800-786-5536
www.aaani.org

