Senior Centers & Programs

Senior Centers & Programs

idahoseniors.net  SeniorPages.com
MatureandSeniorLivingChoices.com
PrimeINW.com  spokanewsrc.org
http://spokanewa.innovaging.com
Community Living Connections -
AGING & LONG TERM CARE OF
EASTERN WA - ALTCEW 960-7281
offers information, respite, etc.
GOLDEN SHERPA 290-3023
904 W Riverside Ave, Ste 1287
Spokane 99201 goldensherpa.com
Helps your search in senior living.
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
WA CHAPTER 206-363-5500
InquiryWa@alz.org Fax: 363-5700
Provides information, education,
referral and support services to
families affected with any type of
dementia. Covers WA and N Idaho
SPOKANE OFFICE 458-0456
1403 S Grand, Ste 202-9, 99201
YAKIMA 225-2800
3011 River Rd, Ste 200, 98902
Licensing certification, oversight of
long-term care facilities.
ID NURSING HOME SERVICES, DEPT OF
HEALTH & WELFARE 866-255-1190
Hilliard Senior Center
NE COMMUNITY CENTER 487-1603
4001 N Cook, 99207
hillyardseniorcenter.org
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
benefits4u.checkup.org
ID DEPT OF INSURANCE 800-247-4422
2005 Ironwood Pkwy, Ste 143
COEUR D’ALENE 208-666-6131
doi.idaho.gov/shiba 800-247-4422
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
washingtonplanfinder.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
statewidehealthinsurance.com
 ALTELCEW  458-2509
1222 N Post, 99201
action@altcew.org/altcew.org/shiba

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.

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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 Choice US
504 S Chelan Ave, Wenatchee

MSSH Donor Closet
3202 N Market 487-4119
mssh-donorcloset.com
Offers affordable, durable medical and mobility equipment, profits on equipment help those with MS in WA, North ID, MT and AK.

Senior Centers
Provide social services & activities.
Bayview Community Center 683-8040
PO Box 493, 83803 683-2951
bayviewcommunitycenter.org
Blanchard Area Seniors Inc, BASIC
685 Rusho Ln 208-437-1037
PO Box 127 Blanchard 83804
blanchardidaho.net
Cheyelah Senior Citizens Center
302 E Main, 99109 935-6204
Harrison Senior Citizens Center
103 W Pine, 83833 208-689-3557
Kellogg Senior Center 783-4581
211 McKinley Ave, 83837
Sagle Senior, Inc. 208-265-2627
70 Walker Way/POB 614, 83860
Tum Tum Seniors 466-9643
214 E Franklin
Nine Mile Falls 99026

Senior Health Issues
American Parkinson’s Disease Assn
135 Parkinson Ave 800-223-2732
Staten Island NY 10305
apdaparkinson.org
Arthritis Foundation 800-283-7800
115 NE 100th, Ste 350 arthritis.org
Seattle 98125 888-391-9389
Information and referral service; local programs and physicians list.
Arthritis Foundation Help Line 800-542-0295
206-547-2707
Assn of Late Deafened Adults
ald.a.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 800-237-4545
Helpline 800-473-4636
Senior Falls Prevention - Healthy Communities Prog - SRHD 324-1530
1101 W College, 99201 srhd.org

Seniors Hospitality Center
6635 Lincoln St. 208-267-5554
PO Box 1639 TDD 800-377-1634
Bonniers Ferry 83805
Information@seniorshospitalitycenter.com Fax: 267-2563
seniorshospitalitycenter.com
Helps older persons maintain or improve their health status and independence.

Sinto Senior Activity Center
1124 W Sinto, 99201 327-2861
sintocenter.com
Recreational, educational and social programs for seniors and their families.

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 the residents. To volunteer, email.

Southside Community Center
3151 E 27th, 99223 535-0803
Lisa Rosier southsidesc.org
A social and recreational facility with large rentable ballroom and full commercial kitchen, multiple class room available to rent for all age groups.

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.

Subsidized Senior Housing
- Appleway Court
- Canterbury Court
- Friendship Gardens
- Lilac Terrace
- Manito Garden
- Winchester Court

Subsidized Special Needs Housing
- Applewood
- Country Heights
- Trent Terrace
- Valley Place

Subsidized Family Housing
- Hamilton House
- Liberty Park Terrace
- Richard Allen

Subsidized Housing
- Normal Hill - Lewiston, ID
- Post Falls Terrace - Post Falls, ID
- St. Martin’s Court - Moses Lake, WA

MAKING SPACE FOR AFFORDABLE QUALITY LIVING

Subsidized Senior Housing
- Appleway Court
- Canterbury Court
- Friendship Gardens
- Lilac Terrace
- Manito Garden
- Winchester Court

Subsidized Special Needs Housing
- Applewood
- Country Heights
- Trent Terrace
- Valley Place

Tax Credit - Senior Housing
- Appleway Court II
- Lilac Terrace

Subsidized Family Housing
- Hamilton House
- Liberty Park Terrace
- Richard Allen

Subsidized Housing
- Normal Hill - Lewiston, ID
- Post Falls Terrace - Post Falls, ID
- St. Martin’s Court - Moses Lake, WA

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
- Senior Planning Options
- Preventative Health, such as Fit & Fall
- Medicare Fraud Education & Extra Help

Call us to learn about available resources in your community!

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

Choose Sunshine
Your complete healthcare resource
sunshine
HEALTH FACILITIES
(509) 926-3547 | shfi.com

Call to learn about available resources in your community!

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

WE ARE AN EQUAL OPPORTUNITY HOUSING PROVIDER AND DO NOT DISCRIMINATE ON THE BASIS OF RACE, COLOR, RELIGION, NATIONAL ORIGIN, SEX, MENTAL OR PHYSICAL DISABILITY OR FAMILIAL STATUS.

70 Walker Way/POB 614, 83860
TDD 800-377-1634
seniorshospitalitycenter.com
Fax: 267-2563

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70 Walker Way/POB 614, 83860
TDD 800-377-1634
seniorshospitalitycenter.com
Fax: 267-2563
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
https://scc.spokane.edu/
Become-a-Student/Continuing-Education/ACT-2
Find new and invigorating ways to stay informed, active and enriched in your retirement. Our affordable classes are in Spokane, Spokane Valley and other Eastern Washington locations. Offers courses from technology and history to 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.

**RSVP - Retired Senior Volunteer Program**

208-667-3179
Area Agency on Aging of North ID
rsvp@aaani.org 800-786-5536
aaani.org/volunteer.php
Matches member interests and talents volunteer opportunities with nonprofit organizations.

**SeniorCorps - AmeriCorps**

servewashington.wa.gov/senior-corps
**Spokane Area Retired Educator’s Foundation**
spokaneneararetirededucators.org
Recruits volunteers to provide talks on travel experiences to retirement and nursing homes.