**In-Home Care & Services**

**Adult Day Care**
- **Circles of Caring Adult Day Services**
  - Cheney: 2219 N 6th Ave, Cheney 99004
  - Coeur d’Alene: 911 W 6th Ave, Coeur d’Alene 83814
  - Post Falls: 136 S 3rd Ave, Post Falls 83854
  - Sandpoint: 108 E 2nd Ave, Sandpoint 83864
  - Spokane: 1001 E Washington, Spokane 99202
  - Tri-City: 3335 W Market St, Kennewick 99336

**Home Care**
- **DHHS Aging and Long-Term Support Administration**
  - Spokane: 5125 N Market St, 99217
  - Coeur d’Alene: 1104 W Wellesley Ave, 99115
  - Post Falls: 1125 E Polston Ave, Suite A, 99054

**Caring for the Elderly in Cheney**

**Council on Aging & Human Services (COA)**
101 N Main, Colfax 99111
- **COA Fax**: 334-6483
- **COA Phone**: 334-6484

**Funds for Home Care Services with Medicaid**
Connects people using Medicaid with information, respite and more.

**Family Caregivers**
Face many challenges. They are supported with information, respite and more.

**Home Care Registration**
Connects people using Medicaid funds for home care services with qualified caregivers.

**Beneficial In Home Care**
- 706 N Maple St, 99201
  - Phone: 208-603-0390

**Moses Lake**
- 1235 E Wheeler St, 98837
  - Phone: 509-764-0004

**Colville**
- 727 S Grand Ave, 99115

**Catholic Housing Communities**
- **Catholic Charities Eastern WA**
  - 12 E 5th Ave, 99202
  - Phone: 509-456-2279
cceasternwa.org

**Cheney Care Center**
- 2219 N 6th Ave, Cheney 99004
  - Phone: 509-235-6196
  - Fax: 208-235-2044

**In-Home Providers**
- **Home Care Referral**: 800-970-5456

**Registry of WA State**
- **HCW Fax**: 509-326-4655
- **HCW Phone**: 509-970-5456

**Help is only a phone call away.**
Available 24 hours a day, 7 days a week
(509) 323-0390
www.bihc.biz
Short or long-term • Overnight • Respite Care

Locally Owned
Serving Spokane and the Inland Northwest since 1989
Kindred at Home
kindestathome.com

Spokane 464-4970
8502 N Nevada, Ste 2, 99208
Liberty Lake Branch 473-4990
22820 E Appleway Ave, 99019
Couer d’Alene 83814 208-667-5470
1230 Northwood Center Ct, Ste C
Pullman 334-6016
1610 NE Eastgate, Ste 650, 99163
Maxim Healthcare Services 1500 W Fourth Ave, 99201
maximhealthcare.com 324-6421
Panhandle Health District Skilled Home Care 208-415-5160
8500 N Atlas R, Hayden 83835

MOWspokane.org

Checks.
and 2-5 p.m. W. Accepts cash or checks.

Lake City Senior Center 83814
1916 Lakewood Dr, Coeur d’Alene
Moscow Senior Center 412 E 3rd, 83843 208-882-1542
Plummer Senior Citizen Kitchen M-Th 888 C St
Post Falls Senior Center 773-9582
1215 E 3rd, Post Falls 83877
postfallseniorcenter.org 11:30 MWF
Seniors Hospitality Center, Inc.
6635 Lincoln St
Bonners Ferry 83805
Senior Round Table 527-3375
270 Sprague, Walla Walla 99362
Silver Valley Seniors MOW PO Box 887, Osburn 83849
Spirit Lake Seniors 623-6125
218 N 4th/POB 817
Spirit Lake 83869
Drive thru, 3-6, M Th
The People’s Pantry 775-3874
925 S Keller, Republic
Groceries and balanced meals
offered 1:30-3:30 p.m., Th,
serves Northern Ferry County.
Primarily Republic, Malo and
Curlew.
Walla Walla MOW 541-938-5481
401 W Poplar, 99362
Whipple Hilltop Senior Citizens Center 208-435-4553
215 S First St/PO Box 42, 83553
Valley MOW 208-799-5767
415 6th St, Lewiston 83501

Medical Supplies, & Mobility imeahab.com
Del Schmitt DBA Bathrest 922-6535
of Custom Craftsman
15518 E Lincoln Rd, 99217
bathrest@customcraftsmen.net
Del Schmitt dschmitt@air-pipe.com
Home construction, bathroom
refinishing & bathtub refurbishing.
Goldenwest Mobility 484-3842
1815 E Francis 800-734-3842
Sporak 99208
Fax: 484-3858
goldenwestmobility.com
Offers handicap mobility products.
Inland Medical & Rehab 455-9385
200 E 2nd, Ste B, 99202 imeahab.com
MediAlert & Safe Return medialert.com 473-3390
Medicare Durable Medical Equipment 800-633-4227
Northwest Home Medical 926-5640
10502 E Montgomery, 99204

Mid-City Concerns/Meals on Wheels Spokane 747-3257
1222 W 2nd, 99201 mowspokane.org
director@mowspokane.org 456-6997
Dir: Beth Alcorn 232-0864
Vol Coord: Tracy Hattmer 456-0397
Comm: Sara Hall
Delivers hot meals to home-bound seniors in Spokane.
Provides activities, breakfast/lunch.
New Hope Resource Center 4211 E Colbert Rd, Colbert 99005
info@newhoperesource.org 467-2900
newhoperesource.org Fax: 467-5766
Chore services for seniors who
live in Spokane County north of Hawthorne.

Pharmaceutical & Prescription Info, Medication Compliance
AARP Rx Services 800-456-2277
Discounts 877-422-7718
Benefits Check Up Rx benefitscheckup.org
Crisis Line of Whitman & Latah Counties 332-1505
Drug Info Center - WSU
Spokane 358-7662
Food & Drug Administration (FDA) fda.gov 800-463-6332
Geneva Woods 744-9891
3808 N Sullivan Rd, Bldg N-15, Ste 103, Spokane Valley 99216
genevawoods.com
Medication compliance.
ID Countries Indigent/Social Services Assist - Discount
prescriptions 877-321-2652
caremark.com/naco
Residents receive a prescription
discount card.
Boundary County boundarycountyid.org
Nez Perce County co.nezperce.id.us
Idaho Rx Cards idahorxcard.com
Medi-Starts and My-Meds.
My-Meds.
Digital and human approach
to help patients manage and
understand their meds.
NeedyMeds 800-503-6897
needymeds.org
Free information on programs
that help people who cannot
afford medications & health care
costs.
The Internet Drug Index discontinued
Together Rx - Medicare
togheimeraccess.com 800-444-4106

Providence DominiCare
110 S Third St East 935-4925
Chewelah 99109
washington.providence.org
Nonprofit agency ministering to
residents of Stevens, Pend
Oreille and Ferry counties.
Serves frail, impaired and elderly individuall who need non-clinical home services, such as personal care, household assistance and family respite.
Sliding fee scale.

Providence St Mary's Home Health 897-8600
209 W Poplar St, Walla Walla 99362
washington.providence.org

Providence VNA Home Health 1000 N Argonne 534-4300
Sporak Valley 99212
Fax: 536-6464
washington.providence.org
Offers skilled home health care, serving individuals who need health care services at home for a temporary condition such as post-surgical care or a chronic condition such as heart failure, diabetes or Parkinson’s disease.

Pullman Community Council on Aging PullmanCCoA.org
PO Box 1123, Pullman 99163
PullmanCCoA@gmail.com
Network of caring citizens and senior service agencies working to improve the quality of life for local seniors. Programs include Meals on Wheels, Senior Chore Service and free “Guide to Senior Services for Pullman & Whitman County.”

Rural Resources Community Action Tri-Cnty Sr. Nutrition
956 S Main St 684-8421
Colville 99114
Offers Diner’s Choice that issues
coupons for meals at local
participating restaurants in NE WA, MOW also offered.

Rural Resources Community Living Connections
Ferry County Office 775-0912
42 Klondike Rd, Republic 99166
Pend Oreille County – Ione Office 424-3223
PO Box 493, Ione 99139
Whitman County 800-873-5889
1615 NE Eastgate G, Ste 4 East
Pullman 99163 332-0365
Helps unpaid caregivers and those they care for maintain in-home

Feeding bodies, nurturing souls, saving lives

MEALS (925-3257)
If you know of a homebound senior in need of a caring visit
and a hot meal, please call
509-456-6597
mowspokane.org
care as long as possible. Respite care in homes or at other locations, offers relief for family or other unpaid caregivers of disabled adults ages 18+. Kinship Caregiver Support Program provides information, assistance and referral for grandparents and other relatives caring for minor relatives. Provides short-term financial help for clothes, food, car seats, beds and other needs. Operates local bus service in Ferry, Pend Oreille and Stevens Counties.

684-2961/800-776-9026

Senior Action Network of Eastern WA
info@sanewa.org sanewa.org
Network of business leaders and individuals who network, offer charitable giving and annual events. Helps raise awareness and funding for seniors and organization that help assist seniors to live a healthy independent and secure lives.

Senior Citizen’s/Disabled Persons Tax Exemption Program

Ferry County 350 E Delaware, Ste 1
Republic 99166 775-5205

Lincoln County 596-1454
450 Logan St PO Box 400
Davenport 99122 725-7011

Pend Oreille County 447-4312
PO Box 5010, Newport 99156

Stevens County 684-6161
215 S Oak St, Colville 99114

Walla Walla County 524-2560

Whitman County - Senior Citizens Tax Relief 397-6220
400 N Main St, Colfax 99111

Idaho State Tax Commission 208-334-7736 800334-7756

SE WA Aging & Long Term Care Council of Governments
PO Box 8349 877-965-2582
Yakima 98908 newnc@dshs.wa.gov altcwashington.com

Does community planning and advocacy. Funds a network of services to help seniors and adults with disabilities stay at home. See HCS Aging and Disability Resource centers listed under DSHS Aging and Long-Term Care Support Admin, in Clarkston (Asotin County), Garfield County, Walla Walla and Columbia.

Senior Services/Volunteer Chore Services
Catholic Charities Eastern WA
12 E 5th Ave, 99202 459-6175 cceasternwa.org
Provides rides and chore services to low-income elderly and disabled clients so they can remain in their home.

Looking for energy bill assistance? We have options.

Avista partners with community agencies to provide financial assistance, plus we offer other services to help you manage and pay your bill.

- Energy Assistance Grants are available for income-qualified residential customers. Funds are distributed to qualifying customers through local community agencies – please call us at 1-800-227-9187 to find your local community agency or visit myavista.com/assistance.

- Comfort Level Billing divides yearly energy costs into 12 equal and predictable monthly payments.

- Preferred Due Date helps align your bill’s due date with payday.

- Payment Arrangements can be made on an individual basis for those in need.

For more ways we can help, please call 1-800-227-9187 or visit myavista.com/covid-19.

Be a part of something Greater.

For over forty years, Greater Spokane County Meals on Wheels has helped provide fresh made meals from our local kitchen, companionship and eyes-on wellness checks and a connection to other senior services. Our mission is to help seniors stay independent and in the home they love.

Meals on Wheels
Greater Spokane County
GSCMealsOnWheels.org • 509-924-6976
own home with dignity and a connection to the community. Offers transportation to medical appointments and one grocery visit a month to those on limited income.

Sunshine Home Health
10410 E 9th Ave, Bldg B
321-9050
Spokane Valley 99206  shfi.com
Provides in-home nursing, physical, occupational and speech therapies; social service/community resource planning; registered dietitians; and home-health aide services throughout Spokane County. Accepts medical insurance and tailors services to client(s) needs.

Transportation Programs
See details in Travel and Transportation under Senior Transportation (Page 169-70)
AARP SMART DRIVER COURSES
aarpdriversafety.org/why-take-our-course.html
BAT 208-245-4576
City Link CDA 208-446-1616
COMMUNITY LIVING CONNECTIONS - AGING & LONG TERM CARE OF EASTERN WA - ALTCEW960-7281
COAST
- Spokane 297-2935
- PALOUSE COUNCIL ON AGING & HUMAN SERVICES TRANSPORTATION Coordinator 397-2935
- Washington 800-892-4817
- Idaho 800-967-2899
Dial-A-Ride - Pullman Transit 332-5471  TDD 800-833-6388
SMART (Moscow)

You can make a difference by volunteering just one hour per week!

Volunteer Services
a program of Catholic Charities Eastern Washington

(509) 459-6172  |  cceasternwa.org