Do you need quick help preparing a home for sale?

Lamoureux Real Estate is the only broker to offer the Senior Home Sales Concierge™ service that covers everything an owner or family needs to quickly prepare a home for optimal sale.

The Senior Home Sales Concierge™ involves a seven stage all-inclusive service that helps owners and their families plan, prepare and sell a home faster and for more money.

Program Process:

- **Assess** (includes client interview and a walk-through of the property).
- **Plan** (documents everything that needs to be done to prepare for sale).
- **Loan** (to the seller to cover hauling, repairs, staging and living expenses).
- **Transition** (to help the seller move to a new location or care facility).
- **Restore** (move, haul, store and sell personal belongings, and repair the house).
- **Stage** (both the inside and outside of the home for an optimal sale price).
- **Sell** (conduct a market analysis for selling price and broker the sale).

This service is especially important when the owner or family is in transition, personal belongings need to be handled, and home repairs are necessary. Lamoureux Real Estate handles everything necessary as the concierge. The seven stages can be offered a la carte or as a full-service bundle.

Barb Lamoureux, SRES

As a designated Seniors Real Estate Specialist, Barb Lamoureux has been helping Seniors with their unique real estate needs since 1988. Call anytime at 425.356.7975 or stop by our lovely office. Friendly conversation and coffee is always free!
Nutrition Services
Meals on Wheels and Community Dining Table........425-347-1229
   If long distance, call toll free..........................800-824-2183
Center for Healthy Living (Multicultural Senior Center)....425-513-1900

Health and Wellness Services
Aging and Disability Resource Network Line............425-513-1900
   If long distance, call toll free.........................800-422-2024
Family Caregiver Support.....................................425-513-1900
Kinship Caregiver Program..................................425-513-1900
Care Coordination..............................................425-265-2286
Counseling.......................................................425-290-1260
Older Adult Peer Support....................................425-290-1260

Minor Home Repair Services
Minor Home Repair ...........................................425-265-2222

Transportation Services
Transportation Assistance Program (TAP)..................425-423-8517
PayYour Pal......................................................425-514-3185

Homage Volunteer Opportunities
Volunteer Program.............................................425-740-3787
Foster Grandparent..............................................425-514-3188
Senior Companion............................................425-265-2225

Philanthropy
Philanthropy.......................................................425-265-2285
Philanthropy Events.............................................425-514-3181
Charitable Giving...............................................425-265-2294

Marketing and Communications
Homage Newspaper and Resource Guide Info..........425-265-2283

Homage
Main line..........................................................425-355-1112

Our Mission:
To promote independence, preserve dignity and enhance the quality of life through the provision of services for older adults and people with disabilities.

Homage is the largest and most comprehensive service provider for older adults and people with disabilities in Snohomish County.

Front cover design by: Min Li
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NOTICING CHANGES IN YOUR LOVED ONE?

Common signs of memory loss include:

- Not being able to follow directions
- Getting lost in places they know
- Becoming confused about people, place, and time
- Asking the same questions
- Failing to care for themselves

At Mukilteo Memory Care, we understand the challenges of living with memory loss. Find out how we can help, scan the code above with your phone’s camera or give us a call at (425) 366-7736.

Mukilteo memory care

4686 Pointes Drive | Mukilteo, WA 98275

www.MukilteoMemoryCare.com
It’s About Community

Community Table Dining Program provides nutritious meals at ten locations throughout Snohomish county

- Monroe: 360-794-6359
- Everett: 425-257-8780
- Tulalip: 360-716-4684
- Arlington: 360-653-4551
- Darrington: 360-436-0646
- Snohomish: 360-568-0934
- Granite Falls: 360-691-7177
- Mountlake Terrace: 425-672-2407
- Bakerview Apartments (Everett): 425-212-3536
- Center for Healthy Living (Homage): 425-290-1268

For general inquiries about Homage nutrition programs call 425-347-1229.

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Is your Medicare coverage still right for you?

Attend one of my free\(^1\) online seminars to learn about our Medicare health plan, which earned a rating of 5 out of 5 Stars for 2022.\(^2\)

To find a seminar:
mykpage.org/mmitchell

Marcia Mitchell
Kaiser Permanente Medicare specialist
206-321-0394
Monday through Friday, 8 a.m. to 5 p.m.

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. \(^1\)There is no cost to attend the seminar or obligation to enroll when you attend. \(^2\)Every year, Medicare evaluates plans based on a 5-star rating system.

Learn more at kp.org/wa/m medicare

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GENERAL INFORMATION

Aging and Disability Resources
Information & Assistance

Homage
425-513-1900
800-422-2024
5026 196th St SW, Lynnwood, WA 98036
www.homage.org

Connects older adults, people 18 and older with disabilities, family members and caregivers to services by providing information, referrals, follow-up and advocacy. Bilingual staff assist Chinese, Filipino, Hispanic/Latino, Korean, Russian/Ukrainian and Vietnamese elders. Resources can be accessed through a phone call or at www.homage.org. Services are free.

For information about programs and services for seniors and people with disabilities outside of Snohomish County contact:

Community Living Connections (King County)
206-962-8467
844-348-5464
www.communitylivingconnections.org

Senior Information and Assistance (Island County)
360-321-1600 (S. Whidbey)
360-387-0222 (Oak Harbor)
360-279-4580 (Camano Island)

www.senior-resources.org

Department of Social and Health Services – DSHS
Community Service Offices
(CSO) 877-501-2233
TTY number for hearing/speech impaired – 7 1 1
www.dshs.wa.gov; click on Find a Local Service Office
Mailing address for all CSO offices:
P.O. Box 11699, Tacoma, WA 98411

Determines eligibility and administers programs such as Basic Food Program, medical assistance (Apple Health, Medicare Savings Programs), Aged, Blind and Disabled financial cash assistance or benefits t(ABD), and other programs.

Everett – 840 N. Broadway, Suite 200, Everett, WA 98201
Alderwood – 20311 52nd Ave. W, Suite 100, Lynnwood, WA 98036
Smokey Point – 3704 172nd St NE Arlington, WA 98223
Skykomish Valley – 19705 State Route 2, Monroe, WA 98272
North King County – 9600 College Way N, Seattle, WA 98103

Department of Social and Health Services – DSHS
Home & Community Service Offices (HCS)
www.dshs.wa.gov/altsa; click on Find Local Services

Determines eligibility for state-funded long-term care services including in-home care (COPES/Medicaid), and residential care (adult family homes/skilled nursing and assisted living facilities).

TTY number for hearing/speech impaired – 7 1 1

LEAVE A LEGACY

Remember Homage in your estate plans to create an exceptional legacy and remarkable future for our community.

Learn more at
www.homage.org/legacy

American Cremation & Casket Alliance

Cremation – Memorials – Funerals

Cremations starting at $895 and Burials starting at $999

360-651-9233
8808 271st St. NW, Stanwood
Phones answered by staff 24-hours a day
www.americancremation.com

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For over 100 years, the Josephine Caring Community has been a respected & award-winning regional partner in caring for all generations & nurturing fullness of life.

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Personal care solutions for independence and wellness at home
- In Home Licensed Nursing Care
- Post-Hospitalization Recovery
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- Regain Life Skills and Independence

Active Living in the Heart of your Community
- Independent and Assisted Living
- Private Studio, One and Two Bedroom Apartment Homes
- Shared Meals, Outings and Intergenerational Activities

Contact us today!
360.629.2126
Apartments Available.
GENERAL INFORMATION (CONTINUED)

Everett and Sky Valley – 425-339-4010; 800-780-7094
840 N Broadway, Suite 330, Everett, WA 98201
Alderwood 425-977-6530; 800-780-7089
20311 52nd Ave. W, Suite 302, Lynnwood, WA 98036
Smokey Point – 877-501-2233
3906 172nd St NE, Suite 101, Arlington, WA 98223
King- County – 206-341-7600; 800-346-9257
1737 Airport Way S, Suite 130, Seattle, WA 98134
Mailing address: P.O. Box 24847, Seattle, WA 98124

Eldercare Locator Service
800-677-1116
www.eldercare.acl.gov
Connects older adults and their caregivers with information about services available nationwide.

Homage Newspaper
Homage
425-290-1277
5026 196th St SW, Lynnwood, WA 98036
www.homage.org
Monthly print and digital newspaper includes special interest stories, opportunities and resources for seniors, caregivers and people with disabilities, and featured in the Everett Herald.

NW Regional Council (Skagit County)
800-585-6749
www.nwrcwa.org
Care coordination and case management for seniors and people with disabilities in Skagit and Whatcom counties.

Smart911
www.smart911.com
Free service that allows people to create a safety profile to provide important information to 911 responders in the event of an emergency. Check for availability in your area.

Snohomish County Case Management
425-513-1900 / 800-422-2024 (for eligibility screening)
3000 Rockefeller Ave, M/S 305, Everett, WA 98201
www.snoco.org; search Case-Management.
Provides long-term care case management services to Snohomish County residents 18+ who meet the guidelines for Medicaid in-home care services through the State.

Snohomish County Long Term Care and Aging
425-388-7393
3000 Rockefeller Ave M/S 305, Everett, WA 98201
www.snohomishcountywa.gov, search Long-Term Care & Aging. Plans, advocates, coordinates and funds services to meet the needs of seniors, family caregivers, and disabled adults in Snohomish County. Serves as Area Agency on Aging for Snohomish County.

Need financial assistance for daily groceries?

The Basic Food Program (also known as SNAP) can help you meet your basic food needs.

Apply for your monthly assistance funds today

Benefits are distributed monthly. For eligibility information, questions, or to apply, call Homage Nutrition.

425-347-1229
or email basicfood@homage.org

Morgan Cottage
Adult Family Home
Quality Care in a comfortable and relaxing atmosphere.
Specializing in Dementia/Mental Health/DD

Affordable rates
Medicare and Medicaid Accepted
visit www.morgancottage.net

Call Monica for a visit 360-659-0003
Features & Amenities:

- Social Service Coordinator
- One bedroom and studio apartments
- Laundry facilities on site
- Community rooms with kitchen and outdoor patio for recreation and entertainment
- Access-controlled buildings and emergency alert systems
- All units are wheelchair accessible
- Close to shopping and services
- Income restrictions apply
- Pets welcome

For information and application, call the community you are interested.

Lynnwood
Lynn Crest
4626 194th St. S.W.
425.339.1043

Lynn Woods
4705 194th St. S.W.
425.339.1043

Scriber Pointe
19912 Scriber Lake Rd.
425.339.1048

Monroe
Village East
864 Village Way
425.339.1049

Lake Stevens
Hawkins House
9433 N. Davies Rd.
425.339.1044

Everett
Evergreen Court
10809 16th Ave. S.E.
425.339.1029

Evergreen Village
12705 Avondale Way
425.339.1046

Lake Woods I
12310 19th Pl. W.
425.339.1047

Everett, continued
Meadow Park
1611 128th St. S.W.
425.339.1046

Silver View
11109 16th Ave S.E.
425.339.1031

Silver Woods
10915 16th Ave S.E.
425.339.1031
GENERAL INFORMATION (CONTINUED)

Social Security Administration  
800-772-1213  
TTY 800-325-0778  
www.ssa.gov

Everett  
866-563-4595  
3809 Broadway, Everett, WA 98201  
Information and applications for Social Security Retirement, Survivors and Disability Insurance Benefits; Medicare; and Supplemental Security Income (SSI).

Lynnwood  
877-575-5197  
18905 33rd Ave. W, Suite 207, Lynnwood, WA 98036  
Information and applications for Social Security Retirement, Survivors and Disability Insurance Benefits; Medicare; and Supplemental Security Income (SSI).

Seattle  
(Temporarily Closed)  
13510 Aurora Ave. N, Suite B, Seattle, WA 98133  
Information and applications for Social Security Retirement, Survivors and Disability Insurance Benefits; Medicare; and Supplemental Security Income (SSI).  
Supplemental Security Income – supplements income for low-income persons 65+; blind or disabled.

Bellevue  
866-574-2323  
636 120th Ave. NE, Suite 100, Bellevue, WA 98005  
Information and applications for Social Security Retirement, Survivors and Disability Insurance Benefits; Medicare; and Supplemental Security Income (SSI).

WIN 211  
Dial 2-1-1  
Statewide dialing code to access health and human service information and referrals. Caller is connected to appropriate regional call center. Volunteers of America is the call center for the North Sound region. Their website is www.voaww.org/northsound211. They can also be reached by calling 800-223-8145. Additionally, assistance can be provided through text messaging by texting your zip code to 898211. North Sound 211 is a free confidential community service that provides information and referrals to human and health services in Snohomish, Island, Skagit, San Juan and Whatcom Counties. Referrals are usually given over the phone or can be emailed or sent by text.

ADULT DAY CARE / ADULT DAY HEALTH SERVICES

Adult day care offers caregivers vulnerable by providing social and recreational activities and some health monitoring for older adults with special care needs.

Make peace of mind your priority in the new year.

At Harbour Pointe, you can rest easy knowing that our Assisted Living team will provide excellent care for you or your loved one.

Call (844) 307-8772 to learn more!

10200 Harbour Place, Mukilteo, WA 98275
hppretire.com
Adult day health programs help vulnerable elders and disabled adults maintain or improve their physical, social and cognitive functioning. Services can include health assessments, nursing supervision, medication management, case management/care coordination, therapeutic recreation, occupational therapy, and socialization/group activities. Both programs offer a safe and supportive environment. Meals and snacks are included. Transportation may be provided.

**ADULT FAMILY HOMES**

Adult family homes (AHFs) provide living arrangements in a private home. Services include room, board, supervision and personal care. Some AFHs have staff that are licensed healthcare professionals and can accommodate residents with special needs. To check the license and see if an enforcement letter has been issued (and the reason) visit www.dshs.wa.gov/altsa. Select Long Term Care Long-term Care Housing Services & Information.

**Morgan Cottage**
360-659-0003  
Email: morgancottage@comcast.net  
www.morgancottage.net  
7010 58th Dr NE, Marysville, WA 98270

**CAREGIVER SERVICES — FAMILY**

**Family Caregiver Support Program**

**Homage**
425-513-1900  
5026 196th St SW, Lynnwood, WA 98036  
www.snocare.org  
www.homage.org

Information and assistance about care options, support groups, workshops, respite and other resources for unpaid caregivers of elderly or disabled adults age 18+. Supportive consultation along with screening and assessment for additional program services.

**FAMILY CAREGIVER RESOURCE CENTERS**

**Alzheimer’s Association**
206-363-5500 (local chapter)  
800-272-3900 (24/7 Helpline)  
19031 33rd Ave W, Suite 301, Lynnwood, WA 98036  
www.snocare.org  
www.alzwa.org

Offers a variety of free programs for family caregivers supporting individuals with dementia including a 24/7 Helpline, care consultation, support groups, education and more.

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**YOU ARE IN GOOD HANDS AT WINDSOR SQUARE.**

Our one bedroom apartments rent for $2,795 and our two bedroom apartments rent for $3,495, which includes two chef prepared meals daily, weekly housekeeping services, transportation, activities and cable, electric, water/sewer/garbage and HAPPY HOUR included!
FAMILY CAREGIVER RESOURCE CENTERS
(CONTINUED)

Foster Grandparent Program
Homage
425-514-3188
5026 196th St SW, Lynnwood, WA 98036
Email: Fostergrandparentprogram@homage.org
www.homage.org
Mentoring program designed to pair seniors with children for one-on-one support in-person and online at community locations such as schools, daycares and other nonprofit organizations.

Lifespan Respite Washington
1-253-442-3214
www.lifespanrespitewa.org
The email contact for Lifespan Respite is getrespite@wapave.org. Voucher program for unpaid family caregivers needing short breaks while supporting an individual of any age who has a special need, condition, or disability.

MAC/TSOA (Medicaid/Alternative Care/Tailored Services for Older Adults)
425-513-1900 / 800-422-2024 (for eligibility screening)
TSOA and MAC provide free services to unpaid caregivers who are taking care of family members who are at least 55 years old. TSOA also supports individuals who do not have an unpaid caregiver. TSOA and MAC are different from traditional long-term programs. MAC is for people who are eligible for traditional Medicaid long-term care programs but opt out of programs. MAC benefits are similar to TSOA benefits.

Kinship Caregiver Program
Homage
425-513-1900
5026 196th St SW, Lynnwood, WA 98036
A program supporting Grandparents and other extended family who are raising another relative’s children. This program offers support groups assistance; navigating systems; consultation; self-advocacy coaching; tailored information & resources, and limited financial assistance for those who qualify.

AmeriCorps Seniors
Homage Senior Companion Program
425-335-1138
www.homage.org/health-wellness/senior-companion-program/
Volunteers provide companionship, transportation and other light support to older adults living at home such as: lunch buddies, walking companion, respite for family caregivers, and light organizing.

Stilly Valley Center
360-633-4551
18308 Smokey Point Blvd, Arlington, WA 98223
Certified Caregiver Specialist Services are available for family caregiver(s) to help assess supportive service options. These include information and referral services, support groups, situational care consultation and support, and educational and training programs.

COMMUNITY SERVICES

Volunteers of America Western Washington Headquarters
425-259-3191
2802 Broadway Ave Everett, WA 98201
Email: info@voaww.org
Creating safe, stable, healthy communities by helping the most vulnerable thrive. Care Crisis Response Services; Personal Support Services; Dispute Resolution Services; Child & Youth Services; Food Bank Services; Housing Services; North Sound 211.
Affordable Senior Apartment Homes 55+ Communities

The Meadows Apartment Community is in North Everett.

For information and application ...

Meadows I, II, III • 425.339.1024
1115 Rainier Ave., Everett
One bedroom: $650* Two bedroom: $755*

Lake Woods II is in South Everett.

For information and application ...

Lake Woods II • 425.339.1047
12404 19th Pl. W., Everett
One bedroom: $675* Two bedroom: $780*
Section 8 welcome

*Rent subject to change; includes water, sewer & garbage

Features & Amenities:

• Social Service Coordinators
• One- and two-bedroom energy efficient apartments
• Access-controlled buildings and emergency alert systems
• Dishwasher, electric range with self-cleaning oven, frost free refrigerator, and quality cabinetry
• Large community rooms with kitchens and fireplaces that are available for private functions
• On-site laundry facilities
• All apartments wheelchair accessible
• All buildings are non-smoking
• Convenient access to public transportation
• Income restrictions apply
• Pets welcome

Section 8 welcome

*Rent subject to change; includes water, sewer & garbage
CONSUMER PROTECTION

Attorney General Washington State Consumer Protection Division

206-464-6684
800-551-4636
TTY 800-833-6388
800 5th Ave Suite 2000, Seattle, WA 98104
www.atg.wa.gov/consumer-protection

Consumer Resource Center provides an informal complaint resolution service as well as information and education for businesses and the public on consumer issues and sends out alerts. It provides press releases to warn consumers and businesses about: fraudulent or predatory activities. This includes information on topics, including identity theft, debt management, refund rights and scams that target consumers. It administers Washington’s Lemon Law for new motor vehicles and facilitates dispute resolution between manufactured/mobile home landlords and tenants.

Better Business Bureau

206-431-2222
P.O. Box 1000, Dupont, WA 98327
www.bbb.org/us/wa

Business and charity reviews; consumer tips and scam resources; customer reviews; community events and presentations; complaint handling; and consumer-to-

Delivering Nutritious Meals Straight to your Door

Meals on Wheels
Serving Snohomish County homebound adults

To be eligible, a person must be:

• Homebound with limited personal support
• Unable to prepare their own meals
• Age 60 or older (younger people may qualify if all other criteria are met)
• Resident of Snohomish County

For more information contact 425.347.1229 or 800.824.2183.

Physicians Eye Clinic

Serving the community for over 45 years

We perform Cataract, Lasik and Eyelid surgery.

We provide Comprehensive, Routine and Eye Health Exams for Diabetes, Glaucoma and Macular Degeneration.

We are Medicare-approved and accept most insurance plans.

Brian D Lueth, MD
Thomas W. Jones, Jr., MD
Thomas W. Jones III, MD

425.259.2020 • www.lasikdrs.com
3930 Hoyt Ave., Everett, WA 98201
business arbitration.

**Health Systems Quality Assurance**
360-236-4700
Washington State Dept. of Health
P.O. Box 47877, Olympia, WA 98504
www.doh.wa.gov; click on How Do I? and select File a Complaint. Investigates complaints/concerns about healthcare professionals and facilities including hospitals, ambulatory surgery centers, in-home care services, hospice agencies, residential care facilities, and medical laboratories. Does not have regulatory authority over billing issues or nursing homes.

**Insurance Commissioner – Washington State**
800-562-6900
www.insurance.wa.gov
Consumer protection information on health, auto, home, life, Medicare, annuities and business insurance. Refer to page 30 for the Statewide Health Insurance Benefits Advisors (SHIBA) program.

**Snohomish County Long Term Care Ombudsman Program**
360-862-1100 Snohomish County
206-623-0816 King County
800-562-6028 Washington State
TTY 800-737-7391
www.waombudsman.org
Protects and promotes the rights, dignity and well-being of

NEWLY Renovated Cottages!

- One- and two-bedroom energy efficient units.
- Two-bedroom, $865*; one-bedroom, $725*
- Rent includes water, garbage and sewer
- Free on-site laundry facilities
- Tub and shower combination with grab bars
- Close to shopping, bus lines, health services and outdoor activities (Thornton A. Sullivan Park)
- Income restrictions apply. Section 8 welcome.
- Pets welcome

For information call 425.339.1029
10811 16th Ave S.E., Everett 98208
CONSUMER PROTECTION (CONTINUED)

individuals living in long-term care. Provides consumer information and resolves complaints in adult family homes, assisted living facilities and nursing homes. Volunteer positions available. Operated by the Multi-Service Center in Federal Way.

DENTAL SERVICES / CLINICS

Community dental clinics (Community Health Center, HealthPoint and SeaMar) provide routine and preventive services that may include oral exams, x-rays, extractions, fillings, emergency treatment and other services. The clinics typically accept WA Apple Health (Medicaid) and private insurance, including some Medicare plans. A discount fee scale may be offered for uninsured individuals.

Community Health Center of Snohomish County Dental Clinics
www.CHCsno.org
Arlington – 360-572-5400
326 S. Stillaguamish Ave., Arlington, WA 98223
Edmonds – 425-640-5500
23320 Highway 99, Edmonds, WA 98026
Everett-North – 425-789-2000
1424 Broadway, Everett, WA 98201
Everett-South – 425-551-6200

Lynnwood – 425-835-5200
4111 194th St SW, Lynnwood, WA 98036
Sea Mar Community Health Dental Clinics
www.seam.org
Marysville – 360-657-3091
4922 Grove St Marysville, WA 98270
Monroe – 360-282-3900
17707 W Main St Monroe, WA 98272
Everett – 425-249-0770
1920 100th St. SE, Ste. C2, Everett, WA 98208
Lynnwood – 425-977-2580
4111 Alderwood Mall Blvd, Lynnwood, WA 98036

European Denture Center
425-689-7381 / 425-225-3411
1111 Pacific Ave Ste A, Everett 98201
www.eurodenture.com/dentures-everett-wa
Specializing in high quality custom dentures, partials, implant dentures. Same day repairs. Most insurances accepted. Free consultation.

DISABILITY RESOURCES

Snohomish County Developmental Disabilities
425-388-7732
For more Info, call Michelle Dietz at 360-653-7752 ext. 14.
Email: resource@villagecommunitysvcs.org
Please donate! Find out how you can connect to our services at:
http://villagecommunitysvcs.org
Village Community Services
3210 Smokey Point Drive, Suite 200 Arlington, WA 98223
Depression Often Hides Behind a Smile

*Short Term Counseling  *Groups and workshops  *Peer Support  
*Assistance connecting to long term providers

To get connected  
call 425-290-1260

Always free and confidential
DISABILITY RESOURCES (CONTINUED)

www.snoco.org, click on the Resource Books tab. Snohomish County Development Disabilities has resource guides that include a description and contact information for 300+ resources.

**Brain Injury Alliance Washington**
Resource Line: **877-982-4292**
P.O. Box 3044, Seattle, WA 98114
www.biawa.org
Assists individuals affected by brain injury by providing free classes, support groups, information and referral services, and social opportunities.

**Department of Services for the Blind**
206-906-5500
800-552-7103
3411 S Alaska St Seattle, WA 98118
www.dsb.wa.gov
Provides training, counseling and support to individuals who are blind or visually impaired pursuing employment, education and independent living.

**Developmental Disabilities Administration**
**Everett – 425-740.6400; 800-788-2053**
840 N Broadway, Bldg. A, Suite 540, Everett, WA 98201
www.dshs.wa.gov/DDA
Case and resource management for persons with developmental disabilities, including accessing and monitoring vocational, residential and other community programs.

**Lynnwood – 425-977-6620; 800-788-2053**
20311 52nd Ave. W Suite 302, Lynnwood, WA 98036
www.dshs.wa.gov/DDA
Case and resource management for persons with developmental disabilities, including accessing and monitoring vocational, residential and other community programs.

**Developmental Disabilities of Snohomish County**
425-388-7208
3000 Rockefeller Ave, Everett, WA 98201
www.snoco.org; search Developmental Disabilities Plans and coordinates services for individuals with developmental disabilities and their families including early intervention, employment support, and information/education.

**Disability Rights of Washington**
Seattle: 206-324-1521
Statewide: 800-562-2702
315 5th Ave S Suite 850, Seattle, WA 98104
www.disabilityrightswa.org
Protects the rights of people with disabilities through advocacy, information and referral, community education and training.

**Disabled Parking Permits**
425-388-3371
Snohomish County Auditor’s Vehicle Licensing Office
3000 Rockefeller Ave., Everett 98201
www.snoco.org; search Disabled Person Parking Placard
A disabled parking application may be obtained at the Auditor’s office and/or vehicle licensing sub-agency. An application may also be downloaded at www.dol.wa.gov search Disabled Parking.

**Sherwood Community Services**
425-334-4071
402 91st Ave NE, Lake Stevens, WA 98258
www.sherwoodcs.org. Serving Snohomish County, Camano Island, and San Juan Counties. Sherwood provides Early Intervention therapy, education and evaluations for infants and toddlers (birth to three) with a diagnosed disability or delay. Sherwood also provides Vocational Services throughout Snohomish, Skagit and Island Counties. Supporting high school graduates and adults with disabilities seeking employment and seniors with disabilities who are looking for inclusive activities within their community through DDA or private pay. To find out how you can help, call 425-334-4071.

**Speech to Speech**
916-448-5517
www.speechtospeech.org
Free telephone assistance service for individuals who have difficulty being understood due to a speech impairment or disability.

**Telecommunication Equipment Distribution**

Deafblind Communicator (DBC) and ring signaling devices, currently messages only; Call **800-422-7930**, or by Video phone at **360-339-7382**, (not currently available), [www.dshs.wa.gov/altsa](http://www.dshs.wa.gov/altsa); click on Office of the Deaf and Hard of Hearing; select Telecommunication, then select Telecommunication Equipment. Telecommunication equipment is for eligible residents who are deaf, hard-of-hearing, or speech disabled. Equipment includes amplified phones and captioned telephone equipment.

**The Arc of Snohomish County**

425-258-2459
2500 Hewitt Ave., Suite 300, Everett, WA 98201
www.arcsno.org

Resource for individuals with intellectual and developmental disabilities and their family regardless of the diagnosis and at all stages of life.

**Washington Assistive Technology Act Program**

800-214-8731
TTY 866-866-0162

University of Washington, Seattle, WA 98195
www.watap.org

Assistive technology resource including virtual demos, device lending program, sources for alternative financing, and refurbished equipment.

**Washington Relay**

711 or 1-800-833-6384
www.washingtonrelay.com

Telecommunication Relay Services is also known as Washington Relay. This service allows hearing callers to communicate with deaf, hard of hearing, deaf-blind and speech disabled relay users and vice versa through specially trained relay operators. Relay users can simply dial 711 to connect with Washington Relay.

**Washington Talking Book & Braille Library**

206-615-0400
800-542-0866
2021 9th Ave., Seattle, WA 98121
www.wtbbl.org

Informational and recreational reading materials for individuals who are unable to read standard print material.

**EDUCATION / RECREATION**

**America the Beautiful Senior Pass – National Parks**

[www.nps.gov/planyourvisit/passes.htm](http://www.nps.gov/planyourvisit/passes.htm)

Lifetime entrance pass for U.S citizens or permanent residents 62+ to national parks, monuments, etc. and discounts on some fees (camping, swimming, specialized interpretive services). For seniors, lifetime passes are $80 and annual passes are $20, and can be obtained in person at a federal recreation site, or online for an $10 additional processing fee).

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**ELDER LAW ATTORNEY**

**SARAH DUNCAN**

Sarah Duncan is a member of the National Academy of Elder Law Attorneys (NAELA). Sarah is also a member of the American Bar Association real property and probate section, the Snohomish County Bar Association, and the Snohomish County Estate Planning Council.

Adams & Duncan, Inc., P.S.
3128 Colby Avenue
Everett, WA 98201

Wills & Trusts · Durable Powers of Attorney
Health Care Directives · Probate & Trust Administration
Long Term Care Planning · Medicaid Planning

Meeting the Needs of Seniors & Their Families

425 - 339 - 8556
www.AdamsLawyers.com
EDUCATION / RECREATION (CONTINUED)

**Creative Retirement Institute**
425-640-1830
7020 196th St SW, Maltby Bldg., Room 102
Lynnwood, WA 98036
www.edcc.edu/cri
Offers intellectual and cultural enrichment through activities, seminars, college level courses, and social activities for retired individuals.

**Master Gardener / Community Horticulture Programs**
425-357-6010
WSU Snohomish County Extension
600 128th St. SE, Everett, WA 98208
Email: snocomg@gmail.com
www.extension.wsu.edu/snohomish/garden
Information on plants/gardening, environmentally-sound pest management, organic vegetable gardening, composting, water conservation, and more.

**Road Scholar**
800-454-5768
www.roadscholar.org
Short-term, in-depth educational opportunities through travel offered throughout the U.S., Canada and 150+ other countries. Ask about scholarships.

**Washington State Parks Passes**
360-902-8844
P. O. Box 42650, Olympia, WA 98504

www.parks.state.wa.us; “click on Find It Fast”, then click on Passes and Permits. Passes include:

- **Off Season Senior Pass**
  This $75 pass offers free camping or moorage from Oct. 1 to March 31, and Sunday through Thursday in April.

- **Senior Citizen limited Income Pass**
  This free pass is available to qualifying seniors and is good for discounts on camping, moorage, watercraft launching, trailer dump and day-use entry fees.

ELDER ABUSE / CRIME ASSISTANCE

**Address Confidentiality Program**
800-822-1065
360-753-2972
www.sos.wa.gov.acp; click on Address Confidentiality
Provides substitute address and mail forwarding services for Washington State residents who are survivors of domestic violence, sexual assault, trafficking and/or stalking. Must be referred by a domestic violence or sexual assault program.

**Adult Protective Services – DSHS Snohomish County**
877-734-6277
TTY 833-866-5595

**Aging and Long-Term Support Administration**
PO Box 45600, Olympia, WA 98504

For home care that goes above and beyond to support your independence, we’re the resource.

**How can we help?**
- Dementia Care
- Meal Preparation
- Housekeeping
- Social Outings
- Personal Care
- Companionship
- Errands
- Transportation
- Respite Care

Serving the Puget Sound
contact@familyrhc.com

Ultimate Comfort For All Sizes
Power Lift Recliners

**StellarComfort UC 550 JPT**
fits people 5’2” and under

**StellarComfort UC 550-M**
fits people 5’3” to 5’10”

**StellarComfort UC 550 M26**
fits people 5’3” to 5’10” up to 500 lbs.

**StellarComfort UC 550 L**
fits people 5’11” to 6’2”

Erickson Furniture
“A Family Tradition Since 1912”
2015 Broadway
Everett, WA 98201
425-259-3876
EricksonFurniture.com

Mon - Sat 9am-6pm
Sunday 11am-5pm

Ultimate Comfort For All Sizes
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2015 Broadway
Everett, WA 98201
425-259-3876
EricksonFurniture.com

Mon - Sat 9am-6pm
Sunday 11am-5pm
WE CALL IT Caregiving

Are you providing help for a friend or loved one?
We are here for you!

Tailored Supports for Older Adults
Providing services and supports for eligible individuals age 55+ to help them continue to live independent and healthy lives at home.
Two programs might be able to provide limited assistance for you and your friend or loved one.

Kinship Caregiver Program
There are many grandparents, step-grandparents, and extended family members who are raising a relative’s child in Snohomish County. The Kinship Caregiver Program links kin-families to resources unique to their individual needs.

Family Caregiver Support Program
The Family Caregiver Support Program helps unpaid caregivers with free consultations that connect them with community resources, care options, and supports that best fits their situation.

A "caregiver" is a helper. This can be any unpaid person who provides supports, even minimally, and does not need to be a spouse or family member.

To learn more, contact the Homage Aging and Disability Resource Line
425.513.1900
800.422.2024
ELDER ABUSE / CRIME ASSISTANCE (CONTINUED)

Email: apscentralintake@dshs.wa.gov
www.dshs.wa.gov/altsa; click on Report Adult Abuse
Reporters are encouraged to make a report online. The
benefits of online reporting include a confirmation number
and 24/7 access to reporters. Report suspected abuse, neglect,
abandonment or financial exploitation of a vulnerable person
who lives in their own home or somewhere other than a
residential care facility. DSHS will investigate the alleged
abuse and, with the adult’s permission, take action to protect
their health and well-being. If the person is in immediate
danger, call 9-1-1. If the person lives in a nursing home,
boarding home or adult family home, call the Resolution Unit
800-562-6078 / TTY 800-737-7931

Domestic Violence Hotline
800-799-7233
TTY 800-787-3224 –National
425-678-8862- Edler Abuse Advocate
Washington state information:
www.wscadv.org/ /get-help-now/King/Snohomish/Pierce
County Deaf Hotline, 24 hours every day, 206-812-1001
(videophone), crisis intervention, safety planning and
referral to programs that assist domestic violence victims
and their families.

Domestic Violence Services of Snohomish County
425-259-2827- General information
425-252-2873 – 24-hour crisis intervention hotline
www.dvs-snoco.org
Emergency shelter for victims of domestic violence and
their children, as well as support groups, domestic violence
education, and legal advocacy.

Protection Order Assistance Office
425-388-3638
Snohomish County Clerk’s Office
3000 Rockefeller Ave M/S 605, Everett, WA 98201
www.snohomishcountywa.gov/439/Protection-Orders
Assists individuals in Superior Court to obtain a domestic
violence, anti-harassment, vulnerable adult or sexual
assault protection order. Non-family protection orders may
also be obtained through District Court.

Victim Support Services
888-288-9221 (24/7 hotline)
425-252-6081 (Snohomish County office)
TTY 425-259-0784
P.O. Box 1949, Everett, WA 98206 www.
victimsupportservices.org
Provides free and confidential services to victims of crime
including one-on-one advocacy, crisis intervention,
courtroom support, trauma-informed therapy, resources,
referrals, and more.
ACHIEVE COLLECTIVE LIBERATION WITH C3

SOME OF OUR FREE SERVICES INCLUDE

- Bi-Monthly Produce Packages
- Drop-In & Decompress Mindful Meditation Sessions with Dalisha Phillips, LMHCA
- Rental Assistance
- Preventative Health Care
  - Cancer Screenings for People with Prostates, Cervixes, Uteruses, & Mammaries
- Wellness Care Packages
- Fitness Classes
- Annual North Puget Sound Conference on Race
- Environmental Justice Programs
- Leadership Academy
- And Much More!

As we continue to heal from the devastating impacts of COVID-19, we are also collectively healing from the traumatization of unjust and inequitable systems that we live in each and every day. At Communities of Color Coalition (C3), we are collaborating with communities most affected by these harmful systems to provide relevant and sustainable services which provide immediate support while continuing to advocate for healthier, more liberated communities.

We invite you and your loved ones to join us in this collective journey and acknowledge the wisdom and expertise that each and every partner and co-conspirator brings to the table. We have numerous opportunities for engagement, including, but not limited to:

- Membership: We look to our communities to guide our programs and services so we have established monthly C3 Membership Meetings which are open to community and accessible via Zoom as we consider health concerns amidst COVID-19.

- Volunteerism: Everyone has unique talents, expertise, and passions and at C3 we like to tap into that energy and allow our volunteers the opportunity to inform us of how they might best support our organizational operations. Everyone has a role to play and we’d love to partner to find yours in achieving health and wellness for all!

- Donations: Often times, non-profits such as C3 are limited in the programs and services they can offer due to the restrictions of their funding sources. Unrestricted donations from communal partners like yourself allow us the flexibility and adaptability to answer emergent needs as they come up, without having to wait for funding sources to become available.

- Participation: Come and find out for yourself what C3 is all about at any of our many events, programs, and services which might be relevant to you or your loved ones! Engagement from community helps us demonstrate our impact and the needs for systemic transformation as we continue to imagine and create more liberated spaces with one another!
EMERGENCY SERVICES

Everett Gospel Mission
425-740-2500
www.egmission.org
Emergency shelter, meals, clothing, support and recovery programs.

Men’s Shelter
425-740-2550
3711 Smith Ave Everett, WA 98201
Emergency shelter, meals, clothing, support and recovery programs.

Women/Children’s Shelter
425-740-2501
5126 S 2nd Ave Everett, WA 98203
Emergency shelter, meals, clothing, support and recovery programs.

Monroe Gospel Women’s Mission
360-863-9003
450 S. Lewis St Monroe, WA 98272
www.monroegospelmission.com
Emergency shelter, meals, case management and support for homeless women.

Salvation Army
425-259-8129
2525 Rucker Ave, Everett, WA 98201
www.everett.salvationarmy.org
Limited assistance in paying Puget Sound Energy bills and prescription medication costs. Food bank for Everett adult-only households. Free fellowship dinner Monday and Tuesday at 4:45 p.m. Emergency cold weather shelter (upon specific weather conditions).

St. Vincent DePaul of Snohomish County
425-355-3504
Assistance Helpline
425-513-6052
Office
P.O. Box 2269, Everett, WA 98213
www.svdpwa.com
Emergency assistance for food, clothing, furniture, and utilities. Limited assistance for rent and prescription medication costs.

EMPLOYMENT / JOB TRAINING

AARP Foundation
206-624-6698
253-236-8346
Senior Community Service Employment Program
321 Ramsay Way, Suite 402, Kent, WA 98032
www.aarp.org/aarp-foundation
Short-term community service assignments and employment assistance for income-eligible people 55+.

Senior Center Employment
Edmonds Senior Center
Employment referral services for persons 55+. Can connect workers with individuals and businesses.

**North Shore Senior Center**
425-487-2441
10201 E. Riverside Dr., Bothell, WA 98011
Employment referral services for persons 55+.

**The Stilly Valley Center**
360-653-4551
18308 Smokey Point Blvd, Arlington, WA 98223
Employment referral services for persons 55+.

**WorkSource**
www.worksourcewa.com
425-258-6300 - Everett
3201 Smith Ave Suite 330, Everett, WA 98201
425-412-6867 - Lynnwood
18009 Highway 99, Suite A, Lynnwood, WA 98037
206-440-2500 - North Seattle
9600 College Way N Seattle, WA 98103
Job search and placement assistance. Resources for displaced workers, veterans and people with disabilities.

**ENERGY / WEATHERIZATION**

**Project Pride**
425-374-1243

St. Vincent de Paul
www.snopud.com; click on Your Account and select Project Pride. Financial assistance with electric bills for eligible low-income Snohomish County PUD customers.

**Snohomish County Office of Energy Assistance**
425-388-3880
3000 Rockefeller Ave M/S 305, Everett, WA 98201
www.snohomishcountywa.gov
Help with heating bills (oil, natural gas, wood, propane, electric) for eligible low-income county residents. Puget Sound Energy HELP and Cascade Natural Gas WEAF programs open October through August. LIHEAP, which helps with any type of heating program is typically open mid-November through March.

**Snohomish County Office of Weatherization**
425-388-7205
3000 Rockefeller Ave M/S 404, Everett, WA 98201
www.snoco.org; search Weatherization
Home energy conservation assistance for homeowners and renters who meet income eligibility requirements. Includes standard weatherization measures and safety checks on heating systems.

**Snohomish County PUD Energy Hotline**
425-783-1700
2320 California St P.O. Box 1107, Everett, WA 98206
www.snopud.com
Information about lighting, weatherization and energy conservation.

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**Enjoy the Ride**

*If you are an older adult, or have a disability, Pay Your Pal can help reimburse your driver.*

Reimbursement is for family, friends and neighbors who help provide rural Snohomish County residents with rides to work, school, or approved medical appointments.

**To find out if your driver qualifies Call 425.740.3791**
ENERGY / WEATHERIZATION (CONTINUED)

Snohomish County PUD Senior/Low-Income Discounts
425-783-1000
2320 California St P.O. Box 1107, Everett, WA 98206
www.snopud.com/discounts
Discounts for people 62+ with monthly household income of $2,521 or less ($30,252 annual income). Discounts for PUD customers of all ages who meet income requirements (see website for guidelines).

FINANCIAL – DISCOUNTS / EXEMPTIONS

Property Tax Reduction – Snohomish County
425-388-3540 – Exemption department
425-388-3433 – General information
3000 Rockefeller Ave M/S 510, Everett, WA 98201
www.snoco.org; search County Assessor
Property tax reduction for persons under the age of 61 who are unable to work because of disability, or those 61 or older on or before December 31 of the assessment year. Must own and occupy the property and have an annual household income of $45,000 or less. Contact the Assessor’s Office for information/applications for property tax deferral programs that are also available.

Senior Low-Income Garbage Disposal Card
425-388-3425 – option 0
Snohomish County Solid Waste
Discount at county transfer stations for Snohomish County residents 60+ who meet income guidelines.

FOOD / NUTRITION

Basic Food Program
Homage
425-347-1229
800-824-2183
Email: basicfood@homage.org
www.homage.org/nutrition
Assistance with food costs for income eligible persons. Homage staff can help you complete an application.

Food Banks
Snohomish County Food Bank Coalition
www.snohomishcountyfoodbankcoalition.org/our-food-bank-members
Snohomish County Food Banks
Concern for Neighbors Food, Moutlake Terrace (425) 778-7227
Lynnwood Food Bank (425) 745-1635
Snohomish Community Food Bank, Snohomish, (360) 568-7993
Mukilteo Food Bank (425) 366-8229
Edmonds Food Bank (425) 778-5833
Maltby Food Bank (360) 668-7900
VOA, Everett Food Bank (425) 259-3191
Marysville Community Food Bank (360) 658-1054
Lake Stevens Community Food Bank (425) 334-3430
Mill Creek Community Food Bank (425) 316-3333
Sky Valley Food Bank, Monroe (360) 794-7959
Arlington Community Food Bank (360) 435-1631
VOA Sultan Food Bank (360) 793-2400
Granite Falls Food Bank (360) 691-4253

King County
For food banks in King County, enter Food Banks, King County in your search engine and it will bring up the 19+ food banks with contact information in King County.

Transportation with dignity and respect

TAP (Transporation Assistance Program)
Serving Rural Snohomish County
Assisting older adults and people with Disabilities with transporation needs to essential services such as:
- Healthcare,
- Employment,
- Dining Sites,
- Shopping,
- Schools,
- Senior Centers,
- Recreation and more

To Apply today Call 425-423-8517
Health care, but healthier.

Get more out of Medicare when you combine Everett Clinic doctors + Medicare Advantage.

People with Medicare Advantage are often healthier than people with Original Medicare and save on average $1,640 more.¹

Call to learn how Medicare Advantage can work for you.²

425-307-0055 TTY 711

everettclinic.com

¹ Better Medicare Alliance, State of Medicare Advantage report, 2021
² The Everett Clinic can refer you to a licensed insurance agent. Licensed agents work with Medicare beneficiaries to explain Medicare Advantage, Medicare supplement insurance and prescription drug plan options.
FOOD / NUTRITION (CONTINUED)

Homage Nutrition Programs: Meals on Wheels, and Community Table Dining Program
425-347-1229
800-824-2183
5026 196th St SW, Lynnwood, WA 98036
Email: nutrition@homage.org
Home-delivered meals, nutrition education, and counseling. Senior dining meals at sites throughout Snohomish County. Call the meal site nearest you:
- Arlington 360-653-4551
- Bakerview Apartments 425-212-3536
- Center for Healthy Living (Homage) 425-290-1268
- Darrington 360-436-0646
- Everett 425-257-8780
- Granite Falls 360-691-7177
- Monroe 360-794-6359
- Mountlake Terrace 425-672-2407
- Snohomish 360-568-0934
- Slavic/Ukrainian meal site 425-212-3536

FUNERAL / CREMATION SERVICES
American Cremation and Casket Alliance
360-651-9233 24-Hour service
800-398-7101
8808 271st St NW, Stanwood, WA 98292
Accca@americancremation.com
www.americancremation.com
Affordable Cremation and Burials in Snohomish, King, Skagit, Island counties and greater Puget Sound.

HEALTH / WELLNESS SERVICES

Care Coordination
Homage
425-265-2286
5026 196th St SW, Lynnwood, WA 98036
www.homage.org/health-wellness
Provides individuals discharged from the hospital with advocacy and health management resources.

Center for Healthy Living
Homage
425-290-1268
5026 196th St SW, Lynnwood ,WA 98036
Email: livingwell@homage.org
Offers health and wellness programs, dental clinic, mental health services, multicultural services and information and assistance for older adults and people living with disabilities.

YMCA of Snohomish County
www.ymca-snoco.org
Everett 425-258-9211
Marysville 360-653-9622
Mill Creek 425-337-0123
Monroe 360-805-1879
Mukilteo 425-493-9622
Stanwood-Camano 360-629-9622
Health and well-being programs for older adults including fitness classes, yoga and water aerobics/exercise. Services vary by branch.

HEALTH — EDUCATION / RESEARCH
Alzheimer’s Association
206-363-5500

Will You Help Susan?
Your gift of just $8 can provide a nourishing meal and lifesaving services to a senior like Susan.

Make your secure gift at www.homage.org/donate
American Cancer Society
800-227-2345
5601 6th Ave S, Suite 491, Seattle, WA 98108
www.cancer.org

American Diabetes Association
206-282-4616
888-342-2383
180 Nickerson St Suite 309, Seattle, WA 98109
www.diabetes.org

American Heart/Stroke Association
Heart Assn. 206-336-7200; 800-242-8721
Stroke Assn. 888-478-7653
710 2nd Ave Suite 900, Seattle, WA 98104
www.heart.org
www.strokeassociation.org

American Lung Association
206-441-5100
5601 6th Ave S, Suite 460, Seattle, WA 98108
www.lung.org

American Parkinson Disease Association
206-695-2905
180 Nickerson St Suite 108, Seattle, WA 98109
www.apdaparkinson.org/community/northwest

Arthritis Foundation
206-547-2707
206-489-4610;
888-391-9389 ext. 7
844-571-4357 Helpline
155 NE 100th St Suite 303, Seattle, WA 98125
www.arthritis.org

National Multiple Sclerosis Society
800-344-4867
192 Nickerson St Suite 100, Seattle, WA 98109
www.nationalmssociety.org

NW Parkinson’s Foundation
877-980-7500
3010 77th Ave SE #101, Mercer Island, WA 98040
www.nwpf.org

HEALTH - INSURANCE OPTIONS

Humana
1498 SE Tech Center Place Suite 300 Vancouver, WA 98683
(360) 253-7523; (800) 781-4203
“Humana is committed to helping our millions of medical and specialty members achieve their best health. Our successful history in care delivery and health plan administration is helping us create a new kind of integrated care with the power to improve health and well-being and lower costs. Our efforts are leading to a better quality of life for people with Medicare, families, individuals, military service personnel, and communities at large.”

Kaiser Foundation HP of WA - Marcia Mitchell
Kaiser Permanente Medicare specialist
206-321-0394
Monday through Friday, 8 a.m. to 5 p.m.
Is your Medicare coverage still right for you? Attend one of my free online seminars to learn about our Medicare health plan, which earned a rating of 5 out of 5 Stars for 2022. To find a seminar: mykpagent.org/mmitchell Learn more at kp.org/wa/medicare

Medicare Maven-Kathleen Allison
425-434-8844
“Providing Options You Can Live With”
www.YourMedicareMaven.com

HEALTH – MEDICAID / MEDICARE

Medicaid (WA Apple Health)
See DSHS Home & Community Services, page 8
Medicare
800-633-4227
877-486-2048
www.medicare.gov

Have a News Story Idea?

We would love to hear from you!
Email: Marketing@homage.org
**HEALTH - INSURANCE OPTIONS** (CONTINUED)

**Social Security**
800-772-1213  
800-633-4227  
TTY 800-325-0778  
Federal health insurance program for people 65+, people with permanent kidney failure, and eligible disabled adults. To sign up contact Social Security.

**Medicare Prescription Drug Plan (Part D)**
Prescription drug coverage for anyone enrolled in Medicare. Those who meet income and asset guidelines may receive help to reduce the cost of their prescription medications.

**Medicare Beneficiary Helpline**
800-633-4227  
TTY 877-486-2048  
Livanta LLC  
10830 Guilford Road, Suite 312  
Annapolis Junction, MD 20701  
www.LivantaQIO.com  
Helpline to report complaints about quality of care received and to appeal impending discharge (hospital/nursing home, etc.) or termination of services (home health, hospice care, etc.) Medicare beneficiaries can ask questions about patient rights. Livanta serves nine west coast states including Washington.

**Medicare Savings Program**
800-633-4227  
Helps Medicare recipients pay all or part of their Medicare premiums, deductibles and co-payments. Must meet income and resource requirements.

**Statewide Health Insurance Benefits Advisors (SHIBA)**
425-290-1276, Snohomish County  
800-562-6900, Olympia Helpline  
www.edmondswaterfrontcenter.org  
Visit our website to register for Medicare classes. Sponsored by the Edmonds Waterfront Center at 220 Railroad Ave Edmonds, WA 98020  
SHIBA advisors provide free, unbiased, and confidential assistance with Medicare related issues. We will help you evaluate/compare Medicare health plans and programs, Part D prescription programs, determine general eligibility for health care assistance programs and provide enrollment help. We teach awareness of Medicare fraud and how to prevent it from happening to you.

“Welcome to Medicare” classes are taught by Zoom weekly. Online go to Programs and choose SHIBA/Medicare. There are daytime classes at 2pm on Thursdays and evening classes at 6pm on Wednesdays.

**HEALTH — SERVICES / CLINICS**

**Bloodworks NW**
800-398-7888  
Donate blood or volunteer – help save lives!  
for appt. to donate blood  
www.bloodworksnw.org  
**Everett – 425-740-2909**  
2703 Oakes Ave, Everett, WA 98201  
**Lynnwood – 425-412-1000**  
19723 Highway 99, Suite F, Lynnwood, WA 98036  
**North Seattle – 206-526-1970; 206-292-6500**  
10357 Stone Ave N, Seattle 98133  
**Community Health Center of Snohomish County**  
General physical exams, treatment for chronic illnesses, immunizations, referrals to specialists and discount pharmacy. Accepts WA Apple Health (Medicaid), Medicare, private insurance and has a discount fee scale for uninsured individuals.  
www.CHCsno.org  
**Arlington – 360-572-5400**  
326 S Stillaguamish Ave, Arlington, WA 98223  
**Edmonds – 425-640-5500**  
23320 Highway 99, Edmonds, WA 98026  
**Everett-Central – 425-382-4000**  
4201 Rucker Ave, Everett, WA 98203  
**Everett-College – 425-595-3900**  
930 North Broadway, Everett, WA 98201  
**Everett - North – 425-789-2000**  
1424 Broadway, Everett, WA 98201  
**Everett - South – 425-551-6200**  
1019 112th St. SW, Everett, WA98204  
**Lynnwood walk-in – 425-835-5200**  

**MEDICATION SAFETY**

Educational videos, presentations, and resources covering:  
Prescription and over-the-counter medications, safe use, storage, and disposal of medications, and keeping a personal medication list. To schedule a presentation or if you are a 60+ resident of Snohomish County, and would like to receive a **FREE File of Life**, call 425-290-1252 or email medssafety@homage.org
EBJ Proliance Surgeons  
425-339-2433  
1100 Pacific Ave, Suite 300  
Everett, WA 98201  
www.ebjproliancesurgeons.com  
Clinic specializing in bone & joint injuries.

Physicians Eye Clinic (Everett)  
425-259-2020  
3930 Hoyt Ave, Everett, WA 98201  
www.lasikdrs.com  
Accepts Medicare/Med-Advantage Plans

Puget Sound Kidney Centers  
We provide dialysis treatments to kidney patients at centers in Anacortes, Everett, Monroe, Mountlake Terrace, Lakewood, Arlington and Oak Harbor. Our administrative and Foundation staff work from offices in Everett. Addresses and phone numbers for all our dialysis centers and administrative facilities are shown below.  
www.pskc.net  
Everett – 425-259-2008  
1005 Pacific Ave., Everett, WA 98201  
Mountlake Terrace – 425-744-1095  
21309 44th Ave. W., Mountlake Terrace, WA 98043  
Smokey Point – 360-454-5280  
18828 Smokey Point Blvd., Arlington, WA 98223  
Lakewood – 253-393-6444  
11950 47th Ave. SW, Lakewood, WA 98499

Monroe – 360-863-3313  
18121 149th St. SE, Monroe, WA 98272

Whidbey Island – 360-679-6706  
430 SE Midway Blvd. Oak Harbor, WA 98277

Anacortes – 360-755-3586  
809 31st. St, Anacortes, WA 98221

Bremerton (Cogen) - 360-479-5908  
2613 Wheaton Way, Bremerton, WA 98310

Sea Mar Community Health Center  
Our professional clinical care team works together to serve patients of any age, religion, ethnicity, or sexual orientation and regardless of income, occupation, gender, immigration status, or citizenship status. Many of our providers and staff speak more than one language, helping us better serve diverse communities. We specialize in primary care family medicine, including preventive health exams, prenatal care, acute care visits, minor procedures, health education, follow-up care from hospital visits, and referrals. We also provide additional services to ensure our patients are connected with the resources they need to live happy, healthy lives.  
www.seamar.org.  
Everett – 425-312-0202  
1920 100th St SE, Bldg. B, Everett, WA 98208  
Lynnwood – 425-616-4100  
4111 Alderwood Mall Blvd.  
Lynnwood, WA 98036  
Marysville – 360-653-1742  
9710 State Ave Marysville, WA 98270  
Monroe – 360-282-3885  
17707 W. Main St, 1st floor, Monroe, WA 98272

55+ Community  
Call for Availability  
Welcome home...  
We have indoor spa, game room, library/business center, Sunroom, pet friendly, entertainment lounge, social room, washer/dryer in apartments.  
(425) 353-3479  
Address: 8920 Evergreen Way • Everett, WA 98208  
Email: leasing@reserveateverett.com | Website: www.reserveateverett.com
HEALTH – SERVICES / CLINICS (CONTINUED)

Snohomish Health District
Everett – 425-339-5200
3020 Rucker Ave Everett, WA 98201
Lynnwood – 425-258-5303
6101 200th St SW #100th Lynnwood, WA 98036
www.snohd.org

The Everett Clinic
425-258-3900
Customer Service
500 Providers. Over 40 specialties
www.everettclinic.com/seniorhealth

HEATING & AIR CONDITIONING, REPAIR, REPLACEMENT & MAINTENANCE

Washington Natural Gas Heating & Air Conditioning
425-347-0707 2208
www.wanaturalgas.com Business License
WASHING913LD Senior, Military and Boeing
Discounts Call 7am-4pm Fast Installs and Same day repair. *in most cases

HOME CARE / HOME HEALTH CARE

Home care agencies provide assistance with activities such as personal care, transportation, meal preparation, light housekeeping, laundry, errands and transportation. Home health care agencies also provide in-home services that typically include skilled nursing care, social workers, home health aides, and physical/occupational/speech therapy. Medicare or private insurance may cover services authorized by your physician. For concerns about quality of care provided by a home, care or home health care provider, contact the Washington State Department of Health.

A Better Solution in Home Care
Stanwood Office: 360-629-4510; Fax: 360-629-4658
9522 271st St NW Stanwood WA 98292 Seattle Area
Office: 206-446-8896; Fax: 360-629-4658 12810 NE
178th St Suite 200 Woodinville, WA 98072
Feel free to call us. Stop by for a visit. We would love the opportunity to talk with you!
http://abetersolutionhc.com/

Family Resource Home Care
Seattle - 206-545-1092
Bellevue - 425-455-2004
www.familyresourcehomecare.com
Your family - our commitment and kindness.

Homewatch Caregivers
Mountlake Terrace – 206-483-1969
6912 220th St SW, Mountlake Terrace, WA 98043
www.homewatchcaregivers.com/seattle
Dementia and 24-hour care specialists.

Right at Home
425-290-1714
1612 4th St, Suite 101, Marysville, WA 98270
www.rightathome.net

Companion Care
425-689-7535
18680 142nd Ave NE, Woodinville, WA 98072
www.companioncareofwa.com
When you need someone who cares, Companion Care Inc., is here for you!

HOME FURNISHINGS

Erickson Furniture
425-259-3876
2015 Broadway, Everett, WA 98201
www.Ericksonfurniture.com
We pride ourselves in offering competitive pricing, backed by our exceptional customer service.

ESC Mattress Center
“Sleep like the experts do.”
10121 Evergreen Way #30, Everett, WA 98204

TURNING 65?
Need help navigating the Medicare Maze?
Are you eligible for Prescription help?
Call me today for your no obligation consultation!

Your Medicare Maven
Kathleen 425-434-8844
Licensed to offer Medadvantage, Prescription, and Supplement Life Insurance Plans
Long Term Care, In-Home Health Plans and Final Expense Products
BenefitOptions4U
www.YourMedicareMaven.com
“Providing Options You Can Live With”

THE RIGHT MATTRESS = A GOOD NIGHT’S SLEEP!
Wake Up Feeling Rested and Improve Your Overall Health

Posh+Lavish – 100% Latex
Split Head Queen/King Options
FREE HEAD AND FOOT ADJUSTABLE BASE
Applies when purchasing a Posh + Lavish or Instant Comfort Mattress. See store to qualify.

ESC MATTRESS CENTER
EVERETT, WA
425-512-0017 · escmattresscenter.com
MON - SAT 10AM-7PM · SUN 10AM-6PM

THE RIGHT MATTRESS = A GOOD NIGHT’S SLEEP!
Wake Up Feeling Rested and Improve Your Overall Health

Posh+Lavish – 100% Latex
Split Head Queen/King Options
FREE HEAD AND FOOT ADJUSTABLE BASE
Applies when purchasing a Posh + Lavish or Instant Comfort Mattress. See store to qualify.

ESC MATTRESS CENTER
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Posh+Lavish – 100% Latex
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FREE HEAD AND FOOT ADJUSTABLE BASE
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ESC MATTRESS CENTER
EVERETT, WA
425-512-0017 · escmattresscenter.com
MON - SAT 10AM-7PM · SUN 10AM-6PM
HOSPICE / PALLIATIVE CARE

Hospice/palliative care offers individualized home medical care, and spiritual and emotional comfort for persons with a life-threatening illness. Care is tailored to patient’s family needs and preferences including care in symptom and pain management.

Aegis Living Lynnwood
425-329-7289
18700 44th Ave W, Lynnwood, WA 98037
www.aegisliving.com

Evergreen Hospice
425-899-3300
12822 124th NE, Kirkland, WA 98034
www.evergreenhealth.com/hospice

Providence Hospice / Homecare of Snohomish County
425-261-4800
2731 Wetmore Ave., Suite 500, Everett, WA 98201
www.washington.providence.org; Search on Departments, then select Home Health.

HOSPITALS

Cascade Valley Hospital

360-435-2133
330 S Stillaguamish Ave Arlington, WA 98223
www.cascadevalley.org

Evergreen Health Monroe Medical Center
360-794-7497
14701 179th Ave SE Monroe, WA 98272
www.evergreenhealthmonroe.com

Providence Regional Medical Center
425-261-2000
Colby Campus – 1700 13th St Everett, WA 98201
www.washington.providence.org

Swedish Edmonds Hospital
425-640-4000
21601 76th Ave W Edmonds, WA 98026
www.swedish.org

VA Puget Sound Health Care System
800-329-8387; 206-762-1010
1660 S Columbian Way, Seattle, WA 98108
www.pugetsound.va.gov

HOME REPAIRS / REMODEL

Minor Home Repair
Homage
425-265-2222
5026 196th St SW Lynnwood, WA 98036
www.homage.org

Minor home repairs and home modifications to improve safety and accessibility in your home.

ATTORNEY AT LAW

**LAWRENCE P. DOLAN**

WILLS  ESTATE PLANNING  MEDICAID PLANNING  GUARDIANSHIPS  PROBATE  POWERS OF ATTORNEY

- Wills, Trusts and Estate Planning
- Medicaid Planning
- Powers of Attorney
- Health Care Directives
- Special Needs Trusts
- Guardianships
- Probate
- Protecting Vulnerable Adults

Lawrence P. Dolan has over 25 years experience in representing and assisting clients through the legal process.

Our commitment to professionalism has built an active practice of clients who are confident in our legal services. It is the goal of our office to provide immediate and effective legal services to meet your specific needs.

In the event your circumstances require the services of an attorney, we look forward to being of assistance to you.

425-775-5423
7009 212th Street SW, Suite 203, Edmonds, WA 98026
(Located one block west off Highway 99 on 212th Street SW)
www.lawrencepdolanlaw.com

MEMBERSHIPS:
National Academy of Elder Law Attorneys
Washington State Bar Association
- Elder Law Section
- Real Property, Probate and Trust Section

Snohomish County Bar Association
Snohomish County Estate Planning Council
HOME REPAIRS / REMODEL (CONTINUED)

USDA Rural Development
360-428-4322
2021 E College Way, Mt Vernon, WA 98273
www.rd.usda.gov
Grants and low interest loans for home repairs for rural homeowners who own and occupy the house/mobile home.

HOUSING — INDEPENDENT SENIOR LIVING

The Village at Granite Falls Gencare Lifestyle
360-691-1777
302 N Alder Ave, Granite Falls, WA 98252
gencarelifestyle.com
The Village at Granite Falls is conveniently located in the center of the growing community of Granite Falls within walk distance of shopping, services and other amenities. Residents and their families can choose from Active Retirement or Assisted Living at The Village at Granite Falls.

Everett Housing Authority
425-258-9222
3107 Colby Ave., Everett 98201
www.evha.org
Affordable or subsidized apartments and Section 8 vouchers for eligible applicants in the City of Everett and surrounding area. Senior and disabled housing includes on-site service coordinator.

Harbour Pointe Senior Living
- Active Living
- Assisted Living
- Memory Care
- Respite Care
Now this is living... senior living!
1 (844) 307-8772
10200 Harbour Pl, Mukilteo, WA 98275
https://hpretire.com/

Hope Options
Everett Housing Authority
425-303-1116
3020 Broadway, Everett, WA 98201
www.evha.org
Intervention and case management for seniors with mental health or behavioral issues who may be at risk of losing their housing.

Housing Authority of Snohomish County (HASCO)
425-290-8499
12711 4th Ave, W, Everett 98204
www.hasco.org
Rent subsidies and subsidized apartments for seniors, people with disabilities and low-income families throughout Snohomish County.

Alpine Ridge
425-293-0574
55+ Manufactured Home Community in Lynnwood

The Reserve at Everett
425-353-3479; 425-374-1460
8920 Evergreen Way, Everett 98208
www.reserveateverett.com
Stylish & Affordable Senior Living

Windsor Square Retirement
360-653-1717
9912 48th Dr, Marysville, WA 98720
www.windsorsrliving.com

Village Concepts of Marysville – Grandview Village
360-653-2223; 253-733-1025
844-967-1303
5800 64th St. NE, Marysville WA 98270
www.villageconcepts.com
Where we are creating a village that feels like family. Independent and assisted living for seniors.

HOUSING REFERRAL / PLACEMENT

Senior Housing Placement
425-212-4200
425-366-2267
Sunrise Services Inc.
www.sunriseservicesinc.com

BRING OUT THE BEST OF AMERICA

Serve locally as an AmeriCorps Seniors volunteer with the Homage Senior Companion Program
to Volunteer Call 425-355-1138
We serve those who are elderly, have developmental disabilities, have mental challenges, have physical challenges, who need help to manage employment and money, and those who need help to stay in their own homes.

**HUMAN SERVICES**

**Civil Rights**
NAACP Snohomish County #10AA  
425-903-2496  
15204 48th Ave SE, Everett, WA 98208  
Membership Questions: Membership@naacp-snoco.org  
Info@naacp-snoco.org  
www.naacp-snoco.org

**Racial and Social Justice**
Communities of Color C3 Coalition  
425-258-8828  
PO Box 472, Everett WA 98206  
Email: Exec@c3coalition.org  
Info@c3coalition.org  
www.c3coalition.org

An inclusive community free of racism and intolerance.

**LEGAL SERVICES**

**Advance Medical Directives**  
206.441.9762  
2001 6th Ave Suite 2700, Seattle, WA 98121  
Washington State Medical Association  
www.wsma.org

Information and documents to assist individuals with end-of-life decisions. The packet includes a durable power of attorney for health care and health care directive (living will).

**Dispute Resolution Center**  
425-339-1335, Ext. 5; 425-259-3191  
2801 Lombard St Everett WA 98201  
PO Box, 839  
Everett, WA 98206  
www.voaww.org/drc

Conflict resolution for those who are having difficulty resolving family issues, neighborhood disputes, and landlord/tenant or workplace conflicts.

**Legal Services Hotline**  
888-387-7111 for free services  
888-201-1014; 888-201-1017 - Everett  
(weekdays 9:15am-12:15pm)  
2722 Colby Ave., Suite 308, Everett, WA 98201  
CLEAR*Sr program of the Northwest Justice Project  
www.nwjustice.org; www.washingtonlawhelp.org  
www.snocolegal.org

Free legal services and referrals for people 60+ with noncriminal legal problems. The intake line for low income people of any age: 888-201-1014.

**Small Claims Court**  
Snohomish County  
425-388-3331

Email: wsma@wsma.org
LEGAL SERVICES (CONTINUED)

www.snoco.org; search District Court
425-338-3331 - Everett – 3000 Rockefeller Ave Everett, WA 98201
425-774-6800 South - 20520 68th Ave. W, Lynnwood 98036
360-435-7700 Cascade- 415 E. Burke Ave., Arlington 98223
360-805-6776 Evergreen- 1414 179th Ave. SE, Monroe 98272
Limited to claims of up to $5,000 for recovery of money only. Must file locally, $29 filing fee. A mediation hearing is required before a trial date is scheduled.

Snohomish County Lawyer Referral Service
Snohomish County Bar Association
425-388-3056
Referrals to attorneys in Snohomish/adjacent counties. $35 for first 30-minute consultation.

Snohomish County Legal Services
888-201-1014 at Hotline/CLEAR for a referral
425-258-9283, Ext. 16
2722 Colby Ave., Suite 308, Everett, WA 98201
www.snocolegal.org
Help for civil legal problems (not criminal) for eligible low-income residents of Snohomish County.

LEGAL — ELDER LAW

The inclusion of the following attorneys does not imply they have limited their practice, are certified, or are specialists in the field of Elder Law.

Adams & Duncan Lawyers
425-339-8556
3128 Colby Ave., Everett, WA 98201
www.adamslawyers.com

Attorney At Law Lawrence P. Dolan
425-775-5423
7009 212th St SW, Suite 203, Edmonds, WA 98206
www.lawrencepdolanlaw.com

Hickman Menashe, P.S.
425-744-5658
4211 Alderwood Mall Blvd, Suite 204, Lynnwood, WA 98036
www.hickmanmenashe.com

LEGISLATIVE / ADVOCACY

AARP Washington
866-227-7457
18000 International Blvd., Suite 1020, SeaTac, WA 98188
www.aarp.org/wa
Legislative advocacy, research, informative programs and community service for people 50+.

Legislative Information Center Hotline
800-562-6000
TTY 800-833-6388
PO Box 40500, Olympia, WA 98504-0500
www.leg.wa.gov/lic
Information on bills/legislative process and message center for state legislators and other state elected officials.

Senior Citizens’ Lobby
360-754-0207 (Washington State)
1501 Capitol Way S., Suite 103, Olympia, WA 98501
www.waseniorlobby.org
Advocacy groups that focus on senior citizen issues, develop positions, and determine actions to be taken to influence the legislative process.

Voter Registration
Voter registration forms are available at the Auditor’s office, libraries, public schools, city halls and post offices. You can also register online at www.vote.wa.gov. Ballots are mailed 19 days prior to an election. Call if you do not receive a ballot.

**LGBTQ+ SERVICES**

LGBTQ+ – Lesbian, gay, bisexual, transgender, queer

**Entre Hermanos**
206-322-7700
1621 S. Jackson St., Suite 202, Seattle, WA 98144
www.entrehermanos.org
Promotes the health and well-being of the Latino LGBTQ community in a culturally appropriate environment through disease prevention, education, support services, advocacy and community building.

**Gay City**
206-860-6969
517 E Pike St., Seattle, WA 98122
www.gaycity.org
Promotes wellness in LGBTQ communities by providing health services, connecting people to resources, fostering arts, and building community. Offers HIV and STI testing.

**GenPRIDE**
206-393-3400
401 Broadway E. #223, Seattle, WA 98102
www.gapseeattle.org
Generations Aging with Pride empowers older LGBTQ+ adults to live with pride and dignity by promoting, connecting, and developing innovative programs and services that enhance belonging and support, eliminate discrimination, and honor the lives of older members of our community.

**Ingersoll Gender Center**
206-849-7859
517 E. Pike St., Seattle, WA 98122
www.ingersollgendercenter.org
Supports transgender and gender-variant people towards growth and well-being through support groups, educational opportunities, jobs programs, and special events.

**Lifelong AIDS Alliance**
206-957-1600
877-297-0576
1016 E. Pike St., Suite 300, Seattle, WA 98122
www.lifelong.org
Offers food, housing, and health services to the community.

**National Resource Center on LGBT Aging**
212-741-2247
www.lgbtagingcenter.org
Info@lgbtagingcenter.org

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**‘Senior Real Estate Specialist’**

**Some of what I can help a Senior moving accomplish for a transition/down sizing move:**

- Help with organizing their current home/condo to sell or eliminate items no longer needed/wanted.
- Interior painting and other items that may need to be repaired/replaced.
- Financial help to pre-prepare their current home which can be paid in full from closing proceeds/equity.
- Staging the residence once the residence is ready to be active on the market.
- Let my enthusiasm and over 4 decades of residential real estate sales experience go to work for you for ‘top-dollar’!

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CRAIG PURFEERST
Windermere Real Estate/M2, LLC
craigpur@windermere.com | (206) 714-1241
**LGBTQ+ SERVICES (CONTINUED)**

Resource center aimed at improving the quality of services and support offered to LGBT older adults.

**PFLAG**
www.pflageverett.org
Parents, Families and Friends of Lesbians and Gays
Support, education and advocacy organization for LGBT people, their families, friends and allies.

**Seattle Counseling Service**
206-323-1768
2033 6th Ave., Suite 400, Seattle, WA 98121
www.seattlecounseling.org
Advocates, educates, and serves to advance the social wellbeing and mental health of the LGBTQ+ community. Accepts Medicaid, some private insurance, or offers a sliding-fee scale for uninsured individuals.

**LIBRARIES**

Library services include large print books, audio and e-books, CDs and DVDs, music downloads, internet access, classes, programs and presentations, plus a host of other services. Sno-Isle offers bookmobile services.

**Everett Public Library System**
www.epls.org
Main Branch, Downtown – 425-257-8000
Evergreen Branch, South Everett – 425-257-8250

**Sno-Isle Regional Library System**
877-766-4753
www.sno-isle.org
Arlington – 360-435-3033
Brier – 425-483-0888
Camano Island – 360-387-5150
Darrington – 360-436-1600
Edmonds – 425-771-1933
Granite Falls – 360-691-6087
Lake Stevens – 425-334-1900
Lakewood/Smokey Point Library – 360-651-0774
Library on Wheels – 360-651-7056
Lynnwood – 425-778-2148
Mariner (S. Everett) – 425-423-9017
Marysville – 360-658-5000
Mill Creek – 425-337-4822
Monroe – 360-794-7851

**Manufactured Homes**

Randy McMillan – The Preview Group
425-327-9015
randymcmillan@hotmail.com

**MATTRESS STORE**

ESC Mattress Center
(425) 512-0017
10121 Evergreen Way #30, Everett, WA 98204
www.escmattresscenter.com
“Sleep like the experts do.”
Mon-Sat 10am-7pm Sun-10am-6pm

**Medical Equipment / Supplies**

**Donor Closet**
425-712-1807
409 Howell Way, Edmonds, WA 98020
www.mshh-donorcloset.com
MSHH Donor Closet offers affordable low-cost medical and mobility equipment, hospital beds, scooters, power chairs, wheelchairs, transport chairs and rollators.

**Medications Disposal / Education**

Med-Project Medication Education & Disposal
1-833-633-7765
www.med-project.org/locations/Snohomish
Safely dispose of unwanted & expired medicines

**Memory Care Communities**

Fields Senior Living at Smokey Point
(360) 530-9111
3607 169th St NE, Arlington, WA 98223

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**Advocacy at Homage**

Help shape what is going on with older adult issues across Snohomish County. Learn about:

- Voting resources
- Listen to candidate forums
- Find out who represents you on a state and federal level.

Homage.org/Advocacy or Email: mfrye@homage.org
Assisted Living & Memory Care Fields Senior Living at Smokey Point offers a range of living options and floor plans, with the comfort of a licensed nursing or care staff on-site 24/7.

**Harbour Pointe Senior Living**
1 (844) 307-8772
10200 Harbour Place Mukilteo, WA 98275
www.hpretire.com
-Active Living
-Assisted Living
-Memory Care
-Respite Care
Now this is living... senior living!

**Josephine Caring Community**
360-629-2126
9901 272nd Pl NW, Stanwood, WA 98292
www.josephinenet.com

**Mukilteo Memory Care**
425-405-6306
4686 Pointes Dr., Mukilteo, WA 98275
www.mukilteomemorycare.com
Welcome to Mukilteo Senior Living

**Quail Park of Lynnwood**
425-640-8529
844-289-7658
4015 164th St. SW, Lynnwood, WA 98087
www.quailparkoflynnwood.com

**MENTAL HEALTH / COUNSELING**

**Care Crisis Chat line**
800-584-3578

**Compass Health**
425-349-6200; 800-457-9303; 425-349-6800
4526 Federal Ave., Everett, WA 98203
www.compasshealth.org
Individual and group treatment, case management, crisis triage and stabilization, residential services, housing services and psychiatric services for eligible persons.

**Counseling**

**Homage**
425-290-1260; 800-422-2024
5026 196th St SW, Lynnwood, WA 98036
www.homage.org
Information and assistance to Snohomish County residents in accessing mental health or chemical dependency services. In-home screening for depression, with follow-up referral and advocacy. Short-term counseling may be available. Community presentations that focus on strategies to promote positive mood and healthy aging including lifestyle issues, stress management, relaxation

**Mental Health / Counseling**

**Care Crisis Chat line**
800-584-3578

**Compass Health**
425-349-6200; 800-457-9303; 425-349-6800
4526 Federal Ave., Everett, WA 98203
www.compasshealth.org
Individual and group treatment, case management, crisis triage and stabilization, residential services, housing services and psychiatric services for eligible persons.

**Counseling**

**Homage**
425-290-1260; 800-422-2024
5026 196th St SW, Lynnwood, WA 98036
www.homage.org
Information and assistance to Snohomish County residents in accessing mental health or chemical dependency services. In-home screening for depression, with follow-up referral and advocacy. Short-term counseling may be available. Community presentations that focus on strategies to promote positive mood and healthy aging including lifestyle issues, stress management, relaxation

**We’re Here to Help!**

Reduce your PUD bill by 25% or 50%, depending on your income level.

To see if you qualify for an income-based discount, visit [snopud.com/discounts](http://snopud.com/discounts) or call our friendly Customer Service Team:

**425-783-1000**
Monday-Friday, 8 AM to 5:30 PM

**More Ways to Save:**
Check out our energy conservation programs that help you save energy and money!
Visit [snopud.com](http://snopud.com) or call our Energy Hotline at

**425-783-1700** M-F, 8 AM to 5 PM
MENTAL HEALTH / COUNSELING (CONTINUED)

techniques, depression awareness and community resources. Inquiries and referrals are welcome from individuals, family members and community providers.

Evergreen Health Primary Care
425-899-6300; 800-548-0558
11800 NE 128th St, Suite 200, Kirkland, WA 98034
www.evergreenhealth.com; click on “Services,” and select Behavioral Health Services.
In-home counseling for individuals with severe and persistent mental health issues, those who are in need of geriatric crisis intervention and consultation, and support for unpaid caregivers.

NAMI Snohomish County
425-339-3620 Message Line; Crisis Line
800-584-3578 Crisis Line
PO Box 12487, Everett, WA 98206
www.namisnohomishcounty.org; www.namiwa.org
Provides free classes and support groups for people living with mental illness and their families. NAMI Washington provides educational resources, presentations, events, and advocacy for better public health policy.

Sea Mar Behavioral Health
www.seamar.org
Everett – 425-609-5505
5007 Claremont Way, Everett 98203
Everett – 425-312-0277
1920 100th St. SE, Everett, WA 98208

Lynnwood – 425-977-2560
4111 Alderwood Mall Blvd, Lynnwood, WA 98036

Monroe – 360-282-3885
14090 Fryeland Blvd. SE, Suite 347, Monroe, WA 98272
Alcohol/substance abuse treatment; individual family and group therapy/counseling; psychiatric evaluations; case management and referral. Everett and Monroe offer child and family services.

Older Adult Peer Support
Homage
425-290-1260
800-422-2024
5026 196th St Lynnwood, WA 98036
www.homage.org
Confidential in-home counseling to help individuals cope with life changes or losses. Provided by trained senior volunteers. Support groups available countywide. Services are free for people age 60+.

Volunteers of America
www.voaww.org; click on Get Help and select Behavioral Health Services. For online emotional support, visit www.imhurting.org or www.suicidepreventionlifeline.org
Telephone emotional support and crisis intervention 24 hours a day.

MULTICULTURAL SERVICES

The Center for Healthy Living
Homage
425-290-1268
5026 196th St SW, Lynnwood, WA 98036
www.homage.org
Culturally specific meals, on-site social services, classes, activities, socializing and other services.
425-290-1249 - Chinese Seniors Group
425-740-3803 Filipino Seniors Group
425-514-3186 Hispanic/Latino Seniors Group
425-290-1274 Korean Seniors Group
425-290-1256 Vietnamese Seniors Group

Refugee & Immigrant Services Northwest
425-388-9307
Everett Community College
2000 Tower St., Everett, WA 98201
ESL and citizenship classes, GED completion, vocational skills training, job search and placement services, individual and family counseling, and bicultural/

FOR BUYERS AND SELLERS
Listed And/Or Sold Over 750+ Manufactured/Mobile Homes
Put my 28 years in the field to work for YOU!
425-327-9015
randymcmillan@hotmail.com

Randy McMillan
Manufactured/Mobile Home Specialist
The Preview Group

Aging and Disability Resource Network Line
Toll Free: 800.422.2024
Local: 425.513.1900

- Eligibility Screenings for Snohomish County Case Mgmt. Program (60+)
- Help with accessing benefits
- Referrals to DSHS, community services, and state funded in-home services
- Family Consultations
bilingual support services for refugees, immigrants and ethnic minorities.

**U.S. Citizenship & Immigration Services**

800-375-5283  
800-870-3676 Forms Request Line  
www.uscis.gov  
Naturalization and/or other immigration forms.

**MUSEUMS**

**Skagit County Historical Museum**  
360-466-3365  
501 4th St La Conner, WA 98257  
Museum@co.skagit.wa.us  
www.skagitcounty.net/museum  
The family-friendly Skagit County Historical Museum is located at the top of the hill in La Conner.

**PERSONAL EMERGENCY RESPONSE SYSTEMS**

**MediAlert Foundation**  
800-432-5378  
www.medicalert.org/alz  
24-hour nationwide emergency response service. A MediAlert membership plan with Wandering Support helps first responders and families reconnect with individuals living with dementia who experience a medical emergency or have wandered.

**Project Care Track**  
425-388-3825  
Snohomish County Volunteer Search and Rescue  
3000 Rockefeller Ave M/S 606, Everett, WA 98201  
www.snooco.org; search Project Care Track  
Safety net for vulnerable individuals who have a tendency to wander. Clients wear a bracelet that emits a radio signal which significantly reduces search time.

**SafeZone Senior Care**  
360-719-1038, or 888-711-7079  
www.safezoneseniorcare.com  
An authorized dealer of Medical Alert Systems for both at home and remote providing security, independence and "peace of mind" since 2012!

**RACIAL AND SOCIAL JUSTICE**

**Communities of Color**  
C3 Coalition  
206-446-7847; 425-258-8825  
PO Box 472, Everett, WA 98206  
www.c3coalition.org  
https://www.c3coalition.org  
An inclusive community free of racism and intolerance.
REAL ESTATE SERVICES

Lamoureux Real Estate
425-356-7975  
425-259-1768
1904 Wetmore Ave., Everett, WA 98201
www.lamoureuxrealestate.com
Offering the Senior Home Sales™ Concierge Service

Craig Purfeerst-Windermere Real Estate/M2, LLC
Senior Real Estate Specialist
(206) 714-1241
craigpur@windermere.com

Randy McMillan – The Preview Group
425-327-9015
randymcmillan@hotmail.com
For buyers and sellers. Listed and/or sold over 750+ manufactured homes. Put my experience to work for you!

RESTAURANTS

Buck’s American Café
425-258-1351
2901 Hewitt Ave., Everett, WA 98201
www.bucksamericancafe.com

RETIREMENT/ASSISTED LIVING COMMUNITIES

Retirement/assisted living communities offer a variety of living arrangements and services. They may provide independent apartments, private rooms, or semi-private rooms. Some units have full kitchens or kitchenettes; all offer at least one meal per day served in a community dining room. Generally provided in the rent are utilities, meals, weekly housekeeping, and linen laundry. Assisted living services, such as personal care, may be offered for an additional charge.

Fields Senior Living at Smokey Point
(360) 530-9111
3607 169th St NE, Arlington, WA 98223
Assisted Living & Memory Care Fields Senior Living at Smokey Point offers a range of living options and floor plans, with the comfort of a licensed nursing or care staff on-site 24/7.
www.flsmokeypoint.com

Harbour Pointe Senior Living
-Active Living
-Assisted Living
-Memory Care
-Respite Care
Now this is living... senior living!
10200 Harbour Place Mukilteo, WA 98275
1 (844) 307-8772

https://hpretire.com/
Quail Park of Lynnwood
425-640-8529
4015 164th St. SW, Lynnwood 98087
www.quailparkoflynnwood.com

The Suites at Josephine
360-629-2126
9901 272nd Pl. NW, Stanwood 98292
www.josephinenenet.com

The Village at Granite Falls Gencare Lifestyle
360-691-1777
302 N Alder Ave, Granite Falls, WA 98252
gencarelifestyle.com/gallery/the-village
The Village at Granite Falls is conveniently located in the center of the growing community of Granite Falls within walk distance of shopping, services and other amenities. Residents and their families can choose from Active Retirement or Assisted Living at The Village at Granite Falls.

Village Concepts of Marysville – Grandview Village
360-653-2223
5800 64th St. NE, Marysville, WA 98270
Where we are creating a village that feels like family. Independent and assisted living for seniors.
www.villageconcepts.com

Warm Beach Senior Community
360-652-7585
20420 Marine Dr, Stanwood, WA 98292
Main Office Open 8:30 to 4:30 M-F
www.warmbeach.org

REVERSE MORTGAGES

Solid Ground
206-694-6700
866-297-4300
1501 N 45th St., Seattle 98103-6708
www.solid-ground.org; click on. Get Help and select “Housing Resources”
Reverse Mortgage (HECM) Counseling. HUD-certified in-person and telephone counseling for seniors seeking reverse mortgages. No charge for counseling.
Foreclosure Prevention: Information regarding the foreclosure process, homeowner rights under the Foreclosure Fairness Act, and possible options to avoid foreclosure.

SENIOR CENTERS

Senior centers offer social, recreational and educational programs. Services may include meals, health services, housing, legal clinics, support groups, transportation, and volunteer opportunities.
Camano Senior Center  
360-387-0222  
606 Arrowhead Rd., Camano Island, WA 98282  
www.camanocenter.org

Carl Gipson Senior Center  
Volunteers of America  
425-818-2784 / 425-259-3191  
3025 Lombard Ave., Everett, WA 98201  
www.everettwa.gov/seniors  
www.org/gipson-center

Cascade Seniors  
360-436-0646  
1115 Darrington St., Darrington, WA 98241  
www.discoverdarrington.com

Monroe Community Senior Center  
360-794-6359  
276 Sky River Parkway, P.O. Box 602, Monroe, WA 98272  
www.mcsc.org

Edmonds Waterfront Center  
425-774-5555  
220 Railroad Ave., Edmonds, WA 98020  
Monday – Friday: 8am – 5pm  
www.edmondswaterfrontcenter.org

Granite Falls Senior Center  
360-691-7177

302 S. Granite Ave.,  
P.O. Box 714, Granite Falls, WA 98252  
www.granitefallsresourcedirectory.org

Lake Stevens Senior Center  
425-335-0345  
2302 Soper Hill Rd., P.O. Box 205, Lake Stevens, WA 98258  
www.lakestevensseniorcenter.com  
Email us: info@lakestevensseniorcenter.com

Lynnwood Senior Center  
425-670-5050  
19000 44th Ave. W., Lynnwood, WA 98036  
www.lynnwoodwa.gov; search Seniors  
Email: scoster@lynnwoodWA.gov

Mill Creek Senior Center  
425-948-7170  
4111 133rd Street SE, Mill Creek, WA 98012  
www.northshoreseniorcenter.org; click on Locations

Mountlake Terrace Senior Center  
425-672-2407  
23000 Lakeview Dr., Mountlake Terrace, WA 98043  
www.mltseniorcenter.net  
Email: MLTcscdirector@gmail.com

Mukilteo Seniors Association  
425-263-8180  
304 Lincoln Ave., Mukilteo, WA 98275

The Center for Healthy Living  
Multicultural Senior Center

Getting You There Safely

Local Bus Service  Accessible & Senior Friendly  DART Paratransit & Travel Training

communitytransit.org/safetother
SENIOR CENTERS (CONTINUED)

425-290-1268
5026 196th St. SW, Lynnwood, WA 98036
www.homage.org

Northshore Senior Center
425-487-2441
10201 E. Riverside Dr., Bothell, WA 98011
www.northshoreseniormanagement.org

Shoreline/Lake Forest Park
206-365-1536
18560 1st Ave. NE, Suite 1, Shoreline, WA 98155
www.shorelinelfpseniormanagement.org

Sky Valley (Sultan) Senior Center
360-793-2400
617 First St., Sultan, WA 98294
www.skyvalleychamber.com

Snohomish Senior Center
360-568-0934
506 4th St., P.O. Box 1426, Snohomish, WA 98291
www.snohomishseniorcenter.org

South Whidbey-Bayview Senior Center
360-678-3373
14594 SR 525, Langley, WA 98260
www.islandseniors.org

Lincoln Hill Retirement Community
360-629-7403
7430 276th St. NW, Stanwood, WA 98292
www.lincolnhill-rc.org

The Stilly Valley Center
360-653-4551
18308 Smokey Point Blvd., Arlington, WA 98223
www.stillycenter.org

SERVICES

Snohomish Long-Term Care Ombudsman Program
800-562-6028

TTY 800-737-7391
FAX 253-815-8173
c/o Multi-Service Center
Federal Way, WA 98093
P.O. Box 23699
www.waombudsman.org

Snohomish County Human Services
425-388-7218
425-388-7200
3000 Rockefeller Ave, M/S 305, Everett, WA 98201
Long Term Care and Aging

SKILLED NURSING/TRANSITIONAL CARE

Arlington Health & Rehabilitation
360-403-8247
620 Hazel St Arlington, WA 98223
www.arlingtonhealthandrhab.com
“Committed to your health”
Skilled Nursing and Rehabilitation Facility

TRANSITIONAL CARE CENTERS

Care/transitional health centers provide 24-hour supervised nursing care, therapy, personal care and other services for those who have significant health issues. Most facilities accept Medicare/Medicaid; some can accommodate patients with memory loss. For quality ratings of nursing/care centers, visit www.medicare.gov; click on Find Nursing Homes. For concerns about quality of care, contact Adult Protective Services (see listing page 22).

Josephine Caring Community & Saratoga Transitional Rehab
360-629-2126
Fax 360-629-4543
9901 272nd Pl NW Stanwood, 98292
www.josephinnet.com

Sunrise View Convalescent Center
844-334-3818
800-917-0125
2520 Madison St, Everett, WA 98203

Family Caregiver Support Program

We care for you, so you can keep caring for them.

- Information and emotional support
- Referrals to support groups, respite, and more
- Workshops on reducing stress, increasing self-care, improving communication, managing emotions and planning for the future
- Caregiver-focused events

Contact: 425.513.1900 or 800.422.2024
Email: caregiver@homage.org
TRANSPORTATION

AARP Driver Safety
888-227-7669
www.aarpdriversafety.org
Online retraining course for licensed drivers 50+. Graduates may qualify for auto insurance discounts.

Community Transit Customer Information Service
425-353-7433 / 800-562-1375
TTY number for hearing/speech impaired – 7 1 1
7100 Hardeson Rd, Everett, WA 98203
www.communitytransit.org
Trip planning, customer comments and transit information. Interpreters available for non-English speaking customers.

Community Transit Ride Store
425-348-2350
20110 46th Ave. W., Lynnwood, WA 98036
Mailing address: 7100 Hardeson Rd., Everett 98203
Transit information, ORCA and pass sales, lost and found department. Regional Reduced Fare Permits are offered to seniors 65+ and disabled persons.

Community Transit Travel Training Program
425-348-7100
7100 Hardeson Rd., Everett, WA 98203
www.communitytransit.org
Community Transit offers a complimentary Travel Training Program that teaches people who may need extra help to learn how to use fixed-route buses. The training is tailored to meet your needs, whether you need general bus riding information or more one-on-one in-depth training.

DART (Dial-A-Ride Transportation)
425-347-5912
800-562-1381
TTY 7-1-1
DART (Dial-A-Ride Transportation) provides paratransit service for people who cannot access or use Community Transit’s fixed-route bus service due to a disability or condition. DART fixed-route bus in that you will be riding with other people, traveling to destinations within 3/4 of a mile of our local fixed-route bus service, and traveling during the same hours the buses go to those destinations. To use DART Paratransit, you must first qualify for eligibility and then call ahead to schedule your trips.

Department of Licensing – Washington State
www.dol.wa.gov
Driver license, enhanced driver license or photo ID for a non-driver. Application for disabled parking permits.
425-356-2966 - Everett, WA
5313 Evergreen Way, Everett, WA 98203
425-672-3406 - Lynnwood WA
18023 Highway 99, Suite E, Lynnwood, WA 98037

360-653-2188 - Smokey Point
3704 172nd St. N.E., Suite K-1, Arlington, WA 98270

Everett Para Transit
425-257-8801
3225 Cedar St., Everett, WA 98201
www.EverettTransit.org
Origin to destination transportation within the Everett Transit service area for people who are ADA eligible or Everett residents age 65+ who have no other means of transportation. Eligibility is determined through an application process. Fare is $2 each time you board.

Everett Transit
425-257-7777
TTY 7-1-1
3201 Smith Ave., Everett, WA 98201 – Customer Service Center
www.EverettTransit.org
Public transportation throughout city of Everett. Trip planning, general inquiries, ORCA pass, Para Transit Pass and Regional Reduced Fare Permits available at the Customer Service Center. Fare is 50 cents for seniors 65+ who have no other means of transportation and/or disabled persons who have a Medicare card.

King County Metro Access Transportation
206-263-3113
206-205-5000 - Certification
201 S. Jackson St., Seattle 98104
www.kingcounty.gov
Access Transportation is service for people who are unable to use Metro or Sound Transit’s fixed-route bus and rail system due to a disability. Access connects people to services, health care, senior centers, shopping, recreation and other destinations within King County. Applicants must reside in King County, and meet ADA eligibility requirements.

Medicaid Transportation – Hopelink
855-766-7433
TTY 800-246-1646
www.hopelink.org
Hopelink provides Non-Emergency Medical Transportation in King and Snohomish counties for medical services covered by Medicaid.

ORCA Card
888-988-6722
TTY – 7-1-1
www.orcacard.com
ORCA card is for seniors or people with disabilities traveling by bus, rail, train or ferry in the Puget Sound area. ORCA cardholders pay reduced fare. Register online or at your local bus station.

Pay Your Pal
Homage
425-514-3185
5026 196th St SW, Lynnwood, WA 98036
Provides mileage reimbursement for volunteer drivers to help persons with disabilities who live in rural areas get to work, school or medical appointment.
TRANSPORTATION (CONTINUED)

Transportation Assistance Program (TAP)
Homage
425-423-8517
5026 196th St SW, Lynnwood, WA 98036
www.homage.org
Wheelchair accessible bus transportation for older adults and people with disabilities who live outside the DART and Everett Para Transit service area (primarily rural Snohomish County). TAP connects people to health care, shopping, dining, recreation and more.

Volunteer Transportation
425-374-6336
Catholic Community Services
1918 Everett Ave, Everett, WA 98201
Transportation for health care and essential errands on a pre-authorized basis.

VETERANS SERVICES

Network of Care
800-273-8255 - Veterans Crisis line
www.snohomish.wa.networkofcare.org
A one-stop shop for virtually all services, information, support, advocacy, and more for service members, veterans and their families. Contact Snohomish County Veterans Assistance Program if you do not have access to the internet.

Retired Activities Office
425-304-3775
Naval Station Everett
2000 W Marine View Dr, Everett, WA 98201
www.everett.navylifepnw.com
Information and assistance for U.S. uniformed services retirees, family members and surviving spouses when applying for services and benefits. Can report the passing of a retired member of all services to appropriate authorities.

Snohomish County Veterans Assistance Program
425-388-7255

3000 Rockefeller Ave., Everett 98201
Emergency assistance for residents of Snohomish County who are honorably-discharged veterans and meet eligibility requirements. Referrals to other service provider/veterans programs and assistance in dealing with Department of Veterans Affairs issues.

U.S. Department of Veteran Affairs
800-827-1000
www.va.gov; www.pugetsound.va.gov
Information about benefits for veterans and locations for hospitals, clinics, regional offices, etc.
Veterans Crisis line – 800-273-8255 (press 1) or TTY 800-799-4889

Washington Department of Veterans Affairs
800-562-2308
www.dva.wa.gov
The Washington State Department of Veterans Affairs helps connect veterans and their family members to the benefits and services they earned through their military service.

VOLUNTEER OPPORTUNITIES

Retired and Senior Volunteer Program (RSVP)
RSVP of Snohomish County
425-374-6374
1918 Everett Ave., Everett, WA 98201
www.servewashington.wa.gov
The Retired and Senior Volunteer Program of Snohomish County matches skills/training and preferences of persons 55+ to available volunteer opportunities and promotes their voluntary service as a valuable community resource.

United Way Volunteer Center
www.volunteermatch.org
Easy-to-search database lists volunteer opportunities at over 75 agencies.

Homage Foster Grandparent Volunteer Program
425-514-3188
Low-income adults (55+) volunteer and provide mentorship to children in non-profit settings and receive a tax-free stipend.

“Want to Mentor a Child?”
Be an AmeriCorps Seniors Volunteer (55+)
Info: 425-514-3188.
Homage Senior Companion Volunteer Program  
425-265-2225  
www.homage.org/senior-companion  
Low-income adults (55+) volunteer providing companionship to isolated seniors in their home or community and receive a tax-free stipend.

Homage Senior Companion Volunteer Program  
425-265-2225  
Low-income adults (55+) volunteer providing companionship to isolated seniors in their home or community and receive a tax-free stipend.

Homage Volunteer Program  
Homage  
425-740-3787  
5026 196th St. SW, Lynnwood, WA 98036  
www.homage.org  
Matches interests, skills, and experience with volunteer opportunities to support clients and the needs of the agency. Volunteers help with ongoing client support – e.g., Senior Peer Counselors, AmeriCorps Senior Companions or Foster Grandparents, Minor Home Repair Technicians, and Volunteer Drivers. Volunteers can also provide administrative help at our front desk and with different departments. Single day and corporate volunteer opportunities are also available.

Snohomish County Long-Term Care Ombudsman Program  
360-862-1100 – Snohomish County intake line  
800-562-6028 State of Washington  
TTY 800-737-7931  
Heidi L’Esperance, Regional Ombudsman  
As a certified Ombudsman, you will advocate for residents living in long-term care facilities. Ombudsman volunteers ensure the resident’s rights, dignity and well-being are being addressed. Investigate complaints and work with the resident and the facility to find resolution. 36-hour online training program with additional on the job training. Facility entry optional. Remote advocacy – contacting residents and/or their representatives by phone.

Come Join us at the Center for Healthy Living,  
a Multicultural Senior Center  
We have staff that speak Chinese, Korean, Spanish, Tagalog, Russian/Ukrainian, and Vietnamese to help provide outreach and information services to each respective community.

Main Line: 425-290-1268  
Address: Homage 5026 196th St SW Lynnwood, WA 98036
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SIGN-UP TODAY at www.pskc.net/classes or call: 425-259-1907

www.pskc.net
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Thanks for standing with the Snohomish County community.

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A Phone Call

Aging and Disability Resource Network

Call 800.422.2024 or 425.513.1900

Washington State’s Community Living Connections is part of a national collaborative effort of the U.S. Department of Health and Human Services, the Veterans Administration and the Centers for Medicare & Medicaid Services designed to help individuals of all ages, disabilities and income levels, their caregivers, legal representatives and families get the right home and community-based supports and services at the right time, in the right place.