Serving older adults & people with disabilities in Snohomish County since 1974

Need Help?
Call for information and assistance
425.513.1900

5026 196th St SW
Lynwood, WA 98036

RESOURCE GUIDE 2023-2024
Are you ready for a change? So are we at Harbour Pointe.

We’re under new management and excited to show you our fresh approach to serving seniors in Mukilteo. You and your family are in great hands with us.

We provide superior care in a supportive environment where love and respect abound, cultivating true relationships and positive experiences every day.

Schedule a Tour Today. Call (425) 493-8555
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 .......................................................... 425-265-2224
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Foster Grandparent .......................................................... 425-514-3188
Senior Companion .......................................................... 425-355-1138

Philanthropy
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Marketing and Communications
Homage Newspaper and Resource Guide Info ................... 425-265-2293

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: Dannie Mullene
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Delivering Nutritious Meals Straight to your Door

For more information contact 425.347.1229 or 800.824.2183.
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

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:
PO 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 (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).

LEAVE A LEGACY

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

Let Our Family Be There For Your Family

Cremation – Memorials – Funerals

Cremations starting at $995 and Burials starting at $1,095

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

www.americancremation.com
Secured Trust - Advanced Planning Services
TTY number for hearing/speech impaired – 711
Alderwood • 425-977-6530 / 800-780-7089
20311 52nd Ave W, Suite 302, Lynnwood, WA 98036
Everett and Sky Valley • 425-339-4010 / 800-780-7094
840 N Broadway, Suite 330, Everett, WA 98201
King County • 206-341-7600 / 800-346-9257
1737 Airport Way S, Suite 130, Seattle, WA 98134
Mailing address: PO Box 24847, Seattle, WA 98124
Smokey Point • 877-501-2233
3906 172nd St NE, Suite 101, Arlington, WA 98223

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
425-265-2293
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.nrwcwa.org
Care coordination and case management for seniors and people with disabilities in Skagit and Whatcom counties.

Senior Information and Assistance (Island County)
Camano Island 360-279-4580
Oak Harbor 360-387-0222
South Whidbey 360-321-1600
www.senior-resources.org

Smart 911
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.

**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 • 1-800-772-1213 / TTY 1-800-325-0778**
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).

**Washington Information Network 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

---

**‘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 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’!

---

**Windermere Real Estate**

CRAIG PURFEERST
Windermere Real Estate/M2, LLC
craigpur@windermere.com
206-714-1241

---

**Do You or a Friend or a Loved One Need Help with ...**

- Meal Planning and Preparation
- Transportation to and from Appointments, Shopping etc.
- Light Housekeeping
- Assistance with Medications
- Assistance with Personal Care such as Toileting, Bathing, or Dressing
- Companionship
- Dementia, Alzheimer’s, End of Life Care
- And Much More...

*Then Companion Care, inc. is Here for You!*

---

Family owned and operated non-medical in-home care agency. Licensed, bonded and insured. Available 24x7 to assist you.

425-488-7575
www.companioncareofwa.com
Don’t Delay Important Vaccinations

Now is the best time to help keep yourself, and your loved ones, safe and healthy by making sure you are up-to-date on your vaccinations.

As you age, so does your immune system, which can put you at greater risk of complications from certain diseases. Your health care provider may recommend specific vaccines for influenza pneumonia COVID-19, shingles and tetanus diphtheria and pertussis (Tdap) that will help protect you.

Some vaccines, like the flu, have a special formula created to support the immune systems of older adults. Others (like COVID-19 and Tdap) require boosters in order to ensure that your immune system is as ready as possible to fight infections. Your doctor or pharmacist can help you find out which vaccines you need.

In addition to getting vaccinated, there are other easy ways to prevent the spread of illness. Eat a healthy diet wash your hands often and stay home if you are sick.

Make sure that you have a plan in case you get ill, including an emergency contact who can assist you in getting to and from the doctor or urgent care if needed.

Vaccines are readily available at your doctor’s office and many local pharmacies. Getting vaccinated is quick safe and free (in most cases) even if you are not insured. Check with your private insurance or Medicare plan for more info.

Flu isn’t the only illness that spreads during fall and winter. Other germs can spread easily, too, as people spend more time indoors, gather with friends and family, or travel for the holidays. It’s important to protect yourself.

To determine which vaccines are right for you, talk to your health care provider or pharmacist. For more info about COVID-19 or influenza vaccines visit www.snohd.org/covidvaccine and www.snohd.org/flu
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.

**CAREGIVER RESOURCES**

**Alzheimer’s Association**

206-363-5500 (local chapter)

800-272-3900 (24/7 Helpline)

19031 33rd Ave W, Suite 301, Lynnwood 98036

www.alzwa.org

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

**CAREGIVER SERVICES – FAMILY**

**AmeriCorps Seniors**

Homage Senior Companion Program

425-355-1138

Email: SeniorCompanion@Homage.org

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.

**Alzheimer’s Association**

206-363-5500

800-272-3900

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.

**Family Caregiver Support Program**

Homage

425-513-1900

5026 196th St SW, Lynnwood, WA 98036

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.
Foster Grandparent Program
Homage
425-514-3188
5026 196th St SW, Lynnwood, WA 98036
Email: fgp@homage.org
https://homage.org/health-wellness/foster-grandparent-program/
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.

Kinship Caregiver Program
Homage
425-513-1900
5026 196th St SW, Lynnwood, WA 98036
A program for grandparents and extended family members raising another relative’s child/ren. This program offers opportunities for peer connection, access to potential financial support, tailored information and resources including consultation, legal options, navigating systems, advocacy coaching and more.

Lifespan Respite Washington
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, and 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.

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

Sherwood Community Services
Serving Snohomish County, Camano Island, 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, San Juan and Island Counties. Seeking employment and community inclusion...To find out how we can help, call 425-334-4071.

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.

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
PO 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-business arbitration.

Health Systems Quality Assurance
360-236-4700
Washington State Dept. of Health, PO 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 32 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 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 Sea Mar) 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
Edmond • 425-640-5500
23320 Highway 99, Edmonds, WA 98026
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 or call our friendly Customer Service Team at

**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 or call our Energy Hotline at **425-783-1700**

Monday-Friday, 8 AM to 5:30 PM

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**European Denture Center**

425-689-7381 / 425-225-3411

1111 Pacific Ave Suite A, Everett, WA 98201

www.eurodenture.com/dentures-everett-wa

Specializing in high quality custom dentures, partials, implant dentures. Same day repairs. Most insurances accepted. Free consultation.

**Sea Mar Community Health Dental Clinics**

www.SeaMar.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, Suite C2, Everett, WA 98208

Lynnwood • 425-977-2580
4111 Alderwood Mall Blvd, Lynnwood, WA 98036

**Disability Resources**

**Brain Injury Alliance Washington**

Resource Line: 877-982-4292

PO 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.

**Center for Independence (CFI)**

Desiree Richards BA Program Director

253-582-1253 Ext. 108

A community-based 501 (c) (3) non-profit organization operated by people with disabilities, serving people with disabilities. We serve as a resource for individuals with disabilities to fully access and participate in the community through outreach, information & referral, peer support, individual & system advocacy, independent living skills development, youth transition programming, and more. Center for Independence (CFI) is a community-based 501 (c) (3) non-profit organization operated by people with disabilities, serving people with
disabilities. We serve as a resource for individuals with disabilities to fully access and participate in the community through outreach, information & referral, peer support, individual & systems advocacy, independent living skills development, youth transition programming, and more.”

**Department of Services for the Blind**
206-906-5500  
800-552-7103  
3411 S Alaska St, Seattle, WA 98118  
www.dshs.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  
425-740-640  
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, WA 98201  
www.snooco.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, 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, San Juan and  
Island Counties. Seeking employment and community  
inclusion...to find out how we can help, call 425-334-4071.

**Snohomish County Developmental Disabilities**  
425-388-7320  
Snohomish County Developmental Disabilities has  
resource guides that include a description and  
contact information for 300+ resources.

**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; 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. At all stages of life.

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**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

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**friendly insurance know-how in your community**

There is a lot going on in Washington State and in the Country, all of  
which impact your insurance rates. Having a local agent is the best way  
to navigate your way through it all and make sure you are getting all the  
available discounts and still protecting what matters most to you.

**Step 1:** Reach out to your Local Allstate Agent.
**Step 2:** Let us get to know you and your situation.
**Step 3:** Apply all available discounts and put the best coverages for you into place.
**Step 4:** Be better protected with Allstate insurance, and stay ahead of the changes  
with local agent Frank Mesa.

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Frank Mesa  
Allstate Agent  
Lake Stevens  
12424B 20th St NE, Lake Stevens,  
WA 98258 | (425) 551-3906
**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  
Lifetime entrance pass for US 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, annual passes are $20, and can be obtained in person at a federal recreation site or online for a $10 additional processing fee.

**Creative Retirement Institute (CRI) at Edmonds College**  
**425-640-1830**  
cri@edmonds.edu  
www.edmonds.edu/cri  
7020 196th St SW, Maltby Bldg., Room 102  
Lynnwood, WA 98036  
CRI offers intellectual and cultural enrichment through non-credit college-level online and in-person classes at a modest cost.

**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**  
PO 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 October 1 to March 31, and Sunday through Thursday in April.

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**Have a News Story Idea?**

We would love to hear from you!  
Email: Marketing@homage.org
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
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 wellbeing. 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/
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
PO 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.

Use your life experiences to mentor or tutor a child in school. Help children develop skills, confidence, and strength to succeed in school and life.

For limited income adults 55+
Financial stipend | Training provided

Get Involved today:
(425)514-3188
fgp@homage.org

AmeriCorps
Seniors
Homage
Well doing as we age
**EMERGENCY RESPONSE**

**MedicAlert Foundation**  
Alzheimer’s Association  
800.432.5378  
www.medicalert.org/alz

24-hour nationwide emergency response service. A MedicAlert membership plan with Wandering Support® helps first responders and families reconnect with individuals living with dementia who experience a medical emergency or have wandered.

**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.

**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  
PO Box 2269, Everett, WA 98213  
www.svdpwa.com

Emergency assistance for food, clothing, furniture, and utilities. Limited assistance for rent and prescription medication costs.

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Choose a healthier, happier lifestyle for your loved one, too.

In our communities, proud senior moments are experiences that are fun, engaging, and impactful. All centered around our signature Whole Life Living™ program, a holistic approach to wellness that helps them to:

- **Eat Better** – Healthy, fresh, made-from-scratch meals.
- **Move Better** – Complimentary on-site certified personal trainer and fitness center.
- **Think Better** – Stay sharp with lifelong learning programs.
- **Live Better** – Find even more purpose through volunteer opportunities.

Why wait? There’s never been a better time to make GenCare their new home! Call or stop by today!

GenCare Lifestyle

Granite Falls  360-919-0693

Lynnwood  425-448-6390

gencaresetlifestyle.com

These **SMILES** are our kind of **SENIOR MOMENTS**
Women/Children’s Shelter  
425-740-2501  
5126 S 2nd Ave, Everett, WA 98203  
Emergency shelter, meals, clothing, support, and recovery programs.

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+.

Edmonds Senior Center  
Senior Center Employment  
425-774-5555  
220 Railroad Ave, PO Box 717, Edmonds, WA 98020  
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  
Everett • 425-258-6300  
3201 Smith Ave, Suite 330, Everett, WA 98201  
Lynnwood • 425-412-6867  
18009 Highway 99, Suite A, Lynnwood, WA 98037  
North Seattle • 206-440-2500  
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.

ATTORNEY AT LAW  
LAWRENCE P. DOLAN  
WILLS  ESTATE PLANNING  MEDICAID PLANNING  GUARDIANSHIPS  PROBATE  POWERS OF ATTORNEY

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.lawrencedolanlaw.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

- Wills, Trusts and Estate Planning  
- Medicaid Planning  
- Powers of Attorney  
- Health Care Directives  
- Special Needs Trusts  
- Guardianships  
- Probate  
- Protecting Vulnerable Adults
**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, PO Box 1107, Everett, WA 98206  
www.snopud.com  
Information about lighting, weatherization and energy conservation.

**Snohomish County PUD Senior/Low-Income Discounts**

425-783-1000  
2320 California St, PO 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**

Snohomish County Solid Waste  
425-388-3425 – Option 0  
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 Banks  
Arlington Community Food Bank 360-435-1631

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

**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.

**Homage Nutrition Programs:**
**Meals on Wheels and Community Table Dining Program**
425-347-1229
800-824-2183
5026 196th St SW, Lynnwood, WA 98036
www.homage.org
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
Email: acca@americancremation.com
www.americancremation.com
Affordable Cremation and Burials in Snohomish,
King, Skagit, Island counties and greater Puget Sound.

**Dignity Memorial Parks and Funeral Homes**
Grace Balbon
Direct: 206-271-8056  Fax: 844-991-0389
Email: grace.balbon@dignitymemorial.com
Here to help you pre-plan to reduce the stress of
making tough decisions when you and your loved
ones are overwhelmed and grieving. Assisting over
300 local families with burials, funerals and
cremations with compassion, dignity, and grace.

**HEALTH – WELLNESS SERVICES**

**Care Coordination**
Homage
425-265-2224
5026 196th St SW, Lynnwood, WA 98036
www.homage.org/health-wellness
Provides individuals discharged from the hospital
with advocacy and health management resources.

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

- Connect individuals and families to local resources to help make informed choices
- Eligibility screening for long-term services and support through Snohomish County Case Management program (60+)
- Help with accessing benefits
Center for Healthy Living
Homage
425-290-1268
5026 196th St SW, Lynnwood, WA 98036
www.homage.org
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
800-272-3900 (24/7 helpline)
19031 33rd Ave W, Suite 301, Lynnwood, WA 98036
www.alzwa.org

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

Plug into something big
We’re Hiring!

Village Community Services’ programs are operating during the pandemic with our music, employment, and Village Experience Learning Center programs going virtual and/or socially distanced, when can be done safely.

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

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Independent Living | Assisted Living | Enhanced Assisted Living | Memory Care

Premiere retirement living for discerning adults.
Call to learn why we’re voted one of the best!
(425) 954-2418 QuailParkofLynnwood.com
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
360-253-7523; 800-781-4203
1498 SE Tech Center Pl, Ste 300, Vancouver, WA 98683
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.

Medicare Maven – Kathleen Allison
425-434-8844
www.yourmedicaremaven.com
“Providing Options, You Can Live With”
Need help navigating the Medicare Maze? Are you eligible for Prescription help? Call me today for your no obligation consultation! Licensed to offer Medicare, families, individuals, military service personnel, and communities at large.

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
HEALTH – MEDICAID / MEDICARE

Medicaid (WA Apple Health)
See DSHS Home & Community Services, page 8

Medicare
800-633-4227
877-486-2048
www.medicare.gov

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 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 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.

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.

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.

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425-670-5050 • www.PlayLynnwood.com

Lynnwood Senior Center
19000 44th Ave W, Lynnwood
HEALTH – SERVICES / CLINICS

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800-398-7888
Donate blood or volunteer – help save lives!
To schedule an appointment to donate blood visit:
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, WA 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.CH Csno.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 N Broadway, Everett, WA 98201

**Everett - North • 425-789-2000**
1424 Broadway, Everett, WA 98201

**Everett - South • 425-551-6200**
1019 112th St SW, Everett, WA 98204

**Lynnwood walk-in • 425-835-5200**
4111 194th St SW, Lynnwood, WA 98036

**Everett Bone & Joint 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

**Anacortes • 360-755-3586**
809 31st St, Anacortes, WA 98221

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

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The power of you • Us! Our care focuses on the whole person, not just their condition.
- Care available from 1-24 hrs
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425-778-1288 | hwcg.com/Western-WA

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- Wellness & Peace of Mind

425.290.1714
IHS.FS.60142704
1612 4th Street, Suite 101 Marysville, WA 98270
www.rightat home.net/Snohomish-county
Sea Mar Community Health Centers

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

The Everett Clinic

425-258-3900

Customer Service

500 Providers. Over 40 specialties

www.everettclinic.com/seniorhealth
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
http://abettersolutionhc.com/
Feel free to call us. Stop by for a visit. We would love the opportunity to talk with you!

Alpha Home Health & Hospice
Office: 425-357-1790 Fax: 425-357-1749
10530 19th Ave. SE, Suite 201, Everett, 98208
www.alphahomehealthhospice.com
Providing skilled home health service.

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!

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425-339-2433 | ebjproliancesurgeons.com
HOME FURNISHINGS

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2015 Broadway, Everett, WA 98201
www.Ericksonfurniture.com
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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.

Hospice of the Northwest
360-814-5550
www.HospiceNW.org
Provides hospice services to patients and families living in North Snohomish County.

Alpha Home Health & Hospice
Office: 425-357-1790 Fax: 425-357-1749
10530 19th Ave SE, Suite 201, Everett, WA98208
www.alphahomehealthhospice.com
Providing life changing services.

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.

Volunteer Opportunities:
- Senior Peer Counseling
- Meal Deliveries
- Foster Grandparent
- Senior Companion Program
- Friendly Ear Program

Get started today
425.740.3787

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

Community Housing Improvement Program (CHIP)
425-257-8735
2930 Wetmore Ave, Suite 8-B, Everett, WA 98201
www.everettwa.gov/CHIP
No monthly payment, low-interest loans for all types of home repairs and rehabilitation for homeowners and landlords in city limits of Everett and urban growth areas. Free inspection, design, and construction assistance from start to finish.

Join Homage
Volunteer and support local seniors and people with disabilities.

Homage
Well-being as we age
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.

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

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.

Gencare Lifestyle The Village at Granite Falls
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.

Gencare Lifestyle Scriber Gardens Lynnwood
425-673-7111
6024 200th St. SW, Lynnwood, WA 98036
https://www.gencarelifestyle.com/communities/lynnwood
At Scriber Gardens you have the opportunity to do more of what you love in a place that feels like home. With a family feel and living options that cater to your unique wellness needs and wants, life here is truly on your own terms. With a location in the heart of vibrant Lynnwood, the possibilities in our senior living community are endless!

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

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.

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Carl Gipson Center
425-818-2784
Lake Stevens Senior Center
425-335-0345
Marysville Parks & Recreation
360-363-8400
Snohomish Senior Center
360-568-0934
Stilly Valley Center (Arlington)
360-653-4551
**Alpine Ridge**  
425-293-0574  
55+ Manufactured Home Community in Lynnwood.

**Windsor Square Retirement**  
360-653-1717 / TTY 711  
9912 48th Dr, Marysville, WA 98720  
www.windsorsrliving.com

**HOUSING REFERRAL / PLACEMENT**

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

**LEGAL SERVICES**

**1st Notary Services**  
360-951-4030  
Mobile notary, document witness, and apostille facilitation services. Have Peace of Mind completing your important legal documents with 1st Notary Services. Can scan, courier, or deliver around the world. Health care directives, Wills, Power of Attorney, or any other document needing notarization.

**Advance Medical Directives**  
206-441-9762  
2001 6th Ave, Suite 2700, Seattle, WA 98121  
Washington State Medical Association  
www.wsma.org  
Email: wsma@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**  
425-259-3191  
2801 Lombard St, Everett, WA 98201  
Mailing address:  
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  
888-201-101 / 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.

**HUMAN SERVICES**

**Civil Rights**  
NAACP Snohomish County #10AA  
425-903-2496  
PO Box 5676 Everett, WA 98206  
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  
23931 Hwy 99, Edmonds, WA 98026  
Exec@c3coalition.org, Info@c3coalition.org  
www.c3coalition.org  
An inclusive community free of racism and intolerance.

**INSURANCE AGENCY**

**Frank Mesa – Allstate Agency**  
425-551-3906  
12424B 20th St NE, Lake Stevens, WA 98258  
A “caregiver” is a helper. This person can be any unpaid adult who provides supports, even minimally, and does not need to be a spouse or family member. Providing personal care is not required.

Are you an older adult who needs a little bit of help to live independently?
Are you caring for a friend, neighbor, or loved one?
Are you transitioning from the hospital to home?
Are you caring for a kin-child?

FREE HELP MAY BE AVAILABLE!

Tailored Supports For Older Adults (TSOA)
Provides services and supports to eligible individuals age 55+ to help them continue to live independent and healthy lives at home.

Family Caregiver Support Program (FCSP)
Helps unpaid caregivers with services and consultations to connect them with community resources, care options, and supports that best fit their caregiving situation.

Kinship Caregiver Support Program (KCSP)
Links kin-families to resources and supports unique to their individual needs.

Care Transitions Program
Provides support and resources for patients discharging from the hospital to home with a goal to enhance patient health and reduce hospital readmission.

A “caregiver” is a helper. This person can be any unpaid adult who provides supports, even minimally, and does not need to be a spouse or family member. Providing personal care is not required.

To learn more, contact Snohomish County Long-Term Care & Aging (LTCA)

425.388.7393
www.snoco.org
LTCA.Referrals@snoco.org
Small Claims Court
Snohomish County
425-388-3331
www.snoco.org; search “District Court”
Everett • 425-338-3331
3000 Rockefeller Ave, Everett, WA 98201
Evergreen • 360-805-6776
14414 179th Ave SE, Monroe, WA 98272
South • 425-774-6800
20520 68th Ave W, Lynnwood, WA 98036
Cascade • 360-435-7700
415 E Burke Ave, Arlington, WA 98223
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 and 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.lawrencedolanlaw.com

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

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 425.423.8517
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
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
425-388-3444 (Snohomish County)
TTY.TDD 800-833-6388 OR 7-1-1
Snohomish County Auditor/Elections
3000 Rockefeller Ave, M/S 505, Everett, WA 98201
www.snoco.org/elections
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.

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New stock every day!
We have a wide selection of quality items at great thrift store prices.

Have something you don’t use anymore? Donate it!

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Edmonds Senior Center
22820 100th Ave W. Ste #12 | Edmonds, WA 98020
STORE HOURS: Mon - Sat 10:00 a.m. - 5:00 p.m.
www.EdmondsWaterfrontCenter.org
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.gapseattle.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
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
Mountlake Terrace 425-776-8722
Mukilteo 425-493-8202
Snohomish 360-568-2898
Stanwood 360-629-3132
Sultan 360-793-1695
Outreach Services 360-651-7059
(Library on Wheels) 877-766-4753

**Manufactured Homes**
Randy McMillan – The Preview Group
425-327-9015
randymcmillan@hotmail.com
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
www.fslsmokeypoint.com
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.

Gencare Lifestyle Scriber Gardens Lynnwood
425-673-7111
6024 200th St. SW, Lynnwood, WA 98036
www.gencarelifestyle.com/communities/lynnwood
At Scriber Gardens you have the opportunity to do more of what you love in a place that feels like home. With a family feel and living options that cater to your unique wellness needs and wants, life here is truly on your own terms. With a location in the heart of vibrant Lynnwood, the possibilities in our senior living community are endless!

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

The Gardens at Marysville
360-659-1279
9802 48th Dr NE, Marysville, WA 98270
www.pegasusseniorliving.com/the-gardens-at-marysville/
Assisted Living and Memory Care. Welcome Home to The Gardens at Marysville.

MENTAL HEALTH / COUNSELING

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.

Care Crisis Chat line
800-584-3578

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AmeriCorps
Seniors

For limited income adults 55+ | Financial stipend | Training provided
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.

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.

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

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.

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+.

Sea Mar Behavioral Health
www.SeaMar.org
Everett • 425-609-5505
5007 Claremont Way, Everett, WA 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.

Tailored Therapy Solutions-Confidential Online Therapy
425-405-2216
www.tailoredtherapysolutions.us/
Helping individuals reach their goals and improve their mental health through evidence-based psychotherapy.

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.
Chinese Seniors Group 425-290-1249
Filipino Seniors Group 425-740-3803
Hispanic/Latino Seniors Group 425-514-3186
Korean Seniors Group 425-290-1274
Vietnamese Seniors Group 425-290-1256

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”
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/ 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

MedicAlert Foundation
800-432-5378
www.medicalalert.org/alz
24-hour nationwide emergency response service. A MedicAlert 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.snoco.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.
RACIAL AND SOCIAL JUSTICE

Communities of Color
C3 Coalition
206-446-7847 / 425-258-8825
23931 Hwy 99, Edmonds, WA 98026
www.c3coalition.org
An inclusive community free of racism and intolerance.

REAL ESTATE SERVICES

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

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

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
www.fslsmokeypoint.com
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.

Experience the Freedom of Senior Living!

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Assisting older adults and people with Disabilities with transportation needs to essential services such as:

- Healthcare,
- Employment,
- Dining Sites,
- Shopping,
- Schools,
- Senior Centers,
- Recreation and more

To Apply today Call
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Gencare Lifestyle
Scriber Gardens Lynnwood
425-673-7111
6024 200th St SW, Lynnwood, WA 98036
www.gencarelifestyle.com/communities/lynnwood
At Scriber Gardens you have the opportunity to do more of what you love in a place that feels like home. With a family feel and living options that cater to your unique wellness needs and wants, life here is truly on your own terms. With a location in the heart of vibrant Lynwood, the possibilities in our senior living community are endless!

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

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

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

REVERSE MORTGAGES
Solid Ground Housing Counseling
206-694-6700 / 866-297-4300
1501 N 45th St, Seattle, WA 98103
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.

Come ride with us
We’re here to help get you where you want to go—all around Snohomish County and beyond through convenient, reliable transportation services.

Local Bus Service
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DART Paratransit & Travel Training
Senior Fare Discounts Available

Need help getting started? Call (800) 562-1375 or visit our RideStore at Lynnwood Transit Center

communitytransit.org/seniorguide communitytransit
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

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

Granite Falls Senior Center
360-691-7177
302 S Granite Ave, PO Box 714, Granite Falls, WA 98252
www.granitefallsresourcedirectory.org
https://senior-resources.org/community/

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

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

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

Marysville Parks Culture & Recreation
360-363-8400
1015 State Ave, Marysville, WA 98270
https://marysvillewa.gov/147/Parks-Culture-Recreation

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Thomas W. Jones, Jr., MD
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3930 Hoyt Ave., Everett, WA 98201
Mill Creek Senior Center
425-948-7170
4111 133rd Street SE, Mill Creek, WA 98012
www.northshoreseniorcenter.org; click on “Locations”

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

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

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

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

Sky Valley Senior & Community Center (VOA)
360-863-3371
617 1st St, Sultan, WA 98294
www.voaww.org/skyvalley

Snohomish Senior Center
360-568-0934
506 4th St, PO Box 1426, Snohomish, WA 98291
www.snohomishcenter.org

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

The Center for Healthy Living
Homage Multicultural Senior Center
425-290-1268
5026 196th St SW, Lynnwood, WA 98036
www.homage.org

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

Puget Sound Kidney Centers
Offers Free Kidney Health Classes

JOIN US for our virtual community healthy living classes.
Topics include Cultivating Change, Heart Healthy Habits for Life, Cooking with Herbs and Spices, and more!

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or 425-259-1907

Puget Sound Kidney Centers

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Funding is available from the City of Everett to assist homeowners and landlords

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Snohomish Long-Term Care Ombudsman Program
800-562-6028 / TTY 800-737-7391 / Fax: 253-815-8173
c/o Multi-Service Center, PO Box 23699, Federal Way, WA 98093
www.waombudsman.org

Snohomish County Human Services
425-388-721 / 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.arlingtonhealthandrehab.com
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Turning 65 or new to Medicare?

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It’s time to choose your 2023 Medicare plan, and Humana and I are here to help you understand your options. A Humana Medicare Advantage plan gives you everything you get with Original Medicare, and may have additional benefits and services that meet your healthcare needs. Humana offers these plans at attractive premiums.

Call a licensed Humana sales agent

Humana MarketPoint
360-253-7523 (TTY: 711)
8 a.m. – 5 p.m.

Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.

Y0040_GHHHXDHEN23_SMAD_M
THRIFT STORE

Edmonds Senior Center Thrift Store
425-977-0411
22820 100th Ave W Ste #12, Edmonds, WA 98020
www.EdmondsWaterfrontCenter.org
Mon-Sat 10am-5pm

TRANSGITIONAL 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 19).

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

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, WA 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.
Everett • 425-356-2966
5313 Evergreen Way, Everett, WA 98203
Lynnwood • 425-672-3406
18023 Highway 99, Suite E, Lynnwood, WA 98037
Smokey Point • 360-653-2188
3704 172nd St NE, Suite K-1, Arlington, WA 98270

Come Join us at the Center for Healthy Living, a Multicultural Senior Center

We have staff who 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
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, WA 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
425-423-8517
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 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, WA 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**

**Homage Foster Grandparent Volunteer Program**  
425-514-3188  
Email: fgp@homage.org  
https://homage.org/health-wellness/foster-grandparent-program/  
Low-income adults (55+) volunteer and provide mentorship to children in non-profit settings and receive a tax-free stipend.
Homage Senior Companion Volunteer Program
425-355-1138
Email: seniorcompanion@homage.org
https://homage.org/health-wellness/senior-companion-program/
Low-income adults (55+) volunteer providing companionship to isolated seniors in their home or community and receive a tax-free stipend.

Homage Volunteer Program
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.

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.

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.
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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

In addition to this print copy, the Resource Guide is available online with a link to each advertiser’s website. To preview the current issue, visit homage.org, click the “ABOUT US” tab and drop down to “Publications.”
Is someone you love experiencing memory loss?

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4686 Pointes Drive
Mukilteo, WA 98275

www.mukilteomemorycare.com

Visit our Facebook page for upcoming events and see our activities.
It Starts With

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.