

Senior Centers & Programs

idahoseniors.net SeniorPages.com
MatureandSeniorLivingChoices.com
PrimeINW.com spokanewsrrcc.org
http://spokanewa.innovaging.com

AARP aarp.org 800-424-3410
ID 866-295-7284 **WA** 866-227-7457
55 ALIVE SAFE DRIVING CLASSES
aarp.org/families/driver_safety/
 Allows seniors to earn a discount on auto insurance.
GRANDPARENTS INFO 202-434-2296
AARP/IRS TAX-AIDE 888-227-7669

Alzheimer's/Dementia Resources
ALZHEIMER'S ASSOCIATION alzwa.org
-SEATTLE HEADQUARTERS 456-0456
 Provides information, education, referral and support services to families affected with any type of dementia. Covers WA and NID.
-SPOKANE OFFICE 456-0456 x8313
-CDA 208-666-2996
ALZHEIMER'S DISEASE EDUCATION AND REFERRAL CENTER 800-438-4380
ALZHEIMER'S FOUNDATION OF AMERICA alzfdn.org 866-232-8484
THE ALZHEIMER'S STORE alzstore.com 800-752-3238
DEMENZA PREVENTION NORTHWEST LLC 1912 N Division, Ste 102
 Spokane 99207 328-6731
dementiapreventionnw.org
 Wendy Moore 294-1324

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

Aging Studies 359-4538
EWU SCHOOL OF SOCIAL WORK
 Center for the Studies on Aging
 Senior Hall Rm 116, Cheney 99004
kstansbury@ewu.edu
ewu.edu/csbswv/programs/aging-studies.xml
Fax: 359-6475
 Prepares students for careers in services to older persons.

Area Agency on Aging of North Central Idaho
COMMUNITY ACTION PARTNERSHIP
 124 New Sixth St 208-798-4194
 Lewiston 83501 800-877-3206
cap4action.org/PSAgencyOnAging.html
 Designated Aging and Disability Resource Connections/Area Agency on Aging for Clearwater, Idaho, Latah, Lewis and Nez Perce Counties.

Area Agency on Aging of North Idaho 208-667-3179
NORTH IDAHO COLLEGE aaani.org
 2120 Lakewood Dr, Ste B
 Coeur d'Alene 83814 800-786-5536
InfoAssist@aaani.org Fax: 667-5938
 Dir: Dan English

Assist Dir, Fiscal and Contracts Mng'r: Marilyn Anders
 Provides answers on aging issues in Benewah, Bonner, Boundary, Kootenai and Shoshone counties.

Corbin Senior Activity Center
 827 W Cleveland 327-1584
 Spokane 99205 Fax: 327-9162
info@corbinseniorcenter.org
 Jeff Edwards corbinseniorcenter.org

Deer Park Senior Center
 Deer Park City Hall, Lower Level
 E316 Crawford St 276-2411
 PO Box 842, Deer Park 99006
 Senior nutrition program \$3.50 donation, hot meal site at noon.
 Senior activities, bingo, cards and holiday celebrations. Age 60+.
 Handicap accessible.

DSHS Residential Care Services
 316 W Boone, Ste 170, Spokane 99201
dshs.wa.gov/altsa/residential-care-services/
 District Admin: Shirlee Steiner
 Sec: Shelley Engle 323-7304
 Licenses and oversees adult family homes, boarding homes, nursing facilities and residential programs.
ID NURSING HOME SERVICES, DEPT OF HEALTH & WELFARE 866-255-1190

Hillyard Senior Center
NE COMMUNITY CENTER 482-0803
 4001 N Cook, Spokane 99207
hillyardseniorcenter@yahoo.com
hillyardseniorcenter.org
 Social, education and rec programs for seniors. Lunches for 60+ five days/week—reserve in advance.
 Community college classes in writing, arts and exercise. Weekly day trips, tours and crafts. Dance 1st W.

Medicare/Medicaid Services, Health Insurance
MyMedicare.gov 800-MEDICARE
MEDICARE OFFICE medicare.gov
 7500 Security Blvd 800-633-4227
 Baltimore 21244 TTY 877-486-2048
CENTERS FOR MEDICAID & MEDICARE SERVICES cma.hhs.gov 800-MEDICARE
COORDINATED CARE 877-644-4613
 TDD/TTY 866-862-9360
coordinatedcarehealth.com

OFFICE OF THE INSPECTOR GENERAL
FRAUD HOTLINE 800-447-8477
MEDICARE CUSTOMER SERVICES medicare.gov 800-663-4227
benefitsitscheckup.org
ID DEPT OF INSURANCE 208-666-6131
 2005 Ironwood Pkwy, Ste 143
 Coeur d'Alene 83814 800-247-4422
doi.idaho.gov/shiba
 Regional Coord: Tonya Steele
ID MEDICAID 866-686-4272
 -Enrollment & Asst 877-456-1233
healthandwelfare.idaho.gov
APPLE HEALTH
hca.wa.gov/medicaid/Pages/index.aspx
 Application is through
wahealthplanfinder.org


MEDICAID TRANSPORTATION/AMERICAN MEDICAL RESPONSE (ID) idahonemt.net
800-296-0509 877-503-1261
MEDICARE 458-7450/800-737-0617
 Visit local CSO office of DSHS.
SOCIAL SECURITY ADMINISTRATION
 714 N Ironbridge Way, Ste 100
 Spokane 99202 800-772-1213
socialsecurity.gov TDD800-325-0778
STATEWIDE HEALTH INSURANCE BENEFITS ADVISORS (SHIBA) - WA
insurance.wa.gov 800-562-6900
-ALTCEW 458-2509
 1222 N Post, Spokane 99201
action@altcew.org altcew.org/shiba
 Provides free, unbiased information about health care coverage. Counseling on Medicare & Medicaid Coverage.
-COMMUNITY CHOICE OF ADAMS AND GRANT COUNTIES - Adams County
 102 Maple St, Ste B 782-5030
 Cashmere 98815 888-452-0731
 821 W Broadway, Ste 104
 Moses Lake 98837 764-2225
 888-452-0731
-RURAL RESOURCES COMMUNITY ACTION
 956 S Main, Ste A 684-8421
 Colville 99114
 Serving Ferry, Pend Oreille, Lincoln, & Stevens Counties.

MSSH Donor Closet
 3202 N Market 487-4119
mssh-donorcloset.com

Offers affordable, durable medical and mobility equipment that is donated, profits on equipment help those with MS in WA, Northern ID, MT, and AK.

Senior Centers
 Provide social services & activities.
BAYVIEW COMMUNITY CENTER 683-8040
 PO Box 493, 83803 683-2951
BLANCHARD AREA SENIORS INC, BASIC
 685 Rusho Ln 208-437-1037
 PO Box 127 Blanchard 83804
blanchardidaho.net
CHEWELAH SENIOR CITIZENS CENTER
 302 E Main, 99109 935-6204
GOLDEN AGES CLUB OF MEDICAL LAKE
 PO Box 999, 99022 299-7360
HARRISON SENIOR CITIZENS CENTER
 103 W Pine, 83833 208-689-3557
HAYDEN SENIOR GEMS 208-762-7052
 9428 N Government Way, 83835
haydenseniorcenter.org
KELLOGG SENIOR CENTER 783-4581
 211 McKinley Ave, 83837
NORTH STAR SENIOR CENTER
 8414 N Wall St, 99208 466-6350
SAGLE SENIOR, INC 208-265-2627
 70 Walker Way, POB 614, Sagle 83860
SW SPOKANE COMMUNITY CENTER
 All Saint's Lutheran 624-8634
 310 S Spruce St, 99201
TUM TUM SENIORS 466-9643
 214 E Franklin Dr, Nine Mile Falls 99026

Senior Health Issues
AMERICAN PARKINSON'S DISEASE ASSOC
apdaparkison.org 800-223-2732
-WA STATE CHAPTER 800-223-2732



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

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

Call us to learn about available resources in your community!

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



135 Parkinson Ave,
waparkinsons.org
 Staten Island NY 10305
ARTHRITIS FOUNDATION
800-283-7800
 115 NE 100th St, Ste 350
arthritis.org
 Seattle 98125
888-391-9389

Information and referral service:
 local programs and physicians list.
ARTHRITIS FOUNDATION HELPLINE
800-542-0295
206-547-2707
ASSOCIATION OF LATE DEAFENED ADULTS
alda.org
TTY 815-332-1515

HUNTINGTON'S DISEASE SOCIETY OF AMERICA Hotline **800-345-4372**
NATIONAL OSTEOPOROSIS FOUNDATION
nof.org Helpline **800-231-4222**
NATIONAL PARKINSON'S FOUNDATION
parkinson.org **800-327-4545**
Helpline 800-473-4636
POLIO OUTREACH OF WASHINGTON STATE
 PO Box 1876, Kingston 98346
poliooutreach.com **800-609-5538**
SENIOR FALLS PREVENTION
SPOKANE REGIONAL HEALTH DISTRICT
HEALTHY COMMUNITIES PROGRAM
 1101 W College Ave **324-1530**
 Spokane 99201 srhd.org

Seniors Hospitality Center
 6635 Lincoln St **208-267-5554**
 POB 1639 **TDD 800-377-1634**
 Bonners Ferry 83805
Information@seniorshospitalitycenter.com
Fax: 267-2563
seniorshospitalitycenter.com
 Helps older persons maintain or improve their health status, and independence. Prevents premature institutionalization. Allows earlier discharge from hospitals and care facilities.

Sinto Senior Activity Center
 1124 W Sinto Ave **327-2861**
 Spokane 99201 sintocenter.com
 Cal Coblenz calc@sintocenter.com
 Recreational, educational and social programs for seniors and their families. Local outings, domestic and international trips, classes, games, special events and home cooked meals.

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

Southside Community Center
 3151 E 27th Ave, Spokane 99223
southsidescc.org **535-0803**
 Lisa Rosier Prog Mngr: Josh Kracht

A social and recreational facility for the diverse Spokane community. Offering exercise, card games, bingo, dances, and special events. Large ballroom and multiple classrooms available to rent.

EDUCATION & ENTERTAINMENT

AARP EMPLOYMENT PROG 325-7712
 222 W Mission #124, Spokane 99201
 Dir: Steve Reiter **Fax: 325-7729**
 Helps low-income people gain work experience and job referrals.
 Places clients 20 hours a week at

minimum wage in a nonprofit or public service agency where they receive work experience and upgrade marketable skills. 55+.
ACT 2 PROGRAM - SCC 279-6030
 1810 N Greene St, MS 2151
 Spokane 99217 **Fax: 279-6090**
scc.spokane.edu
 Offers affordable classes which are conveniently located in Spokane, Spokane Valley and other locations across eastern WA. Course offerings include technology, history, exercise and art.

COMPUTER SKILLS FOR SENIORS - ARE YOU GOING APE WITH YOUR COMPUTER? **891-8588**
tzena@areyougoingape.com
 Tzena Scarborough areyougoingape.com
- SENIORNET.ORG 800-747-6848
PROJECT JOY SENIOR ENTERTAINERS
music@projectjoy.org **535-0584**
projectjoy.org **Fax: 535-5203**
 Linn Edmonson, Sheryl Savas
 Offers performing groups—choral and instrumental music, dramatics, poetry and dance.
SPOKANE AREA RETIRED EDUCATOR'S FOUNDATION hcmahan@comcast.net
nearearetirededucators.org
 Recruits volunteers to provide talks on travel experiences to retirement and nursing homes.

LAW & ADVOCACY

waseniorlobby.org
DURABLE POWER OF ATTORNEY & END-OF-LIFE **800-237-3329**
agingwithdignity.org wsma.org
caringinfo.org **800-658-8898**
 Referrals to obtain orders for life-sustaining treatment, living wills or end-of-life.
ELDER LAW CLINIC - GONZAGA UNIVERSITY LEGAL ASSISTANCE
 Gonzaga University School of Law
 721 N Cincinnati, Spokane 99258
 Dir: Larry Weiser **323-5791**
 Free to seniors 60+.
PAUKERT & TROPFMAN, PLLC
 522 W Riverside Ave, Ste 560
 Spokane 99201 paukertlawgroup.com
 Breann Beggs **232-7760**



Aging & Long Term Care

OF EASTERN WASHINGTON

Community Living Connections

- Information, Referral & Options Counseling

Senior Services

- Adult Day Care
- Bathing Assistance
- Dental Access
- Group Meal Sites
- Home Delivered Meals
- Legal Assistance
- Minor Home Repair
- Transportation

Caregivers and Families

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

Community Services

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

To access these services and others, call:

Spokane County:	
Community Living Connections	(509) 960-7281
Stevens, Pend Oreille & Ferry (Tri) Counties:	
Rural Resources Community Action	800-873-5889
Whitman County:	
Rural Resources Community Action	800-873-5889
For other states and counties	800-677-1116
Eldercare Locator	Eldercare.gov

ADVOCACY • ACTION • ANSWERS

Aging & Long Term Care
 1222 N. Post St.
 Spokane WA 99201
509-458-2509 www.altcew.org

Business law and litigation, elder law, estate planning, medical and

psychiatric malpractice, personal injury, wrongful death, creditor-