

ECUMENICAL & INTERFAITH MINISTRIES

IN HOME CARE & RESOURCES

Washington (509)

Area Aging and Long-Term Care

Aging & Adult Care of Central WA *aaccw.org* **800-572-4459**
13365 Pioneer Way E, Moses Lake 98837 **766-2563**

50 Simon St SE, East Wenatchee 98802 **886-0700**
Aging & Long-Term Care of Eastern WA - ALTCEW *altcew.org*
1313 N Atlantic, Ste 3000, 99201 *action@altcew.org*
Resource for independent-living and community-based services.

Home Care Referral Registry Connects people using Medicaid funds for home care services with qualified caregivers. **458-2509**

Aging & Long-Term Care Council, SE WA **877-965-2582**
POB 8349, Yakima 98908 *altcWASHINGTON.com*
Funds services to help seniors and disabled adults stay at home.
Offers community planning and advocacy. *newnc@dshs.wa.gov*

Aging & Disability Resource Center-DSHS *altcWASHINGTON.com*
Offers free long-term care info, referral, & assistance for all ages.

Asotin Office 744 Fifth, Ste C, Clarkston 99403 **758-2355**
Columbia Office 410 E Main, Dayton 99328 **382-4787**
Garfield Office 695 Main, Pomeroy 99347 **843-3563**
Walla Walla Office 125 E Cherry, Ste A, Walla Walla 99362

Rural Resources *ruralresources.org* **800-873-5889**
Community Living Connections 956 S Main *info@ruralresources.org*

Provides support services to help individuals live independently in their community. Services are available to older individuals (60+), young adults with disabilities and family respite.

Ferry County 42 Klondike, Republic 99166 **775-0912**
Pullman Office 1300 NE Henley, Ste 1, 99163 **332-0365**

Adult Day Care

Circles of Caring *circlesofcaring.org* **334-6483**
Edison Cntr, 588 SE Bishop, Ste D, 99613

Providence ElderPlace 6018 N Astor *providence.org* **482-2475**

Walla Walla Senior Citizens Center *wallawallaseniorcenter.org*
720 Sprague, Walla Walla 99362 **527-3775**

Beneficial In-Home Care Pullman **844-637-9911/339-7733**
706 N Maple, 99201 **888-585-2442/323-0390**

In-home care for disabled or seniors. Short-term, long-term, overnight, respite 2 hours or 24 hours, daily or weekly. *bihc.biz*

Colville **684-5504/ 844-268-7779**
Moses Lake **844-764-0004/764-0004**

DSHS Aging and Long-Term Support Admin *dshs.wa.gov*
Adult Protective Services TTY **568-3086** **800-459-0491**

Home & Community Services Spokane **568-3700/800-459-0421**
1330 N Washington, Ste 3000, 99201

Services for elderly, functionally disabled and vulnerable adults.

Clarkston 525 Fifth, 99403 *altcWASHINGTON.com*

Colfax 418 S Main, Ste 3 **397-5091**

Colville 1100 S Main, 99114 **685-5644**

Moses Lake 1620 S Pioneer, 98837 TTY **800-833-6388/764-5657**

Newport 1600 W First, 99156 **447-6223**

Republic 89 E Delaware, 99166 **888-432-0516/TTY 776-2661**

Walla Walla HCS 206 W Poplar **800-310-5678/524-4960**



Aging doesn't have to mean
losing independence.

One number connects
you to all the services
you need to age at home.

Most people want to live independently,
but may need support services
to help them do so.

We can help you discover
the resources to plan, prepare
for, and support living independently.

Help starts here!

Call our FREE helpline to learn more



**Aging &
LONG
TERM
Care**
OF EASTERN WASHINGTON

509 . 960 . 7281

ALTCEW . ORG

Chore Services

Elder Hand Services *elderhandservices.com* **216-3570**

Handyman, general contracting, assembly and exterior cleaning for Spokane area and surrounding senior residents, assistance in daily tasks or in recovery from surgery. *eric@elderhandservices.com*

New Hope Resource Cntr *info@newhoperesource.org* **467-2900**

4211 E Colbert, Colbert 99005 *newhoperesource.org* N Spokane Cnty

Pullman Community Council on Aging *PullmanCCoA.org*

POB 1123, Pullman 99163 *PullmanComCoA@gmail.com* **339-4000**

We Care for WA Cares- DSHS **425-202-6111**

215 Columbia, Seattle 98104 *Contact.us@wecareforwacares.org*

Supports people with accessible and affordable long-term care. Financial assistance with medical equipment, home care and support with daily living. Pays family members to help with cooking, cleaning and grocery shopping. *wecareforwacares.org*

Falls Prevention *sitandbefit.org/resources/preventing-falls*

ALTCEW **960-7281**

Eastern WA Falls Prevention *ntauzin@srhd.org*

srhd.org/health-topics/injury-violence-safety/falls-prevention

Fall Free Coalition *asanders@srhd.org* **324-1530**

1101 W College, 99201 *srhd.org*

North Central Region Falls Prevention Coalition

Janna.Finley@confluence.org

Family Caregiver Provides help and resources for those who offer unpaid care to a senior adult or and adult with a disability.

Aging & Adult Care of Central WA Adam & Lincoln Cnties **766-2568**

Aging & Long-Term Care Council, SE WA *altcwashington.com*

Asotin County 744 Fifth, Ste C, Clarkston 99403 **758-2355**

Garfield Office 695 Main, Pomeroy 99347

Walla Walla Office 125 E Cherry Ste A, 99362 **529-6470**

Community Living Connections - Aging & Long-Term Care of Eastern WA - ALTCEW Information & respite care. **960-7281**

Elder Services *caregiversupport@fbhwa.org* **458-7450 x 2**

Rural Resources Community Action **684-3932**

956 S Main, Colville 99114 Ferry, Pend Oreille and Stevens

Pullman 1615 NE Eastgate Section G, Ste 4 East, 99163 **332-0365**

In-Home Provider

AAging Better In-Home Care *aagingbetter.com* **464-2344**

Addus *addus.com* **Spokane 326-1090** **Colville 684-3721**

Clarkston 208-746-8881 **Walla Walla 526-5606**

All Ways Caring *allwayscaring.com* **Spokane 524-8380**

Colville 237-6621 **Walla Walla 591-0445**

CenterWell *centerwellhomehealth.com* **833-453-1107**

Cheney Care Center *cheneycare.com* **235-6196**

Chesterfield Services *chesterfieldhealth.com* **Spokane**

326-4655/866-326-4655

TriCounty 935-8843/866-428-1273 **Walla Walla 876-2905/866-571-8038**

Comfort Keepers *comfortkeepers.com* **796-7738**

Family First at Home *familyfirstathome.com* **866-412-3861**

Family Resource *familyresourcehomecare.com* **795-5501**

Spokane 473-4949 **Palouse/Clarkston 496-1945** **Walla Walla 254-8488**

Havenwood Home Care *havenwoodhomecare.com* **535-1546**

Home Instead *homeinstead.com* **214-4130**

The Key *thekey.com* **302-2456**

Love At Home Senior Care *loveathomeseniorcare.net* **474-0663**

Maxim Healthcare Services *maximhealthcare.com* **324-6421**

Providence *providence.org* **DominiCare (Chewelah) 935-4925**

Home Health - Holy Family **455-3854**

Home Health St Mary's - WW **897-8600**

VNA Home Health - SV **534-4300**

Senior Helpers *seniorhelpers.com* **283-1193**

Spokane Care to Stay Home *spokanecaretostayhome.com* **661-5883**

Sunshine Home Health 10410 E 9th, Bldg B, 99206

Offers nursing, physical, occupational and speech therapies as part of in-home care; social service/community resource planning; registered dietitians and home-health aide services for Spokane County residents and tailors services to their needs. Accepts medical insurance. *shfi.com* **321-9050**

Walla Walla Valley In Home Care *wwwihc.com* **876-8049**

Medical Supplies & Mobility

Durable Medical Equipment (DME) *dme@hca.wa.gov* *hca.wa.gov*

Goldenwest Mobility 1815 E Francis **800-734-3842/ 484-3842**

goldenwestmobility.com Offers handicap mobility products.

Inland Medical & Rehab 200 E 2nd, Ste B *imrehab.com* **455-9385**

MedicAlert & Safe Return *medicalalert.com* **473-3390**

Medicare Durable Medical Equipment **800-633-4227**

MSHH Donor Closet 3202 N Market **487-4119**

mshh-donorcloset.com

Offers affordable, durable medical and mobility equipment.

Profits help those with MS in WA, North ID, MT and AK.

North County Food Pantry 40015A N Collins **262-2530**

Northwest Home Medical 10502 E Montgomery, 99204 **926-5640**



Help is only a phone call away.

Available 24 hours a day, 7 days a week

(509) 323-0390

www.bihc.biz

Short or long-term • Overnight • Respite Care

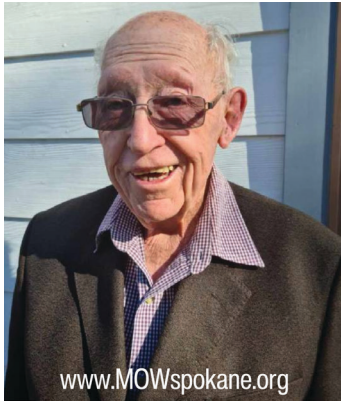
Locally Owned

Serving Spokane and the Inland Northwest since 1989,

SENIOR NUTRITION SITES: EASTERN WASHINGTON

HD - Home Delivered Meals (M - MOW), SC - Senior Center, SN - Senior meals and Senior nutrition sites, some offered by regional agencies, ACSRT - Asotin County Senior Round Table, COA in Whitman County. GSMOW - Greater Spokane MOW, OCTN - Okanogan County Transportation and Nutrition, SAS-Sandpoint Area Seniors, SVS - Silver Valley Seniors MOW, Mow - Meals On Wheels, MD - Meal Delivery

City/Zip	Site Name	Location	Phone (509)	MD	SN	Hours	Agency	Fee/Senior Center #
Airway Hgts	Airway Pointe Senior Apartments	13520 W 6th	924-6976		60+	11-1, WF	GSMOW	\$5
Burbank	Walla Walla Senior Center		527-3775 x1			10:30-11:30, T	WWSC	drive-thru
Cheney	Cheney UMC	204 4th	924-6976		60+	11, TTh	GSMOW	\$5
Clarkston	Valley Community Center	549 Fifth	758-3816	MOW	60+	11, TThF	WWSC	758-7909
Clarkston	Lewiston-Clarkston MOW	415 6th, Lewiston	208-799-5767	MOW		1, daily		\$4, \$5 w/ lunch
Colfax	COA/Colfax FB - 121 N Main	MOW: Whitman Hospital	397-4305		60+	noon, MTh	COA	\$4.25, voucher
Colton	Gun Club	51 Church	397-4305		60+	noon, 1st/2nd/4th W	COA	\$4.25
Colville	Colville Senior Center	The Hub - 39 Short Cut	675-1479			noon, TTh		ccscthehub@gmail.com
Colville	Rural Resources Senior Nutrition	956 S Main	684-8421	MOW	60+	Diner's Choice M-F	RRCA	frozen wkend \$20, voucher
Cusick	Kalispel Tribe Senior Program		447-7248	MD	55+		Camas Path	
Dayton	Columbia County Senior Center	403 E Pacific	382-2006	MOW	60+	11:30, TTh, 1 3rd	ALTCEW	\$4, Act, 382-2006
Deer Park	Deer Park Senior Center	St Mary's Presentation 602 E 6th City Hall, E 316 Crawford, LL	276-2948 276-2411			11-1, MTh 1:30, F	GSMOW	\$5 potluck
Endicott	Endicott Food Center	301 D	397-4305			12, 2nd & 4th T	COA	\$4
Inchelium	Inchelium Meal Site	26 Shortcut	722-7074		55+	11 M-Th, 9 F	Colville Tribe	
Ione	House of Hope-Ione Baptist	122 Main/Mail: 124 Main	442-3610	MD		L, 1st Fri; 9a Sun	Act/chores	442-3610 , 1st F
Keller	Keller Meal Site	7 Jim James	634-2803		55+	12, M-Th, 9 F	Colville Tribe	
Lacrosse	Lacrosse Cafe	204 S Main	397-4305		60+	noon, 1st/3rd T	COA	\$4.25
Lind	Lind Senior Center	117 N I	677-3620	MD	60+	9-9:45, MWThF		SC
Medical Lake	St Johns Lutheran	223 S Hallett	924-6976			11-1, MW	GSMOW	\$5
Nespelem	Nespelem Meal Site	330 10th	634-2895		55+	11:30, M-Th, 9:30 F	CT	
Oakesdale	Oakesdale High School	1st & McCoy	397-4305		60+	12:30, W	COA	\$4.25
Odessa	Odessa Meal Site	Old Town Hall, 104 W 1st	982-2654 826-7979			noon, MWTh	OCTN	
Otis Orchards	Spokane Baptist Church	4506 N Harvard	924-6976			11-1, F	GSMOW	\$5
Othello	Othello Senior Center	755 N 7th	488-5700 331-6424			5, 3rd Th; 12p, Th	SC	\$6, dinner \$15-20
Palouse	Palouse Community Center	220 E Main	397-4305		60+	noon, W	COA	\$4.25
Pomeroy	Pomeroy Senior Center	695 Main	843-3008	MOW	60+	M-F		Voucher
Pullman	Pullman Senior Center	City Hall, 325 SE Paradise MOW - Bishops Place	397-4305	MOW	60+	11:45, TF	COA	\$4.25, 334-4555
Ritzville	H.E. Gritman Senior Center	118 W Main	659-1921			12 MTWTh		\$6, SC
Rockford	St Joseph Catholic	138 S Rlver	924-6976		60+	11, F	GSMOW	\$5
Spangle	Spangle Service Club	165 N Main	701-4532		60+	11-1, MTh	GSMOW	\$5
Spokane	Corbin Senior Activity Center	827 E Cleveland	327-1584		60+	11-1, MWTh	GSMOW	\$5, 327-1584
Spokane	Dr MLK Jr Community Center	500 S Stone	868-0856		60+	11-1, M-F	GSMOW	\$5
Spokane	Greater Spokane MOW	12101 E Sprague	924-6976	MOW		many sites/times		
Spokane	Hillyard Senior Center	NECC, 4001 N Cook	482-0803		60+	11-1, M-F	GSMOW	\$5, 482-0803
Spokane	Mid-City Concerns Senior Center	1222 W 2nd, 99201	747-3257		60+	11:30, MTF		\$5, \$25/ year
Spokane	North Star/Country Homes Christian	8415 N Wall	924-2808			noon, T		\$5, 924-2808
Spokane Vly	Appleway Court	223 S Farr	315-5762		60+	11-1, MW	GSMOW	\$5
Spokane Vly	Spokane Valley Senior Center	2426 N Discovery	926-1937		60+	11-1, M-F	GSMOW	\$5, 926-1937
Spokane Vly	Spokane Valley UMC	115 N Raymond	924-7262		55+	11-1, Sun		924-7262
Sprague	Feed Sprague	Senior Center, 213 C	979-2168			L, W		
Uniontown	Uniontown Community Bldg	S Washington	397-4305		60+	noon, 3rd W	COA	\$4.25
Waitsburg	Presbyterian Church	504 Main	527-3775 x1	X		lunch, Tues	WWSC	
Walla Walla	Senior Round Table - Walla Walla	Walla Walla SC, 720 Sprague	527-3775 x1	MOW	60+	11:30 - 1, M-Th Drive-thru 10:30	WWSC	\$7 (>60), 527-3775 x1
Wellpinit	Spokane Tribe Senior Center	6403 Sherwood Lp/POB 100	800-789-9102 509-258-7129		55+	12p, T-F	Spokane Tribe	
Wilbur	Wilbur Senior Center	101 NE Main	647-5503 826-7979			noon, TWTh	OCTN	



Since 1967, Meals on Wheels Spokane has been delivering more than just hot meals to homebound seniors. Alongside providing nourishing food, we offer warm smiles and specialized programs designed to cater to the unique needs of our community's homebound seniors. Our commitment goes beyond delivering meals - it's a legacy of care and support.

www.MOWspokane.org



Meals on Wheels Spokane
1222 W. 2nd Avenue
Spokane, WA 99201
509-456-6597

Volunteer Services

a program of Catholic Charities Eastern Washington

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

cceasternwa.org | (509) 459-6172

SENIOR NUTRITION SITES: NORTH IDAHO & NORTH CENTRAL IDAHO (208)

TEENS EXPLORE PUBLIC TRANSIT

SMS1.org

509-818-1871

CONNECT WITH PROFESSIONAL TRAVEL TRAINERS

City/Zip	Site Name	Location	Phone (208)	MD	SN	Hours	Agency	Fee & SC contact
Bayview	Bayview Community Cntr	20298 E Perimeter/ POB 493	683-8040			noon, W	SC	bayviewcommunitycenter.org
Bonnars Ferry	Bonnars Ferry Senior Hospitality	663 SS Lincoln/POB 1639	267-5553	MOW		noon, M-W, F	SC	\$5, seniorshospitalitycenter.com
Clark Fork	Clark Fork Hope Area Seniors	1001 Cedar	266-1653	X	X	11:30, WF	SAS	HD, \$5
Coeur d'Alene	Area Agency on Aging of North ID	402 W Canfield, Ste 1	667-3179	X	60+	7meal/wk		free
Coeur d'Alene	Lake City Center	1916 Lakewood	667-4629		60+	11, MWF	SC	\$5, lakecitycenter.org
Cottonwood	Prairie Mtn Nutrition	Community Hall 506 King, basement	507-0356 926-3231			noon, T		prairiemountainnutrition.org
Deary	Spud Hills Senior Meals	Community Center, 403 Line	877-1582		60+	noon, T		\$5
Fernwood	Fernwood Senior Center	64042-64062 Maim	245-2392		55+	noon, MTh		
Genesee	Genesee Senior Center	140 Walnut	301-8881		50+	noon, M	act	
Grangeville	Grangeville Senior Center	108 Truck Rte	983-2033	X		noon, MWF		frozen, ME, \$12/yr
Hayden	Hayden Senior Center	9428 N Government	762-7052	MOW		noon, TTh		haydenseniorcenter.org
Kamiah	Kamiah Senior Center	125 N Maple	935-0244	X	N/A	noon, MWF	SC	\$3, 783-4581
Kellogg	Kellogg Senior Center	206 McKinley	752-1194			noon W	SC	\$6
Kendrick	Juliaetta-Kendrick Senior Citizens Center	104 S Sixth	289-5031	X	N/A	noon, WF		\$3
Lewiston	Lewiston Community Center	1424 Main	743-6983	M-F	60+	noon, MT; 11:30, W	Parks/Rec	\$4, 746-2313
Lewiston	Orchards UMC	1213 Burrell	743-9201			noon, MWF	CAP	\$5
Moscow	Moscow Senior Center	1912 Center, 412 E Third,	882-1562	MOW	60+	noon, TTh	CAPSC	\$4, users.moscow.com/srcenter/
Mullan	Mullan Senior Meal	17 Hunter	752-1194		60+	noon, W	SVS	\$6
Nezperce	Nezperce Senior Citizens	501 Cedar	937-2465			noon, MTh	SC	ME
Orofino	Orofino Senior Center	930 Michigan	476-4328	MOW		noon, TF	SC	
Pinehurst	Pinehurst Lions Club	106 Church	752-1194			noon, M		\$6
Plummer	Plummer Senior Center	888 C	686-1863	X	55+	noon, M-Th	SC	
Post Falls	Post Falls Senior Center	3rd Ave Market, 1215 E 3rd	773-9582	X	60+	11-1, MWF	SC	thirdavenuemarketplace.org
Potlatch	Potlatch Senior Citizens	IOOF/Rebekah Hall, 645 Pine	875-1071			noon, MWF		
Priest River	Happy Agers Senior Center	336 Jackson	448-2352			11:30, 2nd 7 4th F	SC	\$5, holidaysHD
Rathdrum	Rathdrum Community Center	8037 W Montana	687-2028	X	60+	noon, TTh	SC	FB@Rathdrum-Community-Center
Riggins	Salmon River Senior Center	Riggins CC, 121 S Lodge	628-2394			noon, T		
Rose Lake	Rose Lake Old School	14917 S Queen	752-1194		60+	11:30, T	SVS	\$6
St Maries	East Benewah Council for Aging	711 Jefferson	245-3546			noon, MWF		DT 11:30
Sandpoint	SASi Cafe-Sandpoint Area Seniors Inc	820 Main	263-6860	Fri	50+	11:30 M, W, 8:30 F	SAS	\$5, sandpointareaseniors.org
Spirit Lake	Spirit Lake Senior Center	Spirit Lake CC, 32564 4th	263-6860	MOW	60+	3-5, MW, 7:30-10 F	SC	\$5, Drive thru
Troy	Friendly Seniors of Troy	100 N Main	835-6092	X	50+	9:30, 3rd W		DT 4155 S Main
Weippe	Weippe Hilltop Senior Citizens Center	215 First W	827-6925	HD	60+	noon, MTh	SC	\$5
Winchester	Prairie Mountain Nutrition	Craig Mtn Cntr, 413 Nez Perce	507-0356	MD		noon, W	SC	prairiemountainnutrition.org
Worley	Worley Seniors Senior Center	9936 W E	686-1258	MD	60+	noon, T-Th	Worley	\$3, <60 \$6, free <12yrs

Medication Info, Mngt/Rebate benefitscheckup.org rxlist.com
Crisis Line of Whitman & Latah Counties **332-1505**
Drug Info Center - WSU **358-7662**
Food & Drug Admin (FDA) fda.gov **800-463-6332**
Medication AARP Rx Svcs **800-456-2277**
NeedyMeds needymeds.org **800-503-6897**
 Info for those who cannot afford medications & health care.
Together Rx - Medicare togetherrxaccess.com **800-444-4106**

Moving for Seniors/General Public

Dan the Moving Man 7322 E Broadway, Ste B, Spokane Valley, 99212
accounts@danthemovingmanwa.com danthemovingmanwa.com
MovHer Movher.com 6010 E Broadway, 99212 **954-4777**
Smooth Transitions of the Inland Northwest LLC **443-7211**
DeAnne@movingforseniors.com SmoothTransitionsSpokane.com

Nutrition Services

mealsonwheelsamerican.org
Cheney Care Center cheneycare.com **235-6196**
 2219 N 6th, 99004 Referrals **917-1323**
Council on Aging & Human Services (COA) **397-4305**
 101 N Main, Colfax 99111 coacolfax.org
Greater Spokane County Meals On Wheels **924-6976**
 12101 E Sprague, 99206 gscmealsonwheels.org
 Delivers hot lunch meals M-F, frozen meals weekends. \$5/meal
 suggested donation. Seniors 60 and over.

Mid-City Concerns/MOW Spokane Senior Center **747-3257**
 1222 W 2nd, 99201 mowspokane.org MOW **456-6597**
 Delivers hot meals to home-bound seniors in Spokane. Provides activities,
 breakfast/lunch.

Okanogan County Transportation and Nutrition octrn.org
 303 S Second, Okanogan 98840 **800-635-4391/826-7979**
Pullman Community Council on Aging PullmanCCoA.org
 POB 1123, Pullman 99163 PullmanComCoA@gmail.com **339-4000**

Senior Dial-A-Ride

COAST - Spokane **397-2935**
 Provides medical transportation from southern Spokane County to STA services
 on the South Hill. Schedule 48 hours ahead.
 Transports elderly and disabled with paid drivers and volunteers
 for medical appointments, shopping and more.
 Includes SE WA and North Idaho. **800-873-9996**

Community Living Connections:

Aging & Long-Term Care of Eastern WA Helpline **960-7281**
 Transportation services for older persons without means or
 unable to use existing transportation. Includes medical/health
 appointments and services, social services and meals. Occasionally goes to
 senior centers, shopping and recreation. Personal assistance for clients with
 limited mobility, transport-ation may vary based on volunteer and accessibility.
altcew.org

Deer Park Dial-a-Ride Wheelchair accessible. Schedule 1 day in
 advance. Only in Deer Park. **534-7171 / 877-264-7433**

Pullman Transit **332-5471/TDD 800-833-6388**

Rural Resources Community Action **684-2961/800-776-9026**
 For NE WA persons of special needs or veterans for trips to Colville, Kettle Falls
 and Chewelah and seniors for medical, food and other needs.

Valley Transit Walla Walla **527-3779**

Volunteer Chore Services - Catholic Charities Senior Svcs **459-6175**
 12 E 5th, 99202 cceasternwa.org Intake **459-6171** **459-6172**



SERVING THE ENTIRE COUNTY!



**Are you or someone you know
 over the age of 60 and having
 trouble affording groceries?**

We can help!
Give our office a call
(509) 924-6976

We're looking for volunteers!

Apply at GSCMealsonWheels.org

12101 E SPRAGUE AVE | 509.924-6976

Schedule 48 hours ahead to travel in Spokane, Walla Walla, Wilbur or Colville. Offers door-to-door transportation once a month to seniors 62+ and adults with disabilities for medical appointments and groceries. For non-Medicaid. Service relies on volunteers.

Senior Specific Transportation

Go-Go Grandparent **855-464-6877**

Same day affordable transportation provider for medical appointments, groceries and independent living.

Just for You Senior Services *justforyouseniorservices.com* **939-9971**

Transportation and personal assistant services for seniors in Spokane metro area. \$30 round trip, \$20 one way and medical appointments \$35 round trip.

MedStar *gomedstar.com* **800-236-2011**

Door-to-door transportation with attendants, wheel chair accessible. Approved for after-hour Medicaid clients for medical appointments, errands and relocation.

MedTran *gomedtran.com* **800-550-3782**

Schedule 24 hrs in advance, door-to-door transportation. Also serves weekends, nights and holidays.

Precious Cargo **951-9380**

Door-to-door, wheelchair, stretcher and accommodations. 24 hrs prior to trip.

Senior Transportation Programs

AARP Smart Driver *aarpdriversafety.org/why-take-our-course.html*

Allows seniors to earn a discount on auto insurance.

Interlink 549 5th, Ste E, Clarkston 99403 *interlinkvolunteers.org*

Provides volunteers to transport elders and disabled in LC Valley to live independently. No cost.

751-9143

New Hope Resource Center **467-2900**

North of Hawthorne Rd (except Deer Park), advance reservation by appt, 1 week prior, hours are 9:30-1:30 TTh, 6-8 W.

Okanogan County Transportation and Nutrition **826-4391**

People for People **800-851-4204/ 765-9249**

843 Kittleson, Moses Lake 98837

pfp.org/pfp/pfp/home.aspx

Non-emergency transportation for residents 60+ who receive TANF. For Medicaid clients in Adams, Lincoln counties.

800-233-1624

Rides for Seniors *spokanetransit.com* **328-1552**

Passengers 60+ with \$2/day pass may book 1 day or within 2 hours. May have one companion.

SNAP Ride to Health / Neighbors on the Go **319-3050**

Serves Spokane County residents 65+ or persons with disabilities who do not qualify for public transit. Rides for medical transportation, such as appointments and pharmacy. Offers non-volunteer wheelchair options.

Volunteer *srth@snapwa.org*

Special Mobility Services *sms1.org* **957-4413/800-892-4817**

Schedule 2-3 business days in advance, transportation for Medicaid eligible medical appointments. Provides cost-effective mode of transportation such as ambulatory, non-ambulatory, gas vouchers or bus passes. Also serves Adams, Asotin, Ferry, Garfield, Grant, Lincoln, Pend Oreille, Stevens and Whitman counties.

SMS Community Shuttle **534-7171/877-246-7433**

Schedule 1 day in advance for shopping, hospital, airport, STA connections. Serves Hwy 2 and 395, Newport, Davenport and Ritzville. Runs twice daily. \$2 one way, \$3 round trip, \$5 Newport. Door-to-door service within a mile of routes.

SMS Volunteer Shopper Service **957-4413**

Opportunities for neighbors and seniors to request a ride. Volunteers offered mileage reimbursement taking seniors clients to grocery store, farmers market or pharmacy.

Spokane STA Wheelchair-accessible shared ride service for individuals with disabilities in paratransit service area. *spokanetransit.com*



Need help with your energy bills?

We're here for you.

Avista works with local community agencies to provide financial assistance for energy costs. Plus, we can help you manage your energy usage and monthly payments. Some programs are income qualified.

- **Comfort Level Billing**
(Bills averaged over 12 months)
- **Payment Arrangements**
- **Preferred Due Date**
- **Hardship Grants**
- **Energy Assistance Grants**
- **My Energy Discount** (Washington only)
- **Home Improvement Services**
(Energy efficiency)
- **Energy-Saving Tips and Tools**
- **Friendly Customer Service**

To learn more, please call **(800) 227-9187**
or visit myavista.com/senior

Utility and Housing Assistance

Avista - Senior Outreach

495-8500

Senior Citizen's/Disabled Persons Tax Exemption Program

Spokane County	1116 W Broadway, 99260	477-5754
Adams County	210 W Broadway, Ritzville 99169	659-3200
Asotin County	135 2nd, Asotin 99402	243-2016
Columbia County	341 E Main, 99328	382-2131
Ferry County	350 E Delaware, Ste 1, Republic 99166	775-5205
Garfield County	89 Main St, Pomeroy 99347	843-3631
Lincoln County	450 Logan/POB 400, 99122	596-1454/725-7011
Pend Oreille County	POB 5010, Newport 99156	447-4312
Stevens County	215 S Oak, Colville 99114	684-6161
Walla Walla County	315 W Main, Walla Walla 99362	524-2560
Whitman County	400 N Main, Colfax 99111	397-6220

Idaho (208)

Adult Day Care

The Bennett House bennethouse.org

651-9060

Sunset Village, 296 W Sunset, Coeur d'Alene 83815

Kootenai Senior Care Program

kootenaihealth.org

2415 Kootenai Health Wy, Coeur d'Alene 83814

625-5354

Daybreak Center

sandpointareaseniors.org

Sandpoint Senior Center, 820 Main, Sandpoint 83864

265-8127

Chore Services Sandpoint CREC

920-1840

Falls Prevention

Fit & Fall Proof

healthandwelfare.idaho.gov

Panhandle Health Dist 8500 N Atlas, Hayden 83835 415-5142

cjaeger@phd1.idaho.gov panhandlehealthdistrict.org

North Central Public Health idahopublichealth.com 799-3100

Idaho State Tax Commission 334-7736/800-334-7756

Senior and disabled property tax exemption information.

Home & Community Based Services - IDHW

healthandwelfare.idaho.gov

Kellogg 866-818-6463

Offers personal care services, home and community based services and nursing home assistance.

In Home Providers

AAging Better aagingbetter.com 866-464-2344

Post Falls 777-0308 Sandpoint 263-7889

Access Care at Home accesscareathome.com Kellogg 783-0100

Coeur d'Alene 665-9473 Priest River/Sandpoint 448-4085

Addus addus.com Coeur d'Alene 667-2309 Lewiston 746-8881

All Ways Caring allwayscaring.com CdA 490-8255 Lewiston 758-2055

CenterWell centerwellhomehealth.com 833-453-1107

Comfort Keepers comfortkeepers.com CdA 357-4295

Eden Home Health eden-health.com 255-1640

Family Resource familyresourcehomecare.com 795-5501

North ID 770-3998 Lewiston 874-2329 Palouse 874-2329

Panhandle Home Health panhandlehealthdistrict.org 415-5160

Seubert's Quality seubertsqualityhomecare.com Moscow 883-1114

Grangeville/Cottonwood/Kamiah 800-597-6620 Lewiston 743-1818

Spokane Care to Stay Home spokanecaretostayhome.com 758-0357

Medication Info, Mngt/Rebate idahorxcard.com my-meds.com

Nutrition Services mealsonwheelsamerican.org

Lewiston - Clarkston MOW St Joseph Medical, 415 6th 799-5767

Before 1pm daily. Suggested donation \$4, \$5 w/sack lunch

Silver Valley Seniors, Inc VFW Hall, 726 E Mullan 752-1194

delivery 8-1 M-Th, 8-10:30 F; meal for 60+, \$6 per meal

Senior Dial-A-Ride

COAST - Spokane

800-873-9996/397-2935

Provides medical transportation from southern Spokane Cnty to STA services on the South Hill. Schedule 48 hours ahead. Transportation with paid drivers and volunteers for elderly and disabled to go to medical appointments, shopping and more, includes SEWA & NID.

Interlink 549 5th, Ste E, Clarkston 99403

751-9143

Provides volunteers to transport elders and disabled to live

independently. No cost. LC Valley interlinkvolunteers.org

SMART (Moscow)

883-7747/TTY 800-377-1363

Senior Transportation Programs

BAT 245-4576

Ring-a-Ride City Link CdA 446-1616

COAST - DAC NW 800-967-2899

An accessible COAST van is at the Moscow DAC office for trips outside the limited SMART Moscow boundary.

Kootenai Health Transportation Services kh.org 625-5030

Needs notice at least 24 hours prior to scheduled ride time. M-F in greater Coeur d'Alene area and T, Th in Rathdrum area.

Medicaid Transportation/American Medical Response (ID)

idahonemt.net

800-296-0509/877-503-1261

Panhandle Health Senior Companions

800-878-2364

8500 N Atlas, Hayden 83835

415-5177

panhandlehealthdistrict.org/home-health/senior-companion-program

Offers services to seniors. Transportation to appointments.

White Tail Transportation

877-503-1261 / 448-0848

POB 2124, Priest River 83856

whitetailtransportation.com

Non-emergency medical transportation for CdA, Post Falls & Sandpoint.



WE ARE
STRONGER
TOGETHER

Aging doesn't have to mean
losing independence.

One number connects you to all the
services you need to age at home. Whether
you're a senior, living with a disability, a caregiver,
or living with dementia... help starts here.



Call our FREE helpline to learn more

509.960.7281

ALTCEW.ORG