

# SENIOR RESOURCES

## SENIOR PROGRAMS

**AARP** *aarp.org* **800-424-3410**  
**GRANDPARENTS INFO** **202-434-2296**  
**AARP/IRS TAX-AIDE** **888-227-7669**

**MEDICARE/MEDICAID** *benefitscheckup.org*  
*MyMedicare.gov* **800-MEDICARE**  
**MEDICARE HOTLINE** *medicare.gov*

**800-633-4227 TTY 877-486-2048**

**CENTERS FOR MEDICAID & MEDICARE SERVICES** *cms.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**

### Washington (509)

**AARP** **866-227-7457**  
**ALZHEIMER'S ASSOCIATION** *alzwa.org*  
**24/7 HELPLINE** **800-272-3900**  
**WA CHAPTER** **206-363-5500**

*InquiryWa@alz.org*  
 Provides information, education, referral and support to families affected with any type of dementia. Covers WA and N Idaho.

**SPOKANE OFFICE** **456-0456**  
 1403 S Grand, Ste 202-S, 99203

### Aging & Long Term Care of Eastern WA - ALTCEW

**458-2509**  
 1222 N Post St, 99201 *altcew.org*  
 Dir: Lynn Kimball *action@altcew.org*  
 A resource for independent living and community-based services in EWA.  
**FALLS PREVENTION COURSE** **960-7281**

### DSHS Residential Care Services

**SPOKANE** **323-7303**  
 310 W Boone, Ste 170, 99201  
**YAKIMA** **225-2800**  
 3011 River Rd, Ste 200, 98902  
 Licensing certification, oversight of long-term care facilities.

### Medicare/Medicaid Services

**APPLE HEALTH** *hca.wa.gov/medicaid/Pages/index.aspx*  
 Application *wahealthplanfinder.org*  
**MEDICARE** **458-7450/800-737-0617**  
 Visit local CSO office of DSHS.  
**SOCIAL SECURITY** **TDD 800-325-0778**  
 714 N Ironbridge Wy, Ste 100, 99202  
*socialsecurity.gov* **800-772-1213**

### Senior Centers

Social services, meals and activities.  
**SPOKANE COUNTY:**  
**AMERICAN INDIAN COMMUNITY CENTER**  
*aiccinc.org* **535-0886**  
**CORBIN SENIOR ACTIVITY CENTER**

*info@corbinseniorcenter.org*  
*corbinseniorcenter.org* **327-1584**  
**DEER PARK SENIOR CENTER** **276-2411**

**HILLYARD SENIOR CENTER - NECC**  
*hillyardseniorcenter.org* **482-0803**

**MARTIN LUTHER KING JR COMMUNITY CENTER**  
*mlkspokane.org* 500 S Stone, 99202  
 Senior programs. **868-0856**

**MID-CITY CONCERNS SENIOR CENTER**  
*mowspokane.org* **747-3257**

**SINTO SENIOR ACTIVITY CENTER**  
 1124 W Sinto, 99201 **327-2861**  
 Recreation, educational and social programs for seniors and their families. *sintocenter.com*

**SOUTHSIDE COMMUNITY CENTER** **535-0803**  
 3151 E 27th, 99223 *southsidescc.org*

**SPOKANE VALLEY SENIOR CNTR** **926-1937**  
*spokanevalleyseniorcenter.org*

**TUM TUM SENIORS** **466-9643**  
 214 E Franklin, Nine Mile Falls 99026

### MovHer 954-4777/800-660-7133

3102 W Whistalks Wy, 99224  
*ltcop@snapwa.org* *Movher.com*  
 Female owned moving, storage, cleaning and packing company.

### SHIBA - Statewide Health Insurance Benefits Advisors

*insurance.wa.gov* **800-562-6900**  
**ALTCEW** **458-2509**  
 1222 N Post, 99201 *altcew.org*

Provides free, unbiased information about health care coverage. Counseling on Medicare and Medicaid Coverage.

**RURAL RESOURCES COMMUNITY ACTION**  
 956 S Main, Ste A, Colville **684-8421**  
 NE WA and Lincoln County.

**TRI-CITIES COMMUNITY HEALTH** **543-1952**  
 515 W Court S, Pasco 99301 *mytccch.org*  
 Walla Walla & Columbia counties.

### SNAP Long Term Care

**Ombudsman Prog** *snapwa.org*  
 3102 W Whistalks Wy, 99224 **456-7133**  
*ltcop@snapwa.org* **800-660-7133**  
 Advocates for residents in long-term care facilities. Trains and certifies volunteers to visit residents. Email *ltcop@snapwa.org* to volunteer.

### Idaho (208)

**AARP** **866-295-7284**  
**ALZHEIMER'S ASSOCIATION** *alzwa.org*  
**24/7 HELPLINE** **800-272-3900**  
**COEUR D'ALENE** **266-2996**  
 2065 W Riverstone, Ste 205, 83814  
**ALZHEIMER'S SUPPORT** **290-1973**  
 Tango Cafe 414 Church, Sandpoint

### Area Agency on Aging of North Central Idaho - CAP

124 New Sixth St **208-746-3335**

Lewiston 83501 **800-746-5450**  
*cap4action.org/PSAgencyOnAging.html*  
 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 - NIC

**667-3179**  
**NORTH IDAHO COLLEGE** *aaani.org*  
 402 W Canfield Ave, Ste 1  
 Coeur d'Alene 83814 **800-786-5536**  
 Gina Mitale *InfoAssist@nic.edu*  
 Provides answers on aging issues in Benewah, Bonner, Boundary, Kootenai and Shoshone counties.

### ID Nursing Home Services, Dept of Health & Welfare

**866-255-1190**

### Medicare/Medicaid Services

**ID DEPT OF INSURANCE** **800-247-4422**  
 2005 Ironwood Pkwy, Ste 143  
 Coeur d'Alene 83814 **208-666-6131**  
*doi.idaho.gov/shiba* **800-247-4422**  
 Regional Coord: Tonya Steele  
**ID MEDICAID** **866-686-4272**  
 Enrollment & Asst **877-456-1233**  
*healthandwelfare.idaho.gov*

### Senior Centers

**BLANCHARD COMMUNITY CENTER** **437-1037**  
 685 Rusho Ln *blanchardidaho.net*  
 PO Box 127, Blanchard 83804  
**HARRISON SENIOR CITIZENS CENTER**  
 103 W Pine, 83833 **689-3557**  
**KELLOGG SENIOR CENTER** **783-4581**  
 211 McKinley Ave, 83837  
**SAGLE SENIOR, INC** **265-2627**  
 70 Walker Way/POB 614, 83860

### EDUCATION & ACTIVITIES

#### Washington (509)

**AARP EMPLOYMENT PROG** **325-7712**  
 222 W Mission #124, 99201  
 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 for work experience and to upgrade marketable skills. 55+.  
**ACT 2 PROGRAM - SCC** **279-6027**  
 1810 N Greene, 99217 *scc.spokane.edu*  
*Katherine.murray@scc.spokane.edu*  
 Offers invigorating ways to stay active, informed and enriched in retirement. Affordable classes in Spokane, Spokane Valley and other E WA locations. Courses include art, exercise, history and technology.  
**PROJECT JOY SENIOR ENTERTAINERS**  
*music@projectjoy.org* **535-0584**  
*projectjoy.org*

**RETIRED EDUCATOR'S FOUNDATION**  
*spokanenearearetirededucators.org*  
 Volunteers provide talks on travel to retirement and nursing homes.

**RSVP - RETIRED SENIOR VOLUNTEER PROGRAM**  
 1126 N Monroe, 99201 **344-7787**

Connects volunteering, spiritual growth and community health. Matches member interests and talents with one-time and ongoing volunteer opportunities in county nonprofit and public organizations.

**SENIORCORPS - AMERICORPS**  
*servewashington.wa.gov/senior-corps*  
**SENIORNET.ORG** **800-747-6848**

### Idaho (208)

**RSVP - RETIRED SENIOR VOLUNTEER PROGRAM - AAA/NID** **667-3179**  
*rsvp@aaani.org* **800-786-5536**  
*aaani.org/volunteer.php*

Matches member interests and talents, volunteer opportunities with nonprofit organizations.

### ELDER LAW & ADVOCACY (509)

*agingwithdignity.org*  
**DURABLE POWER OF ATTORNEY & END-OF-LIFE**  
*wsma.org* **800-237-3329**  
*caringinfo.org* **800-658-8898**

Orders for life-sustaining treatment, living wills or end-of-life.

**ELDER LAW CLINIC - GONZAGA UNIVERSITY**  
**LEGAL ASSISTANCE** **323-5791**

721 N Cincinnati, 99258 Free to 60+.

**NORTHWEST MEDIATION CENTER** **456-0103**  
 Community *nwmediationcenter.com*

Bldg, 35 W Main, Ste 230, 99201  
 Elder Issues, guardianship and probate.

**SAYRE, SAYRE & FOSSUM PS** **325-7330**  
 201 W North River Dr, Ste 460, 99201  
*sayrelaw.com*

SARFF FAMILY OWNED AND MANAGED

*"Our Family Cares for Your Family."*





**Colonial Court**  
Assisted Living With A Loving Touch

- Spacious studios with kitchenette & private bathroom
- Fun Social/Activities Program
- Competitive all-inclusive pricing
- Three savory meals daily
- 24-hour professional medication management and personal care
- Therapeutic living environment



**We provide the highest standard of personal care in a home environment, with loving and patient nursing and care staff.**

12016 E Cataldo, Spokane Valley  
www.colonialcourtassistedliving.com **(509) 921-5473**

independent • assisted living  
skilled nursing • memory care

Rockwood South Hill 2903 E. 25th Ave.  
509-536-6650

Rockwood at Whitworth 10331 N. Mayberry Dr.  
509-466-0411

www.rockwoodretirement.org  
www.rockwoodatwhitworth.com



**AREA AGENCY on AGING**  
OF NORTH IDAHO



*Together we can help you find solutions to issues facing aging adults!*

208-667-3179 \* 800-786-5536 \* www.aaani.org  
402 W. Canfield Ave, Ste 1, Coeur d'Alene, ID 83815

- A 'Hub' for available resources in the community
- Senior Center meals and information
- Home Delivered Meal information
- Support and referrals for suspected Elder Abuse
- Long-Term Care Elder Advocate
- Help with navigating Advance Care Directives
- Connection to Alzheimer & Demetia resources
- Medicare Fraud education
- Funding & support to give you a break when caring for a loved one
- Caregiver educational programs
- Fit & Fall class information
- Referrals to housing, legal & transportation info
- Help with wheelchair ramps, grab-bar installation and other minor home repairs
- Homemaker services

PROUDLY SERVING BENEWAH, BONNER, BOUNDARY, KOOTENAI, & SHOSHONE COUNTIES

