

- SPOKANE & INLAND NORTHWEST -

SENIOR RESOURCE GUIDE

2021
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A GUIDE TO AGING IN TODAY'S WORLD



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A Resource Guide for Seniors and their Families

25TH EDITION

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HOW TO USE THIS RESOURCE GUIDE

Whether you are anticipating the future or coping with a crisis now, this resource guide can help you discover the resources you need to take responsibility for challenges you might encounter as a senior, or as someone who is caring for an older person.

This guide is a way for families to discover topics about which they can create meaningful dialogue. Getting older is a process in which every living person is engaged—it is a family and community matter—between spouses, partners, siblings, and the generations.

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We welcome comments and suggestions.
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Chapter 1 | TAKING CHARGE

Information for planning ahead, managing your financial, legal, and final planning and safety and security needs for the future. This chapter begins on page 9.



Chapter 2 | ADDRESSING HOUSING OPTIONS

Descriptions of housing alternatives, guidelines for choosing housing, and a comprehensive list of choices that span the housing continuum for seniors. This chapter begins on page 31.



Chapter 3 | FINDING HELP

Details health care and support services and programs including hospitals, medical resources, food and nutrition, outreach, support groups, transportation and more. This chapter begins on page 55.



Chapter 4 | EXPLORING HEALTH ISSUES

Health index of illnesses and ailments combined with a listing of organizations and resources to offer assistance. This chapter begins on page 77.



Chapter 5 | LIVING FULLY

Local, regional and national opportunities for seniors in educational, recreational, familial, cultural, high tech, and volunteer forums for life-expanding experiences. This chapter begins on page 89.

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To further explore these topics, the publisher encourages you to contact trusted professionals.*

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Reading is to the mind what
exercise is to the body.

– **Joseph Addison**



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Freedom is control
in your own life.

– Willie Nelson

EMERGENCY FINANCIAL ASSISTANCE

Please also see *Emergency Housing Contacts in Chapter 2, on page 32* and *Emergency Services in Chapter 3, on page 56*.

Caritas Outreach Ministries 509-326-2249

1612 West Dalke Avenue, Spokane WA 99205

Provides information and referral, emergency assistance with utilities, and other basic needs when funds are available. Also houses a food bank. Assistance is limited to northwest Spokane service area (contact the center for specific boundaries) and those who meet income eligibility requirements. **You must have an appointment to be seen.** Located inside Spokane Friends Church.

Our Place Community Ministries..... 509-326-7267

1509 West College Avenue, Spokane WA 99201

Offers emergency assistance with utilities, clothing (city-wide) and food to residents who live within the eligible area limits. Please contact the center for information on eligibility requirements and service area boundaries.

SNAP Energy Assistance

Appointment Line 509-456-7627

Call or check www.snapenergyassistance.org to see if appointments are available. Call the SNAP office nearest to you to see if Project Share funds are available.

SNAP – Armory 509-456-7627

212 West Second Avenue, Spokane WA 99201

SNAP – Downtown 509-456-7627

212 South Wall Street, Spokane WA 99201

SNAP – East 509-456-7267

500 South Stone, Spokane WA 99202

SNAP – Fort Wright 509-456-7627

3102 West Fort George Wright Drive, Spokane WA 99224

SNAP – Northeast..... 509-456-7267

4001 North Cook, Spokane WA 99207

SNAP – Valley 509-456-7267

10814 East Broadway Avenue, Spokane Valley WA 99206

www.snapwa.org

Housing improvements, minor home repair, energy appointments. Our mission always has been to provide access to needed resources, and to help people of low income make connections that create opportunities to work toward self-sufficiency.

Volunteers of America Emergency Services... 509-624-2378

525 West 2nd Avenue, Spokane WA 99201

Offers emergency assistance with gas vouchers and utility bills when funds are available.



Washington Information Network (WIN) 211

Information and referral for community services.

FEDERAL PROGRAMS

Social Security

Social Security (SS) 800-772-1213

..... TTY 800-325-0778

www.ssa.gov

Social Security (SS) provides benefits to you and your (eligible) family. Benefits originate from the money you (or your spouse) paid during the years worked. To request a Social Security statement over the Internet go to www.ssa.gov. You may apply for Social Security benefits about three months before your retirement. Full Benefits may be rewarded to persons 65 and over (depending on the year you were born). Reduced benefits can be obtained at age 62.

Contact the Social Security office if you lose your Social Security card, become disabled, change your name or address, and at least every three years throughout your employment years to ensure accuracy of records.

Supplemental Security Income (SSI)..... 800-772-1213

Supplemental Security Income is a Federal program that pays monthly checks to people who are 65 or older, or are disabled or blind, and have limited income and assets. Eligibility is determined by amount of income, savings and property.

Medicare

Health Insurance Options LLC

Lynnell Wold **509-353-0476**

Providence Medical
Center Building
820 South McClellan,
Lower Level #10
Spokane WA 99204
Fax 509-353-0488
www.MedicareinSpokane.com
Email: info@hioinsure.com

PLEASE SEE MY ARTICLE
ON PAGE 28.



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

www.medicare.gov

Medicare is a comprehensive federal health care insurance program administered by the Health Care Financing Administration, providing hospital and medical insurance to persons entitled to Social Security (SS) benefits. To be eligible you must be 65 or older (and have received SS); have permanent kidney failure (at any age); or be under 65 years and have been on SS for 24 months. Apply three months before you need the coverage.

The original purpose of Medicare was to increase access to health care and reduce its financial burden on older, retired, or disabled Americans. Medicare was never intended to pay 100 percent of all medical expenses, but is a benefit that will cover some of the services you may need as you age.

Ensure any services you use are with Medicare-certified providers. Another valuable resource is to contact the billing clerk at the hospital or skilled nursing facility providing services to clarify your benefits.

As a Medicare beneficiary, you have certain guaranteed rights –

1. The right to receive emergency care when and where you need it, without prior approval.
2. The right to information about all treatment options from your health care provider in language clear to you.
3. The right to appeal if Medicare does not pay for a covered service you have been given, or if your doctor or hospital does not give you a service that you believe should be covered.
4. The right to know how your Medicare health plan pays its doctors (you must request this information).
5. The right to have any personal information that Medicare collects kept private, and to know why Medicare needs it.
6. The right to choose a women's health specialist from your plan's list of doctors.
7. The right, if you have a complex or serious medical condition, to have enough visits to a specialist to deal with your need.

8. The right to file a grievance if you have concerns or problems with your plan which are not about payment or service requests.

If you believe that your rights have been violated in any way call the **Office of the Insurance Commissioner at 800-562-6900**.

Medicare Part A – Hospital Insurance

Most people don't pay a monthly premium for Part A (sometimes called "premium-free Part A"). If you buy Part A, you'll pay up to \$471 each month in 2021. If you paid Medicare taxes for less than 30 quarters, the standard Part A premium is \$471. If you paid Medicare taxes for 30-39 quarters, the standard Part A premium is \$259.

If you are not sure if you have Part A, look on your red, white and blue Medicare card. It will show Part A (Hospital Insurance) on the lower left corner of your card. You can also call Social Security.

Benefits begin when you enter the hospital and end when you have been out of the hospital or facility with skilled nursing care for 60 consecutive days. If you are re-admitted within that 60 days, you are still in the same benefit period and would not pay another deductible. If you are admitted to a hospital after that benefit period ends, an entirely new benefit period begins and a new deductible is owed.

Hospital Stays: Staying overnight in a hospital doesn't always mean you're an inpatient. You become an inpatient only when a hospital formally admits you as an inpatient, after a doctor orders it. You're still an outpatient if you haven't been formally admitted as an inpatient, even if you're getting emergency department services, observation services, outpatient surgery, lab tests, or x-rays. You or a family member should always ask if you're an inpatient or an outpatient each day during your stay since it affects what you pay and can affect whether you'll qualify for Part A coverage in a skilled nursing facility. For more information, visit medicare.gov/publications to view the fact sheet "are You a Hospital Inpatient or Outpatient? If You Have Medicare—Ask!"

Hospital Cost: To ensure the most accurate, up-to-date costs, call **Medicare Customer Service at 800-633-4227** or access the information online at www.medicare.gov/what-medicare-covers. In general, Part A pays for all hospital-covered services up to 60 days per benefit period, except for the first \$1,484 for which you are responsible. The co-payment for 61-90 days is \$371 per day, and \$742 per day for 91-and beyond. There may be cost, as well as other, differences between Medicare Supplement plan and Medicare Advantage plan benefits.

Skilled Nursing Facility Cost: To ensure the most accurate, up-to-date costs, call **Medicare Customer Service at 800-633-4227** or access the information online at www.medicare.gov/what-medicare-covers. If your doctor has certified you need skilled nursing, the patient pays nothing days 1-20, \$185.50 for days 21-100, and all costs after 100 days. Some of the covered services may include semi-private rooms, meals, regular nursing services, rehabilitation services, blood transfusions (except the first three pints of blood), drugs, medical supplies, and durable medical equipment



(e.g., wheelchairs). There may be cost, as well as other, differences between Medicare Supplement plan and Medicare Advantage plan benefits.

Medicare Home Health Care Cost: To ensure the most accurate, up-to-date costs, call **Medicare Customer Service at 800-633-4227** or access the information online at www.medicare.gov/home-health-services. This can be covered under Part A or Part B, and there are numerous conditions which must be met in order to be eligible to receive this service, which are listed on the website named above. Under most circumstances there is no deductible, co-pay, or difference in covered services under either coverage. Physician certification that this care is necessary and a home health care plan are required in order to access this service.

Home health care services may include part-time skilled nursing care, physical therapy, speech-language therapy, home health aide services, durable medical equipment, and medical supplies used in the home. There may be cost, as well as other, differences between Medicare Supplement plan and Medicare Advantage plan benefits.

Medicare Part B – Medical Insurance

To ensure the most accurate and up-to-date costs, call **Medicare Customer Service at 800-633-4227** or go online at www.medicare.gov/what-medicare-covers.

Part B assists in covering services deemed medically necessary including doctor appointments, outpatient hospital care, and some other medical services that Part A does not cover, such as the services of physical and occupational therapists, and some home health care services. Part B also covers some preventive services. Enrolling in Part B is your choice. If you choose to have Part B, the premium is usually taken out of your monthly Social Security, Railroad Retirement, or Civil Service Retirement payment. Otherwise, Medicare sends you a bill by the tenth of the month. If you have not received your bill by the tenth of the month, contact Social Security.

Cost: Since all amounts are subject to change on a yearly or as-needed basis, in order to determine your monthly Part B payment, as well as the current Medicare deductible amount or any other information specific to your Part B enrollment responsibilities, call **Medicare Customer Service at 800-633-4227** or access the information online at www.medicare.gov/what-medicare-covers. Monthly Medicare premiums will vary for different groups of Medicare beneficiaries.

The standard Part B premium amount is \$148.50. Some beneficiaries paid a monthly amount higher than that depending upon various factors, such as: (a) not enrolling in Part B when first eligible, or (b) having yearly income exceed \$88,000 (if single) or \$176,000 (for a couple). In addition, the cost of Part B may go up ten percent for each 12-month period that you could have had Part B but did not take it.

In 2021, you pay \$203 for your Part B Deductible. After you meet your deductible for the year, you typically pay 20% of the Medicare-approved amount for these:

- Most doctor services (including most doctor services while you're a hospital inpatient)
- Outpatient therapy
- Durable Medical Equipment (DME)

Medicare Preventive Screening

Welcome to Medicare Exam

Medicare Part B (Medical Insurance) covers a “Welcome to Medicare” preventive visit once within the first 12 months you have Part B. You pay 20 percent of the Medicare approved amount after you meet the Part B deductible. You pay nothing for the “Welcome to Medicare” preventive visit if your doctor or other qualified health care provider accepts Assignment. The Part B Deductible doesn't apply.

However, you may have to pay Coinsurance, and the Part B deductible may apply if:

- Your doctor or other health care provider performs additional tests or services during the same visit.
- The preventative benefits don't cover these additional tests or services.

If seeing a new doctor be sure to bring your health records including immunizations, your family history and the list of prescriptions as well as a schedule of when the prescribed medications are taken. The exam will cover a review of your medical history, blood pressure, vision and other preventative screenings. The doctor will also provide you with a checklist explaining a schedule of preventative screenings that you should receive.

Other Preventive Services Covered By Medicare

Other preventive services covered either in part or in full by Medicare include cardiovascular screenings, various types of cancer screenings, flu shots, bone mass measurements (screenings for osteoporosis), diabetes screenings, and glaucoma tests. There are specific guidelines including frequency and types of testing. For more specific information about preventive services covered by Medicare you may call **Medicare Customer Service at 800-633-4227** or access the information online at www.medicare.gov.

Medicare Claim Accuracy

Be sure you are billed only for the care you received. If you have tried to correct a bill with the health care provider or supplier who submitted the claim and suspect fraud or abuse has occurred, call the Office of the Inspector General Fraud Hotline at **800-447-8477**.

Do You Still Have Questions About Medicare?

If you have further questions call **Medicare Customer Service** at **800-633-4227** for information regarding Medicare rights.

Medicaid (Washington Apple Health)

This federal assistance program provides funding for low-income people (including many people who never imagined they would qualify for Medicaid, but have had their savings drained because of health expenses, and thereby are eligible) to pay for medical and long-term care in-home services. Medicaid standards differ from state to state, but types of medical assistance coverage that may be included are inpatient and outpatient hospital services, periodic diagnostic tests, laboratory services, physician services, rural health clinic services, x-ray services and skilled nursing facility care.

Washington Apple Health: The public health insurance programs for eligible Washington residents. Washington Apple Health is the name used in Washington for Medicaid, the Children's Health Insurance Program (CHIP), and state-only funded health care programs.

Anyone 18 or older may apply for long-term care through the Home and Community Services office. The application may be mailed to you or printed off the Washington State Department of Social and Health Services website at: **www.adsa.dshs.wa.gov/pubinfo/benefits/medicaid.htm**

Medicaid Planning

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Estate Planning

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Fax 509-325-7334

www.sayrelaw.com

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ATTORNEYS AT LAW

PLEASE SEE OUR AD ON PAGE 16 AND OUR ARTICLE ON PAGE 24.

Medicaid Service Plans – Long-Term Care Program

The Department of Social and Health Services Home and Community Services will determine your eligibility for Long-Term Care Medicaid Service Plans. These long-term care programs for the aged, blind and disabled provides services to persons unable to perform the tasks of daily living without assistance. To qualify for services, you must meet both the functional and financial criteria determined by Aging and Disability Services.

Department of Social and Health Services Home and Community Services

Intake Line 866-323-9409

1330 North Washington Street, Suite 3000

Spokane WA 99201



Community First Choice (CFC)

CFC offers personal care, assistance with household tasks, and case management. Services available under this program are provided in the home, adult family home, and assisted living facilities that are contracted to provide services. Persons eligible for CFC are aged, blind, or disabled persons that meet functional eligibility and Medicaid income and resource requirements.

Medicaid Personal Care Services

Eligible persons receive assistance with bathing, dressing, grooming, shopping, housekeeping and transportation through Personal Care Services. These services are provided to clients living in their own homes, adult family homes, or assisted living facilities. Persons eligible for MPC must be eligible for categorically needy Medicaid and meet functional eligibility.

Veterans Affairs

Department of Veterans Affairs –

Veterans Helpline 800-827-1000

..... TTY 800-829-4833

www.va.gov

Call for benefits and assistance (counseling, filing claims, burial and death and disability). Services are free to veterans, spouses and their dependents.

Spokane County Veteran Services..... 509-477-3690

1117 North Evergreen Road, Spokane Valley WA 99037

Services include emergency assistance with needs such as food, rent and utilities for indigent veterans, widows, and their families. Also provides referrals for the filing of claims as well as other resources needed.



Veterans Affairs Medical Center509-434-7000
.....800-325-7940

4815 North Assembly Street, Spokane WA 99205
 Main medical center for northeast Washington Veterans. Advocates that can help with filing claims and needed benefits are available at the center.

Veterans Outreach Center509-444-8387
 13109 East Mirabeau Parkway, Spokane WA 99216
www.vetcenter.va.gov

Provides veterans with individual, group and family counseling for problems related to Post Traumatic Stress Disorder, marriage and family difficulties & sexual trauma/harassment.

Washington Department of Veterans Affairs Cemetery509-299-6280
 21702 West Espanola Road,
 Medical Lake WA 99022
www.dva.wa.gov/cemetery

SUPPLEMENTAL COVERAGE

Medicare does not pay for all your health care costs. Therefore, you may choose to purchase supplementary health care coverage (via employer or union health coverage plans, Medicare Supplemental Insurance, or State Assistance), or help in paying your health care costs through other resources (Medicare assistance programs).

Medicare Advantage Plans

The Medicare Advantage Program is an updated version of the Medicare + Choice Plan Program. The Modernization Act of 2003 provides more options for Medicare beneficiaries to enroll in private plans. For a monthly fee (in addition to your Medicare premium) you can choose features that more specifically meet your needs. Features that are provided through Medicare Advantage Plans include:

Managed Care Plans – A network of doctors is available through the plan. A primary doctor coordinates your care and referrals are required to see doctors out of the network.

Preferred Provider Organization Plans – Typically the doctors and specialists are predetermined through this plan. If you choose a doctor or specialist not covered through the plan you may have to pay additional costs. No referrals are necessary.

Private Fee For Service Plans – You may visit any doctor of your choice that will accept the plan's payment.

Specialty Plans – These are designed to meet special needs for people with certain health issues.

Anyone who receives Medicare Part A and Part B may join a Medicare Advantage Plan. Please check with the plan provider to find out what plan is best for your needs.

The Medicare Personal Plan Finder is a service provided through the Medicare website to assist you in comparing services available in your area. To access this information, visit www.medicare.gov.

Additional Medicare/ Medicaid Supplemental Plans

There are several basic ways to supplement Medicare/Medicaid coverage. For additional information on Medicaid supplemental programs call **Community Action Connections (CAC) for SHIBA at 800-562-6900 or Medicare Customer Service at 800-633-4227** for further information about Medicare plans.

1.Managed Care Plans

Managed care plans are prepaid, coordinated care plans, provided mainly by Health Maintenance Organizations (HMOs). These plans focus on the relationship between the beneficiary and the primary care physician. Under this arrangement, the physician authorizes, arranges for, and coordinates all services for the beneficiary. Managed care plans may also offer benefits not covered by Medicare.

2.Medicare Supplement Plans – Medigap

Medicare Supplement Plans are one way to fill specific gaps in Medicare's coverage. In 1992 federal regulations set up uniform policies for Medicare. Each of the standard policies offer different groupings of benefits to address a wide range of individual needs. The best time to apply for these plans are within the six-month window of your Medicare eligibility. Contact **Medicare Customer Service at 800-633-4227** to get a complete listing of Medicare supplements, or contact insurance carriers listed in this guide for more information about Medigap.

3.Washington State Health Insurance Pool (WSHIP).....800-877-5187
www.wship.org

For persons who meet the following eligibility requirements:

Non-Medicare Eligibility Requirements

- Must be a resident of Washington state.
- Must have been rejected for coverage by an insurance carrier based upon the results of the Standard Health Questionnaire, or live in a Washington state county where individual health benefit plans are not offered.
- Not eligible for Medicare coverage.

Medicare Eligibility Requirements

- You must be a resident of Washington state;
- You must be enrolled in both Part A and Part B of Medicare.
- You must provide evidence of rejection for medical reasons, a requirement of restrictive riders, an up-rated premium, or a pre-existing conditions limitation on a Medicare supplemental insurance policy, or live in a Washington state county where individual health benefit plans are not offered.

If you have been denied coverage by private insurance carriers, call the **Office of the Insurance Commissioner Consumer Hotline at 800-562-6900** for further information.

4. Qualified Medicare Beneficiary (QMB) and Specified Low-Income Medicare Beneficiary (SLMB) Programs and Qualified Individuals (QI-1) Programs

Individuals with resources below the poverty level may be eligible for partial assistance through the QMB, SLMB or QI-1 programs. These programs provide assistance to pay Medicare premiums and cost-sharing requirements. Eligibility is based on income and asset levels. Applications are handled by the Department of Social and Health Services Community Service Office.

5. Disability Insurance

Disability insurance replaces income you lose if you have a long-term illness or injury and cannot work. This is an important type of coverage for working-age people to consider. Disability insurance does not cover the cost of rehabilitation if you are injured. Check to see if it is covered by your major medical insurance.

Some employers offer group disability insurance. Or you might be eligible for some government-sponsored programs that provide disability benefits. Many different kinds of individual policies are also available.

Health Insurance Information Resources

Corbin Senior Center 509-327-1584

827 West Cleveland, Spokane WA 99205

Provides health information seminars.

Health Insurance Options LLC 509-353-0476

Providence Medical Center Building
820 South McClellan, Lower Level #10
Spokane WA 99204

Fax 509-353-0488

www.MedicareinSpokane.com

Email: info@hioinsure.com

PLEASE SEE OUR ARTICLE ON PAGE 28.

Statewide Health Insurance Benefits Advisors (SHIBA) Helpline 509-625-4801

www.insurance.wa.gov/shiba

SHIBA provides free unbiased counseling on Medicare, Medicaid, and other insurance options, and is supported by the Washington State Office of the Insurance Commissioner. Trained volunteers provide one-on-one assistance to insure you understand all of your Medicare options whether you are



brand new to Medicare or trying to find a new plan during open enrollment. We also assist with a variety of applications, fraud complaints and billing issues.

FINANCIAL SERVICES

Financial Planning, Management and Accounting

National Association of Personal Financial Advisors (NAPFA) 847-483-5400

www.napfa.org

Reference to local fee-only (non-commission) planners.

SNAP Financial Access 509-456-7627

500 South Stone, Spokane WA 99202

Various programs available for credit and money management, low-interest loans and small business development.

Washington Association of Accountants 509-993-2307

Qualified accounting and tax service referrals for small businesses and individuals.

Washington State Board of Accountancy 360-753-2585

www.cpaboard.wa.gov

This Board regulates Certified Public Accountants (CPAs), CPA firms and the practice of public accountancy in Washington State.

Estate Management

Elder Law Group PLLC 509-468-0551

Spokane Office

711 West Indiana Avenue. Suite 102, Spokane WA 99205

Tri-Cities Office

5861 West Clearwater Avenue, Suite 3,
Kennewick WA 99336

www.ElderLawGroupWA.com

Top-rated Elder Law attorneys serving Washington and Idaho providing seniors and their families capable and compassionate Estate Planning using **Asset Protection Estate Planning™** and **Medicaid Asset Preservation Strategies®**. PLEASE SEE OUR AD ON PAGE 1 AND ARTICLE ON PAGE 26.



Estate Planning

Tax Returns and Preparation

Understand the implications of taxes involving capital gains, estate and inheritance, gifting to others, and income and property taxes.

AARP/IRS Tax-Aide Site Information888-227-7669

Free services include help completing and filing simple income tax returns. Trained volunteers offer this annual service from February 1 to April 15.

Internal Revenue Service (IRS)

www.irs.gov

Federal Tax Questions.....800-829-1040

..... **TTY 800-829-4059**

Refund Information.....800-829-1954

Tax Forms and Publications.....800-829-3676

The four major functions of the IRS are examinations, collections functions, taxpayers' services, and criminal investigations. Estate, gift, pension plans, and exempt organizations are not services at this location, but please call this office for referral.

Property Tax Exemptions

**County Assessor's Office – Senior Citizen's,
Disabled Persons Exemption Section.....509-477-3698**

1116 West Broadway Avenue, Spokane WA 99260

In order to participate in the Senior Citizen/Disabled Property Tax Exemption Program participants have to be 62+, or disabled. Gross household income must be \$40,000 or less to participate. Exemption is only allowed on primary residence.

SENIOR LAW

Member: Spokane Estate Planning Council

**Asset Preservation & Disability Planning
Medicare and Medicaid ~ Wills & Trusts**

**SAYRE SAYRE
& FOSSUM**
ATTORNEYS AT LAW

3 2 5 - 7 3 3 0



MICHELLE K. FOSSUM

201 W. North River Drive, Suite 460
Spokane, WA 99201-2262

Legal Affairs

There are so many complexities in our legal system that most of us need professional guidance to navigate our way through it.

ATTORNEYS AT LAW

Douglas • Eden, P.S.

Brent T. Stanyer509-455-5300

717 West Sprague Avenue, Suite 1500
Spokane WA 99201

Mr. Stanyer provides legal services for estate planning, guardianships, special needs, probate, wills and trusts. He is a member of the National Academy of Elder Law Attorneys and the Spokane Estate Planning Council.



Elder Law Group PLLC509-468-0551

Spokane Office

711 West Indiana Avenue, Suite 102, Spokane WA 99205

Tri-Cities Office

5861 West Clearwater Avenue, Suite 3,
Kennewick WA 99336

www.ElderLawGroupWA.com

Top-rated Elder Law attorneys serving Eastern Washington and Idaho with offices in Spokane and Kennewick. Providing capable and compassionate guidance for Estate Planning. We help seniors and their families protect against Long-Term Care costs using **Asset Protection Estate Planning™** and **Medicaid Asset Preservation Strategies®**. We believe in Empowering Futures®. PLEASE SEE OUR AD ON PAGE 1 AND ARTICLE ON PAGE 26.



Estate Planning

Evergreen Estate and Elder Law

Holland McBurns509-325-5222

The Flour Mill – 621 W. Mallon, Suite 306,
Spokane WA 99201

www.evergreenelderlaw.com

FREE CONSULTATION

PLEASE SEE OUR ARTICLE ON PAGE 23.

Herman Herman and Jolley

Michael Bresson, Elder Law Attorney.....509-868-6201

Herman Herman and Jolley
12340 East Valleyway Avenue
Spokane Valley WA 99216
michaelb@hermanjolley.lawyer
www.hermanjolley.lawyer

Mike Bresson faithfully provides legal services to elders and their loved ones, including asset preservation, estate and disability planning, guardianships, probate, and Medicaid planning. Mike is also a member of the National Academy of Elder Law Attorneys. Mike provides Mobile Attorney Services – I come to you and you don't pay extra for it!

Sayre Sayre & Fossum, Attorneys at Law509-325-7330

201 West North River Drive, Suite 460
Spokane WA 99201-2262
Fax 509-325-7334
www.sayrelaw.com



Sayre Sayre & Fossum is dedicated to providing client-centered legal services focused on elder law, including asset preservation, estate and disability planning, Medicare and Medicaid, and trusts. Michelle Fossum is a member of the Spokane Estate Planning Council. PLEASE SEE OUR AD ON PAGE 16 AND OUR ARTICLE ON PAGE 24.

LEGAL INFORMATION, ADVOCACY, AND REFERRAL

**American Civil Liberties Union of Washington—
Legal Intake and Referral Line.....206-624-2180**

901 5th Avenue, Suite 630, Seattle WA 98164
aclu-wa.org

Dedicated to defending and expanding all civil liberties and civil rights in America. This organization is only able to answer questions regarding civil liberties and the ACLU's work in Washington state.

Attorney General of Washington State

Consumer Protection800-551-4636
Consumer Line800-692-5082

www.atg.wa.gov

The Washington State Attorney General's Office provides a variety of resources for consumers.

Center for Justice509-835-5211

35 West Main Street, Suite 300, Spokane WA 99201

A non-profit law firm committed to the experience of justice for those of limited or no financial resources or influence. Does not provide assistance at this time with family law or wills and probate. May help with CPS or APS issues-problems with agencies. Also may assist with government accountability, benefits, and consumer protection.

Corbin Senior Center509-327-1584

827 West Cleveland, Spokane WA 99205

Contact the center about free legal seminars.

Human Rights Commission.....800-233-3247
..... TTY 800-300-7525

711 South Capitol Way, Suite 402
www.hum.wa.gov

Mission is to eliminate and prevent discrimination through fair application of law, the efficient use of resources and the establishment of productive partnerships in the community.

**Northwest Justice Project Coordinated Legal Education
Advice and Referral Service, (CLEAR) Project CLEAR**

Sr. Hotline888-387-7111

Civil legal services to individuals 60 and older in areas of public entitlements, family housing and consumer issues.



**Spokane County Bar Association –
Volunteer Lawyer's Program.....888-201-1014**

www.spokanebar.org

Provides free legal counsel and representation in civil matters (non-criminal) to low-income Spokane County residents.

University Legal Assistance509-313-5791

721 North Cincinnati Street, #101, Spokane WA 99202

Free legal representation, advice and counseling is provided to low-income persons over 60 for civil legal matters such as wills, housing, and domestic relations. Funded in part by ALTCEW.

Washington State Bar Association –

Service Center.....800-945-9722
.....509-477-2665

1116 West Broadway Avenue, 4th Floor Annex,
Spokane WA 99260
www.wsba.org

Provides consumer information pamphlets that educate citizens about their legal rights and responsibilities. Seniors may call with a complaint or grievance against an attorney. Cannot provide legal advice.

Small/Civil Claims Court

Small/Civil Claims Court is used for the recovery of money as long as the amount does not exceed a total of \$5,000 and not exceeding \$75,000 for civil claims. In general, the claim must be filed in the District Court of the county in which the defendant(s) reside. Please refer to RCW - 3.66.040 for exceptions.

Spokane District Court, Civil/ Small Claims.509-477-4770

Broadway Center Building, Floor 2
721 North Jefferson Street, Spokane WA 99260

Spokane County District Court –

Spokane Valley509-477-3390

12710 East Sprague Avenue, Spokane Valley WA 99216

Tenants' Rights

Tenants' rights in the State of Washington are governed by the Residential Landlord-Tenant Act found at RCW 59.18. Coordinated Legal Education Advice and Referral Service (CLEAR) can help seniors 60 years and over with tenants' rights and other issues.

Attorney General of Washington State

Consumer Line **800-692-5082**

Recordings on tenant/landlord laws, rights and responsibilities.

Center for Justice **509-835-5211**

35 West Main Street, Suite 300, Spokane WA 99201

Provides assistance for those of limited or no financial resources or influence. May be able to assist in landlord/tenant cases.

CLEAR*SR Hotline **888-387-7111**

Part of the Northwest Justice Project statewide assisting seniors 60+ with a variety of issues regardless of their income.

Tenants Union of Washington State –

Spokane **509-464-7620**

25 West Main Avenue, Third Floor, C-3, Spokane WA 99201

www.tenantsunion.org

Dedicated to the advocacy of tenants' rights. The website contains a wealth of information on the rights of Washington tenants. You may also access recorded information about housing rights by calling the contact number.

Final Planning

Communicate your desires about how you want to be treated in your final days through documents that will help your family make decisions about your care based on clearly expressed wishes. Your forethought relieves loved ones from the need to guess at a time when they must deal with their own grief and loss.

END-OF-LIFE PLANNING

Aging With Dignity Five Wishes **888-594-7437**

www.agingwithdignity.org/5wishes.html

This document helps express how you or a loved one want to be treated if seriously ill and unable to voice wishes. It is unique because it looks to medical, personal, emotional and spiritual needs.

CREMATION PLANS
STARTING AT

\$995



www.pnwcremation.com

NORTH DIVISION | 509.483.3440
SOUTH HILL | 509.279.2653
SPOKANE VALLEY | 509.926.2020

Hospice of Spokane **509-456-0438**

www.hospiceofspokane.org

Assistance in care planning for anyone, of any age, with any terminal illness. PLEASE SEE OUR AD ON PAGE 54 AND OUR ARTICLE ON PAGE 74.



END-OF-LIFE SUPPORT

Horizon Hospice **509-489-4581**

608 East Holland Avenue
Spokane WA 99218

PLEASE SEE OUR AD
ON PAGE 62.



Hospice Foundation of America –

National Office **202-457-5811**

www.hospicefoundation.org

Hospice of Spokane **509-456-0438**

Toll Free **888-459-0438**

121 South Arthur; PO Box 2215, Spokane WA 99210-2215

www.hospiceofspokane.org

Spokane's only nonprofit hospice since 1977, we strive to alleviate suffering while honoring the dignity of the terminally ill.

Care is provided by physicians, nurses, medical social workers, nurse aides, spiritual and bereavement counselors, and trained volunteers. Grief counseling available at no charge. No one is turned away for inability to pay. PLEASE SEE OUR AD ON PAGE 54 AND OUR ARTICLE ON PAGE 74.



National Hospice and

Palliative Care Organization **800-658-8898**

www.nhpco.org

FUNERALS, BURIAL AND CREMATION

Department of Veterans Affairs–

Veterans Helpline **800-827-1000**

..... **TTY 800-829-4833**

www.va.gov

Call for benefits and assistance regarding burial and death. Services are free to veterans, spouses and their dependents.

Heritage Funeral & Cremation **509-838-8900**

508 North Government Way, Spokane WA 99224

www.heritagefunerals.com

International Cemetery, Cremation

and Funeral Association **703-391-8400**

www.iccfa.com

Answers to real questions about funeral and cemetery arrangements, cremation, grief and other issues related to the end of life.

**National Funeral Director's Association –
Funeral Service Helpline 800-228-6332**

www.nfda.org

Assistance for consumers and funeral directors in resolving disputes about funeral service contracts.

**Pacific NW Cremation & Funeral
North Spokane 509-483-3440**

4407 North Division Street, Suite 103, Spokane WA 99207

www.pnwcremation.com

PLEASE SEE OUR AD ON PAGE 18.

**Pacific NW Cremation & Funeral
Spokane Valley 509-926-2020**

12209 East Mission Avenue, Suite 4,

Spokane Valley, WA 99206

www.pnwcremation.com

PLEASE SEE OUR AD ON PAGE 18.

**Pacific NW Cremation & Funeral
South Hill 509-279-2653**

3016 South Grand Boulevard, Spokane WA 99203

www.pnwcremation.com

PLEASE SEE OUR AD ON PAGE 18.

**Washington Department of
Veterans Affairs Cemetery 509-299-6280**

21702 West Espanola Road,

Medical Lake WA 99022

www.dva.wa.gov/cemetery



Providing honorably discharged veterans and spouses the benefits they've earned. Honoring America's heroes with a final resting place maintained to National Cemetery Administration standards.

**Washington State Funeral Director's Association
(WSFDA) 509-608-0710**

www.wsfda.org

A nonprofit organization that provides consumer friendly information and assistance to Washington State residents.

DONOR PROGRAMS

The need has increased tremendously as transplant procedures have become more successful.

Donate Life America 804-377-3580

www.donatelife.net

Become a donor for any state. The website provides state guidelines about what is involved in becoming a donor.

Life Center Northwest 877-275-5269

3650 131st Street SE, Suite 200, Bellevue WA 98006

www.lcnw.org

Registry for persons who have decided to become an organ donor. Registry is open to Washington, Northern Idaho, Alaska and Montana residents.



**National Marrow Donor Program
Be the Match Registry 800-627-7692**

www.bethematch.org

Call or visit the website for information on how to become a bone-marrow donor. If you do not meet the medical requirements please consider donating financially or volunteering.

Donation of a Body

If you wish to donate for medical research, contact the nearest medical school.

VITAL RECORDS

Birth and Death Certificates

**Spokane Regional Health District –
Vital Records 509-324-1522
..... 509-324-1524**

1101 West College Avenue, Spokane WA 99210

www.srhd.org/links/certificates.asp

Certified copies of birth and death certificates are available for a fee of \$20 from the Spokane Regional Health District as follows:

Birth Certificates

Birth certificates are available for persons born within Spokane City limits from 1891 to the present; and anywhere in Washington State from 1907 until the present.

Death Certificates

Death certificates are available for anyone who has died within Spokane City Limits from 1891 until the present time; and within the Spokane County limits from 1961 until the present time.

**Washington State
Department of Health – 360-236-4300**

www.doh.wa.gov/LicensesPermitsandCertificates/BirthDeathMarriageandDivorce.aspx

Provides birth certificates for anyone born from July 1, 1907 to the present in Washington State. Death certificates from July 1, 1907 on are available three months after death has occurred. Applications for birth and death certificates can be obtained on the above website.



Safety and Security

Aging can bring a set of safety needs that previously did not exist, here are a few to consider.

EMERGENCY RESPONSE

Fire/Police/Ambulance 911
Poison Control Center 800-222-1222
 TTY 711

Police and Sheriff Departments

If you have an emergency, please dial 911.

Airway Heights Police Department..... 509-244-3707
Liberty Lake Police Department 509-755-1140
Spokane County Sheriff Department 509-477-2240
Spokane Police Department
Crimecheck 509-456-2233
Law Enforcement Helpline 311
Spokane Valley Police Department..... 509-477-3300

CPR AND FIRST AID

American Red Cross..... 509-326-3330
 315 West Nora Avenue, Spokane WA 99205
www.inwredcross.org

Register online for CPR and first aid classes.

Spokane Valley Fire Department 509-928-1700
 2120 North Wilbur Road, Spokane Valley WA 99206

Reservations required for free CPR classes that are taught one Saturday a month. This class is provided to the public at no cost and is a participatory only. Certification is not provided.

CRIME PREVENTION PROGRAMS

Crimestoppers of the Inland Northwest..... 800-222-8477

www.crimestoppersinlandnorthwest.org

You may provide tips about crime through this hot-line either online or through telephone contact. You may remain anonymous. Some tips may lead to rewards.

Neighborhood Watch

The Neighborhood Watch Program helps citizens assume responsibility for neighborhood security and reduces the potential for crime. The program focuses on establishing a more visible presence of law enforcement. Contact your local law enforcement agency to find out more about Neighborhood Watch in your area.

Spokane County Neighborhood Watch
Program Coordinator 509-477-3055

Spokane Community Oriented Policing
(C.O.P.S.) 509-625-3300

www.spokanecops.org

Spokane Police Department –
Vacation Home Check 509-622-5885

Volunteers may be available to watch your home at no charge while you are away. Two volunteers will periodically monitor your home. Call at least two days before you leave. There is a 20-day limit. Only available for private homes – duplexes, apartments, condominiums, do not qualify. City of Spokane only.

DRIVER ASSISTANCE, SAFETY AND REHABILITATION

Your ability to drive safely can impact your life, the lives of others, your access to lower insurance rates, and your ability to continue driving.

Classes and Other Resources

AARP 55 Alive
Safe Driving Classes 800-350-7025

www.aarp.org/families/driver_safety

Information on local driving classes for older drivers.

Department of Transportation
Vehicle Safety Hotline..... 888-327-4236
 TTY 711

www.nhtsa.dot.gov

Information on vehicle safety recalls, crash test results, and other consumer information related to operating a vehicle. The hotline takes complaints and provides assistance to those having difficulty obtaining corrective action for a safety recall already announced.

Disabled Parking Permits

Spokane County Auditor –
Disabled Parking Permits 509-477-2222

Issues temporary/permanent disabled placards and renewals.



**State of Washington
Licensing Vehicles Division..... 360-902-3770**

Mail only: 1125 Washington Street SE, Olympia WA 98504
www.dol.wa.gov

Applications and information on where to obtain a disabled parking permit can be obtained by calling or visiting the website.

Drivers Licenses

Department of Licensing

North Side Office..... 360-902-3900

9107 North Country Homes Boulevard, Spokane WA 99218

Valley Office..... 509-921-2358

12801 East Sprague Avenue, Spokane Valley WA 99216

To apply for a driver's license or be reexamined, you do not need an appointment at either office.

Ferry, Pend Oreille, Stevens and Whitman Counties

Also refer to information in **Chapter 1** for additional resources.

FINANCIAL AFFAIRS

Emergency Financial Assistance

Rural Resources Community Action 509-684-3932
..... **800-873-5889**

956 South Main Street, Suite A, Colville WA 99114
www.ruralresources.org

Provides senior information and referral for Ferry, Pend Oreille,

Whitman and Stevens Counties. Energy Assistance provided in Ferry, Lincoln, Pend Oreille and Stevens counties. Rental assistance available (for eligible persons) in Stevens County.

Property Tax Exemptions

Ferry County Assessor..... 509-775-5205

350 East Delaware, Suite 1, Republic WA 99166

Contact the tax assessor about requirements.

Pend Oreille County Assessor 509-447-4312

625 West 4th Street, Newport WA 99156

Contact the assessor for eligibility requirements and application.

Stevens County Assessor..... 509-684-6161

215 South Oak Street, Suite 101, Colville WA 99114

Stevens County residents may qualify for an exemption from all or part of the property tax on your residence if you meet ALL qualifications (Under Chapter 84.36 RCW):

- At least 61 years of age OR 100% permanently disabled.
- Own AND occupy a house/mobile home in Stevens County.
- You and your spouse or co-tenant(s) have a combined disposable (gross, not taxable) income including social security benefits of \$35,000 or less.

Whitman County Assessor..... 509-397-6220

400 North Main Street, Colfax WA 99111

Please contact the assessors office for eligibility requirements and an application.

LEGAL AFFAIRS

Legal Information, Advocacy and Referral

Small Claims Court

The person being sued must live in the county that the suit is filed in. Small Claims may be used for recovery of sums of money up to \$5,000. Civil cases with larger sums of money may also be tried in District or Civil Court.



Ferry County District Court.....509-775-5225 Ext. 2504
 350 East Delaware, Stop 11, Republic WA 99166

Pend Oreille County District Court509-447-4110
**800-359-1506**
 229 South Garden Avenue, Newport WA 99156

Stevens County District Court509-684-5249
 Stevens County Courthouse
 215 South Oak, Room 103, Colville WA 99114

Whitman County District Court (Colfax).....509-397-6260
 404 North Main Street, Colfax WA 99111

VITAL RECORDS

Birth and Death Certificates

Northeast Tri-County Health District
Ferry County (Republic)509-775-3111
Pend Oreille County (Newport).....509-447-3131
Stevens County (Colville).....509-684-1301

www.netchd.org/vitalrecords/instruction.asp
 Washington state birth certificates are available from 1907 to the present. Death certificates for Ferry, Pend Oreille and Stevens counties are available through this office 30 to 60 days after occurrence of death. Cost for both birth and death certificates is \$20 each. You may access forms to obtain birth and death certificates on the website. Contact the Washington State Department of Health – Center for Health Statistics (see page 20) for birth and death certificates not available through this office.

Whitman County Health Department.....509-397-6280
 1205 Southeast Professional Mall Boulevard, #203,
 Pullman WA 99163

Birth and death certificates cost \$20 each They will issues certified copies of Washington State birth certificates from 1936 until the present. Death certificates for Whitman Coun-

ty deaths are available for up to 60 days after death. After 60 days, the death certificate may be obtained through the Washington State Department of Health – Center for Health Statistics (see page 20 for contact information).

SAFETY AND SECURITY

Police and Sheriff Departments

For an emergency always call 911.
Chewelah Police Department509-935-6555
Colfax Police Department
 Dispatch Center**509-397-4616**
 Daytime Questions**509-397-4615**
 Colville City Police Department**509-684-2525**
Ferry County Sheriff’s Office509-775-3132
Pend Oreille Sheriff’s Department.....509-447-3151
Stevens County Sheriff.....509-684-5296
 911 Communications/
 24-Hour Phone.....509-684-2555

DRIVER ASSISTANCE, SAFETY AND REHABILITATION

Drivers Licenses

Colville509-684-7410
 172 South Wynne Street, Colville WA 99114-2432
Newport509-447-5532
 1600 West 1st Street, Newport WA 99156
 Office is only open on Thursdays.
Republic509-775-3789
 84 East Delaware, Republic WA 99166-0637
 Office open first and third Wednesdays only.

CASH BENEFITS FOR SENIOR VETERAN'S AND SURVIVING SPOUSES



**by Holland McBurns,
Evergreen Elder Law**

There is a little known benefit available to Veteran's and their surviving spouses to help pay for long-term care. This is the Aid and Attendance Pension benefit which is a cash benefit that is tax free. Why is this benefit important? Many seniors today are faced with the ever-rising cost of long-term care and the question is how will they be able to pay for care without going broke. In Washington State, long-term care costs continue to rise each year. For example, Assisted living costs are often well above \$5,000 a month depending on the particular needs of the senior. Skilled Nursing facility monthly costs are peaking at often over \$10,000. Many seniors find themselves selling their homes and depleting their assets in order to pay for care for themselves or their ill spouse. The Aid and Attendance Pension benefit can help. This monthly cash benefit is available to Veterans and their surviving spouses to help pay for and offset the rising costs of long-term care.

While the VA offers a plethora of benefits, such as home loans and burial benefits, the Pension Aid and Attendance benefit is a specific benefit for

seniors. One of the often misunderstood things about this benefit is that the veteran does not need to have a service related illness or injury.

There are however certain criteria that must be met in order to be eligible for this benefit. First, the veteran must have served 90 days of active duty and one of those days must have been during a period of conflict. The periods of conflict are as follows:

WWII: 12/7/1941 - 12/31/1946
Korea: 6/27/1950 - 12/31/1955
Vietnam: 8/5/1964 - 5/7/1975
Persian Gulf: 8/2/1990 - Present

Although one of the 90 days must have been during a period of conflict, it does not need to be in country, the veteran must simply have been enlisted and in active duty. Second, the veteran must have a discharge other than 'dishonorable'.

In addition to the time in the military, the veteran or surviving spouse must meet the medical test. This includes needing assistance with at least some of the following: bathing, toileting, general hygiene, eating, transferring, and transportation. Most seniors with long term care costs will satisfy the medical test.

The final qualifications are that the veteran or surviving spouse must meet an asset and income test. The asset test allows for a net worth of \$130,773. A home, "reasonable lot area", personal effects and some vehicles are not countable as net worth. Determining whether you qualify for the asset and income part

of the test can be complex and difficult to understand. An accredited VA elder law attorney should be consulted.

Be aware that in 2018 the VA implemented a penalty for some transfers made within 36 months of applying for this benefit. Examples of transfers that may be penalized include gifts and transfers to a trust or annuity. Any penalty period will not exceed five years.

To satisfy the income test your gross income must be slightly less than your medical expenses. The resulting figure is considered your income for VA purposes. The veteran or surviving spouse must have high recurring medical expenses to qualify. For example, If a surviving spouse has income from social security and a pension that total \$3,000 a month, and needs to reside in an assisted living facility with a monthly cost of care at \$4,000, the surviving spouse has an 'income' for VA purposes of -\$1,000 and would satisfy the income part of the test. Typically, the need for long-term care will satisfy this income test for VA purposes.

If you think you have too much income or assets, do not be mistaken. Determining which assets are countable and how many you can have can be complex and confusing. There are also many strategies that can be utilized to qualify for both the income and asset part of the test. We recommend that you speak with a VA accredited elder law attorney to see if you qualify for this cash benefit.

The cash amounts are paid directly to the veteran or surviving spouse on a monthly basis for the remainder of their lives. This cash benefit is also tax free. The total benefit received is often substantial, particularly when added up over a lifetime. The monthly cash benefit amounts for 2021 are as follows:

Veteran's Pension: \$1,911

Veteran's Pension with one dependent: \$2,266

Surviving Spouse: \$1,244

The benefit continues for life and can have a huge impact on the level and quality of care for seniors. For example, if a veteran qualified for the Aid and Attendance benefit with one dependent and is in long-term care for the next 5 years the total amount received would exceed \$125,000. Too many veterans and/or surviving spouses don't take advantage of this benefit because either they don't know about it or don't understand the complex qualifications.

The VA Aid and Attendance benefit can be difficult to navigate and determine if you actually will qualify, but it is an incredibly underutilized resource that more veteran's and their surviving spouses should take advantage of. Consulting with a VA accredited elder law attorney is the best way to find out how to obtain this cash benefit. Don't delay. This cash benefit could help your family pay for long-term care without spending down all of your assets.



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Navigating the Complexities

MEDICAID ELIGIBILITY: KNOW THE FACTS



by **Michelle K. Fossum,**
Sayre Sayre & Fossum PS

A good estate plan involves preparing for the possibility of disability and long-term care.

Very few families have sufficient financial resources to pay for more than a short period of nursing home or in-home health care; and spouses and children of individuals who have suffered from a stroke, or who develop dementia, cancer, Parkinson's, Alzheimer's disease, Huntington's or similar disabling conditions may quickly find themselves facing devastating expenses. While certainly helpful, long term care insurance benefits may pay too little per month, or for too short a time, to cover the expense of long-term care. These expenses may be minimized with proper planning.

Medicare provides very limited long-term care benefits for a short duration for disabled seniors. When limited Medicare benefits end, you must cover these costs yourself. Such expenses can exceed \$10,000 per month. Under appropriate circumstances, the state and federal government will provide long-term care assistance for you or your spouse in your home, in an adult family home or congregate care facility, or in a skilled nursing home under

the Medicaid program.

To be eligible for long-term care Medicaid assistance, a couple must spend down to amounts established by federal law. To be eligible for Medicaid assistance with home care, assisted living, an adult family home or a congregate care facility, the well spouse may have no more than \$58,075, and the ill spouse no more than \$2,000, excluding exempt resources. If you need assistance for nursing home care, the well spouse is allowed half of all available resources, with a minimum of \$58,075, up to a maximum of \$130,380, excluding exempt resources. The ill spouse is allowed \$2,000. For example, if you have a total of \$100,000 in non-exempt resources and a spouse is in a nursing home, the well spouse will be allowed \$58,075. If you have \$300,000 in non-exempt resources, the well spouse will be allowed \$130,380. A spousal transfer to the well spouse must be done, and the well spouse must spend down or acquire exempt assets to qualify. If you are single, you are allowed a maximum of \$2,000, excluding exempt resources. The Department of Social and Health Services (DSHS) adjusts these figures periodically.

Exempt resources (assets) that do not count towards these figures include the family home (unlimited value if you are married, \$603,000 maximum if you are single), one automobile, irrevocable burial insurance, burial plots, some income producing properties (such as an active farm or small business), certain Medicaid exempt annuities, pensions and retirement funds, and assets in very specialized trusts. Long-term care insurance policies are not resources (although their income will reimburse DSHS in a Medic-

aid case) and may increase the exempt cash set aside by the value of coverage.

For planning purposes, a couple may be able to transfer assets into the name of the well spouse without penalty, acquire an exempt resource (such as paying down a mortgage, buying a new car, or purchasing a Medicaid exempt annuity), then qualify the ill spouse for Medicaid services. Currently, the well spouse is allowed an income stream equal to all income in his or her name, or \$2,156 per

a nursing home or the COPES home care program to cover living expenses.

There is no five-year lookback or penalty connected with transferring funds from one spouse to another, but if you transfer assets to a child before Medicaid is approved, the 60-month lookback applies, and draconian penalties await both spouses.

The gift penalty period is imposed at the time of application, which could be years after the gift was made. If you gift with-

“A good estate plan involves preparing for the potential of disability and long-term care.”

month from all sources. This figure may be increased if you have household expenses exceeding certain standards. For example, if the well spouse earns \$2,500 per month and the ill spouse earns \$600, the well spouse will keep all \$2,500, but the ill spouse must contribute his or her income towards health care expenses. This is called participation. If the ill spouse is at home, the ill spouse must also contribute towards the cost of living before participating in health care costs. If the well spouse earns \$1,000 and the ill spouse earns \$1,500, the ill spouse will contribute \$1156 per month to the well spouse, bringing the well spouse's income to \$2,156 per month. The ill spouse will then contribute the balance towards care costs and may retain some income if he or she is in

in five years of an application, a penalty is computed but imposed prospectively when you apply for help years after your gift, not when you made the gift. There are ways to minimize penalties in respect of transfers to children, but because of the horrible consequences of a carelessly planned transfer, no one should consider doing so without expert advice. Transfers from a well spouse to a non-spouse following placement of an ill spouse on Medicaid results in penalties only to the well spouse and should not affect care for the ill spouse. Transfers made prior to Medicaid eligibility affect both spouses.

DSHS has become extremely aggressive in collecting against Medicaid recipients' estates and, in some instances, will place liens on your home even before you die. Recovery

is limited to assets held by the disabled spouse at the time of death, so an interspousal transfer must be completed to prevent DSHS from taking your home or exempt assets upon your demise. Failure to transfer the home or other assets will spell disaster for your spouse and children. An effective Durable Power of Attorney granting power to transfer assets to your spouse or children is critical. Internet, stationery store or other “do it yourself” forms do not contain adequate powers to allow these transfers and may force you into a guardianship proceeding or contribute to the practical impoverishment of you and your loved ones.

With a proper Durable Power of Attorney, people can avoid or minimize the qualification spend down. Without this document, you can anticipate significant difficulties with accessing Medicaid to help you with the staggering costs of long-term care. You must be extremely careful who you grant this power to, however. Relatives with powers of attorney can help save your assets, but they can also steal them. Only give this power to people you trust with your life.

The well spouse should have a Will containing a special needs trust for the benefit of the ill spouse so that, if the well spouse dies first, the estate will pass into a special needs trust set up within the Will for the ill spouse. This trust will protect the ill spouse for the rest of his



or her life. When the ill spouse later dies, a properly drafted trust will pay to named beneficiaries, not to DSHS. Only a Will can provide this protection for a spouse. A living trust cannot.

Strategies exist to help people retain their life savings and home; however, effectiveness depends upon estate size, the planning undertaken prior to illness, and the skills of the attorney you are working with to maximize exemptions. Find and consult an attorney familiar with these complex laws before you take action and be sure your Durable Power of Attorney

and estate plan stays updated. If you can afford it and are healthy, the purchase of long-term care insurance should be considered, and can save you from the need to access Medicaid or provide you a significant safe harbor should you need Medicaid to help with the cost of care by providing an exempt credit for your policy's value. This must be considered as part of an overall plan, but is not a solution in and of itself.

When you need a medical specialist, the best way to find that doctor is to ask other physicians. Finding an Elder Law at-

torney is no different. Ask your lawyer, doctor or accountant for a referral to an attorney experienced in Medicaid planning. Medicaid rules and regulations change frequently, and usually with little advance notice or fanfare. It is critical that the legal advisor has current knowledge of the Medicaid system. With qualified help, obtaining assistance with long-term care costs is possible, and could save you and your loved ones significant resources, allowing you to retire and receive care in dignity.

**SAYRE SAYRE
& FOSSUM**
ATTORNEYS AT LAW

***Michelle K. Fossum is an elder law attorney with
Sayre Sayre & Fossum, P.S. in Spokane***

*Ms. Fossum is licensed in both Washington and Idaho,
and is a regular speaker on elder law and
estate planning issues.*

*She can be reached by phone at **509-325-7330**
or through the Sayre Sayre & Fossum website at
www.sayrelaw.com.*

QUESTIONS & ANSWERS

With an Elder Law Attorney

Elder Law Attorney Lynn St. Louis of Elder Law Group PLLC explains important Estate Planning information for Washington residents.



WHAT MAKES AN ELDER LAW ATTORNEY DIFFERENT?

There are so many types of attorneys. A general practice lawyer does a little bit of everything, whereas a traditional Estate Planning attorney usually practices in Real Estate law, Business law, as well as prepares Estate Plans. A traditional Estate Planning attorney does not practice Elder Law, which is a separate and highly specialized area of law. Elder Law includes Estate Planning, but also focuses on preserving and protecting assets, especially from Long-Term Care costs. Elder Law attorneys can help those who are eligible qualify for government benefits to pay for care. Most importantly, Elder Law attorneys help people stay in control of their money and their affairs as they age.

WHAT ARE THE BASIC ESTATE PLANNING DOCUMENTS THAT EVERYONE NEEDS?

You've heard of a Will, which is an Estate Planning document

that everyone should have. A Will only takes effect upon death and passes assets to your intended beneficiaries. Also important are your lifetime documents, such as your Durable Powers of Attorney for Health and for Finances. Another is a Healthcare Directive, which states your "end-of-life" wishes (also known as a Living Will or Advance Directive). These are essential Estate Planning documents that everyone needs regardless of age.

WHAT KINDS OF TRUSTS ARE THERE?

There are lots of different types of Trusts. You can have a Trust that is "Living" or "Testamentary", "Revocable" or "Irrevocable". The most effective way to protect assets against Long-Term Care costs is a Testamentary Asset Protection Trust, which is created through a Will. Upon the first spouse's death, the deceased spouse's assets fund the Asset Protection Trust for the benefit of the surviving spouse. While the Medicaid program places severe limits on the assets that a Medicaid beneficiary can keep, funds in the Asset Protection Trust do not count toward those limits. Furthermore, neither the State nor creditors can touch Trust assets. By utilizing a Testamentary Asset Protection Trust, 50% to 100% of a couple's Estate can be saved.

SHOULD YOU HAVE A REVOCABLE LIVING TRUST?

It depends. A Revocable Living Trust is intended to avoid probate. If you are single and have property in multiple states, a Revocable Living Trust might be a

"Most people don't realize that a Revocable Living Trust could end up costing them half to 100% of their Estate."

good idea. However, if you are married and live in Washington, a Revocable Living Trust can be extremely detrimental, particularly with respect to Long-Term Care planning. This is because Washington's Medicaid rules do not honor Revocable Living Trusts as an asset protection plan. In other words, if you have a Revocable Living Trust in Washington you cannot protect money against Long-Term Care costs for your surviving spouse. Most people don't realize that a Revocable Living Trust could end up costing them half to 100% of their Estate. That is why it is so critical to talk to an Elder Law attorney who knows Medicaid's rules.

HOW DO YOU QUALIFY FOR MEDICAID?

Medicaid is an extremely complex and specialized area of law. In order to become eligible for benefits, you essentially must pass three tests: a medical test, an income test, and an asset test. To pass the medical test, you must have a medical need for Long-Term Care. To pass the income test, your income must be less than the cost of your care. Usually, that's not a barrier as Long-Term Care expenses can exceed \$10,000 per month.

Financial resources get more complicated. To pass the asset test, your assets must be within Medicaid's standards. If you are a single person, that means you can have only \$2,000 in countable assets. Countable assets are what you might think of as cash or investments: bank accounts, retirement funds, and real estate holdings. You can have non-countable assets as well, such as a home, a car, and personal property. For a couple, the resource standard is higher than a single person. Currently Medicaid allows a couple to keep \$60,000 to \$132,380, depending upon various factors. Couples can keep more countable assets because Medicaid has a policy against impoverishing the well spouse.

THAT SOUNDS PRETTY SCARY. ARE THERE WAYS TO SAVE YOUR MONEY AND STILL QUALIFY FOR MEDICAID?

Yes! That's the good news, and that's exactly what we do at Elder Law Group. Because we have in-depth knowledge of Medicaid's complicated rules, we are able to help our clients prepare to qualify for benefits: both years in advance and even at the time of need. Specifically,



we provide Asset Protection Estate Planning™, which is designed to protect 50% to 100% of a couple's assets from Long-Term Care costs. Online forms, prepackaged plans, and traditional Estate Planning simply cannot protect assets against Long-Term Care costs. While you will have the most options by planning early, it's never too late – not even at the time of need. At Elder Law Group, we use exclusive Medicaid Asset Preservation Strategies® to qualify our clients for government benefits even when their assets are far above Medicaid standards.

WHAT IS PROBATE AND SHOULD I AVOID IT?

This probably is the most asked about and misunderstood area of Estate Planning. Probate is often thought of as a negative thing that you should avoid. In

many jurisdictions, probate is complex, expensive, and completely unnecessary. In those situations, probate should be avoided. However, probate is not always a bad thing, especially in Washington.

Probate is the legal process to administer an Estate once someone has died. The Will is filed with the court, the court grants authority to the Executor (Personal Representative) to administer the Estate, creditors are paid, and assets are distributed. In Washington it's a simple process, assuming the Estate Plan was set up well.

Medicaid's rules are also very specific: you need a probate to protect assets for your spouse. It is through the probate process that the Testamentary Asset Protection Trust protects assets for your surviving spouse.

WHEN SHOULD YOUR ESTATE PLANNING DOCUMENTS BE UPDATED?

A good rule of thumb is to take a look at your Estate Planning documents every five years, or any time that there is a change in your circumstances. If, for example, there has been a death, remarriage, or some significant change in health in your family, it's a good idea to revisit your Estate Plan to see if any changes are needed.

WHAT ADVICE WOULD YOU GIVE TO SOMEONE CONSIDERING GETTING OR UPDATING THEIR ESTATE PLAN?

There are many attorneys who will prepare an Estate Plan for you. As with anything, you really want to find a qualified professional. It's like going to a doctor - if you are going to have your

shoulder operated on, you find the best orthopedic shoulder surgeon. Your general practitioner wouldn't even consider operating on you. So, when you're looking for an attorney to prepare your Estate Plan, and if you have assets to protect, I definitely recommend an Elder Law attorney. Ask questions about the attorney's qualifications - not just how long have they been in practice, but what area of law do they focus on? Do they have in-depth knowledge of Medicaid's rules? Do they prepare Medicaid applications? What is their success rate with applications? Who would you talk with at the firm if the attorney isn't available? Find an Elder Law attorney and a law firm that always will be there for you, understands your needs, and will help you accomplish your goals.



Lynn St. Louis is the founding attorney of Elder Law Group PLLC, a team of dedicated Elder Law Attorneys and legal professionals, serving clients and their families in the Inland Northwest with offices in Spokane and Tri-Cities. Elder Law Group prepares Asset Protection Estate Plans and helps obtain

government benefits to pay for Long-Term Care to preserve assets and avoid nursing home impoverishment.

For more information, call us at 509.468.0551 or visit our website at www.ElderLawGroupWA.com.

AN INTRODUCTION TO MEDICARE

Not a One-Plan-Fits-All Program



by Lynnell Wold, Broker/Owner
Health Insurance Options LLC

This article is intended to provide a basic understanding of the election periods available to Medicare Beneficiaries in addition to provide an overview of the types of Medicare Plans available to you. It is recommended that Medicare beneficiaries discuss plan options with an independent

Medicare agent to make sure an informed decision is made.

UNDERSTANDING MEDICARE TIMELINES

Initial Enrollment Period (IEP)

Your Initial Enrollment Period is when you first become eligible for Part A & Part B. This may be when you turn 65, retire, or you have been receiving Social Security Disability payments for 24 months. If you or your spouse have worked 40 quarters and paid into Medicare, your Part A will not have a premium. Part B does have a premium based on your income. Those still working and have "Creditable Coverage" may wish to delay taking Part B. These individuals will not incur a Part B penalty if their employer's coverage is considered creditable. Your employer is required to inform you if your policy is considered "Creditable Coverage".

Medicare Annual Enrollment Period (AEP)

October 15th – December 7th each year. You may add, drop or switch a Medicare Advantage Plan, Part D Plan or apply for a Supplement Plan. All policies will begin Jan 1st of the following year.

Open Enrollment Period (OEP)

Jan. 1st – March 31st each year. If you enroll into an Medicare advantage Plan during AEP but change your mind. You are given one opportunity to move to another Advantage Plan or switch back to Original Medicare and purchase a Supplement and Part D policy. To begin the first of the following month

Special Enrollment Period (SEP)

You are allowed to change plans during the year due to special circumstances such as moving out of your service area, losing employer coverage, becoming disabled, receiving or losing extra help on your prescription cost, or if you qualify for Medicaid. It is important to note that each SEP has a limited time frame in which you must use your election or lose it. Contact Social Security or Medicare to learn your enrollment limitations.

*Health Insurance Options LLC is a local grown team handpicked right here in Spokane. We bring over 60 years of experience specializing in Medicare related insurance products and more. We truly believe in working for our clients. We work with as many carriers as possible to give you multiple options when choosing your plan, helping to meet your specific needs when it comes to your healthcare. To reach a licensed insurance agent please call **509-353-0476** or read more at www.MedicareinSpokane.com*

UNDERSTANDING MEDICARE OPTIONS

To help us understand Original Medicare better, let's think of Medicare as having "Parts" and "Plans". Original Medicare consists of 2 "Parts", Part A and Part B. You then have the option of adding "Plans".

The 2 Parts of "Original Medicare"

Part A helps pay for hospital, skilled nursing facility, home health-care and hospice care. There are deductibles and co insurances when you use Part A.

Part B think "outpatient". Part B helps pay physicians services, outpatient services, durable medical equipment, lab work and ambulance. After an annual deductible, Medicare will pay 80% of approved procedures. You are required to have BOTH Part A and Part B in order to purchase a Medicare Supplement Plan or a Medicare Advantage Plan.

The 3 types of Plans

- 1) Medicare Advantage Plans are primary to Original Medicare and are referred to as Part C.
- 2) Medicare Supplements, are secondary to Original Medicare.
- 3) Prescription Drug Plans also referred to as Part D.

Part C

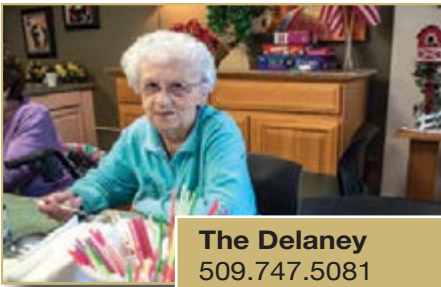
Medicare Advantage Plans usually incorporate A, B and D into one policy. Medicare pays a private insurance company to provide your health coverage. Part C must cover the same benefits as Original Medicare and may have a monthly premium in addition to your Part B premium. These are pay-as-you-go plans; you will have co-pays, co-insurances and a maximum out of pocket limit. Some plans have networks that you work within (HMO), while others offer out of network options (PPO & POS). Medicare Advantage Plans may include extra benefits not offered by Original Medicare like vision, dental, hearing and a fitness program.

Medicare Supplements

Private insurance companies provide Medicare Supplement Plans; also known as Medi-gap Plans. They are secondary to Original Medicare, Medicare pays for Medicare eligible benefits then the Medi-gap Plan pays some or all of the client's remaining portion. Medi-gap's do not include a Part D Plan. Because Medicare is primary, you do not work with a network but must see providers that take Medicare. Some plans provide limited coverage outside of the US.

Part D

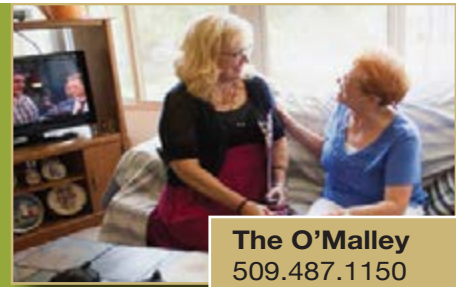
Refers to a Medicare Prescription Drug Plan. If you chose to keep Original Medicare primary, you can purchase a Part D Plan. If you have the VA for medications, the VA is considered "Creditable Coverage" and you will not need a Part D Plan. If you have chosen to purchase a Medicare Advantage Plan, in most cases, you cannot purchase a separate Part D Plan. You should note if you choose not to sign up for a Part D Plan, a penalty may be assessed.



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Many variables can influence the decision of where to live, but two key ingredients are money and health. Ideally, deciding where to live after you have retired can be a fun process – provided you have planned ahead. This chapter contains descriptions of housing alternatives, guidelines for choosing housing, and a comprehensive list of choices that span the housing continuum for seniors.

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Home is the
nicest word there is.

– **Laura Ingalls Wilder**

Housing Resources

EMERGENCY HOUSING CONTACTS

American Red Cross.....509-326-3330

315 West Nora Avenue, Spokane WA 99205
www.inwredcross.org

The Red Cross aids with housing emergencies due to fire or other natural disasters.

Caritas Outreach Ministries509-326-2249

1612 West Dalke Avenue, Spokane WA 99205

Provides information and referral, emergency assistance with utilities, when funds are available. Assistance is limited to northwest Spokane service area (contact the center for specific boundaries) and those who meet income eligibility requirements. **Services available by appointment only.**

Our Place Community Ministries.....509-326-7267

1509 West College Avenue, Spokane WA 99201

Offers emergency assistance with utilities, to residents who live within the eligible area limits. Please contact the center for information on eligibility requirements and service area boundaries.

Salvation Army Family Resource Center.....509-325-6810

222 East Indiana, Spokane WA 99207

Offers information and assistance, referrals and resources for all persons in emergency housing situations, both for utility and rent emergencies, as well as lack of shelter. For Spokane area shelters, (with the exception of the Union Gospel Mission Programs), you must be referred by the salvation army to access services.

Volunteers of America –

Emergency Services509-624-2378

525 West 2nd Avenue, Spokane WA 99201

Limited emergency assistance with utility bills.

Washington Information Network (WIN) 211

Provides information for programs and resources located throughout Washington.

COMMUNITY HOUSING RESOURCES

Residential Care Services –

Complaint Line800-562-6078

..... TTY 800-737-7931

www.waombudsman.org

Responds to individual complaints about skilled nursing facilities, adult family homes and certified supported living facilities.

SNAP

www.snapwa.org

Programs include housing rehabilitation, minor home repair, low-income rentals, conservation education; weatherization.

SNAP – Armory509-744-3370

212 West 2nd Avenue, Spokane WA 99201

SNAP – East.....509-456-7106

500 South Stone Street, Spokane WA 99202

SNAP – Homeless Services509-624-4282

212 South Wall Street, Spokane WA 99201

SNAP– Housing Applications

(Coast Management Services)509-456-7627

Apply for SNAP housing through this service.

Energy Assistance

SNAP Energy Assistance

Appointment Line509-456-7627

Energy assistance for individuals who meet eligibility requirements when funds are available. Calls appointment line or check snapwa.org to see if appointments are available. This number is activated only when energy appointments are available.

Housing Information and Referral

Kathy Bryant, Broker/Realtor®509-993-3538

Seniors Real Estate Specialist, CNE

YOUR LIFE. YOUR MOVE. YOUR TERMS.

Professional Realty Services International

4407 North Division Street, 9th Floor, Spokane WA 99207

kathy@kathybryanthomes.com

www.kathybryanthomes.com

PLEASE SEE MY AD ON PAGE 33 AND MY ARTICLE ON PAGE 51.

HOUSING RIGHTS

Attorney General of Washington State

ConsumerLine800-692-5082

www.atg.wa.gov

Pre-recorded messages about a variety of topics including the rights of tenants and landlords.

Department of Housing and Urban Development (HUD) –

Housing Discrimination Hotline800-245-2691

www.hud.gov

Fair housing information is available by contacting the hotline. You may also file a housing discrimination complaint.

Northwest Fair Housing Alliance509-325-2665

35 West Main Street, Suite 250, Spokane WA 99201

Addresses illegal discrimination and enforcement of fair housing complaint investigation, advocacy, education and referral.

Tenants Union of Washington State –

Spokane.....509-464-7620

25 West Main Avenue, Third Floor, C-3, Spokane WA 99201

www.tenantsunion.org

University Legal Assistance509-313-5791

721 North Cincinnati Street, #101, Spokane WA 99202

Housing mediation assistance.

LOW-INCOME RENTAL HOUSING

Housing is available to seniors if they qualify under preset eligibility requirements. Often agencies that sponsor low-income rental housing have waiting lists.

Department of Housing and Urban Development (HUD)
Housing Counseling and Referral Line 800-569-4287
Seattle Regional Office..... 877-741-3281

909 First Avenue, Suite 200, Seattle WA 98104

The website details housing choices, consumer fraud, and volunteer opportunities.

Spokane Housing Authority 509-328-2953
..... TTY 711

55 West Mission Avenue, Suite 104, Spokane WA 99201
www.spokanehousing.org

Affordable Housing properties, including subsidized properties, can be found on www.housingsearchnw.org

Spokane Low-Income Housing Consortium

907 West Riverside Avenue, Spokane WA 99201
www.slih.org

Promotes the long-term availability and maximum use of safe, affordable housing for people of low income in the Greater Spokane area. The website provides a wealth of low-income housing listings.

Real Estate Resources

REALTORS

Kathy Bryant, Broker/Realtor® 509-993-3538
Seniors Real Estate Specialist, CNE
YOUR LIFE. YOUR MOVE. YOUR TERMS.

Professional Realty Services International
4407 North Division Street, 9th Floor
Spokane WA 99207

kathy@kathybryanthomes.com
www.kathybryanthomes.com



Helping seniors is my specialty! As a certified Seniors Real Estate Specialist, my goal is to be your advocate in the world of real estate. I am trained to help you through your aging-in-place home search, financial options, and the changing laws that pertain to the buying or selling process. I work with an extensive network of people who specialize in eldercare issues and can refer you to qualified and trustworthy colleagues based on your situation. Having experts by your side will help you determine and prioritize your needs. This expertise will go a long way towards alleviating stress and give you guidance during a time when you need it most. PLEASE SEE MY AD ON THIS PAGE AND MY ARTICLE ON PAGE 51.

Relocation/ Moving Assistance

MOVING RESOURCES

CarePatrol..... 509-795-6685

1104 West Wellesley Avenue
Spokane WA 99205

CarePatrol
Better Senior Living Choices

CarePatrol is a resource, free to Seniors, that helps them and their loved ones find care options including assisted living, independent living, memory care, in-home care, and nursing homes. Our services help Seniors meet their financial, personal, and geographic needs.

Retirement Community Housing

Retirement communities usually have free-standing or independent units within a larger complex, and provide a minimum of one meal a day, weekly house cleaning, and activities. They also provide varying levels of personal and health care services ranging from independent to assisted living to skilled nursing care. The financial arrangements or contracts offered to residents may include the following –

Time to *Make a Move?*

- Home too big?
- Too many stairs?
- Lots of repairs needed?

If you decide to downsize, I can help! Let's take the first step together.

Call me today.

SRES  

Making Your Transition a Bright One!

Cell: 509.993.3538

kathy@kathybryanthomes.com | www.kathybryanthomes.com

Your Life Your Move Your Terms

Kathy Bryant
REALTOR®
Broker

**PROFESSIONAL
REALTY SERVICES
INTERNATIONAL**

4407 N. Division, 9th Floor, Spokane, WA 99207

Senior Real Estate Specialist



Rental – For a monthly fee, residents receive housing and meals with other specified services.

Ownership – Residents may purchase their own unit through a buy-in plan. Monthly fees are charged for meals, maintenance, and other services.

Endowment – Continuing Care Retirement Communities guarantee lifelong care within the facility under a contract for an initial investment and monthly fee that provides “insurance” of care for the investor.

Assisted Living – Assisted living generally means help with dressing, bathing, eating, and monitoring medications. (Be sure to ask what assisted living means for each community.)

RETIREMENT COMMUNITIES

The Cottages.....509-414-6019

402 North Mayhew Lane, Spokane Valley, WA 99216
MyCottages.net

The Cottages are a gated independent living community for 55+ active adults seeking easy, independent living in beautiful cottages in Spokane Valley. We are now leasing your choice of two and three bedroom plans. We are not the typical retirement community for seniors. Our community is designed for golden years living and is specifically designed with you in mind and it shows! PLEASE SEE OUR AD ON PAGE 54.



Fairwood Retirement Village
Independent, Assisted Living & Memory Care

.....509-467-2365
.....509-468-0457

312 West Hastings Road, Spokane WA 99218
www.fairwoodretirement.com

Fairwood Retirement Village and Assisted Living is a locally owned family business which was developed to serve seniors in a community environment. You will be delighted by our beautiful park-like setting right here in North Spokane and the services and amenities we offer. We are so pleased to be able to offer Independent Living, Assisted Living, and Memory Care right here on our 18-acre property. PLEASE SEE OUR AD ON PAGE 8.



Good Samaritan Society Spokane Valley.....509-924-6161

17121 East 8th Avenue
Spokane Valley WA 99016
www.good-sam.com



You will find independent senior living here at Good Samaritan Society in Spokane Valley. Set against pine-covered hills, our country-like setting is an oasis of tranquility. There is no rush hour here. You are only minutes away from shopping centers, recreation facilities, and medical services. PLEASE SEE OUR AD ON PAGE 75.



Live, Laugh & Thrive with



SAPPHIRE AT MORAN VISTA
Independent Living, Assisted Living and Memory Care Community

- Enjoy our anytime dining with 30+ menu choices
- Join in the fun with games, music, exercise, social hours, movies, outings, and more!
- Staff is available 24 hours
- Dog park with water stations
- Scheduled transportation is available

Retirement, Assisted Living and Memory Care

Senior Living at its finest!

CALL FOR A VIRTUAL TOUR TODAY

509-443-1944

3319 E. 57TH AVENUE, SPOKANE, WA
www.moranvistaseniorliving.com

Maplewood Gardens Independent Living....509-489-9510

1100 North Superior, Spokane WA 99202

www.carepartnersliving.com/maplewood-gardens/senior-living

Maplewood Gardens Assisted Living offers 208 apartments to select from, including studio, alcove, 1-bedroom, and 2-bedroom units. Transportation, activities, shopping, house keeping and laundry services, and LN/Nursing staff on duty 5 days a week. All 3 meals included in monthly rent. Assisted living available. Likely the most affordable independent/retirement place in town! PLEASE SEE OUR AD ON PAGE 105.

**Moran Vista509-443-1944**

3319 East 57th Avenue, Spokane WA 99223

www.moranvistaseniorliving.com

Moran Vista offers gorgeous apartments for independent, assisted, and memory care. This beautiful, full-featured community is nestled in the South Hills of Moran Prairie. PLEASE SEE OUR AD ON PAGE 34.



SAPPHIRE AT MORAN VISTA

Orchard Crest Retirement & Assisted Living Community.....509-928-2222

.....800-705-1556

222 South Evergreen, Spokane Valley WA 99216

www.OrchardCrestRetirement.com

At Orchard Crest... It's your life... Your home. Independently owned and operated, celebrating 15+ years stable and strong. Resident centered activities for the whole family. We have a variety of apartment floor plans detailed and designed to suit your lifestyle. Private balconies or patios, and washers and dryers are part of each unit. PLEASE SEE OUR AD ON PAGE 40.

**Rockwood Lane.....509-838-3200**

221 E. Rockwood Boulevard, Spokane WA 99202

www.RockwoodLaneRetirement.com

Rockwood Lane is a 55+ community offering deluxe one, two and three bedroom units as well two and three bedroom villas. Beautiful indoor swimming pool with hot tub, fitness center and beauty shop. Shuttle service for shopping outings and guest rooms for short term visitors. Call today to schedule a tour. PLEASE SEE OUR AD ON PAGE 29.



ROCKWOOD LANE

Rockwood South Hill.....509-536-6650

2903 East 25th Avenue, Spokane WA 99223

www.rockwoodretirement.org

Our accredited Life Plan community is located on Spokane's South Hill and offers custom apartments, homes and duplexes. Health and wellness programs, on-site health center, activities, and transportation services. Multiple

Rockwood
RETIREMENT COMMUNITIES

dining venues, Fitness Center, Art Studio and Theater. Choose from refundable or rental contracts. PLEASE SEE OUR AD ON PAGE 39.

Rockwood at Whitworth509-466-0411

10331 North Mayberry Drive, Spokane, WA 99218

www.rockwoodretirement.org

Our newest community offers Assisted Living and Memory Support, Independent Living Courtyard homes and duplexes. Health and wellness programs, specialized care plans, rehabilitation, dining, transportation services and activities. Choose from refundable or rental contracts. Phase 2 Independent Living apartment homes will open in 2023. PLEASE SEE OUR AD ON PAGE 39.

Rockwood
RETIREMENT COMMUNITIES**Sullivan Park Assisted Living Community....509-924-5555**

421 South Adams Road, Spokane Valley WA 99216

www.prestigecare.com/location/sullivan-park-assisted-living-community

Sullivan Park Cottages is the best of Senior Independent Living. Our cottages are appointed with everything you need, and there's a welcoming community just waiting for you. If you're ready for the convenience of Independent Living, contact us at (509) 924-5555 to speak to a team member or to schedule a tour. PLEASE SEE OUR AD ON PAGE 40 AND ARTICLE ON PAGE 88.



Prestige Senior Living, L.L.C.

Touchmark on South Hill509-960-2231

2929 South Waterford Drive, Spokane WA 99203

Touchmark on South Hill offers inspiring independent living, assisted living, and memory care. Located on a vibrant campus with abundant amenities, including access to personal trainers and daily Life Enrichment/Wellness activities, there is something for every interest. Pursue your passions in a maintenance-free environment with welcoming residents and team members. PLEASE SEE OUR AD ON PAGE 2.

**Independent Living**

If you are able to take care of yourself financially and personally, and are in good health, you may wish to live independently capitalizing on one of these options.

STAY IN YOUR CURRENT HOME

In order to do this you should project ahead, making arrangements for home modifications, weatherization, and alterations necessary for health and safety needs. There are resources available in the community to assist with these tasks.

HOME MAINTENANCE AND REPAIR

Help with household management, maintenance, utility assistance, minor construction, seasonal weatherization, and home repair is available for health and safety needs. Some organizations have volunteers to assist. Talk to your friends and neighbors, or call businesses related to your current household needs to find unadvertised resources.

SNAP Armory 509-744-3370

212 West 2nd Avenue, Spokane WA 99201

www.snapwa.org

Contact this number or visit the website for information about housing improvements. SNAP has several types of Home Repair Programs that can make repairs, or provide access to loans, for items in your home that pose health or safety hazards such as no heat, no water and low-cost plumbing issues.

USDA Rural Development –

Spokane Service Center..... 509-924-7350 Ext. 114

8815 East Mission Avenue, Suite B,
Spokane Valley WA 99212

www.rurdev.usda.gov/wa

Homeowners may apply for one percent interest loans of up to \$20,000 to eliminate health and safety hazards. Need to be in eligible area, and income eligible to participate. Grants of up to \$7,500 are available to eligible homeowners 62 and over.

Assisted Living • Independent Living Secure Alzheimer's and Dementia Care

Welcome to a unique and inviting community!

- Studio & 1-Bedroom Apartments with Kitchenette
- New 2-Bedroom Apartments with 2 Baths & Full Kitchen - No Buy In
- Full Assisted Living Nursing Services
- Three Meals a Day Available
- All Utilities Included, Except Phone
- Paid Cable & Internet
- Housekeeping
- Pets Welcome
- Billiards
- Computers
- Library



Assistance with All Aspects of Daily Living Nurse on Duty 7 Days a Week

23102 East Mission Ave • Liberty Lake, WA

Call for more information:

509-893-9300

GuardianAngelHomes.com

SENIOR APARTMENTS

There are different types of affordable apartments designed to fit the needs of seniors who live independently. Consult with the Area Agency on Aging, free Apartment Guides, referral agencies and your local housing authority.

Appleway Court 509-315-5762

221 South Farr Road, Spokane Valley WA 99206

Owner: Rockwood

Retirement Communities

Manager:

Kiemle & Hagood Company

Features: Community and exercise rooms, hair salon, computer center, laundry facility, washer & dryer hook-up, dishwasher, utilities included, non-smoking, near Winco and STA transfer station. PLEASE SEE OUR AD ON THE INSIDE BACK COVER.



Appleway Court II 509-315-5762

223 South Farr Road, Spokane Valley WA 99206

Owner: Rockwood

Retirement Communities

Manager:

Kiemle & Hagood Company

Features: Community and exercise rooms, hair salon, computer center, laundry facility, washer & dryer, dishwasher, non-smoking, near Winco and STA transfer station. Income limits apply for this property. PLEASE SEE OUR AD ON THE INSIDE BACK COVER.



Canterbury Court..... 509-624-5678

1010 South Rockwood Boulevard, Spokane WA 99202

Owner: St. John's Properties

Manager:

Kiemle & Hagood Company

Features: Recreation room, beauty shop, computer center, service coordinator, controlled entry system, air conditioning, non-smoking, near bus and shopping. PLEASE SEE OUR AD ON THE INSIDE BACK COVER.



Cathedral Plaza..... 509-747-6777

1120 West Sprague Avenue, Spokane WA 99201

Sponsored by Catholic Charities

www.cceasternwa.org

Amenities: Spokane River/city views; Private courtyard; Library; Pet friendly; Close to hospitals; Limited access; Service coordinator; 150 - 1 bedroom apartments with storage; Private balconies. PLEASE SEE OUR AD ON PAGE 29.



The Delaney 509-747-5081

242 West Riverside Avenue, Spokane WA 99201

Sponsored by Catholic Charities

www.cceasternwa.org

Amenities: Elevator; Free Parking;
Private courtyard and garden;
Limited access; Service coordinator;
Studio and 1 bedroom apartments;
Utilities included; Rent is 30% of adjusted income. Completely
remodeled in 2014. PLEASE SEE OUR AD ON PAGE 29.

**Fahy Garden 509-326-6759**

1411 West Dean Avenue, Spokane WA 99201

Sponsored by Catholic Charities

www.cceasternwa.org

Amenities: Pet friendly;
Monthly events; Para Transit access;
Service coordinator; Studio and
1 bedroom apartments;
Utilities included; Rent is 30% of adjusted income. PLEASE
SEE OUR AD ON PAGE 29.

**Fahy West 509-326-6759**

1523 West Dean Avenue, Spokane WA 99201

Sponsored by Catholic Charities

www.cceasternwa.org

Amenities: Pet friendly;
Limited access; Monthly events;
Para Transit access; Service
coordinator; Studio and 1 bedroom
apartments; Utilities included; Rent is 30% of adjusted income.
PLEASE SEE OUR AD ON PAGE 29.

**Guardian Angel Homes 509-893-9300**

23102 East Mission Avenue, Liberty Lake WA 99019

www.guardianangelhomes.com

New spacious 2 bedroom, 2 bath
apartments with full kitchens are
available! All utilities with the exception
of a phone are included – all with no buy-in fees. PLEASE SEE
OUR AD ON PAGE 36.

**Hillyard Plaza Apartments 509-489-7271**2808 East Sanson Avenue,
Spokane WA 99217

Independent, affordable senior
living catering to seniors 62+
or disabled individuals.
Smoke free, elevator, single
units with all appliances, close to
bus line. HUD subsidized. EHO.

**Lilac Terrace 509-209-9310**

7015 North Wiscomb, Spokane WA 99208

Owner: Spokane Baptist
Association Homes

Manager:

Kiemle & Hagood Company

Features: Non-smoking, newly
constructed, library, computer
& exercise rooms, beauty/barber shop, wellness & service
coordinators, restaurant-style dining room, coffee bar, laundry
facilities and free housekeeping services. PLEASE SEE OUR
AD ON THE INSIDE BACK COVER.

**Manito Garden 509-624-7326**

500 East 29th Avenue, Spokane WA 99203

Owner: Manito Presbyterian
Homes, Inc.

Manager:

Kiemle & Hagood Company

Features: Non-smoking, service
coordinator, social programs,
recreation room, computer center, controlled entry system,
on-site laundry facility, near bus and shopping. PLEASE SEE
OUR AD ON THE INSIDE BACK COVER.

**Moran Vista 509-443-1944**

3319 East 57th Avenue, Spokane WA 99223

www.moranvistaseniorliving.com

Moran Vista offers gorgeous
apartments for independent,
assisted, and memory care.

This beautiful, full-featured community is nestled in the South
Hills of Moran Prairie. PLEASE SEE OUR AD ON PAGE 34.



SAPPHIRE AT MORAN VISTA

The O'Malley 509-487-1150

707 East Mission Avenue, Spokane WA 99202

Sponsored by Catholic Charities

www.cceasternwa.org

Amenities: reserved parking;
Private courtyard and garden; Library;
Limited access; Service coordinator;
1 bedroom apartments; Rent is 30%
of adjusted income; Utilities included. PLEASE SEE OUR AD
ON PAGE 29.

**Post Falls Terrace 208-773-3493**

1120 North Idaho, Post Falls ID 83854

Owner: Post Falls
RHF Housing, Inc.

Manager:

Kiemle & Hagood Company

Features: Recreation room,
on-site laundry facility,
air conditioning, controlled entry system, non-smoking, close
to shopping. PLEASE SEE OUR AD ON THE INSIDE BACK
COVER.





Rockwood South Hill..... 509-536-6650

2903 East 25th Avenue, Spokane WA 99223

www.rockwoodretirement.org

Our accredited Life Plan community is located on Spokane's South Hill and offers custom apartments with kitchens and laundry. Award-winning health and wellness programs, housekeeping, transportation, activities and more! Choose from refundable or rental contracts and flexible meal plans. PLEASE SEE OUR AD ON PAGE 39.



Rockwood at Whitworth 509-466-0411

10331 North Mayberry Drive, Spokane WA 99218

www.rockwoodretirement.org

Our newest community offers Assisted Living and Memory Support, Independent Living Courtyard homes and duplexes. Health and wellness programs, specialized care plans, rehabilitation, dining, transportation services and activities. Choose from refundable or rental contracts. Phase 2 Independent Living apartment homes will open in 2023. PLEASE SEE OUR AD ON PAGE 39.



Royal Park Retirement Center 509-483-7136

302 East Wedgewood, Spokane WA 99208

Fax: 509-483-5161

royalparkretirement.com

PLEASE SEE OUR AD ON THE INSIDE FRONT COVER.

Winchester Court..... 509-484-4053

3906 North Stone, Spokane WA 99207

Owner: St. John's Properties

Manager:

Kiemle & Hagood Company

Features: Adjoins Northeast Community Center, recreation room, laundry facility, service coordinator, planned activities, computer center, non-smoking, near bus and shopping. PLEASE SEE OUR AD ON THE INSIDE BACK COVER.



Living with Assistance

If you cannot perform activities of daily living such as bathing yourself, driving yourself to medical appointments and preparing your meals, it is time to seek help.

HOME CARE AND HOME HEALTH CARE EQUIPMENT AND SUPPLIES

Also see *Medical Equipment and Supplies in Chapter 3, on page 66.*

The Alzheimer's Store..... 800-752-3238

www.alzstore.com

Free catalog with products for people with Alzheimer's and those that care for them.

Performance Health 800-323-5547

www.performancehealth.com

Household helpers, exercise aids and self-care items available.

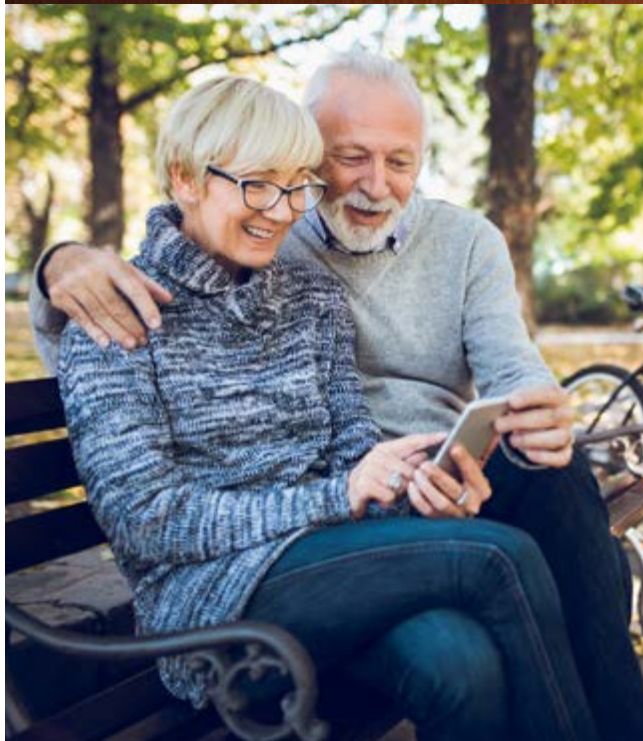


HAPPINESS IS HOME

Discover the resources you need
to plan, prepare for, and support living
independently for as long as possible.

Whether the information is for you, a caregiver, a friend, or
family member... help starts here.

509.960.7281
ALTCEW.ORG



Resident-centered and locally-owned,
offering the finest senior living
environments, Rockwood Retirement
Communities delivers the retirement lifestyle
you want and deserve.
We offer two unique full-service communities
with high standards of excellence to meet
your life's changing needs.



Rockwood
RETIREMENT COMMUNITIES

Independent • Assisted • Skilled • Memory Care

Spokane's Retirement Choice since 1960



rockwoodretirement.org 800-727-6650



ORCHARD CREST RETIREMENT INDEPENDENT, ASSISTED LIVING AND MEMORY CARE

SETTING THE STANDARD IN RETIREMENT LIVING

Congratulations on winning the
Bronze Award for Quality of Care



222 S. Evergreen Rd
Spokane Valley, WA 99216
509-928-2222



Celebrate Life at Every Age!

At **Sullivan Park Assisted Living Community**, our goal is to provide quality care with a strong focus on wellness.

We believe that it is not enough to simply care for those we serve, but to also provide residents ways to stay active and engaged by nurturing body, mind and spirit.

Our independent and assisted living community proudly offers **Celebrations**, a wellness-focused lifestyle program designed to help you celebrate life and feel your best, no matter your age.

Are you ready to celebrate life with us?

Call us at **(509) 924-5555** for more information
and to schedule a tour.

Sullivan Park Assisted Living Community

421 South Adams Rd.
Spokane Valley, WA 99216
(509) 924-5555



Prestige Senior Living, L.L.C.

www.PrestigeCare.com

HOME CARE AND HOME SUPPORT SERVICES

Housekeeping tasks, bathing and daily living tasks, meal preparation, shopping, laundry, escorted transportation, minor repairs, and companionship are available.

*For medical-related home care needs see **Home Health Care** on pages 42 and 65.*

Beneficial In-Home Care, Inc. **509-323-0390**
..... **800-320-1660**

706 North Maple Street, Spokane WA 99201

Colville Office **509-684-5504**

142 South Wynne Street, Colville WA 99114

Pullman Office **509-339-7733**

..... **844-673-9911**

727 South Grand Avenue, Pullman WA 99163

www.bihc.biz

Locally owned, licensed home health care agency. For your in-home safety and security we provide carefully screened employees, meal preparation, light housekeeping services, 24-hour licensed supervision, free in-home assessments, and we are bonded, insured, and licensed by the state. Help is only a telephone call away. PLEASE SEE OUR AD ON THIS PAGE.



Care to Stay Home **509-340-1359**

12810 East Nora Avenue, Suite A, Spokane Valley WA 99216

www.caretostayhomespokane.com

We don't have to be the biggest, we do have to be the BEST!

Everyone's 1st Choice In-Home Care! Only the finest, most experienced, and trusted caregivers are hand selected to work with our clients, because our clients deserve the very best! We will provide care from 3 to 24 hours per day.



Comfort Keepers..... **509-484-2345**

Fax: 509-483-2475

www.spokane-246.comfortkeepers.com

www.interactivecaregiving.com

Our dependable caregivers and customized care plans can help you



remain in the comfort of your home, wherever that may be. Services available 24/7, including respite care, coordination of care with family members, light housekeeping, meal preparation, companionship, personal care, quality of life activities, medication reminders, laundry/linen washing, transportation, and more. Caregivers are carefully screened, bonded, and our services are guaranteed. PLEASE SEE OUR AD ON PAGE 42.

Department of Social and Health Services

Home and Community Services..... **509-568-3700**

Intake Line **866-323-9409**

1330 North Washington Street

Suite 3000

Spokane WA 99201

Administers the Medicaid Personal Care Program for Medicaid eligible persons who need help with personal care tasks because of a medically related condition.



Family First Senior Care, Inc. **509-326-5525**

705 West 7th Avenue, McCauley Hall, Suite B,

Spokane WA 99204



FamilyFirst
Senior Care
A RELIANT COMPANY

Our Award-Winning Home Care and Care Management Services

are tailored to you and your loved one's needs. We specialize in Nurse and Social work led Professional Care Management, Licensed Counseling, Home Care Services and Placement. Home Care Services include: Post hospital care, light housekeeping, meal preparation, transportation, up to and including 24-hour care. Our expertly trained aides keep you informed every step of the way. We are Here to Help. PLEASE SEE OUR AD ON PAGE 42.

Frontier Behavioral Health

Raschko Building **509-458-7450**

Frontier Behavioral Health

5125 North Market Street

Spokane WA 99217

We provide information and assistance, and in-home case management services. PLEASE SEE OUR AD ON PAGE 56.



Help is only a phone call away.

Available 24 hours a day, 7 days a week

Short or long-term • Overnight • Respite Care • Personal Care • Housework • Transportation • Meal Preparation
Medication Management • Care Coordination with Family • Background checks on all Employees



(509) 323-0390 • www.bihc.biz

Locally Owned

Serving the state of Washington since 1989

Love In Home Senior Care509-474-0663

1520 West Garland Avenue,
Spokane WA 99205
www.loveinhomeseniorcare.com



Love In Home is recognized as the trusted resource for dependable loving care. Our professional team will help you live peacefully and safely with our extensive services. Caring is our passion! CALL NOW FOR YOUR FREE CARE CONSULTATION.

Senior Helpers

Spokane.....509-922-4333
North Idaho.....208-664-2500

511 South Pine Street, Suite D, Spokane WA 99202
www.seniorhelpers.com/spokane
www.seniorhelpers.com/north-idaho

Senior Helpers has become one of the most trusted providers of in-home care services. Thanks to our responsiveness, dependability, and personalized care, Senior Helpers is committed to ensuring better quality of life for your loved one and peace of mind for your family. Let us create a customized care plan that matches your needs, whether it's one to 24 hour care, so that you or your loved one remains safe and independent at home. PLEASE SEE OUR AD ON PAGE 53.



Total Care, Inc.509-368-9252

Total Care, an Aveanna company, is a state-certified, bonded, and insured home health care agency. We are dedicated to providing quality care and a safe environment. We offer choices, security, and confidentiality in your own home, and our services are available as needed or around the clock. PLEASE SEE OUR AD ON PAGE 7.



HOME HEALTH CARE

For non-medical home care needs see *Home Care and Home Support Services on pages 41 and 64*. Also see *Home Health Care in Chapter 3, on page 65* for additional home health care information.



Comfort Keepers
IN-HOME SENIOR CARE SERVICES

**RANKED #1
IN SENIOR CARE
BY ENTREPRENEUR
MAGAZINE**

Helping your loved ones maintain their independence & quality of life.



*We've been open all through Covid-19.
OPEN 24/7*
*Safe, licensed caregivers for every first home health aide.
Safety and security as our goal, through Covid-19 and always.*

- Alzheimer's & Dementia Care
- Hospital to Home
- Respite Care
- Live In Companion Care
- End of Life Services
- Personal Care
- Light Housekeeping & Meal Preparation
- 24 Hour Care

**CALL TODAY FOR A FREE CONSULTATION
1-509-484-2345**

Home health care services are available to those who have difficulty leaving home and need skilled services. A physician's order is required before providing care. Medicare, Medicaid, and private insurance may cover home health services. Home health care provides necessary care while teaching the patient and/or caregiver how to manage the care on their own. Staff can also evaluate how to make the home safe for the patient.

Live-In Home Care

You may contact the Area Agency on Aging (See page 61 for contact information), the Department of Social and Health Services (DSHS) – Home and Community Services (HCS), or a geriatric care management company for live-in home care resources.

Moving to an Assisted Living Community

You can also secure this assistance by moving to an assisted living facility. This may be a free-standing facility or part of a retirement community.

Each of these options feature assisted living units – or private apartments with bath and access to a kitchenette. Meals, limited supervision, help with medications, physical and occupational therapies, and limited nursing services are offered.

The special features for assisted living can vary greatly from one facility to another, so it is important to take time to evaluate the possibilities before making a choice. For instance, assessing a facility's capacity for long-term (versus short-term) care could impact one's decisions.

Department of Social and Health Services
Home and Community Services.....509-568-3700
Intake Line866-323-9409

1330 North Washington Street, Suite 3000
Spokane WA 99201



Provides in-home care through the Community First Choice program to Medicaid eligible persons who need skilled nursing, instead of placing the individuals in a nursing facility.



**Family First
Senior Care**
A VILLAGEPLAN COMPANY

**Offering Care Management,
Licensed Counseling,
and Home Care Services.**

Dedicated to Always Putting Your Family First!

509-326-5525

FamilyFirstSeniorCare.com





ASSISTED LIVING COMMUNITIES

**Adult Family Home Council
of Washington State.....888-439-8999**

www.AdultFamilyHomeCouncil.org

This is a statewide home locator for adult family homes

What is an Adult Family Home? Adult Family Homes are private homes licensed by the State of Washington to care for up to six clients. They offer “non-institutional” long-term care to elderly and disabled adults. For more information and training/education requirements of staff, visit our website. PLEASE SEE OUR ARTICLE ON PAGE 52.



Aspen Quality Care Inc.509-464-9486

9626 North Colfax Road, Spokane WA
700 Southeast Brace Street, Wilbur WA
www.aspenqualitycare.com

Aspen Quality Care provides a home environment where facilities are perfect for your loved ones. Our attentive staff will make sure your loved one feels at home. We offer an RN on call at all times, have 24 hour care and attention along with home cooked meals, assistance with daily living activities, and daily laundry and housekeeping service for all of our residents. You will feel very comfortable that your loved is getting the best care they can. PLEASE SEE OUR AD ON PAGE 8.

Avamere at South Hill509-443-0401

3708 East 57th Avenue, Spokane WA 99223
www.avamere.com/avamere-at-south-hill

Avamere at South Hill provides a comfortable, safe and active senior living environment with the mission to enhance the life of every person we serve.



**Fairwood Retirement Village
Independent, Assisted Living & Memory Care**

.....509-467-2365
.....509-468-0457

312 West Hastings Road, Spokane WA 99218

www.fairwoodretirement.com

Fairwood Retirement Village and Assisted Living is a locally owned family business which was developed to serve seniors in a community environment. You will be delighted by our beautiful park-like setting right here in North Spokane and the services and amenities we offer. We are so pleased to be able to offer Independent Living, Assisted Living, and Memory Care right here on our 18-acre property. PLEASE SEE OUR AD ON PAGE 8.



Good Samaritan Society Spokane Valley.....509-924-6161

17121 East 8th Avenue
Spokane Valley WA 99016
www.good-sam.com



Our assisted living unit offers 14 cozy studio-style units, each with a kitchenette and bathroom with adaptive shower. This just-like-home environment can be supplemented with 24-hour personal assistance and health-related services when necessary. Assisted Living is licensed for Medicaid or private pay. PLEASE SEE OUR AD ON PAGE 75.

Guardian Angel Homes509-893-9300

23102 East Mission Avenue, Liberty Lake WA 99019
www.guardianangelhomes.com



Our award-winning community offers the level of assistance tailored to your needs without buy-in fees. Housekeeping and three meals daily, paid utilities (except phone) including internet and cable are available. PLEASE SEE OUR AD ON PAGE 36.

Kimberly's Cottage, LLC509-468-0944
.....509-475-8618

5208 West Baywood Court, Spokane WA 99208
 Mark Erwin, PA-C | kafh@hotmail.com

Come visit us if you are looking for an exceptional care facility in a home-like environment with all that an adult family home can offer. Medicaid, LTC Ins, Private pay, and hospice welcome. Proud Member of Adult Family Home Council of WA State. Mark and Kim Erwin, owners. PLEASE SEE OUR AD ON PAGE 30.

Maplewood Gardens Independent Living....509-489-9510

1100 North Superior, Spokane WA 99202
 www.carepartnersliving.com/maplewood-gardens/
 senior-living

Maplewood Gardens

Assisted Living offers rental apartments for seniors, including studio, alcove, 1-bedroom, and 2-bedroom units. All 3 meals are included in monthly rent, scheduled transportation and shopping, weekly housekeeping, computer room, and mini-store. Full social and recreational programs. LN/Nursing staff on duty 5 days a week. We accept private pay and Medicaid. PLEASE SEE OUR AD ON PAGE 105.



Moran Vista509-443-1944

3319 East 57th Avenue, Spokane WA 99223
 www.moranvistaseniorliving.com

Moran Vista offers gorgeous apartments for independent, assisted, and memory care.

This beautiful, full-featured community is nestled in the South Hills of Moran Prairie. PLEASE SEE OUR AD ON PAGE 34.



SAPPHIRE AT MORAN VISTA

Orchard Crest Retirement & Assisted Living Community.....509-928-2222
.....800-705-1556

222 South Evergreen, Spokane Valley WA 99216
 www.OrchardCrestRetirement.com

Independently owned and operated.

15+ years stable and strong.

Our Assisted Living center is second

to none. We employ highly trained staff.

Medication Management, injections and other related tasks demonstrates the dedication to our residents and the ability to provide long term care. PLEASE SEE OUR AD ON PAGE 40



Providence Emilie Court Assisted Living.....509-474-2550

34 East 8th Avenue, Spokane WA 99202
 www.phc.org

Providence Emilie Court

Assisted Living offers

an array of activities, beauty salon, three prepared meals per day, exercise room, covered parking, daily Mass and Rosary. A full-time nurse and care attendants are on-site 24 hours per day. PLEASE SEE OUR AD ON THE BACK COVER.



Ridgeview Place509-582-0207

1108 West Fifth Avenue,
 Kennewick, WA 99336

Ridgeview Place in Spokane Valley is a beautifully updated assisted living and memory care community in Spokane Valley, Washington. We offer thoughtful, compassionate care and stimulating activities that help our residents thrive. Scheduled transportation is available for shopping, banking, special activities and events. Plus, we're pet-friendly! Schedule a visit to Ridgeview Place today! PLEASE SEE OUR AD ON PAGE 2.



Rockwood South Hill.....509-536-6650

2903 East 25th Avenue, Spokane WA 99223
 www.rockwoodretirement.org

The Suites at Rockwood South Hill provides licensed assisted living with memory care, if needed.

We offer person centered care, rehabilitation, dining, transportation services and activities. Nurse on staff 24/7. PLEASE SEE OUR AD ON PAGE 39.



Rockwood
 RETIREMENT COMMUNITIES

Rockwood at Whitworth509-466-0411

10331 North Mayberry Drive, Spokane WA 99218
 www.rockwoodretirement.org

Palvella Glen at Rockwood at Whitworth provides licensed assisted living with memory support, if needed.

We offer person centered care, dining, transportation services and activities. Nurse on staff 24/7. PLEASE SEE OUR AD ON PAGE 39.



Rockwood
 RETIREMENT COMMUNITIES

Royal Park Retirement Center509-483-7136

302 East Wedgewood, Spokane WA 99208
 Fax: 509-483-5161
 royalparkretirement.com

Royal Park Retirement Center has been a top retirement home in Spokane since 1985 with Independent and Assisted Living apartments that fit your needs and lifestyle. We are dedicated to providing a living experience that encourages independence and activity. Through quality housing options, services and care, residents enjoy retiring the ROYAL way! PLEASE SEE OUR AD ON THE INSIDE FRONT COVER.



South Hill Village Assisted Living and Memory Care509-443-8500

3117 East Chaser Lane, Spokane, WA 99223
 pegasuseniorliving.com/communities/south-hill-village

At South Hill Village retirement community we dedicate ourselves to you as you pursue everything that life has to offer. We are proud to be Spokane's premier Independent Living, Assisted Living, and Memory Care community. PLEASE SEE OUR AD ON PAGE 30.



Sullivan Park Assisted Living Community....509-924-5555

421 South Adams Road, Spokane Valley WA 99216
www.prestigecare.com/location/sullivan-park-assisted-living-community

At Sullivan Park Assisted Living Community, our wellness program Celebrations offers our residents the opportunity to enjoy their senior years to the fullest. If it's time to consider Assisted Living, contact us at (509) 924-5555 to speak to a team member or to schedule a tour. PLEASE SEE OUR AD ON PAGE 40 AND ARTICLE ON PAGE 88.



Windriver Place.....509-927-7176

12903 East Mission Avenue,
Spokane Valley, WA, 99216

At Windriver Place Senior Living in Spokane, we provide compassionate care in a neighborhood setting. We develop individual care for each resident, and a full-time registered nurse is available 24/7 to provide clinical oversight and coordination of care. We offer amenities and activities to help residents thrive in mind, body, and spirit. PLEASE SEE OUR AD ON PAGE 2.



ASSISTED LIVING HOMES

Aspen Quality Care Inc.509-464-9486

9626 North Colfax Road, Spokane WA
700 Southeast Brace Street, Wilbur WA
www.aspenqualitycare.com

PLEASE SEE OUR AD ON PAGE 8.

ASSISTED LIVING CONCERNS

Long-Term Care Ombudsman.....509-456-7133
.....800-660-7133

Promotes and protects the rights of residents in a care setting and empowers residents to become self-advocates. Assists people in all licensed long-term care facilities including Nursing Homes, Boarding Homes (assisted living) and Adult Family Homes.

Residential Care Services –

Complaint Line800-562-6078
.....TTY 800-737-7931

Accepts complaints about boarding homes and other licensed care facilities.

ASSISTED LIVING RESOURCES

The National Center For Assisted Living202-842-4444

1201 L Street NW, Washington DC 20005
www.ncal.org

Assisted living voice of the American Health Care Association. Provides resources on how to choose an assisted living facility.

Memory Care

Specialty services are usually provided in a secure environment, such as activity programs designed to exercise and stimulate memory and recall skills. Typically these facilities employ specially trained professional staff skilled in handling the behavior associated with memory impairments. Many facilities that specialize in Alzheimer's or other dementia related disorders implement color-coded hallways, and secure wandering paths for security purposes.

MEMORY CARE COMMUNITIES

Adult Family Home Council

of Washington State.....888-439-8999

www.AdultFamilyHomeCouncil.org

This is a statewide home locator for adult family homes

Want to know more about adult family homes?

Looking for the right fit for your situation? Do you need a loving home for a



person with a form of dementia? Find out more about Adult Family Homes by visiting our web site listed above and clicking on "Why Choose an Adult Family Home." There are over 3000 Adult Family Homes statewide, there may be a perfect fit for your loved one. PLEASE SEE OUR ARTICLE ON PAGE 52.

Aspen Quality Care Inc.509-464-9486

9626 North Colfax Road, Spokane WA
700 Southeast Brace Street, Wilbur WA
www.aspenqualitycare.com

Aspen Quality Care provides a home environment where facilities are perfect for your loved ones. Our attentive staff will make sure your loved one feels at home. We offer an RN on call at all times, have 24 hour care and attention along with home cooked meals, assistance with daily living activities, and daily laundry and housekeeping service for all of our residents. You will feel very comfortable that your loved is getting the best care they can. PLEASE SEE OUR AD ON PAGE 8.

The logo for Orchard Crest Retirement features a stylized tree with many leaves, and the text 'Orchard Crest Retirement' and 'Independent, Assisted Living & Memory Care' below it.

Where it's Your Life
...It's Your Home

**FULL LIFE...
FULL SERVICE...
FULL CARE**

MEMORY CARE (NOW ACCEPTING RESIDENTS!)

(509) 928-2222

222 South Evergreen Road ♦ Spokane Valley, WA 99216
www.orchardcrestretirement.com

The Cottages of Spokane.....509-230-7225

6930 North Nevada Street, Spokane WA 99208
www.carepartnersliving.com

Dementia does not define your loved one. The Cottages of Spokane is a unique memory care community dedicated to providing safe, home-like environments for our residents in a specialized community that offers both security and quality of life in an intimate, secure cottage setting. We accept Medicaid. PLEASE SEE OUR AD ON PAGE 54.



**Fairwood Retirement Village
Independent, Assisted Living & Memory Care**

.....509-467-2365
.....509-468-0457

312 West Hastings Road, Spokane WA 99218
www.fairwoodretirement.com

Fairwood Retirement Village and Assisted Living is a locally owned family business which was developed to serve seniors in a community environment. You will be delighted by our beautiful park-like setting right here in North Spokane and the services and amenities we offer. We are so pleased to be able to offer Independent Living, Assisted Living, and Memory Care right here on our 18-acre property. PLEASE SEE OUR AD ON PAGE 8.



Guardian Angel Homes509-893-9300

23102 E. Mission Avenue, Liberty Lake WA 99019
www.guardianangelhomes.com

The campus at Guardian Angel Homes is a secured environment for Alzheimer's and dementia care. Our residents receive the best care possible, including a compassionate 24-hour care staff and nursing on duty 7 days a week. We specialize in memory care. PLEASE SEE OUR AD ON PAGE 36.



Moran Vista509-443-1944

3319 East 57th Avenue, Spokane WA 99223
www.moranvistaseniorliving.com

Moran Vista offers gorgeous apartments for independent, assisted, and memory care.



This beautiful, full-featured community is nestled in the South Hills of Moran Prairie. PLEASE SEE OUR AD ON PAGE 34

**Orchard Crest Retirement &
Assisted Living Community.....509-928-2222
.....800-705-1556**

222 South Evergreen, Spokane Valley WA 99216
www.OrchardCrestRetirement.com

Orchard Crest Retirement Community is proud to announce our new Memory Care expansion (coming soon)! The building includes 48 secure living units with a mix of single- and double-occupancy options, common areas for recreation, a sunroom on the second floor, and lower level access to an enclosed courtyard. With this Memory Care addition, Orchard Crest provides a well-rounded community. PLEASE SEE OUR AD ON PAGE 45.

**Pine Ridge Alzheimer's
Special Care Center509-924-4388**

12009 East Mission Avenue
Spokane Valley WA 99206
www.JeaSeniorLiving.com



We specialize in secured Memory Care. Whether Alzheimer's or other related dementias, our experienced staff is trained to provide a safe, comfortable and stress-free life for our residents. We work hard, through our Meaningful Moments program, to learn and honor each person's unique life history. We build our care plans, activities, and staff-to-resident relationships around those histories. Pine Ridge provides many services that others cannot, such as 24 hour licensed nurses, specialized diets and more. PLEASE SEE OUR AD ON THIS PAGE.

Ridgeview Place509-582-0207

1108 West Fifth Avenue,
Kennewick, WA 99336

PLEASE SEE OUR AD ON PAGE 2.



**We honor who they were...
while caring for who they are.**



PINE RIDGE
ALZHEIMER'S SPECIAL CARE CENTER

At Pine Ridge, we are committed to excellence while creating meaningful moments every day for our residents. We are considered the gold standard of memory care. Feel free to stop by and let us show you the difference.

- A Committed Leader in Memory Care
- Nurses On-Site and On-Duty 24/7
- State-of-the-Art Secured Facility
- All Staff Trained Specifically for Memory Care

509.924.4388
www.jeaseniorliving.com

12009 East Mission Ave, Spokane Valley WA 99206

Rockwood at Whitworth 509-466-0411

10331 North Mayberry Drive, Spokane, WA 99218

www.rockwoodretirement.org

Memory Support is for people with symptoms of Alzheimer's or other forms of dementia. Private rooms with private bathrooms. Beautiful indoor spaces, outdoor area, salon and activities. We follow a social model to provide resident-centered care. PLEASE SEE OUR AD ON PAGE 39.

**Rockwood South Hill 509-536-6650**

2903 East 25th Avenue, Spokane WA 99223

www.rockwoodretirement.org

Memory Support is a specialty at Rockwood South Hill, with in-depth experience caring for people with symptoms of Alzheimer's or other forms of dementia. Private rooms with private bathrooms. Beautiful indoor spaces, outdoor area, game room, salon and full-time activities staff. We follow a social model to provide resident-centered care. PLEASE SEE OUR AD ON PAGE 39.

**South Hill Village****Assisted Living and Memory Care 509-443-8500**

3117 East Chaser Lane, Spokane, WA 99223

pegasus-seniorliving.com/communities/south-hill-village

At South Hill Village retirement community we dedicate ourselves to you as you pursue everything that life has to offer. We are proud to be Spokane's premier Independent Living, Assisted Living, and Memory Care community. PLEASE SEE OUR AD ON PAGE 30.



Adult Family Home Care

Adult family homes are licensed, traditional, private homes in which personal care, special care, and room and board are made available to more than one, but not more than six, adults. Adult family homes have provide different types and varying levels of care. Some homes are gender specific, other homes accept persons with specific conditions such as homes that provide care for the developmentally disabled, persons with dementia, or mental illness.

ADULT FAMILY HOMES

Check with the individual homes about Alzheimer's and dementia care available.

Kimberly's Cottage, LLC 509-468-0944

..... 509-475-8618

5208 West Baywood Court, Spokane WA 99208

Mark Erwin, PA-C | kafh@hotmail.com

Come visit us if you are looking for an exceptional care facility in a home-like environment with all that an adult family home can offer. Medicaid, LTC Ins, Private pay, and hospice welcome. Proud Member of Adult Family Home Council of WA State. Mark and Kim Erwin, owners. PLEASE SEE OUR AD ON PAGE 30.

New Hope Outreach AFH 509-466-3037
Barbara Mach, RT**Deer Park**

717 South Stevens, Deer Park WA 99006

Spokane

1809 East Center Street, Spokane WA 99208

www.spokanecountyadultcare.com

Residential care facility with exceptional, compassionate care, for up to 6 residents. Licensed 20+ years. We specialize in Developmental Disabilities, Mental Health, and Dementia. We have 2 locations one in Deer Park and one in the Mead area.



ADULT FAMILY HOME CONCERNS

Agencies that have information about adult family homes, or agencies with which your concerns may be shared include –

Department of Social and Health Services (DSHS) –**Adult Protective Services 877-734-6277**

..... 800-459-0421

EndHarm Abuse Hotline 866-363-4276

The abuse hotline is for the vulnerable population including abused and neglected children as well as vulnerable adults and the elderly.

Long-Term Care Ombudsman 509-456-7133

..... 800-660-7133

Promotes and protects the rights of residents in a care setting and empowers residents to become self-advocates. Assists people in all licensed long-term care facilities including Nursing Homes, Boarding Homes (assisted living) and Adult Family Homes.

Residential Care Services –**Complaint Line 800-562-6078**

..... TTY 800-737-7931

Accepts complaints about Adult Family homes.

ADULT FAMILY HOME RESOURCES

Access information about adult family homes in the area by –

- Calling **The Department of Social and Health Services (DSHS) Home and Community Services (HCS)** at **509-568-3700** and requesting a current list of homes by county or zip code.
- Accessing the DSHS website at www.dshs.wa.gov/housing-assistance then the **Adult Family Home Locator** at the bottom.

CareLike www.carelike.com

Website details housing choices including adult family homes, assisted living communities and retirement communities in the area.

Skilled Nursing Care

Medicare and managed care agencies use skilled nursing facilities for brief recovery from illness requiring concentrated professional rehabilitation as a step between hospital and home. When long-term professional help is required, the focus should be on the quality of life. The Department of Social and Health Services (DSHS) – Home and Community Services (HCS) ensures that clients needing nursing facility care can have access to the facility of choice that meets their physical, medical and social needs.

To avoid multiple moves, it is important to project the future needs of a resident before choosing a skilled nursing facility. For instance, if you or a loved one have a need for respiratory therapy, you should determine which facilities provide ventilator services; or if there is an issue with alcoholism, you would want to ensure that a treatment program is available. Are there any conditions (like obesity or sensitive skin) requiring special bedding? Any mental health conditions that need to be considered? Sometimes, skilled nursing facilities will not have necessary assistive devices in place, but have an arrangement with similar facilities to share equipment, or use vendors with an equipment pool that can be utilized.

Consider the following questions when you select a skilled nursing facility –

- Are private rooms an option, or are all rooms shared?
- Can changes in room assignments be easily made?
- Is there a registered nurse always available for patient care? To families?
- What is the ratio of staff to patients?
- What kind of security is provided for personal items?
- Is the latest state inspection report available?

SKILLED NURSING FACILITIES

Buena Vista Healthcare 509-684-4539

151 Buena Vista Drive, Colville WA 99114
Fax: 509-685-0582
buenavistahealthcare.com

Whether you or your loved one are in need of skilled nursing services, assisted living or independent living, our caring team works to make the Buena Vista Healthcare experience a memorable one. Our rehabilitation services combine the personal touch of our talented therapists with modern, open gym spaces, and state-of-the-art equipment. PLEASE SEE OUR AD ON THE INSIDE FRONT COVER.

Good Samaritan Society Spokane Valley 509-924-6161

17121 East 8th Avenue
Spokane Valley WA 99016
www.good-sam.com



The care provided in our skilled nursing and rehabilitation center addresses your whole being, embracing your spiritual, social, emotional, intellectual, and physical needs. To ensure that you receive the most appropriate care and services, your individual care plan is de-



veloped by a special team, which includes you, your family members, and our staff. PLEASE SEE OUR AD ON PAGE 75.

Rockwood South Hill 509-536-6650

2903 East 25th Avenue, Spokane WA 99223
www.rockwoodretirement.org

Rockwood South Hill is licensed for Medicare and offers private and semi-private skilled nursing rooms, as well as beauty and barber shop, outdoor terrace, enclosed atrium, creative activities, dining and living rooms. PLEASE SEE OUR AD ON PAGE 39.



Royal Park Health and Rehabilitation 509-489-2273

7411 North Nevada Street, Spokane WA 99208
Fax: 509-482-3041
royalparkhealthandrehab.com

Nestled in one of Spokane's quiet residential neighborhoods, our patients benefit from a full range of short-term rehabilitation services including physical therapy, occupational therapy and speech language pathology. Our long-term care residents stay engaged in life with enriching activities and restorative programs. PLEASE SEE OUR AD ON THE INSIDE FRONT COVER.



Touchmark on South Hill 509-960-2231

2929 South Waterford Drive, Spokane WA 99203

Touchmark on South Hill's skilled nursing program is designed to meet the needs of residents who require 24-hour skilled nursing care and rehabilitation services, particularly after surgery, a hospital stay, or another condition. Build strength and stamina and return to a comfortable level of independence with the help of Touchmark's competent and caring team. PLEASE SEE OUR AD ON PAGE 2.



Whitman Health and Rehabilitation..... 509-397-4603

1150 West Fairview Street, Colfax WA 99111

Fax: 509-397-9214

whitmanhealthandrehab.com



We offer 24 hour skilled nursing care, a convenient location, and a regionally recognized inpatient and outpatient therapy department, including 5-7 day/week occupational, physical, and speech therapies. Our interdisciplinary team works with and encourages each resident to achieve their maximum potential of independence and ability. We strive to create a family like environment for our patients and family members. PLEASE SEE OUR AD ON THE INSIDE FRONT COVER.

SKILLED NURSING CARE CONCERNS

Human Rights Commission..... 800-233-3247

..... TTY 800-300-7525

711 South Capitol Way, Olympia WA 98501

www.hum.wa.gov

Spokane District Office 509-568-3196

1330 North Washington, Suite 2460, Spokane WA 99201

Skilled nursing facility abuse and retaliation information is available. Investigates complaints.

Long-Term Care Ombudsman..... 509-456-7133

..... 800-660-7133

Promotes and protects the rights of residents in a care setting and empowers residents to become self-advocates. Assists people in all licensed long-term care facilities including Nursing Homes, Boarding Homes (assisted living) and Adult Family Homes.

Residential Care Services –

Complaint Line 800-562-6078

..... TTY 800-737-7931

Accepts complaints about nursing homes.

SKILLED NURSING CARE RESOURCES

American Healthcare Association..... 202-842-4444

www.careconversations.org

Information available on how to choose long-term care facilities, how to transition into long-term care and information on how to access additional resources. The American Health Association is an advocate for quality, ethical long-term care.

Washington Health Care Association..... 800-562-6170

303 Cleveland Avenue SE, Suite 206, Tumwater WA 98501

www.whca.org

A statewide non-profit trade association representing licensed boarding homes, skilled nursing facilities, and related business professionals. Provides a facility directory the state of Washington as well as information about how to choose the right facility.



2

🏠 Ferry, Pend Oreille, Stevens and Whitman Counties

Please also refer to resources available throughout this chapter.

EMERGENCY HOUSING CONTACTS

Rural Resources Community Action 509-684-3932

..... 800-873-5889

956 South Main Street, Suite A, Colville WA 99114

www.ruralresources.org

Provides information and referral for Ferry, Pend Oreille, Stevens and Whitman counties. Energy Assistance provided in Ferry, Lincoln, Pend Oreille and Stevens counties, and Rental Assistance (for eligible persons) in Stevens County.

COMMUNITY HOUSING RESOURCES

Department of Social and Health Services

(DSHS)..... (877) 501-2233

Tri County-Colville Community Service Office

1100 South Main Street, Suite 1, Colville WA 99114

Provides access to in-home care/chore services, Adult Protective Services and placement in adult family homes, skilled nursing and congregate care. Also provides information and referral and case management.

Rural Resources Community Action 509-684-3932

..... 800-873-5889

956 South Main Street, Suite A, Colville WA 99114

www.ruralresources.org

Affordable home ownership, transitional housing and emergency shelter available in Stevens County. Weatherization, housing rehabilitation, energy assistance services are available in Ferry, Lincoln, Pend Oreille and Stevens Counties. HUD/Section 8 program available in Pend Oreille and Stevens Counties.

INDEPENDENT LIVING

To give our readers more resources in the Ferry, Pend Oreille, Stevens and Whitman counties area, innovAGING has listed the following Senior Apartments:

Government Subsidized/ Senior Apartments

Chewelah Manor..... 509-935-6966

501 East Main Avenue, Chewelah WA 99109

Sponsored by Catholic Charities

www.cceasternwa.org

Chewelah Manor apartments is an affordable rental housing community located in Chewelah. Chewelah Manor apartments is a Senior affordable housing community with 1 to 2 bedroom apartments units. Income restrictions may apply, please contact Chewelah Manor apartments for rates, availability and more information. PLEASE SEE OUR AD ON PAGE 29.



Chewelah Meadows (Chewelah)..... 509-935-8987

Gold Hill Manor (Kettle Falls)..... 509-738-2113

Sunny Acres Senior Housing (Chewelah) 509-935-4811

Home Maintenance and Repair

Community Action Center –

Whitman County 509-334-9147

www.whitman.org

Weatherization program available for persons and dwellings that meet eligibility requirements. This program is for Whitman County Residents. Access more information at the website listed.

Rural Resources Community Action

Adult & Long Term Care Program 509-684-3932
..... 800-873-5889

www.ruralresources.org

Provides information and assistance about programs available in Ferry, Pend Oreille, and Stevens Counties. Weatherization, housing rehabilitation, energy assistance services are available in Ferry, Lincoln, Pend Oreille and Stevens Counties.

LIVING WITH ASSISTANCE

Family Caregiver Support

Rural Resources Community Action

Adult & Long Term Care Program..... 509-684-3932
..... 800-873-5889

www.ruralresources.org

Provides Stevens, Pend Oreille, Ferry and Whitman county residents information and assistance about available programs, allowing them to live as independently as possible. Programs include information and assistance, case management, transportation, nutrition and respite care.

Home Care and Home Support

Department of Social and Health Services

(DSHS) 509-447-6223
..... 888-437-0516

Home & Community Services - Newport Office

1600 West 1st Street, Newport WA 99156

Provides access to in-home care and personal care services to eligible persons. See page 13 for more information on these programs.

Assisted Living Communities

To give our readers more resources in the surrounding counties, innovAGING has listed the following Communities:

Allegiance Supported Living (Chewelah)..... 509-935-8233

Buena Vista Assisted Living (Colville) 509-684-4539

Klondike Hills (Republic)..... 509-775-8234

Quail Hollow Assisted Living (Chewelah) 509-935-7800

Parkview Senior Living (Colville) 509-684-5677

River Mountain Village Assisted Living

(Newport)..... 509-447-2903

Assisted Living/Skilled Nursing Concerns

Adult Protective Services 509-323-9400
..... 800-562-6078

Suspected abuse occurring in a nursing home, assisted living facility or an adult family home can be reported here.

Rural Resources Community Action

Adult & Long Term Care Program..... 509-684-3932
..... 800-873-5889

www.ruralresources.org

Provides information, assistance and case management for residents of Ferry, Pend Oreille, Stevens and Whitman counties.

ADULT FAMILY HOME CARE

To find out about adult family homes in your vicinity, please contact the information and referral agency in your area. Also see **Adult Family Homes on page 47** for information on how to find homes closest to you.

SKILLED NURSING FACILITIES

To give our readers more resources in the surrounding counties, innovAGING has listed the following Facilities:

Buena Vista Nursing Home

(Colville) 509-684-4539

Ferry County Public Hospital

(Republic)..... 509-775-3333

Newport Community Hospital

Long-Term Care Unit..... 509-447-2464

Pinewood Terrace Nursing Center

(Colville) 509-684-2573

SENIOR REAL ESTATE SPECIALISTS: Vital Resources for Dealing With Transition

2

**By Kathy Bryant,
Broker / Realtor, Seniors
Real Estate Specialist**



Are you or a loved one wondering if it is time to begin talking about possibly moving from a home lived

in for many years? Are you concerned with how best to make this decision and where to begin? Are you or your loved one overwhelmed with questions about what to do with everything?

You may be concerned about where to start and who to talk with. How can you possibly know who to trust? There may be too many choices causing confusion and you or your loved one may be unsure about what the best living situation is. The answers to these and many other questions and concerns are as varied as the individual.

The importance of discussing and addressing these issues early on cannot be overstated. The more assistance a Seniors Real Estate Specialist (SRES) can offer in making these decisions, the better. A successful transition to a new living situation is directly affected by the amount of control and impact the person in question has in the decision process. This is one reason it is important to open the dialogue while you or your loved one is able to have a voice in making these important life-changing choices.

One of the biggest mistakes that can be made is missing an opportunity. Many people put off until tomorrow what can and should be done today. Delaying this type of planning may be taking away the very opportunity for you or a loved

one to live your/their life on your/their terms. Action at this time will give this gift.

This is why it is imperative to align yourself with professionals who specialize in assisting senior citizens and their families. It is vital to work with someone who can walk you or your loved one through the myriad of details involved with this very unique and often emotional experience. A good Seniors Real Estate Specialist will have assembled a comprehensive program to assist seniors, their families and others who care about them through this often complicated and emotional stage of life.

Let's identify key issues many seniors and their families face. Here are a few areas that consistently come up as concerns:

- Does the house still suit my needs?
- Is it safe and secure to live in?
- Are there parts of the house that are no longer easily accessible because of health concerns or fear?
- Are there stairs to negotiate to get to the bedroom?
- Is the laundry room on the main floor or in the basement?
- What is the comfort level with carrying laundry up and down stairs?
- What is the parking area like – is it covered? Is there easy access to the entrance when bringing in groceries?
- Are repairs needed around the house?
- Are there family and friends that live in the area?
- Are family members, friends, etc. able to assist with maintenance?

These questions and concerns can be addressed between the homeowner, the homeowner's family and the Senior Real Estate Specialist. Often, after a thorough discussion, the parties are able to determine whether the home still serves the homeowner's needs. Perhaps with only minor modifications, they can stay in their home. A Senior Real Estate Specialist can help facilitate those changes.

Other times after participating in conversation it becomes apparent to the senior that the home no longer fits his/her needs. If this is the case, a Senior Real Estate Specialist should have excellent resources to assist in determining what the next step should be.

This is not an easy overnight decision. It is a process. It sometimes takes years to decide when and if it is time to move. The decision is often wrought with high emotions for both the senior and the senior's family. The process assists everyone in recognizing when the home can no longer be cared for, or that it is no longer safe for the senior to live in the home.

Remember, all Senior Real Estate Specialists are not created equal. This is one reason why it is important to open dialogue with a trusted professional who is willing and able to give the time and respect to the senior

that they deserve. The Seniors Real Estate Specialist should have the knowledge, experience, and desire to help the senior through this process. A good Senior Real Estate Specialist will also have a true understanding of a senior's unique needs because of their experience that comes with time and dedication of working with seniors and their families.

So it has been with real empathy and caring that the Senior Real Estate Specialist designation was developed. A Senior Real Estate Specialist should empower seniors and their families and help with reassurance that they are in good hands – hands that will care for you or your loved one and help you along the way.

The mission is to give this gift of knowledge and caring to our clients. It should be a Senior Real Estate Specialist's goal to earn your trust and help by being here to answer questions, provide references for trusted resources and support the seniors we work with during their transition.

Always remember, a Senior Real Estate Specialist should be there to help in any possible way. A good Senior Real Estate Specialist will have a desire to help you or your loved one live your life on your terms.

Kathy Bryant is a top Spokane Realtor® and a certified Seniors Real Estate Specialist. With seniors as her priority, Kathy helps seniors and their families with the gift of knowledge and honest caring.

You may reach her at 509-993-3538, kathy@kathybryanthomes.com or www.kathybryanthomes.com for more information.

The Adult Family Home Option



By John Ficker,
Executive Director of the Adult
Family Home Council

There is nothing more personal than the well-being and care of your loved ones. When families are searching for long-term care options, they are seeking safe, individualized care. For that reason, adult family homes are quickly becoming one of the most popular options for long-term care.

Adult family homes provide the safe, individualized care families are looking for, along with providing a home-setting and quality 24-hour care and services from compassionate caregivers. There are currently over 3,000 adult family homes in Washington, this number continues to grow each year. One major reason behind this growth is that adult family homes offer affordable long-term care rates. There are fees depending on the level of individual care needed and the type of room desired, but most homes accept private pay, Medicaid, Veteran's Aid & Attendance and long-term care insurance. This makes it easy for families to come up with a plan to best fit their needs and the needs of their loved one.

One of the most valuable characteristics of adult family homes is that they go beyond a care facility. Adult family homes allow for a community

living environment. Homes can house up to six residents, some of whom are able to share a room, they eat meals together, participate in in-home activities together and do life together every day. All the while each still receiving the individualized care they need from passionate caregivers who staff the home 24-hours around-the-clock.

During the pandemic adult family homes experienced the lowest infection rate of any long-term care setting. While every skilled nursing facility and more that $\frac{3}{4}$ of assisted living facilities experienced an outbreak, only 15% of adult family homes had to manage a COVID positive environment. We credit our smaller size and the diligence of the adult family home staff in keeping the virus out of our facility and keeping our residents safe.

The cornerstone of every adult family home is family. Most owners of adult family homes are families who have decided to open their doors to vulnerable adults and welcome them into their family. A majority of owners not only run the day-to-day operations of the home, but they also live in the home with their families. Choosing an adult family home for your loved one is more than just selecting a long-term care option; it is choosing to become a part of the family.

More and more adult family homes are offering robust, person-centered activity programs. Some homes provide transportation services and all homes support residents in accessing community events such as church, bingo and social gatherings. They also accompany residents to their medical appointments. Residents' input in activities, meal planning and the delivery of services is always encouraged.

Adult family homes serve a wide variety of residents. Some homes care for younger developmentally disabled adults and other care for elders at end of life. Many homes focus on providing care for those living with Alzheimer's disease or other forms of dementia. Each home is small enough to specialize its care plan to the needs of the residents.

Adult family home operators and staff are all trained and certified by Washington Department of Social and Health Services and Department of Health. Their everyday caregiving staff are required to participate in ongoing continuing education and specialty training to ensure they can demonstrate best practice in care delivery. Adult family homes are monitored and inspected regularly by the State of Washington's Department of Social and Health Services for compliance with regulations and

support of residents' rights.

With the growing number of adult family homes statewide, the Adult Family Home Council continues to work as advocates for compassionate, individualized care. This work is done through advocacy, education, support and marketing. The Adult Family Home Council provides continuing education opportunities, dedicated support for members on the day-to-day operations of an adult family home, advocacy through legislative work and marketing tools to help fill beds statewide. There are also AFH Council chapters that meet around the state to share a meal together, receive continuing education credits and to discuss issues surrounding them locally involving the adult family home industry.

The Adult Family Home Council also helps homes market their vacant beds and supports families seeking care for a loved one. Through our website, or over the phone with staff we at the AFH Council are always gratified to help make the connection between those seeking and those offering care. When considering the best long-term care option for you or your loved one, look for more than just a facility and care plan, consider finding the perfect place where one of our members can welcome you home and welcome you as a part of their family.

Adult Family Home Council of Washington State
888-439-8999 • www.AdultFamilyHomeCouncil.org



John Ficker is the executive director of the Adult Family Home Council. He has held that position since 2013. His 20 years in long term care include time as the director of an adult day programs for Senior Services for South Sound and serving as a program and policy manager for the Department of Social and Health Services Aging and Long-Term Support Administration. In his current role he represents Washington's 3000 plus adult family home operators and the nearly 17,000 vulnerable adults they serve. He is proud to serve on the Washington's Dementia Action Collaborative and as the Chairman of the Board for the Long-Term Care Foundation.

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Owners Mark & Tiffany Murphy, RN



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Spokane 509-922-4333

www.seniorhelpers.com/spokane

North Idaho 208-664-2500

www.seniorhelpers.com/north-idaho

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hospiceofspokane.org

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- Gorgeous gourmet kitchens, walk-in pantry, stainless appliances, and so much more!

509-414-6019 | 402 N. Mayhew Lane, Spokane Valley, WA 99216 | MyCottages.net

Contents



This chapter deals with health, education and social services available in the region. A wealth of helpful information including medical and dental resources, agencies that help with emergency situations and where to find area support groups are detailed.

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Charity sees the need
not the cause.

– German Proverb

Emergency Services

For emergency clothing, food or shelter needs, call the following organizations for help or referral (or refer to related categories within this chapter).

American Red Cross..... **509-326-3330**
24 Hours a Day **800-733-2767**

315 West Nora Avenue, Spokane WA 99205
redcross.org/EWA

The Red Cross aids with housing emergencies due to fire or other natural disasters.

First Call for Help 24/7 Crisis Line
(Frontier Behavioral Health)..... **877-266-1818**
Non-emergencies **211**
www.fbhwa.org

The priority of this 24/7 crisis line is to provide services for and on behalf of individuals whose health or safety is in danger because of a mental health or substance use condition and may need an assessment by a mental health professional.

Caritas Outreach Ministries **509-326-2249**
 1612 West Dalke Avenue, Spokane WA 99205

Information, referral, emergency assistance with utilities, and other basic needs. Also houses a food bank. Assistance is limited to northwest Spokane service area (contact the center for specific boundaries) and those who meet income eligibility requirements. **Services available by appointment only.**

Elder Services

Located at the Raschko Building
 5125 N. Market – Spokane

Providing Counseling and Community Support to individuals
 55 and older in Spokane County

Other Services at the Raschko Building include

Caregiver Support Program

Support for unpaid family caregivers 18 and older

Kinship Navigator

Support and resources for non-family caregivers

Community First Choice + COPES

Resources for eligible disabled and elderly

BE A GATEKEEPER!

Gatekeeper is a program where public service personnel or anyone who has a concern for the frail elderly can call for help. Anyone can be a Gatekeeper! If you know a neighbor, friend, or a senior who needs assistance, call:

509.458.7450



YWCA **509-326-1190**
Domestic Violence Helpline **509-326-2255**

930 North Monroe, Spokane WA 99201
www.ywcaspokane.org

Shelter, counseling, support groups, legal advocacy for domestic violence and/or intimate partner sexual violence survivors.

Information and Referral

RESOURCE AGENCIES

Aging & Long Term Care of Eastern Washington (ALTCEW)..... **509-960-7281**

1222 North Post Street, Spokane WA 99201
action@altcew.org
www.altcew.org



Aging & Long Term Care of Eastern Washington is a social service agency that helps older adults and adults living with disabilities stay in their homes as they age in Spokane, northern Ferry, Stevens, Pend Oreille, and Whitman counties. As an Area Agency on Aging we provide services such as case management for people needing a caregiver, information and referrals, answers to questions about Medicare and Medicaid, and more. Our goal is to promote well-being, independence, dignity, and choice for all individuals we serve. PLEASE SEE OUR AD ON PAGE 39.

Catholic Charities Senior Services..... **509-459-6172**

12 East 5th, Spokane WA 99202

Non-denominational services to help seniors and adults with disabilities maintain quality independent living in their homes. Program includes Volunteer Chore Services.



Department of Social and Health Services

Home and Community Services..... **509-568-3700**
Intake Line **866-323-9409**

1330 North Washington Street, Suite 3000
 Spokane WA 99201



HCS is an advocate to vulnerable adults providing community service referrals and access to comprehensive assessments to determine eligibility for in-home personal care services or placements in adult family homes, assisted living facilities, and skilled nursing facilities. Eligibility is dependent upon meeting the functional and financial criteria determined by Aging and Disability Services.

SNAP Fort Wright **509-456-7111**

3102 West Fort George Wright Drive, Spokane WA 99224

SNAP programs include housing improvements, minor home repair, conservation education; weatherization, housing rehabilitation, low-income rentals, and transitional housing, free voicemail and energy assistance; small business develop-

ment, money management, homeowner assistance. Please see page 10 for locations.

Washington Information Network (WIN) 211

Provides information and referral for a wide range of local services, including medical care, assisted living, transportation, housing, volunteering, utility assistance, and much more. Trained, bilingual staff are available.

Hospitals and Medical Clinics

After being admitted into the hospital, consider consulting a social worker or insurance representative who can be of assistance in connecting you with other community resources. He/she can also act as an advocate in decision making (e.g., discharge or post-hospital planning and clarification of your Medicare, Medicaid, and health insurance coverage).

Hospital chaplains and ethicists are other resources that can be utilized in some locations. Prior to leaving the hospital, request to see a discharge planner if you still have questions.

Before you go to the hospital –

- Have copies made of Advance Directives, Living Wills, and Durable Powers of Attorney for Health Care to give to each physician who attends you. (Always have extra copies made in case any of these are misplaced.) Take this information with you for all hospital contacts, including the Emergency Room
- Ask to meet with your surgeon before surgery. Take notes or ask someone to take notes for you
- Advise medical personnel about your medications (both prescription and non-prescription); bring all medications to the hospital with you.
- Bring a list of any telephone numbers you might need

HOSPITALS

MultiCare Deaconess Hospital 509-458-5800

800 West 5th Avenue, Spokane WA 99204
www.multicare.org/deaconess-hospital

Northern Idaho Advanced Care Hospital..... 208-262-2800

600 North Cecil Road, Post Falls ID 83854
niach.ernesthealth.com



The only long-term acute care hospital in the region. We treat patients recovering from serious illnesses or injuries, such as trauma, acute respiratory failure, wound healing, infectious diseases, cardiovascular disease, and more.

The hospital is accredited by The Joint Commission, having earned The Joint Commission's Gold Seal of Approval, and is the first hospital in Idaho to earn The Joint Commission's disease-specific certification for Respiratory Failure.

PLEASE SEE OUR AD ON PAGE 76.

Providence Health Care..... www.phc.org

Spokane Hospitals

Providence Sacred Heart

Medical Center..... 509-474-3131
Emergency..... 509-474-3344

101 West Eighth Avenue, Spokane, WA 99204

Sacred Heart Children's Hospital 509-474-2800
Children's Emergency 509-474-5690

101 West Eighth Avenue, Spokane, WA 99204

Providence Holy Family Hospital 509-482-0111
Emergency..... 509-482-2460

5633 North Lidgerwood, Spokane, WA 99208

Stevens County Hospitals

Providence Mount Carmel Hospital 509-685-5100

982 East Columbia, Colville, WA 99114

Providence St. Joseph's Hospital..... 509-935-8211

508 East Webster, Chewelah, WA 99019

Providence Health Care is the Eastern Washington region of Providence Health & Services,



a not-for-profit Catholic health care ministry committed to providing for the needs of the communities it serves – especially for those who are poor and vulnerable. In Eastern Washington, PHC includes Providence Sacred Heart Medical Center, Sacred Heart Children's Hospital and Providence Holy Family Hospitals, nationally recognized for quality care, as well as two critical access hospitals, Mount Carmel in Colville and St. Joseph's in Chewelah. PLEASE SEE OUR AD ON THE BACK COVER.

Rehabilitation Hospital

of the Northwest..... 208-262-8700

3372 East Jenalan Avenue, Post Falls ID 83854
rhn.ernesthealth.com



Rehabilitation Hospital of the Northwest is ranked in the Top 10% nationally for rehabilitative care that is patient-centered, effective, efficient, and timely. We treat patients recovering from stroke, brain injuries, spinal cord injuries, orthopedic injuries, and more.

The hospital also is the first in Idaho to earn The Joint Commission's Gold Seal of Approval for its Stroke Rehabilitation program.

PLEASE SEE OUR AD ON PAGE 76.

St. Luke's Rehabilitation Medical Center

Main Campus 509-473-6000

711 South Cowley Street, Spokane WA 99202
www.choosestlukes.org

As the region's only Level I Trauma Rehabilitation hospital, Joint Commission & CARF accredited, and largest therapy provider, St. Luke's offers the most complete set of inpatient and outpatient programs and services. Find out why others are choosing St. Luke's for therapy.

Valley Hospital and Medical Center.....509-473-5000

12606 East Mission, Spokane Valley 99216

www.valleyhospital.org

Veterans Affairs Medical Center509-434-7000

.....**800-325-7940**

4815 North Assembly Street, Spokane WA 99205

www.spokane.va.gov

MEDICAL CLINICS

Cancer Care Northwest – Spokane Clinics

www.cancercarenorthwest.com

Downtown Clinic509-228-1000

910 West 5th Avenue, Suite 102

Spokane WA 99204

North Clinic509-228-1000

605 East Holland Avenue, Suite 100, Spokane WA 99218

South Clinic.....509-228-1000

601 South Sherman Street, Spokane WA 99202

Spokane Valley Clinic & Admin Office509-228-1000

1204 North Vercler Road, Spokane Valley WA 99216

Cancer Care Northwest is

is the Inland Northwest's premier,

integrated cancer center offering medical, surgical and radiation oncology in a compassionate, healing environment.

Our unique approach combines a team of cancer specialists paired with innovative technology, advanced treatment therapy and support services to provide care for the whole person. PLEASE SEE OUR AD ON PAGE 53.



CHAS Health509-444-8200

chas.org

CHAS Health is committed to being your healthcare home, providing primary care, pharmacy, and behavioral health, as well as urgent care locations that are open late and on weekends. Our qualified

doctors and providers are trained to the latest Standards of Care and treat every patient with compassion and respect. See our website for clinic locations and hours. PLEASE SEE OUR AD ON PAGE 76.



Providence Medical Group.....888-227-3312

101 West Eighth Avenue, Spokane WA 99204

Providence Medical Group of

Eastern Washington provides

more than 80 primary and

specialty clinics and more than 800 physicians, advanced practitioners, physicians' assistants, and nurse practitioners. Its medical staff includes primary care providers, surgical subspecialists and medical specialists. Options for same day care is available also by Providence Express Care, 7 days a week 8 am to 8 pm. To find a provider go to Providence.org/Doctors. PLEASE SEE OUR AD ON THE BACK COVER.



Providence Urgent Care Centers

Hawthorne509-489-2369

551 East Hawthorne, Spokane WA 99218

5th and Division509-474-2100

421 South Division Street, Spokane WA 99202

Providence Medical Park509-994-8900

16528 East Desmet Court, Spokane Valley WA 99216

Providence Express Care888-227-3312

Same day quick visits. Several locations open 7 days a week, 8 am to 8 pm.

providence.org/expresscare

PLEASE SEE OUR AD
ON THE BACK COVER.



Orthopedics

Providence Orthopedics

Providence Sacred Heart

Medical Center Campus509-838-7100

820 South McClellan, Suite 300, Spokane WA 99202

Providence Holy Family

Hospital Campus509-252-1977

212 East Central, Suite 245, Spokane WA 99208

Providence Medical Park.....509-944-8920

16528 East Desmet Court, Suite A2200

Spokane Valley WA 99216

www.phc.org



Providence Orthopedics

& Sports Medicine has a team of orthopedic surgeons to care for your bones, joints, ligaments, tendons, muscles and nerves, and an in-office x-ray for fracture care. Orthopedic technicians will cast and provide medical equipment on site. Together, surgeons, physician assistants, occupational therapists offer surgical and non-surgical options for treating your orthopedic needs. PLEASE SEE OUR AD ON THE BACK COVER.

Clinics Providing Reduced Fee Services

Christ Clinic509-325-0393

2709 West Boone Avenue, Spokane WA 99201

www.christclinic.org

Provides primary medical care for the uninsured population on a sliding fee scale.

Community Health Association of Spokane (CHAS) Clinics

www.chas.org

Denny Murphy Clinic509-444-8200

1001 West 2nd Avenue, Spokane WA 99201

Maple Street Clinic.....509-444-8200

3919 North Maple Street, Spokane WA 99205

Market Street Clinic509-444-8200

5921 North Market Street, Spokane WA 99208

North County Clinic 509-444-8200

401 South Main, Deer Park WA 99006

Perry Street Clinic 509-444-8200

817 South Perry Street, Spokane WA 99202

Spokane Urgent Care 509-434-1990

5901 North Lidgerwood, Suite 126, Spokane WA 99208

Valley Urgent Care 509-444-8200

1502 North Vercler Road, Spokane Valley WA 99216

CHAS provides comprehensive affordable healthcare services to the insured, uninsured, and persons on Medicare and Medicaid. For those who do not have insurance CHAS will bill a flat fee, similar to a co-pay, for each medical visit.

Health, Education and Social Services

We are fortunate to have the quantity and quality of health, education, and social services available in this area.

ADULT DAY HEALTH/ DAY SERVICES

Adult day health services provide social and recreational opportunities, as well as some therapies and health services. A secondary benefit of adult day services is caregiver respite.

Martin Luther King Jr. Family Outreach Center

East Central 509-868-0856

500 South Stone Street, Spokane WA 99202

mlkspokane.org/?page_id=53

The Adult Day Center provides assistance to eligible individuals within a recreational setting.

Providence Adult Day Health 509-482-2475

6018 North Astor, Spokane WA 99208

www.phc.org

Providence Adult Day Health is

a structured day program to

provide caregivers respite and nursing, rehabilitation, case management and activities for loved ones. Customers say there is significant improvement in mood, physical health, sociability and interest in leisure activities as a result of program participation. PLEASE SEE OUR AD ON THE BACK COVER.



Washington Information Network

(WIN) 211

Provides information and assistance on a variety of resources throughout Washington.

ADVOCACY

Advocates understand regulations, handling bureaucracy, and defending human rights. If you need someone on your side for any reason, these groups can help.

CarePatrol 509-795-6685

1104 West Wellesley Avenue

Spokane WA 99205



CarePatrol is a resource, free to

Seniors, that helps them and their loved ones find care options including assisted living, independent living, memory care, in-home care, and nursing homes. Our services help Seniors meet their financial, personal, and geographic needs.

Human Rights Commission 800-233-3247

..... **TTY 800-300-7525**

711 South Capitol Way, Suite 402

PO Box 42490, Olympia WA 98504-2490

www.hum.wa.gov

Information on discrimination regarding housing, public accommodations and employment issues. Accepts complaints.

Spokane District Office

(Human Rights Commission) 509-568-3196

1330 North Washington Street, Suite 2460

Spokane WA 99201

Long Term Care Ombudsman

Spokane 509-456-7133

..... **800-660-7133**

Promotes and protects the rights of residents in a care setting.

CASE MANAGEMENT

Case management functions include a comprehensive needs assessment, service plan development, plan management, and monitoring. Supportive functions include advocacy, assistance consultation, family support, crisis intervention, and follow-up. Case management enables seniors to compare their long-term care needs with what is available – the goal being to live in the least restrictive environment possible, while obtaining necessary care.

The appropriateness of services for clients can be continually assessed through ongoing follow-up. This benefits the client by ensuring quality care and serves as a cost-control measure for the public.

CLOTHING

Clothing Banks

The following agencies maintain clothing banks. Call for hours of operation.

Cheney Emergency Food Bank

and Clothing Exchange 509-235-2325

100 Anderson Road, Cheney WA 99004

Mission Community Outreach Center 509-536-1084

1906 East Mission Avenue, Spokane WA 99202

4mission.org • mcoc.spokane@gmail.com

Our Place Community Ministries 509-326-7267

1509 West College Avenue, Spokane WA 99201

Peaceful Valley Community Center 509-624-8634

214 North Cedar Street, Spokane WA 99201

Spokane Valley Partners
(Spokane Valley Food Bank) **509-927-1153**
 10814 East Broadway Spokane Valley WA 99206
Union Gospel Mission **509-535-8510**
 1224 East Trent, Spokane WA 99202
 Provides free clothing for men in need.

Washington Information Network (WIN) **211**
 Information and referral for community services located throughout Washington.

Clothing Catalogs for Special Needs

Buck and Buck **800-458-0600**
 www.buckandbuck.com

Clothing Donations

Goodwill Drop-off Locations
Downtown Spokane **509-838-4246**
 202 East Third Avenue, Spokane WA 99202
East Spokane – Outlet..... **509-279-2916**
 1406 East Front Avenue, Spokane WA 99202
South Spokane **509-321-0478**
 **509-891-7303**
 2927 East 27th Avenue, Spokane WA 99223
 3209 East 57th Avenue, Spokane WA 99223

Spokane Valley..... **509-928-4032**
 13721 East Sprague Avenue, Spokane Valley WA 99216
 Visit www.discovergoodwill.org/donate/ for more information.

Salvation Army Donation Centers
Spokane..... **509-325-6805**
 2020 North Division Street, Spokane WA 99207
Spokane Valley..... **509-928-9970**
 11211 East Sprague Avenue, Spokane Valley WA 99206
www.salvationarmyusa.org

Clothing Resale Shops/Thrift Stores

Corbin Senior Center **509-327-1584**
 827 West Cleveland, Spokane WA 99205

Goodwill Thrift Store Locations
Downtown Spokane **509-838-4246**
 202 East 3rd Avenue, Spokane WA 99202
East Spokane – Outlet..... **509-279-2916**
 1406 East Front Avenue, Spokane WA 99202
North Spokane **509-466-2012**
 9832 North Nevada Street, Spokane WA 99218
South Spokane **509-321-0478**
 2927 East 27th Avenue, Spokane WA 99223
Spokane Valley..... **509-928-4032**
 13721 East Sprague Avenue, Spokane Valley WA 99216

Salvation Army Thrift Stores
Spokane..... **509-325-6805**
 2020 North Division Street, Spokane WA 99207
Spokane Valley Bargain Center **509-928-9970**
 11211 East Sprague Avenue, Spokane Valley WA 99206
Union Gospel Mission Thrift Stores
Spokane..... **509-326-3316**
 301 West Boone, Spokane WA 99201
Spokane Valley..... **509-927-5905**
 12205 East Sprague Avenue, Spokane WA, 99206
Value Village Thrift Stores
Spokane..... **509-325-2569**
 708 West Boone, Spokane WA 99201
Spokane Valley..... **509-921-7889**
 13112 East Sprague, Spokane Valley WA 99216

COUNSELING

Also see *Mental Health* on page 84.

Emergency Counseling

Crisis Hotline – First Call for Help
Frontier Behavioral Health..... **877-266-1818**
 Confidential, 24-hour crisis and information telephone service.

Reduced Fee Counseling Services

Christ Clinic **509-325-0393**
 Counseling provided on a sliding fee scale to patients.
St. Joseph Family Center..... **509-483-6495**
 1016 North Superior, Spokane WA 99202
 St. Joseph Family Center, a non-profit, provides counseling, spirituality, retreats, and healing arts, in order to promote inner growth.

DENTAL

Also see *Dental in Chapter 4, on page 81* for additional information.

CHAS Health **509-444-8200**
chas.org

CHAS Health has multiple clinics providing dental services with some of the best dentists and dental hygienists in the Inland Northwest. Dental services include routine exams and cleanings, root canals, extractions, crowns, and emergency appointments. Call us today to schedule your next dental visit! PLEASE SEE OUR AD ON PAGE 76.



Spokane District Dental Society..... **509-838-0436**
 23403 East Mission Avenue, Liberty Lake WA 99019
 This society refers patients to American Dental Association members. Call for information on their senior citizen program.

Washington Denturists Association.....800-680-9255

www.wadenturist.com

Referrals to denturists are provided.

Washington Department of Health Services Medical Assistance Customer Service Center800-562-3022

Provides referrals to dentists that will accept medical coupons.

DISABILITIES

Although substantial help exists for seniors dealing with handicaps and disabilities, a major concern is the lack of consciousness about living as an impaired individual.

Department of Social and Health Services (DSHS) - Division of Developmental Disabilities (DDD)509-329-2900

1611 West Indiana Avenue, Spokane WA 99205

Assists developmentally disabled persons and their families to obtain services and support based on the preferences, capabilities and needs which promote everyday activities, routines and relationships common to most people.

Arc of Spokane509-328-6326

320 East 2nd Avenue, Spokane WA 99202

Assists the developmentally disabled to achieve as much independence as possible. Provides advocacy, education and support to developmentally disabled individuals, families and the community.

Department of Social and Health Services (DSHS) Division of Vocational Rehabilitation.....509-363-4700

.....877-501-2233
..... TTY 711

1313 North Atlantic, Suite 1000, Spokane WA 99201

Serves people with a physical, emotional or mental disability impairing employment.

Washington Assistive Technology Act Program (WATAP)800-214-8731
..... TTY 866-866-0162

watap.org

Serves Washington residents of all ages with disabilities of all types, their families, employers and employment service providers, educators, health care and social service providers, and other persons who are seeking information about assistive technology (AT) and accessible information technology.

ELDER ABUSE

Protection and emergency support is extended to the elderly who have been neglected, exploited, abandoned or abused.

Adult Protective Services

Department of Social and Health Services APS Intake Line1-877-734-6277

1330 North Washington Street, Suite 3000
Spokane WA 99201

www.dshs.wa.gov/altsa/reportadultabuse

Adult Protective Services investigates allegations of abuse, neglect, and exploitation against vulnerable adults who are either in their own homes or in a licensed facility. If you



suspect abuse, neglect, or exploitation call the number above. If you are in immediate danger, call 911.

National Committee for the Prevention of Elder Abuse

www.preventelderabuse.org

The mission of the NCPEA is to prevent abuse, neglect and exploitation of older adults through research, advocacy, awareness, interdisciplinary exchange and coalition building.

Residential Care Services –

Complaint Line800-562-6078
..... TTY 800-737-7931

Report abuse, neglect, misappropriation, exploitation, or nurse-delegation issues in a nursing home, adult family home, or boarding/assisted living.

EMERGENCY RESPONSE

Make sure you know how to reach help or how to be contacted when a loved one needs help. Also see your local yellow pages.

Fire/Police/Ambulance911
Poison Control Center800-222-1222
..... TTY 711

EMPLOYMENT SERVICES

AARP Foundation Worksearch Assistance ...509-325-7712

www.aarpworksearch.org

Job search help through education, training and assistants that work with individuals on job searches.

Department of Social and Health Services (DSHS) – Division of Vocational Rehabilitation.....509-363-4700
.....877-501-2233
..... TTY 711

1313 North Atlantic, Suite 1000, Spokane WA 99201

Serves people with a physical, emotional or mental disability impairing employment.

Equal Employment Opportunity Publications

www.eop.com

WorkSource Spokane

Job Seeker509-532-3120
Business Outreach509-532-3186

130 South Arthur Street, Spokane WA 99202

www.workspokane.org or www.go2worksource.com

Services include free job search, access to updated job openings, counseling and referrals for other programs.

END-OF-LIFE CARE/HOSPICE

End-of-Life Care

Comfort Keepers.....509-484-2345

Fax: 509-483-2475
www.spokane-246.comfortkeepers.com
www.interactivecaregiving.com

PLEASE SEE OUR AD ON PAGE 42.

Providence Palliative Care Services509-455-3854

101 West 8th Avenue, Spokane WA 99204
www.phc.org



The Palliative Care team encourages conversations including people and their support systems to make sure care choices support their own goals as a routine part of primary care before people are too sick to indicate the care they might need. PLEASE SEE OUR AD ON THE BACK COVER.

Hospice

Hospice helps the terminally ill patient and the patient's loved ones cope with the physical, emotional, psychological, and spiritual distress of life-threatening illness and the final stages of life. Hospice care emphasizes the principles of death and dignity; it focuses on palliative rather than curative care; an individual's control over life; and elimination of isolation in dying. Services are usually provided in the home. Medicare covers hospice care provided by a Medicare-approved hospice program if the patient is eligible for Medicare Part A, and has been certified as terminally ill with a life expectancy of six months or less.

Horizon Hospice509-489-4581

608 East Holland AvenueSpokane WA 99218

For almost 25 years, **Horizon Hospice** has been committed to the conviction that God treasures human life to the last breath. **According to Medicare, Horizon is the #1 Hospice Care provider in Spokane County.** 100% covered by Medicare, Medicaid and most insurance policies. Visit www.horizonhospice.com for help with serious and terminal illnesses. *Remember, Don't just say hospice, say **Horizon Hospice**.* PLEASE SEE OUR AD ON THIS PAGE.



Hospice of Spokane509-456-0438

Toll Free888-459-0438

121 South Arthur; PO Box 2215, Spokane WA 99210-2215
www.hospiceofspokane.org



Spokane's only nonprofit hospice since 1977, we strive to alleviate suffering while honoring the dignity of the terminally ill. Care is provided by physicians, nurses, medical social workers, nurse aides, spiritual and bereavement counselors, and trained volunteers. Grief counseling available at no charge. No one is turned away for inability to pay. PLEASE SEE OUR AD ON PAGE 54 AND OUR ARTICLE ON PAGE 74.

Hospice Information and Resources

Hospice Foundation of America.....202-457-5811

www.hospicefoundation.org

National Hospice and Palliative Care Organization Helpline877-470-6472

www.nhpco.org

Provides consumer information on hospice care. Offers assistance with palliative and local hospice care contacts.

ENVIRONMENTAL HEALTH

Environmental Protection Agency (EPA).....www.epa.gov

Federal government agency responsible for controlling environmental pollution.

National Pesticide Information Center800-858-7378

Oregon State University
310 Weniger Hall, Corvallis OR 97331-6502
npic.orst.edu

Unbiased agency that provides objective, scientific information about pesticides, emergency treatment information and referral and the effect specific pesticides have on the environment.

Spokane Regional Health District509-324-1500

1101 West College Avenue, Spokane WA 99201

Deals with issues pertaining to drinking water, food safety, school safety, septic systems, solid waste, animal insect bites and diseases, public swimming pools, and spas, with a focus on minimizing hazards that would affect public health.



Your #1 Hospice CARE Provider.

Time is EVERYTHING With Horizon Hospice.
From QUICKLY responding when first called, to spending MORE Time each visit. We are the Number 1 Hospice CARE provider. And caring for your loved one is our greatest honor. So thank you!

Not ready for Hospice?
Consider longer term Palliative Care from Horizon Hospice.

Don't just say hospice, say Horizon Hospice.



HORIZON
HOSPICE & PALLIATIVE CARE
HorizonHospice.com • 509-489-4581

FOOD AND NUTRITION RESOURCES

Greater Spokane County Meals on Wheels 509-924-6976

12101 East Sprague Avenue, Spokane Valley WA 99206
www.gscmealsonwheels.org

Greater Spokane County Meals on Wheels serves lunchtime meals to seniors aged 60 and over throughout all of Spokane County. We provide home delivered meals or meals at one of our 12 Silver Café meal sites. Call (509) 924-6976 or visit www.GSCMealsOnWheels.org for more information.



Food Banks/Pantries

Please contact individual food banks for specific hours of operation and eligibility requirements.

Caritas Outreach Ministries 509-326-2249

By appointment only.

Cheney Emergency Food Bank 509-235-2325

East Central Community Center – ECCO Food Bank 509-625-6699

ECCO Food Bank is a food pantry serving zip codes 99202 and 99212 (west of Park Rd.) Food pantry service hours: Monday through Friday: 8:30 am - 12 pm; 1 pm - 4:30 pm; appointments preferred. Make sure you check by calling the food pantry to confirm that they still are in operation and to check on the hours.

Family Health Hotline 800-322-2588

Statewide hotline that provides information about local food programs and food bank resources throughout Washington state.

The GreenHouse Community Center (Deer Park)..... 509-276-6897

Serves zip codes 99006 and 99110. Grocery Rescue available to anyone.

Our Place Community Ministries..... 509-326-7267

1509 West College Avenue, Spokane WA 99201

Peaceful Valley Community Center 509-624-8634

214 North Cedar Street, Spokane WA 99201

Salvation Army Food Bank..... 509-325-6810

222 East Indiana Avenue, Spokane WA 99207

Serves all zip codes.

Spokane Valley Partners (Spokane Valley Food Bank) 509-927-1153

10814 East Broadway, Spokane Valley WA 99206

Serves Greater Spokane Valley/East Spokane County zip codes.

Valley 4th Memorial Church Food Pantry 509-924-4525

Food Education

FDA Center for Food Safety and Applied Nutrition (CFSAN) 888-723-3366

Greater Spokane County Meals on Wheels 509-924-6976

12101 East Sprague Avenue, Spokane Valley WA 99206
www.gscmealsonwheels.org

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Washington State University Extension Food Safety Program foodsafety.wsu.edu

The Basic Food Program (Quest Card)

The Basic Food Program (formerly known as the Food Stamp Program) is a federally funded service that provides a supplemental food budget for low-income individuals. Applications are available online or at your local Department of Social and Health Services (DSHS) – Community Service Office. For assistance call 877-501-2233, TTY 800-209-5446 or 711.



Be a part of something Greater.

For over forty years, **Greater Spokane County Meals on Wheels** has helped provide fresh made meals from our local kitchen, companionship and eyes-on wellness checks and a connection to other senior services.

Our mission is to help seniors stay independent and in the home they love.



Meals on Wheels
Greater Spokane County

GSCMealsonWheels.org • 509-924-6976



Home Delivered Meals

Meals-on-Wheels helps maintain and/or improve the health status of older persons, support independence, prevent premature institutionalization, and allow early discharge from hospitals, skilled nursing facilities, or other residential care facilities. Call for information on the areas served.

Mid-City Concerns Meals on Wheels 509-747-3257

1222 West 2nd Avenue, Spokane WA 99201

Home delivered meals are available for those who are essentially homebound and having a difficult time preparing nutritious meals.

HEALTH EDUCATION

Inland Northwest Health Services (INHS) 509-232-8138

www.inhs.info

Provides a wealth of education and resources including, but not limited to diabetes education, health and wellness classes, CPR classes and health screenings.

Spokane Regional Health District (SRHD) – Healthy Communities 509-324-1500

1101 West College Avenue, Spokane WA 99201

Provides information and referral for: cancer screening, injury prevention (including senior falls prevention), physical activity, nutrition, tobacco prevention and other services that promote and protect the health and safety of Spokane County citizens.

HEALTH SCREENING AND GERIATRIC ASSESSMENTS

As you age, you may experience sudden or gradual changes in your body. Regular assessments are one of the best ways to deal with health challenges. The following contacts can help find times and locations for various types of health screening including blood pressure, cholesterol and diabetes.

Corbin Senior Center 509-327-1584

827 West Cleveland, Spokane WA 99205

Blood pressure and hearing screenings are offered.

Martin Luther King Jr. Community Center East Central 509-868-0856

500 South Stone Street, Spokane WA 99202

Blood pressure checks, hearing screenings, and glucose checks are available throughout the year. The center also provides fall risk assessments.

Greater Spokane County Meals

on Wheels 509-924-6976

12101 East Sprague Avenue, Spokane Valley WA 99206

www.gscmealsonwheels.org

Greater Spokane County Meals on Wheels serves lunchtime meals to seniors aged 60 and over throughout all of Spokane County. We provide home delivered meals or meals at one of our 12 Silver Café meal sites. Call (509) 924-6976 or visit www.GSCMealsOnWheels.org for more information. PLEASE SEE OUR AD ON PAGE 63.



Mid-City Senior Center 509-747-3257

1222 West 2nd Avenue, Spokane WA 99201

Nursing students come once a week to check blood pressures and sugar levels.

Spokane Valley Senior Center 509-926-1937

2426 North Discovery Place, Spokane Valley WA 99216

Check with the center about upcoming hearing screenings and blood pressure checks.

HOME CARE AND HOME SUPPORT SERVICES

Housekeeping tasks, bathing and daily living tasks, meal preparation, shopping, laundry, escorted transportation, minor repairs, and companionship are offered in personal care services.

*For additional resources, please see **Home Care and Home Support Services in Chapter 2, on page 41.***

Aging & Long Term Care of Eastern Washington (ALTCEW) 509-960-7281

1222 North Post Street, Spokane WA 99201

action@altcew.org

www.altcew.org



Aging & Long Term Care of Eastern Washington is a social service agency that helps older adults and adults living with disabilities stay in their homes as they age in Spokane, northern Ferry, Stevens, Pend Oreille, and Whitman counties. As an Area Agency on Aging we provide services such as case management for people needing a caregiver, information and referrals, answers to questions about Medicare and Medicaid, and more. Our goal is to promote well-being, independence, dignity, and choice for all individuals we serve. PLEASE SEE OUR AD ON PAGE 39.

Care to Stay Home 509-340-1359

12810 East Nora Avenue, Suite A, Spokane Valley WA 99216

www.caretostayhomespokane.com

We don't have to be the biggest, we do have to be the BEST!

Everyone's 1st Choice In-Home Care! Only the finest, most experienced, and trusted caregivers are hand selected to work with our clients, because our clients deserve the very best! We will provide care from 3 to 24 hours per day.



Comfort Keepers.....509-484-2345

Fax: 509-483-2475

www.spokane-246.comfortkeepers.com

www.interactivecaregiving.com

At Comfort Keepers, you can trust us to honor, respect, and care for you or your family member. Our services are 100% guaranteed as we select our caregivers through a process of careful screening. We expertly create a customized care plan to meet your family's needs, and transform daily activities into enriching moments, no matter where you call home. PLEASE SEE OUR AD ON PAGE 42.



Family First Senior Care, Inc.509-326-5525

705 West 7th Avenue, McCauley Hall, Suite B,
Spokane WA 99204

Our Award-Winning Home Care and Care Management Services are tailored to you and your loved one's needs. We specialize in Nurse and Social work led Professional Care Management, Licensed Counseling, Home Care Services and Placement. Home Care Services include: Post hospital care, light house-keeping, meal preparation, transportation, up to and including 24-hour care. Our expertly trained aides keep you informed every step of the way. We are Here to Help. PLEASE SEE OUR AD ON PAGE 42.



Havenwood Caregiving Services509-535-1546

303 East Wellesley Avenue, Spokane WA 99207

Fax 509-535-4635

havenwoodhomecare.com

info.spokane@havenwoodhomecare.com

Our compassionate and dependable caregivers help seniors remain independent in their own home. We have a team of caring and qualified care managers to oversee and make certain the care provided is exactly what is needed.



Love In Home Senior Care509-474-0663

1520 West Garland Avenue,
Spokane WA 99205

www.loveinhomeseniorcare.com



**Providence St. Joseph's Care Center
& Transitional Care Unit.....509-474-5678**

17 East 8th Avenue, Spokane WA 99202

www.phc.org

Providence St. Joseph's Care Center provides care for those transitioning from hospital to home and long-term residents who are disabled or elderly who require full-time support. The Transitional Care Unit staff care for orthopedic, cardiac, or neurological conditions by skilled nurses and therapy staff. PLEASE SEE OUR AD ON THE BACK COVER.



Senior Helpers

Spokane.....509-922-4333

North Idaho.....208-664-2500

511 South Pine Street, Suite D, Spokane WA 99202

www.seniorhelpers.com/spokane

www.seniorhelpers.com/north-idaho

Senior Helpers has become one of the most trusted providers of in-home care services. Thanks to our responsiveness, dependability, and personalized care, Senior Helpers is committed to ensuring better quality of life for your loved one and peace of mind for your family. Let us create a customized care plan that matches your needs, whether it's one to 24 hour care, so that you or your loved one remains safe and independent at home. PLEASE SEE OUR AD ON PAGE 53.



Total Care, Inc.509-368-9252

Total Care, an Aveanna company, is a state-certified, bonded, and insured home health care agency. We are dedicated to providing quality care and a safe environment. We offer choices, security, and confidentiality in your own home, and our services are available as needed or around the clock. PLEASE SEE OUR AD ON PAGE 7.



HOME HEALTH CARE

Home health care services are available to those who have difficulty leaving home and need skilled services such as nursing or physical therapy. A physician's order is required before providing care.

For more information please see **Chapter 2, Home Health Care on page 42.**

Providence Visiting Nurses

Home Health509-534-4300

1000 North Argonne Road, Spokane WA 99212

Providence VNA Home Health provides a focus on teaching and support of patients' caregivers and family, recognizing their importance in the healing process. The oldest provider of skilled home health care, VNA Home Health serve individuals such as post-surgical care, chronic conditions such as heart failure, diabetes or Parkinson's disease. PLEASE SEE OUR AD ON THE BACK COVER.



HOUSEKEEPING

Total Care, Inc.509-368-9252

Total Care, an Aveanna company, is a state-certified, bonded, and insured home health care agency. We are dedicated to providing quality care and a safe environment. We offer choices, security, and confidentiality in your own home, and our services are available as needed or around the clock. PLEASE SEE OUR AD ON PAGE 7.



IMMIGRATION SERVICES

With a wider variety of ethnic groups, integrating differences in our community is an opportunity.

- United States Citizenship and Immigration Services (USCIS)**..... **800-375-5283**
- US Committee for Refugees and Immigrants**..... **703-310-1130**
- www.refugees.org
- World Relief** **509-484-9829**
- 1522 North Washington Street, Suite 200,
Spokane WA 99201

IMMUNIZATIONS

- Martin Luther King Jr. Family Outreach Center
East Central Community Center**..... **509-868-0856**
- 500 South Stone Street, Spokane WA 99202
mlkspokane.org/?page_id=53
- 500 South Stone Street, Spokane WA 99202
- Mid-City Senior Center** **509-747-3257**
- 1222 West 2nd Avenue, Spokane WA 99201
- Provides flu shots during flu season. Contact the center for scheduled dates and times.
- Spokane Valley Senior Center** **509-926-1937**
- 2426 North Discovery Place, Spokane Valley WA 99216
- Flu shots available during flu season. Contact the center for scheduled dates and times.

MEDICAL EQUIPMENT AND SUPPLIES

Medical equipment and supplies can be costly, so it's important to shop around and understand the benefits and limitations of your insurance coverage. Sometimes you can save money by purchasing used equipment, but inspect it before buying.

MEDICAL OR SAFETY ALERT

“EMS – No CPR” Directive or No Code Form: This document signals emergency professionals to not perform CPR. Forms are available from physicians’ offices, hospitals, and hospice or home health organizations.

MEDICATION MANAGEMENT

- Comfort Keepers**..... **509-484-2345**
- Fax: 509-483-2475
www.spokane-246.com/comfortkeepers.com
www.interactivecaregiving.com
- PLEASE SEE OUR AD ON PAGE 42.
- Sixth Avenue Medical Pharmacy**..... **509-455-9345**
- 508 West 6th Avenue, Spokane WA 99204
6avenuepharmacy@gmail.com
www.sixthavenuepharmacy.com

OUTREACH PROGRAMS

- Spokane County Library District
Outreach Program**..... **509-444-5300**
- Homebound seniors and others confined to the home for three or more months due to illness or disability may receive library books, magazines, CDs, computer software, music and audio books by mail. Open to Spokane County residents living outside of the Spokane city limits.
- Spokane Public Library
Outreach Services** **509-444-5332**

Homebound seniors and the disabled who have been incapacitated for at least three months are eligible for library service by mail. Homebound customers only pay return mail cost at the library rate. Items are mailed free to the visually impaired.

PHARMACY SERVICES

Often, medication becomes a medium by which you can sustain your quality of life as you age. Because of the increasing number of medications taken by older people, the statistics of prescription drug misuse are continuing to soar. Establishing a good relationship with your pharmacist will enable him/her to counsel you effectively. Make sure he or she has a record of all medications you are taking and be prepared to ask questions concerning prescriptions.

- The Medicine Shoppe** **509-327-1504**
- 902 West Indiana Avenue, Spokane WA 99205
spokane.medicineshoppe.com
- Valley Mission Homecare Pharmacy** **509-928-6400**
- 12509 East Mission Avenue, Suite 103,
Spokane Valley WA 99216
valleymissionrx.com



Supporting patients with medical supplies, equipment, braces/splints, compression garments, medication, ostomy & urologicals, *and more*. Family-owned since 1974.

Medicare Part D Drug Coverage

Medicare Part D is part of the Medicare Prescription and Drug Modernization Act of 2003. Although it may be beneficial for Medicare recipients to enroll in the Medicare Prescription Drug Plan, IT IS NOT A REQUIREMENT. For seniors who choose not to enroll in Medicare Part D now, the premium increases 10 percent annually from their original eligibility date. Some seniors may qualify for extra help to reduce their prescription costs with the Medicare Part D Plan. Find out more about eligibility and qualifications by calling Medicare Customer Service at 800-633-4227 or by accessing information online at www.benefitscheckup.org.

Some plans may offer more coverage for a higher premium. However, you should always read the fine print to decide if the options are right for you.

Medication Information and Services

- AARP Pharmacy Services**..... **800-289-8849**

Benefits Check Up RX.....www.benefitscheckup.org

Use this service to access public and private programs for prescription drug savings. Provides assistance in choosing programs, and enrollment.

Food & Drug Administration888-463-6332

www.fda.gov

Reports safety warnings and recalls for products regulated by the FDA. The website also contains free newsletters.

Together RX Access Program800-444-4106

www.togetherrxaccess.com

Save on many prescription drugs at different locations. For persons who have no public or private insurance and are not eligible for Medicare.

REHABILITATION SERVICES/ PHYSICAL THERAPY

Most rehabilitation therapy services help you recover a loss of function following a disease or injury. Licensed by the State of Washington or certified by a national association, qualified therapists often work closely with highly-trained assistants. Treatment can be provided in a facility or in the home depending on the patients mobility.

Occupational Therapists focus on purposeful, real-life activity to restore independence in self-care, work and leisure. Many older clients requiring physical therapy have experienced serious disabling conditions, such as strokes or hip fractures. The therapist's goal is to help patients regain strength, flexibility, balance, and as much independence as possible.

Physical Therapists use special exercises and physical agents such as heat, cold, and ultrasound to build strength, restore lost physical abilities, control pain, and promote healing. Physical therapists often help people regain functional activities like the ability to walk.

Respiratory Therapists specialize in helping people with breathing problems through assessment, communication with physicians, administration of medications, teaching breathing techniques, and assistance with ventilators. Respiratory therapists work with a health care team to restore patients to the fullest possible physical recovery.

Speech Pathologists work with swallowing problems and speech difficulties. Therapists can determine if a person who has trouble swallowing can eat safely, work on how to decrease the risk of choking, and provide appropriate treatment to improve swallowing. Speech therapists also help clients with aphasia (inability to use language) and dysarthria (inability to produce intelligible speech), problems associated with strokes.

Buena Vista Healthcare.....509-684-4539

151 Buena Vista Drive, Colville WA 99114

Fax: 509-685-0582

buenavistahealthcare.com

PLEASE SEE OUR AD ON THE INSIDE FRONT COVER.



Royal Park Health and Rehabilitation509-489-2273

7411 North Nevada Street, Spokane WA 99208

Fax: 509-482-3041

royalparkhealthandrehab.com

PLEASE SEE OUR AD ON THE INSIDE FRONT COVER.

St. Luke's Rehabilitation Medical Center

Main Campus509-473-6000

711 South Cowley Street, Spokane WA 99202

www.choosestlukes.org

As the region's only Level I Trauma Rehabilitation hospital, Joint Commission & CARF accredited, and largest therapy provider, St. Luke's offers the most complete set of inpatient and outpatient programs and services. Find out why others are choosing St. Luke's for therapy.

Whitman Health and Rehabilitation.....509-397-4603

1150 West Fairview Street, Colfax WA 99111

Fax: 509-397-9214

whitmanhealthandrehab.com

PLEASE SEE OUR AD ON THE INSIDE FRONT COVER.

Additional Consumer Resources

Department of Social and Health Services (DSHS) –

Division of Vocational Rehabilitation.....509-363-4700

.....877-501-2233

..... TTY 509-329-3719

1313 North Atlantic, Suite 1000,
Spokane WA 99201

Serves people with a physical, emotional or mental disability impairing employment.

National Rehabilitation Information Center ..301-459-5900

www.naric.com

RESPITE

Respite gives in-home assistance to the caregivers, providing a much-needed break. Some retirement homes, skilled nursing facilities, and other groups offer both daytime and nighttime respite care on a private-pay basis.

Elder Services.....509-458-7450

Provides services to unpaid Spokane County caregivers that support them in their caregiving role, including a free twice a month support group.

SHELTERS

House of Charity.....509-624-7821

32 West Pacific Avenue, Spokane WA 99201

This shelter only houses men at night, but men and women are welcome to come during the day for a shower and light breakfast and lunch. The shelter is closed Mondays and Sundays.

National Domestic Violence Hotline.....800-799-7233
.....TTY 800-787-3224

24-hour hotline provides counseling, support, information and referrals to local domestic violence shelters in the community.

Salvation Army

The Salvation Army is the referral resource to all shelters except The Union Gospel Mission shelters.

Family Resource Center.....509-325-6821

Call during business hours.

Homeless Family Emergency Shelter800-810-4434

1403 West Broadway, Spokane WA 99201

Call evenings and weekends.

Units provided are for homeless couples with or without children, or single males and females with children. There may be a waiting list for this 90 day housing.

Union Gospel Mission.....509-535-8510

1224 East Trent Avenue, Spokane WA 99202

This facility provides rescue and recovery services where men can receive food, clothing and shelter.

Union Gospel Mission Crisis Shelter for Women and Children509-535-0486

1515 East Illinois Avenue, Spokane WA 99207

Washington Information Network (WIN).....211

Information and referral for community services located throughout Washington State.

SUPPORT GROUPS

Groups provide opportunities for emotional support, information-sharing, and problem-solving. If the topic you are interested in is not listed in this section, call your local hospital, see page 61 for a list.

*Please also see the additional resources in **Illnesses, Ailments and Prevention, Chapter 4 on page 78** under the topic that interests you.*

Al-Anon Family Group Information & Resources509-456-2125

Alcoholics Anonymous509-624-1442

Support groups are offered 7 days of the week both days and evenings.

Alzheimer's Association Washington State Chapter Serving Washington & Northern Idaho Support Group Information.....800-272-3900

www.alzwa.org/support-groups

American Diabetes Association – Diabetes Support Group Information509-624-7478

Brain Injury Alliance of Washington888-308-6804

Cancer Care Northwest – Support Services.....509-228-1000

Cancer Care Northwest offers a variety of support groups open to all cancer patients and their families. Visit cancercarenorthwest.com to learn more. PLEASE SEE OUR AD ON PAGE 53.



Family Caregiver Support Program - Area Agency on Aging.....509-458-7450

www.dshs.wa.gov/altsa/home-and-community-services/caregiver-resources

The Family Caregiver Support Program provides help and resources for those who provide unpaid care to a senior adult or adult with a disability.

Northwest Parkinson's Foundation Spokane Resource Center.....206-748-9481

1420 East Sprague Avenue, Suite 103, Spokane WA 99202
<https://nwpf.org> • Email: info@nwpf.org

Provides a wealth of information, educational opportunities and support groups. Activities and classes are available for persons, families and caregivers of persons with Parkinson's disease.

Relatives Raising Relatives Support Group/Children's Home Society509-747-4174

Southside Senior & Community Center509-535-0803

Grief and bereavement support groups are available.

Spokane County Brain Injury Support Group509-218-7982

www.biausa.org

St. Lukes Rehab Support Group Hotline509-473-6681

Provides information about ongoing support groups held at St. Lukes, including a stroke and amputee support group.

TRANSPORTATION AND ESCORT

Today, one-fourth of senior citizens aged 75 and older do not drive, and more than 50 million rides are provided to elders needing transportation. Some churches and synagogues also sponsor volunteer transportation.

Catholic Charities Senior Services Volunteer Chore Services.....509-459-6171

12 East 5th, Spokane WA 99202

Volunteers provide transportation for low-income seniors and disabled adults for medical appointments and grocery shopping.



Special Mobility Services, Inc. (SMS) Medicaid Transportation Broker.....509-534-7171

Provides several modes of Medicaid covered transportation for persons on Medicaid who have no other means of transportation. Must make a reservation at least 48 hours ahead.

Spokane Transit Authority (STA)

STA Route and Schedule Information 509-328-7433

Paratransit..... 509-328-1552

..... **TTY 711**

www.spokanetransit.com

Paratransit services are available for qualified people who are disabled, and who, because of the effects of their disabilities, are not able to use the regular Spokane Transit bus service for some or all trips. You must go through an application process, the form is available online. Once accepted, you must reserve transportation in advance through the paratransit number.

Wheelchair Transport..... 509-535-2475

www.wheelchairtransportwa.com

Provides transportation on a sliding fee scale basis to wheelchair bound persons. Does not accept any type of insurance as payment or credit cards.

Long Distance Transportation

Angel Flight West 888-426-2643

www.angelflightwest.org

Volunteer private pilots provide transportation for medical patients in 14 western states.

Corporate Angel Network

Toll Free Patient Line 866-328-1313

..... **914-328-1313**

www.aircarealliance.org

Arranges free transportation to and/or from distant cancer treatment centers via empty seats on corporate aircraft. Financial need is not a requirement.

WEBSITES – HEALTH CARE

HealthFinder www.healthfinder.gov

Guides you to online publications, clearinghouses, data bases, other websites, and support and self-help groups. Government agencies and nonprofit organizations providing reliable information are also listed.

MedicineNet www.medicinenet.com

Information is available on over 550 diseases and conditions. A dictionary with medical terms can be accessed online.

Medline Plus..... www.nlm.nih.gov/medlineplus/

This service of the US National Library of Medicine and the National Institute of Health is a comprehensive site of health information.

RXList –The Internet Drug Index.....www.rxlist.com

RxList is an online medical resource dedicated to offering detailed and current pharmaceutical information on brand and generic drugs. Staff continuously reviews and updates the site with articles written by pharmacists and physicians and data provided by credible and reliable sources like the FDA, Cerner Multum, and First Databank, Inc. to ensure the most accurate and beneficial information is provided.

Caregiving

About 34.2 million Americans have provided unpaid care to an adult age 50 or older in the last 12 months. [Source: National Alliance for Caregiving and AARP. (2015). Caregiving in the U.S.]. The value of services provided by informal caregivers has steadily increased over the last decade, with an estimated economic value of \$470 billion in 2013, up from \$375 billion in 2007. [Source: AARP Public Policy Institute. (2015). Valuing the Invaluable: 2015 Update.]

A vast majority of caregivers (85%) care for a relative or other loved one. Caregiving can be as complex as full-time nursing care or as simple as telephone calls made on a regular basis. Schedule respite breaks regularly with other family members, or call community resources that can help.

CAREGIVER RESOURCES

Alzheimer's Association Washington State Chapter

Serving Washington & Northern Idaho

24/7 Helpline 800-272-3900

www.alz.org/care

Additional Caregiver Resources

AARP 888-687-2277

www.aarp.org

Information and referral for those seeking help in caring for aging parents.

Caregiving www.caregiving.com

A support system for caregivers with a monthly newsletter, tips on how to deal with the stresses of caregiving, and online support groups.

The Eldercare Locator..... 800-677-1116

www.eldercare.acl.gov

This nationwide directory assistance service is designed to help older persons and caregivers locate local and national support resources for aging Americans.

Family Caregiver Alliance (FCA)

National Center on Caregiving 855-227-3640

www.caregiver.org

FCA is the first community-based nonprofit organization in the country to address the needs of families and friends providing long-term care for loved ones at home. The services, education programs, and resources FCA provides are designed with caregivers' needs in mind and offer support, tailored information, and tools to manage the complex demands of caregiving.

National Family Caregiver

Action Network 202-772-5050

2000 M Street NW, Suite 400, Washington DC 20036

www.caregiveraction.org

Information and support for individuals who provide care for others at any state of their lives or with any disease or disability.

Help for Consumers

CONSUMER INFORMATION AND REFERRAL

Attorney General of Washington State

Consumer Resource Center 800-551-4636

ConsumerLine 800-692-5082

www.atg.wa.gov

The Washington State Attorney General's office provides a variety of resources for consumers. ConsumerLine provides a series of pre-recorded consumer topics.

Better Business Bureau (BBB)

Auto Line Program 800-955-5100

Consumer Product Safety Commission

Hotline 800-638-2772

www.cpsc.gov

Product recall and safety information on products, and product safety updates. Call to report hazardous products or product-related injuries. Press 300 for assistance.

Department of Housing and Urban Development

(HUD) Fraud Hotline –

Inspector General Hotline 800-347-3735

Does not provide information. Accepts complaints regarding HUD housing.

The Direct Marketing Association (DMA),

DMA Choice Mail Preference Service (MPS) .. 212-768-7277

www.dmachoice.org

Assists consumers in decreasing unsolicited mail they receive at home. Register with the name-removal file by sending your name, home address and signature. Names remain in the file for five years, after which time you may register again. (No second party requests.) Registration fee is \$1.

Federal Trade Commission –

National Do Not Call Registry 888-382-1222

..... TTY 866-290-4236

www.donotcall.gov

Food & Drug Administration (FDA) 888-463-6332

The FDA regulates a wide range of products, including foods (except for aspects of some meat, poultry and egg products, which are regulated by the U.S. Department of Agriculture); human and veterinary drugs; vaccines and other biological products; medical devices intended for human use; radiation-emitting electronic products; cosmetics; dietary supplements, and tobacco products.

FDA Center for Food Safety and Applied Nutrition,

Outreach and Information Center 888-723-3366

..... TTY 800-877-8339

An automated 24-hour line giving information that can be sent to you. For contact with an individual, call Monday through Friday from 10 am to 4 pm (except they are closed on Thursdays 12:30 pm - 1:30 pm) Eastern Standard Time.



Lemon Law Program 800-541-8898

www.atg.wa.gov/lemonlaw.aspx

National Fraud Information Center www.fraud.org

Website provides information to consumers and accepts consumer complaints regarding telemarketing and internet fraud.

National Funeral Director's Association – Funeral Service

Foundation Message Center 800-228-6332

www.nfda.org

Assistance for consumers and funeral directors in resolving disputes regarding cemetery and funeral service contracts.

Securities and Exchange Commission Office –

Investor Education and Advocacy 800-732-0330

www.sec.gov

Addresses problems and questions about investing. Offers education on fraud awareness. Investment Complaints may be filed through the Securities and Exchange Commission Office.

United States Department of Agriculture (USDA)

Meat and Poultry Hotline 888-674-6854

CONSUMER SELF-PROTECTION

Law enforcement and government regulations cannot fight fraud alone. Currently, the elderly population constitutes a large percent of all victims of health care fraud (especially regarding cures for arthritis, cancer and anti-aging).

Medicare 800-633-4227

..... TTY 877-486-2048

Answers questions and takes quality of care complaints.

Office of the Inspector General

Fraud Hotline 800-447-8477

<http://oig.hhs.gov/fraud/report-fraud>

Call or visit the website to report Medicare Fraud.

Medicare Discharge Appeal Line800-633-4227

Answers questions about discharge appeals, or a Medicare beneficiary that is still hospitalized. If you have been notified that Medicare provided services are about to end, you may contact this number and your case will be reviewed for appeal. An interpreter is available free of charge for most languages.

Washington State Welfare Fraud Hotline.....800-562-6906

IDENTITY THEFT

Identity theft occurs when someone uses another person's information to commit fraud or other crimes. Identity Theft is responsible for the loss of billions of dollars.

Identity Theft Resources

Federal Trade Commission –

Identity Theft Hotline877-438-4338
..... TTY 866-653-4261

ftc.gov/idtheft

Identity Theft Resource Center888-400-5530

www.idtheftcenter.org

Privacy Rights Clearinghouse

Consumer Hotline.....619-298-3396

3033 5th Avenue, Suite 223, San Diego CA 92103

www.privacyrights.org

SWEEPSTAKES FRAUD

The Deceptive Mail Prevention and Enforcement Act prevents false representations on sweepstakes mail.

United States Postal Inspection Service

Fraud Complaint Hotline877-876-2455

Office Serving the Spokane Area:

PO Box 400, Seattle WA 98111-4000 0

postalinspectors.uspis.gov

Handles mail fraud including the violations to the Deceptive Mail Prevention and Enforcement Act. You may submit a complaint online or by mail.

Ferry, Pend Oreille, Stevens and Whitman Counties

INFORMATION AND REFERRAL RESOURCE AGENCIES

Rural Resources Community Action

Adult & Long Term Care Program509-684-3932
.....800-873-5889

Provides residents in Ferry, Pend Oreille, Stevens, and Whitman counties with information and assistance about available programs. Programs include information and assistance, case management, transportation, nutrition and respite care.



HOSPITALS AND MEDICAL CLINICS

HOSPITALS

Ferry County Memorial Hospital509-775-3333

36 Klondike Road, Republic WA 99166

Newport Hospital.....509-447-2441

714 West Pine Street, Newport WA 99156

Whitman Hospital and Medical Center.....509-397-3435

1200 West Fairview, Colfax WA 99111

MEDICAL CLINICS

Cancer Care Northwest – Outreach Clinics

www.cancercarenorthwest.com

Chewelah509-228-1000

410 East King, Chewelah WA 99109

Colville509-228-1000

982 East Columbia Avenue, Colville WA 99114

Moses Lake509-228-1000

1550 South Pioneer Way, Suite 350

Moses Lake WA 98837

Ritzville509-228-1000

210 West Main Avenue, Ritzville WA 99169

In addition to its eight clinics, Cancer Care Northwest has



four outreach clinics in the area. CCNW offers medical, surgical and radiation oncology in a compassionate, healing environment. Our approach combines a team of cancer specialists paired with innovative technology, advanced therapy and support services to treat the whole person. PLEASE SEE OUR AD ON PAGE 53.

HEALTH, EDUCATION, AND SOCIAL SERVICES

CASE/CARE MANAGEMENT

Rural Resources Community Action

Adult & Long Term Care Program509-684-3932
.....800-873-5889

Provides residents in Ferry, Pend Oreille, Stevens and Whitman counties with information and assistance about available programs including information and assistance, case management, transportation, nutrition, and respite care.

CLOTHING BANKS

Assembly of God Church

Sharing House 509-684-4721

516 East Glen, Colville WA 99114

Clothing, household items, bedding, and furnishings.

COUNSELING

Emergency Counseling

NE Washington Alliance Crisis Line

Ferry and Stevens County 877-266-1818

Counseling Services

NE Washington Alliance Counseling Services

Chewelah 509-935-4808

301 East Clay Avenue, Room 201, Chewelah WA 99109

Colville 509-684-4597

165 East Hawthorne Avenue, Colville WA 99114

Republic 844-327-4118

42 Klondike Road, Republic WA 99166

EMPLOYMENT SERVICES

Career Path Services..... 509-684-8859

522 South Main Street, Colville WA 99114

Employment and training program providing assessment/evaluation, training, placement and follow-up services.

Department of Social and Health Services – (DSHS)

Division of Vocational Rehabilitation..... 509-960-1500

956 South Main Street, Suite B, Colville WA 99114

Assists people with disabilities to prepare for, achieve and maintain employment.

Goodwill Industries..... 509-684-6162

168 North Main Street, Colville WA 99114

Job training available.

Rural Resources Community Action

Employment Programs

Stevens, Lincoln and Ferry Counties..... 509-685-6158

..... 800-776-2178

Pend Oreille County 509-550-7049

Whitman County 509-332-1517

www.ruralresources.org/get-help/jobs

WorkSource Colville 509-685-6158

..... 800-451-1549

..... TTY 800-833-6384

956 South Main Street, Suite B, Colville WA 99114

www.wa.gov/esd/ws/colville

Provides a full range of employment and training services for Stevens, Ferry, Pend Oreille, Whitman and Lincoln county residents.

FOOD AND NUTRITION RESOURCES

Food Banks/Pantries

Colville Food Bank 509-684-2971

Council on Aging and Human Services

(Whitman County)..... 509-397-4305

Call for more information about food banks located throughout the Whitman County service area.

Family Food Hotline 888-436-6392

Statewide hotline that provides information about local food programs and food bank resources throughout Washington state.

Kettle Falls Community Chest 509-738-2326

Home Delivered Meals

Rural Resources Community Action

Nutrition Program..... 509-684-3932

..... 800-873-5889

956 South Main Street, Colville WA 99114

Hot meals are delivered by volunteers up to three times weekly. Case managers assess eligibility. Contact the agency about additional information on frozen meals and liquid supplements and how to schedule an assessment.

HEALTH EDUCATION

Northeast Tri-County Health District Clinics

Colville 509-684-5048

..... 800-827-3218

240 East Dominion Avenue, Colville WA 99114

Newport..... 509-447-3131

..... 800-873-6162

605 Highway 20, Newport WA 99156

Republic..... 509-775-3111

..... 800-876-3319

147 North Clark Avenue, Republic WA 99166

Well-adult clinic, dental health screening and education, communicable disease control, and health and nutrition education.

HOME CARE AND HOME SUPPORT SERVICES

Catholic Charities Senior Services – Volunteer Chore Services

..... 509-684-5671

..... 800-428-6825

525 South Main, Suite 1

Colville WA 99114



Volunteer Chore Services is a free, non-medical service performed by volunteers which includes light housekeeping, laundry, essential transportation, shopping, yard work, and snow removal.



Providence DominiCare
In-Home Support Services 509-935-4925

PO Box 1070, Chewelah WA 99109
 www.phc.org



DominiCare is a licensed home care agency serving people living in Stevens, Pend Oreille, Ferry and north Spokane Counties. Services include personal care, meal preparation, housekeeping, laundry, shopping and respite care. PLEASE SEE OUR AD ON THE BACK COVER.

RESPITE

Rural Resources Community Action
Adult & Long Term Care Program 509-684-3932
 800-873-5889

Provides caregiver support for unpaid caregivers of disabled adults ages 18 and older.

SUPPORT GROUPS

Alcoholics Anonymous (Colville) 509-684-3000

TRANSPORTATION AND ESCORT

COAST Transportation 800-873-9996
 509-397-2935

Medicaid transportation broker that provides other transportation for seniors 60+ including volunteer transport to those in need in Whitman County.

Rural Resources Community Action
Transportation Programs..... 509-684-2961
 800-776-9026

The following programs are available:

Dial-a-Ride Services: Local bus service for individuals living within the service areas. Requires a reservation. Call for routes, times, services, and reservations.

Senior Transportation: Weekly transportation to Diner's Choice meal sites and shopping in Republic, Kettle Falls, Colville, Chewelah, and Newport.

VOLUNTEER PROGRAMS

Catholic Charities Senior Services –
Volunteer Chore Services
 509-684-5671
 800-428-6825

525 South Main, Suite 1
 Colville WA 99114



Volunteer Chore Services is a free, non-medical service performed by volunteers which includes light housekeeping, laundry, essential transportation, shopping, yard work, and snow removal.

THE FACTS ABOUT HOSPICE CARE

**By Gina Drummond,
RN, MSN,
Chief Executive Officer
Hospice of Spokane**

All too often, we hear people say they wished they had received hospice care sooner. For many, they did not know how much Hospice of Spokane could help or they had incorrect information about when and how to access hospice care. Some of the most misunderstood facts include:

HOSPICE IS NOT JUST FOR CANCER PATIENTS

Fact: Hospice care is for anyone with a life-limiting illness, regardless of the diagnosis. Many of our patients suffer from heart disease, neuromuscular illness, dementia, as well as cancer.

IF SOMEONE BECOMES A HOSPICE PATIENT, DEATH IS NOT THE ONLY OUTCOME

Fact: Hospice care helps people find meaning and purpose in their lives. Hospice of Spokane encourages a high quality of life so that patients can live as fully as possible, for as long as possible. Support for the family helps everyone savor each moment together.

IT IS NOT TOO EARLY FOR HOSPICE IF THE PERSON FEELS GOOD OR DOESN'T HAVE PAIN

Fact: The best time to begin hospice care is before pain and discomfort begin. An early referral gives the person and their family time to get

to know their hospice team and receive support while planning for the future. A six-month prognosis and desire for comfort care without curative treatment should be all a person needs to receive a referral for hospice services.

HOSPICE CARE DOESN'T MEAN LEAVING YOUR HOME

Fact: Hospice services are provided in the person's home, wherever "home" may be. Family homes, nursing homes, and retirement facilities are just some of the places our patients reside.

HOSPICE IS NOT JUST FOR THE TERMINALLY ILL FAMILY MEMBER

Fact: Hospice care is unique because it is so comprehensive. In addition to patient-focused care, hospice supports the family and loved ones before, during and following death. We relieve families' stress and anxiety through education and counseling. Respite care is also available for caregivers who need an occasional break.

YOUR PHYSICIAN BECOMES PART OF THE HOSPICE TEAM

Fact: We work closely with you and your physician to develop an individualized plan for care. Our staff physician is also available if a patient doesn't have a physician or if a physician home visit is required.



ALL HOSPICE CARE IS NOT THE SAME

Fact: The quality of hospice care can vary dramatically due to expertise and philosophy. Beyond traditional hospice care, some hospices, such as ours, also offer special services to enhance people's end-of-life experiences – such as in-home pet therapy and music therapy.

HOSPICE CARE IS FULLY COVERED BY MOST HEALTH PLANS

Fact: Hospice is one of the most comprehensive, affordable healthcare services available. Medicare, Medicaid and most private insurances cover hospice services without co-pays or deductibles. Visits to the home, medications, equipment and pain-reducing treatments are usually fully covered.

HOSPICE IS NOT JUST FOR THE FINAL DAYS OF LIFE

Fact: One of the most frequent comments we hear from patients is, "I wish we had called you sooner." Patients and families are often surprised by the breadth of physical, emotional and spiritual care they receive from hospice services. With hospice support, families find they are more able to enjoy every day they have together. People with a six-month prognosis and who seek palliative (comfort) care without curative treatments are eligible for renewable hospice services.



Hospice of Spokane is our community's only nonprofit hospice, serving northeast Washington since 1977.

We have cared for thousands of people as a nondenominational agency striving to alleviate suffering while honoring the dignity of patients and families.



*T*here's a difference between finding somewhere you
can stay, and somewhere you never want to leave.

Cottages | Senior Apartments | Assisted Living
Rehabilitation and Skilled Care

To learn more about our community
and services, call (509) 924-6161
or visit www.good-sam.com.



All faiths or beliefs are welcome. 10-G1626

Specialized Care for People 60+

Medical • Dental • Pharmacy • Behavioral Health

We accept Medicare, Medicaid, and private insurances. Call us today to schedule your appointment.

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More than 18 convenient locations in the Inland Northwest.



Choose a Nationally Recognized Hospital – It Matters!

Our two hospitals are nationally recognized for their patient care, meaning that we bring the highest level of care available in the nation right to our own community.

We offer two distinct specialties:



Rehabilitative Care

Rehabilitation Hospital of the Northwest is ranked in the U.S. in the Top 10% for patient care. And we've earned The Joint Commission's Gold Seal of Approval.



REHABILITATION HOSPITAL
OF THE NORTHWEST

We treat patients recovering from:

- Strokes
- Brain injuries
- Spinal cord injuries
- Orthopedic injuries
- And more...



Follow Us



Long-Term Acute Care

Northern Idaho Advanced Care hospital is the first hospital in Idaho to earn The Joint Commission's Gold Seal of Approval for Respiratory Failure.



NORTHERN IDAHO
ADVANCED CARE HOSPITAL

We treat patients recovering from serious illnesses or injuries such as:

- Trauma
- Wound healing
- Infectious diseases
- Acute respiratory failure
- Cardiovascular disease

RHN.ERNESTHEALTH.COM

3372 East Jenalan Ave • Post Falls ID 83854 • 208.262.8700

NIACH.ERNESTHEALTH.COM

600 North Cecil • Post Falls, Idaho 83854 • 208.262.2800

Contents



This chapter touches upon the health issues seniors face today. Ailments, illnesses and prevention is an index of health conditions with a brief description of the condition and the agencies and organizations that are available to provide information, support, education and additional resources both within the community and on a national level.

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Good health and
good sense are two of
life's greatest blessings.

– Publilius Syrus



Illnesses, Ailments and Prevention

If you or a loved one are suffering from an illness or disease, becoming educated about the condition is one of the most important things you can do. When you have gathered information, you can anticipate necessary changes.

Also see **Support Groups in Chapter 3, on page 68.**

ADDICTION

Alcohol and Drug Treatment

Alcohol abuse is a growing risk for vulnerable older adults – especially the lonely and more isolated, and yet, our culture tends to deny this until a crisis emerges. Don't be one of those friends or relatives who look the other way.

**Al-Anon Family Group
Information & Resources 509-456-2125**

1614 West Riverside Avenue, Spokane WA 99201

Support system for families and friends of people with a drinking problem.

Alcoholics Anonymous 509-624-1442

1700 West 7th Avenue, Lower Level 55,
Spokane WA 99204

Support group meetings are available seven days a week, days and evenings. This number can be used to find out times and locations of the meetings.

Community Detox Services of Spokane..... 509-477-4620

312 West 8th Avenue, Spokane WA 99204

Detoxification from alcohol and drug use with a stay of five days. Referrals are provided to substance abuse providers for additional treatment.

**National Clearinghouse for Mental and
Substance Abuse Disorders..... 877-726-4727**
..... TTY 800-487-4889

www.samhsa.gov

Provides a wealth of information and resources.

**US Department of Health and Human Services –
Abuse Treatment Locator 800-662-4357**
..... TTY 800-487-4889

findtreatment.samhsa.gov

Narcotic Addiction Support Groups

**Northeast Washington Area of Narcotics Anonymous
24 Hour Helpline & Meeting Information..... 509-325-5045**

www.newana.org • Email: info@newana.org

Gambling

Gamblers Anonymous of Spokane 509-251-6997

Problem Gamblers Helpline 800-547-6133

Overeating

Overeaters Anonymous..... 509-328-9972

AIDS/HIV

See **HIV/AIDS on page 83.**

ALLERGIES

Your sensitivity to food, the environment, or medications can create havoc if undiagnosed and untreated. Allergies can also mask or simulate other chronic conditions. Often, you will need to be tenacious about finding answers and methodologies to combat these conditions.

Asthma & Allergy Foundation of America.... 800-727-8462

www.aafa.org

Food Allergy and Anaphylaxis Network..... 800-929-4040

www.foodallergy.org

ALZHEIMER'S DISEASE

Alzheimer's is one of the most common causes of dementia affecting more than five million people in this country.

For information about residential facilities that offer Alzheimer's care, please see **Memory Care Communities in Chapter 2 on page 45.**

Alzheimer's Association Washington State Chapter Serving Washington & Northern Idaho

Regional Office.....509-456-0456
24/7 Helpline.....800-272-3900

www.alz.org/alzwa

Dementia Care Solutions.....509-443-4985

620 N Argonne Rd, Suite 2
Spokane Valley, WA 99212
Fax 509-309-3749
www.dementiacaresolutions.com



Dementia Care Solutions is Spokane's only specialized dementia care resource. Our Positive Approach to Care model is the newest and best in the industry and offers a unique approach to dementia/alzheimers care. We are a small group locally owned and operated. Our specialty is dementia but we provide services to anyone who needs help in their home. Services include but are not limited to transportation, light housekeeping, laundry & linen services, personal care (bathing, incontinence care, dressing), and medication reminders. Our dementia care consultant and trainer is available to answer any of your dementia related questions! PLEASE SEE OUR AD ON PAGE 106.

Additional Resources

Alzheimer's Disease Education

and Referral Center.....800-438-4380

Email: adear@nia.nih.gov

Alzheimer's Foundation of America.....866-232-8484

322 8th Avenue, 7th Floor, New York NY 10001
www.alzfdn.org

The Alzheimer's Foundation of America offers nationwide hotline counseling and referrals to member organizations and other hands-on support services.

The Alzheimer's Store.....800-752-3238

www.alzstore.com

Free catalog with products for people with Alzheimer's and those that care for them.

AMYOTROPHIC LATERAL SCLEROSIS (ALS OR LOU GEHRIG'S DISEASE)

Amyotrophic lateral sclerosis is a progressive degeneration of the nerve cells in the brain and spinal cord that control your voluntary muscles. People may lose the ability to speak, eat, move and breathe.

Amyotrophic Lateral Sclerosis

Association.....800-782-4747

www.alsa.org

Evergreen Chapter.....866-786-7257

webwa.alsa.org

Focusing on patient support, education, and up-to-date information to the ALS community.

ARTHRITIS

Arthritis is America's number one crippling disease and affects millions of people ages 55 and older. A chronic disease, it is characterized by inflammation of the joints.

Arthritis Foundation800-283-7800

www.arthritis.org

Educational support for persons with arthritis.

BLINDNESS

See **Vision/Vision Loss, on page 86.**

BLOOD CONDITIONS

Providence Anticoagulation and Pharmacotherapy Clinics

www.phc.org

North.....509-482-3057

46 East Rowan, Spokane WA 99208

South.....509-474-2232

Sacred Heart Doctor's Building, 105 West 8th, Suite 350E,

Spokane Valley

Providence Medical Park509-944-8985

16528 East Desmet Court, Suite 3200 B

Treatment by Pharmacists
with advanced clinical
training in monitoring and
adjusting medications for your safety and well-being. PLEASE
SEE OUR AD ON THE BACK COVER.



BRAIN INJURY

Every year, two million Americans sustain a traumatic brain injury. Not only is the quality of life of persons with brain injuries affected, but family members can experience a great emotional and financial toll.

Brain Injury Association of America.....800-444-6443

www.biausa.org

Brain Injury Association of Washington

Traumatic Brain Injury Resource Center877-824-1766

.....877-982-4292

Business Office Contact.....206-467-4800

316 Broadway, Suite 305, Seattle WA 98122

www.biawa.org

CANCER

Information regarding cancer detection, treatment, and up-to-date research can be vital to the individual and the individual's family.

Cancer Care Northwest – Spokane Area Clinics

www.cancercarenorthwest.com

Coeur d'Alene Clinic 208-754-3100

700 West Ironwood Drive, Suite 130
Coeur d'Alene, ID 83814

Downtown Clinic 509-228-1000

910 West 5th Avenue, Suite 102
Spokane WA 99204

North Clinic 509-228-1000

605 East Holland Avenue, Suite 100, Spokane WA 99218

Palouse Oncology & Hematology 208-754-3100

803 South Main Street, Suite 210, Moscow, ID 83843

Post Falls Clinic 208-754-3100

1440 East Mullan Avenue, Post Falls, ID 83854

Providence Sacred Heart Medical Center 509-228-1000

101 West 8th Avenue, Lower Level 3, Spokane WA 99204

South Clinic..... 509-228-1000

601 South Sherman Street, Spokane WA 99202

Spokane Valley Clinic & Admin Office 509-228-1000

1204 North Vercler Road, Spokane Valley WA 99216

Cancer Care Northwest is the Inland Northwest's premier, integrated cancer center offering medical, surgical and radiation oncology in a compassionate, healing environment. Our unique approach combines a team of cancer specialists paired with innovative technology, advanced treatment therapy and support services to provide care for the whole person. PLEASE SEE OUR AD ON PAGE 53.



Additional Resources

24-Hour Cancer Lifeline Toll free

(WA State) 800-255-5505
..... 206-297-2500

www.cancerlifeline.org

Provides support and information 24 hours daily for persons who are dealing with cancer either as a caregiver or as a patient.

American Cancer Society 800-227-2345

www.cancer.org

American Cancer Society –

Spokane Office 509-455-3440

1212 North Washington Street, Suite 325
Spokane WA 99201

Offers support and information.



National Cancer Institute –

Cancer Information Service 800-422-6237

www.cancer.gov

The Skin Cancer Foundation 212-725-5176

www.skincancer.org

CROHN'S AND COLITIS DISEASES

Crohn's and colitis are inflammatory diseases of the large intestine. If untreated, these conditions can eventually obstruct the intestinal tract.

Crohn's and Colitis

Foundation of America 800-932-2423

Information and Resource Center 888-694-8872

www.ccfa.org

Northwest Chapter 425-451-8455

www.ccfa.org/chapters/northwest

Live chat available on website.

DEAFNESS

Please see *Hearing/Hearing Loss* on page 82.

DEMENTIA

Spokane Area Dementia Friendly Community

(ALTCEW) 509-960-7281

1222 North Post Street, Spokane WA 99201

dementia@altcew.org

www.altcew.org/about-who-we-are/

spokane-area-dementia-friendly-community/

Aging & Long Term Care of Eastern Washington (ALTCEW) is the regional lead organization of Dementia Friends, a global



movement changing the way people think, act, and talk about dementia. ALTCEW is also a lead organization of the Spokane Area Dementia Friendly Community, part of the national network by Dementia Friendly America. PLEASE SEE OUR AD ON PAGE 39.

**Alzheimer's Association Washington State Chapter
Serving Washington & Northern Idaho**

Regional Office.....509-456-0456
24/7 Helpline.....800-272-3900

www.alz.org/alzwa

Dementia Care Solutions.....509-443-4985

620 N Argonne Rd, Suite 2
Spokane Valley, WA 99212
Fax 509-309-3749

www.dementiacaresolutions.com



Dementia Care Solutions is Spokane's only specialized dementia care resource. Our Positive Approach to Care model is the newest and best in the industry and offers a unique approach to dementia/alzheimers care. We are a small group locally owned and operated. Our specialty is dementia but we provide services to anyone who needs help in their home. Services include but are not limited to transportation, light housekeeping, laundry & linen services, personal care (bathing, incontinence care, dressing), and medication reminders. Our dementia care consultant and trainer is available to answer any of your dementia related questions! PLEASE SEE OUR AD ON PAGE 106.

Dementia Prevention Northwest, LLC509-328-6731
Wendy Moore509-294-1324

www.dementiapreventionnw.com

We specialize in the newest studies related to cognitive decline and prevention through a healthier lifestyle including treatment of hearing loss. Call today for a FREE 15-question Risk Assessment. PLEASE SEE OUR AD ON PAGE 106.



Senior Helpers

Spokane.....509-922-4333
North Idaho.....208-664-2500

511 South Pine Street, Suite D, Spokane WA 99202

www.seniorhelpers.com/spokane

www.seniorhelpers.com/north-idaho

Senior Helpers are experts in Alzheimer's and Dementia care. With our Senior Gems program, our expertly trained caregivers take a positive approach that focuses on what one can do so that successful interactions and goals are achieved. Let us customize a plan that matches your needs, whether it is one to 24 hour care, so that your you or your loved one remains safe at home, while providing peace of mind to family members. PLEASE SEE OUR AD ON PAGE 53.



DENTAL

As you age, you are more vulnerable to periodontal disease (progressive deterioration of the gums, bones, and tissue around the teeth), oral cancer, and tooth decay. You should be checked by a dentist at least once a year. If you have dentures, have them checked regularly for condition and fit.

For additional information and dental resources please see Dental in Chapter 3 page 60.

1-800-Dentist Dental Referral www.1800dentist.com

**Community Health Association of Spokane
(CHAS) Dental Clinics**

Denny Murphy Dental Clinic509-444-8200

1001 West 2nd Avenue, Spokane WA 99201

Maple Street Dental Clinic509-444-8200

3919 North Maple Street, Spokane WA 99205

North County Dental Clinic.....509-444-8200

401 South Main, Deer Park WA 99006

Provides a wide range of dental services for adults including extractions, denture extractions, cleanings, deep cleanings, fillings, third molar extractions, root canal therapy, crowns and more. Accepts a variety of insurance, Medicaid, Medicare and has a sliding fee scale for uninsured patients.

Eastern Washington University

Dental Hygiene Clinic509-828-1300

310 North Riverpoint Boulevard, Spokane WA 99202

Call to arrange X-rays, dental exams, minor fillings, dental cleanings and fluoride treatments.

Spokane Valley Partners

Emergencies Only509-927-1153

Grins & Giggles Family Dentistry509-928-4746

917 North Pines Road, Spokane Valley WA 99206

Fee-for-service dental practice that takes Medicaid, most dental plans, and offers 50 percent discount to those without insurance is available.

Washington Denturists Association.....509-999-9061

www.wadenturist.com

This association provides referrals to denturists in different regions throughout Washington.

DIABETES

Diabetes is a disease that happens when the body loses its ability to process glucose. Older people can be especially at risk, have symptoms, but not be diagnosed. There are simple tests for this and the treatment can be very effective if caught at an early stage.

Additional Resources

American Diabetes Association (ADA)800-342-2383

www.diabetes.org

Regional Office509-624-7478

207 West Euclid Avenue, Spokane WA 99205

INHS Diabetes Education Center509-232-8145

Institute of Diabetes, Digestive

and Kidney Diseases.....www.niddk.nih.gov

A clearinghouse for health information, education, programs, news briefs, and releases.

EPILEPSY

Epilepsy Foundation Northwest 206-547-4551
www.epilepsynw.org

FOOT CARE

Attention to aging feet can mean extended mobility for your life. Caring for dry and cracked skin, bunions, calluses, and nails will enhance your comfort. Some foot deformities (e.g., hammer toes) can be stopped from progressing to a more serious problem with proper care.

Additional Resources

Corbin Senior Center 509-327-1584
827 West Cleveland, Spokane WA 99205

Hillyard Senior Center..... 509-482-0803
4001 North Cook Street, Spokane WA 99207
Located in the Northeast Community Center

Sinto Senior Activity Center..... 509-327-2861
1124 West Sinto Avenue, Spokane WA 99201
Offers pedicures (nail clipping) on the first Tuesday of the month between 9am-12pm.

Southside Senior & Community Center 509-535-0803
3151 East 27th Avenue, Spokane WA 99223
Held the second and third Mondays of the month. Call to schedule an appointment.

Spokane Valley Senior Center..... 509-926-1937
2426 North Discovery Place, Spokane Valley WA 99216

Washington State Podiatric Medical Association 253-649-3339
www.wspma.org
The website contains resources information and contacts for podiatric issues. Also provides referrals for podiatrists.

HEAD INJURY

Potential complications that can result from head injury are concussion, intracranial hematoma and skull fracture.
See *Brain Injury* on page 79.

HEADACHE

Headaches have many causes, and the site, severity, and frequency of this condition vary greatly. Consult your physician if a headache persists.
National Headache Foundation..... 312-274-2650
www.headaches.org

HEARING/HEARING LOSS

Hearing loss is the number two most frequent chronic condition for the 65+ population in the United States. Often, treatment is delayed until the problem is severe.

Audiology Northwest, P.S.
Jonell Block, AuD 509-994-4395
Audiology and Hearing Aid Services/In-Home Available
203 North Evergreen Road,
Spokane Valley WA 99216
www.AudiologyNW.com

Columbia Hearing Centers..... 509-789-1020
217 West Cataldo Avenue, Spokane WA 99201
columbiahearingcenters.com

Western Hearing Aid Center, Inc. 509-328-6731
Brenda Drake, AAS, BC-HIS 509-328-6731
www.westernhearingaidcenter.com

We treat hearing loss unlike anyother business in Eastern Washington. We work with most all makes and models of hearing aid and assistive listening technologies. Working in conjunction with Dementia Prevention Northwest (see listing on page 81), and Audio Loop Solutions – the Northwest’s premier commercial induction loop systems sales and installation service – we are able to help treat hearing limitations with an improved holistic approach second to none. PLEASE SEE OUR AD ON PAGE 106.



Additional Consumer Resources

Association of Late Deafened Adults Voice/TTY 815-332-1515
www.alda.org

National Association of the Deaf..... 301-587-1788
..... TTY 301-587-1789
www.nad.org

Protects and promotes the civil, human and linguistic rights of hard of hearing persons.

Nexus Inland Northwest 509-328-9220
1206 North Howard Street, Spokane WA 99201
www.nexusinw.com

Provides communication advocacy, education, information and referral for the deaf and hard of hearing and interpreter services.

Washington State Telecommunications Relay..... Voice 800-833-6384
..... TTY 711
Spanish..... Voice 877-833-6398
..... TTY 877-833-6399
Telebraille 800-833-6385

This 24-hour relay service links deaf and hard of hearing people via the telephone at no cost to callers. Long distance charges billed accordingly.

HEART

According to the American Heart Association, heart disease is the number one killer of both American men and women today.
American Heart Association 800-242-8721
www.heart.org

Inland Northwest Chapter206-336-72000

Information, wills, memorial gifts and Heart Fund services are available.

Providence Spokane Heart Institute

Providence Spokane Cardiology509-455-8820

Northwest Heart and

Lung Surgical Associates.....509-456-0262

Providence Center for

Congenital Heart Disease509-474-6707

Providence Vascular Institute509-626-9440

Providence Vein Center509-626-9484

122 West 7th Avenue, Spokane WA 99204

www.phc.org

The Specialized physicians at Providence Spokane Heart Institute cover every aspect of cardiovascular care, including disorders of the heart, arteries, veins, valves, peripheral blood vessels, and transplant. Staff specialize in the diagnosis and treatment of cardiovascular disease, working together in a highly integrated and collaborative group. PLEASE SEE OUR AD ON THE BACK COVER.



HIV/AIDS

Acquired Immune Deficiency Syndrome (AIDS) is a disease where the body's natural defense system is disabled from fighting organisms that can be deadly. No cure for AIDS is available. As many as 11 percent of the people afflicted with this disease are now 50 or over.

National Prevention

Information Network800-458-5231

npin.cdc.gov

Prevention and education information.

Positive Stories HIV/AIDS Helpline.....800-272-2437

Spokane Regional Health District –

HIV/AIDS Program.....509-324-1542

1101 West College Avenue, Room 372, Spokane WA 99201

This program offers HIV education, outreach, testing, case management and referral services and partner notification.

Washington State Department of Health

HIV Client Services.....877-376-9316

HUNTINGTON'S DISEASE

Huntington's Disease is a progressive degenerative disease stemming from a disorder within the brain that causes nerve cells to waste away.

Huntington's Disease Society of America....800-252-3337

www.hdsa.org

Washington State Chapter360-618-3325

washington.hdsa.org

Email: hdsawachapter@gmail.com

INCONTINENCE

Incontinence (the involuntary loss of urine) affects about 15-30 percent all older people and can be treated or managed in many cases.

National Association for Continence

www.nafc.org

A patient advocacy group that offers information, resource listings, a newsletter, and encouragement to individuals experiencing incontinence.

Providence Continence Center509-474-3750

Providence Sacred Heart Medical Center

www.phc.org



The Continence Center offers care for adults and children who suffer from bladder problems. Along with urodynamics, the staff offer pelvic floor rehabilitation through physical therapy. PLEASE SEE OUR AD ON THE BACK COVER.

KIDNEY FAILURE

National Kidney Foundation800-622-9010

www.kidney.org

Dedicated to the awareness, prevention and treatment of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk.

LEUKEMIA

Leukemia and Lymphoma Society800-955-4572

www.lls.org

LLS exists to find cures and ensure access to treatments for blood cancer patients. LLS works to ensure access to treatments for all blood cancer patients.

Washington/Alaska Chapter.....888-345-4572

www.lls.org/washingtonalaska

LIVER FAILURE

American Liver Foundation212-668-1000

Liver Disease Helpline.....800-465-4837

www.liverfoundation.org

LUNG DISEASES

Lung diseases such as tuberculosis, emphysema, pneumonia, and cancer are serious and should be treated vigorously.

American Lung Association202-785-3355

www.lung.org

American Lung Association

of the Mountain Pacific.....503-924-4094

Automated HelpLine800-586-4872

Asthma & Allergy Foundation of America (AAFA) 800-727-8462

www.aafa.org

Provides practical information, community-based services, support and referrals through a national network of chapters. AAFA also sponsors research toward better treatments and a cure for asthma and allergic diseases.

Lung Cancer Alliance Support and Education Helpline 800-298-2436

www.lungcanceralliance.org

LUPUS

Affecting the skin and connective tissues, lupus impacts the joints, skin, and numerous other organs in the body. It is a disease of the autoimmune system.

Lupus Foundation of America 800-558-0121

www.lupus.org

Pacific Northwest Chapter 877-774-2992

Questions answered by health education specialists and referrals to resources that are available. Serves all of Washington and Oregon.

LYMPHEDEMA

Lymphedema can come on suddenly or be the result of injury or disease to the lymphatic system. Over accumulation of lymphatic fluid causes swelling and hardening in the affected area/s of the body. Left untreated this condition can lead to a hardening of limbs, infection, and in very rare, severe cases, it can progress into a form of lymphatic cancer called Lymphangiosarcoma.

National Lymphedema Network Information Line 800-541-3259

www.lymphnet.org

Provides education and guidance to patients, health care professionals and the general public by being a source of information on the risk reduction and management of primary and secondary lymphedema. Also provides a wealth of information on the website about the condition, and lists facilities and individuals that treat it.

MENTAL HEALTH

Mental or psychological problems may include depression, anxiety, hypochondriasis, psychosomatic disorders, or paranoia. Many of these conditions stem from losses experienced as one ages.

Also see *Counseling in Chapter 3, on page 60.*

Elder Services, Information and Assistance 509-458-7450

First Call For Help Crisis Line 509-838-4428

Washington Recovery Helpline 866-789-1511

24-hour help for mental health, substance abuse and gambling.

Frontier Behavioral Health 509-838-4428

National Alliance for the Mentally Ill (NAMI) ... 800-950-6264

www.nami.org

NAMI of Spokane 509-838-5515

10 North Post Street, Spokane WA 99201-0705

NAMI Washington 206-783-4288

7500 Greenwood Avenue North, Seattle WA 98103

www.namiwa.org

Provides information and education about mental illnesses.

National Institute of Mental Health Information Center 866-615-6464

www.nimh.nih.gov

MULTIPLE SCLEROSIS (MS)

Multiple sclerosis is a disease of the central nervous system, characterized by numbness, weakness, or paralysis in one or more limbs.

National Multiple Sclerosis Society 800-344-4867

www.nationalmssociety.org

Greater Northwest Chapter 509-482-2022

25 West Nora Avenue, #100, Spokane WA 99205

Information and referral, counseling and self-help groups, special activities and programs, and written materials are available.

OSTEOPOROSIS

A decrease in calcium content can leave your bones thin and susceptible to fracture. Prevention is best, but early detection is vital.

National Osteoporosis Foundation Information HelpLine 800-231-4222

www.nof.org

OSTOMIES

An ostomy, also known as an intestinal or urinary diversion, is an artificial opening created to eliminate waste matter from the body. Loss of the normal functioning of your body can leave you feeling alone and depressed. You are not alone; over one million people in the United States and Canada have had an ostomy.

United Ostomy Associations of America 800-826-0826

www.ostomy.org

Contact this organization to find an affiliated chapter near you.

PARALYSIS AND SPINAL CORD INJURIES

Christopher and Dana Reeve Foundation

www.christopherreeve.org

National Spinal Cord Injury Association 800-962-9629

www.unitedspinal.org

Information and referral on paralysis and spinal cord injuries.

PARKINSON'S DISEASE

More than one million Americans are estimated to have Parkinson's, a progressive condition characterized primarily by uncontrollable tremors in the limbs, a shuffling gait, and rigidity of the muscles.

Dementia Care Solutions..... 509-443-4985

620 N Argonne Rd, Suite 2
Spokane Valley, WA 99212
Fax 509-309-3749
www.dementiacaresolutions.com

Dementia Care Solutions is Spokane's only specialized dementia care resource. Our Positive Approach to Care model is the newest and best in the industry and offers a unique approach to dementia/alzheimers care. We are a small group locally owned and operated. Our specialty is dementia but we provide services to anyone who needs help in their home. Services include but are not limited to transportation, light housekeeping, laundry & linen services, personal care (bathing, incontinence care, dressing), and medication reminders. Our dementia care consultant and trainer is available to answer any of your dementia related questions! PLEASE SEE OUR AD ON PAGE 106.

Additional Resources

American Parkinson's Disease Association 800-223-2732

www.apdaparkinson.org

APDA Northwest Chapter

www.apdaparkinson.org/community/northwest/

APDA provides information, referrals, resources, and a listening ear. APDA also helps people find a support group, wellness programs, or a healthcare provider.

National Parkinson's Foundation 800-327-4545

www.parkinson.org
Email: contact@parkinson.org

Provides information, answers questions and gives physician referrals. The helpline is staffed by nurses, social workers, and therapists who are ready to help you.

**Northwest Parkinson's Foundation
Spokane Resource Center..... 877-980-7500**

nwpf.org | Email: info@nwpf.org

Provides a wealth of information, educational opportunities and support groups. Activities and classes are available for persons, families and caregivers of persons with Parkinson's disease.

POST-POLIO SYNDROME

Although nearly eradicated today, earlier victims of this disease still endure a condition described as post-polio syndrome. Survivors must participate in treatment in order to preserve as much function as possible to prevent further neuromuscular deterioration.



Polio Outreach of Washington State 800-609-5538

PO Box 1876, Kingston WA 98346
www.poliooutreach.com

Education and support. Also provides a quarterly newsletter and support information. Contact Polio Outreach for information on support groups in the area.

PROSTATE DISEASE

The prostate is a gland surrounding the urethra, the tube through which urine passes from the bladder. If enlarged, whether cancerous or benign, surgery may be required.

American Cancer Society 800-227-2345

www.cancer.org/cancer/prostatecancer

Spokane Office..... 509-455-3440

1212 North Washington Street, #325
Spokane WA 99204

Practical information and emotional support is provided to men and the families of men who have been diagnosed with prostate cancer.

RARE DISORDERS

National Organization for Rare Disorders.... 800-999-6673

www.rarediseases.org

Dedicated to helping people with rare (or "orphan") diseases affecting fewer than 200,000 Americans. There are more than 6,800 rare disorders that affect around 30 million Americans.

SCLERODERMA

Scleroderma, or systemic sclerosis, is a chronic connective tissue disease generally classified as one of the autoimmune rheumatic diseases. It is not contagious, infectious, and is not cancerous or malignant.

Scleroderma Foundation 800-722-4673

www.scleroderma.org

Evergreen Chapter..... 206-285-9822

SLEEP DISORDERS

National Sleep Foundation 703-243-1697

1010 North Glebe Road, Suite 310, Arlington VA 22201

Dedicated to improving quality of life for Americans with sleep disorders and to the prevention of accidents related to them.



STROKE

Strokes occur when the blood supply to the brain is interrupted. Consequences of stroke can be temporary or permanent. Know the signs of a stroke and to call for help immediately.

Providence Neuroscience Institute..... 509-474-4567

101 West 8th Avenue, Spokane WA 99204

**Providence Stroke
and Cerebrovascular Clinic 509-474-5725**

101 West 8th Avenue, Suite 122C

Providence Epilepsy Center 509-474-6650

101 West 8th Avenue, Suite 318C

Providence Neurology – North..... 509-252-9602

212 East Central, Spokane, WA 99208

Providence Multiple Sclerosis Center 509-252-1700

212 East Central, Suite 440

Providence Medical Park..... 509-944-8971

16528 East Desmet Court, Suite B2100,
Spokane Valley, WA 99216

www.phc.org

Providence Neuroscience Institute staff provide treatment with a team of experts, cutting-edge research and award-winning quality. The region’s most comprehensive resource for the treatment to the brain and spine, by neurosurgeons recognized for their clinical expertise, contributions in advancing the field of neurosurgery, utilizing the most advanced technology and surgical treatments. Telestroke programs connect patients from outlying areas to Providence throughout the region. PLEASE SEE OUR AD ON THE BACK COVER.



Additional Resources

American Heart Association 800-242-8721

www.heart.org

Puget Sound Chapter 206-336-7200

710 2nd Avenue, Suite 900, Seattle WA 98104

Information, wills, memorial gifts and Heart Fund services are available through the American Heart Association.

American Stroke Association..... 888-478-7653

www.strokeassociation.org

The stroke support network links the stroke survivors, their family members and the professionals together.

National Stroke Association..... 800-787-6537

www.stroke.org

VISION/VISION LOSS

With aging, your vision deteriorates. There are many variations of eye disease less dramatic than cataracts and glaucoma. The way the eyes can handle light, color, contrasts, glares and depth and breadth perception can all be affected.

Eyecare America..... 877-887-6327

www.eyecareamerica.org

Assistance with eye problems for seniors aged 65 and over. Brochures on many common eye diseases and referral to local ophthalmologists for eligible seniors.

Guide Dog Foundation for the Blind..... 800-548-4337

www.guidedog.org

Provides services and guide dogs to individuals who are legally blind.

Lilac Services for the Blind.....509-328-9116
.....**800-422-7893**

1212 North Howard Street, Spokane WA 99201
www.lilacblind.org

Offers support, counseling, education, in-home living instruction to help individuals maintain independence, adaptive aids, computer training and Braille services to low vision and blind persons. In addition a staff counselor, diabetes education and special classes are available.

**Lions Low Vision Clinic of Spokane/
Eyedentity.....509-484-4259**

National Federation of the Blind410-659-9314
www.nfb.org

**National Federation of the Blind
of Washington425-823-6380**
www.nfbw.org

Spokane VA Medical Center Eye Clinic.....509-434-7032
4815 North Assembly, Building 30, Spokane WA 99205

Provision of low vision exam and independent living services for low vision and blind veterans.

**Washington State Department of Services
for the Blind.....509-456-4458**
www.dsb.wa.gov

**Washington Talking Book
and Braille Library206-615-0400**
.....**TTY 206-615-0418**
www.wtbbl.org • Email: wtbbl@sos.wa.gov

Free public library service that provides easy access to informational and recreational reading materials for Washington State residents that cannot read standard print material.

WOMEN'S HEALTH

Aging women have unique health care problems. Special concerns that emerge may be managed with proper information and support.

**National Women's Health
Information Center800-994-9662**
.....**TTY 888-220-5446**
www.womenshealth.gov

Provides a wealth of information, resources and referrals for women regarding health issues. The website contains articles and updated information on a variety of topics that affect women today.

**Older Women's League (OWL) –
The Voice of Women 40+800-825-3695**
www.owl-national.org

OWL strives to improve the status and quality of life for midlife and older women. OWL is a non-profit, non-partisan organization that accomplishes its work through research, education, and advocacy activities.

Ferry, Pend Oreille, Stevens and Whitman Counties

Please refer to organizations throughout Chapter 4 to provide you with information on services available to assist you.

ADDICTION

Alcoholics Anonymous509-684-3000
634 Valley Westside Road, Colville WA 99114

Colville Tribal Alcohol and Drug Program....509-722-7068
320 Short Cut Road, Inchelium WA 99138

NE Washington Alliance Counseling Services

Chewelah509-935-4808
301 East Clay Avenue, Room 201, Chewelah WA 99109

Colville509-684-4597
165 East Hawthorne Avenue, Colville WA 99114

Republic.....509-775-3341
.....**866-807-7131**
42 Klondike Road, Republic WA 99166

DENTAL

Colville Community Dental Clinic.....509-684-1440
.....**800-948-3049**
370 North Main, Colville WA 99114

Provides dental services to both the insured and uninsured. There is a sliding scale fee for uninsured persons and the clinic also accepts DSHS Medical Coupons.

HIV/AIDS

Whitman County Department of Health
Colfax.....509-397-6280
310 North Main Street, Suite 108, Colfax WA 99111
Pullman.....509-332-6752
1205 SE Professional Mall Boulevard, Pullman WA 99163

Provides free anonymous HIV testing and counseling, education and case management for persons who have HIV/AIDS in the Whitman County Area.

MENTAL HEALTH

NE Washington Alliance Counseling Services
Chewelah509-935-4808
Colville509-684-4597
Republic.....509-775-3341
.....**866-807-7131**

WELLNESS IN SENIORS

More Important Than Ever

by Sullivan Park Assisted Living Community

When you think of senior living, what comes to mind? Probably Bingo, right?

Bingo is great, but senior living is about so much more. Senior living can also be exercise classes and fashion shows. Ladies' night out and singing competitions.

Frankly, senior living can be just about anything.

The key to modern senior living is wellness — reaching body, mind and spirit to help older adults enjoy their senior years to the fullest.

To do that, it requires a holistic approach to well-being with an understanding of the distinct needs for seniors. To that end, we examine ways of ensuring that the physical and mental health of seniors is always the top priority.

PHYSICAL WELLNESS

The number one health threat to seniors isn't cancer or heart disease, it's falling.

According to the Centers for Disease Control and Prevention (CDC), every year 36 million seniors fall, with three million ending up in emergency departments. Furthermore, falling once doubles a senior's chances of falling again.

It's why exercise and fall prevention classes are vital to keeping seniors safe. Seniors

should keep up with all routine medical appointments to ensure that any changes to their health are noted as quickly as possible, with action taken.

Furthermore, exercise classes are vital to helping reduce falls. From the age of 30 onwards we begin to lose 3-5% of our muscle mass each decade. Exercise classes for seniors can help mitigate that deterioration — finding an appropriate class, be it seated exercises, standing or a combination of both, helps strengthen your muscles.

It's also a good idea to find activity in everyday life—brisk walks, tai chi, chair yoga, even gardening or cleaning. Being up on your feet and moving around helps prevent falls.

Taking care of your eyesight is also key to reducing falls. With many seniors experiencing vision problems as they age, they often just don't see a tripping hazard in their path. Annual appointment with an eyecare professional can help ensure that any deterioration to their vision is addressed quickly.

MENTAL HEALTH WELLNESS

It's never been more important to understand and acknowledge mental health in seniors. The COVID-19 pandemic and ensuing lockdowns meant that many seniors went months, if not longer, without seeing their loved ones.

As we begin to enter the post-



COVID world, that acknowledgement of mental health among seniors needs to continue.

The CDC reports that 20% of people ages 55 or older experience a mental health concern. In addition, the CDC also notes that adults 65 or older are more likely than adults between the ages of 50–64 to report that they “rarely” or “never” receive the social and emotional support they need.

These mental health concerns can manifest in a variety of ways, including depression, anxiety and cognitive impairment. From there, seniors often withdraw socially, relationships become frayed or distant, and then that causes depression or anxiety to deepen, perpetuating a cycle.

But even beyond serious mental health concerns, tending to the day-to-day emotional and spiritual needs of seniors has never been more important.

Senior living communities need

to provide an ever-changing and varied schedule of activities that allows residents to pick and choose the events that best suit their interests and talents. Appealing to every part of what makes us who we are is what allows for someone to thrive in their senior years.

FINDING THE RIGHT SENIOR LIVING COMMUNITY

If it's time to consider senior living for yourself or a loved one, it's important to get a full sense of the services and offerings they have that will best suit your physical, emotional and spiritual needs.

At Sullivan Park Assisted Living Community, we take the time to get to know all of our residents and help them live life to the fullest every day. If you're interested in learning more about us, visit prestigecare.com and search “Sullivan Park”, or contact us at (509) 924-5555 to set up a tour.



Prestige Senior Living, L.L.C.

*Sullivan Park offers both Independent Living and Assisted Living.
There's a welcoming community just waiting for you,
give us a call today to learn more!*

*If you're ready contact us at (509) 924-5555 to speak to
a team member or to schedule a tour.*

Contents



In order to maintain a healthful and quality life it is important to stay active in the community and to find the interests that best suit you. This chapter highlights clubs, volunteer activities, traveling opportunities and educational endeavors that enhance life and promote active living.

Activities That Enhance Life 90

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If you don't find it here, please send information about your club or organization to:

innovAGING c/o Lawton Printing, Inc.
4111 East Mission Avenue, Spokane WA 99202
Email: innovaging@lawtonprinting.com

The best way to predict your future is to create it.

– **Abraham Lincoln**

♥ Activities that Enhance Life

Whether you enjoy listening, watching or participating, you can find an activity in your area that will brighten your spirit. The groups mentioned in this chapter are only a partial representation of the opportunities available. If you have knowledge of a group or hobby club that is not represented, please send information about your club or organization to:

Spokane innovAGING
c/o Lawton Printing Services
4111 East Mission Avenue, Spokane WA 99202
Email: innovaging@lawtonprinting.com

ARTS, CRAFTS, DANCE, AND MUSIC

Arts & Crafts

Senior centers and community centers often have a variety of art classes, and/or crafting opportunities available.

*For a list of **Senior and Community Centers** see page 94.*

Corbin Senior Center **509-327-1584**

827 West Cleveland, Spokane WA 99205

Crochet Guild of America www.crochet.org

Martin Luther King Jr. Family Outreach Center

East Central **509-868-0856**

500 South Stone Street, Spokane WA 99202

Hillyard Senior Center **509-482-0803**

4001 North Cook Street, Spokane WA 99207

Located in the Northeast Community Center

Mid-City Senior Center **509-747-3257**

1222 West 2nd Avenue, Spokane WA 99201

Art therapist offers free art workshops. Contact the center for more details.

MONARCH Arts

Ped Projects for Successful Aging **509-326-1471**

executivedirector@ped-spokane.org

Encourages the growth of participants' creative abilities. Numerous exhibit opportunities, as well as prizes, luncheons, and creativity coaching.

Southside Senior & Community Center **509-535-0803**

3151 East 27th Avenue, Spokane WA 99223

southsidescc.org

Rug hooking, quilting, writing and watercolor classes are offered. See website for more information.

Spokane Carvers Association

spokanecarvers.blogspot.com

Email: SpokaneCarversInfo@Hughes.net

See the website for events, meeting dates and times.



Spokane Valley Senior Center **509-926-1937**

2426 North Discovery Place, Spokane Valley WA 99216

Various art and craft opportunities are available throughout the year.

Dance

Project Joy **509-535-0584**

www.projectjoy.org

Vocal and instrumental music, dramatics, and dance for persons 50 and over.

Sinto Senior Activity Center **509-327-2861**

1124 West Sinto Avenue, Spokane WA 99201

Ballroom dancing, square and round dancing, clogging, and Tap Grandmas.

Spokane Folklore Society

www.spokanefolklore.org

Sponsors Contra dances.

Spokane Valley Senior Center **509-926-1937**

2426 North Discovery Place, Spokane Valley WA 99216

Dances are held every Wednesday. Line dance classes are also held at the center.

Music

Inland Empire Blues Society **509-599-3293**

Email: iebsmembership@gmail.com | www.ieblues.org

Mid-City Senior Center 509-747-3257

1222 West 2nd Avenue, Spokane WA 99201

Contact the center for a schedule of upcoming performers that will be providing entertainment.

Project Joy..... 509-535-0584

www.projectjoy.org

Vocal and instrumental music, dramatics, and dance for persons 55 and over.

Spokane Folklore Society

www.spokanefolklore.org

Non-profit organization is dedicated to folk arts, particularly music and dance.

Spokane Symphony 509-624-1200

www.spokanesymphony.org

Spokane Symphony Chorale..... 509-624-1200

www.spokanesymphonychorale.org

COMPUTERS/INTERNET

Check with your local senior center and/or library to find community sites that offer free or low-cost access to the Internet and computer-related education and activities.

COMPUTER CLASSES

Hillyard Senior Center..... 509-482-0803

4001 North Cook Street, Spokane WA 99207

Located in the Northeast Community Center. Drop-in computer class is offered.

Mid-City Senior Center 509-747-3257

1222 West 2nd Avenue, Spokane WA 99201

Offers computer classes when an instructor is available.

Southside Senior & Community Center 509-535-0803

3151 East 27th Avenue, Spokane WA 99223

Spokane Public Library..... 509-444-5300

906 West Main, Spokane WA 99201

The library provides a variety of free computer classes that are open to the general public.

Additional Resources and Services

Airway Heights Recreation Center..... 509-244-4845

11405 West Deno Road, Spokane WA 99224
airwayheightsparksandrec.org

Computers are available for use by seniors.

Mid-City Senior Center 509-747-3257

1222 West 2nd Avenue, Spokane WA 99201

Computers available for use to members.

EXERCISE, WELLNESS AND FITNESS

A Matter of Balance (ALTCEW) 509-458-2509

1222 North Post Street, Spokane WA 99201

action@altcew.org

www.altcew.org



A Matter of Balance is an award-winning program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. This program utilizes trained volunteer coaches who teach the eight two-hour sessions. The online version of the program is nine two-hour sessions. Participants learn to view falls and fear of falling as controllable, set realistic goals for increasing activity, change their environment to reduce fall risk factors, and promote exercise to increase strength and balance. PLEASE SEE OUR AD ON PAGE 39.

Corbin Senior Center 509-327-1584

827 West Cleveland, Spokane WA 99205

Exercise classes are available.

FallsTalk (ALTCEW) 509-458-2509

1222 North Post Street, Spokane WA 99201

action@altcew.org

www.altcew.org



FallsTalk is personalized falls prevention program for adults age 60 and older that has been shown to significantly reduce falls. During a series of weekly telephone conversations with a trained facilitator, you become more aware and mindful of your specific balance circumstances and explore your ideas and options to increase your steadiness and safety. Generally, the series is completed within six weeks, at which point you will have practiced a process that you can use to respond to losses of balance and to prevent falls ongoing. PLEASE SEE OUR AD ON PAGE 39.

Martin Luther King Jr. Family Outreach Center

East Central 509-868-0856

500 South Stone Street, Spokane WA 99202

Exercise classes for cardiovascular health, strength and flexibility and balance training are available.

Hillyard Senior Center..... 509-482-0803

4001 North Cook Street, Spokane WA 99207

Located in the Northeast Community Center. Aerobics, low impact and gentle stretch classes are available.

Mid-City Senior Center 509-747-3257

1222 West 2nd Avenue, Spokane WA 99201

Contact the center for details on free activities.

Sinto Senior Activity Center..... 509-327-2861

1124 West Sinto Avenue, Spokane WA 99201

Aerobics classes, beginning and advanced yoga classes and hiking and walking groups.

Southside Senior & Community Center 509-535-0803

3151 East 27th Avenue, Spokane WA 99223

Aerobics, zumba and gentle exercise classes are available.
Stretch and chair yoga classes are now offered.

Spokane Valley Senior Center 509-926-1937

2426 North Discovery Place, Spokane Valley WA 99216

GARDENING

Inland Empire Gardeners..... 509-535-8434

www.tieg.org

**Inland Empire Water Garden
and Koi Society 509-924-7672**

www.iewgks.com

A social club open to pond owners, koi, and goldfish keepers.

**Washington State University Extension – Spokane County
Master Gardeners Program 509-477-2181
All Programs 509-477-2048**

www.spokane-county.wsu.edu

GENEALOGY

Eastern Washington Genealogical Society

PO Box 1826. Spokane WA 99210-1826

www.ewgsi.org • Email: askewgsi@ewgsi.org

LDS Family History Center

East Spokane Location..... 509-926-0551

919 North Pines Road, Spokane Valley WA 99206

North Spokane Location 509-466-4633

401 West Regina, Spokane WA 99208

South Spokane Location 509-624-9407

1620 East 29th Avenue, Spokane WA 99203

**Washington State Genealogical
Society..... www.wasgs.org**

1901 South 12th Avenue, Union Gap WA 98903

HOBBIES, CLUBS, SOCIETIES AND RECREATION

Lilac City Volkssport Association lilaccityvolks.com

Volkssporting (sport of the people) is an adventure in health,
recreation, fellowship, and fun consisting of non-competitive
events such as walking, bicycling, swimming, and cross-coun-
try skiing.

Spokane Audubon Society..... 509-838-5828

www.spokaneaudubon.org

Focuses on nature, conservation and birds.

Spokane Camera Club www.spokanecameraclub.org

Spokane Mountaineers..... 509-838-4974

www.spokanemountaineers.org

Spokane Preservation Advocates 509-344-1065

www.spokanepreservation.org

Spokane Rock Rollers Club 509-251-1574

www.rockrollers.org

LIBRARIES

Spokane County Library District

www.sclld.org

Administration..... 509-893-8200

4322 North Argonne Road

Airway Heights 509-893-8250

1213 South Lundstrom Street

Argonne..... 509-893-8260

4322 North Argonne Road

Cheney 509-893-8280

610 First Street

Deer Park..... 509-893-8300

208 South Forest Avenue

Fairfield..... 509-893-8320

305 East Main Street

Medical Lake..... 509-893-8330

321 East Herb Street

Moran Prairie 509-893-8340

6004 South Regal Street

North Spokane 509-893-8350

44 East Hawthorne Road

Otis Orchards..... 509-893-8390

22324 East Wellesley Avenue

Spokane Valley..... 509-893-8400

12004 East Main Avenue

Spokane Public Library 509-444-5300

www.spokanelibrary.org

Downtown

906 West Main Avenue, Spokane WA 99201

East Side

524 South Stone Street, Spokane WA 99202

Hillyard

4005 North Cook Street, Spokane WA 99207

Indian Trail

4909 West Barnes Road, Spokane WA 99208

Shadle

2111 West Wellesley Avenue, Spokane WA 99205

South Hill

3324 South Perry Street, Spokane WA 99203

MUSEUMS

Hours for these museums vary widely. Please call the telephone numbers listed for schedule, exhibit information, and admission charges.

Armed Forces and Aerospace Museum 509-244-0244

Jundt Art Museum 509-313-6843

Northwest Museum of Arts and Culture 509-456-3931

2316 West First Avenue, Spokane WA 99201

www.northwestmuseum.org

Spokane Law Enforcement Museum 509-625-3352

1201 West First Avenue, Spokane WA 99201

Spokane Valley Heritage Museum 509-922-4570

12114 East Sprague Avenue, Spokane Valley WA 99206

PETS AND ANIMALS

Inland Empire Beekeepers Association 509-924-3652

inlandempirebeekeepersassociation.com

Spokane County Regional Animal Protection Service (SCRAPS) 509-477-2532

6815 East Trent Avenue, Spokane Valley WA 99212

Pets are adoptable for a fee.

**SpokAnimal Care/
Inland NW Humane Society 509-534-8133**

710 North Napa Street, Spokane WA 99202

Reduced fees for adoption may be available to persons meeting income eligibility requirements. Also offers low fee spay/neuter, vaccinations, microchips at the Dorothy Clark Animal Center.

**Spokane Humane Society
Lost Pets 509-467-5235**

6607 North Havana Street, Spokane WA 99217

www.spokanehumanesociety.org

TRANSPORTATION

Bus Lines

Greyhound 800-231-2222

www.greyhound.com

Spokane 509-747-3766

221 West 1st Avenue, Spokane WA 99204

Inquire about companion fare opportunities. Greyhound passengers 62 and older may request a five percent discount on unrestricted passenger fares. Appropriate ID may be required.

Railroad

Amtrak 800-872-7245

A senior discount is offered to seniors through Amtrak, the only passenger rail service.

Spokane 509-624-5144

221 West 1st Avenue, Spokane WA 99201

TRAVEL

Corbin Senior Center 509-327-1584

827 West Cleveland, Spokane WA 99205

www.corbinseniorcenter.org

Contact the center about exciting travel opportunities at reasonable prices for both day outings and long tours. Further information about cost and trip availability is listed on the website.

Hillyard Senior Center 509-482-0803

4001 North Cook Street, Spokane WA 99207

Located in the Northeast Community Center.

**Road Scholar –
Adventures in Lifelong Learning 800-454-5768**

www.roadscholar.org

Educational opportunities and many travel options, both national and international, are available for adults.

Sinto Senior Activity Center 509-327-2861

1124 West Sinto Avenue, Spokane WA 99201

Offers day, overnight, and weekend inexpensive travel.

Southside Senior & Community Center 509-535-0803

3151 East 27th Avenue, Spokane WA 99223

One day and extended trips are available at reasonable prices. A trip adviser comes to the center to answer questions.

**Travel for the Disabled
Mobility International 541-343-1284**

132 East Broadway Street, Suite 343, Eugene OR 97401

www.miusa.org

Provides information on programs, such as volunteer opportunities in different countries, that are available for disabled persons.

♥ Educational Endeavors

COLLEGES AND UNIVERSITIES

Many colleges have reduced tuition rates or allow seniors to audit classes for a very minimal fee (this allows for learning without receiving actual credits.) Contact the colleges in your area to find out more about programs that are available.

**Eastern Washington University –
Admissions Office 509-359-2397**

304 Sutton Hall, Cheney WA 99004

**Spokane Community College 509-533-7000
..... 800-248-5644**

www.scc.spokane.edu

**Washington State University –
Spokane Location 509-358-7500**

412 East Spokane Falls Boulevard, Spokane WA 99202



Community Connection

SENIOR AND COMMUNITY CENTERS

Senior and Community Centers are places where older people can gather to make friends, get support and have fun. Senior centers can offer a range of opportunities, including computer labs, crafts, card games, fitness classes, crafts, and hobbies, etc. Call for hours, activities and programs.

Airway Heights Community Center 509-244-4845

13120 West 13th Avenue, Airway Heights WA 99001

American Indian Community Center 509-535-0886

801 East 2nd Avenue, Spokane WA 99202

Corbin Senior Center 509-327-1584

827 West Cleveland, Spokane WA 99205

Deer Park Senior Center..... 509-276-2411

316 East Crawford Avenue, Deer Park WA 99006

Hillyard Senior Center..... 509-482-0803

4001 North Cook Street, Spokane WA 99207

Located in the Northeast Community Center

**Martin Luther King Jr. Family Outreach Center
East Central 509-868-0856**

500 South Stone Street, Spokane WA 99202

Mid-City Senior Center 509-747-3257

1222 West 2nd Avenue, Spokane WA 99201

Peaceful Valley Community Center 509-624-8634

214 North Cedar, Spokane WA 99201

Sinto Senior Activity Center..... 509-327-2861

1124 West Sinto Avenue, Spokane WA 99201

www.sintocenter.com

Southside Senior & Community Center 509-535-0803

3151 East 27th Avenue, Spokane WA 99223

Spokane Valley Senior Center 509-926-1937

2426 North Discovery Place, Spokane Valley WA 99216

Political Involvement

ORGANIZATIONS THAT ADVOCATE AND LOBBY

AARP 888-687-2277

601 E Street NW, Washington DC 20049

www.aarp.org

Access the location of the meeting nearest you on the website.

National Active and Retired Federal Employees

Association Legislative Hotline/

Members (24 hours)..... 703-838-7780

www.narfe.org

Advocates for current and retired federal employees and survivor annuitants. Assists retirees and survivors with the interpretation of rules and requirements for federal retirement benefits. Acts as advocates at national and local levels for annuities and benefits.

Older Women's League (OWL) –

The Voice of Women 40+ 877-653-7966

www.owl-national.org

Retired Public Employees Council of Washington

(RPEC) 800-562-6097

www.rpecwa.org

This is the only Washington organization whose primary focus is protecting the interests of retired state, county and municipal employees. RPEC lobbies on behalf of public retirees on legislation affecting seniors to protect and enhance public pension fund benefits. Discount programs and local monthly meetings.

WASHINGTON STATE

Governor Jay Inslee 360-902-4111

PO Box 40002, Olympia WA 98504

www.governor.wa.gov

Legislative Hotline 800-562-6000

..... TTY 800-635-9993

www.leg.wa.gov/legislature

Call this number to get a message to your legislator who will return your call. You will be asked what your legislative district is, which can be ascertained from your voter registration card.

Voter Information 800-448-4881

www.vote.wa.gov

UNITED STATES

White House Comment Line 202-456-1111
..... TTY 202-456-6213
1600 Pennsylvania Avenue NW, Washington DC 20500
www.whitehouse.gov

♥ Volunteer Opportunities

Older volunteers are changing the world. At last check, they provide nearly four billion hours to causes or interests every year.

VOLUNTEER PROGRAMS

Alzheimer's Association Washington State Chapter
Serving Washington & Northern Idaho
Regional Office 509-456-0456
www.alzwa.org/volunteer

Retired and Senior Volunteer Program (RSVP)
of Spokane County 509-344-7787
www.volunteermatch.org

Children and Youth

Big Brothers & Big Sisters of the
Inland Northwest 509-328-8310
Boy Scouts of America –
Inland Northwest Council 509-325-4562
Camp Fire Inland Northwest 509-747-6191
CASA Partners 509-462-2272
www.casapartners.org

Partners with CASA in helping abused and neglected children through the following programs:

My Bag

Volunteers are needed to stuff backpacks, assist with backpack transportation to needed organizations, or make small blankets for children entering foster care.

The Bee Kind Garden

A therapeutic learning program that provides children with a safe setting to learn about kindness, gentleness and empathy and to heal from abuse and neglect. Volunteers are needed to work with children one-on-one for six week sessions in the summer, one day weekly for 2 hours at a time.

Girl Scouts of Eastern Washington
& Northern Idaho 509-747-8091
Joya Child and Family Development 509-326-1651

2118 West Garland Avenue, Spokane, WA 99205
www.joya.org

Provides comprehensive assessment and treatment to developmentally disabled children, ages birth to three, without regard to the family's ability to pay. Call for information, or to obtain a volunteer interest form.

Ronald McDonald House 509-624-0500

Vanessa Behan Crisis Nursery 509-535-3155
www.vanessabehan.org

Volunteers assist by participating in child care and routine activities under staff direction. Volunteers interact with children during playtime and assist in daily activities. Volunteers work one 3-hour shift weekly, the same shift (day and time) every week. Also looking for certified parents (4 hours per week with increased responsibilities,) and kitchen assistants. Must commit to serving a minimum of 45 hours or for at least 4 months.

VOA Crosswalk Teen Shelter 509-838-6596

Volunteers needed to provide support and supervision for homeless and at-risk teens. A volunteer's interaction consists of meals, conversation and recreational activities.

Finance

AARP Tax-Aide Volunteer Counselors 888-687-2277
www.aarp.org/money/taxaide

AARP Tax-Aide volunteer counselors learn tax laws and basic tax forms through classroom training and supplemental materials. They provide free information and confidential tax assistance to low- and middle-income seniors. After completing an IRS-certified, open-book exam, volunteers work at Tax-Aide site(s) for a minimum of 40 hours between February 1 and April 15. AARP membership is not required. Volunteering is easy. Call the toll-free number or visit the website and complete the online registration form.

Mentoring

SCORE – Counselors to America's
Small Businesses 509-353-2821
801 West Riverside Avenue, Suite 240, Spokane WA 99201
www.scorespokane.org

SCORE is a voluntary partner of the SBA (Small Business Administration) consisting of business men and women who offer support to developing and existing entrepreneurs.

Senior Outreach

Aging & Long Term Care of Eastern Washington
(ALTCEW) 509-458-2509
action@altcew.org
www.altcew.org

Do you enjoy helping other people? ALTCEW depends on volunteers to work directly with our programs, and can connect you with a variety

of ways to help older adults and adults with disabilities in our community. Help answer Medicare questions with the State-wide Health Insurance Benefits Advisors, work with older adults about falls prevention, advocate for individuals in our community, or help raise funds to support seniors. PLEASE SEE OUR AD ON PAGE 39.



Long-Term Care Ombudsman..... 509-456-7133
 800-660-7133

Volunteers are needed to advocate on behalf of individuals residing in long-term care facilities, boarding homes and adult family homes. There is an application process and training is provided.

Statewide Health Insurance Benefit Advisors (SHIBA)
Helpline..... 800-562-6900

www.insurance.wa.gov/shiba

Do you enjoy helping other people? Do you have basic computer skills? By answering people's questions about Medicare, you could make a difference in someone's life. Our volunteers are trained and mentored so they can answer a variety of questions. You will learn a lot about Medicare and make a difference in the lives of others!

Twilight Wish Foundation..... 877-893-9474

www.twilightwish.org

Email: PacificNW@twilightwish.org

Contact the Pacific Northwest Chapter of Twilight Wish Foundation to inquire about current available volunteer opportunities.

Social Consciousness

American Red Cross..... 509-326-3330

315 West Nora Avenue, Spokane WA 99205

www.inwredcross.org

Caritas Outreach Ministries 509-326-2249

Provides outreach to the underserved population and houses a food bank. Always looking for volunteers to assist with a variety of tasks.

Catholic Charities Senior Services..... 509-459-6172

12 East 5th, Spokane WA 99202

Non-denominational services to help seniors and adults with disabilities maintain quality independent living in their homes. Program includes Volunteer Chore Services.



Habitat for Humanity 509-535-9517

1805 East Trent Avenue, Spokane WA 99202

habitat-spokane.org

With donated funds and materials, Habitat for Humanity, volunteers and the selected homeowners build homes together. There are a variety of volunteer opportunities available including, but not limited to, assistance in the office, Habitat Store or building homes.

Peace Corps 855-855-1961

www.peacecorps.gov/volunteer

Call or visit the website for more information on this two-year volunteer commitment.

♥ Ferry, Pend Oreille, Stevens and Whitman Counties

LIBRARIES

See websites for additional locations and hours.

Libraries of Stevens County..... 509-233-9621

Administrative Office

4008 Cedar Street, Loon Lake WA 99148

thelosc.org

Chewelah Public Library 509-935-6805

311 East Clay Avenue, Chewelah WA 99109

Colville Public Library..... 509-684-6620

195 South Oak Street, Colville WA 99114

Kettle Falls Public Library 509-738-6817

605 Meyers Street, Kettle Falls WA 99141

Pend Oreille County Library District..... 800-366-3654

District Office

116 S. Washington Avenue, Newport WA 99156

pocld.org

Republic Community Library..... 509-775-3328

794 South Clark Avenue,

PO Box 601, Republic WA 99166-0601

www.ncrl.org/republic.htm

Whitman County Rural Library District..... 877-733-3375

www.whitco.lib.wa.us

Main Branch - Colfax 509-397-4366

102 S. Main Street, Colfax, WA 99111-1863

Rural library district serving residents of Whitman County through 14 locations – see website for more details.

MUSEUMS

Please call the numbers listed for seasonal hours and fees.

Chewelah Museum..... 509-935-8311

East Washington Avenue, Chewelah WA 99109

Stevens County Historical Society 509-684-5968

Keller Heritage Center

700 North Wynne Street, Colville WA 99114

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