

# PRODUCED BY THE SENIOR ADVISORY COMMISSION REVISED JUNE 2024

Inclusion in this Resource Guide is not an endorsement of businesses within. Please exercise personal responsibility when choosing businesses to work with.

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STEEL LAKE PRESBYTERIAN CHURCH

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## Adult Day Care/Family Home

Full Life Center 206-528-5315 Sound Generations 206-448-5757

### Advocacy & Complaints

Better Business Bureau - Northwest 208-342-4649 Disability Rights of Washington 800-562-2702 Disabled American Veterans 206-341-8267 Federal Way Veterans Center 253-838-3090 Fraud Fighters in Washington State 877-908-3360 Medicare Beneficiary Helpline 800-633-4227 State Long-Term Care/Ombudsman 206-623-0816 Washington State Attorney General 800-551-4636 WA State Dept. of Financial Institutions 877-746-4334

## Community Living Connections

Adults with disabilities can get information on programs by contacting Community Living Connections at 206-962-8467.

Aging is not about how many years have passed, but how much life you've embraced.

Sofia Loren

## Tailored Support for Older Adults

Tailored Support for Older Adults (TSOA) is a program that helps caregivers who are caring for a family member for **free**. It can also provide some help if you do not have a family member who helps you.

#### Services include:

- Respite care or home delivered meals. Respite care can pay someone to give your caregiver a break.
- Medical equipment and supplies, such as a bath bench or incontinence supplies, like adult diapers.
- Training and education, such as Powerful Tools for Caregivers training.
- Things that can help your caregiver, such as mental health counseling or massage therapy.
- Some help with personal care needs.

For more information, call 206-599-9990.

I thought I had a lot of wrinkles, but then I realized I was just well-folded.

Unknown

#### Case Management

Aging & Disabled Services 844-348-5464

Aging & Disability Resource Centers 360-725-3548

Valley Cities 253-833-7444

El Centro de la Raza 206-957-4634

## Chemical Dependency

Alcoholics Anonymous 24-hour line 206-587-2838

Al-Anon 206-625-0000

Nar-Anon 253-531-8792

#### Computer Help

Auburn Senior Center 253-931-3016

Cyber Seniors cyberseniors.org

or 844-217-3057

King County Library 253-838-3668

Mission Africa 253-344-1894

I believe the second half of one's life is meant to be better than the first half. The first half is finding out how you do it; the second half is enjoying it.

Frances Lear

## Washington Homeownership Resource Center

The mission of the Washington Homeownership
Resource Center (WHRC) is to increase and preserve
homeownership in Washington state by educating and
empowering current and future homeowners. Through
the hotline, website, and online portal, they provide their
clients with personalized information and referral to
vetted homeownership supports, including:

- Homeowner Assistance Programs
- Pre-Purchase education and counseling
- Mortgage and property tax foreclosure intervention counseling
- Reverse mortgage counseling
- Owner-Occupied repair assistance
- Other post-purchase education and assistance
- Legal aid
- Credit Counseling

As a 501(c)(3) organization, WHRC is community-supported and financed through government grants, corporate philanthropic contributions, and individual donations. This support allows them to provide unbiased **free** information and referrals. They do not accept payment from any lending or real estate professional, nor is there a charge of services to the client. WHRC is not a lender or a loan servicer. They do not make or provide financial assistance to clients.

For more information, call 877-894-4663.

## Veterinarians & Emergency Pet Hospitals

Summit Veterinary Referral Center 2505 S 80th St, Tacoma 253-983-1114

Affordable Animal Emergency Clinic 602 Auburn Way N, Auburn 253-939-6272

> Blue Pearl Renton 4208 Lind Ave SW, Renton 425-496-1000

Blue Pearl Lakewood 2510 84th Ave S, Ste 30D, Lakewood 253-474-0791

> Cascade Veterinary Hospital 1804 S 324th Pl, Federal Way 253-838-0082

Banfield Pet Hospital 31705 Pacific Hwy S, Federal Way 253-946-2725

Twin Lakes Veterinary Hospital 1060 SW 320th St, Federal Way 253-839-7880

Community Pet Clinic 2016 S 320th St, Ste B, Federal Way 206-460-5585

Sacajawea Veterinary 1616 SW Dash Point Rd, Federal Way 253-216-8160

The Cat Doctor 2500 SW 336th St, Ste C, Federal Way 253-874-2012

#### Sound Generations - Pathways Program

Sound Generations provides **free**, personalized support for individuals in King County. Their staff of professionals and volunteers are here to answer your questions and provide **free**, unbiased advice for aging persons, people with disabilities, and caregivers. They connect individuals to community resources to meet the most complex needs. Their staff is available to speak by phone, by email, meet you in your home, or provide outreach at multiple community partner sites. Sound Generations is dedicated to finding personal solutions to meet your unique needs.

The Pathways Team are here to assess your needs, offer personalized options, and refer you to a wide range of services, including:

- In-Home Services & Support
- Housing Resources
- Legal Assistance
- Medicare & Medicaid
- Transportation Services (ADA Compliant)
- Food Services & Nutrition
- Health & Wellness
- Employment Resources
- Counseling Services
- Home Maintenance & ADA Modifications

For more information, please call 206-448-3110.



Bonney Watson 253-839-7317

Cascade Memorial 253-874-9000

Funeral Alternatives of Washington 206-400-0204

People's Memorial 206-325-0489

Washington Cremation Centers 206-818-1211

Don't let aging get you down. It's too hard to get back up.

John Wagner

#### Crime Prevention

Crime Stoppers 800-222-8477

Federal Way Police, non-emergency 253-835-6700

King County Sheriff 206-296-3311



#### Crisis Lines

24- Hour Crisis Line 988 or

866-427-4747

Crisis Clinic 800-427-4747

Grief Share 253-224-7331

King County Crisis & Commitment Services 206-263-9202

King County 211 800-621-4636

National Suicide Prevention Hotline 988

Teen Link 866-833-6545

Veterans Crisis Line 800-273-8255

WA Recovery Help Line 866-789-1511

WA Relay 711 711

WA Warm Line 877-500-9276

Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older.

Louise Hay

### Washington Serves - Pacific Northwest

Washington Serves Pacific Northwest's mission is to provide lifelong coordinated case management as well as benefits from veteran-centric resources exclusively available to Washington State residents who are active military, veterans or members of their households.

For more information, please call 877-515-7848.

## Dementia Care Living Facilities

Brookdale Foundation House 253-838-8823 GenCare Lifestyle, Steel Lake 253-941-5859 Life Care Center of Federal Way 253-946-2273 Mirror Lake Senior Living 253-245-9973

#### Dementia Information & Resources

Alzheimer's Association 800-272-3900 Alzheimer's Foundation of America 866-232-8484

#### Dental Care

Geriatric Dental Care 253-839-1300

HealthPoint Federal Way Dental 253-874-7646

JC Denture Clinic 206-653-7621

Pacific Dental & Denture Society 253-815-8500

Seattle/King Co. Dental Society 206-443-7607

WA State Dental Association 800-448-3368



## Senior Discounts Retailers & Grocers

- Amazon Prime 50% off Prime membership if receiving SSI and/or SNAP
- CVS ExtraCare earn 2% in ExtraBucks as an ExtraCare member
- CVS Veterans Advantage 20% off purchase as a VetRewards member
- Dash Point Laundry 10% discount for seniors
- Fred Meyers save 10% on select items on the first Tuesday of the month if you are 55+
- Home Depot Price match guarantee, 10% off purchase with military ID
- Goodwill Senior Savings Day 10% off purchase on Tuesdays if you are 60+
- JOANN Senior Discount Day 20% off purchase if you are 55+
- Kohl's 15% off purchases on Wednesdays if you are 60+
- Lowe's Veterans Program 10% off purchase with military ID after enrollment
- Ross 55+ Program 10% off purchase on Tuesdays if you are 55+
- Michaels 10% off purchase if you are 55+ & a Michaels Rewards member
- RiteAid Wellness 65+ earn extra points, free pharmacist consultations, blood pressure screenings if you are 65+ & a Wellness+ member
- Safeway savings each week with coupons & deals as a Just For U member
- Walgreens Seniors Day 20% off eligible items & cash rewards if you are 55+ or an AARP member & myWalgreens
   account user

### Senior Discounts

#### Restaurants

- Arby's save 10% if you are 55+
- Burger King save 10% if you are 60+ and additional discounts on coffee & soft drinks
- Denny's save 15% off of your check as an AARP member;
   order from the 55+ menu if you are 55+
- IHOP order from the 55+ menu if you are 55+
- Jack in the Box save 20% on your beverage if you are 55+
- KFC save 20% or receive a free small drink with a meal if you are 55+
- McDonald's discounted or free coffee at participating locations if you are 55+
- Subway save 10% if you are 60+
- Taco Bell save 10% or **free** beverage if you are 65+
- Village Inn 10% senior discount
- Wendy's save 10% or **free** coffee or soft drink if you are 55+ Please note that prices & deals may vary by location.

## Senior Discounts Cellular Service

- Consumer Cellular AARP member plan beginning at \$20
- Lively No contract pricing, save \$60 per year as an AARP member
- Mint Mobile Mint55+ Plan available beginning at \$15
- T-Mobile 3 different unlimited plans for 55+ starting at \$27.50 per line

## Senior Discounts Leisure Activities

- Ancestry save 30% on a World Explorer or All Access membership for the first year as an AARP member
- Cinemark Century Theater discounted movie tickets for seniors day & early bird pricing if you are 62+
- National Parks America the Beautiful Senior Pass \$20 annual or \$80 lifetime pass if you are 62+
- Rhododendron Species Botanical Garden senior discount on entrance fee
- Silver Sneakers free healthy living & fitness class if you are 65+ & a member of Medicare
- Ticketmaster save on tickets to select shows & events as an AARP member

## Senior Discounts Hotel & Rental Cars

- Avis save up to 30% plus an upgrade as an AARP member
- Budget save up to 35% plus an upgrade as an AARP member
- Best Western Hotels save 5-10% as an AARP member
- Hertz save up to 20% with the 50+ Program if you are 50+
- Marriott offers a senior discount rate at participating locations if you are 62+
- Payless Car Rental save 5% plus an upgrade as an AARP member
- Thrifty join the Silver Thrifty Club & save 5% if you are 50+
- Zipcar \$40 for annual membership plus \$40 in free driving credit as an AARP member

## Senior Discounts Air, Bus & Rail

- Amtrack save 10% on most rail fares if you are 65+
- British Airways save \$65 on economy & premium economy, \$200 off business class when you purchase a transatlantic round-trip flight as an AARP member
- Delta Airlines senior discounts available for limited itineraries; call Delta for more details at 800-221-1212
- Greyhound senior discounts available for specific dates & destinations if you are 62+
- United Airlines save on senior fares to select travel destinations if you are 65+

Don't forget to simply ask for your senior discount everywhere you go!

Middle age is when you're faced with two temptations, and you choose the one that will get you home by 9 o'clock.

Ronald Reagan



## Disability Related Services

Aging & Disability Services 206-684-0660

DSHS Adult Care 877-501-2233

King County Developmental Disability

Services 206-263-9105

### Disaster Relief

American Red Cross 206-323-2345

FEMA Regional Office 425-487-4600

King County Emergency Management 800-523-5044

Salvation Army 253-946-1346

Getting older is fine. There is nothing you can do to stop it, so you might as well stay on the bus.

John Bryne

#### Friend to Friend America

Friend to Friend America matches volunteers to visit one-on-one with the elderly and disabled persons who live in nursing homes, assisted living facilities, retirement facilities, and adult family homes with the purpose of forming friendships and ending loneliness for seniors.

For more information, please call 206-870-4266.

#### Domestic Violence

## If you feel unsafe or you are being hurt, please contact someone RIGHT AWAY. Don't Wait!

There is always someone available to help 24/7.

#### IF YOU ARE IN IMMEDIATE DANGER, DIAL 911.

Adult Abuse & Prevention 877-734-6277

DAWN (Domestic Abuse Women's

Network) 425-656-7867

KCCADA (King County Coalition

Against Domestic Abuse) 206-568-5454

Vulnerable Adult Abuse 866-343-4276

WA State Domestic Violence Hotline 206-389-2515

YWCA of South King County 206-461-4888

No one is useless in this world who lightens the burdens of another.

Charles Dickens



#### Driving Education

AARP "55 Alive" Program 888-227-7669

AARP Defensive Drivers @ the Community

Center 253-835-6900

#### Education / Classes / Seminars

AARP Smart Driver Courses 800-350-7025

Federal Way Community Center 253-835-6900

Federal Way Library 253-838-3668

Goodwill Job Training & Education Center 253-573-6500

Highline Community College (reduced

tuition for residents 60+) 206-592-3181

#### Employment

Goodwill 253-573-6759

WorkSource Washington 253-804-1177

#### Financial Planning & Finding A Financial Advisor

Paying for Senior Care 855-481-6777

It is important to find a financial advisor that is ethical, knowledgeable, and able to help you with your particular situation. Tips for finding the best financial advisor for you:

- Ask for referrals from someone you know.
- Check Industry Databases for their history.
- Make sure they're a fiduciary.
- Don't trust titles.
- Meet in person and come prepared with your guestions and goals.

#### Food Banks

Multi-Service Center 1200 S 336th St, Federal Way 253-517-2263

Federal Way Senior Center 4016 S 352nd St, Auburn 253-838-3604

**Northwest Foursquare Church** 34800 21st Ave SW, Federal Way 253-838-6321

Christian Faith Center 33645 20th Ave S, Federal Way 253-943-2435

> Auburn Food Bank 930 18th Pl NE, Auburn 253-833-8925

Des Moines Area Food Bank 22225 9th Ave S, Des Moines 206-878-2660

Highline Area Food Bank 18300 4th Ave S, Burien 206-433-9900

At age 20, we worry about what others think of us. At age 40, we don't care what they think of us. At age 60, we discover they haven't been thinking about us at all.

## Get Involved! Community Partnerships

		1
	El Centro de la Raza	360-986-7040
Grounded in the Lo	atino community, aiming to unify	
	all racial and economic sectors.	
Federal W	ay Community Caregiving	253-661-0505
	Network	
Emergency a	ssistance programs, community	
	meals and gardens.	
Federal Way Community Center		253-835-6900
	o swimming or catching up on a	
•	n the lounge, it all happens here!	
-	nior Advisory Commission	253-835-2401
Advising Council	on senior issues and community	
	outreach.	
	Federal Way Senior Center	253-838-3604
Supporting a	ctivities for seniors and veterans.	
		206-393-3400
Advocating for the	e needs of older LGBTQIA+ adults	
	King County Library	253-838-3668
	oks to assistance, they have it all!	
Koı	ean Women's Association	253-535-4202
Empowering famil	ies & individuals to lead stable &	
	healthy lives.	
	SHIBA/Solid Ground	206-694-6700
	Health insurance advisors <b>free</b>	
	South King Tool Library	253-237-2290
Lendi	ng tools of all kinds for everyone!	
pacific Island	er Community Association	
	of Washington	253-336-7468
	Senior Programming	
West Steel		

#### Fraud & Scams

Elder Fraud - FBI 206-622-0460 Federal Trade Commission 877-438-4338

#### Common Elder Fraud Schemes

- Romance Scam Criminals pose as interested romantic partners on social media or dating websites to capitalize on their victims' desire for companionship.
- Tech Support Scam Criminals pose as technology support reps & offer to fix non-existent computer issues gaining remote access to devices and personal information.
- **Grandparent Scam** Criminals pose as a relative claiming to be in immediate financial need.
- Government Impersonation Scam Criminals pose as government employees threatening arrest or prosecution unless payments are received.
- Sweepstakes/Charity/Lottery Scam Criminals claim winning lottery, sweepstakes, or charitable giving, which can be collected for a fee.
- Home Repair Scam Criminals charge homeowners in advance for home improvement services that they never provide.
- TV/Radio Scam Criminals target potential victims using illegitimate advertisements for services.
- Family/Caregiver Scam Relatives or acquaintances of elderly victims take advantage of them to get their money.

#### Protect Yourself

- Recognize scam attempts and end all communication with the perpetrator.
- Search online for the contact information (name, email, phone or address) and the proposed offer.
   Other people have likely posted information online about individuals or businesses running scams.
- Resist the pressure to act quickly. Scammers create a sense of urgency to produce fear and lure victims into immediate action. Call the police if you feel there is a danger to yourself or your family.
- Be cautious of unsolicited phone calls, mailings, & door-to-door services offers.
- Never give or send any personally identifiable information, money, jewelry, gift cards, checks, or wire transfers to unverified people or businesses.
- Make sure all computer anti-virus software and malware protections are up-to-date. Use reputable anti-virus software and firewalls.
- Disconnect from the internet and shut down your device if you see a pop-up message or locked screen. Pop-ups are regularly used to spread malicious software. Enable pop-up blockers.
- Be careful what you download. Never open an email attachment from someone you don't know.

Take precautions to protect your identity if a criminal gains access to your device or account. Immediately contact your financial institution to place protections on accounts, monitor your accounts, and monitor personal information for any suspicious activity.

#### Healthcare Services

Aging & Long-Term Support

Administration 360-725-2300

Public Health Center Federal Way 206-477-6800

One Medical (previously IORA) 253-285-1593

Landmark Health 206-962-3535

Kaiser Permanente Federal Way 253-874-7000

St. Francis Hospital 253-835-8100-

Virginia Mason Federal Way 253-838-2400

HealthPoint Federal Way 253-874-7634

I love living. I love that I'm alive to love my age.
There are many people who went to bed just as I
did yesterday evening and didn't wake this
morning. I love and feel very blessed that I did.
Maya Angelou

#### Health Insurance

Washington State Health Care

Authority 800-562-3022

Washington Health Care Plans 855-923-4633

Medicare 800-633-4227

## Hearing Aids

Costco Federal Way 253-874-3652

Federal Certified Hearing Center 800-924-1577

Puget Sound Hearing Aid & Audiology 253-300-0634

Hearing Loss Association of

Washington 253-631-2345

#### Hospitals and Urgent Cares

St. Francis Hospital 34515 9th Ave S, Federal Way 253-835-8100

Tacoma General 315 Martin Luther King Jr. Way, Tacoma 253-403-1000

Auburn Regional
202 N Division St, Auburn 253-833-7711

MultiCare Indigo Urgent Care 31861 Gateway Ctr. Blvd S, Federal Way 253-652-7215

> MultiCare Tacoma General ER 29805 Pacific Hwy S, Federal Way 253-545-3770

UW Medicine Urgent Care 32018 23rd Ave S, Federal Way 253-839-3030

Concentra Urgent Care 1300 S 320th St, Ste. B, Federal Way 253-839-2727

#### Information Services

King County 211 connects people to the help they need. They provide the most comprehensive information on health and human services in King County, whether is it for housing assistance, help with financial needs, or to find the location of the nearest food bank. Call 211 for help today!

The Utility Notification Center is open 24-hours per day, 7-days per week, and accepts calls from contractors, homeowners, or anyone planning to dig. Whether you are a homeowner or a professional excavator, your call to 811 allows affected facility operators to locate and mark their underground lines. There is no cost, so call 811 before you dig!

# To hear travel information in Washington by phone, simply dial 51!

- Statewide traffic & road incidents, including construction and maintenance activities
- I-90 & I-5 express lane status
- Mountain pass weather, road conditions & restrictions
- Ferry information including schedules, fares, wait times, and Wave to Go information
- Statewide emergency messages & alerts including AMBER, Silver & Blue Alerts

#### Housing

Brookdale Senior Living 855-446-1603

SHAG Celebration Senior Living 206-331-4311

Meridian Court 833-725-6318

Mitchell Place 253-661-7011

Senior City 253-946-2489

Traditions at Federal Way

Apartments 253-336-4835

Willamette Court 253-336-4835

Village Green Retirement 253-838-3700

Mirror Lake Village 206-207-7022

### Housing Assistance

Catholic Community Services 206-328-5696

Federal Way Community Caregiving

Network 253-661-0505

866-427-4747

King County Crisis Connections OR 211

King County Housing Authority 206-574-1100

Senior Housing Assistance Group

(SHAG) 844-592-7424

Solid Ground 206-694-6700

St. Vincent de Paul 206-767-6449

## Housing Repair

Catholic Community Services 206-328-5696

Habitat for Humanity 206-855-5214

King County Housing Repair 206-263-9095

Sound Generations Minor Home

Repair 206-448-5757

## ADA Accessibility Ramps

Members of the Master Builder's Association of King & Snohomish Counties will build **free** access ramps for homeowners in need. Please call 425-460-8232 for additional information.

The International Association of Machinists & Aerospace Workers Union build ramps for those in need (not just union members). Please call 301-967-4500 for additional information.

We've put more effort into helping folks reach old age than into helping them enjoy it.

Frank A. Clark

### Adult Family Homes

Affinity Senior Transitions 206-499-3224

A Place for Mom 866-671-3802

Seniorhomes.com 844-759-0108

Senior Housing Authority Services 253-448-3370

Caring.com 800-558-0653

Home Instead 855-593-4437

Senior Advisor 800-805-3621

Care Patrol 253-366-0069

## South King Fire & Rescue

#### **Blood Pressure**

Free blood pressure checks at the local station: 31617 1st Ave S, Federal Way. \*If you are experiencing issues, please call 911 right away!

#### **CPR Classes**

Contact South King Fire & Rescue for a <u>free</u> CPR Class.

#### **Car Seat Inspections & Installation**

<u>Free</u> at the local station.

#### **Smoke & Carbon Monoxide Alarms**

South King Fire & Rescue is committed to keeping citizens safe and protected with smoke and CO alarms.

They receive funding to be able to distribute <u>free</u> devices to seniors & low-income families, and will even install them for you!

#### **Fall Prevention**

Educators can visit your home for a safety survey and install risk reduction devices.

<u>Please call 253-946-7347 for more information on any of these programs!</u>

#### In-Home Care

Advance Healthcare 800-690-3330

Catholic Community Services 253-854-0077

Comfort Keepers 253-200-0038

Federal Way Full Life 206-231-0200

Korean Women's Association 253-946-1995

ResCare - All Ways Caring 253-642-1023

Envision Healthcare at Home 206-550-9746

Concierge Care Advisors 855-444-7364

Careage Home Health 425-519-1265

Carina 844-797-8901

Family Resource Homecare 253-761-8019

Northwest Wellness 206-313-0949

#### Legal Assistance

Neighborhood Legal Clinics 206-929-1150

Lawyer Referral Services 206-267-7010

King County Law Library 206-477-1316

Northwest Justice Project 888-201-1012

Aging is not lost youth; it's a new stage of opportunity and strength.

Betty Friedan

#### Meal Sites

Algona Pacific Community Center 253-929-1150

Auburn Senior Center 253-931-3016

Des Moines Senior Center 206-878-1642

Federal Way Senior Center 253-838-3604

Sound Generations 206-448-5757

#### **Meals on Wheels**

Frozen home-delivered meals available to people over 60 who are unable to leave their home or have difficulty shopping or preparing meals. Suggested donation is \$3 per meal. Call 253-835-6903 for more information or to see if you qualify.

#### Mental Health Services

African American Elders 206-328-5639

El Centro de la Raza 206-957-4634

NAMI (National Alliance for the

Mentally III) of South King County 253-854-6264

**NAVOS Mental Health & Wellness** 

Center, Burien 206-248-8226

PEARLS (Program to Encourage

Active, Rewarding Lives) 206-221-4472

Valley Cities Counseling 253-833-7444

Auburn Survivors of Suicide 253-921-7829

Suicide & Mental Health Crisis Line 988

#### Senior Centers

Algona Pacific Community Center 100 3rd Ave SE, Pacific 253-929-1150

> Auburn Senior Center 808 9th St SE, Auburn 253-931-3016

Des Moines Senior Center 2045 S 216th St, Des Moines 206-878-1642

Federal Way Community Center 876 S 333rd St, Federal Way 253-835-6900

> Federal Way Senior Center 4016 S 352nd St, Auburn 253-838-3604

> > Milton Senior Center 1000 Laurel St, Milton 253-922-8733

You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there. George Burns

#### Social Security

Social Security Office, Kent 866-931-7671 U.S. Social Security Main Office 800-772-1213

#### Support Groups

Al-Anon Nationwide 888-425-2666

Alcoholic Anonymous (24-hour) 206-587-2838

Alzheimer's Association 800-272-3900

American Foundation for Suicide

Prevention 206-459-7617

Auburn Survivors of Suicide 253-931-7829

Cancer Helpline 800-227-2345

Grief Share 253-224-7331

Nar-Anon 800-477-6291

Parkinson's Association 206-695-2905

United Way 206-461-3700

WICS (Widowed Information &

Consultation Services 206-241-5650

#### **King County Property Tax Exemption**

Many people in King County are eligible for help with their property taxes, specifically seniors, persons with disabilities, and disabled veterans. For information on applying, please call 206-296-7300. Completed applications can be mailed to:



Department of Assessments
ATTN: Senior Exemptions
KSC - AS - 0708
201 S Jackson St, Room 708
Seattle, WA 98104



## Tax Support & Assistance

AARP Income Tax Help 888-227-7669

IRS 800-829-1040

King County Assessor 206-296-3920

United Way Free Tax Help 206-461-3700



Old age isn't bad when you consider the alternative.

Maurice Chevalier

#### Transportation Services

Access Bus 206-205-5000

**American Cancer Society** 

Transportation 800-227-2345

Around the Sound 253-858-7088

Catholic Community Services 206-328-5696

Disabled American Veterans 206-764-2564

HopeLink Transportation 800-923-7433

Hyde Shuttle 206-727-6262

King County Access (ADA) 206-553-3000

Metro Transit 206-553-3000

Northwest Transport 800-600-9225

ORCA 888-988-6722

Sound Generations 206-448-5740

Sound Transit 888-889-6368

WA State Ferry Information 888-808-7977

### Utility Assistance

Catholic Community Services 253-854-0077

City of Federal Way Utility Tax Rebate

Program 253-835-2526

Multi-Service Center 253-838-2526

Puget Sound Energy Low-Income Home Energy Assistance Program

(LIHEAP) 888-225-5773

#### Veteran Services

American Lake VA Hospital 253-582-8440-

Department of Veteran Affairs 844-872-4681

Disabled American Veterans 253-638-7187

Federal Way Veterans Center 253-838-3090

King County Veterans Program 206-477-8282

ResCare Veterans Care 866-737-2273

Seattle VA Hospital 800-329-8387

Veterans of Foreign Wars 253-922-2114

WA Serves 877-515-7848

WA Department of Veteran Affairs 800-562-2308

Veterans Crisis Line 855-205-9453





# Senior Advisory Commission Members:

**LANA BOSTIC, CHAIR CATHERINE NORTH, VICE-CHAIR TAMMY DZIAK FRANK FIELDS VICKY FOREMAN DEBBIE HARVEY KENNETH PRATT DAVID REYNOLDS** 

#### **CHERYL VOLHEIM COUNCILMEMBER SUSAN HONDA**

The Senior Advisory Commission meets monthly on the 2nd Wednesday at City Hall. Meetings are open to the public. We hope you'll join us!

> City Hall at the City of Federal Way 33325 8th Ave S Federal Way, WA 98003

For additional copies, please contact 253-835-2401.