



City of Federal Way Senior Resource Guide

Produced by the
Senior Advisory Commission
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STEEL LAKE PRESBYTERIAN CHURCH





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Our purpose with this guide is to provide a list of inclusive not-for-profits for seniors in the Greater Federal Way area in an easy-to-use format, both in print and online. Inclusion in this Resource Guide is not an endorsement of the entities within. Please exercise personal responsibility when choosing an entity to work with.

Additionally, the City of Federal Way assumes no legal liability for the accuracy, completeness, or usefulness of any information, product, or process disclosed herein and does not represent that use of such information, product, or process would not infringe on privately owned rights. Links to websites away from the City of Federal Way website are for the convenience of the user and as such does not constitute an official endorsement by the City of Federal Way.

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 425-460-8238 for more 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 more information.



Adult Day Care

Sound Generations 206-448-3110



Adult Family Homes

Adult Family Home Council 360-754-3329



Advocacy & Complaints

Adult Protective Services 877-734-6277
Better Business Bureau Northwest 208-342-4649
Disability Rights of Washington 800-562-2702
Disabled American Veterans 206-341-8267
Elder Abuse Multidisciplinary Team elderabusemdt@kingcounty.gov
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





Case Management

Aging & Disabled Services	844-348-5464
Aging & Disability Resource Centers	360-725-3548
El Centro de la Raza	206-957-4634
Valley Cities	253-833-7444



Computer Help

Auburn Senior Center	253-931-3016
Cyber Seniors	844-217-3057
King County Library (1 st Ave Branch)	253-838-3668
Mission Africa	253-344-1894
Your Senior Tech	253-617-5848



Cremation & Funerals

Funeral Consumers Alliance	802-865-8300
People's Memorial	206-325-0489



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
King County 211	800-621-4636
National Suicide Prevention Hotline	988
Washington Recovery Helpline	866-789-1511
Washington Relay 711	711
Washington Warm Line	877-500-9276



Dementia Information & Resources

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



Dental Care

HealthPoint Federal Way Dental	253-874-7646
Seattle/King County Dental Society	206-443-7607
Washington State Dental Association	800-448-3368



Disability-Related Services

Aging & Disability Services	206-684-0660
DSHS Adult Care	877-501-2233
Hearing Loss Association of Washington	253-631-2345
King County Developmental Disability Services	206-263-9105
Knights of the Blind	360-391-5880
Lighthouse for the Blind	206-322-4200
National Federation of the Blind Washington	425-823-6380
Services for the Blind	206-906-5500



Domestic Violence

**If you feel unsafe or you are being hurt, please contact someone
RIGHT AWAY! DON'T WAIT!**

There is always someone available, 24/7.

IF YOU ARE IN IMMEDIATE DANGER, CALL 911.

Adult Abuse & Prevention	877-734-6277
Domestic Abuse Women's Network (DAWN)	425-656-7867
DV Hopeline	206-737-0242
End Harm	866-363-4276
Washington State Domestic Violence Hotline	206-389-2515
YWCA of South King County	206-461-4888



Education

AARP Smart Driver Courses	253-835-6925
held monthly at the Federal Way Community Center	
Federal Way Community Center	253-835-6900
Federal Way Library	253-838-3668
Green River Community College	253-333-6030
Highline Community College	206-592-3181
reduced tuition for resident 60+	



Employment

Goodwill	253-573-6500
Work Source Washington	253-804-1177

Financial Planning

The Federal Way Community Center offers free financial counseling on the 1st Wednesday of the month by appointment from 1-3pm.

Call 253-835-6900 for more information.

Washington Homeownership Resource Center 877-894-4663



Food Banks

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

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

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

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

Multi-Service Center Food Bank
27614 Pacific Hwy S, Federal Way
**By appointment only 253-838-6810

Nested Communities Food Bank
33309 1st Way S #A206, Federal Way 253-386-7559



Frauds & Scams

Elder Fraud FBI 206-622-0460
Federal Trade Commission 877-438-4338
Attorney General Consumer Resources 206-464-6684



Health Insurance

Medicare	800-633-4227
Medicare Beneficiary Helpline	800-633-4227
Statewide Health Insurance Benefits Advisors (SHIBA)	800-562-6900
Washington State Health Care Authority	800-562-3022
Washington Health Care Plans	800-923-4633



Healthcare Services

Aging & Long-Term Support	360-725-2300
HealthPoint Federal Way	253-874-7634
Kaiser Permanente	253-874-7000
Public Health Center, Federal Way	206-477-6800
Virigina Mason Federal Way	253-838-2400



Home Health/Hospice

Kline Galland	206-725-8800
Providence at Home Hospice	206-320-4000
Wesley Home Healthcare	206-870-1127

Hospitals & Urgent Cares

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

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

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

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

Virginia Mason Walk-In Urgent Care
33501 1st Way S, Federal Way 253-838-2400



Housing Assistance

Catholic Community Services 206-328-5696
King County Crisis Connections 211
King County Housing Authority 206-574-1100
Solid Ground 206-694-6700
St. Vincent de Paul 206-767-6449



Housing Repair

Catholic Community Services of King County 206-328-5696
Habitat for Humanity 206-855-5214
King County Housing Repair 206-263-9095
Rebuilding Together South Sound 206-682-1231
Sound Generations Minor Home Repair 206-448-5757





In-Home Care

Carina	844-797-8901
Catholic Community Services	206-854-0077
Federal Way Full Life	206-231-0200
Korean Women's Association	253-946-1995



Legal Assistance

King County Law Library	206-477-1316
Lawyer Referral Services	206-267-7010
Northwest Justice Project	888-201-1012
King County Bar Association	206-267-7100



Mental Health Services

African American Elders	206-328-5639
Auburn Survivors of Suicide	253-921-7829
El Centro de la Raza	206-957-4634
National Alliance for the Mentally Ill (NAMI)	253-854-6264
NAVOS Mental Health & Wellness Center	206-248-8226
Program to Encourage Active, Rewarding Lives (PEARLS)	206-221-4472
Suicide & Mental Health Crisis Line	988
Valley Cities	253-833-7444
Sound Behavioral Health	206-901-2000



Meal Sites

Algona Pacific Community Center

60+ Monday – Friday

100 3rd Ave SE, Pacific

253-929-1150

Auburn Senior Center

60+ Monday – Friday

808 9th St SE, Auburn

253-931-3016

Des Moines Senior Center

Monday – Thursday

2045 S 216th St, Des Moines

206-878-1642

Federal Way Community Center

2nd Weds. monthly / 3rd Weds. quarterly

Tuesday & Thursday – Korean Luncheons

876 S 333rd St, Federal Way

253-835-6900

Federal Way Senior Center

Monday & Thursday

4016 S 352nd St, Auburn

253-838-3604

Sound Generations

1st & 3rd Fridays

876 S 333rd St, Federal Way

206-448-5757



Senior Centers

Algona Pacific Community Center	100 3 rd Ave SE, Pacific	253-929-1150
Auburn Senior Center	808 9 th St SE, Auburn	253-931-3016
Des Moines Senior Center	2045 S 216 th 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 352 nd St, Auburn	253-838-3604
Milton Senior Center	1000 Laurel St, Milton	253-922-8733



Senior Activities

Community Emergency Response team (CERT)	253-835-2712
sharon.greene@federalwaywa.gov	
Federal Way Historical Society	253-945-7842
contactus@federalwayhistory.org	
Harmony Kings A Cappella Chorus	206-414-9553
harmonykings.org	
Kiwanis of Federal Way	253-293-8885
federalwaykiwanis.com	
Marine Hills Garden Club	email only
marinehills@lycos.com	
Northwest Carver's Association	email only
nwoodcarvers@gmail.com	
Pacific Ballroom Dance	253-939-6524
pacificballroom.org/adult	
Soroptimist International	email only
sifederalwaycontact@gmail.com	
Sweet Adelines/Jet Cities Chorus	253-335-9766
jetcitieschorus@gmail.com	
Toastmasters	206-250-4902
toastmasters.org	

Social Security

Social Security Office, Kent 866-931-7671
United States Social Security Main Office 800-772-1213



South King Fire & Rescue

South King Fire & Resouce offers many programs designed with seniors in mind, including:

- Blood Pressure Checks
- CPR Classes
- Smoke & Carbon Monoxide Alarms
- Fall Prevention Services

Please call 253-946-7347 for more information.



Support Groups

Al-Anon Nationwide	888-425-2666
Alcoholics 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
Parkinson's Association	206-695-2905
United Way	206-461-3700
Widowed Information & Consultation Services (WICS)	206-241-5650



Tax Support & Assistance

AARP Income Tax Help	888-227-7669
Internal Revenue Service	800-829-1040
King County Assessor	206-296-3920
United Way Free Tax Help	206-461-3700



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
HopeLink Transportation	800-923-7433
Hyde Shuttle	206-727-6262
King County Metro	206-553-3000
Northwest Transport	800-600-9225
ORCA	888-988-6722
Sound Generations	206-448-5740
WA State Ferry Information	888-808-7977



Utility Assistance

Catholic Community Services	253-854-0077
Utility Tax Rebate Program	253-835-2526
Multi-Service Center	253-838-6810
Puget Sound Energy Low-Income Home Energy Assistance Program (LIHEAP)	888-225-5773

Veteran Services

American Lake VA Hospital	253-582-8440
Department of Veterans Affairs	844-872-4681
Federal Way Veterans Center	253-838-3090
Seattle VA Hospital	800-329-8387
Veterans Crisis Line	988, option 1
Veterans of Foreign Wars	253-922-2114
WA Department of Veterans Affairs	800-562-2308



Volunteer Opportunities

AARP Volunteer Resources	888-687-2277
American Legion, Auburn	253-939-5789
El Centro de la Raza	360-986-7040
Federal Way Community Caregiving Network	253-670-5944
Federal Way Community Center	253-835-6900
Federal Way Senior Advisory Commission	253-835-2401
Federal Way Senior Center	253-838-3604
Federal Way Senior Reading Program	253-835-2401
FUSION Volunteers	253-874-1257
GenPride	206-393-3400
King County Library	253-838-3668
Korean Women's Association	253-535-4202
Pacific Islander Community Association of Washington (PICA)	206-686-5221
SHIBA/Solid Ground	206-694-6700
South King Tool Library	253-237-2290



Senior Advisory Commission Members

David Reynolds, Chair

Ami Parker, Vice-Chair

Ian Anderson

Tammy Dziak

Vicky Foreman

Debbie Harvey

Larry Munoz

Catherine North

Kenneth Pratt

John Resing

Cheryl Volheim

Council President Susan Honda



**The Senior Advisory Commission meets monthly on the
2nd Wednesday of the month at 1:30pm at City Hall. Our
meetings are open to the public. Please join us!**

33325 8th Ave S, Federal Way, WA 98003

For additional copies of this guide, please call 253-835-2401.