

City of Federal Way

Senior Resource Guide for the Greater Federal Way

August 2020-July 2021



**Produced by
City of Federal Way
Senior Advisory Commission**

33325 8th Ave S
Federal Way, WA 98003
253-835-2401

Printing sponsored by Steel Lake Presbyterian Church

Senior Advisory Commission Mission Statement

Our Mission is to help improve and enrich the health and wellbeing for senior citizens quality of life. Make safe and affordable recommendations for seniors to age in their home. Create partnerships for affordable and reliable transportation. Educate and communicate programs and services available to seniors. Partner with the community for affordable rent, activities and memberships.

Responsibilities

The Senior Advisory Commission advises the City Council on policies, community engagement, and delivery of senior citizen programs and to provide outreach to the community. The commission shall identify issues related to senior citizens in the community by working with the residents, service providers, the mayor's office, and city staff.

Membership

The membership of the Senior Advisory Commission are appointed by the City Council and consists of up to nine members and three alternate members.

Table of Contents

Adult Day Care/Family Home	5
Advocacy and Complaints	5
Case Management	6
Chemical Dependency.....	6
Computer Help	7
Cremation and Funerals	7
Crime Prevention.....	7
Crisis Lines	8
Dementia Care Living Facilities	8
Dementia Information.....	8
Dental Care.....	8
Disability-Related Services	9
Disaster Relief.....	9
Domestic Violence.....	11
Driving Education	11
Education/Classes/Seminars	11
Employment	11
Financial Counseling.....	12
Food Banks	12
Healthcare Services	13
Health Insurance	13

Hospitals	14
Housing	15
Housing Assistance	16
Housing Repairs	16
In-Home Care	18
Legal Assistance	18
Meal Sites	19
Mental Health	21
Senior Centers.....	22
Social Security	23
Support Groups.....	23
Taxes	24
Transportation	25-26
Utilities Assistance	27
Veterans Services	28

Adult Day Care/Family Home

Adult Family Homes www.adultfamilyhomes.org	800-581-4246
Full Life Center – Federal Way www.fulllifecare.org	206-528-5315
Sound Generations www.soundgenerations.org	206-448-5757

Advocacy and Complaints

Aging & Disabled Services www.agingkingcounty.org	844-348-5464
Better Business Bureau NW-Pac. www.bbb.org	208-342-4649
Disability Rights of WA www.disabilityrightswa.org	800-562-2702
Disabled American Veterans www.dav.org	206-341-8267
Elder Korean Advocacy	253-389-1872
Federal Way Vet Center www.va.gov	253-838-3090
Fraud Fighters in WA State https://www.aarp.org/money/scams-fraud/helpline.html	877-908-3360
Medicare Beneficiary Helpline www.medicare.gov	800-633-4227
State Long Term Care Ombudsman www.waombudsman.org	206-623-0816
WA State Attorney General www.atg.wa.gov	800-551-4636
WA State Dept. of Financial Institutions www.dfi.wa.gov	877-746-4334

Case Management

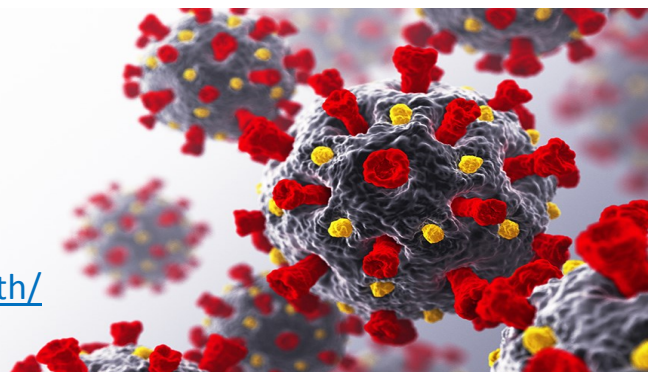
Aging & Disabled Services www.agingkingcounty.org	844-348-5464
Aging & Disability Resource Centers (ADRCs) https://www.dshs.wa.gov/altsa/stakeholders/aging-disability-resource-centers-adrcs	360-725-3548
Valley Cities www.valleycities.org	253-833-7444
El Centro de la Raza www.elcentrodelaraza.org	206-957-4634

Chemical Dependency

Alcoholics Anonymous –24 hrs. www.district32aa.org	206-587-2838
Sober Support Resources – List of resources https://www.kingcounty.gov/courts/clerk/drug-court/Resources.aspx	
Al-Anon – Nationwide www.al-anon.org	888-425-2666
Nar-Anon www.nar-anon.org	800-477-6291
Northwest Resources One LLC https://northwest-resources-one.business.site/	206-824-9273

City of Federal Way
<https://covid19-cfwgis.hub.arcgis.com/>

King County Health
<https://www.kingcounty.gov/depts/health/covid-19.aspx>



Computer Help

Auburn Senior Center www.auburnwa.gov	253-931-3016
Federal Way Sr. Center www.federalwayseniorcenter.org	253-838-3604
King County Library www.kcls.org	253-838-3668

Cremation and Funerals

Bonney Watson www.bonneywatson.com	253-839-7317
Cascade Memorial www.cascadememorial.com	253-874-9000
Funeral Alternatives of WA www.FuneralAlternatives.org	206-400-0204
People's Memorial www.peoplesmemorial.org	206-325-0489

Crime Prevention

Crime Stoppers www.crimestoppers.com	800-222-8477
Federal Way Police, non-emergency www.cityoffederalway.com	253-835-6700
King County Sheriff www.kingcounty.gov	206-296-3311



Crisis Line

Crisis Clinic www.crisisconnections.org	866-427-4747
King County Crisis and Commitment Services www.kingcounty.gov	206-263-9202
National Suicide Prevention Lifeline and Veterans Crisis Line www.veteranscrisisline.net	800-273-8255

Dementia Care Living Facilities

Brookdale, Federal Way www.brookdale.com	253-941-0156
Gen Care Lifestyle, Steel Lake www.gencarelifestyle.com	253-941-5859
Life Care Center of Federal Way www.lcca.com	253-946-2273
Mirror Lake Senior Living www.seniorservicesofamerica.com	253-245-3630

Dementia Information

Alzheimer's Association www.alz.org	800-272-3900
Alzheimer's Foundation of America www.alzfdn.org	866-232-8484

Dental Care

Geriatric Dental Care www.geriatricdental.org	253-839-1300
HealthPoint Federal Way Dental www.healthpointchc.org	253-874-7646
Seattle/King Co. Dental Society www.skcds.org	206-443-7607
WA State Dental Association www.wsda.org	800-448-3368

Disability-Related Services

Aging and Disability Services

www.agingkingcounty.org

206-615-1855

DSHS Adult Care

www.dshs.wa.gov/adult-care

877-501-2233

King County Developmental Disability Services

www.kingcounty.gov/depts/community-human-services/developmental-disabilities.aspx

206-263-9105

Disaster Relief

American Red Cross

www.redcross.org

206-323-2345

FEMA Regional Office

www.fema.gov/region-x-ak-id-or-wa

425-487-4600

King Co. Emergency Mgmt.

www.kingcounty.gov/depts/emergency-management.aspx

800-523-5044

Salvation Army

www.federalway.salvationarmy.org

253-946-1346

Friend to Friend America

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

Call 206-870-4266 for more information

**If you feel unsafe or you are being hurt, please
contact someone right away, **DON'T WAIT!**
There is someone available
to help you 24/7.**

Domestic Violence

Adult Abuse & Prevention www.dshs.wa.gov/altsa/home-and-community-services/adult-abuse-and-prevention	877-734-6277
DAWN, Domestic Abuse Women's Network www.dawnrising.org	425-656-7867
Federal Way Coalition Against Trafficking www.fwcat.org	888-373-7888
IMMEDIATE DANGER	911
King Co. Coalition Against Domestic Abuse www.kccadv.org	206-568-5454
Vulnerable Adult Abuse www.atg.wa.gov/vulnerable-adult-abuse	866-363-4276 800-562-6078
WA State Domestic Violence Hotline www.wscadv.org	206-389-2515
YWCA of South King County www.ywcaworks.org	206-461-4888

Financial Planning

Paying for Senior Care

www.payingforseniorcare.com/washington

855-481-6777

Financial Advisors for Seniors—Tips

www.senioradvisor.com

Highline Community College

A reduced tuition charge is available for residents 60 years of age or older.

One can enroll on an audit basis or one or two classes per quarter.

Availability varies according to instructor and class size.

Call 206-592-3181 – or go to the Admissions Office at Highline College.

Food Banks

Federal Way Food Bank- Multi Service Center

www.mschehelps.org

253-517-2263

Food Bank at FW Senior Center

www.federalwayseniorcenter.org

253-838-3604

Northwest Foursquare Church

www.nwcfoursquare.org

253-838-6321

Healthcare Services

Aging & Long-Term Support Admin www.dshs.wa.gov/altsa	360-725-2300
Public Health Center—Federal Way www.kingcounty.gov/depts/health/locations/federal-way.aspx	206-477-6800
IORA –Primary Care www.ioraprimarycare.com	253-285-1593
Landmark Health (In home care) www.landmarkhealth.org/service-area/washington/	206-962-3535
Kaiser Permanente—Federal Way www.wa.kaiserpermanente.org/html/public/locations/federal-way	253-874-7000
St. Francis Hospital www.chifranciscan.org	253-835-8100
Virginia Mason—Federal Way www.virginiamason.org/federal-way	253-838-2400

Health Insurance

WA State Health Care Authority www.hca.wa.gov	800-562-3022
WA Health Care Plans www.wahealthplanfinder.org	855-923-4633
Medicare www.medicare.gov	800-633-4227
SHIBA (State Health Insurance Benefit Advisors) www.soundgenerations.org	206-727-6221

Hospitals

St. Francis Hospital www.chifranciscan.org	253-835-8100
Tacoma General www.multicare.org	253-403-1000
Auburn Regional Hospital www.multicare.org	253-833-7711
Highline Medical Center, Burien www.chifranciscan.org	206-244-9970

TSOA - Tailored Support for Older Adults is a program that helps caregivers who are caring for a family member for free. It also can 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, like mental health counselling or massage therapy.
- Some help with personal care needs if you do not have a family caregiver

For more information: 1-800-562-3022

Housing

Brookdale Senior Living

www.brookdale.com

844-321-7674

SHAG Celebration Senior Living

www.housing4seniors.com

206-331-4311

Meridian Court

www.meridiancourtapartments.com

833-725-6318

Mitchell Place

www.mitchellplaceapts.com

253-661-7011

Senior City (Korean Woman's Assoc.)

www.seniorcityapts.com

253-946-2489

Willamette Court

www.housing4seniors.com

253-336-4835

Village Green Retirement

www.villagegreenretirement.com

253-838-3700

MAKE THE RIGHT CALL

9-1-1 for emergencies

- Impaired Driving
- House Fire
- Medical Emergency
- Abduction
- Robbery
- Report Domestic Violence
- Suspicious Activities
- Heart Attack or Stroke

Or text your ZIP Code to TXT-211 to chat with a community specialist.

IMPACT 2-1-1
Get Connected. Get Answers.

2-1-1 for info and resources

- Housing and Utility Issues
- Find Shelter
- Locate a Food Bank
- Natural Disaster Relief Information
- Fraud and Identity Protection
- Tax Preparation Assistance
- Veterans Services
- Support Groups and Counseling Services

United Way of Washington County

Housing Assistance

Catholic Community Services www.ccsww.org	206-328-5696
FW Community Caregiver's Network www.fwccn.org	253-661-0505
King County Crisis Connections www.crisisconnections.org	211 866-427-4747
King County Housing Authority www.kcha.org/housing	206-574-1100
Senior Housing Assistance Group (SHAG) www.housing4seniors.com	844-592-7424
Solid Ground www.solid-ground.org	206-694-6700
St. Vincent de Paul www.svdpsattle.org	206-767-6449

Housing Repairs

Catholic Community Services Minor Home Repair https://ccsww.org/get-help/services-for-seniors-people-with-disabilities/volunteer-services/	206-328-5696
City of Federal Way Housing Repair Program www.cityoffederalway.com/	253-835-2401
Habitat for Humanity www.habitatskc.org	206-855-5214
King County Housing Repair (unincorporated King County) www.kingcounty.gov/depts/community-human-services/housing	206-263-9095
Rebuilding Together South Sound www.rebuildingtogether.org	253-238-0977

Adult Family Homes – 1-800-581-4246

www.Adultfamilyhomes.org

Has a user friendly website to help you find a suitable Adult Family Home with the features you are looking for. No charge.

South King Fire and Rescue

Blood Pressure:

FREE Blood pressure checks at the local stations

**If you are experiencing issues, please call 911 and wait for them to arrive.*

CPR Classes:

Contact them for a FREE CPR class

Car Seat Inspections:

Get your grandkids' car seat correctly installed

Free Smoke and CO Alarms for Seniors & Low-Income Families

South King Fire and Rescue is committed to keeping our citizens protected with smoke and CO alarms. We have funding from local and state organizations for the distribution of free smoke detectors and CO alarms with batteries to senior citizens or families with low or fixed incomes who live within the fire jurisdiction. The fire department will install detectors and batteries for those who are unable to do so themselves.

Fall Prevention

Educators will visit your home to do a safety survey. They will provide education on the reasons why falls happen and give you ideas on how to reduce injuries at home. They can also install risk reduction devices. You must be 50 years or older, live independently, have either fallen in the past or be at risk of falling, and live within King County to qualify for the program.

For more information on any of these programs or to schedule a home visit, please call 253.946.7347.

In-Home Care

Advanced Healthcare www.advanced-healthcare.com	800-690-3330
Catholic Community Services www.ccsww.org/get-help/services-for-seniors-people-with-disabilities/	253-854-0077
Comfort Keepers www.comfortkeepers.com/offices/washington/federal-way/	253-200-0038
Federal Way Full Life www.fulllifecare.org	206-231-0200
Korean Women’s Association www.kwacares.org/get-help/in-home-care	888-508-2780
ResCare—All Ways Caring www.allwayscaring.com	253-642-1023 866-737-2273

Legal Assistance

Federal Way Library—Legal Clinic www.kcls.bibliocommons.com/events/5d5eb004ebd5492f000bac1b	206-267-7100
King County Bar Assoc. www.kcba.org	206-267-7100
Northwest Justice Project www.nwjustice.org	888-201-1012
Volunteer Legal Services http://www.kcba.org/For-the-Public/Free-Legal-Assistance/The-Records-Project	206-623-2551

Meal Sites

Algona-Pacific Comm. Center M,W,TH,FR (small fee)	253-931-6026
Auburn Senior Center M-F (small fee) www.auburnseniorcenter.com	253-931-3016
Des Moines Senior Center M-Th (small fees) www.desmoineswa.gov/217/Senior-Services	206-870-6584
Federal Way Senior Center M-F (small fee) www.federalwayseniorcenter.org	253-838-3604
Meals on Wheels www.soundgenerations.org/our-programs/food-security/meals-on-wheels	206-448-5757
Meal Site Information https://ccsww.org/get-help/shelter-homeless-services/senior-nutrition-program/meals-sites/	253-854-0077

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.

Suggest donation is \$3 per meal

Call 253-835-6903 for more information and to see if you qualify.

Restaurants

Applebee's gives a 10% discount to seniors over 60 who have the Applebee's Golden Apple Card.

Denny's gives 10% off for age 55+. They will make it 20% off if you are an AARP member. A menu just for seniors is also offered.

IHOP is 10% off for ages 55+. They also have a 55+ menu

Outback Steakhouse has a 15% senior discount, age demarcation unknown.

Village Inn gives a 10% discount to seniors

**prices may vary by location*

Fast Foods

Arby's gives 10% off for ages 55+

Burger King has a 10% discount for ages 60+, and additional discounts on coffee and soft drinks.

Jack in the Box has a 20% beverage discount for seniors age 55 and over.

KFC - free small drink with a meal

McDonald's has discounts on coffee and soft drinks for the 55+ crowd.

Subway is 10% off for ages 60+;

Taco Bell - free beverages.

Wendy's – free beverage

**prices may vary by location*

Mental Health

African American Elders

<https://ccsww.org/get-help/services-for-seniors-people-with-disabilities/african-american-elders-program/>

206-328-5639

El Centro de la Raza

www.electrodelaraza.org

206-957-4634

Nami (National Alliance for the Mentally Ill)

www.nami.org

206-783-4288

800-950-6264

NAVOS Mental Health & Wellness Center (Burien)

www.navos.org

206-248-8226

PEARLS (The Program to Encourage Active, Rewarding Lives)

<https://depts.washington.edu/hprc/evidence-based-programs/pearls-program/>

206-221-4472

Valley Cities Counseling

<https://www.valleycities.org/>

253-833-7444

Federal Way Senior Center

Located at 4016 S. 352nd in Auburn

253-838-3604. Open 8-4

The Senior Center serves lunch M-F at 11:30

Price is about \$4.00

Bingo several days a week

Food Bank for local residents

Exercise class several times a week

For more information go to

www.federalwayseniorcenter.org

Federal Way Community Center

Located at 876 S. 333rd St., 253-835-6900
Open M-F 5:30 – 9:30, Sat 7-5:30, Sun 9-5:30
Korean Lunch served Tu and Th at 12:00, \$3.00
Latino Lunch served, price is about \$3.00

Silver Sneakers class, Chair Yoga, line dancing
Bridge, Bingo, Book Club and more!
Senior Day Trips – fees vary

For more information call 253-835-6900
Or www.itallhappenshere.org

Senior Centers

Algona-Pacific Comm. Center https://www.pacificwa.gov/residents/community_services	253-929-1150
Auburn Senior Center www.auburnseniorcenter.com	253-931-3016
Des Moines Senior Center www.desmoineswa.gov/217/Senior-Services	206-870-6584
Federal Way Community Center https://itallhappenshere.org/programs/seniors/	253-835-6900
Federal Way Senior Center www.federalwayseniorcenter.org	253-838-3604
Milton Senior Center https://www.cityofmilton.net/general-information/residents/milton-activity-center/	253-922-8733

Social Security

Social Security Office—Kent https://www.ssa.gov/	866-931-7671
US Social Security Main Phone No. TTY Line	800-772-1213 800-325-0778

Support Groups

Al-Anon – Nationwide www.al-anon.org	888-425-2666
Alcoholics Anonymous –24 hrs. www.district32aa.org	206-587-2838
Alzheimer's Association https://www.alz.org/alzwa	800-272-3900
American Foundation for Suicide Prevention https://afsp.org/chapter/afsp-washington/	206-459-7617
Auburn Survivors of Suicide www.auburnsos.com	253-921-7829
Cancer Helpline www.cancer.org	800-227-2345
Parkinson's Association https://www.apdaparkinson.org/community/northwest/	206-695-2905
Nar-Anon www.nar-anon.org	800-477-6291
United Way www.unitedway.org	206-461-3700
WICS (Widowed Information & Consultation Services) http://www.kcwics.org/meetings/	206-241-5650

Taxes

AARP Income Tax Help https://www.aarp.org/money/taxes/aarp_taxaide/	888-227-7669
IRS	800-829-1040
King County Assessor https://www.kingcounty.gov/depts/assessor.aspx	206-296-3920
United Way—Free Tax Help https://www.uwkc.org/need-help/tax-help/	206-461-3700

Federal Way Full Life – 206-231-0200

At some point virtually all of us will experience serious chronic illness or disability, or we'll need to provide care for someone who faces such challenges.

Another part of life is the joy that we find in every day. That's our goal: We help our clients more fully experience and enjoy their lives.

We strive to make each day the best that it can be for every individual. We help our clients lead independent, purposeful lives.

Federal Way Full Life offers adult day care, dementia care, home health care, wound care and more.

Transportation

Access Bus

<https://kingcounty.gov/depts/transportation/metro/travel-options/accessible/programs/access-transportation.aspx#access-fares>

206-205-5000

American Cancer Society

Transportation

<https://www.cancer.org/treatment/support-programs-and-services/patient-transportation.html>

800-227-2345

Around the Sound

<https://atstrans.org/>

253-858-7088

Catholic Community Services

Volunteer Transportation

<https://ccsww.org/get-help/services-for-seniors-people-with-disabilities/volunteer-transportation/>

206-448-5740

Disables American Veterans

<https://www.dav.org/veterans/i-need-a-ride/>

206-764-2564

Hopelink Transportation

<https://www.hopelink.org/need-help/transportation>

800-923-7433

Hyde Shuttle

<https://soundgenerations.org/our-programs/transportation/hyde-shuttle/>

206-727-6262

King County Access (ADA)

<https://kingcounty.gov/depts/transportation/metro/travel-options/accessible/programs/paratransit.aspx>

206-553-3000

King County Taxi Scrip https://kingcounty.gov/depts/transportation/metro/travel-options/accessible/programs/taxi-scrip.aspx	206-553-3000
Metro Transit https://kingcounty.gov/depts/transportation/metro.aspx	206-553-3000
Northwest Transport http://www.nwt1cabulance.com/	800-600-9225
ORCA https://orcacard.com/ERG-Seattle/p1_001.do	888-988-6722
Sound Generations Volunteer Transportation https://soundgenerations.org/our-programs/transportation/volunteer-transportation/	206-448-5740
Sound Transit https://www.soundtransit.org/	888-889-6368
WA State Ferry Information Line https://www.wsdot.wa.gov/Ferries/TakeaFerry/	888-808-7977

Sound Generations Rider Eligibility

To be an eligible rider for our **Volunteer Transportation** program, clients must be: King County residents ages 60 and over, able to transfer into a private vehicle with minimal assistance

Utilities Assistance

Catholic Community Services

<https://ccsww.org/get-help/shelter-homeless-services/emergency-assistance/>

253-854-0077

Multi Service Center

<https://mschelps.org/>

253-838-6810

City of Federal Way Utility Tax Rebate

<https://www.cityoffederalway.com/node/1505>

253-835-2526

Ramps

Members of the **Master Builders Association of King and Snohomish Counties** will build free access ramps for homeowners in need within King and Snohomish counties.

<https://www.mbaks.com/giving-back/rampathon>

International Association of Machinists and Aerospace Workers

Members of the Machinists Union build ramps for those in need (not just union members). Call Jon Holden, 301-967-4500

Veterans Services

American Lake VA Hospital https://www.va.gov/directory/guide/facility.asp?id=5401	253-582-8440
Dept. of Veterans Affairs https://www.va.gov/	844-872-4681
Disabled American Veterans https://www.dav.org/	253-638-7187
Federal Way Vet Center https://www.va.gov/directory/guide/facility.asp?ID=6091	253-838-3090
King County Veterans Program https://www.kingcounty.gov/depts/community-human-services/veterans/programs-services.aspx	206-477-8282
ResCare Veterans Care https://www.allwayscaring.com/care-options/veteran-care/	866-737-2273
Seattle VA Hospital https://benefits.va.gov/seattle/	800-329-8387
Veterans of Foreign Wars https://www.vfw.org/	253-922-2114
WA State Dept. of Veteran Affairs https://www.dva.wa.gov/	800-562-2308



Senior Advisory Commission Members

- Catherine North
- Cheryl Volheim
- Debbie Harvey, Chair
- Dora “Pal” Leonard
- Frank Fields
- Hope Elder
- Kevin King
- Lana Bostic, Vice Chair
- Lynette Karasuda
- Sue Ellebrecht

Senior Advisory Commission meets the 3rd Wednesday of the month at 2 PM.
Meetings are open to the public.

Senior Advisory Commission
33325 8th Ave South
Federal Way, WA 98003



Phone: 253-835-2401

Fax: 253-835-2409

E-mail: Jeri-Lynn.Clark@cityoffederalway.com

If you would like to see any additional information provided in this resource guide, please contact the City Council Office or 253-835-2401