



CITY OF FEDERAL WAY SENIOR RESOURCE GUIDE

Produced by the
City of Federal Way
Senior Advisory Commission

Revised June 2023

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

Printing sponsored by: **STEEL LAKE PRESBYTERIAN CHURCH**

Table of Contents

Adult Day Care / Family Home	5
Advocacy & Complaints	5
Community Living Connections	5
TSOA - Tailored Support for Older Adults	6
Case Management	6
WA Homeownership Resource Center	7
Chemical Dependency	8
Sober Support Resources	8
Sound Generations Pathways	9
Computer Assistance	10
Cremation & Funerals	10
Crime Prevention	10
Crisis Line	11
WA Serves Pacific Northwest	11
Dementia Care Living Facilities	12
Dementia Information & Resources	12
Dental Care	12
Senior Discounts - Retailers	13
Senior Discounts - Grocers & Cruises	14
Senior Discounts - Restaurants	15
Senior Discounts - Leisure Activities	16
Senior Discounts - Hotel & Rental Cars	17
Senior Discounts - Air, Bus & Rail	18
Senior Discounts - Internet Service & Communication	18
Disability-Related Services	19
Disaster Relief	19
Friend to Friend America	19
Domestic Violence	20

Driving Education	21
Education / Classes / Seminars	21
Highline Community College	21
Employment	22
Financial Planning	22
Tips for Finding a Financial Advisor	22
Food Banks	23
Frauds & Scams Safety	24
Common Elder Fraud Scams	24
Protect Yourself - Frauds & Scams	25
Get Involved! Community Partners	26
Healthcare Services	27
Health Insurance	27
Hearing Aids	28
Hospitals & Urgent Cares	28
Information Services	29
Housing	30
Housing Assistance	30
Housing Repair Assistance	31
ADA Accessibility Ramps	31
Adult Family Homes	32
In-Home Care	32
South King Fire & Rescue	33
Legal Assistance	34
Meal Sites	34
Meals on Wheels	34
Mental Health Services	35
Senior Centers	36
Federal Way Senior Center	36
Federal Way Community Center	36

Social Security	37
Support Groups	37
Federal Way Full Life	37
Tax Support & Assistance	38
King County Property Tax Exemption	38
Transportation Services	39
Sound Generations Volunteer Transportation Eligibility	39
Utility Assistance	40
Veterinarians & Animal Emergency Hospitals	40
Veterans Services	41



To order more Resource Guides, please call 253-835-2401

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 WA 800-562-2702
- Disabled American Veterans 206-341-8267
- Federal Way Veterans Center 253-838-3090
- Fraud Fighters in WA State 877-908-3360
- Medicare Beneficiary Helpline 800-633-4227
- State Long Term Care - "Ombudsman" 206-623-0816
- WA State Attorney General 800-551-4636
- WA State Department 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.

**COMMUNITY LIVING
CONNECTIONS**
— Seattle & King County —

TSOA - Tailored Support for Older Adults

TSOA - Tailored Support for Older Adults 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 caretaker a break.
- Medical equipment and supplies, such as bath benches or incontinence supplies.
- Training and Education, such as Powerful Tools for Caregiver training.
- Things that can assist your caregiver, such as mental health counseling or massage therapy.
- Some help with personal care needs.

For more information, call 206-599-9990



Case Management

- | | |
|---|--------------|
| • Aging & Disabled Services | 844-348-5464 |
| • Aging & Disability Resource Center (ARDC's) | 360-725-3548 |
| • Valley Cities | 253-833-7444 |
| • El Centro de la Raza | 206-957-4634 |

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:

- Homebuyer 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 to be on the referral list, nor is there a charge of services to clients.

WHRC is not a lender or loan servicer. They do not make loans or provide financial assistance to clients. However, they can help homebuyers and homeowners connect with financial assistance programs when they are available.



Chemical Dependency

- | | |
|-----------------------------------|--------------|
| • Alcoholics Anonymous (24 hours) | 206-587-2838 |
| • Al-Anon - Nationwide | 888-425-2666 |
| • Nar-Anon | 800-477-6291 |
| • Northwest Resources One LLC | 206-878-8309 |

Sober Support Resources - Information Available Online

12-Step

- Greater Seattle Intergroup of AA
- South King County Narcotics Anonymous
- Heroin Anonymous
- Crystal Meth Anonymous
- Cocaine Anonymous
- Marijuana Anonymous
- Recovery Café
- Peer Seattle (LGBTQ & Allies)
- Strength Over Speed (Crystal Meth Recovery for Gay Men)

Non-12-Step

- LifeRing Secular Recovery
- Peer Seattle (LGBTQ & Allies)
- SMART (Self Management & Recovery Training)
- SKIP (Sobriety Knowledge is Power)

Christian Faith-Based

- Celebrate Recovery
- Matt Talbot Center
- New Hearth Recovery Program
- Overcomer's Anonymous
- Victory Outreach's Christian Life Recovery 12-Step.

Buddhist & Meditation-Based

- Northwest Buddhist Recovery

Recreation-Based

- Clean & Sober Softball Association (CSSA)
- OSAT (One Step at a Time)
- Substance Free Disc Golf

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



Computer Assistance

- Auburn Senior Center 253-931-3016
- Federal Way Senior Center 253-838-3604
- King County Library 253-838-3668

Cremation & Funerals

- Bonney Watson 253-839-7317
- Cascade Memorial 253-874-9000
- Funeral Alternatives of WA 206-400-0204
- People's Memorial 206-325-0489
- Washington Cremation Centers 206-818-1211

Crime Prevention

- Crime Stoppers 800-222-8477
- Federal Way Police Non-Emergency Number 253-835-6700
- King County Sheriff 206-296-3311



Crisis Line

- 24- Hour Crisis Line 866-427-4747
- Crisis Clinic 866-427-4747
- 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 866-833-6546
- Veterans Crisis Line 800-273-8255
- WA Recovery Help Line 866-789-1511
- WA Relay 711 711
- WA Warm Line 877-500-9276

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, Federal Way 253-561-1548
- 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

- Comfy Denture & Hearing Clinic 253-839-1505
- Geriatric Dental Care 253-839-1300
- HealthPoint Federal Way Dental 253-874-7646
- JC Denture Clinic 206-653-7621
- Pacific Dental & Denture Clinic 253-815-8500
- Seattle / King County Dental Society 206-443-7607
- WA State Dental Association 800-448-3368



Senior Discounts - Retailers

Current for 2023

- Amazon Prime - 50% off Prime membership if receiving SSI and/or SNAP
- Big Lots Big Rewards - cash-back rewards, birthday surprise as a member of Big Lots
- CVS ExtraCare - earn 2% in ExtraBucks as an ExtraCare member
- CVS Veterans Advantage - 20% off purchase as a VetRewards member
- Dash Point Laundry (206-786-6489) - 10% discount for seniors
- Home Depot - Price match guarantee, 10% off purchase with military ID
- Goodwill Senior Savings Day - 10% off purchase if you are 60+ years old on Tuesdays
- JOANN Senior Discount Day - 20% off purchase if you are 55+ years old
- Kohl's - 15% off purchases if you are 60+ years old on Wednesdays
- Lowe's Veterans Program - 10% off purchase with military ID after enrollment
- Ross 55+ Program - 10% off purchase if you are 55+ years old on Tuesdays
- Michaels - 10% off purchase if you are 55+ years old & Michaels Rewards member
- Rite Aid Wellness 65+ - earn extra points, free pharmacist consultation, blood pressure screenings if you are 65+ years old & a Wellness + member
- Walgreens Seniors Day - 20% off eligible items and cash rewards if you are 55+ or an AARP member & myWalgreens account user

Senior Discounts - Grocers

Current for 2023

- Albertsons - savings each week with coupons and deals as a just for U member
- Fred Meyer - save 10% on select items if you are 55+ years old on the first Tuesday of the month
- Kroger - save with coupons, special promos, cash back, & fuel rewards as a Shopper's Card member
- Safeway - savings each week with coupons & deals as a just for U member

Senior Discounts - Cruises

Current for 2023

- AARP Travel Center by Expedia - Save up to \$100 in onboard credits as an AARP member
- Carnival Cruises - exclusive savings for seniors if you are 55+ years old
- Collette Cruise Tours - combine 2 cruise tours and save up to \$300 per person on the second tour as an AARP member
- Grand European Travel - save up to 15% on worldwide tours as an AARP member
- Royal Caribbean - exclusive senior pricing on selected sailings if you are 55+ years old
- Vacations by Rail - save up to \$500 on more than 40 rail & cruise vacations as an AARP member



Senior Discounts - Restaurants

Current for 2023

- Arby's - save 10% if you are 55+ years old
- Burger King - save 10% if you are 60+ and additional discounts on coffee and soft drinks
- Corner Bakery Café - save 10% off your check as an AARP member
- Denny's - save 15% off your check as an AARP member
- Denny's - order from the 55+ Menu if you are 55+ years old
- IHOP - order from the 55+ Menu if you are 55+ years old
- Jack in the Box - save 20% on your beverage if you are 55+ years old
- KFC - save 20% or receive a **free** small drink with a meal if you are 55+ years old
- McDonald's - discounted or **free** coffee at participating locations if you are 55+ years old
- Outback Steakhouse - save 10% on food & nonalcoholic purchases as an AARP member
- Subway - save 10% if you are 60+ years old
- Taco Bell - save 10% or **free** beverage if you are 65+ years old
- Wendy's - save 10% or **free** coffee or soft drink if you are 55+ years old

***Please note, prices and deals may vary by location.*



Senior Discounts - Leisure Activities

Current for 2023

- AMC Theatres - discounted movie tickets at select locations if you are 60+ years old
- Ancestry - save 30% on a World Explorer or All Access membership for the first year as an AARP member
- Cinemark Theatres - discounted movie tickets for Senior's Day and the Early Bird Special if you are 62+ years old
- Marcus Theatres & Movie Tavern - Young at Heart special: \$6.00 for any show that starts before 5:30pm if you are 60+ years old every Friday
- National Parks America the Beautiful Senior Pass - \$20 annual park pass or \$80 lifetime park pass if you are 62+ years old
- Regal Cinemas AARP Movie Tickets - save up to 20% on Regal ePremier tickets purchased online as an AARP member
- Regal Cinemas Senior Citizen Movie Tickets - discounted movie tickets at select locations if you are 60+ years old
- Regal Cinemas Concessions - \$3.00 off popcorn & soda combo as an AARP & Regal Crown member
- Silver Sneakers - **free** healthy living & fitness classes if you are 65+ years old & a member of Medicare
- Showcase Cinemas - discount admission at select theaters & popcorn/soda combo for \$4.50 if you are 60+ years old every Wednesday
- Ticketmaster - save on tickets to select shows & events as an AARP member



Senior Discounts - Hotel & Rental Car Discounts

Current for 2023

- Avis Rent-a-Car - save up to 30% plus an upgrade as an AARP member
- Budget Rent-a-Car - save up to 35% plus an upgrade as an AARP member
- Budget Truck Rental - save 10%-20% on truck rentals as an AARP member
- Best Western Hotels & Resorts - save 5%-10% as an AARP member
- Cambria Hotels - save up to 10% the best available rate as an AARP member
- Choice Hotels - save 10% on advance reservations if you are 60+ years old or an AARP member
- Hertz - save up to 20% with the Fifty Plus Program if you are 50+ years old
- IHG Hotels & Resorts - save with IHG's Senior Discount Rate if you are 62+ years old
- Marriott - offers a senior discount rate at participating locations if you are 62+ years old
- Payless Car Rental - save 5% plus an upgrade as an AARP member
- Thrifty Car Rental - join the Silver Thrifty Club and save 5% if you are 50+ years old
- Wyndham Hotels - save 10% off Wyndham's best available rate as an AARP member
- Zipcar - \$40 for annual membership, plus \$40 in **free** driving credit as an AARP member

Senior Discounts - Air, Bus & Rail Discounts

Current for 2023

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

Senior Discounts - Internet Service & Communications

Current for 2023

- Consumer Cellular - Unlimited Talk with Text & Data plan is \$20 for 1GB of data as an AARP member
- Lively - No contract prices, save \$60 per year on select Health & Safety Packages as an AARP member
- T-Mobile - three different Unlimited 55+ plans to choose from starting at \$27.50 per line per month up to \$45 per line per month if you are 55+ years old



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

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



Friend to Friend America



Domestic Violence

IF YOU FEEL UNSAFE
OR ARE BEING HURT,
CONTACT SOMEONE
RIGHT AWAY.
DON'T WAIT!



- Immediate Danger 9111
- Adult Abuse & Prevention 877-734-6277
- DAWN (Domestic Abuse Women's Network) 425-656-7867
- King County Coalition Against Domestic Abuse 206-568-5454
- Vulnerable Adult Abuse 866-363-4276
- WA State Domestic Violence Hotline 206-389-2515
- YWCA of South King County 206-461-4888

Driving Education

- AARP "55 Alive" Program 888-227-7669
- City of Federal Way Community Center - AARP Defensive Drivers 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 206-592-3181

Highline Community College

A reduced tuition is available for resident 60 years of age or older with enrollment on an audit basis or one-two classes per quarter. Availability varies according to the instructor and class size.

For more information, please call 206-592-3181 or visit the Admissions Office at Highline Community College.



Employment

- Goodwill 253-573-6759
- WorkSource Washington 253-804-1177

Financial Planning

- Paying for Senior Care 855-481-6777

Tips for Finding a Financial Advisor

It is important to find a financial advisor that is ethical, knowledgeable, and able to help you with your particular situations. Please follow the following tips to get matched with the best financial advisor:

1. Ask for Referrals. A recommendation from someone you know and has worked with financial advisors before.
2. Check Industry Databases including the Certified Financial Planners, Financial Planning Association, and National Association of Personal Financial Advisors.
3. Make sure they're a fiduciary meaning that they will work in the best interest of you.
4. Don't put too much trust into titles. Use Paladin's Credential Checker to make sure they are legitimate.
5. Meet in Person and come prepared with details about your financial situation, your long-term goals, and any questions.





Food Banks

- Federal Way Food Bank at the Multi-Service Center - 1200 S 336th St, Federal Way 253-517-2263
- Food Bank at the 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 Community Meal - 33645 20th Ave S, Federal Way 253-943-2435
- Auburn Food Bank - 930 18th Pl NE, Auburn 253-833-8925
- The Des Moines Area Food Bank - 22225 9th Ave S, Des Moines 206-878-2660
- Kent Food Bank & Emergency Services - 515 W Harrison St, Ste 107, Kent 253-520-3550
- Sumner Community Food Bank - 15625 Main St E, Sumner 253-863-3793
- Highline Area Food Bank - 18300 4th Ave S, Burien 206-433-9900
- South L Street Free Food & Garden - 1414 S L St, Tacoma 253-252-0118

Fraud & Scams Safety

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

Common Elder Fraud Scams

- **Romance Scam** - Criminals pose as interested romantic partners on social media or dating websites to capitalize on their elderly victims' desire to find companions.
- **Tech Support Scam** - Criminals pose as technology support representatives and offer to fix non-existent computer issues. The scammers gain remote access to victims' devices and sensitive information.
- **Grandparent Scam** - Criminals pose as a relative - usually a child or grandchild - claiming to be in immediate financial need.
- **Government Impersonation Scam** - Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.
- **Sweepstakes / Charity / Lottery Scam** - Criminals claim to work for legitimate charitable organizations to gain victims' trust, or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee".
- **Home Repair Scam** - Criminals appear in person and charge homeowners in advance for home improvement services that they never provide.
- **TV / Radio Scam** - Criminals target potential victims using illegitimate advertisements about legitimate services, such as reverse mortgages or credit repair.
- **Family / Caregiver Scam** - Relatives or acquaintances of elderly victims take advantage of them or otherwise get their money.



Protect Yourself - Fraud & Scams

- Recognize scam attempts and end all communication with the perpetrator.
- Search online for the contact information (name, email, phone number, addresses) and the proposed offer. Other people have likely posted information online about individuals and businesses trying to run 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 immediately if you feel there is a danger to yourself or a loved one.
- Be cautious of unsolicited phone calls, mailings, and door-to-door service offers.
- Never give or send any personal identifiable information, money, jewelry, gift cards, checks, or wire information to unverified people or businesses.
- Make sure all computer anti-virus and security 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 by perpetrators to spread malicious software. Enable pop-up blockers to avoid accidentally clicking on a pop-up.
- Be careful what you download. Never open an email attachment from someone you don't know, and be wary of email attachments forwarded to you.

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

Get Involved! Community Partners

- El Centro de la Raza - grounded in the Latino community, they aim to unify all racial and economic sectors.
- Federal Way Community Caregiving Network - emergency assistance programs, community meals, and community gardens. 360-986-7040
- Federal Way Community Center - it all happens here! From workouts to swimming or catching up on a card game in the lounge. 253-661-0505
- Federal Way Senior Advisory Commission - advising Council on Senior issues and community outreach 253-835-6900
- Federal Way Senior Center - supporting activities for seniors and veterans. 253-835-2401
- GenPride - advocating for the needs of older LGBTQIA+ adults through programming that promotes wellbeing and belonging. 253-838-3604
- King County Library - from books to assistance, they have it all! 206-393-3400
- Korean Women's Association - empowering families and individuals to lead stable and healthy lives. 253-838-3668
- SHIBA / Solid Ground - Health insurance advisors and **free**. 253-535-4202
- South King Tool Library - lending tools for everyone! 206-694-6700
- 253-237-2290

Healthcare Services

- Aging & Long-Term Support Administration 360-725-2300
- Public Health Center Federal Way 206-477-6800
- One Medical (previously IORA) Primary Care 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

Health Insurance

- WA State Health Care Authority 800-562-3022
- WA Health Care Plans 855-923-4633
- Medicare 800-6332-4227





Hearing Aids



- Comfy Denture & Hearing Clinic 253-839-1505
- Federal Certified Hearing Center 800-924-1577
- Puget Sound Hearing Aid & Audiology 253-300-0634
- Hearing Loss Association of America 253-631-2345



Hospitals & 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 Hospital - 202 N
Division St, Auburn 253-833-7711
- St. Anne Hospital - 16251 Sylvester Rd
SW, Burien 206-244-9970
- MultiCare Indigo Urgent Care - 31861
Gateway Center Blvd S, Federal Way 253-652-7215
- MultiCare Tacoma General Emergency
Federal Way - 29805 Pacific Hwy S,
Federal Way 253-545-3770
- UW Medicine Urgent Care Federal
Way - 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 it is for housing assistance, help with financial needs, or to find the location of the nearest food bank.

The Utility Notification Center is open 24 hours per day, 7 days per week, and accepts call from contractors, homeowners, or anyone planning to dig. Locate requests are accepted over the phone, by face, or through the ITIC program. Whether you are a homeowner or a professional excavator, your call to 811 allows affected facility operators to locate and mark their underground facilities. There is no cost to you - even the call is **free** - so call 811 before you dig!



To hear travel information in Washington by phone, simply dial 511!

- Statewide traffic & road incidents, including construction and maintenance activities
- I-90 & I-5 express lane status
- Mountain pass weather, road conditions & restrictions
- Washington State Ferry Information, including schedules, fares, wait times, and Wave To Go fare information
- Statewide emergency messages & alerts including AMBER, Silver & Blue Alerts
- Access to the 511 systems in Oregon, Idaho, & Montana also

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 (Korean Women's Association) 253-946-2489
253-300-4079
- Traditions at Federal Way Apartments 253-336-4835
- Willamette Court 253-336-4835
- Village Green Retirement 253-838-3700

Housing Assistance

- Catholic Community Services 206-328-5696
- Federal Way Community Caregiving Network 253-661-0505
- King County Crisis Connections 211 OR 866-427-4747
- 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 Assistance

- Catholic Community Services for Minor Home Repair 206-328-5696
- City of Federal Way Housing Repair Program 253-835-2654
- Habitat for Humanity 206-855-5214
- King County Housing Repair (for unincorporated King County homes only) 206-263-9095
- Sound Generations Minor Home Repair 206-448-5757
- Rebuilding Together South Sound 253-238-0977

ADA Accessibility Ramps

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

Please call 425-460-8232 for additional information.

The International Association of Machinists and Aerospace Workers Union build ramps for those in need (not just union members).

Please call 301-967-4500 for additional information.





Adult Family Homes

- Sweet Home Adult Family Home 206-313-8842
- Six Star Adult Family Home 206-954-8697
- Alpha Adult Family Home 206-271-6252
- Joystan Adult Family Home 253-517-9591

For additional resources, please call Adult
Family Homes at:
800-581-4246



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

South King Fire & Rescue

Blood Pressure - FREE blood pressure checks at the local station: 31617 1st Ave S, Federal Way, WA 98003
**If you are experiencing issues, please call 911 and wait for them to arrive.*

CPR Classes = Contact South King Fire & Rescue for a **FREE** CPR Class

Car Seat Inspections - Get your grandkids' car seats correctly installed



Free Smoke & Carbon Monoxide Alarms for Seniors & Low-Income Families - South King Fire & Rescue is committed to keeping citizens safe and protected with smoke and CO alarms. They receive funding from local & 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 of age or older, live independently, have either fallen in the past or be at risk of falling, and live within King County to qualify.

For more information on any of these programs, please call
253-946-7347.

Legal Assistance

- Neighborhood Legal Clinics 206-267-7070
- Lawyer Referral Service 206-267-7010
- King County Law Library 206-477-1316
- Northwest Justice Project 888-201-1012

Meal Sites

- Algona Pacific Community Center (small fee) 253-929-1150
- Auburn Senior Center (small fee) 253-931-3016
- Des Moines Senior Center (small fee) 206-878-1642
- Federal Way Senior Center (small fee) 253-838-3604
- Sound Generations - Meals on Wheels (donations encouraged) 206-448-5757

Meals on Wheels

Frozen home-delivered meals available to people over the age of 60 who are unable to leave their home or have difficulty shopping or preparing meals. Suggested donation is \$3.00 per meal.

Please call 253-835-6903 for additional information and 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 Ill) of South King County 206-7836-4288
- NAVOS Mental Health & Wellness Center Burien 206-248-8226
- PEARLS (The Program to Encourage Active, Rewarding Lives) 206-221-4472
- Valley Cities Counseling 253-833-7444
- Auburn Survivors of Suicide 253-921-7829



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

Federal Way Senior Center

- Bingo
 - Lunches (small fee applies)
 - Food Bank for local residents
 - Exercise classes
- For more information, please call 253-838-3604



Federal Way Community Center



- Korean & Latino lunches (small fees apply)
 - Silver Sneakers & Chair Yoga
 - Bingo & Book Clubs
 - Senior Day Trips (fees apply)
- For more information, please call 253-835-6900

Social Security

- Social Security Office, Kent 866-931-7671
- US. Social Security Main Office Phone 800-772-1213

Support Groups

- Al-Anon Nationwide 888-425-2666
- Alcoholics Anonymous - 24 hours 206-587-2838
- Alzheimer's Association 800-272-3900
- American Foundation for Suicide Prevention 206-459-7617
- Auburn Survivors of Suicide 253-921-7829
- 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

Federal Way Full Life

Federal Way Full Life offers adult day care, dementia care, home health care, wound care, and more on the mission to allow our clients to fully experience and enjoy their lives in an independent and purposeful way.

For more information, please call 206-231-0200



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

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.

Languages Available:

English

中文 (Chinese)

한국어 (Korean)

Русский (Russian)

Somali (Somali)

Español (Spanish)

Tiếng Việt (Vietnamese)

Applications are accepted online at: <https://senior-exemption.kingcounty.gov/intro>

OR

Through the mail with a downloaded application. Please send completed applications to:

Department of Assessments

ATTN: Senior Exemptions

KSC - AS - 0708

201 S. Jackson St., Room 708

Seattle, WA 98104

Transportation Services

• Access Bus	206-205-5000
• American Cancer Society Transportation	800-227-2345
• Around the Sound	253-858-7088
• Catholic Community Services Volunteer Transportation	206-328-5696
• Disabled American Veterans	206-764-2564
• Elder Travel	253-249-9229
• HopeLink Transportation	800-923-7433
• Hyde Shuttle	206-727-6262
• King County Access (ADA)	206-553-3000
• King County Taxi Scrip	206-553-3000
• Metro Transit	206-553-3000
• Northwest Transport	800-600-9225
• ORCA	888-988-6722
• Sound Generations Volunteer Transportation	206-448-5740
• Sound Transit	888-889-6368
• WA State Ferry Information Line	888-808-7977

Sound Generations Volunteer Transportation Eligibility

To be an eligible rider for Sound Generations Volunteer Transportation Program, clients must be:

- King County Residents
- Age 60 years or older
- Able to transfer into a private vehicle with minimal assistance

For additional information, please call 206-448-5740



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

Veterinarians & Emergency Animal 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



Veterans Services

- American Lake VA Hospital 253-582-8440
- Department of Veterans 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 State Department of Veterans Affairs 800-562-2308











SENIOR ADVISORY COMMISSION MEMBERS:

- Lana Bostic, Chair
- Catherine North, Vice-Chair
- Tammy Dziak
- Sue Ellebrecht
- Frank Fields
- Vicky Foreman
- Debbie Harvey
- Kenneth Pratt
- Cheryl Volheim
- Deputy Mayor 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

33325 8th Ave S

Federal Way, WA 98003

Phone: 253-835-2401 * Email: amy.glandon@cityoffederalway.com

www.cityoffederalway.com/page/senior-advisory-commission

If you would like to see any additional information provided in this resource guide, please contact Amy at 253-835-2401.