

# **2025-2027 Resource Directory**



LEWIS-MASON-THURSTON  

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AREA AGENCY ON AGING

**Older Adults. Caregivers. Adults with Disabilities.**

# FREQUENTLY USED NUMBERS

## **Adult Protective Services**

Report abuse/neglect .....877-734-6277

## **Community Service Office** (within DSHS)

State Hotline .....877-501-2233

## **Food & Nutrition**

Lewis County .....888-976-0712

Mason/Thurston Co .....360-586-6181, ext.124

## **Home & Community Services** (within DSHS)

Mason/Thurston County .....360-664-9050

Lewis County .....360-669-2910

## **Housing Authority**

Lewis County .....360-736-5140

Mason County .....360-479-3694

Thurston County .....360-753-8292

## **Legal Services | Northwest Justice Project**

Lewis, Mason & Thurston Co .....360-753-3610

**Medical Equipment Banks** .....pp. 94-98

**Medicare** .....800-633-4227

or contact your local SHIBA office .....p. 83

**Senior Centers** .....pp. 105-107

**Social Security** .....800-772-1213 (natl.)

Mason/Thurston County .....866-755-6199

Lewis County .....855-848-7942

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# NEED HELP?

CAN'T FIND WHAT YOU'RE LOOKING FOR?  
PLEASE CONTACT:



LEWIS-MASON-THURSTON  
AREA AGENCY ON AGING

## AGING & DISABILITY RESOURCE CONNECTION

### **Lewis County**

1651 S Market Blvd., Chehalis, WA 98532  
360-748-2524, ext. 201

### **Mason County**

2008 Olympic Hwy. N, Shelton, WA 98584  
360-427-2226, ext. 251

### **Thurston County**

2404 Heritage Ct. SW, Olympia, WA 98502  
360-664-3162, ext. 133

*To report errors or request additional copies,  
please call:*

360-664-3162, ext. 133

# WHO WE ARE

Lewis-Mason-Thurston Area Agency on Aging was created through the Older Americans Act.

We have operated under the sponsorship of Lewis, Mason and Thurston Counties since 1976.

Our governing board is the Council of Governments which is comprised of one county commissioner from each sponsoring county.

LMTAAA directly provides services that support older adults, adults living with disabilities, families, and caregivers.

From case management and nurse consultation to family caregiver support, long-term care resources, Medicaid waiver services and more, we are here to help.

Additionally, LMTAAA works with community organizations to develop, monitor, and manage the delivery of services including meals, transportation, kinship support, and respite care.

Our team is composed of highly dedicated and experienced people who value service, excellence, empowerment and collaboration.

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# HOW TO USE THIS DIRECTORY

LMTAAA's Resource Directory features a wide range of services that support maintaining independence in your community.

Support can be related to chronic illnesses, accidents, or the gradual loss of capabilities associated with the natural aging process.

Our emphasis is on providing services that allow a person to remain in the least restrictive environment possible.

Every attempt has been made to ensure this publication is current, with a focus on public and nonprofit services. The information is provided as a starting point, and as an encouragement, to the residents of Lewis, Mason, and Thurston Counties to seek assistance, when needed.

This is not a complete list of local resources, and inclusion is not an endorsement, referral, or recommendation on the part of LMTAAA.

**Find up-to-date information at: [lmtaaa.org](http://lmtaaa.org)**

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# ALCOHOL & DRUG ABUSE TREATMENT

To find services in your area, please call:

## **Narcotics Anonymous**

*Find a meeting near you*

24/7 Hotline: 844-289-0879

[drughelpline.org](https://drughelpline.org)

## **Washington Recovery Help Line**

*24-hour help for substance abuse,  
problem gambling & mental health*

866-789-1511

[warecoveryhelpline.org](https://warecoveryhelpline.org)

## **Lewis County**

### **Alcoholics Anonymous**

*Find a meeting near you*

360-352-7344

[aadistrict8.org](https://aadistrict8.org)

### **Cascade Community Healthcare**

135 W Main St., Chehalis, WA 98532

360-748-4339

[cascadecommunityhealthcare.org](https://cascadecommunityhealthcare.org)

**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**

# ALCOHOL & DRUG ABUSE TREATMENT

## Lewis County (cont.)

### **Cascade Community Healthcare**

2428 W Reynolds Ave., Centralia, WA 98531

360-330-9044

[cascadecommunityhealthcare.org](http://cascadecommunityhealthcare.org)

### **Eugenia Center**

121 NW Chehalis Ave., Chehalis, WA 98532

360-740-9767

[eugeniacenter.org](http://eugeniacenter.org)

### **New Directions Counseling**

1956 NE Kresky Ave., Chehalis, WA 98532

360-740-4380

[newdirectionswa.com](http://newdirectionswa.com)

## Mason County

### **Alcoholics Anonymous**

*Find a meeting near you*

360-275-9868

[aa.org](http://aa.org)

**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**

# ALCOHOL & DRUG ABUSE TREATMENT

## Mason County (cont.)

### **New Directions Counseling**

506 Franklin St., Shelton, WA 98584

360-427-5232

[newdirectionswa.com](http://newdirectionswa.com)

### **Northwest Indian Treatment Center**

308 E Young St., Elma, WA 98541

360-482-2674

[squaxinislndtribe.org/northwest-indian-treatment-center](http://squaxinislndtribe.org/northwest-indian-treatment-center)

### **Northwest Resources II**

*Also offers inpatient services*

235 S 3rd St., Shelton, WA 98584

360-426-0890

121 N 5th St., Shelton, WA 98584

360-868-2697

[nwrii.com](http://nwrii.com)

**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**

# ALCOHOL & DRUG ABUSE TREATMENT

## Thurston County

### **Alcoholics Anonymous**

*Find a meeting near you*

360-352-7344

[aadistrict8.org](http://aadistrict8.org)

### **Behavioral Health & Recovery**

*Providence St. Peter Hospital*

4800 College St. SE, Lacey, WA 98503

360-456-7575

[providence.org](http://providence.org)

### **Northwest Resources**

200 Lilly Rd. NE, Building C

Olympia, WA 98506

360-918-8336

3773 Martin Way E, Suite A-105

Olympia, WA 98506

360-688-7312

2708 Westmoor Ct. SW, Olympia, WA 98502

360-943-8810

[nwrii.com](http://nwrii.com)

**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**

# ALCOHOL & DRUG ABUSE TREATMENT

## Thurston County

### SeaMar Behavioral Health

*Outpatient substance use disorder services*

336 Littlerock Rd. SW  
Tumwater, WA 98512  
360-704-7590

202 Cullens St. NW  
Yelm, WA 98597  
360-400-4860

[seamar.org](http://seamar.org)



**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**

# CRISIS INTERVENTION HOTLINES

## Lewis, Mason & Thurston County

### **Alzheimer's Association Helpline**

*Free confidential support, information and strategies for people living with dementia, caregivers and families*

24/7 Helpline: 800-272-3900

Live Chat: [alz.org](https://www.alz.org)

## Mason & Thurston County

### **Crisis Clinic of Mason & Thurston County**

*Offering crisis intervention, emotional support, information and referrals*

Crisis Helpline: 360-586-2800

Teen/Youth Helpline: 360-586-2777

[crisis-clinic.org](https://crisis-clinic.org)

**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**

# CRISIS INTERVENTION HOTLINES

## Lewis County

### **Project Guardian**

*In partnership with Lewis Co. Sheriff's Office, a free safety program designed to protect vulnerable populations during interactions with first responders*

Information and applications at:

### **Centralia Police Department**

[cityofcentralia.com/558/project-guardian](http://cityofcentralia.com/558/project-guardian)

### **Chehalis Police Department**

[ci.chehalis.wa.us/police/page/project-guardian](http://ci.chehalis.wa.us/police/page/project-guardian)

## Mason County

### **Cielo Crime Victims Services**

*Any immigration status,*

*Spanish support available*

1212 Connection St., Shelton, WA 98584

360-709-0931

[cieloprograms.org/crime-victims-victimias-de-delitos](http://cieloprograms.org/crime-victims-victimias-de-delitos)

**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**



# CRISIS INTERVENTION HOTLINES

## Mason County (cont.)

### **Telecare Mason County Mobile Outreach**

601 W Franklin St., Suite A

Shelton, WA 98584

360-462-3016

[telecarecorp.com/tcat-thurston-mason](http://telecarecorp.com/tcat-thurston-mason)

## Thurston County

### **Crime Victims Advocacy Network**

Victim Helpline: 360-786-5601

360-786-5540, ext. 6273 or ext. 2061

888-288-9221 (24/7)

[cvan11.org](http://cvan11.org)

### **Thurston County Family Justice Center**

*The Family Support Center*

360-754-9297 ext. 200

[fscss.org](http://fscss.org)

**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**

# DOMESTIC VIOLENCE & SEXUAL ASSAULT HOTLINES

## Lewis, Mason & Thurston County

### Washington State Coalition Against Domestic Violence

*Programs by county*

[wscadv.org](http://wscadv.org)

## Lewis County

### Hope Alliance

24/7 Crisis Line: 360-748-6601

800-244-7414

[hopealliancelc.org](http://hopealliancelc.org)

## Mason County

### Rebuilding Hope

253-474-7273

[rebuildinghope.org](http://rebuildinghope.org)

### Turning Pointe Domestic Violence Services

Crisis Line & Support Texting: 360-432-1212

360-426-1216 or 877-923-1212

[turningpointe.org](http://turningpointe.org)

**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**

# DOMESTIC VIOLENCE & SEXUAL ASSAULT HOTLINES

## Thurston County

### **Chehalis Confederated Tribes Domestic Violence Program**

24/7 Hotline (call or text): 360-789-3627  
360-273-5911

[chehalistribe.org/departments/  
behavioral-health](https://chehalistribe.org/departments/behavioral-health)

### **SafePlace Olympia**

24/7 HelpLine: 360-754-6300  
360-786-8754

[safeplaceolympia.org](https://safeplaceolympia.org)

### **Thurston County Family Justice Center**

*The Family Support Center*

360-754-9297, ext. 200

[fscss.org](https://fscss.org)

**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**

# MENTAL HEALTH SERVICES

Services may include assessment, crisis intervention, support groups, grief counseling, case monitoring, outpatient mental health services and interpretive services, as needed.

## SUICIDE & CRISIS LIFELINE

**Call or Text: 988**

**Chat: [988lifeline.org](https://988lifeline.org)**

## SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

**[samhsa.gov](https://samhsa.gov)**

**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**

# MENTAL HEALTH SERVICES

## Lewis County

### **Cascade Community Healthcare**

2428 W Reynolds Ave.

Centralia, WA 98531

360-330-9044 or 800-559-6696

[cascadecommunityhealthcare.org](http://cascadecommunityhealthcare.org)

### **Great Rivers Behavioral Health**

57 W Main St., Suite 260

Chehalis, WA 98532

800-392-6298

[greativersbho.org](http://greativersbho.org)

### **National Alliance on Mental Illness**

24/7 Hotline: 360-866-0403

Lewis County Chapter: 360-880-8070

[namilewiscountywa.org](http://namilewiscountywa.org)

### **Valley View Health Center**

2690 NE Kresky Ave., Chehalis, WA 98532

360-330-9595

[vvhc.org](http://vvhc.org)

**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**

# MENTAL HEALTH SERVICES

## Mason County

### **Mason Clinic Behavioral Health**

*Medicaid only*

110 W K St., Shelton, WA 98584

360-426-1696 or 800-825-4820

[masonhealth.com](http://masonhealth.com)

### **Mental Health Professionals, LLC**

1620 Olympic Hwy. N, Shelton, WA 98584

360-285-3400

[mhp-llc.com](http://mhp-llc.com)

### **National Alliance on Mental Illness**

24/7 Hotline: 360-866-0403

Thurston/Mason Chapter: 360-493-6021

[nami.org](http://nami.org)

### **Thurston Mason Behavioral Health**

#### **Administrative Service Organization**

670 Woodland Square Loop SE, Suite 301

Lacey, WA 98503

360-763-5828 or 800-658-4105

[tmbhaso.org](http://tmbhaso.org)

**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**

# MENTAL HEALTH SERVICES

## Thurston County

### **Behavioral Health Resources**

*Medicaid only*

3857 Martin Way E, Olympia, WA 98506

360-704-7170 or 800-825-4820

[bhr.org](http://bhr.org)

### **Behavioral Health & Recovery**

*Providence St. Peter Hospital*

4800 College St. SE, Lacey, WA 98503

360-456-7575

[providence.org](http://providence.org)

### **Capital Recovery Center**

1000 Cherry St. SE, Olympia, WA 98501

360-357-2582

[crcoly.org](http://crcoly.org)

### **Crisis Resolution Services**

#### **Behavioral Health & Recovery**

*Providence St. Peter Hospital*

*Medicaid only*

360-754-1338 or 800-270-0041

[providence.org](http://providence.org)

**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**

# MENTAL HEALTH SERVICES

## Thurston County (cont.)

### **National Alliance on Mental Illness**

24/7 Hotline: 360-866-0403

Thurston/Mason Chapter: 360-493-6021

[nami.org](http://nami.org)

### **SeaMar Behavioral Health**

*Outpatient only, services vary*

6334 Littlerock Rd. SW

Tumwater, WA 98512

360-704-7590

202 Cullens St. NW

Yelm, WA 98597

360-400-4860

[seamar.org](http://seamar.org)

### **Thurston Mason Behavioral Health**

#### **Administrative Service Organization**

670 Woodland Square Loop SE, Suite 301

Lacey, WA 98503

360-763-5828 or 800-658-4105

[tmbhaso.org](http://tmbhaso.org)

**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**



# FAMILY CAREGIVER SUPPORT

LMTAAA's Family Caregiver Support Program (FCSP) provides an array of services and supports for unpaid family caregivers.

Services include:

- Family caregiver workshops
- Housework & errands program
- Information & referral assistance
- Respite care
- Counseling services
- Resource libraries
- Resources for grandparents raising grandchildren

To reach a FCSP Specialist near you:

## **Lewis County**

360-748-2288

## **Mason County**

360-427-2225

## **Thurston County**

360-664-2168 or 888-545-0910

# FAMILY CAREGIVER SUPPORT

Powered by Trualta, the Washington Family Caregiver Learning Portal is free to all unpaid family caregivers and can be used with internet access and a laptop, tablet or smart phone.

Designed for families, support includes:

- Articles
- Videos
- Tip sheets
- Webinars
- Online chat rooms and support groups

It can help family caregivers to:

- Reduce stress
- Find local resources
- Provide more informed care

Access the portal at:

[wacaregivingjourney.com](https://wacaregivingjourney.com)

# KINSHIP CARE SERVICES

## Lewis, Mason & Thurston County

Available for grandparents, extended family or adults raising children with whom they have a close, family-like relationship.

Kinship care services can include information, support, educational events and emergency assistance.

### **Family Education and Support Services**

6840 Capitol Blvd., Building 3

Tumwater, WA 98501

360-754-7629

877-813-2828

790 E Johns Prairie Rd., Suite A

Shelton, WA 98584

360-545-2060

[familyess.org](http://familyess.org)

## Thurston County

### **Family Support Center of South Sound**

*Local resources for food, education, housing, childcare and crisis intervention*

3545 7th Ave. SW, Olympia, WA 98502

360-754-9297

[fscss.org](http://fscss.org)

# MEDICAID CARE & CASE MANAGEMENT

## PRIVATE CARE MANAGERS

Private care managers provide consultations to people and their families who are living at home and experiencing difficulties managing daily activities due to illness or disability.

Care managers can help develop a plan or arrange services such as caregivers, guardians, housing or legal assistance.

Care managers who are nurses can also provide medical evaluations and manage care.

Other care managers have Master's degrees in gerontology, social work, nursing or counseling.

Expect to pay \$85-\$300 per hour for care management services.

*For additional info or assistance, please contact LMTAAA at 360-748-2524, ext. 201 (Lewis County), 360-427-2226, ext. 251 (Mason County) or 360-664-3162, ext. 133 (Thurston County).*

# MEDICAID CARE & CASE MANAGEMENT PRIVATE CARE MANAGERS

## Lewis, Mason & Thurston County

### **Concierge Care Advisors**

2608 2nd Ave., Suite 224

Seattle, WA 98121

855-444-7364

[conciergecareadvisors.com](http://conciergecareadvisors.com)

### **Eldercare Counseling & Guidance Services**

1700 Cooper Point Rd. SW

Olympia, WA 98502

360-205-5989

[eldercarecounselor.com](http://eldercarecounselor.com)

### **Envision Senior Services**

10503 Creek St. E, Yelm, WA 98597

360-515-3600

[envisionseniorservices.com](http://envisionseniorservices.com)

### **Smerken Consulting**

120 State Ave. NE, Suite 132

Olympia, WA 98501

360-570-3357

[smerken.com](http://smerken.com)

# MEDICAID CARE & CASE MANAGEMENT

## PUBLIC AGENCIES

Public case management provides eligibility determination, assessments, and care planning for recipients of in-home Medicaid services who are 60 years of age or older or younger adults living with disability.

### Lewis County

#### **DSHS Home & Community Services**

3451 Galvin Rd.

Centralia, WA 98531

360-669-2910 or 800-487-0360

[dshs.wa.gov/altsa/long-term-care-services-information](https://dshs.wa.gov/altsa/long-term-care-services-information)

#### **Lewis-Mason-Thurston Area Agency on Aging**

1651 S Market Blvd.

Chehalis, WA 98532

360-748-2288

[lmtaaa.org](https://lmtaaa.org)

# MEDICAID CARE & CASE MANAGEMENT

## PUBLIC AGENCIES

### Mason County

#### **DSHS Home & Community Services**

2505 Olympic Hwy. N, Suite 440

Shelton, WA 98584

360-664-9050 or 800-462-4957

[dshs.wa.gov/altsa/long-term-care-services-information](https://dshs.wa.gov/altsa/long-term-care-services-information)

#### **Lewis-Mason-Thurston Area Agency on Aging**

2008 Olympic Hwy. N, Shelton, WA 98584

360-427-2225

[lmtaaa.org](https://lmtaaa.org)

### Thurston County

#### **DSHS Home and Community Services**

6639 Capitol Blvd. SW, Tumwater, WA 98501

360-664-9050 or 800-462-4957

[dshs.wa.gov/altsa/long-term-care-services-information](https://dshs.wa.gov/altsa/long-term-care-services-information)

#### **Lewis-Mason-Thurston Area Agency on Aging**

2404 Heritage Ct. SW, Olympia, WA 98502

360-664-2168

[lmtaaa.org](https://lmtaaa.org)

# COMMUNITY RESOURCES

## Lewis, Mason & Thurston County

### **CIELO Integral Educational Center**

1601 N St. SE

Olympia, WA 98501

360-709-0931

[cieloprograms.org](http://cieloprograms.org)

## Thurston County

### **Korean American Seniors Association**

*Meet Wednesdays, 10am-1pm*

Lacey Senior Center

6757 Pacific Ave. SE

Lacey, WA 98503

360-407-3967

[southsoundseniors.org/activities/  
korean-elders](http://southsoundseniors.org/activities/korean-elders)



# COMMUNITY RESOURCES

## Thurston County (cont.)

### **Spanish Speaking Seniors**

*Meet Mondays, 10am-1pm*

Lacey Senior Center

6757 Pacific Ave. SE

Lacey, WA 98503

360-407-3967



# LGBTQIA+

Services and advocacy for lesbian, gay, bisexual, transgender, queer (or questioning), intersex and asexual community members as well as their allies.

## Lewis, Mason & Thurston County

### **PFLAG**

*Committed to civil rights of LGBTQ+ persons*

P.O. Box 12732

Olympia, WA 98508

360-207-1608

[pflag.org/chapter/olympia](http://pflag.org/chapter/olympia)

### **Sound Alliance of Older LGBTQ+**

*LGBTQ+ eldercare project operating in*

*Olympia and a net affiliate of SAGE USA*

P.O. Box 7221

Olympia, WA 98501

[soundallianceofolderlgbtq.org](http://soundallianceofolderlgbtq.org)

# FARMERS MARKETS

Washington State Farmers Markets bring local, healthy food to our communities.

Each year, the Senior Farmers Market Nutrition Program provides qualifying older adults with funds to purchase fresh fruits, vegetables, herbs and honey.

Participation is based on age and income requirements.

Applications open annually in late spring. Watch [lmtaaa.org](https://lmtaaa.org) for updates.

## LOCATE A FARMERS MARKET NEAR YOU ONLINE AT:

[wafarmersmarkets.org/washingtonfarmersmarketdirectory](https://wafarmersmarkets.org/washingtonfarmersmarketdirectory)

# FOOD BANKS

An application for services and verification of your identity and address may be required. Dates and times subject to change.

## Lewis County

### **Gather Community Services**

408 W Main St., Centralia, WA 98531

360-807-0246

[gatherchurch.com](http://gatherchurch.com)

### **God's Portion Food Bank**

*Visit God's Blessings on Facebook for info*

1025 F St., Centralia, WA 98531

### **Greater Chehalis Food Bank**

750 SW 21st St., Chehalis, WA 98532

360-748-1226

[lcfbc.net/locations](http://lcfbc.net/locations)

### **Mineral Food Bank**

116 Front St., Mineral, WA 98355

360-492-3491

[mineralchurch.org/food-bank](http://mineralchurch.org/food-bank)

### **Pastor's Pantry Food Bank**

277 7th St., Morton, WA 98356

360-496-5456

[ampleharvest.org/food-pantries/pastors-pantry-753](http://ampleharvest.org/food-pantries/pastors-pantry-753)

# FOOD BANKS

An application for services and verification of your identity and address may be required. Dates and times subject to change.

## Lewis County (cont.)

### **Pe Ell Food Bank**

134 Mauerman Rd., Pe Ell, WA 98572

360-880-8067

[lcfbc.net/locations](http://lcfbc.net/locations)

### **Salvation Army**

303 N Gold St., Centralia, WA 98531

360-736-4339

[centralia.salvationarmy.org](http://centralia.salvationarmy.org)

### **SOMMA Food Bank**

144 Wilcox Rd., Salkum, WA 98582

360-985-2704

[lcfbc.net/locations](http://lcfbc.net/locations)

### **Toledo Food Bank**

101 N 2nd St., Toledo, WA 98591

360-269-7001

[toledowafoodbank.com](http://toledowafoodbank.com)

### **White Pass Community Food Bank**

106 Kindle Rd., Randle, WA 98377

360-520-3817

[lcfbc.net/locations](http://lcfbc.net/locations)

# FOOD BANKS

An application for services and verification of your identity and address may be required. Dates and times subject to change.

## Lewis County (cont.)

### **Winlock-Vader Food Bank**

503 NE 1st St., Winlock, WA 98596

360-785-2185

[lcfbc.net/locations](http://lcfbc.net/locations)

## Mason County

### **Belfair Community Food Pantry**

71 NE Old Belfair Hwy., Belfair, WA 98528

360-277-4038

### **CIELO Shelton Bank**

*Third Friday of every month, registration required*

3101 N Shelton Springs Rd.

Shelton, WA 98584

[cieloprograms.org/food-banks-bancos-de-comida](http://cieloprograms.org/food-banks-bancos-de-comida)

### **Hood Canal Food Bank**

331 N Finch Creek Rd.

Hoodsport, WA 98528

360-877-6507

[hoodcanalfoodbank.org](http://hoodcanalfoodbank.org)

# FOOD BANKS

An application for services and verification of your identity and address may be required. Dates and times subject to change.

## Mason County (cont.)

### **Matlock Community Church Food Bank**

216 W Matlock-Brady Rd.

Matlock, WA 98215

360-463-7284

[matlockcommunitychurch.com/food-bank](http://matlockcommunitychurch.com/food-bank)

### **North Mason Food Bank**

22471 State Route 3, Belfair, WA 98528

360-275-4615

[northmasonfoodbank.org](http://northmasonfoodbank.org)

### **Pioneer Community Food Bank**

*Bridge Community Church*

500 E North Island Dr., Shelton, WA 98584

360-426-6352

[pioneerfoodbank.org](http://pioneerfoodbank.org)

### **Saint's Pantry Food Bank**

214 S 2nd St., Shelton, WA 98584

360-427-8847

[thesaintspantry.org](http://thesaintspantry.org)

# FOOD BANKS

An application for services and verification of your identity and address may be required. Dates and times subject to change.

## Mason County (cont.)

### **Squaxin Tribal Food Bank**

90 SE Klah Che Min Dr.

Shelton, WA 98584

360-427-9006

[squaxinland.org/government/departments/family-services/community-support-collaborative-services](https://squaxinland.org/government/departments/family-services/community-support-collaborative-services)

## Thurston County

### **CIELO Food & Hygiene Bank**

*Fourth Friday of every month,  
registration required*

1601 North Street SE, Olympia, WA 98501

[cieloprograms.org/food-banks-bancos-de-comida](https://cieloprograms.org/food-banks-bancos-de-comida)

### **Rochester Organization of Families (ROOF) Food Bank**

10140 Hwy. 12 SW, Rochester, WA 98579

360-273-6375

[roofcommunityservices.org](https://roofcommunityservices.org)



# FOOD BANKS

An application for services and verification of your identity and address may be required. Dates and times subject to change.

## Thurston County (cont.)

### **Sacred Heart Parish's Food Pantry**

812 Bowker St. SE, Lacey, WA 98503

360-923-0929

[sacredheartlacey.com/community-and-outreach](https://sacredheartlacey.com/community-and-outreach)

### **Tenino Food Bank**

224 Sussex Ave. E, Tenino, WA 98589

360-264-5505

[teninocsc.org](https://teninocsc.org)

### **Thurston County Food Bank**

220 Thurston Ave. NE, Olympia, WA 98501

360-352-8597

*TCFP operates many satellite locations.*

*Check their website for more: [tcfb.org](https://tcfb.org)*

### **Yelm Food Bank**

624 Crystal Springs Rd. NW

Yelm, WA 98597

360-458-7000 (*\*ask operator for Food Bank*)

[yelmcommunityservices.com](https://yelmcommunityservices.com)

# HOME-DELIVERED MEALS

Home-delivered meals provide an option of registered dietician-created meals that are nutritious and healthy.

These services also offer medically tailored meals for those with chronic conditions.

The flexibility of having meals delivered to your home saves time and money.

Some Medicare and Medicaid plans can help cover the cost.

Specific programs may require assessments to determine eligibility.



# HOME-DELIVERED MEALS

## Lewis, Mason & Thurston County

### **GA Foods**

866-575-2772

[gafoods.com](http://gafoods.com)

### **Homestyle Direct**

866-735-0921

[homstyledirect.com](http://homstyledirect.com)

### **Mom's Meals**

877-508-6667

[momsmeals.com](http://momsmeals.com)

## Mason & Thurston County

### **Senior Services for South Sound**

360-586-6181, ext. 124

[southsoundseniors.org](http://southsoundseniors.org)

## Lewis County

### **Catholic Community Services of Western Washington**

888-976-0712

[ccsww.org/our-services/seniors-disabilities](http://ccsww.org/our-services/seniors-disabilities)

# MEAL PROGRAMS

Congregate (group) meals are available at:

## Lewis County

### Meal Days

#### Morton Older Adult Center

TUES, THUR

103 Westlake Ave.

Morton, WA 98356

360-496-3230

#### Winlock-Olequa Older Adult Center

TUES, THUR

119 SW Kerron St.

Winlock, WA 98596

360-785-4325

#### Packwood Older Adult Center

MON, WED

12931 Hwy. 12

Packwood, WA 98361

360-494-6331

#### Pe Ell Older Adult Nutrition Site

MON, THUR

416 S 1st St.

Pe Ell, WA 98572

360-748-0061

*Subject to change. Call to confirm days and times.*

# MEAL PROGRAMS

Congregate (group) meals are available at:

## Lewis County (cont.)

### Meal Days

#### Toledo Older Adult Center

WED, FRI

150 Coal St.

Toledo, WA 98591

360-864-2112

#### Twin Cities Older Adult Center

MON - FRI

2545 N National Ave.

Chehalis, WA 98532

360-748-0061

## Mason County

#### Mason County Senior Activities Association

MON - FRI

190 W Sentry Dr.

Shelton, WA 98584

360-426-7374

#### Shelton United Methodist Church

MON - FRI

1900 King St.

Shelton, WA 98584

360-426-4174

*Subject to change. Call to confirm days and times.*

# MEAL PROGRAMS

Congregate (group) meals are available at:

## Mason County (cont.)

### Meal Days

#### The HUB Center for Seniors

111 NE Old Belfair Hwy.

Belfair, WA 98528

360-275-0535

MON - TUES

THURS - FRI

Dinner: SUN 5PM

## Thurston County

#### Lacey Senior Center

6757 Pacific Ave. SE

Lacey, WA 98503

360-407-3967

MON - FRI

#### Olympia Senior Center

222 Columbia St. NW

Olympia, WA 98501

360-586-6181

MON - FRI

#### Rochester United

#### Methodist Church

18206 Corvallis St.

Rochester, WA 98579

360-273-0768

WED, FRI

*Subject to change. Call to confirm days and times.*

# MEAL PROGRAMS

Congregate (group) meals are available at:

## Thurston County

### Meal Days

#### Senior Center of Rainier

MON, WED

108 Michigan St. S

Rainier, WA 98576

360-446-2258

#### Tenino Quarry House

MON, TUES

319 W Park Ave.

Tenino, WA 98589

360-264-5092

#### Tumwater Old Town Center

MON - FRI

215 N 2nd Ave. SW

Tumwater, WA 98512

360-754-4160

#### Vietnamese Senior Association

WED

*Evergreen Villages*

505 Division St. NW

Olympia, WA 98502

360-943-5505

*Subject to change. Call to confirm days and times.*

# AGING & DISABILITY RESOURCE CONNECTION

LMTAAA's Aging & Disability Resource Connection helps individuals link with resources to maintain independence.

## Lewis County

**Lewis-Mason-Thurston Area Agency on Aging**  
1651 S Market Blvd.  
Chehalis, WA 98532  
360-748-2524, ext. 201

## Mason County

**Lewis-Mason-Thurston Area Agency on Aging**  
2008 Olympic Hwy. N  
Shelton, WA 98584  
360-427-2226, ext. 251

## Thurston County

**Lewis-Mason-Thurston Area Agency on Aging**  
2404 Heritage Ct. SW  
Olympia, WA 98502  
360-664-3162, ext. 133

[lmtaaa.org](http://lmtaaa.org)



# DISABILITY SERVICES

## Lewis, Mason & Thurston County

### **Brain Injury Alliance Washington**

877-824-1766

[biawa.org](http://biawa.org)

### **Center for Independence**

7801 Bridgeport Way W #200

Lakewood, WA 98499

253-582-1253

[cfi-wa.org](http://cfi-wa.org)

### **Developmental Disabilities Administration**

*Medicaid waiver services*

800-339-8227

[dshs.wa.gov/dda](http://dshs.wa.gov/dda)

### **Easter Seals Washington**

800-678-5708

[easterseals.com/washington](http://easterseals.com/washington)

### **Hearing, Speech & Deaf Center**

621 Tacoma Ave. S, Suite 505

Tacoma, WA 98402

866-698-1748 (TTY/toll-free)

866-421-5560

[hsdc.org](http://hsdc.org)

# DISABILITY SERVICES

## Lewis, Mason & Thurston County (cont.)

### **Lions Low Vision Resource Center**

360-790-8667

[olympiahostlions.org/low-vision-resource-ctr](http://olympiahostlions.org/low-vision-resource-ctr)

### **National Multiple Sclerosis Society**

*Greater Northwest Chapter*

800-344-4867

[nationalmssociety.org/chapters/was](http://nationalmssociety.org/chapters/was)

### **Office of the Deaf and Hard of Hearing**

800-422-7930 (Voice & TTY)

[dshs.wa.gov/altsa/odhh](http://dshs.wa.gov/altsa/odhh)

### **Tacoma Area Coalition of Individuals with Disabilities**

253-565-9000

[tacid.org](http://tacid.org)

### **Validus Consulting & Services**

24421 34th Ave Ct. E

Spanaway, WA 98387

253-847-7887

[validusconsulting.org](http://validusconsulting.org)

# DISABILITY SERVICES

## Lewis, Mason & Thurston County (cont.)

### **Washington State Department of Services for the Blind**

800-552-7103

[dsb.wa.gov](http://dsb.wa.gov)

### **Washington Talking Book & Braille Library**

800-542-0866

[wtbbl.org](http://wtbbl.org)

## Mason County

### **Behavioral Health Resources**

360-704-7170 or 800-825-4820

[bhr.org](http://bhr.org)

### **Exceptional Foresters**

2009 W Railroad Ave.

Shelton, WA 98584

360-426-0077

[team-efi.org](http://team-efi.org)

### **Seagull Low Vision Services Independent Living Older Blind Program**

*Administered by University of Washington*

360-493-1372

# OMBUDSMAN PROGRAM

For concerns regarding long-term care facilities, resident rights, problem resolution, complaints and resources:

**Regional Long-Term Care Ombudsman**  
360-943-6018

**WA State Long-Term Care Ombudsman**  
800-562-6028  
[waombudsman.org](http://waombudsman.org)



# SOCIAL SECURITY

The Social Security Administration can be reached at:

**800-772-1213**

[socialsecurity.gov](https://www.socialsecurity.gov)

## Lewis County

### **Social Security Administration**

1821 Cooks Hill Rd., Suite 100

Centralia, WA 98531

855-848-7942

800-325-0778 (TTY/toll-free)

## Mason & Thurston County

### **Social Security Administration**

1009 College St. SE, Suite 120

Lacey, WA 98503

866-755-6199

# TRIBAL SERVICES

Tribal services for members include nutrition programs, healthcare, family caregiver support, transportation and elder centers. Please contact individual Tribes for details.

## **Chehalis Confederated Tribes**

420 Howanut Rd., Oakville, WA 98568

Main Office: 360-273-5911

Clinic: 360-273-5504

Social Services: 360-273-5821

[chehalistribe.org](http://chehalistribe.org)

## **Cowlitz Tribe**

107 Spencer Rd., Toledo, WA 98591

Elders & Senior Nutrition: 360-864-7006

Housing: 360-864-8720

Transportation: 360-232-8585

[cowlitz.org](http://cowlitz.org)

## **Nisqually Tribe**

4820 She-Nah-Num Dr. SE

Olympia, WA 98513

Main Office: 360-456-5221

Elders Building: 360-486-9546

Medical Clinic: 360-459-5312

[nisqually-nsn.gov](http://nisqually-nsn.gov)

# TRIBAL SERVICES

## **Skokomish Tribe**

80 N Tribal Center Rd.

Skokomish, WA 98584

Main Office: 360-426-4232

Clinic: 360-426-5755

Family Services: 360-426-7788

[skokomish.org](http://skokomish.org)

## **South Puget Intertribal Planning Agency**

3104 SE Old Olympic Hwy.

Shelton, WA 98584

Main Office: 360-426-3990

[spipa.org](http://spipa.org)

## **Squaxin Island Tribe**

SE 10 Squaxin Lane

Shelton, WA 98584

Main Office: 360-426-9781

Clinic: 360-427-9006

Dental: 360-427-1784

Elders Program: 360-432-3972

[squaxinisland.org](http://squaxinisland.org)

# VETERANS AFFAIRS

## Lewis, Mason & Thurston County

### **American Lake VA Hospital Geriatric Research and Evaluation Clinic**

253-583-2033

[va.gov/puget-sound-health-care/locations/  
american-lake-va-medical-center](https://va.gov/puget-sound-health-care/locations/american-lake-va-medical-center)

### **Suicide & Crisis Lifeline**

988

[988lifeline.org](https://988lifeline.org)

### **VA Puget Sound Health Care**

800-329-8387

[va.gov/puget-sound-health-care](https://va.gov/puget-sound-health-care)

### **Vietnam Veterans of America**

*WA State Council*

206-364-5948

[vva.org](https://vva.org)

### **WA State Department of Veterans Affairs**

1102 Quince St. SE

Olympia, WA 98504

360-725-2200

800-562-2308

[dva.wa.gov](https://dva.wa.gov)



# VETERANS AFFAIRS

## Lewis County

### **Disabled American Veterans**

*Meets in Winlock*

360-262-9360

[dav.org](http://dav.org)

### **Home Base Project**

*Direct clinical care, wellness, education & more*

877-515-7848

[homebase.org](http://homebase.org)

### **Lewis County Veterans Relief Fund**

360-740-1417

[lewiscountywa.gov/departments/public-health/veterans-services](http://lewiscountywa.gov/departments/public-health/veterans-services)

### **Veterans Journey Forward**

*Peer support and service assistance*

[veteransjourneyforward.org](http://veteransjourneyforward.org)

## Mason County

### **Disabled American Veterans**

*Meets in Belfair*

360-275-0329

[dav.org](http://dav.org)

# VETERANS AFFAIRS

## Mason County

### **Mason County Veterans' Service**

210 W Franklin St., Shelton, WA 98584  
360-426-4546

140 NE State Route 300, Belfair, WA 98528  
360-522-2303

[masoncountywa.gov/ac/veterans](http://masoncountywa.gov/ac/veterans)

## Thurston County

### **Disabled American Veterans**

*Meets in Olympia*

360-459-7400

[dav.org](http://dav.org)

### **Thurston County Veterans Assistance Fund**

360-867-2625

[thurstoncountywa.gov/departments/public-health-and-social-services/social-services/veterans-assistance](http://thurstoncountywa.gov/departments/public-health-and-social-services/social-services/veterans-assistance)

### **Veterans Services Hub**

4232 6th Ave. SE, Suite 202

Lacey, WA 98503

360-456-3850

[laceyveteranshub.org](http://laceyveteranshub.org)

# HOME REPAIR

Loans and grants for eligible individuals to maintain health and safety at home.

Volunteers available to perform home repairs for qualified clients. Funding to offset costs may be available.

## Lewis, Mason & Thurston County

### **Catholic Community Services of Western Washington**

*Volunteer Services*

844-851-9380

[ccsww.org/services/volunteer-services](https://ccsww.org/services/volunteer-services)

### **USDA Rural Development**

360-704-7760

[rd.usda.gov](https://rd.usda.gov)

## Lewis County

### **Community Action Council**

409 N Tower Ave.

Centralia, WA 98531

360-736-1800

[caclmt.org](https://caclmt.org)

# HOME REPAIR

## Mason County

### **Community Action Council**

807 W Railroad Ave., Shelton, WA 98584

360-426-9726

[caclmt.org](http://caclmt.org)

### **Gethsemane Ministries**

220 E Misty Acres Lane, Union, WA 98592

360-898-2752

[gethsemane-ministries.com](http://gethsemane-ministries.com)

### **Habitat for Humanity**

*A Brush with Kindness*

360-426-8134

[habitat.org/volunteer/near-you/  
home-preservation](http://habitat.org/volunteer/near-you/home-preservation)

### **Love INC**

109 S Second St., Shelton, WA 98584

360-462-5683

[loveincofmasoncounty.org](http://loveincofmasoncounty.org)

### **The HUB Center for Seniors**

111 NE Old Belfair Hwy., Belfair, WA 98528

360-275-0535

[thehubbelfair.org](http://thehubbelfair.org)

# HOME REPAIR

## Thurston County

### **Community Action Council**

3020 Willamette Dr. NE, Lacey, WA 98516

360-438-1100

[cacimt.org](http://cacimt.org)

### **Rebuilding Together Thurston County**

809 Legion Way, Suite 306

Olympia, WA 98501

360-539-7830

[rebuildingtogethertc.org](http://rebuildingtogethertc.org)

### **South Puget Sound Habitat for Humanity**

*Critical home repairs for homeowners with limited incomes*

360-956-3456

[spshabitat.org/what-we-do/critical-home-repair](http://spshabitat.org/what-we-do/critical-home-repair)



# HOUSING

## Lewis, Mason & Thurston County

### Community Action Council

*Grants funds for housing and essential needs to qualified applicants living with a mental and/or physical disability and zero income*

800-878-5235

[cacimt.org/housing-and-essential-needs/](http://cacimt.org/housing-and-essential-needs/)

## Lewis County

### Housing Opportunities of SW Washington

820 11th Ave., Longview, WA 98632

360-423-0140

[hoswwa.org/housing-assistance](http://hoswwa.org/housing-assistance)

### Salvation Army

*Coordinated Entry*

303 N Gold St., Centralia, WA 98531

360-736-4339, ext. 210

[centralia.salvationarmy.org/centralias/provide-shelter](http://centralia.salvationarmy.org/centralias/provide-shelter)

*For additional info or assistance, please contact  
LMTAAA at 360-748-2524, ext. 201 (Lewis County),  
360-427-2226, ext. 251 (Mason County) or  
360-664-3162, ext. 133 (Thurston County)*

# HOUSING

## Mason County

### **Crossroads Housing**

71 Sargison Loop  
Shelton, WA 98584  
360-427-6919  
[crossroads-housing.net](http://crossroads-housing.net)

### **Housing Authority of the City of Bremerton**

600 Park Ave.  
Bremerton, WA 98337  
360-479-3694  
[bremertonhousing.org](http://bremertonhousing.org)

## Thurston County

### **Habitat for Humanity South Puget Sound**

#### *Affordable Housing*

711 Capitol Way S, Suite 401  
Olympia, WA 98501  
360-956-3456  
[spshabitat.org](http://spshabitat.org)

*For additional info or assistance, please contact  
LMTAAA at 360-748-2524, ext. 201 (Lewis County),  
360-427-2226, ext. 251 (Mason County) or  
360-664-3162, ext. 133 (Thurston County)*

# HOUSING

## Thurston County (cont.)

### **Housing Authority of Thurston County**

1206 12th Ave. SE, Olympia, WA 98501

360-753-8292

[hatc.org](http://hatc.org)

## Statewide

### **AptFinder.org**

*Listings for affordable, low-income housing*

[aptfinder.org](http://aptfinder.org)

# TELEPHONE ASSISTANCE

## Lewis, Mason & Thurston County

### **Assurance Wireless**

*Government benefit program based on federal- or state-specific criteria*

888-321-5880

[assurancewireless.com](http://assurancewireless.com)

### **Lifeline Support**

*Phone service discounts for qualified, low-income consumers*

[lifelinesupport.org](http://lifelinesupport.org)



# UTILITY BILL ASSISTANCE

You must be income eligible to receive bill assistance.

## Lewis County

### **Community Action Council**

409 N Tower Ave.

Centralia, WA 98531

360-736-1800 or 800-878-5235

[cacimt.org](http://cacimt.org)

### **Lewis County Veterans Relief Fund**

*Veterans & spouses only*

360-740-1417

[lewiscountywa.gov/departments/public-health/veterans-services](http://lewiscountywa.gov/departments/public-health/veterans-services)

### **Love INC.**

360-748-8611

[loveincoflewiscounty.org](http://loveincoflewiscounty.org)

### **Salvation Army**

303 N Gold St.

Centralia, WA 98531

360-736-4339

[centralia.salvationarmy.org](http://centralia.salvationarmy.org)

# UTILITY BILL ASSISTANCE

You must be income eligible to receive bill assistance.

## Lewis County (cont.)

### **St. Vincent de Paul**

*Centralia & Chehalis*

360-623-1144

*Napavine, Winlock, Toledo and parts of East Lewis County*

360-864-4130

[wlpatholic.org/st-vincent-de-paul-society](http://wlpatholic.org/st-vincent-de-paul-society)

### **City Utility Assistance Programs**

Centralia .....360-330-7657

Chehalis .....360-748-6664

## Mason County

### **City Utility Assistance Programs**

Shelton .....360-426-4491

### **Community Action Council**

807 W Railroad Ave., Shelton, WA 98584

360-426-9726

[cacimt.org/energy-assistance](http://cacimt.org/energy-assistance)

# UTILITY BILL ASSISTANCE

You must be income eligible to receive bill assistance.

## Mason County (cont.)

### Love INC.

109 S 2nd St., Shelton, WA 98584  
360-462-5683

[loveincofmasoncounty.org](http://loveincofmasoncounty.org)

### PUD #3

2621 E Johns Prairie Rd.  
Shelton, WA 98584  
360-426-8255

[pud3.org](http://pud3.org)

## Thurston County

### City Utility Assistance Programs

Lacey .....	360-491-5616
Olympia .....	360-438-1100
Rainier .....	360-446-2265
Tenino .....	360-264-2368
Tumwater .....	360-754-4133
Yelm .....	360-458-3244

# UTILITY BILL ASSISTANCE

You must be income eligible to receive bill assistance.

## Thurston County (cont.)

### **Community Action Council**

3020 Willamette Dr. NE

Lacey, WA 98516

360-438-1100

[cacmt.org](http://cacmt.org)

### **Thurston County Veterans**

#### **Assistance Fund**

360-867-2625

[thurstoncountywa.gov/departments/public-health-and-social-services/social-services/veterans-assistance](http://thurstoncountywa.gov/departments/public-health-and-social-services/social-services/veterans-assistance)

*If your town is not listed, call your local city hall or county government to inquire as to what supports may be available to you.*

# CONFLICT RESOLUTION

Conflict resolution services assist older and/or disabled adults, their families and caregivers with conflicts around issues of autonomy, caregiving, housing, health care or end-of-life decisions.

Trained mediators are available.

## Lewis County

### **Community Mediation Center**

*Reduced or no-fee assistance may be available based on eligibility*

500 W Main Street #11

Centralia, WA 98531

360-623-8061

[communitymediationcenters.org](http://communitymediationcenters.org)

## Mason & Thurston County

### **Dispute Resolution Center of Thurston County**

*Available to residents of South Mason or Thurston County, fees based on sliding scale*

360-956-1155

[mediatethurston.org](http://mediatethurston.org)

# GUARDIANSHIP SERVICES

Considered a last resort, guardianship is a legal option available when a person has significant problems that prevent them from managing their financial affairs or caring for themselves.

A court proceeding determines that a person is legally incapacitated (lacking the capacity or functioning to make certain decisions regarding their own personal care, property or finances) and designates a surrogate decision maker.

A listing of certified professional guardians can be found on the Washington State Courts website:

[courts.wa.gov/guardianportal](https://courts.wa.gov/guardianportal)

*For additional info or assistance, please contact LMTAAA at 360-748-2524, ext. 201 (Lewis County), 360-427-2226, ext. 251 (Mason County) or 360-664-3162, ext. 133 (Thurston County).*

# PUBLIC LEGAL SERVICES

Public legal services include advice and representation in matters such as public entitlements (DSHS, Medicaid, etc.), housing, consumer rights, elder law and personal care/safety issues.

## Lewis, Mason & Thurston County

### Northwest Justice Project

888-387-7111

888-211-9274 (TDD/toll-free)

[nwjustice.org](http://nwjustice.org)

[washingtonlawhelp.org](http://washingtonlawhelp.org)

## Mason & Thurston County

### Sound Legal Aid

P.O. Box 405

Olympia, WA 98507

360-705-8194

844-211-6916

[soundlegalaids.org](http://soundlegalaids.org)

*For additional info or assistance, please contact LMTAAA at 360-748-2524, ext. 201 (Lewis County), 360-427-2226, ext. 251 (Mason County) or 360-664-3162, ext. 133 (Thurston County).*

# ADULT DAY CARE

Adult day care programs provide recreational, social, and support services for those who need supervision and assistance in a protective setting.

Supervised activities in a safe environment provide respite to caregivers.

## Thurston County

### **Senior Services for South Sound Brighter Days Adult Day Care Program**

*Virgil Clarkson Lacey Senior Center*

6757 Pacific Ave. SE

Lacey, WA 98503

360-407-3967, ext. 207

[southsoundseniors.org](https://southsoundseniors.org)

*For additional info or assistance, please contact  
LMTAAA at 360-748-2524, ext. 201 (Lewis County),  
360-427-2226, ext. 251 (Mason County) or  
360-664-3162, ext. 133 (Thurston County).*



# HOME CARE REFERRAL

Consumer Direct Care Network Washington matches Medicaid-eligible clients who qualify or are receiving state-funded, in-home care with qualified in-home care workers.

## Lewis, Mason & Thurston County

### Consumer Direct Care Network Washington

866-214-9899

[consumerdirectwa.com](https://consumerdirectwa.com)



# HOME CARE SERVICES

Home care agencies provide non-medical services which include, but are not limited to: personal care, housework, shopping, meal preparation, transportation, respite and support.

Cost may be covered by Medicaid, private insurance or private pay.

The following agencies are contracted to provide in-home care services for approved Medicaid recipients as of the date of publication.

Home care agencies that are licensed by the State of Washington, but do not accept Medicaid are too numerous to list in this resource directory.

*For additional info or assistance, please contact LMTAAA at 360-748-2524, ext. 201 (Lewis County), 360-427-2226, ext. 251 (Mason County) or 360-664-3162, ext. 133 (Thurston County).*

# HOME CARE SERVICES

## Lewis, Mason & Thurston County

### **Coastal Community Action Program**

1217 Cooper Point Rd. SW, Suite 7

Olympia, WA 98502

360-915-8189

[coastalcap.org](http://coastalcap.org)

### **Family Resource Home Care**

2620 RW Johnson Blvd. SW, Suite 104

Tumwater, WA 98512

360-522-4024 or 800-775-6380

[familyresourcehomecare.com](http://familyresourcehomecare.com)

### **Graceland Home Care**

400 Union Ave. SW, Suite 256

Olympia, WA 98051

360-399-6855

[gracelandagencyllc.com](http://gracelandagencyllc.com)

## Lewis County

### **All Ways Caring HomeCare**

1014 Kresky Ave., Suite 1

Centralia, WA 98531

360-736-1758 or 833-545-3221

[allwayscaring.com](http://allwayscaring.com)

# HOME CARE SERVICES

## Lewis County (cont.)

### **Catholic Community Services of Western Washington**

1570 N National Ave., Suite 211

Chehalis, WA 98532

360-345-1100 or 800-642-8021

[ccsww.org](http://ccsww.org)

### **Korean Women's Association**

1217 Mellen St., Suite A

Centralia, WA 98531

360-736-4310 or 888-508-2728

[kwacares.org](http://kwacares.org)

## Mason County

### **All Ways Caring HomeCare**

111 Tumwater Blvd. SE, Suite C-214

Tumwater, WA 98501

360-529-3410 or 866-737-2273

[allwayscaring.com](http://allwayscaring.com)

# HOME CARE SERVICES

## Mason County (cont.)

### **Catholic Community Services of Western Washington**

1716 Olympic Highway N  
Shelton, WA 98584  
360-427-2230 or 800-642-8026  
[ccsww.org](http://ccsww.org)

### **Korean Women's Association**

706A Cascade Ave.  
Shelton, WA 98584  
360-426-9700 or 888-508-2734  
[kwacares.org](http://kwacares.org)

## Thurston County

### **All Ways Caring HomeCare**

111 Tumwater Blvd. SE, Suite C-214  
Tumwater, WA 98501  
360-754-2582 or 888-329-4695  
[allwayscaring.com](http://allwayscaring.com)

# HOME CARE SERVICES

## Thurston County (cont.)

### **Catholic Community Services of Western Washington**

5109 Capitol Blvd. SE, Suite D  
Tumwater, WA 98501  
360-586-2960 or 800-783-8193  
[ccsww.org](http://ccsww.org)

### **Korean Women's Association**

5757 Capitol Blvd. SW  
Tumwater, WA 98501  
360-455-4524 or 888-508-2779  
[kwacares.org](http://kwacares.org)

# HOME HEALTH & HOSPICE CARE

Home Health agencies are licensed to provide medical and non-medical services which may include, but are not limited to: home health aides, nursing services, and medical equipment/supplies as well as physical, occupational, speech and respiratory therapies.

Home Health agencies also provide hospice care: a holistic, coordinated program of care for those with a terminal illness and their families.

The primary goal is to provide support and comfort so that patients and families may spend their remaining time together.

## **Lewis, Mason & Thurston County**

### **Providence SoundHomeCare and Hospice**

360-493-5900 or 877-620-3286

[providence.org/locations/wa/  
soundhomecare-and-hospice](https://providence.org/locations/wa/soundhomecare-and-hospice)

# HOME HEALTH & HOSPICE CARE

## Mason & Thurston County

### **Assured Home Health and Hospice**

360-352-0711

[lhcgroupp.com/locations/assured-home-health-of-olympia](https://lhcgroupp.com/locations/assured-home-health-of-olympia)

### **Puget Sound Home Health & Hospice**

360-839-2122

[pugetsoundhh.com](https://pugetsoundhh.com)

## Lewis County

### **Assured Home Health and Hospice**

360-807-7776

[lhcgroupp.com/locations/assured-home-health-of-centralia](https://lhcgroupp.com/locations/assured-home-health-of-centralia)

## Thurston County

### **Envision Hospice of Washington**

360-350-4875

[envhh.com](https://envhh.com)



# RESIDENTIAL CARE

When people are no longer able to care for themselves, a move—either temporary or permanent—may be necessary. There are many long-term care options available, including retirement residences as well as:

**Adult Family Homes:** Regular neighborhood homes where staff assumes responsibility for safety and well-being of the adult. Some may provide occasional nursing care.

[fortress.wa.gov/dshs/adsaapps/lookup/AFHAdvLookup.aspx](https://fortress.wa.gov/dshs/adsaapps/lookup/AFHAdvLookup.aspx)

**Assisted Living Facilities:** Larger facilities in a community setting where staff assumes responsibility for safety and well-being of the adult. Some may provide nursing care.

[fortress.wa.gov/dshs/adsaapps/lookup/BHPubLookup.aspx](https://fortress.wa.gov/dshs/adsaapps/lookup/BHPubLookup.aspx)

**Skilled Nursing Facilities:** 24-hour supervised nursing and personal care, therapy, nutrition management, activities, social services, room, board and laundry.

[fortress.wa.gov/dshs/adsaapps/lookup/NHPubLookup.aspx](https://fortress.wa.gov/dshs/adsaapps/lookup/NHPubLookup.aspx)

# RESIDENTIAL CARE

To discover more about long-term care options available to you, please contact:

## **DSHS Aging & Long-Term Services**

### **Administration**

360-735-2300

800-422-3263

## **Adult Family Home Council**

*Home Finder Portal*

[adultfamilyhomecouncil.org/home-finder](http://adultfamilyhomecouncil.org/home-finder)

For Residential Care complaints, call the hotline below or make a report online at:

## **Residential Care Facility**

### **Complaint Hotline**

800-562-6078

800-737-7931 (TTY/toll-free)

[dshs.wa.gov/altsa/adult-protective-services](http://dshs.wa.gov/altsa/adult-protective-services)

The **Long Term Care Ombudsman** program (*page 43*) also offers trained volunteers who listen to questions/concerns and act as an advocate for the rights of residents in long-term care.

# DENTAL CARE

Dental providers are listed by the county where they are located. Many will serve you regardless of where you live.

## Lewis, Mason & Thurston County

### **Bates Technical College**

#### **Denturist Program**

*Denture services in Tacoma*

253-680-7314

[batestech.edu/programs/denturist](http://batestech.edu/programs/denturist)

### **Delta Dental**

#### **WA Dental Services Foundation**

#### **Senior Oral Health Program**

*Contact for providers accepting Medicaid*

[deltadentalwa.com](http://deltadentalwa.com)

### **Neighborcare Health**

*Dental at Providence St. Peter Hospital*

360-456-8844

[neighborcare.org](http://neighborcare.org)

### **Thurston-Mason Counties Dental Society**

*Contact for providers accepting Medicaid*

360-956-0828

[tmcdental.org](http://tmcdental.org)

# DENTAL CARE

Dental providers are listed by the county where they are located. Many will serve you regardless of where you live.

## Lewis County

### **Olympic Dental and Denture**

716 W Main St., Centralia, WA 98531

360-736-0795

[olympicdentalanddenture.com](http://olympicdentalanddenture.com)

### **Valley View Health Center**

2690 NE Kresky Ave., Chehalis, WA 98532

360-330-9595

148 E Division Ave., Morton, WA 98356

360-496-5101

[vhc.org](http://vhc.org)



# DENTAL CARE

Dental providers are listed by the county where they are located. Many will serve you regardless of where you live.

## Mason County

### **Mason County Public Health**

*Refers patients to dentists who accept Medicaid*

415 N 6th Street

Shelton, WA 98584

360-427-9670, ext. 400

### **Skokomish Tribe Wellness Center**

*Serving Native Americans*

80 N Tribal Center Rd.

Skokomish, WA 98584

360-426-5755

[skokomish.org/health-clinic](http://skokomish.org/health-clinic)

### **Squaxin Island Tribe Clinic**

*Serving Native Americans*

SE 90 Klah-Che-Min Dr.

Shelton, WA 98584

360-427-9006

[squaxiniland.org/dental-providers](http://squaxiniland.org/dental-providers)

# DENTAL CARE

Dental providers are listed by the county where they are located. Many will serve you regardless of where you live.

## Thurston County (cont.)

### **Nisqually Tribe Dental Clinic**

*Serving Native Americans*

4816 She-Nah-Num Dr. SE

Olympia, WA 98513

360-459-5312

[nisqually-nsn.gov/index.php/administration/tribal-services/health/dental](https://nisqually-nsn.gov/index.php/administration/tribal-services/health/dental)

### **Olympia Union Gospel Mission**

#### **Dental Clinic**

309 Washington St. NE

Olympia, WA 98501

360-943-6400

[ougmn.org/our-programs/dental-clinic](https://ougmn.org/our-programs/dental-clinic)

### **Olympic Dental and Denture**

4408 Pacific Ave. SE

Lacey, WA 98503

360-438-8299

[olympicdentalanddenture.com](https://olympicdentalanddenture.com)

# DENTAL CARE

Dental providers are listed by the county where they are located. Many will serve you regardless of where you live.

## Thurston County (cont.)

### Sea Mar Dental Clinics

669 Woodland Square Loop SE  
Lacey, WA 98503  
360-359-4860

3622 Ensign Road NE, Olympia, WA 98506  
360-570-8016

6004 Capitol Blvd. SE, Tumwater, WA 98501  
360-522-9070

202 Cullens St. NW, Yelm, WA 98597  
360-400-4840

[seamar.org/services-dental](https://seamar.org/services-dental)

### South Puget Sound Community College Dental Clinic

2011 Mottman Rd. SW, Building 34  
Tumwater, WA 98512  
360-596-5464

[spscc.edu/community-business/clinics-services/dental](https://spscc.edu/community-business/clinics-services/dental)

## DENTAL CARE

Dental providers are listed by the county where they are located. Many will serve you regardless of where you live.

### Thurston County (cont.)

#### **Thurston County Public Health & Social Services**

*Refers patients to dentists accepting Medicaid*

412 Lilly Rd. NE

Olympia, WA 98506

360-867-2500

[thurstoncountywa.gov/departments/  
public-health-and-social-services](https://thurstoncountywa.gov/departments/public-health-and-social-services)

#### **Valley View Health Center**

3775 Martin Way E, Suite A

Olympia, WA 98506

360-236-7166

[vhc.org](https://vhc.org)



# EYE CARE

## Lewis, Mason & Thurston County

### **Airway Optical**

*Medicaid clients only*

888-606-7788

### **EyeCare America**

877-887-6327

[eyecareamerica.org](http://eyecareamerica.org)

### **Lions Low Vision Resource Center**

360-790-8667

[olympiahostlions.org/low-vision-resource-ctr](http://olympiahostlions.org/low-vision-resource-ctr)

### **Olympia Union Gospel Mission**

*No-fee eye exam and glasses for  
qualified applicants*

309 Washington St. NE

Olympia, WA 98501

360-709-9725

[ougmm.org](http://ougmm.org)

# FALLS PREVENTION RESOURCES

Falls are among the leading cause of injury for adults ages 65 and older. Preventing falls is a key part of maintaining independence for older adults.

Local resources such as exercise programs, healthcare consultations and home safety are essential.

## Exercise Programs

**Senior Centers** (all counties)

*See pp. 105-107 for listings.*

**South Sound YMCA** (Thurston County)

Briggs: 360-753-6576

Plum Street: 360-357-6609

[southsoundymca.org](https://southsoundymca.org)

## Home Safety and Accessibility

**Adaptive Living, LLC** (all counties)

*Home safety/environment assessment*

360-209-4199

[adaptivelivingwebsite.s3-website-us-east-1.  
amazonaws.com](https://adaptivelivingwebsite.s3-website-us-east-1.amazonaws.com)

# HEALTH INSURANCE

Patient assistance programs include:

## Lewis, Mason & Thurston County

### Insurance Commissioner

#### Consumer Hotline

800-562-6900

[insurance.wa.gov/file-complaint-or-check-your-complaint-status](https://insurance.wa.gov/file-complaint-or-check-your-complaint-status)

### Medicare Hotline

800-MEDICARE (633-4227)

Live Chat: [medicare.gov/talk-to-someone](https://medicare.gov/talk-to-someone)

### Statewide Health Insurance Benefits

#### Advisors Helpline (SHIBA)

*Located inside Olympia Senior Center*

360-586-6181, ext. 134

800-562-6900

[insurance.wa.gov/find-local-shiba-office](https://insurance.wa.gov/find-local-shiba-office)

*For more on insurance or the Low Income Subsidy from Social Security that helps pay for prescriptions through Medicare Part D, please contact LMTAAA at 360-748-2524, ext. 201 (Lewis County), 360-427-2226, ext. 251 (Mason County) or 360-664-3162, ext. 133 (Thurston County).*

# HEALTH INSURANCE

Patient assistance programs include:

## **Lewis, Mason & Thurston County**

### **Washington Health Benefits Exchange**

855-923-4633

855-627-9604 (TTY/toll-free)

[wahbexchange.org](http://wahbexchange.org)

Prescription assistance programs include:

## **Lewis, Mason & Thurston County**

[benefitscheckup.org](http://benefitscheckup.org)

[needymeds.org](http://needymeds.org)

### **Prescription Drug Assistance Foundation**

206-518-0839

[prescriptiondrugassistance.org](http://prescriptiondrugassistance.org)

*For more on insurance or the Low Income Subsidy from Social Security that helps pay for prescriptions through Medicare Part D, please contact LMTAAA at 360-748-2524, ext. 201 (Lewis County), 360-427-2226, ext. 251 (Mason County) or 360-664-3162, ext. 133 (Thurston County).*

# HEALTH INSURANCE

Prescription assistance programs include:

## Lewis County

### **Love INC.**

360-748-8611

[loveincoflewiscounty.org](http://loveincoflewiscounty.org)

### **St. Vincent de Paul**

Centralia & Chehalis

360-623-1144

Napavine, Winlock, Toledo & parts of  
East Lewis County

360-864-4130

[ssvpusa.org](http://ssvpusa.org)

*For more on insurance or the Low Income Subsidy from Social Security that helps pay for prescriptions through Medicare Part D, please contact LMTAAA at 360-748-2524, ext. 201 (Lewis County), 360-427-2226, ext. 251 (Mason County) or 360-664-3162, ext. 133 (Thurston County).*

# HOSPITALS

## Lewis County

### **Morton Hospital**

*Arbor Health*

521 Adams Ave.

Morton, WA 98356

360-496-5112

[myarborhealth.org](http://myarborhealth.org)

### **Providence Centralia Hospital**

914 S Scheuber Rd.

Centralia, WA 98531

360-736-2803

[providence.org](http://providence.org)

## Mason County

### **Mason General Hospital & Family of Clinics**

901 Mountain View Dr.

Shelton, WA 98584

360-426-1611 or 360-754-5858

[masonhealth.com](http://masonhealth.com)

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# HOSPITALS

## Thurston County

### **Multicare Capital Medical Center**

3900 Capital Mall Drive SW

Olympia, WA 98502

360-754-5858

[multicare.org/location/capital-medical-center](https://multicare.org/location/capital-medical-center)

### **Providence St. Peter Hospital**

413 Lilly Rd. NE

Olympia, WA 98506

360-491-9480 or 888-492-9480

[providence.org/locations/wa/st-peter-hospital](https://providence.org/locations/wa/st-peter-hospital)



**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# MEDICAL CLINICS

The following clinics provide primary outpatient medical care for residents who cannot afford it:

## Lewis County

### Arbor Health

531 Adams Ave., Suite B, Morton, WA 98356  
360-496-5145

745 Williams St., Mossyrock, WA 98564  
360-983-8990

13051 US Hwy 12, Packwood, WA 98361  
360-496-3777

108 Kindle Rd., Randle, WA 98377  
360-497-3333

[myarborhealth.org](http://myarborhealth.org)

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**



# MEDICAL CLINICS

The following clinics provide primary outpatient medical care for residents who cannot afford it:

## Lewis County (cont.)

### **Boldt Diabetes & Nutrition Education**

1010 S Scheuber Rd. Centralia, WA 98531  
360-493-7567

[providence.org/locations/wa/boldt-diabetes-and-nutrition-education](https://providence.org/locations/wa/boldt-diabetes-and-nutrition-education)

### **Health & Hope Medical Outreach**

*Walk-ins Tuesdays from 5:30pm to 8:30pm*

NW Pediatric (West Building)

1911 Cook Hills Rd.

Centralia, WA 98531

360-623-1485

[hhmo.org](https://hhmo.org)

### **Steck Medical Group**

1299 Bishop Rd.

Chehalis, WA 98532

360-748-0211

[steckmedical.com](https://steckmedical.com)

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# MEDICAL CLINICS

The following clinics provide primary outpatient medical care for residents who cannot afford it:

## Lewis County (cont.)

### Valley View Health Center

1800 Cooks Hill Rd., Suite F

Centralia, WA 98531

360-736-3042

2428 W Reynolds Ave., Centralia, WA 98531

360-669-0335

2690 NE Kresky Ave., Chehalis, WA 98532

360-330-9595

1810 Hwy. 508, Onalaska, WA 98570

360-978-6600

402 N Main St., Pe Ell, WA 98572

360-291-3232

117 Ramsey Way, Toledo, WA 98591

360-864-4400

100 Cedar Crest Dr., Winlock, WA 98696

360-785-9400

[vhc.org](http://vhc.org)

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# MEDICAL CLINICS

The following clinics provide primary outpatient medical care for residents who cannot afford it:

## Mason County

### Health Care Center

107 N 8th St., Shelton, WA 98584

360-426-9717

[healthcarecentershelton.com](http://healthcarecentershelton.com)

### Mason Health Clinic

*Diabetes education and classes*

1701 N 13th St., Shelton, WA 98584

360-426-2653 or 800-824-8885

[masonhealth.com](http://masonhealth.com)

## Thurston County

### Boldt Diabetes & Nutrition Education

2555 Marvin Rd. NE, Lacey, WA 98516

360-493-7567

1620 Cooper Point Rd. SW, Olympia, WA 98502

360-493-7567

[providence.org/locations/wa/boldt-diabetes-and-nutrition-education](http://providence.org/locations/wa/boldt-diabetes-and-nutrition-education)

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# MEDICAL CLINICS

The following clinics provide primary outpatient medical care for residents who cannot afford it:

## Thurston County (cont.)

### **DispatchHealth**

*Medical professionals come to your home*

360-200-8247

[dispatchhealth.com](https://dispatchhealth.com)

### **SeaMar Community Health Centers**

*24/7 nurse advice line: 866-418-1002*

3030 Limited Lane NW, Olympia, WA 98502  
360-491-1399

3622 Ensign Rd. NE, Suite A  
Olympia, WA 98506  
360-742-5000

669 Woodland Square Loop SE  
Lacey, WA 98503  
360-359-4840

[seamar.org](https://seamar.org)

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# MEDICAL CLINICS

The following clinics provide primary outpatient medical care for residents who cannot afford it:

## Thurston County (cont.)

### **SeaMar Community Health Centers (cont.)**

*24/7 nurse advice line: 866-418-1002*

202 Cullens St. NW, Yelm, WA 98597

360-400-4800

[seamar.org](http://seamar.org)

### **The Olympia Free Clinic**

520 Lilly Road NE, Bldg. 3

Olympia, WA 98506

360-890-4074

[theolympiafreeclinic.org](http://theolympiafreeclinic.org)

### **Valley View Health Center**

3775 Martin Way E, Suite A, Olympia, 98506

360-236-7166

273 Sussex Ave E, Tenino, WA 98589

360-264-5665

[vvhc.org](http://vvhc.org)

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# MEDICAL DISPOSAL

Washington's Safe Medication Return provides safe disposal of over-the-counter, household and prescription medications.

Accepted drugs include generic and brand names as well as medication for veterinary use, medical devices or combination products.

Unaccepted materials include supplements, vitamins, personal care products, illegal drugs, emptied injectors and exposed needles.

To locate safe disposal sites for unwanted medication, order mail-back supplies or learn about take-back events, visit or call:

## MED TAKE BACK WASHINGTON

**844-4-TAKE-BACK**

[medtakebackwashington.org](https://medtakebackwashington.org)

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# MEDICAL EQUIPMENT

## Lewis, Mason & Thurston County

### **Apria Home Medical Equipment**

405 Black Hills Lane SW

Olympia, WA 98502

360-352-1753 or 888-492-7742

[apria.com](http://apria.com)

### **Bellevue Healthcare**

4500 Pacific Ave.

Lacey, WA 98503

360-438-2955

[bellevuehealthcare.com](http://bellevuehealthcare.com)

### **Timberland Regional Library (TRL)**

#### **Assistive Technology**

*Borrow aids for low vision, limited mobility  
and hearing loss*

360-943-5001

[trl.org/assistive-devices](http://trl.org/assistive-devices)

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# MEDICAL EQUIPMENT

## Lewis County

The following organizations accept and loan medical equipment at no charge for temporary use:

### **Knights of Columbus**

157 SW 6th St., Chehalis, WA 98532

360-561-8798

[chehaliskofc.org](http://chehaliskofc.org)

### **Twin Cities Older Adult Center**

2545 N National Ave.

Chehalis, WA 98532

360-748-0061

[timberriverconnections.org/twin-cities](http://timberriverconnections.org/twin-cities)

### **Visiting Nurses Foundation**

*Serving Lewis County residents only*

222 N Pearl St.

Centralia, WA 98531

360-623-1562

[visitingnursesfoundation.org](http://visitingnursesfoundation.org)

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**



# MEDICAL EQUIPMENT

## Mason County

### **Sound Oxygen Services**

877-269-0405

The following organizations accept and loan medical equipment at no charge for temporary use:

#### **Love, INC.**

221 W Railroad Ave., Suite 10

Shelton, WA 98584

360-462-LOVE (5683)

[loveincofmasoncounty.org](http://loveincofmasoncounty.org)

#### **The HUB Center for Seniors**

111 NE Old Belfair Hwy., Belfair, WA 98528

360-275-0535

[thehubbelfair.org](http://thehubbelfair.org)

## Thurston County

### **Family Equipment Exchange**

6544 Cedar Flats Rd. SW, Olympia, WA 98512

360-866-3515

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# MEDICAL EQUIPMENT

## Thurston County (cont.)

### **Lincare, Inc.**

*Home respiratory supplies, care & equipment*

6706 Martin Way E, Suite 1

Olympia, WA 98516

360-923-1985

[lincare.com](http://lincare.com)

### **MyMedSupplies**

6149 Martin Way E, Lacey, WA 98516

360-456-5475

[mymedsupplies.com](http://mymedsupplies.com)

### **Performance Home Medical**

*Sleep therapy and home oxygen equipment*

703 Lily Rd. NE, Suite 102

Olympia, WA 98506

360-456-4052

[performancehomemed.com](http://performancehomemed.com)

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# MEDICAL EQUIPMENT

## Thurston County (cont.)

### **Preferred Medical, Inc.**

800-722-7865

Email:

[customerservice@preferredmedical.com](mailto:customerservice@preferredmedical.com)

[preferredmedical.com](http://preferredmedical.com)

The following organizations accept and loan medical equipment at no charge for temporary use:

### **Thurston County**

#### **Medical Equipment Bank**

*Tuesday, Thursday & Saturday, 11am to 2pm*

2704 Pacific Ave SE

Olympia, WA 98501

Message Line: 360-456-8810

[medicalequipmentbank.org](http://medicalequipmentbank.org)

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# NURSE CONSULTATION

Registered nurses are available to answer health questions, provide physician referrals and assist in registration for hospital-sponsored health classes.

## Lewis, Mason & Thurston County

### **MEDnurse**

*Capital Medical Center*

888-MED-5101

[mednurse.com](http://mednurse.com)

### **Providence PLUS**

*Providence St. Peter Hospital*

360-493-7768



**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# PALLIATIVE CARE

Palliative care helps patients with serious illnesses feel better. It prevents or treats symptoms/side effects of disease and care.

Palliative care also treats emotional, social, practical and spiritual problems stemming from illness. You may get palliative care when the illness is diagnosed, throughout treatment, during follow-up and at end of life.

Palliative care may be offered for: cancer, heart disease, lung disease, kidney failure, dementia and other illnesses.

## **Lewis, Mason & Thurston County**

### **Providence Palliative Care Consult Service**

360-486-6402

[providence.org/services/palliative-care](https://providence.org/services/palliative-care)

## **Lewis & Thurston County**

### **Assured Palliative Care**

360-807-5029

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# PERSONAL EMERGENCY RESPONSE SYSTEM (PERS)

Personal Emergency Response Systems allow older adults and people with disabilities to be more independent at home.

PERS connect to a phone and are activated by pressing a button to call for help.

## Lewis, Mason & Thurston County

### **Alert Medical Alarms Inc.**

877-988-6769

[alertmedicalalarms.com](http://alertmedicalalarms.com)

### **American Medical Alert Corp.**

800-815-5809

[connectamerica.com](http://connectamerica.com)

### **Assured Independence**

800-591-3109

[assuredindependence.com](http://assuredindependence.com)

### **Global Security & Communication, Inc.**

800-446-2400

[global4security.com](http://global4security.com)

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# PERSONAL EMERGENCY RESPONSE SYSTEM (PERS)

**Lewis, Mason &  
Thurston County (cont.)**

## **Lifeline Medical Alert Systems**

800-368-2925

[lifeline.com](http://lifeline.com)

## **LifeStation**

800-446-3700

[lifestation.com](http://lifestation.com)

## **MedScope America Corp.**

800-645-2060

[medscope.org](http://medscope.org)

## **Safe @ Home**

360-636-0700 or 800-228-8072

[elderoptionswa.com](http://elderoptionswa.com)

## **SafetyLine**

360-303-4632

[safetylinemedicalalertsyste.ms.com](http://safetylinemedicalalertsyste.ms.com)

## **Valued Relationships, Inc.**

800-860-4230

[vricares.com](http://vricares.com)

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

# PET RESOURCES

The health benefits of a pet are well known, however, caring for one can be challenging.

Here are organizations that can assist:

## **Concern for Animals**

360-456-8176

[concernforanimals.org](http://concernforanimals.org)

## **Joint Animal Services**

360-352-2510

[jointanimalservices.org](http://jointanimalservices.org)

## **PACT**

*Short-term foster placement*

[pactforanimals.org/find-a-foster](http://pactforanimals.org/find-a-foster)

## **Red Rover**

*Urgent care grants*

[redrover.org/relief](http://redrover.org/relief)

**FOR LIFE-THREATENING SITUATIONS,  
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

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LMTAAA Resource Directory 2025-2027



# ABUSE HOTLINE

Abuse is often the result of complex, interrelated factors. It may occur at home with family members, with other caregivers or in residential care. Abuse can be physical, verbal, emotional and/or financial.

If you suspect an older or disabled person is being abused, neglected or exploited, please contact one of the following offices:

## **Adult Protective Services**

877-734-6277

[dshs.wa.gov/altsa/adult-protective-services](https://dshs.wa.gov/altsa/adult-protective-services)

## **Residential Care Facility Complaint Hotline**

800-562-6078

800-737-7931 (TTY/toll-free)

[dshs.wa.gov/altsa](https://dshs.wa.gov/altsa)

**FOR LIFE-THREATENING SITUATIONS,  
PLEASE CALL 911**

# COMMUNITY HUBS

Call for details on current events, classes, meal services and health screenings.

## Lewis County

### **Morton Older Adult Center**

103 Westlake Ave., Morton, WA 98356  
360-496-3230

### **Packwood Older Adult Center**

12931 Hwy. 12, Packwood, WA 98361  
360-494-6331

### **Pe Ell Senior Center**

416 S 1st St., Pe Ell, WA 98572  
360-291-3636

### **Toledo Older Adult Center**

150 Coal St., Toledo, WA 98591  
360-864-2112

### **Twin Cities Older Adult Center**

2545 N National Ave., Chehalis, WA 98531  
360-748-0061

### **Winlock-Olequa Older Adult Center**

119 SW Kerron St., Winlock, WA 98596  
360-785-4325

[timberriverconnections.org](http://timberriverconnections.org)

# COMMUNITY HUBS

Call for details on current events, classes, meal services and health screenings.

## Mason County

### **Mason County Senior Activities Center**

190 W Sentry Dr., Shelton, WA 98584

360-426-7374

[mcsac.net](http://mcsac.net)

### **The HUB Center for Seniors**

111 NE Old Belfair Hwy., Belfair, WA 98528

360-275-0535

[thehubbelfair.org](http://thehubbelfair.org)

## Thurston County

### **Rainier Senior Center**

108 Michigan St. S, Rainier, WA 98576

360-446-2258

[rainierseniors.com](http://rainierseniors.com)

### **Senior Services for South Sound**

*Virgil S. Clarkson Senior Center*

6757 Pacific Ave. SE, Lacey, WA 98503

360-407-3967

[southsoundseniors.org](http://southsoundseniors.org)

## COMMUNITY HUBS

Call for details on current events, classes, meal services and health screenings.

### Thurston County (cont.)

#### **Senior Services for South Sound**

*Olympia Senior Center*

222 Columbia St. NW, Olympia, WA 98501

360-586-6181

[southsoundseniors.org](https://southsoundseniors.org)

#### **Tumwater Old Town Center**

215 N 2nd Ave. SW, Tumwater, WA 98512

360-252-5467

[ci.tumwater.wa.us/departments/  
parks-recreation-department/cit  
y-facilities/old-town-center](https://ci.tumwater.wa.us/departments/parks-recreation-department/city-facilities/old-town-center)

#### **Yelm Senior Center**

16530 103rd Ave. SE, Yelm, WA 98597

360-458-7733

[yelmseniorcenter.com](https://yelmseniorcenter.com)

# SENIOR COMPANIONS

## Lewis, Mason & Thurston County

### **Friend to Friend America**

*Recruits and trains volunteers to visit isolated seniors*

206-870-4266 or 855-711-3832

[friendtofriendamerica.org](http://friendtofriendamerica.org)

## TELEPHONE REASSURANCE

### Mason County

### **Care Checkers**

*Unanswered calls prompt action to discover emergencies and notify designated contacts or authorities*

888-477-0435

[carecheckers.com](http://carecheckers.com)

### **The HUB Center for Seniors**

*Friendly phone calls*

360-275-0535

[thehubbelfair.org](http://thehubbelfair.org)

# VOLUNTEER OPPORTUNITIES

## Lewis, Mason & Thurston County

### **Catholic Community Services of Western Washington**

360-726-3885

[ccsww.org](http://ccsww.org)

### **Concern for Animals**

360-456-8176

[concernforanimals.org](http://concernforanimals.org)

### **Friend to Friend America**

206-870-4266 or 855-711-3832

[friendtofriendamerica.org](http://friendtofriendamerica.org)

### **Lewis Mason Thurston Area Agency on Aging Advisory Council**

360-664-2168

[lmtaaa.org](http://lmtaaa.org)

### **Regional Long-Term Care Ombudsman Program**

888-733-4005

### **Washington State Long-Term Care Ombudsman Program**

800-562-6028

[waombudsman.org](http://waombudsman.org)

# RIDE SERVICES

Scheduled and requested transportation to medical facilities, shopping areas, senior centers and other essential locations.

Personalized assistance available for those who qualify.

## Lewis, Mason & Thurston County

### **American MediCar Services**

360-352-0342

[americanservicemedicar.com](http://americanservicemedicar.com)

### **Catholic Community Services of Western Washington**

*Volunteer Services*

844-851-9380

[ccsww.org](http://ccsww.org)

### **Paratransit Services**

*Medicaid clients only*

800-846-5438

800-934-5438 (TDD/toll-free)

[paratransit.net](http://paratransit.net)

# RIDE SERVICES

## Lewis County

### **Catholic Community Services Senior Transportation**

360-740-0161

[ccsww.org/our-services/seniors-disabilities](https://ccsww.org/our-services/seniors-disabilities)

### **Cowlitz Tribe Transportation**

360-232-8585

[cowlitz.org/transit](https://cowlitz.org/transit)

### **Dial-A-Ride Twin Transit**

360-330-5555

[twintransit.org/dartt](https://twintransit.org/dartt)

### **Go Taxi**

360-864-2323

### **Lewis County Transit**

360-330-2072

[lewiscountytransit.org](https://lewiscountytransit.org)



# RIDE SERVICES

## Mason County

### **Mason County Transit Authority**

#### **Dial-A-Ride**

360-427-5033

800-374-3747

800-833-6388 (TTD/TTY/toll-free)

[masontransit.org/dialarideservice](https://masontransit.org/dialarideservice)

#### **Patty Wagon**

360-427-0202

[pattywagonmobility.com](https://pattywagonmobility.com)

### **Senior Services for South Sound**

360-586-6181, ext. 128

[southsoundseniors.org/supportive-services/transportation](https://southsoundseniors.org/supportive-services/transportation)

Email:

[transportation@southsoundseniors.org](mailto:transportation@southsoundseniors.org)

# RIDE SERVICES

## Thurston County

### Intercity Transit

#### Dial-A-Lift

360-786-1881

800-287-6348

360-943-5211 (TTD/TTY/toll-free)

[intercitytransit.com](http://intercitytransit.com)

### ruralTRANSIT

*Serving Rochester, Tenino, Bucoda, Rainier,  
Yelm and the Confederated Tribes of the  
Chehalis Reservation*

360-426-8294

[trpc.org/325/Rural-Transit](http://trpc.org/325/Rural-Transit)

### Senior Services for South Sound

360-586-6181, ext. 128

[southsoundseniors.org/supportive-services/  
transportation](http://southsoundseniors.org/supportive-services/transportation)

Email:

[transportation@southsoundseniors.org](mailto:transportation@southsoundseniors.org)

### Yelm Senior Center

360-458-7733

[mobile.yelmseniorcenter.comcastbiz.net](http://mobile.yelmseniorcenter.comcastbiz.net)

# TRAVEL TRAINING

A free service that provides self-paced instruction to help passengers who can use regular bus service become familiar with local public transportation options.

Expert travel trainers teach people to travel independently, safely and confidently.

## Lewis County

### **Cowlitz-Wahkiakum Council of Government**

*Travel Training*

(360) 577-3041

[cwcog.org/mobility-management/  
#travel-training](http://cwcog.org/mobility-management/#travel-training)

*Transportation resources across  
SW Washington*

[mobility.cwcog.org/provider-directory](http://mobility.cwcog.org/provider-directory)

# TRAVEL TRAINING

## Mason County

### Mason Transit Authority

(360) 427-5033 or (800) 374-3747

[masontransit.org/traveltraining](https://masontransit.org/traveltraining)

## Thurston County

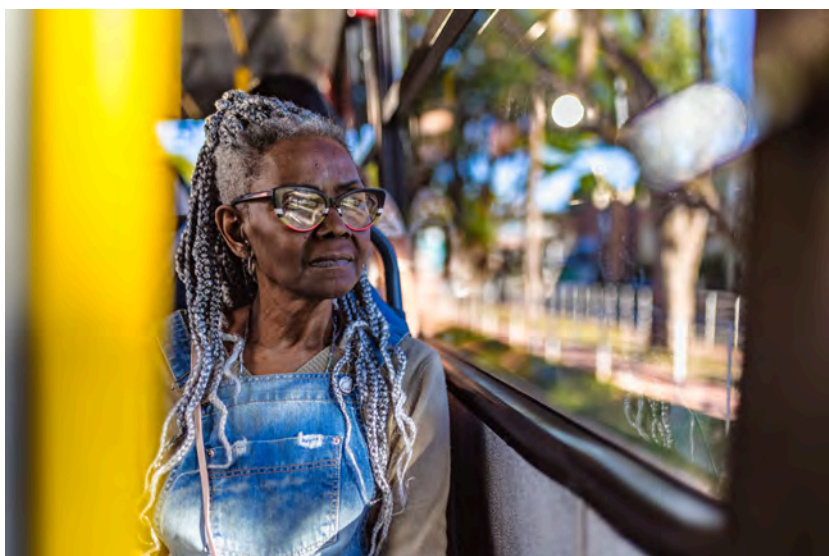
### Thurston County InterCity Transit

360-705-5879

TTY relay for hearing impaired: 711

Email: [traveltraining@intercitytransit.com](mailto:traveltraining@intercitytransit.com)

[intercitytransit.com/how-to-ride/travel-training](https://intercitytransit.com/how-to-ride/travel-training)



# VETERANS RIDE SERVICES

## Lewis, Mason & Thurston County

The Veterans Transportation Service ensures all qualifying veterans have access to care through convenient, safe and reliable transportation.

### **Veterans Administration**

*Puget Sound Health Care System*

***Call at least five working days in advance***

253-583-1343

800-329-8387 (toll-free)

[va.gov/healthbenefits/vtp/map.asp](https://va.gov/healthbenefits/vtp/map.asp)

[vetride.va.gov/app/home](https://vetride.va.gov/app/home)

*Disabled American Veterans Transportation*

***Call at least 48 hours in advance***

253-583-1343

[va.gov/puget-sound-health-care/dav-vans-transportation-for-veterans](https://va.gov/puget-sound-health-care/dav-vans-transportation-for-veterans)

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Lewis-Mason-Thurston Area Agency on Aging's  
Resource Directory is made possible through  
funds from the Older Americans Act  
and the State of Washington.

To explore resources in other languages,  
please visit our website or call us to ask what  
translation supports may be available.

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[lmtaaa.org](https://lmtaaa.org) | 360-664-2168



LEWIS-MASON-THURSTON  

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AREA AGENCY ON AGING