

Guide To Senior Services



For Pullman and Whitman County

January 2020 Updated Edition

Making Pullman Senior-Friendly for over 45 years

Pullman's generous spirit is constantly displayed through support both through a strong sense of volunteerism as well as through broad financial support for local non-profits. The generosity of so many community organizations, churches, businesses, and citizens allows us to continue to assist many Pullman seniors with programs that support not only their daily needs, but also their ability to live as independently as possible.

We and those we serve deeply appreciate our many supporters.

Friends (\$50+)

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Kathleen Creed
Rex & Alice Davis
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Patrons (\$500+)

Emmanuel Baptist Church
Palouse Dementia Care
Pullman Regional Hospital

Champions (\$1,000+)

Bayer Fund: America's Farmers Grow
Communities (nominated by Cheryl Druffel)
Nancy Mack
Pullman Child Welfare
Sharon Russell, in memory of Joyce & Ward
Stratton
Thrift Shop - Community Congregational United
Church of Christ

Pullman Community Council on Aging

A legacy of caring for Pullman seniors for over 45 years

The Pullman Community Council on Aging, founded in 1973, improves the quality of life for local seniors through advocacy and action: identifying needs, developing solutions, and connecting resources. We operate ★ Senior Chore Service ★ Meals on Wheels and we publish this “Guide to Senior Services” for Pullman & Whitman County.

Pullman’s generous spirit is constantly displayed through volunteers and financial support. The generosity of so many community organizations, churches, businesses, and citizens allows us to continue to assist many Pullman seniors with programs that support not only their daily needs, but also their ability to live as independently as possible.

This **GUIDE TO SENIOR SERVICES** is designed to help Whitman County senior citizens identify federal, state, and local agencies available to assist them. We have also included information about senior housing communities, local home health and personal care companies, as well as information about regional hospitals and pharmacies.



Pullman Community Council on Aging
P.O. Box 1123, Pullman WA 99163
509-339-4000, PullmanComCoA@gmail.com
www.PullmanCCoA.org

*PCCoA is a 501(c)3 non-profit organization.
Donations are tax deductible as allowed by law.*

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Another resource for seniors and their families is the on-line **PALOUSE RESOURCE GUIDE** at www.PalouseResources.org. Pullman Regional Hospital and the Whitman County Health Network created the Guide to be a comprehensive on-line directory of community resources for children, adults, and seniors for both Latah and Whitman Counties.

Pharmacies

<p>Rite Aid Pharmacy 1630 S. Grand 509-334-7222</p>	<p><u>Monday – Friday:</u> 9 a.m. – 9 p.m. <u>Saturday - Sunday:</u> 10 a.m. – 6 p.m. Mail-outs \$3 per prescription. Compliance/bubble packaging \$1 per medication. Redi-clinic.</p>						
<p>Safeway Pharmacy 430 SE Bishop Blvd 509-334-0819</p>	<p><u>Monday – Friday:</u> 9 a.m. – 8 p.m. <u>Saturday:</u> 9 a.m. – 6 p.m. <u>Sunday:</u> 11 a.m. – 6 p.m.</p>						
<p>Sid’s Pharmacy & Long-Term Care Pharmacy 825 SE Bishop Blvd 509-332-4608 www.sidspharmacy.com</p>	<p><u>Monday – Friday</u> 9 a.m. – 6:30 p.m. <u>Saturday</u> 9 a.m. – 4:30 p.m.</p> <p>Delivery available in Pullman, fee \$3.50 (free if delivered to senior residential community, or if no co-pay required). Mail-outs available, fee \$3.50 (free if pd by Medicaid). Medication bubble packaging, \$18/month. Packaging phone: 509-334-6506.</p>						
<p>Walmart Pharmacy 1690 SE Harvest Dr 509-334-2981 or 334-2990</p>	<table style="width: 100%; border: none;"> <tr> <td style="border: none;"><u>Monday – Friday</u> 9 a.m. – 8 p.m.</td> <td style="border: none;"><i>Closed 1:30 - 2 p.m.</i></td> </tr> <tr> <td style="border: none;"><u>Saturday</u> 9 a.m. – 7 p.m.</td> <td style="border: none;"><i>Closed 1:30 - 2 p.m.</i></td> </tr> <tr> <td style="border: none;"><u>Sunday</u> 10 a.m. – 6 p.m.</td> <td style="border: none;"><i>Closed 1:30 - 2 p.m.</i></td> </tr> </table>	<u>Monday – Friday</u> 9 a.m. – 8 p.m.	<i>Closed 1:30 - 2 p.m.</i>	<u>Saturday</u> 9 a.m. – 7 p.m.	<i>Closed 1:30 - 2 p.m.</i>	<u>Sunday</u> 10 a.m. – 6 p.m.	<i>Closed 1:30 - 2 p.m.</i>
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<p>Colfax Tick Klock Health Mart/Pharmacy</p>	<table style="width: 100%; border: none;"> <tr> <td style="border: none;">109 S. Main St, Colfax</td> <td style="border: none; text-align: right;">509-397-2111</td> </tr> <tr> <td style="border: none;">Bubble packaging available.</td> <td style="border: none; text-align: right;"><u>M – F:</u> 9 a.m. – 5:30 p.m.</td> </tr> <tr> <td style="border: none;">Delivery & mail-outs within Colfax.</td> <td style="border: none; text-align: right;"><u>Sat:</u> 9 a.m. – 4 p.m.</td> </tr> </table>	109 S. Main St, Colfax	509-397-2111	Bubble packaging available.	<u>M – F:</u> 9 a.m. – 5:30 p.m.	Delivery & mail-outs within Colfax.	<u>Sat:</u> 9 a.m. – 4 p.m.
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<p>Fairfield Owl Pharmacy</p>	<table style="width: 100%; border: none;"> <tr> <td style="border: none;">208 Main St, Fairfield</td> <td style="border: none; text-align: right;">509-283-4299</td> </tr> <tr> <td style="border: none;">Bubble packaging available.</td> <td style="border: none; text-align: right;"><u>M - F:</u> 10 a.m. - 6 p.m.</td> </tr> <tr> <td colspan="2" style="border: none;">Delivery & mail-outs in Fairfield area.</td> </tr> </table>	208 Main St, Fairfield	509-283-4299	Bubble packaging available.	<u>M - F:</u> 10 a.m. - 6 p.m.	Delivery & mail-outs in Fairfield area.	
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Delivery & mail-outs in Fairfield area.							
<p>St John Pharmacy</p>	<table style="width: 100%; border: none;"> <tr> <td style="border: none;">10 East Front St</td> <td style="border: none; text-align: right;">509-648-3430</td> </tr> <tr> <td style="border: none;">Bubble packaging available.</td> <td style="border: none; text-align: right;"><u>M/Tu/W/F:</u> 9 a.m. - 5 p.m.</td> </tr> <tr> <td style="border: none;">Delivery & mail-outs within area.</td> <td style="border: none; text-align: right;">Closed Thursdays</td> </tr> </table>	10 East Front St	509-648-3430	Bubble packaging available.	<u>M/Tu/W/F:</u> 9 a.m. - 5 p.m.	Delivery & mail-outs within area.	Closed Thursdays
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<p>Tekoa Pharmacy</p>	<table style="width: 100%; border: none;"> <tr> <td style="border: none;">124 North Crosby</td> <td style="border: none; text-align: right;">509-284-4205 or 284-3025</td> </tr> <tr> <td style="border: none;">Dosage packaging available.</td> <td style="border: none; text-align: right;"><u>M - F:</u> 9 a.m. - 5 p.m.</td> </tr> <tr> <td colspan="2" style="border: none;">Delivery & mail-outs within Tekoa.</td> </tr> </table>	124 North Crosby	509-284-4205 or 284-3025	Dosage packaging available.	<u>M - F:</u> 9 a.m. - 5 p.m.	Delivery & mail-outs within Tekoa.	
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Grocery Delivery or Pre-order

<p>Dissmores 1205 N. Grand 509-332-2918</p>	<ul style="list-style-type: none"> ➤ Order online Dissmores.com, Mon- Sat. ➤ Seniors may call to order – have shopping list ready. <p>Minimum \$25 order, plus delivery fee of \$9.95, or if picked up at store \$4.95. First 3 delivery fees are free.</p>
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Walmart 1690 SE Harvest Dr 509-334-2990	Order online at Grocery.Walmart.com . When you finish your order you choose a pick-up time. Drive to the Grocery Pick-Up area to the right of the store and your groceries will be brought to your car.
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Local & State Hotlines

Alternatives to Violence of the Palouse www.atvp.org 509-332-HELP (4357)

Support/safety for victims of domestic violence or sexual assault. Free, confidential services incl 24-hr phone crisis line (1-877-334-2887) or in-person intervention; emergency shelter; legal & medical advocacy; information & referral.

Adult Protective Services www.dshs.wa.gov/altsa 877-734-6277

Investigates reports of abuse or neglect of vulnerable adults who live in their own homes (Dept of Health & Social Services). Online reporting available on website.

Crime Victim Services, WA www.cvsc8.org 24-hr hotline 888-288-9221

24-hour in-person or hotline assistance offering support, information, and referrals to crime victims, including victims of elder abuse, identify theft, robbery, violent crimes.

Long Term Care Ombudsman Whitman County: 800-660-7133

Impartial mediator working with residents, families, and staff of long-term care facilities. Ombudsman for entire state: (800) 562-6028 www.waombudsman.org.

Residential Care Services Complaint Line 800-562-6078

For nursing homes & adult family homes in WA. Operated by WA DSHS/AL TSA.

Helpful Websites: Regional and State

Aging and Long-Term Support Administration — WA Dept of Social & Health Services

www.dshs.wa.gov/altsa 800-422-3263

Information and resource links regarding a wide range of services for those caring for the aging or disabled.

Aging & Long Term Care of Eastern Washington (ALTCEW)

www.altcew.org 509-458-2509

ALTCEW is the Inland NW's Area Agency on Aging. Its mission is to promote well-being, independence, dignity, and choice for all older persons and for individuals needing long term care in 5 Eastern Washington counties. Resource directory available.

Alzheimer's Association, Inland Empire www.alz.org/inlandnorthwest 800-272-3900

Info & support for caregivers and family; counselors available 24 hrs/day, 7 days/wk.

SHIBA Helpline www.altcew.org/shiba/ 800-562-6900

WA State Health Insurance Benefits Advisors available to assist with health insurance issues. They provide free, unbiased health care coverage counseling to people of all ages. Can help you understand your health care coverage options and rights (including Medicare & Medicaid), find affordable health care coverage, evaluate/compare health insurance plans. Holds annual clinics each fall at Pullman Senior Center.

Social Security Administration - Lewiston Office 877-405-9796

1617 19th Avenue, Lewiston Hours: M, Tu, Th, F: 9 am - 4 pm Wed: 9 am - noon.
See U.S. Social Security Administration website for current info, under "Social Security Office Locator", www.SSA.gov.

WA Department of Veterans Affairs www.dva.wa.gov 800-562-0132

Central website for Washington state veterans affairs office.

COMMUNITY RESOURCES & SERVICES

Albion Food Pantry Albion Community Building, 310 "F" Street, Albion

Hours: 4th Thursday of month, 4 p.m. – 6 p.m.

Contact Albion's clerk/treasurer for more information, townofalbion@palouse.com.

Community Action Center (CAC) www.cacwhitman.com

350 SE Fairmont Rd 800-482-3991 or 509-334-9147

●Community Food Bank, Garden & Kitchen

Hours: Wednesdays 11 a.m. - 1 p.m.; Thursdays 4 p.m.- 6 p.m.

Operates on client-choice shopping model available to clients once a month.

Fresh produce and prepared food may be available.

●**Energy Assistance** Financial assistance when energy costs exceed household means, as well as other programs. **Weatherization program** identifies sources of heat loss and makes improvements to save costs. This may include improvements in seniors' home for overall health issues.

●**Housing - Emergency** Assistance with eviction prevention and move-in assistance. Transitional housing and Tenant Based Rental Assistance (TBRA) may be available.

●**Housing** Section 8 Housing Choice Voucher Program is available with property managers that CAC has an agreement with. CAC also manages several low-to moderate- income rental properties in Colfax, Pullman, Palouse and Tekoa, as well as a home-purchase assistance program.

- **Support Services** may include limited clothing vouchers, transportation expenses, prescription payments and Basic Food Application assistance. Info on legal resources available to low-income residents is on the CAC website.

Community Grief Support Groups

www.FriendsofHospice.net

Grief Support: 509-338-5792

griefsupport@palouse.com

Sponsored by Friends of Hospice

- Monthly Community Grief Support Groups are offered for drop-in visits to find shared support. No pre-registration is necessary.
Colfax: 2nd Friday of month, 12:30 p.m. – 2 p.m. at Hill-Ray Plaza.
Pullman: 3rd Friday of month, 12:30 p.m. – 2 p.m. in the Bishop Place Independent Living 3rd Floor Library.
- 8-week facilitated support groups for those who have experienced loss recently or in the past, held in Colfax and Pullman. See website for schedule.

Council on Aging & Human Services (CoA&HS)

www.CoAColfax.org

P.O. Box 107 or 210 S. Main, Colfax

509-397-4305

Private non-profit public-benefit agency serving Whitman County. They are committed to enhancing lives and supporting communities with nutrition and transportation services.

●Nutrition Programs

Food Pantries available monthly in Colton/Uniontown, Endicott, Garfield, Lacrosse, Malden, Oakesdale, Palouse, Rosalia, St. John, and Tekoa. See website for dates and times (www.CoAColfax.org/food-distribution). Also:
Colfax Food Bank 121 N. Main, Colfax 509-397-2205

Hours: Mon – Fri, 9 a.m. – 4 p.m.

Food Distribution CoA&HS is the lead agency responsible for county-wide distribution of commodities food. See website for locations and times.

Congregate Meals Twice-weekly meals at noon for those age 60+ at Pullman Senior Center (City Hall) and in Colfax (Food Bank). Meals also provided once a week in Oakesdale, Palouse, Rosalia; 2x/month in Endicott & Lacrosse.

Colfax Meals on Wheels Oversees Colfax Meals on Wheels program, offering hot noon-time meals to homebound seniors 7 days a week. (Pullman Community Council on Aging administers the Pullman program.)

- **Transportation Assistance** – see next entry

“COAST” Council on Aging Specialized Transportation 800-873-9996
P.O. Box 107 or 210 S. Main, Colfax CoastColfax@gmail.com 509-397-2935

Provides direct or purchased services for all citizens who need access to basic necessities or activities enhancing the quality of their lives. Medicaid transportation is managed by Special Mobility Services (*next entry*).

Special Mobility Services (SMS) www.sms1.org
Central Medicaid Non-Emergency Medical Transportation 800-892-4817

SMS helps people in eastern Washington get to their Medicaid health care appointments. Eligibility for transportation assistance includes current Medical Assistance Identification Card, as well as inability to get to and from health care appointments.

Dial - A - Ride www.PullmanTransit.com
775 NW Guy St Operated by Pullman Transit 509-332-5471

Door-to-door transportation for people 65+ and those whose medical condition prevents them from riding Pullman Transit’s fixed routes. New riders need to call in advance or consult website regarding necessary application, regulations, and rules of use.

Disability Action Center (DAC) www.dacnw.org
505 N Main St, Moscow 208-883-0523 or 800-475-0070

DAC offers diverse resources for those with disabilities of any age: peer counseling, living skills training, info & referrals, assistance with assistive technology. Durable medical goods (DMG) exchange program receives donations of DMG and then offers them free to those unable to afford them.

Friends of Hospice www.FriendsofHospice.net 509-332-4414
P.O. Box 484, 115 NW State, Suite 215 contact@FriendsofHospice.net

Friends of Hospice increases public awareness of hospice, comfort-care, and end-of-life services. A not-for-profit community organization, Friends of Hospice augments and supports hospice and end-of-life care through programs and volunteers. For hospice information, see page 12.

Services include •community grief support groups (see separate listing) •advanced care planning •Music & Memory •Living Legacy •hospice music volunteers •Tree of Light Remembrance Ceremony •Death Cafes •Also provides comfort care items not otherwise available to hospice patients.

Habitat for Humanity, Palouse www.PalouseHabitat.org 208-883-8502
306 N. Main St, Moscow habitat@palousehabitat.org

Palouse Habitat Home Repair Program helps low income homeowners with exterior repairs and accessibility modifications – ramps, handrails, etc.

Palouse Resource Guidewww.PalouseResources.org

Administered by Pullman Regional Hospital

Contact information on website.

Pullman Regional Hospital and the Whitman County Health Network created the Guide to be a comprehensive on-line directory of community resources for children, adults, and seniors for both Latah and Whitman Counties. It is easily searchable.

Pullman Community Council on Agingwww.PullmanCCoA.org

P.O. Box 1123, Pullman

PullmanComCoA@gmail.com

509-339-4000

Non-profit network of citizens & professionals advocating for and supporting Pullman's senior citizens since 1973. Networking meeting monthly on 3rd Thursday of the month, September – May, in the Pullman Senior Center.

●Senior Chore Service 509-332-9627 PCCoAPrograms@gmail.com

Senior Chore Service recruits volunteers to serve Pullman seniors in their homes by providing a helping hand. Volunteers include university students, church groups, individuals, families, service clubs, and fellow senior citizens. All services are provided free of charge.

●Meals on Wheels 509-339-4000 PullmanComCoA@gmail.com

Hot, nutritious, noon-time meals delivered daily to homebound Pullman seniors (age 60 and above). Meal delivery helps seniors retain independence and the ability to remain in their own home. They also help hasten recuperation. Funds may be available to help cover costs for those in financial need.

●“Guide to Senior Services” Published regularly, distributed free throughout Pullman and Whitman County.**Pullman Food Bank**

108 NW Stadium Way

Operated by Pullman Child Welfare

509-338-0801

Hours: Saturdays 9:00 - 11:00 a.m. For Pullman residents only. Other programs include: adult clothing, children's coats, shoe vouchers/snow boots for school children, emergency financial assistance for utilities, medical bills, rent; Thanksgiving meals; Christmas Sharing Tree.

Pullman Senior Centerwww.pullmanparksandrec.com

In City Hall, 325 SE Paradise St.

509-338-3307

The Center provides wide variety of activities: special events, shopping trips, exercise class, card and board game groups, educational presentations. Day trips and overnight trips are also offered. Enjoy their lending library, computer

usage, as well as free transportation in Pullman, with home pick-ups for meals and trips. Activities are always listed in the seasonal Parks & Recreation Activities Guide.

● **Meals** Twice weekly meals (Tuesdays & Fridays) provided by CoA&HS at 11:45 a.m. Small donation requested, free transportation available. Menus published in Daily News and Senior Center newsletter.

● **Pullman Senior Citizens Association** Non-profit organization which promotes many aspects of well-being of area seniors. Annual membership (\$10) includes monthly newsletter, free classes, and City Hall parking permit while attending Senior Center activities.

Rural Resources: Community Living Connections www.RuralResources.org
1300 NE Henley Ct, Ste 1 509-332-0365 or 800-873-5889

● **Information & Referral** Senior information and referrals to appropriate community services and assistance for aging and disabled adults, their families and caregivers.

● **Health Homes** For Medicaid recipients, intensive care coordination and comprehensive care management related access and utilization.

● **Options Counseling** Individualized support, assistance, and options counseling available for families, caregivers, aging and disabled adults, with the goal to help achieve and preserve independence and health at home and in the community. Access assistance and case management for private and state care management.

● **Senior Legal** Limited legal assistance for low income seniors with a variety of issues. Contact Rural Resources office for more information about program guidelines and funding availability.

● **Caregiver Resources** See page 10 for information about Caregiver Support Group, Family Caregiver Support and Kinship Caregiver Support programs.

WSU Cognitive Aging & Dementia Research 509-335-4033

237 Johnson Tower, Dept of Psychology, WSU www.labs.wsu.edu/neuropsychology-aging

Research program to develop cognitive interventions that will help older individuals with progressive dementia (e.g., Alzheimer's disease) delay functional disability and increase their quality-of-life. Participants in many of their studies are healthy older adults and early-stage dementia patients who complete standardized neuropsychological tests and cognitive experimental tasks that assess different cognitive skills (e.g., memory, problem-solving). Community members who participate often receive beneficial assessment and resources.

WSU Retirees Associationwww.alumni.wsu.edu

Lewis Alumni Centre (PO Box 646150)

509-335-2586

Membership is open to, but not limited to, retired WSU faculty and staff and/or their spouses; it includes newsletter and monthly meetings. Annual dues are \$15 per household.

Whitman County Tax Assessor – Senior Citizens Property Tax Relief

400 N. Main, Colfax

www.WhitmanCounty.org

509-397-6220

Senior citizens and disabled persons exemptions: If you own a residence, you may be entitled to a property tax exemption. To qualify you must be 61 years old or retired because of a disability, the property must be your main residence, and you must have a limited income. For application forms and further information, please call the Whitman County Assessor at (509) 397-6220 or go to www.WhitmanCounty.org/assessor.

CAREGIVING RESOURCES

Circles of Caring Adult Day Serviceswww.CirclesofCaring.org

588 SE Bishop Blvd Suite D, Pullman

509-334-6483

Day-use program that provides community-based health & wellness enhancement for vulnerable adults and frail elders. Provides wide range of services specialized to assist participants with medical, social, and family needs, while improving or maintaining their physical, social, and cognitive functioning. Hours: Mon-Fri 8:00 a.m. – 4 p.m.

Dementia & Alzheimer's Wellbeing Network (DAWN) www.TheDawnMethod.com

P.O. Box 8063, Moscow

208-388-8898

DAWN seeks to preserve dignity and autonomy through aging in place by providing training for families and caregivers. Consultations and classes available.

Friends of Hospicewww.FriendsofHospice.net

509-332-4414

P.O. Box 484, 115 NW State, Suite 215

contact@FriendsofHospice.net

Friends of Hospice increases public awareness of hospice, comfort-care, and end-of-life services. A not-for-profit community organization, Friends of Hospice augments and supports hospice and end-of-life care through programs and volunteers.

Services include •community grief support groups (see below) •advanced care planning •Music & Memory •Living Legacy •hospice music volunteers •Tree of Light Remembrance Ceremony •Death Cafes •Also provides comfort care items not otherwise available to hospice patients.

Community Grief Support Groups

www.FriendsofHospice.net

Grief Support: 509-338-5792

griefsupport@palouse.com

Sponsored by Friends of Hospice

● Monthly Community Grief Support Groups are offered for drop-in visits to find shared support. No pre-registration is necessary.

Colfax: 2nd Friday of each month, 12:30 p.m. – 2 p.m. at Hill-Ray Plaza.

Pullman: 3rd Friday of each month, 12:30 p.m. – 2 p.m. in the Bishop Place Independent Living 3rd Floor Library.

● 8-week facilitated support groups for those who have experienced loss recently or in the past, held in Colfax and Pullman. See website for schedule.

Rural Resources: Community Living Connections

www.RuralResources.org

1300 NE Henley Ct, Ste 1

509-332-0365 or 800-873-5889

● **Family Caregiver Support Program** Free support services for unpaid caregivers and those they care for so they may maintain an in-home caregiving situation as long as possible. Assistance available: • Identifying local resources/ services • Connecting with caregiver support group and counseling • Training on caregiving topics • Respite care • Counseling for specific caregiving issues with practical information and caregiving suggestions.

● **Caregiver Coffee & Support Groups** Open to those caring for a relative in home, as well as to those who care for others. Current meeting times:

Pullman: Meets second and fourth Mondays, 2 p.m. – 4 p.m. at Regency Pullman.

Colfax: Meets first and third Mondays, 3:30 p.m. – 5 p.m. at Colfax Library.

Malden: Meets first and third Fridays, 12:30 p.m. – 2 p.m. at library.

● **Health Homes** For Medicaid recipients, intensive care coordination and comprehensive care management related access and utilization.

● **Kinship Caregiver Support Program** Assistance for grandparents and other relatives providing primary care to one or more relative children under the age of 18. Services include resource identification, case management, advocacy, and limited financial help to offset cost of raising a relative child.

Helpful Family Caregiver Websites

Caring From a Distance

www.cfad.org

Caring from a Distance is an independent, non-profit organization providing resources and support for those caring long-distance for family members. Service directories, local resources, emergency assistance, extensive library and links to other helpful organizations. They take no referral fees from service providers.

Caring for Aging Parents

www.caring-for-aging-parents.com

Information, resources, advice and support for caregivers, including product guides, forum for family caregivers, and more.

IN-HOME HEALTH CARE

Home Care Referral Registry (HCRR)

Whitman Co: 509-458-2509

Statewide: 1-800-970-5456 The Home Care Referral Registry connects persons using Medicaid-funded in-home care services with qualified, pre-screened, professional caregivers. Consumers receiving COPES or Medicaid Personal Care services through DSHS are eligible to use Registry services (includes aging, developmentally disabled, and children with disabilities). The Referral Registry maintains a database of caregivers that are eligible for employment. Each caregiver has been prescreened to be eligible for work with state-funded clients. Operated through ALTCEW for Whitman Co. See website for more information: www.hcrr.wa.gov.

Regional Home Care Agencies

Alternative Nursing Services	208-882-0616 800-930-3050	828 S. Washington, Moscow
Beneficial In-Home Care, Inc	509-339-7733 844-637-9911	727 S. Grand Ave, Pullman www.BIHC.biz
Chesterfield Services	866-326-4655	www.ChesterfieldHealth.com
Whitman County served through office in Spokane when caregivers available in the area.		
Family Resource Home Care (Family Home Care)	208-874-2329 509-496-1915	220 E. 5 th #209, Moscow www.FamilyResourceHomeCare.com
Kindred at Home - Home Health	509-334-6016	1610 NE Eastgate #650, Pullman www.KindredHealthCare.com
Palouse Dementia Care, LLC	208-874-4387	P.O. Box 8063, Moscow www.PalouseDementiaCare.com
ResCare Home Care	509-237-6527	744 5th Street, #B , Clarkston www.ResCare.com
Seubert's Quality Home Care	208-883-1114 888-877-4451	325 W. Third Street, Moscow www.SeubertsQualityHomeCare.com

HOSPICE AND RELATED CARE SERVICES

Kindred Hospice

www.KindredHealthCare.com

509-332-2236

1610 NE Eastgate Blvd, Ste 610

Provides physician-directed end of life team care. In-home care offers caring

atmosphere that encompasses the medical, social, emotional, and spiritual aspects of treatment, all with the goal of ensuring the patient's remaining days are lived with dignity and respect.

Hospice provides •expert clinical care with emphasis on pain/symptom management
•home medical equipment & medications related to hospice diagnosis •comprehensive bereavement program •emotional support for patients and family members •services for patients of all ages.

Friends of Hospice

www.FriendsofHospice.net

509-332-4414

P.O. Box 484, 115 NW State, Suite 215

contact@FriendsofHospice.net

Friends of Hospice increases public awareness of hospice, comfort-care, and end-of-life services. A not-for-profit community organization, Friends of Hospice augments and supports hospice and end-of-life care through programs and volunteers.

Services include •community grief support groups (see below) •advanced care planning
•Music & Memory •Living Legacy •hospice music volunteers •Tree of Light Remembrance Ceremony •Death Cafes •Also provides comfort care items not otherwise available to hospice patients.

Community Grief Support Groups

www.FriendsofHospice.net

Grief Support: 509-338-5792

griefsupport@palouse.com

Sponsored by Friends of Hospice

● Monthly Community Grief Support Groups are offered for drop-in visits to find shared support. No pre-registration is necessary.

Colfax: 2nd Friday of each month, 12:30 p.m. – 2 p.m. at Hill-Ray Plaza.

Pullman: 3rd Friday of each month, 12:30 p.m. – 2 p.m. in the Bishop Place Independent Living 3rd Floor Library.

● 8-week facilitated support groups for those who have experienced loss recently or in the past, held in Colfax and Pullman. See website for schedule.

HOME MEDICAL EQUIPMENT

Bellevue Healthcare Moscow

www.BellevueHealthCare.com

208-997-3033

233 Warbonnet Dr, Moscow (near Moscow Walmart)

Open M-F, 8:00 am – 5:00 pm.

Serves all of Whitman, Latah, Nez Perce, and Asotin counties. Services include: •durable medical equipment •respiratory therapy (RT on staff) •complex rehab technology, including custom manual & power wheelchairs, other rehab (ATP on staff).

Lincare

www.Lincare.com

208-882-1847

428 W. 3rd St #2, Moscow

Oxygen, respiratory, home infusion products and services.

Norco www.Norco-Inc.com 208-882-3571
223 W. 3rd St, Moscow Respiratory therapy products and services.

Northwest Respiratory & Medical www.nwdme.com 208-882-9746
619 S. Washington #102, Moscow Open M-F, 8:30 am – 5:30 pm. 800-659-9740
Serves Whitman and Latah counties. Services include: durable medical equipment;
respiratory therapy; wheelchairs, scooters and other ambulatory equipment.

Other Resources for Medical Equipment

Medical Equipment Exchange & Ramp Project - Disability Action Center
505 N Main St, Moscow www.dacnw.org 208-883-0523 or 800-475-0070
Those with temporary or permanent disabilities can secure durable medical
equipment free of charge, including manual wheel chairs, power chairs or
scooters, bath benches, commodes, lift recliners, tablets or laptop computers,
smart phones, canes/crutches/walkers, and more. Through local partner
Palouse Habitat for Humanity, loaned used modular ramps can be installed.
They welcome donations of equipment in clean working condition. If you wish to donate,
call first to find out when they receive donations. Non-durable medical goods such as
diapers, diabetic supplies are not accepted, but you can donate them to local food banks.

Tech4Aging Project – WSU Assistive Technology Project
www.Tech4Aging.wsu.edu
Dept of Psychology and the College of Nursing
Assistive services technology includes any service, tool, or device that helps
individuals to do activities that may be difficult or not possible. Tech4Aging
offers informational videos and materials about the following groups of aging
assistive technologies: medication management, daily living, fall prevention,
memory, hearing, vision, communication, and mobility.

RESIDENTIAL COMMUNITIES

Please Note: There are MANY websites that will list various types of Senior Residential Communities and Senior Care Services. Please be aware that they are often incomplete, out of date, and confusing. To obtain the most up to date and complete information, go to federal and state government websites. All reliable companies will be licensed, and therefore listed on these government websites.

Residential Care Services Complaint Line

800-562-6078

For nursing homes & adult family homes in WA. Operated by WA DSHS/AL TSA.

ASSISTED LIVING FACILITIES

> STATE LICENSED <

Assisted Living Facilities are facilities in a community setting where staff assumes responsibility for the safety and well-being of the adult. Housing, meals, laundry, supervision, and varying levels of assistance with care are provided. Some provide nursing care. Some offer specialized care for people with mental health issues, developmental disabilities, or dementia. The facility can have seven or more residents and is licensed by the state.

Facilities that serve Medicaid clients are contracted by Washington State to provide three levels of service.

To explore an assisted living facility as an option, find out what kinds of services and supports are available at each of the different facilities you are interested in. For more information about the types of questions to ask and things to look for, see Aging & Long-Term Support Administration page on Washington State's Department of Social and Health Services website, www.dshs.wa.gov/altsa.

Bishop Place Senior Living

www.bishopplace.net

815 SE Klemgard, Pullman

509-334-9488

● Assisted Living & Enhanced Care Apartments

Emergency call system, weekly housekeeping/linen services, restaurant-style meals, scheduled transportation, social activities. Personal support services by 24-hr trained staff, access to licensed nurse. Enhanced care offers heightened supervision and assistance. Respite care also available.

● Memory Care Villas

Specially designed environment for individuals facing challenges of memory loss or related dementias. Homelike setting, individual care plan emphasizing daily exercise, stimulating activities designed for individual ability level. Licensed nurse and care staff available 24 hrs a day.

Regency - Pullman Retirement & Assisted Living

www.regency-pacific.com

1285 SW Center St., Pullman

509-332-2629

- Assisted Living Apts Includes all utilities, emergency call system, weekly housekeeping services, 3 meals a day, 24-hr on-site staff, activities, scheduled transportation. Personalized assistance plans available for various levels of care. Respite care available.
- Memory Care “Regency Moments” memory care is designed to emphasize individual worth and dignity. Specially designed environment and care.

The Courtyard Assisted Living

www.thecourtyardcolfax.com

300 S. Main, Colfax

509-397-6123

- Assisted Living Apts Centrally located, large apartments. 24-hour personal care, meals, variety of daily activities.

Ladow Court Assisted Living

308 West California, Garfield

509-635-1240

- Assisted Living Apts Meals, laundry/housekeeping service, 24-hr staff, medication assistance available.

Community Pride Senior Living, LCC

www.communitypride.services

102 Bryant Blvd, St. John

509-648-4214

- Assisted Living Apts Independent & assisted-care residence offering one bedroom apartments with fireplace, or studio apartments. Meals, laundry/housekeeping service, 24-hr staff, medication assistance available.

ADULT FAMILY HOMES

> STATE LICENSED <

Adult Family Homes are conventional homes where staff assumes responsibility for the safety and well-being of the adult. A room, meals, laundry, supervision and varying levels of care are provided. Some provide occasional nursing care, or specialized care for people with dementia. To find a licensed Adult Family Home, the best source of information is Washington State’s Department of Social and Health Services (DSHS). This information is taken from the Aging & Long-Term Support Administration (ALSTA) Adult Family Home Locator. To find it, go to DSHS’ ALSTA website (dshs.wa.gov/alsta), then to “Long Term Care Services Information”. On that page, choose “Long-Term Care Housing” or “Find an Adult Family Home.” For each licensed home you can access a complete description of services, in addition to inspection reports and complaint reports.

Residential Care Services Complaint Line	800-562-6078
For nursing homes & adult family homes in WA. Operated by WA DSHS/ALSTA.	

Adult Family Homes - PULLMAN

Arcadia Drive Adult Family Home 1500 NW Arcadia Dr	David Kipelian	509-332-1230
Bella Vista Adult Family Home 1540 NW Bella Vista Dr	Sunshine Peak LLC Margaret Muchiri	509-339-6987
City View Adult Family Home 535 SW City View	Leah N. Kapeen	509-334-5786
Considerate Care Adult Family Home – Pullman 730 SE Carolstar Dr	Mercy Ndambuki	509-339-6146
Glenhaven Adult Family Home – Johnson Rd 352 Johnson Rd	Lorna M. Shompole	509-332-7472
Glenhaven Adult Family Home - Parr Dr 2510 NW Parr Dr	Lorna M. Shompole	509-332-0595
Good Hope Home Care Adult Family Home 320 SE Nebraska	Bilha W. Kamithi	509-332-7057
Graceland Adult Family Home 505 NW Darrow	Benson Nderitu	509-339-6031
Kimani's Adult Family Home 330 NW Terre View Dr	Nancy Kimani	509-339-6979
Miss Dorothy Adult Family Home 1785 SW Panorama Dr	Sherry Ankrah Mailing: 1140 Latour Peak Dr	509-338-5217
Precious Elders Adult Family Home 320 NW Terre View Dr	Erick Kayioni	509-339-6200
Purity Adult Family Home 1725 NW Kenny Dr	Purity N. Kapeen	509-334-3476
Robville Adult Family Home 218 NW Sunrise	Robert Ndambuki	509-592-8273
Sunrise Garden Adult Family Home 238 NW Sunrise Dr	Joyce Kamoye	509-332-1008

Colfax and other parts of Whitman County

Henderson House - Glenhaven Adult Family Home Colfax 1511 N. Cedar St	Lorna Shompole	509-397-1114
Nelson's Corner—Cityview Adult Family Home Colfax 623 E. Valleyview St	Leah Kapeen	509-592-8043
Saint John Adult Family Home St John 406 West Westview Lane	Dinah Kibua	509-648-3775

NURSING HOMES – LONG-TERM CARE

> STATE LICENSED <

Nursing homes provide 24-hour supervised nursing care, personal care, therapy, nutrition management, organized activities, social services, room, board and laundry.

Compare nursing homes in Washington State (or anywhere in the US) using the U.S. Dept of Health and Human Services Nursing Home Compare tool (www.medicare.gov/NHCompare). This tool has detailed information about every Medicare and Medicaid-certified nursing home in the country; includes a Five-Star Quality Rating System to help you compare nursing homes more easily and identify areas where you may want to ask questions. This rating system is based on health inspections, staffing, and quality measures.

Residential Care Services Complaint Line 800-562-6078
For nursing homes & adult family homes in WA. Operated by WA DSHS/ALTSA.

Avalon Health Care

www.avalonhealthcare.com

1310 NW Deane, Pullman

509-332-1566

● Skilled Nursing Care Post-surgical care, short-term rehabilitation services, respite stays, family counseling, individualized care planning, physical, occupational & speech therapy services, therapeutic & specialized dietary services, social & recreational activities, transportation services, private or semi-private rooms.

Whitman Health & Rehabilitation Center

509-397-4603

1150 W. Fairview, Colfax

www.whitmanhealthandrehab.com

● Skilled Nursing Care Continuum of care that includes professional nursing care, rehabilitative therapy, and support services. Designed to meet both short and long-term care needs.

Tekoa Care Center & Retirement Apts

509-284-4501

330 North Madison, Tekoa

● Skilled Nursing Care 24-hour skilled nursing care. Also one and two bedroom low-income apartments (HUD subsidized).

RETIREMENT COMMUNITIES/ INDEPENDENT LIVING FACILITIES

Retirement communities and independent living facilities are housing exclusively for adults (normally 55 or older). The resident is generally healthy and any medical or personal care can be provided by visiting nurses or a home health aide. Staff at the retirement

community does not take on the general responsibility for the safety and well-being of the adult. *Washington State does not license retirement communities.*

Bishop Place Senior Living

www.bishopplace.net

815 SE Klemgard, Pullman

509-334-9488

- Apartments & Cottages Emergency call system, optional meal plans, light house-keeping services, pool and fitness center, access to main-building services (beauty salon, dining room, activity areas, transportation).

Regency - Pullman Retirement & Assisted Living

www.regency-pacific.com

1285 SW Center St., Pullman

509-332-2629

- Cottages Maintenance-free cottages available in 3 floor plans.

Pioneer Square Apartments

www.CatholicCharitiesSpokane.org

220 SE Kamiaken, Pullman

509-332-1106

- Apartments Housing for seniors 62+ and persons with disabilities. On-site manager and social services coordinator. Rents based on income. HUD subsidized. Sponsored by Catholic Charities.

Kenwood Square Apartments

www.CACWhitman.com

1225 NW Nye Street, Pullman

Community Action Center property

- Apartments > Leasing office: 685 NE Terre View 509-334-2414 <
Housing for seniors 62+ and persons with disabilities. One-bedroom units with emergency call system. One pet allowed. Rent based on income.

Hill-Ray Plaza

www.HillRayPlaza.com

801 Vista Point Drive, Colfax

hillrayplaza@gmail.com

509-397-4668

- Apartments Independent retirement living for 55+. Continental breakfast Mon – Fri; two meals/day served Mon – Sat; brunch on Sundays.

Marcus Place Apartments

www.CACWhitman.com

203 North Lake Street, Colfax

Community Action Center property

- Apartments > Leasing office: 685 NE Terre View, Pullman 509-334-2414 <
Subsidized senior/disabled housing. Rents based on income. One and two bedroom units, on-site laundry. Pets ok.

Palouse Cove

www.CACWhitman.com

351 Palouse Cove Rd., Palouse

Community Action Center property

- Semi-Attached Units > Leasing office: 685 NE Terre View, Pullman 509-334-2414 <

One bedroom units with private patio, community room for seniors 62 and older. One pet allowed. Rent based on income.

Tekoa Care Center & Retirement Apts

509-284-4501

330 North Madison, Tekoa

● Apartments HUD subsidized one and two bedroom apartments.

MEDICAL ASSISTANCE/HOSPITALS

Pullman Regional Hospital

www.PullmanRegional.org

835 SE Bishop Blvd, Pullman

509-332-2541

● **Summit Therapy** 1620 SE Summit Ct., Pullman 509-332-5106

Multi-disciplinary clinic, including: acupuncture, aquatic therapy, genetic counseling, massage therapy, occupational therapy, physical therapy, speech therapy, women's health physical therapy. Community fitness and exercise classes offered.

Whitman Hospital and Medical Center

www.whitmanhospital.org

1200 W. Fairview, Colfax

509-397-3435

● **“SAIL” Strength and Balance Fitness Classes** Available in Colfax (Mon & Wed), and LaCrosse (Tues & Thurs). Call for locations and schedule.

● **Palliative Care Program** Palliative care at WHMC is for any patient suffering from a chronic disease, whether in the beginning or final stages. Services include pain & symptom management, curative, and end-of-life care.

● **Whitman Therapy Services** 509-397-5733

Aquatic therapy, inpatient and outpatient physical therapy, speech-, massage-, and occupational-therapy. Aquatic exercise classes available.

Latah Community Health

www.chas.org/locations/latah-community-health

803 South Main St #120, Moscow

208-848-8300

Clinic hours – Mon - Fri: 8 a.m. – 6 p.m. **Dental Clinic** – Tues – Fri: 9 a.m. – 6 p.m.

Part of the *Community Health Association of Spokane* (CHAS) family of medical, dental, behavioral health, and pharmacy services. CHAS aims to provide high-quality health services to all patients, regardless of ability to pay.

Unify Family Dental

www.yvfwc.com/locations/unify-family-dental

1095 SE Bishop, Pullman

509-715-1700

Hours: Mon & Tues: 8 a.m.- 7 p.m.; Thur & Fri: 8 a.m. – 7 p.m.

Unify Family Dental offers general dentistry for children and adults. Unify Family

Dental aims to offer Medicaid patients of Pullman affordable and excellent dental care. If you need help to or from your appointment, please call the clinic for assistance.

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