

Guide to Senior Services

in Pullman, Washington

January 2023 Edition



Pullman Community Council on Aging

P.O. Box 1123, Pullman, WA 99163 Phone: 509-339-4000

Website: www.PullmanCCoA.org, Email: pullmancomcoa@gmail.com

◆Meals on Wheels

◆Senior Chore Service

◆Guide to Senior Services

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Marking our 50th year serving Pullman Seniors!

We are grateful for the vibrant volunteerism and nonprofit support that marks the Pullman community. We acknowledge the generosity of thousands of volunteers and supporters to the Pullman Community Council on Aging over its 50 year history, and realize there is no way these amazing services would have continued to run without the tireless support and devotion of many volunteers and financial supporters.

Many Pullman community organizations, churches, businesses and individuals have been volunteers for several years for our Meals on Wheels and Senior Chore Service programs. We are also grateful to the organizations and businesses with whom we partner and collaborate to come up with ideas and solutions to assist Pullman seniors to live independently as long as possible.

If you, or someone you know, would like to volunteer for or be a recipient of one of these programs, please call, email or visit our website!

A sincere THANK YOU to all of our volunteers and supporters over the years!

Pullman Community Council on Aging

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 Pullman's Meals on Wheels and Senior Chore Service and publish the 'Guide to Senior Services' free of charge.

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National & State Resources

211: database of community resources in Washington state

Phone: call 211 or text 898211

Website: <https://wa211.org>

Aging and Long Term Care of Eastern Washington (ALTCEW):

Phone: (509) 458-2509

Helpline: (509) 960-7281

Email: action@altcew.org

Website: <https://www.altcew.org>

Aging and Long Term Support Administration (ALTSA):

Website: <https://www.dshs.wa.gov/altsa>

American Association of Retired Persons (AARP):

Phone: 1-866-227-7457 (toll-free)

Fraud Watch Network Helpline:

1-877-908-3360

Email: aarpwa@aarp.org

Website: <https://states.aarp.org/washington> (WA branch)

Dept. of Social and Health Services (DSHS):

Local Phone: 1-877-501-2233

Website: <https://www.dshs.wa.gov>

Adult Protective Services (APS):

Protects seniors from & manages reports of elder abuse

Phone: 1-877-734-6277

Email: apscentralintake@dshs.wa.gov

Website: <https://www.dshs.wa.gov/altsa/home-and-community-services/report-concerns-involving-vulnerable-adults>

National Center on Elder Abuse:

Email: ncea-info@aoa.hhs.gov

Website: <https://ncea.acl.gov>

Alliance for Retired Americans:

Website: <https://retiredamericans.org>

AmeriCorps Seniors Retired Senior Volunteer Program (RSVP): Pays qualified seniors to volunteer with non-profit orgs

Phone: 1-800-424-8867

Website: <https://servewashington.wa.gov/programs/senior-corps/retired-senior-volunteer-program>

ElderCare Locator: service of the U.S. Administration on Aging

Phone: 1-800-677-1116

Email: eldercarelocator@n4a.org

Website: <https://eldercare.acl.gov>

National & State Resources

Friendship Line: Institute on Aging's 24-hr hotline for non-emergency crisis intervention, outreach, emotional/grief support and resources for seniors.

Phone: 800-971-0016

Website: <https://www.ioaging.org/services/friendship-line>

Institute on Aging:

Phone: 415-750-4111

Website: <https://www.ionaging.org>

National Center on Elder Abuse:

Email: ncea-info@aoa.hhs.gov

Website: <https://www.ncea.acl.gov>

National Elder Fraud Hotline (US Dept of Justice):

Phone: 833-372-8311

Website: <https://nelf.org>

Suicide & Crisis Lifeline (988): Trained counselors who are part of the Lifeline network will listen, give support and connect callers to resources.

Phone: 1-800-273-8255 or text/call 988

Website: <https://988lifeline.org>

Health Care Authority (Washington):

Website: <https://www.hca.wa.gov>

Health Finder:

Website: <https://www.health.gov/myhealthfinder>

National Aging in Place Council:

Website: <https://www.ageinplace.org>

National Council on Aging: programs and resources to help seniors stay active and independent.

Website: <https://www.ncoa.org>

National Institute on Aging (NIA): part of the National Institute of Health

Website: <https://nia.nih.gov>

US Dept of Veteran Affairs (VA):

Phone: 1-800-562-2308

Website: <https://www.dva.wa.gov>

US Administration on Aging (AoA):

Helps seniors live independently at home

Website: <https://acl.gov/about-acl/administration-aging>

Diseases & Medical Conditions

Alzheimer's and Dementia

Alzheimer's.gov:

Website: <https://www.alzheimers.gov>

Alzheimer's Disease and Related Dementias (ADEAR):

Phone: 800-438-4380

Email: adear@nia.nih.gov

Website: <https://www.nia.nih.gov/health/about-adear-center>

Dementia & Alzheimer's Well-Being Network:

Phone: 208-388-8898

Email: info@thedawnmethod.com

Website: <https://thedawnmethod.com>

Dementia Society of America:

Website: <https://dementiasociety.org>

Dementia Legal Planning Toolkit:

Website: <https://washingtonlawhelp.org/resource/dementia-legal-planning-toolkit>

Dementia Roadmap:

Website: <https://hca.wa.gov/about-hca/hca-connect/dementia-road-map>

Alzheimer's Association:

Helpline: 1-800-272-3900

Email: InquiryWa@alz.org

Website: <https://www.alz.org>

WA Chapter Homepage: <https://www.alz.org/alzwa>

Alzheimer's Foundation of America:

Helpline: 866-232-8484

Email: info@alzfdn.org

Website: <https://alzfdn.org>

Dementia Action Collaborative (DAC):

Website: <https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

Palouse Dementia Care (Moscow, ID):

Phone: 208-874-4387

Email: lmoore@palousedementiacare.com

Website: <https://palousedementiacare.com>

Caring for a Person with Alzheimer's Disease or Other Dementia:

Website: <https://dshs.wa.gov/altsa/home-and-community-services/caring-person-alzheimer's-disease-or-other-dementia>

Diseases & Medical Conditions

Arthritis

Arthritis Foundation: Information and networking groups focused on arthritis

Helpline: 800-283-7800

Website: <https://www.arthritis.org>

Cancer

NIH National Cancer Institute:

Website: <https://www.cancer.gov>

American Cancer Society:

Website: <https://www.cancer.org>

Cancer Research Institute:

Website: <https://www.cancerresearch.org/en-us/patients/free-resources-support-answers/helpful-links>

WA Dept of Health: cancer resources

Website: <https://www.doh.wa.gov/public-health-healthcare-providers/public-health-system-resources-and-services/local-health/resources-and-tools/breast-cervical-and-colon-health/resources>

Cancer Care:

Website: <https://www.cancercare.org>

Cancer Support Community:

Website: <https://www.cancersupportcommunity.org>

Cancare:

Website: <https://www.cancare.org>

Cancer Care Northwest:

Website: <https://www.cancercarenorthwest.com>

Help for Cancer Caregivers:

Website: <https://www.helpforcancer caregivers.org>

Diseases & Medical Conditions

Osteoporosis

Bone Health and Osteoporosis Foundation (BHOF):

Helpline: 800-231-4222

Website: <https://www.bonehealthandosteoporosis.org>

Huntington's Disease

Huntington's Disease Society of America:

Helpline: 800-345-4372

Website: <https://www.hdsa.org>

Parkinson's Disease

Parkinson's Foundation:

Helpline: 800-473-4636

Email: helpline@parkinson.org

Website: <https://www.parkinson.org>

General Health Resources

Health in Aging: Information and advice for seniors and caregivers generated by experts at the American Geriatrics Society

Phone: 212-308-1414

Email: info@healthinaging.org

Website: <https://www.healthinaging.org>

Seniors Oral Health: Information on oral health for seniors from the Washington Dental Service Foundation geared towards seniors, caregivers, and specific conditions.

Email: info@seniorsoralhealth.org

Website: <https://www.seniorsoralhealth.org>

Community Organizations, Resources & Services

Alternatives to Violence of the Palouse:

24-hour hotline, emergency shelter for victims; legal & medical advocacy; support, information and referral; community education and prevention

24 Hour Crisis Line: 1-877-334-2887

Email: home@atvp.org

Website: <https://atvp.org>

**Colfax Community Services Office
(Community Living Connections):**

Connect seniors and caregivers with in-home and community-based services and support options

Address: 418 S Main St, Suite 1, Colfax

Phone: 509-397-5050

Website: <https://washingtoncommunitylivingconnections.org>

**Community Grief Support Group
(Friends of Hospice):**

grief support groups and resources

Phone: 509-332-4414

Email: griefsupport@palouse.com

Website: <https://friendsofhospice.net/grief-support>

Circles of Caring: day programs with physical and social activities, education programs, nursing staff, education and support for caregivers

Phone: 509-334-6483

Email: info@circlesofcaring.org

Website: <http://www.circlesofcaring.org>

Community Action Center (CAC):

Assistance programs for energy and water, weatherization, emergency housing, housing assistance, food access (food bank, senior food boxes, mobile farm stand, farmers market vouchers)

Phone: 509-334-9147

Website: <https://cacwhitman.org>

Council on Aging & Human Services

(CoAHS), Colfax: Nutrition services (commodity boxes, congregate meals (pg 26), food pantries (pg 27), farmers market vouchers, Colfax Meals on Wheels (pg 27), transportation (COAST, pg 25)

Phone: 509-397-4305

Email: pcollinscoa@gmail.com

Website: <https://www.coacolfax.org>

Crisis Line of Whitman County: designated crisis responder for Whitman County, Palouse River Counseling (340 NE Maple St Pullman, WA 99163)

Crisis Line: 888-544-9986

Email: kheinlen@prcounseling.org

Community Organizations, Resources & Services

Disability Action Center NW (DAC): housing advocacy and assistance, in-home support services, home accessibility, medical equipment exchange, Ramp Up project, technology & communication assistance

Phone: 208-883-0523

Website: <https://dacnw.org>

Palouse Resource Guide: Online guide that connects individuals, families, and communities to comprehensive resources in Whitman & Latah counties.

Website: <https://palouserresources.org>

Pullman Senior Center: Free activities for seniors (classes, trips, programs), free senior lunches every Tuesday, Friday; free blood pressure checks and fall risk assessments.

Phone: 509-338-3307

Email: recreation@pullman-wa.gov

Website: https://www.pullman-wa.gov/government/departments/parks_facilities_recreation/pullman_senior_center_active_adults

Activities Catalog: <https://secure.rec1.com/WA/Pullman-Washington-Parks-Recreation/catalog>

Meals on Wheels, Pullman: *See pg 27.*

Palouse Habitat for Humanity: Builds affordable homes for low-to-moderate income residents of Whitman & Latah counties. Home Repair program provides accessibility improvements including ramps, handrail and step repair, etc. for low-income homeowners.

Phone: 208-883-8502 (*4)

Email: habitat@palousehabitat.org

Website: <https://palousehabitat.org>

Pullman Community Council on Aging (PCCoA): Coordinates Meals on Wheels Pullman (*pg 27*), Senior Chore Service (*pg 9*), publisher of “Guide to Senior Services”

Phone: 509-339-4000

Email: pullmancomcoa@gmail.com

Website: <https://www.pullmancoa.org>

Pullman Senior Citizen Association: \$15 (ind.) or \$25 (couple) annual dues; receive monthly newsletter with access to group outings, events, and more.

Address: Pullman Senior Center, 190 SE Crestview, Bldg B, Lower Level

Phone: (509) 338-3307

Community Organizations, Resources & Services

Rural Resources: Senior legal assistance, Health Home program, Tailored Support for Older Adults (TSOA), Senior Prevention Connection (better balance and fall prevention, disease self-management, diabetes self-management, pain management, tai chi), caregiver support groups, in-home-care case management (COPES), Medicaid Alternative Care (MAC), hearing and vision impaired services

Phone: 509-332-0365

Website: <https://ruralresources.org>

Senior Chore Service (PCCoA):

Volunteers are matched with seniors needing occasional assistance around their home. Outdoor chores (yard clean up, leaf raking, snow shoveling, yard projects, light home maintenance/repair); indoor tasks (light housecleaning, rearranging furniture, other projects); companionship.

Phone: 509-332-9627

Email: PCCoAPrograms@gmail.com

Website: <https://www.pullmancco.org/senior-chore-service>

WSU Cognitive Aging Research Lab:

Extensive resources on website, free cognitive testing and opportunities to contribute to ground-breaking research.

See pg 21.

Volunteer Organizations in Whitman County that serve seniors:

American Legion: coker49jer@live.com

American Red Cross: publicaffairsnw@redcross.org

Lions Club: debrajeanengle@gmail.com

Pullman Rotary: PO Box 335 Pullman, WA 99163

Pullman Civic Trust: pullmancivictrust@gmail.com

Assisted or Senior Living Communities (Pullman)

Avalon Care Center:

Phone: 509-332-1566

Website: <https://avalonhealthcare.com/pullman>

Regency Pullman:

Phone: 509-332-2629

Website: <https://regency-pacific.com/senior-living/wa/pullman/regency-pullman>

Bishop Place Senior Living:

Phone: 509-334-9488

Website: <http://www.bishopplace.net>

Assisted or Senior Living Communities (Outside Pullman)

Colfax Health & Rehabilitation Center (Colfax):

Phone: 509-397-4603

Website: <https://colfaxhealthandrehabilitationofcascadia.com>

Community Pride Senior Living, LLC (St. John):

Phone: 509-648-4214

Website: <https://cpride.org>

The Courtyard at Colfax:

Phone: 509-397-6123

Email: ed@thecourtyardatcolfax.com

Website: <http://www.thecourtyardatcolfax.com>

Hill-Ray Plaza (Colfax):

Phone: 509-397-4668

Website: <https://hillrayplaza.com>

Paul's Place (Colfax):

Phone: 509-397-3433

La Dow Court Assisted Living (Garfield):

Phone: 509-635-1411

Assisted or Senior Living Communities (Outside Pullman)

Tekoa Care Center & Retirement Apartments (Tekoa):

Phone: 509-284-4501

Good Samaritan Society-Moscow Village (Moscow, ID):

Phone: 208-874-0690

Website: <https://good-sam.com/locations/moscow-village>

Hill House Living Memory Care (Moscow, ID):

Phone: 208-242-2497

Website: <https://hillhouseliving.com>

Albion AFH, LLC (Albion):

Phone: 509-339-3255

Fahari Adult Family Home (Colfax):

Phone: 509-288-0547

Email: info@fahariafh.com

Website: <https://fahariafh.com>

Long-Term Care Information

Aging and Long Term Support Administration (AL TSA): Free information on long term care. *See pg 2.*

Guide to Long Term Service and Supports (US Dept of Veteran Affairs):

Website: <https://www.va.gov/geriatrics>

Washington State Long Term Care Ombudsman: Addresses resident rights in adult family homes through advocacy.

Phone: 1-800-660-7133

Website: <https://www.waombudsman.org>

Department of Social and Health Services (DSHS): Adult family homes, other facilities listed at website. *See pg 2.*

ElderCare Locator: Lists local long term care options. *See pg 2.*

Residential Care Services (RCS): DSHS/AL TSA oversight of adult family homes, assisted living & nursing facilities

Complaint Line: 1-800-562-6078

Website: <https://www.dshs.wa.gov/altsa/residential-care-services>

Adult Family Homes

Arcadia Drive:

1500 NW Arcadia Drive, Pullman

Phone: (509) 332-1230

Bella Vista:

1540 NW Bella Vista, Pullman

Phone: (509) 339-6987

Canyon View AFH:

1825 NW Canyon View, Pullman

Phone: (509) 336-5692

City View Colfax:

623 Valleyview, Colfax

Phone: (509) 397-3575

City View Pullman:

525 SW Cityview, Pullman

Phone: (509) 334-5786

Community Pride Cottages:

404 Marjorie Court, St. John

Phone: (509) 648-8058

Considerate Care:

730 SE Carolstar, Pullman

Phone: (509) 339-6146

Gift of Life:

1020 SW Marcia, Pullman

Phone: (509) 339-6541

Glenhaven - Johnson Road:

1990 SE Johnson Rd, Pullman

Phone: (509) 332-7472

Glenhaven - Marcia Drive:

1026 Marcia Drive, Pullman

Phone: (509) 339-6955

Glenhaven - Parr Drive:

2510 NW Parr Drive, Pullman

Phone: (509) 332-0595

Graceland:

405 Main St, Pullman

Phone: (509) 592-8566

Good Hope:

320 SE Nebraska, Pullman

Phone: (509) 332-7057

Graceland - Darrow:

505 NW Darrow, Pullman

Phone: (509) 432-1169

Adult Family Homes

Henderson House - Glenhaven:

1511 Cedar St, Colfax

Phone: (509) 397-1114

Icon:

615 I Street, Colfax

Phone: (509) 592-6982

Miss Dorothy AFH LLC:

1785 SW Panorama Drive, Pullman

Phone: (509) 338-5217

Precious Elders:

320 NW Terre View, Pullman

Phone: (509) 339-6200

Purity:

1725 NW Kenny Drive, Pullman

Phone: (509) 334-3476

Robville:

218 Sunrise Drive, Pullman

Phone: (509) 432-8000

Sunrise Garden:

238 NW Sunrise, Pullman

Phone: (509) 336-9115

Kimani Adult Family Home:

330 Terre View, Pullman

Phone: (509) 339-6979

Paul's Place:

907 S Mill St, Colfax

Phone: (509) 397-3433

Precious Elders II:

1010 SW Viento St, Pullman

Phone: (509) 339-6200

Purity - Steptoe

63 Water St, Colfax

Phone: (509) 339-3365

Sandalwood:

1125 SE Sandalwood Drive, Pullman

Phone: (509) 330-6325

Tracy's Tender Care:

860 SW Windy Pt, Pullman

1460 Panorama Drive, Pullman

Phone: (413) 262-4360

Home Health and In-Home Care

Alternative Nursing Services (Idaho):

Phone: 208-746-3050 (Moscow office)

Email: info@anscares.com

Website: <https://anscares.com>

CenterWell Home Health:

Phone: 509-334-6016

Website: <https://centerwellhomehealth.com>

Family Resource Home Care (Palouse):

Phone: 509-496-1945

Email: palouse@familyrhc.com

Website: <https://familyresourcehomecare.com/locations/palouse>

Serengeti Care (Moscow):

Phone: 208-874-9332

Website: <https://serengeticare.com>

Beneficial In Home Care:

Phone: 509-339-7733

Website: <https://bihc.biz>

Chesterfield Services: Whitman County served through Spokane office when caregivers are available.

Phone: 866-826-4655

Website: <https://chesterfieldhealth.com>

Seubert's Quality Home Care (Moscow):

Phone: 208-883-1114

Email: sqhc@sqhc.agency

Website: <http://seubertsqualityhomecare.com/services>

ElderCare Locator: Lists local long term care options. *See pg 2.*

Health Finder: Comprehensive health information & provider list. *See pg 3.*

Family Caregivers: Resources, Information & Support

AgingCare: free online newsletter with caregiving resources & support

Website: <https://www.agingcare.com>

Good Samaritan Society-Moscow Village (Moscow, ID):

Phone: 208-874-0690

Website: <https://good-sam.com/locations/moscow-village>

ARCH National Respite Network:

Website: <https://archrespite.org>

Caregiver Coffee & Support Group (Rural Resources):

Phone: 509-332-0365

Website: <https://ruralresources.org/program/caregiver-coffee-support-groups>

Caregiver Support Groups List:

Website: <https://www.aplaceformom.com/caregiver-resources/articles/caregiver-support-groups>

Circles of Caring Adult Day Services:

Support for caregivers and various programs for seniors. *See page 7.*

Aging & Long Term Care of Eastern WA (ALTCEW): caregiver support groups. *See pg 2.*

Aging and Long Term Support Administration (AL TSA): Free information on long term care. *See pg 2.*

American Association of Retired Persons (AARP), WA branch: connection to related resources. *See pg 2.*

Caregiver Action Network (CAN): Education, support and resources

Caregiver Help Desk: 855-227-3640

Phone: 202-454-3970

Email: info@caregiveraction.org

Website: <https://caregiveraction.org>

Caregiver Resources & Education, University of Washington Memory & Brain Wellness Center:

Website: <https://depts.washington.edu/mbwc/resources/local-online-resources>

CareLearn WA: DSHS-approved continuing education trainings for direct care professionals not part of SEIU and unpaid family/friend caregivers

Email: carelearnsupport@dshs.wa.gov

Website: <https://carelearnwa.com>

Family Caregivers: Resources, Information & Support

Community Grief Support Groups: *See pg 7.*

ElderCare Locator: Lists local long term care options. *See pg 2.*

Golden SHERPA: organization that connects care-seekers with local housing providers, information and senior services

Phone: 509-290-3023

Email: info@goldensherpa.com

Website: <https://blog.goldensherpa.com>

Health Finder: Type “support” in search bar for caregiver resources. *See pg 3.*

Nat’l Aging in Place Council: *See pg 3.*

National Institute on Aging: *See pg 3.*

US Administration on Aging: *See pg 3.*

Daily Caring: site with health information and practical tips for caregivers

Website: <https://dailycaring.com>

Family Caregiver Alliance: Wealth of publications, information, support and resources for family caregivers

Website: <https://www.caregiver.org/resource/caregiving-101-being-caregiver>

Gritman Medical Center: general caregiver resources and links to Idaho-specific services and information

Website: <http://gritman.org/services-care-areas/caregiver-support>

Powerful Tools for Caregivers:

Website: <https://powerfultoolsforcaregivers.org>

Publications for Family Caregivers

Caring for Aging Parents: <https://www.dshs.wa.gov/node/2153>

Family Caregiver Handbook: <https://www.dshs.wa.gov/sites/default/files/publications/documents/22-277.pdf>

Guide to Aging In Place: <https://www.caring.com/caregivers/aging-in-place>

Hiring Family or Friends as your Caregiver: <https://www.dshs.wa.gov/sites/default/files/publications/documents/22-1332.pdf>

Long Distance Caregiving: <https://www.altcew.org/wp-content/uploads/sites/24/2020/06/long-distance-caregiving.pdf>

Family Caregiver Toolbox: <https://www.caregiveraction.org/family-caregiver-toolbox>

Publications for Seniors on Long Term Care & Assisted Living

How to Hire In Home Help: <https://nwrcwa.org/media/dynamic/files/896-how-to-hire-in-home-helpers.pdf>

Home Care Services for Seniors that Help You Age in Place:
<https://helpguide.org/articles/senior-housing/home-care-services-for-seniors.htm>

Choosing Care in Adult Family Homes or Assisted Living:
<https://dshs.wa.gov/sites/default/files/publications/documents/22-707.pdf>

How Do You Know It's Time for Senior Living: Click "Senior Living E-Book" at <https://www.milestoneretirement.com/resources>.

Medical Equipment, Assistive Devices & Home Modification

Medical Equipment

Bellevue Healthcare (Moscow): home medical equipment for purchase/rent, installation/delivery may be available.

Phone: 208-997-3033

Website: <https://bellevuehealthcare.com>

Lincare (Clarkston):
medical equipment, mail-order pharmacy

Phone: 509-758-5400

Website: <https://lincare.com/en/>

Norco, Inc (Moscow, Lewiston):

Phone: 208-882-3571 (Moscow)
208-746-0508 (Lewiston)

Website: <https://www.norco-inc.com>

Durable Medical Equipment (DME):
Program of WA Health Care Authority

Email: dme@hca.wa.gov

Website: <https://hca.wa.gov/billers-providers-partners/program-information-providers/durable-medical-equipment-dme>

MSHH Donor Closet (Spokane): refurbished and lower-cost medical equipment

Phone: 509-487-4119

Website: <https://mshhdonorcloset.spokane.org>

Northwest Respiratory & Medical (Moscow): medical equipment & supply, rentals available.

Phone: 208-882-9746

Website: <https://www.nwdme.com>

Assistive Devices

AARP, Washington: *See pg 2.*

WSU Aging Assistive Technology:
assistive tech for medication mgmt, daily living, fall prevention, memory, hearing, vision, communication, mobility

Email: psych.mse.lab@wsu.edu

Website: <http://www.tech4aging.wsu.edu>

Constant Companion: uses a smart device for medication reminders & more

Website: <https://visitingangels.com/puntagorda/articles/smart-speakers-meet-seniors-introducing-constant-companion/16386>

Medical Equipment, Assistive Devices & Home Modification

Home Modification

Disability Action Center: Ramp Up Project, connection to other resources. *See pg 8.*

Eldercare Locator: local resources for home modification. *See pg 2.*

National Directory of Home Modification and Repair Resources:

Website: <https://homemods.org/national-directory>

Palouse Habitat for Humanity (Moscow): help building homes and making home modifications

Phone: 208-883-8502

Website: <https://palousehabitat.org>

List of Must-Have Home Modifications for Seniors Aging in Place:

Website: <https://www.assistedliving.org/home-modifications-for-seniors-aging-in-place/>

Fall Prevention Resources

Aging & Long Term Care of Eastern WA (ALTCEW): *See pg 2.*

Aging and Long Term Support Administration (AL TSA): *See pg 2.*

CenterWell Safe Strides Program: preventive program to increase balance and decrease fall risk.

Phone: 509-334-6016

Website: <https://centerwellhomehealth.com/individuals/conditions/balance-mobility-self-care/>

National Council on Aging: *See pg 3.*

Stay Active and Independent for Life (SAIL) at Proformance Therapy:

Phone: 509-338-9204

Email: info@proformancephysicaltherapy.com

Website: <https://www.proformancephysicaltherapy.com/>

US Administration on Aging: *See pg 3.*

Hearing & Vision-Impaired Resources

Association of Late Deafened Adults (ALDA): Free resources & information

Email: info@alda.org

Website: <https://alda.org>

Department of Social & Health Services (DSHS): *See pg 2.*

Dental Save Free Denture Resources: Resource on finding free or reduced-price dentures from Dental Save.

Website: <https://dentalsave.com/blog/free-dentures/>

Medicare and Hearing Health for Seniors: Resource on navigating access to hearing care as a Medicare recipient from the National Council on Aging.

Website: <https://ncoa.org/article/medicare-and-hearing>

Rural Resources: Services for hearing and vision impaired persons. *See pg 9.*

WSU Aging Assistive Technology: Tech for hearing/vision assistance. *See pg 21.*

Department of Services for the Blind (DSB) (Spokane): rehabilitation and skill training, independent living, assistive devices, resources & support

Phone: 1-800-552-7103

Website: <https://dsb.wa.gov/>

Lions Club (Pullman): SightFirst program for eye care. *See pg 9.*

Nexus Inland Northwest: Service for those with hearing and vision impairments, interpreter services

Phone: 509-328-9220

Website: <https://nexusinw.com>

Office of the Deaf and Hard of Hearing: Division of ALTSA, hearing loss assistance and resources, assistive devices.

Website: <https://www.dshs.wa.gov/altsa/office-deaf-and-hard-hearing>

Supplemental Security Income (SSI): Federal income supplement program to help aged and blind low-income people provide basic needs.

Website: <https://www.ssa.gov/ssi/>

Research Opportunities & Cognitive Testing

WSU Cognitive Aging & Dementia Lab: Opportunities to receive free cognitive testing as part of ongoing studies on memory in older adults and receive information.

Phone: 509-335-4033

Website: <https://labs.wsu.edu/neuropsychology-aging/>

Hospitals & Medical Care

Apple A Day Family Medicine:

Phone: 509-332-2400

Website: <https://appleadayfamilymedicine.com>

Gritman Medical Center:

Phone: 208-882-4511

Website: <https://www.gritman.org>

Palouse Medical:

Phone: 509-332-2517

Website: <https://palousemedical.com>

Palouse Specialty Physicians:

Phone: 1-888-472-5687 (4PALOUSE)

Website: <https://palousespecialty.com>

Pullman Regional Hospital:

Phone: 509-332-2541

Website: <https://pullmanregional.org/>

Colfax Health & Rehabilitation Center:

Phone: 509-397-4603

Website: <https://colfaxhealthandrehabilitationofcascadia.com>

Palouse Psychiatry & Behavioral:

Mental health services, psych evaluation.

Phone: 509-339-2394

Pullman Family Medicine:

Phone: 509-332-3548

Website: <https://pullmanregional.org/pullman-family-medicine>

Whitman Hospital & Medical Center:

Phone: 509-397-3435

Website: <https://www.whmc.org/>

WSU Psychology Clinic: Nonprofit, community mental health center

Phone: 509-335-2394

Medicare/Medicaid & Health Care Support and Information

Aging & Long Term Care of Eastern WA (ALTCEW): *See pg 2.*

Centers for Medicaid & Medicare Services: Official US website

Phone: 1-800-MEDICARE

Website: <https://www.cms.gov>

Health Finder: *See pg 3.*

Medicaid Alternative Care: Provides 20 hrs/month assisted care for seniors who meet the income threshold. Options counseling available through Rural Resources (*See pg 9.*)

Website: <https://www.dshs.wa.gov/sites/default/files/publications/documents/22-1737.pdf>

National Council on Aging: *See pg 3.*

Rural Resources: *See pg 9.*

State Health Insurance Assistance Program (SHIP): National program offering one-on-one assistance, counseling & education to Medicare beneficiaries.

Phone: 1-877-839-2675

Website: <https://shiphelp.org>

AARP, Washington: *See pg 2.*

Health Care Authority (WA):

Comprehensive information on HCA plans and Medicare assistance in WA.

Website: <https://www.hca.wa.gov>

Health Homes: Coordinated care for people with Medicaid/Medicare coverage and certain chronic conditions.

Email: healthhomes@cms.hhs.gov

Website: <https://medicaid.gov/medicaid/long-term-services-supports/health-homes/index.html>

Medicine Assistance Tool (MAT):

Information on medicine cost-sharing programs and costs of medications.

Phone: 571-350-8643

Website: <https://medicineassistancetool.org>

Statewide Health Insurance Benefits

Advisors (SHIBA): Free help with Medicare and health care choices and eligibility, referrals. Whitman County office at ALTCEW (*See pg 2.*)

Phone: 1-877-839-2675

Website: <https://insurance.wa.gov/about-shiba-services>

Medicare/Medicaid, Continued

Note: Navigating these systems can be confusing and challenging for Americans of all ages! **Medicaid** is a joint state and federal program that covers medical expenses for people with low incomes and **Medicare** is federal health insurance for people over 65. See www.medicaid.gov and www.medicare.gov for more information and eligibility.

Pullman Area Pharmacies

RiteAid Pharmacy (Pullman): Rx home delivery, safe medication disposal, blood pressure station, immunizations, online Rx refills

Phone: 509-334-7222

Website: <https://riteaid.com/locations/wa/pullman/1630-south-grand-avenue.html>

Sid's Pharmacy (Pullman): COVID-19 info and testing, vaccines & immunizations, Rx drive-thru and Rx delivery

Phone: 509-332-4608

Email: sidspharmacy@sidspharmacy.com

Website: <https://pullmanpharmacy.com>

Owl Pharmacy (Fairfield):

Phone: 509-283-4299

Website: <https://owlpharmacy.com>

Tekoa Pharmacy (Tekoa):

Phone: 509-284-3025

Website: <https://tekoapharmacy.com>

Safeway Pharmacy (Pullman): COVID-19 testing & vaccination, blood pressure station, diabetes consultation, free flu shots, health screenings, Rx delivery, medication consultation

Phone: 509-334-0819

Website: <https://local.safeway.com/safeway/wa/pullman/430-se-bishop-blvd.html>

WalMart Pharmacy (Pullman): Rx services, immunizations, vision center

Phone: 509-334-2990

Website: <https://walmart.com/store/1870-pullman-wa>

St. John Pharmacy (St. John): inside Lamont Bank of Saint John

Phone: 509-648-3430

Tick Klock Drug (Colfax):

Phone: 509-397-2111

Website: <https://tickclockdrug.com>

Pharmaceutical & Medication Support Services

AARP, Washington: *See pg 2.*

Needy Meds: Information on medication savings, patient assistance.

Helpline: 1-800-503-6897

Email: info@needymeds.org

Website: <https://www.needymeds.org>

Rx Assist: Database of patient assistance programs for low-cost/free medications.

Email: info@rxassist.org

Website: <https://www.rxassist.org>

State Pharmacy Assistance Program (SPAP): Search by drug name on this website to find state-specific assistance.

Website: <https://medicare.gov/pharmaceutical-assistance-program>

DEA National Prescription Drug Disposal Location Search: Assistance with disposal of unneeded medications.

Website: <https://apps.deadiversion.usdoj.gov/pubdispsearch/>

Prescription Drug Destruction Program: *See DSHS entry, pg 2.*

Safe Medication Return: Resources from WA Dept of Health on disposal.

Website: <https://doh.wa.gov/you-and-your-family/healthy-home/safe-medication-return/>

Washington Prescription Drug Program (WPDP): Prescription-specific resources and information from the WA Health Care Authority. *(See pg 22.)*

Transportation

Council on Aging Specialized Transit (COAST): No-cost transportation overseen by the Council on Aging and Human Services (*See pg 7.*)

Phone: 1-800-967-2899
Email: coastcolfax@gmail.com
Website: <https://coacolfax.org/transportation>

Dial-A-Ride (Pullman Transit): Low cost public transit for those over 65 or whose disability prevents use of fixed route busses in Pullman.

Dial-A-Ride: 509-332-5471
Website: https://pullman-wa.gov/government/departments/public_works/transit/

ElderCare Locator: *See pg 2.*

Rural Resources: *See pg 9.*

Specialty Mobility Services (SMS): transportation for Medicaid health care appointments, funded by the WA Health Care Authority.

Phone: 1-800-892-4817
Website: <https://sms1.org/medicaid-transportation/>

Transportation Options Booklet (National Aging & Disability Transportation Center):

Website: <https://nadtc.org/wp-content/uploads/NADTC-Transportation-Options-Booklet-2018.pdf>

US Administration on Aging: *See pg 3.*

Grocery Delivery

Grocery Outlet: Coordinated through DoorDash, Instacart, and UberEats.

Phone: 509-336-2274 **Website:** <https://groceryoutlet.com/circulars/storeid/461/>

Safeway: Contactless pickup and delivery

Phone: 509-334-0803
Website: <https://local.safeway.com/safeway/wa/pullman/430-se-bishop-blvd.html>

WalMart: Contactless pickup, delivery for WalMart Plus members.

Phone: 509-334-2990
Website: <https://walmart.com/store/1870-pullman-wa/>

Food and Nutrition Services & Assistance

Council on Aging & Human Services (CoAHS): Commodities boxes, Farmers Market vouchers, resources. *See pg 7.*

Congregate meals, Food distribution & pantries, Home delivered meals and Meals on Wheels, see entries below.

Food Pantry Locations: CoAHS can provide further details on these pantries.

CAC Food Bank: Operated by appointment, call or sign up online.

Phone: 509-334-9147

Website: <https://cacwhitman.org/food-bank-appointment>

CoAHS Pantries: *See pg 7 for full info.*

Albion: 4th Thursday 4:00-6:00 PM

Colfax: 2nd, 4th Tuesdays 2:00-5:00 PM

Colton: 1st, 2nd, 4th Tuesdays 4:30-6:30

Uniontown: 3rd Tuesdays 2:30-6:30 PM

Endicott: 2nd, 4th Thursdays 5:00-8:00

Garfield: 4th Thursday, 2:00-6:00 PM

Lacrosse: Every other Saturday, 10:00 AM-1:00 PM, call CoAHS for dates.

Malden: 2nd, 4th Weds., 12:00-2:00 PM

Oakesdale: 4th Thursday, 9:30-11:00 AM

Palouse: 4th Wednesday, 1:00-2:30 PM

Rosalia: 4th Tuesday, 5:00-8:00 PM

St. John: 4th Wednesday, 5:00-6:00 PM

Tekoa: 4th Thursday, 8:00-11:00 AM

Congregate Meals: Full list of CoAHS meals listed on their website. *See pg 7.*

Pullman Senior Center meals: Every Tuesday and Friday at 12:00 PM. Transportation provided within Pullman.

Phone: 509-338-3307

See pg 8 for full listing.

Council on Aging meals: Locations listed on website or obtained by phone.

Phone: 509-397-4305

Colfax: Mondays & Thursdays at noon

Colton: 1st, 2nd, 4th Wednesdays at noon

Lacrosse: 1st and 3rd Tuesdays at noon

Endicott: 2nd and 4th Tuesdays at noon

Palouse: Wednesdays at noon

Oakesdale: Wednesdays at noon

Uniontown: 3rd Wednesdays at noon

Food Boxes: Distribution of commodities to seniors in need.

CoAHS commodity boxes: *See pg 7.*

Community Action Center Senior Food Boxes: *See pg 7.*

Supplemental Nutrition Assistance

Program (SNAP): Food-specific benefit for low-income families and individuals.

Phone: 1-877-501-2233

Website: <https://benefits.gov/benefit/1364>

Food and Nutrition Services & Assistance

Meals on Wheels: Lunchtime hot meal delivery to home-bound seniors.

Pullman: *See Pullman Community Council on Aging, pg 8.*

Colfax: *See Council on Aging & Human Services, pg 7.*

Moscow: Operated by Friendly Neighbors (not a Meals on Wheels national affiliate).

Phone: 208-882-1562

Website: users.moscow.com/srcenter

Supplemental Nutrition Assistance Program (SNAP): Food-specific benefit for low-income families and individuals.

Phone: 1-877-501-2233

Website: <https://benefits.gov/benefit/1364>

The Emergency Food Assistance Program (TEFAP): Interactive map of supported locations in WA state.

Website: <https://agr.wa.gov/services/food-access/access-food-near-you/>

Assistance Programs for Low-Income Seniors

Medication Assistance

Medicine Assistance Tool (MAT):
See pg 22.

Rx Assist: *See pg 24.*

Needy Meds: *See pg 24.*

State Pharmacy Assistance Program (SPAP): *See pg 24.*

Medical & Dental Assistance

Dental Lifeline Network: Free and discounted dental services for seniors without access to dental care.

Phone: 303-534-5360

Website: <https://dentallifeline.org>

Grants for Seniors: Online resource that organizes resources available for seniors specifically seeking dental care.

Email: info@grantsforseniors.org

Website: <https://grantsforseniors.org/dental-assistance-for-seniors/>

Assistance Programs for Low-Income Seniors

Medical & Dental Assistance

Medicare & Medicaid: *See pg 22.*

Unify Family Dental:

Phone: 509-715-1700

Website: <https://www.yvfwc.com/locations/unify-family-dental>

Snake River Community Clinic (Lewiston): Free dental clinic for uninsured, underinsured, or Medicaid patients without another provider.

Phone: 208-743-5899

Website: <https://srcfreeclinic.org>

Affordable Housing, Home Maintenance

Community Action Center: *See pg 7.*

Low Income Home Energy Assistance Program (LIHEAP): Assistance with energy costs, weatherization, related home repairs.

Phone: 509-334-9147 (CAC local office)

Website: <https://benefits.gov/benefit/623>

Palouse Cove (Palouse): Low income housing program for seniors.

Phone: 509-334-9147

Email: rentals@cacwhitman.org

Pioneer Square Apartments: Low income senior housing in Pullman.

Phone: 509-332-1106

Email: frontdesk@cceasternwa.org

Kenwood Square Apartments: Apartment community in Pullman for lower income seniors.

Phone: 509-332-4554

Email: rentals@cacwhitman.org

Marcus Place (Colfax): Low income housing program for seniors.

Phone: 509-334-9147

Email: rentals@cacwhitman.org

Palouse Habitat for Humanity: *See pg 8*

Senior Chore Service: Volunteer help with household chores. *See pg 9.*

Assistance Programs for Low-Income Seniors

Legal Assistance

Legal Foundation of WA: *See pg 31.*

Northwest Justice Project: *See pg 31.*

Senior Legal Assistance: *See entry for Rural Resources, pg 9.*

Other Assistance (Taxes, Insurance)

AARP of Washington: *See pg 2.*

Supplemental Security Income (SSI):
See pg 20.

Senior Citizens Property Tax Relief:
Property tax exemptions for Whitman
County seniors, people with disabilities.

Phone: 509-397-6270

Website: <https://whitmancounty.org/565/>

Health Care Assistance

Health Care Authority: *See pg 22.*

Mobility aids & equipment: *Pgs 18-19.*

Medicare and Medicaid: *See pg 22.*

Pharmacy & medications: *Pgs 23-24.*

Transportation Assistance

COAST: *See pg 25.*

Dial A Ride: *See pg 25.*

Special Mobility Services (SMS): *Pgs 18-19.*

Senior Education, Enrichment and Fitness

AARP Smart Driver Course: only online options available in our region.

Website: <https://aarp.org/auto/driver-safety/>

Go4Life (National Institute on Aging): Resources including videos to help seniors start exercise routines from home.

Website: <https://nia.nih.gov/health/topics/exercise-and-physical-activity/>

Idaho RoadRunners (Moscow): Membership-based travel club organizing educational, recreational, and social tours for seniors. Contact Sharon Royce.

Phone: 208-874-7252

Email: SRoyce291@gmail.com

Pullman Senior Center: Classes, trips, and frequent activities for active seniors. *See listing on pg 8.*

Rural Resources Community Living Connections: Workshops and classes for chronic health self-management and general well-being including Better Balance, Chronic Disease, Diabetes, and Pain Self Management, and Tai Chi.

See Listing for Rural Resources, pg 9.

AARP Retired Senior Volunteer Program (RSVP): Seniors paid to serve as volunteers in organizations. *See pg 2.*

Gritman Medical Center: Gritman offers a variety of community education classes including those targeted towards people with specific conditions: arthritis, diabetes, osteoporosis and more. *See listing on pg 21.*

Moscow Tour Bus: Free ride to the Coeur d'Alene Casino every 2nd Wednesday from Moscow, ID. Contact Kathy Yarnall.

Phone: 253-951-7552

Pullman Regional Hospital: Rotating offerings of classes to manage health and wellness.

Website: <https://pullmanregional.org/classes/>

Safe Strides (CenterWell): Home based balance assessment program. *See pg 19.*

Stay Active and Independent for Life (SAIL): Strength and balance program to reduce fall risk. *See pg 19.*

Senior Education, Enrichment and Fitness

**Senior Community Service
Employment Program (SCSEP):**
Community service and job training for
seniors in public facilities (schools,
hospitals, senior centers).

Phone: 1-877-872-5627

Website: [https://dol.gov/agencies/eta/
seniors/](https://dol.gov/agencies/eta/seniors/)

Senior Corps (AmeriCorps):

Volunteer and service connections in local
communities through Americorps.
Mentoring, peer senior support, and more.

Phone (WA Office): 202-815-4256

Website: [https://americorps.gov/serve/
ameri-corps-seniors](https://americorps.gov/serve/ameri-corps-seniors)

Legal Help & Elder Law

AARP of Washington: *See pg 2.*

**Legal Voice Handbook for Washington
Seniors:** Downloadable resource.

Website: [https://docs.legalvoice.org/
Handbook_for_Washington_Seniors.pdf](https://docs.legalvoice.org/Handbook_for_Washington_Seniors.pdf)

National Elder Law Foundation:

Phone: 520-881-1076

Website: <https://nelf.org>

Northwest Justice Project: Free legal
assistance, self help legal resources.

Senior Hotline: 1-888-387-7111

Website: <https://nwjustice.org>

US Administration on Aging: *See pg 3.*

Legal Foundation of Washington:

Legal help for low-income seniors.

Phone (all seniors): 1-888-387-7111

Phone (veterans): 1-888-657-8387

Website: [https://legalfoundation.org/find-
legal-help/](https://legalfoundation.org/find-legal-help/)

Low Income Senior Legal Assistance:

See listing for Rural Resources, pg 9.

**National Academy of Elder Law
Attorneys (NAELA):** Educational
resources and directory of elder lawyers.

Phone: 703-942-5711

Email: naela@naela.org

Website: <https://naela.org>

WA Long Term Care Ombudsman:

See pg 11.

Hospice and End-of-Life Planning Resources

Friends of Hospice (Colfax):

Phone: 509-332-4414

Email: director@friendsofhospice.net

Website: <https://friendsofhospice.net>

Gentiva Hospice:

Phone: 509-332-2236

Website: <https://gentivahsp.com>

Washington State Hospice and Palliative Care Organization: Directory of hospice and palliative care providers.

Phone: 253-661-3739

Email: mccauley@wshpco.org

Website: <https://wshpco.org>

WSU Body Donor Program:

Phone: 509-368-6600

Email: wsu.willedbody@wsu.edu

Website: <https://medicine.wsu.edu/give/willed-body-program/>

Helpful Publications and Websites

Age Well Planner (National Council on Aging): <https://ncoa.org/age-well-planner/>

AgingCare: Website for general aging information, <https://agingcare.com/>

Aging With Dignity website: <https://agingwithdignity.org/>

Aging in Place website: <https://aginginplace.org/>

Before You Give up the Keys: Transportation planning guide,
<https://www.nadtc.org/resources-publications/resource/before-you-give-up-the-keys-create-a-roadmap-for-transportation-independence/>

Bishop Place general resource webpage: <https://milestoneretirement.com/resources/>

Costs of Aging Handbook (National Aging in Place):
<https://ageinplace.org/wp-content/uploads/2021/11/Costs-ofAging-Handbook.pdf>

DSHS Publications library: <https://dshs.wa.gov/os/publications-library/>

Helpful Publications and Websites

Daily Caring website: <https://dailycaring.com/>

Eldercare Locator Publications (Full List, Selections Below):

<https://eldercare.acl.gov/Public/Resources/ConsumerPublications.aspx>

Necessary Conversations Publication:

<https://eldercare.acl.gov/Public/Resources/Brochures/docs/Conversations.pdf>

Tips to Avoid Financial Exploitation:

[https://eldercare.acl.gov/Public/Resources/Brochures/docs/FinancialExploitation
Brochure-508.pdf](https://eldercare.acl.gov/Public/Resources/Brochures/docs/FinancialExploitationBrochure-508.pdf)

How to Combat Elder Abuse:

<https://eldercare.acl.gov/Public/Resources/Brochures/docs/factsheet-elder-abuse-508.pdf>

National Institute on Aging (NIA) Publications:

<https://order.nia.nih.gov/view-all-publications/>

Senior Organizations List (National):

[https://griswoldhomecare.com/blog/2020/june/senior-organizations-list-of-groups-
for-older-ad/](https://griswoldhomecare.com/blog/2020/june/senior-organizations-list-of-groups-for-older-ad/)

Transportation Options Booklet:

<https://nadtc.org/wp-content/uploads/NADTC-Transportation-Options-Booklet-2018.pdf>

US Aging Publications List:

<https://usaging.org/publications/>