



Key Peninsula Senior Resource Guide

Compiled & Updated by our Volunteers
Key Senior Information Center

15th 2025

themustardseedproject.org

Follow us on Facebook, Instagram, and YouTube!

Dear Friends:

THANK YOU! For visiting our webpage, picking up this guide, or asking questions of our volunteers and staff. We hope the information provided to you, and in this booklet, answer your questions and provide the resources you are looking for.

THE MUSTARD SEED PROJECT is open Monday – Friday 10 am -4 pm. We are located just above the Food Market in Key Center, WA at 9016 154th Ave Court NW, Lakebay, WA. 253-884-9814, information@themustardseedproject.org

Our Key Senior Information Center (KSIC) is open Tuesday – Thursday 1pm to 4 pm. We accept appointments for our KSIC volunteers and welcome drop-in clients too! **To schedule an appointment, call 253-884-9814 or email us at:** ksic@themustardseedproject.org. Our KSIC volunteers will gladly help you search for information in person (by appointment), on the phone, or online.

We have a large variety of printed information available at our office, (mailed by request), including **lists of local service providers and in-home care providers.**

All our thanks for your interest in building an elder-friendly Key Peninsula!

Eric Blegen

Executive Director
The Mustard Seed Project of Key Peninsula

Disclaimer: It is our sincere goal to keep the information in this resource guide up to date and accurate. We have compiled this directory in good faith; however, The Mustard Seed is unable to recommend or endorse any of the businesses, services, or programs listed on these pages. Please continue to exercise consumer precautions and due diligence when considering the services or programs listed. Ask about licensing, bonding, experience, references, and background checks as indicated.

The Mustard Seed Project of Key Peninsula

The Mustard Seed Project's *mission* is to ensure choices for healthy aging on the Key Peninsula by connecting elders with innovative programs and resources. Our *vision* is to create an elder-friendly Key Peninsula, where our neighbors may choose to safely “age in place” with dignity and respect.

We promote independent living and quality of life for our community's seniors and their families by providing services and programs in focus areas, information and referral, transportation, health and wellness, senior housing options, and community education and enrichment. We engage our community in service and educational opportunities, raising awareness of the multiple facets of aging.

We Value

Integrity, Respect, Compassion, Collaboration, and Creativity

Key Senior Information Center KSIC

A Program of The Mustard Seed Project

Confidential, free, and valuable information for seniors and
their families

**Staffed by trained volunteers -
Call ahead, if possible, to be sure a KSIC volunteer will be available
when you arrive.**

253-884-1333

ksic@themustardseedproject.org

KSIC hours: 1 pm – 4 pm Tuesday through Thursday

9016 154th Ave. Ct. NW, Lakebay WA 98349

**FREE COPIES OF THIS RESOURCE GUIDE ARE AVAILABLE
AT THE MUSTARD SEED PROJECT OFFICE in the CRANDALL CENTER**

QUICK LOCAL PHONE NUMBERS

FOR EMERGENCIES: CALL 911

SUICIDE AND CRISIS LIFELINE: CALL 988

FOR NON-EMERGENCIES CALL: 253-287-4455

ANGEL GUILD THRIFT SHOP 253-
884-9333

CHILDREN'S HOME SOCIETY 253-
884-5433
Key Peninsula Family Resource Center

COMMUNITY VOLUNTEERS 253-
884-2216
A program of The Mustard Seed Project of Key Peninsula

COST LESS PHARMACY 253-
857-7797
Lake Kathryn Village

KEY CENTER PIERCE CITY LIBRARY 253-
548-3309

KEY PENINSULA DENTAL & MEDICAL CLINIC 360-377-3776

KEY PENINSULA FIRE DEPARTMENT 253-
884-2222

KEY PENINSULA SENIOR RIDE PROGRAM 253-
884-2216
A program of The Mustard Seed Project of Key Peninsula

KEY PENINSULA VETERANS

KEY SENIOR INFORMATION CENTER (KSIC)

253-
884-1333

A program of The Mustard Seed Project of Key Peninsula

KP SCHOOL BUS CONNECTS

KP SENIOR SOCIETY

253-
884-4440

LONGBRANCH IMPROVEMENT CLUB

PIERCE COUNTY COUNCIL DISTRICT #7

253-
798-7776

Robyn Denson, Council Member representing Key Peninsula

PIERCE COUNTY SHERIFF KEY PENINSULA

253-
798-4940

ST. ANTHONY HOSPITAL

253-
530-2000

THE MUSTARD SEED PROJECT

253-
884-9814

Community-based nonprofit dedicated to building an elder-friendly Key Peninsula where seniors can “age in place” – 9016 154th Ave. Ct. NW, Lakebay WA 98349

THE VILLAGE

253-
649-5050

*Assisted Living and Memory Care Home of The Mustard Seed Project of
Key
Peninsula*

WASHINGTON STATE PATROL UNINCORPORATED KP 253-
798-3278

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ALZHEIMER'S DISEASE

ALZHEIMER'S ASSOCIATION--WASHINGTON STATE CHAPTER

www.alz.org/alzwa/ :206-363-5500 or 800-272-3900 - 635, Andover Park W. Suite 202,

Tacoma. The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

Alzheimer's Association Hotline CALL toll-free: 800-272-3900.

Available 24 hours a day, 7 days a week for information about Alzheimer's disease. A trained Helpline specialist will provide emotional support and appropriate referrals to local resources in the 23 Washington counties served by the Association. All calls are confidential.

ALZHEIMER'S CAREGIVER SUPPORT GROUPS PIERCE COUNTY

<https://www.piercecountywa.gov/409/Caregiver-Support-Groups/> :

Groups provide support, insight, encouragement, and answers to the challenges of being a caregiver. Click on this link or call to find a caregiver support group near you.

FREE ALZHEIMER'S ONLINE COMMUNITY

<https://www.alzconnected.org/> :800-272-3900

Visit ALZConnected®, a free online community where people living with Alzheimer's, caregivers, families, and friends can ask questions, get advice, and find support.

ELDER ABUSE

Abuse can happen to anyone — no matter the person's age, sex, race, religion, or ethnic or cultural background. Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited. **This is called elder abuse.**

Abuse happens, it may happen in the older person's home, a family member's house, an assisted living facility, or a nursing home. The mistreatment of older adults can be by family members, strangers, health care providers, caregivers, or friends.

Types of elder abuse, neglect and exploitation may include:

Physical Abuse

Emotional or Psychological Abuse

Abandonment

Financial or Material Exploitation

Self-neglect Sexual Abuse

What to do if you suspect abuse, neglect, or exploitation of a vulnerable adult:

1. If this is a case of **immediate danger**, call **911** and report a crime to law enforcement. Call **Adult Protective Services (APS)** in Pierce County anytime day or night to report the concern at **(877) 734 6277** or **1-866-ENDHARM (363-4276)**.
2. When you call, you will speak with a real person who will connect you to the direct, local number to make your report.
3. If the abuse is happening at a long-term care facility, call the **Pierce County Long Term Care Ombudsman** at **253-798-3789**.
4. Call the **Pierce County Aging and Disability Resource Center (ADRC)** to discuss your concerns and receive additional resource information at **(253) 798-4600** or **(800) 562-0332**.
5. The **Pierce County law enforcement** non-emergency number: **(253) 287-4455**.

The Pierce County Long-Term Care Ombudsman:

<https://www.piercecountywa.gov/607/Long-Term-Care-Ombudsman-Program/>.

This program advocates for residents of nursing homes, adult family homes and assisted living facilities. The Pierce County Long-Term Care Ombudsman team consists of program staff and volunteers from the community. They serve residents through complaint investigation, resolution, and advocacy. Ombudsmen educate residents, staff, families and the community about long-term care issues, resources, resident rights, and quality of life in long-term care settings.

PIERCE COUNTY LONG TERM CARE OMBUDSMAN:

Toll-free number: 1-800-562-6028.

For general complaints, please call **253-798-3789**.

For complaints regarding adult family homes, please call **253-798-7367**.

930 Tacoma Ave S, Tacoma WA 98402

DISABILITY SERVICES

AGING AND DISABILITY RESOURCES (ADRC)

<https://www.piercecountywa.gov/2128/About-Aging-Disability-Resources/>

253-798-4600 or 800-562-0332 930, 9:00am – 4:00pm, Tacoma Ave S WA, 98402

The Aging and Disability Resources Program offers a wide range of community-based services that allow older adults and adults with disabilities to remain at home if possible. These services address the needs of frail, older and functionally disabled adults living in Pierce County.

TACOMA AREA COALITION FOR INDIVIDUALS WITH DISABILITIES (TACID)

<https://tacid.org/> : 253-565-9000, 9:30am – 5pm, 6315 S 19TH St, Tacoma WA 98466.

Tacoma Area Coalition of Individuals with Disabilities' (TACID) mission is to promote the wellness, recovery and resilience of adults experiencing disabilities in Pierce County. TACID empowers people with disabilities to utilize their strengths and abilities to create and enhance the lives they choose through programs, community, and volunteering.

MENTAL HEALTH

GIG HARBOR BEHAVIORAL HEALTH -Sea Mar Care Center

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

253-280-9888 – 3208 50th St Ct NW Building #C, Suite 202,
98335 Monday through Friday 8:00 AM – 5:00 PM.

Gig Harbor WA

GREATER LAKES MENTAL HEALTH CARE

www.glmhc.org/ : 253-581-7020, 9330 59th Ave SW, Lakewood 98499

Greater Lakes Mental Healthcare is a full-service community mental health center, providing behavioral healthcare to the citizens of Pierce County for more than 50 years.

NATIONAL ALLIANCE ON MENTAL HEALTH -PIERCE COUNTY

<https://namipierce.org/> : NAMI National Help Line 800-950-6264 or 253-677-6629.

3569 East Roosevelt Ave. Tacoma 98404

NAMI Pierce County provides support, education, advocacy, and public awareness so that all individuals and families affected by mental illness can build better lives.

SEA MAR COMMUNITY HEALTH CARE CENTERS SERVICES IN PIERCE COUNTY

<https://www.seamar.org/> 206-764-8019

Sea Mar Community Health Center is a community-based organization committed to providing quality, comprehensive health, human and housing services to diverse communities

OBSESSIVE COMPULSIVE DISORDER

HOARDING : <https://www.piercecountywa.gov/3357/Hoarding/>.

Hoarding is more than just having lots of things. It is a specific type of behavior that can have a severe impact on a person's life. Compulsive hoarding is a specific type of behavior marked by acquiring and failing to throw out items that would appear to have little or no value to others, severe cluttering of the person's home so that it is no longer able to function as a viable living space, and significant distress or impairment of work or social life.

Resources from the International Obsessive Compulsive Disorder Foundation

930 Tacoma Ave S, Tacoma 98402

[IOCDF Home Page](https://iocdf.org/) : <https://iocdf.org/>.

[Overview of Hoarding](https://www.webmd.com/mental-health/features/harmless-pack-rat-or-compulsive-hoarder) : <https://www.webmd.com/mental-health/features/harmless-pack-rat-or-compulsive-hoarder>.

Types of Hoarding : <https://www.clutterhoardingcleanup.com/resources/hoarding/types-hoarding>.
Hoarding Fact Sheet : <https://iocdf.org/wp-content/uploads/2014/10/Hoarding-Fact-Sheet.pdf>.
How to Help the Hoarder in Your Life : <https://www.goodtherapy.org/blog/how-to-help-hoarder-062114>.

SERVICE ANIMALS

SERVICE AND COMPANION ANIMALS

Service animals are dogs or miniature horses trained to do specific work to help disabled people. Pets and comfort or companion animals that provide emotional support are not service animals.

PRISON PET PARTNERSHIP

<http://www.prisonpetpartnership.org> : 253-858-4240, 9601 Bujacich Rd NW, Gig Harbor 98335
A non-profit organization located on the grounds of the Washington Corrections Center for Women in Gig Harbor. PPP trains rescue and purpose-bred dogs as service, therapy and companion animals and operates a boarding and grooming facility to provide vocational education for individuals experiencing incarceration in Washington State. This program benefits all involved — the animals who are given the chance to lead lives of service, the incarcerated and system impacted people who learn valuable skills so they may find gainful employment upon release, and the individuals with disabilities who receive well-trained dogs to help increase their level of independence.

TACOMA PIERCE COUNTY HEALTH DEPARTMENT -SERVICE ANIMALS

<https://www.tpchd.org/healthy-places/food-safety/service-animals> : 253-649-1500, 3629 S. D St, Tacoma 98418
<https://www.tpchd.org/healthy-places/food-safety/service-animals>
253-649-1500

FALL PREVENTION & SAFETY

FALL PREVENTION

PIERCE COUNTY FALLS PREVENTION WEB RESOURCES

<https://www.piercecountywa.gov/444/Falls-Prevention-Web-Resources/>

Here you'll find helpful web resources, such as:

[Center of Excellence for Fall Prevention.](#)

[National Resource Center on Supportive Housing and Home Modification.](#)

[CDC Compendium of Effective Community-Based Interventions.](#)

[Patient Safety and Quality Healthcare.](#)

[National Safety Council.](#)

[WA State Dept. of Health Report - Falls Among Older Adults: Strategies for Prevention.](#)

Fall brochures for older adults:

[Check for Safety Home Check-up \(CDC\).](#)

[What You Can Do to Prevent Falls](#) (CDC).

[Getting Up from a Fall](#) (American Academy of Orthopedic Surgeons).

STAY ACTIVE & INDEPENDENT FOR LIFE (S.A.I.L.)

An evidence-based strength, balance, and fitness program for adults 65 and older.

Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling.

S.A.I.L. CLASSES

The Mustard Seed Project

www.themustardseedproject.org/ : 253-884-9814, 9016 54th Ave Court NW, Lakebay, 98349

Monday, Wednesday, and Friday 10 am.

Assessment required. \$5 fee, punch cards available.

Key Peninsula Community Services

<http://www.keypeninsulacommunityservices.org/> : 253-884-4440, 17015 9th St Court NW, Lakebay, 98349. Mondays, Wednesdays, and Fridays from 10:15 am. (Signing up for the waiting list is required prior to admission to class.)

Tai Ji Quan

The traditional legacy of using Tai Ji Quan for self-defense, mindful nurturing of well-being, and fitness enhancements expanded to more contemporary applications that focus on promoting better balance, physical and mental health, enhancing general well-being, preventing chronic diseases, and being an effective clinical intervention for diverse medical conditions.

TAI JI QUAN CLASSES

Key Peninsula Community Services

<http://www.keypeninsulacommunityservices.org/> : 253-884-4440, 17015 9th St Court NW, Lakebay, 98349. The class is held on a continuing basis Mondays and Fridays from 9:00 am. The course lasts 44 weeks (about 10 months).

SAFETY

MEDICAL ALERT SYSTEMS

A medical alert system provides you with a button you can push for assistance during an emergency. The help button is usually worn as a [pendant](#) or wristband, but you can also place buttons on the walls throughout your home. These buttons can be [monitored](#) or [unmonitored](#).

3 key questions to answer before choosing your medical alert system.

1. Do you want home-based (landline) or mobile (cellphone)?

2. Should your system be monitored or not?
3. Should you add fall detection?

BEST MEDICAL SYSTEMS OF 2024 : <https://www.medicalalertbuyersguide.org/>.

BAY ALARM MEDICAL : 877-522-9633, www.bayalarmmedical.com/.

MEDICAL GUARDIAN : 866-232-5545, <https://www.safehome.org/medical-alert-systems/medical-guardian/>.

MEDICAL ALERT : 800-800-2537, www.medicalalert.com/.

GETSAFE : 888-799-6255, www.getsafe.com/.

LIFESTATION : 888-533-8029, www.lifestation.com/.

Disclaimer: We have compiled this directory in good faith; however, **The Mustard Seed** is unable to recommend or endorse any of the businesses, services, or programs listed on these pages. Please continue to exercise consumer precautions and due diligence when considering the services or programs listed. Ask about licensing, bonding, experience, references, and background checks as indicated.

REASSURANCE PROGRAMS

PIERCE COUNTY AGING AND LONG-TERM CARE TELEPHONE REASSURANCE PROGRAM

[https://www.piercecountywa.gov/697/Telephone-Reassurance-Program#:~:text=Overview,\(800\)%20562%2D0332](https://www.piercecountywa.gov/697/Telephone-Reassurance-Program#:~:text=Overview,(800)%20562%2D0332).

If you live anywhere in Pierce County, apply for this free service by contacting the Aging & Disability Resource Center at (253) 798-4600 or (800) 562-0332.

The Reassurance Program promotes security of “at risk” seniors, reduction of isolation, victimization, and health concerns, and provides daily telephone reassurance calls.

Participants receive a phone call (up to five days a week at a prearranged time) from a trained volunteer working with law enforcement agencies in Pierce County. If the participant does not answer the phone, a procedure of safety checks is followed before an emergency response (911) is initiated.

ASSISTANCE

2-1-1 : <https://wa211.org/about-2-1-1/>.

2-1-1 is a free confidential community service and your one-stop connection to the local services you need, from utility assistance, food, housing, health, childcare, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you in finding the help you need. Dial the three-digit number 2-1-1 on your phone or visit the website : <https://search.wa211.org/>. If you are outside of Washington or have a problem dialing the number 2-1-1, please dial 1-877-211-9274.

BENEFITS

BENEFITS CHECK UP

<https://benefitscheckup.org/>. 800-794-6559 (8:00am to 7:00pm ET)

There are over 2,500 benefit programs available nationwide. Find out what benefits may be available in your area. Take this checkup online, fill out a confidential questionnaire. Answer questions to find benefit programs that can help you pay for medications, health care, food, utilities and more.

OR call 253-884-1333 and let us help you. Key Senior Information Center (KSIC)

<http://themustardseedproject.org/> : 253-884-1333, 9016 154th Ave Court NW, Lakebay, 98329. The Mustard Seed's volunteers can sit with you and walk through this online resource.

FIREWOOD BANK

FIREWOOD BANK a program of THE MUSTARD SEED PROJECT

<http://themustardseedproject.org/> : 253-884-9814, 9016 154th Ave Court NW, Lakebay, 98329. Approval is required. Those eligible will receive one-half cord annually, October-April.

FOOD BANKS

BISCHOFF FOOD BANK

<https://www.kpbfoodbank.org/> : 253-884-1997, 12402 134TH AVE NW, Gig Harbor, 98329

The Bischoff Food Bank is here for the community and is staffed and supported by the community. As such, we strive to meet each client right where they are at, with compassion, respect, and love.

Hours:

Monday and Wednesday 2:00 pm -5:00 pm

Friday and Saturday 2:00 pm -5:00 pm

Closed: Sunday, Tuesday, Thursday

FOOD BACKPACKS FOR KIDS

<https://www.foodbackpacks4kids.org/> : 253-857-7401, 9127 154th Ave Ct NW, Lakebay, 98329

Our mission is to meet the nutritional needs of hungry children and families at times when other resources are not available and to be a stable source of healthy foods for those who need it most.

We envision a community where every child is well-fed, can achieve their full potential, and where no family is food insecure.

GIG HARBOR PENINSULA FISH FOOD BANK

<https://www.ghpfish.org/> 253-858-6179, 4303 Burnham Dr., Gig Harbor, 98335

Fish Food Bank provides a week's worth of food per visit, up to four times during an emergency.

If further food assistance is needed, an extension may be granted on a case-by-case basis.

Documentation will be required. Elderly and disabled clients may be eligible for ongoing monthly food assistance.

Hours:

Monday 9:30 am -3:00 pm

Tuesday closed

Wednesday 9:30 am –5:30 pm

Thursday 9:30 am –5:30 pm

Friday 9:30 am -3:00 pm

KEY PENINSULA COMMUNITY SERVICES (KPCS)

<http://www.keypeninsulacommunityservices.org/> 253-884-4440, 17015 - 9th St Ct NW, Lakebay, 98349. KPCS had a modest start as a small Food Bank serving local people at risk of hunger.

Since then, we have grown to a robust program offering Food Baskets, Commodities, a Bread Closet, and sit-down meals and a Senior Center. If you, or someone you know, is hungry please call 253-884-4440 for information. If you are over 60, or know someone who is, give us a call for information regarding our home-cooked meals, made fresh daily in-house.

Food Bank Hours: (closed for lunch)

Tuesday, Thursday & Friday 10:00 AM - 11:45 AM and 12:45 PM -3:00 PM

Wednesday 10:00 - 11:45 AM and 12:45 PM - 5:45 PM

Photo ID plus a piece of mail showing a Key Peninsula address required. Food banks are accessible once a month.

NOURISH MOBILE FOOD BANK at COSTLESS PHARMACY

<https://nourishpc.org/need-food/> : 253-383-3164, 14218 92nd Ave NW, Gig Harbor, 98329.

Friday's 1:00 pm -3:00 pm Nourish Mobile Food Bank will be in the parking lot of Costless

Pharmacy. Bring ID card, names, and birthdates of everyone in your household, grocery bags are helpful. (check locations on line)

FOOD STAMPS

Basic Food

DEPARTMENT OF SOCIAL AND HEALTH SERVICES (DSHS)

<https://www.dshs.wa.gov/esa/community-services-offices/basic-food/> : 877-501-2233, 5712 Main St SW Suite 100, Lakewood, 98499.

The U.S. Department of Agriculture Supplemental Nutrition Assistance Program, or SNAP, called Basic Food in Washington, helps people with low incomes make ends meet by providing monthly benefits to buy food, 8am to 5pm.

RENTAL AND MORTGAGE

ASSOCIATED MINISTRIES

<https://www.associatedministries.org/> 253-383-3056, 901 South 13th Street, Tacoma, 98405.

Foreclosure counseling helps preserve your most important asset - your home. Links to foreclosure workshops and the foreclosure intake packet are on the website. There is also a helpful financial information section on their website.

PIERCE COUNTY COMMUNITY CONNECTIONS DOWN PAYMENT ASSISTANCE

<https://www.piercecountywa.gov/4848/Down-Payment-Assistance> : This link does not work, but there is a down payment assistance programs. **800-767-4663 x459.**

Down Payment Assistance Program makes funding available to assist lower-income households that qualify for a mortgage but lack resources for their down payment.

PIERCE COUNTY HOUSING AUTHORITY

<https://www.piercecountywa.gov/4701/Housing-Assistance-and-Programs/> : 253-620-5400.

930 Tacoma Ave S, Tacoma, 98402.

Helping our communities succeed by providing quality housing for our neighbors.

PIERCE COUNTY HOUSING & SHELTER SERVICES.

<https://www.piercecountywa.gov/3715/Homeless-Programs>.

<https://www.piercecountywa.gov/4802/Housing-Interventions>.

Pierce County Human Services Homeless Programs supports a coordinated entry system for families and individuals experiencing homelessness. Residents in need of housing services can contact **2-1-1 weekdays from 8AM-4PM** for on-demand support or to schedule an appointment. 24-hour voicemail is available nights and weekends.

ST VINCENT DE PAUL OF PIERCE COUNTY

www.svdptacoma.org/ : 253-474-0519, 4009 S. 56th St, Tacoma, 98409.

You may know or have known a friend or family member who has needed a hand or a second chance in life. St. Vincent de Paul provides spiritual, material, and financial assistance to those facing immediate crisis, regardless of race, religion, or orientation. We welcome everyone with compassion and without judgment. You may know us for our thrift store (2525 Bethel Rd SE, Port Orchard, WA 98366), but our mission is much broader!

UTILITIES

CHILDRENS HOME SOCIETY/KEY PENINSULA FAMILY RESOURCE CENTER

www.childrenshomesociety.org/pierce/ : 253- 884-5433. phone number works, they merged with another agency,
17010 South Vaughn Rd., Vaughn, 98394.

Services are available to any community member facing eviction, power or water shutoff, or other serious needs. A person must live on Key Peninsula or Gig Harbor and provide a Social Security number, picture ID and food stamp card if you have one. Appointments are necessary; call between 9:00 AM and 4:30 PM Monday through Friday to schedule. Closed,

ENERGY ASSISTANCE PROGRAM

<http://www.co.pierce.wa.us/1280/Energy> : 253-798-4400 or 253-798-4328.

Energy Assistance resources are limited. Check for eligibility by calling the automated appointment line at **1-855-798-HEAT (4328)**. If your power is off call **253-798-3590**
930 Tacoma Ave S., Tacoma 98402

The EAP pays heating bills directly to utility companies for eligible applicants.

The assistance program operates during the “heating season,” usually November through April. Payments are based on eligible household’s fuel usage for the past 12 months. All applicants receive education on energy conservation, utility payment plans, and budgeting.

LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

<https://www.acf.hhs.gov/ocs/low-income-home-energy-assistance-program-liheap/>.

The Low-Income Home Energy Assistance Program (LIHEAP) helps keep families safe and healthy through initiatives that assist families with energy costs. We provide federally funded assistance in managing costs associated with home energy bills, energy crises, weatherization, and energy-related minor home repairs. LIHEAP can help you stay warm in the winter and cool in the summer through programs that reduce the risk of health and safety problems that arise from unsafe heating and cooling practices.

MANNA MINISTRIES Peninsula Lutheran Church of Gig Harbor: 253-851-3428, 5114 Pt.

Fosdick Dr NW, #107 Gig Harbor. This is a volunteer group that may provide financial assistance with utility bills and rent, gas vouchers.

PENINSULA LIGHT COMPANY

<https://www.penlight.org/> : 253-857-5950, 13315 Goodnough Dr NW, Gig Harbor, 98332.

Outages: 877-853-1388

The light company offers 25% discount to low-income seniors (age 62+) as well as disabled adult individuals who live in Peninsula Light’s service territory year-round and have established service for the previous six months.

PROJECT HELP: PENINSULA LIGHT PARTNERS WITH KEY PENINSULA COMMUNITY SERVICES

<https://www.penlight.org/member-services/project-help/> : 253-857-5950

13315 Goodnough Dr. NW, Gig Harbor 98332, 10am to 3pm.

Our Project Help program is designed to help income-qualifying families with up to \$200 of support each year. The program provides funds through a partnership with Key Peninsula Community Services to offset those who need assistance with their electric bill. Project Help operates annually from November through April, when electric bills are at their peak due to seasonal temperatures.

CARE FOR YOUR HEALTH

DENTAL CARE

CENTER FAMILY DENTISTRY

<http://www.keycenterdental.com/> : 253-884-9455

9013 Key Peninsula Hwy NW #H, Lakebay, 98349

If you are a patient located on the Key Peninsula, or in the surrounding Gig Harbor area, we would be happy to hear from you and answer any questions you may have. If you are anxious about dental care, please give us a call and let us know your concerns. We work with each of our patients to keep you comfortable and at ease in the office. We care for all ages, and it is our goal to send our friends and neighbors off with a smile.

KEY PENINSULA DENTAL CLINIC

<https://www.pchsweb.org/locations/k4ey-peninsula-dental-clinic/> : 360-377-3776.

11901 137th Ave NW A, Gig Harbor, 98329.

The Key Peninsula Clinic is conveniently located in the Key Central Plaza, off the Key Peninsula Highway. The integrated clinic features medical, behavioral health, and dental services in one setting as well as a Class A pharmacy where patients can obtain their prescription medications. The Key Peninsula Clinic also features drive-through pharmacy services for our patients. All patients check in through a central receptionist area. The medical clinic contains nine examination rooms and one minor procedure room. The dental clinic has five open examination rooms and two private rooms.

TACOMA-PIERCE COUNTY HEALTH DEPARTMENT ORAL HEALTH

<https://www.tpchd.org/healthy-people/oral-health/> : 253-649-1500

3629 South D Street, Tacoma, 98418. 8am – 4:30pm

Good oral health is critical to good health. Bad oral health can reduce our quality of life. We work to improve Pierce County residents' health. The Oral Health program provides: [Referrals for residents more than 20 years of age who have limited access to care.](#) [Comprehensive Community Oral Health Program \(CCOHP\).](#)

HEARING CARE

PIERCE COUNTY HEARING RESOURCES - LOW INCOME CLINICS

<https://www.piercecountywa.gov/482/Hearing-Resources/>.

[Harbor Audiology and Hearing Services](#)

Tacoma office
253-473-4394

Accepts: Medicare
Accepts
Medicaid

1901 S. 72nd Street
Suite A-14
Tacoma.

[Harbor Audiology and Hearing Services](#)

Gig Harbor Office
253-851-3932

Accepts: Medicare
Accepts Medicaid

4700 Point Fosdick Dr.
NW
Suite 212
Gig Harbor.

[Puget Sound Hearing Aid and Audiology](#)

Tacoma office
253-201-6646

Accepts: Medicare
Accepts Medicaid

1311 S. Union Ave., #102
Tacoma.

MEDICAL CARE

KEY FREE CLINIC

<http://keyfreeclinic.org/> : 253-358-5436, 8903 Key Peninsula Hwy NW, Vaughn, 98329

The free clinic provides free medical care to the Key Peninsula for those in need. Our focus is on non-emergency medical issues. We will also help with referrals for patients needing ongoing, long-term medical care. We can write orders for diagnostic testing, x-rays, as well as prescription medicine.

Hours:

Thursdays 5:30 -8:00 pm.

KEY MEDICAL CENTER <https://www.commhealth.org/services/medical-clinics/key-medical-center/> : 253-884-9221, 15610 89TH St Ct NW, Lakebay, 98349.

Staff at Key Medical Center includes a family care physician, a pediatrician, a physician's assistant, and more who are here to ensure you and your family remain healthy. Patients from the

Key Medical Center can access our dental, pharmacy, and urgent care services at our other clinic locations.

Hours:

Monday — Friday: 8:00 AM – 5:00 PM

Closed for Lunch: 12:00 PM – 1:00 PM

Closed for team meetings: Every Thursday 1:00pm-1:30pm,

Closed the 2nd Wednesday of Each Month: 12:00 PM for the remainder of the day.

Saturday & Sunday: Closed

KEY PENINSULA MEDICAL CLINIC

<https://www.pchswb.org/locations/key-peninsula-dental-clinic/> : 360-377-3776, 11901 137th

Ave NW A, Gig Harbor, 98329. (Monday – Friday 7:15am – 6:00pm)

The Key Peninsula Clinic is conveniently located in the Key Central Plaza, off the Key Peninsula Highway. The integrated clinic features medical, behavioral health, and dental services in one setting as well as a Class A pharmacy where patients can obtain their prescription medications.

The Key Peninsula Clinic also features a drive-through pharmacy service for patients. All patients check in through a central receptionist area. The medical clinic contains nine examination rooms and one minor procedure room. The dental clinic has five open examination rooms and two private rooms.

VISION CARE

BLIND AND PARTIALLY SIGHTED RESOURCES

<https://www.piercecountywa.gov/401/Blind-Partially-Sighted-Resources>.

Low Vision Information and Referral Services. **888- 331-7007**.

Several options on the Pierce County Site.

Vision Care Web Resource Information:

[Animal Services](#)

[Assistive Technology](#)

[Books - Tapes - Videos](#)

[Braille](#)

[Catalog Information](#)

[CCTV, Repair, Enlargers](#)

[Diabetic Information](#)

[Grocery Assistance](#)

[Home Care Assistance](#)

[Independent Living Providers](#)

[Information & Assistance](#)

[Organizations](#)

[Recreation & Entertainment](#)

[Support & Support Groups](#)

[Telephone](#)

[Transportation](#)

[Vision Assistance & Information](#)

EYE CARE -FREE RESOURCES

<https://www.piercecountywa.gov/438/Eye-Care---Free-Resources/> : 253-798-4600 (ADRC).

930 Tacoma Ave S., Tacoma, 98402

Lions Club & Sight Life was founded by the Northwest Lion's Club and collaborates with local Lions Clubs to promote hearing and eyesight health. Services provided may include eye exams and eyeglasses (through the local clubs only) and hearing exams and refurbished hearing aids (at no or little cost) through the Sight Life Foundation. Individuals who want help must first contact their local Lion's Club and be referred to Sight Life.

KEY PENINSULA LIONS CLUB

<https://e-clubhouse.org/sites/keypeninsulawa/> : Meeting dates are the 1st & 3rd Wed. 6pm

Key Center Fire Station, 8911 KP Hwy NW, Lakebay 98329

The Lions Club operates an eyeglass and hearing aid recycling program (with a drop box at the Mustard Seed Project in Key Center.) Lions Club of Key Peninsula provides hearing screenings and free eyeglasses for eligible people.

WASHINGTON TALKING BOOK & BRAILLE LIBRARY <https://www.wtbbl.org/> :

800-542-0866, 2021 9th Ave, Seattle, 98121. (M-F 8:30 –5:00pm)

The Washington Talking Book & Braille Library (WTBBL) is a program of the [Washington State Library](#), a division of the [Office of the Secretary of State](#). Located in Seattle, WTBBL provides library services state-wide, at the library and by mail, to any Washington resident unable to read standard print material due to blindness, visual impairment, deaf-blindness, physical disability (cannot hold a book or turn pages), or reading disability.

HEALTH INSURANCE

MEDICARE

<https://www.medicare.gov/basics/get-started-with-medicare>.

Medicare is health insurance for people 65 or older. You are first eligible to sign up for Medicare 3 months before you turn 65. You may be eligible to get Medicare earlier if you have a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig's disease).

OR call 253-884-1333 and let us help you! Key Senior Information Center (KSIC)

<http://themustardseedproject.org/> : 253-884-9814, 9016 154th Ave Court NW, Lakebay, 98349.

The Mustard Seed's volunteers can sit with you and walk through this online resource.

SPECIAL HELP FOR LOW-INCOME MEDICARE BENEFICIARIES

<https://www.piercecountywa.gov/658/SHIBA-State-Health-Insurance-Benefits-Ad/>.

Medicare Savings Programs and Medicare's 'Extra Help' program provide special financial assistance for low-income Medicare beneficiaries. Visit [Social Security](#) for more information on ways to save on Part A, Part B and Part D premiums.

Find out more about these opportunities:

[Medicare Savings Program | DSHS \(wa.gov\)](#)

[Extra Help for Prescriptions](#)

South Sound Outreach Services: (253) 596-0918 or (800) 562-6900.

Pierce County Aging & Disability Resource Center: (253) 798-4600 or (800) 562-0332.

PIERCE COUNTY PROJECT ACCESS (PCPA)

<https://www.pcprojectaccess.org/> : 253-572-7265, 4301 S Pine St, Ste 455, Tacoma, 98409.

Our mission is to improve the health of individuals, families, and communities by ensuring pathways to health services for Pierce County residents in need and our vision is for every Pierce County resident to have equitable access to medical care.

Premium Assistance Program: Recognized by the Washington Health Benefit Exchange as a certified sponsorship organization. PCPA pays the monthly premium of a Silver level plan available on the Washington Healthplanfinder website for the enrolled individual or family for the plan year.

Donated Care program: PCPA works with over 700 medical providers across Pierce County who donate a controlled number of appointments per year. Patients are enrolled for six-month time periods. Primary care and specialty care are available through the PCPA network.

STATEWIDE HEALTH INSURANCE BENEFIT ADVISORS (SHIBA)

<https://www.piercecountywa.gov/658/SHIBA-State-Health-Insurance-Benefits-Ad/> :

253-596-0918 or 800-562-6900. South Sound address: 1106 Martin Luther King Jr Way, Tacoma 98405 (8:30am to 5:00pm, Monday-Thursday)

SHIBA HelpLine is a program of the Office of the Insurance Commissioner. It provides free, unbiased information about health care coverage and access to help improve the lives of all Washington state residents. We cultivate community commitment through partnership, service, and volunteering. SHIBA in Pierce County is sponsored by [South Sound Outreach Services](#).

WASHINGTON HEALTH PLAN FINDER <https://www.wahealthplanfinder.org/> :

800-562-3022. Free or low-cost Apple Health (MEDICAID). Free or low-cost Washington [Apple Health](#) is available year-round, and you may qualify for a [special enrollment](#) if you are uninsured or have certain life changes. Browse 2022 health plans, including [Cascade Care](#) plans.

HOME CARE – HOME HEALTH

HOME CARE, Home care is care that allows a person with special needs to stay in their home. It might be for people who are getting older (aging in place). It could also be for people who are chronically ill, recovering from surgery, or have a disability.

HOME HEALTH, Home health is medical care provided in a patient's home. Home care can include broad care given by skilled medical professionals, including skilled nursing care, physical therapy, occupational therapy, and speech therapy. Home health care can also include skilled, non-medical care, such as medical social services or assistance with daily living from a highly qualified home health aide. As the Medicare program describes, home health care is unique as a care setting not only because the care is provided in the home, but the care itself is "usually less expensive, more convenient, and just as effective" as care given in a hospital or skilled nursing facility.

AGENCIES THAT HELP

AGING AND DISABILITY RESOURCE CENTER (ADRC)

<https://www.piercecountywa.gov/1986/Aging-and-Disability-Resources/> : 253-498-4600, 3602 Pacific Ave Ste. 200, Tacoma, 98418. Aging and Disability Resource Center (ADRC) is a program of ADR and serves as the front-door to the local LTSS delivery system, providing unbiased information, community outreach / education, help accessing services and person-centered care planning / care coordination to meet the individual needs of older adults, persons with disabilities and their caregivers.

AREA AGENCY ON AGING (AAA)

<https://www.dshs.wa.gov/altsa/home-and-community-services/agencies-help/>. DSHS site has several options and several locations: 1-877-501-2233

AAA offices are a tremendous resource and one of the best places to start for any adult over 60 who needs or wants additional support or services. Your local AAA staff are experts on what services and support are available where you live. AAA staff can help assess the current situation and plan for what is needed. They are also a valuable resource for family or friends who are providing care to an aging adult and need information, support, and/or respite services. AAA's helps older adults plan and find additional care, services, or programs. Help can range from getting services for a weakened adult so he/she can remain at home to providing access to activities and socialization through programs like senior centers. They also provide support and services to the family or friends helping to care for older adults.

CATHOLIC COMMUNITY SERVICES (CCS)

<https://ccsww.org/get-help/services-for-seniors-people-with-disabilities/home-care/>
253-383-3697, 1-877-870-1582. 100 23rd Ave S. Seattle, 98144 (206-328-5696)

Catholic Community Services provides non-medical assistance to aging persons and those with disabilities living in their homes – in every county in western Washington. Homecare workers do everything from housework, such as grocery shopping, laundry, and dishes, to personal care such as dressing, bathing, and helping to transfer from the bed. Care ranges from hours a day, to around the clock. For all income levels, CCS brings affordable, personal care every day, sustaining those who are served with dignity – in the home they cherish.

COPEs -COMMUNITY OPTIONS PROGRAM ENTRY SYSTEM. HELP FOR IN-HOME SERVICES – link does not work, look up copes program for WA

<https://www.piercecountywa.gov/412/COPEs-Help-for-In-Home-Services/>.

COPEs is a Home and Community Based Services (HCBS) waiver program that pays for services for people in community settings. These services help people who would otherwise need to be in nursing homes. “COPEs” stands for Community Options Program Entry System.

QUESTIONS AND ANSWERS ON THE COPEs PROGRAM

<https://www.washingtonlawhelp.org/>. Legal Help Site.

HOW TO APPLY FOR COPEs

Apply for COPEs one of two ways: 1) by filing an application online or 2) by submitting a paper application to a local DSHS Home and Community Services (HCS) office.

The website for filing an online application is Washington Connection:

<https://www.washingtonconnection.org/home/>.

The website for downloading a paper application [form HCA 18-00], Washington Apple Health Application for Long-Term Care/Aged, Blind, Disabled Coverage is:

<https://www.hca.wa.gov/assets/free-or-low-cost/18-005.pdf>.

You may also pick up the application form at an HCS office. A paper application may be returned to PO Box 45826 Olympia, WA, 98504 or to your local HCS office.

To find the right office, call 1-800-422-3263 or use the online tool to find the HCS office in your county <https://www.dshs.wa.gov/altsa/resources>.

HAVEN IN ALLYN <https://www.haveninallyn.com/> : 360-277-0636, 180 E. Wheelwright Street, Allyn, 98524. Our wide range of personal care services include Assisted Living, Home Care, Adult Day Health, Memory Care, and Respite Care. We love, honor and value people. We hold ourselves accountable to our residents, their families, and our staff. We strive to be an active part of the solution to any challenge.

HIRING A PROVIDER CHECKLIST -

<https://www.piercecountywa.gov/485/Hiring-a-Provider-Checklist/>. Link does not work, look up (hiring a health provider checklist site, has several available)

IN-HOME CARE AND HOME HEALTH PROVIDERS-PIERCE COUNTY

<https://www.piercecountywa.gov/486/Home-Care---Home-Health/>.

In-Home Care and Home Health Care mean any type of care given to a person in their own home. Both phrases are used interchangeably regardless of whether the person requires skilled care or not.

RIGHT AT HOME <https://www.rightathome.net/gig-harbor/> : 253-509-0728.

8805 N. Harborview Drive, # 202, Gig Harbor, 98332.

We believe there is more to caring for people than just providing in-home assistance. You deserve a care partner that understands the course of your journey and will help you navigate the road ahead. Whether it is preparing a meal or providing 24-hour care, we will be there for you.

HOSPICE CARE

Hospice care is a special kind of care that focuses on the quality of life for people and their caregivers who are experiencing an advanced, life-limiting illness. Hospice care provides compassionate care for people in the last phases of incurable disease so that they may live as fully and comfortably as possible.

The hospice philosophy accepts death as the final stage of life: it affirms life but does not try to hasten or postpone death. Hospice care treats the person and symptoms of the disease, rather than treating the disease itself. A team of professionals work together to manage symptoms so that a person's last days may be spent with dignity and quality, surrounded by their loved ones. Hospice care is also family-centered – it includes the patient and the family in making decisions.

PALLIATIVE CARE

Palliative care is specialized medical care for people living with serious illnesses, such as cancer or heart failure. Patients in palliative care may receive medical care for their symptoms, or palliative care, along with treatment intended to cure their serious illness. Palliative care is meant to enhance a person's current care by focusing on quality of life for them and their family.

WASHINGTON STATE HOSPICE & PALLIATIVE CARE ORGANIZATION

<https://wshpc.org/> : 253-661-3739 (message only) P.O. Box 361, Camas, WA 98607

The Washington State Hospice & Palliative Organization (WSHPCO) is a nonprofit 501(c)(3) organization committed to taking a leadership role in improving end-of-life care through education and advocacy efforts. They are dedicated to promoting and maintaining quality, compassionate care for those facing life-threatening illnesses. The WSHPCO works to broaden the conversations surrounding quality end-of-life care in general wherever that care is being provided — at home, in nursing homes or inpatient facilities, and we take an important leadership role, working with legislators and governmental agencies to promote hospice as the model of care at the end-of-life in any setting and to improve access to hospice services.

HOME REPAIR & WEATHERIZATION

HOME REHABILITATION LOAN PROGRAM -PIERCE COUNTY

<https://www.piercecountywa.gov/3093/Home-Rehabilitation-Loan-Program/> : 253-798-6905 or 253-208-2480.

The Home Rehabilitation Program provides low-interest loans of up to \$80,000 for low-income homeowners in Pierce County to improve their housing conditions. Loans for disability modifications up to \$10,000 are provided at zero interest and are forgiven over seven years. Loan Terms: 1% interest, for a term of 20 years. Deferred monthly loan payments for owners that cannot afford a monthly payment. Loans for disability modifications may be provided to zero percent interest subject to approval. The focus of this program is on rehabilitation, not remodeling of the home. The house must be in Pierce County, excluding the city limits of Tacoma and Lakewood.

HOME REPAIRS PIERCE COUNTY

<https://www.piercecountywa.gov/1283/Home-Repairs/> : 253-798-4400 (Option 2).

The Pierce County Human Services **Home Repair Program** is funded through a Community Development Block Grant (CDBG) from the U.S. Department of Housing and Urban Development (HUD). The program provides home repairs to income eligible populations in the form of a grant.

HOME WEATHERIZATION -PIERCE COUNTY

<https://www.piercecountywa.gov/1290/Home-Weatherization/> : 253-798-4400 (Option 3).

The Weatherization Assistance Program (WAP) enables low-income families to reduce their energy costs by increasing the energy efficiency of their homes while ensuring their health and safety. Eligibility is determined by several factors, including the number of people in your household, income sources and more. Pierce County Human Services provides weatherization services to qualifying low-income residents outside the city limits of Tacoma.

HOME WEATHERIZATION PLUS HEALTH

<https://www.piercecountywa.gov/1290/Home-Weatherization/> : 253-798-4400 (Option 3).

The Washington State legislature expanded its investment in healthy, safe and energy efficient weatherization to include improvements that help children and adults combat asthma and other respiratory issues. This program initiative, called Weatherization Plus Health, combines weatherization improvements in low-income homes with measures that reduce health risks and health costs for impacted families.

REBUILDING TOGETHER SOUTH SOUND (RTSS)

<https://rebuildingtogether.org/> : 253-238-0977, 4019 South Orchard Street, Tacoma 98466

Rebuilding Together South Sound's mission is repairing homes, revitalizing communities, and rebuilding lives with a vision of safe homes and communities for everyone. Our programs provide home modifications and repairs at no cost in the homes of low-income seniors, people with disabilities and families with children who live in Pierce County and the Cities of Federal Way

and Auburn. Our work preserves the existing affordable housing stock and neighborhoods of our communities. By improving the quality of existing homes, we reduce the growing need for other affordable housing options. Visit the website for information on programs, applications, and Q&A.

REPAIR OPTIONS PIERCE COUNTY

<https://www.piercecountywa.gov/498/Home-Repair-Options/> : 800-647-0982.

[State of Washington Department of Labor and Industries](#) L&I, 360-902-5800,
7273 Linderson Way SW, Tumwater 98501

Provides information on contractors, plumbers and electricians who are licensed and bonded in Washington State to all income levels.

SENIOR HOUSING

ADULT FAMILY HOMES

ADULT FAMILY HOMES KEY PENINSULA

GAPP FAMILY HOME

<https://www.facebook.com/GAPPAFH/> : 253-857-7183, 8725 WA -302, Gig Harbor.

To enhance the lives of individuals with developmental disabilities in South Puget Sound by providing opportunities for education, employment, housing, social support, and increased community awareness.

REST STOP ADULT FAMILY HOME

<https://www.reststopafh.com/adult-family-home-services/> : 253-884-2103

15619 53rd Street NW, Lakebay 98349

Rest Stop Adult Family Home offers a compassionate assisted living environment for your loved ones. We cater to residents with a diversity of needs, from young adult residents with developmental disabilities to older adults. Our home, which is wheelchair accessible, is licensed to house six residents and conveys an intimate atmosphere in which one can relax in privacy or share the company of others. Our home includes a licensed nurse who provides exceptional medical care to our residents. This enables us to treat residents with significant medical conditions, such as diabetes, emphysema, and MS.

ADULT FAMILY HOMES IN PIERCE COUNTY

<https://www.piercecountywa.gov/388/Adult-Family-Homes/>. 930 Tacoma Ave S, Tacoma 98402

There are more than 200 Adult Family Homes in Pierce County. The best source of information for Adult Family Homes in Pierce County is through the [Washington State Aging and Disability](#)

[Services Administration of the Department of Social and Human Services.](#) Apply for assistance, 877-501-2233

ASSISTED LIVING HOMES

THE MUSTARD SEED VILLAGE

<https://mustardseedvillage.org> : 253-649-5080, 9115 154th Ave Ct. NW, Lakebay 98349

The Village is the first assisted living project on the Key Peninsula, providing a much-needed community for seniors to age in place. It features three homes under one long roof, two for assisted living and one for memory care. The Village is an integral part of The Mustard Seed Project -designed to enhance the lives of elders, their families, and the entire Key Peninsula community.

HAVEN IN ALLYN

<https://www.haveninallyn.com/> : 360-277-0636, 180 E Wheelwright S., Allyn, 98524

Haven in Allyn Assisted Living/ Memory care and Home Care agency offers multiple Senior Care Service. We are located 90 minutes (about 1 and a half hours) from Seattle, about 20 miles from Gig Harbor, a gem nested away, on the Hood Canal. Our wide range of personal care services include Assisted Living, Home Care, Adult Day Health, Memory Care and Respite Care. With our qualified team of RN, LPNs, and Caregivers available, 24 hours a day, 7 days a week, this allows us to meet the needs of our clients and their families.

ASSISTED LIVING -PIERCE COUNTY <https://www.piercecountywa.gov/395/Assisted-Living/>. Several locations.

An assisted living residence is a special combination of housing, personalized supportive services and health care designed to meet the needs - both scheduled and unscheduled - of those who need help with activities of daily living.

AGENCIES THAT HELP WITH SENIOR HOUSING

CATHOLIC COMMUNITY SERVICES (CCS) PIERCE COUNTY <https://ccsww.org/get-help/services-for-seniors-people-with-disabilities/senior-housing/> : 206-328-5696.

Aging in place can be a daunting task for people who do not have a safety net of family or other support. Our Senior Housing projects provides rental subsidies from HUD (Housing and Urban Development), onsite social services, and partnerships with other providers to ensure residents have what they need to live in dignity and age in place in their homes. The Website has a list of Senior Housing Properties.

FAIR HOUSING RESOURCES -PIERCE COUNTY

<https://www.piercecountywa.gov/3408/Fair-Housing-Resources/>.

Pierce County is committed to affirmatively further fair housing in our community by working to remove impediments to fair housing choice. The U.S. Department of Housing and Urban Development (HUD) [Fair Housing Planning Guide](#) defines impediments to fair housing choice as: Any actions, omissions, or decisions taken because of race, color, ancestry, national origin, religion, sex, disability, marital status, familial status, or any other arbitrary factor which restrict housing choices or the availability of housing choices.

Any actions, omissions, or decisions which have the effect of restricting housing choices or the availability of housing choices on the basis of race, color, ancestry, national origin, religion, sex, disability, marital status, familial status, or any other arbitrary factor.

LONG-TERM CARE RESIDENTIAL OPTIONS PIERCE COUNTY

<https://www.dshs.wa.gov/altsa/residential-care-services/long-term-care-residential-options/>.

Pierce county has a set of distinct types of homes or facilities where a person can live and get care services in a residential setting. One important consideration is whether the person will be using state funds ([Medicaid](#)) to pay for care. If state funds are used, the home, or facility is required to be licensed by Washington State and accept Medicaid payment for residents. Options include state licensed and not state licensed, nursing homes, adult family homes, assisted living facilities and retirement living.

SENIOR HOUSING OPTIONS PIERCE COUNTY

SENIOR HOUSING OPTIONS PIERCE COUNTY

Looking for housing options for yourself, an aging parent, relative, or friend? It can be complicated, confusing, and exhausting. Wherever you are in the process, do not hesitate to call the Pierce County Aging & Disability Resource Center (ADRC) for localized help at **(253) 798-4600 or (800) 562-0332**.

SENIOR AND DISABLED LIVING RESOURCES

[Retirement Homes & Retirement Communities](#)

[Adult Family Homes](#)

[Assisted Living](#)

[Skilled Nursing Homes](#)

[Respite Care](#)

[COPES](#)

SENIOR HOUSING INDEPENDENT LIVING RESOURCES (PIERCE COUNTY)

[Home Ownership](#)

[Condominiums & Mobile Home Parks](#)

[Rental Apartments & Houses](#)

[Low-Income Senior Apartments](#)

[Section 8](#)

[Shared Housing](#)

SENIOR HOUSING ASSISTANCE GROUP (SHAG)

<https://www.housing4seniors.com/> : 844-592-7424.

61+ ACTIVE ADULT APARTMENT HOME LIVING.

SHAG has served the Puget Sound region for over three decades. We have the expertise and passion for creating apartment homes for active agers 61+ who desire more than just a home. Here, the ultimate amenity is community. Experience freedom, fun, and friendships all under one roof. This is your time, and we have just the place where you can make it your best life. You will find that an active, carefree, and sustainable lifestyle in a community of friends is well within your reach.

TACOMA PIERCE COUNTY COALITION TO END HOMELESSNESS

<https://www.pchomeless.org/>. The Tacoma Pierce County Coalition to End Homelessness is a network of individuals, non-profit organizations, government agencies, faith communities, and community businesses working together to end homelessness. Our end goal is to help folks establish safe housing as quickly as possible and help them to retain that housing, so their homeless episode is short and never repeated. The coalition's work addresses many of the factors that drive homelessness.

FURNITURE TO DONATE, IN NEED OF FURNITURE?

NW FURNITURE BANK.

<https://www.nwfurniturebank.org/> : 253-302-3868, 117 Puyallup Ave, Tacoma, 98421

Call first, Tuesday – Saturday, 9am to 4pm.

Dozens of agencies work with the homeless, domestic violence victims and low-income population providing temporary housing and recovery programs, but when their clients complete the programs, they may have new housing and a new focus for their life, but they often have no furniture. NW Furniture Bank meets these needs by providing furniture to those transitioning into their own homes. Furniture is also available for foster children who are out of the program, and for people who lose all their possessions in natural disasters such as fire or flood. The NW Furniture Bank strives to give their clients a bed to sleep on, a sofa to sit on, and a table to eat from. Hundreds of volunteers are using their time, talents, and donated furniture to restore hope, dignity and stability to families that are working hard to rebuild their lives.

LEGAL SERVICES

ELDER LAW ATTORNEYS

ELDER LAW ATTORNEYS -PIERCE COUNTY

<https://www.piercecountywa.gov/427/Elder-Law-Attorneys/>.

The Pierce County Aging and Disability Resource Center provides this list as a convenience to consumers. We do not recommend or endorse any individual or company. Consumers should

always ask for references and proof of professional licensing.

Elder law attorneys understand and work with Medicaid law, trusts, estates, wills, tax law and more.

TACOMA-PIERCE COUNTY BAR ASSOCIATION LAWYER REFERRAL

<https://www.tpcba.com/public/lawyer-referral-service/> : 253-383-3432, 945-Fawcett Ave, Suite C, Tacoma.

The Lawyer Referral Service connects callers with legal resources. If you can pay to hire an attorney, we schedule an initial 30-minute phone consultation with the appropriate type of attorney for most legal problems. The non-refundable fee is \$40 payable by VISA or MasterCard. Services beyond the 30-minutes consultation is between you and the attorney at regular attorney rates.

Kerry Brink

<https://www.vjglaw.com/kerry-brink/> : 253-383-3791, 1201 Pacific Ave. Suite 1900, Tacoma.

Kerry Brink brings experience, insight, and compassion to her practice in the areas of estate planning, probate, and elder law.

Heather L. Crawford

<https://tacoma-law.com/heather-l-crawford-partner-2/> : 253-565-3400, 1901 65th Ave W, #200 Tacoma. 98466

Since 2006, Heather's practice has focused on elder law issues involving probate and trust disagreements, guardianship, vulnerable adult protection orders, and powers of attorney,

Bryana Cross Bean

<https://crossbeanlegal.com/> : 253-327-3387, 4221 Harborview Dr. Gig Harbor, 98332.

Practicing in estate planning, elder law, probate, real estate, contracts and deeds, and business formation.

Judson Gray

<https://www.graylawtacoma.com/judson-chantry-gray/> : 253-759-1141, 4142 6th Ave, Tacoma, 98406. Monday – Friday, 8am to 4pm.

Includes guardianship, wills, probate, power of attorney, trusts, and estate planning.

Andrea McNeely

<https://gth-law.com/attorney/business-litigation-tacoma-attorneys-andrea-h-mcneely/> : 253-620-6486, 1201 Pacific Ave, Ste. 2100, Tacoma, 98402.

Business litigation, wrongful termination, regulatory retaliation, whistleblower, false claims act, marijuana and liquor, personal injury, discrimination and harassment, estate planning litigation.

Robert Michaels

<https://eldercarematters.com/listing/smith-alling-ps-34501/> : 253-627-1091, 1501 Dock Street, Tacoma. 98402.

Elder law, estate administration, estate planning, guardianship, Medicaid, power of attorney, probate law, retirement planning, and wills

Eileen Peterson

<https://gth-law.com/attorney/eileen-s-peterson/> : 253-620-6419, 1201 Pacific Ave, #2100, Tacoma, 98402.

Asset protection, disposition authorizations, estate planning, estate taxes, gifts, guardianships, health care directives, life insurance trusts, power of attorney, prenuptial agreements, probate, revocable living trusts and wills.

Terrence Posey

<http://www.posey-law.com/> : 253-383-1014, 1119 A Street, Ste 101, Tacoma, 98401.

We believe we can earn your trust by offering expertise in Medicaid planning, long term care, nursing homes, asset transfers, gifts and estate tax, power of attorney, guardianships, wills, and trusts.

Timothy Williams

<https://tewilliamslaw.com/> : 253-591-7088, 5302 Pacific Ave, Tacoma 98408.

Timothy Williams is an experienced Washington elder law attorney devoted to estate planning and administration, probates, guardianships, special needs trusts for the elderly disabled, mentally and those with development disabilities, Medicaid, long term care planning, estate preservation. While he does not give free consultations, his rates are reasonable.

Jonete Rehmke

<https://www.rehmkelaw.com/> : 253-460-3190, 1021 Regents Blvd, Fircrest, 98466.

Practices include elder abuse, Medicaid planning, civil litigation, estate planning, special needs law, probate, guardianship, and elder care mediation.

Be sure to inquire about fees at the outset.

For complaints against attorneys, contact The Washington State Bar Association at: 800-945-9722 or www.wsba.org/. 206-443-9722. 1325 Fourth Ave #600, Seattle 98101

For peer reviews of attorneys, contact www.avvo.com.

OTHER LEGAL SERVICES

FREE CIVIL LEGAL AID PIERCE COUNTY <https://tacomaprobono.org/> : 253-572-5134, 621 Tacoma Ave S, Ste 302, Tacoma.

Tacoma

probono changes lives, fights systemic racism, and works against chronic poverty by providing access to timely, effective, professional civil legal aid services for low-income clients. We are focused on providing efficient, dignified solutions to legal issues affecting basic human needs such as housing and family safety.

IDENTITY THEFT PIERCE COUNTY

<https://www.piercecountywa.gov/511/Identity-Theft/> : 253-798-4600.

The information contained on this website has been compiled by the Aging & Disability Resource Center, a trusted source.

To report identity theft in Washington State. Go to <https://www.identitytheft.gov/#/>.

SOUND OUTREACH

<https://soundoutreach.org/> :253-593-2111, 1106 Martin Luther King Jr. Way, Tacoma, 98405.

Sound Outreach helps Pierce County residents experiencing low and/or fixed incomes build financial security through financial coaching, job training, and other connected services. Our Financial and Employment Coaches provide guidance and tools focused on increasing household income, attaining relief from predatory loans, improving credit scores, achieving high-wage jobs, and realizing long-term financial goals. Our services are always free; it is our mission to stabilize, elevate, and motivate our clients to greater heights.

Hours:

Mon –Thurs, 8:30 am -5:00 pm.

Friday by appointment.

WASHINGTON LAW HELP

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

Washington Law Help is a guide to free civil legal services for low-income persons and seniors in Washington. This site provides legal education materials and tools that give you basic information on a handful of legal problems, and in some cases, detailed instructions, and forms to help you represent yourself in court. You can also locate information on free legal aid programs in Washington, including basic eligibility and contact information.

WASHINGTON STATE PRO BONO COUNCIL

<https://www.probonocouncil.org/>. 1239 120th Ave NE, Suite J, Bellevue, 98005

Washington Pro Bono Council members provide **free legal aid services**. Sometimes difficult things happen in life, like losing a job, facing eviction from a home, or experiencing trauma like domestic violence or sexual assault. Many people having these experiences could benefit from legal help, but they do not know where to turn or cannot afford a lawyer.

Civil legal aid is a combination of free services and resources that nonprofit organizations provide to people who cannot afford legal help otherwise A lawyer can help you navigate the confusing legal system to see if there is a legal solution that can help you improve your situation. Civil legal aid is different from criminal representation. This is not intended to be a resource for people accused of a crime.

MEDICAL EQUIPMENT

ANGEL GUILD THRIFT SHOP

253-884-9333, 9017 Key Peninsula Highway (In the “Corral”) NW, Key Center.

Call ahead, sometimes the Guild has small medical equipment for sale at a nominal price. Angel Guild accepts vouchers from Key Peninsula Community Services.

Hours: Thursday -Saturday 10:00 am– 4:00 pm.

APRIA HEALTHCARE

<https://www.apria.com/locations/> : 253-922-3481, **888-492-7742** for a location near you, 405 Black Hills LN SW, Olympia. Locations in Fife, WA and Bremerton, WA as well.

Through our home respiratory therapy, sleep therapy, pharmacy network, negative pressure wound therapy and home medical equipment, we are here to ensure patients receive the care they need.

DONOR CLOSET

<http://www.mshh-donorcloset.com/> : 253-327-1033, **3635 S. Lawrence St. Suite E., Tacoma, 98409. Thursday, Friday & Saturday, 10am to 3pm.**

When durable medical and mobility equipment is no longer needed most people feel that the right thing to do is pass it along so it can help someone else. That is where MSHH comes in. We are all volunteers who accept donations of this good equipment, refurbish it, and make it available to others at a very affordable “suggested minimum donation” amount. And, because we are a 501 (C)3 non-profit charity, the money that we take above our expenses is made available to assist those in Washington, Northern Idaho, Montana, and Alaska with Multiple Sclerosis. We do not charge tax and your donations may be tax deductible.

FRANCISCAN HOME MEDICAL SUPPLY

https://www.vmfh.org/find-a-location/franciscan-pharmacy-and-home-medical-supply-at-st-anthony-291899?utm_source=local-listing&utm_medium=organic&utm_campaign=website-link : **253-426-6912 St. Anthony’s Hospital; 1511 Canterwood Blvd. NW, Suite 220, 98332.**

Larger supply is available at St. Joseph’s Hospital in Tacoma.

Hours: Monday – Friday, 9:00 AM – 5:00 PM (closed for lunch 12:30 PM – 1:00 PM).

THE HUB THRIFT STORE AND CENTER FOR SENIORS

<https://hubhappenings.org/> : **360-275-0535, 111 NE Old Belfair Hwy, 98528.**

Mon – Thurs, 9am to 4pm.

Faith in Action helps their senior and disabled neighbors remain independent and in their homes through a variety of free, volunteer-based services. These services include escorted transportation to appointments and shopping, minor home repairs, respite care, yardwork, housework and more. They provide in-kind donations, advocacy, and referrals. They have a Hub Center for Seniors and

provide meals, exercise, educational, recreational, and social opportunities for the under-served and disabled residents of north mason county.

OLYMPIC PHARMACY

<https://olympicpharmacy.com/Products.html/> : 253-858-9941 x2003, 4700 Point Fosdick Dr, Gig Harbor, 98335. Suite 120.

Olympic Pharmacy believes that their patients need choices. Their product selection caters to patients from all social classes; from the smallest child to the most active adult, they have it all. In their extensive retail store, which stocks a wide range of personal hygiene products, over-the-counter medications, and much more, you are sure to find the most complete inventory.

WHEELCHAIR HAVEN

<https://www.wheelchairhaven.com/> : 253-926-8971, 8411 Pacific Hwy E, Tacoma, 98422.

Wheelchair Haven is your one stop shop for everything you need for home medical equipment. They offer new and used equipment, a wide variety of accessories AND service or repairs if needed! Wheelchair Haven is a locally owned and operated store dedicated to helping and supporting the senior community. Give them a call today for more information or stop on by! They look forward to finding the perfect medical equipment you need to live comfortably without breaking the bank. (or 866-926-8971)

Hours:

Tuesday – Friday: 10:00 AM – 6:00 PM

Saturday: 10:00AM - 3:00 PM.

FOOD SHOPPING AND MEALS

FOOD SHOPPING

THE MUSTARD SEED PROJECT – KEY PENINSULA SENIOR RIDE PROGRAM

<https://themustardseedproject.org/key-peninsula-senior-ride-program/> : 253-884-9814

9016 154th Ct NW, Lakebay, 98349.

Screened volunteers provide free door-to-door transportation in their own vehicles. To qualify, riders must live on the Key Peninsula, be aged 60 or older or a medically disabled adult over the age of 18 with a combined household income of \$3,000 or less after subtracting rent/mortgage and out-of-pocket medical expenses. All rides must be scheduled with 7 business days advanced notice (business days are Monday through Friday). Eligible adults can request round-trip rides for medical appointments, grocery shopping, social outings and more. This program is made possible through our partnership with Catholic Community Services. Though this service is free, donations are always welcome.

KEY PENINSULA COMMUNITY SERVICES (KPCS)

<https://www.keypeninsulacommunityservices.org/> : 253-884-4440

17015 9TH St Ct NW, Lakebay, 98349.

Once monthly KPCS takes seniors on a shopping trip to Port Orchard. Please contact KPCS, 253-884-4440 for specific dates and times.

HOME DELIVERED MEALS

AGING AND DISABILITY RESOURCE CENTER (ADRC) PIERCE COUNTY

<https://www.piercecountywa.gov/489/Home-Delivered-Meals/> : 253-798-4600.

The Home-Delivered Meals Program (known elsewhere as 'Meals on Wheels') delivers nutritionally balanced meals during the day to homebound persons - people with disabilities, seniors, people recuperating at home or who have limited mobility, people who have limited mobility or who cannot cook. The meals are delivered frozen, ready for microwave or oven. Usually, a whole week's worth of meals are delivered at a time. Special diet meals are available. Unlike frozen meals purchased at the grocery store, these meals assure individuals receive at least one nutritionally healthy, balanced meal each day. Catholic Community Services, Lutheran Community Services Northwest and Mom's Meals provide home-delivered meals.

CATHOLIC COMMUNITY SERVICES (CCS)

<https://ccsww.org/get-help/services-for-seniors-people-with-disabilities/home-delivered-meals/> : 253-474-1300 or 206-328-5696. 100 23rd Ave S, Seattle, 98144.

The Home-Delivered Meals Program offers frozen home-delivered meals for older people who are unable to leave their home to shop or prepare nutritious meals. The meals are prepared with the special dietary needs of seniors in mind and are adaptable to a variety of special diets. There are 30 entrees and five breakfast choices. Complete nutritional information and 'sight impaired' menus are available upon request. Contact Catholic Community Services at 253-474-1300.

The application process is to contact the Catholic Community Services Home-Delivered Meals Program at (253) 474-1300. The staff will complete the application by phone. The assessor will call the client to verify the information on the application and set up a delivery schedule.

HOT MEALS -DELIVERY, PICK-UP OR DINE IN

THE MUSTARD SEED PROJECT OF KEY PENINSULA

<https://themustardseedproject.org/services/> : 253-884-9814

9016 154TH ST SW, Lakebay, 98349.

Please call for information.

KEY PENINSULA COMMUNITY SERVICES

<https://www.keypeninsulacommunityservices.org/> : 253-884-4440

17015 9TH St Ct NW, Lakebay, 98349.

Key Peninsula Community Services offers meal pick-up, delivery and dine in.

1. **All meals** currently provided by KPCS are **Hot Meals**. We provide 4 meals a week, Tuesdays through Fridays unless it is a Holiday.

2. People can Dine in or Pick Up at KPCS. The suggested donation for each meal is \$3.00 for adults aged 60 or more.
3. People 60 and under can participate in the meal program, however they are **required** to donate \$5.00. They also need to enroll in the program before reserving meals.
4. There are no Income Requirements for any age. The Dine in time is 12pm.

GIG HARBOR UNITED METHODIST CHURCH OPEN TABLE MEALS

<http://www.ghumc.org/> : 253-851-2625, 7400 Pioneer Way, Gig Harbor, 98335.

Open Table is a Gig Harbor UMC ministry that exists simply to provide FREE, HOT meals to the community and bring people together for fellowship. Dinner served on the 3rd Monday of the month at 5:30 pm

CORNERSTONES

<https://www.chapelhillpc.org/> : 253-851-7779, 7700 Skansie Ave, Gig Harbor, 98335.

Cornerstones Fellowship group for fifty-five and older meets at Chapel Hill Presbyterian Church on the third Tuesday of each month at 5:00 PM for a full meal, including dessert and entertainment (\$10), It is a mixed group where “all” are welcome. Call ahead for more information.

PIERCE COUNTY MEAL SITES

<https://www.piercecountywa.gov/553/Meal-Sites>.

Meal sites do more than just provide a nutritious meal. They may offer a variety of educational and recreational activities, services, and events in addition to regularly scheduled meals. Often, these programs surround the meal service. Call in advance to learn about these special programs. Each location is different. Some meal sites serve special ethnic menus on various days.

If you have any questions about this information, please call the Aging & Disability Resource Center at (253) 798-4600 or (800) 562-0332.

RECREATION, EXERCISE and ACTIVITIES

Check the monthly Key Peninsula News and Senior Scene (available at the Key Center Library & The Mustard Seed Project) for special activities & events.

THE MUSTARD SEED PROJECT OF KEY PENINSULA

<https://themustardseedproject.org/services/> : 253-884-9814

9016 154TH ST SW, Lakebay, 98349. “The Crandall Center.”

The Mustard Seed Project promotes independent living and quality of life for seniors residing on the Key Peninsula in western Washington by providing services and programs in five focus areas: transportation, information & referral, health and wellness, senior housing options, and community education.

CORNERSTONES

<https://www.chapelhillpc.org/> : 253-851-7779, 7700 Skansie Ave, Gig Harbor, 98335.

Cornerstones Fellowship group for fifty-five and older meets at Chapel Hill Presbyterian Church on the third Tuesday of each month at 5:00 PM for a full meal, including dessert and entertainment (\$10), It is a mixed group where “all” are welcome. Call ahead for more information.

HEALTHY AGING TIPS PIERCE COUNTY

<https://www.piercecountywa.gov/480/Healthy-Aging>. - needs checking

The International Council on Active Aging (ICAA), the world's largest association for the senior fitness and wellness industry, and members of its renowned advisory board have posted 30 tips to this website. The tips are specifically aimed at helping older adults become and stay physically active.

KEY CENTER LIBRARY

<https://summerreading.pcls.us/signup/> : 253-548-3309

8905 Key Peninsula Hwy NW, Lakebay, 98349.

Reading is an important way to stay engaged during the summer. The library provides reading experiences for all ages to find enrichment and enjoyment in reading, minimize the summer slide, and maintain academic skills. Interest-based reading has been proven to improve school success and it is also fun!

KEY PENINSULA SENIOR SOCIETY

<https://www.kpciviccenter.org/> : 360-509-5959, 17010 S Vaughn Rd NW, Vaughn, 98394.

Key Peninsula Senior Society meets on Thursdays 12:00 pm to 4:00 pm at the KP Civic Center in Vaughn for food, fellowship, and games. Potluck starts at noon, followed by activities. Office hours are 9am to 3pm, Tuesday – Friday.

KEY SINGERS

<http://www.kplutheran.com/> : 253-884-5615, 4213 Lackey Rd NW, Lakebay, 98349.

The choir meets on Tuesdays at 7:00 PM. Please call ahead to confirm the date and time.

KEY PENINSULA COMMUNITY SERVICES

<http://www.keypeninsulacommunityservices.org> : 253-884-4440, 17015 9th Street Ct. NW, Lakebay, 98349.

KPCS had a modest start as a small Food Bank serving local people at risk of hunger. Since then, we have grown to a robust program offering Food Baskets, Commodities, a Bread Closet, sit-down meals, and a Senior Center. Phone ahead to check on services and activities that are available each month or check the website.

KEY PENINSULA PARKS

<https://www.keypenparks.com/> : 253-884-9240, 10405 State Route 302, Gig Harbor (Gateway Park).

Key Pen Parks is dedicated to serving our community and its residents. We are deeply committed to the enhancement and preservation of our community's quality of life. In partnership with our residents, we will always strive to provide and promote the highest quality leisure and recreation environment.

LAKEBAY FUSCHIA SOCIETY

<http://www.nwfuchsiasociety.com> : 253-884-2283, 17010 S Vaughn Rd, Vaughn.

Lakebay Fuchsia Society meets the first Thursday of the month at 7:00 PM at Vaughn Civic Center or otherwise listed (no meetings in September, December, and January). Myvanwy Shirley, President.

SHARE AND CARE <https://www.chapelhillpc.org/> : 253-851-7779

7700 Skansie Ave, Gig Harbor, 98335.

Single senior women meet at 12:30 PM the first Tuesday of the month for lunch and conversation. Call the head receptionist, Dawn, for more information.

TACOMA COMMUNITY COLLEGE AT GIG HARBOR – site removed

<https://www.tacomacc.edu/about/campuses/gig-harbor-campus/gig-harbor-campus/> :

253-460-2424, 3993 Hunt St NW, Gig Harbor, 98335.

To access TCC's senior programs and services, dial 253-460-2356. The college offers a variety of classes such as art, computer courses, digital and music as well as other credit and non-credit academic courses. Fees apply.

TOASTMASTERS

<https://www.toastmasters.org/Find-a-Club/00003409-key-peninsula-toastmasters-club> :

253-514-3393, (Way Point Church) 12719 134th Ave NW, Gig Harbor, 98329.

Toastmasters meets Thursdays at 8:00 am at Way Point Church, Gig Harbor. There is no membership restriction, the club is open to all interested parties.

TOM TAYLOR FAMILY YMCA

<https://www.ymcapkc.org/locations/tom-taylor-family-ymca> : 253-853-9622, 10550 Harbor Hill Dr, Gig Harbor, 98332

The Y is the leading nonprofit committed to strengthening community by connecting all people to their potential, purpose, and each other. Working locally, we focus on empowering young people, improving health and well-being, and inspiring action in and across communities. By bringing together people from diverse backgrounds, perspectives, and generations, we ensure that we all have access to the opportunities, relationships, and resources necessary to learn, grow, and thrive. Programs of the Gig Harbor Family YMCA include water exercise, yoga, stretching exercises, and other fitness programs. See website for current class schedules. Call for fee/membership information and current schedules. Discount rates for seniors are available.

RESPITE CARE & ADULT DAY PROGRAMS

RESPITE CARE - Respite care provides short-term relief for primary caregivers. It can be arranged for just an afternoon or multiple days or weeks. Care can be provided at home, in a healthcare facility, or at an adult day center.

ADULT DAY PROGRAMS - Adult Day Care meets social and therapeutic needs of elderly and disabled persons. A midday meal is also served. Some funding is available to pay for services. Specialists at the centers work to seek out alternate funding sources for those in need. In addition, there may be funding available for veterans through the VA.

HAVEN IN ALLYN

<https://www.haveninallyn.com/> : 360-277-0636, 180 E Wheelwright St, Allyn, 98524.

Haven in Allyn has been a family-centric assisted living agency for over 10 years; offering an exceptional level of memory and home care service for their residents and at-home patients. The Haven is located 90 minutes (about 1 and a half hours) from Seattle, and about 20 miles from Gig Harbor. They serve Mason, Kitsap, and Pierce Counties, and accept new residents from across the state. The Haven's location is breathtaking, peaceful, and restful. Truly a gem nestled away, on the Hood Canal. There is much to do and so much natural beauty to take in.

PIERCE COUNTY ADULT DAY SERVICES

<https://www.piercecountywa.gov/387/Adult-Day-Services> . 930 Tacoma Ave S, Tacoma 98402

Provided at four sites in Pierce County, Adult Day Care meets social and therapeutic needs of elderly and disabled persons. A midday meal is also served. Some funding is available to pay for services. Specialists at the centers work to seek out alternate funding sources for those in need. In addition, there may be funding available for veterans through the VA.

PIERCE COUNTY RESPITE CARE FOR ADULTS AND SENIORS

<https://www.piercecountywa.gov/2268/Respite-Care-for-Adults-Seniors> .

Resources available in Pierce County, Facilities that provide adult respite care in Pierce County.

SENIOR INFORMATION AND REFERRAL

Senior Information and Referral programs provide answers to questions about services, assessment of needs, and referral to local services. They provide help with identification of assistance sources, applications for programs and services, and advocacy on important senior issues.

KEY SENIOR INFORMATION CENTER (KSIC) (a program of The Mustard Seed Project)

<https://themustardseedproject.org/> : 253-884-9814, 9016 154TH Ave CT NW, Lakebay 98394.

Trained volunteers provide confidential face-to-face information and referral services Tuesday through Thursday 1 pm to 4 pm. Call ahead to make an appointment. Office is open on Monday - Friday, 10:00 AM - 4:00 PM (The Crandall Center)

AGING AND DISABILITY RESOURCES (ADRC)

<https://www.piercecountywa.gov/2128/About-Aging-Disability-Resources/>

253-798-4600, 1305 Tacoma Ave S #104, Tacoma, 98402.

This is the Pierce County Area Agency on Aging. ADRC provides expert guidance and an access point for those seeking information and assistance regarding programs or services available to older adults or adults with disabilities. This service can range from a brief phone conversation to more in-depth discussion in the home setting. Phone lines are open on Monday - Friday; 9:00 AM – 4:00 PM.

The Aging and Disability Resources Program offers a wide range of community-based services that allow older adults and adults with disabilities to remain at home if possible. These services address the needs of frail, older and functionally disabled adults living in Pierce County.

NATIONAL COUNCIL ON AGING (NCOA)

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

We believe every person deserves to age well. That is why we are on a path to improve the lives of 40 million older adults by 2030. Learn about the work we do, the people we serve, and why equitable aging matters now more than ever.

SENIOR CITIZEN RESOURCES -PIERCE COUNTY

<https://www.piercecountywa.gov/709/Senior-Citizen-Resources> . **2401 S 35th St, Room 142, Tacoma, 98409. 253-798-6111.**

The Pierce County Assessor-Treasurer's Office has compiled a variety of information to assist you in maximizing your senior citizen benefits and services. Please feel free to contact us or these agencies directly regarding questions about the benefits and services offered.

Aging and Disability Resources

Benefits CheckUp

Chemical Dependency Services

City of Tacoma

Developmental Disabilities

Frequently Asked Questions

Housing Assistance and Programs

National Council on the Aging

Ombudsman Program

Pierce Transit

Senior Citizen and People with Disabilities Deferrals

Senior Citizen and People with Disabilities Exemptions

Social Security Administration

Sound Outreach Financial Coaching & Services

Tacoma Area Coalition of Individuals with Disabilities (TACID)

SOUND OUTREACH

<https://soundoutreach.org/> : 253-593-2111, 1106 Martin Luther King Jr. Way, Tacoma, 98405.

Sound Outreach helps Pierce County residents experiencing low and/or fixed incomes build financial security through financial coaching, job training, and other connected services. Our Financial and Employment Coaches provide guidance and tools focused on increasing household income, attaining relief from predatory loans, improving credit scores, achieving high-wage jobs, and realizing long-term financial goals. Our services are always free; it is our mission to stabilize, elevate, and motivate our clients to greater heights.

UNITED WAY OF PIERCE COUNTY

<https://www.uwpc.org/> : 253-272-4263, 1501 Pacific Ave Ste 400, Tacoma, 98402.

Dial 2-1-1 is a simple, easy to use dialing code to access health and human services in Pierce County. United Way of Pierce County has served our community since 1921. Our history is rooted in partnerships—bringing people from various levels of society together to improve conditions for children, families, and individuals. While that will never change, our role as a community fundraiser has shifted as the United Way movement has sharpened our focus to solve key community issues that are preventing people from meeting their full potential. Today we are leading change by breaking the cycle of poverty in Pierce County.

SUBSTANCE ABUSE

ALCOHOLICS ANONYMOUS (AA)

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

Alcoholics Anonymous has a solution. That is not an empty promise. A.A. has been helping alcoholics recover for more than 80 years. A.A.'s program of recovery is built on the simple foundation of one alcoholic sharing with another. If your drinking is out of control, A.A. can help.

FIND AN AA MEETING NEAR YOU: <https://www.aa.org/find-aa/> .

AA MEETINGS

GATEWAY PARK, 10405 WA-302, Gig Harbor.

Meetings will be held **Monday – Friday 6:00 pm.**

KEY PENINSULA COMMUNITY SERVICES:

253-884-4440, 17015 9th St Ct NW, Lakebay.

Meetings are held on **Sundays and Fridays at 7:00 PM.**

GIG HARBOR UNITED METHODIST CHURCH:

253-851-2625, 7400 Pioneer Way, Gig Harbor.

Meetings are held on **Mondays at 1 pm, Wednesdays and Sundays at 8 pm.**

CELEBRATE RECOVERY

<https://www.celebraterecovery.com/> : **253-853-7878, 12719 134th Ave NW, Gig Harbor.**

Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain, or addiction of any kind. Celebrate Recovery is a safe place to find community and freedom from the issues that are controlling our life.

Meetings will be held on Fridays at 6:30 pm.

NA (NARCOTICS ANONYMOUS)

www.pcana.org/ : **253-531-8792.**

NA is a nonprofit fellowship of people who suffer from the disease of addiction. They meet on a regular basis to help each other stay clean and share their experience, strength, and hope. If you think you might have a drug problem, please call the Helpline, or attend a meeting.

FIND AN NA MEETING NEAR YOU: <https://www.na.org/find-na/> .

NA MEETINGS

KEY PENINSULA LUTHERAN CHURCH

253-884-3312, 4213 Lackey Rd NW, Lakebay.

Meetings held on Wednesdays 7:15 pm.

METROPOLITAN DEVELOPMENT COUNCIL (MDC)

<https://mdc-hope.org/> : **253-383-3921, 721 South Fawcett, Suite 204, Tacoma, 98402.**

Metropolitan Development Council (MDC) works with and advocates for people experiencing poverty to ensure access to services resources and tools needed to create a more equitable community.

MDC WITHDRAWAL MANAGEMENT

<https://mdc-hope.org/withdrawal-management/> .

Following a thorough assessment of community needs, MDC's 24/7 Withdrawal Management program realigned services and resumed taking patients on April 25, 2022. Guests will be served 24/7 on a walk-in basis at 721 Fawcett Avenue, with no prescreening required. Those seeking treatment can also call **(253) 593-2413** for assistance.

PENINSULA COUNSELING LLC – KEY CENTER -----check

[Peninsula Counseling LLC - Addiction Treatment in Gig Harbor, WA 98335 \(rehab-centers.org\)](http://PeninsulaCounselingLLC.com):

253-851-4600 or 888-779-5650, 3214 50th St Ct, suite 305, Gig Harbor.

Peninsula Counseling LLC has been offering alcohol and drug counseling to the Gig Harbor, WA area, including South Kitsap County, since 2008. We specialize in giving our clients the personalized, and individual attention they need and deserve to help stop and control their addiction problems. We have a passion for helping them achieve their goals in getting their lives back on track with the strength, courage, and knowledge to deal with their substance abuse.

SUPPORT GROUPS

CAREGIVER SUPPORT GROUP -THE MUSTARD SEED PROJECT

www.themustardseedproject.org/ : 253-884-9814, 9016 154th Ave Court NW, Lakebay, 98349.

A safe place for unpaid caregivers to join a support system who understands and learn about resources in the community. Call 253-884-9814 for the next meeting date.

ALZHEIMER'S

Please refer to page 10.

CANCER

AMERICAN CANCER SOCIETY

www.cancer.org/ : 800-227-2345.

The American Cancer Society is on a mission to free the world from cancer. Until they do, they will be funding and conducting research, sharing expert information, supporting patients, and spreading the word about prevention. All so you can live longer — and better. They are available **24 hours a day, 7 days a week.**

BEREAVEMENT/GRIEF

What is Bereavement?

Bereavement sometimes also referred to as grief, is a term used to describe the sense of loss felt when a loved one passes away. This sense of loss may contain a host of emotions, such as sadness, anger, guilt and/or frustration and anxiety, and the period immediately following the death is often referred to as the mourning period. People who are acutely bereaved or grieving may also be described as “in mourning” for the deceased.

MULTICARE HOSPICE AND GOOD SAMARITAN

<https://www.multicare.org/services-and-departments/multicare-home-health-hospice/support-resources/grief-services/> : 253-301-6400.

Multicare offers ongoing opportunities to attend grief support groups. They hold eight-week educational support groups in various locations in South King, Pierce, and Kitsap counties. Groups fill up quickly, and we do require registration ahead of time to attend.

PORT ORCHARD GRIEF SHARE

https://www.griefshare.org/countries/us/states/wa/cities/port_orchard/

“Going to GriefShare feels like having warm arms wrapped around you when you’re shivering.” It may be hard for you to feel optimistic about the future right now. If you have lost a spouse, child, family member, or friend, you have found there are few people who understand the deep hurt you feel. This can be a confusing time when you feel isolated and have questions about things you have never faced before. For date, time, and location please visit the website.

TACOMA RECOVERY CENTER GRIEF AND LOSS SUPPORT

<https://www.tacomarecoverycenter.org/grief-loss-support/> : 253-533-9361, 1321 Martin Luther King Jr Way, Tacoma, 98405.

The Grief and Loss Support recovery groups touch on substance loss, death, relationships, loss of home, as well as family and/or financial hardships. For individuals who face loss, the Recovery Center discusses the circumstances, emotions, and responses to loss. Grief is the normal and natural response to loss; it is learning how to process and deal with a life that is different that makes us stronger. How does the recoveree respond to having a broken heart, feelings of rejection, solitude, and acceptance? Emotional support is provided through a licensed facilitator and by members with shared experiences.

VIRGINIA MASON FRANCISCAN HEALTH GRIEF SUPPORT SERVICES

<https://www.vmfh.org/our-services/hospice-palliative-care-grief-services/grief-services/natural-death-services.html/> : 206-223-6340, Joan Strecker.

Virginia Mason Grief Support Services offers individual and group services after natural death (such as cancer, heart disease). They provide information, referral, free short-term individual support, and free eight-week 2-hour group sessions on Zoom (pre-registration is required).

FAMILY CAREGIVER

FAMILY CAREGIVER SUPPORT PROGRAM (ADRC)

<https://www.piercecountywa.gov/1296/Family-Caregiver-Support/> : 253-798-4600 or 800-562-0332. 9am to 4pm.

The Family Caregiver Support program helps support and sustain the primary, unpaid caregiver providing continuous care for an older adult or a functionally disabled adult 18 years of age. We connect caregivers with the resources that will enable them to continue at-home care and make it possible for care recipients to continue to remain in their familiar environment.

THE MUSTARD SEED PROJECT

<https://themustardseedproject.org/> : 253-884-9814, 9016 154th Ave Ct NW Lakebay, 98349.

The Mustard Seed Project Caregiver Support Group is a safe place for unpaid caregivers, their families, and friends to exchange practical information on caregiving problems and practical

solutions, talk through challenges and ways of coping, share feelings, needs and concerns, and learn about resources available in the community. This group meets quarterly at the Crandall Center, 9016 154th Ave Ct NW, Lakebay. Call 253-884-9814, for information on the next meeting date and time.

PARKINSON'S DISEASE

AMERICAN PARKINSON DISEASE ASSOCIATION HEALTH AND WELLNESS PROGRAMS <https://www.apdaparkinson.org/community/northwest/resources-support/health-wellness-opportunities/washington-health-wellness-programs/> : **800-223-2732.**

The American Parkinson Disease Association works tirelessly every day to support and empower anyone who is impacted by Parkinson's disease (PD). Our nationwide network provides information and referral, education and support programs, health and wellness activities, and other events to facilitate a better quality of life for the PD community, while also funding vital research. It is this grassroots structure that distinguishes APDA from other organizations serving people with PD. They are here to help you and your loved ones every step of the way.

NORTHWEST PARKINSON'S FOUNDATION

<https://nwpf.org/about-us/> : **206-695-2905.**

At Northwest Parkinson's Foundation, it is their goal to partner with all people impacted by Parkinson's. NW Parkinson's is your local, independent 501(c)(3) nonprofit serving people impacted by Parkinson's in the Northwest since 1998. They are your NW Parkinson's organization. All funds raised in the Northwest stay here to meet the needs of our communities – from Alaska to Washington, Idaho, and Montana. The NW Parkinson's Foundation provides education and ninety support groups.

OTHER

PIERCE COUNTY BEHAVIORAL HEALTH -ANXIETY AND DEPRESSION

<https://www.tpchd.org/healthy-people/behavioral-health> : **253-649-1641.**

People with good behavioral health can navigate life, have positive relationships, and adapt to change. Poor mental health can lead to substance use disorder and other problems. There are stigmas that stop people from asking for services or support. Don't be afraid to reach out for help before things get out of hand.

PIERCE COUNTY SUPPORT GROUPS

<https://www.piercecountywa.gov/690/Support-Groups> : **253-798-4600.**

This website offers a menu of support groups. Always call first before attending. There are numerous support groups held throughout Pierce County on a wide range of topics.

TRANSPORTATION

DRIVING ASSESSMENT, DRIVING CLASSES

AARP DRIVING CLASS

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

AARP offers Smart Driver online and in person classes, taking these classes may reduce the amount of auto insurance a driver pays.

HARBOR SPEECH PATHOLOGY DRIVING ASSESSMENTS

<https://www.harborspeech.com/driving-assessments#:~:text=Our%20Services%20Harbor%20Speech%20Pathology,assessment%20takes%20about%20an%20hour/> : 253-851-0007, 5202 Olympic Dr. NW, Suite 100, Gig Harbor.

Worried about a loved one's driving? Call for more information about the DriveABLE assessment. Fee required for service. Medicare does pay a portion.

NO-COST AND LOW-COST TRANSPORTATION OPTIONS

Dial 211.

South Sound 211 can connect you to available transportation resources for seniors and people with disabilities, and others.

THE MUSTARD SEED PROJECT OF KEY PENINSULA KEY PENINSULA SENIOR RIDE PROGRAM

<https://themustardseedproject.org/services/> : **253-884-9814, 9016 154TH ST SW, Lakebay.**

The Mustard Seed Project provides two major types of senior transportation:

1.VOLUNTEER DRIVERS: Screened volunteers provide free door-to-door transportation in their own vehicles, to qualify, riders must live on the Key Peninsula, be aged 60 or older or a medically disabled adult over the age of 18 with a combined household income of \$3,000 or less after subtracting rent/mortgage and out-of-pocket medical expenses. All rides must be scheduled with 7 business days advanced notice (business days are Monday through Friday). Eligible adults can request round-trip rides for medical appointments, grocery shopping, social outings and more. This program is made possible through our partnership with Catholic Community Services. Though this service is free, donations are always welcome.

2.COMMUNITY SOLUTIONS MINIBUS: No income eligibility requirements. The Mustard Seed Project partners with Pierce Transit to provide this service to seniors and disabled adults on the Key Peninsula who require the use of a wheelchair lift to access medical appointments. Volunteer drivers are pre-screened, trained by Pierce Transit to operate the wheelchair lift equipped shuttle-style mini-bus, and must pass a defensive driving course. If you have Medicaid,

please check with your insurance to see if you qualify for paratransit for medical rides. We may offer more transportation options in the future, call 253-884-2216 for information.

Every rider is required to complete an ADA -application, to determine eligibility for partial or full transportation considerations. For rides and information, call 253- 884-2216.

CATHOLIC COMMUNITY SERVICES

<https://ccsww.org/get-help/services-for-seniors-people-with-disabilities/southwest-volunteer-transportation/> : **844-851-9380 (for Pierce/Kitsap Co).**

Rides for medical appointments, grocery shopping, paying bills, and more. Serve low-income clients. Call two weeks in advance to set up a schedule.

DISABLED AMERICAN VETERANS' TRANSPORTATION NETWORK

<https://www.dav.org/veterans/i-need-a-ride/> : **253-752-2970, 1110 N Stevens St, Tacoma.**

DAV is a nonprofit charity that provides a lifetime of support for veterans of all generations and their families, helping more than 1 million veterans in positive, life-changing ways each year. Last year, the organization provided more than 163,000 rides to veterans attending medical appointments and assisted in filing over 151,000 claims for benefits. In 2021, DAV-represented veterans received more than \$25 billion (about \$77 per person in the US) in earned benefits. DAV's services are offered at no cost to all generations of veterans, their families, and survivors.

KEY PENINSULA COMMUNITY SERVICES (KPCS) SENIOR SHOPPING DAY

<https://www.keypeninsulacommunityservices.org/> : **253-884-4440, 17015 9TH St Ct NW, Lakebay, 98349.**

Once or twice monthly KPCS takes seniors out to do their shopping. Please contact KPCS, 253-884-4440, for specific dates and times.

KP BUS CONNECTS

<https://www.facebook.com/KPBusConnects/> : **253-884-BUSS (2877).**

Here is the schedule for Bus Connects which runs when school is in session. Please call Bus Connects at 253-884-2877 for any questions/comments you have.

**FREE COMMUNITY TRANSPORTATION
FOR ALL AGES
TUES/WED/THUR AM & PM**

VAUGHN TUE/THUR MORNING
8:55 Vaughn Elementary School
9:01 Wright Bliss Rd NW @Olson Dr NW
9:02 Wright Bliss Road @104th St Ct NW
9:03 Union 76 @SR 302/4 Corners
9:06 SR 302 @150th Ave/Lake Holiday bus shed
9:08 SR 302 @140th Ave/Lake of the Woods
9:10 SR 302 @Charboneau Construction
9:13 Lake Kathryn Village
9:19 Purdy Park & Ride
VAUGHN WEDNESDAY MORNING
9:50 Vaughn Elementary School
9:51 Wright Bliss Rd NW @Olson Dr NW
9:52 Wright Bliss Road @104th St Ct NW
9:54 Union 76 @SR 302/4 Corners
9:57 SR 302 @150th Ave/Lake Holiday bus shed
9:58 SR 302 @140th Ave/Lake of the Woods
10:00 SR 302 @Charboneau Construction
10:03 Lake Kathryn Village
10:09 Purdy Park & Ride

for interactive map
keypennews.org/kpbus
or call 253-884-BUSS

EVERGREEN TUE/THUR MORNING
8:50 Evergreen Elementary School
8:59 Palmer Lake public access 24th St SW
9:00 Palmer Lake 21st St SW @193rd Ave
9:05 KPCS Senior Center & Food Bank
9:06 Home Gas Station @KP Hwy N
9:09 167th Ave Ct NW @KP Hwy N
9:13 Food Market in Key Center
9:15 KP Hwy N @Minterwood Dr NW
9:21 Lake Kathryn Village
9:30 Purdy Park & Ride
EVERGREEN WEDNESDAY MORNING
9:50 Evergreen Elementary School
9:54 Palmer Lake public access 24th St SW
9:55 Palmer Lake 21st St SW @193rd Ave
10:00 KPCS Senior Center & Food Bank
10:01 Home Gas Station @KP Hwy N
10:04 167th Ave Ct NW @KP Hwy N
10:08 Food Market in Key Center
10:10 KP Hwy N @Minterwood Dr NW
10:16 Lake Kathryn Village
10:24 Purdy Park & Ride

September 2022

PLEASE ALLOW ±10 MINUTES
YOUTH UNDER 12 MUST BE WITH ADULT NO BIKES

TUE/WED/THUR AFTERNOON
4:42 Purdy Park & Ride
4:47 Lake Kathryn Village
4:50 SR 302 @Windermere Realty
4:52 SR 302 @140th Ave/Lake of the Woods
4:53 SR 302 @150th/Lake Holiday bus shed
4:55 4 Corners gas station @SR 302
4:57 Wright Bliss Road @104th St Ct
4:58 Wright Bliss Road @Olson Dr
5:00 Food Market in Key Center
5:04 167th Ave Ct NW @KP Hwy N
5:08 Home Gas Station @KP Hwy N
5:10 KPCS Senior Center & Food Bank
5:13 Palmer Lake public access 24th St SW
5:14 Palmer Lake 21st St SW @193rd Ave
5:18 Evergreen Elementary School

A partnership with the KP Community Council, Puget Sound Educational Service District and the Peninsula School District.

PARATRANSIT SERVICES TRANSPORTATION FOR MEDICAID APPOINTMENTS

<https://www.paratransit.net/nemtbrokerage/> : 360-377-7176, (TTY [hearing impaired] 800-934-5438), 4810 Auto Center Way, Bremerton

Non-Emergency Medical Transportation (NEMT) is a federally mandated program managed in the State of Washington by the State Health Care Authority. It is a program that provides transportation to and from Medicaid-covered appointments for Medicaid clients. It also provides transportation assistance in the form of bus passes and fuel vouchers.

PIERCE COUNTY TRANSPORTATION OPTIONS

<https://www.piercecountywa.gov/701/Transportation-Options/> .

Options available are Pierce Transit, Orca Card, and No-Cost & Low-Cost Options. Visit the website for detailed information.

THE HUB (formerly Faith in Action) THRIFT STORE AND CENTER FOR SENIORS

<https://hubhappenings.org/> : 360-275-0535, 111 NE Old Belfair Hwy, 98528.

The Hub (formerly Faith in Action) helps their senior and disabled neighbors remain independent and in their homes through a variety of free, volunteer-based services. These services include escorted transportation to appointments and shopping, minor home repairs, respite care, yardwork,

housework and more. They provide in-kind donations, advocacy, and referrals. They have a Hub Center for Seniors and provide meals, exercise, educational, recreational, and social opportunities for the under-served and disabled residents of north mason county.

OTHER TRANSPORTATION OPTIONS

AROUND THE SOUND

<https://atstrans.org/> : 253-858-7088.

Private pay, credit, or debit card only. (prices may have changed)

Wheelchair riders \$85.00 round trip plus \$3.45 per mile.

Walking riders \$50.00 round trip plus \$3.00 per mile.

Cost for driver to wait \$65.00 per hour.

BREMERTON/KITSAP AIRPORTER

<https://www.kitsapairporter.com/> : 360-876-1737.

The airporter provides transportation to and from SEATAC airport. The pick-up is at Purdy Park & Ride. Adults: \$29.00 one way, no discounts available. (need to check on prices first) The Airporter can accommodate wheelchairs if you call ahead. Reservations required.

JOHN KOPP

253-549-5142 (text ok).

John will give rides from the Key Peninsula to the destination of the rider's choice. John's fee is \$3.00 per mile, minimum 10 miles. Call or text to schedule a ride.

KITSAP TRANSIT ACCESS

www.kitsaptransit.org/access/ : 800-422-2877 or 360-479-7272.

People living on the Key Peninsula can connect with this service at the Purdy Park and Ride.

ACCESS provides door-to-door or curb-to-curb transportation for elderly and disabled unable to use the fixed route transit system to medical appointments, shopping, visiting friends, or any other destination within Kitsap County.

To schedule rides on ACCESS, complete an eligibility application. Applications are online on the website. Rides require seven days' advance notice. Transportation is communal; seats are limited at certain times of day. A reduced fare is available by purchasing a bus pass.

KITSAP TRANSIT

www.kitsaptransit.com/ : 800-501-7433 or 360-373-2877.

Persons living on Key Peninsula can access this service at the Mullenix Park and Ride at Highway 16 and Mullenix interchange. Trips cost \$2 each way. Special rates are available for elderly and disabled. Call for route information or find routes online.

VETERANS

KEY PENINSULA VETERANS

<https://kpveteran.com/> : 253-884-2626, PO Box 501, Lakebay, 98349.

Active local groups help connect veterans and their dependents with available services. If you are a veteran or a family member of a veteran and need help in this challenging time, please let us know.

Key Peninsula Veterans meets on the first and third Mondays of each month at 7:00 PM at the Key Peninsula Lutheran Church, 4213 Lackey Road, Lakebay.

EBENEFITS ONLINE NATIONAL RESOURCE DIRECTORY

<https://www.ebenefits.va.gov/ebenefits/apply/> : 800-827-1000.

As a service of the Department of Veterans Affairs and the Department of Defense, the website has resources for benefits, compensation, employment, education/training, family/caregiver support, health, homeless assistance, housing, transportation/travel, check on DD-214 benefits, claims, or appeals.