

---

## TABLE OF CONTENTS

---

Emergencies/Poimawh nak	2
Government/Acozah	3
Financial Assistance/Phaisa lei in Bomk nak	5
Immigration & Refugee Services/Pemnak le Refugee caah bomh nak	6
Housing Rentals/Inn hlanh nak	7
Home Maintenance/Inn run ven nak	8
Apartment Rentals/Apartment hlanh nak	9
Home Ownership/Inn ngeitu	13
Transportation/Phorhnak	13
Hospitals & Clinics/Sii Zung le Clinics lei	14
Food and Clothing/Ei Le Din	18
Food & Clothing Banks/Ei dim Le Arki bomh nak	18-19
English Classes/Mirang ca cawn	20
Interpretation & Translation/Holhlehnak le ca lehthlen nak	21
Legal Services/Upadi lei bomh nak	22
Senior Programs/Upa pawl caah	23
Employment & Small Business Support/Riantuantu le Sipuazii tuah pawl caah Bomh nak	25
In-Home Care & Retirement Homes/Pinsinlah upa caah Bomh Nak	25
Senior Meal Sites/Upa pawl Caah Hmun Hmu	27
Community Centers	27
Arts & Culture, Media/Hunphong Le Media Lei	28
Hospice Care & Grief/Rishnak inn le buk	28

---

**EMERGENCIES  
(POIMAWH NAK)**

---

**Emergencies, Ambulance,  
Fire & Police  
(Hung Langhnak, Mizaw  
Phorh Motor, Mei & Police)**

911

**Alternatives to Domestic  
Violence  
(Innchung khar buai nak um  
tikah)**

789-9297

**Child Protective Services (CPS)  
(Hngakchia run ven nak)**

363-3333

Emergency response for children,  
foster care, child abuse and  
neglect.

(Hngakchia har sat nak ton tik ah  
bawm chan nak bu)

**Crosswalk 838-6596**

Emergencies for teens, and  
support and resources for  
homeless teens.

(Inn leh lo nei lo tlei rawl pawl  
caah bawm nak)

**First Call for Help  
(Hawi Hlan Hmasa Bawmhna)**

838-4428

Free 24-hour telephone assistance,  
referrals, supportive listening, and  
links to individuals/community  
agencies. Service offered by  
Spokane Mental Health.

(Lung zawt nak he pehtlai in  
sunmilam 24 chung bawm nak)

**Poison Control Center  
(Sivai kham Nak Hmun)**

800-222-1222

**SAFeT-Sexual Assault  
(Nupa Kallak Thuat Um Tikah)  
24/7 Crisis Response Hotline**

624-7273

**Senior Abuse Hotline  
(Upa Volhpamh Hotline)**

866-END-HARM (363-4276)

Hotline for abuse in senior care  
facilities.

(n harsat tawn tikah Hotline in  
bawm nak)

**Spokane COPS Administration  
(Community Oriented Policing  
Services)**

**(Spokane COPS Zohkhenh Nak)**

Provides a combined community-  
police effort to restore the safety  
of neighborhoods and business  
districts.

(Khuaram zohkhenk nak leh

police lei in bawh chanh nak zung)

901 N Monroe

835-4592

Spokane 99201

*spokanecops.org*

**COPS EAST CENTRAL 625-3330**

**COPS GREATER SPOKANE 755-2677**

**COPS LEWIS & CLARK 354-6941**

**COPS LOGAN 625-3333**

**COPS MISSION 625-3301**

**COPS NEVA-WOOD 625-3353**

**COPS NORTH CENTRAL 625-3348**

**COPS NORTHEAST 625-3343**

**COPS NORTH HILL 625-3346**

**COPS NORTHWEST 625-3336**

**COPS SOUTHEAST 625-3326**

**COPS WEST 625-3340**

**Spokane County Sheriff  
(Spokane Uktu Bik Zung)**

1100 W Mallon **911**  
Spokane 99260 **477-2240**

*spokanesherriff.org*

**NEIGHBORHOOD WATCH 477-3055**

**(INNPA CHAK THLANG ZOK KHAM NAK)**

**CRIME PREVENTION 477-2592**

**(SUALNAK DONHNAK)**

**Spokane Police**

Public Safety Bldg **911**

1100 W Mallon, Spokane 99260

*spokanepolice.org* **477-5980**

**CRIME PREVENTION 625-4079**

**(SUALNAK DONHNAK)**

**CRIME REPORTING CENTER 456-2233**

**(SUALNAK THEIHTER NAK ZUNG)**

*spokanecounty.org/crimereportingcenter/*

**OMBUDSMAN 625-6742**

**Vanessa Behan Crisis Nursery**

**535-3155**

Free 24 Hour crisis child care

(from birth-6 years).

(Hngahchia caah 24 zoh khenh

nak hmun)

**Washington State Patrol**

**(Washington State Ralvengtu)**

**227-6566**

**GOVERNMENT (ACOZAH)**

**DSHS Community Service  
Offices (CSO)**

**(DSHS Mibu Bawm Nak)**

**ACCESS SPOKANE CSO**

**(SPOKANE CSO LUHNAK LAM)**

1313 N Maple **877-501-2233**

Spokane 99201

*dshs.wa.gov/onlinecso*

Provides financial, food

and medical assistance to

low-income families and

individuals. Helps low-income

parents find employment.

Provides subsidized child care

for working families.

(Phaisa, eidin, sii ai lei bomh

nak, fa le zoh khenh piak nak le

rian kawl piak nak hmun a si)

**Internal Revenue Service (IRS)**

**(Ngunkhuai Bawm Nak Zung)**

930 W Riverside **353-0508**

Spokane 99201 *irs.gov*

- Federal tax questions

**800-829-1040 TTY 800-829-4059**

- Refund info **800-829-4477**

- Tax forms **800-829-3676**

Responsible for examinations,

collections, taxpayers services

and criminal investigation.

Information and referrals

provided on other questions. No

tax assistance provided over the

phone.

(Acozah sin ii thawh bur tax piak

tik ah a dik le dik lo chek hlet nak

zung. Bawn nak tam piin an piak

lai)

**Spokane City**

**(Spokane Khua)**

**SWITCHBOARD 755-CITY**

*Spokanecity.org*

**BUSINESS LICENSES 625-6070**

**(CIPUAZI (LICENSES) ZUNG)**

**PARKS & RECREATION 625-6200**

**(PANGPAR LE ZAWKKHAN NAK)**

**NEIGHBORHOOD SERVICES 625-6730**

**(MI BAWM NAK BU)**

**UTILITIES BILL INFO & QUESTIONS**

**(INN THIL KAWNG LAM)**  
(Water & trash) **625-6270**  
**PHONE PAYMENT 877-578-2200**  
(PHONE MAN)  
**STREET MAINTENANCE & POTHOLE**  
**HOTLINE 625-7733**

**Spokane County**  
**(Spokane Uknak Khua)**  
1116 W Broadway **477-2265**  
Spokane 99260 [spokanecounty.org](http://spokanecounty.org)  
**ASSESSORS 477-3698**  
(MAN KHING THLAI TU)  
**PROPERTY TAXES, TREASURY 477-4713**  
(THILRI NGUNKHUAI KHOLH)  
**VOTING (REGISTRATION) 477-2320**

(KUTHLER NAK)  
**BIRTH & DEATH CERTIFICATES**  
(CHUAH & THIHNAK CA)  
Spokane Regional Health District  
1101 W College Ave **324-1522**  
Spokane 99201  
\$30 for Vital Records  
**MARRIAGE LICENSES 477-2271**  
(THI UMMI LICENSES)  
Licenses for \$55 **477-2260**

**FAMILY LAW CENTER**  
(INNCHUNG KHAL UPADI ZUNG)  
Superior Court Clerk **477-2211**  
Divorce Info **477-7612/5702**  
Divorce records, parenting plan,  
probate records.  
(Nu le pa kan ii then tik ah theih  
a herh mi zung) **477-2211**

**PARKS AND RECREATION**  
(PANGPAR LE THINGKUNG HAWI HNA  
AN PHUNNAK HMUN) **477-4730**

**Spokane Public Schools**  
**(Spokane Acozah Sianginn)**  
200 N Bernard St **354-5900**

Spokane 99201 [spokaneschools.org](http://spokaneschools.org)  
**Spokane Regional Solid Waste**  
**(Spokane Khuachung**  
**Tianfim Nak)**  
[solidwaste.org/](http://solidwaste.org/) **625-7878**

**Utilities, Electricity - AVISTA**  
**(Mei le Meikawng Lam)**  
Customer Service & Power  
Outage **800-227-9187**  
Energy Assistance (SNAP)  
(Mei lei in Bawm nak zung)  
**456-7164**  
Senior Outreach **888-700-2757**  
[lisa.lee@avistacorp.com](mailto:lisa.lee@avistacorp.com)  
Translation Services **800-227-9187**

**Washington Telephone**  
**Assistance Program - WTAP**  
**(Washington Telephone**  
**Bomh Nak WTAP)**  
**888-700-8880**  
Customer Help-line **800-562-6150**  
Citizen's Utility Alliance  
Enrollment questions or billing  
**744-3370 x247**  
Community Service Voice Mail,  
Spokane Office **456-7106**

[dshs.wa.gov/wtap.shtml](http://dshs.wa.gov/wtap.shtml)  
DSHS public assistance  
program, offers monthly  
discount on basic telephone  
service. Clients contact a  
provider upon receiving a  
DSHS client ID number.  
(Telephone bill piak khawk lo  
mi caah DSHS lei in thla chiah  
bomh piak nak)

---

## **FINANCIAL ASSISTANCE (PHAISA LEI IN BOMH NAK)**

---

### **Medicare/Medicaid Services (Damnak Lei Si Lei Bomh Nak)**

**CENTERS FOR MEDICAID & MEDICARE  
SERVICES**

**(DAMNAK LEI BOMH NAK A HMUNPI)**  
*cms.gov* **800-633-4273**

**MEDICARE CUSTOMER SERVICES**  
**(DAMNAK LEI SI LEI CAAH HOMH NAK ZUNG)**  
*medicare.gov* **800-663-4227**

**WASHINGTON MEDICARE & MEDICAID  
(WASHINGTON DAMNAK LE SI LEI  
BOMH NAK)** **800-737-0617**  
Visit local CSO office of DSHS.

### **Prescription Assistance (Si Din Ding Tialpiak Nak Hmun)**

**BENEFITS CHECK UP** *benefitscheckup.org*

**PRESCRIPTION DRUG ASSISTANCE PROGRAM  
(MTGMEDS)**

**(SI DIN DING CAWNPIAK NAK HMUN)**  
*mtgmeds.org* **981-6420**

**WASHINGTON PRESCRIPTION DRUG  
PROGRAM**

**(WASHINGTON SI DIN DAN TIALPIAK  
NAK HMUN)**  
*rx.wa.gov* **800-913-4146**

**RxHELP FOR WASHINGTON  
(WASHINGTON BOMH NAK LEI  
CAWKU PAWL CAAH HUHPHENNAK)**  
*rxhelpforwa.org* **877-923-6779**

### **Protective Payee Program (Cawktu Pawl Caah Huhphenhnak)**

Receives/disburses funds for clients on Disability Life Line and SSI (Supplemental

Security Income) because of mismanagement of funds or mental incapacity. Provides self-sufficiency training in money management and financial counseling. (Pum tlam tling lo nam chom haumi leng cung in akal mi hei ti pawl caah bomh nak. Phaisa kong he pehtlei in mah tein ii to delh khawh nak ding caah ruah nak pek si lai)

**ARC OF SPOKANE, THE** **328-6326**  
**CORD - COALITION OF RESPONSIBLE  
DISABLED** **326-6355**  
**GOODWILL** **462-0513**  
**SKILS'KIN** **327-9134**

### **Social Security Administration (Mibu Himnak Zung)**

714 N Ironbridge Way, Suite 100  
Spokane 99202 **800-772-1213**  
*socialsecurity.gov* **TDD 800-325-0778**

Provides elderly, survivors and disabled with Social Security benefits. Supplemental Security Income (SSI) provides for the aged and those with limited incomes. (SSI bomh nak cu tar pawl le pum tlum lo mi pawl caah an hnauh ning he peh tlei in zoh khank nak hmun hma si lai)

### **Spokane County Assessor's, Senior Citizen's, Disabled Persons Exemption Section (Spokane Khuachung Kum Upa Pitar le Putar, Thil Tikho lo Pawl Caah Bomh Nak)**

1116 W Broadway **477-5754**  
Spokane 99260 *spokanecounty.org*

Provides property tax relief for seniors and/or disabled people in financial need.  
(Ter pawl le pum tlam tling lo mi caah tax lei bomh nak)

**Statewide Health Insurance Benefits Advisors (SHIBA)**  
(Dam Nak lei Insurance Lei in Ruahnak Peh tu)

**AGING & LONG TERM CARE OF EASTERN WASHINGTON (ALTCEW)**  
(WASHINGTON UM CAAH KUM KHUA LEI BOMH NAK)  
1222 N Post **625-4801**  
Spokane 99201 *insurance.wa.gov*  
Trained volunteers provide seniors information on health insurance rights and options.  
(Tar pawl ngan dam nak an hmuh khawh nak hnga insurane lei bomh nak)

**Washington Helpline**  
**444-3066 or 800-562-1240**  
Alcohol and drug treatment, support groups, and domestic violence response. Makes referrals for free low-cost, and sliding fee health care.  
(Rit hai sii he pehtlei in, innchung khar buaibai nak tawn tikah bawm nak hmun. Mi zaw caah phaisa tlawm pel te hezohkhent khawh nak)

---

**IMMIGRATION & REFUGEE SERVICES**  
(PEMNAK LE REFUGEE CAAH BOMH NAK)

---

**Catholic Charities Immigration Services**  
(pemtu pawl ca Catholic khriifa lei bomh nak)  
12 E 5th Ave **455-4960**  
Spokane 99202  
*catholiccharitiesspokane.org*  
Offers referral services, counseling and immigration benefits to refugees.  
(Layaka lei in refugees minung bomh nak)

**Global Neighborhood**  
(Vawleimi Duhdawt nak zung)  
108 N Washington, Suite 418  
Spokane 99201 **482-6500**  
*global-neighborhood.org*  
Improves lives of refugees through building relationships, English, employment and cultural awareness.  
(Refugees caah miring ca, nung phung, rian lei in bomh chank nak)

**Immigration and Refugee Services of America (IRSA)**  
(America Refugee pemtu bomh nak bu)  
*refugeeusa.org* **202-797-2105**  
**US COMMITTEE FOR REFUGEES AND IMMIGRANTS (USCRI)** **202-347-3507**

**International Refugee Council of Spokane**  
(Vawleichung Refugee bomh nak Council)

901 E 2nd Ave, Suite 207  
Spokane 99202 **536-7878**  
*ircsonline.org*

Helps refugees become self-sufficient citizens by providing social and referral services. (Refugees pawl caah citizenship hmuh khawh nak hnga bomh chanh nak)

**Jacob's Well Community Resources Center (Jacob's Well Mibu Bomhnak Bu)**

500 S Stone **535-3858**  
Spokane 99202  
*jacobswellspokane.com*

Resettles and helps Burmese refugees with food, clothing, household items, transportation, English classes, scheduling, applications, housing, schools, doctors and dentists. (kawl ram mi refugees caah inn le lo, ei din, thil puan, fenh eih, sianginn kai nak, ngan dam nak a za tein zoh khenh nak zung)

**Refugee Connections Spokane (Refugee petlei nak Spokane)**

500 S Stone St #105 **625-6958**  
Spokane 99202  
*refugeeconnections@spocom.com*

Projects, programs and resources to benefit refugees, immigrants and their communities. (Refugees caah that hnem nak hmuh khawh nak ding caah peh tleih piak tu bu)

**US Citizenship and Immigration Services (USCIS)**

US CITIZENSHIP LE LAYAKA BOMHNAK  
US Courthouse **800-375-5283**

920 W Riverside, Room 691  
Spokane 99201 *uscis.gov*  
Immigration and naturalization adjudication. Establishes immigration policies & priorities. (US citizen kawng he peh tlei in Layaka lei zung)

**World Relief Spokane**

1522 N Washington St, Suite 204  
Spokane 99201 **484-9829**  
*worldreliefspokane.org*

Resettles refugees in Spokane under contract with U.S. State Department. Provides refugee resettlement assistance, employment services, micro-enterprise loans and immigration services, and works to raise awareness and serve victims of human trafficking.

(Refugees in Spokane kan rak phan tikah US acozah lei bomh nak in hmunhma inn le lo tuah tan piak nak le chaw leh thal nak, rian kawl piak nak leh minung le minung ii zuar nak um ti lo ding in cawn piak nak zung)

---

**HOUSING RENTAL  
(INN HLANH NAK)**

---

**Catholic Housing Communities (Inn kawnglam in bomh nak)**

12 E 5th Ave **459-2279**  
Spokane 99202  
*catholiccharitiesspokane.org*

**Goodale & Barbieri**

818 W Riverside, #300 **459-6102**  
Spokane 99201 **800-572-9181**  
*g-b.com*

**Kiemle & Hagood Co (K&H)**

601 W Main Ave, Suite 400  
 Spokane 99201 755-7555  
*khco.com*

**Northeast Washington  
 Housing Solutions (NEWHS)**

**(Inn lei ruatchan nak peh tu bu)**  
 55 W Mission, Suite 104 328-2953  
 Spokane 99201 TDD323-9502  
*spokanehousing.org*  
 Wait List Hotline 252-7122

**SNAP Affordable Rental Program  
 (lei innhlan kong cawnpik tu bu)**

*snapwa.org*  
 Coast Management Services -  
 Call 747-2914 or 487-7701 for  
 an application.

**Spokane Housing Ventures  
 (Spokane inn kong theih pi nak)**

715 E Sprague, Suite 102 232-0170  
 Spokane 99202  
*spokanehousingventures.org*

**Spokane Low Income Housing  
 Consortium (SLIHC)**

**(Hmuhmi tanga a niam mi hna caah)**  
 720 W Boone Ave, Suite 101  
 Spokane 99201 325-3235  
*slihc.org onestophousing.org*

---

**HOME MAINTENANCE  
 (INN RUN VEN NAK)**


---

**Recycling Hotline or Info  
 (Hnawn bul le thawngpang)**

625-6800 800-732-9253  
**ACTION RECYCLING 483-4094**  
 911 E Marietta

**EARTHWORKS RECYCLING, INC**

1904 E Broadway 534-1638

**SPOKANE RECYCLING PRODUCTS**

3407 E Main 535-0284

**SNAP Energy Resource Assistance  
 (Mei caah SNAP I bomh nak)**

3102 W Ft George Wright Dr  
 Spokane 99224 242-2376  
*snapwa.org*

Teaches energy reduction and  
 cost management in classes  
 offered from November to May.  
 (Mei bill a tlawm khawh nak  
 ding caah SNAP lei bomh nak.)

**SNAP Minor Home Repair/  
 Weatherization  
 (SNAP Lei in Inn Remh Tikah  
 Bomh nak)**

212 W Second Ave 744-3370  
 Spokane 99201 *snapwa.org*

Makes modifications from  
 fixing broken pipes to repairing  
 heating systems and building  
 handicap ramps. Provides  
 improvements such as  
 insulation and draft reduction.  
 (Inn chung thil pakhat khat a  
 rawh tik ah SNAP lei bomh nak)

**SustainableWorks  
 (Rian Doh Nak)**

5317 N Market St 443-3471  
 Spokane 99217  
*sustainableworks.com*

Does energy efficiency audits  
 and retrofits for residential  
 homes in Spokane.  
 (Spokane um kan caah mei a  
 tha khawh nak ding zoh kham  
 nak zung)

*Continued on page 13*



---

**APARTMENT RENTALS/APARTMENT HLANH NAK**

---

<b>Apartment Name, Address, Zip</b>	<b>Phone</b>
<b>5th &amp; Washington</b> 419 S Washington St, 99204	<b>838-6936</b>
<b>Alexandria Apts</b> 623 S Howard, 99204	<b>456-7106</b>
<b>Bel Franklin Apts</b> 225 N Division St, 99202	<b>443-4055</b>
<b>Belamy</b> 2108 E First, 99202	<b>456-7106</b>
<b>Bernadette Place</b> 925 N A St, 99201	<b>325-1847</b>
<b>Casas Salvadas</b> 1024 W Boone Ave, 99201	<b>232-0170 x 205</b>
<b>Casas Salvadas</b> 1314 W Maxwell Ave, 99201	<b>232-0170 x 205</b>
<b>Casas Salvadas</b> 704 S Sherman St, 99202	<b>232-0170 x 205</b>
<b>Casas Salvadas</b> 1420 N Post St, 99205	<b>232-0170 x 205</b>
<b>Casas Salvadas</b> 807 W Augusta Ave, 99207	<b>232-0170 x 205</b>
<b>Catherine Johnson Ct</b> 6321 E 4th Ave, 99202	<b>532-8191</b>
<b>City Tri-Plex</b> 818 W Riverside, 99201	<b>459-6102</b>
<b>Cedar West</b> 4018 W Rowan, 99205	<b>327-2233</b>
<b>City Tri-Plex</b> 818 W Riverside, 99201	<b>459-6102</b>
<b>College Terrace Apts</b> 4140-4160 W Ft Wright, 99224	<b>327-2304</b>
<b>Collins Apts</b> 204 S Wall, 99201	<b>456-7106</b>
<b>Cornerstone Courtyard</b> 151 S Adams, 99201	<b>624-5776</b>

## **APARTMENT RENTALS/APARTMENT HLANH NAK**

<b>Apartment Name, Address, Zip</b>	<b>Phone</b>
<b>Canterbury Court</b> 1010 S Rockwood Blvd, 99202	<b>624-1999/5678</b>
<b>Cathedral Plaza</b> 1120 W Sprague Ave, 99201	<b>747-6777</b>
<b>Coeur d'Alene Plaza</b> 228 N Howard, 99201	<b>456-8726</b>
<b>Cornerstone Courtyard</b> 151 S Adams, 99201	<b>624-5776</b>
<b>County Heights</b> 6709 N Country Homes, 99208	<b>327-7132</b>
<b>Courtview</b> 1217 N Madison, 99201	<b>487-5530</b>
<b>Coventry Court</b> 1600 W Pacific, 99204	<b>455-8838</b>
<b>D'Arcy Lee Apts</b> 6120-6130 N Lidgerwood, 99208	<b>483-3542</b>
<b>The Delaney Apts</b> 242 W Riverside, 99201	<b>747-5081</b>
<b>El Estero Apartments</b> 2303 N Stone St, 99207	<b>714-7251</b>
<b>Fahy Gardens</b> 1411 W Dean Ave, 99201	<b>326-6759</b>
<b>Fahy West</b> 1523 W Dean Ave, 99201	<b>326-6759</b>
<b>Friendship Gardens</b> 201 E 5th Ave, 99204	<b>536-1134</b>
<b>Green Court</b> 3207 E Carlisle, 99217	<b>456-7106</b>
<b>Hamilton House</b> 902 E Boone, 99202	<b>483-9453</b>
<b>Hart Terrace</b> 3308 E 11th Ave, 99202	<b>888-763-5368</b> <b>534-8245</b>
<b>Heritage Heights</b> 3818 N Cook, 99207	<b>487-5530</b>
<b>HiFumi En</b> 826 E 8th Ave, 99202	<b>534-2339</b>

---

**APARTMENT RENTALS/APARTMENT HLANH NAK**

---

<b>Apartment Name, Address, Zip</b>	<b>Phone</b>
<b>Hope House</b> 111 W Third Ave, 99201	<b>455-2886</b>
<b>Kensington Court</b> 152-156 S Pine, 99202	<b>624-1956</b>
<b>Keystone Corners</b> 2232 E 1st/24 S Crestline, 99202	<b>456-7106</b>
<b>Liberty Park Terrace</b> 1401 E Hartson, 99202	<b>534-7392</b>
<b>Lilac Plaza</b> 7007 N Wiscomb St, 99208	<b>489-7612</b>
<b>Manito Gardens</b> 500 E 29th Ave, 99202	<b>624-7326</b>
<b>Metropole Apts</b> 178 ½ S Howard, 99201	<b>838-6541</b>
<b>Mt Vernon Terrace</b> 3102 S Mt Vernon St, 99223	<b>536-1168</b>
<b>The Newark Apts</b> 1104 E Newark, 99202	<b>328-2953</b>
<b>The O'Malley</b> 707 E Mission, 99202	<b>624-7326</b>
<b>Park Tower</b> 217 W Spokane Falls Blvd, 99201	<b>487-1150</b>
<b>Patrician Apts</b> 102 E. Second, 99201	<b>456-7106</b>
<b>The Parsons</b> 108 S Jefferson, 99201	<b>624-0329</b>
<b>Pine Villa</b> 33 E Graves Rd, 99218	<b>467-6865</b>
<b>Resident Court</b> 1203 W Fifth, 99201	<b>456-7106</b>
<b>Richard Allen</b> 600 S Richard Allen Ct, 99202	<b>536-4497</b>
<b>Riverwalk I &amp; II</b> 5008 E Buckeye, 99217	<b>456-7106</b>

## **APARTMENT RENTALS/APARTMENT HLANH NAK**

<b>Apartment Name, Address, Zip</b>	<b>Phone</b>
<b>Resident Court</b> 1203 W Fifth, 99201	<b>456-7106</b>
<b>Richard Allen</b> 600 S Richard Allen Ct, 99202	<b>536-4497</b>
<b>Riverwalk I &amp; II</b> 5008 E Buckeye, 99217	<b>456-7106</b>
<b>Scattered-Sites Rental Project (VOA)</b> 715 E Sprague Ste 102, 99201	<b>232-0170 x 206</b>
<b>Sharon Lord Apts</b> 1203 & 1207 N Madison, 99201	<b>624-5133</b>
<b>St Andrews Court</b> 808 W Nora, 99205	<b>326-6506</b>
<b>St Ann's Apts</b> 2117-23 E Pacific, 99202	<b>456-7106</b>
<b>Triplex Project</b> 1708-1730 E Boone, 99202	<b>535-0898</b>
<b>Triplex Project</b> 1721-1731 E Desmet, 99202	<b>535-0898</b>
<b>Triplex Project</b> 801-807 E Hartson, 99202	<b>535-0898</b>
<b>Vintage at Spokane</b> 43 E Weile Ave, 99208	<b>487-7070</b>
<b>Walnut Corners</b> 1423 W Broadway, 99205	<b>327-2133</b>
<b>Westfall Village</b> 3724 N Cook, 99207	<b>487-5244</b>
<b>Wilton Apts</b> 156-1/2 S Browne St, 99201	<b>624-9778</b>
<b>Winchester Court</b> 4101 N Cook, 99207	<b>979-7886</b>
<b>Woodhaven Apts</b> 12424 N Fairwood Dr, 99201	<b>466-8444</b>

---

## **HOME OWNERSHIP (INN NGEITU)**

---

### **Community Frameworks (Mi Bu Tlangkamh Nak)**

315 W Mission, #100  
Spokane 99201 **484-6733 x116/117**  
*communityframeworks.org*

Builds and preserves homes for renters, first-time home buyers and people with special shelter and service needs.

(Inn kan hlan tik ah si she, kan cawk tik ah si she acozah upadi lei in bomh chank nak)

### **Habitat For Humanity (Bu Umnak Hmun le Kua)**

732 N Napa St **534-2552**  
Spokane 99202  
*habitat-spokane.org*

Builds decent affordable homes for low-income families, which purchase the home of cost of the land/construction at 0% interest 20 year loan.

(Kan hmuh mi phaisa a tlawm deuh i inn kan cawk duh than tik ah kum 20 chung duh sa tein piak than khawh ding in bomh nak hmun)

### **SNAP Mortgage Assistance Programs**

#### **(SNAP Lei in Tangka Aamahkhan Piak Nak)**

500 S Stone **456-7106 x3**  
Spokane 99202 *snapwa.org*

HUD-approved comprehensive housing counseling agency provides mortgage default and foreclosure prevention counseling, pre-purchase

counseling and education for prospective home buyers, and reverse mortgage counseling for senior citizens.

(Tar nu tar pa caah inn cawk duh ah siseh hlan duh ah siseh inn nei tu he ii rem tein I chonh biak khawh nak hnga bom chant u)

---

## **TRANSPORTATION (PHORHNAK)**

---

### **Bus & Train, Regional & National**

#### **(Bus le Tlanglawng, Hmunhma he a Pehlaimi)**

221 W 1st Ave, Spokane 99201

**AMTRAK STATION - TRAIN**  
*amtrak.com* **800-872-7245**

**GREYHOUND - BUS** **800-752-4841**  
*greyhound.com* **TDD 800-345-3109**

### **Care Cars For Elders (Upa Caah Motor Phorhnak)**

#### **ELDER SERVICES**

#### **(KUM UPA CAAH BOMH NAK)**

5125 N Market St **458-7450**  
Spokane 99207

Volunteer transportation to medical services for frail elders unable to use other forms of transportation.

(Tar nu tar pa caah motor lei tumdel nak lei in bomh chan nak si)

### **City Bus - Spokane Transit Authority**

1130 W Boone Ave **325-6000**  
Spokane 99201 **Routes 328-RIDE**  
*spokanetransit.com*

## PARATRANSIT DIVISION

(MOTOR PHORHNAK LEIIN BOMH NAK)

**325-6026 or TDD 327-6055**

Provides shared-ride, wheelchair-accessible transportation for ADA-eligible persons unable to use Spokane Transit Authority (STA) accessible, life-equipped buses. Pre-schedules services. Same-day trip requests are on a space available basis.

(Bus ai cit kho lo mi pawl caah ATS lei in bomh chank nak)

**MOBILITY CENTER 232-6303**

## Drivers' Licenses

(Drivers' Licenses Zung)

**NORTHSIDE 482-3882**

6519 N Lidgerwood St, 99208

## Special Mobility Services

(Fawitein I Thial Khamhnak)

**3102 E Trent, Suite 210534-9760**

Spokane 99202 **800-892-4817**

*sms1.org* **TDD 800-821-7167**

Arranges transportation for people with medical coupons who don't have transportation.

Non-emergency services only.

Each ride application must be authorized two working days in advance of appointment.

(Mi dam lo caah medical coupons calap ai tleih in motor Leiinbomh khawh nak si)

## Vehicle Licensing

(Motor Licensing)

**SPOKANE COUNTY COURT 477-2222**

1116 W Broadway

1st Floor Annex, 99260

**HILLYARD - 5202 N Market St**

Spokane 99217 **487-1085**

**NORTH DIVISION - 6212 N Division**

Spokane 99208 **484-7416**

**DOWNTOWN 455-8320**

613 S Washington, Suite 105

Spokane 99204

**SOUTH HILL 534-6022**

2727 S Mount Vernon St, Suite 3B

Spokane 99223

---

## HOSPITALS & CLINICS (SII ZUNG LE CLINICS LEI)

---

### CHAS - Community Health

Association of Spokane

(CHAS – Spokane Um

Ngandamnak Bu)

203 N Washington, Suite 300

Spokane 99201 **444-8200**

*chas.org* **Billing: 444-7880**

Nonprofit system of community clinics providing medical and dental health care to families and individuals of all ages, regardless of insurance status. Enrolls patients in Healthy Options, Basic Health Plan, First Steps, Medicare, Medicaid; bills private insurance, or uses a sliding-fee scale based on income for uninsured patients.

(Innchung khal caah siseh, pumpak caah siseh, ngan dam nak lei bomh nak. Hmuh nak a tlawm deuh mi pawl caah acozah sin ah tlawm deuh in lian khawh nak hnga bomh nak hmun si)

**MEDICAL CLINICS (NGANDAMNAK HMUN)**

9227 E Main **434-0313**

5921 N Market **487-1604**

3919 N Maple **444-7801**

1001 W 2nd Ave **444-8200**

## DENTAL CLINICS

**(HA LEI HE AA PETLAINAK HMUN)**

3919 N Maple **444-8200**

1001W 2nd Ave **434-0308**

## Christ Clinic (Christ Sikhian)

914 W Carlisle **325-0393**

Spokane 99205 *christclinic.org*

Christian-centered nonprofit medical clinic care for low-income persons with limited or no medical insurance.

(Insurance nei lo mi caah tlawn tein bomh khawh nak khrifa sii khan a si)

## Deaconess Medical Center (Deaconess Si Zung)

800 W Fifth Ave **458-5800**

Spokane 99204

*deaconessmedicalcenter.org*

Acute-care hospital in downtown Spokane. Identified as one of the top heart hospitals. Offers a Chemical Dependency Unit.

(Spokane ah bomh nak a that nak bik le sii lei in a that bik sii zung pa khat a si ve)

## Grace Clinic (Grace Sikhian)

823 W 7th Ave, Suite 102

Spokane 99204 **326-6474**

*graceclinics.com*

## Project Access

Orange Flag Bldg **532-8877**

104 S Freya, Suite 114

Spokane 99202

*spcms.org/projectaccess*

Arranges for more than 800

physicians and all five hospitals to donate health-care services: specialty-level office visits, surgeries and treatments, hospitalizations, lab and radiology services, durable medical equipment, translation, low-cost medication and transportation.

(Sizung tuan vo ngai mi nung 800 nih sizung um mi caah operation lei in siseh, radiology, x-ray lei siseh phaisa tlawn tein bomh khawh nak pik mi hmun a si)

## Providence Adult Day Health (Upa Ngandamnak le Bomhnak Hmun)

6018 N Astor **482-2475**

Spokane 99208 *phc.org*

Offers support and rehabilitative services for frail, vulnerable elderly and impaired adults.

(Pum tlam tling lo le mi zeng pawl vial te dam khawh nak sizung a si)

## Providence Holy Family Hospital (Holy Family Sizung)

5633 N Lidgerwood **482-0111**

Spokane 99208 *holy-family.org*

Provides full-service, advanced medical and surgical care, specialty support and outpatient services.

(Dam lo mi hna caah siseh a bik in a leng lei mi zaw pawl caah operation tiang in tuahkhawh zoh kenh nak sizung asi)

**Providence Sacred Heart  
Medical Center & Children's  
Hospital**  
(Ngakchia Le Damlo Pawl Ca  
I Sacred Heart Sizing)

101 W 8th Ave **474-3131**  
Spokane 99204 *shmc.org*

Offers comprehensive, advanced  
medical and surgical care,  
specialty support and outpatient  
services.

(A leng lei mi zaw Pawl Caah  
siseh a chung um mi zaw  
operation an tuah mi si hna  
seh an ngan dam nak caah zoh  
khenh tu sizing a si)

**Regional Support Networks  
(Khuachung Lei Bomh nak  
Networks)**

**DSHS MENTAL HEALTH DIVISION -  
SPOKANE REGIONAL SUPPORT NETWORKS  
(LUNGTHIN LEI DAMLO PAWL CAAH**

**DSHS BOMH NAK - SPOKANE**

**CHUACHUNG LEI BOMH NAK)**

312 W 8th Ave, 4th Flr **477-5722**  
Spokane 99204 **800-273-5864**

**24 Hr CRISIS LINE 877-678-4428**  
*spokanecounty.org/mentalhealth*

**Riverstone Family Health,  
Northeast Clinic  
(Riverstone Family Sizing,  
Northeast lei)**

4001 N Cook St **483-3427**  
Spokane 99207 *yvfwc.org*

Provides a full range of medical  
services, prenatal care and  
delivery. Includes dental clinic.  
(Ngan dam nak a dik lak in an  
zoh dih, a biapi bik cu nau pawl,  
nau neih hna caah tha tein zoh

khawnh nak sizing a si)

**Rockwood Clinic  
(Rockwood Sikhhan)**

400 E 5th Ave **838-2531**

Spokane 99202 *rockwoodclinic.com*

Outside Spokane **800-776-4048**

Urgent Care Center **838-2531**

**ROCKWOOD NORTH CLINIC 755-5340**

9001 N Country Homes Blvd

**NORTHPOINTE 342-3010**

605 E Holland Ave, Suite 200

**QUAIL RUN CLINIC 755-5250**

2214 E 29th

**Spokane Community Care  
(Spokane Zawnruahnak Bu)**

1330 N Washington, Suite 3500

Spokane 99201 **800-984-5710**

*spokanecommunitycare.com*

Includes more than traditional  
Medicare: preventive health  
services, worldwide emergency  
and prescription coverage  
with doctors and hospitals in  
Spokane County.

(Mi zawt nak chung kan sii  
chonk khawh nak hnga lo ding  
in doctors te nih poimawh a um  
tikah zoh khanh nak hmun a si)

**Spokane County Community  
Services, Housing, Community  
Development Dept  
(Spokane Khua Inn le  
Hmunhma Thanchonak Bu)**

312 W 8th Ave **477-5722**

Spokane 99204

*spokanecounty.org*

Makes referrals for substance  
abuse treatment and  
prevention, developmental  
disabilities and mental health.



(Lung zawt le pum tlam tling lo mi zawt pawl caah zoh khant nak hmun a si)

### **Spokane County Medical Society**

104 S Freya, Suite 114 **325-5010**  
Spokane 99202

[www.spcms.org](http://www.spcms.org)

Provides telephone-only referrals to physicians who accept medical coupons, serves low-income or provides services for a reduced fee.

Provides information about physicians based on location, medical speciality and medical insurance requirements.

(Hmuh nak lei a tlawm deuh pawl caah phaisa man fawi tein ii piak khawh nak le ii thlop khawh nak sizung a si)

### **Spokane Falls Family Clinic (Spokane Falls Family Sikh)**

120 W Mission Ave **326-4343**  
Spokane 99201 [yvfwc.org](http://yvfwc.org)

Offers a full range of medical services, prenatal care and delivery. Includes dental clinic and pharmacy.

(Nau pawl lio can le nau neih caan ah zoh khenh nak hmun a si)

### **Spokane Regional Health District Public Health Clinic (Spokane Acozah Sizung)**

1101 W College Ave **324-1600**  
Spokane 99201 [srhd.org](http://srhd.org)

Offers immunizations, flu shot and travel vaccines; HIV and tuberculosis testing; head lice

checks, refugee screening.

Fees may be reduced. Medical coupons accepted. Clinic hours: T-Th 8-5, F 9:30-5.

(Kakuisii chunh, HIV le TB test nak hmun asi, a bik in refugees caah man fawi tein zoh khawh nak le check khawh nak hmun a si)

### **US Health Medical Clinics (US Health Medical Zikhan)**

9222 N Newport Hwy, Suite 1  
Spokane 99218 **467-4545**

Provides urgent care, work injuries, employment-listing. Discounts cash pay program, available for uninsured clients.

(Emergency he a peh tlei mi a si, a bik in rian tuan awl ii hleim khuai tikah bawm chan nak clinic a si)

### **OTHER MEDICAL CLINICS**

2005 E 29th Ave **747-0770**

### **Washington State Dental Association Outreach Program (Washington State Ha Lei Bomh Nak Program)**

**458-2509**

[action@altcew.org](mailto:action@altcew.org) [altcew.org](http://altcew.org)

Provides a reduced-fee dental program for seniors, disabled adults and Alzheimer's patients. Volunteer WASDA members reduce fees by at least 25% for patients meeting criteria.

(Pu tar, pi tar kut ke tlam tling lo caah siseh lung zawt nak a ngai mi hna caah ha lei zoh khenh nak hmun a si)

## FOOD & CLOTHING (EI LE DIN)

### Second Harvest of the Inland Northwest (Ei le Din Caah Bomh Nak Inland Northwest)

1234 E Front **534-6678**  
Spokane 99202 **800-662-3136**  
*2-harvest.org*

Supplies free food for hungry people. Call for distribution times and locations.

(Ei din lei cham bau mi caah a lak in bomh ve nak hmun a si)

**BROWN BAG PROGRAM 534-6678**  
*memberservices@2-harvest.org*

Delivers commodities and food items to low-income, home-bound persons once a month. (Hmuh nak a tlawn mi caah tla khat vui khat bomh khauh nak hmun a si)

### COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

(Ei LE DIN FONH CHIH CHAP NAK HMUN) **534-6678**

Provides commodities and food items to low-income children younger than five years old and seniors 60 years and over. Once a month supplemental food package with nutritional

*Continued on page 20*

## FOOD & CLOTHING BANKS/EI DIM LE PUAN LEI BOMH NAK

Organization Address	Phone	Food	Clothes	Household	Hours
<b>All Saints Lutheran Pantry</b> 314 S Spruce St, 99201	<b>838-4409</b>	X			10-2, M-Th
<b>American Indian Center</b> 801 E 2nd, Suite 10, 99202	<b>535-0886</b>	X	X	X	9-4:30 MTF, 1-4:30 Th
<b>Berachah Food Bank</b> 1225 N Cochran, 99201	<b>747-6035</b>	X			1st W
<b>Better Living Center</b> 25 E North Foothills, 99207	<b>325-1258</b>	X	X	X	9-6, T; 9-2 Th
<b>Caritas Outreach Ministries</b> 2919 N Monroe, 99205	<b>326-2249</b>	X			10-1, MWTh
<b>Clothes Closet - Central Lutheran</b> , 512 S Bernard St, 99204	<b>624-9233</b>		X		1-3, W
<b>Clothing Closet - St Andrews</b> , 2404 N Howard	<b>481-1167</b>		X		11:30-1, M-Th
<b>East Central Community Center</b> 500 S Stone, 99202	<b>625-6699</b>	X	X		8:30-4, M-F

# FOOD & CLOTHING BANKS/EI DIM LE PUAN LEI BOMH NAK

Organization Address	Phone	Food	Clothes	Household	Hours
<b>Labor of Love</b> - Jesus is the Answer, 1803 E DeSmet, 99202	<b>536-4803</b>	X			varies
<b>New Hope Ranch Food Bank</b> Connections Church, 2524 E Queen, 99217	<b>487-2160</b>	X			12-4, MW
<b>NW Ecumenical Food Bank</b> - Audubon UMC, 3908 N Driscoll, 99205	<b>325-4541</b>	X			9:30-12:30, 2nd/last T
<b>Off-Broadway Family Outreach</b> Broadway & Nettleton, 99201	<b>998-4096</b> <b>998-2630</b>	X	X	X	9:30-1, M
<b>Our Place Ministries</b> 1500 W College, 99201	<b>326-7267</b>	X	X	X	10-12:30, MTTh
<b>Peaceful Valley Center</b> 214 N Cedar St, 99201	<b>624-8634</b>	X	X	X	FB:10:30-12:30, F CB: 9-3, M-F
<b>St Peter Lutheran Food Bank</b> 4620 N Regal, 99207	<b>487-4843</b>	X	X		8-11:30, F
<b>Salvation Army</b> 204 E Indiana, 99207	<b>325-6821</b>	X	X	X	9-5, MTThF, 1-7 W
<b>Serve Spokane</b> 8303 N Division St, 99208	<b>444-8445</b>	X	X		10-noon, 2nd & 4th Sat
<b>SNAP Northeast Food Bank</b> 4001 N Cook, 99207	<b>487-1114</b>	X			1-3, M-F, 2-4, T
<b>Spokane Community Warehouse</b> 800 N Hamilton, 99201	<b>991-9345</b>			X	N/A
<b>Store House, The</b> - Calvary Bapt., 207 E 3rd St, 99202	<b>747-8793</b>	X	X		9-1, MW
<b>Union Gospel Mission</b> 1224 E Trent, 99202	<b>535-8510</b>		X		8-9, M-WF; 9-10, Th
<b>Westminster Presbyterian Food Bank</b> 2705 W Boone, 99201	<b>329-0351</b>	X			11-1:45, W,F
<b>YWCA Our Sister's Closet</b> 930 N Monroe, 99201	<b>326-1190</b>		X		9-4:30, M-F

and community resource information may be picked up at CSFP food pantries or delivered to home-bound individuals.  
(Hmuh nak a tlawn mi kum (60) cung le kum (5)tang lei pawl caah CSFP lei in eiin bomh nak si)

**Thrift Stores  
(Khiarnak Dawr)**

Days & hours may vary:

**DISCOVERY SHOP 328-9373**  
805 W Garland, Spokane 99202

**GOODWILL INDUSTRIES**  
130 E 3rd Ave **838-4246**  
9832 N Nevada **466-2012**  
13721 E Sprague **928-4032**

**GLOBAL NIEGHBOPRHOOD 868-0001**  
902 W Indiana Ave

**NW CHRISTIAN SCHOOL THRIFT STORE**  
6607 N Maple **326-1522**

**SALVATION ARMY THRIFT STORE**  
2020 N Division **325-6805**

**TEEN CHALLENGE THRIFT STORES**  
2006 N Ash St **327-1383**  
1919 E Sprague **534-0443**

**THE WINDFALL - ST JOHN'S CATHEDRAL**  
1024 S Perry **534-3888**

**UGM THRIFT STORES**  
301 W Boone **326-3316**  
11921 E Sprague **927-5905**

**VALUE VILLAGE**  
708 W Boone **325-2569**  
13112 E Sprague **921-7889**

**VOA THRIFT STORE 327-4112**  
6206 E Trent

---

**ENGLISH CLASSES  
(MIRANG CA CAWN)**

---

**Barton School**  
318 S Cedar St **747-1058 x251**  
Spokane 99201  
Offers one-on-one and small groups are tutored by a volunteer staff. Students are interviewed to establish needs, goals and individual programs of study. (Mirang ca, mirang holh caah a leng lei in saya hnga nik pum pek in mi bomh nak hmun a si)

**Country Homes ESL School**  
8415 N Wall **466-3414**  
Spokane 99208 *chchristian.org*  
Volunteers tutor immigrant adults and refugees in English. (Upa refugees mi caah mirang ca lei in bomh nak hmun a si)

**Daily Dose**  
*hjcav@byu.net* **448-5312**  
LDS volunteers provide free, conversational English lessons to function in the community. (Mirang Ca Cawn duh mi Caah)

**Institute for Extended Learning ESL Program  
(Upa Caah Mirang Ca Cawn Nak Hmun)**

**ADULT EDUCATION CENTER**  
**(ZING LEI CAAN LE ZAAAN LEI CAAN AH SI LAI)**  
2917 W Ft George Wright Dr  
Spokane 99224 **533-4671**  
**ESL Online Courses 533-8522**  
*iel.spokane.edu/abe/esl.php*  
Offers English language classes providing competency in

listening, speaking, writing, and observing. Prepares for job readiness, retention and advancement. Provides computer literacy and ESL specific software programs. (Rian caah siseh, miring ca le computer lei in cawn piak nak hmun si)

**ADULT EDUCATION CENTER**  
2310 N Monroe

**HILLYARD EDUCATION CENTER**  
4410 N Market St

**MAGNUSON BUILDING**  
2917 W Ft George Wright Dr

**SPOKANE COMMUNITY COLLEGE**  
1819 N Greene St

**Spokane Public Schools  
(Spokane Acozah Sianginn)**

*spokanepublicschools.org*

**ENGLISH LANGUAGE DEVELOPMENT -  
ELD PROGRAM**

**(MIRANG CA THANGCHOHNAK)**  
354-7304

**FAMILY REGISTRATION AND  
ORIENTATION CENTER**  
**(INNCHUNGKHAR TLEIHHNGALHNAK PEK  
NAK HMUN)** 354-5128

---

**INTERPRETATION  
& TRANSLATION  
(HOLHLEHNAK LE CA  
LEHTHLEN NAK)**

---

**DSHS Interpreter & Translation  
Services**

**(DSHS Lei I Holh le Caleh Piak  
Nak)** 800-605-5126

**Interpreter Services: Special  
Mobility Services  
(Holh le Ca Leh Nak Lei In  
Bomh Nak)**

**534-9760 800-892-4817**

Serves as a broker for oral interpreting in Spokane County/ NE Wash. DSHS provides certified interpreters for Medicaid-paid appointments only. Medicaid providers can request service. Need 24-hour notice with client's name, medical coupon number, phone number, doctor's/ dentist's name, address and phone, and appointment. (DSHS lei bawm nak in appointment kan neih tik ah fawi tein holh let tu lak piak khawh nak a si, kan hmin, kan address le phone te hna piak a helh si)

**Spokane International  
Translation (Perciba)  
(Spokane Holhleleh Bomh Nak Bu)**

502 E Third Ave 327-8064

Spokane 99201  
*spokanetranslations.com*

Does legal, business, medical, state court-ordered, phone and in-person translation. Written translation to or from any language.

(Nunphung lei siseh ngan dam nak lei in siseh tlan tling tein ca lei in leh piak nak language hmun hma si)

---

**LEGAL SERVICES (UPADI  
LEI BOMH NAK)**

---

**Center for Justice  
(Dinnak Lei A Sang Bik Zung)**  
35 W Main, Suite 300 **835-5211**  
Spokane 99201  
*cforjustice.org*

Focuses on civil rights,  
discrimination, government  
accountability, poverty and the  
environment. Offers drivers  
relicensing and expungement.  
(Acozah lei in, mi pi le mi pe kar  
lak ah thlei dan nak a um tikah  
report pek kawnh nak zung si)

**Gonzaga School of Law - Elder  
Law Clinic**

**(Gozaga Sianginn Lei Bomh  
Nak Upadi Zung)**  
721 N Cincinnati **323-5791**  
Spokane 99258  
Free to seniors 60+.

**HUD - Housing and Urban  
Development  
(HUD – Inn le Khuate Lei  
Thanchohnak Bu)**

920 W Riverside, Suite 588  
Spokane 99201 **368-3200**  
*hud.gov*  
Housing Discrimination  
Hotline **800-669-9777**  
Housing Counseling and  
Referral Line  
(Inn kawng na theih duh tik ah)  
**800-569-4287**

**Northwest Fair Housing Alliance  
(Northwest Fair Inn Bomh  
Nak Bu)**

35 W Main Ave, #250 **325-2665**

Spokane 99202 **800-200-FAIR**  
*nwfairhouse.org*

Offers assistance/education on  
federal housing laws. Provides  
housing counseling/information  
to landlords and tenants.  
(Inn cawh na duh ah siseh na  
hlan duh ah siseh acozah upadi  
lei in zoh kenh nak a si)

**Northwest Justice Project**

1702 W Broadway **324-9128**  
Spokane 99201 **888-201-1014**  
*nwjustice.org*

Provides free civil (non-  
criminal) federally funded  
legal assistance to low-income  
residents of Washington.  
(Acozah lei in income a tlawh  
deuh mi caah bomh nak hmun si)

**Office of Civil Rights  
(Ramchung Mi Sinak He A  
Pehlaimi Zung)**

2201 Sixth Ave **TDD206-615-2296**  
MS RX-11 **800-537-7697**  
Seattle 98121 **800-368-1019**  
*hhs.gov/ocr*

Assures equal access to Health  
and Human Services (HHS).  
Investigates disability  
discrimination complaints on  
federal, state or local health  
and social services programs.  
(Ngan dam nak lei siseh, za  
tlang nun siseh thlei dan nak  
um lo tein zoh kenh nak si  
lai)

**Unemployment Law Project  
(Rian A Nei Lo Pawl Ca Project)**

Community Bldg/East **624-9178**  
35 W Main Ave, Suite 370E  
Spokane 99201 **800-940-9178**

Spanish-speaking: **888-441-9178**  
*unemploymentlawproject.org*  
Offers free legal assistance and info to people denied unemployment benefits. Offers services to anyone with a Washington State claim. (Rian a nei rih lo mi caah Washington upadi ning tein a cozah lei bomh nak le that hnem nak hmun si)

### **Volunteer Lawyers Program (Caan Piak Sihni)**

**SPOKANE BAR ASSOCIATION  
(SPOKANE UPADI ZUNG)**  
1704 W Broadway **324-0144**  
PO Box 9357, Spokane 99201  
*spokanebar.org*  
Offers Bankruptcy Information Clinic, Divorce Advice Clinic, Family Law Advice and Housing Justice Project 1-4 pm, M-Th. Individual consultations, limited/full representation in civil law matters provided by volunteer attorneys. Available to low-income residents of Spokane County. (Inn kong he peh tlei in sihni na herh tik ah pumpek sihbi a lak in hmuh khawk nak hmun hma a si)

### **Washington State Human Rights Commission (Washington State Human Rights Zung)**

Rock Pointe Plaza III **568-3196**  
1330 N Washington St, Suite 2460  
Spokane 99201 **800-233-3247**  
*hum.wa.gov*  
Investigates allegations of discrimination in

employment, housing, public accommodation, credit and insurance. Offers educational programs on civil rights. (Rian tuan nak hmun ah siseh, na um nak in kong ah siseh thlei dan nak a um tik ah nu hrin co vo bu nih chek hlet nak an tuah te lai, report khawh a si)

---

### **SENIOR PROGRAMS (UPA PAWL CAAH)**

---

### **AARP - American Association of Retired Persons (American I Pinsin lah Cang Mi Upa Pawl Bomh Nak)**

*aarp.org* **800-424-3410**  
A membership organization for people 50+ provides positive social change and delivers value through advocacy and information on health, Medicare and Social Security. (Kum 50 cung lei mi nung caah ngan dam nak siseh, zatlang nun ah deih nak rem nak zer piak nak hmun a si )

### **Agging & Long Term Care of Eastern WA - ALTCEW (Caan Saupi Zokh Kham Nak Hmun)**

1222 N Post St **458-2509**  
Spokane 99201 *altcew.org*  
Provides community planning and advocacy. Funds a network of services to help seniors and adults with disabilities stay at home. (Dam lo le kum upa pawlcaah bomh nak hmun a si)

## **Elder Services (Upa Bomh)**

5125 N Market St 458-7450  
Spokane 99217

Strives to prevent premature or unnecessary hospitalization or nursing home placement through in-home assessment, psychiatric care, respite care, family caregiver support and its 24-hour Information and Assistance Line for elders:

**TTY 835-1282**

(Dam lo nain sizung kai a hau lo mi caah suimilam 24 chung zoh khenh nak hmun asi, a bik in tar nu tar pa pawl caah a si)

### **COPE'S PERSONAL CARE PROGRAM**

#### **LONG TERM CASE MANAGEMENT**

(COPE'S MIPAKHAT HRANG BOMH NAK PROGRAM) 323-9400

Medicaid program provides personal care/household assistance to impaired persons 18+ in their homes, adult family homes, care or assisted living facilities.

(Kum 18 chung lei mi nung dam lo pawl caah an inn te ah zoh khenh khawn nak si lai)

#### **INFORMATION & ASSISTANCE/CASE MANAGEMENT**

(THAWNGPANG LEI LE PUMPAK CAAH BOMH NAK) 458-7450

Focal point of aging and long-term care service system, linking people to community services to maintain independence as long as possible.

(Kan kum he peh tlei in na nun chung long-term zoh khent khawh nak hmun hma a si)

## **Prevention Education & Development Programs for Successful Aging - PED (Fintiagnak le Thanchohnak Lei Bomh Nak - PED)**

315 W Mission, #22 326-1471  
Spokane 99201 [pedspokane.org](http://pedspokane.org)

Researches, develops and offers educational programs to enhance aging for those 50+. (Kum 50 chung upa pawl caah fim thian nak lei in researches tuah piak nak hmun si)

## **RSVP - Retired & Senior Volunteer Program YMCA (Upa Pawl Caah YMCA Lei In Caan Piak in Bomh Nak)**

1126 N Monroe 777-YMCA(9622)  
Spokane 99201 [ymcaspokane.org](http://ymcaspokane.org)

Respects connection between volunteering, spiritual growth and community health. Matches member interests and talents with one-time and ongoing volunteer opportunities in more than 100 Spokane County nonprofit and public organizations.

(Tak sa, thlarau lei caah than cho khawh nak hnga bomh nak hmun si. Spokane ah mah bantuk hmun hma 100 leng an um)



---

**EMPLOYMENT & SMALL  
BUSINESS SUPPORT  
(RIANTUANTU LE SIPUAZII  
TUAH PAWL CAAH  
BOMH NAK)**

---

**Food Service Worker Permits**

**SPOKANE REGIONAL HEALTH DISTRICT**  
(SPOKANE ACOZAH SIUZUNG IN EI LE  
DIN CA BOMH NAK)

1101 W College Ave, #402  
Spokane 99201 **324-1563**  
[www.srhd.org](http://www.srhd.org)

**Opportunity Center -YWCA  
(YWCA – Nu Bu)**

930 N Monroe **789-9280**  
Spokane 99201 [ywcaspokane.org](http://ywcaspokane.org)

**SNAP Refugee Business  
Development  
(Refugees Mi Pawl Caah  
SNAP Lei Bomh Nak)**

[franson@snapwa.org](mailto:franson@snapwa.org) **456-7106**

Offers business establishment,  
development and expansion  
assistance through programs  
including free courses and small  
business loans.

(Refugees caah chaw leh thal nak  
a hme te siseh a ngan ah siseh  
dirh na duh tik ah fim chim tu le  
cawn piak nak hmun si)

**WorkSource (Riankaw)**

130 S Arthur **532-3000**  
Spokane 99202 [Go2worksource.com](http://Go2worksource.com)

Connects job seekers and  
employers with enhanced services  
to empower the community.  
(Rian tuan duh mi caah rian kaw  
piak nak hmun pa khat a si)

---

**IN-HOME CARE &  
RETIREMENT HOMES  
(PINSINLAH UPA CAAH  
BOMH NAK)**

---

**DSHS Residential Care Services  
(DSHS Inn Um Caah Bomh Nak)**  
**323-7304**

Licenses and oversees adult  
family homes, boarding homes,  
nursing facilities and residential  
programs.

(DSHS lei in license hmuh a si  
ah, bawn piak nak nawl neih  
khawn nak programs asi)

**Home & Community  
Services - DSHS Spokane  
(Inn Kong Ah DSHS Lei In  
Bomh Nak)**

1330 N Washington, Suite 3000  
Spokane 99201 **323-9400**  
[aasa.dshs.wa.gov](http://aasa.dshs.wa.gov) **800-459-0421**  
**TTY456-2827**

Services for elderly, functionally  
disabled and vulnerable adults.  
(Dam lo le kum upa pawl caah  
bomh nak hmun si)

**Home Care Referral Registry  
of Washington  
(Washington Inn  
Zawnruahnak Bu)**

**AGING & LONG TERM CARE (ALTCEW)  
(ALTCEW CAAN SAUPI BOMH NAK)**  
1222 N Post **458-2909**  
Spokane 99201 [altcew.org](http://altcew.org)

Helps find providers based  
on care needs, schedules and  
preferences.

(A helh bantuk in bawn nak  
hmun hma a si)

**Medical Equipment & Supplies,  
& Mobility  
(Silei In Bomh Nak)**

**HOSPITAL EQUIPMENT LOAN- SCOTTISH  
RITE**

(SIZUNG LEI BOMH NAK) 635-5491  
1108 W Riverside, Spokane 99201

**MEDICALERT & SAFE RETURN**

(MEDICALERT LE SAFE RETURN)  
*alz.com* 473-3390

**MEDICARE DURABLE MEDICAL**

**EQUIPMENT**

(ZAWNRUAHNAK LE SI LEI)  
800-583-2236

**Mid-City Concerns/Meals on  
Wheels Spokane**

1222 W 2nd 747-3257  
Spokane 99201 MOW 456-6597  
*mowspokane.org*

Serves seniors and disabled in  
need of nutrition, advocacy,  
recreation and education.

(Kum upa pawl caah eiin ah  
siseh, upadi le fim thian nak lei  
in bomh nak hmun a si)

**Senior & Vulnerable Adult  
Services - Catholic Charities  
(Caan Piak Bomh Nak –  
Catholic Charities)**

12 E 5th Ave 459-6184  
Spokane 99202  
*catholiccharitiesspokane.org*

Support services for low-  
income elderly and adults with  
disabilities to improve quality  
of life and to promote  
independent living in their  
homes. Includes Senior  
Nutrition, Foster Grandparents  
and Volunteer Chore Services.

(Kum upa cang mi le pum tlam  
tling lo pawl caah mah le mah  
thut dir khawh nak ding caah le  
eiin lei in bomh nak hmun a si)

**VOLUNTEER CHORE SERVICE**

(CAAN PIAK BOMH NAK) 328-8400

*catholiccharitiesspokane.org*

Provides transportation, yard  
work and housekeeping to low-  
income seniors and adults with  
disabilities.

(Phaisa lei chungboi mi le mi  
dam lo caah bomh kenh nak  
hmun hma a si)

**SNAP Long Term Care  
Ombudsman Program  
(SNAP Leiin Caan Saupi  
Bomh Nak Program)**

3102 W Ft George Wright  
Spokane 99224 456-7133  
*snapwa.org* 800-660-7133

Advocates for residents in  
nursing, adult and boarding  
homes. Trains and certifies  
volunteers to visit and monitor  
long-term care facilities.

(Kum upa pawl caah upadi lei in  
siseh thudam lei in siseh bawm  
piak nak hmun hma a si)

**Title XIX Medicaid Personal  
Care Program (MPC)  
(Medicaid Neimi Caah XIX  
Lei Bomh Nak)**

**AGING & LONG TERM CARE OF EASTERN  
WASHINGTON (ALTCEW)**

(EASTERN WASHINGTON LEI BOMH NAK)  
1222 N Post 458-2509  
Spokane 99201 *altcew.org*

Provides personal care/  
household assistance to  
individuals 18+ with

functional impairments such as bathing, dressing, shopping, walking, housekeeping, eating and transportation to medical providers.

(Tak kholh, thil thlen, an duh nak ah kal pi, inn thianh piak etc.... bawm nak lei in tuan voi lak piak nak hmun si lai)

**Washington Residential Care Council (WSRCC)**  
**(Washington Ummi Caah Zohkhamp nak Council)**

*Spokane*newsrcc.org 888-439-8999  
 Adult Family Home Locator.

**COMMUNITY CENTERS**

Neighborhood-based support services and outreach, including gymnasium, conference rooms senior center/senior nutrition, after and before schools programs, computer centers. Publishes a monthly newsletter.  
 (Kum upa pawl caah ca zual, computer, nuamh nak hmun kal pi nak ti bantuk lei in bawm nak hmun asi)

*Continued on page 28*

**SENIOR MEAL SITES/UPA PAWL CAAH HMUH HMA**

<b>American Indian Center</b> 801 E 2nd Ste 10, 99202	<b>535-0886</b>	noon, M-F
<b>Clare House</b> 4827 S Palouse Hwy, 99223		11:30, M-F
<b>Corbin Senior Center</b> 827 W Cleveland, 99201		noon, M-Th
<b>Delaney Apts</b> 242 W Riverside Ave, 99201		11:30, MTh
<b>East Central Senior Center</b> 500 S Stone, 99202	<b>625-6693</b>	noon, M-F
<b>Hillyard Senior Center</b> 4001 N Cook, 99207	<b>482-0803</b>	noon, M-Th; 11:45, F
<b>Mid City Concerns Senior Center</b> 1222 W 2nd, 99202	<b>747-3257/ 456-6597</b>	11:30, M-F
<b>Sinto Senior Activity Center</b> 1124 W Sinto, 99201	<b>327-2861</b>	11:30, M-F
<b>Southside Senior Activity Center</b> 3151 E 27th Ave, 99223	<b>535-0803</b>	noon, MWF
<b>St Aloysius Senior Center</b> 330 E Boone, 99201	<b>313-5896</b>	lunch, 1st Th \$6.00, RSVP

**East Central Community Center  
(East Lei Um Mibu Center)**

500 S Stone **625-6699**  
Spokane 99202  
[eccspokane.org](http://eccspokane.org)

**Northeast Community Center  
(Northeast Mibu Center)**

4001 N Cook **487-1603**  
Spokane 99207  
<http://necca.myspokane.net>

**West Central Community Center  
(West Central Mibu Center)**

1603 N Belt St **326-9540**  
Spokane 99205  
[myspokane.net/wccc](http://myspokane.net/wccc)

---

**ARTS & CULTURE/  
NUMPHUNG**

---

**Libraries, City & County  
(Libraries, Khuachung le Khualen)**

Call for hours and services.

**SPOKANE PUBLIC LIBRARIES**

**( SPOKANE ACOZAH LIBRARIES )**

[spokanelibrary.org](http://spokanelibrary.org) **444-5300**

Downtown - 906 W Main

Spokane 99201 **444-5300**

East Side - 524 S Stone

Spokane 99202 **444-5375**

Hillyard - 4005 N Cook

Spokane 99207 **444-5380**

Indian Trail - 4909 W Barnes

Spokane 99208 **444-5395**

Shadle-2111 W Wellesley

Spokane 99205 **444-5390**

South Hill - 3324 S Perry

Spokane 99203 **444-5385**

North Spokane (County) **893-8350**

44 E Hawthorne [scl.org](http://scl.org)

Spokane 99218

---

**HOSPICE CARE & GRIEF  
(RIAHNAK INN LE BUK)**

---

Compassionate specialized care for people facing a life-limiting illness or injury. Involves a team-oriented approach to expert medical care, pain management, and emotional and spiritual support. Services for patient and loved ones.

(Har sat nak ton tik ah thin lung,  
taksa le thlarau lei in bomh  
chanh nak pe u leh duh dawt  
nak he a si kho tawk in bomh  
nak hmun hma a si)

**Horizon Hospice LLC**

123 W Cascade Way **489-4581**  
Spokane 99208

**Hospice of Spokane**

121 S Arthur **456-0438**  
PO Box 2215R **888-459-0438**