

# SENIOR PROGRAMS

## EDUCATION & ACTIVITIES

senior.org seniorcenterdirectory.com  
**AARP 866-227-7457** **AARP Discounts 877-422-7718**

**Washington (509)** digitalseniorpages.com  
 spokanewa.innovating.com  
 LGBTQSeniorsoftheInlandNorthwest.com

**AARP Employment Program** 222 W Mission #124, 99201 **325-7712**  
 Places low-income people 55+ in 20-hour/week, minimum-wage nonprofit and public service agencies to gain work experience, job referrals and marketable skills. sjmoore@aarp.org

**AARP Tax Preparation** **353-4851**  
 Argonne Library 4223 N Argonne, Cheney Library 610 1st, NECC 4001 N Cook, Medical Lake City Hall, 124 S Lefevre (no appt), Moran Prairie Library 6004 S Regal, Spokane Valley Library 22 N Herald

**ACT 2 Program-SCC** 1810 N Greene, 99217 scc.spokane.edu **533-7181**  
 Ways to stay active, informed and enriched in retirement. Affordable classes in Spokane, Spokane Valley, Chewelah, Colville and Newport, courses in art, exercise, history and technology.

**Alliance for Retired Americans** **206-890-1009**  
 23406 52nd Pl S, Kent 98032 waareapresident@hotmail.com

**Community Living Connections - ALTCEW** altcew.org **960-7281**  
 Provides information, respite and support for family caregivers.

**NARFE: National Active & Retired Federal Employees** **800-456-8410**  
 606 N Washington, Alexandria VA 22314 n arfe.org

**WA narfewa.org**  
**Chapter 32** NARFE0032@gmail.com **747-1589**  
 POB 4592, 99220 narfespokane.org

**Chapter 1192** **378-2494**  
 2802 W 40th, Kennewick 99337 narfe1192.org

**Project Joy Senior Entertainers** projectjoy.org **535-0584**  
**Retired Educator's Foundation** spokanenearearetirededucators.org  
 Volunteers provide talks on travel to seniors and senior homes.

**Retired & Senior Volunteer Program (RSVP), WA Assn of** warsvdp.org  
 Connects seniors to the community, matching interests & non-profit opportunities.

**RSVP - Retired Senior Volunteer Program** rsvpspokane.org  
 1126 N Monroe, 99201 rsvp@ymcainw.org **344-7787**

**RSVP of Benton / Franklin / Walla Walla Counties** **965-7100**  
 Catholic Charities in Central WA, 5301 Tieton, Yakima 98908  
 ddavidson@catholiccharitiescw.org catholiccharitiescw.org

**SeniorCorps - Americorps** servewashington.wa.gov/senior-corps  
**Senior Action Network of EWA** info@sanewa.org sanewa.org

Network of business leaders and individuals to offer charitable giving and annual events. Helps raise awareness and funds for seniors and organizations that help seniors to live healthy independent, secure lives.

**Senior Citizens Lobby** waseniorlobby.org **360-754-0207**  
 1501 Capitol Way S, Ste 103, Olympia 98501

**WSU Retirees Association** **335-2586**

**Idaho (208)**  
 idahoseniors.net MatureandSeniorLivingChoices.com

**AARP** IDAARP@aarp.org local.aarp.org/moscow-ld  
 FB@LatahCountyIdahoAARP678

**RSVP - Retired Senior Volunteer Program - AAA/NID** **667-3179**  
 rsvp@aaani.org aaani.org/volunteer.php **800-786-5536**

Matches member interests and talents, volunteer opportunities with nonprofit organizations.

**RSVP North Central Idaho** crobinson@wivc.org **208-746-7787**  
 WA-ID Volunteer Center, 1424 Main, Lewiston 83501 wivc.org

Also serves in Asotin & Garfield counties.

## ELDER LAW & ADVOCACY (509)

washingtonlawhelp.org/resource/questions-and-answers-on-powers-of-attorney agingwithdignity.org legalzoom.com

endoflifewa.org/tools-for-planning/durable-power-of-attorney/  
**Durable Power of Attorney & End-of-Life** wsma.org **800-237-3329**

caringinfo.org **800-658-8898**  
 Orders for life-sustaining treatment, living wills or end-of-life.

**Elder Law Clinic - Gonzaga University Legal Assistance** **323-5791**  
 721 N Cincinnati, 99202 Free to 60+.

**Rural Resources** **684-3932**  
 60+ in Ferry, Stevens, Pend Oreille & Whitman counties.

## SENIOR PROGRAMS

**AARP** aarp.org **800-424-3410**  
**Grandparents Info** **202-434-2296 - IRS Tax-Aide** **888-227-7669**

### Health Issues

**Alzheimer's Disease Education and Referral Center** alzheimers.gov

**Alzheimer's Foundation of America** alzfdn.org **866-232-8484**

**The Alzheimer's Store** alzstore.com **800-752-3238**

**Arthritis Foundation** arthritis.org **800-283-7800**

**Arthritis Foundation Helpline** **800-542-0295 / 206-547-2707**

**Assn of Late Deafened Adults** alda.org **TTY 815-332-1515**

**Dementia and Driving** wvpersonalinjury.com/dementia-and-driving

**Huntington's Disease Society of America** hdsa.org **800-345-4372**

**National Osteoporosis Fund** nof.org Helpline **800-231-4222**

**NCOA Aging & Sleeping** ncoa.org/adviser/sleep/aging-and-sleep/

**Parkinson's Foundation** parkinson.org **800-327-4545**

**Helpline** **800-473-4636**

### Washington (509)

#### Health Issues

**Aging & Long-Term Care of Eastern WA - ALTCEW** **458-2509**

1313 N Atlantic, Ste 3000, 99201 action@altcew.org altcew.org

Resource for independent living & community-based services in EWA.

**Alzheimer's Association** **24/7 HELPLINE 800-272-3900**

**WA Chapter** InquiryWa@alz.org alz.org **206-363-5500**

Provides information, education, referral and support to families affected with any type of dementia. Covers WA and N Idaho.

**Elder Services** 5125 N Market, 99217 **TTY 835-1282**

Behavioral health care and case management for adults 55+.

**Kinship Navigator, COPEs** **458-7450**

**Spokane Area Dementia Friendly Community - ALTCEW** **458-2509**

Supports people living with dementia (PLWD) strengthen this community-based effort. dementia@altcew.org

**Senior Centers** See Senior Nutrition sites for 'SC' and 'SC contacts'

**Airway Heights Parks & Recreation** 11405 W Deno, 99224 **244-4845**

**Corbin Senior Activity Center** 827 W Cleveland, 99205 **327-1584**

corbinseniorcenter.org

**Newport Hospitality House** *HHSeniorCenter@gmail.com* **447-3812**  
 216 S Washington, Newport *FB@Hospitality-House*

**Sinto Senior Activity Center** *sintocenter.com* **327-2861**  
 1124 W Sinto, 99205

**Southside Community Center** *3151 E 27th southsidescc.org* **535-0803**

**Spokane Valley Senior Cntr** *spokanevalleyseniorcenter.org* **926-1937**  
 2426 N Discovery

**Tum Tum Seniors** 214 E Franklin, Nine Mile Falls 99026 **466-9643**

**SHIBA - Statewide Health Insurance Benefits Advisors**  
*insurance.wa.gov* **800-562-6900**

**ALTCEW** 1313 N Atlantic, Ste 3000, 99201 *altcew.org* **458-2509**  
 Provides free information about health care coverage. Counseling on Medicare and Medicaid coverage serves Spokane, Whitman County

**Action Health Partners of Adams, Chelan, Douglas, Grant and Okanogan counties**  
*communitychoice.us* **888-452-0731**  
 230 Grant, Ste A25/ Mail: 595 Grant #3/325, East Wenatchee 98802

**Rural Resources Community Action** **684-8421**  
 956 S Main, Ste A, Colville Stevens, Ferry, Lincoln, Pend Oreille

**WA-ID Volunteer Center, Inc.** *waidvolunteercenter.org* **208-746-7787**  
 1424 Main, Lewiston 83501 *action@altcew.org* Asotin, Garfield cnties

**SHIBA in Walla Walla/Columbia County** *shiba@oic.wa.gov* **562-6900**

**Idaho (208)** **AARP 866-295-7284**

**Alzheimer's Association** *alz.org* **24/7 HELPLINE 800-272-3900**

**Alzheimer's Support** 414 Church, Sandpoint **290-1973**

**Area Agency on Aging of North Central Idaho - CAP**  
 124 New 6th, Lewiston 83501 **743-5580/800-746-5450**  
 Aging and disability resource connections for Clearwater, Idaho, Latah, Lewis and Nez Perce counties. *cap4action.org*

**Area Agency on Aging of North Idaho** **667-3179/800-786-5536**  
 NIC 402 W Canfield, Ste 1, CdA 83814 *InfoAssist@nic.edu*  
 Provides answers on aging issues in Benewah, Bonner, Boundary, Kootenai and Shoshone counties. *aaani.org*

**Senior Centers** See Senior Nutrition sites for 'SC' and 'SC contacts'

**Blanchard Community Center** *blanchardidaho.net* **437-1037**  
 685 Rusho Ln/POB 127, Blanchard 83804

**Harrison Senior Citizens Center** 103 W Pine, 83833 **689-3557**

**Hope House of Boundary Cnty** 5100 Camelot, Moxie Springs **267-5105**

**Jewett House** 1501 E Lakeshore, CdA 83814 **667-5194**

**Memorial Community Center** 415 Wellington, Hope 83836 **264-5481**  
*memorialcommunitycenter.com*

**Sagle Senior, Inc** 70 Walker/POB 614, 83860 **265-2627**



*Together we can help you find solutions to issues facing aging adults!*

**208-667-3179 \* 800-786-5536 \* www.aaani.org**  
**402 W. Canfield Ave, Ste 1, Coeur d'Alene, ID 83815**  
 - A 'Hub' for available resources in the community -

- Senior Center meals and information
- Home Delivered Meal information
- Support and referrals for suspected Elder Abuse
- Long-Term Care Elder Advocate
- Help with navigating Advance Directives
- Connection to Alzheimer & Demetia resources
- Medicare Fraud education
- Homemaker services
- Funding & support to give you a break when caring for a loved one
- Caregiver educational programs
- Fit & Fall class information
- Referrals to housing, legal, transportation and much more
- Help with wheelchair ramps, grab-bar installation and other minor home repairs

**PROUDLY SERVING BENEWAH, BONNER, BOUNDARY, KOOTENAI, & SHOSHONE COUNTIES**

