



Department of Community Services

RESOURCE GUIDE

2002 / 2003

The mission of Pierce County Community Action is to create opportunities for economically disadvantaged families and to reduce the impact of poverty through a variety of social service and community programs.

ACKNOWLEDGEMENTS

2002 – 2003

Pierce County Council

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Department of Community Services Community Action Programs

8811 South Tacoma Way,
Lakewood, WA 98499

(253) 798-7240
1-800-562-0336

AREA CODE NOTICE:

On October 20, 2001 Western Washington will have a new method of telephone dialing. Because of the proliferation of cell phones, pagers, FAX machines, additional phone lines and the introduction of multiple telecommunications providers, a new area code is needed. The area code **564** will be overlaid onto the existing 206, 253, 360, and 425 area codes. You will be required to dial the ten-digit number to reach your destination after October 20.

Dialing 911 will work the same as always.

INTRODUCTION

This resource guide, published by the Pierce County Community Action Program, is intended as a guide to most of the human services in Pierce County. It is not an all-inclusive list. For additional information, call the United Way Information and Referral line at 572-HELP.

In case of an emergency dial 911.

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This publication was updated in the summer of 2002 by the staff of the Pierce County Department of Community Services, Community Action Program, and printed with funds made available by Puget Sound Educational Service District.

Agencies that can help with CHILD AND FAMILY resources including parenting, family counseling, Preschool and Child Care are listed in this section with a brief description of their services.

Tacoma/Pierce County Child Care Referral and Resource Line

253-591-2025 or (1-800-446-1114 ask for Pierce County)

Families looking for child care can call Child Care Resource and Referral to receive the names and phone numbers of Pierce County child care providers who will best meet the child care needs of the family. These licensed child care providers have met licensing requirements for the state of Washington. The computerized database includes detailed information about each child care center and family child care home, including schools served and other services provided. Resource and Referral provides tips on choosing quality child care and information to help families have a successful child care experience. All information is given over the phone and the service is free of charge.

Home and Family Life Program

4500 Steilacoom Blvd. S.W.
Lakewood, WA 98499
589-5779 or 589-5520

The Home and Family Life Program at Clover Park Technical College is open to any parent in Pierce County. The program teaches skills and knowledge that will help a family function as a healthy unit. Children from 1 month to 6 years of age accompany their parent(s) to the center to participate in infant, toddler, or preschool programs. Classes run from late September to the end of May and meet two days per week for 2 hours. Subjects relate to money management, food and nutrition, interpersonal skills, child development and parenting skills. For each of the 3 quarters there is a small fee. An adjustment can be made in case of great need. Some limited transportation is available for those who need it. Call for registration or information.

Bates Home and Family Life

2201 South 78th Street
Tacoma, WA 98409
(253) 680-7500

The Bates Technical College Home and Family Life Program also offers similar parenting classes. Tuition is reasonable and limited scholarships are available in some cases. Call for additional information.

Cooperative Preschools

The Bates Home and Family Life Program can also provide a list of care providers as well as cooperative preschools that are affiliated with Bates.

Below is a list of day care centers that, to our knowledge, provide their services on a **sliding fee**:

First Place for Children

1501 Pacific Ave., Suite B-03
Tacoma, WA 98402
572-0905

Tacoma Day Nursery

1113 South I Street
Tacoma, WA 98405
627-5671

First Place for Children (Parkland)

12108 Pacific Ave.
Tacoma, WA 98404
531-2009

Puyallup Play Care

120 McElroy Place
Puyallup, WA 98371
848-4232

If your child has disabilities, call **Pierce County Human Services Division of Developmental Disabilities (DDD)** 253-591-5061 or 253-2357 for child care referrals.

Young children with special needs can be eligible for preschool, contact the Child Development Center nearest you.

Puyallup Child Development Center
402 15th Ave SW
Preschool (birth to 3 years)
253-446-9600

Child Development Center of Tacoma
1601 South J St.
253-572-3227

PAVE Parent to Parent
6316 South 12th Street
Tacoma, WA 98465
(253) 565-2266

Mary Bridge Children's Hospital & Health Center
(253) 403-1419 / TDD: (253) 552-1419

Tacoma Learning Center
6316 South 12th Street
Tacoma, WA 98465-1900
(253) 565-4887

Puyallup Tribe of Indians (Birth to 6 Program)
US-Qwed-Eeth (Children Who are Cared For)
2002 East 28th Street
Tacoma, WA 98404
(253) 573-7842

CHILDREACH

8811 South Tacoma Way
Lakewood, WA 98499
798-3698

If you have questions and/or concerns about your child's talking, hearing, playing, seeing or behavior, ChildReach provides screenings at several locations in Pierce County. To get specific information about the screening process and locations, contact them directly.

Safe Place

2911 South Adams
Tacoma, WA 98409
253-383-4361

CRISIS LINE: 279-8333

Provides information on resources for teenagers with any type of problem (drugs, alcohol, gangs, abuse, teen pregnancy).

Child and Family Guidance Center

6424 North 9th Street
Tacoma, WA 98406
565-4484

Counseling services with a full range of counseling for children, youth and families; marriage, child abuse, domestic violence (including court referrals), alcohol and drug, anger management, child custody, psychological assessment, stress, depression, learning/behavioral and adjustment problems. They offer group sessions and counseling in school settings. All services are on a sliding fee scale.

Children's Home Society of Washington

201 South 34th Street
Tacoma, WA 98418
472-3355

Provides parent aid, foster care, adoption, and family support services.

Tacoma/Pierce County Crisis Line

396-5180

For parents experiencing difficulties, confusion or frustration in parenting; telephone support and information is available 24 hours a day by calling the Crisis Line. Collect calls are accepted, inside Pierce County only.

Health Information & Referral Line

1-800-842-4784

Telephone support for questions regarding pregnancy, childbirth or new baby care is provided 10:00 am to 6:00 pm (Monday – Friday) by maternity nurses.

Child Protective Services

253-983-6100

Child Support Enforcement Services of Tacoma, Washington

253) 597-3700 or 1-800-345-9976

Family Preservation

5410 N. 44th
Tacoma, WA 98407
253-759-9544

Intensive in-home services for high-risk youth.

Counseling and Consultation

502-2696

Therapy and counseling for individuals, couples, families w/children. Provide parenting classes and anger management classes that meet State standards.

Kid's Place

253-305-0836

Family Support Centers

Family Support Centers and Resource Centers offer a wide range of services which may include home visits, parenting classes, support groups, connection to resources and services, family and children's activities.

Bryant

Bryant Elementary
717 S. Grant St. B-87
Tacoma, WA 98405
(253) 571-2500
(in portable)

Eastside

3569 E. Roosevelt Ave.
Tacoma, WA 98404
(253) 627-7368
(across from Roosevelt Elementary)

Elk Plain

18020 B St E.
Challenger Campus
(253) 846-7694
(across from Elk Plain School of Choice)

Hilltop

2141 South J Street
Tacoma, WA 98405
(253) 627-3223
(McCarver Elementary Primary Bldg.)

Key Peninsula

17010 S. Vaughn Road
Vaughn, WA 98394
(253) 884-5433
(Civic Center)

Lakewood

14721 Murray Rd. S.W.
Lakewood, WA 98439
(253) 589-7350
(American Lake South Complex)

McKinley

3702 E. McKinley
Tacoma, WA 98404
(253) 571-2380
(McKinley Elementary portable)

Orting

120 N. Washington Ave.
Orting, WA 98360
(360) 893-8500
(Administration Building, Room 8)

Parkland

121st & Pacific Ave., Room G7
Tacoma, WA 98447
(253) 798-6557
(PLU East Campus)

Puyallup

615 E. Pioneer Ave.
Puyallup, WA 98372
(253) 435-3944
(Good Samaritan Pioneer Campus)

Sumner

1503 Valley Avenue
Sumner, WA 98390
(253) 891-6535
(Daffodil Elementary portable)

Wickersham School Discovery

250 West Main
Buckley, WA 98321
(360) 829-0600 ext. 290
(Wickersham School Campus portable)

For help finding the center nearest you, call (253) 798-2842.

Head Start and ECEAP Programs

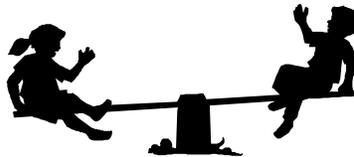
ECEAP (Early Childhood Education and Assistance Program) and Head Start are family development programs that provide many free services to eligible children and their families. The majority of children enrolled in ECEAP and Head Start programs are four years old by August 31st. Many Head Start/ECEAP Centers also enroll 3 year olds.

Call the Head Start (H) or ECEAP (E) number in your community.

For further information, call the Puget Sound ESD Head Start and ECEAP at 1-800-664-4549 or (206) 439-6966.

Bates Technical College (serving Fife, Puyallup & Tacoma) (E)	253-680-7320
Bethel (Head Start)	253-538-4046 253-531-6449
Bethel (ECEAP)	253-539-6545 253-539-6792
Chief Leschi (E)	253-445-6000 (Ext. 3117)
Clover Park Technical College (H)	253-589-5721
First Place for Children: Parkland (H)	253-531-2009
First Place for Children: Puyallup (H)	253-841-4115
First Place for Children: Tacoma (H)	253-572-0905
Franklin Pierce (H)	253-535-8825
Peninsula (E)	253-858-5570 253-884-5710
Pierce College (serving Clover Park) (H)	253-964-6647
Pierce County Community Services (serving Puyallup, Sumner Bonney Lake, Buckley, Orting, Eatonville, University Place) (E/H)	253-798-7379
Steilacoom (E)	253-983-2565
Sunrise Early Education Center (serving Tacoma) (E)	253-383-7741
Tacoma Public Schools (E)	253-571-3217
Tacoma Public Schools (H)	253-571-1948

Early Head Start programs for pregnant women and their children, birth to 3 years, are located at selected sites in Pierce County. For more information about local sites, please call (253) 926-6815.



Drive to Save Gas

Speeding up and breaking reduces mileage significantly.

Minimize idling. Your vehicle gets 0 miles per gallon when idling. Rapid acceleration can reduce fuel efficiency by 2 mpg.

Try to limit air conditioning use in slow traffic conditions.

Remove unneeded weight from your car, you lose 1-2% of the average mpg for every 100 pounds added to your car.

As the speed of your car increases above 55 mph, gas mileage decreases. Best gas mileage is between 35 and 55 mph. If you travel 55 mph instead of 70 mph, you can travel up to 5 miles more on the same gallon of gas.

Avoid unnecessary driving, especially short trips. If you combine trips you'll save gas and time. Tires with insufficient pressure can create drag and lessen your mpg by 3 to 4 mpg.

Check the air filter at least twice a year. A clogged filter can reduce gas mileage.

Keeping the car tuned regularly (every 10,000 miles) could save as much as a tank of gas a month.

Comparison shop by phone rather than by car.

Schedule trips during non-rush hour times to avoid stop and go driving.

Join a carpool, vanpool or rideshare.



DID YOU KNOW?

- If all tires in the U.S. were properly inflated we could save an equal amount of oil to what was spilled in Prince William Sound in just 3 days.
- Increasing the occupancy of automobiles during rush hour from 1 to 2 persons would save 40 million gallons of gas a day.
- Every person who switches from driving alone to using mass transit saves 200 gallons of gas per year.
- If only 10% of those driving alone were to switch to mass transit, over 300,000 barrels of oil would be saved each day in the U.S.
- In one year, a single vanpool can remove 14 cars from the road, save 8,000 gallons of gas, reduce air pollution by 5.4 tons, and eliminate more than 150,000 vehicle miles.
- Each year more than 280,000 Americans are seriously injured in motor-vehicle accidents: 45,000 people die. The risk of being killed or seriously injured while riding public transit is almost 800 times less.
- Overall, car emissions are responsible for 45% of the nitrogen oxide and 33% of the hydrocarbons that produce smog, acid rain and the ozone problem.
- Car emissions contribute 75% of the carbon dioxide in the atmosphere, the pollutant that promotes global warming via the greenhouse effect.
- According to the American Lung Association, air pollution cost the nation's taxpayers about \$40 billion annually in health care.
- Crop losses due to ozone damage are estimated to cost between \$1.9 and \$4.5 billion a year.

CLOTHING

Shopping for CLOTHING, furniture, or appliances in Thrift Shops or second hand stores is an excellent way to save money. Listed below are a few of these stores that are located in Pierce County.

<p>AMERICAN CANCER SOCIETY 2512 N. Proctor Tacoma, WA 98406 759-2823 (Mon.-Sat.) 10:00 to 5:00</p>	<p>DESERET INDUSTRIES THRIFT STORE 17705 Pacific Ave. South Spanaway, WA 98387 847-4434</p>
<p>St. VINCENT DE PAUL 4009 South 56th, Tacoma 474-0519 3805 South Yakima, Tacoma 472-7334 113 West Meeker, Puyallup 848-5637</p>	<p>GOODWILL 14918 Pacific Ave. S., Spanaway 537-9116 12007 Meridian, Puyallup 841-2231 1415 72nd St. E., Tacoma 471-0885 714 So. 27th St., Tacoma 272-5166 3121 So. Cedar St., Tacoma 472-5160</p>
<p>GOD'S CLOSET 613 23rd St. N. W. Puyallup 845-1639</p>	<p>CLASS ACT CONSIGNMENT (women's clothing and accessories only) 7 St. Helen's #1, Tacoma, WA 98402 383-2561</p>
<p>BARGAIN WORLD 15615 Pacific Ave., Spanaway 536-2557 900 Meridian, Puyallup 927-5629</p>	<p>SALVATION ARMY 1201 Main St., Sumner 863-9959 12904 Meridian S., Puyallup 841-9856</p>
<p>FT. LEWIS THRIFT SHOP Bldg. 5170 964-5401</p>	<p>SECOND CLOSET 7 Tacoma Ave. North, Tacoma, WA 98403 383-9269</p>
<p>VALUE VILLAGE 1124 River Rd., Puyallup 848-1582 8025 Hosmer, Tacoma 539-0886</p>	<p>MERIDIAN THRIFT 16621 Meridian E., Puyallup, WA 98375 770-9544</p>
<p>MARY BRIDGE ORTHOPEDIC GUILD THRIFT SHOP 6951 Kimball, Gig Harbor 858-3826</p>	<p>ANGEL'S GUILD KC Corral, Lakebay, WA 98349 884-9333</p>
<p>THRIFT CENTER 904 72nd St. East, Tacoma, WA 98404 475-8860</p>	<p>BARGAINS ONLY THRIFT STORE 9530 Bridgeport Way. SW., Tacoma, WA 98499 588-6612</p>
<p>BETHEL CHAPEL 20112 S. Prairie Rd. E., Sumner 862-1643</p>	<p>TEEN CHALLENGE THRIFT STORE 10113 213th St. E., Graham, WA 98338 847-4110</p>



Destiny CARES Center

PO# 731549

Puyallup, WA 98373

770-8996

Monday – Thursday: 10:00 to 3:00

Destiny CARES (Caring Assistance through Resources, Encouragement and Services) provides practical assistance and services for people under extreme financial pressure. They cooperate with state agencies, churches, private foundations and organizations to provide groceries and clothing.

Yelm Community Services

P.O. Box 5320

Yelm, WA 98597

(360) 458-7000

Provides help with housing, food, clothing, transportation, utilities and homelessness. Offers youth activities, summer day camp, and senior lawn care during the summer. Participants must be low-income and live in Thurston County.

Clothing is also available free of charge from Clothing Banks when persons or a family is in need. The clothing banks are listed below.

NATIVITY HOUSE

1324 S. Yakima, Tacoma

272-5266

FRANCIS HOUSE322 7th Street S.E., Puyallup

848-3618

SEVENTH DAY ADVENTIST

Community Services

3108 Portland Ave., Tacoma

272-8289 or (Monday - Thurs. by appt.)

ST. VINCENT DE PAUL4009 South 56th, Tacoma 474-0519

3805 S. Yakima, Tacoma 472-7334

113 West Meeker, Puyallup 848-5637

PARKLAND CHRISTIAN CHURCH

12305 Spanaway Loop Rd., Parkland

531-0757

(For zip codes: 98-(443, 444, 445, 446 and 387)

In the event of a natural disaster or fires, the American Red Cross attempts to provide clothing for victims. Call for information: 474-0400.

In the winter time, the Salvation Army will supply blankets and shoes to persons in need.



DENTAL

There are several clinics in the Tacoma area that offer DENTAL services for low-income families. They are listed below with a brief description of their practices.

Clover Park Dental Clinic
4500 Steilacoom Blvd. S.W.
Lakewood, WA 98499
589-5632

Located within the Clover Park Technical College, they offer a full array of dental services, except orthodontics and periodontics. Their fees are lower than private dentists in most cases, and have set fees according to the type of care. They accept DSHS medical coupons. Their hours are 8:00 to 12:00, Monday – Friday.

Community Health Care Adult Dental
1215 South 11th, Tacoma
572-7002

Community Health Care Children's Dental
1102 South I Street, Tacoma
272-7648

The clinics provide exams, X-rays, fillings and some root canals. They offer emergency services to adults on DSHS. They are open Monday – Friday, 7:00 to 5:00, except Thursday when their hours are 7:00 to 6:00.

Pierce College Dental Hygiene Clinic
9401 Far West Drive S.W.
Lakewood, WA 98498
964-6694

This clinic is open to the general public. Their services are limited to exams, X-rays, and cleaning, but their fees are very reasonable. They accept DSHS medical coupons.

Carl Lindquist Clinic (for children only)
324 South Garfield
Tacoma, WA 98444
539-7445

This clinic is a United Way agency located in Parkland. Dental care is provided to school aged children and the cost is very inexpensive. The clinic provides cleaning, X-rays, flouride treatments, and tooth restoration.

The clinic also provides eye exams and glasses for children. Children must be referred by their school nurse in order to participate in this program. Also, attending appointments, once they are made, is extremely important. They will accept DSHS medical coupons.

Denture Service of Washington
584-8840

Easter Seal Society of Washington

157 Roy St
Seattle, WA 98119
(206) 678-5708 or (206) 281-5700
or 1-800-678-5708

Easter Seal has a dental referral program for alzheimers patients, elderly persons and disabled persons. Eligibility is based on income and family size. Only disabled persons are able to participate. Dental care is provided by participating dentists for 35%-50% reductions.

SEA MAR Community Health Center

1112 S. Cushman
Tacoma, WA 98405
593-2144

Specializing in culturally appropriate services to the low-income, uninsured Latino Community provided by bilingual staff.



DISABILITIES

There are a number of agencies that provide services and information of individuals with DISABILITIES.

TACID
6315 South 19th Street
University Place, WA 98466
565-9000

TACID is the Tacoma Area Coalition for Individuals with Disabilities. The center is located on the Southeastern corner of the Tacoma Community College Campus. They offer a variety of programs such as: Blind Independent Living, Deaf and Hard of Hearing, Housing and Employment, Information and Referral, Mental Health Resources, Support groups and Volunteer Opportunities.

Lifetime Advocacy Plus
1019 Pacific Avenue, Suite 1102
Tacoma, WA 98402
253-572-5134 or 253-572-9180

This program serves seniors and the disabled who have no families by providing trustee-guardianships. This legal arrangement allows them to remain independent by careful management of their personal resources. For specific information, contact them between 9:00 a.m. and 5:00 p.m. The Puget Sound Legal Assistance Foundation also deals with guardianships.

Pierce County Developmental Disabilities
8811 South Tacoma Way
Lakewood, WA 98499
(253) 798-6109

Division of Developmental Disabilities
1305 Tacoma Avenue South, Suite #300
Tacoma, WA 98402
(253) 593-2812
TDD: (253) 572-7381
1-800-248-0949

Easter Seal Society of Washington
157 Roy St.
Seattle, WA 98119
(206) 678-5708 or (206) 281-5700
or 1-800-678-5708

Easter Seal sponsors a dental program for disabled persons. Eligibility is based on income and family size. Only disabled persons are able to participate. Dental care is provided by participating dentists for 35%-50% reductions.

Home Health Services

Home Health Services are provided to persons experiencing temporary or permanent impairment of their health. Under medical supervision, services and personal care can be brought into the home to promote health and minimize the disability as much as possible. Costs are charged on a sliding fee scale and must be assumed by medical insurance, Medicare, Medicaid or the patient directly. They serve residents of both Pierce and King Counties. Their services may be accessed directly or through service coordinators at all local hospitals. Contact the organizations listed below:

Home Health Services

Good Samaritan Hospital
(253) 841-5668

Franciscan Home Health
253-671-7000

MultiCare Home Health Services*

Hospice of Tacoma
315 Martin Luther King Way
Tacoma, WA 98405
1-800-572-2069 or 403-1805

*MultiCare Home Services was founded in 1977 as a community volunteer organization. Now part of the locally-owned MultiCare Health system, their agency has built its reputation on seeking out and serving community needs. It is composed of six divisions, which together provide a continuum of community-based health care, including:

- Transitional Care/Case Management
- Adult Day Programs
- Home Health Care
- Maternal/Child Programs
- Hospice and Palliative Care
- Grief and Loss Counseling
- Staffing

COPEs

Department of Social and Health Services
1949 South State Street
Tacoma, WA 98405
253-476-7292 or 253-476-7200

Persons with physical impairments may also be eligible for the COPEs Program. People who reside in Puyallup area need to apply at 1011 East Main Street, Suite 101, Puyallup, WA 98372.

(253) 840-4720

You may also contact:

Catholic Community Services

Care Givers 383-3697

Lutheran Social Services

Home Helpers 272-8433

Volunteer Chore Services

502-2690

Home Delivered Meals

Tacoma 272-8433 / Puyallup 770-4326

For elderly or disabled individuals who are homebound, Lutheran Social Services will deliver frozen meals to a person's home if they live within the city limits. Orders are taken by phone on Thursday and all deliveries are made Friday. The meals cost \$2.95 each and a minimum order of seven meals is required.

Tacoma Goodwill Industries

714 South 27th Street

Tacoma, WA 98409

Voice TDD: (253) 272-5166

Tacoma Goodwill is the largest regional provider of community-based employment and training programs. The largest constituency served are people with vocational disadvantages such as welfare dependency, illiteracy, criminal history and homelessness. People with mental and emotional disabilities are the second largest group. They also serve at-risk youth and adults with physical, emotional disabilities and behavior disorders. Services are provided without regard to race, religion, national origin, gender, age, marital status, disability or HIV/AIDS. Contact them for employment or vocational services.

Vocational Rehabilitation

1949 South State Street, N-2713

Tacoma, WA 98405

253-983-6500

Puyallup Vocational Rehabilitation

510 East Main Street, Suite G

Puyallup, WA 98372

253-840-4768

Where there is a reasonable expectation that retraining or education will help someone gain employment, it is appropriate to contact the Vocational Rehabilitation Division of the Department of Social and Health Services. They can provide training and pay for tuition, books and fees for those who have either an emotional illness or a physical or mental disability that prevents them from working. Their purpose is to assist people in securing employment. The two offices in Pierce County are listed above and they will accept prospective clients on a walk-in basis.

READ, Inc.

(Research, Education and Diagnosis)

4707 S. Junett, Suite B, Tacoma

474-7997

Assistance to those with learning disabilities such as dyslexia is provided, a fee is charged.

Education and Home Living

473-1401

Provides education and training opportunities for disabled adults.

Hope Guest Home

915 South 7th Street (and South J Street)

Tacoma, WA 98405

627-3620

Provides a place to live for women who have a mental impairment and whose income is SSI or SSA.

Social Security Administration

1-800-772-1213

For information about SSI, Social Security, as well as Social Security Disability benefits call the toll-free number provided. They can answer questions about eligibility, individual claims and make referrals to the appropriate offices for appointments. Persons who have become physically disabled and are without private insurance or worker's compensation may be eligible for SSI or Social Security Disability benefits. Persons must apply with the Social Security Administration and may call one of the numbers above.

SSA Tacoma Office

2608 South 47th (corner of Pine & 47th)
Tacoma, WA 98409

SSA Puyallup Office

803 East Main Street
Puyallup, WA 98371

EMPLOYMENT OPTIONS FOR THOSE WITH DISABILITIES:**CAPA**

12001 Pacific Ave. S. Suite 201
Tacoma, WA 98444
(253) 536-2339

Center Force

5204 Solberg Dr. S. W.
Lakewood, WA 98499
(253) 584-1001

ENRICH

Good Samaritan Outreach Services
407 14th Avenue S. E.
Puyallup, WA 98371
(253) 845-9500

Goodwill Industries

714 S. 27th Street
Tacoma, WA 98409
(253) 272-5166
www.goodwill.org

IAM CARES

1501 Pacific Ave. Suite B-01
Tacoma, WA 98402
(253) 274-1479

Independent Employment Services

1501 Pacific Ave. Suite #203
Tacoma, WA 98402
(253) 383-1989

L'Arche Tahoma Hope Community

12303 36th Ave. East
Tacoma, WA 98446-3113
(253) 535-3178

Metropolitan Park District of Tacoma

Special Populations/Community Access
4806 South 66th
Tacoma, WA 98409
(253) 591-5314

Rios Employment & Consulting Services

P.O. Box 7404
Bonney Lake, WA 98390
(253) 891-8463

Tahoma Associates

1545 Tacoma Ave. South
Tacoma, WA 98402
(253) 627-7980

VADIS

1701 Elm Street
Sumner, WA 98390
(253) 863-5173

Washington Initiative for Supported Employment

(WISE) (www.wise.nu)
83 South King Street, #603
Seattle, WA 98104
1-800-355-2871

PAVE

6316 South 12th Street
Tacoma, WA 98465
565-2266 or 1-800-5-PARENT

Parents are Vital in Education (PAVE) provides training, support and information to parents of children with disabilities. They help to inform parents about their children's educational rights and assists the parents in becoming advocates for their children.

Pierce County Parent Coalition (PC₂)

6315 S. 19th Street
Tacoma, WA 98466
(253) 564-0707

If your child is registered with **Pierce County Human Services Division of Developmental Disabilities (DDD)** you may call 591-5061 for child care referrals.

Young children with special needs can be eligible for preschool, contact the Child Development Center nearest you.

Sumner Child Development Center

Preschool (birth to 3 years)
863-8800

Child Development Center of Tacoma

1601 South. J St.
572-3227

Other providers for children with special needs are listed below:

Child Development Center

402 15th Ave SE #2
Puyallup, WA 98372
(253) 446-9600

Mary Bridge Children's Hospital & Health Center

P.O. Box 5299 MS F1-SH
Tacoma, WA 98415-1652
(253) 403-1652 / TDD: (253) 552-1419

PAVE Parent to Parent

6316 South 12th Street
Tacoma, WA 98465
(253) 565-2266

Tacoma Learning Center/Valley Center (848-4040)

6316 South 12th Street
Tacoma, WA 98465-1900
(253) 565-4887

Puyallup Tribe of Indians

US-Qwed-Eeth (Children Who are Cared For)
2002 East 28th Street
Tacoma, WA 98404
(253) 573-7842



Pierce Transit Shuttle

3701 96th Street S.W.
Lakewood, WA 98499-0070
581-8100 or 1-800-841-1118

Public transportation is available in the greater Tacoma area for essential shopping and medical appointments by calling Shuttle Information. Persons must register with the Shuttle office; it takes about three weeks. Call for further information or registration.

Paratransit Services

8311 South Durango
Lakewood, WA 98499
1-800-925-5438

Paratransit Services currently provides Medicaid transportation services in Pierce County. They are also the main provider of transportation to adult day health care, and respite. (*48 hours notice is required*).

MultiCare Hearing Services

Mary Bridge Hospital Speech and Hearing
1220 Division Avenue
Tacoma, WA 98403
552-1450

Provides financial help for children with hearing or speech impairments. They have the most modern equipment and the parent will receive an accurate preliminary assessment of the child's hearing. If testing shows that a hearing aid is needed, they have a wide selection to choose from.

The Pierce County Community Development Corporation

8815 South Tacoma Way
Lakewood, WA 98499
798-7038

Administers a Housing Rehabilitation Loan program for low-income families and disabled persons in the Pierce County area. Call for more information about repairing your home.

W.T.A.P.**(Washington Telephone Assistance Program)**

You may be eligible for a discount on your phone bill if you meet the qualifications for *Washington Telephone Assistance Program (WTAP)* and receive any of the following types of assistance: TANF, GA-U, GA-S, SSI, COPEs, Chore Services, medical coupons, food stamps or Refugee Assistance. To see if you qualify, contact your local phone company. The account and billing must be in the name of the person who qualifies for the WTAP assistance.

There are several local colleges and organizations that provide continuing EDUCATION AND EMPLOYMENT preparation information, these are listed below.

EDUCATION:

Pierce College

9401 Far West Drive S.W.
Lakewood, WA 98498
964-6501

Tacoma Community College

6501 South 19th Street
Tacoma, WA 98466
565-5000 (EORC)

Pierce College and Tacoma Community College (TCC) have programs that allow for tuition and fee waivers for low-income persons who have been unemployed or underemployed for the previous six months. The Pierce College program is called the Unemployed-Underemployed Tuition Exemption Program. (For admission of low-income waivers call: 964-6651).

TCC calls their program SPRUCE which stands for “Space Available to Respond to the Unemployed through College Education”. To be qualified you must be 21 years old, be a resident of Washington State, and not have attended any college for the previous six months.

To obtain specific information about classes, income guidelines, etc., call the admissions office at the community college.

Bates Technical College	680-7000
Clover Park Technical College	589-5800
Tacoma Community College	566-5000
Pierce College (Alternative Learning Center)	964-6657
Green River Community College	924-0180 ext. 407

Each of these colleges offers GED preparation and testing. Times that the classes are offered, the structure of the class, and what fee – if any – vary from institution to institution. Classes are offered to persons 17 ½ years and older. Younger participants must obtain permission from their high school. To inquire about the programs in detail, call the numbers listed above.

Clover Park Technical College also offers a variety of educational program alternatives besides the GED. An elective high school is available for persons 16 to 21 years of age, who want to pursue a vocation while completing their high school diploma. They also have an adult high school diploma completion program. For more specific information call the numbers listed below:

Elective High School	589-5549
Running Start & Adult Diploma Completion	589-5701

Clover Park Technical College, Adult Basic Education

589-5760 or Kim Ward 589-5749

This program offers classes that are designed to help adults improve basic skills such as math, reading, writing, preparation for GED, ESL, and adult high school completion.

Challenge Learning Center

383-4469

English as a Second Language (ESL) classes are offered by the colleges listed below. Their programs differ somewhat, so call the schools for more specific information.

Tacoma Community College ESL	566-5295 & 566-5294
Pierce College ESL	964-6532
Green River Community College ESL	924-0180, ext. 2500 or 3300

Bureau of Indian Affairs (BIA)

(425) 258-2651

Education training funds are available for Native Americans, call for more information.

READ, Inc.

(Research, Education And Diagnosis)

4707 S. Junett, Suite B, Tacoma

474-7997

Assistance to those with learning disabilities such as dyslexia is provided, a fee is charged.

Education and Home Living

(for disabled adults)

473-1401

Provides education and training opportunities for disabled adults.

EMPLOYMENT SERVICES:

EORC (Educational Opportunity and Resource Center)

Metropolitan Development Council

622 Tacoma Ave. South

Tacoma, WA 98402

572-5960

EORC has information on job and career fields. They have information and interest tests available for persons who want to investigate different career fields. They can assist people with referrals, obtaining a GED and/or furthering their education. Their services are provided free of charge to Pierce County residents.

WWEE (Washington Women's Employment and Education)

3516 South 47th Street, Suite 205

Tacoma, WA 98409

474-9933

This program is designed for women and men who are low-income and single head of household. It is a career preparation and guidance program.

YWCA
405 Broadway
Tacoma, WA 98405
272-4181

The YWCA Resource Center serves men and women. It provides a job bank, updated daily, for jobs throughout the state and personal employment counseling, including how to write a resume and interviewing skills. They also have free classes every Tuesday covering the hidden job market.

Pierce County Community Action
8811 South Tacoma Way
Lakewood, WA 98499
798-7240

CAREER: Works with referrals from DSHS, Employment Security and other social service agencies to provide services designed to assist in breaking down barriers to self-sufficiency for low-income families. Its aim is to assure low-income families obtain the education, training, employment and supportive services that will help avoid long term public assistance dependency.

Service includes:

Job readiness: assessment, career planning, resume development, interviewing techniques, pointers on appropriate dress and appearance, job search and retention skills; and **work experience** placements for work experience for employment through volunteer placement to learn new job skills, obtain a recent work history, and current employment references.

Tacoma Urban League
2550 South Yakima
Tacoma, WA 98402
383-2006

The League sponsors employment and training programs. They also maintain a comprehensive list of currently available state, county and city jobs being advertised. These are available to the public in the lobby on the first floor. For more information about their resources please call the number above.

Private Industry Council
733 Market Street, Room 21
Tacoma, WA 98402
591-5450

The Tacoma/Pierce County Employment and Training Consortium has five employment training programs. They are the Entry Employment Youth Program, Summer Senior Employment Program, Senior Employment Program, Vocational Educational Program and Older Workers Program. Call for specific information about eligibility and program services.

Work Source
3650 South 38th Street (38th and Cedar)
Tacoma, WA 98402
472-8094

Assists dislocated workers from the timber industry, and from industries affected by NAFTA. It is a division of the Private Industry Council.

VOTE (Vocational Opportunity Training Education)

(253) 964-6603

Provides vocational counseling assistance for recovering chemically dependent persons.

Metropolitan Development Council

Homeless Services

2342 Tacoma Avenue South

Tacoma, WA 98402

627-5445

Provides assistance to homeless persons in securing employment.

Salvation Army

1501 6th Avenue

Tacoma, WA 98401

627-1364

They have a social service office that may provide assistance with employment.

Career Employment Counselor at Pierce College

964-6651

Employment Security Offices

Lakewood Office, 10107 South Tacoma Way, Suite A-2 589-7119

Worksource Pierce 1313 Tacoma Ave. South 593-7300

To find out where to file for Unemployment Compensation call 305-0300.

Associated Ministries CommUniversity and Project Interdependence

1224 South I Street

Tacoma, WA 98405

253-383-3056

(ext. 120 for Judith Jones for CommUniversity) (ext. 108 for Valerie Crout for Interdependence)

CommUniversity offers the county's most comprehensive adult education program focusing on spirituality, religious studies, arts and humanities, and personal development.

Project Interdependence matches volunteer mentors from faith communities and other organizations with individuals and families in transition from welfare to work.

EMPLOYMENT FOR THOSE WITH DISABILITIES:

CAPA

12001 Pacific Ave. S. Suite 201
Tacoma, WA 98444
(253) 536-2339

CenterForce

5204 Solberg Dr. S.W.
Lakewood, WA 98499
(253) 584-1001 (continued on next page)

ENRICH

Good Samaritan Outreach Services
1317 East Main.
Puyallup, WA 98371
(253) 845-9500

Goodwill Industries

714 S. 27th Street
Tacoma, WA 98409
(253) 272-5166
www.goodwill.org

IAM CARES

1501 Pacific Ave. Suite B-01
Tacoma, WA 98402
(253) 272-1479

Independent Employment Services

1501 Pacific Ave. Suite #203
Tacoma, WA 98402
(253) 383-1989

L'Arche Tahoma Hope Community

12303 36th Ave. East
Tacoma, WA 98446-3113
(253) 535-3178

Metropolitan Park District of Tacoma

Special Populations/Community Access
4806 South 66th Street
Tacoma, WA 98409
(253) 591-5314

Rios Employment & Consulting Services

P.O. Box 7404
Bonney Lake, WA 98390
(253) 891-8463

Tahoma Associates

1545 Tacoma Avenue South
Tacoma, WA 98402
(253) 627-7980

VADIS

1701 Elm Street
Sumner, WA 98390
(253) 863-5173

Washington Initiative for Supported Employment

(WISE) (www.wise.nu)
83 South King Street, #603
Seattle, WA 98104
1-800-355-2871



WATER PURIFICATION AND STORAGE

The storage and purification of water is vital when preparing for a disaster. It is important to know how to store water properly before a disaster strikes and even more important to know how to purify water after a disaster. Here are some important tips to help you:

BEFORE:

1. Store water in thoroughly washed plastic, fiberglass or metal containers lined with enamel.
2. Never use a container that has held toxic substances.
3. Adding oxygen by pouring water back and forth between two containers will improve the taste of the stored water.
4. Replace stored water every six months.

WATER PURIFICATION:

While the storage of water is straight forward, the purification of water is a bit more complex. There are many ways to purify, none are perfect. Often the best method is a combination of methods. Boiling and disinfecting will kill most microbes, but will not remove other contaminants such as heavy metals, salts and most other chemicals. Before purifying, let any suspended particles settle down to the bottom, or strain them through a layer of paper towels or a clean cloth.

BOILING:

Boiling is the safest method of purifying water. Bring the water to a rapid boil for 3-5 minutes. Let the water cool before drinking.

DISINFECTING:

You can use household bleach to kill micro-organisms. Use only regular household bleach that contains 5.25% sodium hypochlorite. Do not use scented or color safe bleaches, or bleaches with added cleaners. Add 16 drops of bleach per gallon of water. Stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes.

The only agent used to purify water should be household liquid bleach. Other chemicals such as iodine or water treatment products sold in camping or surplus stores do not contain 5.25% sodium hypochlorite as the only active ingredient. They are not recommended and should not be used.

DISTILLATION:

Distillation involves boiling water and collecting the vapor that condenses back to water. The condensed water will not include salt and other impurities. To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right side up when the lid is upside down (make sure that cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.



ETHNIC

Leadership in the different ETHNIC communities provides services to minorities. Services may include, but are not limited to, the following: meal sites, food banks, information and referral, cultural festivals, English as a Second Language (ESL) courses, translation services, counseling, job and work placement programs. Most of the services are free of charge. Contact the organization listed below to make inquiries.

AGENCY	SERVICES
Centro Latino 1208 South 10 th Street Tacoma, WA 98405 572-7717	Interpretation & translation On-the-job training English as a Second Language
Indo-Chinese Cultural & Service Center 1724 East 44 th Street Tacoma, WA 98404 473-5666	Referrals, translation, interpretation for: Vietnamese, Cambodian, Laotian, & Chinese
Asian Counseling Services 4301 South Pine Street, Room 405 Tacoma, WA 98409 471-0141	Multi-language mental health services: English, Vietnamese, Korean, Laotian, Cambodian and Samoan
Puyallup Tribe of Indians 2002 East 28 th Street Tacoma, WA 98404 597-6200	Nutrition, transportation, medical, dental, children's services, housekeeping, adult education, counseling, parenting classes, substance abuse treatment, information and referral
Tacoma Community House 1314 South L Street, P.O. Box 5107 Tacoma, WA 98405 383-3951	Education, employment, counseling for Asians, Vietnamese, Cambodians and Russians.
Small Tribes Organization of Western Washington (STOWW) 3040 96 th St. S. Lakewood, WA 98499 589-7101	
Tacoma Urban League 2550 South Yakima Avenue Tacoma, WA 98405 383-2006	Job training and job development

Consejo Counseling and Referral Service

3808 South Angeline
Seattle, WA 98118
(206) 461-4880

This is a bi-lingual organization working with Hispanic adults and children to provide therapy for substance abuse/prevention, and mental health. Also provides referral services. Accepts medical coupons, insurance and has a sliding fee scale.

Asian Counseling Services

4301 South Pine Street, Room 405
Tacoma, WA 98408
471-0141

Multi-language mental health support for adults and children. Services available in English, Vietnamese, Korean, Cambodian, Laotian and Samoan. Accepts medical coupons, insurance and has a sliding fee scale.

Puyallup Tribal Health Authority

Kwawatchee Counseling Center
2209 East 32nd Street, Building 2
Tacoma, WA 98404
593-0132

Provides mental health support for Native American children and families. Accepts medical coupons, insurance and has a sliding fee scale.

Puyallup Tribe of Indians

US-Qwed-Eeth (Children Who are Cared For)
2002 East 28th Street
Tacoma, WA 98404
(253) 573-7842

Provides educational opportunities for Native American children with special needs.

Bureau of Indian Affairs (BIA)

(425) 258-2651

Education training funds are available for Native Americans, call for more information.

Tahoma Indian Center

1556 Market Street
Tacoma, WA 98402
593-2707

Provides culturally sensitive classes: AA, Drug and Alcohol, advocacy and provides family referrals. They also provide home visiting, blessings for funerals, births, weddings, and graduations. They provide hot meals daily and there is a clothing bank and a food bank as well.

SEA MAR Community Health Center
1112 S. Cushman
Tacoma, WA 98405
253-593-2144

Specializing in culturally appropriate services to the low-income, uninsured Latino Community, provided by bilingual staff.

The Foundation for Multicultural Solutions
423 Martin L. King Way
Tacoma, WA 90405
(253) 572-3214

This program offers various programs to provide multicultural family centered support services through early intervention, family intervention services for at-risk-youth, educational programs, support groups, enhancement opportunities, and advocacy of the understanding of the multicultural strengths and diversity of individuals, families, and the community.

Baby Catchers and Company
4002 S. M St. Suite B
Tacoma, WA 98418-3800
(253) 476-0532

This is a health care alternative provided by Jeanne G Stagner, CNM, ARNP. Jeanne is a Certified Nurse Midwife and Advanced Registered Nurse Practitioner doing women's health including family planning, annual exams, primary care, newborns and complete prenatal care and births. Hospital privileges at St. Joseph's Medical Center. Jeanne is fluent in Spanish.

The Case Management Program is equipped to serve limited English speaking elderly (Asian/Pacific Islanders and Hispanics). See the Senior section of this guide for more information on Senior Case Management.

Immigration Services

U.S. Immigration & Naturalization Services	1-800-375-5283
Korean Women's Association	535-4202
Senior Information & Assistance (interpreter resources)	591-5090
Tacoma Area Literacy Council	272-2471

When you heat with GAS or OIL, it saves you money when you...

- Set back the thermostat when not at home.
- Turn the thermostat down and add a layer of clothes (or blankets) when done.
- Clean or replace the filter monthly.
- Have a qualified service person do an annual furnace tune up.
- Keep the in-line fuel filter free of dirt and water.
- Use only high quality fuel recommended by the manufacturer.



Heat Energy Savers

- Insulate and seal heating ducts in unheated spaces.
- Make sure heat vents are not blocked by furniture or rugs.
- Place a rolled up towel at the base of the door to keep out drafts.
- Keep heating equipment clean.
- Close doors and turn down heat in rooms not being used.
- Seal cracks and holes in windows.
- Seal gaps around windows and doors with caulking and weather-stripping.
- Close drapes at night and when you are away.
- Cover windows with plastic.
- Dress warm, in loose layers of cotton and wool.

When you heat with wood, it saves you money when you...

- Let the wood dry and age at least 6 months. Avoid burning green wood, which produces large amounts of creosote.
- Stack wood with ends facing south and under a simple cover of clear plastic so the sun can dry it out.
- Use insulated pipe to go through the ceiling, attic and roof into the cold air. For your protection, local and national codes, as well as your insurance company, require a permit. The permit allows your installation to be inspected and approved. This becomes public record which may be essential for any insurance loss claim you may have.
- Clean your chimney flue and stove often. (Every 10 days, during super-cold weather).
- A stove can be dangerous even if you take proper precautions. Installing a smoke detector and/or carbon monoxide detector will protect you 24 hours a day. If you already have a smoke detector make sure you test it regularly and change the batteries at least twice a year.

What's an R-Value?

Some building components, such as walls, floors and ceilings are given R-values to indicate how well they perform thermally. An R-value measures the resistance, or how slowly heat flows through the material. Technically, it measures how many hours it will take for one BTU (British Thermal Unit) of heat to pass through one square foot surface of a material when there is a 1° of temperature difference. Generally, as thickness of a given material goes up, the R-value increases. The higher the R-value, the better an insulator the material is.

FINANCIAL

The main source of FINANCIAL public assistance is available through the Department of Social and Health Services (DSHS) of the state of Washington. Monthly grants are available to parents of dependent children. DSHS also provides food stamps and Medicaid insurance. People must call a DSHS office to find out what services are available at which offices. For specific information regarding services, appointments and eligibility, call a Department of Social and Health Services Community Service Office (CSO).

Pierce East CSO

1004 East Main St.
Puyallup, WA 98371
864-3600 or 1-800-323-3561

Pierce South CSO

1301 East 72nd St.
Tacoma, WA 98404
471-4400

Pierce North CSO

1949 South State Street
Tacoma, WA 98405
253-476-6800 or 1-800-282-9961

Pierce West CSO

1949 South State Street
Tacoma, WA 9840
983-6700

Project Interdependence Program

383-3056

This organization can help to inform welfare recipients of their rights, what process to follow in resolving problems, and other resources that are available.

Social Security Administration

1-800-772-1213

For information about SSI, Social Security, as well as Social Security Disability benefits call the toll-free number provided. They can answer questions about eligibility, individual claims and make referrals to the appropriate offices for appointments.

SSA Tacoma Office

2608 South 47th (corner of Pine & 47th)
Tacoma, WA 98409
474-4388

SSA Puyallup Office

811 South Hill Park Drive St. A
Puyallup, WA 98373
253-845-4537

Persons who have become physically disabled and are without private insurance or worker's compensation may be eligible for SSI or Social Security Disability benefits. Persons must apply with the Social Security Administration and may call one of the numbers above.

Child Support Enforcement Services

Department of Social and Health Services
597-3700 or 1-800-345-9976

If you are a single parent of a child whose other parent is not paying child support, as he or she agreed to do, you can contact the Child Support Enforcement Services division. The process may take a period of up to six weeks or more. Nonetheless, this office has special enforcement privileges regarding the collection of money.

Children's Medical Benefits

1-800-562-3022

Parents of children whose family income is less than 200% of the poverty level can apply for free medical coupons for their children. Call and ask for an application.

In the case of excessive medical costs, hospitals built with public funds have a certain amount of money available through the **Hill-Burton Act** each year to pay for hospital care for individuals who cannot afford it. The resource is limited, the hospital billing department or social worker would have the best information.

SCORE

Small Business Administration

1101 Pacific Avenue

Tacoma, WA 98402

253-680-7770

Offers counseling for people who are interested in starting a business or expanding a current business.

Consumer Credit Counseling Service

11306 Bridgeport Way, S.W.

Tacoma, WA 98499

588-1858 or 1-800-244-1183

For persons or families who have an income and/or are experiencing financial difficulties with their income. Provides financial counseling free of charge and will work with a client's creditors in an effort to solve their problems. One requirement is that married couples attend an appointment together.

(Satellite offices are located on post at Ft. Lewis and McChord Air Force Base).

Bankruptcy Court

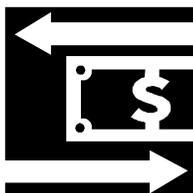
1717 Pacific Ave., Suite 2100

Tacoma, WA 98402-3233

593-6310

The Wage Earner Plan, or Chapter 13 of Bankruptcy Laws is another possible alternative for dealing with creditors. If you are considering filing for bankruptcy, the sooner you investigate the laws, the better. Chapter 13 Office: 572-6600.

For families having difficulty with home heating bill, check with the agencies listed in the Home Heating Assistance/Energy Service section of this guide.



FOOD

If your needs are immediate, the Food Banks in the county can usually help on a limited basis. The amount of help depends on the specific food bank, the availability of food, and (in some cases) where you live. Call the Emergency Food Network at 584-1040 for additional information about food banks in your area.

All Saints Catholic Church	848-2000
BASH (elderly, homebound & disabled) Delivered as needed	531-9600
Bethel Family Fellowship	862-4890
Buckley Kiwanis	(360) 897-9005
Central Hilltop	383-3164
Diabetic Foods FISH	272-8289
Eatonville FISH	832-6805
Fife/Milton/Edgewood	383-1811
FISH Administration	383-3164
Gig Harbor (Monitors)	851-8800
Graham	383-1986
Key Peninsula	884-4440
Lakes Area FISH	383-1812
Northwest Tacoma FISH	383-1813
Old Town	383-1810
Orting	893-5200
Parkland Christian Church (98444, 98445, 98387 98447)	535-1293
Peninsula/Gig Harbor	858-6179
Puyallup/Sumner	383-1814
Roy/McKenna	383-1976
South Tacoma FISH	383-1816
Southeast Tacoma FISH	383-1815
Spanaway FISH	383-1817
St. Leo's Food Connection	383-5048
Sumner	597-6680

Food Stamps are available from the Department of Social and Health Services (DSHS) to anyone who meets their eligibility and income criteria. See the financial section (page 31) of this guide for the number to your local DSHS Community Service Office.

St. Luke's Lutheran Church

515 312th Street
Federal Way, WA 98003
(253) 941-7270

Operation Blessing provides rent, food and utility assistance for Federal Way residents.

Destiny CARES Center601 South 9th Ave. S.E.

Puyallup, WA 98372

770-8996

Provides practical assistance and services for people under extreme financial pressure. They cooperate with state agencies, churches, private foundations and organizations to provide groceries and clothing. Open Monday through Thursday; 10:00 am to 3:00 pm.

Cooperative Extension3049 South 36th Street #300

Tacoma, WA 98409

798-7180

Trained nutrition aides work with families in their homes to stretch food dollars and to teach preparation of good tasting, low-cost meals through the Expanded Food and Nutrition Education Program (EFNEP).

If you have an inexpensive food source and the necessary equipment, canning foods can save you money. The Master Food Preservers Program instructs people in canning, freezing and drying foods. It is free to low-income persons.

Gardening is a means of providing yourself and your family with an abundance of inexpensive food. Is it possible to grow your own garden? The Master Gardeners Program (798-7170) teaches people about plants and gardening. City residents can grow gardens in plots available through the community garden project run by the Seymour Conservatory under the Metropolitan Park District (591-5330).

Gai's Bakery

8203 Durango, S.W. Tacoma, WA

584-4200

11216 Golden Given Rd. E., Tacoma

537-0749

Wonder Bread Bakery

1720 South 7th, Tacoma

627-0137

10014 Pacific Avenue, Tacoma

536-1435

Day old bread and other bakery products can be purchased at considerable savings from either bakery.

Tacoma Grocery Outlet

11011 Pacific Highway S.W., Tacoma

581-5333

Items like cereal, noodles, canned goods and household items are available at reduced prices.



Good Shepherd Lutheran Church

Tuesday (6:00 pm)
140 East 56th, Tacoma
473-4848

Edwards Temple

Monday – Friday (4:00 pm)
1107 South 21st, Tacoma
627-6203

Nativity House

Hospitality Kitchen

Monday – Saturday
(Breakfast 8:30-9:30 / Lunch 11:30 –1:30)
Sunday
(9:00-4:00)
1323 South Yakima, Tacoma
502-2763 or 272-5266

Immanuel Baptist Church

Thursday (6:00 pm)
9244 Pacific Avenue, Tacoma
537-2766

Tillicum Hot Meal Site

584-1280

Nativity House

Tuesday – Saturday (12:30-1:30) and Sunday (9:00 – 4:00)
1323 S. Yakima
272-5266

New Jerusalem Church of God in Christ

Saturday (9:00 – 2:00, except the 1st Saturday of the month)
1623 South 11th, Tacoma
572-6785

Parkland Christian Church

12305 Spanaway Loop Road, Tacoma
Monday (6:00 pm)
531-0757

Parkland Hot Meal Site

537-9171

Rescue Mission Men's Shelter

Monday – Sunday (5:15 pm)
425 South Tacoma Way
383-4493

TURNING OFF THE UTILITIES

Learn where the main controls for your utility systems are located and when to turn them off. It is best to learn these things before a disaster strikes. Here are a few helpful pointers.

GAS

- Locate your gas meter and valve and learn how to turn the gas off.
- Make sure a wrench is available for turning off the meter in an emergency.
- If you smell natural gas, evacuate immediately. Do not use matches, lighter, open flame appliances or operate electrical switches. Sparks could ignite gas causing an explosion.
- Shut off gas ONLY if you smell gas or hear a hissing noise.
- Let the gas company turn the gas back on.

ELECTRICITY

Locate your main electrical switch or fuse panel and learn how to turn the electrical system power off.

WATER

- Clearly label the water shut off valve and learn how to turn off the water supply.
- Make sure that the valve can be fully turned off. If a special tool is needed, make sure it is readily available.
- Shut off the main valve to prevent contaminated water from entering your water heater and plumbing.

HOW TO READ YOUR METER

- While the meter can appear complicated, it's actually quite easy to read. Simply read the pointers from left to right and record the smaller of the two numbers on either side of the pointer.
- When the pointer seems to be directly on a number, look at the dial to the right: if the pointer on the right side dial has passed zero, then write down the number the pointer seems to be on.
- If the pointer on the next hours dial to the right has not passed zero, then write down the lower number on the dial you are recording.
- Subtract the previous reading to determine the number of kilowatt hours used. If you are taking daily readings, be sure to try to read your meter at about the same time each day.

WATER CONSERVATION

- Place plastic jug, filled with sand, in the toilet tank to reduce water volume.
- Do not flush facial tissue, use a waste basket.
- Short showers use less water than baths.
- When filling the tub, do not let water run down the drain while it is getting hot.
- Install low-flow showerheads or flow-restrictors.
- Turn off water while brushing teeth.
- Fill sink with water to rinse razor while shaving.
- Fill washing machine with full loads and use cold settings.
- When washing dishes by hand, do not let the water run continually.
- Install aerators on faucets.
- Fill sink with water to rinse vegetables.

HEALTH

A variety of **HEALTH** services are provided at a reduced fee or free of charge to low-income clients.

Alcohol and Drug Awareness Resources:

Adult Children of Alcoholics	1-800-562-1240
Alcohol Abuse 24-hour Hotline	1-800-222-0828
Alcoholics Anonymous	474-8897
Al-Anon	925-3332
Chemical Abuse Resources & Education	572-2273
CHOICE	627-4050
Horizon Treatment Services	564-3377
Narcotics Anonymous	531-8792
Pierce County Health Department (substance abuse)	798-6405
Puget Sound Hospital (chemical dependency)	253-798-4582
Salvation Army Adult Rehabilitation Center	1-800-492-3213
Tacoma Detox Unit	593-2413
Western WA Alcohol Center	536-5549

C.A.R.E. (Chemical Abuse Resources and Education)

572-CARE

Provides information and referral to the available agencies and programs that deal with drug and alcohol dependencies. Financial matters can be discussed in reference to referrals.

Crisis Triage Center

(253) 404-3535

Short term observation and treatment for people experiencing a mental health or chemical dependency crisis. Will assist with planning and referral to other supportive services.

Martin Luther King Outreach

627-7171

Provides outreach for the homeless who have drug or alcohol dependencies and/or mental illness.

The Center at MDC
593-2740

Lakewood
589-9662

Sumner
863-0682

Gig Harbor
858-9434

Drug and alcohol, out-patient treatment centers with support groups for chemically dependent individuals. These services are provided in four locations listed above.

Planned Parenthood

Fact Line
779-9327

Education Line
779-2927

Clinic
779-3900

Provides pregnancy testing, counseling and referrals for adoption, infertility, termination or prenatal care. They will also provide confidential information by telephone regarding sexuality and birth control at the numbers listed above.

Pierce County AIDS Foundation

625 Commerce Street, Suite 10
383-2565

Provides services and resources for persons with HIV infection or AIDS and for their families. Also provides education and outreach designed to prevent further transmission of AIDS.

The AIDS Prevention Program

253-798-3559 or pager: 253-798-6060

Tacoma/Pierce County Health Department has Early Intervention Case Management that provides a quick and thorough comprehensive assessment, immediate medical referral and appropriate community referrals.

Tacoma/Pierce County Health Department

3629 South D Street
Tacoma, WA 98408
798-6500

Provides referrals for programs that relate to public health. These include programs for Methadone Maintenance, Tuberculosis Control, and Sexually Transmitted Diseases. Specific departments are listed in the beginning of the phone book. Messages can be left, however at the main number.

WIC Programs:

The WIC Program provides nutrition education and food supplements through prescription vouchers. Those eligible are low-income pregnant women, breast feeding women, young children who are nutritionally deficient, and post partum women up to 6 months.

WIC Prenatal Program	1-800-322-2588 (toll-free)
Community Health WIC - 1213 South 11 th Street	597-4163
Eastside Clinic - 1720 East 44 th	471-4554
Good Samaritan WIC	848-0490
Mary Bridge WIC - 316 North L Street	552-1349
Parkland - 126 131 st St. S	531-2460
Puyallup Tribal WIC - 2209 East 32 nd	593-0238
Saint Claire WIC	588-9597
Tacoma WIC	474-3390 or 1-800-841-1410

HEALTH

Poison Center
1-800-723-6985
or Seattle: (206) 526-2121

A 24 hour hot line provides answers to questions and provides information regarding dangerous drugs, household products, chemicals, pesticides, insecticides, and street drugs. They will make referrals if hospitalization is necessary.

Washington Basic Health Care Plan

P.O. Box 42683
Olympia, WA 98505-2683
1-800-826-2444
www.wa.gov.hca.basichealth.htm

Basic Health is for people under the age of 65 who do not qualify for Medicare and are low-income. The plan covers doctor visits, hospital care, lab tests, X-rays, emergency care, and many other services. (Premiums start as low as \$10.00 per month, per person, with a small charge for hospital visits). Call or write for more information on services and locations nearest you.

Healthy Options

Children's Medical Benefits
1-800-562-3022

Parents of children under 19, whose family income is less than 200% of poverty can apply for free medical insurance for their children. Call for an application. Also offers DSHS Recipient hotline for Doctor Referral.

Pacific Lutheran University / Wellness Clinic

Parkland School
121st & Pacific Avenue
535-7354

Provides WIC well-baby check-ups, physicals, etc. They have a sliding fee scale but won't turn anyone away because of inability to pay. Open Monday, Thursday & Friday (9:00 – 5:00); Tuesday (10:00 – 6:00); Wednesday (11:00 – 7:00). Call for an appointment for immunizations. Well child and adult health screenings available. Open Tuesdays 3:00 to 6:00 for teens.

Immunization Referrals

798-6410

The Health Department provides a referral list for immunizations. The services include child immunizations, travel shots, tuberculosis skin tests, and hepatitis shots.

Pediatric Psychology Services

552-1465

MultiCare Hearing Services

Mary Bridge Hospital Speech and Hearing
1220 Division Avenue
Tacoma, WA 98403
552-1450

Provides financial help for children with hearing and speech impairment. They have the most modern equipment and the parent will receive an accurate preliminary assessment of the child's hearing. If testing shows that a hearing aid is needed, they have a wide selection to choose from.

CHCDS Health Care Clinics

Central Office: 597-4550

There are five CHCDS clinics located in the Tacoma/Pierce County area. They are open 40 hours a week and provide fairly comprehensive care to low-income persons. For information about patient eligibility and services provided, check with each clinic individually or call the central office. They will accept medical coupons and Basic Health Insurance Plans.

Eastside Community Clinic

101 E. 26th St. #100
Tacoma, WA 98421
471-4554

Community Clinic

1102 South I Street
Tacoma, WA 98405
597-3813

Lakewood Clinic

9112 Lakewood Drive. SW, Room 203
Lakewood, WA 98499
598-7030

Sumner Clinic

1110 Fryar Road
Sumner, WA 98390
863-0406

Tillicum Clinic

Tillicum/American Lake Garden Center
14916 Washington Avenue SW
Lakewood, WA 98498
589-7027

Neighborhood Clinic

1323 South Yakima
Tacoma, WA 98405
627-6353

Provides only minor care, but does so free of charge. They are staffed entirely by volunteers and request that their recipients volunteer some community service time in exchange for care given.



Home Health Services

Home Health Services are provided to persons experiencing temporary or permanent impairment of their health. Under medical supervision, services and personal care can be brought into the home to promote health and minimize the disability as much as possible. Costs are charged on a sliding fee scale and must be assumed by medical insurance, Medicare, Medicaid or the patient directly. They serve residents of both Pierce and King Counties. Their services may be accessed directly or through service coordinators at all local hospitals. Contact the organizations listed below:

Home Health Services

Good Samaritan Hospital
(253) 841-5668

Franciscan Home Health
591-7000

Multi Care Home Health Services*

Hospice of Tacoma
315 Martin Luther King Way
Tacoma, WA 98405
1-800-762-7766 or 403-4620

*Multi Care Home Services was founded in 1977 as a community volunteer organization. Now part of the locally-owned Multi Care Health system, their agency has built its reputation on seeking out and serving community needs. It is composed of six divisions, which together provide a continuum of community-based health care, including:

- Transitional Care/Case Management
- Adult Day Programs
- Home Health Care
- Maternal/Child Programs
- Hospice and Palliative Care
- Grief and Loss Counseling
- Staffing

COPES

Department of Social and Health Services
1949 South State Street
Tacoma, WA 98405
476-7292 or 476-7200

Persons with physical impairments may also be eligible for the COPES Program. People who reside in Puyallup area need to apply at 1011 East Main Street, Suite 101, Puyallup, WA 98372.

(253) 840-4720

You may also contact:

Catholic Community Services

Care Givers 383-3697

Lutheran Social Services

Home Helpers 272-8433

Volunteer Chore Services

502-2690

YWCA
272-4181

The YWCA sponsors an aquacize class in their pool for persons who want to improve their health. This class may be appropriate for women recovering from surgery, strokes, or heart attacks. These services are free to seniors, 60 years or older.

In the case of excessive medical costs, hospitals built with public funds have a certain amount of money available through the **Hill-Burton Act** each year to pay for hospital care for individuals who cannot afford it. The resource is limited, the hospital billing department or social worker would have the best information.

Carl Lindquist Clinic (for children)
324 South Garfield, Tacoma, WA 98444
539-7445

The clinic is a United Way agency located in Parkland. Vision and dental care is provided to school aged children and the cost is very inexpensive. They provide eye exams and glasses for children. Children must be referred by their school nurse in order to participate in this program. Attending appointments is extremely important. Cancellations can effect future services. Medical coupons are accepted.

Make A Wish Foundation
1-800-304-9474**Associated Ministries COMPEER**
1224 South I Street, Tacoma, WA 98405
253-383-5755 for Rev. Eric K. Renz

The Mental Health Chaplaincy / COMPEER, which ministers to those living with mental illness as well their families and congregations.

Support Groups / Associations

In cases of special medical or mental conditions, there are numerous organizations or programs that may be of great help. In most instances, their services are free and they are able to provide literature, information and referral services, testing (if applicable) and support services to patients and their families. For specific information call the organization directly.

Alzheimer Support Group
Support Hotline: 1-800-422-7861 or 845-9500**All Saints Parish Hall Center**
506 3rd St SW, Puyallup, WA 98372
Contact: John Lattimer 435-8533

American Cancer Society

1551 Broadway, Suite 2000, Tacoma, WA 98402
272-5767 or 1-800-729-1151

American Heart Association

1101 South Fawcett, Suite 100, Tacoma, WA 98402
272-7854

American Lung Association

223 Tacoma Ave. South, Tacoma, WA 98402-2513
272-8777

Brain Injury Association

1-800-523-5438

Diabetes Association of Pierce County

PO# 110427, Tacoma, WA 98411-0427
272-5134

American Diabetes Association

1-800-628-8808

Epilepsy Association of Western Washington

3800 Aurora Avenue North, Seattle, WA 98103
1-800-752-3509
(206) 547-4551

Methadone Maintenance Program

Pierce County Health Department
798-6405

Multiple Sclerosis Society

192 Nickerson Street, Seattle, WA 98109
1-800-800-7047

Muscular Dystrophy Association

633 North Mildred, Suite D, Tacoma, WA 98406
627-7575

Breast Cancer Research Center

4002 S. 12th St., Tacoma, WA 98405
752-4222

SEA MAR Community Health Center
Culturally appropriate services to the Latino Community
1112 S. Cushman
Tacoma, WA 98405
253-593-2144

SIDS (Sudden Infant Death Syndrome)
1-800-533-0376

United Cerebral Palsy
565-1463

Widowed Information and Consultation Services
272-8092

Baby Catchers and Company
4002 S. M St. Suite B
Tacoma, WA 98418-3800
(253) 476-0532

Baby Catchers and Company is a health care alternative provided by Jeanne G Stagner, CNM, ARNP. Jeanne is a Certified Nurse Midwife and Advanced Registered Nurse Practitioner doing women's health including family planning, annual exams, primary care, newborns and complete prenatal care and births. Hospital privileges at St. Joseph's Medical Center. Jeanne is fluent in Spanish.



HOME HEATING/ENERGY SERVICES for low-income individuals include local weatherization and Energy assistance programs that are administered by the Pierce County Community Services Department/Community Action Programs, and by the Metropolitan Development Council (MDC). Eligibility is determined by the total household income and the number of household members. County residents must apply at the Pierce County Department of Community Services, Community Action Program, or one of its satellite offices, and persons who live within the city limits (except Ruston) must apply at MDC.

County residents can obtain the numbers of satellite centers by calling the main office toll free. The county program also offers persons who are homebound, for medical reasons, a mail in application. The agencies addresses and phone numbers are listed below:

Pierce County Community Services

8811 South Tacoma Way
Lakewood, WA 98499
798-7240 or 1-800-562-0336

Appointment/Information Line: 798-3800

Metropolitan Development Council

721 S. Fawcett
Tacoma, WA 98402
572-5557

(Except the city of Ruston)

Puget Sound Energy and Tacoma City Light also have energy assistance programs to help low-income people that have shut-off notices. These programs are funded through customer donations and are available when there are funds.

Salvation Army 572-8456 (Tacoma) or 841-1491 (Puyallup area)

Project Need (Tacoma Public Utilities)

1019 Pacific Avenue, Suite 1120
593-3403

Reduced Rate Program (Tacoma Public Utilities)

Reduced rates for senior and handicapped persons
593-3499

The following electric companies offer energy conservation suggestions on an informal basis. Those indicated by an asterisk "*" may have limited funding for Energy Assistance for their customers.

Alder Mutual Light

P.O. Box 841
Elbe, WA 98330
(360) 569-2718

Elmhurst Mutual

120 South 132nd Street S.
Tacoma, WA 98444
531-4646

Town of Eatonville

201 Center Street
Eatonville, WA 98328
(360) 832-3361

Lakeview Light

11509 Bridgeport Way SW
Lakewood, WA 98498-0979
584-6060

City of Dupont

303 Barksdale Ave.
Dupont, WA 98327
964-8121

Lewis County P.U.D.

321 NW Pacific
Chehalis, WA 98532
(360) 748-9261

(continued on next page)

Ohop Mutual Light Company
34014 Mountain Highway East
Eatonville, WA 98328
847-4363

City of Milton
1000 Laurel
Milton, WA 98354
922-8733

Parkland Light
P.O. Box 44426
Tacoma, WA 98444
531-5666

Peninsula Light*
13315 Goodnough Dr. N.W.
Gig Harbor, WA 98332
857-5950

Puget Sound Energy
P.O. Box 91269
Bellevue, WA 98009-9263
1-800-321-4123 or 1-888-225-5773

Town of Ruston
5117 North Winnifred St.
Ruston, WA 98407-6597
759-3544

Town of Steilacoom*
1715 Lafayette Street
Steilacoom, WA 98388
581-1900

Tacoma Public Utilities*
3628 South 35th Street
Tacoma, WA 98409
502-8600

Tanner Electric
45710 S.E. North Bend Way
North Bend, WA 98405
(425) 888-0623 or 1-800-472-0208

A few other options for energy assistance are listed below. Please keep in mind that all services are based on the area where you live and the availability of funds.

All Saints Catholic Church	(253) 848-2000
Holy Disciples (Outreach)	(253) 845-7953
Project Help (Peninsula Light)	(253) 857-1510
Salvation Army	(253) 572-8456
Salvation Army (Puyallup area)	(253) 841-1491
St. Vincent De Paul	(253) 472-1783
The Crossing	(253) 537-2001

Small Tribes Organization of Western Washington (STOWW)
589-7101

St. Luke's Lutheran Church
Operation Blessing
515 S. 312th Street
Federal Way, WA 98003
1-253-941-7270

Provides rent, food and utility assistance for Federal Way residents.

WEATHERIZATION SERVICES:

Pierce County Community Services (county residents only)	798-7240
Metropolitan Development Council (city residents only)	593-2336

These agencies and some utility companies have Weatherization programs available on a fee and/or low interest basis for income qualified households. For more information contact your local utility company.

Minor Home Repair:

Tacoma (inside the city limits)	591-5240
Pierce County (outside the city limits)	798-7038
Lakewood (Minor Home Repair)	620-5403
Lakewood (Major Home Repair)	589-2489

The Pierce County Community Development Corporation

8815 South Tacoma Way
Lakewood, WA 98499
798-7038

Administers a Housing Rehabilitation Loan program for low-income families and disabled persons in the Pierce County area. Call for more information about repairing your home.

W.T.A.P.

(Washington Telephone Assistance Program)

You may be eligible for a discount on your phone bill if you meet the qualifications for *Washington Telephone Assistance Program (WTAP)* and receive any of the following types of assistance: TANF, GA-U, GA-S, SSI, COPES, Chore Services, medical coupons, food stamps or Refugee Assistance. To see if you qualify, contact your local phone company. The account and billing must be in the name of the person who qualifies for the WTAP assistance.



IF ANYONE IN THE HOME IS ON A LIFE SUPPORT MACHINE AND CANNOT BE WITHOUT POWER, CONTACT YOUR UTILITY COMPANY TO VERIFY THEIR POLICIES.

A variety of HOUSING/SHELTER resources are available including Temporary Emergency Housing provided by several organizations, however, space is limited. Addresses are listed below:

Tacoma Rescue Mission

Emergency Family Shelter
609 South 15th Street
Tacoma, WA 98405
272-1974

Helping Hand House

(for families or single parents)
[call for an appointment]
848-6096

Phoebe House

(transitional housing for women & children)
P.O. Box 5162
Tacoma, WA 98415
383-7791

Salvation Army

(for families or single women)
1521 6th Avenue
Tacoma, WA 98405
627-3962

Sojourner Housing

(for families or single women)
[Maternity Assistance]
1147 Tacoma Ave.
Tacoma, WA 98433
272-1529

G Street Family Shelter

(families with children and single women only)
1507 South G Street,
Tacoma, WA 98405
627-6466

Severe Weather Shelter Program

253-383-3056

Catholic Community Services - Phoenix Housing Network (PHN)

7050 S. G. St.
Tacoma, WA 98408
253-471-5340

Provides transitional housing where homeless families with children live in a day center and stay with contracted churches in the evening. Families may proceed to subsidized apartment units. Rental assistance and eviction funds are also distributed through PHN.

YWCA Women's Support Shelter

405 Broadway
Tacoma WA 98402
383-2593 or 272-4181 Crisis Line

Washington State HOT LINE 1-800-562-6025 (24 hours)

Emergency housing is available to victims of domestic violence and their children. Whether the violence is physical or mental, shelter is available around the clock at the YWCA. They offer free legal services, clothing bank, employment assistance, health services, chemical dependency services and support groups.

Family Renewal Shelter

6832 Pacific Avenue
Tacoma, WA 98408
475-9010

A confidential domestic violence shelter for battered women and children. They offer shelter, counseling, support groups, legal advocacy, and job referral. They supply food, clothing and some furniture to victims of domestic violence.

HOUSING/SHELTER

Hope Guest Home

915 South 7th Street (and South J Street)
Tacoma, WA 98405 phone: 627-3620

Provides a place to live for women who have a mental impairment and whose income is SSI or SSA.

American Red Cross

1235 South Tacoma Way
Tacoma, WA 98409 phone: 474-0400

Works to provide temporary shelter and clothing to families who are forced out of their homes by fires or floods. Services are available 24 hours a day in these circumstances.

St. Luke's Lutheran Church

Operation Blessing
515 312th Street
Federal Way, WA 98003 phone: 1-253-941-7270
Provides rent, food and utility assistance for Federal Way residents.

Yelm Community Services

P.O. Box 5320
Yelm, WA 98597 phone: (360) 458-7000

Provides help with housing, food, clothing, transportation, utilities and homelessness. Offers youth activities, summer day camp, and senior lawn care during the summer. Participants must be low-income and live in Thurston County.

Housing Resource Exchange Program Martin Luther King Ecumenical Center

1147 Tacoma Ave
Tacoma, WA 98433 phone: 597-4804

Outreach

627-7171

Services for homeless, mentally ill and substance abusers.

Home Start

476-0357

Provides furniture to people if they are recently homeless, and have found a place to live.

Associated Ministries Severe Weather Shelter Program

1224 South I Street
Tacoma, WA 98405 phone: 253-383-3056

The Severe Weather Shelter Program furnishes shelter to homeless people when the weather gets dangerously cold.

MI Casa
204 6th Ave. SW
Puyallup, WA 98371
848-2000

A non-profit organization that develops housing for low-income families, especially single-parent families, that qualify for Section 8 or other low-income housing.

Pierce County Housing Authority
603 South Polk
Tacoma, WA 98445
620-5400

Tacoma Housing Authority
902 South L Street
Tacoma, WA 98405
207-4400

Section 8, or Public Housing, is available to low-income families, senior citizens (62 years or older) and handicapped persons through the local housing authority. Rents for the client(s) are scaled according to income and family size. Interested persons should check at the offices to see if they are taking applications. Applicants will be placed on a waiting list. When a *Certificate of Eligibility* is granted, clients will locate their own housing and make arrangements with landlords to lease on Section 8 terms. For additional information, contact the office nearest you.

Pierce County Community Services, Housing Programs
8811 South Tacoma Way
Lakewood, WA 98499
798-7038

Certified by the U.S. Department of Housing and Urban Development to provide housing counseling services, landlord/tenant information and housing resources. Their services are free and confidential and are available to people of low-income levels in the Tacoma/Pierce County area.

Pierce County Community & Economic Development Corporation
8815 South Tacoma Way
Lakewood, WA 98499
798-7038

They administer a Housing Rehabilitation Loan program for low-income families and disabled persons in Pierce County. Low interest loans are available for repairing faulty roofs, poor heating systems, adding weatherization measures, etc. Minor home repairs can be done for eligible low-income and elderly persons as well. Call for more information on qualifications and loan terms.

For similar programs available to Tacoma city residents call:

Tacoma Economic Development Department
591-5200

Common Ground

110 Personate Place South, Suite 504
Seattle, WA 98104
(206) 461-4500

A non-profit organization that provides technical assistance to low-income housing developers.

USDA, Rural Development

1011 East Main, Suite 106
Puyallup, WA 98372
845-0553

The Farmers Home Administration (FMHA), which is part of the United States Department of Agriculture, provides assistance to people in rural areas who have low or very low-income. Two loan/grant programs are available to qualified residents:

1. Section 502 / Homeownership Loans: loans are made to low and very low-income families to buy or build homes that are located in rural Pierce County.
 2. Section 504 / Housing Repair Loans: loans are for rehabilitation or repairs such as sewer, roof or plumbing.
-

Northwest Housing Development

1110 Fryar Avenue
(mailing address: P.O. Box 219)
Sumner, WA 98390
863-8188

This is a self-help housing program for rural King, Pierce and Thurston counties. Farmers Home Administration loans make it possible for groups of low-income rural families to work together on the construction of their homes to reduce the cash cost. Construction follows FMHA guidelines and exceeds current insulation standards. Energy conservation is also encouraged by locating homes near work, shopping, schools, etc., and by taking advantage of passive solar design and placement when possible. Speakers are available to interested groups to discuss the self-help concept and energy conservation during home construction.

Safe Streets/Block Watch

For more information contact the local organization nearest you:

Unincorporated Pierce County – Lisa Cott (253) 272-6824
City of Lakewood – Joy Browne (253) 798-4239
City of Fircrest – Joy Browne (253) 798-4239
Hilltop – David Alger (253) 597-4808

1-800-RECYCLE

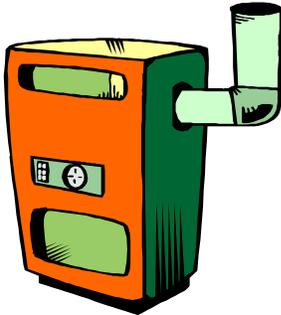
For information on local recycling services (address, phone, hours of operation and the current prices being paid for different materials) the Washington State Department of Ecology provides a toll-free hotline. The booklet, "A Guide to Household Recycling and Composting" is available from the hotline.

RENTAL CHECKLIST

Here are some questions to ask that may help you to make an informed decision when looking to rent a home. Knowing the answers to these questions can save you money.

Condition of Property:

- Any broken windows?
- Any holes in the walls (inside or out)?
- Any water staining or damage?
- Any water leaks at the taps?
- Are the appliances operational?
- Is the water heater wrapped?
- Is the water heater set at 120° F?
- Do the kitchen and bathroom have vent fans?



Which Utility Services the home?

Pierce County has 14 electric utility companies with varying rates. Utility costs should be a factor in your decision to move.



Weatherization:

- Is there insulation in the ceiling, walls and floor?
- Are there cracks and leaks around doors and windows?
- Does the unit have storm windows or insulated glass?
- If there is a fireplace, does it have a damper and glass door?

Heating System Check:

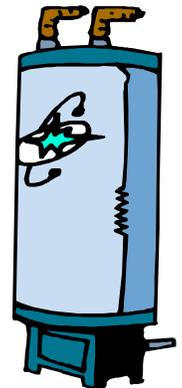
- What type of heating system does the rental have?
- What fuel does it use?
- If the unit has a furnace, are the ducts wrapped?
- Has the system been serviced recently?
- Does the thermostat have an automatic setback?
- Look for a room-by-room thermostat, rather than one for the whole house.

To increase water heater efficiency or to help conserve hot water:

- Insulate the tank side, top and bottom
- Set back the thermostat to 120° F
- Insulate all hot water pipes
- Install energy efficient showerheads and faucet aerators on all taps
- Fix leaky faucets

When purchasing a water heater, pay extra for an energy efficient one:

- Look for R-16 to R-20 insulation
- Compare Energy Guide for operating costs
- Size your water heating needs
- When replacing an electric water heater, contact your local utility company and inquire about an energy efficient replacement rebate program.



LEGAL

LEGAL resources are limited, however several are listed below:

Tacoma/Pierce County Lawyer Referral Service

383-3432

Provides a 30 minute consultation with an attorney for a nominal fee.

Tacoma/Pierce County Bar Association

620 12th Street Suite B

Tacoma, WA 98405

272-8871

Provides several services, that are either free or provided for a nominal fee. Also provides a speaker's bureau, an educational service in which Pierce County attorneys speak to your group on a variety of topics.

Northwest Justice Project (272-7879)

and

Columbia Legal Services (572-4343 or 572-6000)

625 Commerce, Suite 430

Tacoma, WA 98402

Some civil legal services are available free of charge to low-income persons from the Legal Assistance Foundation. Such issues may relate to housing, guardianship, employment law and other topics. They also have a collection of video tapes to provide information to the public on specific legal problems.

Pierce County District Court #1

1902 South 96th Street

Tacoma, WA 98445

798-6309

If you have a dispute with a business or another citizen, you can file a case in the Small Claims Court or "People's Court" if it is a case worth less than \$2,500. The filing fee is \$10.00 by cash or credit card, and may be returned to you if you win your suit. Citizens must represent their own cases, but may consult an attorney.

For more detailed information about the Small Claims Court process call the number above on a touch tone phone and follow the instructions. This number can also give you information about general district court traffic infractions, criminal traffic matters, and warrants.

CONSUMERLINE: 1-800-692-5082

The job of the consumer division of the state Attorney General's Office is to enforce the law. They will look into business practices that have an impact on trade and commerce, and do whatever is necessary to effect a change that is needed. Their information line has more than 125 recorded messages on consumer protection topics.

Office of the Attorney General

1019 Pacific Avenue, 3rd Floor
Tacoma, WA 98402-4411
593-2904 or 1-800-551-4636

Better Business Bureau

4800 S. 188th Street
SeaTac, WA
1-206-431-2222 / 431-2211 (fax)

For problems involving businesses or products, both organizations will register complaints from consumers, in writing. For example, if you suspect that a company will not provide you with what you pay for, you could call either of these offices to check on the company's reputation before you give them your money.

For issues relating to racial, sexual or other types of discrimination, you can call the agencies listed below. The NAACP has no enforcement power. Persons filing complaints regarding discrimination who live in the city should call the Human Rights Department and county residents should call HUD (for housing complaints only).

National Association for the Advancement of Colored People (NAACP)

1108 South 13th Street
Tacoma, WA 98405
272-0357

Washington State Human Rights Commission

Olympia (360) 753-6770
Seattle (800) 605-7324
Toll-free (800) 233-3247

Human Rights Department

747 Market Street, Suite 836
Tacoma, WA 98402
591-5151

Women's Rights (Human Rights Department)

591-5161

Department of Housing and Urban Development (HUD)

1-888-827-5605

KWA (Korean Women's Association) Ethnic Legal Aid Referral Service

535-4202

Fair Housing Center

950 Pacific Ave. Suite 700
Tacoma, WA 98402
274-9523

Provides help with housing discrimination issues.

**Pierce County Community Services
Housing Programs**
8811 South Tacoma Way
Lakewood, WA 98499
798-6937

Human Rights Department
747 Market Street, Room 836
Tacoma, WA 98402
Peggy Michael: 591-5151/5163

Tenants Union (regardless of residence or income) 1-800-752-9993
Information about the Landlord/Tenant Act is available from the agencies listed above. If you are a tenant, and are low-income, you may inquire about renting and eviction practices as they are prescribed by law. Printed materials are available to landlords as well.

Project Interdependence Program

1224 South I Street
Tacoma, WA 98405
383-3056

Provides support for individuals having problems with the welfare system. They can help you know what your welfare rights are, what process to follow in resolving problems, and other resources that might be available to you.

Pierce County Dispute Resolutions offers services to assist in resolving conflicts.
572-3657

Victim-Witness Assistance Service
(Pierce County Prosecutor's Office)

Adult Division
1301 County/City Building
930 Tacoma Ave. South
Tacoma, WA 98402
798-7400

Juvenile Division
Remann Hall
5501 6th Avenue
Tacoma, WA 98406
798-3400

Crime Victim Compensation Division

Washington State Department of Labor and Industries
1305 Tacoma Avenue South
Tacoma, WA 98405
1-800-762-3716 or 596-3800

The Crime Victim Compensation Division and the Victim-Witness Assistance Service work to provide assistance to individuals who are victims of crimes such as assault, sexual molestation or robbery. Together they work to keep victims or their families informed of legal developments, to restore property held as evidence to the victim's possession, and to recover any economic losses sustained by the victims as a result of the crime, including medical expenses. There are certain limitations and there is a \$200 deductible on all but sexual assault cases. Call the agencies for specific information.

CLEAR provides legal services to Seniors,
1-888-387-7111

Living Will assistance, call: Columbia Legal Services (572-4343); Pierce County Medical Society (572-3666); or Washington State Medical Association (1-800-552-0612)

ENERGY AUDIT

Have an energy audit done on your home to find out where the heat really goes and what you can do about it.

Your local utility company may have weatherization programs to help you finance the cost of insulating your home. Low-interest loans and grants are offered to qualifying customers. If you qualify, the utility company can provide a list of contractors whose work is routinely inspected by the utility staff. One advantage of participation in local utility company's weatherization programs, (aside from financial incentives) is the inspector verification that the work was done properly.

Depending on your particular utility company, even if your house may not qualify for weatherization financing, it may qualify for a free energy audit. This is a good opportunity for you to receive sound energy advice about the condition of your house with no strings attached.

If a contractor does come to your home to provide weatherization services here are a few questions that you might want to ask:

CLEAN UP: Ask the contractor how they handle clean up. If the project takes two days, do they clean up each day? Do they install gaskets around switch plates and outlets to prevent insulation from blowing into the house. Do they take precautions when insulating around the bath tub, stairwells, pocket doors, or built in cabinets? If this is not done right, insulation can be blown into the interior of the house, not the walls, creating a mess.

WARRANTY: Most contractors install products that carry a warranty for one year. Get both warranties in writing.

OTHER SERVICES: If your home needs other weatherization measures (attic and floor insulation or air leakage controls), can the contractors give you separate bids for each? You may also want to get an estimated time of completion.

SAVE ENERGY WHILE COOKING

- Do not preheat the oven.
- Cook with lids on the pans.
- Use pans with flat bottoms.
- Use the smallest pan for the job.
- Use only the water you need when cooking.
- Match the pan size to the burner size on the stove.
- Keep the oven door closed while baking or roasting.
- Pressure cookers reduce cooking time and save energy.
- Turn off the burner (electric) before cooking is finished.
- Reduce cooking time by defrosting foods before cooking.
- Keep burner drip pans clean and shiny to reflect heat to the pan.
- When possible, cook several dishes at the same time in the oven.



A variety of MENTAL HEALTH resources are available from a number of providers.

Mental Health Centers

Greater Lakes MHC Access Center

9330 59th Ave. S.W.
Lakewood, WA 98499
581-7020

Comprehensive MHC

1201 South Proctor
Tacoma, WA 98405
756-9960

Good Samaritan MHC

325 East Pioneer
Puyallup, WA 98372
(New clients – 445-8120)
CRISIS LINE: 445-8125

Puyallup Tribal Health Authority

2209 East 32nd Street
Tacoma, WA 98404
593-0232

Besides the mental health centers, there are a number of private non-profit agencies that also have excellent counselors and offer their services on a sliding fee scale.

Catholic Community Services

1323 South Yakima Street
Tacoma, WA 98405
383-3697

Chrestos Counseling Services/P.C. Alliance

510 Tacoma Avenue South
Tacoma, WA 98402
502-5410

Northwest Pastoral Counseling

3549 Bridgeport Way
University Place, WA 98466
564-4233

Lutheran Social Services

233 North Yakima
Tacoma, WA 98403
272-8433

Children's Home Society

201 South 34th Street
Tacoma, WA 98418
472-3355

Pacific Counseling Services

917 North 2nd Street
Tacoma, WA 98403
572-6880

Offers counseling in a variety of areas, call for more information .

Friends & Family of Violent Crime Victims
1-800-346-7555

Pacific Lutheran University
Marriage & Family Therapy Center
Parkland School, 121st and Pacific Avenue
Tacoma, WA 98444
535-8782

Marriage and family therapy available on a sliding fee scale. (Evening appointments available).

Child & Family Guidance and Treatment Center
6424 North 9th Street
Tacoma, WA 98406
565-4484

Provides a full range of counseling services for children, youth and families; marriage, child abuse, domestic violence (including court referrals), anger management, child custody, psychological assessment, stress, depression, learning/behavioral and adjustment problems. They offer group sessions and counseling in school settings. All services are offered on a sliding fee scale.

Consejo Counseling and Referral Service
3808 South Angeline
Seattle, WA 98118
(206) 461-4880

This is a bi-lingual organization working with Hispanic adults and children to provide therapy for substance abuse/prevention, and mental health. Also provides referral services. Accepts medical coupons, insurance and has a sliding fee scale.

Asian Counseling Services
4301 South Pine Street, Room 405
Tacoma, WA 98408
471-0141

Multi-language mental health support for adults and children. Services available in English, Vietnamese, Korean, Cambodian, Laotian and Samoan. Accepts medical coupons, insurance and has a sliding fee scale.

Puyallup Tribal Health Authority
Kwawachee Counseling Center
2209 East 32nd Street, Building 2
Tacoma, WA 98404
593-0132

Provides mental health support for Native American children and families. Accepts medical coupons, insurance and has a sliding fee scale.

Crisis Triage Center

721 South Fawcett
Tacoma, WA 98402
404-3535

Short term observation and treatment for people experiencing a mental health or chemical dependency crisis. Will assist with planning and referral to other supports.

Martin Luther King Outreach

627-7171

An outreach program for the homeless who have drug and alcohol dependencies and/or mental illness.

Hope Guest Home

915 South 7th Street (and South J Street)
Tacoma, WA 98405
627-3620

Provides a place to live for women who have a mental impairment and whose income is SSI or SSA.

Domestic Violence Help Line

798-4166 or
1-800-764-2420 (outside of Pierce County)
TDD (253) 798-6050

The goal of the Domestic Violence Help Line is to link the existing shelter/motel voucher networks, legal services, and advocates to provide safe, effective assistance to the citizens of Pierce County who are affected by domestic violence.

Pierce County Sexual Assault Crisis Center

1901 South Union, Suite A-114
Tacoma, WA 98405

**In an emergency call the 24 hour crisis intervention number:
474-RAPE / 474-7273**

In the instance of rape, victims may want to work with trained volunteers from the Pierce County Sexual Assault Crisis Center. The volunteer advocates work in pairs and are available in emergencies for emotional support in the hospital and police interviews, and throughout a court case if a victim is involved in that process.

The advocates work with male rape and incest victims as well as female victims. The Center also serves in a preventative, educational role regarding rape and human sexuality in the community.

There are other agencies that provide counseling and services to young teens who are pregnant. Services vary somewhat and you are encouraged to determine for yourself what agency best suits your needs. These agencies are likely to make referrals to several Health Department programs.

Catholic Community Services

5410 North 44th Street
Tacoma, WA 98407
759-9544

Lutheran Social Services

223 North Yakima
Tacoma, WA 98403
272-8433

Pregnancy Aid of Tacoma

First Baptist Church
902 Market Street
Tacoma, WA 98402
383-4100 (Mon., Wed. & Fri. – 10 to 1)

**World Association for
Children and Parents**

1-800-732-1887

Pierce County AIDS Foundation

625 Commerce Street, Suite 10
Tacoma, WA 98402
383-2565

Provides services and resources for persons with HIV or AIDS, and for their families. They also provide education and outreach designed to prevent further transmission of AIDS.

The AIDS Prevention Program

798-3561

The Tacoma/Pierce County Health Department has Early Intervention Case Management that provides a quick and thorough comprehensive assessment, immediate medical referral and appropriate community referrals.

Needle Exchange Program

3629 South D Street
Tacoma, WA 98408
798-2844

HIV Testing

1516 South 11th Street
Tacoma, WA 98405
798-3559

Long Term Care Ombudsman

798-3789

The Regional (Pierce County) Long Term Care Ombudsman is a liaison who advocates for people in long term care facilities.



Support Groups

Support Services for Developmentally Disabled

402 Tacoma Avenue South, Suite 100
Tacoma, WA 98402
383-2643

Bi-Polar Support

c/o TACID
6315 South 19th Street
University Place, WA 98466
565-9000

Bridges

A Center for Grieving Children
310 North K Street
Tacoma, WA 98403
272-8266

A support group for children and their parents who have lost a family member.

Multicare Home Services , Grief & Loss Counseling

403-1825

Acquainted with Grief

1002 South Yakima Ave.
Tacoma, WA 98405
272-5558

A support group facilitated by a chaplain for persons who have lost a spouse. It meets once a month on the second Wednesday of the month from 2 to 7 p.m.



WHY INSULATE?

Walls that are not insulated lose heat more quickly to the outdoors. This heat loss can cause:

- Drafts across the floor
- Discomfort from loss of body heat due to cold wall surfaces
- Higher heat costs
- Moisture on the interior surfaces creating ideal conditions for mold, mildew and decay
- Condensation within the wall cavity



HOW TO CAULK

The materials needed to caulk a home include a caulking gun, caulking compound, scissors or utility knife, a screwdriver or bottle opener. If you have not used a caulking gun before, take some time to become familiar with its operation. The most common type of caulking gun has a holder for the caulking tube, a handle, a plunger for pushing the caulk out of the tube, and a trigger-like lever for advancing the plunger. The plunger is a long rod that runs the length of the holder, usually having teeth on one side. When the rod is turned so that the teeth face downward, squeezing the trigger lever will advance the plunger and force the caulk out. When the teeth are turned upward the plunger can be pulled or pushed along the length of the holder without squeezing the lever.

Before loading the caulking tube into the gun, snip off the tip of the tube with scissors or a utility knife at a 45° angle so that you have an opening of about 1/8" or less. If the hole is too small, it can always be enlarged later. After snipping the tip, insert a long nail or similar object through the opening until it punctures the seal at the base of the nozzle. Failure to do this can cause the caulk to explode out the side of the cartridge when pressure is applied.

Before caulking, remove any old loose caulk with a screwdriver or the pointed end of a bottle opener and wipe the surface clean with a rag. Old caulking that is firmly attached can be left in place. Load the caulking gun, hold the gun at a 45° angle, and slowly pump the lever so that you get a smooth flow of material onto the surface. The caulking gun can be "pulled" or "pushed" along the crack – whichever feels easiest for you. Use enough caulk to overlap both sides of the crack. If the caulk appears uneven, it can be smoothed out later by running your finger along the joint. When you want to stop caulking, be sure to release the pressure on the cartridge by pulling back, otherwise the tube will continue to discharge caulk.

Partially used cartridges can be stored satisfactorily by plugging the opening of the nozzle with an object such as a nail or screw. Be sure to follow the instructions on the caulking tube with respect to application, painting and precautions.

RECREATION

A number of organizations exist that provide an opportunity for RECREATION activities. Some offer year-round activities, others run specialized programs during certain times of the year. To find out more about the various programs call the numbers listed below.

Big Brothers/Big Sisters	1-877-700-2447 (toll-free)
Boys and Girls Clubs	572-8440
Boys Scouts of America (Pacific Harbor)	752-7731
Camp Fire Girls (Orca)	597-6234
Community School Program	305-1000
Gateway for Youth and Family	383-4361
Girl Scouts of America (Pacific Peaks)	475-0307
Metropolitan Park District	305-1000
Pierce County Parks and Recreation	798-4176
Red Cross Volunteer Service	474-0400
South End Neighborhood Center	591-5098
South Park Community Center	591-5299
Tacoma Literacy Council	272-2471
United Way Volunteer Bureau	572-HELP
YMCA (Lakewood)	584-9622
YMCA (Tacoma Center)	597-6444
YMCA (Tacoma Family Branch)	564-9622
YMCA (Puyallup)	841-9622
YMCA (Camp Seymour)	884-3392



LIBRARY

Pierce County Libraries

536-6500 or TDD 1-800-346-0995

City of Tacoma Library System

591-5666

For local branches, check your phone book.

Public Libraries offer a variety of services that are recreational. They have countless books, magazines, tapes and records which can be borrowed through the inter-library loan system, if they are not available on the premises. They may also offer plays and reading programs for children, computer libraries, all free of charge. The numbers listed for the Pierce County and the Tacoma Library systems can inform you about services available to you.

PARKS

Ft. Steilacoom Park
8714 87th Ave. S.W.
Lakewood, WA

Spanaway Park
Military Rd. and 152nd Street
Spanaway, WA

Lake Tapps Park
2022 198th Ave. East
Sumner, WA

Frontier Park
21800 Meridian South
Graham, WA

North West Trek Wildlife Park
Eatonville, WA
(360) 832-6117

Point Defiance Park
5400 North Pearl, Tacoma
591-5337



Humane Society

2608 Center Street, Tacoma
383-2733

Or visit their website at www.thehumanesociety.com

Pet Licensing	ext. 5817
Spay/Neuter Financial Assistance	ext. 5838
Volunteers	ext. 5832
Senior Pet Adoption Program	ext. 5845
Lost & Found Dogs	596-8561
Lost & Found Cats	596-8989

Pet Food Bank (low-income seniors and disabled) – Walk-in only

Senior Pet Assistance Network	581-8870
Puget Hounds Daycare and Noah Pet Clinic	572-6214
(free care & sometimes food)	



A large number of SENIOR resources are available including local Senior Centers:

Physical and recreational activities are available at some of the Senior Centers. Beside social activities, many of the centers serve hot meals through the American Red Cross Nutrition Program during the week.

Beacon Senior Center	591-5083
Bonney Lake Senior Center	863-7658
Buckley Senior Center	829-0190
Eatonville Senior Club	832-6805
Fife Senior Center	922-0900
Fircrest Senior Center	564-8177
Gig Harbor Senior Center	858-8284
Key Peninsula Community Services	884-4440
Lake City Community Center	582-9799
Lakewood Senior Center	589-5735
Lighthouse Senior Center	591-5080
Midland-Summit Senior Center	531-8412
Milton Senior Center	922-6586
Orting Seniors	893-5827
Portland Avenue Community Center	591-5391
Point Defiance/Ruston Senior Center	756-0601
Puyallup Senior Center	841-5555
Salvation Army Drop In Center	841-1491
South End Neighborhood Center	591-5098
South Park Community Center	591-5299
Spana/Park Seniors	537-4854
Steilacoom Community Center	581-1076
Sumner Senior Center	863-2910
Tillicum/American Lake Community Center	584-1280
Titlow Lodge	591-5297
Wright Park Senior Center	591-5331

MultiCare Adult Day Health	552-1188
SEA MAR Community Health Serving the Latino Community	253-593-2144
Good Samaritan Hospital Senior Resource Line and Adult Day Health Center	848-6661 (ext.7266)
Senior Outreach Services	593-2111

Senior Programs and Services
591-5090 or 1-800-562-0332 (toll-free)

Many programs and agencies serve the elderly population. For more information and assistance regarding Senior Programs and Services, call either of the information lines below.

City of Tacoma
Senior Services Division
591-5090

Pierce County
Senior Case Management
798-7236

City and county case management programs specialize in linking senior citizens with services they need and that are available in the community. Case managers know the existing resources and work with senior citizens to identify and make appropriate referrals. City and county residents interested in case management should call the Senior Information and Referral line.

55 Alive Driver's Course (AARP)
588-8117

Driver's course gives seniors discounts on their insurance.

Meals:

Frozen meals are available for both city and county residents. The American Red Cross will deliver 7 to 21 meals, once a week, anywhere in Pierce County. The meals contain 1/3rd of the nutritional recommended daily allowances and most of the selections are appropriate for diabetics. Persons, 60 years and above, who are home bound due to illness or disability, who are not receiving daily assistance with their cooking or shopping from CHORE or COPES workers, are eligible. The meals are free of charge, although donations are requested. For referral, contact the city or county senior programs.

City Residents
591-5090

County Residents
474-1300

B.A.S.H.
531-9600.

Bikers Against Statewide Hunger will deliver food from the food banks to elderly, homebound and disabled residents in Pierce County.

Aging & Long Term Care
798-7236 or 1-800-642-5769

Council on Aging
272-2278

Aging and Long Term Care has published “*A Guide to Long Term Care in Pierce County*”, a thorough guide to available geriatric care. Council on Aging publishes the “*Where to Turn*” pamphlet, a comprehensive guide to senior services and activities. Copies can be obtained by calling these agencies.

Long Term Care Ombudsman
798-2789

The Regional (Pierce County) Long Term Care Ombudsman is a liaison who advocates for people in long term care facilities.

Home Health Services

Home Health Services are provided to persons experiencing temporary or permanent impairment of their health. Under medical supervision, services and personal care can be brought into the home to promote health and minimize the disability as much as possible. Costs are charged on a sliding fee scale and must be assumed by medical insurance, Medicare, Medicaid or the patient directly. They serve residents of both Pierce and King Counties. Their services may be accessed directly or through service coordinators at all local hospitals. Contact the organizations listed below:

Home Health Services
Good Samaritan Hospital
(253) 841-5668

MultiCare Home Health Services*
Hospice of Tacoma
315 Martin Luther King Way
Tacoma, WA 98405
1-800-762-7766 or 403-4620

*Multi Care Home Services was founded in 1977 as a community volunteer organization. Now part of the locally-owned Multi Care Health system, their agency has built its reputation on seeking out and serving community needs. It is composed of six divisions, which together provide a continuum of community-based health care, including:

- Transitional Care/Case Management
- Adult Day Programs
- Home Health Care
- Maternal/Child Programs
- Hospice and Palliative Care
- Grief and Loss Counseling
- Staffing

The Community Mental Health offices offer mental health service directly geared towards the senior population. These are listed in the Health Section of this guide.

COPES

Department of Social and Health Services
 1949 South State Street
 Tacoma, WA 98405
 253-476-7292 or 476-7200

Persons with physical impairments may also be eligible for the COPES Program. People who reside in Puyallup area need to apply at 1011 East Main Street, Suite 101, Puyallup, WA 98372. (253) 840-4720.

You may also contact:

Catholic Community Services
 CareGivers 383-3697

Lutheran Social Services
 Home Helpers 272-8433

Volunteer Chore Services
 502-2690

In the case of excessive medical costs, hospitals built with public funds have a certain amount of money available through the **Hill-Burton Act** each year to pay for hospital care for individuals who cannot afford it. The resource is limited, the hospital billing department or social worker would have the best information.

Denture Service of Washington
 584-8840

Easter Seal Society of Washington
 157 Roy St.
 Seattle, WA 98119
 206-281-5700
 or 1-800-678-5708

Easter Seal sponsors a dental program for disabled persons. Eligibility is based on income and family size. Only disabled persons are able to participate. Dental care is provided by participating dentists for 35%-50% reductions. The Dental Care Access Program provides Pierce County Seniors with dental care from participating dentists at 25% reduction. The service is for elderly persons 65 years or older who have less than the total annual household income limit and no other dental insurance. Interested persons, who live in the county, should call the number listed below.

Case Management

798-7236

City residents: contact Tacoma/Pierce County City Senior Information and Assistance
Tacoma Municipal Building
747 Market Street
Tacoma, WA 98402-3980
591-5090

Income Tax Counseling for the Elderly

IRS Toll-free number: 1-800-829-1040

Pierce County Assessor's Office

2401 South 35th Street
Tacoma, WA 98409
798-7105

For information regarding reduced senior citizen property taxes.

The Pierce County Council passed an ordinance in July 1986, authorizing the Special Tax Exemption Program for the 1986 year and beyond. It is for qualified persons, 61 years or older, to work for the county at minimum wage to pay for property taxes and sewer assessments. Participants will be placed in positions comparable to their skills and physical abilities. Positions will come from departments within the county. For more information about how to apply, call the Assessor's Office at the number above.

Tacoma/Pierce County Employment and Training Consortium

Senior Aide Program
1305 Tacoma Ave. South St. 201
Tacoma, WA 98402-1903
City 253-593-7355
County 253-552-2531

This employment program serves older adults who want to work..

Retired Senior Volunteer Program (RSVP)

1235 South Tacoma Way
(P.O. Box 111028)
Tacoma, WA 98411
474-1700

The Red Cross administers the RSVP program for older adults who would like to volunteer their time and efforts.



Yelm Community Services

P.O. Box 5320
Yelm, WA 98597
(360) 458-7000

Provides help with housing, food, clothing, transportation, utilities and homelessness. Offers youth activities, summer day camp, and senior lawn care during the summer. Participants must be low-income and live in Thurston County.

Pierce Transit

3701 96th Street S.W.
Lakewood, WA 98499
581-8000 or 1-800-841-1118

Pierce Transit, the public bus system, offers reduced fares. Persons 65 years or older are eligible and must obtain an I.D. for these privileges. The office listed above will issue an I.D. card on weekdays between 9:00 a.m. and 5:00 p.m.

Paratransit

1-800-925-5438

The Shuttle Service of Pierce Transit operates in the greater Tacoma area and can be used by all disabled seniors for medical appointments, day care, meal sites and essential shopping. Transportation for other services is on a space-available basis. The fares are the same as for the public bus. Senior citizens must register with the Shuttle Service at the numbers listed above.

Medicaid Transportation services are currently being provided by Paratransit Services. This organization is also the main provider of non-Medicaid transportation to adult day health care, respite and meal sites.

Medical Coupon Transportation

Department of Social and Health Services
1-800-925-5438

If a person is unable to use public transportation and has a medical emergency, they may use medical coupons to pay for a taxi cabulance service. During the weekday working hours, however, they should call the Department of Social and Health Services for prior approval to assure payment of the service.

Pierce/King County Cabulance Service

Non-emergency wheelchair transportation
473-7444
Private Pay: 1-800-947-5438

American Cancer Society

1551 Broadway
Tacoma, WA 98402
272-5767

They provide volunteers who transport cancer patients to and from treatments or doctor's appointments, free of charge.

For more information on transportation consult the Disabilities and Transportation sections of this guide.

Living Will assistance, call: Columbia Legal Services (572-4343); Pierce County Medical Society (572-3666); or Washington State Medical Association (1-800-552-0612)

CLEAR provides legal services to Seniors, call for more information: 1-888-387-7111

Pierce County Housing Authority

603 South Polk
Tacoma, WA 98445
620-5401

Tacoma Housing Authority

902 South L Street
Tacoma, WA 98405
207-4400

Section 8, or Public Housing, is available to low-income families, senior citizens (62 years or older) and handicapped persons through the local housing authority. Rents for the client(s) are scaled according to income and family size. Interested persons should check at the offices to see if they are taking applications. Applicants will be placed on a waiting list. When a *Certificate of Eligibility* is granted, clients must locate their own housing and make arrangements with landlords to lease on Section 8 terms.

For additional information, contact the office nearest you.

Pierce County Community Services, Housing Programs

8811 South Tacoma Way
Lakewood, WA 98499
798-7038

It is certified by the U.S. Department of Housing and Urban Development to provide housing counseling services, landlord/tenant information and housing resources. Their services are free and confidential and are available to people of low-income levels in the Tacoma/Pierce County area.

Senior Housing Assistance Group (S.H.A.G.)

1-888-450-SHAG

A non-profit organization that is dedicated to providing affordable, independent, retirement communities for seniors and disabled seniors with self-help capabilities. Some age and income restrictions may apply.

Pierce County Community & Economic Development Corporation

8815 South Tacoma Way

Lakewood, WA 98499

798-7038

They administer a Housing Rehabilitation Loan program for low-income families and disabled persons in Pierce County. Low interest loans are available for repairing faulty roofs, poor heating systems, adding weatherization measures, etc. Minor home repairs can be done for eligible low-income and elderly persons as well. Call for more information on qualifications and loan terms.

For similar programs available to Tacoma city residents call:

City of Tacoma, Department of Planning and Development

591-5200

W.T.A.P. (Washington Telephone Assistance Program)

You may be eligible for a discount on your phone bill if you meet the qualifications for *Washington Telephone Assistance Program (WTAP)* and receive any of the following types of assistance: TANF, GA-U, GA-S, SSI, COPEs, Chore Services, medical coupons, food stamps or Refugee Assistance. To see if you qualify, contact your local phone company. The account and billing must be in the name of the person who qualifies for the WTAP assistance.

Senior Citizen Legislative Hotline

1-800-562-6188

Senior Pet Adoption Program

Tacoma Humane Society

2608 Center Street, Tacoma

383-2733 ext. 845

Senior Pet Assistance Network

581-8870

Puget Hounds Daycare and Noah Pet Clinic

572-6214

(free care & sometimes food)

SENIORS

Paint Tacoma/Pierce County Beautiful

383-3056 ext. 105

This program provides volunteers to paint homes of low-income elderly and disabled.

Foster Grandparent Program

253-476-7253

Senior Companions

272-8433 ext. 226



There are few resources for TRANSPORTATION. Most consist of the usual private and public transportation service systems such as buses and taxis.

Pierce Transit
3701 96th Street S.W.
Lakewood, WA 98499
581-8000 or 1-800-562-8109

Pierce Transit, the public bus system, offers reduced fares. Persons 65 years or older are eligible and must obtain an I.D. for these privileges. The office listed above will issue an I.D. card on weekdays between 9:00 a.m. and 5:00 p.m.

Paratransit
1-800-925-5438

The Shuttle Service of Pierce Transit operates in the greater Tacoma area and can be used by all disabled seniors for medical appointments, day care, meal sites and essential shopping. Transportation for other services is on a space-available basis. The fares are the same as for the public bus. Senior citizens must register with the Shuttle Service at the numbers listed above. Medicaid Transportation services are currently being provided by Paratransit Services. This organization is also the main provider of non-Medicaid transportation to adult day health care, respite and meal sites.

Medical Coupon Transportation
Department of Social and Health Services
1-800-925-5438

If a person is unable to use public transportation and has a medical emergency, they may use medical coupons to pay for a taxi cabulance service. During the weekday working hours, however, they should call the Department of Social and Health Services for prior approval to assure payment of the service.

Pierce/King County Cabulance Service
Non-emergency wheelchair transportation
473-7444

American Cancer Society
1551 Broadway
Tacoma, WA 98402
272-5767

Transportation for cancer patients to and from treatments or doctor's appointments, free of charge.

Common long distance carriers are listed below:

Amtrak	627-8141	Washington State Ferry Information	1-800-843-3779
Greyhound	383-4621		

If long distance travel is necessary in an emergency, the Salvation Army can obtain Greyhound bus fare at a 10% discount. For more information call 572-8452.

VETERANS

Some of the local and national VETERAN services are listed below:

U.S. Department of Veteran's Affairs
1-800-827-1000

Washington State Department of Veteran's Affairs
5717 S. Tyler St., Tacoma 98409
253-472-1966

TriCare (medical benefits for veterans)
968-1110

V.I.E.W.
Veteran's Independent Enterprises of Washington
4630 16th East, Suite B-16
Fife, WA 98424
992-5650 ext. 6069

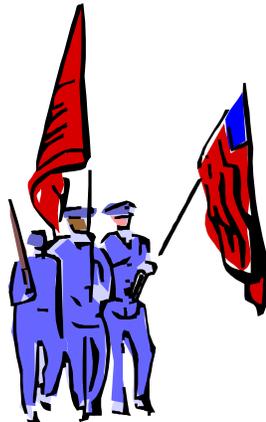
Provides services for veterans such as sheltered workshops in assembly line work, janitorial, industrial, painting and maintenance. Also provides vocational training and transitional housing.

Pierce County Veteran's Bureau
901 Tacoma Ave. South #102
Tacoma, WA 98402
798-7449

Provides emergency assistance to indigent, wartime veterans who are Washington residents. Assists with food, rent, utilities, medical and miscellaneous needs.

Veteran's Outreach Center
4916 Center Street, Suite E
Tacoma, WA 98467
565-7038

Offers readjustment counseling for war zone service veterans, job referral and limited family and marriage counseling. **Form DD214**, showing war zone service is needed for eligibility.



The following organizations offer assistance for VOTING/LEGISLATIVE INFORMATION

League of Women Voters of Tacoma/Pierce County

702 Broadway, Suite 105
Tacoma, WA 98402
272-1495

The league is a non-partisan organization whose purpose is to promote informed and active participation of citizens in government. They provide information about legislative issues and publish an excellent brochure that informs citizens of their city, county, state and national legislators. For a copy of the pamphlet, send a self-addressed, stamped envelope to the league.

Tacoma Public Library

591-5666

The library has a resource service to help you determine your legislative districts and representatives. Librarians staff the Quick Information Line and will use your address and directories to locate this information for you.

Pierce County Auditor / Election Department

2401 South 35th Street, Room 200
Tacoma, WA 98409
798-7430

To register to vote, contact the office above to locate the registrar closest to where you live. For your convenience, there are numerous registrars throughout the county, located in public school offices, fire departments, city or town clerk offices, and county court houses. It takes only a few minutes to register to vote.

To be eligible to vote, you must be a United States citizen, be a legal resident of Washington State, be 18 years or older on election day, and register 30 days before hand. If you have not voted in a long time, you will need to re-register. Check with the Auditor's Office to be sure you are currently registered if you are in doubt.

Legislative Hot Line

1-800-562-6000

The Washington State Legislature is one of the few state legislatures that have a toll-free telephone service to their constituents. It operates, however, only when the Legislature is in session. You can call and leave messages for your legislators as well as inquire about the status of bills you have an interest in.

Senior Citizen Legislative Hotline

1-800-562-6188



HOTLINE NUMBERS



Adoption Support Program	1-800-562-5682
AIDS Hotline	1-800-272-2437
Alcohol and Drug Help Line	1-800-562-1240
American Lung Association	1-800-732-9339
Arthritis Foundation	1-800-542-0295
Attorney General's Office (public information)	1-800-551-4636
Basic Health Plan	1-800-826-2444
Beach Closures due to "Red Tide"	1-800-562-5632
Blind Services, Washington State (Tacoma #: 597-4417)	1-800-255-1147
Cancer Hotline	1-800-422-6237
Child Abuse	1-800-562-5624
Child Protective Services (after 5pm, weekends & holidays)	1-800-423-6246
Department of Ecology – Recycling	1-800-732-9253
Fire Permits	1-800-527-3305
Forest Fire Reporting	1-800-562-6010
Hazardous Substance Dumping	1-800-633-7585
Internal Revenue Service – Federal Taxes	1-800-829-1040
Insurance Commissioner for Washington	1-800-562-6900
Legislative Hotline (when in session)	1-800-562-6000
Literacy, Washington State Council on...	1-800-323-2550
Medical Assistance Service Center	1-800-562-3022
Missing Children Clearing Center (& victims of violent crimes)	1-800-543-5678
Mobile Home Information	1-800-964-0852
Nursing Home Complaints	1-800-562-6078
Poison Information Referral (National)	1-800-542-6319
Poison Information Referral (Washington)	1-800-732-6985
Safety Restraint Coalition (to report unbuckled children)	1-800-BUCKLUP
Washington State Association for the Blind	1-800-562-4176
Social Security Administration (and Medicare)	1-800-772-1213
Utilities Commission, Washington State & TDD	1-800-562-6150
Veterans Affairs	1-800-827-1000
Welfare Fraud	1-800-562-6906

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