

Special Information For:

Provided By:

Name: _____

Phone: _____

Notes: _____



Advocacy. Action. Answers on Aging.

SENIOR INFORMATION & ASSISTANCE

1026 Sidney Avenue, Suite 105
Port Orchard, WA 98366

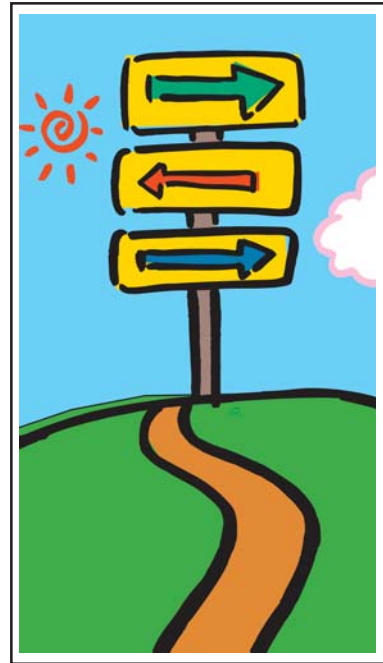
8:00 a.m. - 4:30 p.m.
Monday - Friday

Senior Information & Assistance is funded by the Older Americans Act and Senior Citizens Services Act. Services are provided at no charge to Kitsap County residents 60 years of age or older without discrimination and regardless of handicap, in accordance with state and federal laws.

February 2012

Where to Turn in Kitsap County

A Guide to Senior Services and Opportunities



Senior Information & Assistance
(360) 337-5700
1-800-562-6418



Our mission is to promote the well-being of older people and assist them in maintaining their independence in the community.

Senior Information & Assistance (Senior I & A) helps seniors and families design individualized solutions to meet their specific needs by providing:

- Assessment of individual needs
- Information about programs and services in Kitsap County
- Assistance with completing applications and gaining access to benefits, programs and services
- Referrals to programs and services
- On-going coordination and monitoring of services

A Senior I&A professional can assist you over the phone, in person at the Senior I&A office or at your home.

Call 360-337-5700 or 1-800-562-6418, Monday through Friday, between 8:00 a.m. and 4:30 p.m. or stop by the office in the Givens Community Center, at 1026 Sidney Avenue, Suite 105, Port Orchard, WA.

**Are you caring for
or helping a loved one?**



Would you like:

- More information?
- To explore options for help?
- To talk to someone who cares?
- To find out more about what to expect?



- Information & Education
- Caregiver Lending Library
- Caregive Respite Options
- Support Group Info
- Specialized Services
- Counseling

Take care of yourself while taking care of your loved one
Call 360-337-5700 or 1-800-562-6418

Senior Information & Assistance

A **FREE** service for seniors age 60 and over
360-337-5700 or 1-800-562-6418

**Where to turn
in Kitsap County for:**



- Answers to questions about services & opportunities
- Assessment of needs & referral to local services
- Assistance finding & applying for programs & services
- Advocacy on important senior issues

“Promoting the well being of older people and assisting them in maintaining their independence.”



KITSAP COUNTY AGING
& LONG TERM CARE SERVICES



KITSAP COUNTY'S
AREA AGENCY ON AGING

Using your Where to Turn:

The area code for all telephone numbers is 360 unless otherwise noted.

The following symbols are provided to assist you in finding information not listed.

If you see a phone:



Call Senior Information & Assistance
for further information

If you see a book:



Refer to this topic in the telephone
book Yellow Pages

Where to Turn is a limited listing of resources and services. If you cannot find what you need, further information may be available.

Call Senior Information & Assistance at
360-337-5700 or 1-800-562-6418

Visit our website www.AgingKitsap.com

To locate services outside of Kitsap County call:
The ElderCare Locator at 1-800-677-1116
6:00 AM to 5:00 PM, PST. www.eldercare.gov

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ABUSE

Adult Protective Service.....	888-833-4925
or End Harm	866-363-4276
Kitsap Sexual Assault Center	
24-Hour Crisis Line	479-8500
Long Term Care Ombudsman	337-5714
or.....	800-562-6418
Nursing Home, Boarding Home, Adult Family Home, ICF/MR Residents Neglect Hotline	
.....	800-562-6078
WA State Domestic Violence Hotline	
.....	800-562-6025
YWCAALIVE 24-Hour Crisis Line	
.....	800-500-5513
Bremerton Shelter Program	479-1980
Bainbridge Island / North Kitsap	
.....	206-780-2931

ADULT DAY PROGRAMS

Ashley Gardens	478-7277
Bay Pointe	373-9904
Canterbury Care Center	479-3267
Elder & Adult Day Services (EADS)	377-9810
Harbor House	779-5533
Haven Crest at Montclair Park	697-2223
Lutheran Community Services NW	
The Memory Connection	377-5511
Marine Courte	373-8551
Orchard Pointe	874-7400
The Retreat at Comfort Keepers	373-5678
WA Adult Day Services Association	
.....	888-609-2372

ALCOHOL/DRUG ABUSE

Agape Unlimited	373-1529
Al-Anon	1-866-452-6973
Alcohol & Drug Helpline (24-Hour)	
.....	800-562-1240
Alcoholics Anonymous	800-562-7455

- Alcoholism & Drug Addiction Treatment & Support (ADATSA) 473-2200
- Behavioral Health Program (Group Health) 888-287-2680
or 206-901-6300
- Cascade Outpatient Chemical Dependency Recovery Program 698-7267
- Crisis Triage Services (Kitsap Recovery Center) 337-4625
- Narcotics Anonymous 877-861-6156
- Olalla Recovery Center (ORC) 253-857-6201
or 800-882-6201
- Out Patient (ORC) 253-851-2552
- Substance Abuse Rehabilitation Program (USN Retirees & Family) 315-3901
- VA Puget Sound Health Care System
 American Lake Division 800-329-8387
or 206-764-2457
- Washington State Clearinghouse 800-662-9111
- West Sound Treatment Center 876-9430



See: alcoholism information and treatment, drug abuse, blue pages
 Washington State Alcohol/Drug

ANIMAL SERVICES

- Consolidated Lost & Found Pet Line
 24-hour service 698-0255
- West Sound Wildlife (injured birds/wildlife) 206-855-9057
- Kitsap County Animal Control or Kitsap Humane Society 698-9654
 692-6977
- PAWS (Progressive Animal Welfare Society) Bainbridge Island and North Kitsap 206-842-2451
- PAWS of Bremerton 373-7043



See: animal aid and welfare, behavior and boarding

CONSUMER

- Attorney General Consumer Protection
..... 800-551-4636
- Better Business Bureau of Western WA
..... 206-431-2222
- Federal Trade Commission
Consumer Response Ctr .. 877-382-4357
Identity Theft 877-438-4338
- Long Term Care Ombudsman (Kitsap County)
..... 337-5714
or 800-562-6418
- Office of Insurance Commissioner
Consumer Protection Hotline . 800-562-6900
- WA State Long Term Care Ombudsman
..... 800-562-6028

COUNSELING & SUPPORT

Bereavement

- Compassionate Friends (self-help bereaved
parents / relatives) 877-969-0010
- Franciscan Hospice and Palliative care
..... 800-338-8305
- Grief Management Library (Miller-
Woodlawn Funeral Home) 377-7648
- Group Health Bereavement Services
(referral) 800-332-5735
- Hospice of Kitsap County Bereavement
Services 698-4611
- BRIDGES Mental Health Ombudsman Service
(Client Advocacy) 692-1582
or 888-377-8174
- Catholic Community Services Counseling
..... 800-372-3697
- Crisis Clinic / Suicide Prevention (24-Hour)
..... 479-3033
or 800-843-4793
- Frenz Mental Health Consumer Support
..... 360-792-1661
- Group Health Behavioral Health Program
..... 888-287-2680
..... 360-782-1700

Helpline House of Bainbridge Island
..... 206-842-7621
Hospice of Kitsap County 698-4611
Kitsap Mental Health Services 373-5031
Access Center (Medicaid only) . 405-4010



for counseling referrals for seniors



See: counselors, psychologists, and psychiatrists

CRIME PREVENTION & ADVOCACY

Crime Victim Assistance Center 874-8270
..... 800-346-7555
Crime Victims Compensation . 800-762-3716
Kitsap County Sheriff's Office
Community Resources Division 337-7101
Office of Crime Victims Advocacy
..... 800-822-1067

DEATH & DYING

Burial & Memorial Benefits

Dept. of Veterans Affairs 800-827-1000
Tahoma National Cemetery 425-413-9614
WA Dept. of Veterans Affairs
..... 800-562-2308
Franciscan Health System Hospice and
Palliative Care 1-800-338-8305
Group Health Hospice Services
(referral) 206-326-4444
Hospice of Kitsap County 698-4611
Kitsap County Coroner 337-7077
Living Legacy Registry (Organ Donation)
..... 425-201-6563
or 877-275-5269
Social Security Administration.....800-772-1213
WA Dept. of Licensing Complaint Line
Funeral & Cemetery Unit 360-664-1555



to request printed materials



See: cemeteries, cremation services, and funeral homes/directors

DENTAL

- Dental Access (Outreach) Program 337-5700
or 800-562-6418
National Donated Dental Services Program
..... 888-623-2780
Peninsula Community Health Services
Dental Clinic 478-2368
Services with a Smile 473-6903
Smile Partners (BI) 206-909-1365
WA State Dental Association .. 800-448-3368



- For more dental program information
..... 337-5700
..... 1-800-562-6418



See: dentists, dentists' referral &
information and denturists

DRIVING

- AARP Driver Safety Program .. 888-227-7669
WA Department of Licensing

Disabled Parking Permits/Vehicle Licensing:

- Bainbridge 206-780-5306
Bremerton 479-4793
Port Orchard 337-4440
Poulsbo 697-4337
Silverdale 692-2293

Driver Licensing Offices:

- Bremerton 478-6975
Poulsbo 779-5535



AAA, Insurance, etc.

EDUCATIONAL OPPORTUNITIES

CPR Classes

- Red Cross 377-3761
Elderhostel 800-454-5768
Kitsap Computing Seniors 692-2488
Kitsap Home Care Services Training Center
Caregiver Training & Community Classes
..... 377-7307

Kitsap Regional Library	405-9100
<i>or</i>	877-883-9900
Bookmobile / Outreach	405-9123
Literacy Council of Kitsap	373-1539
Poulsbo	551-0824
Olympic College	792-6050
Adult Education program	337-4764
Continuing Education	394-2702
Parks & Recreation Classes	337-5350
Recording for the Blind and Dyslexic- Learning Ally	800-221-4792

EMERGENCY SERVICES

DIAL 911

EMPLOYMENT

Employment Security Division	337-4759
Kitsap County Personnel and Human Services Job Line	337-7185
Unemployment Benefits	800-318-6022
Vocational Rehabilitation Silverdale	698-4360
<i>or</i>	800-548-1406
WA State Senior Employment Program	337-4756
WorkSource Kitsap County	337-4810



See: employment agencies

ENERGY ASSISTANCE

Kitsap Community Resources	377-0053
<i>or</i>	800-338-3363
Energy Assistance	479-1507
Weatherization	377-0053
Puget Sound Energy Home Weatherization for Seniors	800-562-1482
St. Vincent de Paul	479-7017
Salvation Army	373-5550

FINANCIAL COUNSELING

American Financial Solutions . 888-282-5899
Clearpoint Financial Solutions 877-422-9045
Consumer Counseling NW 800-244-1183
Mortgage/Foreclosure Counseling
..... 888-995-HOPE



for advocate options



See: financial planning consultants or
accountants.

FOOD & NUTRITION

Bremerton Services Association Nutrition
Programs (Chuckwagon, Home Delivered
Meals, 50-60 Meals on Wheels, Senior
Farmers Market) 377-8511
..... 1-888-877-8511

Congregate Mealsites

Reservation required at least one day
in advance.

Bremerton Senior Center

1140 Nipsic Avenue, Bremerton

Pinewood Manor

280 Sylvan Way, Bremerton

Village Green Apartments

3883 Madrona Drive, Port Orchard

Burley Community Hall

14853 Burley Avenue, Burley

North Kitsap Senior Center

18972 Front Street, Poulsbo

Bainbridge Senior Community Center

370 Brien Drive, Bainbridge Island

Kingston Community Center

11212 Hwy. 104, Kingston

Silverdale United Methodist Church

9982 Silverdale Way NW, Silverdale

Asian Pacific

Silverdale Community Center

9729 Silverdale Way BW, Silverdale

China Sun Buffet

4331 Bethel Road, Port Orchard

Food Assistance Program (DSHS)

..... 877-514-3663

Washington State Cooperative
Extension Service 337-7157



See: nutritionists, weight control

FOOD BANKS

Bainbridge Island Helpline House
..... 206-842-7621
Bremerton Food Line 479-6188
Central Kitsap Food Bank 692-9818
God's Kitchen (Bremerton) 692-7729
Harper Church (South Kitsap) 871-1230
Life Care Community Food Bank (South Kitsap)
..... 876-9244
North Kitsap Fishline 779-5190
St. Vincent de Paul-Assist. Office ... 479-7017
Salvation Army 373-5550
Sharenet (Kingston/Hansville Area) 297-2266
South Kitsap Helpline 876-4089



for information on food and places to get
a hot meal.

GRANDPARENTS RESOURCES

AARP Grandparent Information Center
..... 888-687-2277
Family Helpline 800-932-4673
Kinship Caregiver Support Program 377-0053
Kinship Support 373-9710
NW Women's Law Ctr. 206-621-7691
Parent Education Olympic College . 475-7195
Parenting Place 473-2134



for printed resources

HEALTH CARE SERVICES

Harrison Medical Center 377-3911
or 800-281-4024
TDD 478-6211
Physicians Referral 866-844-9355
Harrison Silverdale 337-8800
or 800-281-4024

Harrison South Kitsap Clinic	895-6250
Kitsap County Health District	
Bremerton	337-5235
Kitsap County Medical Society	689-2928
Naval Hospital	475-4000
or	800-422-1383
Peninsula Community Health Services	
Bremerton	377-3776
Port Orchard	876-7215
Poulsbo	779-1963
VA Hospital (Seattle)	800-329-8387
VA Outpatient Clinic, Bremerton	782-0129



See: hospitals, physicians, and podiatrists, See counseling for Mental Health

HEARING

Hearing Loss Association of Kitsap County (formerly SHHH)	871-0997
or	800-770-1605
Hearing, Speech & Deafness Center Tacoma	253-475-0782
TTY	253-474-1748
Voice / TTY	866-698-1748
NW Lions Foundation for Sight/Hearing	800-847-5786
Office of Deaf and Hard of Hearing (TED)	
Voice / TTY	800-422-7930
TTY	360-902-8000
Telecommunications Relay Services	711
TTY	800-833-6388
Voice	800-833-6384



See: hearing aids, assistive devices

HOME REPAIR & MAINTENANCE

Bremerton Rehabilitation Loan Program	473-5375
Kitsap County Consolidated Housing Authority	535-6100

Independent Living Program (Bainbridge Island)	206-842-1909
Rebuilding Together Kitsap with Christmas in April	308-8783
Project Help (minor repairs)	479-7017
USDA Service Center	360-452-8994
Volunteer Services	405-0072 ex: 26
	866-246-3642

HOUSING

Care Facilities:

Adult Family Homes

(Private homes that are licensed by the State to provide 24-hour care). Call Senior I&A for current listing or visit www.aasa.dshs.wa.gov.

Alzheimer's/Dementia Care Facilities

Ashley Gardens	478-7277
Bay Vista Commons	377-8300
Claremont East	377-1717
Emeritus Oaks at Silverdale	697-4488
Harbor House	779-5533
Haven Crest	697-2223
Marine Court	373-5511
Martha & Mary Health Services	779-7500
Messenger House	206-842-2654
Orchard Pointe Memory Care Community	874-7400

Assisted Living

Bainbridge Island

Madison Avenue Retirement Center	206-842-3694
Wyatt House	206-780-3646

Bremerton

Albright House	373-0553
Bay Pointe	373-9904
Bay Vista Commons	377-8300
Claremont East	377-1717
Cypress Gardens	479-4130

Port Orchard

Park Vista	871-2323
Stafford Suites	874-1212
Sydney House	876-0980
WA Veterans Home	895-4700

Poulsbo

Liberty Shores	779-5533
Montclair Park	697-2223

Silverdale

Clearbrook Inn	692-1228
Crista Shores	613-3502

Skilled Nursing Facilities

Bainbridge Island

Island Health and Rehab	206-842-4765
Messenger House	206-842-2654

Bremerton

Bremerton Health & Rehab	377-3951
Forest Ridge	479-4747
Stafford Healthcare at Belmont	479-1515

Port Orchard

Life Care Center of Port Orchard	876-8035
Stafford Healthcare at Ridgemont ...	876-4461
WA Veterans Home (Retsil)	895-4700

Poulsbo

Martha & Mary Health Services	779-7500
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Silverdale

Northwoods Lodge	698-3930
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Retirement Housing

Bainbridge Island

Madison Avenue Retirement Center	206-842-3694
Winslow Manor	206-842-3722

Bremerton

Bay Vista Commons	377-8300
Canterbury Manor	377-0113
Claremont East	377-1717
The Vintage	479-8300
The Willows	479-8522

Port Orchard

- Park Vista 871-2323
- Stafford Healthcare at Ridgemont ... 876-4461
- WA Veterans Home 895-4700

Poulsbo

- Martha & Mary Retirement Apts
(The Ebenezer) 598-4357

Silverdale

- Country Meadows 692-4480
- Crista Shores 613-3502

Shelters

- Benedict House (Men) 405-9486
or 866-246-3642
- St. Vincent de Paul (Women) 479-7017

Subsidized Housing

- Housing Authority of the City of Bremerton
(BHA) 479-3694

For information on the following housing developments and Section 8 vouchers for community housing, contact BHA directly:

- Tamarack Apartments
- The Firs
- The Summit at Bay Vista

- Housing Kitsap 535-6100

For information on the following housing developments contact Housing Kitsap directly:

- Austurbruin (Poulsbo)
- Coventry Park Bremerton)
- Fairview Apts (Bremerton)
- Finch Place
- Fjord Manor/Fjord Vista II
- Golden Tides I, II, & III (Silverdale)
- Madrona Manor (Port Orchard)
- Nollwood Duplex (Bremerton)
- Poplars (Silverdale)
- Port Orchard Vista (Port Orchard)

Contact the following housing developments directly for information:

Bainbridge Island

Finch Place	206-842-0724
Island Terrace Apts	206-842-1280
Rhododendron Apts	206-842-8144
Virginia Villa	206-842-5482
Winslow Arms	206-842-3611

Bremerton

Charter House	377-0808
Eastwynd Apts	479-3444
Frank Chopp Place	377-7744
The Firs	373-8479
Magnuson Way Apts	373-7364
Marion Court Apts	377-8806
Max Hale Center	792-2117
The Narrows	479-5966
Pinewood Manor	377-4977
Tamarack Apts	377-0232
The Vintage	479-8300

Kingston

Robinswood Apts	297-4144
Time Square Apts	297-7188

Port Orchard

Cedar Heights Apts	876-5320
Conifer Ridge	871-2869
Heritage/Viewmont	895-1454
Village Green	871-4883

Poulsbo

Fjord Manor	779-6939
Hostmark Apts I,II,III	779-4687
Windsong Apts	779-6244
Winton Woods Apts.....	779-3763
Wood Creek Apts	697-1824

Silverdale

Danwood Apts	662-1100
Silvercrest Apts	692-4233
The Vintage	308-9600

IMMIGRATION SERVICES

Immigration and Naturalization Customer Service Center	800-375-5283
Northwest Immigrant Rights Project	800-445-5771



regarding national resources and
general information.

INCOME & BENEFITS

Federal Citizens Information Center (pension)	800-333-4636
Social Security Administration	800-772-1213
or TTY	800-325-0778
US Dept. of Veterans Affairs ...	800-562-2308
WA Dept. of Social and Health Services DSHS	473-2200
or	800-338-7410

IN-HOME SERVICES

Home Care

A Helping Hand	888-591-0882
A Home Care Solution, Inc	307-8438
Care Plus Home Health	373-8016
or	866-646-4381
Catholic Community Services	792-2066
or	800-642-8019
Comfort Keepers	373-5678
or	877-885-4663
Compassionate Care	866-617-6863
Home Instead Senior Care	782-4663
Lutheran Community Services NW <i>Home Helpers</i>	377-5511
or	800-378-5771
Martha and Mary AT HOME	871-4425
Kitsap Home Care Services	377-7307
or	888-449-9048

Personal Touch895-3980
Visiting Angels 800-365-4189



See: personal care, maid, butler,
or housecleaning



Call for more information

Home Health

Care Plus Home Health373-8016
Gentiva Health Services 373-6966
 or 800-531-0825
Harrison Home Health Referral Ctr
 792-6699
 or 800-281-4024
Home Care Solution, Inc. 307-8438
Navy-Marine Corps Relief Society
 Bremerton 377-0602
 Bangor 396-6704



See: home health services

Hospice

Fransican Hospice and Pallative Care
 1-800-338-8305
Group Health Hospice 800-332-5735
Hospice of Kitsap County 698-4611

Medicaid

Home and Community Services (DSHS)
 473-2299
 or 800-422-7114
TTY 800-478-4574

Respite

Caregiver Support Center 337-5700
 or 800-562-6418



See: Adult Day Programs, In-Home
Services, Alzheimer/Dementia Care
Facilities, Skilled Nursing Facilities in
this booklet.

INSURANCE

Department of Social & Health Services	473-2200
.....	473-2200
or	800-422-7110
TTY	800-478-4574
Medicare Beneficiary Hotline (Qualis Health)	
.....	800-445-6941
Medicare Claims Information ..	800-633-4227
SHIBA (Statewide Health Insurance Benefits Advisors)	
.....	800-562-6900
Social Security Administration	800-772-1213
TTY	800-325-0778
WA Basic Health	800-826-2444
WA State Insurance Commissioner Complaint	
Hotline	800-562-6900



See: insurance

LEGAL

Dispute Resolution Center	698-0968
or	800-377-6583
Kitsap Legal Services	479-6125
Northwest Justice Project	
CLEAR	888-201-1014
CLEAR*Sr	888-387-7111
TTY (for all programs)	888-201-9737
Senior Legal Services	876-9221
WA State Bar Association Attorney Referral	
.....	443-9722
or	800-945-9722
Kitsap County Attorney Referral	373-2426



for information on wills, advance directives
and durable powers of attorney.

PERSONAL SAFETY

Comfort Keepers	877-885-4663
HealthWatch	800-600-6628
Martha & Mary AT HOME/Voice Care	
.....	871-4424
.....	206-842-4527

Medic Alert (ID bracelet/necklace)
 800-432-5378
 Philips Lifeline 866-674-9900 ext:4400
 Safe Return (ID bracelet/necklace)
 Alzheimer's Association 888-572-8566

REHABILITATIVE SERVICES

Harrison Green Mountain Rehab, Bremerton
 475-6480
 Harrison South Kitsap Rehab 895-6220
 Harrison Silverdale Rehab 337-8980

SENIOR & COMMUNITY CENTERS

Bainbridge Island Senior Community Center
 206-842-1616
 Bremerton Senior Recreation Center
 473-5357
 Givens Senior Center 337-5734
 Hansville Community Center 638-1394
 Kingston Super Seniors 881-0288
 North Kitsap Senior Citizens Center
 779-5702
 Port Gamble S'Klallam Elder Center
 297-2646
 Silverdale Community Center 337-5350
 Suquamish Tribe Elders' Lodge 598-6883

SENIOR ORGANIZATIONS/CLUBS

AARP - American Association of Retired
 Persons- WA 866-227-7457
 Kitsap County School Retirees Association
 373-6602
 NARFE - National Association of Retired
 Federal Employees 800-627-3394

 See: clubs and special interests

SOCIALIZATION

- Friend to Friend (Nursing Home Visitor Program)
..... 888-383-7818
Senior Companion Program 377-5511
or 800-378-5771



See: senior services, & adult day programs, food and nutrition, senior centers, volunteer opportunities in this booklet

SUPPORT GROUPS & RESOURCES

- AIDS Hotline (Kitsap) 800-272-2437
Alzheimer's Association 800-848-7097
Alzheimer's & Dementia Caregiver Support:
Ashley Gardens, Family Support Group ...
..... 478-7277
Canterbury Manor 286-3542
Elder and Adult Day Services
Bainbridge Island 206-780-8008
Group Health 613-3537
Harbor House (Poulsbo) 779-5533
Harrison Medical Center 792-9363
Martha & Mary Health Services
Poulsbo 649-6793
Silverdale 779-9064
The Willows 360-478-7277
Adult Children of Elders 206-780-8008
Adult Grief Support 360-698-5611
American Diabetes Association Support
Groups 888-342-238
Adult Dyslexia Support Group 479-0592
Aids Support Groups 800-874-2437
Al-Anon/Alateen Family Groups 866-452-6973
Alcoholics Anonymous 800-562-7455
Alcohol & Drug Hotline 800-562-1240
American Lung Association 800-586-4872
Amputee Support Group 830-4432
Amyotrophic Lateral Sclerosis
(Lou Gehrig's Disease) 253-254-8909
Arthritis Foundation 206-547-2707
AWAKE-Apnea Support 792-6812

Battered Women and Children
 YWCA/Alive Victim Support Services
 Bainbridge Island 206-780-2931
 Bremerton 479-5118
 Suquamish 206-780-2931
 Bereavement, Hospice Support Group
 698-4611
 Better Breathers 792-6885
 Brain Injury Support 744-8980
 Cancer Support:
 American Cancer Society .. 800-298-2345
 Breast Cancer Support 253-752-4222
 Cancer Education 744-4625
 Cancer Support Poulsbo 981-2264
 Cancer Support Port Orchard ... 876-3313
 Cancer Support Port Orchard ... 876-3901
 Caregivers Support 698-4611
 Discovery Shop 613-4139
 Kitsap Cancer Services 204-6399
 Live Strong 866-673-7205
 Look Good, Feel Better 744-4625
 Lung Cancer Buddy Program
 800-298-2436
 Ovarian/Gyn Cancer Support 744-4625
 Prostate Cancer Group 744-4625
 Reach to Recovery for Breast Cancer
 800-227-2345
 Susan G. Komen For the Cure
 800-462-9273
 Women With Cancer 206-842-4441
 Your Shoes National Breast Cancer Hotline
 (24-Hour) 800-221-2141
 Caregiver Support:
 Caregiver Support Center 337-5700
 or 800-562-6418
 First Lutheran Community Church
 876-5272
 Interfaith Volunteer Caregivers
 206-842-4441
 CHADD (Attention Deficit Disorder) 779-5362
 Compassionate Friends 877-969-0010
 Crisis Clinic 479-3033

Crohn's & Colitis Foundation .. 425-451-8455
 Diabetes Support Groups
 Bremerton 744-6910
 Port Orchard 871-8174
 Poulsbo 692-4900
 American Diabetes Assoc. 888-342-2383
 Dystonia Support 253-851-0496
 Epilepsy Support Group 206-547-4551
 Emotional Support Self-Help Group
 North Kitsap 206-780-4459
 or 206-842-4980
 Bremerton 479-7324
 or 613-1806
 Gambler's Anonymous 888-422-3577
 Grief Support Group 206-842-3539
 Understanding Grief 744-5618
 Survivors of Suicide 265-1110
 Hearing Loss Association of Kitsap County
 (formerly SHHH) 871-0997
 Kitsap Recovery Center 337-4625
 Kitsap Sexual Assault Center Women's
 Support Group 479-1788
 Hepatitis Support Group 337-5235
 Lupus Support Group 443-2086
 or 698-0186
 Men's Support Group 698-4939
 Mental Health Support
 Community Voice4 Support Group
 698-4668
 FRENZ Client Support Group
 792-1661 or 206-842-4248
 National Alliance on Mental Illness (NAMI)
 415-5800
 NAMI Peer Support Groups
 Poulsbo 697-2142
 Bainbridge Island 206-842-7621
 Multiple Sclerosis
 Bainbridge Island 206-780-4459
 or 206-842-4980
 Bremerton Evening 619-804-8776
 Bremerton 479-1324
 or 479-4648

Port Orchard	876-8219
National Hotline	800-344-4867
Narcotics Anonymous	877-861-6156
Nicotine Anonymous	779-6252
Northwest Kidney Foundation/Center	206-292-2771
Ostomy Support Group	792-6821
Parkinson's Disease Association	800-223-2723
Parkinson's Support Group	
Bremerton	895-6220
Bainbridge Island	779-7178
Polio Support Group	692-1381
Post Traumatic Stress Disorder	800-273-8255
Respiratory Support	
Better Breathers	744-6685
Sleep Disorders AWAKE	792-6812
Stroke Support Group	337-8980
Take Off Pounds Sensibly	275-2179
or	800-932-8677
Visually Impaired Persons Support (VIPS)	
Bainbridge Island	206-201-3080
Weight Loss Support	
Overeaters Anonymous	253-857-5621
Take Off Pounds Sensibly (TOPS)	275-2179



See: alcohol, counseling, and bereavement in this booklet.

TAXES

AARP Tax-Aide	888-227-7669
Internal Revenue Service	800-829-1040
Silverdale Office	698-5861
Kitsap County Assessor	
Property Tax Exemptions	337-7160
Bainbridge Island	206-842-2061
Olalla	253-851-4147



Call for more information

TRANSPORTATION

- Around the Sound 253-858-7088
..... 1-888-600-8043
- Kitsap Transit
ACCESS (Senior & Disabled)
Eligibility 478-6914
Reservation Line 479-7272
or 800-422-2877
Dial-A-Ride (limited service) 800-422-2877
Routed Service 373-2877
or 800-501-7433
Paratransit Services 377-7007
or 800-756-5438
Interfaith Volunteer Caregivers
..... 206-842-4441




For Volunteer Transportation



See: buses, taxicabs and other
transportation.

UTILITY ASSISTANCE

- Bellringer of North Kitsap 697-6087
City of Bremerton (Water and Sewer)
..... 473-5316
- Helpline House (Bainbridge Island)
..... 206-842-7621
Kitsap Community Resources 479-1507
or 800-338-3363
- North Kitsap Fishline 779-5190
St. Vincent de Paul (Bremerton) 479-7017
Port Orchard 876-6933
Poulsbo (leave message) 779-9980
Salvation Army 373-5550
WA Telephone Assistance 888-700-8880
-  See: utility companies, utility contractors

VETERAN & MILITARY SERVICES

Disabled American Veterans 373-2397

Fleet & Family Support Center

Bangor 396-4115

or 800-562-3301

Bremerton 476-5113

or 866-572-4341

Naval Hospital 475-4000

or 800-422-1383

US Dept. of Veterans Affairs ... 800-827-1000

VA Outpatient Clinic 782-0129

Veterans Assistance Fund 337-4883

Veterans Advisory Board 337-4883

WA Dept of Veterans Affairs ... 800-562-2308

Washington Veterans Home

Admissions 877-838-7787

Retsil 895-4700

VISION

Community Services for the Blind & Partially

Sighted 800-458-4888

Eye Care America (Free eye exams for low

income, 65+ seniors) 800-222-3937

Kitsap Regional Library Outreach Services

..... 405-9123

Bookmobile 405-9112

Northwest Lions Eyeglass Recycling Center

Olympia 360-923-2075

or 206-842-1324

WA State Dept. of Services for the Blind

..... 800-552-7103

WA Talking Book & Braille Library

..... 206-615-0400

or 800-542-0866

**VOLUNTEER OPPORTUNITIES
& SERVICES**

Bremerton Services Association Nutrition
Programs (Chuckwagon, etc) 377-8511
or 888-877-8511

Catholic Community Services
Volunteer Chore Services 405-0072
or 866-246-3642

Elder & Adult Day Services 377-9810
or 206-859-5750

Faith In Action (360) 275-0535

Friend to Friend (Visitor Program)
..... 888-383-7818

Foster Grandparents Program 405-0072

Interfaith Volunteer Caregivers of
Poulsbo 360-697-2142
Bainbridge Island 206-842-4441

Kitsap County Volunteer Services Coordinator
..... 337-4650

Long Term Care Ombudsman 337-5714
or 800-562-6418

Lutheran Community Services NW
Retired & Senior Volunteer Program
Stay Connected, & Senior Companion
377-5511
or 800-378-5771

Martha & Mary Health Services 779-7500

Statewide Health Insurance Benefits Advisors
(SHIBA) 337-5700

United Way 377-8505



Call local agencies you are interested in
volunteering with or search the Internet
for additional volunteer opportunities.

WEBSITES

The following list provides a few examples of helpful sites with links to other resources.

- Access Washington State Information and Government Services* access.wa.gov
- Administration on Aging* aoa.gov
- Aging and Adult Services Administration*
..... aasa.dshs.wa.gov
- Benefits CheckUp* benefitscheckup.org
- Crisis Clinic*
..... crisisclinicofthepeninsulas.org
- Caregiver Family Community*
..... lotsahelpinghands.com
- Community Wide Resources and Information Line* win211.org
- HealthyAging Partnership* 4elders.org
- Kitsap County* kitsapgov.com
- Kitsap County Division of Aging & Long Term Care (Senior I&A)* agingkitsap.com
- Medicare*.....medicare.gov
- National Council on Aging (NCOA)*
..... ncoa.org
- National Family Caregivers Association*
..... nfcacares.org
- Northwest Justice Project*..... nwjustice.org
- Social Security Online* ssa.gov
- WA State Insurance Commissioner*
..... insurance.wa.gov

