Where to Turn in Kitsap County

A Guide to Senior Services and Opportunities

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
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.
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
## TABLE OF CONTENTS

Abuse ............................................... 6
Adult Day Programs ......................... 6
Alcohol/Drug Abuse ....................... 6
Animal Services ............................... 7
Consumer ....................................... 8
Counseling & Support ...................... 8
Crime Prevention & Advocacy .......... 9
Death and Dying ............................. 9
Dental ............................................ 10
Driving .......................................... 10
Educational Opportunities .............. 10
Emergency Services ...................... 11
Employment .................................. 11
Energy Assistance .......................... 11
Financial Counseling ..................... 12
Food & Nutrition ............................ 12
Food Banks .................................. 13
Grandparent Resources ................. 13
Health Care Services ...................... 13
Hearing ........................................ 14
Home Repair & Maintenance .......... 14
Housing ......................................... 15
  Care Facilities ............................ 15
  Retirement ................................ 16
  Shelters .................................... 17
  Subsidized ................................. 17
<table>
<thead>
<tr>
<th>Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immigration Services</td>
<td>19</td>
</tr>
<tr>
<td>Income &amp; Benefits</td>
<td>19</td>
</tr>
<tr>
<td>In-Home Services</td>
<td>19</td>
</tr>
<tr>
<td>Insurance</td>
<td>21</td>
</tr>
<tr>
<td>Legal</td>
<td>21</td>
</tr>
<tr>
<td>Personal Safety</td>
<td>21</td>
</tr>
<tr>
<td>Rehabilitative Services</td>
<td>22</td>
</tr>
<tr>
<td>Senior &amp; Community Centers</td>
<td>22</td>
</tr>
<tr>
<td>Senior Organizations/Clubs</td>
<td>22</td>
</tr>
<tr>
<td>Socialization</td>
<td>23</td>
</tr>
<tr>
<td>Support Groups &amp; Resources</td>
<td>23</td>
</tr>
<tr>
<td>Taxes</td>
<td>26</td>
</tr>
<tr>
<td>Transportation</td>
<td>27</td>
</tr>
<tr>
<td>Utility Assistance</td>
<td>27</td>
</tr>
<tr>
<td>Veteran &amp; Military Services</td>
<td>28</td>
</tr>
<tr>
<td>Vision</td>
<td>28</td>
</tr>
<tr>
<td>Volunteer Opportunities &amp;</td>
<td>29</td>
</tr>
<tr>
<td>Services</td>
<td></td>
</tr>
<tr>
<td>Websites</td>
<td>30</td>
</tr>
</tbody>
</table>
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
YWCA ALIVE 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/Drugs

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

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

Open 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
or .................................... 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
or ................................ 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
or .................................. 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

Phone 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
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

Silverdale
Northwoods Lodge ......................... 698-3930

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**

<table>
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<tr>
<th>Development</th>
<th>Phone Number</th>
</tr>
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<tbody>
<tr>
<td>Finch Place</td>
<td>206-842-0724</td>
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<td>Island Terrace Apts</td>
<td>206-842-1280</td>
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<td>Rhododendron Apts</td>
<td>206-842-8144</td>
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<tr>
<td>Virginia Villa</td>
<td>206-842-5482</td>
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<td>Winslow Arms</td>
<td>206-842-3611</td>
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**Bremerton**

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<th>Development</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charter House</td>
<td>377-0808</td>
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<td>Eastwynd Apts</td>
<td>479-3444</td>
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<tr>
<td>Frank Chopp Place</td>
<td>377-7744</td>
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<td>The Firs</td>
<td>373-8479</td>
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<td>Magnuson Way Apts</td>
<td>373-7364</td>
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<td>Marion Court Apts</td>
<td>377-8806</td>
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<td>Max Hale Center</td>
<td>792-2117</td>
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<td>The Narrows</td>
<td>479-5966</td>
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<td>Pinewood Manor</td>
<td>377-4977</td>
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<td>Tamarack Apts</td>
<td>377-0232</td>
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<tr>
<td>The Vintage</td>
<td>479-8300</td>
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**Kingston**

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<td>Robinswood Apts</td>
<td>297-4144</td>
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<td>Time Square Apts</td>
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**Port Orchard**

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<td>Cedar Heights Apts</td>
<td>876-5320</td>
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<tr>
<td>Conifer Ridge</td>
<td>871-2869</td>
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<tr>
<td>Heritage/Viewmont</td>
<td>895-1454</td>
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<tr>
<td>Village Green</td>
<td>871-4883</td>
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**Poulsbo**

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<tbody>
<tr>
<td>Fjord Manor</td>
<td>779-6939</td>
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<tr>
<td>Hostmark Apts I,II,III</td>
<td>779-4687</td>
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<tr>
<td>Windsong Apts</td>
<td>779-6244</td>
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<tr>
<td>Winton Woods Apts</td>
<td>779-3763</td>
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<td>Wood Creek Apts</td>
<td>697-1824</td>
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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
Home Helpers............................... 377-5511
or ...................................................... 800-378-5771
Martha and Mary AT HOME ........ 871-4425
Kitsap Home Care Services .......... 377-7307
or ...................................................... 888-449-9048
Personal Touch ........................................ 895-3980
Visiting Angels ................................. 800-365-4189

📖 See: personal care, maid, butler,
or housecleaning
📞 Call for more information

**Home Health**

Care Plus Home Health .............. 373-8016
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
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 ...... 306-778-2931
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
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
This brochure is designed to provide information intended for referral purposes only. While we do not guarantee the correctness of the information we believe it to be reliable. Inclusion of an organization does not imply endorsement nor does omission indicate disapproval of any service.

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