

2025-2027 Resource Directory



LEWIS-MASON-THURSTON

AREA AGENCY ON AGING

Older Adults. Caregivers. Adults with Disabilities.

FREQUENTLY USED NUMBERS

Adult Protective Services

Report abuse/neglect877-734-6277

Community Service Office (within DSHS)

State Hotline877-501-2233

Food & Nutrition

Lewis County888-976-0712

Mason/Thurston Co360-586-6181, ext.124

Home & Community Services (within DSHS)

Mason/Thurston County360-664-9050

Lewis County360-669-2910

Housing Authority

Lewis County360-736-5140

Mason County360-479-3694

Thurston County360-753-8292

Legal Services | Northwest Justice Project

Lewis, Mason & Thurston Co360-753-3610

Medical Equipment Bankspp. 97-101

Medicare800-633-4227

or contact your local SHIBA officep. 83

Senior Centerspp. 109-111

Social Security800-772-1213 (natl.)

Mason/Thurston County866-755-6199

Lewis County855-848-7942

NEED HELP?

CAN'T FIND WHAT YOU'RE LOOKING FOR?
PLEASE CONTACT:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING

AGING & DISABILITY RESOURCE CONNECTION

Lewis County

1651 S Market Blvd., Chehalis, WA 98532
360-748-2524, ext. 201

Mason County

2008 Olympic Hwy. N, Shelton, WA 98584
360-427-2226, ext. 251

Thurston County

2404 Heritage Ct. SW, Olympia, WA 98502
360-664-3162, ext. 133

*To report errors or request additional copies,
please call:*

360-664-3162, ext. 133

WHO WE ARE

Lewis-Mason-Thurston Area Agency on Aging was created through the Older Americans Act.

We have operated under the sponsorship of Lewis, Mason and Thurston Counties since 1976.

Our governing board is the Council of Governments which is comprised of one county commissioner from each sponsoring county.

LMTAAA directly provides services that support older adults, adults living with disabilities, families, and caregivers.

From case management and nurse consultation to family caregiver support, long-term care resources, Medicaid waiver services and more, we are here to help.

Additionally, LMTAAA works with community organizations to develop, monitor, and manage the delivery of services including meals, transportation, kinship support, and respite care.

Our team is composed of highly dedicated and experienced people who value service, excellence, empowerment and collaboration.

HOW TO USE THIS DIRECTORY

LMTAAA's Resource Directory features a wide range of services that support maintaining independence in your community.

Support can be related to chronic illnesses, accidents, or the gradual loss of capabilities associated with the natural aging process.

Our emphasis is on providing services that allow a person to remain in the least restrictive environment possible.

Every attempt has been made to ensure this publication is current, with a focus on public and nonprofit services. The information is provided as a starting point, and as an encouragement, to the residents of Lewis, Mason, and Thurston Counties to seek assistance, when needed.

This is not a complete list of local resources, and inclusion is not an endorsement, referral, or recommendation on the part of LMTAAA.

Find up-to-date information at: lmtaaa.org

TABLE OF CONTENTS

BEHAVIORAL HEALTH

Alcohol/Drug Abuse Treatment	pp. 1-5
Crisis Intervention	pp. 6-8
Domestic Violence/Sexual Assault	pp. 9-10
Mental Health Services	pp. 11-16

CAREGIVING HELP

Family Caregiver Support	pp. 17-18
Kinship Care Services	p. 19
Medicaid Care & Case Managment ...	pp. 20-23

CULTURAL SERVICES

Community Resources	p. 24
LGBTQIA+	p. 25

FOOD & NUTRITION

Farmers Markets	p. 26
Food Banks	pp. 27-32
Home-Delivered Meals	pp. 33-34
Meal Programs	pp. 35-38

TABLE OF CONTENTS

GOVERNMENT SERVICES

Aging & Disability Resource Connection....p.	39
Disability Services	pp. 40-43
Ombudsman for Long-Term Care	p. 44
Social Security	p. 45
Tribal Services	pp. 46-47
Veterans Affairs	pp. 48-50

HOME & REPAIR

Home Repair	pp. 51-53
Housing	pp. 54-56
Telephone Assistance	p. 56
Utility Assistance	pp. 57-60

LEGAL SERVICES

Conflict Resolution	p. 61
Guardianship Services	p. 62
Public Legal Services	p. 63

LONG-TERM CARE SERVICES

Adult Day Care	p. 64
----------------------	-------

TABLE OF CONTENTS

LONG-TERM CARE SERVICES

Home Care Referral Registry	p. 65
Home Care Services	pp. 66-70
Home Health & Hospice Care	pp. 71-72
Residential Care	pp. 73-74

MEDICAL, DENTAL & VISION

Dental Care	pp. 75-80
Eye Care	p. 81
Falls Prevention Resources	p. 82
Health Insurance	pp. 83-85
Hospitals	pp. 86-87
Medical Clinics	pp. 88-95
Medical Disposal	p. 96
Medical Equipment	pp. 97-101
Nurse Consultation	p. 102
Palliative Care	pp. 103-104
Personal Emergency Response System.....	pp. 105-106
Pet Resources	p. 107
Prescription Drug Info	pp. 84-85

TABLE OF CONTENTS

REPORT ABUSE

Abuse Hotlinep. 108

SENIOR CENTERS & CONNECTION

Community Hubspp. 109-111

Senior Companionsp. 112

Telephone Reassurancep. 112

Volunteer Opportunitiesp. 113

TRANSPORTATION

Ride Servicespp. 114-117

Travel Trainingpp. 118-119

Veterans Ride Servicesp. 120

INDEX

Indexpp. 121-131

ALCOHOL & DRUG ABUSE TREATMENT

To find services in your area, please call:

Narcotics Anonymous

Find a meeting near you

24/7 Hotline: 844-289-0879

drughelpline.org

Washington Recovery Help Line

*24-hour help for substance abuse,
problem gambling & mental health*

866-789-1511

warecoveryhelpline.org

Lewis County

Alcoholics Anonymous

Find a meeting near you

360-352-7344

aadistrict8.org

Cascade Community Healthcare

135 W Main St., Chehalis, WA 98532

360-748-4339

cascadecommunityhealthcare.org

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

ALCOHOL & DRUG ABUSE TREATMENT

Lewis County (cont.)

Cascade Community Healthcare

2428 W Reynolds Ave., Centralia, WA 98531

360-330-9044

cascadecommunityhealthcare.org

Eugenia Center

121 NW Chehalis Ave., Chehalis, WA 98532

360-740-9767

eugeniacenter.org

New Directions Counseling

1956 NE Kresky Ave., Chehalis, WA 98532

360-740-4380

newdirectionswa.com

Mason County

Alcoholics Anonymous

Find a meeting near you

360-275-9868

aa.org

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

ALCOHOL & DRUG ABUSE TREATMENT

Mason County (cont.)

New Directions Counseling

506 Franklin St.

Shelton, WA 98584

360-427-5232

newdirectionswa.com

North Mason Fire Resource Access Program (RAP)

Alcohol and substance use recovery support

360-275-6711

northmasonrfa.com/resource-access-mobile-integrated-health-programs

Northwest Indian Treatment Center

308 E Young St.

Elma, WA 98541

360-482-2674

squaxinilandtribe.org/northwest-indian-treatment-center

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

ALCOHOL & DRUG ABUSE TREATMENT

Mason County (cont.)

Northwest Resources II

Also offers inpatient services

235 S 3rd St., Shelton, WA 98584
360-426-0890

121 N 5th St., Shelton, WA 98584
360-868-2697

nwrii.com

Thurston County

Alcoholics Anonymous

Find a meeting near you

360-352-7344

aadistrict8.org

Behavioral Health & Recovery

Providence St. Peter Hospital

4800 College St. SE, Lacey, WA 98503
360-456-7575

providence.org

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

ALCOHOL & DRUG ABUSE TREATMENT

Thurston County (cont.)

Northwest Resources

200 Lilly Rd. NE, Building C

Olympia, WA 98506

360-918-8336

3773 Martin Way E, Suite A-105

Olympia, WA 98506

360-688-7312

2708 Westmoor Ct. SW, Olympia, WA 98502

360-943-8810

nwrii.com

SeaMar Behavioral Health

Outpatient substance use disorder services

336 Littlerock Rd. SW

Tumwater, WA 98512

360-704-7590

202 Cullens St. NW

Yelm, WA 98597

360-400-4860

seamar.org

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

CRISIS INTERVENTION HOTLINES

Lewis, Mason & Thurston County

Alzheimer's Association Helpline

Free confidential support, information and strategies for people living with dementia, caregivers and families

24/7 Helpline: 800-272-3900

Live Chat: [alz.org](https://www.alz.org)

Mason & Thurston County

Crisis Clinic of Mason & Thurston County

Offering crisis intervention, emotional support, information and referrals

Crisis Helpline: 360-586-2800

Teen/Youth Helpline: 360-586-2777

crisis-clinic.org

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

CRISIS INTERVENTION HOTLINES

Lewis County

Project Guardian

In partnership with Lewis Co. Sheriff's Office, a free safety program designed to protect vulnerable populations during interactions with first responders

Information and applications at:

Centralia Police Department

cityofcentralia.com/558/project-guardian

Chehalis Police Department

ci.chehalis.wa.us/police/page/project-guardian

Mason County

Cielo Crime Victims Services

Any immigration status,

Spanish support available

1212 Connection St., Shelton, WA 98584

360-709-0931

cieloprograms.org/crime-victims-victim-as-de-delitos

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

CRISIS INTERVENTION HOTLINES

Mason County (cont.)

Telecare Mason County Mobile Outreach

601 W Franklin St., Suite A

Shelton, WA 98584

360-462-3016

telecarecorp.com/tcat-thurston-mason

Thurston County

Crime Victims Advocacy Network

Victim Helpline: 360-786-5601

360-786-5540, ext. 6273 or ext. 2061

888-288-9221 (24/7)

cvan11.org

Thurston County Family Justice Center

The Family Support Center

360-754-9297 ext. 200

fscss.org

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

DOMESTIC VIOLENCE & SEXUAL ASSAULT HOTLINES

Lewis, Mason & Thurston County

Washington State Coalition Against Domestic Violence

Programs by county

wscadv.org

Lewis County

Hope Alliance

24/7 Crisis Line: 360-748-6601

800-244-7414

hopealliancelc.org

Mason County

Rebuilding Hope

253-474-7273

rebuildinghope.org

Turning Pointe Domestic Violence Services

Crisis Line & Support Texting: 360-432-1212

360-426-1216 or 877-923-1212

turningpointe.org

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

DOMESTIC VIOLENCE & SEXUAL ASSAULT HOTLINES

Thurston County

Chehalis Confederated Tribes Domestic Violence Program

24/7 Hotline (call or text): 360-789-3627
360-273-5911

[chehalistribe.org/departments/
behavioral-health](https://chehalistribe.org/departments/behavioral-health)

SafePlace Olympia

24/7 HelpLine: 360-754-6300
360-786-8754

safeplaceolympia.org

Thurston County Family Justice Center

The Family Support Center

360-754-9297, ext. 200

fscss.org

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

MENTAL HEALTH SERVICES

Services may include assessment, crisis intervention, support groups, grief counseling, case monitoring, outpatient mental health services and interpretive services, as needed.

SUICIDE & CRISIS LIFELINE

Call or Text: 988

Chat: 988lifeline.org

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

samhsa.gov

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

MENTAL HEALTH SERVICES

Lewis County

Cascade Community Healthcare

2428 W Reynolds Ave.

Centralia, WA 98531

360-330-9044 or 800-559-6696

cascadecommunityhealthcare.org

Great Rivers Behavioral Health

57 W Main St., Suite 260

Chehalis, WA 98532

800-392-6298

greatriversbho.org

National Alliance on Mental Illness

24/7 Hotline: 360-866-0403

Lewis County Chapter: 360-880-8070

namilewiscountywa.org

Valley View Health Center

2690 NE Kresky Ave., Chehalis, WA 98532

360-330-9595

vvhc.org

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

MENTAL HEALTH SERVICES

Mason County

Be A Better You Counseling

113 S 2nd St., Suite 101

Shelton, WA 98584

360-462-7925

beabetteryoucounseling.com

Consejo Counseling Services

Spanish support may be available

627 W Franklin St., Shelton, WA 98584

360-763-5610

consejocounseling.org/mental-health

Mason Clinic Behavioral Health

Medicaid only

110 W K St., Shelton, WA 98584

360-426-1696 or 800-825-4820

masonhealth.com

Mental Health Professionals, LLC

1620 Olympic Hwy. N, Shelton, WA 98584

360-285-3400

mhp-llc.com

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

MENTAL HEALTH SERVICES

Mason County (cont.)

National Alliance on Mental Illness

24/7 Hotline: 360-866-0403

Thurston/Mason Chapter: 360-493-6021

nami.org

Thurston Mason Behavioral Health Administrative Service Organization

670 Woodland Square Loop SE, Suite 301

Lacey, WA 98503

360-763-5828 or 800-658-4105

tmbhaso.org

Thurston County

Behavioral Health Resources

Medicaid only

3857 Martin Way E, Olympia, WA 98506

360-704-7170 or 800-825-4820

bhr.org

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

MENTAL HEALTH SERVICES

Thurston County (cont.)

Behavioral Health & Recovery

Providence St. Peter Hospital

4800 College St. SE, Lacey, WA 98503

360-456-7575

providence.org

Capital Recovery Center

1000 Cherry St. SE, Olympia, WA 98501

360-357-2582

crcoly.org

Crisis Resolution Services

Behavioral Health & Recovery

Providence St. Peter Hospital

Medicaid only

360-754-1338 or 800-270-0041

providence.org

National Alliance on Mental Illness

24/7 Hotline: 360-866-0403

Thurston/Mason Chapter: 360-493-6021

nami.org

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

MENTAL HEALTH SERVICES

Thurston County (cont.)

Peer Olympia

Peer coaching and support groups

522 Franklin St., Olympia, WA 98501

360-522-9060

peerolympia.org

SeaMar Behavioral Health

Outpatient only, services vary

6334 Littlerock Rd. SW, Tumwater, WA 98512

360-704-7590

202 Cullens St. NW, Yelm, WA 98597

360-400-4860

seamar.org

Thurston Mason Behavioral Health

Administrative Service Organization

670 Woodland Square Loop SE, Suite 301

Lacey, WA 98503

360-763-5828 or 800-658-4105

tmbhaso.org

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

FAMILY CAREGIVER SUPPORT

LMTAAA's Family Caregiver Support Program (FCSP) provides an array of services and supports for unpaid family caregivers.

Services include:

- Family caregiver workshops
- Housework & errands program
- Information & referral assistance
- Respite care
- Counseling services
- Resource libraries
- Resources for grandparents raising grandchildren

To reach a FCSP Specialist near you:

Lewis County

360-748-2288

Mason County

360-427-2225

Thurston County

360-664-2168 or 888-545-0910

FAMILY CAREGIVER SUPPORT

Powered by Trualta, the Washington Family Caregiver Learning Portal is free to all unpaid family caregivers and can be used with internet access and a laptop, tablet or smart phone.

Designed for families, support includes:

- Articles
- Videos
- Tip sheets
- Webinars
- Online chat rooms and support groups

It can help family caregivers to:

- Reduce stress
- Find local resources
- Provide more informed care

Access the portal at:

wacaregivingjourney.com

KINSHIP CARE SERVICES

Lewis, Mason & Thurston County

Available for grandparents, extended family or adults raising children with whom they have a close, family-like relationship.

Kinship care services can include information, support, educational events and emergency assistance.

Family Education and Support Services

6840 Capitol Blvd., Building 3

Tumwater, WA 98501

360-754-7629

877-813-2828

790 E Johns Prairie Rd., Suite A

Shelton, WA 98584

360-545-2060

familyess.org

Thurston County

Family Support Center of South Sound

Local resources for food, education, housing, childcare and crisis intervention

3545 7th Ave. SW, Olympia, WA 98502

360-754-9297

fscss.org

MEDICAID CARE & CASE MANAGEMENT

PRIVATE CARE MANAGERS

Private care managers provide consultations to people and their families who are living at home and experiencing difficulties managing daily activities due to illness or disability.

Care managers can help develop a plan or arrange services such as caregivers, guardians, housing or legal assistance.

Care managers who are nurses can also provide medical evaluations and manage care.

Other care managers have Master's degrees in gerontology, social work, nursing or counseling.

Expect to pay \$85-\$300 per hour for care management services.

For additional info or assistance, please contact LMTAAA at 360-748-2524, ext. 201 (Lewis County), 360-427-2226, ext. 251 (Mason County) or 360-664-3162, ext. 133 (Thurston County).

MEDICAID CARE & CASE MANAGEMENT PRIVATE CARE MANAGERS

Lewis, Mason & Thurston County

Concierge Care Advisors

2608 2nd Ave., Suite 224

Seattle, WA 98121

855-444-7364

conciergecareadvisors.com

Eldercare Counseling & Guidance Services

1700 Cooper Point Rd. SW

Olympia, WA 98502

360-205-5989

eldercarecounselor.com

Envision Senior Services

10503 Creek St. E, Yelm, WA 98597

360-515-3600

envisionseniorservices.com

Smerken Consulting

120 State Ave. NE, Suite 132

Olympia, WA 98501

360-570-3357

smerken.com

MEDICAID CARE & CASE MANAGEMENT

PUBLIC AGENCIES

Public case management provides eligibility determination, assessments, and care planning for recipients of in-home Medicaid services who are 60 years of age or older or younger adults living with disability.

Lewis County

DSHS Home & Community Services

3451 Galvin Rd.

Centralia, WA 98531

360-669-2910 or 800-487-0360

dshs.wa.gov/altsa/long-term-care-services-information

Lewis-Mason-Thurston Area Agency on Aging

1651 S Market Blvd.

Chehalis, WA 98532

360-748-2288

lmtaaa.org

MEDICAID CARE & CASE MANAGEMENT

PUBLIC AGENCIES

Mason County

DSHS Home & Community Services

2505 Olympic Hwy. N, Suite 440

Shelton, WA 98584

360-664-9050 or 800-462-4957

dshs.wa.gov/altsa/long-term-care-services-information

Lewis-Mason-Thurston Area Agency on Aging

2008 Olympic Hwy. N, Shelton, WA 98584

360-427-2225

lmtaaa.org

Thurston County

DSHS Home and Community Services

6639 Capitol Blvd. SW, Tumwater, WA 98501

360-664-9050 or 800-462-4957

dshs.wa.gov/altsa/long-term-care-services-information

Lewis-Mason-Thurston Area Agency on Aging

2404 Heritage Ct. SW, Olympia, WA 98502

360-664-2168

lmtaaa.org

COMMUNITY RESOURCES

Lewis, Mason & Thurston County

CIELO Integral Educational Center

1601 N St. SE

Olympia, WA 98501

360-709-0931

cieloprograms.org

Thurston County

Korean American Seniors Association

Meet Wednesdays, 10am-1pm

Lacey Senior Center

6757 Pacific Ave. SE

Lacey, WA 98503

360-407-3967

southsoundseniors.org/activities/

[korean-elders](http://southsoundseniors.org/activities/korean-elders)

Spanish Speaking Seniors

Meet Mondays, 10am-1pm

Lacey Senior Center

6757 Pacific Ave. SE

Lacey, WA 98503

360-407-3967

LGBTQIA+

Services and advocacy for lesbian, gay, bisexual, transgender, queer (or questioning), intersex and asexual community members as well as their allies.

Lewis, Mason & Thurston County

PFLAG

Committed to civil rights of LGBTQ+ persons

P.O. Box 12732

Olympia, WA 98508

360-207-1608

pflag.org/chapter/olympia

Sound Alliance of Older LGBTQ+

LGBTQ+ eldercare project operating in

Olympia and a net affiliate of SAGE USA

P.O. Box 7221

Olympia, WA 98501

soundallianceofolderlgbtq.org

FARMERS MARKETS

Washington State farmers markets bring local, healthy food to our communities.

Each year, the Senior Farmers Market Nutrition Program provides qualifying older adults with funds to purchase fresh fruits, vegetables, herbs and honey.

Participation is based on age and income requirements.

Applications open annually in late spring. Watch lmtaaa.org for updates.

LOCATE A FARMERS MARKET NEAR YOU ONLINE AT:

wafarmersmarkets.org/washingtonfarmersmarketdirectory

FOOD BANKS

An application for services and verification of your identity and address may be required. Dates and times subject to change.

Lewis County

Gather Community Services

408 W Main St., Centralia, WA 98531

360-807-0246

gatherchurch.com

God's Portion Food Bank

Visit God's Blessings on Facebook for info

1025 F St., Centralia, WA 98531

Greater Chehalis Food Bank

750 SW 21st St., Chehalis, WA 98532

360-748-1226

lcfbc.net/locations

Mineral Food Bank

116 Front St., Mineral, WA 98355

360-492-3491

mineralchurch.org/food-bank

Pastor's Pantry Food Bank

277 7th St., Morton, WA 98356

360-496-5456

ampleharvest.org/food-pantries/pastors-pantry-753

FOOD BANKS

An application for services and verification of your identity and address may be required. Dates and times subject to change.

Lewis County (cont.)

Pe Ell Food Bank

134 Mauerman Rd., Pe Ell, WA 98572

360-880-8067

lcfbc.net/locations

Salvation Army

303 N Gold St., Centralia, WA 98531

360-736-4339

centralia.salvationarmy.org

SOMMA Food Bank

144 Wilcox Rd., Salkum, WA 98582

360-985-2704

lcfbc.net/locations

Toledo Food Bank

101 N 2nd St., Toledo, WA 98591

360-269-7001

toledowafoodbank.com

White Pass Community Food Bank

106 Kindle Rd., Randle, WA 98377

360-520-3817

lcfbc.net/locations

FOOD BANKS

An application for services and verification of your identity and address may be required. Dates and times subject to change.

Lewis County (cont.)

Winlock-Vader Food Bank

503 NE 1st St., Winlock, WA 98596

360-785-2185

lcfbc.net/locations

Mason County

Belfair Community Food Pantry

71 NE Old Belfair Hwy., Belfair, WA 98528

360-277-4038

CIELO Shelton Bank

Third Friday of every month, registration required

3101 N Shelton Springs Rd.

Shelton, WA 98584

cieloprograms.org/food-banks-bancos-de-comida

Hood Canal Food Bank

331 N Finch Creek Rd.

Hoodsport, WA 98528

360-877-6507

hoodcanalfoodbank.org

FOOD BANKS

An application for services and verification of your identity and address may be required. Dates and times subject to change.

Mason County (cont.)

Matlock Community Church Food Bank

216 W Matlock-Brady Rd.

Matlock, WA 98215

360-463-7284

matlockcommunitychurch.com/food-bank

North Mason Food Bank

22471 State Route 3, Belfair, WA 98528

360-275-4615

northmasonfoodbank.org

Pioneer Community Food Bank

Bridge Community Church

500 E North Island Dr., Shelton, WA 98584

360-426-6352

pioneerfoodbank.org

Saint's Pantry Food Bank

214 S 2nd St., Shelton, WA 98584

360-427-8847

thesaintspantry.org

FOOD BANKS

An application for services and verification of your identity and address may be required. Dates and times subject to change.

Mason County (cont.)

Squaxin Tribal Food Bank

90 SE Klah Che Min Dr.

Shelton, WA 98584

360-427-9006

squaxinisland.org/government/departments/family-services/community-support-collaborative-services

Thurston County

CIELO Food & Hygiene Bank

*Fourth Friday of every month,
registration required*

1601 North Street SE, Olympia, WA 98501

cieloprograms.org/food-banks-bancos-de-comida

Rochester Organization of Families (ROOF) Food Bank

10140 Hwy. 12 SW, Rochester, WA 98579

360-273-6375

roofcommunityservices.org

FOOD BANKS

An application for services and verification of your identity and address may be required. Dates and times subject to change.

Thurston County (cont.)

Sacred Heart Parish's Food Pantry

812 Bowker St. SE, Lacey, WA 98503

360-923-0929

sacredheartlacey.com/community-and-outreach

Tenino Food Bank

224 Sussex Ave. E, Tenino, WA 98589

360-264-5505

teninocsc.org

Thurston County Food Bank

220 Thurston Ave. NE, Olympia, WA 98501

360-352-8597

TCFP operates many satellite locations.

Check their website for more: tcfb.org

Yelm Food Bank

624 Crystal Springs Rd. NW

Yelm, WA 98597

360-458-7000 (**ask operator for Food Bank*)

yelmcommunityservices.com

HOME-DELIVERED MEALS

Home-delivered meals provide an option of registered dietician-created meals that are nutritious and healthy.

These services also offer medically tailored meals for those with chronic conditions.

The flexibility of having meals delivered to your home saves time and money.

Some Medicare and Medicaid plans can help cover the cost.

Specific programs may require assessments to determine eligibility.



HOME-DELIVERED MEALS

Lewis, Mason & Thurston County

GA Foods

866-575-2772

gafoods.com

Homestyle Direct

866-735-0921

homestyledirect.com

Mom's Meals

877-508-6667

momsmeals.com

Mason & Thurston County

Senior Services for South Sound

360-586-6181, ext. 124

southsoundseniors.org

Lewis County

Catholic Community Services of Western Washington

888-976-0712

ccsww.org/our-services/seniors-disabilities

MEAL PROGRAMS

Congregate (group) meals are available at:

Lewis County

Meal Days

Morton Older Adult Center

TUES, THUR

103 Westlake Ave.

Morton, WA 98356

360-496-3230

Winlock-Olequa Older Adult Center

TUES, THUR

119 SW Kerron St.

Winlock, WA 98596

360-785-4325

Packwood Older Adult Center

MON, WED

12931 Hwy. 12

Packwood, WA 98361

360-494-6331

Pe Ell Older Adult Nutrition Site

MON, THUR

416 S 1st St.

Pe Ell, WA 98572

360-748-0061

Subject to change. Call to confirm days and times.

LMTAAA Resource Directory 2025-2027

MEAL PROGRAMS

Congregate (group) meals are available at:

Lewis County (cont.)

Meal Days

Toledo Older Adult Center

WED, FRI

150 Coal St.

Toledo, WA 98591

360-864-2112

Twin Cities Older Adult Center

MON - FRI

2545 N National Ave.

Chehalis, WA 98532

360-748-0061

Mason County

Mason County Senior Activities Association

MON - FRI

190 W Sentry Dr.

Shelton, WA 98584

360-426-7374

Shelton United Methodist Church

MON - FRI

1900 King St.

Shelton, WA 98584

360-426-4174

Subject to change. Call to confirm days and times.

MEAL PROGRAMS

Congregate (group) meals are available at:

Mason County (cont.)

Meal Days

The HUB Center for Seniors

111 NE Old Belfair Hwy.

Belfair, WA 98528

360-275-0535

MON - TUES

THURS - FRI

Dinner: SUN 5PM

Thurston County

Lacey Senior Center

6757 Pacific Ave. SE

Lacey, WA 98503

360-407-3967

MON - FRI

Olympia Senior Center

222 Columbia St. NW

Olympia, WA 98501

360-586-6181

MON - FRI

Rochester United

Methodist Church

18206 Corvallis St.

Rochester, WA 98579

360-273-0768

WED, FRI

Subject to change. Call to confirm days and times.

LMTAAA Resource Directory 2025-2027

MEAL PROGRAMS

Congregate (group) meals are available at:

Thurston County (cont.) Meal Days

Senior Center of Rainier MON, WED

108 Michigan St. S

Rainier, WA 98576

360-446-2258

Tenino Quarry House MON, TUES

319 W Park Ave.

Tenino, WA 98589

360-264-5092

Tumwater Old Town Center MON - FRI

215 N 2nd Ave. SW

Tumwater, WA 98512

360-754-4160

Subject to change. Call to confirm days and times.

AGING & DISABILITY RESOURCE CONNECTION

LMTAAA's Aging & Disability Resource Connection helps individuals link with resources to maintain independence.

Lewis County

Lewis-Mason-Thurston Area Agency on Aging
1651 S Market Blvd.
Chehalis, WA 98532
360-748-2524, ext. 201

Mason County

Lewis-Mason-Thurston Area Agency on Aging
2008 Olympic Hwy. N
Shelton, WA 98584
360-427-2226, ext. 251

Thurston County

Lewis-Mason-Thurston Area Agency on Aging
2404 Heritage Ct. SW
Olympia, WA 98502
360-664-3162, ext. 133

lmtaaa.org

DISABILITY SERVICES

Lewis, Mason & Thurston County

Brain Injury Alliance Washington

877-824-1766

biawa.org

Center for Independence

7801 Bridgeport Way W #200

Lakewood, WA 98499

253-582-1253

cfi-wa.org

Developmental Disabilities Administration

Medicaid waiver services

800-339-8227

dshs.wa.gov/dda

Easter Seals Washington

800-678-5708

easterseals.com/washington

Hearing, Speech & Deaf Center

621 Tacoma Ave. S, Suite 505

Tacoma, WA 98402

866-698-1748 (TTY/toll-free)

866-421-5560

hsdc.org

DISABILITY SERVICES

Lewis, Mason & Thurston County (cont.)

Lions Low Vision Resource Center

360-790-8667

olympiahostlions.org/low-vision-resource-ctr

National Multiple Sclerosis Society

Greater Northwest Chapter

800-344-4867

nationalmssociety.org/chapters/was

Office of the Deaf and Hard of Hearing

800-422-7930 (Voice & TTY)

dshs.wa.gov/altsa/odhh

Tacoma Area Coalition of Individuals with Disabilities

253-565-9000

tacid.org

Validus Consulting & Services

24421 34th Ave Ct. E

Spanaway, WA 98387

253-847-7887

validusconsulting.org

DISABILITY SERVICES

Lewis, Mason & Thurston County (cont.)

Washington State Department of Services for the Blind

800-552-7103

dsb.wa.gov

Washington Talking Book & Braille Library

800-542-0866

wtbbl.org

Mason County

Behavioral Health Resources

360-704-7170 or 800-825-4820

bhr.org

Exceptional Foresters

2009 W Railroad Ave.

Shelton, WA 98584

360-426-0077

team-efi.org

Seagull Low Vision Services Independent Living Older Blind Program

Administered by University of Washington

360-493-1372

DISABILITY SERVICES

Mason County (cont.)

Washington State Division of Vocational Rehabilitation

Tools, services, training and support

2505 Olympic Highway N., Suite 440

Shelton, WA 98584

360-405-7810

360-432-2110 (TTY)

dshs.wa.gov/dvr

Thurston County

Washington State Division of Vocational Rehabilitation

Tools, services, training and support

6639 Capitol Blvd. SW

Tumwater, WA 98501

360-664-3060

360-664-3060 (TTY)

dshs.wa.gov/dvr

OMBUDSMAN PROGRAM

For concerns regarding long-term care facilities, resident rights, problem resolution, complaints and resources:

Regional Long-Term Care Ombudsman
360-943-6018

WA State Long-Term Care Ombudsman
800-562-6028
waombudsman.org



SOCIAL SECURITY

The Social Security Administration can be reached at:

800-772-1213

[socialsecurity.gov](https://www.socialsecurity.gov)

Lewis County

Social Security Administration

1821 Cooks Hill Rd., Suite 100

Centralia, WA 98531

855-848-7942

800-325-0778 (TTY/toll-free)

Mason & Thurston County

Social Security Administration

1009 College St. SE, Suite 120

Lacey, WA 98503

866-755-6199

TRIBAL SERVICES

Tribal services for members include nutrition programs, healthcare, family caregiver support, transportation and elder centers. Please contact individual Tribes for details.

Chehalis Confederated Tribes

420 Howanut Rd., Oakville, WA 98568

Main Office: 360-273-5911

Clinic: 360-273-5504

Social Services: 360-273-5821

chehalistribe.org

Cowlitz Tribe

107 Spencer Rd., Toledo, WA 98591

Elders & Senior Nutrition: 360-864-7006

Housing: 360-864-8720

Transportation: 360-232-8585

cowlitz.org

Nisqually Tribe

4820 She-Nah-Num Dr. SE

Olympia, WA 98513

Main Office: 360-456-5221

Elders Building: 360-486-9546

Medical Clinic: 360-459-5312

nisqually-nsn.gov

TRIBAL SERVICES

Skokomish Tribe

80 N Tribal Center Rd.

Skokomish, WA 98584

Main Office: 360-426-4232

Clinic: 360-426-5755

Family Services: 360-426-7788

skokomish.org

South Puget Intertribal Planning Agency

3104 SE Old Olympic Hwy.

Shelton, WA 98584

Main Office: 360-426-3990

spipa.org

Squaxin Island Tribe

SE 10 Squaxin Lane

Shelton, WA 98584

Main Office: 360-426-9781

Clinic: 360-427-9006

Dental: 360-427-1784

Elders Program: 360-432-3972

squaxinisland.org

VETERANS AFFAIRS

Lewis, Mason & Thurston County

American Lake VA Hospital Geriatric Research and Evaluation Clinic

253-583-2033

[va.gov/puget-sound-health-care/locations/
american-lake-va-medical-center](https://va.gov/puget-sound-health-care/locations/american-lake-va-medical-center)

Suicide & Crisis Lifeline

988

988lifeline.org

VA Puget Sound Health Care

800-329-8387

va.gov/puget-sound-health-care

Vietnam Veterans of America

WA State Council

206-364-5948

vva.org

WA State Department of Veterans Affairs

1102 Quince St. SE

Olympia, WA 98504

360-725-2200

800-562-2308

dva.wa.gov

VETERANS AFFAIRS

Lewis County

Home Base Project

Direct clinical care, wellness, education & more

877-515-7848

homebase.org

Lewis County Veterans Relief Fund

Veterans or spouses of veterans may be eligible for assistance

360-740-1417

lewiscountywa.gov/departments/public-health/veterans-services

Veterans Journey Forward

Peer support and service assistance

360-740-1417

veteransjourneyforward.org

VETERANS AFFAIRS

Mason County

Mason County Veterans' Service

210 W Franklin St., Shelton, WA 98584
360-426-4546

140 NE State Route 300, Belfair, WA 98528
360-522-2303

masoncountywa.gov/ac/veterans

Thurston County

Disabled American Veterans

Meets in Olympia

360-459-7400

dav.org

Thurston County Veterans Assistance Fund

360-867-2625

thurstoncountywa.gov/departments/public-health-and-social-services/social-services/veterans-assistance

Veterans Services Hub

4232 6th Ave. SE, Suite 202

Lacey, WA 98503

360-456-3850

laceyveteranshub.org

HOME REPAIR

Loans and grants for eligible individuals to maintain health and safety at home.

Volunteers available to perform home repairs for qualified clients. Funding to offset costs may be available.

Lewis, Mason & Thurston County

Catholic Community Services of Western Washington

Volunteer Services

844-851-9380

ccsww.org/services/volunteer-services

USDA Rural Development

360-704-7760

rd.usda.gov

Lewis County

Community Action Council

409 N Tower Ave.

Centralia, WA 98531

360-736-1800

cacimt.org

HOME REPAIR

Mason County

Community Action Council

807 W Railroad Ave., Shelton, WA 98584

360-426-9726

cacmt.org

Gethsemane Ministries

220 E Misty Acres Lane, Union, WA 98592

360-898-2752

gethsemane-ministries.com

Habitat for Humanity

A Brush with Kindness

360-426-8134

[habitat.org/volunteer/near-you/
home-preservation](http://habitat.org/volunteer/near-you/home-preservation)

Love INC

109 S Second St., Shelton, WA 98584

360-462-5683

loveincofmasoncounty.org

North Mason Fire Resource Access Program

Home safety inspections

360-275-6711

[northmasonrfa.com/resource-access-mobile-
integrated-health-programs](http://northmasonrfa.com/resource-access-mobile-integrated-health-programs)

HOME REPAIR

Mason County (cont.)

The HUB Center for Seniors

111 NE Old Belfair Hwy., Belfair, WA 98528

360-275-0535

thehubbelfair.org

Thurston County

Community Action Council

3020 Willamette Dr. NE, Lacey, WA 98516

360-438-1100

caclmt.org

Rebuilding Together Thurston County

809 Legion Way, Suite 306

Olympia, WA 98501

360-539-7830

rebuildingtogethertc.org

South Puget Sound Habitat for Humanity

Critical home repairs for homeowners with limited incomes

360-956-3456

spshabitat.org/what-we-do/critical-home-repair

HOUSING

Lewis, Mason & Thurston County

Community Action Council

Grants funds for housing and essential needs to qualified applicants living with a mental and/or physical disability and zero income

800-878-5235

cacimt.org/housing-and-essential-needs/

Lewis County

Housing Opportunities of SW Washington

820 11th Ave., Longview, WA 98632

360-423-0140

hoswwa.org/housing-assistance

Salvation Army

Coordinated Entry

303 N Gold St., Centralia, WA 98531

360-736-4339, ext. 210

[centralia.salvationarmy.org/centralias/
provide-shelter](http://centralia.salvationarmy.org/centralias/provide-shelter)

*For additional info or assistance, please contact
LMTAAA at 360-748-2524, ext. 201 (Lewis County),
360-427-2226, ext. 251 (Mason County) or
360-664-3162, ext. 133 (Thurston County)*

HOUSING

Mason County

Crossroads Housing

71 Sargison Loop

Shelton, WA 98584

360-427-6919

crossroads-housing.net

Housing Authority of the City of Bremerton

600 Park Ave.

Bremerton, WA 98337

360-479-3694

bremertonhousing.org

Thurston County

Habitat for Humanity South Puget Sound

Affordable Housing

711 Capitol Way S, Suite 401

Olympia, WA 98501

360-956-3456

spshabitat.org

*For additional info or assistance, please contact
LMTAAA at 360-748-2524, ext. 201 (Lewis County),
360-427-2226, ext. 251 (Mason County) or
360-664-3162, ext. 133 (Thurston County)*

LMTAAA Resource Directory 2025-2027

HOUSING

Thurston County (cont.)

Housing Authority of Thurston County

1206 12th Ave. SE, Olympia, WA 98501

360-753-8292

hatc.org

Statewide

AptFinder.org

Listings for affordable, low-income housing

aptfinder.org

TELEPHONE ASSISTANCE

Lewis, Mason & Thurston County

Assurance Wireless

Government benefit program based on federal- or state-specific criteria

888-321-5880

assurancewireless.com

Lifeline Support

Phone service discounts for qualified, low-income consumers

lifelinesupport.org

UTILITY BILL ASSISTANCE

You must be income eligible to receive bill assistance.

Lewis County

Community Action Council

409 N Tower Ave.

Centralia, WA 98531

360-736-1800 or 800-878-5235

cacimt.org

Lewis County Veterans Relief Fund

Veterans & spouses only

360-740-1417

lewiscountywa.gov/departments/public-health/veterans-services

Love INC.

360-748-8611

loveincoflewiscounty.org

Salvation Army

303 N Gold St.

Centralia, WA 98531

360-736-4339

centralia.salvationarmy.org

UTILITY BILL ASSISTANCE

You must be income eligible to receive bill assistance.

Lewis County (cont.)

St. Vincent de Paul

Centralia & Chehalis

360-623-1144

Napavine, Winlock, Toledo and parts of

East Lewis County

360-864-4130

wlpatholic.org/st-vincent-de-paul-society

City Utility Assistance Programs

Centralia360-330-7657

Chehalis360-748-6664

Mason County

City Utility Assistance Programs

Shelton360-426-4491

Community Action Council

807 W Railroad Ave., Shelton, WA 98584

360-426-9726

cacgmt.org/energy-assistance

UTILITY BILL ASSISTANCE

You must be income eligible to receive bill assistance.

Mason County (cont.)

Love INC.

109 S 2nd St., Shelton, WA 98584
360-462-5683
loveincofmasoncounty.org

PUD #3

2621 E Johns Prairie Rd.
Shelton, WA 98584
360-426-8255
pud3.org

Thurston County

City Utility Assistance Programs

Lacey360-491-5616
Olympia360-438-1100
Rainier360-446-2265
Tenino360-264-2368
Tumwater360-754-4133
Yelm360-458-3244

UTILITY BILL ASSISTANCE

You must be income eligible to receive bill assistance.

Thurston County (cont.)

Community Action Council

3020 Willamette Dr. NE

Lacey, WA 98516

360-438-1100

cacmt.org

Thurston County Veterans

Assistance Fund

360-867-2625

thurstoncountywa.gov/departments/public-health-and-social-services/social-services/veterans-assistance

If your town is not listed, call your local city hall or county government to inquire as to what supports may be available to you.

CONFLICT RESOLUTION

Conflict resolution services assist older and/or disabled adults, their families and caregivers with conflicts around issues of autonomy, caregiving, housing, health care or end-of-life decisions.

Trained mediators are available.

Lewis County

Community Mediation Center

Reduced or no-fee assistance may be available based on eligibility

500 W Main Street #11

Centralia, WA 98531

360-623-8061

communitymediationcenters.org

Mason & Thurston County

Dispute Resolution Center of Thurston County

Available to residents of South Mason or Thurston County, fees based on sliding scale

360-956-1155

mediatethurston.org

GUARDIANSHIP SERVICES

Considered a last resort, guardianship is a legal option available when a person has significant problems that prevent them from managing their financial affairs or caring for themselves.

A court proceeding determines that a person is legally incapacitated (lacking the capacity or functioning to make certain decisions regarding their own personal care, property or finances) and designates a surrogate decision maker.

A listing of certified professional guardians can be found on the Washington State Courts website:

courts.wa.gov/guardianportal

For additional info or assistance, please contact LMTAAA at 360-748-2524, ext. 201 (Lewis County), 360-427-2226, ext. 251 (Mason County) or 360-664-3162, ext. 133 (Thurston County).

PUBLIC LEGAL SERVICES

Public legal services include advice and representation in matters such as public entitlements (DSHS, Medicaid, etc.), housing, consumer rights, elder law and personal care/safety issues.

Lewis, Mason & Thurston County

Northwest Justice Project

888-387-7111

888-211-9274 (TDD/toll-free)

nwjustice.org

washingtonlawhelp.org

Mason & Thurston County

Sound Legal Aid

P.O. Box 405

Olympia, WA 98507

360-705-8194

844-211-6916

soundlegalaid.org

For additional info or assistance, please contact LMTAAA at 360-748-2524, ext. 201 (Lewis County), 360-427-2226, ext. 251 (Mason County) or 360-664-3162, ext. 133 (Thurston County).

ADULT DAY CARE

Adult day care programs provide recreational, social, and support services for those who need supervision and assistance in a protective setting.

Supervised activities in a safe environment provide respite to caregivers.

Thurston County

Senior Services for South Sound Brighter Days Adult Day Care Program

Virgil Clarkson Lacey Senior Center

6757 Pacific Ave. SE

Lacey, WA 98503

360-407-3967, ext. 207

southsoundseniors.org

*For additional info or assistance, please contact
LMTAAA at 360-748-2524, ext. 201 (Lewis County),
360-427-2226, ext. 251 (Mason County) or
360-664-3162, ext. 133 (Thurston County).*

HOME CARE REFERRAL

Consumer Direct Care Network Washington matches Medicaid-eligible clients who qualify or are receiving state-funded, in-home care with qualified in-home care workers.

Lewis, Mason & Thurston County

Consumer Direct Care Network Washington

866-214-9899

consumerdirectwa.com



HOME CARE SERVICES

Home care agencies provide non-medical services which include, but are not limited to: personal care, housework, shopping, meal preparation, transportation, respite and support.

Cost may be covered by Medicaid, private insurance or private pay.

The following agencies are contracted to provide in-home care services for approved Medicaid recipients as of the date of publication.

Home care agencies that are licensed by the State of Washington, but do not accept Medicaid are too numerous to list in this resource directory.

For additional info or assistance, please contact LMTAAA at 360-748-2524, ext. 201 (Lewis County), 360-427-2226, ext. 251 (Mason County) or 360-664-3162, ext. 133 (Thurston County).

HOME CARE SERVICES

Lewis, Mason & Thurston County

Coastal Community Action Program

1217 Cooper Point Rd. SW, Suite 7

Olympia, WA 98502

360-915-8189

coastalcap.org

Family Resource Home Care

2620 RW Johnson Blvd. SW, Suite 104

Tumwater, WA 98512

360-522-4024 or 800-775-6380

familyresourcehomecare.com

Graceland Home Care

400 Union Ave. SW, Suite 256

Olympia, WA 98051

360-399-6855

gracelandagencyllc.com

Lewis County

All Ways Caring HomeCare

1014 Kresky Ave., Suite 1

Centralia, WA 98531

360-736-1758 or 833-545-3221

allwayscaring.com

HOME CARE SERVICES

Lewis County (cont.)

Catholic Community Services of Western Washington

1570 N National Ave., Suite 211

Chehalis, WA 98532

360-345-1100 or 800-642-8021

ccsww.org

Korean Women's Association

1217 Mellen St., Suite A

Centralia, WA 98531

360-736-4310 or 888-508-2728

kwacares.org

Mason County

All Ways Caring HomeCare

111 Tumwater Blvd. SE, Suite C-214

Tumwater, WA 98501

360-529-3410 or 866-737-2273

allwayscaring.com

HOME CARE SERVICES

Mason County (cont.)

Catholic Community Services of Western Washington

1716 Olympic Highway N

Shelton, WA 98584

360-427-2230 or 800-642-8026

ccsww.org

Korean Women's Association

706A Cascade Ave.

Shelton, WA 98584

360-426-9700 or 888-508-2734

kwacares.org

Thurston County

All Ways Caring HomeCare

111 Tumwater Blvd. SE, Suite C-214

Tumwater, WA 98501

360-754-2582 or 888-329-4695

allwayscaring.com

HOME CARE SERVICES

Thurston County (cont.)

Catholic Community Services of Western Washington

5109 Capitol Blvd. SE, Suite D
Tumwater, WA 98501
360-586-2960 or 800-783-8193

ccsww.org

Korean Women's Association

5757 Capitol Blvd. SW
Tumwater, WA 98501
360-455-4524 or 888-508-2779

kwacares.org

HOME HEALTH & HOSPICE CARE

Home Health agencies are licensed to provide medical and non-medical services which may include, but are not limited to: home health aides, nursing services, and medical equipment/supplies as well as physical, occupational, speech and respiratory therapies.

Home Health agencies also provide hospice care: a holistic, coordinated program of care for those with a terminal illness and their families.

The primary goal is to provide support and comfort so that patients and families may spend their remaining time together.

Lewis, Mason & Thurston County

Providence SoundHomeCare and Hospice

360-493-5900 or 877-620-3286

[providence.org/locations/wa/
soundhomecare-and-hospice](https://providence.org/locations/wa/soundhomecare-and-hospice)

HOME HEALTH & HOSPICE CARE

Mason & Thurston County

Assured Home Health and Hospice

360-352-0711

lhcgroupp.com/locations/assured-home-health-of-olympia

Puget Sound Home Health & Hospice

360-839-2122

pugetsoundhh.com

Lewis County

Assured Home Health and Hospice

360-807-7776

lhcgroupp.com/locations/assured-home-health-of-centralia

Thurston County

Envision Hospice of Washington

360-350-4875

envhh.com

RESIDENTIAL CARE

When people are no longer able to care for themselves, a move—either temporary or permanent—may be necessary. There are many long-term care options available, including retirement residences as well as:

Adult Family Homes: Regular neighborhood homes where staff assumes responsibility for safety and well-being of the adult. Some may provide occasional nursing care.

fortress.wa.gov/dshs/adsaapps/lookup/AFHAdvLookup.aspx

Assisted Living Facilities: Larger facilities in a community setting where staff assumes responsibility for safety and well-being of the adult. Some may provide nursing care.

fortress.wa.gov/dshs/adsaapps/lookup/BHPubLookup.aspx

Skilled Nursing Facilities: 24-hour supervised nursing and personal care, therapy, nutrition management, activities, social services, room, board and laundry.

fortress.wa.gov/dshs/adsaapps/lookup/NHPubLookup.aspx

RESIDENTIAL CARE

To discover more about long-term care options available to you, please contact:

DSHS Aging & Long-Term Services

Administration

360-735-2300

800-422-3263

Adult Family Home Council

Home Finder Portal

adultfamilyhomecouncil.org/home-finder

For Residential Care complaints, call the hotline below or make a report online at:

Residential Care Facility

Complaint Hotline

800-562-6078

800-737-7931 (TTY/toll-free)

dshs.wa.gov/altsa/adult-protective-services

The **Long Term Care Ombudsman** program (*page 44*) also offers trained volunteers who listen to questions/concerns and act as an advocate for the rights of residents in long-term care.

DENTAL CARE

Dental providers are listed by the county where they are located. Many will serve you regardless of where you live.

Lewis, Mason & Thurston County

Bates Technical College

Denturist Program

Denture services in Tacoma

253-680-7314

batestech.edu/programs/denturist

Delta Dental

WA Dental Services Foundation

Senior Oral Health Program

Contact for providers accepting Medicaid

deltadentalwa.com

Neighborcare Health

Dental at Providence St. Peter Hospital

360-456-8844

neighborcare.org

Thurston-Mason Counties Dental Society

Contact for providers accepting Medicaid

360-956-0828

tmcdental.org

DENTAL CARE

Dental providers are listed by the county where they are located. Many will serve you regardless of where you live.

Lewis County

Olympic Dental and Denture

716 W Main St., Centralia, WA 98531

360-736-0795

olympicdentalanddenture.com

Valley View Health Center

2690 NE Kresky Ave., Chehalis, WA 98532

360-330-9595

148 E Division Ave., Morton, WA 98356

360-496-5101

vhc.org



DENTAL CARE

Dental providers are listed by the county where they are located. Many will serve you regardless of where you live.

Mason County

Mason County Public Health

Refers patients to dentists who accept Medicaid

415 N 6th Street

Shelton, WA 98584

360-427-9670, ext. 400

Skokomish Tribe Wellness Center

Serving Native Americans

80 N Tribal Center Rd.

Skokomish, WA 98584

360-426-5755

skokomish.org/health-clinic

Squaxin Island Tribe Clinic

Serving Native Americans

SE 90 Klah-Che-Min Dr.

Shelton, WA 98584

360-427-9006

squaxinisland.org/dental-providers

DENTAL CARE

Dental providers are listed by the county where they are located. Many will serve you regardless of where you live.

Thurston County

Nisqually Tribe Dental Clinic

Serving Native Americans

4816 She-Nah-Num Dr. SE

Olympia, WA 98513

360-459-5312

nisqually-nsn.gov/index.php/administration/tribal-services/health/dental

Olympia Union Gospel Mission Dental Clinic

309 Washington St. NE

Olympia, WA 98501

360-943-6400

ougmm.org/our-programs/dental-clinic

Olympic Dental and Denture

4408 Pacific Ave. SE

Lacey, WA 98503

360-438-8299

olympicdentalanddenture.com

DENTAL CARE

Dental providers are listed by the county where they are located. Many will serve you regardless of where you live.

Thurston County (cont.)

Sea Mar Dental Clinics

669 Woodland Square Loop SE
Lacey, WA 98503
360-359-4860

3622 Ensign Road NE, Olympia, WA 98506
360-570-8016

6004 Capitol Blvd. SE, Tumwater, WA 98501
360-522-9070

202 Cullens St. NW, Yelm, WA 98597
360-400-4840

seamar.org/services-dental

South Puget Sound Community College Dental Clinic

2011 Mottman Rd. SW, Building 34
Tumwater, WA 98512
360-596-5464

spscc.edu/community-business/clinics-services/dental

DENTAL CARE

Dental providers are listed by the county where they are located. Many will serve you regardless of where you live.

Thurston County (cont.)

Thurston County Public Health & Social Services

Refers patients to dentists accepting Medicaid

412 Lilly Rd. NE

Olympia, WA 98506

360-867-2500

[thurstoncountywa.gov/departments/
public-health-and-social-services](https://thurstoncountywa.gov/departments/public-health-and-social-services)

Valley View Health Center

3775 Martin Way E, Suite A

Olympia, WA 98506

360-236-7166

vvhc.org

EYE CARE

Lewis, Mason & Thurston County

Airway Optical

Medicaid clients only

888-606-7788

EyeCare America

877-887-6327

eyecareamerica.org

Lions Low Vision Resource Center

360-790-8667

olympiahostlions.org/low-vision-resource-ctr

Olympia Union Gospel Mission

*No-fee eye exam and glasses for
qualified applicants*

309 Washington St. NE

Olympia, WA 98501

360-709-9725

ougmm.org

FALLS PREVENTION RESOURCES

Falls are among the leading cause of injury for adults ages 65 and older. Preventing falls is a key part of maintaining independence for older adults.

Local resources such as exercise programs, healthcare consultations and home safety are essential.

Exercise Programs

Senior Centers (all counties)

See pp. 109-111 for listings.

South Sound YMCA (Thurston County)

Briggs: 360-753-6576

Plum Street: 360-357-6609

southsoundymca.org

Home Safety and Accessibility

Adaptive Living, LLC (all counties)

Home safety/environment assessment

360-209-4199

[adaptivelivingwebsite.s3-website-us-east-1.
amazonaws.com](https://adaptivelivingwebsite.s3-website-us-east-1.amazonaws.com)

HEALTH INSURANCE

Patient assistance programs include:

Lewis, Mason & Thurston County

Insurance Commissioner

Consumer Hotline

800-562-6900

insurance.wa.gov/file-complaint-or-check-your-complaint-status

Medicare Hotline

800-MEDICARE (633-4227)

Live Chat: medicare.gov/talk-to-someone

Statewide Health Insurance Benefits

Advisors Helpline (SHIBA)

Located inside Olympia Senior Center

360-586-6181, ext. 134

800-562-6900

insurance.wa.gov/find-local-shiba-office

For more on insurance or the Low Income Subsidy from Social Security that helps pay for prescriptions through Medicare Part D, please contact LMTAAA at 360-748-2524, ext. 201 (Lewis County), 360-427-2226, ext. 251 (Mason County) or 360-664-3162, ext. 133 (Thurston County).

HEALTH INSURANCE

Patient assistance programs include:

Lewis, Mason & Thurston County

Washington Health Benefits Exchange

855-923-4633

855-627-9604 (TTY/toll-free)

wahbexchange.org

Prescription assistance programs include:

Lewis, Mason & Thurston County

benefitscheckup.org

needymeds.org

Prescription Drug Assistance Foundation

206-518-0839

prescriptiondrugassistance.org

For more on insurance or the Low Income Subsidy from Social Security that helps pay for prescriptions through Medicare Part D, please contact LMTAAA at 360-748-2524, ext. 201 (Lewis County), 360-427-2226, ext. 251 (Mason County) or 360-664-3162, ext. 133 (Thurston County).

HEALTH INSURANCE

Prescription assistance programs include:

Lewis County

Love INC.

360-748-8611

loveincoflewiscounty.org

St. Vincent de Paul

Centralia & Chehalis

360-623-1144

Napavine, Winlock, Toledo & parts of
East Lewis County

360-864-4130

ssvpusa.org

For more on insurance or the Low Income Subsidy from Social Security that helps pay for prescriptions through Medicare Part D, please contact LMTAAA at 360-748-2524, ext. 201 (Lewis County), 360-427-2226, ext. 251 (Mason County) or 360-664-3162, ext. 133 (Thurston County).

LMTAAA Resource Directory 2025-2027

HOSPITALS

Lewis County

Morton Hospital

Arbor Health

521 Adams Ave.

Morton, WA 98356

360-496-5112

myarborhealth.org

Providence Centralia Hospital

914 S Scheuber Rd.

Centralia, WA 98531

360-736-2803

providence.org

Mason County

Mason General Hospital & Family of Clinics

901 Mountain View Dr.

Shelton, WA 98584

360-426-1611 or 360-754-5858

masonhealth.com

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

HOSPITALS

Thurston County

Multicare Capital Medical Center

3900 Capital Mall Drive SW

Olympia, WA 98502

360-754-5858

multicare.org/location/capital-medical-center

Providence St. Peter Hospital

413 Lilly Rd. NE

Olympia, WA 98506

360-491-9480 or 888-492-9480

providence.org/locations/wa/st-peter-hospital



**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

MEDICAL CLINICS

The following clinics provide primary outpatient medical care for residents who cannot afford it:

Lewis County

Arbor Health

531 Adams Ave., Suite B, Morton, WA 98356
360-496-5145

745 Williams St., Mossyrock, WA 98564
360-983-8990

13051 US Hwy 12, Packwood, WA 98361
360-496-3777

108 Kindle Rd., Randle, WA 98377
360-497-3333

myarborhealth.org

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

MEDICAL CLINICS

The following clinics provide primary outpatient medical care for residents who cannot afford it:

Lewis County (cont.)

Boldt Diabetes & Nutrition Education

1010 S Scheuber Rd. Centralia, WA 98531

360-493-7567

providence.org/locations/wa/boldt-diabetes-and-nutrition-education

Health & Hope Medical Outreach

Walk-ins Tuesdays from 5:30pm to 8:30pm

NW Pediatric (West Building)

1911 Cook Hills Rd.

Centralia, WA 98531

360-623-1485

hhmo.org

Steck Medical Group

1299 Bishop Rd.

Chehalis, WA 98532

360-748-0211

steckmedical.com

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

MEDICAL CLINICS

The following clinics provide primary outpatient medical care for residents who cannot afford it:

Lewis County (cont.)

Valley View Health Center

1800 Cooks Hill Rd., Suite F

Centralia, WA 98531

360-736-3042

2428 W Reynolds Ave., Centralia, WA 98531

360-669-0335

2690 NE Kresky Ave., Chehalis, WA 98532

360-330-9595

1810 Hwy. 508, Onalaska, WA 98570

360-978-6600

402 N Main St., Pe Ell, WA 98572

360-291-3232

117 Ramsey Way, Toledo, WA 98591

360-864-4400

100 Cedar Crest Dr., Winlock, WA 98696

360-785-9400

vvhc.org

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

MEDICAL CLINICS

The following clinics provide primary outpatient medical care for residents who cannot afford it:

Mason County

Health Care Center

107 N 8th St., Shelton, WA 98584

360-426-9717

healthcarecentershelton.com

Mason Health Clinic

Diabetes education and classes

1701 N 13th St., Shelton, WA 98584

360-426-2653 or 800-824-8885

masonhealth.com

North Mason Fire Mobile Integrated Health Program

Medical professionals will come to your home in North Mason County

360-275-6711

northmasonrfa.com/resource-access-mobile-integrated-health-programs

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

MEDICAL CLINICS

The following clinics provide primary outpatient medical care for residents who cannot afford it:

Mason County (cont.)

Peninsula Community Health Services

Primary and specialty care, health screenings, immunizations and more

31 NE State Route 100, Suite 200
Belfair, WA 98528

300 E Campus Drive, Belfair, WA 98528

627 W Franklin St., Shelton, WA 98584

360-377-3776

pchsweb.org

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

MEDICAL CLINICS

The following clinics provide primary outpatient medical care for residents who cannot afford it:

Thurston County

Boldt Diabetes & Nutrition Education

2555 Marvin Rd. NE, Lacey, WA 98516
360-493-7567

1620 Cooper Point Rd. SW, Olympia, WA 98502
360-493-7567

providence.org/locations/wa/boldt-diabetes-and-nutrition-education

DispatchHealth

Medical professionals come to your home
360-200-8247
dispatchhealth.com

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

MEDICAL CLINICS

The following clinics provide primary outpatient medical care for residents who cannot afford it:

Thurston County (cont.)

SeaMar Community Health Centers

24/7 nurse advice line: 866-418-1002

3030 Limited Lane NW, Olympia, WA 98502
360-491-1399

3622 Ensign Rd. NE, Suite A
Olympia, WA 98506
360-742-5000

669 Woodland Square Loop SE
Lacey, WA 98503
360-359-4840

202 Cullens St. NW, Yelm, WA 98597
360-400-4800

seamar.org

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

MEDICAL CLINICS

The following clinics provide primary outpatient medical care for residents who cannot afford it:

Thurston County (cont.)

The Olympia Free Clinic

520 Lilly Road NE, Bldg. 3

Olympia, WA 98506

360-890-4074

theolympiafreeclinic.org

Valley View Health Center

3775 Martin Way E, Suite A, Olympia, 98506

360-236-7166

273 Sussex Ave E, Tenino, WA 98589

360-264-5665

vvhc.org

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

MEDICAL DISPOSAL

Washington's Safe Medication Return provides safe disposal of over-the-counter, household and prescription medications.

Accepted drugs include generic and brand names as well as medication for veterinary use, medical devices or combination products.

Unaccepted materials include supplements, vitamins, personal care products, illegal drugs, emptied injectors and exposed needles.

To locate safe disposal sites for unwanted medication, order mail-back supplies or learn about take-back events, visit or call:

MED TAKE BACK WASHINGTON

844-4-TAKE-BACK

medtakebackwashington.org

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

MEDICAL EQUIPMENT

Lewis, Mason & Thurston County

Apria Home Medical Equipment

405 Black Hills Lane SW

Olympia, WA 98502

360-352-1753 or 888-492-7742

apria.com

Bellevue Healthcare

4500 Pacific Ave.

Lacey, WA 98503

360-438-2955

bellevuehealthcare.com

Timberland Regional Library (TRL)

Assistive Technology

*Borrow aids for low vision, limited mobility
and hearing loss*

360-943-5001

trl.org/assistive-devices

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

MEDICAL EQUIPMENT

Lewis County

The following organizations accept and loan medical equipment at no charge for temporary use:

Twin Cities Older Adult Center

2545 N National Ave.

Chehalis, WA 98532

360-748-0061

timberriverconnections.org/twin-cities

Visiting Nurses Foundation

Serving Lewis County residents only

222 N Pearl St.

Centralia, WA 98531

360-623-1562

visitingnursesfoundation.org

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

MEDICAL EQUIPMENT

Mason County

Sound Oxygen Services

877-269-0405

The following organizations accept and loan medical equipment at no charge for temporary use:

Love, INC.

221 W Railroad Ave., Suite 10

Shelton, WA 98584

360-462-LOVE (5683)

loveincofmasoncounty.org

The HUB Center for Seniors

111 NE Old Belfair Hwy., Belfair, WA 98528

360-275-0535

thehubbelfair.org

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

MEDICAL EQUIPMENT

Thurston County

Lincare, Inc.

Home respiratory supplies, care & equipment

6706 Martin Way E, Suite 1

Olympia, WA 98516

360-923-1985

lincare.com

MyMedSupplies

6149 Martin Way E, Lacey, WA 98516

360-456-5475

mymedsupplies.com

Performance Home Medical

Sleep therapy and home oxygen equipment

703 Lily Rd. NE, Suite 102

Olympia, WA 98506

360-456-4052

performancehomemed.com

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

MEDICAL EQUIPMENT

Thurston County (cont.)

Preferred Medical, Inc.

800-722-7865

Email:

customerservice@preferredmedical.com

preferredmedical.com

The following organizations accept and loan medical equipment at no charge for temporary use:

Thurston County

Medical Equipment Bank

Tuesday, Thursday & Saturday, 11am to 2pm

2704 Pacific Ave SE

Olympia, WA 98501

Message Line: 360-456-8810

medicalequipmentbank.org

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

NURSE CONSULTATION

Registered nurses are available to answer health questions, provide physician referrals and assist in registration for hospital-sponsored health classes.

Lewis, Mason & Thurston County

MEDnurse

Capital Medical Center

888-MED-5101

mednurse.com

Providence PLUS

Providence St. Peter Hospital

360-493-7768



**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

PALLIATIVE CARE

Palliative care helps patients with serious illnesses feel better. It prevents or treats symptoms/side effects of disease and care.

Palliative care also treats emotional, social, practical and spiritual problems stemming from illness. You may get palliative care when the illness is diagnosed, throughout treatment, during follow-up and at end of life.

Palliative care may be offered for: cancer, heart disease, lung disease, kidney failure, dementia and other illnesses.

Lewis, Mason & Thurston County

Providence Palliative Care Consult Service

360-486-6402

providence.org/services/palliative-care

Lewis & Thurston County

Assured Palliative Care

360-807-5029

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

PALLIATIVE CARE

Mason County

Mason Health Palliative Care

1701 N 13th St.

Shelton, WA 98584

360-426-2653

masonhealth.com

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

PERSONAL EMERGENCY RESPONSE SYSTEM (PERS)

Personal Emergency Response Systems allow older adults and people with disabilities to be more independent at home.

PERS connect to a phone and are activated by pressing a button to call for help.

Lewis, Mason & Thurston County

Alert Medical Alarms Inc.

877-988-6769

alertmedicalalarms.com

American Medical Alert Corp.

800-815-5809

connectamerica.com

Assured Independence

800-591-3109

assuredindependence.com

Global Security & Communication, Inc.

800-446-2400

global4security.com

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

PERSONAL EMERGENCY RESPONSE SYSTEM (PERS)

Lewis, Mason & Thurston County (cont.)

Lifeline Medical Alert Systems

800-368-2925

lifeline.com

LifeStation

800-446-3700

lifestation.com

MedScope America Corp.

800-645-2060

medscope.org

Safe @ Home

360-636-0700 or 800-228-8072

elderoptionswa.com

SafetyLine

360-303-4632

safetylinemedicalalertsystems.com

Valued Relationships, Inc.

800-860-4230

vricares.com

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

PET RESOURCES

The health benefits of a pet are well known, however, caring for one can be challenging.

Here are organizations that can assist:

Concern for Animals

360-456-8176

concernforanimals.org

Joint Animal Services

360-352-2510

jointanimalservices.org

PACT

Short-term foster placement

pactforanimals.org/find-a-foster

Red Rover

Urgent care grants

redrover.org/relief

**FOR LIFE-THREATENING SITUATIONS,
CALL 911 OR GO DIRECTLY TO A HOSPITAL**

LMTAAA Resource Directory 2025-2027

ABUSE HOTLINE

Abuse is often the result of complex, interrelated factors. It may occur at home with family members, with other caregivers or in residential care. Abuse can be physical, verbal, emotional and/or financial.

If you suspect an older or disabled person is being abused, neglected or exploited, please contact one of the following offices:

Adult Protective Services

877-734-6277

dshs.wa.gov/altsa/adult-protective-services

Residential Care Facility Complaint Hotline

800-562-6078

800-737-7931 (TTY/toll-free)

dshs.wa.gov/altsa

**FOR LIFE-THREATENING SITUATIONS,
PLEASE CALL 911**

COMMUNITY HUBS

Call for details on current events, classes, meal services and health screenings.

Lewis County

Morton Older Adult Center

103 Westlake Ave., Morton, WA 98356
360-496-3230

Packwood Older Adult Center

12931 Hwy. 12, Packwood, WA 98361
360-494-6331

Pe Ell Senior Center

416 S 1st St., Pe Ell, WA 98572
360-291-3636

Toledo Older Adult Center

150 Coal St., Toledo, WA 98591
360-864-2112

Twin Cities Older Adult Center

2545 N National Ave., Chehalis, WA 98531
360-748-0061

Winlock-Olequa Older Adult Center

119 SW Kerron St., Winlock, WA 98596
360-785-4325

timberriverconnections.org

COMMUNITY HUBS

Call for details on current events, classes, meal services and health screenings.

Mason County

Mason County Senior Activities Center

190 W Sentry Dr., Shelton, WA 98584

360-426-7374

mcsac.net

The HUB Center for Seniors

111 NE Old Belfair Hwy., Belfair, WA 98528

360-275-0535

thehubbelfair.org

Thurston County

Rainier Senior Center

108 Michigan St. S, Rainier, WA 98576

360-446-2258

rainierseniors.com

Senior Services for South Sound

Virgil S. Clarkson Senior Center

6757 Pacific Ave. SE, Lacey, WA 98503

360-407-3967

southsoundseniors.org

COMMUNITY HUBS

Call for details on current events, classes, meal services and health screenings.

Thurston County (cont.)

Senior Services for South Sound

Olympia Senior Center

222 Columbia St. NW, Olympia, WA 98501

360-586-6181

southsoundseniors.org

Tumwater Old Town Center

215 N 2nd Ave. SW, Tumwater, WA 98512

360-252-5467

ci.tumwater.wa.us/departments/parks-recreation-department/city-facilities/old-town-center

Yelm Senior Center

16530 103rd Ave. SE, Yelm, WA 98597

360-458-7733

yelmseniorcenter.com

SENIOR COMPANIONS

Lewis, Mason & Thurston County

Friend to Friend America

Recruits and trains volunteers to visit isolated seniors

206-870-4266 or 855-711-3832

friendtofriendamerica.org

TELEPHONE REASSURANCE

Mason County

Care Checkers

Unanswered calls prompt action to discover emergencies and notify designated contacts or authorities

888-477-0435

carecheckers.com

The HUB Center for Seniors

Friendly phone calls

360-275-0535

thehubbelfair.org

VOLUNTEER OPPORTUNITIES

Lewis, Mason & Thurston County

Catholic Community Services of Western Washington

360-726-3885

ccsww.org

Concern for Animals

360-456-8176

concernforanimals.org

Friend to Friend America

206-870-4266 or 855-711-3882

friendtofriendamerica.org

Lewis-Mason-Thurston Area Agency on Aging *Advisory Council*

360-644-2168

lmtaaa.org

Regional Long-Term Care Ombudsman Program

888-733-4005

Washington State Long-Term Care Ombudsman Program

800-562-6028

waombudsman.org

RIDE SERVICES

Scheduled and requested transportation to medical facilities, shopping areas, senior centers and other essential locations.

Personalized assistance available for those who qualify.

Lewis, Mason & Thurston County

American MediCar Services

360-352-0342

americanservicemedicar.com

Catholic Community Services of Western Washington

Volunteer Services

844-851-9380

ccsww.org

Paratransit Services

Medicaid clients only

800-846-5438

800-934-5438 (TDD/toll-free)

paratransit.net

RIDE SERVICES

Lewis County

Catholic Community Services Senior Transportation

360-740-0161

ccsww.org/our-services/seniors-disabilities

Cowlitz Tribe Transportation

360-232-8585

cowlitz.org/transit

Dial-A-Ride Twin Transit

360-330-5555

twintransit.org/dartt

Go Taxi

360-864-2323

Lewis County Transit

360-330-2072

lewiscountytransit.org

RIDE SERVICES

Mason County

Mason County Transit Authority

Dial-A-Ride

360-427-5033

800-374-3747

800-833-6388 (TTD/TTY/toll-free)

masontransit.org/dialarideservice

Patty Wagon

360-427-0202

pattywagonmobility.com

Senior Services for South Sound

360-586-6181, ext. 128

southsoundseniors.org/supportive-services/transportation

Email:

transportation@southsoundseniors.org

RIDE SERVICES

Thurston County

Intercity Transit

Dial-A-Lift

360-786-1881

800-287-6348

360-943-5211 (TTD/TTY/toll-free)

intercitytransit.com

ruralTRANSIT

*Serving Rochester, Tenino, Bucoda, Rainier,
Yelm and the Confederated Tribes of the
Chehalis Reservation*

360-426-8294

trpc.org/325/Rural-Transit

Senior Services for South Sound

360-586-6181, ext. 128

[southsoundseniors.org/supportive-services/
transportation](http://southsoundseniors.org/supportive-services/transportation)

Email:

transportation@southsoundseniors.org

Yelm Senior Center

360-458-7733

mobile.yelmseniorcenter.comcastbiz.net

TRAVEL TRAINING

A free service that provides self-paced instruction to help passengers who can use regular bus service become familiar with local public transportation options.

Expert travel trainers teach people to travel independently, safely and confidently.

Lewis County

Cowlitz-Wahkiakum Council of Government

Travel Training

(360) 577-3041

cwcog.org/mobility-management/

[#travel-training](https://twitter.com/cwcogtravel)

Transportation resources across

SW Washington

mobility.cwcog.org/provider-directory

TRAVEL TRAINING

Mason County

Mason Transit Authority

(360) 427-5033 or (800) 374-3747

masontransit.org/traveltraining

Thurston County

Thurston County InterCity Transit

360-705-5879

TTY relay for hearing impaired: 711

Email: traveltraining@intercitytransit.com

intercitytransit.com/how-to-ride/travel-training



VETERANS RIDE SERVICES

Lewis, Mason & Thurston County

The Veterans Transportation Service ensures all qualifying veterans have access to care through convenient, safe and reliable transportation.

Veterans Administration

Puget Sound Health Care System

Call at least five working days in advance

253-583-1343

800-329-8387 (toll-free)

va.gov/healthbenefits/vtp/map.asp

vetride.va.gov/app/home

Disabled American Veterans Transportation

Call at least 48 hours in advance

253-583-1343

va.gov/puget-sound-health-care/dav-vans-transportation-for-veterans

INDEX

Adaptive Living, LLC.....	82
Adult Family Homes.....	73
Adult Family Home Council.....	74
Adult Protective Services.....	108
Airway Optical.....	81
Alcoholics Anonymous.....	1, 2, 4
Alert Medical Alarms Inc.....	105
All Ways Caring HomeCare.....	67, 68, 69
Alzheimer's Association Helpline.....	6
American Lake VA Hospital.....	48
American Medical Alert Corp.....	105
American MediCar Services.....	114
Apria Home Medical Equipment.....	97
AptFinder.org.....	56
Arbor Health.....	88
Assisted Living Facilities.....	73
Assurance Wireless.....	56
Assured Home Health and Hospice.....	72
Assured Independence.....	105
Assured Palliative Care.....	103
Bates Technical College Denturist Program.....	75
Be A Better You Counseling.....	13
Behavioral Health Resources.....	14, 42
Behavioral Health & Recovery.....	4, 15
Belfair Community Food Pantry.....	29
Bellevue Healthcare.....	97

INDEX

Boldt Diabetes & Nutrition Education.....	89, 93
Brain Injury Alliance Washington.....	40
Capital Recovery Center.....	15
Care Checkers.....	112
Cascade Community Healthcare.....	1, 2, 12
Catholic Community Services of Western Washington.....	34, 51, 68, 69, 70, 113, 114, 115
Center for Independence.....	40
Chehalis Confederated Tribes.....	10, 46
CIELO Crime Victims Services.....	7
CIELO Food & Hygiene Bank.....	31
CIELO Integral Educational Center.....	24
CIELO Shelton Bank.....	29
City Utility Assistance Programs.....	58, 59
Coastal Community Action Program.....	67
Community Action Council.....	51, 52, 53, 54, 57, 58, 60
Community Mediation Center.....	61
Concern for Animals.....	107, 113
Concierge Care Advisors.....	21
Consejo Counseling Services.....	13
Consumer Direct Care Network.....	65
Cowlitz Tribe.....	46, 115
Cowlitz-Wahkiakum Council of Government.....	118
Crime Victims Advocacy Network.....	8

INDEX

Crisis Clinic of Mason & Thurston County.....6

Crisis Resolution Services

Behavioral Health & Recovery.....15

Crossroads Housing.....55

Delta Dental.....75

Developmental Disabilities Administration.....40

Dial-A-Ride Twin Transit.....115

Disabled American Veterans.....50

DispatchHealth.....93

Dispute Resolution Center of
Thurston County.....61

DSHS Aging & Long-Term
Services Administration.....74

DSHS Home & Community Services.....22

Easter Seals Washington.....40

Eldercare Counseling &
Guidance Services.....21

Envision Hospice of Washington.....72

Envision Senior Services.....21

Eugenia Center.....2

EyeCare America.....81

Exceptional Foresters.....42

Family Caregiver Support.....17, 18

Family Education and Support Services.....19

Family Resource Home Care.....67

Family Support Center of South Sound.....19

INDEX

Friend to Friend America.....112, 113
 GA Foods.....34
 Gather Community Services.....27
 Gethsemane Ministries.....52
 Global Security & Communication, Inc.....105
 Go Taxi.....115
 God's Portion Food Bank.....27
 Graceland Home Care.....67
 Great Rivers Behavioral Health.....12
 Greater Chehalis Food Bank.....27
 Guardianship Services.....62
 Habitat for Humanity.....52, 55
 Health & Hope Medical Outreach.....89
 Health Care Center.....91
 Hearing, Speech & Deaf Center.....40
 Home Base Project.....49
 Homestyle Direct.....34
 Hood Canal Food Bank.....29
 Hope Alliance.....9
 Housing Authority of the
 City of Bremerton.....54
 Housing Authority of Thurston County.....56
 Housing Opportunities of SW Washington.....54
 Insurance Commissioner
 Consumer Hotline.....83
 Intercity Transit.....117

INDEX

Joint Animal Services.....107

Korean American Seniors Association.....24

Korean Women's Association.....68, 69, 70

Lacey Senior Center.....37

Lewis County Transit.....115

Lewis County Veterans Relief Fund.....49, 57

Lewis-Mason-Thurston Area

Agency on Aging.....22, 39, 113

Lifeline Medical Alert Systems.....106

Lifeline Support.....56

LifeStation.....106

Lincare, Inc.....100

Lions Low Vision Resource Center.....41, 81

Love INC.....52, 57, 59, 85, 99

Mason Clinic Behavioral Health.....13

Mason County Public Health.....77

Mason County Senior

Activities Association.....36

Mason County Senior Activities Center.....110

Mason County Transit Authority.....116

Mason County Veterans' Service.....50

Mason General Hospital &

Family of Clinics.....86

Mason Health Clinic.....91

Matlock Community Church Food Bank.....30

Med Take Back Washington.....96

INDEX

MEDnurse.....	102
Med Take Back Washington.....	96
MEDnurse.....	102
MedScope America Corp.....	106
Medicare Hotline.....	83
Mental Health Professionals, LLC.....	13
Mineral Food Bank.....	27
Mom's Meals.....	34
Morton Hospital.....	86
Morton Older Adult Center.....	35, 109
Multicare Capital Medical Center.....	87
MyMedSupplies.....	100
Narcotics Anonymous.....	1
National Alliance on Mental Illness.....	12, 14, 15
National Multiple Sclerosis Society.....	41
Neighborcare Health.....	75
New Directions Counseling.....	2, 3
Nisqually Tribe.....	46, 78
North Mason Fire Resource Access Program.....	3, 52
North Mason Food Bank.....	30
Northwest Indian Treatment Center.....	3
Northwest Justice Project.....	63
Northwest Resources.....	5
Northwest Resources II.....	4
Office of the Deaf and Hard of Hearing.....	41

INDEX

Olympia Senior Center.....	37
Olympia Union Gospel Mission.....	78, 81
Olympic Dental and Denture.....	76, 78
Packwood Older Adult Center.....	35, 109
PACT.....	107
Paratransit Services.....	114
Pastor's Pantry Food Bank.....	27
Patty Wagon.....	116
Pe Ell Food Bank.....	28
Pe Ell Older Adult Nutrition Site.....	35
Pe Ell Senior Center.....	109
Peer Olympia.....	16
Performance Home Medical.....	100
PFLAG.....	25
Pioneer Community Food Bank.....	30
Preferred Medical, Inc.....	101
Prescription Drug Assistance Foundation....	84
Project Guardian.....	7
Providence Centralia Hospital.....	86
Providence Palliative Care.....	103
Providence PLUS.....	102
Providence SoundHomeCare and Hospice.....	71
Providence St. Peter Hospital.....	87
PUD #3.....	59
Puget Sound Home Health & Hospice.....	72

INDEX

Rainier Senior Center.....	110
Rebuilding Hope.....	9
Rebuilding Together Thurston County.....	53
Red Rover.....	107
Regional Long-Term Care Ombudsman.....	44, 113
Residential Care Facility Complaint Hotline.....	74, 108
Rochester Organization of Families Food Bank.....	31
Rochester United Methodist Church.....	37
ruralTRANSIT.....	117
Sacred Heart Parish's Food Pantry.....	32
Safe @ Home.....	106
SafePlace Olympia.....	10
SafetyLine.....	106
Saint's Pantry Food Bank.....	30
Salvation Army.....	28, 54, 57
Seagull Low Vision Services.....	42
SeaMar Behavioral Health.....	5, 16
SeaMar Community Health Centers.....	94
SeaMar Dental Clinics.....	79
Senior Center of Rainier.....	38
Senior Farmers Market Nutrition Program.....	26
Senior Oral Health Program.....	75

INDEX

Senior Services for	
South Sound.....	34, 64, 110, 111, 116, 117
Shelton United Methodist Church.....	36
Skilled Nursing Facilities.....	73
Skokomish Tribe.....	47, 77
Smerken Consulting.....	21
Social Security Administration.....	45
SOMMA Food Bank.....	28
Sound Alliance of Older LGBTQ+.....	25
Sound Legal Aid.....	63
Sound Oxygen Services.....	99
South Puget Intertribal Planning Agency.....	47
South Puget Sound	
Community College Dental Clinic.....	79
South Puget Sound Habitat for Humanity.....	53
South Sound YMCA.....	82
Spanish Speaking Seniors.....	24
Squaxin Island Tribe.....	31, 47, 77
St. Vincent de Paul.....	58, 85
Steck Medical Group.....	89
Statewide Health Insurance Benefits	
Advisors Helpline (SHIBA).....	83
Substance Abuse and Mental Health	
Services Administration.....	11
Suicide & Crisis Lifeline.....	11, 48

INDEX

Tacoma Area Coalition of
Individuals with Disabilities.....41

Telecare Mason County Mobile Outreach.....8

Tenino Food Bank.....32

Tenino Quarry House.....38

The HUB Center
for Seniors.....37, 53, 99, 110, 112

The Olympic Free Clinic.....95

Timberland Regional Library.....97

Toledo Food Bank.....28

Toledo Older Adult Center.....36, 109

Thurston County Family Justice Center....8, 10

Thurston County Food Bank.....32

Thurston County Intercity Transit.....119

Thurston County
Medical Equipment Bank.....101

Thurston County Public Health &
Social Services.....80

Thurston County
Veterans Assistance Fund.....50, 60

Thurston Mason Behavioral Health
Administrative Service Organization.....14, 16

Thurston-Mason Counties Dental Society.....75

Trualta.....18

Tumwater Old Town Center.....38, 111

Turning Pointe Domestic Violence Services....9

INDEX

Twin Cities Older Adult Center.....	36, 98, 109
USDA Rural Development.....	51
VA Puget Sound Health Care.....	48
Validus Consulting & Services.....	41
Valley View Health Center.....	12, 76, 80, 90, 95
Valued Relationships, Inc.....	106
Veterans Administration.....	120
Veterans Journey Forward.....	49
Veterans Services Hub.....	50
Vietnam Veterans of America.....	48
Visiting Nurses Foundation.....	98
Washington Family Caregiver Learning Portal.....	18
Washington Health Benefits Exchange.....	84
Washington Recovery Help Line.....	1
Washington State Coalition Against Domestic Violence.....	9
Washington State Department of Services for the Blind.....	42
Washington State Division of Vocational Rehabilitation.....	43
Washington State Long-Term Ombudsman Program.....	44, 113
Washington State Department of Veterans Affairs.....	48

INDEX

Washington Talking Book & Braille Library.....42

White Pass Community Food Bank.....28

Winlock-Olequa Older Adult Center.....35, 109

Winlock-Vader Food Bank.....29

Yelm Food Bank.....32

Yelm Senior Center.....111, 117

Lewis-Mason-Thurston Area Agency on Aging's
Resource Directory is made possible through
funds from the Older Americans Act
and the State of Washington.

To explore resources in other languages,
please visit our website or call us to ask what
translation supports may be available.

Imtaaa.org | 360-664-2168



LEWIS-MASON-THURSTON

AREA AGENCY ON AGING

Imtaaaa.org | 360-664-2168