

Department of **Community Connections**



Community Action Resource Guide 2012

What is 211?

- 211 is a simple, easy-to-remember three digit dialing code that offers access to all health and human services serving the Pierce County area for people who need help and for people who want to help.
- 211 is a confidential service. Information & Referral Specialists will ask for zip code and may ask for additional information only for the purpose of identifying appropriate referrals.
- In Washington State, 211 is a network of previously independent call centers working together to provide statewide access to 211 services.

What does 211 mean for Pierce County?

- Easy access. An easy to remember number that makes it simple for individuals to access health and human services.
- Increased efficiency. One phone call connects people to information about a wide array of community services; individuals receive appropriate referrals, which alleviates the “social service shuffle.”
- Decreased costs. As a centralized clearinghouse of information about available services, agency staff can quickly locate resources for their clients. Also, with a reduction in inappropriate referrals, agency staff can devote more time to service provision.
- A planning tool. 211 tracks requests for resources, which helps identify current trends and gaps in service.
- Disaster response. 211 was instrumental in disaster recovery efforts after the hurricanes devastated much of the southern coast. 211 is an easy way to access non-emergency services after a natural or man-made disaster.

Who should call 211?

Individuals can call if they are in need of assistance. Information & Referral Specialists use a comprehensive database of resources that includes:

- Rent/mortgage assistance
- Counseling & support groups
- Food & clothing banks
- Transportation
- Shelter & affordable housing
- Specialized resources, such as holiday assistance
- Individuals, groups, companies, or families wanting to volunteer their time

For more information: DIAL 211 • Toll Free: (1-877-211-WASH(9274)) • uwpc.org



Pierce County Executive's Office

930 Tacoma Ave. S.
County City Building, Rm. 737
Tacoma, WA 98402
253-798-7477

Pierce County Council

930 Tacoma Ave. S.
County City Building, Rm. 1046
Tacoma, WA 98402
Phone: **253-798-7777** TDD: **253-798-4018**
Toll free in Washington: **800-992-2456**
Fax: **253-798-7509**

www.co.pierce.wa.us/pc/abtus/ourorg/council/default.htm

Do you know what district you live in?

District 1: Buckley, Wilkeson, Carbonado, Bonney Lake, Sumner, Edgewood, Milton, South Prairie, Orting Graham and Pacific

District 2: Browns Point-Dash Point, East Tacoma, Fife, Northeast Tacoma, Puyallup, Summit View, Summit-Waller and the Tideflats.

District 3: Ashford, Eatonville, Elbe, Elk Plain, Frederickson, Graham-west, Harts Lake, Lacamas, Roy-east, Spanaway east & south, Summit View-south and South Hill

District 4: North Tacoma, Down town Tacoma and Upper Tacoma

District 5: Midland, Parkland, most of south Tacoma, a portion of east Tacoma, part of Spanaway and North Clover Creek Collins

District 6: Lakewood, Steilacoom, DuPont, Roy, Fort Lewis, McChord AFB and the island communities of Anderson, McNeil and Ketron

District 7: Gig Harbor and Key Peninsulas, Fircrest, University Place, west Tacoma, Fox Island and Fircrest

This resource guide, published by the Pierce County Community Action Program, is intended to serve as a guide to most of the human services in Pierce County. This is not an all-inclusive list.

**Department of Community Services
Community Action Programs**

3602 Pacific Ave. Suite 200
Tacoma, WA 98418
(253) 798-7240
1-800-562-0336

**Pierce County Community Action is a member of the
Washington State Community Action Partnership;
*Helping People, Changing Lives.***

Burning / Wood Heat	85
Child and Family	5
Clothing	11
Dental	13
Disabilities	15
Education and Employment	20
Emergency Preparedness	89
Financial	27
Food	30
Health	34
Home Heating / Energy / Repair Services	42
HOTLINE NUMBERS	84
Housing / Shelter	44
Legal	50
Mental Health	55
Multi-Cultural	61
Recreation	64
Recycling Facts / Tips	86
Seniors	66
Support Groups/ Information	77
Teen Resources	79
Transportation	80
Veterans	82
Voting / Legislative Information	83

**For additional resources, call the United Way Information and Referral line at
572-HELP or 211.**

In case of an emergency dial 911

Disclaimer: Pierce County Department of Community Services, Community Action Program does not endorse or recommend one agency/program over another. Due to funding and program guidelines some information in this guide may have changed.

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

**Bates Home and Family Life
(253) 680-7500**

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

**Big Brother's/Big Sister's
Of Puget Sound**
2107 S 12th St
Tacoma, WA 98405
(253) 396-9630

**Camp Fire U.S.A.
Orca Council**
Tacoma
(253) 597-6234

Care Net Pregnancy

Free pregnancy tests and ultra sounds. Support groups and free STD testing for females. They do not offer birth control or abortion. This agency will help anyone.

Tacoma
1209 6th Ave
Tacoma, WA 98405
253-383-2988



Lakewood
10828 Gravelly Lake Dr SW #101
Lakewood, WA 98498
253-984-6222

Gig Harbor
2727 Holly Croft #130
Gig Harbor, WA 98335
253-858-5585

Puyallup
11102 Sunrise Blvd E #107
Puyallup, WA 98374
253-770-8697

HopeSparks
6424 N 9th St
Tacoma, WA 98406
253-565-4484

A full range of counseling services for children, youth and families; marriage, child abuse, stress, depression, eating disorders, learning/behavioral and adjustment problems. Most major insurance is accepted otherwise services are on a sliding fee scale.

**Child Care Referral and Resource Line Tacoma/Pierce County
253-591-2025 or (1-800-446-1114 ask for Pierce County)**

Families looking for child care can call to receive names and phone numbers of Pierce County child care providers. These licensed providers have met licensing requirements for the state of Washington. Information about each provider, including schools served and other services that are provided. They also provide tips on choosing quality child care. All information is given over the phone and the service is free of charge.

**Children's Home Society of Washington
253-884-5433**

Various programs and services provided: Foster/Adoption placement, family support, parent education, readiness to learn, out-of-home care and social advocacy on Key Peninsula.

CHILD AND FAMILY

If your child has disabilities, call **Pierce County Human Services Division of Developmental Disabilities (DDD) 253-798-7236** for child care referrals.

Young children with special needs may be eligible for educational services.
Contact the **Child Development Center** nearest you.

Tacoma Learning Center
6316 S 12th St # A
Tacoma, WA 98465-1900
253-565-4887

PAVE Parent to Parent
6316 S 12th St
Tacoma, WA 98465-1900
253-565-2266

**Children with Special
Health Care Needs**
253-697-5200
253-798-6403



Puyallup Tribe of Indians
(Birth to 6 Program) *US-Qwed-Eeth*
(Children Who are Cared For)
3009 E Portland Ave
Tacoma, WA 98404
253-573-7952

**Grandview Early Learning Center
Puyallup Tribe Child Care Center**
3580 E Grandview
Tacoma, WA 98404
253-680-5515

Child Protective Services (CPS)
253-983-6100 OR 1-800-422-7517

Child Support Enforcement Services of Tacoma, Washington
253-597-3700 or 1-800-345-9976

CHILDREACH
253-798-3698

Free developmental screening for children age birth to six, with the emphasis on children birth to three years. Children receive screening in language, motor, learning, growth and behavior. Various dates and locations for screenings are available. Please call for an appointment.

Catholic Community Services counseling office
253-502-2696

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

Couple & Family Therapy Center
253-535-8782

12108 Pacific Avenue, Parkland, WA 98447

No Domestic Violence or Suicide in the past 6 months

Therapists at the clinic are prepared to assist families, couples, and individuals with concerns about:

Family Marriage Children School Divorce Depression Anxiety
Sexual Issues Alcohol & Drugs Anger Control Emotional Difficulties Health Issues

Crisis Line Tacoma/Pierce County
253-798-4333

There is telephone support and information available 24 hours a day by calling the Crisis Line.

Information on Cooperative Preschools in your area contact one of the Colleges below:

**Bates Technical
College
Home & Family Life
Dept.
253-680-7500
www.bates.ctc.edu**

**Pierce College
253-964-6691**

Crystal Judson Family Justice Center

The Place to Go for Help

Hours of operation: 8:30 a.m. to 4:30 p.m. Monday through Friday.

The center, funded and operated jointly by Pierce County and the City of Tacoma, is located within walking distance of the County-City Building at 718 Court E.

253-798-4166 or 1-800-764-2420

E-mail: familyjusticecenter@co.pierce.wa.us

The Crystal Judson Family Justice Center offers a wide array of social services and government assistance to victims of domestic violence. Services include civil and criminal legal advocacy, electronic protection order filing, safety planning, and access to DSHS services, spiritual support, military advocacy, emergency housing information and more.

**Catholic Community Services Family Preservation
253-759-9544**

Intensive in-home services for high-risk youth under the age of 18.

Family Support Centers

Family Support Centers and Resource Centers offer a wide range of services which may include home visits, parenting classes, support groups, connection to resources and services, along with family and children's services. To find a center near you call 798-2842.

Eastside 253-627-7368 3569 E Roosevelt Ave Tacoma, WA 98404 (Across from Roosevelt Elem.)	McKinley 253-571-2380 3702 E McKinley Tacoma, WA 98404 McKinley Elem. Portable	Orting 360-893-8500 120 Washington Ave N Orting WA 98360 Admin. Bldg. Rm. 8	Sumner 253-891-6535 1503 Valley Ave Sumner WA 98390 Daffodil Elem. Portable
Bethel 253-683-6850 18020 B St E Spanaway ,WA Challenger Campus	Key Peninsula 253-884-5433 17010 S Vaughn Rd Vaughn WA 98394	Parkland 253-798-6557 12108 Pacific Ave Tac WA 98404 PLU East Campus	White River 360-829-0600 250 W Main Buckley WA 98321
Lakewood 253-284-9060 14721 Murray Rd SW Lakewood, WA 98498	Hilltop 253-571-4933 2141 South J St Tacoma, WA 98405 McCarver Elem.	Tahoma Family Center 253-383-3697 1323 S Yakima St Tacoma, WA 98405	Puyallup 253-845-9177 606 E Main, Suite B Puyallup WA 98372

Head Start and ECEAP Programs

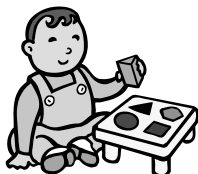
ECEAP (Early Childhood Education and Assistance Program) and Head Start are family development programs that provide many free services to eligible children and their families. The majority of children enrolled in ECEAP and Head Start programs are four years old by August 31st. Many Head Start/ECEAP Centers also enroll 3 year olds. Call the Head Start (H) or ECEAP (E) number in your community. For further information, call the Puget Sound ESD Head Start or ECEAP at **KIDS LINE 866-543-9178**. www.psesd.org

Bates Technical College (Fife, Puyallup & Tacoma) (E)	253-840-3257 253-680-7324
Bethel (E/H)	253-683-6929
Chief Leschi (E)	253-445-6000 (Ext. 3117)
Clover Park (H/E)	253-583-5167
Clover Park Technical College (H)	253-589-5873
Elk Plain (H)	253-683-7950 253-683-7951
Franklin Pierce (H)	253-298-4675
Midland Kiddie Korral (H)	253-531-1902
Multicultural Child & Family Hope Center (E)	253-593-6641
Peninsula School District (E)	253-530-4761 253-530-1168
Pierce Co. Community Services (Puyallup, Sumner, Orting, Bonney Lake, Buckley, Eatonville, University Place) (E)	253-798-7379 800-562-0336
Puyallup YMCA (E)	253-324-0451
Spanaway Hugs, Tugs, Luvs, Inc. (H)	253-847-5685
Sunrise Early Education Center (serving Tacoma) (E)	253-383-7741
Tacoma (E)	253-571-1870
Tacoma Community College (E)	253-566-5360
Tacoma Daycare (E)	253-324-0451
Tacoma/Pierce County Health Department MOMS ECEAP	253-798-6014
Tacoma Public Schools (H)	253-571-1948

Early Head Start programs for pregnant women and their children, birth to 3 years, are located at selected sites in Pierce County.

For more information about local sites, please call **KIDS LINE 866-543-9178**.

<u>Bethel - Evergreen</u>	253-683-8251
<u>Tacoma - Roosevelt</u>	253-691-0629
<u>Clover Park - Oakwood</u>	253-583-5345
<u>Tillicum</u>	253-583-5376
<u>Tacoma - Oakland</u>	253-571-5119



CHILD AND FAMILY

Pregnancy Aid

902 Market St

(Located in Urban Grace Community Church)

Open M-W-F 10:00am – 1:30pm

253-383-4100

Free pregnancy test and help with food, clothes, needs for Mom and children until 5 years old.

HopeSparks

Relatives Raising Children Pierce County

253-565-4484

The TEARS Foundation

253-200-0944

www.thetearsfoundation.org

The TEARS Foundation provides financial assistance to help pay for the cost of cremation or burial services for infants (stillborn to one year old) who have recently passed away. TEARS works directly with funeral home and hospital providers. If you are a family in need of funeral assistance for your baby, please have the funeral director contact TEARS for help.

Children's Emergency Fund

214 W Main St

Puyallup, WA 98371

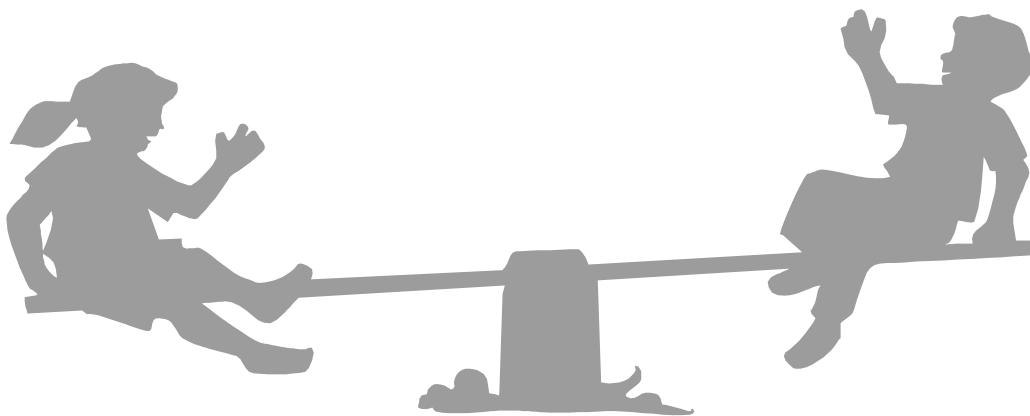
253-841-8700

For further information about this program call them at the number listed above.

All services are provided for military personnel and/or their families.

Call for more detailed information.

Army Community Services 253-967-7166



WHY INSULATE?

Walls, attics and floors that are not insulated lose heat quickly to the outdoors. This heat loss can cause:

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



HOW TO CAULK

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

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

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

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

CLOTHING

Shopping for CLOTHING, furniture, or appliances in Thrift Shops or listed below are a few of these stores that are located in Pierce County.

AMERICAN CANCER SOCIETY 2512 N Proctor, Tacoma 759-2823	ANGEL'S GUILD KC Corral, Lakebay, WA 884-9333
St. VINCENT DE PAUL 4009 South 56 th , Tacoma 474-0519 3807 South Yakima, Tacoma 472-7334 12007 Meridian, Puyallup 770-0264 12716 Pacific Ave, Tacoma 301-2376	VALUE VILLAGE 1124 River Rd, Puyallup 848-1582 8025 S. Hosmer, Tacoma 539-0886 6802 19 th St W, University Place 460-7828
MARY BRIDGE ORTHOPEDIC Peninsula #1 GUILD THRIFT SHOP 6951 Kimball Dr, Gig Harbor 253-858-3826	SALVATION ARMY 1201 Main St, Sumner 863-9959 1501 6 th Ave. Tacoma 572-8452
FT. LEWIS THRIFT SHOP Bldg.2070 & 2071 Tues-Wed-Thurs 9:00-2:30, First Sat. of each month 10:00-2:00 964-0445	BARGAIN WORLD 15615B Pacific Ave, Tacoma 536-2557 4502 N. Pearl St., Tacoma 759-7811
HAND ME ROUND 8825 Bridgeport Wy SW Lakewood 589-5316	KIDZ KABOODLE 6409 6th Avenue, Tacoma 566-8344
GOODWILL	
14918 Pacific Ave S- Spanaway 537-9116 1415 72 nd St E- Tacoma 471-0885 714 S 27 th St- Tacoma 284-3377 1200 4 th St NW- Puyallup 445-2855 3121 S 38 th St- Tacoma 472-5160 12915 Meridian Ave E-Puyallup 848-6620 6002 Mt. Tacoma Dr, Lakewood 983-0040	

Yelm Community Services
624 Crystal Springs Rd
Yelm, WA 98597
(360) 458-7000

Provides help with housing, food, clothing, transportation, utilities and homelessness. Yelm Community Services offers youth activities and summer day camp. Participants must be low-income and live in Thurston County. Call for hours of operation.



CLOTHING

Clothing is also available free of charge from Clothing Banks when someone is in need.
The clothing banks are listed below.

BASH

11020 S. Tacoma Way, Lakewood
Wednesday and Thursday 10am-2pm
253-531-9600

WEAR IT OUT

320 176th St E, Spanaway
Behind Camas Prairie Elementary in a portable.
Saturday 10am-4pm
253-777-7489 or 253-686-0614

NATIVITY HOUSE

2304 S Jefferson, Tacoma
Mon., Thur., Fri. 11am-4pm,
Sat & Sun 9am-4pm
253-779-9248

WWEE

Clothing for women entering
the work force.
253-474-9933

FRANCIS HOUSE

322 7th Street SE, Puyallup
253-848-3618

RAINIER VIEW CHRISTIAN CHURCH

12305 Spanaway Loop Rd, Parkland
253-531-0757

For zip codes: 98444, 445, 446, 387

ST. VINCENT DE PAUL

4009 S 56th St, Tacoma **253-474-0519**
3805 S Yakima, Tacoma **253- 472-7334**

TACS

3108 Portland Ave, Tacoma
Mon-Thurs 10am-2:30pm
253-272-8289

Suited for Success

253-471-5340

In the event of a natural disaster or fires, the **American Red Cross** attempts to provide clothing and food for victims. Call for information: **253-474-0400**



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

**Carl Lindquist Clinic (for children only)
253-539-7445**

130 131St St. S., Tacoma, WA 98444
or
8502 Skansie Ave., Gig Harbor WA 98332
or
2120 Ryan Rd., Buckley, WA 98321
(at Raineer School)
Or
3875 S. 66th St., Tacoma, WA 98409

This clinic is a United Way agency located in Parkland. Dental care is provided to school aged children (6 months to 19 years old) and the cost is very inexpensive. The clinic provides cleaning, X-rays, flouride treatments, and tooth restoration. Also, attending appointments, once they are made, is extremely important. They will accept private insurance, Tri-Care, DSHS medical coupons or bill on a sliding fee.

**Community Health Care
Milgard Family Dental**

1708 E 44th St, Tacoma, WA 98421
253-572-7002

**Community Health Care
Lakewood Dental Clinic**

10510 Gravelly Lake Dr SW, Lakewood
253-589-7188

The clinics provide exams, X-rays, fillings and some root canals. They offer emergency services to adults on DSHS as well as private insurance.

**After Hours Community Health Care Emergency Medical Services
253-922-4778**



DENTAL

Easter Seal Society of Washington

220 West Mercer St
Suite 120-W

Seattle, WA 98119

206-281-5700

or 1-800-678-5708

Monday-Friday 8:30am-5:00pm

Easter Seal has a dental referral program for disabled persons. Eligibility is based on income and family size. Only disabled persons are able to participate.

Pierce College Dental Hygiene Clinic

9401 Far West Drive SW, Lakewood, WA 98498

253-964-6694

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

Mobile Dental Van

253-284-9011 or 253-691-7596

Medical and Dental services for homeless individuals 18 years old or older.

Exams X-rays Fillings Cleaning Sealants Adults

SEA MAR Community Health Center

Tacoma

1112 S Cushman

253-593-2144

Puyallup

10217 125th St Ct E

253-864-4760

SEA MAR has a team of medical providers, dentists, nurses and healthcare professionals to assist you to meet all of your financial and medical needs. Family planning, well child checks, physicals, acute care, chronic disease management, help with Medicaid and Basic Health Plan applications, referrals, etc..

Geriatric Dental Group

253-839-1300

The facility is designed to accommodate people in wheelchairs.

Services are available for people 55 and older only.

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

COPEs

Aging and Disability Services Administration

1949 S State St
Tacoma, WA 98405

Intake: 253-476-7292

Main: 253-476-7200

Toll free intake: 1-800-442-5129

You may also contact:

Catholic Community Services
Care Givers 253-383-3697

Lutheran Community Services
Home Helpers 253-272-8433

Volunteer Chore Services

253-502-2690

9am to 2pm Mon-Fri

Developmental Disabilities Pierce County
253-798-6109

Division of Developmental Disabilities

1305 Tacoma Ave S, Suite #300
Tacoma, WA 98402

253-404-6500 or 1-800-248-0949

TDY: 253-572-7381

Educational Programs and in Home Living

253-473-1401

Provides education and training opportunities for disabled adults that are current clients of the Division of Developmental Disabilities.

Providers for children with special needs are listed below:

PAVE Parent to Parent

6316 South 12th St
Tacoma, WA 98465

253-565-2266

Tacoma Learning Center

6316 South 12th St
Tacoma, WA 98465-1900

253-565-4887

DISABILITIES

EMPLOYMENT OPTIONS FOR THOSE WITH DISABILITIES:

Keystone Employment Services

12001 Pacific Ave S Suite 202
Tacoma, WA 98444
253-536-6559

Center Force

5204 Solberg Dr SW
Lakewood, WA 98499
253-584-1001

ENRICH

Good Sam Community Services
325 E Pioneer Ave
Puyallup, WA 98371
253-435-8488

Metropolitan Park District of Tacoma

Specialized Recreation
4702 Ss 19th St
Tacoma, WA 98405
253-305-1000

VADIS

1701 Elm St
Sumner, WA 98390
253-863-5173

Tahoma Associates

1545 Tacoma Ave, S
Tacoma, WA 98402
253-627-7980

**Washington Initiative for Supported
Employment (WISE) www.theinitiative.ws**

100 S King Street #260
Seattle, WA 98104
206-343-0881

Goodwill Industries Tacoma

714 South 27th Street
Tacoma, WA 98409
573-6629

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

Home Delivered Meals**272-8433**

For elderly or disabled individuals who are homebound, Lutheran Community Services will deliver frozen meals to a person's home if they live within the Tacoma or Puyallup city limits. Orders are taken by phone on Wednesday and all deliveries are made Friday for the Tacoma area. Orders are taken by phone on Tuesday and all deliveries are made Wednesday for the Puyallup area. The meals cost \$4.00 each and a minimum order of seven meals is required.

Home Health Services

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

Franciscan Hospice & Palliative Care

2901 Bridgeport Way W
University Place, WA 98466
253-534-7000

***Multi Care Good Sam Home ***

Health and Hospice of Tacoma
3901 S Fife St
Tacoma, WA 98405
1-888-516-4504 or 253-301-6400

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

- Hospice and Palliative Care
- Grief and Loss Counseling
- Staffing

Hope Guest Home

915 S 7th St (and South J Street)
Tacoma, WA 98405
253-627-3620

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

MultiCare Hearing Services

Mary Bridge Hospital Speech and Hearing
1220 Division Ave
Tacoma, WA 98403
253-403-4437

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

DISABILITIES

PAVE

6316 S 12th St
Tacoma, WA 98465

253-565-2266 or 1-800-5-PARENT

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

Paratransit Services

1-800-925-5438

Paratransit Services currently provides Medicaid transportation services in Pierce County.
48 hours notice is required

The Pierce County Community Development Corporation

253-798-7038

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

Pierce Transit Shuttle

3720 96th St SW

Lakewood, WA 98499-0070

253-581-8100 or 1-800-841-1118

The ADA Shuttle Service of Pierce Transit in the greater Tacoma area and can be used by all eligible disabled individuals for medical appointments, day care, meal sites and essential shopping. You must register for ADA services by calling Pierce Transit prior to scheduling a ride

Puget Sound Educational Service District

Early Head Start / Readiness to Learn

3601 20th St E

Fife, WA 98424

1-800-664-4549

253-778-7600

Offers ECEAP/Head Start, Readiness to Learn, Deaf-Blind and Homeless services to children and families. Call for detailed information.

Social Security Administration

1-800-772-1213

www.SocialSecurity.gov

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

SSA Tacoma Office

2608 S 47th (corner of Oakes & 47th)
Tacoma, WA 98409

SSA Puyallup Office

811 S Hill Park Dr Suite A
Puyallup, WA 98373

TACID

6315 S 19th St
Tacoma, WA 98466

253-565-9000

TTY 253-565-3486

TACID is the Tacoma Area Coalition for Individuals with Disabilities. The center is located on the Southeastern corner of the Tacoma Community College Campus. They offer a variety of programs such as: Blind Independent Living, Housing and Employment, Information and Referral, Mental Health Resources, Support groups and Volunteer Opportunities. Hours: 9:30am to 5:00pm

Vocational Rehabilitation

1949 S State St, 1st floor
Tacoma, WA 98405
253-983-6500

Puyallup Vocational Rehabilitation

510 E Main St, Suite G
Puyallup, WA 98372
253-445-7260

Their purpose is to assist people who are permanently disabled in securing employment. Where there is a reasonable expectation that retraining or education will help someone gain employment, it is appropriate to contact the Vocational Rehabilitation Division of the Department of Social and Health Services. They can provide training and pay for tuition, books and fees for those who have either an emotional illness or a physical or mental disability that prevents them from working.

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

1-888-700-8880

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

EDUCATION AND EMPLOYMENT

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

**Associated Ministries Community University
Project Interdependence
1224 S I St
253-383-3056 ext. 108
Project Interdependence**

Project Interdependence (PIP), a program of Associated Ministries, strives to create and maintain support networks for families moving from dependence on welfare to self-sufficiency through employment. The program provides mentoring (matching families in transition with teams of volunteers), payee services, case management, and resource referrals for low-income families, mail services for homeless individuals and more.

**Bates Parenting for High Risk Families
253-680-7511**

Free childcare is offered during class sessions and Spanish speaking classes are available. The program offers 10 sessions of parenting for families identified as high risk for child abuse or neglect. Most fees paid by DSHS. www.batesctc.edu

**Bureau of Indian Affairs (BIA)
Central Office-WEST
360-725-6160**

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

Beyond the Borders: A Transportation Service for Rural Pierce County

Beyond the Borders provides free transportation for people living in rural Pierce County. The service helps people get to work and employment related support services such as childcare and job training. It also helps people access public transportation, medical and social service appointments, shopping and social activities.

The service area includes Graham (South of 224th & East of Meridian), Kapowsin, Ashford, Eatonville, Elbe, McKenna, Roy, Orting, Buckley, Carbonado, and Wilkeson. Riders will be picked up at home and taken to their destination, or if the destination is within the area served by Pierce Transit, they will be taken to the nearest bus stop for transfer to "SHUTTLE" for an ADA accessible ride or to a fixed route bus.

To complete the eligibility process, please call 253-798-2880 or 1-800-562-0336.

**Challenge Learning Center
253-383-4469**

**Clover Park Technical College, Adult Basic Education
253-589-6045**

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

EDUCATION AND EMPLOYMENT

EOC (Educational Opportunity Center) 572-5960

Metropolitan Development Council
1305 Tacoma Ave S
Tacoma, WA 98402

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

GED COURSES

Bates Technical College
253-680-7000

Green River Community College
253-924-0180

Clover Park Technical College
253-589-6045

Pierce College
(New Horizon Learning Center)
253-840-8455

Tacoma Community College
253-566-5144

**Elective High School &
Adult Diploma Completion**
253-589-5760

Running Start
253-589-5701

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

Pierce County Community Action **253-798-2880**

Pierce County Community Action offers GED preparation assistance. Space is limited and parents participating in Work First activities are given first priority. Please call 253-798-2880 for more information.

EDUCATION

Pierce College
9401 Far West Dr SW
Lakewood, WA 98498
253-964-6265

Tacoma Community College
6501 S 19th St
Tacoma, WA 98466
253-572-5960

Pierce College and Tacoma Community College (TCC) have programs that allow for tuition and fee waivers for low-income persons who have been unemployed or underemployed for the previous six months. The Pierce College program is called the Unemployed-Underemployed Tuition Exemption Program. For admission of low-income waivers call: 253-912-3617.

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

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

EDUCATION AND EMPLOYMENT

**Educational Programs and
In Home Living**
(For disabled adults)
253-473-1401

Provides education and training opportunities for disabled adults.

If you have questions about **Unemployment Compensation** call **1-800-318-6022**.
Worksource

Lakewood Office
5712 Main St SW #200
253-984-5423

Tacoma Office
1305 Tacoma Ave S #201
253-593-7300

If you have internet access you can obtain a list of WorkForce Affiliate Centers at
www.wa.gov/esd/wsdirectory_local.htm#wspierce

Employment Training Consortium Tacoma/Pierce County
253-591-5450

There are many employment training programs such as
Senior Employment Program Vocational Education Dislocated Workers
Business Connection GREAT Foster Youth Program Youth Works
Call for more programs and how to get started! 253-593-7300



EMPLOYMENT OPTIONS FOR THOSE WITH DISABILITIES:

Keystone Employment Services

12001 Pacific Ave S, Suite 202
Tacoma, WA 98444
253-536-6559

ENRICH

Good Sam Outreach Services
3258 E Pioneer Ave
Puyallup, WA 98371
253-697-8488

Goodwill Industries

714 S 27th St
Tacoma, WA 98409
253-573-6629

VADIS

1701 Elm St
Sumner, WA 98390
253-863-5173

Center Force

5204 Solberg Dr SW
Lakewood, WA 98499
253-584-1001

Metropolitan Park District of Tacoma

Special Populations/Comm. Access
4702 S 19th St
Tacoma, WA 98405
253-591-305-1000

Tahoma Associates

1545 Tacoma Ave. S
Tacoma, WA 98402
253-627-7980

**Washington Initiative for Supported
Employment (WISE)**

100 S King St # 260
Seattle, WA 98104
206-343-0881
www.theinitiative.ws



Trillium Employment Services

201 Auburn Way N., Suite B
Auburn, WA 98002
253-735-1553

Promoting inclusive community and employment opportunities.

EDUCATION AND EMPLOYMENT

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

Tacoma Community College ESL	253-566-5144
Pierce College ESL & Admissions	253-964-7325 or 840-8463
Green River Community College ESL	253-833-9111

Pierce College Supported Education Program

At Western State Hospital
9601 Steilacoom Blvd SW
Lakewood, WA 98498-7213
253-756-2767 or 253-756-2750

Pierce College Supported Education is a program to assist and support consumers of mental health services in the process of continuing their education at any post secondary school in the surrounding area. There are no entrance fees. This program is funded by Pierce County RSN.

Pierce County Community Action **253-798-2880**

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

Service includes:

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

Online Homework Help

Pierce County Library System is offering a new service to help students with their homework. This service gives kids instant one-on-one help with their homework with live tutors online. Live **Homework Help** is free to anyone with a Pierce County Library card at:

<http://www.piercecountylibrary.org/kids-teens>

The online homework uses instant messaging to help students in real time. Professional, trained and experienced tutors will help students with math, science, English and social studies. The service is geared toward K through 12th grade, but anyone with a Pierce County Library card may use the online service for free.

The Library is offering Homework Help every day, 1 to 10 pm. for both English and Spanish-speaking students.

Tacoma Urban League

2550 S Yakima
Tacoma, WA 98405
253-383-2007

The League sponsors employment and training programs. They also maintain a comprehensive list of currently available state, county and city jobs being advertised. These are available to the public in the lobby on the first floor.
www.tacomaurbanleague.org

WWE

Washington Women's Employment and Education

3516 S 47th St, Suite 205
Tacoma, WA 98409
253-474-9933

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

Work Force Advisor at Pierce College
253-964-6651



WATER PURIFICATION AND STORAGE

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

BEFORE:

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

WATER PURIFICATION

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

BOILING

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

DISINFECTING

You can use household bleach to kill micro-organisms. Use only regular household bleach that contains 5.25% sodium hypochlorite. Do not use scented or color safe bleaches, or bleaches with added cleaners. Add 16 drops of bleach per gallon of water. Stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes. The only agent used to purify water should be household liquid bleach. Other chemicals such as iodine or water treatment products sold in camping or surplus stores do not contain 5.25% sodium hypochlorite as the only active ingredient. They are not recommended and should not be used.

DISTILLATION

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



FINANCIAL

The main source of public assistance is available through the Department of Social and Health Services (DSHS) of the state of Washington. DSHS offers a wide variety of assistance including but not limited to; cash grants, food stamps, daycare costs and Medicaid insurance.

People must call a DSHS office to find out what services they qualify for.

For specific information regarding appointments and eligibility, call the Department of Social and Health Services CSO in your area.

Puyallup CSO

1004 E Main St
Puyallup, WA 98372
1-877-501-2233
TTY: 253-209-5446

Pierce South CSO

1301 E 72nd St
Tacoma, WA 98404
1-877-501-2233
TTY: 253-471-4525

Pierce North CSO

1949 S State St, 1st Floor
Tacoma, WA 98405
1-877-501-2233

Lakewood CSO

5712 Main St SW
Lakewood, WA 98499
1-877-501-2233

You can apply for services online at:

https://fortress.wa.gov/dshs/f2ws03esaapps/onlineapp/introduction_1.asp

United States Bankruptcy Court

1717 Pacific Ave, Suite 2100
Tacoma, WA 98402-3233
253-882-3900

The Wage Earner Plan, or Chapter 13 Bankruptcy is a possible alternative for dealing with creditors. If you are considering filing for bankruptcy, the sooner you investigate the laws, the better.

Child Support Enforcement Services

Department of Social and Health Services
253-597-3700 or 1-800-442-5437

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

Children's Medical Benefits

1-877-543-7669

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

Consumer Credit Counseling Service

Apprisen Financial Advocates

3560 Bridgeport Way, SW
University Place, WA 98466
253-588-1858 or -800-355-2227

For people that have an income but are experiencing financial difficulties. They can provide financial counseling free of charge and will work with their client's creditors in an effort to solve their problems. One requirement is that married couples attend an appointment together.

FINANCIAL

Project Interdependence Program

253-383-3056

Project Interdependence (PIP), a program of Associated Ministries, strives to create and maintain support networks for families moving from dependence on welfare to self-sufficiency through employment. The program provides mentoring (matching families in transition with teams of volunteers), payee services, case management, and resource referrals for low-income families, mail services for homeless individuals and more.

Social Security Administration

www.socialsecurity.gov

1-800-772-1213

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

SSA Tacoma Office

2608 S 47th (corner of Oakes & 47th)
Tacoma, WA 98409

SSA Puyallup Office

811 S Hill Park Dr, Suite A
Puyallup, WA 98373

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

Associated Ministries

253-383-3056, ext.118

The Pierce County Asset Building Coalition gives low-income wage- earners the tools they need to increase their financial resources so they may become self-sufficient. Members of the coalition offer such services as free tax preparation by IRS trained and certified volunteers, financial literacy education, protection from fraud, consumer scams, and much more.

SCORE

Small Business Administration

1101 S Yakima Rm# M123

Tacoma, WA 98405

253-680-7770

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

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

W.T.A.P.

Washington Telephone Assistance Program

1-888-700-8880

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

FOOD

If your needs are immediate, the Food Banks in the county can usually help on a limited basis. Call the Emergency Food Network at 253-584-1040 located at 92nd and So Tacoma Way for additional information about food banks in your area.

Area code is 253 unless noted otherwise.

All Saints Catholic Church	848-2000
BASH (elderly, homebound & disabled)	531-9600
Bonney Lake	863-4043
Buckley/Prairie Ridge	(360) 897-9005
Diabetic Foods FISH	272-8289
Fife/Milton/Edgewood	922-0960
FISH Admin. (general information)	383-3164
Graham FISH	846-3805
Gig Harbor (Peninsula area))	851-8800
Key Peninsula	884-4440
Orting	(360) 893-3150
Parkland First Baptist Church	535-1293
Peninsula/Gig Harbor	858-6179
Prince of Peace Food Bank	584-2565
Puyallup FISH	848-5240
Roy FISH	843-3033
Salvation Army Puyallup	841-1491
Southeast Tacoma FISH	531-4530
Spanaway FISH	383-1817
Steilacoom	581-1076
St. Andrew Emmanuel Food Pantry	863-3828
St. Leo's Food Connection	383-5048
Sumner	863-3793
Tacoma Special Need Diet	272-8289
Tillicum	584-1280
University Place	460-3134

Food Stamps are available from the Department of Social and Health Services (DSHS) to anyone who meets their eligibility and income criteria. See the financial section of this guide for the number to your local DSHS Community Service Office. You may also contact a local Family Support Center to get help applying for Food Stamps.

Grocery Outlet - Lakewood

11011 Pacific Highway SW

253-581-5333

Grocery Outlet - Bonney Lake

18318 St Rte 410 E

253-299-6999

Grocery Outlet – North Tacoma

6425 6th Ave

253-565-2441



Grocery Outlet – South Tacoma

3510 S 56th St

253-830-5141

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

**WSU- Pierce County Extension**

3602 Pacific Ave
Tacoma, WA 98418
253-798-7180



Is it possible to grow your own garden? Gardening is a means of providing yourself and your family with an abundance of inexpensive food. The WSU Pierce County Master Gardener program (253-798-7170) teaches people about plants and gardening. Master Gardeners are available in the Extension office Monday – Friday from 9 a.m.-3 p.m.

**Franz Bakery**

8203 Durango SW Tacoma, WA.....**253-584-4200**
11216 Golden Given Rd E, Tacoma.....**253-537-0749**

Wonder Bread Bakery

10014 Pacific Ave, Tacoma.....**253-536-1435**

Bread and other bakery products can be purchased at considerable savings from either bakery.

The **Food Help** web site will help connect you with Food Assistance, Nutrition Information and other valuable resources to help make ends meet for you and your family.

<http://www.foodhelp.wa.gov>

1-877-501-2233

The **Resource Distribution Council (the RDC)** is a nonprofit charity striving to provide quality nutritious food to all who ask. They also provide mobile food pantry stops at multiple locations. **RDC Mobile Food Pantry** - current stops are listed below. Call for more information: **(253) 473-7669**

NW Community Church**At Hope Center**

Thursday 1:00 p.m. - 3:00 p.m.
10402 Kline St SW
Lakewood, WA 98498

Grace Place

Friday 1:00 - 3:00 p.m.
Saturday 11:00 a.m. – 1:00 p.m.
3801 S Union Ave
Tacoma, WA 98409

Woodbrook Middle School

Wednesdays 4:00 p.m. - 6:00 p.m.
14920 Spring St
Lakewood WA 98439

House of Prayer

Saturday 11:00 a.m. - 1:00 p.m.
6602 Ferdinand St S
Tacoma, WA 98409

Freedom River Church

Thursday 5:00 p.m. to 7:00 p.m.
Saturday 6:00 p.m. - 7:00 p.m.
106 28th St S
Tacoma, WA 98402

Chapel in the Woods

2nd and 4th Saturday
12:00 p.m. - 2:00 p.m.
9414 282nd St. S.
Roy, WA 98580

Greater Life Church

4th Saturday 9:30 a.m. - 11:30 a.m.
8222 Washington Blvd
Lakewood, WA 98498

FOOD

Below is a list of Hot Meal Sites:

**St. Francis House at
National Guard Armory**

622 4th Ave SE, Puyallup
Monday 6pm to 7pm
253-848-3618

**Immanuel Celebration
Church**

Thursday (6:00 pm)
9244 Pacific Ave, Tacoma
253-537-2766

**Good Shepherd
Lutheran Church**

Tuesday (6:00 pm)
140 E 56th, Tacoma
253-473-4848

Rescue Mission

Mon. - Sun. Dinner 5:00 pm
425 S Tacoma Way, Tacoma
Men's Shelter opens at 3:30pm
253-383-4493

Tillicum Hot Meal Site

Mon and Thurs Lunch 11:45
14916 Wash Ave SW
Lakewood (seniors only)
584-1280

Rainier View Christian Church

12305 Spanaway Loop Road S
Spanaway
Monday (6:00 pm)
253-531-0757

Nativity House

Mon, Thur, Fri
(11:00am - 4:00pm)
Sat & Sun (9:00am - 4:00pm)
2304 S Jefferson Ave, Tacoma
253-272-5266

Temple of Praise Church

Tuesday 11:00 am – 1:00 pm
Saturday 11:00 am - 2:00 pm
except the 1st Sat. of the month
1101 S J St, Tacoma
253-376-3152

Hospitality Kitchen

Mon-Thurs-Fri
Breakfast 8:30am-12:30pm
Tues-Wed 8:30am -5:00pm
1323 S Yakima, Tacoma
253-502-2763

Peace Lutheran

214 E Pioneer Ave, Puyallup
Sat. 11am (lunch)
253-845-8819

Parkland Hot Meal Site

253-537-9171
Weekdays 12:00 (lunch)

United Methodist

901 Wood Ave, Sumner
Wed. 5:00 pm
253-863-4287

Catholic Community Services

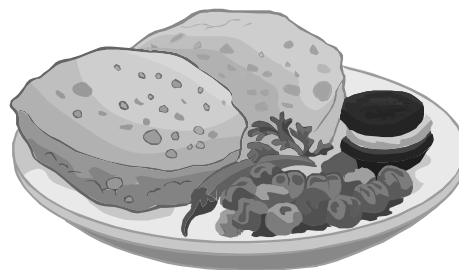
Meals on Wheels
Delivery of frozen meals to seniors
253-474-1300

St. Francis House

Puyallup Nazarene Church
1026 7th Ave SW
Friday 6pm-7pm
253-848-3618

Trinity House

1619 6th Ave, Tacoma
Friday 1:00pm-2:00pm (soup)
253-272-8819 ext. 106



TURNING OFF THE UTILITIES

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

GAS

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

ELECTRICITY

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

WATER

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

HOW TO READ YOUR ELECTRIC METER

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

WATER CONSERVATION

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

HEALTH

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

Children's Medical Benefits

253-671-7900

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

The STD/ AIDS / HIV Outreach Program

253-798-3805

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

Pierce County AIDS Foundation

3520 S Pine

Tacoma, WA 98409

Mon.- Tues.- Thurs.- Fri. 9:00 a.m. to 5:00 p.m.

Wed.- 11:30 a.m.-5:30 p.m.

253-383-2565

Offers free resources for persons with HIV infection or AIDS and for their families. The AIDS Foundation also provides education and outreach designed to prevent further transmission of AIDS.

Soul Care Psychotherapy (SCP)

253-761-8808

Soul Care Psychotherapy (SCP), a program of Associated Ministries, provides pastoral and spiritual counseling on an adjusted fee scale to individuals, couples and families. SCP also offers education and consultation to clergy, church staff members, congregational leaders and groups.

Baby Catchers and Beyond

2115 S 56th, Suite 301

Tacoma, WA 98409

253-471-3193

Baby Catchers and Beyond offers complete health care for women. The all female staff is sensitive to the needs of women. Some of the services provided include family planning, annual exams, primary care, prenatal care, births, birth control, menopausal care, screening and treatment for sexually transmitted infections, adolescent healthcare and gynecologic surgery.

Alcohol and Drug Awareness Resources:

Alcohol Abuse 24-hour Hotline	800-562-1240
Alcoholics Anonymous	253-474-8897
Al-Anon and Ala-teen	800-726-8094
Pierce County Alliance (outpatient program only)	253-572-4750
Narcotics Anonymous	253-531-8792
Pierce County Health Dept. (substance abuse)	253-798-6405
Salvation Army Adult Rehabilitation Center	206-587-0503
Tacoma Detox Unit	253-593-2413
Western WA Alcohol Center	253-536-5549

**CHC Health Care Clinics
Central Office: 597-4550**

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

Eastside

1708 E 44th St
Tacoma, WA 98404
253-471-4553

Parkland

11225 Pacific Ave
Tacoma, WA 98444
253-536-2020

Lakewood Clinic

10510 Gravelly Lk Dr SW
Lakewood, WA 98499
253-589-7030

Spanaway

134 188th St S
Spanaway, WA 98387
253-536-2020

Tacoma

1102 S "I" St
Tacoma, WA 98405
253-597-3813

The Center at MDC

253-593-2740 Ext. 1

The Center South

253-593-2740 Ext. 1

The Center East

253-593-2740 Ext. 1

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

Persons with physical impairments may be eligible for services through the COPES Program.

Dept. of Home & Health Services

1949 S. State St
Tacoma, WA 98405
253-476-7292 or 800-442-5129

Adult Protective Services

253-476-7200

You may also contact:

Catholic Community Services

Care Givers **253-383-3697**

Lutheran Community Services

Home Helpers **253-272-8433**

Volunteer Chore Services

253-502-2690

HEALTH

Recovery Response Center 800-576-7764

Services include short term observation and treatment for people experiencing a mental health or chemical dependency crisis. Assistance with planning and referral to other services are provided.

Tacoma/Pierce County Health Department

3629 S. D St.
Tacoma, WA 98418
253-798-6500

Provides referrals for programs that relate to public health. These include but are limited to programs for Methadone Maintenance, Tuberculosis Control, and Sexually Transmitted Diseases. Messages can be left at the main number.

Healthy Options

Children's Medical Benefits
800-562-3022

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

Home Health Services

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

Contact the organizations listed below:

Multi Care-Good Samaritan Health & Hospice

3901 S Fife St.
Tacoma, WA 98409
888-516-4504 & 888-516-4505
253-301-6400 & 253-301-6500

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

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

Immunization Referrals**253-798-7480**

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

Make-A-Wish Foundation® Western Washington Office Toll Free: (800) 304-9474Web site: www.northwestwishes.org E-Mail: barry@nwwishes.org

Who is eligible? A child with a life-threatening medical condition that has reached the age of 2 1/2 and is under the age of 18 at the time of referral, are potentially eligible for a wish.

After a child is referred to the Make-A-Wish Foundation, the Foundation will contact the child's treating physician to determine whether the child is medically eligible for a wish, based on the medical criteria established by the Make-A-Wish Foundation of America. In addition, a child cannot have received a wish from another wish-granting organization.

How can you refer a child? You may use the [online inquiry form](#) or [contact your local chapter](#)

MultiCare Hearing Services 253-403-4437

Mary Bridge Hospital Speech and Hearing

1220 Division Ave

Tacoma, WA 98403

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

Neighborhood Clinic 253-627-6353

1323 S Yakima

Tacoma, WA 98405

The Neighborhood Clinic provides minor urgent care free of charge. They are staffed entirely by volunteers and request that their recipients volunteer some community service time in exchange for care given.

Planned Parenthood 253-779-3900

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

Washington Poison Center 800-222-1222 www.wapc.org

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

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

Pregnant? Need help?
Maternity Support Services and Infant Case Management

Franciscan Health System has two M.S.S. / I.C.M. sites:

Lakewood 253-589-1283

Parkland 253-531-4851

WIC is available at the Lakewood and Parkland sites.

M.S.S. and I.C.M. offers information, support and resources to keep you and your family healthy. A support team of registered nurses, resource counselors, nutritionists and community health workers are available to address your needs. Depending on your income, they can assist you with getting DSHS insurance, medical care, transportation support, childbirth education, childcare, dental and vision care, family planning, newborn support as well as offering compassionate maternity services. They are only a phone call away.

SEA MAR Community Health Center

Culturally appropriate services with bi-lingual staff available:

1112 S Cushman
Tacoma, WA 98405
253-593-2144

10217 125th St Ct E
Puyallup, WA 98373
253-864-4550

SIDS (Sudden Infant Death Syndrome)

800-533-0376

Vision USA

800-766-4466

If you do not qualify for government aid or private health care assistance that covers the cost of routine eye or vision care, VISION USA may be able to help. VISION USA provides basic eye health and vision care services free of charge to uninsured, low-income people and their families.

WASHINGTON & OREGON PRESCRIPTION ENROLLMENT LINE

The state of Washington has a new program that can reduce prescription drug cost for anyone in the state that does not have drug insurance coverage. It is FREE! No hidden fees. No application costs. Signing up is easy. Call 1-800-913-4146 or download the application from your computer by going to www.rx.wa.gov



Apple Health for Kids

Free or Low-Cost Medical Coverage

You can get an application and help with your application by calling:
Tacoma-Pierce County Health Department **1-866-798-6451**
or from anywhere in Washington State, call **1 877-543-7669**

Washington Basic Health Care Plan

P.O. Box 42683
Olympia, WA 98504-2683
1-800-826-2444
www.basicealth.hca.wa.gov

Basic Health is for people under the age of 65 who do not qualify for Medicare and are low-income. The plan covers doctor visits, hospital care, lab tests and X-rays. Premiums start as low as \$17.00 per month, per person, with a small charge for hospital visits. Call or write for more information on services and locations nearest you.

WIC Programs:

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

Family Health Hotline	800-322-2588
Good Samaritan WIC	253-848-0490
Franciscan Health Systems	253-588-9597
Mary Bridge WIC	253-403-1349
Parkland	253-531-2460
Puyallup Tribal WIC	253-593-0232 ext. 530
Washington State WIC	800-841-1410 ext. 3620
Tillicum	253-589-0865

Hepatitis-C Information Line
253-798-3559

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

Needle Exchange Program
3629 S. D St.
Tacoma, WA 98418
253-798-6470

HIV /AIDS testing & information
3629 S. D St.
Tacoma, WA 98418
253-798-6410

Metropolitan Development Council
Health Care for the Homeless
253-627-5445

Mon-Thurs 8:00 a.m.-12:00 p.m. and 1:00 p.m. and 4:00 p.m.

Smoking Cessation Resources

If you smoke and you are considering quitting, just remember to take it one day at a time.
One cigarette less a day is better than none.

American Cancer Society 253-272-5767

This is a non-profit organization that provides information and resources for tobacco education, prevention and cessation programs. They also provide statistics and information on cancer and clinical trials.

American Lung Association of Washington (ALAW) 1-800-732-9339

The mission of ALAW is to prevent lung disease and promote lung health. ALAW has programs that address tobacco issues. The Home Health Assessment project is a free program that works with individuals and families to find things (including smoking) in their homes that may be making their children and family sick. They will work with clients to create an action plan that includes low-cost solutions to make the home a healthy place.

The ALAW also offers an online Freedom from Smoking program. www.lungusa.org

Centro Latino 253-572-7717 www.clatino.org

Their family support centers are part of a community effort to build strong neighborhoods and healthy families. Their goal is to keep families healthy and intact through a broad range of prevention and supportive services delivered with flexibility, personalized attention and cultural respect.

Clean Air for Kids

The Tacoma Pierce County Health Department and the American Lung Association of Washington coordinate this program. If you or someone you care for has asthma, you can receive free assistance with helping to improve the quality of the air in your home. An automated answering system is available by calling 253-798-6047 to receive information or to schedule a home assessment. Additional information is available by calling **253-798-2954**.

Korean Women's Association (KWA) 253-535-4202

KWA provides multicultural community residents with free one-on-one counseling, Nicotine Replacement Therapy (NRT), and referrals to local stop smoking programs. Cessation classes are adjustable and help you until you stop smoking. Classes start everyday and meet once a week for 4-6 weeks.

Tobacco Quit Line 800-QUIT-NOW (800-784-8669)

This state funded program offers information and resources to help the residents of Washington State quit using tobacco. The program offers private counseling and support; an easy to follow proven quit plan; skills to help you quit; information on resources such as insurance benefits and stop smoking programs where you live; and a Tobacco Quit Kit mailed to you.

MultiCare Health System

Cessation and support groups in Pierce County offered through MultiCare include:

Quit Now
800-784-8669

Nicotine Anonymous

Nicotine Anonymous is a Non-Profit 12 Step Fellowship of people helping each other live nicotine-free lives. They welcome all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The Fellowship offers group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine.

Local Meeting Places:

Old Parkland School Room 23
 121st and Pacific Ave
 PLU - 2nd Floor
 Wednesday at 7:30 PM

Puyallup Tribal Treatment Center
 2209 E 32nd St Bldg #3
 Tacoma WA
 Thursday at 12:00 Noon

Puyallup Tribal Health/Takopid Health Center
253-593-0232

The health center staff provides tobacco educational materials and cessation support to registered members of the Puyallup Tribe and their families.

Tacoma-Pierce County Health Department (TPCHD)
Tobacco Prevention and Control Program

3629 S D St MS 408
 Tacoma WA 98418-6813
253-798-6500

The mission of the TPCHD is to safeguard and enhance the health of the communities of Pierce County. The health department provides educational materials and speakers focused on a variety of tobacco related issues. The department also financially supports the Multi-care Tobacco Cessation Support groups and can provide referrals to these programs. In addition, TPCHD has programs to address secondhand smoke, youth tobacco prevention, workplace programs, and Basic Tobacco Intervention Skills. The department supports the Cross Cultural Collaborative that is comprised of community groups representing the Asian/Pacific Islanders, Native Americans, GLBTQI, Latino/Hispanic, African Americans and Low Income populations in Pierce County. This collaborative works together on issues related to tobacco use and other health issues. In addition, the department has a Tobacco Advisory Board that works on issues specifically designed to reduce the use of tobacco in Pierce County. The board consists of local organizations and community members.

WA Assoc. of Community & Migrant Health Centers (WACMHC)

This is a non-profit organization serving low-income and other persons with limited access to health care. The mission is to promote health and human services for the underserved people of Washington State and to ensure that all Washingtonians have access to primary health care, regardless of geographic location, nationality or income level.

Community Health Care
 101 E 26th St, Suite 100
 Tacoma WA 98421
253-597-4550

Sea Mar Community Health Centers
 1415 Center St
 Tacoma WA 98409-8210
253-627-2250

10217 125th St Ct E
 Puyallup, WA 98373
253-864-4550

HOME HEATING/ENERGY/REPAIR SERVICES

Pierce County Community Action Program and the **MDC** provide **HOME HEATING/ENERGY SERVICES** for low-income individuals. These programs can include Weatherization services and Energy assistance.

Eligibility is determined by the total household income and the number of household members. County residents must apply at the Pierce County Community Action, or one of its satellite offices, and persons who live within the city limits of Tacoma must apply at MDC. Both of these agencies have limited funding. Call for further information.

You do NOT need to be past due or disconnected to receive assistance.

County residents can obtain the numbers of satellite centers by calling the main office toll free. The county program also offers persons who are over the age of 60 OR persons that are certifiably disabled a mail in application by calling the appointment line and requesting an telephone appointment.

Outside the city limits of Tacoma
Pierce County Community Action
253-798-3800 or 1-800-562-0336
Appointment Line: 1-855-798-HEAT
(4328)

This line takes calls 24 hours a day
 7 days a week when funds are available

Inside the city limits of Tacoma
M.D.C.

721 S. Fawcett
 Tacoma, WA 98402
253-572-5557
 (Except the city of Ruston)

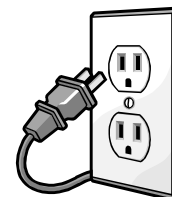
Both of the agencies listed above have additional limited funds for
Puget Sound Energy and Tacoma Power customers.

If you are not sure if you live inside or outside the city limits contact your utility company to ask.

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



All Saints Catholic Church	253-848-2000
Project Help (Peninsula Light)	253-857-1510
Salvation Army	253-572-8452
Salvation Army (Puyallup area)	253-841-1491
St. Vincent De Paul	253-341-1240



Minor Home Repair:

Tacoma (inside the city limits)	253-591-7020
Pierce County (outside the city limits)	253-798-7038
Lakewood (Minor/Major Home Repair)	253-589-2489

Paint Tacoma/Pierce County Beautiful **253-383-3056 ext. 105**

Paint Tacoma-Pierce Beautiful, a program of Associated Ministries, provides volunteers to paint the homes of low-income seniors and disabled homeowners. The homes must be owner occupied.



HOME HEATING/ENERGY/REPAIR SERVICES

The Pierce County Community Development Corporation 253-798-7038

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

Need-A-Break Services 253-284-4282

Need-A-Break Services can provide help through a *one-time* gift for those who cannot fulfill a need they have on their own. They can assist with services such as: vehicle repair, home repair, household items, medical needs, household chores and more. Applications are available online or they can be mailed upon request. Please call the number listed above or visit the website at:

www.needabreak.org

Small Tribes Organization of Western Washington (STOWW) 253-589-7101

Tacoma Power offers a reduced rate program for Senior citizens and/or disabled individuals that are income eligible.
For more information call: **253-502-8369**

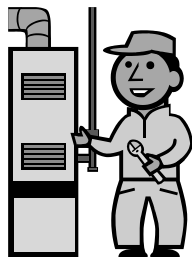
***IF ANYONE IN THE HOME IS ON
A LIFE SUPPORT MACHINE AND CANNOT BE WITHOUT
POWER, CONTACT YOUR UTILITY COMPANY TO VERIFY
THEIR POLICIES.***

The **United Way HELPLINE** stays up to date knowing which programs have money for which services. For more information call the HELPLINE at 211 or 253-572-4357 or 1-800-572-4357 or visit their website at www.uwpc.org

WEATHERIZATION SERVICES:

Pierce County Community Connections (county residents only) **253-798-6526**
MDC (city residents only) **253-593-2336**

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



HOUSING/SHELTER

The following is a list of shelter resources provided by several organizations, however, space is limited. Sometimes there are waiting lists. Please call for detailed information.

Helping Hand House

Homeless families with children

848-6096 ext. 12

Jump Start/Faith Homes

Females ages 14 to 25

572-0458

Korean Women's Association

Domestic violence & sexual assault only

Single women & women with children

359-0470

Tacoma Rescue Mission

Women/Family shelter

272-1974

Tacoma Rescue Mission

Men's Shelter

383-4493

YWCA Domestic Violence Shelter

Domestic violence only

Single women or women with children

383-2593

Family Renewal Shelter

Domestic violence only

Single women or women with children

475-9010

Graham Youth House

Males ages 18-21

Homeless

209-5216

Phoenix Housing Network

Families with children under 18

471-5340

Catholic Community Services

Single men

Single women

572-0131



**Associated Ministries
Housing and Shelter Services**

1224 S. I St.
Tacoma, WA 98405
253-682-3401

Associated Ministries' Housing and Shelter Services include the Emergency Shelter Assistance Program and homeless prevention, which provides funding and oversight to 14 Pierce County shelter programs; the Severe Weather Assistance Program, which furnishes shelter to homeless families in freezing weather; the Housing and Shelter Coordination Services program, which organizes county-wide information about shelter beds and rentals assistance; and Open Hearth Ministries, which provides motel vouchers and case management to homeless families with special needs in East Pierce County.

**Open Hearth Ministries
253-307-2274**

Open Hearth Ministries, a program of Associated Ministries, offers emergency shelter to homeless families in east Pierce County motel stays. To meet the program's criteria, a family must consist of an adult with one or more children under 18, have some connection with east Pierce County, have a willingness and ability to work, and be without financial or other resources to provide shelter for themselves. The program's volunteer caseworkers also offer resources and support with the goal that families can move toward independent living.

**Washington Homeownership Center (WHC)
206-542-1243 or 1-877-894-4663**

Washington Homeownership Center is a community sponsored, non-profit agency that knows the programs, products and people throughout Washington State that can help make your dream of homeownership a reality. They are not affiliated with any bank, lender, real estate broker, real estate agent, or government agency. Their sole mission is to increase and preserve homeownership for low and moderate income individuals and families throughout Washington State.

Web site: <http://www.homeownership-wa.org>



Common Ground
419 Occidental Ave S, Suite 201
Seattle, WA 98104
206-461-4500 Ext. 113

They are a non-profit organization that assists with housing issues for low-income households.

HOUSING/SHELTER

Northwest Housing Development

3640 S Cedar, Suite H

Tacoma, WA 98409

www.nhdwa.org

253-441-2170

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

For all Mobile Home Park issues please call 1-800-964-0852.

Landlord/Tenant Services-CLEAR 1-888-206-1014

Residential Landlord - Tenant Law

All Landlord Tenant Laws are available online on the

Washington State Attorney Generals Website

www.atg.wa.gov/Consumerissues/Landlord-Tenant.aspx

If you live **inside the city limits of Tacoma** you can call the **Landlord/Tenant Coordinator** at 253-591-5163 or click on the following link for additional information.

<http://www.cityoftacoma.org/Page.aspx?hid=10222>

If you live **outside the city limits of Tacoma** you can call the **Washington State Bar Association** for referral- 1-800-945-9722.

The **Washington State Bar Association** is pleased to offer moderate income homeowners free legal assistance through the **Home Foreclosure Legal Aid Project**.

The project is now accepting referrals of homeowners from federally approved foreclosure prevention agencies around the state. To locate a foreclosure prevention agency in your community please call **Homeownership Information Hotline - 1-877-894-HOME (4663)** or visit: http://www.dfi.wa.gov/consumers/homeownership/post_purchase_counselors_foreclosure.htm.



HOUSING/SHELTER

Pierce County Housing Authority

603 S Polk
Tacoma, WA 98444
www.pchawa.org
253-620-5400

Tacoma Housing Authority

902 S L St #1A
Tacoma, WA 98405
www.tacomahousing.org
253-207-4400

Section 8, or Public Housing, is available to low-income families, senior citizens (62 years or older) and handicapped persons through the local housing authority. Rents for the client(s) are scaled according to income and family size. Interested persons should check at the offices to see if they are taking applications. Applicants will be placed on a waiting list.

Pierce County Community & Economic Development Corporation

253-798-7038

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

For similar programs available to Tacoma or Lakewood residents call:

Tacoma Community & Economic Development
253-591-5230 Tacoma or 253-983-7785 Lakewood

Safe Streets Campaign

For more information call:

253-272-6824

Pierce County Department of Emergency Management

253-798-6595

Contact your emergency management office before a disaster occurs--be prepared to take notes. Ask what types of disasters are most likely to happen, including natural disasters and those related to terrorism. You can request information on how to be prepared. See the website for detailed information about getting prepared.

<http://www.co.pierce.wa.us/pc/abtus/ourorg/dem/abtusdem.htm>

Re-entry:

Progress House Work Release

253-593-2844

A community residential facility providing residents the opportunity to live in the community under Department of Corrections supervision, learn to utilize community treatment resources, work, attend school, and obtain job training while completing the last months of their sentence.

Re-entry:

RAP House

253-671-7290

Designed to assist
Developmentally disabled offenders.

Lincoln Park Work Release

253-671-4400

Designed to assist
mentally ill offenders.

The State of Washington operates the program in partnership with Pioneer Human Services, a private, non-profit rehabilitative corporation. Residents are required to seek employment based on their capabilities. Both programs train residents in self-medication responsibilities and have mental health groups, which are facilitated by community professionals.

HOUSING/SHELTER

USDA, Rural Development
1835 Black Lake Blvd., Suite C
Olympia, WA 98512
360-704-7760

Their mission is to increase economic opportunity and improve the quality of life for rural Americans through over 40 programs in housing, utilities and business.

Washington State Department of Commerce
Office of Manufactured Housing & Mobile Home Affairs
Relocation Assistance
800-964-0852
L & I
800-647-0982 or 360-902-6710

YWCA Women's Support Shelter
405 Broadway
Tacoma WA 98402
253-272-4181
Crisis Line 253-383-2593

DOMESTIC VIOLENCE HOT LINE 1-800-562-6025 (24 hours)

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

1-800-RECYCLE or 1-800-732-9253

The Washington State Department of Ecology provides a toll-free hotline for information on local recycling services.

American Red Cross
1235 S Tacoma Way
Tacoma, WA 98409
253-474-0400

Local Red Cross volunteers and staff work with families affected by a disaster to determine their immediate, emergency needs. The role of the Red Cross is to help people begin the road to recovery by providing assistance for food, shoes, clothing, medication replacement, and locating a safe place to stay.

L'Arche Tahoma Hope Community
12303 36th Ave, E
Tacoma, WA 98446
253-535-3178

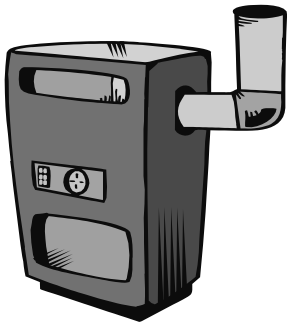
L'Arche offers housing opportunities to adults with developmental disabilities. You must be a current client of the Department of Developmental Disabilities. Call for more information.

RENTAL CHECKLIST

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

Condition of Property:

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



Which Utility Services the home?

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



Transportation Issues:

- Is the distance you will drive to do your normal commute further? Will it cost more in gas?
- Is it on or near a bus route?

Weatherization:

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

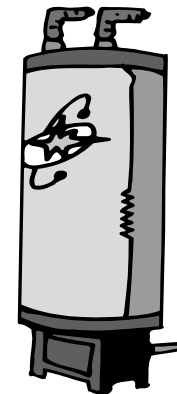
Heating System Check:

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

Water Heaters

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

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



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

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

LEGAL

LEGAL resources are limited, however several are listed below:

CLEAR Coordinated Legal Education Advice and Referral

www.washingtonlawhelp.org

1-888-387-7111 M-F 9:30am-12:30pm

1-888-206-1014 or 1-888-201-1014 For Seniors

CONSUMERLINE: 1-800-551-4636 M-F 10am-3pm

The job of the consumer division of the state Attorney General's Office is to enforce the Consumer Protection Act. Their information line has more than 125 recorded messages on consumer protection topics. To insure that the market place is free of deceptive or misleading business practices, we offer informal mediation for consumers with disputes that fall under the Consumer Protection Act.

Crime Victim Compensation Division

Washington State Department of Labor and Industries

1-800-762-3716 or 253-596-3800

www.lni.wa.gov/ClaimsIns/CrimeVictims

The Crime Victims Compensation program helps victims with the many costs associated with violent crime. The program provides financial compensation to crime victims for expenses such as medical bills, loss of earnings, and funeral expenses.

Crystal Judson Family Justice Center

The center, funded and operated jointly by Pierce County and the City of Tacoma, is located within walking distance of the County-City Building at 718 Court E

253-798-4166 TDD: 253-798-4620 1-800-764-2420

E-mail: familyjusticecenter@co.pierce.wa.us

The Crystal Judson Family Justice Center offers a wide array of social services and government assistance to victims of domestic violence. Services include civil and criminal legal advocacy, electronic protection order filing, safety planning, and access to DSHS services, spiritual support, military advocacy, emergency housing information and more.

Fair Housing Center of Washington

1517 S Fawcett, Suite 250

Tacoma, WA 98402

1-888-766-8800 or 253-274-9523

www.fhcwashington.org.

Provides help with housing discrimination issues.

Tacoma Community Justice Center

253-671-4000

Learn about DOC community supervision.

What you can do to support your family member who is returning to the community.

What resources are available to you and your family member?

Violent Crime Victim Services

253-383-5254

VCVS is a victim advocacy organization providing direct services to family and friends of homicide victims. Services include peer support groups, peer court support and counseling.

Pierce County Medical Society
253-572-3666

For Physician Referral Service contact them at the number listed above.

Northwest Justice Project
www.washingtonlawhelp.org
888-201-1014

Some civil legal services are available free of charge to low-income persons from the Legal Assistance Foundation. Such issues may relate to housing, guardianship, employment law and other topics.

For issues relating to racial, sexual or other types of discrimination, you can call the agencies listed below. Persons filing complaints regarding discrimination who live in the city should call the Human Rights Department and county residents should call HUD (for housing complaints only).

**National Association for the
Advancement of Colored People (NAACP)**
253-272-0357

Korean Women's Association (KWA)
253-535-4202

Washington State Human Rights Commission
711 S Capital Way, Suite 402
Olympia, WA 98504
360-753-6770
Toll-free 800-233-3247

**Human Rights & Human Services
Department**
747 Market St, Suite 836
Tacoma, WA 98402
591-5151

**Department of Housing and Urban
Development (HUD)**
1-888-827-5605

Office of the Attorney General
1019 Pacific Ave, 3rd Floor
Tacoma, WA 98402-4411
253-593-2904 or 1-800-551-4636

Better Business Bureau
100 Station Dr #222
DuPont, WA 98327
253-830-2924

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

Pierce County Dispute Resolution Center

They offer mediation services to assist in resolving conflicts. Mediators are impartial third parties who are trained to facilitate communication between parties.

253-572-3657

LEGAL

Pierce County District Court #1

1902 S 96th St
Tacoma, WA 98444

253-798-7487

If you have a dispute with a business or another citizen, and you reside in Pierce County, you can file a case in the Small Claims Court if it is a case worth less than \$5,000. Filing fee is \$39.00. Citizens must represent their own cases, but may consult an attorney. For more detailed information about the process call the number above on a touch tone phone and follow the instructions. This number can also give you information about general district court traffic infractions, criminal traffic matters, and warrants.

Project Interdependence Program 253-383-3056

Project Interdependence (PIP) strives to create and maintain support networks for families moving from dependence on welfare to self-sufficiency through employment. They help WorkFirst become stronger and more able to achieve successful, interdependent lives in the transition from welfare to work.

Tacoma/Pierce County Bar Association 253-272-8871

Provides several services that are provided for a nominal fee. Also provides Pierce County attorneys to speak to your group on a variety of topics. \$35.00 for 30 minutes.

Tacoma-Pierce County Bar Association Lawyer Referral Service

253-383-3432 Lawyer referral/consultation

1-888-201-1014 Low-Income Legal Issues

253-272-8871 Association Administrative Services

The Tacoma-Pierce County Bar Association (TPCBA) is a voluntary membership service organization of attorneys committed to promoting the practice of law and the fair administration of justice. They provide to the public: Volunteer Legal Services for low income legal matters (pro bono) and a Lawyer Referral Service for those with a legal problem that are able to afford an attorney and seek a consultation with an attorney.

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

Adult Division

1301 County/City Building
946 Tacoma Ave S
Tacoma, WA 98402
253-798-7400

Juvenile Division

Remann Hall
5501 6th Ave
Tacoma, WA 98406
253-798-3400

T-ROC (Tacoma Resource Opportunity Center) 253-680-2671

This program provides resources to enhance life skills, family relationships and increase employability by creating an environment in which offenders have the opportunity to acquire skills necessary to succeed. There are many programs and/or resources available for offenders that live in Pierce County and are under current Community Corrections Supervision. You have to be referred to the program by your Community Corrections Officer. Make sure to ask them about the programs. Family members are encouraged to participate in the programs that fit their needs. Programs offered include but are not limited to:

Housing Resources	Getting it Right
Child Support	Veteran's Group
Behavioral Change	GED Preparation
Partners in Parenting	Job list
Stress & Anger Management	Healthcare for the Homeless

Pioneer Human Services
 7440 West Marginal Way S
 Seattle, WA 98108
Phone: 206-768-1990

Pioneer Human Services provides an array of services to people overcoming the challenges of chemical dependency, mental health issues and criminal histories. Some of the services are listed below.

Corrections and Reentry Services (Pioneer operates **16** such facilities)

Two federal residential reentry centers serve adult federal offenders referred by the Federal Bureau of Prisons, U.S. Probation and U.S. Pre-trial Court Services.

Six state work release facilities serve formerly incarcerated adults referred by the Washington State Department of Corrections. The Community Corrections Group also manages four juvenile programs,

Counseling and Treatment Programs (Pioneer provides services at **12** different locations)

**Chemical Dependency
 Treatment Services**

E-mail: counseling@p-h-s.com
 Phone: 360-661-3238

**Mental Health
 Treatment Services**

E-mail: counseling@p-h-s.com
 Seattle 206-470-3856
 Tacoma 253-274-0484

Housing Programs (Pioneer owns and/or operates more than 650 units of housing units in King, Pierce, Spokane, and Whatcom Counties.)

Housing

E-mail: housing@p-h-s.com
 Phone: 206-766-7940

Job Training and Placement Programs (more than **500** Puget Sound employers hire Pioneer referrals)
Employment Opportunities (Pioneer manufactures products and performs services for more than **50** companies)

Employment

E-mail: jobs@p-h-s.com
 Phone: 206-766-7032

Training

E-mail: training@p-h-s.com
 Phone: 206-768-1990

ENERGY AUDIT

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

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

If you are low income you can call **Pierce County Community Services Weatherization Department** at **253-798-6115** to schedule an audit.

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

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

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

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

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

SAVE ENERGY WHILE COOKING

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



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

Acquainted with Grief

1002 S Yakima Ave
Tacoma, WA 98405
253-272-5558

A support group facilitated by a chaplain for persons who have lost a family member. They meet once a month on the second Wednesday of the month at 2 p.m. and 7 p.m.

Asian Counseling Services

4301 S Pine St, Room 451
Tacoma, WA 98408
253-697-8650

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

HopeSparks

6424 N 9th St
Tacoma, WA 98406
253-565-4484

A full range of counseling services for children, youth and families; marriage, child abuse, stress, depression, learning/behavioral and adjustment problems. Most major insurance is accepted otherwise services are on a sliding fee scale.

Consejo Counseling and Referral Service

5915 Orchard St W
Tacoma, WA 98467
253-414-7461

This is a bi-lingual organization working with Hispanic, high-risk youth providing gang intervention and prevention, and outpatient treatment. Medical coupons and insurance are accepted. They also have a sliding fee scale.

Recovery Response Center

Crisis Line
800-576-7764

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

Families and Friends of Violent Crime Victims

1-800-346-7555

MENTAL HEALTH

Domestic Violence Justice Center
253-798-4166 or
1-800-764-2420 (outside of Pierce County)
TDY **253-798-4620**

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

Hope Guest Home
915 S 7th St
Tacoma, WA 98405
253-627-3620

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

Long Term Care Ombudsman
253-798-7367

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

Pacific Lutheran University
Marriage & Family Therapy Center
Parkland School, 121st and Pacific Ave
253-535-8782

Marriage and family therapy available on a sliding fee scale.
Some evening appointments are available.

Puyallup Tribal Health Authority
Kwawatchee Counseling Center
2209 E 32nd St, Building 4
Tacoma, WA 98404
253-593-0247

Mental health support services are provided for Native American children and families residing in Pierce County or Puyallup Tribal members.
Medical coupons and/or insurance are accepted.

Pierce County AIDS Foundation
3520 S. Pine St
Tacoma, WA
253-383-2565

Services and resources are provided for persons with HIV or AIDS and for their families. They also provide education and outreach designed to prevent further transmission of AIDS.
Free HIV/Aids testing once a week from 11:30 am -1:30 pm on Thursdays.
Hours of operation are: M, T, Th, F 9:00 am-5:00 pm and Wednesday 11:30 am-5:30 pm

Mental Health Centers

Greater Lakes MHC Access Center

9330 59th Ave SW
Lakewood, WA 98499
253-581-7020

Good Samaritan MHC

325 E Pioneer
Puyallup, WA 98372
New clients: 253-697-8400
CRISIS LINE: 253-445-8125

Comprehensive MHC

1201 S Proctor
Tacoma, WA 98405
253-756-9960
Children services-**253-396-5800**
Adult Services-**253-396-5000**

Puyallup Tribal Health Authority

2209 E 32nd St
Tacoma, WA 98404
253-593-0247

NON-PROFIT

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

Catholic Community Services

1323 S Yakima St
Tacoma, WA 98405
253-383-3697

Healing Places Counseling

1614 S. Mildred St.
Tacoma, WA 98465
253-564-4233

Crisis Intervention Teams (24 hours)

Stabilization of emergency or crisis situation in the community
Puyallup/East Pierce County 888-445-8120

Crisis line (24-hours)

Immediate counseling, information, or referral to other resources.
Toll Free 1-800-576-7764

Sexual Assault Center of Pierce County

633 N Mildred St, Suite J
Tacoma, WA 98406-1725

253-474-RAPE

Crisis Line: **253-474-7273** or **800-756-7273**

Phone: **253-597-6424**

Provides a 24-hr crisis, information and referral line for victims of sexual assault, their family and friends. Other services provided are: legal and medical advocacy, therapy services for survivors of sexual assault, family and friends (with sliding fee scale), prevention education on issues surrounding sexual assault and abuse, professional training and support groups.

Sexual Assault Education/Prevention

Targets youth in grades 2-12 with age appropriate education/awareness presentations. Honest discussions with youth about all aspects of this topic in addition to listening to them, challenging them and helping them recognize what proper boundaries and behaviors are, enable them to make knowledgeable choices for themselves, and teaching them where they can acquire help in getting safe from abuse/violence.



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

Catholic Community Pregnancy Support Services

1323 S. Yakima
Tacoma, WA 98405
253-502-2652

Pregnancy Aid of Tacoma

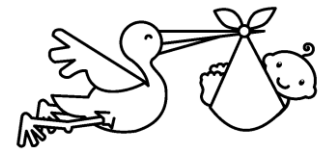
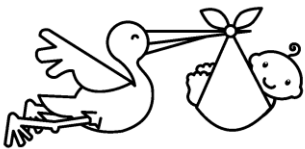
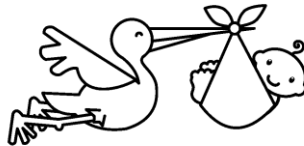
Urban Church
902 Market St
Tacoma, WA 98402
253-383-4100

(Mon., Wed. & Fri. -10 to 1:30)

When funds are available they can assist pregnant women with clothing, food, the last \$20.00 on utilities or the last \$30.00 on rent.

World Association for Children and Parents

1-800-732-1887



Drive to Save Gas

- Speeding up and breaking reduces mileage significantly.
- Minimize idling. Your vehicle gets 0 miles per gallon when idling.
- Rapid acceleration can reduce fuel efficiency by 2 mpg.
- Try to limit air conditioning use in slow traffic conditions.
- Remove unneeded weight from your car, you lose 1-2% of the average mpg for every 100 pounds added to your car.
- As the speed of your car increases above 55 mph, gas mileage decreases.
- Best gas mileage is between 35 and 55 mph. If you travel 55 mph instead of 70 mph, you can travel up to 5 miles more on the same gallon of gas.
- Avoid unnecessary driving, especially short trips.
- If you combine trips you'll save gas and time.
- Tires with insufficient pressure can create drag and lessen your mpg by 3 to 4 mpg.
- Check the air filter at least twice a year. A clogged filter can reduce gas mileage.
- Keeping the car tuned regularly (every 10,000 miles) could save a tank of gas a month.
- Comparison shop by phone rather than by car.
- Schedule trips during non-rush hour times to avoid stop and go driving.
- Join a carpool, vanpool or rideshare.
- Use overdrive and cruise control on your car if you have those features.
- Unload unnecessary items in your trunk to reduce weight.



DID YOU KNOW?

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

MULTI-CULTURAL

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

AGENCY	SERVICES
<p>Centro Latino 1208 S 10th St Tacoma, WA 98405 www.clatino.org 253-572-7717</p>	<p>Interpretation On-the-job training English as a Second Language Basic Computer Class</p>
<p>Indo-Chinese Cultural & Service Center 123 E 96th St Tacoma, WA 98444 253-473-5666 or main office 253-535-4202</p>	<p>Referrals, translation, interpretation for: Vietnamese, Cambodian,</p>
<p>Asian Counseling Services 4301 S Pine St, Room 456 Tacoma, WA 98408 253-697-8650</p>	<p>Multi-language mental health services: English, Vietnamese, Korean, Cambodian, Samoan and Laotian.</p>
<p>Puyallup Tribe of Indians 3009 E Portland Ave Tacoma, WA 98404 253-573-7800</p>	<p>Nutrition, transportation, medical, dental children's services, housekeeping, adult education, counseling, parenting, substance abuse treatment, information and referral.</p>
<p>Tacoma Community House 1314 S "L" St, P.O. Box 5107 Tacoma, WA 98405 253-383-3951</p>	<p>Education, employment, counseling for all immigrants and refugees. ABE & GED classes, youth services ages 14-21, help with immigration issues, interpretation and translation, and ESL.</p>
<p>Small Tribes Organization of Western Washington (STOWW) 3040 96th St S Lakewood, WA 98499 253-589-7101</p>	<p>Residents on tribal land and tribal members may be eligible to receive energy and food services. No housing assistance available.</p>
<p>Tacoma Urban League 2550 S Yakima Ave, Suite A Tacoma, WA 98405 253-383-2007</p>	<p>Educational programs, teaching innovations, community outreach and research along with involvement in social concerns.</p>

MULTI-CULTURAL

Baby Catchers and Beyond

2115 S 56th Suite 301

Tacoma, WA 98409

253-471-3193

Baby Catchers and Beyond offers complete health care for women. The all female staff is sensitive to the needs of women. Some of the services provided include family planning, annual exams, primary care, prenatal care, births, birth control, menopausal care, screening and treatment for sexually transmitted infections, adolescent healthcare and gynecologic surgery.

Bureau of Indian Affairs (BIA)

Puget Sound Agency

425-258-2651

A broad range of services are available for Native Americans, call for more information.

Consejo Counseling and Referral Service

5915 Orchard St W

Tacoma, WA 90467

253-414-7461

This is a bi-lingual organization working with Hispanic, high-risk youth gang intervention and prevention and youth outpatient treatment. Also provides referral services. Accepts medical coupons, insurance and has a sliding fee scale.

The Foundation for Multicultural Solutions

2316 S State St., Suite B

Tacoma, WA 98405

253-572-3214

This program offers various programs to provide multicultural family centered support services through early intervention, family intervention services for at-risk-youth, educational programs, support groups, drug & alcohol youth classes, adult parenting classes in Spanish, DUI victims panel in Spanish, enhancement opportunities, and advocacy of the understanding of the multicultural strengths and diversity of individuals, families, and the community.

Avanza

(South Hill-Puyallup-Sumner)

13008 94th Ave E

Puyallup, WA 98373

253-445-7973

ECEAP 253-770-8269

Avanza Early Childhood Education Assistance Program (ECEAP) provides preschool opportunities for income eligible Spanish and English speaking 3 and 4 year old children and their families. Please call the number listed above to see if you qualify.

Puyallup Tribal Health Authority
Kwawachee Counseling Center
2209 E 32nd St, Building 4
Tacoma, WA 98404
253-593-0247

Provides mental health support for Native American individuals, children and families residing in Pierce County or who are Puyallup Tribe members. There are also services provided to uninsured Native American's or descendents. They also accepts medical coupons, insurance and they have a sliding fee scale.

Puyallup Tribe of Indians
3009 E Portland Ave
Tacoma, WA 98404
253-573-7842
GED Classes

Tahoma Indian Center
1556 Market St
Tacoma, WA 98402
253-593-2707

The Center can provide home visits, blessings for funerals, births and weddings for Native Americans. Landlord/Tenant counseling is offered also. There are many more services that can be accessed. Call to get more information. Hot meals served Monday-Friday, 11:00-1:00.

SEA MAR Community Health Center

1112 S Cushman
Tacoma, WA 98405
253-593-2144

10217 125th St Ct E
Puyallup, WA 98373
253-864-4550

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

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

Immigration Services

U.S. Citizenship and Immigration Services

800-375-5283

Korean Women's Association

253-538-8375

Tacoma Area Literacy Council (Reading Tutors)

253-272-2471

RECREATION

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

Big Brothers/Big Sisters.....	877-700-2447
Boys and Girls Clubs Administrative Offices.....	502-4600
Boys Scouts of America (Pacific Harbor).....	752-7731
Camp Fire USA.....	597-6234
Gateway for Youth and Family.....	383-4361
Girl Scouts USA (Pacific Peaks).....	475-0307
Metropolitan Park District.....	305-1000
Pierce County Parks and Recreation.....	798-4176
South End Neighborhood Center.....	591-5098
South Park Community Center.....	591-5299
United Way Volunteer Bureau.....	211
YMCA (Lakewood).....	584-9622
YMCA (Tacoma Center).....	597-6444
YMCA (Tacoma Family Branch).....	564-9622
YMCA (Puyallup).....	841-9622
YMCA (Camp Seymour).....	884-3392
YMCA (Gig Harbor).....	853-9622



LIBRARIES

Pierce County Libraries
253-536-6500

City of Tacoma Library System
253-591-5666

For local branches, check your phone book.

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

Many libraries offer free internet access.

Below is a list of Free activities to do with your family.

<p>Washington State History Museum 1911 Pacific Ave 1-888-238-4373 Free every 3rd Thurs. 2pm-8pm</p>	<p>Museum of Glass 1801 E Dock St Tacoma, WA 98402 253-396-1768 Free every 3rd Thurs. from 5pm-8pm</p>	<p>Tacoma Art Museum 1701 Pacific Ave Tacoma, WA 253-272-4258 Free every 3rd Thurs. from 5pm-8pm</p>
<p>Frontier Park 21800 Meridian S Graham, WA 253-798-4176</p>	<p>Spanaway Park 14905 Gus Bresemann Rd S Military Rd and 152nd St Spanaway, WA 253-798-4176</p>	<p>Fort Steilacoom Park 8714 87th Ave SW Lakewood, WA 253-983-7887</p>
<p>Lake Tapps Park 2022 198th Ave E Sumner, WA 253-798-4176</p>	<p>Point Defiance Park 5400 N Pearl Tacoma, WA 253-305-1000</p>	

Please visit the **Pierce County Parks and Recreation** website for detailed information about park locations, activities, trails and events in Pierce County.

<http://www.co.pierce.wa.us/pc/abtus/ourorg/parks/parks.html>



SENIOR

Humane Society

2608 Center St, Tacoma

253-383-2733

Pet Food Bank –Noon to 4:00 pm Mon-Sat

www.thehumanesociety.org

Spay/Neuter Financial Assistance 253-284-5857

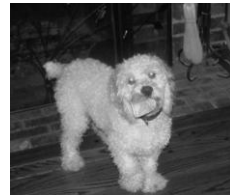
Volunteer Information Line 253-284-5832

Noah's Pet Project provides vaccines and outpatient care to dogs and cats on the 2nd Sunday of the month from 12:00pm to 2:00pm.

It is located at: Clip-N-Clean Doggie Daycare
608 N. Oakes St., Tacoma

Lost & Found Dogs 253-596-8561

Lost & Found Cats 253-596-8989



B.A.S.H.

253-531-9600

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

Need-A-Break Services

(253) 284-4282

Need-A-Break Services can provide help through a *one-time* gift for those who cannot fulfill a need they have on their own. They can assist with services such as: vehicle repair, home repair, household items, medical needs, household chores and more. Applications are available online or they can be mailed upon request. Do not help with recurring bills. Please call the number listed above or visit the website at: www.needabreak.org

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

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

Beacon Senior Center-Tacoma.....	(253)591-5083
Bonney Lake Senior Center.....	(253)863-4043
Buckley Senior Center.....	(360)829-0190
Fife Senior Center.....	(253)922-0900
Fircrest Senior Club.....	(253)564-8177
Key Peninsula Senior Center.....	(253)884-4440
Lakewood Senior Center.....	(253)798-4090
Lighthouse Senior Activities Center-Tacoma.....	(253)591-5080
Mid-County Community Center.....	(253)531-8412
Milton Senior Center.....	(253)922-6586
Orting Senior Center.....	(360)893-5827
Portland Avenue Community Center.....	(253)591-5391
Point Defiance/Ruston Senior Center.....	(253)756-0601
Puyallup Senior Center.....	(253)841-5555
Salvation Army Drop In Center.....	(253)841-1491
South End Neighborhood Center.....	(253)591-5098
South Park Community Center.....	(253)591-5299
Spanaway/Park Seniors.....	(253)537-4854
Steilacoom Community Center.....	(253)581-1076
Sumner Senior Center.....	(253)863-2910
Tillicum/American Lake Gardens Community Service Center.....	(253)584-1280



SENIOR

AAA 55 Alive Driver's Course
253-756-3050

Driver's course gives seniors discounts on their insurance.

**Aging and Disability
Resource Center**
1-800-562-0332 / 253-798-4600

**Lutheran
Community Services**
253-272-8433

Aging and Disability Resources has published "*A Guide to Long Term Care in Pierce County*", a thorough guide to available geriatric care. Senior Media Services publishes the "*Where to Turn*" pamphlet, a comprehensive guide to senior services and activities.

Copies can be obtained by calling these agencies.

American Cancer Society
1-866-500-3272

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

CLEAR provides legal services for low income individuals.
Help with non-criminal issues. No traffic violations.

M-F 9:15am-12:30pm
www.washingtonlawhelp.org
1-888-201-1014

Pierce County Aging & Disability Resources: 253-798-4600 / 800-562-0332
Aging & Disability Resource Center provides information and helps connect you to community services for older adults.

Case Management helps you get the services you need to remain independent and in your home. Nurses are also available to review your health needs. Also, help clients under 60 who are disabled.

Family Caregiver Support provides services to help unpaid caregivers caring for aging parents, ailing spouses, partners, disabled adult children, or friends suffering from a debilitating illness.

Long Term Care Ombudsmen serve as voices for long-term care residents, look into complaints, and help solve problems.

Statewide Health Insurance Benefits Advisors provide free, unbiased information about health care coverage and access to help improve the lives of all Washington state residents.

Persons with physical impairments may be eligible for the **COPEs** Program.
Department of Home & Community Services
1949 S State St
Tacoma, WA 98405
800-442-5129

For help with other needs you may also contact:

Catholic Community Services
Caregivers: **253-383-3697**

Lutheran Community Services
Home Helpers: **253-272-8433**

Volunteer Chore Services
253-502-2690

**Catholic Community Services
Foster Grandparent Program
253-502-2743**



**The Hear Now Program
(Starkey Hearing Foundation)
800-648-4327**

Hear Now is a national program providing assistance, to those permanently living in the US. All applicants must meet the program's financial criteria, complete the application process and be approved for hearing aids.



**Easter Seal Society of Washington
206-281-5700 or 800-678-5708
Referral and information services.**

Living Will assistance call:

Pierce County Medical Society	253-572-3666
Washington State Medical Association	800-552-0612

**Paint Tacoma/Pierce Beautiful
253-383-3056 ext.# 105**

Paint Tacoma-Pierce Beautiful, a program of Associated Ministries, provides volunteers to paint the homes of low-income seniors and disabled people. The home must be owner occupied.



Home Health Services

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

**Good Samaritan/Multi Care
Home Health & Hospice
1-888-516-4504
1-888-516-4505
253-301-6400/301-6500 Tacoma**

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

- Hospice and Palliative Care
- Grief and Loss Counseling
- Staffing

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

SENIOR

Multi Care Adult Day Health.....253-459-7222
SEA MAR Community Health.....253-593-2144
Serving the Latino Community

Good Samaritan Hospital
253-848-6661

Celebrate Seniority 55+
253-697-7385

South Sound Outreach Services
253-593-2111

Tacoma General Hospital
253-403-1000

**Pierce County Aging &
Disability Resource Center**
253-798-4600 or 1-800-562-0332

Meals:

Frozen meals are available for delivery in most areas of Pierce County. **Catholic Community Services** will deliver meals weekly, bi-weekly or monthly. The meals contain 1/3rd of the nutritional recommended daily allowances and most of the selections are appropriate for diabetics. Persons, 60 years and above, who are home bound due to illness or disability, who are not receiving daily assistance with their cooking or shopping from CHORE or COPES workers, are eligible. The meals are free of charge, although donations are requested.

For a referral contact Senior Information and Assistance
253-474-1300

Yelm Community Services **360-458-7000**

Provides help with housing, food, clothing, transportation, utilities and homelessness when funding is available. Participants must be low-income and **live in Thurston County.**

**Para Transit
Medical Coupon Transportation**

1-800-651-6057

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

**Pierce Transit
253-581-8100 Shuttle
1-800-562-8109/253-581-8002 Bus Plus
253-581-8100 Orting Loop**

Pierce Transit, the public bus system, offers reduced fares for persons 65 years or older. They must obtain an I.D. for these privileges. The office listed above will issue a Regional Reduced Fare Permit (RRFP) on weekdays between 6:00 a.m. and 6:00 pm. The ADA Shuttle Service of Pierce Transit operates in the greater Tacoma area and can be used by all eligible disabled individuals for medical appointments, day care, meal sites and essential shopping. You must register for ADA services by calling Pierce Transit prior to scheduling. The fares are the same as for the public bus.

**Beyond the Borders: A Service for Rural Pierce County
253-798-2864 or 1-800-562-0336**

Beyond the Borders provides free transportation for people living in rural Pierce County. BTB helps people get to work and employment related services such as childcare and job training. It also helps people access medical and social service appointments, shopping and social activities. Service area includes: Graham (S. of 224th and E. of Meridian), Kapowsin, Ashford, Eatonville, Elbe, McKenna, Roy, Orting, Buckley, Carbonado, or if the destination is within the area served by Pierce Transit, they will be taken to the nearest bus stop for transfer to "SHUTTLE" for an ADA accessible ride or to a fixed route bus.

SENIOR

Pierce County Assessor's Office
2401 S 35th St
Tacoma, WA 98409
798-6111

For information regarding reduced senior citizen property taxes or for more information about how to apply, call the Assessor's Office at the number above.

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

You may be eligible for a discount on your phone bill if you meet the qualifications for *Washington Telephone Assistance Program (WTAP)*. To see if you qualify, contact your local phone company. The account and billing must be in the name of the person who qualifies for the WTAP assistance call **1-888-700-8880** to apply.



Retired and Senior Volunteer Program (RSVP)

United Way of Pierce County

1501 Pacific Ave, Suite 400

Tacoma, WA 98411

253-682-1832

The United Way of Pierce County administers the RSVP program for older adults who would like to volunteer their time and efforts.



Pierce County Housing Authority
603 S Polk
Tacoma, WA 98444
www.pchawa.org
253-620-5400

Tacoma Housing Authority
902 S "L" St
Tacoma, WA 98405
www.tacomahousing.org
253-207-4400

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

Housing Program

Pierce County Community Development Corporation
253-798-7038 Outside city limits of Tacoma or Lakewood

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

For similar programs available to Tacoma city residents call:
Tacoma Community and Economic Development Department
253-591-5200

Senior Community Service Employment Program (SCSEP)

This AARP Foundation work search program serves older adults who want to work.

115 N 85th Street, #104
Seattle, WA 98103
206-624-6698

SENIOR

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

**Pierce County
Senior Case Management
253-798-4600**

Senior Housing Assistance Group (S.H.A.G.) 1-888-450-7424

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

Senior Companions 253-272-8433



SUPPORT GROUPS/INFORMATION

There are numerous support groups in the local area. For information about the times and locations of meetings call the organization directly. In addition to the support groups there are many organizations that can provide you with information and/or referrals.

(G)= Support Group (I)=(Information line)

Alzheimer's

Alzheimer Support Group (G / I) Support Hotline: 1-888-910-6300 or 253-697-8400
The Alzheimer's Association (I) 800-848-7097
Alzheimer's Early Stage Support Group (I) 1-800-848-7097 x229

Abuse

YWCA Battered Women's Shelter (G) 253-383-2593
Violent Crimes Services Support (G / I) 253-383-5254

Cancer

American Cancer Society (I) 253-272-5767 or 800-227-2345
American Cancer Society (I) 800-729-1151
Breast Cancer Resource Center / Support Group (G/I) 253-752-4222
Gynecological Cancer Foundation (I) 253-800-444-4441
Laryngectomy Support Group (G) 253-968-0459
Man to Man Prostate Cancer Support Group (G) 253-691-2267
Cancer Support Group (G) 253-697-4996
KNIT for LIFE –Community Cancer Program (G) 253-426-6746

Caregivers

Caregivers Support Group (Puyallup) (G) 253-435-8532
Caregivers Support Group (Bonney Lake) (G) 253-863-7658

Developmental Disabilities

Pierce County Coalition for Developmental Disabilities (I) 253-564-0707

Diabetes

Diabetes Association of Pierce County (I) 253-272-5134
American Diabetes Association (I) 800-628-8808 or 888-342-2383
Madigan Army Medical Center Support Group (G) 253-968-3503
Tacoma Diabetes Support Group (I) 800-628-8808 ext # 32

Divorce

For the Kids Sake (G) 425-977-4767

Epilepsy

Epilepsy Association Support Line (G) 253-472-8414
Epilepsy Foundation Northwest (G/I) 800-752-3509

Grief and Bereavement

Grief Works (I) 253-333-9420
Mountain View Funeral Home Grief Support Group (G) 253-584-0252
Bereaved Parents Support Group (G) 253-845-7538
In Loving Memory (loss of only child/all children) (G) 253-224-3636
Sudden Infant Death Syndrome (SIDS) (G) 800-533-0376
Discoveries (Bridges) (G) 253-272-8266
24 hour Crisis Line(I) 866-427-4747
Death of a Spouse or Partner 253-584-0252

SUPPORT GROUPS/INFORMATION

Heart

American Heart Association (I)	206-632-6881
American Heart & Stroke Association (I)	253-272-7854 or 877-655-0489 1-800-242-8721

Lung

American Lung Association (I)	800-586-4872
-------------------------------	--------------

Mental Health

Bi-Polar Support Group (G)	253-565-9000
Mental Health Resource Center Support Groups (G)	253-565-9000 ext #20
Schizophrenia Support Group (G)	253-565-9000 ext #20
Good Samaritan Mental Health (I)	253-697-8400

Miscellaneous Support Groups

American Lung Association of Washington (I)	800-586-4872
Amputee Support Group (G)	253-272-5397
Blind Peer Support (G)	253-565-9000 ext #24
Brain Injury Support (G)	253-426-5735
Cocaine Anonymous (I)	425-244-1150
Family Counseling Services (I)	253-565-4484
Fibromyalgia Information (I)	360-893-5859
Freedom from Tobacco Support Group (G)	253-223-7538
Freedom from Tobacco Information line (I)	253-403-1144
Huntington's Disease Association (I)	888-264-4372
Marijuana Anonymous/Narcotics Anonymous (I)	866-675-4912
Methadone Maintenance Program (G)	253-798-6405
Methadone Information Line (I)	253-798-6576
Muscular Dystrophy Association Support Groups (G)	253-627-7575
Overeater's Anonymous (G)	253-564-5805
Pierce County Aids Foundation (G)	253-383-2565

Multiple Sclerosis

Multiple Sclerosis Society (I)	800-344-4867
Multiple Sclerosis Support Group (G)	253-565-9000 ext# 10

Parkinson's Disease

American Parkinson's Association (I)	206-543-5369
Good Samaritan Hospital (I)	253-697-4747

Polio

Polio Outreach of Washington (I)	800-609-5538
----------------------------------	--------------

Relatives Raising Children

Discoveries (Bridges) Groups (G)	253-272-8266
Child and Family Guidance	253-565-4484
Grandparents Raising Grandchildren (East Pierce County) (G)	253-845-9177
Relative Caregivers, including Grandparents (G)	253-565-4484 ext# 105

Stroke

American Heart & Stroke Association (I)	253-272-7854
Tacoma Area Stroke Support Group (G)	253-565-9000

TEEN RESOURCES

Ala-teen 1-800-726-8094

Teens affected by another person's alcohol problem.

Big Brothers Big Sisters

253-396-9630

CLEAR

Coordinated Legal Education Advice and Referral

www.washingtonlawhelp.org

Call 9:30am-12:30pm **1-888-201-1014**

non-criminal issues - low-income only, no traffic violations

Nutrition Counseling

253-426-4926

St. Joseph

Emancipation

Superior Court Clerk

253-798-7900

Family Preservation

253-759-9544

Intensive in home services for high risk youth

Involuntary Commitment

for Alcohol / Drugs

253-798-4427

Gateways 253-383-4361

Youth Suspension Program / Impact Classes required of divorced families / Family Services
Foster Care and Adoption Services

Suicide and Crisis Line

253-581-7020 (days & week days)

253-584-8933 (evenings & weekends)

Planned Parenthood

253-779-3900

Pregnancy testing, termination, prenatal care, birth control and contraceptives

Red Cross Volunteer 253-474-1700

Job Core 800-733-5627

Teen Anger Management 253-565-6565

Proteen ARC 253-779-0951

Intensive case management for at risk youth ages 11-18 and their families.

Youth Resources 253-209-5216

www.youthresources.us

Graham Youth House

You must be:
Homeless

Between 18 and 21 years old
Bethel School District student
Able to adapt to group living
Drug & Alcohol Free!
Motivated to be self-sufficient

Emergency Supply Sites

Located at high schools in
Franklin Pierce-Washington HS,
Spanaway Lake HS, Gates,
Franklin Pierce
Bethel-Spanaway, Bethel HS
Graham-Kapowsin, Challenger
Hygiene supplies, juice and
non-perishable food items.

TRANSPORTATION

**American Cancer Society
1-866-500-3272**

Free Transportation for cancer patients to and from treatments or doctor's appointments.

**Beyond the Borders: A Service for Rural Pierce County
253-798-2864 or 1-800-562-0336**

Beyond the Borders provides free transportation for people living in rural Pierce County. BTB helps people get to work and employment related services such as childcare and job training. It also helps people access medical and social service appointments, shopping and social activities. Service area includes: Graham (S. of 224th and E. of Meridian), Kapowsin, Ashford, Eatonville, Elbe, McKenna, Roy, Orting, Buckley, Carbonado, or if the destination is within the area served by Pierce Transit, they will be taken to the nearest bus stop for transfer to "SHUTTLE" for an ADA accessible ride or to a fixed route bus.

**Catholic Community Services
253-383-3697 Volunteer Transportation Program
253-502-2690 or 800-372-3697 Bus Buddy**

You can donate vehicles to for various programs. Please call the organizations below to get the details of the programs.

**Donated Vehicles for Children's Wish Foundation 800-766-7206
Network Tacoma 253-474-9334
Working Wheels Program 206-716-3855**

**Paratransit Services
Medical Coupon Transportation
1-800-651-6057**

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

**Pierce Transit
253-581-8000 or 1-800-841-1118
Shuttle Reservation: 253-581-8100
Bus Plus Reservation: 253-581-8002**

Pierce Transit, the public bus system, offers reduced fares for persons 65 years or older. You must obtain a Regional Reduced Fare Permit (RRFP) for these privileges. The office listed above will issue a RRFP on weekdays between 6:00 a.m. and 6:00 p.m. The ADA Shuttle Service of Pierce Transit in the greater Tacoma area and can be used by all eligible disabled individuals for medical appointments, day care, meal sites and essential shopping. You must register for ADA services by calling Pierce Transit prior to scheduling a ride. The fares are the same as for the public bus.

**Gig Harbor Peninsula FISH Food Bank
253-851-8800 or 253-858-6179**

Provides door-to-door transportation to medical or dental appointments or essential errands for senior citizens, individuals with disabilities or those with no other means of transportation.

Para Transit
1-800-651-6057

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

Sound Transit
401 S Jackson, Seattle, WA 98104
www.soundtransit.org
1-888-889-6368
Train and Bus Service to King County

Common long distance carriers are listed below:

Amtrak **1-800-872-7245**
Greyhound **1-800-231-2222** or **383-4621**
Washington State Ferry Information **1-800-843-3779**

Surrounding County Transit Services

Intercity Transit (Thurston County)
1-800-287-6348

Kitsap Transit
1-800-501-7433

Transportation Assistance

St. Vincent DePaul
253-474-0519
Gas Vouchers
Bus Tickets

Nativity House
253-272-5266
Bus Tickets

Saint Leo's
253-272-5136
Bus tickets
for medical appointments or employment

Mustard Seed
253-884-2216

Provides Gig Harbor and Key Peninsula seniors aged 60 and over with door to door transportation to medical appointments and shopping.



VETERANS

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

Army Emergency Relief
253-967-9852, 253-967-9812

Assistance available to Army members on extended active duty and Retiree's.

Pierce County Veterans Bureau
925 Tacoma Ave S Suite B
Tacoma, WA 98402
253-798-7449

Emergency assistance is provided to indigent veterans who are Washington residents. Assists with food, rent, utilities, medical and miscellaneous needs.

Tri Care
Medical benefits for veterans.
1-800-404-4506

U.S. Department of Veterans Affairs
1-800-827-1000
www.va.gov

Veterans Outreach Center
4916 Center St, Suite E
Tacoma, WA 98409
253-565-7038

VOC offers readjustment counseling for combat veterans with Post Traumatic Stress Disorder or Military Sexual Trauma. They also offer job referral along with limited family and marriage counseling. **Form DD214**, showing war zone service is needed for eligibility.

Washington State Department of Veterans Affairs
1-800-562-2308

Disabled American Veterans
Chapter 18, Tacoma
253-472-4680

HVRP
Homeless Veterans Reintegration Project
800-562-2308

The Washington Department of Veterans Affairs offers a structured, individually designed case management plan to assist homeless veterans become employable and secure. Some of the employment support services include assistance with food, clothing, transportation, life skills, money management and job search assistance. There are many other support services that this program offers. Call for more details about the services and the eligibility requirements.

VOTING/LEGISLATIVE INFORMATION

The following organizations offer assistance for VOTING/LEGISLATIVE INFORMATION

League of Women Voters of Tacoma/Pierce County

702 Broadway, Suite 105

Tacoma, WA 98402

253-272-1495

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

For a copy of the pamphlet, send a self-addressed, stamped envelope to the league.

Legislative Hot Line

1-800-562-6000

The Washington State Legislature is one of the few state legislatures that have a toll-free telephone service to their constituents. It operates all year long. You can call and leave messages for your legislators as well as inquire about the status of bills you have an interest in. During Legislative session M-F 8am-8pm and Sat 9am to 1pm. When session not in, M-F 8am-12pm & 1pm-4:30pm.

Pierce County Auditor / Election Department

2501 S 35th St, Room C

Tacoma, WA 98409

253-798-8683

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

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

Tacoma Public Library

253-591-5666

www.tacomapubliclibrary.org

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

 **HOTLINE NUMBERS** 

Abuse Hotline-suspected abuse of a child or vulnerable adults	1-866-363-4276
Address Confidentiality Program	1-800-822-1065
Adoption Support Program	1-800-562-5682
AIDS Hotline	1-800-272-2437
Air Quality Smoke Complaints	1-866-211-6284
Alcohol and Drug Help Line	1-800-562-1240
Alzheimer's Association	1-800-848-7097
American Cleft Palate Education Foundation	1-800-242-5338
American Kidney Foundation	1-800-638-8299
American Lung Association of Washington (ALAW)	1-800-732-9339
Arthritis Foundation	1-800-542-0295
Attorney General's Office (public information)	1-800-551-4636
Basic Health Plan	1-800-826-2444
Beach Closures (Shellfish toxins)	1-800-562-5632
Blind Services (Tacoma #: 253-597-4417)	1-800-255-1147
Cancer Hotline	1-800-422-6237
Children or Families at risk	1-800-562-5624
Child Protective Services	1-800-422-7517
Child's Food Nutrition Hotline	1-800-523-6633
Cystic Fibrosis Foundation	1-800-344-4823
Department of Ecology – Recycling	1-800-732-9253
Domestic Violence Hotline	1-800-562-6025
Down Syndrome Society	1-800-221-4602
Family Health Hotline A Program of within Reach	1-800-322-2588
Family Reconciliation Services for Runaways	1-800-562-5624
Fire Permits	1-800-562-6010
Forest Fire Reporting	1-800-562-6010
Hazardous Substance Dumping	1-800-633-7585
Insurance Commissioner for Washington	1-800-562-6900
Internal Revenue Service – Federal Taxes	1-800-829-1040
Legislative Hotline (when in session)	1-800-562-6000
Medical Assistance Service Center/DSHS	1-800-562-3022
Missing Children Clearinghouse	1-800-543-5678
Mobile Home Information	1-800-964-0852
National Brain Injury Info. Center	1-800-444-6443
National Center Hotline for Stuttering	1-800-221-2483
Nursing Home Complaints	1-800-562-6078
Poison Center (24 hours a day)	1-800-222-1222
Reporting Illegal Drug Activity Hot Line	1-253-798-7537
Runaways and Families in Conflict	1-800-562-5624
Safety Restraint Coalition (to report unbuckled children)	1-800-BUCKLUP
Sexually Transmitted Disease	1-800-227-8922
Social Security Administration (and Medicare)	1-800-772-1213
Utilities Commission, Washington State & TDD	1-800-562-6150
Veterans Affairs	1-800-562-2308
Washington State School for the Blind	1-800-562-4176
Welfare Fraud	1-800-562-6906

BURNING / WOOD HEAT

If you have an uncertified wood stove, consider replacing it with a cleaner-heating, more efficient alternative.

Reasons to make the switch:

- During a burn ban, it is unlawful to use uncertified wood stoves.
- Uncertified stoves release twice as much air pollution as certified stoves.
- It is illegal to install an uncertified wood stove or insert in Washington.
- It is illegal to sell, give away or exchange an uncertified wood stove.
- Installing an uncertified stove may void insurance policy coverage.

Burn responsibly

- Observe burn bans.
- Know the laws about burning with wood.
- It's always illegal to use a BURN BARREL.

Stage I. During a Stage I burn ban:

- No burning is allowed in fireplaces and uncertified wood stoves, unless it is your **only** adequate source of heat.
- You **can** use pellet stoves, EPA-certified wood stoves and natural gas or propane fireplaces.
- No visible smoke is allowed from any solid fuel burning devices, beyond a 20 minute start-up period.
- Never burn garbage – it's against the law.
- All outdoor burning is banned.

Stage II. During a Stage II burn ban:

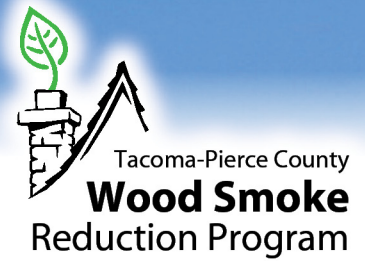
- No burning is allowed in any fireplace, pellet stove or wood stove (certified or not), unless it is your only adequate source of heat.
- You **can** use natural gas or propane fireplaces.
- No visible smoke is allowed from any solid fuel burning device at any time.
- All outdoor burning is banned.

Minimize smoke, save money

- Generating excess chimney smoke is against the law. Here's how to minimize smoke while increasing the heat you get from your wood, and limit your impact on your neighbors:
- Consider manufactured logs instead of wood. They burn up to 70 percent cleaner.
- If you burn wood, use only dry, seasoned wood. Use small amounts of paper and kindling to start the fire, give it plenty of air, and burn small hot fires.
- Check your chimney periodically to make sure **no** smoke is visible. If you see smoke, your fire needs more air.
- In our climate, cordwood must be kept covered for a year to season it properly.
- **All outdoor burning is prohibited during a burn ban, even in areas where otherwise permitted by law. Fines will be enforced for burning illegally.**

For current burn ban information, call the Puget Sound Clean Air Agency at 1-800-552-3565 or visit their website at www.pscleanair.org.

Before you burn please keep in mind that it is **always illegal to smoke out your neighbor.** Everyone has a right to breathe clean air. If smoke from your fire is affecting your neighbors it is considered a nuisance and subject to enforcement action.



Big money available this fall to replace old wood stoves

Up to \$5,500 in rebates
Up to \$8,000 for income-qualified homes

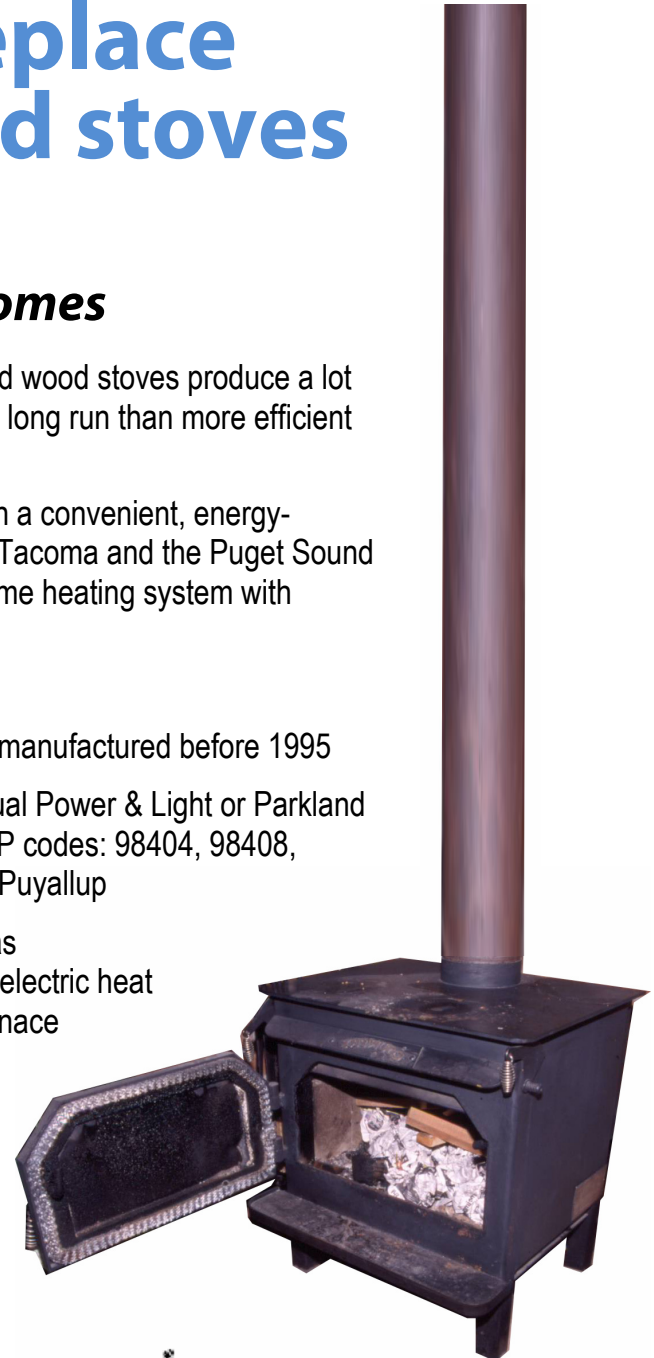
There's an air quality problem in some parts of Pierce County. Old wood stoves produce a lot of unhealthy smoke and may be more expensive to operate in the long run than more efficient heating systems.

Right now, you can get money to replace your old wood stove with a convenient, energy-efficient heating system. Rebates from Pierce County, the City of Tacoma and the Puget Sound Clean Air Agency can help you cover the cost to upgrade your home heating system with money-saving, energy-efficient measures.

To participate, you must:

- Have an uncertified wood stove or fireplace insert, or one manufactured before 1995
- Be a Puget Sound Energy, Tacoma Power, Elmhurst Mutual Power & Light or Parkland Light & Water customer living in one of these qualifying ZIP codes: 98404, 98408, 98409, 98444, 98445, 98446 or 98373 outside the City of Puyallup
- Replace your old stove or fireplace insert with a natural gas stove/fireplace insert, ductless heat pump, high-efficiency electric heat pump system, or ENERGY STAR-qualified natural gas furnace
- Upgrade insulation to current standards (attic, floor, wall, duct) if your home was built before 1988

Funding is limited and distributed on a first-come, first-served basis. Act now before funds run out.



Apply today!

Online at:
www.pscleanair.org/woodstove
If no Internet, call 253-798-7369

មានសេវាបកប្រែភាសា

Những Dịch Vụ Phiên Dịch Có Thể Dùng
Servicios de Traducción Disponible
Naglilingkod ng Serbisyo sa Pagsasalin ng Wika
번역 서비스 가능합니다
Услуги переводчика предоставляются



Did you know?

ALUMINUM:

- Once an aluminum can is recycled, it can be part of a new can within six weeks.
- An aluminum can that is thrown away will still be a can 500 years from now!
- Recycling one aluminum can saves enough electricity to run a TV for three hours.

GLASS:

- A glass bottle would take 4000 years or more to decompose.
- Glass can be reused an infinite number of times.
- Recycling of one glass container saves enough energy to light a 100-watt bulb for four hours.

PLASTIC:

- Recycled plastic can be made into clothing, flower pots, insulation for sleeping bags & ski jackets, trash cans, park benches, playground equipment, decks, kayaks and much, much more.....
- Plastic bags and other plastic garbage thrown into the ocean kill as many as 1,000,000 sea creatures every year.
- Approximately 2 million plastic bottles are emptied and thrown away every hour.
- Each year there are enough styrofoam cups thrown away to circle the earth 436 times.
- A plastic milk jug takes 1 million years to decompose.
- The U.S. goes through 100 billion shopping bags annually.

PAPER:

- Recycling of each ton of paper saves 17 trees and 7000 gallons of water .
- Recycling paper uses 60% less energy than manufacturing paper from virgin timber.
- Recycled paper is used to make copier paper, paper towels, napkins, and more...
- Paper products use up at least 35 percent of the world's annual commercial wood harvest.
- Every ton of paper that is recycled saves 3.3 cubic yards of landfill space.
- 100 million trees are cut down yearly to make the paper for "junk mail".
- One-half of junk mail is thrown away unopened and unread.

What can you do to help?

The last thing we need is extra garbage in landfills.

Here are a few ways to cut down on some of it.

- When packing a lunch, put food in reusable plastic containers instead of sandwich bags.
- Carry your drink in a washable thermos bottle, and your lunch in a reusable lunch container.
- Reuse glass jars and plastic containers for storing leftover food.
- Use both sides of paper. This is a good way to keep you from wasting new sheets of paper.
- "Recycle" your clothes. Have a garage sale. Donate to a second hand store or clothing bank.
- Take re-usable bags to the store with you. USE THEM.
- Grow your own garden or use a Community Garden.
- Spread the word about conservation. Always look for environment-safe products and encourage others to do the same. From recycling to buying less packaging to planting trees to saving water to conserving energy, keep the environment in mind.
- Don't buy products with excessive packaging. More packaging = higher cost = more garbage
- Buy in bulk. One 32-ounce bottle uses less packaging than two 16-ounce bottles.
- Paper towels are convenient but it's still cheaper to use an old rag.
- Do not use paper plates or plastic utensils. You'll not only help save the earth, you'll save money!
- Snip your 6-pack holders. Animals die from uncut 6-pack holders and other ringed objects every day.

Reduce

Reuse

Recycle

Recycling

Please rinse out all items that might have food residue.

Remove caps and lids from all bottles/containers that are not recyclable.

Do you have curbside recycling? Do you ever wonder if you're recycling correctly? It depends on where you live. The "Do's and Don'ts" differ depending on the company that does your recycling pickup. For an all inclusive list for your area you should check with the company that picks up your recycling.

NEVER recycle containers in your curbside recycling that contained motor oil, paint, poison, cleaning fluids, insecticides, solvents, acids, gasoline, chemicals, flammable liquids, radioactive materials, antifreeze, bleach, pesticides, or any other hazardous wastes. Please contact your local recycling agency to find out the proper method of disposal for these or any other items that cannot go in your curbside bins. **Items NOT to recycle curbside**

Bottles that held motor oil, antifreeze, bleach, pesticides or any other hazardous materials Buckets Caps & lids Clothes hangers Cups Toys Woven bags: sand/feed bags, etc. Frozen food bags Potato chip type bags Pill bottles
Light bulbs Mirrors Vases Window or plate glass
Foil juice pouches Aerosol cans / Paint & gas cans Wire Wire clothes hangers - Accepted at some dry cleaners
Paper cups Dirty paper plates & cups Disposable diapers (clean or dirty) Foil/metallic gift wrap Paper box liners/wrappings Soiled newspaper Tissues, toilet paper, paper towels, napkins, carbon paper
Anything with food residue such as pizza boxes (greasy) Foam Robber Styrofoam products Pet food/cement bags Polystyrene cups & egg cartons Clothing/fabrics-DONATE Hardbound books- DONATE Electronics DONATE if possible Ceramics, mugs, dishes, Pyrex-DONATE Wood & wood waste (Good reusable lumber is accepted at the Habitat for Humanity)

Items TO recycle

PLASTIC

Bottles with necks: pop, water, juice, shampoo, etc.
Jugs with necks: milk, laundry/dish detergent, etc.

***Tacoma city residents can also recycle:**

*Jars: peanut butter, jam, mayonnaise, etc.

*Tubs: yogurt, margarine, sour cream, cottage cheese, etc.

*Bags: grocery, department store, dry cleaning Put into one bag and tie at the top

Paper

Paper Bags

Egg cartons (not Styrofoam)

Junk mail / Learn how to stop it <http://www.dmachoice.org/consumerassistance.php>

Newspaper, magazines, catalogs

Paper

Paper boxes: dry foods, pop, toothpaste, etc. Remove liners and place in the garbage.

Paperback books (non-reusable)

Phone books

Paper towel/toilet paper rolls

Shredded paper strips-place inside paper bag

Metals-Aluminum & tin (clean)

Aluminum & tin cans

***Tacoma city residents can also recycle:**

*Aluminum foil & trays

*Aerosol cans (empty)

Boxes & cardboard (clean)

Corrugated cardboard

Paper Milk & Juice cartons

Frozen food boxes

Glass

Pierce County **-NO GLASS**

***Tacoma city residents can also recycle:**

*Glass bottles and jars

For more information on recycling INSIDE the city limits of Tacoma:

<http://www.cityoftacoma.org/Page.aspx?nid=185>

For information on recycling OUTSIDE the city limits of Tacoma:

<http://oz.co.pierce.wa.us/cfapps/oz/index.cfm>

Basic Emergency Preparedness

Purchase a NOAA 'All Hazards' Radio for emergency alerts.

Post emergency telephone numbers by phones (fire, police, ambulance, etc.).

Teach children how and when to call 9-1-1.

Teach each family member how and when to turn off the utilities (water, gas, and electricity).

Install smoke detectors on each level of your home, especially near bedrooms.

Take a first aid and CPR class.

Determine and practice the best escape routes from your home. Find two ways out of each room.

Find the safe places in your home for each type of disaster and learn shelter-in-place procedures.

Quiz your kids every six months or so.

*Stock emergency supplies and assemble a Disaster Supplies Kit. (see example on next page)

Replace stored water and stored food every six months.

Get training for each family member on how to use the fire extinguisher (ABC type), and show them where it's kept.

Test and recharge your fire extinguisher(s) according to manufacturer's instructions.

Test your smoke detectors monthly and change the batteries at least once a year.

Emergency Supplies to Include in a Basic Kit:

- Water one gallon of water per person per day (for drinking and sanitation)
- Food (at least a three-day supply of non-perishable food)
- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Dust mask or cotton t-shirt, to help filter the air
- Moist wipes for sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Plastic sheeting and duct tape
- Infant formula, bottles and diapers if you have an infant
- Garbage bags and plastic ties for personal sanitation

Unique Family Needs:

- Sleeping bags/Blankets/Clothes to provide warmth in case the power goes out.
- Medications, pet food, books, paper, pens, deck of cards and other forms of entertainment.
- One phone that is not cordless and does not depend on electricity to function.

Plan in advance what you will do in an emergency.

Develop a Family Communications Plan

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Consider a plan where each family member contacts an out of state relative in the event of an emergency.

Out of Town Contact Name:	Email:
Tel. Number 1:	Tel. Number 2:
Fill out the following information for each family member and keep it up to date.	
Name:	Name:
Social Security Number:	Social Security Number:
Date of Birth:	Date of Birth:
Important Medical Information:	Important Medical Information:
Name:	Name:
Social Security Number:	Social Security Number:
Date of Birth:	Date of Birth:
Important Medical Information:	Important Medical Information:
Name:	Name:
Social Security Number:	Social Security Number:
Date of Birth:	Date of Birth:
Important Medical Information:	Important Medical Information:
Name:	Name:
Social Security Number:	Social Security Number:
Date of Birth:	Date of Birth:
Important Medical Information:	Important Medical Information:

AAA 55 Alive Driver's Course	68	Child Development Centers	6
Acquainted with Grief	55	Child Protective Services	6
Adult Basic Education @ Clover Park Tech	20	Child Support Enforcement	6,27
Adult Protective Services	35	Childreach	6
After Hours Emergency Com. Health Care	13	Children's Emergency Fund	9
Aging & Disability Resources	68, 69	Children's Home Society of Washington	5,57
AIDS / HIV Outreach Program	34	Children's Medical Benefits	27,34
Ala-teen	79	Class Act Boutique	11
Alcohol and Drug Awareness Resources	34	Clean Air for Kids	40
All Saints Catholic Church	42	CLEAR	50,68
American Cancer Society	11,40,68,77,80	Clothing Banks	12
American Lung Association	40,78,84	Clover Park Technical College	8,20,21
American Red Cross	12,48	Common Ground	45
Amtrak	81	Community Health Care Clinics	35,41
Angel's Guild	11	Community Health Care Dental Clinics	13
Animal Emergency	66	Comprehensive MHC	57
Apple Health for Kids	38	Consejo Counseling and Referral Service	55,62
Army Community Services	9	Consumer Credit Counseling	27
Army Emergency Relief	82	Consumer line	50
Asian Counseling Services	55,61	COPEs	15,35,69
Associated Ministries Community University	20	Couple and Family Therapy Center	6
Associated Ministries Severe Weather Shelter	45	Crime Victim Compensation Division	50
Attorney General's Office (public information)	51	Crisis Line Tacoma/Pierce County	6, 57
Avanza ECEAP	62	Crisis Intervention Team	57
Baby Catchers and Beyond	34, 62	Crystal Judson Family Justice Center	7,50
Bar Association of Tacoma/Pierce County	46, 52	Dental Services of Washington	13
Bargain World	11	Department of Commerce	48
BASH	12,66	Dept. of Housing and Urban Development	51
Bates Home and Family Life	5	Developmental Disabilities	6,15,77
Bates Parenting for High Risk Families	20	Disabled American Veterans	82
Bates Technical College	7,21	Domestic Violence Justice Center	56
Better Business Bureau	51	Donated Vehicles	80
Beyond the Borders Transportation	20,73,80	Drive to Save Gas	60
Big Brother's and Big Sister's	5,64,79	DSHS (Dept. of Soc. & Health Services)	27
Bounty	12	Early Head Start	8
Boy Scouts of America	64	Easter Seal Society of Washington	14,70
Boys and Girls Clubs	64	ECEAP Programs	8
Bureau of Indian Affairs	20,62	Education and Home Living	15,22
Camp Fire for Boy's & Girls	5,64	Emancipation	79
CAPA	23	Emergency Preparedness	90,91
CARE -Chemical Abuse Resource and Ed	35,79	Emp. options for people with Disabilities	16
Care Net Pregnancy	5	Employment Training Consortium	22
Carl Lindquist Clinic	13	Energy Assistance	42
Catholic Community Services	6,7,15,35,57,69,70,72,80	Energy Audit	54
Catholic Comm. Services Preg. Support	59	English as a Second Language	24
Celebrate Seniority	72	ENRICH	16,23
Center Force	16,23	EOC Educational Opportunity Center	21
Centro Latino	40,61	Fair Housing Center	50
Challenge Learning Center	20	Family and Friends of Violent Crime Victims	55
Child Care Referral and Resource Line	5		

Family Preservation	79	Insulation	10
Family Renewal Shelter	44	Intercity Transit	81
Family Support Centers	7	Involuntary Commitment	79
Food Banks	30	Job Core	79
Food Help	31	Jump Start	44
Forest Fire Reporting	84	Keystone Employment Services	16, 23
Fort Lewis Thrift Shop	11	Kidz Kaboodle	11
Fort Steilacoom Park	65	Kitsap Transit	81
Foster Grandparent Program	70	Korean Woman's Association	40,44,51,63
Francis House	12	Lake Tapps Park	65
Franciscan Hospice and Palliative Care	17	Lakewood Area Shelter Association (LASA)	44
Franz Bakery	31	Landlord Tenant Laws	46
Frontier Park	65	L'Arche Tahoma Hope Community	48
Gateway for Youth and Family	64,79	Lawyer Referral Service	52
GED	21,53,61	League of Woman Voters of Tacoma/Pierce Co	83
Geriatric Dental Group	14	Legislative Hot Line	83
Gig Harbor Peninsula FISH	80	Living Will	70
Girl Scouts of America	64	Long Term Care Ombudsman	56,69
Good Samaritan Hospital Senior Resource Line	72	Lost and Found Animals	66
Good Samaritan MHC	57	Lutheran Community Services	35,68,69
Goodwill	11,16,23	Lutheran Social Services	15
Graham Youth House	44,79	Make A Wish Foundation	37
Grandview Early Learning Center	6	Mary Bridge Children's Hospital & Health Center	15
Greater Lakes MHC Access Center	57	Mary Bridge Orthopedic Guild Thrift Shop	11
Green River Community College	21,24	Maternity Support Services	38
Greyhound	81	Mental Health Centers	57
Grocery Outlets	30	Methadone Maintenance Program	36,78
Hand Me Round	11	Metropolitan Development Council (MDC)	42,43
Head Start Programs	8	Metropolitan Park District of Tacoma	16,23,64
Healing Places Counseling	57	Mobile Dental Van	14
Health Department, Tacoma/Pierce County	34,36,41	Mobile Home Park Issues	46
Healthy Options	36	Multi Care Adult Day Health	72
Hear Now Program	70	Multi Care Hearing Services	17,37
Helping Hand House	44	Multi Care Home Health Services	17,36
Hepatitis C Information line	39	Museum of Glass	65
Hill-Burton Act	28,37,68	Mustard Seed	81
HIV / AIDS Testing and Information	39	NAACP	51
Holy Disciples	42	Nativity House	12,81
Home Delivered Meals	16	Need-A-Break Services	43,66
Home Health Hospice Services	71	Needle Exchange Program	39
Home Health Services	17,36,71	Neighborhood Clinic	37
Homeless Veteran Reintegration Program	82	Network Tacoma	80
Hope Guest Home	17,44,56	Nicotine Anonymous	41
Hope Sparks	5, 9, 55	Noah's Pet Project	66
Hot Meal Sites	32	Northwest Housing Development	46
Hotline numbers	84	Northwest Justice Project	51
Human Rights & Human Services Department	51	Nutrition Counseling	79
Humane Society	66	Once Upon a Child	11
Immigration Services	63	Online Homework Help	24
Immunization Referrals	37	Open Hearth Ministries	45
Indo-Chinese Cultural & Service Center	61	Pacific Lutheran University Therapy Clinic	56
		Paint Tacoma/Pierce County Beautiful	42,70

Para Transit Services	18,73,80,81	Save Energy While Cooking	54
PAVE	6,15,18	SCORE	28
Pet Food Bank	66	SEA MAR Community Health Center	72
Phoenix Housing Network	44	Senior Centers	67
Pierce College	7,21,24	Senior Community Srvc. Emp. Service	75
Pierce College Dental Clinic	14	Senior Companions	76
Pierce County AIDS Foundation	34,56	Senior Housing Assistance Group - SHAG	76
Pierce County Assessor's Office	74	Senior Pet Adoption Program	66
Pierce County Asset Building Coalition	28	Senior Pet Assistance Network	66
Pierce County Auditor / Election Department	83	Senior Meals	72
Pierce County Com. Connections/ Career Prog.	21,24	Sexual Assault Center of Pierce County	58
Pierce County Com. Connections/Energy Asst.-Wx	42,43	Sexually Transmitted Disease	34,84
Pierce County Com. Connections Housing Prog.	47,75	Shelter Resources	44
Pierce County Com. Dev. Corp.	18,43,47,75	SIDS Sudden Infant Death Syndrome	38
Pierce County Dept. of Emergency Mgmt.	47	Small Claims Court	52
Pierce County Dispute Resolution Center	51	Small Tribes Organization of Western WA	43,61
Pierce County Housing Authority	47,75	Smoking Cessation Resources	40
Pierce County Library	24,64	Social Security Administration	19,28
Pierce County Medical Society	51,70	Soul Care Psychotherapy	34
Pierce County Minor Home Repair	42	Sound Transit	81
Pierce County Parks and Recreation	64,65	South End Neighborhood Center	64
Pierce County Senior Case Management	76	South Park Community Center	64
Pierce County Veterans Bureau	82	South Sound Outreach Services	72
Pierce Transit	73	Spanaway Park	65
Pierce Transit Shuttle	18,80	Spay &/or Neuter Animals Financial Asst.	66
Pioneer Human Services	53	St. Vincent De Paul	11,12,42,81
Planned Parenthood	37,79	Suicide and Crisis Line	79
PLU Marriage & Family Therapy Center	56	Suited for Success	12
Point Defiance Park	65	Support Groups	77,78
Poison Center	37,84	TACID	19
Pregnancy Aid of Tacoma	9,59	Tacoma Area Literacy Council	63
Prescription Enrollment Line	38	Tacoma Art Museum	65
Project Help-Peninsula Light	42	Tacoma Community College	21,24
Project Interdependence	20,28,52	Tacoma Com. & Economic Development Dept	75,47
ProTeen ARC	79	Tacoma Community House	61
Puget Sound Educational Service District	18	Tacoma Community Justice Center	50
Puyallup Tribal Health Authority	41,56,57,63	Tacoma General Hospital	72
Puyallup Tribe of Indians	6,15,61,63	Tacoma Housing Authority	47,75
Puyallup Vocational Rehabilitation	19	Tacoma Learning Center	6,15
Quit Smart classes-MultiCare Health Clinic	41	Tacoma Public Library	64,83
Rainier View Christian Church	12	Tacoma Rescue Mission	44
Recovery Response Center	36,55	Tacoma Urban League	25,61
Recycle	48,87,88,89	Tacoma Power	43
Red Cross Volunteer Services	79	Tahoma Associates	16,23
Re-entry programs/resources	47,53	Tahoma Indian Center	63
Relatives Raising Children in Pierce County	9	Takopid Health Center	41
Rental Checklist	49	TEARS Foundation	9
Resource Distribution Council (RDC)	31	Teen Anger Management	79
Retired Senior Volunteer Program	74	The Center at MDC – East - South	35
Safe Streets/Block Watch	47	The Crossing	12
Salvation Army	11,25,42	The Foundation for Multicultural Solutions	62
		Thrift Shops	11

Tobacco Prevention and Control	41		
Transportation Assistance	80,81		
Tri Care	82		
Trillium Employment Service	23		
TROC Tacoma Resource Opportunity Center	53		
Turning off the utilities	33		
U.S. Bankruptcy Court	27		
U. S. Department of Veteran's Affairs	82		
United Way Help Line	2,4,43		
United Way Volunteer Bureau	64		
US Citizenship & Immigration Services	63		
USDA Rural Development	48		
VADIS	16,23		
Value Village	11		
Veteran's Outreach Center	82		
Victim-Witness Assistance Service	52		
Violent Crime Victims Services	50		
Vision USA	38		
Vocational Rehabilitation	19		
Volunteer Chore Services	15,35,69		
WA Assoc. Com. & Migrant Health Care	41		
WA Basic Health Care Plan	39		
WA Homeownership Center	45		
WA Initiative for Supported Employment	16,23		
WA Poison Center	37		
WA State Bar Association	46		
WA State Department of Commerce	48		
WA State Department of Veterans' Affairs	82		
WA State Ferry Information	81		
WA State History Museum	65		
WA State Human Rights Commission	51		
WA State Medical Association	70		
WA State Quit Line	40		
WA Telephone Asst. Program-WTAP	19,28,74		
Water Conservation	33		
Water Purification	26		
Weatherization Services	43,54		
Wheels to Work	80		
WIC Programs	39		
Widowed Information & Consultation Services	78		
Wonder Bread Bakery	31		
Wood Burning	85,86		
Work Release/Re-Entry Housing Programs	47,53		
Work Force Centers/Advisor	22,25		
World Association for Children and Parents	59		
WWEE	12,25		
Yelm Community Services	11,72		
YMCA	64		
Youth Resources	79		
YWCA	25,44,48		
YWCA-Domestic Violence Hotline	48		

<p>October 2011</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>	<p>November 2011</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>	<p>December 2011</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 31</p>	<p>January 2012</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>
<p>February 2012</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29</p>	<p>March 2012</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 31</p>	<p>April 2012</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30</p>	<p>May 2012</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>
<p>June 2012</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p>	<p>July 2012</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>	<p>August 2012</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>September 2012</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30</p>
<p>October 2012</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>	<p>November 2012</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 31</p>	<p>December 2012</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>	<p>January 2013</p> <p>Su Mo Tu We Th Fr Sa</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>

Notes

Centralized intake for shelter and housing in Pierce County

**starts with one call:
253-682-3401**

Pierce County, together with Associated Ministries, is implementing a new centralized intake and referral system for families or individuals at risk of, or experiencing homelessness. It's called *Access Point 4 Housing*, and will offer a single, trusted access point to which people can be referred for assessment, case management, emergency shelter or transitional housing.

All households in need of prevention or re-housing services will be processed through this centralized intake and matched with the local organization best suited to the household's needs. Plus, Access Point 4 Housing will also offer homelessness prevention services, such as rent, utility and other assistance.

- *Centralized intake and referral for shelter and transitional housing Starts January 31, 2011*
- *Homelessness prevention services*
- *Rent and utility assistance*
- *Comprehensive, "strength-based" assessment*
- *Case management*
- *Welfare to work programs*



Your point of access for housing and shelter services

Call 253-682-3401

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

If you would like to add or update information in this resource guide please contact Robi at (253) 798-2807.
The information in this guide is updated yearly.

10/2011

Prepared with funds made available under the Community Service Block Grant Program administered by the Department of Commerce , state of Washington and/or the Low Income Home Energy Assistance Program , U.S. Department of Health and Human Services , administered by the Department of Commerce, state of Washington.