

Home Care

Catholic Community Senior Services

7050 S. G. Street, Tacoma, WA 98408

253-383-3697

Provides non-medical homecare (client fee basis). Counseling free to low income. 253-759 9544

Home Meals :253-474-1200

1-844-9380

Homebound Emergency

Services 253- 572-8452 - Provides assistance with a list of food banks for food, clothing, utility, prescription medications , rental mortgage assistance.

Housing

Tacoma Rescue Mission

425 South Tacoma Way

Tacoma, WA 98402 253-383-4493

Family Housing Network

Catholic Community Services

253-471-5340

Tacoma, Wa 253-272-8916

Food

Senior centers, Libraries and google will assist you a list of the food banks.

Bounty Food Bank 253-475-7098

9:30-11:30AM Mondays 5634 S. Park

Ave. Tacoma, WA 98408 Bounty Food Bank 253-840-5458

Puyallup Food Bank 253-848-5240

217 W. Stewart Avenue, Puyallup, WA 9AM –2PM M-F call for appointment

Presented By:

WASHINGTON ALLIANCE FOR LIFE

If you are in need, the included agencies may give you the support you need.

We believe that all stages of life are important and it is our hope that this brochure will help seniors in obtaining help in Pierce County.

Washington Alliance For Life
P.O. Box 1035
Graham, WA 98338

Web: <http://wash4life.com/index.html>

E-mail:

washall4life@gmail.com

Washington Alliance for Life
Face Book page

Senior Resource List

Washington Alliance for Life

The enclosed organizations we hope will help seniors that need help with different areas of their life. There are many more that we could not list in this brochure.

Call 211 for help with community referral needs

Direct phone line 253-572-4357

- Homecare
- Volunteer Chore
- Meals
- Clothing
- Food
- Counseling
- Support
- Transportation
- Housing/Utilities
- Dental
- Eye Glasses

Food Continued

St. Leos Food Connection

253-272-8916 Tue. and Thur. 11:30AM-5:30PM Wed. and Fri. 11:30AM-3:30PM Sat. 10AM-1:30PM

MEALS

Rainier View Christian Church

Community Dinner—Monday 5:30pm
Closed 6:30 Parkland Campus 12305
Spanaway Loop Rd. S. Tacoma, WA
98444 Families all ages 253-531-0757

Good Shepherd Lutheran Church

140 E. 56th Tacoma, WA 5:30to 6:30PM
Tuesday only family dinner closed major
holidays 253-473-4848

Nativity House 1411 S. Yakima Avenue
Mon.-Fri. Breakfast 8:30AM, Mon.—Fri. 11
AM lunch and dinner Mon. Sunday
5:30PM PM 253-502-2770

Tacoma Rescue Mission

425 South Tacoma Way, Tacoma 98402
serving meals 7 days a week, Breakfast
7:30AM lunch 12:30PM dinner 5PM
253-383-4493

Clothing

Francis House

322 7th St. SE
Puyallup, WA 98372
253-770-6991 Hours, Mon. Friday 10AM
5:30PM Sat. 10AM—3PM
Call to verify that your zip code is
included in their service area
<http://www.puyallupfrancishouse.org>
East Pierce only.

Transportation

Pierce Transit Disabled 253-

581-8000 1-800-562-8109
Pierce County Human Services
253-798-7240
Pierce County Com. Action
253-798-4500

Dental

Community health Care
Lakewood Family Dental Clinic
253-589-7188
Dental Services of WA 253-584-8840
Dentures Services Northwest
253-565-4435 6323 111th Street SW,
Lakewood, WA 98499
Pierce College Dental Clinic 253-964-
6694 Most are sliding scale on
dental

Free Clinic—Walk in Clinic at St.

Leos 1323 S. Yakima M-Tues. 5PM-
8PM 253-627-6353 (Medical).
Trinity health Clinic 1615 6th Ave
253-272-8819 5-7 PM medical 1st
come first serve

Support groups for seniors and families

Alzheimer's Foundation toll free 1-
866-232-8484
Cancer 1-800-227-2345
Stroke 253-798-4600

We believe in prayer and
recommend local churches and local
pastors to help you with prayer.

Cancer 1-888-793-9355
Cancer Hope Network 1-877-467-3638
Age and Disability Resource Center
253-798-1600
<http://www.co.pierce.wa.us> for
support groups
Hospice Multi-Care 253-534-7000
Franciscan Hospice—253-301-5400

Eye Glasses

Lions Clubs

Low income that need help with
eye exams and paying for
eyeglasses.
Tacoma South East Lyons club
253-752-4764 has Lyon club
secretaries listing of clubs in your
area

National eye care America Project 1
-800 222-3937

Some Senior Centers have low priced
meals once a week, free bread and
sometimes free pet food. Art and craft
classes are also available. Check with
the availability with Libraries, and
google.
“Casting all your care upon Him who
careth for you” 1Peter 5:7
Bible Studies Dailybibleguide.com