

LEGAL/CONSUMER CONCERNS

C/D Mental Health Ombudsman -----509-665-3319
C/D Co Volunteer Attorney Services ---509-663-2778
CLEAR*SR -----888-387-7111
CLEAR-----888-201-1014
Columbia Legal Services -----800-572-9615
Wenatchee-----509-662-9681
Community Action Legal Aid -----509-662-6156
Consumer Credit Counseling -----509-662-0936
Human Rights Commission -----800-662-2755
Insurance Commissioner-----800-562-6900
IRS Taxpayer Assistance -----800-829-1040
RSVP Legal Services, 2nd Wed. of mo.509-662-3461
Medicare Information -----800-444-4606
Medicare & Medicaid Fraud -----800-447-8477
Northwest Justice Project -----888-201-1021
Wenatchee-----509-664-5101
SHIBA Hotline
Local -----509-782-5024
Statewide -----800-562-6900
Social Security/SSI Info-----800-772-1213
Washington State Legislative -----800-562-6000
WA State Long-Term Care Ombudsman Program
800-562-6028 / Regional 800-572-4459

NUTRITION/FOOD

E. Wenatchee Food Bank -- 509-662-0386 / 884-1833
Wenatchee Food Bank 509-664-7064 /509-663-4980
Chelan Food Bank -----509-682-9063
Leavenworth Food Bank ---- 509-548-6727/548-0408
Entiat Food Bank-----509-784-7117
Waterville Food Bank -----509-784-1003
Mansfield Food Bank--- 509-683-1123/509-679-4801
Home Delivered Meal Referrals -Okanogan County
Transportation & Nutrition
Chelan/Douglas ---- 800-635-4391 or 509-826-4391
Kathleen Miller, Manson -----509-687-3377
Mobile Meals, Wen./E.Wenatchee -----509-665-6254
Salvation Army -----509-662-8864

SENIOR CENTER MEAL SITES

Cashmere Senior Center -----509-782-2415
Chelan Senior Center -----509-682-2712
Entiat Senior Center, Tu & Th -----509-784-0527
Leavenworth Senior Center -----509-548-6666
Mansfield Senior Center -----509-683-1118
Waterville Senior Center-----509-745-9120
Wenatchee Valley Senior Center -----509-662-7036
Wenatchee Adult Respite -----509-662-3654

SENIOR SERVICES INFORMATION

AACW—Gatekeeper, Dental Care Access Program
----- Toll-Free 1-800-572-4459 or 509-886-0700
Addus HealthCare, Inc. -----509-665-9521
Beneficial In-Home Care -----509-663-7900
Columbia River Home Care-----509-667-2742
Community Action Council -----509-662-6156
Department of Social and Health Services
To Report Adult Abuse or Neglect ----866-363-4276
Community Services Office (Public Assistance)
----- 509-667-6000 or 800-272-8881
Home & Community Services
----- 509-886-6135 or 800-670-8874
Healthy Options -----509-663-9585
Home Health & Hospice
Chelan-----509-682-8235
Wenatchee-----509-665-6049
In-Home Care of Central Washington--800-640-6907
Chelan/Douglas County-----509-663-7742
National Council on Aging -----800-424-9046
ResCare of Washington -----509-886-0473
Retired Public Employees Council of Washington
(RPEC)----- 509-745-8294 or 800-562-6097
Retired Senior Volunteer Program
(RSVP)-----509-662-3461
Social Security Administration -----800-772-1213
Volunteer Chore Services (CFCS)
-----509-662-6761 ext. 4399 or 800-261-1094

Used Medical Equipment to Loan or Purchase

KC Help--509-662-6761 ext 4399 1-800-261-1094
Philadelphia House -----509-663-3533

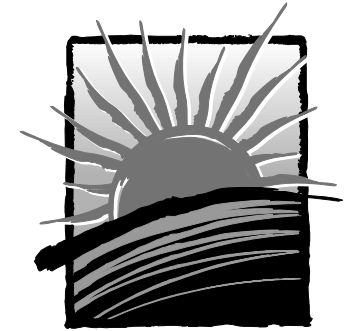
SUPPORT GROUPS

Aids----- 509-663-8711 ext. 5315
Alcoholics Anonymous
Wenatchee (Alanon)-----509-663-4567
Leavenworth -----509-548-4522
Plain-----509-548-0436
Alzheimer's Disease ----- 1-800-848-7097
Blossom Creek -----509-662-3500
1740 Madison, Wenatchee
2nd & 4th Tuesdays at 10:30 AM
American Cancer Society -----887-448-7724
Caregiver Support (Wenatchee) 509-663-8711xt5894
Good Grief & Wellness Place-----509-662-6069
Catholic Family & Child Services -----509-662-6761
Lupus/Autoimmune Deficiencies -----509-662-1912
Mended Hearts-----509-663-2495
Relatives Raising Grandchildren
Wenatchee Areas--- 509-663-0034 or 509-886-0700
Stroke Support ----- 509-665-5850 ext 5983

TRANSPORTATION

A Cab N Courier -----509-886-4222
NW Trailways ----- 509-662-2183 or 800-366-3830
Alaska Air ----- 800-252-7522
Horizon Air -----800-547-9308
Link-----509-662-1155
Link Plus-----509-662-3569
Pangborn Memorial Airport-----509-884-2494
TRANCARE ----- 509-667-2727 or 800-352-8726
Lake Chelan Cab -----509-682-8294
Wenatchee Mobility Services ----- 509-667-0967
Wenatchee Taxi -----509-663-7799
4people.org - Web site for lists of resources all over
the United States

CHELAN-DOUGLAS RESOURCE GUIDE



Aging & Adult Care OF CENTRAL WASHINGTON

50 SIMON STREET SE STE. A
EAST WENATCHEE, WA 98802
(509) 886-0700
(800) 572-4459
FAX: 509-884-6943
TTY: (800) 833-6388
www.aacw.org

*Our mission is to enhance a
person's ability to maintain a life
of independence and choice.*

CONVALESCENT & LIFE CARE

Cashmere

Cashmere Convalescent Center -----509-782-1251
Epledalen Assisted Living-----509-782-7600

Chelan

Regency Manor Nursing Home -----509-682-2551
Heritage Heights Assisted Living -----509-682-1998

Leavenworth

Cascade Medical Center NH -----509-548-5815
Mountain Meadows Assisted Living ---509-548-4076

Waterville

Cornerstone Assisted Living -----509-745-8187
Ingram Residential Care Centers (Respite)
Waterville-----509-745-8187

Wenatchee

Blossom Creek Specialty Care-----509-662-3500
Blossom Valley Assisted Living -----509-667-0990
Columbia Heights Assisted Living -----509-662-8646
Colonial Vista Care Center-----509-663-1171
Colonial Vista Retirement Apts. -----509-663-3337
Highgate House Assisted Living -----509-665-6695
RiverWest Retirement/ Assisted Living509-662-2797

East Wenatchee

Hearthstone Cottage -----509-884-3938
Highline Care Center -----509-884-6602
Wenatchee Assisted Living -----509-884-9555
Adult Family Home List available -----509-886-0700
Nursing Home Complaints -----800-562-6078

EMERGENCY SERVICES

Sheriff Chelan County 911 or -----509-667-6851
Sheriff Douglas County 911 or -----509-884-1535
Chelan Police/Fire Dept 911 or -----509-682-2588
East Wenatchee Police Dept 911 or --509-884-9511
Wenatchee Police Dept 911 or -----509-663-9911
Ballard Ambulance 911 Bus -----509-662-5111
Lifeline Ambulance 911 Bus -----509-663-8091
Lake Chelan Ambulance 911 or 509-682-2531 xt120
Waterville Ambulance 911 or -----509-745-8448
Washington Poison Center -----800-222-1222

Adult Protective Services -----800-459-0421
Alcohol & Drug (24 Hr Crisis Line) ----800-562-1240
Personal Emergency Response System (PERS)
Lifeline of Eastern Washington-----800-556-6331
Link to Life ----- 509-665-6431 OR 888-569-2243
Project LifeSaver Call Ctr.
(Wandering) -----800-572-4459

Chelan/Douglas Behavioral Health -----800-852-2923
24 Hr Crisis Line -----509-662-7105
Phoenix House – Rape Crisis & Domestic
Violence ----- 509-663-7446 or 800-356-4533
Community Action Council
----- 509-662-6156 or 800-335-6156
Salvation Army -----509-662-8864
Serve Wenatchee Valley -----509-663-4673
Seventh Day Adventist -----509-663-6926
Women’s Resource Center -----509-662-0121
4People Directory ----- www.4people.org

EMPLOYMENT

SkillSource ----- 509-663-3091 or 800-999-8694
WorkSource-Wenatchee -----509-665-6605
Unemployment Insurance Claims -----800-362-4636

HEALTH/MEDICAL

Alzheimer’s Association Chelan Co ----800-848-7097
Douglas Co. -----800-473-3397
American Cancer Society -----800-227-2345
Wenatchee-----509-663-2188
American Diabetes Association-----800-342-2383
Wenatchee (Irene) ----- 509-662-1511 ext. 2878
American Heart Association -----800-242-8721
American Legion Veterans Affairs-----509-562-2308
American Kidney Foundation-----800-638-8299
American Parkinson’s Disease-----206-543-5369
Arthritis Foundation -----800-542-0295
Cascade Medical Center -----509-548-5815
Challenge 2000/Cerebral Palsy -----509-662-2000
Center for Alcohol & Drug Abuse -----509-662-9673
Information-----800-274-2042

Central Washington Hospital -----509-662-1511
Home Health & Hospice--- 509-662-1511 ext. 2395
Women’s Health Care-----509-665-6125
Chelan-Douglas County
Medical Society -----509-662-9192
Chelan -Douglas Health Dist----- 800-336-5306
Chelan-Douglas Behavioral Health ---- 509-662-7195
Crisis Line ----- 509-662-7105 OR 800-852-2923
Colonial Vista Care Center &
Subacute Rehab -----509-665-8771
Columbia Valley Community
Health Services---- 509-662-5163 or 800-288-7649
Dental -----509-662-3860
Deaf and Hard of Hearing -----800-833-6388
Assistance for the Deaf -----206-322-4996
TTY Newsline-----509-328-8096
TTY Phone-----509-328-3772
TTY Interpreter-----509-328-3728
Voice Only -----509-328-9220

Disabled Persons Parking

Decals ----- 509-664-5424 or 360-902-3770 (opt 5)
Eldercare Locator -----800-677-1116
Easter Seals Society of WA -----800-678-5708
Eye & Ear Clinic ---- 509-662-7143 or 800-572-9425
Family Caregiver Support Program-----509-886-0700
Health Information Line -----800-989-9180
Healthy Options Home Health-----509-663-9585
Hearing Aid Bank - Wenatchee----- 509-663-2157
Lake Chelan Community Hospital -----509-682-2531
Home Health & Hospice -----509-682-8235
Lilac Blind Foundation-----800-422-7893
National Jewish Center Lung Line -----800-222-5864
Respite Care Program
AACCW----- 509-886-0700 or 800-572-4459
Veterans Administration Medical Center
Wenatchee-----509-663-7615
Seattle -----800-827-1000
Spokane -----800-325-7940

Veteran Claims Assistance (Local)-----509-884-3617
Wenatchee Adult Respite
Day Care Center – Wenatchee -----509-662-3654
Wenatchee Valley Hospital & Rehab --509-665-5850
Wenatchee Valley Medical
Center ----- 509-663-8711 or 800-726-8808

HOUSING

Cashmere

Cashmere Manor -----509-782-2158
Cashmere Park Apartments -----509-782-1797
Epledalen Retirement/Assisted-----509-782-7600
River Run Apartments-----509-663-7421

Chelan

Bayshore Court Apartments -----509-682-2939
Chelan/Gibson Garden Apts. -----509-682-4387
Southridge Place Apartments-----509-682-2654
Lake Chelan Community Apts. -----509-682-5820

Entiat

Entiat Garden Apartments -----509-663-7421

Leavenworth

Garten Haus -----509-548-7913
Bavarian Village Apartments-----509-548-6262
Berg Rose Apartments-----509-548-1701

Manson

Manson Sun Villa -----509-687-9300

East Wenatchee

Bonaventure -----509-881-2093
East Point Apartments -----509-884-3211

Wenatchee

Burke Hill Apartments-----509-662-8564
Cascadian Apartments -----509-663-7911
Colonial Vista Village -----509-663-3337
Deaconess Apartments-----509-662-6156
Emerson Manor----- 509-663-1455 or 663-7714
Garden Terrace Retirement Apts.-----509-663-2154
Wenatchee House -----509-663-7714
Wenatchee Housing Authority -----509-663-7421