

SENIOR CENTER MEAL SITES
(includes home delivered meals)

Davenport Senior Center-----509-725-7055
 Grand Coulee Senior Center -----509-633-2321
 Harrington Community Hall
 Contact Becky Schank -----509-253-4246
 Moses Lake Senior Center -----509-765-7809
 Odessa Meal Site-----509-982-2654
 Sprague 55 Plus Club
 Contact Janet Blau-----509-257-2597
 Wilbur Community Center -----509-647-5717



SENIOR CENTERS

Davenport Senior Center-----509-725-7055
 Grand Coulee Senior Center -----509-633-2321
 Sprague Senior Center -----509-257-2597
 Wilbur Senior Center-----509-647-2508

NUTRITION/FOOD

Food Bank of Edwall and Reardan
 Contact Mrs. Paul Lillengreen -----509-236-2326
 Moses Lake Senior Opportunity & Services
 -----509-755-7809

**SENIOR SERVICES
AND GENERAL INFORMATION**

Aging & Adult Care of Central Washington
 Central Office (East Wenatchee)-----800-572-4459
 Moses Lake (Serves Lincoln Co.)-----877-380-5787
 Central Basin Home Health Care -----509-765-1856
 Crisis Line –Domestic Violence/Abuse
 -----509-725-4357 or 800-932-0932
 Department of Social and Health Services
 Home & Community Services -----800-671-8902
 Spokane -----800-459-0421 OR 509-323-9400

Eldercare Locator -----800-677-1116
 Family Caregiver Support Program -----877-380-5787
 Family Resource Center (energy bill assistance)
 Davenport -----800-932-0932 OR 509-725-4358
 Gatekeeper Program -----877-380-5787
 -----509-725-3001 OR 800-725-3001
 Harrington Community Hall -----509-253-4246
 Lincoln County Assessor
 Davenport-----509-725-7011
 Lincoln County
 Public Health Coalition -----888-893-4357
 Davenport -----509-725-1001
 National Council on Aging -----800-424-9046
 North Columbia Community Action Council
 Moses Lake-----509-765-9206
 North Columbia Community Action Council-
 Weatherization and Minor Home Repairs and
 Energy Program for Seniors in Grant, Adams and
 Lincoln County -----509-765-9206
 Okanogan Regional Home Health Care
 Davenport Office -----509-725-3141
 Grand Coulee Office-----509-633-1751
 Okanogan Office -----509-422-6721
 Retired Public Employees Council of Washington
 (RPEC)-----509-982-2815 or 800-562-6097
 Retired Senior Volunteer Program
 Ephrata-----509-754-4002
 Social Security Administration -----800-772-1213
 Volunteer Chore Services-----509-647-5351
 Washington State Dental Care
 Access Program -----800-572-4459

**COMMUNITY RESOURCE DIRECTO-
RY**

ON THE INTERNET

www.4people.org

Adams-Chelan-Douglas-Grant-Kittitas-Lincoln-
Okanogan Counties

CONVALESCENT & LIFE CARE

Boarding Homes

Odessa

Quail Court Assisted Living-----509-982-2611

Wilbur

Vista Manor Assisted Living -----509-647-2211

Adult Family Homes

Davenport

Serene Meadows-----509-725-1155

Serene Meadows II -----509-725-0299

Serene Meadows III-----509-725-7778

Nursing Homes

Coulee Community Nursing Home

-----509-633-3432

Lincoln County Hospital Nursing Home

-----509-725-7101

Odessa Memorial Hospital Long Term Care

-----509-982-2611

Assisted Living Lists Available From

AACCW -----877-380-5787 or 800-572-4459

Nursing Home Complaints -----800-562-6078



TRANSPORTATION

People for People-----800-851-4204

Moses Lake Office-----509-765-9249

Grand Coulee Senior Center -----509-633-2321

Davenport Senior Center-----509-725-7055

Odessa Senior Center-----509-982-2654

Special Mobility Services (439353)

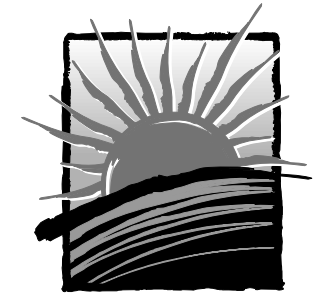
-----1-800-892-4817

3102 E Trent, Spokane WA 99202

Wilbur (Driver – Anita Cremeen)-509-647-2639

Volunteer Chore Services-----509-647-5351

**LINCOLN COUNTY
RESOURCE GUIDE**



**Aging &
Adult Care**
OF CENTRAL WASHINGTON

1336 SOUTH PIONEER WAY, SUITE 103
 MOSES LAKE , WA 98837
 (509) 766-2568
 (877) 380-5787
 TTY: (800) 833-6388
 www.aaccw.org

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

SUPPORT GROUPS

Alzheimer's Association-----800-848-7097
American Cancer Society-----800-227-2345
 Omak-Tonasket -----509-826-6132
Deaf and Hard of Hearing -----800-214-3323
Assistance for the Deaf-----206-322-4996
 TDD News line-----509-328-8096
 TDD Phone -----509-328-3772
 Voice Only -----509-328-9220
Lilac Blind Foundation -----800-422-7893
 Spokane -----509-328-9116

EMERGENCY SERVICES

Adult Protective Services----- 1-800-459-0421
Alcohol & Drug (24 hr crisis)-----800-562-1240
Ambulance Service -----911
 Almira-----509-725-3501
 Creston-----509-725-3501
 Davenport -----509-725-3501
 Harrington-----509-253-4345
 Med Star, (Air) Spokane-----800-422-2440
 Lincoln Hospital -----509-725-3501
 Odessa -----509-982-2611
 Sprague -----800-562-6010
Domestic Violence/Abuse-Emergency Shelter
 Davenport -----509-725-4357
Almira Marshall -----509-725-2255
Davenport Police-----509-725-2255
Harrington Police -----509-725-2255
Lincoln County Ministerial Alliance
 Contact Steve Pruitt -----509-725-7901 or 725-6535
Lincoln County Sheriff -----509-725-3501
Odessa Police-----509-982-0141
Personal Emergency Response System (PERS)
 Northwest Health Watch-----800-600-6628
 Lifeline of Eastern Washington ----- 800-556-633
 Link to Life -----800-848-9399
 Project LifeSaver (*Wandering*)----- 877-380-787

Reardan Police-----509-796-2626
Wilbur Police
 Emergency 509-647-5300 Business 509-647-5821
Wilbur Emergency Shelter/Food/Energy Assistance
 Contact Gill Sheffels -----509-647-5670

EMPLOYMENT

Community Colleges of Spokane -----509-533-7000
Unemployment Insurance Claims -----800-362-4636
WorkSource-----509-532-3000

HEALTH/MEDICAL

Alcohol Information/Referral Program
 Davenport -----509-725-2111
 National (California) -----800-274-2042
Alzheimer's Association -----800-848-7097
American Cancer Society -----800-227-2345
American Diabetes Association-----800-342-2383
American Heart Association -----800-242-8721
American Kidney Foundation-----800-638-8299
American Parkinson's Disease-----206-543-5369
Arthritis Foundation -----800-542-0295
Coulee Community Hospital
 Grand Coulee -----509-633-1753
Coulee Community Hospital/Long Term Care
 Grand Coulee -----509-633-3432
Davenport Hospital/Clinic -----509-725-4249
Deaconess Medical Center
 Spokane -----509-458-5800
Deaf and Hard of Hearing -----800-214-3323
 TTY News Line -----509-328-8096
 TTY Phone-----509-328-3772
 TTY Interpreter-----509-328-9220
Disabled Parking Decals -----360-902-3770

DSHS-Home & Community Services --800-459-0421
Easter Seal Society of WA-----800-678-5708
Family Caregiver Support Program-----877-380-5787
Grant County Mental Health Care
 Grand Coulee -----509-633-1471
 Moses Lake Crisis Line -----509-765-1717
Lilac Blind Foundation-----800-422-7893
Lincoln County Counseling Center
 ----- 509-725-3001 OR 800-701-3001
Lincoln County Health District
 Davenport Office -----509-725-1001
Lincoln County Hospital
 Davenport -----509-725-7101
Odessa Memorial Hospital -----509-982-2611
Respite Care Program (AACCW) -----877-380-5787
Sacred Heart Medical Center
 Spokane-----509-455-3131
Veteran's Administration Medical Center
 Spokane-----509-328-4521
 Seattle-----800-827-1000

HOUSING

Creston
Butte View Apartments, after 5pm-----509-636-2162
Davenport
Cottonwood Springs 1&2 -----509-725-0411
Grand Coulee
Grand Coulee Senior Manor -----509-633-1190
North Columbia Community Action Council
Moses Lake -----509-765-9206
Wilbur
Hillcrest Village (Manager #8)-----509-647-5878
Rural Development
 Spokane-----509-353-2317

LEGAL/CONSUMER CONCERNS

Attorney General ----- 800-551-4636
CLEAR*SR ----- 888-387-7111
CLEAR ----- 888-201-1014
Columbia Legal Services ----- 800-572-9615
Consumer Credit Counseling----- 800-273-6897
Human Rights Commission ----- 800-662-2755
Insurance Commissioner----- 800-562-6900
IRS Taxpayer Assistance ----- 800-829-1040
Legal Advocacy Center for the Hard
 of Hearing & Deaf ----- 206-322-4996
Medicare Information ----- 800-633-4227
Medicare & Medicaid Fraud ----- 800-447-8477
North Columbia Community Action Council
 Moses Lake ----- 509-765-9243
NE Rural Resources Community Action—Serving
 Ferry County----- 509-684-8421
SHIBA Hotline -----800-397-4422 ext. 114
 Moses Lake ----- 509-764-2225
Social Security/SSI Information ----- 800-772-1213
Spokane Legal Services Center ----- 800-231-9527
Washington State Bar Association ----- 509-456-3655
Washington State Legislative Hotline
 District 7----- 800-562-6000
U.S. Railroad Retirement Board
 Spokane----- 509-353-2795
Washington State Long-Term Care Ombudsman
 Program (State) ----- 800-562-6028
 Regional Long-Term Care Ombudsman
 ----- 800-572-4459
Mental Health Ombudsman----- 800-346-4529