

LEGAL/CONSUMER CONCERNS

Attorney General -----800-551-4636
CLEAR*SR -----888-387-7111
CLEAR-----888-201-1014
Columbia Legal Services -----800-572-9615
Community Action Council - Monday-Thursday
Limited Hrs----509-422-4041 or 1- 877-641-0101
Consumer Protection (Information)----800-551-4636
Insurance Commissioner-----800-562-6900
IRS Taxpayer Assistance -----800-829-1040
Legal Aid—for low income over 60 years of age ----
----- 1-888-387-7111 (TDD) 1-888-201-9737
Medicare Information -----800-444-4606
Medicare & Medicaid Fraud -----800-447-8477
Dispute Resolution Center -----509-826-1176

Northwest Justice Project -----509-422-2345
Okanogan County Commissioners -----509-422-7100
Prosecution Attorney -----509-422-7280
SHIBA Hotline -----800-562-6900
Senior Citizens Lobby -----360-754-0207
Social Security/SSI Information -----800-772-1213
Washington State Legislative
Hotline-----800-562-6000
Washington State Long-Term Care
Ombudsman Program (Statewide)---800-562-6028
Regional-----800-572-4459

SENIOR CENTER MEAL SITES (includes home delivered meals)

Brewster -----509-689-2815
Methow Valley, Twisp-----509-997-7722
Okanogan-----509-422-6776
Omak -----509-826-4741
Oroville -----509-476-2412
Tonasket -----509-486-2483

NUTRITION/FOOD

Okanogan County Food Bank-----509-422-4041
Okanogan Co. Transportation & Nutrition -----
-----509-826-4391
The Cove—Methow Valley Food Bank-----
Twisp-----509-997-0227

SUPPORT GROUPS

Alcoholics Anonymous -----509-826-6299
Kinship Support Group-----509-826-1760
Alzheimer's Disease, Omak-----509-422-5428
ALS/Lou Gehrig's Disease --- 509-826-1760 ext 2345
Parkinson's ----- 509-826-1760 ext 2345
Cancer ----- 509-826-1760 ext 2345
Support Center-Abuse Victims
Omak ----509-826-3221 or 24 Hr 1-888-826-3221

SENIOR SERVICES AND GENERAL INFORMATION

AARP ----- 1-800-922-8716
AARP in Washington----- 1-206-517-9348
Addus Health Care -----509-422-3400
Aging & Adult Care of Central Washington
(AACCW)
Omak Office----- 509-826-7452 or 888-437-4147
East Wenatchee --- 509-886-0700 or 800-572-4459
Catholic Family & Child Services-----509-328-8400
Community Action Council -----509-422-4041
Colville Area Agency on Aging -----509-634-2759
Beneficial Home Care -----509-884-2776

Department of Social and Health Services
To report Abuse or Neglect of a Vulnerable Adult
----- 1-800-459-0421
Okanogan-Community Service Office
(Public Assistance)--509-846-2000 or 800-479-0529

Omak-Home & Community Services (HCS)
-----509-846-2103 or 1-888-437-0529

Disabled American Veterans -----509-535-9100
Generations & Partnerships-----509-667-9500
ResCare Home Care-----509-422-1791
Omak ----- 1-866-422-1791
In-Home Care of Central Washington
Omak ----- 509-826-5825 or 800-640-6907
National Council on Aging-----800-424-9046
National Eldercare Locator -----809-677-1116
Okanogan Regional Home Health Care Agency,
Amedisys
Omak, Main Office -----509-422-6721
Amedisys Hospice of Omak- - - - - 509-422-8621
Retired Public Employees of Washington
(RPEC) ----- 509-826-5768 or 800-562-6097
Retired Senior Volunteer Program (RSVP)
Omak -----509-826-4741
Senior Citizens
Programs ----- 800-635-4391 or 509-826-4391
Okanogan Behavioral Health
Crisis Line-----866-826-6191
Veteran's Administration----- 1-800-827-1000
Disabled American Veterans -----509-535-9100
Volunteer Chore Services -----
Wilbur Office-----509-647-5351
Washington State Dental Care
Access Program509-826-7452 or 1-888-437-4147

COMMUNITY RESOURCE DIRECTORY ON THE INTERNET

www.4people.org

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

OKANOGAN COUNTY RESOURCE GUIDE 2010



**Aging &
Adult Care**
OF CENTRAL WASHINGTON

739 HAUSSLER ROAD, STE. A & B
OMAK, WA 98841
(509) 826-7452
(888) 437-4147
TTY: (800) 833-6388
www.aaccw.org

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

CONVELESCENT & LIFE CARE

Brewster

Hillcrest House Assisted Living----- 509-689-6682

Harmony House Nursing Home----- 509-689-2546

Okanogan

Valley Care Center ----- 509-422-3180

Omak

Apple Meadows Specialty Care Assisted Living
----- 509-826-1196

Apple Springs Retirement & Assisted Living
----- 509-826-3590

Apple Meadows (Dementia) ----- 509-826-1196

Rose Garden Estates Assisted Living -- 509-826-4628

Mid Valley Hospital ----- 509-826-1760

Tonasket

North Valley Nursing Home ----- 509-486-2151

North Valley Assisted Living ----- 509-486-3121

Adult Family Home List available from:

AACCW----- 509-886-0700 or 800-572-4459

Residential Care Complaints----- 800-562-6078

EMERGENCY SERVICES

Adult Protective Services (DSHS) --- 1-800-459-0421

Alcohol & Drug

Community Action Council----- 509-422-4041

Emergency Services ----- 509-422-7206 or 826-6191

Lifeline Ambulance Service 911 -- Bus 509-422-4212

Okanogan Behavioral Health ----- 866-826-6191

Personal Emergency Response System (PERS)

Lifeline of Eastern Washington----- 800-556-6331

Link to Life ----- 800-848-9399

Units available through AACCW --- 800-572-4459

Project LifeSaver (*Wandering*)----- 888-437-4147

Veteran's Relief Fund----- 509-322-2295



FIRE - POLICE - AMBULANCE

CALL 911 for EMERGENCIES

Brewster Police ----- 911

Fire/Medical ----- 509-689-2233

Conconully Police, Fire & Medical ----- 911

Coulee Dam & Elmer City----- 800-572-6604

Nespelem Police & Medical ----- 509-634-8860

Okanogan Police/Fire/Medical----- 509-422-5757

Omak Police/Fire/Medical ----- 509-826-0383

Pateros --- Police: 509-923-2298; Fire: 509-923-2571

Twisp ---- Police: 509-997-6112; Fire: 509-997-2981

Winthrop Police: 509-996-2160; Fire: 509-997-2981



HEALTH/MEDICAL

Allied Medical Equipment ----- 509-826-2331

Alzheimer's Association East. WA ---- 800-256-6659

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 Lung Association ----- 509-325-6516

American Parkinson's Disease 800-329-8387x 65516

Arthritis Foundation----- 800-542-0295

Central Washington Hospital----- 509-662-1511

Colville Confederated Tribes AAA ---- 509-634-2759

Eye & Ear Clinic

Wenatchee 509-662-7143 Toll Free 1-800-572-9425

Family Caregiver Support Program ---- 800-572-4459

Handicapped/Disabled Parking Decals

Ok. Co. Auditor's Office ----- 509-422-7240

Family Health Center 509-422-5700 or 800-660-2129

Lilac Blind Foundation ----- 800-422-7893

Lincare ----- 509-826-5060 or 888-475-5060

National Council on Aging ----- 800-424-9046

Mid Valley Hospital ----- 509-826-1760

North Valley Family Medicine ----- 509-486-2174

North Valley Hospital ----- 509-486-2151

Okanogan Behavioral Health ----- 509-826-6191

Okanogan County Health District---- 509-422-7140

Okanogan-Douglas Hospital ----- 509-689-2517

Okanogan Valley Eye Clinic----- 509-826-1191

Respite Care Program
AACCW ----- 888-437-4147 or 509-826-7452

Veteran's Administration Medical Center

Wenatchee----- 509-663-7615

Spokane & Mobile Clinic (appts)- 509-328-4521

Outreach Office ----- 509-826-4901

Seattle----- 800-827-1000

Wenatchee Valley Medical Center --- 509-663-8711

Omak Clinic----- 509-826-1800



HOUSING

Brewster

Brewster Garden Apartments ----- 509-689-3324

Peachtree Apartments ----- 509-689-2320

Bridgeport

Joseph Cove Apartments ----- 509-686-4731

Okanogan

Caribou Trail Apartments ----- 509-422-1098

Elmwood Apartments ----- 509-422-0004

Okanogan Gardens ----- 509-422-5608

Omak

Morningside Apartments ----- 509-826-5455

North Valley #1 ----- 509-826-0424 or 826-4000

Omak Park Apartments ----- 509-826-6733

Omak Stampede Housing----- 509-826-4667

Pioneer Gardens----- 509-826-3016

Rose Garden Estates----- 509-826-4628

Vista View Apartments ----- 509-826-1932

Oroville

American Legion Apartments----- 509476-2808

Oroville Gardens Apartments ----- 509-476-3059

St. Charles Place Apartments ----- 509-476-4057

Pateros

Pateros Garden Apartments ----- 509-923-2011

Tonasket

Hillside Apartments----- 509-486-4966

Tonasket Gardens ----- 509-486-4797

Twisp

Twisp Gardens Apartments----- 509-997-7962

Whispering Rivers ----- 509-997-0099

Winthrop

Cedarwood Apartments ----- 509-996-2201

EMPLOYMENT

Employment Security—Job Services

Omak

Goodwill Industries, Wenatchee ---- 509-663-7636



TRANSPORTATION

Okanogan County Transportation & Nutrition

Brewster----- 509-689-2815

Okanogan/Omak 800-635-4391or 509-826-4391

Oroville ----- 509-476-2412

Tonasket ----- 509-486-2483

Twisp ----- 509-997-7722

Trancare ----- 800-352-8726

Volunteer Chore Services----- 509-422-2528