

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
 Information line1----- 800-233-3247
Ins. Commissioner--- 800-562-6900 or 800-662-2755
IRS Taxpayer Assistance----- 800-829-1040
Long-Term Care Ombudsman Program
 Washington State----- 800-562-6028
 Regional----- 800-572-4459
Medicare Information----- 800-MEDICARE
Medicare Information----- 800-633-4227
Medicare Fraud----- 800-447-8477
Mental Health Ombudsman----- 800-346-4529
Northwest Justice Project----- 888-387-7111
Nursing Home Complaints----- 800-562-6078
OIC----- 509-765-9206
SHIBA Hotline-----800-397-4422, ext. 114
 Moses Lake----- 509-764-2225
Social Security/SSI Information----- 800-772-1213
U.S. Railroad Retirement Board
 Spokane----- 509-353-2795
Washington State Legislative Hotline-- 800-562-6000
 District 13----- 360-786-7624

SENIOR CENTER MEAL SITES

(INCLUDES HOME DELIVERED MEALS)

Coulee City Senior Center----- 509-632-8701
Ephrata Senior Center----- 509-754-0316
Grand Coulee Dam Area Seniors----- 509-633-2321
Gritman Senior Center, Ritzville----- 509-659-1921
Lind Senior Center----- 509-677-3620
Moses Lake Senior Center----- 509-765-7809
Moses Lake – Hispanic----- 509-765-8819

Othello Latin Senior Center----- 509-488-3145
Othello Senior Center----- 509-488-5700
Quincy Senior Center----- 509-787-3231
Soap Lake Senior Center----- 509-246-1913
Warden Senior Center----- 509-349-2043
Washtucna Senior Center----- 509-646-3485

NUTRITION/FOOD

Coulee City Food Bank----- 509-632-5696
Ephrata Food Bank----- 509-754-5772
Grand Coulee Dam Food Bank----- 800-633-2742
Moses Lake Food Bank----- 509-765-8101
Mattawa Food Bank----- 509-830-8655
Moses Lake Senior Opportunity & Service
----- 509-765-7809
Othello Food Bank----- 509-488-2425
Quincy Community Food Bank----- 509-787-4963
Royal City Food Bank----- 509-346-9334

SENIOR SERVICES AND GENERAL INFORMATION

Aging & Adult Care of Central Washington
Moses Lake Office ---509-766-2568 or 877-380-5787
Addus HealthCare, Inc.----- 877-415-7570
 Moses Lake----- 509-764-2420
Assured Home Health Care----- 509-765-1856
Assured Hospice----- 509-766-2580
County Assessors
 Adams Co., Ritzville----- 509-659-3200
 Grant Co., Ephrata----- 509-754-2011, ext. 325
Department of Social and Health Services (DSHS)
 Customer Service Center----- 877-501-2233
 Home & Community Services----- 509-764-5657
 Adult Protective Services----- 866-323-9409
Eldercare Locator----- 1-800-677-1116

Gatekeeper Program----- 800-572-4459
In-Home Care of Central WA----- 509-766-2364
 Omak Office----- 800-640-6907
OIC of Washington
 Moses Lake----- 509-765-9206
Retired Public Employees Council of Washington
 Adams County----- 509-659-1289
 Grant County----- 509-765-4122
Retired Senior Volunteer Program – RSVP
 Moses Lake----- 509-754-4002
SHIBA Hotline-----800-397-4422, ext. 114
 Moses Lake----- 509-764-2225
Volunteer Chore Services
 Adams Co----- 509-647-5351
 Grant Co----- 509-765-1875
Washington State Dental Care Access Program
 AACCW Moses Lake Office----- 877-380-5787

TRANSPORTATION

Grant Transit Authority----- 509-765-0898
People for People----- 509-765-9249
Special Mobility Services----- 800-892-4817
 3102 E. Trent, Spokane, WA 99202
Volunteer Chore Services
 Adams Co----- 509-647-5351
 Grant Co----- 509-765-1875

COMMUNITY RESOURCE DIRECTORY ON THE INTERNET

www.4people.org

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

GRANT-ADAMS 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.*

CONVALESCENT & LIFE CARE

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

Ephrata

Columbia Basin Hospital Nursing Home

-----509-754-4631

Garden Oasis (assisted living) -----509-754-4631

Moses Lake

Columbia Crest Care & Rehab Center

-----509-765-6788

Emeritus at Hearthstone -----509-765-2121

Lakeridge Solana Memory Care-----509-765-7835

Monroe House (assisted living)-----509-765-2200

Moses Lake Senior Living

(assisted living)-----509-762-9115

Summer Wood Alzheimer's Special Care Center

(assisted living)-----509-764-1900

Quincy

Quincy Valley Convalescent Center ----509-787-1588

The Cambridge Assisted Living -----509-797-9555

Othello

Avalon Care Center-----509-488-9609

Coventry House Assisted Living -----509-488-6000

Ritzville

Life Care Center of Ritzville -----509-659-1600

Rose Garden Estates Assisted Living---509-659-4717

Soap Lake

McKay Healthcare & Rehab Center ---509-246-1111

EMERGENCY SERVICES

Adams Co Emergency Services -----911

Adult Protective Services -----1-800-459-0421

Crisis Lines

Moses Lake -----509-765-1717

Othello -----509-488-5611

Ritzville-----509-659-4357

Personal Emergency Response System (PERS)

Breadcrumbs GPS Tracking-----888-708-3604

Lifeline – Samaritan Hospital -----509-765-5606

Link-to-Life -----888-557-4462

Units available through AACCCW ----877-380-5787

Salvation Army -----509-766-5875

Sheriff – Adams County -----911

Othello – Business -----509-488-2061

Ritzville – Business-----509-659-3271

Sheriff – Grant County -----888-431-9911

Ephrata – Business-----509-754-2011

Moses Lake – Business -----509-762-1160

EMPLOYMENT

AARP Senior Employment Program ---888-469-6736

Adams County-----509-624-4232

Grant County -----888-469-6736 or 509-248-6736

Big Bend Community College -----509-793-2045

SkillSource -----509-765-1721 or 800-289-9196

HEALTH/MEDICAL

Adams County Health District

Othello -----509-488-2031

Ritzville-----509-659-3315

Adams County Counseling Services

Othello -----509-488-5611

Ritzville -----509-659-4357

Alzheimer's Association -----800-848-7097

American Cancer Society -----800-227-2345

American Parkinson's Disease-----425-443-8269

American Diabetes Association -----800-342-2383

American Heart Association -----800-242-8721

American Kidney Fund -----800-638-8299

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

Assurance Home Health Care & Hospice

-----509-765-1856

Centers for Alcohol and Drug Abuse

Moses Lake -----509-764-5206

Othello-----509-488-5611

Columbia Basin Health Association

Othello -----509-488-5256

Columbia Basin Hospital, Ephrata-----509-754-4631

Coulee Community Hospital

Grand Coulee -----509-633-1753

Deaf and Hard of Hearing-----800-214-3323

Voice Only -----509-328-9220

TDD Phone-----509-328-3772

TDD Newline -----509-328-8096

Disabled Parking Decals -----360-902-3770 (opt. 5)

East Adams Medical Center -----509-659-1200

Easter Seal Society of WA -----206-281-5700

Family Caregiver Support Program ----877-380-5787

Grant County Health District

Ephrata -----509-754-6060

Moses Lake-----509-766-7960

Grant County Mental Health

Moses Lake-----509-765-9239

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

Lind Clinic-----509-677-8116

KC Help -----509-888-3050

Moses Lake Clinic-----509-764-6400

Moses Lake Community Health -----509-765-0674

Othello Community Hospital -----509-488-2636

Pioneer Clinic -----509-765-1538

Quincy Valley Hospital-----509-787-3531

Respite Care Program AACCCW -----877-380-5787

Ritzville Clinic -----509-659-1200

Samaritan Hospital, Moses Lake-----509-765-5606

SHIBA Hotline-----800-397-4422, ext. 114

Moses Lake -----509-764-2225

Veteran's Administration Medical Center

Spokane -----509-328-4521

Washtucna Clinic -----509-646-3290

HOUSING

Coulee City

Coulee City Garden Apartments -----509-632-8732

Ephrata

Basin Retirement Home -----509-754-5232

Ephrata Manor -----509-754-2286

Grand Coulee Senior Manor -----509-633-1190

Moses Lake

Chestnut Grove -----509-766-1967

Grant County Housing Authority -----509-762-5541

Housing Authority-Grant County-----509-762-5541

Lakeview Park Apartments -----509-765-8735

Moses Lake Estates -----509-765-1443

Pioneer Village Apts. -----509-764-7600

St. Martin's Court -----509-765-1955

Othello

Cedar Park Apartments -----509-488-5502

Othello Housing Authority-----509-488-3527

Parkview Apartments -----509-488-2621

Washington Square Apartments -----509-488-5890

Quincy

Quincy Vista Apartments -----509-787-4659

Ritzville

Adams House-----509-659-0401

Rose Garden Estates -----509-659-4717

Sonnenorf Apartments -----509-659-0770

Royal City

Royal Crest Apartments -----509-346-9709

Soap Lake

Soap Lake Manor-----509-246-1364

Warden

Fairview Apts.-----509-349-7182