

Alzheimer's Resource Directory

a guide for family members, caregivers and health care professionals



See page 7

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Seattle & Puget Sound Area
Summer/Fall 2012



**Memory
Care:
“Where
Our
Residents
Thrive”**



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Our Pledge to Exceptional Care

Silverado's assisted living communities are committed to offering the highest quality care to those with memory-impairment. We are dedicated to enhancing the lives of our residents and their families. In fact, we are so confident in our commitment that in the first 60 days after move-in, if they are dissatisfied with our services for any reason, we will reimburse administrative and monthly fees and assist them in finding an alternative solution.

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– EVERETT –

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Everett, WA 98203

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www.silveradosenior.com



Home Care Services



"...The Independence you want and the personal care you need -- all in your own home"

Whether your need is for companionship, light house work, meal preparation, medication management, help with errands, respite care, bathing assistance, transporting or any non-medical service, the state licensed Home Care providers listed below can help you. Just give them a call and they will be glad to discuss their services and answer your questions.

Seattle

Fedelta Care Solutions
Serving Bellevue, Everett,
Seattle & Tacoma
206-362-2366

Seattle

ResCare Home Care
Serving Greater Puget
Sound Area
206-368-7667

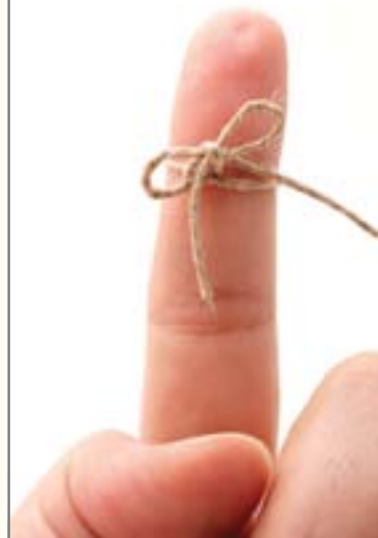
Seattle

With A Little Help, Inc.
Serving King, Pierce &
Snohomish Counties
206-352-7399

Woodinville

Companion Care, Inc
Serving King, Pierce &
Snohomish Counties
425-488-7575

We never forget
who comes first.



You and your loved one,
that's who.


THE TERRACES AT SKYLINE

Assisted Living • Catered Assisted Living
Memory Support • Skilled Nursing
Rehabilitation

www.HealthServicesAtSkyline.org
1-800-989-5331



The COTTAGES



- Secure memory care, Cottage setting
- 24 hour awake staff
- Ask about in house services
- High Acuity Dementia Speciality
- OT/PT and Speech Therapy available in house
- Emergency move in and respite care available

THE COTTAGES AT MILL CREEK
13200 10th Drive SE
Mill Creek, WA 98012
425-379-8276



THE COTTAGES AT MARYSVILLE
1216 Grove St
Marysville, WA 98270
360-436-6028

www.thecottagesassistedliving.com



Adult Family Homes

Bellevue

**Abundant Life
Elderly Care**
1906 172nd Ave NE
425-829-8853

These Adult Family Homes (AFH) offer residential care for up to six residents in a warm family atmosphere. They are licensed by the State and provide the same quality of care as larger facilities.

Renton

**Honeydew Home
Care**
4224 10th PL
425-430-9536

Each of the homes is Alzheimer's Dementia certified and undergo on-going staff training to maintain their license.

Seattle

**The Langland House
AFH**
9619 15th Ave NW
206-718-1700

This may be the alternative you have been looking for. To find out, call one of the homes listed to the left. They will be glad to give you a tour and answer any of your questions.



THE TEAM LEADER
WHO MADE A PROMISE
TO STAND UP TO A DISEASE
SO HER GRANDCHILDREN
WON'T HAVE TO.



BE A PART OF THE MOVEMENT
TO RECLAIM THE FUTURE.
START A TEAM. JOIN A TEAM.

alz.org/walk
800.272.3900



Seattle | Tacoma | Mt. Vernon | Everett | Bremerton

Caring for someone with memory loss?



We are the
Alzheimer's Association.
 We're here to help.
 We offer services, support,
 and programs, *free-of-charge.*
 Call our 24/7 **Helpline** at **800.272.3900**,
 or visit **www.alzwa.org**.

alzheimer's association
 Western & Central Washington State Chapter

Note!

Contents of this directory are intended for community resource information only. Neither the Alzheimer's Association, nor Retirement Publishing recommends or endorses the listed facilities, organizations, professionals, companies or services.

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Selected Definitions

Alzheimer's Residence - State licensed facilities dedicated solely to Alzheimer's/dementia (AD) residents, or have a designated Alzheimer's unit within their facility.

Assisted Living Residence w/Alzheimer's Care - State licensed facilities who report that they have a designated A/D unit. They also accept non- Alzheimer's residents who reside in a separate part of the facility.

Adult Family Home State licensed facilities with 6 or less beds. Only those who hold state dementia/Alzheimer's certification are listed here.

Skilled Nursing Facility w/Alzheimer's Care - State licensed facilities who report that they have a designated A/D unit.

Skilled Nursing Facility - State licensed facilities who report that they take A/D residents (usually early stage), but have no designated A/D unit.

Placement Services - Organizations that work with clients to assist in finding appropriate housing. Fee usually paid by facility.

Adult Day Services - This includes both licensed Adult Day Health and Adult Day Care facilities.

Home Health Care, Home Care and Hospice - All are state licensed.

Support Groups - Alzheimer's Association approved Support Groups. The location of these groups change frequently, so it is wise to confirm meeting times and places before attending. Call 1-800-848-7097.

Abbreviation Definitions

AAS	Accepts All Stages of Alzheimer's
AES	Accepts Early Stage Alzheimer's Only
ADU	Have Designated Alzheimer's Unit
ASU	Have Secure Alzheimer's Unit
RC	Respite Care
ADC	Adult Day Care
ADHC	Adult Day Care Health Care
M	Accepts Medicare
MC	Accepts Medicaid
EL	Elder Law
EP	Estate Planning
GU	Geriatric Unit
MI	Works With Medicaid Issues
MA	Accepts Male Residents Only
F	Accepts Female Residents Only
M/F	Accepts Both Male & Female

**Western and Central
Washington State Chapter**
North Tower
100 W. Harrison Street,
N200
Seattle, WA 98119

206-363-5500 phone
206-363-5700 facsimile



Dear Friends,

At the Alzheimer's Association Western and Central Washington State Chapter, we bring help and hope to individuals and families on their journeys with Alzheimer's disease and related dementias. We are often asked to identify resources and services in the community for people living with these diseases and those who love and care for them.

We are pleased to have contributed to The Alzheimer's Resource Directory, and we believe you will find it to be a valuable resource in finding the assistance you are seeking, whether it be for health care, housing, or legal advice for yourself or your loved one.

In addition, we offer information, guidance, and solace around-the-clock through our toll-free Helpline, in-depth and ongoing care consultation through our Connections program, more than 100 support groups for diagnosed individuals and their caregivers throughout our service area, and continuing education and training for family and professional caregivers.

When you need us, please don't hesitate to contact us. Visit our web site at www.alzwa.org, or call us at 206-363-5500 or toll-free at 1-800-272-3900.

With my best wishes for those you love and those you serve,

Bob Le Roy
President and Chief Executive Officer

Alzheimer's Residences

Auburn

Auburn Meadows
945-22nd Street NE
253-333-0171
ADU, ASU, RC

Bremerton

Marine Courte Memory Care
Community
966 Oyster Bay Court
360-473-9904
AAS, ADU, ASU, RC, ADC, MC

Dupont

**Patriots Landing Retirement
Community**
1600 Marshall Circle
253-964-4900
AAS, ADU, ASU, RC
See our ad on page 13.

Edmonds

Rosewood Courte
728-Edmonds Way
425-673-2875
AAS, ASU, RC
See our ad below.

Enumclaw

Expressions at Enumclaw
2454 Cole St.
360-825-4565
AAS ADU, ASU, RC, ADHC

Everett

Clare Bridge of Silver Lake
2015 Lake Heights Dr.
425-337-6336
AAS, ASU, RC, ADC
Heritage Court
4230 Colby Ave.
425-259-7200
AAS, ASU, RC
Silverado Senior Living - Everett
524 75th St SE
425-348-8800
AAS, ASU, RC, ADC
See our ad on page 3.

Gig Harbor

Clare Bridge At Shoreline View
9324 North Harborview Dr.
253-858-7790
AAS, ASU, RC
Olympic Alzheimer's Residence
3025 - 14th Ave. NW
253-851-5306
AAS, ASU, ADU, ADC, RC M, MC

Kent

Aegis of Kent
10421 SE 248th St
253-520-8400
ADU, ASU, RC
See our ad on back cover.
Weatherly Inn At Lake Meridian
15101 SE 272 St.
253-630-7496
AAS, ASU, RC, ADC

Alzheimer's Residence (Continued)

Lacey

Bonaventure of Lacey
4528 INTELCO Loop SE
360-455-8500
ADU, ASU, RC

Lynnwood

Clare Bridge of Lynnwood
18706 36th Ave. W.
425-774-3300
AAS, ADU, ASU, RC, ADC

Marysville

The Cottages at Marysville
1216 Grove St
360-436-6028
AAS, ASU, RC
See our ad on page 5.

Mill Creek

The Cottages at Mill Creek
13200 10th Dr SE
425-341-4356
ASU, RC
See our ad on page 5.

Olympia

Clare Bridge of Olympia
420 Yauger Way SW
360-236-1400
AAS, ASU, RC, M, MC
Garden Courte Memory Care
Community
626 Lilly Rd. NE
360-491-4435
AAS, ASU, RC, ADC, MC

Port Orchard

Orchard Pointe Memory Care
300 S. Kitsap Boulevard
360-874-7400
AAS, ASU, RC, ADC

Puyallup

Clare Bridge of Puyallup
8811 176th St. East
253-445-1300
AAS, ASU, ADU, RC

Renton

Chateau at Valley Center
4450 Davis Avenue South
425-251-6677
AAS, ADU, ASU

Seattle

Aegis At Northgate
11039 17th Ave. NE
206-440-1700
AAS, ADU, ASU, RC
See our ad on back cover.
Full Life Care - Buchanan Place
4732 35th Ave. S.
206-528-5315
AAS, ADU, ASU
See our ad on page 14.

(continued on page 14)



*She's always
been there for you
Now it's
your turn*

- Residential
- Respite
- Day Programs

728 Edmonds Way • Edmonds WA



Call us we can help
425-673-2875



**PATRIOTS
Landing**
RETIREMENT COMMUNITY

877.964.4900

**You've Served Us!
Now Let Us Serve You!**

- Secured Memory Care
- Private & Semi-Private Apartments
- Compassion and Dignity
- Activities & Outings
- 24/7 LPN in Building

www.patriotslanding.com
1600 Marshall Circle • DuPont, WA

Alzheimer's Residence (Continued)

Seattle (continued)

Full Life Care - Gaffney House
1605 17th Ave.
206-528-5315
AAS, ADU, ASU

Home Care | Adult Day Health
Care Consultation
Gaffney House & Buchanan Place

425.355.1313 Snohomish Co.
206.528.5315 King Co.
www.fulllifecare.org



Shoreline

Aegis at Callahan House
15100 1st Avenue N.E.
206-417-9747
AAS, ASU, ADU, RC, ADC
See our ad on back cover.

Silverdale

Emeritus at Silverdale
1501 N.W. Tower View Cir.
360-697-4488
AAS, ASU, ADU, RC, ADC

Visit our web site
www.retirementpublishing.com

Assisted Living With Alzheimer's Care

Bellevue

Aegis of Bellevue
148 102nd Ave SE
425-453-8100
AAS, ASU, ADU, RC, ADC
See our ad on back cover.

Patriots Glen

1640 148th Ave. SE
425-373-1161
AAS, ASU, ADU, RC
The Gardens at Town Square
933 - 111 th Ave NE
425-688-1900
AAS, ADU, ASU

Bothell

Aegis of Bothell
10605 NE 185th St.
425-487-3245
AAS, ASU, ADU, RC
See our ad on Back cover.
Chateau at Bothell Landing
17543 102nd Ave. NE
425-488-2400

Bremerton

Bay Pointe Retirement Community
966 Oyster Bay Court
360-373-9904
AAS, ADU, ASU, RC, ADC, MC

Edmonds

Aegis of Edmonds
21500 72nd Ave W.
425-776-3600
AAS, ADU,
See our ad on back cover.

Federal Way

Emeritus at Steel Lake
31200 - 23rd Ave. S, Ste. 100
253-941-5859
AAS, ADU, ASU, RC

Issaquah

Aegis of Issaquah
780 NW Juniper St.
425-392-8100
AAS, ADU, ASU, RC
See our ad on back cover.

Assisted Living With Alzheimer's Care (Continued)

Spiritwood at Pine Lake
3607 228th Avenue SE
425-313-9100
AAS, ADU, ASU

Kenmore

Spring Estates
7221 NE 182 St
425-481-4200
AAS, ASU, ADU, MC

Kirkland

Aegis Lodge
12629 116th Ave NE
425-814-2841
AAS, RC, ADU, ASU, ADC
See our ad on back cover.

Aegis of Kirkland

13000 Totem Lake Blvd.
425-823-7272
AAS, ASU, ADU, RC, ADC
See our ad back cover.

Lynnwood

Chateau Pacific
3333 148th St. SW
425-787-9693
AAS, ADU, ASU, RC

Monroe

Merrill Gardens at Monroe
15465 - 179th Ave. SE
360-794-4284
AAS, ASU

Redmond

Aegis of Redmond
7480 W. Lake Sammamish Parkway
NE 425-883-4000
AAS, ASU, ADU, RC, ADC
See our ad on back cover.

**Cascade Plaza: Independent, Assisted
Living & Memory Care**
7950 Willows Rd NE
425-885-4157
AAS, ADU, ASU, RC, M
See our ad on page 2.

Overlake Terrace
2956 152 Ave. NE
425-883-0495
ASU, ADU, RC, ADC

Seattle

Cristwood Nursing Center
19303 Fremont Ave. N.
206-546-7400
AAS, ADU, ASU, RC, M

Faerland Terrace
1421 Minor Avenue
206-624-7637
AAS, ADU, ASU

Legacy House
803 South Lane
206-292-5184
AES, RC, ADC, MC

Mirabella
116 Fairview Ave. N
206-254-1441
AAS, ADU, ASU, RC, M

Nikkei Manor

700 6th Ave S.
206-726-6460
AES, RC, ADC, MC

Queen Anne Manor/Anna's Garden
100 Crockett St.
206-282-5001
AAS, ASU, RC

The Stratford at Maple Leaf
9001 Lake City Way NE
206-729-1200
AAS, ADU, ASU, RC

The Terraces at Skyline

715 9th Ave
206-407-1721
AAS, ADU, ASU, RC, M
See our ad on page 5.

Tacoma

Avalon Narrows Glen
8201 6th Ave.
253-564-4770
AAS, ADU, ASU, RC

(continued on page 16)

Assisted Living With Alzheimer's Care (Continued)

Tacoma (continued)

Cascade Park Gardens
4347 S. Union Ave.
253-475-3702
AAS, ADU, RC, MC, ADC

Franke Tobey Jones
5340 N. Bristol
253-752-6621
AES, ADU, RC, ADC

Peoples Retirement Community
1720 E. 67th St.
253-474-1741
AAS, ADU, ASU, RC, ADC

Pioneer Place Alzheimer's
Residence of
11519 24th Ave E.
253-539-3410
AAS, ADU, ASU, RC

The Weatherly Inn/ Bristol Court &
Magliona Place
6016 N. Highlands Parkway
253-752-8550
AAS, ASU, ADU, RC, ADC

University Place

Hearthside Manor
3615 Drexler DR West
253-460-3330
AAS, ASU, RC

Vashon
Vashon Community Care
15333 Vashon Highway SW
206-567-4421
AES, AAS, RC, ADC, M, MC

Yelm

Easthaven Villa
311 Cullens Road
360-458-2800
AAS, ADU, ASU, RC, MC

*For additional copies of this directory c
all 1-888-393-1698 Or e-mail us at
retirebart1@comcast.net.*

Adult Family Homes

Bellevue

Abundant Life Elderly Care
1906 172nd Ave NE
425-829-8853
AAS, ASU, RC, M, MC
See our shared ad on page 6.

Bellevue Haven AFH
2202 144th Ave SE
206-372-2563
AAS

Lynnwood

A Beautiful Living AFH, LLC
4201 164th ST SW, Ste A
425-971-9342
AES, RC

Renton

Honeydew Home Care
4224 10th PL
425-430-9536
AAS, ADU, ASU, RC, ADC, M, M/F
Dementia Certified
See our shared ad on page 6.

Seattle

The Langland House AFH
9619 15th Ave NW
206-718-1700
AES, AAS, ADU, Asu
See our shared ad on page 6.

Skilled Nursing With Alzheimer's

Arlington

Regency Care Center at Arlington
620 S. Hazel St.
360-403-8247
AAS, ADU, RC, M, MC

Auburn

North Auburn Rehabilitation & Health
Center
2830 I St. NE
253-561-8100
AES, RC, M, MC

Bellevue

Mission Healthcare at Bellevue
2424 156th Ave. NE
425-641-1166
AAS, ADU, ASU, RC, M, MC

Des Moines

Wesley Homes Health Center
1122 South 216th ST
206-824-3663
ASU, ADU, M, MC

Everett

Bethany At Silver Lake
2235 Lake Heights DR
425-338-3000
AAS, ASU, ADU, M, MC

Federal Way

Garden Terrace Alzheimer's Center of
Excellence
491 South 338th St.
253-661-2226
AAS, ADU, ASU, RC, M

Life Care Center of Federal Way
1045 S. 308th St.
253-946-2273
AAS, ADU, ASU, RC, M, MC

Issaquah

Issaquah Nursing and Rehab.il Center
805 Front St. South
425-392-1271
AAS, ASU, RC, M, MC

Providence Marianwood
3725 Providence Pt Dr S.E.
425-391-2800
AAS, ASU, RC, M, MC

Lakewood

Avamere Georgian House of Lakewood
8407 Steilacoom Blvd SW
253-588-2146
AAS, ASU, RC, M, MC

Lynnwood

Lynnwood Manor Health Care Center
5821 - 188th SW
425-776-5512
AAS, ADU, RC, M, MC

Monroe

Regency Care Center at Monroe
1355 West Main St.
360-794-4011
AAS, ADU, RC, M, MC

Puyallup

Rainier Vista Care Center
920 - 12th Ave. SE
253-841-3422
AAS, ADU, ASU, RC, M, MC

Seattle

Foss Home and Village
13023 Greenwood Ave. N
206-364-1300
AAS, ADU, ASU, M, MC

Health & Rehabilitation Center of North
Seattle
13333 Greenwood Ave. N
206-362-0303
AAS, ASU, RC, M, MC

Ida Culver House Broadview
12505 Greenwood Ave. N
206-361-1989
ASU, ADU, RC, (SNF) M, MC

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FOR ADDITIONAL ALZHEIMER'S RESOURCE INFORMATION
VISIT US AT WWW.RETIREMENTPUBLISHING.COM

Skilled Nursing With Alzheimer's (continued)

Seattle (continued)

Park West Skilled Nursing Center
1703 California Ave. SW
206-937-9750
AAP, ADU, RC, M, MC

Sea Mar Community Care Center
1040 S. Henderson ST
206-788-3200
AAS, ADU, ASU, RC, M, MC

Seattle Keiro Nursing Home
1601 East Yesler Way
206-323-7100
AAS, ADU, ASU, RC, M, MC

Shoreline Health and Rehabilitation Center
2818 NE 145th ST
206-364-8810
AAS, ADU, RC, M, MC

The Caroline Kline Galland Home
7500 Seward Park Ave S
206-725-8800
AAS, ADU, ASU, RC, M

Washington Center for Comprehensive Rehabilitation
2821 South Walden St.
206-725-2800
AAS, ADU, ASU, RC, M, MC

Shoreline

Park Ridge Skilled Nursing Center
1250 Northeast 145th ST
206-363-5856
AAS, ASU, RC, M, MC

Snohomish

Merry Haven Care Center, Inc.
800 - 10th ST
360-568-3161
ADU, RC, M, MC

Tacoma

Avamere Heritage Rehabilitation
7411 Pacific Ave.
253-474-8456
AAS, RC, M, MC

Regency At Tacoma Rehab Center
2102 South 96th
253-581-2514
AAS, ADU, ASU, RC, M, MC

Tacoma Lutheran Home & Retirement Comm.
1301 N. Highlands Parkway
253-752-7112
AAS, ADU, RC, M, MC

Placement Services

Bothell

All About Care Now
425-678-8400
See our ad on this page. **HC, RC**

Mountlake Terrace

Senior Housing Placement Services
425-640-0350

Affordable Senior Care & Consulting



Offering exceptional care at an affordable price

All About Care makes it easy to find quality caregivers, nurses and senior housing. Our Care Advisors help families review options and match seniors with care choices that support their individual needs at affordable prices.

Begin a free consultation today Call

425-678-8400

Licensed, Bonded & Insured

Home Care Agencies

Auburn

MasterCare
253-529-2122 **RC**

Bellevue

ANDEL CARE
425-283-0408 **RC, HC**
Serves King & South Snohomish
Seattle: 206-838-1844 or
800-319-5979
Web Site: andelcare.com

ANDEL CARE
Caring for the one you love

High-Quality, Affordable, Personalized Home Care Services You Can Trust

Hourly * Live-In * Overnight

Serving King & South Snohomish Counties

Bellevue: 425-283-0408
Seattle: 206-838-1844
Toll-free: 800-319-5979
Visit us at www.andelcare.com

Family Resource Home Care
425-455-2004 **RC, HC**

Family Resource HomeCare
Since 1996

- Personal Care
- Errands/Shopping
- Light Housekeeping
- Care Management
- Meal Preparation
- Companionship
- Hourly/Live-in
- Skilled Nursing

253-761-8019 www.familyresourcehomcare.com

Commitment and Kindness

Health People, Inc. **RC**
888-859-8256

Home Instead Senior Care /Bellevue **HC**
425-454-9744

ResCare HomeCare **RC**
425-289-1257

Bothell

All About Care Now
425-678-8400 **HC, RC**
See our ad on page 18.

Everett

A-One Home Care **RC, HC, HHC**
800-767-8518

Catholic Community Services/Everett **RC**
425-303-3312

ResCare HomeCare **RC**
425-438-2600

Federal Way

Home Instead Senior Care/Tacoma **HC**
253-943-1603

ResCare HomeCare **RC**
253-529-0946

Gig Harbor

Life Care Connection **RC, HC**
253-353-2011

Kent

Addus Healthcare **RC, HC, MC**
425-251-4960

ResCare HomeCare **RC**
253-850-6415

Lakewood

Christian Home Services **RC**
253-473-6678

Good To Be Home **RC, HC**
253-588-4344

ResCare HomeCare **RC**
253-584-2619

Lynnwood

Home Instead Senior Care/ Sno, King, Pierce **RC**
425-670-2292

ResCare HomeCare **RC**
425-248-2281

Mountlake Terrace

Homewatch CareGivers **RC, HC**
425-778-1288

Serving King, Pierce, Snohomish, Island & Skagit Counties
See our ad on top of page 20

(Continued on page 20)

Home Care Agencies (continued)

Homewatch CareGivers

Dementia and 24 - Hour Care Specialists

- Bathing, Incontinence Care, Transfer / Hoyer
- Medication Assistance, Cooking, Light Housekeeping
- Transportation and Errands
- 1 to 24 Hours Care

Call For Free Consultation

www.homewatchcaregivers.com

425-889-2627 • 206-363-4599

See Homewatch Caregiver listing on page 9

Renton

Providence Home services - King Co.
425-525-6800 RC, M, MC

Sound Care Home Care
206-243-1111 RC, HC

Seattle

ANDEL CARE
206-838-1844 RC, ADC
Serves King & South Snohomish
Counties. Web Site: andelcare.com
See our ad on page 19

Comfort Keepers
206-365-0090 RC, HC

Family Resource Home Care
855-545-1092 RC, HC
See our ad on page 19.

Fedelta Care Solutions
206-362-2366 RC, HC, HHC
Serving Seattle, Tacoma, Bellevue
and Everett
Senior Housing
See our shared ad on page 4.

Home Instead Senior Care/Seattle
206-622-4611 RC

Homewell Senior Care
206-440-5500 RC, HC

Husky Senior Care
206-599-9990 HC

Maxim Healthcare Services, Inc.
206-525-0126 RC, MC, HC, HHC

Providence ElderPlace
206-320-5325 M, MC

Membership required

ResCare Home Care
206-368-7667 HC, RC, MC, HHC
Services throughout King, Pierce,
Snohomish, Mason, Thurston and
Lewis Counties

See our shared ad on page 4.

ResCare HomeCare
888-329-4695 RC, MC, HC

With a Little Help, Inc.
206-352-7399 HC, ADC, RC
Serving King, Pierce and Snohomish
www.WithaLittleHelp.com



With a Little Help, Inc.
Services For Seniors

- Meals & Light Housekeeping
- Medication reminders
- Errands & transportation
- Personal care assistance

Call for a free information kit

206-352-7399

Catholic Community Services
Long-Term Care System
206-322-3637 RC
Private Pay & Public Funded.

Shoreline

Promed Agency
206-546-2966 AES, RC

Tacoma

Family Resource Home Care
253-761-8019 RC, HC
See our ad on page 19.

Lutheran Community Services Northwest
253-272-8433 RC, HC

ResCare HomeCare
253-272-2675 RC

Right at Home
253-460-4848 HC, HHC, RC

Home Care Agencies (continued)

University Place

Heartwarming Care
253-460-1574 HC, RC

Woodinville

Companion Care, Inc
425-488-7575 RC, HC
Serving King Pierce & Snohomish
See our shared ad on page 4.



Companion Care, inc. Since 1984

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- Hourly, Overnight, 24X7
- Hospice and Respite Care
- Free Assessment

425-488-7575 • 877-440-7575
companion@companioncareofwa.com

LICENSED, BONDED AND INSURED

Home Health Care Agencies

Auburn

Multicare Home Health
253-876-8175 M, MC

Bellevue

BrightStar
425-679-0310 HHC, HC, RC
Maxim Home Health Care Services
866-871-2345

Bothell

Healthteam Northwest/Bothell
425-482-4000 M, MC

Everett

Providence Hospice & Home Care of
Snohomish County
425-261-4801 RC, M, MC

Kent

Gentiva Health Services
253-395-5133 RC, M, MC

Kirkland

Evergreen Home Health Services
425-899-3300 M, MC, HHC

Mountlake Terrace

Visiting Nurse Services of
the Northwest
425-778-2400 HHC, M, MC

Puyallup

Good Samaritan Home Health & Hospice
253-697-7600 RC, M, MC

Redmond

Apria Healthcare, Inc. Redmond
425-881-8500

Seattle

Community Health Services
425-228-5151 HC, HHC, RC, MC

Heartland Home Health Care
206-417-7700 M

Providence ElderPlace
206-320-5325 ADC, RC, M, MC
Membership required

Tukwila

Highline Home Health and Hospice
206-439-9095 RC, M, MC

Hospice

Kirkland

Evergreen Hospice Services
425-899-1040 RC, M, MC

Seattle

Providence Hospice of Seattle
206-749-7701 M, MC

(continued on page 22)

Hospice (continued)

<u>Tacoma</u> Good Samaritan Home Health & Hospice 253-301-6400	<u>University Place</u> Franciscan Hospice and Palliative Care 866-969-7028
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Adult Day Services

<u>Auburn</u> Auburn Respite Program 253-931-3016	ADC	<u>Seattle</u> Elderwise 206-774-6606	ADC
<u>Bellevue</u> Elder and Adult Day Services-Bellevue 425-867-1799	ADC, RC, MC, ADHC	Full Life Care 206-528-5315	ADHC, ADC, RC, MC
<u>Bothell</u> Northshore Adult Day Health 425-488-4821	ADC, ADHC, RC, MC	See our ad on page 14 Polack Adult Day Center 206-725-8800	RC, ADC
<u>Carnation</u> Snoqualmie Valley Adult Day Health 425-333-4152	ADHC	Providence ElderPlace 206-320-5325	ADC, RC, M, MC
<u>Edmonds</u> DayBreak Senior Adult Day Program 425-355-1313	RC, ADC	Membership required Sunshine Garden Chinese Senior Day Care Center 206-624-5633	ADC, RC
<u>Everett</u> Full Life Care 425-355-1313	ADC, RC, ADHC, MC	<u>Tacoma</u> Korean Women's Association 253-535-4202	ADC
<u>Kent</u> Full Life Care 208-528-5315	ADC, ADHC, RC, MC	<u>Vashon</u> Break Time Adult Day Care Program 206-567-6142	RC, ADC, MC

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/pdfs/seaalz.pdf*

Health Care Centers

<u>Mercer Island</u> Overlake Hospital Senior Health Center 425-688-5641	Primary Care 65+	<u>Seattle</u> Harborview Senior Care Clinic 206-731-4191
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Special Clinic Services

<u>Auburn</u> Regional Behavioral Health Center at Auburn -Auburn Regional Medical Center 253-804-2813 Geropsychiatric Unit Inpatient Outpatient	<u>Seattle</u> Bastyr Center For Natural Health 206-834-4100 Naturopathic medicine
<u>Monroe</u> Valley General Hospital - Inpatient Psychiatric Treatment Unit 360-794-1443 Behavioral Health Unit for Seniors In-patient acute care geriatric psychiatry, M, MC	<u>Tukwila</u> Highline Geriatric Psychiatry Center 206-248-4702 GU, DA

*For additional copies of this directory
call 1-888-393-1698 or e-mail us at
retirebart1@comcast.net.*

Alzheimer's Research Centers

<u>Seattle</u> Memory Wellness Program 206-764-2809 University of Washington Alzheimer's Disease Research Center 206-764-2984 Research Studies, Assessments	<u>Tacoma</u> Memory Wellness Program VAPSHCS 253-583-2008
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*Visit us on our web site at
www.retirementpublishing.com*

Alzheimer's Supportive Services

<u>Garment Express</u> 951-990-0017 Alzheimer's Speciality Items.	<u>Seattle</u> Fraud Resolution for Seniors 206-525-5134 Help recovering from financial exploitation.
<u>Bothell</u> Total Transitions 425-822-6873 Worry Free Moving	<u>Shoreline</u> Companion Plus 206-365-0688 Legacy Videos
<u>Kirkland</u> Complete Solutions 206-279-9854	

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seaalz.pdf*

Attorneys

Assisting Seniors With

- Wills • Trusts
- Probate
- Estate Planning
- Elder Law
- Guardianships
- Medicaid Planning



Kirkland

James R. Ihnot
610 Market St.,
Ste. 100
425-827-6490

Lynnwood

Lawrence P. Dolan
19109 36th Ave. W.
Ste 204
425-775-5423

Seattle

Dussault Law Group
Barbara J Byram
2722 E. Lake Av. E'
Ste. 200
206-324-4300

Karl L. Flaccus
Flaccus & Associates
7010 35th NE
206-523-0297

Neil R. Sarles,
Attorney
3418 NE 65th St.
Ste. A
206-682-1771

Law Offices of
Karen Sluiter, PLLC
9709 3rd Ave. NE
Ste. 504
206-522-0818

Attorneys

Bellevue

Barbara J. Byram
206-324-4300 EL, EP, MI

See our ad on page 26.

Ronald L. Cohen
2155 - 112th Ave. NE
425-454-0915 EL, E, MI

Eric V. Jeppesen
10655 NE 4th St., Ste. 801
425-454-2344 EL, EP, MI



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425-455-6788 EP

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David Forrest H edger
2623 Terrace St
360-782-2200 EL, EP
Kevin W, Cvre
4110 Kitsap Way Ste 200
360-479-3000 EL, EP, MI

Susan Eleanor Spencer
3929 NE Steinman Ln
360-792-1848 EL, EP

John Stewart Tracy
2011 E. 11th St.
360-479-6644 E, EP

Burien

Law Offices of Linn, Schisel & DeMarco
860 SW 143rd St.
206-242-9876 EP, EL

Edmonds

Alan Hall
7813 218th St. SW, Apt. 50
425-774-9566 EL, EP, MI

Everett

Adams, Johnson & Duncan
3128 Colby Ave
425-339-8556 EP, EL, MI

Federal Way

Johnson and Nagaich, P.S.
31919 6th Ave S., # A100
253-838-3454 EP, EL, MI

Kirkland

Richard J. Gregorek
Gregorek and Associates PLLC
3450 Carillon Point
425-284-3450 EP, EL, MI

(continued on page 26)

LAWRENCE P. DOLAN Attorney At Law

- Wills/Trusts
- Guardianships
- Probate
- Estate Planning
- Powers of Attorney
- Medicaid Issues
- Elder Law

(425) 775-5423
(Adjacent to Alderwood Mall)

Alderwood Business Campus
19109 36th Ave W, Ste 204
Lynnwood, WA 98036

Member: National Academy of Elder Law Attorneys



Attorneys (Continued)

Kirkland (continued)

James R. Ihnot
610 Market St., Ste. 100
425-827-6490 EP, EL, MI
See our shared ad on page 24.

Lakebay

Jo Frey
 709 Stamford Rd. KPS
 253-884-9847 EP, EL, MI

Lynnwood

Lawrence P. Dolan
19109 36th Ave. W., Ste. 204
425-775-5423 EL, EP, MI
See our ad on page 25.

Hickman Menashe, P.S.

4211 Alderwood Mall Blvd., Ste. 202
 425-744-5658 EL, EP, MI

Mercer Island

Somers, Tamblyn King, PLLC
 2955 80th Ave. SE, Ste 201
 206-232-4050 EP, EL

Olympia

Candace M Bauer
 1235 4th Ave E Ste 200
 360-754-1976 EL, EP

Katharine P. Bauer

1235 4th Ave E Ste 200
 360-754-1976 EL, EP, MI

Amy Louise Crewdson

711 Capitol Way S Ste 304
 360-943-6260 EL

Futurity Legal Services, PLLC

2952 Limited Lane NW, Ste A
 360-534-9791 EP

John McCutcheon Parr

PO Box 11865
 360-357-3036 EL, EP

Lauren Angela Pitman

1235 4th Ave E Ste 200
 360-754-1976 EL, EP, MI

J. Patrick Quinn

711 S Capitol Way Ste 303
 360-943-3939 EL, EP, MI

Nancy L. Wright Law, PLC

1014 5th Ave SW
 360-534-9262 EL, EP, MI

Renton

Dan Kellogg
 PO Box 2168
 425-227-8700 EL, EP, MI

Seattle

Robert B. Beckerman
 216 1st Ave S., Ste. 200
 206-682-2616 EL, EP

Sean R. Bleck

1200 Fifth Ave., Ste. 2020
 206-340-2200 EL, EP, MI

Barbara J. Byram

2722 East Lake Avenue East, Ste. 200
206-324-4300 EL, EP, MI



DUSSAULT LAW GROUP

Barbara J. Byram
 Attorney at Law
 Bellevue: 425-289-4300
 Seattle: 206-324-4300
 Fax: 206-324-3106
 barbarab@dussaultlaw.com

10900 NE 8th Street, Suite 820, Bellevue, WA 98004-4454

Jon Anthony Clark

5413 Meridian N, Ste. A
 206-675-0803 EP, EL, MI

Dussault Law Group

2722 Eastlake Ave. E., Ste 200
206-324-4300 EL, EP, MI

See our ad on this page.

Law Offices of George Edensword-Breck

719 2nd Ave., Ste 104
 206-624-3718 EL, EP, MI

Flaccus & Associates

7010 35th NE
206-523-0297 EL, EP, MI

See our shared ad on page 24.

Attorneys (Continued)

Law Office of Stephanie Haslam PS

1833 N 105th St, Ste. 101
 206-782-5382 EP, EL

Barbara Isenhour

1200 Fifth Ave, Ste. 2020
 206-340-2200 EP, EL, MI

Larry A Jones

2118 Eighth Ave.
 206-405-3240 EP, EL, MI

Law Offices of Julianne Kocer, P.S.

301 NE 100th St., Ste. 310
 206-525-6919 EP, EL, MI

Lyons Law Offices

1111 third Ave., Ste. 2550
 206-623-6440 EP

Michael L. Olver

Betts Patters Mines, P.S.
 701 Pike Street, Ste. 1400
 206-292-9988 EP, EL, MI

Thomas C Rabideau

PO Box 99709
 206-347-3551 EL, EP

Law Offices of Reed, Longyear, Malnati & Ahrens

801 2nd Ave., Ste. 1415
 206-624-6271 EP, EL, MI

Sharon Sakamoto, PLLC

1200 5th Ave., Ste 1927
 206-624-1900 EP, EL, MI

Neil R. Sarles, Attorney

3418 NE 65th St., Ste. A
206-682-1771 EL, EP, MI

See our shared ad on page 24.

Short Cressman & Burgess, PLLC

999 Third Ave. Ste. 3000
 206-682-3333 EP

Vandenberg Johnson & Gandara, LLP

600 University St., Ste. 2424
 206-470-2799 EL, EP

Law Offices of Karen Sluiter, PLLC

9709 3rd Ave. NE, Ste 504
206-522-0818 EL, EP, MI

See our shared ad on page 24.

Law Office of Janet L. Smith, P.S.

1833 N 105th St., Ste. 10
 206-937-6102 EP, EL

Thompson & Howle

4115 Roosevelt Way NE, Ste. B
 206-545-7777 EL, EP

The Law Office of Mary Anne Vance, P.S.

901 Fifth Ave., Ste. 1111
 206-682-2333 EP, EL

Barbara J. Wareham

2927 36th Ave S.
 206-723-5874 EP, MI

Tacoma

Kerry Brink

1201 Pacific Ave., Ste. 1900
 253-383-3791 EP

Law Office of Linda P. Burbank, PLLC

PO Box 111899
 253-301-2562 EP, EL

James F. Christnacht

6602 19th ST West
 253-564-2111 EP, EL

Eisenhower & Carlson, PLC

Wells Fargo Plaza #1200
 1201 Pacific Ave
 253-572-4500 EP, EL

Ronald L. Hendry

902 S 10th St
 253-272-2206 EP, EL, MI

Stephen G Johnson

925 S Ridgewood Ave
 253-370-3931 EP, EL

Emily J. Kelly

820 A St Ste 600
 PO Box 1533
 253-627-8131 EP, EL, MI

Linda Nelson Lysne

1201 Pacific Avenue, Ste. 1900
 253-383-3791 EL, EP, MI

Nels B Nelson JR

423 S 54th St
 253-474-8614 EP, EL,

A. Colby Parks, Attorney at Law, P.S.

1008 Yakima Ave Ste 100
 253-682-1960 EP, EL

(continued on page 28)

Attorneys (continued)

Tacoma (continued)

Eileen S. Peterson
1201 Pacific, Ste. 2200
253-620-6455 EP, EL, MI
Terrence C. Posey
1119 A St #101
PO Box 1364
253-383-1014 EP, EL

George P. Rose
417 S G St
253-572-1657 EP, EL
Law Office of Timothy E. Williams
1111 Fawcett Ave Ste 101
253-591-7088 EP, EL, MI

Support Group Information

The Alzheimer's Association sponsors support groups for persons with Alzheimer's disease or other related disorder(s) and caregiver support groups for family members who's loved one suffers from Alzheimer's disease or a related disorder(s). There is never a charge to attend a support group meeting. Support group meetings and the information shared are confidential. Groups usually meet once a month. **For those caregivers and family members interested in attending any of the groups listed below, we suggest you call before attending to confirm the meeting.** This list is updated at the beginning of each month and may not be current if older than 30 days.

This list is to be used for the purpose of referring appropriate individuals as described above to the most convenient group. **THIS LIST IS NOT TO BE USED FOR ANY COMMERCIAL PURPOSE.**

Support Groups*

King

Auburn
Auburn Church of the Nazarene
1st Tuesday, 12:00 - 1:30 pm

Ballard
Ballard Senior Center
2nd & 4th Monday, 12:30-2:00 am

Bellevue
Overlake Senior Health Center
3rd Monday 3:00 -4:30 pm
St. Andrew's Lutheran Church
Young Onset Caregivers
3rd Monday, 7:00 -9:00 pm
Starting Soon-Bellevue
Call For Information Linda Whiteside
206-363-5500 ext 237

Bothell
Northshore Health & Wellness Center
3rd Thursday, 10:00 - 11:30 am

Des Moines
Wesley Homes, Healthcare Center
2nd Tuesday, 1:00 - 2:30 pm

Enumclaw
St Elizabeth Hospital Cedar Room
1st & 3rd Thursday, 1:00 - 2:30 pm

Federal Way
Steel Lake Presbyterian
1st Wednesday, 6:30 - 8:00 pm

Issaquah
Faith United Methodist Church (Upper Bldg.)
2nd Thursday, 6:30 8:00 pm

Support Groups*

Kent
Kent Senior Center
1st Wednesday, 6:30 - 8:00 pm

Kirkland
Kirkland Congregational Church -
Common Room
Adults Caring For Parents
2nd Tuesday 7:00 - 8:30 pm
Lake Washington United Methodist
Church
3rd Tuesday, 1:00-2:30 pm

Mercer Island
Mercer Island Senior Center
1st Thursday, 3:00 - 4:30 p.m.

Redmond
Emerald Heights
1st Tuesday, 1:00 - 2:30 pm

Renton
Valley Medical Arts Center
4th Tuesday, 5:00 - 6:30 pm

Seattle
Alzheimer's Association
Lesbian, Gay, Bisexual, Transgender
Call for information 206-363-5500
ext. 221
Full Life Care Ravenna
Long Distance Caregiver's
2nd Monday 6:00 - 7:30 p.m.
Greenwood Senior Center
Early Memory Loss
1st Tuesday, 10:30 am-12:00 pm
Greenwood Senior Center
Early Memory Loss Caregiver
3rd Tuesday, 10:30 am-12:00 pm
Greenwood Senior Center -Sky Rm.
Early Memory Loss Adult Children
3rd Tuesday, 9:30 - 10:30 am

Ida Culver House Broadview
Bldg B, Activity Room
1st Monday, 1:00-2:30 p.m.
Maple Leaf Lutheran Church
2nd Tuesday, 1:00 - 2:30 pm
Mt. Baker Park Presbyterian Church
Fellowship Hall Library
2nd Wednesday, 6:30-8:00 pm
Normandy Park Congregational United
Church of Christ
2nd Monday, 1:00 - 2:30 pm
Providence Mount St Vincent
Breakfast Room
1st Tuesday, 7:00 - 8:30 pm
Providence Mount St. Vincent W. Seattle
Breaffast Room
3rd Saturday, 10:00 - 11:30 am
SEA MAR Community Health Center
Spanish Speaking
3rd Tuesday, 4:00-5:30
St. Benedict Parish - Benedict House
3rd Wednesday, 6:30 - 8:00
St. Benedict Parish - Benedict House
Lewy Body Disease
4th Wednesday, 6:30 - 8:00
Starting Soon
Frontal Temporal Dementia
Call for information
Linda Whiteside 206-363-5500
Starting Soon-Columbia City
Call For Information
Linda Whiteside 206-363-5500 ext 237
Starting Soon-Queen Anne
Call For Information
Tuesday, 6:30 - 8:00
Linda Whiteside 206-363-5500 3rd
Trinity Episcopal Church
2nd Wednesday, 10:30 - 12:00 pm
University Congregational United Church
of Christ
1st & 3rd & 5th Wed., 1:30 - 3:00 pm.

(continued on page 30)

***For Information and Meeting Confirmation Call
(206) 363-5500 or 1-800-848-7097 www.alzwa.org**

Support Groups (continued)*

Seattle - West Seattle

Early Stage Memory Loss

1st Wed., 7:00 - 8:30 pm
Call Linda at 206-363-5500, ext.237

Snoqualmie Valley

Holy Innocents Catholic Church
1st Thursday, 12:00 - 1:30 pm

Tukwila

Highline Medical Center
Room 256A
2nd Tuesday, 12:00 - 2:00 pm.

Kitsap

Bremerton

Harrison Medical Center-Annex
1st Monday, 1:00 - 2:30 pm
3rd Wednesday, 7:00 - 8:30 pm

Poulsbo

Martha & Mary Health Center
2nd Monday, 1:30-3:00 pm
Martha & Mary Health Center
Early Stage Ongoing
3rd Tuesday, 4:00-5:30 pm

Silverdale

Group Health Cooperative
1st Thursday, 12:30-2:00 pm

Pierce

Gig Harbor

Gig Harbor United Methodist Church
2nd Saturday, 10:00-11:30 am

Puyallup

Good Samaritan Behavioral
Health Center
3rd Tuesday, 5:00 - 6:30 pm

Tacoma

Skyline Presbyterian Church
Early Memory Loss
2nd Tuesday, 10:30 am - 12:00 pm
Contact Maggie Sparks prior to
attending. 800-848-7097 ext 247

South Tacoma Library
1st Tuesday, 1:00 - 3:00 pm
St Andrews Episcopal Church
2nd Monday, 6:30 - 8:00 pm

Tacoma

**Young Onset Early Memory Loss
Caregiver**
2nd Monday, 6:30 - 8:00
Call For Location.
800-848-7097 ext. 229

Starting Soon

Adults Caring for Parents
Call Linda Whiteside
800-848-7097 ext 237
for more information
Tacoma Lutheran Home
3rd Wednesday, 7:00 - 8:30 pm

Snohomish

Edmonds

Edmonds United Methodist Church
Enter on West side of bldg.
3rd Tuesday, 1:00-2:30 pm
Maplewood Presbyterian Church
1st and 3rd Monday, 7:00 - 9:00 pm

Everett

Bethany at Silver Lake
1st Thursday, 12:30 -2:30 pm
Everett Clinic
4th Tuesday, 3:00 - 4:30 pm
Everett WA
Early Stage Memory Loss
For Info. Call 206-529-3868
3rd Thursday, 2:00-3:30 pm

***For Information and Meeting Confirmation Call
(206) 363-5500 or 1-800-848-7097 www.alzwa.org**

Support Groups (continued)*

Lynnwood

Trinity Lutheran Church
1st Wednesday, 10:00 - 11:30 am

Mill Creek

Mill Creek Senior Center
Early Memory Loss
2nd Tuesday, 1:00 - 2:00 pm

Snohomish

Snohomish Senior Center
2nd Thursday, 7:00 - 8:30 pm

Stanwood

Warm Beach Health Care Center
2nd and 4th Tuesday, 2:00 - 3:30 pm

Thurston

Lacey

St Mark Lutheran Church
4th Friday, 1:00 - 3:00 pm

Olympia

Olympia Senior Center
Adults Caring for Parents
1st & 3rd Thursday, 6:00 - 8:00 pm

Telephone Support Groups

King, Pierce, Thurston, Kitsap and Snohomish Counties

Telephone Support Group
Info: 1-800-848-7097 ext. 237
Call: 1-866-453-5550
Enter Pin: 5323846, Then Press #
3rd Tuesday, 7:30-9:00 pm



*Do you know someone who is
caring for a loved one or friend who
has Alzheimer's?*

*Perhaps they could use the resources
available in this directory.*

*If so, just give us a call and we will
mail them a FREE copy right away.*

*They will appreciate your
thoughtfulness.*

1-888-393-1698



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But more and more, my days are spent giving care and worrying about the early signs of memory loss.

If you are caring for a loved one full or part time, you deserve a break. Go ahead and schedule time away for yourself. It's important to slow down and breathe. Peace of mind is possible, just call Áegis.

Áegis of Bellevue
425-298-3970

Áegis of Bothell
425-298-3966

Áegis at Callahan House
(Shoreline)
206-452-0280

Áegis of Edmonds
425-298-3961

Áegis of Issaquah
425-298-5893

Áegis of Kent
253-341-4556

Áegis of Kirkland
425-296-0209

Áegis Lodge (Kirkland)
425-242-6328

Áegis of Lynnwood
425-298-3960

Áegis at Northgate
(Seattle)
206-673-5977

Áegis of Redmond
425-298-3980

Áegis of Shoreline
206-452-0290

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