



Wellness Connections For Older Adults in the Greater Des Moines/Normandy Park



No longer driving? Transportation alternatives
Abound! Turn to page 3



Dining with Friends at Des Moines Activity
Center offers warm friendships and nutritious
hot meals see page 4



Being connected to
Health & Wellness
Services will keep a smile
on your face!



Can't Reach Your Toes?
Make an appointment with a Footcare
Technician—
see page 2 for details!

Surgery Scheduled?
Need a little help getting around?
Check Out
Medical Lending Equipment—page 2



Des Moines Meals on Wheels Volunteers
are prepared
to take your order and deliver your meals,
rain, sleet, snow or sunshine!
See page 4

2 Services at Des Moines Activity Center



Foot Care

Karen, Poppleton, licensed Nail Care Technician
 2-5th Wednesdays, monthly 9am-3pm \$32
 Call: 206-878-1642 for appointment.

Blood Pressure Checks

2nd & 4th Tuesday, monthly 11am-12pm

Legally Speaking

Mike Regeimbal, local attorney, offers individual consultation sessions providing basic information on legal issues such as: Living Trusts, Health Care Directives, Guardianships, Will Guidance, Financial/Medical Durable Power of Attorney. Consultations limited to 3 a year.

4th Thursdays, Jan-Oct 12:30-2pm FREE

AARP Smart Driver Course—classroom only

Completing this 8-hr course qualifies seniors for the state mandated insurance premium reduction. Break for lunch. Call for dates & registration: 206-878-1642

Quarterly Tu & Wed 10am-2:30pm
 \$2 suggested donation + plus \$15 w/AARP card or \$20w/out

DES MOINES ACTIVITY CENTER'S SELF-SERVE MEDICAL LENDING CLOSET!



Having surgery and need medical equipment?
 Check us out!

The Closet features equipment available on a first-come basis for *short-term use: 1-3 months.*

Items are clean when you check out, Bring items back clean and ready for the next user!

Bath benches Bedside commodes,
 Shower Benches Wheelchairs Walkers

Available for all ages!

DONATIONS ARE APPRECIATED!

Community Health Services

Resources for Eye Care Financial Assistance

www.nei.nih.gov/health/financialaid.asp

Free Basic Dental Care *Proof of income required*
Grace Lutheran Church, in partnership with **Medical Teams International** offers basic dental care to low-income patients without dental in-surance. Application forms available at Des Moines Activity Center. Call-878-1642 for an application.

Geriatric Dental Group 253-839-1300

Private non-profit providing comprehensive dental care for adults age 55+ and individuals confined to a wheelchair.

HealthPoint CHC—Des Moines 206-870-3590

SeaMar CHC- Des Moines 206-878-7393

Sight Connection 1-800-458-4888

Office of Deaf & Hard of Hearing 1-800-422-7930 v/
 TTY www.dshs.wa.gov/hrsa/odhh/

Support Groups & Services

Alzheimer's Support Group

3rd Thursday, monthly 1:00-2:30pm 206-632-3985
 SeaTac Community Center

Grief and Loss Support Group

1st & 3rd Wed, monthly 2-3:30pm 206-965-2904
 CHI Franciscan, Burien Campus

Fall Prevention, South King Fire & Rescue

Call to schedule a home safety survey. 253- 946-7347

Human Services Information & Referral

Monday-Friday 8am—6pm 211
 Deaf/hearing-impaired? 206-323-5770

Veteran Services (VFW)

206-341-8284

DO YOU SUSPECT ELDER ABUSE?

Community Resources for Information & Help

Adult Protective Services..... 206-341-7660
 Des Moines Police..... 206-878-3301
 Normandy Park Police..... 206-248-7600

Des Moines Police

Crime Tip Line

206 870-6871

Des Moines Activity Center is funded and provides services through the cooperation of the cities of Des Moines and Normandy Park, partnerships with Catholic Community Services, Sea Mar Community Health Services, Sound Generations, and through the generous contributions from our many participants. Thank you!



Pathways Information and Assistance-web page

A gateway to resources that will help you maintain independence, security and quality of life. Check out their Document Download Center for consumer directories and resource lists on topics such as:

- Adult Day Care*
- Assisted Living/Retirement Residences*
- Adult Family Homes*
- Emergency Alert Systems*
- Options for Hiring Household Help*

info@soundgenerations.org/www.soundgenerations.org

Senior Health Insurance Benefits Assistance Program

Simplify your life and prepare for the future! Bring your questions about Medicare billings, Medicare part-D, health insurance and long term care insurance to discuss with a trained SHIBA volunteer. For immediate assistance call the help line - 1-800-562-6900. To schedule an appointment: 206-878-1642
3rd Wednesday monthly 9am-12pm DMAC

Senior Rights Assistance sra@soundgenerations.org

Trained volunteers address your concerns regarding wills and trusts, powers of attorney, consumer issues, credit and debt management, landlord-tenant rights and Social Security appeals. Free-just a phone call away: 206-448-5720

Sound Generations' Meals on Wheels 206-448-5767

Eligibility: Age 60 & better & homebound
Suggested donation—\$5
Offering frozen home-delivered meals (breakfast, lunch and dinner options) for older persons who are unable to leave their home to shop or prepare nutritious meals. Meals are prepared with the special dietary needs of seniors in mind and are adaptable to a variety of special diets. Meals can be placed in either the microwave or a conventional oven. Online applications: www.soundgenerations.org/foodassistance/MealsonWheels
Des Moines' volunteers coordinate meal orders & deliveries.
Orders Taken: Mondays 9am-12pm 206-870-6940
Deliveries Made: Thursdays 10am-12noon



Take Me Home

Is someone one in your family at risk of being lost and confused. The Des Moines Police Department offers **Take Me Home**, a program designed to serve people with developmental disabilities and/or medical conditions that increase their risk of wandering or becoming lost.

The **Take Me Home** registration form data and a photo provides police officers information to access when out on patrol and allows the officer to assist the person in returning home. And, when an individual is missing, the photo and description is readily available to assist police personnel search.

Questions & Information- Contact

Tonya Seaberry 206-870-7619
tseaberry@desmoineswa.gov



Sound Generations Transportation

Sound Generations in collaboration with Des Moines Activity Center and the support of local volunteers offers seniors *two* transportation options (see below.)
No applications, just sign-up by phone during office hours:

1. HYDE Shuttle Transportation 206-727-6262
Operates Monday-Friday 9am-4pm

No Charge, donations are appreciated
Eligibility: Des Moines/Normandy Park Seniors age 55+ and individuals of any age w/disabilities.

Des Moines volunteer drivers provide rides to *medical appointments, grocery shopping, banking, the Activity Center and other local errands*—any where you need to go within the service area. Rides are booked on a first come basis.
Service Area: Des Moines and Normandy Park city limits.
North to 140th in Burien. East to SR509.
Fridays to Federal Way -South to 356th & West to 1st Avenue

2. Volunteer Transportation 206-448-5740
Operates Monday-Friday 8am-5pm

Book by Wednesday for any rides the next week.
\$3 donation
Rides dependent upon driver availability.
Eligibility: Age 60 & better, reside in King County
Able to self-transfer to a private vehicle.

Des Moines volunteer drivers use their own vehicles to provide personalized transportation to medical appointments, providing a ride, waiting with seniors and offering that supportive and steadying hand to make the day go smoothly.

Other Transportation Information:

Metro's ACCESS Transportation 206-263-3113
www.metro.kingcounty.gov/tops/accessible/accessvan.html

King County Metro Reduced Fare Permits & Taxi Scrips
206-553-3000

FindARide...wwwFindARide.org 425-943-6760

CCS Volunteer Trans. www.ccsww.org 206-323-6336

Program Scholarships Brings Joy!
Call 206-878-1642 for information.

4 Dining with Friends at Des Moines Activity Center



Sponsored by Catholic Community Services (CCS) in partnership with Des Moines Activity Center:

Lunch is served: Monday—Thursday 12:00pm DMAC

- Latino Menu on Thursdays
- No lunch served on holidays.
- Monthly menus available at Des Moines Activity Center & on the city web page: www.desmoineswa.gov/seniors

Suggested donation—\$4 if you are

- Age 60+ or dining with a 60+ spouse or
- Under age 60; disabled and residing with and accompanied by an eligible parent or guardian.
- Remember your donation is confidential.

Pay: \$6 if you are under age 60.

Eligibility Questions? Contact CCS at 253-474-1200

First time to Lunch? A Participation Information Form, which includes your birth date, is required!

Meals on Wheels—see page 3 for specifics

Orders Taken : Mondays 9am-12pm 206-870-6490

More Community Dining Opportunities

Des Moines/Normandy Park Community Dinners
5-6:30pm

- 2nd Tuesday, monthly Grace Lutheran Church
- 3rd Tuesday, monthly Des Moines United Methodist Church
- 4th Tuesday, monthly Congregation Church

Additional Food & Meal Opportunities for Older Adults.

- Des Moines Area Food Bank 206-878-2660
- Emergency Feeding Program 206-329-0300
- Food Stamp Information 1-877-501-2233
- Northwest Harvest 206-625-0755
- Helplink 206-767-6449
- Salvation Army 253-946-7933
- DM Farmers Market offering food vouchers for low income seniors; Saturdays, June-August at the Des Moines Waterfront.

Pet Food for Qualified Seniors

FREE

Des Moines/Normandy Park residents age 55+ may be eligible to receive pet food from Seattle Humane Society's Senior Pet Food program for monthly pick-up at the Des Moines Activity Center.

For applications: 206-878-1642 (DMAC) or 425-649-7566

Applications: www.seattlehumane.org/services/services/lowincome-senior



Housing Assistance

Help for Electric & Gas Expenses 253-517-2263

The Multi-Service Center Energy Assistance Program
Puget Sound Energy HELP Program - assisting qualified households with PSE residential electric & gas costs. Low Income Home Energy Assistance Program (LIHEAP) a federal program assisting low income households with residential heat. Direct questions/concerns to Tatyana Sirotin, Energy Supervisor: 253-854-4406 or Oksana Savolyuk at 253-838-6810.

Minor Home Repair 206-870-6535

City of Des Moines provides grant funds to subsidize repairs and maintenance for qualified home owners. The focus is on maintaining health and safety, home preservation and increased energy efficiency.

Volunteer Chore Services 206-328-5787

King County Sr.Reduced Property Tax 206-296-3920

Solid Ground Tenant Services Hotline 206-694-6767

What to do if you can't take it with you!

Tips on recycling/donating & disposal of household stuff

King County Hazardous Waste Management Program

206-296-4692 or

www.hazwastehelp.org/homeHHW/downsizing.aspx

Tips to recycle Computers, TV, Monitors & e-readers

www.ecyclewashington.org

Recycle cell phones and CFL Bulbs at

Des Moines Activity Center

Note: Linear fluorescent tube bulbs not accepted.

Resource Phone Numbers

- Affordable Care Act Info www.healthcare.gov
- www.insurance.wa.gov/current-issues-reform/health-care-reform
- American Association of Retired Persons 1-888-687-2277
- ARP Senior Community Service Employment Program
www.aarp.org 206-624-6698
- Cable & Garbage Discount 206-870-6513
- Caregiver Support 206-448-3110
- Employment & Job Training www.doleta.gov/seniors
- Friend to Friend Program 206-870-4266
- King Co. Senior Reduced Property Tax 206-296-3920
- Long Term Care Ombudsman 206-694-6790
- Medicare/Social Security 1-800-772-1213
- Solid Ground Tenant Services Help 206-694-6767
(M, W, & Th, 10:30am-4:30pm)
- Supplemental Nutrition Assistance 1-877-501-2233
- WA Insurance Commission- Suspect Fraud? 1-800-562-6900
- Widowed Info & Consultation 206-241-5650

SENIOR INFORMATION & ASSISTANCE
Community Living Connections 206-962-8467