



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



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



*No longer driving?
Transportation Alternatives
Abound!
Turn to page 3.*



Dining with Friends at Des Moines Activity Center offers warm friendships and compassion spiced with bubbling laughter and shared memories....page 4



Sometimes the ride to the medical appointment is the best part!
Turn to page 3 for information on Volunteer Transportation!



Having a family discussion about assisted living & retirement homes or bringing in home care?
Get started with Senior Services' Information and Assistance resources—page 3

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 even sunshine!



Foot Care

Karen, Poppleton, licensed Nail Care Technician
 2-5th Wednesdays, monthly 8:30am-3pm \$27
 To book your appointment call: 206-878-1642

Happy Feet Scholarships for seniors age 50 and better are sponsored by the Des Moines Legacy Foundation. Contact us regarding eligibility -206-878-1642.

Blood Pressure Checks \$1/suggested donation
 2nd & 4th Tuesday, Monthly 11am-12pm
 Staff support provided by Normandy Park Senior Living & Wesley Homes!

Legally Speaking

Mike Regeimbal, local attorney, is available for 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, January-October 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-2pm
 \$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!

Check-out Hours:
 Mon-Fri 9am-3:30pm

Suggested donation ranges from \$5 - \$25.

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 and Des Moines Legacy Foundation offers basic dental care to low-income patients without dental insurance. Application forms available at Des Moines Activity Center Call-878-1642 for a list of dates.

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

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
 2nd Monday, monthly 1:00pm 206-824-1770
 Normandy Park Congregational, United Church of Christ.

Caregivers of Younger-Onset Memory Loss Telephone Support
 3rd Wednesday, monthly 7-8:30pm 1-800-848-7097

Memory Loss Support Group for Caregivers
 2nd Tuesday, monthly 1:00pm 206-861-0176
 Highline Medical Center, Specialty Center Campus

Fall Prevention, South King Fire & Rescue
 Call to schedule a home safety survey. 253-946-7337

Human Services Information & Referral
 Monday-Friday 8am—6pm 211
 Deaf/hearing-impaired? 1-800-833-6384 or 711

Veteran Services 206-296-7656

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
Washington State 24-hr Hotline.....	1-866-363-4276
ElderWatch:	www.publicsafe.org/elderwatch

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, Senior Services, Des Moines Legacy Foundation and through the generous contributions from our many participants. Thank you!



Senior Information and Assistance

A gateway to resources that will help you maintain independence, security and quality of life. Advocates will help find the best solution for your situation. 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@seniorservices.org 206-448-3110

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
2nd Tuesday, monthly Afternoons DMAC

Senior Rights Assistance sra@seniorservices.org

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

Senior Services' Meals on Wheels 206-448-5767

Eligibility: Age 60 & better & homebound
Suggested donation—\$3
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.seniorservices.org/foodassistance/MealsonWheels
Des Moines volunteers coordinate meal orders & deliveries.
Orders Taken: Mondays 9am-12pm 206-870-6940
Deliveries Made: Thursdays 9am-11am



Take Me Home

Is someone one in your family at risk of being lost and confused. The Des Moines Police Department now 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



Senior Services Transportation

Senior Services 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 8am—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.
No Charge, donations are appreciated.

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** 206-553-3000

Des Moines Police

Crime Tip Line

206 870-6871

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.

Suggested donation—\$3 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 206-878-1642

Deliveries: Thursdays 9—11am

Housing Assistance

Help for Electric & Gas Expenses 1-800-348-7144

The Multi-Service Center Energy Assistance Program
Puget Sound Energy HELP Program - assisting qualified households with PSE residential electric and 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 206-870-6558

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 Reduced Property Tax 206-296-3920

Housing safetynet@solid-ground.org

www.housingsafetynet.org

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 on 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.

More Community Dining Opportunities

Des Moines Community Dinners 5-6:30pm	FREE
2 nd Tuesday, monthly	Grace Lutheran Church
3 rd Tuesday, monthly	Des Moines United Methodist Church
4 th Tuesday, monthly	Congregation Church
5 th 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

- offering a voucher lunch program for low income seniors; Saturdays, June—August at the Des Moines Waterfront Farmer's Market—funded by Des Moines Legacy Foundation.



Pet Food for Qualified Seniors FREE

Des Moines residents age 55+ may be eligible to receive monthly pet food from Seattle Humane Society's Senior Pet Food program to pick-up at Des

Moines Activity Center.

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

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

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	1-866-663-3291
AARP Senior Community Service Employment Program	
	www.aarpworksearach.org 206-624-6698
Adult Day Care Services (Wesley)	206-592-1211
Adult Day Care Association	206-461-3899
Cable & Garbage Discount	206-870-6513
Caregiver Information Line	211
Employment & Job Training	www.doleta.gov/seniors
Friend to Friend Program	206-870-4266
Long Term Care (non medical)	1-800-310-5654
Long Term Care Ombudsman	206-694-6790
Medicare/Social Security	1-800-772-1213
Reduced Property Tax	206-296-3920
Retired & Senior Volunteer Program	206-957-4779
Senior Companion Program	206-329-0515
Widowed Info & Consultation	206-241-5650

Scholarships Brings Joy!

Call 206-878-1642 for information.

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