

## Appendix H – Community Resources

<https://secureservercdn.net/198.71.233.111/9ca.a5f.myftpupload.com/wp-content/uploads/2018/06/CommResourceOnline062618.pdf>

# 2018 Community Resource Book

*For elders and people with disabilities living in the Lewiston & Clarkston Valley*



PROPERTY OF INTERLINK ©

# FORWARD

Interlink, Inc. works to enable elders and those with disabilities to live independently in the Lewis-Clark valley. As part of its mission Interlink host an online version of this resource manual on its website at [www.interlinkvolunteers.org](http://www.interlinkvolunteers.org). Interlink updates this online resource once a month. Please email your changes to [volunteers@interlink-volunteers.org](mailto:volunteers@interlink-volunteers.org) or call our office at 509.751.9143.

*Deborah J. Snyder, executive director*

*Interlink, Inc.*



---

For information and to order printed copies of this  
Community Resource Book contact **Interlink:**  
Phone 509.751.9143 | [www.interlinkvolunteers.org](http://www.interlinkvolunteers.org)  
[volunteers@interlink-volunteers.org](mailto:volunteers@interlink-volunteers.org)

---

PROPERTY OF INTERLINK ©

# Thank you,

Thanks all those who have supported the Connecting Community Resource Book which is a newly revised resource guide for the Lewiston/Clarkston area. We specifically wanted to thank the support from Twin County United Way, the Continuum of Care Coalition, and Interlink for bringing it all together.



*North Central*  
**CONTINUUM OF CARE COALITION**  
connecting community resources

PROPERTY OF INTERLINK ©

# TABLE OF CONTENTS

Adult Day Care	page 2
Adult Family Homes	page 3
Adult Protective Services	page 4
Alcohol/Drugs/Substance Abuse	page 4
Assistive Living	page 5-7
Assistive Technology Programs	page 8-9
Cancer Resources	page 10
Clothing & Household	page 11
Complaint Resolution	page 11
Consumer Services	page 12
Case Management Services	page 12
Community Health Care Services (Hospitals & Medical Clinics)	page 13-14
Dental	page 15
Disability Services	page 16-18
Education/Training	page 19
Emergency Services	page 20
Financial and Other Assistance	page 20
Food Assistance	page 21-24
Government	page 25
Hearing Assistance	page 26
Home Care Services	page 27-29
Home Health Care	page 29-30
Hospice Services	page 31
Hospitals	See Community Health Care Services
Housing Assistance	page 31-33
Legal & Insurance Information	page 34
Medical Supplies & Equipment	page 34-35
Mental Health	page 35
Prescription Assistance	page 36
Rehabilitation/Long-Term Care	page 36-38
Support Groups	page 39
Support for Caregivers	page 39
Transportation	page 40-41
Vision Assistance	page 41-42
Veteran's Services	page 42-43
Volunteer Opportunities	page 44

# Adult Day Care

## **Alternative Nursing Services:**

Address: 1029 Main Street  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-746-7433  
800-930-3050  
Website: <http://www.ansidaho.com>  
Office hours: M-F, 9:00 am-5:00pm

## **Circles of Caring Adult Day Services:**

Address: 588 SE Bishop Blvd.  
City/State/Zip: Pullman, WA 99163  
Phone: 509-334-6483  
Website: [www.circlesofcaring.org](http://www.circlesofcaring.org)  
Office hours: M-F, 8:00 am-4:00 pm

## **Grangeville Health and Rehabilitation**

Address: 410 NE 2nd Street  
City/State/Zip: Grangeville, ID 83530  
Phone: 208-983-1131  
Website: [www.ahcfacilities.com](http://www.ahcfacilities.com)  
Office hours: 24 hours/day

## **Meadowlark Homes (Formerly Bee Hive Homes)**

Address: 709 NW 2nd St.  
City/State/Zip: Grangeville, ID 83530  
Phone: (208) 983-3793  
Website: [www.facebook.com/pages/Meadowlark-Homes/154646934572299](http://www.facebook.com/pages/Meadowlark-Homes/154646934572299)  
Office Hours: M-F, 8:00 am-5:00pm

## **Wedgewood Terrace:**

Address: 2114 Vineyard Ave.  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-743-4545  
Website: [www.wedgewoodterrace.com](http://www.wedgewoodterrace.com)  
Office hours: 8:00 am-5:00 pm (Special arrangements for after 8:00 pm)

PROPERTY OF INTERLINK ©

# Adult Family Homes

**Galles Adult Shelter Home:** Ambulatory, terminal and bedfast. Assistance with all services of daily living.

Address: 1939 2nd Ave.

City/State/Zip: Clarkston, WA 99403

Phone: 509-758-6726

Website:

Office Hours:

**Preferred Care Adult Family Home:** Nursing home/assisted living; intermediate care and skilled nursing care; Alzheimer's care.

Address: 2341 12th Ave.

City/State/Zip: Clarkston, WA 99403

Phone: 509-751-0300

Website: Find on web under "Washington state adult family homes"

Office hours: 24 hours

**Prospect Shelter Care:** Ambulatory not a must, will accept walkers and wheelchairs. Assistance with activities of daily living.

Address: 1819 Prospect Ave.

City/State/Zip: Lewiston, ID 83501

Phone: 208-746-8501

Website:

Office hours:

**Sycamore Glen:** Ambulatory and non-ambulatory; RN on staff; assistance with activities of daily living.

Address: 1587 Sycamore Street

City/State/Zip: Clarkston, WA 99403

Phone: 509-758-9335

Website: [www.senior-care-resources.com](http://www.senior-care-resources.com)

Office hours: M-F, 8:30 am-4:30 pm

**Unique Senior Care:** Assistance with activities of daily living, meals, activities and events; licensed nurses and 24 hour skilled staff; short-term rehabilitation or long-term care.

Address: 1639 Birch Ave.

City/State/Zip: Lewiston, ID 83501

Phone: 208-746-1077

Website: [www.agingcare.com](http://www.agingcare.com)

Office hours: M-F, 7:00 am-6:00 pm



# Adult Protective Services

**Services:** Investigates allegations of abuse, neglect, self-neglect, exploitation and abandonment of “vulnerable” adults 18 years of age or older. Service available to help reduce risk to clients.

## **IDAHO Residents:**

North Central Idaho Area Agency on Aging - Area II (Lewiston)

Address: 124 New 6th St.

City/State/Zip: Lewiston, ID 83501

Phone: 208-743-5580 or 1-800-877-3206

Website: <http://www.cap4action.org/program/area-agency-on-aging/adult-protion/>

Office Hours: M-F, 8:00 am-5:00 pm

## **WASHINGTON Residents:**

Department of Social & Health Services

Address: 525 5th Street

City, State, ZIP: Clarkston, WA 99403

Phone: 1-800-459-0421

Website: [R1APSIIntake@dshs.wa.gov](mailto:R1APSIIntake@dshs.wa.gov)

Office hours: M-F, 8:00 am-4:30 pm

# Alcohol/Drugs/Substance Abuse

Al-Anon	208-298-0997
Alcoholics Anonymous	208-750-1000
First Step 4 Life	208-717-3881
Narcotics Anonymous	208-746-7632
Nimiipuu Health (Tribal, Lapwai)	208-843-2271
Quality Behavioral Health	509-758-3341
	888-475-5665 (24 hour line)
Riverside Recovery	208-746-4097
Snake River Rehabilitation	208-746-7661

PROPERTY OF INTERLINK ©

# Assisted Living

## Clarkston, Wa

**Avalon Progressive Care: Range of accommodations, service levels, and care plans. Help with activities of daily living, transportation, medication management, appointment management, social and physical activities. Temporary and long term care.**

Address: 1937 2nd Ave.  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-6770  
Website: [www.senior-care-resources.com](http://www.senior-care-resources.com)  
Office Hours: M-F, 10:00 am-7:00 pm

**Evergreen Estates: 24 hour care through needed supervision, meals, laundry service, personal care, activities, and special outings.**

Address: 1215 Evergreen Court  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-5260  
Website: <http://www.evergreenstatesclarkston.com/>  
Office Hours: M-F, 8:00 am-5:00 pm

## Lewiston, ID

**Brookdale: Independent living, Assisted living, Memory care, Skilled nursing, Health care services.**

Address: 2975 Juniper Dr.  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-746-8676  
Website: <https://www.brookdale.com>  
Office Hours: M-F, 9:00 am-5:30 pm

**Golden Girls Manor: RN on site; help with activities of daily living, transfers, shopping, medication assistance, housekeeping, laundry, meals, social events; Alzheimer's and dementia care; end of life care.**

Address: 214 Larkspur Lane  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-798-1933  
Website: [www.goldengirlsrc.com](http://www.goldengirlsrc.com)  
Office hours: M-F, 8:00 am-5:00 pm (Arrangements may be made for after hours)

**Guardian Angel Homes: Specialized care of Alzheimer/Dementia residents. 24-hour personal care. Security and safety system. Medication management and on site house manager.**

Address: 2221 Vineyard Avenue

City/State/Zip: Lewiston, ID 8350

Phone: 208-743-6500

Website: <http://www.guardianangelhomes.com/Lewiston/HomeContact>

Office Hours: M-F, 8:00 am-5:00 pm

**Joyce's Orchard Residential Care: Assisted living micro-community; help with meals, housekeeping, laundry, medication.**

Address: 615 Cedar Ave.

City/State/Zip: Lewiston, ID 83501

Phone: 208-743-5322 (Serenity Place)

Website: [www.assistedlivingfacilities.org](http://www.assistedlivingfacilities.org)

Office hours: M-F, 9:00 am-5:00 pm

**Living Spring Residential Care: Help with activities of daily living, medication assistance, finances; RN on staff; Alzheimer's/dementia, much more.**

Address: 1050 Hemlock Dr.

City/State/Zip: Lewiston, ID 83501

Phone: 208-743-2685

Website: [www.livingspringrc.com](http://www.livingspringrc.com)

Office Hours: M-F, 8:00 am-5:00 pm (Arrangements may be made for after hours)

**Pleasant Valley Residential Care Facility: staffed 24 hours a day; diabetes monitoring, Alzheimer's memory care; activities.**

Address: 1911 17th Ave.

City/State/Zip: Lewiston, ID 83501

Phone: 208-743-0026

Website: [www.agingcare.com](http://www.agingcare.com)

Office hours: 24 hours

PROPERTY OF INTERLINK ©

**Royal Plaza Retirement Center: Assisted living, independent living, skilled nursing services, rehabilitation services, post acute care, memory care, social services, nutrition services, diabetes management, falls prevention program.**

Address: 2870 Juniper Drive  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-746-2800  
Website: <http://www.royalplazaretirement.com>  
Office Hours: M-F, 8:00 am-6:00 pm

**Serenity Place: RN supervision on monthly basis; help with transportation, medication oversight, activities of daily living, meals, activities.**

Address: 1917 17th Avenue  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-743-5322  
Website: [www.serenityplaceinc.com](http://www.serenityplaceinc.com)  
Office hours: M-F, 9:00 am- 5:00 pm

**Unique Senior Care: Intermediate level nursing care; assistance with activities of daily living.**

Address: 1639 Birch Avenue  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-746-1077  
Website: [www.agingcare.com](http://www.agingcare.com)  
Office hours: M-F, 7:00 am-6:00 pm

**Wedgewood Terrace: Nursing home/assisted living/rehabilitation; Alzheimer's care.**

Address: 2114 Vineyard Avenue  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-743-4545  
Website: [tmielke@provident.org](mailto:tmielke@provident.org)  
Office Hours: M-F, 8:00 am-5:00 pm

PROPERTY OF INTERLINK ©

# Assistive Technology Programs

## **Idaho Assistive Technology Project:**

*Center on Disabilities and Human Development: The CDHD currently operates a variety of independent grant programs and carries out training, services, technical assistance, research, and dissemination activities across the state and nation. Maintains database of used equipment for sale by private individuals, offers a low interest low program and provides information to professionals and consumers in meeting the technology-related needs of Idaho citizens with disabilities and the elderly. This is a state technology project authorized by Congress.*

Address: 1187 Alturas Dr.

City/State/Zip: Moscow, ID 83843

Phone: 208-885-6000

Website: <http://idahocdhd.org>

Office Hours: M-F, 8:00 am-5:00 pm

## **Disability Action Center:**

*Provide assistance with landlord-tenant disputes, home modifications, applications for housing assistance, reasonable accommodation requests. Help business reach this market effectively. Offers Assistance Technology. Offer classes and workshops on topics such as emergency preparedness, dealing with autism and living with chronic conditions. Can help you find effective interpretation and how to arrange for a qualified interpreter when needed for persons who are deaf or hard of hearing. In home support services to help main your independence. Provides civil rights education, leadership training and networking between businesses and disability groups. Provides information and referrals directly to people with disabilities and to other interested people such as family members, friends, employers and service providers. Helps people find manual wheelchairs, power chairs/scooters, bath benches/seats, commodes, lift recliners, tablets or laptop computers, and smartphones/iPods, ramps, support bars, transfer boards, canes, crutches, and walkers. Transportation services. An accessible COAST van is stationed at the Moscow DAC office for trips outside of the limited public transportation currently offered in the Moscow area by SMART Transportation.*

**Lewiston**

Address: 330 5th Street

City/State/Zip: Lewiston, ID 83501

Phone: 208-746-9033

Website: <http://dacnw.org>

Office Hours: M-TH 8:30 am-4:40 pm; Fri. 8:30 am-4:00 pm

PROPERTY OF INTERLINK ©

**Moscow**

Address: 505 N Main Street

City/State/Zip: Moscow, ID 83843

Phone: 208- 883-0523

Website: <http://dacnw.org>

Office Hours: M-TH, 8:30 am-4:30 pm; Fri. 8:30 am-4:00 pm

**Post Falls**

Address: 3726 E Mullan Avenue

City/State/Zip: Post Falls ID, 83854

Phone: 208-664-9896

Website: <http://dacnw.org/>

Office Hours: M-F, 8:30 am-4:30 PM; 8:30 AM-4:00 PM

PROPERTY OF INTERLINK ©

# Cancer Resources

## **St. Joseph Regional Medical Center (SJRMC): Social Services Department**

Address: 415 6th Street

City/State/Zip: Lewiston, ID 83501

Phone: 208-799- 5330

Website: <https://www.sjrmc.org/social-services/>

Office Hours: (Leave message)

## **SJRMC From the Heart:**

*Room 122, Carondelet House: Helps families stay together in their time of need. For patients to stay during outpatient procedures, radiation therapy treatment or other care. Families of patients may stay also. Cost free short-term accommodations.*

Address: 415 6th St

City/State/Zip: Lewiston, ID 83501

Phone: 208-799-5416

Website: [www.sjrmc.org](http://www.sjrmc.org)

Office Hours: 24 hours

## **SJRMC Cancer Center:**

Address: 1220 Idaho Street

City/State/Zip: Lewiston, ID 83501

Phone: 208-743-7427

Website: [www.sjrmc.org](http://www.sjrmc.org)

Office hours: M-F, 8:30 am-5:00 pm

## **SJRMC Radiation Oncology: (Radiation treatment only; separate from Cancer Center)**

Address: 504 6th Street

City/State/Zip: Lewiston, ID 83501

Phone: 208-799-5600

Website: [www.sjrmc.org](http://www.sjrmc.org)

Office hours: M-F, 8:00 am-5:00 pm

PROPERTY OF INTERLINK ©

# Clothing & Household

St. Vincent de Paul	509-758-8361
Salvation Army	208-746-9653
Seventh Day Adventist Comm. Service Prog.	509-758-5451
Professional Clothes Closet (VCC)	208-746-0401
ROC Rescue Mission	208-791-1176

# Complaint Resolution and Advocacy

Services: Provides information and referrals directly to people with disabilities or those interested, such as family members, friends, employers and service providers.

## Disability Action Center NW

Address: 330 5th St.  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-746-9033  
888-746-9033 (Toll-Free)  
Website: <http://dacnw.org>  
Office Hours: Mon thru Fri: 8:30am - 4:30pm

## Idaho Commission on Aging - Area II (Lewiston)

Address: 124 New 6th St.  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-743-5580  
1-800-877-3206  
Website: <https://aging.idaho.gov>  
Office Hours: M-F, 8:00 am-4:30 pm

## Idaho Commission on Human Rights

Address: 317 Main Street  
City/State/Zip: Lewiston ID 83501  
Phone: 208-334-2873  
888-249-7025  
Website: [www.humanrights.idaho.gov](http://www.humanrights.idaho.gov)  
Office hours: M-F, 8:00 am-5:00 pm

**Ombudsman:** Phone: 800-562-6028  
**Medical Ombudsman:** Phone: 800-257-0660



# Consumer Services

<b>Bureau of Vital Statistics</b>	208-334-5988 ( <i>ID</i> ) 360-236-4313 ( <i>WA</i> )
<b>Consumer Credit Counseling Department of Insurance (SHIBA)</b>	208-746-0127 208-666-6847 or 800-488-5725 ( <i>ID</i> ) 800-562-6900 ( <i>WA</i> )
<b>Legal Aid Services</b>	208-743-1556 ( <i>ID</i> ) 800-310-6076 ( <i>WA</i> )
<b>Philip's Lifeline Medical Alert</b>	800-566-6156 877-783-7790
<b>Rural Dynamics Consumer Credit Counseling Tribal Employment Rights (TERO)</b>	877-275-2227 208-935-4703 ( <i>Kamiah</i> ) 208-843-7363 ( <i>Lapwai</i> )

# Case Management Services

## **Aging & Long Term Care:**

Address: 744 5th Street, Suite C  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-2355  
Website: [www.altcWASHINGTON.com](http://www.altcWASHINGTON.com)  
Office hours: M-F, 8:30 am-5:00 pm

## **Community Action Partnership (CAP)/Area Agency on Aging:**

Address: 124 New 6th Street  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-743-5580  
Website: <http://www.cap4action.org/program/area-agency-on-aging/>  
Office hours: M-F, 8:00 am-4:30 pm

## **Susan Call's Case Management:**

Address: 644 6th Street  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-751-8070  
Website: N/A  
Office hours: (Leave message)

PROPERTY OF INTERLINK ©

# Community Health Care Services

## **Asotin County Health District:**

Address: 102 1st Street  
City/State/Zip: Asotin, WA 99402  
Phone: 509-758-3344  
Website: [www.ac-hd.org](http://www.ac-hd.org)  
Office hours: M-F, 8:00 am-5:00 pm

## **CHAS Health Clinic:**

Address: 338 6th Street, Ste. 101  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-848-8300  
Website: [www.chas.org](http://www.chas.org)  
Office hours: M-F, 8:00 am-6:00 pm

## **Clearwater Medical Clinic:**

Address: 1522 17th Street  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-743-8416  
Website: [www.clearwatermedicalclinic.com](http://www.clearwatermedicalclinic.com)  
Office hours: M-F, 7:30 am-5:00 pm

## **North Central Health District:**

Address: 215 10th Street  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-799-3100  
Website: [www.idahohealthdistrict.org](http://www.idahohealthdistrict.org)  
Office hours: M-F, 8:00 am-5:00 pm

## **St. Joseph Regional Medical Center (SJRMC):**

Address: 415 6th Street  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-743-2511  
Website: [www.sjrmc.org](http://www.sjrmc.org)  
Office hours: 24 hours

PROPERTY OF INTERLINK ©

**Snake River Community Clinic:**

Opens at 5:30pm for services, but must get attendance card between 2:00 pm -3:30 pm; can only see 30 people per night.

Address: 215 10th Street

City/State/Zip: Lewiston, ID 83501

Phone: 208-743-5899

Website: [www.srccfreeclinic.org](http://www.srccfreeclinic.org)

Office hours: T/TH, 5:30 pm

**Tri-State Hospital Family Practice:**

Address: 1119 Highland Ave.

City/State/Zip: Clarkston, WA 99403

Phone: 509-758-1450

Website: [www.tristatehospital.org](http://www.tristatehospital.org)

Office hours: M-F, 8:00 am-5:00pm

**Tri-State Hospital and Medical Campus:**

Address: 1221 Highland Ave.

City/State/Zip: Clarkston, WA 99403

Phone: 509-758-5511

Website: [www.tristatehospital.org](http://www.tristatehospital.org)

Office hours: 24 hours

**Tri-State Family Practice Lewiston**

Address: 1221 Highland Ave.

City/State/Zip: Clarkston, WA 99403

Phone: 509-758-5511

Website: [www.tristatehospital.org](http://www.tristatehospital.org)

Office hours: 24 hours

**Catalyst Medical Group/Valley Medical Center Lewiston:**

Address: 2315 8th Street

City/State/Zip: Lewiston, ID 83501

Phone: 208-746-1383

Website: [www.valleymedicalcenter.com](http://www.valleymedicalcenter.com)

Office hours: M-F, 8:00 am-5:00 pm

PROPERTY OF INTERLINK ©

**Catalyst Medical Group/Valley Medical Center Clarkston:**

Address: 208 Port Drive  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-254-2730  
Website: [www.valleymedicalcenter.com](http://www.valleymedicalcenter.com)  
Office hours: M-F, 9:00 am-5:00 pm

**Project Grace:** In-home recovery for seniors. 208-746-3351

## Dental

**Clarkston Denturist Clinic:**

Address: 1346 12th Street  
City, State, ZIP: Clarkston, WA 99403  
Phone: 509-295-6807  
Website: [www.yellowpages.com](http://www.yellowpages.com)  
Office hours: M-TH, 8:0am-5:00 pm; Fri.. 8:00 am-12:00 pm

**Lewis Clark Dental Clinic (CHAS):**

Address: 844 6th Street  
City/State/Zip: Clarkston, WA 99403  
Phone: 208-848-8300  
Website: <https://chas.org>  
Office hours: M-F, 8:00 am-6:00 pm

**LCSC Dental Hygiene Program:**

Address: 500 8th Ave.  
City,/State/Zip: Lewiston, ID 83501  
Phone: 208-792-2930  
Website: [www.lcsc.edu/dentalhygiene/](http://www.lcsc.edu/dentalhygiene/)  
Office hours: M-TH, 8:00 am-5:00 pm

**Dr. Scott Smith (Medicaid)**

Address: 813 Columbia St.  
City/State/Zip: Pomeroy, WA 99347  
Phone: 509-843-3495  
Website: [www.pomeroydentist.com](http://www.pomeroydentist.com)  
Office hours: TU-TH, 8:00 am-1:00 pm & 2:00 pm-5:00 pm; Fri., 8:00 am-1:00 pm

PROPERTY OF INTERLINK ©

# Disability Services

## **Asotin County Community Services:**

Community Access, employment support, advocacy for the developmentally disabled.

Address: 549 5th Street, Suite A  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-8349  
Website: [www.asotincountycommunityservices.com](http://www.asotincountycommunityservices.com)  
Office hours: M-F, 8:00 am-4:30 pm

## **Deaf Services:**

Address: 620 6th Street  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-6423 (Voice)  
208-791-8858 (Voice/Text)  
Website: N/A  
Office hours: (Leave message)

## **Disability Action Center (DAC) Lewiston:**

Address: 330 5th Street  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-746-9033  
Website: <http://dacnw.org/contact/lewiston-id/>  
Office Hours: Mon thru Fri: 8:30am - 4:30pm

## **Disability Action Center (DAC) Moscow:**

Address: 505 N Main Street  
City/State/Zip: Moscow, ID 83843  
Phone: 208-883-0523  
Website: <http://dacnw.org/contact/lewiston-id/>  
Office Hours: Mon thru Fri: 8:30am - 4:30pm

## **Disabled American Veterans:**

Transportation to Spokane Veterans Hospitals. Monthly meetings.

Address: 1104 Warner Avenue/ P.O. Box 911  
City/State/Zip: Lewiston, ID 83501  
Phone: 509-434-7019 (van schedule)  
Website: [www.dav.org](http://www.dav.org)  
Office hours: M-TH, 7:30 am-1:00 pm; Fri., 7:30 am-12:00 pm

PROPERTY OF INTERLINK ©

### **Division of Developmental Disabilities:**

First stop for anyone with developmental disabilities; referrals for services.

Address: 505 5th Street

City/State/Zip: Clarkston, WA 99403

Phone: 509-374-2132

Website: [www.dshs.wa.gov/dda](http://www.dshs.wa.gov/dda)

Office hours: (Leave message)

### **Goodwill Workforce:**

Job training and payee services for the disabled.

Address: 307 19th Street, Suite A3

City/State/Zip: Lewiston, ID 83501

Phone: 208-743-8285

Website: [www.goodwill.org](http://www.goodwill.org)

Office hours: M-F, 8:00 am-5:00 pm

### **Idaho Commission For The Blind and Visually Impaired:**

Assistance obtaining surgical procedures to prevent legal blindness. The agency assists blind and visually impaired persons to achieve independence by providing training in Braille, cane travel and other special equipment, developing work skills, increasing self-confidence and helping them remain employed or prepare for employment.

Address: 1118 F Street

City/State/Zip: Lewiston, ID 83501

Phone: 208-799-5009

800-542-8688

Website: [www.icbvi.idaho.gov](http://www.icbvi.idaho.gov)

Office hours: M-F, 8:00 am-5:00 pm (*Call first as they are out in the field often*)

### **Opportunities Unlimited, Inc. (OUI) :**

Vocational training, business services and in-home care for the developmentally disabled.

Address: 325 Snake River Avenue

City/State/Zip: Lewiston, ID 83501

Phone: 208-743-1563

Website: [www.opportunitiesunlimited.org](http://www.opportunitiesunlimited.org)

Office hours: M-F, 8:00 am-5:00 pm

**Shriner's Hospital:**

For children with injuries, diseases, or disorders; Medical transport available.

Address: 911 W 5th Avenue

City/State/Zip: Spokane, WA 99204

Phone: 208-743-6916

888-895-5951

Website: [www.shrinershospitalforchildren.org](http://www.shrinershospitalforchildren.org)

Office hours: M-F, 8:00 am-4:00 pm

**Vocational Rehabilitation:**

Retraining for workers with disabling conditions.

Address: 525 5th Street

City/State/Zip: Clarkston, WA 99403

Phone: 509-751-4619/509-751-4668

Website: [www.yellowpages.com](http://www.yellowpages.com)

Office hours: M-F, 8:00 am-4:30 pm

**Disability Rights (WA)**

800-562-2702

**Telecom Equipment Distribution Program**

800-422-7930

**WATAP (Assistive Technology)**

800-214-8731

[www.disability.gov](http://www.disability.gov)

PROPERTY OF INTERLINK ©

# Education/Training

<b>Adult Education (Nez Perce Tribe)</b>	208-935-4106 ( <i>Kamiah</i> ) 208-843-7316 ( <i>Lapwai</i> )
<b>Career Catalyst Center (Asotin County Library)</b>	509-758-5461
<b>Idaho Commission for the Blind And Visually Impaired</b>	208-799-5009
<b>Idaho Department of Labor</b>	208-799-5000
<b>Lewis-Clark State College (LCSC) (Adult Learning Center)</b>	208-792-2238
<b>Lewis-Clark State College (LCSC) (Center for New Directions)</b>	208-792-2300
<b>Northwest Indian College</b>	208-935-4106 ( <i>Kamiah</i> ) 208-843-7366
<b>Rural Resources</b>	509-758-5461
<b>Vocational Rehabilitation</b>	509-751-4619 509-751-4668
<b>WA-ID Volunteer Center</b>	208-746-7787
<b>Walla Walla Community College (WWCC) (Adult Basic Education)</b>	509-758-1708
<b>WorkSource (WWCC mornings) (DSHS afternoons)</b>	509-758-1716 509-751-4608

PROPERTY OF INTERLINK ©



# Emergency Services

American Red Cross	800-459-0421
Area Agency on Aging (ID)	208-743-5580
	800-877-3206
Community Action Partnership	208-746-3351
	800-326-4843
Community On Call	509-758-9300
Department of Social & Health Services (WA)	509-751-4601
Department of Health & Welfare (Mental Health)	208-799-4440
National Domestic Violence Hotline	800-799-7233
National Suicide Prevention Lifeline	800-273-8255
Northwest Network of LGTB Survivors Of Abuse	206-568-7777
Phoenix House	208-746-3040
Poison Control Hotline	800-222-1222
Quality Behavioral Health	509-758-3341
	888-475-5665 (Crisis Line)
Rape, Abuse Incest National Network	800-656-4673
St. Joseph's Outpatient Mental Health	208-799-6500
St. Vincent de Paul	509-758-8361
Salvation Army	208-746-9653
YWCA	208-746-9655
	800-669-3176

# Financial and Other Assistance

Blue Mountain Action Council (WA)	509-529-4980
Community Action Partnership	208-746-0127
Department of Health & Welfare (ID)	877-456-1233
Department of Social & Health Services (WA)	509-751-4601
	877-501-2233
Doug Renggli, Rep. Payee	509-758-1250
Goodwill Industries	208-743-8285

PROPERTY OF INTERLINK ©

# Food Assistance

## **Housing Authority of Asotin County (WA):**

Address: 1212 Fair Street  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-5751  
Website: [www.yelp.com](http://www.yelp.com)  
Office hours: M-TH, 6:00 am-4:30 pm

## **Idaho Housing and Finance Association (ID)**

Address: 2350 Nez Perce Drive  
City/State/Zip: Lewiston ID 83501  
Phone: 208-743-0251 or 1-866-566-1727  
Website: [www.idahohousing.com](http://www.idahohousing.com)  
Office hours: M-F, 8:00 am-5:00 pm

## **Food Banks:**

### **Asotin County Food Bank: (1 visit every 2 months)**

Address: 1546 Maple Street  
City, State, ZIP: Clarkston, WA 99403  
Phone: 509-758-7085  
Website: [www.asotincountyfoodbank.org](http://www.asotincountyfoodbank.org)  
Office hours: M-F, 10:00 am-3:00 pm

### **Blessed Hope: *(Have agency call before you come)***

Address: 1033 Burrell Ave.  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-743-4874  
Website: [www.blessedhopelcvalley.org](http://www.blessedhopelcvalley.org)  
Office hours: T-TH, 10:00 am-2:00 pm

### **Community Action Partnership (CAP): *(ID residents or homeless only)***

Address: 124 New 6th St.  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-746-3351  
Website: [www.cap4action.org](http://www.cap4action.org)  
Office hours: M-F, 9:00 am-4:00 pm

**Mobile Food Bank: 208-746-3351**

**Episcopal Church of the Nativity:**

*(food pantry every 2nd & 4th Saturdays: 8:45am-12:00pm; 4:00pm-5:30pm)*

Address: 731 8th Street

City/State/Zip: Lewiston, ID 83501

Phone: 208-743-9121

Website: [www.nativitylewiston.spokanediocese.org](http://www.nativitylewiston.spokanediocese.org)

Office hours: T-F, 9:00 am- 12:00 pm

**Salvation Army Emergency Assistance:**

*(Need ID, SS card, proof of income)*

Address: 1220 21st Street

City/State/Zip: Lewiston, ID 83501

Phone: 208-746-9653

Website: [www.salvationarmy.org](http://www.salvationarmy.org)

Office hours: T-F, 1:00 pm- 4:00 pm

**St. Vincent de Paul: Clarkston**

Address: 601 2nd Street

City/State/Zip: Clarkston, WA 99403

Phone: 509-758-8361

Website: [www.svdpusa.org](http://www.svdpusa.org)

Office hours: T/W, 11:00 am-4:00 pm

**St. Vincent de Paul: Lewiston**

*(call for appointment)*

Address: 3138 5th Street

City/State/Zip: Lewiston, ID 83501

Phone: 208-746-7860

Website: [www.svdpusa.org](http://www.svdpusa.org)

Office hours: M-F, 9:30 am-4:00 pm

PROPERTY OF INTERLINK ©

**Valley Christian Center:**

*( 1 visit per month; have agency call before coming)*

Address: 3215 Echo Hills Dr.

City/State/Zip: Lewiston, ID 83501

Phone: 208-746-0401

Website: [www.vccclc.org](http://www.vccclc.org)

Office hours: T/W 9:00 am-4:00 pm; Fri. 9:00 am-12:00 pm

**Meals:**

**Episcopal Church of the Nativity:**

Community Dinner 2nd & 4th Saturday of month from 4:30 pm-5:30 pm

\*\*\*See listing under "Food"

**First Christian Church:**

Community Supper every Thursday at 5:00 pm

Address: 840 10th Street

City/State/Zip: Clarkston, WA 99403

Phone: 509-758-2943

Website: [www.firstchristianchurchclarkston.com](http://www.firstchristianchurchclarkston.com)

**First Presbyterian Church:**

Address: 122 Diagonal Street

City/State/Zip: Clarkston, WA 99403

Phone: 509-758-3381

Website: [www.clarkstonpres.pcusa.cc](http://www.clarkstonpres.pcusa.cc)

Office hours: M-TH, 8:00 am-12:00 pm

**Grace Evangelical Lutheran Church:**

1st/3rd/5th Saturday's of the month, 5:00 pm-6:00pm

Address: 3434 6th Street

City/State/Zip: Lewiston, ID 83501

Phone: 208-743-8159

Website: [www.facebook.com](http://www.facebook.com)

PROPERTY OF INTERLINK ©

**Meals On Wheels:**

Meals delivered to the homes of senior citizens in Lewiston and Clarkston. Current charge is \$3.50 for hot meal and sack lunch or \$2.50 for hot meal only. Meals are delivered by 1:00 pm.

Address: P. O. Box 1711

City/State/Zip: Lewiston, ID 83501

Phone: 208-799-5767

Website: [valleymeals@aol.com](mailto:valleymeals@aol.com)

Office hours: (Leave message)

**Orchards Church of the Nazarene:**

11:00 am-1:00 pm, 4th Saturday of the month

Address: 347 Thain Road

City/State/Zip: Lewiston, ID 83501

Phone: 208-743-0481

Website: [www.orhcardsnaz.org](http://www.orhcardsnaz.org)

**Senior Round Table:**

T/TH/F, 12:00 noon

Address: 549 5th Street

City/State/Zip: Clarkston, WA 99403

Phone: 509-758-3816

Website: N/A

**Salvation Army Soup Kitchen:**

M/T/W/F, from 5:00 pm-6:00pm

Address: 1220 21st Street

City/State/Zip: Lewiston, ID 83501

Phone: 208-746-9653

Website: [www.salvationarmy.org](http://www.salvationarmy.org)

**The ROC:**

M/W/F, 12:00 pm-1:00 pm

Address: 1803 6th Avenue N

City/State/Zip: Lewiston, ID 83501

Phone: 208-792-1170

Website: [www.rocrescuemission.com](http://www.rocrescuemission.com)

PROPERTY OF INTERLINK ©

# Government

## 1-800-MEDICARE

800-663-4227/TTY:877-486-2048

[Medicare.gov](http://Medicare.gov)

**Benefits Coordination & Recovery Center  
Beneficiary and Family Centered Care  
Quality Improvement Organization  
Department of Defense, TFL**

855-798-2627/TTY: 855-797-2697  
800-633-4227

866-733-0404/TTY: 866-773-0405

[tricare.mil/tfl](http://tricare.mil/tfl)

[Tricare4u.com](http://Tricare4u.com)

**Department of Defense, Tricare Pharmacy**

877-363-1303/TTY: 877-540-6261

[tricare.mil/pharmacy](http://tricare.mil/pharmacy)

[express-scripts.com/tricare](http://express-scripts.com/tricare)

**Department of Veterans Affairs  
Office of Personnel Management**

800-827-1000/TTY: 800-829-4833; [va.gov](http://va.gov)

888-767-6738/TTY: 800-878-5707

[opm.gov/healthcare-insurance](http://opm.gov/healthcare-insurance)

**Railroad Retirement Board  
Social Security Administration**

877-772-5772/TTY:312-751-4701;[rrb.gov](http://rrb.gov)

800-772-1213/TTY: 800-325-0778

[socialsecurity.gov](http://socialsecurity.gov)

### **Social Security Administration Office (WA & ID):**

Address: 1617 19th Avenue

City,/State/Zip: Lewiston, ID 83501

Phone: 877-405-9796

Website: [www.socialsecurity.gov](http://www.socialsecurity.gov)

Office hours: M/TU/TH/F, 9:00 am-4:00 pm; Wed., 9:00 am-12:00 pm

PROPERTY OF INTERLINK ©

# Hearing Assistance

## Deaf Services:

Address: 620 6th Street  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-6423 (Voice)  
208-791-8858 (Voice/Text)  
Website: N/A  
Office hours: (Leave message)

## Simon Audiology & Tinnitus:

Address: 1022 Bryden Avenue  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-746-7022  
Website: [www.simonaudiologycare.com](http://www.simonaudiologycare.com)  
Office hours: M-TH, 8:30 am-4:30 pm; Fri., 8:30 am-3:00 pm

## Valley Hearing Aid:

Address: 744 5th Street  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-295-6163  
Website: <https://locations.starkeyhearingtechnologies.com/wa/>  
Office hours: Tu/F, 10:00 am-5:00 pm

<b>Deaf &amp; Hard of Hearing</b>	<b>888-543-6598</b>
<b>Telecom Equipment Distribution Program</b>	<b>800-422-7930</b>
<b>WATAP Assistive Technology</b>	<b>800-214-8731</b> <b><a href="http://www.disability.gov">www.disability.gov</a></b>

PROPERTY OF INTERLINK ©

# Home Care Services

## Clarkston, WA

### **Aging and Long Term Care:**

Advocates for senior citizens and adults with disabilities through case management; uses comprehensive community-based services to help with in-home care, nutrition, legal services, transportation, respite care, caregiver support services.

Address: 744 5th Street  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-2355  
Website: [www.altcWASHINGTON.com](http://www.altcWASHINGTON.com)  
Office hours: M-F, 8:30 am-5:00 pm

### **Home Care Services:**

Help with activities of daily living, medication reminders, meal planning, companionship, transferring, shopping, nurse delegated care, medical visits; Alzheimer and dementia care.

Address: 549 5th Street, Ste. E  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-1458  
Website: [www.seniorliferesources.com](http://www.seniorliferesources.com)  
Office hours: M-F, 8:00 am-5:00 pm

### **ResCare HomeCare: Serves Clarkston and Lewiston:**

Help with activities of daily living; ambulation/transfers, transportation, and companionship. Signature programs; a tailored suite of healthcare services to ensure the health and well-being of seniors including concierge services, disease management, geriatric care management, life management, medication care management, and safe discharge from the hospital or other medical facility; respite care. Rest Assured Telecare-- remote, wireless, 24 hour monitoring provides security and independence.

Address: 755 5th Street, Suite B  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-2055  
888-330-5017  
Website: <https://www.rescare.com>  
Office hours: M-F, 8:00 am-5:00 pm



# Lewiston, ID

## **Addus HomeCare: Serves Lewiston:**

A Full Life Agency located in Lewiston, Idaho, offers a variety of in-home services, ranging from light housekeeping to assistance with activities of daily living, medication management, transportation, appointment scheduling, and companionship. Provides specialized services, such as assistance with the transportation from the hospital or nursing home to home, and short-term respite services to relieve a family member or live-in care provider.

Address: 1037 21st Street Suite A  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-746-8881  
Website: [www.addus.com/locations.html](http://www.addus.com/locations.html)  
Office hours: M-F, 8:00 am-5:00 pm

## **Alternative Nursing Services:**

Help with daily living assistance, personal care, meals, medication assistance, transportation, skilled nursing services, respite care, 24 hour services.

Address: 1827 8th Street  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-746-3050  
Website: [www.ansidaho.com](http://www.ansidaho.com)  
Office hours: M-F, 8:00 am-5:00 pm

## **Care Connection Home Care:**

Help with activities of daily living, shopping, medication reminders, medical appointments, Alzheimer's care.

Address: 514 Thain Road  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-746-3017  
Website: [www.care.com](http://www.care.com)  
Office hours: M-F, 9:00 am-5:00 pm

PROPERTY OF INTERLINK ©

**Choices Care Services:**

Meal preparation, grocery shopping, companionship, light housekeeping, laundry, transportation, bathing, medication reminders.

Address: 325 Snake River Avenue

City/State/Zip: Lewiston, ID 83501

Phone: 208-798-4595

Website: [www.caring.com](http://www.caring.com)

Office hours: M-F, 8:00 am-5:00 pm

## Home Health Care

**Addus HomeCare:** Serves Lewiston. A Full Life Agency located in Lewiston, Idaho. Offers a variety of in-home services, ranging from light housekeeping to assistance with activities of daily living, medication management, transportation, appointment scheduling, and companionship. Provides specialized services, such as assistance with the transportation from the hospital or nursing home to home, and short-term respite services to relieve a family member or live-in care provider.

Address: 1034 Main Street

City/State/Zip: Lewiston, ID 83501

Phone: 208-746-8881

Website: [www.addus.com](http://www.addus.com)

Office hours: M-F, 8:00 am-5:00 pm

**Alternative Nursing Services:**

Help with daily living assistance, personal care, meals, medication assistance, transportation, skilled nursing services, respite care, 24 hour services.

Address: 1827 8th Street

City/State/Zip: Lewiston, ID 83501

Phone: 208-746-3050

Website: [www.ansidaho.com](http://www.ansidaho.com)

Office hours: M-F, 8:00 am-5:00 pm

PROPERTY OF INTERLINK ©

**Elite Home Health & Hospice:** Serves Asotin, Garfield, and Nez Perce counties. Medicare certified. Skilled nursing care in your own home; manages health care needs; provides physical, occupational, speech therapies; social work services; provider of Philips Lifeline medical alert service, 24 hours a day.

Address: 1370 Bridge Street

City/State/Zip: Clarkston, WA 99403

Phone: 509-758-2568

Website: [www.elitehhh.com](http://www.elitehhh.com)

Office hours: M-F, 8:30 am-5:00 pm

**ResCare HomeCare:**

Serves Clarkston and Lewiston. Help with activities of daily living; ambulation/transfers, transportation, and companionship. Signature programs; a tailored suite of healthcare services to ensure the health and well-being of seniors including concierge services, disease management, geriatric care management, life management, medication care management, and safe discharge from the hospital or other medical facility; respite care. Rest Assured Telecare--remote, wireless, 24 hour monitoring provides security and independence.

Address: 755 5th Street, Suite B

City/State/Zip: Clarkston, WA 99403

Phone: 509-758-2055

888-330-5017

Website: <https://www.rescare.com>

Office hours: M-F, 8:00 am-5:00 pm

PROPERTY OF INTERLINK ©

# Hospice Services

**Elite Home Health & Hospice:** Serves Asotin, Garfield, and Nez Perce counties. Medicare certified. Attention to spiritual needs, respite care, Inpatient or continuous care during a medical crisis, 24 hour nurse availability, grief & bereavement, pain and symptom management, personal care services, skilled nursing, counseling in the home, volunteer services, Chaplain.

Address: 1370 Bridge Street  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-2568  
Website: [www.elitehhh.com](http://www.elitehhh.com)  
Office hours: M-F, 8:30 am-5:00 pm

**Kindred at Home:** Provides nurses, therapists, and aides to deliver care for long term and terminal patients; provides rehabilitative and palliative care.

Address: 1610 NE Eastgate Blvd.  
City/State/Zip: Pullman, WA 99163  
Phone: 509-334-6016  
Website: [www.kindredathome.com](http://www.kindredathome.com)  
Office hours: M-F, 8:00 am-5:00 pm

**St. Joseph Regional Medical Center:** Provides palliative care for end-of-life needs; provides respite care.

Address: 1250 Idaho Street  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-799-5275  
Website: [www.sjrmc.org](http://www.sjrmc.org)  
Office hours: M-F, 9:00 am-4:00 pm (24 hour line open for calls)

# Housing Assistance

## Asotin County Housing Authority

Serves low income Asotin County residents only

Address: 1212 Fair Street  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-5751  
Website: [www.yelp.com](http://www.yelp.com)  
Office hours: M-TH, 7:30 am-4:40 pm

### **Austen Manor Apartments**

Serves elderly, handicapped, and disabled only.

Address: 1222 Chestnut Street

City/State/Zip: Clarkston, WA 99403

Phone: 509-751-9640

Website: [www.care.com](http://www.care.com)

Office hours: M-F, 9:00 am-5:00 pm

### **Disabled Rent Assisted/Controlled & Subsidized: (*Lewiston Residents*)**

#### **Burrell Street Station**

Address: 1124 Burrell Avenue

Phone: 208-743-0185

#### **Fairview Terrace Apartments**

Address: 1515 23rd Avenue

Phone: 208-746-3351

#### **Millcreek Apartments**

Address: 419 Miller Street

Phone: 208-746-8137

#### **Troon Apartments**

Address: 2945 Juniper Drive

Phone: 208-746-1100

#### **Tullamore Apartments**

Address: 908 Bryden Avenue

Phone: 208-743-2800

### **Cambridge Apartments**

Serves low income Clarkston residents only (*four locations*)

Address: 1411 Fair Street

City/State/Zip: Clarkston, WA 99403

Phone: 509-751-9797

Website: N/A

Office hours: M-F, 8:00 am-12:00 pm, 1:00 pm-6:00 pm

PROPERTY OF INTERLINK ©

### **Family Promise**

Address: 921 9th Ave.  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-798-3349  
Website: [www.familypromiselc.org](http://www.familypromiselc.org)  
Office hours: M-F, 9:00 am-5:00 pm

**Habitat for Humanity:** 509-758-5751

### **Quality Behavioral Health**

Address: 900 7th Street  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-3341  
Website: [www.qbhs.org](http://www.qbhs.org)  
Office hours: M-F, 8:00 am-5:00 pm

### **Salvation Army**

Address: 1220 21st Street  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-746-9653  
Website: [www.salvationarmy.org](http://www.salvationarmy.org)  
Office hours: T-F, 1:00 pm- 4:30 pm

### **Sojourners' Alliance (*Moscow*)**

Address: 627 N Van Buren  
City/State/Zip: Moscow, ID 83843  
Phone: 208-883-3438  
Website: [www.sojournersalliance.org](http://www.sojournersalliance.org)  
Office hours: M-F, 9:00 am-5:00 pm

### **The ROC:**

Light meals, clothing, laundry, snacks, coffee; safe place to relax and socialize.

\*Warming center open 8:00 pm-8:00 am when temperatures fall below 30 degrees.

Address: 1803 6th Avenue N  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-792-1170  
Website: [www.rocrescuemission.com](http://www.rocrescuemission.com)  
Office hours: M/W/F, 11:00 am-3:00 pm

# Legal & Insurance Information

<b>Adult Protection Services: (see page 4)</b>	
<b>CLEAR*Sr.: Serves seniors 60 + (WA)</b>	888-387-7111
<b>Disability Rights (WA)</b>	800-562-2702
<b>Idaho Legal Aid Services (ID)</b>	208-743-1556
<b>Northwest Justice Project: Serves ages 18-59 (WA)</b>	888-201-1014
<b>Senior Legal Hotline: Serves seniors in rural Idaho who are homebound.</b>	866-954-2591
<b>Washington Apple Health</b>	855-923-4633
	<a href="http://www.wahealthplanfinder.org">www.wahealthplanfinder.org</a>
<b>Washington Law Help</b>	<a href="http://www.lawhelp.org">www.lawhelp.org</a>
<b>Wills &amp; Probate:</b>	
<b>Aherin, Rice &amp; Associates</b>	208-746-3646
<b>Gittins Law Offices</b>	509-758-2501
<b>Kwate Law Offices</b>	208-746-7060
<b>Scott Broyles Law Office</b>	509-758-1636

# Medical Supplies & Equipment

## Lincare

Address: 615 Elm Street  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-5400  
Website: [www.lincare.com](http://www.lincare.com)  
Office hours: 8:00 am-5:00 pm

## Norco

Address: 863 Main Street  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-743-8384  
Website: [www.norco-inc.com](http://www.norco-inc.com)  
Office hours: M-F, 8:00 am -5:00 pm

## Owl Home Medical

Address: 720 16th Ave., Ste. 3  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-743-7766  
Website: [www.theowlpharmacies.com](http://www.theowlpharmacies.com)  
Office hours: 8:00 am-5:00 pm

PROPERTY OF INTERLINK ©

### **Wasem's Pharmacy & Home Medical**

Address: 800 6th St.  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-2565  
Website: [www.wasems.com](http://www.wasems.com)  
Office hours: 8:00 am-7:00 pm

**\*Philip's Lifeline Medical Alert: 24 hour/day response:** 509-758-0815  
800-566-6156

## **Mental Health**

### **Nimiipuu Health:**

Address: 111 Beaver Grade  
City/State/Zip: Lapwai, ID 83540  
Phone: 208-843-2271  
Website: [www.nimiipuuhealth.org](http://www.nimiipuuhealth.org)  
Office hours: M-F, 8:00 am- 6:00 pm

### **Quality Behavioral Health:**

Address: 900 7th Street  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-3341  
Crisis Line 24 hours/day: 888-475-5665  
Website: [www.qbhs.org](http://www.qbhs.org)  
Office hours: M-F, 8:00 am-5:00 pm

### **St. Joseph Regional Medical Center (SJPMC) Outpatient Mental Health:**

Address: 415 6th Street  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-743-2511  
Website: [www.sjrmc.org](http://www.sjrmc.org)  
Office hours: M-F 8:00 am-5:00 pm

PROPERTY OF INTERLINK ©



# Prescription Assistance

	<b>NeedyMed</b>	800-503-6897
<b>Partnership for Prescription Assistance</b>		888-477-2669
	<b>Rx Med Assist</b>	828-216-0825
<b>St. Joseph Regional Medical Center (SJRMC) Senior Life Program</b>		208-799-5529
	<b>Salvation Army</b>	208-746-9653
<b>Washington Prescription Drug Program</b>		800-913-4146

# Rehabilitation/Long-Term Care Clarkston, WA

**Avalon Progressive Care:** All levels of nursing care; private and semi-private rooms; Alzheimer's and dementia.

Address: 1937 2nd Ave.  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-6770  
Website: [www.senior-care-resources.com](http://www.senior-care-resources.com)  
Office Hours: M-F, 10:00 am-7:00 pm

**Preferred Care Adult Family Home:** Nursing home/assisted living; intermediate care and skilled nursing care; Alzheimer's care.

Address: 2341 12th Ave.  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-751-0300  
Website: [www.carecompare.com](http://www.carecompare.com)  
Office Hours: M-F, 7:00 am - 5:00 pm

## **Sycamore Glen:**

Ambulatory and non-ambulatory; RN on staff; assistance with activities of daily living.

Address: 1587 Sycamore St.  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-9335  
Website: [www.senior-care-resources.com](http://www.senior-care-resources.com)  
Office Hours: M-F, 8:30 am-4:30 pm

PROPERTY OF INTERLINK ©

**Tender Care Homes:** All levels accepted, from ambulatory to hospice; RN supervised home; Dementia and mental health residents, medication administration, skin/wound care, therapeutic diets. Personal tours encouraged.

Address: 1297 Libby St.  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-758-2119  
Website: [www.tendercarehomes.net](http://www.tendercarehomes.net)  
Office Hours: 24 hours

## Lewiston, ID

**Idaho State Veterans Home:** For Idaho wartime veterans. Ambulatory and non-ambulatory; Skilled nursing care; Social services and activities. Contracted physical therapy, occupational therapy and speech therapy. Special care unit for severe dementia-related issues.

Address: 821 21st Street  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-750-3600  
Website: <http://www.veterans.idaho.gov/lewiston-veterans-home>  
Office hours: M-F, 8:00 am-5:00 pm

**Lewiston Transitional Care of Cascadia:** Ambulatory and non-ambulatory; sub acute care, rehabilitation, and long-term care; skilled nursing care, social services, activities; inpatient and outpatient therapy. On staff therapists for physical, occupational, respiratory, and speech therapy. Transportation services provided.

Address: 3315 8th St.  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-743-9543  
Website: [www.cascadiahealthcare.com](http://www.cascadiahealthcare.com)  
Office Hours: M-F, 8:00 am-4:00 pm

PROPERTY OF INTERLINK ©

**Life Care Center of Lewiston:** Ambulatory and non-ambulatory, sub acute, rehabilitation, long or short stay, long-term care. Skilled nursing care, social services and activities. Contracted respiratory therapist. Secured care unit for Alzheimer's and dementia. Medicare and Medicaid certified.

Address: 325 Warner Dr.

City/State/Zip: Lewiston, ID 83501

Phone: 208-798-8500

Website: [www.lifecarecenteroflewiston.com](http://www.lifecarecenteroflewiston.com)

Office Hours: 24 hours

**Prestige Care & Rehabilitation:** Ambulatory and non-ambulatory; short and long-term care. Inpatient and outpatient rehab. Physical, occupational, and speech therapy. Alzheimer's unit.

Address: 1014 Burrell Ave.

City/State/Zip: Lewiston, ID 83501

Phone: 208-743-4558

Website: [www.prestigecare.com](http://www.prestigecare.com)

Office Hours: M-F 7:30 am-4:30 pm

#### **Unique Senior Care:**

Intermediate level nursing care; assistance with activities of daily living.

Address: 1639 Birch Avenue

City/State/Zip: Lewiston, ID 83501

Phone: 208-746-1077

Website: [www.agingcare.com](http://www.agingcare.com)

Office hours: M-F, 7:00 am-6:00 pm

**Royal Plaza Retirement and Care Center:** Ambulatory and non-ambulatory, short and long-term care. Skilled nursing, private rooms, common areas and grounds, social services; Physical, occupational, and speech therapy.

Medicare and Medicaid residents welcome.

Address: 2870 Juniper Dr.

City/State/Zip: Lewiston ID 83501

Phone: 208-746-2855

Website: [www.royalplazaretirement.com](http://www.royalplazaretirement.com)

Office Hours: M-F, 8:00 am-6:00 pm

# Support Groups

Alzheimer's Support Group	509-751-0600
Asthma Support Group	Allergy & Asthma Tri-State Clinic Office of Dr. Lawrence Garges
Brain Injury Association	208-305-4789
Debby Smith, Executive Director	
Breast Cancer Support Group	208-743-7766
Diabetes Education (SJRCM)	Contact: Linda
Disabled American Veterans	208-799-5227
Grieving Adults (Elite H&H)	208-553-6523
Ileostomy/Colostomy/Urostomy	509-758-2568
LC LiveStrong Cancer Group	208-799-5294
Living With Chronic Conditions	208-746-3974
Lupus Support Group	360-725-2562
Multiple Sclerosis Support Group	208-743-9613
Parkinson's Support Group	Contact: Peggy Huffaker
Sexual Assault Group (YWCA)	509-758-2832
SJRCM Social Services	Contact: Louise LaVoie
Stroke Support Group	509-758-5511
Traumatic Brain Injury	208-746-9655
Tri-State Hospital Social Services	208-799-5330
US TOO Prostate Support Group	208-799-5204
Women's Support Group	877-824-1766

## Support for Caregivers

Area Agencies on Aging	<a href="http://aging.idaho.gov/index.html">aging.idaho.gov/index.html</a>
Idaho Parents Unlimited (IPUL)	208-342-5884/ <a href="http://ipulidaho.org">ipulidaho.org</a>
Idaho Caregiver Alliance	<a href="http://hs.boisestate.edu/csa/caregiver">hs.boisestate.edu/csa/caregiver</a>

# Transportation

**Appaloosa Express Transit:** (Transportation on Nez Perce Reservation with connection to Lewiston Community Center. Wheelchair accessible)

Address: 44335 US Hwy 95  
City/State/Zip: Sweetwater, ID 83540  
Phone: 208-621-4691  
Website: [www.nezperce.org](http://www.nezperce.org)  
Office hours: M-F, 8:00 am-4:30 pm

**COAST Public Transportation:** (Low income residents of Asotin, Garfield, & Whitman counties in WA; rural Nez Perce County. Some wheelchair possibility)

Address: 210 S. Main Street  
City/State/Zip: Colfax, WA.  
Phone: 509-397-2935  
Website: [www.coacolfax.org](http://www.coacolfax.org)  
Office hours: M-F, 8:00 am-4:30 pm

**Dial-a-Ride:** (Individuals with disabilities who are unable to use the available fixed route service. ADA/Wheelchair accessible)

Address: 215 D Street  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-298-1340 (Lewiston) or 509-758-3567 (Clarkston)  
Website: [www.ridethevalley.org](http://www.ridethevalley.org)  
Office hours: M-F, 8:00 am-4:00 pm

**Interlink, Inc (Elderly and disabled):**

Address: 817 A 6th Street  
City/State/Zip: Clarkston, WA 99403  
Phone: 509-751-9143  
Website: <http://www.interlinkvolunteers.org>  
Office hours: M-TH, 9:00am-4:00 pm

**Lewiston Transit:** (ADA/Wheelchair accessible)

Address: 215 D Street  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-298-1340  
Website: [www.ridethevalley.org](http://www.ridethevalley.org)  
Office hours: 8:00 am-4:00 pm

PROPERTY OF INTERLINK ©

**PTBA-Asotin County Transportation: (ADA/Wheelchair accessible)**

Address: 1494 Poplar Street  
City, State, ZIP: Clarkston, WA 99403  
Phone: 509-758-3567  
Website: [www.ridethevalley.org](http://www.ridethevalley.org)  
Office hours: M-F, 8:00 am-4:00 pm

**Special Mobility Services: (Medicaid only; Transports Asotin County residents to any medical appointment in WA. Wheelchair accessible)**

Address: 3102 Trent Avenue  
City/State/Zip: Spokane, WA 99202  
Phone: 1-800-892-4817  
Website: [www.sms1.org](http://www.sms1.org)  
Office hours: M-F, 8:00 am-5:00 pm

**Transportation Solutions:**

Transportation to medical appointments with Wheelchair Access.

Address: P.O. Box 1572  
City/State/Zip: Walla Walla, WA 99362  
Phone: 509-386-4983  
Website: N/A  
Office hours: M-F, 8:00 am-5:00 pm

## Vision Assistance

**Clarkston Lions Club: (Serves Clarkston residents only):**

Applications for glasses/exams may be picked up at the following locations:

- 1) Community Living office located at 1372 Bridge St., Clarkston, WA 99403
- 2) St. Vincent de Paul, Social Services office at 601 2nd St., Clarkston, WA 99403 between hours of 12:00PM to 3:30 PM Mon., Tues., or Wed.
- 3) Asotin Co. Library main branch (applications located in lobby in magazine rack).

\*\*Completed forms can be mailed or dropped off in the mail slot in the front door at the address listed below.

Address: 615-1/2 Sycamore Street,  
City/State/Zip: Clarkston, WA 99403  
Phone: 208-305-2829  
Website: <http://www.e-clubhouse.org/sites/clarkstonwa/contact.php>  
Office hours: N/A

**Idaho Commission for the Blind and Visually Impaired:**

Assistance obtaining surgical procedures to prevent legal blindness. The agency assists blind and visually impaired persons to achieve independence by providing training in Braille, cane travel and other special equipment, developing work skills, increasing self-confidence and helping them remain employed or prepare for employment.

Address: 1118 F Street, Third Floor

City/State/Zip: Lewiston, ID, 83501-1986

Phone: 208-799-5009

800-542-8688

Website: <https://icbvi.idaho.gov/>

Office hours: M-F, 8:00 am-5:00 pm (Call first, as they are in the field often)

**Lewiston Lions Club:** Assistance with purchase of glasses and other vision services for those who qualify.

Address: 1205 8th "Avenue

City/State/Zip: Lewiston, ID 83501

Phone: 208-743-5968

Website: <http://www.e-clubhouse.org/sites/lewistonlionsclubid/contact.php>

Office hours: (Leave message)

<b>Lilac Services for the Blind</b>	800-422-7893
<b>Telecom Equipment Distribution Program</b>	800-422-7930
<b>WA Talking Book &amp; Braille</b>	800-542-0866
<b>WATAP (Assistive Technology)</b>	800-214-8731
	<a href="http://www.disability.gov">www.disability.gov</a>

## Veteran's Services

<b>Department of Veterans Affairs</b>	800-767-6738
<b>VA Caregiver Support Line</b>	TTY 800/878-5707 855-260-3274
<b>VA Hospital (Spokane)</b>	800-325-7940
<b>VA Hospital (Walla Walla)</b>	888-687-8863
<b>Veterans Advocacy Office</b>	208-799-5084
<b>Veterans Benefits Administration</b>	800-562-2300
<b>VSO Office (Lewiston)</b>	208-750-3690
<b>Warrior's Promise Found</b>	208-908-3612
<b>Wounded Soldier &amp; Family Hotline</b>	800-984-8523

### **Nez Perce Tribe Veteran Benefit Specialist**

Address: 271 B Street  
City/State/Zip: Lapwai, ID 83540  
Phone: 208-621-4738  
Website: [mtaylor@nezperce.org](mailto:mtaylor@nezperce.org)  
Office hours: M-F, 8:00 am 4:30 pm

### **Veterans Administration/VA Medical Clinic**

Address: 1630 23rd Avenue  
City/State/Zip: Lewiston, ID 83501  
Phone: 208-746-7784  
Website: [www.wallawalla.va.gov](http://www.wallawalla.va.gov)  
Office hours: M-F, 8:00 am- 4:30 pm

## **Volunteer Opportunities**

**Interlink, Inc.:** Our Mission: Volunteers provide local transportation to medical appointments and shopping using their own vehicle (48 hr. notice required); construct wheelchair ramps; make minor home repairs and safety modifications. No charge for services provided.

Address: 817 A 6th Street  
City/State/Zip: Clarkston, WA 99403  
Phone: (509) 751-9143  
Website: <http://www.interlinkvolunteers.org>  
Office hours: M-TH, 9:00 am-4:00 pm

**WA-ID Volunteer Center, Inc., Sponsor of Retired Senior Volunteer Program (RSVP)** - Our Mission: Provide meaningful volunteer opportunities for persons of all ages that meet local needs and respond to priorities of national significance.

Address: 1424 Main Street  
City/State/Zip: Lewiston, ID 83501  
Phone: (208) 746-7787  
Website: <http://www.waidvolunteercenter.org>  
Office hours: M-TH, 9:00 am-4:00 pm

PROPERTY OF INTERLINK ©



# Appendix I – Tobacco Listening Session Report



IDAHO DEPARTMENT OF  
**HEALTH & WELFARE**  
DIVISION OF PUBLIC HEALTH



**Public Health**  
Idaho North Central District



**Community Health Assessment Addendum**  
**Public Health District 2**  
**Nez Perce and Latah County Listening Session Report**  
May 19th, 2021

## INTRODUCTION

Seven professionals in PHD 2 representing substance abuse prevention, law enforcement, post-secondary education, the public health district, and the Boys and Girls Clubs participated in this listening session. Participants were assured that their input is confidential and would not be linked to their names in the listening session reports.

## HIGHLIGHTS

Some primary themes emerging from the PHD 2 Listening Session included:

- Begin tobacco education in elementary school, and include resources/education for parents
- Focus on increasing tobacco free spaces, also promoting tobacco free community norms
- The community needs more tobacco prevention and cessation information, especially for vaping

## QUESTIONS

### 1) Do you think tobacco use is a cause of concern in Idaho? Do you think it is increasing?

- Most participants replied a three or four for the general community, and a four or five for youth, especially with regard to vaping
- Postsecondary students in Idaho have higher rates than their peers in other states, but rates decreased 2019 to 2020
- Tobacco is often used in social settings: if the number of parties can be decreased, there will be less tobacco use
- Chew and e-cigarettes are areas of concern on the college campus
- College student cigarette use is in line with national statistics
- Vaping is continuing to increase in the community
- Tobacco use has definitely increased in the past few years, mostly vaping
- Access to vaping has increased in Lewiston: there are three or four new vape shops, and shops are close to campus

**2) What barriers or challenges does your community face when it comes to tobacco use?**

- Lewiston's increase in vape shops: trying to combat by educating students about vaping
- Enforcement/preventing sales to underage youth is challenging: others are buying for minors, lack resources to properly monitor activity; would like grants to increase resources for this
- Access is out of control: for example, there is a gas station that sells vaping devices right next to the school
- There is little access to prevention information in rural communities
- On campus, have observed the perception that vaping isn't very harmful
- Attitudes and perceptions are not always supportive of smoke free campus/places: general attitude of acceptance - that it is not a big deal to use tobacco
- The legislature has reduced fines and consequences when students are caught using tobacco at school: the \$74.00 ticket is perceived as not a big deal by most parents and students; not many schools offer or utilize classes as an alternative to tickets/fines
- Tobacco use is regionally and generationally normalized

**3) What assets does your community have that could support prevention and cessation outcomes?**

- Boys and Girls Clubs received a grant to provide education to kids
- Radio ads
- Billboards
- The public health district has a hard time reaching small, rural communities, but has community partners to support cessation services in small areas: would like to see more uptake of these services
- Tobacco free campus policy has decreased tobacco use
- Cessation services through the public health district are utilized by a good mix of college staff and college students
- A community education approach to enforcement, rather than providing a ticket right away
- In the past there were strong coalitions in Moscow and campus and community partnerships: these have declined over the past couple of years; the college is very supportive and open to coalitions and collaboration
- Some health teachers have built tobacco prevention information into their curriculum starting in 8th grade: would like to see this start at 5th or 6th grade, including how to balance tobacco information with other instruction time
- Parks in Lewiston are smoke free
- SRO's doing middle school class presentations every quarter for 6th and 7th graders
- The Quitline and 8 weeks of free NRT: currently highlight these services at college events and also hand out quit kits
- Campus tobacco litter cleanup events: about three times per year
- Project Filter providing athletes to hire for presentations

**4) What do you see as your role in preventing tobacco use?**

- Providing education to middle school and high school students
- Reinforcing zero tolerance at school: students automatically received citation
- School sanctions include three days of suspension, some attend substance use classes
- Prevention education for college students
- Linking students to cessation services
- Ensuring tobacco free is embedded into the college culture through signs, orientation packages, etc.
- Performing assessments of substance use trends

**5) To what extent does tobacco use harm young people in your community? How? How has vaping impacted youth in your community? What trends have you noticed?**

- Respondents rated this question as a four out of five or slightly higher
- Long term health effects: the longer tobacco is used, the harder it is to quit , and the higher likelihood of long-term health consequences
- Tobacco use is a gateway to other substances like marijuana
- Impacts youth behaviors, ability to get scholarships, ability to get into the military if you have a record of infractions
- Middle and high school athletes who vape experience decreased performance, excludes them from athletics, and often moves them toward troublesome circles/activities
- Although many use to help alleviate mental health challenges, it can make them worse: for example, anxiety and depression
- Tobacco use becomes a vicious cycle to manage when used to alleviate mental health challenges
- Couldn't serve kids well during COVID: more teens were on the streets ; need to get kids back into afterschool programs
- 80 to 90% of school problems/violations have stemmed from vaping

**6) Do you feel your community has enough information about the harms of tobacco use? What is working well in communicating this? What resources do you need to support the dissemination of information?**

- All respondents indicated either a two or three out of five, indicating significant room for improvement
- Other community issues are receiving more focus: are higher priority than tobacco
- Messaging/PSA's for addressing tobacco are not a high priority in the community
- Many perceive vaping as a good or healthy alternative to tobacco
- Lacking good resources on vaping
- Need to get the message out better: for example, many parents vape and don't perceive it as harmful
- At the college, most tobacco information shared is about cessation services
- When providing prevention information, it is like preaching to the choir: don't see much tobacco use at the Moscow college campus

**7) What role do you think the local community plays in convincing young people in the community to not start using tobacco?**

- Take a norming approach: policy and campaigns to promote tobacco free as a norm
- Most parks are not yet smoke free - this is a great opportunity

**8) What do you think we, as a community, could do better to help young people quit vaping or using other tobacco products?**

- Lewiston needs better education: opportunities include billboards, PSAS, and just generally being very visible
- Keep in mind that employee vaping is also a problem: employees lack education, including not understanding the harms of tobacco use
- The community must counteract the messaging, policies, codes, and tobacco industry marketing that continues to facilitate tobacco use
- Need to educate parents: they don't know all the ways kids can use or sneak vaping at school
- There are not enough parents showing up when education sessions are held - those who do show up are often not the ones who really need to be there
- Need higher fines and required classes for students who are caught with tobacco at school: parents and students should both attend classes
- Continue to collaborate with Greek Life through workshops and other house activities to address vaping increase and other tobacco use
- Continue to promote all sororities being tobacco free, including parties: contributes to norming
- Must refocus college campus efforts after COVID

**9) As a community, what are we doing well in supporting young people who vape and use other tobacco products in quitting/providing education?**

- We have cessation opportunities in every county = adequate coverage
- We have cessation opportunities on campus
- Tobacco free campus
- Promoting tobacco use prevention and cessation at college events
- Like the focus group today, bringing together like-minded individuals to talk and discuss solutions
- Lewiston's and Moscow's tobacco education presence
- SRO's in Lewiston are extremely beneficial from an education standpoint; however, schools some still don't have SRO's

**10) Do you currently have any signage or communication materials related to tobacco use? What types? How effective is the signage you currently have?**

- Permanent signs on all walkways, visitors, and print materials
- Campus provides policy reminders at least once a year
- Campus newsletter reminders
- Campus materials and policies have contributed to tobacco free norming; it's beneficial to have continued information for visitors and new students
- Campus signage empowers staff to reinforce policies (e.g., with parents, visitors)
- Two city parks currently have signage : there is an effort underway to implement this in the rest of the parks
- Public schools sometimes lack consistent signage and are not totally smoke free: can still smoke within 20 feet of the building
- SRO's have put posters up around the schools some of them have been taken down
- The public health district can provide more materials to the schools

**11) If applicable, what successes have you experienced from having a smoke and vape free policy? How did you achieve this?**

- Buy in from those most impacted: students, administration
- First university in Idaho to become completely tobacco free: contributing to success was true community collaboration including external partners, the American Lung Association calling the president's office every day, and the public health district

**12) What do you think is the most effective way to reach rural Idahoans with tobacco/vaping education and messaging? Specific platforms or networks?**

- Have coalition members do the education in locations where they are at: gas stations, restaurants ; it's hard to accept from outsiders, plus it takes time and persistence
- Leverage those native to small rural communities: are still considered outsiders after two or three decades of residency, so must look to even longer-term community members
- Many adults are "tobacco families": the best way to reach them is through robust information provided to their children
- Anti-vaping ads on Hulu/streaming services
- Focus on evidence-based programs that support resiliency, building strength and protective factors
- Intergenerational settings need wrap around supports (e.g., when dealing with anxiety)
- Social media: statewide campaigns like Be the Parents (through the Idaho Office of Drug Policy): Facebook partnership with the Idaho vandals
- Tapping into the most popular social media platforms: Facebook is not popular for kids ; Tik Tok, Snapchat , streaks
- At the public health district, incorporate into existing adolescent pregnancy prevention education funded through school grants - includes other life skills (e.g., Reducing the Risk, Making a Difference
- College campuses
- Norming peer to peer

**13) Given all the ideas we've discussed, what would be the most effective and practical ways to inform community members about the problems associated with tobacco use and available cessation services?**

- Implement a broad, targeted approach, addressing tobacco use from several angles: schools, billboards and e-billboards, enforcement, the legislature
- Prioritize early education in schools

**14) If you had unlimited resources, what would you like to see happen in your local community to support prevention and cessation of tobacco use?**

- Limit the number of tobacco shops in your community and limit where they can be located
- Make all spaces tobacco free
- All parents eager to engage in strengths-based approaches to life
- Resources fortified for targeted patrol: task forces to target vape shops, increased shoulder tap operations; vape shops are targeting kids so we must target the vape shops
- Prohibit tobacco company marketing in the community including athletic events

**15) Is there anything else you would like to share, or any insights or takeaways from today's session?**

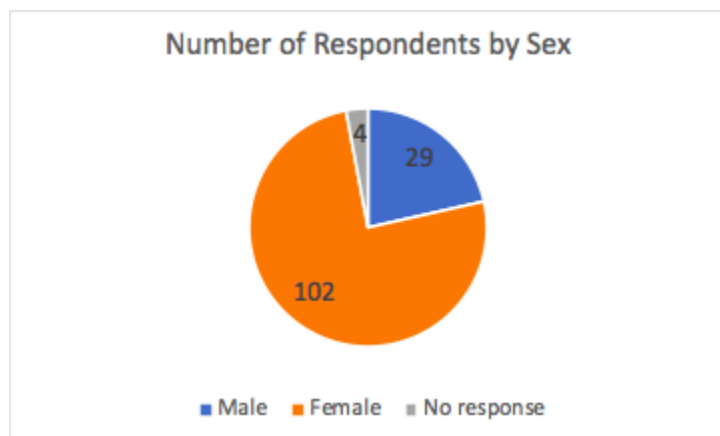
- Need to reinvigorate efforts now after COVID
- Continue all partnerships with public health and try new angles
- Continue to push for tobacco free spaces

## Appendix J – Senior Health and Wellbeing Assessment

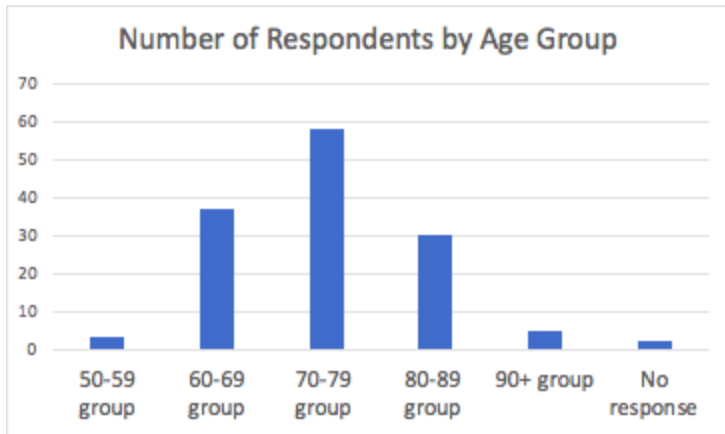
### Senior Health and Wellbeing Assessment Results

#### DEMOGRAPHIC INFORMATION

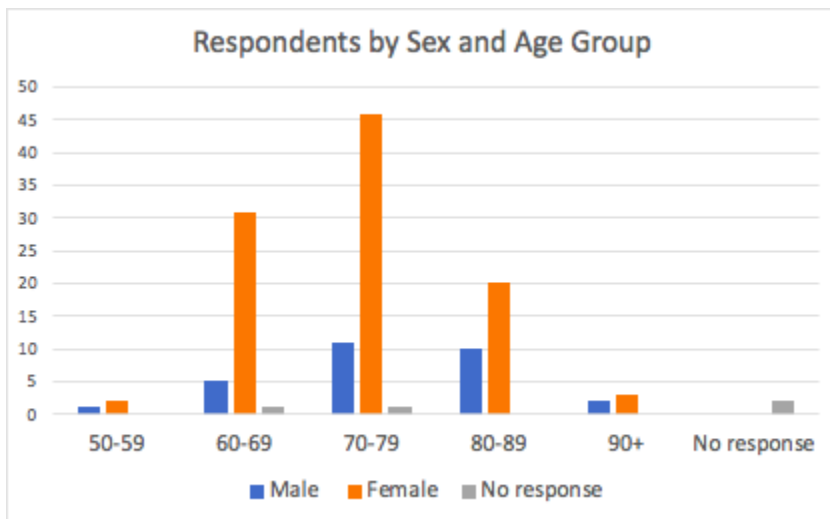
Number of Respondents by Sex	
Sex	Number of Respondents
Male	29
Female	102
No response	4



Number of Respondents by Age Group	
Age Group	Number of Respondents
50-59 group	3
60-69 group	37
70-79 group	58
80-89 group	30
90+ group	5
No response	2



	Male	Female	No Response
50-59 group	1	2	0
60-69 group	5	31	1
70-79 group	11	46	1
80-89 group	10	20	0
90+ group	2	3	0
No response	0	0	2



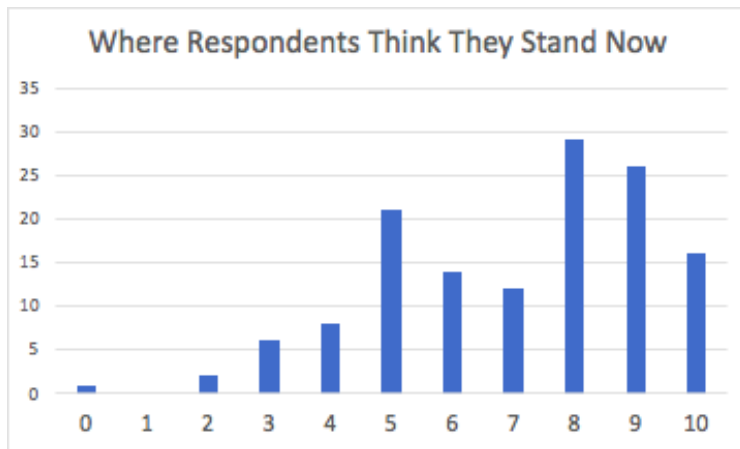
## SURVEY QUESTIONS

The first three survey questions asked respondents to imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the best possible life, and the bottom of the ladder represents the worst possible life.

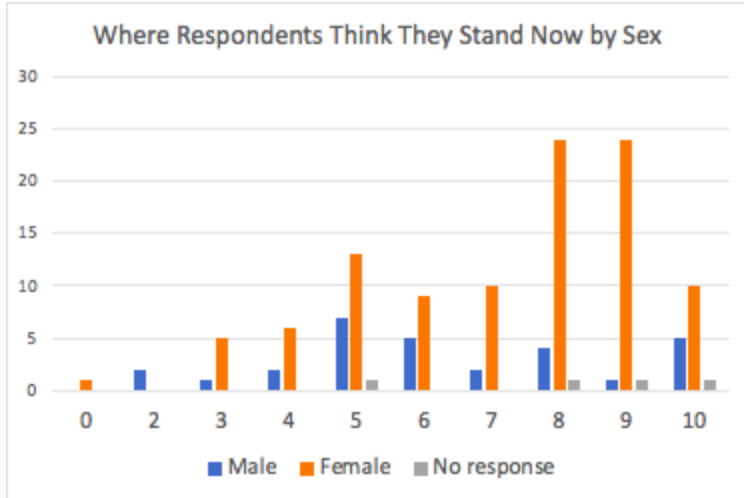
**The first question asked respondents where on the ladder, from 0 – 10, that they personally stand right now.**



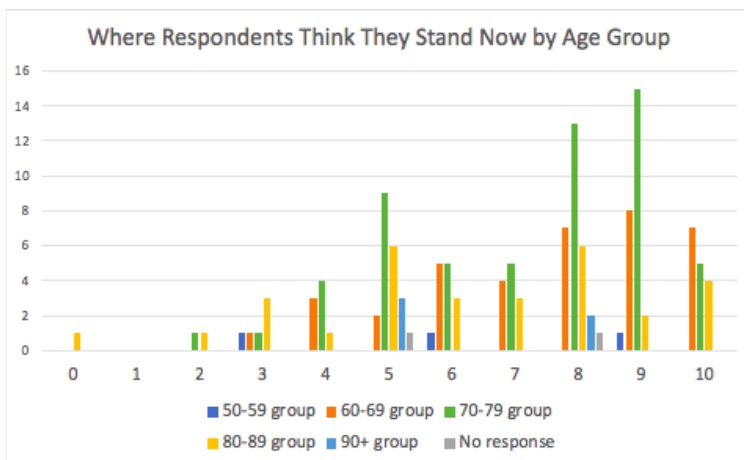
Where Respondents Think They Stand Now	
Ranking	Number of Respondents
0	1
1	0
2	2
3	6
4	8
5	21
6	14
7	12
8	29
9	26
10	16



Where Respondents Think They Stand Now by Sex			
Ranking	Male	Female	No response
0	0	1	0
2	2	0	0
3	1	5	0
4	2	6	0
5	7	13	1
6	5	9	0
7	2	10	0
8	4	24	1
9	1	24	1
10	5	10	1

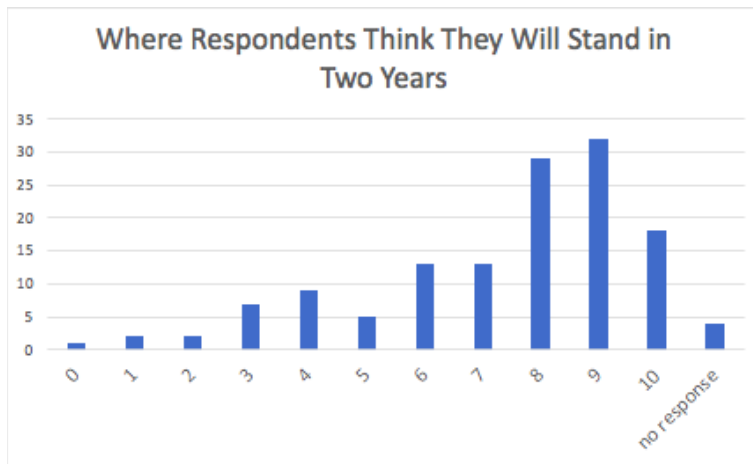


	50-59 group	60-69 group	70-79 group	80-89 group	90+ group	No response
0	0	0	0	1	0	0
1	0	0	0	0	0	0
2	0	0	1	1	0	0
3	1	1	1	3	0	0
4	0	3	4	1	0	0
5	0	2	9	6	3	1
6	1	5	5	3	0	0
7	0	4	5	3	0	0
8	0	7	13	6	2	1
9	1	8	15	2	0	0
10	0	7	5	4	0	0



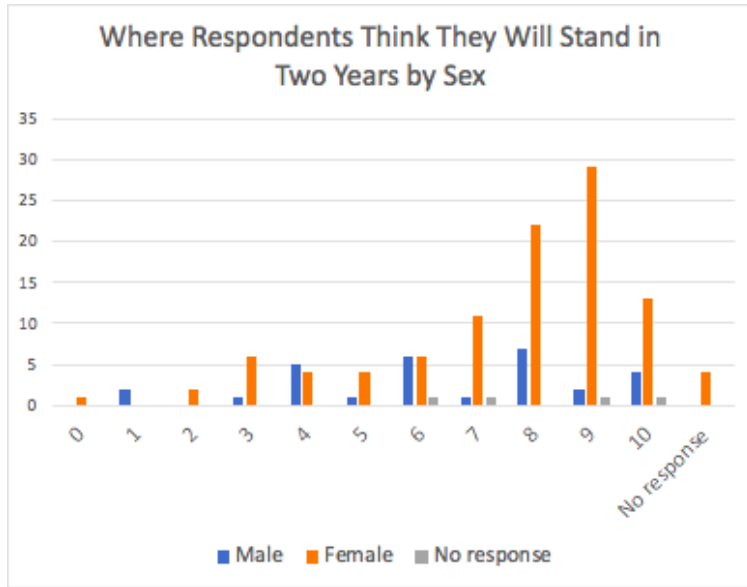
Question two asked where respondents felt they would be on the ladder, from 0 – 10, they would personally stand in two years.

Where Respondents Think They Will Stand in Two Years	
Ranking	Number of respondents
0	1
1	2
2	2
3	7
4	9
5	5
6	13
7	13
8	29
9	32
10	18
no response	4

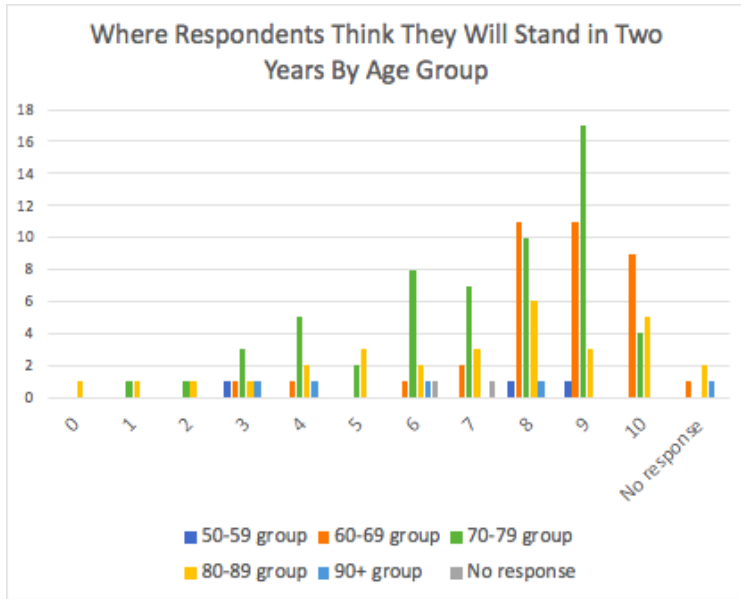


Where Respondents Think They Will Stand in Two Years by Sex			
	Male	Female	No response
0	0	1	0
1	2	0	0
2	0	2	0
3	1	6	0
4	5	4	0
5	1	4	0
6	6	6	1
7	1	11	1

8	7	22	0
9	2	29	1
10	4	13	1
No response	0	4	0

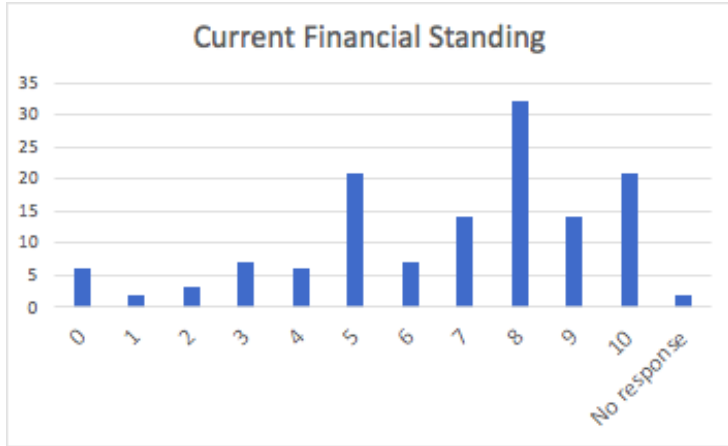


	50-59 group	60-69 group	70-79 group	80-89 group	90+ group	No response
0	0	0	0	1	0	0
1	0	0	1	1	0	0
2	0	0	1	1	0	0
3	1	1	3	1	1	0
4	0	1	5	2	1	0
5	0	0	2	3	0	0
6	0	1	8	2	1	1
7	0	2	7	3	0	1
8	1	11	10	6	1	0
9	1	11	17	3	0	0
10	0	9	4	5	0	0
No response	0	1	0	2	1	0

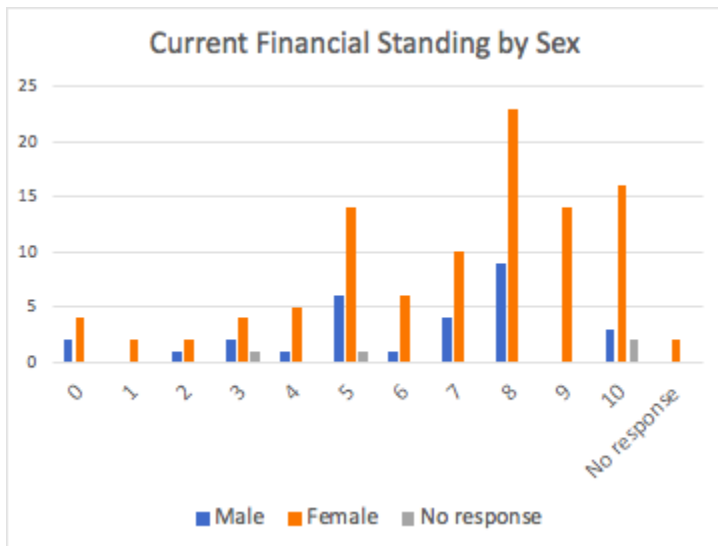


The third question had the ladder represent their financial standing and asked where on the ladder, from 0 – 10, they felt that they financially stood right now.

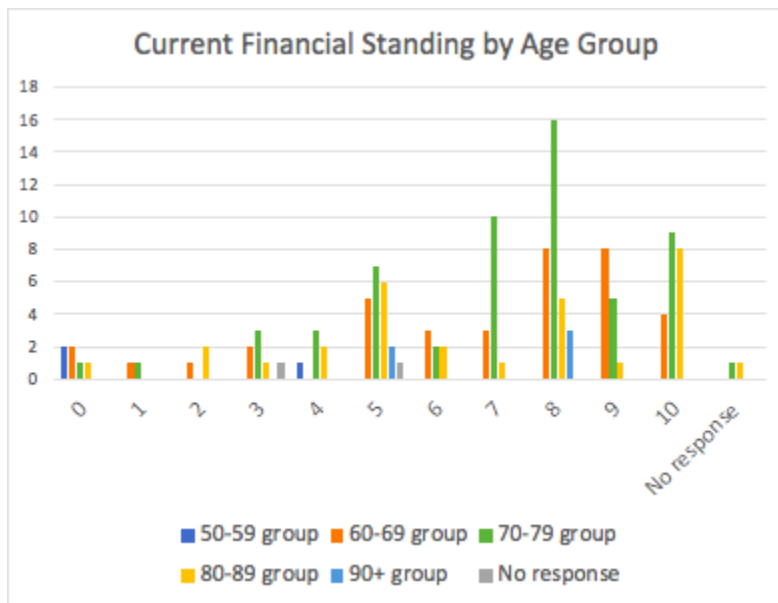
Current Financial Standing	
Ranking	Number of responses
0	6
1	2
2	3
3	7
4	6
5	21
6	7
7	14
8	32
9	14
10	21
No response	2



Current Financial Standing by Sex			
	Male	Female	No response
0	2	4	0
1	0	2	0
2	1	2	0
3	2	4	1
4	1	5	0
5	6	14	1
6	1	6	0
7	4	10	0
8	9	23	0
9	0	14	0
10	3	16	2
No response	0	2	0



Current Financial Standing by Age Group						
	50-59 group	60-69 group	70-79 group	80-89 group	90+ group	No response
0	2	2	1	1	0	0
1	0	1	1	0	0	0
2	0	1	0	2	0	0
3	0	2	3	1	0	1
4	1	0	3	2	0	0
5	0	5	7	6	2	1
6	0	3	2	2	0	0
7	0	3	10	1	0	0
8	0	8	16	5	3	0
9	0	8	5	1	0	0
10	0	4	9	8	0	0
No response	0	0	1	1	0	0



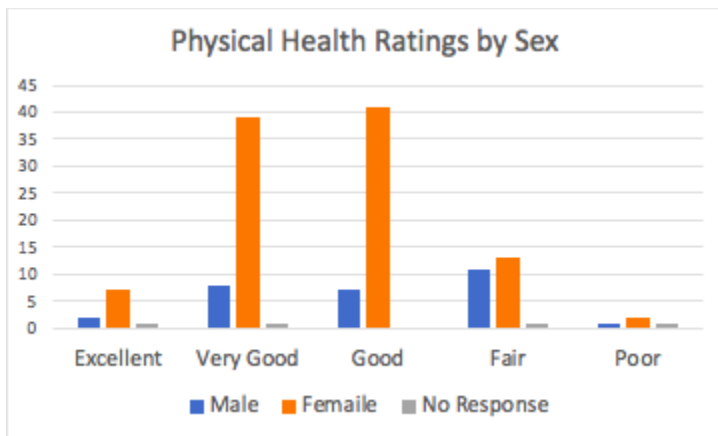
Question four had respondents rate their physical health as either excellent, very good, good, fair, or poor.

Physical Health Rating	
Rating	Count
Excellent	10

Very Good	48
Good	48
Fair	25
Poor	4



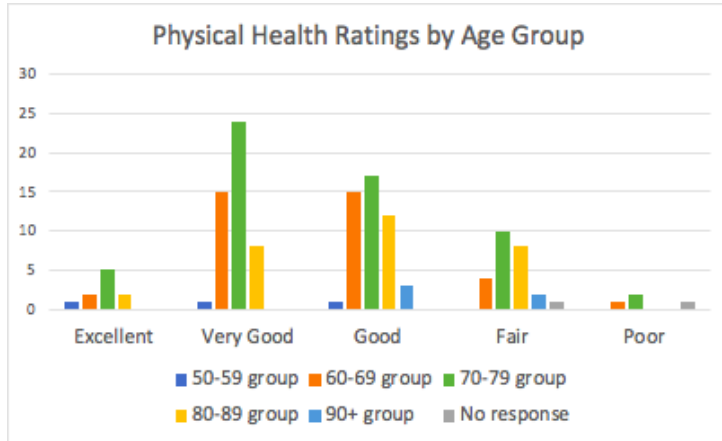
Physical Health Rating by Sex			
Rating	Male	Female	No response
Excellent	2	7	1
Very Good	8	39	1
Good	7	41	0
Fair	11	13	1
Poor	1	2	1



Physical Health Rating by Age Group						
	50-59 group	60-69 group	70-79 group	80-89 group	90+ group	No response
Excellent	1	2	5	2	0	0
Very Good	1	15	24	8	0	0



Good	1	15	17	12	3	0
Fair	0	4	10	8	2	1
Poor	0	1	2	0	0	1

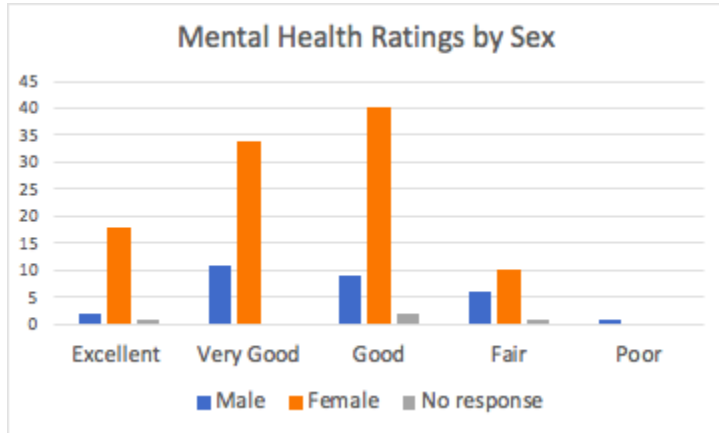


The fifth question had respondents rate their mental health, including their mood and ability to think, as either excellent, very good, good, fair, or poor.

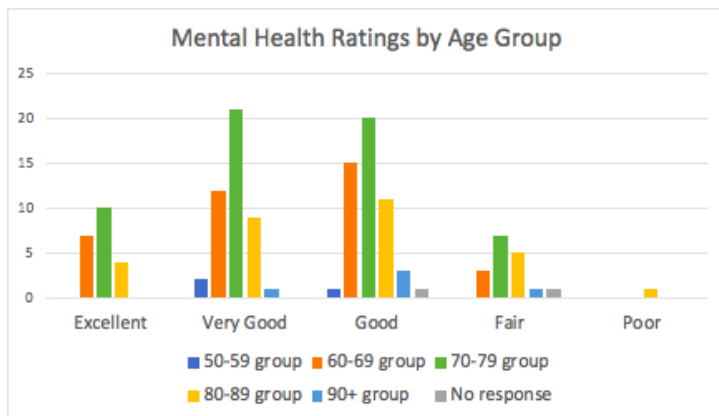
Mental Health Ratings	
Rating	Count
Excellent	21
Very Good	45
Good	51
Fair	17
Poor	1



Mental Health Ratings by Sex			
	Male	Female	No response
Excellent	2	18	1
Very Good	11	34	0
Good	9	40	2
Fair	6	10	1
Poor	1	0	0

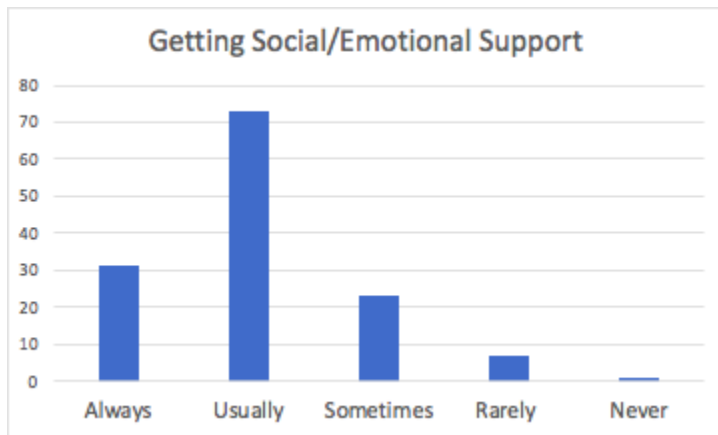


Mental Health Ratings by Age Group						
	50-59 group	60-69 group	70-79 group	80-89 group	90+ group	No response
Excellent	0	7	10	4	0	0
Very Good	2	12	21	9	1	0
Good	1	15	20	11	3	1
Fair	0	3	7	5	1	1
Poor	0	0	0	1	0	0

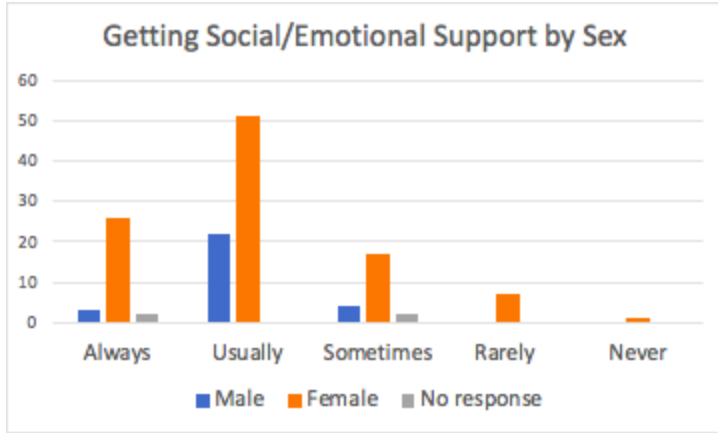


Question six asked how often respondents get the social and emotional support they need, with response options of always, usually, sometimes, rarely, or never.

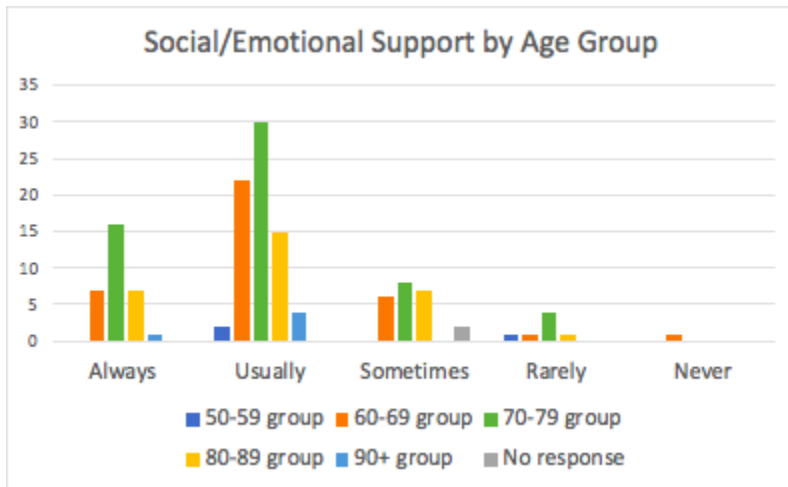
Getting The Social/Emotional Support They Need	
Response	Count
Always	31
Usually	73
Sometimes	23
Rarely	7
Never	1



Getting The Social/Emotional Support They Need by Sex			
	Male	Female	No response
Always	3	26	2
Usually	22	51	0
Sometimes	4	17	2
Rarely	0	7	0
Never	0	1	0



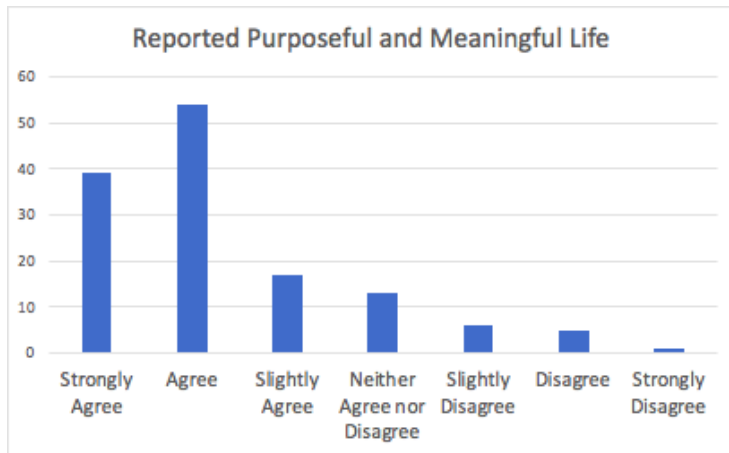
	50-59 group	60-69 group	70-79 group	80-89 group	90+ group	No response
Always	0	7	16	7	1	0
Usually	2	22	30	15	4	0
Sometimes	0	6	8	7	0	2
Rarely	1	1	4	1	0	0
Never	0	1	0	0	0	0



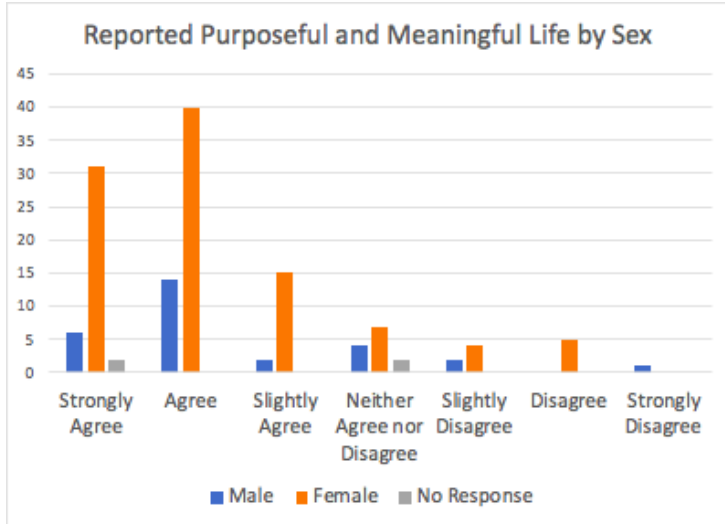
The seventh question asked respondents how strongly they agreed with the statement “I lead a purposeful and meaningful life.” They could answer with strongly agree, agree, slightly agree, neither agree nor disagree, slightly disagree, disagree, or strongly disagree.

Reported Purposeful and Meaningful Life	
Response	Count
Strongly Agree	39

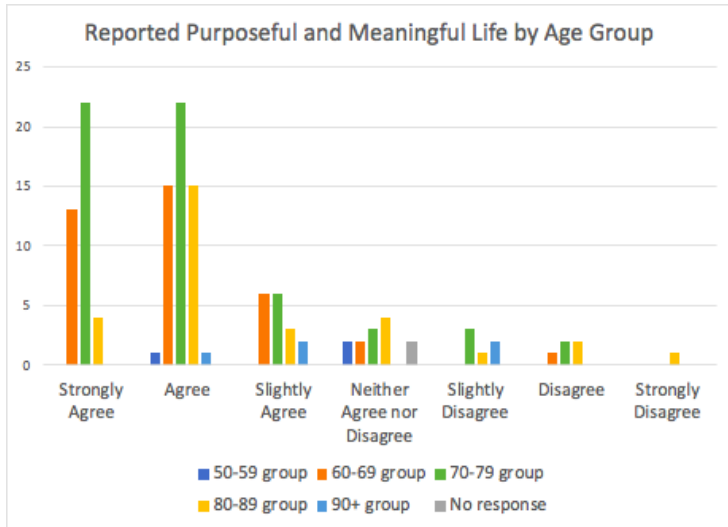
Agree	54
Slightly Agree	17
Neither Agree nor Disagree	13
Slightly Disagree	6
Disagree	5
Strongly Disagree	1



Reported Purposeful and Meaningful Life by Sex			
	Male	Female	No Response
Strongly Agree	6	31	2
Agree	14	40	0
Slightly Agree	2	15	0
Neither Agree nor Disagree	4	7	2
Slightly Disagree	2	4	0
Disagree	0	5	0
Strongly Disagree	1	0	0

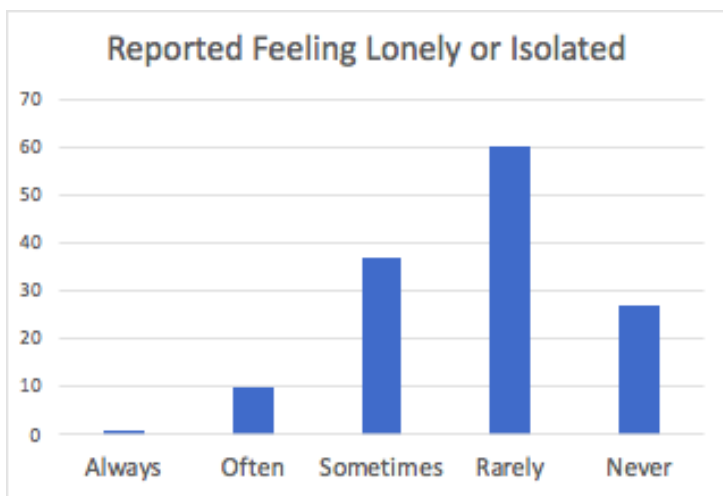


	50-59 group	60-69 group	70-79 group	80-89 group	90+ group	No response
Strongly Agree	0	13	22	4	0	0
Agree	1	15	22	15	1	0
Slightly Agree	0	6	6	3	2	0
Neither Agree nor Disagree	2	2	3	4	0	2
Slightly Disagree	0	0	3	1	2	0
Disagree	0	1	2	2	0	0
Strongly Disagree	0	0	0	1	0	0



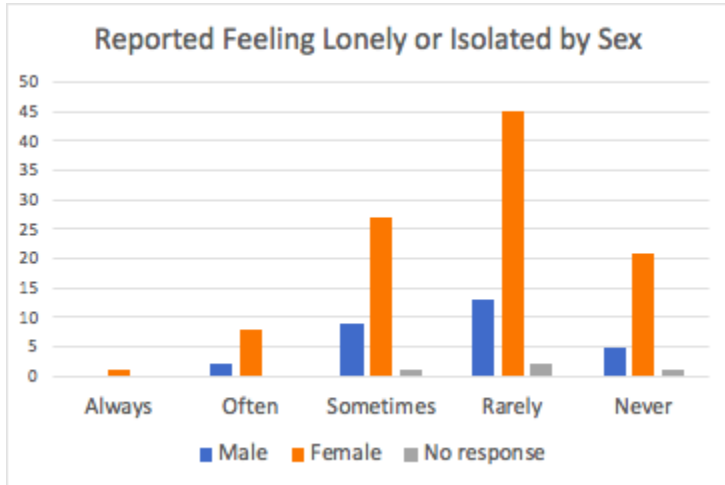
Question eight had respondents report how often they felt lonely or isolated from those around them as always, often, sometimes, rarely, or never.

Reported Feeling Lonely or Isolated	
Response	Count
Always	1
Often	10
Sometimes	37
Rarely	60
Never	27

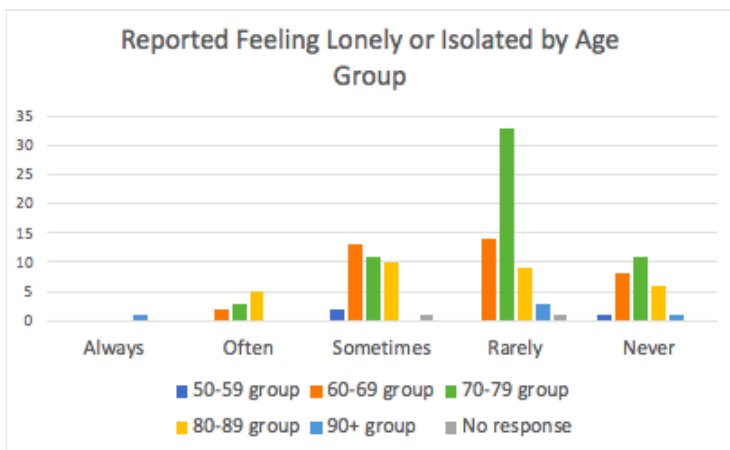


Reported Feeling Lonely or Isolated by Sex			
	Male	Female	No response
Always	0	0	0
Often	0	0	0
Sometimes	0	0	0
Rarely	0	0	0
Never	0	0	0

Always	0	1	0
Often	2	8	0
Sometimes	9	27	1
Rarely	13	45	2
Never	5	21	1



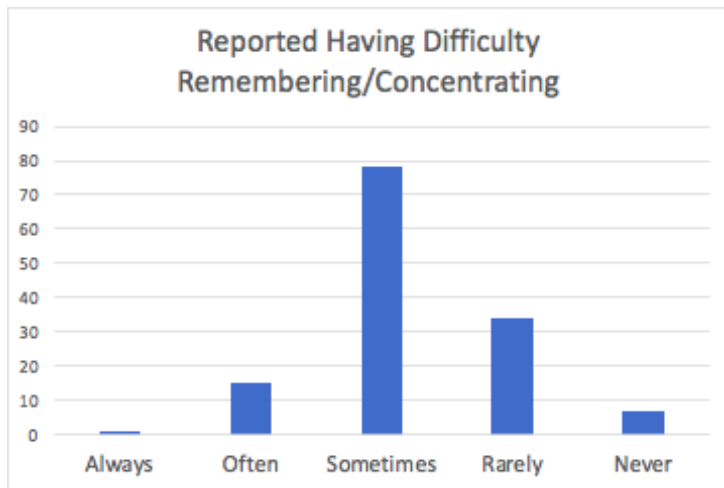
Reported Feeling Lonely or Isolated by Age Group						
	50-59 group	60-69 group	70-79 group	80-89 group	90+ group	No response
Always	0	0	0	0	1	0
Often	0	2	3	5	0	0
Sometimes	2	13	11	10	0	1
Rarely	0	14	33	9	3	1
Never	1	8	11	6	1	0



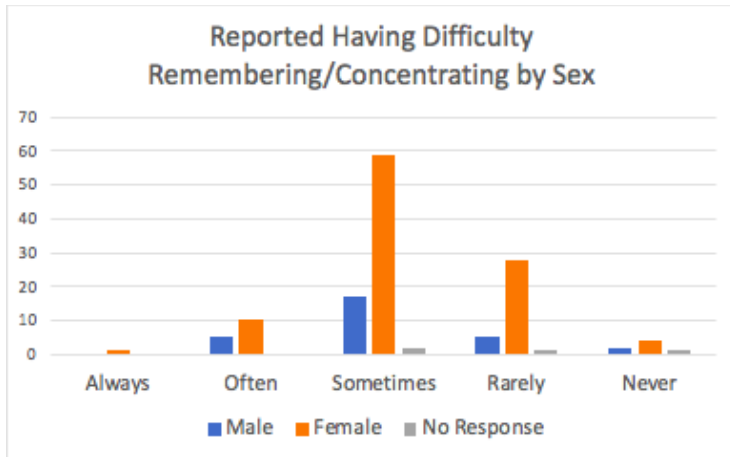


The final question asked how often respondents have difficulty remembering or concentrating. They could respond with always, often, sometimes, rarely, or never.

Reported Having Difficulty Remembering or Concentrating	
Response	Count
Always	1
Often	15
Sometimes	78
Rarely	34
Never	7



Reported Having Difficulty Remembering or Concentrating by Sex			
	Male	Female	No Response
Always	0	1	0
Often	5	10	0
Sometimes	17	59	2
Rarely	5	28	1
Never	2	4	1



	50-59 group	60-69 group	70-79 group	80-89 group	90+ group	No response
Always	0	1	0	0	0	0
Often	1	4	5	4	1	0
Sometimes	1	20	35	17	4	1
Rarely	1	11	14	7	0	1
Never	0	1	4	2	0	0

