



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



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



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



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



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

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



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

4 Dining with Friends at Des Moines Activity Center



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

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

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

Suggested donation—\$4 if you are

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

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

Eligibility Questions? Contact CCS at 253-474-1200

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

Meals on Wheels—see page 3 for specifics

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

More Community Dining Opportunities

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

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

Additional Food & Meal Opportunities for Older Adults.

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

Pet Food for Qualified Seniors

FREE

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

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

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



Housing Assistance

Help for Electric & Gas Expenses 253-517-2263

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

Minor Home Repair 206-870-6535

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

Volunteer Chore Services 206-328-5787

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

Solid Ground Tenant Services Hotline 206-694-6767

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

Tips on recycling/donating & disposal of household stuff

King County Hazardous Waste Management Program

206-296-4692 or

www.hazwastehelp.org/homeHHW/downsizing.aspx

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

www.ecyclewashington.org

Recycle cell phones and CFL Bulbs at

Des Moines Activity Center

Note: Linear fluorescent tube bulbs not accepted.

Resource Phone Numbers

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

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