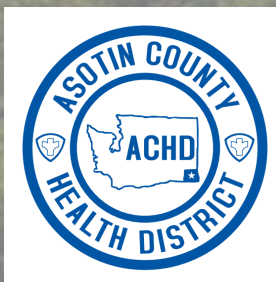


# **Senior Resource Guide**

**for  
Asotin, Clarkston, and  
Lewiston**



This Senior Resource Guide was developed by Asotin County Health District to provide informational support for seniors and their caregivers in the Lewis-Clark Valley. Much of the information was gathered by websites. Please be aware that information on websites and services provided may change.

Asotin County Health District policy is to provide informational referrals rather than to recommend specific service providers. Please take the time to research the providers and make a decision that best fits your needs.

### Acknowledgments

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The housing section is not alphabetized. Housing is listed from independent living facilities, to more advanced levels of residents care. The rest of this resource guide is alphabetized.

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## **Senior Apartments**

Senior apartments are the most popular type of senior-specific housing. They commonly include dining halls, social calendars, and transportation. Some properties have additional shared amenities such as courtyards, swimming pools, and optional housekeeping services.

### **Austen Manor**

1222 Chestnut St.

Clarkston, WA 99403

509-751-9640

[austenmanor@cceasternwa.org](mailto:austenmanor@cceasternwa.org)

### **Burrell Street Station**

1124 Burrell Ave.

Lewiston, ID 83501

208-743-0185

<https://burrell.nwrecc.org>

Photograph by Laurie Hersey



## **Senior Apartments**

### **Highlander Apartments**

616 Warner Ave

Lewiston, ID 83501

208-746-1201

<https://www.rent.com/idaho/lewiston-apartments/highlander-apartment>

### **Kinsale Place**

918 Bryden Ave.

Lewiston, ID 83501

208-746-2820

<https://pwapt.com/kinsale>

### **Normal Hill Apartments**

807 9th Ave.

Lewiston, ID 83501

208-746-4049

<https://kiemlehagood.com/property/normal-hill-apartments/>

## **Senior Apartments**

### **Troon Senior Apartments**

2945 Juniper Dr.

Lewiston, ID 83501

208-746-1100

<https://www.apartment.com/troon-apartment-lewiston-id/>

### **Tullamore Senior Apartments**

908 Bryden Ave.

Lewiston, ID 83501

208-743-2800

<https://www.apartments.com/tullamore-senior-apartments-lewiston-id>

### **Westridge Apartments**

950 Vineland Dr.

Clarkston, WA 88403

509-751-1288

<https://www.home.com/property/westridge-clarkston-wa>

## **Homecare**

Homecare is sometimes used as an umbrella term for any care a senior receives at home. However, homecare primarily means personal care, and companionship services. Homecare is not medical care.

### **Addus Homecare**

1037 21st St., Suite A

Lewiston, ID 83501

208-746-8881

<https://www.assistedlivingcenter.com>

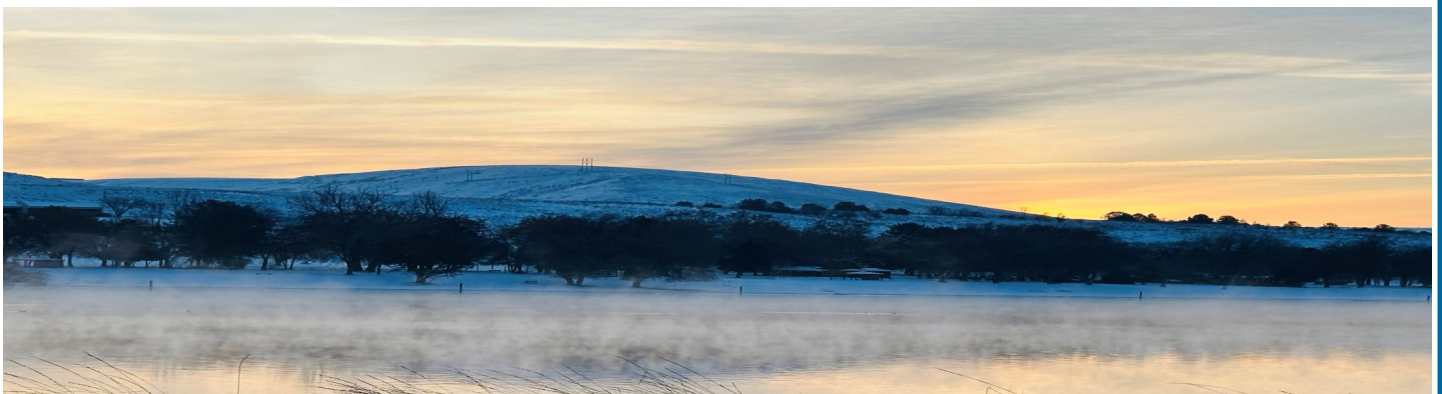
### **Aging and Long Term Care**

744 5th St., Suite C

Clarkston, WA 99403

509-758-2355

Photograph by Laurie Hersey



## **Homecare**

### **All Ways Caring**

1630 23rd Ave. Suite 201 B

Lewiston, ID 83501

509-758-2055

<https://www.allwayscaring.com/location/all-ways-caring-homecare-lewiston-idaho>

### **Care Connection Homecare**

322 Main St.

Lewiston, ID 83501

208-746-3017

<https://www.lccareconn.com>

### **Elite Home Health and Hospice**

1370 Bridge St.

Clarkston, WA 99403

509-758-2568

<https://elitehhh.com>



## **Homecare**

### **Family Resource Home Care**

933 6th St.

Clarkston, WA 99403

208-874-2329

[www.familyresourcehomecare.com/  
locations lewistonclarkston-valley/](http://www.familyresourcehomecare.com/locations/lewistonclarkston-valley/)

### **Seubert's Quality Home Care**

1702 16th Ave.

Lewiston, ID 83501

208-743-1818

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

## **Adult Day Care**

Seniors who need someone to care for them throughout the day, such as when a caregiver is at work, should consider adult day care. Adult day care can be a more affordable option compared to full-time care or housing for seniors. In addition, some adult day care centers offer care that extends into the evening hours. Adult day care does not provide a high level of care, such as special care for individuals with severe mobility issues.

## **Alternative Nursing Services**

1029 Main St.

Lewiston, ID 83501

208-746-3050

<https://anscares.com>

## **Wedgewood Terrace**

2114 Vineyard Ave.

Lewiston, ID 83501

208-743-4545

<http://wedgewoodterrace.com>

## **Continuing Care Retirement Community**

A Continuing Care Retirement Community, or CCRC, allows a senior to move from one level of care to the next within the same facility. With CCRC, senior housing options are based on the resident's current level of care.

### **Evergreen Estates Retirement and Assisted Living Community**

1215 Evergreen Ct.

Clarkston, WA 99403

509-758-5260

<https://egether.com>

Photograph by Laurie Hersey



## **Assisted Living/Nursing Homes**

Assisted living communities are for people who don't need skilled nurses but do need help with personal care tasks such as brushing their teeth and showering. Some of these facilities are combined with nursing homes. Nursing homes are for seniors who require constant medical attention, and supervision, or specialized care for health issues. Many of these facilities also have memory care units.

### **Avalon Progressive Care**

1937 2nd Ave.

Clarkston, WA 99403

509-758-6770

877-523-6523

<https://seniorcarehomes.com>

### **Brookdale**

2975 Juniper Dr.

Lewiston, ID 83501

208-792-6115

<https://www.brookdale.com/en/communities/brookdale-lewiston.html>

**Assisted Living/Nursing Homes**

**Clarkston Health and Rehabilitation of Cascadia**

1242 11th St.

Clarkston, WA 99403

509-758-2523

<https://www.clarkstonhealthandrehab.com>

**Idaho State Veterans Home**

821 21st Ave.

Lewiston, ID 83501

208-750-3600

<https://veterans.idaho.gov/veterans-home/Lewiston-veterans-home/>

**Lewiston Transitional Care of Cascadia**

3315 8th St.

Lewiston, ID 83501

208-743-9543

<https://www.lewistontransitionalcare.com>



**Assisted Living/Nursing Homes**

**Life Care Center of Lewiston**

325 Warner Dr.

Lewiston, ID 83501

208-798-8500

<https://lcca.com>

**Prestige Care and Rehabilitation**

1014 Burrell Ave.

Lewiston, ID 83501

208-743-4558

<https://www.prestigecare.com>

**Royal Plaza Retirement Center**

2870 Juniper Dr.

Lewiston, ID 83501

208-746-2800

<https://royal-plaza-retirement-center-lewiston.business.site>

## **Assisted Living/Nursing Homes**

### **Wedgewood Terrace Assisted Living Care**

2114 Vineyard Ave.

Lewiston, ID 83501

208-743-4545

<http://wedgewoodterrace.com>

Photograph by Laurie Hersey



## **Small Family Home Care Centers**

The following facilities are similar to an assisted living facility, but they are smaller residences of 20 or fewer residents who live in private or shared rooms. These facilities have staff available 24/7 to help with activities of daily living. They usually include meals and some have skilled nursing or medical care.

### **Generations of Lewiston**

2421 Vineyard Ave.

Lewiston, ID 83501

208-743-6500

<https://seniorserviceofamerica.com/senior-living/id/lewiston/generations-at-lewiston>

### **Golden Girls Residential Care: (women only)**

214 Larkspur Lane

Lewiston, ID 83501

208-798-1933

<https://www.goldengirlsrc.com>

## **Small Family Home Care Centers**

### **Preferred Care Adult and Family Home**

2341 12th Ave.

Clarkston, WA 99403

509-751-0300

Website: none

### **Riverview Residential Care**

1842 Golfview Dr.

Clarkston, WA 99403

509-751-0168

<https://seniorcarehomes.com/assisted-living-facilities/washington/clarkston/riverview-residential-care>

### **Sycamore Glen Adult Family Home**

1589 Sycamore St.

Clarkston, WA 99403

509-758-9335

<https://adultfamilyhomecouncil.org/facility-finder/sycamore-glen-4/>



## Small Family Home Care Centers

### Tendercare Home

1297 Libby St.

Clarkston, WA 99403

509-758-2119

<https://seniorcarehomes.com/assisted-living-facilities/washington/clarkston/tendercare-homes>

Photograph by Laurie Hersey





## **Memory Care Facilities**

Seniors who suffer from dementia, including Alzheimer's disease are dealing with degenerative brain loss. This results in a loss of memory and the ability to think clearly. Seniors who are diagnosed with dementia or Alzheimer's may need to live in a senior housing facility that offers specialized memory care.

### **Generations at Lewiston**

2421 Vineyard Ave.

Lewiston, ID 83501

208-743-6500

<https://seniorserviceofamerica.com/senior-living/id/lewiston/generations-at-lewiston>

### **Stepping Stones at Wedgwood Terrace**

2114 Vineyard Ave.

Lewiston, ID 83501

208-743-4545

<http://wedgewoodterrace.com>

## **Hospice Care**

At the end stage of life, hospice care is commonly utilized by caregivers, seniors, and their families. The families can opt for hospice care in a facility, such as a nursing home, or at home. The goal of hospice care is to provide the patient with dignity and support, including emotional, physical, or pain management. Hospice provides grief counseling for individuals who have lost a loved one, even if hospice services are not used.

### **Elite Home Health and Hospice**

1370 Bridge St.

Clarkston, WA 99403

509-758-2568

<https://elitehhh.com>

### **Gentiva Hospice**

1610 N.E. Eastgate Blvd. #610

Pullman, WA 99163

509-332-2236

<http://www.gentivahs.com>

## **Hospice Care**

### **St. Joseph Regional Medical Center**

1250 Idaho St.

Lewiston, ID 83501

208-799-5275

<https://www.sjrmc.org/hospice-care>

Photograph by Laurie Hersey



## **Adult Protective Services**

Adult protective services is for referrals and information, investigation of suspected adult abuse, neglect, self-neglect, exploitation or abandonment.

### **Adult Protective Services– Idaho**

124 New 6th St.

Lewiston, ID 83501

208-798-4197

<https://www.cap4action.org/aaa/>

### **Adult Protective Services– Washington**

1330 N. Washington St.

Spokane, WA 99201

800-459-0421 or (TTY) 509-563-3700

<https://www.dshs.wa.gov/home-and-community-services/report-concerns-involving-vulnerable-adults>

### **Nez Perce Tribal Services Elder Protection**

311 Agency Rd.

Lapwai, ID 83540

208-621-3873

<https://nezperce.org/government/social-services/>

## **Aging and Long Term Care Resources**

Aging and long term care resources assist older adults and people with disabilities to remain independent, avoid institutionalization, and age in place in their own homes and communities of choice.

### **Aging and Disability Resource Center**

744 Fifth St., Suite C

Clarkston, WA 99403

509-758-2355

855-567-0252

<https://www.dshs.wa.gov/altsa>

### **Northcentral Idaho Area Agency on Aging**

124 New 6th St.

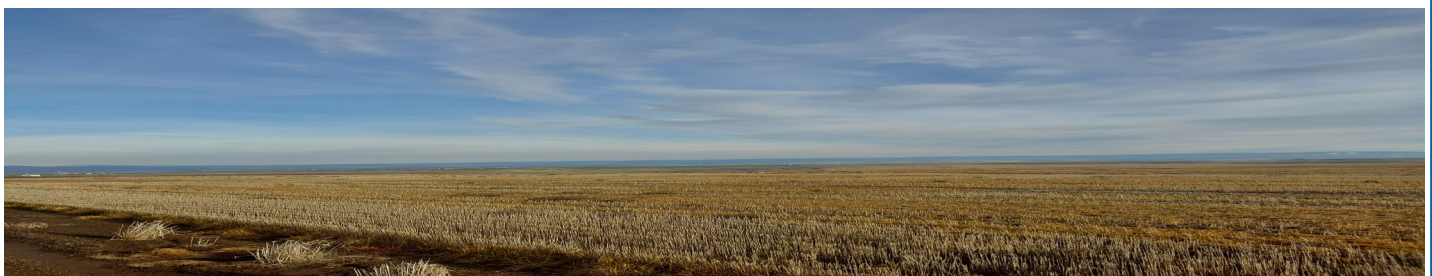
Lewiston, ID 83501

208-743-5580

800-877-3206

<https://www.cap4action.org/aaa/>

Photograph by Beth Usher





## **Churches**

Places where individuals can come together and worship in ways that are meaningful to them.

### **Abundant Life Church**

1483 6th Ave.

Clarkston, WA 99403

509-758-4911

<https://www.abundantlc.org>

### **All Saints Catholic Parish**

3330 14th St.

Lewiston, ID 83501

208-743-1012

<https://allsaintslewiston.org>

### **Blessed Hope Assembly of God**

1033 Burrell Ave.

Lewiston, ID 83501

208-743-4874

<https://blessedhopelcvalley.org>

## Church

### **Blessed Hope Assembly of God**

1033 Burrell Ave.

Lewiston, ID 83501

208-743-4874

<https://blessedhopeidvalley.org>

### **Calvary Chapel Lewis-Clark Valley**

1015 Burrell Ave.

Lewiston, ID 83501

208-798-4744

<https://www.facebook.com/calvarylewiston>

### **Center for Spiritual Living**

2707 27th St.

Clarkston, WA 99403

509-758-8098

<https://valleyspiritualcenter.info>

## **Churches**

### **Christian Faith Worship**

1355 Elm St.

Clarkston, WA 99403

509-758-2637

Website: none

### **Church of Jesus Christ of Latter-Day Saints**

#### **Clarkston First Ward**

1123 16th Ave.

Clarkston, WA 99403

509-758-4460

<https://local.churchofjesuschrist.org/en/us/wa/clarkston>

#### **Lewiston**

836 Preston, Ave

Lewiston, ID 83501

208-746-6910

<https://local.churchofjesuschrist.org/en/us/id/lewiston>

## **Churches**

### **Church of New Hope**

1421 Powers Ave.

Lewiston, ID 83501

208-746-9178

Website: none

### **Congregational Presbyterian Church**

709 6th St.

Lewiston, ID 83501

509-743-4444

<https://congopres.org>

### **Emmanuel Baptist Church**

2200 11th Ave.

Lewiston, ID 83501

208-746-1211

<https://ebclewiston.org>

## **Churches**

### **Episcopal Church of the Nativity**

731 8th St.

Lewiston, ID 83501

208-743-9121

<https://www.nativitylewiston.org>

### **First Baptist Church - Clarkston**

1326 Chestnut St.

Clarkston, WA 99403

509-758-7701

<https://www.firstbaptistclarkston.org>

### **First Christian Church (Disciples of Christ)**

840 10th St.

Clarkston, WA 99403

509-758-2943

<https://www.facebook.com/fccclarkston/>

## **Churches**

### **First Church of God**

910 Sycamore St.

Clarkston, WA 99403

509-758-2363

<https://www.firstchurchofgodclarkston.com>

### **First Church of The Nazarene**

1700 8th St.

Lewiston, ID 83501

208-743-9501

<http://firstnaz.com>

### **First United Methodist Church**

1906 Broadview Dr.

Lewiston, ID 83501

208-743-2971

<https://lewistonfirstumc.org>

## **Churches**

### **Grace Lutheran Church**

3434 6th St.

Lewiston, ID 83501

208-743-8159

<https://www.graceluth.org>

### **Grace Reformed Church**

1102 Diagonal St.

Clarkston, WA 99403

509-758-0223

<http://grcclarkston.com>

### **Granite Lake Community Church**

231 5th St.

Lewiston, ID 83501

208-750-1081

<https://www.facebook.com/pages/Granite-Lake-Community-Church>



## **Churches**

### **Holy Family Catholic Church**

1109 Chestnut St.

Clarkston, WA 99403

509-758-6102

<http://hfparish.com>

### **Jehovah's Witnesses Kingdom Hall**

1434 Ripon Ave.

Lewiston, ID 83501

208-746-6530

<https://www.jw.org>

### **Lapwai Assembly of God Church**

400 US Highway 95

Lapwai, ID 83540

208-843-2231

<https://www.lapwai400.com>

## **Churches**

### **Lewis-Clark Community of Christ Church**

1315 Highland Ave.

Clarkston, WA 99403

208-305-8576

<https://www.facebook.com/CofChristLCV/>

### **Living Word Missionary Baptist**

707 Preston Ave.

Lewiston, ID 83501

208-413-8795

<https://en-gb.facebook.com/livingwordmbc/>

### **New Bridges Community Church**

2102 8th St.

Lewiston, ID 83501

208-799-0851

Website: none

Photograph by Laurie Hersey



## **Churches**

### **Orchards Baptist Church**

1002 Bryden Ave.

Lewiston, ID 83501

208-743-5302

<https://orchardsbaptist.church>

### **Orchards Church of Nazarene**

347 Thain Rd.

Lewiston, ID 83501

208-743-0481

<https://www.orchardsnaz.org>

### **Orchards Community Church**

822 Bryden Ave.

Lewiston, ID 83501

208-743-1021

<https://lewistonocc.org>

## **Churches**

### **Redemption Church of Clarkston**

1303 Poplar St.

Clarkston, WA 99403

509-758-8545

<https://redemptionchurchclarkston.org>

### **Sacred Heart**

305 Birch Ave.

Lapwai, ID 83540

208-843-2562

<https://allsaintslewiston.org>

### **Still Waters Baptist Church**

710 13th Ave.

Lewiston, ID 83501

208-798-7322

<https://stillwatersbc.com>

## **Community Services**

This section gives information for licensing, water & sewer, electricity, natural gas, police services, city hall and post office services.

### **Licensing**

#### **Asotin County Auditor**

135 2nd St.

Asotin, WA 99402

509-243-2084

<https://co.asotin.wa.us/181/auditor>

#### **Nez Perce County Drivers License**

1150 Wall St.

Lewiston, ID 83501

208-799-3138

<https://www.co.nezperce.id.us/Elected-Officials/Sheriff/Drivers-License>

## Community Services

### Licensing

#### **Nez Perce Motor Vehicle License**

1230 Main St.

Lewiston, ID 83501

208-799-3026

<https://www.co.nezperce.id.us/Elected-Officials/Assessor/Auto-License-Vehicle-Registration>

#### **Washington State Department of Licensing**

603 3rd St.

Clarkston, WA 99403

509-758-6032

<https://fortress.wa.gov/dol/dolprod/dsdoffices>

### **City Halls**

#### **Clarkston City Hall**

829 5th St.

Clarkston, WA 99403

509-758-5541

<https://clarkston-wa.com>



## **Community Services**

### **City Hall**

#### **City of Lapwai**

315 S. Main St.

Lapwai, ID 83540

208-843-2212

<https://cityoflapwai.com>

#### **Lewiston City Hall**

1134 F St.

Lewiston, ID 83501

208-746-3671

<https://cityoflewiston.org>

### **Fire Departments**

#### **Asotin County Fire District #1**

2377 Appleside Blvd.

Clarkston, WA 99403

Nonemergency number 509-758-5181

**Emergency call 911**

[www.acfd1.org](http://www.acfd1.org)

## Community Services

### **Fire Departments**

#### **Clarkston Fire Department**

820 5th St.

Clarkston, WA 99403

Nonemergency number 509-758-8681

**Emergency call 911**

<https://clarkston-wa.com/departments/fire-department>

#### **Lapwai Volunteer Fire Department**

118 Alder Ave. West

Lapwai, ID 83540

Nonemergency number 208-843-2212

**Emergency call 911**

<https://cityoflapwai.com/ems>

#### **Lewiston Fire Department Station 1**

1245 Idaho St.

Lewiston, ID 83501

Nonemergency number 208-743-3554

**Emergency call 911**

<https://www.cityoflewiston.org/166/fire-department>

## **Community Services**

### **Police Departments**

#### **Asotin County Sheriff**

127 2nd St.

Asotin, WA 99402

Nonemergency number 509-243-4717

**Emergency call 911**

<https://co.asotin.wa.us>

#### **Clarkston Police Department**

830 5th St.

Clarkston, WA 99403

Nonemergency number 509-758-1680

**Emergency call 911**

<https://clarkston-wa.com/departments/police-department/>

#### **Lapwai Police Department**

315 Main St.

Lapwai, ID 83540

Nonemergency number 208-843-2212

**Emergency call 911**

[www.usacops.com/id/p83540](http://www.usacops.com/id/p83540)

## **Community Services**

### **Police Departments**

#### **Lewiston Police Department**

1224 F St.

Lewiston, ID 83501

Nonemergency number 208-746-0171

**Emergency call 911**

<https://www.cityoflewiston.org/292/Police-Department>

#### **Nez Perce County Sheriff**

1150 Wall St.

Lewiston, ID 83501

Nonemergency number 208-799-3132

**Emergency call 911**

<https://www.co.nezperce.id.us/elected-officials/sheriff>

#### **Nez Perce Tribal Police Department**

210 Beaver Gr. Rd.

Lapwai, ID 83540

Nonemergency number 208-843-2212

**Emergency 911**

<https://nezperce.org/government/law-and-justice/>

## **Community Services**

### **Post Offices**

#### **Asotin Post Office**

121 2nd St.

Asotin, WA 99402

509-243-4149

<https://www.usps.com>

#### **Clarkston Post Office**

949 6th St.

Clarkston, WA 99403

509-758-7031

TTY (Teletypewriter) 877-889-2457

<https://www.usps.com>

#### **Lewiston Post Office**

1613 Idaho St.

Lewiston, ID 83501

208-798-4929

TTY (Teletypewriter) 877-889-2457

<https://www.usps.com>

## **Community Services**

### **Post Offices**

#### **Lapwai Post Office**

102 Main St.

Lapwai, ID 83540

208-843-2522

800-275-8777

TTY (Teletypewriter) 877-889-2457

<https://www.usps.com>

### **Utility Service**

#### **Asotin County Public Utility District**

1500 Scenic Way

Clarkston, WA 99403

509-758-1010

<https://asotinpud.org>



## **Community Services**

### **Utility Service**

#### **Avista**

1330 Fair St.

Clarkston, WA 99403

800-223-5884

<https://www.myavista.com>

#### **Clearwater Power Company**

4230 Hatwai Rd.

Lewiston, ID 83501

208-743-1501

<https://www.clearwaterpower.com>

#### **Coleman Oil Company**

335 Mill Rd.

Lewiston, ID 83501

208-799-2000

<https://colemanoil.com>

## **Community Services**

### **Utility Service**

#### **Ferrellgas (Propane)**

2650 Wilma Rd.

Clarkston, WA 99403

208-882-2115

<https://www.ferrellgas.com>

#### **Nimiipuu Energy**

120 Beaver Grade Rd.

Lapwai, ID 83540

208-843-7324

<https://www.nimiipuu.energy>

#### **Public Utilities Commission**

805 26th St.

Lewiston, ID 83501

208-799-503

<https://www.cityoflewiston.org>

## Community Services

### Utility Service

#### Thiessen Oil Company

815 Snake River Ave.

Lewiston, ID 83501

208-743-6201



## **Disability Services**

Disability services refer to services and other support available to people with mental illness, visual impairment, deafness or hard of hearing, intellectual disability or other developmental disability, or brain injury. Some state and regional services serve the LC Valley.

### **Disability Action Center NW**

330 5th St.

Lewiston, ID 83501

208-746-9033

<https://dacnw.org/Lewiston-id>

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

7950 King St., Suite 101

Boise, ID 83704

208-334-0879

<https://icbvi.idaho.gov>



## Disability Services

### Lilac Services for the Blind

Eastern and North Central Washington

1212 N. Howard St.

Spokane, WA 99201

509-328-9116

<https://www.lilacblind.org>

### The Hearing Loss Association of Washington

3043 N.E. 100th St.

Seattle, WA 98125

503-882-0115

<https://hearingloss-wa.org>

Photograph by Laurie Hersey



## **Food Banks/Pantries**

Food banks are distribution centers where food is solicited, received, inventoried, and then distributed to local pantries and soup kitchens. A pantry is a charity that distributes food and grocery products directly to those in need.

### **Asotin County Food Bank Associates**

1546 Maple St.

Clarkston, WA 99403

509-758-7085

<https://www.facebook.com/AsotinCountyFoodBank>

### **Blessed Hope Assembly of God**

1033 Burrell Ave.

Lewiston, ID 83501

208-743-4874

<https://blessedhopelcvalley.org>

### **Community Action Food Bank**

124 New 6th St.

Lewiston, ID 83501

208-746-3351

<https://www.cap4action.org>



**Food bank/Pantries**

**Echo Hills Church**

3215 Echo Hills Dr.

Lewiston, ID 83501

208-746-0401

Website: none

**Episcopal Church of the Nativity**

731 8th St.

Lewiston, ID 83501

208-743-9121

<https://www.nativitylewiston.org/outreach>

**Idaho Food Bank**

3331 10th St.

Lewiston, ID 83501

208-746-2288

<https://idahofoodbank.org>

## **Food Bank/ Pantries**

### **Mobile Ministries**

1700 8th St.

Lewiston, ID 83501

208-791-1870

<https://healthandwelfare.idaho.gov/food-banks-food-sites-and-food-pantries/mobile-ministries>

### **Nez Perce Tribe Food Distribution Program**

107 Lolo St.

Lapwai, ID 83540

208-843-7305

800-547-1046

<https://www.fns.usda.gov/fdpir/foo-distribution-program-indian-reservation>

### **Salvation Army Lewiston**

1212 21st St.

Lewiston, ID 83501

208-746-9653

<https://lewiston.salvationarmy.org>

## **General Resources and Hotlines**

These resources can help with simple household repairs, ramps, energy and housing assistance, needle and drug take-back, lock boxes and bags, along with crisis prevention and poison control.

### **Asotin County Health District**

#### **Current address**

102 1st St.  
Asotin, WA 99402  
509-243-3344  
<https://ac-hd.org>

#### **Future address**

719 Fifth St.  
Clarkston, WA 99403  
509-243-3344

### **Asotin County Housing Authority**

1212 Fair St.  
Clarkston, WA 99403  
509-758-5751  
[www.officalhousingauthority.com](http://www.officalhousingauthority.com)

## **General Resources and Hotlines**

### **Community Action**

(Energy assistance program)

124 New 6th Ave.

Lewiston, ID 83501

208-746-3351

<https://www.cap4action.org>

### **Comprehensive Health and Human Services Information and Resources**

211

### **Find Help Idaho**

3100 S. Vista Ave. Suite 100

Boise, ID 83705

No phone

<https://findhelpidaho.org>

## **General Resources and Hotlines**

### **Idaho Housing and Finance Association**

2338 Nez Perce Dr.

Lewiston, ID 83501

208-743-0251

<https://www.idahohousing.com>

### **Interlink**

(Transportation, minor home safety modification, ramps)

549 5th St., Suite E

Clarkston, WA 99403

509-751-9143

<https://interlinkvolunteers.org>

### **Lewis Clark Valley Chamber of Commerce**

528 Main St.

Lewiston, ID 83501

509-758-7712

<https://www.lcvalleychamber.org>

## **General Resources and Hotlines**

### **Nez Perce Tribal Housing Authority**

111 Veterans Ave.

Lapwai, ID 83540

208-843-2229

<https://nezperce.org/government/housing>

### **Poison Control**

800-222-1222

### **Public Health-Idaho North Central District**

215 10th St.

Lewiston, ID 83501

208-799-3100

<https://idahopublichealth.com>

### **Rural Resources Community Action**

1013 Bridge St. Suite A

Clarkston, WA 99403

509-758-5461

<https://ruralresources.org/location/clarkston/>

## **General Resources and Hotlines**

### **Salvation Army**

1835 G St.

Lewiston, ID 83501

208-746-9653

<https://lewiston.salvationarmy.org>

### **SAMHSA (Substance Abuse and Mental Health Services Administration) National Helpline**

800-662-HELP (4357)

### **Suicide and Crisis Line**

988

### **Veterans Crisis Line**

988 then press 1

Photograph by Laurie Hersey



## **General Resources and Hotlines**

### **Washington Recovery Helpline**

866-789-1511

### **Washington Relay Service (TTY: Teletypewriter)**

711

### **YWCA**

300 Main St.

Lewiston, ID 83501

208-743-1535

<https://ywcaidaho.org>



## **Insurance**

### **Statewide Health Insurance Benefits Advisors (SHIBA)**

SHIBA provides training, Medicare counseling, educational materials and consumer protection to seniors, disabled individuals, agencies, and hospitals with Medicare and other health insurance concerns. Medicare information is offered for people with disabilities who are under 65 and one-on-one Medicare options counseling for anyone with Medicare. Along with complaints processing and Medicare grievance case management.

### **Idaho Department of Insurance, SHIBA Office**

2005 Ironwood Parkway, Suite 143

Coeur d'Alene, ID 83814

208-666-6847

800-247-4422

<https://doi.idaho.gov>

### **Office of the Insurance Commissioner, Washington State**

5000 Capital Blvd. S.E.

Tumwater, WA 98501

800-562-6900

<https://www.insurance.wa.gov>

## **Legal Services**

CLEAR is run by the Northwest Justice Project and connects callers to free legal information, including advice, brief legal service, and referrals to agencies where legal representation is available. The hotline offers free legal advice and information such as wills, probate, protective services, Medicaid/Medicare, consumer issues, housing, taxes, family law, public benefits, Social Security and SSI, and long term issues.

### **CLEAR (Coordinated Legal Education Advice and Referral)**

#### **Low-income**

888-201-1014

#### **CLEAR \*Sr**

60 years and older

888-387-7111

<https://nwjustice.org/clear-hotline>

## **Legal Services**

### **Deaf & Hard of Hearing**

800-833-6384 or 711 to be connected to a free relay operator

### **Idaho Senior Legal Hotline**

866-345-0106

866-954-2591 (Spanish)



## **Meals**

Local area agencies that will serve meals or home delivery meals. Times and dates are subject to change. Contact the agency for more information.

### **Episcopal Church Of The Nativity**

731 8th St.

Lewiston, ID 83501

208-746-8599

<https://www.nativitylewiston.com>

Meals served on the 2nd and 4th Saturday of every month, 4:00 p.m. - 5:30 p.m.

### **Lewiston Parks and Recreation Senior Nutrition Program**

1424 Main St.

Lewiston, ID 83501

208-746-3671

<https://cityoflewiston.org/527/senior-nutrition>

Lunch served Monday and Tuesday 12:00 p.m.—1:00 p.m.

Wednesday 11:30 a.m.- 12:30 p.m.

Home delivery Monday-Friday

## Meals

### **Salvation Army**

1835 G St.

Lewiston, ID 83501

208-746-9653

<https://lewiston.salvationarmy.org>

Meals served Monday –Wednesday and Friday at

5:00 p.m.—6:00 p.m.

### **Senior Round Table**

549 5th St.

Clarkston, WA 99403

509-758-3816

<https://valleycntr.org/senior-round-table>

Meals served Tuesday, Thursday, Friday at 12:00 p.m.

Home delivery Tuesday, Thursday, Friday

## Meals

### **Sixth Street Senior Center**

835 6th St.

Clarkston, WA 99403

509-758-6872

866-845-4427

Website: none

Meals served on the 2nd, 3rd, and 4th Monday of every month.

Holiday meals: times vary

### **United Methodist Church (through Senior Round Table)**

313 2nd St.

Asotin, WA 99402

<https://valleycntr.org/senior-round-table>

Meals served on Tuesday and Thursday at 12:00 p.m.

## Meals

### Valley Meals on Wheels

415 6th St.

Lewiston, ID 83501

208-799-5767

<https://www.facebook.com/people/Lewiston-Clarkston-Valley-Meals-on-Wheels/>

Home delivery 7 days a week, including holidays

Photograph by Laurie Hersey



## **Medical Centers & Hospitals**

The following medical centers and hospitals are just a few of the medical facilities that are in Asotin, Clarkston, and Lewiston area. Please contact your insurance company to learn which facilities are in your plan.

### **CHAS - Lewis and Clark Health Center**

1203 Idaho St.

Lewiston, ID 83501

208-848-8300

<https://chas.org/location/lewis-clark-health-center>

### **Jonathan M. Wainwright Memorial VA Medical Center**

1630 23rd Ave.

Lewiston, ID 83501

208-746-7784

<https://www.va.gov/walla-walla-health-care/locations/lewiston-va-clinic>

### **Nimiipuu Health**

111 Beaver Grade Rd.

Lapwai, ID 83540

208-843-2271

<https://nimiipuuhealth.org>



## **Medical Centers & Hospitals**

### **Riverplace Counseling & Wellness**

312 Miller St.

Lewiston, ID 83501

208-750-1802

<https://riverplacecounseling.com>

### **Snake River Community Clinic**

215 10th St.

Lewiston, ID 83501

208-743-5899

<https://srccfreeclinic.org>

### **St. Joseph Regional Medical Center**

415 6th St.

Lewiston, ID 83501

208-743-2511

<https://www.sjrmc.org>

## **Medical Centers & Hospitals**

### **Tri-State Clearwater Medical Clinic**

1522 17th St.

Lewiston, ID 83501

208-743-8416

<https://www.tsh.org/clinics-services/family-practice-clearwater/>

### **Tri-State Health**

1221 Highland Ave.

Clarkston, WA 99403

509-758-5511

<https://tsh.org>

### **Tri-State Minor Care Center**

1267 Belmont Way

Clarkston, WA 99403

509-769-2200

<https://tsh.org/clinics-services/minor-care-center/>

## **Medical Centers & Hospitals**

### **Quality Behavior Health**

900 7th St.

Clarkston, WA 99403

509-758-3341

<https://www.qbhs.org>

Photograph by Beth Usher



## **Medical Supplies & Equipment**

These are local businesses for compression stockings, lymphedema therapy, various braces, orthopedic therapy, walkers, canes, wheelchairs, shower bars, toilet risers, etc. to make your home more accessible and safer.

### **Lincare**

615 Elm St.

Clarkston, WA 99403

509-758-5400

<https://www.lincare.com/en/locations/lewisclark-lincare>

### **Norco**

1715 Idaho St.

Lewiston, ID 83501

208-746-0508

<https://www.norco-inc.com>

### **Owl Home Medical**

720 16th Ave., Suite 3

Lewiston, ID 83501

208-743-7766

<https://www.theowlpharmacies.com>



## **Medical Supplies & Equipment**

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

800 6th St.

Clarkston, WA 99403

509-758-2565

<https://wasems.drxfill.com>

Photograph by Laurie Hersey



## **Palliative Care**

Palliative care improves the quality of life of patients and their families when facing challenges associated with life-threatening illness, whether physical, psychological, social or spiritual. The quality of life of caregivers improves as well. The following sites will help with planning for end of life. Empowering the person who's life is ending and enlightening their loved ones as to their wishes for end of life.

### **Death Over Dinner**

<https://deathoverdinner.org>

### **Engage with Grace the One Slide Project**

<http://www.engagewithgrace.org>

### **The Conversation Project**

<http://www.theconversationproject.org>

## **Prescription Assistance Programs**

These are sources of information on thousands of programs that may be able to offer assistance with prescriptions to people in need.

### **Good RX**

<https://www.goodrx.com>

### **NeedyMeds**

800-503-6897

<https://www.needymeds.org>

### **Partnership for Prescription Assistance**

888-477-2669

<https://www.helpingpatients.org>

Photograph by Beth Usher





## **Prescription Assistance Programs**

### **Rx Med Assist:**

828-216-0825

<https://www.rxassist.org>

### **St. Joseph Regional Medical Center Senior Life Program**

208-799-5529

<https://www.sjrmc.org/seniorlife-program>

### **Washington Prescription Drug Program**

800-913-4146

<https://www.dcyf.wa.gov/services/foster-youth/prescription-drug-program>



## **Senior Entertainment Options**

These are just some of the local establishments where seniors can get together and enjoy bridge, dancing, low impact exercise, gentle yoga classes, quilting, coffee hour or art and painting classes, excursions, movies, museums and music. Some activities are free while others have a cost.

### **Asotin County Aquatic Center**

1603 Dustin Loop

Clarkston, WA 99403

509-758-0110

<https://theaquaticcenter.org>

### **Asotin County Library**

#### **Downtown Branch**

417 Sycamore St.

Clarkston, WA 99403

509-758-5454

<https://asotincountylibrary.org>

#### **Heights Branch**

2036 4th Ave.

Clarkston, WA 99403

509-758-4601

## **Senior Entertainment Options**

### **Asotin Museum**

215 Filmore St.

Asotin, WA 99402

509-243-4659

<https://visitolcvalley.com/directory/asotin-county-museum/>

### **Barker River Trips**

3976 21st St.

Lewiston, ID 83501

208-791-1104

<https://www.barkerrivertrips.com>

### **Beamers Hells Canyon Tours**

1345 Port Dr.

Clarkston, WA 99403

509-758-4800

<https://www.hellscanyontours.com>

Photograph by Beth Usher



## **Senior Entertainment Options**

### **Beautiful Downtown Lewiston**

528 Main St.

Lewiston, ID 83501

208-790-1148

<https://www.beautifuldowntownlewiston.com>

### **Clearwater River Casino**

17500 Nez Perce Rd.

Lewiston, ID 83501

208-746-0723

877-678-7423

<https://crcasino.com>

### **Fraternal Order of Eagles**

#### **Clarkston**

505 Maple St.

Clarkston, WA 99403

509-758-1217

#### **Lewiston**

1310 Main St.

Lewiston, ID 83501

208-746-7484

[m.facebook.com/  
people/Lewiston-  
Eagles-63Nez-Perce](https://m.facebook.com/people/Lewiston-Eagles-63Nez-Perce)

## **Senior Entertainment Options**

### **Hells Gate State Park and Lewis and Clark Discovery Center**

5100 Hells Gate Rd.

Lewiston, ID 83501

208-799-5015

<https://www.nps.gov/places/hells-gate-state-park-lewis-and-clark-discovery-center>

### **Lancer Lanes and Casino**

1250 Bridge St.

Clarkston, WA 99403

509-758-6731

<https://lancerlanesandcasino.com>

### **Lewis - Clark Doll Club**

1242 Highland Av.

Clarkston, WA 99403

509-552-4546

<https://www.az-ps.com/clubs/Clubs-WA.html>

## **Senior Entertainment Options**

### **Lewiston City Library**

411 D St.

Lewiston, ID 83401

208-798-2525

<https://www.lewistonlibrary.org>

### **Lewiston Civic Theatre**

832 Main St.

Lewiston, ID 83501

208-746-3401

<https://lctheatre.org>

### **Lewiston Elks Lodge #896**

3444 Country Club Dr.

Lewiston, ID 83501

208-743-5591

<https://www.elks.org/lodges/home.cfm?lodge=896>

## Senior Entertainment Options

### **Lewiston Parks & Recreation**

1424 Main St.

Lewiston, ID 83501

208-746-2313

<https://cityoflewiston.org/280/50-Active>

### **Lions Club**

#### Asotin

118 2nd St.

Asotin, WA 99402

208-791-0179

#### Clarkston

2 Sycamore St.

Clarkston, WA 99403

208-305-2829

[e-clubhouse.org/sites/  
clarkstonwa](http://e-clubhouse.org/sites/clarkstonwa)

#### Lewiston

1205 8th Ave.

Lewiston, ID 83501

208-743-5968

[e-clubhouse.org/sites/lewistonlionsclubid](http://e-clubhouse.org/sites/lewistonlionsclubid)

## **Senior Entertainment Options**

### **Nez Perce National Historical Park**

39063 U.S. Highway 95

Spalding, ID 83540

208-843-7009

<https://www.nps.gov/nepe/index.htm>

### **Nez Perce Tourism**

847 Port Way

Clarkston, WA 99403

208-790-8873

<https://www.nezpercetourism.com>

### **OARS Dories**

1127 Airway Ave.

Lewiston, ID 83501

208-297-5985

<https://www.oars.com/dories-Idaho-river-trips/>

### **Orchards Lanes**

244 Thain Rd.

Lewiston, ID 83501

208-743-7822

<https://orchardlanesbowling.com>

## **Senior Entertainment Options**

### **Seaport Quilters Guild**

549 5th St.

Clarkston, WA 99403

No phone

<https://www.seaportquilters.org>

### **6th Street Senior Center**

832 6th St.

Clarkston, WA 99403

509-758-6872

<https://sixthstreetsrcenter.com>

### **Snake Dancer Excursions**

1550 Port Dr., Suite B

Clarkston, WA 99403

509-758-8927

<https://www.snakedancerexcursions.com>



## **Senior Entertainment Options**

### **Snake River Adventures**

4832 Hells Gate Rd.

Lewiston, ID 83501

208-746-6276

<https://snakeriveradventures.com>

### **University of Idaho Extension, Nez Perce County**

1239 Idaho St.

Lewiston, ID 83501

208-799-3096

<https://uidaho.edu/nezperce>

### **Valley Art Center**

824 6th St.

Clarkston, WA 99403

509-758-8331

<https://lcvalleyartcenter.org>

Photograph by Peggy Burch



## **Senior Entertainment Options**

### **Valley Community & Senior Center**

549 5th St.

Clarkston, WA 99403

509-758-4064

<https://valleycntr.org>

Also has beauty shop, barbershop, health care services and footcare services

### **Veterans Of Foreign Wars (VFW)**

Clarkston – Post 1443

829 15th St.

Clarkston, WA 99403

509-758-4219

<https://vfw.org>

Lewiston - Post 10043

1104 Warner Ave.

Lewiston, ID 83501

208-746-4359

### **Village Centre Cinemas**

2920 Nez Perce Dr.

Lewiston, ID 83501

208-746-8686

<https://www.villagecentrecinemas.com/locations/lewiston>

## **Senior Entertainment Options**

### **Washington State University Asotin County Extension**

135 2nd St. B107

Asotin, WA 99402

509-243-2009

<https://extension.wsu.edu/asotin>

### **Washington Talking Books and Braille Library**

2021 9th Ave.

Seattle, WA 98121

800-542-0866 (WA only)

206-615-0400

[sos.wa.gov/wtbbl.org](https://sos.wa.gov/wtbbl.org)

### **YWCA**

300 Main St.

Lewiston, ID 83501

208-743-1535

<https://ywcaidaho.org>

## **Support Groups**

Support groups can help with various issues that people face throughout their life span.

### **Alcoholics Anonymous**

866-920-0628

<https://www.aa-meetings.com/aa-meeting/?zip=99403>

### **Alienated Grandparents Anonymous**

<https://www.alienatedgrandparentsanonymous.com/>

### **Alzheimer's Association**

800-272-3900

<https://www.alz.org/help-support/resources/helpline>

### **American Cancer Society**

800-227-2345

[cancer.org/about-us/what-we-do/providing-support.html](https://cancer.org/about-us/what-we-do/providing-support.html)

Photograph by Beth Usher



## **Support Groups**

### **American Stroke Association**

888-478-7653

<https://www.stroke.org/en/>

### **Amputee Coalition**

888-267-5669

<https://www.amputee-coalition.org>

### **Arthritis Foundation**

800-283-7800

<https://www.arthritis.org/local-offices/id>

### **ASL Association**

425-656-1650

<https://www.als.org/support/states/idaho>

## **Support Groups**

### **Diabetes and Nutrition Education (St. Joseph Med. Center)**

208-799-5227

<https://www.sjrmc.org/diabetes-care>

### **Lewis - Clark United Ostomy Association**

509-243-4010

<https://Inlandnwostomy.org>

### **Modern Widows Club**

844-429-4369

<https://modernwidowsclub.org/communities/idaho/>

### **Narcotics Anonymous**

208-746-7632

<https://newana.org/>

## **Support Groups**

### **National Multiple Sclerosis Society**

800-344-4867

<https://www.nationalmssociety.org/Chapters/WAS>

### **Parkinson's Support Group (St. Joseph Regional Medical Center: meetings are in the Parrish Hall)**

208-305-4636

Website: none at this time

### **Problem Gambler Helpline**

800-426-2537

<https://www.ncpgambling.org/>

Photograph by Laurie Hersey



## **Transportation**

Programs and services that will transport seniors to appointments, grocery shopping, etc. Some services are free while others have a cost.

### **Asotin County Public Transit Serving Asotin and Clarkston**

1494 Poplar St.

Clarkston, WA 99403

509-758-3567

TTY: 711

<https://ridethevalley.org/>

### **Appaloosa Express Transit Serving Lapwai, Culdesac, Lewiston and Orofino**

44335 US Highway 95

Lapwai, ID 83540

208-621-4691

<https://nezperce.org>



## Transportation

### **Coast Public Transportation serving Asotin, Clearwater Garfield, Idaho, Latah, Lewis, Nez Perce and Whitman counties (minimum of 48-hour advance notice preferred)**

210 S. Main (P.O. Box 107)

Colfax, WA 99111

509-397-2935

800-967-2899

<https://www.coacolfax.org/transportation>

### **Interlink serving Asotin and Nez Perce counties (minimum of 48-hour advance notice preferred)**

549 5th St., Suite E

Clarkston, WA 99403

509-751-9143

[https://interlinkvolunteers.org/?page\\_id=1092](https://interlinkvolunteers.org/?page_id=1092)

## Transportation

### Lewiston Transit System

215 D St.

Lewiston, ID 83501

208-298-1340

TTY: 711

<https://ridethevalley.org/>

Photograph by RaeAnn Fanning Goodnow



## **Veterans Services**

Veteran services are programs to support veterans and their families.

### **Asotin County Veteran Service Officer (VSO)**

#### **(Veterans Relief Fund)**

829 15th St.

Clarkston, WA 99403

509-758-4219

<https://www.linkedin.com/in/mark-janowski-2130aa59>

### **Idaho State Service Officers**

2604 16th Ave., Suite A

Lewiston, ID 83501

208-748-7663

<https://veterans.idaho.gov/advocacy/service-officers/>

### **Idaho State Veterans Home**

821 21st Ave.

Lewiston, ID 83501

208-750-3600

<https://veterans.idaho.gov/veterans-homes/lewiston-veterans-home/>

## **Veterans Services**

### **Jonathan M. Wainwright and Memorial V.A. Medical Center**

1630 23rd Ave.

Lewiston, ID 83501

208-746-7788

<https://www.va.gov/walla-walla-health-care/locations/lewiston-va-clinic/>

### **Mann - Grandstaff VA Medical Center**

4815 N. Assembly St.

Spokane, WA 99205

509-434-7000

<https://www.va.gov/spokane-health-care/>

### **Supportive Services for Veterans and Families (SSUE)**

124 New 6th St.

Lewiston, ID 83501

1-208-717-8387

<https://www.cap4action.org>

## **Veterans Services**

### **VA Caregiver Support Line**

855-260-3274

<https://www.caregiver.va.gov>

### **VA Walla Walla Medical Center**

77 Wainwright Dr. Bldg. 140

Walla Walla, WA 99362

509-525-5200

<https://www.va.gov/walla-walla-health-care>

### **Veterans Benefits Administration**

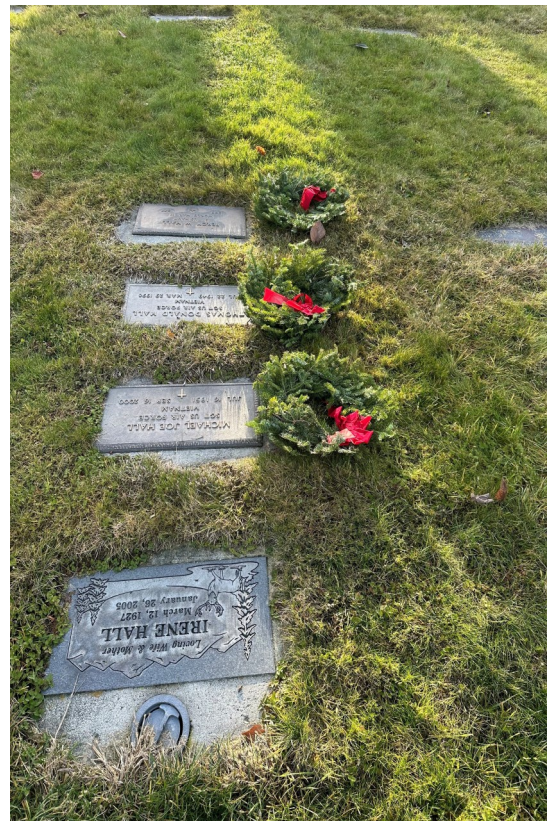
888-442-4551

<https://www.benefits.va.gov>

### **Veterans Crisis Line**

988 then press 1

Photograph by Laurie Hersey



## **Veterans Services**

### **Veterans of Foreign Wars (VFW)**

Clarkston Post 1443

Lewiston

Outreach Center

1104 Warner Ave.

829 15th St

Lewiston, ID 83501

Clarkston, WA 99408

208-746-4359

509-758-4219

<https://www.facebook.com>

<https://www.facebook.com>

[/people/VFW-Sourdough-](https://www.facebook.com)

[/VFWPost1443](https://www.facebook.com)

[Post10043](https://www.facebook.com)

### **Washington State Department of Veteran's Affairs**

1102 Quince St. S.E.

Olympia, WA 98501

800-767-6738

TTY: 800-878-5707

<https://www.dva.wa.gov>

### **Wounded Soldier & Family Hotline**

800-984-8523



Asotin County Health District

102 1st Street

Asotin, WA 99402

