Senior Resource Guide

for Asotin, Clarkston, and Lewiston

Edition 2



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. If agencies have changes that need to be made or your agency is not represented please contact Asotin County Health District at 509-552-4538 or lhersey@ac-hd.org

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.

Printed 2024

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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 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

Burrell Street Station

1124 Burrell Ave.

Lewiston, ID 83501

208-743-0185

https:/burrell.nwrecc.org

Photograph by Laurie Hersey



Clarkston Gardens

1210 13th St. Clarkston, WA 99403 509-758-3606

httsp://www.clarkstongardens.com

Clarkston Manor

1411 Fair St. Clarkston, WA 99403

253-534-7200

https://www.cambridgemgmt.net/community-search

Cottonwood Glen

1371 Fair St.

Clarkston, WA 99403

253-534-7200

https://www.cambridgemgmt.net/community-search

Fair Street

1210 13th St. Clarkston, WA 99403 509-758-3606

fairstreetappartments.com/Location.aspx

<u>Fairview Terrace</u>

1515 23rd Avenue

Lewiston, ID 83501

208-743-6069

<u>Fairview Terrace - Low Income Apartments in Lewiston, ID</u> (publichousing.com)

Highlander Apartments

616 Warner Ave

Lewiston, ID 83501

208-746-1201

https://www.rent.com/idaho/lewiston-apartments/highlanderappartment

Kinsale Place

918 Bryden Ave.

Lewiston, ID 83501

208-746-2820

https://pwapt.com/kinsale

Millcreek

419 Miller St.

Lewiston, ID 83501

208-746-8137

https://millcreek.nwrecc.org

Normal Hill Apartments

807 9th Ave.

Lewiston, ID 83501

208-746-4049

https://kiemlehagood.com/property/normal-hill-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 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

https://www.altcwashington.com

Photograph by Laurie Hersey



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

Clarkston Home Care Services

1332 12th St.

Clarkston, WA 99403

509-758-1458

https://seniorliferesources.org

Elite Home Health and Hospice

1370 Bridge St. Clarkston, WA 99403 509-758-2568

https://elitehhh.com

Family Resource Home Care

933 6th St.

Clarkston, WA 99403

509-496-1945 (Washington, Palouse)

208-874-2329 (Idaho, Palouse)

<u>www.familyresourcehomecare.com/locations lewistonclarkston-</u> <u>valley/</u>

LC Companion Care

509-236-6441

https://www.lccompanioncare.com/

Olive and Coop Home Sharing

509-255-3620

https://www.oliveandcoop.com

Open Arms Home Care

932 1/2 6th St. Clarkston, WA 99403 208-791-2386 Website: None

Serengeti Home Care

504 Main St., Suite 230 Lewiston, ID 83501 208-760-6302 https://serengeticare.com

Seubert's Quality Home Care

1702 16th Ave.Lewiston, ID 83501208-743-1818<u>seubertsqualityhomecare.com</u>

Adult Day Care/ Respite 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.

Respite care is short term stays that can be up to 14 days.

Alternative Nursing Services

1029 Main St.

Lewiston, ID 83501

208-746-3050

https://anscares.com

<u>Wedgewood Terrace (Respite care)</u>

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://egeral.com

Photograph by Laurie Hersey



Assisted living communities are for people who want to come and go as they please, usually they can drive their own cars. The residents have the opportunity to eat in their apartments or go to the dining hall. There are a few nurses on staff if needed, but the residents need to be pretty independent as far as bathing themselves and getting around. Some of these facilities are combined with Skilled Nursing Facilities. Skilled Nursing Facilities (formally none as 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 (A.L.)

1937 2nd Ave. Clarkston, WA 99403 509-758-6770 877-523-6523 https://seniorcarehomes.com

Brookdale (S.N.F.)

2975 Juniper Dr.

Lewiston, ID 83501

208-792-6115

https://www.brookdale.com/en/communities/brookdalelewiston.html

Clarkston Health and Rehabilitation of Cascadia (S.N.F.)

1242 11th St.

Clarkston, WA 99403

509-758-2523

https://www.clarkstonhealthandrehab.com

Idaho State Veterans Home (S.N.F.)

821 21st Ave.

Lewiston, ID 83501

208-750-3600

https://veterans.idaho.gov/veterans-home/Lewiston-veteranshome/

Lewiston Transitional Care of Cascadia (S.N.F.)

3315 8th St.

Lewiston, ID 83501

208-743-9543

https://www.lewistontransitionalcare.com

Life Care Center of Lewiston (S.N.F.)

325 Warner Dr.

Lewiston, ID 83501

208-798-8500

https://lcca.com

Prestige Care and Rehabilitation (S.N.F.)

1014 Burrell Ave.

Lewiston, ID 83501

208-743-4558

https://www.prestigecare.com

Royal Plaza of Olympus (A.S.)

Royal Plaza Health and Rehabilitation of Cascadia (S.N.F.)

2870 Juniper Dr.

Lewiston, ID 83501

208-746-2800

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

Wedgewood Terrace Assisted Living Care (A.L.)

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

Just Like Home

1862 Golfview Dr.

Clarkston, WA 99403

208-791-2535

208-791-2386

Website: none

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-residental-care

Small Family Home Care Centers

Sycamore Glen Adult Family Home

1589 Sycamore St.

Clarkston, WA 99403

509-758-9335

https://adultfamilyhomecouncil.org/facility-finder/sycamoreglen-4/

<u>**Tendercare Home**</u>

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.

Advanced Home Care and Hospice of Northern Idaho

1578 Riverstone Dr.

Coeur d'Alene, ID 83814

208-769-0500

Website: none

Elite Home Health and Hospice

1370 Bridge St.

Clarkston, WA 99403

509-758-2568

https://elitehhh.com

Hospice Care

Gentiva Hospice

1610 N.E. Eastgate Blvd. #610

Pullman, WA 99163

509-332-2236

http://www.gentivahs.com

St. Joseph Regional Family Hospice

200 Main 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.

<u>Adult Protective Services– Idaho</u>

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-invovling-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

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

Asotin United Methodist Church

313 2nd St.

Asotin, WA 99402

509-295-1798

Website: none

Blessed Hope Assembly of God

1033 Burrell Ave.

Lewiston, ID 83501

208-743-4874

https://blessedhopelcvalley.org

Calvary Chapel Lewis-Clark Valley

1015 Burrell Ave.

Lewiston, ID 83501

208-798-4744

https://www.facebook.com/calvarylewiston

Canyons Church

717 15th St.

Clarkston, WA 99403

509-295-4430

https://canyonschurch.net

Center for Spiritual Living

2707 27th St.

Clarkston, WA 99403

509-758-8098

https://valleyspiritualcenter.info

Christian Faith Worship

1355 Elm St.

Clarkston, WA 99403

509-758-2637

Website: none

Church of Christ

302 Southway Ave.

Lewiston, ID 83501

208-743-2711

https://lewistonchurchofchrist.org

Churches 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

Church of New Hope

1421 Powers Ave.

Lewiston, ID 83501

208-746-9178

Website: none

Clarkston United Methodist Church

1242 Highland Ave.

Clarkston, WA 99403

509-758-7551

https://clarkstonumchurch.com

Confluence Community Church

1449 Highland Ave.

Clarkston, WA 99403

208-503-2142

https://confluencechurch.com/contact

Congregational Presbyterian Church

709 6th St.

Lewiston, ID 83501

509-743-4444

https://congopres.org

Churches Crosspoint Alliance Church 1330 Powers Ave. Lewiston, ID 83501 208-743-3000 https://crosspointlew.org/

3215 Echo Hills Dr.

Lewiston, ID 83501

208-746-0401

https://www.echohillschurch.com/contact-us

Emmanuel Baptist Church

2200 11th Ave.

Lewiston, ID 83501

208-746-1211

https://ebclewiston.org

Episcopal Church of the Nativity

731 8th St.

Lewiston, ID 83501

208-743-9121

https://www.nativitylewiston.org

Faith Bible Church

514 Warner Ave.

Lewiston, ID 83501

208-746-3045

https://faithbiblechurchlewiston.com/

First Baptist Church - Clarkston

1326 Chestnut St.

Clarkston, WA 99403

509-758-7701

https://www.firstbaptistclarkston.org

<u>Churches</u> <u>First Christian Church (Disciples of Christ)</u> 840 10th St. Clarkston, WA 99403 509-758-2943 <u>https://www.facebook.com/fccclarkston/</u>

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

<u>First Presbyterian</u>

1122 Diagonal St. Clarkston, WA 99403

509-758-3381

https://www.firstpresclarskton.org

First United Methodist Church

1906 Broadview Dr.

Lewiston, ID 83501

208-743-2971

https://lewistonfirstumc.org

Gateway Church

707 7th Ave.

Lewiston, ID 83501

208-790-9778

https://www.gatewaychurchlewiston.com/

Grace Lutheran Church

3434 6th St.

Lewiston, ID 83501

208-743-8159

https://www.graceluth.org

Grace Pentecostal Church

1421 Power Ave.

Lewiston, ID 83501

208-746-9178

Website: none

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

Harvest Wesleyan Church

1100 Elm St.

Clarkston, WA 99403

509-758-6800

https://www.lcharvest.church/contact

Holy Family Catholic Church

1109 Chestnut St.

Clarkston, WA 99403

509-758-6102

httpd://hfparish.com

Churches 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

808-333-8776

https://www.lapwai400.com

Lewis-Clark Community of Christ Church

1315 Highland Ave.

Clarkston, WA 99403

208-305-8576

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

Lewiston Orchards United Methodist Church

1213 Burrell Ave.

Lewiston, ID 83501

208-743-9201

https://www.facebook.com/ LewistonOrchardsUnitedMethodistChurch/

Living Word Missionary Baptist

707 Preston Ave.

Lewiston, ID 83501

208-413-8795

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

Mission Church

2377 Appleside Blvd.

Clarkston, Wa 99403

509-758-3570

https://missionlcv.org/

New Ground Alliance Church

817 Libby St.

Clarkston, WA 99403

509-254-5797

https://www.newgroundalliance.org/

New Life Apostolic Church

1010 21st Ave.

Lewiston, ID 83501

208-743-5351

https://www.go2newlife.org/

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

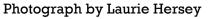
Our Savior's Lutheran Church

1115 13th St.

Clarkston, WA 99403

509-758-7751

https://www.facebook.com/ OSLCclarkston/





Churches Port Cities Reformed Baptist Church 1424 Main St. Lewiston, ID 83501 208-305-8381 https://www.facebook.com/PCRBaptist/ Redemption Church of Clarkston

1303 Poplar St.

Clarkston, WA 99403

509-758-8545

https://redemptionchurchclarkston.org

River City Church

2102 8th St.

Lewiston, ID 83501

208-743-7101

https://www.rivercitychurch.us/

Sacred Heart

305 Birch Ave.

Lapwai, ID 83540

208-843-2562

https://allsaintslewiston.org

Saint John's Lutheran Church

1107 14th St.

Clarkston, WA 99403

509-758-8261

https://www.clarkstonlutheran.org/

Seventh-Day Adventist Church

Clarkston

2673 13th St.

Clarkston, WA 99403

509-758-5451

https://www.

<u>clarkstonadventist.</u>

org/contact

Lewiston 1212 19th Ave. Lewiston, ID 83501 208-743-1981 https://www.lewistonsda.org/

<u>Churches</u>

Sonrise Church

2620 22nd St.

Clarkston, WA 99403

509-758-4996

Website: none

Still Waters Baptist Church

710 13th Ave.

Lewiston, ID 83501

208-798-7322

https://stillwatersbc.com

Trinity Lutheran Church

920 8th Ave.

Lewiston, ID 83501

208-743-4414

https://tlclewiston.org/

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

603 3rd St.

Clarkston, WA 99403

509-758-6032

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

City Halls

Asotin City Hall

121 Cleveland St.

Asotin, WA 99402

509-243-4411

https://cityofasotin.org/

City Halls

Clarkston City Hall

829 5th St.

Clarkston, WA 99403

509-758-5541

https://clarkston-wa.com

<u>City of Lapwai</u>

315 S. Main St. Lapwai, ID 83540 208-843-2212 <u>https://cityoflapwai.com</u>

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.acfdl.org

Clarkston Fire Department

820 5th St.

Clarkston, WA 99403

Nonemergency number 509-758-8681

Emergency call 911

https://clarkston-wa.com/department/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

Fire Departments

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

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/

Community Services Police Departments Lapwai Police Department 315 Main St. Lapwai, ID 83540 Nonemergency number 208-843-2212 **Emergency call 911** www.usacops.com/id/p83540 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

Police Departments

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/

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

Post Offices

Lewiston Post Office

1613 Idaho St.

Lewiston, ID 83501

208-798-4929

TTY (Teletypewriter) 877-889-2457

https://www.usps.com

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

<u>Avista</u>

803 Main St. Lewiston, ID 83501 800-223-5884

https://www.myavista.com

Clearwater Power Company

4230 Hatwai Rd.

Lewiston, ID 83501

208-743-1501

https://www.clearwaterpower.com

Utility Service

Coleman Oil Company

335 Mill Rd.

Lewiston, ID 83501

208-799-2000

https://colemanoil.com

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

<u>Utility Service</u>

Public Utilities Commission

805 26th St.

Lewiston, ID 83501

208-799-503

https://www.cityoflewiston.org

Thiessen Oil Company

815 Snake River Ave.

Lewiston, ID 83501

208-743-6201

Website: none



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., Suite101

Boise, ID 83704

208-334-0879

https://icbvi.idaho.gov

Interlink

(Transportation, minor home safety modification, ramps)

549 5th St., Suite E

Clarkston, WA 99403

509-751-9143

https://interlinkvolunteers.org

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 <u>https://hearingloss-wa.org</u>

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-sitesand-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-programindian-reservation

Salvation Army Lewiston

1212 21st St.

Lewiston, ID 83501

208-746-9653

https://lewiston.salvationarmy.org

These resources can help with simple household repairs, ramps, energy and housing assistance, needle and drug takeback, 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

<u>Future address</u>

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

Community Action Partnership

(Energy assistance program)

124 New 6th Ave.

Lewiston, ID 83501

208-746-3351

https://www.cap4action.org

<u>Comprehensive Health and Human Services Information</u> <u>and Resources</u>

211

<u>Find Help Idaho</u>

3100 S. Vista Ave. Suite 100

Boise, ID 83705

No phone

https://findhelpidaho.org

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

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/

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)

Senior Companion Program

WA-ID Volunteer Center

1424 Main St.

Lewiston, ID 83501

208-746-7787

WAIDVolunteercenter.org

Suicide and Crisis Line

988

<u>Veterans Crisis Line</u>

988 then press 1

Washington Recovery Helpline

866-789-1511

Washington Relay Service (TTY: Teletypewriter)

711

<u>YWCA</u>

300 Main St.

Lewiston, ID 83501

208-743-1535

https://ywcaidaho.org

Photograph by Laurie Hersey



<u>Insurance</u>

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

<u>(SHIBA)</u>

5000 Capital Blvd. S.E.

Tumwater, WA 98501

800-562-6900

360-586-0241 TDD

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.

<u>CLEAR (Coordinated Legal Education Advice and Refer-</u> <u>ral)</u>

<u>Low– income</u>

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)



<u>Meals</u>

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

<u>Meals</u>

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

<u>Meals</u>

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

Valley Meals on Wheels

415 6th St.

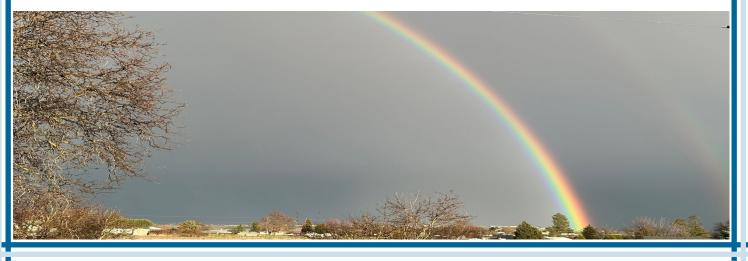
Lewiston, ID 83501

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



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.

Catalyst Medical Group and Valley Medical Center

2315 8th St.

Lewiston, ID 83501

208-746-1383

https://www.catalystmedicalgroup.com/

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

Life Flight

800-982-9299

https://www.lifeflight.org/membership/

<u>Nimiipuu Health</u>

111 Beaver Grade Rd. Lapwai, ID 83540 208-843-2271 <u>https://nimiipuuhealth.org</u>

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

Sterling Urgent Care

2201 Thain Grade

Lewiston, ID 83501

208-717-3100

https://www.sterlingurgentcare.com/locations/%20urgent-carenear-me-lewiston-idaho

Tri-State Clearwater Medical Clinic

1522 17th St.

Lewiston, ID 83501

208-743-8416

https://www.tsh.org/clinics-services/family-practiceclearwater/

Tri-State Convenient Care Clinic– Lewiston

332 Thain Rd.

Lewiston, ID 83501

208-220-1652

Website: none

Tri-State Health

1221 Highland Ave. Clarkston, WA 99403 509-758-5511 <u>https://tsh.org</u>

Tri-State Minor Care Center

1267 Belmont Way

Clarkston, WA 99403

509-769-2200

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

Quality Behavior Health

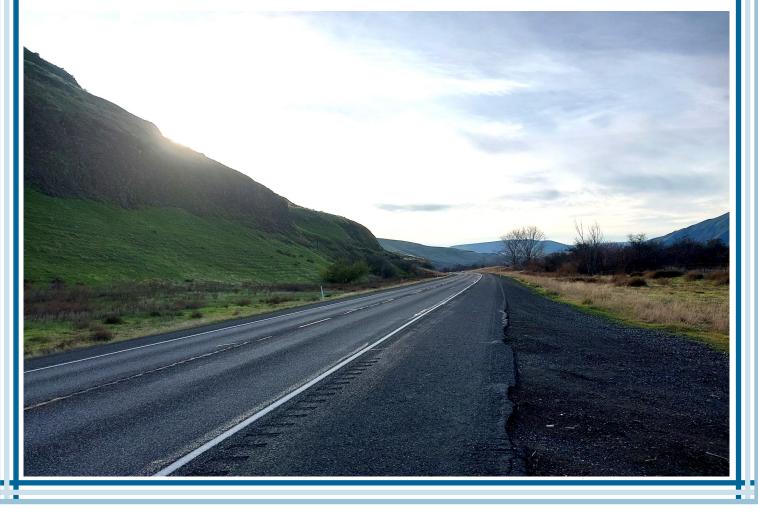
900 7th St.

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

<u>Norco</u>

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.drxrefill.com

Photograph by Laurie Hersey



Palliative Care

Palliative care improves the quality of life of patients and their families when facing challenges associated with lifethreatening 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.

<u>Good RX</u>

https://www.goodrx.com

<u>NeedyMeds</u>

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/prescriptiondrug-program

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://asotincountylibary.org

<u>Heights Branch</u> 2036 4th Ave. Clarkston, WA 99403 509-758-4601

<u>Asotin Museum</u>

215 Filmore St.

Asotin, WA 99402

509-243-4659

https://visitlcvalley.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

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

<u>Clarkston</u>

505 Maple St.

Clarkston, WA 99403

509-758-1217

Lewiston

1310 Main St.

Lewiston, ID 83501

208-746-7484

<u>m.facebook.com/</u> <u>people/Lewiston-</u> <u>Eagles-63Nez-Perce</u>

Hells Gate State Park and Lewis and Clark Discovery

<u>Center</u>

5100 Hells Gate Rd.

Lewiston, ID 83501

208-799-5015

https://www.nps.gov/places/hells-gate-state-park-lewis-andclark-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

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

Lewiston Parks & Recreation

1424 Main St.

Lewiston, ID 83501

208-746-2313

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

Lions Club

AsotinClarkston118 2nd St.615 1/2 Sycamore St.Asotin, WA 99402Clarkston, WA 99403208-791-0179208-305-2829e-clubhouse.org/sites/
clarkstonwa

Lewiston

1205 8th Ave.

Lewiston, ID 83501

208-743-5968

e-clubhouse.org/sites/lewistonlionsclubid

Nez Perce National Historical Park

39063 U.S. Highway 95

Spalding, ID 83540

208-843-7009

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

<u>Nez Perce Tourism</u>

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

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

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



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

<u>Veterans Of Foreign Wars (VFW)</u>

<u>Clarkston – Post 1443</u>

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

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

<u>YWCA</u>

300 Main St.

Lewiston, ID 83501

208-743-1535

https://ywcaidaho.org

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

<u>Alcoholics Anonymous</u>

866-920-0628

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

Alienated Grandparents Anonymous

https://www.alienatedgrandparentsanonymous.com/

<u>Alzheimer's Association</u>

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

Photograph by Beth Usher

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

Caregivers Support Group

2015 6th Ave.

Clarkston, WA 99403

509-758-2355

1st & 3rd Wednesday 1:30 p.m.-3:00 p.m.

Community Action Partnership (CAP)

124 N. 6th St.

Lewiston, ID 83501

208-746-3351

Meetings 2nd Wednesday 1:30 p.m.- 3:00 p.m.

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/

National Multiple Sclerosis Society

800-344-4867

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

<u>Parkinson's Support Group (St. Joseph Regional Medical</u> <u>Center: meetings are in the Parrish Hall)</u>

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/

<u>Appaloosa Express Transit Serving Lapwai, Culdesac,</u>

Lewiston and Orofino

44335 US Highway 95

Lapwai, ID 83540

208-621-4691

https://nezperce.org

Transportation

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

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

Colfax, WA 99111

509-397-2935

800-967-2899

https://www.coacolfax.org/transportation

<u>Interlink serving Asotin and Nez Perce counties (minimum</u> of 48-hour advance notice preferred)

549 5th St., Suite E

Clarkston, WA 99403

509-751-9143

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.

<u>American Legion</u>

Clarkston Post 246

829 15th St.

Clarkston, WA 99403

509-758-8389

Lewiston Post 013

1127 8th Ave.

Lewiston, ID 83501

208-746-0180

Asotin County Veterans 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 Veterans Service Officers (VSO)

2604 16th Ave., Suite A

Lewiston, ID 83501

208-748-7663

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

Veterans Services

Idaho State Veterans Home

821 21st Ave.

Lewiston, ID 83501

208-750-3600

https://veterans.idaho.gov/veterans-homes/lewiston-veteranshome/

Lewiston VA Clinic (Community Based Outpatient Clinic)

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

1630 23rd Ave. Building 2

Lewiston, ID 83501

208-746-7788

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

Mann - Grandstaff VA Medical Center (Spokane)

4815 N. Assembly St.

Spokane, WA 99205

509-434-7000

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

<u>Veterans Services</u>

Supportive Services for Veterans and Families (SSVF)

For very low-income Veterans, SSVF provides case management and supportive services to prevent imminent loss of Veteran's home or identify a new, more suitable housing situation for the individual and his or her family; or to rapidly re-house Veterans and their families who are homeless and might remain homeless without this assistance.

124 New 6th St. Lewiston, ID 83501

1-208-717-8387

https://www.cap4action.org

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

Photograph by Laurie Hersey



Veterans Services

<u>Veterans Crisis Line</u>

988 then press 1

<u>Veterans of Foreign Wars (VFW)</u>

<u>Clarkston Post 1443</u>	<u>Lewiston</u>
<u>Outreach Center</u>	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	<u>/people/VFW-Sourdough-</u>
/VFWPost1443	Post10043

Washington State Department of Veteran's Affair

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

