

## FOOD BANKS

The Okanogan Community Action Center Distributes food to the following locations, call for dates/times.

Brewster, Bridgeport, Methow Valley, Omak

Okanogan, Oroville, Tonasket, Wauconda

Call ----- 509-422-4041 or toll free 877-641-0101

The Cove, Twisp (Food Bank/Assist.)- 509-997-0227

Manfisher Ministries ----- 509-826-5699

## SENIOR CENTERS & MEAL SITES CONGREGATE & HOME DELIVERED

(Meals vary-please call for days and times.)

Brewster Senior Center ----- 509-689-2815

Methow Valley Senior Center (Twisp) 509-997-7722

Okanogan Senior Center----- 509-422-6776

Ok. County Transp. & Nutrition----- 509-826-4391

Omak Senior Center----- 509-826-4741

Oroville Senior Center ----- 509-476-2412

Tonasket Senior Center ----- 509-486-2483

Colville Tribes Omak Senior Meal Site 509-422-7449

## TRANSPORTATION

NW Trailways/Appleline Bus----- 509-662-2183

Ok. County Transp. & Nutrition----- 509-826-4391

People for People----- 509-248-6726

Special Mobility Services ----- 509-534-7171

TranGo Transit for Greater Ok.----- 509-557-6177

## EMPLOYMENT

Division of Vocational Rehab ----- 509-826-7568

SkillSource/WorkSource ----- 509-826-7310

## SERVICES & GENERAL INFO.

Adult Family Homes ----- www.eldercare.acl.gov

Aging & Adult Care of Central Washington -----

509-826-7452 or 800-572-4459

Apprisen (consumer credit)----- 800-355-2227

Community Action Council ----- 509-422-4041

Catholic Community Services ----- 509-306-6801

Department of Social and Health Services (DSHS)

Customer Svc./Community Svc. ---- 877-501-2233

Adult Protective Services -----1-877-734-6277

Home & Community Services ----- 888-437-0529

Medicaid Information/Apple Health 800-562-3022

Eldercare Locator ----- www.eldercare.acl.gov

IRS Taxpayer Assistance ----- 800-829-1040

Lion's Club ----- 509-486-9966

WA state Behavioral Health Ombuds--1800-366-3103

WA State-Long Term Care Ombuds. -- 800-562-6028

Medicare Information ----- 800-633-4227

Medicaid Fraud----- 800-447-8477

Methow at Home, Twisp----- 509-996-5844

Pateros-Brewster Com. Res. Center ---- 509-923-7460

Retired Public Employees Council

of Washington ----- 800-562-6097

Room one Twisp Com. Center ----- 509-997-2050

SHIBA Hotline----- 888-452-0731

Social Security/SSI Information ----- 800-772-1213

Volunteer Chore Services----- 509-647-5351

Washington State Legislative Hotline-- 800-562-6000

## LEGAL

Attorney General-Consumer Protection 800-551-4636

CLEAR\*SR- Northwest Justice Project 888-387-7111

CLEAR\*Veterans- NW Justice Project 888-201-1014

## SUPPORT GROUPS

Alcoholics Anonymous

Wenatchee (Alanon) ----- 509-663-4567

American Cancer Society ----- 800-227-2345

Alcohol & Drug Hotline----- 800-252-6465

Mended Hearts ----- 509-670-3523

National Alliance on Mental Illness--- 800-950-6264

Relatives Raising Children----- 800-572-4459

The Support Center----- 509-826-3221

(DV and SA Support Groups)

## CRISIS LINES

Okanogan Behavioral Health

Crisis Line----- 509-826-6191

Veteran's Crisis Line----- Dial 988 then #1

Suicide & Crisis Lifeline ----- Dial 988

## FOUNDATION GROUPS

Alcohol & Drug Hotline----- 800-252-6465

Alzheimer's Foundation ----- 866-232-8484

Alzheimer's 24-hr Hot Line----- 800-272-3900

American Cancer Society ----- 800-227-2345

American Diabetes Association ----- 800-342-2383

American Heart Association ----- 800-242-8721

American Kidney Foundation ----- 800-638-8299

American Parkinson's Disease Assn. -- 800-223-2732

Arthritis Foundation----- 800-283-7800

Easter Seals Society of WA ----- 206-281-5700

Lilac Blind Foundation ----- 800-422-7893

Veteran's Crisis Line----- Dial 988 then #1

## ADDITIONAL RESOURCE GUIDES

[www.win211.org](http://www.win211.org)

WIN211 maintains a statewide database of community resources searchable on the internet or dial 211.

### Community Living Connections

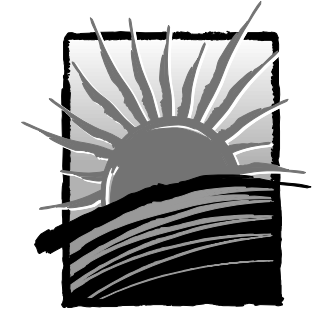
[www.waclc.org](http://www.waclc.org)

Find in-home & community services & supports as well as community engagement opportunities

Colville AAA, Aging and Long Term Support

Administration ----- 509-634-2759

# OKANOGAN COUNTY RESOURCE GUIDE



## Aging & Adult Care OF CENTRAL WASHINGTON

739 HAUSSLER ROAD, STE. A & B

OMAK, WA 98841

(509) 826-7452 (800) 572-4459

Hearing Impaired: 711

Fax: (509) 826-7454

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



*Our mission is to enhance a  
person's ability to maintain a  
life of independence and  
choice.*

## NURSING HOME & ASSISTED LIVING

Complaint Resolution Unit -----800-562-6078  
Long Term Care Ombudsman (LTC)---800-562-6028

### Brewster

Regency Harmony House Rehab. & Nursing Center  
-----509-689-2546

### Omak

Apple Springs Retirement (AL) -----509-822-2425  
Regency Omak (NH) -----509-846-7700

### Tonasket

North Valley Hospital Extended Care --509-486-2151

### Nespelem

Colville Tribal Conval. Center (NH) ---509-634-2878

## RESPIRE CARE

Aging and Adult Care of Central Washington  
Respite Program AACCW -----800-572-4459

## HOME CARE AGENCIES

Beneficial In-Home Care-----509-846-7224  
In-Home Care of Central Washington--509-826-5825  
All Ways Caring HomeCare-Omak-----509-422-1791

## MEDICAL EQUIPMENT

Allied Medical Equipment ----- 509-82602331  
Bellevue Healthcare -----509-662-8700  
ValuPlus Medical Supply -----509-663-8772  
Knights of Columbus Help-----509-888-3050  
Lincare ----- 509-826-5060  
Norco Medical-----509-664-0529  
Grace Medical Supply LLC-----509-557-6300

## HEALTH/MEDICAL

Washington Recovery -----866-789-1511  
Community Health First-Medicare Advantage Plan  
-----800-942-0247

### Confluence Health Hospital & Medical Center

Omak-----509-826-1800  
Oroville -----509-476-3631  
Tonasket -----509-486-2174  
Winthrop -----509-996-8180

### Confluence Health Regional Eye Center &

Confluence Audiology -----509-826-1191  
Disabled Parking Decals -----360-902-3770

Enhabit Home Health & Hospice -----509-422-6721

Family Caregiver Support Program ----509-826-7452

### Family Health Centers

Brewster -----800-660-2129  
Bridgeport -----800-660-2129  
Omak -----509-422-5700  
Tonasket -----509-486-0114  
Twisp -----509-997-2011

Mid Valley Hospital -----509-826-1760

Mid Valley Clinic-----509-826-1600

North Valley Hospital -----509-486-2151

Three Rivers Hospital Brewster -----509-689-2517

Tonasket Family Medical Clinic-----509-486-3191

Okanogan County Health District -----509-422-7140

### Veterans Administration Medical Center

Spokane -----509-437-7000  
Wenatchee-----509-663-7615

## DENTAL

### Family Health Centers

Brewster -----509-689-3789  
Bridgeport -----800-660-2129  
Okanogan -----800-660-2129  
Oroville -----509-476-4400  
Twisp -----509-997-0922

Columbia Valley Community Health Svc.  
-----509-662-6000

Eastern WA U Dental Hygiene Clinic -509-828-1300

## EMERGENCY SERVICES

Adult Protective Service (APS) -----1-877-734-6277

Alcohol & Drug Hotline-----866-789-1511

Brewster Fire & Medical -----509-689-4041

Colville Tribal Police Dept. -----509-634-2472

Coulee Dam Police Dept. -----509-633-1234

Domestic Violence/Abuse Hot Line ----800-799-7233

Douglas-Okanogan Fire Dept.

(Brewster) -----509-689-4041

Emergency Management -----509-422-7206

Lifeline Ambulance -----509-422-4212

Okanogan County Health District-----509-422-7140

Okanogan Behavioral Health

Crisis Line -----509-826-6191

Okanogan Police/Fire/Medical -----509-422-7200

Omak Police/Fire/Medical -----509-826-0383

Pateros Sheriff -----509-422-7232

Pateros Fire (City Hall)-----509-923-2571

Twisp Police -----509-997-6112 Fire-509-997-2981

Winthrop Police: 509-996-2160: Fire: 509-996-2227

## HOUSING

### Brewster

Brewster Gardens Apts. -----509-689-3324

Peachtree Apts. -----509-689-2320

Vista Parks -----509-689-1911

### Bridgeport

Joseph Cove Apts.-----509-686-4731

### Okanogan

Caribou Trail Apts. (Housing Auth) ----509-422-3721

Elmwood Apts. -----509-422-0004

Okanogan Gardens Apts.-----509-422-5608

## HOUSING CONTINUED

### Omak

Iron Straw (Ag. Worker's Housing) ----509-422-3721

Pine Meadow's -----509-422-3721

Morningside Senior Apts.-----509-826-5455

North Valley Apts. -----509-826-0424

Omak Park Apts. -----509-826-6733

Omak Stampede Apts.-----509-826-4667

Pioneer Gardens Apts.-----509-826-3016

Pioneer Lane Apts.-----509-826-1664

Vista View Apts. -----509-826-1932

### Oroville

American Legion Apts.-----509-476-2808

Oroville Gardens Apts.-----509-476-3059

St. Charles Place Apts. -----509-476-4057

### Pateros

Pateros Garden Apts. -----509-923-2011

### Tonasket

Hillside Apts. -----509-486-4966

Tonasket Gardens Apts. -----509-486-4797

### Twisp

Riverview Apts. -----509-997-5440

Twisp Gardens Apts. -----509-997-7962

Whispering Rivers Apts. -----509-997-0099

### Winthrop

Cedarwood Apartments -----509-996-2201

## HOUSING AUTHORITIES

Colville Housing Authority -----509-634-2160

Okanogan County Housing Auth 509-422-3721

Oroville Housing Authority -----509-476-3059