

SENIOR SERVICES RESOURCES

Adult Protective Services, 600 Lakeway Dr., Bellingham, WA 98225

Phone: (360) 676-6749, 1-866-221-4909 (hotline), 1-800-843-8085(TTY), Web:

<https://www.dshs.wa.gov/altsa/home-and-community-services/adult-abuse-and-prevention>

Adult Protective Services receives and investigates reports of allegations of abuse, abandonment, neglect, self-neglect and financial exploitation of vulnerable adults living in the community and in facilities. If the person is in immediate danger, call 911.

Alzheimer Society of Washington Support Center, 1301 Fraser St. Suite A-1, Bellingham, WA 98229

Phone: (360) 671-3316, Web: <http://www.alzsociety.org>

Hrs. M-F 8am-4pm. Resources for people or caregivers of people with Alzheimer's or other dementia related illnesses.

Bellingham Senior Activity Center, 315 Halleck St., Bellingham, WA 98225

Phone: (360) 733-4030, Web: <http://wccoa.org/index.php/BellinghamSeniorActivityCenter/>

Hrs. M-F: 8am-4:30pm. Sat. from 9am to 1pm. Multi-purpose drop in facility offering a variety of services, programs and activities.

Center for Independence North Sound, 114 Magnolia St. #104, Bellingham, WA 98225

Phone: (360)393-3890, Web: <http://www.cfinorth.org/>

Hrs. M-Th: 10am-4pm. A resource for individuals with disabilities to fully access and participate in the community through outreach, advocacy and independent living skills development. Also serve senior citizens with senior-related disabilities as well. Youth Transitional programs also available

CLEAR Senior, 401 2nd Ave. S., Suite 407, Seattle, WA 98104

Phone: 1-888-387-7111, Web: <http://nwjustice.org>

NW Justice Project's free phone service for seniors with civil legal problems.

Community Options Program Entry System- COPEs (DSHS), 600 Lakeway Dr., Suite 100, Bellingham, WA 98225

Phone: (360) 756-5750, 1-800-239-8292, Web: <http://www.adsa.dshs.wa.gov/Resources/Whatcom/default.htm>

Hrs. M-F: 8am-5pm. Enables adults in need of nursing care to receive the required care in the home or other setting with Medicaid assistance. New COPEs applications processed through DSHS-Home and Community Services.

Everson Senior Activity Center, 111 W. Main St., Everson, WA 98247

Phone: (360) 966-3144

Located behind city hall. Open Monday & Friday: 9am-1:30pm. Senior Activity Center. Hot lunch served at noon. Activities like pool table, cards, music, etc.

Ferndale Senior Center, 1999 Cherry St., Ferndale, WA 98248

Phone: (360) 384-6244

Hrs. M-F: 8am-4pm. Sat: 9am-1pm. Senior Activity Center. Gym, zumba, strength training, bus trips, pool hall, sewing groups, carving groups, line dancing, etc. Lunch served at noon. Annual membership is \$35.

Home and Community Services- DSHS , 2219 Rimland Dr., Bellingham, WA 98225

Phone: (360) 812-4940, 1-800-239-8292, (360) 738-6202(TTY), Web: <http://www.aasa.dshs.wa.gov/>

Hrs. M-F: 8am-5pm. Provides assistance to persons with disabilities and the elderly who need care services and need state funds to help pay for them.

Kinship Navigator Program, 1111 Cornwall Ave., Bellingham, WA 98225

Phone: (360) 734-5121 ext. 2171, Web: www.opcco.org

Hrs. M-F 8am-5pm. Provides short term services to eligible Kinship Caregivers who are experiencing financial hardship regarding their ability to provide care for their relative children.

Lions Club Wheelchair Program, 4141 W. Maplewood, Bellingham, WA 98226

Phone: 360-752-5526, Web: <http://www.bellinghamcentrallions.org/al-boe-wheelchair-warehouse/>

Hrs. M & Th: 9-11:30AM, except holidays. Loans durable medical equipment to people in Northwest Washington. Equipment includes, low vision aids, wheelchairs, walkers, crutches, canes, and bedside and bathroom helpers of all kinds. Loans are for three months, but may be extended based on need. The warehouse runs entirely on donations.

Lynden Senior Community Center , 401 Grover St., Lynden, WA 98264

Phone: (360) 354-4501, Web: <http://www.lyndencommunitycenter.org/>

Hrs. M-F: 8:00am-4:00pm. Drop-in activity center targeted for seniors. Hot meal available at noon. Volunteer opportunities available

Northwest Regional Council, 600 Lakeway Dr., Suite 100, Bellingham, WA 98225

Phone: (360) 676-6749, 1-800-585-6749 , Web: <http://www.nwrcwa.org/>

Hrs. M-F: 8am-5pm. Implements state and federal programs for seniors and adults with disabilities who need long term, community based care. Transportation for those on Medicaid.

Paratransit Service-Whatcom Transportation Authority, , ,

Phone: (360) 733-1144, Web: <http://www.ridewta.com/types-of-service/paratransit>

Hrs. M-F: 7:00am-5:00pm & Sat-Sun: 9:00am-5:00pm. WTA's paratransit service provides curb-to-curb (and if needed, door-to-door) transportation to riders whose disability prevents them from riding our fixed route bus system.

Senior Employment Connection, Worksource, 101 Prospect Street, Bellingham, WA 98225

Phone: (360) 676-1521, Web: <https://www.worksourcewa.com>

Hrs.: M, W-F, 8am-5pm and Tuesday 9am-5pm, 2nd and 4th Thursday each month, 8am-7pm. Connections meeting help once per month, call for times. Also available employment and training issues for older workers

class, Thursday at 1:30pm

Sumas Community Senior Center, 461 2nd St., Sumas, WA 98295

Phone: 360-988-2714

Hrs. M & F.: 10:00am-1:30pm, W: 5pm-8pm. Senior activity center. Noon meal on Mondays and Fridays, Potluck on Wednesday evenings.

Volunteer Chore Program, 1419 Cornwall Ave, Bellingham, WA 98225

Phone: (360) 734-3055, Web: <https://www.whatcomvolunteer.org/volunteer-chore-program/>

Volunteer Chore Program provides volunteers to help the elderly (60 and over) and adults with functional disabilities remain independent in their own homes. Volunteers help with tasks such as: housekeeping, grocery shopping, laundry, yard work, transportation to doctor appointments (if clients are unable to use public transportation), minor household repairs, mail reading/bill paying assistance. The Volunteer Chore Program serves as a safety net, helping those for whom other resources are unavailable. To qualify for Volunteer Chore Program services, seniors and adults with disabilities must be: low-income, isolated and do not have family and friends as resources, referred by a doctor, case manager, counselor, or social worker. Please contact VCP for paperwork.

Welcome Valley Senior Center, 5103 Mosquito Lake Rd., Deming, WA 98244

Phone: (306) 592-5403, Web: <https://www.newlifestyles.com/listings/welcome-valley-senior-center-137444>

Hrs. Th: 9am-3pm. Summer hours vary, call ahead. Senior activity center, meals served at noon.

Whatcom Senior Information & Assistance-Northwest Regional Council, 600 Lakeway Dr., Suite 100, Bellingham, WA 98225

Phone: (360) 676- 6749, (360) 378 - 2500 , Web: <http://www.nwrcwa.org/>

Hrs. M-F: 8am-5pm. Assisting seniors with access to a wide range of public and private resources for persons over 60.

BELLINGHAM SENIOR ACTIVITY CENTER

How many members does the Bellingham Senior Activity Center have?

Presently, the Center has approximately 1,700 members. Our members range in age from 50 to 100! We offer a wide variety of programs, classes, activities and services for members. You can take tap dancing, Yoga, Tai Chi, Strength Training, computers, play pool, ping pong, pinochle or just come in for lunch or to visit with friends.

I want to join the Bellingham Senior Activity Center. How do I become a member?

Membership dues are only \$50 per year and you can become a member by coming into the Center and paying by cash or check credit card. You can also call us at 733-4030 and one of our wonderful volunteers will help you sign up right over the telephone.

Are there volunteer opportunities available at the Bellingham Senior Activity Center?

There are many ways to lend a helping hand at the Center including: front office reception assistant, coffee bar attendant, hostess desk greeter, lunchroom server, class teacher, committee member (advisory, program and fundraising) and meals on wheels driver.

What kinds of services are provided at the Bellingham Senior Activity Center?

We offer many services including a hot, well balanced lunch provided by the Senior Nutrition Program Monday through Friday from 11:30 a.m. to 1:00 p.m. A donation of \$5.00 per meal is suggested for persons age 60 and over. Persons under 60 accompanying a senior are asked to pay the full meal price of \$6.00.

How is the Bellingham Senior Activity Center funded?

The Bellingham Senior Activity Center (BSAC) is a program of the WCCOA, a 501(c)3 nonprofit organization. Funding for BSAC operations comes from the following sources: Whatcom County Parks and Recreation (24%), member dues (22%), program fees (20%), donations (13%), and fundraising (10%). In addition, the building at 315 Halleck Street in Bellingham is owned and maintained by Whatcom County Parks and Recreation.

Please support our fundraising projects, and also consider making a tax deductible donation to the BSAC.

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