

Northwest Real Estate Capital Corp. *Stepping Stones*

A Guide to Senior Resident Services



Finding the resources available to you and your family



Located within your community



The power to make decisions about the parts of your life that matter most to you



Table of Contents

The Purpose and Benefit of This Guide	1
About NWRECC and Your Community	1
Chapter 1: TAKING CHARGE	
Financial Affairs:	
<i>Emergency Financial Assistance</i>	2
<i>Federal Programs</i>	2
<i>Financial Planning, Management, & Accounting</i>	3
<i>Health Insurance Resources</i>	3
<i>Insurance Agents</i>	4
<i>Medicare/Medicaid</i>	4
<i>Tax Return Preparation & Assistance</i>	5
<i>Veterans Affairs</i>	5
Legal Affairs:	
<i>Advance Directives</i>	5
<i>Legal Information, Advocacy, & Referral</i>	6
Final Planning:	
End-of-Life Planning	7
End-of-Life Support	7
Funerals, Burial, and Cremation	7
Vital Records	8
Safety and Security:	
Emergency Response	8
CPR & First Aid	9
Driver Assistance, Safety, & Rehabilitation	9

Table of Contents

Chapter 2: HOUSING OPTIONS

Emergency Housing Contacts	10
Housing Resources:	
<i>Community Housing Resources</i>	10
<i>Housing Rights</i>	10
<i>Low Income Rental Housing</i>	11
Housing Authorities	11
Independent Living:	
Home Maintenance & Repair	11
Living with Assistance:	
<i>Assisted Living Resources</i>	12
<i>Agencies Offering Non-Medical Home Care & Support</i>	12
<i>Equipment & Supplies</i>	13
<i>Home Care Support Services</i>	13
<i>Home Health Care Agencies</i>	13
<i>Infusion</i>	14
Skilled Nursing Care:	
Nursing Care Facilities	14
Skilled Nursing Resources	15

Chapter 3: FINDING HELP

Emergency Services	16
Information & Referral	17
Hospitals and Medical Clinics	17
Health, Education, and Social Services.	
Adult Day Health / Day Services	

Table of Contents

Chapter 2: Housing Options

Emergency <i>Housing Contacts</i>	10
Housing <i>Resources</i>	0
Retirement <i>Community Housing</i>	0
Independent <i>Living</i>	0
Living <i>with Assistance</i>	0
Memory <i>Care</i>	0
Certified <i>Family Home Care</i>	0
Skilled <i>Nursing Care</i>	0
<hr/>	
Finding <i>Help</i>	0
Emergency <i>Services</i>	0
Information <i>& Referral</i>	0
Hospitals <i>and Medical Clinics</i>	0
Health, Education, and Social Services	0
Caregiving	0
Help <i>for Consumers</i>	0
<hr/>	
Exploring <i>Health Issues</i>	0
Illnesses, Ailments and Prevention	0
<hr/>	
Living <i>Fully</i>	0
Activities <i>that Enchance Life</i>	0
Educational <i>Endeavors</i>	0
Community <i>Connection</i>	0
Political <i>Involvement</i>	0
Volunteer <i>Opportunities</i>	

The Purpose and Benefit of This Guide

The purpose of this booklet is to help you and your family help yourselves, by providing resources available to you within your community. The information provided within this booklet is courtesy of Senior Living Strategies.

Please feel free to visit their website at www.boiseid.seniorlivingstrategies.com.

Our Vision

"Housing with Pride, Life with Dignity". Northwest Real Estate Capital Corporation's (NWRECC) goal is to become a "stepping stone" towards a brighter future by providing services along with superior affordable housing to enhance the quality of life for our residents.

Our Mission

We are committed to preserving affordable housing, enabling life with dignity for our residents and creating a quality work environment for employees.

We promote integrity and teamwork as the foundation for our involvement in affordable housing and with our business partners including; employees, residents, government agencies, vendors and financial stakeholders.

We strive to make our housing a part of the community by connecting the social and economic institutions to residents and employees and allowing them the chance to be productive members of that community.

We conduct our operations with the following core set of values and beliefs:

Work Ethic -- We believe a strong work ethic is the essential ingredient for achieving excellence.

Integrity -- We believe personal and corporate integrity is fundamental to building a reputable organization.

Teamwork -- We believe teamwork and open communication is the method of achieving our goals.

Respect -- We believe mutual respect must be the basis of all interaction with our employees, our resident families and our business partners.

Service -- We believe responsiveness and quality of delivery are essential.

Community -- We believe active community involvement is our duty.

Please do not forget to check out the on-site activities!

NWRECC on-site Resident Services are an integral part of our mission. These services may include after-school and summer programs for children, financial education classes for adults and health care services for seniors. Please see your site manager for a schedule of the services currently being provided at your property.

Chapter 1: TAKING CHARGE

Financial Affairs

Emergency Financial Assistance

<p>Ada County Indigent Services: 287-7960</p> <p>200 W. Front Street, Ste. 3131. County emergency assistance. Help with medical reimbursement as last resort individuals who have exhausted all other means of payment. Must meet eligibility guidelines.</p>
<p>El-Ada Community Action: 345-2820</p> <p>355 N. Orchard, Ste, 107. Bus tokens, clothing, homeless emergency fund, medical-need motel vouchers, personal hygiene kits, and prescription and dental assistance.</p>
<p>Salvation Army Family Services: 343-3571</p> <p>4308 W. State Street. May provide one-time emergency rental assistance for persons who meet eligibility requirements. Also administers Project Share which allows eligible seniors access to utility assistance from October through April.</p>
<p>St Vincent de Paul Society Helpline: 331-2208</p> <p>Varying types of assistance is available to persons in need. Allows for a volunteer to visit and bring resources and information. Limited assistance with basic needs such as rent, utilities and provides vouchers to be exchanged at the St. Vincent de Paul Thrift Store.</p>

Federal Programs

<p>Social Security (SS):</p> <p>800-772-1213 or TTY 800-325-0778</p> <p>Boise Office: 321-2900</p> <p>1249 S. Vinnell Way, Ste. 101</p> <p>Caldwell Office: 454-3096</p> <p>1118 S. Kimball Ave.</p> <p>SS provides benefits to you and your (eligible) family. Benefits originate from the money you (or your spouse) paid during the years worked.</p> <p>Please visit www.ssa.gov for more information and to request a SS statement over the internet.</p> <p>You may apply for SS benefits about three months before your retirements. Full benefits maybe rewarded to persons 65 and over (depending on the year you were born). Reduced benefits can be obtained at age 62.</p>
<p>Supplemental Security Income (SSI): 800-772-1213</p> <p>SSI is a Federal program that pays monthly checks to people who are 65 or older, are disabled or blind, and have limited income and assets.</p> <p>Eligibility is determined by amount of income, savings, and property.</p>

Financial Planning, Management & Accounting

Consumer Financial Solutions: 375-8140 or 888-455-0200

Consumer credit counseling offers several services including budgeting and debt management.

Please visit www.cfsidaho.com for more information.

Department of Veterans Affairs-Veterans Hotline: 800-827-1000

Call for benefits and assistance. Counseling, filing claims, burial and death, disability. Services are free to veterans.

Please visit www.va.gov.

Idaho Association of Public Accountants: 888-208-4272

Qualified accounting referrals for small businesses and individuals.

Please visit www.iapacct.com.

National Association of Personal Financial Advisors (NAPFA): 800-366-2732

Please visit www.napfa.org for more information.

Washington Trust Bank Wealth Management & Advisory Services: 343-3589

Health Insurance Resources

Canyon County Organization on Aging: 459-0063

A Medicare specialist is available to answer any questions related to Medicare issues.

Idaho Department of Insurance: 334-4250 or 800-721-3272

700 W. State Street, 3rd Floor.

Assistance for consumers on insurance-related matters.

Call with questions or concerns about any type of insurance or insurance services.

Insurance Information Institute:

Information is available on a variety of topics including but not limited to Medicare Supplements and long term care insurance.

Please visit www.iii.org for more information.

SHIBA Helpline-Statewide Health Insurance Benefit Advisors: 800-247-4422

Trained volunteers explain Medicare supplemental policies, managed care and long term care insurance policies by appointment.

Volunteers have no affiliation with any product or company.

Insurance Agents

SecureHorizons: 378-6585

8752 W. Overland Road.

www.aarpmedicarecomplete.com

SecureHorizons is a provider for Medicare Advantage Plans and offers a variety of flexible plans, many plans with \$0 month plan premiums, predictable copayment for doctor visits, plans with prescription drug coverage, plans that do not require a referral to see a specialist, and coverage for preventive care, including annual physical exams.

Sterling Health Plans: 658-9977

2404 Bank Drive. Sterling Health Plans is dedicated to providing a variety of affordable healthcare solutions to Medicare beneficiaries. Long term care and critical condition plans are also available through your Sterling agent.

Medicare/Medicaid

Medicare:

800-633-4227 or TTY 877-486-2048

Medicare is a comprehensive federal health care insurance program administered by the Health Care Financing Administration, providing hospital and medical insurance to persons entitled to Social Security (SS) benefits.

To be eligible you must be 65 or older (and have received SS); have permanent kidney failure (at any age); or be under 65 years and have been on SS for 24 months. Apply three months before you need the coverage.

Please visit www.medicare.gov for more information.

Medicare Preventive Services:

A one-time Welcome to Medicare Exam is now provided within the first 6 months after you sign up for Medicare Part B.

The exam will cover a review of your medical history, blood pressure, vision, cardiovascular screenings, various types of cancer screenings, flu shots, bone mass measurements (screenings for osteoporosis), diabetes screening, and glaucoma tests.

For more specific information about preventive services covered by Medicare you may call the Medicare Customer Service at 800-633-4227 or TTY 877-486-2048 or access the information online at www.medicare.gov.

Medicare Claim Accuracy:

Be sure you are billed only for the care you received. If you have tried to correct a bill with the health care provider or supplier who submitted the claim and suspect fraud or abuse has occurred, call the Office of the Inspector General Fraud Hotline at 800-447-8477 or the Idaho Medicare Fraud Partnership/SHIBA at 800-247-4422.

Evercare: 378-6585

8752 W. Overland Road. For people with limited incomes, Evercare health plans are better choice for full health care coverage. When you have Medicare-approved coverage through Evercare instead of original Medicare, you get more personalized care, more benefits and more services.

**Idaho Department of Health and Welfare
Division of Medicaid:** 334-5747

Tax Returns & Preparation

AARP/IRS Tax-Aide: 888-227-7669

Services include assistance in completing and filing simple income tax returns that do not require complex forms or involve extensive investment activities.

Annual service from Feb to April 15th.

Internal Revenue Service (IRS):

Federal Tax Questions: 800-829-1040

TTY 800-829-4059

Refund Information: 800-829-4477

Tax Forms & Publications: 800-829-3676

Braille Materials for the Visually Impaired, National Library Service for the Blind and Physically Handicapped: 800-424-8567 or TTY 202-707-0744

Please also visit www.irs.gov for more info.

Veterans Affairs

Department of Veterans Affairs- Veterans Hotline: 800-827-1000

Call for benefits and assistance. Counseling, filing claims, burial and death, disability. Services are free to veterans.

Please visit www.va.gov.

State of Idaho Veterans Services: 334-1245

805 W. Franklin St., Ste. 201. Veterans advocates assist veterans with filing claims for compensation and pension; also assists with filling out forms for the VA Medical Center. Emergency Grant Program provides funds for emergency situations. Eligibility is limited to veterans with war time service.

LEGAL AFFAIRS

Advance Directives

Saint Alphonsus 208-367-2121

1055 N. Curtis Road, Boise ID 83706

At Saint Alphonsus we want you to make choices about your own healthcare.

An Advance Directive is a way for you to make your wish about your own healthcare clear to others, if in the future you were not able to speak for yourself.

It includes a Living Will and a Durable Power of Attorney for Healthcare.

Please talk with your family and your doctor to let them know your requests.

Legal Information, Advocacy and Referral

American Civil Liberties Union of Idaho: 344-9750

Works to defend liberty through litigation and advocacy. Implements legal, legislative and public education programs. Accepts complaints about civil rights violations.

Please visit www.acluidaho.org.

Boise Senior Activities Center: 345-9921

Legal Assistance four days monthly.

<p>CO-AD: 336-5353 or 866-262-3462 4477 Emerald Street., Ste. B100 Protection Advocacy System of Idaho. Services provided include advocacy, information and referral, and assistance with mediation and legal services for persons with disabilities.</p>
<p>Idaho Attorney General-Consumer Protection Unit: 334-2424 or 800-432-3545 700 W. Jefferson.</p>
<p>Idaho Court Assistance Offices: <u>Ada County:</u> 200 W. Front Street. 287-6963 <u>Canyon County:</u> 1115 Albany Street, Rm 247, Caldwell. 454-7455 Provides information, referral and standard forms for persons who are representing themselves in court.</p>
<p>Idaho Legal Aid Hotline: 345-0106 or 866-345-0106</p>
<p>Idaho State Bar Association: 334-4500 Offers Idaho State Bar Referral Services. Accepts complaints against attorneys. Cannot provide any legal advice.</p>
<p>Idaho Volunteer Lawyers Program: 334-4510 (press 2)</p>

<p>Saint Alphonsus: 367-2121 1055 N. Curtis Road. At St. Alphonsus we want you to make choices about your own healthcare. An Advance Directive is a way for you to make your wish about your own healthcare clear to others, if in the future you were not able to speak for yourself. It includes a Living Will and a Durable Power of Attorney for Healthcare. Please talk with your family and your doctor to let them know your requests.</p>
<p>Small Claims Court/Civil Court: Small claims court is used for the recovery of money as long as the amount does not exceed a total of \$5,000. Civil Court is for court cases over \$5,000 up to \$10,000. Civil Court cases for over \$10,000 is handled by District Court. <u>Ada County Court House:</u> 200 W. Front Street. 287-6900 <u>Ada County Small Claims Mediation Program:</u> 200 W. Front Street. 287-7683 <u>Canyon County Clerks Office:</u> 1115 Albany Street, Caldwell. 454-7577</p>

FINAL PLANNING

End-of-Life Planning

<p>Hospice Foundation of America: 800-854-3402 www.hospicefoundation.org</p>
<p>Life Care Centers of America: 672-3143</p> <p>Life Care Centers of America has three area facilities that offer a very special aspect of care: end-of-life planning.</p> <p>During this difficult time of life, our caregivers are trained to help meet the emotional, spiritual, and physical needs of each resident and family, as they prepare their hearts for the future.</p> <p>Please visit www.LLCA.com.</p>
<p>National Hospice & Palliative Care Organization: 800-658-8898</p> <p>Please visit www.nhpco.org for more information.</p>
<p>Saint Alphonsus Home Health and Four Rivers Hospice: 367-3040 or 800-253-7518</p> <p>If given a choice, we know most people would prefer to be cared for in the comfort of their own home. Saint Alphonsus offers you accessible medical care, pain management services, and quality end-of-life care - 24 hours a day. We work with you, your family, and your doctor to ensure all your medical needs are met in the privacy and comfort of your home.</p>

End-of-Life Support

<p>Horizon Home Health & Hospice: 888-7877 900 N. Linder Road, Meridian www.horizonhh.com</p>
<p>XL Hospice, Inc.: 888-6200 or 800-574-5911 Please visit www.xlhospice.com.</p>

Funerals, Burial, and Cremation

<p>Ada County Indigent Services: 287-7960 200 W. Front Street., Ste. 3131</p> <p>Assistance with cremation and burial costs for indigents in Ada County. Must meet criteria including residency and income requirements.</p> <p>www.adaweb.net/departments/indigent-services</p>
<p>Conner Family Funeral Chapel: 461-7019 2685 Caldwell Blvd., Nampa.</p> <p>“Let our family care for your family.” Serving all faiths. Elegant and affordable.</p>
<p>Division of Idaho Veterans Services: 334-1245 805 W. Franklin St., Ste. 201.</p> <p>Call for benefit information and assistance in filing claims regarding burial and death.</p>

Funeral Consumers Alliance: 800-765-0107

A nonprofit, educational organization that tracks legislation dealing with death and funeral issues, and advocates for consumers who have problems with funeral providers.

www.funerals.org

Nampa Funeral Home Yraguen Chapel:
442-8171

415 12th Avenue South, Nampa.

National Funeral Director's Association-Funeral Service Helpline: 800-228-6332

Assistance for consumers and funeral directors in resolving disputes about funeral service contracts.

Relyea Funeral Chapel: 344-4441

318 N. Latah. Offers complete funeral, cemetery, and cremation services. We proudly serve all faiths and cemeteries in the Boise area. Services provided include personalized aftercare, prearrangement planning, and payment choices.

*Vital Records***Idaho Bureau of Health Records and Vital Statistics:** 334-5988

Idaho State birth and death certificates may be requested from 1911 to the present are available. To obtain both birth and death certificates, you need the name, date of birth or death and the place in which the birth or death occurred. For a birth certificate you need the parent's full names, and the mother's full maiden name, proof of your identity & the purpose of your inquiry.

www.healthandwelfare.idaho.gov

*Safety & Security**Emergency Response***Fire/Police/Ambulance:** 911**OnFile.com:**

To ensure a full and healthy lifestyle, keep and maintain a copy of your most important medical information at www.onfile.com in case you must seek medical care during an emergency. To see how easily you can manage your health information with OnFile, go to OnFile.com and click enroll now. Use the code: 1-1-0801-6 and save up to 50% on your subscription.

Poison Control Center: 800-222-1222**Saint Alphonsus LifeLine:** 367-8913

Lifeline is an easy-to-use personal response service that ensures older adults living at home get quick assistance whenever it's needed-24 hours a day. Wear Lifeline as a pendant or wristband, and when you need help just press the waterproof Personal Help Button. Within seconds, a Lifeline monitor responds, assess the situation, and summons help.

Police & Sheriff Departments:

Ada County General Info: 577-3000

Ada County Dispatch: 377-6790

Caldwell Police: 455-3118

Canyon County Sheriff: 454-7531

Eagle Police: 938-2260

Meridian Police: 888-6678

Nampa Police: 465-2257

CPR & First Aid

American Red Cross: 800-853-2570

404 South 8th Street, Ste. 232.

Registration for classes can be completed online as well as by phone or in person.

www.redcrossidaho.org

Driver Assistance, Safety & Rehabilitation

AARP Driver Safety Program and Auto Safety Hotline: 888-227-7669 or 888-327-4236

Hotline provides callers with info on automobile safety recalls, crash test results, fuel economy ratings and other consumer information. The hotline takes complaints and provides assistance to consumers having difficulty in obtaining corrective action.

www.nhtsa.dot.gov

Idaho Transportation Dept: 334-8655 or TTY 334-4458

Applications and information on where to obtain a disabled parking permit can be obtained by calling the number or visiting the website.

<http://itd.idaho.gov/dmv>

Drivers' Licenses:

The Department of Licensing processes driver's license applications and handles driving exams.

Ada County: 557-3100

Canyon County; 454-7487

Meridian Licensing: 577-4700

Chapter 2: HOUSING OPTIONS

Emergency Housing Contacts

<p>Ada County Indigent Services: 287-7960 200 W. Front St., Room 3131 Rent and Utility Assistance</p>
<p>American Red Cross: 800-853-2570 404 South 8th Street, Suite 232 Aids with housing emergencies due to fire or other natural disasters.</p>
<p>EI-Ada Community Action-Energy Assistance: 322-1242 Income eligible households may receive assistance with utility bills, including those in jeopardy of being “shut off”. This benefit is limited to one time per program year.</p>
<p>Jesse Tree of Idaho: 383-9486 1025 South Capital Blvd. Provides emergency rent to eligible persons. Screening by phone is required before assistance can be accessed.</p>
<p>Salvation Army: 343-3571 4308 W. State St. - Boise 403 12th Avenue South - Nampa Provides one time emergency rental assistance to eligible Ada County residents.</p>
<p>Western Idaho Community Action Partnership (WICAP): 454-0675 521 South Kit Avenue. Caldwell Agency provides heating assistance for Canyon County residents.</p>

Community Housing Resources

<p>Long Term Care Ombudsman: Ada County: 322-7033 x259 Canyon County: 322-7033 x239 The ombudsman is an impartial mediator working with families, residents, and staff of long term care facilities. An ombudsman provides an effective means for the receipt, investigation, and resolution of complaints and concerns about the quality of life for persons 60+ who live in skilled nursing facilities and assisted living facilities.</p>
<p>Idaho Housing & Finance Association: 331-4877 or 877-438-4472 Information and referral for consumers, housing providers and advocates on a variety of topics including homeless service providers, agencies providing rental assistance, low-cost apartments, and other resources. Does not provide financial assistance. www.ihfa.org</p>

Housing Rights

<p>Department of Housing and Urban Development Housing Discrimination Hotline: 800-669-9777 An abundance of information is available through the HUD website about housing choices for seniors, consumer fraud information and volunteer opportunities. www.hud.gov</p>

Idaho Commission on Human Rights: 334-2873 OR 888-249-7025 OR TTY 334-4751

1109 Main St., Ste 400

Works to ensure freedom from discrimination based on disability in regards to housing. Works to protect the personal dignity of Idaho residents by promoting the interests, rights, and privileges on individuals.

www2.state.id.us/ihr/ihrchome.htm

Idaho Senior Legal Aid Hotline: 345-0106 or 866-345-0106

Provides legal information on fair housing issues.

Intermountain Fair Housing Council: 383-0695 OR 800-717-0695

350 N. 9th St., Ste. M200

Non-profit organization created to help people understand equal housing rights and what to do when those rights have been violated.

Housing Authorities

Boise City/Ada County Housing Authority: 345-4907

1276 West River St., Ste. 300

Serves Boise, Meridian, Eagle, Kuna, Star, and Garden City.

www.bcacha.org

Nampa Housing Authority: 466-2601

211 19th Avenue North

Low-Income public housing programs. Does not provide Section 8 Vouchers.

Southwestern Idaho Cooperative Housing Authority: 467-7461

1108 W. Finch Drive. Nampa

Provides Section 8 Housing Vouchers to a nine county area. Does not provide service for Ada County.

Low Income Rental Housing

Department of Housing and Urban Development Housing Counsel & Referral Line: 800-569-4287

Access information about housing via the hotline or website. The website details housing choices, consumer fraud, and volunteer opportunities. www.hud.gov

Idaho Housing & Finance Association: 331-4877 or 877-438-4472

Information and referral on low-income housing available throughout Idaho.

www.ihfa.org

Independent Living

Home Maintenance & Repair

Boise City Home Improvement Loans: 384-4158

1025 S. Capitol Blvd.

Variety of home loans available for Boise residents within the city limits who meet eligibility requirements. Home loans are available for complete home renovations, weatherization, emergency repairs and housing accessibility.

Canyon County Organization on Aging-Weatherization Program:

459-0065 OR 459-0063

114 Simplot Blvd. Caldwell.

Replaces the doors, windows, and insulation of Canyon County seniors in need.

El-Ada Community Action: 322-1242

701 E. 44th, Ste. 1, Garden City.

Weatherization Program provides assistance to economically disadvantaged individuals, including the elderly and disabled and is designed to reduce their heating consumption by applying energy saving measures to the home.

Neighborhood Housing Services: 343-4065

1401 Shoreline Drive

Offers two different programs to assist the elderly and disabled.

The National Center For Assisted Living: 202-842-4444

1201 L Street, N.W., Washington DC 20005

www.ncal.org

Assisted living voice of the American Health Care Association. Provides resources on how to choose an assisted living facility.

Agencies Offering Non-Medical Home Care and/or Home Support

Assisting Angels Home Care:

Boise: 344-7979

Nampa: 466-0733

Provides non-medical companion/homemaker services to seniors and those recovering from surgery. AssistingAngels.biz

Canyon County Organization on Aging-Chore Services: 459-0063

304 North Kimball, Caldwell

Assistance for Canyon County residents with minor household repairs, light painting, and other light home maintenance activities for persons 60+.

Faith In Action of Boise Inc.-Interfaith Volunteer Caregivers: 333-1363

701 West Fort Street

Volunteers provide informal caregiving services to fragile seniors. Includes light housekeeping, transportation for medical appointments, yard work and simple home maintenance.

www.fiaboise.org

Living with Assistance

Assisted Living Resources

Idaho Health Care Association: 343-9735

802 W. Bannock St., Suite 304,

www.ihca-net.org

Organization is an advocate for Idaho long-term care providers, but has a list of resources and information for the consumer on different care options including skilled nursing facilities and assisted living facilities.

Living Independence Network Corp:

336-3335

1878 W. Overland Road.

Please visit www.lincidaho.org for more info.**Touchmark Home Health and Home Care:**

884-3308

3975 E. Franklin Road, Meridian

Offer temporary assistance to help maintain independence at home. State licensed and Medicare certified, and provide rehabilitative therapists, personalized treatment programs, homemaker services, and case management by an RN.

www.meadowlakevillage.com/THH

Equipment & Supplies

Enrichment Catalog: 800-323-5547

Household helpers, dressing aids, exercise aids and personal care items are available through this catalog.

Please visit www.sammonspreston.com for more information.

Gold Violin Catalog: 877-648-8465

Helpful products that aid persons to live as independently as possible.

www.goldviolin.com

Home Care & Home Support Services (Non-Medical)

Idaho Department of Health & Welfare-Personal Care Services Division:

Boise: 334-0940

Caldwell: 454-0421

Home & Community Based Waiver Services-Case management, adult day care, chore services, homemaker, home modifications, supported employment and day rehabilitation are just a few services. Must meet eligibility guidelines.

Personal Care Services-Medicaid Program provided is available for Medicaid recipients who meet eligibility guidelines.

Services include basic personal care, exercise & transfer assistance, medication assistance, light housekeeping & grocery shopping, & transportation to medical appointments.

Home Health Care Agencies

A&A About Home Care: 455-0857

20710 Ward Lane, Caldwell

A&A About Home Care, Inc. has been the Treasure Valley's quality home care specialist for 11 years.

Services include quarterly visits with a supervising RN, meal preparation, housekeeping, medication reminders, bathing/dressing, and medically necessary transportation.

Horizon Home Health & Hospice: 888-7877

900 N. Linder Road, Meridian

Horizon Home Health & Hospice is a Medicare certified locally owned agency working closely with clients, their physicians, and family members to provide the best continuity of care all in the comfort of your own home.

Licensed and bonded staff providing skilled nursing, certified nursing assistances, physical, occupational, and speech therapy, telemedicine, private duty, social services, and end of life Hospice care.

www.horizonhh.com

Saint Alphonsus Home Health and Four Rivers Hospice: 367-3040

Saint Alphonsus offers accessible medical care and pain management services, at home-24 hours a day. We work with your doctor to provide the healthcare assistance you require whether you are recovering from surgery, learning how to cope with a chronic condition, or require special therapy.

Touchmark Home Health and Home Care: 884-3308

3975 E. Franklin Road, Meridian

We offer temporary quality assistance to help you maintain your independence at home. We are state licensed and Medicare certified, and provide rehabilitative therapists, personalized treatment programs, homemaker services, and case management by an RN.

www.meadowlakevillage.com/THH

Infusion

MedNow Home Infusion: 884-0669

800 South Industrial Way, Suite 240, Meridian

MedNow Home Infusion Pharmacy specializes in the care of home IV patients throughout the state of Idaho and Eastern Oregon.

Some of our services include TPN, antibiotics, hydration, IVIG, tube feeding, pain management and chemotherapy. Most funding sources accepted including Medicare and Medicaid.

Skilled Nursing Care

Nursing Facilities

Capitol Care Center: 375-3700

8211 Ustick, Boise ID 83704

Capitol Care Center is devoted to providing quality skilled nursing as well as the most comprehensive physical, occupational, speech therapy, and wound care available.

Life Care Centers of America: 672-3143

www.LCCA.com

Life Care Centers of America has three area facilities dedicated to offering high-quality, skilled nursing services.

Our compassionate caregivers provide well-rounded care that addresses the physical, emotional, mental and spiritual aspects of life, so each resident can live life to the fullest.

SunBridge Health Care:

Emmett - 365-3597

501 W. Idaho Boulevard

Meridian - 888-7049

1111 W. Pine Avenue

Nampa 208-467-7298

2609 Sunnybrook Drive

Twin Falls 208-734-8645

640 Filer Avenue West

Twin Falls Care Center - 734-4264

674 Eastland Drive

Let us help you improve your quality of life. We specialize in long-term and short-term rehabilitation, assisted living, long-term care, and Alzheimer's care.

Trinity Mission Health & Rehab of Midland, L.P.: 880-9985

46 N. Midland Boulevard, Nampa ID 83651

Idaho Health Care Association: 343-9735

802 W. Bannock St., Suite 304

www.ihca-net.org

Organization is an advocate for Idaho long-term care providers, but has a list of resources and information for the consumer on different care options including skilled nursing facilities and assisted living facilities.

Skilled Nursing Care Resources

American Health Association: 202-842-4444

www.longtermcareliving.com

Information available on how to choose long-term care facilities, how to transition into long-term care and information on how to access additional resources.

Capitol Care Center: 375-3700

8211 Ustick, Boise

Chapter 3: FINDING HELP

Emergency Services

Ada County Indigent Services: 287-7960

200 West Front Street, Suite 3131

www.adaweb.net/departments/indigent-services

County emergency assistance offers help with medical reimbursement as a last resort for individuals who have exhausted all other means of payment.

Recipients must meet eligibility guidelines.

Adult Mental Health Mobile Crisis Unit:

208-334-0808 Ext. 2

Confidential 24-hour crisis counseling.

American Red Cross of Greater Idaho:

800-853-2570

404 South 8th Street, Suite 232

Emergency food, clothing and shelter for victims of fire or large-scale disasters.

EI-Ada Community Action: 345-2820

355 N. Orchard St., Ste. 107

Bus tokens, clothing, homeless emergency fund, medical-need motel vouchers, personal hygiene kits, and prescription and dental assistance.

Salvation Army:

Boise: 343-3571

4308 West State Street, Boise ID 83703

Provides one time emergency rental assistance to eligible Ada County residents.

Nampa: 208-467-6586

403 12th Avenue South, Nampa ID 83651

Project Share is administered through the Salvation Army and allows seniors to access utility assistance from October through April.

Both locations have a food bank.

St. Vincent de Paul Society Helpline:

331-2208

Varying types of assistance is available to persons in need.

The Helpline allows for a volunteer to visit and bring resources and information.

Limited assistance with basic needs such as rent, utilities and vouchers to be exchanged at the St. Vincent de Paul Thrift Store.

Information & Referral

Evercare: 378-6585

8752 W. Overland Rd., Ste. 114

For people with limited incomes, Evercare health plans are a better choice for full health care coverage. When you have Medicare approved coverage through Evercare instead of original Medicare, you get more personalized care, more benefits/service. The Evercare Medicaid Supplement plan is a Medicare-Medicaid Coordinated Plan.

Idaho Careline 211 or 800-926-2588

www.idahocareline.org

The 2-1-1 Idaho CareLine is Idaho's only state-wide, comprehensive community information and referral service.

Idaho Dept of Health and Welfare: 334-5500

www.healthandwelfare.idaho.gov

The mission of the Idaho Department of Health and Welfare is to promote and protect the health and safety of Idaho residents. The website has a wealth of information on many topics and re-sources available to assist with other needs.

Southwest Idaho Area Agency on Aging Information and Referral: 549-2411 or 800-859-0324

Information specialists are available to answer questions on local resources. Literature can be mailed to interested parties on a variety of topics including retirement, Medicare, Medicaid, Social Security, senior services, health care, etc.

Hospital & Medical Clinics

Boise Veterans Medical Center: 422-1000

500 West Fort Street, Boise ID 83702

Healthsouth Treasure Valley Hospital:

373-5000

Mercy Medical Center: 463-5000

1512 12th Avenue Road, Nampa ID 83686

www.mercyidaho.org

Mercy Medical Center offers comprehensive healthcare services, including the latest in cardiology and women's health services. Among Mercy's many recent advancements are a computerized operating room, a digital diagnostic imaging system and 21 state-of-the-art orthopedic/surgical suites.

Board certified cardiologists and family medicine physicians provide patients with quality care in both the hospital and clinic settings.

Mercy's medical services are provided at Mercy Medical Center, Mercy North Health Center, Mercy Physician Group, Mercy Home Health and Hospice and the Mercy Family Birthing Center.

Mercy North Health Center: 288-4600

4400 E. Flamingo Avenue, Nampa ID 83687

www.mercyidaho.org

Saint Alphonsus Regional Medical Center:
367-2121

1055 N. Curtis Road, Boise ID 83713

Saint Alphonsus is a 387-licensed bed hospital and focuses on providing care in a spiritual, healing environment. As this region's only trauma center, Saint Alphonsus specializes in neuroscience, orthopaedic, surgery, rehabilitation, cancer, heart, vascular, and emergency services to care for the most critically ill and injured. Our broad range of medical and surgical specialties, combined with our world-renown diagnostic and medical imaging resources, ensures Saint Alphonsus has the clinical skills and expertise to diagnose and treat nearly all your medical needs.

St. Lukes Regional Medical Center:

Boise: 381-2222

Meridian: 706-5000

Genesis World Mission—Garden City Community Clinic: 384-5200

215 West 35th Street, Garden City ID 83714

Volunteers provide uninsured persons who meet eligibility guidelines with free medical care.

Saint Alphonsus Medical Group: 367-7264

15 Clinics around the Treasure Valley.

Whether you need medical support for routine or chronic conditions, the Saint Alphonsus Medical Group has over 100 board-certified primary care physicians and providers that listen to your needs and provide you with the respect, compassion, and high-quality care you deserve. Medicare accepted.

Terry Reilly Health Services:

Boise Clinic 208-344-3512

848 La Cassia, Boise ID 83705

Nampa Clinic 208-466-7869

223 16th Avenue N., Nampa ID 83653

Accepts Medicaid and Medicare. Operates on a sliding fee scale for insurance co-pays.

Health, Education & Social Services

Adult Day Health/Day Services

Community Alzheimer's Respite & Enrichment Program (Care Club): 761-6591

717 North 11th Street, Boise ID 83702

www.careclubboise.org

Provides respite care for families and persons with Alzheimer's and other dementias.

The Meadows at Touchmark at Meadow Lake Village: 888-2277

4037 E. Clocktower Lane, Meridian ID 83642

www.meadowlakevillage.com

Advocacy

<p>AARP: 888-687-2277 601 E Street NW, Washington DC 20049 www.aarp.org</p> <p>Access the location of the meeting nearest you on the AARP website.</p>
<p>CO-AD: 336-5353 or 866-262-3462 4477 Emerald St., Ste. B-100, Boise ID 83706</p> <p>Non-profit legal services organization which manages several programs designed to protect the rights of people with disabilities.</p>
<p>Idaho Human Rights Commission: 334-2873 or 888-249-7025 or TTY 334-4751 1109 Main St., Ste. 400, Boise ID 83720-0040 www2.state.id.us/ihr/ihrchome.htm</p> <p>Ensures that people are treated fairly with regards to employment, housing, education and public accommodations.</p>
<p>Living Independence Network Corporation (LINC): 336-3335 1878 West Overland Road, Boise ID 83705 www.lincidaho.org</p>
<p>Long-Term Care Ombudsman:</p> <p>Ada County: 322-7033 Ext. 259 Canyon County: 322-7033 Ext. 239</p> <p>Ombudsmen visit residents in skilled nursing facilities and other long-term care facilities; and advocate on their behalf. They offer a community presence and assist with the resolution of complaints and concerns about quality of life issues.</p>

Alternative Health Care

<p>Myofascial Release Center of Idaho: 321-7831 1556 S. Time Square Court</p>
--

Case Management

<p>Southwest Idaho Area Agency on Aging – Sage Community Resources: 322-7033 125 East 50th Street</p> <p>A comprehensive assessment is provided to persons 60+ who meet eligibility requirements. The assessment determines what services can be accessed through the Area Agency on Aging de-pending upon your eligibility and needs.</p>

Clothing Banks

<p>Boise Rescue Mission: 343-2491</p> <p>Provides free clothing for men. Contact the mission for specific times that clothing is available.</p>
<p>City Light Home for Women & Children: 368-9901</p> <p>Call for information on availability for free clothing provided to women and children.</p>
<p>El-Ada Community Action: 345-2820</p> <p>Clothing vouchers provided.</p>
<p>Western Idaho Community Action Partnership (WICAP)–Canyon County Community Action Center: 454-0675 521 South Kit Avenue, Caldwell</p>

Clothing-Thrift Shops

Assistance League of Boise Thrift Shop: 377-4327 5825 Glenwood, Garden City
Boise Senior Activities Center – Grandma’s Treasures Thrift Shop: 345-9921 690 Robbins Road, Boise ID 83702
Deseret Industries: 375-4681 10740 Fairview Avenue Thrift shop periodically receives medical equipment that can be purchased
Meridian Senior Center–Attic Treasures Thrift Shop: 888-5555 WCA Thrift Store: 343-3688 Ext. 27 720 West Washington Street

Counseling

Adult Mental Health Mobile Crisis Unit: 334-0808 Ext. 2 Confidential 24-hour crisis counseling.
The Cathedral of the Rockies Methodist Counseling Center: 343-7511 Ext. 229 717 North 11th For individuals, couples and families. Sliding fee scale available. No one is turned away due to inability to pay.
Easter Seals Clinical Services Program: 461-8470 Insurance and Medicaid accepted.

Living Independence Network Corporation (LINC): 336-3335 1878 West Overland Road www.lincidaho.org
Saint Alphonsus Behavioral Health: 367-6369 131 N. Allumbaugh Saint Alphonsus Behavioral Health offers a full range of outpatient mental health services, including comprehensive evaluation and treatment of most emotional and interpersonal problems. Individual, couple, family, and group therapy, integrated medical team, medication management and crisis support is available.
Terry Reilly Health Services: 467-7654 223 16th Avenue N, Nampa Sliding fee scale mental health counseling. Must be referred by Terry Reilly doctors.

Dental

Capitol Dental: 336-9333 314 W. Bannock Street Capitol Dental specializes in cosmetic, general, and implant dentistry. Our mini implants transform loose dentures into teeth that are firmly held in place. www.capitoldental.com
--

Idaho Careline 211 or 800-926-2588

www.idahocareline.org

Referrals by phone or online for low-cost dental services available to low-income persons residing in Idaho.

Terry Reilly Health Services

Boise Clinic: 336-8801

103 W Idaho St., Ste. A, Boise ID 83702

Nampa Clinic: 466-0515

11136 Moss Lane, Nampa ID 83651

Accepts uninsured and insured patients. Sliding fee scale payment is based on income.

Dialysis

Davita Dialysis: 888-Davita-8

www.davita.com

Nampa Dialysis: 467-5180

846 Parkcentre Way, Nampa

Table Rock Dialysis: 658-8111

5610 W. Gage Street, Suite B, Boise

Treasure Valley Dialysis: 639-3000

3525 E. Louise Drive, Meridian

We offer the complete range of treatment options and support services necessary to provide the highest level of care possible for people living with chronic kidney disease.

Disabilities

The Arc Inc.: 343-5583

4402 Albion Street

Provides services to disabled persons including life skills training, employment services, recreational opportunities and advocacy/referral services.

Idaho Assistive Technology Project – Center on Disabilities & Human Development: 885-3557 or 800-432-8324

www.idahoat.org OR www.idaho.at4all.com

Connects disabled Idahoans with assistive devices necessary to enable their quality of life.

Provides an equipment exchange program and a financed low-interest loan program to assist persons who cannot afford to purchase assistive devices needed.

Idaho Commission for the Blind and Visually Impaired: 334-3220

341 West Washington Street, Boise

www.icbvi.id.state.us

The Idaho Commission for the Blind and Visually Impaired is a federally funded state agency which provides individually designed services for people of all ages who are experiencing vision loss.

These services may include free in-home visits by rehabilitation teachers, low vision devices at a retail store, evaluations by a licensed optometrist at our clinic, and peer support groups.

Idaho Commission for Libraries – Talking Book Service: 334-2150 or 800-458-3271

325 West State Street

<http://libraries.idaho.gov/tbs>

Over 65,000 free books to choose from. Tape players provided on loan at no cost. All items mailed free to eligible residents that have a physical disability or vision impairment that interferes with the reading process.

Living Independence Network Corporation (LINC): 336-3335

1878 West Overland Road, Boise

www.lincidaho.org

Advocacy, information and referral, peer support, and training to help people with disabilities of any kind maintain or regain independence in the community. Self-directed in-home attendant services, consultation and assistance in obtaining equipment and home modifications.

Elder Abuse

Adult Protective Services: 322-7033

Investigates reports of abuse or neglect of adults and elderly individuals in the home. If you suspect abuse or neglect, or are a victim of abuse, call the telephone numbers above. If you are in immediate danger, call 911.

National Committee for the Prevention of Elder Abuse

www.preventelderabuse.org

Prevent abuse, neglect and exploitation of older adults.

Employment Services

Experience Works: 429-8077

2115 South Vista, Suite A

Training program assists persons 55+ who are low-income or at poverty level.

Foster Grandparents of Treasure Valley: 336-5533 Ext. 231

Multi-generational program allows seniors a volunteering opportunity to work with children. Stipends are available.

Goodwill Staffing Services: 323-1299

1465 South Vinnell Way

Placement assistance available for all persons looking for a job.

Idaho Division of Vocational Rehabilitation:

Boise West/Meridian: 327-7411

Boise East: 334-3650

Caldwell: 454-7606

Nampa: 465-8414

Serves people with a physical, emotional or mental disability impairing employment.

IdahoWorks:

Boise: 332-3575 TTY: 800-377-3529

Canyon County: 364-7781 TTY: 800-377-3529

Meridian: 364-7785 TTY 800-377-3529

Skills training/work experience for workers age 55 and over. Also offers full range of services for job seekers including available jobs in the area.

End of Life Care/Hospice

Capitol Care Center: 375-3700

8211 Ustick

Capitol Care Center is devoted to providing quality skilled nursing as well as the most comprehensive physical, occupational, speech therapy, and wound care available. Our staff and therapist are dedicated to the encouragement and education of each resident. This approach ensures a healthier lifestyle to share with family and friends.

Care First Hospice: 343-1200

1655 W. Fairview, Suite 204

Compassionate Friends: 877-969-0010

www.compassionatefriends.org

Support for families who have lost a child.

Hospice Foundation of America:

800-854-3402

www.hospicefoundation.org

Life Care Centers of America: 672-3143

www.LCCA.com

Life Care Centers of America has three area facilities that help to provide hospice care if it is desired. Social workers communicate with residents and their families and put them in contact with compassionate hospice providers in order to put their minds at ease.

National Hospice & Palliative Care Organization Helpline: 800-658-8898

www.nhpco.org

Provides consumer information on hospice care. Offers assistance with palliative and local hospice care contacts.

Saint Alphonsus Home Health and Four Rivers Hospice: 367-3040 or 800-253-7518

If given a choice, we know most people would prefer to be cared for in the comfort of their own home.

Saint Alphonsus offers you accessible medical care, pain management services, and quality end-of-life care – 24 hours a day.

We work with you, your family, and your doctor to ensure all your medical needs are met in the privacy and comfort of your home.

Trinity Mission Health & Rehab of Holly, L.P.
941-3435

2105 12th Avenue Road, Nampa

Trinity Mission Health & Rehab of Midland and Holly, L.P. will help you recover from recent surgeries and extended illnesses.

Retirement is a time to enjoy yourself! Call for a personal tour.

XL Hospice, Inc.: 888-6200 or 800-574-5911

www.xlhospice.com

XL Hospice is locally owned and has been serving the Treasure Valley for nearly 20 years.

The team at XL Hospice is experienced and dedicated to providing excellent care to its patients and their families.

Request XL Hospice, the leader in end-of-life care to support you and your loved one.

Food & Nutrition Resources

Congregate Meal Sites

<p>Boise Senior Activities Center: 345-9921 690 Robbins Road Contact for schedule.</p>
<p>Caldwell Senior Citizen Center: 459-0132 1009 Everett Street Contact for schedule.</p>
<p>Eagle Senior Center: 939-0475 312 East State Street Lunch served Tuesdays and Thursdays.</p>
<p>Garden City Senior Center: 336-8122 3835 Reed Street Lunch served Wednesdays and Fridays.</p>
<p>Kuna Senior Center: 922-9714 299 Avenue B Lunch served Monday, Wednesday & Fridays.</p>
<p>Meridian Senior Center: 888-5555 133 West Broadway, Meridian Contact for schedule.</p>
<p>Nampa Senior Center: 467-7266 207 Constitution Way Lunch served Monday-Friday.</p>
<p>Star Senior Center: 286-7943 102 Main Lunch served Wednesdays and Fridays.</p>

Food Banks

<p><u>BOISE:</u> Boise Rescue Mission–River of Life: 368-0824 Calvary Chapel: 321-7440 Community Action Partnership: 454-0675 El-Ada Community Action Council: 345-2820 Grace Chapel: 375-5515 Salvation Army: Boise: 343-3571 Nampa: 467-6586 St. Mark’s Food Bank: 327-0345 Whitney United Methodist Church: 343-2892</p>
<p><u>CALDWELL:</u> Alpha & Omega Ministries: 703-1633 Lighthouse Rescue Mission Ministries: 461-5030 Oasis Food Center: 459-6000 Soup kitchen and food pantry.</p>
<p><u>EAGLE:</u> Hope Lutheran Church – Give Hope Food Pantry: 939-9181</p>
<p><u>MERIDIAN:</u> Holy Apostles Catholic Church: 888-1182 Meridian Food Bank: 888-1209 Alternate Number: 888-2141</p>

NAMPA:

Care House: 466-5364 or 466-3549

Nampa 7th Day Adventists Community Services: 466-5758

For Nampa residents. Recipients must bring in photo ID, proof of residence, social security card and any proof of income if there is income. Open on Wednesday only.

Rock Christian Missionary Alliance: 461-6413 or 466-7746

Home Delivered Meals

Caldwell Meals-On-Wheels: 454-8142

Central District Health Department – Meals on Wheels: 327-7460

Home delivered meals for Ada County.

Entrees On-Trays

www.BoiseOnTrays.com

Entrees On-Trays is a restaurant meal delivery service that delivers meals from restaurants to homes in Boise, Eagle, and Meridian. We deliver 11-2 pm and 5-9 pm seven days a week for a \$20 minimum order and \$5-\$10 delivery fee.

Call a participating restaurant (see website for a list), place your order, and we will arrive in about an hour.

Mercy Medical Center-Meals-on-Wheels: 463-5720

Health Education

Central District Health Department: 375-5211

707 North Armstrong Place

Serves Ada County.

Southwest District Health Department: 455-5300

920 Main Street, Caldwell ID 83605

Serves Canyon County. A Health educator is available to answer questions about a variety of topics. Contact the Health Department to learn more about the Fit and Fall Prevention classes at the area senior centers.

Medical Equipment & Supplies

Goodwill–Easter Seal Society Equipment Loan Program: 321-9172

Eligibility requirement is a doctor’s prescription. There is a \$5 deposit fee.

MedNow Medical:

Boise: 424-0966

6010 West Franklin Rd., Boise ID 83706

Eagle: 938-2134

323 East Riverside Dr., #120, Eagle

Nampa: 463-5500

1311 12th Avenue Rd., Nampa ID 83686

Ontario: 541-881-7420

884 SW 4th Ave., Ontario OR 97914

Pharmacy

<p>Innovative Care Pharmacy: 323-1259 9196 W. Emerald St., Suite 110 www.innovativecarepharmacy.com</p> <p>Innovative Care Pharmacy is a full-service pharmacy dedicated to providing the best pharmaceutical care. We provide medications to customers in a variety of settings, including skilled nursing homes, assisted living facilities, hospice agencies, home infusion, and a retail pharmacy that services all community customers.</p> <p>Special interests include: senior care, medication management, and the preparation of compounded medications. Delivery service available</p>
<p>Eagle-MedNow Pharmacy: 938-2136 323 E. Riverside Dr., Ste. 120</p> <p>Merdian-MedNow Pharmacy: 898-0883 745 South Progress Ave.</p> <p>Nampa-MedNow Pharmacy: 463-5355 1512 12th Avenue Rd.</p> <p>Nampa-MedNow Pharmacy: 288-4660 4400 Flamingo Ave. East.</p> <p>Boise-MedNow Pharmacy: 367-4847 999 North Curtis Rd., Ste. 102.</p> <p>M–Th 8:30am-7pm & Fri 8:30am-6:30pm & Sat 10am-2pm Closed Sundays</p>

Stolen Identity/Identity Theft

<p>Better Business Bureau (BBB) of South-west Idaho and Eastern Oregon: 342-4649 4355 Emerald Street, Boise ID 83706 www.boisebbb.org</p>
<p>Federal Trade Commission – Identity Theft Hotline 877-438-4338 or TTY 866-653-4261 ftc.gov/idtheft</p> <p>Report complaints about identity theft online or by phone.</p>
<p>Identity Theft Resource Center: 858-693-7935 www.idtheftcenter.org</p>
<p>Privacy Rights Clearinghouse Consumer Hotline: 619-298-3396 3100 5th Avenue, Suite B, San Diego CA 92103 www.privacyrights.org</p> <p>Wealth of information regarding privacy issues and how to protect against privacy violations.</p>

Support Groups

<p>Alcoholics Anonymous: 344-6611 24-hour hotline connects persons to support groups 7 days of the week both days and evenings.</p>
<p>Alzheimer’s Support Groups: 384-1788</p>
<p>Better Breathers: 345-5864</p>
<p>Horizon Home Health and Hospice–Be-reavement Support Groups: 884-5051 Groups are ongoing.</p>
<p>Living Through Cancer: 381-2779</p>

Osteoporosis Support Group: 467-7266
Ostomy Support Group: 939-7292
Parkinsons Disease Support Group: 367-6570
Recovery Inc.: 375-6277 Self-help mental health support group that teaches tools to assist in handling every day life.
Treasure Valley Al-Anon: 344-1661 Support group for persons who have been affected by another person's drinking.
Treasure Valley Grandparents as Parents: 323-7538

Transportation

Access: 345-7433 Transportation for disabled persons meeting eligibility requirements living inside Boise city limits.
ACHD Commuteride: 345-7665 www.commuteride.com Promotes alternatives to riding alone to reduce congestion and pollution. Provides ride matching services enabling persons to find others willing to carpool.
Advanced Wheelchair Transport: 921-6964 3673 Rickenbacker Street, Boise ID 83705 www.wheelchairtrans.com

Angel Flight West: 888-426-2643 www.angelflight.org Volunteer private pilots provide transportation for medical patients in 14 western states.
Boise Senior Activities Center: 345-9921 Medical transportation for persons who qualify three times weekly. Participants must call at least 48 hours in advance.
Canyon County Organization on Aging: 459-0063 Door-to-door service for Caldwell residents 60+. Transportation is for any necessary destination within Caldwell 7:45 am - 3:15 pm Monday through Friday.
Eagle Senior Center: 939-0475 Transportation provided to medical appointments for Eagle residents 60+ every Wednesday. Appointment for transportation must be made in advance with the Eagle Senior Center.
Treasure Valley Transit: 463-9111 Transportation for Medicaid recipients in Nampa and Caldwell.
Valley Regional Transit: 846-8547 Rideline: 345-7433 www.valleyride.org Public transit system in Boise, Nampa and Caldwell. Inter-county services are available between Nampa and Caldwell and Meridian and Boise. Also provides paratransit services (Access).

Chapter 4: HEALTH ISSUES

Addiction

Alcoholics Anonymous: 344-6611
1516 South Vista Avenue
Contact alcoholics anonymous to find out about support group meetings seven days a week, days and evenings.
Help is available through this contact line 24 hours a day.

Alta Addictions & Mental Health Services: 395-1713
5223 West Overland
Variety of programs offered including substance abuse education and DUI education. Sliding fee scale based on ability to pay.

Narcotics Anonymous:
24-Hour Helpline: 338-4880

National Clearinghouse for Alcohol and Drug Information: 800-729-6686
Spanish 877-767-6432
<http://ncadi.samhsa.gov>
Provides a wealth of information & resources.

National Council on Problem Gambling:
24-Hour Helpline 800-522-4700

St. Alphonsus Addiction Recovery Center: 367-3553
131 N. Allumbaugh
The Addiction Recovery Center at Saint Alphonsus is licensed by the state of Idaho, and is the only intensive outpatient treatment program in the Treasure Valley certified by the Joint Commission of Hospital Accreditation (JCAHO). The Addiction Recovery Center is unique in its ability to offer individualized treatment in an intensive, group treatment venue. As a result, the treatment program offers both immediate relief and enduring benefit.

Treasure Valley Al-Anon: 344-1661
Support system for families and friends of people with a drinking problem.

US Department of Health & Human Services—Abuse Treatment Locator: 800-662-4357
www.findtreatment.samhsa.gov

Allergies

Asthma & Allergy Foundation of America: 800-727-8462
www.aafa.org

Food Allergy and Anaphylaxis Network: 800-929-4040

Alzheimer's Disease

Alzheimer's Association: 800-272-3900

www.alz.org

Alzheimer's Association-Greater Idaho Region: 384-1788

1111 S. Orchard St., Ste. 200

Information and support for caregivers and families of persons with Alzheimer's disease and related dementias can be accessed by calling this helpline.

Alzheimer's Disease Education & Referral Center: 800-438-4380

www.nia.nih.gov/alzheimers

Alzheimer's Foundation of America:
866-232-8484

www.alzfdn.org

The Alzheimer's Foundation of America offers nationwide hotline counseling and referrals to member organizations and other hands-on support services.

Community Alzheimer's Respite and Enrichment Program (Care Club): 761-6591

717 North 11th Street

www.careclubboise.org

Respite care for families and persons with Alzheimer's and other dementias. Nutritional meals, recreational opportunities, and inter-generational activities are available. Program partners with families to assist in maximizing function and improving quality of life for those with Alzheimer's and dementia. Registration required and there is a cost.

ALS or Lou Gehrig's Disease

Amyotrophic Lateral Sclerosis Association: 818-880-9007

www.alsa.org

Focusing on patient support, education, and up-to-date information to the ALS community.

Arthritis

Arthritis Foundation: 800-283-7800

www.arthritis.org

Utah/Idaho Chapter: 800-444-4993 or 801-536-0990

Education, programs and physician list for persons with arthritis.

Evercare: 378-6585

8752 W. Overland Rd., Ste. 114.

For people living with long-term illnesses (like diabetes, heart disease, high blood pressure and others),

Idaho Arthritis & Osteoporosis Center, P.C.
208-887-9500

520 S. Eagle Road, Suite 3211

www.idahoarthritis.com

Our board certified rheumatologists are dedicated to outstanding patient care. We offer in-house x-ray, DEXA, diagnostic ultrasound, electrical neuroanalgesia treatment, and infusion center. No referrals are necessary, except when required by insurance. Most insurance plans accepted.

Cancer

<p>American Cancer Society: 800-227-2345 www.cancer.org</p>
<p>Boise Office: 343-4609 2676 Vista Avenue Offers support and information and may assist patients in obtaining wigs, hats, scarves and turbans for free. The American Cancer Society also funds many programs that assist cancer patients and their families, including: Look Good Feel Better: Licensed cosmetologists teach patients receiving chemotherapy how to style wigs, wear head covers and provide make-up tips for changes in appearance. Reach to Recovery: This program offers one-on-one visits from a mastectomy survivor to a new mastectomy patient. Support and physical therapy suggestions are offered.</p>
<p>National Cancer Institute—Cancer Information Service: 800-422-6237</p>
<p>Saint Alphonsus Cancer Care Center: 367-3131 1055 North Curtis Road Offers an integrative approach to healing. Our comprehensive methods integrate state-of-the-art techniques to diagnose and treat cancer, including advanced imaging, radiation therapy, and chemotherapy, with nutrition, exercise and other complementary therapies proven to meet a patient’s physical, mental and spiritual needs.</p>
<p>The Skin Cancer Foundation: 800-754-6490 www.skincancer.org</p>

Crohns & Colitis Diseases

<p>Crohn’s and Colitis Foundation of America: 888-694-8872 www.ccfa.org Crohn’s and colitis are inflammatory diseases of the large intestine. If untreated, these conditions can eventually obstruct the intestinal tract.</p>
--

Diabetes

<p>American Diabetes Association (ADA): 800-342-2383 www.diabetes.org</p>
<p>Evercare: 378-6585 8752 W. Overland Rd., Ste. 114. For people living with long-term illnesses (like diabetes, heart disease, high blood pressure and others),</p>
<p>Institute of Diabetes, Digestive and Kidney Diseases: www.niddk.nih.gov A clearinghouse for health information, education, programs, news briefs, and releases.</p>

Hearing Impaired

<p>Association for Late Deafened Adults: 866-402-2532 www.alda.org</p>

Described Media and Captioned Program:
800-237-6213 or TTY 800-237-6819

www.dcmp.org

Provides described media for visually impaired persons as well as captioned media for hearing impaired persons.

Idaho Telecommunications Relay Service:

Hamilton Relay 711

TTY/ ASCII 800-377-3529

Voice 800-377-1363

Speech to Speech 888-791-3004

Spanish to Spanish 866-252-0684

Provides traditional relay services for the state of Idaho. When connecting with Idaho Relay, a Communication Assistant (CA) will connect you to your party.

St. Alphonsus Heart and Vascular Center:
367-2700

1055 N. Curtis Road

One of America's Top 100 Cardiovascular hospitals. Encompasses cardiac surgery, cardiac intensive care, cardiac catheterization labs, coronary and telemetry care, and cardiac diagnostic services.

Huntington's Disease

Huntington's Disease Society of America:
800-345-4372

www.hdsa.org

Huntington's Disease is a progressive degenerative disease stemming from a disorder within the brain that causes nerve cells to waste away.

Heart

American Heart Association: 800-242-8721

www.americanheart.org

Greater Treasure Valley, Idaho/Oregon:
384-5066

270 S. Orchard, Ste. B

Information, wills, memorial gifts and Heart Fund services are available through the American.

Heart Association Idaho Heart Care Saint Alphonsus: 367-4278

6140 Curtisian, Suite 200

www.saintalphonsus.org

Incontinence

National Association for Continence:
800-252-3337

A patient advocacy group that offers information, resource listings, a newsletter, and encouragement to individuals experiencing incontinence.

St. Alphonsus Rehabilitation Services:
367-3315

901 N. Curtis Road, Suite 204.

Program helps both females and males who suffer from involuntary loss of urination.

Joint Conditions & Disease

St Alphonsus Joint Care Center: 367-7015

1055 N. Curtis Road

Saint Alphonsus offers a unique integrated program of rehabilitation for joint replacement patients through the Joint Care Center. The program focuses on individualized strengthening, in-depth education, and group rehabilitation to lay the foundation for successful joint surgery recovery.

Kidney Failure

Davita Dialysis: 888-Davita-8

www.davita.com

Nampa Dialysis: 467-5180

846 Parkcentre Way, Nampa

Table Rock Dialysis: 658-8111

5610 W. Gage Street, Suite B.

Treasure Valley Dialysis: 639-3000

3525 E. Louise Drive, Meridian

Kidney Information Clearinghouse:

www.renalnet.org

National Kidney Foundation: 800-622-9010

www.kidney.org

National Kidney Foundation of Utah & Idaho Inc.: 801-226-5111

www.kidneyut.org

Leukemia

Leukemia and Lymphoma Society:

800-955-4572

www.leukemia.org

Idaho/Montana Branch: 658-6662 or 866-357-9051

921 S. Orchard St., Suite I, Boise ID 83705

Liver Failure

American Liver Foundation: 212-668-1000

Hepatitis Hotline: 888-443-7872

Liver Disease Hotline: 800-465-4837

www.liverfoundation.org

Pacific Northwest Chapter: 206-443-3805

2033 Sixth Avenue, Suite 260

Seattle, WA 98121

Lung Disease

American Lung Association: 212-315-8700

www.lungusa.org

American Lung Association of Idaho:

345-5864

1111 S. Orchard, Ste. 245.

Asthma and Allergy Foundation of America:
800-727-8462

www.aafa.org

Provides practical information, community-based services, support and referrals through a national network of chapters. AAFA also sponsors research toward better treatments and a cure for asthma and allergic diseases.

Lung Cancer Alliance – Lung Cancer Hotline: 800-298-2436

www.screenforlungcancer.org

Lupus

Lupus Foundation of America:
800-558-0121

www.lupus.org

Affecting the skin and connective tissues, lupus impacts the joints, skin, and numerous other organs in the body. It is a disease of the autoimmune system.

Mental Health

American Association for Geriatric Psychiatry: 301-654-7850

www.aagpgpa.org

Referrals for geriatric psychiatrists and written materials for patients, families, and caregivers.

NAMI of Idaho: 673-6672 or 800-572-9940

PO Box 68, Albion ID 83311

NAMI provides education and support for families. Call for support group information.

National Institute of Mental Health:
800-421-4211

www.nimh.nih.gov

Recovery Inc.: 312-337-5661

www.recovery-inc.org

Self-help mental health organization that uses a method involving a system of cognitive/behavioral techniques to help manage and control nervous symptoms and fears.

St. Alphonsus Behavioral Health Services:
367-6369

131 N. Allumbaugh

Saint Alphonsus Behavioral Health offers individuals, couples, families, and groups a full range of outpatient mental health services.

Comprehensive evaluation and treatment of most emotional and interpersonal problems including:

mood and anxiety disorders, trauma and abuse, behavioral disorders, marriage/family problems, psychotic disorders.

SunHealth Behavioral Health: 327-0504

8050 Northview

SunHealth Behavioral Health is an inpatient psychiatric hospital for patients 62 years and older, also providing a full range of outpatient mental health services. We have a passion for caring.

Multiple Sclerosis

National Multiple Sclerosis Society:

800-344-4867

www.nmss.org

Idaho State Division—All American Chapter: 388-1998

6901 West Emerald Street, Suite 208

Information and referral, counseling and self-help groups, special activities and programs, and written materials are available.

Orthopaedics

St. Alphonsus Idaho Orthopaedic Institute: 367-4289

1055 N. Curtis Road

The Idaho Orthopaedic Institute at Saint Alphonsus provides a nationally recognized, comprehensive program for patients with musculoskeletal disease. The Institute's expansive integration of research and patient care ensures refined treatment and reconstruction options, making our average length-of-stay for patients comparable to the most reputable orthopaedic hospitals in the United States.

Osteoporosis

Idaho Arthritis & Osteoporosis Center, P.C.: 887-9500

520 S. Eagle Road, Suite 3211

www.idahoarthritis.com

National Osteoporosis Foundation:

800-223-9994

www.nof.org

St. Alphonsus Osteoporosis Center: 367-3336

6200 W. Emerald, Suite 101

The Saint Alphonsus Osteoporosis Center, in partnership with the Breast Care Center, offers bone density screening as well as a prevention and management program designed to help you develop a regular exercise program and give you guidance on how to attain adequate calcium intake each day. Services offered include: individual evaluations and exercise counseling, individual nutrition counseling and group cooking demonstrations, wellness classes and education on home safety to prevent falls.

Ostomies

United Ostomy Associations of America: 800-826-0826

www.uoaa.org

Boise Idaho Area Ostomy Support Group: 939-7292 or 800-559-7277 Ext. 5697

Paralysis & Spinal Cord Injuries

Christopher Reeve Paralysis Foundation:

800-225-0292

crpf.org

National Spinal Cord Injury Association: 800-962-9629

www.spinalcord.org

Information and referral on paralysis and spinal cord injuries is available through this association.

St. Alphonsus Idaho Neurological Institute:
367-2747

1055 N. Curtis Road

Offers a comprehensive, state-of-the-art spinal program that encompasses all aspects of spinal microsurgery. Treatment includes cervical, thoracic, lumbar disc removal, and decompressive surgery.

Parkinson's Disease

American Parkinson's Disease Association: 800-223-2732

www.apdaparkinson.org

APDA-Boise Information & Referral Center:
367-6570

Patient education, support services and written materials are available.

National Parkinson's Foundation:
800-327-4545

www.parkinson.org

Provides information, answers questions and gives physician referrals.

St. Alphonsus Idaho Neurological Institute:
367-2747

1055 N. Curtis Road

Offer a full range of care for individuals who suffer from Parkinson's Disease, Essential Tremor, and other movement disorders. We also offer a full range of treatment options for patients, from traditional drug therapy to surgical interventions, including Deep Brain Stimulation (DBS), for those individuals that qualify for this minimally invasive treatment.

Prostate Disease

American Cancer Society: 800-227-2345

www.cancer.org

Practical information and emotional support is provided to men and the families of men who have been diagnosed with prostate cancer.

American Cancer Society Boise Office:
343-4609

2676 Vista Avenue

American Prostate Society: 800-308-1106

PO Box 870, Hanover, MD 21076

www.americanprostatesociety.com

Provides education about prostate disease and treatment. Free newsletter.

Sleep Disorders

National Sleep Foundation: 202-347-3471

1522 K Street NW, Suite 500, Washington DC 20005

www.sleepfoundation.org

Dedicated to improving quality of life for Americans with sleep disorders and accident prevention related to them.

St. Alphonsus Sleep Disorders Center:
367-2008

6140 W. Curtisian, Suite B10

Nationally accredited full service center staffed by physicians who are board certified or trained in the diagnosis and treatment of adult and pediatric sleep disorders. The program includes a full evaluation, and tests for sleep disorders. Common disorders are sleep apnea, narcolepsy, and chronic insomnia.

Stroke

<p>American Heart Association: 800-242-8721 www.americanheart.org</p>
<p>Greater Treasure Valley, Idaho/Oregon: 384-5066 270 S. Orchard, Ste. B Information, wills, memorial gifts and Heart Fund services are available through the American Heart Association.</p>
<p>American Stroke Association: 888-478-7653 www.strokeassociation.org The stroke support network links the stroke survivors, their family members and the professionals together.</p>
<p>National Stroke Association: 800-787-6537 www.stroke.org</p>
<p>St. Alphonsus Idaho Neurological Institute: 367-2747 1055 N. Curtis Road Saint Alphonsus award-winning, comprehensive stroke care services provide an aggressive, streamlined team approach to stroke care, which includes specialized physicians, therapists, and dieticians. Both patient and family participate in therapy planning, and each individualized program is designed to ensure that all necessary support services are provided to maximize rehabilitation and recovery to return the stroke patient to an optimal level of independence.</p>

Vision Impairment

<p>Eyecare America Senior Eyecare Project Helpline: 800-222-3937 www.eyecareamerica.org Assistance with eye problems for seniors aged 65 and over. Brochures on many common eye diseases and referral to local ophthalmologists for eligible seniors.</p>
<p>Guide Dog Foundation for the Blind: 800-548-4337 www.guidedog.org Provides services and guide dogs to individuals who are legally blind.</p>
<p>Idaho Commission for the Blind & Visually Impaired: 334-3220 or 800-542-8668 120 South Cole Road Services offered include retail store that carries adaptive devices, an assessment and training center, and a low vision clinic.</p>
<p>National Federation of the Blind of Idaho: 343-1377 www.nfb.org</p>
<p>Idaho Commission for Libraries–Talking Book Service: 334-2150 or 800-233-4931 325 West State Street http://libraries.idaho.gov/tbs Over 65,000 free resources (books) to choose from. Tape players can be provided on loan at no cost and all items are mailed free to eligible Idaho residents that have a physical disability or vision impairment that interferes with the reading process.</p>

Chapter 5: LIVING FULLY

Art, Crafts, Music, & Dance

Art

<p>Boise Art Center: 384-4486 700 Robbins Road Drawing, watercolor painting, photography and pottery classes available.</p>
<p>Boise Community Education Program: 854-4047 8169 W. Victory Road www.boiselearns.org</p>
<p>Boise Senior Activity Center: 345-9921 690 Robbins Road</p>
<p>Meridian Senior Center: 888-5555 133 West Broadway Avenue</p>

Crafts

<p>Handweavers Guild of Boise Valley: 939-8906</p>
<p>Meridian Senior Center: 888-5555 133 West Broadway Avenue Quilting and craft groups.</p>

Dance

<p>Boise Community Education Program: 854-4047 8169 W. Victory Road www.boiselearns.org</p>
<p>Boise Senior Activities Center: 345-9921 690 Robbins Road Line dancing classes.</p>
<p>Caldwell Senior Citizen Center: 459-0132 1009 Everett Street, Caldwell Dance every Friday evening from 6 pm-9 pm.</p>
<p>High Desert Swing Dance Club: 860-2132 Couples dancing for all ages.</p>
<p>Nampa Senior Center: 467-7266 207 Constitution Way, Nampa Dances held Thursdays from 7 pm-10 pm.</p>

Music

<p>Boise Blues Society: 459-8082</p>
<p>Boise Community Concert Association: 331-5015</p>

<p>Boise Philharmonic: 344-7849 516 South 9th Street Senior discount available for morning dress rehearsal concerts. Concerts are typically held on the third Saturday of the month.</p>
<p>Boise Valley Chordsmen: 375-8849</p>
<p>Boise Valley Community Chorus: 375-8849</p>
<p>Meridian Symphony Orchestra: 891-2721</p>
<p>Opera Idaho: 345-3531 www.operaidaho.org</p>
<p>Sweet Adelines / Treasure Valley Showtime Chorus: 922-4535 Ladies singing group dedicated to the promotion of barber shop harmony.</p>

Theater

<p>Boise Contemporary Theatre: 331-9224</p>
<p>Boise Little Theatre: 342-5104</p>
<p>Caldwell & Nampa Community Alliance of Theatre: 442-0676</p>
<p>Knock 'Em Dead Dinner Theatre: 385-0021</p>
<p>Music Theatre of Idaho: 468-2385</p>
<p>New Heritage Theatre Company: 381-0958</p>
<p>Prairie Dog Productions: 336-7383</p>
<p>Stagecoach Theatre: 342-2000</p>
<p>Starlight Mountain Theatre: 342-2187</p>

Computer/Internet

Computer Resources

<p>United Cerebral Palsey of Idaho Computer Lab and Demonstration Center: 377-8070 5420 W. Franklin Road, Suite A Computers available are equipped with assistive devices for persons with disabilities. Open to anyone with any type of disability.</p>

Computer Classes

<p>Boise Community Education Program: 854-4047 8169 W. Victory Road www.boiselearns.org</p>
<p>Boise Public Library: 384-4076 715 S. Capitol Boulevard Offers basic computer skills and Internet skills classes from September through May. Register for classes via phone or in person.</p>
<p>Boise Senior Activities Center: 345-9921 690 Robbins Road</p>
<p>Caldwell Senior Citizen Center: 459-0132 1009 Everett Street, Caldwell Computer classes are \$5. Interested parties must call in advance and sign up for classes.</p>
<p>Nampa Senior Center: 467-7266 207 Constitution Way, Nampa Computer classes specifically for seniors.</p>

Internet

SeniorNet: 800-747-6848

www.seniornet.org

Provides a means for seniors to form friendships with an online network community.

Through the Internet, you can research and explore businesses, products, services, people, education, travel, financial information, etc. Two of its most popular functions include the following:

- Electronic mail (email), where you can send and receive mail for the same reasons you use the US mail; and
- World Wide Web (www), where you can visit sites that have text, pictures, sound and animation.

Exercise, Wellness & Fitness

Caldwell Parks and Recreation: 455-3060

Water aerobics classes for seniors; a variety of classes are open to all ages.

Caldwell Senior Citizen Center: 459-0132

1009 Everett Street, Caldwell

Low-impact aerobics and Fit Not Fall Balance and Strength Training are held two times weekly.

Silver Sneakers 888-423-4632

www.silversneakers.com

Fitness program for persons 55 and older with many benefits. Access the location that provides this program nearest to you via website or phone.

Gardening

Ada Gardeners Garden Club: 888-2858

Boise Bonsai Society: 336-5769

Early Morning Gardeners Club: 454-8882

Golden Garden Club: 345-9638

Idaho Rose Society: 938-0662

Merry Tillers Garden Club: 336-3026

Nampa Garden Club: 896-5005

Diverse group comprised of novice and master level gardeners ranging in age from 18-88.

Miscellaneous Hobbies & Clubs

Boise Astronomical Society: 362-8627

Boise Bridge Club: 327-0166

www.boisebridgeclub.com

Boise Camera Club: 343-6110

<http://boisecameraclub.org>

Eagle Stamp & Postcard Club: 407-7704

Open to both new and old collectors of all ages.

Gold Prospectors Association of America – Idaho Chapter, Nampa Club: 989-6740

Idaho Gem Club: 465-1646

Nampa Model Aviators: 461-9010

www.nampamodelaviators.com

Museums

<p>Basque Museum & Cultural Center: 343-2671 611 Grove Street</p>
<p>Boise Art Museum: 345-8330 670 Julia Davis Drive www.boiseartmuseum.org</p>
<p>Canyon County Historical Society & Museum: 467-7611 1200 Front Street, Nampa www.canyoncountyhistory.com</p>
<p>Eagle Historical Museum: 939-2669 67 East State Street</p>
<p>Idaho Historical Museum: 334-2120 610 North Julia Davis Drive</p>
<p>Idaho Military History Museum: 272-4841 4748 West Lindbergh Street, Building 924 Museum is on military post, but the general public can access the post on Harvard Street.</p>
<p>Idaho Museum Of Mining & Geology: 368-9876 2455 Old Penitentiary Road www.idahomuseum.org</p>
<p>Warhawk Air Museum: 465-6446 201 Municipal Drive, Nampa www.warhawkmuseum.org</p>

Pets & Animals

<p>Canyon County Animal Shelter: 455-5920 5801 Graye Lane, Caldwell PET ADOPTION – Cost is \$45 for cats and \$65 for dogs. This fee covers spay/neuter costs, ID tags, pet insurance for 30 days, first vaccinations and a leash and collar. Pre-adoption fee for dogs is \$77.50 for screening. Not all dogs require a preadoption screening. VOLUNTEER OPPORTUNITIES – Become a foster parent for animals until permanent home is found; driving mobile adoption van; exercising, walking, grooming and socializing with animals; performing daily clerical operations; and outreach and awareness tasks.</p>
<p>Idaho Humane Society Shelter: 342-3508 Ext. 2239 or Ext. 2236 4775 West Dorman www.idahohumanesociety.org SENIOR CITIZEN PET ADOPTION – Program supports no-fee adoptions of adult animals by senior citizens who would otherwise be unable to enjoy pet companionship. Seniors must pay the licensing fees. PET THERAPY PROGRAM–Volunteers take shelter dogs to visit assisted living facilities, counseling facilities, and senior centers, giving a chance for residents and clients to spend time with animals that they don't regularly have access to. VOLUNTEER OPPORTUNITIES – Be a “foster parent” for animals until a permanent home is found; walking and grooming dogs; taking dogs to visit assisted living facilities; and help with daily operations at the Humane Society.</p>

Idaho Marine Aquarium Society: 863-7143
www.idahoreefs.org
 Primary focus is on saltwater marine life.

Simply Cats: 343-7177
 2833 South Victory View Way
 Cageless no-kill shelter for cats. Volunteers are always welcome.

Recreation

Boise Bassbusters: 465-5526 or 888-4334

Boise Valley Fly Fishermen: 336-9326 or 321-7793

Boise Y-Striders Running Club: 344-5501
www.boiseystriders.org

The Pulse Running & Walking Group:
 888-1366 or 800-725-5850

Senior Walking Club: 468-5777
 Seniors sign up on walking log and receive t-shirts for walking 100 miles, 500 miles and 1,000 miles.

SW Idaho Mountain Bicycling Association:
 345-0384

Travel

Boise Community Education Program:
 854-4047
 8169 W. Victory Road
www.boiselearns.org
 Hosts class called Travel Tips and Trips.

Boise Senior Activities Center – Travel Clubs: 345-9921
 Two traveling groups are available.
 The Day Jammers provide an opportunity for seniors to participate in day outings; the Over-nighters participate in overnight excursions.

Caldwell Senior Center: 286-7943
 1009 Everett Street, Caldwell ID 83605
 Day trips and fun outings.

Elderhostel: 877-426-8056
www.elderhostel.org
 Educational opportunities and many travel options are available through Elderhostel.
 Catalogs can be accessed at the local library.

Mobility International: 541-343-1284
 PO Box 1076, Eugene OR 97440
www.miusa.org
 Provides information on programs, such as volunteer opportunities in different countries, that are available for disabled persons.

Volunteer Opportunities

Volunteer Programs

Retired Senior Volunteer Program (RSVP)

Ada County: 345-4357 Ext. 255

Canyon County: 466-8982

RSVP recruits and involves persons 55+ in community wide projects. Volunteer using current talents, or learn a new skill. Whether you choose carpentry, cooking, transportation, minor home repairs or reading there's an opportunity for you!

Saint Alphonsus Volunteer Services: 367-2111

Saint Alphonsus is proud of the hundreds of volunteers who freely give of their valuable time and talents to support our mission. Our volunteers have a very important role to play. If you would like to be a member of our team and help us build positive relationships with patients and family members, please fill out an online application at:

www.saintalphonsus.org

Sunbridge Healthcare Facilities-Capitol Care Center: 375-3700

Sunbridge Rehabilitation & Living Center-Meridian: 888-7049

Sunbridge Retirement & Rehabilitation-Nampa: 467-7298

Many volunteer opportunities available including but not limited to teaching music, arts & crafts and bringing certified pets into the facilities for pet therapy for the residents.

Crime Prevention

TRIAD: 455-3115

Volunteer group of 50+ that assist the Caldwell Police Department with improving the life of seniors in the Caldwell community. A variety of duties and tasks are performed in this position.

Financing

AARP Tax-Aide Volunteer Counselors:
888-227-7669

www.aarp.org/taxaide

AARP Tax-Aide needs highly dedicated individuals who want to help others and be part of an engaging team. Tax-Aide volunteer counselors learn tax laws and basic tax forms through classroom training and supplemental materials. They provide free information and confidential tax assistance to low- and middle-income seniors. After completing an IRS-certified, open-book exam, volunteers work at Tax-Aide site(s) for a minimum of 40 hours between February 1 and April 15. AARP membership is not required. Volunteering is easy. Call the toll-free number or visit the website and complete the online registration form.

Mentoring

Counselors to America's Small Businesses (SCORE) – Treasure Valley Chapter:
334-1696 Ext. 338

380 East Parkcenter Boulevard, Suite 330

SCORE is a voluntary non-political organization of retired business men and women who offer support to developing entrepreneurs.

Statewide Health Insurance Benefits Advisors (SHIBA): 800-247-4422

www.shiba.org

As a state-wide network of trainers, SHIBA volunteers educate and assist consumers about their rights and options regarding health insurance so they can make informed choices.

Social Consciousness

American Red Cross of Greater Idaho:
800-853-2570

404 South 8th Street, Suite 232

www.redcrossidaho.org

A multitude of volunteer opportunities are available including but not limited to computer work, clerical duties, and the Disaster Action Team.

Habitat for Humanity: www.habitat.org

Boise Valley: 331-2916

PO Box 6571, Boise ID 83707

Canyon County: 453-4968

2915 S. Montana, Caldwell ID 83605

Habitat for Humanity is made up of volunteers who aid in building housing for families in need. Volunteer opportunities vary, (not limited to construction). Contact the location nearest you for positions currently available.

Peace Corps: 800-424-8580 or 206-553-5490

1601 Fifth Avenue, Suite 605, Seattle WA 98101

Call or write for more information on this two-year volunteer commitment.



Company Name, 123 Everywhere Ave. ✉ City, ST 00000 ✉ 555 555•5555, fax 555 555•5555 ✉ www.adobe.com

