



Senior Resource Guide

Are you in need of senior care assistance in the Spokane-Coeur d'Alene area? You have options. SANEWA Members are proud to provide a wide range of services and products to individuals, families, and fellow members throughout the Inland Northwest. Review and consider a SANEWA Member agency today.

Mission Statement: The Senior Action Network of Eastern Washington is committed to providing a networking forum to promote the exchange of ideas, information and opportunities for business development; to enhance healthy, independent and secure lives for senior citizens, and to volunteer goods, services or labor towards senior related charitable causes or community outreach.

Cemetery - Funeral Homes - Cremation Services



**FAIRMOUNT
MEMORIAL
ASSOCIATION**

Fairmount Memorial Association We are a locally owned and operated cemetery organization managing seven cemetery parks in Spokane, Spokane Valley and serving the wider community in the Pacific Northwest. Fairmount Memorial Association is here to assist you plan, arrange and coordinate memorial, burial, cremation services and memorialization.

Joy Peltier

509-508-1063

- **Fairmount Memorial Park**
509-326-3800
- **Greenwood Memorial Terrace**
509-838-1405
- **Pines Cemetery**
509-926-2753
- **Riverside Memorial Park**
509-838-1405
- **Spokane Memorial Gardens**
509-448-2620



Hennessey Funeral Home & Crematory We offer you a home, a comforting and inviting place to gather in remembrance and celebration of lives lived well. Our experienced staff is committed to this vision and passionate about making your time with us as memorable and uplifting as possible. We bring together decades of experience caring for families of all cultural backgrounds and diverse walks of life.

Chuck Wendt

509-951-4037 (cell) 509-328-2600 (office)



Hennessey Valley Funeral Home & Crematory When suffering the loss of a loved one, it is important you receive caring support and dependable service from someone you trust. Serving families for generations, Hennessey Valley Funeral Home & Crematory's licensed Funeral Directors ensure your loved one's Memorial is meaningful and reflects the uniqueness of the life it honors. Hennessey Valley 1315 N. Pines Road, Spokane Valley.

wecare@hennesseyvalley.com

509-926-2423



Heritage Funeral and Cremation When you have experienced the loss of a loved one, you can trust Heritage Funeral and Cremation to guide you through the arrangements necessary to help you create a meaningful ceremony that celebrates the unique life being honored. Our staff of accredited funeral directors are committed to providing your family with the highest quality care and service in your time of need.

Joy Peltier

509-838-8900



- Click on Logo or Business Name for website
- Click on Member Name for Email Address
- Use your phone camera to scan QR Code



Pacific Northwest Cremation & Funeral As a local provider, now more than ever, we want to give back by working with every family. We understand the financial burden of cremation or burial arrangements when families are trying to maintain their household needs. Our trained professionals can help guide you in making the decisions that work within your budget without overspending.

Joy Peltier
North 509-483-3440
South 509-279-2653
Valley 509-926-2020



Sherman Campbell Funeral & Cremation Services A family owned full service funeral facility and onsite Crematory, our mission is to serve with dignity and respect those families who entrust their loved ones to our care by educating them to their choices and providing professional, sensitive services and products with attention to each family's needs before, during and after the grieving process.

Paula Davis
509-475-0202



Financial Planning - Investment Services



Edward Jones
Michelle Courson AAMS®
Financial Advisor
Michelle Courson
509-290-6257

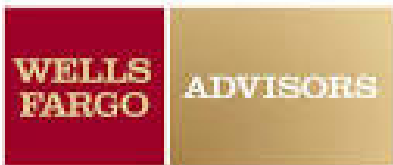


Longbridge Financial
David Walden
360-915-5029



"WE HELP FAMILIES GET ON THE PATH TO A SECURE FINANCIAL FUTURE"

Devin Paine
509-301-4524



Wells Fargo Advisors (WAID)
I help clients obtain financial security through personalized planning, investment strategies, & wealth building.
Vince McPhail, Senior Financial Advisor
Vince McPhail
509-710-7168



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Caldera Care A leading provider of long-term skilled nursing care and short-term rehabilitation solutions. Our 100+ bed centers offers a full continuum of services and care focused around each individual in today's ever-changing health care environment. Our centers are Medicare and Medicaid certified.

Julie Skinfill
253-251-9300



The
Gardens



Franklin
Hills



CenterWell Home Health There is no place you'd rather heal than in the comfort and safety of your home. CenterWell brings rehabilitative nursing and therapy care directly to you. Our care is focused on helping you manage chronic conditions and /or recovery from illness, surgery, or accident. Together we will work toward meeting your health goals and maximizing your independence.

Kathy Schoultz
509-342-9566



Eden Home Health Whether you are recovering from surgery or illness, or living with a chronic disease like COPD or diabetes, our highly skilled medical team of clinicians will create a safe, supportive, and professional environment in your home. This care is provided by our skilled nurses, PT's, OT's, SLP's, MSW's and bath aides, and continues until recovery goals have been met.

Terri Wagar
Pam Duddy
509-505-531



Royal Park Health and Rehabilitation Whether you are in need of post-acute (short-term) or long-term care, our skilled nursing communities are designed to promote rehabilitation in a high-quality and compassionate environment. As a resident, your needs and preferences shape your experience, from food choices to activities. We are committed to helping you feel at ease, at rest, and at home. Where your family becomes our family.

Jennifer Muntz
509-489-2273



Sunshine Health Facilities Sunshine Health Facilities is a local family-owned company providing Home Health services for medical or therapy care at home, skilled nursing rehabilitation appropriate when healing at home is not possible, adult family homes, memory care, and residential behavioral health care. When you receive care from Sunshine you become a part of the Sunshine Family. Quality care is our standard, we would be pleased to speak with you in more detail to help you find your best healthcare solution.

Lisa Myers
Kirsten Nance
509-926-3547



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VillagePlan Standing by to help you navigate the next steps in your journey. Simply said, we save you time, and money, and reduce your stress all while improving quality of life. Our professional Geriatric Care Managers (Registered Nurses, Licensed Counselors, and Social Works), Caregivers, and Long Term Care Insurance advocates are accredited experts in troubleshooting complex care issues with aging adults.

For More Information
Intake@VillagePlan.com
 509-326-5525



Hospice



Hospice of Spokane Hospice of Spokane is northeast Washington's only nonprofit hospice, serving Spokane, Ferry, Stevens and Pend Oreille counties. Using a holistic approach to end-of-life care, hospice addresses the medical, emotional, psychological and spiritual needs of patients with terminal illness, along with support to their families. We serve patients of any age. Our services are provided wherever the patient calls home, including at our hospice house.

Edwina Gilbertson
 509-456-0438



Horizon Hospice & Palliative Care Your only 5-Star Hospice Care Provider in Spokane. We provide holistic, interdisciplinary team support for patients and families, addressing physical, psycho-social and spiritual needs in Spokane County. We provide care wherever you call home. We have always been committed to the conviction that God treasures human life to the last breath. 100% covered by Medicare, Medicaid and most insurances. We rank #1 in Washington State when it comes to the most visits given to patients in their last week of life. "Horizon exists to help people live life to the fullest, one day at a time."

Rebecca Wall
 509-489-4581



In-Home Care Services



Angel Senior Care The only three-time recipient of a Service of Excellence Award in the State of Washington for providing homecare and placement services. Angel Senior Care was founded on the belief that every senior deserves the best in-home care. We work around the clock to ensure that our caregivers are given the support, training, and the tools needed to provide that care. They are the heart of what we do and we work tirelessly to ensure that they reflect our companies personal philosophies of care.

Heidi Boehl
Jessica Yaeger
 509-326-4357



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Care to Stay Home Everyone's 1st Choice in Home Care." We specialize in Dementia, Parkinson's, Strokes and Post Hospitalization care. We only hire the best caregivers as evidenced by our award-winning care and training program. Chosen among the best training programs in Washington and in the top agencies in the nation. Providing only the best care in the comfort of your own home. "We don't have to be the biggest, but we do have to be the BEST!"

Carol Carter
Jeannette Nelson
 509-359-1294



Family Resource Home Care has been serving clients in Washington, Oregon, Idaho and surrounding areas with compassion and kindness since 1966. As one of the oldest and largest home care agencies in the Inland Northwest, we have the experience and depth to provide our clients and families with a wonderful team of caregivers who have exceptional training, expertise, and supervision. Our aim is to have every family feeling supported 24/7.

Destiny DeHamer
 WA: 509-473-4949 ID: 208-770-3998



Generations Home Care A locally owned business, we offer friendly, responsive service in your neighborhood. We built Generations Home Care for you and your family because we care. Our professional caregivers can help with personal hygiene assistance, light housekeeping, meal preparation, medication reminders, and transportation. For inquiries or to schedule a free in-home assessment, please contact our administrator Jeff Levine.

Jeff Levine
 509-824-2780



TheKey At TheKey, formerly Home Care Assistance, we are passionate about helping older adults live well in their homes as they age. Whether you need respite care, a little help at home to live independently, or 24/7 care, we design personalized Care Plans to meet your needs and budget. Every expertly trained caregiver and dedicated Care Team, ensures you'll get the care you need and the support you deserve, while always staying informed and in control.

Contact Us
 509-213-1382



Love in Home Senior Care "Spokane's First Choice for Trusted Home Care" As a local, family-owned company, we have one goal, providing the very best in-home care in Spokane at a reasonable price. All our staff, including the owners, care managers, clerical staff and care givers believe in our mission goals, and values. Love in Home Senior Care isn't just our name, it's what we do, and what has built our business.

Andy Niska
Leslie Luedtke
 509-474-0663



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Precision Home Care LLC, is not only our name, but it stands as our way of service. We bring safe, loving, and caring services to those that desire to have a nursing home setting and treatment, in the comfort of their own home.

Tyler Morrison
509-844-2096



Right at Home Right at Home provide a range of in-home care options for seniors and adults with disabilities. We know everyone's needs are different, so our care plans are uniquely tailored to each individual. Whether it's helping with dressing and hygiene, providing medication reminders, or simply providing transportation to medical appointments, Right at Home's dedicated caregivers will help you or your loved one navigate life.

Nick Paul
509-315-5787
Giovani Zendejas
509-315-5787



Senior Helpers The premier provider of senior care, wherever your senior resides. We provide in-home care and personalized care in other locations including assisted living facilities. We offer tailored services that range from companionship care for seniors looking for assistance with daily activities to specialized care for those with Alzheimer's, Dementia, Parkinson's and other chronic diseases.

Marnie McCoy
509-922-4333



On it RN - RN Services is a nurse run organization that helps seniors stay independent by managing and coordinating their healthcare through services like Medication Management, Premier Nurse Delegation, and Care Navigation. We also partner with placement agencies to provide timely comprehensive and holistic Resident Assessments. On it RN - RN Services, it's like having a nurse in the family.

Bethany McCauley
Abby Shirey
833-977-6777



Insurance

MACC Insurance

Caryn Clinesmith
509-990-6180



MediGap Pros We understand every individual has specific needs in regards to their health coverage and no two people are alike. Our healthcare solutions are matched to your needs and budget, options that make sense for YOU and your situation. We shop the top carriers to provide the best coverage on the market, to insure against a range of health related events. Work with us to build a coverage package tailored to your needs.

Martina Meinke-Tyler
208-968-7281



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We Know Medicare At We Know Medicare, we help clients understand the choices they have when planning their Medicare and other insurance needs. All decisions have short and long term consequences, so we want to educate you so that you can make the best choice for your specific situation.

John Fox
509-990-1886



Legal - Consumer Services



Estates and Elders Law, PLLC PLAN - Our work often starts with the need for an estate plan. CRISIS - You have a plan for long-term care (or you do not), but now there is a crisis. LOSS - Your family has experienced the loss of a loved one. You want to know your options based on your family's circumstances and need help in choosing your best path to settle the estate quickly and economically.

Jen Ballantyne
509-252-5003



Gore and Grewe, P.S. We are a transactional law firm with a focus on Estate Planning, Trusts, Probate, Estate Administration, Corporate & Business Law, Guardianship and Real Property. We are dedicated to providing our clients with accurate legal advice and professional counsel. We care about each client and their case.

Jeanne J. Dawes
509-326-7500



Palm Law PLLC We are here to guide you and your family through the process of planning, preparing, and protecting your most precious assets, both financially and emotionally. Whether you are just starting a family with modest assets, an empty nester focused on asset acquisition and preservation, or preparing for retirement and long-term care options, Palm Law is here to provide the services you need.

Danielle Palm
509-822-8221



Meal Delivery Services



Greater Spokane County Meals on Wheels GSC Meals on Wheels delivers food to homebound seniors throughout the entirety of Spokane County. We are serving over 20,000 meals each month to isolated and food insecure seniors throughout the entire Spokane County. We believe in the power of a meal worth serving as well as the joy and dignity that it brings.

Office
509-924-6976



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Kathy Bryant Professional Realty Services I understand that buying and selling a home is a stressful time. I strive to help those I work with feel special...as if they are my only client. I do not believe in a one-size fits all model. You have unique needs that will be addressed with consideration and attentiveness. It is my goal to be your advocate in the sometimes confusing world of real estate.

Kathy Bryant
509-993-3538



Molly Cole and Julie Ottmar of Real Estate by Molly Cole, Professional Realty Services Spokane and North Idaho We are a mother-daughter team who were both born and raised right here in Spokane. We specialize in assisting the 55+ community and their families with all of their real estate needs. We are able to help with downsizing estates, buying and selling homes, expertise in 55+ communities, as well as any other real estate needs. We treat our clients like family and truly care about each of our clients and their families. We work together to make sure you have the best service in Spokane and North Idaho!

Molly Cole
509-993-4110
Julie Ottmar
509-939-6266



Cherry Creek Mortgage I have enjoyed helping people finance and refinance their homes for over 31 years. We offer reverse mortgages so seniors can remain in their homes longer. Reverse mortgages can also be used to purchase a new home. Other financing programs we offer are Conventional, FHA, VA and many more.

Tom Kuhn
509-467-1260



Saundra Neperud
Seniors Real Estate Specialist®



Saundra Neperud - Seniors Real Estate Specialist - As a Seniors Real Estate Specialist® I understand the needs and concerns of the 55+ population and their families. I know that homes can be both a source of financial security as well as stress or difficulty. Housing needs and wants change with your lifestyle and health. I'm here to help you when you're ready to make the next move.

Saundra Neperud
207-841-1033



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Heather Lanzone In addition to being an SRES designated realtor, I am also a certified Senior Transition Specialist (Momshouse.com). In other words, I can list the house or buy the house and its contents so that Mom/Dad can use the equity from their home to get the care they need as soon as possible. Not having to fix up, downsize or wait for the house to sell expedites their need for care. Doing what is right and best for my client and/or their families is my number one goal, be it as a realtor or senior transition specialist.

Heather Lanzone
509-290-1027



Calista Wallick
Broker

Serving the Greater
Spokane Metro Area



Calista Wallick
509-879-1797



Senior Community Centers



Corbin Senior Activity Center Corbin Senior Activity Center is a private non-profit that helps hundreds of older adults engage, enrich, and empower their lives through wellness, social, recreational, educational programs and services throughout the community. Your support has helped us serve the community for 52 more years!

Claudia Ouwerkerk
509-327-1584



Senior Living (Independent, Assisted Living, Memory Care)



Brookdale Senior Living Seniors looking for a premier senior living community in Spokane have found it. Brookdale Park Place helps all kinds of seniors and their families trade in the worry and hassles that often comes from life at home for the comfort and security knowing that you're safe, 24/7. We bring residents into a community full of rewarding things to do, and warm, vibrant people to do them with. Whatever your best senior living life is, it's within your reach here. Independent Living, Assisted Living and Memory Care.

Michelle Neihart
509-922-7224
Brookdale Park Place
Christina Palmieri
509-818-1915
Brookdale Nine Mile

Park Place



Nine Mile



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The Cottages of Spokane The Cottages of Spokane is a memory care community that combines the best features of both adult family homes and commercial assisted living communities. Here you will find an intimate environment where residents receive individual attention provided by a professionally managed, highly trained and compassionate staff, available 24 hours a day.

Tracy Helling
509-230-7225
Jessica Bockelie
509-475-9928



The Gallery at Spokane Surrounding our independent, assisted, and memory care residents with a sophisticated blend of comfort, style, dining, and recreation, The Gallery at Spokane brings together decades of expertise inside a beautiful, brand-new community. Every day presents inspiration, service, integrity, and joy. The Gallery at Spokane – built to advance the resident experience.

Becky Monday
509-506-5006



Guardian Angel Homes

Lisa Morris
Mehra Crummett
509-993-3538



CarePartners - Maplewood Gardens Our goal each and every day is to create something special for the residents who have chosen Maplewood Gardens as their home. Whether we are providing personal assistance with dressing, managing a medication program, or serving a home-cooked meal, our commitment is to provide quality service and care.

Tracy Helling
509-230-7225
Jessica Bockelie
509-475-9928



Pine Ridge Alzheimer's Special Care Center

Heather Scotto
509-924-4388



Riverview Retirement Community - We are a 35-acre campus is ready and waiting for you to visit. As one of only four continuing care retirement communities in Spokane, often people first find their place at Riverview in our independent living homes. However, needs may change over time as our residents transition to our assisted living that offers more help but remain close to nurture the friendships they've built here.

Lisa Egger
Vivian Bazan
509-483-6483



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Royal Park Retirement At Royal Park Retirement Center, we know home is where you'd rather be. But, if living independently is no longer an option, let our center become your new home. We offer both Independent and Assisted Living apartments that fit your needs and lifestyle. Through quality housing options, services and care, residents enjoy retiring the ROYAL way!

Amy Stafford
Doreen Vaillancourt
Denise Bordonaro
509-483-7136



Touchmark on South Hill Tucked into the lovely South Hill neighborhood of Spokane, Washington, Touchmark on South Hill offers truly inspiring independent living, assisted living, memory care, skilled nursing and rehabilitation, and Home Health and Home Care. Warm sunshine and a stunning landscape on 19 acres allow you to 'Live your full life' at Touchmark on South Hill.

Kari Miller
509-536-2929



Windriver Place Senior Living At Windriver Place, our assisted living community, we provide compassionate care in a neighborhood setting. We develop individual care plans to meet the needs of each resident, and a full-time registered nurse is available 24 hours a day to provide clinical oversight and coordination of care. We offer amenities and activities to help residents thrive in mind, body, and spirit.

Doug Koyle
509-281-9437



Senior Living Advisors - Placement



1st Choice Advisory Services 1st CHOICE provides personalized referrals for senior housing, senior care and in-home care by matching your specific needs with the most suitable resources in your area. With our assistance, we help reduce the stress involved in locating what you're seeking. Best of all, our services are free.

Jen Johnston
Marnie DeWees
509-389-6467



Assured Care Placement Services Navigating the senior living world can be daunting. We are here to help you find the best senior care options available - Independent Living, Assisted Living, Memory Care or Hospice Home. We are here to guide you in finding the right living situation; a place to call home and a place to thrive. To ensure this transition is as stress-free as possible, we offer this service at NO COST.

Jacqueline Stroh
Lynette Stroh
Bob Stroh
509-939-6174



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Care Patrol Choosing a safer senior housing option, unfortunately, cannot be made by appearance alone. What is most important is something that really can't be seen. It is "Can this community really care for your senior?" That's why CarePatrol's advisors complete a "Care Discovery" and base our recommendations on care options that can specifically meet your individual needs and preferences.

Elise Hickman 509-795-6685
Theresa Clausen 509-344-9888
Jenn Corpetts 509-601-0418



GoldenSHERPA GoldenSHERPA, is a convenient and private way to find and tour senior living communities in your area. It's like having an army of virtual assistants who help you simplify the process of finding your parent's next home.

Margie Bensching
509-290-3023



Oasis Senior Advisors Inland Northwest offers a FREE, personalized approach to assisting seniors and their families in finding the next right place to call HOME. We pride ourselves on a "small town" philosophy of face-to-face service and compassionate care. Besides placement services, we also assist with in-home care, elder law, hospice, Medicare planning, and much more. Make Oasis Senior Advisors your FIRST and ONLY call.

Beth Gwinn
208-659-0729



Providence Home and Community Care is committed to helping you get the most out of life. A chronic or life-limiting illness can be challenging, but we offer a full range of services to help you or your loved one meet those challenges and live life to the fullest. Our programs serve more than 38,000 people of all ages in their homes or in a variety of facility-based settings every day.

Janice Guaricio
509-534-4300



SimpliAge Senior Placement Services SimpliAge LLC is the Inland Northwest's premier NO COST senior advising service. We are here to help. Our caring professionals bring over 30 years of experience in Senior Living. We work side by side with you and your family to determine the most appropriate senior housing and care options.

Michael Waldrip
509-900-7074



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Specialty Services

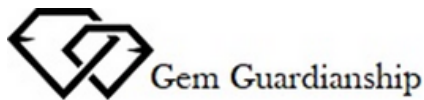
Aging & Long Term Care of Eastern Washington

Lynn Kimball
509-458-2509



Alzheimer's Association - Washington State Chapter Serves 47 Counties in Washington and North Idaho. It is the premiere resource in the Pacific Northwest for people impacted by dementia. Our Chapter offers a broad range of care and support services, education and advocacy, as well as funding for Alzheimer's and dementia research.

Jordan Hunter
Kim McKenna
Spokane 509-456-0456
Coeur d'Alene 208-666-2996



Gem Guardianship, LLC
9116 East Sprague Ave, PMB #780
Spokane Valley, WA 99206

Gay Lynn James NHA, LRCA, CPG
509-990-5358



Huckleberry Press The Huckleberry Press is a regional newspaper that makes an impact in the community by connecting readers with the neighbors and the businesses that support them.

Heather Bopp
509-314-9299



Memories By Design / PocketBook Memory We produce Life Story Videos designed to honor and celebrate a loved one's personal memories and life achievements through family photos and video clips. We do this for memorial services, hospice, memory care, and senior living celebrations. This includes senior living sponsor opportunities.

Bruce Felt
509-343-0113



Memories By Design PocketBook Memory



RSVP, the Retired and Senior Volunteer Program, of Spokane County encourages active living and engagement for community members while helping to connect volunteers with local organizations working to serve those in need in Spokane County. As an RSVP Volunteer who is 55+ you can receive benefits like mileage reimbursement, accident insurance, recognition and social events while helping with needs in our community. (Sponsored by the YMCA of the Inland Northwest and part of AmeriCorp Seniors.)

Cyndi Cook
509-720-5635



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Soundview Medical Supply

Cole Copeland

509-808-0994



Washington Masonic Services We help families, couples, and individuals have peace of mind as they or their loved-ones grow older. We help our clients lead meaningful and dignified lives by assisting in areas such as home safety and modification, finding care resources, streamlining finances, and connecting individuals with volunteer and agency resources that can assist with skilled care and independent living.

Kim Maxfield

509-822-5042



Transitional - Moving Services



Mover Mover is Spokane's only independent and female-owned moving company that creates customized moving, packing, unpacking, cleaning and storage services for our customers. We are certified by the National Association of Specialty and Senior Move Managers and can help you or your loved one with your next transition here in Spokane or across the country.

Sabrina Jones

509-954-4777



Transportation - Emergency Services



AMR AMR proudly serves the greater Spokane area. We provide Basic Life Support and Paramedic services in the region as well as medical stand-by services. AMR is the 911 transport agency for Spokane County and proudly serves the community.

Brandy Tarala

509-979-7874



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sanewa.org

info@sanewa.org