

Spokane 2022

Senior Pages

Living Options for Seniors

Apartment
Assisted Living
Continuing Care
Cottage Homes
Hospices
Independent Living
Memory Care
Respite Care
Retirement Living
Senior Services
Skilled Nursing
and more....

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RockwoodatWhitworth.com



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As many of you know, we have moved our other markets to our Digital Online Resource at **SeniorPages.com**. We would like to hear from our Readers and Advertisers as to what direction you would like to see us go with the **Spokane Senior Pages**. It is also online and supported by our Advertising sponsors.

We are very grateful to the Senior Community for the support you have given us.

Thank you,

Bob and Tere Kannberg

For a complete list of Categories and Markets, go to our Digital Version of the Senior Pages at **SeniorPages.com**

We have moved all of our print directories to Online versions and are adding new listings and markets, with fast and easy search options.

This **Spokane** edition is our ONLY printed directory. Please call Bob Kannberg, publisher, if you have any questions.

509 481-0830

For Advertising Information or Extra Copies:

Call: **509.481-0830/800.735.7258** or Email: **info@seniorpages.com**

Mailing Address: **611 E Lakeview Lane, Spokane, WA 99208** • Website: **SeniorPages.com**

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MAKING SPACE FOR COMMUNITIES

Visit our website at **KIEMLEHAGOOD.COM** to view these outstanding senior communities.

Canterbury Court

1010 S. Rockwood Blvd, Spokane | 509 624-5678 | canterburyct@kiemlehagood.com

Affordable housing for seniors 62 and older, and subsidized units are also available. All the comforts of independent living with the support of a community. One and two bedroom units are available and include paid utilities. Amenities include an on-site laundry facility, Meal On Wheels - Silver Cafe, community room, limited access entry system, computers with internet access, on-site beauty salon, organized activities and a service coordinator. Non-Smoking.



Manito Garden

500 E. 29th Ave, Spokane | 509 624-7326 | manitogarden@kiemlehagood.com

Located on the South Hill, Manito Garden Apartments is a 60-unit senior community, for those 62 and older, and persons with disabilities. The recreation room and computer center are a focal point of this building and pull the residents into impromptu board games, puzzles and computer games. Planned activities, service coordinator, limited access entry system, on-site laundry facility, patio with covered outdoor sitting area and garden area. HUD Subsidized. Non-Smoking.



Appleway Court

221 S. Farr Rd, Spokane Valley | 509 315-5762 | appleway@kiemlehagood.com

One bedroom units available at the 62 and older community. Amenities include a computer room, limited access facilities, utilities included in rent, community room, off-street parking, on-site laundry facility, raised garden boxes, Meals On Wheels, HUD Subsidized Apartment Community, rent calculated as 30% of adjusted income. Non-Smoking.



Appleway Court II

223 S. Farr Rd, Spokane Valley | 509 315-5762 | appleway@kiemlehagood.com

One and two bedroom units in this community. Amenities include washer & dryer units available, air conditioning, qualified pets welcome, limited access entry, on-site management, on-site laundry facility, dishwashers, landscaped grounds, community room, computer center, exercise room and beauty salon, coffee area, walking distance to shopping and well served to transit and Meal on Wheels. Income Limits Apply. Non-Smoking.





Winchester Court I, II, III

4101 N. Cook, 4006 N. Stone, 4020 N. Stone, Spokane | 509 484-4053

| winchesterct@kiemleahagood.com

Winchester Court Apartments was built in three phases, each adding to the rolling landscape and flowers of the previous buildings. Garden style studio and one bedroom apartments appeal to the senior with outside entrances to each apartment and easy access to shopping and restaurants.

Located next door to the Northeast Community Center, the residents enjoy many activities, a service coordinator, on-site laundry facility and computer center. Housing for 62 and older. HUD Subsidized. Non-Smoking.



Post Falls Terrace

1120 N. Idaho, Post Falls | 208 773-3493 | postfalls@kiemleahagood.com

Our residents love the manicured lawns and recreation room. The patio beckons them to barbecues and gathering for impromptu games of croquet or cards. Post Falls Terrace offers on-site laundry facilities, air conditioners and easy access to local business. HUD Subsidized. Non-Smoking.



We are an equal opportunity housing provider and do not discriminate on the basis of race, color, religion, national origin, sex, mental or physical disability or familial status.

AFFORDABLE HOUSING FOR SENIORS. These properties are sponsored by the following:

Episcopal Diocese of Eastern Washington, St. John the Evangelist, Manito Presbyterian Homes, Spokane Baptist Association Homes and Rockwood Retirement Communities

KIEMLEHAGOOD

601 W. Main Ave, Suite 400

Spokane, WA 99201



Preferred Business Guide to Senior Products & Services

ACTIVE 55+ COMMUNITIES



Cedar Summit Estates V, VI, VII
822 S Delfino Lane
Spokane WA 99224.....509 383-1145
Internet. www.CedarPropertyMgmt.com
(Please see our ad under
Independent Living)

Rockwood Lane
E 221 Rockwood Blvd
Spokane WA 99202.....509 838-3200
Internet.
..... www.rockwoodlaneretirement.com
(Please see our ad under
Retirement Communities
& our Checklist on page 27)



ADULT DAY HEALTH & CARE SERVICES

See SeniorPages.com

ADULT FAMILY HOMES

See SeniorPages.com

ALZHEIMER'S, DEMENTIA & MEMORY CARE

See **Memory Care**

AMBULANCE SERVICE Call 9-1-1

American Medical Response
1425 N Washington
Spokane WA 99201.....509 323-8888
Internet.....www.amr.net
(Please see our ad on this page)

APARTMENTS

CATHOLIC CHARITIES

EASTERN WASHINGTON -----



PO Box 2253
Spokane WA 99210..... 509 456-2279
Cathedral Plaza
1120 W Sprague Ave
Spokane WA 99201..... 509 747-6777
Delaney Apartments, The
242 W Riverside
Spokane WA 99201..... 509 747-5081
Fahy West/Fahy Garden
1523 W Dean
Spokane WA 99201..... 509 326-6759
O'Malley Apartments, The
707 E Mission
Spokane WA 99202.....509 487-1150
Rockwood Lane
E 221 Rockwood Blvd
Spokane WA 99202..... 509 838-3200
Internet..... www.cceasternwa.org
(Please see our ad on the opposite page)

(Listings continued on page 9)

Spokane's Preferred Medical Transportation Provider Since 1957.

- Emergencies / 9-1-1
- Non-Emergency Transport
- Event Medical Services
- First Aid/ CPR Training



509-323-8888 800-476-5640



Catholic Charities
EASTERN WASHINGTON

Catholic Charities Spokane manages service-enriched apartments for seniors at affordable monthly rates. Communities are staffed with property managers, maintenance personnel, social services coordinators, and part-time nurses. Each complex offers a wide variety of amenities.



◀The O'Malley
Where location & luxury meet!
Nestled in the Gonzaga neighborhood. One-bedroom units; Organized activities; All utilities included; Pet friendly. HUD subsidized units. (509) 487-1150

◀Cathedral Plaza
Stunning views of downtown Spokane!
One-bedroom units with all utilities included. Limited access entrance; Pets welcome; Resident activities. HUD subsidized units. (509) 747-6777



Fahy Garden & Fahy West ▲▶
Join our friendly neighborhood!
Studio and one-bedroom units in a central location. Para-transit access; All utilities included; Limited access entrance; Monthly events. HUD subsidized units. (509) 326-6759



▲The Delaney
Two blocks from Riverfront Park!
Newly remodeled studio & one-bedroom units; All utilities included; Landscaped courtyard. HUD subsidized units. (509) 747-5081



Catholic Housing Communities (509) 456-2279

www.cceasternwa.org

APARTMENT ✓CHECKLIST

When choosing an apartment you have features to consider before moving into your future home. The list below points out points you may want to consider in choosing your apartment.

Location: Location is more than just picking the city, state or area in town. Take some time to check out the neighborhood. What can't you live without? How far is too far when you want to driving to the store, airport, etc.

Activities: Many places will have at least a few of the following available: basketball court, swimming pool, gym, tennis courts, walking trail, picnic areas and pet areas.

Appliances: Which appliances do you require? Some older buildings might not come with the basics, whereas others will have everything you need. You must decide which appliances are important to you: washer & dryer (or just a hookup), microwave, dish washer, oven/stove, garbage disposal, etc.

Bathrooms: How many bathrooms do you require? Do you need a tub in every one, or can you get by with shower stalls? Don't forget to turn on the shower to check water pressure.

Cable or Dish: Many complexes will include some sort of cable package, but if you need every channel there is, do your research. Some apartments might not let you put up a dish, so keep that in mind if you're using something like Direct TV or Dish Network.

Celing Fans: This may not be important to some, but others want a fan in every room.

Fireplace: Some apartments come with fireplaces, either gas or wood, but many don't. Unlike a house, you can't add one later if you decide you can't live without it.

Garbage Disposal: In most complexes, you'll take your trash out to a dumpster. Nobody wants to walk their trash a few blocks to the dumpster, but if it's right outside your door, it can be a source of excessive noise and unpleasant odor.

Internet: Anywhere there's a phone line, dial-up should be an option, but keep in mind that there are still a few areas without high-speed internet access. Most areas should have at least one of the popular broadband choices, ADSL or cable, but it's still a good idea to check in advance. If speed is important be sure to compare DSL with cable.

Kitchen Space: If you eat out 3 times a day, this probably isn't a big deal; however, some kitchens seriously lack counter and cabinet space, which many would find unacceptable.

Living Space: It's better to have too much than too little. If you go to small, you'll either be living with clutter, or spending extra money to put some of your belongings into storage.

Mailboxes: Most places will have a mailbox area where people go to get their mail. It's convenient when it's time to check mail, but it can be hectic if it becomes a high-traffic area.

Parking: Don't overlook parking space, especially if you have more than one vehicle. If you check during the day, there could be plenty of available parking spaces, but how about at night when everyone is home from work?

Pets: Many rentals will have strict policies when it comes to pets. Some might not allow them at all, while others might just require an additional security deposit. In some cases, the deposit can be pretty high and may not be refundable. Ask plenty of questions if you're unsure. Keep in mind that even when pets are allowed, a big dog that grows or barks are a problem.

Renter's Insurance: Even if the landlord doesn't require renter's insurance. It's usually pretty cheap and worth having.

Storage: Many apartments will at least have a small storage closet, usually accessed from the porch or balcony. Some offer storage buildings for an additional fee. Those that require a lot of storage should make sure there's a storage facility nearby; and be sure to check their prices, as they can vary quite a bit in some areas.

Water Beds: If you have a water bed, make sure they are allowed before moving it in. Not all complexes allow them, and some that do, may limit them to the bottom floor. Don't be surprised if you're required to take out additional insurance.

Retirement Communities

**KIEMLE
HAGOOD**

Our Multi-Family Property Management group specializes in the maintenance and operation of apartment communities and are recognized experts in the development and management of government subsidized projects for low-income families, elderly and special needs populations. Please turn to our descriptions of senior apartments on pages 4-5 for details about our senior apartments in your area. You can find your new home in one of our special units!

601 W Main, #400 - Spokane - (509) 838-6541 - www.kiemlehagood.com



(...Listings continued from page 6)

Cedar Summit Estates Vi, VI, VII

822 S Delfino Lane

Spokane WA 99224.....**509 838-1145**

Internet www.CedarPropertyMgmt.com

(Please see our ad under
Independent Living)

Coeur d'Alene Plaza Apartments

228 N Howard

Spokane WA 99201..... **509 456-8726**

GOODALE & BARBIERI COMPANY--



818 W Riverside Ste 300

Spokane WA 99201..... **509 459-6102**

Toll Free **800 572-9181**

Internet www.g-b.com

Friendship Gardens

2201 E 5th Ave

Spokane WA 99202.....**509 536-1134**

Grace Court Apartments

12915 E Broadway

Spokane WA 99216..... **509 926-5528**

(Please see our ads on this page)

HILLYARD PLAZA APARTMENTS **One Bedroom Apartments**



3-Floors w/Elevator • 24 hr washroom
Community Rm • Non-Smoking • Near Bus Lines

Affordable Senior Living
HUD Subsidized
62+ or Disabled

East 2808 Sanson Ave

Spokane WA 99217 **509 489-7271**

(Listings continued on page 10...)



GRACE COURT APARTMENTS

(509) 926-5528 | 12915 E Broadway Ave | Spokane Valley, WA 99216



Affordable Housing for Seniors

- Residents Must be 62 Years of Age or Older
- Rent is Based on 30% of Income
- Maximum Income Limits Apply

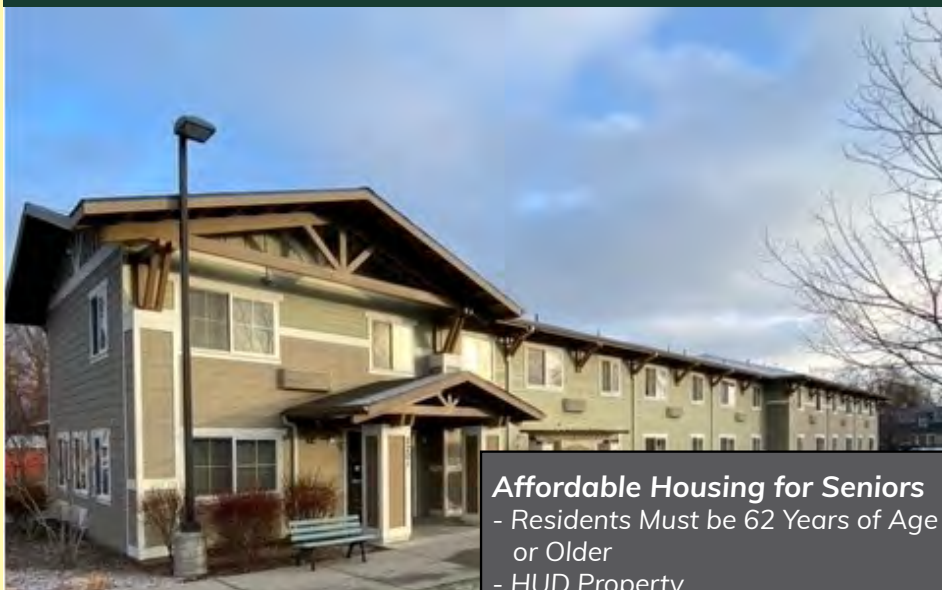


Goodale & Barbieri Company | (509) 459-6102 | www.g-b.com
818 W Riverside Ave Suite 300 | Spokane, WA 99201



FRIENDSHIP GARDENS

(509) 536-1134 | 2201 E 5th Ave | Spokane, WA 99202



Affordable Housing for Seniors

- Residents Must be 62 Years of Age or Older
- HUD Property



Goodale & Barbieri Company | (509) 459-6102 | www.g-b.com
818 W Riverside Ave Suite 300 | Spokane, WA 99201



10 Apartments

(...Listings continued from page 9)

KIEMLE HAGOOD ---



Administration

601 W Main Ave Ste 400
Spokane WA 99201..... **509 838-6541**

Appleway Court

221 S Farr Rd
Spokane WA 99206..... **509 315-5762**

Appleway Court II

223 S Farr Rd
Spokane Vly 99205..... **509 315-5762**

Canterbury Court

1010 S Rockwood Blvd
Spokane WA 99202..... **509 624-5678**

Manito Garden

500 E 29th Ave
Spokane WA 99203..... **509 624-7326**

Post Falls Terrace

1120 N Idaho
Post Falls ID 83854..... **208 773-3493**

Winchester Court I, II, III

4101 N Cook & 4020 & 4006 N Stone
Spokane WA 99207..... **509 484-4053**

Internet..... **www.kiemlehagood.com**

(Please see our ad on pages 4-5
& our Checklist on page 8)

Lilac Plaza

7007 N Wiscomb
Spokane WA 99208
509 489-7612

(Please see our ad under Independent Living)

Lilac Terrace

7015 N Wiscomb
Spokane WA 99208
509 209-9310

(Please see our ad under Independent Living)

Rockwood Lane

E 221 Rockwood Blvd
Spokane WA 99202 **509 838-3200**
Internet

www.rockwoodlaneretirement.com

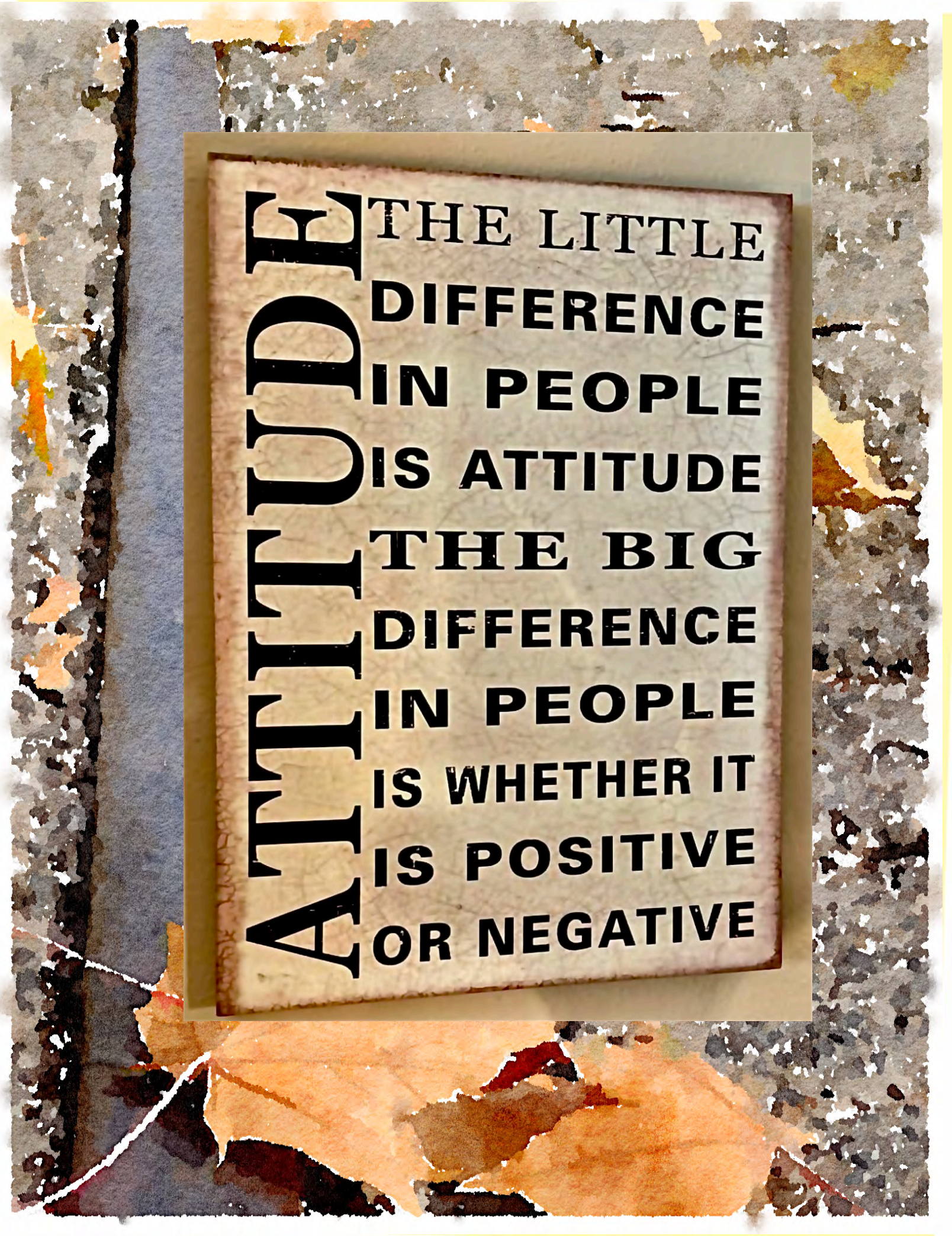
(Please see our ad under
Retirement Communities
& our Checklist on page 27)



**Spokane Riverfront Park
"Pavilion" at night**



Lilac Terrace

The image features a central rectangular card with a light beige, textured background. The card is set against a larger, darker background that resembles a collage of torn paper or aged parchment, with various shades of brown, grey, and orange. The text on the card is in a bold, black, serif font. The word 'ATTITUDE' is written vertically on the left side of the card, while the rest of the quote is written horizontally to its right.

ATTITUDE THE LITTLE
DIFFERENCE
IN PEOPLE
IS ATTITUDE
THE BIG
DIFFERENCE
IN PEOPLE
IS WHETHER IT
IS POSITIVE
OR NEGATIVE



NOW OPEN!

Brand New Assisted Living
& Memory Support



Palvella Glen of Rockwood at Whitworth offers lovely, brand new apartments for Assisted Living and Memory Support. Discover the lifestyle and compassionate care at the newest Rockwood community.

Call (509) 606-0349 today for a tour and availability.



Rockwood
AT WHITWORTH

10331 N. Mayberry Dr., Spokane, WA 99218

Independent • Assisted • Memory Support
RockwoodatWhitworth.com

ASSISTED LIVING

Avamere at South Hill
3708 East 57th Avenue
Spokane WA 99228 (509) 443-0401

Bethany Place
9111 E Upriver Drive
Spokane WA 99206 (509) 924-0580

Brighton Court Assisted Living
1308 N Vercler Rd
Spokane Valley WA 99216 (509) 926-4533

Brookdale Park Place
601 S Park Rd
Spokane Valley WA 99212 (509) 922-7224

Cheney Care Community
2219 N 6th St
Cheney WA 99004 (509) 235-6196

Cherrywood Place Retirement & Assisted Living
100 E Dalke Ave
Spokane WA 99208 (509) 484-3553

Colonial Court Assisted Living
12016 E Cataldo Ave
Spokane Valley WA 99206 (509) 921-5473

Cornerstone Cottage
2020 W Circle Dr
Newport WA 99156 (509) 447-0139

Cornerstone Memory Care
12322 N Ruby Rd
Spokane WA 99218 (509) 467-2688

Orchard Crest Retirement Community
222 S Evergreen
Spokane Vly WA 99216. **509 928-2222**
Toll Free **800 705-1556**
Internet
... **www.orchardcrestretirement.com**
(Please see our ad on this page, under
Independent Living, under Memory Care,
& our Checklist on page 33)

Parkview Senior Living
240 S Silke Rd
Colville WA 99114 (509) 640-3441

Providence Emilie Court Assisted Living
34 E 8th Ave
Spokane WA 99202 (509) 474-2550

Ridgeview Place Assisted Living
12903 East Mission Ave
Spokane Vly WA 99216 (509) 283-7809

Riverview Terrace Assisted Living
1801 E Upriver Dr
Spokane WA 99207 (509) 483-6483

Rockwood South Hill
2903 E 25th Ave
Spokane WA 99223 **509 536-6650**

(Listings continued on page 15...)



Evergreen Fountains

1201 N Evergreen
Spokane Valley WA 99216
..... **509 922-100**
Internet... **www.evergreenfountains.com**
(Please see our ad under Assisted Living
& on Pages 20-21)

Fairwinds - Spokane
520 E Holland Ave
Spokane WA 99218 (509) 468-1000

Fairview Assisted Living & Memory Care
1617 N Calispel St
Spokane WA 99205 (509) 325-7339

Legacy 1864
1620 E Mead St
Spokane WA 99218 (509) 467-1135

Mallon Place
1724 W Mallon Ave
Spokane WA 99201 (509) 327-5945

Milford House
2208 W Milford Pl
Spokane WA 99201 (509) 327-5683

North Point Village
1110 E Westview Ct
Spokane WA 99218 (509) 385-0887

*Your Choice.
Your Life.*

**Assisted Living
Independent Living
Memory Care**

South Hill Village

A PEGASUS SENIOR LIVING™ COMMUNITY

Contact us for a tour:
3117 E Chaser Lane • Spokane
(509) 443-8500
Visit our website:
pegassuseniorliving.com/communities/south-hill-village

*Where
It's Your
Life,
It's Your
Home...*

FULL LIFE...FULL SERVICE...FULL CARE
INDEPENDENT LIVING ♦ ASSISTED LIVING ♦ MEMORY CARE

- ♦ An Expansive Range of Beautiful Apartments
- ♦ Committed to Lifelong Well-Being
- ♦ Comprehensive Amenities
- ♦ In-house Therapy
- ♦ Locally Owned / Family Managed



Orchard Crest Retirement
Independent, Assisted Living & Memory Care
Setting the Standard in Retirement Living

(509) 928-2222
222 South Evergreen Road ♦ Spokane Valley, WA 99216 ♦ www.orchardcrestretirement.com

ASSISTED LIVING ✓ CHECKLIST

Answers to the questions on this page will help you evaluate an assisted living community. It is always a good idea to take a copy of these pages with you when visiting an assisted living community.

PERSONAL CARE NEEDS:

YES NO

- | | | |
|---|--------------------------|--------------------------|
| Is there a written plan for the care of each resident? | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the initial needs assessment include the resident, family, and facility staff, along with a physician? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there an ongoing process for assessing a resident's need for services? How often? | <input type="checkbox"/> | <input type="checkbox"/> |
| How does the facility accommodate residents with changing needs? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is staff available to provide 24-hour assistance with activities of daily living (ADLs)? | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the residence have programs for Alzheimer's, dementia, and other special needs? | <input type="checkbox"/> | <input type="checkbox"/> |
| How often does a staff member check on a resident's whereabouts and well-being? | <input type="checkbox"/> | <input type="checkbox"/> |
| If a resident's behavior changes and becomes verbally or physically abusive, what is the facility's course of action? | <input type="checkbox"/> | <input type="checkbox"/> |

HEALTH CARE NEEDS:

- | | | |
|---|--------------------------|--------------------------|
| Does a physician/nurse make regular checkups? To what extent is medical care available? | <input type="checkbox"/> | <input type="checkbox"/> |
| Will the staff set up medical appointments and transportation for each resident? | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the residence's pharmacy provide delivery, consultation, and review of medicines? | <input type="checkbox"/> | <input type="checkbox"/> |
| Does staff supervise/assist residents in taking medicine? | <input type="checkbox"/> | <input type="checkbox"/> |
| May residents take their own medications? | <input type="checkbox"/> | <input type="checkbox"/> |
| What health care services are available at the facility? Physical therapy? Wound care? Hospice care? Social services? | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the residence have a clearly stated procedure for responding to medical emergencies? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there an arrangement with a nearby hospital? | <input type="checkbox"/> | <input type="checkbox"/> |
| Under what circumstances does the facility call the family, or the resident's doctor? | <input type="checkbox"/> | <input type="checkbox"/> |

RESIDENT SERVICES:

- | | | |
|---|--------------------------|--------------------------|
| What resident services are available on site? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are housekeeping, linen service, and personal laundry included in the fees, or are they available at an additional charge? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are on-site laundry facilities available and convenient? | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the residence provide transportation to doctors' offices, the hairdresser, shopping, and other activities, and can it be arranged on short notice? | <input type="checkbox"/> | <input type="checkbox"/> |

LOCATION:

- | | | |
|---|--------------------------|--------------------------|
| Do you like the facility's outward appearance? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is the facility convenient for frequent visits by family and friends? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is the facility near shopping centers and other entertainment? | <input type="checkbox"/> | <input type="checkbox"/> |
| Can the resident access a medical complex easily? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is public transportation available and accessible? | <input type="checkbox"/> | <input type="checkbox"/> |

LIVING ENVIRONMENT:

- | | | |
|--|--------------------------|--------------------------|
| Is the decor attractive and homey? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is the floor plan well designed and easy to follow? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are doorways, hallways, and rooms accommodating to wheelchairs and walkers? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are elevators available for those unable to use stairs? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are hand rails available to aid in walking? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are floor coverings made of a nonskid material? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is the residence clean, free of odors, and appropriately heated/cooled? | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the residence have good lighting, sprinklers, and clearly marked exits? | <input type="checkbox"/> | <input type="checkbox"/> |
| What is the facility's means of security if a resident wanders? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there an emergency evacuation plan? | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the facility hold fire drills? | <input type="checkbox"/> | <input type="checkbox"/> |

This page sponsored by...



Retirement Has Its Priorities

Life is easier in a comfy, convenient Rockwood apartment. We provide many services to support your independence and your daily care. Call for a tour at:

800-727-6650

(...Listings continued from page 13)

Rockwood at Whitworth

10331 N Mayberry Dr
Spokane WA 99218..... **509 606-0349**
Or Call **800 727-6650**
Internet

..... **www.rockwoodatwhitworth.com**

(Please see our ad on page 12,
under Memory Care, Retirement Communities
& on the Inside Front Cover)

Rose Pointe Assisted Living

13013 E Mission Ave
Spokane Valley WA 99216..... (509) 926-6483
Sapphire at Moran Vista
3319 E 57th Ave
Spokane WA 99223 (509) 443-1944

South Hill Village

3117 Chaser Lane
Spokane WA 99223..... **509 443-8500**
Internet

..... **www.pegasus seniorliving.com**

(Please see our ad on this page)

Sullivan Park Assisted Living

421 S Adams Rd
Spokane Valley WA 99216..... (509) 924-5555
Touchmark on South Hill
2929 S Waterford Dr
Spokane WA 99203 (509) 960-2324
Willow Grove
1620 E Mead St
Spokane WA 99218 (509) 467-1135
Windriver Place Senior Living
7310 N Pine Rock St
Spokane WA 99208 (509) 359-1260

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1222 N Post St
Spokane WA 99201..... **509 458-2509**
Internet **www.altcew.org**

(Please see our ad under
Senior Resources & Services)



tidbits.....

Assisted living is for people who need help with daily care, but not as much help as a nursing home provides. Assisted living facilities range in size from as few as 25 residents to 120 or more. Typically, a few “levels of care” are offered, with residents paying more for higher levels of care. Generally, it is common to find communities that feature two to four levels of care within assisted living, including residential living, skilled nursing, memory care, assisted living, and rehabilitation.

Assisted living residents usually live in their own apartments or rooms and share common areas. They have access to many services, including up to three meals a day; assistance with personal care; help with medications, housekeeping, and laundry; 24-hour supervision, security, and on-site staff; and social and recreational activities. Exact arrangements vary from facility to facility, and state to state.

Generally, it is common to find communities that feature two to four levels of care within assisted living, including residential living, skilled nursing, memory care, assisted living, and rehabilitation.

While assisted living communities focus on entertaining residents, memory care communities offer dementia-specific activities tailored to the unique cognitive needs of people with dementia. Seniors living with dementia often express their distress with challenging behaviors.

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Independent Living, Memory Care,
& our Checklist on page 33)

Rockwood South Hill

2903 E 25th Ave

Spokane WA 99223..... **509 536-6650**

Internet.. www.rockwoodretirement.org

Rockwood at Whitworth

10331 N Mayberry Dr

Spokane WA 99218..... **509 606-0349**

Or Call **800 727-6650**

Internet

..... www.rockwoodatwhitworth.com

(Please see our ad under Memory Care,
Retirement Communities & Inside Front Cover)

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Internet. www.cedarpropertymgmt.com

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Orchard Crest Retirement

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Internet

..... www.heritagefunerals.com

WHEN YOU NEED US, WE'LL BE HERE

Our funeral directors are available 24 hours a day, 7 days a week, 365 days a year. We consider it our privilege to help you navigate through some of life's most difficult decisions.

Heritage Funeral & Cremation provides a warm and inviting atmosphere for families to make final arrangements and hold memorable services.

It is our commitment to serve your family as we would our own, with respect, patience and compassion. We are proud to serve all faiths and families in our community.

Heritage is located on the grounds of Riverside Memorial Park, across from Greenwood Memorial Terrace.

ONE OF THE BEST IN THE NATION

For the 12th year in a row, **Heritage Funeral & Cremation** was selected to receive the National Funeral Directors Association (NFDA) Pursuit of Excellence Eagle award (2002-2014). This mark of excellence honors funeral homes for their outstanding community service, technical ability, and professional integrity. **Heritage** is the only funeral home in Washington State to receive this award twelve years in a row.

Heritage Funeral & Cremation was also selected in 2010 as one of the top eight Funeral Homes in the United States, receiving the "Best of the Best" Award. Achieving recognition in the Pursuit of Excellence program is a rigorous process. A funeral home must meet strict quality service criteria in nine categories of achievement. "Pursuit of Excellence funeral homes provide innovative and compassionate care to the families they serve," said NFDA CEO Christine Pepper. "Through their commitment to their communities and the highest professional standards, these funeral homes are raising the bar for all funeral service providers in the country."

This program requires a rigorous and time consuming commitment to the application itself. As a result we made the decisions to redirect our time and commitment to our families and our community rather than awards.

GOLF



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Internet..... www.wandermere.com

(Please see our ad on opposite page)

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Wandermere Golf Course

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Internet
.... **www.spokaneaudiologyclinic.net**
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HOSPICE ✓ CHECKLIST

Use this checklist to help evaluate hospice services to determine which one will work best for you and your family. Hospice services can be a great relief for both a patient and family members.

GENERAL INFORMATION:

- What services are provided?
- What kind of support is available to the family and caregiver?
- What roles do the attending physician and hospice play?
- What does the hospice volunteer do?
- How does hospice keep the patient comfortable?
- How are services provided outside of business hours?
- How and where does hospice provide short-term inpatient care?
- With which nursing homes or long-term care facilities does the hospice work?
- Can this service be brought into a nursing home or other living facility?
- How long does it typically take the hospice to enroll someone once the request for services is made?
- How does the physician work with the family and patient?
- Is the hospice licensed or certified? If so, for what types of services?
- Are services offered in the home?
- Is the service insured against liability?
- Is a written contract provided regarding eligibility, payment and staff training?
- Is the care plan developed in consultation with your loved one's physician?
- Are family members, including myself, included in reviewing and contributing to the care plan?
- Is the care plan completed in person with a nurse or social worker?
- Will I have contact with a supervisor?
- Is there a grievance or complaint process?
- Are references available for all providers?

SUPPORT FOR THE PATIENT

YES NO

- | | | |
|---|--------------------------|--------------------------|
| Help staying home (Stay out of hospital or facility)? | <input type="checkbox"/> | <input type="checkbox"/> |
| Help paying for medicines and supplies? | <input type="checkbox"/> | <input type="checkbox"/> |
| Help paying for medical equipment? | <input type="checkbox"/> | <input type="checkbox"/> |
| Help with housework/shopping? | <input type="checkbox"/> | <input type="checkbox"/> |
| Help planning and organizing? | <input type="checkbox"/> | <input type="checkbox"/> |
| Visits by nurse at home? | <input type="checkbox"/> | <input type="checkbox"/> |
| Pain control? | <input type="checkbox"/> | <input type="checkbox"/> |
| Volunteer help? (Play games, read books, etc.)? | <input type="checkbox"/> | <input type="checkbox"/> |
| Visits by pets at home? | <input type="checkbox"/> | <input type="checkbox"/> |
| Help bathing? | <input type="checkbox"/> | <input type="checkbox"/> |
| Companionship? | <input type="checkbox"/> | <input type="checkbox"/> |
| Spiritual support? | <input type="checkbox"/> | <input type="checkbox"/> |
| Emotional/psychological support? | <input type="checkbox"/> | <input type="checkbox"/> |
| Support for family members? | <input type="checkbox"/> | <input type="checkbox"/> |
| Access to community resources? | <input type="checkbox"/> | <input type="checkbox"/> |

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Spokane's #1 Hospice Care Provider

CMS Quality Data consistently ranks Horizon Hospice #1 for daily time spent with patients.

And Horizon was the #1 hospice in the State for time spent the last seven days of life.

Our goal is not to be the biggest. Our goal is to provide the best quality care.



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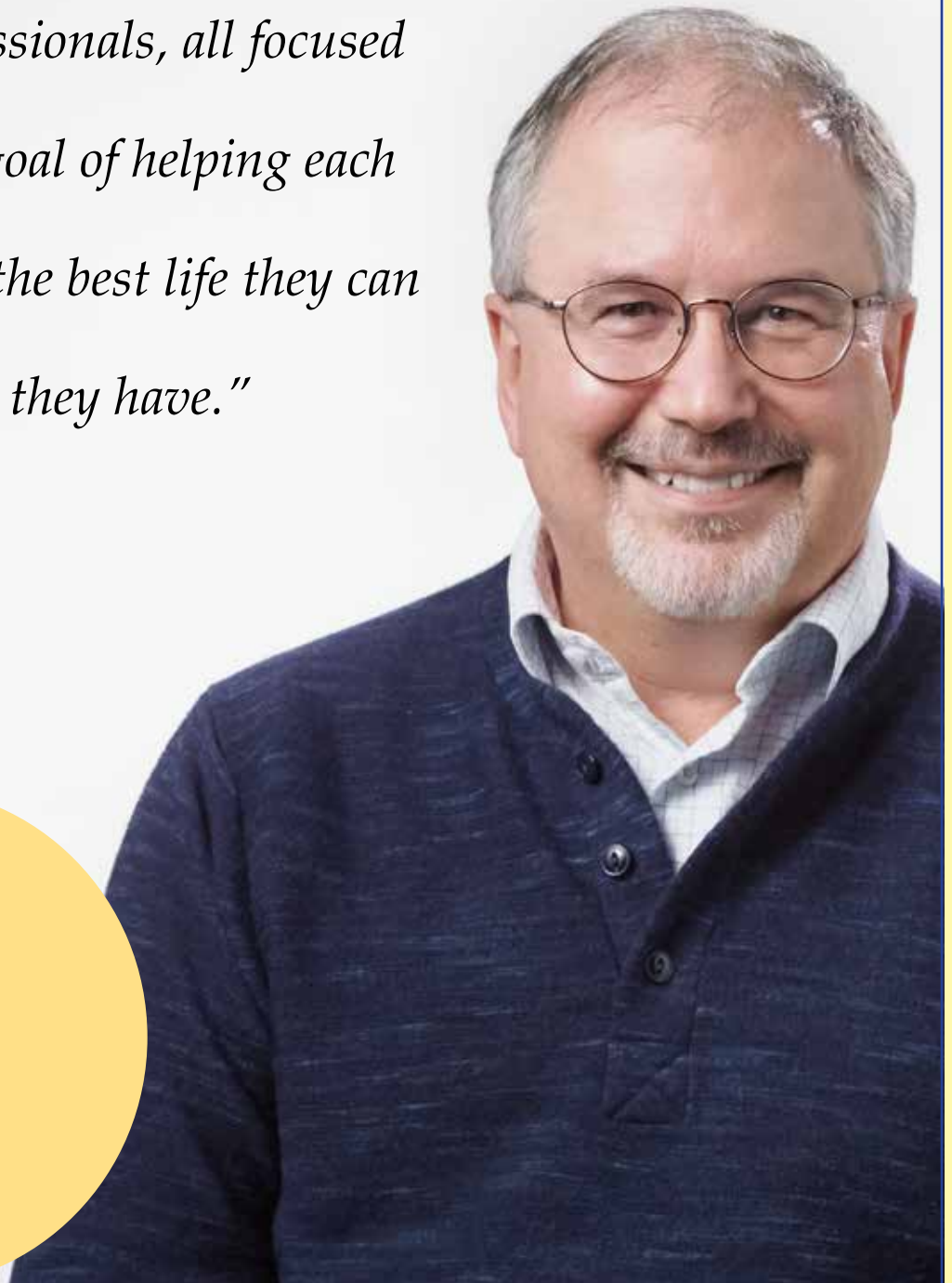
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MEDICAL DIRECTOR



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Lilac Terrace
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Spokane WA 99223 (509) 448-6300

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Spokane WA 99216 (509) 921-0249

Brookdale Park Place
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Administration
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Appleway Court
221 S Farr Rd
Spokane WA 99206 **509 315-5762**

Appleway Court II
223 S Farr Rd
Spokane V WA 99206.. **509 315-5762**

Canterbury Court
1010 S Rockwood Blvd
Spokane WA 99202 **509 624-5678**

Manito Garden
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Spokane WA 99203 **509 624-7326**

Post Falls Terrace
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Post Falls ID 83854 **208 773-3493**

Winchester Court I, II, III
4101 N Cook &
4020 & 4006 N Stone
Spokane WA 99207 **509 484-4053**

Internet **www.kiemlehagood.com**
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& our Checklist on page 8)

Lilac Plaza

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Spokane WA 99208
509 489-7612
(Please see our ad on page 24)

Lilac Terrace

7015 N Wiscomb
Spokane WA 99208
509 209-9310
(Please see our ad on page 24)

Orchard Crest Retirement Community
222 S Evergreen
Spokane Vly WA 99216. **509 928-2222**

Internet
... **www.orchardcrestretirement.com**
(Please see our ad in this category on page 29,
under Assisted Living, Memory Care,
& our Checklist on page 33)



(Listings continued on page 29...)

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INDEPENDENT LIVING CHECKLIST

If you have decided that it's time to move to an independent living community to cut down on your responsibilities and enjoy retirement living you will want to visit several communities before making a choice where to move. Take this list with you when you visit a facility so that you know if you are choosing the right community.

THE BUILDING/CAMPUS:

YES NO

- When you first arrive, do you like the location and outward appearance? ☐ YES ☐ NO
- Are the landscaping and grounds well maintained? ☐ YES ☐ NO
- Were you acknowledged and welcomed when you entered the building? ☐ YES ☐ NO
- Is the decor attractive and welcoming? ☐ YES ☐ NO
- Are their garages/covered parking available? ☐ YES ☐ NO
- Is there adequate parking for personal vehicles or guests? ☐ YES ☐ NO
- Is this a rental or purchase? ☐ YES ☐ NO
- Are there fees? ☐ YES ☐ NO
- Is the community handicapped accessible? ☐ YES ☐ NO
- Are walkways, sidewalks and hallways well lit? ☐ YES ☐ NO
- Is the building clean, free of odors and appropriately heated/cooled? ☐ YES ☐ NO
- Is there a smoking policy? ☐ YES ☐ NO
- Is there additional storage available? Is there a fee? ☐ YES ☐ NO
- Is there a security system? ☐ YES ☐ NO

APARTMENTS:

- Are the utilities included? ☐ YES ☐ NO
- Are the units furnished? ☐ YES ☐ NO
- Does it have a washer/dryer in the unit? ☐ YES ☐ NO
- Are the appliances furnished? ☐ YES ☐ NO
- Does it have a washer/dryer in the unit? ☐ YES ☐ NO
- Can I bring my own furnishings/appliances? ☐ YES ☐ NO
- Can I make changes/personalize my unit (paint, upgrade appliances, etc)? ☐ YES ☐ NO
- Is there a security system available? ☐ YES ☐ NO
- Are there safety features, like emergency pull cords, call systems, fire sprinklers and smoke alarms? ☐ YES ☐ NO
- Do I have to do my own lawn care? ☐ YES ☐ NO

SERVICES & AMENITIES:

- Is there 24 hour maintenance? ☐ YES ☐ NO
- Are there accommodations for my guests to stay overnight? ☐ YES ☐ NO
- Is there a staff to assist with temporary care needs? ☐ YES ☐ NO
- Are there an activity director on site? ☐ YES ☐ NO
- Are there daily activities for the residents? ☐ YES ☐ NO
- Is there a fitness center or gym? ☐ YES ☐ NO
- Is there a swimming pool? ☐ YES ☐ NO
- Is there a beauty/nail salon? ☐ YES ☐ NO
- Are pets allowed? ☐ YES ☐ NO
- Is there a dining facility for daily meals? ☐ YES ☐ NO
- Are meals and menus planned ahead of time? ☐ YES ☐ NO
- Are special dietary needs accommodated (religious, vegetarian, etc.)? ☐ YES ☐ NO
- Is meal delivery service available? ☐ YES ☐ NO
- Can I invite guests to a meal anytime? ☐ YES ☐ NO

SOCIAL ACTIVITIES:

- Are there outdoor areas for walking and other activities? ☐ YES ☐ NO
- Are there activities outside the facility? ☐ YES ☐ NO
- Is there an opportunity for residents to meet other people at social events? ☐ YES ☐ NO
- Is there transportation available for shopping, banking, doctor's appointments and other errands? ☐ YES ☐ NO



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Rockwood Lane Retirement Community
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(...Listings continued from page 25)



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509-606-0349

800-727-6650

www.rockwoodretirement.org

South Hill Village

3117 Chaser Lane

Spokane WA 99223..... **509 443-8500**

Internet

..... **www.pegasus seniorliving.com**

(Please see our ad on this page,

under Assisted Living, & under Memory Care)

Sprague Crossing

14303 E Sprague Ave

Spokane WA 99216..... (509) 892-1255

Sullivan Park Care Center

14820 E 4th Ave

Spokane Valley WA 99216..... (509) 922-1644

Tallon Hills Seniors

24950 E Hawkestone Loop

Liberty Lake WA 99019..... (509) 924-7705

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(509) 928-2222

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*Do you know someone with
dementia and need help?*

We can help.

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for no cost,
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MEMORY CARE

Orchard Crest Retirement Community

222 S Evergreen

Spokane Vly WA 99216. **509 928-2222**

Toll Free **800 705-1556**

Internet.. orchardcrestretirement.com

(Please see our ad on this page,
under Assisted Living, Independent Living,
on the Inside Back Cover
& our Checklist on page 32)

Rockwood South Hill

2903 E 25th Ave

Spokane WA 99223..... **509 536-6650**

Rockwood at Whitworth

10331 N Mayberry Dr

Spokane WA 99218..... **509 606-0349**

Or Call **800 727-6650**

Internet.. www.rockwoodretirement.org

(Please see our ad on the opposite page,
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South Hill Village

3117 Chaser Lane

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(Please see our ad on this page,
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tidbits.....

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Memory Care provides:

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- A restrictive, secured care environment.
- 24 hour/day staff trained to attend to the personal and health care needs of cognitively impaired residents.
- Behavioral interventions to deal with symptoms of dementia such as wandering, aggression, anger and apathy.

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Your Life.*

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South Hill Village

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REFERRAL & PLACEMENT AGENCIES



Aging & Long Term Care of Eastern Washington

1222 N Post St

Spokane WA 99201..... **509 458-2509**

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& Memory Support



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Rockwood
AT WHITWORTH

10331 N. Mayberry Dr., Spokane, WA 99218

Independent • Assisted • Memory Support
RockwoodatWhitworth.com

RETIREMENT CHECKLIST

Choosing a retirement community that's right for you involves many factors. You'll be looking for a place that "feels right"; but don't depend on feelings alone...this checklist includes important factors to consider when comparing communities; it is a resource to help you look at a facilities' strengths and weaknesses.

FINANCIAL CONSIDERATIONS:

- | | | |
|---|--------------------------|--------------------------|
| Do you know what the basic monthly or daily rate does and doesn't include? | <input type="checkbox"/> | <input type="checkbox"/> |
| Can the basic monthly rate be raised monthly or annually? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there a cap on how much the rate can be raised? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you know what you will be charged for add-ons such as cable, telephone, newspaper delivery? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you comfortable with the rules and regulations stipulated in the residency agreement? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are there medical conditions or other criteria that might require you to leave at some point? | <input type="checkbox"/> | <input type="checkbox"/> |
| What procedures are in place if you can no longer afford the fees? | <input type="checkbox"/> | <input type="checkbox"/> |
| Will you be required to pay an entrance, application or deposit fee? If so how much? | <input type="checkbox"/> | <input type="checkbox"/> |
| Will this fee be refunded (at least partially) in the event that you need to leave the community? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you able to purchase a unit? | <input type="checkbox"/> | <input type="checkbox"/> |
| Once you own a unit, are you allowed to sell or rent it to someone else on your own? | <input type="checkbox"/> | <input type="checkbox"/> |

FACILITY DESCRIPTION:

- | | | |
|--|--------------------------|--------------------------|
| Do the units (apartments) have private full bathrooms? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are the units furnished? | <input type="checkbox"/> | <input type="checkbox"/> |
| Does it have a washer/dryer in the unit? Are the other appliances furnished? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is housing keeping service available? | <input type="checkbox"/> | <input type="checkbox"/> |
| Can you choose the unit you'll live in? | <input type="checkbox"/> | <input type="checkbox"/> |
| Can I bring my own furnishings/appliances? | <input type="checkbox"/> | <input type="checkbox"/> |
| Can I make changes/personalize my unit (paint, upgrade appliances, etc)? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there a security available? | <input type="checkbox"/> | <input type="checkbox"/> |
| What types of safety systems are there, like emergency pull cords, call systems, fire sprinklers and smoke alarms? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are there plenty of handrails and grab bars? | <input type="checkbox"/> | <input type="checkbox"/> |

AMENITIES:

- | | | |
|---|--------------------------|--------------------------|
| Is there 24 hour maintenance? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are there accommodations for my guests to stay overnight? | <input type="checkbox"/> | <input type="checkbox"/> |
| Will the staff to assist with temporary care needs? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are there an activity director on site? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are there daily activities for the residents? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there a fitness center or gym? Is there a swimming pool? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there a beauty/nail salon? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are pets allowed? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there a dining facility for daily meals? Who plans the meals? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are meals and menus planned ahead of time? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are special dietary needs accommodated (religious, vegetarian, etc.)? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is meal delivery service available? | <input type="checkbox"/> | <input type="checkbox"/> |
| Can I invite guests to a meal anytime? | <input type="checkbox"/> | <input type="checkbox"/> |

SOCIAL ACTIVITIES:

- | | | |
|---|--------------------------|--------------------------|
| Are there outdoor areas for walking and other activities? | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the facility offer activities outside the facility? Exercise or wellness program? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are there social and recreational activities that you enjoy? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there transportation available for shopping, banking, doctor's appointments and other errands? | <input type="checkbox"/> | <input type="checkbox"/> |



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Spokane WA 99201.. **509 747-6777**
Delaney Apartments, The
242 W Riverside
Spokane WA 99201 .**509 747-5081**
Fahy West/Fahy Garden
1523 W Dean
Spokane WA 99201. **509 326-6759**

O'Malley Apartments, The
707 E Mission
Spokane WA 99202.....**509 487-1150**
Rockwood Lane
E 221 Rockwood Blvd
Spokane WA 99202.....**509 838-3200**
Internet.....**www.cceasternwa.org**
(Please see our ad under Apartments)

Cedar Summit Estates Vi, VI, VII
822 S Delfino Lane
Spokane WA 99224.....**509 838-1145**
Internet .**www.CedarPropertyMgmt.com**
(Please see our ad under Independent Living)
Evergreen Fountains
1201 N Evergreen
Spokane Vly WA 99216 **509 922-3100**
Internet
.....**www.evergreenfountains.com**
(Please see our ad on this page
& on pages 20-21)

Fairwinds - Spokane
520 E Holland Ave
Spokane WA 99218(509) 468-1000

Fairwood Retirement Village & Assisted Living
312 W Hastings Rd
Spokane WA 99218(509) 467-2365
GOODALE & BARBIERI COMPANY--



818 W Riverside Ste 300
Spokane WA 99201..... **509 459-6102**
Toll Free **800 572-9181**
Internet..... **www.g-b.com**
Friendship Gardens
2201 E 5th Ave
Spokane WA 99202..... **509 456-8726**
Grace Court Apartments
12915 E Broadway
Spokane Vly WA 99216. **509 926-5528**
(Please see our ad under Apartments)

(Listings continued on page 36...)



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& Memory Support



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Rockwood
AT WHITWORTH

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(...Listings continued from page 34)

Grace Court Apartments

12915 E Broadway

Spokane Vly WA 99216 **509 926-5528**

(Please see our ad under Apartments)

Harvard Park

1616 E 30th Ave

Spokane WA 99203(509) 747-2703

Holman Gardens Retirement Home

12912E 12th Ave

Spokane WA 99216(509) 927-2300

KIEMLE HAGOOD -----



Administration

601 W Main Ave Ste 400

Spokane WA 99201..... **509 838-6541**

Appleway Court

221 S Farr Rd

Spokane WA 99206..... **509 315-5762**

Appleway Court II

223 S Farr Rd

Spokane Vly WA 99206. **509 315-5762**

Canterbury Court

1010 S Rockwood Blvd

Spokane WA 99202..... **509 624-5678**

Manito Garden

500 E 29th Ave

Spokane WA 99203..... **509 624-7326**

Post Falls Terrace

1120 N Idaho

Post Falls ID 83854..... **208 773-3493**

Winchester Court I, II, III

4101 N Cook & 4020 & 4006 N Stone

Spokane WA 99207..... **509 484-4053**

Internet..... **www.kiemlehagood.com**

(Please see our ad on pages 4-5

& our Checklist on page 8)



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Spokane Valley WA 99216.....(509) 359-1512



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Rockwood
RETIREMENT COMMUNITIES

Rockwood South Hill 2903 E 25th Ave Spokane, WA 99223 509-536-6650	Rockwood at Whitworth 10331 N. Mayberry Dr. Spokane, WA 99223 509-606-0349
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800-727-6650
www.rockwoodretirement.org

Spokane Veterans Home

222 E 5th Ave

Spokane WA 99202(509) 344-5772

Touchmark on South Hill

2929 S Waterford Dr

Spokane WA 99203(509) 960-2324

SENIOR RESOURCES & SERVICES

Aging & Long Term Care of Eastern Washington

1222 N Post St

Spokane WA 99201..... **509 458-2509**

Internet..... **www.altcew.org**

(Please see our ad on this page)

American Medical Response

1425 N Washington St

Spokane WA 99201..... **509 323-8888**

Internet..... **www.amr.net**

(Please see our ad under Ambulances)



Avista Corp

1411 E Mission

Spokane WA 99220..... **800 227-9187**

Internet..... **www.avistautilities.com**

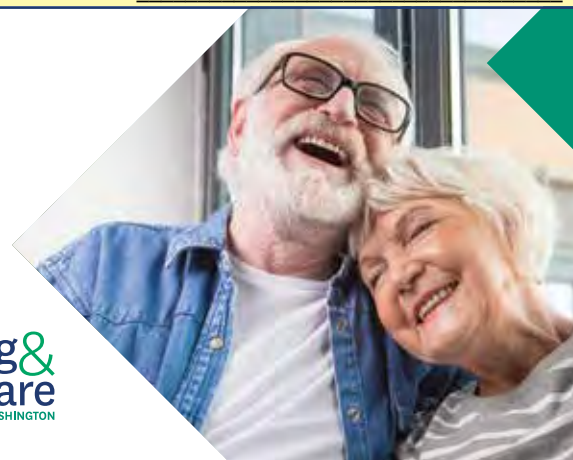
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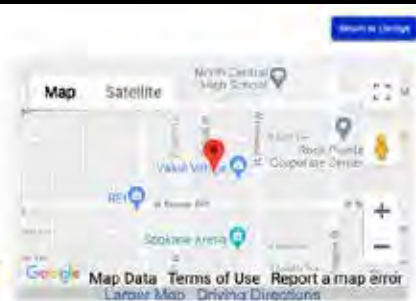


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