

# VASHON-MAURY ISLAND COMMUNITY RESOURCES

**Backpack Pantry** works to reduce the effects of childhood hunger by providing nutritious easy-to-prepare food primarily over the weekend to children residing in food insecure homes on Vashon-Maury Island.  
Contact **Nancy Radford** | 206.463.2142

**DOVE**, domestic violence & sexual assault advocacy. The DOVE Project provides compassionate advocacy to survivors of both domestic violence and sexual assault living on Vashon Island, both through support and direct services. Our goal is to build a community where abuse is eliminated, and personal empowerment is promoted through prevention, education, and training. [www.vashondoveproject.org](http://www.vashondoveproject.org)  
206.462.0911 office

**Interfaith Council To Prevent Homelessness (IFCH)**  
[www.ifchvashon.org](http://www.ifchvashon.org) | 206.463.7776

**Island Elder Care Adult Family Homes** provides care for elderly, disabled, and hospice patients on Vashon Island including oversight for clients with complex medical problems, mental health care, and certified dementia and memory care.  
**Theresa Shipley, BSN, RN** | [islandeldercare.org](http://islandeldercare.org)  
206.856.1670

**Meet and Greet** is a not-for-profit organization offering temporary relief to families for their loved ones who have Alzheimer's or dementia related problems. We help our clients have full and abundant lives thru various activities and social interaction two days a week.  
**Jeanie Roberts** [jeanieroberts4@gmail.com](mailto:jeanieroberts4@gmail.com) | 206.259.0248  
or **Sean Roberts** | 206.914.5659

**Neighborcare** | [www.neighborcare.org/clinics/vashon](http://www.neighborcare.org/clinics/vashon)  
206.463.3671

**Providence Hospice of Seattle** is a not-for-profit, community-based hospice ministry, serving seriously ill patients in all of King County, Washington including Vashon Island. We provide comprehensive and compassionate physical, emotional, and spiritual care to people nearing the end of their lives, including support for their families and friends. 206.320.4000

**Providence Transitions** is a free, home-based program that provides palliative care: relief from the pain, symptoms and stress of serious illness. It's important to us that you have the comfort care and support you need now, and the information you need to make decisions as your health changes.  
206.320.7396

**Providence Home Services of King County** helps patients who are recovering from or living with an acute or chronic illness to receive care at home. We work collaboratively with physicians and other healthcare providers to ensure continuity of care and to help patients transition from an inpatient environment back to their homes. 425.525.6800

**Seeds 4 Success:** Employment for people with disabilities.  
[www.s4svashon.org](http://www.s4svashon.org) | 206.370.0709/206.408.7274

**St Vincent de Paul:** The St. Vincent de Paul Society is a lay Catholic organization that aspires to live the gospel message of Christ by serving the poor with love, respect, justice, hope and joy, and by working to shape a more just and compassionate society.  
206.450.7577

**Vashon Alliance to Reduce Substance Abuse (VARSA)** works to reduce youth alcohol and substance use.  
[www.varsanetwork.org](http://www.varsanetwork.org) | 206.567.2647

**Vashon Care Closet** offers free medical supplies and equipment. 206.473.8715

**Vashon Care Network** offers a resource line that offers information regarding care options both on and off Vashon Island. 206.604.3253

**Vashon Community Care** provides long-term care for seniors who need assistance with daily living and memory support. [www.vashoncommunitycare.org](http://www.vashoncommunitycare.org) | 206 567.4421

**Vashon Elders' Arts, Activities, and Respite Program** provides respite for Vashon residents who care for Alzheimer's patients, for patients with other forms of dementia and for other elders who need constant supervision. We provide a supportive environment for clients from 9am to 4pm every Tuesday and Friday at the Vashon Lutheran Church (except the first Friday of each month). We maintain a safe, secure environment for clients, which provides mental and physical stimulation and socialization activities for clients.

**Vashon Household** | [www.vashonhousehold.org](http://www.vashonhousehold.org)  
206.463.6454

**Vashon Maury Community Food Bank (VMCFB)**  
[www.vashonfoodbank.org](http://www.vashonfoodbank.org) | 206.463.6332

**Vashon Meals on Wheels** delivers meals and nutritional supplements to homebound seniors | 206.448.5767

**Vashon Senior Center** | Enriching the lives of older adults on Vashon-Maury Island | 10004 SW Bank Road, Vashon WA  
[www.vashoncenter.org](http://www.vashoncenter.org) | 206.463.5173

**Vashon Youth and Family Services (VYFS)** | The mission of VYFS is to foster a thriving community of emotionally healthy and resilient children, youth, adults, and families.  
[www.vyfs.org](http://www.vyfs.org) | 206.463.5511

**Visiting Angels Home Care** provides non-medical home care including personal care, companion care for those experiencing memory loss, light housekeeping, meal preparation, and medication reminders, overnight or around the clock care. We specialize in assisting families transitioning home from the hospital or rehab, memory care at home, as well as coordinated care with Providence Hospice. All caregivers are licensed and bonded and complete a fingerprint background check. Care can be paid for by Long Term Care Insurance (home care policy), the Veteran's Administration (HHHA or Aid and Attendance) or private pay. Not a DSHS authorized provider. [visitingangels.com/westsound](http://visitingangels.com/westsound)  
206.408.7433/360.602.0609

For more information, call 211 or 877.211.9274.  
King County 211 provides the most comprehensive information on health and human services available to King County residents. The information and referral specialist are experts in understanding eligibility retirement of many human service systems.  
Monday through Friday, 8am to 6pm.



# VASHON-MAURY ISLAND COMMUNITY RESOURCES

2020  
EARLY  
EDITION



## HOUSING

LOW-INCOME | SENIORS 62+ | DISABLED

- ...Vashon Household | 206.463.4880
- ...Home Share Program | 206.463.4880
- ...Vashon Manor | 206.463.3562

EMERGENCY RENTAL FUND

- ...King Co Housing Stability Project  
Call 211 or 877.211.9274 for Referral  
Debbie Rieschl at VYFS | 206.463.5511 ext 225



## MEALS/FOOD

VASHON/MAURY COMMUNITY  
FOOD BANK (VMCFB)

W & Th 11-1pm & 5-7pm | 206.463.6332

FOOD DELIVERY | SENIORS | HOMEBOUND

...Meals on Wheels | 206.448.5767

...Senior Center Deliveries

Normal operation congregate lunch M T W F  
COVID-19 lunch delivery M W F  
[lunch@vashoncenter.org](mailto:lunch@vashoncenter.org) | 206.463.5173

...Thriftway | 206.463.2100

...Lunch at Senior Center

M T W F Noon | \$4.50 or by donation

CHILDREN | PREGNANT WOMEN | LOW INCOME

...Picnics in the Park

Free lunches for children/youth | Ober Park  
Summer weekdays 12-1:30pm  
(provided by VMCFB)

...WIC | Food and Nutrition Vouchers

Pregnant women + children to age 5  
3rd Wednesday of month  
Vashon Methodist Church Clinic | 206.477.0002

...Backpack Pantry

Nutritious easy-to-prepare weekend food  
for children in food-insecure homes  
Contact: Nancy Radford | 206.463.2142

EMERGENCY FOOD

...Thriftway/Vashon Market IGA Vouchers

Contacts: St. Vincent DePaul | 206.450.7577  
VYFS | 206.463.5511 ext 225  
IFCH | 206.463.7776

FREE MEALS SERVED

...Methodist Church | Sundays & Mondays | 5:30pm

...Presbyterian Church | Tuesdays & Thursdays | 5:30pm

...Church of the Holy Spirit | Wednesdays | 5:30pm

...Lutheran Church | Fridays | 5:30pm

...Land Trust Building | Saturdays | 5:00pm

(sponsored by Episcopal Church)

## SHOWERS

FREE SHOWERS ON VASHON

...Dockton Park | All hours

...Methodist Church | Thursdays 6-7pm



## UTILITY ASSISTANCE



ENERGY | WATER | WOOD

...Energy Assistance Multi-Service Center  
(Burien Help & LIHEAP) | 253.838.6810

...Emergency Utility Assistance Vouchers

Contacts: VYFS | 206.463.5511 ext 225  
St. Vincent De Paul | 206.450.7577

...Water District 19 Vouchers

Contact: VMCFB | 206.463.6332

...Free Wood | Catholic Church

Contact: Jim Walker | 206.463.9871

...Warm Home Fund | IFCH | 206.463.7776

## CLOTHING & LAUNDRY



CLOTHING

...Vouchers for Granny's Attic (clothing/household supplies)  
Contact: VYFS | 206.463.5511 ext 225

CLOTHES WASHING

...Suds Laundromat 9am-7pm daily  
Coins for free loads Tuesdays 1-2pm  
Drop-off wash & fold service available

EMERGENCY CLOTHING

...Vouchers to Granny's Attic

Contact: DOVE | 206.462.0911

...BABY SUPPLIES

...Free Exchange

Contact: VYFS Family Place | 206.463.5502



## HEALTH CARE & INSURANCE

### MEDICAL CARE

- Free Care Voucher Program  
Office visits, prescriptions, chiropractic  
VYFS | 206.463.5511 ext 225
- Island Elder Care Adult Family Homes  
24 hour care provided, certified for dementia, memory care, and mental health  
Theresa Shipley, BSN, RN  
islandeldercare.org | 206.856.1670

### DENTAL CARE

- Dental Van VYFS | 206.463.5511
- Adult Dental Care \$10  
Union Gospel (Seattle) | 206.621.7695
- Apple Valley Dental & Braces  
West Seattle | 206.315.9937 (Accepts Apple Health)
- Denture Services  
NW Tacoma | 253.565.4435 (Accepts Apple Health)
- Emergency Dental Assistance  
IFCH | 206.463.7776

### MEDICAL EQUIPMENT

- The Care Closet  
Free medical equipment and supplies | 206.473.8713

### INSURANCE

- Apple Health Insurance  
www.wahealthplanfinder.org

### HOSPICE/PALLIATIVE CARE

- Providence Hospice  
King Co. hospice ministry Vashon Island  
Comprehensive, compassionate end-of-life physical, emotional, and spiritual care, includes family and friends | 206.320.4000
- Providence Transitions  
Free home-based palliative care, relief from the pain, symptoms and stress of serious illness | 206.320.7396
- Providence Home Services of King County  
Home services, in collaboration with physicians & health care providers, for patients recovering from acute or chronic illness | 425.525.6800

### MEDICAL INFORMATION

- Vashon Care Network  
Resource/information line for care options  
206.473.8715
- Medical Cost Assistance  
IFCH | 206.463.7776

For the current Covid-19 outbreak and its impacts across the island, please confirm the times and availability of the resources listed here to confirm their ability to be of assistance.

Thank you for staying home and staying apart.

Remember, keeping your distance does not mean you are alone or on your own.

## COUNSELING & RECOVERY



### COUNSELING

- Vashon Youth & Family Services (VYFS)  
Counseling services for children, youth, adults & families  
(Accepts Apple Health, Sliding Scale, Private Insurance)  
Free for children & youth | 206.463.5511
- Free Medical Vouchers for  
Reproductive/sexual health services  
Vashon Natural Medicine | 206.463.7778  
VYFS | 206.463.5511 ext 225

### RECOVERY SERVICES

- Substance Abuse Counseling/Services  
VYFS | 206.463.5511
- Drug/Alcohol Outpatient Treatment  
Castele, Williams & Associates  
Behavioral Health | 253.536.2881 (no voicemail)
- HelpLine WA Recovery Help Line | 866.789.1511  
For teens | www.866teenlink.org | 866.833.6546

## CONFIDENTIAL HEALTH SERVICES



### TEEN HEALTH SERVICES

- Free Plan B Vouchers (morning after pill)  
Vashon Pharmacy & DOVE | 206.462.0911
- Free Medical Vouchers for  
Reproductive/sexual health services  
Vashon Natural Medicine | 206.463.4778  
VYFS | 206.463.5511 ext 225
- Reproductive Health Advocacy  
(free confidential, trauma-sensitive support)  
info@vashondoveproject.org  
206.462.0911 or 206.940.6430 office
- Youth Confidential Advocacy  
Healthy relationship focus  
info@vashondoveproject.org | 206.639.0608
- Neighborcare School Based Health Clinic  
Medical, dental, mental health & reproductive health services  
(free plan B & birth control) | 206.548.7550

### DOMESTIC VIOLENCE & SEXUAL ASSAULT ADVOCACY

- Dove Project Vashon  
Confidential advocacy  
Appointments 9-1:30pm | MTWTH  
info@vashondoveproject.org  
206.462.0911 or 206.940.6430 office  
Legal | 206.649.0815 (text)



## HOME CARE & RESPITE SERVICES

### NON-MEDICAL HOME CARE

- Visiting Angels Home Care  
Non-medical personal home care including personal care, companion care, light housekeeping, meal prep and medicine reminders. Overnight/around the clock  
visitingangels.com/westbound | 206.463.5173

### RESPITE SERVICES

- Meet and Greet  
Temporary relief to families of those with Alzheimer's or dementia | Jeanie Roberts  
jeanieroberts4@gmail.com | 206.259.0248  
or Sean Roberts | 206.914.5659
- Vashon Community Care  
Daily living or memory support relief for caregivers of seniors  
www.vashoncommunitycare.org | 206.567.4421
- Vashon Elders' Arts, Activities, & Respite Program  
For Vashon residents who care for patients with Alzheimer's, dementia or who need constant supervision  
9am-4pm | Tuesdays & Fridays  
(except the first Friday of each month)  
Vashon Lutheran Church

## TRANSPORTATION SERVICES



### BUSES & VANS

- Metro Access Bus  
For schedule: 206.263.3113  
Apply at Seeds4Success | 206.370.0709
- Metro Community Van  
ctc@vashonchamber.com (email)  
www.communityvan.org | relay service dial 711

### MEDICAL TRANSPORT

- Hopelink Transportation  
Bus/ferry fare and pickup for Medicaid-covered medical appointments | 800.923.7433
- Bluebird Medical Transportation  
Off-island medical appointments  
bluebird@vashoncenter.org | 206-463-5173

### ADDITIONAL SENIOR TRANSPORT

- Lunch Care-a-Van  
Door to door transportation to lunch at Senior Center M T W F | 206.463.5173

### TRANSPORTATION VOUCHERS

- Ferry/Bus Vouchers  
VYFS | 206.463.5511 ext 225



## CASH & FOODSTAMPS

### EMERGENCY CASH ASSISTANCE

- Voucher Assistance  
for Medical, Food, Ferry & Bus Vouchers  
VYFS | 206.463.551 ext 225
- Emergency Rent, Utility & Food Vouchers  
Contacts: St. Vincent de Pauls | 206.450.7577  
IFCH | 206.463.7776  
Senior Center | 206.463.5173

### FOOD STAMP ASSISTANCE

- DSHS Walk-in Help  
with applications for cash and food stamps on Vashon every six weeks  
Contact: VMCFB | 206.463.6332 10:30-1pm for dates  
Vashon Market (IGA) parking lot 2:30-4:30pm  
White Center 9650 15th Ave SW | 877.501.2233

## LEGAL SERVICES



### MONTHLY LEGAL CLINICS

- Senior Center | 206.267.7070  
Call to make an appointment 1st Thursday of month  
Appointments Tuesdays & Thursdays 9-12
- The DOVE Project | 206.639.0815 (text)  
Legal advice for survivors of sexual assault/domestic violence

## VOLUNTEERS



### VOLUNTEER ASSISTANCE TO SENIORS

- Neighbor-to-Neighbor  
Help around the house, on-island transportation, yard work, companionship  
Vashon Senior Center | 206.463.5173
- Volunteer Services  
Catholic Community Services  
Intake | 206.328.5787 or 1.888.649.6850  
VC@ccsww.org | www.ccsww.org/vcs
- Oasis | Community resource center & medical voucher support | Thursdays 12-3pm  
Senior Center (in back) | 10004 SW Bank Rd, Vashon  
206.463.5173  
Part of VYFS | 206.463.5511