



Presentation topics available through our Social Service programs

Senior Information and Assistance – Contact Erin Sullivan, 425.290.1246

Everything you want to know about services for seniors.

- Navigating the Information Highway
- Home Care Options: How to Get Help at Home
- Advance Medical Directives Making Your Wishes Known

Family Caregiver Resource Program – Contact Jessica McDougall, 425.514.3187

Supporting families in caring for their loved ones.

- Resources that Support Family Members and How to Plan for the Future
- Changing Family Dynamics in Providing Support
- Taking Care of You: Powerful Tools for Caregivers

Mental Health and Wellness – Contact Kamilia Dunsky, 425.290.1260

Mental Health program offers information on managing mood, stress, and chronic health issues to support healthy aging.

- Strategies for Healthy Aging and a Positive Mood
- Challenging the Myths of Aging

Health Insurance – Contact Rochelle Salsman, 425.514.3183

SHIBA HelpLine provides free, impartial health insurance counseling and educates consumers about health insurance options & health care access.

- Medicare Basics and Supplementing Medicare
- Medicare Prescription Drug Coverage
- Children's and Individual Insurance Plans

VOCA - Victims of Crime Assistance – Contact Shirley Hauck, 425.265.2296

Provides guidance intervention, referral, reporting assistance and advocacy for victims of fraud, scams, ID-theft and property crimes.

- Stopping Scams, Shams & Flimflams
- Thwarting Consumer Abuse

Med*Wise – Senior Drug Education Program – Contact Shirley Hauck, 425.265.2296

Offers community education about food-medication interactions that affect health, balance, and everyday functioning; provides follow-up on medication issues.

- Aches & Pains—Treatment Options
- Balancing Act—Tips, not Trips for Preventing Falls