

# Community Resources for Seniors



Brought to you by  
**SENIOR SOLUTIONS, INC.**  
*“Solutions for Independent Living”*  
 ♦♦♦♦  
 Serving Ada County



National Association of  
 Professional Geriatric Care Managers

## ◆ AGENCIES ON AGING

**Senior Solutions** ..... **345-7777**  
 Canyon County Organization on Aging (CCOA) ..... 459-0063  
 Eldercare Locator ..... 1-800-677-1116  
 Idaho Commission on Aging ..... 334-3833  
 SW Idaho Area 3 Agency on Aging ..... 322-7033 or 1-800-859-0324

## ◆ ADVOCACY

American Association of Retired Persons (AARP) ... 1-866-295-7284  
 The ARC ..... 343-5583  
 Attorney General (Idaho) Consumer Protection ..... 334-2424  
 Better Business Bureau ..... 342-4649 or 1-800-218-1001  
 El Ada Community Action Agency ..... 377-0700  
 Idaho Commission on Aging ..... 334-3833  
 Living Independence Network Corp. (LINC) ..... 336-3335  
 Mental Health/Mobile Crisis, Region IV, Health & Welfare. 334-0808  
 Ombudsman/Sage Community Resources ..... 322-7033  
**Senior Solutions** ..... **345-7777**

**SENIOR SOLUTIONS**  
 3010 West State Street ♦ Suite 120 ♦ Boise ID 83703  
 345-7777 ❖ [www.seniorsolutions.bz](http://www.seniorsolutions.bz)



**◆ADULT DAY CARE / RESPITE**

Ashley Manor Care Center.....	377-4929
Beehive Shelter Homes .....	888-2288
Emerson House .....	377-3177
SarahCare.....	375-2273
Regent at Willow Park.....	373-1234

**◆DRUG DELIVERY SERVICE**

Lemp’s Pharmacy .....	342-5691
Shopko Pharmacy.....	323-6777

**◆EMPLOYMENT / TRAINING**

Experience Works.....	429-8077
Foster Grandparents (must meet income eligibility) .....	336-5533 Ext. 231

**◆EMERGENCY NUMBERS**

Fire / Police / Paramedics .....	911
Ada County Sheriff (non-emergency).....	377-6790
Adult Protection.....	322-7033 Ext. 1
Boise Police (non-emergency) .....	377-6790
Canyon County Sheriff (non-emergency).....	454-7531
Domestic Violence Hotline (WCA) .....	343-7025
Idaho State Police.....	846-7500
Mental Health Emergency.....	334-0808
Suicide Hotline .....	1-800-564-2120

**◆FINANCIAL RESOURCES / ASSISTANCE**

Ada County Indigent Services.....	287-7960
American Credit Foundation .....	1-800-259-0601
Assistance League of Boise.....	377-4327
Boise City Housing Rehabilitation .....	384-4158
Circuit Breaker Program (property tax reduction—Ada County) .....	334-7750
Debt Reduction Services.....	378-0200
El-Ada Energy Assistance.....	322-1242
Health & Welfare .....	334-6700
Jesse Tree (emergency rental & mortgage assistance) .....	383-9486
Project Share for Energy Assistance.....	343-3571
Supplemental Security Income (SSI) .....	321-2900 or 1-800-772-1213
Tax Preparation (free).....	1-800-926-2588 or 211
Veterans’ Services .....	334-1245

**◆HAIR & NAILS (IN-HOME)**

Bed Head Home Hair Care Service .....939-6221  
Mobile Hair Care (Michelle).....343-7388  
Mobile Manicurist (Julie) .....853-5002

**◆HEALTH CARE / ASSESSMENTS / SCREENINGS**

Central District Health Department / Cardiac Risk Profile .....375-5211  
Foot Clinic—Humphrey’s Diabetes Center.....331-1155  
Extended Care Unit—V.A. Hospital .....422-1360  
Garden City Community Clinic—Medical / Dental .....384-5200  
ISU Family Dentistry (sliding fee scale).....331-0182  
Terry Reilly Health / Dental Services—Boise Clinic ..... 344-3512 / 336-8801

**◆HEALTH CARE / MEDICAL EQUIPMENT**

Ada Vision Center (eye care products) .....342-8995  
ATS Wheelchair & Medical (retail sales & rentals) .....672-1500  
Brownfield’s Prosthetics .....342-4659  
Easter Seal Society (equipment loan program).....378-9924  
Humphrey’s Diabetes Center .....331-1155  
Idaho Center for Assistive Technology.....377-8070  
Knights of Columbus (medical equipment loans) ..... 362-3710 / 888-3782  
LINC Medical Equipment .....336-3335  
MedNow Medical Supply.....424-0966  
Muscular Dystrophy Association .....327-0107  
Norco Medical .....344-0299  
Praxair Health Care Services (respiratory).....376-3800  
Talking Book Services (Idaho Commission for Libraries).....334-2150

**◆HEALTH EDUCATION & INFORMATION**

Alzheimer’s Association ..... 1-800-272-3900  
American Cancer Society.....343-4609  
American Diabetes Association .....342-2774  
American Heart Association .....384-5066  
American Lung Association.....345-5864  
Arthritis Foundation..... 1-800-444-4993  
Better Breathers Club.....336-2373  
Central District Health Department .....375-5211  
Council for the Deaf & Hard of Hearing.....334-0879  
Epilepsy League of Idaho Foundation.....344-4340  
Humphrey’s Diabetes Center .....331-1155  
Idaho Commission for the Blind & Visually Impaired.....334-3220  
Idaho Elk’s Rehabilitation Hospital.....489-4444

*Health Education & Information continued on Page 4*

**◆HEALTH EDUCATION & INFORMATION (continued from page 3)**

Medicaid/Adult Services, Region IV .....334-6700  
Mountain States Tumor Institute (MSTI) Patient & Family Support .....381-2760  
Parkinson's Disease Information & Referral Center .....367-6570  
St. Alphonsus Resource Center .....367-7264  
St. Luke's Call Center .....381-1200  
St. Luke's Women'sLife.....381-3033

**◆HOME HEALTH AGENCIES / IN-HOME HELP**

A Better Care .....888-6232  
A Better Life .....322-5556  
A Caring Hand .....342-3013  
A Full Life Agency .....342-1222  
Above & Beyond Home Health .....468-9504  
Absolute Home Health Care .....454-5655  
Advanced Home Health .....321-7896  
Assisting Angels Home Care ..... 344-7979 / 466-0733  
Assisting Hands .....442-8588  
At Home Care .....376-5515  
Critical Care Infusion Systems .....322-8868  
First Choice Home Care.....322-7061  
Guardian Home Health .....461-1600  
Havenwood Home Care of Boise .....327-1011  
Home Instead.....888-9962  
Homewatch Caregivers..... 350-7269 / 863-9148  
Horizon Home Health.....888-7877  
Idaho Home Health & Hospice .....887-6633  
Legacy Home Health.....888-3669  
Life's Doors Home Care Solutions .....344-9228  
Living Independent Network Corp. (LINC) .....336-3335  
Multi Care Home Health.....887-7719  
Progressive Nursing Services .....336-9898  
Senior Solutions (PCA referral).....345-7777  
St. Alphonsus Home Health .....367-3040  
St. Luke's Home Care .....381-2138  
TLC Home Health .....853-5050  
Touchmark Home Health .....884-3308

**◆HOME MAINTENANCE**

Boise City Rehab .....384-4158  
El-Ada Weatherization .....377-0764  
Neighborhood Housing Services, including 'Paint-the-Town' .....343-4065

◆**HOSPICE**

A Promise of Hope .....377-4673  
Boise Memorial Hospice .....938-4100  
Guardian Hospice .....461-1600  
Harrison’s Hope .....947-6800  
Heart ‘n Home .....452-2663  
Hearts for Hospice .....389-2276  
Horizon Home Health Hospice .....884-5051  
Idaho Home Health & Hospice .....887-6633  
Legacy Hospice .....895-8686  
Life’s Doors Hospice .....344-6500  
St. Alphonsus Hospice .....367-2121  
St. Luke’s Hospice .....381-2721  
Treasure Valley Hospice .....467-7423  
XL Hospice..... 888-6200 / 365-6303

◆**HOSPITALS**

HealthSouth Treasure Valley Hospital .....373-5000  
Idaho Elks Rehabilitation Hospital.....489-4444  
Intermountain Hospital .....377-8400  
Mercy Medical Center—Nampa .....463-5000  
Mountain States Tumor Institute (MSTI) .....381-2711  
St. Alphonsus Meridian Medical Center—Meridian .....367-8500  
St. Alphonsus Regional Medical Center—Boise .....367-2121  
St. Luke’s Meridian Medical Center—Meridian .....706-5000  
St. Luke’s Regional Medical Center—Boise.....381-2222  
SunHealth Behavioral Health Care .....327-0504  
Veterans Affairs Medical Center .....422-1000

◆**HOUSING**

**Senior Solutions Housing Counseling & Placement .....345-7777**  
**Senior Solutions also has a 36-page housing booklet that lists**  
**subsidized housing, apartments, retirement living, assisted living &**  
**residential care facilities, mobile home parks, and nursing homes.**  
Boise City/Ada County Housing Authority (subsidized housing) .....345-4907  
Elder Transitions Referral Service .....376-8686  
A Place for Mom Referral.....344-1375  
Neighborhood Housing Services.....343-4065

◆**INSURANCE INFORMATION / ASSISTANCE**

Idaho Department of Insurance (SHIBA)..... 334-4250 or 1-800-247-4422  
Medicare ..... 1-800-633-4227  
Social Security Benefit Claims ..... 1-800-772-1213

**◆LEGAL SERVICES**

**Boise Senior Activities Center (volunteer attorney 4 times/month) ....345-9921**  
CO-AD .....336-5353  
Idaho Legal Aid Services .....345-0106  
Idaho Volunteer Lawyers Program.....334-4510  
Idaho State Bar .....334-4500  
Legal Aid Hotline ..... 345-0106 or 1-866-345-0106

**◆MEALS (SUBSIDIZED) FOR SENIORS**

**Boise Senior Activities Center .....345-9921**  
Eagle Senior Center.....939-0475  
El-Ada Community Action Agency—Commodities .....377-0700  
Garden City Senior Center.....336-8122  
Kuna Senior Center .....922-9714  
Meals-on-Wheels (home delivered)—Elk’s Rehabilitation Hospital .....489-4884  
Meridian Senior Center .....888-5555  
Star Senior Center .....286-7943

**◆MEALS DELIVERED (NOT SUBSIDIZED)**

Home Style Direct ..... 1-866-735-0921  
Meals-on-Wheels (for those who do not qualify for subsidized) .....489-4884  
QuickMeals (restaurant delivery) .....447-8383

**◆MENTAL / EMOTIONAL HEALTH**

National Alliance for the Mentally Ill—Boise.....376-4304  
Catholic Charities of Idaho .....345-6031  
Family Wellness Center / Lutheran Social Services.....323-0996  
Intermountain Hospital .....377-8400  
Mental Health / Mobile Crisis, Region IV, Health & Welfare.....334-0808  
Ministry to the Aged .....323-8023  
Mountain States Group .....336-5533  
SunHealth Behavioral Health Care .....327-0504  
Suicide Hot Line ..... 1-800-564-2120

**◆NURSING HOMES**

Boise Samaritan Village .....343-7726  
Hillcrest Rehabilitation & Care Center.....345-4464  
Idaho State Veterans Home.....334-5000  
Capital Care Center .....375-3700  
Life Care Center of Boise.....376-5273  
Life Care Center of Treasure Valley.....377-1900  
Marquis Care at Shaw Mountain.....343-7717  
Valley View .....322-0311  
Sun Bridge Rehabilitation & Living Center—Meridian.....888-7049

**◆ REFERRAL & INFORMATION AGENCIES**

**Senior Solutions** ..... **345-7777**  
Eye Care Helpline ..... 1-800-222-3937  
Idaho CareLine ..... 211

**◆ REHABILITATION SERVICES**

Addiction Recovery Center (St. Alphonsus) ..... 367-3553  
Idaho Elks Rehabilitation Hospital ..... 489-4444  
Mountain Land Rehabilitation—Boise ..... 422-9826  
Mountain Land Rehabilitation—Meridian ..... 887-6757  
St. Alphonsus Rehabilitation Services ..... 367-3315  
St. Luke's/Idaho Elks Rehabilitation Services—Boise ..... 489-4040  
St. Luke's/Idaho Elks Rehabilitation Services—Meridian ..... 706-5775

**◆ RETIREMENT CENTERS**

Chateau de Boise ..... 322-7277  
Good Samaritan Home ..... 343-6051  
Heatherwood Retirement ..... 345-2150  
Heritage Retirement ..... 376-4191  
Hillcrest Retirement ..... 345-4460  
Valley View Retirement ..... 322-0311

**◆ SENIOR CENTERS**

Boise Senior Activities Center ..... 345-9921  
Eagle Senior Center ..... 939-0475  
Garden City Senior Center ..... 336-8122  
Kuna Senior Center ..... 922-9714  
Meridian Senior Center ..... 888-5555  
Star Senior Center ..... 286-7943

**◆ SOCIAL SECURITY**

General Social Security Information ..... 1-800-772-1213  
Boise Social Security Office ..... 321-2900

**◆ SUPPORT GROUPS**

AARP Grief Support ..... 1-866-797-2277  
AIDS Hotline ..... 1-800-342-2437  
Al-Anon ..... 344-1661  
Alcoholics Anonymous (AA) Hotline ..... 344-6611  
Alzheimer's Association ..... 384-1788  
American Cancer Society (Reach to Recovery) ..... 343-4609  
American Diabetes Association of Idaho ..... 342-2774  
Better Breathers Club ..... 424-0249  
Cardiac Support Group, St. Luke's ..... 381-1200  
Depression Support Group ..... 375-6277

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◆ **SUPPORT GROUPS (continued from page 7)**

Epilepsy League of Idaho Foundation ..... 344-4340  
Grandparents As Parents (GAP) ..... 345-2308  
Grief Support/Bereavement Center ..... 895-8686  
Humphrey's Diabetes Center ..... 331-1155  
Mountain States Tumor Institute (MSTI) Support Groups ..... 381-2760  
Breast Cancer Support, Cancer Support, Grief Support, Patient & Family Support  
Muscular Dystrophy Association ..... 327-0107  
National Alliance for the Mentally Ill ..... 376-4304  
National Federation of the Blind of Idaho ..... 343-2382  
Parkinson's Disease Information & Referral Center ..... 367-6570

◆ **TRANSPORTATION**

AARP Driver Safety Class ..... 375-7518  
Access (for disabled) ..... 345-1234  
At Your Service ..... 378-1466  
Commuteride ..... 345-7665  
Door to Door ..... 344-9228  
Medicaid Transportation ..... 1-800-296-0509  
Molinru Transportation ..... 463-2960  
Northwest Transportation ..... 377-1045  
**Scrip Subsidized Taxi Vouchers (for disabled), Senior Solutions .. 345-7777**  
Treasure Valley Metro ..... 465-6411  
Valley Ride ..... 336-1010

◆ **TELEPHONE REASSURANCE / HOME CHECK-UP**

ECHO Telephone Reassurance, Senior Solutions ..... 345-7777  
Lifeline, St. Alphonsus ..... 367-8913  
Lifeline, St. Luke's ..... 381-4797  
Norco ..... 344-0299  
Response Link ..... 401-0005 or 1-800-784-5091

◆ **VOLUNTEER OPPORTUNITIES**

**Boise Senior Activities Center ..... 345-9921**  
**Senior Solutions ..... 345-7777**  
Friends in Action ..... 333-1363  
Retired & Senior Volunteer Program (RSVP) ..... 345-4357  
United Way Volunteer Center ..... 336-1070

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