



HELPING HEARTS AND HANDS

SERVICES & RESOURCES

Great Helps & Resources

Ph 360-724-8107 PO Box 1195, PMB# 210, La Conner, WA 98257

NAME	SERVICE	CONTACT INFO
Absolute Chiropractic Dr. Linda Clemens	Chiropractic Services	312 Gardner Road. Burlington, WA 98233 360-757-7463
ALS Evergreen Chapter Amyotrophic Lateral Sclerosis (Lou Gehrigs' Disease)	Providing compassionate care, support, and education to empower people with ALS.	Oliver Ross—Care Services Coordinator Northern Washington 360-733-5222 oliver@alsa-ec.org www.alsa-ec.org
Alzheimer's Society of Washington	Caregiver support groups. Memory Screening. Education.	800-493-3959 360-671-3316 www.alzsociety.org
Arrowhead Roof Cleaning Keith Lauritsen	Window Cleaning, Power Washing	360-387-8740
Bank of the Pacific Anacortes Branch	Banking Services	801 Commercial Avenue Anacortes, WA 98221 360-588-1719 www.bankofthepacific.com
Blanton, Teri	Tax Preparation H & R Block	1238 S Burlington Blvd Burlington, WA 98233 360-757-0978
Coldwell Banker Bain Eileen Hebert	Real Estate Broker	809 7th Street Anacortes, WA 98221 360-770-7090 loveanacortes@gmail.com www.anacorteshomestyle.com
Edens, Craig & Louise	Pet Care, Pet sitting	360-724-8107
Finley, Alberta	Bookkeeping	960-724-8107
Halsey, Jane	Pet Sitting, Mount Vernon	360-428-2899
Isagenix Karen Ellis	Health Care, Dietary Solutions	www.isagenix.com
Jenson, Kyla	Skagit County Foster Home for Dogs	360-397-4574
Medicare Solutions Sr. Broker Luis A. Trejo	Personal, Business, Retirement	700 NW Gilman Blvd #324 Issaquah, WA 98027 206-660-1479 ltrejo23@outlook.com



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La Conner Senior Center Bob Skeele	Dementia, Alzheimer's Support Group Yoga, Canasta, Mah Jongg, Scrabble, Creative Writing & special guest speakers Services Include: Memory loss support group, Health Insurance counseling, foot care clinic and haircuts.	Maple Hall 104 Commercial Street La Conner, WA 98257 360-466-3941
Molina Healthcare of Washington Anastasia Garcia-Community Engagement Coordinator	MediCare, MediCaid Solutions Health care organization that arranges for the delivery of health care services and offers health information management solutions to individuals and families who receive their care through Medicaid, Medicare and other government-funded programs .	425-724-1764 PO Box 4004, Bothell, WA 98041 anastasia.garcia@molinahealthcare.com www.molinahealthcare.com
Northwest Adult Day Health & Wellness Center	Adult day care facility and services including transportation, meals, therapeutic recreation, health and wellness support, and assessments. Caregiver respite.	360-306-3031 or 360-306-3032 851 Aaron Drive, Lynden, WA 98264 Whatcom Co. www.nwadultdayhealth.com
Northwest Regional Council	Northwest Washington's Area Agency on Aging. An association of county govern- ments serving people of Island, San Juan, Skagit, and Whatcom Counties. Senior In- formation & Assistance, Congregate Meals, Meals on Wheels, Respite Care, Adult Day Services, Case Management and Family Caregiver Support	Skagit 360-428-1301 Whatcom 360-738-2500 www.nwrcwa.org
Ombudsman Long Term Care Cheryl	The Washington State Long-Term Care Ombudsman advocates for residents of nursing homes, adult family homes, and assisted living facilities. Our purpose is to protect and promote the Resident Rights guaranteed these residents under Federal and State law and regulations. We are trained to receive complaints and resolve problems in situations involving quality of care, use of restraints, transfer and discharge, abuse and other aspects of resident dignity and rights	360-855-1163 www.waombudsman.org



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Right At Home Dr. Steve Morris-Owner/Administrator	Certified Senior Advisor Premium provider of in home care and assistance to seniors and disabled adults serving Whatcom, Skagit, Island, San Juan and northern Snohomish counties	360-392-3934 114 W Magnolia St Suite 109, Bellingham, WA 98225 www.rightathome.net/northwest-washington
Linda Sanford	Healthy Home Specialist Asso. Real Estate Broker	1202 Commercial Ave. Anacortes, WA 98221 360-588-1515 360-202-3303 mobile linda@lindasanford.com www.lindasanford.com
Skagit Tradition Realty LLC Danya Wolf Broker/Owner	Full service real estate firm, sales, and rental property management	3780 E College Way Mount Vernon, WA 98273 360-708-8294 mobile 360-424-0300 danya@skagittraditionrealty.com www.skagittraditionrealty.com
Stanwood Senior Center Julie Vess	Adult Day Center, Programs, Services, Activities, Thrift Store	7430 276th Street NW Stanwood, WA 98292 360-629-7403 www.stanwoodseniorcenter.org
Felicia Value, Attorney	Attorney, Wills, Probate	116 N 3rd Street La Conner, WA 98257 360-466-2088
Washington Federal La Conner Branch	Banking Services	620 Morris Street La Conner, WA 98257 360-466-3129
Whatcom Hospice Foundation	An independent charitable organization in support of Hospice services in Whatcom County. The Foundation owns and maintains the Whatcom Hospice Campus, including Whatcom County's only residential hospice facility, Hospice House	360-733-5877 www.whatcomhospice.org