

VISITORS:

TO SPEAK WITH THE **PASTOR**, PLEASE CALL THE CHURCH OFFICE:
253-839-1210

OTHER LOCAL SERVICES:

FOOD, CLOTHING, HOUSING & ENERGY BILLS

ASSISTANCE IS AVAILABLE FROM:

MULTI-SERVICE CENTER

1200 South 336th Street, Federal Way
253-838-6810

RENT, GAS MOTEL (HOMELESS)

ASSISTANCE IS AVAILABLE FROM:

FEDERAL WAY COMMUNITY CAREGIVERS NETWORK

LOCATED AT THE CHURCH OF GOOD SHEPHERD

345 s. 312TH Street, Federal Way
Tuesdays and Fridays, 10:00-11:00 a.m.

UTILITIES AND RENT

ASSISTANCE IS AVAILABLE FROM:

OPERATION BLESSING – ST. LUKE'S LUTHERAN CHURCH

515 S. 312th Street, Federal Way
Tuesdays, 9:00-10:00 a.m.

KING COUNTY 2-1-1

DIAL 211 FOR INFORMATION ABOUT COMMUNITY RESOURCES
MONDAY-FRIDAY, 8-6 PM



Finding Help in Federal Way Guide to Human Services

Counseling:

Valley Cities Counseling & Consultation
Mental Health Counseling
33301 1st Way S, Suite C-115
Federal Way, WA 98003
(253) 939-4055 – new clients
(866) 427-4747 – 24 hour crisis line

Domestic Violence Services:

DAWN
Shelter Services; Community Advocacy
(425) 656-7867

YWCA
Children's Domestic Violence Services
Domestic Violence Services
(425) 226-1266, ext.1017

Emergency Assistance:

Catholic Community Services
Emergency Assistance Program
1229 West Smith
Kent, WA 98035
(253) 850-2523 x1

FW Community Caregiving Network
Rent Assistance & Emergency Shelter
(253) 661-0505

Multi-Service Center
Emergency Assistance
1200 S 336th Street
Federal Way, WA 98003
(253) 838-6810

St. Vincent de Paul
Emergency Human Services
(206) 767-6449

Food & Clothing:

Emergency Feeding Program
575 Rainier Ave N
Renton, WA 98057
(206) 329-0300

Multi-Service Center
Food & Clothing Bank
1200 S 336th Street
Federal Way, WA 98003
253) 838-6810

Housing & Shelter

Catholic Community Services
Reach Out Winter Shelter
(253) 854-0077 Ext. 2

FUSION
Transitional Housing
(206) 473-8067

Multi-Service Center
Emerg. Shelter & Trans. Housing
1200 S 336th Street
Federal Way, WA 98003
(253) 838-6810

Legal Services

King County Bar Foundation
(206) 267-7100

Medical/Dental

Federal Way Public Health Center
33431 13th Place S
Federal Way, WA 98003
206-477-6800

HealthPoint
Medical & Dental Services
33431 13th Place South
Federal Way, Washington 98003
(253) 874-7634

Parenting

Birth to Three
35535 6th Place SW
Federal Way, WA 98023
(253) 874-5445

Institute for Family Development
34004 16th Ave S
Federal Way, WA 98003
(253) 874-3630

Senior Services

Federal Way Senior Center
Adult Nutrition
4016 S 352nd Street
Auburn, WA 98001
(253) 838-3604

Catholic Community Services
Volunteer Chore Services
(888) 649-6850

Senior Services of Seattle-KC
Meals on Wheels
(206) 448-5757

Transportation

Senior Services of Seattle-KC
Hyde Shuttle
(206) 727-6262

Senior Services of Seattle-KC
Volunteer Transportation
(800) 282-5815

Sexual Assault Services

KC Sexual Assault Resource Center
(888) 998-6423

Youth Services

Auburn Youth Resources
816 F Street SE
Auburn WA 98001
(253) 939-2202

Boys & Girls Club of Federal Way
30815 8th Ave. S
Federal Way, WA 98003
(253) 681-6510

Communities in Schools of FW
Mentoring Program
(253) 528-0847

Crisis Clinic
Teen Link
(866) 833-6546

Kent Youth & Family Services
Substance Abuse Services
(253) 859-0300

Valley Cities Counseling & Consultation
Girl's Circle & Youth Development
(253) 939-4055

Community Meals and Resources in South King County

Monday 5:00-6:00 Dinner	Kent Lutheran Church 336 2 nd Avenue South, Kent 253-852-2057
Monday-Thur 11:00-1:00 Sack Lunch	Calvary Lutheran Church 2415 South 320 th Street, Federal Way 253-839-0344
Tuesday 5:30-6:30 Dinner	Riverton Park United Methodist Church 3118 South 140 th Street, Tukwila 206-246-1436
Tuesday 5:00-6:00 3 rd & 5 th Tuesday	Des Moines United Methodist Church 22225 9 th Avenue South, Des Moines 206-878-8301
Tuesday 9:00-10:00 Light Laundry & Showers 3 rd Tuesday 9:00 Dental & Medical Van	New Hope Christian Fellowship 31411 6 th Avenue South, Federal Way 253-269-6585
Tuesday 12:00-1:00 Lunch & Clothes 1 st & 3 rd Tuesday Dental & Medical Van	Church by the Side of the Road 3455 South 148 th Street, Tukwila 206-243-5024
Tuesday-Friday 8:00-3:00 Snack Packs	Kent Lutheran Church 336 2 nd Avenue South, Kent 253-852-2057
Wednesday 11:00 Lunch	New Hope Christian Fellowship 31411 6 th Avenue South, Federal Way 253-269-6585
Wednesday 4:30-5:00 Dinner & Sack Lunch Personal Hygiene	Kent 7 th Day Adventist Church 25213 116 th Avenue SE, Kent 253-852-3883

Wednesday 3:00-4:30 Showers 5:30-6:30 Dinner	Trinity Community Church 3807 Reith Road, Kent 253-852-1044
Wednesday 10:00-12:00 & 6:30-8:00 Snacks & Clothes	Midway Community Covenant Church 22460 24 th Avenue South, Des Moines 206-878-4861
Thursday 5:00-6:00 Dinner & Clothes	Kent Lutheran Church Willow's Place 336 2 nd Avenue South, Kent 253-852-2057
Thursday 5:00-6:00 Dinner	Calvary Lutheran Church FW Community Care Giving Network 2415 South 320 th Street, Federal Way 253-839-0344
Friday 5:00-6:30 Dinner	Christ the King Bible Fellowship 35448 11 th Avenue SW, Federal Way 253-835-9209
Friday 5:00-6:00 Dinner & Food Bank	Zion Lutheran Church 1305 17 th Street SE, Auburn 833-5940
Last Friday of the Month Dinner	Christian Faith Center 33645 20 th Avenue South, Federal Way 253-943-2415
Saturday 1:30-2:30 Lunch & Clothes	The Church of the Good Shepherd 345 South 312 th Street, Federal Way 253-839-6100
Saturday 4:30-5:00 Dinner & Sack Lunch Personal Hygiene	Kent 7 th Day Adventist Church 25213 116 th Avenue SE, Kent 253-852-3883
3 rd Saturday of the Month 2:00-4:30 Food, Clothes, Misc.	One Hope Foursquare Church Love In Action Outdoor Outreach Corner of 288 th & Military Road South, Federal Way 253-243-4688
4 th Sunday of the Month 4:00-5:00 Dinner, Clothes, Misc.	One Hope Foursquare Church 3212 South 272 nd Street, Kent 253-243-4688

Arise Shelter, 1229 W Smith Street, Kent 253-854-0077
Arise Shelter, 314 South 4th Street, Renton 253-854-0077
Assurance Wireless 888-321-5880
Auburn Food Bank, 930 18th Place NE, Auburn 253-833-8925
Celebrate Recovery, Overcomer Covenant Church, 33415 Military Rd So, Auburn 253-861-3390
Celebrate Recovery, Christian Faith Center, 33645 20th Avenue So, Federal Way 206-777-5764
Celebrate Recovery, Kent Covenant Church, 12010 SE 240th Street, Kent 253-631-0222
Clean & Sober Housing, 306 House, 306 4th Street NE, Auburn 253-329-9353
Clean & Sober Housing, Absolute Ministries, 1402 Lake Tapps Pkwy E., Auburn 877-306-5799
Clean & Sober Housing, Fairhaven House, Military Road, SeaTac 206-396-1995
Clean & Sober Housing, House of Mercy Ministries, 206-856-0013
Des Moines Food Bank, 22225 9th Avenue South, Des Moines 206-878-8301
Discipleship Program, Praisealujah, 17800 Des Moines Memorial Drive, Burien 206-251-8971
Discipleship Program, Teen Challenge International, 18611 148th Ave SE, Renton 425-226-2608
DSHS, 1313 W. Meeker Street, #102, Kent 877-501-2233
DSHS, 616 South 348th Street, Federal Way 253-835-2800
DSHS, 810 28th Street NE, Auburn 253-288-5300
Federal Way Food Bank, 1200 South 336th, Federal Way 253-838-6810
Fwcityvision.org
Kent Food Bank & Emergency Services, 515 West Harrison Street, #107, Kent 253-520-3550
Kent Clothing Bank, 515 West Harrison Street, #107, Kent 253-520-3550
King County Housing Authority, 1001 17th Street SE, Auburn 253-333-2814
King County Housing Authority, 313 37th Place SE, Auburn 253-804-1085
King County Housing Authority, 24009 104th Avenue SE, Kent 253-520-9043
Multi-Service Center, 1200 South 336th Federal Way 253-838-6810
Multi-Service Center, 515 West Harrison Street, #205, Kent 253-854-4406
NW Foursquare Church Pantry, 34800 21st Avenue SW, Federal Way 253-838-6321
Reach Out Overnight Shelter, Federal Way 253-854-0077
Severe Weather Shelter, co-ed family friendly, 31411 6th Ave South, Federal Way 253-269-6585
St. Thomas Catholic Church Food Pantry, 4415 South 140th Street, Tukwila 206-242-5501
Tukwila Pantry Food Bank, 3118 South 140th Street, Tukwila 206-431-8293



Federal Way Police Resources

24 Hr Non-Emergency Dispatch

253-835-2121

Daily Crime Statistic Information

Register at www.crimereports.com

Registered Sex Offender Information

<http://www.icrimewatch.net/index.php?AgencyID=54473>

Safe City Federal Way Program

Register at www.safecityfw.com

Follow Us on Facebook

www.Facebook.com/FedWayPD

Traffic Issues and Concerns

To request speed emphasis or report abandon vehicles to the police you may call the Traffic Unit at 253-835-6775

Graffiti

To report graffiti on public city property and/or parks, please go to www.cityoffederalway.com and fill out an online **Action Request**, or call (253) 835-2617 to leave a message.

Shopping Carts

To report abandon shopping carts please call 253-835-6774 and leave the location on the answering machine.

Extra Patrol Requests

Citizens may now request extra patrols of their neighborhood by going online and filling out an extra patrol request at:

<http://www.cityoffederalway.com/index.aspx?NID=161>

Report a crime on-line





To report a crime with no suspect information, please go to

<http://pd.cityoffederalway.com/onlinereport/>

Got these cards? GET MORE.

Get more benefits than you're currently getting from Original Medicare with a **UnitedHealthcare Dual Complete® (HMO SNP)** plan. It combines your doctor, hospital and prescription drug coverage into one plan — for a **\$0 plan premium.****

Additional benefits may include:

-  **Health Products Catalog**
Up to \$560 in credits to buy things you may need.
-  **Dental Coverage**
\$1,250 toward dental services.
-  **Gym Membership**
At no additional cost to you.
-  **Transportation Assistance**
Up to 24 one-way rides every year.

Call today to enroll or get answers to your questions.

Carol Otto
253-274-5355, TTY 711



UHCommunityPlan.com/WA



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. This plan is available to anyone who has both Medical Assistance from the State and Medicare. This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year. Premiums, co-pays, co-insurance and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. **You must continue to pay your Medicare Part B premium, if not otherwise paid for under Medicaid or by another third party. UnitedHealthcare Insurance Company complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-277-4716 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-277-4716 (TTY: 711)。 Consult a health care professional before beginning any exercise program. Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details. Healthways and SilverSneakers are registered trademarks of Healthways, Inc. and/or its subsidiaries. © 2016 Healthways, Inc. All rights reserved.

Medicaid Benefits

Information for People with Medicare and Medicaid

UnitedHealthcare® Dual Complete (HMO SNP) is for people who have both Medicare and Medicaid. It is called an All-Dual Eligible Special Needs Plan (D-SNP). If you have both Medicare and Medicaid, your services are paid first by Medicare and then by Medicaid. Your Medicaid coverage depends on your income, resources and other factors. Some persons get full Medicaid benefits. Some only get help to pay for Medicare cost sharing. (Cost sharing may include premiums, deductibles, co-insurance, or co-pays.)

Below are the categories of people who can enroll in UnitedHealthcare® Dual Complete (HMO SNP).

- **Qualified Medicare Beneficiary (QMB):** You get Medicaid coverage of Medicare cost-share but are not eligible for full Medicaid benefits. Medicaid pays your Part A and Part B premiums, deductibles, co-insurance and co-payments amounts only.
- **Qualified Medicare Beneficiary Plus (QMB+):** You get Medicaid coverage of Medicare cost-share and are also eligible for full Medicaid benefits. Medicaid pays your Part A and Part B premiums, deductibles, co-insurance and co-payment amounts.
- **Specified Low-Income Medicare Beneficiary (SLMB):** Medicaid pays your Part B premium only.
- **Specified Low-Income Medicare Beneficiary (SLMB+):** Medicaid pays your Part B premium and provides full Medicaid benefits.
- **Full Benefits Dual Eligible (FBDE):** Medicaid may provide limited assistance with Medicare cost-sharing. Medicaid also provides full Medicaid benefits.
- **Qualified Disabled and Working Individual (QDWI):** Medicaid pays your Part A premium only
- **Qualifying Individual (QI):** Medicaid pays your part B premium only.

If you are a QMB or QMB+ Beneficiary:

You have 0% cost-share, except for Part D prescription drug co-pays.

If you are a SLMB+ or FBDE:

You are eligible for full Medicaid benefits. At times you may also be eligible for limited assistance from the Washington State Health Care Authority in paying your Medicare cost share amounts. Generally your cost share is 0% when the service is covered by both Medicare and Medicaid. There may be cases where you have to pay cost sharing when a service or benefit is not covered by Medicaid.

If you are a SLMB, QI or QDWI:

Washington State Health Care Authority does not pay your cost-share. You do not have full Medicaid benefits. You pay the cost share amounts listed in the chart above. There may be some services that do not have a member cost share amount.

If your category of Medicaid eligibility changes, your cost share may also increase or decrease. You must recertify your Medicaid enrollment to continue to receive your Medicare coverage.