

Southeast Idaho Resource Directory



Assistance. Advocacy. Answers on Aging.

**Southeast Idaho Council of Governments
Area Agency on Aging**

208-233-4032 800-526-8129

www.sicog.org

***Dedicated to protection, independence and
dignity of individuals through advocacy and service***

SICOG/Area Agency on Aging
214 E. Center St.
Pocatello, ID 83201
Phone: 208-233-4032

AAA administers aging programs in seven southeast Idaho counties:

- **Bannock**
- **Bear Lake**
- **Bingham**
- **Caribou**
- **Franklin**
- **Oneida**
- **Power**

AAA provides:

- **Adult protection services:** *investigates allegations of abuse, neglect and exploitation of vulnerable adults, age 18 and over*
- **Information and assistance:** *it is a point of entry for individuals contacting the agency regarding senior, disabled and family caregiver concerns and options*
- **Medicare Outreach:** *assists with Medicare questions and enrollment*
- **Ombudsman:** *advocate, investigates assisted living and nursing home complaints*

Director, Mike Hirschi mike@sicog.org
Adult Protection, Susan cronquist@sicog.org
Information and Assistance, Sandy sandy@sicog.org
Medicare Assistance, Nydia nydia@sicog.org
Ombudsman, Liz liz@sicog.org

This Booklet is provided by:

Area Agency on Aging

All agencies in this booklet are entered by service. This booklet is not a complete list of resources for seniors in the seven Southeast Idaho Counties. If you are unable to find the service you are looking for call 208-233-4032.

Disclaimer: This directory is intended to inform the public about services available in southeast Idaho. It is not intended as an endorsement of any service or service provider mentioned within. It does not necessarily include all services available throughout the area served by the Area V Agency on Aging.

Table of Contents

<u>Page</u>	<u>Description</u>
2	SICOG/Area Agency on Aging
3	Table of Contents
4	AARP
4	Area Agency on Aging Offices
5-7	Assisted Living
7-8	Nursing Homes
8	Children's Day Care Services
8-9	Cleaning Services
9	Crisis
9	Dental Services
9-11	Disabilities/Services
11-12	Emergency/Medical Personal Response Systems
12-13	Education
13	Employment
13-15	Food & Financial Assistance
15-16	Health Information
16	Home Delivered Services
16-17	Groceries
17-18	Pharmacy's
18	Home Meals Delivered
18-19	Home Health Care
19-20	Homemakers
20-21	Hospice
21	Hospitals
21-22	Housing
22	Emergency Housing
22	Retirement Living
22-24	Senior & Disabled Housing/Low Income
24	Legal Assistance
25	Medical Assistance
25-26	Medicare Assistance
26-28	Senior Centers
28	Social Activities
28	Social Security Office
28-29	Support Groups
30	Tax Assistance
30	Circuit Breaker Property Tax Deduction
30	Grocery Credit Refund
30	Idaho State Tax Commission
30	Transportation
30-32	Veterans Services
32	Volunteer Opportunities

AARP STATE OFFICE

AARP State Office
250 S. 5th St., Ste. 800, Boise, ID
Phone: 1-866-295-7284
Member Services: 1-888-687-2277

AREA AGENCY ON AGING

Area Agency on Aging Offices in Idaho...

Area I

North Idaho Area Agency on Aging

2120 Lakewood Dr., Ste. B
Coeur d'Alene, ID
Phone: 208-667-3179
Toll Free: 1-800-786-5536
www.aaani.org

Area II

North Central Idaho Area Agency on Aging

124 New 6th St., Lewiston, ID
Phone: 208-746-3351
Toll Free: 1-800-877-3206
www.cap4action.org

Area III

Southwest Idaho Interim Area Agency on Aging

701 S. Allen, Ste. 100, Meridian, ID
Phone: 208-332-1745
Toll Free: 1-844-689-7562
PSA3@aging.idaho.gov

Area IV

South Central Area Agency on Aging

315 Falls Avenue, Twin Falls, ID
Phone: 208-736-2122
Toll Free: 1-800-574-8656

Area V

Southeast Idaho Area Agency on Aging

We offer many programs and services to increase the quality of life for persons 60 years and over and to support informal family caregivers. In addition, the AAA can provide information about a wide range of services and resources for older adults and family caregivers, as well as assist you with your Medicare needs. Serving:

Bannock, Bear Lake, Bingham, Caribou, Franklin, Oneida, and Power

214 E Center, Pocatello, ID
Phone: 208-233-4032
Toll Free: 1-800-526-8129

Area VI

935 E. Lincoln Rd., Idaho Falls, ID
Phone: 208-522-5391
Toll free: 1-800-528-5750
info@eicap.org

Idaho Commission on Aging

The ICOA contracts with six geographically located Area Agencies on Aging (AAA), which provide services defined in the Older Americans Act

341 W. Washington 3rd Fl., Boise, ID
Phone: 208-334-3833
Toll Free: 1-877-471-2777
ICOA@aging.idaho.gov



Assistance. Advocacy. Answers on Aging.

ASSISTED LIVING

Resident Key Code for each facility

CODE	DESCRIPTION
AD	Alzheimer's/Dementia
DD	Developmentally Disabled
EL	Elderly
MI	Mental Illness
PD	Physically Disabled
TB	Traumatic Brain Injury
DC	Day Care

Ashley Manor - Hawthorne

AD-EL-MI-TB-DC

4826 Hawthorne Rd., Chubbuck, ID

Phone: 208-244-2099

Fax: 208-238-3256

Email: hawthorne@ashleycares.com

Ashley Manor - Cedar

AD-EL-MI-TB-DC

1525 E. Cedar, Pocatello, ID

Phone: 208-244-2099

Fax: 208-478-1431

Email: cedar@ashleycares.com

Bear Lake Manor

EL-AD-DD-DC

855 Boise St., Montpelier, ID

Phone: 208- 847-2400

Fax: 208- 847-1776

Caring Hearts (2 locations)

AD-EL-MI

3440 E. Center St., Pocatello, ID

3480 E. Center St, Pocatello, ID

Phone: 208-232-0287

Fax: 208-232-5489

Cedar Living Center

DD

270 Cedar St., Blackfoot, ID

Phone: 208-785-5890

Fax: 208-785-3095

Copper Summit

EL

2424 Birdie Thompson Dr., Pocatello ID

Phone: 208-233-1914

Fax: 208-417-0065

www.tanabell.com

Edgewood - American Falls

EL-AD-DC

605 Hillcrest Ave, American Falls, ID

Phone: 208-226-1856

Fax: 208-226-1842

Edgewood - Soda Springs

EL-AD-DC

425 S. Spring Creek Dr., Soda Springs, ID

Phone: 208-547-0257

Fax: 208-547-4879

Elegant (4 Bldgs.)

AD-DD-EL-MI-PD-TB-DC

1256 Wright Ave., Pocatello, ID

Phone: 208-478-9400

Fax: 208-478-2026

Email: elegantassisted@gmail.com

Brookdale of Pocatello

EL-MI-DC

1501 Baldy Ave., Pocatello, ID

Phone: 208-237-6866

Fax: 208- 237-3889

Brookdale of Chubbuck

EL-AD-MI-TB-DD-DC

4080 Hawthorne Rd, Chubbuck, ID

Phone: 208-237-3000

Fax: 208-237-6024

Gables of Blackfoot I & II

AD-EL-MI-PD

2815 & 2820 Hunters Loop, Blackfoot, ID

Phone: 208-785-2506

Fax: 208-785-2507

ASSISTED LIVING (cont.)

Gables of Pocatello

AD-EL-PD-MI

2805 S. Grant, Pocatello, ID

Phone: 208-232-1091

Fax: 208-232-1093

Gables of Pocatello II

AD-EL-PD-MI

1451 South Bannock Hwy, Pocatello, ID

Phone: 208-232-0903

Fax: 208-232-0904

Gables of Shelley

TB-AD-EL-MI-PD

530 River Pointe Ln., Shelley, ID

Phone: 208-357-3110

Fax: 208-357-5652

www.gablesassistedliving.com

Gem Village (4 Bldgs.)

AD-DD-EL-MI-PD-TB

490 Emerald St., Blackfoot, ID

Phone: 208-785-9920

Fax: 208-785-9923

Golden Age Heritage Home (2 Bldgs.)

EL-AD-DD-MI-PD-DC

155 E. 3rd N., Preston, ID

Phone: 208-852-2273

Fax: 208-209-7139

Email: jordan@heritageofpreston.com

Independence Home

DD-PD

430 Willard Ave., Pocatello, ID

Phone: 208-234-0008

Fax: 208-233-2342

Kimball's Residential Care

DD-EL-MI-AD

54 E. River Rd., Blackfoot, ID

Phone: 208-785-5994

Fax: 208-785-5995

Lighthouse Living, LLC

MI

1005 Airport Rd., Blackfoot, ID

Phone: 208-782-0624

Fax: 208-782-0625

Email: lighthouseliving@yahoo.com

Malad Living Center

AD-DD-EL-MI-PD-TB

151 W. 200 N., Malad, ID

Phone: 208-766-4724

Fax: 208-766-4730

Pocatello Living Center

EL-MI

520 Willard, Pocatello, ID

Phone: 208-232-2610

Fax: 208-232-2698

Quail Ridge Assisted Living

EL-DC

797 Hospital Way, Pocatello, ID

Phone: 208-233-8875

Fax: 208-233-8797

Rosetta Assisted living

AD-DD-EL-MI-PD-DC

1590 Delphic Way, Pocatello, ID

Phone: 208-238-9215

Fax: 208-238-1152

www.delphic@rosettahomes.com

Safe Haven Healthcare

Blackfoot

AD-DD-EL-MI-PD-TB-DC (All Facilities)

875 S. Pendlebury Ln, Blackfoot, ID

Phone: 208-785-3627

Fax: 208-785-3397

Chubbuck

4875 Burley Drive, Chubbuck, ID

Phone: 208-234-1200

Fax: 208-234-1900

ASSISTED LIVING (cont.)

Safe Haven Healthcare (cont.)

Pocatello

5685 Bannock Hwy, Pocatello, ID

Phone: 208-239-0480

Fax: 208-236-1586

Lava Hot Springs

580 W. Elm, Lava Hot Springs, ID

Phone: 208-776-5899

Fax: 208-776-5037

Shelley

183 E. Oak Street, Shelley, ID

Phone: 208-357-3589

Fax: 208-357-1947

info@safehavenhealthcare.org

Whispering Pines - Downey

AD-DD-EL-MI-PD-DC

351 E. Center St., Downey, ID

Phone: 208-897-5683

Fax: 208-897-5262

The Willows

AD-EL-TB-MI-PD-DC

898 S. Meridian, Blackfoot, ID

Phone: 208-782-1478

Fax: 208-785-0090

executivedirector@willowsliving.net

NURSING HOMES

(Some facilities may provide adult daycare and/or Respite)

Bear Lake Memorial Nursing Home

164 S. 5th, Montpelier, ID

Phone: 208-847-1630

Fax: 208-847-2201

www.blmhospital.com

Bingham Co. Hosp. /Nursing Home

(Day Care Offered)

98 Poplar St., Blackfoot, ID

Hospital: 208-785-4100

Nursing Home: 208-785-4101

Fax: 208-785-3852

www.binghammemorial.org

Caribou Memorial Hosp. /Living Center

300 S. 3rd W., Soda Springs, ID

Hospital: 208-547-3341

Nursing Home: 208-547-2771

Fax: 208-547-2901

www.cmhlc.org

Franklin Co. Hosp. /Nursing Home

(Day Care Offered)

44 N. 1st E., Preston, ID

Hospital: 208-852-0137

Fax: 208-852-3812

Nursing Home: 208- 852-0530

Fax: 208-852-3603

www.fcmc.org

Gateway Transitional Care

527 Memorial Drive, Pocatello, ID

Phone: 208-478-3333

Fax: 208-478-3334

Idaho State Veteran's Home

1957 Alvin Ricken Dr., Pocatello, ID

Phone: 208-235-7800

Fax: 208-235-7801

Monte Vista Hills Healthcare Center

1071 Renee Ave., Pocatello, ID 83201

Phone: 208-233-1411

Fax: 208-233-1515

NURSING HOMES (cont.)

Oneida County Nursing Home

(Day Care Offered)

150 N. 200 W., Malad, ID

Phone: 208-766-2231

Fax: 208-766-4819

www.oneidacountyhospital.com

Power County Hospital District/ Nursing Home

(Day Care Offered)

510 Roosevelt, American Falls, ID

Phone: 208-226-3200

Fax: 208-226-3218

www.pchd.net

Quinn Meadows Rehab & Care Center

1033 W. Quinn Rd., Pocatello, ID

Phone: 208-242-3751

Fax: 208-237-1179

www.tenabell.com

Safe Haven Hosp. /Care Center

*Specializes in care for those with
behavioral needs*

1200 Hospital Way, Pocatello, ID

Phone: 208-232-2570

Fax: 208-233-6769

www.safehavenhealthcare.org

Syringa Chalet Nursing Facility

700 E. Alice St., Blackfoot, ID

Phone: 208-785-8504

Fax: 208-785-8504

CHILDREN'S DAY CARE SERVICES

Idaho Care Line

*Child Care Resource and Referral, this is for
parents, grandparents raising
grandchildren, or anyone else needing
child care services.*

Call 211

Toll Free: 1-800-926-2588 (Region VI)

CLEANING SERVICES

All American Cleaning & Restoration

Services in Pocatello

3810 N. Yellowstone, Idaho Falls, ID

Phone: 208-529-8179

www.allamericancleaning.com

Best Clean Care

Mold, Water Damage & Carpet Cleaning

858 Jones Dr., Pocatello, ID

Phone: 208-238-0858

Clean Step-Cleaning & Restoration

All types

775 Yellowstone Ave., Pocatello, ID

Phone: 208-221-3086

K&L Kem Brite

Carpets, fire & flood damages

1668 Calico Circle, Pocatello, ID

Phone: 208-232-4578

Medalist Cleaning

24/7 availability

208 Laurel Ln. #A, Pocatello, ID

Phone: 208-237-0114

Email: medalistcleaning@gmail.com

CLEANING SERVICES (cont.)

Night Owl Janitorial

Does it all

4976 W. Buckskin Rd., Pocatello, ID

Phone: 208-232-7709

On The Spot Cleaning & Restoration

4950 Valenty Dr. Ste. C, Chubbuck, ID

Phone: 208- 684-3137

Quick & Kleen

542 Pershing St., Pocatello, ID

Phone: 208-233-8111

CRISIS INFORMATION

Bingham Crisis Center

Victims of Domestic Violence or Sexual Abuse: Men, Women and Children.

288 North Shilling, Blackfoot, ID

Phone: 208-785-1047

Fax: 208-785-7201

Family Service Alliance (FSA)

Promote safe & thriving families, work to end physical, sexual, & emotional abuse, & provide victim support in southeast Idaho.

355 S. Arthur Ave., Pocatello, ID

Phone: 208-232-0742

contact@FSAlliance.org

In case of urgent need please contact our Crisis Line at 208- 251- HELP (4357) Suicide Prevention 1-800-784-2433

DENTAL SERVICES

Health West Community Dental Care

1000 N. 8th Ave., Pocatello, ID 83201

Phone: 208-232-3368

ISU- Dental Hygiene Program -ISU

921 S. 8th, Pocatello, ID 83201

Phone: 208-282-3796

Clinic Phone: 208-282-3282

Pocatello Family Dentistry - Clinic

465 Memorial Dr., Pocatello, ID 83201

Hours: 8-4 Tue and Thurs

8-2 Wed and Fri

Phone: 208-282-6000

Pocatello Free Clinic

429 Washington Ave., Pocatello, ID

Phone: 208-233-6245

Southeast Idaho Public Health

1901 Alvin Ricken Dr., Pocatello, ID

Phone: 208-233-9080

DISABILITIES/SERVICES

Access Point Family Services, Inc.

5565 Yellowstone Ave., Chubbuck, ID

Phone: 208-478-9344

Adolescent & Child Development Center, LLC

151 N. 3rd Ste. 110, Pocatello, ID

Phone: 208-232-5622

adolescentcdc.notes@gmail.com

ALLIES Family Solutions-

DBA Advocacy and Learning

818 E. Lander St., Pocatello, ID

Phone: 208-234-2094

DISABILITIES/SERVICES (cont.)

American Legion

Loans Assistive devices for veterans or families

Contact: Mike Ellefson
Phone: 208-612-4838

Area V Agency on Aging

Loans Assistive Devices

214 E. Center St., Pocatello, ID
Phone: 208-233-4032
Toll Free: 1-800-526-8129

Aspire Human Services

Intermediate Care Facility

444 Hospital Way #701, Pocatello, ID
Phone: 208-238-5950

Co-Ad, Inc.

Disability Advocacy Services

We advocate for all people with disabilities in Idaho regardless of the type of disability or the age of the person. We help people with disabilities:

- *to address abuse and neglect*
- *to obtain services and supports they need to live, work and play in their own homes and communities*
- *to get an appropriate education*
- *to access to health care*
- *to find and use vocational services and to get support for employment*
- *to redress discrimination, and*
- *to achieve equal access to buildings and services*

1246 Yellowstone Ave. Ste. A3
Pocatello, ID

Phone: 208-232-0922

Toll Free: 1-866-262-3462

www.disabilityrightsidaho.org

Community Connection of Idaho

771 Yellowstone Ave.
Pocatello, ID 83201
Phone: 208-233-2080

Council for Deaf & Hard of Hearing

1720 Westgate Drive, Boise, ID
Phone: (Voice) 208-334-0879
Phone: 208-473-2122

Dawn Enterprises, Inc.

280 N. Cedar St. Blackfoot, ID
Phone: 208-785-5890

Disability Rights Idaho

Protection & Advocacy for individuals with disabilities –Serves Southeast Idaho
1246 Yellowstone Ave. Ste. A-3, Pocatello
Phone: 208-232-0922

Toll Free: 1-866-309-1589

www.disabilityrightsidaho.org

Franklin County Developmental Services

126 E. 100 N., Preston, ID
Phone: 208-852-0324

Human Development Center

Mental Health services for adults who have persistent and severe mental illness

421 Memorial Drive, Pocatello, ID
Phone: 208-234-7900

After Hours Crisis Line 208-234-8685

Idaho Assistive Technology Project

Services include: Info/Referral; Assisted Tech; Low Interest Loan Program, Recycling/Used Equipment

121 W. Sweet Ave., Moscow, ID

Phone: 208- 885-6097

Toll Free: 800-432-8324

Email: info@idahoat.edu

DISABILITIES/SERVICES (cont.)

Idaho Commission for the Blind & Visually Impaired

427 N. Main St. Ste. K, Pocatello, ID

Phone: 208-236-6392

Website: www.icbvi.idaho.gov

Idaho Relay Service

Transmits phone conversation for persons with hearing/speech impairment & unable to use the phone.

PO Box 285 Aurora, NE 68818

- 800-377-3529 TTY
- 800-377-1363 Voice
- 866-252-0684-Spanish
- 888-791-3004-Speech to Speech
- 800-368-6185 Customer Service
- Or 711 for direct service

LIFE, Inc. Living Independently for Everyone

Enable people with disabilities to manage their own lives, make their own choices and give a person information and knowledge to assist in living with dignity.

Blackfoot Office:

570 W. Pacific St., Blackfoot, ID

Phone: 208-785-9648

Pocatello Office:

640 Pershing Ste. A, Pocatello, ID

Phone: 208-232-2747

Toll Free: 1-800-631-2747

www.idlife.org

Mobil Ramps and Lifts

Residential or commercial applications

Contact: Cory

Phone: 208-351-9766

www.ameriglide-idaho-falls-id.com

Neighbor Works of Pocatello

Low interest loans, modification/home purchase w/in specified neighborhoods.

206 N. Arthur Ave., Pocatello, ID

Phone: 208-232-9468

Southeastern ID Developmental Center

Physically Handicapped Home

Blackfoot Office:

718 W. Bridge St., Blackfoot, ID

Phone: 208-782-3515

Pocatello Office:

379 Yellowstone Ave., Pocatello, ID

Phone: 208-234-8525

Speech and Hearing Clinic - ISU

Evaluation & Therapy for Hearing, speech, language, brain injury, strokes, stuttering, voice as well as Dizzy & Balance testing

650 Memorial Dr. Bldg. 68, Pocatello, ID

Phone: 208-282-3495

Veterans of Foreign Wars (VFW)

To loan assistive devices

300 N. Johnson Ave. Pocatello, ID 83204

Phone: 208-232-9960 Post 735

www.vfw-pocatellopost-735.us

EMERGENCY/ MEDICAL

PERSONAL RESPONSE SYSTEMS

Assure Link

841 Oxford Dr., Idaho Falls, ID

Phone: 208-232-0767

www.assurelink.net

EMERGENCY/ MEDICAL
PERSONAL RESPONSE SYSTEMS
(cont.)

Home Helpers Home Health & Senior Care and Direct Link Products

- Land Line Personal Medical Alert System
- Cell Phone Personal Medical Alert System
- Fall Sensors
- The Care Watch with GPS Tracking
- Automated Medication Dispensers

FREE Installation with 6-Month Plan!

353 E. Lander St, Pocatello, ID

Phone: 208-234-2380

www.homehelpersofeasternidaho.com

Life Alarm

Toll Free: 1-800-780-5433

www.life-alarm.com

LifeFone

Toll Free: 1-800-882-2280

www.lifefone.com

Lifeline-Franklin

Franklin Co. Medical Ctr. Home Care

44 N. 100 E., Preston, ID

Phone: 208-852-1937

Personal Emergency Response System (PERS)

123 Main St. Ste. 15, Pocatello, ID

Contact: 208-234-9825

Idaho MedAlert

- Free Equipment
- Two Months of Free Monitoring
- No Commitment
- No Hidden Fees

3411 Hawthorne Rd., Pocatello, ID

Contact: 208-538-2424

idahomedalert.com

EDUCATION

**Elderhostel/Continuing Education
New Knowledge Adventures**

Short term academic classes for person 60+

New Knowledge Adventures 50+ (N K A)

ISU- 921 S. 8th Ave, Pocatello, ID

Phone: 208-282-3155

www.isu.edu/conteduc

Email: extendedlearnig@isu.edu

ISU Outreach Education Centers

Take courses without coming to Pocatello.

Main campus is in Southeast Idaho, we

serve students with a wide variety of

programs in many locations

American Falls:

206 Idaho St., American Falls, ID

Phone: 208-226-1009

Blackfoot:

1443 Parkway Dr., Blackfoot, ID

Phone: 208-785-1848

Fort Hall:

Phone: 208-478-3973

Preston:

16 S. 100 W. St. C, Preston ID

Phone: 208- 852-3566

Soda Spring:

139 W. 2nd S., Soda Spring, ID

Phone: 208-547-3843

**ISU Center for New Directions
Programs**

The Center for New Directions at Idaho

State University assists individuals in

transition to overcome personal and

economic barriers to education and

employment, to access training.

Email: cnd@isu.edu

Pocatello: 208-282-2454

Blackfoot: 208-785-1848

Fort Hall: 208-478-3973

EDUCATION (cont.)

ISU Center for New Directions Programs (cont.)

Montpelier: 208-847-4230

Preston: 208-852-3566

Soda Springs: 208-547-3843

EMPLOYMENT

Experience Works Program

Senior Employment/Training

Twin Falls- Margie Alexander

Phone: 208-734-3305

www.experienceworks.org

Idaho Dept. of Labor WIA Program

430 N. 5th Ave, Pocatello, ID

Phone: 208-236-6710

www.labor.idaho.gov

FOOD AND FINANCIAL ASSISTANCE

Bannock County Indigent Services or Bannock County Welfare

Assists with payment of medical bills for catastrophic illness for uninsured Bannock co-resident, last resort for help with bills & No payments for preventive care needs

624 E. Center St. # 106, Pocatello, ID

Phone: 208-236-7347

Email: indigent@bannockcounty.us

www.bannockcounty.us

Bingham County Indigent Services

Last resort for assistance

501 N. Maple St. #207, Blackfoot, ID

Phone: 208-782-3097

Caribou County Indigent Services

159 S. Main St., Soda Springs, ID

Phone: 208-547-4324 ext. 10

Email: dhorsley@co.carbiou.id.us

City of Pocatello Home Renewal Prog.

Call for basic policy guidelines...

Phone: 208-234-6185

Email: ncs@pocatello.us

Consumer Services Tribal Program

Assist low-income community members with energy assistance, emergency food supplies, rental assistance, budget counseling, and homeless assistance.

Contact: Lenora

Phone: 208-478-3709

Energy Employees Resource Center

1820 E. 17th St. Ste. 250, Idaho Falls, ID

Phone: 208-523-0158

Toll Free: 1-800-861-8608

Food Pantry

Community Dinner Table

245 W. Sexton, Blackfoot, Idaho

Contact: 208-557-4286

God's Home of Compassion

Food pantry, clothing, toiletries

845 Hyde St, Pocatello

Phone: 208-236-0075

Idaho Health & Welfare

Cash Assistance, Food Stamps and Medicaid Enrollment & Assistance

Toll Free: 1-877-456-1233

FOOD AND FINANCIAL ASSISTANCE cont.

Idaho Power

Saving Around Power
Weatherization Solution Program
Serving Bannock, Bingham, Power, and
Oneida counties
Phone: 208-237-0991

Health and Welfare (Medicaid)

*Info on medical, personal care assistance &
Medicaid, food stamps, Aid to the Aging,
Blind, Disabled, and Personal Care Costs*

Blackfoot Office

701 E Alice St.
Phone: 208-785-5826

Pocatello Office

1070 Hilina Rd.
Phone: 208-235-2900

Preston Office

223 N. State St.
Phone: 208-852-0634

www.healthandwelfare.idaho.gov

Payee Services

Life Inc.

636 Pershing St. Ste. C, Pocatello, ID
Contact: Dena Ruffridge
Phone: 208-478-0265
Email: dena@idlife.org

Well Balanced, Inc.

224 S. Arthur Ste. 2, Pocatello, ID
Phone: 208- 417-0053

Project Share

*A Salvation Army partner assisting low
income families*

Bannock County- Salvation Army

Phone: 208-232-5318

Bingham County and Fort Hall-SEICCA

Phone: 208-785-1583

Power County-Power County Clerk

Phone: 208-226-7611

Project Warmth

*Neighbors helping neighbors-rallying
together to offer interim help with cold-
weather heating bills.*

Phone:

Bear Lake County- 208- 847-1462

Bannock County- 208-233-7348

Caribou County- 208-547-4257

LIHEAP

*Low Income Home Energy Assistance
Program- (SEICCA)*

American Falls, Blackfoot, Montpelier,
Pocatello, and Soda Springs

Phone: 208-233-7348

NeighborWorks of Pocatello

*The Financial Fitness program helps
people achieve better financial health and
improve their housing situations.*

206 N. Arthur, Pocatello, ID

Phone: 208-232-9468

www.pnhs.org

Salvation Army

*Emergency & minimum financial aid for
gasoline, groceries & shelter to those in
need*

400 N 4th Ave, Pocatello, ID

Soup Kitchen Hours: Mon.-Sat. 11:00am

Food Boxes Hours: Mon.-Fri. 1:00pm-4pm

Phone: 208-232-5318

FOOD AND FINANCIAL ASSISTANCE (cont.)

SEICCA Southeastern Idaho Community Action Agency, Inc.

*Variety of services in the 7 counties to low income-disabled-elderly residents
Food/clothing bank, energy/utilities & weatherization*

825 E Bridger, Pocatello ID
Phone: Bannock - 208-233-1114
Bear Lake - 208- 847-1462
Bingham - 208- 785-1583

SEICCA Southeastern Idaho Community Action Agency, Inc. (cont.)

Caribou- 208-547-4257

Franklin- 208-852-1515

Oneida- 208-766-2737

Power- 208-226-7330

www.seicaa.org

St. Vincent De Paul Society

Food and clothing bank, limited emergency funds available for energy assistance, rent, phone, groceries.

855 S 2nd St, Pocatello, ID

Phone: 208-233-2555-Thrift Store

Phone: 208-406-1212-Social Services

Help Line: 208-331-2208

Shoshone-Bannock-Tribes

PO Box 306 Agency Rd, Fort Hall, ID

Phone: 208-478-3909

US Dept. of Agriculture Rural Division

Assist low-income homeowners with loans for general repairs to improve/modernize property or Grant funds may be used only for repairs/improvements that remove health/safety hazards, or repair/remodel

dwelling to make accessible/useable for household members w/disabilities.

Bannock, Bingham, and Power Counties

725 Jensen Grove Dr. #1, Blackfoot ID

Phone: 208- 785-5840 ext. 4

Phone: 208-785-6600 ext. 121

Bear Lake, Caribou, Franklin, and Oneida Counties

98 E 800 N., Preston, ID

Phone: 208- 852-0482 ext. 116

U.S. Railroad Retirement Board

844 N Rush St., Chicago IL

Toll Free: 877- 772-5772

TTY: 312- 751-4701

Directory: 312-751-4300

Veteran Center (See Veteran Services)

Counseling and Pension Information to veterans and dependents

1800 Garrett Way, Pocatello, Id

Phone: 208-232-0316

HEALTH INFORMATION

Health West Clinics

Providing high quality health care for all, regardless of a patient's ability to pay

Aberdeen Health West Clinic

330 N. Main, Aberdeen, ID

Phone: 208-397-4126

American Falls Health West Clinic

823 Reed St., American Falls, ID

Phone: 208-226-2822

Chubbuck Health West Clinic

880 W. Quinn Rd., Chubbuck, ID

Phone: 208-232-6260

Downey Health West Clinic

79 N. Main St., Downey, ID

Phone: 208-897-5600

Lava Health West Clinic

85 S. 5th W., Lava Hot Springs, ID

Phone: 208-776-5202

McCammom Health West Clinic

204 Center St., McCammom, ID

Phone: 208-254-9326

Pocatello Family Medicine

465 Memorial Dr., Pocatello, ID

Phone: 208-234-4700

Pocatello Health West Clinic

1000 8th St., Pocatello, ID

Phone: 208-232-6260

HEALTH INFORMATION (cont.)

NOT-TSOO-GAH-NEE Medical Center

PO Box 717; Mission Rd; Fort Hall, ID

Phone: 208-238-5427

Pocatello Free Clinic

429 Washington Ave. Pocatello, ID 83201

Contact: 208-233-6245 Fax: 233-1065

Southeastern Id Public Health Offices

Community and environmental Health

Bannock County

1901 Alvin Ricken Dr., Pocatello, ID

Phone: 208-233-9080

Bear Lake County

455 Washington #2, Montpelier, ID

Phone: 208-847-3000

Bingham County

326 Popular St., Blackfoot, ID

Phone: 208-785-2160

Caribou County

55 E.1st S., Soda Springs, ID

Phone: 208-547-4375

Franklin County

42 W. First S., Preston, ID

Phone: 208-852-0478

Oneida County

175 S. 300 E., Malad, ID

Phone: 208-766-4764

Power County

590½ Gifford St., American Falls, ID

Phone: 208-226-5096

Hearing Aid Assistance

Starkey Hearing Foundation

6700 Washington Ave S., Eden Prairie, MN

Toll Free: 1-800-328-8602 ext. 2358

HOME DELIVERED SERVICES

Groceries Delivered:

BI-LO Food Center

Place order before noon, charge delivery

\$12.00, minimum order of \$40 in groceries

Only M, W, F & Sat

333 N. 15th Ave., Pocatello, ID

Phone: 208-232-5739

Broulim's Super Market Inc.

Call for delivery services

570 S. State St., Shelley, ID

Phone: 208-357-0463

Downey Food Center

Free delivery within 5 miles Downey

15 N. Main, Downey, ID

Phone: 208-897-5915

Fort Hall Nutrition Program

P.O. Box 306; Fort Hall, ID

Phone: 208-478-3859

Phone: 208-478-3858

Lunch @ Center at 11:30

Deliver meals M-F

Home-Style Direct

Prepared meals shipped directly to you

159 Kimberly, ID 83341

Toll Free: 1-866-735-0921

www.homestyledirect.com

HOME DELIVERED SERVICES

(cont.)

Minnetonka Market & Café

No charge for delivery in town

194 N. Main St., Charles, ID

Phone: 208- 945-2348

Groceries Delivered: (cont.)

Mom's Meals (mail-order)

718 SE Shurine Dr., Ankeny, Iowa

Toll Free: 1-877-508-6667

www.momsmeals.com

Oliver's Restaurant

Some Groceries are available for delivery.

Delivery fee 10% of order cost (20.00 min.)

130 S. 5th Ave., Pocatello, ID

Phone: 208-234-0672

Oneida Co. Hosp Home Delivered Meals

Lunch only at 11:30–12:30 7 days a week

150 N. 200 W., Malad, ID

Contact: Melanie Bowcutt

Phone: 208-766-5805

SEICAA Senior Services

Meals on Wheels

Hours 7am - 5:30P M-Thur.

825 E. Bridger St., Pocatello, ID

Phone: 208-233-9677 x 140

Stop and Shop Grocery

Order 1 day prior to delivery

No charge: Firth and surrounding areas.

409 S. Main St., Firth, ID

Phone: 208-346-4348

Thomas Market

Order morning for afternoon delivery

170 S. Main St., Malad, ID

Phone: 208-766-4030

Pharmacy & Drug Stores Delivery:

Allen Drug

Delivery begins at 4pm. No Sunday

No charge for Malad delivery

4th N. Main St., Malad, ID

Phone: 208-766-2241

Ed Snell's Pharmacy Shop

Placed order before 4pm for same day

delivery. Current refill needed. Free

delivery: Pocatello & Chubbuck.

1015 E. Young St., Pocatello, ID

Phone: 208-232-0049

London Drug

Call for delivery services

6th S. Main St., Grace ID

Phone: 208-425-3766

Maag Pharmacy

333 W. Center St., Pocatello, ID

Phone: 208-233-MAAG (6224)

Toll Free:1-800-333-2062

Pharmacy Shop

Place order before 4pm for same day

delivery. No delivery charge for Blackfoot.

69 N. Pine St., Blackfoot, ID

Phone: 208-785-3510

Preston Drug

Call for delivery services

39 N. 1st E., Preston, ID

Phone: 208-852-1563

Pharmacy & Drug Stores Delivery **(cont.)**

Rockland Pharmacy, Inc

Delivery only in town

524 Tyhee Ave., American Falls, ID

Phone: 208-226-2411

Shaver's Pharmacy

Free delivery Monday to Friday

Place an order by noon for same day

Afternoon for next day delivery

235 S. 4th Ave., Pocatello, ID

Phone: 208-233-3341

Wallace Drug

44 S. Main St. Aberdeen, ID

Phone: 208-397-4540

Home Meal Delivery

Fort Hall Nutrition Program

Center lunch at 11:30 Deliver meals M-F

P.O. Box 306, Fort Hall, ID

Phone: 208-478-3859

Phone: 208-478-3858

Home-Style Direct

*Prepared meals shipped directly to your
doorstep.*

PO Box 159, Kimberly, ID

Toll Free: 1-866-735-0921

www.homestyledirect.com

Minnetonka Market & Café

No charge for delivery in town

194 N. Main St., Saint Charles, ID

Phone: 208-945-2348

Mom's Meals (mail-order)

718 SE Shurine Dr., Ankeny, Iowa

Phone: 1-877-508-6667

www.momsmeals.com

Oliver's Restaurant

130 S. 5th Ave. Pocatello, ID

Phone: 208-234-0672

Oneida Co. Hosp. Home Delivered Meals

Lunch only at 11:30-12:30 / 7 days/ week

150 N. 200 W., Malad, ID

Contact: Melanie Bowcutt

Phone: 208-766-5805

SEICAA Senior Services

Meals on Wheels

825 E. Bridger; Pocatello, ID

Hours: 8:00am - 4:30pm

Phone: 208-233-9677 x 140

HOME HEALTH CARE

Access Home Care and Hospice

240 W. Burnside St. Ste. B, Chubbuck, ID

Phone: 208-637-2273

Toll-free: 1-888-755-6599

www.accesshomecareandhospice.com

Bear Lake Memorial Home Health

164 S. 5th, Montpelier, ID

Phone: 208-847-4454

Email: bonnie.duncan@blmhospital.com

Blackfoot Home Health & Hospice Aspen Group

1443 Parkway Dr. Ste. 2, Blackfoot, ID

Phone: 208-782-1084

www.theaspengroup.net

HOME HEALTH CARE (cont.)

Community Wellness Center

1509 N. Arthur Ave; Pocatello, ID
Phone: 208-234-7199

www.communitywellness.net

Encompass Home Health and Hospice

1479 Bench Rd., Pocatello, ID
Phone: 208-637-1100

www.ehhh.com

First Choice Home Care

175 Jefferson Ave. Pocatello, ID
Phone: 208-234-1413

Franklin Co Medical Center Home Care

44 N. 100 E., Preston, ID
Phone: 208-852-1937

www.fcmc.org

Helping Hands Home Health

1308 E. Center St., Pocatello, ID
Phone: 208-232-2009

www.helpinghands2009@hotmail.com

Heritage Home Health & Hospice

1009 W. Quinn Rd., Pocatello, ID
Phone: 208-238-0088

www.heritagehomehealth.org

Home Helpers Home Health & Senior Care

353 E. Lander St., Pocatello, ID
Phone: 208-234-2380

easternidaho@homehelpershomecare.com

Idaho Home Health & Hospice

315 E. Alameda St., Pocatello, ID
Phone: 208-232-1122

www.idahohomehealth.com

Oneida County Hospital & Home Care

150 N 200 W., Malad, ID
Contact: Melanie Bowcutt

Phone: 208-766-5805

Email: mbowcutt@oneidahospital.com

Portneuf Home Health Care Services

1111 N. 8th Ste. B, Pocatello, ID
Phone: 208-239-2150

www.amedisy.com

Pro Health Home Care Services

936 E. Center St., Pocatello, ID
Phone: 208-235-6565

www.prohealth.org

HOMEMAKER (Homecare)

A Better Life Home Care

745 W. Bridge St., Blackfoot, ID
Phone: 208-785-2969

Bear Lake Memorial Home Health Care

164 S 5th, Montpelier, ID

Contact: Bonnie

Phone: 208- 847-4454

Care Connection of Idaho

215 N. 9th St. Ste. F, Pocatello, ID
Phone: 208- 240-5535

CareConnectionofidaho@gmail.com

Caring Hearts Senior Care

2601 Pole line Rd., Pocatello, ID

Contact: Joyce or Darren

Phone: 208-269-7150 (Joyce)

Phone: 208-339-2229 (Darren)

www.caringheartsseniorcare.com

ComForCare

410 Yellowstone Ave, Ste. 209, Pocatello
Phone: 208-417-0530

HOMEMAKER (cont.)

Comfort Keepers #168

275 S. 5th Ave. #280, Pocatello, ID

Phone: 208-234-9825

www.southcentralid2comforkeepers.com

Community Wellness Center

1509 N. Arthur St., Pocatello, ID

Phone: 208-234-7199

www.communitywellness.net

First Choice Home Care

175 Jefferson Ave., Pocatello, ID

Phone: 208-234-1413

Franklin Co. Medical Center

44 N. 100 E., Preston, ID

Phone: 208-852-1937

Friends and Family Home Care, LLC

4922 Yellowstone Ave. Ste. B, Chubbuck

friendsandfamily@cableone.net

Heartwork Connections/Personal Care

1443 Parkway Dr. Ste. 2, Blackfoot, ID

Phone: 208-782-1088

heartworkconnections@hotmail.com

Helping Hands Personal Care Service

2785 Bannock Hwy, Pocatello, ID

Phone: 208-232-2009

Home Helpers

353 E. Lander St., Pocatello ID

Phone: 208-406-2380

Cell: 208-760-9142

www.homehelpersofeasternidaho.com

Loving Hearts

66 S. Center St., Weston, ID

Phone: 208-852-3511

lovingheartspnc@outlook.com

Oneida County Hospital Home Care

150 N. 200 W., Malad, ID

Contact: Melanie Bowcutt

Phone: 208-766-5805

PCS Helping Hands

1308 E. Center St., Pocatello, ID

Phone: 208-232-2009

Pro Health Home Care Services

936 E. Center St., Pocatello, ID

Phone: 208-235-6565

www.prohealth.org

Quality Home Care Staffing Service

258 McKinley, Pocatello, ID

Phone: 208-235-4677

Email: qltyhmc@aol.com

Senior Care

28 S. 1100 E., American Fork, UT

Phone: 801-642-2665

Toll Free: 1-888-551-6771

Email: sue@trustseniorcare.com

HOSPICE

Access Home Care and Hospice

240 W. Burnside St. Ste. B, Chubbuck, ID

Phone: 208-637-2273

www.accesshomecareandhospice.com

Alliance Home Health, Hospice & Personal Care Services

440 E. Clark St, Pocatello, ID

Phone: 208-478-6677

HOSPICE (cont.)

Blackfoot Home Health & Hospice Aspen Group

1443 Parkway Dr. Ste. 2, Blackfoot, ID
Phone: 208-782-1084
www.theaspengroup.net

Encompass Home Health and Hospice

1479 Bench Rd., Pocatello, ID
Phone: 208-637-1100
www.ehhi.com

Hearts for Hospice

Phone: 208-552-1177

Heritage Home Health & Hospice

1009 W. Quinn Rd., Pocatello, ID
Phone: 208-238-0088
www.heritagehomehealth.org

Franklin Co. Medical Center Hospice

44 N. 1st E., Preston, ID
Phone: 208-852-1937
www.fcmc.org

Idaho Home Health & Hospice

315 E. Alameda, Pocatello, ID
Phone: 208-232-1122
www.lhcgroup.com

Solace Hospice

Serving: Pocatello & Blackfoot areas
275 S. 5th Ave. Ste. 152, Pocatello, ID
Phone: 208-757-8444
www.solacehospice.com

HOSPITALS

Bear Lake Memorial Hospital

164 S. 5th, Montpelier, ID
Phone: 208-847-1630
www.blmhospital.com

Bingham Memorial Hospital

98 Poplar St., Blackfoot, ID
Phone: 208-785-4100
www.binghammemorial.org

Caribou Memorial Hospital

300 S. 3rd W., Soda Springs, ID
Phone: 208-547-3341
www.cmhlc.org

Franklin County Medical Center

44 N. 1st E., Preston, ID
Phone: 208-852-0137
www.fcmc.org

Oneida County Hospital

150 N. 200 W, Malad, ID
Phone: 208-766-2231
www.oneidahospital.com

Portneuf Medical Center

777 Hospital Way, Pocatello, ID
Phone: 208-239-1000
www.portmed.org

Power County Hospital District

510 Roosevelt, American Falls, ID
Phone: 208-226-3200
www.pchd.net

Safe Haven Health Care

Only psychiatric care and rehabilitation
1200 Hospital Way, Pocatello, ID
Phone: 208-232-2570
www.safehavenhealthcare.org

State Hospital South

700 E. Alice, Blackfoot, ID
Phone: 208-785-1200

HOUSING

Alsace Village

341 S. 1st E., Soda Springs, ID
 Phone: 208- 547-3943

American Falls Housing Authority

290 Tyhee Ave., American Falls, ID
 Phone: 208-226-5262
 Email: afhousing@hotmail.com

HOUSING (cont.)**Aspen Wood-Senior**

235 S. 4th, Montpelier, ID
 Phone: 208-847-0038

Diamond Court Apartments

5315 Diamond Circle, Chubbuck, ID
 Phone: 208-237-6549

El Rancho Grande Estate

133 Hill Crest St., American Falls, ID
 Phone: 208-226-2916

Fort Hall Housing (tribal preference)

161 Wardance Circle, Pocatello, ID
 Phone: 208-237-1174 ext. 17

Fountain Terrace

351 S. 1st W., Soda Springs, ID
 Phone: 208-547-2365

Grand Cascade

145 Hill Crest, American Falls, ID
 Phone: 208-226-5321

EMERGENCY HOUSING**Aid for Friends**

*Emergency shelter & transitional housing
 24-hour Shelter day or night*

Shelter

653 S. 4th St., Pocatello, ID
 Phone: 208-232-5669

Check in time 5:30pm-7pm

Night hours 5:30pm – 8:00am

Administration Office

555 S. 1st St., Pocatello, ID
 Hours: Mon-Fri 9-5pm
 Phone: 208-232-0178

Bingham Crisis Center (2 shelters)

Victims of Domestic Violence or Sexual Abuse. Men, Women and Children. No staff. Not handicap accessible. Stay 1-2 weeks.
 288 N. Shilling St., Blackfoot, ID
 Phone: 208-785-1047

SEICAA-Veteran's Services

825 E. Bridger St., Pocatello, ID
 Phone: 208-232-1114 ext. 145

RETIREMENT LIVING**Cottonwood Cove-Retirement Park**

Designed for the independent retired person. Cottonwood Cove is not a nursing home or an assisted living center.
 1052 W. Quinn Rd., Chubbuck, ID
 Phone: 208-237-8842

www.cottonwoodcoveretirement.com

SENIOR/DISABLED HOUSING**Idaho Housing & Finance**

390 W. Sunnyside Rd., Idaho Falls, ID
 Phone: 208-522-6002

Kirkwood Meadows

1222 Freeman Lane, Pocatello, ID
 Phone: 208-232-5580

Rose Park Place (Senior 55+)

1385 Meggan St., Blackfoot, ID
Phone: 208-782-0085

Shoshone-Bannock Tribes Housing Authority- Fort Hall Housing Authority
161 Wardance Circle, Fort Hall, ID
Phone: 208-237-1174
Phone: 208-237-1236 ext.10

106 N.E. Main St., Blackfoot, ID
Phone: 208-785-6171

West Pine Apartments (*Office Apt. 19*)
343 W. Pine St., Shelley, ID
Phone: 208-357-2025

Westport Apartments
201 Lee St. A 101, American Falls, ID
Phone: 208-226-7095

SENIOR/DISABLED HOUSING **(cont.)**

South Downey Apartments
*Elderly Housing 62+ or
Social Security Disability*
66 S. Main St., Downey, ID
Contact: Marsha or Gordon
Phone: 208-766-0917

Southside Apartments
94 E. 50 S., Malad, ID
Contact: Marsha or Gordon
Phone: 208-766-0917

Southside Senior Villa
*Elderly Housing 62+ or
Social Security Disability*
120 E. 90 S., Malad, ID
Phone: 208-766-0917

Southwinds
114 E. 90 S., Malad, ID
Phone: 208-766-0917

Sunny Ridge Apartments
1615 Camas St., Blackfoot, ID
Phone: 208-782-2111

Sunset Manor (*section 8*)

SENIOR/DISABLED HOUSING **LOW INCOME**

Housing Authority City of Pocatello
*Administers the Section 8 Housing Choice
Voucher Program under contract with the
U.S. Department of Housing and Urban
Development (HUD). This program enables
very-low income families to obtain decent,
safe, and affordable housing on the private
market.*

711 N. 6th Ave., Pocatello, ID
Phone: 208-233-6276
Email: michele@hacp.services

Christensen Court
711 N. 6th St., Pocatello, ID
Phone: 208-233-6276

Katsilometes Apartments
675 and 695 N. 7th, Pocatello, ID
Phone: 208-233-6276

Maple West Apartments
350 W. Maple, Pocatello, ID
Phone: 208-233-6276

McKinley Manor
1020 McKinley Ave., Pocatello, ID
Phone: 208-233-6276

Pinewood Apartments
888 E. Pine St., Pocatello, ID
Phone: 208-233-6276

Portneuf Towers
666 W. Day St., Pocatello, ID

Phone: 208-233-6276

SEICAA Housing Office -Pocatello

SEICAA continually strives to provide safe and affordable housing for a wide variety of individuals including older citizens, mobility impaired and families

641 N. 8th Ave., Pocatello, ID

Hours: *M-Thurs. 7-5:30pm*

Phone: 208-232-1114

SENIOR/DISABLED HOUSING
LOW INCOME (cont)

SEICAA Housing- Pocatello (cont.)

Fountain Court (SEICAA)

575 W. Carter St., Pocatello, ID

Phone: 208-232-1114

Fountain Court (SEICAA)

704 S. Hayes St., Pocatello ID

Phone: 208-232-1114

SEICAA Manor (SEICAA)

Rent is 30% of tenant's adjusted income

210 W. Sherman St., Pocatello, ID

Phone: 208-232-1114

St. Anthony Place (SEICAA)

Apartments are available to tenants who are 62 or older. There is a waiver for those who are 55 years of age or older.

650 N. 7th Ave., Pocatello, ID

Phone: 208-232-1114

Station 1938 (SEICAA)

211 S. 2nd Ave., Pocatello, ID

Phone: 208-232-1114

SEICAA Housing Office-Blackfoot

South Oak Apartments

250 S. Oak, Blackfoot, ID

Phone: 208-785-5256

LEGAL ASSISTANCE

Angela Jensen, Attorney at Law

150 S. Arthur Ave. Ste. 201, Pocatello, ID

Phone: 208-233-2421

Phone: 208-241-7241

Email: angelajensen@cableone.net

Boyd Peterson, Attorney at Law

112 S. Main St., Firth, ID

Phone: 208-346-6468

Craig W Parrish, Attorney at Law

Parish Law Office

239 N. 8th Ave., Pocatello, ID

Phone: 208-234-1234

Fred Belzer, Attorney at Law

850 E. Center St. Ste. B-2, Pocatello, ID

Phone: 208-234-7118

info@fredbelzerlaw.com

Idaho Legal Aid Services, Inc.

Low cost legal aid for low-income persons and the elderly. Contact for other city schedules

150 S. Arthur St. Ste. 203, Pocatello, ID

Phone: 208-233-0079

Idaho Senior Legal Hot Line

The Idaho Senior Legal Hotline is a statewide, toll-free, client access system for people 60 years of age and older, to obtain free legal assistance by phone with civil legal problems from an attorney. We can help with questions on: Wills, Probate, Medicaid, Medicare, Consumer issues, Housing/real estate/mobile homes, Taxes, Family law, Public benefits, Social Security and SSI, Pension, Long Term Care issues and Grandparent rights.

Toll Free: 1-866-345-0106

Spanish Speaking: 1-866-954-2591

**Idaho Volunteer Lawyers Program
(IVLP)**

Increase the availability of legal services to the state's low-income individuals and families.

Phone: 208-334-4510

Toll-free: 1-800-221-3295

isb.idaho.gov/ilf/ivlp/ivlp.html

6700 Washington Ave. S.
Eden Prairie, MN
Toll Free: 1-800-328-8602 x 2358

Lava Health West Clinic

85 S. 5th W., Lava Hot Springs, ID
Phone: 208-776-5202

MEDICAL ASSISTANCE

Aberdeen's Health West Clinic

330 N. Main St., Aberdeen, ID
Phone: 208-397-4127
Phone: 208-397-4126

American Falls Health West Clinic

823 Reed St., American Falls, ID
Phone: 208-226-2822

Blackfoot Medical Center

1441 Parkway Dr., Blackfoot, ID
Phone: 208-785-2600

Chubbuck Health West

Pine Ridge Mall Parking Lot
880 W. Quinn Rd., Chubbuck, ID
Phone: 208-238-2000

Downey Health West Clinic

79 N. Main St., Downey, ID
Phone: 208- 897-5600

Firth Medical Center

114 S. Main St. Firth, ID
Phone: 208-346-6614

Hearing Aid Assistance

Starkey Hearing Foundation

Mesothelioma Prognosis Network

Vanessa Kwan-Public Outreach

www.mesotheliomaprognosis.com

Email:

vkwan@mesotheliomaprognosis.com

McCammom Health West Clinic

204 Center St., McCammom, ID
Phone: 208-254-9326

Pocatello Health West Clinic

500 S. 11th Ave. Ste. 102, Pocatello, ID
Phone: 208-232-6260

Pocatello Family Medicine

465 Memorial Dr., Pocatello, ID
Phone: 208-282-4700

Pocatello Free Clinic

429 Washington St., Pocatello, ID
Phone: 208-233-6245

Shelley Family Medical Center/Clinic

210 S. Emerson St., Shelley, ID
Phone: 208-357-7404

Southeastern Idaho Public Health

1901 Alvin Ricken Dr., Pocatello, ID
Phone: 208-233-9080

Veterans Clinic

444 Hospital Way, Pocatello, ID
Phone: 208-232-6214

MEDICARE ASSISTANCE

Area V Agency on Aging

Medicare Hispanic Advocate, Medicare enrollment, fraud and abuse education
214 E. Center St., Pocatello, ID
Contact: Nydia
Phone: 208-233-4032

MEDICARE ASSISTANCE (cont.)

Low Income Subsidy (LIS)

Social Security Administration
861 Jefferson Ste. F, Pocatello, ID
Toll Free: 1-866-643-3407

Medicare Savings Program (MSP) Health & Welfare

Assistance with Medicare premiums, and other cost-sharing (like deductibles, coinsurance, and copayments)
Blackfoot: 208-785-5826
Pocatello: 208-235-2900
Preston: 208-852-0634 x1

Senior Health Insurance Benefits Advisors (SHIBA)

Insurance benefits counseling, Medicare, Medigap insurance, information. No cost.
Phone: 208-236-6044
Toll Free: 1-800-247-4422
Compliance Officer, DOI: 208-236-6144
Investigator: 1-800-721-3272
www.doi.idaho.gov

SENIOR CENTERS

Centers provide congregate/home delivered meals. Other activities, senior transportation, vary from center to center

Aberdeen Senior Center

42 W. Washington St., Aberdeen, ID
Contact: Amy
Phone: 208-397-4349
Fax: 208-397-7069
Hours: 8-5 M-F
Meals Served: Tue and Fri @ Noon
Email: seniorcitizen@frontier.com

Bingham County Senior Center

20 E. Pacific St., Blackfoot, ID
Contact: Pam Beus
Phone: 208-785-4714
Fax: 208-785-4714 or 208-785-4715
Hours: 8-4 M-F
Meals Served: Mon-Fri @ Noon
Sat and Sun- Frozen Meals
Email: Seniors4ever@qwestoffice.net

Caribou County Senior Center

60 S. Main St., Soda Springs, ID
Contact: Stacie Watkins
Phone: 208-547-3007
Fax: 208-547-3007
Hours: 8-4 M, W, F
Meals Served: Wed and Fri @ Noon
Email: carsenior@silverstarbroadband.com

Curlew Valley Senior Center

10808 S. 2300 W., Stone, ID
Contact: Tami Velasco
Phone: 208-698-3585
Fax: 208-698-3585 (call first)
Hours: 7:30-4:30 M-TH
Meals Served: Tue and Thurs @ Noon
Email: tamiv79@hotmail.com

Franklin County Senior Center64 W. 1st S., Preston, ID

Contact: Carol Parker

Phone: 208-852-2844

Fax: 208-852-0320

Hours: 7-2:30 M, W, F

Meals Served: *Mon, Wed, and Fri @ Noon*Email: communitycenter60@yahoo.comEmail: thelavaseniors@aol.com**Marsh Valley Senior Center**

21 S. Main St., Downey, ID

Contact: Marsha Elmore

Phone: 208-897-5351

Fax: 208-897-5351

Hours: 7am-3pm M-Th

Meals Served: *Tues and Thurs @ Noon*Email: mvseniorcenter@icsofidaho.net**SENIOR CENTERS (cont.)****Grace Thiel Community Center***(Bear Lake County Senior Center)*

300 Hospital Plaza, Montpelier, ID

Contact: Jackie Price

Phone: 208-847-3141

Fax: 208-847-3141

Hours: 9am-2pm M-F

Meals Served: *Tue-Fri @ Noon*Email: jackie.price68@gmail.com**Greater Pocatello Senior Center**427 N. 6th Ave., Pocatello, ID

Contact: Anita Valiadolid

Phone: 208-233-1212

Fax: 208-232-2788

Hours: 8am-5pm M-F

Meals Served: *Mon-Fri @ Noon*Email: senioractivities@ida.net**Lava Hot Springs Senior Center**

150 N. Center, Lava Hot Springs, ID

Contact: Rosie Scott

Phone: 208-776-5569

Fax: 208-776-5157

Hours: 8am-2pm M, W, F

Meals Served: *Mon, Wed, and Fri @ Noon***Oneida County Senior Center**

26 N. Main St., Malad, ID

Contact: Margaret Baker

Phone: 208-766-2250

Fax: 208-766-4221

Hours: 8am-3pm W, F

Meals Served: *Wed and Fri @ Noon*Email: mbarker612@aol.com**Oneida School District**

25 E. 50 S. #A, Malad, ID

Contact: Rich Moore

(School Superintendent)

Phone: 208-766-4701

Email: rich.moore@malad.us**Power County Senior Center**

180 Idaho St., American Falls, ID

Contact: Kathleen Ulrich

Phone: 208-226-2794

Fax: 208-226-2794

Hours: 8am-2pm M, W, F

Meals Served: *Mon, Wed, and Fri @ Noon*Email: pcsenior60@live.com**SEICAA/MOW**

825 E. Bridger St., Pocatello ID

Contact: Andrea Demartinis

Phone: 208-232-1114 ext. 139
Fax: 208-232-4037
Hours: 8am-4:30pm M-F
Meals Served: Mon-Fri @ Noon
Email: ademartinis@seicca.org

Shelley Senior Center
193 W. Pine St., Shelley, ID
Contact: Denine Wong
Phone: 208-357-3621
Fax: 208-357-3084
Hours: 9am-2:30pm T-F
Meals Served: Wed and Fri @ Noon
Email: seniors3621@yahoo.com

SENIOR CENTERS (cont.)

Shoshone-Bannock Nutrition
Pima Dr., Fort Hall, ID
Phone: 208-478-3858
Hours: 8am-5pm M-F
Meals Served: Mon-Fri @
11:30am-12:30pm
jhayes@shoshonebannocktribes.com

SOCIAL ACTIVITIES

Community Recreation Center
Public recreation, exercise programs,
144 Wilson St. Pocatello, ID
Phone: 208-232-3901

City of Pocatello Parks and Rec
For a schedule call
Phone: 208-234-6232

Fitness Incorporated
1800 Garrett Way St. #19, Pocatello, ID
Phone: 208-233-8035

Heart to Heart-Pets with a Purpose
For more information contact: Jane
Phone: 208-233-9078

Silver Sneakers®
45 min. class using chairs, weights, balls, & bands targeting senior members to improve balance, flexibility
1800 Garrett Way #19, Pocatello, ID
Phone: 208-233-8035

Idaho Fish & Game Department
Hunting and fishing licenses
Senior discount, age 65+and resident
1345 Barton Rd., Pocatello, ID
Phone: 208-232-4703

New Knowledge Adventures
ISU Division of Continuing Education
It is member-directed organization for adults of retirement age to expand knowledge & explore new ideas in an informal, noncompetitive environment.
Membership to people 50+
Phone: 208-282-2789
Phone: 208-282-3155
<http://www.isu.edu/conteduc>

SEICAA Senior Services
R.S.V.P. Retired Senior Service
Volunteer Program
641 N. 8th Ave., Pocatello, ID
Phone: 208-232-1114 ext. 139

SOCIAL SECURITY ADMINIST
861 Jefferson Ave. Ste. F, Pocatello, ID
Toll Free: 1-866-643-3407
www.ssa.gov

SUPPORT GROUPS

Al-Anon
"A fellowship of relatives and friends of

alcoholics who believe their lives have been affected by someone else's drinking."

FREE OF CHARGE.

Contact: Valloy or Ron

Phone: 208-237-4338

Alcoholics Anonymous

Phone: 208-235-1444

www.idahoarea18aa.org

Blind Support Group

Quail Ridge

797 Hospital Way, Pocatello, ID

Contact: Dorothy Hatch

Phone: 208-233-2307

SUPPORT GROUP (Cont.)

Bright Tomorrows

Counseling service for children of sexual abuse and families

409 Washington Ave., Pocatello, ID

Phone: 208-234-2646

Camp Rainbow Gold

Summer camp for Idaho children diagnosed with cancer and their families. Camps include an oncology camp, sibling camp, and a family camp. It is a support group for teens and a college scholarship program.

216 W. Jefferson, Boise, ID

Phone: 208-350-6435

www.camprainbowgold.org

Cancer Support Group

Caribou Memorial Hospital

Phone: 208-547-2788

Caregiver Support Group

4th Wed. of the month @ 2pm

Area Agency on Aging office

214 E. Center St., Pocatello, ID

Phone: 208-406-2380

Phone: 208-233-4032

Sight Impaired Support Group

Bingham Senior Center

20 E. Pacific, Blackfoot, ID

Phone: 208-785-6656

Compassionate Friends

Supporting family after a child dies

Meets at Quail Ridge Assisted Living Chapel

Contact: Bill & Cathy Wigington

Phone: 208-237-6318

Gem Valley Alzheimer's/Dementia

Caribou Memorial Hospital

300 S. 3rd W., Soda Springs, ID

Call for more information

Phone: 208-547-2788

Grief Support

Encompass Home Health & Hospice

1479 Bench Rd., Pocatello, ID

Hours: *Thursdays @ 5:30pm*

Phone: 208-637-1100

H.O.P.E. Support Group

777 Hospital Way, Pocatello, ID

Hours: *Mondays @ 5:00pm-6:30pm*

For more information:

Phone: 208-239-1754

ID Suicide Prevention Advocacy Network

HOT LINE 1-800-784-2433

NAMI IDAHO

Advocates for the Mentally Ill

"Voice" on Mental Illness

Pocatello, ID

Phone: 208-233-9807

Phone: 208-232-5791

Parkinson's Support Group of Southeastern Idaho

Marshall Public Library (*Meeting room*)
113 S. Garfield St., Pocatello, ID
Phone: 208-232-0076

Pocatello Friendship Club

745 S. 1st Ave., Pocatello, ID
Phone: 208-232-9565

Pocatello Veteran's Center

1800 Garrett Way, Pocatello, ID
Phone: 208-232-0316

Family support group

Monday- 12:00pm-1:00pm

Women Veteran support group

Tuesday- 12:00pm-1:00pm

PTSD support group

Wednesday- 4:30pm-6:00pm

Here and Now support group

Thursday- 3:30pm-5:00pm

TAX ASSISTANCE

Circuit Breaker Property Tax Deduction

For persons age 65+, widowed, blind, disabled or veteran. Income limit to qualify
624 E. Center St. Rm. #204, Pocatello, ID
Phone: 208-236-7262

Idaho State Tax Commission Grocery Credit Refund

Unused grocery credit refund for persons 62+, or disabled veterans with income low enough to not file income taxes

611 Wilson St. Ste. 5, Pocatello, ID

Phone: 208-236-6244

Toll Free: 1-800-972-7660

Hearing Impaired: 1-800-377-3529

Hours: *M-TH 9:00am-4:30pm*

www.tax.idaho.gov

SEICAA VITA

Volunteer Income Tax Assistance

641 N. 8th Ave., Pocatello, ID

Phone: 208-232-1114 ext. 139

TRANSPORTATION

Bannock Transportation

Medicaid, Private Pay

1134 N. Main St., Pocatello, ID

Phone: 208-232-0537

Country Coach

Medicaid, Taxi-Scrip & private pay

4613 Yellowstone Ave., Chubbuck, ID

Phone: 208-233-2551

Pocatello Transit Center

Senior/Disabled transportation

To schedule call before 3:00 pm the day before transportation is needed.

215 W. Bonneville St., Pocatello, ID

Phone: 208-234-2287

Phone: 208-232-0111

<http://pocatellotransit.com>

Salt Lake City Express

Daily shuttles between Salt Lake City and Southeast Idaho

Toll Free: 1-800-356-9796

www.saltlakeexpress.com

Taxi Scrip Program LIFE, Inc.

Participants purchase \$20 worth of taxi ride coupons for \$10. Eligibility requires a disabling condition which prevents an individual from being able to drive.

640 Pershing St. Ste. A, Pocatello, ID

Phone: 208-232-2747

Yellow Cab: 208- 237-8294

Mark's Daily Taxi: 208-223-0263

County Veteran Service Coordinators:

Bannock County- Melissa Hartman

Phone: 208-282-4245

Bear Lake County- Ed Lyon

Phone: 208-766-3355

Bingham County- Laura Lora

Phone: 208-785-3096

Caribou County- Gary Petersen

Phone: 208-547-3737

Franklin County- Vern Rogers

Phone: 208-851-2824

Oneida County- Gene Caldwell

Phone: 208-766-4014

Cell: 208-251-6744

Power County- Sheldon Kovarsky

Phone: 208-220-2278

Combat Call Center

Toll Free: 1-877-927-8387

VETERAN SERVICES

Idaho VA Administration

351 Collins Rd., Boise, ID

Phone: 208-780-1300

Behavioral Health Crisis Center

1650 N. Holmes, Idaho Falls, ID

Phone: 208-552-0727

Boise VA Regional Office

444 W. Fort St., Boise, ID

Toll Free: 1-800-827-1000

Boise VA Medical Center

500 W. Fort St., Boise, ID

Phone: 208-422-1000

VA Community Based Outpatient Clinic

Idaho Falls

3544 17th St. Ste. 104, Idaho Falls, ID

Phone: 208-552-0727

Pocatello

444 Hospital Way Ste. 801, Pocatello, ID

Phone: 208-232-6214

Domestic Violence & Sexual Assault Center

1050 Memorial Dr., Idaho Falls, ID

Phone: 208-529-4352

Homeless & Justice Clinical Recovery Program (CBOC)

444 Hospital Way, Pocatello, ID

Phone: 208-530-0666

Idaho Food Bank

555 S. 1st Ave., Pocatello, ID

Phone: 208-233-8811

www.idahofoodbank.org

Idaho Free Legal Aid

Phone: 208-233-0379

Idaho State Veterans Nursing Home

1957 Alvin Ricken Dr., Pocatello, ID

Phone: 208-236-6340

Idaho State Veterans Service Officers

Phone: 208-235-7890

Phone: 208-232-2272

ISU Veterans' Sanctuary

921 S. 8th Ave., Pocatello, ID

Contact: Melissa Hartman

Phone: 208-282-4245

Email: melissah@co.bannock.id.us

Foster Grandparents

700 E. Alice St., Blackfoot, ID

Phone: 208-785-8448

lori@fgpsei.com

Military ID Cards

Army National Guards

Phone: 208-237-3701

Oneida County Hospital

150 N. 200 W., Malad, ID

Phone: 208-766-2231

Salt Lake City VA Medical Center

500 Foothill Dr., Salt Lake City, UT

Phone: 801-582-1565

Toll Free: 1-800-613-4012

www.va.gov

VETERAN SERVICES (cont.)

SEICAA-Veteran Services

Veteran Services helps program participants attain goals, using community services while finding employment.

Housing Facility- Freedom L Z,

641 N. 8th St., Pocatello, ID

Phone: 208-232-1114 ext. 145

Pocatello Veteran Center

1800 Garrett Way Ste. 47, Pocatello, ID

Phone: 208-232-0316

Veteran Crisis Line

Toll Free: 1-800-273-8255 (Press 1)

Text: 838255

Salvation Army

400 N. 4th Ave., Pocatello, ID

Phone: 208-232-5318

Senior Health Insurance Benefits Advisors (SHIBA)

353 N. 4th Ave. Ste. 200, Pocatello, ID

Phone: 208-236-6044

Toll Free: 1-800-247-4422

Senior Medicare Patrol

Opportunities for all 7 southeast counties

Area Agency on Aging Office

214 E. Center St., Pocatello, ID

Contact: Nydia

Phone: 208-233-4032

SEICAA -RSVP

Retired Senior Volunteer Program

825 E. Bridger St., Pocatello, ID

Phone: 208-232-2878

SOID (Special Olympics Idaho Chapter)

405 S. 8th St. #201, Boise, ID

Phone: 208-323-0482

Toll Free: 1-800-234-3658

Email: sendow@idso.org

United Way of Southeastern Idaho

275 S. 5th Ste. 243, Pocatello, ID

Contact: Beth or Robin

Phone: 208-232-1389

VOLUNTEER OPPORTUNITIES

Area Agency on Aging- AAA

214 E. Center St., Pocatello, ID

Phone: 208-233-4032

CASA 6th Judicial Dist. CASA Program

836 E. Center St. Ste. A, Pocatello, ID

