



# Services for Seniors



## Seniors & Disabled Volunteer Services Program

- Providing direct services for seniors (60+) or disabled adults (18+).
- Offering housekeeping, shopping/errands, meal preparation, yard work, transportation, moving assistance, firewood provisions, minor home repair, and more.
- Call **(360) 588-5745** for more information.

## Medicaid Transportation Program

- Serving Medicaid clients and offering transportation to and from non-emergency medical appointments.
- Ambulatory transportations available, depending on eligibility insurance. To check availability and enroll, contact Northwest Regional Council at **(360) 738-4554**.
- Wheelchair services may be available, to check eligibility contact us at **(360) 416-7585**.



## Monthly Food Box

- The Commodity Supplemental Food Program (CSFP) works to provide monthly groceries to low-income persons at least 60 years of age.
- Offering 30 pounds of shelf stable foods like canned produce, cereal, juice, rice or pasta, milk, and protein.
- 15 pounds of fresh fruits and vegetables also available.
- For more information and income limits contact us at **(360) 410-5023**.

 **(360) 416-7585**

 **[www.CommunityActionSkagit.org](http://www.CommunityActionSkagit.org)**

 **[SeniorServices@CommunityActionSkagit.org](mailto:SeniorServices@CommunityActionSkagit.org)**

**Contact**

