

Service Type	Name	Contact Info	Recommended by
Alzheimer's Support	Jonathan Gerson		Jonathan is a Wider Horizons member and recommended by several members: <i>My company Gerson Aging Solutions provides counseling for seniors suffering with cognitive disorders such as Alzheimers and Traumatic Brain Injury. I provide companionship services as well as support and consultation to the families dealing with a loved one with dementia.</i>
Appliance repair	All Tech	206 524-9512	David Merz: <i>I strongly recommend All Tech for all home appliance repairs. Have had great help for decades; I've sent many other friends and clients their way.</i> Karen & Joe Hendrickson: <i>Joe and I want to echo the recommendations for All Tech for appliance repair. They talked us through figuring out whether our dishwasher was fixable on the phone. It is not and we will have to buy a new dishwasher but are delighted not to be paying for repairs AND a new dishwasher.</i>
Aging & Dementia	Barbara Green, MSW	206 799-7108 barbara@soundaging.org	Denise Klein: <i>Short-term consultations on aging and dementia concerns</i>
Arborist	Allen Taylor Conservation Tree Care	info@conservationtreecare.com. (206) 486-3398 www.conservationtreecare.com	Recommended by Carolyn Allen: <i>I really like my tree trimmer.</i>
Arborists		I would recommend Out on a Limb or Renaissance Tree Care	Recommended by a gardener with whom Denise has worked.
Attorney (Elderlaw)	Isenhour Bleck	Sean Bleck 206 340-2200 sean@isenbleck.com	Denise Klein: <i>I've known Sean since the late '70s when he worked for Columbia Legal Services. He prepared my will and a trust document. He's a prince.</i>

Attorney	Selander O'Brien	206 723-8200 Located on Edmonds in Columbia City near PCC	Recommended by Ann Lawrence: <i>a very good local firm.</i>
Care Management	Aging Wisdom Lisa Mayfield	206 456-5155 www.agingwisdom.com	Denise Klein: <i>These folks have an excellent reputation for providing quality service.</i>
Care Management	Mary Lynn Pannen Sound Options	(800) 628-7649 mlpannen@soundoptions.com	Denise has referred several friends to Mary Lynn and they were extremely satisfied.
Caregivers	Henry Katimbo and his daughter	206 488-7034	Henry and his daughter were caregivers for Kate Barber. John Barber says, <i>they were wonderful.</i>
Computer repair	Computer Love	1802 12th Ave 206 905-9340 www.seattlecomputerlove.com	Paul Feldman, Denise Klein: <i>I had the fastest repair ever, for \$10. This guy is good (Denise).</i>
Chiropractor	Tuttle/ Delucchi Chiropractic	88 Spring St. (downtown Seattle at the corner of Spring St & 1 st Ave) 206 467-8611	Bob & Julie Anderson: <i>Comprehensive chiropractic and massage services. Open six days a week and they make it easy to get an appointment.</i>
Consumer Product Reviews	Wirecutter	https://www.nytimes.com/wirecutter/	Recommended by Susan Adler, Ellen Berg, and others
Crisis counseling	Crisis Clinic	206 461-3222; 866 427-4747	Always good to know!
Decluttering/ Downsizing	Rightsizing for Seniors	Terry Denend 206 962-0015 rightsizingforseniors@gmail.com	Denise Klein: <i>Several members have used this company and were very pleased. I also was in contact with them: good communicators.</i>

Drywall	LCG Drywall	Lynette Griffiths 206 295-8000	Scott Dills: <i>Lynette repaired old plaster in two bedrooms of my 1922 house--sidewalls and ceilings. The results were excellent, and her price reasonable. She will do more complete drywall jobs on new and remodel work. She prefers not to paint but will prime her work. She will not do finish coats, nor paint woodwork. She works alone, is knowledgeable about her trade, and is timely and dependable in her work.</i>
Electric	Beeline Electric	206 880-1463 www.beeline-electric.com	Recommended by Sue Lerner: <i>Reasonable prices</i>
Electric	Boyer Electric	206 376-7606	Recommended by Sandra Wheeler: <i>Prompt, efficient, tidy, courteous, and wore masks.</i>
Electric	Wickman Electric	206 650-4607 wickmanelectric@gmail.com www.wickmanelectric.com	Charles & Sandra Wheeler I understand that there is a several-month backlog for this vendor.
Electric		Eco® Electric & Plumbing Seattle, WA's #1 Home Electricians & Plumbers (ecoserviceswa.com)	Jean Lanz: <i>I keep forgetting to let you know that the electricians that came out to ground my wiring for the new dishwasher, Eco Electric & Plumbing, were absolutely terrific.</i>

Fiduciary Agents The following are fiduciary agents that were recommended to John Barber. You can check with John to see if he engaged any of their services:

1. Ohana Fiduciary Corporation: <https://www.ohanafc.com/>
2. Partners In Care: <https://www.pic.org/>
3. Lifetime Advocacy Plus: <https://www.laplus.org/>
4. We Trust Company: <https://www.wetrustco.com/>
5. Guardianship Services of Seattle: <http://www.trustguard.org/>

Fitness	Enhanced Fitness,	Carol Baster-Clubine 206 684-4240	Joe & Karen Hendrickson: <i>Fitness classes several times of the day. You can go as many days as you want. 3 days cost \$120/quarter. Classes are free for Kaiser Medicare Advantage members.</i>
Fitness	Rachel Zakalik	rachel.zakalik@hotmail.com	Rachel trains in her well-equipped home studio in Wallingford. Carolyn Allen and Denise Klein both highly recommend her.
Gardener	Maher Landscaping	Annie Maher maherland@hotmail.com 206 722-2320	Barb Oswald has used Annie for a number of years and highly recommends her.
Gardener	Grass Roots Gardening	Shannon MacDonald Grngardener27@yahoo.com 206-321-2957	Bob and Julie Anderson recommend Shannon as a great local gardener. He is reasonably-priced, flexible and provides practical and creative ideas for our gardens.
Gardener/Garden consultation	Working with Nature	Kimberly Leeper Kimberlyleeper12@gmail.com	Kimberly was a knowledgeable and effective speaker at one of our salons and has done a garden consultation with Bob and Julie Anderson who speak very highly of her.
Gutters	Crystal Panes	206 284-5183 www.crystalpanes.com	Denise Klein, Patti Gorman, and Ann Lawrence recommend. Ann said: "Crystal Panes did a wonderful job: cleaned gutters, cleaned moss off roof, and repaired a drooping gutter. They ended up doing more work than planned, so it cost more than their bid. However, they explained their extra steps before doing it. I ended up being very pleased with their results. Plus, I enjoyed the energy of the young crew, and I am now a more informed home owner. I would highly recommend them."
Handyperson	Bill Jensen	206 941-0407	Joe Garcia: <i>Bill is low-cost and very easy to work with.</i>
Handyperson	House Calls Etc.	206 618-8974 www.housecallshandyman.com	Denise Klein: <i>I've used these folks multiple times. They are timely, skilled, and reasonable.</i>
Handyperson	Andy Rice	206 963-7622 rice.andrew@gmail.com	Recommended by a former member.

<p>Health Care, Primary</p>	<p>lora</p>	<p>lora is a primary care clinic specializing in comprehensive primary care for adults 65+ on Medicare. lora takes a team-based approach to address all a patient’s healthcare needs. The team includes a health coach and provider who the patient sees each appointment, as well as a team nurse involved in communication between providers and other healthcare workers, including during hospital and other transitions. Each patient gets up to a one-hour appointment. With more time, sometimes referral to specialists can be avoided. But when they are needed, lora is the "HUB" for all healthcare. health coach helps patients coordinate care during and outside of appointments and gets them get plugged into community resources, as well as helping understand insurance benefits. Call 206 203-6768 for more information. Ann Lawrence is a participant and highly recommends</p>	
<p>Health Insurance Consulting</p>	<p>Nick Lamb</p>	<p>206 281-8595 nicklamb@insnw.com</p>	<p>Anne Focke: <i>Nick is independent; he has been given a desk at Polyclinic and has made himself available as an adviser. He was great at explaining the process and the differences between the various plans, and he helped me find one that fit me best. Now, I call or meet with him every year early in the enrollment period. We met in person at first (which is the way I learn best), but now that I know him, a call is usually enough.</i></p>
<p>Health Insurance Consulting</p>	<p>Sound Medicare Services</p>	<p>Beth Perry or Diane Berghuis 206-295-3679 beth@soundmedicareservices.com</p>	<p>Denise Lishner recommends highly: <i>Beth gave me a great deal of very important advice. I recommend her highly as a Medicare resource.</i></p>
<p>Home Care</p>	<p>Full Life Home Care,</p>	<p>Rena Feretti 206 224-3752 www.fulllifecare.org</p>	<p>Denise Klein: <i>The parent organization has provided high quality adult day services for more than 30 years and they’ve done home care for 10 years.</i></p>
<p>Home Care</p>	<p>With a Little Help</p>	<p>206 352-7399 www.withalittlehelp.com</p>	<p>Recommended by several members: <i>Provides loving and supportive home care to seniors and others with special needs with the goal of helping seniors stay active and engaged in life. Our caregivers happily assist with everything from meals, light housekeeping and transportation to personal care and bathing on an hourly, daily, or overnight customized schedule.</i></p>

Home Safety Modifications	Indeboom	Gerry Cherney, OT 425 591-8037 www.indeboom.com	Gerry has impressed me. He is a Certified Aging in Place Specialist who works with proactive homeowners who are independent and want to remain so by making their living situation more functional. He did an excellent assessment of safety improvements for Kathleen O'Connor for a cost of \$225, which included demonstration, conference, and his good paperwork follow-up. "Yes, I would provide a 10% discount off the total through this path. I won't advertise it, they would just need to mention it when services are rendered prior to payment. I now have the ability to securely pay onsite via credit card if they are unable to pay by check."
House Cleaners	<p>These are recommendations from our members. I've provided the contact information for both the house cleaner and the member recommending them:</p> <p>Haydee Horowitz. \$100 minimum. 206 605-2533; recommended by Joe Garcia, 206 753-9380</p> <p>Teresa Gaskins, 425 478 9579; recommended by Valerie Yockey, 206 956-1938</p> <p>Elsa Losh, 206 523-3443, davelosh@comcast.net; recommended by Sue Lerner & Kay Beisse, 206 579-5483</p> <p>Silly Sisters, 206 367-0375; recommended by Donna Sunkel, 206 861-6549</p> <p>Elaine Rockwell, service@greenwavecleaning.com 206 302-9320; recommended by Anne Focke, 206 890-4447</p> <p>Eufemia Cruz, 425 518-3819; Bruce Davis/Joan Bergman, 360 434-3302 and Sandra/Charles Wheeler, 301 247-1728</p> <p>Nellie and Armando, 206 960-6844; recommended by Nora Langan, 206 852-4163.</p>		
Landscaping	Charlie Curtis	206 380-0087 cc.curtis206@gmail.com	Denise Klein: <i>Charlie was on the Day of Caring Team in Sept. 2017 and did a great job advising and working on Dolores Browne's garden.</i>
Limo Service	Elegant Touch Limos	Lee Osman 206 730-8829	Recommended by a former member. <i>Very good and reliable.</i>

Locksmith	Broadway Locksmith	918 E John St 206 329-4600, www.broadwaylocksmith.com	Bob & Julie Anderson
Massage	Pink Dahlia Spa 1422 31 st Av S	Leslie 206 325-3335	Sharon Sobers-Outlaw
Moving & Relocation	HB Move Management	206 257-4314	These folks are among the several local companies that do sorting, downsizing, organizing, packing, unpacking, etc. Denise knows one of their principals and a friend of hers was well-satisfied with their services.
Movers	Kingdom Mover, LLC	Peter peter@kingdommover.com 206 717-4478	Denise Klein: <i>These guys did a fantastic job on my move. So careful! Their price was great.</i>
Multiple Services	Full Life	206 (528-5375) dough@fulllifecare.org	Denise Klein: <i>They provide adult day health care, home care, mental health services, and care management. I've worked with them for more than 40 years and their quality is</i>
Multiple Services	Swedish Optimal Aging	425 525-5900	Denise Klein: <i>A variety of high-quality, well-priced services—including meals, transportation, home safety assessment/handyman services and chore assistance. I tried the chore assistance and it was super.</i>
Multiple Services	The Millionair Club Charity	206 728-5627 www.millionairclub.org	<i>Several members recommend: This supportive employment program specializes in rebuilding the dignity and job skills of men and women experiencing homelessness or barriers to employment.</i>
Notary	Brenda Charles-Edwards	206 683-2636 brenda@blackorchidenterprises.com	Recommended by Sue Lerner. Brenda is a traveling Notary.
Notary	Jo Henderson	206 375-8651 joann@indeliblenotary.com	Recommended by Denise Klein. Joann is a black-owned businesswoman and a traveling Notary or you can go to her home in Seward Park.

Painting	Scott Zellerhoff	206 963-2891 szellerhoff@yahoo.com	Recommended by Denise Klein, Margaret Fisher, Eric Johnson, and Sharon Sobers-Outlaw: <i>Scott is phenomenally good, nice, and dependable. He does interior work during the bad weather.</i>
Painting	Ritland Painting	206 546-8055 ken@ritlandpainting.com	David Merz
Painting	Z Painting	Arturo Lomeli lomeliarturo@aol.com	Scott Dills: <i>Arturo is the company owner. My general contractor has used them on several projects. They were helpful in answering questions and worked with both care and efficiency. They cleaned up well. Arturo did not do any painting, but he monitored the job closely. I liked what they had done on my backyard cottage, so I had them do my main house a year later (2015).</i>
Painting	JGE Painting Interior/Exterior	Juan Enriquez 206 708-9172	Patti Gorman: <i>On the recommendation of a contractor/woodworker friend, we hired Juan Enriquez to paint the outside of our house. He gave by far the lowest bid, did an excellent job, was meticulous and cleaned up after himself daily, worked quickly, had a great team with him, all were very amiable, and came back within a few days to finish up a few things we thought should have been done. A bonus for me was that I got to practice my Spanish. Juan speaks English just fine but was willing to converse with me in Spanish.</i>
Physicians	Two members have recommended primary care docs: Sarah Poulman, MD, 4540 Union Bay Pl. NE, 206 320-8050 (Swedish Sand Point Primary Care); recommended by Jane Cotler, 206 322-1181 Timothy Johnson, Lili Sacks, Jaime Novais—all are at Minor & James Clinic, 206 386-9605; recommended by Dr. Paul Beck, member, 206 618-7729		
Pick up/Deliver	Mike Howell	howellm70@gmail.com	Ellen Wallach & Denise Klein: <i>He picks up and delivers large items, like furniture.</i>

Placement Advisors			Denise has a long list of people recommended by Maggie Pheasant.
Plumbing – New	Thomas Brenny	206 459-5413 thomasjbrenny@gmail.com	24-hour service. Recommended by Rachel Zakalik, Denise Klein and Carolyn Allen’s personal trainer who has used him for her rental property for the past 15 or 20 years.
Plumbing	Craftsman Plumbing	206 855-6110 or https://craftsman-plumbing.com/	This company is owned by member Gay Hoerler’s son, Dusty Hoerler, who donated generously to us in 2020.
Plumbing	Collier Plumber Inc.	206 937-5848 https://collierplumber.com/	Michael Kischner: <i>Beret and I recommend this plumbing company strongly. They are honest, reliable, prompt, and reasonably priced. We recommended them to two different neighbors lately and both were delighted both with the service and the price.</i>
Plumbing	Quality Plumbing	206 789-7676	Scott Dills
Plumbing	Perez Plumbing	253 217-2816 www.perezplumbing.com	Liz Ohlson & Kathleen O’Connor. <i>They are very nice and will remember people if they have to return.</i>
Psychologist	Frances M. Parks	206 745-4797 2910 E Madison, Suite 202	Practice focuses on people in life transition or dealing with issues of aging, chronic illness or grief and loss. None of our members have reported seeing Frances, but she comes highly recommended.
Removal See also “Moving and Hauling”	Junk To Go	1 800 468-5865 www.1800gotjunk.com	Rolf Gruen via Denise Klein
Removal	Sharehouse	206 767-5280 www.thesharehouse.org	<i>Operated by the YWCA, you can donate your dishes, linens, etc., and they go to homeless families.</i>
Roofing	Edmonds Roofing	Jack 206 972-0738	Recommended by Nick Bogdonoff who is the President of the Board of the Russian Community Center.

Roofing	A Better Roofing Company	A Better Roofing Company Seattle's Best Roofers North Seattle: (206) 362-3278	Recommended by a friend of ours: reasonable price, timely, cleaned up extremely well.
Roofing	Blue & Blue Roofing, Inc.	206 523-7343 info@blueandblueroofing.com	Scott Dills: <i>Family owned business. Mark, the owner, is responsive, friendly, and seems to know his stuff. He clearly has good people working for him. They made a point of protecting plantings, and they did an excellent job of clean-up and minimizing disruption to us. I highly recommend them.</i>
Sewer Contractor	Aces Four Construction Co.	Rick Middlebrook 425 672-4811	Scott Dills: <i>I had Aces Four replace a failed sewer, the line from our kitchen to the primary side sewer, several years ago. They know what they are doing, they have the right equipment to do the job, and handled the whole permitting and inspection process with the city quickly.</i>
Sewer Contractor	Jim Dandy Sewer Services Co	206 633-1141	Scott Dills
Tax Preparation	Scott Amburg	206 323-8755	Recommended by Sue Lerner; Allan Blackman has also used them (call him for a reference).
Transportation See also "Limo"	GoGoGrandparent	855 464-6872 www.gogograndparent.com	Estelle Schechter: <i>On-demand transportation "covering Uber & Lyft." Available via a phone call (you don't need a smart phone). This program is specially designed for extra attention, such as 24/7 operators, custom pickup locations, family updates, and prescheduled rides. Current rates are 19 cents per minute on top of what Uber & Lyft charge.</i>
Transportation	Volunteer Transportation Sound Generations	donaldb@soundgenerations.org (206) 448-5740	This is a high-quality program, used by several of our members. Very supportive and easy-to-use. A suggested donation of up to \$10/ride is appreciated.

Window Washing	Crystal Panes	206 284-5183 www.crystalpanes	Denise Klein, Patti Gorman, Ann Lawrence recommend. Ann said, "Crystal Panes did a wonderful job: cleaned gutters, cleaned moss off roof, and repaired a drooping gutter. They ended up doing more work than planned, so it cost more than their bid. However, they explained their extra steps before doing it. I ended up being very pleased with their results. Plus, I enjoyed the energy of the young crew, and I am now a more informed homeowner. I would highly recommend them."
Woodworking & Wood & Wall Repair	Andrea Yount	ayount@protonmail.com	Many of you know Andie as a home repair volunteer for us. She does this kind of woodworking for compensation.