



LUTHERAN
**Community
Services**
NORTHWEST

**Your Partner in
Health, Justice
and Hope**



Senior Services Program

Helps foreign-born adults at the age of 50+ and their families adjust to the US system, reduce their social isolation, and improve their wellness.



ORIA Refugee Elders

- **Purpose:** To reduce elders' social isolation and help them adjust to the US system.
- **Eligibility:** 60+ yrs. refugee, granted asylee, humanitarian parolee, SIV holder (may have a Green Card).



ORIA Refugee Elders

- **Current activities:** ESL and citizenship-prep classes (online) and social gatherings.
- **Class schedule:**
 - Iraqi Group: Tue. at 2 pm (ESL);
Fr. at 2 pm (Civics)
 - Ukrainian Group: Tue. at 11:30 am (ESL);
Tr. at 11:30 am (Civics).

Caregiver Support: Community Building & Respite Care

- **Purpose:** To provide relief and a break to individuals who are taking care of foreign-born elders.
- **Eligibility:** A family caregiver is anyone in a family who is taking care of a foreign-born elder at the age of 55+ in King County.

*Family caregivers who receive pay from DSHS/other agency are eligible for this program.

Caregiver Support: Community Building

- **Purpose:** To help caregivers feel and be part of a community and reduce stress and isolation.
- **Current Activities:** English practice classes and support groups.
 - *Classes are online and held once a month.

Caregiver Support: Respite Care

- **Purpose:** To provide a caregiver a break and make the role of caregiving easier.
- **Services:** Durable Medical Equipment (walking canes, blood pressure monitors, etc.), short-term in-home care, and more.

Senior Wellness Support

- **Purpose:** To connect foreign-born older adults with resources to improve physical and mental health.
- **Eligibility:** 50+ yrs. foreign-born older adults in King County.
- **Services:** Case management, social gatherings, information sessions, and resource connection.

Understanding Community Priorities Assessment

- **Purpose:** To identify the strengths, barriers, and needs of the Slavic, Afghan, and Iraqi seniors and their families.
- **Eligibility:** Foreign-born seniors and their families:

Iraqi and Slavic: 55+

Afghan: 50+

*There is no age requirement for a family member.

Understanding Community Priorities Assessment

Russian:



Ukrainian:



Understanding Community Priorities Assessment

Dari:



Pashto:



Understanding Community Priorities Assessment

Arabic:



Questions & Referrals:

- **Valeriia Kolga**, Program Supervisor
(Bilingual in English & Russian)
vkolga@lcsnw.org (206) 602-1347
- **Hazrat Khan**, Case Manager
(Multilingual in English, Dari, Pashto, and Farsi)
hkhan@lcsnw.org (206) 816-3215
- **Mothana Alarayfawee**, Case Manager
(Bilingual in English & Arabic)
malarayfawee@lcsnw.org (206) 816-3261