A Guide to Seattle

Updated:
October 2013

Disclaimer:
The information contained in A Guide to Seattle is solely for the purpose of assisting Seattle Cancer Care Alliance patients and their families and caregivers with acclimating to Seattle. We do not endorse these services or products.

If you have information that would be helpful to other patients and families, please contact Susan Greenwood, Volunteer Services Coordinator, at (206) 288-1072 or sgreenwo@seattlecca.org.

Please note that all prices and information listed are subject to change – please call vendor for current rates.

When doing web searches for stores or businesses nearest your location, addresses popular within the Seattle Cancer Care Alliance are as follows:

SCCA Clinic: 825 Eastlake Avenue E; Seattle 98109   (206-288-1000 main reception)
Pete Gross House: 525 Minor Avenue N., Seattle 98109   (206-262-1000)
SCCA House: 207 Pontius Avenue N., Seattle 98109   (206-204-3700)
UW Medical Center: 1959 N.E. Pacific Street; Seattle 98195   (206-774-3000 general information)
Seattle Children’s: 4800 Sand Point Way N.E.; Seattle 98105   (206-987-2000 general information)
Shine Specialty Store: 207 Pontius Avenue N., Seattle 98109   (206-288-7560)

Note: Locations in the SCCA Clinic, part of the SCCA family, or on the South Lake Union Campus are listed first - any remaining locations or services are then listed in alphabetical order.
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<th>Airline</th>
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<th>Phone</th>
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</thead>
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<tr>
<td>Air Canada</td>
<td><a href="http://www.aircanada.com">www.aircanada.com</a></td>
<td>800-247-2262</td>
</tr>
<tr>
<td>Air France</td>
<td><a href="http://www.airfrance.com">www.airfrance.com</a></td>
<td>800-237-2747</td>
</tr>
<tr>
<td>AirTran Airways</td>
<td><a href="http://www.airtran.com">www.airtran.com</a></td>
<td>800-247-8726</td>
</tr>
<tr>
<td>Alaska Airways</td>
<td><a href="http://www.alaskaair.com">www.alaskaair.com</a></td>
<td>800-426-0333</td>
</tr>
<tr>
<td>American Airlines</td>
<td><a href="http://www.aal.com">www.aal.com</a></td>
<td>800-433-7300</td>
</tr>
<tr>
<td>Asiana Airways</td>
<td><a href="http://www.flyasiana.com">www.flyasiana.com</a></td>
<td>800-227-4262</td>
</tr>
<tr>
<td>British Airways</td>
<td><a href="http://www.britishairways.com">www.britishairways.com</a></td>
<td>800-247-9297</td>
</tr>
<tr>
<td>Condor Airlines</td>
<td><a href="http://www.condor.com">www.condor.com</a></td>
<td>866-960-7915</td>
</tr>
<tr>
<td>Continental Airlines</td>
<td><a href="http://www.continental.com">www.continental.com</a></td>
<td>800-525-0280</td>
</tr>
<tr>
<td>Delta Air Lines (encompasses Northwest)</td>
<td><a href="http://www.delta.com">www.delta.com</a></td>
<td>800-221-1212</td>
</tr>
<tr>
<td>EVA Air</td>
<td><a href="http://www.evaair.com">www.evaair.com</a></td>
<td>800-695-1188</td>
</tr>
<tr>
<td>Frontier Airlines</td>
<td><a href="http://www.frontierairlines.com">www.frontierairlines.com</a></td>
<td>800-432-1359</td>
</tr>
<tr>
<td>Hainan Airlines</td>
<td><a href="http://global.hnair.com">http://global.hnair.com</a></td>
<td>888-688-8813</td>
</tr>
<tr>
<td>Hawaiian Airlines</td>
<td><a href="http://www.hawaiianair.com">www.hawaiianair.com</a></td>
<td>800-367-5320</td>
</tr>
<tr>
<td>Horizon Air</td>
<td><a href="http://www.alaskaair.com">www.alaskaair.com</a></td>
<td>800-547-9308</td>
</tr>
<tr>
<td>Icelandair</td>
<td><a href="http://www.icelandair.com">www.icelandair.com</a></td>
<td>800-223-5500</td>
</tr>
<tr>
<td>JetBlue Airways</td>
<td><a href="http://www.jetblue.com">www.jetblue.com</a></td>
<td>800-JET-BLUE (538-2583)</td>
</tr>
<tr>
<td>Korean Air</td>
<td><a href="http://www.koreanair.com">www.koreanair.com</a></td>
<td>206-241-1576 or 800-438-5000</td>
</tr>
<tr>
<td>Lufthansa Airlines</td>
<td><a href="http://www.lufthansa.com">www.lufthansa.com</a></td>
<td>800-399-LUFT (5838)</td>
</tr>
<tr>
<td>SkyWest Airlines (operating as United Express or Delta)</td>
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<tr>
<td>Southwest Airlines</td>
<td><a href="http://www.southwest.com">www.southwest.com</a></td>
<td>800-435-9792</td>
</tr>
<tr>
<td>Sun Country Airlines</td>
<td><a href="http://www.suncountry.com">www.suncountry.com</a></td>
<td>800-359-6786</td>
</tr>
<tr>
<td>United Airlines/United Express</td>
<td><a href="http://www.united.com">www.united.com</a></td>
<td>800-UNITED-1 (864-8331)</td>
</tr>
<tr>
<td>US Airways</td>
<td><a href="http://www.usairways.com">www.usairways.com</a></td>
<td>800-428-4322</td>
</tr>
<tr>
<td>Virgin America</td>
<td><a href="http://www.virginamerica.com">www.virginamerica.com</a></td>
<td>877-359-8474</td>
</tr>
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**Sea-Tac Airport** – Major international airport serving the Seattle-Tacoma area, located 13 miles south of downtown Seattle. For information regarding services offered at Sea-Tac airport, including parking, location of cell phone lot, the rental car lot and construction updates, visit [www.portseattle.org/seatac/](http://www.portseattle.org/seatac/).

**Boeing Field** – Also known as King County International Airport. Boeing Field is located 5 miles south of downtown Seattle and serves small commercial passenger airlines, cargo carriers, and private aircraft owners including Galvin Flying Service.

**Paine Field (Everett)** – Located 30 miles north of downtown Seattle and serves small commercial passenger airlines, cargo carriers, private aircraft owners, the Boeing manufacturing plant and several aviation museums.

**Kenmore Air** – Scheduled and charter seaplane and land plane service to destinations throughout western Washington and southwestern British Columbia, as well as seaplane "flightseeing" flights around Seattle. The airline has hub operations for seaplanes at its terminal on Seattle's Lake Union. [www.kenmoreair.com](http://www.kenmoreair.com).

British Columbia Tourist Information – Call 800-663-6000 for information on tourist attractions and lodging in British Columbia, Canada. Crossing the US/Canadian border: a passport, passport card, enhanced driver license, or an enhanced ID card is required to cross the US/Canadian border by land or sea. A passport is the only accepted form of identification for air travel. www.helloBC.com.


National Patient Travel HELPLINE – 800-296-1217. Hours: 9am-5pm EST, weekdays. Provides referrals to over 40 air transportation options for patients throughout the nation, including commercial airline programs and nonprofit organizations, such as Airlifeline, Angel Flight and Corporate Angel Network. www.patienttravel.org.


Seattle-King County Convention & Visitors Bureau – 8th Avenue and Pike Street, Washington State Convention and Trade Center; 206-461-5888. Provides information about sightseeing tours, local attractions, Northwest travel, and events. Web site is at www.visitseattle.org.

Transportation to Sea/Tac Airport – Refer to the “Transportation” section, located on page 46.


U.S. Citizenship and Immigration – 815 Airport Way S.; 800-375-5283. Incoming patients and family members who are not U.S. citizens or permanent residents are advised to contact the U.S. Consulate in their country for visa information several weeks before arriving in Seattle. Families of current patients may contact the SCCA Social Work Department at 206-288-1076 when a visa extension is needed for medical reasons.

ATMs on CAMPUS

Sound Credit Union ATMs
In addition to cash withdrawals, deposits are possible if your financial institution belongs to the credit union consortium. Fees may apply for transactions.

SCCA Clinic 1st floor Lobby – Located opposite the Rain or Shine gift shop.

**BANKS**

**Bank of America** – To open a checking account at the Eastlake Avenue Banking Center, please obtain a “Patient and Family Banking” letter from the Administrative Assistant in the SCCA Social Work office (Registration, 1st floor of SCCA Clinic). Services for Alliance patients and families include a Bank of America Check Card, which can be used at ATM machines and for purchases, and no monthly service charges. Spanish language interpreters are available at the bank for patients and family members who do not speak English. [www.bankofamerica.com](http://www.bankofamerica.com)

- **Eastlake** - 1600 Eastlake Avenue E.; 206-358-2043. Lobby hours: 10am-6pm, weekdays; closed weekends.
- **Broadway** - 614 Broadway E.; 206-674-5345. Lobby hours: 9am-6pm, weekdays; 9am-1pm, Saturday.
- **S. Lake Union** - 2202 Westlake Avenue N.; 206-262-9091. Lobby hours: 10am-6pm, weekdays.

**Chase** – Hours: 9am-6pm, weekdays; 9am-1pm, Saturdays. [www.chase.com](http://www.chase.com)

- **South Lake Union** -350 Westlake Avenue N.; 206-447-3010.
- **Belltown** - 2701-1st Avenue; 206-374-1400.
- **Downtown** - 600 Pine Street; 206-461-2175.
- **Downtown** - 1401-5th Avenue; 206-461-2025.
- **Broadway** - 301 Broadway E.; 206-461-2475.
- **Queen Anne** - 1417 Queen Anne Avenue N.; 206-461-8606.

**Key Bank** – Hours: 9am-5pm, weekdays (6pm Friday); 10am-1:30pm, Saturday (select locations). [www.key.com](http://www.key.com)

- **Westlake** - 428 Westlake Avenue N.; 206-403-2160.
- **Upper Queen Anne** - 2105 Queen Anne Avenue N.; 206-283-0553.
- **Queen Anne** - 434 Queen Anne Avenue N.; 206-447-5733.
- **Fremont** - 601 N. 34th Street; 206-633-6310.
- **Belltown** - 2500-1st Avenue; 206-443-6589.
- **First Hill** -1224 Madison Street; 206-447-5758.
- **University Village** - 4501-27th Avenue N.E. 447-5744.

**Umpqua Bank** – Hours vary at each branch. [www.umpquabank.com](http://www.umpquabank.com)

- **Eastlake** -301 Eastlake Avenue E; 206-749-7200.
- **South Lake Union** -315 Westlake Avenue N; 206-749-7246.
- **Queen Anne** -1630 Queen Anne Avenue N.; 206-749-7460.
- **Capitol Hill** -539 Broadway E.; 206-749-7440.

**US Bank** – Hours - 9am-6pm, weekdays; weekend hours vary at each branch. [www.usbank.com](http://www.usbank.com)

- **South Lake Union** -1019-8th Avenue N.; 206-344-2383.
- **Belltown** - 2401-3rd Avenue; 206-441-0518.
- **Capitol Hill** - 133 Broadway E.; 206-720-0615.
- **Downtown/Pike Street Market** - 1525-1st Avenue; 800-872-2657.
- **University Village QFC** - 2746 N.E. 45th Street; 206-524-4575.

**Wells Fargo Bank** – Hours – 9am-6pm, weekdays; Saturday hours vary at each branch. [www.wellsfargo.com](http://www.wellsfargo.com)

- **Queen Anne** -1600 Queen Anne Avenue N.; 206-282-8787.
- **Belltown** - 2800-3rd Avenue; 206-728-5773.
- **Downtown/Westlake Center** - 1620-4th Avenue; 206-287-0039.
- **Capitol Hill Safeway** - 1410 E. John Street; 206-322-2176.
- **University** - 4100 University Way N.E.; 206-547-2811.
BOOKS / MAGAZINES / NEWSPAPERS

Rain or Shine – Located in the 1st floor lobby of the SCCA Clinic. Hours: 8:30am-4pm, weekdays. 206-288-8270. Offers cards, gifts, magazines, newspapers, candy, toiletries, and seasonal and gift items.

Shine – 207 Pontius Avenue N., Suite 101, located on the 1st floor of the SCCA House. 206-288-7560. Hours: 10am-6pm, weekdays; 10am-3pm, Saturdays. Offers cards, gifts, books, magazines, newspapers, candy, toiletries, apparel, jewelry and cancer specialty items (breast prostheses, canes, compression garments, wigs, etc). www.sccashine.org. The SCCA House shuttle departs every 20 minutes from the front of the SCCA Clinic and provides free transportation to the SCCA House and Shine, Monday-Friday.

Amazon.com – The largest bookstore on the Internet. Purchase books, music CDs, audiobooks and DVDs online at www.amazon.com.

  Downtown/Pacific Place: 600 Pine Street, Suite 107; 206-264-0156.


First and Pike News – 93 Pike Street, Pike Street Market; 206-624-0140. Hours: 7am-7pm, daily. Newspapers and magazines from across the country and around the world.


Local newspapers online – Helpful for those from outside the Seattle/western WA area.
  Seattle P-I: www.seattlepi.com
  Seattle Times: www.seattletimes.com
  Everett Herald: www.heraldnet.com

BREAST PROSTHESES / BRAS

Shine – 207 Pontius Avenue N, Suite 101, located on the 1st floor of the SCCA House; 206-288-7560. Hours: 10am-6pm, weekdays; 10am-3pm, Saturdays. Offers a large selection of post-surgical garments, breast prostheses, bras, and apparel. Certified Mastectomy Fitter on staff; please call for an appointment. www.sccashine.org. The SCCA House shuttle departs every 20 minutes from the front of the SCCA Clinic and provides free transportation to the SCCA House and Shine, Monday-Friday.
BUSINESS SERVICES

SCCA Patient and Family Resource Center – SCCA Clinic, 3rd floor; 206-288-2081. Hours: 8am-5pm, weekdays. Patients, families and caregivers may use computers with printing capability for Internet access, photocopier, scanner and fax machine, free-of-charge.

Eastlake Mail / Vybe Communications Hub – 2226 Eastlake Avenue E.; 206-323-0508. Hours: 9am-6pm, weekdays; 10am-4pm, Saturdays. Shipping and mail box services, packaging materials, gift wrap, computer access, photocopier and fax. www.vybehub.com.


CANCER RESOURCES

Patient and Family Resource Center – SCCA Clinic, 3rd floor; 206-288-2081. Hours: 8am-5pm, weekdays. Provides free printed and online information about cancer and support services, lending library, and complimentary wig program for patients. Wig fittings by appointment only, please call to schedule. Patient Navigator on staff to assist patients and caregivers.


A unique cancer specialties store offering:

- **Mercantile**: newsstand and stationery, gifts and books, accessories and apparel.
- **Specialty Products**: breast prosthetics and bras, post-surgical and compression garments, physical therapy aids, canes, sexual intimacy aids, and skin care.
- **Professional Services**: certified mastectomy and compression fitter, free head shaves and wig fittings.

The SCCA House shuttle departs every 20 minutes from the front of the SCCA Clinic and provides free transportation to the SCCA House and Shine, Monday-Friday.

American Cancer Society (ACS) – Seattle chapter: 2120-1st Avenue N.; 206-283-1152. The ACS Cancer Information Hotline is 800-227-2345 and is available 24/7. Provides educational programs and assistance, support groups, medical equipment, wigs, prostheses, medical equipment, financial programs, transportation, and limited short-term housing. www.cancer.org.

BMT Talk – A listserv for potential, current and former transplant patients on the Internet. Patients and family members write about their situations, share information and offer support. To subscribe to the listserv, visit the BMT Talk web site at www.acor.org/bmt-talk.html and click on the "Join BMT-TALK List" link. You can also send an email message to listserv@listserv.acor.org and type the following message: subscribe BMT-TALK "your first name" "your last name."

**Cancer Information Service** – Call 1-800-4-CANCER to request information in English and Spanish on cancer treatment and support organizations. Hours 8am-8pm EST. Have a confidential online chat with a cancer information specialist (hours 8am-11pm EST). Sponsored by the National Cancer Institute. [www.cancer.gov](http://www.cancer.gov).

**Cancer LifeLine** – 6522 Fremont Avenue N.; 206-297-2500, toll-free 800-255-5505 available 24/7. Trained volunteers provide information and support for people with cancer and their caregivers. Also provides support programs and classes for patients and families in the Seattle area. A United Way of King County agency. Visit web site at [www.cancerlifeline.org](http://www.cancerlifeline.org).

**Candlelighters Childhood Cancer Foundation** – Provides information, support and advocacy for families of children who have cancer. For more information about the western Washington chapter of Candlelighters, visit their website at [www.candlelighterswa.org](http://www.candlelighterswa.org).

**Gilda’s Club Seattle** – 1400 Broadway; 206-709-1400. Gilda’s Club Seattle offers support, networking groups, lectures, workshops and social events in a nonresidential, homelike setting for men, women and children living with cancer, along with their families and friends. Visit their website at [www.gildasclubseattle.org](http://www.gildasclubseattle.org).

**Leukemia and Lymphoma Society, Washington/Alaska Chapter** – 530 Dexter Avenue N.; 206-628-0777 or 800-345-4572. The Leukemia Society is able to provide limited financial assistance year for treatment-related expenses including drugs, radiation therapy, transportation, blood and marrow transfusions, and testing. [www.lls.org](http://www.lls.org).


**National Bone Marrow Transplant Link (BMT Link)** – 800-LINK-BMT (546-5268). Provides information and support for bone marrow transplant patients and their families. [www.nbmtlink.org](http://www.nbmtlink.org).

**UWMC Cancer Library** – Library for patients and families at the UW Medical Center, located on 8SE. Provides books, tapes, videos and computers to access the Internet. Open during clinic hours.

**CANES**

**Rain or Shine** – Located in the 1st floor lobby of the SCCA Clinic. Hours: 8:30am-4pm, weekdays. 206-288-8270. Offers a select number of canes, a larger selection available at Rain or Shine.

**Shine** – 207 Pontius Avenue N., Suite 101, located on the 1st floor of the SCCA House. 206-288-7560. Hours: 10am-6pm, weekdays; 10am-3pm, Saturdays. Offers a wide selection of canes for men and women. [www.sccashine.org](http://www.sccashine.org). The SCCA House shuttle departs every 20 minutes from the front of the SCCA Clinic and provides free transportation to the SCCA House and Shine, Monday-Friday.
CAR RENTALS

**Aero Car Rental Service** – 15260 Bell-Red Road, Redmond; 425-562-1850 or 800-451-0554. Reasonable monthly rates. The first 450 miles are free; the charge is 10 cents per mile for additional miles. Aero staff will pick you up at Seattle-Tacoma Airport or a local residence 8:30am-3:30pm, Monday-Saturday. There is a fee for transportation from the airport to the Aero car lot, but there is no charge for transportation from a local residence. Please mention that you are a SCCA patient or family member when you call. [www.aerorentcar.com](http://www.aerorentcar.com).

**Avis** – Sea-Tac Airport and downtown Seattle. 800-527-0700. Offers SCCA patients and family members up to 25% off regular rates in Seattle and nationwide. Use discount code (G061200). [www.avis.com](http://www.avis.com).


**Dollar** – For local/Seattle-area rentals only. 1900 Boren Avenue; 206-381-1323. Unlimited miles. If your car class is unavailable at the time of rent you will receive a free upgrade to the next size car class. Dollar offers free shuttle service in downtown Seattle and Eastlake neighborhoods. Please mention that you are a SCCA patient/family member when you call. [www.dollar.com](http://www.dollar.com).

**Enterprise Rent-A-Car** – 2116 Westlake Avenue; 206-382-1051. Call to arrange delivery or pickup. Please mention that you are a SCCA patient/family member to receive special discount (code #45N3987). [www.enterprise.com](http://www.enterprise.com).

**Hertz** – Sea-Tac Airport and downtown Seattle: 1501-8th Avenue; 206-903-6260. For more information, visit their web site at [www.hertz.com](http://www.hertz.com).


CELL PHONE RETAILERS

**AT&T** – [www.att.com](http://www.att.com)
- **Downtown/Pacific Place**: 600 Pine Street; 206-264-9237.
- **Westlake**: 1501-4th Avenue; 206-682-0062.
- **Capitol Hill**: 819 E. Pike Street; 206-720-1014.
- **University Village**: 4626-25th Avenue N.E.; 206-729-7184.
- **Northgate Mall**: 401 N.E. Northgate Way; 206-361-2259.

**Best Buy** – [www.bestbuy.com](http://www.bestbuy.com)
- **Northgate Mall** (inside): 401 N.E. Northgate Way; 206-306-9300.
- **Southcenter Mall** (inside): 841 Southcenter Mall; 206-214-0132.

**Car Toys** – [www.cartoys.com](http://www.cartoys.com)
- **Seattle**: 307 Broad Street; 206-443-2726.
North Seattle: 12815 Aurora Avenue N.; 206-364-5534.
Lynnwood: 3910-196th Street; 425-778-2726.
Southcenter: 16935 Southcenter Parkway; 206-575-2818.

Sprint – www.sprint.com
Seattle: 517 Union Street; 206-205-0280.

Verizon – www.verizon.com
Seattle: 1633-6th Avenue; 206-254-0415.
University: 5001-25th Avenue N.E.; 206-525-0697.

CHILDREN’S RESOURCES / HUTCH SCHOOL

**Hutch School** – 527 Minor Avenue N.; 206-667-1400. Provides an educational program and social support for school-aged patients who are receiving care at the SCCA and family members. An agency school of the Seattle Public School District. Registration for new students takes place on Mondays (September through June). A summer day camp is held during July and August. The school is located on the 1st floor of the Pete Gross House. [www.hutchschool.org](http://www.hutchschool.org)
Email: hutchsch@fhcrc.org.

**Annie’s Nannies** – 206-784-8462; ask for Annie Davis. Professional nanny referral service. [www.anniesnannies-seattle.com](http://www.anniesnannies-seattle.com) Email: info@anihouseholdstaffing.com.

**Best Sitters, Inc.** – 206-682-2556 or 425-837-8200. Four-hour minimum required. [www.bestsittersinc.com](http://www.bestsittersinc.com)
Email bestsitters@comcast.net.


**Childcare Resources** – Referral service that can help families locate licensed childcare option in King county. Scholarship programs are available in Renton, SeaTac, Kent, Bellevue, Redmond, Issaquah and Kirkland. [www.childcare.org](http://www.childcare.org).

**Seattle Pacific University** – Office of Students Employment; 206-281-2061 option 2 or ose@spu.edu.
Patients and families may post their need for child care on the SPU Student Employment website. [www.spu.edu/studentjobs](http://www.spu.edu/studentjobs) and post under “Off-Campus Employers”.

**Seattle’s Child** – Newspaper which has information on children's activities and resources. Pick up a free copy at public libraries. [www.seattlechild.com](http://www.seattlechild.com).

COFFEE/ESPRESSO – SOUTH LAKE UNION AREA
See also “Restaurants – South Lake Union Area” on page 35.

SCCA / FHCRC Campus
Red Brick Bistro - SCCA Clinic, 2nd floor. 7am-5pm, Monday-Friday. Espresso, assorted beverages, pastries, grab-n-go sandwiches and salads, made to order breakfasts and lunches.
Consuming Choices - Arnold Building, 1st floor. 7am-4pm, Monday-Friday. Espresso, assorted beverages, pastries, grab-n-go sandwiches and salads, made to order breakfasts and lunches.
Double Helix - Weintraub Building, 1st floor. 11am-4pm, Monday-Friday. Espresso, assorted beverages, hot lunch options, grab-n-go sandwiches and salads.
Daily Grind - Yale Building, 1st floor. 7am-4pm, Monday-Friday. Espresso, assorted beverages, pastries, grab-n-go sandwiches and salads.


Starbucks – www.starbucks.com
Terry & Republican – 442 Terry Avenue N.; 206-467-4945.
Westlake & Thomas – 330 Westlake Avenue N.; 206-382-4624.
Westlake Avenue – 1200 Westlake Avenue N.; 206-216-0306.


COMPRESSION GARMENTS

Rain or Shine - Located in the 1st floor lobby of the SCCA Clinic; 206-288-8270. Hours: 8:30am-4pm, weekdays. Offers a selection of over-the-counter compression garments.
Shine - 207 Pontius Avenue N, Suite 101, located on the 1st floor of the SCCA House; 206-288-7560. Hours: 10am-6pm, weekdays; 10am-3pm, Saturdays. Offers a large selection of over-the-counter and custom fit compression garments. Trained compression garment fitters on staff. www.sccashine.org. The SCCA House shuttle departs every 20 minutes from the front of the SCCA Clinic and provides free transportation to the SCCA House and Shine, Monday-Friday.

COMPUTER RENTALS

Internet access at the SCCA - The SCCA Clinic provides free wi-fi access to patients and caregivers. The Patient and Family Resource Center, located on the 3rd of the SCCA Clinic, has computers with printing capability for Internet access for patient/family use. Hours: 8am-5pm, weekdays.


CarePages - The SCCA and CarePages have teamed up to help patients and caregivers use the Web to communicate with loved ones while going though treatment. www.seattlecca.org/scca-care-pages.cfm.

CaringBridge - A free web page hosting service for patients to communicate with their family and friends. Provides easy to follow steps for creating and updating your own web page. www.caringbridge.com.


DRUG STORES

Rain or Shine - Located in the 1st floor lobby of the SCCA Clinic; 206-288-8270. Hours: 8:30am-4pm, weekdays. Offers over the counter pain relievers, eye drops, antacids, and travel-size toiletries.

Shine - 207 Pontius Avenue N, Suite 101, located on the 1st floor of the SCCA House; 206-288-7560. Hours: 10am-6pm, weekdays; 10am-3pm, Saturdays. Offers over the counter pain relievers, eye drops, antacids, and travel-size toiletries. www.sccashine.org. The SCCA House shuttle departs every 20 minutes from the front of the SCCA Clinic and provides free transportation to the SCCA House and Shine, Monday-Friday.

SCCA Pharmacy - Located on the 5th floor of the SCCA Clinic; 206-288-6500. Hours: 8am-6:30pm, weekdays; 9am-5pm, weekends and holidays. In addition to supporting treatment and care of SCCA patients, the pharmacy is also a retail pharmacy available to caregivers, staff and volunteers. Some prescriptions may not be on hand but can be ordered; please call to confirm availability. Infusion patients may pick up their prescriptions until 10pm, weekdays.


Downtown: 1404-3rd Avenue; 206-624-1366.
Downtown: 910-4th Avenue; 206-624-2211.
Queen Anne: 600-1st Avenue N.; 206-284-1353 (open 24 hours).
University Village: 2700 University Village Place; 206-525-0705.
First Hill: 1101 Madison Street; 206-340-1171.
Capitol Hill: 1407 Broadway; 206-726-3495.

Downtown: 222 Pike Street; 206-903-8392.
First Hill: 1531 Broadway; 206-204-0599.
University: 1205 N.E. 50th Street; 206-204-0145.

DRY CLEANERS

Aloha Cleaners - 2203 Eastlake Avenue E.; 206-324-4341.


EQUIPMENT AND WHEELCHAIR RENTAL


Bridge Ministries for Disability Concerns - 12356 Northup Way N.E., Bellevue; 425-885-1006. Provides services for individuals who have a disability, including used medical equipment and information about community resources. Used wheelchairs are provided at no charge. www.bridgemin.org.


Northwest Medical – 206-365-2277.

ETHNIC ORGANIZATIONS / SOCIAL SERVICES

Arab Center of Washington (ACW) – 12525-28th Avenue N.E., 2nd floor of Lake City Neighborhood Services Center. A non-sectarian, non-political organization that promotes Arab culture. Offers social activities, youth programs, films, educational programs and charitable services. www.arabcenter.net.

Dante Alighieri Society - Classes are held on the campus of Seattle University. 206-320-9159. An international organization dedicated to promoting the Italian language and culture through educational and social programs. [www.danteseattle.org](http://www.danteseattle.org).

Eagle Wings Native American Ministries - 206-235-8340. A Native American Christian counseling ministry and fellowship staffed by professionally trained ministers and counselors, emphasizing recovery from addictions and healing from past abuse and historic trauma. [www.eaglewingministries.net](http://www.eaglewingministries.net).


Turkish-American Cultural Association - 206-339-8222; Dedicated to increasing awareness of Turkish culture. Provides social and practical support for families of oncology patients who are Turkish. [www.tacawa.org](http://www.tacawa.org).

**FURNITURE / HOUSEWARES**

Cort - 2560-152nd Avenue N.E., Suite F, Redmond; 425-746-8386. Discounts on furniture rental and delivery charge are given to families of SCCA patients. [www.cort.com](http://www.cort.com).


NOTE: For additional information, please see Thrift Stores section of this guide.

**GAS STATIONS**

A map with directions for the gas stations closest to the SCCA Clinic is available at the Guest Services Desk located in the 1st floor lobby of the Clinic.

**Closest gas stations to SCCA Clinic** (map and directions available at Guest Services)

- Shell: 720 Taylor Avenue N.; 206-284-9550
- Shell: 620 Denny Way; 206-956-0566
- Union 76: 351 Broad Street (Broad & Denny); 206-728-7060
Shell: 10 Denny Way; 206-285-0349  
Biodiesel: 609 Westlake Avenue N.; 800-871-0773.

Other nearby gas Stations
- Queen Anne: 1800 – 15th Avenue W.; 206-282-5400 (Chevron)
- University: 4700 Brooklyn Avenue N. (Chevron)
- University/Montlake: 2625 E. Montlake Place E.; 206-323-1191 (Union 76)
- Capitol Hill: 914 James Street; 206-621-9570 (Union 76)
- First Hill: 2220 E. Union Street; 206-329-1055 (Union 76)
- Broadway: 915 E. Roy Street; 206-328-6252 (Union 76)

GIFTS / GREETING CARDS / BALLOONS

**PLEASE NOTE:** Only mylar balloons are allowed in the SCCA Clinic or UW/Children’s hospitals as latex balloons pose a choking hazard to children and many people are allergic to latex.

Rain or Shine - Located in the 1st floor lobby of the SCCA Clinic; 206-288-8270. Hours: 8:30am-4pm, weekdays. Offers cards, gifts, magazines, newspapers, candy, toiletries, and seasonal items.

Shine - 207 Pontius Avenue N., Suite 101, located on the 1st floor of the SCCA House; 206-288-7560. Hours: 10am-6pm, weekdays; 10am-3pm, Saturdays. Offers cards, gifts, jewelry, magazines, newspapers, candy, toiletries, apparel and cancer specialty items. **www.sccashine.org**. The SCCA House shuttle departs every 20 minutes from the front of the SCCA Clinic and provides free transportation to the SCCA House and Shine, Monday-Friday.

UWMC Service League Gift Shop - Located at the east end of the UW Medical Center’s main lobby (level three); 206-598-5391. Hours: 6:30am-9pm, weekdays; 8:30am-5pm, weekends and holidays. Offers cards, balloons, gifts, magazines, candy, toiletries, and provides UPS service.

Children’s Hospital Gift Shop - Located on the 5th floor, near the cafeteria; 206-987-2238. Hours: 9am-5:30pm, weekdays; 10:30am-3:30pm, weekends. Offers cards, Mylar balloons, gifts, magazines, books and toiletries. Online Gift Shop available at [http://giftshop.seattlechildrens.org](http://giftshop.seattlechildrens.org) Purchase online, by telephone or in the shop at the Hospital's Seattle campus. Simply pick the gift and it will be delivered within the hospital, free of charge.

Cookies by Design - 677-120th Avenue N.E., Bellevue; 425-646-0124. Cookie bouquet baskets and gifts, will deliver. **[www.cookiesbydesign.com](http://www.cookiesbydesign.com)**

Hallmark - **[www.hallmark.com](http://www.hallmark.com)**  
Seattle: 1519-4th Avenue; 206-682-5088.  

GLASSES / CONTACT LENSES

**Rain or Shine** - Located in the 1st floor lobby of the SCCA Clinic; 206-288-8270. Hours: 8:30am-4pm, weekdays. Offers readers/non-prescription glasses and sunglasses.

**Shine** - 207 Pontius Avenue N., Suite 101, located on the 1st floor of the SCCA House; 206-288-7560. Hours: 10am-6pm, weekdays; 10am-3pm, Saturdays. Offers readers/non-prescription glasses and sunglasses. [www.sccashine.org](http://www.sccashine.org). The SCCA House shuttle departs every 20 minutes from the front of the SCCA Clinic and provides free transportation to the SCCA House and Shine, Monday-Friday.

**Lenscrafters** - 530 Northgate E. Drive, Northgate Mall; 206-364-1668. Hours: 9:30am-9pm, weekdays, 9:30am-6pm, Saturdays; 11am-6pm, Sundays. Same day service. [www.lenscrafters.com](http://www.lenscrafters.com).

**Optical Illusions** - [www.opticalillusions-usa.com](http://www.opticalillusions-usa.com).
  - Seattle: 1523-6th Avenue, #100; 206-292-1074.
  - Bellevue Square: 177 Bellevue Square; 425-454-1101.

**Stewart Optical** - 801 Broadway, lobby; 206-587-2371. Eye exams, glasses and contact lenses. [www.stewartoptical.com](http://www.stewartoptical.com).

GROCERY STORES / ETHNIC FOODS

**Amazon.com** - Groceries delivered free to select zip codes in the Seattle area. [https://fresh.amazon.com](https://fresh.amazon.com).

**Kosher Delight** - 1509-1st Avenue, Pike Place Market; 206-682-8140. Deli and kosher specialty foods.

**Kress/IGA** – 1427-3rd Avenue; 206-749-9500. Hours 7am-10pm.


**Metropolitan Market** - Independent grocery with local products and specialty items from around the world. [www.metropolitan-market.com](http://www.metropolitan-market.com).
  - Uptown: 100 Mercer Street; 206-213-0778.
  - Queen Anne: 1908 Queen Anne Avenue N. 206-284-2530.

**PCC Natural Market** - A cooperative grocery dedicated to healthful foods and nutritional awareness. Membership is not required. [www.pccnaturalmarkets.com](http://www.pccnaturalmarkets.com).
  - Fremont: 600 N. 34th Street; 206-632-6811. Hours: 6am-midnight, daily.
  - Greenlake: 7504 Aurora Avenue N.; 206-525-3586. Hours: 7am-midnight, daily.


**QFC (Quality Food Centers)** - Open 24/7.  [www.qfc.com](http://www.qfc.com).
- University Village: 2746 N.E. 45th Street; 206-523-5160.
- First Hill: 1401 Broadway Avenue; 206-860-3818.

**Safeway** - Open 24/7. Grocery delivery available when ordered online.  [www.safeway.com](http://www.safeway.com).
- Queen Anne; 2100 Queen Anne Avenue N., 206-282-8090.
- Capitol Hill/Broadway: 1410 E. John Street; 206-323-4988.
- University Village: 3020 N.E. 45th; 206-522-8350.

**The Souk** - 1916 Pike Place Market; 206-441-1666. Hours: 10am-6pm, daily. Foods, spices, trinkets and jewelry from the Middle East, India, Pakistan and Africa.

**Trader Joe’s** -  [www.traderjoes.com](http://www.traderjoes.com).
- Queen Anne: 112 W. Galer Street; 206-378-5536. Hours: 9am-9pm, daily.
- Capitol Hill: 1700 Madison Street; 206-322-7268. Hours: 8am-10pm, daily.
- Ballard: 4609-14th Avenue N.W.; 206-783-0498. Hours: 8am-9pm, daily.

**Uwajimaya** - Hours: 8am-10pm, Monday-Saturday; 9am-9pm Sunday. Large Asian grocery and variety store.  [www.uwajimaya.com](http://www.uwajimaya.com).
- Seattle: 600-6th Avenue S., International District; 206-624-6248.

**Whole Foods Market** - Hours: 7am-10pm, daily. Natural foods grocery store.  [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com).
- Westlake: 2210 Westlake Avenue, near the stop for the South Lake Union Street Car; 206-621-9700.
- Roosevelt Square: 1026 NE 64th Street; 206-985-1500.

**HAIR SALONS / BARBER SHOPS**

**Shine** - 207 Pontius Avenue N., Suite 101, located on the 1st floor of the SCCA House; 206-288-7560. Hours: 10am-6pm, weekdays; 10am-3pm, Saturdays. Complimentary head shaves by licensed SCCA Cosmetology/Barber Volunteers - by appointment.  [www.sccashine.org](http://www.sccashine.org). The SCCA House shuttle departs every 20 minutes from the front of the SCCA Clinic and provides free transportation to the SCCA House and Shine, Monday-Friday.

**Bombaii Cutters** – 122 Kirkland Avenue, Kirkland; 425-828-4411. Offers free services to patients undergoing chemo, call for details.  [www.bombaii.com](http://www.bombaii.com).

**Gary Manuel Salon** - 2127-1st Avenue; 206-728-1234. Frequently featured in leading magazines.  [www.garymanuel.com](http://www.garymanuel.com)
Gene Juarez – 206-365-6000 for all locations. The salon and spas offers hair and makeup services, as well as body, skin, hair, nail and foot care. [www.genejuarez.com](http://www.genejuarez.com).

Seattle: 607 Pine Street.
Northgate Mall: 401 N.E. Northgate Way.
University Village: 2684 N.E. 49th Street.
Southcenter: 280 Southcenter Mall.

Gene Juarez Advanced Training Salon - 10715-8th Avenue N.E., Northgate; 206-622-6611. Locations offer savings on hair or nail services performed by students under the supervision of instructors. [www.genejuarezacademy.com](http://www.genejuarezacademy.com).


Hair Masters - Inexpensive haircuts. [www.hairmasterssalon.com](http://www.hairmasterssalon.com).
Queen Anne: 620-1st Avenue N.E.; 206-284-7541.
University District: 4721 University Way N.E.; 206-527-3491.

IO Salon - 2101-9th Avenue, near the Pete Gross House; 206-264-0855.

Lake Union Hair Design - 809 Fairview Place N., near SCCA Clinic; 206-343-9218. Offers discounts to SCCA patients and caregivers.

Rudy's Barbershop - Open 7 days a week. [www.rudysbarbershop.com](http://www.rudysbarbershop.com).
Belltown: 89 Wall Street; 206-448-8900.
Fremont: 475 N. 36th; 206-547-0818.
University District: 4738 University Way N.E.; 206-527-5267.

Salon 1520 - 1520 Eastlake Avenue E., near SCCA Clinic, 206-328-8161.

Salon Voda - 901 Fairview Avenue N., near SCCA Clinic; 206-838-8632. Offers discounts to SCCA patients and caregivers. [www.salonvoda.com](http://www.salonvoda.com).

Urban Oasis - 2209 Eastlake Avenue E., near SCCA Clinic; 206-328-8161. By appointment.

### HATS / SCARVES / HEAD COVERINGS / WIGS

Patient and Family Resource Center - SCCA Clinic, 3rd floor; 206-288-2081. Hours: 8am-5pm, weekdays. Provides hats and wigs free of charge to patients. Wig fittings by appointment.

Rain or Shine - Located in the 1st floor lobby of the SCCA Clinic; 206-288-8270. Hours: 8:30am-4pm, weekdays. Offers a selection of scarves and hats for men and women.

Shine - 207 Pontius Avenue N, Suite 101, located on the 1st floor of the SCCA House. 206-288-7560. Hours: 10am-6pm, weekdays; 10am-3pm, Saturdays. Offers a large selection of scarves and hats for men and women.
A GUIDE TO SEATTLE

The SCCA House shuttle departs every 20 minutes from the front of the SCCA Clinic and provides free transportation to the SCCA House and Shine, Monday-Friday.

**American Cancer Society TLC Catalog** - 800-850-9445. Catalog includes hats, turbans, hairpieces and bras. Catalogs available in the Patient and Family Resource Center on the 3rd floor of the SCCA Clinic.

**American Cancer Society Wig Bank** - 2120-1st Avenue N., 206-283-1152. Wigs are free-of-charge.

**Beauty and Cancer Program** - UW Medical Center, 8SE; 206-598-3604. A volunteer program at the UW Medical Center that assists women and men with personal care during their treatment at the SCCA. Volunteers can assist with hats, turbans, wigs, skin care, make-up, and identifying community resources. By appointment.

**Locks of Love** - 561-833-7332 or toll free information line 888-896-1588. A non-profit organization that provides hairpieces to financially disadvantaged children using donated hair. [www.locksoflove.org](http://www.locksoflove.org).

**HOTELS / SHORT-TERM HOUSING**

Below you will find a listing of Short-Term housing options (less than two weeks). Information on Extended-Stay Housing (two weeks to one month) and Long-Term Housing (stays exceeding one month) are available online at [www.seattlecca.org/scca-housing-support.cfm](http://www.seattlecca.org/scca-housing-support.cfm) or a print copy is available at the Patient and Family Services reception desk located in Registration/1st floor of the SCCA Clinic.

*Note: Hotel tax of approximately 15.6% is charged for stays less than 29 nights. These rates are subject to change. Be sure to mention that you are an SCCA patient or family member and verify the SCCA rate when you call. Hotel and sales tax will be added to your rate.*

If you have specific questions about the properties listed, please contact the property directly or SCCA Housing Team at 206-288-7263 or [housing@seattlecca.org](mailto:housing@seattlecca.org).

**SCCA House** - 207 Pontius Avenue N.; 206-204-3700. Affordable and conveniently located just blocks from the SCCA Clinic specifically designed for medical patients. Fully furnished suites with kitchenettes, large common kitchen and dining room, exercise room, resource center and library, media room, laundry facility, and more. Free shuttle between SCCA House and SCCA Clinic Monday-Friday, also to local grocery store. Does not charge 15.6% sales tax. Financial assistance may be available. [www.seattlecca.org/SCCAHouse.cfm](http://www.seattlecca.org/SCCAHouse.cfm).

**Best Western Executive Inn** - 200 Taylor Avenue N.; 206-448-9444. Fitness center, bus center, wireless, free local calls, newspaper. [www.bwexec-inn.com](http://www.bwexec-inn.com).


**Courtyard by Marriott** - 925 Westlake Avenue N.; 206-213-0100. SCCA rates available. Around-town shuttle, fitness and bus center, pool, spa, laundry, data ports, free local calls, restaurant on site. 8 miles to SCCA, 3.2 miles to UWMC, 5.3 miles to Seattle Children's. [www.courtyardlakeunion.com](http://www.courtyardlakeunion.com).


Hampton Inn and Suites – 700-5th Avenue N., near the Seattle Center; 206-282-7700, or 800-426-7866. Complimentary breakfast buffet, parking, internet, local calls free, exercise facility, newspaper. Hotel also has standard rooms and one or two bedroom suites with full kitchens and private bedrooms. Located 1.4 miles from SCCA, 3.5 miles from UWMC, and 5 miles from Seattle Children's. www.hamptonsuites.com.

Holiday Inn - 211 Dexter Avenue N., Seattle Center; 206-728-8123. SCCA rates available. Fitness center, free local calls, restaurant on site. Ask about Holiday Inn Express next door. 1 mile to SCCA, 3.4 miles to UWMC, 5 miles to Seattle Children's.

Hotel Nexus - 2140 N. Northgate Way; 206-365-0700 or 800-435-0754. UWMC has contracted a limited number of rooms at discounted prices. Microwave, small refrigerator, exercise facility, pool, sauna, data ports, business center, near restaurants, shopping mall. Includes complimentary breakfast, parking, and round-town shuttle service. Accepts Medicaid with prior authorization. Located 6.3 miles from SCCA, 5.9 miles from UWMC, and 5.6 miles from Seattle Children's. www.hotelnexusseattle.com.

Marriott Residence Inn - 800 Fairview Avenue N., located 3 blocks from SCCA Clinic; 206-624-6000 or 800-331-3131. SCCA rates available. 1-bedroom and 2-bedrooms suites. Complimentary continental breakfast buffet, pool, spa, exercise facility, business center, and van service around town and to SCCA. Suites have full kitchen, private bedrooms, pets welcome. 3.2 miles from UWMC, and 4.9 miles to Seattle Children's. www.marriott.com/sealu - type FDU under Corporate/ Promotional Code.


Silver Cloud Inn (SCCA) - 1150 Fairview Avenue N., located 4 blocks from SCCA Clinic; 206-447-9500 or 800-330-5812. SCCA rates available. Inquire about extended stay rates. Amenities: PC Data port phones, fitness and business center, complimentary laundry, pool, spa available. Located, 2.8 miles from UWMC, and 4.2 miles from Seattle Children's. www.scinns.com/lake.htm.
University Inn - 4140 Roosevelt Way N.E.; 206-632-5055, or 800-733-3855. Hospital rates available. Amenities: 100% non-smoking, internet, outdoor pool, spa, guest laundry, onsite restaurant, walk to UW Roosevelt Clinic, complimentary breakfast, parking, shuttle service, 7 a.m. to 9:30 p.m. Some extended stay and Jr. suites. Located 2.6 miles from SCCA, .9 miles from UWMC, and 2.1 miles from Seattle Children's. www.universityinnseattle.com

HOUSE CLEANING SERVICES


Maid in the Northwest - 206-527-3593. Licensed, bonded and insured. If you are a woman receiving treatment at the SCCA, please inquire about the “Cleaning for a Reason” promotion. www.maidinthenw.com.


LGBT RESOURCES

Social Services / Support Groups

Gay & Lesbian Counseling of Seattle: (GLCS) www.gaylesbianseattlecounseling.com
Seattle Area Support Groups and Community Center: www.sasgcc.org

Spiritual Support / Places of Worship

All Pilgrims Christian Church: 500 Broadway East; 206-322-0487. (Christian)
Congregation Tikvah Chadashah: 1122 E. Pike Street; 206-355-1414. (Jewish)
Dignity Seattle: 5751-33rd N.E.; 206-659-5519; *call for schedule of services. (Catholic)
Emerald City MCC Seattle: 1435 NE 43rd Street; 206-325-2421. (Community)
Kadampa Meditation Center Washington: 6556-24th Avenue N.W.; 206-526-9565. (Buddhist)
St. Mark’s Episcopal Cathedral: 1245 Tenth Avenue East; 206-323-0300.

Other Resources

Greater Seattle Business Association: (GBSA) www.thegsba.org/guide/search_businessdirectory.php

LIBRARIES

Seattle Public Library - Central Library: 1000-4th Avenue (4th and Madison); 206-386-4636. Hours: 10am-8pm, Monday-Thursday; 10am-6pm, Friday/Saturday; 12-6pm, Sunday. Multilingual collection, children's summer reading programs, computer workshops. For the listing of over 20 other branches around Seattle, visit www.spl.org. Hours vary at each branch.
Capitol Hill Branch: 425 Harvard Avenue E.; 206-684-4715
Queen Anne Branch: 400 W. Garfield Street; 206-386-4227
University Branch: 5009 Roosevelt Way, N.E.; 206-684-4063
Northgate Branch: 10548-5th Avenue N.E.; 206-386-1980
Wallingford Branch: 1501 N. 45th Street; 206-684-4088

Washington Talking Book and Braille Library – 2021-9th Avenue; 206-615-0400 (206-615-0419/TDD), 800-524-0866. Provides a free public library service which includes easy access to the informational and recreational reading materials needed by individuals in the State of Washington who are unable to read standard print material. Call to request an application for service. www.wtbbl.org

MASSAGE THERAPY

SCCA patients should first receive clearance from their medical team/doctor prior to participating in massage therapy. The Physical Therapy Department on the 4th floor of the SCCA Clinic maintains a list of massage therapists who have been verified to have received a certain numbers of hours of training in oncology massage and/or manual lymphatic drainage. NOTE: The SCCA is not responsible or liable for the treatment provided by the massage therapists listed.

MEDICAL CARE FOR FAMILY MEMBERS & CAREGIVERS

Doctors Express / Urgent Care – 610-1st Avenue N., located above Metropolitan Market; 206-283-7000. Hours: 8am-8pm, 365 days a year. A walk-in urgent care center with physicians who provide treatment for illness and injury, from the flu or an earache, to cuts, broken bones and much more. www.doctorsexpressseattle.com

Seattle Crisis Resource Directory - http://www.scn.org/crisis/medical.html. A list of "neighborhood clinics" that mostly serve people in a particular neighborhood. Some have additional mandates to serve the homeless, HIV+, etc. Phone any neighborhood clinic to find out which is the correct one for your neighborhood.

US Health Works Medical Group / Urgent Care – www.ushealthworks.com
   Denny: 1151 Denny Avenue; 206-682-0884. Hours: 7am-6pm, weekdays; 9am-5pm, Saturdays.
   Downtown: 3223-1st Avenue; 206-624-3651. Hours: 6am-4:30pm, weekdays.
   Northgate: 836 N.E. Northgate Way; 206-784-0737. Hours: 8am-6pm, weekdays; 10am-4pm, Saturdays.

UW Medicine - www.uwmedicine.org. Call toll-free 877-520-5000 to schedule at one of several clinics; call for hours.
   UW Family Medical Center: 4245 Roosevelt Way N.W.
   Belltown: 2505-2nd Avenue.
   Ravenna: 4915-25th Avenue N.E.
   Harborview Medical Center (UWMC family of hospitals): 325-9th Avenue.
MILITARY PERSONNEL / VETERANS SERVICES

Coast Guard Post Exchange - 1519 Alaskan Way S.; 206-587-0307. Hours: 9am-4:30pm, Monday-Saturday.


PARKING

Parking at the SCCA Clinic - 825 Eastlake Avenue E. Hours: 6:45am-8pm, weekdays; 6:45am-5pm, weekends. Patients and families may park in the building’s underground garage. The garage entrance is on Aloha Street. Height clearance for the lower levels is 6’7”; a very limited number of spaces are available for oversize vehicles.

Two electric charging stations are available just past the parking attendant. In consideration of others, please leave vehicle charging only as long as needed to achieve a full charge.

The validated parking rate is no more than $4 a day and fees are prorated for shorter visits. Validation for reduced rates available at the Reception Desks on each floor. In-and-out parking is free within 30 minutes.

Reciprocal parking with the UW Medical Center is available: take paid SCCA garage parking receipt to Surgery Pavilion or Triangle Garage for free same day parking. Or bring paid UWMC garage parking receipt to SCCA Clinic for free same day parking.

Parking at UW Medical Center - Parking at UWMC is available in the Surgery Pavilion Parking Garage and Triangle Parking Garage. Validation for reduced-rate parking is available for medical center patients and their visitors. Validation for this reduced rate may be requested at the nurse’s stations on 7NE and 8NE. After hours parking is available only in the Triangle Garage.

Patients with disability or mobility parking needs may use the valet parking service at the main entrance of the medical center. Wheelchairs and escort services are also available. Valet parking fees are the same as those charged for parking in the garages. The Triangle and Surgery Pavilion Garages have disability parking, including spaces for wheelchair vans.

In-and-out parking is available for patients needing to leave and return to a clinic during the day. Ask the traffic guide at the booth to explain how the procedure works.

Owners of over-height vehicles should park in the Surgery Pavilion Parking Garage: maximum height on Level P1 is 9’6”. Maximum height on levels P2 and P3 is 6’7”. Maximum height in the Triangle Garage is 6’8”.

Note: Light rail is coming to the University District, and Sound Transit has begun construction on the UW Station at Husky Stadium, which will open in 2016. From time to time, patients and visitors to UW Medical Center may
experience traffic slowdowns because of construction. Portions of the parking surrounding Husky Stadium will be closed; however, the Triangle and Surgery Pavilion garages are reserved for UWMC patients and their families.

**Parking at Children's Hospital** - Free parking is available for families and visitors in Ocean parking and Lot 1, located across from the River entrance. No validation is necessary.

**Disabled Parking Permits** - Applications for temporary disabled parking permits are available from the SCCA Social Work Office, 1st floor Registration Office; 206-288-1076. Completed applications should be brought to the King County Administration Building, 500-4th Avenue, Room 401; 206-296-4000, ext. 2355.

**Street Parking at the SCCA Clinic** Metered street parking is available in the area; hourly rates, pre-pay at meter. Hours available vary per block (2-10 hours maximum), confirm hours with street signs. Street parking is free after 6:00 p.m., Monday-Saturday and on Sundays. Street parking is free for authorized holders of disabled parking placards, maximum hours still apply.

**PET CARE / DOGGIE DAY CARE**
If leaving your dog at home is not an option while you visit the SCCA Clinic, Seattle has several options for “doggie day care”:

**The Barking Lounge** - 222 Dexter Avenue N.; 206-382-1600. 24-hour playcare, boarding and grooming. [www.barkinglounge.com](http://www.barkinglounge.com).

**Downtown Dog Lounge** - Doggie day care, boarding and grooming. [www.downtowndoglounge.com](http://www.downtowndoglounge.com).
   - Elliott Avenue: 1405 Elliott Avenue W.; 206-213-0019.

**POSTAL SERVICES / SHIPPING**

**Rain or Shine** - Located in the 1st floor lobby of the SCCA Clinic; 206-288-8270. Hours: 8:30am-4pm, weekdays. Offers individual letter stamps for purchase.

**Shine** - 207 Pontius Avenue N, Suite 101, located on the 1st floor of the SCCA House. 206-288-7560. Hours: 10am-6pm, weekdays; 10am-3pm, Saturdays. Offers individual letter stamps for purchase. [www.sccashine.org](http://www.sccashine.org). The SCCA House shuttle departs every 20 minutes from the front of the SCCA Clinic and provides free transportation to the SCCA House and Shine, Monday-Friday.

**Red Brick Bistro** - Located on the 2nd floor of the SCCA Clinic. Offers books of stamps for purchase.

**SCCA Shipping and Receiving Department** - Patients and caregivers are welcome to use the discounted FedEx shipping services available through the SCCA’s Shipping and Receiving Department. Limited packing materials and boxes may be available. FedEx only. Location: At Rain or Shine Gift Shop, turn left down hallway, through single door and through metal double-doors. Hours for patients/families is 11am-3:30pm, weekdays.

**Eastlake Mail / Vybe Communications Hub** – 2226 Eastlake Avenue E.; 206-323-0508. Hours: 9am-6pm, weekdays; 10am–4pm, Saturdays. Shipping and mail box services, packaging materials, gift wrap, computer access, photocopier and fax. [www.vybehub.com](http://www.vybehub.com). Mention you’re a SCCA patient/family when you sign up for a 3-month box rental and receive a month free!

FedEx - 700 Broadway Avenue E.; telephone 206-329-7445; fax 206-329-7554. Open 24 hours. Photocopier; fax machine; and access to Macintosh and IBM-compatible computers, scanners and laser printers. This also serves as a FedEx location.

Lake Union Mail - 117 E. Louisa (Eastlake and E. Louisa); 206-329-1468. Hours: 9am-6pm, weekdays; 10am-3pm, Saturdays. Shipping and mail box services, packaging materials, notary, photocopies and fax.

United Parcel Service (UPS) - 4455-7th Avenue S.; 800-742-5877. Hours: 8:30am-8pm, weekdays. Shipping, hold for pick-up and will call services.

U.S. Post Office - Hours vary at each location. For information about postal services, please call 800-ASK-USPS (275-8777). [www.usps.com](http://www.usps.com).

  Queen Anne: 415-1st Avenue N.
  Harbor Heights: 2512-5th Avenue.
  Capitol Hill: 101 Broadway E.
  Midtown: 301 Union Street.
  University: 4244 University Way N.E.

RECREATION – ATTRACTIONS (SEATTLE)
See also “Sightseeing – Attractions” on page 42.

RECREATION – BEACHES
For complete details on area beaches including hours, services, directions and maps, please visit [http://www.seattle.gov/parks/beaches.asp](http://www.seattle.gov/parks/beaches.asp) or [http://www.seattle.gov/parks/parkspaces/index.htm](http://www.seattle.gov/parks/parkspaces/index.htm).

  Alki Beach Park: 1702 Alki Avenue S.W., West Seattle.
  Golden Gardens: 8498 Seaview Place N.W., Ballard.
  Green Lake Park: 7201 E. Green Lake Drive N.
  Madison Park: E. Madison Street & E. Howe Street
  Madrona Park: 853 Lake Washington Boulevard
  Matthews Beach Park: 49th Avenue N.E. & N.E. 93rd Street
  Mount Baker Park: 2521 Lake Park Drive S.
  Pritchard Island Park: 8400-55th Avenue S.
  Seward Park: 5895 Lake Washington Boulevard S.
  Warren G. Magnuson Park: 7400 Sand Point Way N.E.

RECREATION – BINGO


Eagles -

  4426 California Avenue S.W.; 206-938-4426.
  5600-24th Avenue N.W.; 206-784-4390.
**John F. Kennedy Booster Bingo** - 140 S. 140th Street; 206-246-0644.

**Knights of Columbus** - 722 E. Union Street; 206-325-3410.

**Seattle Jaycee Bingo** - 11030 E. Marginal Way S.; 206-767-7190.

**Senior Center**
- 4217 S.W. Oregon Street; 206-932-4044.
- 4655 S. Holly Street; 206-722-0317.
- 525 N. 85th; 206-461-7841.

**Southwest Athletic Club** - 9834-17th Avenue S.W.; 206-762-0362.

**St. Alphonsus School** - 5816-15th Avenue N.W.; 206-782-4363.

**RECREATION – BRIDGE**

**North Seattle Bridge** - 2212 N.E. 125th Street; 206-915-3427.

**Seattle Bridge Center** - 1539 N.E. 145th; 206-282-6414.

**RECREATION – CHILDREN AND FAMILIES**

* Please visit the Guest Services Desk located in the 1st floor lobby of the SCCA Clinic or call 206-288-6701. Free tickets/passes are sometimes available to patients and family members for many of the attractions listed below.


**Children's Museum** - Center House, Seattle Center; 206-441-1768. [www.thechildrensmuseum.org](http://www.thechildrensmuseum.org).

**Drama Classes** - Seattle Children's Theatre; 206-443-0807. [www.sct.org/classes](http://www.sct.org/classes).

**Family Fun Center & Bullwinkle's Restaurant**


**Lake Washington Fish Ladder / Ballard Locks** - Also known as Hiram Chittenden Locks. 3015 N.W. 54th Street, Ballard; 206-783-7059. Watch boats go through the large locks between Puget Sound and Salmon Bay; fish ladders; picnic area. [www.seattle.gov/tour/locks.htm](http://www.seattle.gov/tour/locks.htm).

**Museum of Flight** - 9404 E. Marginal Way S.; 206-764-5720. Hours: 10am-5pm, daily. Admission fee. The museum offers free admission on the first Thursday evening of each month, 5-9pm. For more information please visit their website at [www.museumofflight.org](http://www.museumofflight.org).
Music Instruction - Seattle Music Teachers Association Referral Service; 206-583-0849.

Pacific Science Center - 200-2nd Avenue N., Seattle Center; 206-443-2844 (schedule information) and 206-443-4629 (IMAX show times). www.pacsci.org.


Seattle Children’s Theatre - 201 Thomas Street, Seattle Center; 206-441-3322. www.sct.org.


Woodland Park Zoo - 550 Phinney Avenue N.; 206-684-4800. Hours: 9:30am-6pm, daily May 1st-September 30th; 9:30am-5pm, daily October 1st-April 30th. 92-acre zoological garden featuring more than 1090 individual animals representing nearly 300 species. The zoo grounds are divided into bioclimatic zones, and also offers a historic carousel. www.zoo.org.

RECREATION – EXERCISE / GYMS
*Patients should first check with their medical team prior to starting any exercise program.

24-Hour Fitness - 1827 Yale Avenue; 206-624-0651; Exercise equipment, pool, sauna, hot tub and classes. www.24hourfitness.com.


Rain Fitness - 1311 Terry Avenue N.; 206-621-7246. Health club that has exercise equipment and aerobics classes. Ask for owner and mention that you are a SCCA patient/family. www.rainfitness.com.

Sound Mind and Body - 437 N. 34 th Street, Fremont; 206-547-2706. Health club that has exercise equipment and aerobics classes. www.smbgym.com.

YMCA Downtown – 909-4 th Avenue; 206-382-5010. Has swimming pool and exercise facilities. The Y is a membership organization open to all. www.ymca.net.

RECREATION – GOLF

Seattle Municipal Golf Courses

RECREATION – MOVIES


Pacific Place 11 - 6th Avenue and Pine Street; 206-652-2404. www.amctheatres.com/PacificPlace/.

Seattle International Film Festival Cinema (SIFF) – Founded in 1976, SIFF creates experiences that bring people together to discover extraordinary films from around the world with the Seattle International Film Festival, SIFF Cinema and SIFF Education. Recognized as one of the top film festivals in North America, the Seattle International Film Festival is the largest, most highly-attended film festival in the United States reaching more than 150,000 annually. The 25-day festival (May/June) is renowned for its wide-ranging and eclectic programming presenting over 250 features and 150 short films from over 70 countries each year. SIFF Cinema exhibits premiere theatrical engagements, repertory, classic, and revival film showings 365 days a year on four screens at the SIFF Film Center and the historic SIFF Cinema Uptown, reaching more than 100,000 attendees annually. www.siff.net.


RECREATION – MUSEUMS

* Please visit the Guest Services Desk located in the 1st floor lobby of the SCCA Clinic or call 288-6701. Free tickets/passes are sometimes available to patients and family members for many of the attractions listed below.

Bellevue Arts Museum – 510 Bellevue Way, Bellevue; 425-519-0770. Hours: Tuesday-Sunday, 11am-5pm; Free First Friday, 11am-8pm; museum closed Mondays; Museum Store open Mondays 11am-5pm. Contemporary art of the Washington state region and has programs that connect art, community, and everyday life. www.bellevuearts.org.
Burke Museum of Natural History and Culture - Corner of 17th Avenue N.E. and N.E. 45th Street, UW campus; 206-543-5590. Hours: 10am-5pm, daily. Features the natural wonders Washington state, the Pacific Northwest and the Pacific Rim. On the first Thursday of the month, hours are extended until 8pm and admission is free. www.washington.edu/burkemuseum.

Chihuly Garden and Glass – 305 Harrison Street (Seattle Center), Seattle; 206-753-4940. Hours: Sunday-Thursday, 11am-7pm; Friday & Saturday, 11am-8pm. An art experience showcasing the most significant works of internationally acclaimed artist and pioneer Dale Chihuly. www.chihulygardenandglass.com.

Experience Music Project and Science Fiction Museum (EMP) – 325-5th Avenue N.; 425-990-0575. Winter hours: 10am-5pm, daily. EMP is dedicated to rock-and-roll history and provides a multi-media experience for visitors. The Science Fiction Hall of Fame honors the lives, works, and ongoing legacies of science fictions greatest creators. www.empsfm.org.


Museum of Flight - 9404 E. Marginal Way S.; 206-764-5720. Hours: 10am-5pm, daily. Admission fee. The museum offers free admission on the first Thursday evening of each month, 5-9pm. For more information please visit their website at www.museumofflight.org.

Museum of History and Industry (MOHAI) - 860 Terry Avenue N. (South Lake Union Park), Seattle; 206-324-1126. Hours: daily 10am-5pm; Thursdays 10am-8pm; closed Thanksgiving Day and Christmas Day. Artifacts, documents, and photographs displayed showing the history of Seattle, the Puget Sound, and Washington State. www.mohai.org.

Nordic Heritage Museum - 3014 N.W. 67th Street, Ballard; 206-789-5707. Hours: 10am-4pm, Tuesday-Saturday; 12-4pm, Sundays; closed Mondays/major holidays. Admission fee. www.nordicmuseum.org.

Seattle Art Museum - 100 University Street; 206-625-8900. Hours: 10am-5pm; Wednesday-Sunday; 10am-9pm, Thursday/Friday; closed Monday/Tuesday. Admission fee. The Seattle Art Museum is free on the first Thursday of every month. www.seattleartmuseum.org.

Seattle Asian Art Museum - 1400 E. Prospect Street, Volunteer Park; 206-654-3100. Hours: 10am-5pm; Wednesday-Sunday; 10am-9pm, Thursday/Friday; closed Monday/Tuesday. Admission fee. The Seattle Asian Art Museum is free on the first Thursday of every month. www.seattleartmuseum.org.

Seattle Metropolitan Police Museum - 317-3rd Avenue S.; 206- Hours: 11am-4pm; Tuesday-Saturday. Admission $4. Historic photographs, weaponry, uniforms and other artifacts of the Seattle Police Department and King County Sheriff’s Office dating back to the 1880’s. www.seametropoliscemuseum.org.
Seattle Pinball Museum - 508 Maynard Avenue S., International District; 206-623-0759. Hours vary throughout the week. Over 30 pinball machines from the past 70 years – set to “free play”. Admission fee.

Seattle Veterans Museum - 2nd Avenue, between Union and University. Hours: 10am-5pm, Friday/Saturday; open Memorial Day, 4th of July, and Veteran’s Day. www.seattleveteransmuseum.org.

Soundbridge Seattle Symphony Music Discovery Center - 200 University Street, Benaroya Hall; 206-336-6600. Activities for the entire family include musical storytelling, drum circles, instrument exploration, workshops, student recitals.


RECREATION – OUTDOOR ACTIVITIES

Bicycle Rentals - For information about bicycle rentals and events, call the Bicycling Hotline at 206-522-BIKE (522-9479) or visit www.cascade.org/Community/rental.cfm. Bike rentals also available at:
Gregg's Green Lake Cycle: 7007 Woodlawn Avenue N.E.; 523-1822 www.greggscycles.com


Center for Wooden Boats - 1010 Valley Street, South Lake Union; 206-382-2628. A hands-on museum dedicated to preserving and documenting the maritime history of the Pacific Northwest. The public is invited to touch the exhibits and explore maritime history first hand by rowing, paddling or sailing the diverse collection of classic boats. Small rowboats and sailboats are available to rent. Visitors also participate by attending events such as regattas, boat shows, by taking a free Sunday afternoon sail, attending maritime skills workshops, volunteering, or simply by walking the docks. Admission is always free www.cwb.org.

Cheshiahud Lake Union Loop – Seattle Parks and Recreation; 206-684-4075. A multi-use loop around Lake Union that provides a continuous network of open spaces that are ideal for bicycling and walking. Entire loop is 6.2 miles. For the trail map and information about the audio/art tour accessible on your MP3 or cell phone, visit http://www.seattle.gov/parks/lakeunionloop.


Moss Bay Rowing & Kayak Center – 1001 Fairview Avenue N., across the street from Fred Hutchinson campus; 206-682-2031. Hours vary with the season. Row, kayak, sail and paddle board center. www.mossbay.net.

North West Runner - For updates of local running events: www.nwrunner.com.


RECREATION – PARKS

* Additional information, including directions, services, and hours on all parks listed below can be found at http://www.seattle.gov/parks/parkspaces/index.htm.

Alki Beach Park - 1702 Alki Avenue S.W., West Seattle. 1/2 mile of beachfront, views of Seattle skyline.

Carkeek Park - 950 N.W. Carkeek Park Road, Broadview. 216 acres: play areas, picnic shelters.

Discovery Park - 3801 W. Government Way; 206-386-4236. Large park on the north side of Magnolia, which has trails for walking and jogging, beach, lighthouse. Native American cultural activities and art exhibits at the Daybreak Star Arts Center, 206-285-4425.

Gas Works Park - 2101 N. Northlake Way. 19-acre park on the north end of Lake Union.

Golden Gardens Park - 8498 Seaview Place N.W., Ballard. Beaches, wetlands, hiking trails, picnic and playground areas.

Green Lake Park - 7201 East Green Lake Drive N. Popular city park with paths around the lake for walking, jogging, bicycling and rollerblading; boat rentals; Evans Swimming Pool. Located next to the Woodland Park Zoo.

Hamilton Viewpoint Park - 1531 California Way S.W., West Seattle.

Hiram Chittenden Locks - Also known as Ballard Locks. 3015 N.W. 54th Street, Ballard; 206-783-7059. Watch boats go through the large locks between Puget Sound and Salmon Bay; fish ladders; picnic area. For more information visit www.seattle.gov/tour/locks.htm.

Japanese Tea Garden - 1075 Lake Washington Boulevard E.

Kerry Park - 250 W. Highland Drive, Queen Anne. Great views of the Seattle skyline. Refer to website for driving directions.

Lake Union Park - Westlake Avenue N. and Aloha Street. 12-acre park that includes a restored shoreline, pedestrian bridge, model boat pond, history trail, fountain of water jets, a beach for launching boats, The Center for Wooden Boats, a great lawn, footpaths, park benches, and infrastructure that can support large events.

Leschi Park - 201 Lakeside Avenue S. 18-acre park featuring tennis courts, picnic tables and playground.

Lincoln Park - 8011 Fauntleroy Way S.W., West Seattle. 135 acres, one of Seattle’s largest parks. Paved walkways, tennis courts, baseball fields, picnic shelters and a heated salt-water swimming pool in the summer.

Magnolia Park - 1461 Magnolia Boulevard W., Magnolia.

Magnuson Park - 7400 Sand Point Way N.E. 350-acre park on Sand Point.


Olympic Sculpture Park - 2901 Western Avenue. 9-acre outdoor sculpture museum and beach.

Ravenna Park - 5520 Ravenna Avenue N.E. ½ mile wooded ravine which connects two picnic areas just north of the University District. Activities include hiking, jogging and picnics. The park also features a play area for children, a wading pool, ballfield, trails, and tennis courts.

Seward Park - 5895 Lake Washington Boulevard S. 300-acre park with amphitheater, picnic shelters, beaches and trails.


Washington Park Arboretum - 2300 Arboretum Drive. Entrance is at Madison Street and Lake Washington Boulevard. Large park with nature trails. Arboretum guides lead tours every first and third Sunday at 1pm from the Donald Graham Visitors Center.


RECREATION – PERFORMING ARTS

* Please visit the Guest Services Desk located in the 1st floor lobby of the SCCA Clinic or call 206-288-6701. Free tickets/passes are sometimes available to patients and family members for many of the attractions listed below.

A Contemporary Theatre (ACT) - 700 Union Street; Box Office 206-292-7676. ACT is known for its provocative, contemporary plays that examine social issues. Closed Mondays. www.acttheatre.org.

Intiman Theatre - 201 Mercer Street, Seattle Center; Box Office 206-269-1900. www.intiman.org.


Seattle Children's Theatre - 201 Thomas Street, Charlotte Martin Theatre/Seattle Center; Box Office 206-441-3322. Performances on Fridays at 7pm, Saturdays and Sundays at 2pm and 5:30pm. www.set.org.


Seattle Repertory Theatre - 155 Mercer Street, northwest corner of Seattle Center; Box Office 206-443-2222. www.seattlerep.org.


5th Avenue Theatre - 1308-5th Avenue; 206-625-1900. www.5thavenuetheatre.org.

RECREATION – PLACES TO WALK / MALLS

Alderwood Mall - Lynnwood; mall information 425-771-1211. 7 days a week, doors open to walkers at 7:30am. Enter mall at Food Court or Village, not department stores.

Bellevue Square - Mall information 425-454-8096. Hours: 8-9:30am, Mondays/Wednesdays/Fridays; 2nd level of mall only. Enter mall near JC Penny’s, 2nd level, Sky Bridge 4, second sky bridge from south.

The Commons at Federal Way - Mall information 425-771-1211. 7 days a week, doors open to walkers at 6am. Enter mall at either of the main entrances.

Everett Mall - Mall info 425-355-1771. Hours: 6:30-10am, Mondays-Saturday; 10-11am, Sundays. Must pre-register at the mall’s Guest Services during mall hours for access badge.

Northgate Mall - North Seattle, mall information 206-362-4777. Hours: 7:30-10am, Monday-Saturday; 8:30-11am, Sundays. Enter mall at any of the main doors.

University Village - Near UW Medical Center; mall information 206-523-0622. Open air, not covered.

Westfield/Southcenter Mall - Tukwila; mall information 206-246-0423. Hours 8-10am, Monday-Saturday; 10-11am, Sundays. Enter mall at any of the main doors.
RECREATION – SPORTS TEAMS

* Please visit the Guest Services Desk located in the 1st floor lobby of the SCCA Clinic or call 206-288-6701. Tickets to local games are occasionally donated by community members and awarded to patients and family members by means of a drawing. Ask for details.

**Emerald Downs** - 2300 Emerald Downs Drive, Auburn; 253-288-7000 or toll-free 1-888-931-8400. Horse racing - season runs from April through September. [www.emdowns.com](http://www.emdowns.com).


**Rat City Rollergirls** - All-female, amateur, flat-track roller derby league in Seattle. Bouts take place at KeyArena. Named for the nickname of White Center which housed the military Relocation and Training Center during WWII. [www.ratcityrollergirls.com](http://www.ratcityrollergirls.com).


**Seattle Reign** - American professional women's soccer team. The team will begin play in 2013 in the new eight-team National Women's Soccer League.


**Seattle Storm** - Games held at Key Arena, Seattle Center. Women’s professional basketball. Purchase tickets online at [www.ticketmaster.com](http://www.ticketmaster.com), or call Ticket master at 206-628-0888. Tickets may also be purchased at the Key Arena’s West Plaza Box Office, 10am-6pm, weekdays. [www.wnba.com/storm](http://www.wnba.com/storm).

**Tacoma Rainiers** - The Tacoma Rainiers are a minor league baseball team that plays in the Pacific Coast League, and are the Triple-A affiliate of the Seattle Mariners. Homes games played at Cheney Stadium in Tacoma. [www.milb.com/index.jsp?sid=t529](http://www.milb.com/index.jsp?sid=t529).

**Thunderbirds Hockey** - Games held at ShoWare Center, 625 W. James Street, Kent; 206-448-PUCK (7825). Minor league ice hockey. [www.seattlethunderbirds.com](http://www.seattlethunderbirds.com).

RECREATION – TICKETS

**Guest Services Desk** - 1st floor lobby of the SCCA Clinic, staffed by SCCA volunteers. Hours: 8am-4pm, weekdays. Free tickets to select local attractions and events. Call 206-288-6701 or stop by desk for complete details.

**Goldstar.com** - Discount online ticket service to area performances.

**StubHub** - Purchase and sell tickets for sports and cultural events, owned by eBay. Service charges and fees may apply. [www.stubhub.com](http://www.stubhub.com).

**Ticketmaster** - 206-292-2787. Purchase tickets for sports and cultural events. Service charges and fees may apply. [www.ticketmaster.com](http://www.ticketmaster.com).

RELAXATION

**Patient and Family Resource Center** - SCCA Clinic, 3rd floor; 206-288-2081. Hours: 8am-5pm, weekdays. Relaxation and books on tape available for check-out. Navigator on staff to assist patients and caregivers.

**Zenith Supplies** - 6300 Roosevelt Way N.E.; 525-7997. 800-735-7217. Meditation and relaxation cassettes, vitamins, and natural personal care products. Open 10:00 a.m. until 6:00 p.m. [www.zenithsupplies.com](http://www.zenithsupplies.com).

RESTAURANTS – POPULAR

Please check restaurant websites for hours, menus and pricing to fit your needs.


**Chinook’s at Salmon Bay** – 1900 W. Nickerson Street (Fisherman’s Terminal, Magnolia neighborhood). 206-283-4665. [www.anthonys.com](http://www.anthonys.com).


**Ivar’s Seafood Restaurants and Chowder Bar** – Local favorite for seafood. [www.ivars.com](http://www.ivars.com).
   - Ivar’s original Acres of Clams Restaurant: Pier 54, 1001 Alaskan Way; 206-624-6852.
   - Ivar’s Fish Bar/Take Out: Pier 54, 1001 Alaskan Way; 206-467-8063.
   - Ivar’s Salmon House: 401 N.E. Northlake Way; 206-632-7223.
   - Ivar’s Ballard: 6000 15th Ave NW; 206-782-1602

Pike Place Market—There are many bakeries, cafés, casual and fine dining restaurants in the Pike Place Market. Visit www.pikeplacemarket.org for a complete list. The following are included:

Three Girls Bakery- 1514 Pike Place


RESTAURANTS – SOUTH LAKE UNION AREA

Please check restaurant websites for hours, menus and pricing to fit your needs. See also “Coffee/Espresso – South Lake Union area” on page 10.

SCCA / FHCRC Campus

Red Brick Bistro - SCCA Clinic, 2nd floor. 7am-5pm, Monday-Friday. Espresso, assorted beverages, pastries, grab-n-go sandwiches and salads, made to order breakfasts and lunches.
Consuming Choices - Arnold Building, 1st floor. 7am-4pm, Monday-Friday. Espresso, assorted beverages, pastries, grab-n-go sandwiches and salads, made to order breakfasts and lunches.
Double Helix - Weintraub Building, 1st floor. 11am-4pm, Monday-Friday. Espresso, assorted beverages, hot lunch options, grab-n-go sandwiches and salads.
Daily Grind - Yale Building, 1st floor. 7am-4pm, Monday-Friday. Espresso, assorted beverages, pastries, grab-n-go sandwiches and salads.


Seattle Cancer Care Alliance, Volunteer Services Program

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Blue Moon Burgers - 920 Republican Street, Suite 500A; 206-652-0400. [www.bluemoonburgers.com](http://www.bluemoonburgers.com).


Chandler's Crabhouse - 901 Fairview Avenue N.; 206-223-2722. Located at South Lake Union near the SCCA Clinic. [www.schwartzbros.com](http://www.schwartzbros.com).


Daniel's Broiler, Lake Union - 809 Fairview Avenue N.; 206-621-8262. Steaks, seafood. Located at South Lake Union near the SCCA Clinic. [www.schwartzbros.com](http://www.schwartzbros.com).


Flying Fish - Seafood Restaurant; 300 Westlake Avenue N.; 206-728-8595. [www.flyingfishrestaurant.com](http://www.flyingfishrestaurant.com).


Great Northwest Soups - 340 Westlake Ave N.; 206-420-8351. Several gourmet soups daily; also sandwiches, panini and baked potatoes. Wide selection of dairy-free, gluten-free, vegetarian and vegan menu items. [www.greatnwsoupcompany.com](http://www.greatnwsoupcompany.com).


Lunchbox Laboratory - 1253 Thomas Street; 206-621-1090.  [www.lunchboxlaboratory.com](http://www.lunchboxlaboratory.com).


Nollie’s Café – 1165 Harrison Street; 206-402-6724. Stop by the SCCA Clinic’s Guest Services desk for a complimentary gift card.  [www.nolliescafe.com](http://www.nolliescafe.com).

Paddy Coyne’s Irish Pub - 1190 Thomas Street, near SCCA House and Pete Gross House; 206-405-1548.  [www.paddycoynes.net](http://www.paddycoynes.net).


RV PARKS


University Trailer Park - 2200 N.E. 88th Street; 206-525-7828. Weekly and monthly rates, no daily rates. Deposit required.

For more Seattle area RV parks information:  http://www.washington.edu/commuterservices/parking/rvlist.php

SHOE REPAIR

Angels Shoe Repair - 1465 E. Republican; 206-328-2747.

Shoe Stop Instant Repair - 815 E. Republican, Broadway Market; 206-328-9496.

SHOPPING – BIG BOX STORES

COSTCO - Wholesale store that has groceries, household items and clothing. Membership is required.  www.costco.com.

Kirkland - 8629-120 Avenue N.E.; 425-827-1693.
Aurora Village - 1175 N. 205th Street; 206-546-0480.
Tukwila - 400 Costco Drive, Suite 150; 206-575-9191.


Downtown/Pike Plaza – 1401-2nd Avenue; 206-494-3250.
Northgate - 302 N.E. Northgate Way; 206-494-0897.
Factoria/Bellevue - 4053 Factoria Square Mall S.E., Bellevue; 425-562-0830.

Renton - 743 Rainier Avenue S.; 425-227-0407.
Lynnwood - 1400-164th Street; 425-741-9445.

SHOPPING – CONVENIENT TO SCCA

Rain or Shine - 1st floor lobby of the SCCA Clinic; 206-288-8270. Hours: 8:30am-4pm; weekdays. Offers cards, gifts, magazines, newspapers, candy, toiletries, and seasonal and gift items.

Shine - 207 Pontius Avenue N., Suite 101, located on the 1st floor of the SCCA House; 206-288-7560. Hours: 10am-6pm, weekdays; 10am-3pm, Saturday. Offers cards, gifts, books, magazines, newspapers, candy, toiletries, apparel, jewelry and cancer specialty items (breast prosthesis, canes, compression garments, wigs, etc). www.sccashine.org. The SCCA House shuttle departs every 20 minutes from the front of the SCCA Clinic and provides free transportation to the SCCA House and Shine, Monday-Friday.

SHOPPING – CRAFT / FABRIC


Seattle - 2217 N.W. 57th Street; 206-782-6242.
North Seattle - 15236 Aurora Avenue N.; 206-362-8072.
Bellevue - 15600 N.E. 8th Street, Crossroads Mall; 425-644-3100.
Renton - 2823 N.E. Sunset Boulevard; 425-271-1733.
Lynnwood - 5824-196th Street S.W.; 425-776-8606.

Kirkland - 9755 Juanita Drive N.E.; 425-821-4444.
Bellevue - 15600 N.E. 8th Street, Crossroads Mall; 425-747-1221.
Tukwila - 17400 Southcenter Parkway; 206-575-4352.
Lynnwood - 3115 Alderwood Mall Boulevard; 425-771-6979.

SHOPPING – KIDS


  Northgate Mall - 414 Northgate Mall; 206-361-1101.
  Southcenter Mall – 17501 Southcenter Parkway; 206-575-7446.

SHOPPING – MALLS

Bellevue Square – Information: 425-454-8096. From Mercer Street onramps near SCCA clinic, drive north on Interstate 5 and take Highway 520 eastbound exit. (Please note that Hwy. 520 is a toll road – if you do not have the electronic, pre-paid pass, a bill will be sent to the mailing address for the vehicle.) Cross Lake Washington. Take Interstate 405 - SOUTH exit. Then take N.E. 8th - WESTBOUND exit and proceed west on N.E. 8th Street. Pass Bellevue Way and the mall will be on the left side. www.bellevuesquare.com


SHOPPING – SEATTLE SOUVENIRS

Rain or Shine - Located in the 1st floor lobby of the SCCA Clinic; 206-288-8270. Hours: 8:30am-4pm, weekdays. Offers a selection of Seattle souvenirs, local products and guidebooks and books by local writers.

Shine - 207 Pontius Avenue N., Suite 101, located on the 1st floor of the SCCA House; 206-288-7560. Hours: 10am-6pm, weekdays; 10am-3pm, Saturday. Offers a selection of Seattle souvenirs, local products and guidebooks and books by local writers. www.sccashine.org. The SCCA House shuttle departs every 20 minutes from the front of the SCCA Clinic and provides free transportation to the SCCA House and Shine, Monday-Friday.

  Downtown/Westlake Center - 400 Pine Street; 206-623-9753.
  Downtown/Pike Place Market - 1530 Post Alley; 206-467-0788.
  Alderwood Mall - Inside at Center Court, near Macy’s; 425-771-3212.
Southcenter Mall - Near Sears and Rain Forest Café; 206-439-9683.
Bellevue Square - 1st floor by entrance to Macy’s; 425-454-6907.
Sea-Tac Airport - North Satellite.

SHOPPING – THRIFT

Seattle Children’s Thrift Store - 15835 Westminster Way N., Aurora Square; 206-448-7609. New and used merchandise, including clothing, furniture, kitchen and household items. [www.seattlechildrens.org](http://www.seattlechildrens.org).

Goodwill Industries - 1400 S. Lane Street (Rainier Avenue S. and S. Dearborn Street), 206-329-1000. [www.seattlegoodwill.org](http://www.seattlegoodwill.org).


Value Village - [www.valuevillage.com](http://www.valuevillage.com).
Capitol Hill - 1525-11th Avenue; 206-322-7789.

SIGHTSEEING – ATTRACTIONS

* Please visit the Guest Services Desk located in the 1st floor lobby of the SCCA Clinic or call 206-288-6701. Free tickets/passes are sometimes available to patients and family members for many of the attractions listed below.

Alki Point Lighthouse - 3201 Alki Avenue S.W., 206-841-3519. Seasonal hours vary.

ARGOSY Boat Tours - Boat tours leave from Pier 55 at Seattle’s waterfront; 206-623-1445. For more information visit their website at [www.argosycruises.com](http://www.argosycruises.com).

Center for Wooden Boats - 1010 Valley Street, South Lake Union; 206-382-2628. A hands-on museum dedicated to preserving and documenting the maritime history of the Pacific Northwest. The public is invited to touch the exhibits and explore maritime history first hand by rowing, paddling or sailing the diverse collection of classic boats. Small rowboats and sailboats are available to rent. Visitors also participate by attending events such as regattas, boat shows, by taking a free Sunday afternoon sail, attending maritime skills workshops, volunteering, or simply by walking the docks. Admission is always free [www.cwb.org](http://www.cwb.org).

Chief Sealth Statue - 5th Avenue and Denny; Tilikum Place. Life-sized statue of Chief Sealth, for whom the city was named.

Chihuly Garden and Glass – 305 Harrison Street (Seattle Center), Seattle; 206-753-4940. Hours: Sunday-Thursday, 11am-7pm; Friday & Saturday, 11am-8pm. An art experience showcasing the most significant works of internationally acclaimed artist and pioneer Dale Chihuly. [www.chihulygardenandglass.com](http://www.chihulygardenandglass.com).

Children's Museum - Center House, Seattle Center; 206-441-1768. [www.thechildrensmuseum.org](http://www.thechildrensmuseum.org).
**Chinatown-International District** - One of the city’s oldest neighborhoods. Highlights here include specialty gift shops, Dim Sum and other Asian restaurants, the nationally acclaimed and Smithsonian-affiliate Wing Luke Museum, the mega Asian grocery and specialty market Uwajimaya, and Kobe Terrace, a terraced hillside park adorned with Mt. Fuji cherry trees and laced with ground vines and pathways. [http://www.seattle.gov/tour/id.htm](http://www.seattle.gov/tour/id.htm).

**Fisherman’s Terminal** - 1900 W. Thurman Street, Magnolia. Seafood markets, landmarks.

**Fremont Troll** - N. 36th Street at Troll Avenue N. under the north end of the Aurora Bridge. A piece of public art in the Fremont neighborhood, 18 feet high, weighing 13,000 pounds.

**Hiram H. Chittenden Locks / Lake Washington Fish Ladder** - Also known as Ballard Locks. 3015 N.W. 54th Street, Ballard; 206-783-7059. Watch boats go through the large locks between Puget Sound and Salmon Bay; fish ladders; picnic area. [www.seattle.gov/tour/locks.htm](http://www.seattle.gov/tour/locks.htm).

**Lake View Cemetery** - 1554-15th Avenue E., Capitol Hill. Notable interments include numerous Seattle pioneers, Brandon and Bruce Lee.

**Museum of Flight** - 9404 E. Marginal Way S.; 206-764-5720. Hours: 10am-5pm, daily. Admission fee. The museum offers free admission on the first Thursday evening of each month, 5-9pm. For more information please visit their website at [www.museumofflight.org](http://www.museumofflight.org).


**Olympic Sculpture Park** - 2901 Western Avenue. 9-acre outdoor sculpture museum and beach.

**Original Starbucks** - 1912 Pike Street, Pike Street Market.

**Pacific Science Center** - 200-2nd Avenue N., Seattle Center; 206-443-2844 (schedule information) and 206-443-4629 (IMAX show times). [www.pacsci.org](http://www.pacsci.org).

**Pike Place Market** - 1st Avenue, between Pike and Pine streets; 206-682-7453. An open-air shopping Seattle institution and a must-see for first time and return visitors alike. Large crowds on the weekends and during the summer tourist season. Fresh produce (summer months), freshly-cut flower bouquets, fresh fish, fine foods, locally made crafts, and more. Street performers, cafes and restaurants. Home of the flying fish - the fish vendors can also package your fish purchase in dry ice for your travels home. Parking is available behind the market at 1531 Western Avenue; this garage links to the Market with an elevator. [www.pikeplacemarket.org](http://www.pikeplacemarket.org).

**Pioneer Square** - Pioneer Square marks Seattle's original downtown, dating back to 1852. The district is characterized by late nineteenth century brick and stone buildings, and is home to art galleries, internet companies, cafes, sports bars, nightclubs, bookstores, the Seattle Underground Tour, and a museum and info center for the Klondike Gold Rush National Historical Park.


Seattle Center Monorail - 206-905-2620. Hours: 7:30am-11pm, weekdays, 8:30am-11pm, weekends. Departs every 10 minutes. The Seattle Center Monorail was built for the 1962 Seattle World's Fair. The monorail is a fast, fun and convenient link between Westlake Center (5th & Pine, 3rd level) downtown Seattle and the Seattle Center. Visit website at www.seattlemonorail.com.

Seattle Great Wheel – 1301 Alaskan Way/Pier 57 on the Seattle Waterfront. Hours: Monday-Thursday 11am-10pm; Friday 11am-midnight; Saturday 10am-midnight; Sunday 10am-10pm. 175-foot Ferris wheel with enclosed, heated compartments. www.seattlegreatwheel.com.

Seattle Pinball Museum - 508 Maynard Avenue S., International District; 206-623-0759. Hours vary throughout the week. Over 30 pinball machines from the past 70 years – set to “free play”. Admission fee.

Seattle Space Needle - 5th Avenue N. and Broad Street, Seattle Center. 206-905-2163 or 800-937-9582. Hours: 9am -11pm, Sunday-Thursday; 9am-11:30pm, Friday-Saturday. Ride the elevator 520 feet to the observation deck of Seattle's signature building for spectacular views of the city and its surrounding area. For food and fantastic sights check out SkyCity, the tower's rotating restaurant that makes one complete orbit per hour. www.spaceneedle.com.

Seattle Waterfront - The Seattle Waterfront is a span of parks, piers, ferry and ship terminals, promenades and public spaces, stretching from Pioneer Square on the south to Shilshole Marina on the north. Highlights along the waterfront include Seattle Aquarium, Myrtle Edwards Park, Seattle Art Museum's Olympic Sculpture Park, two cruise ship docks, the Washington State Ferry terminal, docks for Argosy Cruises and the Victoria Clipper, arcades, restaurants, shopping, bike paths, fishing piers, boat launches, and a spectacular view of Puget Sound. Pike Place Market is a short climb away, as well as downtown Seattle.


Volunteer Park Conservatory – 1402 E. Galer Streer, Capitol Hill. Hours: 10am-4pm, Tuesday-Sunday. A botanical garden and conservatory located at the north end of Volunteer Park on Capitol Hill. This Victorian-style greenhouse structure is modeled on London's Crystal Palace. Inside, the Volunteer Park Conservatory is divided into five display houses: bromeliads, ferns, palms, seasonal, and cacti and succulents.

Washington Park Arboretum - 2300 Arboretum Drive. Entrance is at Madison Street and Lake Washington Boulevard. Large park with nature trails. Arboretum guides lead tours every first and third Sunday at 1pm from the Donald Graham Visitors Center.


Woodland Park Zoo - 5500 Phinney Avenue N.; 206-684-4800. Hours: 9:30am-6pm, daily May 1st-September 30th; 9:30am-5pm, daily October 1st-April 30th. 92-acre zoological garden featuring more than 1090
individual animals representing nearly 300 species. The zoo grounds are divided into bioclimatic zones, and also offers a historic carousel. [www.zoo.org](http://www.zoo.org).

**SIGHTSEEING - TOURS**

* Please visit the Guest Services Desk located in the 1st floor lobby of the SCCA Clinic or call 206-288-6701. Free tickets/passes are sometimes available to patients and family members for many of the attractions listed below.

**ARGOSY Boat Tours** - Boat tours leave from Pier 55 at Seattle's waterfront; 206-623-1445. For more information visit their website at [www.argosycruises.com](http://www.argosycruises.com).

**The Future of Flight & Boeing Tours** - 8415 Paine Field Boulevard, Mukilteo, approximately 30 miles north of Seattle via I-5. Tours are offered on the hour beginning at 9:00 a.m. with the last tour time at 3:00 p.m. Children must be at least 4 feet (122cm) tall to participate. No child care is provided. Because this tour is very popular, please call 800-464-1476 to make a reservation at least 24 hours in advance. Tickets cost $18/adults, $12/youth 15 and under. Ticket price is higher at the door with no guarantee of tour availability. For information about tour times, visit their web site [www.futureofflight.org](http://www.futureofflight.org).

**CityPASS** - Visit six of Seattle's top attractions for one low price when you purchase a CityPass; save 51% compared to individual purchases. The pass gives you access to the Space Needle, Pacific Science Center, Seattle Aquarium, Argosy Harbor Tour, EMP/Science Fiction Museum, and Museum of Flight OR Woodland Park Zoo. CityPASS is valid 9 days from the day of first use. Passes may be purchased at these attractions or online at the web site [www.citypass.com/seattle](http://www.citypass.com/seattle). Price per person: $59/adults, $39/ages 4-12. A service fee of $1 is charged for passes that are purchased online.

**Emerald City Trolley** – 855-313-3456. Hop-on/hop-off at various Seattle landmarks. [www.emeraldcitytrolley.com](http://www.emeraldcitytrolley.com).

**First Thursday Art Walk** - Historic Pioneer Square; 1st Thursday of the month; 12-8pm. Seattle’s leading art galleries exhibit new exhibitions and artists, public art installations can be found when walking between the galleries. Maps of participating galleries can be found at [www.firstthursdaysseattle.com](http://www.firstthursdaysseattle.com).


- **Double Decker-Hop On/Hop Off** – Tour Seattle at your own pace.
- **Mt. Rainier Tour** – Gray Line exclusive tour of Mt. Rainier.
- **Future of Flight Boeing Tour** – Visit the Future of Flight Aviation Center and Boeing assembly hangars.
- **City Sights Tour** – Experience the local point-of-view of Seattle’s unique neighborhoods.
- **Cruise the Locks Tour** – Experience Seattle’s maritime highlights on this Argosy tour boat.
- **Lake Union/Ship Canal Tour** – See the sites and historical charm on this Queen of Seattle cruise.

**Ride the Ducks of Seattle** - 206-441-DUCK (3825). See the sights of Seattle by land and by sea in an amphibious WWII vehicle. [www.ridetheducksofseattle.com](http://www.ridetheducksofseattle.com).

**Safeco Field** - 1250-1st Avenue S. Tours include areas of the ballpark that are not normally open to the public: press box, luxury suites, field, visitor’s clubhouse, and more. Cameras are welcome. [www.mariners.com](http://www.mariners.com)
**Theo Chocolate** - 3400 Phinney Avenue N., Fremont; 206-632-5100. The only organic, fair-trade, bean-to-bar chocolate factory in the United States. Factory tours offered daily but are booked weeks in advance. Tours $6 per person. Reservations made online at [www.theochocolate.com](http://www.theochocolate.com).

**Tillicum Village** - Blake Island, Puget Sound; 206-623-1445. 4-hour event includes: A narrated cruise to Blake Island (operated by Argosy Cruises), steamed clam appetizers upon arrival, a salmon buffet, Native American-inspired dance show, exploration time on the island and a return cruise. Tours operate March-October. [www.argosycruises.com](http://www.argosycruises.com).

**Queen of Seattle Paddle Wheel Cruises** - 877-QUEEN16 (877-783-3616); departs from Lake Union Park. Relive the days of the 1890’s Gold Rush when fortune seekers journeyed from Seattle to the Yukon Territory and paddle wheelers plied the waters of Alaska’s Yukon River. Two-hour cruises aboard the largest steam powered paddle wheeler west of the Mississippi will include fun and historical information about this period in Seattle’s history including a “Live Klondike Cabaret Show”. [www.queenofseattle.com](http://www.queenofseattle.com).

**Victoria Clipper** - 2701 Alaskan Way, Pier 69; 206-448-5000. Daily cruises to Victoria, British Columbia, and the San Juan Islands depart from Pier 69 on Seattle's waterfront. [www.victoriaclipper.com](http://www.victoriaclipper.com).

**SOCIAL SERVICES / SUPPORT GROUPS**

**SCCA Social Work Department** - SCCA Clinic, 1st Floor/Registration; 206-288-1076. Social Workers provide emotional and practical support throughout the treatment and recovery process. They can offer counseling, identify community resources, and assist with applying for benefits. Social Workers and Chaplains facilitate weekly support meetings for patients and families at the SCCA Clinic.


**Crisis Clinic** - 206-461-3222. TDD 206-461-3219. Provides 24-hour telephone support for people who are in crisis and referrals to community resources. [www.crisisclinic.org](http://www.crisisclinic.org).

**Family Resource Center at Seattle Children’s** - 206-987-2201. The Family Resource Center is a place for parents to relax, read and learn. The center is staffed daily and offers information on a variety of child health issues, parenting, nutrition and community resources. Other services include computer workstations, seated massage, and a Chapel. For hours and services, please call 206-526-2500, option 3.

King County Sexual Assault Resource Center - 888-99-VOICE (86423). Provides 24-hour crisis, information, support and referral services. [www.ksarc.org](http://www.ksarc.org).

Teen Link - 206-461-4922. 6-10pm. Teen support line.

**SPIRITUAL SUPPORT / PLACES OF WORSHIP (by denomination)**

The Seattle Cancer Care Alliance’s chaplains provide support for patients, family members and caregivers of all faiths and spiritualities, including those who identify themselves as non-religious or non-spiritual. Please call Stephen King, Manager of Chaplaincy, at 206-288-1099 for assistance.

**Christian – Advent**
Advent Christian Church - 1300 E. Olive Street; 206-322-6228.

**Christian – Assembly of God**
The Northgate Church - 12345-8th Avenue N.E.; 425-778-4165.

**Christian – Baptist**
Anchor Baptist Church (Southern) - 3524 N.E. 95th Street; 206-525-5646.
Antioch Baptist Church (Missionary) - 1445 S. Main; 206-329-3888.
Ballard Baptist Church (General Conference) - 2004 N.W. 63rd; 206-784-1554.
Beacon Hill First Baptist Church (American) - 1607 S. Forest; 206-324-3350.
Cherry Hill Baptist Church (National Convention USA Inc) - 700-22nd Avenue; 206-328-0894.
Chinese Baptist Church (American) - 5801 Beacon Avenue S.; 206-725-6363.
Emmanuel Baptist Church (Reformed) - 3752 S. 182nd Street, SeaTac; 206-244-4054.
First Baptist Church - 1111 Harvard Avenue; 206-325-6051.
Haller Lake Baptist Church (General Conference) - 14054 Wallingford N.; 206-364-1811.
Judson Baptist Church (Conservative) - 12700-35th N.E.;
King Street Southern Baptist Center - 925 S. King Street; 206-447-9529.
Mount Zion Baptist Church (American) - 1634-19th (19th and Madison); 206-322-6500.
Queen Anne Baptist Church (American) - 2011 – 1st N.; 206-282-7744.
Tabernacle Baptist Church (Regular) - 16508-8th N.E.; 206-362-8363.
University Baptist Church (American) - 4554-12th N.E.; 206-632-5188.

**Christian – Catholic**
Blessed Sacrament Church - 5050-8th N.E.; 206-547-3020.
Immaculate Conception Church - 820-18th Avenue; 206-322-5970.
Sacred Heart - 205-2nd Avenue N.; 206-284-4680.
St. Anne Church - 1411-1st Avenue W.; 206-282-0223.
St. Catherine of Siena Church - 8500-8th Avenue N.E.; 206-524-8800. [www.stcatherineparish.net](http://www.stcatherineparish.net)
St. James Cathedral - 804-9th Avenue; 206-622-3559. [www.stjamescathedral.org](http://www.stjamescathedral.org)
St. Patrick’s Church - 2702 Broadway E.; 206-329-2960.

**Christian – Christian (Disciples of Christ)**
All Pilgrims Christian Church of Seattle - 500 Broadway E.; 206-322-0487.
Queen Anne Christian Church - 1316-3rd W.; 206-282-8062.
Christian – Church of Christ
Madison Park Church of Christ - 1115-19th Avenue; 206-324-6775.

Christian – Church of Jesus Christ of Latter Day Saints
Church of Jesus Christ of Latter Day Saints - 5701-8th Avenue N.E.; 206-524-5414.

Christian – Covenant
First Covenant Church - 400 E. Pike Street; 206-322-7411.

Christian – Episcopal
Christ Church/University of Washington - 4548 Brooklyn Avenue N.E.; 206-633-1611.
Downtown Trinity Episcopal Church - 609-8th (8th and James); 206-624-5337.
St. Clements Episcopal Church - 1501-32nd Avenue; 206-324-3072.
St. Mark’s Episcopal Cathedral - 1245-10th Avenue E.; 206-323-0300. www.saintmarks.org
St. Paul’s Episcopal Church - 15 Roy Street; 206-282-0786.
St. Peter’s Episcopal Church - 1610 S. King; 206-323-5250.
St. Stephen’s Episcopal Church - 4805 N.E. 45th; 206-522-7144.

Christian – Lutheran
Chapel on the Ave - 4130 University Way N.E.; 206-634-3370.
Apostolic Lutheran Church - 19555 Fremont Avenue N.; 206-542-2555.
Beacon Lutheran Church - 1720 S. Forest; 206-322-0251.
Denny Park Lutheran Church (ELCA) - 766 John Street; 206-623-7447. www.dennypark.org
Gethsemane Lutheran Church - 911 Stewart; 206-682-3620.
Immanuel Lutheran Church (ELCA) - 1215 Thomas Street; 206-622-1930.
Maple Leaf Lutheran Church (ELCA) - 10002-32nd Avenue N.E.; 206-524-2448.
Messiah Lutheran Church (Missouri Synod) - 7050-35th N.E.; 206-524-0024.
Queen Anne Evangelical Lutheran Church (ELCA) - 2400-8th Avenue W.; 206-284-1960.
Trinity Lutheran Church (Missouri Synod) - 1200-10th Avenue E.; 206-324-1066.
University Lutheran Church (ELCA) - 1604 N.E. 50th; 206-525-7074.
Zion Evangelical Lutheran Church (Missouri Synod) - 7109 Aurora Avenue N.; 206-782-6734.

Christian – Methodist
First AME Church - 1522-14th Avenue (between Pike & Pine); 206-324-3664.
First United Methodist Church - Seattle Children’s Theatre, Seattle Center; 206-622-7278.
Queen Anne United Methodist Church - 1606-5th Avenue W.; 206-282-4307.
Sand Point Community United Methodist Church - 4710 N.E. 70th Street; 206-523-3040.
University Temple United Methodist Church - 1425 N.E. 43rd Street; 206-632-5163.

Christian – Nazarene
First Church of the Nazarene - 4401-2nd Avenue N.E.; 206-632-4560.

Christian – Orthodox
St. Demetrios Greek Orthodox Church - 2100 Boyer E.; 206-325-4347.

Christian – Pentecostal
House of Holiness Pentecostal Church - 2803 E. Cherry; 206-325-5042.
Christian – Presbyterian
Bethany Presbyterian Church - 1818 Queen Anne N.; 206-284-2222.
First Presbyterian Church - 1013-8th Avenue; 206-624-0644.
Queen Anne Presbyterian Church - 414 W. Howe; 206-283-6644.

Christian – Seventh Day Adventist
Volunteer Park Seventh-Day Adventist - 1300 E. Aloha; 206-325-5544.

Christian – United Church of Christ
Plymouth Congregational United Church of Christ - 1217-6th Avenue; 206-622-4865.
University Congregational United Church of Christ - N.E. 45th and 16th Avenue N.E.; 206-524-2322.
All Pilgrims Christian Church of Seattle - 500 Broadway E.; 206-322-0487.

Jewish – Orthodox
Congregation Shaarei Tefilah-Lubavitch - 6250-43rd Avenue N.E.; 206-527-1411.
Emanuel Congregation - 3412 N.E. 65th; 206-525-1055.

Jewish – Conservative

Jewish – Reform
Temple De Hirsch Sinai - 1511 E. Pike Street; 206-323-8486.

Buddhist Temples
Dai Bai Zan Cho Bo Zen Temple - 1811-20th Avenue; 206-328-3944.
Dharmadhatu Buddhist Meditation Center - 919 E. Pike; 206-860-4060.

Hindu Temples
Vedanta Society of Western WA (Ramakrishna Mission of India) - 2716 Broadway E.; 206-323-1228.

Islamic Mosques
Islamic Idriss Mosque - 1420 N.E. Northgate Way; 206-363-3013.

TRANSPORTATION / PUBLIC TRANSIT

SCCA Volunteer Services - Volunteer Drivers provide free transportation from and to Sea-Tac Airport and Boeing Field for patients and their primary caregivers. Please call Volunteer Services at 206-288-1075 or email voluntee@seattlecca.org at least three business days in advance of your arrival or departure to request transportation. Transportation is dependant on volunteer availability.

METRO Transit - 206-287-8463 (press 0) for bus route information (available 24/7). Information is also available at web site www.tripplanner.kingcounty.gov. Routes near the SCCA Clinic are 70, 71, 72 and 73; all
stop on Fairview Avenue N. and go to downtown Seattle and the University District. METRO offers the Special Transportation Service Program for people with a disability, which includes Reserve-A-Ride and taxi scrip. SCCA patients may call 206-689-3113 for an application.

**Taxi Cabs –**
- **Yellow/Gray Top:** 206-282-8222
- **Orange:** 206-522-8800.
- **Far West:** 206-622-1717.
- **North End:** 206-363-3333.

**Seattle Downtown Airporter by Shuttle Express** - 855-566-3300. Bus transportation to/from Sea-Tac Airport, departs twice daily, 6:30am-9pm. Adult fares: $15/one-way; $25/round-trip. Picks up and drops off passengers at the inner drive curb on the 3rd floor of the airport garage with service to/from major Seattle hotels. The bus stop closest to the SCCA Clinic is the Westin Seattle Hotel at 1900-5th Avenue (meet bus at the entrance on Westlake Avenue). Pre-purchase tickets online at [www.downtownairporter.com](http://www.downtownairporter.com).

**Seattle Center Monorail** - 206-905-2620. Hours: 7:30am-11pm, weekdays, 8:30am-11pm, weekends. Departs every 10 minutes. The Seattle Center Monorail was built for the 1962 Seattle World's Fair. The monorail is a fast, fun and convenient link between Westlake Center (5th & Pine, 3rd level) downtown Seattle and the Seattle Center. Visit website at [www.seattlemonorail.com](http://www.seattlemonorail.com).


**Shuttle Express** - 800-487-7433. Provides transportation to and from Seattle-Tacoma Airport, 24/7. Kiosk located on the Baggage Claim level of Sea-Tac Airport. Call one day in advance to make a reservation for transportation to the airport. Call three days in advance before holidays. [www.shuttleexpress.com](http://www.shuttleexpress.com).

**South Lake Union Street Car** - Connects South Lake Union to downtown Seattle (Westlake), runs daily at 15 minute intervals. Paid tickets valid for 2 hours, fares transfer to Metro busses. Fares and route map available at the Guest Services Desk, SCCA Clinic’s 1st floor lobby. [www.seattlestreetcar.org](http://www.seattlestreetcar.org).

**Washington Limousine** - 800-422-5466. Transportation to Sea-Tac Airport. Can take up to three passengers and luggage. Call 48 hours in advance to make a reservation.

**Washington State Ferries** - Visit web site at [www.wsdot.wa.gov/ferries](http://www.wsdot.wa.gov/ferries) for schedule information or call 206-464-6400. Take your car or walk on ferries to Bainbridge Island, Whidbey Island, San Juan Islands, Bremerton and Kingston.

### VIDEO / VIDEO GAME RENTALS

**RedBox** - 800-5th Avenue N. and 1607 Queen Anne Avenue N. (7-11 stores); 500 Mercer Street and 417 Broadway E. (QFC stores). Independently owned rental kiosks. [www.redbox.com](http://www.redbox.com).

VOLUNTEER SERVICES FOR PATIENTS AND FAMILIES

Volunteers are special people who support Seattle Cancer Care Alliance patients and their families and caregivers. They would like to help make your stay in Seattle as comfortable as possible by providing practical and social support in a variety of ways.

Volunteer Services, Seattle Cancer Care Alliance

To learn about Seattle and support services at the SCCA, please visit the Guest Services Desk in the SCCA Clinic’s main lobby between 8am-4pm., Monday-Friday. You may also call the desk at 206-288-6701 for assistance.

The following volunteer services are provided for families and primary caregivers of SCCA patients who come from outside of western Washington without local support.

Volunteer Drivers provide free transportation from and to Seattle-Tacoma Airport and Boeing Field for patients and their primary caregivers. Please call Volunteer Services at 206-288-1075 at least three business days in advance of your arrival or departure to request transportation. Transportation is dependant on volunteer availability.

Patient/Family Volunteers provide practical and social support for families and caregivers of patients that temporarily relocate to Seattle for a defined treatment period. We make an effort to match a volunteer with a patient's family/caregivers based on similar interests, professional, spirituality and cultural background. To request a volunteer, please call the Manager of Volunteer Services at 206-288-1071.

Volunteer Services, University of Washington Medical Center (UWMC)

UWMC Volunteer Services sponsors the following programs to support Alliance patients and their families and caregivers:

The Beauty and Cancer Program assists women and men with head coverings and skin care during cancer treatment at the Seattle Cancer Care Alliance. Volunteers can assist you with hats, turbans, wigs, skin care, make-up, and identifying community resources. To schedule an appointment with a Beauty and Cancer volunteer on floor 8 SE at the UW Medical Center, please call 206-598-3604.

Living Well with Cancer is a series of classes for patients, family members and caregivers, which includes Knitting, Gentle Yoga, Writing From the Heart, Art Therapy, and Stress Reduction. A class schedule is available at the Patient and Family Resource Center in the SCCA Clinic. For additional information, please call 206-598-7880.

The Cancer Library for cancer patients and families is located on 8 SE and is always open. The library has books, tapes, videos and computers to access the Internet.

Volunteer Services, Seattle Children’s

Specially trained volunteers offer companionship, games, crafts and toys for pediatric inpatients. Their siblings may participate in play sessions in the Recreational Therapy playroom throughout the week. For additional information, please call the Child Life Program at 206-987-2100, extension 3169.

WASHINGTON STATE LAWS

Listed below is a small sample of the city and state laws that might be helpful to patients and caregivers from outside the Seattle area:
Car Seats: Children less than eight years old must be restrained in child restraint systems, unless the child is four feet nine inches or taller. A child who is eight years old or older, or four feet nine inches or taller, must be properly restrained either with the motor vehicle's safety belt or an appropriately fitting child restraint system. Children under thirteen years old must be transported in rear seats where it is practical to do so.

Cell Phone / Texting: Drivers must only use a hands-free device for phone calls, except in case of emergency. Texting is prohibited by drivers.

Disabled Parking: Washington State Law allows on-street parking at no cost to holders of valid parking permits (placards, license plates and tabs). Valid out-of-state disabled plates and permits are allowed. NOT allowed: use of loading zones, parking in No Parking or No Stopping areas, parking in peak period/restricted areas (e.g. No Stopping 3-6pm). Applications for temporary disabled parking permits are available from the SCCA Social Work Office, 1st floor Registration Office; 206-288-1076. Completed applications should be brought to the King County Administration Building, 500-4th Avenue, Room 401; 206-296-4000, ext. 2355.

Jaywalking: The Seattle Police Department is concerned for pedestrian safety and will often cite persons who cross against the light or do not use marked cross walks, especially in the downtown core.

Smoking: Smoking is prohibited in all indoor public places, workplaces and within 25 feet of doors or windows. The SCCA and Fred Hutchinson is a smoke-free campus, including the garages; patients and family members may inquire at the SCCA Security Desk for the nearest designated smoking area to the SCCA Clinic.

WIGS

Please refer to section “Hats/Scarves/Head Coverings/Wigs” on page 18.