

Seattle/SCCA tips for Alaskans

Transportation: The easiest way to get around Seattle is public transport, and for that, it's handiest to have an [ORCA card](#), which you can buy online and use on all local transport including trains, buses and trolleys.

Here's the [route](#) to Fred Hutch, which is just down the hill from the SCCA clinic.

To get there from SEATAC, go to the baggage claim area and then take the stair/elevator up ½ level to the parking garage exit. There you'll see signs leading left to the [Light Rail](#). Follow them out of the parking garage to the light rail station. If you've got an ORCA card, simply tap it at the yellow kiosk in the station entrance and go up one flight to the platform (there's also an elevator to your right) to wait for the train. If you don't already have a card, you can buy a ticket with a credit card from the vending machines on the wall straight ahead of you as you enter. Your train comes on the righthand (away from the airport) platform as you climb the stairs and comes from the right. There's a voice announcement of train arrival. If you don't feel up to walking the whole way to the station from the terminal, there's a ride service from shortly after you get into the parking garage, just a bit after you turn left following the signs, or there's a number on the light rail page linked above to request transportation assistance.

Take the light rail all the way to the [Westlake station](#). As you exit the station, tap your ORCA card on the yellow kiosk again to finalize that portion of the trip. You'll climb to street level (there are escalators part of the way as well as elevators) and ease towards the Macy's direction in choosing between exit signs. You have a couple-block walk to [Westlake Ave & Olive Way](#) where the [South Lake Union trolley stop](#) is. Again, tap your ORCA (which acts as a transfer, since this is part of the earlier trip) at the kiosk before you board. There's a display at the trolley stop that tells you roughly when the next one is due.

Take the trolley to the Fred Hutch stop, which is just down the hill from SCCA ([map](#)). The whole trip from the airport takes about an hour and half.

To get around town, you can use the Sound Transit [trip planner](#) and [maps](#), although sometimes you do better with just google maps and asking it for the bus route (the trip planner sometimes takes you past where you're going and then makes you backtrack).

There's also a [free shuttle bus](#) (wheelchair accessible) that travels between the SCCA clinic at Eastlake and the UW hospital campus. If you'll be traveling this way, let your scheduling people know this if they're sending you between facilities for tests or appointments.

The [SCCA also has volunteers](#) who can pick you up at the airport.

Accommodations: For [housing](#), the SCCA has [some options](#) themselves. The [SCCA House](#) is available for just a few nights. If you're a patient of UWMC, you can also use [The Collegiana](#) (and use the SCCA shuttle if you need to get from there to the clinic). The SCCA may also have some special deals with local hotels, and the best way to find out about them is "Contact our housing coordinator at (206) 606-7263 or e-mail housing@seattlecca.org if you have any questions about housing."

The American Cancer Society also can provide [low cost hotel housing](#) during treatment but it may be located far enough out to require a car.

[Assistance resources](#)

Patient & Family Resource Center on the third floor of the SCCA outpatient clinic has computers, printers, fax, local information, and schedules of in-clinic events like the free yoga sessions. The clinic building has free wifi. The Resource Center folks can answer all sorts of non-medical questions and are a good place to start if you don't know where to go for something. If you're spending some weeks there getting treatment, ask about their special passes to local attractions and events.

There's no charge to meet with a dietitian, and they can help you prepare for treatment needs. Just ask for an appointment when you are scheduling your workup.

[Other new patient info](#) and downloadable [Patient Resource Guide](#)

When you schedule appointments, the scheduler will listen to what you need and then email you a full schedule of appointments/tests along with where you go and any prep information. If you'll be relying upon the shuttle/public transport, let them know before they schedule you and they're pretty good about making sure you have time to get between facilities if you need to go over to UW.

What to expect in the clinic:

Everyone may be screened (asked about) for respiratory infections and you'll see stick-on badges to that effect. Anyone coming into the clinic is asked to not wear scents or heavily-scented body care products, since that's really difficult for some chemo patients.

If you have lab work drawn, you'll be asked "do you have a port?" That's just so they assign you to the right person to draw your blood.

The cafeteria on the second floor has decent coffee and food that, well, will do. There's not a lot of good food options near the clinic, although the cafeteria down at Fred Hutch (you'll need directions) has a good salad bar.

If you're staying right around the clinic, best bet for food is to take the trolley back to Westlake where there is a Whole Foods and lots of small places to eat that serve the big community around Amazon, none of which is spectacular. We like [Homegrown](#) for a pickup meal. [Duke's Seafood and Chowder](#) on the waterfront is overpriced but possibly the best bet within walking distance. If you search "seattle online food delivery service" you can find quite a few restaurant food delivery services.

There's a nice, quiet little park on the Fred Hutch campus down the hill from SCCA on Fairview, if you need someplace to sit and reflect. There are also benches on the docks at the end of Lake Union. Volunteer Park at the top of Capitol Hill is a larger park and has a museum and conservatory that can also be refreshing, low-demand get-aways.