



SILVERTON AREA SENIORS, INC.

SILVERTON AREA SENIOR CENTER

YOUR GUIDE TO RESOURCES EMPHASIZING LOCAL ONES



kisspng

RESOURCES & TIPS for SENIORS
ON HEALTH, SAFETY, SERVICES & WELLNESS
AVAILABLE IN, NEAR, OR FROM SILVERTON

For now

**To access a topic listed in table of contents press control & click to take you directly to that section (unless programs are incompatible).
To access a website in right column, press control & click on the word website.**

We are working toward reinstating search by key worlds.

**While aiming for accuracy, errors may occur, & information may change.
Inclusion does not constitute an endorsement.
Does not accept unsolicited advertising or articles.
Please submit suggestions or corrections at 503-873-3093, or
staff@silvertonseniorcenter.org.**

**Compiled by Silverton Area Seniors Inc., Safety Committee.
Available at (<https://silvertonseniors.org>)**

Initial: 5-4-2015 Most recent Update is 23rd: 7-25-2023

Readability: 14 point, Arial

115 Westfield Street, Silverton OR 97381
director@silvertonseniorcenter.org ▪ www.silvertonseniors.org
503-873-3093

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| <u>TOPIC</u> <u>*Subtopic</u> <u>Tips/Resource/Address</u> | <u>PHONE</u> <u>WEBSITE</u> of organization or publication |
|--|--|
| ABUSE & NEGLECT, ELDER Center for Hope & Safety Refuge & support for victims & survivors of domestic violence, sexual assault, stalking, & human trafficking. 605 Center St. NE, Salem | 503-399-7722 (24-hr crisis) <u>website</u> |
| Marion County Circuit Courthouse, Protective/restraining orders for <i>Elderly & Disabled, Family Abuse,</i> <i>Sexual Abuse, & Stalking.</i> 555 Court St. NE, Salem | 503-588-5032 <u>website</u> |
| Abuse Line Northwest Senior & Disability Services (NWSDS) | 800-846-9165 <u>website</u> |
| Oregon Department of Human Services (DHS) Report abuse, neglect, or financial exploitation of Elder & Vulnerable Adults | 855-503-SAFE (7233) <u>website</u> |
| ALARMS/ALERTS (see also Disaster, Emergency, Medical Supplies) | |
| *Home Safety & Security Alarms & Systems | |
| <i>Tip: Change batteries at regular interval, such as birthday, New Year's.</i> <i>Apartment owners must provide smoke alarms.</i> | |
| American Red Cross Cascades Region Install free smoke alarms by appointment Click About Us, Request Alarms | 503-528-5783 <u>website</u> |
| <i>Consumer Reports</i> <i>Keep your home safe</i> <i>Is Your Home Security a Scam Magnet?</i> | <u>website</u> |

Silverton Fire District
Information on fire prevention includes
smoke alarm assistance, as changing fire
alarm batteries by appointment
for those unable to do it themselves.
Provides smoke alarms in some instances.
819 Railway NE, Silverton

503-873-5328
(non-emergency #)

[website](#)

***Medical Alerts**

Tip: Some mobile phones for seniors have built-in alarms.

Inquire about whether your cell phone, internet, &/or landline will work during power outages, esp. prolonged outages.

Alarms dependent on 3 G network no longer work as of 2-22-22.

Alzheimer's Association of Oregon

800-272-3900
(24 hr. Helpline)

Alzheimer's Association Safe Return &
Medic Alert Foundation International
24 hr. Safe Return program
Membership service supplement
missing person reports of people with
dementia who have a medical emergency,
or who wander. Check details & fees at

888-572-8566
800-432-5378

[website](#)

Consumer Reports

How to Choose A Medical Alert System

[website](#)

Foothills Medical Supply

Special orders from selection
of personal alarm devices
304 N. First St., Silverton

800-871-4083

[website](#)

Medical Alert Systems

Guides on medical alerts &
senior safety practices
601 W. 1st Ave., Spokane

800-354-1327

[website](#)

New Horizons Care

Voice-Activated Medical Alert via Alexa
200 Hawthorne Ave SE, Salem

503-400-3000

[website](#)

Philips Lifeline 800-635-6156
for 24 hr. emergency service
Available in English, Russian, & Spanish [website](#)

Silver Alerts
Public notification system about missing adults with impaired mental conditions, as those with dementia, developmental disability, or brain injury. Oregon participates via police & sheriffs. Even alerts in a small area may cross jurisdictions.

If a person wanders & is lost more than once, officers may draft a safety plan.

Marion Co. Sheriff 503-588-5032
Silverton Police **911** for emergency
503-873-5326
(non-emergency #)

ANIMALS (Care, Service, & Pets)

*Tips: Assistance or **service animals** are trained for specific work or tasks that benefit an individual. Do not pet service animals, as it distracts from their work.*

*Animals not so trained (**companion animals**, emotional support animals, or pets) do not qualify for accommodation in public places & services, nor private transportation. May require animal be in carrier.*

Prepare for disasters by locating friends, motels or shelters that take pets, microchip and photograph pet, assemble carrier, adequate food and water, leashes, medicines, etc. Inquire in advance about care of livestock.

Disability Rights Oregon 800-452-1694
Posts several articles on service animals
Portland [website](#)

Dogs for Better Lives 800-990-3647
Central Point, OR

Northwest ADA Center 800-949-4232
Posts information on ADA & service animals
in AK, ID, OR, WA
Mountlake Terrace, WA [website](#)

| | |
|---|---|
| Northwest Battle Buddies Connects Veterans with service dogs | 360-601-9744 website |
| Oregon Department of Justice Posts poster on service animals 1162 Court St. NE, Salem | 503-378-4400 website |
| Oregon Humane Society Disaster Preparedness Information Salem Campus 4256 Turner Rd SE, Salem | 503-585-5900 website |
| PNW Pooch, LLC In-home service by appointment. Offers bathing, grooming, haircut, nails 2447 74 th Ave. SE, Salem | 920-228-3303 website |
| Silverton Cat Rescue Rescue & place kitties, Educates community about fixing cats. POB 746, Silverton | website (Facebook) |
| *Pet sitting Jane Boeka, Silverton Pet sitter, walker | 402-319-0332 |
| Kimberly Clovis Pet sitter, walker | 971-219-5961 |
| Chris Dolan, Silverton Sits cats & dogs on daily visits or overnight | 503-779-6808 |
| A Golden Hand Pet sitter, walker 858 Lancaster Dr. SE, Salem | 971-600-5949 |
| Pam Miller, Silverton Sits dogs | 503-407-8481 |
| Charlie Newton Pet sitter, walker | 503-949-0096 |

Available after 6 PM weekdays & on weekends.

***Poison Control for Pets**

American Society for Prevention of Cruelty
To Animals (ASPCA)
Animal Poison Control

800-426-4455
[website](#)

BLOOD PRESSURE (see also Medical Supplies)

*Tips: Blood pressure may be monitored clinically,
at home, or in retail kiosks with manual or digital devices.
Accurate readings require blood pressure cuff fits you.*

Higi kiosk measures vital signs
Located near pharmacy inside Rite-Aid
626 McClaine St., Silverton

[website](#)

Blood pressure test, free
High School Pharmacy
406 McClaine St., Silverton

503-873-8391
[website](#)

Mayo clinic staff review: *Get the most out of
home blood pressure monitoring.*

[website](#)

CAREGIVING (See also Support Groups)

Tip: Verify amount of any fee involved.

***General**

AARP
Family Caregiving on-line resources
Includes practical advice on COVID-19.

[website](#)

Jane Brown

503-873-7530

Caring Conference, annually in April
hosted by Oregon Native Tribes & partnering
tribes.

503-304-3429 (Suzy Deeds)

National Institute on Aging
Skills, support, & tips for caregivers

[website](#)

| | |
|---|--|
| National Institutes of Health Caregiver Resources | website |
| Northwest Senior & Disability Services (NWSDS) Sponsors Oregon Project Independence (see below). Family Caregiver classes register at: in person 1 st Tues., 1-2:30 PM, virtual class 2 nd Wed., 4-5 PM | 503-304-3429 (Suzy Deeds) 503-304-3432 |
| Oregon Care Partners COVID-19 training care givers on-line, free dementia care training for caregivers Free periodic classes on various topics, including at Silverton Senior Center. Holds conference in the spring. | 800-930-6851 website website |
| Oregon Home Care Commission Registry & Referral System of homecare workers and personal support workers for Seniors & Adults with Physical Disabilities Provides training. 676 Church St. NE, Salem | 877-867-0077 website |
| Oregon Project Independence Up to 20 hours in-home care per month For those with disabilities or age 60+ Access through either Aging & Disability Resource Connection Northwest Senior & Disability Services | 503-304-3420 website website |
| Willamette Valley Caregivers Registry & referrals for caregivers Silverton | 503-874-4199 website |
| Willamette Vital Health Publishes <i>Family Caregiver Connections</i> | website |
| <u>Care Providers</u> Jo Aerne Occupational therapist, certified | 314-625-2191 |

Assists with activities of daily living, improve Independence & home-safety.

Everette Barcliff 917-387-5608
Certified nursing assistant & 1st-aid
Does activities of daily living, meal preparation, housekeeping, medication assistance, respite care, dementia care, etc.

Care Availability
Free service by Retirement Connections for Mid-Willamette Valley of caregivers & Related topics. [website](#)

Amy Caster-Winegart 503-504-3938
RN offers activities of daily living, dementia care, laundry & meal preparation, medication administration, respite care, vital signs, ETC. Limited hours.

Kimberly Clovis 971-219-5961
Offers experienced caregiving as RN, will do driving, & visit.

ComForCare 503-400-6637
Provides caregivers to assist in activities of daily living, personal care, companionship, dementia care, end-of-life care, housekeeping, meal preparation, medication management, errands, transportation, and respite care.
3470 Pipebend PI NE Suite 100, Salem [website](#)

Jeff Denson 503-339-5941
Provides companionship & housekeeping

Cindy Durante 541-297-5103
Certified Home Care Provider & in 1st-aid
Meals, activities of daily living, medications, Errands, dementia & hospice care, etc.

Susan Durante 503-874-4352
Certified Homecare Provider 760-464-8208

Personal care, medication management,
meals, light housekeeping, errands, pet care.

First Call In-Home Care 503-375-2273
Provides home health care & in-home care.
2608 Cascadia Industrial St. SE, Salem [website](#)

A Golden Hand 971-600-5949
Provides caregivers to assist in daily living,
for companionship, dementia support,
end-of-life care, housekeeping, prepare meals,
medication management, nursing services,
personal care, respite care, transport etc.
858 Lancaster Dr. SE, Salem [website](#)

Rita Hendershott 831-234-7015
Non-certified
Will drive to appointments, separate medicines.

Home Instead Senior Care 503-399-9490
Non-medical home care includes Silverton.
Helps with cooking, bathing, errands, &
transportation. Live-in care, respite care.
2015 24th St. SE, Salem [website](#)

Susan Moore 541-530-9378
Helps with activities of daily living, house-
keeping, laundry, prepares meals &
medications, & runs errands.

Shohoni Moseley 503-873-2009
Certified Personal care support & home care,
& 1st-aid. 10 years of experience.
Provides companionship, respite care,
errands, medication management.

Beth Negrey 503-989-3940
Offers doing laundry, errands, shopping, &
transportation.

New Horizons In Home Care 503-400-3000
Medical & non-medical assistance

| | |
|--|--|
| for Salem & surrounding area 200 Hawthorne Ave SE, Salem | <u>website</u> |
| Charles Newton Offers companionship, housekeeping, laundry, transportation, errands & shopping. Mostly after 6 PM weekdays & on weekends | 503-949-0096 |
| Providence Benedictine In-Home Services For those within 30 miles of Mt. Angel. Offers companionship, housekeeping, prepares meals, assists bathing & medication, & respite care. 540 S. Main, Mt. Angel branch | 503-845-9226 <u>website</u> |
| Lillian Ryan Certified caregiver & medication aide. Helps cook, showering, medications, light housekeeping, companionship, shopping, & transportation. Experienced. | 503-871-7154 |
| Senior Helpers Offers companion care, personal care, or home health care, & dementia care. 2659 Commercial St. SE, Ste. 270, Salem | 503-308-9734 <u>website</u> |
| Visiting Angels serves Mid-Willamette Valley including Marion County Services include companionship, personal care, dementia care, respite care, & end-of-life care. 250 Broadalbin St., Suite 250, Albany | 800-365-4189 503-375-2061 <u>website</u> |
| Willamette Valley Caregivers Refers caregivers for 2-24 hour care in bathing & grooming, incontinence care, transferring & positioning, companionship, meal planning & preparation, light housekeeping, medication assistance, hospice care, respite care, errands & transportation for people with a variety of conditions & illnesses. 204 N. 1 st , Suite D, Silverton | 503-874-4199 <u>website</u> |

Charlene Williams 971-718-0897
Licensed caregiver. 1st-aid certified.
Will cook, clean, run errands, give medicine,
& personal care.

***Respite Care (Adult Day Care)**

Home Instead Senior Care 503-399-9490
Non-medical home care for Salem area,
including Silverton. Includes respite care.
2015 24th St. SE, Salem [website](#)

Regency Woodland 503-364-1355
4710 Sunnyside Rd. SE, Salem [website](#)

Thelma's Place 503-266-5100
Countryside Living Community
Respite day care
352 NW 2nd Ave., Canby [website \(Facebook\)](#)

Visiting Angels 800-365-4189
Serves Marion County, Mid-Willamette Valley 503-375-2061
250 Broadalbin St., Suite 250, Albany [website](#)

CHURCHES/ RELIGIOUS/ SPIRITUAL ORGANIZATIONS

*Tip: Faith groups may hold services via broadcast,
virtual, or require appointment for in-person gatherings.*

Beyond spirituality, faith groups provide social opportunities. Several hold health & safety programs, share garden produce, provide safety nets (help with shopping, transportation, cash assistance, shelter etc.) Ministries may do grief counseling, visit the sick & homebound. Contact to find out if programs are limited to members, or have other eligibility requirements.

Immanuel Lutheran 503-873-8656
Parish Nurses events, may visit parishioners.
303 N. Church St., Silverton

Salvation Army Cascade Division 503-585-6688
Provides food, shelter, basic needs, & limited
financial help for Marion County residents.
1977 Front St. NE, Salem [website](#)

Stephen Ministry
Trained congregation members provide
weekly in-home company & comfort grief care.
Associated with 170 Christian denominations.
Local contact available to non-members from
First Baptist Church 503-873-6181
229 Westfield, Silverton

St. Vincent de Paul Society 503-364-3210 (main #)
Emergency food, clothing, housing, utilities &
related programs. 503-364-5672 (**emergency**)
3745 Portland Rd., Salem [website](#) (not secure)

CLOTHING

*Tips: Choose apparel that is comfortable to put on, take off, & launder.
Avoid back zippers, pullovers, extra-long sleeves, & dangling
accessories.*

***Retail**

Buck & Buck 800-458-0600
Mail order specializing in elderly apparel
3111 27th Ave. S., Seattle WA [website](#)

Second-hand/Vintage

Seventh Day Adventist Church 503-873-0975
Community Services, provides clothing &
household goods to those in need.
Thurs., 9 AM-noon
159 Oak St., Silverton [website](#)

COMMUNICATON

Devices & Programs

**(see also Alarms, Consumer Protection, Information, Translation,
Utilities)**

Access Technologies Inc. 503-361-1201
iCanConnect Program—Oregon
Free communications equipment & training
for those with significant hearing & vision loss
2225 Lancaster Dr. NE, Salem [website](#)

| | |
|--|--|
| <p>American Sign Language Classes on 1st & 3rd Thurs. 4:30 PM, \$20 Held at Silverton Senior Center 115 Westfield, Silverton</p> | <p>503-873-3093</p> <p>website</p> |
| <p>AT&T Mobility Lifeline Service Discounted wireless service for low-income who meet qualifications.</p> | <p>800-377-9450</p> |
| <p>Butte Creek Computer Service Repair & virus removal 209 E. Main, Silverton</p> | <p>503-877-3130</p> <p>website</p> |
| <p>Federal Communications Commission Affordable Connectivity Program Discounts for internet for those eligible Enroll at Affordable Connectivity and Contact preferred participating provider, such as AT&T, CenturyLink, Verizon, Wave, & Zply.</p> | <p>888-225-5322</p> <p>website</p> |
| <p>Oregon Public Utility Commission <i>Oregon Lifeline Program</i> Discounts on landline & broadband service with participating companies <i>Telecommunications Devices Access Program</i> Loans devices to ease disabilities (cognition, hearing, mobility, speech, vision) for free. 201 High St. SE, Suite 100, Salem</p> | <p>800-848-4442</p> <p>website (site not secure)</p> |
| <p>Random Shoes Help with electronic devices. If restarting your device doesn't work, call Mike Ashland.</p> | <p>503-880-1742</p> <p>website</p> |
| <p>Silverton Senior Center Business center offers 2 laptop stations, copy/print/scan letter/legal size documents, laminating, scan photos, or shred documents. Inquire about current charges. Call ahead for hours available.</p> | <p>503-873-3093</p> |

Friendly Connections contacts those without a computer. Call to sign-up for this.

115 Westfield, Silverton

[website](#)

US Federal Communication Commission
Under *Telephone Consumer Protection Act*
helps consumers to stop robo-calls & other
unwanted calls, text messages, or faxes.

888-225-5322

COMMUNITY RESOURCE ORGANIZATIONS

Community Action Agency
Assists Marion County residents,
or refers to other programs for emergency
housing, energy, & weatherization
615 Commercial St. NE, Salem

503-399-9080

[website](#)

Marion County (CHIP)
Community Health Improvement Program

[website](#)

Northwest Senior & Disability Services
(NWSDS)

503-304-3420
800-846-9165

Oregon Department of Human Services (DHS)
Aging & Disability Resource Connection
(ADRC)

866-206-4799

Offers Otago Exercise Program in Salem area,
Gatekeeper Program,
especially for those living alone.

503-304-3407

[website](#)

SILVERTON AREA COMMUNITY AID
(**SACA**)

503-873-3446

Provides food, services, & access to
community resources for residents of Silver
Falls school district. May help with rent, bills,
transportation, classes, dental care, haircuts,
& job search.

Pantry Hours: Mon. 11 AM-2 PM, Tues. 4-7 PM,
& Thurs. 9 AM-noon

Office Hours vary, usually Mon., Wed., & Thurs.
8:30 AM-4:30 PM, Tues. 1-7 PM,

421 S. Water St. (basement), Silverton

[website](#)

2-1-1 Info 211 (English & Spanish)
Resources on food, healthcare, housing, jobs. [website](#)

Computers (see Communication)

CONSUMER PROTECTION against Fraud

*Identity Theft

U.S. Federal Bureau of Investigations

Fraud Target: Senior Citizens

tips to avoid fraud & link to common frauds [website](#)

U.S. Federal Trade Commission

Identify Theft [website](#)

*Scams

Tips: Beware of contacts you did not originate, & emails with only link & name of supposed sender.

Scams typically ask for your Address, Banking information, Account Numbers, Passwords, Remote Access to your computer, demand immediate payment money order, wired money, or prepaid card (according to state & federal justice programs).

Scams may have mismatched email addresses of origin & destination addresses. The destination address is between the second-to-last-dot and the first slash of the URL.

Shred anything with names, phone, email, address, account numbers & personal information.

*Dial *77 to prevent receiving Private Caller lacking a phone number.*

Keep purses out of view of windows (car & home).

COVID-19 Scams

AARP Fraud Watch Network 877-908-3360

Beware of Robocalls, Texts & Emails

Promising COVID-19 Cures or Stimulus

Payments [website](#)

US Department of Justice

Report COVID-19 Fraud [website](#)

Marion County Sheriff

503-588-5032
(non-emergency line)

Oregon Scam Advisory
Oregon SMP to Prevent Healthcare Fraud 855-673-2372
ADRC of Oregon [website](#)

US Federal Bureau of Investigation (FBI)
Elder Fraud [website](#)

US Social Security Administration
Scams: 1) pretend to be from an agency or organization you trust, 2) claim problem exists or prize won, 3) pressure you to act immediately, & 4) tell you to pay in a specific way.

Report scams to the Inspector General [website](#)

***Product Complaints, Safety Alerts & Recalls**

US Consumer Product Safety Commission 800-638-2772
[website](#)

US Food & Drug Administration
Bad Ad Program
report advertising that violates law 301-796-1200
Office of Prescription Drug Promotion [website](#)
MedWatch 800-FDA-0178
Report adverse reactions to drugs & devices [website](#)
Recalls of current 60 days plus archives
for drugs, food, & medical devices [website](#)

***Services, Professional & Housing**

*Tips: Complexity in health care, insurance, & bills led many to designate friends, relatives, or trained people to advocate for them.
Not every provider is subject to licensure.*

Advoconnection
*4 Steps to Interview & Hire an Advocate
or Care Manager* [website](#)

*If your local complaints about significant issues prove unsatisfactory,
contact the appropriate agency or board.*

Fair Housing Council of Oregon 800-424-3247
Report housing discrimination [website](#)

| | |
|--|---|
| Occupational Therapy Licensing Board | 971-673-0198 website |
| Oregon Board of Chiropractic Examiners (DC) | 503-378-5816 website |
| Oregon Board of Dentistry (DMD, DDS, hygienists) | 971-673-3200 website |
| Oregon Board of Licensed Social Workers (LCSW, CSWA, LMSW, RBSW) | website |
| Oregon Board of Massage Therapists (LMT) | 503-365-8657 website |
| Oregon Medical Board Complaint Resource Officer (LAc, DO, MD, PA, DPM) | 877-254-6263 971-673-2702 website |
| Oregon Board of Naturopathic Medicine (ND) | 971-673-0193 website |
| Oregon Board of Nursing (NP, RN, LPN, CNA, CRNA) | 971-673-0685 website |
| Oregon Board of Optometry (OD) | 503-399-0662 website |
| Oregon Board of Pharmacy (RPh, PharmD, Technicians) | 971-673-0001 website |
| Oregon Board of Physical Therapy (PT) | 971-673-0200 website |
| Oregon Board of Psychology (LCP, LP, PsyD) | 503-378-4154 website |
| Oregon Bureau of Labor & Industries Civil Rights Division includes housing & service animal discrimination | 971-673-0764 website |

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| Oregon Construction Contractors Board Contractor license search | 503-378-2007 website |
| Oregon Department of Justice Complaints about business, Elder Care, Identify Theft resources | 503-378-4320 (hotline) |
| Oregon Division of Financial Regulation Includes Insurance | 888-877-4894 website |
| Oregon Health Licensing Office (Denture Technology, Dieticians, Environmental Health, Hearing Aid Dispensing, Hearing Instrument Specialist, Nursing Home Administrator, Respiratory Therapy, Waste Water Sanitation) | 503-378-8667 website |
| Oregon Medicaid Fraud Unit | 971-673-1880 website |
| Oregon Office of Long-Term Care Ombudsman Advocates for long-term care residents, & investigates confidential complaints. Free. 3855 Wolverine NE Ste. 6, Salem | 800-522-2602 website |
| Oregon State Bar (JD, lawyers) (JD, lawyers) | 800-452-8260 website |
| US Federal Communications Commission Disability Rights Office 445 12 th St. SW, WDC 20554 | 202-418-2517 website |

DEATH & DYING (see also Grief & Bereavement, Donors)

***Advanced Care Planning**

Tip: Give a copy of your advance directives or living will to your physician & health care representative.

Review your advance directives periodically for changes in your goals and your health care representative to guide future in-the-moment decisions.

The Health Care Decisions Act of Oregon pre-authorize a health care representative to allow the natural dying process in event of permanent unconsciousness, advanced progressive illness, extraordinary suffering, or close to death. [website](#)

Compassion and Choices
Empower end of life care
101 SW Madison St. #8009, Portland 97207 [website](#)

Oregon POLST
(Portable Orders for Life-Sustaining Treatment)
Post your POLST on your refrigerator for EMTs.
Treatment (POLST) includes updated Oregon POLST form. [website](#)

Oregon State University Retirement Assoc.
End of Life Options: Managing Life's Closure
Featuring Dr. David Grube
https://media.oregonstate.edu/media/t/1_tv4mxwgc?st=4&ed=3531

Salem Health 503-814-2432
Advance Directives, free classes.
Select date & time on-line via eventbrite.
Community Health Education Center
Building D, Support Group Room
Salem Hospital, 939 Oak St. SE, Salem [website](#)

Spiritual Advance Directive
Consider including preferences about spiritual practices or personal rituals.
"Spiritual advance directive," April/May 2019, newsletter, past issues.
Willamette Valley Hospice [website](#)

***Hospice**
Bristol Hospice Oregon 503-698-8911
Serves Marion County
10365 SE Sunnyside Rd., # 340, Clackamas [website](#)

| | |
|---|---|
| Centerwell Home Health (formerly Kindred at Home/ Gentiva) Hospice 698 12th St. SE, Salem | 503-315-1003 website |
| Hospice Care of the Northwest Offers hospice in Marion County 2290 Commercial St. SE, Salem | 877-263-7776 website |
| Providence Oregon Hospice Serves parts of Marion Co. Main office, 6410 NE, Halsey, Portland | 503-814-2273 (CARE) website |
| Willamette Vital Health Provides Hospice, Supportive Care & Grief Care in the Willamette Valley 1015 3 rd St. NW, Salem | 800-555-2431 503-588-3600 website |
| *Oregon Death with Dignity Act Oregon Health Authority | website |

DISASTER PREPAREDNESS

(see also Animals, Community Organizations, Legal, Weather)

Tips: Take 1st Aid class offered periodically in area or online

Store 2 weeks of emergency supplies.

Scan important documents, then store on flash drive.

Tips for people with special needs:

Make plans with care attendant or agency.

Consider enrolling in a Disaster Registry (Worth registries is mixed.)

| | |
|---|--|
| American Red Cross <i>Emergency Preparedness for Older Adults</i> Online First Aid/CPR/AED training | website website |
|---|--|

| | |
|--|-------------------------|
| Community Emergency Response Team (CERT) Requires 21 hours of training, free classes 555 Court St. NE Suite 5232, Salem | website |
|--|-------------------------|

| | |
|---|--------------|
| City of Silverton Emergency Management & Preparedness under community | 503-874-2206 |
|---|--------------|

| | |
|--|--|
| Link to Marion-Polk Alerts to sign-up for emergency notifications via Everbridge. Links to other resources. 306 S. Water. Silverton | <u>website</u> <u>website</u> |
| Marion County Emergency Management Disaster tips, links to roads, weather, newsletter, training, etc. Link to Marion-Polk Alerts to sign-up for Emergency notifications via Everbridge 5155 Silverton Rd, Silverton | 503-391-7294 <u>website</u> <u>website</u> |
| Metcom 911 Marion Area Multi-agency Emergency Telecommunications Click on Citizen Alerts Notification Sign-Up to receive phone(s) &/or email alerts about imminent threats to health & safety (severe weather, floods, gas leaks, 911 outages, critical police activity, as well as safety fairs & community events for 22 Marion County communities. | 503-982-2340 (24 hr. non-emergency #) <u>website</u> |
| National Fire Protection Association <i>Firewise USA</i> <i>How to Prepare Your Home for Wildfire</i> | <u>website</u> <u>website</u> |
| National Institute on Aging <i>Disaster Preparedness for Alzheimer's Caregivers</i> | <u>website</u> |
| Oregon Dept. of Emergency Management 3225 State St., Salem | 503-378-2911 <u>website</u> |
| Oregon Public Broadcasting <i>Unprepared: an Oregon Field Guide Special</i> | <u>website</u> |
| TBOne Ready Neighbors Disaster Preparedness by Neighborhood | <u>website</u> |

US FEMA
(Federal Emergency Management Agency)
Emergency Preparedness Ready.gov
Are You Ready?

[website](#)
[website](#)

DONATIONS/RECYCLING (See also Financial, Home Repairs, & Medical Waste)

Tips: Less clutter lowers risk of falling.

Keep donations clean & dry.

Unusable items are a hardship & expense for donation centers.

Verify whether donations are tax deductible

***Places To Donate, Junk, or Recycle Items You No Longer Use.**

Cellphones for Soldiers

Drop-off at Cherry City Transmission
853 9th St. NW, Salem

503-586-0061
[website](#)

Center for Hope & Safety

Accepts items useful at shelters.
605 Center St. NE, Salem

503-399-7722
[website](#)

Fall Line Skate-bike-sno

Collects clean wearable clothes & shoes
for local & global use by the Gaia Movement.
302 Lewis, Silverton

Fresh Start Coffee Shop

Accepts block Styrofoam that is clean (no
stickers or tape) that snaps when folded.
Place in bins off parking lot M-F 7 AM-5 PM
3020 Center St. NE, Salem

Garten Services Inc. electronics recycling

Takes aluminum cans, cardboard, glass,
& paper.

3334 Industrial Way NE, Salem

503-581-4472
[website](#)

Goodwill Donation Center, drive-up & walk-up

Accepts most clothes & household goods.

May accept torn items, single socks & like for
fabric & textile if packaged & marked separately.

Does **NOT** accept large appliances, baby

furniture, auto parts, household chemicals, weapons, construction materials, bathroom fixtures, mattresses, box springs, newspapers, or anything soiled or wet.

601 N. Water St. Silverton

[website](#)

JUNK911

503-479-4795

Removes junk as broken appliances, exercise equipment, fences, garage clean-out, furniture, hot tubs, mattresses, yard debris etc. from Silverton and Silverton area.

Does **not** take pressurized containers or extremely heavy items.

Salem

[website](#)

Marion Co. Public Works Environmental Serv. 503-365-3188

Recycle Guide

5155 Silverton Rd. NE, Salem

[website](#)

Republic Services

503-981-1278

Recycling at **residence** currently accepts clean dry, & un-bagged:

Flattened cardboard, magazines, common mail, newspapers, office paper, metal cans for beverage & food, scrap metal, milk jugs; plastic bottles & jugs with lid, oil, & paint. Dispose of medical waste in proper containers.

Does **NOT** accept batteries, soiled or wet paper cardboard or paper, clothing or shoes, coffee cups, construction waste, diapers, electronics, food waste, liquid in bottles, needles & medical items, plastic bags & wrappers, Styrofoam, tools, toys, or yard waste.

Contact Republic about specific items.

Sat. only, 8 AM-1 PM

At **Silverton City Shops** site accepts:

batteries, cardboard, electronics, glass containers, magazines, junk mail, milk jugs, oil, paint, phone books, plastic bottles, scrap metal, & tin cans.

Does **NOT** accept acetylene tanks, film plastic, plastic toys, Styrofoam, trash, window glass,

| | |
|--|--|
| or wood products. 830 McClaine, Silverton | <u>website</u> |
| Restore (Habitat for Humanity) Accepts items specified on website 245 Young St., Woodburn | 855-500-4161 503-902-0645 <u>website</u> |
| Roth's Fresh Market Little Bell School House outside main entrance (All proceeds for local K-8 schools unfunded education programs) accepts empty Oregon deposit beverage containers Can & bottle return outside near north exit. Cork recycle in wine department Recycle plastic bags near south inner exit. 918 First St., Silverton | <u>website</u> |
| Safeway Glass/plastic/can return outside on south side. Accepts soft plastic bags near south entry/exit. 301 Westfield, Silverton | <u>website</u> |
| Salem-Keizer Recycling & Transfer Station, & Household hazardous waste. Check website for hours, free recycling items, fees, & unacceptable materials. 3250 Deer Park Dr. SE, Salem | 503-588-5169 <u>website</u> |
| Seventh-day Adventist Church Adventist Community Services accepts clothes & household items Tues. 9 AM-noon. Distributes on Thurs., 9 AM-noon, 6-7:15 PM. 1159 Oak St., Silverton | 503-873-8568 <u>website</u> |
| Silver Creek Dispensary Box in lobby to recycle cannabis containers 307 E. Main St., Silverton | 503-874-4630 |
| Silverton Area Community Aid (SACA) Holds periodic food drives. Check on need & hours for donations. 421 S. Water St. (basement), Silverton | 503-873-3446 <u>website</u> |

Silverton Grange
(benefits from some St. Pauly Textile proceeds)
Accepts clean & dry usable clothes, shoes,
sneakers, belts, purses, blankets, pillowcases,
sheets, drapes & stuffed toys.
Does **not** accept rags, scraps, hangars,
household goods, pillows, or non-stuffed toys.
Drop off shed at 201 Division, Silverton

Silverton Lions Club partners with
Oregon Lions Sight & Hearing Foundation
Drop boxes for eyeglasses & hearing aids [website](#)
includes one at Silverton Senior Center.

Sustainable Silverton
Recycles #6 plastics, batteries, ink cartridges,
4" planting pots, used pens, markers, glue
sticks, water-color paint sets, razors, Burt's
Bees products
No longer takes cartons or Styrofoam.
At Silverton Farmer's Market **on 1st Sat.**
Oct.-May at Friends Church, 229 Eureka St.
June-Sept. in parking lot behind
United Methodist Church,
Main & Fiske, Silverton [website](#)

Wilco [503-873-8318](#)
Blue Jeans Green Jeans Denim Recycling
Inside front door
734 McClaine St., Silverton

Willamette Vital Health [503-588-3600](#)
Accepts Depends/Adult Incontinent Pads,
wheelchairs, shower benches, durable
equipment, & unused gift cards. [website](#)

***Vehicle Donations**

Charities may accept donations of cars, trucks, & boats

Check that charity is 501c3 registered at Oregon Department of Justice

[website](#)

IRS, *A Donor's Guide to Vehicle Donation*
Does & Don'ts of Donating Cars To Charity

[website](#)

[website](#)

***Places To Obtain Used Items At No Or Low Cost**

In addition to churches, garage sales, check out:

Seventh Day Adventist Community Services 503-873-8568

Bread, clothing, dishes, linens, some furniture, & free table. Thurs., 10 AM-noon.

1159 Oak St., Silverton

[website](#)

DONORS, MEDICAL

***During Life can be donor &/or recipient** if you meet eligibility requirements.

BLOOD (includes your own blood for your own future use)

American Red Cross

800-733-2767

475 Cottage St. NE Suite 110, Salem

[website](#)

Blood donations mobile facilities periodically visit Silverton.

BONE MARROW

Oregon Health Sciences University

503-494-5058

Adult Bone Marrow Transplant Program

[website](#)

KIDNEY

Oregon Health Sciences University

800-452-1369 Ex. 8500

Clinical Transplant Services

3181 SW Sam Jackson Park Rd., Portland

[website](#)

PLASMA

Grifols, Talecris Plasma Resources

503-364-8946

351 Belmont St. NE, Salem

[website](#)

***After Death** anatomical gifts of all or part of your body may be designated for transplant, therapy, research, or education. Can later revoke. Suitability determined at time of death.

Oregon Revised Uniform Anatomical Gift Act
97.951-97.985

[website](#)

Oregon Department of Motor Vehicles
Organ, Eye & Tissue Donation

[website](#)

EMERGENCY & CRISIS

***MEDICAL EMERGENCY**

Includes allergic reaction, severe bleeding, burns, sudden confusion, fainting, severe fall, sudden numbness, poisoning, slurred speech, suspected stroke, suicidal, high temperature, unconsciousness, & blurred vision.

***Ambulance**

911 (emergency 24 hr./ 7d.)

***Hospitals**

Legacy Silverton Medical Center

Emergency, Always Open

342 Fairview St., Silverton

503-873-1500

(general number)

[website](#)

Salem Health Hospital

890 Oak St. SE, Salem

Accredited Level II Trauma Center

Affiliate/partner of Kaiser Permanente/OHSU

800-876-1718

503-561-5200

(main switchboard)

[website](#)

Santiam Hospital

1401 North 10th Ave., Stayton

503-769-2175

***Other Emergencies**

Center for Hope & Safety

Refuge & support for victims & survivors

of domestic violence, sexual assault,

stalking, & human trafficking.

605 Center St. NE, Salem

503-399-7722 (24-hr Crisis)

[website](#)

Mental Health, including Suicide

Unavailable if phone lacks prepaid minutes

Northwest Human Services oversees in

Marion County

988 (English/Spanish)

988 texting (English only)

988+1 (Veteran's Crisis)

800-273-8255 (TALK)

Missing Persons (see Alarms & Alerts)

National Veterans Crisis Line

800-273-8255, press 1

or text 838255

Northwest Human Services (NWHHS)

Crisis & information hotline

503-581-5535 (24-hr Crisis)

800-560-5535

(crisis hotline)

Oregon Poison Center
Regional resource for OR, AK, & Guam

800-222-1222 (help line)
[website](#)

Psychiatric Crisis Center
Marion County Health Department
1118 Oak St. SE, Salem

503-585-4949 (24-hr Crisis)
[website](#)

Suicide Emergency

911 (emergency, 24 hr/7d.)

Center to Prevent Elderly Suicide
Friendship Line 24-hr. conversation oriented
For patients or caregivers
Institute on Aging, San Francisco

800-971-0016

National Suicide Prevention Lifeline
for awareness, prevention, & support
Suicide hotline **in Spanish**
Suicide hotline for deaf & hard-of-hearing

800-273-TALK (8255)
888-628-9454
800-273-8255
[website](#)

Veterans Administration crisis line

800-273-8255 +1 (Crisis)
Or, text 838255
[website](#)

Your Emergency Information

Fill-in or attach other documents to this page.

Tips: Place your medical information so visible to EMTs, such as your refrigerator door.

Date your medication list.

Keep your cell phone charged

Name:

Address:

Phone(s):

Email:

Emergency Contact Name & Number:

Health Information:

Allergies

Blood Type

Conditions

Diet

Drugs (Medications/Supplements/Herbs)

Mobility

Primary health practitioner(s)

Insurance(s)

Keep copy of this page in your billfold & take on any trips, local or international

***NON-MEDICAL EMERGENCIES**

Includes crime in progress, fire, gas leaks, downed power lines, tree falling, & earthquake alert.

Silverton Fire District

Posts information on fire prevention
819 Railway NE, Silverton

911

503-873-5328 (business)
[website](#)

Silverton Police Department

306 S. Water St., Silverton

911

503-873-5326
(non-emergency)
[website](#)

Northwest Natural (Gas)

In case of leak also call 911 for fire department

800-882-3377

[website](#)

Portland General Electric (PGE) (outages/downed lines)

800-544-1795

[website](#)

ShakeAlert In Oregon

Enable emergency alerts on your cell phone.
Drop, cover, & hold on.

[website](#)

EXERCISE

***Guidelines**

Centers for Disease Control

People age 65+ should exercise regularly to prevent health problems, strengthen muscles, & enable doing daily activities without becoming dependent. Minimum is 150 minutes per week of moderate intensity aerobic activity, such as brisk walking, or 75 minutes per week of intense aerobic activity, such as jogging, or an equivalent mix of the two.

How much physical activity do older adults need?

[website](#)

National Institute on Aging

Go4Life everyday fitness ideas

[website](#)

Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging

[website](#)

Classes & Coaching

*Fitness & Gym

Aerobics, low impact 503-873-3093
9:30 AM, M, W, & F.
Free for members, \$5 non-members
Silverton Senior Center
115 Westfield, Silverton [website](#)

Anytime Fitness 503-873-7033
Membership offers gym, cardio, strength/
free weights, functional training, training &
coaching services.
Check website for times.
118 Brown St., Silverton [website](#)

Karen Gehrt, LLC 503-779-4477
Exercise classes includes aerobics.
Can be done seated.
M, W, F, 9:30 AM, \$5 for non-members
Includes aerobic exercises. Can be done seated
Silverton Senior Center 503-873-3093
115 Westfield, Silverton [website](#)

Jazzercise 503-873-8210
Group classes, all levels. (800-FIT-IS-IT)
Cardio dance moves. Contact for times.
Silverton Community Center
421 S. Water, Silverton [website](#)

Northwest Senior & Disability Services 833-673-9355
(NWSDS) [website](#)
Health Promotion
Otago Exercise at home, Salem area

Pilates Mat Classes 503-507-1188 (Jen)
Beginners to Advanced 503-998-1283 (Danita)
Bring a mat. Wear clothes you can stretch in.
Mon., 8 AM; Fri., 10 AM
Little Leaf Café
111 N. Water St., Silverton

Saturday Night Fever Dance
 First Sat. monthly, 6- 9:30 PM, Sept.-May
 \$5 at door. Treats, Dance lessons
 Silverton Senior Center,
 115 Westfield, Silverton [website](#)

Silver Sneakers
 Offers classes both at gym
 Offers online classes both live & on demand
 Classes designed for seniors
 Free with some Medicare Advantage plans [website](#)

Silverton Fitness 503-873-0800
 Offers virtual training.
 Offers for members Titanium Strong classes
 222 High St. Suite 3, Silverton [website](#)

***Physical Therapy**
 Benchmark Physical Therapy 503-873-6111
 365 Westfield St., Silverton [website](#)

PROMotion Physical Therapy 503-874-4416
 Practice areas include geriatrics, rehab
 602A Front St., Silverton [website](#)

PT NW 503-873-1647
 Mon. - Fri., 8 AM-1 PM, 2-5PM
 240 Phelps St., Silverton [website](#)

Therapeutic Associates Physical Therapy 503-378-7434
 3400 State St., Suite G-704, Salem [website](#)

***Swimming**
 Silverton Community Swimming Pool 503-873-6456
 Offers year around recreational & competitive
 swimming, swim lessons, & water fitness.
 Includes family swim, lap swim, open swim.
 Chair lift.
 6 lane lap pool, zero depth entry pool, 2'9"- 4' pool
 Fees & hours at Silver Falls Family YMCA
 May require an appointment 503-873-6456
 601 Miller St., Silverton [website](#)

***Tai Chi**

Qigong set to music, simple
Tues. & Thurs. 9:45 AM
Silverton Senior Center
115 Westfield St., Silverton

503-873-3093
[website](#)

***Walking**

*Tips for walking: Wear bright colors, carry a flashlight
Keep hydrated.*

40% of pedestrian fatalities involve pedestrian alcohol.

Centers for Disease Control

Generally, walking 30 minutes a day improves blood pressure, blood sugar, weight, mental health & mood, ability to do daily activities, prevent falls, & lower your risk of heart disease.

Studies of older women show increasing walking by 2,000 steps a day (less than mile) yields positive health outcomes. 4,400 steps is even better.

What 10,000 Steps Will Really Get You

[website](#)

***Yoga**

Yoga with Kathleen
Tues. & Thurs. 9:30 AM.
Free. Donations accepted.
Silverton Senior Center
115 Westfield, Silverton

503-873-3093

[website](#)

Yogi Collective

Yoga Flow for all levels
Wed, 11 AM, \$15 for 45 minutes.
107 N. Water St., Silverton

541-405-2670

[website](#)

***Zumba**

FALL PREVENTION (see also Housing Repair)

Tips: When climbing a ladder, set the ladder at 75.5 angle, wear a bicycle helmet or hard hat.

Risk of falling from ladder & severe head injuries rises after age 50.

Change positions slowly from lying down, sitting, to standing, especially if taking blood pressure pills or diuretics.

Use reaching devices. Avoid footwear that slides on floors.

*Don't rush to answer a phone. Avoid, or anchor small area rugs.
Clean-up clutter.
Use adequate lighting.
Progressive lenses may contribute to falls.
Enter & exit buses using secure handhold*

Centers for Disease Control and Prevention
Older Adult Fall Prevention [website](#)
Tips to prevent falls (exercise, eye exam,
medication review, clutter removal,
grab bars & railings, & adequate lighting).

GO4U Essentials 503-930-1114
Decluttering, delivery, junk removal & moving
Senior discount, except for moving
Serves Willamette Valley
1940 McCoy Ave. NE, Salem [website](#)

National Aging & Disability Transportation Center
Fall Prevention Awareness in Public
Transportation, Tips for Older Riders [website](#)

Oregon Health Sciences University
*OHSU Study Finds Ladder Fall Injuries
Increase for Seniors During Fall Months* [website](#)
Includes tips for proper use of ladders, 2001.

Otago Exercise Program
Home-based balance & strength for fall
prevention by physical therapist
by Northwest Senior & Disability Services
(NWSDS) for Oregon Health Authority [website](#)

FINANCES

***Employment**

Easter Seals 503-362-1572
Senior Community Service Employment
Program (SCSEP) for job seekers age 55+
in Marion county with income restrictions.
1313 Mill St., Suite #300, Salem [website](#)

Worksource Oregon Centers [website](#)
Help find jobs, increase skills & training
605 Cottage St. NE, Salem 503-378-4846
170 E. Lincoln St., Woodburn 503-982-2817

***Senior Discounts** (see also Medication)

Discounts for Seniors are offered by a variety of businesses (drugstores, grocers, hotels, restaurants, transportation, travel, etc.) Membership in some organizations may entitle you to a discount.

Tips: Compare the regular price at one place to discounted price elsewhere

Age the discount starts vary.

Not all outlets of the same franchise may offer a discount.

Stipulations may limit the discount to certain days or times of day.

Verify discount ahead of purchase.

Online lists of discounts include:

Consumer World [website](#)

Senior List [website](#)

***Donations**

Local non-profits always appreciate cash donations, large & small, unrestricted or restricted. When making donations, include:

Silverton Area Seniors Inc. 503-873-3093

115 Westfield, Silverton [website](#)

***Taxes**

Tip: Learn about changes in deductions, such as medical expenses

AARP Foundation Tax Aide 888-687-2277

Tax Aide for Seniors age 60 & older. Free. (mid-Jan.-mid-April)

[website](#)

Tax Record Envelope available at Silverton

Senior Center, 115 Westfield, Silverton

Tax Preparation Sites nearest Silverton include:

Center 50+

For appointment call 503-588-6303

2615 Portland Rd. NE, Salem

Silver Falls Library, Stayton

For appointment call 503-980-8704

515 N. 1st Ave., Stayton [website](#)

FIRST AID (see also disaster)

Tips: For bystanders the American Heart Association recommends:

Use hands-only CPR

Wear mask

Cover victim's mouth & nose with cloth without obstructing breathing

American Red Cross

Adult First Aid/CPR/AED Online

[website](#)

Karen Gehrt, LLC, CEO/Instructor

503-779-4477

218 Johns Ln., Silverton

Offers class periodically at

Silverton Senior Center.

Pacwest Medical Training

971-772-1249

Trains in CPR, 1st-aid, AED, Bloodborne
Pathogens for community and for health
Professionals.

361 Anderson Dr., Silverton

[website](#)

Silverton First Aid & CPR

503-999-2027

Offers training at offices & on-site
for certification.

13000 Finlay Rd. NE, Silverton

[website](#)

You-tube

AED, CPR, 1st-aid training available

Some free, some charge, some certified

Hands-Only CPR

[website](#)

[website](#)

FOOD & BEVERAGE

***Nutrition**

Nutrition.gov links on nutrition for seniors

[website](#)

Zetta House Community Wellness Collective

Services include nutritional therapy.

503 N. First, Silverton

***Eating In**

Tips: Look for healthy recipes for one or two that are easy to fix. (online, friends, cookbooks)

Volunteer to teach others of all ages how to cook & preserve food.

***Cooking**

OSU Extension Service, Marion Co. 503-588-5301
Recipes & related programs
1320 Capitol St. NE, Suite 110, Salem [website](#)

***Food Pantry**

Silver Creek Fellowship 503-873-7353
Mission of Hope offers mobile food pantry
Distributes food Wed. 2-5 PM
822 Industry Way NE, Silverton [website](#)

Silverton Area Community Aid (**SACA**) 503-873-3446
Mon. & Thurs. 9 AM-noon, Tues. 4-7 PM.
421 S. Water St., Silverton [website](#)

***Food Stamps**

Supplemental Nutrition Assistance Program 888-997-1447
(**SNAP**) applications on-line
Oregon Dept. of Human Services [website](#)

***Grocery/meal deliveries & pick-ups (see also Transportation)**

Meals on Wheels, reservations 503-873-6906
Currently lunch served at Silverton Senior Ctr.
Fridays only at 11:30 AM.
Meals delivered Mon. through Fri.
Northwest Senior & Disability Services
(NWSDS) located in Silverton Senior Center [website](#)

Roth's To Go 503-873-6311
Mon.-Sat. before 10 AM no fee for pick-up.
\$5 after 10 AM same day delivery/ Sun./holidays
918 1st St., Silverton [website](#)

Safeway 503-873-1800
Check website for Drive-up & Go, or Delivery.
On-line prices may differ from local stores.
301 Westfield, Silverton [website](#)

Salem Harvest
Prevents food from going to waste.
Registered volunteers can keep up to one-half
what they pick of crops at specified farms &
backyards mid-June- Sept. Rest of harvest
goes to elderly, low-income, children,
homeless, & unemployed. 503-400-6618 Ext. 4
[website](#)

Silverton Farmers Market
Saturdays, food, crafts, plants
Recycling certain items on 1st Sat.
9 AM-1 PM, May 14-Oct 22,
Methodist church parking lot, 203 Main St.
10-12:30, Oct. 16- May 7,
Friend's church, 229 Eureka St., Silverton [website](#)

2-1-1info 211
Serves mid-valley, including Marion County
Includes information on food programs.
8 AM-6 PM, Mon. -Fri. [website](#)

We All Dine in Silverton
Joel Autry's team of chefs prepare delicious,
nutritious frozen meals.
Meals delivered free every Sat. afternoon to
anyone needing a boost. No application
required.
Call or text Cherry Hoffman to get on list. 503-930-0699

***Eating Out**

Tips: When eating out, look for chairs easy to get in & out of, restroom easily accessible, & noise level that allows you to hear well.

Take home boxes of meat, fish, or dairy should not be left for hours in hot car or purse.

Dine Out Club for age 50+
1st Thurs. 6 PM at different local restaurants
Rides available.
RSVP at Silverton Senior Center. 503-873-3093

Meals on Wheels Congregate Dining 503-873-6906
RSVP requested
Every Fri. 11:30 AM
\$3 suggested donation. Door prizes
Silverton Senior Center
115 Westfield, Silverton

Monday Meal 503-873-5446
Free dinner, Mondays, 5:30-7 PM
Oak Street Church
502 Oak St., Silverton [website](#)

Saturday Community Breakfast 503-873-3093
1st Sat. month, 8-11 AM
(except 2nd Sat. for Aug. 2023)
Free. Donations accepted.
Silverton Senior Center
115 Westfield, Silverton [website](#)

Saturday Meal 503-873-2635
Serves grab * go lunch to neediest clients.
1st come, 1st serve basis.
Trinity Lutheran Church
500 2nd St. Silverton [website](#)

Single Seniors 503-873-3093
Lunch on 2nd Mon. at noon. Site may vary.

***Alcohol**

Dietary Guidelines for Americans. 2020-2025 states to choose not to drink, or drink in moderation (2 drinks or less for men, 1 or less for women). One drink is 12 oz. of beer, 5 oz. of wine, or 1.5 oz. of distilled spirits). Drinking less is better than drinking more due to excess calories. Even moderate use poses risks for people taking interacting medications, with liver disease, or who will drive or operate machinery. [website](#)

Oregon Liquor & Cannabis Commission
Oregon law ORS 813.010 specifies 0.08% [website](#)

or more blood alcohol, or intoxicating liquor, inhalant, or controlled substance constitutes driving **under the influence**. Increases risk of crash four-fold.

Below 0.08% blood alcohol still raises risk.

FOOT CARE

Sadiqua Boos LaBorde

971-389-9229

Reflexology of feet

Thursdays by appointment

Silverton Senior Center (in foot clinic)

115 Westfield, Silverton

RN Foot Care

503-881-7033 (Leana Smith)

Clinicians specially trained in routine foot care &/or wound certified.

Experienced in working with people who have diabetes, disabilities, & common foot problems.

By appointment. Charges fee.

Tues. & Wed. 8:30 AM-2 PM

Held at Silverton Senior Center

115 Westfield St., Silverton

[website](#)

GERONTOLOGY/GERIATRIC MEDICINE

Annual Gerontology Conference,

800-678-6311

2 days every April

For retirees age 60+ & relevant professionals

Oregon State University, Corvallis

[website](#)

Gero-psychologist

Capacity Solutions

503-376-8685

Oregon Gerontological Association

503-725-3018

Membership for seniors, professionals, students

Offers education, training, & networking

[website](#)

GRIEF/BEREAVEMENT COUNSELING

(see also churches, support groups)

Faith-based counseling from faith of your choice.

Unger Funeral Chapel

503-873-5141

Lists links to Griefwords Online Library

[website](#)

GUNS (see also Self-Defense)

Tips: Lock-up all fire arms. Put safety lock on guns. Avoid access by grandchildren or others.

Wear earplugs or ear muffs when shooting a gun.

Consider selling your guns to responsible party, giving to heirs now, or donating to a museum.

Assisted Living facilities may not allow guns on their premises.

Consider changes in cognition, behavior, dementia (including Alzheimer's disease), emotional state, eyesight, frailty, & reaction time in decision whether to retain guns.

Older people are less apt to be victim of violent crime. The elderly complete more suicides with guns.

Alzheimer's Association
Firearm Safety

[website](#)

Ramey's VQ Gunworks LLC
Services include safety checks, appraisals
477 E. Elm Dr., Gervais

503-449-6007

[website](#)

Veterans Administration
Guide for Families: *Keeping the Person with
Memory Loss*, p. 19 guns

[website](#)

HEALTH CARE PROVIDERS (doctors & other health professionals)

(See also Exercise, Hearing, & Vision)

Tips: Verify whether your provider accepts your insurance, especially the Oregon Health Plan, Medicaid, and traditional Medicare.

Find out if your practitioner now offers Telemedicine visits,

Health care providers may individually mandate masks.

Wearing masks is good practice whenever you have any respiratory problem, not just for COVID-19 or pandemics.

***Acupuncture/Acupressure**

The Nurturing Path
Acupressure /Chair shiatsu
See also Miscellaneous Providers.
104 N. First St., Ste. 7, Silverton

503-269-0641

White Oak Wellness (WOW)
Acupuncture, Massage
306 Oak St., Silverton
503-874-4067
[website](#)

***Chiropractic**

Allen Chiropractic Wellness Center
510 Front St., Silverton
503-874-9355
[Facebook](#)

Cote Chiropractic
951 N. 2nd St., Silverton
503-873-8099
[website](#)

Mt. Angel Chiropractic
690 N. Main St., Mt. Angel
503-845-9373
[Facebook](#)

ORT Chiropractic Clinic
Chiropractic, Massage, & Rehabilitation
436 McClaine St., Silverton
503-874-8678
[website](#)

Silver Creek Chiropractic
204 N. 1st, Suite E, Silverton
971-287-6632
[Facebook](#)

***Clinics, Medical**

(Physician, Nurse Practitioner, & Physician Assistant based)

Cascade Cardiology
400 Welch St., Silverton
503-485-4787
(for 3 locations)
[website](#)

Functional Medicine Practitioners
Evelin Dacker, MD
374 Owen St. S, Salem
503-399-1400
[website](#)

Hope Family Medicine
530 Welch St., Silverton
503-874-6026
[website](#)

Kaiser Permanente Medical Office
2400 Lancaster Dr. NE, Salem
Mental Health
800-813-2000
503-361-5400
503-588-5955
[website](#)

Legacy Silverton Medical Center

Legacy Imaging Services
342 Fairview, Silverton

503-873-1750

Legacy Medical Group-Mt. Angel
Primary care clinic.
250 W. Marquam St., Mt. Angel

503-845-2000

[website](#)

*Legacy Medical Group-
Silverton Family Medicine*
Primary care clinic
347 Fairview St., Silverton

503-873-5667

[website](#)

*Legacy Medical Group-Orthopedic
& Sports Medicine*
452 Welch St., Office Bldg. 1, Silverton

503-873-1722

Legacy Medical Group Pre-Surgery Care
454 Welch, Bldg. 1, 2nd Fl., Silverton

503-873-5310

[website](#)

Legacy Medical Group-Women's Health
Specialty clinic, 406 Welch, Silverton

503-873-8853

[website](#)

Legacy Anticoagulation Clinic
Legacy Wound & Ostomy Clinic
STEPS Clinic
342 Fairview, Silverton

503-873-1670

[website](#)

Legacy Devers Eye Institute
7021 Nyberg St., Suite 210, Tualatin

503-413-8202

[website](#)

Legacy Urgent Care
For symptoms & injuries
when regular doctor unavailable
Mon.-Fri. 11 AM-7 PM, Sat. 10 AM-4 PM
Hours may change near holidays.
1475 Mt. Hood Ave, Woodburn

971-983-5360

[website](#)

Oregon Health Sciences University (OHSU)
3181 SW Sam Jackson Park Rd., Portland

503-494-8311 (main line)

[website](#)

| | |
|---|---|
| Oregon Oncology Specialists 404 Welch St., Silverton | 503-874-2422 website |
| Silver Creek Family Medicine 111 West C. St., Silverton | 503-874-3737 website |
| Sublimity Medical Clinic, a Santiam Hospital clinic 114 SE Church St., Sublimity | 503-769-2259 website |
| Township Health, Direct Primary Care Monthly fee. Does not accept or bill insurance. 113 S. Water, Silverton | 503-836-7455 website |
| True Health, Direct Primary Care Does not accept OHP insurance. 106 McClaine, Silverton | 503-523-0268 website |
| Yakima Valley Farm Workers clinics, Include bilingual Spanish/English, assist with insurance applications, <i>Lancaster Family Health Center</i> | 503-588-0076 |
| Partners with Marion Polk Food Share to distribute food at clinic. Call for times. 3896 Beverly Ave NE, Bldg. J, Ste. 40, Salem <i>Salud Medical Center</i> | 503-982-2000 |
| 1175 Mt. Hood Ave, Woodburn | |
| Dentistry DENTISTS | |
| Michael M. Bliss, DMD 306 E. Main St., Silverton | 503-873-6118 website |
| Dental Mobile Van Medical Teams International Dental Program Limited free/low cost dental care for those qualifying. May require pre-application. 14150 SW Milton Court, Tigard | 503-624-1026 website |
| Periodically sponsors a dental van at Silverton Senior Center, & Silverton Area Community Aid (SACA). | 503-873-3093 |

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|--|---|
| Kaiser Permanente North Lancaster Dental Office 2300 Lancaster Dr. NE, Salem | 800-813-2000 website |
| Michael Kim, DDS Family & Spa Dentistry 410 Oak St., Silverton | 503-873-3530 website |
| Mt. Angel Dental 310 E. Charles St., Mt. Angel | 503-845-2273 website |
| Oregon Dental Studio 244 Jersey St., Silverton | 503-566-7000 |
| Oregon Tech Dental Hygiene Clinic Chemeketa Community College 4000 Lancaster Dr. NE, Bldg. 8, #9, Salem | 503-584-7101 website |
| Silverton Family Dentistry 303 N. First, Silverton | 503-873-8614 website |
| Yakima Valley Farm Worker's Clinic Salud Medical Center, Dental 1175 Mt. Hood Ave., Woodburn | 503-982-2010 website |
| *DENTURES Natural Dentures 3445 Lancaster Dr. NE, Salem | 503-371-9897 website |
| Salem Denture Center 758 Hawthorne Ave. NE, Salem | 503-364-8265 website |
| *Miscellaneous Providers Patricia Duncan Clinical Mental Health Counseling 119 Water St., Suite 202, Silverton | 503-989-7983 |
| Golden Lifecare Solutions Dementia Care Management | 503-530-6181 website |

Healing Hands Hypnotherapy 503-509-8487
Trina Butler-Dana
certified clinical hypnotherapist
214 B, S. Water St., Silverton

The Nurturing Path 503-269-9641
Alternative Care Provider
Includes acupressure, aromatherapy, nutrition,
cooking, meditation, qigong, Chinese medicine.
104 N. 1st St., Silverton
On Tues. 9:45 AM offers Simple Qigong at
Silverton Senior Center
115 Westfield, Silverton [website](#)

Salmon Creek Counseling & Hypnosis 970-218-7114
Liz Williams, LCSW [website](#)

Silverton Counseling 503-567-4406
Catherine Cummings, LCSW,
offers include cognitive behavioral therapy,
couples therapy, & clinical hypnotherapy
429 N. Water St., Silverton

***Naturopaths**

Better Way Healing Center. Eng's 503-873-6705
Naturopathy/Herbal Apothecary/
Acupuncture/Cupping/gua sha/Massage/
612 N. 1st St., Silverton

Donald McBride, ND 503-364-1441
1305 Broadway St. NE, Salem [website](#)

***Osteopaths**

Bruce W. Duffy, DO, 503-371-2260
specialty Geriatric Medicine
4182 Vitae Springs Rd. S, Salem

Santiam Orthopedics & Sports
Timothy R. Borman, DO 503-375-3636
700 Bellevue St. SE, Salem

***Pharmacists (see Medication)**

***Podiatry (see Foot Care)**

***Psychiatry (see Wellness)**

***Public Health**

Marion County Health Dept.
3180 Center St. NE, Salem

503-588-5342

[website](#)

Oregon Health Authority
Public Health Division
COVID-19 Updates

[website](#)

Oregon Poison Center, free
Education resources
Located at OSHU

800-222-1222 (**emergency**)

503-494-7799

3181 SW Sam Jackson Rd., Portland

[website](#)

***Wellness**

Zetta House Community Wellness Collective
Focus on holistic well-body wellness, includes
chiropractic, coaching, massage, mental
health, neurofeedback, nutrition & trauma
therapy.

503 N. First St., Silverton

[website](#)

HEALTH INSURANCE

Affordable Care Act

[website](#)

Centers for Medicaid & Medicare Services
(CMS)

[website](#)

Medicare

800-633-4227

800-722-3134

[website](#)

Oregon Health Authority
Oregon Health Plan

800-699-9075

[website](#)

Oregon Insurance Division help, or complaint 888-877-4894

[website](#)

Oregon Senior Medicare Patrol 877-808-2468
Empowers seniors to prevent healthcare fraud
330 C St. WDC 20024

Senior Health Insurance Benefits Assistance 800-722-4134
(SHIBA) Offers Medicare counseling &
Medicare savings programs
Annual *Oregon Guide to Medigap, [website](#)*
Medicare Advantage, & Prescription Drug Plans

Some insurers explain their plans
at Silverton Senior Center,
especially prior to enrollment periods.

HEARING, HEARING AIDS, & SPEECH

Tips: By age 75, half of adults have disabling hearing loss. They may miss hearing others, or mishear what was said.

Check for obstruction due to earwax.

Earbuds or earphones are not designed to assist hearing loss.

Devices to improve hearing include personal sound amplification that amplifies all sound. These are electronic products. Amplified phones are available. Amplifiers are not regulated by FDA.

Hearing Aids are regulated by FDA as a medical device. Most are just registered with FDA. Those classified as Class II medical device, such as self-fitting hearing aids, must additionally show safety and efficacy data to obtain FDA clearance. Some aids are now available Over-The-Counter for mild to moderate hearing loss. Others require a prescription from an audiologist.

Compare cost, insurance coverage, battery life, warranty period, features, fit, comfort, ease of handling, and company support.

When putting on or taking off face masks, check that your hearing aid is still in place; or wear a face shield.

Check if your medications may cause ringing in ears, or hearing loss.

Under the Americans with Disabilities Act, individuals with hearing loss can get access for phone service (not necessarily for the phone).

Archer Captioning 503-319-0122
Communication Access Real-Time Translation
(CART)
For hard of hearing & English as 2nd language
Available on-line, on-site, & on demand.
Portland 97220 [website](#)

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|--|--|
| Bright Minds Hearing Hearing tests, ear cleaning, & hearing devices. 3856 Center St. NE, Salem | 503-589-9844 website |
| | |
| CaptionCall Dexter Vowles, Account Manager Oregon Compatible with landline or mobile phone | 503-847-8609 website |
| | |
| Hearing Loss Association of America, Oregon | 541-689-7242 website |
| | |
| Lions Club Oregon Lions Sight & Hearing Foundation Qualified applicants eligible for rebuilt hearing aids, hearing surgeries, & treatments. 1010 NW 22 nd Ave. #144, Portland Silverton Lions Club Offers low income adults help for hearing aids & exams. Annual hearing screen included in periodic Community Health Screenings program. Collects used hearing aids at several sites around Silverton, including Senior Center. Applications for assistance available at Silverton Senior Center. | 971-270-0203 800-635-4667 website website |
| | 503-873-3093 |
| | |
| National Institute on Deafness & Other Communication Disorders <i>Listen Up! Protect Your Hearing</i> | website |
| | |
| National Suicide Prevention Lifeline for the hard-of-hearing & deaf | 800-273-8255 website |
| | |
| Oregon Relay Provides phone connection between people with hearing or speech disabilities. | website |
| | |
| Salem Audiology Clinic Offer diagnosis, testing, fitting, repair, supplies & accessories 3857 Wolverine St. NE #16C, Salem | 503-877-1684 website |

| | |
|--|--|
| US Federal Communication Commission Authorizes providers of <i>captioned phone</i> service for individuals with hearing or speech disabilities. May pay for phone access, but not the phone. | <u>website</u> |
| Operator of Telecommunications Relay Service to connect people with hearing or speech disability. | 711 <u>website</u> |
| Woodburn Hearing Center Offer diagnosis, testing, fitting, repair, supplies & accessories. 2200 Country Club Ct., Ste. E, Woodburn | 503-981-8575 <u>website</u> |

HOME REPAIRS & REMODELING (see also Care Giving, non-medical)

Tips: Change batteries of detectors on memorable day, such as specific holiday, or birthday

Avoid false alarms by not placing fire detector near toaster. Place near bedrooms.

***Appliance Repair**

| | |
|---|--------------|
| Folsom Appliance Repair Serves Silverton 7455 62 nd Ave. NE, Salem | 503-507-9599 |
|---|--------------|

| | |
|---|--------------|
| Mr. Fixet Appliance Repair 288 N. 5 th St., Aumsville | 503-749-2031 |
|---|--------------|

***Electric Repair/Contractors**

| | |
|--|--|
| Kuenzi Electric 1035 Commerce Ct. Silverton | 503-873-4908 <u>website</u> |
|--|--|

| | |
|--|--|
| Rite Way Electric Serves Silverton 2904 Three Lakes Rd. SE, Albany | 503-873-5275 <u>website</u> |
|--|--|

| | |
|--|--------------|
| Wyeast Electrical 501 S. 3 rd St., Silverton | 503-871-9843 |
|--|--------------|

***General Repair**

Gray Andren 503-732-5210
Jack-of-all-trades
Does cabinet work & re-facing

George Duchemin 503-457-3070
Handy repair. Supplies tools, not materials.
Senior discount.
Silverton

Habitat for Humanity, North Willamette Valley
Restore 503-902-0645
Sells new & used furniture, appliances,
building materials, & home accessories.
Thurs. 10 AM-6 PM, Fri. & Sat. 10 AM-5 PM to shop,
Wed. 11 AM-4 PM to donate
245 Young St., Woodburn [website](#)

Kaufman's Home Maintenance 503-798-4357
Covers mid-Willamette Valley
14 point checklist repairs & prevention
3625 Kashmir Way SE, Salem [website](#)

MrS Fix It 503-856-4290
Amanda Sommers
Repair, Replace, & Maintain. Free estimates.
Silverton

Oregon Construction Contractors Board 503-378-4621
Contractor license search [website](#)

Repair Fairs for appliances, bicycles, clothing,
computer, electronics, housewares, jewelry,
&/or woodwind instruments & like.
Periodically Marion Co. Public Works,
Sustainable Silverton, & others teach you
(or grandchildren) repair skills to avoid replacing.

Silverton Senior Center 503-873-3093
In addition to resource guide, maintains details
on few individuals who do repairs that includes
qualifications & references.

Bulletin board posts services and availability.
115 Westfield, Silverton [website](#)

US Department of Agriculture
Rural Development
Single Family Housing Repair Loans & Grants
Section 504 Home Repair
Check site for qualifications [website](#)

***Gutter Cleaning, Roof Maintenance, Yardwork &/or Hanging Holiday Lights**

Jane Boeka 402-319-0332
Yardwork
Silverton

A Golden Hand 971-600-5949
Gutter cleaning, handy repair, & yardwork.
858 Lancaster Dr. SE, Salem

J&M Gutters Inc. 503-967-4811
Gutter installation, maintenance, & repair.
5484 Rogers Ln. NE, Silverton

Charlie Newton 503-949-0096
Yardwork on weekends, after 6 PM weekdays

RDR Handyman & Home Repair Service 503-881-3802
Gutter cleaning. Also decks, doors, fencing,
& windows.
Silverton

Task Genie 541-730-1296
Roof cleaning
1712 Wood Duck Ave. St. NE, Silverton

WF Landscape Maintenance 971-718-8719
329 N. James, Silverton

***Plumbing**

DoneRite Plumbing 503-342-7782
Serves Silverton
7095 3rd St. SE, Turner [website](#)

Eastman Heating & Cooling, Plumbing, &
Electrical
6175 Aviation Way, Silverton

503-873-2810
[Facebook](#)

***Remodeling**

Whether you stay in your own home or downsize, minor adjustments or major remodeling may be needed. Universal design incorporates principles of safe, convenient living. Resources include:

“Age-friendly kitchen,”

Family Caregiver Connection Newsletter
Past Issues, Feb./ Mar. 2019
Willamette Valley Hospice

[website](#)

AARP

Bathroom checklist
Designing for Better Living

[website](#)

[website](#)

Amramp serves all of Oregon
Wheelchair ramps, stair lifts, grab bars,
automatic door openers, roll-in showers, etc.
warehouse in Silverton

888-715-7598
(4 AM-6 PM Mon.-Fri.)

[website](#)

Apostolic Christian Church
HarvestCall Construction
Mission activities include building ramps.
4700 Howell Prairie Rd. NE, Silverton

503-779-9222 (Mark Kuenzi)

Center of Design for an Aging Society
Maximize abilities of older adults.
6910 SW Corbett Ave., Portland

503-292-2912

[website](#)

Habitat for Humanity, North Willamette Valley
ReStore, Sells used furniture, appliances,
home accessories, building materials.
Thurs. 10 AM-6 PM, Fri. & Sat. 10 AM-3 PM to shop,
Wed. 11 AM-4 PM to donate
245 Young St., Woodburn

503-902-0645

[website](#)

This Old House
6 Ideas for Elder-Friendly Design

[website](#)

HOUSECLEANING (See also Caregiving)

Mary Maids 503-991-2370
Cleaning service by Mary Olds
in Salem & neighboring communities.

HOUSING (See also Weather, cooling & warming centers)

***Housing, General**

Jennifer Garner Consulting, LLC 541-570-8796
Senior Care Navigator & Advocate
Connects people with resources for their
best living arrangement. Currently free.
1703 Kenworthy Rd. NE, Albany

Marion County Housing Authority 503-798-4170
2645 Portland Rd NE Suite 200, Salem [website](#)

Moving Made Easy, Moving for Seniors 503-508-7618

Oregon Department of Human Services
Aging & Disability Resource Connection 855-ORE-ADRC
Information on choosing a care facility (855-673-2372)
[website](#)

Long-term Care Overview [website](#)
(assisted living, nursing home, adult foster
care, residential care)

Oregon Housing & Community Services 503-986-2000
Assists with housing, homelessness, energy,
& weatherization.
725 Summer St. NE, Ste. B, Salem [website](#)

Oregon Project Independence 866-206-4799 (Marion Co.)
Northwest Senior & Disabled Services
Keep Oregonians age 60+ who do not
receive most Medicaid services with services
that allow them to remain in their home. [website](#)

***House sitting**

Chris Dolan, house sitting 503-779-6808

***Reverse Mortgages**

Federal Housing & Urban Development (HUD)
Home Equity Conversion Mortgage (HECM) [website](#)
HECM Counselor 800-569-4287

***Apartments**

Apartments
201 S. James St. #1-12, Silverton
Condos, 202 -211 S. James St., Silverton

Bryan Court Apartments 503-93-3104
900-915 & 1005 Bryan Ct., Silverton

Edelweiss Village for age 62+
150 N. Garfield, Mt. Angel
Operated by Marion Co. Housing Authority [website](#)

Grandview 503-845-2222
Apartments for active, independent seniors
who are active 55+ Some units pet-friendly.
1060 Linden St., Mt. Angel [website](#)

Pacific Crest Apartments 503-873-3387
950 N. 2nd St., Silverton

Sheridan Senior Estates for ages 58+
185 S. Sheridan St., Mt. Angel
Operated by Marion Co. Housing Authority [website](#)

Silverplace Apartments 503-874-8878
329 Fossholm St. NE, Silverton [website](#)

Silver Ridge Apartments
% Bertolucci Management Inc., Salem 503-585-2848
1119-1201 S. Water St., Silverton

Silverton Manor 503-873-1425
992 N. 2nd, Silverton

Silvertowne I
1080 N. 2nd St., Silverton

| | |
|---|--|
| Silvertowne II office for both 1115 Mill St., Silverton | 503-873-6978 |
| Twilight Courts Manager, #19 811 S. Water St., Silverton | 503-873-3339 |
| *Emergency Shelter (see also Weather) | |
| Mid-Willamette Valley Community Action Agency | |
| Arches Project Housing & Homeless Division | 503-585-6232 |
| Referrals, housing placement & supportive services, emergency housing & utility assistance. | |
| Includes rural Marion Co. | |
| 2475 Center St. NE, Salem | <u>website</u> |
| St. Francis Shelter & Transitional Housing Provides temporary housing for homeless in Marion county. | 503-588-0428 <u>website</u> |
| St. Joseph Shelter & companion programs in Mt. Angel. Program includes Marion Co. Operated by Catholic Community Services | 503-390-2600 <u>website</u> |
| Shelter Listings Lists & links of shelters in Marion County, includes Homeless Shelters, Supportive Housing, Halfway Housing, Transitional Housing, Day Shelters, Low Income Housing, Residential Alcohol & Drug Treatment Ctr. | <u>website</u> |
| Sheltering Silverton, offices 345 Westfield St. #304, Silverton Offers resource center, warming shelter, And safe parking program for those in the Silver Falls school district. Current maximum is 20 at Community Center 421 S. Water (basement), Silverton | 503-509-4797 <u>website</u> |
| VETCare of Oregon Assists veterans in Marion/Polk counties with transitional housing. 2933 Center St. NE, Unit 2, Salem | 503-364-1728 <u>website</u> |

***Mobile Homes**

Bavarian Village mobile park 503-845-2586
830 N. Main, Mt. Angel

Palo Park 503-576-9410 (Diane)
1732 Pine St., Silverton

Silverton Mobile Estates for ages 55+ 503-873-8097
1307 S. Water, Silverton

Stardust Village Mobile Home Park 503-930-9827
1418 Pine St., Silverton

***Assisted Living (Assisted Care Community, Residential Care Institution)**

Licensed facilities that provide housing and care for 6 or more residents. Have nurse, but not on site 24-hours. Caregivers trained, but may not be certified.)

Country Meadows Village 866-219-9564
(Crown II Development)
155 S. Evergreen Rd., Woodburn [website](#)

Davenport Place (Enlivant) 503-873-7162
930 Oak St., Silverton [website](#)

Elliott Residence at Marian Estates 503-769-8313
390 SE Church St., Sublimity [website](#)

Marian Estates 503-769-3499
390 Church St., Sublimity [website](#)

McKillop Residence at Marian Estates 503-769-8900
500 Conifer Circle, Sublimity [website](#)

Mt. Angel Towers (Residential Care) 503-845-7211
1 Towers Ln., Mt. Angel [website](#)

Providence Benedictine Orchard House 503-845-2544
550 S. Main St., Mt. Angel [website](#)

Silver Creek Senior Living 503-981-4142
703 Evergreen Rd., Woodburn [website](#)

***Foster Care, Adult**

(Licensed, single family setting for up to 5 residents)

Aging & Disability Resource Connection 855-673-2372
(ADRC) of Oregon (855-ORE-ADRC)
ADRC, Marion County 503-304-3420
866-206-4799
[website](#)

Northwest Senior & Disabled Services
(NWSDS)
3410 Cherry Ave. NE, Salem 503-304-3400
2100 Progress Way, Woodburn 503-981-0138
[website](#)

Oregon Department of Human Services (DHS)
Overview of Adult Foster Home Program
& classification designation [website](#)

Marcey's Place 503-769-1313
1150 NE Magnolia Ave., Sublimity

Wisdom Keepers, Susan Conmi 503-873-7316
171 Steelhammer Rd., Silverton

***Memory Care (for people with dementia)**

Endorsed Memory Care Communities, special care units providing secure setting. Licensed as residential care, assisted living, or nursing facility.

Brookstone Alzheimer's Special Care Ctr. 503-967-9131
Respite care available
5881 Woodside Dr. SE, Salem [website](#)

Marian Estates 503-769-3499
390 Church St., Sublimity [website](#)

Silver Creek Senior Living 503-981-4142
703 Evergreen Rd., Woodburn [website](#)

Woods at Willowcreek (Springs Living) 503-581-4239
4398 Glencoe St. NE, Salem [website](#)

***Nursing Facilities (Convalescent Home, Nursing Home, Skilled Nursing Facility includes Rehabilitative Services & Restorative Nursing. Provides 24-hour nursing care. Caregivers are certified.)**

Tip: Verify what insurance each long-term care facility accepts.

Marian Estates 503-769-3499
390 Church St., Sublimity [website](#)

Oregon Veterans' Homes
600 North 5th St., Lebanon 541-497-7265
[website](#)

700 Veterans Dr., The Dalles 800-846-8460
[website](#)

Providence-Benedictine Nursing Center 503-845-6841
Provides Transitional Care, Rehabilitation,
Long-term Skilled Nursing Care, & Enhanced
Care Unit.
540 S. Main St., Mt. Angel [website](#)

***Rehabilitation from hospitalization, injuries, stroke, trauma, see Nursing Facilities for inpatient rehabilitation.**

INFORMATION

Aging in The Willamette Valley

John Hughes interviews experts & professionals of interest to elders.

Tues. noon KMUZ Turner 88.5 FM/100.7 FM

Past episodes podcasts available [website](#)

Centers for Disease Control (CDC) [website](#)

Centers for Medicaid & Medicare Services (CMS) [website](#)

Mirador Magazine

Subscription leisure-oriented for those with dementia-related illness, or their caregivers.

POB 86761, Portland 97286 [website](#)

National Institute on Aging
Information on health & wellness

[website](#)

National Library of Medicine
PubMed

[website](#)

50 Plus Magazine, Willamette Valley Edition
Free monthly magazine. Drop sites include
Silverton Senior Center.
3827 NE 91st Ave., Portland

503-304-1323

[website](#)

Search engines
Bing, DuckDuckGo, Google, Microsoft Edge

Silver Falls Library, Circulation
of Chemeketa Cooperative Regional Library
Services span computers, cultural passes,
Homebound services delivers to those unable
to go to library, interlibrary loan, Library 2 Go
audio & e-books, Academic OneFile, Ancestry
Library Edition, Chilton auto repair, Consumer
Reports, Gale Virtual Reference library,
Kanopy streaming cinematic, Learning Express
Library, National Geographic Kids, NoveList
Plus book recommendations, Overdrive/Libby
e-books, audio-books, etc.
410 S. Water St., Silverton

503-873-5173

[website](#) (CCRLS)

[website](#) (Silver Falls)

Silverton Senior Center Book Exchange
Find a book to take home. When finished,
place in book return.
Donate books to the exchange
Silverton Senior Center
115 Westfield, Silverton

[website](#)

US Department of Health & Human Services
Office of Disease Prevention & Health
Information spans Diet Guidelines, Health
Care Quality & Patient Safety, Health Finder,
Health Literacy & Communication, &
Physical Activity Guidelines

[website](#)

US Food & Drug Administration [website](#)

You-tube videos, search for health
& other topics [website](#)

KEYS/LOCKS/LOST & FOUND

*Tips: For emergency, homecare, & friends, consider an outdoor lockbox for them to access a key. Be sure to change the initial code of the device
Consider electronic means to find your keys, glasses, the remote etc.*

Fox Lock & Safe 503-364-1066
Duplicates keys, opens homes & vehicles.
1865 Lancaster Dr. NE, Salem [website](#)

LEGAL ASSISTANCE

Legal Aid Services of Oregon 800-359-1845
Salem Regional Office 503-581-5265
Gives advice & representation to low-income
citizens of Marion-Polk counties. For age 60+
includes living facility problems, guardianships,
debt collection, financial abuse, housing law,
public benefits, & Wildfire Disaster Relief.
105 High St. SE, Salem [website](#)

Oregon State Bar Lawyer Referral Service 800-452-7636
For those of modest means

MASSAGE THERAPY

Bill Clubb 503-930-7529
Massage Therapy
Wed., 9:30 AM-4 PM, by appointment
Classroom #1
\$20 discount of hourly rate to Senior
Center members
Silverton Senior Center
115 Westfield, Silverton

Grand Rising Wellness 509-902-9093
Massage Therapy & Bodywork
417 N. Water, Silverton [website](#)
(set-back by Silver Creek)

Sadiqua Boos La Borde 971-389-9229
Reflexology of feet
Reflexologist trained in Quantum Touch,
Chakra system, deep breathing & stretching.
Thursdays by appointment
Silverton Senior Center (in foot clinic)
115 Westfield, Silverton

Oregon Garden Resort Moonstone Spa 503-874-2503
Offer several types of massage
895 W. Main, Silverton [website](#)

ORT Chiropractic Clinic 503-874-8678
Massage, Chiropractic, & Rehabilitation
426 McClaine St., Silverton [website](#)

Silverton Bodywork Clinic 503-874-4484
Deep Tissue & Swedish Massage
210 Oak St., Ste. 2, Silverton [website](#)

Thea's Magic Touch Massage
Thea Buckingham, LMT 503-853-6327
104 N. First St., #9, Silverton [Facebook link](#)

Zetta House Community Wellness Collective
Services include massage therapy.
503 N. First, Silverton [website](#)

MEALS (see Food)

MEDICAL SUPPLY, DEVICES, DURABLE & MOBILITY EQUIPMENT

Tips: Check for ease of use, space needed, & cost.

Verify whether your supplier accepts Medicare

***Bed Rails**

Bed rails for adults may be portable products, or medical devices.
Both offer benefits & risks of injuries & death.
Some facilities do not allow these devices.

US Food & Drug Administration
Bed Rail Safety [website](#)

*A Guide to Bed Safety Bed Rails in Hospitals,
Nursing Homes & Home Health Care: The Facts*

[website](#)

***Supplies, general**

National Library of Medicine

Choosing the correct walking aid for patients [website](#)

***Face Masks/Shields**

Tips: The best face masks combine good filtration with breathability, and comfort. These masks, esp. N-95, K-N95, reduce risk of respiratory infections, including COVID, influenza, RSV, & colds by reducing your exposure from others & your exposing others. Masks also protect from inhaling smoke.

Silverton Senior Center

503-873-3093

Has donated face masks.

Let us know if you need one.

Silverton Senior Center

115 Westfield, Silverton

[website](#)

***Supplies, donations/lending organizations**

Keizer Lions Club

503-559-6631

Accepts durable medical equipment, including hospital beds

1091 Chemawa Rd. N., Keizer

Silverton Senior Center

503-873-3093

Accepts most items, but not hospital beds

Senior Center, 115 Westfield, Silverton

[website](#)

Yakima Valley Farmworkers Clinics

503-588-7656 Ex. 6423

May take good wheelchairs, scooters, & walkers

Lancaster Family Health Center

503-588-0076

3896 Beverly Ave NE, Bldg. J, Ste. 40, Salem

Salud Medical Center

503-982-2000

1175 Mt. Hood Ave, Woodburn

***Supplies, for sale**

Access Technologies Inc.

503-361-1201

Assistive technology, new & used

for those with significant hearing & vision loss

2225 Lancaster Dr. NE, Salem

[website](#)

Foothills Medical Supply 800-871-4083
Bathroom safety, canes, crutches,
hospital beds, lift chairs, masks, & the like
304 N. First St., Silverton [website](#)

Hi-School Pharmacy 503-873-8391
Canes, commodes, walkers, & the like.
406 McClaine St., Silverton [website](#)

Rite-Aid Pharmacy 503-873-2460
Canes, commodes, walkers & the like
Free COVID-19 testing by appointment
626 McClaine St., Silverton [website](#)

MEDICAL WASTE

***Medications**

Tips: Check if your pharmacy or disposal company has a Drug Take Back program occasionally or ongoing.

Do not flush medication down the toilet.

Medical Take Back Oregon 844-482-5322
Provides drop-off locations (844-4-TAKE-BACK)
to accept medications in any dosage form in
their original container or sealed bag.
Does **not accept** herbs, vitamins, supplements,
personal care items, medical devices, batteries,
mercury thermometers, sharps, illicit drugs,
pet pesticides, animal medicines, or biologics. [website](#)

Participating locations include:

Hi-School Pharmacy
406 McClaine St., Silverton

Mt. Angel Drug
105 N. Main St. Mt. Angel

Rite-Aid
626 McClaine St., Silverton

Silverton Pill Box
302 N. First, Silverton

Silverton Police Department
Mon.-Fri., 8 AM-5 PM
306 S. Water St., Silverton

***Syringes & Needles**

Republic Services of Marion Co. 503-981-1278
Contact for red sharps container for a fee.
Call for pick-up when container is full.
2215 N. Front St., Woodburn [website](#)

**MEDICATION SUPPLIERS
(Dispensaries, Pharmacies, & Supplement Providers)**

***Medical Marijuana Dispensaries**

Sell to Oregonians with valid medical
marijuana card issued by the
Oregon Medical Marijuana Program (OMMP) 971-673-1234

The Lucky Leaf 503-871-5389
208 Jersey St., Silverton [website](#)

Silver Creek Dispensary 503-874-4630
307 E. Main St., Silverton [website](#)

***Pharmacies & Prescription Drug Information**

Services & Supplies for OTC, Supplement, & Prescription Drugs,
including counseling, refills, & transfers.

*Tips: Check if your local pharmacy has home delivery, or your insurance
includes mail order. Verify any extra charges for this service.*

Verify you have the correct medication before leaving the pharmacy.

Ask your pharmacist questions you have about your medications.

Secure your medications away from visitors to your home.

Alliance for Safe On-line Pharmacies
Verify if on-line pharmacy is legal [website](#)

American Foundation for the Blind
Guidelines for drug information & prescription
Labels developed by AFFB & Consultant
Pharmacists Foundation.

Ask your pharmacist for prescriptions labels & drug information following their guidelines. [website](#)

Consumer Med Safety
Institute for Safe Medication Practices
Tips & tools to prevent med errors [website](#)

FDA (US Food & Drug Administration)
Health Fraud Scam signs & news [website](#)

MedWatch report of adverse effects for consumers/patients. [website](#)

Hi-School Pharmacy 503-873-8391
immunizations, on-line refills,
drive-through, & delivery in-town
Free blood pressure check
406 McClaine St., Silverton [website](#)

Rite-Aid Pharmacy 503-873-2460
immunizations, on-line refills, drive-through,
delivery.
Higi kiosk, near pharmacy, measures & tracks
blood pressure, pulse, weight, body composition
& body mass index. Information includes
corona virus & diabetes.
Familiarize yourself with Higi privacy policy
May share information with 3rd parties.
Bilingual (EN/SP), wheelchair accessible [website](#) (Higi)
626 McClaine St., Silverton [website](#) (Rite-Aid)

Silverton Pillbox Pharmacy 503-873-6321
immunizations, drive-through, delivery
302 N. First St., Silverton [website](#)

***Assistance To Pay For Medications &/or Co-pays**

Tips: Evaluate discounts and coupons.

Some require a fee or membership, others are free

Some are not accredited by the Better Business Bureau

Compare to insurance price and to cash price, which vary widely

Compare to price of generic, if available

Compare to pharmacy in-house discount program, if any

*Some pharmaceutical manufacturers offer assistance.
The entity may collect information about you from name to IP address
to location, &/or send you advertisements*

Array Discount Card 800-913-4146
Formerly Oregon Prescription Drug Program [website](#)

Consumer Reports
“A drugstore tool we’re not crazy about.
Why discount cards from AARP, AAA, &
others aren’t always great deals” [website](#)

FamilyWize prescription savings card/app 844-234-3057
[website](#)

Needy Meds Program [website](#)

PhRMA Medicine Assistance Tool
Search engine links to other savings
& assistance programs. [website](#)

Providence Charitable Pharmacy
Accepts & distributes prescription drugs for
the needy. Donations must be in original,
sealed, tamper-proof packaging with lot #
& expiration date. Wilsonville

***Supplements**

Natural Health Center 503-873-6051
Herbs, supplements, vitamins, nutrition
Classes, counseling, Chi energizer, Far
Infrared sauna, massage
309 S. Water St., Silverton

NOTARY Public

Tip: Check if your attorney, bank, credit union, or tax preparer has notary.

Aardvark NSA 971-238-3011
Ines Kemper
Notary signing & Traveling Notary in Marion Co.
Marquam [Facebook](#)

Jenny Ohren
Mobile Notary

503-873-6446

Postal Connections
345 Westfield, Silverton

503-873-7678
[website](#)

Recycling (see Donations)

SELF-DEFENSE (See also Guns)

Tip: Consider locks, security system, dog, or handgun.

SKILLS SHARING

Submit the appropriate application to the Silverton Senior Center for either home caregiving & housework, or for driving, pet sitting, repairing or other services for seniors. Indicate whether for fee, or no fee.

Watch for periodic repair fairs held in Silverton

SOCIAL LIFE (see also Churches, Transportation, Travel, & Volunteers)

Tip: Holistic health includes social contact & mental stimulation.

Silverton Area Seniors, Inc. (SASI) (See also Exercise, Food, Information, Massage, Travel)

For seniors age 50+

503-873-3093

Senior Center **Activities Calendar**

[website](#)

Calendar includes arts & crafts, classes, events, exercise, games, presentations, public meetings, ETC.

Has booth at Oregon Crafters Market for members to sell artisan & handcraft items on specified weekends May-Oct., 215 N. Water St., Silverton

Sponsors trips to events & places in area.

Watch for Silverton Senior Center news ad in *Our Town*.

115 Westfield St., Silverton

[website](#)

SOCIAL SECURITY

866-593-1559

Information & guidance on Social Security,
SSI, Medicare & Medicaid

1750 McGilchrist St. SE, Ste, 110, Salem

[website](#)

SUICIDE (See Emergency/Crisis, Support groups)**SUPPORT in GROUPS or INDIVIDUALLY
(See also Caregiving, Grief Counseling)**

Support Groups will be offered again at the
Silverton Senior Center. Watch website.

503-873-3093

[website](#)

Verify whether the support group of interest
meets face-to-face &/or virtually.

Addiction, General, & Dual Diagnosis

Seasons

503-873-3941

Offers drug treatment, outpatient, DUI.

209 C. St., Silverton

Alcohol problems

Al-Anon, Oregon, District 4

888-4AL-ANON

Tues. 5:30 PM, Evening Paths to Recovery

Held at Silverton Assembly of God

503-269-0952

437 N. James St., Silverton

[website](#)

Al-Anon Electronic Meetings

[website](#)

Alcoholics Anonymous (AA)

[website](#)

Willamette Valley Intergroup

Noon, Recovery at Noon

503-873-1320

Held at Silverton Coffee Club,

302 N. 3rd, Silverton

Oregon Council on Alcoholism

800-621-1646

Alzheimer's Support Group

Alzheimer's Association of OR & SW WA

800-272-3900 (24/7 all year)

For caregivers, families, & public via phone

Contact for times

[website](#)

Cancer

Caregivers

Alzheimer's Association of Oregon & SW Washington 800-272-3900

Caregiver Support Group via phone
3rd Thurs. of month, 1-2:30 PM [website](#)

Northwest Senior & Disability Services (NWSDS) 503-304-3429 (Suzy Deeds)

Family **Caregiver** Support Program
Caregiver Connection
Covers caregiver topics, support & networking from other unpaid caregivers.
Currently held via telephone or Zoom on 1st Tues. of month for Silverton. [website](#)

Oregon Care Partners
Free caregiver education for those caring for older adults & those with Alzheimer's. [website](#)

Chronic Disease

Health Promotion 833-673-9355
6 week free virtual workshop on managing chronic disease. Caregivers welcome.

Diabetes

NWSDS & ADRC
Diabetes Prevention Program
Health Promotion classes on Zoom 833-673-9355
6 week of classes to help manage diabetes, or 12-month program to those at risk of diabetes.
In person classes available in Spanish. 503-814-1560

Disaster

National Disaster Distress 800-958-5990
Crisis counseling after natural or human-Caused disaster.

Gambling Hotline 877-MYLIMIT

Grandparents Raising Children

Aging & Disability Resource Connection

Caregiving Guides

“A Resource Guide for Grandparents & other
Relatives Raising Children in Oregon”

[website](#)

Northwest Senior & Disability Services
(NWSDS)

503-304-3429 (Suzy Deeds)

Parenting a Second Time Around
for relatives raising grandchildren.

2nd Wed., 10 AM-11:30 AM

Via Zoom or telephone

[website](#)

Grief

Living Well with Chronic Conditions

Resources on living with chronic conditions

Willamette Valley Providers Health Authority

503-587-5133

Salud Medical Center

503-982-2000 ext. 6424

Oregon Health Authority coordinates

[website](#)

Loneliness (see also visiting under caregiving)

Senior Loneliness Line

503-200-1633

[website](#)

Oregon Health Authority

1-800-923-HELP (4357)

Partners with Safe + Strong for those needing
to stay safe &/or to talk

Parkinson's

Peer to Peer

Northwest Senior & Disabled Services (NWSD)

HOPE Senior Peer Mentor Program

503-304-3420

Free in Marion Co. for age 50+

Gain coping skills for mild-moderate depression
and anxiety.

Oregon Senior Peer Outreach

1-833-736-4676

Community Counseling Solutions

Trained peers call weekly to Oregonians age 55+ dealing with depression, grief, isolation, &/or loneliness.

[website](#)

Project ABLE

503-363-3260

Peer-to-peer support promotes recovery from mental health issues. Free. 9 AM-5 PM.

1599 State St., Salem

[website](#)

Relationship Rebuilding

Center for Hope & Safety

503-378-1572

Offers refuge & support for victims of sexual Assault, stalking, & human trafficking.

503-399-7722 (hotline)

605 Center St., Salem

[website](#)

Safe + Strong Helpline

800-923-4357 (Help)

Emotional & mental health free counseling

24/7 Free

Program of Oregon Health Authority

Tobacco cessation

Oregon Health Authority, Smokefree Oregon

Tobacco Quit Line English

800-QUIT-NOW
(800-784-8669)

[website](#)

Tobacco Quit Line Spanish

877-2NO-FUME
(877-266-3863)

[website](#)

Oregon Health Plan

Tobacco cessation counseling

800-273-0557

U Can Quit for Service & Veterans

[website](#)

Weight

Overeaters Anonymous Oregon Intergroup

Most virtual via Zoom. Tue., 7:30 PM

[website](#)

Take Off Pounds Sensibly (TOPS)

Many meetings now held virtually.

Face-to-face meetings may include

TOPS

541-704-8378 (Debra)

Thurs. 6 PM
Silverton United Methodist Church
203 W. Main, Silverton

[website](#)

TOPS
Fri., 8:30 AM, Charges fee.
Held at Stardust Village Clubhouse
1418 Pine St., Silverton

541-704-8378 (Debra)

[website](#)

TAX ASSISTANCE (see Finances)

TRANSLATION SERVICES (See also communication)

Tips: Inquire if your health provider provides translation services.

Verify translator is familiar with legal &/or medical terms.

Pharmacists in Oregon must label directions for taking prescription drugs in patient's preferred language out of 14 different languages for those with limited English proficiency.

Oregon Health Authority
Health Care Interpreter (HCI) Registry

[website](#)

Oregon Health Care Interpreters Association [website](#)

TRANSPORTATION

***Driving Yourself**

Older drivers are more apt to use seat belts, limit driving at night & during bad weather, & less likely to drive under the influence (Centers for Disease Control & the National Highway Transportation Safety Administration).

Drivers over age 75 have more fatal crashes per miles driven. Risk rises with medication use, impaired vision, & impaired cognition. Errors occur more during merging, changing lanes, turning left, & at intersections.

Tips: Safe driving by older drivers include:

Plan your drive.

Avoid distractions, as phones, eating & drinking.

Open window slightly to better hear traffic.

GPS may be safer than map unless second person is navigator.

Allow adequate space between vehicles.

Be vigilant of pedestrians & cyclists in dark clothing.

If you wear glasses, consider anti-reflective coating; but

Do not wear so-called "night driving glasses" (amber/yellow) that may reduce visibility.

Consider **mobility accessible vehicles** or conversions if appropriate.

***Retain, Extend, & Improve Driving Skills**

AARP, District 6

888-687-2277

Offers Smart Driver on-line & in person

[website](#)

Periodically offers classes at the

Silverton Senior Center

115 Westfield, Silverton

American Automobile Association (AAA)

Offers Senior Driving tips & classes,
such as Roadwise Driver, I Drive Safely.

[website](#)

Carfit

Offers education, including online videos,
about fitting vehicle to prevent injuries due to
fragility of older drivers.

[website](#)

Car Insurance firms

Oregon law requires insurers provide a discount
(unspecified) to people completing a
state-approved Mature Drive Improvement
Program (every 3 years until age 70, every
2 years after age 70). Your car insurer may
offer programs for older drivers.

National Institute on Aging

Older Drivers

[website](#)

Oregon Department of Transportation (ODOT)

Road Conditions & TripCheck

511

[website](#)

Oregon Department of Transportation & DMV

Ways to Improve Driving

[website](#)

***Mobility Services driving equipment for disabilities**

Auto & van dealers may provide this service.

R & J Mobility Service

503-838-5520

200 Hawthorne Ave. SE, Suite F-650, Salem

[website](#)

***Parking**

*Tips: Parking designated for persons with disabilities are only for them.
Some handicap parking is for wheelchair users only.
Space designated for senior citizens at some establishments & parks.*

Oregon Department of Motor Vehicles (DMV)
Parking Permits for Disabled &
for Wheelchair users

[website](#)

***When You Drive**

Tips: Drugs (medications, supplements, herbs, or recreational) may impair your alertness, reaction time, judgment, cognition, due to causing confusion, dizziness, drowsiness, or vision changes. Find out if your drugs may do this. These span alcohol, allergy pills, pain medication, motion sickness, & overactive bladder medication.

Oregon Department of Transportation &
Oregon Health Authority
Oregon law ORS 813.010 specifies 0.08%
or more blood alcohol, or intoxicating liquor,
inhalant, or controlled substance constitutes
driving **under the influence**. Increases risk
of crash four-fold. Below still increases risk.

[website](#)

***Signs To Stop Driving**

Tips: People living in rural areas need to consider distances driven and availability of alternative transportation when considering stopping driving.

AARP Driver Safety
“Conversations with someone having
driving problems”

[website](#)

Healthwise
Driving Decision Aid
Increases knowledge & certainty, decreases
conflict in older drivers about whether &
when to stop driving.
2601 N. Bogus Basin Rd., Boise ID

800-706-9646

[website](#)

National Institute on Aging (NIA)
Signs to stop driving

- Get lost on roads that know

- Other drivers honking at you
- Involvement in “fender benders”
- Vehicles & pedestrians appear out of nowhere
- Distracted while driving
- Others concerned about your driving.

Driving Safety and Alzheimer’s Disease [website](#)

Vehicle Donation (see Donations, Recycling)

***Private Transportation**

Tips: Verify any charges)

Beris Brickles 503-999-9239
 Personal courier & driver for hire
 to & from medical appointments, shopping,
 airport trips, & appointments.
 POB 342, Silverton

Ken Beachy 503-949-8741
 Requests help paying for gas.

Jane Brown 503-873-7530

Susan Cain 503-569-4664

CareVan appointments 503-873-1784
 Complimentary rides to Legacy Silverton
 Medical Center & affiliated clinics.
 Tues. & Wed. only
 Donations accepted.
 342 Fairview St., Silverton

Cascade Care Providers, Serge Trotter 503-580-3310
 Transport to & from medical appointments,
 church, cultural events, shopping, & the like.

Kimberly Clovis 971-219-5961
 Will do driving

Ron Eubanks 469-261-4801
 Will do driving.

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| A Golden Hand Will do driving. | 971-600-5949 |
| Ann Haviland, private for hire Transport to & from church, cultural events, shopping, & the like. Unavailable Mon. & Wed. \$25/hour with 3 hour minimum. | 503-508-4157 annhaviland@aol.com |
| Pamela Miller, private for hire \$15/hour + 75 cents/mile | 503-407-8481 Missmiller@ymail.com |
| Beth Negrey | 503-989-3940 |
| Charlie Newton Will do driving. Available mostly after 6 PM weekdays & on weekends. | 503-949-0096 |
| Debra Ray Will do driving. | 503-881-4400 |
| UpHail Uber, Lyft Taxi in Silverton OR | website |
| Yellow Cab Medical Transport Non-emergency medical transport, Drivers assist getting on & off vehicles Assist with prescription deliveries Available 24 hours/7 days per week Serves Salem & some surrounding areas. 2425 Fisher Rd. NE, Salem | 503-902-1290 website |

***Public Transportation**

*Tips: Masks now optional
Wear flat shoes with tread.
Slow down.
Look for priority seating.
Grasp handrails.
Avoid carrying large packages or bags that obstruct your view.
Ask for help when needed.*

Cherriots Regional 503-588-BUSS (2877)
 Bus 20X serves Silverton/Mt. Angel/Woodburn
 to Salem Mon.-Sat. Silverton stops: Silverton
 Hospital, 1st & Lewis, & Roth's at 2nd & Bowtie.
 Connections to Canyon, West Salem, Keizer,
 Polk Co., Canby, South Metro Area Regional
 Transit in Wilsonville & Tri-met in Portland
 Most buses operate Mon.-Sat.
 Trip planning on website.

Cherriots Triplink for Oregon Health Plan 503-315-5544
 patients. Non-emergency medical
 transportation for covered services
 Schedule Cherriots Lift for eligible people
 555 Court St. NE, Suite 5230, Salem [website](#)

Gold Star Transport 503-910-2717
 Non-urgent medical transport, Marion Co. [website](#)

National Aging & Disability Transportation Center
 Promotes access transportation for those who
 are older, have disabilities, & their caregivers [website](#)

Point Oregon Intercity Bus Service
 Cascades route from Portland to Eugene, [website](#)
 Stops in Salem
 (Amtrak Station, 5003 13th St. SE)
 Stops in Woodburn
 (Transit Facility, 2895 Newberg Hwy.)
 Tickets available from Amtrak [website](#)

Silverton Area Community Aid (**SACA**) 503-873-3446
 May provide passes for Cherriots, vouchers
 for gas & propane.
 Mon. & Thurs. 9 AM-noon, Tues. 4-7 PM
 Closed Wed. & Fri.
 421 S. Water St., Silverton [website](#)

Silver Trolley 503-873-4546
 Transportation for special needs populations,
 includes seniors in Silverton city limits &
 urban growth boundary.
 For local non-emergency medical appointments,

shopping, dining, & personal trips.
Mon.-Fri., 9 AM-11:30 AM & 1-4:30 PM
Reserve at least 24 hours in advance
Donations encouraged
306 S. Water, Silverton

[website](#)

Veterans Transportation Program for
VA Portland Health Care System

[website](#)

Willamette Valley Caregivers
Services include transportation & errands
in greater Willamette Valley
Office visits by appointment only
204 N. 1st, Suite D, Silverton

503-874-4199

[website](#)

Willamette Valley Transport Salem Dispatch
Provides service for those ambulatory,
using cane, walker, wheelchair, or stretcher
to medical appointments, social events,
weddings, funerals, residence Discharge &
relocation services from hospitals & facilities.
Savings if book online.
1440 13th St. SE, Salem

503-569-7070

[website](#)

TRAVEL & CULTURE

Tip: Take a copy of your emergency contact & medical information when traveling.

Brush Creek Playhouse
Corner of Silverton Rd. & Brush Creek Dr.

503-508-3682

[website](#)

Collette
For reservations call
Inform them you are with Silverton (Oregon)
Senior Ctr., so center will receive money.
162 Middle St.
Pawtucket RI 02860

800-581-8942

Hull Park, Gardens of Enchantment
Five Senses Garden with Braille markers
Open May 1-Oct. 15
43233 Oral Hull Rd., Sandy

503-688-6195

[website](#)

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|--|---|
| Kam Wah Chung & Co. Museum Open May 1- October 31 Virtual tour any time 125 NW Canton St., John Day | 541-575-2800 website |
| Mt. Angel Theater & Studio Live performances 2 nd Fridays, 6 PM 220 Charles St., Mt. Angel | 503-873-9611 website |
| Oregon Garden, an 80 acre botanical garden 879 W. Main, Silverton | 503-874-8100 website |
| Oregon Historical Society (OHS) OHS Digital Collections | website |
| Oregon Symphony in Salem Offers live & video programs online, such as Mondays with Maestro, An African American Requiem, minute for music | 800-228-7343 website |
| Oregon West Excursions Tell Oregon West you heard about trip at Silverton Senior Center & they will give the Senior Center a commission. 1698 Liberty St. SE, Suite E, Salem | 800-333-0774 503-585-3979 website |
| Passport in Time Combines travel with volunteer work US Forest Service | 800-281-9176 website |
| Portland Art Museum Artworks on view collection Virtual Walk Through Exhibit Tours | website website |
| Road Scholar (trips by Elder-Hostel) Trips by activity level | 800-454-5768 website |
| Senior Pass (replaced Golden Age passport) Annual or lifetime pass for age 62 & over to US National Park Service, & Federal Recreational Lands. | website |

Silverton Senior Center, Travel Program 503-873-3093
Upcoming trips on bulletin boards & website
Travelers must be able to board & get off the
bus/van/vehicle without assistance; be able
to step up 11-14 inches with no assistance
(may be no grab bars); able to walk 2-4 blocks;
walk on uneven surfaces and several steps.
115 Westfield St., Silverton [website](#)

Urban Excursions 503-664-3484
Door to door social outings for seniors
in the Portland metro area. [website](#)

Willamette University Theatre 503-370-6221
900 State St., Salem [website](#)

UTILITY ASSISTANCE

Mid-Willamette Valley Community Action 503-588-9016 x 300
Agency for Oregon Energy Assistance 503-588-6928 x 300
Helps with utility costs & weatherization. [website](#)

Northwest Natural (Gas), customer service 800-422-4012
Low income assistance, credit assistance 503-226-4240
[website](#)

Oregon Low Income Energy Assistance 800-453-5511
Program (LIEAP) [website](#)
Federal financial assistance for home energy

Oregon Public Utility Commission 800-848-4442
Oregon Lifeline Program
Discounts on voice only phone service
& broadband internet service, according
to download & upload speed & data amount,
with participating companies.
Applications for discounted & free wireless
printable from website.
201 High St. SE, Suite 100, Salem [website](#)

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| Portland General Electric (PGE) | |
| Customer service | 503-228-6322 |
| Residential Bill-payment Assistance | 800-542-8818 |
| Peak Time Rebates for less energy use on specified days. | |
| Power outage, report & power outage map | 800-544-1795 |
| Enroll Medical Certificate Program when need electricity for medical condition or equipment, as oxygen. | 503-612-3838 website |
| Salem Alliance Church | 503-581-2129 |
| Royal Order of Red Suspenders | |
| Split, chop, stack, & deliver firewood during cold months free for those in need. | website |
| Silverton Area Community Aid (SACA) | 503-873-3446 |
| May be able to help with utility bills. 421 S. Water St., Silverton | website |
| <u>VETERAN SERVICES</u> | |
| Easter Seals Oregon | 503-228-5108 |
| Homeless Veterans Reintegration Program 7300 SW Hunziker St. Suite 103, Portland | website |
| Northwest Battle Buddies Veterans Resource Connects Veterans with service dogs | 360-601-9744 website |
| Oregon Department of Veterans' Affairs Includes info on transportation to VA facilities 700 Summer St. NE, Salem | 503-373-2000 website website |
| Oregon Veterans' Homes 600 North 5 th St., Lebanon | 541-497-7265 website |
| 700 Veterans Dr., The Dalles | 800-846-8460 website |
| Project ABLE Peer support for veterans. 1599 State St., Salem | 503-363-3260 website |

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|--|--|
| U Can Quit tobacco cessation For service members & veterans | website |
| U.S. Department of Veterans Affairs Veterans Crisis Line 24 hours/7 days week | 800-273-8255, press 1 or text 838255 |
| U.S. Veterans' Administration (VA) Federal Benefits for Veterans, Dependents, & Survivors. | 800-827-1000 website |
| <i>Guide too VA Mental Health Services for Veterans & Families</i> | website |
| Salem Community Based Outpatient Clinic (CBOC) | 503-721-1499 |
| Salem Clinic part of VA Portland system 1750 McGilchrist St. SE, Suite 130, Salem | website |
| VETCare Oregon | 503-364-1728 |
| Transitional program promotes self-sufficiency. Non-profit helps 30 veterans in Marion/Polk Counties. Offers bathrooms, showers, laundry, kitchen, dining room, and case management. Also, life skills training, mental health services, employment services, substance abuse recovery, & reintegration programs. 2933 Center St. NE, Unit 2, Salem | website |
| Veteran Service Office in Marion Co. 780 Commercial St. SE, Suite 302, Salem Compensation & pension issues Representative at Silverton Senior Center 2 nd Thurs. month, 9 AM, walk-ins-welcome 115 Westfield, Silverton | 971-707-4400 |
| Veterans Affairs Caregiver Support Line | 855-260-3274 |

VISION & EYE CARE (See also Animals, Service)

*Tips: Improve your visibility to others on dark days & nights by **wearing** white, pink, light blue, green, yellow, orange & reflective wear. Carry a*

flashlight. Your eyes need about 45 minutes for 80% recovery from bright to dim light. Cataracts worsen glare. Smoking worsens night vision.

Consider reading aids, such as magnifying glasses & e-book readers.

Ask your pharmacist for prescriptions labels & drug information that follow guidelines developed by the American Society of Consultant Pharmacists Foundation & the American Foundation for the Blind.

***Ophthalmology**

Kaiser Permanente Medical Office 800-813-2000
2400 Lancaster Dr. NE, Salem 503-361-5400
[website](#)

Legacy Devers Eye Institute 503-413-8202
7021 Nyberg St., Suite 210, Tualatin [website](#)

Medical Eye Clinic 503-581-5287
655 Medical Center Dr. NE, Salem [website](#)

***Optometry**

Silver Falls Eye Care 503-873-8619
600 N. First St., Silverton [website](#)

Silverton Eye Care 503-874-2020
Member of Vision Source
114 Main St., Silverton [website](#)

***Service**

Access Technologies Inc. 503-361-1201
iCanConnect Program—Oregon
Free communications equipment & training
for those with significant hearing & vision loss
2225 Lancaster Dr. NE, Salem [website](#)

Guide Dogs for the Blind, Oregon Campus 503-668-2100
Boring, OR [website](#)

Hull Park, Gardens of Enchantment 503-688-6195
Five Senses Garden with Braille markers
Open May 1-Oct. 15
43233 Oral Hull Rd., Sandy [website](#)

Magnifying Glasses

Assist seeing small print & detail of labels
(prescription, food) & hobbies.

Features span magnification (1x-45x),
hand held, wearable (headband, glasses, free-
standing lamp), shape, & weight.

Optical glass may be unbreakable, anti-scratch.

Some are lighted & require batteries.

Some businesses hang magnifying glasses
about every 12 feet to aid reading labels,
for example, Rite-Aid

626 McClaine St., Silverton

[website](#)

Oregon Commission for the Blind

503-378-8479

Provides Older Blind Services &

Independent Living

Tips for People Living with Visual Impairments

780 Commercial St. SE, Ste. 200, Salem

[website](#)

Oregon Lions Club

Oregon Lions Sight & Hearing Foundation

971-270-0203

Those eligible for assistance may receive

free eye exams, eyeglasses, cataract surgery. 503-413-7399

1010 NW 22nd Ave. #144, Portland

[website](#)

Silverton Lions Club

offers low income adults help for

eye exams & eyeglasses

Recycles eyeglasses at 6 sites including

Silverton Senior Center.

[website](#)

Applications for assistance available at

the Silverton Area Senior Center.

503-873-3093

State Library of Oregon State

800-452-0292

Talking Books & Braille Library

250 Winter St. NE, Salem

[website](#)

VOLUNTEER OPPORTUNITIES

Meals on Wheels, program of NWSDS

503-873-6906

Located in Silverton Senior Center

115 Westfield, Silverton

[website](#)

Silverton Area Seniors, Inc.

503-873-3093

Volunteer Coordinator

Volunteers serve at Center & off-site events

115 Westfield, Silverton

[website](#)

Numerous other organizations need volunteers for a variety of activities.

WEATHER

***Air Quality**

Tip: Limit exposure to smoke & drink plenty of water.

Forest fires, field burning, & smoking may aggravate asthma, breathing, heart conditions, lung problems, cause cough, headaches, irregular heartbeat, heart attacks, & irritate eyes.

During wildfire smoke the EPA advises avoiding indoor smoking, frying, broiling, burning candles or incense, or vacuuming without a HEPA filter.

Oregon Department of Environmental Quality 503-229-5359

Air quality index

[website](#)

Oregon Smoke

blog information about air quality

[website](#)

***Cooling Centers**

During very hot weather, organizations may provide cooling centers.

Tips: Heat exhaustion & heart stroke may occur during high temperatures, especially for those with heart or respiratory disease, or taking certain medications.

Consider the hours the center closes, and temperatures you will encounter en-route.

Check that your fan and air condition are working.

Recognize risk rises when you are older, lack air conditioning, live alone, living outside, in a car, mobile home, recreational vehicle, or multi-family units.

Heat islands form around paved parking lots, railroads, and industrial areas. Overheating remains dangerous during the night.

Older people, more prone to heat stress, should drink plenty of water.

If you are on the Oregon Health Plan or a client of Meals on Wheels inquire whether they have donated air conditioners or fans available.

Effects from low fluid intake and depletion of electrolytes may occur in week after the heat wave.

Centers for Disease Control
Heat and Older Adults [website](#)

Marion Co. Emergency Management
Cooling Centers List
May only be available seasonally [website](#)

Silverton Senior Center 503-873-3093
May serve as cooling center at times
at direction of Fire District or City of Silverton
115 Westfield, Silverton [website](#)

2-1-1 Info 211
Call or check website for information
on weather, transportation, etc. [website](#)

***Warming Centers & Shelters (see also Emergency Shelters under Housing)**

During very cold weather, organizations may provide warming shelters.
Tips: Consider where you can go the hours the center is not open.

National Institute on Aging Information Center 800-222-2225
Cold Weather Safety for Older Adults. [website](#)

Sheltering Silverton, offices 503-509-4797
345 Westfield St. #304, Silverton
Offers resource center, warming shelter,
& safe parking program for those in the Silver
Falls school district.
Maximum of 20 at Community Center
421 S. Water (basement), Silverton [website](#)

US Department of Energy
During cold weather, consider safety of
space heaters: *Portable Heaters* [website](#)
