



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

PLEASE NOTE: CURRENTLY NO ACTIVITIES OCCUR AT THE SILVERTON SENIOR CENTER. MANY ACTIVITIES MOVED TEMPORARILY TO ANOTHER LOCATION. CHECK SILVERTONSENIORS.org WEBSITE FOR THE LATEST INFORMATION.

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
director [@silvertonseniors.org](mailto:director@silvertonseniors.org)

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

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TOPIC***Subtopic**Tips/Resource/Address**PHONE****WEBSITE**

of organization or publication

ABUSE & NEGLECT, ELDER

Center for Hope & Safety

503-399-7722 (24-hr **crisis**)Refuge & support for victims & survivors
of domestic violence, sexual assault, stalking,
& human trafficking.

605 Center St. NE, Salem

[website](#)

Marion County Circuit Courthouse,

503-588-5032

Protective/restraining orders for

*Elderly & Disabled, Family Abuse,**Sexual Abuse, & Stalking.*

555 Court St. NE, Salem

[website](#)

Abuse Line

800-846-9165

Northwest Senior & Disability Services

(NWSDS)

[website](#)

Oregon Department of Human Services

855-503-SAFE (7233)

(DHS)

Report abuse, neglect, or financial exploitation
of Elder & Vulnerable Adults[website](#)**ALARMS/ALERTS (see also Disaster, Emergency, Medical Supplies)*****Home Safety & Security Alarms & Systems***Tip: Change batteries at regular interval, such as birthday, New Year's.**Apartment owners must provide smoke alarms.*

American Red Cross Cascades Region

503-528-5783

Install free smoke alarms by appointment

Click About Us, Request Alarms

[website](#)*Consumer Reports**Keep your home safe**Is Your Home Security a Scam Magnet?*[website](#)

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

website

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

Alzheimer's Association of Oregon

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

website

How to Choose A Medical Alert System

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

website

website

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

360-601-9744

Connects Veterans with service dogs

[website](#)

Oregon Department of Justice Poster on service animals 1162 Court St. NE, Salem	503-378-4400 website
Oregon Humane Society Disaster Preparedness Information 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, 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 Available after 6 PM weekdays & on weekends.	503-949-0096
*Poison Control for Pets American Society Prevention 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 [website](#)
Located near pharmacy inside Rite-Aid
626 McClaine St., Silverton

Blood pressure test, free
High School Pharmacy 503-873-8391
406 McClaine St., Silverton [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](#)

Caring Conference, annually in April 503-304-3429 (Suzy Deeds)
hosted by Oregon Native Tribes & partnering
tribes.

National Institute on Aging [website](#)
Skills, support, & tips for caregivers

National Institutes of Health
Caregiver Resources [website](#)

Northwest Senior & Disability Services 503-304-3429 (Suzy Deeds)
(NWSDS)
Caregiver series 7 classes for unpaid
caregivers of people with conditions
that cause dementia.

Mon. 10:30 AM-12:30 PM, Register at: 503-304-3432 (Julie Mendez)
Sponsors Oregon Project Independence
(see below).

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 *Family Caregiver Connections*

[website](#)

Care Providers

Jo Aerne
Occupational therapist, certified
Assists with activities of daily living, improve
Independence & home-safety.

314-625-2191

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

917-387-5608

Jane Brown

503-873-7530

Care Availability

Free service by Retirement Connections for
Mid-Willamette Valley of caregivers &
Related topics.

[website](#)

Amy Caster-Winegeart

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](#)

Vicki Cronin

503-979-9873

Caregiving for seniors. Take to doctor

503-873-0758

Appointments, pick-up meds, light housework,
fix lunch or dinner, etc.

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 Provides home health care & in-home care. 2608 Cascadia Industrial St. SE, Salem	503-375-2273 website
A Golden Hand 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	971-600-5949 website
Rita Hendershott, non-certified Will drive to appointments, separate medicines.	831-234-7015
Home Instead Senior Care Non-medical home care includes Silverton. Helps with cooking, bathing, errands, & transportation. Live-in care, respite care. 2015 24 th St. SE, Salem	503-399-9490 website
New Horizons In Home Care Medical & non-medical assistance for Salem & surrounding area 200 Hawthorne Ave SE, Salem	503-400-3000 website
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 website
Lillian Ryan Certified caregiver & medication aide. Helps cook, showering, medications, light housekeeping, companionship, shopping, & transportation. Experienced.	503-871-7154

Senior Helpers 503-308-9734
Offers companion care, personal care, or
home health care, & dementia care.
2659 Commercial St. SE, Ste. 270, Salem [website](#)

Visiting Angels serves Mid-Willamette Valley 800-365-4189
including Marion County 503-375-2061
Services include companionship, personal care,
dementia care, respite care, & end-of-life care.
250 Broadalbin St., Suite 250, Albany [website](#)

Willamette Valley Caregivers 503-874-4199
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. 1st, Suite D, Silverton [website](#)

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.

Apostolic Christian Church 503-873-6525
Ministries cover Care for Elderly, Harvest Call 503-871-9822
such as fixing and building items for seniors. (Jake Johnson)
4700 Howell Prairie Rd. NE, Silverton [website](#)

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 27 th Ave. S., Seattle WA	<u>website</u>

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	<u>website</u>

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	<u>website</u>

American Sign Language	503-873-3093
Classes on 1 st & 3 rd Thurs. 4:30 PM, \$20	
CURRENTLY NOT AT SR CENTER	
Held at Silverton Senior Center	
115 Westfield, Silverton	<u>website</u>

AT&T Mobility Lifeline Service	800-377-9450
Discounted wireless service for low-income meeting qualifications.	

Butte Creek Computer Service	503-877-3130
Repair & virus removal	
209 E. Main, Silverton	<u>website</u>

Federal Communications Commission 888-225-5322
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. [website](#)

Oregon Public Utility Commission 800-848-4442
Oregon Lifeline Program
 Discounts on landline & broadband service
 with participating companies
Telecommunications Devices Access Program
 Loans devices to ease disabilities (cognition,
 hearing, mobility, speech, vision) for free.
 201 High St. SE, Suite 100, Salem [website](#) (site not secure)

Random Shoes	503-880-1742
Help with electronic devices. If restarting your device doesn't work, call Mike Ashland.	website

Silverton Senior Center 503-873-3093

CURRENTLY NOT AT SR 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.

website

Friendly Connections contacts those without a computer. Call to sign-up for this.
115 Westfield, Silverton

US Federal Communication Commission 888-225-5322
Under *Telephone Consumer Protection Act*
helps consumers to stop robo-calls & other
unwanted calls, text messages, or faxes.

COMMUNITY RESOURCE ORGANIZATIONS

Community Action Agency 503-399-9080
Assists Marion County residents,
or refers to other programs for emergency
housing, energy, & weatherization
615 Commercial St. NE, Salem [website](#)

Marion County (CHIP)
Community Health Improvement Program [website](#)

Northwest Senior & Disability Services 503-304-3420
(NWSDS) 800-846-9165

Oregon Department of Human Services (DHS)
Aging & Disability Resource Connection 866-206-4799
(ADRC)
Offers Otago Exercise Program in Salem area,
Gatekeeper Program, 503-304-3407
especially for those living alone. [website](#)

SILVERTON AREA COMMUNITY AID 503-873-3446
(SACA)

For those living in the Silver Falls
School district and meeting income guidelines.
Services include food pantry; access to
showers, laundry, and firewood; assistance
with utilities, transportation, dental van &
medical/dental costs; job applications; classes;
& referrals.

Pantry Hours: Mon. 11 AM-2 PM, Tues. 3-7 PM,
& Thurs. 9 AM-noon

Office Hours: Mon. 9 AM-4 PM, Tues. 1 PM-7 PM,
Wed. & Thurs., 8:30 AM-4 PM.

421 S. Water St. (basement), Silverton [website](#)
About March 2024 plan to move to
990 N. 1st St. Silverton

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
Internet Crime Complaint Center (IC3)
Elder Fraud

[website](#)

U.S. Federal Trade Commission
Identify Theft
Medical Identity Theft

877-438-4338

[website](#)

[website](#)

*Scams

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

Scams typically urge immediate action, then 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
Beware of Robocalls, Texts & Emails
Promising COVID-19 Cures or Stimulus
Payments

877-908-3360

[website](#)

US Department of Justice
Report COVID-19 Fraud

[website](#)

Marion County Sheriff

503-588-5032
(non-emergency line)

National Council on Aging (NCOA)
Top 5 Financial Scams Against Older Adults [website](#)

Oregon Department of Justice
Consumer Protection

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

US Federal Bureau of Investigation (FBI)
Internet Crime Complaint Center:
<https://www.ic3.gov/Home/FileComplaint>
Elder Fraud [website](#)

US Federal Trade Commission (FTC)
Information about scams. [website](#)
Report fraud to ReportFraud.ftc.gov [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 Report housing discrimination	800-424-3247 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
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 (ACP)**

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.

Be aware that recent evaluations of ACP question its' worth, as ACP did not meaningfully improve quality of life & failed to improve end-of-life care. (R.S. Morrison et al, "What's Wrong With Advance Care Planning," JAMA, 10-8-21)

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) is updated Oregon 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 503-315-1003
698 12th St. SE, Salem [website](#)

Hospice Care of the Northwest 877-263-7776
Offers hospice in Marion County
2290 Commercial St. SE, Salem [website](#)

Providence Oregon Hospice 503-814-2273 (CARE)
Serves parts of Marion Co.
Main office, 6410 NE, Halsey, Portland [website](#)

Traditions Health Salem 503-485-0840
In-home hospice for Marion Co.
Provides care for Veterans
2290 Commercial St. SE #108, Salem [website](#)

Willamette Vital Health 800-555-2431
Provides Hospice, Supportive Care & Grief 503-588-3600
Care in the Willamette Valley
1015 3rd St. NW, Salem [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	<u>website</u> <u>website</u>
Community Emergency Response Team (CERT) Requires 21 hours of training, free classes 555 Court St. NE Suite 5232, Salem	<u>website</u>
City of Silverton Emergency Management & Preparedness under community Link to Marion-Polk Alerts to sign-up for emergency notifications via Everbridge. Links to other resources. 306 S. Water. Silverton	503-874-2206 <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, & safety fairs & events for 22 Marion Co. communities. National Fire Protection Association <i>Firewise USA</i> <i>How to Prepare Your Home for Wildfire</i>	503-982-2340 (24 hr. non-emergency #) <u>website</u> <u>website</u> <u>website</u>
National Institute on Aging <i>Disaster Preparedness for Alzheimer's Caregivers</i>	<u>website</u>

Oregon Depart. Emergency Management 503-378-2911
3225 State St., Salem [website](#)

Oregon Public Broadcasting
Unprepared: an Oregon Field Guide Special [website](#)

TBOne Ready Neighbors
Disaster Preparedness by Neighborhood [website](#)

US FEMA
(Federal Emergency Management Agency)
Emergency Preparedness Ready.gov [website](#)
Are You Ready? [website](#)

DONATIONS/RECYCLING (See also Financial, Home Repairs, Medical Supplies, & 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 503-586-0061
853 9th St. NW, Salem [website](#)

Center for Hope & Safety 503-399-7722
Accepts items useful at shelters.
605 Center St. NE, Salem [website](#)

Fall Line Skate-bike-sno
Collects clean wearable clothes & shoes
for local & global use by the Gaia Movement.
302 Lewis, Silverton

Fresh Start Market & Espresso
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 503-581-4472
Takes aluminum cans, cardboard, glass,
& paper.
3334 Industrial Way NE, Salem [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](#)

Office Suppliers
(Best Buy, Office Depot, Staples)
Take used ink cartridges.

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; brown, green, & clear glass;
detergent containers, and water bottles.
Dispose of medical waste in proper containers.
Does **NOT** accept aluminum foil, loose soda tabs,

or bottle caps, batteries, soiled or wet paper or cardboard; clothing or shoes, coffee cups, construction waste, diapers, electronics, broken or heat-resistant glass (Pyrex); food waste, liquid in bottles, razor blades, needles, or sharps; plastic bags, bubble wrap, straws, Styrofoam, toys, or yard waste.

Contact Republic about specific items.

Republic recycles Sat. only, 9 AM-1 PM

at **Silverton City Shops**. There 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

[website](#)

Restore (Habitat for Humanity)

855-500-4161

Accepts items specified on website

503-902-0645

245 Young St., Woodburn

[website](#)

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.

Recycle plastic bags near south inner exit.

918 First St., Silverton

[website](#)

Safeway

Glass/plastic/can return outside on south side.

Accepts soft plastic bags near south entry/exit.

301 Westfield, Silverton

[website](#)

Salem-Keizer Recycling & Transfer Station, 503-588-5169
& Household hazardous waste.

Check website for hours, free recycling items, fees, & unacceptable materials.

3250 Deer Park Dr. SE, Salem

[website](#)

Seventh-day Adventist Church 503-873-8568
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 [website](#)

Silver Creek Dispensary 503-874-4630
Box in lobby to recycle cannabis containers
307 E. Main St., Silverton

Silverton Area Community Aid (SACA)	503-873-3446
Holds periodic food drives.	
Check on need & hours for donations.	
421 S. Water St. (basement), Silverton	website

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](#)

Sustainable Silverton
Holds community forums about recycling,
emergency preparedness, community health
& well-being, and similar topics. [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](#)

EDUCATION

House Bill 2011, signed into law on 6-18-2009, requires Oregon board of higher education and community college districts to waive tuition for courses audited by Oregon residents age 65 & older, providing space is available, department approves, & registered for 8 hours or less. Such students still need to pay other incidental fees.

Chemeketa Community College 503-399-5001
Oregon residents who are age 65 & older
May apply to audit courses at level 100 & 200.
Space must be available & prerequisites satisfied.
Tuition will be waived, but not other fees.
4000 Lancaster Dr. NE Bldg 2, Rm 2, Salem [website](#)

Oregon State University, Registrar 541-737-4331
Oregon residents age 65 & older may audit
courses without paying tuition or fees.
Auditors must first be admitted & pay a non-
refundable application fee & assessed
instructional fees.
Audit both in-person & on-line courses,
but process not via online registration system.
Office of Registrar, Corvallis [website](#)

Portland State University, Institute on Aging
Senior Adult Learning Center (SALC) allows
those age 65 & over to audit courses,
providing space available & instructor consents.
SALC, Portland [website](#)

University of Oregon
Oregon residents age 65 & older may audit
classes, providing space is available & depart-
ment approves. Some departments only do
this for summer classes. No charge, except

for incidental fees and self-support course
must pay self-support tuition.

Registration form

[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**

Behavioral Health Crisis Center

(formerly Psychiatric Crisis Center)

Marion County Health Department

24/7 walk in crisis center

1234 Commercial St. SE, Salem

503-585-4949 (24-hr Crisis)

[website](#)

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](#)

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
9:30 AM, M, W, & F.
Free for members, \$5 non-members
Currently at Immanuel Lutheran Church
303 N. Church St.
Silverton Senior Center
115 Westfield, Silverton
[website](#)

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

CrossFit forging Elite Fitness
Silver Creek Strength & Conditioning, Inc.
Non-profit 501C3
Weight-lifting
403 Lewis St., Silverton
[website](#)

Karen Gehrt, LLC
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
CURRENTLY NOT AT SR CENTER
Silverton Senior Center
115 Westfield, Silverton
503-779-4477
[website](#)

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

Line Dancing Wed. 1-2 PM beginners, 3-4 PM advanced <i>CURRENTLY at Immanuel Lutheran Church</i> 303 N. Church St. Silverton Senior Center 115 Westfield, Silverton	503-873-3093 website
Northwest Senior & Disability Services (NWSDS) Health Promotion Otago Exercise at home, Salem area	833-673-9355 website
Pilates Mat Classes Beginners to Advanced Bring a mat. Wear clothes you can stretch in. Mon., 8 AM; Fri., 10 AM Little Leaf Café 111 N. Water St., Silverton	503-507-1188 (Jen) 503-998-1283 (Danita)
Rest & Relax Mellow movements, mindfulness, mantra Music mediation, & mandala coloring. Mon. 3-30-4:30 <i>CURRENTLY NOT AT SR CENTER</i> Silverton Senior Center 115 Westfield, Silverton	808-367-2633 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 Offers virtual training. Offers for members Titanium Strong classes 222 High St. Suite 3, Silverton	503-873-0800 website
*Physical Therapy Benchmark Physical Therapy 365 Westfield St., Silverton	503-873-6111 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, 6 movements set to music, simple
Tues. & Thurs. 9:45 AM
CURRENTLY NOT AT SR CENTER
Silverton Senior Center 503-873-3093
115 Westfield St., Silverton [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**

Ageless Yoga with MaryLou Coleman.
For Age 50+.
Emphasis links breathing with postures.
Sat. 9 AM

503-873-3093

Free for members, \$5 for non-members
No need to preregister.

*CURRENTLY at Total Body Health,
1099 N. First St, Silverton
Silverton Sr. Center
115 Westfield, Silverton*

[website](#)

Gentle Yoga with Kathleen
Tues. & Thurs. 9:30 AM.

503-873-3093

Free. Donations accepted.

CURRENTLY NOT AT SR CENTER

Silverton Senior Center
115 Westfield, Silverton

[website](#)

Yogi Collective

Yoga Flow for all levels

541-405-2670

Wed, 11 AM, \$15 for 45 minutes.

107 N. Water St., Silverton

[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
(NWDSD) 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
Senior List

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

***Donations**

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

Silverton Area Seniors Inc.
115 Westfield, Silverton

503-873-3093
[website](#)

***Taxes**

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

AARP Foundation Tax Aide
Tax Aide for Seniors age 60 & older. Free.
AARP taxes appointment call
CURRENTLY AT SILVER FALLS LIBRARY
Silverton Senior Center
115 Westfield, Silverton

[website](#)
971-599-1940
[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
218 Johns Ln., Silverton
CURRENTLY NOT AT SR CENTER
Offers class periodically at
Silverton Senior Center.

503-779-4477

Pacwest Medical Training 971-772-1249
Trains in CPR, 1st-aid, AED, Bloodborne
Pathogens for community and for health
professionals. Some held at Silverton Senior
Center, 115 Westfield, Silverton.
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, sign-up for home delivery 503-304-3420
Stacie, Nutrition Program Manager
& to volunteer 503-304-3475
Northwest Senior & Disability Services
(NWSDS) [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 503-400-6618 Ext. 4
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. [website](#)

Silverton Farmers Market
Saturdays, food, crafts, plants
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.
Do not leave take home boxes of meat, fish, or dairy in hot car or
purse for hours.*

Dine Out Club for age 50+
1st Thurs. 6 PM at different local restaurants
CURRENTLY STILL OPERATING
Watch website for location. [website](#)

Meals on Wheels Congregate Dining 503-873-6906
Every Fri. 11:30 AM RSVP requested
\$3 suggested donation. Door prizes
CURRENTLY NOT AT SR CENTER
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
Free. Donations accepted.
CURRENTLY SUSPENDED
Silverton Senior Center
115 Westfield, Silverton [website](#)

Single Seniors
CURRENTLY STILL OPERATING
Lunch on 3rd Mon. at noon.
Main St. Bistro, 201 E. Main, Silverton

503-873-3093

***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 fewer calories. Even moderate
use poses risks with interacting medications,
liver disease, or driving/operating 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
Reflexology of feet
Thursdays by appointment
CURRENTLY NOT AT SR CENTER
Silverton Senior Center (in foot clinic)
115 Westfield, Silverton

971-389-9229

RN Foot Care
Clinicians trained in foot care & certified wound care
Experienced in working with people who have
diabetes, disabilities, & common foot problems.
By appointment. Charges fee.
Tues. & Wed. 8:30 AM-2 PM
CURRENTLY AT ASSEMBLY OF GOD CHURCH,
437 N. James St.
Held at Silverton Senior Center
115 Westfield St., Silverton

503-881-7033 (Leana Smith)

[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 503-449-6007
Services include safety checks, appraisals
477 E. Elm Dr., Gervais [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

503-269-0641

Acupressure /Chair shiatsu

See also Miscellaneous Providers.

104 N. First St., Ste. 7, Silverton

White Oak Wellness (WOW)

Acupuncture, Massage

503-874-4067

306 Oak St., Silverton

[website](#)

***Chiropractic**

Allen Chiropractic Wellness Center

503-874-9355

510 Front St., Silverton

[Facebook](#)

Cote Chiropractic

503-873-8099

951 N. 2nd St., Silverton

[website](#)

Mt. Angel Chiropractic

503-845-9373

690 N. Main St., Mt. Angel

[Facebook](#)

ORT Chiropractic Clinic

503-874-8678

Chiropractic, Massage, & Rehabilitation

436 McClaine St., Silverton

[website](#)

Silver Creek Chiropractic

971-287-6632

204 N. 1st, Suite E, Silverton

[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](#)

<i>Legacy Anticoagulation Clinic</i> <i>Legacy Wound & Ostomy Clinic</i> <i>STEPS Clinic</i> 342 Fairview, Silverton	503-873-1670 website
<i>Legacy Devers Eye Institute</i> 7021 Nyberg St., Suite 210, Tualatin	503-413-8202 website
<i>Legacy Urgent Care</i> 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> Partners with Marion Polk Food Share to	503-588-0076

distribute food at clinic. Call for times.
3896 Beverly Ave NE, Bldg. J, Ste. 40, Salem
Salud Medical Center 503-982-2000
1175 Mt. Hood Ave, Woodburn

Dentistry

DENTISTS

Michael M. Bliss, DMD 503-873-6118
306 E. Main St., Silverton [website](#)

Dental Mobile Van
Medical Teams International Dental Program 503-624-1026
Limited free/low cost dental care for those
qualifying. May require pre-application.
14150 SW Milton Court, Tigard [website](#)
Periodically sponsors dental van at
Silverton Senior Center, 503-873-3093
& at Silverton Area Community Aid (SACA).

Kaiser Permanente
North Lancaster Dental Office 800-813-2000
2300 Lancaster Dr. NE, Salem [website](#)

Michael Kim, DDS
Family & Spa Dentistry 503-873-3530
410 Oak St., Silverton [website](#)

Mt. Angel Dental 503-845-2273
310 E. Charles St., Mt. Angel [website](#)

Oregon Dental Studio 503-566-7000
244 Jersey St., Silverton

Oregon Tech Dental Hygiene Clinic 503-584-7101
Chemeketa Community College
4000 Lancaster Dr. NE, Bldg. 8, #9, Salem [website](#)

Silverton Family Dentistry 503-873-8614
303 N. First, Silverton [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
Trina Butler-Dana
certified clinical hypnotherapist
214 B, S. Water St., Silverton
503-509-8487

The Nurturing Path
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
CURRENTLY NOT AT SR CENTER
Silverton Senior Center
115 Westfield, Silverton
503-269-9641
[website](#)

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

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

***Naturopaths**

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

503-873-6705

Donald McBride, ND
1305 Broadway St. NE, Salem

503-364-1441
[website](#)

***Osteopaths**

Bruce W. Duffy, DO,
specialty Geriatric Medicine
4182 Vitae Springs Rd. S, Salem

503-371-2260

Santiam Orthopedics & Sports
Timothy R. Borman, DO
700 Bellevue St. SE, Salem

503-375-3636

***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
3181 SW Sam Jackson Rd., Portland

800-222-1222 (**emergency**)
503-494-7799

[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)

Medicare

[website](#)

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 & (option 2)

Medicare savings programs

Annual *Oregon Guide to Medigap*,

[website](#)

Medicare Advantage, & Prescription Drug Plans

Some insurers explain their plans

at Silverton Senior Center, 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](#)

Bright Minds Hearing

503-589-9844

Hearing tests, ear cleaning, & hearing devices.

3856 Center St. NE, Salem

[website](#)

CaptionCall

Dexter Vowles, Account Manager Oregon

503-847-8609

Compatible with landline or mobile phone

[website](#)

Hearing Loss Association of America,
Oregon

541-689-7242

[website](#)

Lions Club

Oregon Lions Sight & Hearing Foundation

971-270-0203

Qualified applicants eligible for rebuilt hearing
aids, hearing surgeries, & treatments.

1010 NW 22nd Ave. #144, Portland

[website](#)

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.

[website](#)

National Institute on Deafness & Other
Communication Disorders

Listen Up! Protect Your Hearing

[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

503-877-1684

Offer diagnosis, testing, fitting, repair,
supplies & accessories

3857 Wolverine St. NE #16C, Salem

[website](#)

US Federal Communication Commission

Authorizes providers of *captioned phone*
service for individuals with hearing or
speech disabilities. May pay for phone
access, but not the phone.

[website](#)

Operator of Telecommunications

711

Relay Service to connect people with hearing
or speech disability.

[website](#)

Woodburn Hearing Center

503-981-8575

Offer diagnosis, testing, fitting, repair,
supplies & accessories.

2200 Country Club Ct., Ste. E, Woodburn

[website](#)

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

503-507-9599

Serves Silverton

7455 62nd Ave. NE, Salem

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

***Electric Repair/Contractors**

Kuenzi Electric 503-873-4908
1035 Commerce Ct. Silverton [website](#)

Rite Way Electric 503-873-5275
Serves Silverton
2904 Three Lakes Rd. SE, Albany [website](#)

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

***General Repair**

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

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](#)

Handyman Repairs 503-877-4412
John, retired home builder & general contractor
Free estimates

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.

Ryan 503-881-3802
Handyman & home repairs related to fences,
Gutters, yard debris & like.

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.
CURRENTLY PHONE ONLY
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 503-873-2810
6175 Aviation Way, Silverton [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 [website](#)
Designing for Better Living [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 <i>6 Ideas for Elder-Friendly Design</i>	website
<u>HOUSECLEANING</u> (See also Caregiving)	
Mary Maids Cleaning service by Mary Olds in Salem & neighboring communities.	503-991-2370
<u>HOUSING</u> (See also Weather, cooling & warming centers)	
*Housing, General	
Marion County Housing Authority 2645 Portland Rd NE Suite 200, Salem	503-798-4170 website
McCulloughs' Moving & More Moving, Delivery, Assembly, Heavy Lifting, & Removal 1115 Madison St. NE, Salem	503-930-1114
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 (assisted living, nursing home, adult foster care, residential care)	website
Oregon Housing & Community Services Assists with housing, homelessness, energy, & weatherization. 725 Summer St. NE, Ste. B, Salem	503-986-2000 website
Oregon Project Independence 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.	866-206-4799 (Marion Co.) website
*House sitting Chris Dolan, house sitting	503-779-6808
*Reverse Mortgages Federal Housing & Urban Development (HUD) Home Equity Conversion Mortgage (HECM) HECM Counselor	website 800-569-4287
*Apartments Apartments 201 S. James St. #1-12, Silverton Condos, 202 -211 S. James St., Silverton	
Bryan Court Apartments 900-915 & 1005 Bryan Ct., Silverton	503-93-3104
Edelweiss Village for age 62+ 150 N. Garfield, Mt. Angel Operated by Marion Co. Housing Authority	website
Grandview Apartments for active, independent seniors who are active 55+ Some units pet-friendly. 1060 Linden St., Mt. Angel	503-845-2222 website

Pacific Crest Apartments 950 N. 2 nd St., Silverton	503-873-3387
Sheridan Senior Estates for ages 58+ 185 S. Sheridan St., Mt. Angel Operated by Marion Co. Housing Authority	website
Silverplace Apartments 329 Fossholm St. NE, Silverton	503-874-8878 website
Silver Ridge Apartments % Bertolucci Management Inc., Salem 1119-1201 S. Water St., Silverton	503-585-2848
Silverton Manor 992 N. 2 nd , Silverton	503-873-1425
Silvertowne I 1080 N. 2 nd 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	
St. Francis Shelter & Transitional Housing Provides temporary housing for homeless in Marion county.	503-588-0428 website
St. Joseph Shelter & companion programs in Mt. Angel. Program includes Marion Co. Operated by Catholic Community Services	503-390-2600 website

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.

[website](#)

Sheltering Silverton, offices 503-509-4797
345 Westfield St. #304, Silverton
For adult, homeless in Silverton area.
Resource Center 8 AM-8 PM.
Night Shelter 8 PM-8 AM.
Current capacity is 20.
832 McClaine St., Silverton

[website](#)

VETCare of Oregon 503-364-1728
Assists veterans in Marion/Polk counties
with transitional housing.
2933 Center St. NE, Unit 2, Salem

[website](#)

***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](#)

Elliott Residence at Marian Estates
390 SE Church St., Sublimity [503-769-8313
website](http://www.elliottresidence.com)

Marian Estates
390 Church St., Sublimity [503-769-3499
website](http://www.marianestates.com)

McKillop Residence at Marian Estates
500 Conifer Circle, Sublimity [503-769-8900
website](http://www.mckillopresidence.com)

Mt. Angel Towers (Residential Care)
1 Towers Ln., Mt. Angel [503-845-7211
website](http://www.mtangel.com)

Providence Benedictine Orchard House
550 S. Main St., Mt. Angel [503-845-2544
website](http://www.providencebh.com)

Silver Creek Senior Living
703 Evergreen Rd., Woodburn [503-981-4142
website](http://www.silvercreek.com)

Trustwell at Davenport Place
Senior Living Community
930 Oak St., Silverton [503-873-7162
website](http://www.trustwell.com)

***Foster Care, Adult**

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

Aging & Disability Resource Connection
(ADRC) of Oregon [855-673-2372
\(855-ORE-ADRC\)
503-304-3420
866-206-4799
website](http://www.adrc.org)

Northwest Senior & Disabled Services
(NWSDS)
3410 Cherry Ave. NE, Salem [503-304-3400
503-981-0138
website](http://www.nwdsds.com)

Oregon Department of Human Services (DHS)
Overview of Adult Foster Home Program
& classification designation [website](http://www.dhs.gov)

Marcey's Place
1150 NE Magnolia Ave., Sublimity [503-769-1313](http://www.marceysplace.com)

Wisdom Keepers, Susan Conmi
171 Steelhammer Rd., Silverton

503-873-7316

***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.
Respite care available
5881 Woodside Dr. SE, Salem

503-967-9131

[website](#)

Marian Estates
390 Church St., Sublimity

503-769-3499

[website](#)

Silver Creek Senior Living
703 Evergreen Rd., Woodburn

503-981-4142

[website](#)

Woods at Willowcreek (Springs Living)
4398 Glencoe St. NE, Salem

503-581-4239

[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
390 Church St., Sublimity

503-769-3499

[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
Provides Transitional Care, Rehabilitation,
Long-term Skilled Nursing Care, & Enhanced
Care Unit.
540 S. Main St., Mt. Angel

503-845-6841

[website](#)

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

INFORMATION

Aging in The Willamette Valley

John Hughes interviews of experts &
professionals of interest to elders on KMUZ.

314 past episodes now available on podcast. [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 503-304-1323
Free monthly magazine. Drop sites include
Silverton Senior Center.
3827 NE 91st Ave., Portland [website](#)

Search engines
Bing, DuckDuckGo, Google, Microsoft Edge

Silver Falls Library, Circulation 503-873-5173
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, cultural passes etc.
410 S. Water St., Silverton

[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
CURRENTLY UNAVAILABLE

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
Duplicates keys, opens homes & vehicles.
1865 Lancaster Dr. NE, Salem

503-364-1066

[website](#)

LEGAL ASSISTANCE

Legal Aid Services of Oregon
Salem Regional Office
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,

800-359-1845

503-581-5265

public benefits, & Wildfire Disaster Relief.
105 High St. SE, Salem

[website](#)

Oregon State Bar Lawyer Referral Service
For those of modest means

800-452-7636

Rose Elder Law
Michael J. Rose, JD
Jennifer Trundy, JD
Estate Planning, Medicaid
Lake Oswego

971-865-3171

[website](#)

Sherman, Sherman, Johnnie & Hoyt, LLP
Jennifer Smith, Elder Law Attorney
Estate Planning
693 Chemeketa St. NE, Salem

503-364-2281

[website](#)

MASSAGE THERAPY

Bill Clubb

Massage Therapy

Book appointment on-line

[website](#)

CURRENTLY AT HIS HOME STUDIO IN SALEM

Silverton Senior Center

115 Westfield, Silverton

Grand Rising Wellness
Massage Therapy & Bodywork
417 N. Water, Silverton
(set-back by Silver Creek)

509-902-9093

[website](#)

Leah's Healing Hands Travel Massage
Provides therapeutic wellness massage
in your home.
Swedish, Deep Tissue, Sports massage
Molalla

971-715-9089

[website](#)

Sadiqua Boos La Borde
Reflexology of feet
Reflexologist trained in Quantum Touch,
Chakra system, deep breathing & stretching.
Thursdays by appointment
CURRENTLY NOT AT SR CENTER

971-389-9229

Silverton Senior Center
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 & you being exposing to others. Masks also reduce inhaling smoke.

***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

Coordinates donations of durable medical [website](#)

equipment, as wheelchairs, walkers, shower chairs, crutches, braces, etc. to Paralyzed

Veterans of American/Tanner Project via

Roy McClaine to pick up in Silverton 503-871-7704

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](#)

Hi-School Pharmacy 503-873-8391

Canes, commodes, walkers, & the like.

406 McClaine St., Silverton [website](#)

Pacific Medical Supply 503-585-2027

Full service durable medical equipment & supplies.

1090 Commercial St. NE, Salem

Rite-Aid Pharmacy
Canes, commodes, walkers & the like
Free COVID-19 testing by appointment
626 McClaine St., Silverton

503-873-2460

[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.
Contact for red sharps container for a fee.
Call for pick-up when container is full.

503-981-1278

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)
BeSafeRx how to buy medicine safely online [website](#)

websitewebsite

503-873-8391

website

971-983-5290

503-873-2460

website (Higi)

website (Rite-Aid)

503-873-6321

website

Tips: Evaluate discounts and coupons.

Some are not accredited by the Better Business Bureau

Compare to price of generic, if available

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 503-873-6446
Mobile Notary

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

CURRENTLY CHECK WEBSITE

[website](#)

Bridge 10 AM Tues. in private home.

Pinochle Noon-4 PM Fri. in private home

Poker 10 AM Mon. & 11 AM Fri. in private homes

Art Studio Painters, Thurs. 10 AM-1 PM at

Silverton Arts Association classroom,

303 Coolidge St.

Painting with Chris 1st & 3rd Mon. 10- AM-1 PM

at Grandview, 1050 Linden St., Mt. Angel. \$10

Knit Wits 10 AM Wed., Silverton Art Assoc.

Classroom, 303 Coolidge.

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

Watch for monthly Datebook listing of area events in *Our Town*. Includes activities
CURRENTLY NOT AT SR CENTER
Silverton Senior Center
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
Tues. 5:30 PM, Evening Paths to Recovery
Held at Silverton Assembly of God
437 N. James St., Silverton
Al-Anon Electronic Meetings

888-4AL-ANON

503-269-0952

[website](#)

[website](#)

Alcoholics Anonymous (AA)
Willamette Valley Intergroup
Noon, Recovery at Noon
Held at Silverton Coffee Club,
302 N. 3rd, Silverton

[website](#)

503-873-1320

Oregon Council on Alcoholism

800-621-1646

Alzheimer's Support Group

Alzheimer's Association of OR & SW WA
For caregivers, families, & public via phone
Contact for times

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

[website](#)

Cancer

Caregivers

Alzheimer's Association of Oregon & SW
Washington

800-272-3900

Northwest Senior & Disability Services
(NWSDS)

1) **Family Caregiver** Support Program
Caregiver Connection

For unpaid family caregivers caring for anyone
age 18+.

Provides social support for caregivers.

3rd Tues. monthly, 1-2:30 PM

3410 Cherry Ave NE, Salem, or

1st Wed. monthly, 1-2 PM via Zoom

503-304-3432 (Julie Mendez)

[website](#)

2) **Dementia Care** Conversations

For unpaid family caregivers

First Tues. monthly, 1-2:30 PM

3410 Cherry Ave. NE, Salem

Or 3rd Wed. 1-2 PM, monthly via Zoom

503-304-3432 (Julie Mendez)

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 503-304-3429 (Suzy Deeds)
(NWSDS)

Parenting a Second Time Around,
Relatives as Parents Program
for age 55 + parenting age 18 or younger.
3rd Wed., 11 AM-12:30 PM
3410 Cherry Ave NE, Salem

[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+

Coping skills for mild-moderate depression
& 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

Native Quit Line

800-QUIT-NOW + 7

Free 24/7 service for Alaska Natives &
American Indians emphasizing indigenous
Values.

Oregon Health Authority, Smokefree Oregon

Tobacco Quit Line English

800-QUIT-NOW

(800-784-8669)

Text READY 34191

[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 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 541-704-8378 (Debra)
Fri., 8:30 AM, Charges fee.
Held at Stardust Village Clubhouse
1418 Pine St., Silverton [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

Road Conditions

Oregon Department of Transportation
TripCheck road conditions & traffic alerts

511
[website](#)

***Driving Yourself**

Drivers age 65 and over comprise nearly 25% of drivers. 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 age 75-79 have 2.5 times risk of fatal crash, age 80 and above have 5 times the risk. Risk rises with medication use, impaired vision, cognition, and grip strength, and slower reaction time. Dementia, stroke, Parkinson and other conditions may impair driving. Errors occur more during merging, changing lanes, turning left, & at intersections.

Reduce distractions (turn off cell phone and radio, eating or drinking while driving) may reduce your risk. New technology may lower the risk of crashes.

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 in advance whether any charges are involved.

Beris Brickles Personal courier & driver for hire to & from medical appointments, shopping, airport trips, & appointments. POB 342, Silverton	503-999-9239
Jane Brown	503-873-7530
Susan Cain	503-569-4664
CareVan appointments Complimentary rides to Legacy Silverton Medical Center & affiliated clinics. Tues. & Wed. only Donations accepted. 342 Fairview St., Silverton	503-873-1784
Cascade Care Providers, Serge Trotter Transport to & from medical appointments, church, cultural events, shopping, & the like.	503-580-3310
A Golden Hand Will do driving.	971-600-5949
Pamela Miller, private for hire \$15/hour + 75 cents/mile	503-407-8481 Missmiller@ymail.com
Charlie Newton Will do driving. Available mostly after 6 PM weekdays & on weekends.	503-949-0096
UpHail Uber, Lyft, Taxi in Silverton OR	website
Yellow Cab Medical Transport Non-emergency medical transport, Drivers assist getting on & off vehicles	503-902-1290

Assist with prescription deliveries
Available 24 hours/7 days per week
Serves Salem & some surrounding areas.
2425 Fisher Rd. NE, Salem

[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 (Center & Fairview), Downtown (1st & Lewis), & Roth's (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

website

503-873-3446

May provide passes for Cherriots, vouchers for gas & propane.

Mon. & Thurs. 9 AM-noon, Tues. 4-7 PM

Closed Wed. & Fri.

website

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

website

Veterans Transportation Program for

website

503-874-4199

Services include transportation & errands
in greater Willamette Valley

Office visits by appointment only

website

503-569-7070

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.

website

TRAVEL & CULTURE

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

Brush Creek Playhouse 503-508-3682
Corner of Silverton Rd. & Brush Creek Dr. [website](#)

Collette
For reservations call 800-581-8942
Inform them you are with Silverton (Oregon)
Senior Ctr., so center will receive money.
162 Middle St.
Pawtucket RI 02860

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](#)

Kam Wah Chung & Co. Museum 541-575-2800
Open May 1- October 31
Virtual tour any time [website](#)
125 NW Canton St., John Day

Mt. Angel Theater & Studio 503-873-9611
Live performances
2nd Fridays, 6 PM
220 Charles St., Mt. Angel [website](#)

Oregon Garden, an 80 acre botanical garden 503-874-8100
879 W. Main, Silverton [website](#)

Oregon Historical Society (OHS)
OHS Digital Collections [website](#)

Oregon Symphony in Salem 800-228-7343
Offers live & video programs online, such as
Mondays with Maestro, An African American
Requiem, minute for music [website](#)

Oregon West Excursions 800-333-0774
Tell Oregon West you heard about trip at 503-585-3979
Silverton Senior Center & they will give the

Senior Center a commission. 1698 Liberty St. SE, Suite E, Salem	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
Silver Falls Library Cultural passes available up month advance to several museums, gardens, Oregon Historical Society, Willamette Heritage Center, & Central Cascades Wilderness 410 S. Water St., Silverton	503-873-5173 website
Silverton Senior Center Travel Program currently inactive. 115 Westfield St., Silverton	503-873-3093 website
Urban Excursions Door to door social outings for seniors in Portland metro area.	503-664-3484 website
Willamette University Theatre 900 State St., Salem	503-370-6221 website
<u>UTILITY ASSISTANCE</u>	
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 Program (LIEAP)	800-453-5511
Federal financial assistance for home energy	website
Oregon Public Utility Commission	800-848-4442
<i>Oregon Lifeline Program</i>	
State & Federal programs provide discounts on phone & broadband services, or free cell phone & data service, for qualifying.	
Applies with providers participating in Lifeline.	
Applications printable from website.	
201 High St. SE, Suite 100, Salem	website
Portland General Electric (PGE)	
Customer service	503-228-6322
Residential Bill-payment Assistance	800-542-8818
Peak Time Rebates less energy specified times.	
Power outage, report & power outage map	800-544-1795
Medical Certificate Program about 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	360-601-9744
Connects Veterans with service dogs	website
Oregon Department of Veterans' Affairs	503-373-2000

Includes info on transportation to VA facilities 700 Summer St. NE, Salem	website website
Oregon Veterans' Homes 600 North 5 th St., Lebanon	541-497-7265 website
700 Veterans Dr., The Dalles	541-296-7152 website
Paralyzed Veterans of America Tri-County chapter Coming soon to 600 N. Water St., Silverton Will take donations of durable medical equipment.	website
Project ABLE Peer support for veterans. 1599 State St., Salem	503-363-3260 website
Traditions Health Salem In-home hospice for Marion Co. Provides care for Veterans 2290 Commercial St. SE #108, Salem	503-485-0840 website
U Can Quit tobacco cessation For service members & veterans	website
U.S. Department of Veterans Affairs Veterans Crisis Line 24 hours/7 days week	988, press 1 or text 838255 website
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) Salem Clinic part of VA Portland system 1750 McGilchrist St. SE, Suite 130, Salem	971-304-2200 (main) 503-273-5187 (mental health) 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. 971-707-4400
780 Commercial St. SE, Suite 302, Salem
Compensation & pension issues
CURRENTLY NOT AT SR CENTER

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 Vision Essentials 800-813-2000, option 3 eye care
2400 Lancaster Dr. NE, Salem [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.
iCanConnect Program—Oregon
Free communications equipment & training
for those with significant hearing & vision loss
2225 Lancaster Dr. NE, Salem

503-361-1201

[website](#)

Guide Dogs for the Blind, Oregon Campus
32901 SE Kelso Rd.
Boring, OR

503-668-2100

[website](#)

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

503-688-6195

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
Provides Older Blind Services &
Independent Living
Tips for People Living with Visual Impairments
213 Madrona Ave. SE, Salem

503-378-8479

[website](#)

Oregon Lions Sight & Hearing Foundation
Those eligible for assistance may receive
free eye exams, eyeglasses, cataract surgery.
1010 NW 22nd Ave. #144, Portland

503-413-7399

[website](#)

Silverton Lions Club
offers low income adults help for
eye exams & eyeglasses
Recycles eyeglasses at 6 sites

[website](#)

State Library of Oregon State
Talking Books & Braille Library
250 Winter St. NE, Salem

503-378-4243

[website](#)

VOLUNTEER OPPORTUNITIES

Meals on Wheels, program of NWSDS
CURRENTLY NOT AT SR CENTER

503-304-3475 (Stacie)

[website](#)

Silverton Area Seniors, Inc.
Volunteer Coordinator, Carrie Brandon
Volunteers serve at Center & off-site events
115 Westfield, Silverton

503-873-3093

[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.

If you are in the sun when it is 90 F. and above, consider using a mineral sunscreen, such as zinc oxide.

Centers for Disease Control

Heat and Older Adults

[website](#)

Marion Co. Emergency Management

Cooling Centers List

May only be available seasonally

[website](#)

[website](#) (for cooling centers)

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 Housing, Emergency Shelters)**

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](#)

211 Warming Shelters, Marion Co. **211**
Seasonal [website](#)

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