

# SILVERTON 50+ CENTER

AKA SILVERTON 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**

**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.  
Refers to agencies and organizations. No longer lists individuals.  
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 Senior Center, Safety Committee.  
Available at (<https://silvertonseniors.org>)**

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## TABLE OF CONTENTS

<u>TOPIC</u>	<u>Page</u>	<u>TOPIC</u>	<u>Page</u>
<u>Abuse &amp; Neglect, Elder</u>	4	<u>Health Care Providers, cont'd</u>	43
<u>Advance Care Plans (see death)</u>		<u>Miscellaneous &amp; Alternative</u>	47
<u>Alarms/Alerts</u>	4	<u>Naturopaths/ Osteopaths</u>	47
<u>Animals, Care &amp; Service</u>	6	<u>Podiatry (see Foot Care)</u>	
<u>Blood Pressure</u>	7	<u>Psychiatry</u>	48
<u>Care-giving, home-based</u>	8	<u>Public Health</u>	48
<u>General</u>	8	<u>Wellness</u>	48
<u>Care Providers</u>	9	<u>Health Insurance</u>	48
<u>Respite Care</u>	10	<u>Hearing &amp; Speech</u>	49
<u>Churches</u>	11	<u>Home Repairs/Remodeling</u>	51
<u>Clothing</u>	12	<u>Housecleaning</u>	54
<u>Communication/Computers</u>	12	<u>Housing, general</u>	54
<u>Community Resource Org.</u>	13	<u>Emergency Shelter</u>	56
<u>Consumer Protection</u>	14	<u>Assisted Living</u>	57
<u>Death &amp; Dying</u>	18	<u>Foster Care, Adult</u>	57
<u>Disaster Preparedness</u>	20	<u>Memory Care/Dementia</u>	58
<u>Donations/Recycling</u>	22	<u>Nursing Facilities</u>	59
<u>Donors, Medical</u>	27	<u>Information</u>	59
<u>Driving (see Transportation)</u>		<u>Keys/Locks/Lost &amp; Found</u>	60
<u>Education</u>	27	<u>Legal Assistance</u>	61
<u>EMERGENCY &amp; CRISIS</u>	29	<u>Massage Therapy</u>	61
<u>Medical /Mental</u>	29	<u>Medical Supplies/Devices</u>	62
<u>Your Medical Information</u>	31	<u>Medical Waste</u>	64
<u>Non-Medical</u>	32	<u>Medication Suppliers/Pharmacies</u>	65
<u>Exercise &amp; Fitness</u>	32	<u>Notary</u>	67
<u>Fall Prevention/Clutter</u>	36	<u>Self-Defense</u>	67
<u>Finances</u>	36		
<u>First Aid</u>	38	<u>Social Life</u>	68
<u>Food &amp; Beverage</u>	39	<u>Social Security</u>	68
<u>Foot Care</u>	42	<u>Support. Groups &amp; Individual</u>	69
<u>Gerontology</u>	42	<u>Translation</u>	72
<u>Grief Counseling</u>	42	<u>Transportation</u>	73
<u>Guns</u>	42	<u>Travel &amp; Culture</u>	78
<u>Health Care Providers</u>	43	<u>Utility Assistance</u>	80
<u>Acupuncturists</u>	43	<u>Veteran Services</u>	81
<u>Chiropractors</u>	43	<u>Vision</u>	82
<u>Clinics</u>	44	<u>Volunteer Opportunities</u>	85
<u>Dentistry</u>	46	<u>Weather</u>	85

<b><u>TOPIC</u></b> <b><u>*Subtopic</u></b> <b><u>Tips/Resource/Address</u></b>	<b><u>PHONE</u></b> <b><u>WEBSITE</u></b> of organization or publication
<b>ABUSE &amp; NEGLECT, ELDER</b> 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 <b>crisis</b> ) 503-378-1572 (regular line)  <a href="#">website</a>
Marion County Circuit Courthouse, Protective/restraining orders for <i>Elderly &amp; Disabled, Family Abuse,</i> <i>Sexual Abuse, &amp; Stalking.</i> 555 Court St. NE, Salem	503-588-5032  <a href="#">website</a>
Abuse Line Northwest Senior & Disability Services (NWSDS)	800-846-9165  <a href="#">website</a>
Oregon Department of Human Services (DHS) Report abuse, neglect, or financial exploitation of Elder & Vulnerable Adults	855-503-SAFE (7233)  <a href="#">website</a>
<b>ALARMS/ALERTS (see also Disaster, Emergency, Medical Supplies)</b>	
<b>*Home Safety &amp; Security Alarms &amp; Systems</b> <i>Tip: Change batteries at regular interval, such as birthday, New Year's.</i> <i>Apartment owners must provide smoke alarms.</i>	
American Red Cross Cascades Region Install free smoke alarms by appointment Click About Us, Request Alarms	503-528-5783  <a href="#">website</a>
<i>Consumer Reports</i> <i>Keep your home safe</i> <i>Is Your Home Security a Scam Magnet?</i>	   <a href="#">website</a>

Silverton Fire District Information on fire prevention includes smoke alarm assistance, as changing fire alarm batteries by appointment for those unable to do it themselves. Provides smoke alarms in some instances. 819 Railway NE, Silverton	503-873-5328 (non-emergency #)          <a href="#">website</a>
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**\*Medical Alerts**

*Tip: Some mobile phones for seniors have built-in alarms.  
Inquire about whether your cell phone, internet, &/or landline will work  
during power outages, esp. prolonged outages.*

Alzheimer's Association of Oregon	800-272-3900 (24 hr. Helpline)
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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	888-572-8566          <a href="#">website</a>
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<i>Consumer Reports</i> <i>How to Choose A Medical Alert System</i>	<a href="#">website</a>
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Medical Alert Systems Guides on medical alerts & senior safety practices 601 W. 1 <sup>st</sup> Ave., Spokane	800-354-1327          <a href="#">website</a>
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New Horizons Care Voice-Activated Medical Alert via Alexa 200 Hawthorne Ave SE, Salem	503-400-3000          <a href="#">website</a>
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Philips Lifeline for 24 hr. emergency service Available in English, Russian, & Spanish	800-635-6156          <a href="#">website</a>
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## 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  
Silverton Police

503-588-5032  
**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  
Posts several articles on service animals  
Portland

800-452-1694 or  
503-243-2081  
[website](#)

Dogs for Better Lives  
Trains dogs to help people enhance their lives  
Central Point, OR

800-990-3647  
[website](#)

Northwest ADA Center  
Posts information on ADA & service animals  
in AK, ID, OR, WA  
Mountlake Terrace, WA

800-949-4232  
[website](#)

Northwest Battle Buddies  
Connects Veterans with service dogs

360-601-9744  
[website](#)

Oregon Department of Justice  
Office of Attorney General  
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<sup>th</sup> Ave. SE, Salem

920-228-3303

[website](#)

Silverton Cat Rescue  
Rescue & place kitties,  
POB 746, Silverton

[website](#) (Facebook)

**\*Poison Control for Pets**

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

800-426-4435

[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, and arm  
supported on desk (not on your lap, or unsupported on your side).*

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

[website](#)

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

503-873-8391

[website](#)

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

[website](#)

## **CAREGIVING (See also Support Groups)**

*Tip: Verify amount of any fee involved.*

### **\*General**

AARP

Family Caregiving on-line resources

Includes practical advice on COVID-19.

[website](#)

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

503-304-3429 (Suzy Deeds)

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

[website](#)

National Institutes of Health  
Caregiver Resources

[website](#)

Northwest Senior & Disability Services  
(NWSDS)

503-304-3429 (Suzy Deeds)

Caregiver series 7 classes for unpaid  
caregivers of people with conditions  
that cause dementia.

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

503-304-3432 (Julie Mendez)

[website](#)

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	503-304-3420
Up to 20 hours in-home care per month	
For those with disabilities or age 60+	
Access through either	
Aging & Disability Resource Connection	<a href="#"><u>website</u></a>
Northwest Senior & Disability Services	<a href="#"><u>website</u></a>

Willamette Valley Caregivers	503-874-4199
Registry & referrals for caregivers	
Silverton	<a href="#"><u>website</u></a>

Willamette Vital Health	503-488-3600
Publishes <i>Family Caregiver Connections</i>	<a href="#"><u>website</u></a>

### **Care Providers**

Care Availability	503-488-3600
Free service by Retirement Connections for	
Mid-Willamette Valley of caregivers &	
Related topics.	<a href="#"><u>website</u></a>

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	<a href="#"><u>website</u></a>

First Call In-Home Care	503-371-4567
Provides home health care & in-home care.	
2608 Cascadia Industrial St. SE, Salem	<a href="#"><u>website</u></a>

A Golden Hand Home Care	971-600-5949
Caregivers assist in daily living, companion	
care, dementia support, end-of-life care,	
housekeeping, prepare meals, medication	
management, nursing services, personal care,	
respite care, transport etc.	
858 Lancaster Dr. SE, Salem	<a href="#"><u>website</u></a>

Home Instead Senior Care	503-361-5477
Non-medical home care includes Silverton. Helps with cooking, bathing, errands, & transportation. Live-in care, respite care.	
2015 24 <sup>th</sup> St. SE, Salem	<a href="#">website</a>

New Horizons In Home Care 877-642-2737  
Medical & non-medical assistance  
for Salem & surrounding area [website](#)

Providence Benedictine In-Home Services 503-845-9226  
For those within 30 miles of Mt. Angel. Offers  
companionship, housekeeping, prepares meals,  
assists bathing & medication, & respite care.  
540 S. Main, Mt. Angel branch [website](#)

Senior Helpers 503-342-4036  
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  
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  
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 various conditions & illnesses.  
204 N. 1<sup>st</sup>, Suite D, Silverton [website](#)

<b>*Respite Care</b> (Adult Day Care)	
Home Instead Senior Care	503-361-5477
Non-medical home care for Salem area, including Silverton. Includes respite care.	
2015 25 <sup>th</sup> St. SE, Salem	website

Regency Woodland  
4710 Sunnyside Rd. SE, Salem

971-208-7712  
[website](#)

Thelma's Place  
CountryLiving Community/Respite day care  
352 NW 2<sup>nd</sup> Ave., Canby

503-266-5100  
[website](#) (Facebook)

Visiting Angels  
Serves Marion County, Mid-Willamette Valley  
250 Broadalbin St., Suite 250, Albany

800-365-4189  
[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  
Ministries cover Care for Elderly, Harvest Call  
such as fixing and building items for seniors. (Jake Johnson)  
4700 Howell Prairie Rd. NE, Silverton

503-873-6525  
503-871-9822  
[website](#)

Immanuel Lutheran  
Parish Nurses events, may visit parishioners.  
303 N. Church St., Silverton

503-873-8656

Salvation Army Cascade Division  
Provides food, shelter, basic needs, & limited  
financial help for Marion County residents.  
1977 Front St. NE, Salem

503-585-6688  
[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  
229 Westfield, Silverton

503-873-6181

St. Vincent de Paul Society  
Emergency food, clothing, housing, utilities &  
related programs.  
3745 Portland Rd. NE, #190, Salem

503-364-3210 (main #)  
503-364-5672 (**emergency**)

## **CLOTHING**

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

### **\*Retail**

Buck & Buck  
Mail order specializing in elderly apparel  
3111 27<sup>th</sup> Ave. S., Seattle WA

800-458-0600  
[website](#)

### **Second-hand/Vintage**

Seventh Day Adventist Church  
Community Services, provides clothing &  
household goods to those in need.  
Thurs., 9 AM-noon  
159 Oak St., Silverton

503-873-8568  
[website](#)

## **COMMUNICATION**

### **Devices & Programs**

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

*Tips: Beware that traditional **Landline Phones** relying on underground copper cable are being **phased out & unavailable after 2025**. Options include fiber optics, a landline with broadband adaptor connecting to the internet, or relying on cell phones only. Stay tuned for other options. Verify whether your option will work during power outages.*

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  
800-677-7512  
[website](#)

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

800-377-9450

Butte Creek Computer Service Repair & virus removal Done remotely by appointment.	503-877-3130 <a href="#">website</a>
Oregon Public Utility Commission  <i>Oregon Lifeline Program</i> Discounts on landline & broadband service with participating companies <i>Telecommunication Devices Access Program</i> Loans devices to ease disabilities (cognition, hearing, mobility, speech, vision) for free. 201 High St. SE, Suite 100, Salem	503-378-6600 800-522-2404 800-848-4442 800-848-6600 <a href="#">website</a> (site not secure)
Random Shoes Help with electronic devices. If restarting your device doesn't work, call Mike Ashland.	503-880-1742 <a href="#">website</a>
Silverton Senior Center <b>Friendly Connections</b> contacts those without a computer. Call to sign-up. 115 Westfield, Silverton	503-873-3093 <a href="#">website</a>
Willamette Valley Bank Silverton Retail Branch Offers free, confidential document shredding. 701A McClaine St., Silverton	503-873-3449
<b>COMMUNITY RESOURCE ORGANIZATIONS</b>	
Marion-Polk County (CHIP) Community Health Improvement Program (CHIP)	<a href="#">website</a>
Mid-Willamette Valley Community Action Agency Assists Marion County residents, or refers to other programs for emergency housing, energy, & weatherization 2475 Center St. NE, Salem	503-585-6232 <a href="#">website</a>

Northwest Senior & Disability Services (NWSDS) 503-304-3420  
800-846-9165  
[website](#)

Oregon Department of Human Services (DHS)  
Aging & Disability Resource Connection (ADRC) 855-673-2372

Offers Otago Exercise Program in Salem area,  
Gatekeeper Program trains community members to recognize at-risk older adults.  
500 Summer St. NE, E15, Salem 503-304-3407  
[website](#) (ADRC)

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

For those in Silver Falls School district meeting income guidelines. Services include food pantry, access to showers, laundry, & firewood, assistance with utilities, transportation, dental van & medical/dental costs; job applications; classes; & referrals.  
Pantry Hours: Mon. 11 AM-2 PM, Tues. 3-6 PM, & Thurs. 9 AM-noon  
Office Hours: Mon. 9 AM-4 PM, Tues. 1 PM-6 PM, Wed. & Thurs., 8:30 AM-4 PM.

**421 S. Water St.** (basement), Silverton  
Working towards operating some services at 990 N. 1<sup>st</sup> St., Silverton  
[website](#)

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

### **Computers (see Communication)**

### **CONSUMER PROTECTION against Fraud** **\*Identity Theft**

U.S. Federal Bureau of Investigations  
Internet Crime Complaint Center (IC3)  
Elder Fraud 833-372-8311(833-FRAUD-11)  
[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](#)

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

Oregon SMP to Prevent Healthcare Fraud

ADRC of Oregon

[website](#)  
855-673-2372  
[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 800-424-3247  
Report housing discrimination [website](#)



Occupational Therapy Licensing Board	971-673-0198 <a href="#">website</a>
Oregon Board of Chiropractic Examiners (DC)	503-378-5816 <a href="#">website</a>
Oregon Board of Dentistry (DMD, DDS, hygienists)	971-673-3200 <a href="#">website</a>
Oregon Board of Licensed Social Workers (LCSW, CSWA, LMSW, RBSW)	<a href="#">website</a>
Oregon Board of Massage Therapists (LMT)	503-365-8657 <a href="#">website</a>
Oregon Medical Board Complaint Resource Officer (LAc, DO, MD, PA, DPM)	877-254-6263 971-673-2700 <a href="#">website</a>
Oregon Board of Naturopathic Medicine (ND)	971-673-0193 <a href="#">website</a>
Oregon Board of Nursing (NP, RN, LPN, CNA, CRNA)	971-673-0685 <a href="#">website</a>
Oregon Board of Optometry (OD)	503-399-0662 <a href="#">website</a>
Oregon Board of Pharmacy (RPh, PharmD, Technicians)	971-673-0001 <a href="#">website</a>
Oregon Board of Physical Therapy (PT)	971-673-0200 <a href="#">website</a>
Oregon Board of Psychology (LCP, LP, PsyD)	503-378-4154 <a href="#">website</a>
Oregon Bureau of Labor & Industries Civil Rights Division includes housing & service animal discrimination	971-673-3844 <a href="#">website</a>
Oregon Construction Contractors Board Contractor license search	503-378-4621 <a href="#">website</a>

Oregon Department of Justice Complaints about business, Elder Care, Identify Theft resources 1162 Court St NE, Salem	503-378-4400
Oregon Division of Financial Regulation Includes <b>Insurance</b>	888-877-4894 (hotline) <a href="#">website</a>
Oregon Health Licensing Office (Includes Denture Technology, Dieticians, Environmental Health, Hearing Aid Dispensing, Hearing Instrument Specialist, Nursing Home Administrator, Respiratory Therapy, Waste Water Sanitation)	503-378-8667 <a href="#">website</a>
Oregon Medicaid Fraud Unit	971-673-1880 <a href="#">website</a>
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 <a href="#">website</a>
Oregon State Bar (JD, lawyers) (JD, lawyers)	800-452-8260 <a href="#">website</a>
US Federal Communications Commission Disability Rights Office 45 L St. NE, WDC 20554	888-225-5322 202-418-2517 <a href="#">website</a>
US Justice Department, Antitrust Division Report unfair competition & monopolistic practices in healthcare. 950 Pennsylvania Ave. NW WDC 20530	888-647-3258 <a href="#">website</a>

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

### **\*Advanced Care Planning (ACP)**

*Tips: 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)*

*Do not confuse Advanced Directives (legal document) with POLST (medical order)*

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

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

Oregon POLST 503-494-3965  
(Portable Orders for Life-Sustaining Treatment)  
Voluntary medical order to guide 1<sup>st</sup> responders.  
For those with advanced disease, older, or frail.  
*Post on your refrigerator.*  
Center for Ethics in Health Care  
Oregon Health Sciences University, Portland [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\\_tv4mxwgcg?st=4&ed=3531](https://media.oregonstate.edu/media/t/1_tv4mxwgcg?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 Hospice 503-315-1003  
(formerly Kindred at Home/ Gentiva)  
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 503-215-2273 (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 3<sup>rd</sup> St. NW, Salem [website](#)

**\*Oregon Death with Dignity Act**  
Oregon Health Authority [website](#)

**DISASTER PREPAREDNESS**

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

*Tips: Take 1<sup>st</sup> 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

Online First Aid/CPR/AED training

[website](#)

Centers for Disease Control (CDC)

800-232-4636

*Emergency Preparedness for Older Adults*

[website](#)

Community Emergency Response Team  
(CERT)

Requires 21 hours of training, free classes

555 Court St. NE Suite 5232, Salem

[website](#)

City of Silverton

Emergency Management & Preparedness  
under community

503-874-2206

Link to Marion-Polk Alerts to sign-up for  
emergency notifications via Everbridge.

[website](#)

Links to other resources.

306 S. Water. Silverton

[website](#)

Marion County Emergency Management

503-391-7294

Disaster tips, links to roads, weather,  
newsletter, training, etc.

Link to Marion-Polk Alerts to sign-up for  
Emergency notifications via Everbridge

[website](#)

5155 Silverton Rd, Silverton

[website](#)

Metcom 911

503-982-2340

Marion Area Multi-agency Emergency  
Telecommunications

(24 hr. non-emergency #)

Click on **Citizen Alerts Notification Sign-Up** [website](#)

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

*Firewise USA*

[website](#)

National Institute on Aging  
*Disaster Preparedness for Alzheimer's  
Caregivers*

[website](#)

Oregon Depart. Emergency Management  
3930 Fairview Industrial Dr. SE, Salem

503-378-2911  
[website](#)

Oregon Public Broadcasting  
*Unprepared: an Oregon Field Guide Special*

[website](#)

TBOne Ready  
Neighborhood-organized disaster survival

503-880-1742  
[facebook](#)

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

[website](#)

[website](#)

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

*Tips: Reduced packaging avoids need to recycle.*

*The more different materials, the less likely a container is recyclable.*

*Less clutter lowers risk of falling.*

*Keep donations clean & dry (no dirt, food & like).*

*Unusable items are a hardship & expense for donation centers.*

*Verify whether donations are tax deductible*

*The Plastic Pollution & Recycle Modernization Act will have a  
standard statewide list of recyclables in Oregon by July 2025*

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

Cellphones for Soldiers

Drop-off at Cherry City Transmission  
853 9<sup>th</sup> St. NW, Salem

503-586-0061  
[website](#)

Center for Hope & Safety  
Accepts items useful at shelters.  
605 Center St. NE, Salem

503-378-1572  
[website](#)

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

503-873-0977  
[website](#)

### 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. Recycles electronics, 503-581-4472  
aluminum cans, cardboard, glass, & paper.  
3334 Industrial Way NE, Salem [website](#)

Goodwill Donation Center, drive-up & walk-up 503-873-6742  
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 & Silverton area.  
**No** pressurized containers/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.

Oregon Lions Sight & Hearing Foundation  
Yellow collection box for eyeglasses  
& hearing aids at Silverton Post Office [website](#)

Paralyzed Veterans of America  
May take medical equipment  
600 N. Water, Silverton 503-362-7998

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, & water bottles. Has leaf hauling events in the fall.

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, tools, toys, or yard waste.

Contact Republic about specific items.

**Republic recycles Sat. only, 8 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 503-873-6311  
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 503-873-1800  
 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 [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 [facebook](#)

Silverton 50+ Center 503-873-3093  
 The Senior Center does **not** take **unsolicited**  
 donations of hard goods, such as medical  
 equipment, shower chairs, walkers, or  
 wheelchairs. Nor does the center accept books,  
 cards, furniture, or kitchen items.  
 Inquire of director about donations of items

for the senior center to sell, such as vehicles,  
or fine art.

[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:

#### Paralyzed Veterans of America

503-362-7998

May have medical equipment  
600 N. Water, Silverton

#### 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

1860 Hawthorne Ave. NE, Salem

[website](#)

Blood donations mobile facilities periodically visit Silverton.

## **BONE MARROW**

Oregon Health Sciences University

503-494-7999 (patients)

Adult Bone Marrow Transplant Program

[website](#)

## **KIDNEY**

Oregon Health Sciences University

503-494-8500

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

503-945-5000 (for form)

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.)**

#### **Woodburn Ambulance**

503-982-4699 (business #)

Serves N. Marion County

1040 N. Boones Ferry Rd., Woodburn

316 Phelps, Silverton

(main office)

[website](#)

#### **\*Hospitals**

##### **Legacy Silverton Medical Center**

**503-873-1500**

##### **Level IV trauma Center**

**(general number)**

342 Fairview St., Silverton

[website](#)

##### **Salem Health Hospital**

**800-876-1718**

890 Oak St. SE, Salem

**503-561-5200**

Accredited Level II Trauma Center

**(main switchboard)**

Affiliate/partner of Kaiser Permanente/OHSU

[website](#)

##### **Santiam Hospital**

**503-769-2175**

1401 North 10<sup>th</sup> Ave., Stayton

[website](#)

#### **\*Other Emergencies**

##### **Behavioral Health Crisis Center**

**503-585-4949 (24-hr Crisis)**

(formerly Psychiatric Crisis Center)

Marion County Health Department

24/7 walk in crisis center

1234 Commercial St. SE, Salem

[website](#)

##### **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](#)

**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)****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**

Institute on Aging

Center to Prevent Elderly Suicide

Friendship Line 24-hr. conversation oriented

For patients or caregivers

San Francisco

**911 (emergency, 24 hr/7d.)**

**888-670-1360**

[website](#)

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 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**

411 N. 1<sup>st</sup> St., Silverton

**911**

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

### **Northwest Natural (Gas)**

**In case of leak also call 911 for fire department**

**800-882-3377**

[website](#)

### **Portland General Electric (PGE) Power outages**

**503-228-16322**

[website](#)

### **ShakeAlert In Oregon**

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

503-378-2911

[website](#)

## **EXERCISE & FITNESS**

### **\*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.

Older Adult Activity: Overview

[website](#)

National Institute on Aging

Exercise & Physical Activity

[website](#)



## **Classes & Coaching**

### **\*Fitness & Gym**

Aerobics, low impact with Karen 503-873-3093  
9:30 -10:45 AM, M, W, & F.  
Free for senior center members, \$5 non-members  
Immanuel Lutheran Church gym  
303 N. Church St. [website](#)

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

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

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

Line Dancing with Jan 503-873-3093  
Wed. 1 PM for advanced, 2 PM for beginners  
All are welcome.  
Free for members, \$5 non-members  
Silverton Senior Center  
115 Westfield, Silverton [website](#)

Northwest Senior & Disability Services 833-673-9355  
(NWSDS) & ADRC [website](#)  
Health & Wellness in Marion Co.  
Health Promotion  
**Otago Exercise** at home, Salem area

## Silver Sneakers

Offers online classes both live & at gym  
Classes designed for seniors  
Free with some Medicare Advantage plans

[website](#)

## Silverton Fitness

Offers virtual training.  
Offers members Titanium Strong classes  
222 High St. Suite 3, Silverton

503-873-0800

[website](#)

## Silverton Pilates

Beginners to Advanced  
Mat classes. Mats provided.  
Mon., 8 AM; Fri., 10 AM  
209 Oak St., Silverton  
Offices at 101 N. Water, A, Silverton

503-507-1188 (Jen)  
503-998-1283 (Danita)

[website](#)

## **\*Physical Therapy**

Benchmark Physical Therapy  
365 Westfield St., Silverton

503-873-6111  
[website](#)

PROMotion Physical Therapy  
Practice areas include geriatrics, rehab  
602A Front St., Silverton

503-874-4416  
[website](#)

## PT NW

Mon. - Fri., 8 AM-1 PM, 2-5PM  
240 Phelps St., Silverton

503-873-1647  
[website](#)

Therapeutic Associates Physical Therapy  
3400 State St., Suite G-704, Salem

503-378-7434  
[website](#)

## **\*Swimming**

Silverton Community Swimming Pool  
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  
601 Miller St., Silverton

503-873-6456  
[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**

Chair/Wheelchair Yoga with Tsipora. 503-873-3093

Free for members, \$5 for non-members

Donations at door go to instructor.

2-3 PM, Tues & Thurs.

Bring yoga mat if you have one.

Silverton Senior Center, Great Room

115 Westfield, Silverton [website](#)

Gentle Yoga with Kathleen 503-873-3093

Stretching for balance & flexibility with Kathleen

Free for all. Bring a yoga mat

Tues. & Thurs 9:30-10 AM.

Silverton Senior Center

115 Westfield, Silverton [website](#)

Yoga Dance with Tsipora 503-873-3093

Move to music for health & healing.

All ages & abilities welcome

3:30-4:30 PM Tues. & Thurs. except Nov. 14th

Free for members, \$5 for non-members

Donations at door go directly to instructor.

Silverton Senior Center

115 Westfield, Silverton [website](#)

Yoga for 2<sup>nd</sup> half of life with Emmie 503-873-3093

Meets needs & pace of attendees

Free for members, \$5 for non-members

Suggested donation \$10 for members,  
\$15 for non-members. All donations go  
Directly to instructor.

Wed. 11 AM-12:15 PM

Bring a mat. They provide blocks, blankets &  
Yoga props/

Silverton Senior Center, Great Room

115 Westfield, Silverton

[website](#)

## **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.*

*Frailty, many medical conditions, & medications may increase your risk of falls.*

Centers for Disease Control & 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

[Facebook](#)

National Aging & Disability Transportation Center

Fall Prevention Awareness in Public

Transportation, Tips for Older Riders

[website](#)

Oregon Health Sciences University  
OHSU warns older adults on increasing  
rates of dangerous falls.

[website](#)

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  
Senior Community Service Employment  
Program (SCSEP) for job seekers age 55+  
in Marion county with income restrictions.  
1313 Mill St., Suite #300, Salem

503-362-1572

[website](#)

Worksource Oregon Centers  
Help find jobs, increase skills & training  
605 Cottage St. NE, Salem

503-378-4846

[website](#)

### **\*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  
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](#)

Pacwest Medical Training  
Trains in CPR, 1st-aid, AED, Bloodborne  
Pathogens for community & for health  
professionals.  
361 Anderson Dr., Silverton

971-772-1249  
[website](#)

Silverton First Aid & CPR  
Offers training at offices & on-site  
for certification.  
13000 Finlay Rd. NE, Silverton

503-999-2027  
[website](#)

You-tube  
AED, CPR, 1<sup>st</sup>-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  
Pantry Hours: Mon. 11 AM-2 PM,  
Tues. 3-6 PM, Thurs. 9 AM-noon.  
421 S. Water St., Silverton [website](#)

### **\*Food Stamps**

Supplemental Nutrition Assistance Program 800-699-9075  
(**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 503-873-6906  
Sign-up for home delivery, to volunteer, or to  
reach Stacie, Nutrition Program Manager of  
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 1<sup>st</sup> 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 needs a boost. No application needed.  
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.*

*Don't leave take home meat, fish, or dairy in hot car/ purse for hours.*



Dine Out Club for age 50+  
1st Thurs. 5:30 PM at different local restaurants  
Silverton Senior Center  
115 Westfield, Silverton [website](#)

Meals on Wheels Congregate Community 503-873-6906  
Lunch 11:30 AM, Mon. Tues. & Thurs.  
RSVP requested. \$3 suggested donation 60+,  
\$3 under age 60. 6y7

Reserve 3 days in advance  
Silverton Senior Center, main hall  
115 Westfield, Silverton

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

Singles Lunch Out 503-873-3093  
Noon, 3rd Mon. at different local restaurants.  
Silverton Senior Center  
115 Westfield, Silverton [website](#)

### **\*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**

RN Foot Care

Clinicians trained in foot care & toenail care  
Charges fee.

Tues. & Wed. by appointment.

Silverton Senior Center

115 Westfield St., Silverton

503-881-7033 (Leana,  
Annette, & Katie)

[website](#)

## **GERONTOLOGY/GERIATRIC MEDICINE**

Annual Gerontology Conference,  
2 days every April

For retirees age 60+ & relevant professionals  
Oregon State University, Corvallis

800-678-6311

[website](#)

ElderCare Connections

Family Resource Center

Monthly discussions on caregiving via Zoom

Oregon State University, Corvallis

541-737-4906

[website](#)

Gero-psychologist

Capacity Solutions

503-376-8685

Oregon Gerontological Association

Membership for seniors, professionals, students

Offers education, training, & networking

971-319-4556

[website](#)

## **GRIEF/BEREAVEMENT COUNSELING**

**(see also churches, support groups)**

Faith-based counseling from faith of your choice.

Unger Funeral Chapel

Lists links to Griefwords Online Library

503-873-5141

[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 800-272-3900  
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**

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. 2<sup>nd</sup> St., Silverton [website](#)

Mt. Angel Chiropractic 971-599-2536  
690 N. Main St., Mt. Angel [website](#)

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

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

**\*Clinics, Medical**  
(Physician, Nurse Practitioner, & Physician Assistant based)

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

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

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

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

**Legacy Silverton Medical Center**  
*Legacy Imaging Services*  
342 Fairview, Silverton  
503-873-1750

*Legacy Medical Group-Mt. Angel*  
Primary care clinic.  
250 W. Marquam St., Mt. Angel  
503-845-2000  
[website](#)

*Legacy Medical Group-*  
*Silverton Family Medicine*  
Primary care clinic  
347 Fairview St., Silverton  
503-873-5667  
[website](#)

*Legacy Medical Group-Orthopedic*  
*& Sports Medicine*  
452 Welch St., Office Bldg. 1, Silverton  
503-873-1722

<i>Legacy Medical Group Pre-Surgery Care</i> 454 Welch, Bldg. 1, 2 <sup>nd</sup> Fl., Silverton	503-873-1540 <a href="#">website</a>
<i>Legacy Medical Group-Women's Health</i> Specialty clinic, 406 Welch, Silverton	503-873-8853 <a href="#">website</a>
<i>Legacy Anticoagulation Clinic</i> <i>Legacy Wound &amp; Ostomy Clinic</i> <i>STEPS Clinic</i> 342 Fairview, Silverton	503-873-1670 <a href="#">website</a>
<i>Legacy Devers Eye Institute</i> 7021 Nyberg St., Suite 210, Tualatin	503-413-8202 <a href="#">website</a>
<i>Legacy Urgent Care</i> , See Legacy Silverton Medical Center on prior page	
Oregon Health Sciences University (OHSU) 3181 SW Sam Jackson Park Rd., Portland	503-494-8311 (main line) <a href="#">website</a>
Oregon Oncology Specialists 404 Welch St., Silverton	503-874-6444 <a href="#">website</a>
Silver Creek Family Medicine 111 West C. St., Silverton	503-874-3737 <a href="#">website</a>
Sublimity Medical Clinic, a Santiam Hospital clinic 114 SE Church St., Sublimity	503-769-2259 <a href="#">website</a>
Township Health, Direct Primary Care Monthly fee. Does not accept or bill insurance. 113 S. Water, Silverton	503-836-7455 <a href="#">website</a>
True Health, Direct Primary Care Does not accept OHP insurance. 106 McClaine, Silverton	503-523-0268 <a href="#">website</a>
Yakima Valley Farm Workers clinics, Include bilingual Spanish/English, assist with insurance applications, <i>Lancaster Family Health Center</i>	503-588-0076

Partners with Marion Polk Food Share to  
distribute food at clinic. Call for times.  
3896 Beverly Ave NE, Bldg. J, Ste. 40, Salem  
*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 503-624-1000  
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). 503-983-3446

Kaiser Permanente  
North Lancaster Dental Office 503-370-4843  
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**

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

503-509-8487

Salmon Creek Counseling & Hypnosis  
Liz Williams, LCSW

503-509-4956  
[website](#)

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

503-559-8500

**\*Naturopaths**

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

503-371-2260

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 at OHSU  
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, massage, mental health, etc.  
503 N. First St., Silverton

[website](#)

## **HEALTH INSURANCE**

Affordable Care Act

[website](#)

Centers for Medicaid & Medicare Services  
(CMS)  
Medicare questions & report fraud & abuse  
Questions or report possible fraud

[website](#)  
800-633-4227  
877-772-3379  
[website](#)

Oregon Department of Human Services  
Senior Medicare Patrol  
Empowers seniors to prevent healthcare fraud  
500 Summer St. NE, Salem, or  
330 C St. WDC 20024

855-673-2372  
[website](#)

Oregon Health Authority  
Oregon Health Plan

800-699-9075  
[website](#)

Oregon Insurance Division help, or complaint

888-877-4894  
[website](#)



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 2<sup>nd</sup> 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. Sorenson Compatible with landline or mobile phone	877-557-2221 <a href="#">website</a>
Hearing Loss Association of America, Oregon State Association POB 22501, Eugene 97402	<a href="#">website</a>
Lions Club Oregon Lions Sight & Hearing Foundation Qualified applicants eligible for rebuilt hearing aids, hearing surgeries, & treatments. Yellow collection box for eyeglasses & hearing aids at Silverton Post Office 1010 NW 22 <sup>nd</sup> Ave. #144, Portland Silverton Lions Club Conducts vision screening, raises awareness of eye diseases.	971-270-0203 800-635-4667 <a href="#">website</a> <a href="#">website</a>
National Institute on Deafness & Other Communication Disorders <i>Listen Up! Protect Your Hearing</i>	<a href="#">website</a>
National Suicide Prevention Lifeline for the hard-of-hearing & deaf	800-273-8255 <a href="#">website</a>
Oregon Relay (Hamilton Relay) Provides phone connection between people with hearing or speech disabilities.	711 <a href="#">website</a>
Salem Audiology Clinic Offer diagnosis, testing, fitting, repair, supplies & accessories 3857 Wolverine St. NE #16C, Salem	503-877-1684 <a href="#">website</a>
US Federal Communication Commission Authorizes providers of <i>captioned phone</i> service for individuals with hearing or speech disabilities. May pay for phone access, but not the phone. Operator of Telecommunications	<a href="#">website</a> 711 <a href="#">website</a>

Woodburn Hearing Center 503-509-9622  
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*

*Place near bedrooms. Avoid false alarms by not placing near toaster.*

**\*Appliance Repair**

Folsom Appliance Repair 503-507-9599  
Serves Silverton  
7455 62<sup>nd</sup> Ave. NE, Salem

**\*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. 3<sup>rd</sup> St., Silverton

**\*General Repair**

ACE Handyman Services of Salem 503-717-6517  
Services Silverton  
Carpentry, drywall repair, fence repair,  
gutter cleaning, window installation, etc.  
2111 Front St. NE, Suite 3-206, Salem [website](#)

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

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

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.

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

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

ACE Handyman Services  
See above under home repair.

J&M Gutters Inc.  
Gutter installation, maintenance, & repair. 503-873-3303  
5484 Rogers Ln. NE, Silverton [website](#)

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

**\*Plumbing**  
DoneRite Plumbing 503-342-7782  
Serves Silverton  
7095 3<sup>rd</sup> 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:*

AARP

*Bathroom checklist*

[website](#)

*Designing for Better Living*

[website](#)

Amramp serves all of Oregon

888-715-7598

Wheelchair ramps, stair lifts, grab bars,  
automatic door openers, roll-in showers, etc.  
warehouse in Silverton

(4 AM-6 PM Mon.-Fri.)

[website](#)

Apostolic Christian Church

503-779-9222 (Mark Kuenzi)

HarvestCall Construction

Mission activities include building ramps.

4700 Howell Prairie Rd. NE, Silverton

Center of Design for an Aging Society

503-292-2912

Maximize abilities of older adults.

6910 S Corbett Ave., Portland

[website](#)

Habitat for Humanity, North Willamette Valley 503-902-0645

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

[website](#)

This Old House

*6 Ideas for Elder-Friendly Design*

[website](#)

Willamette Vital Health

*"Age-friendly kitchen,"*

Family Caregiver Connection Newsletter

Past Issues, Feb./ Mar. 2019

1015 3<sup>rd</sup> St. NW, Salem

[website](#)

## **HOUSECLEANING (See also Caregiving)**

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

## **HOUSING (See also Weather, cooling & warming centers)**

### **\*Housing, General**

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

McCulloughs' Moving & More 503-930-1114  
Moving, Delivery, Assembly, Heavy Lifting,  
& Removal  
1115 Madison St. NE, Salem

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

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

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

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

### **\*Reverse Mortgages**

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

## **\*Apartments**

### Apartments

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

Bryan Court Apartments 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	503-798-4170 <a href="#">website</a>
Grandview Apartments for active, independent seniors who are active 55+ Some units pet-friendly. 1060 Linden St., Mt. Angel	503-845-2222 <a href="#">website</a>
Pacific Crest Apartments 950 N. 2 <sup>nd</sup> St., Silverton	833-281-8364 <a href="#">website</a>
Sheridan Senior Estates for ages 58+ 185 S. Sheridan St., Mt. Angel Operated by Marion Co. Housing Authority	<a href="#">website</a>
Silverplace Apartments 329 Fossholm St. NE, Silverton	503-874-8878 <a href="#">website</a>
Silver Ridge Apartments % Bertolucci Management Inc., Salem 1119-1201 S. Water St., Silverton	503-585-2848
Silverton Manor 992 N. 2 <sup>nd</sup> , Silverton	503-873-1425
Silvertowne I 1080 N. 2 <sup>nd</sup> 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

[website](#)

St. Francis Shelter & Transitional Housing  
Temporary housing of homeless Marion Co.

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  
345 Westfield St. #304, Silverton

503-509-4797

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  
Assists veterans in Marion/Polk counties  
with transitional housing.

503-364-1728

2933 Center St. NE, Unit 2, Salem

[website](#)

**\*Mobile Homes**

Bavarian Village mobile park  
830 N. Main, Mt. Angel

503-845-2586

Palo Park  
1732 Pine St., Silverton

503-576-9410 (Diane)

[website](#)



Silverton Mobile Estates for ages 55+  
1307 S. Water, Silverton 503-873-8097  
[website](#)

Stardust Village Mobile Home Park  
1418 Pine St., Silverton 503-930-9827  
[website](#)

**\*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, may not be certified.)

Country Meadows Village  
(Crown II Development)  
155 S. Evergreen Rd., Woodburn 503-376-6996  
[website](#)

Elliott Residence at Marian Estates  
390 SE Church St., Sublimity 503-902-4920  
[website](#)

Marian Estates  
390 Church St., Sublimity 503-902-6890  
[website](#)

McKillop Residence at Marian Estates  
500 Conifer Circle, Sublimity 503-902-5970  
[website](#)

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

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

Silver Creek Senior Living  
703 Evergreen Rd., Woodburn 503-902-6981  
[website](#)

Trustwell at Davenport Place  
Senior Living Community  
930 Oak St., Silverton 971-343-1027  
[website](#)

**\*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)

ADRC, Marion County  
503-304-3420  
866-206-4799  
[website](#)

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

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

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

Serene Gardens  
Adult Foster Care  
185 Alder St., Mt. Angel  
503-877-7565  
[website](#)

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  
503-902-6890  
[website](#)

Silver Creek Senior Living  
703 Evergreen Rd., Woodburn  
503-902-6581  
[website](#)

Woods at Willowcreek (Springs Living)  
4398 Glencoe St. NE, Salem  
866-567-4049  
[website](#)

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

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

Marian Estates 503-902-6890  
390 Church St., Sublimity [website](#)

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

700 Veterans Dr., The Dalles 541-296-7190  
[website](#)

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

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

## INFORMATION

*Aging in The Willamette Valley*  
John Hughes interviews 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. *Temporarily, drop sites do not include Silverton Senior Center.*  
3827 NE 91<sup>st</sup> Ave., Portland

[website](#)

Search engines include  
Bing, DuckDuckGo, Google, Edge

Silver Falls Library, Circulation 503-873-5173  
of Chemeketa Cooperative Regional Library  
Services include Ask a Librarian, Borrowing,  
Community Spaces, Computers, Google  
Chromebooks, Mobile WiFi Hotspots, Cultural  
Passes, Homebound Book Delivery, Interlibrary  
Loan, Obituary & Local History Requests, &  
Test Proctoring. Charges fee for printing.  
410 S. Water St., Silverton

[website](#) (CCRLS)

[website](#) (Silver Falls)

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 their access to a key. Be sure to change the initial code of the device  
Consider electronic means to find your keys, glasses, the remote etc.*

Batteries Plus  
Key FOB Replacement  
3045 Lancaster Dr., NE, Salem

503-581-4890

[website](#)

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

### **LEGAL ASSISTANCE**

Legal Aid Services of Oregon 800-359-1845  
Salem Regional Office 503-581-5265

Gives advice & representation to low-income  
citizens of Marion-Polk counties. For age 60+  
includes living facility problems, guardianships,  
debt collection, financial abuse, housing law,  
public benefits, & Wildfire Disaster Relief.  
280 Liberty St. SE #320, Salem [website](#)

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

Rose Elder Law 971-865-3171  
Michael J. Rose, JD  
Jennifer Trundy, JD  
Estate Planning, Medicaid  
Lake Oswego [website](#)

Sherman, Sherman, Johnnie & Hoyt, LLP 503-364-2281  
Jennifer Smith, Elder Law Attorney  
Estate Planning  
693 Chemeketa St. NE, Salem [website](#)

### **MASSAGE THERAPY**

Clubb Massage in Salem area  
Fri. Schedule appointment on phone, 503-930-7529  
or book appointment on-line [website](#)  
Silverton Senior Center  
115 Westfield, Silverton

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

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](#)

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 don't allow.

US Food & Drug Administration  
*Bed Rail Safety* [website](#)  
*A Guide to Bed Safety Bed Rails in Hospitals,*  
*Nursing Homes & Home Health Care:* [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

NorthWest Senior & Disability Resource  
Aging & Disability Resource Connection 503-304-3420 or 866-206-4799  
3410 Cherry Ave. NE, Salem [website](#)

Silverton 50+ Center 503-873-3093  
The Senior Center does not take **unsolicited**  
donations of hard goods, such as medical  
equipment, shower chairs, walkers, or  
wheelchairs. (See also Donations). [website](#)

Yakima Valley Farmworkers Clinics 503-588-7656 Ex. 6423  
May take good wheelchairs, scooters, & walkers  
*Lancaster Family Health Center* 503-588-0076  
3896 Beverly Ave NE, Bldg. J, Ste. 40, Salem  
*Salud Medical Center* 503-982-2000  
1175 Mt. Hood Ave, Woodburn

**\*Supplies, for sale**

Access Technologies Inc. 503-361-1201  
Assistive technology, new & used  
for those with significant hearing & vision loss  
2225 Lancaster Dr. NE, Salem [website](#)

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

Providence Home Medical Equipment 503-585-4027  
Provides products, services, & repairs  
2508 SE Pringle Rd., Salem [website](#)

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  
Provides drop-off locations  
that accept medications in any dosage form  
in original container or sealed bag.

844-482-5322  
(844-4-TAKE-BACK)

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

Rite-Aid  
626 McClaine St., Silverton

Silverton Pill Box  
302 N. First, Silverton

Silverton Police Department  
Mon.-Fri., 8 AM-5 PM  
410 N. 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.  
2215 N. Front St., Woodburn

503-981-1278

[website](#)



## **MEDICATION SUPPLIERS**

### **(Dispensaries, Pharmacies, & Supplement Providers)**

#### **\*Medical Marijuana Dispensaries**

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

The Lucky Leaf 5503-874-4788  
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](#)  
Health Fraud Scam signs & news [website](#)  
MedWatch report of adverse effects  
by consumers/patients [website](#)

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

Legacy Woodburn Health Center  
Outpatient Pharmacy 971-983-5290  
Whether Legacy patient or not.  
1475 Mt. Hood Ave., Woodburn

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

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

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

*Tips: Evaluate discounts and coupons.*

*Some require a fee or membership, others are free*

*Some are not accredited by the Better Business Bureau*

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

*Compare to price of generic, if available*

*Compare to pharmacy in-house discount program, if any*

*Some pharmaceutical manufacturers offer assistance.*

*The entity may collect information about you from name to IP address  
to location, &/or send you advertisements*

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

## Consumer Reports

“A drugstore tool we’re not crazy about.  
Why discount cards from AARP, AAA, &  
others aren’t always great deals”

[website](#)

FamilyWize prescription savings card/app

844-234-3057

[website](#)

Needy Meds Program

[website](#)

PhRMA Medicine Assistance Tool  
Search engine links to other savings  
& assistance programs.

[website](#)

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

## **\*Supplements**

Natural Health Center

503-873-6051

Herbs, supplements, vitamins, nutrition  
Classes, counseling, Chi energizer, Far  
Infrared sauna, massage  
309 S. Water St., Silverton

## **NOTARY Public**

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

Notary to Go

Jenny Ohren

503-244-8011

Mobile Notary in greater Salem area  
365 Monitor Rd., Silverton

[Facebook](#)

Postal Connections

503-873-7678

345 Westfield, Silverton

[website](#)

## **Recycling (see Donations)**

## **SELF-DEFENSE (See also Guns)**

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

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

*Tip: Holistic health includes social contact & mental stimulation.*

### **Silverton 50+ Center (Silverton Area Seniors Inc.--SASI) (See also Donations, Medical Supplies)**

The mission of the Silverton Senior Center is a place residents of Silverton & surrounding communities, age 50+ come for social, educational, & recreational opportunities in a safe & inclusive environment.

503-873-3093

**Activities** for SASI may be listed separately, as **exercise, food, foot care, & massage**.

For other SASI **Activities** check **website calendar** for appropriate month.

[website](#)

**Activities** now at the Senior Center include:

*Bridge*, 2-5 PM, Mon.

*Pinochle* Noon-4 PM Fri.

*Poker* 10 AM-1:30 PM, Mon. & Fri.

*Knit Witz*, 10 AM-noon, Wed., main hall

*Open Studio Painters*, 1 PM-4 PM, Wed. in meeting room #2.

*Ukelele Song Circle*,

play & sing practice, 1-2:30 PM Fri.

SASI **Board Meeting**, 1 PM, 2<sup>nd</sup> Tues.

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

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

**Addiction, General, & Dual Diagnosis**

Seasons 503-873-3941  
Offers drug treatment, outpatient, DUI.  
209 C. St., Silverton

**Alcohol problems**

Al-Anon, Oregon, District 4 888-4AL-ANON  
Tues. 5:30 PM, Evening Paths to Recovery  
Al-Anon Electronic Meetings [website](#)

Alcoholics Anonymous (AA) [website](#)  
Willamette Valley Intergroup  
Noon, Recovery at Noon  
Held at Silverton Coffee Club,  
302 N. Water, Silverton

Oregon Council on Alcoholism 800-621-1646

**Alzheimer's Support Group**

Alzheimer's Association of OR & SW WA 800-272-3900 (24/7 all year)  
For caregivers, families, & public via phone  
Contact for times [website](#)

**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 age 18+  
Provides social support for caregivers.

3<sup>rd</sup> Tues. monthly, 1-2:30 PM  
3410 Cherry Ave NE, Salem, or  
1<sup>st</sup> Wed. monthly, 1-2 PM via Zoom

503-304-3432 (Julie Mendez)  
[website](#)

## **2) Dementia Care Conversations**

503-304-3432 (Julie Mendez)

For unpaid family caregivers  
First Tues. monthly, 1-2:30 PM  
3410 Cherry Ave. NE, Salem  
Or 3<sup>rd</sup> Wed. 1-2 PM, monthly via Zoom

Oregon Care Partners  
Free caregiver education for those caring for  
older adults & those with Alzheimer's.

[website](#)

## **Diabetes**

Oregon Wellness Network  
Diabetes Prevention Program  
1 year program for those at risk of diabetes.  
Covered by Medicare & Oregon Health plan

833-673-9355

[website](#)

## **Disaster**

National Disaster Distress  
Crisis counseling after natural or human-caused disaster.

800-958-5990

## **Gambling Hotline**

877-MYLIMIT

## **Grandparents Raising Children**

Aging & Disability Resource Connection  
Caregiving Guides  
"A Resource Guide for Grandparents & other  
Relatives Raising Children in Oregon"

[website](#)

Northwest Senior & Disability Services  
(NWSDS)  
Parenting a Second Time Around,  
Relatives as Parents Program  
for age 55 + parenting age 18 or younger.  
3<sup>rd</sup> Wed., 11 AM-12:30 PM  
3410 Cherry Ave NE, Salem

503-304-3429 (Suzy Deeds)

[website](#)

## **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

## **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

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, Smoke free 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

## **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 include  
TOPS

Thurs. 6 PM

Silverton United Methodist Church  
203 W. Main, upstairs, 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 511  
TripCheck road conditions & traffic alerts [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 & radio, eating or drinking while driving) to 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 800-706-9646  
Driving Decision Aid  
Increases knowledge & certainty, decreases  
conflict in older drivers about whether &  
when to stop driving.  
2601 N. Bogus Basin Rd., Boise ID [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.***

CareVan appointments 503-873-1784

Complimentary rides to Legacy Silverton

Medical Center & affiliated clinics.

Tues. through Fri., approximately 9 AM-4 PM

Donations accepted.

342 Fairview St., Silverton

Cascadia Care Providers 503-580-3310

Serge Trotter principal owner

Transport to & from medical appointments,  
church, cultural events, shopping, & the like.

Woodburn

[linked-in](#)

Golden Hand Home Care

971-600-5949

Caregivers help transportation needs, as

Medical appointments, stores, & visits

858 Lancaster Dr. SE, Salem

[website](#)

TKG Transport

503-343-9799

Non-emergency transport for medical, social,  
concerts & the like in Portland metro area.

Facilitates transport to OHSU & Veterans  
Hospital in Portland.

Accommodates varying mobility needs.

Schedule at least 2 days in advance.

Beaverton

[website](#)

UpHail

Uber, Lyft, Taxi in Silverton OR

[website](#)

Yellow Cab Medical Transport

503-902-1290

Non-emergency medical transport. Book 24  
In advance.

Taxi private pay, in cab, minivan, wheelchair  
van, or stretcher vehicle.

Drivers assist getting on & off vehicles

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 (1<sup>st</sup> & Lewis), & Roth's (2<sup>nd</sup> & 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 13<sup>th</sup> St. SE)

Stops in Woodburn

(Transit Facility, 2895 Newberg Hwy.)

Tickets available from Amtrak

[website](#)

Silverton Area Community Aid (**SACA**) 503-873-3446  
May provide passes for Cherriots, vouchers  
for gas & propane.  
Mon. & Thurs. 9 AM-noon, Tues. 4-6 PM  
Closed Wed. & Fri.  
421 S. Water St., Silverton [website](#)

Silver Trolley 503-873-4546  
Transportation for special needs populations,  
includes seniors in Silverton city limits &  
urban growth boundary.  
For local non-emergency medical appointments,  
shopping, dining, & personal trips in Silverton.  
Mon.-Fri., 9 AM-11:30 AM & 1-4:30 PM  
Reserve 24 hours in advance.  
Donations encouraged  
306 S. Water, Silverton [website](#)

Veterans Transportation Program for  
VA Portland Health Care System [website](#)

Willamette Valley Caregivers 503-874-4199  
Services include transportation & errands  
in greater Willamette Valley  
Office visits by appointment only  
204 N. 1<sup>st</sup>, Suite D, Silverton [website](#)

Willamette Valley Transport Salem Dispatch 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.  
1440 13<sup>th</sup> St. SE, Salem [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 Inform them you are with Silverton (Oregon) Senior Ctr., so center will receive money. 162 Middle St. Pawtucket RI 02860	800-581-8942
Hull Park, Gardens of Enchantment Five Senses Garden with Braille markers Open May 1-Oct. 15 43233 Oral Hull Rd., Sandy	503-688-6195  <a href="#">Facebook</a>
Kam Wah Chung & Co. Museum Open May 1- October 31 Virtual tour any time 125 NW Canton St., John Day	541-575-2800  <a href="#">website</a>
Mt. Angel Theater & Studio Live performances, workshops, & more 220 Charles St., Mt. Angel	323-449-1183  <a href="#">website</a>
Oregon Crafters Market Handcrafted items, performances, & more Seniors encouraged to apply as vendor For questions contact Dodie Brockamp Every weekend May through Oct, 11 AM-5 PM Sat, 11 AM-5 PM Sun., 6-9 PM on 1 <sup>st</sup> Fri. 215 N. Water, Silverton	503-983-5470  <a href="#">website</a>
Oregon Garden, an 80 acre botanical garden 879 W. Main, Silverton	503-874-8100 <a href="#">website</a>
Oregon Historical Society (OHS) OHS Digital Collections	<a href="#">website</a>
Oregon Symphony in Salem Offers live & video programs online, such as Mondays with Maestro, An African American Requiem, minute for music	800-228-7343  <a href="#">website</a>

Passport in Time Combines travel with volunteer work US Forest Service	800-281-9176 <a href="#">website</a>
Portland Art Museum Artworks on view collection Virtual Walk Through Exhibit Tours	<a href="#">website</a> <a href="#">website</a>
Road Scholar (trips by Elder-Hostel) Trips by activity level Senior Pass (replaced Golden Age passport) Annual or lifetime pass for age 62 & over to US National Park Service, & Federal Recreational Lands.	800-454-5768 <a href="#">website</a> <a href="#">website</a>
Silver Falls Library For patrons of Silver Falls Library Cultural passes available to several museums, gardens, Oregon Historical Society, Willamette Heritage Center, etc. 410 S. Water St., Silverton	503-873-5173 <a href="#">website</a>
Willamette University Theatre Theatre33.org summer festival features new Plays by Oregon & NW playwrights Free. \$15 suggested donation. 900 State St., Salem	503-370-6221 <a href="#">website</a>
<b><u>UTILITY ASSISTANCE</u></b>	
Mid-Willamette Valley Community Action Agency for Oregon Energy Assistance Helps with utility costs & weatherization. 2475 Center St. NE, Salem	503-585-6232 <a href="#">website</a>
Northwest Natural (Gas), customer service Low income assistance, credit assistance	800-422-4012 503-226-4240 <a href="#">website</a>
Oregon Low Income Energy Assistance Program (LIEAP) Federal financial assistance for home energy	800-453-5511 <a href="#">website</a>



Oregon Public Utility Commission 800-848-4442  
*Oregon Lifeline Program*  
State & Federal programs provide discounts  
on phone & broadband services, or free cell  
phone & data service, for those 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 503-612-3838  
for medical condition or equipment, as oxygen. [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.  
555 Gaines St. NE, Salem [website](#)

Silverton Area Community Aid (SACA) 503-873-3446  
May be able to help with utility bills.  
421 S. Water St., Silverton [website](#)

### **VETERAN SERVICES**

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 [website](#)  
700 Summer St. NE, Salem [website](#)

Oregon Veterans' Homes 600 North 5 <sup>th</sup> St., Lebanon	541-497-7265 <a href="#">website</a>
700 Veterans Dr., The Dalles	541-296-7190 <a href="#">website</a>
Paralyzed Veterans of America May accept or provide medical equipment. 600 N. Water St., Silverton	503-362-7998
Project ABLE Peer support for veterans. 1599 State St., Salem	503-363-3260 <a href="#">website</a>
Traditions Health Salem In-home hospice for Marion Co. Provides care for Veterans 2290 Commercial St. SE #108, Salem	503-485-0840 <a href="#">website</a>
U.S. Department of Veterans Affairs <b>Veterans Crisis Line</b> 24 hours/7 days week	<b>988, press 1</b> or text 838255 <a href="#">website</a>
U.S. Veterans' Administration (VA) Federal Benefits for Veterans, Dependents, & Survivors.	800-827-1000 <a href="#">website</a>
<i>Guide too VA Mental Health Services for Veterans &amp; Families</i>	<a href="#">website</a>
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) <a href="#">website</a>
VETCare Oregon 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	503-364-1728

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

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

Guide Dogs for the Blind, Oregon Campus 503-668-2100  
32901 SE Kelso Rd. Boring, OR [website](#)

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

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.  
Lighted ones may require batteries. Businesses  
may hang magnifying glasses about every  
12 feet to aid reading labels, for example, Rite-Aid  
626 McClaine St., Silverton [website](#)

Oregon Commission for the Blind 503-378-8479  
Provides Older Blind Services &  
Independent Living  
*Tips for People Living with Visual Impairments*  
213 Madrona Ave. SE, Salem [website](#)

Oregon Lions Sight & Hearing Foundation 503-413-7399  
Those eligible for assistance may receive  
free eye exams, eyeglasses, cataract surgery.  
Yellow collection box for eyeglasses & hearing  
aids at Silverton Post Office.  
1010 NW 22<sup>nd</sup> Ave. #144, Portland 97210 [website](#)

Silverton Lions Club  
Mission to provide vision for all.  
Conducts vision screening.  
Raises awareness of eye diseases.

[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  
Operates out of Silverton Senior Center  
115 Westfield, Silverton

503-873-6906

### **Silverton 50+ Center**

**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. High heat & high humidity may weaken your immune system.*

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

*Check that your fan & 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, & industrial areas. Overheating remains dangerous during the night.*

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

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

*If you are on the Oregon Health Plan, Medicare, or a client of Meals on Wheels inquire whether you are eligible for free air conditioners, air filters, or fans.*

*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](#) (for cooling centers)

[website](#)

Oregon Health Authority  
Air Conditioner/Air Filter Program

[website](#)

Silverton Senior Center  
Serves as cooling center at direction of Fire  
District or City of Silverton,  
115 Westfield, Silverton

503-873-3093

[website](#)

2-1-1 Info  
Call or check website for information  
on weather, transportation, etc.

211

[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 503-509-4797  
Offices at 345 Westfield St. #304, Silverton  
Offers resource center & warming shelter,  
only for those in the Silverton area experiencing  
homeless at:  
832 McClaine St., 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](#)

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