



# SILVERTON AREA SENIORS, INC.

SILVERTON AREA SENIOR CENTER

## *YOUR GUIDE TO RESOURCES EMPHASIZING LOCAL ONES*



kisspng

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

**For now**

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

**We are working toward reinstating search by key worlds.**

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

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

Initial: 5-4-2015 Most recent Update is 24th: 1-5-2024

Readability: 14 point, Arial

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**TOPIC**

**\*Subtopic**

Tips/Resource/Address

**PHONE**

**WEBSITE**

of organization or publication

**ABUSE & NEGLECT, ELDER**

Center for Hope & Safety

503-399-7722 (24-hr **crisis**)

Refuge & support for victims & survivors  
of domestic violence, sexual assault, stalking,  
& human trafficking.

605 Center St. NE, Salem

website

Marion County Circuit Courthouse,

503-588-5032

Protective/restraining orders for  
*Elderly & Disabled, Family Abuse,  
Sexual Abuse, & Stalking.*

555 Court St. NE, Salem

website

Abuse Line

800-846-9165

Northwest Senior & Disability Services  
(NWSDS)

website

Oregon Department of Human Services  
(DHS)

855-503-SAFE (7233)

Report abuse, neglect, or financial exploitation  
of Elder & Vulnerable Adults

website

**ALARMS/ALERTS (see also Disaster, Emergency, Medical Supplies)**

**\*Home Safety & Security Alarms & Systems**

*Tip: Change batteries at regular interval, such as birthday, New Year's.*

*Apartment owners must provide smoke alarms.*

American Red Cross Cascades Region

503-528-5783

Install free smoke alarms by appointment

Click About Us, Request Alarms

website

*Consumer Reports*

*Keep your home safe*

*Is Your Home Security a Scam Magnet?*

website

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

503-873-5328  
(non-emergency #)

[website](#)

### **\*Medical Alerts**

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

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

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

Alzheimer's Association of Oregon

800-272-3900  
(24 hr. Helpline)

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

888-572-8566  
800-432-5378

[website](#)

### *Consumer Reports*

*How to Choose A Medical Alert System*

[website](#)

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

800-871-4083

[website](#)

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

800-354-1327

[website](#)

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

503-400-3000

[website](#)

Philips Lifeline  
for 24 hr. emergency service  
Available in English, Russian, & Spanish

800-635-6156  
[website](#)

### Silver Alerts

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

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

Marion Co. Sheriff  
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  
[website](#)

Dogs for Better Lives  
Central Point, OR

800-990-3647

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 <a href="#">website</a>
Oregon Department of Justice Posts poster on service animals 1162 Court St. NE, Salem	503-378-4400 <a href="#">website</a>
Oregon Humane Society Disaster Preparedness Information 4256 Turner Rd SE, Salem	503-585-5900 <a href="#">website</a>
PNW Pooch, LLC In-home service by appointment. Offers bathing, grooming, haircut, nails 2447 74 <sup>th</sup> Ave. SE, Salem	920-228-3303 <a href="#">website</a>
Silverton Cat Rescue Rescue & place kitties, Educates community about fixing cats. POB 746, Silverton	<a href="#">website</a> (Facebook)
<b>*Pet sitting</b> Jane Boeka, Silverton Pet sitter, walker	402-319-0332
Kimberly Clovis Pet sitter, walker	971-219-5961
Chris Dolan, Silverton Sits cats & dogs on daily visits or overnight	503-779-6808
A Golden Hand Pet sitter, walker 858 Lancaster Dr. SE, Salem	971-600-5949
Pam Miller, Silverton Sits dogs	503-407-8481
Charlie Newton Pet sitter, walker Available after 6 PM weekdays & on weekends.	503-949-0096

### **\*Poison Control for Pets**

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

800-426-4455  
[website](#)

### **BLOOD PRESSURE (see also Medical Supplies)**

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

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

[website](#)

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

503-873-8391  
[website](#)

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

[website](#)

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

*Tip: Verify amount of any fee involved.*

#### **\*General**

AARP

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

[website](#)

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

503-304-3429 (Suzy Deeds)

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

[website](#)

National Institutes of Health  
Caregiver Resources

[website](#)



Northwest Senior & Disability Services (NWSDS) Caregiver classes, 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).	503-304-3429 (Suzy Deeds)
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 <a href="#"><u>website</u></a>  <a href="#"><u>website</u></a>
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  <a href="#"><u>website</u></a>
Oregon Project Independence Up to 20 hours in-home care per month For those with disabilities or age 60+ Access through either Aging & Disability Resource Connection Northwest Senior & Disability Services	503-304-3420  <a href="#"><u>website</u></a> <a href="#"><u>website</u></a>
Willamette Valley Caregivers Registry & referrals for caregivers Silverton	503-874-4199  <a href="#"><u>website</u></a>
Willamette Vital Health Publishes <i>Family Caregiver Connections</i>	<a href="#"><u>website</u></a>

## Care Providers

Jo Aerne 314-625-2191  
Occupational therapist, certified  
Assists with activities of daily living, improve  
Independence & home-safety.

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

Jane Brown 503-873-7530

### Care Availability

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

[website](#)

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

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

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

[website](#)

Vicki Cronin 503-979-9873  
Caregiving for seniors. Take to doctor 503-873-0758  
Appointments, pick-up meds, light housework,  
fix lunch or dinner, etc.

Cindy Durante Certified Home Care Provider & in 1 <sup>st</sup> -aid Meals, activities of daily living, medications, Errands, dementia & hospice care, etc.	541-297-5103
Susan Durante Certified Homecare Provider Personal care, medication management, meals, light housekeeping, errands, pet care.	503-874-4352 760-464-8208
First Call In-Home Care Provides home health care & in-home care. 2608 Cascadia Industrial St. SE, Salem	503-375-2273 <a href="#">website</a>
A Golden Hand Provides caregivers to assist in daily living, for companionship, dementia support, end-of-life care, housekeeping, prepare meals, medication management, nursing services, personal care, respite care, transport etc. 858 Lancaster Dr. SE, Salem	971-600-5949 <a href="#">website</a>
Rita Hendershott Non-certified Will drive to appointments, separate medicines.	831-234-7015
Home Instead Senior Care Non-medical home care includes Silverton. Helps with cooking, bathing, errands, & transportation. Live-in care, respite care. 2015 24 <sup>th</sup> St. SE, Salem	503-399-9490 <a href="#">website</a>
New Horizons In Home Care Medical & non-medical assistance for Salem & surrounding area 200 Hawthorne Ave SE, Salem	503-400-3000 <a href="#">website</a>
Charles Newton Offers companionship, housekeeping, laundry, transportation, errands & shopping. Mostly after 6 PM weekdays & on weekends	503-949-0096

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](#)

Lillian Ryan 503-871-7154  
Certified caregiver & medication aide.  
Helps cook, showering, medications, light  
housekeeping, companionship, shopping,  
& transportation. Experienced.

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

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

Willamette Valley Caregivers 503-874-4199  
Refers caregivers for 2-24 hour care in bathing  
& grooming, incontinence care, transferring &  
positioning, companionship, meal planning &  
preparation, light housekeeping, medication  
assistance, hospice care, respite care, errands  
& transportation for people with a variety of  
conditions & illnesses.  
204 N. 1<sup>st</sup>, Suite D, Silverton [website](#)

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

**\*Respite Care (Adult Day Care)**  
Home Instead Senior Care 503-399-9490  
Non-medical home care for Salem area,

including Silverton. Includes respite care.

2015 24<sup>th</sup> St. SE, Salem

[website](#)

Regency Woodland

4710 Sunnyside Rd. SE, Salem

503-364-1355

[website](#)

Thelma's Place

Countryside Living 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

503-375-2061

[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.

4700 Howell Prairie Rd. NE, Silverton

503-873-6525

503-871-9822

(Jake Johnson)

[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 503-873-6181  
229 Westfield, Silverton

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

## **CLOTHING**

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

### **\*Retail**

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

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

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

## **COMMUNICATON**

### **Devices & Programs**

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

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

American Sign Language 503-873-3093  
Classes on 1<sup>st</sup> & 3<sup>rd</sup> Thurs. 4:30 PM, \$20  
Held at Silverton Senior Center  
115 Westfield, Silverton [website](#)



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

### **COMMUNITY RESOURCE ORGANIZATIONS**

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

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

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

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

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

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

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

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

421 S. Water St. (basement), Silverton [website](#)

About March 2024 plan to move to  
990 N. 1st St. Silverton



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

## Computers (see Communication)

### CONSUMER PROTECTION against Fraud

#### \*Identity Theft

U.S. Federal Bureau of Investigations  
Internet Crime Complaint Center (IC3)  
Elder Fraud

[website](#)

U.S. Federal Trade Commission

877-438-4338

*Identify Theft*

[website](#)

*Medical Identity Theft*

[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

877-908-3360

*Beware of Robocalls, Texts & Emails*

*Promising COVID-19 Cures or Stimulus*

*Payments*

[website](#)

US Department of Justice

Report COVID-19 Fraud

[website](#)

Marion County Sheriff

503-588-5032

(non-emergency line)

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

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

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

US Federal Trade Commission (FTC)  
Information about scams. [website](#)  
Report fraud to ReportFraud.ftc.gov [website](#)

US Social Security Administration  
Scams: 1) pretend to be from an agency or organization you trust, 2) claim problem exists or prize won, 3) pressure you to act immediately, & 4) tell you to pay in a specific way.  
Report scams to the Inspector General [website](#)

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

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

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

### **\*Services, Professional & Housing**

*Tips: Complexity in health care, insurance, & bills led many to designate friends, relatives, or trained people to advocate for them.*

*Not every provider is subject to licensure.*

Advoconnection

*4 Steps to Interview & Hire an Advocate  
or Care Manager*

[website](#)

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

Fair Housing Council of Oregon  
Report housing discrimination

800-424-3247  
[website](#)

Occupational Therapy Licensing Board

971-673-0198  
[website](#)

Oregon Board of Chiropractic Examiners  
(DC)

503-378-5816  
[website](#)

Oregon Board of Dentistry  
(DMD, DDS, hygienists)

971-673-3200  
[website](#)

Oregon Board of Licensed Social Workers  
(LCSW, CSWA, LMSW, RBSW)

[website](#)

Oregon Board of Massage Therapists  
(LMT)

503-365-8657  
[website](#)

Oregon Medical Board  
Complaint Resource Officer  
(LAc, DO, MD, PA, DPM)

877-254-6263  
971-673-2702  
[website](#)

Oregon Board of Naturopathic Medicine  
(ND)

971-673-0193  
[website](#)

Oregon Board of Nursing  
(NP, RN, LPN, CNA, CRNA)

971-673-0685  
[website](#)

Oregon Board of Optometry  
(OD)

503-399-0662  
[website](#)

Oregon Board of Pharmacy  
(RPh, PharmD, Technicians)

971-673-0001  
[website](#)

Oregon Board of Physical Therapy (PT)	971-673-0200 <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	971-673-0764 <a href="#">website</a>
Oregon Construction Contractors Board Contractor license search	503-378-2007 <a href="#">website</a>
Oregon Department of Justice Complaints about business, Elder Care, Identify Theft resources	503-378-4320 (hotline)
Oregon Division of Financial Regulation Includes <b>Insurance</b>	888-877-4894 <a href="#">website</a>
Oregon Health Licensing Office (Denture Technology, Dieticians, Environmental Health, Hearing Aid Dispensing, Hearing Instrument Specialist, Nursing Home Administrator, Respiratory Therapy, Waste Water Sanitation)	503-378-8667 <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 445 12 <sup>th</sup> St. SW, WDC 20554	202-418-2517 <a href="#">website</a>

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

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

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

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

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

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

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

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

Oregon State University Retirement Assoc.  
*End of Life Options: Managing Life's Closure*  
Featuring Dr. David Grube  
[https://media.oregonstate.edu/media/t/1\\_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  
(formerly Kindred at Home/ Gentiva)  
Hospice 503-315-1003  
698 12th St. SE, Salem [website](#)

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

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

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

Willamette Vital Health 800-555-2431  
Provides Hospice, Supportive Care & Grief 503-588-3600  
Care in the Willamette Valley  
1015 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

*Emergency Preparedness for Older Adults*

[website](#)

Online First Aid/CPR/AED training

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

503-391-7294

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](#)

*How to Prepare Your Home for Wildfire*

[website](#)

National Institute on Aging <i>Disaster Preparedness for Alzheimer's Caregivers</i>	<a href="#"><u>website</u></a>
Oregon Dept. of Emergency Management 3225 State St., Salem	503-378-2911 <a href="#"><u>website</u></a>
Oregon Public Broadcasting <i>Unprepared: an Oregon Field Guide Special</i>	<a href="#"><u>website</u></a>
TBOne Ready Neighbors Disaster Preparedness by Neighborhood	<a href="#"><u>website</u></a>
US FEMA (Federal Emergency Management Agency) Emergency Preparedness Ready.gov <i>Are You Ready?</i>	<a href="#"><u>website</u></a> <a href="#"><u>website</u></a>

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

*Tips: Less clutter lowers risk of falling.  
Keep donations clean & dry.  
Unusable items are a hardship & expense for donation centers.  
Verify whether donations are tax deductible*

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

Cellphones for Soldiers Drop-off at Cherry City Transmission 853 9 <sup>th</sup> St. NW, Salem	503-586-0061 <a href="#"><u>website</u></a>
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Center for Hope & Safety Accepts items useful at shelters. 605 Center St. NE, Salem	503-399-7722 <a href="#"><u>website</u></a>
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Fall Line Skate-bike-sno  
Collects clean wearable clothes & shoes  
for local & global use by the Gaia Movement.  
302 Lewis, Silverton

Fresh Start Market & Espresso  
Accepts block Styrofoam that is clean (no



stickers or tape) that snaps when folded.  
Place in bins off parking lot M-F 7 AM-5 PM  
3020 Center St. NE, Salem

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

Goodwill Donation Center, drive-up & walk-up  
Accepts most clothes & household goods.  
May accept torn items, single socks & like for  
fabric & textile if packaged & marked separately.  
Does **NOT** accept large appliances, baby  
furniture, auto parts, household chemicals,  
weapons, construction materials, bathroom  
fixtures, mattresses, box springs, newspapers,  
or anything soiled or wet.  
601 N. Water St. Silverton [website](#)

JUNK911 503-479-4795  
Removes junk as broken appliances, exercise  
equipment, fences, garage clean-out, furniture,  
hot tubs, mattresses, yard debris etc. from  
Silverton and Silverton area.  
Does **not** take pressurized containers or  
extremely heavy items.  
Salem [website](#)

Marion Co. Public Works Environmental Serv. 503-365-3188  
Recycle Guide  
5155 Silverton Rd. NE, Salem [website](#)

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

Republic Services 503-981-1278  
Recycling at **residence** currently accepts clean  
dry, & un-bagged:  
Flattened cardboard, magazines, common mail,  
newspapers, office paper, metal cans for

beverage & food, scrap metal, milk jugs; plastic bottles & jugs with lid, oil, & paint. Dispose of medical waste in proper containers.

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

Contact Republic about specific items.

**Sat. only**, 9 AM-1 PM

At **Silverton City Shops** site accepts: batteries, cardboard, electronics, glass containers, magazines, junk mail, milk jugs, oil, paint, phone books, plastic bottles, scrap metal, & tin cans.

Does **NOT** accept acetylene tanks, film plastic, plastic toys, Styrofoam, trash, window glass, or wood products.

830 McClaine, Silverton

[website](#)

Restore (Habitat for Humanity)  
Accepts items specified on website  
245 Young St., Woodburn

855-500-4161

503-902-0645

[website](#)

Roth's Fresh Market

Little Bell School House outside main entrance  
(All proceeds for local K-8 schools unfunded education programs) accepts empty Oregon deposit beverage containers

Can & bottle return outside near north exit.

Recycle plastic bags near south inner exit.

918 First St., Silverton

[website](#)

Safeway

Glass/plastic/can return outside on south side.

Accepts soft plastic bags near south entry/exit.

301 Westfield, Silverton

[website](#)

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

Check website for hours, free recycling items,

fees, & unacceptable materials.  
3250 Deer Park Dr. SE, Salem

[website](#)

Seventh-day Adventist Church  
Adventist Community Services accepts  
clothes & household items Tues. 9 AM-noon.  
Distributes on Thurs., 9 AM-noon, 6-7:15 PM.  
1159 Oak St., Silverton

503-873-8568

[website](#)

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

503-874-4630

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

503-873-3446

[website](#)

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

Silverton Lions Club partners with  
Oregon Lions Sight & Hearing Foundation  
Drop boxes for eyeglasses & hearing aids  
includes one at Silverton Senior Center.

[website](#)

Sustainable Silverton  
Holds community forums about recycling,  
emergency preparedness, community health  
& well-being, and similar topics.

[website](#)

Wilco  
Blue Jeans Green Jeans Denim Recycling  
Inside front door  
734 McClaine St., Silverton

503-873-8318

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* [website](#)  
*Does & Don'ts of Donating Cars To Charity* [website](#)

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

In addition to churches, garage sales, check out:

Seventh Day Adventist Community Services 503-873-8568  
Bread, clothing, dishes, linens, some  
furniture, & free table. Thurs., 10 AM-noon.  
1159 Oak St., Silverton [website](#)

### **DONORS, MEDICAL**

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

BLOOD (includes your own blood for your own future use)  
American Red Cross 800-733-2767  
475 Cottage St. NE Suite 110, Salem [website](#)

Blood donations mobile facilities periodically visit Silverton.

### **BONE MARROW**

Oregon Health Sciences University 503-494-5058  
Adult Bone Marrow Transplant Program [website](#)

### **KIDNEY**

Oregon Health Sciences University 800-452-1369 Ex. 8500  
Clinical Transplant Services  
3181 SW Sam Jackson Park Rd., Portland [website](#)

### **PLASMA**

Grifols, Talecris Plasma Resources 503-364-8946  
351 Belmont St. NE, Salem [website](#)

**\*After Death** anatomical gifts of all or part of your body may be designated for transplant, therapy, research, or education. Can later revoke. Suitability determined at time of death. Oregon Revised Uniform Anatomical Gift Act 97.951-97.985 [website](#)

Oregon Department of Motor Vehicles  
Organ, Eye & Tissue Donation [website](#)

## **EDUCATION**

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

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

Oregon State University, Registrar 541-737-4331  
Oregon residents age 65 & older may audit courses without paying tuition or fees.  
Those auditing must first be admitted & pay a non-refundable application fee & assessed instructional fees.  
Can 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 & department approves. Some departments only do this for summer classes. No charge, except for incidental fees and self-support course must pay self-support tuition.

Registration form

[website](#)

## **EMERGENCY & CRISIS**

### **\*MEDICAL EMERGENCY**

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

#### **\*Ambulance**

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

#### **\*Hospitals**

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

**Emergency, Always Open**

342 Fairview St., Silverton

**503-873-1500**

**(general number)**

[website](#)

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

890 Oak St. SE, Salem

Accredited Level II Trauma Center

Affiliate/partner of Kaiser Permanente/OHSU

**800-876-1718**

**503-561-5200**

**(main switchboard)**

[website](#)

##### **Santiam Hospital**

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

**503-769-2175**

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

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

(formerly Psychiatric Crisis Center)

Marion County Health Department

24/7 walk in crisis center

1234 Commercial St. SE, Salem

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

[website](#)

##### **Center for Hope & Safety**

Refuge & support for victims & survivors

of domestic violence, sexual assault,

stalking, & human trafficking.

605 Center St. NE, Salem

**503-399-7722 (24-hr Crisis)**

[website](#)

##### **Mental Health, including Suicide**

Unavailable if phone lacks prepaid minutes

Northwest Human Services oversees in

Marion County

**988 (English/Spanish)**

**988 texting (English only)**

**988+1 (Veteran's Crisis)**

**800-273-8255 (TALK)**

#### **Missing Persons (see Alarms & Alerts)**

**National Veterans Crisis Line**

**800-273-8255, press 1,**  
or text 838255

**Northwest Human Services (NWHHS)**  
Crisis & information hotline

**503-581-5535 (24-hr Crisis)**  
800-560-5535  
**(crisis hotline)**

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

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

**Suicide Emergency**

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

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

800-971-0016

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

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

Veterans Administration crisis line

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



## Your Emergency Information

**Fill-in or attach other documents to this page.**

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

*Date your medication list.*

*Keep your cell phone charged*

**Name:**

**Address:**

**Phone(s):**

**Email:**

**Emergency Contact Name & Number:**

**Health Information:**

**Allergies**

**Blood Type**

**Conditions**

**Diet**

**Drugs (Medications/Supplements/Herbs)**

**Mobility**

**Primary health practitioner(s)**

**Insurance(s)**

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

## **\*NON-MEDICAL EMERGENCIES**

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

### **Silverton Fire District**

Posts information on fire prevention  
819 Railway NE, Silverton

**911**

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

### **Silverton Police Department**

306 S. Water St., Silverton

**911**

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

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

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

**800-882-3377**

[website](#)

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

**800-544-1795**

[website](#)

### **ShakeAlert In Oregon**

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

[website](#)

## **EXERCISE**

### **\*Guidelines**

Centers for Disease Control

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

*How much physical activity do older adults need?*

[website](#)

National Institute on Aging

Go4Life everyday fitness ideas

[website](#)

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

[website](#)

## **Classes & Coaching**

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

Aerobics, low impact  
9:30 AM, M, W, & F.  
Free for members, \$5 non-members  
Silverton Senior Center  
115 Westfield, Silverton

503-873-3093

[website](#)

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

503-873-7033

[website](#)

CrossFit forging Elite Fitness  
Silver Creek Strength & Conditioning, Inc.  
Non-profit 501C3  
Weight-lifting  
403 Lewis St., Silverton

[website](#)

Karen Gehrt, LLC  
Exercise classes includes aerobics.  
Can be done seated.  
M, W, F, 9:30 AM, \$5 for non-members  
Includes aerobic exercises. Can be done seated  
Silverton Senior Center  
115 Westfield, Silverton

503-779-4477

503-873-3093

[website](#)

Jazzercise  
Group classes, all levels.  
Cardio dance moves. Contact for times.  
Silverton Community Center  
421 S. Water, Silverton

503-873-8210  
(800-FIT-IS-IT)

[website](#)

Line Dancing  
Wed. 1-4 PM  
Silverton Senior Center  
115 Westfield, Silverton

503-873-3093

[website](#)

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

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

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

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

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

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

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

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

**\*Swimming**  
Silverton Community Swimming Pool 503-873-6456  
Offers year around recreational & competitive  
swimming, swim lessons, & water fitness.

Includes family swim, lap swim, open swim.

Chair lift.

6 lane lap pool, zero depth entry pool, 2'9"- 4' pool

Fees & hours at Silver Falls Family YMCA

May require an appointment

601 Miller St., Silverton

503-873-6456

[website](#)

### **\*Tai Chi**

Qigong, 6 movements set to music, simple

Tues. & Thurs. 9:45 AM

Silverton Senior Center

115 Westfield St., Silverton

503-873-3093

[website](#)

### **\*Walking**

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

*Keep hydrated.*

*40% of pedestrian fatalities involve pedestrian alcohol.*

Centers for Disease Control

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

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

*What 10,000 Steps Will Really Get You*

[website](#)

### **\*Yoga**

Ageless Yoga with MaryLou Coleman.

For Age 50+.

Emphasis links breathing with postures.

Sat. beginning 9-9-23, 9:30-10:30 AM

Free for members, \$5 for non-members

No need to preregister.

Silverton Sr. Center

115 Westfield, Silverton

503-873-3093

[website](#)

Gentle Yoga with Kathleen

Tues. & Thurs. 9:30 AM.

Free. Donations accepted.

Silverton Senior Center

115 Westfield, Silverton

503-873-3093

[website](#)

Yogi Collective

Yoga Flow for all levels

541-405-2670

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

107 N. Water St., Silverton

[website](#)

## **\*Zumba**

### **FALL PREVENTION (see also Housing Repair)**

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

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

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

*Use reaching devices. Avoid footwear that slides on floors.*

*Don't rush to answer a phone. Avoid, or anchor small area rugs.*

*Clean-up clutter.*

*Use adequate lighting.*

*Progressive lenses may contribute to falls.*

*Enter & exit buses using secure handhold*

Centers for Disease Control and Prevention

*Older Adult Fall Prevention*

[website](#)

Tips to prevent falls (exercise, eye exam, medication review, clutter removal, grab bars & railings, & adequate lighting).

GO4U Essentials

503-930-1114

Decluttering, delivery, junk removal & moving

Senior discount, except for moving

Serves Willamette Valley

1940 McCoy Ave. NE, Salem

[website](#)

National Aging & Disability Transportation Center

Fall Prevention Awareness in Public

Transportation, Tips for Older Riders

[website](#)

Oregon Health Sciences University

*OHSU Study Finds Ladder Fall Injuries*

*Increase for Seniors During Fall Months*

[website](#)

Includes tips for proper use of ladders, 2001.

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

## **FINANCES**

### **\*Employment**

Easter Seals 503-362-1572

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

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

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

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

*Tips: Compare the regular price at one place to discounted price elsewhere  
Age the discount starts vary.  
Not all outlets of the same franchise may offer a discount.  
Stipulations may limit the discount to certain days or times of day.  
Verify discount ahead of purchase.*

Online lists of discounts include:

Consumer World [website](#)  
Senior List [website](#)

### **\*Donations**

Local non-profits always appreciate cash  
donations, large & small, unrestricted or  
restricted. When making donations, include:  
Silverton Area Seniors Inc. 503-873-3093  
115 Westfield, Silverton [website](#)

## **\*Taxes**

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

AARP Foundation Tax Aide 888-687-2277

Tax Aide for Seniors age 60 & older. Free. [website](#)

AARP taxes on Sat. by appointment beginning  
Feb. 2024.

Silverton Senior Center

115 Westfield, Silverton [website](#)

## **FIRST AID** (see also disaster)

*Tips: For bystanders the American Heart Association recommends:*

*Use hands-only CPR*

*Wear mask*

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

American Red Cross

Adult First Aid/CPR/AED Online [website](#)

Karen Gehrt, LLC, CEO/Instructor 503-779-4477

218 Johns Ln., Silverton

Offers class periodically at

Silverton Senior Center.

Pacwest Medical Training 971-772-1249

Trains in CPR, 1st-aid, AED, Bloodborne  
Pathogens for community and for health  
professionals. Some held at Silverton Senior  
Center, 115 Westfield, Silverton.

361 Anderson Dr., Silverton [website](#)

Silverton First Aid & CPR 503-999-2027

Offers training at offices & on-site  
for certification.

13000 Finlay Rd. NE, Silverton [website](#)

You-tube

AED, CPR, 1<sup>st</sup>-aid training available

Some free, some charge, some certified [website](#)

*Hands-Only CPR* [website](#)



## **FOOD & BEVERAGE**

### **\*Nutrition**

Nutrition.gov links on nutrition for seniors [website](#)

Zetta House Community Wellness Collective  
Services include nutritional therapy.  
503 N. First, Silverton

### **\*Eating In**

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

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

### **\*Cooking**

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

### **\*Food Pantry**

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

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

### **\*Food Stamps**

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

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

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

Roth's To Go 503-873-6311  
Mon.-Sat. before 10 AM no fee for pick-up.  
\$5 after 10 AM same day delivery/ Sun./holidays  
918 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 needing a boost. No application  
required.  
Call or text Cherry Hoffman to get on list. 503-930-0699

### **\*Eating Out**

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

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

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

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

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

Saturday Community Breakfast 503-873-3093  
1<sup>st</sup> Sat. month, 8-11 AM  
Free. Donations accepted.  
Silverton Senior Center  
115 Westfield, Silverton [website](#)

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

**\*Alcohol**

Dietary Guidelines for Americans. 2020-2025 states to choose not to drink, or drink in moderation (2 drinks or less for men, 1 or less for women). One drink is 12 oz. of beer, 5 oz. of wine, or 1.5 oz. of distilled spirits). Drinking less is fewer calories. Even moderate use poses risks with interacting medications, liver disease, or driving/operating machinery. [website](#)

Oregon Liquor & Cannabis Commission  
Oregon law ORS 813.010 specifies 0.08% [website](#)  
or more blood alcohol, or intoxicating liquor,

inhalant, or controlled substance constitutes driving **under the influence**. Increases risk of crash four-fold.  
Below 0.08% blood alcohol still raises risk.

### **FOOT CARE**

Sadiqua Boos LaBorde 971-389-9229  
Reflexology of feet  
Thursdays by appointment  
Silverton Senior Center (in foot clinic)  
115 Westfield, Silverton

RN Foot Care 503-881-7033 (Leana Smith)  
Clinicians specially trained in routine foot care &/or wound certified.  
Experienced in working with people who have diabetes, disabilities, & common foot problems.  
By appointment. Charges fee.  
Tues. & Wed. 8:30 AM-2 PM  
Held at Silverton Senior Center  
115 Westfield St., Silverton [website](#)

### **GERONTOLOGY/GERIATRIC MEDICINE**

Annual Gerontology Conference, 800-678-6311  
2 days every April  
For retirees age 60+ & relevant professionals  
Oregon State University, Corvallis [website](#)

Gero-psychologist  
Capacity Solutions 503-376-8685

Oregon Gerontological Association 503-725-3018  
Membership for seniors, professionals, students  
Offers education, training, & networking [website](#)

### **GRIEF/BEREAVEMENT COUNSELING**

**(see also churches, support groups)**  
Faith-based counseling from faith of your choice.

Unger Funeral Chapel 503-873-5141  
Lists links to Griefwords Online Library [website](#)

## **GUNS (see also Self-Defense)**

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

*Wear earplugs or ear muffs when shooting a gun.*

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

*Assisted Living facilities may not allow guns on their premises.*

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

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

Alzheimer's Association  
Firearm Safety

[website](#)

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

503-449-6007

[website](#)

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

[website](#)

## **HEALTH CARE PROVIDERS (doctors & other health professionals)**

(See also Exercise, Hearing, & Vision)

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

*Find out if your practitioner now offers Telemedicine visits,*

*Health care providers may individually mandate masks.*

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

### **\*Acupuncture/Acupressure**

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

503-269-0641

White Oak Wellness (WOW)  
Acupuncture, Massage  
306 Oak St., Silverton

503-874-4067

[website](#)

**\*Chiropractic**

Allen Chiropractic Wellness Center  
510 Front St., Silverton

503-874-9355  
[Facebook](#)

Cote Chiropractic  
951 N. 2<sup>nd</sup> St., Silverton

503-873-8099  
[website](#)

Mt. Angel Chiropractic  
690 N. Main St., Mt. Angel

503-845-9373  
[Facebook](#)

ORT Chiropractic Clinic  
Chiropractic, Massage, & Rehabilitation  
436 McClaine St., Silverton

503-874-8678  
[website](#)

Silver Creek Chiropractic  
204 N. 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

<p><i>Legacy Medical Group-Mt. Angel</i>  Primary care clinic.  250 W. Marquam St., Mt. Angel</p>	<p>503-845-2000   <a href="#">website</a></p>
<p><i>Legacy Medical Group-Silverton Family Medicine</i>  Primary care clinic  347 Fairview St., Silverton</p>	<p>503-873-5667   <a href="#">website</a></p>
<p><i>Legacy Medical Group-Orthopedic &amp; Sports Medicine</i>  452 Welch St., Office Bldg. 1, Silverton</p>	<p>503-873-1722</p>
<p><i>Legacy Medical Group Pre-Surgery Care</i>  454 Welch, Bldg. 1, 2<sup>nd</sup> Fl., Silverton</p>	<p>503-873-5310  <a href="#">website</a></p>
<p><i>Legacy Medical Group-Women's Health</i>  Specialty clinic, 406 Welch, Silverton</p>	<p>503-873-8853  <a href="#">website</a></p>
<p><i>Legacy Anticoagulation Clinic</i>  <i>Legacy Wound &amp; Ostomy Clinic</i>  <i>STEPS Clinic</i>  342 Fairview, Silverton</p>	<p>503-873-1670  <a href="#">website</a></p>
<p><i>Legacy Devers Eye Institute</i>  7021 Nyberg St., Suite 210, Tualatin</p>	<p>503-413-8202  <a href="#">website</a></p>
<p><i>Legacy Urgent Care</i>  For symptoms &amp; injuries  when regular doctor unavailable  Mon.-Fri. 11 AM-7 PM, Sat. 10 AM-4 PM  Hours may change near holidays.  1475 Mt. Hood Ave, Woodburn</p>	<p>971-983-5360   <a href="#">website</a></p>
<p>Oregon Health Sciences University (OHSU)  3181 SW Sam Jackson Park Rd., Portland</p>	<p>503-494-8311 (main line)  <a href="#">website</a></p>
<p>Oregon Oncology Specialists  404 Welch St., Silverton</p>	<p>503-874-2422  <a href="#">website</a></p>
<p>Silver Creek Family Medicine</p>	<p>503-874-3737</p>

111 West C. St., Silverton	<a href="#"><u>website</u></a>
Sublimity Medical Clinic, a Santiam Hospital clinic 114 SE Church St., Sublimity	503-769-2259 <a href="#"><u>website</u></a>
Township Health, Direct Primary Care Monthly fee. Does not accept or bill insurance. 113 S. Water, Silverton	503-836-7455 <a href="#"><u>website</u></a>
True Health, Direct Primary Care Does not accept OHP insurance. 106 McClaine, Silverton	503-523-0268 <a href="#"><u>website</u></a>
Yakima Valley Farm Workers clinics, Include bilingual Spanish/English, assist with insurance applications, <i>Lancaster Family Health Center</i> Partners with Marion Polk Food Share to distribute food at clinic. Call for times. 3896 Beverly Ave NE, Bldg. J, Ste. 40, Salem <i>Salud Medical Center</i> 1175 Mt. Hood Ave, Woodburn	503-588-0076 503-982-2000

**Dentistry**

DENTISTS

Michael M. Bliss, DMD 306 E. Main St., Silverton	503-873-6118 <a href="#"><u>website</u></a>
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Dental Mobile Van Medical Teams International Dental Program Limited free/low cost dental care for those qualifying. May require pre-application. 14150 SW Milton Court, Tigard Periodically sponsors dental van at Silverton Senior Center, & at Silverton Area Community Aid (SACA).	503-624-1026 <a href="#"><u>website</u></a> 503-873-3093
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Kaiser Permanente North Lancaster Dental Office 2300 Lancaster Dr. NE, Salem	800-813-2000 <a href="#"><u>website</u></a>
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Michael Kim, DDS Family & Spa Dentistry 410 Oak St., Silverton	503-873-3530 <a href="#">website</a>
Mt. Angel Dental 310 E. Charles St., Mt. Angel	503-845-2273 <a href="#">website</a>
Oregon Dental Studio 244 Jersey St., Silverton	503-566-7000
Oregon Tech Dental Hygiene Clinic Chemeketa Community College 4000 Lancaster Dr. NE, Bldg. 8, #9, Salem	503-584-7101 <a href="#">website</a>
Silverton Family Dentistry 303 N. First, Silverton	503-873-8614 <a href="#">website</a>
Yakima Valley Farm Worker's Clinic Salud Medical Center, Dental 1175 Mt. Hood Ave., Woodburn	503-982-2010 <a href="#">website</a>
<b>*DENTURES</b> Natural Dentures 3445 Lancaster Dr. NE, Salem	503-371-9897 <a href="#">website</a>
Salem Denture Center 758 Hawthorne Ave. NE, Salem	503-364-8265 <a href="#">website</a>
<b>*Miscellaneous Providers</b> Patricia Duncan Clinical Mental Health Counseling 119 Water St., Suite 202, Silverton	503-989-7983
Golden Lifecare Solutions Dementia Care Management	503-530-6181 <a href="#">website</a>
Healing Hands Hypnotherapy Trina Butler-Dana certified clinical hypnotherapist 214 B, S. Water St., Silverton	503-509-8487
The Nurturing Path	503-269-9641

Alternative Care Provider

Includes acupuncture, aromatherapy, nutrition, cooking, meditation, qigong, Chinese medicine.

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

On Tues. 9:45 AM offers Simple Qigong at

Silverton Senior Center

115 Westfield, Silverton

[website](#)

Salmon Creek Counseling & Hypnosis

Liz Williams, LCSW

970-218-7114

[website](#)

Silverton Counseling

Catherine Cummings, LCSW,

offers include cognitive behavioral therapy,

couples therapy, & clinical hypnotherapy

429 N. Water St., Silverton

503-567-4406

**\*Naturopaths**

Better Way Healing Center. Eng's

Naturopathy/Herbal Apothecary/

Acupuncture/Cupping/gua sha/Massage/

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

503-873-6705

Donald McBride, ND

1305 Broadway St. NE, Salem

503-364-1441

[website](#)

**\*Osteopaths**

Bruce W. Duffy, DO,

specialty Geriatric Medicine

4182 Vitae Springs Rd. S, Salem

503-371-2260

Santiam Orthopedics & Sports

Timothy R. Borman, DO

700 Bellevue St. SE, Salem

503-375-3636

**\*Pharmacists (see Medication)**

**\*Podiatry (see Foot Care)**

**\*Psychiatry (see Wellness)**

**\*Public Health**

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

503-588-5342  
[website](#)

Oregon Health Authority  
Public Health Division  
COVID-19 Updates

[website](#)

Oregon Poison Center, free  
Education resources  
Located at OSHU

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

3181 SW Sam Jackson Rd., Portland

[website](#)

**\*Wellness**

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

503 N. First St., Silverton

[website](#)

**HEALTH INSURANCE**

Affordable Care Act

[website](#)

Centers for Medicaid & Medicare Services  
(CMS)  
Medicare

[website](#)  
800-633-4227  
800-722-3134  
[website](#)

Oregon Health Authority  
Oregon Health Plan

800-699-9075  
[website](#)

Oregon Insurance Division help, or complaint

888-877-4894  
[website](#)

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

877-808-2468

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](#)



access, but not the phone.	<a href="#">website</a>
Operator of Telecommunications	711
Relay Service to connect people with hearing or speech disability.	<a href="#">website</a>
Woodburn Hearing Center	503-981-8575
Offer diagnosis, testing, fitting, repair, supplies & accessories.	
2200 Country Club Ct., Ste. E, Woodburn	<a href="#">website</a>

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

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

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

**\*Appliance Repair**

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

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

**\*Electric Repair/Contractors**

Kuenzi Electric	503-873-4908
1035 Commerce Ct. Silverton	<a href="#">website</a>

Rite Way Electric	503-873-5275
Serves Silverton	
2904 Three Lakes Rd. SE, Albany	<a href="#">website</a>

Wyeast Electrical	503-871-9843
501 S. 3 <sup>rd</sup> St., Silverton	

**\*General Repair**

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

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

Sells new & used furniture, appliances,  
building materials, & home accessories.  
Thurs. 10 AM-6 PM, Fri. & Sat. 10 AM-5 PM to shop,  
Wed. 11 AM-4 PM to donate  
245 Young St., Woodburn [website](#)

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

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

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

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

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

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

Silverton Senior Center 503-873-3093  
In addition to resource guide, maintains details  
on few individuals who do repairs that includes  
qualifications & references.  
Bulletin board posts services and availability.  
115 Westfield, Silverton [website](#)

US Department of Agriculture

Rural Development  
Single Family Housing Repair Loans & Grants  
Section 504 Home Repair  
Check site for qualifications

[website](#)

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

Jane Boeka 402-319-0332  
Yardwork  
Silverton

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

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

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

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

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

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

**\*Plumbing**

DoneRite Plumbing 503-342-7782  
Serves Silverton  
7095 3<sup>rd</sup> St. SE, Turner

[website](#)

Eastman Heating & Cooling, Plumbing, &  
Electrical 503-873-2810



**\*Remodeling**

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

*“Age-friendly kitchen,”*

Family Caregiver Connection Newsletter

Past Issues, Feb./ Mar. 2019

Willamette Valley Hospice

[website](#)

AARP

*Bathroom checklist*

[website](#)

*Designing for Better Living*

[website](#)

Amramp serves all of Oregon

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 SW 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](#)

**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  
2645 Portland Rd NE Suite 200, Salem  
503-798-4170  
[website](#)

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

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

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

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

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

**\*House sitting**

Chris Dolan, house sitting  
503-779-6808

**\*Reverse Mortgages**

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

**\*Apartments**

Apartments

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

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

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

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

Pacific Crest Apartments 503-873-3387  
950 N. 2<sup>nd</sup> St., Silverton

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

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

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

Silverton Manor 503-873-1425  
992 N. 2<sup>nd</sup>, Silverton

Silvertowne I  
1080 N. 2<sup>nd</sup> St., Silverton  
Silvertowne II office for both 503-873-6978  
1115 Mill St., Silverton

Twilight Courts 503-873-3339  
Manager, #19  
811 S. Water St., Silverton

**\*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 503-588-0428  
Provides temporary housing for homeless  
in Marion county. [website](#)

St. Joseph Shelter & companion programs  
in Mt. Angel. Program includes Marion Co.  
Operated by Catholic Community Services 503-390-2600  
[website](#)

**Shelter Listings**

Lists & links of shelters in Marion County,  
includes Homeless Shelters, Supportive  
Housing, Halfway Housing, Transitional  
Housing, Day Shelters, Low Income Housing,  
Residential Alcohol & Drug Treatment Ctr. [website](#)

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

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

**\*Mobile Homes**

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

Palo Park 503-576-9410 (Diane)

1732 Pine St., Silverton

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

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

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

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

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

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

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

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

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

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

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

Trustwell at Davenport Place                      503-873-7162  
Senior Living Community  
930 Oak St., Silverton                      [website](#)

**\*Foster Care, Adult**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## **INFORMATION**

*Aging in The Willamette Valley*

John Hughes interviews 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*  
Free monthly magazine. Drop sites include  
Silverton Senior Center.  
3827 NE 91<sup>st</sup> Ave., Portland

503-304-1323

[website](#)

Search engines  
Bing, DuckDuckGo, Google, Microsoft Edge

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

503-873-5173

[website](#) (CCRLS)  
[website](#) (Silver Falls)

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

[website](#)

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

[website](#)

US Food & Drug Administration

[website](#)



You-tube videos, search for health  
& other topics

[website](#)

## **KEYS/LOCKS/LOST & FOUND**

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

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

503-364-1066

[website](#)

## **LEGAL ASSISTANCE**

Legal Aid Services of Oregon  
Salem Regional Office  
Gives advice & representation to low-income  
citizens of Marion-Polk counties. For age 60+  
includes living facility problems, guardianships,  
debt collection, financial abuse, housing law,  
public benefits, & Wildfire Disaster Relief.  
105 High St. SE, Salem

800-359-1845

503-581-5265

[website](#)

Oregon State Bar Lawyer Referral Service  
For those of modest means

800-452-7636

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

971-865-3171

[website](#)

Sherman, Sherman, Johnnie & Hoyt, LLP  
Jennifer Smith, Elder Law Attorney  
Estate Planning  
693 Chemeketa St. NE, Salem  
<https://shermlaw.com>

503-364-2281

[website](#)

## **MASSAGE THERAPY**

Bill Clubb  
Massage Therapy  
Wed., 9:30 AM-4 PM, by appointment  
\$20 discount of hourly rate to Senior

503-930-7529

Center members  
Silverton Senior Center, Classroom #1  
115 Westfield, Silverton

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

Leah's Healing Hands Travel Massage 971-715-9089  
Provides therapeutic wellness massage  
in your home.  
Swedish, Deep Tissue, Sports massage  
Molalla [website](#)

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

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

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

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

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

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

## **MEALS (see Food)**

## **MEDICAL SUPPLY, DEVICES, DURABLE & MOBILITY EQUIPMENT**

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

*Verify whether your supplier accepts Medicare*

### **\*Bed Rails**

Bed rails for adults may be portable products, or medical devices.

Both offer benefits & risks of injuries & death.

Some facilities do not allow these devices.

US Food & Drug Administration

*Bed Rail Safety*

[website](#)

*A Guide to Bed Safety Bed Rails in Hospitals,*

*Nursing Homes & Home Health Care: The Facts*

[website](#)

### **\*Supplies, general**

National Library of Medicine

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

### **\*Face Masks/Shields**

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

Silverton Senior Center

503-873-3093

Has donated face masks.

Let us know if you need one.

Silverton Senior Center

115 Westfield, Silverton

[website](#)

### **\*Supplies, donations/lending organizations**

Keizer Lions Club

503-559-6631

Accepts durable medical equipment, including hospital beds

1091 Chemawa Rd. N., Keizer

Silverton Senior Center

503-873-3093

Accepts most items, but not hospital beds  
Senior Center, 115 Westfield, Silverton

[website](#)

Yakima Valley Farmworkers Clinics 503-588-7656 Ex. 6423  
May take good wheelchairs, scooters, & walkers

Lancaster Family Health Center 503-588-0076

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

Salud Medical Center 503-982-2000

1175 Mt. Hood Ave, Woodburn

### **\*Supplies, for sale**

Access Technologies Inc. 503-361-1201

Assistive technology, new & used  
for those with significant hearing & vision loss

2225 Lancaster Dr. NE, Salem [website](#)

Hi-School Pharmacy 503-873-8391

Canes, commodes, walkers, & the like.

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

Pacific Medical Supply 503-585-2027

Full service durable medical equipment  
& supplies.

1090 Commercial St. NE, Salem

Rite-Aid Pharmacy 503-873-2460

Canes, commodes, walkers & the like

Free COVID-19 testing by appointment

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

## **MEDICAL WASTE**

### **\*Medications**

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

*Do not flush medication down the toilet.*

Medical Take Back Oregon 844-482-5322  
Provides drop-off locations (844-4-TAKE-BACK)

to accept medications in any dosage form in  
their original container or sealed bag.

Does **not accept** herbs, vitamins, supplements,  
personal care items, medical devices, batteries,

mercury thermometers, sharps, illicit drugs,  
pet pesticides, animal medicines, or biologics. [website](#)

Participating locations include:

Hi-School Pharmacy  
406 McClaine St., Silverton

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

Rite-Aid  
626 McClaine St., Silverton

Silverton Pill Box  
302 N. First, Silverton

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

**\*Syringes & Needles**

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

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

**\*Medical Marijuana Dispensaries**

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

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

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

## **\*Pharmacies & Prescription Drug Information**

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

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

*Verify you have the correct medication before leaving the pharmacy.*

*Ask your pharmacist questions you have about your medications.*

*Secure your medications away from visitors to your home.*

Alliance for Safe On-line Pharmacies

Verify if on-line pharmacy is legal

[website](#)

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

Ask your pharmacist for prescriptions labels  
& drug information following their guidelines.

[website](#)

Consumer Med Safety

Institute for Safe Medication Practices

Tips & tools to prevent med errors

[website](#)

FDA (US Food & Drug Administration)

BeSafeRx how to buy medicine safely online

[website](#)

Health Fraud Scam signs & news

[website](#)

MedWatch report of adverse effects  
for consumers/patients.

[website](#)

Hi-School Pharmacy

503-873-8391

immunizations, on-line refills,  
drive-through, & delivery in-town

Free blood pressure check

406 McClaine St., Silverton

[website](#)

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 [website](#) (Higi)  
626 McClaine St., Silverton [website](#) (Rite-Aid)

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

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

*Tips: Evaluate discounts and coupons.*

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

*Some are not accredited by the Better Business Bureau*

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

*Compare to price of generic, if available*

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

*Some pharmaceutical manufacturers offer assistance.*

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

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

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

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

Needy Meds Program [website](#)

PhRMA Medicine Assistance Tool  
Search engine links to other savings

& assistance programs.

[website](#)

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

### **\*Supplements**

Natural Health Center

503-873-6051

Herbs, supplements, vitamins, nutrition

Classes, counseling, Chi energizer, Far

Infrared sauna, massage

309 S. Water St., Silverton

### **NOTARY Public**

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

Aardvark NSA

971-238-3011

Ines Kemper

Notary signing & Traveling Notary in Marion Co.

Marquam

[Facebook](#)

Jenny Ohren

503-873-6446

Mobile Notary

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.*

### **SKILLS SHARING**

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

Watch for periodic repair fairs held in Silverton



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

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

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

For seniors age 50+

503-873-3093

Senior Center **Activities Calendar**

[website](#)

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

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

Sponsors trips to events & places in area.

Watch for monthly Datebook listing of area events in *Our Town*. Includes events at Silverton Senior Center

115 Westfield St., Silverton

[website](#)

**SOCIAL SECURITY**

866-593-1559

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

1750 McGilchrist St. SE, Ste, 110, Salem

[website](#)

**SUICIDE (See Emergency/Crisis, Support groups)**

**SUPPORT in GROUPS or INDIVIDUALLY (See also Caregiving, Grief Counseling)**

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

503-873-3093

[website](#)

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

## **Addiction, General, & Dual Diagnosis**

Seasons

503-873-3941

Offers drug treatment, outpatient, DUI.

209 C. St., Silverton

## **Alcohol problems**

Al-Anon, Oregon, District 4

888-4AL-ANON

Tues. 5:30 PM, Evening Paths to Recovery

Held at Silverton Assembly of God

503-269-0952

437 N. James St., Silverton

[website](#)

Al-Anon Electronic Meetings

[website](#)

Alcoholics Anonymous (AA)

[website](#)

Willamette Valley Intergroup

Noon, Recovery at Noon

503-873-1320

Held at Silverton Coffee Club,

302 N. 3rd, Silverton

Oregon Council on Alcoholism

800-621-1646

## **Alzheimer's Support Group**

Alzheimer's Association of OR & SW WA

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

For caregivers, families, & public via phone

Contact for times

[website](#)

## **Cancer**

### **Caregivers**

Alzheimer's Association of Oregon & SW

800-272-3900

Washington

Northwest Senior & Disability Services  
(NWSDS)

1)**Family Caregiver** Support Program

Caregiver Connection

For unpaid family caregivers caring for anyone  
age 18+.

Provides social support for caregivers.

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](#)

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

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

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

**Gambling Hotline** 877-MYLIMIT

**Grandparents Raising Children**  
Aging & Disability Resource Connection  
Caregiving Guides  
"A Resource Guide for Grandparents & other  
Relatives Raising Children in Oregon" [website](#)

Northwest Senior & Disability Services 503-304-3429 (Suzy Deeds)  
(NWSDS)  
Parenting a Second Time Around,  
Relatives as Parents Program  
for age 55 + parenting age 18 or younger.

3rd Wed., 11 AM-12:30 PM  
3410 Cherry Ave NE, Salem

[website](#)

## **Grief**

### **Living Well with Chronic Conditions**

Resources on living with chronic conditions

Willamette Valley Providers Health Authority 503-587-5133

Salud Medical Center 503-982-2000 ext. 6424

Oregon Health Authority coordinates [website](#)

### **Loneliness** (see also visiting under caregiving)

Senior Loneliness Line 503-200-1633

[website](#)

Oregon Health Authority 1-800-923-HELP (4357)  
Partners with Safe + Strong for those needing  
to stay safe &/or to talk

## **Parkinson's**

### **Peer to Peer**

Northwest Senior & Disabled Services (NWSD)

HOPE Senior Peer Mentor Program 503-304-3420

Free in Marion Co. for age 50+

Gain coping skills for mild-moderate depression  
and anxiety.

Oregon Senior Peer Outreach 1-833-736-4676

Community Counseling Solutions

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

[website](#)

Project ABLE 503-363-3260

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

1599 State St., Salem

[website](#)

### **Relationship Rebuilding**

Center for Hope & Safety 503-378-1572

Offers refuge & support for victims of sexual 503-399-7722 (hotline)

Assault, stalking, & human trafficking.  
605 Center St., Salem

[website](#)

**Safe + Strong Helpline**

Emotional & mental health free counseling  
24/7 Free  
Program of Oregon Health Authority

800-923-4357 (Help)

**Tobacco cessation**

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

800-QUIT-NOW + 7

Oregon Health Authority, Smokefree Oregon  
Tobacco Quit Line English

800-QUIT-NOW  
(800-784-8669)  
Text READY 34191  
[website](#)

Tobacco Quit Line Spanish

877-2NO-FUME  
(877-266-3863)  
[website](#)

Oregon Health Plan  
Tobacco cessation counseling

800-273-0557

U Can Quit for Service & Veterans

[website](#)

**Weight**

Overeaters Anonymous Oregon Intergroup  
Most virtual via Zoom. Tue., 7:30 PM

[website](#)

Take Off Pounds Sensibly (TOPS)  
Many meetings held virtually.  
Face-to-face meetings may include  
TOPS  
Thurs. 6 PM  
Silverton United Methodist Church  
203 W. Main, Silverton

541-704-8378 (Debra)

[website](#)

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

541-704-8378 (Debra)

[website](#)

## **TAX ASSISTANCE (see Finances)**

### **TRANSLATION SERVICES (See also communication)**

*Tips: Inquire if your health provider provides translation services.*

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

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

Oregon Health Authority  
Health Care Interpreter (HCI) Registry

[website](#)

Oregon Health Care Interpreters Association [website](#)

## **TRANSPORTATION Road Conditions**

Oregon Department of Transportation  
TripCheck road conditions & traffic alerts

511  
[website](#)

### **\*Driving Yourself**

Drivers age 65 and over comprise nearly 25% of drivers. Older drivers are more apt to use seat belts, limit driving at night & during bad weather, & less likely to drive under the influence (Centers for Disease Control & the National Highway Transportation Safety Administration).

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

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

*Tips: Safe driving by older drivers include:*

*Plan your drive.*

*Avoid distractions, as phones, eating & drinking.*

*Open window slightly to better hear traffic.*

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

***Allow adequate space between vehicles.***

*Be vigilant of pedestrians & cyclists in dark clothing.*

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

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

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

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

AARP, District 6

888-687-2277

Offers Smart Driver on-line & in person

[website](#)

Periodically offers classes at the

Silverton Senior Center

115 Westfield, Silverton

American Automobile Association (AAA)

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

[website](#)

Carfit

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

[website](#)

Car Insurance firms

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

National Institute on Aging

Older Drivers

[website](#)

Oregon Department of Transportation (ODOT)

Road Conditions & TripCheck

511

[website](#)

Oregon Department of Transportation & DMV

*Ways to Improve Driving*

[website](#)

## **\*Mobility Services driving equipment for disabilities**

Auto & van dealers may provide this service.

R & J Mobility Service 503-838-5520  
200 Hawthorne Ave. SE, Suite F-650, Salem [website](#)

## **\*Parking**

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

Oregon Department of Motor Vehicles (DMV)  
Parking Permits for Disabled &  
for Wheelchair users [website](#)

## **\*When You Drive**

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

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

## **\*Signs To Stop Driving**

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

AARP Driver Safety  
“Conversations with someone having  
driving problems” [website](#)

Healthwise 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.***

Beris Brickles

503-999-9239

Personal courier & driver for hire to & from medical appointments, shopping, airport trips, & appointments.  
POB 342, Silverton

Jane Brown

503-873-7530

Susan Cain

503-569-4664

CareVan appointments

503-873-1784

Complimentary rides to Legacy Silverton Medical Center & affiliated clinics.  
Tues. & Wed. only  
Donations accepted.  
342 Fairview St., Silverton

Cascade Care Providers, Serge Trotter

503-580-3310

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

A Golden Hand 971-600-5949  
Will do driving.

Pamela Miller, private for hire 503-407-8481  
\$15/hour + 75 cents/mile [Missmiller@ymail.com](mailto:Missmiller@ymail.com)

Charlie Newton 503-949-0096  
Will do driving.  
Available mostly after 6 PM weekdays & on weekends.

UpHail  
Uber, Lyft, Taxi in Silverton OR [website](#)

Yellow Cab Medical Transport 503-902-1290  
Non-emergency medical transport,  
Drivers assist getting on & off vehicles  
Assist with prescription deliveries  
Available 24 hours/7 days per week  
Serves Salem & some surrounding areas.  
2425 Fisher Rd. NE, Salem [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. 4-7 PM  
 Closed Wed. & Fri.  
 421 S. Water St., Silverton [website](#)

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

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

Willamette Valley Caregivers 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.  
Savings if book online.  
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 800-581-8942  
Inform them you are with Silverton (Oregon)  
Senior Ctr., so center will receive money.  
162 Middle St.  
Pawtucket RI 02860

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

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

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

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>
Oregon West Excursions Tell Oregon West you heard about trip at Silverton Senior Center & they will give the Senior Center a commission. 1698 Liberty St. SE, Suite E, Salem	800-333-0774 503-585-3979 <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	800-454-5768 <a href="#">website</a>
Senior Pass (replaced Golden Age passport) Annual or lifetime pass for age 62 & over to US National Park Service, & Federal Recreational Lands.	<a href="#">website</a>
Silver Falls Library Cultural passes available up month advance to several museums, gardens, Oregon Historical Society, Willamette Heritage Center, & Central Cascades Wilderness 410 S. Water St., Silverton	503-873-5173 <a href="#">website</a>

Silverton Senior Center 503-873-3093  
Travel Program currently inactive.  
115 Westfield St., Silverton [website](#)

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

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

### **UTILITY ASSISTANCE**

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

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

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

Oregon Public Utility Commission 800-848-4442  
*Oregon Lifeline Program*  
State & Federal programs provide discounts  
on phone & broadband services, or free cell  
phone & data service, for qualifying.  
Applies with providers participating in Lifeline.  
Applications printable from website.  
201 High St. SE, Suite 100, Salem [website](#)

Portland General Electric (PGE)  
Customer service 503-228-6322  
Residential Bill-payment Assistance 800-542-8818  
Peak Time Rebates less energy specified times.  
Power outage, report & power outage map 800-544-1795  
Medical Certificate Program about electricity  
for medical condition or equipment, as oxygen. 503-612-3838  
[website](#)

Salem Alliance Church 503-581-2129  
Royal Order of Red Suspenders  
Split, chop, stack, & deliver firewood  
during cold months free for those in need. [website](#)

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

### **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 541-497-7265  
600 North 5<sup>th</sup> St., Lebanon [website](#)  
700 Veterans Dr., The Dalles 541-296-7152  
[website](#)

Paralyzed Veterans of America  
Tri-County chapter  
Coming soon to  
600 N. Water St., Silverton [website](#)

Project ABLE 503-363-3260  
Peer support for veterans.  
1599 State St., Salem [website](#)

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

U Can Quit tobacco cessation  
For service members & veterans

[website](#)

U.S. Department of Veterans Affairs  
**Veterans Crisis Line** 24 hours/7 days week

**988, press 1** or text 838255  
[website](#)

U.S. Veterans' Administration (VA)  
Federal Benefits for Veterans, Dependents,  
& Survivors.

800-827-1000  
[website](#)

*Guide too VA Mental Health Services for  
Veterans & Families*

[website](#)

Salem Community Based Outpatient Clinic  
(CBOC)  
Salem Clinic part of VA Portland system  
1750 McGilchrist St. SE, Suite 130, Salem

971-304-2200 (main)  
503-273-5187 (mental health)  
[website](#)

VETCare Oregon  
Transitional program promotes self-sufficiency.  
Non-profit helps 30 veterans in Marion/Polk  
Counties. Offers bathrooms, showers, laundry,  
kitchen, dining room, and case management.  
Also, life skills training, mental health services,  
employment services, substance abuse  
recovery, & reintegration programs.  
2933 Center St. NE, Unit 2, Salem

503-364-1728  
[website](#)

Veteran Service Office in Marion Co.  
780 Commercial St. SE, Suite 302, Salem  
Compensation & pension issues  
Representative at Silverton Senior Center  
2<sup>nd</sup> Thurs. month, 9 AM, walk-ins-welcome  
115 Westfield, Silverton

971-707-4400

Veterans Affairs Caregiver Support Line

855-260-3274

### **VISION & EYE CARE (See also Animals, Service)**

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



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

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

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

**\*Ophthalmology**

Kaiser Permanente 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

## Magnifying Glasses

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

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

Optical glass may be unbreakable, anti-scratch.

Some are lighted & require batteries.

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

626 McClaine St., Silverton

[website](#)

Oregon Commission for the Blind

503-378-8479

Provides Older Blind Services &

Independent Living

*Tips for People Living with Visual Impairments*

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.

1010 NW 22<sup>nd</sup> Ave. #144, Portland

[website](#)

Silverton Lions Club

offers low income adults help for eye exams & eyeglasses

Recycles eyeglasses at 6 sites including Silverton Senior Center.

[website](#)

Applications for assistance available at the Silverton Area Senior Center.

503-873-3093

State Library of Oregon State

503-378-4243

Talking Books & Braille Library

250 Winter St. NE, Salem

[website](#)

## **VOLUNTEER OPPORTUNITIES**

Meals on Wheels, program of NWSDS

503-873-6906

Located in Silverton Senior Center

115 Westfield, Silverton

[website](#)

**Silverton Area Seniors, Inc.**

**503-873-3093**

**Volunteer Coordinator**, Carrie Brandon  
Volunteers serve at Center & off-site events  
115 Westfield, Silverton

[website](#)

Numerous other organizations need volunteers for a variety of activities.

## **WEATHER**

### **\*Air Quality**

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

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

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

Oregon Department of Environmental Quality 503-229-5359  
Air quality index

[website](#)

Oregon Smoke  
blog information about air quality

[website](#)

### **\*Cooling Centers**

During very hot weather, organizations may provide cooling centers.

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

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

*Check that your fan and air condition are working.*

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

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

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

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

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

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

Centers for Disease Control  
*Heat and Older Adults*

[website](#)

Marion Co. Emergency Management  
Cooling Centers List  
May only be available seasonally

[website](#)  
[website](#) (for cooling centers)

Silverton Senior Center  
May serve as cooling center at times  
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, offices  
345 Westfield St. #304, Silverton  
Offers resource center, warming shelter,  
& safe parking program for those in the Silver  
Falls school district.

503-509-4797

Maximum of 20 at Community Center  
421 S. Water (basement), Silverton

[website](#)

US Department of Energy  
During cold weather, consider safety of  
space heaters: *Portable Heaters*

[website](#)

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