

WASCO COUNTY RESOURCE GUIDE FOR OLDER ADULTS

2-1-1 info can direct families and individuals with personal or community struggles to services that can help. Dial 2-1-1 and receive guidance on how to access over 5,000 programs. Or visit www.211info.org

For one-stop access to all online U.S. Federal government resources go online to www.usa.gov

Oregon Department of Human Services Aging and People with Disabilities

The Dalles Office 541-298-4114

Toll Free Hotline 800-452-2333

www.oregon.gov/dhs/spwpd/index.shtml

Area Agency on Aging 541-298-4101

Mid-Columbia Senior Center 541-296-4788

OSU Extension Office 541-296-5494

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1. ADVOCACY

AARP	866-554-5360	www.aarp.org/states/or/
Area Agency on Aging	541-298-4101	
Governor's Commission on Senior Services	503-947-1136	
Office of the Long Term Care Ombudsman	800-522-2602	

2. COUNSELING AND MENTAL HEALTH

Counseling and Crisis Services

Center for Living – Wasco County	541-296-5452	
Six Rivers Community Mediation Services	541-296-5220	
Gambling Hotline		
STOPNOW	877-278-6766	
MYLIMIT	877-695-4648	
HOTLINE	800-522-4700	
National Suicide Prevention Lifeline	800-273-8255	

Dementia

Alzheimer's Association	800-272-3900	
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Grief Support Programs

Heart of Hospice	541-298-7000	
Hospice of the Gorge	541-296-3228	866-680-6449

Substance Abuse

Al-Anon	800-344-2666	
Alcohol and Drug Helpline	800-923-4357	
Alcoholics Anonymous	800-999-9210	
Center for Living	541-296-5452	

Support Groups

ALS Support Group	800-681-9851	
Alzheimer's Association	800-272-3900	(24/7 Helpline)

Alzheimer /Dementia Support Groups

Flagstone Senior Living	541-298-5656	
Oregon Veterans Home	541-296-7190	

Living Well with Chronic Conditions

Area Agency on Aging	541-298-4101	
National Alliance on Mental Illness	800-343-6264	
Men's Cancer Support Group	541-296-7207	
Women's Cancer Support Group	541-296-7205	
Parkinson's Support Group	541-478-9338	

TOPS #OR443	541-296-7190	
Type 1 Diabetics Supportive Adult Group		colleenballinger55@gmail.com
Wasco County of Veterans and Women	541-467-2651	541-296-7266

3. CONSUMER ISSUES

Oregon Department of Justice Consumer Protection and Financial Fraud	503-378-4400 (general inquiries)	consumer.hotline@doj.state.or.us
	877-877-9392 (hot line)	
Oregon Department of Consumer and Business Services	503-378-4100	http://www.oregon.gov/DCBS/
National Do Not Call Registry	888-382-1222	www.donotcall.gov

4. EDUCATION – COMMUNITY AND HEALTH

Columbia Gorge Community College	541-506-6000	
Oregon State University/Wasco County Extension	541-296-5494	http://www.oregonstate.edu
Adult Literacy		
Columbia Gorge Community College	541-506-6000	
Health Education/Resource Libraries		
Planetree Resource Center	541-296-8444	
Public Library	541-296-2815	
Medline Plus		http://www.nlm.nih.gov/medlineplus/
North Central Public Health Department	541-506-2600	
American Red Cross Oregon		
Columbia River District	541-386- 6000	
The Dalles	541- 296-3210	
Talking Books		
Oregon State Library Talking Book/Braille Services	800-452-0292	
Books Aloud	408-808-2613	www.booksaloud.org
Learning Ally	800-221-4792	www.learningally.org
Technology Training – Computers and Tablets		
Columbia Gorge Community College	541-506-6000	
Mid-Columbia Senior Center	541-296-4788	

5. EMERGENCY SERVICES

City of The Dalles Police	541-296-2613	
Wasco County Sheriff	541-506-2580	
Juniper Flat Rural Fire District	541-328-6388	
Mid-Columbia Fire and Rescue	541-296-9445	
Simnasho Police	541-553-1905	
Simnasho Fire District	541-553-1900	
Warm Springs Emergency Management	541-553-1634	
American Red Cross: Columbia River Chapter	541-386-6000	
Family Emergency Preparedness Haven	541-506-2600	
	541-298-4789	
Mid-Columbia Community Action Council	541-298-5131	
Salvation Army	541-296-3341	
St. Vincent DePaul	541-298-7837	

6. EMPLOYMENT

Experience Works – Title V Employment	877-779-7905	541-548-8196
State of Oregon Department of Employment	541-296-5435	
Vocational Rehabilitation Services	541-298-5573	

7. END OF LIFE SERVICES

Death Benefits

Social Security	800-772-1213	
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Final Arrangements

Compassion and Choices	800-247-7421	
Death with Dignity	503-228-4415	
Donate Life Northwest	800-452-1369	

Motor Vehicles Division – The Dalles	541-296-9458	(call local DMV to code your license that you are an organ & tissue donor)
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Oregon Health Decisions	800-422-4805	
Oregon Health Sciences University	503-494-8302	
Oregon Vital Records	971-673-1190	

Hospice Support

Heart of Hospice	541-298-7000	
Hospice of the Gorge	541-387-6449	

8. FINANCIAL SERVICES

Social Security Administration	800-772-1213	
Oregon Aging and People with Disabilities	541-298-4114	800-452-2333
Banks		
Columbia State Bank	541-298-6647	
Financial Management		
Money Management – Area Agency on Aging	541-298-4101	
Financial Planning		
Edward Jones, Financial Advisors: Tara Donovan, Heather Runyon	541-298-8538	
Tax Rebates and Assistance		
AARP Tax – Aide Assistance	541-298-5131	888-227-7669
Elderly Rental Assistance Program	800-356-4222	
Oregon Property Tax Deferral	503-378-4988	800-356-4222

9. FOOD AND NUTRITION

Congregate Dining

Meals-on-Wheels	541-298-8333	Serving Monday – Friday at 12 AM
Pioneer Potlatch	541-298-4354	
Mosier		Serving Mondays and Wednesdays at noon
Dufur		Serving Wednesdays at 12 AM
Tygh Valley		Serving Thursdays at 12 AM
Bread & Blessings		Serving Monday – Thursday 9 AM to 11 AM
Community Meals	541-296-9566	Serving Friday, Saturday and Sundays at 4:30 PM

Emergency Food Pantries

Salvation Army	541-296-6417	
Thrift Store	541-296-3341	
St. Vincent DePaul	541-298-7837	
Seventh Day Adventist	541-298-8373	
The Dufur Food Pantry	541-467-2777	
Windy River Gleaners	541-296-2400	
Farmer's Market	541-993-9974	The Dalles City Park

Supplemental Nutrition Assistance Program (SNAP)

Aging and People with Disabilities	541-298-4114	
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10. GOVERNMENT

County

Wasco County Courthouse	541-506-2550	
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Cities

The Dalles City	541-296-5027	
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Elected Officials

State

Governor – John Kitzhaber	503-378-4582	
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State Senate – Ted Ferrioli	503-986-1950	
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House of Representative – John Huffman	503-986-1459	
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Federal

Senator Jeff Merkley	202-224-3753	
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Senator Ron Wyden	202-224-5244	
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Second Congressional District

Rep. Greg Walden	202-225-6730	
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11. HEALTH AND WELLNESS

Mid-Columbia Medical Center	541-296-1111	
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La Clinica del Carino	541-296-4610	
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National Health Information Center (NHIC)	800-336-4797	
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North Central Public Health Center	541-506-2600	
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State of Oregon Public Health Division	800-422-6012	www.healthoregon.org/hclc
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Strong Women	541-296-5494	Mon & Wed CGCC 12pm, Tues & Thurs MCSC 2pm
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Blood Pressure Screenings

Mid-Columbia Senior Center	541-296-4788	
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Planetree Health Resource Center	541-296-8444	
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Immunization Flu

North Central Public Health Department	541-506-2600	
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Visiting Health Services	541-296-7280	
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Foot Care

Judy Merrill, RN	541-980-5038	
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Hearing

Hearing Loss Association of Oregon	541-689-7242 voice/TTY	
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Oregon's Deaf and hard of Hearing Services	503-947-5183	TTY: 800-521-9615
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Health and Wellness Activities		
The Dalles Fitness and Court Club	541-298-8508	
Muscle and Fitness Club	541-296-3969	
Mid-Columbia Senior Center	541-296-4788	
Water's Edge	541-506-5779	
Health Insurance Providers		
PacificSource Medicare	888-863-3637	
ODS Health Plan, Inc.	888-217-2375	
Regence BlueCross BlueShield Oregon	888-734-3623	
Health Services		
Mid-Columbia Medical Center	541-296-1111	
La Clinica del Carino	541-296-4610	
Pharmacies		
Rite Aid Pharmacy	541-298-5680	
Walgreen's Pharmacy	541-296-3190	
Safeway	541-296-9488	
BiMart Pharmacy	541-298-2055	
Fred Meyer Pharmacy	541-296-1748	
Prescription Medication Programs		
AARP Pharmacy Services	800-456-2277	www.aarp-pharmacy.com Oregon Prescription Drug Plan
Oregon Prescription Drug Program	888-411-6737	www.opdp.org
Partnership for Prescription Assistance	888-477-2669	www.pparx.org
Rehabilitation Services		
Rebecca Street Physical Therapist	541-296-3368	
Columbia Basin Care Facilities	541-296-2156	
M-Power – MCMC	541-506-6901	
The Dalles Health and Rehabilitation Center	541-298-5158	
Water's Edge Therapy Services	541-296-7202	

12. HEALTH BENEFITS

SHIBA (Senior Health Insurance Benefits Assistance)

Area Agency on Aging	541-298-4101	
Mid-Columbia Senior Center	541-296-4788	

Medicaid

Aging and People with Disabilities	541-298-4114	
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Financial Aid Center for Long Term Care	888-870-5467	www.oregon medicaidhelp.com
Medicare		
Medicare	800-722-4134	www.medicare.gov
Medicare Customer Representative	800-633-4227	
SHIBA (Medicare Assistance)	541-298-4101	800-722-4134
Social Security		
Social Security Administration		
401 East Third Street, The Dalles	1-877-405-3526	

13. HOUSING AND SUPPORT SERVICES

Housing Resource Center	541-296-5462	
Columbia Cascade Housing Inc	541-298-3267	
Mid-Columbia. Housing Authority	541-296-5462	
Mid-Columbia Community Action	541-298-5131	
St. Vincent DePaul Society: Warming Place	541-296-9566	
Habitat for Humanity ReStore	541-296-4486	
Heat, Fuel and Utility Assistance		
Mid-Columbia Community Action Council	541-298-5131	
Salvation Army	541-296-6417	
St. Vincent DePaul	541-298-7837	

14. IN HOME, HOME HEALTH, CONTINUING INDEPENDENCE

Home Health Services

Aging and People with Disabilities	541-298-4114	800-452-2333
Hearts of Gold Caregivers	541-387-0207	
Assured Quality Home Care, Inc	541-370-1200	
Friendly Visitor – Area Agency on Aging	541-298-4101	
OPI – Area Agency on Aging	541-298-4101	
Visiting Health Services – MCMC	541-296-7280	

Medical and Assistive Equipment

Norco Healthcare Equipment	541-296-6131	
Mid-Columbia Senior Center		
Loan Closet	541-296-4788	

Respite Care

Respite – Area Agency on Aging	541-298-4101	
Grandparent Information Center AARP	202-434-2296	

15. LEGAL

Legal Aid Services of Oregon	800-678-6944	
Oregon State Bar and Referral Services	800-452-7636	
Small Claims Court	541-296-3108	
Six Rivers Mediation	541-296-5220	
Victims Assistance	541-296-5481 ext. 1122	

16. LEISURE ACTIVITIES

Arts and Culture

The Dalles Art Center	541-296-4759	
The Dalles Theater Company		www.thetheatre company. org
Community Concerts	541-298-4352	

Entertainment

Bingo – Mid-Columbia Senior Center	541-296-4788	Thursday and Saturday 6 PM
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History

Ft. Dalles Museum	541-296-4547	
Original Courthouse Museum	541-296-4798	
Columbia Gorge Discovery Center	541-296-8600	
Sherman County Historical Museum	541-565-3080	541-565-3232

Parks and Recreation

Northern Wasco County Parks and Recreation	541-296-9533	
Dufur Parks and Recreation	541-467-2356	
Northwest Forest Pass	800-270-7504	
U.S. Forest Service	541-308-1700	
Interagency Senior Pass		(obtained in person at Federal recreation site)
Oregon State Parks Day Use Permit	800-551-6949	
Sno-Park Permits		www.tripcheck.com/ Pages/SPLdpermits.asp

Senior Centers and Clubs

Mid-Columbia Senior Center	541-296-4788	
Good Sam Club	541-296-6651	Call Lowell Finn
The Dalles Chamber of Commerce	541-296-2231	

17. RETIREMENT LIVING OPTIONS

Office of the Long Term Care Ombudsman	800-522-2602	www.oregon.gov/litco
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Adult Foster Care

Cascade Senior Care	541-993-2910	
Mary Alva's Adult Foster Care	541-298-4908	
Pam's Adult Foster Care	541-296-5988	
Weather Leigh Adult Foster Care	541-298-4366	

Apartments (low income)

Flora Thompson	541-298-1715	
Mid-Columbia Resource Center	541-296-5462	

Assisted Living

Cherry Heights Retirement Community	541-296-6880	
Flagstone Senior Living	541-298-5656	
Springs at Mill Creek	541-296-1303	
The Dalles Health and Rehabilitation	541-298-5158	

Home Care Services

Hearts of Gold Caregivers	541-387-0207	
Assured Quality Home Care, Inc.	541-370-1200	
Aging and People with Disabilities	541-298-4114	800-452-2333

Nursing Centers

Columbia Basin Care Facility	541-296-2156	
The Dalles Health and Rehabilitation Center	541-298-5158	

Retirement Communities

Canyon Rim Manor (Maupin)	541-395-2515	
Cherry Heights Retirement Community	541-296-6880	
Flagstone Senior Living	541-298-5656	
The Springs at Mill Creek Senior Living	541-296-1303	

18. TRANSPORTATION

Medical Transportation

Life Flight Network (membership)	800-982-9299	
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Public Transportation

LINK Transportation Network	541-296-7595	
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Oregon Department of Transportation	888-275-6368	www.tripcheck.com
Greyhound Bus Lines	800-231-2222	
Motor Vehicles Division (The Dalles)	541-296-9458	
AMTRAK	800-872-7245	
Shuttle		
Portland Airport shuttle	888-257-0126	
Explore the Gorge	541-386-2384	
Taxi		
The Dalles Taxi	541-296-3965	

19. VETERANS SERVICES

Oregon Department of Veterans Affairs	800-692-9666	
Oregon Veterans Home	541-296-7190	
Veterans Administration	503-373-2000	
Veterans Administration Medical Center Portland	800-949-1004	
Veterans Affairs Department US Government	800-829-1000	
Veteran's Service Office	888-804-1817	
Veterans Transportation	541-296-7595	Call LINK
Wasco County Veterans Services	541-506-2502	

20. VOLUNTEER OPPORTUNITIES

Area Agency on Aging	541-298-4101	
Friendly Visitor	541-298-4101	
Money Management	541-298-4101	
Big Brothers Big Sisters	541-296-8118 ext. 216	
CASA (Court Appointed Special Advocates)	541-386-3468	
Foster Grandparents	541-386-2010	
Habitat for Humanity	541-296-8817	
Habitat for Humanity ReStore	541-296-4486	
Master Gardeners	541-296-5494	
Meals-on-Wheels	541-298-8333	
Mid-Columbia Senior Center	541-296-4788	
Mid-Columbia Children's Council	541-386-2010	
Pioneer Potlatch	541-298-4354	
SMART (Start Making a Reader Today)	971-634-1614	