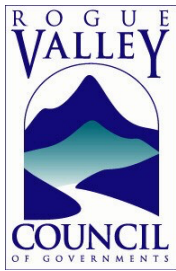




Senior Social Services



Aging & Disability Resource Connection (ADRC)

Get connected to Senior and Disability Services in Jackson and Josephine Counties.

541-618-7572 or toll free at 1-855-6732372

adrc@rvcog.org or visit
www.ADRCofoOregon.org



The need for aging and disability services may occur unexpectedly. We may need expert help quickly for ourselves or someone we know. Free information is available in an all-in-one convenient place through the Aging and Disability Resource Connection (ADRC), provided by Rogue Valley Council of Governments Senior and Disability Services (RVCOG SDS). The ADRC is the gateway for anyone, regardless of income, to access information services that will help people who:

- are seniors or people with disabilities
- are family caregivers of seniors or people with disabilities
- have parents, grandparents or other family members who are aging or have disabilities
- have a neighbor or a friend who is aging or with disabilities

ADRC staff can provide you with one-on-one consultation about a broad array of private and public-funded services including but not limited to the following:

Options Counseling for Long Term Care - Supportive, proactive, and interactive service that helps people and their families make informed decisions about current and future long-term care needs. Counseling is provided by phone, email, or in-person, whichever is most appropriate.

Behavioral Health

PEARLS - *Program to Encourage Active and Rewarding Lives for Seniors* provides in-home counseling for older adults age 55 years and older or people with Epilepsy who are suffering from mild to moderate depression, especially those who are physically impaired or socially isolated.

- **OPAL** - *Options for People to Address Loneliness* - Using behavioral activation, action planning, and resource identification, OPAL counselors provide support and encouragement to reduce stress, anxiety, depression, and feelings of loneliness and isolation.

Community Living - A range of home and community-based residential care and service options are available for those needing help with activities of daily living.

- **Adult Foster Home and Adult Foster Home Licensing**
- **Assisted Living Facility**
- **In-home Care**
- **Residential Care Facility**
- **Respite Care**
- **Skilled Nursing Facility**

Emergency Preparedness - Would you need help in an emergency? RVCOG SDS maintains a voluntary registry (Disaster Registry) for people who will need special assistance during a disaster.

Aging & Disability Resource Connection (ADRC) Cont.

Family Caregiver Support and Training

- **Powerful Tools for Caregivers** – Through six weekly 1 ½ hour sessions, unpaid caregivers learn to take care of themselves while caring for an older relative or friend regardless of the care setting. 2 ½ hour weekly sessions are also available for those who are interested.
- **Respite** – Short-term break for unpaid caregivers who are usually considered full-time, and may live with or nearby the person for whom they care.
- **Long Term Care Options Counseling for Family Caregivers** – Supportive, proactive, and interactive counseling service that helps family caregivers make informed decisions about meeting current and future long-term care needs of the individual for whom they are caring.

Federal and State Assistance Program for Seniors and People with Physical Disabilities RVCOG partners with the Medicaid Long-Term Care and other Financial Assistance programs which are directly provided by the District 8 Aging and People with Disabilities (APD) offices. Services are provided to eligible individuals aged 65 and older, and younger adults with disabilities aged 18 to 64. APD staff determines eligibility. For more information: Medford Senior Services – 541-776-6222; Medford Disability Services – 541-776-6210; Grants Pass Senior and Disability Services – 541-474-3110.

Health Promotion Programs – Services that lead people to improve or maintain health.

- **Diabetes Prevention Program** – RVCOG SRVCOG SDS is pleased to offer an evidence-based, behavior modification program that delays or prevents Type 2 Diabetes.
- **Food & Friends** – Nutritious meals served at meals sites across the two-county area or delivered to those who are homebound.

Safety & Rights – ADRC can provide contact information for Legal Assistance and Adult Protective Services.

- **Adult Protective Services** – Investigation of cases of possible abuse of older adults, blind or disabled individuals 18 years of age or older including follow-up and consultation.
- **Legal Assistance/Guardianship** – Legal aid and protection for individuals 60 and older through contracted agencies.

Lifelong Housing Certification – RVCOG SDS has developed the first certificate program for Lifelong Housing in Oregon. The certificate assures a prospective home buyer or renter that the house will make aging in place an easier process for many years to come.

To contact the **RVCOG Aging and Disability Resource Connection (ADRC):**

1-855-673-2372

541-618-7572

email adrc@rvcog.org

www.ADRCofofOregon.org

SDS DIRECT SERVICES PROGRAMS

ADRC***Aging and Disability Resource Connection***

Any family member, friend, caregiver, or individual may contact the ADRC (website or phone line) to learn about resources and options available in Jackson and Josephine Counties to help seniors and people with disabilities. Trained and certified staff assess consumer needs over the phone or in-person, help them understand their service options, and empower them to make informed decisions.

www.ADRCoOregon.org

***Contact ADRC @ 541-618-7572**

FOOD & FRIENDS***Meals on Wheels Program***

Volunteers deliver meals to the homes of seniors who are unable to shop or prepare meals due to illness, injury, or disability. Meals are also available for eligible adults with disabilities. Applicants undergo a simple assessment to determine program eligibility. A donation of \$2.75 per meal is suggested.



***Call 541-734-9505 for Jackson County
And 541-955-8839 for Josephine Co.**

OPTIONS COUNSELING***Facilitating person-centered decision-making and resource planning***

This supportive, proactive and interactive counseling service helps people and their families make informed decisions about meeting current and future long-term care needs. Counseling is provided by phone, email or in-person, whichever is most appropriate.



***Contact ADRC @ 541-618-7572**

Health Promotions

Diabetes Prevention Program – This evidence-based, behavior modification program can delay or prevent Type 2 Diabetes.

***Contact ADRC @ 541-618-7572**

OPAL***Options for People to Address Loneliness***

Using behavioral activation, action planning and resource identification, OPAL counselors provide support and encouragement in order to reduce stress, anxiety, depression, and feelings of loneliness and isolation. OPAL counselors partner with participants to address the problems and concerns they experience around loneliness and isolation. This brief intervention program is delivered through 4 weekly sessions and two monthly follow-up phone calls.

***Call the ADRC @ 541-618-7572**

POWERFUL TOOLS***Support for family caregivers***

Family and other caregivers learn from peers/certified instructors to take care of themselves while caring for an older relative or friend regardless of care setting. Powerful Tools workshops offer six weekly 1½ hour sessions. This workshop has been shown to improve self-care behaviors, management of emotions, self-efficacy, and utilization of community resources.

***Call the ADRC @ 541-618-7572**

PEARLS***Treatment program for seniors with depression***

The Program to Encourage Active and Rewarding Lives for Seniors (PEARLS) is a community-based treatment program for older adults (and all-age adults with epilepsy) with minor depression or dysthymia, an ongoing low-grade depression. This brief intervention program is delivered in-home with 8 visits and 4 follow-up calls over a period of 6 to 8 months.



***Call the ADRC @ 541-618-7572**

FAMILY CAREGIVER PROGRAM***Respite care for family/friend caregivers***

This program offers a range of services to support caregivers. Service Coordinators provide information about available resources and assistance with referral to respite care, caregiver training, support groups, and supplemental services. There are no fees for the services but donations help to serve more people.



***Contact ADRC @ 541-618-7572**



SENIOR & DISABILITY SERVICES

A Department of RVCOG



ADDITIONAL PROGRAMS



Disaster Registry: Think Ahead. Be Prepared.

Would you need special help in an emergency? Disaster Registry provides the names and locations of people who need special assistance to emergency personnel and first responders during disaster events. If you or someone you know want to be on the Disaster Registry, please visit www.rvcog.org to print an application or call 541-664-6674. Please remember being on the Disaster Registry does not guarantee that you will get help *first* in a disaster but it does mean that more people will know and communicate about your need for special assistance.

Lifelong Housing: Simple Solutions for Comfortable, Safe and Convenient Living

According to AARP studies, nearly 90% of Older Americans want to stay in their homes as long as possible. The Rogue Valley Council of Government's Lifelong Housing Certification Project is a voluntary certification process for evaluating the accessibility and/or adaptability of homes. Developed in partnership with AARP Oregon, the project is designed to help meet the growing market demand for accessible housing in our region and to enable older adults and people with disabilities to age in place safely and independently. Available in Jackson and Josephine Counties. To learn more, visit our website www.lifelonghousing.org or call 541-423-1383.



VOLUNTEER OPPORTUNITY: Senior Advisory Council



Caregiver Support



Quality of Life



Living with Dignity



Self-Determination

**Be a voice.
Make a difference.**

Join the Senior Advisory Council to become an advocate and an advisor. Advisory council members advocate for system level changes, provide advice to SDS regarding policies and programs, and connect with the broader community to understand the issues and priorities of the aging population in both counties. You will have the opportunity to collaborate on issues of importance to you, connect with other people who care deeply, and work for meaningful change for the benefit of our entire community. Call (541) 423-1373 to learn more!



SENIOR & DISABILITY
SERVICES

A Department of RVCOG



SENIOR & DISABILITY
SERVICES
A Department of RVCOG



ACCESS

Phone: 541-779-6691 Email info@accesshelps.org

3630 Aviation Way, Medford, OR 97504

www.accesshelps.org

ACCESS provides food, warmth, shelter, and other essential services to Jackson County's low-income children, families, seniors, veterans, and people with disabilities. Last year, 76,381 people received assistance from ACCESS' wide continuum of services, including obtaining safe, affordable housing, rental assistance, utility assistance, weatherization, Veterans programs, free loaned durable medical equipment and healthy food.

Food Programs

- **32 Emergency Food Pantries** Located in Jackson County where individuals and families can receive 5-7 days supply of food. Food Share also provides emergency and supplemental food to over 25 local non-profit programs serving low-income individuals and families.
- **Fresh Alliance** - Distributes fresh and frozen produce, breads, meats, milk and dairy products from local retailers and grocery stores to our pantries.
- **Senior Focused Food Pantries** - These pantries focus on providing food that best serves low-income seniors in Jackson County. Food boxes are more sensitive to the dietary needs of seniors, such as low-sodium, sugar-free, and high fiber.
- **Healthy Mobile Pantry** - The mobile pantries travel around the rural areas of Southern Oregon to ensure that all our communities are able to benefit from our pantry program.
- **Rogue Powerpack** - This program provides weekend food options for food-insecure students in Jackson County. This program operates in more than a dozen schools across multiple districts, providing bags with ready-to-eat or easy-to-prepare foods.

Through partnership with a caring community, ACCESS provides immediate and long-term solutions that lead people in need toward self-sufficiency.

Other Programs

Medical Equipment Specialist: 541-774-4315

- **Medical Equipment** - Loans durable medical equipment to anyone with special equipment needs for as long as needed. There are no requirements to participate in this program and it is free of charge. (donations accepted)

Wig Program Specialist: 458-488-1231

- **Wig Program Specialist** - Provides free wigs, hats, and scarves to those experiencing hair loss due to cancer treatment or other medical diagnoses.

Housing & Weatherization Program

- **Certified HUD Housing Counseling Agency** - Provides counseling services for home purchase, assisting struggling homeowners and individual development accounts.
- **Rental Units** - Provides affordable housing for low-income residents of Jackson County.
- **Homeownership Education** - State approved home ownership education curriculum, taught in both English and Spanish, providing information on the process of purchasing a home.
- **Weatherization Program** - Focuses on reducing household utility bills by providing building shell weatherization measures. Such measures include attic, wall, and floor insulation, air sealing and duct sealing.
- **Emergency Energy Assistance** - Assist eligible households in paying for their winter heating costs. Priority is given to seniors and persons with disabilities.
- **Rental Assistance** - Assists eligible households at-risk of losing their housing or are homeless. Additional support available for veteran families.
- **Medford Severe Weather Shelter** - Operates in partnership with the City of Medford to provide emergency shelter in the event of extreme heat, cold, smoke, and other severe weather conditions.

Center for Community Resilience

If you are a fire survivor and need help, please call 541-414-0318

- **Help for survivors of the 2020 wild fire** - Our mission is transition fire survivors from living in hotels or other precarious housing to more stable and suitable housing.

■ Adult Foster Home Licensing

Aging and People with Disabilities (APD)
2860 State Street 541-776-6222
Medford, OR 97504 1-866-405-6042

Senior & Disability Services 541-474-3110
2101 Hawthorne Avenue 1-800-633-6409
Grants Pass, OR 97526

■ Adult Foster Homes & Referral Service

Adult Family Care Providers 541-826-3682
10740 Agate Road
Eagle Point, OR 97524

■ Blind Services

American Council of the Blind 1-800-424-8666

American Printing House for the Blind 1-800-232-5463

Oregon Commission for the Blind 541-776-6047
724 South Central #110
Medford, OR 97501

Talking Books & Braille Library 1-800-452-0292

■ Blood Donation

American Red Cross Blood Donor Svcs 541-779-3773
1050 Crater Lake Ave, Ste A
Medford, OR 97504

■ Caregiver Services

Aging and Disability Resource Connection (ADRC) 855-ORE-ADRC
855-673-2372
541-618-7572

Information and assistance for anyone caring for an older family member or a person with disabilities.

Family Caregiver Program 541-618-7572

■ Caregiver Services Cont.

Home Instead Senior Care 541-734-2700
1575 East McAndrews Road
Medford, OR 97504

310 NW "A" Street 541- 479-2828
Grants Pass, OR 97526

Please See Advertisement Page 41

Oregon State University Extension 541-776-7371
Family & Community Health

Powerful Tools for Caregiving Classes 1-515-294-8521

Rogue Community College 541-956-7303
Home Healthcare Provider Training Adult Foster Care
Provider Training for Jackson & Josephine County
Registration & Information

■ Computer Assistance

Rascal Rogue Area Senior Computer Assistance League www.rascal.cc

■ Deaf Services

Dogs for Better Lives 541-826-9220
Voice and TDD
10175 Wheeler Road
Central Point, OR 97502

■ Drivers Education

AARP Driver Safety Program 1-877-846-3299

Medford Senior Center 541-772-2273

■ Elder Abuse and Protection Services

Oregon Long Term Care Ombudsman
3855 Wolverine NE #6 1-800-522-2602
Salem, OR 97305

Aging and People with Disabilities (APD) Adult Protective Services (APS) 541-618-7853

■ Emergency Food Boxes

Josephine County Sites Emergency Food Boxes

Calgary Chapel Outreach Center 541-476-6827
1341 Rogue River Hwy, Grants Pass
Friday 3pm - 5pm

Cave Junction Adventist Comm Ctr 541-415-1491
265 South Old Stage Road, Grants Pass
Tuesday 10am - 12:30am

Dorcas Grants Pass 541-476-2052
1360 NE 9th Street, Grants Pass
Tuesday 9am - 1:30pm

Redwood Christian Church 541-474-0778
4995 Redwood Ave, Grants Pass
Wed 6pm - 7:pm

The ROC 541-476-3344
564 SW Foundry, Grants Pass
Thurs 1pm - 5pm, Sat 9am - noon

Salvation Army 541-955-1017
1377 Redwood Avenue, Grants Pass
Mon - Fri 8 - 11am

Selma Community Center 541-479-5556
18255 Redwood Hwy, Grants Pass
Thur 1:30pm - 2:30pm

St Vincent DePaul Mobile Kitchen 541-472-8579
Redwood Country Church
1640 Redwood Ave, Grants Pass
Mon, Thurs & Fri 12 pm - 1pm

Church of Latter Day Saints
1969 Williams Hwy, Grants Pass
Tue Wed 12pm - 1pm

UCAN Grants Pass 1-800-307-8226
900 SE Sixth Street, Grants Pass
Fri 12pm - 2pm

Williams Community Church 541-846-6465
228 E. Fork Rd., Williams
Tuesday 10am - noon

Wolf Creek Community Center 541-479-5556
100 Railroad Ave, Wolf Creek
Tue 1:30pm - 2:30pm

■ Emergency Food Boxes Cont.

Jackson County Sites Emergency Food Boxes

Rogue River Community Center 541-582-0609
132 Broadway
Rogue River, OR 97537
Tues 10am-11:45 am

Salvation Army 541-772-8149
922 North Central
Medford, OR 97501
Mon, Thurs & Fri 11am - noon 1pm - 3pm

St. Vincent De Paul-Medford 541-772-3828
2540 North Pacific Highway
Medford, OR 97501

Upper Rogue Community Center, Inc. 541-878-2702
22465 Highway 62
Shady Cove, OR 97539
Thurs 10am - noon

■ Emergency Response Call

Lifeline-Asante Health Systems 541-956-6201
1550 NW 6th Street
Grants Pass, OR 97526

■ Employment

WorkSource Oregon 1-877-345-3484
Employment Department (OR State)
119 North Oakdale
Medford, OR 97501

WorkSource Rogue Valley 541-776-6060
119 North Oakdale
Medford, OR 97501

Grants Pass: 541-476-1187
1569 NE "F" Street
Grants Pass, OR 97526

The OHRA Center 541-631-2235
2350 Ashland Street
Ashland, OR 97520

■ Energy & Utility Assistance

ACCESS Weatherization & Energy Assistance 541-779-6691
3630 Aviation Way
Medford, OR 97504

Ashland Senior Program 541-488-5342
1699 Homes Avenue
Ashland, OR 97520

Jackson County Fuel Committee 541-488-2905
995 Siskiyou Blvd.
Ashland, OR 97520

UCAN-Energy, Utility & Guardianship Umpqua Community Action Network 541-956-4050
125 Manzanita Avenue
Grants Pass, OR 97526

■ Financial Assistance

Social Security Administration 1-800-772-1213
3501 Excel Drive
Medford, OR 97504

■ Financial Management Assistance

Consumer Credit Counseling 541-779-2273
820 Crater Lake Avenue #202 1-800-888-7182
Medford, OR 97504

■ Food Assistance

ACCESS Food Share 541-779-6691
3630 Aviation Way
Medford, OR 97504

Aging and Disability Resource Connection (ADRC) 1-855-ORE-ADRC
1-855-673-2372
541-618-7572

Ashland Emergency Food Bank 541-488-9544
560 Clover Lane,
Ashland, OR 97520
www.AshlandEmergencyFoodBank.org

■ Food Assistance Cont.

Food & Friends (Meals on Wheels)
Josephine County 541-955-8839
Jackson County 541-734-9505

Gospel Mission for Men 541-779-1597
125 West Jackson Street
Medford, OR 97501

Gospel Mission for Women 541-772-2931
534 N Bartlett Road
Medford, OR 97501

Helpline (A Program of Community Works) 541-779-4357
Jackson & Josephine Counties 541-779-HELP

Illinois Valley Family Coalition 541-592-6139
535 E. River Street
Cave Junction, OR 97523

Rogue River Community Center 541-582-0609
132 Broadway
Rogue River, OR 97537

Rogue River SDA Church Community Service 541-582-1262
4300 North River Road
Rogue River, OR 97537

Salvation Army 541-955-1017
1377 Redwood Ave.
Grants Pass, OR 97527

Teresa McCormick Center 541-864-5000
Ashley Hughes - Coordinator
2500 S Pacific Hwy
Medford, OR 97501

The OHRA Center 541-631-2235
2350 Ashland Street
Ashland, OR 97520

Upper Rogue Community Center, Inc. 541-878-2702
22465 Highway 62
Shady Cove, OR 97539

■ Health Information & Education

Aging and Disability Resource Connection (ADRC)	1-855-ORE-ADRC 1-855-673-2372 541-618-7572
Alzheimer's Association Oregon Chapter 1650 NW Naito Parkway, Ste 190 Portland, OR 97209	1-503-416-0201 1-800-272-3900
American Cancer Society 31 West Sixth, P.O. Box 698 Medford, OR 97501	1-800-227-2345
American Heart Association American Stroke Association 4380 Macadam Avenue #480 Portland, OR 97239	1-503-820-5300
American Lung Association of OR 16027 SW Upper Ferry Road #165 Tigard, OR 97224	1-800-586-4872
Arthritis Foundation	1-800-283-7800
Diabetic Education Program (Asante) 2900 E Barnett Road #2 Medford, OR 97504	541-789-5906
HASL Independent Ability Center 305 NE "E" Street Grants Pass, OR 97526	541-479-HASL 541-479-4275
Living Well with Chronic Conditions, Chronic Pain & Diabetes Workshops Senior & Disability Services RVCOG	541-864-9611
Oregon State University Extension Ongoing classes in health promotion, disease prevention, health & nutrition.	541-776-7371

■ Health Insurance Assistance

Retired & Senior Volunteer Program RSVP & SHIBA 201 NE Eighth Street Grants Pass, OR 97526	541-956-4472
Rogue River Community Center 132 Broadway Rogue River, OR 97537	541-582-0609
Rogue Valley Manor SHIBA 1 West Main Street Medford, OR 97501	541-857-7780

■ Health Screening

Medford Senior Center 510 East Main Street Medford, OR 97504	541-772-2273
Rogue River Community Center 132 Broadway Rogue River, OR 97537	541-582-0609
Southern Oregon Lions Sight and Hearing Center 228 North Holly Street Medford, OR 97501	541-779-3653

Health Services

Rogue Community Health 541-773-3863
19 Myrtle Street
Medford, OR 97504

99 Central Avenue 541-482-9741
Ashland, OR 97520

8385 Division Road 541-773-3863
White City, OR 97503

722 Laurel Avenue 541-773-3863
Butte Falls, OR 97522

280 Mill Creek 541-773-3863
Prospect, OR 97536

**Rogue Community Health
Dental Clinic** 541-500-0959
906 Royal Court
Medford, OR 97504

722 Laurel Avenue 541-842-7799
Butte Falls, OR 97522

**Jackson County Public Health
and Human Services** 541-774-8209
140 South Holly
Medford, OR 97501

La Clinica del Valle General Info 541-535-6239
For Medical Appointments 541-618-1300
For Dental Appointments 541-512-3900
Insurance assistance 541-535-6239
4940 Hamrick Rd., Central Point
1307 West Main St., Medford
910 South Central Ave., Medford
140 South Holly St., Medford
730 Biddle Rd., Medford
1113 Progressive Dr., Medford
3617 South Pacific Hwy., Phoenix
221 Stewart Ave, Ste 101, Medford

Health Services Cont.

Siskiyou Community Health Center 541-592-4111
25647 Redwood Hwy
Cave Junction, OR 97523

Siskiyou Community Health of GP 541-472-4777
1701 NW Hawthorne Avenue
Grants Pass, OR 97526

Siskiyou Community Health Center 541-500-8407
1380 Biddle Road
Medford, OR 97504

Please See Advertisement Page 62

Housing Assistance

ACCESS Housing & Weatherization 541-779-6691
3630 Aviation Way
Medford, OR 97504

**Department of Veterans
Affairs Domiciliary** 541-826-2111
White City, OR 97503

Gospel Mission Grants Pass: 541-476-0082
340 SW Foundry Street #2412
Grants Pass, OR 97526

Housing Authority of Jackson County 541-779-5786
2231 Table Rock Road
Medford, OR 97501

Medford Better Housing Association 541-772-4180

**Josephine Housing & Community
Development Council** 541-479-5529
P.O. Box 1630
Grants Pass, OR 97528

The OHRA Center 541-631-2235
2350 Ashland Street
Ashland, OR 97520

Legal Assistance

American Civil Liberties Union 1-503-227-3186
P.O. Box 40585
Portland, OR 97204

Center for Nonprofit Legal Services, Inc. info 541-779-7291
225 West Main, P.O. Box 1586
Medford, OR 97501

Oregon Law Center 541-476-1058
424 NW 6th Street, Ste 102
Grants Pass, OR 97526

Loss & Grief

Ashland Community Hospital Hospice 541-789-5005

Providence Hospice Grief Support 541-732-6532
1-503-215-4522

Winterspring, A Center for Living with Loss and Grief 541-552-0620
P.O. Box 8169
Medford, OR 97504

Medicaid

Aging and People with Disability Resource
28 West 6th St Ste D 541-776-6210
Medford, OR 97501

Medford Senior Services 541-776-6222
2860 State St
Medford, OR 97504

Grants Pass Senior and Disabilities Office
2101 NW Hawthorne Avenue 541-474-3110
Grants Pass, OR 97526

Financial Aid Center for Long Term Care 541-479-2415
531 NE "E" Street, Suite B
Grants Pass, OR 97526
Qualify for medicaid & save asset.

Medical Equipment Assistance

ACCESS 541-779-6691

Community Action Agency
3630 Aviation Way
Medford, OR 97504

American Cancer Society 1-800-227-3245
31 West Sixth, P.O. Box 698
Medford, OR 97501

American Lung Association of OR 1-800-586-4872
16027 SW Upper Ferry Road #165
Tigard, OR 97224

HASL Independent Ability Center 541-479-HASL
305 NE "E" Street 541-479-4275
Grants Pass, OR 97526

Rogue River Community Center 541-582-0609
132 Broadway
Rogue River, OR 97537

Southern Oregon Lions Sight and Hearing Center 541-779-3653
228 North Holly Street
Medford, OR 97501

Upper Rogue Community Center, Inc. 541-878-2702
22465 Highway 62
Shady Cove, OR 97539

Veterans of Foreign Wars 541-773-2938
Behind Winco Groceries
Medford, OR 97501

410 East Main Street 541-582-0689
Rogue River, OR 97537

Medicare

Social Security Administration 1-800-772-1213
910 South Central
Medford, OR 97501

■ Nutrition-Meal Sites-Jackson Co.

Call **541-734-9505** for the most current details. RVCOG Senior & Disability Services administers the Food & Friends Senior Meals Program. Take Out Meals are served from 11:00 to 12:30 on the days indicated for each site. A donation of \$2.75 is suggested for those over age 60. For people under 60, there is a charge of \$6.75. For information on Meals on Wheels for home bound seniors call Food & Friends at **541-734-9505** in Jackson County.

Ashland Senior Service Division (Mon - Fri)

1699 Homes Avenue
Ashland, OR 97520

Central Point Grange (Mon - Fri)

123 North Second Street
Central Point, OR 97502

Gold Hill Oddfellows Hall (Mon & Thur)

Corner 4th & 6th
Gold Hill, OR 97525
Home Delivery Only

Jacksonville IOOF Hall (Mon - Fri)

175 South Oregon Street
Jacksonville, OR 97530

Phoenix Presbyterian Church (Mon - Fri)

Talent & Phoenix
121 West Second Street
Phoenix, OR 97535
Home Delivery Only

Rogue River Community Center (Mon - Fri)

132 Broadway
Rogue River, OR 97537

Senior Citizens Community Center (Mon - Fri)

121 Loto Street
Eagle Point, OR 97524

Southern Oregon Lions Sight & Hearing Center

228 North Holly Street
Medford, OR 97501
(Mon - Fri)

St. Martin's Episcopal Church (Tues & Thurs)

95 Cleveland
Shady Cove, OR 97539
Home Delivery Only

White City Home Delivery Only (Mon - Fri)

■ Nutrition-Meals Sites-Josephine Co.

Call **541-955-8839** for the most current details. RVCOG Senior & Disability Services administers the Food & Friends Senior Meals Program. Take Out Meals 11:30am - 12:30pm. A donation of \$2.75 is suggested for those over age 60. For people under 60, there is a charge of \$6.75. For information on Meals on Wheels for home bound seniors call Food & Friends at **541-955-8839** in Josephine County.

Cave Junction IVSC (Mon, Wed & Fri)

520 East River Street
Cave Junction, OR 97523

Josephine County Senior Center (Mon - Fri)

1150 NE 9th Street
Grants Pass, OR 97526

Merlin Community Center (Tues & Thurs)

109 Acorn Street
Merlin, OR 97532

Williams Home Delivery only

Alliance Community Church (Tues & Thurs)

130 Main Street
Wolf Creek, OR 97497

■ Outreach & Support Services

ACCESS 541-779-6691
Community Action Agency
 3630 Aviation Way
 Medford, OR 97504

Aging and Disability Resource Connection (ADRC) 1-855-ORE-ADRC
 1-855-673-2372

Ashland Senior Services Division 541-488-5342
 1699 Homes Avenue
 Ashland, OR 97520

Jackson County Library 541-774-8689
 www.jcls.org

Siskiyou Community Health Center 541-592-4111
 25647 Redwood Hwy
 Cave Junction, OR 97523

Siskiyou Community Health of GP 541-472-4777
 1701 NW Hawthorne Avenue
 Grants Pass, OR 97526

Siskiyou Community Health Center 541-500-8407
 1380 Biddle Road
 Medford, OR 97504

Please See Advertisement Page 62

The OHRA Center 541-631-2235
 2350 Ashland Street
 Ashland, OR 97520

■ Reassurance Call Program

Helpline 541-779-4357
(A Program of Community Works) 541-779-HELP
 Medford, OR 97504

Helpline Grants Pass: 211
(Illinois Valley 1-800-640-0154)
 Grants Pass, OR 97526

Rogue Valley Manor (RSVP) 541-857-7780
Retired & Senior Volunteer Program
 1 West Main Street
 Medford, OR 97501

■ Respite

Aging and Disability Resource Connection (ADRC) 1-855-ORE-ADRC
 1-855-673-2372

Caregiver Respite Care 541-857-7780

■ Senior Centers

Ashland Senior Center 541-488-5342
 1699 Homes Avenue
 Ashland, OR 97520

Eagle Point Senior Citizens Center 541-826-9404
 121 Loto Street
 Eagle Point, OR 97524

Illinois Valley Senior Center 541-592-6888
 520 E River Street
 Cave Junction, OR 97523

Medford Senior Center 541-772-2273
 510 East Main Street
 Medford, OR 97504

Rogue River Community Center 541-582-0609
 132 Broadway
 Rogue River, OR 97537

Upper Rogue Community Center, Inc. 541-878-2702
 22465 Highway 62
 Shady Cove, OR 97539

Club 60 by Team Senior 541-660-2591
 1150 NE 9th St
 Grants Pass, OR 97526

■ Senior Clubs

AARP	1-866-554-5360
Oregon State AARP 9200 SE Sunnybrook Blvd 410 Clackamas, OR 97015-9740	
AARP National	1-888-687-2277

■ Senior Education

Osher Lifelong Learning Institute (OLLI)	541-552-6048
655 Frances Lane Ashland, OR 97520	
Rogue Community College Foundation	541-956-7293
Redwood Campus	541-956-7500
3345 Redwood Hwy Grant, OR 97527	
Riverside Campus	541-956-7500
117 Southern Central Medford OR 97501	
Table Rock Campus	541-956-7500
7800 Pacific Ave White City, OR 97530	

■ Special Senior Programs

Resolve	541-770-2468
1237 North Riverside Medford, OR 97501	
Jackson County Genealogy Library	541-512-2340
Rogue Valley Genealogical Society	
3405 South Pacific Hwy Medford, OR 97501	

■ Support Groups

Alanon of Jackson County	1-888-4AL-ANON
Alanon of Josephine County	1-888-425-2666
Alcoholics Anonymous	541-773-4848
116 East Sixth Street Medford, OR 97504	
Alcoholics Anonymous	541-474-0782
432 NW 6th Street Grants Pass, OR 97526	
Alzheimer's & Dementia Support Group	
Smullin Education Center	541-789-4148
Alzheimer's Support Group	1-800-272-3900
Westminster Presbyterian Church	
2000 Oakwood Dr, Medford, OR 97504 3rd Thursday of the month 2 - 3:30pm	
Alzheimer's Association Telephone	1-800-272-3900
Caregivers Support Group	
3rd Thursday 1 - 12pm Call to Register	
Alzheimer/Dementia Support Group	541-531-8484
Grants Pass & Medford	
American Cancer Society	1-800-227-2345
31 West Sixth, P.O. Box 698 Medford, OR 97501	
Blood Cancer Support Group	541-789-2863
2nd Wednesday 5:30-7pm	
Breast Cancer Support Group RRMC	541-789-6176
Now offering online support melanie.dines@asante.org 1st & 3rd Thursday 12:30-2pm	

■ Support Groups Cont.

Dementia Caregiver Support Group 541-488-5342
Ashland Senior Center

Via Zoom, call to register

Third Wednesday of the month 5:30-7:00

Dementia Caregivers Support Program 541-618-7572

Diabetic Support for Adults 541-789-5906

555 Black Oak Drive 3rd Floor Conference Room

Medford, OR 97504

Third Wednesday 12:30pm - 1:30pm

537 SW Union Ave 4th Floor Demo Kitchen

Grants Pass, OR

First Monday 12:30pm - 1:30pm

Grants Pass Neuropathy Support Group 541-218-4418

Gynecological Cancer Support Group 541-789-4342
 2nd Tuesday 12:30-2pm

HASL Independent Ability Center 541-479-HASL
 305 NE "E" Street 541-479-4275
 Grants Pass, OR 97526

Head & Neck Cancer Support Group 541-789-3214
 2nd Friday 12-1:30pm

Home Instead Senior Care 541-734-2700
 1575 East McAndrews Road
 Medford, OR 97504

Please See Advertisement This Page

Journey Through Grief Support Group 541-732-6532

Journey-Pregnacy Care Center 541-479-6264
 Support Group for Women who are struggling with
 infant loss no matter how long ago.

Lung Cancer Support Group 541-789-2863
 First Wednesday 2pm-3:30pm

■ Support Groups Cont.

Options for Southern Oregon Mental Health Program 541-476-2373

200 Beatty St

Medford, OR 97504

Please see Advertisement on Page 56

Oregon ALS Support Group 541-292-8775
 (Lou Gehrig Disease)

Oregon Tobacco Quit Line 1-800-784-8669

Parkinsons Support Group - Ashland 1-650-575-8434

Parkinsons Disease Support Group 1-800-426-6806

Southern Oregon Woman's Parkinsons Support Group 1-503-504-4466
 905 Skylark Place
 Ashland, OR 97520
 2nd Wed 3-4:30pm

Pearl Treatment Program for Seniors with Depression 541-423-1372

Prostate Cancer Support Group 541-789-4342
 3rd Thursday 1-2:30pm

Providence Cancer Support Group 503-215-6014
 1698 E. McAndrews, Ste 180
 Medford, OR 97504

Providence Neuro Rehabilitation 541-732-5679

Southern Oregon Prostate Cancer Support Group Ted in Ashland 541-414-7757

Winterspring, A Center for Living With Loss and Grief 541-552-0620
 P.O. Box 8169
 Medford, OR 97504

Women Breast Cancer Support TRCH 541-955-5416

Women's Crisis Support Team 24 hr crisis# 541-479-9349

■ Tax Services

AARP Tax Aid	1-866-554-5360
Medford Senior Center 510 East Main Street Medford, OR 97504	541-772-2273
Rogue River Community Center 132 Broadway Rogue River, OR 97537	541-582-0609
Upper Rogue Community Center, Inc. 22465 Highway 62 Shady Cove, OR 97539	541-878-2702

■ Thrift Stores

Hospice Unique Resale Boutique 1618 Ashland Street Ashland, OR 97520	541-488-7805
Medford Senior Center 510 East Main Street Medford, OR 97504	541-772-2273
Old Library Collectibles & Thrift Shop 170 S. Oregon Street Jacksonville, OR 97530	541-899-9555
Salvation Army 922 North Central Medford, OR 97501	541-773-7335
1377 Redwood Avenue Grants Pass, OR 97527	541-955-1017
St. Vincent De Paul 2424 North Pacific Highway Medford, OR 97501	541-779-3648
132 SE "H" Street Grants Pass, OR 97526	541-476-5137
Upper Rogue Community Center, Inc. 22465 Highway 62 Shady Cove, OR 97539	541-878-2702

■ Transportation Assistance

Aging and Disability Resource Connection (ADRC)	1-855-ORE-ADRC 1-855-673-2372 541-618-7572
HASL Independent Ability Center 305 NE "E" Street Grants Pass, OR 97526	541-479-HASL 541-479-4275
Helpline (A Program of Community Works) 900 East Main Street Medford, OR 97504	541-779-4357 541-779-HELP
Josephine Community Transit (JCT) 201 River Heights Grants Pass, OR 97526	541-474-5452
Rogue River Community Center 132 Broadway Rogue River, OR 97537	541-582-0609
Rogue Valley Manor Call-A-Ride Medical Transportation 1 West Main Street Medford, OR 97501	541-857-7783
RRMC Senior Transportation Info 2882 State Street Medford, OR 97504	541-789-4272
Rogue Valley Transportation District RVTD 3200 Crater Lake Avenue Medford, OR 97504	541-779-5821 24 hrs bus info 541-608-2400
Translink Valley Lift	541-842-2080
Upper Rogue Community Center, Inc. 22465 Highway 62 Shady Cove, OR 97539	541-878-2702

■ Veterans

Columbia Care Veterans Resource Center 541-779-8564
601 North Grape Street
Medford, OR 97501

Department of Veterans Affairs Rehabilitation Center & Clinic 541-826-2111
White City, OR 97503

Grants Pass West VA Outreach Clinic 541-955-5551
1877 Williams Hwy
Grants Pass, OR 97527

Salvation Army 541-955-1017
1377 Redwood Hwy
Grants Pass, OR 97527

VA Benefits Counseling 541-479-2415
531 NE "E" Street, Ste B
Grants Pass, OR 97526
Free Assistance with Aid & Attendance Benefits

Veterans of Foreign Wars 541-773-2938
Behind Winco Groceries
Medford, OR 97501

410 East Main Street 541-582-0689
Rogue River, OR 97537

Veterans Service Office (Jackson Co.) 541-774-8214
1405 Holly Street
Medford, OR 97504

Veterans Service Office (Josephine Co.) 541-474-5454
Josephine County Courthouse
500 NW 6th Street Dept 15
Grants Pass, OR 97526

■ Volunteer Opportunities

AARP 1-866-554-5360
Oregon State AARP
9200 SE Sunnybrook Blvd 410
Clackamas, OR 97015-9740

ACCESS Inc. Community Action Agency 541-779-6691
3630 Aviation Way
Medford, OR 97504

■ Volunteer Opportunities Cont.

Age Wise Age Well Peer Counseling 541-646-3402

American Red Cross Blood Services 541-842-4700
1174 Progress Drive #102
Medford, OR 97504

American Red Cross Rogue Valley Chapter 541-779-3773
1050 Crater Lake Ave
Medford, OR 97504

Asante Health System Volunteer Services 541-789-5875
Medford, OR 97504

Asante Ashland Community Hospital 541-789-5875
280 Maple Street
Ashland, OR 97520

Asante Three Rivers Medical Center 541-789-4410

Ashland Parks and Recreation 541-552-2264
1195 East Main Street
Ashland, OR 97520

Boys & Girls Club of Josephine Co 541-479-5258
203 SE 9th Street, Grants Pass, OR 97526

307 Wagner Ck Rd, Talent 541-292-4851

520 West River Street, Cave Junction 541-592-4771

Camelot Theatre 541-535-5250
101 Talent Avenue
Talent, OR 97540
Volunteer Ushers Needed

Caregiver Respite Care 541-857-7780

CASA Jackson County Court Appointed Special Advocate for Children 541-734-2272
409 North Front Street
Medford, OR 97501

CASA of Josephine County Community Works 541-474-5486
304 NW "D" Street
Grants Pass, OR 97526

Columbia Care Veterans Resource Ctr 541-779-8564
601 North Grape Street
Medford, OR 97501

■ Volunteer Opportunities Cont.

Family Nuturing Center 541-779-5242
Jackson County and Josephine County

Friends of the Animal Shelter 541-774-6651
5595 S Pacific Hwy
Phoenix, OR 97535

Food & Friends 541-734-9505
2860 State Street
Central Point, OR 97502

Foster Grandparent Program 541-857-7786

Grants Pass Chamber of Commerce 541-476-7717
1995 Vine Street,
Grants Pass, OR 97520

HASL Independent Ability Center 541-479-HASL
305 NE "E" Street 541-479-4275
Grants Pass, OR 97526

Josephine County Historical Society 541-479-7827
508 SW 5th Street,
Grants Pass, OR 97526

North Mountain Park 541-488-6606
620 Mountain Avenue
Ashland, OR 97520

Oregon Long Term Care Ombudsman 1-800-522-2602

Pregnancy Care Center 541-479-6264
714 SE 8th Street
Grants Pass, OR 97526

Providence Medford Medical Center 541-732-5179
1111 Crater Lake Avenue
Medford, OR 97504

Retired & Senior Volunteer Program (RSVP & SHIBA) 541-956-4472
201 NE 8th Street
Grants Pass, OR 97526

Rogue Valley Council of Governments
ADRC Resource DataBase 541-423-1365
Disater Registry 541-664-6674
Senior and/or Disability Advisory
Council(s), Office Support 541-423-1372

■ Volunteer Opportunities Cont.

Rogue Valley Manor Community Svc 541-857-7780
Retired & Senior Volunteer Program (RSVP)
1 West Main St., Suite 303
Medford, OR 97501

Rogue Valley Medical Center Auxiliary 541-789-5875
2825 East Barnett Road
Medford, OR 97504

Salvation Army 541-955-1017
1377 Redwood Hwy
Grants Pass, OR 97527

Science Works Hands-On Museum 541-482-6767
1500 East Main Street
Ashland, OR 97520

SMART Start Making a Reader Today 541-734-5628
670 Superior Court #108
Medford, OR 97504

Please See Advertisement Page 13

Southern Oregon Friends of Hospice 541-488-7805
P.O. Box 1182
Ashland, OR 97520

Teresa McCormick Center 541-864-5098
2500 S Pacific Hwy
Medford, OR 97501

The OHRA Center 541-631-2235
2350 Ashland Street
Ashland, OR 97520

The Pregnancy Center 541-772-1921
2019 Aero Way, Suite 103
Medford, OR 97504

UCAN 541-956-4050
Umpqua Community Action Network
125 Manzanita Avenue
Grants Pass, OR 97526

Winterspring, 541-552-0620
A Center for Living with Loss and Grief
P.O. Box 8169
Medford, OR 97504

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THE Silver Pages

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