



Senior Social Services



Rogue Valley Council of Governments Area Agency on Aging

Senior and Disability Services, a department of Rogue Valley Council of Governments Area Agency on Aging, serves Jackson and Josephine Counties. Our mission is to promote the dignity, quality of life, and self-determination of seniors and adults with disabilities. Diversity, equity, and inclusion are central to our agency's efforts to engage staff, clients, caregivers, advisory council members and policy makers in promoting equitable and inclusive programs and resources for older adults and adults with disabilities in our service area.

We welcome older adults and adults with disabilities to engage in our programs, classes, and volunteer activities.

2023 Senior and Disability 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.ADRCofoOregon.org

Contact ADRC @ 541-618-7572

OPTIONS COUNSELING

Facilitating Person-centered Decision Making & 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.

Contact ADRC @ 541-618-7572

FAMILY CAREGIVER PROGRAM

Respite Care for Family/Friend Caregivers

This program offers a range of services to support unpaid caregivers providing care to relatives, family and friends, including information about available resources and assistance with referral to respite care, caregiver training, support groups, and supplemental services. Financial assistance for Respite Care is available.

Contact ADRC @ 541-618-7572

OREGON PROJECT INDEPENDENCE

In-home Services and Supports

This state-funded program provides in-home services and supports to older adults and adults with disabilities to assist them in remaining in their own homes for as long as safely possible.

Waitlist information: Call ADRC @ 541-618-7572



Senior & Disability Services, Rogue Valley Council of Governments

155 N. First Street (PO Box 3275), Central Point, OR 97502 • (541) 664-6674 • www.rvcog.org

VETERAN-DIRECTED CARE

In-home Services and Supports

This program serves Veterans who are at a nursing home level of care. SDS provides the service coordination to allow the Veteran or their designated representative to direct their own care by purchasing goods and services to meet their individual needs.

The Veteran's primary physician at the VA makes the referral

HEALTH PROMOTIONS

Assistance to Help Navigate Health Conditions

The Diabetes Prevention Program, an evidence-based, behavioral modification program, delays or prevents Type 2 Diabetes. The Chronic Disease Self-Management Program is for those with ongoing physical or mental health conditions, like heart disease, anxiety, diabetes, and arthritis.

Contact 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. This brief intervention program is delivered in-home with 8 visits and 4 follow-up calls over a period of 6 to 8 months.

Contact ADRC @ 541-618-7572

OPAL

Options for People to Address Loneliness & Isolation

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. An OPAL counselor partners with participants to address the problems and concerns they experience around loneliness and isolation. This brief intervention program is delivered through 6 weekly in-home sessions and 2 monthly follow-up phone calls.

Contact ADRC @ 541-618-7572



ELDER ABUSE PREVENTION

Senior and Disability Services (SDS) refers individuals to Adult Protective Services when allegations of abuse occur. SDS annually hosts an Elder Abuse Prevention Summit mid-June to raise awareness of elder abuse and to educate the community on prevention strategies. We make referrals for Guardianship and Conservatorship through the ADRC.

Contact ADRC @ 541-618-7572

DISASTER REGISTRY

Emergency Preparedness

The Disaster Registry provides the names and locations of people who need special assistance to emergency personnel and first responders during disaster events. To be on the Disaster Registry, please visit www.rvcog.org to print an application or call 541-664-6674. Being on the Disaster Registry means that more people will know and communicate about your need for special assistance.

Visit www.rvcog.org or call 541-664-6674

LIFELONG HOUSING CERTIFICATION

Aging in Place

The Lifelong Housing Certification Project is a voluntary certification process for evaluating the accessibility and/or adaptability of homes. This 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.

Visit www.lifelonghousing.org or call 541-423-1383

FEDERAL & STATE ASSISTANCE PROGRAMS

As a Type B Contract Area Agency on Aging, SDS partners with the Medicaid Long-Term Care and other financial assistance programs which are directly provided by Oregon Department of Human Services' Agency and People with Disabilities (APD). APD determines eligibility for these programs.

Call 541-776-6222 for Medford Senior Services

Call 541-776-6210 for Medford Disability Services

Call 541-474-3110 for Grants Pass Senior & Disability Services

2023 Senior & Disability Services Classes**POWERFUL TOOLS**

Support for Family Caregivers

Family and other caregivers learn from peers/certified instructors how to take care of themselves while caring for an older relative or friend regardless of care setting. Powerful Tools workshops offer six weekly 2-hour sessions. This workshop has been shown to improve self-care behaviors, management of emotions, self-efficacy, and utilization of community resources.

BURIED IN TREASURES

Reducing Clutter

This 16-week course will help people discover the reasons for their problems with acquiring, saving, and hoarding behavior, and learn new ways of thinking about their possessions, de-cluttering, and creating more living space.

LIFE REFLECTIONS

Guided Autobiography

During five weekly sessions, individuals refresh and recall the memories and events of their lives, organize their life histories and memories, and share with others. This course helps to address social isolation and loneliness.

For information on any of these classes,
contact ADRC @ 541-618-7572

Senior Nutrition Department**FOOD & FRIENDS**

Meals on Wheels Program

Seniors 60 and older and their spouses may attend lunch at Food & Friends' 6 congregate meal sites in Jackson County and 4 congregate meal sites in Josephine County. Homebound seniors 60 and older and adults with disabilities who need help with meal preparation may receive Meals on Wheels delivered to their homes by volunteers. In Jackson County, Meals on Wheels are available in 11 Jackson County communities and 5 Josephine County communities.

Call 541-734-9505 for Jackson County

Call 541-955-8839 for Josephine County

Ongoing Volunteer Opportunities

Volunteers are needed at **Food & Friends** meal sites and to deliver **Meals on Wheels**, to serve on the **Senior Advisory Council** or the **Disability Services Advisory Council**, to assist with the **Disaster Registry**, and to teach **health promotions classes**. Free training is provided.

Call 541-423-1373

Providing Services Through Partnerships

SDS supports the work of community partners to ensure access to services. In fiscal year 2022-2023, our partners included Community Volunteer Network (behavioral health program and medical transportation), Center for NonProfit Legal Services and Oregon Law Center (guardianship and legal services), Firebrand Resiliency Collective (support for wildfire survivors), LaClinica (health promotions), Rebuilding Together Rogue Valley (risk assessments, home modifications and repairs), Rogue Food Unites (mobile food pantries), Rogue River Community Center (transportation), and UNETE (COVID vaccine initiative).



Senior & Disability Services, Rogue Valley Council of Governments

155 N. First Street (PO Box 3275), Central Point, OR 97502 • (541) 664-6674 • www.rvcog.org





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, 70,101 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

- **35 Emergency Food Pantries** - Located in Jackson County where individuals and families can receive 3-5 days supply of food. Food Share also provides 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 wildfire – 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 541-618-7572

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 541-507-2680
700 SW Ramsey St, #101
Grants Pass, OR 97527

■ Employment

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 541-864-5098
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	541-618-7572
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

19 Myrtle Street 541-773-3863
Medford, OR 97504

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

922 East Main Street, Medford 541-500-2521

722 Laurel Avenue, Butte Falls 541-842-7799

11160 Crater Lake Hiway, Eagle Point 541-500-0763

Jackson County Public Health 541-774-8209
and Human Services
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 541-826-2111
Affairs Domiciliary
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 541-479-5529
Development Council
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

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

■ 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 (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 (Wed) 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

Josephine County Crisis Line 541-474-5360
 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 2:00-3:30pm

Alzheimer's Association Telephone 1-800-272-3900
Caregivers Support Group
3rd Thursday 11:00am-12:00pm 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
Heimann Cancer Center-Medford
2nd Wednesday 5:30-7:00pm

Breast Cancer Support Group RRMC 541-789-6176
Heimann Cancer Center-Medford
Now offering online support
melanie.dines@asante.org
1st & 3rd Thursday 12:30-2:00pm

Breast Cancer Support Group 541-507-2669
Spears Cancer Center-Grants Pass
Alternating Tuesday 2-3pm

■ Support Groups Cont.

Caregiver Support Group 541-78-3214
Heimann Cancer Center-Medford
2nd Wednesday 1:00-2:00pm

Caregiver Support Group
Spears Cancer Center-Grants Pass
3rd Wednesday 2:00-3:00pm

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

General Cancer Support Group 541-789-0583
Heimann Cancer Center -Medford
3rd Wednesday 1:00-3:00pm

General Cancer Support Group 541-472-7038
Spears Cancer Center -Grants Pass
2nd Wednesday 1:00-3:00pm

Grants Pass Neuropathy Support Group 541-955-4995

Gynecological Cancer Support Group 541-789-0583
Heimann Cancer Center -Medford
2nd Tuesday 12:30-2pm

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

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

Please See Advertisement Page 41 & Inside Back Cover

■ Support Groups Cont.

Journey Through Grief Support Group 541-732-6532

Journey-Pregnancy 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

Options for Southern Oregon Mental Health Program 541-476-2373
200 Beatty St
Medford, OR 97504
Please see Advertisement on Page 56

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

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 541-789-4673
Heimann Cancer Center-Medford
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

■ Support Groups Cont.

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

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

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

■ Tax Services

AARP Tax Aid 1-866-554-5360

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

■ Thrift Stores

Hopeful Secondhand Thrift Store 541-499-0067
 1116 North Riverside Avenue
 Medford, OR 97501

Hospice Unique Resale Boutique 541-488-7805
 1618 Ashland Street
 Ashland, OR 97520

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

Old Library Collectibles & Thrift Shop 541-899-9555
 170 S. Oregon Street
 Jacksonville, OR 97530

Salvation Army 541-773-7335
 922 North Central
 Medford, OR 97501

1377 Redwood Avenue 541-955-1017
 Grants Pass, OR 97527

St. Vincent De Paul 541-779-3648
 2424 North Pacific Highway
 Medford, OR 97501

132 SE "H" Street 541-476-5137
 Grants Pass, OR 97526

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

■ 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 601 North Grape Street Medford, OR 97501	541-779-8564
Department of Veterans Affairs Rehabilitation Center & Clinic White City, OR 97503	541-826-2111
Grants Pass West VA Outreach Clinic 1877 Williams Hwy Grants Pass, OR 97527	541-955-5551
Salvation Army 1377 Redwood Hwy Grants Pass, OR 97527	541-955-1017
VA Benefits Counseling 531 NE "E" Street, Ste B Grants Pass, OR 97526 Free Assistance with Aid & Attendance Benefits	541-479-2415
Veterans of Foreign Wars Behind Winco Groceries Medford, OR 97501	541-773-2938
Veterans Service Office (Jackson Co.) 1405 Holly Street Medford, OR 97504	541-774-8214
Veterans Service Office (Josephine Co.) Josephine County Courthouse 500 NW 6th Street Dept 15 Grants Pass, OR 97526	541-474-5454

■ 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

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 541-779-3773
Rogue Valley Chapter
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
203 SE 9th Street, Grants Pass 541-479-5258
307 Wagner Ck Rd, Talent 541-292-4851
215 North Rose Street, Phoenix 541-218-5940
24353 Redwood Hiway, Kerby 541-244-8490

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

Caregiver Respite Care 541-857-7780

■ Volunteer Opportunities Cont.

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

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

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

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

Friends of the Animal Shelter 541-708-0090
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

Hearts for Seniors Companion Program 541-646-7385
529 Edwards Street
Medford, OR 97501

Hearts with a Mission 541-956-4190
1504 NE 9th Street
Grants Pass, OR 97526

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

■ Volunteer Opportunities Cont.

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

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

■ Volunteer Opportunities Cont.

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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