Portland State University Resource Guide

For Stroke Survivors & Their Families
In the Greater Northwest

Celebrating our 10th Anniversary!

Summer 2008
About this Resource Guide
Portland State University is pleased to offer this year’s resource guide for stroke survivors and their families. This guide compiles information from a variety of sources. Although much research went into the creation of the guide, the editors and PSU make no claims about the efficacy of these resources. The information in this booklet is often a springboard to other more specific resources. Please be sure to call the contacts provided for the most current meeting times, sites and other information that may have changed since the printing of this guide.

Portland State University Stroke Camp
PSU’s Stroke Camp, held annually since 1999, offers activities and programs specifically designed to assist stroke survivors with aphasia and their families. Working with staff, students and other families, attendees experience support, respite, and a renewed sense of hope to face the challenges they encounter. This is a unique opportunity to learn skills that can enhance the quality of life of those affected by stroke-related aphasia. Stroke Camp offers new communication and recreational opportunities during camp -- and beyond.

Dedication
We wish to honor the commitment and dedication of the many participants that have made our camp and resource guides so successful. The work of many hands and caring hearts is required for these endeavors, and we gratefully acknowledge all of those providing the gifts of resources, time, and energy that allow this camp to flourish. Above all, we wish to thank the survivors and caregivers, whose presence is inspiring to all of us. We are grateful to have you in our lives, appreciate you sharing in your efforts and successes, and ultimately allowing us to learn from you.

Sincerely,
The Resource Guide Team

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Hello!

Individuals and families impacted by aphasia face many unique challenges. Often, support specifically designed for these people is limited. Thankfully, there are support groups for individuals and families impacted by aphasia.

Locally, two groups have formed in the Portland area (listed below) that provide both the individual experiencing aphasia and family members the opportunity to develop a sense of community with others impacted by aphasia. Stroke survivors and their loved ones organize and run the groups. They’re joined by faculty and students from Portland State University’s Department of Speech and Hearing Sciences who work with survivors and families as they strive to improve and survive their condition.

The support groups are free of charge but do ask for small contributions to be given to the churches that have donated space. Regular attendance is not required but families feel that attending often is beneficial to everyone.

For more information about these groups, please feel free to contact me.

Best to you,

Susan

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Continuous Improvement Group
Who: Individuals and families
When: Each Monday* 11:00 am–12:00 pm
* Once a month meetings are held on Friday from 1:00 pm - 2:30 pm
Where: Valley View Evangelical Church, 11501 SE Sunnyside Rd.
Contacts: Don Rodgers (360) 693-9398 or email Barb Shoepe at seashorebjs@aol.com

Speak EZ group
Who: Individuals and families
When: Odd numbered Saturdays, 10:00 am – 12:00 pm
Where: Luther’s Lodge, Resurrection Lutheran Church, 1700 NE 132nd Ave.
Contacts: Mike Yuckert (503) 252-1100 or John McCollister johnmccollister@verizon.net
The American Stroke Association

The American Stroke Association is the division of the American Heart Association solely focused on preventing and reducing the impact of stroke through research, education, fundraising and advocacy. Below are some of our featured services and products.

**Stroke Family Warmline**
A telephone resource staffed by individuals personally affected by stroke staff, the Warmline team is available to answer questions, suggest resources or just provide a listening ear. They can provide information on the latest educational materials available and support groups in your area. Call 1-(888) 4-STROKE [(888) 478-7653] and ask to speak with someone on the Warmline.

**Stroke Connection Magazine**
The ASA Stroke Connection magazine is designed to help survivors, caregivers, family members and friends affected by stroke. Published six times a year, Stroke Connection offers stories of inspiration, updates on the latest stroke research, information to help prevent additional strokes and articles on many topics of interest to those affected by stroke. Subscriptions are free and available by calling the Warmline (see above) or visiting www.strokeassociation.org.

**Web Resources**
The ASA Web site (www.strokeassociation.org) puts stroke information at your fingertips. Of particular interest to families living with stroke is the section called Life After Stroke. Click on “Life After Stroke” to see links to topics such as Common Effects of Stroke, Avoiding Another Stroke and how to subscribe to Stroke Connection magazine. Click on “Recovering” for links to a list of stroke support groups across the country and to learn about on-line discussion boards and the Pen Pal program.

The ASA understands the value of support groups for individuals living life after stroke. We encourage groups to register with our national office by calling the Warmline. Free benefits include being listed in the national on-line registry, being recommended through the Warmline, group subscription to Stroke Connection magazine and meeting topic ideas.

**In Your Community**
The American Stroke Association and the American Heart Association in Oregon are at work in the community in a number of ways. Our main role is to bring our research-based information and resources to the community and our partners. We work with state agencies, schools, faith communities, employers, healthcare systems, legislators, the media and others to spread the word about heart disease and stroke – what it takes to prevent and treat and that there is hope for those recovering. To learn more about events and programs in your area visit www.strokeassociation.org.

**PSU Stroke Camp**
The American Stroke Association is proud to support PSU’s 10th Anniversary of its Stroke Camp for families living with aphasia. We salute the expertise and dedication of the staff and volunteers who make camp a reality! We salute the families who attend camp – you are an inspiration! The Providence Health System in Oregon website has links to programs and services for you and your family.
Providence ElderPlace is a comprehensive care program that offers health, housing, social service and care coordination solutions to older adults and peace of mind to their families. We are dedicated to providing dignified care to seniors in a compassionate environment built on principles of responsive service, top-quality health care, and trust.

Our Health & Social Centers are where the Providence ElderPlace community comes together. Each comfortable center gives our members a place to socialize, receive services and engage in activities. In addition, our members receive most of their medical services at these locations.

We encourage you to visit the center nearest you or to contact one of our counselors at (503) 215-6556 to schedule a tour.

ElderPlace at the Marie Smith Health & Social Center
4616 N. Albina
Portland, OR 97217

ElderPlace in Laurelhurst
4540 NE Glisan
Portland, OR 97213

ElderPlace in Cully
5119 NE 57th Ave.
Portland, OR 97218

ElderPlace in Gresham
17727 E Burnside
Gresham, OR 97233

ElderPlace in Glendoveer
13007 NE Glisan
Portland, OR 97230
Adaptive Equipment for Stroke Survivors

Alimed, Inc.
Medical and Ergonomic Products
297 High St.
Dedham, MA 02026
1-(800) 225-2610
www.alimed.com
• Huge variety of products
• Online catalogue

Beaverton Pharmacy
12250 SW Canyon Rd.
Beaverton, OR 97005
(503) 644-2101
www.beavertonpharmacy.net
• Complete home health equipment including bathroom items, commodes, shower chairs, wheelchairs, walkers
• Sales and rentals available
• Complete pharmacy with drive-through window

Care Medical and Rehabilitation Equipment
1877 NE 7th Ave.
Portland, OR 97212
(503) 288-8174
www.caremedical.com
To order from the catalog please go to www.caremedicalsource.com
• Basic to high-end care equipment
• Full service department
• Specializes in bariatric care
• Sales and rentals available
• See website for locations in Salem, Eugene, Reedsport, and Roseburg, Oregon as well as Everett, Seattle, Tacoma, Olympia, Longview and Vancouver, Washington

Gold Violin
1-(877)-648-8400
www.goldviolin.com
• Products for independent living

Hanger Prosthetics & Orthotics West, Inc.
600 facilities in 43 states
Visit www.hanger.com/index.html and use “Facility Locator” to search the state for facilities in Oregon, Washington, California and Montana
• Braces, artificial limbs
• Sales only

Local facilities:
1627 NE Broadway
Portland, OR 97232
(503) 287-0459
2824 SW Sam Jackson (near OHSU)
Portland, OR 97201
(503) 243-1974

Hollywood Senior Center
1820 NE 40th Ave.
Portland, OR 97212-5308
(503) 288-8303
• Medical equipment loan program

Home Services Medical Equipment Dispensary
1235 NE 47th Ave., Ste. 148
Portland, OR 97213
(503) 215-4663
1-(800) 762-1253
Go to www.providence.org/oregon
Click on “Programs & Services,” “Home & Community Services,” “Home Services,” or “Home Oxygen & Medical Equipment.”
• Specializing in home oxygen equipment
• Walking aids and wheelchairs
• Beds and bedroom equipment
Krueger Medical Services  
Hospital and Medical Supplies  
14210 Fir Street, Ste. A  
Oregon City, OR 97045  
(503) 723-7386  
• First aid and safety products  
• Scooters, beds, diabetic supplies  
• Sales and rentals available

McCann’s Pharmacy (two locations)  
2360 SE 182nd Ave.  
Portland, OR 97233  
(503) 492-7777  
• Medical supplies and wound care, hospital beds, crutches, wheelchairs  
• Sales and rentals available  
• Open Saturdays  
• Will special order any item

15685 SW 116th Ave.  
Tigard, OR 97224  
(503) 639-7377 (ext. 4 for Home Health Department)  
• Prescriptions filled  
• Open Saturdays and Sundays  
• Will special order any item

Nordstrom Stores  
Clackamas (503) 652-1810  
Lloyd Center (503) 287-2444  
Downtown (503) 224-6666  
Washington Square (503) 620-0555  
Salem (503) 371-7710  
Vancouver, WA 360-256-8666  
www.nordstrom.com  
• Click “Our Stores” to locate a store  
• All stores will sell two differently sized shoes as one pair or sell just one shoe at a reduced price  
• Best selection of over and under sizes (10 ½ and larger, 4 ½ and smaller)

Shamrock Medical  
3620 SE Powell Blvd.  
Portland, OR 97202  
(503) 233-5055 or 1-800-231-2225  
• Bathroom items, wheelchairs, crutches and walkers  
• Adapted kitchen items and tools  
• Medicaid accepted  
• Sales and rentals available

Pacific Coast Medical Supply (two locations)  
1210 Marine Dr.  
Astoria, OR 97103  
(503) 338-0349  
1-(877) 311-0349  
www.pacificcoastmedical.com

8080 Mill Plain Blvd.  
Vancouver, WA 98664  
(360) 695-5161  
1-(866) 695-5161  
• Bathroom safety equipment and incontinence products  
• Wheelchairs, seat lift chairs, ambulation aids and hospital beds  
• Oxygen and CPAP equipment and supplies

Do I look happy here, or what!
Adult Day Care & Respite Programs

Day Stay = client is dropped off for the day, then picked up and returned home
Respite care = overnight care

Caretique, Inc.
8401 NE 8th Way
Vancouver, WA 98664
(360) 253-6200
www.caretique.com
• Devoted to the care and support of people with dementia
• Dementia, Alzheimer’s, Parkinson’s, traumatic brain injury, and other similar dementia conditions
• Many programs including day stay, respite care and support groups

Cascade Adult Center
996 Jefferson
Eugene, OR 97402
(541) 726-4484
Hours: 7:30 am - 5:30 pm
www.cascadehealth.org
Click on “Center for Healthy Living” then “Cascade Adult Center”
• 18 years and older
• Exercise, art, mental stimulation
• Medication management and personal care
• One hot meal and two snacks
• Three caregiver support groups per week and caregiver training

CDM Services
11818 SE Mill Plain Blvd.
Vancouver, WA 98684
(360) 896-9695
www.cdmservices.net
Email: info@cdmltc.org
• Helping people help themselves to remain independent at home with dignity and choice
• Non-profit agency
• Day stay services

Cedar Sinai Park Day Center
6125 SW Boundary St.
Portland, OR 97221
(503) 535-4403
www.cspark.com/adc
Hours: Mon-Fri 8:30 am – 6:00 pm
(extended if necessary)
• Full day activities including exercise, golf, sing-alongs and reminiscing
• Lunch and two snacks provided
• Call for rates

Grace Center for Adult Day Services
980 NW Spruce Ave.
Corvallis, OR 97330
(541) 754-8417
Hours: Mon-Fri 8:00 am - 4:30 pm
www.grace-adultdayservices.org
Social, health, and support services in a homelike setting
• Art therapy, exercise, individualized activities, vital stats monitoring
• Nutrition and medication assistance
• Call for rates

Hampton Communities
1617 SE Talton Rd.
Vancouver, WA 98683
(360) 356-8513
• Provide regular services for Alzheimer’s and other memory loss conditions
• Will provide short term respite care on case by case basis, private pay
• 68 private rooms
• Call for pricing, availability, criteria
• Ask for Kathy Sholes, Community Relations Coordinator
Innovative Services NW
9414 NE Fourth Plain Rd.
Vancouver, WA 98662
(360) 892-5142
www.innovativeservicesnw.org
• Non-profit agency
• Assists and supports children, adults and families who have disabilities or other disadvantages
• Adult and Elder day stay services
• Daily mobility groups and rehabilitative program

Lambert House
2600 SE 170th Ave.
Portland, OR 97236
(503) 760-2075
www.voaor.org
• Activities include arts & crafts, meals, movies, cards, gardening therapy, music therapy and games
• Hours: Mon-Fri 7:30 am - 5:30 pm
• Call for rates

Lifeworks Northwest
14255 SW Brigadoon Ct., Ste. 80
Beaverton, OR 97005
(503) 641-1475
www.lifeworksnw.org
• Individual assessment for plans and activities, transportation services, medication monitoring, recreation, music, art therapy, hot lunch, and caregiver classes
• Full-time RN available
• Assistance with Activities of Daily Living
• Call for rates

Pacific Gardens Alzheimer's Special Care Center
17309 NE Glisan St.
Portland, OR 97230
(503) 253-4920
www.jeaseniorliving.com/portland.html
• Program maximizes each individual’s abilities and builds self-esteem
• Reading, exercise, gardening, baking
• Snack provided
• Provides caregiver relief, education and referral to community services
• Volunteer opportunities available
• Primarily for adults with Alzheimer’s, but survivors of stroke welcome

Park Lido
8422 NE 8th Way
Vancouver, WA 98664
(360) 256-2980
www.parklido.com
Email: parklindo@aol.com
• Assisted Living facilities
• Adjacent to complete medical facilities
• Individual care options available
• Day stay and respite services

Marie B. Smith Center
4616 N. Albina
Portland, OR 97217
(503) 335-9980
www.voaor.org
• Therapeutic health, social, and recreational activities
• Personalized attention from caring staff trained in CPR, First-Aid, and restorative care

Southwest Washington Area Agency on Aging and Disability (SWAAD)
(360) 694-8144
www.helpingelders.org
• General information for Clark, Cowlitz, Skamania, Wahkiakum and Cowlitz Counties
• Power Tools-Caregiver Class held twice a year in November and April; call to sign up
• Respite care provided during class
Stonebridge
7900 NE Vancouver Mall Dr.
Vancouver, WA 98662
(360) 882-8800
• Provide regular services for Alzheimer’s and other memory loss conditions
• Will provide short term respite care on case by case basis, private pay
• Call for pricing, availability, criteria
• Ask for Sandy Erickson, Community Relations Coordinator

Overnight Respite Services

River Valley Landing
19200 SW 65th Ave.
Tualatin, OR 97062
(503) 692-3192
www.rivervalleyrcf.com

Legacy TLC Unit at Legacy Meridian Park
19300 SW 65th Ave.
Tualatin, OR 97062
(503) 692-2161
• Short questionnaire to determine level of care
• Three meals per day provided
• Medication assistance

Respite Referral Services

Adult Placement Network
8826 SE 28th Pl.
Milwaukie, OR 97222
(503) 659-2029
www.adultplacementnetwork.com
• Personalized service designed to assist families in locating the most appropriate living arrangements around the greater Portland and Vancouver areas
• Options include adult care homes, assisted living, residential care,

Alzheimer’s care, retirement communities and skilled-care facilities
• Facility tours available
• Service is free

Eldercare Locator
www.Eldercare.gov
• National resource for services anywhere in the United States
• A public service of the U.S. Administration on Aging

Legacy Good Samaritan Hospital & Medical Center
Caregiver Services
1015 NW 22nd Ave.
Portland, OR 97210
(503) 413-7706
(360) 487-1188 (Washington)
www.legacyhealth.org
Click on “Our Health Services” then “Caregiver Services”
• Legacy Caregiver Respite Services maintains a listing of contract caregivers who have attended a Legacy training program. Listing is updated and published bi-monthly.
• List is available online or by phone
• One adult day care program available

Oregon Lifespan Respite Networks
www.oregon.gov/DHS/respite/
• This link provides a list of Oregon Lifespan networks for every county in Oregon

Trinity Place Adult Daycare
220 NW Trinity Place
(Corner of NW 19th and NW Everett)
Portland, OR 97210
Wednesday/Friday 12:30pm-4:30 pm
• Educational class for family members, “Powerful Tools for Caregivers”
• Fees apply for care
Books Relating to Stroke

After Stroke
by David M. Hinds and Peter Morris

American Heart Association Family Guide to Stroke Treatment, Recovery, and Prevention
by the American Heart Association

Aphasia: My World Alone
by Helen Wulf

Black Health Library Guide to Stroke
by LaFayette Singleton, M.D. and Kirk Johnson

The Family Guide to Surviving Stroke and Communication Disorders
by Dennis C. Tanner

How to Conquer the World with One Hand...and an Attitude
by Paul E. Berger and Stephanie Mensh

Living with Stroke: A Guide For Families: Help and New Hope for All Those Touched by Stroke
by Richard C. Senelick M.D., Peter W. Rossi, M.D., and Karla Dougherty

My Stroke of Luck
by Kirk Douglas
(also available in Audiobook format)

Pathways: Moving Beyond Stroke and Aphasia
by Susan Adair-Ewing M.A., CCC and Beth Pfalzgraf M.A., CCC

Portrait of Aphasia
by David Knox

Understanding Stroke and Aphasia
by Jon Eisenson

Comfort of Home for Stroke
by Maria Meyer and Paula Derr

The Stroke Book: A Guide To Life After Stroke For Survivors And Those Who Care For Them
by June Biermann and Barbara Toohey

What you really need to know about caring for someone after a stroke
by Robert Buckman, M.D. with Jenny Sutcliffe

These books and more may be found at local bookseller Powell’s Bookstore by visiting www.Powells.com or calling 1-(800) 878-7323.

Residents of the greater Portland area may find these and other resources also at Multnomah County Libraries.

Multnomah County Central Library
801 SW 10th Ave.
Portland, OR 97205
www.multcolib.org
Main line: (503) 988-5123
Reference line: (503) 988-5234
TTY: (503) 988-4246
Switchboard: (503) 988-5402 for all Multnomah county branches
Community Resources & Information

ADA Answers Northwest
(503) 494-3281
• Complete information source on the ADA and other disability laws
• Consultations, trainings, workshops and resources on ADA topics

Central Oregon Resources for Independent Living (CORIL)
20436 SE Clay Pigeon Ct.
Bend, OR 97702
(541) 388-8103
www.coril.org
• Non-profit organization promoting independent living for people with disabilities. Provides community and peer support information.
• Resource referrals provided upon request
• Brain Train©, a computer program designed to improve thinking ability and control
• ADA coordinated
• Please call for appointments

Douglas County Senior Services
Main office
621 W Madrone
Roseburg, OR 97470
(541) 440-3580
1-(800) 234-0985
TTY: (541) 440-3548
FAX: (541) 440-3599
www.co.douglas.or.us/dch/SS
• State agency
• Provides medical and food stamps assistance
• Assistance in securing in-home care and locating residential care facilities

HASL Independent Abilities Center (Handicap Awareness and Support League)
305 NE ‘E’ St.
(Parkway Professional Building)
Grants Pass, OR 97526
(541) 479-4275
1-(800) 758-4275
TTY: (541) 479-3588
Fax: (541) 479-7261
www.haslonline.org
• Non-profit organization that promotes independent living, self respect, self determination, equal access, and equal opportunities for seniors and people with disabilities
• Provides community education, peer mentoring, advocacy, information and referral, and independent living skills
• Recreational and social opportunities available
• See website for a broad range of services and additional online resources

Homeproviders, Inc.
12645 SE Madison St.
Portland, OR 97233
(503) 253-6991 Chris Nelson
(503) 252-5774 Kathleen Crater
www.criscros.com
• No-cost adult care placement consultants

Independent Living Resources
2410 SE 11th Ave.
Portland, OR 97214
(503) 232-7411
www.ilr.org
• Nonprofit organization promoting independent living for people with disabilities
• Community education, peer support information, public transportation training, transcription services, and Braille
• Resources and referrals available
• Both free and fee-based services
• ADA coordinated
• Please call for an appointment
Legacy Community Health Information Center
Good Samaritan Building 2
1040 NW 22nd Ave. Suite 300
Portland, OR 97210
(503) 413-7348
www.legacyhealth.org
• Classes and health information
• Books, brochures, and handouts available for use or purchase

Living Well with Chronic Conditions
Oregon Department of Human Services
800 NE Oregon St. Suite 730
Portland, OR 97232
(971) 673-0984
www.oregon.gov/DHS/ph/livingwell
• A six-week workshop that teaches real-life skills for living a full, healthy life with a chronic condition
• Participants share their successes and build a common source of support. The workshop builds confidence around managing health, staying active, and enjoying life.
• Classes are offered throughout Oregon and Washington. Some classes charge a small fee to cover the cost of materials, which includes a book

Loaves & Fishes
6125 SE 52nd Ave.
Portland, OR 97206
(503) 736-6325
www.loavesandfishesonline.org
• Provides meals to numerous senior centers and homes
• No fee; donations accepted

Meals on Wheels Association of America
(703) 548-5558
www.mowaa.org
• Providing meal services to people in need
• Click on “Find meals near you!”

Northwest Senior & Disability Services
1-(800) 469-8772
www.nwds.org
• Offers a range of services including caregiver support, housing assistance, insurance, financial assistance, and volunteer opportunities
• Multiple branches in Clatsop, Marion, Polk, Tillamook, and Yamhill Counties

Oregon Pacific Red Cross Meals-on-Wheels
862 Bethel Dr.
Eugene, OR 97402
(541) 344-5244
www.oregonpacific.redcross.org
• Delivered meals
• Volunteer to deliver meals and check on program participants
• Serves most of Eugene and some of Springfield

Oregon Stroke Center
Hatfield Research Center, 13th floor
3181 SW Sam Jackson Park Rd.
Portland, OR 97239
(503) 494-7772
www.oregonstrokecenter.org
• Educational brochures and books
• Wheelchair accessible
• Comprehensive treatment and prevention services

Portland State University (PSU) Speech and Hearing Clinic
PO Box 751
Portland, OR 97207
(503) 725-3070
Office: 85 Neuberger Hall
www.sphr.pdx.edu
• PSU provides a variety of speech and language opportunities for stroke survivors with aphasia, including individual and small group therapy as well as a summer camp
• Fees vary
Senior Citizens Council of Clackamas County
PO Box 1777 or 812 7th St.
Oregon City, OR 97045
(503) 657-1366
www.seniorcouncilofclackamasco.org
• In-home services to recruit, screen, and refer care providers
• Court appointed guardian/conservator and guardianship diversion program
• Gatekeeper and CarrierLink programs
• Volunteer opportunities
• Large variety of low-cost durable medical equipment for loan
• Clackamas County residents only

SPOKES Unlimited
415 Main Street
Klamath Falls, OR 97601
(541) 883-7547
www.spokesunlimited.org
• Non-profit organization promoting independent living for people with disabilities
• Community education, check writing services, financial planning, peer support information
• Resource referrals available
• ADA coordinated

Umpqua Valley Disabilities Network
419 NE Winchester St.
Roseburg, OR 97470
(541) 672-6336
TTY (541) 440-2882
FAX (541) 672-8606
www.uvdn.org
• Nonprofit organization raising awareness of disabilities, promoting full inclusion in the community and fostering independent living
• Peer mentoring, information and referral, independent living skills training, individual and systems advocacy
• Offers a variety of support groups
• ADA coordinated

University of Oregon
Speech-Language-Hearing Center
Clinical Services Building
901 E 18th Ave.
Eugene, OR 97403
(541) 346-3593
http://education.uoregon.edu/content/123
• Full service clinic
Free Geek Community Technology Center
1731 SE 10th Ave.
Portland, OR 97214
(503) 232-9350
www.freegeek.org
• Open Tues–Sat 11:00am – 7:00pm
• Adopt-A-Computer program that helps people receive a refurbished computer in exchange for 24 hours of volunteer service at the recycling facility
• Learn to build a computer; build six computers, keep the sixth one for yourself
• Volunteer tasks include recycling, testing, and processing donations
• Wide variety of software but primarily designed for word processing and internet use
• Basic computing class offered
• Volunteers may tour Tues-Sat at Noon or 6:00pm

Portland State University Assistance Technology Center
Branford Price Miller Library
Post Office Box 1151
Portland, OR 97207-1151
(503) 725-8395 (Voice, TTY)
www.pdx.edu/library/assistivetechnology.html
E-mail: Petteysp@pdx.edu
• Hours: Mon – Fri 9 am – 5 pm
• A used equipment marketplace
• Assistive technology evaluations and training
• Assistance to locate funding for assistive technology
• Referrals to other agencies and resources
• Technical assistance, training, and education for individuals and groups

State of Oregon Vocational Rehabilitation – Department of Human Services
500 Summer St. NE, E-87
Salem, OR 97301
(503) 945-5880
1-(877) 277-0513
TTY: 1-(866) 801-0130
Fax: 503-947-5010
www.oregon.gov/DHS/vr
• Service provided to people with disabilities on an individual basis
• Job Club to aid in employment
• Transitional skills and job search
Counseling, Educational & Financial Resources

Counselors

The American Mental Health Alliance
www.AmericanMentalHealth.com
• Visit the AMHA and click on “Therapist Locator” to choose from a list of mental health providers in your area

Julianna Waters, LCSW
1020 SW Taylor St. Suite 315
Portland, OR 97205
(503) 225-0908
• In-home counseling for home bound individuals with co-occurring medical and emotional challenges (i.e.: disability, injury, illness)
• In office individual, couples, or family counseling for issues involving chronic illness/pain, disability, aging, deafness/hard of hearing and terminal illness
• Proficient in American Sign Language

Educational Resources

Jack Elmer, Stroke Survivor
4733 SE Hawthorne Blvd.
Portland, OR 97215
(503) 234-8115 ask for Mr. Elmer
• Mr. Elmer is a stroke survivor and local entrepreneur who speaks to groups about stroke prevention and his experiences. No fee is charged, by appointment only. Mr. Elmer requests two weeks advance notice and a reminder call two days prior to a speaking event. Please note this is the business number for JaCiva’s Bakery.

Emily Thompson, Community Coordinator
Legacy Community Health Services
(503) 413-8790

E-mail: ethompso@lhs.org
• Offers talks on stroke prevention and living with stroke
• An excellent resource on a variety of topics relating to stroke

Legacy Health System
1919 NW 22nd Ave
Portland, OR 97210
(503) 413-7348
www.legacyhealth.org
• Wide variety of classes on care issues, legal issues, estate planning
• Also provides information on gardening, cooking, and other recreational classes
• Receptionist will send you a brochure of class listings
• Fees required

OASIS (Older Adult Services and Information System) Institute
(two locations)
621 SW 5th Ave.
4th floor of the new Macy’s building
(formerly Meier & Frank)
Portland, OR 97204
(503) 241-3059
www.oasisnet.org/portland
• Offers classes, events, programs for adults in arts, humanities, wellness and basic computer skills
• Opportunities for tutoring young students available

OASIS Education Center
100 Valley River Center
Upper level of Macy’s
(541) 342-6611 ext 2601
www.oasisnet.org/eugene
Oregon State University - Valley Library for Aged/Senior Citizens
http://osulibrary.oregonstate.edu
- Audio-visual library on topics related to stroke
- Fee varies, reduced tuition rate for senior citizens

Portland Community College (PCC) Senior Studies Institute
P.O. Box 80744
Portland, OR 97280-1744
(503) 977-4122
www.pcc.edu/resources/senior-studies
- Pressure-free classes for dynamic older adults in a wide variety of areas
- No grades or mandatory attendance required
- Various locations around the greater Portland region (Beaverton, Portland and Multnomah Village)
- Fees apply for courses and materials
- Please also note that the main Multnomah County Library has an extensive collection of materials available for check out

Financial Advising

Edward Jones Investments
29030 SW Town Center Loop E.
Wilsonville, OR 97070-9490
(503) 682-0772
- Free initial consultation with no future obligation – insurance, tax and estate planning

Howard Shapiro
4010 SW Westdale Dr.
Portland, OR 97221
(503) 296-8500 (business hours)
- Provides individual advising and referrals as needed
- No fee

Social Security Administration
1538 SW Yamhill St.
Portland, OR 97205
1-(800) 772-1213
TTY: 1-(800) 325-0778
www.ssa.gov
- Provides free advising
- Wheelchair accessible with handicap parking
- No fee

Senior Health Insurance Benefit Program (SHIBA)
250 Church Street SE Suite 200
Salem, OR 97301-3921
1-(800) 722-4134
Fax: (503) 378-8365
www.oregon.gov/DCBS/SHIBA
Email: shiba.oregon@state.or.us
- Provides free help with Medicare and other health insurance sponsors – volunteers educate, assist and serve as advocates for people with Medicare
- No fee required
Community Builders Program
Reach Community Development
1135 SE Salmon St.
Portland, OR 97214
(503) 231-0682 Anastasia Howard
Fax: (503) 236-3429
www.reachcdc.org
- Volunteer services for the elderly and disabled providing minor home repairs (smoke detectors, grab bars, etc.) minor carpentry repairs and exterior painting
- All services free to eligible recipients

Diversified Home Services
18620 NE Halsey St.
Portland, OR 97230
(503) 816-1134
- Licensed & bonded (CCB# 106468)
- General Contractor and Handyman, experienced in ramp/bathroom accessibility remodels, also plumbing, minor electrical, hot water heaters
- Prefers to work on the East Side

Healthlinks Healthcare Directory
www.healthlinks.net
- Search The Healthlinks Healthcare Directory of health care resources
- Links to publications, information and health organizations

Home Helpers
(541) 461-3142 Eugene, OR
(360) 956-3923 Olympia, WA
(425) 673-5082 Edmonds, WA
www.homehelpers.cc
- Multiple locations in California – check website for numbers
- Personalized Care, companionship, assistance with meals, light housekeeping, transportation and errand services
- Employees are thoroughly screened, formally trained, insured and bonded
- Affordable and flexible schedules

Making Life Easier Home Care Services
9011 SW Beaverton-Hillsdale Hwy
Suite 1-D
Portland, OR 97225
(503) 384-0203
www.mlehomecare.com
Email: mlellc@aol.com
Hours: Mon-Fri 8:00am – 5:00pm
- 24 hour answering service for weekends and evenings
- Personal care services, including bathing, grooming, respite and hospice care, assistance with medications, Alzheimer’s care
- Companionship services, light housecleaning, cooking, shopping, errands, help with pets
- Registered nursing and medication management

Metro Advance Cleaning
1667 SW Kendall Ct.
Troutdale, OR 97060
(503) 891-4899
- Offers moving and extreme cleaning

National Institute of Neurological Disorders and Stroke
www.ninds.nih.gov
- The nation’s leading supporter of biomedical research on disorders of the brain and nervous system such as Alzheimer’s, Apraxia, Bell’s palsy, stroke and traumatic brain injury
- Provides general information and links to many health organizations
Neighborhood House, Inc.
Peoplebank
7688 SW Capital Hwy.
Portland, OR 97219
(503) 244-5204
Fax: (503) 245-8101
www.nhweb.org
E-mail: volunteer@nhweb.org
• Volunteers assisting seniors living in SW Multnomah County with yard work, transportation, minor home repairs, friendly visits and shopping

Oregon Project Independence (OPI)
500 Summer St. NE, 2nd Floor
Salem, OR 97301-1073
(503) 945-5811
1-(800) 282-8096
Fax: (503) 373-7902
• For those not eligible for Medicaid who need assistance paying for limited in-home services
• Helps arrange services on a sliding fee scale according to income

Portland Impact
SE Multicultural Service Center for Seniors and People with Disabilities
4610 SE Belmont St.
Portland, Oregon 97215
(503) 988-3660
www.portlandimpact.org/services_senior.htm
• Serves as a point of entry for individuals needing assistance with housing, in home care, food, clothing, medical equipment and other pressing needs
• Provides transit and escort to seniors and adults with disabilities to help them attend medical appointments, go on shopping trips for food and essential items, and to attend community events that enhance their interest in and quality of life

Project Linkage
Metropolitan Family Services
2200 NE 24th Ave.
Portland, OR 97212
(503) 249-0471
www.metfamily.org/project_linkage.htm
E-mail: plink@metfamily.org
• Volunteers help seniors (over 60) and those with disabilities with:
  ▪ Transportation – NE, SE
  ▪ Shopping - NE
  ▪ Friendly visiting - NE
  ▪ Home Repair - NE
  ▪ Telephone reassurance – (entire metro Portland area)

REACH Community Development
1135 SE Salmon St.
Portland, OR 97214
(503) 231-0682
Fax: (503) 236-3429
www.reachcdc.org
• Community Builders Program provides free home repairs for homeowners who need help due to age, disability and low income
• Home repairs include minor plumbing & electrical repairs, installing safety aids and some insect extermination services
• Volunteer organization

Rebuilding Together
5000 N Willamette Blvd.
Portland, OR 97203-5798
(503) 943-7515
Fax: (503) 943-7322
www.rebuildingtogetherportland.org
Email: support@rebuildingtogetherportland.org
• Provides labor and materials on qualifying homes in the city of Portland
• Volunteer organization
Right at Home: In Home Care & Assistance (two locations)
12847 NW Cornell Rd
Portland, OR 97229
3312 E 4th Plain Blvd.
Vancouver, WA 98661
(360) 694-7313
1-(877) 724-7359
Fax: (503) 961-1241
www.portland.rightathome.net
Email: rmacnaughton@rahcares.com
• Provides extra assistance after a hospital stay; for an aging person who needs extra help to remain in their home
• Provides respite for family members caring for an ailing loved one
• Personalized plan of care for clients
• Services are delivered wherever client calls home: Private residence, assisted living or group home, hospital, acute care, rehabilitation, or hospice facility
• Transportation, sitter services, hospital discharge assistance, support following a stroke, couples care
• Care can be provided for as little as 3 hours a day and up to 24 hours a day, 7 days a week
• Caregivers are professionally trained
• Newsletter provided with information, advice and support for adult care giving

Visiting Angels: Living Assistance Services
10000 SW Wilshire St. Suite B
Portland, OR 97225
(503) 297-7000
www.visitingangels.com
Email: pdxwings@visitingangels.com
Hours: 24 hours, 7 days a week
• Assistance with personal care, hygiene, nursing assessments, meal preparation, light housekeeping, running errands, medication and more
• Affordable hourly rates – mornings, mid-day, evenings, weekends, and holidays

SOS Moving Management Corp.
(formerly Senior One Services)
10630 NE Halsey
Portland, OR 97220
(503) 254-0514
www.sosmoves.com
• Free in-home consultations
• Assistance with downsizing, sorting organizing, packing and moving
• Coordination of shipping special items
• Conduct estate sales and liquidations
• Coordinate with realtors to prepare a home for sale or rent
• Provide professional cleaning services, hauling and disposal

Great food, great entertainment, great fun!
Legal Information Regarding Aphasia

The following information is courtesy of informational fact sheet written by the National Aphasia Association. Visit their website for more information on the non-profit organization and its research, education, rehabilitation and support services.

The National Aphasia Association
www.aphasia.org
1 (800) 922-4622

Unnecessary arrests, inappropriate proceedings and misguided decisions have resulted when police officers, attorneys, and judges have been ignorant of aphasia. In addition to the NAA's Fact Sheets about aphasia and its impact, the following resources have proven helpful in some cases.

The Americans with Disabilities Act (ADA) prohibits discrimination against people with disabilities in employment, public accommodations, transportation and other areas. The American Speech-Language Hearing Association (ASHA) has a list of articles that interpret the ADA. Much of the information relates to other communications disabilities such as deafness, but some is relevant to people with aphasia. Contact ASHA Office of Multicultural Affairs, 10801 Rockville Pike, Rockville, MD 20852, (301) 897-5700, www.asha.org. For information on filing complaints under the ADA contact the US Department of Justice, www.usdoj.gov, 1-(800) 514-0301.

The paper “Legal Aspects of Aphasia, American Bar Association and the American Speech-Language-Hearing Association” (1983), discusses several cases relating to aphasia. Issues include the competency of people with aphasia to create and change wills, to act as a witness, and the right to serve on a jury. Other issues raised were cases of unethical conduct by attorneys who defrauded people with aphasia. The article continues to serve as a starting point for advanced aphasia and the law research. A copy is available from the National Aphasia Association by calling 1-(800) 922-4622 or visiting their website at www.aphasia.org.

Legal Competency of Aphasic Patients: Role of Speech-Language Pathologists, Archives of Physical Medicine and Rehabilitation, Vol. 61, August 1980 (pp. 375-76). The authors, two speech-language pathologists and a physician, conclude that it would be in the best interest of persons with aphasia if the court would depend on the expert opinions of speech-language pathologists to make detailed evaluations of language competency (rather than relying on a neurologist, physiatrist, or general practitioner). They also state that a speech-language pathologist can help choose the best way to communicate with a person with aphasia who must respond to questioning.

Law Enforcement Response to Persons with Aphasia, Police Chief Magazine, December 2004. Written by a police officer and the Executive Director of the NAA, the article explains aphasia and sets for appropriate responses when encountering a person with aphasia.
Recreation & Travel

Access-Able Travel Source
(303) 232-2979
Fax: (303) 239-8486
www.access-able.com
• Online information for mature and disabled travelers
• Disability travel and recreation resources worldwide
• Free monthly email newsletter

Amtrak
1-(800) 872-7245
Ask for “agent”
www.amtrak.com
• Click on “Traveling With Amtrak”, then see “Special Needs”
• Lifts on trains
• Assistance available for travelers with special physical needs
• Please indicate needs when making reservation – including bringing wheelchair and/or walker

Disability Travel and Recreation Resources
www.makoa.org/travel
• Provides links to information regarding travel planning, destinations, transportation, air travel, and more

Gifford Pinchot National Forest-Barrier-Free Forest Headquarters
10600 N.E. 51st Circle
Vancouver, WA 98682
(360) 891-5000
TTY: (360) 891-5003
www.fs.fed.us/gpnf/recreation
• Barrier-Free Trails and campgrounds with accessible parking lots, composting toilets and picnic tables
• Information regarding wheelchair accessible trails
• Day fees where applicable

Harman Swim Center
7300 SW Scholls Ferry Rd.
Beaverton, OR 97008
(503) 629-6314
Fax: (503) 629-6324
• Aquatic hydro exercise promotes wellness and balance in a secure and comfortable atmosphere
• Warm water (88 degrees)
• Wheelchair accessible pool and parking
• Open swim Tues & Thurs 9:30-10:30am
• Adaptive fitness and swim class
• Contact Sabrina Taylor for information

Mittleman Jewish Community Center
6651 SW Capitol Hwy
Portland, OR 97219
(503) 244-0111
Fax: (503) 245-4233
www.oregonjcc.org
Email: mjcc@oregonjcc.org
• Warm water therapy pool
• 25 yard pool
• Assistance (electric lift) for pool access
• Relaxation, individual swim, physical therapy, massage and aquatic therapy
• Personal exercise assistance available
• Arthritis Foundation designed and endorsed Hydrocise water-exercise classes
• Some participation requires doctor referral
• Participants must provide own caregivers for dressing, showering (wheelchair-accessible showers) and transportation
• Call for hours, fees, and information
• Open 7 days a week
Oregon Department of Fish and Wildlife
Headquarters: 3406 Cherry Ave. NE
Salem, OR 97303
(503) 947-6000
1-(800) 720-6339
www.dfw.state.or.us
• Disability permit available which allows shooting from a motor vehicle when hunting, expands “bag limits”
• Disabled War Veteran license for veterans who incurred at least a 25% disability while in the service, free for those who qualify

Portland Parks and Recreation
Adaptive and Inclusion Recreation
426 NE 12th Ave.
Portland, OR 97232
(503) 823-4328
• Offers recreation activities and leisure services specifically designed for people

Providence Macadam Therapy Pool
5757 SW Macadam Ave.
Portland, OR 97239
(503) 223-6840
• Warm water (92-94 degrees)
• Shallow Depth (3-5 feet)
• Post-stroke class designed to specially address range of motion, strengthening exercises and flexibility maintenance
• Accessible dressing rooms/showers
• Adaptive swimming equipment (electronic lifts) available
• Watsu massage in the pool available by licensed massage therapist
• Individual and group swims
• Fees vary
• Scholarship applications available
• Contact Kathleen Ziegler-Ramsay, Aquatic Supervisor, for information

Enjoying the great outdoors!
Senior & Community Centers

**Beaverton**
Elsie Stuhr Senior Adult Center
5550 SW Hall Blvd.
Beaverton, OR 97005
(503) 629-6342
www.thprd.com
- Classes offered by Tualatin Hills Parks and Recreation District
- Fitness programs
- Lunch & socializing for seniors 60 and above provided by Loaves & Fishes
- Donations encouraged

**Canby**
Canby Adult Center
1250 S. Ivy
Canby, OR 97013
(503) 266-2970
- Computer classes, travel club, transportation, meals
- Medical equipment loan program
- Foot clinic, blood pressure checks and exercise
- Educational programs, games and entertainment
- Donations encouraged

**Cottage Grove**
Cottage Grove Community Center
700 E. Gibbs
Cottage Grove, OR 97424
(541) 942-1185
- Office hours: Mon–Fri 10am – 4pm
- Classes, drop-in activities, monthly recreational trips
- Exercise groups, hearing tests, blood pressure checks, foot care, legal aid, computer classes

**Estacada**
Estacada Community Center
200 SW Clubhouse Dr.
Estacada, OR 97023
(503) 630-7454
- Games, entertainment and nutritious meals delivered and on-site
- Exercise classes, information on community resources
- Donations encouraged

**Eugene**
River Road Park & Recreation District
1400 Lake Dr.
Eugene, OR 97404
(541) 688-4052
www.rrpark.org
- Senior classes (general interest, health and fitness, music, foreign language)
- Senior trips and hikes
- Senior get-togethers (travelogues, potlucks, cards and games)
- Senior services (newsletter, advising council, senior outreach, blood pressure check, foot care clinic)
- Cell phone and computer donation site

**Hilyard Community Center**
2580 Hilyard St.
Eugene, OR 97405
(541) 682-5311
- Office Hours: Mon–Fri 8:00am-6:30pm
- Adaptive recreation services
- Accessible community center
- Focus on adults with disabilities
- Classes and activities
- Recreation equipment loan
** Support groups for stroke survivors**

**Campbell Senior Center**
155 High St.
Eugene, OR 97401
(541) 682-5318
- Hours: Mon–Fri 8:00am - 4:30pm
- Stroke support group referral
- Blood pressure checks, foot care, hearing clinic
- Senior legal services
- Diabetes & Parkinson's support groups
Peterson Park Barn Community Center  
870 Berntzen Rd.  
Eugene, OR 97402  
(541) 682-5521  
• Office Hours: Mon-Fri 9:00am-5:00pm  
• Trips, special events, drop-in activities  
• Health screenings

Trude Kaufman Senior Center  
996 Jefferson St.  
Eugene, OR 97477  
(541) 342-1881  
• Office hours: Mon–Fri 9:00am-4:30pm  
• Home-like atmosphere, park-like setting  
• Recreational activities, educational programs and support services  
• Meal programs  
• Pool, exercise room  
• Respite care

Gladstone  
Gladstone Senior Center  
1050 Portland Ave.  
Gladstone, OR 97027  
(503) 655-7701  
• Meals and entertainment  
• Classes such as stained glass and yoga, exercise, games  
• Outings to places such as the Pendleton Round-up, Clackamas County Fair and thrift store shopping  
• Transportation, blood pressure checks and foot clinic  
• Legal assistance  
• Stroke screening  
• Donations encouraged

Junction City  
Viking Sal Senior Center  
245 W 5th Ave.  
Junction City, OR 97448  
(541) 998-1556  
• Out-of-town trips  
• Lunch offered Tuesdays year round  
• Special interest lecture is offered at least once a month  
• Pool tables, cards, art and knitting groups  
• Blood pressure checks, exercise classes

Lake Oswego  
Lake Oswego Adult Community Center  
505 G Ave.  
Lake Oswego, OR 97034  
(503) 635-3758  
TTD: (800) 735-1232  
www.ci.oswego.or.us/acc/  
• Outings, trips, card games, quilting bee, entertainment, foreign language conversation classes and nature hikes  
• Meals available  
• Foot clinic, blood pressure checks, respite resources, grocery program, tax preparation assistance, medical escort, fitness hydrotherapy  
• You can request a program listing all of the classes; fees for some classes  
• 5 blocks from TriMet  
• Donations suggested

Molalla  
Molalla Adult Community Center  
315 Kennel St.  
Molalla, OR 97038  
(503) 829-4214  
www.molalla.net/~city/page4  
• Trips and excursions, skits, fundraising events for center programs and activities  
• Equipment loan program and medical transportation  
• Lunches  
• SHIBA advising, legal services, health service respite  
• Card games, transportation to swimming pool, movies, and a community education program  
• Donations and fees
**Oakridge**  
**Oakridge Senior Lounge**  
47674 School St.  
P.O. Box 1410  
Oakridge, OR 97463  
(541) 782-4243  
- Classes, bingo, cards and more  
- Call for scheduled activities

**Portland Area**  
**Hollywood Senior Center**  
1820 NE 40th Ave.  
Portland, OR 97212  
(503) 288-8303  
- Hours: Mon-Fri 8:30am – 4:30pm  
- 24-hour Crisis Line for Seniors please call (503) 988-3646  
- Outings, legal aid, foot clinic, blood pressure checks, equipment loaner program, gift shop  
- Exercise and tai chi groups, singing groups  
- Caregiver support group

**Milwaukie Center**  
5440 SE Kellogg Creek Dr.  
Milwaukie, OR 97222  
(503) 653-8100  
- Senior Center  
- Computer work stations and classes  
- Transportation for grocery shopping and to Center  
- Line dancing, trips, old-fashioned ice cream socials  
- Blood pressure checks, foot care clinic, SHIBA counseling, medical equipment loan program, respite resource  
- Meals, outdoor recreation, education, arts and crafts  
- Fees vary

**Mittleman Jewish Community Center**  
6651 SW Capitol Hwy  
Portland, OR 97219  
(503) 244-0111  
www.oregonjcc.org

**Neighborhood House Senior Center**  
7688 SW Capitol Hwy  
Portland OR 97219  
(503) 244-5204  
- Hours: Mon-Fri 9:00am – 3:30pm  
- Senior Studies Institute (SSI) classes site, card games, seminars from stroke survivors, medical experts, and others  
- Exercise program, foot clinics  
- Computer lab, library, trips  
- Fees required: trips, some activities

**Pioneer Community Center**  
615 5th St.  
Oregon City, OR 97045  
(503) 657-8287  
- Hours: Mon-Fri 9:00am – 4:00pm  
- Computer classes, trips and tours, card games, classes, exercise program  
- Lunches, grocery shopping service, and medical equipment loan program  
- Foot clinic, transportation  
- Donations encouraged

**McMinnville Senior Center**  
2250 McDaniel Lane  
McMinnville, OR 97218  
(503) 435-0407  
- Travel opportunities  
- Weekly classes, clubs, hot lunches, support groups, volunteer opportunities  
- Meal delivery

**Tigard Senior Center**  
8815 SW O’Mara St.  
Tigard, OR 97223  
(503) 620-4613  
Fax: (503) 620-4710  
- Creative writing, English as a Second Language, knitting, woodworking, book exchange, gardening, card games, quilting, and ceramics  
- Hearing and blood pressure clinics, medical equipment loan program, tax assistance, meals  
- Volunteer opportunities
Sandy Senior Center
38348 Pioneer Blvd.
Sandy, OR 97055
(503) 668-5569
• Trips, hearing clinics, exercise activities, foot care, blood pressure checkups, and chartered shopping trips
• SHIBA advising, educational seminars, entertainment, bingo, card games, computer classes
• Respite “Change of Pace” program (nominal charge)
• Meals-on-Wheels program
• Van transportation to Center, local doctor visits and/or shopping, free legal assistance in areas such as estate planning, wills, and consumer complaints
• Donations accepted
• Fees for certain activities

Welches
Hoodland Senior Center
25400 E Salmon River Rd.
Welches, OR 97076
(503) 688-3331
www.mthood.info/hoodlandseniors
• Respite “Change of Pace” program (nominal charge)
• Trips, meals, blood pressure checks, transportation, free legal assistance (initial consultation)
• Meals-on-Wheels, companionship, telephone reassurance, emergency checks
• Donations encouraged

Wilsonville Community Center
7965 SW Wilsonville Rd.
Wilsonville, OR 97070
(503) 682-3727
• Transportation, computers, trips, classes, cards, special parties/events, gift shop, entertainment, and speakers
• Volunteer opportunities
• Medical equipment loaners, foot care, legal clinics, blood pressure, hearing aid checks, wheelchair and walker repair clinic
• Meals delivered at home and available on-site
• Monthly support group

Washington
Shoreline-Lake Forrest Park Senior Center
18560 1st Ave. NE #1
Shoreline, WA 98155
(206) 364-8930
Fax: (206) 364-8930
www.seniorservices.org/sc/shoreline.asp
Email: shorelinesc@seniorservices.org
• Offers a wide range of activities and services for seniors 50 and over
• An affiliate of Senior Services, which is supported in part through funds from United Way

Vashon-Maury Senior Center
10004 SW Bank Rd
Vashon, WA
(206) 463-5173

Salem
Salem Senior Center
1055 Erixon St. NE
Salem, OR 97303
(503) 588-6303
www.cityofsalem.net/departments/scser/v/senior
• Day trips, arts and crafts, fitness, computer classes, recreation activities, cards, sewing lessons
• Four-hour respite available
• Seminars, meals, and computer learning center
• Minimal fees required
Albertsons
www.Albertsons.com
• Shop for groceries from the comfort of your own home
• Can shop by aisle, from A – Z, or search for specific item
• Must register on the site
• A service fee for delivery or pickup is added at checkout

Delivered Dish
(503) 239-0100
Fax (503) 239-0108
www.d-dish.com
E-mail: info@d-dish.com
• Delivered meals from local Portland restaurants. List of participating restaurants and menus on website
• Delivery charge from most restaurants to most zip codes; minimum food order

Meals on Wheels - Loaves & Fishes
7710 SW 31st Ave.
P.O. Box 19477
Portland, OR 97280-0477
(503) 736-6325
Fax: (503) 736-6322
www.loavesandfishesonline.org
• Hot, nutritious lunches delivered Monday through Friday between 11:00 am and 1:00 pm to the homebound elderly who meet requirements: 60 years of age or older (or the spouse of a person 60 years of age or older), at risk of malnutrition or unable to come into a Loaves & Fishes Center for a meal, and will need meals for at least one full week or more
• Friendly volunteers
• Participants are encouraged to make a donation per meal
• E-mail contact form as well as online meal request form available on website

Meals on Wheels Delivery
www.mowaa.org
• Multiple locations for Meals-on-Wheels meal programs
• To use: Pull down menu at bottom of page “Looking for a meal?” Enter your ZIP code

New Seasons Market
Multiple locations throughout the greater Portland area
(503) 827-4357
www.newseasonsmarket.com
• A local grocery and market that offers organic and locally grown produce and goods
• Online shopping and delivery to your door or to your car door, if you choose to pick up your groceries
• There is a charge for personal shopping with delivery and for personal shopping with pick up

Safeway
www.safeway.com
• Visit Safeway online and learn more about shopping online and grocery delivery to your door

Store to Door of Oregon
2145 NW Overton St.
Portland, OR 97210
(503) 413-8223
Fax: (503) 413-8224
www.storetodooroforegon.org
E-mail: office@storetodooroforegon.org
• Call Mon, Tues, Wed or Fri to register
• Orders taken on Mon nights and Tue.
• Deliveries made on Wed and Thurs afternoons
• Volunteer-based agency that delivers groceries, household goods and prescription medicines to elderly or disabled persons for a modest delivery charge
Schwan’s Internet Grocery Shopping
1-(888) Schwans [1-(888) 724-2967]
www.schwans.com
• Shop for groceries from the comfort of your own home - order online 24 hours a day, 7 days a week
• Must register on the site – no membership fee – once registered you can sign up for e-mail reminders to be sent a few days before your regular service day
• Convenient home delivery right to your door; check site to determine if delivery is available in your area
• Offers a wide array of individual products and complete meal combinations that are quick and easy to prepare
• Accepts Visa, MasterCard, American Express, Discover, cash, and business checks

Some fun long-time campers!
Support Groups

Please note that in addition to this guide, the American Stroke Association can help you find local stroke support groups in two ways:

1) Call the American Stroke Association Warmline 1-(888) 478-7653

2) Go to www.strokeassociation.org and click on “Life After Stroke” on the left hand side, then click on “Recovering” from the drop down menu, then click on “Getting Support” from the next drop down menu. You can now click on a link to a list of stroke support groups across the country and to learn about on-line discussion boards and American Stroke Association’s Pen Pal program.

Friendly Reminder: Because of the flexible nature of support groups, please be aware that meeting places and times may change. Please call to verify the most current meeting information for the listings below. Information was up to date at the time of printing.

Idaho

Boise
Boise Stroke Support Group
Idaho Elks Rehab Hospital
Contact: Cheryl Wilfong
(208) 489-4587

Lewiston
Stroke Support Group
St. Joseph Regional Medical Center
Meets 1st Tues of every month except July and August
Contact: Danielle Hobbs or Brandy Sullivan
(208) 799-5219

Montana

Great Falls
Cascade County Stroke & Paralytic Support Group
Benefits Extended Care Center
Contact: Kim Shannon
(406) 455-5907

Oregon

Coos Bay
Coos Bay Stroke Club
Southwest Rehabilitation
Meets last Thurs of each month
Contact: Melody Sheldon
(541) 267-5221

Corvallis
Good Samaritan Hospital Rehabilitation TBI & Stroke Group
Meets at Church of the Good Samaritan on the 1st Tues of each month
Contact: Mary Quibrera
(541) 768-5048

Eugene
Eugene Stroke Club
Hilyard Community Center
Contact: Patty Prather
(541) 682-5311

Gresham
Gresham Stroke Club
Legacy Mt. Hood Medical Center
Contact: Legacy Community Health Information Center for details
(503) 413-7348
Portland
Post Stroke Survivors Support Group
Easter Seals of Oregon
Contact: Darrell Coe
(503) 240-9288

Men's Caregiver Group
Legacy Good Samaritan Hospital
Contact: Legacy Community Health
Information Center for details
(503) 413-7348
Howard Shapiro (503) 296-8500

Young Adult Stroke Survivor Support Group (under 60)
Legacy Meridian Park Hospital
Meets 4th Thurs of each month
Contact: Legacy Community Health
Information Center for details
(503) 413-7348

Young Adult Group (under 55)
Legacy Good Samaritan Hospital
Meets last Thurs of each month
Contact: Legacy Community Health
Information Center for details
(503) 692-7368

Aphasia Communication Groups
Portland State University
Contact: Susan Ginley
(503) 725-3546

Speak E Z (see page 4 for more information about Speak EZ)
Resurrection Lutheran Church
Meets on odd numbered Saturdays
(503) 252-1100 Mike Yuckert
or email John McCollister at johnmccollister@verizon.net

Salem
Salem Stroke Support Group
Salem Hospital Rehab Center
Meets 2nd Fri of each month
Contact: Ruby McElroy
(503) 390-3372

Woodburn
Stroke Support Group
Providence Benedictine Orchard
House-Home Health
Contact: Please call the Stroke Support Group or Susan Dumolt for details
1-(800) 525-5632

Washington
Bellingham
Whatcom Stoke Support Group
St. Joseph Medical Center for Rehabilitation
Meets 2nd Thurs of each month
Contact: Sarah Chapman
(360) 715-6420

Everett
Stroke Group
Providence Everett Medical Center
Meets 3rd Tues of each month
(425) 258-7850 choose option 3

Olympia
Capital Area Stroke Association
St. Peter’s Hospital-Rehab Center
Meets once per month
Contact: Dale Herzog
(360) 264-2120

Port Angeles / Sequim
Stroke Support Group
Meets once per month
Contact: Wanda Bittick
(360) 681-0457

Seattle
Young Adult Stroke Group
Meets 3rd Sat of the month
Northwest Hospital Rehab Center
Contact: Gerrit Barrere
(206) 361-2696
**Vancouver**
**Continuous Improvement Group**
Valley View Evangelical Church  
Meets every Monday 11:00 am – noon  
Contact: Donald Rogers  
(360) 693-9398

**Walla Walla**
**Walla Walla Stroke Support Group**
St. Mary’s Medical Center  
Meets 3rd Tues of each month  
Contact: Ryan Roberts  
(509) 525-3320 ext 2128

*The Main Lodge*
American Public Transportation Assoc. (APTA)
www.apta.com/links/state_local
- The APTA site provides links to transportation options in all 50 states
- Within each state link, transit agencies are listed either by city or by county
- Please note that due to the vastness of this site, our team was unable to verify each agency listed. However, some options for major areas are listed below

Albany Call-A-Ride
Albany Transit System
333 Broadalbin SW
PO Box 490
Albany, OR 97321
(541) 917-7770
- Citywide public transportation service that provides curb-to-curb transportation for senior and disabled citizens who are unable to use the conventional transit services
- Service is provided on a shared ride basis to supplement Albany Transit System
- Dispatch office hours are Mon-Fri 7:00am – 6:00pm; no holiday service
- Call for a reservation up to 14 days in advance of your appointment
- Same-day requests are provided on a space-available basis
- Fares: Minimal charge
- Call for more information or an ADA application packet

Bend Dial-A-Ride
(541) 389-7433
TTY: (360) 377-1528
www.ci.bend.or.us/dial-a-ride.html
- Transportation in the Bend area for individuals with disabilities
- Door-to-door assistance available on request
- Call 24 hrs in advance for reservations
- Mon–Fri 6:00am – 6:00pm; Sat 7:45am – 5:00pm; Sun 8:45am - 3:15pm
- Fares: Minimal charge
- 20-ride punch tickets available
- For required application please call (541) 322-5870 or (541) 389-7433

Cherry Lift-Salem Area Transit System
555 Court St. NE, Suite 5230
Salem, OR 97301-3736
(503) 588-2424
www.cherriots.org
(then click “Special Services”)
- Operated by Wheels Community Transportation
- Call for applications on eligibility
- Reserve ride from 14 days to one day before riding
- Transportation available Mon - Fri from 6:15am - 9:35pm; Sat 7:45am - 9:35pm
- Please call for reservations, Mon-Fri 8:00am – 5:00pm at (503) 315-5544 or (800) 315-5544
- Fares: minimal charge

Corvallis Transit System
1245 NE 3rd St.
Corvallis, OR 97330
(541) 766-6916
TTY: (541) 766-6477
www.ci.corvallis.or.us/cts/
- Provides community access by providing transportation to youth, elderly, persons with disabilities, and low-income citizens.
- Fares: minimal charge
- Coordinated fare with Philomath
- 20 ride coupon books available
- ADA paratransit service is also offered via Corvallis Transit System (riders must qualify under Federal ADA requirements for this service)
Lane Transit District (LTD)
1080 Willamette Street
Eugene, OR 97401
(541) 687-5555
1-(800) 248-3861
TTY: 1-(800) 735-2900
www.ltd.org
• Serves Lane County
• Reduced fares for seniors, people with disabilities, and others with qualifying medical conditions
• Fares: minimal charge

Ride Connection
3030 SW Moody Ave., Suite 230
Portland, OR 97201
(503) 226-0700
www.rideconnection.org
• Ride Connection is a non-profit, community service organization assisting persons with disabilities and senior citizens without alternative transportation
• Travel training for senior citizens & those with disabilities needing assistance in using fixed route transportation
• Serves Multnomah, Clackamas, and Washington counties
• Individuals can also work with job seekers to provide transportation to interviews

Rogue Valley Transportation District
Lift Program
518 West 6th St.
Medford, Oregon 97501
(541) 842-2080
TTY: (541) 734-9292
www.rvtd.org
• Shared ride, curb-to-curb, wheelchair accessible service for people whose disabilities prevent them from using the Rogue Valley Transportation District’s lift-equipped buses
• Operated through local taxi companies
• Transportation is available Mon - Fri from 5:00am - 8:15pm (drop-off time)
• Application required; fares vary
• Call for reservations

TriMet Trip Planner
(503) 238-7433
www.trimet.org
• Provides trip planning using TriMet public transportation in the greater Portland area
• An operator or the online trip planner can take your point of origin and destination and determine the best bus or Max route

TriMet LIFT Paratransit Program
4012 SE 17th Ave.
Portland, OR 97202
(503) 802-8000
1-(800) 477-5411
TTY: (503) 802-8058
www.trimet.org/lift
• Accessible shared-ride transit service for customers with disabilities
• Trips scheduled by reservation only
• LIFT services operate during the same hours as bus and MAX
• LIFT fares: minimal charge

TRP: Clackamas Co-Transportation Reaching People Volunteer Connection
2051 Kaen Rd.
Oregon City, OR 97045
(503) 655-8208 for information or to schedule a ride
(503) 655-8856 to schedule a wheelchair accessible van
(503) 655-8604 to volunteer
(503) 655-8605 for shuttle services to employment-related destinations
www.clackamas.us/socialservices/rguide/ccss0065ag.html
• Serves Clackamas County senior citizens and residents with disabilities who cannot utilize public transportation
• Operates in Clackamas County and the greater Metropolitan area
• Rides are provided by volunteers in their own vehicles or in TRP vans
• Transportation Mon–Fri 8 am - 5 pm
• No fees, but donations are accepted

Wheelers of Oregon:
Accessible Van Rentals
12833 NE Airport Way
Portland, OR 97230
1-(800) 456-1371
www.wheelersvanrentals.com
(click on “Rental Locations”)
Email: info@wheelersvanrentals.com
• Nationwide agency (with independent franchises) renting safe, reliable vans for wheelchairs and mobility scooters
• Sales and service on-site
• Daily, weekly, and monthly rentals
• Accessible home modifications

Some of our incredible faculty!
State of Oregon Vocational Rehabilitation
Office of Vocational Rehabilitation Services (OVRS)
OVRS Administration Unit
Department of Human Services
500 Summer St. NE E-87
Salem, OR 97301-1120
(503) 945-5880
1-(877) 277-0513
www.oregon.gov/dhs.vr

• Click on “Vocational Rehabilitation Services Offices” for locations around Oregon
• A few locations are listed below. Some cities have multiple locations

Astoria OVRS
450 Marine Dr. Ste. 100
Astoria, OR 97103
(503) 325-7335
TTY: 1-(866) 801-0501

Bend OVRS
1230 NE 3rd St., Suite A-152
Bend, OR 97701
(541) 388-6336
TTY: 1-(866) 801-0515

Coos Bay OVRS
Newmark Center
2110 Newmark Ave., Room 121
Coos Bay, OR 97420
(541) 756-8467
TTY: 1-(866) 808-4735

Pendleton OVRS
1555 SW Southgate Pl.
Pendleton, OR 97801
(541) 278-4161
TTY: 1-(866) 813-2006

Central Portland OVRS
3945 SE Powell Blvd.
Portland, OR 97202
(971) 673-2555
TTY: 1-(866) 801-3545

Marion/Polk OVRS
1701 Liberty St. SE
Salem, OR 97302
(503) 378-2483
TTY: 1-(866) 812-8233

Oregon Technology Access for Life Needs Project (TALN)
Access Technologies, Inc.
3070 Lancaster Dr. NE
Salem, OR 97305
(503) 361-1201
1-(800) 677-7512
www.accesstechnologiesinc.org

• Assessments, evaluations, and trainings for businesses, agencies, educators, and individuals with disabilities in the use of assistive technologies
• Resources for sales, rentals, used equipment, as well as product and service solutions
• Linked to the International Center for Disability Resources on the Internet at www.icdri.org/legal/OregonATP.htm
American Heart Association/
American Stroke Association
For Oregon and SW Washington residents, contact the Portland AHA/ASA office at:
(503) 233-0100
1-(800) 452-9445
All others can find their local AHA/ASA office by calling:
1-(800) AHA-USA1 [1-(800)-242-8721]
www.americanheart.org
• Volunteer opportunities include assisting with or participating in special events and providing survivor stories for education and outreach

Department of Veterans Affairs
Medical Center-Volunteer Services
3710 SW US Veterans Hospital Rd.
Portland, OR 97207
(503) 273-5042
www.va.gov/volunteer
• Individual interests and special needs taken into consideration when placing volunteers
• Duties may include clerical tasks, computer work, medical transportation

Easter Seals Oregon
5757 SW Macadam Ave.
Portland, OR 97239
(503) 228-5108
http://or.easterseals.com
• Numerous volunteer opportunities
• A variety of jobs offered monthly
• Office and clerical work, and more

Hands On Greater Portland
(503) 413-7787
www.handsonportland.org
E-mail: info@handsonportland.org
• A nonprofit organization that connects volunteers with appropriate volunteering opportunities for people in Multnomah and Washington County

Retired & Senior Volunteer Program (RSVP)
Metropolitan Family Service
2051 Kaen Rd.
Oak Grove, OR 97045
(503) 650-5779
www.co.clackamas.or.us/volunteer_center.htm
• Contact Susan Hill (503) 655-8875 or Karen Holman (503) 655-8574
• Three programs to select from:
  1. Retired and Senior Program (RSVP) connects people aged 55 and older with volunteer opportunities
  2. Mentoring Works – connects youth with adults in an on-going mentoring program that requires at least a one year commitment; mentoring may include reading to children or helping adolescents with their school work
  3. The Volunteer Center (A United Way Agency) connects people of all ages with a variety of volunteer opportunities such as visiting patients in hospitals within Clackamas, Multnomah, and/or Washington counties

More fun faculty!
Thank You!

Our sincerest thanks to the following groups and individuals whose generosity makes PSU Stroke Camp and this Resource Guide possible. We appreciate their gifts and in-kind contributions of time and professional expertise.

American Stroke Association
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  Norm Thompson®
Pacific University School of Physical Therapy and Occupational Therapy
  Providence Elderplace
  Howard Shapiro
  Solutions® Catalog
  SpeakEasy Group
  Joan Thompson
We hope this guide has given you some valuable resources and helped you make some lasting connections. In compiling these resources, we were amazed at the number of quality services and providers in our region. But, we know there are many other valuable resources out there. Please let us know if there is a resource you would like to see in next year's guide.

Resource: ______________________________________________________________
Phone: ________________________________________________________________
Web address: __________________________________________________________
E-mail: __________________________________________________________________
Location (address, if possible): ____________________________________________
Description of services: _________________________________________________
_______________________________________________________________________
_______________________________________________________________________

Help Support PSU’s Stroke Camp!

Your gift to PSU’s Stroke Camp helps connect stroke-affected individuals and their loved ones with important resources and opportunities in their communities. Stroke Camp is made possible through generous donations, in-kind contribution and the work of committed volunteers.

☐ I would like to support PSU’s Stroke Camp with a gift of $_________
(Please make your check payable to Portland State University’s Stroke Camp)

☐ Contact me about volunteer opportunities.

☐ Please do not add me to your mailing list.

Name: ________________________________________________________________
Address: __________________________________________________________________
City, State, Zip: __________________________________________________________________
Email: ________________________________________________________________

Please send to: Portland State University’s Stroke Camp
Department of Speech and Hearing Sciences
P.O. Box 751
Portland, OR 97207