



# COMMUNITY RESOURCES

## NORTH STAR VILLAGE

### CRISIS AND OTHER HELP LINES

**If someone is being hurt or in imminent danger, call 911!**

FIRE, POLICE AND AMBULANCE EMERGENCIES: **911**

SUICIDE AND OTHER MENTAL HEALTH CRISES: **503-988-4888** or **800-716-9769**

DOMESTIC VIOLENCE AND SEXUAL ASSAULT CRISIS: **503-235-5333**

ELDER ABUSE NON EMERGENT: **503-988-3646**

AGING AND DISABILITY SERVICES (24 hour help line): **503-988-3646**

NON EMERGENCY POLICE LINE: **503-823-0342**

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# COMMUNITY RESOURCES

## NORTH STAR VILLAGE

### AGING SERVICES

#### AGING DISABILITY RESOURCE CONNECTIONS (ADRC)

Links clients to a range of services, assistance and information. Focus is seniors, vets and people with disabilities. A single source for information and assistance. No income requirements. Programs include the following:

- Senior Health Insurance Benefit Assistance (SHIBA): Volunteers provide counseling to Medicare beneficiaries, regarding choices about health and prescription drugs plans. They compare Medigap (supplemental) health insurance policies, select a prescription drug plan, evaluate long term care and ensure seniors are receiving all possible benefits.
- Adult Protective Services. Can call to report someone over 65 who is being threatened, mistreated or abused or in danger of mistreatment or physical abuse
- Gatekeeper Program. Streamlines access of isolated or vulnerable people who need help by connecting critical social service agencies

503-988-3646; [www.ADRCoOfOregon.org](http://www.ADRCoOfOregon.org)

#### ALZHEIMER'S ASSOCIATION

Provides support services for adults with Alzheimer's disease or other forms of dementia. Resources, tools and programming are provided for the adults their families, and health care professionals. Provides screening for dementia to determine appropriate programs. The Help Line provides answers to questions related to any type of dementia, as well as local events about dementia.

800-272-3900; [www.alz.org](http://www.alz.org)

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## **COMPASSION AND CHOICE OF OREGON**

Provides end-of-life planning and information about advanced directives. It is a national nonprofit organization. They also provide education and advocacy to improve end-of-life and expand choice at end of life. They worked with Death with Dignity Act.

[www.compassionandchoices.org](http://www.compassionandchoices.org)

## **LONG TERM CARE OMSBUDSMAN**

Independent state agency providing advocacy to increase quality of care for residents (and families) of long term care facilities, adult foster care homes, nursing facilities and assisted living facilities.

[1-800-522-2602](tel:1-800-522-2602) or [503-378-6533](tel:503-378-6533); [www.oltco.org](http://www.oltco.org)

## **NORTHWEST SENIOR RESOURCES**

Assists families through the process of choosing the most appropriate housing option for seniors. They conduct an assessment to determine the most appropriate medical needs and financial requirements of the resident. They provide tours to evaluate the most appropriate placement. This is a private agency that is paid by the provider.

[503-807-7778](tel:503-807-7778); [nwseniorresources.com](http://nwseniorresources.com)

## **OREGON HEALTH DECISIONS**

Provides planning kit for an advanced directive, documenting end-of-life decisions

[503-692-0894](tel:503-692-0894); [www.oregonhealthdecisions.org](http://www.oregonhealthdecisions.org)

## **PROVIDENCE ELDER PLACE**

Provides all-inclusive medical and social services for older adults; 97% of recipients are on Medicaid. Manages medical care in the home with in-home coordinators (includes health and social programs). Services are transportation to doctor, socialization, interaction and lunch services. Each client has own social worker managing the client's care.

[503-335-9980](tel:503-335-9980); [Oregon.providence.org/our-services/p/providence-elderplace/](http://Oregon.providence.org/our-services/p/providence-elderplace/)

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## OREGON DEPT OF HUMAN SERVICES

Provides a variety of services to Oregonians, including food stamps and other food assistance. Services specific to the needs of seniors include investigation of reports of elder abuse and help with finding caregivers. Oregon Project Independence can provide help with finding resources for seniors.

The helpline is [503-988-3646](tel:503-988-3646)

The local office of Dept of Human Services is at [5325 NE MLK Blvd, 322A; 503-988-5470](#)

## SOCIAL SECURITY ADMINISTRATION

Assistance with Social Security and Medicare enrollment/services. Provides assistance in applying for retirement, Medicare benefits, SSI/disabilities, spousal benefits, extra help with Medicare prescription drug plans and costs, replacing Medicare cards, estimating retirement benefits.

[800-772-1213](tel:800-772-1213); [1538 SW Yamhill](#); [www.ssa.gov](http://www.ssa.gov)

## FOOD ASSISTANCE

### CARE TO SHARE (Food Banks)

Provides coordination of 15 pantries for Oregon Food Banks. See below for a list of pantries within North Star Village boundaries.

- **Sunshine Division.** Open weekdays, 9:30 to 11 and 12:30 to 3:30; Saturdays 9 to 1  
[503-823-2102](tel:503-823-2102); [687 N Thompson St, 97227](#)
- **Hereford House.** Open Friday and Saturday 12-2  
[503-247-3511](tel:503-247-3511); [7704 N Hereford Ave, 97203](#)
- **Good Samaritan Center of North Portland.** Open Monday and Thursday 1-3  
[8137-8199](tel:8137-8199) N Jersey St, 97203
- **Salvation Army.** Open weekdays 8am to 9pm  
[971-340-4010](tel:971-340-4010); [5325 N Williams Ave, 97227](#)

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## **MEALS ON WHEELS**

Provides hot, nutritious lunches that are delivered Monday through Friday between 11 a.m. and 1 p.m. to home bound seniors age 60 and older. Food is frozen for weekends. If there is a real need, they can deliver 7 days a week. Also have dining centers to enjoy a lunch with other people. There are dining centers in St. Johns, on Mississippi Ave, and on MLK Blvd

503-736-6322; [www.mowp.org](http://www.mowp.org)

## **ST JOHNS FOOD SHARE**

Member owned coop that distributes food to members who pay \$30/month plus volunteer a couple hours. Members are allowed to shop two times per week. Open Mon, Wed, and Fri 9am to 12:30pm and Fridays, 5 to 7 pm,

503-286-0750; 8100 N Lombard, 97203

## **STORE TO DOOR**

Supports independent living for seniors and people with disabilities by providing low-cost, volunteer-based grocery shopping and delivery services.

[StoreToDoorOfOregon.org](http://StoreToDoorOfOregon.org)

## **HOUSING ASSISTANCE**

### **AFRICAN AMERICAN ALLIANCE FOR HOMEOWNERSHIP**

Provides help with buying a house including down payment assistance and mortgage assistance programs. Also provides foreclosure prevention counseling.

503-595-3517; [aah.org](http://aah.org)

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## **CATALYST PARTNERSHIPS NW**

Brings together resources and volunteers to meet the home repair and remodeling needs of under-resourced people. They have 500 volunteers as well as licensed and bonded contractors.

971-245-6555; [catalystNW.org](http://catalystNW.org)

## **HABITAT FOR HUMANITY**

Provides qualifying families the opportunity to purchase Habitat homes by contributing 500 hours of “Sweat Equity” and a down payment. The families receive a zero-percent interest rate mortgage and monthly payments structured to their income. Repairs homes for qualifying residents who own their own home. Habitat works in partnership with low-income families, volunteers, and donors.

[www.habitatwest.org](http://www.habitatwest.org)

## **REACH COMMUNITY DEVELOPMENT**

Works to keep low income seniors in their homes by providing free home repairs after doing a home assessment. These could include installing smoke and fire alarms, addressing minor plumbing and electrical problems and roof repairs and installing bathroom safety aids. Must meet income requirements. For two people, the maximum total income is \$29,360.

503-231-0682; [reachcdc.org](http://reachcdc.org)

## **UNLIMITED CHOICE**

Adapt a Home Project removes barriers and makes affordable housing accessible for low and moderate income people with disabilities. Provide ramps, widened ramps, raised toilets, handrails and other modifications. The Nuts and Bolts Project is for individuals or families who are able and wish to pay privately to make their home more accessible for the health and safety of people with a physical disability. Private pay program: \$200 assessment fee. If they see project to completion, \$200 goes toward cost of project.

503-234-6167; [UnlimitedChoices.org](http://UnlimitedChoices.org)

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## HEALTH AND MENTAL HEALTH

### **BRADLEY ANGLE (Domestic Violence and Sexual Assault)**

Provides free, confidential services to adult and child survivors of domestic violence. including 24-hour crisis line, protective order advocacy, professional counseling, confidential shelter, safety planning and resource referrals.

**Crisis number 503-235-5333; 503-232-1528**

### **CASCADIA BEHAVIORAL HEALTH**

Provides services for those who have chronic mental health challenges. Integrates mental health, addiction services, primary care and housing. Provides older adult services to improve quality of life and manage mental health symptoms.

**503-238-0769, weekdays; [cascadiabhc.org](http://cascadiabhc.org)**

### **GERIATRIC DENTAL GROUP**

Provides comprehensive dental care to patients 55 and older or patients of any age confined to a wheelchair. The care is provided at a reduced cost and long term payment plans are available.

**503-772-3677; [geriatricdental.org](http://geriatricdental.org)**

### **MULTINOMAH COUNTY DENTAL ACCESS PROGRAM**

Routine and urgent dental care for Care Oregon and OHP Dental coverage and uninsured people with dental emergencies. Must meet income guidelines. Fees on sliding fee scale. Call for new appointments and referrals to community clinics.

**503-988-6942**



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### **NAMI MUTINOMAH (Mental Health)**

Provides an array of support and educational programs for those with mental illness and their families.

**MENTAL HEALTH CRISIS LINE - 503-988-4888 OR 800-716-9769**

**[www.nami.mutinomah.org](http://www.nami.mutinomah.org)**

### **OHSU DENTAL CLINICS AT SCHOOL OF DENTISTRY**

Provides general and specialty dental services at a reduced rate. Services provided by OHSU resident dentists. Accepts OHP and other insurance.

**503-494-6822; Corner of Russell St and North Flint Ave**

### **RECOVERY INTERNATIONAL (Mental Health)**

Support group meetings weekly to deal with anxiety, depression, stress, anger, sleeplessness and other mental health issues.

Nearest meeting, St Michaels Episcopal Church 1704 NE 43rd 97213,

**503-810-2789; Email: [robwinike@live.com](mailto:robwinike@live.com)**

### **UNITY CENTER FOR BEHAVIORAL HEALTH**

Provides emergency inpatient services for people in mental health crisis. Services include crisis stabilization and intervention, medication management and social services. Is a collaboration of various health providers.

**503-944-8000; [Unityhealthcenter.org](http://Unityhealthcenter.org)**

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## MISCELLANEOUS

### **211 (Information Line)**

Call number to find local community resources such as housing and homeless services, energy and emergency rent assistance.

Phone 211; [211info.org](http://211info.org)

### **MULTINOMAH COUNTY LIBRARY- HOMEBOUND AND OUTREACH SERVICES**

Will bring books, music and movies to homes of people who cannot get to library. Will mail books for free if people are home bound

[503-988-5404](tel:5039885404)

### **NEIGHBORHOOD ASSOCIATIONS**

Each neighborhood association offers different services but generally they will inform you of neighborhood services, help and advocate for you if housing is being added or torn down near you, explain neighborhood issues, like rezoning, offer small grants for projects, neighborhood newsletters or neighborhood cleanups.

Find your association at [www.portlandoregon.gov](http://www.portlandoregon.gov)

### **PROJECT LINKAGE (Transportation and Other Volunteer Services)**

A program of Metropolitan Family Services that links volunteers with older adults and people with disabilities who need in home support or transportation to remain independent in their homes. Besides transportation, they provide in-home visits, telephone reassurance, shopping assistance, bus concierge and minor home repair

[503-249-0471](tel:5032490471); [www.metfamily.org](http://www.metfamily.org)