

Josephine County Senior Resources Directory

2010

This is a brochure of senior resources in Josephine County. Numbers and information were taken from the Senior Resources Directory published by the Senior Resources Directory, LLC.

Assistance, Information, and Referral

Alzheimer's Association	1-800-272-3900
American Cancer Society	779-6092, 1-800-227-2345
Christian Services Network	479-5045
Diabetic Health Association	479-3543
Eldercare Locator	1-800-677-1116
Gatekeeper	474-3110, 1-800-633-6409
GroundSpring Associates	846-6703
HASL Independent Abilities Center	479-4275
Helpline	1-800-640-0154, 479-HELP (4357)
Illinois Valley Family Coalition	592-6139
Illinois Valley Open Door	597-2197
Incontinence	1-800-237-4666
National Council on Aging	1-800-424-9046
Options for Southern Oregon/Mental Health Services	476-2373
Rogue River Community Center	582-1482
RSVP/UCAN	956-4472
Salvation Army	955-1017
Senior and Disability Services (State)	955-3110
St. Vincent De Paul Society	479-0926
Veteran's Services	474-5454
United Community Action Network (UCAN)	956-4050

Caregivers in the home, For Hire

Addus Healthcare 1-800-382-5265
Advantage Home Care479-0993
All Care857-9195
Home Instead Senior Care479-2828
Interim Healthcare779-0054
Providence Home Care 1-800-804-2017
Senior & Disability Services/Helpful Hands474-3110
Signature Home Health and Home Care664-7400
Three Rivers Home Care956-6224
Trinity Home Care LLC479-0874

Clinics

Josephine County Department of Public Health 474-5325
Senior and Disability Services474-3110
Siskiyou Community Health Center
 125 NE Manzanita, Grants Pass 97526471-3455
 319 Caves Hwy, Cave Junction 97523592-4111
Asante Occupational Health956-6250

Consumer Protection Agencies (State of Oregon)

Consumer Protection Hotline 1-877-877-9392
Investor Information Program 1-503-378-4387
Insurance Consumer Protection 1-888-877-4894

Crisis & Counseling Assistance

ADAPT, Grants Pass 474-1033
Addictions Recovery Center 1-541-779-1282
Alcoholics Anonymous..... 474-0782
Al-Anon..... 1-888-794-7683
Common Ground..... 476-2422
Gospel Rescue Mission..... 476-0082
GroundSpring Associates 846-6703
Helpline..... 1-800-640-0154, 479-HELP (4357)
Illinois Valley Safe House Alliance 592-2515
Options for Southern Oregon/Mental Health Services
..... 476-2373
Salvation Army 955-1017
Veteran’s Services 474-5454
Winterspring 552-0620
Women’s Crisis Support Team..... 479-9349

Education & Training

ALS/Lou Gehrig’s Disease 292-8775
Alzheimer’s Association 774-9348
American Cancer Society 1-800-227-2345
American Lung Association..... 1-800-586-4872
Job Council..... 476-1187
Parkinson’s Resources of Oregon..... 1-800-426-6806
RCC Community Education and Workforce Training.....
..... 956-7303

Southern Oregon Learning in Retirement (SOLIR) 1-541-522-6048
Three Rivers Community Hospital (Diabetic Ed.) 472-7120
55 Drive Alive 1-888-227-7669
Enter your zip code to connect to your local voicemail.

Emergency Food Boxes

Call the Josephine County Food Bank for more information. 479-5556

First Christian Church (Grants Pass)
568 SW Foundary
Thursday 3pm – 6pm

FISH (Grants Pass)
United Methodist Church, Corner of 7th & "B" Streets
Monday, Wednesday, Friday 3pm – 4pm

Dorcas (Grants Pass)
1360 NE 9th Street (Behind North PC Market)
Tuesday 9am – 2pm

Salvation Army (Grants Pass)
2543 Redwood Avenue
Monday, Tuesday, Thursday, Friday
9am – noon & 1pm – 3pm

Dorcas North Valley (Merlin)
101 Acorn Street
Monday 1:30pm – 5:30pm

Dorcas (Cave Junction)
265 Old Stage Road
Tuesday 1pm – 3pm

Lifeline Ministry (Cave Junction)
481 S. Junction
Wednesday 5pm – 6pm
Thursday 4pm – 6pm
Saturday 10am – noon

Illinois Valley Open Door (Selma)
18250 Redwood Hwy
Monday, Wednesday, Thursday, Friday 9am – 4pm

Williams Community Church (Williams)
228 East Fork Road
Tuesday 10am – noon

Wolf Creek Pantry (Wolf Creek)
100 Ruth Avenue
Wednesday 9am – noon

Elder Abuse Reporting (Your name will remain CONFIDENTIAL)

Office of the Long Term Care Ombudsman 1-800-522-2602
Senior & Disability Services (State)474-3110

Emergency Response Systems (Medical Alert Systems)

Lifeline – Asante Three Rivers Community Hospital
.....956-6201
Lifeline – Providence Medford Medical Center
..... 1-800-852-5433
Medical Alert Bracelets899-3403
Cell Phones available for 911 use only840-4283
Lions Club is seeking donations of unused cell phones

Financial or Legal Assistance

Consumer Credit Counseling479-6002
1314 NE Foster, Grants Pass 97526
Christian Service Network479-5045
Food Stamps (SNAP), Department of Human Services
726 NE 7th Street, Grants Pass 97526479-3101
Hospital Free Care 1-800-638-0742
Legal Aid, Seniors only – Thursday only 1 – 4pm
424 NW 6th Street, Ste, 102 Grants Pass471-3033
Oregon Law Center476-1058
Rogue River Community Center
132 Broadway, Rogue River 97357582-1482

Senior & Disability Services

2166 NW Vine St., #J, Grants Pass 97526.... 474-3110
Mae Beth Williams, Conservator597-2205

Heating/Utility Assistance

Christian Service Network 479-5045
Illinois Valley Open Door 597-2197
Salvation Army 955-1017
St. Vincent De Paul 479-0926
United Community Action Network (UCAN) 956-4050

Home Health Care

Providence Home Care 1-800-804-2017
Riverside Home Health Care 476-1583
Signature Home Health and Home Care 664-7400
Three Rivers Home Care 475-6224

Hospice

Asante Hospice 789-5005
Hospice of Providence 1-800-804-2017
Lovejoy Hospice 474-1193
Three Rivers Home Health & Hospice 956-6200

Hospitals

Asante Three Rivers Community Hospital & Health Center
500 SW Ramsey, Grants Pass 97527 472-7000

Ashland Community Hospital
 280 Maple Street, Ashland 97520.....201-4000
 Providence Medford Medical Center
 1111 Crater Lake Ave, Medford 97504..732-5000
 Rogue Valley Medical Center
 2825 Barnett Rd, Medford 97504.....789-7000

Housing

Cascade Management (Seniors & Disabled)476-1141
 Fair Housing Council of Oregon..... 1-800-424-3247
 Housing and Comm. Development Council479-5529
Rental Assistance
 Lovelace Properties LLC (Low Income).....479-2112
 United Community Action Network (UCAN)956-4050

Medical Equipment and Supplies

American Cancer Society.....779-6092
 Apria Healthcare476-3627
 Lincare.....479-3743
 Majors Medical Supply665-0133
 Medical Alert Link Bracelets.....899-3403
 Medical Express.....479-6919
 Rogue River Community Center582-1482
 Southern Oregon Medical Equipment.....471-0026

Medicare & Medicaid Information

Financial Aid Center for Long Term Care 479-2415
 Medicare Hotline 1-800-344-4354
 Medicare/Medicaid Complaint..... 1-800-269-0271
 Oregon Health Plan..... 474-3110
 SHIBA Senior Health Insurance Benefits Assistance
 956-4472
 Social Security Administration..... 1-800-772-1213

Residential and Long Term Care:

Adult Foster Homes (Call for Listings and Openings)

Senior and Disability Services..... 474-3110

Assisted Living

Avamere at Waterford
 760 Spring St., Medford, 97504..... 773-7718
 The Bridge
 201 SW Bridge, Grants Pass 97526 956-2001
 Morrow Heights
 176 Wards Cr. Rd., Rogue River 97537 .582-8200
 Redwood Terrace
 3111 Canal Ave., Grants Pass 97527 474-0200
 The Suites
 1301 SE Parkdale, Grants Pass 97527.... 955-9115

Residential Care

Arbor House of Grants Pass
820 Gold Court, Grants Pass 97526474-7887
Ashley Manor Care Center
525 SW Anique, Grants Pass.....291-0091
2144 NW Heidi, Grants Pass.....291-0091
Avamere at Waterford
760 Spring St., Medford, 97504733-7718
Autumn House
2268 Williams Hwy, Grants Pass 97527474-6399
Forest Meadows
625 Barbara Dr., Grants Pass 97526479-8865
Spring Pointe Memory Care Community
1400 Redwood Circle, Grants Pass 97527474-2838

Retirement Homes and Communities

Avamere at Waterford
760 Spring St, Medford, 97504.....773-7718
Countryside Village
1700 Kellenbeck, Grants Pass, 97525.....956-0999
Foothill Retirement Centers I & II (Low Income)
2031 NW "D" St., Grants Pass, 97526.....471-9425
Horizon Village
3098 University Rd., Grants Pass, 97527955-0777
Oak Lane Retirement Community
727 SW Rogue River Ave., Grants Pass 97526476-7727

Rogue Valley Retirement Living
1001 NE "A" St., Grants Pass 97526 479-6400
Spring Meadow
1357 Redwood Circle, Grants Pass 97527479-1284
Spring Village
1420 Redwood Circle, Grants Pass 97527474-0200
Whispering Pines Retirement Village
105 Ingalls Ln, Wilderville 97543 476-7988

Skilled Nursing Facilities

Avamere at Waterford Nursing and Rehabilitation
835 Crater Lake Ave, Medford, 97504 ... 773-7718
Fair View Transitional Health Center
1710 NE Fair View, Grants Pass 97256 .479-2606
Highland House & Rehab
2201 Highland Ave, Grants Pass 97526 474-1901
Laurel Hill Nursing and Rehab Center
859 NE 6th, Grants Pass 97526..... 479-3700
Royale Gardens Health & Rehab Center
2075 NW Highland Ave., Grants Pass 97526 .476-8891

Respite (Relief for Caregivers)

Community Lifespan Respite Program..... 471-2863
Lovejoy Hospice474-1193
Oaklane Retirement476-7727
Senior Respite 474-3110 or 471-2863
RSVP/UCAN..... 956-4472

Senior Centers & Clubs

AARP	1-888-687-2277
Avamere at Waterford Health & Fitness Center 773-7718, ext. 400
Grants Pass Community/Vitality Center	474-2202
HASL Independent Abilities Center	479-4275
Illinois Valley Senior Club.....	592-6888
RASCAL Computer Club.....	582-0824
Rogue Family Center	864-8700
Rogue River Community Center	582-1482
YMCA	474-0001
55 Alive.....	956-4472

Support Groups

Alzheimer's Association Support Group.....	772-9348
ALS/Lou Gehrig's	292-8775
Al-Anon Family Group	1-888-794-7683
Alcoholics Anonymous Information	474-0782
Asante Hospice Grief & Loss.....	956-6241
Diabetes.....	472-7120
Illinois Valley Safe House Alliance.....	592-2515
Lovejoy Hospice.....	474-1193
Mothers Against Drunk Drivers.....	1-888-855-6233
Oregon Council of the Blind, Rogue Valley Chapter	955-7337
Service Dogs Support Group PUD-R	474-3238

Smoking Cessation.....	955-5492
Southern Oregon Ostomy Association	476-2048
Spring Pointe Alzheimer's Support.....	474-2838
Women's Crisis Support Team.....	479-9349
YMCA Stroke (Water Classes)	474-0001

Tax Preparation Assistance

RSVP/UCAN.....	956-4472
Rogue River Community Center.....	582-1482

Transportation (Wheelchair Transport Assistance*)

American Medical Response*	1-877-504-8075
Care Transport*	955-5123
Josephine Community Transit*	474-5452
Dial-A-Ride*	474-5452
Escort Service.....	956-4070
Grants Pass Rural Transport*	476-2639
HASL Independent Abilities Center*	479-4275
JCT Express Connections*	474-5452
NetCare*	474-1065
Double D Shuttle*	291-0514

Volunteer Opportunities

ALS/Lou Gerhig's.....	292-8775
Asante Three Rivers Hospital	472-7000
Boys & Girls Club	479-5258

Community Lifespan Respite Program
.....471-2863 or 474-3110
Food & Friends.....955-8839
Grants Pass Chamber of Commerce Visitor's Center
.....956-4102
Lovejoy Hospice.....474-1193
March of Dimes 1-800-811-0805
Oregon Long Term Care Ombudsman 1-800-522-2602
RSVP/UCAN956-4472