

# RESOURCE GUIDE 11/28/2012

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**AARP DRIVER SAFETY CLASS**, Contact: Senior Services for dates and times

## **ADULT FAMILY HOMES**

1. A Special Place Adult Family Home, Adene Jacobs, owner; 360/834-5556  
2247 NW Cascade Street, Camas, WA 98607
2. Lacamas Adult Family Home; 360/210-5761  
2746 NW 20<sup>th</sup> Avenue, Camas, WA 98607
3. Lyle Adult Family Home; 509/365-5500  
204 Spokane Avenue, Lyle, WA 98635

**ADULT PROTECTIVE SERVICES, DSHS**, 1-877-734-6277

## **ASSOCIATIONS**

1. Alzheimer's Association, 1-800-272.3900, [www.alzwa.org](http://www.alzwa.org)
2. American Red Cross, Toll Free 800-433-9285

## **CAREGIVER ASSISTANCE**

1. (ADSA) Aging & Disability Services Administration, DSHS 1-800-422-3263  
[www.ada.dshs.wa.gov/caregiving](http://www.ada.dshs.wa.gov/caregiving)

## **DENTAL ASSISTANCE**

1. [Washington State Clinics](#)
  - a. [Free Clinic of SW Washington](#) Phone: 360.313.1390
  - b. **New Heights Clinic** Phone:(360) 694-0355
  - c. [Sea Mar Community Health Centers](#) Phone: 360.852.9070

## **DOMESTIC VIOLENCE**

1. Skamania County Domestic Violence & Sexual Assault Program, 427-4210
2. Klickitat & Skamania Counties Crisis Hotline, 800-352-5541
3. Toll Free Washington State, 800-562-6025
4. White Salmon, (509) 493-1533
5. Programs for Peaceful Living, State Wide Toll Free 866-523-6468

## **ELDER ABUSE/FINANCIAL EXPLOITATION**

1. Washington State
  - In own home, 800-462-4957
  - In a facility, 800-562-6078

## **EMERGENCY ASSISTANCE**

1. Department of Social & Health Services (DSHS), Community Services,  
Stevenson Office, (509) 427-5611, 266 SW 2<sup>nd</sup> Street, Stevenson 98648, 1-888-713-6115

## RESOURCE GUIDE 11/28/2012

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2. Sheriff's Dispatch @ 427-9490, ask for Tanna Berkemeyer for emergency housing (1-2 nights).
3. Salvation Army, (541)296-6417, \_\_\_\_\_ 623 E. 3<sup>rd</sup> Street, the Dalles, OR

### **ENERGY ASSISTANCE, EMERGENCY HOUSING, FOOD BANK**

1. WGAP, local contact: Jan Pearo, 427-8229
2. PUD Energy Assistance Program, contact: Skamania Co. Senior Services, 427-3994

### **FINANCIAL ASSISTANCE**

1. Bankruptcy Clinic, 800-726-2227
2. Better Business Bureau of Oregon & SW Washington, (503) 226-3981
3. Consumer Credit Counseling Service, Inc., Toll Free 888-875-2227
4. Consumer Protection Agency, Seattle Office (206) 464-6684
5. Money Management Assistance for Seniors (Referral Only) Toll Free 800-452-2333

### **FIRSTENBERG CENTER, Vancouver**

1. Loaves & Fishes Lunches, Andre', 360/597-5711

### **FOOD RESOURCES**

1. Stevenson/Skamania County Food Bank, local contact: Patty, 509/427-4334
2. WGAP Main Office and Food Bank, 509/493-2662
3. Rainbow Valley Gleaners (Klickitat & Skamania Counties), Toll Free 800-755-1192  
*~Gleaners-gathering & sharing of crops that remain after the harvest*

### **FREE MEDICAL CLINICS**

1. Free Medical Clinic, 360/313-1387 or 360/313-1390, 4100 Plomondon Str, Vancouver, WA.
2. Sea Mar Community Health Center  
www.seamar.org - 7410 Delaware Lane, Vancouver - (360) 896-5128
3. Southwest Medical Center, 360/514-3127 (will not turn anyone away for inability to pay) 400 NE Mother Joseph Place (on Mill Plain), Vancouver, WA

### **HEALTH EDUCATION CLASSES**

1. Skyline Hospital Diabetes Education, Contact: Becky Petty, (509) 493-1101 x3367

### **HEARING AID SERVICES**

1. Jim Bruns, 800-452-5700
2. Southwest Washington Center of the Deaf and Hard of Hearing (SWCDHH)  
[www.scwdhh.org](http://www.scwdhh.org)

## RESOURCE GUIDE 11/28/2012

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### HOSPICE SERVICES

1. Hospice of the Gorge, 1-866-680-6449, 541-387-6449 [www.hospiceofthegorge.org](http://www.hospiceofthegorge.org)  
1630 Woods Court, PO Box 36, Hood River, OR 97031

### HOUSING

1. Columbia Gorge Housing Authority (HUD, Section 8), 888/356-8919  
Low income housing voucher; 30% income voucher; must be approved by HUD; may take a long time to be processed (years).
2. Low Income Housing - Local  
Rock Creek Terrace, Cascade Village, 427-8141  
Hamilton Park, 427-0018
3. Emergency Services  
Ministerial Association (local), contact Sheriff's Dept to see who is in charge for the month @ 427-9490; ask for Tanna Berkemeyer.  
Holly House  
Operated by the Skamania County Council on Domestic Violence and Sexual Assault (office on Russell St., across from the courthouse)
4. Transitional Housing  
Guided Path Emergency Shelter and Transitional Housing, 509/493-4234  
MP 67 Hwy 14, Bingen

### IN-HOME SUPPORTIVE SERVICES

1. Dept of Social & Health Services, 1-888-713-6115, Locally, 427-0713
2. Hearts of Gold Caregivers, 541/387-0207, 1767 12<sup>th</sup> Street, Box 238, Hood River, OR
3. Chesterfield Services, 509-427-0068

### LEGAL SERVICES

1. Free Legal Services, 888/201-1014, 888-201-9737 TDD, [www.nwjustice.org](http://www.nwjustice.org)
2. Washington Law Help: Website: [washingtonlawhelp.org/WA/index.cfm](http://washingtonlawhelp.org/WA/index.cfm)

### LONG-TERM CARE OMBUDSMAN PROGRAM, 1-800-562-6028

MEDICAL & REHABILITATION EQUIPMENT- SALES, RENTALS, REPAIRS,  
[www.caremedical.com](http://www.caremedical.com) Vancouver Office, 360/693-4777, 1720 NE Andresen Road,  
Vancouver, 98661

### MEDICARE ASSISTANCE

SHIBA HELPLINE 1-800-562-6900; [www.insurance.wa.gov](http://www.insurance.wa.gov)

### MULTIPLE SERVICE OFFERINGS

1. Dept of Social & Health Services, 1-888-713-6115
2. WGAP, Stevenson office-Jan Pearo, , 427-8229; Toll Free (800) 755-1192

## RESOURCE GUIDE 11/28/2012

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1250 E Steuben St., Bingen, WA. 509/493-2662

*~Youth Services, Driver's License Reinstatement Services, Emergency Services (crisis intervention: housing, utilities, referrals), Energy Assistance, Food Banks, Guided Path Emergency Shelter, Transitional Housing(2-yr self-sufficiency program with housing), Programs for Peaceful Living, Second Hand Rose (community thrift store), Early Intervention Services (for infants and toddlers with disabilities), Home Repairs and Rehabilitation, Independent Living Skills (for foster children to live independently), Protective Payee Program (money management to meet basic needs), Rainbow Valley Volunteers (gleaning and salvage program), Crime Victims Assistance (support for victims of crime), Weatherization Services.*

3. Senior Citizens Foundation, 360/754-0207, [www.waseniorlobby.org](http://www.waseniorlobby.org)  
email: [info@waseniorlobby.org](mailto:info@waseniorlobby.org) , 1501 South Capitol Way, Room 102  
Olympia, WA 98501
4. Southwest Washington Agency on Aging and Disabilities, 360/735-5720,  
[www.helpingelders.org](http://www.helpingelders.org), 201 NE 73<sup>rd</sup> St., Ste. 201, Vancouver, 98665
5. (W4A) Washington Association of AAA, 360/485-9761, [www.agingwashington.org](http://www.agingwashington.org)  
3603 Mud Bay Road #A, Olympia, WA 98502  
Adult Day Care, Case Management, Nutrition, Ombudsman, Transportation,  
Volunteer Services

### **ON-LINE ASSISTANCE**

1. SHIBA HELPLINE [www.insurance.wa.gov/consumers/shiba/publications](http://www.insurance.wa.gov/consumers/shiba/publications)
2. [www.aarp.org](http://www.aarp.org)
3. [www.adsa.dshs.wa.gov/caregiving](http://www.adsa.dshs.wa.gov/caregiving)
4. [www.agingwashington.org](http://www.agingwashington.org)
5. [www.alzwa.org](http://www.alzwa.org)
6. [www.benefitscheckup.org](http://www.benefitscheckup.org)
7. [www.caremedical.com](http://www.caremedical.com)
8. [www.covertheuninsured.org](http://www.covertheuninsured.org)
9. [www.helpingelders.org](http://www.helpingelders.org)
10. [www.helpingpatients.org](http://www.helpingpatients.org)
11. [www.nami.org](http://www.nami.org)
12. [www.needymeds.com](http://www.needymeds.com)
13. [www.nwjustice.org](http://www.nwjustice.org)
14. [www.rxassist.org](http://www.rxassist.org)
15. [www.themedicineprogram.com](http://www.themedicineprogram.com)
16. [www.thiscaringhome.org](http://www.thiscaringhome.org)
17. [www.waseniorlobby.org](http://www.waseniorlobby.org)
18. [www.211info.org](http://www.211info.org)

## RESOURCE GUIDE 11/28/2012

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### PERSONAL RESPONSE AND SUPPORT SERVICES

1. Lifeline Systems, Inc., 1-800-LIFELINE (54335463), [www.lifelinesystems.com](http://www.lifelinesystems.com)

### PUBLIC HEALTH

1. Skamania County Public Health Department, (509) 427-3870
2. Skamania County Counseling Center, (509) 427-3850
3. LaClinica Family Health Care Center, from Washington (509) 493-0200  
849 Pacific Avenue, Hood River, 97031  
*~Serving the whole community with special emphasis on helping people who have problems accessing care.*

### PUBLIC HEALTH INSURANCE

1. Medicaid (DSHS) Washington, 877-980-9180
2. Senior Health Insurance Benefits Assistance (SHIBA ) Medicare & Medicaid  
Toll Free Washington 800-562-6900; 800-397-4422
3. Washington Basic Health, 800-660-9840
4. Skamania County Health Department, (509)427-3850  
683 Rock Creek Drive, Stevenson 98648
5. Skamania County Counseling Center, (509) 427-3850
6. La Clinica Family Health Care Center, from Washington (509)493-0200  
849 Pacific Avenue, Hood River, 97031  
*~Will assist with filling out paperwork.*

### SUPPORT GROUPS

1. Alcoholics Anonymous' Spirit of the Gorge Unity Group, 427-7527  
Wednesdays & Sundays, 7-8 p.m. Carson Hot Springs (Old Hotel) on St. Martin Road, Carson.
2. Stevenson AA, 427-5548  
Mondays, Thursdays, Fridays, 7 to 8 p.m. Shepherd of the Hills Lutheran Church, 161 Lutheran Church Rd.
3. ALANON, (509) 427-4970  
Every Tuesday evening 6 to 7 p.m. at Stevenson United Methodist Church; corner of Jefferson and School Streets.
4. Women's AA Gorge Gals  
Tuesday, 10 to 11 a.m. Wednesday, noon to 1 p.m. Star of the Sea Catholic Church
5. Crafty Ladies  
Mondays 7 p.m., Evergreen Community Church in Mill A.
6. Diabetes Support Group, (509) 493-1101  
First Wednesday each month, at noon in the diabetes office at Skyline Hospital.
7. Narcotics Anonymous/12 Step Program (509) 427-7345  
Tuesday and Friday, 6 p.m., Lutheran Church  
Saturdays 6 p.m., Carson Bible Church