### A PATIENT'S GUIDE TO

# **COMMUNITY RESOURCES**



#### **PROVIDED BY**

Bay Area Hospital Case Management Services 1775 Thompson Road Coos Bay, Oregon 97420 541-269-8411

7170-008REV0519

Sometimes, after a hospital stay for an illness, surgery, or accident, additional care is needed for a period of time.

This guide is an overview of services or care available on the Southern Oregon Coast.

It is intended only to summarize your options.

Your Physician or Case Management Staff may talk with you in detail about your individual situation and may provide you with additional suggestions or information to help you reach the best decision for you and your family.

#### **PLEASE TAKE NOTE:**

- This guide is not an endorsement of any service or provider.
- The information is subject to change without notice.
- Some fees for services found in this guide can be billed to your insurance plan, however, payment is the responsibility of the patient.

#### **Table of Contents**

Introduction to Alternative Care Settings	4
Level of Care Chart	5
211 INFO	6
Medicare Basics	6
State of Oregon – Department of Human Services	7
State of Oregon-DHS contacts	8
Home Health and Hospice	10
Skilled Nursing Facilities	12
Medical Equipment/Supplies	14
Outpatient Rehabilitation Services	18
Diabetic information	20
In-Home Service	22
Financial Assistance Programs	23
Assistance Programs	25
Housing Assistance	28
Food Banks/Meal Programs	29
Medical Care for Low-income / Uninsured	33
Public Health	34
Veterans Administration	35
Mental Health	36
Alcohol / Substance Abuse Resources	37
Transportation	38
Reporting Abuse or Neglect	39
Resources	40
Area Index and Map	41

#### **Introduction to Alternative Care Settings**

Living at home is not always the best choice for everyone. When living at home is no longer desired, or feasible, a variety of alternatives are available.

<u>Retirement Communities</u> are residential settings for active adults. Housing options range from apartment settings to more personalized care as one's health declines, which often allow the resident to remain within the same residential setting. Most provide support services such as meals, housekeeping, transportation, recreational and social programs.

<u>Continuing Care Retirement Communities</u> offer older adults the option of contracting with a retirement community for living accommodations and the security of knowing continuing care services will be available as their needs change. Substantial entry fees are usually charged.

Adult Foster Care services are a popular choice for seniors and people with disabilities as they provide care and assistance in a home-like setting. Homes are located in residential neighborhoods and serve between one to five residents. Costs are typically far less than nursing facility care. Adult Foster Homes are licensed and regulated by the State of Oregon Department of Human Services.

<u>Assisted Living Facilities</u> are congregate living centers with apartment style living quarters for seniors and people with disabilities. Services are tailored to the individual's needs and include personal care, bathing, medication management, laundry, and supervision. Nursing services may be included.

<u>Residential Care Facilities</u> are congregate living centers for seniors and people with disabilities. They provide supportive care and supervision, such as meals, laundry, bathing, and personal care. Generally, residents do not require professional nursing-related services.

<u>Facilities with Alzheimer's Dementia Endorsed Care Units</u> provide care in a safe, secure environment for seniors and people with disabilities that have Alzheimer's or a dementia related diagnosis. Services include supervision, personal care, meals, laundry, and medication management. These units are usually offered in a nursing facility or residential care facility setting.

# Level of Care Chart ADL = Activities of Daily Living

Retirement	,,,,,,	Assisted Living		Skilled Nursing
0 Independent	1 Minimum Assist	2 Stand-By Assist	3 Hands-on Assist	4 Total Assist
<ul> <li>Independent in an emergency</li> <li>Able to negotiate stairs in an emergency</li> </ul>	<ul> <li>Able to respond in an emergency</li> </ul>	<ul> <li>May need assistance in an emergency</li> </ul>	<ul><li>Needs assistance in an emergency</li></ul>	<ul><li>Needs supervision in an emergency</li></ul>
Able to accomplish all ADLs without intervention from staff or family, include:  • bathe, dress, groom, transfer & ambulate, toilet, eat, take medications, and communicate independently	Walks/transfers independently; infrequent falls. ADLs: Independent to verbal reminders Independent with medications/ doctor's appointments Continent bowel/bladder independently bathes	Transfer stand-by assistance may be needed. ADLs: Reminders to verbal cues Medications management helpful Occasional incontinence assistance Bathing set-up helpful	Transfer one- person assistance usually needed. ADLs: Verbal cues to hands-on assistance Medication management Incontinence management Bathing assistance needed	Transfer mechanical lift/ two-person transfer/ bedfast ADLs: Hands-on assistance Medication/ behavior management Bathing assistance
<ul><li>Meals/ housekeeping assistance is helpful</li></ul>	<ul> <li>Meals/nutrition/ housekeeping assistance is helpful</li> </ul>	<ul> <li>Meals/nutrition/ housekeeping assistance is helpful</li> </ul>	<ul> <li>Meals/nutrition/ housekeeping assistance is helpful</li> </ul>	<ul> <li>Verbal cues/ hands-on assistance to eat</li> </ul>
<ul><li>Able to independently plan social activities</li></ul>	<ul> <li>Would benefit from socialization and activities with minor encouragement</li> </ul>	<ul> <li>Reminders/ encourage to participate in activities</li> </ul>	<ul> <li>Encourage/ escort to participate in activities</li> </ul>	<ul> <li>Encourage/ escort to activities or one- on-one visits</li> </ul>
<ul><li>Limited room service</li></ul>	<ul> <li>Oriented to self/ little memory impairment</li> </ul>	<ul> <li>Mild memory impairment/ sometimes disoriented</li> </ul>	<ul> <li>Impaired memory/ poor orientation/ mild confusion</li> </ul>	<ul> <li>Needs 24- hour nursing supervision or skilled therapy services</li> </ul>
<ul> <li>Does not medically "need" to move out of current setting</li> </ul>	<ul> <li>Family "slightly concerned"</li> </ul>	■ Family "concerned"	<ul> <li>Family "very concerned, have to do something"</li> </ul>	<ul><li>Needs continuous assistance</li></ul>

#### **211 Info:**

Dial 211 toll-free Visit 211info.org Text 898211 with zip code searching for services Email <a href="mailto:help@211info.org">help@211info.org</a> 211INFO Mobile APP

Find Local community resources
211 Info provides weather advisory with shelter locations

## **MEDICARE BASICS**

For official government information online go to:

www.medicare.gov

http://www.medicare.gov/publications/pubs/pdf/10050.pdf

#### **State of Oregon - Department of Human Services**

# Aging and People with Disabilities (APD) Aging and Disability Resource Connection (ADRC)

APD maintains a list of licensed Adult Foster Homes. For a copy of this list contact your local APD office listed below:

Coos County: (541) 756-2017 Coos Bay Curry County: (541) 247-4515 Gold Beach

(800) 257-1385

Douglas County: (541) 271-4835 Reedsport Lane County: (541) 997-8251 Florence

http://www.oregon.gov/DHS/spwpd/ltc/ltc\_guide/whataremychoices.shtml https://www.adrcoforegon.org/consite/index.php

#### **State of Oregon**

#### **Department of Human Services**

#### Aging and People with Disabilities (APD)

#### **Aging and Disability Resource Connection (ADRC)**

APD maintains a list of available private caregivers who have registered with their offices.

Caregivers are screened for Oregon criminal background only.

Additional screening and reference checks are recommended.

#### Aging and People with Disabilities (APD)

(Call or visit for availability)

http://www.oregon.gov/DHS/spwpd/offices.shtml

#### **Coos County**

Coos County Multiple Services Office 3030 Broadway Street North Bend, OR 97459 (541) 756-2017 FAX (541) 756-1861

#### **Curry County**

Gold Beach Multiple Services Office 94145 West 5<sup>th</sup> Place Gold Beach, OR 97444 (541) 247-4515 FAX (541) 247-5938 Toll free (800) 257-1385

Brookings Office 586 5<sup>th</sup> Street, Suite 200 Brookings, OR 97415 (541) 469-9299 FAX (541) 469-0632 Toll free (800) 419-1371

Food Assistance

Food Stamps

In-Home Care

**Nursing Facilities** 

Respite Care

Supervised Living

#### **Douglas County**

**Douglas County Senior Services** 

**Drain**316 West A Ave
Drain, OR 97435
(541) 836-7311

Reedsport 680 Fir Avenue Reedsport, OR 97467 (541) 643-9829 (541) 271-6210

Roseburg 738 W Harvard Ave Ste 180 Roseburg, OR 97470 (541) 440-3580

#### **Lane County**

Florence Central Coast Resource Center
3180 Highway 101 North
Florence, OR 97439
(541) 902-9430
FAX: (541) 902-2115

#### Oregon Office on Disability and Health

http://www.ohsu.edu/xd/research/centers-institutes/institute-on-development-and-disability/public-health-programs/oodh/oodh.cfm

Improving the health and wellness of Oregonians with disabilities— Collaborative effort between OHSU and Oregon Dept of Human Services, Public Services

#### **State of Oregon – Department of Human Services**

(Call or visit for availability)

<u>14</u>

http://www.oregon.gov/DHS/index.shtml

#### **Department of Children, Adults and Families**

#### **Coos County**

Newmark Center 2110 Newmark Avenue Coos Bay, OR 97420 (541) 888-2667 <u>Sheridan Office</u> 2025 Sheridan Avenue North Bend, OR 97459 (541) 756-5500 FAX (541) 756-1861

#### **Curry County**

Gold Beach Multiple Services Office
94145 West 5<sup>th</sup> Place
Gold Beach, OR 97444
(541) 247-5437
FAX (541) 247-6999
Mon-Fri
8:00 am – 5:00 pm

DHS, employment, and SCBEC services

Food Assistance

Food stamps

Medicaid

Oregon Health Plan

**Public Assistance** 

Temporary Housing Assistance

#### **Douglas County**

Roseburg Branch
1937 West Harvard Avenue
Roseburg ,OR 97471
(541) 440-3373
FAX (541) 673-9938
Toll free (800) 305-2903

West Office 2630 Frontage Road Reedsport, OR 97467 (541) 271-4851 FAX (541) 271-5162

#### **Lane County**

Florence Central Coast Resource Center
3180 Highway 101 North
Florence, OR 97439
(541) 997-8251
FAX: (541) 997-9137

### **Home Health & Hospice Agencies**

(Call or visit for availability)

Bay Area Hospital Home Health
Agency

3950 Sherman Ave. North Bend, OR 97459 Call for hours (541) 269-5454 FAX (541) 269-2828

http://bayareahospital.org/services/Home-Health

#### Services

Home Health Yes Hospice No

> Service Area Bay Area and Lakeside

#### **Coastal Home Health & Hospice**

PO Box 6042 306 Wharf Street Brookings, OR 97415 (541) 469-0405 FAX (888)611-8233 Toll Free (800) 535-9472

#### Services

Home Health Yes Hospice Yes

#### **Service Area**

North to Coos County, Including Langlois

#### **Pacific Home Care Associates, Inc**

Coos Bay 455 South 4th Street, Suite 3 Coos Bay, OR 97420

(541) 266-7005 FAX (541) 266-7008 Toll Free (877) 322-8600 www.pacifichhh.org

#### Services

Home Health Yes Hospice Yes

Physical/Occupational/Speech Therapy

Service Area Bandon, Charleston, Coos Bay, Coquille, Gardiner, Lakeside, North Bend, Reedsport, Scottsburg

# Peace Harbor Home Health & Hospice

2230 Kingwood Street, Florence, OR 97439 Mailing address: 400 9<sup>th</sup> Street Florence, OR 97439

> (541) 997-3418 FAX (541) 902-6740 http://www.peacehealth.org/

#### Services

Home Health Yes
Hospice Yes

### Service Area

Western Lane County

#### **South Coast Hospice**

1620 Thompson Road Coos Bay, OR 97420

(541) 269-2986 FAX (541) 269-0576 http://www.schospice.org/

#### Services

Home Health No Hospice Yes

#### **Service Area**

Coos County

#### **Sutter Coast Home Health & Palliative Care**

#### **Brookings**

409 Hillside Avenue Suite B Brookings, OR 97415 <u>contact through office in</u> <u>Crescent City</u> (707) 464-8741

#### **Del Norte County**

785 E Washington Blvd Suite 14

Mailing address: 800 E Washington Blvd. Crescent City, CA 95531

(707) 464-8741 FAX (707) 464-3742

#### Services

Home Health Yes Palliative Care Yes Hospice No

# Service Area Curry County Office

Southern Oregon Border North to Pistol River

<u>Del Norte Office</u> All of Del Norte County

For additional information on qualifying for Home Health or Hospice benefits through Medicare, ask your Case Manager/Discharge Planner for more information.

You may also visit <a href="www.Medicare.gov">www.Medicare.gov</a> or call 1-800-Medicare (1-800-633-4223)

#### **Skilled Nursing Facilities**

(Call or visit for availability)

# Southern Coos Hospital Swing Bed Program

**Bandon** 

900 11<sup>th</sup> Street SE Bandon, OR 97411 (541) 347-2426 FAX (541) 347-0514

http://www.southerncoos.org

#### Brookings

# Curry Good Samaritan Center

1 Park Avenue Brookings, OR 97415 (541) 469-3111 FAX (541) 469-5970

http://www.good-sam.com/

Also offers intermediate care & respite care & contracts with the Veterans Administration

# Coquille Valley Hospital Swing Bed

Coquille

940 East 5<sup>th</sup> Street Coquille, OR 97423 (541) 396-5760

www.cvhospital.org/

#### **Coos Bay**

#### **Avamere Rehabilitation**

2625 Koos Bay Blvd.
Coos Bay, OR 97420
(541) 267-2161
FAX (541) 267-3098
This facility contracts with the Veterans
Administration
http://www.avamere.com/

#### **Life Care Center of Coos Bay**

2890 Ocean Blvd.
Coos Bay, OR 97420
(541) 267-5433
FAX (541) 266-3553
Also offers intermediate care and respite care
http://lifecarecenterofcoosbay.com/

#### **Florence**

#### Regency Florence

1951 E. 21<sup>st</sup> Street, Florence, OR 97439

(541) 997-8436 FAX (541) 997-4407 Also offers intermediate care & respite care.

www.regencypacificinc.com

#### **Curry General Hospital Swing Bed**

**Gold Beach** 

4220 Fourth St. Gold Beach, OR 97444

(541) 247-6621 FAX (541) 247-3101 Toll Free (800) 445-8085

www.curryhealthnetwork.com/

#### **Myrtle Point**

#### Reedsport

#### **Myrtle Point Care Center**

637 Ash Street

Myrtle Point, OR 97458

(541) 572-2066

FAX (541) 572-5477

Also offers intermediate care & respite care.

http://www.mpcarecenter.com/

#### **Aidan Senior Living at Reedsport**

600 Ranch Road Reedsport, OR 97467 (541) 271-5841 FAX (541) 271-6357 Also offers intermediate care & respite care.

http://www.lowerumpquahospital.com/

You may also visit <a href="www.Medicare.gov">www.Medicare.gov</a> or call 1-800-Medicare (1-800-633-4223)

# Assisted Living, Residential Care & Retirement Communities

(Call or visit for availability)

#### Coos Bay

**Bay Side Terrace** 

192 Norman Ave. Coos Bay, OR 97420 (541) 888-2255 FAX (541) 888-3598

# Ocean Ridge Retirement & Assisted Living Residence

1855 SE Ocean Blvd Coos Bay, OR 97420 (541) 267-4000 FAX (541) 269-1672

http://www.oceanridgeseniorliving.com/

451 O'Connell North Bend, OR 97459 (541) 756-4466 FAX (541)751-7715

**North Bend** 

**Evergreen Court Retirement Community** 

<u>www.baycrest-</u> village.com/independentliving.html

# Inland Point Senior Community Assisted Living Residence & Senior Estates

2290 Inland Drive North Bend, OR 97459 (541) 756-0176 FAX (541) 756-8405 www.reveraliving.com

#### Bandon

# Blue Diamond Estates Residential Care Center

87326 McTimmons Lane Bandon, OR 97411 (541) 347-9631 FAX (541) 347-7555

#### Pacific View

1000 6<sup>th</sup> Avenue West Bandon, OR 97411 (541) 347-7502 FAX (541) 347-7802

http://www.pacificviewsl.com.com

#### **West Wind Court**

465 SW 4<sup>th</sup> Street Bandon, OR 97411 (541) 347-9497 FAX (541) 347-5321

#### **Brookings**

#### **Chetco Inn Residential Care Facility**

417 Fern Street Brookings, OR 97415 (541) 469-5347 FAX (541) 469-5348

#### **Macklyn Place**

755 Elk Drive Brookings, OR 97415 (541) 469-7182 FAX (541) 469-5672

#### **Florence**

## Spruce Point Assisted Living Community Sho

375 Ninth Street Florence, OR 97439 (541) 997-6111 FAX (541) 997-5747

www.prestigecare.com Select Spruce Point

#### **Gold Beach**

#### **Shore Pines Assisted Living Community**

93975 Ocean Way Gold Beach, OR 97444 (541) 247-0333 FAX Main office (541) 247-9585

#### **Medical Equipment / Supplies**

(Call or visit for availability)

#### **Apria Healthcare**

www.apria.com

#### **Crescent City**

630 G Street Crescent City, CA 95531 (707) 464-4242 FAX (707) 464-2879

**Service Area** 

Crescent City Store: North to Gold Beach, South to Klamath County, East to Gasquet

#### **Byram**

(877) 902-9726 order by phone (866) 811-4500 order by FAX

A specialized provider of medical supplies to patients in the home. Call or visit the website to request a catalog or to place an order.

http://www.byramhealthcare.com/

#### <u>Coram</u>

Portland Toll Free (877) 502-6726 Direct (503) 684-3046 FAX (503) 684-6627

Coram is a national provider of home infusion services and specialty pharmacy distribution.

#### **Home Parenteral Care Inc**

1000 South Bertelsen Road #5 Eugene, OR 97402 (541) 683-3700

http://www.coramhc.com/

#### **Lincare**

www.lincare.com

	www.iincare.com		
Coos Bay	<b>Brookings</b>	<u>Florence</u>	Service Area
155 N Schoneman Ave Coos Bay, OR 97420	16290 Tolman Lane, Unit 101 Brookings, OR 97415	1535 9 <sup>th</sup> Street, #B Florence, OR 97439	Coos Bay: North to Lakeside, South to Port Orford, East to Powers, Winchester Bay  Brookings & Florence: Call for Information
(541) 269-0607 FAX (541) 269-5935	(541) 469-3989 Toll Free (800) 951-8210 FAX (541) 469-7517	(541) 902-7734 FAX (541) 997-0882	Call for hours

#### **Rick's Medical Supply**

2674 Broadway North Bend, OR 97459 (541) 756-9016 And

482 NE Winchester Street Roseburg, OR 97470 Phone: (541) 672-3042

Fax: (541) 673-0715

#### Raindance Laundry and Healthcare Services

350 LaClair Street Coos Bay, OR 97420 (541) 888-9406 FAX (541) 888-3986 Toll free (800) 756-3073

#### **NOTE**

- A physician's prescription and documentation of need and benefit is required before insurance companies will consider payment for medical equipment at home.
- Equipment, supply, and maintenance benefits vary with different insurance companies.
- Policy holders should call their insurance company to inquire about benefits, preferred providers and pre-authorization requirements for equipment and supplies.
- Check with the equipment vendor about your insurance issues.
- It is the responsibility of the patient to obtain equipment and supplies needed for home use.
- This guide is not an endorsement of any service or provider.
- The information is subject to change without notice.
- Some fees for services found in this guide can be billed to your insurance plan; however, payment is the responsibility of the patient.

#### **Low Cost Used Equipment**

(Call or visit for availability)

Coos Bay	North Bend
----------	------------

#### **Salvation Army Thrift Store**

306 South 2<sup>nd</sup> Street
Coos Bay, OR 97420
(541) 269-9704
Social Services (541) 808-5202
http://www.salvationarmyusa.org/

#### **Goodwill**

3698 Broadway North Bend, OR 97459 (541) 269-9150 FAX (541) 269-9409 http://www.goodwill.org/

#### **South Coast Hospice**

1955 Meade Street North Bend, OR 97459 (541) 269-9611 FAX (541) 756-4352 http://www.schospice.org/

#### Bandon

#### **Begin Agains**

89 Michigan AVE NE Bandon, OR 97411 (541) 347-4435

#### St. Johns Medical Loan Closet

795 Franklin AVE SW Bandon, OR 97411 (541) 347-2152

#### **Brookings**

#### Goodwill

890 Chetco AVE Brookings, OR 97415 (541) 412-5165

## South Coast Humane Society Thrift Store

16094 HWY 101 S Brookings, OR 97415 (541) 469-5694

#### Coquille

#### Whoozits, Whatzits, Gadgets, & Widgets

207 East First Street Coquille, OR 97423 (541) 396-5986

#### **Florence**

#### St. Vincent de Paul

2315 Hwy 101 Florence, OR 97439 (541) 997-1030

#### Goodwill

1665 HWY 101 Florence, OR 97439 (541) 997-2911

#### **Gold Beach**

#### **Christian Help Thrift**

29813 Colvin Street Gold Beach, OR (541) 247-4054 FAX (541) 247-7671

#### Reedsport

#### Sunrise Shop & Save

1401 US Highway 101 Reedsport, OR 9746 (541) 271-0553

#### **Outpatient Rehabilitation Services**

(Call or visit for availability)

·	•
Bay Area Hospital 1775 Thompson Rd Coos Bay, OR 97420 (541) 269-8013 FAX (541) 269-8398  Coastal Physical Therapy 580 5 <sup>th</sup> Street, Ste #600 Brookings, OR 97415 (541) 469-7314 FAX (541) 469-3669	Brookings Harbor Physical Therapy & Rehabilitation 565 5 <sup>th</sup> Street Brookings, OR 97415 (541) 469-1062 FAX (541) 469-8477  Gold Beach Physical Therapy & Rehabilitation 29692 Ellensburg Ave. Gold Beach, Oregon 97444 (541) 247-2254 FAX (541) 247-6393
Lower Umpqua Rehabilitation 600 Ranch Road Reedsport. OR 97467 (541) 271-6318 FAX (541) 271-6376	North Bend Medical Center  1900 Woodland Dr. Coos Bay, OR 97420 (541) 266-1223 FAX (541) 266-4526
South Coast Orthopedic Physical Therapy 2645 N. 17th Street Coos Bay, OR 97420 (541) 266-3658 FAX (541) 267-5395	Southwest Physical Therapy Rehab  Services Bandon  913 SE 11 <sup>th</sup> St., #1  Bandon, OR 97411  (541) 347-4314  FAX (541) 347-8006
Southwest Physical Therapy Rehab  Services Coos Bay  1650 Thompson Rd Coos Bay, OR 97420 (541) 269-7212  FAX (541) 267-5260	Southwest Physical Therapy Rehab Services Coquille 279 North Central Coquille, OR 97423 (541) 396-3341 FAX (541) 396-5093
Zomerschoe Spine-Neuro Rehab 1957 Thompson Road Coos Bay, OR 97420 (541) 266-7050 FAX (541) 266-0180	

A physician's prescription is required for services. This guide is not an endorsement of any service or provider.

You may also visit www.Medicare.gov or call 1-800-Medicare (1-800-633-4223).

#### **Diabetes Information**

(Call or visit for availability) **Bay Area Hospital** 

Patient Education (541) 269-8076

<b>Diabetes Self-Management</b>
Program

Scholarship available for those who are unable to afford class

Sign-up for class call (541) 269-8349

# Free Diabetes Review Class

For those who have had previous diabetes education. Offered 1<sup>st</sup> Tuesday, every month, at noon

Sign-up for class call (541) 266-8076

# Free "Diabetes Prevention Class"

Information on slowing or stopping diabetes progression. Offered 4 times a year: Jan, April, July and October

Sign-up for class call (541) 266-8076

#### **South Coast Diabetes Association**

Service area Bandon to California state line North to Coos County including Langlois. FREE ongoing diabetes discussion / support group meetings. (541) 756-9054 Offers some short term assistance for diabetes supplies and medications on an emergency basis—all insulin assistance must have a prescription to be filled. Assistance is only available to an individual once per year.

www.southcoastdiabetes.org

#### **Glucometers**

Also ask for specials at major retail pharmacies

All meters have a toll-free phone number on the back of the meter for assistance.

#### **MANUFACTURER ASSISTANCE OR INFORMATION AVAILABLE:**

#### Abbott

Blood glucose strips

General product support: (888) 522-5226 FreeStyle InsuLinx Support (800) 222-3100 FreeStyle Promise Support (877) 318-1966 Patient assistance program (800) 222-6885 www.myfreestyle.com

#### Accuchek/Roche

For savings card--from web site:

Select- "USA" Click on the map of the United States

Click on "Order Connect Tool Kit" (the co-pay savings card with the cash pay option is called the Connect Card.)

(800) 858-8072 24-hour Customer Care Center (number on the back of ACCU-CHEK® meters)

http://www.accu-chek.com/us/

#### Bayer

(800) 348-8100

www.bayercontour.com

#### Lantus (Sanofi-Aventis)

Lantus Connection (877) 591-1068

#### Lilly

Insulin (such as Humalog, NPH, 70/30, etc.) (855) 559-8783 www.lillycares.com

#### **Novo Nordisk Pharmaceuticals**

Novo Nordisk Patient Assistance Program for insulin (Levemir, Victoza, NovoLog) (866) 310-7549 (EST hours) http://www.novonordisk-us.com/documents/

#### **Sanofi-aventis Patient Assistance**

(888) 847-4877 www.sanofi.us

#### **MEDICARE INFORMATION:**

#### **Life First / One Touch**

www.onetouch.com

Life Scan for information (800) 227-8862

### FINANCIAL AID FOR EYE CARE:

<u>FINANCIAL F</u>	ND FOR ETE CARE.
EyeCare America:	Mission Cataract USA
Toll free (877) 887-6327	http://missioncataractusa.org/
	1.6.4055
Vison USA:	InfantSEE
Toll free (800) 766-4466	http://www.infantsee.org/
Lions Club International:	
To find a Lions Club near you visit:	
https://directory.lionsclubs.org/	
	10000
EYEGL	<u>.ASSES:</u>
Sight for Students:	New Eyes for the Needy:
Vision Service Plan (VSP)	Provides vouchers for purchase of new
Toll free (888) 290-4964	prescription eyeglasses
http://www.sightforstudents.org/	http://www.new-eyes.org/
0.0\/ED\\\	T DD 0 D 1110
GOVERNMEN	T PROGRAMS:
Medicare Benefit for Eye Exams:	State Children's Health Insurance
Toll free (800) 633-4227	Program (SCHIP)
http://www.medicare.gov/	Toll free (877) 543-7669
- <del></del>	http://www.insurekidsnow.gov/

For the most up-to-date information, you may wish to visit: https://www.nei.nih.gov/health/financialaid

#### **In-Home Service**

(Call or visit for availability)

#### **Assured Quality Home Care**

340 Central Ave Coos Bay, OR 97420 (541) 808-2355 Home Care, Personal Care, Medication Management, Nursing Services

http://aqhcinc.com/

#### **Care Connection**

#### Coos County

1988 Newmark Avenue Coos Bay, OR 97420 (541) 888-7957 (800) 611-7555 Childcare resource & referral

(541) 888-7957

#### **Curry County**

94145 West 5<sup>th</sup> Place Gold Beach, OR 97444 (541) 813-1674

Childcare resource & referral (541) 813-1674

Childcare resource and referral

Lifespan referral Network

#### **Coos-Curry In-Home Services**

http://www.scbec.org/scbec-senior-services-in-home-services.htm

#### **Coos County**

93781 Newport Lane Coos Bay, OR 97420 (541) 269-2013 Toll free (800) 858-5777 FAX (541) 267-0194

#### **Curry County**

16399 Lower Harbor Road Brookings, OR 97415 (541) 412-1091 Non-Medical In-Home Care and Services

CNAs are available for care under the direction of Registered Nurses

Serves available in Gold Beach and Port Orford by appointment only

#### **Guardians by the Sea**

16210 East Hoffeldt Lane Brookings, OR 97415 (541) 661-7011 Personal, Medical, Supportive

http://www.theguardiansbythesea.com/

#### **Harmony Homecare, LLC**

685 West Anderson Coos Bay, OR 97420 (541) 260-1788 FAX (541) 269-7723 Mail to: 3696 Broadway #208

North Bend, OR 97459

Non-Medical In-Home Care and Services

www.harmonyhomecarecoosbay.com

Simple Treasu	res In-Home Care	
North Ber (541)	Broadway nd, OR 97459 751-9400 I1) 751-8079	Non-Medical In-Home Care & Services
United Hom	ecare Services	
Coos Ba (541) Toll free (5 FAX (54	Avenue, Suite 314 ay OR 97420 267-7411 366) 996-9090 41) 808-3900	Non-Medical In-Home Care and Services
nttp://ww	w.uhs-or.org/	
Senior	ss Employment Center Nutrition 269-2013	Food Assistance Program
(800) FAX (54	858-5777 1) 267-0194 <u>w.scbec.org/</u>	Coordinates Meals on Wheels for Seniors
· · · · · · · · · · · · · · · · · · ·	On Wheels	
Bandon Brookings Coos Bay Coquille Gold Beach Lakeside Myrtle Point Reedsport	(541) 347-3181 (541) 469-6822 (541) 269-2013 (541) 396-5341 (541) 247-7506 (541) 759-3819 (541) 572-3151 (541) 271-4835	Call for information on Home Meal Delivery or Congregate meals
Gold Coa	ast Security	
	esponse Systems	
Medical Alert Program Gold Coast Security or (800 Coos Bay, OR	(541) 267-5000 0) 525-5001 Oregon Statewide FAX (541) 269-0126	Medical Alert System Options
<u>Lit</u>	<u>'eline</u>	
Coos Bay/North Bend Coquille Brookings Gold Beach	(541) 269-8008 (541) 824-0106 (800) 535-9472 (541) 247-7084 x103	Local Offices offering installation and service

#### Financial Assistance Programs

(Call or visit for availability)

#### Area Agency on Aging (SCBEC)

http://www.oregon.gov/DHS/spwpd/offices.shtml#coos

#### Coos Bay

93781 Newport Lane P.O. Box 1118 Coos Bay, OR 97420-4030

(541) 269-2013
Toll free (800) 858-5777
TTY (541) 267-4477
FAX (541) 267-0194

<u>Gold Beach</u>
94145 5<sup>TH</sup> PL

(541) 247-4515 Fax (541) 247-5938 Toll Free (800) 257-1385

Gold Beach, OR 97444

#### North Bend APD 3030 Broadway

North Bend, OR 97459

(541) 756-1861 TTY (541) 759-8799 FAX (541) 756-1861

#### **Brookings**

16399 Lower Harbor Rd Harbor, Oregon 97415

541) 469-9299 FAX ( 541) 469-0632 Toll Free (800) 4191371

#### **Coos Elderly Services**

390 South 2<sup>nd</sup> Street Coos Bay, OR 97420 (541) 756-1202 FAX (541) 756-0148 http://cooselderly.org/ Representative Payee Conservatorships Personal Representative Community Referrals Client Support and Advocacy

#### **Eldercare Service Locator**

1-800-677-1116

http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx

# Connection to community services

#### **Salvation Army**

1155 Flanagan Ave Coos Bay, OR 97420 (541) 888-5202 Short term emergency assistance http://www.salvationarmy.org

#### **Oregon Coast Community Action**

Short Term Assistance
Call for more information
http://www.oregon.gov/OHCS/

Coos CountyCurry County1855 Thomas Ave517 Railroad AvenueCoos Bay, OR 97420Brookings, Or 97415www.orcca.us/<br/>(541) 435-7080www.orcca.us/<br/>(541) 435-7768FAX: (541) 435-7101FAX (541) 435-7768

#### **Assistance Programs**

(Call or visit for availability)

#### Insurance

<b>Family Health Ins</b>	urance Assistance
Program (FHIAP)	- State of Oregon

Toll free (800) 273-0557 Statewide www.oregon.gov/OHA/healthplan

Program that helps Oregon families pay the monthly premium for high-quality, private health insurance plans. Call or visit online for an application.

#### **Oregon Healthy Kids**

Contact Oregon Health Plan (800) 273-0557 http://www.oregonhealthykids.gov/ Depending on family income, children may be eligible for free or low-cost health coverage for doctor visits, dental care, vision, medicines and more.

#### **Oregon Health Plan**

(800) 527-5772 TTY: (800) 375-2863

http://egov.oregon.gov/DHS/healthplan

Low income insurance assistance

#### **Oregon Helps**

http://www.oregonhelps.org/

Oregon Helps is a free and easy assistance program that helps you determine if you are eligible for 33 programs and assistance and provides links to those programs.

#### **Prescription**

(Call or visit for availability)

#### \$4.00 prescriptions

Some generic prescriptions available for \$4.00 (in some cases a little less).

Call your pharmacy for more information

Ask at your pharmacy if there are any other discount programs you may be eligible for. You can also review your pharmacy's web site, if available, for discount program information.

#### **Helping Patients**

www.helpingpatients.org

This website is designed to help you find patient assistance programs for which you may qualify.

# Medicare Part D: Prescription Drug Coverage

Call or visit online for more information (800) 633-4227 www.medicare.gov

Insurance coverage for prescription drugs

Includes both brand name and generic drugs

Offers a choice of plans

#### **Needy Meds**

www.needymeds.com

Various drug manufacturersponsored patient assistance programs including contact and application information.

#### Oregon Prescription Drug Program (OPDP)

(503) 945-7834 (800) 913-4146 Customer Service http://www.oregon.gov/oha/pharmacy/OPDP/Pages/index.aspx Average savings 50% on prescriptions.
Free enrollment and all ELIGIBLE Oregonians can now join.

#### Partnership for Prescription Assistance (PPA)

(888) 477-2669 www.pparx.org

More than 2500 brand-name and generic medications are covered at low or no cost.

Visit web site or call for more information and applications.

#### **Rx Assist**

Volunteers in Health Care search database http://www.rxassist.org/ Patient assistance programs run by pharmaceutical companies to provide free medications to people who cannot afford to buy their medicine.

#### **RX Outreach**

(800) 769-3880 St. Louis, MO Mon-Fri 7:00 am-5:30 pm CST http://rxoutreach.com/ Low cost generic medication for most mail order prescription drugs with over 400 medications to choose from

#### **Rx Savings Plan**

(877) 673-3688 www.rxsavingsplus.com Prescription discount program issues card that can be used to save on many prescription medications.

#### **Other Assistance**

(Call or visit for availability)

# Coos County Pregnancy Resource Center

490 Commercial Ave. Coos Bay, OR 97420 Office (541) 267-5204 Helpline (800) 395-4357

http://www.possiblypregnant.org/coos\_bay/

# Low Income Energy Assistance (LIEAP)

Oregon Coast Community Action (541) 435-7080 <a href="http://liheap.findfamilyresources.com/">http://liheap.findfamilyresources.com/</a>

#### ldvocacv

#### **Long-Term Care Ombudsman**

3855 Wolverine St. NE. Suite 6 Salem, OR 97305

(503) 378-6533 Toll Free (800) 522-2602

http://www.oregon.gov/LTCO/pages/about us.aspx

Resident-Centered Advocacy The Office of the Long-Term Care Ombudsman is a free service available to residents, families, facility staff, and the general public

Oregon Law Center
455 South 4<sup>th</sup> Street, Suite 5 P.O. Box 1098 Coos Bay, OR 97420

(541) 269-1226 Coos County Coos/Curry County (800) 303-3638

www.oregonlawcenter.org/olcweb files/Page503.htm

Providing Access to Justice for low income Oregonians.

Statewide service of legal aid programs throughout Oregon that provides help to low-income persons who have problems with applying for or receiving public benefits, such as welfare, food stamps, or social security.

#### Other Assistance for Families

(Call or visit for availability)

#### **American Red Cross**

Disaster Relief and Emergency Assistance Service to Armed Forces 1165 Newmark Ave Ste. D Coos Bay, OR 97420 1-800-733-2767

#### **Federal Trade Commission**

Protecting America's Consumers Identity Theft, National Do-Not-Call Registry, e-mail Spam/Phising. Anti-Trust (202) 326-2222 www.ftc.gov

#### **Financial Counseling**

Consumer Credit Counseling for Coos, Curry, and SW Douglas Counties Salem Coos Portland 3000 Market Place NE (541) 267-7040 8800 SE Sunnyside Road Suite 412 FAX (864) 942-1440 Clackamas, OR 97015 Salem, OR 97301

www.apprisen.com

### **Oregon Insurance Division**

Consumer Advocacy Unit 350 Winter St. NE Room 440 / P.O. Box 14480, Salem, OR 97309 503-947-7984 or 888-877-4894 (toll-free)

Website: <a href="mailto:www.insurance.oregon.gov">www.insurance.oregon.gov</a> E-mail: <a href="mailto:cp.ins@state.or.us">cp.ins@state.or.us</a>

## **Housing Assistance**

Bay Area First Step (541) 756-3111 FAX: (541) 756-2111	Alcohol and Drug-Free Housing for Men and Women in Recovery (Teens evaluated on a case by case basis) <a href="http://www.bayareafirststep.org/">http://www.bayareafirststep.org/</a>
Fair Housing Council of Oregon (HUD)  (800) 424-3247 Portland	Nonprofit civil rights organization driven to eliminate illegal housing discrimination through enforcement and education across Oregon and southwest Washington  http://www.fhco.org
North Bend City/Coos-Curry Housing Authorities 1700 Monroe Street North Bend, OR 97459	Housing Assistance (541) 756-4111 FAX (541) 756-4990 http://www.ccnbchas.org/
Oasis Shelter P.O. Box 932 Gold Beach, OR 97444 (541) 425-5238 or	Serving Survivors of Domestic and Sexual Violence <a href="http://www.oasisshelterhome.org">http://www.oasisshelterhome.org</a>
Toll free (800) 247-7600 HOTLINE  Oregon Coast Community Action  1855 Thomas Ave.  Coos Bay, OR 97420  (541) 435-7080  FAX (541) 435-7101	Includes affordable housing units located in Coos Bay, listings of available rentals, housing counseling, and emergency rental assistance, including deposits.  www.orcca.us
Outreach Gospel Mission 15701 Hwy 101 South Brookings, OR 97415 (541) 412-0278	Curry County Emergency Housing Assistance Emergency Food Assistance Mission Thrift Store Need based food boxes Mon- Sat 10-4 <a href="http://www.bogm.org/">http://www.bogm.org/</a>

#### **The ARK Project**

Harding Building/Marshfield Campus 755 S. 7<sup>th</sup> ST Coos Bay, OR 97420 (541)267-3104 ext.7115

Teen and Family Resource Center Ages 0-21 Case by Case immediate assistance evaluated

Emergency personal & pantry items as available

http://coosbayd9.com/

#### **South Coast Gospel Mission**

1999 N. 7<sup>th</sup> Street Coos Bay, OR 97420

(541) 269-5017 FAX (541) 269-5125

Community meals served Mon-Sat Temporary Housing Assistance Call or visit website for more information

http://southcoastgospelmission.org/

#### The Safe Project

1681 Newmark Ave Coos Bay, OR 97420 Business (541) 888-1048

24-Hr Crisis Line (541) 756-7000 Shelter Office (541) 756-2452 (888) 793-5612 Toll free

Provides emergency services to victims of domestic violence and assault in Coos County

http://stopabusecoos.org/

#### **Crime Victim Assistance**

Coquille Courthouse (541) 396-7545 Gold Beach Courthouse (541) 247-7011 Reedsport Annex Courthouse (541) 271-3641

#### **Aardvarc**

An Abuse, Rape and Domestic Violence Aid and **Resource Collection** http://www.aardvarc.org/dv/states/ordv

# Food Banks (Call or visit for availability)

#### http://www.foodpantries.org/st/oregon

Bandon Good Neighbors LIONS Shed 1100 – 11 <sup>th</sup> St. SW Bandon City Park  Bandon Restoration Worship Center 89 North Ave NE  Brookings Food Bank 539 Hemlock Street (at the corner of Willow)  Outreach Gospel Mission 15701 Hwy 101  Charleston Food Pantry 63081 Crown Point Road  Emmanuel Emergency Food Cupboard 370 Market Street  Salvation Army 1155 Flanagan Ave.	(541) 347-2679 (541) 347-4900 or (541) 404-8100 (541) 469-6988 (541) 412-6988 (541) 756-4920 (541) 269-5829
Bandon Restoration Worship Center 89 North Ave NE Brookings Food Bank 539 Hemlock Street (at the corner of Willow) Outreach Gospel Mission 15701 Hwy 101 Charleston Food Pantry 63081 Crown Point Road Emmanuel Emergency Food Cupboard 370 Market Street Salvation Army	(541) 404-8100 (541) 469-6988 (541) 412-6988 (541) 756-4920
Brookings Food Bank 539 Hemlock Street (at the corner of Willow) Outreach Gospel Mission 15701 Hwy 101 Charleston Food Pantry 63081 Crown Point Road Emmanuel Emergency Food Cupboard 370 Market Street Salvation Army	(541) 469-6988 (541) 412-6988 (541) 756-4920
15701 Hwy 101 Charleston Food Pantry 63081 Crown Point Road Emmanuel Emergency Food Cupboard 370 Market Street Salvation Army	(541) 756-4920
63081 Crown Point Road  Emmanuel Emergency Food Cupboard 370 Market Street  Salvation Army	. ,
370 Market Street Salvation Army	(541) 269-5829
(off Schoneman)	(541) 888-5202
Coos Bay Seventh Day Adventist 2175 Newmark	(541) 756-5812
Coquille SDA Food Pantry 790 W. 17 <sup>th</sup> Street (Old Jefferson School)	(541) 396-6850
Gold Beach Christian Help 29813 Colvin Street (behind Courthouse)	(541) 247-4054
Gold Beach 7 <sup>th</sup> Day Adventist 94191 3 <sup>rd</sup> Street	(541) 247-2057
AARP Pantry 810 Greenwood Reedsport, OR 97467	(541)271-3609
Project Blessing Food Bank 150 S 20 <sup>th</sup> St Reedsport, OR 97467	(541)271-3928
Myrtle Point Food Pantry 1320 Maryland Ave.	(541) 260-4370
	Coquille SDA Food Pantry 790 W. 17 <sup>th</sup> Street (Old Jefferson School)  Gold Beach Christian Help 29813 Colvin Street (behind Courthouse)  Gold Beach 7 <sup>th</sup> Day Adventist 94191 3 <sup>rd</sup> Street  AARP Pantry 810 Greenwood Reedsport, OR 97467  Project Blessing Food Bank 150 S 20 <sup>th</sup> St Reedsport, OR 97467  Myrtle Point Food Pantry

North Bend	Bay Area Church of the Nazarene	(541) 756-2004	
North Bend		(341) 730-2004	
	1850 Clark		
	(off Broadway by Perry's)		
	Presbyterian Church		
	Mon-Wed 9:30-12:00	(5/1) 756 /155	
	2238 Pony Creek Rd	(541) 756-4155	
	East of Pony Village		
	Pelican Harbor at Church of God		
	1067 Newmark Street	(541) 756-6696	
	(corner of Newmark & Brussels)		
Port Orford	The Common Good	(544) 222 4265	
	1405 Idaho Street	(541) 332-1365	
Powers	The Joseph Project	(541) 439-2446	
	410 Cedar Street	www.orcca.us	

#### **Meal Programs**

(Call or visit for availability)

#### **BANDON**

#### Project E.A.T.

At "The Barn"-- Bandon City Park 1100 11<sup>th</sup> Street SW Bandon, OR 97411 (541) 347-3500

This equal opportunity program is for low income families, singles, and seniors. The meal is free, but donations are always welcome. Sponsored by donations & grants

#### **BROOKINGS**

#### **Outreach Gospel Mission**

15701 Hwy 101 S, Brookings, OR 97411 (541) 412-0278

#### **Chetco Senior Center**

550 Chetco Lane Brookings, OR 97411 (541) 469-6822

#### St. Timothy's Episcopal Church

401 Fir St. Brookings, OR 97411 (541) 469-3314

#### **COOS BAY**

#### **Bay Area Senior Center**

886 S. 4<sup>th</sup> St Coos Bay, OR 97420 (541) 269-2626

#### **Nancy Devereux Center**

1200 Newmark Ave Coos Bay, OR 97420 (541) 888-3202

#### **South Coast Gospel Mission**

1999 North 7<sup>th</sup> Street Coos Bay, OR 97420 (541) 269-5017

#### The Harbor AG

63748 Harriet Rd Coos Bay, OR 97420 (541) 759-4838 https://www.theharborag.com

#### **United Methodist Church**

123 Ocean Blvd SE Coos Bay, OR 97420 (541)267-4410

#### **GOLD BEACH**

#### **Gold Beach Senior Center**

29841 Airport Way Gold Beach, OR 97444 (541) 247-7506

#### **MYRTLE POINT**

#### Soup and Sandwich Kitchen

448 Maple Street Myrtle Point, OR 97458 (541) 572-2094

#### **NORTH BEND**

#### College Park Community Church

2548 Newmark St North Bend, OR 97459 (541)756-4214

#### North Bend Senior Activity Center

1470 Airport Lane North Bend, OR 97459 (541) 756-7622

#### **PORT ORFORD**

#### **Port Orford Senior Activity Center**

1536 Jackson St. Port Orford, OR 97465 (541) 332-5771

#### **POWERS**

#### **Powers Senior Activity Center**

120 East Fir Powers, OR 97466 (541) 439-3861

### **Medical/Dental Care for Low-Income / Uninsured**

(Call or visit for availability)

Bandon Community Health Center  1010 1st Street SE, Suite 110 Bandon, OR 97411 (541) 347-2529 FAX (541) 347-9196	Medical appointments, Immunizations, Family Planning, Labs Infants, Children & Adolescents Senior Health Insurance Benefits Assistance (SHIBA)
OHP/WOAH Advantage Dental For emergency dental issues: (866) 268-9631 For non-emergent dental care: (888) 468-0022	For OHP/WOAH patients
Umpqua Community Health Center 150 NE Kenneth Ford Dr Roseburg, OR 97470 (541) 672-9596	Dental services for Douglas, Coos and Curry residents Fees based on a sliding scale only for Douglas County
Waterfall Clinic  1890 Waite Street Suite 1 North Bend, OR 97459 (541) 756-6232 FAX (541) 756-6234	<ul> <li>Immunizations</li> <li>Family Planning</li> <li>Medical Appointments</li> <li>Dental Hygiene care only</li> <li>Mental Health Counseling</li> <li>Please call for appointment availability and program information</li> </ul>

#### **Public Health**

(Call or visit for availability)

#### **Coos County Health & Human Services**

281Laclair St Coos Bay, OR 97420 (541) 266-6700 Fax: (541) 888-8726

http://www.co.coos.or.us/Departments/CoosHealthWellness/

Coos County Public Health provides **affordable** and **confidential** clinical services to prevent disease and promote health in our communities.

Please call for appointment availability and program information

#### **Curry County Public Health Department**

94235 Moore Street, St #121 Gold Beach, OR 97444 (541) 247-3300 (888) 811-1513

www.co.curry.or.us

or https://www.currych.org/serviecies/#public-health Curry Community Health supports and promotes the health and well-being of the community.

Please call for appointment availability and program information

#### **Douglas County Public Health Department**

680 Fir Avenue Reedsport, OR 97467 Reception only (541) 271-4835 FAX (541) 271-5039

http://www.co.douglas.or.us/health/

Please call for appointment availability and program information

#### **Veteran's Administration**

(Call or visit for availability)

#### **VA North Bend Community Based Outpatient Clinic**

2191 Marion Street North Bend, OR 97459 (541) 756-8002 FAX (541) 756-7503

http://www2.va.gov/directory/guide/facility

#### Roseburg VA Healthcare System

913 NW Garden Valley Blvd Roseburg, OR (541) 440-1000 Toll Free (800) 549-8387 Main Office # (541) 440-1225 www.roseburg.va.gov/

#### **Veteran's Regional Administration**

Services, Benefits Information, and Assistance (800) 827-1000 http://www.va.gov/

#### **Oregon Department of Veterans' Affairs**

(800) 692-9666 www.oregon.gov/ODVA/

#### **Curry County Courthouse**

(541) 247-3205
call for appointment
<a href="http://www.co.curry.or.us/Departments/Veterans-Services">http://www.co.curry.or.us/Departments/Veterans-Services</a>

#### **Coos County Courthouse**

(541) 396-7590 E-Mail coosvets@co.coos.or.us

http://www.co.coos.or.us/Departments/VeteransAssistance.aspx

#### Southwestern Oregon Veteran's Outreach (SOVO)

Pony Village Mall, North Bend, OR (541) 756-8718
Other appointments as needed
Bill Brady volunteer (541) 756-8718
<a href="http://www.sovo4vets.org">http://www.sovo4vets.org</a>

#### **Mental Health**

(Call or visit for availability)

# Bay Area Hospital Outpatient Psychiatric Services

2885 Thompson Road Coos Bay, OR 97420 (541) 269-5333 FAX (541) 269-5609

http://www.bayareahospital.org/mental.html

#### **Coos Health & Wellness**

281Laclair St Coos Bay, OR 97420 (541) 266-6700 Fax: (541) 888-8726

24 Hour Crisis Hotline (541) 266-6800 1-888-543-5763

http://www.mh.co.coos.or.us/

#### **Curry County Human Services**

29821 Colvin Street Gold Beach, OR 97444 (541) 247-4082 FAX (541) 247-5058

517 Railroad Avenue Brookings OR 97415 (541) 469-3007

After Hours Mental Health Crisis Line (877) 519-9322

#### **Western Douglas County**

680 Fir Avenue Reedsport, OR 97467 (541) 271-4835 After Hours Mental Health Crisis Line (800) 866-9780 http://www.co.douglas.or.us/health/MH/

# Alcohol / Substance Abuse Resources Services to Family & Friends – Support Groups

(Call or visit for availability)

#### <u>Adapt</u>

400 Virginia Avenue, Suite 201 North Bend, OR 97459 (541) 751-0357 FAX (541)751-9985 http://www.adaptoregon.org/

#### Al Anon

Oregon Area District #8 Coos Bay, OR 97420

http://www.oregonal-anon.org/

#### **Alcoholics Anonymous**

Coos Bay (541) 269-3265 Florence (541) 902-0152 Curry County (541) 247-2506 Brookings (541) 469-2440 AA Hot Line 1-888-203-1432 http://www.aa-oregon.org/

#### **Bay Area First Step**

1942 Sheridan Avenue North Bend, OR 97459 (541) 756-3111 FAX (541) 756-2111

http://www.bayareafirststep.org/

#### **Adapt Crossroads**

3099 NE Diamond Lake Blvd, Roseburg, OR
- Adults: men and women, mothers with children
(541) 673-3469 24-hours
http://www.adaptoregon.org/-

#### **AGambling Addiction**

National Council on Problem Gambling 24-hour confidential hotline Toll free (800) 522-4700 http://www.ncpgambling.org/

#### **MADD—Mothers Against Drunk Driving**

(800) GET-MADD (800) 438-6233 (541) 343-8115 Eugene – Leave message only (541) 607-8452 http://www.madd.org/

e-mail: eugene.or@madd.org

#### **Maslow Project**

740 South Second Street Coos Bay, OR (541) 297-4448 www.wfall.org/maslow

#### **Narcotics Anonymous**

PO Box 1263 Coos Bay, OR 97520 (541) 267-0273 24-hr Hotline www.pcrna.org/coosbay/

#### Serenity Lane Treatment Centers

Eugene Residential Program 616 East 16<sup>th</sup> Ave, Eugene 97401 (541) 687-1110 24-hr Central Information: (800) 543-9905

http://www.serenitylane.org/

#### **South Coast Al-Anon Club**

18361/2 Union Street North Bend, OR 97459

#### **US Gambling Hotline- Oregon**

Toll free (877) 695-4648

#### **Willamette Family**

Health, Wellness and Recovery
Lane County: Cottage Grove, Eugene, Springfield
(541) 344-0031
<a href="https://www.wfts.org">www.wfts.org</a>

#### **TRANSPORTATION**

(Call or visit for availability)

3505 SE Ocean Blvd Coos Bay, OR 97420 (541) 266-4300

http://www.baycitiesambulance.com/

Ambulance Services – 911 Emergency Inter-facility Transports Wheel Chair Van

*Lifeguard* membership available

#### **Coos County Area Transit**

Coos Bay, North Bend, Coquille (541) 267-7111 Bandon (541) 347-4131 Myrtle Point (541) 572-3151

www.coostransit.org

#### **Curry County Public Transit**

Smith River, CA to North Bend, OR (800) 921-2871 Public Transit Dial-a-Ride Coastal Express

http://www.currypublictransit.org/

#### Millennium Transport

1390 Airport Lane
PO Box 1088
North Bend, OR 97459
Phone (541) 756-1400 or (866) 220-1917
FAX (866) 339-8743

**Ready Ride** (800) 479-7920

Ambulatory, Stretcher, & Wheelchair
Transport (Statewide)
Monday through Friday 7:00 am – 7:00 pm
Call to arrange weekend transport

#### Yellow Cab Taxi

24-hour Dispatch

2700 Woodland Rd Coos Bay, OR 97420 (541) 267-3111

http://yellowcabcoosbay.com/

#### **Bay Cities Brokerage**

3505 Ocean BLVD SE Coos Bay, OR 97420 1-877-324-8109

https://portal.bca-rides.com
Advanced Health and Umpqua
Health Alliance

Please call in advance to schedule a ride.

Mon-Fri 8:00 am – 5:00 pm

Have information ready when calling:

- Medical Card
- Medical Appointment date, time
- Provider name, address, telephone number

Medical related transportation services for *eligible*Oregon Health Plan and Medicaid clients

Please call in advance to schedule a ride. Mon-Fri

7:00 am - 6:00 pm

#### **Translink**

Toll Free (888) 518-8160

http://www.rvtd.org/translink.php

Have information ready when calling:

- Medical Card
- Medical Appointment date, time
- Provider name, address, telephone number

Medical related transportation services for *eligible*Oregon Health Plan and Medicaid clients.

#### Reporting Abuse or Neglect

(Call or visit for availability)

All persons have the right to be free from mental, physical, sexual and verbal abuse, as well as freedom from neglect and exploitation.

# Examples of Child Abuse, Neglect or Exploitation include:

- Physical abuse
- Sexual abuse or exploitation
- Neglect
- Mental injury or maltreatment
- Abandonment
- Threat of harm
- Child selling
- Fatality

# **Examples of Elder Abuse, Neglect or Exploitation include:**

- Financial abuse or exploitation
- Neglect
- Self-neglect
- Caregiver abuse and neglect
- Psychological or emotional abuse
- Sexual abuse
- Abandonment
- Physical Abuse

http://www.oregon.gov/DHS/children/abuse/

http://www.oregon.gov/DHS/spwpd/abuse

#### Where to Report

If someone is being hurt or is in immediate danger, CALL 911 immediately.

#### **Police Departments**

Bandon	(541) 347-2241
Brookings	(541) 469-3118
Coquille	(541) 396-2114
Coos Bay	(541) 269-8911
Gold Beach	(541) 247-6671
Myrtle Point	(541) 572-2124
North Bend	(541) 756-3161
Powers	(541) 332-9013
Reedsport	(541) 271-2100

# Elderly / Developmentally Disabled Residents of Health Care Facility

Department of Human Service Aging and People with Disabilities 3030 Broadway North Bend, Or 97459 (541) 756-2017

http://www.oregon.gov/DHS/spwpd/abuse

#### Women's Safety Resource Center

1680 Newmark Ave. Coos Bay, OR 97420

#### 24- Hour Crisis Line

(541) 751-2550 or Toll Free (888) 793-5612 http://www.womensafety.org/

#### dren Kids' HOPE Center

1925 Thompson Ave. Coos Bay, Or 97420 (541) 266-8806 FAX (541) 266-9184

#### Children

Department of Human Service
Child Abuse and Neglect Reporting
(after-hours calls are forwarded)
Coos County (541) 756-5500
Curry County (541) 247-5437
Douglas County (541) 440-3373

http://www.oregon.gov/DHS/children/abuse/

# **LOCAL MAP** COOS BAY & NORTH BEND, OREGON (Call or visit for availability)

BAY AREA HOSPITAL	Southwestern Oregon Community College
1775 Thompson Road	1988 Newmark Ave.
Coos Bay, OR 97420	Coos Bay, OR 97420
NORTH BEND MEDICAL CENTER	NEWMARK CENTER
1900 Woodland Drive	1988 Newmark Ave
Coos Bay, OR 97420	Coos Bay, OR 97420
SOUTH COAST HOSPICE	BAY CITIES AMBULANCE
1620 Thompson Road	3505 Ocean Blvd SE
Coos Bay, OR 97420	Coos Bay, OR 97420
BAY CLINIC	PACIFIC MEDICAL SERVICES
1750 Thompson Road	2674 Broadway
Coos Bay, OR 97420	North Bend, OR 97459
AVAMERE REHABILITATION	Department of Human Services (DHS)
2625 Koos Bay Blvd	3030 Broadway
Coos Bay, OR 97420	North Bend, OR 97459
WATERFALL CLINIC	OCEAN RIDGE ASSISTED LIVING
1890 Waite Street	1855 Ocean Blvd, SE
North Bend, OR 97459	Coos Bay, OR 97420
LINCARE	COOS COUNTY NORTH BEND ANNEX
155 N. Schoneman Ave.	1975 McPherson Street
Coos Bay, OR 97420	North Bend, OR 97459
INLAND POINT ASSISTED LIVING 2265 Inland Drive North Bend, OR 97459	COMMUNITY HEALTH & EDUCATION CENTER / BAH HOME HEALTH 3950 Sherman Ave. North Bend, OR 97459
LIFE CARE CENTER 2890 Ocean Blvd. SE Coos Bay, OR 97420	

Map on next page →

