



Senior Social Services



Rogue Valley Council of Governments Area Agency on Aging

We offer many programs for older adults, adults with disabilities, and their caregivers including:

ADRC

Aging and Disability
Resource Connection
of OREGON

The ADRC is a free service that provides information and referrals to resources for older adults and adults with disabilities and their friends and family members in Jackson and Josephine Counties. Resources and information includes programs to support in-home care, family caregivers, behavioral health, advocacy, and much more.

Contact www.ADRCoforegon.org or 541-618-7572



Food & Friends is the Meals on Wheels and Senior Meals Program of Jackson and Josephine Counties. We deliver meals to the homes of older adults who are unable to shop or prepare meals due to illness, injury, or disability. Volunteer opportunities are always available in both counties!

**Contact 541-734-9505 (Jackson County)
541-955-8839 (Josephine County)**

DISASTER REGISTRY

Think Ahead. Be Prepared.

Would you need special assistance in an emergency? The Disaster Registry provides the names and locations of people who need extra help to Emergency Management, law enforcement, and first responders during disasters. If you or a family member would like to be listed in the Disaster Registry, please **call 541-618-7572 to request an application.**

Rogue Valley Council of Governments
155 N. 1st Street, Central Point, OR 97502
www.rvcog.org



Joy Community

A Home for Abandoned and Forgotten Homeless Seniors

A safe and secure tiny home community in Medford for seniors who have no family to support them. Joy Community neighbors don't have access to conventional housing but are able to pay a program fee, building their dignity and respect.

Joy Community is supported by Caring Donors, Businesses, and Foundations

PLEASE DONATE TODAY!

JoyCommunityOregon.org

Senior Housing Crisis

Submitted by Shannon Sakoman, Joy Community

The senior housing crisis is a growing number across the US with over 42,000 people over the age of 65 homeless in 2024 and that number is projected to triple by 2030. This is due to not enough affordable housing, the rising costs of housing, fixed incomes affecting older adults who often experience homelessness for the first time due to a health crisis or job loss and facing challenges like mobility issues or inadequate shelter services. These transitional shelters are designed to transition from shelter to self-sufficiency, however seniors have very limited places to transition to, they are not getting back into the working world so they have no hopes of getting out of their situation. Traditional shelter often lack age-specific services, accessible facilities (bunk beds, ramps) or support for daily living activities.

In 2025 a new program stated in Medford, Oregon addressing the senior homeless crisis,

offering a much needed resource. Joy Community is a community of abandoned and forgotten seniors, widows and widowers that have very little income and no family to depend on for support. Joy Community is not just a roof over their head, but a community that offers case management, and activities such as painting or jewelry making. This is a place to call home, a home that they can be proud of and live the remainder of their life in peace. A home that allows them to be creative. A place to get their dignity back.

This community has volunteer opportunities for the outside community to get involved as well. We need more sponsors to build more tiny homes or to donate meals on our mealtrain page.

For more information on how to get involved call 541-930-7770 or for free services call 541-773-4004.



ACCESS provides programs and resources for seniors in Jackson County. Some of the programs we provide include:

ENERGY ASSISTANCE & WEATHERIZATION

The Energy Assistance program is designed to assist low-income households in paying for a portion of their energy costs. You do *not* need a shutoff notice to be eligible for assistance. **Please call (541) 779-9020.**

SENIOR-FOCUSED FOOD PANTRIES

These pantries focus on providing food that best serves low-income seniors in Jackson County. Food boxes are distributed every month and contain foods that are more sensitive to the dietary needs of seniors, such as low sodium, sugar-free, and high fiber options. **Please call (541) 779-6691.**

VETERAN SERVICES

ACCESS supports unhoused and unstably housed Veterans with case management and financial support to obtain and maintain housing. With help from our landlord and property management partners, we're connecting Veterans with a place to call home. **Please call (458) 488-1340.**

**Durable Medical Equipment Program:
ACCESS Offers Free Pickup and Delivery of Medical Equipment!**

ACCESS provides *free* medical equipment to residents of Jackson County! Examples of equipment we provide are wheelchairs, walkers, crutches, commodes, shower chairs and more.

Please call our Medical Equipment team to check the availability of equipment at (541) 690-3972. You can pick up your equipment at the Durable Medical Equipment office at 3661 Lear Way (Next door to the ACCESS Main Office), or arrange a time for delivery to your home.

FOR MORE INFORMATION:

**ACCESS Website: www.accesshelps.org
ACCESS Phone: (541) 779-6691
Address: 3630 Aviation Way, Medford, Oregon**

ACCESS is committed to providing equal access, equal opportunity and reasonable accommodation in all of its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation contact the ACCESS office at 541-779-6691. ACCESS Conducts Business in accordance With the Federal Fair Housing Law. (The Fair Housing Amendments Act of 1988)



25%
of people served by
ACCESS are seniors

5
senior-focused
food pantries are
operated by ACCESS

“After being my husband’s caregiver for seven years, our money and assets had been used up just to survive. Now, without him, I am totally alone and on my own. That is when ACCESS came into my life. They offered me assistance with utility bills and other programs. I have been lifted up and set on my own two feet to start life anew. Thank You ACCESS!”

- Barbara

SENIOR SOCIAL SERVICES

Filling the Medicaid Gap: How New Age Oregon Is Stepping In Where Seniors Need Us Most

By Jamie Callahan, Founder and CEO, Team Senior Referral Services

For years, Team Senior Referral Services has helped seniors, families, and care communities navigate one of life's most stressful transitions: finding appropriate long-term care. Our work has always centered on advocacy, education, and hands-on guidance—at no cost to seniors and their families. With the creation of New Age Oregon, we are extending that same mission to an even more vulnerable population: seniors navigating the Medicaid system.

New Age Oregon was formed to do what Team Senior does so well for folks that are private pay, but specifically for the Medicaid sector—and entirely pro bono for seniors, families, and assisted living and care facilities. As a newly registered Oregon 501(c)(3), our sole purpose is to fill the growing gaps between need and access within Medicaid services.

The Oregon Department of Human Services (DHS) is responsible for managing an extraordinary number of cases. DHS staff do vital and important work under intense pressure, often with limited time and resources. This article is not meant to criticize DHS, but to acknowledge a reality nearly every provider, hospital discharge planner, and family has encountered: calls that go unanswered, delayed assessments, and stalled discharges because the system simply cannot keep up with demand.

These delays have serious consequences. Seniors remain in hospitals or skilled nursing facilities longer than medically necessary. Families are left without guidance during confusing and emotional situations. Assisted living communities struggle to accept residents who are clearly appropriate for care but not yet approved for Medicaid. In the most severe cases, seniors become homeless or unsafe—not because they don't qualify, but because they need more time, advocacy, and hands-on support than the system can provide.

This is where New Age Oregon comes in. In 2025 alone, Deborah Salgado, a former DHS case manager and leader with New Age Oregon, has helped many individuals successfully onboard to Medicaid—sometimes after initial denials. In many of these cases, eligibility was clear, but what was missing was the time and individual attention required to properly assess each situation. Deborah's firsthand experience within DHS allows her to bridge the gap between policy and real-life need.

New Age Oregon has already demonstrated its ability to support seniors before Medicaid services begin—a period when there is virtually no assistance available for people who need extra guidance. This gap is one of the most costly and dangerous points in our healthcare system. When seniors fall through it, hospitals, care facilities, and communities all bear the burden.

Our mission is simple: ensure seniors are not left without support simply because a system is overwhelmed. To make this possible, we are asking for help from the broader business community—particularly those in long-term care, healthcare, and the medical industry. Donations to New Age Oregon directly fund hands-on Medicaid advocacy, discharge support, and stabilization services that reduce strain on the system while improving outcomes for seniors.

This is not about replacing government services. It is about strengthening the safety net where it is stretched too thin. Together, we can reduce unnecessary costs, prevent homelessness, and ensure seniors receive the dignity, advocacy, and care they deserve.

For more information call 541-295-8230 or visit www.teamseior.org or email jamie@teamseior.org | (541) 295-8230



Support, Stability & Community for Seniors

(The Salvation Army - Serving Jackson & Josephine County)

Programs & Services for Seniors Help, Hope & Ways To Give Back

WHAT WE OFFER

Hope House Transitional Living
Supportive transitional housing for seniors experiencing homelessness - helping participants gain stability and secure permanent housing.

Eviction Prevention
One-time rental and utility assistance during financial crisis (when funds are available)

Emergency Assistance
Clothing help and other urgent support.



Food Pantry
Nutritious food assistance for individuals and families in need.



Saunders Seniors Fund
(Jackson County)
Annual one-time financial assistance for medicine and essential needs.



RECEIVE HELP

GRANTS PASS (541) 955-1017
1377 Redwood Ave,
Grants Pass, OR 97527

MEDFORD (541) 773-6965
922 N Central Ave,
Medford, OR 97501

LINKTREE



Salvationarmy.org

GET INVOLVED

Volunteer Opportunities

Seniors and community members:
Give your time, wisdom, and heart.

Donate Today

Support senior programs



Staying Well by Showing Up: How Volunteerism Helps Seniors Live Healthier, Fuller Lives

Submitted by The Salvation Army

Margaret didn't plan on becoming a volunteer. At 72, recently retired and living alone for the first time in decades, she was simply looking for something to break up the quiet days. "I missed being needed," she says. "I didn't want every day to feel the same." That longing is what led her through the doors of The Salvation Army one Tuesday morning. She signed up to help for "just an hour or two," not realizing how deeply that small decision would begin to shape her health, her routine, and her sense of purpose.

Margaret began by organizing food pantry shelves and greeting families as they arrived. The work was simple, but meaningful. It got her moving, talking, and connected. "On the mornings I volunteer, I sleep better the night before," she laughs. "I wake up with a plan." Over time, she noticed subtle but important changes—more energy, fewer lonely moments, and a lighter spirit. Health experts often point to volunteerism as a powerful way for seniors to stay active both physically and mentally, but for Margaret, the proof was personal. "I didn't realize how lonely I'd been until I wasn't anymore," she says.

As the weeks passed, Margaret became a familiar face. She learned names, remembered which families preferred canned fruit over fresh, and which children loved stickers. Often, what people needed most wasn't food—it was kindness. "I can't fix their problems," she says, "but I can make sure they feel seen." That steady, compassionate presence is one of the reasons seniors play such a vital role in community service.

According to Sharre Whitson, Regional Development Director for The Salvation Army, senior volunteers are truly the heart of many programs. "Our senior volunteers bring life experience, patience, and a calm steadiness that helps people feel safe," Whitson shares. "Whether

someone volunteers once a week or once a month, their presence makes a real difference—for the people we serve and for the volunteers themselves."

Many seniors hesitate to volunteer because they worry about time, energy, or physical limitations, but Whitson says flexibility is key. "We have so many ways to get involved," she explains. "Seniors can help in the food pantry, assist with seasonal programs, organize donations, greet families, or support behind-the-scenes work. There is truly a place for everyone, regardless of ability or schedule." Margaret agrees. "They met me where I was," she says. "I didn't have to keep up—I just had to show up."

Volunteerism also strengthens the community as a whole, building connections across generations and reminding everyone of the power of compassion. "When seniors volunteer, they're not just giving their time," Whitson adds. "They're helping create a kinder, more connected community, while also staying active, engaged, and hopeful themselves."

Today, Margaret still volunteers every Tuesday. It's part of her rhythm now, just like morning coffee and evening phone calls with her grandchildren. "I came here to help," she says, smiling as another family walks through the door. "I didn't expect it would help heal parts of me too."

For seniors who are curious about volunteering, Whitson offers simple encouragement: "You don't have to know exactly how you'll serve—just reach out. We'll help you find a role that fits your heart and your life." To learn more about volunteer opportunities, call your local Salvation Army, or stop by in person. One small step can lead to a healthier you—and a stronger community.

For more information call 541-773-6965,

■ Adult Foster Home Licensing**Aging and People with Disabilities (APD)**

2860 State Street 541-776-6222
 Medford, OR 97504 1-866-405-6042

Senior & Disability Services 541-474-3110
 2101 Hawthorne Avenue 1-800-633-6409
 Grants Pass, OR 97526

■ Adult Foster Homes & Referral Service

Adult Family Care Providers 541-826-3682
 10740 Agate Road
 Eagle Point, OR 97524

■ Blind Services

American Council of the Blind 541-304-2226

American Printing House for the Blind 1-800-232-5463

Oregon Commission for the Blind 541-776-6047
 228 North Holly
 Medford, OR 97501

Talking Books & Braille Library 1-800-452-0292

■ Blood Donation

American Red Cross Blood Donor Svcs 541-779-3773
 60 Hawthorne Avenue
 Medford, OR 97504

■ Caregiver Services

Aging and Disability Resource Connection (ADRC) 855-ORE-ADRC
 855-673-2372
 541-618-7572

Information and assistance for anyone caring for an older family member or a person with disabilities.

Family Caregiver Program 541-618-7572

Home Instead Senior Care 541-734-2700
 300 Crater Lake Avenue
 Medford, OR 97504

■ Caregiver Services Cont.**Home Instead Senior Care**

310 NW "A" Street 541- 479-2828
 Grants Pass, OR 97526

Please See Advertisement Page 44

Oregon State University Extension 541-776-7371
 Family & Community Health

Powerful Tools for Caregiving Classes

Medford 541-618-7572
Grants Pass 541-423-1362
 541-471-2863

Rogue Community College 541-956-7303

Home Healthcare Provider Training Adult Foster Care
 Provider Training for Jackson & Josephine County
 Registration & Information

■ Computer Assistance

Rascal Rogue Area Senior Computer Assistance League www.rascal.cc

■ Deaf Services

Dogs for Better Lives 541-826-9220
 Voice and TDD
 10175 Wheeler Road
 Central Point, OR 97502

■ Drivers Education

AARP Driver Safety Program 1-877-846-3299

Medford Senior Center 541-772-2273

■ Elder Abuse and Protection Services**Oregon Long Term Care Ombudsman**

830 "D" Street NE 1-800-522-2602
 Salem, OR 97305

Please See Advertisement Page 46

Aging and People with Disabilities (APD) 541-618-7572
Adult Protective Services (APS)

Emergency Food Boxes

Josephine County Sites Emergency Food Boxes

Cave Junction Adventist Comm Ctr 541-415-1491
265 South Old Stage Road, Grants Pass
Tuesday 10am - 1pm

Dorcas Grants Pass 541-476-2052
1360 NE 9th Street, Grants Pass
Tuesday 9am - 11am, 12am - 1:30pm

Redwood Christian Church 541-474-0778
4995 Redwood Ave, Grants Pass
Wed 6pm - 7pm

The ROC 541-476-3344
564 SW Foundry, Grants Pass
Thurs 1pm - 5pm, Sat 9am - noon

Salvation Army 541-955-1017
1377 Redwood Avenue, Grants Pass
Mon 8am - 11am, 1pm- 3pm, Wed & Fri 8am - 11am

Spirit Living Center at the Grange 541-450-9886
3763 Holland Loop Rd, Cave Junction
Third Weds 3:30pm - 5:30pm

St Vincent DePaul Mobile Kitchen 541-472-8579
Redwood Country Church
1640 Redwood Ave, Grants Pass
Mon, Thurs, & Fri 12 pm - 1pm

Church of Latter Day Saints
1969 Williams Hwy, Grants Pass
Wed 12pm - 1pm

U-Turn for Christ Thrift Store
100 Lewis Ave, Grants Pass
Fri noon - 1pm

Sunny Valley Outreach Ministries 541-955-4925
180 Lariat Dr, Wolf Creek
Tue 1:30pm - 2:30pm

UCAN Grants Pass 1-800-307-8226
900 SE Sixth Street, Grants Pass
Fri 12pm - 2pm

Williams Grange 541-146-5556
20100 Williams Hwy. Williams
Wed 12:30 am - 2 pm

Emergency Food Boxes Cont.

Jackson County Sites Emergency Food Boxes

Eagle Point Senior Focused Pantry
185 E Main St, Eagle Point
Thur 9am - 9:30am

Medford Senior Focused Pantry
3669 Aviation Way, Medford
Wed 1:30 pm - 2:30 pm

Phoenix Senior Focused Pantry
4385 S Phoenix Hwy, Phoenix
Fri 1:30pm - 2pm

Rogue River Estate 541-779-7201
1395 Poplar Dr, Medford
Wed 10 am - 10:30am

Rogue River Community Center 541-582-0609
132 Broadway
Rogue River, OR 97537
Tues 10am-11:45 am

Salvation Army 541-772-8149
922 North Central
Medford, OR 97501
Mon 1pm - 3pm, Thurs & Fri 9am - noon 1pm - 3pm

St. Vincent De Paul-Medford 541-772-3828
2540 North Pacific Highway
Medford, OR 97501

Upper Rogue Community Center, Inc. 541-878-2702
22465 Highway 62
Shady Cove, OR 97539
Thurs 10am - noon

SENIOR SOCIAL SERVICES

■ Emergency Response Call

Lifeline-Asante Health Systems 541-507-2680
700 SW Ramsey St, #101
Grants Pass, OR 97527

■ Employment

WorkSource Rogue Valley 541-776-6060
119 North Oakdale
Medford, OR 97501

Grants Pass: 541-476-1187
1569 NE "F" Street
Grants Pass, OR 97526

The OHRA Center 541-631-2235
2350 Ashland Street
Ashland, OR 97520

■ Energy & Utility Assistance

**ACCESS Weatherization
& Energy Assistance** 541-779-6691
3630 Aviation Way
Medford, OR 97504

Jackson County Fuel Committee 541-488-2905
120 West Second Street
Phoenix, OR 97535

Pacific Power 1-888-221-7070
Low Income Discount Program

UCAN-Energy, Utility & Guardianship 541-956-4050
Umpqua Community Action Network
125 Manzanita Avenue
Grants Pass, OR 97526

■ Financial Assistance

Social Security Administration 1-800-772-1213
3501 Excel Drive #101
Medford, OR 97504

■ Financial Management Assistance

Consumer Credit Counseling 541-779-2273
820 Crater Lake Avenue #202
Medford, OR 97504

■ Food Assistance

ACCESS Food Share 541-779-6691
3630 Aviation Way
Medford, OR 97504

**Aging and Disability Resource
Connection (ADRC)** 1-855-ORE-ADRC
1-855-673-2372
541-618-7572

Ashland Community Food Bank 541-488-9544
560 Clover Lane, Ashland, OR 97520
www.AshlandCFB.org

Ashland Food Angels 458-246-7489
472 Walker Avenue
Ashland, OR 97520

Food & Friends (Meals on Wheels)
Josephine County 541-955-8839
Jackson County 541-734-9505

Gospel Mission for Men 541-779-1597
125 West Jackson Street
Medford, OR 97501

Gospel Mission for Women 541-772-2931
534 N Bartlett Road
Medford, OR 97501

Helpline
(A Program of Community Works) 541-779-4357
Jackson & Josephine Counties 541-779-HELP

Illinois Valley Family Coalition 541-592-6139
535 E. River Street
Cave Junction, OR 97523

Rogue River Community Center 541-582-0609
132 Broadway
Rogue River, OR 97537

**Rogue River SDA Church
Community Service** 541-582-1262
4300 North River Road
Rogue River, OR 97537

Food Assistance Cont.

Salvation Army 541-955-1017
1377 Redwood Ave.
Grants Pass, OR 97527

Teresa McCormick Center 541-864-5098
Ashley Hughes - Coordinator
2500 S Pacific Hwy
Medford, OR 97501

The OHRA Center 541-631-2235
2350 Ashland Street
Ashland, OR 97520

Upper Rogue Community Center, Inc. 541-878-2702
22465 Highway 62
Shady Cove, OR 97539

Health Information & Education

Aging and Disability Resource Connection (ADRC) 1-855-ORE-ADRC
1-855-673-2372
541-618-7572

Alzheimer's Association Oregon Chapter 1-503-416-0201
1-800-272-3900
528 South Meadows Road, #451
Lake Oswego, OR 97035

American Cancer Society 1-800-227-2345
4380 S Macadam Ave. Ste 375
Portland, OR 97239

American Heart Association 1-503-820-5300
4380 Macadam Avenue #480,
Portland, OR 97239

American Lung Association of OR 1-800-732-9339
7420 SW Bridgeport Rd,
Portland, OR 97224

Arthritis Foundation 1-800-283-7800

HASL Independent Ability Center 541-479-HASL
305 NE "E" Street 541-479-4275
Grants Pass, OR 97526

Health Information & Education Cont.

Living Well with Chronic Conditions, Chronic Pain & Diabetes Workshops Senior & Disability Services RVCOG 541-618-7572

Oregon State University Extension 541-776-7371
Ongoing classes in health promotion, disease prevention, health & nutrition.

Health Insurance Assistance

Rogue River Community Center 541-582-0609
132 Broadway
Rogue River, OR 97537

SHIBA Senior Health Insurance Benefit Assistance Senior Medicare Patrol
Jackson County 541-857-7780
Josephine County 541-646-3461

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Health Screening

Medford Senior Center 541-772-2273
510 East Main Street
Medford, OR 97504

Rogue River Community Center 541-582-0609
132 Broadway
Rogue River, OR 97537

Shield by Guardant 1-855-698-8887

Southern Oregon Lions Sight and Hearing Center 541-779-3653
228 North Holly Street
Medford, OR 97501

SENIOR SOCIAL SERVICES

Health Services

Rogue Community Health 541-773-3863
 19 Myrtle Street, Medford
 99 Central Avenue, Ashland 541-482-9741
 8385 Division Road, White City 541-773-3863
 722 Laurel Avenue, Butte Falls 541-773-3863
 280 Mill Creek, Prospect 541-773-3863
 11160 Crater Lake Hwy, Ste A, EP 541-773-3863

**Rogue Community Health
 Dental Clinic** 541-500-0959
 906 Royal Court, Medford
 922 East Main Street, Medford 541-500-2521
 722 Laurel Avenue, Butte Falls 541-842-7799
 11160 Crater Lake Hiway, Eagle Point 541-500-0763

**Jackson County Public Health
 and Human Services** 541-774-8209
 140 South Holly
 Medford, OR 97501

La Clinica del Valle General Info 541-535-6239
For Medical Appointments 541-618-1300
For Dental Appointments 541-512-3900
Insurance assistance 541-535-6239
 2350 Ashland St., Ashland
 560 Indiana St., Ashland
 4940 Hamrick Rd., Central Point
 1307 West Main St., Medford
 910 South Central Ave., Medford
 140 South Holly St., Medford
 730 Biddle Rd., Medford
 1113 Progressive Dr., Medford
 221 Stewart Ave., Ste 101, Medford
 638 Market St., Medford
 3617 South Pacific Hwy., Phoenix

Siskiyou Community Health Center 541-592-4111
 25647 Redwood Hwy
 Cave Junction, OR 97523

Siskiyou Community Health of GP 541-472-4777
 1701 NW Hawthorne Avenue
 Grants Pass, OR 97526

Siskiyou Community Health Center 541-500-8407
 1380 Biddle Road
 Medford, OR 97504

Housing Assistance

ACCESS Housing & Weatherization 541-779-6691
 3630 Aviation Way
 Medford, OR 97504

**Department of Veterans
 Affairs Domiciliary** 541-826-2111
 White City, OR 97503

Gospel Mission Grants Pass: 541-476-0082
 340 SW Foundry Street #2412
 Grants Pass, OR 97526

Home Share Oregon 503-515-2397
 HomeShareOregon.org

Housing Authority of Jackson County 541-779-5786
 2231 Table Rock Road
 Medford, OR 97501

Medford Better Housing Association 541-772-4180

**Josephine Housing & Community
 Development Council** 541-479-5529
 120 South NE Seventh Street
 Grants Pass, OR 97526

Rogue Retreat 541-499-0880
 711 East Main Street, #25
 Medford, OR 97504
 RogueRetreat.org

The OHRA Center 541-631-2235
 2350 Ashland Street
 Ashland, OR 97520

Legal Assistance

American Civil Liberties Union 1-503-227-3186
 P.O. Box 40585, Portland, OR 97204

**Center for Nonprofit
 Legal Services, Inc.** info 541-779-7292
 225 West Main, P.O. Box 1586, Medford, OR 97501

Oregon Law Center 541-476-1058
 424 NW 6th Street, Ste 102
 Grants Pass, OR 97526

Long Term Care Advocate

Oregon Long-Term Care Ombudsman 800-522-2602
 830 D Street NE
 Salem, OR 975301

Please See Advertisement This Page

Loss & Grief

Ashland Community Hospital Hospice 541-789-5005

Providence Hospice Grief Support 541-732-6500

Winterspring, A Center for Living with Loss and Grief, Learning Well 541-552-0620
 931 Chevy Way
 Medford, OR 97504

Medicaid

Aging and People with Disability Resource
 28 West 6th St Ste D 541-776-6210
 Medford, OR 97501

Medford Senior Services 541-776-6222
 2860 State St
 Medford, OR 97504

Grants Pass Senior and Disabilities Office
 2101 NW Hawthorne Avenue 541-474-3110
 Grants Pass, OR 97526

Financial Aid Center for Long Term Care 541-479-2415
 531 NE "E" Street, Suite B
 Grants Pass, OR 97526
 Qualify for medicaid & save asset.

Medical Equipment Assistance

ACCESS 541-779-6691

Community Action Agency
 3630 Aviation Way
 Medford, OR 97504

American Cancer Society 1-800-227-3245
 4380 South Macadam Avenue. Ste 375
 Portland, OR 97239

Their Rights,
Your Voice

Volunteers needed to advocate for residents of long-term care.

 OREGON LONG-TERM CARE OMBUDSMAN

Visit www.oltco.org
 or call 1-800-522-2602

Medical Equipment Assistance Cont.

American Lung Association of OR 1-800-732-9339
 16027 SW Upper Ferry Road #165
 Tigard, OR 97224

HASL Independent Ability Center 541-479-HASL
 305 NE "E" Street 541-479-4275
 Grants Pass, OR 97526

Rogue River Community Center 541-582-0609
 132 Broadway
 Rogue River, OR 97537

Southern Oregon Lions Sight and Hearing Center 541-779-3653
 228 North Holly Street
 Medford, OR 97501

Upper Rogue Community Center, Inc. 541-878-2702
 22465 Highway 62
 Shady Cove, OR 97539

Veterans of Foreign Wars 541-773-2938
 42 North Front St
 Medford, OR 97501

Medicare

Social Security Administration 1-800-772-1213
 3501 Excel Drive #101
 Medford, OR 97504



Imagine being charged \$150 a month for something you didn't use, year after year. Imagine watching the total climb into the thousands of dollars, knowing it was wrong, but not knowing how to make your voice heard. For one Oregon resident in an assisted living facility, this was their reality.

In early 2025, this resident (let's call her "Anna") noticed she was being billed for pharmacy services she didn't need. Anna had been self-administering her own medications for four years. Still, the charges kept appearing.

Alone, Anna might have been ignored. But she wasn't alone. She had an advocate: a Certified Ombudsman volunteer.

With the resident's permission, the volunteer dug into the records, pored over medication logs and assessments, and gathered the evidence. When they brought it to the facility's administrator, the first response was resistance. But the Certified Ombudsman didn't stop there. They pressed on, citing the resident handbook and service evaluations, until the facility's Executive Director agreed not only to stop the charges, but to issue a \$5,250 credit to Anna's account. The facility even committed to auditing other residents' accounts to ensure nobody else was wrongly billed.

This victory wasn't just about the money. It was about justice, dignity, and respect. It only happened because a volunteer was there to stand up for Anna when she couldn't do it alone.

This is what Certified Ombudsman volunteers do.

Every day in Oregon, residents in long-term care facilities and facilities licensed for people with intellectual and developmental disabilities or mental health conditions face challenges like these. Sometimes it's financial. Sometimes it's about care, safety, or simply being heard. What they all have in common is the need for someone independent, compassionate, and determined to advocate for them.

Certified Ombudsman volunteers are a voice for residents who may feel powerless, an investigator who isn't afraid to ask hard questions and demand fair answers, and a protector of dignity for some of the most vulnerable people in our communities.

The training is thorough. The support is strong. And the impact you can have is immeasurable. Think about Anna. She received justice, accountability, and peace of mind. Multiply that by thousands of residents across Oregon, and it becomes obvious why volunteers are the backbone of this work.

Every person living in a care facility has rights, such as the right to be treated with dignity and respect, the right to make choices about their daily lives, and the right to voice concerns without fear of retaliation. These rights exist on paper. Volunteers make sure they are respected in practice.

If you've ever wondered how to make a direct, life-changing difference in your community, this is your chance. You don't need to be a lawyer, a doctor, or an expert in long-term care. You just need compassion, persistence, and the willingness to speak up for those in need. Because when you do, lives change.

To learn more about our services or to become a volunteer, visit www.oltco.org or call 800-522-2602.

■ Nutrition-Meal Sites-Jackson Co.

Call **541-734-9505** for the most current details. RVCOG Senior & Disability Services administers the Food & Friends Senior Meals Program. Take Out Meals are served from 11:00 to 12:30 on the days indicated for each site. A donation of \$2.75 is suggested for those over age 60. For people under 60, there is a charge of \$6.75. For information on Meals on Wheels for home bound seniors call Food & Friends at **541-734-9505** in Jackson County.

Ashland Senior Center (Mon - Fri)
1699 Homes Avenue
Ashland, OR 97520

Central Point Grange (Mon - Fri)
123 North Second Street
Central Point, OR 97502

Gold Hill Oddfellows Hall (Mon & Thur)
541-734-9505 ext 1 Home Delivery Only

Jacksonville IOOF Hall (Mon - Fri)
175 South Oregon Street
Jacksonville, OR 97530

Phoenix Talent & White City (Mon - Fri)
Jennifer 541-734-9505 ext 1 Home Delivery Only

Rogue River (Mon - Fri)
Sarah 541-582-0609 Home Delivery Only

Senior Citizens Community Center (Mon - Fri)
121 Loto Street
Eagle Point, OR 97524

Shady Cove (Tues & Thurs)
Jennifer 541-734-9505 ext 1 Home Delivery Only

Southern Oregon Lions Sight & Hearing Center
228 North Holly Street (Mon - Fri)
Medford, OR 97501

■ Nutrition-Meals Sites-Josephine Co.

Call **541-955-8839** for the most current details. RVCOG Senior & Disability Services administers the Food & Friends Senior Meals Program. Take Out Meals 11:30am - 12:30pm. A donation of \$2.75 is suggested for those over age 60. For people under 60, there is a charge of \$6.75. For information on Meals on Wheels for home bound seniors call Food & Friends at **541-955-8839** in Josephine County.

Cave Junction IVSC (Mon, Wed & Fri)
520 East River Street
Cave Junction, OR 97523

Grants Pass (Mon - Fri) Home Delivery only
Kailee 541-955-8839

Josephine County Senior Center (Mon - Fri)
1150 NE 9th Street
Grants Pass, OR 97526

Merlin Community Center (Tues & Thurs)
Kailee 541-955-8839 Home Delivery Only

Wilderville (Wed) Home Delivery only
Kailee 541-955-8839

Wolf Creek Community Church (Tues & Thurs)
130 Main Street Grab & Go
Wolf Creek

■ Outreach & Support Services

ACCESS 541-779-6691
Community Action Agency
 3630 Aviation Way
 Medford, OR 97504

Aging and Disability Resource Connection (ADRC) 1-855-ORE-ADRC
 1-855-673-2372

Ashland Senior Center 541-488-5342
 1699 Homes Avenue
 Ashland, OR 97520

Jackson County Library 541-774-8689
 www.jcls.org

Rogue Retreat 541-499-0880
 711 East Main Street, #25
 Medford, OR 97504
 RogueRetreat.org

Siskiyou Community Health Center 541-592-4111
 25647 Redwood Hwy
 Cave Junction, OR 97523

Siskiyou Community Health of GP 541-472-4777
 1701 NW Hawthorne Avenue
 Grants Pass, OR 97526

Siskiyou Community Health Center 541-500-8407
 1380 Biddle Road
 Medford, OR 97504

Please See Advertisement Page 62

The OHRA Center 541-631-2235
 2350 Ashland Street
 Ashland, OR 97520

■ Reassurance Call Program

Helpline 541-779-4357
(A Program of Community Works) 541-779-HELP
 Medford, OR 97504

Josephine County Crisis Line 541-474-5360
 Grants Pass, OR 97526

■ Respite

Aging and Disability Resource Connection (ADRC) 1-855-ORE-ADRC
 1-855-673-2372

■ Senior Centers

Ashland Senior Center 541-488-5342
 1699 Homes Avenue
 Ashland, OR 97520

Club 60 by Team Senior 541-660-2591
 1150 NE 9th St
 Grants Pass, OR 97526

Eagle Point Senior Citizens Center 541-826-9404
 121 Loto Street
 Eagle Point, OR 97524

Illinois Valley Senior Center 541-592-6888
 520 E River Street
 Cave Junction, OR 97523

Medford Senior Center 541-772-2273
 510 East Main Street
 Medford, OR 97504

Rogue River Community Center 541-582-0609
 132 Broadway
 Rogue River, OR 97537

Upper Rogue Community Center, Inc. 541-878-2702
 22465 Highway 62
 Shady Cove, OR 97539

■ Senior Clubs

AARP 1-866-554-5360
Oregon State AARP
9200 SE Sunnybrook Blvd 410
Clackamas, OR 97015-9740

AARP National 1-888-687-2277

■ Senior Education

Osher Lifelong Learning Institute (OLLI) 541-552-6048
655 Frances Lane
Ashland, OR 97520

Rogue Community College Foundation 541-956-7293

Redwood Campus 541-956-7500
3345 Redwood Hwy
Grant, OR 97527

Riverside Campus 541-956-7500
117 Southern Central
Medford OR 97501

Table Rock Campus 541-956-7500
7800 Pacific Ave
White City, OR 97530

■ Special Senior Programs

Resolve Center for Dispute Resolution & Restorative Justice 541-770-2468
201 West Main Street, #3A
Medford, OR 97501

Jackson County Genealogy Library 541-512-2340
Rogue Valley Genealogical Society
3405 South Pacific Hwy
Medford, OR 97501

■ Support Groups

Alanon of Jackson County 1-888-4AL-ANON
Alanon of Josephine County 1-888-425-2666

Alcoholics Anonymous 541-773-4848
116 East Sixth Street
Medford, OR 97504

Alcoholics Anonymous 541-474-0782
432 NW 6th Street
Grants Pass, OR 97526

Alzheimer's Support Group 1-800-272-3900

Westminster Presbyterian Church
2000 Oakwood Dr, Medford, OR 97504
3rd Thursday of the month 2:00-3:30pm

Alzheimer's Association Telephone 1-800-272-3900
Caregivers Support Group
3rd Thursday 11:00am-12:00pm Call to Register

American Cancer Society 1-800-227-2345
31 West Sixth, P.O. Box 698
Medford, OR 97501

Blood Cancer Support Group 541-789-2863
Heimann Cancer Center-Medford
2nd Wednesday 5:30-7:00pm

Breast Cancer Support Group RRMC 541-789-6176
Heimann Cancer Center-Medford
Now offering online support
melanie.dines@asante.org
1st & 3rd Thursday 12:30-2:00pm

Breast Cancer Support Group 541-472-7038
Spears Cancer Center-Grants Pass
Alternating Tuesday 2-3pm

Caregiver Support Group 541-789-3214
Heimann Cancer Center-Medford
2nd Wednesday 1-2pm

■ Support Groups Cont.

Caregiver Support Group 541-472-7038
Spears Cancer Center-Grants Pass
3rd Wednesday 2 -3:00pm

Dementia Caregiver Support Group 541-488-5342
Ashland Senior Center
Via Zoom, call to register
Third Wednesday of the month 5:30-7pm

Dementia Caregivers Support Program 541-618-7572

Diabetic Support for Adults 541-789-5906
555 Black Oak Drive 3rd Floor Conference Room
Medford, OR 97504
Third Wednesday 12:30pm - 1:30pm

537 SW Union Ave 4th Floor Demo Kitchen
Grants Pass, OR
First Monday 12:30pm - 1:30pm

General Cancer Support Group 541-472-7038
Spears Cancer Center -Grants Pass
2nd Wednesday 2-3pm

Grants Pass Neuropathy Support Group 541-955-4995

Gynecological Cancer Support Group 541-789-0583
Heimann Cancer Center -Medford
2nd Tuesday 12:30-2pm

HASL Independent Ability Center 541-479-HASL
305 NE "E" Street 541-479-4275
Grants Pass, OR 97526

Home Instead Senior Care 541-734-2700
300 Crater Lake Avenue, Suite 101
Medford, OR 97504

Please See Advertisement Page 46

Journey Through Grief Support Group 541-732-6869

Journey-Pregnacy Care Center 541-479-6264
Support Group for Women who are struggling with
infant loss no matter how long ago.

■ Support Groups Cont.

New Age Oregon 541-295-8230
newageoregon.org

Options for Southern Oregon Mental Health Program 541-476-2373
200 Beatty St
Medford, OR 97504

Oral, Head & Neck Cancer Support Group 541-789-3214
Heiman Cancer Center
4th Friday 12-1:30pm

Oregon ALS Support Group 541-292-8775
(Lou Gehrig Disease)

Oregon Tobacco Quit Line 1-800-784-8669

Parkinsons Support Group - Ashland 1-650-575-8434

Parkinsons Disease Support Group 1-800-426-6806

Pearl Treatment Program for Seniors with Depression 541-618-7572

Prostate Cancer Support Group 541-789-2863
Heimann Cancer Center-Medford
3rd Thursday 5:30-6:30pm

Providence Cancer Support Group 503-215-6014
1698 E. McAndrews, Ste 180
Medford, OR 97504

Providence Neuro Rehabilitation 541-732-5679

Southern Oregon Prostate Cancer Support Group Tom in Ashland 541-331-4739
3rd Thursday

Southern Oregon Woman's Parkinsons Support Group 1-503-504-4466
905 Skylark Place Ashland
2nd Wed 3-4:30pm

Support Groups Cont.

Tobacco Cessation Classes 541-789-3214
 Heimann Cancer Center
 8 Week Course

Winterspring, A Center for Living With Loss and Grief 541-552-0620
 P.O. Box 8169
 Medford, OR 97504

Women’s Crisis Support Team 24 hr crisis# 541-479-9349

Tax Services

AARP Tax Aid 1-866-554-5360

Medford Senior Center 541-772-2273
 510 East Main Street
 Medford, OR 97504

Rogue River Community Center 541-582-0609
 132 Broadway
 Rogue River, OR 97537

Upper Rogue Community Center, Inc. 541-878-2702
 22465 Highway 62
 Shady Cove, OR 97539

JOCO Vita Free Tax Preparation www.jocovita.org
 Grants Pass 541-223-9597
 Cave Junction 541-592-6139

Thrift Stores

Gospel Resue Mission’s Second Chance Thrift Store 541-479-9748
 429 SE Sixth Street
 Grants Pass, OR 97526

Habitat for Humanity 541-779-9095
 2233 S Paciic Hwy
 Medford, OR 97501

Hopeful Secondhand Thrift Shop at Rogue Retreat 541-499-0067
 1116 North Riverside Avenue
 Medford, OR 97501

Hospice Unique Resale Boutique 541-488-7805
 1618 Ashland Street
 Ashland, OR 97520

Medford Senior Center 541-772-2273
 510 East Main Street
 Medford, OR 97504

Old Library Collectibles & Thrift Shop 541-899-9555
 170 S. Oregon Street
 Jacksonville, OR 97530

Rogue Valley Humane Society Thrift Store 541-955-3367
 1169 Redwood Avenue
 Grants Pass, OR 97527

Salvation Army 541-773-7335
 922 North Central
 Medford, OR 97501

1377 Redwood Avenue 541-955-1017
 Grants Pass, OR 97527

St. Vincent De Paul 541-779-3648
 2424 North Pacific Highway
 Medford, OR 97501

132 SE “H” Street 541-476-5137
 Grants Pass, OR 97526

Upper Rogue Community Center, Inc. 541-878-2702
 22465 Highway 62 Shady Cove, OR 97539

The Best Care for Those Who Served: Why Veterans Should Choose VA SORCC

For decades, our nation's Veterans have selflessly defended our freedoms, often sacrificing their health and well-being in the process. At the VA Southern Oregon Rehabilitation Center & Clinics (VA SORCC), we believe that those who served our nation deserve nothing less than the highest quality care. Located in beautiful White City, Oregon, VA SORCC stands as a beacon of hope and healing for Veterans, offering unparalleled services tailored to their unique needs.

VA SORCC is more than just a healthcare facility; it's a place where Veterans can find comprehensive, compassionate, and innovative care. Accredited by the Joint Commission (TJC) and the Commission on Accreditation of Rehabilitation Facilities (CARF), VA SORCC is a national leader in Veteran healthcare. With the only free-standing Mental Health Residential Rehabilitation Treatment Program (MH RRTP) in the VA system, our facility is a lifeline for Veterans experiencing homelessness, mental health challenges, or substance use disorders. Our 181-bed facility serves as both a regional and national resource, helping Veterans from multiple states rebuild their lives through holistic, Veteran-centered care.

We are committed to addressing the full spectrum of Veteran healthcare needs. Our multidisciplinary approach ensures that each individual Veteran receives personalized care from experts in the fields of psychiatry, psychology, social work, vocational rehabilitation, spiritual care, and preventative medicine.

For Veterans living in southern Oregon and northern California, VA SORCC offers outpatient medical services including primary care, dental, optometry, physical medicine and rehabilitation,

audiology, dermatology, radiology, laboratory, and mental health services. Additionally, our Geriatrics and Extended Care (GEC) Program and Home-Based Primary Care (HBPC) provide critical services for aging Veterans who need specialized support in the comfort of their own homes.

VA SORCC operates two Community Based Outpatient Clinics (CBOCs) in Klamath Falls and Grants Pass. These clinics offer primary care, specialty care, mental health services, and HBPC, ensuring that Veterans in rural areas receive the same high level of care as those closer to our main campus.

For Veterans who may face challenges traveling to our facilities, VA SORCC offers VA Video Connect through our Telehealth/Connected Care Department. VA Video Connect is an innovative way to access primary care and mental health services from the comfort of home. With more than 22,000 telehealth visits conducted in 2024, we continue to expand and enhance virtual care options, ensuring that no Veteran is left behind.

At VA SORCC, we understand that healing goes beyond medical treatment. We offer a supportive community where Veterans can reconnect, regain independence, and reclaim their sense of purpose. Whether seeking treatment for physical health, mental health, or rehabilitation, Veterans will find a dedicated team ready to provide the care and respect they deserve.

If you or a Veteran in your life is looking for exceptional healthcare, VA SORCC is here to serve you. We are honored to provide compassionate, world-class care to those who have given so much for our country. Because at VA SORCC, Veterans are more than patients – they are family.

For more information call 541-826-2111.

■ Transportation Assistance

Aging and Disability Resource Connection (ADRC) 1-855-ORE-ADRC
1-855-673-2372
541-618-7572

Call-A-Ride 541-857-7783
Medical Transportation
1 West Main Street
Medford, OR 97501
Drivers Needed

Helpline 541-779-4357
(A Program of Community Works) 541-779-HELP
900 East Main Street
Medford, OR 97504

Josephine Community Transit (JCT) 541-474-5452
201 River Heights
Grants Pass, OR 97526

Rogue River Community Center 541-582-0609
132 Broadway
Rogue River, OR 97537

RRMC Senior Transportation Info 541-789-4272
2882 State Street
Medford, OR 97504

Rogue Valley Transportation District RVTD
3200 Crater Lake Avenue 541-779-5821
Medford, OR 97504 24 hrs bus info 541-608-2400

Translink Valley Lift 541-842-2080

Upper Rogue Community Center, Inc. 541-878-2702
22465 Highway 62
Shady Cove, OR 97539

■ Veterans

Columbia Care Veterans Resource Center 541-779-8564
601 North Grape Street, Medford, OR 97501

Department of Veterans Affairs Rehabilitation Center & Clinic 541-826-2111
White City, OR 97503

Grants Pass West VA Outreach Clinic 541-955-5551
1877 Williams Hwy, Grants Pass, OR 97527

Salvation Army 541-955-1017
1377 Redwood Hwy, Grants Pass, OR 97527

VA Benefits Counseling 541-479-2415
531 NE "E" Street, Ste B
Grants Pass, OR 97526
Free Assistance with Aid & Attendance Benefits

Veterans of Foreign Wars 541-773-2938
42 North Front Street
Medford, OR 97501

Veterans Service Office (Jackson Co.) 541-774-8214
140 S Holly Street
Medford, OR 97504

Veterans Service Office (Josephine Co.) 541-474-5454
Josephine County Courthouse
500 NW 6th Street Dept 15
Grants Pass, OR 97526

■ Volunteer Opportunities

AARP 1-866-554-5360
Oregon State AARP
9200 SE Sunnybrook Blvd 410
Clackamas, OR 97015-9740

ACCESS Inc. Community Action Agency 541-779-6691
3630 Aviation Way
Medford, OR 97504

Age Wise Age Well Peer Counseling 541-646-3402

American Red Cross Blood Services 541-842-4700
1174 Progress Drive #102
Medford, OR 97504

■ Volunteer Opportunities Cont.

American Red Cross 541-779-3773
Rogue Valley Chapter
 1050 Crater Lake Ave
 Medford, OR 97504

Asante Health System Volunteer Services 541-789-5875
 Medford, OR 97504

Asante Ashland Community Hospital 541-789-5875
 280 Maple Street
 Ashland, OR 97520

Asante Three Rivers Medical Center 541-789-4410

Ashland Parks and Recreation 541-552-2264
 1195 East Main Street
 Ashland, OR 97520

Boys & Girls Club of Josephine Co
 203 SE 9th Street, Grants Pass 541-479-5258
 307 Wagner Ck Rd, Talent 541-292-4851
 215 North Rose Street, Phoenix 541-897-5058
 24353 Redwood Hwy, Kerby 541-244-8490

Call-A-Ride Medical Transportation 541-857-7783
 1700 East Barnett
 Medford, OR 97501
 Drivers Needed

Please See Advertisement Page 11

Camelot Theatre 541-535-5250
 101 Talent Avenue
 Talent, OR 97540
 Volunteer Ushers Needed

CASA Jackson County Court Appointed Special Advocate for Children 541-734-2272
 409 North Front Street
 Medford, OR 97501

CASA of Josephine County Community Works 541-474-5486
 304 NW "D" Street
 Grants Pass, OR 97526

■ Volunteer Opportunities Cont.

Columbia Care Veterans Resource Ctr 541-779-8564
 601 North Grape Street
 Medford, OR 97501

Community Volunteer Network 547-857-7780
 1 West Main Street, Suite 303
 Medford, OR 97501

Please See Advertisement Page 133

Family Nuturing Center 541-779-2523
 Jackson County and Josephine County

Friends of the Animal Shelter 541-708-0090
 5595 S Pacific Hwy
 Phoenix, OR 97535

Food & Friends 541-734-9505
 2860 State Street
 Central Point, OR 97502

Foster Grandparent Program 541-857-7786
 Classroom Volunteers Needed

Grants Pass Chamber of Commerce 541-476-7717
 1995 Vine Street,
 Grants Pass, OR 97520

HASL Independent Ability Center 541-479-HASL
 305 NE "E" Street 541-479-4275
 Grants Pass, OR 97526

Hearts for Seniors Companion Program 541-646-7385
 529 Edwards Street
 Medford, OR 97501

Hearts with a Mission 541-956-4190
 1504 NE 9th Street
 Grants Pass, OR 97526

Josephine County Historical Society 541-479-7827
 508 SW 5th Street,
 Grants Pass, OR 97526

JOCO Vita Free Tax Preparation www.jocovita.org
 Grants Pass 541-223-9597
 Cave Junction 541-592-6139



Community Volunteer Network

Purpose. Connection. Positive Impact.

VOLUNTEER OPPORTUNITIES:

- Medicare assistance
- Peer counseling
- Drive seniors to appointments
- Fraud & scam education
- Support Youth/ Work with Kids - Foster Grandparent Program



Community Volunteer Network
A PRS Organization



Ready to Make a Difference?

Call 541-857-7780 or visit www.cvnvolunteer.org

Volunteer Opportunities Cont.

Oregon Long-Term Care Ombudsman 800-522-2602
830 D Street NE
Salem, OR 975301

Please See Advertisement Page 123

Pregnancy Care Center 541-479-6264
714 SE 8th Street
Grants Pass, OR 97526

Providence Medford Medical Center 541-732-5179
1111 Crater Lake Avenue
Medford, OR 97504

Retired & Senior Volunteer Program (RSVP & SHIBA) 541-646-3461
201 NE 8th Street
Grants Pass, OR 97526

Rogue Retreat 541-646-7062
711 East Main Street, #25
Medford, Or 97504
RogueRetreat.org

Volunteer Opportunities Cont.

Rogue Valley Council of Governments
ADRC Resource DataBase 541-423-1365
Disater Registry 541-664-6674
Senior and/or Disability Advisory Council(s), Office Support 541-423-1372

Rogue Valley Medical Center Auxiliary 541-789-5875
2825 East Barnett Road
Medford, OR 97504

Salvation Army 541-955-1017
1377 Redwood Hwy
Grants Pass, OR 97527

Please See Advertisement Page 118

Science Works Hands-On Museum 541-482-6767
1500 East Main Street
Ashland, OR 97520

SHIBA Senior Health Insurance Benefit Assistance 541-857-7780
1 West Main Street, Suite 303
Medford, OR 97501

Please See Advertisement Page 113

■ Volunteer Opportunities Cont.

SMART Start Making a Reader Today 541-734-5628
670 Superior Court #108
Medford, OR 97504

Please See Advertisement Page 13

Southern Oregon Friends of Hospice 541-488-7805
P.O. Box 1182
Ashland, OR 97520

Southern Oregon Young Marines 541-727-1668
3581 Lear Way
Medford, OR 97504

Please See Advertisement Page 7

Teresa McCormick Center 541-864-5098
2500 S Pacific Hwy
Medford, OR 97501

■ Volunteer Opportunities Cont.

The OHRA Center 541-631-2235
2350 Ashland Street
Ashland, OR 97520

The Pregnancy Center 541-772-1921
2019 Aero Way, Suite 103
Medford, OR 97504

UCAN 541-956-4050
Umpqua Community Action Network
125 Manzanita Avenue
Grants Pass, OR 97526

Winterspring, 541-552-0620
A Center for Living with Loss and Grief
P.O. Box 8169
Medford, OR 97504

Southern Oregon Young Marines

Strengthening the lives of today's youth into tomorrow's leaders



DONATE TODAY!



VOLUNTEER!

The Southern Oregon Young Marines is a premier youth development program dedicated to mentoring youth people between the ages of 8 and 18. As a 501(c)3 non-profit organization, we provide a consistent foundation for today's youth by instilling the core values of leadership, teamwork, and discipline. Through a structured environment, members are encouraged to push their boundaries, learn new skills, and grow into responsible, productive citizens, while living a healthy drug-free lifestyle.

A cornerstone of the Southern Oregon Young Marines experience is a deep commitment to community involvement. The program places a special emphasis on bridging the generational gap by supporting local seniors throughout the Rogue Valley. Recognizing that senior citizens are often the backbone of the family unit—frequently supporting or even raising their

grandchildren—the Young Marines prioritize giving back to this vital demographic.

To maintain these essential programs and continue mentoring the next generation of leaders, the Southern Oregon Young Marines rely on the generosity of the community. In order to cover operational costs and ensure that these life-changing opportunities remain accessible to all local youth, we must fundraise. If you're able to support us, you can make a financial contribution by scanning QR Code above. Donate Today!

Whether you're looking to enroll a youth in our program or you're an adult interested in volunteering your time to shape young lives, your involvement is invaluable. For more information, please contact the unit directly at (541) 727-1668 or scan QR Code Above Join or Volunteer!

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Kevin & Diane McKelvey

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DJ Design
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The Silver Pages

1467 Siskiyou Blvd, #177, Ashland, OR 97520
(541) 779-4839

Email: SOSilverPages@gmail.com

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