

**NURSING HOMES:**

Columbia Care Center / St. Helens  
Phone: (503) 543-7131

Meadow Park / St. Helens  
Phone:(503)397-2713

**ASSISTED LIVING FACILITIES:**

Avamere/ St. Helens  
Phone: (503) 366-8070

The Amber/ Clatskanie  
Phone: (503) 728-2744

Rose Valley / Scappoose  
Phone: (503) 543-4646

Spring Meadows / St. Helens  
Phone: (503) 397-0401

**RESIDENTIAL CARE FACILITIES:**

Avamere RCF / St. Helens  
Phone: (503) 366-8070

**ADULT FOSTER HOMES:**

CherryWood Adult Foster Care  
St. Helens  
Phone: (503) 397-4040

Terrace View Home AFH  
Scappoose  
Phone: (503) 543-3747

Thanksgiving House  
St. Helens  
Phone: (503) 366-1233

Hope House  
St. Helens  
Phone: (503) 396-5511

Country Living Adult Care  
Clatskanie  
Phone: (503) 728-3859

**SENIOR  
AND  
RESPIRE  
SERVICES**

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**COMMUNITY ACTION TEAM  
AREA AGENCY ON AGING  
2009  
MENU OF SERVICES**

**SERVICES FOR SENIORS  
IN  
COLUMBIA COUNTY**

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A Program of C.A.T.

**SENIOR SERVICES CASE MANAGERS:**

Information & Assistance: (503) 366-6542  
OPI/Respite: (503) 366-6581  
Nutrition Services: (503) 366-6549

**SENIOR HOUSING SERVICES**

Phone: (503) 366-6561

**SENIORS & PEOPLE WITH DISABILITIES (DHS)**

500 Hwy 30, Suite 240  
St. Helens 97051  
Phone: (503) 397-5863

**SENIOR HEALTH INSURANCE  
BENEFITS ASSISTANCE (SHIBA):**

Phone: (800) 722-4134

**SENIOR AND RESPITE SERVICES:  
(Community Action Team)**

Phone: (503) 366-6543

**VETERANS SERVICES**

Phone: (503) 366-6580

**SENIOR (Elder) ABUSE:**

Phone: (800) 232-3020  
or  
St. Helens Columbia Co  
Phone: (503) 397-5863

**ALZHEIMER'S ASSOCIATION:**

Phone: (800) 272-3900

**ARTHRITIS FOUNDATION:**

Phone: (800) 283-3004

**AREA AGENCY ON AGING ADVISORY BOARD:**

Phone: (503) 397-3511

**COLUMBIA COUNTY RIDER TRANSPORTATION**

Phone: (888) 462-6526

**COMPANY & CARE-Private Care Providers:**

Phone: (503) 366-1806

**PRESCRIPTION ASSISTANCE:**

Phone: (503) 397-5252

**RETIRED SENIOR VOLUNTEER PROGRAM (RSVP):**

Phone: (503) 397-5655

**211 INFORMATION & REFERRAL SERVICE:**

Phone: 2-1-1 or 1-503-222-5555  
www.211.org

**FOOD PANTRIES (EMERGENCY)****St. Helens-**

(503)397-9708 M-Th 9a-12:45p

**Clatskanie-**

(503)728-3126 M-Fri (no Wed) 11a- 230p

**Scappoose-**

(503)543-7495 Ext 15 M & Th 1p-3p

**Vernonia-**

(503)429-1414 Tu & Th 10a-2p

**Rainier-**

(503) 556-0701 Tu—Th 11a—3p

**ALCOHOL AND DRUG ABUSE PROGRAMS:**

Phone: (800) 621-1646

**COLUMBIA COUNTY LEGAL AID SERVICES:**

Phone: (503) 397-1628

**COLUMBIA COUNTY MENTAL HEALTH:**

Phone: (503) 397-5211

**CRIME PREVENTION:**

Phone: (503) 397-3333

**EMERGENCY ENERGY SERVICES:****(utilities)**

Phone: (503) 397-4951

**EMERGENCY HOUSING ASSISTANCE:**

Phone: 503: 366-6559

**HOUSING & WEATHERIZATION:**

Phone: (503) 397-1675

**URGENCY CARE CLINIC:**

Phone: (503) 397-7119

**COMMUNITY HOME HEALTH & HOSPICE****(Longview)**

Phone: (800) 378-8510

**DENTISTRY (EMERGENCY)**

OHSU SCHOOL OF DENISTRY

Phone: (503) 494-8867

**OMBUDSMAN FOR LONG TERM CARE:**

Phone: (800) 522-2602

**SOCIAL SECURITY ADMINISTRATION:**

Phone: (800) 772-1213