

# Resource Guide for Seniors– 2020 Edition

## **FOOD PANTRIES & OTHER PROVIDERS**

Gladstone SDA 8378 Cason Rd. (503) 655-4968. Wednesdays 9am to 1pm. Please call first to request your food box, walk-ins welcome.

Gladstone Senior Center 1050 Portland Ave. (503) 655-7701. Providing meals for the homebound age 60 or older residing in Gladstone.

Gladstone Food Pantry 18800 Portland Ave. (503) 7870-2658. Thursdays 3:30 to 5:30pm. All are welcome.

## **CLACKAMAS COUNTY & STATE OF OREGON COMMUNITY RESOURCES**

Adult Protective Services	(971) 673-6655
Clackamas Mental Health Center	(503) 655-8585
Suicide Lifeline	(800) 273-8255
Clackamas County Social Services	(503) 655-8640
General Information & Help	211
Senior Loneliness Line	(503) 200-1633
Energy Assistance	(503) 650-5640
Aging & Disability Resource Connection (ADRC)	(503) 650-5622
ADRC Meals and Food Boxes	(503) 650-5750
Clackamas Service Center	(503) 560-6178
The Community Cares Initiative	(503) 794-8008
En Espanol	(503) 650-5713
Tri Met Lift	(503) 962-8000
Transportation Reaching People	(503) 655-8208
Legal Aid of Oregon	(503) 224-4086
Oregon Health Plan	(800) 699-9075

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Be aware there are many COVID-19 scammers taking advantage of people. Here are examples of some of the COVID-19 scams:

- Businesses offering vaccines, testing kits, and treatment
- Websites and phone calls offering stimulus checks reimbursement
- Businesses guaranteeing delivery of out-of-stock medical supplies
- Businesses offering investment opportunities
- Fake charities asking for donations
- Scammers posing as family members asking for money for treatment

DO NOT provide anyone with your personal information or send any money to an unknown person/business.

If you are on the internet DO NOT click on unknown links, visit unknown websites or click on pop-ups. This could cause a virus to be uploaded to your computer or device.

If you believe you have been a victim of a scam or have concerns about a scam please contact the Oregon Department of Justice Consumer Protection Hotline at: 1-877-877-9392. As a reminder, you can also call the Gladstone Senior Center for assistance.

For up to date information and resources on COVID-19, the Mayor of Gladstone's weekly message, and more please visit the City of Gladstone official website:

[ci.gladstone.or.us/community/page/coronavirus-updates](https://ci.gladstone.or.us/community/page/coronavirus-updates)