

Constituent Assistance Package



From the Office of Representative Betty Komp
Oregon House District 22

Please contact our office if you need assistance:
(503) 986-1422 rep.bettykomp@state.or.us

General Family Assistance

Oregon Department of Human Services has three offices servicing the Marion County area. These offices help provide Oregon families with information on applying for:

- Temporary Assistance
- How and where to apply for food stamps
- WIC (Women, Infants and Children) Program
- Home-delivered meals
- Emergency food programs

Their website also provides downloadable food stamp applications and a food stamp benefit calculator to determine benefit eligibility. For more information visit www.oregon.gov/DHS or call one of your local offices.

Marion County Dist. 3 Field Services (503) 378-3402

Woodburn Office (503) 980-6677
120 East Lincoln Street, Ste 120

Keizer Self-Sufficiency Center (503) 373-0808
3420 Cherry Avenue, Ste. 110

Other Resources:

Oregon Helps is an agency that provides online information and referral for many social service programs. Please visit www.oregonhelps.org. This website will help you determine if you are eligible for assistance with food, health care, housing and utilities, National School Lunch Program, Women Infants and Children Nutrition Program, and Temporary Assistance to Needy Families.

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Food and Clothing

Marion-Polk Food Share Network has many service providers that provide Emergency Food Assistance. Visit a food pantry or meal site close to your home during their regular hours of operation. You do not have to verify your income or provide a social security number. For more information contact them at:

1660 Salem Industrial Drive NE

(503) 581-3855

North/Northeast (Salem/Keizer):

The Good Samaritan Food Pantry

4570 Center Street NE
Thursday 4:30 – 6:30 pm

Jason Lee United Methodist

820 Jefferson Street NE
503-362-9885
Monday, Tuesday, Wednesday, Friday
9:00 - 11:30 am

Keizer Community Food Bank at John Knox

452 Cummings Lane N, Keizer
503-393-0404
Monday 6:00 - 7:30 pm
Thursday 9:30 - 11:30 am

Pauline Memorial AME Zion

3593 Sunnyview Road NE
503-399-0130
Tuesday 10:30 – 1:30 pm

Mano-A-Mano

3850 Portland Rod/2nd Floor
503-363-1895
Monday - Friday
1:00 - 5:00 pm

Peoples Church

4500 Lancaster Drive NE
503-304-4000
First Saturday 2:00 - 3:00 pm
Second, Third, Fifth Monday 9:00 – 11:00 am

Salem Evangelical Church/Precious Children

455 Locust Street N
503-581-0102
Last two Thursdays 11:00 am – 12 noon

St. Vincent de Paul Society

3745 Portland Road NE
503-364-5672
Monday, Tuesday, Wednesday, Friday
10:00 am - 2:00 pm
Thursday 11:00 am – 2:00 pm

Seventh Day Adventist Center

1860 Summer Street NE
503-363-8893
Monday, Tuesday 10:00 am – 12 noon
Closed July

Spanish Seventh Day Adventist

4625 Cordon Road NE
Wednesday 6:30 - 8:30 pm
503-304-9560

The Salvation Army

1977 Front Street NE
503-585-6688
Monday 1:00 – 2:30 pm
Tuesday, Wednesday, Thursday, Friday
9:00 - 11:00 am, 1:00 - 2:30 pm

Christian Center of Salem

1850 45th Avenue NE
503-399-0976
Second Tuesday 9:00 – 11 am

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Food and Clothing continued

Rural Marion County:

Brooks Assembly of God Food Bank

9165 Portland Road NE, Brooks
503-393-2155
Tuesday 10:00 am – Noon

AWARE Food Bank

680 N 1st Street, Woodburn
503-981-5828
Monday thru Friday 9:00 am – 12 noon

Woodburn Children's Center

1440 Newberg Highway, Woodburn
503-981-1656
Monday thru Friday 6:00 am – 3:00 pm

Sacred Heart Food Bank

680 Elm Street, Gervais
503-792-4231
Thursday 1:00 – 4:00 pm

St. Luke's Conference SVDP

417 Harrison Street, Woodburn
503-981-5011
Monday, Thursday 5:30 – 7:30 pm

Woodburn Spanish

Seventh Day Adventist Center
782 Willow Avenue, Woodburn
503-981-6422
Wednesday 7:00 – 9:00 pm

Meal Sites:

ARCHES/Community Action Agency

1164 Madison Street NE, Salem
503-399-9080
Monday, Tuesday, Wednesday, Friday,
9:00 am - 5:00 pm
Thursday, 9:00 am - 2:00 pm

Jason Lee United Methodist

820 Jefferson Street NE, Salem
503-364-2844
Sundays 1:30 - 2:30 pm

The Salvation Army Lodge

1901 Front Street NE, Salem
503-585-6688
Free bread Monday thru Friday
Dinner 4:15 pm

Union Gospel Mission

345 Commercial Street NE
503-362-3983
6:30 am breakfast
12:15 pm lunch
7:00 pm chapel with dinner afterward

House of Zion

1430 E. Cleveland Street, Woodburn
503-981-8042
6:00 – 8:00 am breakfast
5:00 – 7:00 pm dinner (residents only)

Other Resources:

For **clothing** needs you can visit—

Stonehaven Ministries

3032 Sunnyview NE
503-910-4467
10:00-2:00 pm Thursdays

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Health Care

The Oregon Health Plan – The Oregon Health Plan provides health care coverage to low-income Oregonians through programs administered by the Division of Medical Assistance Programs (DMAP). You can contact their administrative offices at 500 Summer Street NE, Salem or by calling (503) 945-5772

Marion County Integrated System Agencies and Community Provider Services

Cascade Behavioral Healthcare

NE Salem

2325 Harold Drive NE
(503) 363-2021

Woodburn

399 Young Street
(503) 981-5265

Catholic Community Services

Salem

3737 Portland Rd NE
(503) 390-2600

Woodburn

140 East. Lincoln Street

Marion County Health Department

Salem

3189 Center Street NE
(503) 588-5351

Woodburn

320 West Hayes
(503) 981-5851

Oregon Prescription Drug Program - The 2003 Oregon Legislature authorized the formation of the Oregon Prescription Drug Program to help the uninsured and underinsured access prescription drugs. For more information visit:
<http://www.oregon.gov/OHPPR/OPDP/index.shtml> or call toll free: 1-800-913-4146.

Oregon Healthy Kids - Depending on family income, children may be eligible for free or low-cost health coverage for doctor visits, dental care, vision, medicines and more through the Healthy Kids program. Visit <http://www.oregonhealthykids.gov> to learn more about eligibility, services covered, and how to apply

Questions about health insurance in the State of Oregon and your rights as a consumer? Visit the Department of Consumer and Business Services' website at:
<http://www.cbs.state.or.us> or call (503) 947-7984

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Housing

Down Payment Assistance:

- Housing Assistance Network – This agency aims to help those in low to moderate income brackets find financial assistance for housing. Contact them at: www.housing-assistancenetwork.com

Mortgage and Re-financing:

- Housing Counseling: The US Department of Housing and Urban Development (HUD), the Marion County Housing Authority, and the Oregon Department of Human Services offers guidance on home buying, renting, reverse mortgages, and default and foreclosure prevention.

To learn more visit:

- The Oregon Regional Housing Center's website at: www.ohcs.oregon.gov
- US Department of Housing and Urban Development: www.hud.gov/local
- Housing Authority of Marion County – Information is available on income eligibility and making application. HousingAuthority@co.marion.or.us or call (503) 373-4448

Section 8 Housing:

This program is for very low income families to help them choose and lease safe, decent, privately owned rental housing. Although the waiting list may be currently closed, call for more up-dated information: (503) 373-4448.

Utilities

The **Department of Oregon Housing and Community Services** along with the Oregon Department of Energy have noted a rise in the number of families and individuals applying for utility assistance throughout the state.

These agencies are helping customers throughout Oregon manage their utilities bills and save energy.

To receive assistance with your utilities, visit the Oregon Department of Energy's website www.oregon.gov/energy and click on financial resources.

Local and State Programs:

- Mid-Willamette Valley Community Action Agency (503) 588-9016
- Salvation Army (503) 585-6688
- St Luke Society of St. Vincent DePaul (503) 981-5011

Oregon Low Income Energy Assistance Program (LIEAP): Oregon LIEAP is intended to provide assistance with home energy expenses by offering bill payment assistance, energy education, case management, and home weatherization.

For more information call toll free 1-800-453-5511, The Oregon Energy Assistance Program.

Information on each of these programs can also be found at:
www.liheap.ncat.org

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Employment Assistance

The Oregon Employment Department. For general information on unemployment, the job market, and the Recovery Act in Oregon go to: www.oregon.gov and click on “Employment Department”.

To ensure claims for assistance are filed quickly, The Employment Department recommends going online. Individuals can file their initial claim for benefits on the Internet at: www.WorkingInOregon.org/ocs. By clicking on the option, “File Your New Claim”, individuals can file their claims quickly and securely. Also located in this website is in-depth information about employment insurance, including a section of “Frequently Asked Questions”.

Individuals that do not have internet or telephone access may use computers and phones in the local **WorkSource Oregon offices**. There you will find friendly staffs that can help you begin your job search.

Salem

605 Cottage Street NE
(503) 378-4846

Woodburn

120 East Lincoln Street
Room 101
(503) 982-2817

Unemployment claims are **not handled by these local offices. Claims are completed on-line at www.WorkingInOregon.org/ocs or by calling toll free: 1-877-877-1781

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Veterans' Benefits

Many services are available to our veterans in the State of Oregon. We honor them for their service with this support.

Oregon National Guard Post Deployment Assistance- Call 1-888-688-2264 or email www.orng-vet.org

Suicide Prevention –Call 1-800-273-TALK (8255)

Family Readiness Program –Call 1-800-451-7500;
Salem 503-584-2245

Oregon Military Department- Call 1-800-452-7500;
Salem 503-584-3980

ODVA – Call 1-800-828-8801 or email www.va.gov

Employment Assistance – Call 1-888-688-2264;
Salem 503-584-2393

TRICARE (TriWest) - Call 1-888-TRI-WEST (874-9378)

Military One Source – Call 1-800-342-9647 or email www.militaryonesource.com

ESGR – Call 1-800-452-7500;
Salem 503-584-2841

VA Hospitals

Portland – 1-800-949-1004

Walla Walla – 1-888-687-8863

Boise – 208-422-1000

Roseburg – 541-440-1000

White City- 541-826-2111 Ext. 3798

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