



PIONEER COMMUNITY CENTER COVID-19 RESOURCE GUIDE

**Additional information and updates:
orcity.org/pioneercenter**



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IMPORTANT:

Pioneer Center Closed Until Further Notice

To maintain the safety and health of our patrons and our staff, we will be closed until further notice.

Reopening the Center is dependent upon the direction from local, state, and federal government agencies.

Our staff may be reached individually via email or phone:

<https://www.orcity.org/pioneercenter/contacts>.

Please allow 24 hours for us to respond.

GENERAL INFORMATION ON COVID-19

How does Covid-19 spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- the air by coughing and sneezing
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.

What are the symptoms?

People who have been diagnosed with Covid-19 have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus: Fever, Cough, Difficulty Breathing.

How can I prevent contracting Covid-19?

Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water. If not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.
- Cover your cough or sneeze with a tissue, then throw it away. If you don't have a tissue, cough into your elbow.
- Clean and disinfect objects and surfaces that you frequently touch.

Currently, there are no vaccines available to prevent novel coronavirus infections.

What should I do if I have symptoms?

Call your healthcare provider to identify the safest way to receive care.

There are also local resources you can call:

Oregon Health Plan.....1-800-699-9075
Clackamas Health Centers.....503-655-8471
Volunteers in Medicine Founders Clinic.....503-722-4400

Equip yourself with information from credible, reputable sources

- The Centers for Disease Control and Prevention (CDC) offers information and frequent updates on COVID-19's spread, severity, risk assessment, etc.
- The National Institutes of Health (NIH) has extensive research-based information on COVID-19.

MEALS ON WHEELS DONATIONS NEEDED

Our Meals on Wheels program is currently operating each week and donations are critical in helping our homebound seniors in Oregon City and West Linn.

Monetary donations can be mailed to our building 615 5th St., Oregon City or submitted online:
<https://www.oregoncity.org/pioneercenter/supporting-senior-health-and-wellness>

Below are items we would graciously accept and deliver to those in need:

Toilet Paper
Toothpaste/tooth brushes
Hand Soap
Shampoo/Conditioner
Adult Diapers: Sizes Medium & Large
Boost / Ensure (food supplement)
Dish Soap / Laundry Soap
Cat Litter
Pet Food (unopened)
Any Disinfectant Supplies
Kleenex
Deodorant
Tylenol
Boxed Cookies & Desserts

Donations can be dropped off at the Oregon City Pool, 1211 Jackson Street on:

- Wednesdays from 8 a.m. to 4:30 p.m.
- Thursdays 8 a.m. to 12 p.m.
- Fridays 10 a.m. to 4 p.m.

When you arrive at the pool to drop-off your donations, please proceed to the front doors. On the door will be a sign listing a phone number. Please call the listed number and an employee will accept your donation using physical distance. These donations will be disinfected and delivered to those who receive Meals on Wheels Program assistance.

Thank you so much for your thoughtfulness during this unprecedented time. Stay safe, and stay healthy.

TELEPHONE RESOURCES

Pioneer Community Center.....503-722-3268

Are you in need of social contact? Phone calls are available for anyone who would like a friendly phone call from one of our staff members. Please call us for more information.

Regional Information.....2-1-1

A triage line for anyone in the region 7 days a week, 8 a.m. to 11 p.m.

Clackamas County Call Center.....503-655-8224

For health-related questions about COVID-19 7 days a week, 8 a.m. to 5 p.m.

Clackamas County Resource Line.....503-650-5622

Anyone in Clackamas County struggling to meet their basic needs.

Senior Loneliness Line.....503-200-1633

This free, confidential service is designed for adults 55 and older living in Clackamas County who may be isolated or lonely. Volunteers and staff can provide ongoing support and connect you with resources.

Housing

Coordinated Housing Access (CHA).....503-655-8575

Clackamas Housing Rights and Resources503-650-5750

Spanish speaking503-650-5713

Renter Assistance: Fannie Mae 1-800-2FANNIE

Mental Health/Peer Supports

24/7 Crisis and Support Line503-655-8585

Cascadia Behavioral Health503-674-7777

Hilltop Behavioral Health Center.....503-655-8401

Suicide Prevention Hotline1-800-273-8255

Western Psychological503-659-5515

Domestic Violence

A Safe Place Family Justice Center503-654-2288

Clackamas Women's Services503-654-2288

El Programa Hispano - Proyecto Unica.....503-232-4448

Casa Esperanza503-974-9882

District Attorney's Victim Assistance503-655-8616

Unemployment and Workforce

Employment Department's Claim System.....1-877-345-3484

WorkSource Clackamas971-673-6400

Substance Use and Recovery Resources

Bridges to Change503-560-7800

Project Hope503-314-3309

Mental Health and Addiction

Association of Oregon971-337-6757

Lifeworks NW.....503-645-9010

LGBTQ+

Trans Lifeline (all ages)1-877-565-8860

SAGE (adults).....1-877-360-LGBT

FOOD RESOURCES

Pioneer Community Center Meals on Wheels

This service is provided to residents in Oregon City, Beavercreek, Redland, Holcomb and West Linn. For more information call 503-722-5979

Oregon Food Bank

Please note: Pantries and food assistance sites across the state remain open — with increased cleaning and changes in service to help minimize contact among groups of people. Hours and availability are updated daily. Please call ahead before visiting a partner agency.

503-505-7061

9:00 AM - 5:00 PM, Monday through Friday

Clackamas Service Center

Call (503) 560-6178 or email info@cscoregon.org to request a food box delivery. Leave a message with your name, phone number, and the zip code where you live. Please call only if you have less than a 5 day supply of food.

9:00 AM - 5:00 PM, Monday through Friday

Online Grocery Orders for Pickup / Delivery

Current coronavirus guidance from the CDC urge older adults to stay home, stay away from other people and avoid discretionary trips. Explore alternatives to shopping in stores, such as ordering groceries online for delivery or asking a friend or family member to do your shopping for you. If you need assistance setting up an online grocery order for delivery or pick up, please call 503-722-3781 and we can assist you over the phone.

Oregon City & West Linn Temporary Special Shopping Hours for Seniors

Fred Meyer

Monday—Thursday

7 a.m. to 8 a.m.

(SNAP accepted online)

Walmart

Tuesday

6 a.m. to 7 a.m.

(SNAP accepted online)

Safeway & Albertsons

Tuesday and Thursday

7 a.m. to 9 a.m.

Market of Choice

Tuesday, Friday, Sunday

7 a.m. to 8 a.m.

Winco

Tuesdays & Thursdays

6 a.m. to 7:30 a.m.

COMMUNITY CARE INITIATIVE (CCI)

The Community Care Initiative (CCI) is a collaborative effort between the Clackamas County Sheriff's Office, Clackamas County Health, Housing & Human Services, and the Oregon Food Bank to reach seniors impacted by the COVID-19 pandemic.

Under CCI, based out of the Public Safety Training Center in Clackamas, a team of Sheriff's Office employees and volunteers will call seniors in Clackamas County and ask if they need food, medicine, or household supplies. Volunteers will pack care boxes and make home deliveries to impacted seniors with any needed items.

**If you're a senior in need, contact the Community Care Initiative at:
CCIrequests@clackamas.us.**

**You can also call the resource-team phone line:
503-794-8008
Monday through Friday, 8 a.m. to 5 p.m.**

Do You Need Help Getting Your Medication?

1. Call your local (Clackamas County) pharmacy and order your prescription
2. Advise that a representative from the Clackamas County Sheriff's Office will be picking up the prescription
3. Pre-Pay for your prescription over the phone
4. Contact CCI and request that they pick up your medication (they will need your name, address, phone number, and pharmacy location)
5. Have valid picture ID for verification at drop-off

Do You Need A Food Box Delivered?

1. Contact CCI (they will need your name, address, phone number, and items requested)



**We're Thinking of You
& We Miss You!**

Stay Safe, Be Healthy

**Wash Your Hands &
Wear a Mask!**



**From Your Friends At The
PIONEER COMMUNITY CENTER
615 5th Street
Oregon City, OR 97045
orcity.org/pioneercenter**