



Camas-Washougal

Senior

# Resources Guide

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Updated January 2018  
By City of Camas Parks & Recreation

The information provided below offers general local resources to our community seniors and is not meant to be comprehensive. Information was gathered through public sources and/or direct contact.

Updates of this document will be made annually.



# Housing

## **Crown Villa Apartments for Seniors**

(360) 694-2501

[www.vhaus.com](http://www.vhaus.com)

- Provides subsidized housing to seniors who meet income restrictions. You must be 62 years or older.
- All units are 1 bedroom and the facility has a service coordinator on site.
- Application found online at site listed above. Payment required.

**Location:**

*1529 Division Street, Camas, WA 98607*

## **Kent Place**

(360) 834-3988

[www.enlivant.com](http://www.enlivant.com)

- Assisted living and senior community with a wide variety of events and activities.
- Develops individual care plans to meet the needs of each resident along with short term care including rehabilitation, respite, and hospice. Payment required.

**Location:**

*2647 NW Kent Street, Camas, WA 98607*

## **Prestige Care Rehabilitation Camas**

(360) 834-5055

[www.prestigecare.com](http://www.prestigecare.com)

- Offers rehabilitation, skilled nursing, and assisted living services along with being a major health care resource.
- Recently remodeled facility with a view of the Columbia River. Payment required.

**Location:**

*740 NE Dallas Street, Camas, WA 98607*





# Information

## **Area Agency on Aging and Disabilities of Southwest Washington**

(888) 637-6060 or (360) 694-8144

[www.helpingelders.org](http://www.helpingelders.org)

- Connects seniors, adults with disabilities, and care givers to community resources.
- Call or go online to find more information about resources, events, and programs.

**Location:**

201 NW 73<sup>rd</sup> Street, Vancouver, WA 98665, Suite 201

## **Catholic Community Services—Volunteer Services**

1 (844) 851-9380

- Designed to help low-income elders or disabled adults, with household chores or errands, who can't afford services, (typically with monthly income of less than \$1,000).
- Can provide transportation, cleaning, simple house repair, yard work, ect.

## **Community Services Directory**

Dial 2-1-1

[www.211info.org](http://www.211info.org)

- Huge local resource for seniors and the greater community.
- More in-depth information and resources on abuse, advocacy, chore/minor repair, counseling, driver training, employment, financial assistance, health insurance, in-home services, legal, long term care, low cost housing, meals/groceries, respite, volunteering, yard work and more!

### **Inter–Faith Treasure House**

(360) 834-4181

[www.ifth-cw.org](http://www.ifth-cw.org)

- Provides various resources to seniors in our local community. Call for more information.
- Some additional services are listed under Meals & Food section.
- Provides emergency bill assistance if needed.

**Location:**

91 C Street, Washougal, WA 98671

### **Seniors and Law Enforcement Together (S.A.L.T.)**

(360) 834-4151

[www.clark.wa.gov/sheriff/seniors-and-law-enforcement-together](http://www.clark.wa.gov/sheriff/seniors-and-law-enforcement-together)

- Meetings inform about scams and other interesting topics by local law enforcement.
- Senior related topics in monthly S.A.L.T. Times Newsletter, previous issues are online.
- Special Meetings: picnic in July, luncheon in February, and other free events!

**East Meeting:**

4<sup>th</sup> Monday of the month at 11:00 am

Camas Police Department

2100 NE 3<sup>rd</sup> Avenue, Camas, WA 98607

**West Meeting:**

3<sup>rd</sup> Monday of the month at 11:00 am

The 40 and 8 Community Room

7607 NE 26<sup>th</sup> Avenue, Vancouver WA 98665

### **Senior Information and Assistance**

(360) 694-8144

[www.211info.org](http://www.211info.org)

- Has extensive information on every topic but is geared to helping with senior resources than the generic 2-1-1 community services directory phone number.
- Organization through the Community Service Directory that works directly with seniors.

### **Senior Messenger**

(360) 487-8701

[www.cityofvancouver.us/messenger](http://www.cityofvancouver.us/messenger)

- A free monthly publication full of interesting information for the 50–plus adventurer in Clark County.
- Also publishes a special issue, the Senior Finder, a free annual lifestyle resource guide.
- Call or go online to subscribe and have a copy mailed to you.

### Statewide Health Insurance Benefits Advisors (SHIBA)

(360) 947-2479

[www.insurance.wa.gov](http://www.insurance.wa.gov)

- Statewide health insurance benefit advisors that service Clark County.
- Advocate for consumers and regulate the insurance industry.

**Location:**

5411 Mill Plain Blvd., Vancouver, WA 98661, Suite 20



# Meals & Food

### Inter–Faith Treasure House

(360) 834-4181

[www.ifth-cw.org](http://www.ifth-cw.org)

- Provides food through their Boxed Food Program and Feeding Program.
- Additional services listed in the Information section.

**Location:**

91 C Street, Washougal, WA 98671

### Lost & Found Café

(360) 834-5786

[www.ifth-cw.org](http://www.ifth-cw.org)

- Outreach program available to everyone, run through Inter–Faith Treasure House.
- Volunteering to serve is also welcome; call for more information.

**Time & Location:**

Monday and Thursday, 6:00 – 7:00pm

Zion Lutheran Church

824 NE 4<sup>th</sup> Avenue, Camas, WA 98607

## Meals on Wheels People

(360) 210-5666

(866) 788-6325 for Homeward Bound Service

[www.mealsonwheelspeople.org](http://www.mealsonwheelspeople.org)

- Provides meals & social contact for seniors including a variety of games and activities along with meals.
- Can also deliver to homebound seniors. Call or go online for more information.

### **Time & Location:**

*Monday to Thursday, 11:30 am*

*Washougal Community Center*

*1681 C Street, Washougal, WA 98671*

## Refuel Fridays

(360) 835-8501

[www.cityofwashougal.us](http://www.cityofwashougal.us)

- Provides meals every Friday free to the community.
- Various nonprofit organizations help serve each week. Seniors are welcome to volunteer; call for more information.
- Find information on website under 'upcoming community events'

### **Time & Location:**

*Every Friday, 4:00 – 6:30pm*

*Washougal Community Center*

*1681 C Street, Washougal, WA 98671*



# Transportation

## **American Medical Response**

(503) 231-6300

- Ambulance transportation for basic and advanced life support, critical care transportation and specialized care transport. Fee based service.

## **C-TRAN Bus Service**

(360) 695-0123

[www.c-tran.com](http://www.c-tran.com)

- Public transportation, general bus service.
- Fee based service. Call or go online for routes and pricing.

## **C-VAN Paratransit Services**

(360) 695-8918

[www.c-tran.com](http://www.c-tran.com)

- Public transportation, reservation-based service for those with disabilities that prevent them from boarding or riding C-TRAN's accessible regular bus service.
- Available on the same days, times, and areas as non-commuter, regular bus service.
- Fee based service, call for pricing.

## **Employment Transportation Brokerage and Reserve-A-Ride**

(360) 258-2103

- Short term assistance for people unable to get to work related activities. Reserve-A-Ride is for people with medical necessary appointments.
- Program for low-income, disabled and/or older adults living in Clark County unable to use transit services.

### **Golden Chariot**

(360) 944-9833

[www.goldenchariotmedicaltransportation.com](http://www.goldenchariotmedicaltransportation.com)

- Provides individual transportation services for senior and disabled clients.
- Reservation requested at least 1 day in advance. Fee based service. Call for pricing.

### **Medical Transportation Brokerage**

(360) 694-9997

- Transportation to medically necessary appointments for those with Medicaid healthcare.
- Schedule at least 2 days in advance. If appointment is out of area, schedule at least 10 days in advance. Fee based service. Call for pricing.

### **Mercy 1 Transportation**

(360) 896-5156

[www.mercy1transportation.com](http://www.mercy1transportation.com)

- Door to Door transportation for service throughout Clark and Cowlitz County and beyond with comfortable cars and wheelchair vans. Fee based service. Call for pricing.

### **Senior Transportation Program**

(360) 694-8144

- Must be 60+ and meet other eligibility requirements
- For screening, call the Information & Assistance Program, dial 2-1-1
- Part of the Area Agency on Aging & Disabilities of Southwest Washington (see above)

### **TLC Wheelchair Services, INC.**

(360) 225-9107

- Provides medical transportation





# Social Clubs & Recreation

## Camas Parks & Recreation

(360) 834-5307

[www.cityofcamas.us/parks](http://www.cityofcamas.us/parks)

- Parks and Recreation newsletter offers programs and events for all ages.
- Call or go online to sign up for the newsletter or for more information about programs offered.
- Lacamas Lodge, Camas Community Center, Fallen Leaf Park are all available for rental.

### **Time & Locations:**

*Lacamas Lake Lodge*

*227 NE Lake Road, Camas, WA 98607*

*Monday to Friday, 8:00 am – 5:00 pm*

*Camas Community Center*

*1718 SE 7<sup>th</sup> Avenue, Camas, WA 98607*

*Opened to scheduled events only*

## Camas Public Library

(360) 834-4692

[www.cityofcamas.us/camaspubliclibrary](http://www.cityofcamas.us/camaspubliclibrary)

- Provides books, audiobooks, DVDs, educational crafts, and activities. This includes hosting adult books clubs, Healthy Aging Classes, Trivia Night, Crafteramas and more!
- Call or go online for more information about library events. Online access available for a variety of services

### **Time & Location:**

*Camas Public Library*

*625 NE 4th Avenue, Camas, WA 98607*

*Monday to Wednesday, 10:00 am – 8:00 pm*

*Thursday to Saturday, 10:00 am – 6:00 pm*

### **Camas Seniors**

(360) 433-6426

- Provides trips and runs activities by seniors for seniors, including monthly trips to the casinos.

**Meetings:**

*Call for time and location of trips and events*

### **Cascade Park Kiwanis (Kiwanis International)**

(360) 907-8127

[www.facebook.com/cascade.kiwanis](http://www.facebook.com/cascade.kiwanis)

- Dedicated to helping the local community & the world through volunteer service.
- Weekly meetings offer interesting speakers, socializing, and optional volunteer opportunities.

**Meetings:**

*Every Thursday morning, 7:30 – 8:30 am*

*Meetings held at IHOP*

*2900 SE 164<sup>th</sup> Avenue, Vancouver, WA 98683*

### **Columbia Gorge Women's Association**

(360) 834-1091

- Provides scholarships to encourage and foster women wishing to return to school after an extended absence from the academic world.
- An organization where women can volunteer and fund raise to help other women.

**Meetings:**

*Call for location and meeting times.*

### **Fern Prairie Modelers**

(360) 254-4668

[www.fpmmc.org](http://www.fpmmc.org)

- All ages welcome who are interested in model aviation! Great for airplane novices and professionals alike.

**Meetings:**

*3<sup>rd</sup> Thursday of the month, 7:00 pm*

*Camas Community Center*

*1718 SE 7<sup>th</sup> Avenue, Camas, WA 98607*

### **Garden Club**

(360) 835-1656

[www.gardenclubofcamaswashougal.org](http://www.gardenclubofcamaswashougal.org)

- Dedicated to bringing newcomers and veteran gardeners together in a supportive social environment. Speakers or activities every meeting. Everyone is welcome!
- Sharing gardening information (successes and failures) in the Pacific Northwest.

**August – May Meetings:**

*4<sup>th</sup> Wednesday of the month, 1:00 pm*

*Camas Community Center*

*1718 SE 7<sup>th</sup> Avenue, Camas, WA 98607*

**June, July and December Meetings:**

*No meetings. Call for information about special field trips. Call for more information.*

### **General Federation Women’s Club of Camas-Washougal**

(360) 834-2354

[www.gfwc.org](http://www.gfwc.org)

- A community service organization dedicated to strengthening our community and enhancing lives through volunteer service.
- Some service projects include working with the schools, domestic violence, Operation Smile, and Senior Royal Court Projects.

**Meetings:**

*2<sup>nd</sup> Wednesday of the month, 7:00 pm*

*Call for location.*

### **Soroptimist International of Camas-Washougal**

(360) 260-7879

[www.cwsoroptimist.org](http://www.cwsoroptimist.org)

- A volunteer organization that improves the lives of women and children locally and internationally.

**Meetings:**

*1<sup>st</sup> Friday of the month, 12:00 pm*

*3<sup>rd</sup> Tuesday of the month, 7:00 pm*

*Zion Lutheran Church, Community Hall*

*824 NE 4<sup>th</sup> Avenue, Camas, WA 98607*

### **Washougal Community Center**

(360) 835-8113

[www.cityofwashougal.us](http://www.cityofwashougal.us)

- A gathering place for seniors and the community offering meals and activities.
- Some of the monthly programming includes Cribbage, watercolor painting, karaoke, and live music. Plus a monthly potluck, pancake breakfast, and blood pressure check day.
- Go online to find the complete calendar of events.

**Time & Location:**

*Washougal community Center*

*1681 C Street, Washougal, WA 98671*

*Monday to Friday, 9:00 – 4:00 pm*

### **Washougal Lions Club**

(360) 450-8272

- Service organization focusing on health issues
- Coordinates the annual Washougal Festival of Trees in December

**Meetings:**

*2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month, 6:00pm*

*Orchard Hills Golf Club*

*605 39<sup>th</sup> Street, Washougal, WA 98671*

### **Washougal Public Library**

(360) 906-4860

[www.fvrl.org](http://www.fvrl.org)

- Provides books, audiobooks, DVDs, educational crafts and activities.
- Adult book club meets every 3<sup>rd</sup> Tuesday of the month (call for the book title).
- Call for more information about programs. Has online access to a variety of services.

**Time & Location:**

*Washougal Public Library*

*1661 C Street, Washougal, WA 98671*

*Wednesday to Saturday, 10:00 – 6:00 pm*

*Tuesday, 10:00 – 8:00 pm*





# Veterans

## **American Legion Bennett Barnett Post 27**

(360) 835-2425

[www.facebook.com/bbpost27](http://www.facebook.com/bbpost27)

- Organizations dedicated to veterans helping veterans
- Aiding veterans through many programs throughout the year

### **Meetings:**

*1<sup>st</sup> Wednesday of the month, 7:00 pm*

*Camas Community Center*

*1718 SE 7<sup>th</sup> Avenue, Camas, WA 98607*

## **CCDCS – Veterans Assistance Fund**

(360) 693-7030

[www.ccvac.net](http://www.ccvac.net)

- Offering everything from a cup of coffee to an emergency assistance fund service for the low income and homeless population.
- Assists with filing for medical claims and burial benefits.

### **Time & Location:**

*Monday to Friday, 8:00 – 4:30 pm*

*1305 Columbia Street, Vancouver, WA 98660*

## Veterans of Foreign Wars Post 4278

(360) 260-7879 for Veterans

[www.vfwpost4278.org](http://www.vfwpost4278.org)

- Veteran nonprofit serving all veterans and the local community.

### **Post Meetings:**

*2<sup>nd</sup> Tuesday of the month, 7:00 pm*

*Camas Community Center*

*1718 SE 7<sup>th</sup> Avenue, Camas, WA 98607*

### **Coffee Hour:**

*Every Wednesday and Friday, 9:00 am*

*Camas Community Center*

*1718 SE 7<sup>th</sup> Avenue, Camas, WA 98607*

## Veterans of Foreign Wars Auxiliary

(360) 835-8215 for Auxiliary

[www.vfwpost4278.org](http://www.vfwpost4278.org)

- Veteran nonprofit serving all veterans and the local community.

### **Auxiliary Meetings:**

*3<sup>rd</sup> Wednesday of the month, 9:00am*

*Camas Community Center*

*1718 SE 7<sup>th</sup> Avenue, Camas, WA 98607*

### **Coffee Hour:**

*Every Wednesday and Friday, 9:00 am*

*Camas Community Center*

*1718 SE 7<sup>th</sup> Avenue, Camas, WA 98607*



# National Resources

Information and resources from groups who work state and nation wide.

## Department of Health and Human Services Elder Care Resources

1 (800) 677-1116

[www.eldercare.acl.gov/Public/Index.aspx](http://www.eldercare.acl.gov/Public/Index.aspx)

- Helps connect people to local community resources along with providing resource guides on various subjects that relate to senior care.

## Senior Guidance

[www.seniorguidance.org/](http://www.seniorguidance.org/)

- Connects seniors to various assisted living centers and homes in the area.
- This resource gives you a list of senior care homes close to your location along with their contact information, and license information.

*DISCLAIMER: The City of Camas Parks and Recreation does not recommend, endorse, or suggest that you should use any of these businesses, agencies, or organizations nor have we screened them in any way; this is your responsibility. If you use a resource from this list, you are responsible for your relationship and their terms of service. We offer this information only as a resource to help you meet your needs.*