

TILLAMOOK COUNTY RESOURCE GUIDE



Community Services 2023

Tillamook County Resource Guide Community Services 2023

This Guide will best be utilized from a computer or a smart phone. I have attempted to put websites in that can be clicked for up-to-date information on services. Use the code below to access the digital copy of this book.

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ADDICTION SERVICES

Alcoholics Anonymous: 503-842-8953

<https://ourtillamook.org/alcoholics-anonymous-aa/>

Al-Anon

<https://www.oregonal-anon.org/district-1>

Monday 6:00 pm N. County Rec. District
36155 9th St. Nehalem

Wednesday: 7:30 pm St. Alban's Episcopal Church, 2102
6th St, Tillamook

Friday: Tillamook Serenity Club
5102 3rd St., Tillamook

Celebrate Recovery:

503-842-2549

Tillamook Nazarene Church Tuesdays 6:00pm

Gamblers Anonymous

503-842-8201

Helping Hands Re-Entry Program

Address: 6505 Headquarters St.
Tillamook, OR



Access Email: contactus@helpinghandsreentry.org

House Phone: 503-354-8014

Website: <https://helpinghandsreentry.org/shelter-services>

- Emergency Shelter- up to 30 days
- The Re-entry Program
- Re-Entry key components:
 - Frequent drug and alcohol screenings
 - Mandatory community service hours

- Job applications until employed
- Weekly process groups and recovery support
- Onsite classes to build basic life skills
- **Exclusionary Criteria:** Helping hands serves children and domestic violence survivors and is not able to serve Registered sex-offenders or those who are not permitted around women and children. Helping Hands facilities are all sober campuses, so clients must not be in possession of or under the influence of any intoxicants on-site. See website for more information.

House of Grace

503-801-4967

Program of Living Water Fellowship and
Tillamook Christian Center

Director: Peggy Walstead

Email: pcwalstead@gmail.com

Website: <https://www.livingwatercoast.com/houseofgrace>

- Tillamook Christian residential house, affordable living for women and children seeking to overcome limiting hurdles, addictions, and unhealthy relationships to live a victorious life. Women are expected to participate in household rules and chores, classes, church, and work at minimum part time.
- **Application process and interview are required.**
- **Privately funded. Donations appreciated.**

LDS Family Services Addictions Recovery:

Karen Belanger

435-559-7570

<https://providentliving.churchofjesuschrist.org/lds-family-services/find-an-office?lang=eng>

Narcotics Anonymous: 503-842-1115

<https://ourtillamook.org/narcotics-anonymous-na/>

Oregon Tobacco Quit Line 1-800-784-8669

Overeaters Anonymous

Tillamook - Sylvia 503-812-0838
Mondays 5:00 pm
Zoom Meeting: 87379973306
Password: 336928

Tillamook Serenity Club – downstairs meeting:

Phone: (503) 842-1115
Address: 5012 3rd St
Tillamook, OR 97141
Website: <https://tillamookserenityclub.org/>

Oregon Detox Center Locations: 1-800-304-2219

Website: <https://www.addicted.org/oregon-detox-centers.html>

ADULT PROTECTIVE SERVICES

Report abuse of vulnerable adults: 1-800-846-9165

<https://nwsds.org/aps/APSReferral.html>

If Emergency Call 911

Fax: (503) 304-3465

Email: apsreferral@nwsds.org

AGING AND DISABILITY

NW Senior and Disability Services 1-866-206-4799

www.nwsds.org

Delivery of services to seniors and adults with physical disabilities.
Also known as Area Agency on Aging. Office in Tillamook.

CAMPGROUNDS, RV & TENT SITES

Big Spruce RV Park

503-842-7443

4850 Netarts Hwy W

Tillamook, OR 97141

Website: <https://www.bigsprucerv.com/>**Camper Cove Park/Campground**

503-398-5334 19620 Hwy 101 S,

Beaver, OR 97108

Website: <http://www.campercovervpark.com/>**Cape Lookout State Park**

503-842-4981

1300 Whiskey Creek Rd.,

Tillamook, OR 97141

Information:<https://stateparks.oregon.gov/index.cfm?do=park.profile&parkId=134>**Reservations:**<https://oregonstateparks.reserveamerica.com/camping/cape-lookout-state-park/r/campgroundDetails.do?contractCode=OR&parkId=402146>**County Office RV Search Engine**<https://www.countyoffice.org/wilson-river-rv-park-tillamook-or-ca7/>**Netarts Bay RV Park & Marina**

503-842-7774

2260 Bilyeu St.

Tillamook, OR 97141

Website: <http://www.netartsbay.com/>**Pacific Campground & Overnight Trailer Park**

503-842-5201

1050 Supress Rd. N
Tillamook, OR 97141

Website: https://www.tripadvisor.com/Hotel_Review-g52097-d3393175-Reviews-Pacific_Campground_and_RV_Park-Tillamook_Oregon.html

Pleasant Valley RV Park **503-842-4779**

11880 US Hwy 101,
Tillamook, OR 97141

Website: <https://www.pleasantvalleyrvpark.com/>

Tillamook Bay City RV Park **503-377-2124**

7805 Alderbrook Rd.
Tillamook, OR 97141

Website: <https://tillamookbaycityrvpark.com/>

Wilson River RV Park **503-842-2750**

11300 Wilson River Hwy, Tillamook

Website: <https://www.facebook.com/wilsonriverrvpark/>

CAREGIVING, COMPANIONSHIP & SUPPORT

Caring for the Coast **503-325-4503**

Website: <https://caringforthe coast.com/>

- Serves Tillamook and Clatsop Co.
- Personal Care Assistance
- Medication services,
- Meal preparation
- Transportation
- Housekeeping
- Companionship & Respite Care
- Paid Caregiver Service

In Home Help- Oregon Project Independence

503-815-2060

Website: <https://www.oregon.gov/odhs/providers-partners/community-services-supports/Pages/opi.aspx>

- Housekeeping & laundry
- Meals
- Shopping
- Medication management
- Bathing

NW Senior & Disability Service Programs

503-842-2770

Website: <https://nwsds.org/>

- Program for unpaid relative caregivers age 55 or older who are caring for children or adults with disabilities, and those who want to help these caregivers.
- Caregiver Trainings and Support Groups
- Individual counseling (six sessions)
- Access to Respite Services (short term break from caregiving)
- Help finding services & resources
- Supplemental services for disabled children & adults (tutoring, swim lessons, driver's education

Family Caregiver Support Program: For unpaid caregivers of seniors (over 60) or people with Services include:

- Individual Counseling (6 sessions)
- Access to Respite Services (short term break from caregiving)
- Help Finding Services
- Supplemental Services (i.e. minor home repair or updates, emergency response systems, home delivered meals

Get Paid as a caregiver for a family member:

Website: <https://www.usa.gov/disability-caregiver>

- State Medicaid Programs- Consumer directed personal assistance program
- Long term care insurance-need written confirmation of benefits
- Veterans programs

CLOTHING

Adventist Community Services Tillamook 503-842-4794
2710 First Street, Tillamook

Good Will 503-354-2470
2600 North Main Ave.

Hope Chest Thrift Shop: 503-368-4461
36345 N. Hwy 101, Nehalem

Hope Chest Thrift: 503-355-3333
316 US Hwy 101, Rockaway Beach

Kit and Kaboodle Thrift Store 503-842-8875
1911 First St. Tillamook

Thrift Shop: 503-965-7013
6335 Ferry St. Pacific City

Vouchers for Wildflower Thrift Store, CARE, 503-842-5261
2310 1st St., Tillamook

Wildflower Thrift Boutique 503-842-2996
114 Main St. Tillamook

COUNSELING & GUIDANCE

**Also see: MENTAL HEALTH/COUNSELING/
ALCOHOL AND DRUG COUNSELING**

Paddy Blondo, LCSW

503-444-9497

Clinical Social Work Therapist
115 Main Ave. Suite 6
Tillamook, OR 97141

- Bills insurance when possible

Find a Therapist in Tillamook Co.

<https://www.findatherapist.com/local/oregon/tillamook-county/>

Suicide & Crisis Hotline

1-800-273-8255

Three number hotline

988

Tides of Change

24 Hour Numbers

Women's Resource Center

503-842-9486

1902 2nd St. Tillamook,

1-800-992-1679

<https://www.tidesofchangenw.org/>

Advocacy Group to provide hope, safety and support to those impacted by gender based violence and shift cultural norms through advocacy, education and community collaboration. Takes donations specific to emergency supplies. See website for list..

Tillamook Family Counseling

503-842-8201

www.tfcc.org

906 Main Ave. Tillamook

Veterans Crisis Line

1-800-273-8255

Press 1

DENTAL INFORMATION

Dental Lifeline Network

Donated Dental Services

800-767-6334

- <https://dentallifeline.org/oregon/>
- Physician documentation stating that you cannot receive essential medical treatment due to your dental condition, you can apply for the program even if your county is closed

Exceptional Needs Dental Services (E.N.D.S.)

Mobile Health and Dental Services

Phone

1-800-644-1859

Website:

<https://endsor.com/>

Address:

12029 NE Sumner St.
Portland, OR 97220

- Qualification:
 - Clients must be non-ambulatory or have a severe developmental disability or mental impairment to qualify for the ENDS program. Patients must also be unable to obtain dental care in an office setting and without mobile dental services would otherwise have no access to dental care.
 - Provides care to OHP plan members who are enrolled in the following:
 - Capitol Dental Care
 - Managed Dental Care of Oregon
 - Multnomah County
 - Willamette Dental

Medical Teams International,

Mobile Dental Program

503-624-1026

<https://www.medicalteams.org/how-we-heal/mobile-dental-program/>

OHSU Dental School:

503-949-8867

- Website: www.ohsu.edu/sod
- Address: 611 SW Campus Dr. Portland, OR
- If you have any questions or need information, please email SODApptCtr@ohsu.edu

Tillamook Co. Health Dept. Dental Referral

Phone: 503-842-3900

Website: <https://tillamookchc.org/dental/>

DEVELOPMENTAL DISABILITIES

DDS Office:

Tillamook Family Counseling Center: 503-842-8201

- Website: <https://tfcc.org/developmental-disabilities/>
- Dev. Disabilities Program Address: 3600 Third St. Suite C

Marie Mills Center, Inc

Phone: 503-842-2539

Address: 1800 Front St.
Tillamook, OR

Website: mariemillscenter.com

“The mission of the Marie Mills Center is to provide training and support to intellectually and developmentally disabled individuals so they can live and work independently in as normal of a manner as possible, and in a manner that fosters a sense of self-esteem and self-worth.”

- Employment opportunities

- Day support activities
- 24 hour residential care
- Family support
- Individualized Services

DISABILITY APPLICATION OR CARD REPLACEMENTS FOR Medicare and Social Security:

Astoria Social Security Office: 503-325-3703
Address: 115 W. Bond 1-877-840-5743
 PO Box 475
 Astoria, OR 97103

Social Security Administration

Website: www.ssa.gov or 1-800-772-1213
Apply online: www.ssa.gov/apply
Online card replacement: <https://blog.ssa.gov/replace-your-social-security-card-online/>

DONATIONS OR ASSISTANCE

Adventist Community Services 503-842-4794

Address: 2710 First St.
 Tillamook, OR

Website: <https://tillamookor.adventistchurch.org/ministries-/community-services>

Open: Tuesdays and Thursdays 10:00-2:00 pm

- Thrift store: Donations for food, clothing, bedding, household items, tents, sleeping bags, hygiene supplies

Goodwill 503-354-2470

Address: 2600 N. Main Ave.
 Tillamook, OR 97141

Habitat for Humanity ReStore

503-377-0204

Website: <https://tillamookhabitat.org/restore/>

Donate:

- New and used building materials, household items
- Schedule pick up online

Rockaway Lions Club-

503-355-2199

Website: <https://e-clubhouse.org/sites/rockaway/projects.php>

<https://www.lionsclubs.org/en/explore-our-clubs/eyeglasses-and-hearing-aids-recycling>

- Hearing Exams/Hearing Aids
- Vision exams/eyeglasses
- Camp for the deaf, blind, diabetics

Many Hands Medical Equipment

503-812-8889

- Donate Clean, functional medical equipment and supplies
- Limited pick-up and delivery for large items
- Store hours are Wednesdays at 1:00-2:30.
- Medical equipment arrangements for emergent need as volunteers are available
- Serving Tillamook County

EDUCATION

Pre-Schools:

Garibaldi Grade School

503-322-0311

604 Cypress Ave.

Garibaldi, OR

Nehalem Elementary

503-355-3631

36300 8th St

Nehalem, OR

Nestucca Valley Early Learning Center

Phone: 503-392-3194
Address: 30720 US Hwy. 101
Hebo, OR
Website: <https://www.nestucca.k12.or.us/elc/index.php>

Tillamook Early Learning Center 503-842-5730

Address: 1100 Miller Ave.
Tillamook, OR
Website: tillamookelc.org

- Toddler, preschool, Kinder Ready
- Open full days, 7:30-5:30

Tillamook Headstart 503-842-5180

Address: 1100 Miller Ave.
Tillamook, OR 97141
Website: <https://www.nworheadstart.org/index.html>

Tillamook Pre-school 503-842-4414 Ext. 1065

Address: 2515 3rd Street
Tillamook, OR
Website: <https://www.tillamookpreschool.org/>

EMERGENCY

American Red Cross 503-284-1234

Website: <https://www.redcross.org/local/oregon/about-us/locations/northwest-oregon-chapter.html>

C.A.R.E. (Community Action Resource Enterprises)

Phone:

503-842-5261

Address: 2310 1st St, Unit 2
Tillamook, OR

Website: <https://www.careinc.org/services-2>

- Emergency financial Assistance to qualified individuals
- Housing Assistance
- Support programs for homeless
- Healthy Families/ Home Visits/Parenting skills

Emergency Volunteer Corp Nehalem Bay

Website: evcnb.org

The Emergency Volunteer Corps of Nehalem Bay (EVCNB) is a non-profit organization dedicated to building personal, community and regional resilience, developing programs to ensure readiness, and promoting a culture of emergency preparedness.

- Prepare Yourself
- Prepare Your Household
- Prepare Your Community
- Downloadable handbook

South Tillamook County Emergency Volunteer Corps

<https://southtillamookcountvevc.org/projects/>

- Know tsunami inundation zones
- Prepare Go Bags
- Home Wild fire reduction
- Emergency Supply sheds

Tillamook Ecumenical Council

503-842-6912

St. Alban's Episcopal Church
2102 6th St
Tillamook, OR 97141

Tillamook Family Counseling Center:

503-842-8201

Website: tfcc.org

Tillamook Co. Women's Resource Center

503-842-9486

Tides of Change

1-800-992-1679

Website: tidesofchangenw.org

EMPLOYMENT TRAINING

MTC – Management and Training Corp:

Phone: 503-325-9511

Address: 2101 5th St.
Tillamook, OR

Website: www.mtctrains.com

- MTC Works serves both employers and job seekers
- Provides training and job skills opportunities to eligible applicants.
- Individualized programs for assistance with interviewing skills and resume development

Tillamook Bay Community College

503-842-8222

Address: 4301 Third St.
Tillamook, OR

Website: <https://tillamookbaycc.edu/>

Vocational Rehabilitation

503-842-7873

Address: 4301 Third St
Tillamook, OR

Website: <https://beaminghealth.com/providers/oregon-vocational-rehabilitation-tillamook-tillamook-or>

- Employment opportunities for people with disabilities (exception: Blind and Deaf)

Works with community partners to develop employment opportunities.

Worksource Oregon:

503-842-4488

- Employment Services
- Unemployment Insurance

877-877-1781

877-877-1781

EXERCISE & FITNESS

North County Recreation District (NCRD),

Phone: 855-444-6273

Address: 36155 9th St.
Nehalem, OR

Website: ncrd.org

- Fitness Center
- Aquatics
- Adult & Youth Activities
- Community and Performing Arts Center

OSU Extension Service

503-842-3433

Address: 2204 4th St.
Tillamook, OR

Website: <https://extension.oregonstate.edu/tillamook>

- Many programs which help community members do it better.

- Cooking classes, Gardening, Outdoor School, Strong People, Master woodland manager, 4-H, farm to school, school gardens, landscaping classes, Family & Community Health.
- Walk with ease via the National Arthritis Foundation
- Strong Women, strength training for mid-life and older women.

YMCA

Address 610 Stillwell
Tillamook, OR

Website: tillamookymca.org

- Sports
- Aquatics
- Child Care
- Fitness
- Events

FOOD BANKS AND PANTRIES

Oregon Food Bank

May offer: drive up or delivery options



Call: 211
Website: <https://foodfinder.oregonfoodbank.org/>

Nehalem Bay United Methodist Church

Phone: 503-368-5612
Address: 36050 10th St.
Nehalem, OR
Website: <https://www.nehalembayumc.org/services-1>

Days & Hours: Monday, Friday and Saturday
10:00 am to 2:00pm

Wednesdays 2:00-6:00

- **Food Pantry** carries food (fresh, canned, frozen and dried), as well as hygiene and cleaning products.
- **Clothing Bank** carries donated clothing for both adults and children including socks and underwear (new), shoes, boots, and coats.
- **Animal Haven** Pet-foods bank to help feed and care for pets (primarily dogs and cats but occasionally we have food for birds and hamsters.)

North County Food Bank

Phone: 503-368-7724
Address: 278 Rowe Street
Wheeler, OR
Days & Hours: Tuesdays
12:00noon to-3:00

God's Lighthouse

Phone: 503-322-3501 **Call for dates open**
Address: 103 8th St.
Garibaldi, OR
Days & Hours 2 Fridays per month
10:00 to 12:00 noon

Seventh Day Adventist Community Services

Phone: 503-842-4794
Address: 2710 First Street
Tillamook, OR
Days & Hours Tuesdays and Thursdays 10:00-2:00

Tillamook Food Bank

Tillamook United Methodist Church

Phone: 503-815-3880

Address: 3808 12th St.
Tillamook, OR

Days & Hours: Mondays 2:00-6:00 pm

Nestucca Pass It On Ministries

Phone: 503-398-5508

Address: 24425 Bunn Creek Rd
Beaver, OR

Days & Hours: Tuesdays 10:00 am to noon
Thursdays 4:00pm to 6:00 pm

Hebo Christian Center

Phone: 503-392-3585

Address: 31350 Highway 101 S
Hebo Christian Center

Days and Hours Last Saturday of the month
12:00 to 2:00pm

South County Food Pantry

Phone: 503-392-3972

Address: 35305 Brooten Road
Pacific City, OR

Days & Hours Every Other Tuesday
12:30-6:00 pm

FOOD-SUPPLEMENTAL FOOD PROGRAMS

Food Roots: 503-815-2800

Website: <https://www.foodrootsnw.org/>

- Works to help finding and buying local foods

- Online marketplace- we deliver

SNAP SIGN UP- (food stamps) 503-842-4453

Dept. of Human Services **877-317-9911**

4670 East 3rd St.

Tillamook, OR

Website:

<https://www.foodstampsoffices.com/office/2257/tillamook-dhs-office/>

- Can apply for food assistance online or in-person.

WIC-Nutrition for Women, Infants & Children

Phone: 503-842-3943

Tillamook Co Health Dept. Text: **503-812-8678**

Website: <https://tillamookchc.org/public-health/nutrition-for-women-infants-children-wic/>

- Pregnant Women
- Breast feeding women with children under 1 year old
- Non-breastfeeding women with children under 6 months old
- Children under 5 years old
- Fathers, grandparents, foster parents or other guardians can apply for WIC for their children

Food Programs in Your Area

Grub Clubs: Summer food program for Kids

NBM GRUB CLUB

Nehalem Bay United Methodist

Sponsor – Bobbie—

503-368-5612

Lunches Served Noon to 12:30 pm

June 12th—August 30th

- North County Recreation District, 36115 9th Street, Nehalem

GRUB CLUB BAYSIDE

Bay City United Methodist Church

Sponsor – Linda—

503-377-2679

Lunches Served Noon to 12:30 pm

June 17th—August 23rd

- Bay City United Methodist Church Rainy days only
- Bay City Skate Park 4th and A Street,
- Rockaway Beach Park and Recreation District Rockaway Beach
City Park N. Coral Street
July 8th—August 23rd

TUMC GRUB CLUB

Tillamook United Methodist Church

Sponsor – Kelli —

503-842-2224

3808 12th Street, Tillamook

June 10th to August 16th

No lunch July 4th and August 7-10

12:00 pm—12:30 pm

Pine Street Apartments, 403 Pine Street, Tillamook

12:00 pm—12:30 pm

Champion Apartments, 4317 Brookfield Avenue, Tillamook

11:30 am—12:00 pm

Tillamook Library, 1716 3rd Street, Tillamook

11:15 am—11:45 am

GRUB CLUB

St. John's United Church of Christ,

602 Laurel Avenue, Tillamook

Sponsor –

503-842-2242

Lunches served 11:30 am to 12:30 pm

June 5th—August 2nd

*Hot Meals

ADRC Meal Programs:

Phone:

1-8055-673-2372

Website:

https://www.adrcoforegon.org/consumersite/explore/in_your_home/meals_program.php

Meals on Wheels

Meals on Wheels America



Website:

<https://www.mealsonwheelsamerica.org/signup/aboutmealsonwheels/find-programs/>

School Lunch Program: Free or Reduced Price

Website: www.ode.stte.or.us/apps/frlapp

Paper applications available at Schools

- For School age children
- Free or reduced price to SNAP or TANF families
- As long as one child is eligible for SNAP or TANF in a family, all the children will qualify

Summer Food Service Program

Free summer meals for kids and teens

Phone: 211

Text: “Food” or “Comida” 304-304 enter your address

And they will text you back a list of food sites.

Website: <https://www.oregon.gov/ode/students-and-family/childnutrition/sfsp/Pages/Summer-Meals-Map.aspx>

LONG TERM CARE

Adult Foster Homes- 5 county list

Includes Tillamook County:

<https://nwsds.org/Resources/AFH/Master/FiveCountyMaster.pdf>

Nehalem Valley Care Center

503-368-5171

280 Rowe St.

PO Box 45

Wheeler, OR

Website: <https://nehalemcarecenter.com/>

- Rehabilitation
- Short- and Long-term care

Prestige Senior Living Five Rivers

503-842-0918

3500 12th St

Tillamook, OR 97141

Website: <https://www.prestigecare.com/locations/prestige-senior-living-five-rivers/>

- Assisted Living
- Independent Living with services

FAMILY

DA Support Enforcement Officer:

503-842-3411

201 Laurel Ave (Top floor)

Tillamook, OR

<https://www.co.tillamook.or.us/support-enforcement/custom-contact-page/support-enforcement-contact-information>

Dept. of Human Services

503-842-5571

4670 3rd St

or 503-842-4453

Tillamook, OR

Website: <https://www.dcoffices.org/office/tillamook-dhs-office>

DHS self-sufficiency and child welfare offices offer help with:

- Food benefits (SNAP)
- Cash for families (TANF)
- Child care assistance
- Adoption
- Foster care and parenting
- Child abuse and neglect

Healthy Start

503-842-2773

2310 1st St, Suite 2

Tillamook, OR

Website: www.careinc.org

- Voluntary family support and home visiting program
- Parents with new babies, parent instruction & support

Tides of Change / Women's Resource Center:

1902 2nd St

503-842-9486

Tillamook, OR

800-992-1679

Text: 503-852-9114

Website: tidesofchangenw.org

Advocates provide comprehensive services to survivors including:

- Safety Planning
- Information & Referral
- System Navigation & Advocacy
- Accompaniment Services
- Health Advocacy
- Protection Order Assistance
- 24-Hour Crisis Intervention/ Emergency Food, Clothing, and Transportation

FINANCIAL GUIDANCE

Ameriprise Financial- Wagener & Assoc.

503-244-7709

<https://www.ameripriseadvisors.com/>

- Cost: Free
- Statewide
- Financial planning, cash management, protection, tax strategies, wealth accumulation, retirement planning, asset management and estate planning

Apprisen

<https://www.apprisen.com/>

503-200-6500

800-355-2227

- Free – Manage debt & decrease stress
- State wide

Dave Ramsey Course

Financial Peace University

Find a course near you:

In Person: <https://www.financialpeace.com/app/classes/guide/in-person>

Virtual:

<https://www.financialpeace.com/app/classes/guide/virtual>

Dave Ramsey has prepared a course to learn the Biblical principles of financial management, budgeting, debt reduction, Financial Peace for adults, children, High School, Home School and College. Check out the website and find a class near you.

Oregon Banker's Association

1149 Court St. NE

Salem, OR 97301

503-581-3522

Email: info@oregonbankers.com
Website: <https://www.oregonbankers.com/>

- Cost Free
- State Wide
- Find tools to manage all aspects of financial planning, from budgeting, managing credit and protection from identity theft and elder abuse

HEARING AIDS

Lion's Club

503-355-2199

Website: <https://olshf.org/>
<https://e-clubhouse.org/sites/rockaway/contact.php>

- Contact Rockaway Beach Lion's Club

Oregon Hearing and Speech Center 503-492-8000

2850 SE Powell Valley Rd., Suite 200

Gresham, OR 97080

(2nd floor above Urgent Care)

<https://orhearingandspeech.com/>

- In home appointments
- Takes Medicare, Medicaid & other insurance

AARP Hearing Care Program provided by

HearUSA:

Phone: 1-877-488-5575

Website: <https://www.aarphearingsolutions.com/>

<https://www.aarp.org/membership/benefits/health/hearing-center/>

- For Members of AARP

Costco Hearing Aid Center

503-681-2811

1255 NE 48TH AVE
HILLSBORO, OR
97124-5008

- Costco value pricing
- Premium Technology
- Free product demonstrations
- Free hearing tests
- Free follow up appointments
- Free hearing aid cleanings and check-ups
- Free loss and damage coverage with no deductible
- Free warranty periods (depends on model)
- 90 day trial

Audicus

855-971-0451

<https://www.audicus.com/why-audicus/>

- Low Cost
- 1 year warranty
- 45 day money back guarantee
- Unlimited free tune ups

HOMELESS SERVICES

Adventist Community Services

503-842-4794

Address: 2710 First St.
Tillamook, OR

Website: <https://tillamookor.adventistchurch.org/ministries-/community-services>

Open: Tuesdays and Thursdays 10:00-2:00 pm

- Thrift store: Donations for food, clothing, bedding, household items, tents, sleeping bags, hygiene supplies
- Shower facilities
- Laundry facilities
- Safe Parking – overnight parking from 5:30 pm to 8:30 am
- Garden Space

C.A.R.E. (Community Action Resource Enterprises)

Phone: **503-842-5261**

Address: 2310 1st St, Unit 2
Tillamook, OR

Website: <https://www.careinc.org/services-2>

- Emergency financial Assistance to qualified individuals
- Rental Assistance-one time need
- Support programs for homeless, Case management, transitional housing, permanent supportive housing, Veteran housing
- Utilities: Water, electricity for prevention of shut off up to 75%. Low Income Energy Assistance Program
- All services as funds are available

**HOUSING INFORMATION AND
/OR ASSISTANCE**

Fair Housing Council of Oregon: 800-424-3247

Ext 2

Landlords **800-424-3247 Ext.5**

Website: www.fhco.or

- Housing Discrimination

NOHA Northwest Housing Authority 888-887-4990

147 S. Main Ave
Warrenton, OR 97146

Website: nwoha.org

Email: customercare@nwoha.org

- **The mission of NOHA** is to ensure access to safe, affordable, decent housing for eligible residents of

Columbia, Clatsop and Tillamook Counties and to break the poverty cycle by providing opportunity for self-sufficiency.

- There is a waiting list
- Applicants may qualify for rental assistance

Tillamook Co.Habitat for Humanity

Phone:

503-377-0204

Website: tillamookhabitat.org

Location: 4192 Highway 101
Tillamook, OR

- Affordable home ownership
- Critical Repairs

Tillamook County Habitat for Humanity is dedicated to providing affordable homeownership opportunities and improving the quality of homes for families and individuals in Tillamook County. Our mission includes performing critical repairs such as replacing stairs with ramps, fixing roofs, and repairing floors to enhance the residents' quality of life.

LEGAL SERVICES

Legal Aid Services of Oregon

For Tillamook County:

Oregon Law Center:

1-877-296-4076

Website: <https://oregonlawcenter.org/how-to-get-help/olc-offices/hillsboro/>

- Serves low-income clients and seniors in Tillamook Co.
- Civil legal problems of family law, domestic violence, sexual assault, stalking and child support; housing with a focus on discrimination, subsidized housing and advice to tenants and public
- English and Spanish

Immigration Counseling Service

503-221-1689

519 SW Park Ave. Suite 610

Portland, OR 97205

<https://www.ics-law.org/about/need-for-services/>

Lawyer Referral Service of the Bar Association of Oregon

Phone:

503-620-0222 or 800-452-8260

<https://www.osbar.org/public/ris/index.html#mm>

- Helps moderate income Oregonians find affordable legal help to qualified individuals.
- Covers only family law, criminal defense, foreclosure and rental housing matters at the trial court level

Power of Attorney Paperwork & other forms

Coast Printing

503-842-4455

2106 3rd Street

Tillamook, OR 97141

<http://www.coast-printing.com/>

- Power of Attorney
- Legal Forms (rental, wills, etc.)

MEDICAL in Tillamook County

Adventist Health Medical Group – Women’s & Family Health

Phone:

503-815-2100

1011 Third St

Tillamook, OR

Adventist Health Medical Group- Manzanita Urgent, Primary & Specialty

503-368-6244

Scheduling
10445 Neahkahnie Creek Rd
Manzanita, OR 97130

503-368-2292 opt. 2

**Adventist Health Bayshore Medial-Lincoln City Urgent,
Primary& Specialty Care** 541-614-0482
1105 SE Jetty Ave., Ste C
Lincoln City, OR 97367

Adventist Health Medical – Pacific City 503-965-6555
38505 Brooten Road, Suite A
Pacific City, OR 97135

Cloverdale Clinic 503-392-4200
34335 Hwy 101
Cloverdale, OR

Coastal Health Center 503-842-3661
216 Cedar Ave.
Tillamook, OR 97141

Oregon Health Plan 800-699-9075
PO Box 14015
Salem, OR 97309
Website: <https://www.oregon.gov/oha/HSD/OHP/>

**Nehalem Bay Health Center (formerly known as Rinehart
Clinic)** 800-368-5182
230 Rowe St.
Wheeler, OR 97147

Skilled Foot Care 503-815-7510
Adventist Health Outpatient Therapy Services
1000 Third St. (Third Floor)
Tillamook, OR 97141

**Tillamook Co. Community Health Center, Rockaway Beach
Clinic** 503-355-2700 or 1-800-528-2938

City Hall, First Floor
276 S. Hwy 101
Rockaway Beach OR97136

Tillamook Co. Community Health Center – Health Dept.

Phone: 503-842-3900 Appt. 503-842-3938

801 Pacific Ave.
Tillamook, OR 97141

Tillamook Medical Plaza

503-842-5546

1100 Third St.
Tillamook, OR 97141

<https://www.adventisthealth.org/locations/medical-office-plaza/>

Tillamook Regional Medical Center

503-842-4444

1000 Third St.
Tillamook, OR 97141

**Electric Scooters and Wheelchairs,
Medical Supplies &
Scooter & Power Chair Repair**

Byram Health Care

Phone: 877-902-9726

Online catalog of medical supplies

<https://www.byramhealthcare.com/product-and-services/catalog>

- Ostomy, diabetes products, wound care, urology, incontinence and nutrition
- Billed to insurance if covered expense

- Health care consultants to answer questions
- Delivered

North Coast Home Care

Phone: 503-842-8755 or 888-271-8078

Website: <http://nchc.net/our-services/>

- Full Service durable medical equipment rental and sales
- Certified Equipment Repair

NuMotion

Phone: 503-582-1955 or 866-840-2486

Website <https://www.numotion.com/products-services>

- Custom fitting for adults and children
- Special needs
- Evaluation, equipment selection, medical documentation and billing to insurance

Oregon Statewide Assistive Technology Program

Access Technologies 503-361-1201 or 800-677-7512

3070 Lancaster Drive NE

Salem, OR 97305

Website:

<https://www.accesstechnologiesinc.org/about/oregon-statewide-at-program>

- Try before you buy program
- Training and Technical Assistance
- Assistive Technology Information

WSR Scooter Repair: Local technicians

Phone: 1-888-584-3095

Website: <https://wsrsolutions.com/mobility-scooter-repairs-in-oregon/>

- Specialty, Power Chairs and Scooters – Sales
- Repair Service

HOSPITALS:

Adventist Health Portland **503-257-2500**

10123 SE Market St.
Portland, OR 97216

Columbia Memorial Hospital **503-468-0127**

2120 Exchange St.
Astoria, OR 97103

Dornbecker Children’s Hospital **503-220-1578**

1501 SW Jefferson St.
Portland, OR 97239

Good Samaritan Medical Center **503-415-5600**

1919 NW Lovejoy St.
Portland, OR 97209

Legacy Emanuel Hospital **503-413-2200**

2801 N Gantenbein Ave
Portland, OR 97227

Legacy Good Samaritan Hospital **503-415-5600**

1919 NW Lovejoy St
Portland, OR 97210

OHSU

3181 SW Sam Jackson Park Rd
Portland, OR 97239

503-494-8311**Portland VA Hospital**

3710 SW US Veterans Hospital Rd
Portland, OR 97239

503-220-8262**Providence Portland Medical Ctr 503-215-1111**

4805 NE Glisan St.
Portland, OR 97213

Providence – Seaside Hospital

725-S Wahanna Rd
Seaside, OR 97138

503-717-7000**Samaritan N. Lincoln Hospital**

2870 SE East Devil’s Lake Rd
Lincoln City, OR 97367

541-557-6490**St. Vincent’s Medical Center**

9205 SW Barnes Rd
Portland, OR 97225

503-216-1234**Tillamook Regional Medical Ctr. 503-842-4444**

1000 Third St.
Tillamook, OR 97141

Tuality Community Hospital

335 SE 8th Ave.
Hillsboro, OR 97123

503-681-1850

Vibra Specialty Hospital of Portland 503-257-5500
10300 NE Hancock St.
Portland, OR 97220

MENTAL HEALTH/COUNSELING/ ALCOHOL AND DRUG COUNSELING

Addiction and Family Counseling

Adventist Health Tillamook 503 -815 -2292 |
1000 3rd Street,
Tillamook, OR 97141
adventisthealth.org/Tillamook

- Mental Health
- Substance Abuse

Ayuda Community Services 503 -640 -5223

265 SE Oak
Hillsboro, OR

- Substance use
- Recovery
- Services in Spanish

Celebrate Recovery- Tillamook

Tillamook Nazarene Church 503 -842 -2549
2611 3rd Street
Tillamook<OR

Website: tillamooknazarene.com/celebrate-recovery

- 12 Step
- Recovery

Tuesdays at 5:30 pm Supper Served
6:00 Worship and Program

Celebrate Recovery- Rockaway

St. Mary's by the Sea **503-355-2661**

275 S. Pacific St.

Rockaway Beach, OR

Wednesdays 5:30 for supper

6:00 pm worship and program

- 12 Step
- Recovery

Coastal Counseling

503-842-1201

2507 Highway 101 N, Ste B

Tillamook, OR 97141

- Marriage, Family, Child and Individual Counselors
- Counseling Services

Helping Hands Re -Entry Outreach Centers

Phone: **503 -738 -4321**

6505 Headquarters St.

Tillamook, OR 97141

Website: helpinghandsreentry.org/

Email: contactus@helpinghandsreentry.org

- Recovery
- Residential

Nehalem Bay Counseling

503-368-6862

Manzanita, OR

- Marriage and Family
- Behavior Education

Nehalem Bay Health Center (formerly known as Rinehart Clinic)

800 -368 -5182

230 Rowe St,
Wheeler, OR

Website: rinehartclinic.org

- Mental Health
- Substance use

Solutions DVIP

Phone: Phone: (971) 301-2218 or (text preferred)

Email: soldvip@qwestoffice.net
tdavis@solutionsdvip.com

- Domestic Violence Counseling
- Individual and Group
- Gender specific Domestic Violence Parenting Classes
- On-line services only
- Curriculum for Teens and also for those resistant to change

Tides of Change

503 -842 -9486

1902 2nd St,
Tillamook, OR

Website: tidesofchangenw.org Tillamook

- Mental Health
- Crisis Intervention

Tillamook County Community Health Center

Behavioral Health

Address: 2204 4th St,
Tillamook, OR 97141

Phone: Appt: (503) 842-3938
Central: (503) 842-3900
North: (503) 355-2700

Website: www.tillamookchc.org/behavioral-health

- Mental Health

- Substance Abuse
- Prevention Programs

Tillamook Family Counseling:

Address: 906 Main St.
Tillamook, OR 97141
Phone: **503-842-8201 or 800-962-2851**
Website: tfcc.org

- Emergency/Crisis
- Mental Health
- Substance Use
- Problem gambling
- Peer Support
- Recovery
- Preventive Programs

Tillamook County Mental Health Crisis Line

503 -842 -8201 | 800 -962 -2851

- Emergency/ Crisis

Tillamook Serenity Club

Phone: **503 -842 -1115**
5012 3rd Street,
Tillamook, OR 97141
tillamookserenityclub.org

- Recovery
- 12 Step

PHARMACIES /PRESCRIPTIONS

Array Rx

<https://arrayrxcard.com/>

- Digital card to help save on medications
- Oregon State Prescription Discount Card

- No income restrictions
- All FDA approved prescriptions are eligible for discounts

CARE: Prescription Assistance **503-842-5621**

2310 1st St., Suite 2
Tillamook, OR

Needy Meds **800-503-6897**

Website: needy meds.org

- Drug discount card
- Needle disposal

RX Assist

<https://www.rxassist.org/>

Patient Center: <https://www.rxassist.org/patients>

Provider Center: <https://www.rxassist.org/providers>

- Helping your patients obtain free or low cost medications
- Information to patients about free or low cost medicine programs
- Free medications to people who cannot afford to buy their medication
- Comprehensive database of patient assistance programs
- Prescription Saving Card

Fred Meyer Pharmacy

Address: **2500 Main Ave. N**
Tillamook, OR

Phone: **503-815-1433**

Fax:

Hours: Sunday 10:00-5:00pm
Mon-Fri: 9:00 am-7:00pm
Saturday: 9:00 am-6:00 pm

Rinehart Pharmacy **844-715-2299**

Address: 230 Rowe St.
Wheeler, OR
Phone: 1-844-715-2299
Hours: 9:00am-5:30
Website: rinehartclinic.org/pharmacy

- Free sharps and syringe disposal
- Free Unused Medication Drop off kiosk
- See website for pharmacy benefits

Safeway Pharmacy

1815 4th St
Tillamook, OR

Phone: 503-842-5934
Hours: Mon-Fri. 9:00am -8:00 pm
Saturday 9:00am-6:00pm
Sunday 10:00am-6:00pm

RECREATION

AllTrails Wheel Chair friendly

<https://www.alltrails.com/us/oregon/tillamook/ada>

Hiking Trails& Whale Watching

<https://tillamookcoast.com/what-to-do/hiking/>

Latimer Quilt & Textile Center

503-842-8622

2105 Wilson River Loop Road

Tillamook, OR

Website: <https://www.latimerquiltandtextile.com/>

Tillamook Air Museum

503-842-1130

6030 Hangar Rd

Tillamook, OR 97141 website: tillamookair.com

Tillamook Co.Pioneer Museum

503-842-4553

2106 2nd St

Tillamook, OR

Website: <https://www.tcpm.org/>

Tillamook Creamery

503-815-1300

4165 N. Hwy 101

Tillamook, OR 97141

Website: <https://www.tillamook.com/visit-us/creamery>

YMCA

503-842-9622

610 Stillwell

Tillamook, OR 97141

Website: Tillamookymca.org

- 2 saltwater swimming pools, swim lessons
- Gym, four handball and racquetball courts
- Cardio and weight room facility
- Family fitness, Handicap programs
- Financial assistance for family recreation programs

RENTAL LIST

Tillamook County Housing Commission

<https://www.co.tillamook.or.us/bc-hc/page/looking-housing>

- Housing Assistance
- Tillamook County for Rent FaceBook Page
- Apartment and house rental websites
- Owner Renter matchmaking site (coming soon)

Trulia Tillamook Co.

https://www.trulia.com/for_rent/41057_c/

SENIOR CITIZEN SERVICES

Care.com

1-877-227-3115

- Find Caregiver Support by zip code
- Background checked caregivers
- Safety communication
- Payroll service

Caring for the Coast

503-325-4503

Serves Tillamook and Clatsop Co.

Website: <https://caringforthe coast.com/>

Memory Care Facilities

1-888-595-9951

<https://www.memorycarefacilities.net/assisted-living/oregon/tillamook-county.html>

- Find Memory Care Facilities by Zip Code

NW Senior and Disability Services

503-842-2770

5010 Third Street

Tillamook, OR 97141

Website: www.nwsds.org

- Services for Seniors and Adults with Disabilities
- Long term planning
- Information on Medicaid, Medicare, SHIBA
- Help with food
- Finding caregivers and supporting caregivers

- Elder Abuse Prevention and Reporting

Questions to ask Long Term Care Facilities before making a placement decision

<https://health.usnews.com/health-news/best-nursing-homes/articles/must-ask-questions-when-youre-choosing-a-nursing-home>

SUPPORT GROUPS

Adventist Health Support Groups – Grief, Cancer

<https://www.adventisthealth.org/blog/2022/may/adventist-health-tillamook-announces-re-start-of/>

Cancer Support Group

Contact Karen Layzell, layzelk@ah.org or call 503-815-7564. Space is limited to 10–12 group members per session.

- Adventist Health Tillamook
Conference Room D, Third Floor
1000 3rd St., Tillamook
1–2:30 p.m. Third Tuesday of each month

Grief Support Group Contact:

Chaplain Pam Strachan, strachea@ah.org or call 503-815-2411.

- Adventist Health Tillamook
Conference Room D, Third Floor
1000 3rd St., Tillamook
4–5 p.m., 2nd and 4th Thursday monthly

- Manzanita Calvary Bible Church
Fellowship Room 560 Laneda Ave., Manzanita
11 a.m. – 12 p.m., 1st and 3rd Tuesday monthly

Family Caregiver Support Program

NWSDS

5010 E 3rd St.

Tillamook, OR 97141

Phone:

503-304-3420 or 866-206-4799

<https://nwsds.org/index.php/home/adults-with-disabilities/help-in-your-home-and-caregiving/fcsp-adults/>

In Person Hours: Tillamook Co. 3rd Tuesday of each month 1:30-3:00pm

Virtual Groups

- **Dementia Care Conversations** – 2nd and 4th Tuesdays of each month, 3:00-4:00 p.m. via Zoom (See website for accessibility).
- **Second Time Around - Relatives as Parents Program (RAPP) Support Group** – 3rd Wednesday of the month, 10:00-11:30 a.m. via Zoom.

Relatives as Parents Program (RAPP)

Phone:

503-304-3420 or 1-866-206-4799

Conference Call or Zoom: Call for Zoom Access

Time: 3rd Wednesday 10:00-11:30

Website: <https://nwsds.org/index.php/home/seniors/help-in-your-home-and-caregiving/relatives-as-parents-program/>

TILLAMOOK CO. OFFICES

Phone:

503-842-2034

<https://www.co.tillamook.or.us/contact>

Tillamook PUD

Customer Assistance Program

503-842-2535

Website: <https://www.tpud.org/news-community/customer-assistance-program-cap/>

- Donate to the Customer Assistance Program
- CARE and NW Senior & Disability Services identifies needs and determines if they meet program qualifications

TELEPHONE ASSISTANCE & Assistive Devices

<https://www.oregon.gov/puc/Pages/RSPF.aspx>

Oregon Lifeline (FREE Phone or Broadband Service to qualifying low income households)

<https://www.oregon.gov/puc/Pages/Oregon-Lifeline.aspx>

Telecommunication Devices Access Program

- Free Communications Equipment – No income guidelines
- Hearing,
- Vision,
- Speech,
- Mobility, or
- Cognition.

[https://www.oregon.gov/puc/Pages/Telecommunication-Devices-Access-Program-\(TDAP\).aspx](https://www.oregon.gov/puc/Pages/Telecommunication-Devices-Access-Program-(TDAP).aspx)

Oregon Relay for Speech or Hearing Disability

Website: <https://www.oregonrelay.com/>

- Communication Facilitator Services for Deaf or Hard of Hearing, deaf-blind, hard of hearing, speech disabled

TRANSPORTATION

Dial a Ride

503-815-8283

TCTD Office

3600 Third Street, Suite A,
Tillamook, OR 97141.

Website: <https://www.nworegontransit.org/dial-a-ride-tctd/>

Tillamook County Transportation District's [TCTD] Dial-A-Ride is a door-to-door demand response transportation service designed to provide customers with on demand travel options. Everyone is eligible to use the Dial-A-Ride service.

Advance reservations are recommended. Rides are scheduled on a first-come, first-served basis. Rides can be scheduled up to two weeks in advance. Same day ride requests are accepted as space and scheduling needs allow.

- Arrange at least 24 hours in advance

REGULAR FARE:

- General Public, one-way ride.....\$4.00 first 5 miles, then \$0.50 per additional mile

REDUCED FARE:

- Passengers with disability, one-way ride..... \$2.00 first 5 miles, then \$0.50 per additional mile
- Seniors, age 60 and older, one-way ride..... \$2.00 first 5 miles, then \$0.50 per additional mile

- Youth, age 13-18, one-way ride.....
\$2.00 first 5 miles, then \$0.50 per additional mile

CHILD FARE:

- Up to two children, age 0-12, ride free when accompanied by paid adult; additional children pay the reduced youth fare rate stated above.

Drivers only accept cash payments and change must be exact. TCTD offers a pre-paid option which can be purchased with your driver or at the TCTD Office located at 3600 Third Street, Suite A, Tillamook, OR 97141.

Kenny G Cab

503-801-4400

Website: <https://www.facebook.com/KennygCab/>

- Hours vary
- Pets and bikes allowed

Oregon Health Plan Non-Emergent Medical Transport

Phone: **1-800-273-0557**

Website: <https://www.oregon.gov/oha/HSD/OHP/Pages/NEMT.aspx>

- Must be OHP Plus Member
- Non-Emergent Transport
- Can help pay for travel expenses

Pacific Taxi Service

503-812-8041

Website: <https://www.pacifictaxiservices.com/>

Hours: Open 24 hours

The Wave – Tillamook Co. bus system

503-815-8283

Tillamook County Transportation District
3600 Third Street, Suite A
Tillamook, Oregon 97141
e-mail at info@tillamookbus.com

<https://www.nworegontransit.org/agencies/tillamook-county-transportation-district/>

TCTD IN-COUNTY MONTHLY BUS PASSES

Monthly bus passes are available for unlimited use on In-county bus transportation services. Monthly bus passes may be purchased directly from the driver when boarding the bus or at the TCTD dispatch office located at 3600 3rd Street in Tillamook.

Regular monthly passes cost \$30.00. Discount monthly passes for senior citizens, students, and passengers with a disability are sold for \$20.00. When a qualified passenger is accompanied by a personal care attendant, the personal care attendant rides free.

VETERANS

Tillamook Co. Veterans Service 503-842-4358

Address: 201 Laurel Ave. Basement Room 12
Tillamook, OR 97141

Hours: 8:00-5:00 M-F

Website: <https://www.co.tillamook.or.us/veterans-services>

Assistance with VA Benefits, problem solving, housing, home repairs,
disabled vets, medical equipment, transportation to appointments

Services Offered:

Including, but not limited to:

- Service-Connected Compensation Claims

- Non Service-Connected Pension Claims
- VA Health Care Enrollment
- VA Burial Benefit Assistance
- Travel Arrangements to VA Medical Facilities
- Board of Veterans Appeals Assistance
- Communication Assistance With Other Social Service Agencies
- Veterans Outreach
- Veterans Suicide Awareness Advocation
- Service Record Acquisition

Veteran’s Crisis Line

Veteran’s Crisis Line: Call 9-8-8, then text 1 or text 838255

Chat Online: <https://www.veteranscrisisline.net/>

- You don’t have to be enrolled in VA benefits or health care to connect.

Veteran’s Regional Office (Portland)

Phone: **1-800-698-2411**
 Veteran’s Crisis Line: **Call 9-8-8, then text 1 or text 838255**
 My VA Helpline: **1-800-698-2411**
 VA Benefits Hotline: **1-800-827-1000**
 GI Bill Hotline **1-888-442-4551**
 National Call Center for Homeless Veterans **1-877-424-3838**
 VA Health Benefits Hotline: **1-877-222-8387**

Website: <https://www.benefits.va.gov/portland/>

- VA Benefits

Portland VA Medical Center 503-220-8262

3710 SW US Veterans Hospital Rd

Portland, OR 97239

VISION

Lighthouse Vision

503-842-6363

310 Stillwell Ave
Tillamook, OR, 97141

Website: <https://www.lighthousevisioncare.com/>

- Optometry

Lion's Club: Free Eye Exams

Funds are available to help pay for vision exams for low income families without health insurance. Lion's Club Applications available at the Tillamook Co. Health Dept. Case managers at 503-842-3900

Website: <https://www.lionsclubs.org/en/resources-for-members/resource-center/vision-screeningTi>

Oregon Eye Specialists, PC:

877-777-9026

980 Third St., Ste 100
Tillamook, OR

- Ophthalmology Services
- Dr. Balish

Tillamook Elks

503-842-6623

503-494-7830

Elks Children's Eye Clinic
545 SW Campus Drive
Portland, Or 97239

Website: <https://www.ohsu.edu/casey-eye-institute/elks-childrens-eye-clinic>

- Children’s Eye Clinic is a division of the Pediatric Ophthalmology at OHSU Casey Eye Institute.

Tillamook Vision

503-842-5568

800 Main Ave.
Tillamook, OR 97141

Website: <https://tillamookvision.com/>

- Full Service eye clinic
- Optometry
- Bills insurance when possible

Vista Optical

503-815-3855

Fred Meyer
2500 Main Ave N
Tillamook, OR 97141

Wellness Checks

Dispatch/ Non-Emergency

503-815-1911

ZIP CODES

TILLAMOOK County, OR Covers 14 ZIP Codes

ZIP Code	Classification	City	Population	Area Code(s)
<u>97107</u>	General	<u>Bay City</u>	1,670	503/971
<u>97108</u>	General	<u>Beaver</u>	563	503/971
<u>97112</u>	General	<u>Cloverdale</u>	2,168	503/971
<u>97118</u>	P.O. Box	<u>Garibaldi</u>	825	503/971
<u>97122</u>	General	<u>Hebo</u>	434	503/971
<u>97130</u>	P.O. Box	<u>Manzanita</u>	813	971/503
<u>97131</u>	General	<u>Nehalem</u>	2,908	503/971
<u>97134</u>	P.O. Box	<u>Oceanside</u>	185	503/971
<u>97135</u>	P.O. Box	<u>Pacific City</u>	959	503/971
<u>97136</u>	General	<u>Rockaway Beach</u>	1,948	971/503
<u>97141</u>	General	<u>Tillamook</u>	13,951	503/971
<u>97143</u>	P.O. Box	<u>Netarts</u>	0	503/971
<u>97147</u>	P.O. Box	<u>Wheeler</u>	422	971/503
<u>97149</u>	General	<u>Neskowin</u>	583	503/971

**Resource Guide Compiled by:
Linda Hanratty**

**Resource Guide will be updated annually.
Removals, Corrections, Updates and New programs can be sent to:**

tillamookresourceguide@gmail.com