AARP Foundation Tax Aide- (Greater Oregon) 1-888-687-2277
http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html
Help older citizens get their maximum tax refund! Be a tax volunteer, technology coordinator, a greeter, or an administrative volunteer.

Alzheimer’s Network of Oregon- (Salem) http://www.alznet.org/ 503-364-8100
There currently are openings for volunteers in the office and for an upcoming event. Call or go to the above website for more information!

Capitol Manor- (Salem) 503-362-4101
Volunteer in a variety of capacities at this retirement facility. Call the above number for available positions.

Center 50+ (Salem) Karen 503-588-6303
http://www.cityofsalem.net/Residents/Senior%20Center/Pages/Volunteers.aspx
Current available volunteer positions are as follows: boutique volunteer, café volunteer, dining room volunteer, and computer lab volunteer. Call Karen for more information!

Clare Bridge Senior Living and Dementia Care- (Salem) 503-365-7500
Provide companionship; help with activities or one-time events! Call for more information.

Dallas Retirement Village- (Dallas) Carla Day 503-623-5581
There are a host of volunteer opportunities, either ongoing or one-time, that are available with DRV. They range from friendly visitors to help with events such as their annual Christmas party.

Department of Human Services- (Greater Oregon)
Provide medical transportation, be a friendly visitor, help in the office, and more!

Dial-a-Bus- (Corvallis) 541-752-2615 http://dialabus.org/Volunteers.htm
Provide transportation to seniors and disabled individuals for medical appointments, etc.

Easter Seals- Senior Employment and Training SW Macadam Office (Portland)
www.or.easterseals.com
Teach seniors computer, job search, and job readiness skills. Paid training available.

**Faith in Action**- (Newberg)  [http://www.faithinactionnewberg.org/](http://www.faithinactionnewberg.org/)  503-537-1549

Volunteer caregivers provide transportation to medical appointments. Opportunities to be an exercise coach as well.

**Garten Services, Inc.-** 503-581-1984 ext. 3106  
[http://www.garten.org/services/admin/oregon/C29/](http://www.garten.org/services/admin/oregon/C29/)

**Heron Pointe Assisted Living and Dementia Care-** (Monmouth) 503-838-6850

Provide companionship; help with activities or one-time events! Call for more information.

**Hospice Care of the Northwest-** (Salem)  [volunteersa@hospicecarenw.com](mailto:volunteersa@hospicecarenw.com)

Work directly with clients visiting, playing a musical instrument, or work in the office.

**Jefferson Manor Assisted Living and Dementia Care-** (Dallas) Amber  503-623-8104

Provide companionship; help with activities or one-time events! Call for more information.

**KROC Center-** (Salem) Lacey Carlson 503-798-4783  [volunteer@salemkroc.org](mailto:volunteer@salemkroc.org)  

Help with a variety of activities or one-time events! Not exclusively senior population.

**Long-Term Care Program-** (Salem & greater Oregon) 1-800-522-2602

Become a State of Oregon certified ombudsman and advocate for seniors in long-term care facilities. Requires 5 days of training and a commitment of 16 hours per month.

**Meadow Creek Village Assisted Living-** (Salem) Sarah Loucks 503-375-9732

Provide companionship; help with activities or one-time events! Call for more information.

**Meals on Wheels-**  [http://www.nwsds.org/meals-on-wheels/valley-mealsites/](http://www.nwsds.org/meals-on-wheels/valley-mealsites/)

(Dallas) 503-623-6232  
(Monmouth) 503-838-2084  
(Salem) 503-365-9694, 503-363-3246, 503-589-1748

(Meals on Wheels) Become a driver, help in the kitchen, create table decorations, and entertain! There are also opportunities to help with parties and other fundraising events. Follow the link
above for a more complete list of sites.

**Mennonite Village**- (Albany) Robin Keener 541-704-1082

Become a hands and heart volunteer (visitor) or check for other available positions.

**Monmouth Senior Center**- (Monmouth) Sue Teal 503-838-5678

[http://www.ci.monmouth.or.us/index.asp?Type=B_BASIC&SEC=5AEF5A31-DF74-4CFC-82A2-E32C1E262F88](http://www.ci.monmouth.or.us/index.asp?Type=B_BASIC&SEC=5AEF5A31-DF74-4CFC-82A2-E32C1E262F88)

There are many opportunities for volunteering with MSC, including one-time events or ongoing activities. For a more detailed list of opportunities, go to the above website or call.

**NWSDS - Senior Health Insurance Benefits Assistance (SHIBA) Volunteer Counselors**- (Greater Oregon) [http://www.oregon.gov/DCBS/SHIBA/volunteer.shtml](http://www.oregon.gov/DCBS/SHIBA/volunteer.shtml)

Provide information and assistance to seniors in regards to health insurance/Medicare/Medicaid, etc. Certification required as well as bi-monthly meeting of counselors.

**Polk County Victim Assistance Program**- 503-623-9268, ext. 1267

Become an advocate for victims of crime. Accompany individuals to court hearings, help them understand processes and fill out paperwork. Not exclusively senior population.

**Samaritan Evergreen Hospice**- (Albany) Karen McLain 541-812-4662

Opportunities at the hospice house and in patient-homes (respite for caregivers), which both would require training. Call for more information.

**Shangri La Corporation**- (Salem) Ashley Erb 503-581-1732 ext. 328

Work directly with seniors and/or developmentally disabled individuals, or behind the scenes in a variety of positions.

**Stoneybrook Lodge**- (Corvallis) 541-754-1961

Help with events and other possibilities available, depending on what one would like to do. Call for more information!

**United Methodist Retirement Center**- (Salem) 503-585-6511

[http://www.umrcsalem.org/volunteer-opportunities.html](http://www.umrcsalem.org/volunteer-opportunities.html)
Provide companionship, entertainment, and support to seniors living at UMRC’s facilities. The Child Development Center, which is one of their facilities, encourages inter-generational relationships by including seniors in daily activities with the children.

**Willamette Valley Hospice- (Salem) Brittney Blakley volunteerservices@wvh.org 503-588-3600 [http://wvh.org/volunteer/](http://wvh.org/volunteer/)**

Provide respite, companionship, or provide instrumental support to seniors. Many other opportunities are available, including working in the office, at fundraising events, and helping with support groups.