

Camas-Washougal

Senior

Resource

Guide

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**Updated January 2017**

**By City of Camas Parks & Recreation**

The information provided below offers general resources to our local 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.vhausa.com](http://www.vhausa.com)

- Provides subsidized housing with some income restrictions
- Must be 62 years or older; all units are 1 bedroom
- Application found online at site listed above, service coordinator on site

**Location:**

*1529 Division Street, Camas, WA 98607*

## **Kent Place**

(360) 834-3988

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

- Assisted Living and Senior Community
- Short Term Care: Rehabilitation, Respite and Hospice
- Accepts the following payment methods: Private Pay

**Location:**

*2647 NW Kent Street, Camas, WA 98607*

## **Prestige Care Rehabilitation Camas**

(360) 834-5055

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

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

**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)

- Connecting seniors, adults with disabilities, and care givers to community resources
- Call for more information about various programs and events

**Location:**

*201 NW 73rd Street, Vancouver, WA 98665, Suite 201*

## **Community Services Directory**

Dial 2-1-1

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

- Huge resource for seniors and the 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

**Location:**

*2647 NW Kent Street, Camas, WA 98607*

## **Inter-Faith Treasure House**

(360) 834-5786

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

- Provides emergency bill assistance, if needed
- Provides other resources to seniors; call for more information
- Additional services listed under Meals & Food section

**Location:**

*91 C Street, Washougal, WA 98671*

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

(360) 834-4151

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

- Meetings inform seniors about scams and offer other interesting topics
- Senior related topics in monthly S.A.L.T. Times Newsletter
- 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)

- Organization through the community service directory working directly with seniors
- Has extensive information on transportation and other senior resources

## Senior Messenger

(360) 487-8701

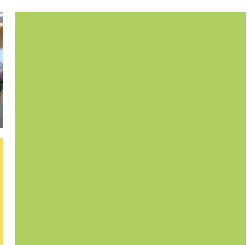
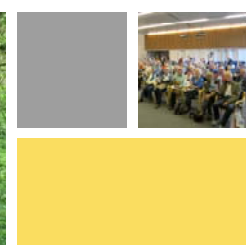
[www.cityofvancouver.us/messenger](http://www.cityofvancouver.us/messenger)

- Free by subscription, monthly publication full of interesting information for the 50–plus adventurer in Clark County
- Special issue, the Senior Finder, is a free annual lifestyle resource guide
- Call to have a copy mailed to you

## Volunteer Chore

(360) 213-2403

- Designed to help low–income elders or disabled adults, with household chores or errands, who can't afford services typically or don't qualify elsewhere



# Meals & Food

## **Inter–Faith Treasure House**

(360) 834-5786

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

- Provides food through their Boxed Food Program and Feeding Program
- Additional services listed in 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 available; 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
- Offers a variety of games and activities along with meals
- Meals on Wheels People also can 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)

- Meals served to all by various nonprofit organizations
- Seniors welcome to volunteer; call for more information
- Find information on website under 'upcoming community events'

### **Time & Location:**

*Every Friday, 4:00 – 6:00pm*

*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

## C-TRAN Bus Service

(360) 695-0123

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

- Public transportation, general bus service
- Payment required for bus passes
- Call or go online for routes

### **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
- The cost to ride is the same as a C–Zone ticket

### **Employment Transportation Brokerage**

(360) 258-2103

- Short term assistance, must be low–income
- Must be referred by a partnering agency
- If approved, the least costly, most appropriate method of transportation will be provided at no cost to you

### **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
- Private fee for service

### **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





### **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.
- Comfortable cars and wheelchair vans
- Transportation for a fee

### **Reserve-A-Ride**

(360) 258-2103

- Limited transportation services available for medically necessary appointments
- Program for low-income, disabled and/or older adults living in Clark County unable to use transit services
- Part of Employment Transportation Brokerage (see above)

### **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/library](http://www.cityofcamas.us/library)

- Provides books, audiobooks, DVDs, educational crafts, and activities
- Hosts adult books clubs, Movie Mondays, Trivia Night, Crafterama and more
- Online access available for a variety of services
- Call or go online for more information about library events

### **Time & Location:**

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

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

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

## Camas Seniors

(360) 834-3727

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

### **Time & Location:**

*Call for time and location of trips and events*



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

(360) 907-8127

[Kiwanis of Cascade Park on Facebook](#)

- Dedicated to helping our local community and the world by helping children and communities
- Weekly meetings offer socialization and 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

- For older women returning to the work force or school
- Helping women retrain after major life decisions
- Provides scholarships for women in need

**Meetings:**

*Call for location and meeting times*

### **Fern Prairie Modelers**

(360) 254-4668

[www.fpmc.org](http://www.fpmc.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 or (360) 833-1852

[www.gardenclubofcamaswashougal.org](http://www.gardenclubofcamaswashougal.org) or  
[Community Garden of Camas/Washougal on Facebook](#)

- 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
- No meetings June, July and December; however special field trips will take place; call for more information

#### **Meetings:**

*August – May*

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

*June, July and December*

*No meetings, call for information about special field trips.*

### **GFWC Camas-Washougal Women's Club**

(360) 834-2354 or (360) 835-2348

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

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

#### **Meetings:**

*2<sup>nd</sup> Wednesday of the month, 7:00 pm  
Call for location and meeting times*

### **Soroptimists International**

(360) 931-2583

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

#### **Meetings:**

*1<sup>st</sup> Friday of the month, 7:00 am  
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*

## Twisted Sister Quilting Society

(360) 989-5326

- Quilting group for beginners and experts alike
- Learn how to quilt, pick up quilting tips, or come to socialize

### **Meetings:**

*Every Wednesday, 6:00 pm*

*Call for location*

## Washougal Community Center

(360) 835-8113

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

- Gathering place for seniors
- Offers meals and activities; also available for rentals

### **Time & Location:**

*1681 C Street, Washougal, WA 98671*

*Monday to Friday, 9:00 – 4:00 pm*

## Washougal Lions Club

(360) 450-8272

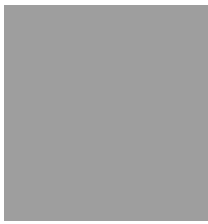
- Service organization focusing on health issues
- Coordinates the annual Washougal Festival of Trees in December

### **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
- Has online access to a variety of services

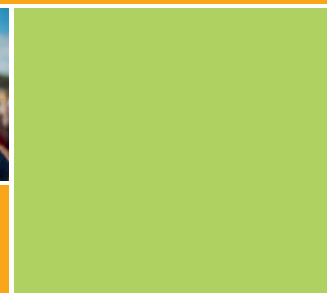
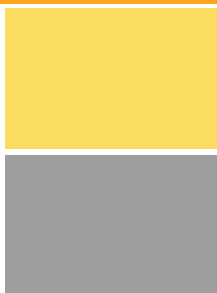
### **Time & Location:**

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

*Tuesday, 10:00 – 8:00 pm*

*1661 C Street, Washougal, WA 98671*

# Veterans



## American Legion Bennett Barnett Post 27

(360) 835-2425

[www.alpost27.com](http://www.alpost27.com)

- 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) 397-8478 or (360) 693-7030

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

- Offering everything from a cup of coffee to emergency assistance fund service
- Assistance with filing for medical claims and burial benefits

#### ***Time & Location:***

*Monday to Friday, 8:00 – 4:30 pm*

*1305 Columbia Street, Vancouver, WA 98660, Suite 100*

### **Veterans of Foreign Wars Post 4278 & Auxiliary**

(360) 260-7879 for Veterans

(360) 835-8215 for Auxiliary

[VFW Post 4278 on Facebook](#)

- Veteran nonprofit servicing all veterans and the local community
- Coffee Hour and Post Meetings held at the Camas Community Center

#### ***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*



**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.*