

SHIBA Sponsors/Sites

Baker County

www.ccno.org
Community Connection
of NE Oregon
(541) 523-6591

Benton County

www.csc.gen.or.us/rsvp.htm
Benton County RSVP
Local counseling site:
Corvallis Senior Center
(541) 766-6959

Clackamas County

www.co.clackamas.or.us
Clackamas County Social
Service Program/Volunteer
Connection
(503) 655-8269

Clatsop County

www.nwsds.org
Northwest Senior &
Disability Services
(503) 738-5191
Toll-free: (800) 442-8614

Columbia County

www.scappooseSeniorcenter.com
Scappoose Senior Center
(503) 543-2047

Coos County

www.socc.edu/serv_resrc/rsvp
Coos County RSVP
(541) 888-7332

Crook County

(see Deschutes County)
(541) 504-0392
Toll-free: (877) 704-4567

Curry County

http://co.curry.or.us/rsvp/website/home_page.htm
Curry County RSVP
(541) 247-3280

Deschutes County

www.councilonaging.org
Central Oregon
Council on Aging
(541) 504-0392
Toll-free: (877) 704-4567

Douglas County

dslakens@co.douglas.or.us
Douglas County Health
Center
Douglas County RSVP
(541) 440-3506
Toll-free: (800) 234-0985

Gilliam County

Gilliam County
Senior Services
(541) 384-2114

Grant County

SHIBA Central Office
Toll-free: (800) 722-4134

Harney County

www.co.harney.or.us/seniorcenter_services.html
Harney County
Senior Center &
Community Services
(541) 573-6024

Hood River County

(see Wasco County)
(541) 298-4101

Jackson County

www.retirement.org/rvmcs
Rogue Valley Manor
Community Services RSVP
(541) 857-7780

Jefferson County

(see Deschutes County)
(541) 504-0392
Toll-free: (877) 704-4567

Josephine County

Josephine County RSVP/
Asante Senior Resources
(541) 955-5547

Klamath County

Klamath Basin Senior
Citizens Council
(541) 883-7171

Lake County

SHIBA Central Office
Toll-free: (800) 722-4134

Lane County

Willamalane Adult
Activity Center
(541) 736-4421
Campbell Senior Center
(541) 682-5318

Lincoln County

Lincoln County RSVP
(541) 574-2684

Linn County

www.csc.gen.or.us/rsvp.htm
Linn County RSVP
(541) 812-0849

Malheur County

Malheur Council on Aging
(541) 889-7651

Marion County

www.nwsds.org
Northwest Senior &
Disability Services
(503) 304-3400
Toll-free: (800) 469-8772
Woodburn
(503) 981-5138

Morrow County

SHIBA Central Office
Toll-free: (800) 722-4134

Multnomah County

www.co.multnomah.or.us/ads
Aging & Disability
Services Department
(503) 988-3646

Polk County

www.nwsds.org
Northwest Senior &
Disability Services
(503) 304-3400
Toll-free: (800) 469-8772

Sherman County

(see Wasco County)
(541) 298-4101

Tillamook County

www.nwsds.org
Northwest Senior &
Disability Services
(503) 842-2770
Toll-free: (800) 584-9712

Umatilla County

SHIBA Central Office
Toll-free: (800) 722-4134

Union County

www.ccno.org
Community Connection
of NE Oregon
(541) 963-7532

Wallowa County

www.ccno.org
Community Connection
of NE Oregon
(541) 426-3840

Wasco County

Mid-Columbia Council
on Governments
Area Agency on
Aging (AAA)
(541) 298-4101

Washington County

www.co.washington.or.us/aging
Disability, Aging &
Veteran Services
(503) 615-4696 (message)

Wheeler County

(see Wasco County)
(541) 298-4101

Yamhill County

www.nwsds.org
Northwest Senior &
Disability Services
(503) 472-9441
Toll-free: (866) 333-7218

Free Help with Medicare and Prescription Drug Insurance



SHIBA

State of Oregon
Senior Health
Insurance Benefits
Assistance

What is SHIBA?

The Senior Health Insurance Benefits Assistance program uses trained volunteers to help people with Medicare make health insurance decisions.

This free program saves Medicare beneficiaries money by making sure they receive all possible benefits and don't pay too much out of their own pockets.

SHIBA is funded by a federal grant from the Centers for Medicare & Medicaid Services.

These free services are available to people with Medicare, their family members, caregivers and advocates.

SHIBA volunteers can help you

- Select a Medicare prescription drug plan
- Find out if you are receiving all possible benefits
- Compare supplemental health insurance policies
- Evaluate your need for long-term care insurance
- File an appeal or insurance complaint

How to contact SHIBA

- Call the SHIBA sponsor in your area (see back of brochure)

Volunteers offer one-on-one counseling at community centers or in private homes

- Visit SHIBA's Web site: www.oregonshiba.org

The Web site contains detailed information on Medicare programs, volunteer opportunities and how to e-mail SHIBA.

Volunteer opportunities

SHIBA's success is built on a statewide network of trained volunteers. A good volunteer candidate:

- Enjoys helping others, is dependable, compassionate and has good communication skills
- Protects client confidentiality and has no conflict of interest
- Completes training requirements and maintains proficiency

Call 1-800-722-4134 to request a SHIBA volunteer application.



SHIBA Program
250 Church St. SE, Ste. 200
Salem, Oregon 97301-3921

Se habla español

(800) 722-4134

503-378-2014

(800) 378-8365 Fax

(800) 735-2900 TTY

Email: shiba.oregon@state.or.us

www.oregonshiba.org



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