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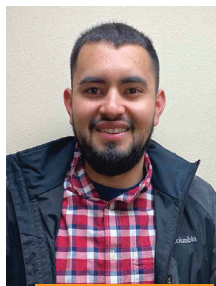
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Living your best life

Americans dream of retirement — time to sleep in, take naps, finally do gardening or projects or take trips. We imagine retirement offering all the opportunities working 40 hours a week detracts from. And you should definitely take time for all the relaxing you want, then find ways to fill those hours and allow you to enjoy your post-work life.

MarketWatch has a few suggestions for making the most of your senior years.

Get a Job or Volunteer

OK, maybe this isn't your first stop. But a post-retirement job may give you the opportunity to try something new and perhaps less stressful, or working a part-time position in something fun. It also provides additional income, which many Americans would benefit from during their retirement years.

Volunteering also is a great way to be involved in your community. Libraries, schools, museums, hospitals and non-profits are always looking for volunteers. You could even use your expertise acquired from working to help out a small business.

Find (Or Rediscover) a New Sport or Hobby

A pickup basketball game after a long day of work when you work at home can be exhausting. A pickup game without that long day of work can be energizing



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and a lot of fun. Learn to golf, go fishing or boating, play tennis, go biking, join a team (check out the National Senior Games Association if you want some real competition) or reacquaint yourself with the local gym or hiking or walking trails. Regardless of your level of fitness, you can find some sport or exercise that fits.

Retirement is also a great time to find

a new hobby. If you've always been interested in cooking but never had much time to experiment, now you do. Take up gardening, learn to play the piano, take dance lessons or take up painting.

Travel

These might be jetsetting trips to Europe, Asia or Australia; or weekend trips

to the local national parks, the cities around you, or visiting friends and family throughout the country. It could even be packing up a camper and driving the country, exploring the nooks and crannies of the United States that tourists often overlook.

Why not use the freedom of retirement to scratch the travel itch?

A gentle way to stay active

By Shannon Johnson

Yoga has been increasing in popularity in Western cultures since the 1960's, and for a good reason! As the health and fitness industry advances, we're learning more and more about the benefits that yoga has on the body as a whole and individual body systems. With so many benefits, there's something for everyone.

Yoga for seniors is becoming increasingly popular, with many studios and work out videos offering yoga sessions specifically for seniors.

A huge benefit that yoga boasts is reduced stress. The relaxing movements and breath work help to lower heart rate as well as blood pressure and can make breathing easier. With heart disease being ever present in America we need to be vigilant in making heart healthy choices.

As well as reducing physical stress, it also calms mental stress and anxiety, and many have reported that it helps combat



Yoga is especially beneficial for many seniors trying to prevent muscle atrophy, osteoporosis, and loss of balance.

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feelings of depression. Another added perk to the mental and physical relaxation that it offers is that many people find the quality and length of their sleep improving. Sleep is vital for bodily processes, including keeping the immune

system functioning well.

Yoga improves balance, flexibility, mobility, and strength. This is great for any age group, but with many seniors trying to prevent muscle atrophy, osteoporosis, and loss of balance it is espe-

cially beneficial. Improving balance and strength can help prevent falls and improve the quality of life, while improving flexibility and mobility can make activities of daily living easier to perform.

One of the biggest and most sought-after benefits is that it alleviates aches and pains. Many Americans of every age group suffer with chronic pain. Many people hold tension in their shoulders and back, and yoga offers a relaxing way to release the tension you are holding in those muscles. It has also been known to reduce pain from chronic conditions such as osteoarthritis.

Most people of any age group can safely practice yoga; however, it is important to consult your doctor before beginning any new fitness regimen. It is also important to discuss with your yoga instructor any physical limitations or pain that you have, so they can make modifications to various poses as needed.



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Play to Stay Mentally Sharp

Health experts have long recommended diet, exercise, continuing education and social activity for seniors to maintain their cognitive health — the ability to clearly think, learn and remember.

Now researchers have found a new way seniors can stay mentally sharp: playing games.

The Research

The University of Edinburgh published a study in 2019 that shows big benefits for seniors who play card and board games. Psychologist studied more than 1,000 people age 70 for memory, problem-solving, thinking speed and general thinking ability. The participants then repeated the same thinking tests every three years until age 79, and at ages 70 and 76, they were also asked how often they played games like cards, chess, bingo or crosswords.

According to the study's authors, those who regularly played non-digital games scored better on memory and thinking tests in their 70s. People who increased game playing in later years were found to have experienced less decline in thinking skills in their 70s, particularly in memory function and thinking speed. Even behavior changes in later life were found to be beneficial.

Known as the Lothian Birth Cohort, the group of seniors had been tracked by researchers since birth. The results of the study accounted for physical health



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and IQ.

“In our Lothian sample, it is not just general intellectual and social activity, it seems; it is something in this group of games that has this small but detectable association with better cognitive aging,” said Professor Ian Deary, director of the study. “It would be good to find out if some of these games are more potent than others. We also point out that several other things are related to better cognitive aging, such as being physically

fit and not smoking.”

Caroline Abrahams, charity director at Age UK, said, “Even though some people’s thinking skills can decline as we get older, this research is further evidence that it doesn’t have to be inevitable.”

Get Started

Because social activity also is useful in helping prevent cognitive decline, seniors can benefit from regular group

card games. Look to your local senior center for organize games, or consider setting up a regular game of cards or other games with friends.

Card games need not be complicated to be beneficial. GrayingwithGrace.com offers a run-down of some simple card games for seniors who might just be beginning to play cards at www.bit.ly/2SdAklh. For a primer on popular board games, visit TheSpruce.com at www.bit.ly/2Yl6YFP.

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Preventing slips, trips, and falls

By Shannon Johnson

According to the Centers for Disease Control and Prevention, falls are the number one cause of injuries in seniors. Falls can result in hip and extremity fractures, head injuries, and cuts and bruises. In situations where no injury occurs, it can still be a frightening experience that prompts seniors to avoid activities they once enjoyed doing.

The home is one of the most common places for falls to occur, and thankfully we all have a level of control over making our home environment safer and more suitable!

One of the easiest and most effective things you can do is to pick up clutter. If you have stacks of news papers sitting by your couch, boxes in the hallways, or things laying around they can easily be overlooked when you are tired or distracted, posing a tripping hazard.

Other things to take into consider for tripping include replacing throw rugs that could be a cause for slipping or tripping or repairing loose carpet and broken floorboards. Avoiding loose fitting clothing can also be great in helping prevent tripping and slipping. A pesky pant leg getting caught under a foot could easily lead to a fall.

Upgrading things within your home can help too. Installing grab rails in the shower, by the toilet, next to chairs and beds, and even next to the sink can help you get up with proper body mechanics, as well as give you something to hold



Falls can be a frightening experience that prompts seniors to avoid activities they once enjoyed doing.

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onto while standing on surfaces that could be potentially slippery.

Upgrading lighting fixtures is a good idea as well. Adequate lighting allows you to see tripping and slipping hazards that you might have otherwise missed in a dimly lit room. Other preventative measures, such as laying down non-slip mats down in the shower, bathroom, kitchen, and other hard floors and being sure to wear shoes or non-slip socks are important too.

Slips and trips can be scary and potentially harmful for seniors, so it's important to be proactive in making sure your living environment is one free of fall hazards!

Learn Anything Online

While online classes have become commonplace, you might not think about learning hands-on skills online. Everything from plumbing to playing the guitar can now be learned online, thanks to technology.

If you know where to look, you can learn anything online. Here are some ideas to get you started on picking up a new skill virtually.

Music

Websites such as GuitarTricks.com and JamPlay.com offer lessons on

everything from music theory to master courses by famous artists. The former even offers one-on-one lessons for an added fee. You can also check YouTube for videos to get you started, but at a certain point, you'll want to progress to more advanced materials offered by sites that specialize in online music learning.

The app Synthesia is something akin to Guitar Hero for learning to play piano. You'll need a keyboard and an adapter to connect the keyboard to your computer. The app then analyzes your playing to help you master accuracy, timing and more. It's a great way for visual learners to get started with learning piano.



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Home Improvement

If you've always wanted to get comfortable completing home improvement projects, the web offers endless resources for doing jobs big and small — from fixing a leaky faucet to building a new deck. Some places to start watching videos include BobVila.com and FamilyHandyman.com. They break projects down into small steps and provide advice and tips on tools and equipment, as well as technique.

For some inspiration, you can check our Imgur.com's online DIY channel at imgur.com/r/DIY, where hobbyists post step-by-step photos of their home projects.

Arts and Crafts

SkillShare.com is an online portal where you can sign up for a membership that allows you to learn a wide variety of art and crafts skills, including graphic design, illustration, photography, writing, music, sewing and more. Classes are usually less than two hours long and are typically taught by professionals with training in their field. You could even consider signing up to teach yourself, in order to share your skills with others. Udemy.com is a similar platform with course offerings that include health and nutrition, pet training, gaming, beauty, cooking and many more.

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New Dementia Therapy

While medical science has not been able to find a cure for Alzheimer's and related dementia, a new therapy shows promise in treating the symptoms of dementia by practically transporting people back in time.

By 2060, the number of people with Alzheimer's and related dementia will double from its 2014 levels to 13.9 million people, or 3.3% of the projected population, the Centers for Disease Control and Prevention estimates. As researchers are frustrated by a lack of progress in finding a cure, a treatment called immersive reminiscence therapy offers hope to patients and caregivers alike.

The Power of Memories

The therapy involves recreating the sights, sounds and experiences from seniors' teenage or young adult years. This can be as simple as singing familiar songs or watching old movies, or as elaborate as recreating entire rooms or locales using elaborate sets. Even telling old stories can bring back good memories.

Immersive reminiscence therapy can improve cognition, mood and general behavioral function, and help alleviate caregiver strain, according to a 2018 study published by the National Library of Medicine. A study by Aarhus University in Denmark found that the therapy



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improved “autobiographical memory,” or memory about one's personal history.

The first immersive reminiscence therapy facility was constructed at a long-term care facility for dementia patients in the Dutch village of Weesp, in 2009. The scene is set as a gated town called Hogewey, with 27 group homes designed with the aesthetic of past decades. The “town” is complete with a supermarket, barber shop, restaurant, courtyard, theater, pub and more. Caregivers wear street clothing to add to the immersive experience, and residents go

about their lives much as they did before they had dementia, doing tasks such as shopping for groceries, cooking dinner and going to the hair salon.

In the U.S., a Chula Vista, California, senior daycare center transformed a warehouse into a 1950s Main Street, complete with a diner, barber shop, movie theater and a classic Ford Thunderbird. It's known as Town Square. The Vogue Theater in San Francisco put on an event called Movie Moments at the Vogue, intended to help dementia patients recall familiar actors and scenes,

spark conversation and inform caregivers.

Technology

Health care companies are leveraging technology to implement immersive reminiscence therapy. Virtue Health's LookBack (www.virtue.io/) is a research-based virtual therapy tool created in consultation with Oxford University that allows users to visit familiar places virtually. Caregivers can upload custom tours of places a dementia patient remember fondly.

Easy ways to volunteer and give back to your community

Millions of people across the globe volunteer every day. Without the selfless efforts of volunteers, many charities would be forced to cease operations. In fact, a 2017 study from the charitable community membership organization Independent Sector estimated that the labor provided by volunteers is worth roughly \$193 billion per year in the United States alone.

But volunteering can be as beneficial for volunteers as it can for the organizations they help. For example, the Mayo Clinic Health System notes that research has indicated volunteering leads to lower rates of depression while providing individuals with a sense of purpose. Volunteering can be especially beneficial for adults over age 60, with the MCHS noting that older volunteers experience greater increases in life satisfaction and greater positive changes in their perceived health as a result of volunteering.



Volunteering can be as beneficial for volunteers as it can for the organizations they help.

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With so much to gain from volunteering, it's no wonder that so many people across the globe volunteer. According to the United Nations Volunteers program, global estimates place the number of worldwide volunteers at 970 million. That's nearly three times the population of the United States and more than 26 times the population of Canada in 2018.

It's never been easier to volunteer and begin helping your community. Adults and children who want to join the nearly one billion strong global volunteering community need not look far to get involved. The Corporation for National Community Service notes that the following are some easy ways to volunteer in your community.

- Serve meals at a local shelter or community kitchen.
- Sign up to work as a tutor or mentor with a local afterschool program.
- Help adults find the right profes-

sional opportunities by hosting a résumé writing/review workshop and conducting practice interview sessions.

- Work in conjunction with a local food pantry to organize a food donation drive.

- Volunteer to help the environment by working with local, state, or national park services to beautify parks and/or a local community garden.

- Work with a local emergency response organization to produce and distribute disaster-preparedness kits.

- Help fellow community members save money by collecting and sharing information about free tax-preparation services.

- Read to students or seniors- contact a local community or senior center.

- Volunteer at an animal shelter.

When it comes to volunteering, the opportunities are as endless as the benefits of giving back to your community.

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Travel Awaits: 2021-22 Cruiseline deal available now



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When the senior citizens of today, were the kids of yesterday, a vacation was traveling to Grandma's house. My how the times have changed.

Seniors today book cruises around the world, trek across jungles, climb mountains and volunteer where they travel to.

Seniors of today look for life changing experiences that they can share with family and friends. The inter-generational travel experience makes for lasting memories, for the senior, their children, grand and great grandchildren. We hear frequently, "thank you for putting our family together." Many find the best way to travel together is on a cruise ship. A recent client said, "Nobody had to plan the meals, makes the beds, wash the dishes or even plan the daily activities." The guest summed it up by saying "It was all done for us, we just enjoyed."

Travelers of today are concerned about health issues. The current virus has caused untold cancellations in all segments of the travel industry. With the cancellation comes opportunities for the watchful senior traveler. Clients are on the watch for special pricing and added value to their travel experience. Many bookings for 2020 have already been canceled but most people are rolling the reservation to 2021 or 2022. Travel suppliers are offering discounts and added benefits to keep their future business in tack.

The elder traveler recognizes the importance of group travel. The group may be just another couple or a motor coach full of family and new friends. There are a variety of positives in traveling in a group. The first is price. There is savings in numbers. It feels good to have someone else carry your luggage and place

it in your room, and if a problem arises there is an expert shepherding the group that may provide the needed guidance.

Mark Twain once wrote, "Twenty years from now, you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines, sail away from the safe harbor. Catch the Tradewinds in your sails, Explore, Dream, Discover." For some those trade winds will carry them off to safe harbors across the ocean, for others they will discover the joy of their own back yard. Whichever you choose now is the time to make plans.

Within the Pacific Northwest we find travelers dreaming about Victoria BC. Others are dreaming about traveling overseas. Europe remains at the top of the bucket lists. Recently All Ways Traveling booked group space on Holland America Cruise Line for a 14 day sailing from Amsterdam to Norway. Venture with Holland America up and over the Arctic Circle, discover the worlds deepest fjord or find your roots for those

who have their heritage in Norway. We will sail the Summer of 2022, Call for information..

All Ways Traveling specializes in crafting unique travel experiences that cater to your specific interest and, in doing so, unlock your passion for discovery.

Our top picks for 2021 will be a cruise to Alaska, or in the lower 48 states return to our National Parks or sail one of our great rivers, including the Columbia, Mississippi, and Ohio.

All Ways Traveling reminds you to buy trip cancellation insurance. There are several policies available. Some may just cover the cost of your trip, others will cover you while on the trip for lost baggage, trip delay or unforeseen medical expenses.

Explore, Dream, Discover but start with picking up free brochures from All Ways Traveling. All Ways Traveling in Lincoln City can be reached at 541 996 7474, the website is www.allwaystraveling.com or email to allways@charter.net.

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Beat the Blues with Tech

Social isolation can leave seniors feeling lonely, disconnected from family and friends. Research shows, however, that technology can help seniors feel more connected and improve their mental health.

As many as 5% of older adults have major depression, with higher numbers for home health care patients (13.5%) and hospitalized seniors (11.5%), according to the Centers for Disease Control and Prevention.

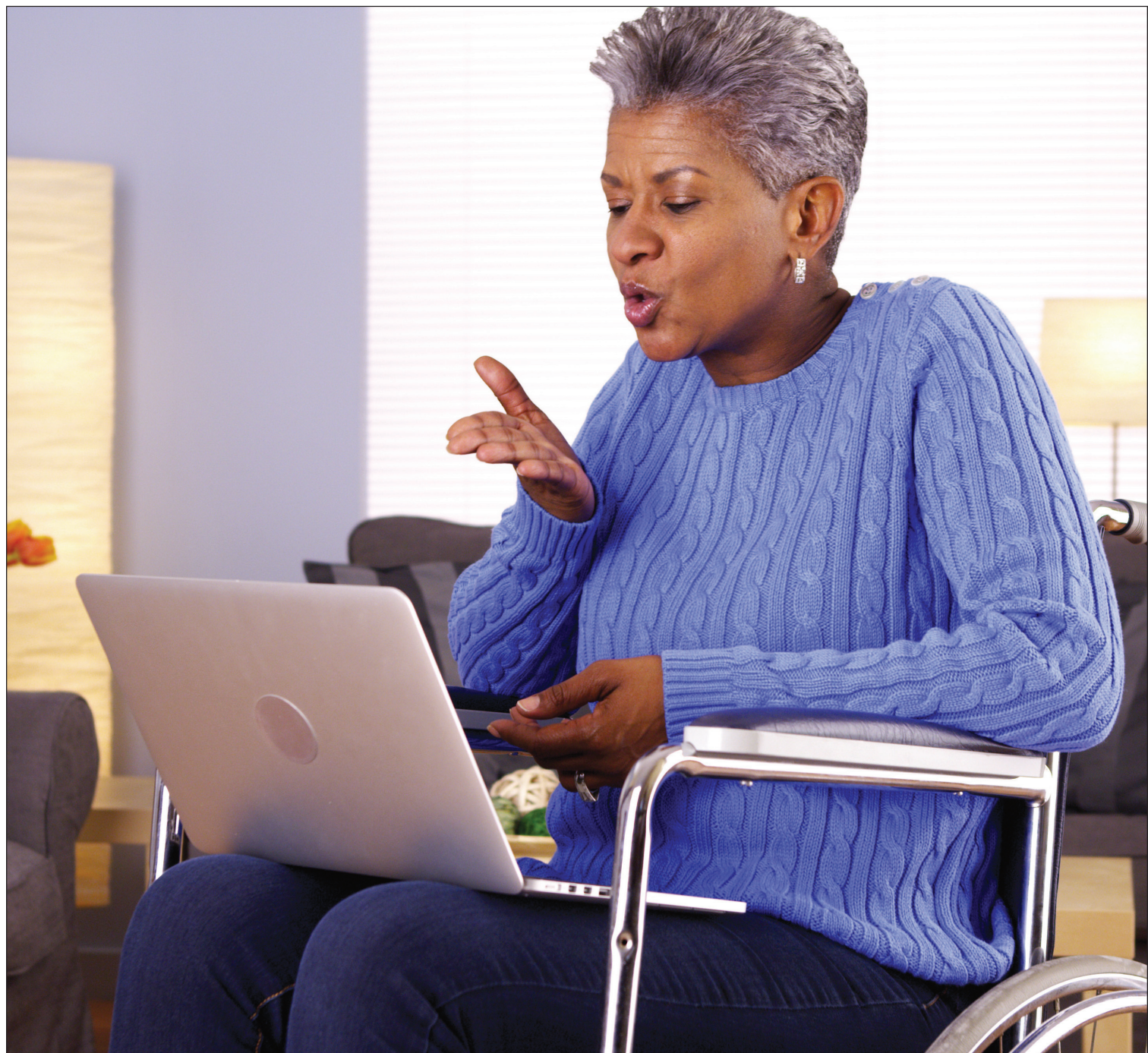
The Research

Researchers at Oregon Health & Science University looked at how various methods of communications could help improve seniors' mental health. The 2018 study found that using video chat programs such as Skype and FaceTime cut the probably of depressive symptoms by half.

Researcher tested the use of four online communication technologies — video chat, email, social networks and instant messaging — by people 60 and older for two years, and then asked about their depressive symptoms. Email, social networks and instant messaging showed no difference in depressive symptoms from the control group, while video chat showed big differences.

“To our knowledge, this is the first study to demonstrate a potential link between use of video chat and prevention of clinically significant symptoms of depression over two years in older adults,” the authors wrote.

Dr. Alan Teo, who led the study, also conducted a prior study in 2015 that found face-to-face interaction had big benefits for seniors' mental health. When you can't be together in person, however, it appears that video chat might be the next best thing.



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Help Seniors Get Connected

So how can you help a loved one benefit from this technology? Help set up the technology so they can video chat whenever they'd like. You could even purchase a dedicated video chat device, such as a Facebook Portal or Google Home Hub, which allow for video call-

ing at the touch of a button. There are products on the market designed just for seniors, which function as a digital photo frame most of the time, and allow for easy video calling to pre-programmed contacts.

Whichever technology you select, be sure your loved one knows how to use it after it is set up. Help add friends and

family members' contact information and be sure they know how to complete a call.

If you or a loved one are having suicidal thoughts, call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (4889) to talk to a trained counselor.

SENIOR LIVING | AGING

Healthy Living



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Staying healthy and sharp as you get older will contribute to living a longer, more fulfilling life. While many of the habits that keep you healthier in your earlier decades will continue to serve you well as you get older, seniors need to be careful with high-impact exercises and should be aware of different risks.

Eat Right

The AARP actually suggests eating like you have diabetes — don't eat after 7 p.m.; get rid of the bottom bun when eating hamburgers or other sandwiches; keep nuts in your bag or glove compart-

ment so you have something healthy to snack; use mashed avocado in place of mayonnaise on sandwiches and use whole wheat bread; and replace noodles with quinoa or barley. Talk to your doctor about the number of calories you

should be eating daily.

Find the Right Exercises

As long as you're able to do it, brisk walking remains a great way to burn calories, get your heart rate up and keep your muscles and joints active. It's not the only exercise that's low impact and good for seniors, though. AARP suggests tai chi — a form of martial arts that combines slow, graceful movements and meditation that been connected to a variety of health and fitness benefits. The biggest of those benefits is the exercise's ability to improve balance and prevent falls. A 2015 study also found tai chi can help seniors avoid osteoarthritis.

Tai chi, as with all exercise, can help reduce stress as well as give you more energy for the rest of your activities.

Keep your Brain Sharp

Memory slowing down is a normal effect of age. According to Healthbeat, a publication of Harvard Medical School, using the brain is critical to keep your memory sharp. Use all of your senses; repeat or write down information you want to retain; continue learning, either through classes, books, online programs, going to museums or joining a book club; or make a mnemonic device to help you remember things.

Work With Your Doctor

As you age, your risk of Alzheimer's and dementia increases, as does the risk for cancer, arthritis and many other conditions. Talk to your doctor about changes in your body or symptoms related to depression or other mental conditions.



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Protein for Muscle Health

Research has shown that consuming adequate protein is crucial to maintaining healthy muscle mass, but a new study shows that the trick may lie not just in quantity but in timing.

We tend to lose muscle mass as we age. According to the National Institutes of Health, 5% to 13% of people 65 and older have low muscle mass, with the percentage increasing up to 50% in people over age 80.

Research shows that diet can be a powerful tool in retaining muscle mass, but a new study has shown that how we consume protein also is key.



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A Balanced Approach

University of Birmingham researchers found that balanced protein consumption throughout the day is most beneficial in helping seniors retain muscle mass. People tend to eat most of their protein at one meal, researchers found, but it's more beneficial for muscle mass if protein is spread out throughout the day.

Researchers in the School of Sport, Exercise and Rehabilitation Sciences studied the dietary intake of people of various ages, focusing on the amounts,

pattern and source of protein they consumed. They found that seniors were more likely to eat lower-quality proteins, such as bread, at lunchtime.

The results of the research suggest that dietary guidelines might need to be adjusted for seniors, to encourage quality protein intake throughout the day.

“Older individuals need to eat more protein to get the same muscle building response as younger and middle-aged people,” said lead researcher Dr. Benoit Smeuninx. “Most people are reaching the Recommended Daily Allowance of

protein, but our results show that a one-size-fits-all guideline for protein intake isn't appropriate across all age groups. Simply saying older people should eat more protein isn't really enough either. We need a more sophisticated and individualized approach that can help people understand when and how much protein to consume to support muscle mass.”

How to Get Your Protein

To find out how many grams of protein you should eat per day, Health.com

recommends multiplying your weight in pounds by 0.36 and then doubling that if you're very active, or if you are aiming for “optimal protein,” to help maintain muscle as you age and support weight loss.

Here are the four top sources of protein, according to a Cleveland Clinic poll of dietitians: beans and legumes; wild salmon; eggs; and Greek yogurt. Other good sources of protein include meat, fish, cottage cheese, milk, amaranth, peanut butter, quinoa and nuts.

Coping with Stress During Coronavirus

The COVID-19 pandemic has had far-reaching impacts on all aspects of our lives, and it is normal to feel anxious and to experience stress from all the daily changes. For many people their way of life has been altered, and the closures and restrictions are likely to continue for an undetermined amount of time.

While we continue to “stay home” to stay safe and healthy, the anxiety and stress reactions can take a toll emotionally, physically, mentally, and spiritually. It’s important to recognize the impact of these reactions in yourself and others, and to be intentional about coping with stress in a constructive way and know how to get support. Call Tillamook County Family Counseling Center’s local 24-hour helpline at 800-962-2851 or 503-842-8201 to get started with support—don’t wait until you are in crisis to learn ways to cope.

Keep things in perspective

Set limits on how much time you spend reading or watching news about the outbreak; stay up to date on news of the outbreak, but make sure to take time away from the news to focus on things in your life that are going well and that you can control.

Get the facts

Find people and resources you can depend on for accurate health information. Learn from them about the outbreak and how you can protect yourself against illness, if you are at risk. Turn to credible resources such as the Oregon Health Authority’s coronavirus webpage (healthoregon.org/coronavirus) and information on outbreak preparedness, and the CDC’s coronavirus website.

Keep yourself healthy:

- Eat healthy foods, and drink water.
- Avoid excessive amounts of caffeine and alcohol.
- Do not use tobacco or illegal drugs.
- Get enough sleep and rest.
- Get physical exercise.

Use practical ways to relax

Relax your body often by doing things that work for you—take deep breaths, stretch, meditate, wash your



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face and hands, or engage in pleasurable hobbies. Pace yourself between stressful activities, do a fun thing after a hard task. Use time off to relax—eat a good meal, read, listen to music, take a bath, or talk to family. Talk about your feelings to loved ones and friends often.

Pay attention to your body, feelings, and spirit

Recognize and heed early warning signs of stress. Recognize how your own past experiences affect your

way of thinking and feeling about this event, and think of how you handled your thoughts, emotions, and behavior around past events. Know that feeling stressed, depressed, guilty, or angry is common after an event like an infectious disease outbreak, even when it does not directly threaten you. Connect with others who may be experiencing stress about the outbreak. Talk about your feelings about the outbreak, share reliable health information, and enjoy conversation unrelated to the outbreak, to remind

yourself of the many important and positive things in your lives. Take time to renew your spirit through meditation, prayer, or helping others in need.

Focus on What You Can Do

During uncertain times, it is common to feel overwhelmed or helpless.

Focus on the things you can do to be prepared and protect yourself

Wash your hands frequently, with soap and water, for at least 20 seconds.

If this is not available, use a hand sanitizer with at least 60% alcohol. Cover coughs and sneezes with a tissue, then throw it away and wash your hands. If tissues aren't available, cough or sneeze into your elbow, not into your hands. Routinely clean all frequently-touched surfaces at home and work. Please, stay home if you are sick.

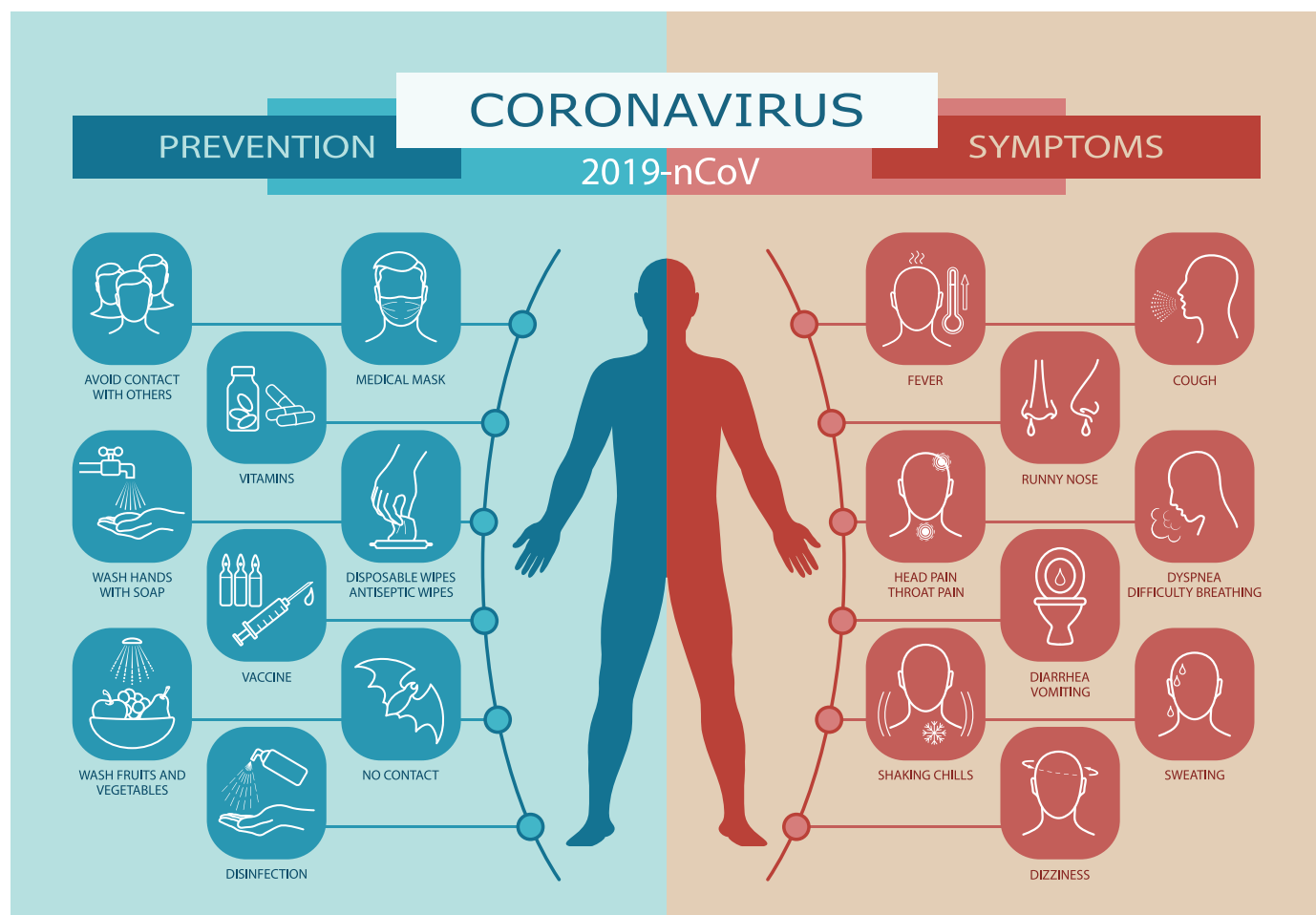
When to Get Help

Professional assistance from a counselor can be helpful if you or a loved one are having difficulty coping with stress and its getting in the way of your daily life. Help is available from local mental health providers or primary care provider and can be particularly valuable if stress is impacting your functioning at work or is disrupting your work team.

Call Tillamook County Family Counseling Center's local 24-hour helpline at 800-962-2851 or 503-842-8201 to get started with support—don't wait until you are in crisis to learn ways to cope.

Other Resources:

- Lines for Life Suicide Hotline 877-273-8255
- Red Nacional para la Prevención de Suicidio - 888-628-9454
- Trevor Project/LGBTQ - 866-488-7386
- Veterans - 800-273-8255 ext. 1
- Feeling Lonely? Need Someone to talk to, call Oregon Warmline - 800-698-2392



Problem Gambling - Issue for Elders on Fixed Incomes



If you, or someone you know, has a gambling problem, or if gambling is affecting your family, **TREATMENT IS FREE.** Call or Text Oregon Problem Gambling Helpline 1-877-695-4648 (MY-LIMIT) or OPGR.org.



SOS Tillamook
SUPPORT • OVERCOME • STRENGTHEN
Prevention Program of Tillamook Family Counseling Center

sostillamook.org • 503-842-8201

Help & Hope

Resources, Support-Anyone, Anytime

Tillamook (24 hr) Crisis Line
800-962-2851 or 503-842-8201
(servicio en español)

Lines for Life/Suicide - 877-273-8255
YOUTH Lines for Life/Text teen2teen - 839863
Red Nacional para la Prevención de Suicidio - 888-628-9454

Trevor Project/LGBTQ - 866-488-7386

Veterans - 800-273-8255 ext. 1

Problem Gambling - 877-695-4648
FREE Treatment - www.OPGR.org

Non-emergency/Welfare Check-503-815-1911
Feeling Lonely? Someone to talk to, call Oregon Warmline - 800-698-2392

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