



Assistance Programs

Food

Access	779-6691
American Red Cross	779-3773
Ashland Senior Program	488-5342
Food and Friends (Medford).....	779-6785
Food and Friends (Central Point).....	664-6674

Food Stamps

Medford.....	776-6167
White City.....	864-8700
Ashland.....	482-2041
Gleaning Network.....	664-5244
Gospel Mission	779-1597
Interfaith Care Community of Medford	779-8564
Meals on Wheels	482-3486
St. Vincent DePaul	772-3828

Medical Supplies

Access	779-6691
American Cancer Society.....	779-6091

HUMAN SERVICES

Medford.....	776-6167
White City.....	864-8700
Ashland.....	482-2041

Heating and Utilities

Access	779-6691
Ashland Senior Program	488-5342
Housing Authority	779-6186
Jackson County Fuel Committee.....	488-2905
State Home Oil Weatherization	800-452-8660

Housing

Fair Housing Council	800-424-3247
Jackson County Housing Authority.....	779-5785
Medford Better Housing Association.....	772-4180

Referrals and Additional Resources

Ashland Senior Program	488-5342
Medford Senior Center.....	776-6222
Providence Senior Services.....	732-5466
Salvation Army.....	772-8149

Support Groups

American Cancer Society.....	779-6091
Breast Cancer/Women Alive.....	732-7004
Lymphedema Support Group.....	608-5543
United Ostomy Association	776-7483