

Guide to LGBT Friendly Senior Housing in Oregon

2015 Edition



A consumer guide for Lesbian, Gay, Bisexual and Transgender older adults looking for housing options that are welcoming and inclusive. Brought to you by SAGE Metro Portland



Introduction

Welcome to the second edition of the Guide to LGBT Friendly Senior Housing in Oregon. This is a consumer guide for a broad range of senior living, including multiple levels of care, cost, location and amenities. In order to participate, housing providers complete a 17 question LGBT Equality Survey that includes questions on employee equality, resident rights, outreach to the LGBT community, staff trainings and agency policies. This survey was created only to assess LGBT welcoming environments. Amenities and factors unrelated to this specific goal were neither evaluated nor considered. In other words, this is only one tool for evaluating senior living options. To provide further resources we have included some consumer tips and online resources to assist your housing search. Another addition we have made this year is an insert listing adult care homes that have been designated as LGBT friendly by Multnomah County Adult Care Home Program.

The LGBT Equality Survey was created by the hard work of the volunteers of the SAGE Housing Committee: Ron Alexander, Carol Brownlow, Brenda Culhane, Jo Hamilton, Robin Levitt, Robyn Lynn, Sharon Messerschmidt, and Ruth Szilagyi. We thank the committee members for their hard work and dedication to improving the lives of LGBT elders.

If your housing community would like to be included in the 2016 Housing Guide contact SAGE Metro Portland at (503) 224-2640

SAGE Metro Portland, a program of Friendly House, is dedicated to improving the lives of Lesbian, Gay, Bisexual and Transgender older adults. We offer trainings for aging service providers, host social events for LGBT older adults, advocate for LGBT friendly housing options, and connect LGBT older adults to supportive services.



Calaroga Terrace

Type of Housing: Independent and Assisted Living

Description: A vibrant and welcoming retirement community offering a variety of apartment options and services to help residents re-discover life and maintain the highest level of independence. Located in inner NE Portland between the Rose Quarter and Lloyd Center, Calaroga is often described as a city within a city and is well known for its excellent reputation over the past 47 years, oversized apartment windows with lots of natural light, fabulous views from apartment balconies, large closets, and excellent food.

(503) 736-3642 www.pacificacalaroga.com

Location: 1400 NE 2nd Ave. Portland, OR 97232



Cedar Sinai Park

Type of Housing: Retirement Community, Assisted living, Residential Care, Nursing Facility and Memory Care.

Description: Cedar Sinai Park provides residential and community-based care to our elders and adults with special needs, allowing them to live with comfort, independence and dignity in a manner and in an environment based on Jewish values.

(503) 535-4300 www.cedarsinaipark.org

Locations: Rose Schnitzer Manor, 6140 SW Boundary St. Portland, OR 97221

Robison Jewish Health Center, 6125 SW Boundary St. Portland, OR 97221



Cedar Sinai Park Downtown

Type of Housing: Subsidized Apartment Complexes

Description: Subsidized apartment buildings in downtown Portland for low income elderly and disabled persons. For more information or to obtain an application contact the offices. We maintain waiting lists to fill vacancies - apply today to get your name on our waiting lists. We are Equal Housing Opportunity properties. (503) 450-0727

Locations: Rose Schnitzer Tower, Downtown
Lexington Apartments, Downtown Portland
1200 Building Apartments, Downtown Portland
Park Tower Apartments, Downtown Portland



Concepts in Community Living

Type of Housing: Residential Care

Description: Believes supportive housing should foster both a sense of community and respect for individual well-being. We have an over 20-year track record of advising developers and designing and managing communities that have succeeded in pleasing residents *and* their family members. We excel in providing the insight, planning, and professional management it takes to sustain outstanding care in both for-profit and nonprofit settings.

(503) 255-2254 www.ccliving.com

Locations: Taft Home, SW Portland

Adams House, Myrtle Creek

Applegate Place, Sutherlin

The Aspens Living Center and Aspens Grove

Apartments, Hines

Brookside Place, Redmond

Meadowbrook Place, Baker City

Rackleff Place, Canby

Redwood Terrace, Grants Pass

Spring Meadows Assisted Living Community,

St. Helens

Willow Place, Newberg



Hawthorne Gardens

Type of Housing: Assisted Living, Residential Care, Memory Care

Description: At Hawthorne Gardens Senior Living Community we pride ourselves on offering you choices that allow you to live your life the way you want. It is a simple concept that means you can take comfort in your surroundings, take control of you time and be part of our community.

(971) 222-0396 www.hawthornegardensslc.com

Location: 2828 SE Taylor St. Portland, OR 97214

Please mention this guide when
shopping for housing

5 stars = Outstanding, 4 stars = Excellent,
3 stars = Above Average



Providence Elder Place

Type of Housing: Assisted Living or Residential Care

Description: An innovative program known as PACE (Program of All Inclusive Care for the Elderly), a comprehensive care model that offers health, housing, social service and care coordination solutions to older adults and peace of mind to their families. We are dedicated to providing dignified care to seniors in a compassionate environment built on principles of responsive service, top-quality health care and trust.

(503) 215-6556 www.providence.org/elderplace

Locations: Irvington Village, 420 NE Mason St. Portland, OR 97211

Cully, 5119 NE 57th Ave. Portland. OR 97218

Glendoveer, 13007 NE Glisan St. Portland, OR 97230



Rose Villa

Type of Housing: Retirement Community

Description: A nonprofit active and continuing care retirement community (CCRC) located on the banks of the Willamette River in Portland, OR, offering cottage homes and a continuum of care from independent living to supportive services in your home to 24-hour nursing care. Our Mission is to create an active, inclusive adult community, in which every person is needed and can be fully engaged and energized. 1-877-231-6356 www.rosevilla.org

Location: 13505 SE River Rd. Portland, OR 97222



Welcome Home Communities

Type of Housing: Adult Care Home

Description: Offers an adult care home that embraces a personalized approach to providing excellent care and services.

(503) 928-6791 www.whcommunities.com

Locations: Welcome Home Kenton, 7710 North Denver Portland, OR 97217

Welcome Home Hazelwood, 11535 NE Pacific St. Portland, OR 97220

Evaluating a senior care community

Before you start looking, make a list of your must haves in regard to medical care, social opportunities, location, transportation options, price and amenities.

Make sure to...

- Use the internet for all available information and reviews
- Evaluate homes that are conveniently located for family and friends to visit
- Visit several homes, and not just on “visiting days”
- Understand exactly what housing and services will cost

Seek referrals from...

- Doctors
- Healthcare professionals
- Friends and colleagues

Look for...

- Safety, cleanliness, ventilation, attractiveness, and good repair
- Well-maintained outdoor areas
- An on-site facility for residents with Alzheimer’s disease or other dementia

Observe...

- Current residents and caregivers
- Dining areas at mealtimes

Find out...

- How many residents each aide is assigned to care for
- Ask about vegetarian, kosher, and other dietary options
- How all medical, physical, and rehabilitative therapies are handled
- Which hospital residents are sent to, if necessary
- About governance of residents (resident councils, etc.)
- If visiting hours are flexible

Read and evaluate...

- Each home’s latest inspection reports
- A schedule of resident activities
- Menus; ask about a resident menu-planning committee

Evaluating for LGBT-friendly factors

Moving to a senior care facility should never mean having to step back into the closet. LGBT older adults can take proactive steps to ensure that they feel safe, accepted, and are treated fairly in all senior community settings.

Be sure to...

- Take a friend or family member with you to visit the facility
- Visit the facility multiple times, different days of the week, and different times of the day

Look for...

- Images of LGBT individuals in promotional materials
- LGBT flyers, media, or other resources posted in public spaces
- Options on intake forms for transgender residents to disclose appropriate gender information and for same-sex couples to identify their relationship

Find Out...

- Are there any current LGBT residents? If so, are you able to meet with them?
- Would LGBT people be welcomed into current activities and groups?
- Have there been any LGBT themed programming, services, or events offered to residents?
- If an LGBT family member visited, would they be accepted?
- Have the staff been trained on how to best support LGBT residents?
- Is there a policy for staff to respect a transgender individual's preferred pronoun and name of choice?
- Are same-sex couples able to live together in the same apartment or room?

If you experience discrimination...

- Contact the Fair Housing Council of Oregon, (800) 424-3247 ext. 2
- If you live in a HUD building you can contact HUD at (800) 866-0246.
- For residents of long-term care facilities, you can contact The Office of Long-Term Care Ombudsman at (800) 522-2602



Multnomah County LGBT Welcoming Adult Care Homes

Aging, Disability and Veteran Services Adult Care Home Program

The Adult Care Homes listed below have received an LGBT Welcoming Designation from the Adult Care Home Program. The Operators of these homes have attended a series of trainings about the culture, needs and concerns of LGBT older adults and adults with disabilities. They have signed a code of conduct which promotes a respectful and inclusive environment and have posted it in their home. They are familiar with resources for LGBT adults and attend annual trainings to build on their competency in working with LGBT adults.

For more information on the Adult Care Home Program and the LGBT Welcoming Designation:

Phone: 503-988-3000

Email: adult.carehomeprogram@multco.us

Website: www3.multco.us/AdultCareOptions

Chona Bohanon – 4047 SE 5th St. Gresham, OR 97080 – 503-665-4689

Level 3 home. Private Pay and Medicaid. Operator lives in the home with her family, including young children. Pets in home; smoking allowed.

Jeska Dalizu – 7103 NE 9th Ave Portland, OR 97211- 503-206-8893

Level 2 home, Private Pay and Medicaid. Operator lives in the home and is the primary caregiver. No children in the home. No pets; no smoking.

**Juan “Johnny” Galdamez – 15804 NE Broadway
St Portland, OR 97230 – 503-328-8287**

Level 3 home, Private Pay and Medicaid. Operator lives in the home with his family, including young children. Operator’s wife and other family members provide much of the care. Pets in home; no smoking.

**Floarea “Flory” Matei – 11314 SE Pint Ct
Portland, OR 97216 – 503-255-9108**

Level 3 home, Private Pay and Medicaid. Operator is the primary caregiver. No children in the home. Pets in home; smoking allowed

**Julie Miller – 2790 SW Butler Rd Gresham, OR
97080 – 503-669-8399**

Level 3 home, with Medicaid agreement for spend-downs. Operator is the primary caregiver. No children in the home. Pets in home; no smoking.

**Gabriela “Gabi” Molfa – 3615 SE 118th Ave
Portland, OR 97266 – 503-760-2558**

Level 3 home, Private Pay and Medicaid. Operator lives in the home; there are no children in the home. Pets in home; smoking allowed.

**Kimo Pinkerton – 3127 SW Lillyben Gresham,
OR 97080 – 503-328-9190**

Level 2 home, Private Pay and Medicaid. Operator is the primary caregiver. No children in the home. No pets; smoking allowed

**Elvira Vasiliu - 238 NE 169th Ave Portland OR,
97230 – 503-719-7379**

Level 2 home, Private Pay and Medicaid. Operator is the primary caregiver. No children in the home. Pets in home; smoking allowed.

Resources

Finding Appropriate Housing and Care

AARP - A Planning Guide for Families

www.aarp.org/foundation/preparetocare

Adult Living Alternatives, Handbook for Finding Care Homes and Facilities

a-la.com/handbook-for-finding-care-homes-and-facilities

Fair Housing Council of Oregon, Fair Housing Guide for Seniors

www.fhco.org/pdfs/SrGuide.pdf

Oregon Long Term Care Ombudsman, State program providing advocacy for residents of nursing facilities, assisted living facilities, residential care facilities and adult foster care homes

www.oregon.gov/LTCO

Adult Care Home-Specific Information

Definitions of Housing Types Licensed by Multnomah County

www3.multco.us/AdultCareOptions/Home/UseThisSitetoFind

Checklist for Evaluating Adult Care Homes <https://www3.multco.us/AdultCareOptions/Documents/AdultCareHomeChecklist.pdf>

www3.multco.us/AdultCareOptions/Documents/AdultCareHomeChecklist.pdf

General Senior Information in Your Area

Aging, Disability and Veterans Services, Multnomah County

www.multco.us/ads

Senior Services, Washington County

www.co.washington.or.us/HHS/DAVS/Services

Senior Services, Clackamas County

www.clackamas.us/socialservices/senior.html

Aging and Disability Resource Connection of Oregon

www.adrcoforegon.org

SAGE Metro Portland

(503) 224-2640 SAGE@friendlyhouseinc.org

1737 NW 26th Avenue Portland, OR 97210

www.friendlyhouseinc.org