

Store to Door Newsletter

Groceries & more:
A friend at your door



Issue 4
Spring 2008
News delivered to you!

S2D & Quiet Waters Outreach: Partners in Helping



S2D delivers groceries to approximately 140 Portland-area households each week, a daunting task for an organization with only two full-time employees. Much of S2D's client interaction, from taking orders over the phone to ticking off personalized shopping lists at Fred Meyer to delivering bins of groceries and essentials to area residents, is accomplished with an army of volunteers.

A number of these volunteers are provided through Quiet Waters Outreach, a non-profit organization that assists individuals with developmental disabilities, as well as their families and caregivers. Quiet Waters provides services to restore their spiritual, physical, emotional, and mental health.

Quiet Waters volunteers learn to fill the orders. They work side-by-side with S2D shoppers and learn an essential independent living skill, while gaining the satisfaction of helping others.

"S2D provides an excellent opportunity for our guests to give back to the community. They get so excited when they have a chance to serve others and this is the perfect place," says Steve Ristow, Exec. Dir. of Quiet Waters Outreach.

Among Quiet Waters Outreach's services for developmental disabled persons and their families are respite care, day programs (such as its partnership with S2D) and family counseling services.

For more information about Quiet Waters Outreach, visit www.quietwatersoutreach.org or call 503-620-8288.

Medicine by Mail: Fred Meyer's Postal Prescription Services

Did you know you can get your prescription medications delivered through the mail? Your orders will be filled by licensed pharmacists and mailed to you without any shipping cost.

Postal Prescription Services (PPS) is a Portland-based mail-order pharmacy service provided by Fred Meyer. PPS accepts new, transferred and refill prescriptions. You can sign up and place orders online or by calling the PPS customer service line at 800-552-6694 to speak with a live operator. Also, licensed pharmacists and health-care professionals are always available to answer your questions.

How PPS Works

When you place your order using PPS, your prescription will be sent via first-class mail. Refills typically are mailed out the same day and should arrive within 1-2 days. New and transferred prescriptions take a little longer. PPS will charge you your insurance copay. If you are without insurance, a PPS Discount Card is provided for reduced costs on many drugs. PPS requires payment at the time your order is placed. You can pay with a credit card, check or money order.

How You Join

1. Enroll online at www.ppsrx.com or call 800-552-6694.
2. Important: Mention that you're a client of S2D and PPS will coupon back the \$20 lifetime membership fee.
3. Provide your prescription information. (For new prescriptions, your doctor can fax PPS at 503-797-7732.)
4. Provide your insurance information. If you do not have insurance, ask for a PPS Discount Card.

Is It Safe?

Yes. PPS prescriptions are filled by licensed pharmacists. Also, pharmacists are available to answer any questions you may have. When you call the customer service number, just ask to speak with a pharmacist.

For more information visit www.ppsrx.com online or call 800-552-6694, Monday through Friday 6am to 6pm and Saturday 9am to 2pm.

For more information contact Store to Door at:
2145 NW Overton Street, Portland, OR 97210 • 503-413-8223 • Fax: 503-413-8224
Email: office@storetodooroforegon.org • Web site: www.storetodooroforegon.org

NONPROFIT
U.S. POSTAGE
PAID
PORTLAND, OR
PERMIT NO. 11

2145 NW Overton Street
Portland, OR 97210



AWARD



Photo:

- Helen Bernstein,
Executive Director Store to Door
- Vaune Albanese,
Executive Director Friendly House

Last September, S2D received the Community Partner Award from Friendly House in recognition of the strong partnership between the two agencies.

Friendly House has been the community center serving residents of NW Portland since 1926. They offer programs for seniors that facilitate independent living through counseling, case management, social activities, and emergency services.

Board of Directors

Dan Christensen, Chair
Ann Nordquist, Vice Chair
Shawn Engelberg, Secretary
Phil Chvatal, Treasurer
Hilary Burns
Paul Enderle
Jacqui Koch
Connie Kramer

Staff

Helen Bernstein, Executive Director
Patty Hurst, Office Manager
Laney Patrick, Program Manager
Operations Assistants/Drivers:
Jim Brooks, Michael Buscho,
Shirley Jones, Sherri Kutnyak,
Nancy Lynn and Cindi Price.

«««« »»»»

Design by Julie Nielsen
Written by Sam Hupart
Printing donated by Fred Meyer