



A 501 (c) (3) charitable organization

Coast to Coast & Around the World - Since 2001

OREGON (OR)

Population: 4,190,713 (USA Rank: 27)

Per Capita Income: \$34,058 (USA Rank: 18)

U.S.Governments: <https://www.usa.gov/elected-officials>

(Federal, State & local - most recent elected officials)

Oregon: <https://www.oregon.gov>

Governor's office: www.oregon.gov/gov/pages/index.aspx

Secretary of State: <https://sos.oregon.gov>

Tourism: <https://www.go-oregon.com>

Major Cities: Portland, Salem, Eugene, Gresham, Hillsboro

Multicultural Council of America

Non-Profit umbrella organization, promoting world cultures, education & healthcare

<https://www.multiculturalcouncil.org> Email: info@multiculturalcouncil.org

WE are a non-profit membership organization, helping you connect with people and organizations within **Oregon** and beyond, for better communication, exchanging ideas, learning & helping communities locally, nationally and globally thru Multicultural Council Chapters.

We encourage you to please become a *member*, join one of our committees, **be a volunteer or mentor**, *donate your time & money and share your ideas to help the communities*. Membership is open to individuals, organizations, corporations and governments.

Please *advertise* your organization, services or products in this website to reach out to local, regional and global multicultural communities.

Tourism Promotion has become our special project during these uncertain times. Tourism is the world's largest industry. Prior to the pandemic, according to the National Travel and Tourism Week (NTTW) the travel industry was a powerful economic engine, supporting jobs and driving local economies in every pocket of America. The industry had experienced 107 straight months of growth, generated \$2.6 trillion in economic output, supported 17 million American jobs and delivered a \$51 billion trade surplus to the U.S.

In Oregon, Travel spending declined 49.5% from \$12.8 billion in 2019 to \$6.5 billion in 2020, causing a loss of 26,200 jobs across the state.

While Tourism bounced back strongly in 2022, driven by pent-up demand and the lifting of travel restrictions, the international travel remains 54.6% below pre-pandemic. The recovery is fragile with new uncertainties from the economic slowdown & geopolitical instability.

The Multicultural Communities within Oregon and throughout the world have always been instrumental in increasing Tourism Revenues for Oregon, for employment and our economic growth. Let's work together to help each other.

Population by Race: Source: Census Bureau – American Community Survey (<https://census.gov/acs>) & *Pew Research*

		Oregon				U. S.A.	Change 2010-21	% increase
1	White	83.9%				192,750,000	-4,060,000	(<0%)
2	Black or African American	2.0%				39,270,000	1,580,000	7%
3	Hispanic or Latino	13.3%				62,530,000	12,050,000	52%
4	Asian	4.6%				18,890,000	4,420,000	19%
5	American Indian and Alaska Native	1.2%				-	-	-
6	Two or more Races	4.7%				14,300,000	8,330,000	36%
7	Pacific Islanders	0.4%				-	-	-
8	Oregonians Speaking A Foreign Language at Home	15.9%				-	-	-

How Much Do You Need To Earn, to Live Well in Oregon?

Family Budget Calculator, developed by the Economic Policy Institute (www.epi.org/resources/budget) allows you to calculate the average amount of money you need for Housing, Food, Childcare, Transportation, Healthcare, Taxes, etc. in the area where you live or wish to live.

Oregon Information, Contacts & Resources

- **History & Culture:** https://en.wikipedia.org/wiki/History_of_Oregon
 - **History & Culture:** <https://sos.oregon.gov/blue-book/Pages/facts-history.aspx>
 - **Demographics:** <https://www.census.gov/quickfacts/OR>
 - **Discrimination** (*Violation of Your Civil Rights based on race, color, national origin, disability, sex, religion, familial status, etc.*): 833-591-0291 or Toll-Free:1-855-856-1247 <https://civilrights.justice.gov>
 - **Eldercare:** Connecting older Americans with local resources – www.eldercare.acl.gov 800-677-1116 eldercarelocator@USAgings.org
 - **Environment** (Air Quality in your zip-code for Home/Work) www.airnow.gov & www.enviroflash.info
 - **Health:** <https://www.oregon.gov/oha>
 - **Health: National Association of Free & Charitable Clinics:** 703-647-7427 - <https://nafcclinics.org> info@nafcclinics.org
 - **Drug Information** (*Interactions, side-effects, etc.*): Call your local pharmacist or FDA at 1-855-543-3784 and 1-301-796-3400 or write to druginfo@fda.hhs.gov
 - **Immigration & Citizenship:** www.uscis.gov/citizenship Email: Office.of.Citizenship@uscis.dhs.gov
 - **IRS-Taxpayer Advocate Service:** 877-777-4778 www.taxpayeradvocate.irs.gov
 - **Fraud, Scams & Bad Business Practices:** 1-877-382-4357 <https://reportfraud.ftc.gov>
 - **The Innocence Project helping wrongfully convicted Americans:** <http://www.innocenceproject.org>
- Email: info@innocenceproject.org
- * **Need Urgent Legal Help?** Legal Services Corporation: 202-295-1500 (www.lsc.gov- info@lsc.gov) or American Bar Association: Toll Free: 800-285-2221 www.americanbar.org

Oregon Crisis Hotlines: To find crisis lines in your county, please visit:

<https://www.oregon.gov/oha/ph/PreventionWellness/SafeLiving/Suicide>.

* **Crisis Text Line:** Text OREGON to 741741

911 (9-1-1 is a confidential and multilingual **EMERGENCY** #)

211 - is a free referral and information helpline that connects people to a wide range of health and human services

Adult Abuse: 1-855-503-SAFE (7233)

Alcohol & Drug Abuse: 1-800-923-4357

Child Abuse: 1-855-503-7233 or 503-455-8339 or 503-435-1550 or 541-282-5474 or 503-366-4005 or 503-455-8339

Domestic Violence: 1-888-235-5333 (For list of Community Based Shelters, please visit: www.ocadsv.org)

Gambling Problem: 1-877-MY-LIMIT or 1-877-695-4648 **Email:** pgs.support@dhsaha.state.or.us

Mental Health: 1-866-903-3787 or 1-800-950-6264 or Simply text 'NAMI' to 741-741 (info@nami.org)

Military Helpline 1-888-457-4838

Suicide Prevention: 971-673-1023 or Text **OREGON** to **741741** or 1-800-SUICIDE (1-800-273-TALK or 1-800-723-8255) - En Español: 1-888-628-9454 - TTY: 1-800-799-4TTY (4889)

Youth line: 1-877-968-8491

National Crisis Resources: 24-hour nationwide – Services may be available in many languages

Addiction Hotline: 800-784-2433

Child Abuse: 1-800-4-A-Child or 1-800-422-4453 (National Child Abuse Hotline) www.childhelp.org

Domestic Violence: 1-800-799-7233 (National Domestic Violence Hotline)

StrongHearts Native Helpline: Call/Chat: 1-844-7NATIVE (762-8483) www.strongheartshelpline.org

Shelters: <https://www.domesticshelters.org>

Online Chat (7am-2am CST) <https://www.thehotline.org> - All calls are toll-free & confidential

Human Trafficking Hotline: 1-888-373-7888 (Text # 233733)

National Center for Missing & Exploited Children: 1-800-THE-LOST or 1-800-843-5678

National Indigenous Women's Resource Center – 855-649-7299 – www.niwrc.org - info@niwrc.org **National**

Problem Gambling Helpline: 1-800-522-4700-**Text:** 1-800-522-4700-**Chat:** www.ncpgambling.org/chat

Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)**Soon to be 9-8-8**

Poison Control Center For Emergencies: 1-800-222-1222

Covenant House Neline: 1-800-RUNAWAY (1-800-786-2929) <https://teenlineonline.org>

Girls & Boys Town National Hotline: Phone, Chat, Text, and Email - 1-800-448-3000

National Youth Crisis Hotline: 1-800-442-HOPE (1-800-442-4673)

Samariteens: 1-800-252-TEENS (1-800-252-8336) - 3:00 p.m.-9:00 p.m.

Youth Crisis Hotline: 1-800-HIT-HOME (1-800-448-4663)

Youth America Hotline (YAH!): 1-877-YOUTHLINE (1-877-968-8454)

The Trevor Lifeline: 1-866-488-7386

* *The Trevor Lifeline is a service of The Trevor Project, a non-profit endeavor devoted to promoting tolerance and understanding for **LGBTQ** youth.*

All information contained in this website, including contacts, tel #s or emails, etc. are up-to-date to the best of our knowledge. The Multicultural Council, its officials, staff or volunteers cannot be held responsible for any errors, wrong info or for any liability of any type whatsoever arising thereof. It is strictly your responsibility to check the correct info.

THANK YOU FOR VISITING OUR WEBSITE

**PLEASE FORWARD IT TO YOUR FRIENDS & ASSOCIATES
WITHIN OREGON AND BEYOND**

Please help us by adding, correcting & improving this website to serve our communities

Please *advertise* your goods & services in this website – to help us continue our services to communities in Oregon - <https://multiculturalcouncil.org/media-kit-ad-rates>

GLOBAL SCHOLARSHIP PROGRAM

Please *donate* & support our Tuition-Free, Post-Secondary Education for the qualified refugees living in Oregon or anywhere else in the world, through UNHCR and the American Academy of International Education (<https://www.americanacademyedu.org>)

Your donations may be tax-deductible because MCC is an accredited 501(c)(3) non-profit organization since 2001.

- Multicultural Council of America is a partner agency of UNHCR
- American Academy of International Education is affiliated with MCC

