

BEST OF HEALTH

PHYSICIANS
PROFILES
PG. 2-4 & 10-12

MEDICAL LISTINGS - PG. 5-9



1 Health care: value without sacrificing quality

If there is one thing that the recent health care debate made clear, it is that Americans are unwilling to trade quality for economy when it comes to their health. But with the growing shortage of primary care physicians in the United States and an aging population, one trend born in underserved areas of the country may have the ability to cut costs without sacrificing quality: the use of non-physician professionals, such as physician assistants and nurse practitioners, in primary care facilities.

Physician assistants and nurse practitioners can provide clear benefits for the financial side of the health care industry. When patients see a physician assistant or nurse practitioner instead of a physician, medical practices are able to serve more patients for a lower cost while receiving the same amount in reimbursement for many procedures. This is because the non-physician professionals are paid less than physicians, yet many services are reimbursed the same, regardless of which practitioner provides the care.

“Using non-physician professionals can increase the effectiveness of the clinic’s providers by allowing the physician assistant or nurse practitioner to take care of less complicated patient issues and leaving the physician to treat the more complex cases,” Marta E. Urdaneta, Ph.D., chair of the healthcare management program at the Savannah, Ga., campus of South University.

Urdaneta says that in rural and other under-served areas, non-physician professionals have been providing care for years, but the pattern is increasing even in more dense and affluent areas.

But are patients comfortable with being treated by med-

ical professionals without “MD” behind their names? Doris Parrish, RN, Ph.D., nursing program director at South University’s Savannah campus, says that Americans have a growing acceptance of care provided by non-physicians.

“Patients are not only becoming more used to receiving care from nurse practitioners and other non-physician providers, but they aren’t seeing any reduction in the quality of care,” says Parrish. “And, in fact, patient satisfaction scores are very good for both physician assistants and nurse practitioners.”

Recent studies, including ones published in the journals of the American Academy of Physician Assistants (2006) and the American Academy of Nurse Practitioners (2007), have found that in routine situations, patients trust the technical competence of physicians and non-physician providers alike.

But patient satisfaction is about communication as well as competence. And since physicians usually have responsibility for more patients than non-physician providers do, a nurse practitioner or physician assistant may have more time to talk to patients - and to listen to them.

Being able to navigate the complex diagnoses and treatment options in modern medicine is important. And since non-physician professionals work under the supervision of a physician, they can seek advice and confirmation of decisions when necessary.

“As each member of the team focuses on an aspect of care from their professional perspective, it is vital that all work together in order to provide seamless, quality service without unnecessary costs or complications.”

– Content by ARA



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Shirley Arneson ANP



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Medical School:

University of Portland

Credentials:

Adult Nurse Practitioner

Medical Interest:

Adult Care

1011 3rd Street, Tillamook, OR
(503) 815-2292 • www.tcgh.com

MICHELLE BARHAGHI, MD



**Adventist
Health**

Tillamook
Medical Group

Medical School:

Mt. Sinai School of Medicine

Internship/Residency:

Tulane University

Medical Interest:

Board Certified Obstetrics & Gynecology; Women's Health

980 3rd Street, Tillamook, OR
(503) 842-5546 • www.tcgh.com

ANN BATCHELDER FNP



**Adventist
Health**

Tillamook
Medical Group

Medical School:

Washington State University,
Case Western Reserve University

Credentials:

Family Nurse Practitioner, Nursing Doctorate

Medical Interest:

Family and Women's Care

980 3rd Street, Tillamook, OR
(503) 842-5546 • www.tcgh.com

JOHN BOHLMAN MD



**Adventist
Health**

Tillamook
Medical Group

Medical School:

Loma Linda University School of Medicine

Residency:

Loma Linda University School of Medicine

Medical Interest:

Board Certified Internal Medicine and Emergency Medicine

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(503) 842-5546 • www.tcgh.com

DAVID BRADBURN MD



**Adventist
Health**

Tillamook
Medical Group

Medical School:

University of Massachusetts Medical School

Internship/Residency:

Florida Hospital

Medical Interest:

Board Certified Family Medicine;
Preventive Care

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TERESA CALLAHAN MD



**Adventist
Health**

Tillamook
Medical Group

Medical School:

University of Mississippi School of Medicine

Residency:

UC Davis Merced

Medical Interest:

Board Certified Family Medicine;
Pediatrics to Adults

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RONALD CHELSKY MD



 **Adventist
Health**

Tillamook
Medical Group

Medical School:

University of Texas Medical School at Houston

Residency:

Oregon Health and Science University

Medical Interest:

Board Certified Internal Medicine and Cardiovascular Diseases

980 3rd Street, Tillamook, OR
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RAYMOND DEHAAN, OD



Lighthouse
Vision Care

Optometry School:

Illinois College of Optometry

Interest:

Comprehensive Vision & Eye Health Care, Contact Lenses,
Ocular Disease Treatment & Management, Refractive Surgery
Consultation & Management, Non-surgical Corneal Reshaping

310 Stillwell Ave., Tillamook, OR
(503) 842-6363 • lighthousevc@earthlink.net

SCOTT DOHERTY DPM



 **Adventist
Health**

Tillamook
Medical Group

Medical School:

Des Moines University Osteopathic Medical Center

Residency:

VA Maryland Healthcare System, Baltimore, MD

Medical Interest:

Diabetic Foot Care, Wound Healing,
Sports Medicine

980 3rd Street, Tillamook, OR
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BEN DOUGLAS MD



 **Adventist
Health**

Tillamook
Medical Group

Medical School:

University of Mississippi School of Medicine

Residency:

UC Davis Merced

Medical Interest:

Board Certified Family Medicine

1011 3rd Street, Tillamook, OR
(503) 815-2292 • www.tcgh.com

HEATHER FARMER PA-C



The Rinehart
Clinic

Medical School:

Midwestern University

Certifications:

ACLS, BLS, NCCPA

Medical Interest:

Adult Preventive Care; Women's Health

Specialty:

Family Practice

230 Rowe St., Wheeler
(503) 368-5182 • (800) 368-5182 • www.rinehartclinic.org

BRITTANY GERKEN MD



 **Adventist
Health**

Tillamook
Medical Group

Medical School:

American University of the Caribbean

Residency:

Southern Illinois University

Medical Interest:

Board Certified Obstetrics and Gynecology;
Women's Health & Obstetrics

980 3rd Street, Tillamook, OR
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GERALD GIBBS MD

**Adventist
Health**

Tillamook
Medical Group

Medical School:

University of California, San Francisco

Residency:

University of Nebraska

Medical Interest:

Board Certified Internal Medicine;
Certificate in Hematology & Oncology

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LEROY (LEE) GODFREY, BS, RPH

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Pharmacy School:

University of the Pacific

Internship/ Residency:

Stockton, CA

Medical Interest:

Community Pharmacy.
Registered Pharmacist for 45 years

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(503) 322-3456

ERIC HALPERIN, O.D. Optometric Physician

Tillamook
Vision Center

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Vision Center

Optometry School:

Pacific University College of Optometry

Type of Practice:

Full Scope Optometry

800 Main Ave., Suite A, Tillamook, OR 97141
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MARK HART MD

**Adventist
Health**

Tillamook
Medical Group

Medical School:

Oregon Health & Science University

Residency:

University of California San Francisco School of Medicine

Medical Interest:

Board Certified Internal Medicine and Cardiovascular Disease

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BRETT J. HESTMARK, D.M.D.

BRETT J.
HESTMARK, D.M.D.

Medical Schools:

Utah State,
University of Oregon Dental School

Internship/ Residency:

General Dentistry

Medical Interest:

General Dentistry including cosmetic dentistry,
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1115 Main Ave., Tillamook, OR
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CALVIN HILL MD

**Adventist
Health**

Tillamook
Medical Group

Medical School:

Loma Linda University School of Medicine

Residency:

Kettering Medical Center

Medical Interest:

Board Certified Internal Medicine;
Cardiology, Pulmonary, Infectious Diseases

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Department - North County
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503-842-4508

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Raechel Massie PT
503-368-4978
Charlie Mina PT, Cert MDT
503-965-6400
Tillamook Hospital
Rehabilitation Services
503-815-2292

PODIATRY

Scott Doherty DPM
503-842-5546

SPEECH THERAPY

Tillamook Hospital
Rehabilitation Services
503-815-2292

SURGERY

Todd Pitts MD
503-842-5546

IRENE MARTIN MD



Adventist Health
Tillamook Medical Group

Medical School:

University of North Dakota School of Medicine & Health and Sciences

Residency:

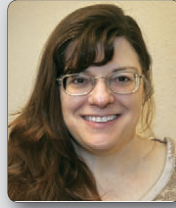
University of North Dakota Family Practice Center

Medical Interest:

Board Certified Family Medicine; Family & Women's Care

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M. MILAR MOORE PMHNP



The Rinehart Clinic

Medical School:

Oregon Health Science University

Certifications:

ANCC

Medical Interest:

Integrated mental health, treatment-resistant depression, geriatrics, domestic violence, sexual difficulties, adult ADHD,

Specialty:

Psychiatric Mental Health Nurse Practitioner

230 Rowe St., Wheeler
(503) 368-5182 • (800) 368-5182 • www.rinehartclinic.org

KATHRYN MAYHEW PA-C



The Rinehart Clinic

Medical School:

Pacific University

Certifications:

ACLS, BLS, CNA

Medical Interest:

Adult Preventive Care; Early Childhood Development, Healthy Kids Programs

Specialty:

Family Practice

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LEE LONG D.D.S.



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Medical Schools:

Loma Linda University, Walla Walla

College, Orognathic Bioesthetic International

Interest:

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**Adventist
Health**

Tillamook
Medical Group

Medical School:

Ross University School of Medicine

Residency:

Oregon Health & Science University

Medical Interest:

Board Certified Family Medicine;
Adolescent Health, Chiropractic Care

980 3rd Street, Tillamook, OR
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KARL MEIER MD

**Adventist
Health**

Tillamook
Medical Group

Medical School:

Loma Linda University School of Medicine

Residency:

Hinsdale Family Medicine

Medical Interest:

Board Certified Family Medicine

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BEATRICE MICHEL, O.D. Optometric Physician

**Tillamook
Vision Center**

Tillamook
Vision Center

Optometry School:

Pacific University College of Optometry

Type of Practice:

Full Scope Optometry

800 Main Ave., Suite A, Tillamook, OR 97141
(503) 842-5568 • www.seetvc.com

TODD PITTS MD

**Adventist
Health**

Tillamook
Medical Group

Medical School:

University of Nevada School of Medicine

Residency:

San Joaquin General Hospital

Medical Interest:

Board Certified General Surgery;
Breast Surgery, Hernia Surgery, Endoscopy

980 3rd Street, Tillamook, OR
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JACQUELINE NOVET LCSW

The Rinehart
Clinic

Medical School:

Portland State University

Certifications:

Licensed Clinical Social Worker

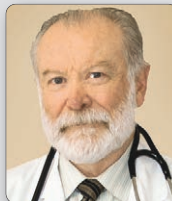
Medical Interest:

Solutions to difficult situations that complicate medical treatment; increasing child access to mental health care. Se habla espanol.

Specialty:

Social Worker, Mental Health

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(503) 368-5182 • (800) 368-5182 • www.rinehartclinic.org

HARRY H. RINEHART MD

The Rinehart
Clinic

Medical School:

University of Oregon Medical School

Internship/ Residency:

Tripler Army Hospital, Honolulu, HI

Certifications:

Affiliate Full Professor of Dept. of Family Medicine OHSU; BLS; Pacific University School of Physician Assistant Studies Adjunct Clinical Instructor

Medical Interest: Geriatric Care; Pain Management; Opioid Addiction**Specialty:** Family Practice, Geriatrics

Other: 2011 Pioneer in Pain Medicine Award; 36 years of experience in Family Medicine; Third generation of Rinehart family physicians; The Rinehart Clinic will celebrate 100 years of providing health care to North Tillamook County in 2013

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RONALD TEED MD



Adventist Health
Tillamook
Medical Group

Medical School:

Oregon Health & Science University

Certification:

Oregon Health & Science University

Medical Interest:

Board Certified Orthopedic Surgery

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ROB SOANS PA



Adventist Health
Tillamook
Medical Group

Medical School:

Oregon Health & Science University

Certification:

Physician Assistant

Medical Interest:

Adult Care; Urgent Care

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GLEN SAYLER MD



Adventist Health
Tillamook
Medical Group

Medical School:

Loma Linda University School of Medicine

Residency:

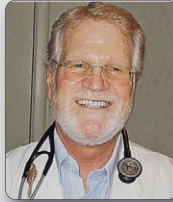
Glendale Adventist Medical Center

Medical Interest:

Board Certified Family Medicine

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MARK SCOTT SMITH, MD



Adventist Health
Tillamook
Medical Group

Medical School:

University of Virginia

Internship/Residency:

University of Washington, Children's Orthopedic Hospital

Medical Interest:

Board Certified Pediatrics; Adolescent Care

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(503) 368-6244 • www.tcgh.com

JAMES RUSHING, MD



Adventist Health
Tillamook
Medical Group

Medical School:

Southwestern Medical School

Internship/Residency:

Stanford University Medical Center

Medical Interest:

Board Certified Internal Medicine & Pulmonary Diseases

10445 Neahkannie Creek Road, Manzanita, OR
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KARIN WALCZAK MD



The Rinehart
Clinic

Medical School:

University of Copenhagen, Denmark

Internship/Residency:

Eastern Maine Medical Center

Certifications:

AAFP

Medical Interest: Director of The Rinehart Clinic's Breast & Cervical Cancer Program (BCCP)**Specialty:** Family Practice**Other:** Has served as Medical Director at Elderly Care Centers; Served as Child & Maternal Health Care provider in Third World countries.

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The payoff for hikers along the coast range is often fabulous views of the Pacific Ocean and surrounding terrain. Photo by Dave Fisher

'Peak' your interest? Try these area hikes

By Janice Gaines

Healthy living means giving to yourself some healthy goals, why not become a “peak-bagger?”

I love the term “peak bagger.” I even like to apply that term to myself, and it’s not as bad as it sounds. According to Wikipedia: Peak bagging (also hill bagging, mountain bagging or just bagging) is an activity in which hill walkers and mountaineers attempt to reach the summit of some collection of peaks, usually those above some height in a particular region, or having a particular feature.

We live at the base of the Oregon coast mountain range. We all may take it for granted, and it’s beauty sometimes goes unnoticed. The oldest portions of the range are over 60 million years and very rich in history. This coastal range creates a rain shadow effect for the Willamette Valley. This affect causes more precipitation to fall on the west side contributing to the numerous rivers that we all enjoy. (Also a good reason to own an excellent rain jacket and pair of boots.)

Why not take on a new hobby and become a “peak bagger” this year and go out there and enjoy this treasure, the Oregon coast range? It makes for a fun and challenging approach to get healthier and enjoy nature. This can involve all ages, a perfect way for family to enjoy time together.

I have a list made up of peaks to enjoy in this area and created some guidelines that help create that list.

- Proximity to where you live. In essence, how far do you have to drive to get to the starting point?
- How much time will this adventure take? Some peaks are a day adventure and some are an hour or so.
- What is the pay off? Some peaks have a big payday at the top and others are just there to do. Maybe the workout is great or the goodies along the hike are great, like a waterfall or....
- What is the history of the peak; geographically and historically? Lots of history around here. It can be fun to read about the area first.

1. Rogers Peak 3,706 ft.: The highest peak in Tillamook County

Located in the Tillamook Forest eight miles north of Lee’s Camp on Highway 6, this hike is a 3.5 miles round-trip with an 1,100-foot elevation gain. What I love about this peak, besides being the highest in Tillamook County, is that the origin of this mountain began 40 million years ago in the Eocene age. The sediment is partially marine in nature and it is hypothesized that parts of the coast range use to be islands out in the ocean.

2. Saddle Mountain 3,288 ft.: The highest peak in Clatsop County

Located seven miles off Highway 26, just east of Seaside, this is a six-mile trek round trip to the top with lots of vistas along the way. A young mountain only 15 million years old, it is a bit more challenging of a hike but worth it, especially in the spring. The wildflowers are amazing with over 300 species, some even rare to this area only.

3. Neahkahnie Mountain 1680 ft. A mountain rich in history.

Located in Oswald West State Park on Highway 101, just a mile north of Manzanita, this is one of the more popular hikes on the coast. (It is harder to spell correctly than it is to hike.) The name is in Tillamook language and is translated as “the place of the supreme deity.” This is a three-mile round trip with 840 feet in elevation gain.

These three peaks are the most famous ones for the area. You can start out “bagging” those or you can start smaller and less “famous.” Here is a list of peaks that I personally want to bag that are in my neck of the woods (literally).

In alphabetical order: Cole Mountain, Crab Rock Pillar, Craig Mountain, Doty Hill, Foley Peak, Green Hill, High Butte, Kidders Butte, Onion

Peak, Rock Mountain, Round Mountain, Sugarloaf Mountain and Tilden Bluff Cliffs.

I live in Manzanita and all these peak’s starting points are within 20 minutes from my house! Some of these destinations require maps and some knowledge of the area.

I like to carry lots of food and water, a cell phone, a flashlight and hot pink ribbon to tie on trees if I take a turn I want to remember. Keep in mind to dress according to weather conditions. Always think of smart layers and a top layer to keep wind and water off. Hats and gloves are always in my pack. Remember there is no bad weather just a bad clothing choice!

A good source of information can be found at www.mountainzone.com and www.peakbaggers.com

One more thing: Hiking is not only good for you physically but it can help us to tune into our true nature. It gives us a chance to reconnect with the natural world and ourselves. Hiking gives us a time to feel the presence of something bigger than us, a moment to communicate with our higher self and listen. You will experience a new joy, delight and energy! Be sure to leave nothing behind and take only photos.

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