

# 2025 ON CALL

A guide to medical and healthcare  
professionals in the two Virginias



Bluefield Daily Telegraph

# **Leading Healthcare in Southern West Virginia**



## **Advanced Technologies, Skilled Physicians & Top Specialists Right Here At Home!**

- Behavioral Health
- Cancer Center
- ENT
- General Surgery
- Interventional Cardiology
- Medical Imaging
- Nephrology
- Neurology
- Orthopedic Center
- Pediatrics
- Primary Care
- Pulmonary & Sleep Clinic
- Rehabilitation Therapy
- Urology
- Women's Center

**PRINCETON COMMUNITY HOSPITAL**



---

---

# ADVERTISER INDEX

---

---

## Clinics

<i>Bland County Medical Clinic .....</i>	<i>4 &amp; 7</i>
<i>Bluestone Health Association.....</i>	<i>5</i>
<i>New Hope Family Practice.....</i>	<i>6</i>

## Commission on Aging

<i>McDowell County</i>	
<i>Commission on Aging .....</i>	<i>7</i>

## Cemeteries & Funeral Homes

<i>Grandview Memory Gardens .....</i>	<i>8</i>
<i>Greenhills Memory Gardens .....</i>	<i>8</i>

## Hospital

<i>WVU Medicine I</i>	
<i>Princeton Community Hospital.....</i>	<i>2</i>

## Funeral Homes

<i>Hurst-Scott Funeral Home .....</i>	<i>8</i>
---------------------------------------	----------

## Pharmacy

<i>Citizens Pharmacy .....</i>	<i>10</i>
<i>Clinch Valley Pharmacy.....</i>	<i>10</i>
<i>Four Seasons Pharmacy.....</i>	<i>10</i>

## Nursing & Rehabilitation

<i>Heritage Hall.....</i>	<i>9</i>
<i>McDowell Healthcare Center .....</i>	<i>9</i>
<i>Princeton Health Care Center.....</i>	<i>4</i>

## Womens Health

<i>Summit Women's Health.....</i>	<i>12</i>
-----------------------------------	-----------

# How to treat a minor wound

Have you ever had a minor injury from working with tools in the garage or a knife in the kitchen?

## Disinfect it

Start by gently cleaning the wound with lukewarm water and mild, unscented soap or a sterile saline solution. Avoid rubbing alcohol, antiseptics and peroxide, as they can cause irritation.

## Treat it

Contrary to popular belief, wounds don't need to "breathe." After stopping the bleeding, apply a thin layer of antibiotic ointment to the cleaned area to promote healing.

## Cover it

Health professionals recommend using sterile compresses or dressings to protect minor wounds. Remember to change them regularly to keep the area clean and free from infection.

You can find plenty of quality first-aid products at your local pharmacy. Make sure you stock up for any little accidents that might come your way!



**Bland County  
Medical Clinic**  
12301 Grapefield Rd  
Bastian, VA 24314  
**276.688.4331**



**Orchard Creek  
Clinic**  
8494 S. Scenic Highway  
Bland, VA 24315  
**276.688.0500**

Dr. John Turski, DO • Dr. Matthew Dellacona, DO • Dr. Michael Crews, DO - at Orchard Creek  
Deborah Croy, DNP • Mary Jo Collie, DNP • Sharon Cecil, FNP-BC • Michelle McCarty, FNP-BC  
Anna Pettrey, FNP-BC • Tia Sexton, FNP-BC • Allison Grimmer, FNP-BC • Lynn Patton, FNP-BC  
Samantha Richardson, FNP-BC • Melissa Coleman, FNP-BC - at Orchard Creek  
Jennifer Armstrong, FNP-BC • Angela Stroupe, FNP-BC • Pam Crowder, FNP-BC  
[Learn More About Us @ BlandClinic.com](http://BlandClinic.com)

Whether you or a loved one need  
**LONG-TERM CARE**  
or  
**SHORT-TERM REHABILITATION,**  
*we are here for you.*



**PRINCETON  
HEALTH CARE CENTER**  
A COMMITMENT TO CARING

315 Courthouse Rd., Princeton - (304) 487-3458

# Bluestone

## Health Association, Inc.

### **BLUESTONE HEALTH CENTER**

3997 Beckley Rd. | Princeton, WV  
304-431-5499

### **BLUESTONE FAMILY PRACTICE**

701 Bland St. | Bluefield, WV  
304-800-5413

### **BLUESTONE MEDICAL CENTER**

324 Oakvale Rd. | Princeton, WV  
681-282-5576

### **BLUESTONE HEALTH CLINIC**

562 Virginia Ave. | Bluefield, VA  
276-322-7221

### **PRUDICH MEDICAL CENTER**

5451 Simmons River Rd. | Montcalm, WV  
304-589-3251

### **BLUESTONE PRIMARY CARE**

106 Thorn St. | Princeton, WV  
681-282-5506

### **BLUESTONE DENTAL CENTER**

3997 Beckley Rd. | Princeton, WV  
304-425-4585

**bluestonehealth.net**

**NOW  
ACCEPTING  
NEW  
PATIENTS!**

# NEW HOPE FAMILY PRACTICE



**Shelda Cox**  
*Soon to be FNP*  
*Specialty Geriatrics*



**Kayla Corell**  
**FNP-BC**



**Mary Lester**  
**PA-C**



**Dr. Jana Peters**  
**& Willow**



**Cynthia Dotson**  
**FNP-BC**

## Appointments and Walk-ins Welcome!!

- Wellness Exams for Adults and Children
- Pap Smears, Breast Exams, DOT's
- Sports, College, and Work Physicals
- Lesion removal, laceration repair and minor emergency care
- Laser Treatment

**365 Courthouse Rd., Princeton WV**

**304-425-3922**

**ACCEPTING NEW PATIENTS**

# *Keeping You Healthy is Our Goal*

## **Visit Us At One Of Our Locations!**



**Bland County  
Medical Clinic**

12301 Grapefield Rd  
Bastian, VA 24314

**276.688.4331**



**Orchard  
Creek  
Clinic**

8494 S. Scenic Highway  
Bland, VA 24315

**276.688.0500**

**Learn More About Us @ [BlandClinic.com](http://BlandClinic.com)**

**JUGGLING BETWEEN  
PAYING BILLS AND  
LOOKING AFTER A  
FAMILY?**

**FEELING STRESSED  
OUT WITH YOUR  
OBLIGATIONS?**

**WE CAN HELP  
LIGHTEN YOUR  
BURDEN.**



**BECOME A PAID  
RELATIVE CAREGIVER**

**(304) 436-6588  
[MCDOWELLCOA.ORG](http://MCDOWELLCOA.ORG)**



**Opening windows  
in winter:  
is it a good idea?**

## Grandview Memory Gardens

At Grandview Memory Gardens, our professional cemetery team believes personal attention and genuine care are the most important services we can provide.

**Dignity**  
MEMORIAL

**276-322-5470** • [www.dignitymemorial.com](http://www.dignitymemorial.com)

38659 Gov George C. Peery Hwy • Bluefield, VA 24605

## Greenhills Memory Gardens

Greenhills Memory Gardens in Cedar Bluff, Virginia, offers burial and mausoleum options to residents in Tazewell County. We believe the most important services we can offer include personal attention and genuine care, especially during this difficult time.

**Dignity**  
MEMORIAL

**276-964-2535** • [www.dignitymemorial.com](http://www.dignitymemorial.com)

11800 Governor G C Peery Hwy • Cedar Bluff, VA 24609

## Hurst-Scott Funeral Home



*Manager  
Andrea Horn*

*Service & Understanding  
Since 1930*

**870 Main St. • Tazewell, VA • 276-988-7579**

[www.hurstscottfuneralhomes.com](http://www.hurstscottfuneralhomes.com)

Does it seem counterintuitive for you to open your windows in winter? You may think it's a bad idea because it could make your home colder, force your heating system to work overtime and drive up your energy bill.

In fact, airing out your home or apartment is a good habit, no matter the season. Indoor air is often more polluted than outdoor air. Also, the excess humidity from showers, laundry and cooking can lead to mould growth.

Keeping your indoor air clean can help minimize issues like asthma or infections. Here are a few tips for keeping the air in your home fresh and healthy this winter:

- Open your windows wide for five to 10 minutes every day.

Remember, regularly refreshing the air in your home this winter is essential for protecting your health and the health of your family.

- Avoid opening windows near a thermostat. You can also temporarily turn off your heating system while airing out your home.
- Turn on your bathroom fan and range hood to get rid of humidity.

Do you have an air purifier? It's a good device, but it has its limits. It won't replace all the benefits of clean outdoor air. Go ahead and let the fresh air in!



*Our Family Exists to  
Care for Yours!*



# Heritage Hall

120 OLD VIRGINIA AVE • RICH CREEK, VA

**540-726-2328**

## McDowell Healthcare Center

**Serving with Pride.**



150 Venus Rd. • Gary, WV

**304-448-2121**



# CITIZENS DRUG STORE

70 Wyoming Street • Welch • WV

**304-436-4932**

Shawn Jenkins, Pharmacist/Owner

***Your Local Home Town Pharmacy***



# Clinch Valley PHARMACY

*Over 100 Years!*



& Melts

**2 Lanes in Drive Thru!**

**160 MARTINGALE DR. • TAZEWEEL, VA • 276.988-4871**



## Four Seasons PHARMACY

300 Morrison Drive, Princeton



## YOUR LOCAL GOOD NEIGHBOR PHARMACY

- Immunizations
- Flavor Rx Prescription  
Flavoring
- Drive Thru Window
- Local Delivery
- Face to Face Program  
Participant
- Shipping of Medication  
Available

*Locally Owned, Locally Operated, Locally Loved*



**The UPS Store**



**We accept all available Medicare Plans for WV and VA!**

**(304) 487-0015**

**300 Morrison Drive • Princeton, WV 24740**

**M-F 8AM-8PM • Sat 8AM-4PM • Sun 10AM-4PM**

[www.FourSeasonsPharmacy.com](http://www.FourSeasonsPharmacy.com)



# Have a health concern? Go to the pharmacy!

If you have a minor health issue, try to avoid going to the emergency room, which is reserved for urgent care. Instead, why not consult your pharmacist? They can recommend over-the-counter products and prescribe certain medications.

Depending on your province, your pharmacy may be able to help if you or someone close to you is in one of the following situations:

- You need emergency oral contraception (the “morning-after pill”)
- You want to stop smoking
- You’re pregnant and suffer from nausea that requires medication
- Your family has head lice
- You need a vaccine
- You need treatment for shingles

Pharmacists can assist with various health concerns, such as eczema, diaper rash, traveller’s diarrhea, flu, insomnia, digestive issues, minor injuries, allergies and incontinence. No matter your health problem, your pharmacist can be a valuable ally in helping you find relief.

March is Pharmacy Appreciation Month. It’s the perfect reminder of the significant role pharmacists play in your daily life. Their professionalism, expertise and accessibility help ease the burden on emergency services and contribute to a healthier community. Say a big thank you to these essential healthcare professionals.



# Sedentary lifestyle = danger!



Most people spend a lot of time sitting at the computer, binge-watching TV shows, playing video games or scrolling on their phones. However, did you know that this sedentary lifestyle can lead to serious health issues like type 2 diabetes, hypertension, heart disease, cancer and even depression? It's also linked to a higher risk of mortality.

## Recommendations

According to specialists, adults aged 18 and over should aim to get at least 150 minutes of moderate- to high-intensity aerobic physical activity per week. This means getting your heart rate up and breaking a sweat with activities like jogging or dancing.

Although physical activity can help reduce your risk of developing certain health problems, it doesn't cancel them out entirely. If you spend most of your time virtually immobile, you're still subject to its harmful effects.

Get into the habit of moving throughout the day. Take the stairs instead of the elevator, walk while talking on the phone or stand instead of sitting while riding the bus. These little changes can make a big difference in thwarting a sedentary lifestyle and improving your overall health. Time to get moving!



# Summit Women's Health

*For the grandmoms, the moms, and the daughters*

**The A-Team at Summit  
Women's Health is ready to  
welcome you!**

**At Summit Women's Health,  
we have both male and female  
providers, so that you can  
be most comfortable when it  
comes to your health.**



**Brandon M. Ligenfelter, DO, PhD**

**Samantha Snyder, DO, OB/GYN**

**Valeah Bradshaw, NP • Megal Ligenfelter, PA-C**

**411 12th St., Ext. • Princetown, WV 24740 • (681) 282-5591**

**Monday-Thursday 8:00am-5:00pm | Friday: 8:00am-12:00pm**

**[www.brandonligenfelterdo.com](http://www.brandonligenfelterdo.com)**

# March is National Nutrition Month

## Eating together means making healthier choices

March is National Nutrition Month® and this year's theme, "Food Connects Us," celebrates the amazing power of food to bring people together. Sharing meals creates a vibrant space for conversation, allowing you to connect on deeper levels, share stories and build stronger relationships.



Shared meals for healthier eating  
Enjoying meals together can enhance your eating habits. Here's how:

### • You eat more variety

When you share meals, you're more likely to include a balanced mix of food groups, such as vegetables, lean proteins, whole grains and healthy fats, making it easier to create a nutrient-dense plate. Plus, it exposes you to new flavors and cooking styles.

### • You savor your food

Eating with others allows you to eat more mindfully, encouraging you to slow down and truly enjoy each bite. This mindful approach helps you listen to your body's hunger signals, reducing the chances of overeating. Mindful eating promotes better digestion and enhances the overall enjoyment of food.

### • You eat less junk food

Planning and enjoying meals together means you rely less on unhealthy snacks or rushed meals. Sitting down for a thoughtfully prepared meal decreases the temptation for less nutritious options. Additionally, cooking together can be a fun bonding experience.

This National Nutrition Month®, take the time to enjoy meals with others. Whether it's family, friends or even coworkers, creating shared experiences around food can lead to healthier eating habits and stronger relationships.



---

---

# Important Telephone Numbers

**Always use 911 for a fire, medical or police emergency**

## **Local Hospitals**

Buchanan General Hospital .....	(276) 935-1000
Carilion Giles Community Hospital .....	(540) 921-6000
Carilion Tazewell Community Hospital .....	(276) 988-8700
Clinch Valley Medical Center .....	(276) 596-6000
Princeton Community Hospital .....	(304) 487-7000
Wytheville Community Hospital .....	(276) 228-0200

## **Non-Emergency Numbers**

Mercer County Communications Center .....	(304) 425-8911
Mercer County Office of Emergency Services .....	(304) 487-8448
American Red Cross, Easter River Mountain Area Unit .....	(304) 327-5017
Bluefield Union Mission .....	(304) 327-8167
Salvation Army - Princeton .....	1 (410) 366-6187
Salvation Army - Bluefield .....	(304) 327-7411

## **Law Enforcement**

WV State Police, Princeton .....	(304) 425-2101
WV State Police, Welch .....	(304) 436-2101
WV State Police, Statewide TTY .....	1 (800) WVA-WVSP ..... (982-9877)
VA State Police, Claypool Hill .....	(276) 964-4477
VA State Police (toll free VA only) .....	1 (800) 542-8716
Mercer County Sheriff .....	(304) 487-8364*
.....	(304) 487-8379*
McDowell County Sheriff .....	(304) 436-8522
Tazewell County Sheriff .....	(276) 988-5966
Bland County Sheriff .....	(276) 688-4311
Bluefield, WV Police .....	(304) 327-6101*
Princeton Police .....	(304) 487-5000
Athens Police .....	(304) 384-3525
Bluefield, VA Police .....	(276) 326-2621
Bramwell Police .....	(304) 248-7114
Matoaka Police .....	(304) 467-1194
Domestic Violence Hotline .....	1 (800) 799-SAFE
Sexual Assault Response Team .....	(304) 425-0385
Child Protect, Inc. ....	(304) 324-0456*

---

---

---

---

# Important Telephone Numbers

**Always use 911 for a fire, medical or police emergency**

## Health

National Suicide Prevent Hotline .....	1 (800) 273-TALK
Poison Center .....	1(800) 222-1222
Mercer County Health Dept. ....	(304) 324-8367*
.....	(304) 324-8843*
Southern Highlands Mental Health .....	(304) 425-9541
.....	1 (800) 615-0122
WV Dept. of Health & Human Services .....	1 (877) 717-1212

## Fire & Rescue

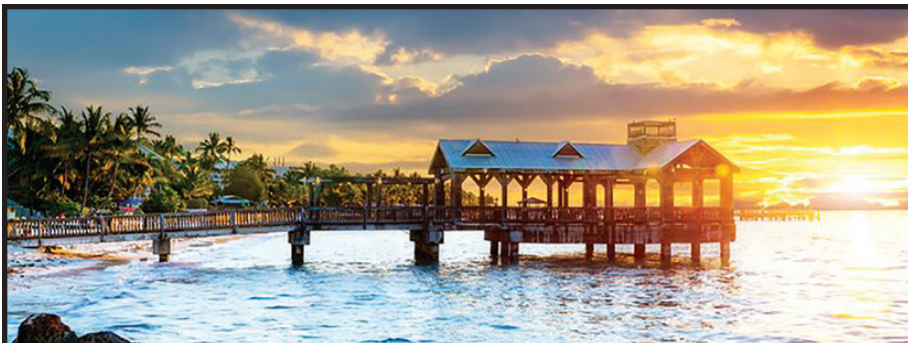
Bluefield, WV Rescue .....	(304) 327-7171
Princeton, WV Rescue .....	(304) 425-3914*
Bluefield, VA Rescue .....	(276) 326-3763
Jeffersonville Volunteer Rescue .....	(276) 988-9061
Bland Co. VA Rescue .....	(276) 688-4708
Pocahontas, VA Rescue .....	(276) 945-2554
Bluefield Fire Dept. (Business) .....	(304) 327-6101*
Princeton Fire Dept. (Business) .....	(304) 487-5017*
Athens Volunteer Fire Dept. ....	911
Bluestone Valley Volunteer Fire Dept. ....	911
Bluemont Volunteer Fire Dept. ....	911
Bramwell Volunteer Fire Dept. ....	911
East River Volunteer Fire Dept. ....	911
Green Valley - Glenwood Volunteer Fire Dept. ....	911
Matoaka Volunteer Fire Dept. ....	911
Montcalm Volunteer Fire Dept. ....	911
Oakvale Volunteer Fire Dept. ....	911
Spanishburg Volunteer Fire Dept. ....	911

## Other Important Numbers:

American Electric Power .....	1 (800) 982-4237
Bluefield Gas Company .....	(304) 327-7161
Emergency 24 Hr/7 Days a week .....	(304) 325-9164
Bluefield Sanitary Board .....	(304) 325-3681
Emergency .....	(304) 327-9461

\*Number may not be manned 24 hours/day.

Please use 911 in an emergency.



When the doctor prescribes “Rest & Relaxation”..



Give us a call! **800-552-0022**



# Sunshine Tours

**PRE-PACKAGED AND SPECIAL TOURS ARE AVAILABLE FOR  
SMALL GROUPS CALL AND SCHEDULE YOURS TODAY**

**[GOSUNSHINETOURS.COM](http://GOSUNSHINETOURS.COM)**