

2023 MEDICAL & HEALTH DIRECTORY



Health Services Listings Inside

Family Medicine & Same Day Services



Our FM Team: Dana, Amy, Jessica, Bre, Dr. Petrie, Ryan, Joanna, Colleen and Lorrie

**Primary Care - all ages
Prenatal Care
Root Cause Medicine
Same/Next Day Scheduling**

✓ Integrity
✓ Independence
✓ Innovation



**Emmett Family Medicine
& DIRECT PRIMARY CARE**
208-365-7131



Jessica Seick, DNP, NP-C / Jennifer L. Petrie, MD

Hours:

**Mon. - Thurs. 9 - 5:30 PM,
Fri. 9 - 2 PM**

Closed 12:30 - 1:30 for lunch

2001 E. Quail Run Road, Emmett ID



HOSPITAL / EMERGENCY SERVICES

1202 E Locust Street
Emmett, Idaho 83617
208-365-3561

FAMILY MEDICINE

1102 E Locust Street
Emmett, Idaho 83617
208-365-6004

Now accepting new patients!

Birth through Life, Including:

- Newborn Care
- Pediatrics
- Men's Health
- Women's Health
- Obstetrics
- Geriatrics
- Behavioral Health
- Chronic Disease Management

VISITING SPECIALISTS

- Cardiology
- Dermatology
- Ear, Nose & Throat
- Mammography
- Urology

HOSPITAL SERVICES

- Cardio/Respiratory Services
- Emergency Medicine
- Infusion/ Oncology
- Imaging
- Laboratory
- Labor & Delivery
- Sleep Medicine
- Surgery
- Swingbed/Transitional Care

URGENT CARE

1102 E Locust Street
Emmett, Idaho 83617
208-365-6004

Monday - Friday
8:00 a.m. - 8:00 p.m.
Saturday - Sunday
8:00 a.m. - 5:00 p.m.

Walk-ins are welcome!

ORTHOPEDICS & SPORTS MEDICINE

1202 E Locust Street
Emmett, Idaho 83617
208-365-3563

SPECIALTY MEDICINE & SURGICAL CLINIC

1024 E Locust Street
Emmett, Idaho 83617
208-365-2338

- General Surgery
- Gynecology
- Foot and Ankle
- Wound Care



Visit **ValorHealth.org** to view our continually expanding list of services and physicians.

Dangers of Being Sedentary

There are many reasons that the rate of heart disease is climbing and one thing that may put you at greater risk than ever before is sitting.

John Hopkins refers to it as the “sitting disease,” the fact that people are far more sedentary than ever before and this lack of activity increases the risk of heart disease. The body is designed to stand upright and the heart and cardiovascular system work more efficiently when you do.

How much more sedentary are we?

Sedentary jobs are 83% more common now than they were in 1950, according to the American Heart Association. In 1960, about half of all jobs were considered physically active. Now those jobs make up less than 20% of the U.S. work force.

Exercise is only part of the solution.

Even people who exercise daily can still be at risk if they spend a lot of time sitting while they commute to and from work or the rest of the day when they aren't exercising. One thing John Hopkins researchers discovered was that even people committed to fitness fell into the sedentary category. They'd work out for 30 minutes a day, but then sit

the rest of the day. This can still cause problems.

John Hopkins reported on a review of studies in a 2015 edition of the *Annals of Internal Medicine* which found that “even after adjusting for physical activity, sitting for long periods was associated with worse health outcomes including heart disease. ... Sedentary behavior can also increase your risk of dying, either from heart disease or other

medical problems.”

The threshold level appears to be 10 hours of sitting. While doing a lot of exercise at some point during the day reduces your heart attack risk, once you start sitting for 10 hours or more, your risk goes up significantly.

Why sitting is harmful

Why does this happen? Moving muscles aid digestion. When you are sitting, you are more likely to retain the fats and sugar you eat as fat in your body. Sitting for long periods causes metabolic syndrome, which includes obesity, high blood pressure, high blood triglycerides, low levels of HDL cholesterol and insulin resistance.

How risky is all the sitting we do at our desks, in our cars or on our couches? One study discovered that men who watch more than 23 hours of television a week are 64% more likely to die from heart disease than those who only watch 11 hours a week.

Overall, experts say that people who sit a lot are 147% more likely to suffer a heart attack or stroke.

Researchers recommend 60 to 75 minutes a day of moderate activity to counteract the dangers of sitting too much.





At-Home Fitness Routines

Working out at home is the new reality for many Americans across the country, and thanks to technology, they are able to find creative programs to bring the gym to them. Many health and fitness companies, as well as local gyms and workout facilities, have created virtual workout programs for their clients that have made it easy to stay in shape. Whether you're looking for a consistent cardio routine or a high-intensity interval training to keep you in shape, there are many options out there that are easy to weave into your normal day at home.

So, read on for tips and tricks to staying in shape from home.

Carve Out the Time

The first step to creating a solid home workout plan is making sure you have the time to properly execute it. Many people find that waking up before the family in the morning can be the best time to exercise. Or maybe you're more of a night owl who likes to work off the stress of the work day after hours. Whenever you choose to work out, it's important that you find a dedicated, uninterrupted time to focus on bettering your body. Without adequate time, you'll end up burning yourself out and not sticking with your routine.

Body Weight Exercises

When executed correctly, using just your body weight can give you an effective workout routine with great results. Here are a couple of ideas for you to incorporate.

Bridge

Lie on your back with your knees bent, feet flat on the floor, and your arms extended by your sides. Pushing through your feet, raise your posterior off the ground until your hips are fully extended. Slowly return to the starting position and repeat until you have finished a set of 10. Perform three sets for maximum effectiveness.

Stationary lunge

Split your stance with your right leg in front. Bend your knees and lunge forward, stopping when your right thigh is parallel to the ground. Then, push up through your right foot to return to the starting position. Repeat for a set of 10 and complete three sets.

Extensions

Get on all fours and simultaneously extend your left arm and right leg, keeping your hips square to the ground. Pause when you reach the position for five seconds. Return to the



start position and repeat with your right arm and left leg. Do this for three sets of 10.

Think Local

Your local gym likely has online or video workout programs you can execute at home as part of their workout programs. Ask your local gym owner or fitness staff if this is an option. Many technology platforms offer online tracking and reporting so your trainer can stay updated on your at-home progress.

HOLLIS FAMILY PHARMACY

FAST HOMETOWN CARE

- ✓ Drive Thru
- ✓ Lowest everyday price on over the counter medications in town
- ✓ Personalized service
- ✓ Affordable RX pricing
- ✓ Employees that care
- ✓ Preferred pharmacy in most networks
- ✓ Transferring is easy just give us a call and we'll take care of the rest

At Hollis Family Pharmacy you're more than just a number.

(208) 369-4510 • 845 S. Substation Rd • Monday-Friday 8-7 • Saturday 10-2 • Sunday Closed



From left to right: James Hollis, Amanda Coles, Anita Peterson, Anthony Hollis

Pets Contribute to Healthy Lifestyles

Dogs earn their moniker of “best friend” in a lot of ways, including helping their owners have healthier hearts.

The American Heart Association says that owning a pet, especially dogs, contribute to better heart health. In a scientific report published in 2013, scientists explored the effects that pet ownership, primarily dogs or cats, had on cardiovascular disease. The beneficial effects included “increased physical activity, favorable lipid profiles, lower systemic blood pressure, improved autonomic tone, diminished sympathetic responses to stress and improved survival after an acute coronary syndrome.

Greater activity

Many people who have pets are more active because they have to walk the animal and move more to take care of it. One study revealed that people who walk dogs get up to 30 minutes more exercise a day than non-walkers. That’s exercise that contributes directly to a healthy heart.

The AHA recommends engaging in healthy activities with your pet including cooling off in sprinklers, swimming with your dog in a lake, walking and running together, playing at a dog park, spending 10 to 15 minutes a day playing catch or fetch and walking home with kids and dogs after school.



Cuddle time

Did you know that even cuddling your dog or cat can make your heart healthier? A Japanese study found that pet owners had a 300% increase in the release of oxytocin just by staring in their pets’ eyes. And the dogs experienced a 130% rise.

Why is this good? Oxytocin affects the free radical and inflammation levels of the heart, two culprits that cause heart attacks. When there is too much inflammation, it leads to a build up of arterial plaque that causes heart attacks. So when you cuddle with your pet, you release the hormone that helps fight heart disease.

Stress response

Other studies have shown that people respond better to stress when they live with a companion animal.

In one study, people who had pets had a significantly lower resting baseline heart rate and blood pressure. When stress was applied,

they had significantly smaller increases in heart rate and blood pressure and recovered to normal after the stress more quickly. The fastest recovery and lowest reaction took place in people when their pet was present.

Social support

In addition to the physical benefits, pets provide emotional and social support that contribute to healthier hearts. The American Heart Association found that pet ownership was a powerful predictor of maintaining behavior change.

In other words, pets help encourage good behavior and make people more motivated to engage in healthy habits. They can reduce the anxiety and depression which create barriers to healthy behaviors.

While there are many factors that go into adopting a pet and one shouldn’t do it just to have a healthy heart, pets can make your life better and longer.

How To Avoid Spreading Germs Within Your Home

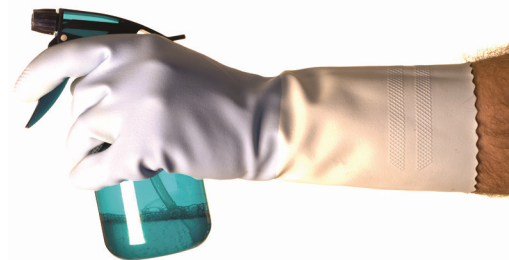
It takes just one cold or flu germ inside your home before the entire family could begin coughing, sneezing and feeling miserable.

There are simple ways to stop the spread of common germs at home. Try these tips and keep your family healthy.

- 1.** Take off your shoes at the door. The soles of your shoes connect with filthy floors in stores, restaurants, offices and sidewalks. Avoid spreading those germs throughout your home's floors and carpets.
- 2.** Twice a day, wipe down light switches, remote controls, doorknobs, the refrigerator handle, faucet handles, and everything else that the entire family touches on a daily basis. This may be impractical on a daily basis,

but if your friends or family have been sick, you should take the time to sanitize these areas.

- 3.** Clean your toothbrushes. Douse them with peroxide, then rinse with water and put them in the microwave for 10 seconds. Better yet, buy in bulk and change brushes every week.
- 4.** If anyone in the house is already sick, use separate bath and hand towels. If possible, designate one bathroom for the sick person while the rest of the family uses another.
- 5.** Clean counters and other surfaces with paper towels. Avoid spreading germs by wiping a contaminated sponge or kitchen towel.
- 6.** Each day, wipe the bottom of your



purse or briefcase. These items can be contaminated from touching floors, seats or tables in public areas.

- 7.** Clean your computer keyboard and mouse every day. Desk areas can be very germey.
- 8.** Change your pillowcases every few days and wash sheets once a week.
- 9.** Remember to avoid touching your face, especially your nose, mouth, and eyes. Wash your hands regularly. Shower daily and launder clothing that you have worn in public places.



A personalized approach to medical care



Bobbi Fuller
DNP, FNP-C

Tired of being tired? Experiencing digestive issues? Increasing cholesterol or blood sugar levels? Too much stress?

We help people like you to gain control of your health by providing a comprehensive health analysis, a customized care plan, and a dedicated support team so that you can have the energy, confidence, and clarity to live a **fuller** life.

709 S. Washington Ave.
Suite B
Emmett, ID 83617
208-740-8808
www.FullerHealthCare.com



We provide comprehensive eye care.

We accept most medical and vision insurances.

After-hours line available for ocular emergencies.

Scan to request an appointment



316 S Washington Ave
Emmett, ID 83617

Phone: (208)369-4883

Email: info@gemvisionclinic.com

Website: www.gemvisionclinic.com



Dr. Chris Kimball
Optometrist

Dr. Kimball was born and raised in the Emmett valley and is excited to have his own clinic to serve his community. He looks forward to meeting you and taking care of all your vision needs.



Is It An Emergency, Or Just Urgent?

By Valor Health

Do you know when to seek care at an Emergency Room or at Urgent Care? Do you know the costs that may be associated with that choice? Depending on the severity of your illness, you may decide you need to see a doctor immediately, or you may wait it out and schedule a check-up appointment with your family doctor in a few days. Valor Health wants to help you understand your healthcare choices, the differences between family practice, urgent care and the emergency room and the estimated costs associated with those choices.

A family doctor is the best place to start when you are hurt or sick. They are committed to

treating the entire person, instead of focusing on one specific health situation. Family doctors provide care to patients of all genders and every age and they advocate for their patients in the complex healthcare system. They know their patients' medical history and previous conditions. Most appointments can be made same day or within a few days. This option is also the least expensive, with most insured patients having visit copays as low as \$25. Valor Health Emmett Medical Center is accepting new patients, if you are looking for a family doctor, please call (208) 365-6004 to find out more.

Common reasons to see your family doctor: Wellness and management of chronic health conditions, and acute issues, such as ear infec-

tions, cold, flu, joint pain and headaches But what happens if you get sick or injured when your doctor's office is closed, or you can't get an appointment? If your condition isn't life-threatening but needs to be taken care of right away, then urgent care may be the right choice. Valor Health Urgent Care is open 8am-8pm, 7 days a week and offers evaluation, treatment and diagnostic testing. Urgent Care is walk-in only and patients can expect to experience a greater wait time due to this. The urgent care option is commonly less expensive than going to an emergency room, the urgent care national average cost per visit is between \$150-\$400. Valor Health Urgent Care is located within Emmett Medical Center [(208)365-6004].

Common reasons to visit urgent care: Unable to see your family doctor, fevers, flu/cold, ear infections, animal/insect bites, bronchitis, sprains, cuts/bleeding, vomiting/diarrhea, urinary tract infections, or lab/x-ray testing If you are experiencing a life-threatening condition the emergency room is the best place to treat severe conditions. The Valor Health Emergency Department is open 24 hours a day, 7 days a week. Emergency care is the most expensive type of care and although costs can vary significantly, national average suggests costs per visit to be around \$2000 or higher due to the severity of your injuries or illness. Wait times are dependent on serving the most severe cases first. If experiencing a life-threatening emergency, please dial 911. Common reasons to visit the Emergency Room: chest pain, paralysis, serious bleeding, repeated vomiting, broken bones, poisoning, head/eye injuries, allergic reactions, unconsciousness or severe difficulty in breathing When choosing the best care for you and your family, being prepared can help save time and money. Speak to your doctor about your healthcare choices.

Offering Easy & Affordable Hearing Care At Your Door

Hearing Care is Health Care

When you take care of your hearing health, you care for your quality of life and overall health.



Dustin Dove, BC-HIS

Bryan Hewett, HIS

Schedule your **free**,
no obligation hearing
examination with us!



Call us today!
(208) 369-4307

www.DoveHearingCenter.com

211 W Main St, Emmett, Idaho 83617
318 State St, Weiser, Idaho 83672

EMMETT DENTAL

Family & Cosmetic Dentistry With A Gentle Touch

NEW LOCATION!

597 S. Washington Ave.

208.365.6313

JAKE CHRISTENSEN, D.M.D.
CHAD SELLERS, D.M.D.
FAMILY DENTISTRY

- * DENTAL IMPLANTS
- * TOOTH COLORED FILLINGS
- * CROWNS & BRIDGES
- * ROOT CANALS
- * EXTRACTIONS
- * DENTURES & PARTIALS
- * PORCELAIN VENEERS
- * RELAX TO OVERHEAD TV

Digital x-rays & laser cavity diagnostics

PREFERRED PROVIDER FOR DELTA, METLIFE, BLUE CROSS & MORE.
WE SUBMIT TO MOST INSURANCE



CareCredit® Patient Payment Plans

\$79 Adult
New
Patient
Special
Patient Exam, Cleaning
X-rays

\$49 Child
New
Patient
Special
Patient Exam, Cleaning
X-rays and Fluoride





Healthy Eye Care Habits

Having healthy eyes can sometimes come down to smarter choices. There are a few simple, yet critical ways you can protect your sight, from having regular exams to dietary changes.

In some cases, injury or illness play a role. Family history can also be a direct indicator of problems ahead. Absent those outside influences, however, you can go a long way

toward healthier eyes by following these helpful tips.

REGULAR EXAMS

It's easy to take eye health for granted. It's also not uncommon for small but worrisome changes to go virtually unnoticed with our sight. That's why it's so important to schedule regular comprehensive eye exams with an eye care professional. Some eye diseases,

including age-related macular degeneration and diabetic eye disease, don't have any warning signs. A dilated exam is the only way to diagnose these issues in the critical early stages. Tests will also help make sure that glasses aren't needed or if you should change your prescription strength.

EATING RIGHT

Diets rich in dark, leafy greens like spinach, collard greens or kale have been shown to improve eye health, according to researchers. There are also benefits in eating fish that boast higher levels of omega-3 fatty acids, like tuna, salmon and halibut. Being overweight is also a risk factor in failing eye sight, because it increases your risk of developing diabetes or diabetic eye disease. Consult a physician if you need more guidance on creating a meal plan that bolsters eye health.

PROTECTIVE EYEWEAR

Safety glasses, shields, goggles and eye guards are critical for those who participate in certain sports, jobs involving machinery and activities like yard work where material might fly into our eyes. Most of these protective lenses are now made of polycarbonate, which is some 10 times stronger than conventional plastics. You can find this safety equipment at sporting goods and outdoors stores, or at your local eye care office. Sunglasses are also important in protecting your eyes from day-to-day exposure to harmful ultraviolet rays. Look for glasses that specifically block UV-A and UV-B radiation.

STOP SMOKING

If you haven't started smoking, don't start. If you already smoke, be aware that the risks aren't limited to your lungs. Smoking has been linked to increasing instances of cataracts, macular degeneration and optic-nerve damage. All of these issues can lead to blindness.



What to know about the new Valor Health Center

Frequently Asked Questions:

Why is Valor Health building a new clinic?

The new Valor Health Center will be an additional clinic location to make quality family medicine and urgent care services accessible to people in the Gem Community, as Emmett and the surrounding areas continue to grow. The Valor Health Center brings important family medicine services to an area that is currently underserved and adds a clinic location that allows for future growth as community needs evolve.

Where will the new clinic be located?

Valor Health Center will be conveniently located near the southwest corner of Highway 16 and Substation Road in Emmett. This land was carefully evaluated and selected to provide easy access to healthcare for people living and commuting in this area. Valor Health Center will be built at an accessible location to provide people with quality primary and urgent care services where it's closer, more convenient and eliminates the need for people in the Gem Community to travel over the hill for care.

What services will be offered?

The new Valor Health Center will offer family medicine and urgent care services and maintain Valor Health's commitment to patient-centered care. The 6,182-sq. ft. facility will feature nine exam rooms, one procedure room and will be designed for future expansion. The location will not be a shared space; Valor Health will occupy the entire building.

Why add another location for family medicine and urgent care?

Valor Health values the people who live and work in the communities we serve. As the Gem Community continues to grow, an added clinic will answer the need for more healthcare providers and services. The added Valor Health location is accessible to the working and commuting population.

How will the new clinic be financed?

Valor Health will be funding the new clinic using its own resources and donations received through the Valor Health Foundation.

Will this project increase the cost of my healthcare?

No, the new Valor Health Center will not impact healthcare costs.

Will this project increase my taxes?

No, it will not.

Will this clinic replace the current Valor Health Family Medicine Clinic?

No, the new Valor Health Center is an additional location and will not replace the current clinic. We will continue to offer Family Medicine care at 1102 E Locust Street, located next to Valor Health Hospital. Urgent care services will, however, relocate from Valor Health Family Medicine to the new Valor Health Center location.

What is the rationale behind the design of Valor Health Center?

Valor Health Center was designed with people in mind—to create a place where



Valor Health providers and staff can offer an overall exceptional patient experience. When designing a new clinic, we feature soothing, natural colors. Valor Health Center will offer comfortable amenities and can be easily adapted for future expansion, particularly to respond to the evolving healthcare needs in the community.

Why is it important to provide an additional clinic for family medicine care?

Regular family medicine care is the foundation for overall health and wellness. Family medicine providers see people of all ages and use wellness visits to provide regular screenings, schedule immunizations and monitor physical development and emotional health. Valor Health family medicine providers have a team approach to care and serve as the team captain for patients as their health needs evolve and

can also make seamless connections to other providers or specialists at Valor Health.

Can I make a financial gift to support the project?

To make a tax-deductible contribution to the new Valor Health Center project or for more information, please visit <https://www.valorhealth.org/about-us/foundation/>.

When does construction begin?

Groundbreaking for the Valor Health Center is Spring 2023.

When will the new clinic open?

The planned opening of the Valor Health Center is Fall 2023.

Where can I find more information?

www.valorhealth.org/center/



Greater
access
to care



Near the corner of
Highway 16 and
Substation Road



Designed for future
growth as our
community evolves

Learn more at valorhealth.org/center.

Medical Directory Listings

Assisted Living

Apple Valley Residence
715 N. Butte Ave
Emmett, ID 83617
208-365-1497

Assisting Angels
3222 W. Overland Ave
Boise, ID 83705
208-365-7409

Cherry Ridge at Emmett
Care & Rehabilitation Center
501 W. Idaho Blvd.
Emmett, ID 83617
208-365-3597

Cottages of Emmett, The
411 E. 12th St.
Emmett, ID 83617
208-365-9490

Home Helpers
PO Box 726
Middleton, ID 83644
208-963-5655

Meadow View Senior Living
1013 S. Johns Ave
Emmett, ID 83617
208-365-1122

River's Edge Rehabilitation
714 N. Butte Ave
Emmett, ID 83617
208-365-4425

Chiropractor

Advanced Chiropractic
108 E. 6th St.
Emmett, ID 83617
208-365-6300

Downey Chiropractic
316 S. Washington Ave
Emmett, ID 83617
208-365-5333

Emmett Chiropractic
288 Hwy 16 Ste 101
Emmett, ID 83617
208-365-2225
[See Our Ad in This Directory](#)

Gardner Chiropractic
518 S. Washington Ave
Emmett, ID 83617
208-365-2024

Schreck Chiropractic
701 S. Washington Ave
Emmett, ID 83617
208-365-1392

Clinics & Physicians

Black Canyon Medical Group
426 Highway 16
Emmett, ID 83617
(208) 3665-2735

Emmett Family Medicine
& Direct Primary Care
2001 E. Quail Run Road
Emmett, ID 83617
208-365-7131
[See Our Ad in this Directory](#)

Fuller Health Care
709 S. Washington, Ste. B
Emmett, ID 83617
208-740-8808
[See Our Ad in this Directory](#)

Southwest District Health
& WIC
1008 E. Locust Ave.
Emmett, ID 83617
208-365-6371

Valley Family Health Care
207 E. 12th St.
Emmett, ID 83617
208-365-1065

Valor Health– Emmett Medical Center
1102 E. Locust St.
Emmett, ID 83617
208-365-6004
[See Our Ads in This Directory](#)

Counseling

Crossroads Counseling
825 S. Washington Ave.
Emmett, ID 83617
208-365-3141

Emmett Counseling
& Psychiatric Services, LLC
2007 E. Quail Run Road, Suite 1
Emmett, ID 83617
208-365-5445

Emmett Family Services
2008 E. Quail Run Rd. #2
Emmett, ID 83617
208-365-2525

Professional Counseling Services
113 N. Commercial Ave
Emmett, ID 83617
208-398-8473

Crisis Intervention & Victim Advocacy

Rose Advocacy
128 N. Washington Ave.
Emmett, ID 83617
208-365-1615
24 Hour Crisis Line
208-870-5532

Dental / Orthodontics

Elkins Dental
1110 S. Washington Ave
Emmett, ID 83617
208-369-4532

Emmett Dental & Orthodontics
314 S. Washington Ave
Emmett, ID 83617
208-365-6313
[See Our Ad in this Directory](#)

Peterson Orthodontics
1312 S. Washington Ave.
Ste. C
Emmett, ID 83617
208-365-6800

Ultimate Dental, LLC
1107 S. Washington Ave.
Emmett, ID 83617
398-2119

Valley Family Dental Care
1020 East Locust
Emmett, ID 83617
208-365-5064

Wallace Family Dentistry
2003 E. Quail Run Rd.
Emmett, ID 83617
208-365-3534
[See Our Ad in this Directory](#)

Emergency

Valor Health E.R.
1202 E. Locust St.
Emmett, ID 83617
208-365-3561
[See Our Ads in this Directory](#)

EMS
Emergency Medical Services
208-365-3684

Police
Emmett Police Department
208-365-6055

Gem County Sherriff
208-365-3521

Fire
Gem County Fire Department
208-365-3521

Poison Control
1-800-222-1222

Sexual Abuse
1-800-656-4673

Suicide Hotline
1-800-273-8255

Fitness

Functional Fitness Training
902 S. Washington
Emmett, ID 83617
541-519-5862

Fit Impact
3660 Mill Road
Emmett, ID 83617
208-695-8769

Gem County Recreation District
107 E. Main St.
Emmett, ID 83617
208-365-5748
[See Our Ad in this Directory](#)

Kamakazee Kickboxing
142 W. Main St.
Emmett, ID 83617
208-369-0471

Peak Fitness
817 S. Washington Ave.
Emmett, ID 83617
(208) 477-5700

Raw Iron Gym
121 S. Commercial Ave.
Emmett, ID 83617
208-401-5109

Medical Directory Listings

Health Insurance

BIG Insurance Co.
602 S. Washington Ave.
Emmett, ID 83617
(208) 365-2160

The Insurance Group
444 Hwy 16 Suite 102
Emmett, ID 83617
208-365-0115

Farmers Insurance
1500 S. Washington Ave. Ste. A
Emmett, ID 83617
208-365-4150

Hearing

Dove Hearing Center
211 W. Main Street
Emmett, ID 83617
208-369-4307
[See Our Ad in This Directory](#)

Hospice

Heart 'N Home Hospice
& Palliative Care, LLC
208-365-2099
[See Our Ad in this Directory](#)

Horizon Home Health & Hospice
312 E. Main St.
Emmett, ID 83617
208-365-1693

Lighthouse Hospice
829C S. Washington Ave
Emmett, ID 83617
208-369-8589

Terrace Hospice
2929 Navigator Drive, Ste. 310
Meridian, ID 83642
208-506-7200

Mental Health

Bell Counseling
621 S. Washington Ave
Emmett, ID 83617
208-365-1060

Clarity Counseling
1500 E. Locust Ave
Emmett, ID 83617
208-918-0054

Crossroads Counseling
825 S. Washington Ave
Emmett, ID 83617
208-365-3141

Emmett Counseling
& Psychiatric Services, LLC
2007 E. Quail Run Road, Suite 1
Emmett, ID 83617
208-365-5445
Emmett Family Services
2008 E. Quail Run Rd. #2
Emmett, ID 83617
208-365-2525

Methodist Counseling Center
1500 E. Locust Ave
Emmett, ID 83617
208-918-0054

Valley Family Health Care
207 E. 12th St.
Emmett, ID 83617
208-365-1065

Nutrition Counseling

Valerie Lawrence, RDN, CDCES
709 S. Washington Ave., Ste. B
Emmett, Idaho 83617
208-365-8212
[See Our Ad in this Directory](#)

Optometric/Vision

Emmett Eye Center
1108 S. Washington Ave.
Emmett, ID 83617
208-365-2020
[See Our Ad in this Directory](#)

Gem Vision Clinic
316 S. Washington Ave.
Emmett, Idaho 83617
208-369-4883
[See Our Ad in this Directory](#)

Pharmacy

Hollis Family Pharmacy
8455 S. Substation Road
Emmett, ID 83617
208-369-4510
[See Our Ad in this Directory](#)

Savon-Albertsons
604 W. Hwy 16
Emmett, ID 83617
208-365-4327

Walgreens
184 W. Hwy 52
Emmett, ID 83617
208-365-4327

Physical Therapy

Mountain Land Physical Therapy
912 S. Washington Ave
Emmett, ID 83617
208-365-4400
[See Our Ad in this Directory](#)

Peak Physical Therapy
809 S. Washington Ave
Emmett, ID 83617
208-365-5341

Rehabilitation

Cherry Ridge at Emmett Care
& Rehabilitation Center
501 W. Idaho Blvd.
Emmett, ID 83617
208-365-3597

River's Edge Rehabilitation
714 N. Butte Ave
Emmett, ID 83617
208-365-4425

Specialty Services

Valor Health Specialty Medicine and Surgical Clinic
1024 E Locust St
Emmett Idaho 83617
208-365-2338
[See Our Ads in this Directory](#)

Valor Health Orthopedics and Sport Medicine
1202 E Locust St
Emmett Idaho
208-365-3563
[See Our Ads in this Directory](#)

Support Groups

Alcoholics Anonymous AA
115 S. McKinley Ave
Emmett, ID 83617
208-398-5151

ALANON
115 S. McKinley Ave
Emmett, ID 83617
208-398-5151

Celebrate Recovery and the Landing
120 E. 3rd St
Emmett, ID 83617
208-365-3712

Compassion Care
1013 S. Johns Ave
Emmett, ID 83617
208-365-1122

Dementia/Alzheimer's
411 E. 12th St.
Emmett, ID 83617
208-365-9490

Domestic Violence
128 N. Washington Ave
Emmett, ID 83617
208-365-1616

Gem County Recovery Community Center
115 S. McKinley
Emmett, ID 83617
208-398-5151

Lighthouse Community Partners
829C S. Washington Ave
Emmett, ID 83617
208-369-8589

Mental Illness
115 S. McKinley Ave
Emmett, ID 83617
208-398-5151

Narcotic Anonymous NA
115 S. McKinley Ave
Emmett, ID 83617
208-398-5151

Transportation

Elder Opportunity Agency
134 N. Washington
Emmett, ID 83617
(208) 365-4461

Gem County Senior Center
719 S. Johns Ave.
Emmett, ID 83617
(208) 365-4343

Urgent Care

Valor Health Urgent Care
1102 E. Locust St.
Emmett, ID 83617
208-365-6004
[See Our Ads in this Directory](#)



WALLACE FAMILY DENTISTRY

Darren Wallace DMD Andrea Wallace DMD



**EMERGENCIES SEEN
SAME DAY!**

**DO YOU HATE DENTAL INJECTIONS?
ASK US ABOUT THE WAND!**

**IT'S A COMPUTER-ASSISTED ANESTHETIC
DELIVERY SYSTEM THAT PROVIDES MORE
COMFORTABLE INJECTIONS.**

- ☐ Endodontics (Root Canal)
 - ☐ Laser Cavity Diagnosis
 - ☐ Implants & Implant Supported Dentures
- Digital X-Ray & Intra-Oral Camera

 **CareCredit**SM

NEW! Your crowns
made SAME DAY as your appointment

CEREC[®]
One-visit dentistry

*No dental insurance?
Call us to learn about
our membership
discount program!*

208-365-3534 NEW PATIENTS WELCOME
2003 E Quail Run Rd, Emmett Idaho
www.wallace-dentistry.com

The Role of Diet in Fitness

Working out isn't enough if you're still making poor food choices



Combine your physical fitness goals with a commitment to eating right in order to achieve a healthier lifestyle.

Even small tweaks to your diet can have a huge impact when combined with a smart workout plan, providing the energy you need while controlling your weight.

As with any exercise regimen, consult your doctor before making wholesale changes in your daily menu, in particular if you're on a special diet or unfamiliar with healthier choices.

WHAT YOUR BODY NEEDS

Pay attention to things like protein, which remains vitally important as we age. Higher consumption levels can reduce the symptoms of sarcopenia, the natural loss of muscle mass, function and strength among seniors. Proteins help us recover from exercise regimens, main-

tain mobility and balance, and built and retain strength. Some 30% to 35% of your total caloric intake should include protein, according to medical professions. Protein also helps with absorption of vitamins, energy levels and concentration. As you ramp up your physical activity, it becomes even more crucial.

MIXING THINGS UP

Eating right doesn't mean limiting your intake to salad or starving yourself. Keep yourself from boredom and hunger by mixing up your protein sources with healthier alternatives like fish, peas, chicken and beans. They're packed with nutrients, and can be prepared in a seemingly endless number of ways. Incorporating more vitamin-rich vegetables in your life not only helps ensure wellness. They can be surprisingly filling. Promote your bone health by enjoying fat-free or low-

fat dairy items that are fortified with vitamin D.

REWARD YOUR EFFORT

You've probably heard the old saying about all work and no play. The same caution should be taken with your healthier diet. As you eat and exercise your way to wellness, don't forget to acknowledge the small victories that propel this journey. Indulge in a small dessert or favorite snack to avoid becoming discouraged. They can be a great reward for when you reach that all-important next goal. Worried you might back slide too far? There are also a huge number of non-food rewards that may inspire you. Consider treating yourself to a massage, facial, manicure and pedicure, or spa day. Purchase a small gift for yourself, even if it's only a trip to the stylist. Then get back out there!



How to Avoid Falls

A few simple steps can help ensure you don't experience a mishap

As many as one-third of seniors suffer a fall every year, according to the National Institutes of Health.

But you don't have to be one of them. Recommended precautions coupled with a few targeted exercises can lower your risk. Balance is a key element, along with awareness of the hazards that surround your daily life. Living upstairs and certain medications may increase your likelihood. These falls are

particularly hazardous if there's an associated hip injury.

CONSULT A PRO

Talk about your fall risks with your doctor, since they'll be intimately familiar with your prescription medications, related health conditions and history of injury. Joint pain, eye or ear disorders and shortness of breath can also be key indicators for potential falls. Medical professionals can offer helpful advice to help limit these risks. They might also adjust your prescriptions, in certain instances. Trainers can also help tailor a regimen just for you. Easier weight-bearing activity like climbing stairs or walking can actually slow down osteoporosis, a disease that weakens your bones.

GET PHYSICAL

Many older adults end up taking bigger risks because they're afraid of falling. They may avoid shopping, walking or certain social activities in a misguided effort to keep themselves safe. But being inactive actually increases your chances of a fall. Any form of

exercise where you're moving your body can help lower these risks, but pay particular attention to balance routines that will provide a better defense against a fall by strengthening your core. Walking, jogging and swimming are some of the most convenient and easiest exercises, and they help with both coordination and balance. Your confidence will grow by leaps and bounds, while extending the period of time you can live independently.

RECOMMENDED EXERCISES

Small changes can make a big difference when it comes to falls. Leg raises, done from a behind a sturdy chair, strengthen your hips and thighs. The National Institutes of Health also recommend walking heel to toe and standing on one foot, in order to strengthen your balance. As you get stronger through a steady exercise program, begin using only one hand on the chair exercises. Then switch to only a single finger, and continue working until you can complete this routine without any assistance from your hand.



Fit and Fall Proof™ (FFP) is a FREE exercise program designed to strengthen older adults so they fall less. Classes target individuals 65 years and older, but are open to all ages. These classes focus on strength, flexibility, mobility and balance and not only provide functional fitness, but offer a social aspect as well. All classes are instructed by certified volunteers who have received training and instruction on exercise techniques and personal safety.

FREE Fit & Fall Proof Exercise Classes!

Increase your > Balance | Mobility | Strength
Flexibility | Confidence

Preventing Falls Saves Lives!
Tuesday & Thursday, 9:30-10:30 a.m.



**Let's get moving
Gem County!
Youngest to Oldest
we're here for you**

**Line Dancing - Monday 10 a.m. to 12 p.m.,
Wednesday 1 - 2 p.m.**

GCRD OPEN RECREATION HOURS:

Mon. 10 am-5 pm
Tues. - Fri. 9 am-5 pm
**Closed Saturdays
and Sundays**

**Do you have a skill?
Willing to teach a class?
Contact us. New programs
forming.**

Follow us on Facebook @ Gem
County Recreation District or
GCRD Sports

**107 E. Main St., Emmett
New Location Coming in June
208-365-5748
www.gemcountyrecreation.com**





Advanced Eye Care, Legendary Service

We pair the latest technology with a knowledgeable and friendly staff to provide Gem County with the best eye health care possible.

Most medical
insurance and
vision insurance
plans accepted



Large selection of
fashionable and
functional name
brand frames

Our team is focused on the visual and overall health needs of our patients

The latest technology for comprehensive vision and overall health care

Emmett Eye Center is one of only a handful of eye care clinics in Idaho that provide both the AdaptDX and Optomap diagnostic tools. Early detection is the key to successful treatment and prevention of all types of vision and health risks.

1108 S. Washington Ave., Emmett • 365-2020

emmetteyecenter.com



Emmett Eye Center



Anger Can Harm Your Heart

Everyone gets angry sometimes, but you've probably noticed that some people lose their tempers more often or at higher degrees of intensity.

People who get angry a lot — and do so at levels where they slam doors, pound tables, throw things or hurt others — are far more likely to experience heart disease than those who are able to express their anger constructively and lose their temper less often. Equally at risk are people who suppress rage and find

no way to let it out in a healthy manner. Research into anger has discovered that those who have existing heart disease are more likely to die from heart problems if they have high rates of hostility and anger. Another study found that middle-aged people who experience intense and frequent anger but have normal blood pressure, were nearly twice as likely to experience coronary artery disease and three times as likely to have a heart attack than those who had low anger levels.



Mountain Land

PHYSICAL THERAPY

Experiencing Pain?
WE CAN HELP!

✓ **Strains & Sprains**

✓ **Joint Pain**

✓ **Back Pain**

✓ **Headaches**

Convenient location at 912 S. Washington Ave. in Emmett
and with six other locations in the Treasure Valley.



**SCHEDULE AN
APPOINTMENT TODAY!**



333528-1

Physical effects of anger

How does anger affect the heart? According to HeartSense in India, anger can:

- Reduce the strength of heart contractions.
- Increase heart rate.
- Increase blood pressure.

But it goes beyond that. According to Harvard researchers, if your body has an excess of the stress hormones that get released when you go into high anger mode, fatty plaque can build up in the arteries and speed the process of atherosclerosis. Anger can cause heart rhythm issues by disrupting the electrical impulses of the heart.

Trait anger

The way people handle anger may be genetic. Scientists refer to “trait anger” as a measure of how a person expresses anger

— either in rages or in milder forms. People with high trait anger typically have higher cholesterol and triglycerides in their blood stream. High trait anger has been linked to high blood pressure.

It's important to understand the different types and levels of anger. Not all anger is bad for the heart. Researchers have found that constructive anger, as compared to destructive anger, can actually reduce your stress, help you relax and calm you down. It's the healing effect of blowing off steam. It's the destructive anger that is a problem. In one small study, people who experienced severe anger were 8.5 times more likely to have a heart attack within two hours.

A Canadian study found out something surprising about the link between anger and heart attack. When someone exercises while angry, they are more likely to have a heart attack, regardless of any other risk factor.

Exercise and being angry works together to increase blood pressure while also reducing the amount of blood that goes to the heart muscle. So if you find yourself in an intense state of ire, choose something relaxing such as a walk instead of a run. Don't do anything strenuous.

Getting it under control

Experts say that anger management can help contribute to a healthier heart. Counseling and anger management classes are two options when the problem is severe. However, there are also simpler steps that you can teach yourself, steps such as counting to 10, walking away from a situation and training yourself to counter angry thoughts with coping statements.

Doing so will not only contribute to a healthier heart, but it will likely improve the relations you have with others in your life.



Heart 'n Home
HOSPICE

Care the way YOU want it!

Don't wait!
Call today!

MERIDIAN
(208) 288-1143

CALDWELL
(208) 454-0262

EMMETT
(208) 365-2099

FRUITLAND
(208) 452-2663


- Physician Support
- Guidance & Support For Caregivers
- Extensive Grief & Loss Services
- 24/7 On-Call Nursing Services
- Medications Related to Diagnosis
- Emotional & Spiritual Support
- Help With Bathing & Personal Care
- Care Team Just a Phone Call Away
- Symptom & Pain Management
- Specialized Services for Veterans
- Compassionate & Personalized Care

GoHOSPICE.com

You will always be treated the
way *you* want to be treated!

EMMETT CHIROPRACTIC

Dr. Daniel M. Pewe



- Serving Emmett for 23 years
- Most Insurance accepted including Select Health, Medicare, Medicaid, Blue Cross and Blue Shield
- New patients always welcome
- Auto accidents and workers compensation injuries accepted
- 3rd generation Chiropractor

Start Feeling Better Today!

208-365-BACK (2225)

Open Monday thru Friday
288 Highway 16, Suite 101, Emmett, ID 83617
Next to Dollar Tree
www.emmettchiropractic.com



Nutrition Counseling led by local Registered Dietitian Valerie Lawrence RDN, CDCES

- Medical Nutrition Therapy
- Diabetes Classes
ADA recognized program
- Group Classes and
1:1 counseling
- Most Insurances Accepted

Lower cholesterol - Manage blood sugars - Weight Managment
Small steps can make significant changes.

**Ask your healthcare provider to fax
a referral for Diabetes Education (DSME) to:**

Valerie Lawrence, RDN, CDCES
709 S Washington Ave. Suite B
FAX 208-550-3225
or call 208-365-8212
www.healthyval.com

This publication was made possible by NU58DP006554 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department or the CDC.
Nutrition Counseling Valerie Lawrence 12.19.22

COMMUNITY RESOURCE DIRECTORY GEM COUNTY, IDAHO

Photo: Anthony Harmon

On the following pages of this Medical Health Directory is a Community Resource Guide. If you want to get a quick connection to this resource guide, just scan the QR code below with your smart phone and it will take you to an interactive and hot linked version of this Resource Guide. Those hotlinks will take you to the designated websites, Facebook pages or other internet connections that each of the Resources have provided for additional information.

MESSANGER INDEX ONLINE EDITIONS



ONLINE COMMUNITY DIRECTORY



EMERGENCY SERVICES

Child Protection Services (24Hours)

208-334-5437

healthandwelfare.idaho.gov/services-programs/children-families/child-protection-and-foster-care

Domestic Abuse Hotline

800-799-SAFE (7233)

icdv.idaho.gov

Emmett Fire Department

208-398-8042

cityofemmett.org/fire

Emmett Police Department

208-365-6055

cityofemmett.org/police

Gem County Fire District 1

208-365-2012

gemfireems.org/#/

Gem County Fire District 2

208-584-3400

facebook.com/Gem-County-Fire-Protection-District-2-107954120857958/

Gem County Public Defender

208-365-4548

[gemcounty.org/departments_offices/court_\(magistrate-district\)/index.php](http://gemcounty.org/departments_offices/court_(magistrate-district)/index.php)

Gem County Sheriff Department

208-365-3521

gemcounty.org/departments_offices/county_sheriff/index.php

Idaho CareLine

211

healthandwelfare.idaho.gov/services-programs/211

Idaho Suicide Prevention Hotline

208- 398-4357

idahosuicideprevention.org

Poison Control

1-800-222-1222

poison.org

Rose Advocates-

sexual and domestic violence

208-414-0740

roseadvocates.org

HOUSING

Apple Valley Residence

208-365-1497

Cherry Ridge Nursing Home

208-365-3597

cherryridgeofcascadia.com/

Elderly Opportunity Agency Inc.

208-365-4461

eoaidaho.org/index.html

Meadow View Assisted Living

208-365-1122

meadowviewal.com

River's Edge Nursing Home

208-365-4425

riversedgerehab.com/contact

The Cottages Assisted Living

208-365-9490

assistedlivingidaho.com/portfolio/emmett-location

MEDICAL

Black Canyon Medical Group

208-365-2735

blackcanyonmed.wixsite.com/mysite

Clarity Counseling Connections

208-918-0054

claritycounselingconnections.org

Emmett Counseling & Psychiatric Services LLC

208-365-5445

counselingidaho.com

Emmett Family Medicine and Direct Primary Care

208-365-7131

emmettfamilymedicine.com

Idaho Department of Health and Welfare

877-456-1233

healthandwelfare.idaho.gov

Southwest District Health

208-365-6371

phd3.idaho.gov

Valley Family Health Care

208-365-1065

vfhc.org/

Valor Health Family Medicine 208-365-6004

valorhealth.org/services/family-medicine/

Valor Health Hospital

208-365-3561

valorhealth.org

Valor Health Urgent Care

208-365-6004

valorhealth.org/services/urgent-care/

COMMUNITY

Adult Protection-
Idaho Commission on Aging
208-334-3833
aging.idaho.gov/contact/

Community Partnerships of Idaho
208-365-5781
mycpid.com/

Emmett City Clerk's Office
208-365-6050
cityofemmett.org/city-clerks-office

Gem County Chamber
of Commerce
208-365-3485
emmettidaho.com

Gem County Clerk's Office
208-365-4561
gemcounty.org/departments_offices/coun-ty_clerk/index.php

Gem County Indigent Care
208-365-4561
gemcounty.org/departments_offices/coun-ty_clerk/index.php

Gem County Ministerial
Association
208-365-4477
facebook.com/EmmettGCMA/

Gem County Recovery Center
208-398-5151
gemrecovery.org/

Gem County Recreation District
208-365-5748
gcrd.activityreg.com

Gem County Senior Center
208-365-4343
facebook.com/gemsrctr/

The Guest House (clothing)
208-365-0775
theguesthouse-emmett.weebly.com

U of I Gem Co./
4H Extension Office
208-365-6363
uidaho.edu/gem

Vocational Rehabilitation
208-888-0648
vr.idaho.gov

Western Idaho Community Action Partner-
ship Community Collaborative (WICAP)
208-365-3116
wicap.org

EDUCATION

Black Canyon High School
208-365-5552
emmettschools.org/bchs

Butte View Elementary
208-365-4691
emmettschools.org

Calvary Christian Academy
208-365-2485
ccemmett.org/ccca

Emmett High School
208-365-6323
emmettschools.org

Emmett Middle School
208-365-2921
emmettschools.org

EDUCATION

Emmett School District
208-365-6301
emmettschools.org

Kenneth Carberry Elementary 208-365-
0839
emmettschools.org/carberry

Ola Elementary
208-584-3589
emmettschools.org/Domain/13

Payette River Technical Academy
208-365-0985
pr2ta.com

Shadow Butte Elementary
208-365-0877
emmettschools.org/Domain/12

Sweet-Montour Elementary
208-584-3378
emmettschools.org/Domain/13

WICAP Head Start
208-365-3743
wicap.org/head-start

FINANCE

Idaho Department of Health and Wel-
fare
877-456-1233
healthandwelfare.idaho.gov

Vocational Rehabilitation
208-888-0648
vr.idaho.gov

WICAP
208-365-3116
wicap.org

Valor Health Foundation

- *Brick Fundraiser*

The Valor Health Foundation is excited to take the lead in
Paving the Way to a Healthy Community



***Purchase a
personalized brick to be
placed at the new Valor
Health Center- coming
soon to the SW corner
of HWY 16 & Substation
in Emmett***



4x8 Brick \$100 - 3 lines available
8x8 Brick \$250 - 6 lines available,
includes your business logo!
18 characters per line
Limited bricks are available

All contributions help the Foundation support the new clinic and Valor Health's efforts to move from hospital-based "sick care" to outpatient-based proactive management of health, provide exceptional hometown quality, customized experiences, convenience, and improve health and wellness across Gem County. Please consult your tax advisor for tax deduction information.



For more information or to
purchase your brick visit
[www.valorhealth.org/
foundation/](http://www.valorhealth.org/foundation/)

Valor Health
Our priority is people



A BUCK INSURANCE GROUP

BIGINSURANCE.COM®

SMALL TOWN SERVICE BIG TIME TECHNOLOGY

At BIG Insurance we listen to what you need, then work for you to find the best solutions.

For Individual and Medicare Health Insurance needs that means we will match you to the best possible plan regardless of the top-line company that underwrites it. We represent Blue Cross, Regence, Mountain Health Co-op, Pacific Source, Select Health and many others. Our agents are trained to find the products offered by our carriers that best fit your needs, not the other way around..

What kinds of health insurance are there?

There are essentially two kinds of health insurance: Fee-for-Service and Managed Care. Although these plans differ, they both cover an array of medical, surgical and hospital expenses. Most cover prescription drugs and some also offer dental coverage. Let us help find your best match. We handle long-term care and disability also.



**Medicare
Support**

**Group
Health**

**Individual
Health**

**QUOTE.
COMPARE.**

Let us help you understand Medicare & Social Security.
Free How-To videos on Medicare. Social Security and Long Term Care!

**FAST & EASY QUOTE ONLINE
or GIVE US A CALL**
Companies You Can Trust!

**"We Love Emmett.
Go Huskies!"**

James Buck
Offices in Emmett
Star and Nampa
big@biginsurance.com

602 S Washington Ave. | Call Us 208.365.2160 | Text Us 208.222.9886