

# BEST *of* HEALTH *and* Wellness

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Medical Listings

Publication of

North Coast  
CITIZEN

CANNON BEACH  
GAZETTE

THE NEWS Guard

Tillamook  
Headlight Herald



**2022 NORTH OREGON COAST PROVIDER DIRECTORY**  
*Serving Clatsop, Tillamook and Lincoln Counties*

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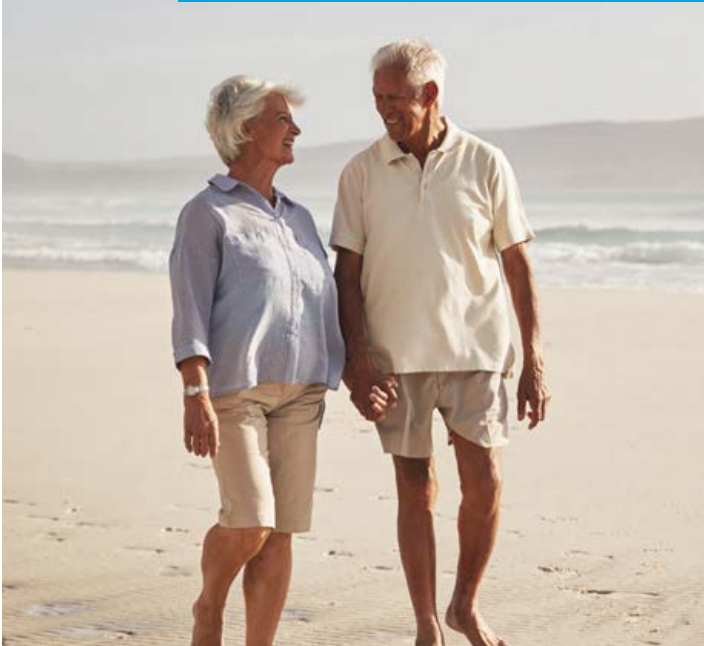
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### Produced by

**Tillamook Headlight Herald**

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**503-842-7535**

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headlightads@countrymedia.net

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## TIDES OF CHANGE

*hope. safety. support.*

**Our mission is to provide hope, safety and support to those impacted by gender based violence and shift cultural norms through advocacy, education, and community collaboration.**

You can support our efforts by donating to our non-profit organization online or by sending donations to P.O. Box 187, Tillamook, OR 97141

**P: 503.842.9486 • Toll-free: 800.992.1679**

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[www.tillamookymca.org](http://www.tillamookymca.org)

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# PROMOTING GOOD HEALTH

## CLATSOP COUNTY

### AL-ANON

jordanshope.org

### ALCOHOLICS ANONYMOUS

www.soberinseaside.com

1-971-601-9220

aa-oregon.org/find-meetings/#districts

### ALCOHOL & DRUG PREVENTION & TREATMENT SERVICES

**Clatsop Behavioral Healthcare**

503-325-5722

clatsopbh.org

### CAREER OPPORTUNITIES

**Columbia Memorial Hospital**

503-325-4321

columbiamemorial.org/careers

### CBD

**CBD Hemp Store Outlet**

1111 N. Roosevelt Dr., Suite 324

Seaside, OR 97138

503-739-7217

cbd-hempstore.com

### CHILD ABUSE & NEGLECT

**Clatsop CASA Program**

503-338-6063

clatsop-casa.org

**The Healing Circle (VOCA)**

**Victory Over Child Abuse**

503-325-2761

vocacamp.org

**The Lighthouse for Kids**

503-325-4977

thelighthouse4kids.org

### CLATSOP COUNTY OREGON PUBLIC HEALTH

www.co.clatsop.or.us/publichealth

503-325-8500

TTY/TDD/Voice Services Dial 711

### CONSEJO HISPANO

503-325-4547

consejohispano.org

### COMMUNITY SERVICES

### CLATSOP COMMUNITY ACTION

503-325-1400

ccaservices.org

### COUNSELING

**Astoria Hope House Astoria**

503-325-6754

lcsnw.org/office/astoria

### DOMESTIC ABUSE

**The Harbor, Astoria**

24/7 HELP/INFORMATION

503-325-5735

855-938-0584 (Español)

harbornw.org

### HOME MEDICAL EQUIPMENT SUPPLIER

**North Coast Home Care**

2230 Exchange Street

Astoria, OR 97103

503-325-9906 Toll Free 503-325-1437

Seaside Location: 503-738-4043

NCHC.net

### OREGON HEALTH AUTHORITY

www.oregon.gov/oha

### PHARMACY

**CMH Community Pharmacy-Seaside**

1111 N Roosevelt Dr. Ste. 210

503-738-3002 • Columbiamemorial.org

### SENIOR MEALS

**Columbia Senior Dinners**

503-325-9693

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360-642-3214

#### Coastal Eye Care

##### Seaside

819 S. Holladay Dr.

Seaside, OR

503-738-5361

#### Coastal Eye Care

##### Astoria

553 18th Street

Astoria, OR

503-325-4401

#### Coastal Eye Care

##### Tillamook

102 Main Ave

Tillamook, OR

503-374-0399



Dr. Darren Thorsen  
Optometrist



Dr. Katelyn Powers  
Optometrist



Dr. Ashley Calvert  
Optometrist



Dr. Kyle Thompson  
Optometrist

*Continued on Page 6*



# Tillamook Family Counseling Center

503-842-8201 • 800-962-2851

24/7 Crisis Services

## Outpatient Behavioral Health Services

### Mental Health/Substance Use Services

Victor Bofill, LPC, CADC I  
George Castro, MSW  
Robyn Herrick, LPC, CADC III  
Joseph LaMartina, MA, CADC II  
Yazmina Lopez, LCSW  
Kim Miller, LCSW  
Holly Riendeau, LCSW, CADC I, CGACI  
Sarah Luker, LCSW  
Kaylan Smith, LPC  
Terri Syversen, LPC, CADC III  
Samantha Price, MSW

### Developmental Disabilities Services

Lori Davidson  
Jolene Mooney  
Kieley Petrey  
Courtney Reese  
JoDee Ridderbusch, BA  
Ben Ritch-Smith  
Tracy Sheets  
Phyllis Sisco  
Jessica Valencia  
DeWanna Zeller  
Shiela Zerngast, BA  
Madi Chestnut, BS

### Medical Team

LaDonna Chirpas, PMHNP  
Mary McCarthy, MD  
Laurel Payne, DO  
Michael Redmond, DO

### Prevention

Melissa Carlson-Swanson  
Janeane Krongos, BS, CPS, CHES

### Assertive Community Treatment Team (ACT)/Case Management

Doug Beeler, Peer Recovery Mentor  
Victor Bofill, LPC, CADC I  
Brett Stanislaw, MA  
Lauren Hermann, RN  
Lisa Ray, Peer Support Specialist  
Christine Dowd, LPC

### Children's Wraparound Services

Shannon Pullen, Peer Support Specialist/WRAP  
Jane Sandquist, MA

### Home/Community Based Services Team

Melonie Ferguson, BA  
Chris McClure, MA

### Supported Employment

Jamie Niemi, MSW  
Andrew Benson, BA

### Prime Plus Peer Initiative

Michele Riggs, LSCW  
Melinda Scott, Peer Recovery Mentor  
Jennifer Barksdale, Peer Recovery Mentor

### Crisis/Emergency Services

Tami Waddell, LCSW  
John Holland, MSW  
Kathy Sias, MSW



## Tillamook Family Counseling Center

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503-842-8201

800-962-2851

[www.tfcc.org](http://www.tfcc.org)

906 Main Ave., Tillamook

We've adjusted our services to keep the community and our staff safe.  
For more information call us.

*At some time in our lives, we all experience challenging and difficult times. Professional help can result in a discovery of new options, new skills, a fresh approach to some of life's problems, and new strategies for coping. Our staff at TFCC are well qualified to assist you with a wide-range of life issues.*

**Tillamook Family Counseling Center is committed to supporting the overall well-being of the citizens of Tillamook County by providing comprehensive affordable behavioral health services.**



# PARTICIPATING PROVIDERS

## CLATSOP COUNTY

### DENTAL

Advantage Dental Oral Health Center  
1111 N. Roosevelt Dr.  
Suite 110  
Seaside, OR 97138  
971-206-6688  
advantagedental.com

### INDEPENDENT LIVING-SENIORS

**Avamere at Seaside**  
2500 S. Roosevelt Dr., Seaside, OR  
503-738-0900  
AvamereAtSeaside.com

### MEMORY CARE

**Avamere at Seaside**  
2500 S Roosevelt Dr. • 503-738-0900  
AvamereAtSeaside.com

### MEDICAL CLINIC

**CMH Medical Group-Seaside**  
1111 N Roosevelt Dr. Ste. 210  
503-738-3002 • Columbiamemorial.org

### CMH Urgent Care-Seaside

1111 N Roosevelt Dr. Ste. 210  
503-738-3002  
Columbiamemorial.org

### OPTOMETRIC PHYSICIANS

**Coastal Eye Care**  
Seaside  
819 S. Holladay Dr.  
Seaside, OR  
503-738-5361

### Coastal Eye Care

Astoria  
553 18th Street  
Astoria, OR  
503-325-4401

## PROMOTING GOOD HEALTH CLATSOP COUNTY *Continued from Page 4*

### SHELTER & REENTRY PROGRAMS

**Helping Hands**  
helpinghandsreentry.org/clatsopcounty.html

### SHOPPING CENTER

**Seaside Outlets**  
1111 N. Roosevelt Dr.  
503-717-1603 • seasideoutlets.com

### RECREATION PROGRAMS

**Sunset Empire Park & Recreation District**  
503-738-3311

[sunsetempire.com](http://sunsetempire.com)

### WOMEN, INFANTS AND CHILDREN (WIC)

503-338-3637  
[www.co.clatsop.or.us](http://www.co.clatsop.or.us)

### VETERANS' SERVICES

**Clatsop County Veterans Service Office**  
503-440-9411  
[ccaservices.org](http://ccaservices.org)  
[clatsopvso@ccaservices.org](mailto:clatsopvso@ccaservices.org)  
**Department of Veterans Affairs**  
**Clatsop County**  
[oregon.gov/ODVA/services](http://oregon.gov/ODVA/services)



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At **Prestige Senior Living Five Rivers**, our goal is to provide quality care with a strong focus on wellness.

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**Prestige Senior Living Five Rivers**  
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(503) 842-0918 · [www.PrestigeCare.com](http://www.PrestigeCare.com)



Managed by  
**Prestige Senior Living, L.L.C.**

# TILLAMOOK COUNTY PHYSICIANS & PROVIDERS

## LEANNA COY, FNP-C

### FAMILY NURSE PRACTITIONER



#### EDUCATION

Washington State University in Vancouver, WA

#### SPECIALTIES:

Women's Health, Family Care

**OTHER:** Rinehart Clinic (soon to be known as Nehalem Bay Health Center & Pharmacy) offers patient-centered primary care on the North Oregon Coast. Most major insurance plans accepted, including Medicare. Healthcare for the whole family, regardless of ability to pay.



**RINEHART**  
CLINIC & PHARMACY  
COMPASSIONATE COMMUNITY CARE

230 Rowe Street, Wheeler, OR 97147

1-800-368-5182

[www.rinehartclinic.org](http://www.rinehartclinic.org)

H64784

## CAITLIN SIMONS, FNP-C

### FAMILY NURSE PRACTITIONER



#### EDUCATION

Yale University

#### SPECIALTIES:

Pediatric Care, Youth Development, Family Care

**OTHER:** Rinehart Clinic (soon to be known as Nehalem Bay Health Center & Pharmacy) offers patient-centered primary care on the North Oregon Coast. Most major insurance plans accepted, including Medicare. Healthcare for the whole family, regardless of ability to pay.



**RINEHART**  
CLINIC & PHARMACY  
COMPASSIONATE COMMUNITY CARE

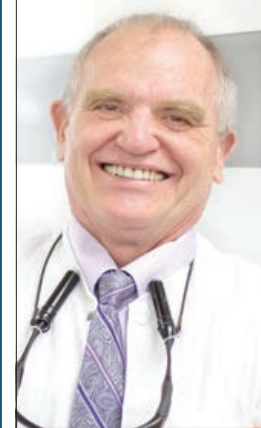
230 Rowe Street, Wheeler, OR 97147

1-800-368-5182

[www.rinehartclinic.org](http://www.rinehartclinic.org)

H64785

## LEE LONG, DDS



### DENTAL SCHOOL

Loma Linda University

### MEDICAL INTEREST

General Dentistry

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*The Smile Studio*



American Dental Association

1503 Third Street 503.842.2386

Tillamook, OR 97141 503.368.5028

[www.thesmilestudio.net](http://www.thesmilestudio.net)

H63182

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Cataract & Laser Surgery

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Dr. Lee Johnson, MS, OD, FAO



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H20161



# TILLAMOOK COUNTY PHYSICIANS & PROVIDERS

## JENNIFER ALLBRIGHT, EPDH



### EDUCATION

Lane  
Community  
College

### CREDENTIALS

Expanded  
Practice  
Dental  
Hygienist

### SPECIAL INTEREST

Comprehensive preventative  
dental hygiene for all ages



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TTY 800-735-2900  
www.tillamookchc.org

H64798

## S. GREG BENANTI, SR., DMD



### MEDICAL SCHOOL

Southern  
Illinois  
School  
of Dental  
Medicine

### CREDENTIALS

Doctor  
of Dental  
Medicine

### MEDICAL INTEREST

Preventive dental care for all ages  
and stages of life.



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503-842-3938 • 800-528-2938  
TTY 800-735-2900  
www.tillamookchc.org

H64799

## DANELL BOGGS, LCSW



### EDUCATION

BS in Liberal  
Studies  
(Psychology and  
Health) from  
Eastern Oregon  
University

### CREDENTIALS

Licensed Clinical  
Social Worker,  
Certified Alcohol  
and Drug  
Counselor I,  
Certified  
Gambling  
Addiction

Counselor II, Certified Grief  
Recovery Specialist

### MEDICAL INTEREST

Holistic approach to physical and mental/  
emotional health for everyone, including  
those with developmental disabilities



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TTY 800-735-2900  
www.tillamookchc.org

H46981

## ESTHER BRADEEN, MS



### EDUCATION

Capella  
University

### CREDENTIALS

Professional  
Counselor  
Associate,  
under the  
supervision of  
Valerie Bundy,  
LPC, NCC

### MEDICAL INTEREST

Person-Centered mental  
health counseling for all ages,  
Cognitive- Behavior Therapy with  
experience in domestic or sexual  
violence, and substance use



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503-842-3938 • 800-528-2938  
TTY 800-735-2900  
www.tillamookchc.org

H64797

## CRAIG BROWN, MD



### MEDICAL SCHOOL

University of  
California  
School of  
Medicine

### RESIDENCY

Family  
Practice Mercy  
Medical  
Center,  
Redding, CA

### MEDICAL INTEREST

Board Certified with the  
American Board of  
Family Medicine



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503-842-3938 • 800-528-2938  
TTY 800-735-2900  
www.tillamookchc.org

H63186

## CHRISTOPHER CRAFT, FNP



### EDUCATION

University of  
Tennessee  
Health and  
Science

### CREDENTIALS

Family Nurse  
Practitioner

### MEDICAL INTEREST

Family Medicine,  
Preventive Care, Adult Medicine



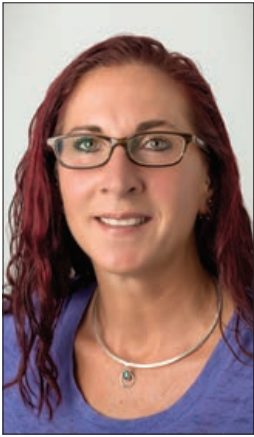
Serving all of Tillamook County  
503-842-3938 • 800-528-2938  
TTY 800-735-2900  
www.tillamookchc.org

H47037



# TILLAMOOK COUNTY PHYSICIANS & PROVIDERS

## PATRICIA DANNEN, PA-C



**EDUCATION**  
Oregon Health  
Sciences  
University

**CREDENTIALS**  
Certified  
Physician  
Assistant

### MEDICAL INTEREST

Family care of all ages, children to elderly, promoting healthy lifestyle in treatment and prevention of disease



Serving all of Tillamook County  
503-842-3938 • 800-528-2938  
TTY 800-735-2900  
[www.tillamookchc.org](http://www.tillamookchc.org)

H47036

## MELISSA PAULISSEN, MD



**MEDICAL  
SCHOOL**  
Oregon  
Health  
Science  
University

**RESIDENCY**  
Providence  
Oregon  
Family  
Medicine

### MEDICAL INTEREST

Board Certified Family  
Medicine, Preventive Care,  
Pediatrics, Adult Medicine



Serving all of Tillamook County  
503-842-3938 • 800-528-2938  
TTY 800-735-2900  
[www.tillamookchc.org](http://www.tillamookchc.org)

H47035

## DOVE RAINBOW, PA-C



**EDUCATION**  
Idaho State  
University

**CREDENTIALS**  
Certified  
Physician  
Assistant

**MEDICAL  
INTEREST**  
Preventive  
Care,  
Family

Medicine of All Ages,  
Women's Health



Serving all of Tillamook County  
503-842-3938 • 800-528-2938  
TTY 800-735-2900  
[www.tillamookchc.org](http://www.tillamookchc.org)

H48794

## MICHAEL REDMOND, DO



**MEDICAL  
SCHOOL**  
Philadelphia  
College of  
Osteopathic  
Medicine

**RESIDENCY**  
Psychiatry  
at Oregon  
Health and  
Sciences  
University

### MEDICAL INTEREST

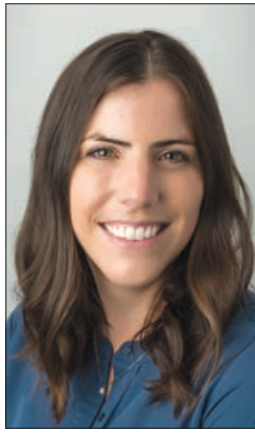
Completing board certification  
in 2021



Serving all of Tillamook County  
503-842-3938 • 800-528-2938  
TTY 800-735-2900  
[www.tillamookchc.org](http://www.tillamookchc.org)

H63188

## KAREN SHEELAR, MS, LPC, NCC, CADC



**EDUCATION**  
Southern  
Oregon  
University

**CREDENTIALS**  
Licensed  
Professional  
Counselor,  
Nationally  
Certified  
Counselor, &  
Certified Drug  
and Alcohol  
Counselor I

### MEDICAL INTEREST

Comprehensive  
Mental Health Counseling,  
Holistic Therapy, Crisis Intervention,  
Chronic Pain Management



Serving all of Tillamook County  
503-842-3938 • 800-528-2938  
TTY 800-735-2900  
[www.tillamookchc.org](http://www.tillamookchc.org)

H64796

## LISA STEFFEY, DO



**MEDICAL  
SCHOOL**  
College of  
Osteopathic  
Medicine of  
the Pacific

**RESIDENCY**  
University  
of Wyoming  
Family Practice

### MEDICAL INTEREST

Board Certified Family Medicine,  
Women's Health, Pediatrics,  
Adolescent Health



Serving all of Tillamook County  
503-842-3938 • 800-528-2938  
TTY 800-735-2900  
[www.tillamookchc.org](http://www.tillamookchc.org)

H47034

## LEE JOHNSON, MS, OD, FAAO

### EDUCATION

Doctor of  
Optometry,  
Master of  
Science,  
Physiological  
Optics

New England  
College of  
Optometry



### SPECIALTIES

Ocular Disease,  
Comprehensive Eye Care,  
Specialty Contact Lenses,  
Dry Eye Management



**TILLAMOOK**  
VISION CENTER

H20160

503-842-5568

800 Main Ave., Suite A, Tillamook, OR  
[www.TillamookVision.com](http://www.TillamookVision.com)

# PARTICIPATING PROVIDERS

## TILLAMOOK COUNTY

### ADULT SERVICES

#### Northwest Senior & Disability Services (NWSDS)

503-815-2060 • [nwsds.org](http://nwsds.org)

### CLINICS

#### Coastal Eye Care

503-374-0399

102 Main Ave., Tillamook, OR 97141  
[coastaleyecare.com](http://coastaleyecare.com)

#### Graceful Waves Wellness Center

Dr. Dawn Sea Kahrs, DC  
206 S. Marine Dr., Wheeler  
503-368-9355 (WELL)  
[gracefulwaveswellness.com](http://gracefulwaveswellness.com)

#### Rinehart Clinic & Pharmacy

1-800-368-5182 • [www.rinehartclinic.org](http://www.rinehartclinic.org)

#### Tillamook County

#### Community Health Centers

Central Clinic, Tillamook  
503-842-3938 • 800-528-2938  
TTY 800-735-2900

Dental Clinic, Tillamook

503-842-2356 • 800-528-2938  
TTY 800-735-2900

North County Clinic, Rockaway Beach  
503-842-3938 • 800-528-2938

TTY 800-735-2900

Mobile Clinic, Countywide

503-842-3938 • 800-528-2938

TTY 800-735-2900

#### Tillamook Vision Center

503-842-5568 • [TillamookVision.com](http://TillamookVision.com)

#### The Smile Studio

Lee Long, DDS  
503-842-2386 • 503-368-5028  
[thesmilestudio.net](http://thesmilestudio.net)

#### Tillamook Family Counseling Center

24/7 Crisis Services  
503-842-8201 • 800-962-2851  
[tfcc.org](http://tfcc.org)

### BEHAVIORAL HEALTH

#### Danell Boggs, LCSW

503-842-3938 • 800-528-2938  
TTY 800-735-2900 • [tillamookchc.com](http://tillamookchc.com)

#### Esther Bradeem, MS

503-842-3938 • 800-528-2938  
TTY 800-735-2900 • [tillamookchc.com](http://tillamookchc.com)

## BIG NEWS!

Rinehart Clinic will soon be known as

### Nehalem Bay Health Center & Pharmacy



**RINEHART**  
CLINIC & PHARMACY  
COMPASSIONATE COMMUNITY CARE

1-800-368-5182  
[www.rinehartclinic.org](http://www.rinehartclinic.org)

## Patient-Centered Primary Care on the North Oregon Coast

**Offering:** Primary Care | Family Care | Naturopathic Medicine | Acupuncture  
Mental Health Counseling | Community Wellness Classes | Equipo Bilingüe  
(Bilingual Team) | Insurance Sign-up Assistance | Patient Transportation Available

### Walk-ins & new patients welcome!

Most insurance plans accepted, including Medicare and the Oregon Health Plan.

230 Rowe Street  
WHEELER, OREGON

#### Rinehart Clinic

M-F 8 am-6 pm 1-800-368-5182

#### Rinehart Pharmacy

M-F 8 am-6 pm\* 1-844-715-2299

\*Closed for lunch between 1-2 pm

*The pharmacy is open to the public,  
not just Rinehart Clinic patients!*

Rinehart Clinic is a Nonprofit 501(c)(3)  
Federally Qualified Health Center

Rinehart Clinic also staffs the School-  
Based Health Center at Neah-Kah-Nie  
High School in Rockaway Beach. NKN  
Student Health & Wellness Center serves  
students and school staff throughout the  
NKN School District.



Learn more at [NKNHealth.org](http://NKNHealth.org)



## TILLAMOOK COUNTY PROVIDERS

*Continued from Page 10*

**Karen Sheelar, MS, LPC, NCC, CADC**

503-842-3938 • 800-528-2938

TTY 800-735-2900 • tillamookchc.com

### CHIROPRACTIC

**Dawn Sea Kahrs, DC**

206 S. Marine Dr., Wheeler

505-368-WELL (9355)

gracefulwaveswellness.com

### COUNSELING

**Sue Long, LMFT**

503-812-6788

**Esther Bradeen**

503-842-3938 • 800-528-2938

TTY 800-735-2900

### DENTAL/ORTHODONTICS

**The Smile Studio**

Lee Long, DDS

503-842-2386 • 503-368-5028

thesmilestudio.net

**Tillamook County Community**

**Health Centers Dental Clinic**

503-842-2356 • 800-528-2938

*Continued on Page 12*

## CLARK MILLER, LCSW

### EDUCATION

BS, BA, MSW

### CREDENTIALS

Licensed  
Clinical Social  
Worker

### SPECIALTY

Child and  
Adult Therapy;  
Substance Use; Trauma;  
Chronic Pain; Mood Disturbance



**CLARK MILLER  
THERAPY**

To Learn More and Schedule Online  
for a Free First Meeting, Go To

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

**(971) 324-0061**



## DAWN SEA KAHRs, DC

### EDUCATION

Life Chiropractic

College West

U of Idaho

Honors Program

### CREDENTIALS

Doctor of

Chiropractic

B.S. Applied Music

Part III Network

Spinal Analysis

Certification

(2004), Master-E Post-Graduate Program  
on EpiEnergetics (2015-2017)

### SPECIALTY

Optimizing Spinal, Postural, Mechanical,  
Nervous & Immune System Function & Ease;  
Energy Level Optimization; Integrative,  
Gentle & Holistic Care for every family member  
**Live Vibrantly. Love Soulfully. Inspire Greatness.**



**Graceful Waves  
Wellness Center**

206 S. Marine Dr., Wheeler, OR 97147

503-368-9355 (WELL)

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



## BEFORE THEY GET BEHIND THE WHEEL...

**Make sure they understand the risks of drunk and drugged driving.**

Let your children know it's never okay to get behind the wheel of a motor vehicle while under the influence of alcohol or other drugs, and that getting in a car with someone who has been drinking or using drugs is also very dangerous. For tips on how – and when – to begin the conversation, visit

[www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov)

#TalkTheyHearYou

PEP20-03-01-064



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

**Prevention Services Available at the  
Tillamook Family Counseling Center**

(503) 842-8201 • (800) 962-2851

[www.tfcc.org](http://www.tfcc.org)

## If You Choose to Gamble use Responsible Gambling Guidelines



### Responsible Gambling Guidelines:

- Learn Problem Gambling Warning Signs
- Set a Time Limit
- Set a Dollar Limit
- Only Gamble for Entertainment
- Don't Gamble as a Way to Cope with Pain
- Create a Healthy Life Balance

### Problem Gambling Treatment is Free and it Works:

**Tillamook Family Counseling Center**

(503) 842-8201

**Oregon Problem Gambling Resource (OPGR)**

(877) 695-4648



**SOS Tillamook**  
SUPPORT • OVERCOME • STRENGTHEN  
Prevention Program of Tillamook Family Counseling Center



# TILLAMOOK COUNTY PROVIDERS *Continued from Page 11*

## S. Greg Benanti, Sr., DMD

503-842-3938 • 800-528-2938

TTY 800-735-2900 • [www.tillamookchc.org](http://www.tillamookchc.org)

## Jennifer Allbright, EPDH

503-842-3938 • 800-528-2938

TTY 800-735-2900 • [tillamookchc.com](http://tillamookchc.com)

## DENTAL HYGIENIST

Jennifer Allbright

503-842-3938 • 800-528-2938

TTY 800-735-2900

## GAMBLING PREVENTION

OPGR Problem Gambling Helpline

1-877-695-4648

## HOME MEDICAL EQUIPMENT SUPPLIER

North Coast Home Care

210 Ivy Avenue

Tillamook, OR 97141 • 888-271-8078

Toll Free 503-842-8755 • [NCHC.net](http://NCHC.net)

Lincoln City

541-996-5102 • [NCHC.net](http://NCHC.net)

## NURSING ASSISTANT TRAINING

Nehalem Valley Care Center

280 Rowe Street,

Wheeler OR 97141 • 503-368-5171

[Dhernandez@nvcarecenter.org](mailto:Dhernandez@nvcarecenter.org)

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

## OPTOMETRY

Lee Johnson, MS, OD, FAAO

503-842-5568 • [TillamookVision.com](http://TillamookVision.com)

## PHARMACY

Rinehart Pharmacy

1-844-715-2299

[rinehartclinic.org/pharmacy](http://rinehartclinic.org/pharmacy)

## PRIMARY CARE PROVIDERS

## & FAMILY CARE

Leanna Coy, FNP-C

Family Nurse Practitioner

1-800-368-5182 • [rinehartclinic.org](http://rinehartclinic.org)

Chris Craft, FNP

503-842-3938 • 800-528-2938

TTY 800-735-2900

Patricia Dannen, PA-C

503-842-3938 • 800-528-2938

TTY 800-735-2900

Dr. Jeffrey Luty, MD

1-800-368-5182 • [rinehartclinic.org](http://rinehartclinic.org)

Melissa Paulissen, MD

503-842-3938 • 800-528-2938

TTY 800-735-2900

Dove Rainbow, PA-C

503-842-3938 • 800-528-2938

TTY 800-735-2900

[www.tillamookchc.org](http://www.tillamookchc.org)

Lisa Steffey, DO

503-842-3938 • 800-528-2938

TTY 800-735-2900

Caitlin Simons,

Family Nurse Practitioner

1-800-368-5182 • [rinehartclinic.org](http://rinehartclinic.org)

Dr. Craig Brown, MD

503-842-3938 • 800-528-2938

TTY 800-735-2900

[www.tillamookchc.org](http://www.tillamookchc.org)

## PREVENTION PROGRAMS

Help & Hope

24 Hr. Crisis Line

800-962-2851 • 877-273-8255 (Español)

503-842-8201 • [sostillamook.org](http://sostillamook.org)

## SOS Tillamook

Gambling Helpline: [sostillamook.org](http://sostillamook.org)

1-877-695-4648 • 503-842-8201

## PSYCHIATRY

Michael Redmond, DO

503-842-3938 • 800-528-2938

TTY 800-735-2900

[www.tillamookchc.org](http://www.tillamookchc.org)

*Continued on Page 14*

## Cosmic Healing NW



Christy Kay

Registered Holistic Health Practitioner

(503) 800-1092

35840 7th St  
Nehalem, OR 97131

[Christy@CosmicHealingNW.com](mailto:Christy@CosmicHealingNW.com)  
[www.CosmicHealingNW.com](http://www.CosmicHealingNW.com)

## Energetic Practices for Deep Healing



\*Stress Relief

\*Quiet Monkey Mind

\*Relieve Digestive Issues

\*Chronic Health Issues

\*Pain Relief

\*RA, Fibromyalgia

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210 Ivy Avenue  
Tillamook, Oregon 97141  
(888) 271-8078 Toll Free  
(503) 842-8755

2230 Exchange Street  
Astoria, OR 97103  
(503) 325-9906 Toll Free  
(503) 325-1437

You can also reach us from the following locations:  
Lincoln City at (541) 996-5102  
Seaside at (503) 738-4043



[www.NCHC.net](http://www.NCHC.net)

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# TILLAMOOK COUNTY VETERANS

**VETERANS CAN NOW GET ADDITIONAL MEDICAL  
TRANSPORTATION FROM TILLAMOOK COUNTY TO  
PORTLAND METRO, SALEM, LINCOLN CITY  
AND CAMP RILEA**

HOW IT WORKS. Call for a transportation reservation as soon as you get your appointment scheduled with the medical facility.

**CALL: 888-793-0439**

This is a door-to-door service. You will be picked up at your residence and taken directly to your appointment.

Tillamook County Veteran with questions? Call your Tillamook County Veterans' Services office at 503-842-4358 or visit online at [www.co.tillamook.or.us/gov/Veterans/](http://www.co.tillamook.or.us/gov/Veterans/)

TRANSPORTATION PROVIDED BY TILLAMOOK COUNTY TRANSPORTATION DISTRICT/NW RIDES AND MADE POSSIBLE BY THE OREGON DEPARTMENT OF VETERANS' AFFAIRS AND ODOT PUBLIC TRANSPORTATION DIVISION RURAL VETERANS' HEALTHCARE TRANSPORTATION AND ODOT NEEDS-BASED CARES GRANTS

**Dial-A-Ride**  
A Service of Tillamook County Transportation District



For more information about Tillamook County Transportation District, visit us at [www.nworegontransit.org/agencies/tillamook-county-transportation-district/](http://www.nworegontransit.org/agencies/tillamook-county-transportation-district/)

# PARTICIPATING PROVIDERS

LINCOLN  
COUNTY

## Dana Matlock, DDS



### Dental School

The University  
of Texas Health  
Science Center  
San Antonio

### Medical Interest

General Dentistry  
Botox®  
Invisalign®



1120 SE 1st St, Lincoln City,  
Oregon, 97367 | (541) 994-8935  
[www.lincolncityfamilydental.com](http://www.lincolncityfamilydental.com)

## Giles Looney, DDS



### Dental School

The University  
of Iowa College  
of Dentistry

### Medical Interest

General  
Dentistry



1120 SE 1st St, Lincoln City,  
Oregon, 97367 | (541) 994-8935  
[www.lincolncityfamilydental.com](http://www.lincolncityfamilydental.com)



## TILLAMOOK COUNTY PROVIDERS *Continued from Page 12*

### REGISTERED HOLISTIC HEALTH PROVIDER

#### Cosmic Healing NW

Christy Kay-Practitioner  
35840 7th Street, Nehalem, OR 97131  
503-800-1092 • [CosmicHealingNW.com](http://CosmicHealingNW.com)

### RECREATION CENTER

#### North County Recreation District

855-444-NCRD (6273) • [ncrd.org](http://ncrd.org)

### Tillamook YMCA

503-842-9622 • [tillamookymca.org](http://tillamookymca.org)

### RESOURCES

#### Tillamook County Wellness

[tillamookcountywellness.org](http://tillamookcountywellness.org)

### SENIOR LIVING

#### Prestige Senior Living Five Rivers

3500 12th St., Tillamook, OR 97141  
503-842-0918 • [www.PrestigeCare.com](http://www.PrestigeCare.com)

### SHOPPING CENTER

Seaside Outlets

### SKILLED CARE

#### Nehalem Valley Care Center

[nehalemcarecenter.com](http://nehalemcarecenter.com) • 503-436-3450

### SUBSTANCE ABUSE PREVENTION

#### SOS Tillamook

503-842-8201 • [sostillamook.org](http://sostillamook.org)

### THERAPY

#### Clark Miller, LCSW

60 Laneda Avenue, Suite 202,  
Manzanita, OR • 971-324-0061

[jclarkmiller@outlook.com](mailto:jclarkmiller@outlook.com)

[clarkmillertherapy.com](http://clarkmillertherapy.com)

### TRANSPORTATION

#### Ride the Wave

[www.nworegontransit.org/agencies/  
tillamook-county-transportation-on-district/](http://www.nworegontransit.org/agencies/tillamook-county-transportation-on-district/)

### TILLAMOOK COUNTY

### VETERANS' SERVICES

Transportation to  
Medical Appointments  
888-793-0439

503-842-4358

[www.co.tillamook.or.us/gov/Veterans/](http://www.co.tillamook.or.us/gov/Veterans/)



## NEHALEM VALLEY CARE CENTER

280 Rowe Street, Wheeler Oregon 97141

## Are you looking to start a career in healthcare?

Take an 8 hour course to become a  
**Temporary Nursing Assistant.**

We have full time and part time positions  
available. For more information please email  
[dhernandez@nvcarecenter.org](mailto:dhernandez@nvcarecenter.org). or apply  
online at [www.nehalemcarecenter.com](http://www.nehalemcarecenter.com)







1120 SE 1st St, Lincoln City, Oregon, 97367 | (541) 994-8935 | [www.lincolncityfamilydental.com](http://www.lincolncityfamilydental.com)



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Do you have a  
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Open the door to new possibilities in a variety of fields:

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- Management.
- Nursing.
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Samaritan  
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Serving uninsured patients, Oregon Health Plan Open card and CareOregon Dental members.

Our highly experienced and professional dental care team is here to protect your smile and keep you healthy. We can't wait to meet you and the whole family!

**To schedule an appointment, please call: 503-842-2356.**

***Se habla español***

### **Central Clinic**

801 Pacific Avenue  
Tillamook  
503-842-3938

### **Dental Clinic**

805 Ivy Avenue, Suite B  
Tillamook  
503-842-2356

### **Mobile Clinic**

Countywide  
Tillamook  
503-842-3938

### **North Clinic**

276 S. Hwy 101  
Rockaway Beach  
503-842-3938

[www.tillamookchc.org](http://www.tillamookchc.org) • Call toll free for any clinic: 1-800-528-2938, TTY: 711