

BEST *of* HEALTH *and* Wellness



INSIDE
Provider Profiles
Medical Listings

Tillamook
Headlight Herald 



2026 NORTH OREGON COAST PROVIDER DIRECTORY
Serving Clatsop and Tillamook County

You're made for more



**Adventist Health Tillamook
Medical Center and
Emergency Department**
1000 Third St., Tillamook
503-842-4444

Medical Office – Manzanita
10445 Neahkahnie Creek Road,
Manzanita 503-368-6244

Medical Office – Plaza
Open 7 days a week
1100 Third St., Tillamook
503-842-5546

Medical Office – Pacific City
38505 Brooten Road, Suite A, Pacific City
503-965-6555

You deserve more from your healthcare

That's why we provide convenient healthcare services to the Tillamook County community with the goal of helping fill each day with more health, wholeness and hope. So, if you need expert emergency or urgent care, a compassionate primary care provider, or top specialists in pediatrics, orthopedics, urology or women's health, and more, we are proud to be a partner on your journey. Because we're not just here to put more years in your life. We're here to put more life in your years.

For severe pain, injury or difficulty breathing, always dial 911 for emergency care.

Learn more about services for your whole family at
AdventistHealthTillamook.org



NBHD Clinic and Pharmacy opens in Wheeler

Will Chappell

Several hundred residents gathered in Wheeler on October 4, for the grand opening of the new Nehalem Bay Health District Clinic and Pharmacy, featuring a ribbon-cutting ceremony and open house.

The new \$12.2-million facility will allow the Nehalem Bay Health Center to expand its offerings to include dentistry and mental healthcare and significantly expand its clinic and pharmacy capacities and was supported by a \$10.25-million bond approved by voters in 2023.

"We reach a historic milestone today with this new health center and pharmacy," said Nehalem Bay Health District (NBHD) President Marc Johnson, "with new services, a new and better patient experience, and a wonderful facility for the dedicated healthcare workers who devote themselves to our community. So, I am so please to have so many folks here today."

Progress toward building the new facility began when NBHD went through a strategic planning process in 2018, which led the district's board of directors to expand the district's mission to include helping with area needs beyond healthcare, including housing. In 2021,

that led Tillamook County Commissioner Erin Skaar, then the director of Community Action Resource Enterprises, Tillamook's homeless services provider, to reach out to Johnson about a property adjacent to Highway 101 in Wheeler.

At first, Skaar thought that the parcel could present an opportunity to add much-needed housing to the community. Initial inquiries showed that it would not be fit for that purpose, but that it would serve as a good home for a new health center.

NBHD was then operating out of a

building constructed in the 1980s, which had only six exam rooms and lacked capacity for expansion. NBHD's board began working on a plan for a new facility and by 2022, had developed an ambitious \$15.5-million plan to build the new clinic and pharmacy, majorly renovate the district's senior care facility in Wheeler and repurpose the old clinic site for affordable housing.

NBHD

Continued on Page 6

BEST OF HEALTH & WELLNESS 2026

Publication of the Tillamook Headlight Herald and Country Media. Inc.
1906 Second Street,
Tillamook, OR 97141
tillamookheadlightherald.com

To advertise in future editions,

contact Katherine Mace at headlightads@countrymedia.net or call **503-842-7535**

Chief Executive/Operations:

Joe Warren

Editor: Will Chappell

Office Manager:

Patty Archambault

Graphic Designer:

Steph Baumgart



www.coastaleyecare.com

Don't miss out on life's beauty because of blurry vision!

Our Optometric Physicians and staff are dedicated to providing you with the most comprehensive eye care from treatment of cataracts and macular degeneration to routine vision exams.

Coastal Eye Care is here to serve you with four convenient locations. We have the largest frame selection from Tillamook to Long Beach and accept most insurance plans.

Call to make your appointment today or visit our website.

**Coastal Eye Care
Long Beach**
1703 S. Pacific Hwy.
Long Beach, WA
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. Katie Stubbs
Optometrist



Dr. Kyle Thompson
Optometrist

TILLAMOOK COUNTY PHYSICIANS & PROVIDERS

MORONKE ABOYEWA, PMHNP-BC



EDUCATION

Master of Science in Nursing (MSN)
Shenandoah University

CREDENTIALS

ANCC Board Certification:
Psychiatric-Mental Health Nurse Practitioner

MEDICAL INTEREST

Women's reproductive mental health, Schizophrenia spectrum and psychotic disorders, trauma and stressor related disorders, Autism spectrum disorder, ADHD, Depressive disorder, Bipolar and related disorders, substance use disorders, trauma-informed and holistic care, and integrated collaborative care.



Serving all of Tillamook County
503-842-3900 • 800-528-2938
TTY 800-735-2900
www.tillamookchc.org

H25230

RHONDA BOLOW, MSW, CSWA



EDUCATION

Portland State University

CREDENTIALS

Masters degree in Social Work.
Integrated Behavioral Health Clinician.

MEDICAL INTEREST

Chronic illness, grief, anxiety, stress, depression, emotional dysregulation, experiences with sexual trauma using Dialectical Behavioral Therapy, Solution-Focused Therapy, and Cognitive Behavioral Therapy.



Serving all of Tillamook County
503-842-3900 • 800-528-2938
TTY 800-735-2900
www.tillamookchc.org

H25228

ESTHER BRADEEN, MS



EDUCATION

Capella University

CREDENTIALS

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

MEDICAL INTEREST

Multimodal therapy used to help extraordinary individuals of all kinds without judgment; LGBTQAI+, all ages, gender, substance use, culture or neurodiversity. Background in domestic and sexual violence. Trained in Trauma-Focused CBT



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

H23440

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

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

H47035

DARIN PRULHIERE, MD



EDUCATION

Medical School Oregon Health Sciences University

RESIDENCY

Ventura County Hospital

MEDICAL INTEREST

Board Certified with the American Board of Family Medicine and Certified Medical Director specializing in geriatrics and preventative care.



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

H25206

TILLAMOOK COUNTY PHYSICIANS & PROVIDERS

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

H23439

DR. ITZEL ROMERO, DDS



EDUCATION

University of Texas School of Dentistry

CREDENTIALS

Doctor of Medicine in Dentistry

DENTAL INTEREST

Oral care for all ages, oral health education, Bilingual (English/Spanish).



Serving all of Tillamook County
503-842-2356 • 800-528-2938
TTY 800-735-2900
www.tillamookchc.org

H25207

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

H47034

JENNI TRAVIS, MSW, CSWA



EDUCATION

Walla Walla University

CREDENTIALS

Master's degree in Social Work. Behavioral Health Clinician.

MEDICAL INTEREST

Works with children and their families developing integration through physical, emotional, spiritual, and relational wellness. Offers cognitive therapy, skills development, eye-movement and play therapies.



Serving all of Tillamook County
503-842-3900 • 800-528-2938
TTY 800-735-2900
www.tillamookchc.org

H25229

MICHELLE WALTERS, PH.D., LMFT



EDUCATION

Masters in Counseling Psychology – University of San Francisco
Doctoral degree in Depth Psychology – Pacifica Graduate Institute

CREDENTIALS

Master's degree in Counseling and Ph.D. in Depth Psychology

MEDICAL INTEREST

Integrated healing practices, maternal mental health, PTSD resulting from sexual trauma, grief integration, and stages of life challenges



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

H28197

JEN WUSTENBERG, EPDH, RDH



EDUCATION

Over 20 years of experience in the dental field. She began her career as a dental assistant before earning her Bachelor of Science in Dental Hygiene from Pacific

University in Hillsboro.

SPECIAL INTEREST

Serves as adjunct faculty at Pacific University, where she enjoys mentoring the next generation of dental professionals and helping students build confidence in their clinical and critical-thinking skills.



Serving all of Tillamook County
503-842-2356 • 800-528-2938
TTY 800-735-2900
www.tillamookchc.org

NBHD

Continued from Page 3

Johnson said that during the development of that plan, community members asked how the district would pay for the projects, and he told them, “If you can’t envision the final project, you’ll never find a way to pay for it. If the vision is good; you can find the resources.”

The district first secured \$3 million in 2022’s federal OMNIBUS spending bill in support of the project as well as an additional \$500,000 grant from the federal government. The board then sought voter approval for the \$10.25-million bond issue in May 2023, and the measure passed with 69.7% voting in favor. Further support came in from the Oregon Community Foundation, Roundhouse Foundation, Murdoch Charitable Trust, Robert D. and Marcia Randall Charitable Trust, Ford Family Foundation, Sam Wheeler Foundation, Samuel Johnson Foundation, Jeffrey Koslovsky Fund, Fred Cornforth and Hampton Lumber, which donated \$100,000 in lumber to the project.

Work began with a July 2024 groundbreaking ceremony and was led by Bremik Construction, progressing on-schedule and under budget over the past 15 months.

At the ribbon-cutting ceremony,



Johnson and Nelson cut the ribbon to open the Nehalem Bay Health District’s new clinic and pharmacy building in Wheeler, with other elected officials who supported the project looking on.

Johnson welcomed the large crowd and thanked them for attending, before welcoming Nehalem Bay Health Center and Pharmacy CEO Gail Nelson to the dais.

Nelson thanked the Health Resources and Services Administration and other contributing foundations for funding furniture for the new facility,

which at 16,000 square feet is three times the size of the district’s old facility, and said that the clinic’s used medical equipment was being donated to Ukraine.

Nelson also thanked Dr. Harry Rinehart, a member of the Rinehart family which has practiced medicine in north Tillamook County since 1913 and helped build the hospital that was replaced by the district’s previous clinic, for his commitment. “Today’s the day to celebrate not only a new building, but the people, past and present, who make compassionate healthcare possible in north Tillamook County,” Nelson said.

Johnson then welcomed Wheeler Mayor Denise Donohue to the dais, thanking her for supporting the project. Donohue said that the new clinic marked a new chapter for the city and north Tillamook County, with easier access to important health services.

“For me, and I believe the city of Wheeler, this center represents far more than bricks and mortar, it represents access, access to better medical care, access to quality dentistry, access to vital mental health services,” Donohue



Johnson addressed the crowd gathered for the grand opening of the new clinic and pharmacy.

NBHD

Continued on Page 7

NBHD

Continued from Page 6

said. "These are not luxuries, these are necessities and today we are celebrating that these services are no longer miles away, out of reach, but here in our home."

Skaar then addressed the crowd, recounting the history of working with Johnson on identifying the property and lauding the NBHD board for their commitment to the community and the strength of their vision for the project.

Skaar also praised the district's voters for approving the bond in 2023. "There was a huge commitment that took a phenomenal leap of faith, to pass a bond for \$10.25 million in a community of roughly 3,600 people, that's not done," Skaar said. "People don't say I'm willing to tax myself that much for something in my community very often, but this community said, we believe, we believe in the vision, we believe in the health center, we believe in the clinic, and we're going to do it."

Finally, United States Congresswoman Suzanne Bonamici

spoke, complimenting the facility and saying that she understood and appreciated the pivotal role NBHD and other rural healthcare providers play in their communities.

"I know that hospitals and clinics like this one here at Nehalem Bay are vital parts of the community and infrastructure and make such a difference, as you've heard from the mayor and everyone, not just to the people who live here, but to the economy, to the region," Bonamici said.

The speakers then gathered with other elected officials including Oregon Secretary of State Tobias Read, State Senator Suzanne Weber and State Representative Cyrus Javadi to cut the ribbon and open the new facility.

Members of the public were then welcomed to self-guided tour of the building, which features a 14-examination-room clinic and 1,400-square-foot pharmacy downstairs and three operatory dental suite, x-ray room, mental-health treatment room and large community room upstairs. The pharmacy opened on October 6 and the clinic began seeing patients later in the week.

LEE LONG, DDS



DENTAL SCHOOL

Loma Linda University

MEDICAL INTEREST

General Dentistry

Specializing in Smiles!



The Smile Studio



H63182

1503 Third Street 503.842.2386
 Tillamook, OR 97141 503.368.5028
www.thesmilestudio.net



Taking care of what matters

At Tillamook County Community Health Centers, we offer a wide range of services and providers to improve your overall health and well-being in convenient locations throughout the county.

Our services include primary and family health care, mental and behavioral health care, dental health care, and public health.

We take private insurance, Medicare and Medicaid, Oregon Health Plan and Veteran's benefits. No one is refused services for inability to pay.

Call to make an appointment today!



Central County 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

Main St. Clinic
 800 Main Ave., Suite A
 Tillamook
 (503) 842-3938

PARTICIPATING PROVIDERS

TILLAMOOK COUNTY

ADVOCACY SERVICES:

Tides of Change

1902 Second Street, Tillamook
503-842-9486

ADULT SERVICES

Northwest Senior & Disability Services (NWSDS)

503-815-2060
nwsds.org

BEHAVIORAL HEALTH

Rhonda Bolow, MSW, CSWA

503-842-3900 Tillamook County
Community Health Centers

Esther Bradeen, MS

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

Jenni Travis, LMSW, CSWA

503-842-3900, Tillamook County
Community Health Centers

Emily Boers, LCSW

1-800-368-5182
nehalemhealth.org

CLINICS

Adventist Health Medical Offices

503-815-2292
AdventistHealthTillamook.org

Coastal Eye Care

503-374-0399
102 Main Ave., Tillamook, OR 97141
coastaleyecare.com

Graceful Waves Wellness Center

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

Nehalem Bay Health Center & Pharmacy

885 Nehalem Boulevard,
Wheeler, OR 97147
1-800-368-5182
nehalemhealth.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

Mobile Clinic, Countywide

503-842-3938, 800-528-2938

TTY 800-735-2900

Main Street Clinic

503-842-3938

The Smile Studio

Lee Long, DDS
503-842-2386, 503-368-5028
thesmilestudio.net

Tillamook Family

Counseling Center

24/7 Crisis Services
503-842-8201, 800-962-2851
tfcc.org

CHIROPRACTIC

Dawn Sea Kahrs, DC

206 S. Marine Dr., Wheeler
503-368-WELL (9355)
gracefulwaveswellness.com

COUNSELING

Esther Bradeen, MS

503-842-3938, 800-528-2938
TTY 800-735-2900

Chris Kruebbe, LCSW

503-815-2292

Adrienne Rombach, LCSW

503-815-2292

Michelle Walters, Ph.D., LMFT

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

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

Dr. Itzel Romero, DDS

503-842-2356 Tillamook County
Community Health Centers

Brian Holmes, DMD MPH FAGD FICD, Dental Director

1-800-368-5182, nehalemhealth.org

DENTAL HYGIENIST

Jennifer Allbright, EPDH

503-842-3938, 800-528-2938
TTY 800-735-2900

tillamookchc.org

Marissa Valastro

1-800-368-5182
nehalemhealth.org

EAR, NOSE & THROAT

David Kaba, MD

503-815-2292

GAMBLING PREVENTION

OPGR Problem Gambling Helpline

OPGR.org

HEALTHCARE DEGREES AND PROGRAMS

Tillamook Bay Community College

Allied Health

503.842.8222
katysommers@tillamookbaycc.edu

HOME MEDICAL EQUIPMENT SUPPLIER

North Coast Home Care

210 Ivy Ave., Tillamook, OR 97141
888-271-8078
Toll Free 503-842-8755
NCHC.net

HOSPITAL AND URGENT CARE

Adventist Health Tillamook

503-842-4444
AdventistHealthTillamook.org

NATUROPATHIC MEDICINE

Dr. Eli Andersen, Doctor of

Naturopathic Medicine

1-800-368-5182
nehalemhealth.org

OPTOMETRY

Dr. Chris Jenck, OD

Tillamook Vision Center
503-842-5568

Dr. Darren Thorsen, OD

Tillamook Vision Center, 503-842-5568

Dr. Katie Stubbs, OD

Coastal Eye Care, 503-374-0399

Dr. Kyle Thompson, OD

Coastal Eye Care
503-374-0399, 503-842-5568

Dr. Lee Johnson, OD, MS, FFAO

Tillamook Vision Center, 503-842-5568



TILLAMOOK COUNTY PROVIDERS *Continued from Page 8*

ORTHOPEDICS

Gregory Brown, MD, PhD
Brett LaFleur, MD
 503-815-2292
 AdventistHealthTillamook.org

PEDIATRICS

Kerrin Swanson, CPNP
 503-815-2292
 AdventistHealth.org/KSwanson
Lisa Steffey, DO
 503-842-3938
 800-528-2938
 TTY 800-735-2900
 www.tillamookchc.org

PHARMACY

Nehalem Bay Pharmacy
 885 Nehalem Boulevard,
 Wheeler, OR 97147
 1-844-715-2299
 nehalemabayhealth.org

PODIATRY

Brent Ricks, DPM
 503-815-2292
 AdventistHealth.org/BRicks

PRIMARY CARE PROVIDERS & FAMILY CARE

Adventist Health Medical Offices
Scheduling: 503-815-2292

10445 Neahkahnne Creek Road
 Manzanita, OR 97130
 1100 3rd St., Tillamook, OR 97141
 38505 Brooten Road, Suite A
 Pacific City, OR 97135
 AdventistHealthTillamook.org

**Dr. Eli Andersen, Doctor of
 Naturopathic Medicine**

1-800-368-5182
 nehalemabayhealth.org

Patricia Dannen, PA-C

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

Dr. Jeffrey Luty, MD

1-800-368-5182
 nehalemabayhealth.org

Melissa Paulissen, MD

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

Darin Prulhiere, MD

Tillamook County Community
 Health Centers
 503-842-3938

Dove Rainbow, PA-C

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

Lisa Steffey, DO

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

Tami Martin, FNP

1-800-368-5182
 nehalemabayhealth.org

Johannah Braithwaite, FNP

1-800-368-5182
 nehalemabayhealth.org

PREVENTION PROGRAMS

SOS Tillamook

1-877-695-4648
 503-842-8201
 tfcc.org

PSYCHIATRY

Moronke Aboyewa, PMHNP-BC

503-842-3900 Tillamook County
 Community Health Centers

**Brandi-Ann Harris, DNP, FNP,
 PMHNP**

503-815-2292

TRANSPORTATION

**Nehalem Bay Health Center &
 Pharmacy, Patient Transportation
 Services,**

1-800-368-5182
 nehalemabayhealth.org

UROLOGY

Eric Klein, MD
 503-815-2292



Electric Lift Chairs Assist With:

Pain & Weakness
 Mobility Issues
 Unaided Standing
 Surgery Recovery
 Positioning & Comfort
 Alternate Sleeping Options
 Independent Living

Call us for assistance:

Astoria (503) 325-9906
 Tillamook (503) 842-8755
 Seaside (503) 738-4043
 Lincoln City (541) 996-5102
 Newport (541) 265-2888
 Florence (541) 997-9495
 (888) 271-8078 Toll Free

www.NCHC.net

 **North Coast**
HOME CARE
 Home Oxygen • Medical Equipment

“Providing Quality Service for your Home Medical Equipment needs since 1985”

TBCC Administration and Health Sciences Building to open April 18

Will Chappell

Work on Tillamook Bay Community College's new Administration and Health Sciences Building has been complete since late last year and in use by staff since February and has an official ribbon cutting scheduled for April 18.

That means the building 28,400-square-foot, \$23.8-million building will begin welcoming students for the college's spring term, offering state-of-the-art training technology for those in the nursing and EMT programs.

The need for a building to allow the college to add a nursing program was first identified in planning in 2018 and incorporated in the college's facilities master plan in 2020. That allowed the college to secure \$8 million in funding from the Oregon Legislature in 2021, setting up voter approval of a \$14.4-million bond in May 2022, that along with a \$1.4-million bond premium supported the project's \$23.8-million budget.

The new building is situated to the south of the college's main building and consists of 28,000 square feet spread across two floors. The first



floor houses a nursing skills lab, EMT lab and event center, while the second floor hosts more classrooms and a new administrative suite for the college.

In the EMT lab, an ambulance simulator is supplemented by live ambulances, donated by Adventist

Health Tillamook, which will be able to access the lab by an exterior garage door.

In the nursing lab, patient simulators mimic various medical conditions and be controlled by instructors, while four treatment bays featuring full hospital beds give students an opportunity to experience a clinical setting.

The building's also features an event center that can accommodate more than 350 for banquets and over 400 in a theatre-style seating arrangement. The large room features three double doors opening onto the courtyard between the new building and the college's current building, and is divisible, with three temporary walls providing five potential configurations.

On the building's second floor, there are two classrooms, three small lounges for students, a large meeting room and a new administrative suite for the college. The administrative suite features 18 offices and a smaller meeting room, as well as a staff lounge.

The second floor also features a display wall for rotating exhibits from local artists and an open walkway below skylights, allowing natural light to illuminate both the first and second floors.



Equipment going in at new Adventist surgery expansion

Will Chappell

As construction on Adventist Health Tillamook’s four new operating rooms nears completion, installation of equipment has begun, and all mounted equipment was expected on site by the end of March.

That kept the new operating rooms on pace for a May opening, at which point work will pivot to renovating the hospital’s current surgery suite, which has continued operations throughout construction, into pre- and post-operative areas, a process expected to conclude by September.

Skanska USA Building is overseeing the \$18-million project, which broke ground in fall 2024 and is being undertaken to meet expanding surgical needs at the hospital and to fix an issue in the foundation of the existing operating rooms that were built in 1995. The new 4,500-square-foot addition is at the hospital’s north side and will feature four state-of-the-art operating rooms, as well as ample



The new building’s exterior faces the hospital’s rear parking lot which will be largely repaved later in the construction process.

sterile storage and equipment to sterilize instruments post-surgery.

The building’s heavy duty air handler has also been installed and

testing on it will begin soon to ensure that it can complete the required 20 air changes per hour needed in the surgery suites.

MEDICAL CARE • DENTAL CARE



urgent care • clinics • labs • x-ray
CMH Community Pharmacy
 Open daily 9am-7pm
 (503) 738-3006

Columbia Memorial Hospital & Medical Group
 A Planetree Gold Certified Person-Centered Health System
 503-325-4321 • www.columbiamemorial.org



**ADVANTAGE DENTAL • BATH & BODY WORKS
 BEST TASTE OF INDIA • CANDY FUN 101 • CARTER'S
 CMH URGENT CARE CLINIC • CMH COMMUNITY PHARMACY
 FAMOUS FOOTWEAR OUTLET • FUNTASTIC ARCADE
 GO! CALENDAR, GAMES, & TOYS • NIKE FACTORY STORE
 ODHS CHILD WELFARE • ODHS SELF SUFFICIENCY
 PENDLETON • RACK ROOM SHOES • TOKYO TERIYAKI
 WINE AND BEER HAUS • WORKSOURCE OREGON • ZUMIEZ**

**HWY 101 & 12TH AVENUE IN SEASIDE, OREGON
 VISIT US AT SEASIDEOUTLETS.COM FOR SEASONAL HOURS, LATEST SALES AND EVENTS**

PROMOTING GOOD HEALTH

CLATSOP COUNTY

DENTAL

Advantage Dental+

1111 N. Roosevelt Dr., Suite 110
Seaside, OR 97138
971-396-5103
advantagedental.com

HOME MEDICAL EQUIPMENT SUPPLIER

North Coast Home Care

2230 Exchange St., Astoria, OR 97103
503-325-9906
Toll Free 503-325-1437
Seaside Location: 503-738-4043
NCHC.net

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

PHARMACY

CMH Community Pharmacy-Seaside

1111 N Roosevelt Dr. Ste. 210
503-738-3006
Columbiamemorial.org

OPTOMETRIC PHYSICIANS

Coastal Eye Care Seaside

819 S. Holladay Dr. Seaside, OR
503-738-5361

Coastal Eye Care Astoria

553 18th St. Astoria, OR, 503-325-4401

OREGON DEPARTMENT OF HUMAN SERVICES

Child Welfare, Oregon Eligibility Partnership and Self-Sufficiency Programs
1111 Roosevelt Drive, Seaside 97138
503-945-6116

SHOPPING CENTER

Seaside Outlets

1111 N. Roosevelt Dr.
503-717-1603
seasideoutlets.com



hope. safety. support.
TIDES OF CHANGE

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
Text: 503.852.9114 · info@tidesofchangenw.org



Graceful Waves Wellness Center

Serving the North Oregon Coast since 2010

Dr. Dawn Sea Kahrs-Cohen, DC
Executive Director & Chiropractor

There's Magic in a Healthy Spine & Nervous System!



Book Here

A local nonprofit devoted to nervous system care, spinal vitality & community classes
We offer a **FREE SPINAL CONSULTATION** to see if our services are right for you!

LIVE Vibrantly - LOVE Soulfully - INSPIRE Greatness

www.gracefulwaveswellness.com



NCRD celebrates new natatorium

Will Chappell

Members of the north county community gathered on November 15, for a ribbon-cutting ceremony for the new pools at the North County Recreation District in Nehalem.

At the ceremony, former North County Recreation District (NCRD) Executive Director Barbara McCann, Board Chair Michael House and current Executive Director Justin Smith all spoke, lauding the community's support of the project that builds on nearly a century's legacy of teaching children in the community to swim.

"This facility represents more than water and walls; it marks a new beginning for NCRD," said Smith. "We honor nearly a century of memories from the old pool and step boldly into the future with this new, state-of-the-art one. So today, as we cut this ribbon, let's celebrate not just the project being finished, but the future of what we've begun."

McCann, a former board member who served as executive director for several years before Smith's arrival earlier this year, spoke first at the ceremony, giving a history of the district and its mission to teach local youth to swim.

The community's commitment to swimming education started in 1929, when, after the drowning deaths of two youth, community members asked the local school board to include a pool in the upcoming expansion of the Nehalem Elementary School. The school board agreed and built a pool in the basement of the new wing of the school.

"Even though it was the Great Depression, the community felt the pool was a necessity and not a luxury," McCann explained. "They believed in our community, surrounded by water, every child should learn to swim as part of their basic education to prevent future drowning."

For almost 60 years, the pool remained an asset for the school district, until in the late 1980s, they consolidated their primary education efforts in the current Nehalem Elementary School building down the hill from the school with the pool. At that point, the Tillamook Board of County Commissioners stepped in to administer the pool, but their funding ran short in 1995, and local community members

were informed they would need to find an alternate funding source by the end of June or see the pool shuttered.

At that point, a group of locals, including McCann, came together to form the nonprofit Friends of the Nehalem Pool and raised funds to cover operating expense for two years to give them time to craft a long-term solution.

That solution was forming NCRD, for which the group sought voter approval with ballot measure 29 in November 1996, receiving 60% support from voters, allowing the district to begin operations on July 1, 1997.

McCann said that at first, district leaders planned to upgrade the existing pool to continue the swim education program in conjunction with the Neah-Kah-Nie School District, but that it became apparent over time that replacing the pool would be necessary.

Progress towards the replacement began in earnest under Executive Director Peter Nunn, who led the district from 2008-2014, and hired pool architect Carl

NCRD

Continued on Page 14

TILLAMOOK
VISION CENTER



PACIFIC
VISION

Our Mission Statement

We strive to provide:

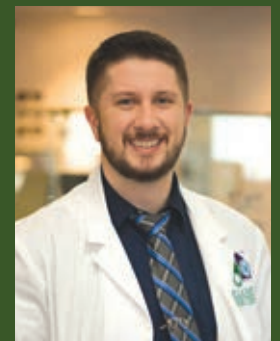
- an exceptional experience to every patient, every time;
- to deliver the most comprehensive care possible to our patients and to our community;
- and to provide a place where our staff feels respected, valued, and encouraged to reach their maximum potential.

Tillamook
2101 5th Street
Tillamook, OR 97141
503-842-5568

Pacific City
38505 Brooten Rd, Suite D
Pacific City, OR 97135
503-917-0670



Dr. Lee Johnson
OD, MS, FAAO



Dr. Chris Jenck
OD

NCRD

Continued from Page 13

Sherwood to create a conceptual design for the new pool, which was unveiled in 2013. McCann said that the design did not generate community support at the time and Nunn decided to instead renovate the district's auditorium to build more support.

After the completion of that project and with a new executive director, David Wiegand, leading the district, focus shifted to the pool project in 2016, with Wiegand kicking off a capital campaign to support the project and eventually advancing an \$8.2-million bond question to the ballot in 2020. That bond measure passed with nearly 60% community support, but the timing proved inopportune as the coronavirus pandemic exploded, causing massive inflation and pushing the estimated cost of the project from \$12 million to \$16 million.

At that point, McCann had taken over the executive directorship of the district and, along with the board, decided that the project would be broken into three phases to get construction started and prevent further cost escalations, while



NCRD Board Chair Michael House (left center) and Executive Director Justin Smith (right center) cut the ribbon to celebratorily open the district's new pool as a crowd, including former NCRD Executive Director Barbara McCann (third from left) watch.

trusting that the balance of the funding would be found.

"We proceeded by faith," McCann said, "if you build it, the money will come." And it did.

Donors large and small across the community supported the project, which broke ground in 2023, with Adventist Health Tillamook donating \$500,000 in support of the facility's therapy pool in June 2024, and the Tillamook Board of County Commissioners rounding out the needed funding with the award of \$1.7 million in transient lodging tax funds to the project in December 2024.

After recounting the history behind the pool, McCann handed the microphone over to House, who spoke briefly, thanking the community for its support of the project.

"Thank you to all of our patrons and taxpayers that voted to help fund this project and our district in general, and thank you to our many, many donors both large and small, every dollar counts," House said. "The generosity and support of this community never ceases to amaze me."

Finally, Smith addressed the crowd, detailing the support that had made the project possible, which totaled 591 donations. Smith said that 153 families had donated a total of \$1.7 million, individuals had bought 404 commemorative bricks raising \$80,000, 20 foundations and charities had given \$2.78 million, 14 businesses donated \$20,000, county commissioners had chipped in \$1.7 million, the bond contributed \$8.2 million and a loan had been taken to cover the balance of the \$16-million budget.

"As you can imagine, with 591 donations, (district staffer) Kylie would always make the joke this building was built five dollars at a time, and honestly, it couldn't be more true," Smith said. "As a result, we have a 15,000-square-foot aquatic center, with a 145,000-gallon lap pool, a 30,000-gallon therapy pool and an outdoor patio to be enjoyed next summer."

Smith then invited event attendees to grab a flute of sparkling apple cider from the building's foyer, and the crowd toasted the new facility before Smith and House cut the ribbon to open the facility, which has been open to swimmers since September.

Tours were then offered, as well as games for kids, a photo booth and snacks, before a free, open swim.



ALLIED HEALTH

Be a Champion for Healthcare

Apply online at tillamookbaycc.edu



- Medical Assisting
- Phlebotomy
- EMS & Advanced EMS
- Nursing
- Nursing Assistant


503-842-8222


katysommers@tillamookbaycc.edu



We look forward to meeting you!

THERE IS A NEW

DENTAL TEAM

IN THE NEIGHBORHOOD!

**OUR DENTAL TEAM
IS ACCEPTING
NEW PATIENTS**

CALL TO SCHEDULE

1-800-368-5182

PREVENTATIVE CARE

- Exams, cleanings & x-rays
- Fluoride treatments & sealants
- Oral health education

RESTORATIVE & COSMETIC DENTISTRY

- Crowns, bridges & dentures
- Extractions & root canals
- Cosmetic & restorative procedures

REFERRALS & MORE!



NEHALEM BAY
HEALTH CENTER & PHARMACY

COMPASSIONATE COMMUNITY CARE



885 Nehalem Boulevard
Wheeler, Oregon 97147



nehalembyhealth.org





TILLAMOOK FAMILY COUNSELING CENTER

503-842-8201 • 800-962-2851

24/7 Crisis Services



Outpatient Behavioral Health Services

• Behavioral Health Services

Counseling services are available for adults, children, and families and may be in-person or virtual. During the first appointment, you and the counselor will explore the concern(s) you would like to address and discuss the next steps in counseling and other available resources.

• Addiction Recovery

TFCC provides services and supports for substance use and problem gambling addiction. Services include assessment, treatment and prevention services for adolescents and adults.

• Developmental Disabilities

The TFCC's Developmental Disabilities Team provides access to local, regional, and statewide resources for children and adults who experience a developmental disability.

• Prevention

The Prevention Program provides support to overcome and strengthen Tillamook County residents through prevention services. Services include prevention education, outreach, presentations and training in the following areas: alcohol and other drug prevention, problem gambling prevention, suicide prevention, and parenting supports.

• Crisis Intervention

TFCC provides crisis/emergency services and supports for individuals experiencing mental health crisis. Services are available 24 hours/day, 7 days/week and can be accessed by calling (503) 842-8201 or 1-800-962-2851.

• Peer Support

Peer Support Specialists are staff who are engaged in personal recovery, dealing with mental health and substance use challenges. In their work as TFCC service providers, they utilize lived experience (using their own stories) to encourage and support individuals in discovering their unique recovery path.

• Service Programs

Listed here are agency programs that address a range of needs presented by individuals and families seeking services. Read more about each program on our website at tfcc.org.

- Assertive Community Treatment
- Behavioral Health Court
- Prime+ Peer Program
- Supported Employment
- Together We Rise Recovery House
- Wraparound Services

Tillamook Family Counseling Center

Sliding Fee Scale Available • Accepts Most Insurances

503-842-8201

800-962-2851

www.tfcc.org

906 Main Ave., Tillamook

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.