

# BEST *of* HEALTH

## *and* Wellness

**INSIDE**

Provider Profiles  
Medical Listings

Publication of

North Coast  
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**GAZETTE**

**THE NEWS** Guard

Tillamook  
Headlight Herald



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(503) 325-1437

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H47018

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# PROMOTING GOOD HEALTH

## FOR SOUTH CLATSOP COUNTY

---

### **AL-ANON**

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

### **ALCOHOLICS ANONYMOUS**

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

1-971-601-9220

[aa-oregon.org/find-meetings/#districts](http://aa-oregon.org/find-meetings/#districts)

### **ALCOHOL & DRUG PREVENTION & TREATMENT SERVICES**

#### **Clatsop Behavioral Healthcare**

503-325-5722

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

### **CAREER OPPORTUNITIES**

#### **Columbia Memorial Hospital**

503-338-4073

[columbiamemorial.org/careers](http://columbiamemorial.org/careers)

### **CBD**

#### **CBD Hemp Store Outlet**

1111 N. Roosevelt Dr., Suite 324

Seaside, OR 97138

503-739-7217

[cbd-hempstore.com](http://cbd-hempstore.com)

### **CHILD ABUSE & NEGLECT**

#### **Clatsop CASA Program**

503-338-6063

[clatsop-casa.org](http://clatsop-casa.org)

#### **The Healing Circle (VOCA)**

#### **Victory Over Child Abuse**

503-325-2761

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

#### **The Lighthouse for Kids**

503-325-4977

[thelighthouse4kids.org](http://thelighthouse4kids.org)

### **CLATSOP COUNTY OREGON**

#### **PUBLIC HEALTH**

[www.co.clatsop.or.us/publichealth](http://www.co.clatsop.or.us/publichealth)

503-325-8500

TTY/TDD/Voice Services Dial 711

#### **CONSEJO HISPANO**

503-325-4547

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

#### **COMMUNITY SERVICES**

#### **CLATSOP COMMUNITY ACTION**

503-325-1400

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

#### **COUNSELING**

#### **Astoria Hope House Astoria**

503-325-6754

[lcsnw.org/office/astoria](http://lcsnw.org/office/astoria)

#### **DOMESTIC ABUSE**

#### **The Harbor, Astoria**

24/7 HELP/INFORMATION

503-325-5735

855-938-0584 (Español)

[harbornw.org](http://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](http://NCHC.net)

#### **OREGON HEALTH AUTHORITY**

[www.oregon.gov/oha](http://www.oregon.gov/oha)

### **PHARMACY**

#### **CMH Community Pharmacy-Seaside**

1111 N Roosevelt Dr. Ste. 210

503-738-3002 • [Columbiamemorial.org](http://Columbiamemorial.org)

#### **SENIOR MEALS**

#### **Columbia Senior Dinners**

503-325-3231

[astoriaseniorcenter.org/columbia-senior-dinners](http://astoriaseniorcenter.org/columbia-senior-dinners)

#### **SHELTER & REENTRY PROGRAMS**

#### **Helping Hands**

[helpinghandsreentry.org/clatsopcounty.html](http://helpinghandsreentry.org/clatsopcounty.html)

#### **SHOPPING CENTER**

#### **Seaside Outlets**

1111 N. Roosevelt Dr.

503-717-1603 • [seasideoutlets.com](http://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)

# PARTICIPATING PROVIDERS

## FOR SOUTH CLATSOP COUNTY

---

### **DENTAL**

#### **Advantage Dental Oral Health Center**

1111 N. Roosevelt Dr.

Suite 110

Seaside, OR 97138

(971) 206-6688

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

### **INDEPENDENT LIVING-SENIORS**

#### **Avamere at Seaside**

2500 S. Roosevelt Dr., Seaside, OR

503-738-0900

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

### **MEMORY CARE**

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

#### **MEDICAL CLINIC**

#### **CMH Medical Group-Seaside**

1111 N Roosevelt Dr. Ste. 210

503-738-3002 • [Columbiamemorial.org](http://Columbiamemorial.org)

#### **CMH Urgent Care-Seaside**

1111 N Roosevelt Dr. Ste. 210

503-738-3002

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





# 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  
Jerry Gilmer, LPC  
Robyn Herrick, LPC, CADC III  
Joseph LaMartina, BA, CADC II  
Doug Larzelier, LCSW  
Kim Miller, LCSW  
Holly Riendeau, LCSW, CADC I, CGACI  
Steve Sattler, LCSW  
Kathy Sias, MSW  
Kaylan Smith, LPC  
Terri Syversen, LPC, CADC III  
Dustin Young, LCSW  
Alex Perez-Medina, MA  
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

### Medical Team

Jaime Biava, PMHNP  
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  
Melani Gregory, LPC  
Lauren Hermann, RN  
Michele Riggs, LCSW  
Krystine Valle, Peer Support Specialist  
Andrew Benson, BA, Peer Support Specialist

### 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

### Prime Plus Peer Initiative

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

### Crisis/Emergency Services

Jourdan Ellis, MS  
Tami Waddell, LCSW  
John Holland, MSW  
Catherine Byrem, MA

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www.tfcc.org

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**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.**

# TILLAMOOK COUNTY PHYSICIANS & PROVIDERS

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

H46981

## CHRISTOPHER CRAFT, FNP



### EDUCATION

University of Tennessee Health and Science

### CREDENTIALS

Family Nurse Practitioner

### MEDICAL INTEREST

Family Medicine, Preventive Care, Adult Medicine



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

H47037

## 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



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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



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TTY 800-735-2900  
www.tillamookchc.org

H47035

## KAREN SHEELAR, LPC INTERN, NCC



### EDUCATION

Southern Oregon University

### CREDENTIALS

Licensed Professional Counselor Intern – under supervision of Valerie Bundy, Nationally Certified Counselor

### MEDICAL INTEREST

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



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www.tillamookchc.org

H47038

## 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



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TTY 800-735-2900  
www.tillamookchc.org

H47034

# 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



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

H48794

## ERICA JOHNSON, MPH, RD, LD



### EDUCATION

Oregon State University & Keene State College

### CREDENTIALS

Registered and Licensed Dietitian, Master of Public Health

### SPECIAL INTEREST

Integrative and functional nutrition, locally grown food, preventive care



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

H48793

## S. GREG BENATI, 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  
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H63185

## 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  
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H63186

## ALICIA HOLIMAN, RDH, BSDH, EPDH



### EDUCATION

Pacific University

### CREDENTIALS

Bachelor of Science Dental Hygiene Studies with an emphasis in Interprofessional Education

### MEDICAL INTEREST

Comprehensive preventive dental hygiene for all ages.



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503-842-3938 • 800-528-2938  
TTY 800-735-2900  
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H63187

## 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



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H63188

# TILLAMOOK COUNTY PHYSICIANS & PROVIDERS

**DR. ELI ANDERSEN, ND**



**DOCTOR OF NATUROPATHIC MEDICINE**

**EDUCATION**  
National University of Natural Medicine, Portland, OR

**SPECIALTIES**  
Naturopathic Medicine, Primary Care, Urgent Care

**OTHER**  
Rinehart Clinic 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. Equipo Bilingüe (Bilingual Team)



**RINEHART CLINIC & PHARMACY**  
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230 Rowe Street, Wheeler, OR 97147  
1-800-368-5182  
[www.rinehartclinic.org](http://www.rinehartclinic.org) H48778

**LEANNA COY, FNP-C**



**FAMILY NURSE PRACTITIONER**

**EDUCATION**  
Washington State University in Vancouver, WA

**SPECIALTIES**  
Women's Health, Family Care


**OTHER**  
Rinehart Clinic 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. Equipo Bilingüe (Bilingual Team)



**RINEHART CLINIC & PHARMACY**  
COMPASSIONATE COMMUNITY CARE

230 Rowe Street, Wheeler, OR 97147  
1-800-368-5182  
[www.rinehartclinic.org](http://www.rinehartclinic.org) H48779


**CLARK MILLER, LCSW**



**EDUCATION**  
BS, BA, MSW

**CREDENTIALS**  
Licensed Clinical Social Worker

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



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[www.clarkmillertherapy.com](http://www.clarkmillertherapy.com)  
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**LEE LONG, DDS**



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Loma Linda University

**MEDICAL INTEREST**  
General Dentistry

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[www.thesmilestudio.net](http://www.thesmilestudio.net) H63182

**JOHN G. DODD, DO**



**EDUCATION**  
University of Oregon and Midwestern University College of Osteopathic Medicine, Phoenix, AZ

**TRAINING**  
Post graduate training in ophthalmology in Detroit, Michigan


**SPECIALTIES**  
Treatments for glaucoma, cataracts, diabetes, cornea, retina, hypertension, dry eyes and other diseases of the eye



**Coastal EYE CARE**


[www.coastaleyecare.com](http://www.coastaleyecare.com)  
102 Main Avenue, Tillamook, OR 97141  
503-374-0399 H47010

**ERIKA BURY, OD**



**EDUCATION**  
Virginia Polytechnic and State University  
New England College of Optometry

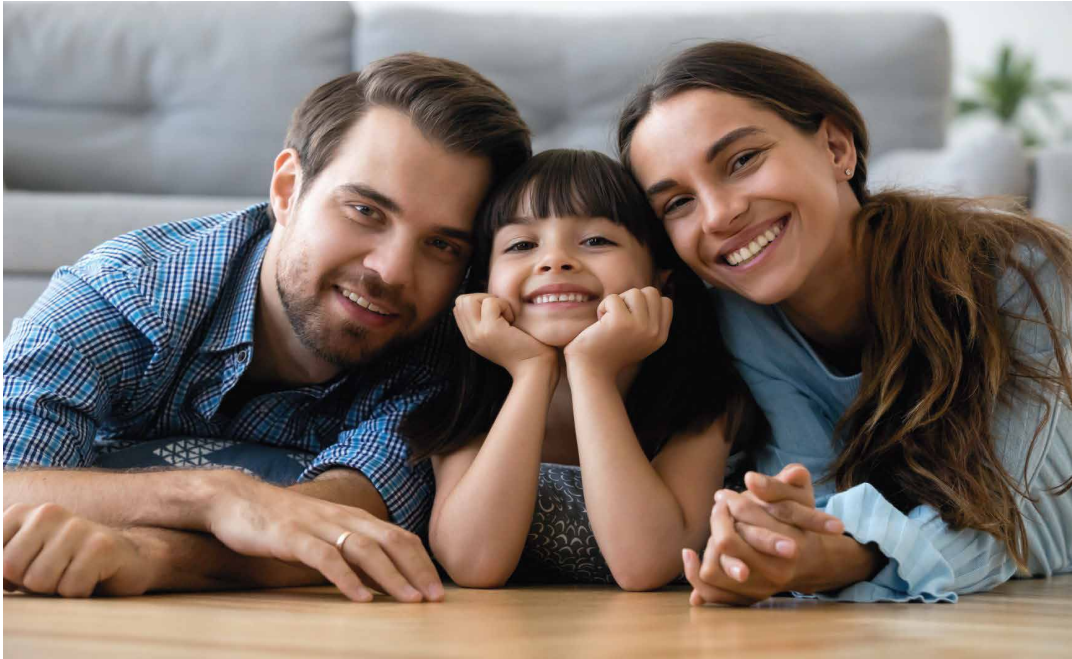
**SPECIALTIES**  
Medical eye care for all patients  
Vision exams  
Contact lens fittings



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Tillamook  
503-842-3938

### Dental Clinic

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

### Mobile Clinic

Countywide  
Tillamook  
503-842-3938

### North County 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

**LEE JOHNSON, MS, OD, FAAO**

**EDUCATION**

New England College of Optometry, Boston, MA.



**SPECIALTIES**

Ocular Disease  
Comprehensive Eye Care  
Specialty Contact Lenses

Dry Eye Management



H48571

**503-842-5568**

**800 Main Ave., Suite A, Tillamook, OR**  
**www.seetvc.com**

# PARTICIPATING PROVIDERS

## TILLAMOOK COUNTY

**ADULT SERVICES**

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

503-815-2060 • nwsds.org

**CAREER TRAINING**

**Nehalem Valley Care Center**

280 Rowe Street,  
Wheeler Oregon 97141  
503-368-5171

cgriffin@nvcarecenter.org

www.nehalemcarecenter.com

**CLINICS**

**Coastal Eye Care**

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

**Cosmic Healing NW**

Christy Kay-Practitioner  
60 Laneda Ave., Suite 203  
Manzanita, OR 97130  
503-800-1092  
CosmicHealingNW.com

**Graceful Waves Wellness Center**

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

**Rinehart Clinic & Pharmacy**

1-800-368-5182  
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*  
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TTY 800-735-2900

*Mobile Clinic, Countywide*  
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Keri



Cheryl



Dr. Lee Johnson, MS, OD, FAAO



Cleo



Lindsay



Shannon



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# TILLAMOOK COUNTY PROVIDERS

*Continued from Page 10*

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

**Tillamook Family Counseling Center**

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tfcc.org

**BEHAVIORAL HEALTH**

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TTY 800-735-2900

**Karen Sheelar, LPC Intern, NCC**  
503-842-3938 • 800-528-2938  
TTY 800-735-2900

**CHIROPRACTIC**

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gracefulwaveswellness.com

**COUNSELING**

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503-812-6788

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thesmilestudio.net

**Tillamook County Community Health Centers Dental Clinic**  
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TTY 800-735-2900  
www.tillamookchc.org

**Alicia Holiman, RDH, BSDH, EPDH**  
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TTY 800-735-2900  
www.tillamookchc.org

**DIETICIAN, REGISTERED**

**Erica Johnson, MPH, RD, LD**  
503-842-3938 • 800-528-2938  
TTY 800-735-2900  
www.tillamookchc.org

*Continued on Page 12*

## 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

H63156



## Reflect, Resource, Renew

Address gambling concerns in three steps:

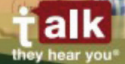
**Step 1 Reflect**-The first step to address concerns about gambling is to reflect on how gambling is impacting one's own life or someone else's.

**Step 2 Resource**-Resource encourages people to access problem gambling resources. Resources available at opgr.org. Local problem gambling prevention resources available at Tillamook Family Counseling Center. For information call 503-842-8201.

**Step 3 Renew**-Renew is a message of hope. Free and confidential problem gambling treatment is available to all Oregonians. Local problem gambling treatment available at Tillamook Family Counseling Center: 503-842-8201. For more information call 1-877-MY-LIMIT(695-4648).



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



## TRANSITIONS CAN BE HARD.

Help your kids avoid the pressures of trying marijuana and other drugs by being a good source of information.

Though marijuana laws are changing in some states for adults, all forms of marijuana can be harmful for a child's growing brain. Start talking with your kids early about the risks. For tips on how—and when—to begin the conversation, visit:

www.underagedrinking.samhsa.gov



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

SMA-18-5087

## Prevention Services Available at Tillamook Family Counseling Center

503-842-8201 • 1-800-962-2851

tfcc.org



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

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# TILLAMOOK COUNTY PROVIDERS *Continued from Page 11*

## FAMILY PRACTICE

**Dr. Craig Brown, MD**  
503-842-3938 • 800-528-2938  
TTY 800-735-2900  
www.tillamookchc.org

## GAMBLING PREVENTION

**OPGR Problem Gambling Helpline**  
1-877-695-4648  
**HOLISTIC HEALING**  
**Christy Kay-Practitioner**  
503-800-1092  
Christy@CosmicHealingNW.com

## HOME MEDICAL EQUIPMENT SUPPLIER

**North Coast Home Care**  
210 Ivy Avenue Tillamook, Oregon  
97141 (888) 271-8078 Toll Free (503)  
842-8755 NCHC.net

## OPTOMETRY

**Lee Johnson, MS, OD, FAAO**  
503-842-5568 • seetvc.com  
**Erika Bury, OD**  
503-374-0399 • coastaleyecare.com  
**John G. Dodd, DO**  
503-374-0399 • coastaleyecare.com

## PHARMACY

**Rinehart Pharmacy**  
1-844-715-2299 • rinehartclinic.org

## PRIMARY CARE PROVIDERS

### & FAMILY CARE

**Dr. Eli Andersen, ND**  
1-800-368-5182 • rinehartclinic.org  
**Leanna Coy, FNP-C**  
1-800-368-5182 • 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

## 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

## Lisa Steffey, DO

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

## PREVENTION PROGRAMS

### Help & Hope

24 Hr. Crisis Line  
800-962-2851 • 877-273-8255 (Español)  
503-842-8201

sostillamook.org

## SOS Tillamook

Gambling Helpline:  
1-877-695-4648 • 503-842-8201  
sostillamook.org

## PSYCHIATRY

## Michael Redmond, DO

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

www.tillamookchc.org

## RECREATION CENTER

**North County Recreation District**  
855-444-NCRD (6273) • ncrd.org  
**Tillamook YMCA**

*Continued on Page 14*



**RINEHART**  
CLINIC & PHARMACY  
COMPASSIONATE COMMUNITY CARE

230 Rowe Street  
WHEELER, OR  
www.rinehartclinic.org

## Patient-Centered Primary Care

on the North Oregon Coast

Primary Care | Family Care | Naturopathic Medicine  
Acupuncture | Mental Health Counseling | Insurance  
Sign-up Assistance | Equipo Bilingüe (Bilingual Team)

Walk-ins & new patients welcome.

|   |  |
|---|--|
| <b>Rinehart Clinic</b><br>M-F 8 am-6 pm<br>1-800-368-5182 | <b>Rinehart Pharmacy</b><br>M-F 8 am-6 pm   1-844-715-2299<br><i>Closed from 1-2 pm every day for lunch. The only retail pharmacy between Seaside and Tillamook. Curbside Pick-up Available.</i> |
|---|--|

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



**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 Chant'e Griffin at [cgriffin@nvcarecenter.org](mailto:cgriffin@nvcarecenter.org) or apply online at [www.nehalemcarecenter.com](http://www.nehalemcarecenter.com)



## Cosmic Healing NW




**Christy Kay -Vibrational Medicine 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

**Reiki**  
**Intuitive Guidance**  
**Sound Healing**  
**Earth Energy - Crystals & Herbs**

**R.I.S.E. to meet your healthy, peaceful, joyful life!**



# 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/)

# TILLAMOOK COUNTY PROVIDERS *Continued from Page 12*

503-842-9622  
tillamookymca.org

## RESOURCES

**Tillamook County Wellness**  
tillamookcountywellness.org

## SKILLED CARE

**Nehalem Valley Care Center**  
nehalemcarecenter.com  
503-436-3450

## SUBSTANCE ABUSE PREVENTION

### SOS Tillamook

503-842-8201  
sostillamook.org

## THERAPY

### Clark Miller, LCSW

60 Laneda Avenue, Suite 202,  
Manzanita, OR  
971-324-0061  
jclarkmiller@outlook.com  
clarkmillertherapy.com

## TRANSPORTATION

### Ride the Wave

www.nworegontransit.org/agencies/  
tillamook-county-transporta on-  
district/

## TILLAMOOK COUNTY VETERANS' SERVICES

Transportation to  
Medical Appointments  
888-793-0439  
503-842-4358  
www.co.tillamook.or.us/gov/Veterans/

# SUPPORT GROUPS TILLAMOOK COUNTY

## ABUSE: SAFETY & SUPPORT

### Tides of Change

503-852-9114  
tidesofchangenw.org

## AL-ANON

### North County Rec. District

jordanshope.org  
**Tillamook Meetings**  
jordanshope.org

## ALCOHOLICS ANONYMOUS

www.aa.org  
**Tillamook Serenity Club**  
503-842-1115  
tillamookserenityclub.org

## ALZHEIMER'S & CAREGIVER SUPPORT

NWSDS, 5010 E. Third St., Tillamook  
503-815-2062  
nwsds.org

## CARE EMERGENCY SERVICES

503-842-5261  
careinc.org/emergency-services

## CELEBRATE RECOVERY

**Tillamook Church of the Nazarene**  
503-842-2549  
tillamooknazarene.com/  
celebraterecovery

## CHILD & FAMILY SERVICES

### Tillamook DHS Office

503-842-4453  
dcfoffices.org/office/tillamook-dhs-office

## HEALTHY FAMILIES OREGON

Tillamook County  
503-842-2773  
careinc.org/healthy-families

## FOOD PANTRY

### Tillamook Food Pantries

foodpantries.org  
**Nehalem Bay United Methodist Church**

503-368-5612

## SENIOR LUNCHEONS

**Nehalem Bay United Methodist Church**

503-368-5612  
nbumcns12020@gmail.com

**TILLAMOOK YMCA**

**NOW OPEN!**  
Dozens of weekly classes  
Virtual class options  
Youth programs  
Personal training  
Swim lessons  
Adult sports  
Full-day childcare  
Classes for seniors  
*Financial assistance options available for all memberships*

610 Stillwell Ave in Tillamook  
www.tillamookymca.org  
503-842-9622  
Mon- Fri 5:00 am - 9:00pm  
Sat 8:00 am - 12 noon

the Y

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**

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# Smoking and Vaping: There's never been a better time to quit

## Smoking can make COVID-19 worse

We know that smoking is bad for our health. It can cause cancer. It can damage lungs. And it can increase the risk of having a heart attack, a stroke and many other illnesses. We know that vaping isn't safe, either. But now that the coronavirus (COVID-19) is a part of our lives, using tobacco can be even more harmful. Some research shows that smoking and vaping can make you more likely to get COVID-19. And if you do get it, your symptoms could be much worse.

Feeling anxious or depressed? Smoking doesn't help

There are many reasons why people smoke or vape. One reason is that they think it can help them feel less stress or anxiety. And we are all feeling a lot more stressed these days! But the truth is, smoking and vaping can make stress and anxiety even worse, not better.

The good news: Help with quitting smoking is a covered benefit through the Oregon Health Plan (OHP)

Your Columbia Pacific CCO benefits include help quitting smoking, and positive ways to help improve your mental health. Columbia Pacific CCO members have no out-of-pocket costs for covered services.

Start by making an appointment with your primary care provider (PCP). If you don't have a PCP yet, find one here. Many providers are offering telehealth appointments during COVID-19, which means you can talk with them by phone or video, without leaving your home. Learn more about telehealth appointments.

You and your PCP can make a plan to help you stop smoking. You can also talk with them about nicotine gum or patches. There are even medications that may help reduce cravings.

Talk to them about how you're feeling and ask for a depression



screening. A screening can help your provider understand what kind of help is best for you. You can also make an appointment directly with a network mental health provider, without a referral. Many of them offer telehealth

appointments, too. Find a mental health provider here.

Contact Quit for Life for more smoking help. This is a stop-smoking program of the American Cancer Society. Your benefits include two quit attempts with this program every 12 months. To reach them, call toll-free 866-QUIT-4-LIFE (866-784-8454). Spanish options are available. Or visit [quitnow.net](http://quitnow.net)

Remember, we're here to help Helping you be healthier, physically and mentally, is our goal! If you need help or have

any questions, please get in touch with us. Call us toll-free at 855-722-8206, TTY 711. You can also send us a secure message through our member portal at [colpachealth.org/portal](http://colpachealth.org/portal)

# Join our team



**Samaritan  
Health  
Services**

Opportunities are available in a variety of fields including:

- Allied health
- Clerical
- Housekeeping
- Information services
- Management
- Nursing
- Nutrition services
- And much more!

Visit [samhealth.org/Jobs](http://samhealth.org/Jobs) to learn more or apply.

# SUPPORT GROUPS LINCOLN COUNTY

## ADULT CHILDREN OF ALCOHOLIC AND DYSFUNCTIONAL FAMILIES

**Wed., 6:30 to 7 p.m.**

Samaritan North Lincoln Hospital  
Education Conference Room  
3043 NE 28th St.,  
Lincoln City  
503-819-9302  
jamesd.aca@gmail.com

## ADVANCE DIRECTIVE WORKSHOP

**2nd Wednesday, 2:30 to 4 p.m.**

Samaritan North Lincoln Home Health &  
Hospice Conference Room  
3011 NE 28th St., Lincoln City  
Jerry Koetitz 541-996-7328

## BREAST CANCER SUPPORT GROUP

**3rd Thurs., 10 a.m. to noon**

Vivian's Restaurant,  
1115 SE First St., Lincoln City  
Sue Bosnjak 541-994-4016

## CANCER SUPPORT GROUP

**2nd Wed., 1 p.m.**

Pig 'n Pancake  
3910 NE Hwy 101, Lincoln City  
541-994-3268

## CAREGIVER SUPPORT GROUP

**3rd Thurs., Noon to 1 p.m.**

NESS Club at Odd Fellows Hall  
1350 SE Oar, Lincoln City  
Alethea  
541-921-0937

## CHILDBIRTH EDUCATION

**Saturday, Dec. 8 (other dates TBD)**

**Noon to 6 p.m.**

Samaritan North Lincoln Hospital  
Education Conference Room  
3043 NE 28th St., Lincoln City  
Stephanie or Trista  
541-996-7179

## DEMENTIA SUPPORT GROUP

**3rd Thurs., 1:30 p.m.**

Lakeview Senior Living  
2690 NE Yacht Ave., Lincoln City  
Christy Turner  
541-994-7400

## DIABETES SELF-MANAGEMENT CLASS

Samaritan North Lincoln Hospital  
Health Professions Education Center  
3011 NE 28th St., Lincoln City  
Mica Ward 541-557-6414

## DIABETES SUPPORT GROUP

**3rd Thurs., 2 to 3 p.m.**

Samaritan North Lincoln Hospital  
Education Conference Room  
3043 NE 28th St., Lincoln City  
Sue Peters 541-557-6414

## GRIEF SUPPORT GROUP

**Four-week session begins 1st Tues. of the month, 2 to 4 p.m.**

Samaritan North Lincoln  
Home Health & Hospice  
3011 NE 28th St., Lincoln City  
Jerry Koetitz 541-996-7328

## MS SELF-HELP GROUP

**2nd Tues., 11 a.m.**

Moose Lodge at Odd Fellows Hall  
1350 SE Oar, Lincoln City  
Alethea 541-921-8149

## Charlotte Lehto Insurance Agency, Inc.

*Serving The Oregon Coast For Over 20 Years*



Charlotte Lehto



THE INSURANCE STORE NW  
HealthCare Planning for Life

## Healthcare Planning for Life

Health Insurance On And Off The Federal  
Health Insurance Marketplace  
Dental • Vision • Short Term Medical

*We Specialize In Senior Services!*



Medicare Supplements, Advantage & Prescription Drug Plans  
Long Term Care & Critical Illness • Pre-Need, Funeral & Final Expense Plans

Visit our NEW website: [www.charlottelehto.com](http://www.charlottelehto.com)

[charlotte@insurancestores.com](mailto:charlotte@insurancestores.com) • [clehto@farmersagent.com](mailto:clehto@farmersagent.com)

541-994-2884 • 4270 NE Highway 101, Lincoln City, OR 97367

*"We're your friends in the insurance business!"*



# PARTICIPATING PROVIDERS

## LINCOLN COUNTY

### HOME MEDICAL EQUIPMENT SUPPLIER

#### North Coast Home Care

Lincoln City: 541-996-5102 NCHC.net

### OREGON FAMILY SUPPORT NETWORK

541-901-1175

jodiep@ofsn.net

### PARENTS HELPING PARENTS SUPPORT GROUP

We offer a support group in each of the following towns: Waldport, Newport, Toledo, and Depoe Bay. At our monthly meetings, groups can:

- Connect with other parents, caregivers, and family members in a confidential and supportive setting.
- Get helpful information and exchange ideas with others.
- Share your experiences, successes, and frustrations with others who

understand your journey.

### LINCOLN COUNTY HEALTH & HUMAN SERVICES

36 SW Nye Street

Newport, Oregon 97365

- Public Health: 541-265-4112
- Environmental Health: 541-265-4127
- Behavioral Health: 541-265-4179
- Primary Care: (541) 265-4947
- Developmental Disability Services: 541-265-0482
- Health Insurance Enrollment Assistance: 541-265-0430

### SAMARITAN HEALTH SERVICES GRIEF SUPPORT GROUP

- Lincoln City: 541-996-7328
- Newport: 541-574-4751

### DIABETES SUPPORT GROUP - CENTER FOR HEALTH EDUCATION

Registration is not needed.

Call for more information:

541-574-4682

Monthly Meetings at

740 SW Ninth St, Newport

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

### LINCOLN COUNTY SUICIDE PREVENTION SUPPORT & CRISIS

1-888-232-7192 (24 hours)

Samaritan Health Services Various Support Groups

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



Licensed, Bonded, Insured

## Assisted Living in Your Home

### Services Include:

- ✓ Housekeeping
- ✓ Transportation
- ✓ Meal Preparation
- ✓ Personal Hygiene
- ✓ Nursing Services
- ✓ Mobility & Transfers
- ✓ Dressing & Bathing
- ✓ Medication Services
- ✓ Foot Care
- ✓ Pet Care & More!

Now Hiring! Caregivers/CNA  
Starting at \$14/hr including benefits

“Quality Care  
with a Loving  
Touch”



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

2065 NW 34th St., Ste. 5, Lincoln City, 97367 • 541-614-1450

# RESOURCE GUIDE

## LINCOLN COUNTY

**Community Information Center for Health & Services**

DIAL 211  
www.211info.org

**Alcoholics Anonymous**

800-333-5051

**Alcohol & Drug Hotline**

800-784-6776

**Aids Support Hotline**

800-642-8244

**HIV Alliance of Oregon**

541-342-5088

hivalliance.org

**Child Abuse Reporting**

855-503-7233

**Children's Advocacy Center**

541-574-0841

www.childrensadvocacycenter.net

**Domestic Abuse Hotline**

800-681-8663

**Pregnancy Hotline**

800-550-4900

**Elder Abuse**

800-828-6194

**Oregon Crisis Line**

866-266-0888

**Suicide Prevention**

800-273-8255

**Suicide Prevention Coalition**

1-800-273-TALK (8255)

suicidepreventionlifeline.org

**CASA**

541-265-3116

http://www.casalincolntillamook.org/

**Centro de Ayuda**

541-265-6216

http://www.cdanewport.org/

**Family Promise of Lincoln County**

541-992-1682

**My Safe Place**

(Formerly My Sister's Place)

541-574-9424

Mysistersplace.us

**Progressive Options**

541-265-4674

**Shangri-La**

541-265-4015

http://www.shangrilaoregon.org/

**Victim Assistance**

(Lincoln County)

541-265-3462

**Legal Aid**

541-265-5305

**Food Share Lincoln County Main**

541-265-8578

www.foodsharelc.org

**Lincoln City Pantry**

541-994-3699

**Depoe Bay Pantry**

541-270-3404

**Siletz Pantry**

541-270-4993

**Newport Pantry**

541-992-5723

**WIC Office (Women, Infants & Children)**

36 NW Nye Street, Newport

541-265-0414

**Animal Shelter**

541-265-6610

www.co.lincoln.or.us/animalshelter/page/lincoln-county-animal-shelter

**Food Stamps**

(DHS Self Sufficiency Office)

541-265-2248

(includes SNAP, TANF & Employment Services)

**American Red Cross**

541-265-7182 (877) 272-7337

www.redcross.org/local/oregon/get-help.html

Get Help With:

*Temporary Sheltering/Housing*

*Mental Health Assistance*

*Financial Assistance*

*Health Services*

**Heating/Energy Assistance**

541-265-3293

**Salvation Army**

541-265-6814

**Siletz Tribal Services**

541-444-2532

**Veteran's Services**

541-574-6955

**Employment Office**

541-265-8891

**Housing Authority**

541-265-5326 x317

**Samaritan House**

541-574-8898



Our mission is to ensure the safety, comfort, well-being of seniors and people living with disabilities and to help them fulfill their desire to remain living at home or a community-based home. We offer the following services and programs:

- NESS Club, an Adult Day meeting remotely, offering in-home care, and respite
- Transportation
- Outreach and referral
- COVID-19 and Wildfire wraparound services
- Education and support for Family Caregivers
- Behavioral Health, screening, counseling and Support
- Memory Screening, referral and supports.



**North End<sup>TM</sup> Senior Solutions**

Currently offering **FREE** behavioral health counseling during the COVID-19 Pandemic, Funded by CARES Act

Call Tim Malone MSW LCSW at (541) 588-0100 or Lauren Stenzel at (505)288-1755

NESS Club (541) 921-0937 DONATE NOW: PO Box 148, Otis OR 97368

*Continued on Page 19*

# RESOURCE GUIDE *Continued from Page 18*

## Help Center

541-574-5824

## Community Services Consortium:

Housing, Health Services, Veterans  
& Energy Assistance  
541-265-8505

## LAW ENFORCEMENT

### NON-EMERGENCY (EMERGENCIES DIAL 911)

## Lincoln City Police

541-994-3636

## Lincoln County Sheriff

541-265-4277

## State Police Local Dispatch

541-265-5353

## State Police General Headquarters

800-452-7888

## Newport Police

541-265-4231

## NON-EMERGENCY

### HEALTH SERVICES

### (EMERGENCIES DIAL 911)

## Lincoln City Hospital

541-994-3661

## Newport Hospital

541-265-2244

## Emergency Dental

541-758-3000

## TRANSPORTATION/ TRANSIT SERVICES

### Easy Ride

541-265-8740

### County Transit

541-265-4900

### Dial-A-Ride

541-265-4900

### Valley Retriever

541-336-2254

### Oregon Road Conditions

800-977-6368

[www.co.lincoln.or.us/](http://www.co.lincoln.or.us/)

[emergencymanagement/page/road-conditions](http://emergencymanagement/page/road-conditions)

## VETERAN'S SERVICES

### Lincoln County Veteran Services

541-574-6955

### Veteran's Van

541-574-6955

## Veteran's Regional Office

800-827-1000 x110

## SENIOR SERVICES

### Lincoln City Senior Center

2150 NE Oar Place, Lincoln City

541-994-2722

### Newport City Senior Center

20 SE 2nd Street, Newport

541-265-9617

### Oregon Cascades West

Council of Governments

203 N Main Street, Toledo

541-336-2289

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

*willamette valley*  
**Cancer**  
FOUNDATION

*Serving Lincoln, Tillamook,  
and Yamhill Counties since 2002*

The Willamette Valley Cancer Foundation helps cancer patients and their families shoulder the financial burden created by cancer through an individualized patient assistance program. We can help make mortgage and rent payments, pay for utilities, and provide gas and grocery cards to those who demonstrate financial need.

Visit our website for more information.  
[www.willamettevalleycancerfoundation.org](http://www.willamettevalleycancerfoundation.org)  
[info@wvcancerfoundation.org](mailto:info@wvcancerfoundation.org) • 503-435-6592

# McEachern Audiology & Hearing Aid Center



Le'Anne McEachern  
Doctor of Audiology

- Professional Hearing Exams
- Sound Booth
- Hearing Aid Sales & Services
- Complete Hearing Aid Repair Lab
- NoCost/No Obligation demo hearing aid fittings

Weekdays 9-5 • 541-272-5015

Sea Towne Shopping Center

1622 N. Coast Highway, Newport

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

## *Trillium Natural Foods Grocery an experience in humanity*

Walking through the door at Trillium Natural Foods is walking into your neighborhood store.

It is located just a block off of Highway 101 and centrally located, nestled between a bustling shopping mall, medical offices and Lincoln City Post Office.

This little store packs a huge punch when checking off your shopping list. They feature so

much more than the best fresh organic produce in town and huge selection of natural supplements.

If you're Spring Cleaning, planning a self-care weekend, beginning a new diet plan or needing to stock up on specialty & bulk goods, you can do it in one convenient stop. They even carry seasonal items like plant starts every Spring.

The walk is short, parking lot quaint, no fuss, no muss. You will be asked to wash your hands and wear a mask until we are in the clear, and they are very polite about it. You will appreciate



their love of each customer and the care involved in how well they maintain the store. Every detail matters.

Every friendly face is considered here. You cannot simply be voted Best Customer Service and Favorite Grocery Store in Lincoln City in 2020 if you don't have the local's support. Shopping at Trillium Natural Foods is an experience in humanity. You'll thank yourself later.



Lincoln City, Oregon 541-994-5665

**Over 600 Products available in Bulk: buy a lot or a little and save!**

*Grains & Flours, Chocolates, Nuts,  
Dried Fruits, Oils/Soaps, Teas, Spices*

*And a whole lot more...*

1026 SE Jetty Ave., Lincoln City  
Open Mon.–Sat. 9:30–7:00  
Sun. 11–6 541-994-5665  
trilliumnaturalfoods.net