



HEALTH & MEDICAL DIRECTORY 2026

Comprehensive Listings of Doctors, Hospitals, and Healthcare Facilities

A supplement to Okanogan County Chronicle • October 7, 2026

The food pyramid gets a fresh look, But healthy eating doesn't have to be complicated

THERE WAS A TIME when the food pyramid was as familiar as the alphabet.

It hung in classrooms, appeared in textbooks and showed up on refrigerator doors, offering generations of Americans a simple picture of what a healthy diet was supposed to look like.

The pyramid has changed over the years, but the latest version brings the focus back to something surprisingly simple: eat more real food and less highly processed food.

The updated federal dietary recommendations, promoted by Health and Human Services Secretary Robert F. Kennedy Jr. and Agriculture Secretary Brooke Rollins, emphasize whole, nutrient-dense foods while encouraging Americans to cut back on added sugars, refined carbohydrates and highly processed foods.

For families trying to eat better, the message doesn't have to be complicated.

Start with real food

One of the biggest themes in the new guidance is choosing foods that are closer to their natural form.

Think fresh or frozen vegetables, whole fruits, eggs, meat, fish, beans, nuts, seeds, dairy and whole grains.

That doesn't mean everything in the pantry needs to be made from



scratch. Frozen vegetables can be just as practical as fresh ones, and canned foods can be useful staples. The idea is to make nutritious foods the foundation of meals rather than relying heavily on highly processed products.

A simple dinner of roasted chicken, potatoes and green beans may fit the philosophy better than a meal built around a packaged entrée, even if both are convenient.

Put protein on the plate

Protein has moved closer

to center stage.

The updated recommendations encourage including a protein source with meals. That can mean traditional choices such as beef, pork, poultry, fish and eggs, but it can also come from beans, nuts, seeds and other plant foods.

Breakfast doesn't have to be a bowl of sugary cereal. Eggs with whole-grain toast and fruit, plain yogurt with berries and nuts, or oatmeal topped with nuts and a side of eggs can provide a more substantial start to the day.

Don't forget the produce

A focus on protein doesn't push fruits and vegetables into the background.

If anything, the new approach provides another reason to look at how much

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Health & Medical Directory
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color is on the plate.

Adding berries to breakfast, keeping cut vegetables available for snacks or serving a vegetable alongside dinner are small changes that can add up over time.

Whole fruit is also emphasized over fruit products with added sugar.

An apple, orange or handful of berries doesn't need a nutrition label to tell you what you're eating.

Carbohydrates aren't the enemy

The new guidance also puts an emphasis on reducing refined carbohydrates.

That doesn't mean eliminating carbohydrates.

Whole grains such as oats, brown rice and whole-grain breads remain part of a healthy eating pattern. The bigger distinction is between nutrient-rich carbohydrates and foods made primarily from refined grains and added sugars.

In practical terms, swapping white bread for whole-grain bread or choosing oatmeal instead of a sugary breakfast pastry can be an easy place to start.

A closer look at the grocery cart

Healthy eating often begins before food reaches the kitchen.

A grocery cart filled primarily with vegetables, fruit, eggs, meats, dairy, beans, nuts, seeds and whole

grains provides plenty of building blocks for meals.

It can also help to look at the ingredient list on packaged foods. A food doesn't have to be completely free of processing to be nutritious, but products with large amounts of added sugars, refined grains and sodium may be foods to eat less often.

And there's still room for birthday cake, a bag of chips at a ballgame or a favorite family recipe.

Healthy eating isn't about making every meal perfect.

Keep it practical

For busy families, perhaps the most useful part of the new approach is that it doesn't require reinventing the kitchen.

Try adding an egg to breakfast. Put a vegetable on the dinner plate. Keep fruit where it's easy to grab. Choose whole grains when possible. Include a protein source with meals. Drink water instead of sugary beverages more often.

Small changes are generally easier to maintain than dramatic dietary overhauls.

The food pyramid may have changed, but the basic idea remains familiar: eat a variety of nutritious foods, pay attention to what you're putting on your plate and make whole foods the foundation of everyday meals.

The healthiest diet isn't necessarily the one with the most rules. It's the one that can become part of everyday life.



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Birthrates decline: Who will take care of us?

FOR MOST OF AMERICAN history, the next generation was generally large enough to replace the one before it.

That is changing.

Americans are having fewer children, while people are living longer. The result is a country slowly shifting toward an older population — and raising some uncomfortable questions about the future.

Who will fill the jobs when today's workers retire? Who will staff hospitals, nursing homes and home-care agencies? Who will run farms and small businesses? Who will teach the next generation? And, eventually, who will take care of all of us?

The changes will not happen overnight. Demographics

move slowly. But once a smaller generation reaches adulthood, there is no easy way to make up for the people who aren't there.

The United States recorded about 3.61 million births in 2025, down about 1% from the previous year. The nation's fertility rate has been falling for years and is now well below the level needed for a population to replace itself without immigration.

At the other end of the age spectrum, the population 65 and older is growing rapidly. Between 2020 and 2025, the number of Americans in that age group increased 16.2%, according to the Census Bureau.

Put those trends together and the basic problem becomes easier to see: more people will

need care and support, while there will be proportionally fewer working-age people to provide it.

The caregiver question

Health care may be one of the first places where the change becomes impossible to ignore.

America already depends heavily on workers who care for older adults. Home health and personal care aides are among the country's fastest-growing occupations. The Bureau of Labor Statistics projects about 760,500 openings a year in those jobs through 2035, including positions created when workers leave the occupation.

And caring for an aging population is not limited to nursing homes.

More older adults are receiving care at home, whether from paid caregivers or family members. That can be exactly what someone wants — remaining in a familiar house instead of moving into a facility — but it also means someone has to provide that care.

For families with fewer children, there may be fewer adult children available to share that responsibility.

That could make an already difficult problem harder.

A smaller workforce

The same arithmetic applies outside health care.

Restaurants need cooks and servers. Construction

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GET TEST RESULTS FASTER

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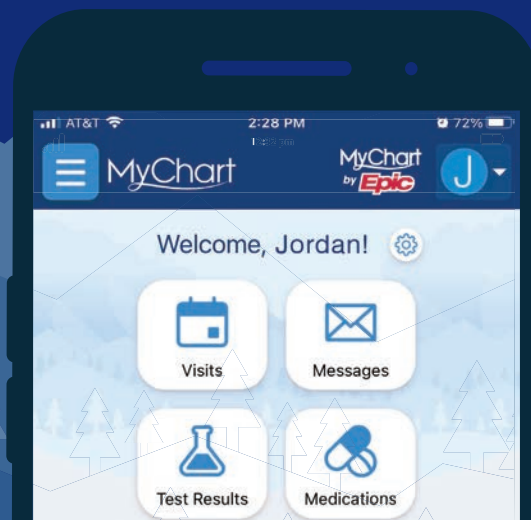


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HEALTH

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companies need workers. Farms need people. Schools need teachers. Manufacturers need employees. Communities need firefighters, police officers, mechanics, electricians, truck drivers and business owners.

Technology can help fill some gaps. So can automation, higher productivity, immigration and people staying in the workforce longer. Older Americans are already working at higher rates than previous generations did at the same ages.

None of those changes, however, creates people.

A country with fewer young adults eventually has fewer new workers entering the labor force. Some industries may respond with better wages, more automation or changes in how work

is done. Others may simply find themselves competing for a shrinking pool of employees.

What happens to small towns?

The issue can feel particularly personal in rural communities.

A town needs children to fill classrooms and young adults to start careers. It needs families to buy houses, open businesses and participate in community organizations. It needs enough working people to keep essential services running.

When there are fewer young families, those institutions can become harder to sustain.

A shrinking school enrollment may eventually mean fewer teachers or school buildings. A business owner who wants to retire may struggle to find someone willing to take

over. A nursing home may have beds available but not enough workers to staff them.

None of these problems is caused by a single family deciding to have fewer children. They are the cumulative result of millions of individual decisions playing out over decades.

There is no simple answer

The falling birth rate has prompted plenty of debate about why Americans are having fewer children.

Housing costs, child care, student debt, wages, changing attitudes toward marriage and parenthood, and the decision to delay having children all play a role for different people. There is no single explanation that fits every family.

Nor is a larger population automatically better in every

respect.

But population size and age matter when it comes to keeping a society functioning.

Today's babies will eventually become tomorrow's nurses, teachers, farmers, electricians, caregivers, business owners and parents. They will inherit institutions built by earlier generations and, eventually, be responsible for maintaining or changing them.

That is what makes the birth-rate story bigger than a statistic.

The children who aren't born today won't simply be missing from tomorrow's playgrounds. Twenty years from now, they would have been the people starting careers. Forty years from now, they would have been the adults caring for an aging population.



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Electronic: Your medical records, in your pocket

REMEMBER WHEN A doctor's office meant a clipboard, a stack of forms and a folder full of paperwork?

Those days are largely gone. Today, much of your medical history lives online — and patient portals such as MyChart can put a surprising amount of it right on your phone.

A patient portal is essentially a window into your electronic medical record. Depending on the health care system, you may be able to see laboratory results, medications, immunizations, visit summaries and upcoming appointments. You may also be able to schedule

appointments, request prescription refills, complete paperwork and send secure messages to your medical team.

MyChart is one of the better-known portals, but it isn't the only one. Hospitals and clinics use a variety of systems, and patients who see providers in different health systems may end up with several accounts.

More than a digital chart

Electronic health records, or EHRs, have changed how doctors and other health care professionals keep track of patients.

Instead of searching through paper files, providers can enter and retrieve information



electronically. A record may include a patient's medical history, allergies, medications, diagnoses, test results, imaging reports and notes from previous visits.

That information can be especially useful when care

involves more than one doctor. A new provider may be able to review relevant records rather than relying entirely on a patient's memory or waiting for paperwork to be

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transferred.

The patient portal, however, isn't necessarily a complete copy of the medical record. What patients can see varies by health system, and some information may not appear immediately.

When the test results arrive first

One of the biggest changes for patients is how quickly they can see test results.

A laboratory result may show up in a portal before a doctor has called or had a chance to discuss it. That can be convenient, but it can also lead to unnecessary worry.

A flagged result isn't automatically a sign that something is wrong. Reference

ranges vary, individual results need to be considered in context, and a doctor may be looking at several pieces of information before reaching a conclusion.

In other words, the portal can show you the number. It doesn't necessarily explain the number.

If a result is confusing or concerning, talking with the provider who ordered the test is a better approach than trying to interpret it from a Google search.

Take a few minutes to check your record

Patient portals can also be useful for catching simple mistakes.

Take a look at your medication list from time to time. Make sure medications

you no longer take aren't still listed and that allergies and other basic information are accurate.

It can also be helpful to review your appointment history, vaccination records and previous test results before a doctor's visit. Having those details available can save time and help you remember questions you wanted to ask.

For people who travel or see specialists outside their usual clinic, knowing how to access their records can be particularly handy.

Protecting your account

Of course, putting medical information online means taking some basic security precautions.

Use a strong password

and turn on multi-factor authentication if the health system offers it. Avoid accessing your account on public computers, and be wary of unexpected emails or text messages asking you to enter your login information.

When in doubt, open the provider's official website or app yourself rather than clicking an unfamiliar link.

Electronic records have made medical information easier to store, share and access. Patient portals have taken the next step by giving patients a direct view into their own care.

The technology doesn't replace a conversation with a doctor. It simply makes it easier to have that conversation with the information close at hand.



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PROFESSIONAL PROFILE

Three Rivers brings healthcare home with new mobile clinic

FOR MANY PEOPLE IN rural communities, accessing health care involves finding not just the right provider, but also the time and transportation to travel long distances for an appointment.

Three Rivers Hospital is working to make that easier with a new mobile clinic designed to bring health care directly into the communities it serves.

The Three Rivers mobile clinic is on-site at Three Rivers Hospital, where staff are preparing the unit for service and putting the finishing touches on a plan for how it will be used throughout the hospital district. The goal is to begin seeing patients in the



community in fall 2026.

Rather than establishing a one-size-fits-all schedule, Three Rivers is gathering input from

residents to help determine where the mobile clinic can make the greatest difference, how often it should visit each

community and which services would be most useful.

"We want this to be something we build with our communities, not simply something we bring to them," said Scott Graham, chief executive officer at Three Rivers Hospital. "Our goal is to remove some of the barriers that can make health care difficult to access and meet people where they are."

The mobile clinic will likely offer a variety of services, depending on the needs of each community. Potential services include primary care, orthopedics, laboratory

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draws, behavioral health and assistance from Three Rivers' health navigators, who can help patients understand their insurance options and apply for health coverage.

The initial focus will be on communities within the hospital district that are farther from the hospital and have fewer health care resources available locally. Mansfield, for example, does not currently have a medical clinic, making it a natural starting point for bringing care directly to residents.

"We have communities in our district where getting to a health care appointment can be a significant undertaking," said Mike Pruett, Three Rivers Hospital Board Chair and



a representative from the Methow Valley. "The mobile clinic gives us another way to serve those communities and make sure geography doesn't become a barrier to getting the care people need."

The mobile clinic is part of Three Rivers Hospital's broader



effort to improve access to care throughout its large, rural hospital district. By bringing providers and services closer to residents, the hospital hopes to make routine care more convenient while helping connect people with additional resources when they need

them.

The mobile clinic will travel to communities throughout the district based on community needs and available services. Its schedule and locations will evolve as Three Rivers gathers feedback and learns more about how residents want to use the resource.

Once the mobile clinic schedule and service plan are finalized, information about upcoming locations and services will be available at brewsterclinic.org/mobile-clinic/.

Three Rivers Mobile Clinic's vision is simple: Healthcare without boundaries. By taking care beyond the walls of the hospital and into the communities it serves, Three Rivers hopes to make quality health care a little closer and a lot more accessible.



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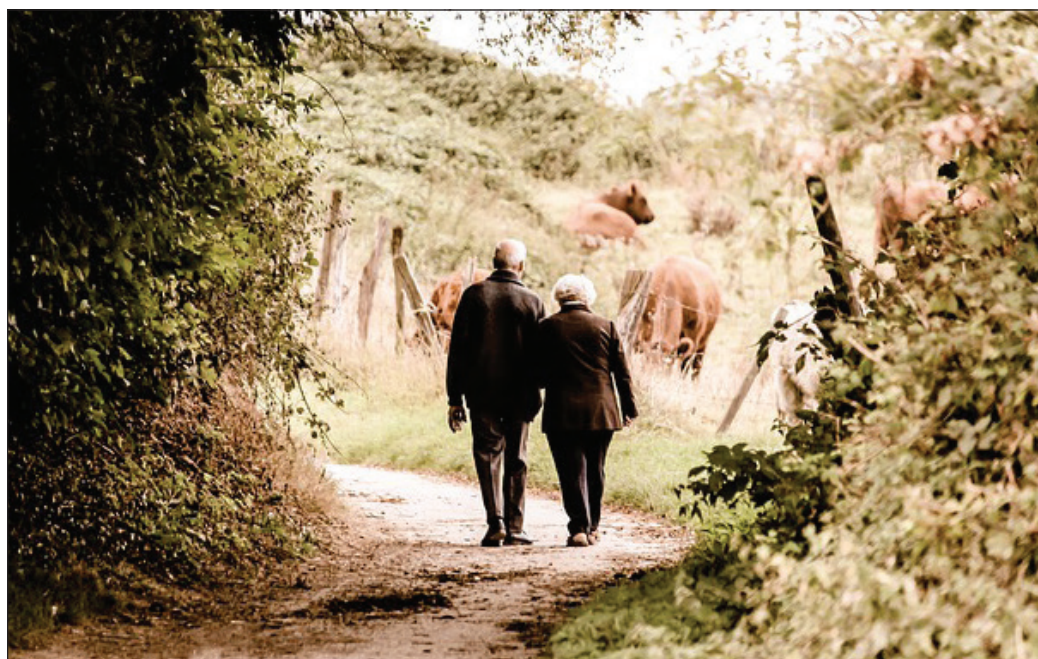
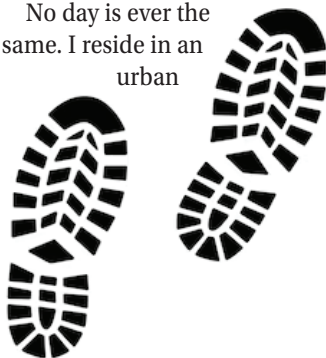
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DEAN B. KANER is a playwright, screenwriter and syndicated columnist.

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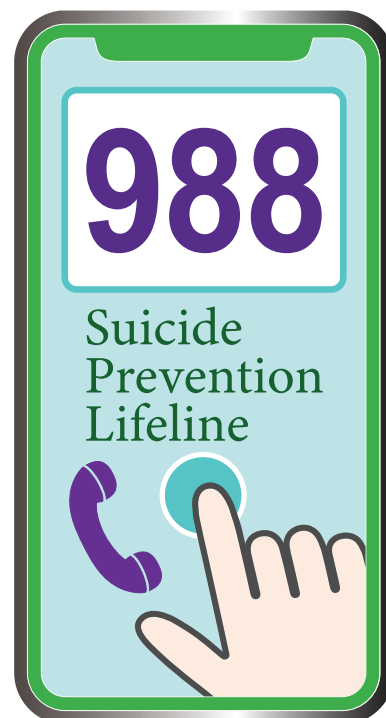
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Nutritional Counseling - One-on-one, referrals from
physicians.
Respiratory Therapy - Outpatient in-house respira-
tory care and therapy.
Prescription Drug Drop-Off - Dispose of unwanted
medications. Keep your home safe. In lobby of hospi-
tal. See ad on page 7.

HEALTH FOODS & NUTRITION

Tonasket Natural Foods Co-op 509-486-4188
21 W. 4th St., Tonasket 98855
Website www.tonasketcoop.com
Wellness starts from within. Eating clean, whole
foods provides the baseline nutrition your body
needs to thrive—and pairing them with high-quality
supplements helps bridge nutritional gaps to opti-
mize daily energy, focus, and recovery. See ad on
page 13.

HOME CARE

Family Resource Home Care 509-846-7224
226 S. Main St., Omak 98841
Email omak@familyrhc.com
Website www.familyresourcehomecare.com/
locations/home-care-omak/
Family Resource Home Care helps Okanogan County
residents remain comfortable at home with person-
alized care, companionship, dementia support, and
respite. See ad on page 13.

HOSPITAL DISTRICTS

Hospital District No. 1..... 509-689-2517
Three Rivers Hospital
507 Hospital Way, Brewster 98812
Website www.threerivershospital.net
Administrator: Scott Graham
Board: Mike Pruett, Cherri Thomas, Leslie McNamara,
Dr. Tracy Shrable, David Garcia. Board meets: 11 a.m.,
last Tuesday of each month. Virtually or in McKinley
Conference Room. See ad on page 3.

HOSPITALS

Mid Valley Hospital & Clinic 509-826-1760
810 Jasmine St., Omak, WA 98841
Website www.mvhealth.org
Quality hospital care close to home, including 24/7
Emergency Care, inpatient care, surgery, imaging,
laboratory services, respiratory care and Labor &
Delivery. See ad on page 8.
North Valley Hospital.....509-486-2151
126 S. Whitcomb Ave., Tonasket 98855
Website www.nvhospital.org
Full inpatient care, swing bed, emergency services
24/7, radiology, lab, wound care, and surgical ser-
vices close to home. See ad on page 7.

Three Rivers Hospital 509-689-2517
 507 Hospital Way, Brewster 98812
 Website..... www.threerivershospital.net
 24-hour emergency room staffed by physicians, family practice clinic, surgical services, laboratory and radiology, physical and occupational therapy, acute and transitional care, behavioral health therapy, and IV therapy. We accept most insurances. See ad on page 3.

INSURANCE

Smithson Insurance.....509-884-5195
 720 Valley Mall Pkway #1, East Wenatchee, 98802
 Website..... www.SmithsonInsuranceServices.com
 We can answers your questions about Medicare planning, individual health plans, employee benefit plans, dental, vision, long-term care and disability. See ad on page 5.

INTELLECTUAL DISABILITIES

Okanogan Behavioral HealthCare/ Developmental Disabilities..... 509-826-6191
 1007 Koala Drive, Omak 98841
 Toll free..... 866-826-6191
 TTY.....509-826-2113
 Website..... www.okbhbc.org
 The Developmental Disabilities Program provides information and referral services and resources in your area. Just call us.

LAB SERVICES

Confluence Health Hospital Omak Campus
509-826-1800
 916 Koala Drive, Omak 98841
 Website..... www.confluencehealth.org
 The Confluence Health/Omak Clinic is proud to offer complete lab services. Call today for more information. See ad on page 4.

Mid Valley Hospital & Clinic.....509-826-1760
 810 Jasmine St., Omak, WA 98841
 Website..... www.mvhealth.org
 Convenient outpatient laboratory testing is available at both the hospital and clinic. An appointment is needed with a provider's order. See ad on page 8.

North Valley Hospital.....509-486-2151
 126 S. Whitcomb, Tonasket 98855
 Website..... www.nvhospital.org
 Orders accepted from any provider. Full services for preventative care, therapeutic monitoring and disease management testing. Referrals from physicians. See ad on page 7.

Three Rivers Hospital 509-689-2517
 507 Hospital Way, Brewster 98812
 Website..... www.threerivershospital.net
 Our lab offers a full array of testing 24 hours a day. Walk-ins welcome with orders, accepted from any provider. See ad on page 3.



Serving the Community Since 1977
Clean Whole Foods & High-Quality Supplements

TONASKET
Natural Foods
Co-op

21 W. 4th St., Tonasket, WA 98855
509.486.4188

Open 7 Days a Week
www.tonasketcoop.com



**For home care beyond compare,
 we're the resource.**

- Personal Care
- Companionship
- Errands
- Transportation
- Respite Care
- End of Life Care
- Dementia Care
- Meal Preparation
- Housekeeping
- Social Outings

509.846.7224
omak@familyrhc.com
familyresourcehomecare.com

**family
 resource**
 home care

MARIJUANA STORES

Sage Shop.....Omak 509-322-8090
.....**Oroville 509-476-2878**

309 N. Main St., Omak 98841
33607 Hwy. 97, Oroville 98844

Two stores: Omak and Oroville. Competitive prices, wide variety of marijuana, CBD and topical products. Knowledgeable, helpful staff. See disclaimer in our ad on page 10.

MASSAGE THERAPY

North Valley Hospital..... 509-486-2784
118 S. Whitcomb Ave., Tonasket 98855

Website.....www.nvhospital.org
Relaxation, rehabilitate sports injuries and treat pain. Swedish, deep tissue and sports massage, myofascial, neuromuscular and trigger point therapy. See ad on page 7.

MEDICARE INSURANCE

Senior Benefits Solutions, Pat Taylor 509-322-5527
E-mail.....pattaylor1946@yahoo.com

Know your representative. Local benefits specialist, Pat Taylor, will come to you. Representing most major Medicare supplemental plans.

MENTAL HEALTH/ COUNSELING SERVICES

Confluence Health Hospital Omak Campus.....
.....**509-826-1800**

916 Koala Drive, Omak 98841
Website.....www.confluencehealth.org
Mental health outpatient services, youth services and psychiatric services. See ad on page 4.

Mid Valley Clinic.....509-826-1600
529 Jasmine St., Omak, WA 98841

Website.....www.mvhealth.org
Compassionate outpatient behavioral health services integrated with your healthcare team, providing convenient access to personalized mental health support. See ad on page 8.

Okanogan Behavioral HealthCare 509-826-6191
1007 Koala Drive, Omak 98841

Toll free.....866-826-6191
TTY.....509-826-2113
Website.....www.okbhc.org

Individualized counseling and treatment provided by licensed, caring professionals specializing in confidential care for adults, children, elders and families.

OPHTHALMOLOGY

Confluence Health Hospital Omak Campus.....
.....**509-826-1800**

916 Koala Drive, Omak 98841
Website.....www.confluencehealth.org
717 Okoma Drive, Omak 98841, 509-826-1191
Website.....www.confluencehealth.org
See ad on page 4.

OPTOMETRISTS

Confluence Health Hospital Regional Eye Center
.....**509-826-1191**

717 Okoma Drive, Omak 98841
Website.....www.confluencehealth.org
See ad on page 4.

PHARMACY

Lakeside Pharmacy.....509-476-4747
1416 Main St., Oroville 98844

E-mail.....info@lakesidepharmacyoroville.com
Website.....www.lakesidepharmacyoroville.com

Locally owned, serving North Okanogan County. Full service pharmacy including vaccinations for Flu, COVID, RSV, Pneumonia & Tetanus. Broad selection of over the counter items and gifts available. Create your own gift basket at our gift basket bar!

Ulrich's Valley Pharmacy..... 509-997-2191
423 E. Methow Hwy., Twisp 98856

Full service pharmacy, adult flu shots, COVID shots and immunizations. Unique gifts, cards, kitchen items, clothing, a little bit of everything. See ad on page 5.

Whitestone Pharmacy..... 509-486-9120
316 S. Whitcomb Ave., Tonasket 98855

E-mail.....info@whitestonepharmacy.org
Website.....www.whitestonepharmacy.org

Locally owned, serving North Okanogan County. Full service pharmacy including vaccinations for Flu, COVID, RSV, Pneumonia & Tetanus..

PHYSICAL THERAPY AND REHABILITATION

Mid Valley Hospital & Clinic - CARES Annex.....
.....**509-826-7666**

800 Jasmine St., Omak, WA 98841
Website.....www.mvhealth.org

Personalized Physical and Occupational Therapy to help improve strength, mobility, independence and everyday function. Provider referral required. See ad on page 8.

North Valley Hospital / Health and Rehab.....
.....**509-486-2784**

118 S. Whitcomb Ave., Tonasket 98855

Website.....www.nvhospital.org/rehab-services-1

A professional Allied Health team helps clients recover from the effects of illness or injury and return to their daily activities. Physical, Occupational, Speech, Massage, Nutritional, and Respiratory Therapies and wound care.

Oroville Office.....509-476-4050
See ad on page 7.

PHYSICIANS AND SURGEONS

Confluence Health Hospital Brewster Clinic.....
.....**509-689-8900**

418 W. Main Ave., Brewster 98812

Website.....www.confluencehealth.org

Offering comprehensive Family Medicine.

Monday-Friday 8 a.m. to 5 p.m. Bilingual staff available. See ad on page 4.

Confluence Health Hospital Omak Campus.....
.....**509-826-1800**

916 Koala Drive, Omak 98841

Website.....www.confluencehealth.org

Offering comprehensive health care for the entire family. Services include: Direct Care Walk-In Clinic, Family Medicine, Behavioral Medicine, Obstetrics, Eye Care, Radiology, Diabetic Education, Anticoagulation, Infusion Therapy, Lab Services, Occupational Medicine, and Visiting Specialists. See ad on page 4.

Confluence Health Hospital Oroville Clinic.....
.....**509-476-3631**

1617 Main St., Oroville 98844

Website.....www.confluencehealth.org

Offering comprehensive Family Medicine.

Monday-Friday 8 a.m.-5 p.m. Closed weekends.

See ad on page 4.

Confluence Health Hospital Tonasket Clinic.....
.....**509-486-2174**

17 S. Western Ave., Tonasket 98855

Website.....www.confluencehealth.org

Offering comprehensive Family Medicine.

Monday-Friday 8 a.m. to 5 p.m. Closed weekends.

See ad on page 4.

Mid Valley Hospital & Clinic.....509-826-1760
810 Jasmine St., Omak, WA 98841

Mid Valley Clinic.....509-826-1600
529 Jasmine St., Omak, WA 98841

Website.....www.mvhealth.org

Comprehensive care close to home, including Primary Care, General Surgery, Orthopedics, OB/GYN, Labor & Delivery, Behavioral Health, Endocrinology and 24/7 Emergency Care. See ad on page 8.

North Valley Hospital.....509-486-2151
126 S. Whitcomb Ave., Tonasket 98855

Website.....www.nvhospital.org

Family Medicine Clinic.

Primary health care for all ages, plus specialty services: gynecology, orthopedics, general surgery, and advanced wound care. See ad on page 7.

Three Rivers Family Medicine 509-689-3479
415 Hospital Way, Brewster 98812

Website.....www.brewsterclinic.org

Primary health care for all ages, plus specialty services: gynecology, orthopedics, general surgery, and advanced wound care. See ad on page 3.

PRESCRIPTION DRUG DROPS

North Valley Hospital 509-486-2151
126 S. Whitcomb Ave., Tonasket 98855

Website.....www.nvhospital.org

Safe and easy way to dispose of unwanted medications. Keep your home safe. Located in the lobby of the hospital. See ad on page 7.

Three Rivers Hospital 509-689-2517
507 Hospital Way, Brewster 98812

Website.....www.threerivershospital.net

Safely dispose of your expired or unused prescription medications, including pet medicine. Kiosk is in our main lobby, accessible from 7 a.m. – 6:30 p.m. Monday through Friday. See ad on page 3.

RADIOLOGY

Confluence Health Hospital Omak Campus 509-826-1800
916 Koala Drive, Omak 98841

Website.....www.confluencehealth.org

Services include mammography, dexta scans, ultrasounds and x-ray. See ad on page 4.

Mid Valley Hospital & Clinic 509-826-1760
810 Jasmine St., Omak, WA 98841

Mid Valley Clinic.....509-826-1600
529 Jasmine St., Omak, WA 98841

Website.....www.mvhealth.org

Advanced diagnostic imaging close to home, including X-ray, CT, MRI, Ultrasound, 3D Mammography, Nuclear Medicine and Echocardiography. Outpatient imaging is available by appointment with a provider's order. See ad on page 8.

North Valley Hospital 509-486-2151
126 S. Whitcomb Ave., Tonasket 98855

Website.....www.nvhospital.org

Imaging including MRI, CT and Dexta scans; Seno-Claire, 3D Tomosynthesis mammography, digital fluoroscopy, x-rays and pain injections. See ad on page 7.

Three Rivers Hospital 509-689-2517
507 Hospital Way, Brewster 98812

Website.....www.threerivershospital.net

Orders accepted from any provider! Services include CT scans, 3D mammograms, OB and vascular ultrasound, echocardiograms, X-rays and MRI. See ad on page 3.

SENIOR SERVICES

Aging & Adult Care of Central

Washington 509-826-7452
739 Haussler Rd., Omak 98841

Toll free.....800-572-4459

Website.....www.aacw.org

Home delivered meals, chores, and personal care, family caregiver support including respite, medical devices, resources and program referrals. See ad on page 6.

Family Health Centers 800-660-2129
Website.....fhc.us

Providing high quality services focused on whole person health in the Washington State communities of Brewster, Bridgeport, Okanogan, Omak, Oroville, Tonasket & Twisp. See ad on page 9.

SLEEP MEDICINE

North Valley Hospital 509-486-2151
126 S. Whitcomb Ave., Tonasket 98855

Website.....www.nvhospital.org

Board certified sleep, internal and pulmonary physician. Certified technician. Diagnostic tests, therapeutic studies. Sleep lab and sleep clinic. See ad on page 7.

SUBSTANCE USE DISORDERS

Okanogan Behavioral HealthCare 509-826-6191
1007 Koala Drive, Omak 98841

Toll free.....866-826-6191

TTY.....509-826-2113

Website.....www.okbhc.org

We can help you find what works to overcome your addiction and stay on your pathway to recovery.

SUPPORTIVE HOUSING

The Shove House - Okanogan Behavioral

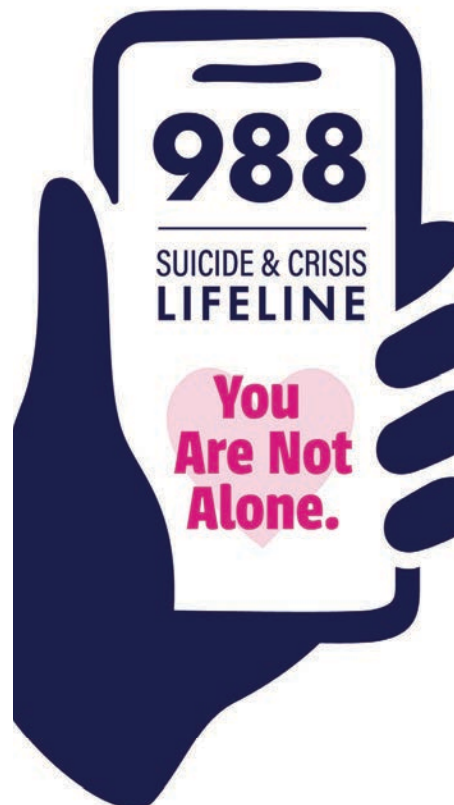
HealthCare..... 509-826-6191
1007 Koala Drive, Omak 98841

Toll free.....866-826-6191

TTY.....509-826-2113

Website.....www.okbhc.org

The Shove House provides a safe, sober and supportive environment for homeless persons in treatment and recovery from substance use disorder, opioid use disorder and mental health conditions.



STRIKE BACK AGAINST STROKE: KNOW THE SIGNS (F.A.S.T.)

F**FACE
DROOPING**

Does one side
of the face
droop or is it
numb?

Ask the person
to smile.

SMILE TEST**A****ARM
WEAKNESS**

Is one arm
weak or numb?

Ask the person
to raise
both arms.

ARM RAISE TEST**S****SPEECH
DIFFICULTY**

Is their speech
slurred?

Can they repeat
simple sentences
correctly?

SPEECH TEST**T****TIME TO CALL
EMERGENCY**

Every Minute
Counts!

If you see any of
these signs,
ACT F.A.S.T.!
Call Emergency
immediately.

ACT FAST. SAVE A LIFE.



Health
Organization

**911**