

HEALTH MEDICAL DIRECTORY • 2025



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What Is ‘Natural’ Immunity, Anyway?

By VANYA ZYE DURKEE

Special to The Chronicle

IMMUNITY SEEMS PRETTY straightforward when you think about it. You get sick, and your body fights off whatever is attacking you—bacteria, virus, fungus, or parasite. And for your body’s efforts, you get immunity from that thing in the future. That’s natural immunity in a nutshell.

Except that “natural” immunity isn’t strictly a scientific term. It’s a colloquial one, loaded with cultural and political meaning, and often conflates different types of immune response. Most anatomy textbooks divide immunity into innate and adaptive. Technically, innate immunity is what scientists sometimes call “natural,” but adaptive immunity—what develops after infection or vaccination—matches the everyday idea of “getting immunity” far more closely.

Adaptive immunity is what most of us think of when we hear the word immunity. It’s activated when we get a vaccine or recover from an infectious disease and provides prolonged protection. Getting a vaccine is called Active Artificial Immunity, while getting the disease is Active Natural Immunity. Both operate on the same principles—triggering the adaptive immune system to produce antibodies—but one sounds better than the other: Active Natural Immunity, which then gets shortened to “Natural Immunity.”

Despite the fact that Natural and Artificial are technical



descriptors, we don’t read them that way. Natural conjures warmth, connection, and wholesomeness. We buy organic foods because they’re natural. Artificial makes us think of cold labs, chemicals, pesticides, and fertilizers—things we instinctively fear might cause chronic diseases.

Even if we called active natural immunity something else—say disease-acquired immunity—we’d still think it’s better than artificial immunity. After all, we’re a culture that idolizes the grind. We suffer and get paid off for it. No pain, no gain, as the common saying goes. What’s more natural than letting your body do its work?

The word natural in everyday use is a heuristic, a mental shortcut. Somehow, our minds equate fewer steps or less processing with better quality—a kind of Occam’s razor for everyday life. Much of modern medicine runs counter to this. We get injections for diseases we’ve never seen. Many drugs go through long development

and testing processes. They’re made in industrial labs under sterile conditions and strict quality control, then labeled and packaged almost entirely with information. That’s a lot of steps, and there’s nothing warm and fuzzy about any of it. It doesn’t feel natural in the slightest.

Obviously, that’s because it isn’t. But neither are many things we think of as natural. Many seedless fruits and vegetables are monocrops or triploids—or both. Bananas in particular are a genetic monstrosity: unable to reproduce on their own, all clones and extremely vulnerable to disease. Yet they dominate organic aisles and school lunch boxes, the poster fruit for healthy and natural.

Bananas, of course, are delicious—but like vaccines, a lot of work goes into bringing them from farm to market. Neither is very natural in the everyday sense, but that doesn’t mean they’re bad for you. The banana just has a better PR team. We

valorize “natural” not because it’s inherently better, but because our minds and our culture have been trained to trust the label. Natural becomes a shortcut for virtue, wholesomeness, and moral authority, even when reality is the opposite.

Vaccines aren’t natural, but they give your body’s natural processes a head start. When our bodies encounter a disease antigen, they produce antibodies. Think of antigens as locks and antibodies as keys. Our bodies churn out millions of these keys hoping one fits—and sometimes it doesn’t happen in time to stop the disease from wreaking havoc and spreading to others in our community. Vaccines get ahead of that process, giving your body more time to find the right key. Even if they aren’t “natural,” vaccines work with the same mechanisms our bodies would use on their own—and they’re anticipating the curve. For many of us, disease isn’t something we’ve seen sweep through a community, so it’s easy to underestimate the stakes.

So next time you hear “natural immunity,” or you pick up a banana, think about what that word “natural” really means—and how pausing to question it can give you the time to pick the best tool for the job, whether it was made in a lab or grown in a field.

Health & Medical Directory 2025

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The Barista's Guide to mRNA Vaccines

By VANYA ZYE DURKEE

Special to The Chronicle

A HUNDRED YEARS AGO polio left many children paralyzed or dead. So, when Dr. Jonas Salk announced that he had successfully tested a polio vaccine in 1953, the public celebrated.¹ Despite the immense risks and unknowns, over a million children participated in double-blind clinical trials in 1954. In contrast, less than 70 years later, the announcement of the COVID-19 vaccine, amidst a pandemic that has killed over a million in the U.S., has been met with skepticism and outrage. What changed so profoundly in our society that a life-saving vaccine could be viewed with such

suspicion?

Much of the mistrust around the COVID-19 vaccine came from how it was explained to the public. The analogies used—like comparing the vaccine to blueprints that the cell uses and then discards—were oversimplified and incomplete. Most people aren't familiar with the intricacies of cellular machinery, and these explanations assume a level of knowledge that many just don't have time to investigate. The lack of clear and accurate information created space for uncertainty and misconceptions to spread.

Reflecting on my time as a barista, I realized that a coffee shop isn't all that different from a cell. It contains numerous components and complex processes

that are good analogs for a cell. Most people have heard of DNA, and in the coffee shop, that's the menu. DNA contains the complete set of instructions for making what our body needs, and the menu is the complete list of drinks the coffee shop has to offer. Customers can't change what's on the menu, it exists away from them. When a customer orders a specific item off the menu, that's akin to transcription, a process where DNA unzips and makes an RNA copy of itself. The spoken customer order in this instance is the mRNA. Much like how what a customer orders will be forgotten, mRNA breaks down quickly. The barista is like the ribosomes, endoplasmic reticulum (ER), and Golgi apparatus all rolled

into one.² Just as these cellular components (ribosomes, ER and Golgi apparatus) work together to synthesize and modify proteins, the barista follows the customer's order (mRNA) to create and finalize the drink (protein).

Of course, one thing coffee shops are known for is custom orders. Some of these are just modifications to existing orders, such as adding whipped cream or extra flavor. This is akin to modifications that the cell makes when synthesizing proteins for different needs. But what if the customer orders something that isn't on the menu? Something like a hot dog or a slice of pepperoni pizza? The barista will reject such an order,

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and similarly, our cells have mechanisms for rejecting foreign RNA.³

That's what makes mRNA vaccines and other mRNA therapies so special. They're designed to mimic our own mRNA to instruct our cells to make a custom protein. It's akin to a customer ordering something that is not on the menu but is something the barista could conceivably make with the components at hand. On the menu is an Orange Italian Soda and an Iced Mocha Frappuccino. But the COVID Vaccine is an Orange Mocha Frappuccino. The barista, seeing no problem with this order, proceeds to make it. Similarly, our cells see this customized mRNA and use it to make the spike protein found on a COVID virus. And thus, the spike protein is produced from our own cells and they won't make

any more spike proteins unless it receives that custom order again (like a booster shot).

However, the barista doesn't add Orange Mocha Frappuccino to the menu. They can't; they don't have the authority to change the menu. Neither does the customer. The menu (DNA) is set and cannot be changed by a custom order (mRNA) without the proper authority from the CEO of the coffee chain. In biological terms, this authority would be like reverse transcriptase⁴, an enzyme that could write new instructions into the menu (DNA). But, in the case of mRNA vaccines, this enzyme isn't present, so the custom order remains temporary. Additionally, mRNA is temporary and degrades quickly, just like how a barista forgets a verbal order once it's fulfilled. This ensures that the custom instructions are followed only

once, without altering the underlying instructions (DNA).

The coffee shop analogy helps simplify the basics of mRNA vaccines, but it has its limits. It reduces complex cellular processes to familiar concepts, like DNA as a menu and mRNA as an order. Yet, it overlooks the detailed biochemistry involved in transcription and translation, such as the role of RNA polymerase and ribosomes. The dynamic nature of cellular processes, including quality control and multiple regulatory pathways, isn't fully captured by any simplified understanding of cellular biology. As detailed as it is, there's still room for misunderstanding.

My journey through college biology has deepened my understanding of cellular mechanisms and mRNA vaccines beyond what any analogy can fully

convey. As a nursing student, I see firsthand how skepticism about the COVID-19 vaccine persists, even among healthcare staff I've worked with and some of the people I've gone to school with. What seems like a simple explanation gets needlessly bogged down by jargon, creating the space where misunderstanding thrives.

Looking ahead, mRNA technology holds potential for tackling a range of diseases, from cancer to sickle cell disease. But for these breakthroughs to truly make a difference, it's crucial that they're communicated clearly and effectively. The success of mRNA vaccines and therapies will depend on the ability of healthcare professionals to make these complex advancements accessible and relatable to everyone.



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From Hips to Thumbs: Understanding the Types of Joints

JOINTS ARE THE flexible parts that connect bones in the body. Without them, we couldn't bend and stretch.

Human joints are classified depending on how much they move: Synovial joints, such as elbows and hips, can move a lot. Cartilaginous joints move a little bit, such as in the spine. Fibrous joints don't move. For instance, the bones of the skull once moved but fuse together as children grow.

Parts of the Joint

Joints are made from different kinds of tissue. There are the bones, of course, which connect through the joint. Ligaments connect

those bones and tendons attach muscles to bones, controlling movement. Cartilage covers the surface of a bone at a joint and reduces friction between the bones. Bursae are fluid-filled pods that help cushion bones where they meet. Lastly, the synovial membrane lines the joint and seals it into a capsule. It produces the synovial fluid to lubricate the joint.

Moving Joints

Joints move in several ways. Hinge joints, such as knees and elbows, usually only move in one direction. Pivot joints, such as the neck, allow for rotating or twisting motions. Ball-and-socket joints, as are

found in the shoulders and hips, allow for movement in many directions. Condylod joints have an egg-shaped bone that moves around in an egg-shaped cavity. The jaw is an example of a condylod joint. Saddle joints allow movement back and forth and side to side, but not rotation. The base of the thumb is a saddle joint. Gliding joints, such as the wrist and ankle, are made of bones that slide past each other.

Joint Injuries

With so many moving parts, it's no wonder joints are easily injured. One of the most common and least serious injuries to a joint is a sprain, which happens when

the ligaments in a joint stretch or tear. Dislocations happen when a joint is knocked or pushed out of place. These injuries should be treated by a health care professional.

Arthritis is a disease that causes damage to joints. Symptoms include swelling, stiffness and pain. Juvenile idiopathic arthritis is found in children and many types of JIA are autoimmune diseases. Rheumatoid arthritis is also an autoimmune disease, but it can affect adults. The immune system attacks healthy joint cells and causes swelling and pain. Osteoarthritis is caused by repeated stress on a joint through getting injured or being overweight. It's more common as people age.

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Supplements Promise Big, But Do They Deliver?

STORE SHELVES ARE full of nutritional supplements claiming to help you lose weight, improve your memory, feel more energetic, build muscle and more.

And many supplements do have some benefits, but many more may not work as advertised.

It's a lucrative market, too. UCHealth says Americans spend around \$60 billion every year on supplements, a shockingly high number considering many of these supplements offer little to no evidence of whether they're effective. Dietary supplements aren't approved by the U.S. Food and Drug Administration,



but they can be third-party tested by organizations as the NSF or USP.

Here are some supplements and the benefits they can — or

cannot — provide, according to UCHealth.

Ashwagandha

Ashwagandha is derived

from a tropical evergreen and is an adaptogen, meaning it boosts resilience to stressors. Studies have shown it can reduce stress and improve sleep quality, UCHealth says. It isn't recommended during pregnancy, breastfeeding or prior to surgery, and UCHealth experts don't recommend it for people with an autoimmune condition.

Collagen

Collagen is popular for fighting signs of aging in the skin, but it really does much more than that. UCHealth says there are 28 types of collagen that do all sorts of things in

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cartilage, muscles, arteries, hair and more. Vitamin C is crucial to building collagen-based structures and much of the research on the efficacy of collagen includes vitamin C that the average person may not have. UCHHealth advises that, instead of supplements, aim for getting plenty of food rich in vitamin C, such as cantaloupe, citrus, broccoli and dark, leafy greens.

Green powders

Powdered greens or green powders have gone viral, but UCHHealth experts recommend eating the real deal instead. It's hard to track exactly what's in the powdered greens, they say, including additives and sweeteners. Opt instead for the whole food and a balanced diet.

Magnesium

Magnesium supplements are popular on social media, but UCHHealth says research is inconclusive on whether magnesium can help with leg cramps, insomnia or dementia. But it may treat and prevent migraine headaches, UCHHealth says.

Probiotics

Probiotics is an umbrella term for bacterial strains that support a healthy gut, UCHHealth says, but it's complicated. Different strains have different benefits, experts say, and health professionals can help choose the correct one. UCHHealth doctors recommend a balanced diet instead.

Understanding the Six Health Benefits of Honey

SOME REFER TO HONEY as "the nectar of the gods" due to its ties to healing, divinity and culture in ancient times. Honeybees collect nectar from flowers and convert it into honey through an enzymatic process in their specialized bodies. Honey is stored in honeycombs for later consumption. The National Honey Board says a hive can produce about 55 pounds of surplus honey each year that beekeepers harvest from the combs. The extracted honey is strained to remove any particles and excess wax before it is bottled and brought to consumers. People are drawn to honey,



not only for its sweet taste, but because of the health benefits it provides. Here are six unique health benefits of honey.

- Honey is rich in health promoting plant compounds



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known as polyphenols. Healthline says regular consumption of polyphenols is thought to boost digestion and brain health, and protect against certain diseases.

- Antioxidants found in honey might be associated with a reduced risk of heart disease.

- The Mayo Clinic says studies suggest that honey might offer antidepressant, anticonvulsant and anti-anxiety benefits.



Both the flavonoids and polyphenols in honey have been shown to be anti-inflammatory, which means they can help tame inflammation in the body that comes from illnesses and eating ultra-processed foods. As a natural sweetener, the Cleveland Clinic says honey is a less inflammatory choice than regular sugar.

- The World Health Organization and the American Academy of Pediatrics both endorse honey as a natural cough remedy. (Honey should not be given to children under age of one).

- Manuka honey can be applied topically to treat cuts and sores. This specific type of honey is found to be both antibacterial and antifungal. Raw honey of other types has been used to treat burns and wounds for centuries.

Dehydration Dangers: Signs, Symptoms, and Solutions

THE AVERAGE ADULT is about 60% water, and it's important that we drink plenty of fluids during the day to keep everything running smoothly.

Water helps transport oxygen and nutrients through the body; eliminates metabolic waste; absorbs muscle heat during exercise and dissipates it through the skin; regulates body temperature; helps digest food; lubricates joints and cushions organs and tissues; and supports healthy brain function.

Eight Glasses or Not?

The University of Rochester Medical Center says drinking

eight glasses of water per day is easy to remember, but it's not always true. On hot and humid days, the university's experts say we need to drink more. So will pregnant or breastfeeding women or people with other health conditions. The U.S. National Academies of Sciences, Engineering and Medicine recommends 92-124 ounces of water daily for the average adult in a temperate climate.

URMC suggests paying attention to your body to know when you need to drink up. In fact, being thirsty may already be a sign of dehydration.



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Symptoms of Dehydration

Symptoms of dehydration can differ by age, the Mayo Clinic says.

For an infant or young child, look for:

- Urinating less than usual or no wet diapers for three hours
- Dry mouth
- No tears when crying
- Rapid heart rate
- Sunken eyes, cheeks or soft spot on top of the head
- Lacking energy or being cranky

• Skin that doesn't flatten back right away after being pinched

Adults should watch for:

- Extreme thirst
- Urinating less



- Dark-colored urine
- Tiredness
- Dizziness
- Being confused

- Skin that doesn't flatten back right away after being pinched
- Sunken eyes or cheeks

Mayo Clinic says dehydration can lead to serious complications, including heat cramps, heat exhaustion and heatstroke; urinary and kidney problems, such as infections and kidney stones; seizures; low blood volume shock, which can be deadly. Drinking more fluids can usually help with mild cases of dehydration, but severe dehydration needs emergency medical treatment.

Seek medical attention, the Mayo Clinic says, if someone:

- Has had diarrhea for 24 hours or more.
- Is cranky or confused.
- Is sleepier or less active than usual.
- Can't keep down fluids or has bloody or black stool.
- Has a fever of 102 degrees or higher.

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Ferry County drug and alcohol counseling. Information: 509-775-2958.

Manfisher Ministries. Information: 509-826-5699.

Narcotics Anonymous. Information: 888-942-0042; gclna.org.

Okanogan Behavioral HealthCare. Information: 509-826-6191; Okanogan Behavioral HealthCare on Facebook.

Okanogan County Community Coalition. Information: www.okcommunity.org.

Oxford House. Information: oxfordhouse.org/userfiles/file/index.php.

Ruth's House of Hope. Information: ruthshouseofhope.org/index.html.

Cancer

American Cancer Society. Information: www.cancer.org or American Cancer Society on

Facebook.

Bouncin' for Boobies. Information: Bouncin' for Boobies on Facebook.

Brotherhood of the Balloon. Information: Vern Haase, 509-826-4931; Brotherhood of the Balloon on Facebook.

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Child Protective Services, Okanogan County. Information: 877-501-2233.

Child Protective Services, Colville Confederated Tribes. Information: colvilletribes.com.

Family Empowerment Project. Information: 509-422-5414; fax 509-826-9674.

Support Center. Information and crisis line: 888-826-3221 or 509-826-3221; thesupportcenter.org.

Deaf services

Washington State Department of Social and Health Services text telephone device (TTY). Information: 800-676-3777; Spanish, 800-676-4290; www.washingtonrelay.com.

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Adult Protective Services, Ferry County. Information: 509-685-5646. Connections, Republic.

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CareNet Pregnancy Center of Okanogan County. Information: Carenet NCW on Facebook; 24-hour hotline, 800-395-HELP (4357).

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Okanogan County Public Health. Information: 509-422-7140; Okanogan County Public Health on Facebook.

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Okanogan County Developmental Disabilities. Information: 509-826-6191.

Special Olympics. Information: www.specialolympics.org.

Visual Impairment Services. Information: VA Hospital in Spokane, 800-325-7940 Ext. 7670.

Washington Department of Services for the Blind. Information: https://dsb.wa.gov.

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Websitewww.okbhc.org

Licensed, caring and compassionate professionals providing mental, behavioral and substance/opioid use crisis response available 24/7 365 days a year.

The Support Center.....509-826-3221**24-7 Crisis Line.....1-888-826-3221**

619 2nd Ave S., Okanogan 98840

Website.....thesupportcenter.org

The Support Center helps people dealing with sexual assault, domestic violence, and general crime victims and their families. Our services are confidential and free.

DENTISTRY

Family Health Centers.....800-660-2129

Okanogan Dental, 626 2nd Ave. S., Okanogan 98840.

.....800-660-2129

Omak Dental800-660-2129

1003 Koala Drive, Omak, 98841

Brewster Dental, 101 N. 6th St., Brewster 98812

.....800-660-2129

Bridgeport Dental, 1015 Columbia Ave., Bridgeport

98813.....800-660-2129

Oroville Dental, 1321 Main St., Oroville 98844

.....800-660-2129

Family Health Centers is a comprehensive health care system offering first-rate medical and dental care. FHC provides a reduced fee program for those who qualify. Bilingual staff at all sites. See ad on page 6.

Gary Bramer, D.D.S. 509-826-2744

706 Okoma Drive, Omak 98841

Website.....drgarybramer.com

Our team is dedicated to providing you with the personalized gentle care you deserve.

North Cascades Dental509-422-3200

108 2nd Ave. S, Okanogan 98840

Website.....northcascadesdental.com

We provide permanent dental implants, SureSmile clear orthodontic aligners, veneers, wisdom tooth removals, root canals, full & partial dentures, CEREC same-day dental crowns, kids dentist appointments, emergencies, dental cleanings and more!!

Okanogan Valley Dentistry, Dr. Nau509-486-2902

202 S. Whitcomb, Tonasket 98855.....509-422-4881

232 2nd Ave. N., Okanogan 98840

Providing general dentistry for the whole family. Periodontal treatment and surgery, hygiene, cosmetic. New patients welcome. Most insurance accepted.

Robeck Dental509-826-4050

739 Haussler Rd., Omak 98841

Website.....www.robeckdental.com

Featuring the latest technology 3D imaging, CAD-CAM dentistry, dental implants and Invisalign. Gentle dental care for the whole family.

EXTENDED CARE

Extended Care Services of**North Valley Hospital..... 509-486-3110**

22 W. 1st St., Tonasket 98855

42-bed facility providing 24/7 licensed, skilled nursing; physical therapy, occupational therapy and long-term care to Okanogan and surrounding Counties. See ad on page 8.

Regency Omak.....509-846-7700

901 Shumway, Omak 98841

Emailnfo198@regency-pacific.com

Websitewww.regencyomak.com

A 56 bed facility providing 24/7 licensed skilled nursing. Rehabilitation with in-house physical, occupational and speech therapy. Providing long term care to Okanogan and surrounding counties. See ad on back cover.

FINANCIAL SERVICES

Edward Jones.....509-826-5566

Doug Sklar, Financial Advisor

Krysta Hulse, Associate Financial Advisor

646 Okoma Drive, Suite C, Omak 98841

Emailyvette.hopkins@edwardjones.com

Toll Free.....800-284-5567

Fax.....888-822-4560

Websitewww.edwardjones.com

Helping individuals and families in Omak/Okanogan for over thirty years plan for their financial dreams, goals and legacy.

HEALTH AND HUMAN SERVICES

North Valley Hospital.....509-486-2151

126 S. Whitcomb Ave., Tonasket 98855

Websitewww.nvhospital.org

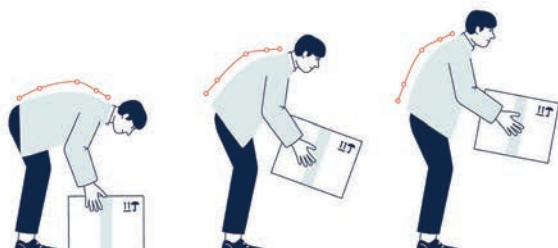
Wound Care Clinic - treating non-healing and complex wounds; referrals from physicians.

Nutritional Counseling - One-on-one, referrals from physicians.

Respiratory Therapy - Outpatient in-house respiratory care and therapy.

Prescription Drug Drop-Off - Dispose of unwanted medications. Keep your home safe. In lobby of hospital. See ad on page 8.

INCORRECT WEIGHT LIFTING



SAFE WEIGHT LIFTING



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 4.

HOSPITALS

Mid Valley Hospital.....509-826-1760

810 Jasmine St., Omak 98841

Website.....www.mvhealth.org

24/7 Emergency Care, General Surgery, Imaging & Diagnostics, Labor & Delivery, Laboratory, Rehabilitation Services, and Respiratory Therapy. See ad on page 10.

Mid Valley Clinic.....509-826-1600

529 Jasmine St., Omak 98841

Website.....www.mvhealth.org

Walk-In Clinic M-F 7:30AM — 12PM. Primary Care, Behavioral Health, General Surgery, OB/GYN, and Orthopedics. See ad on page 10.

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 services close to home. See ad on page 8.

Three Rivers Hospital509-689-2517

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 therapy, acute and transitional care, and IV therapy. We accept most insurances. See ad on page 4.

IN-HOME CARE

Welcome Home Care LLC.....509-322-3274

19 N. Main St., Omak 98841

Website.....whcwa.com

Email.....admin@welcomehomeseniorliving.com

Professional in-home care services offering personalized support, companionship, and assistance for seniors, promoting comfort and safety in their own homes. See ad on page 7.

INSURANCE

Smithson Insurance.....509-884-5195

720 Valley Mall Pkwy #1, East Wenatchee, 98802

Website.....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 3.

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.okbhc.org

The Developmental Disabilities Program provides information and referral services and resources in your area. Just call us.

LAB SERVICES

Confluence Health Campus- Omak509-826-1800

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 11.

North Valley Hospital.....509-486-2151

126 S. Whitcomb, Tonasket 98855

Orders accepted from any provider. Full services for preventative care, therapeutic monitoring and disease management testing. Referrals from physicians. See ad on page 8.

Three Rivers Hospital509-689-2517

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 4.

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 9.

MASSAGE THERAPY

North Valley Hospital.....509-486-2784

118 S. Whitcomb Ave., Tonasket 98855

Relaxation, rehabilitate sports injuries and treat pain. Swedish, deep tissue and sports massage, myofascial, neuromuscular and trigger point therapy. See ad on page 8.

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 Campus- Omak509-826-1800

916 Koala Drive, Omak 98841

Website.....www.confluencehealth.org

Mental health outpatient services, youth services and psychiatric services. See ad on page 7.

Okanogan Behavioral HealthCare509-826-6191

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.

MIDWIFE SERVICE

Methow Valley Midwifery253-318-9484

214 Glover St., Twisp 98856

435 Maple St., Omak 98841

Website.....www.methowvalleymidwifeery.com

Email.....methowvalleymidwife@gmail.com

Individualized and compassionate care tailored to your unique needs throughout your pregnancy and childbirth journey See ad on page 3.

OPHTHALMOLOGY

Confluence Health Campus- Omak509-826-1800

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 11.

OPTICAL SHOP

Confluence Health Campus.....509-826-1191
Regional Eye Center, Omak
 717 Okoma Drive, Omak 98841
 Optical Shop open Monday-Friday, 8 a.m. to 5 p.m.
 See ad on page 11.

OPTOMETRISTS

Confluence Health Campus - Omak509-826-1800
 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 11.

PHARMACY

Lakeside Pharmacy.....509-476-4747
 1117 Main St., Oroville 98844
 E-mail info@lakesidepharmacyoroville.com
 Website lakesidepharmacyoroville.com
 Locally owned, serving North Okanogan County. Full service pharmacy including vaccinations for Flu, COVID, RSV, Pneumonia and prescribing services for minor ailments.

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 whitestonepharmacy.org
 Locally owned, serving North Okanogan County. Full service pharmacy including vaccinations for Flu, COVID, RSV, Pneumonia and prescribing services for minor ailments.

PHYSICAL THERAPY AND REHABILITATION

North Valley Hospital / Health and Rehab.....
.....509-486-2784
 118 S. Whitcomb Ave., Tonasket 98855

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 8.

Regency Omak.....509-846-7700
 901 Shumway, Omak 98841
 Email info198@regency-pacific.com
 Website www.regencyomak.com

We offer physical, occupational and speech therapy to regain independence with activities of daily living, mobility, cognition, speech and swallow function.
 See ad on back cover.

PHYSICIANS AND SURGEONS

Confluence Health Campus - Brewster.....
.....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 11.

Confluence Health Campus - Omak509-826-1800
 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 11.

Confluence Health Campus - Oroville..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 11.

Confluence Health Campus - Tonasket.....
.....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 11.

North Valley Hospital.....509-486-2151
 126 S. Whitcomb Ave., Tonasket 98855
 Website..... www.nvhospital.org

Family Medicine Clinic.

Comprehensive health care for the entire family including surgical services. See ad on page 8.

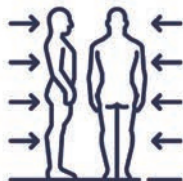
Three Rivers Family Medicine.....509-689-3479
 415 Hospital Way, Brewster 98812
 Website..... brewsterclinic.org
 Primary health care for all ages, plus specialty services: gynecology, orthopedics, general surgery, and advanced wound care. See ad on page 4.

PRESCRIPTION DRUG DROPS

North Valley Hospital509-486-2151
 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 8.

Three Rivers Hospital509-689-2517
 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 6:45 a.m. - 6:30 p.m. Monday through Friday. See ad on page 4.

ERGONOMIC ASSESSMENTS



**BODY
ALIGNMENT**



**WORKPLACE
COMFORT**



**INJURY
PREVENTION**



**VISUAL
ERGONOMICS**



**SAFE
MOVEMENT**

RADIOLOGY

Confluence Health Campus - Omak509-826-1800
916 Koala Drive, Omak 98841
Website.....www.confluencehealth.org
Services include mammography, dexta scans, ultrasound-sounds and x-ray. See ad on page 11.

North Valley Hospital509-486-2151
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 8.

Three Rivers Hospital509-689-2517
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 4.

SENIOR SERVICES

Aging & Adult Care of Central Washington509-826-7452
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 9.

Family Health Centers800-660-2129
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 6.

SLEEP MEDICINE

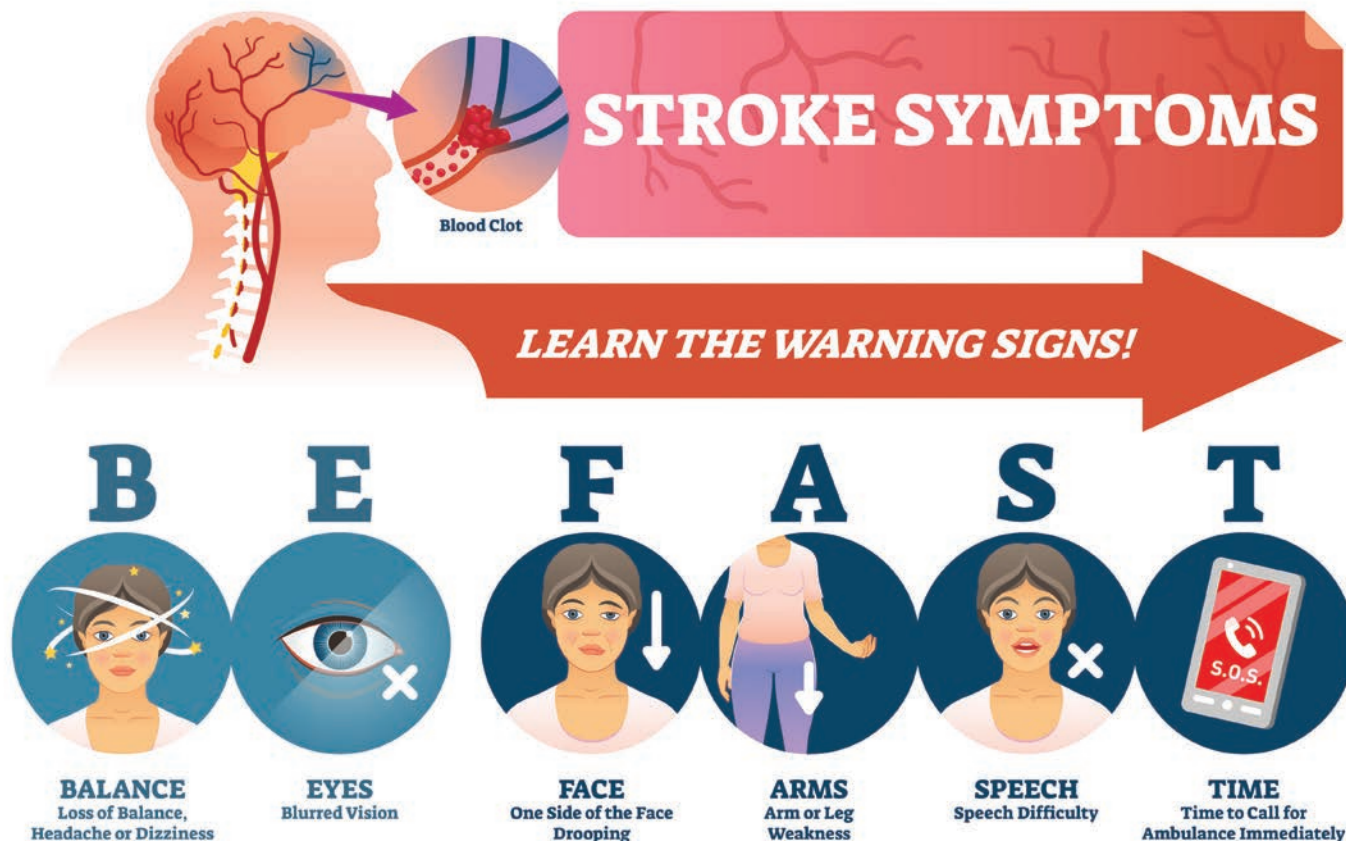
North Valley Hospital509-486-2151
126 S. Whitcomb Ave., Tonasket 98855
Website.....www.nvhospital.org
Board certified sleep, internal and pulmonary physician. Certified technician. Diagnostic tests, therapeutic studies. Sleep lab and sleep clinic. See ad on page 8.

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.



*Your home away from home,
When you need skilled nursing care.*



- Short term & extended care
- 24 hour skilled nursing services
- Stroke, cardiac, injury & surgery rehabilitation
- Physical, occupational, speech & IV therapy



Regency Omak
Rehabilitation & Nursing Center

A REGENCY PACIFIC COMMUNITY

901 Shumway — Omak • 509-846-7700