

Siskiyou

MEDICAL DIRECTORY



2020

Published in partnership with



Dignity Health[™]

Mercy Medical Center
Mt. Shasta

Hello humankindness[™]



Look to the future.



President
Rodger Page

For a critical access hospital like Mercy Medical Center Mt. Shasta, planning for the future is as important as providing expert care in the present. Hospital president Rodger Page has plans to do both.

A little over a year ago, long time North State resident Rodger Page became the official president of Mercy Medical Center Mt. Shasta. It's a role that he embraces, and one that he plans to use to improve the basic needs of the patients and community at large. How? Sit down and pour a cup of coffee while we explain.

Mercy Mt. Shasta is part of the Dignity Health system of hospitals and medical groups. It's also part of the trio of hospitals in the North State including Mercy Medical Center Redding and St. Elizabeth Community Hospital in Red Bluff. Mercy Mt. Shasta is a critical access hospital that currently offers a number of specialty type services, and under Page's leadership, plans to offer more.

"We want to meet the needs of as many people as possible," explains Mr. Page, "We are proactively, recruiting top quality physicians who possess the skills to advance the types of procedures we offer here."

As the only Level III trauma center in the county, Mercy Mt. Shasta provides exceptional care for those in need. Under Mr. Page's leadership, the hospital continues to build upon partnerships with physicians, recently recruiting a general surgeon, GYN and podiatrist expanding existing services. As well as adding Mercy Home Health, which extended to Siskiyou County this past December.

"It is our goal to always provide medical services locally. We maintain close ties with our sister hospitals, and connect with them as needed. We are also focused on meeting the requests of our physicians and surgeons, in order to provide them with what they need so they can better treat their patients," says Mr. Page.

Each year, the hospital requests capital funds from the Dignity Health System Office in order to facilitate improvements such as a remodeled and upgraded Emergency Room (which is well underway now), radiation oncology, and new projects such as a nuclear medicine camera, X-ray room, 64 slice CT, new MRI and 3-D mammography. In turn, in the last fiscal year alone, Mercy Mt. Shasta also provided financial assistance to patients in excess of \$4 million for unreimbursed Medicaid, and another nearly \$4 million in unreimbursed costs for patients covered by Medicare.

To further help the community, Mercy Mt. Shasta provides grants to help schools, food pantries, senior nutrition and exercise programs, and offers courses in chronic disease management skills.

Born at Mercy Medical Center Redding, Mr. Page and his family continue to enjoy the beauty of the area, fishing, skiing, hiking, and more. It remains important to him to take care of the communities he grew up in, to deliver a great health care system that serves the people of Siskiyou County and creates a model for the long term health of the area and its people. "It's all part of providing the highest quality health care we can so that the community has better and constant access close to home." That is the embodiment of humankindness.

We're here when you need us.

Pre-scheduled and Walk-In appointments available.

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Walk-Ins Welcome:

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Mercy Lake Shastina Community Clinic

16337 Everhart Drive, Lake Shastina • 530.938.2297

Monday - Friday, 8 am - 5 pm

Walk-Ins Welcome:

Monday and Friday, 2 pm - 5 pm

Dignity Health Pine Street Clinic

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Scheduled Appointments Only:

Monday - Friday, 8 am - 5 pm

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Mercy's Community Clinics offer a wide range of medical services right in your neighborhood. The Community Clinics of Mercy have full access to all the facilities and resources on the Mercy Mt. Shasta hospital campus.

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To learn more visit mercymtshasta.org

Hello humankindness..



Dignity Health.
Mercy Medical Center
Mt. Shasta



Dignity Health in North State

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ABORTION ALTERNATIVES

Choices.....926-6726

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 Lewis, Malcolm.....926-5100
 Lloyd, Lynn.....926-4114



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- Merlino, Kim.....926-1020
Sailer, Elizabeth.....842-1000
Scott Valley Clinic.....468-57270

ADULT CARE FACILITIES

- Grenada Gardens436-2514
Madrone Adult Day Healthcare.....842-4460



AIR MEDICAL TRANSPORT

CAL ORE Life Flight530-510-2915
Mercy Flights541-858-2600



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For more information call530.841.4890

Alcoholics Anonymous225-8955

ALTERNATIVE MEDICINE

Adams, Dennis	953-8282
Bear Wallow Herbs	925-5829
Co-Create Wellness.....	828-974-2815
Elevate Shasta Wellness	408-9628
ET Healing Clinic	918-9122
Hearts of Mt Shasta.....	926-6337
Heller Work Mt Shasta	926-2500
Holistic Body Therapy	926-1675
LaFlorista	530-408-0420
Mt Shasta Patient's Collective	926-6337
North Star Naturopath	925-3221
Radical Forgiveness Coaching.....	925-1081
Saranam - Spiritual Healer	918-5209
Sole Revival Reflexology	925-2289
Spirit Wisdom Healing	415-516-2462
Thai Bodyworker in Mt Shasta.....	918-8922
True Essence Soul Therapy.....	918-9248
Vibrant Living Center	888-550-8882

ALZHEIMER SERVICES

Alzheimers Education & Support Services	938-2195
Grenada Gardens	436-2514
Siskiyou Springs Senior Living Community.....	842-4300

AMBULANCE SERVICES

Butte Valley Service	397-2105
CAL ORE Life Flight	530-510-2915
Happy Camp Fire & Ambulance.....	842-3515
Mercy Flights.....	800-903-9000
Mercy Flights, Inc.	1-800-903-9000
Mt.Shasta Ambulance Service	926-3420
PHI Air Medical Group	938-1500
Reach AirMed	1-800-338-4045
Shasta Regional Medical Center	244-5353

ARTIFICIAL LIMBS

Ray Tegerstrand's Prosthetics & Orthotics.....	926-0560
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Redding
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530-918-5746

After Hours: 530-918-3660

www.shastamidwives.com



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Chiropractor

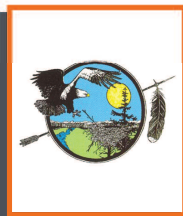
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Bowes, Donald, DC	Tulelake 667-2136	Dorris 397-3060
Collins, Chet, DC		926-1731
Cooper, Alan, DC		925-4059
Cosh, Christine, DC		926-7196
Fritzke, Ronald W., DC		926-3458
Gierak, Richard A., DC		475-3212
Hill, Donald G., DC.....		842-6500
Homer, John, DC.....		468-5133
Mazur Chiropractic		842-0870
McCloud Chiropractic		926-5176
Meyer Chiropractic Clinic.....		842-7341
Meyer, Eric, DC.....		842-1420
Michael, Ann, DC, CC.....		859-0137
Noble, Deborah, DC		468-2711
Sivananda, Nathan, DC		926-1072
Underwood, Robert, DC.....		459-3667
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Yreka Chiropractic Clinic		842-1420

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Dignity Health Pine Street Clinic.....		926-7196
Dunsmuir Community Health Center.....		235-4138
Fairchild Medical Clinic		842-3507

CLINICS — Medical



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Walk-Ins Welcome

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Mercy Medical Center Mt. Shasta Community Clinic

Family Practice

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Karuk Tribe Health Program	842-9200
McCloud Healthcare Clinic.....	964-2389
Mercy Lake Shastina Community Clinic.....	938-2297
Mt Shasta Health Center.....	926-5100

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(530)926-4528

Dunsmuir Community Health Center

4309 Stagecoach Rd.
Dunsmuir, CA 96025
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Shasta Regional Medical Group	938-3491
Tulelake Health Center	667-2285
Weed Health Center	938-3491
Yreka Healing Arts Center	842-1000
Yreka VA Outpatient Clinic	841-8500



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Behavioral Health Services

Yreka Clinic - 2060 Campus Drive.....**530.841.4100**

Mt. Shasta Clinic - 1107 Ream Ave.....**530.918.7200**

24 Hour Access/Crisis Line**1.800.842.8979**



Suicide Prevention

National Suicide Prevention Lifeline

1-800-273-8255 (TALK)

Local Crisis Line**1-800.842.8979**

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Behavioral Health Services, Mount Shasta.....	918-7200
Behavioral Health Services, Yreka	841-4100
Cohn, Jane MFT.....	239-0755
Cullison, Kathryn MA	842-9668
Davis, Martin Susan MFT	842-3009
Drucker, Stan LCSW	926-2542
Institute On Aging - FRIENDSHIP LINE	1-800-971-0016
Jenkins, Carol, PhD, LCSW.....	(510) 845-5178
Laiacona, Janis RN, MSN, CCNS.....	926-4504
Mann-Wilder, Evelyn MS.....	842-9668
Mills, Tony MA MFT CT	925-2188
Pautz, Michael, MFT	235-4138

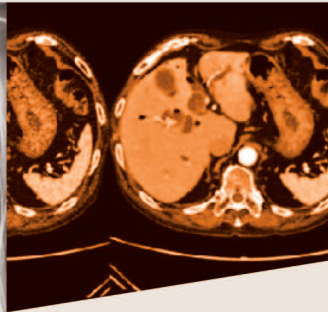
Mercy Medical Center Mt. Shasta has upgraded their imaging systems to better serve our community!

Timeline of acquisitions:



JUNE 2017

New Siemens Digital Nuclear Medicine Camera was installed



APRIL 2018

New Philips CT Unit installed and we also acquired a New Philips advanced Ultrasound Unit



JUNE 2018

New Siemens Digital Imaging Room was installed

Imaging Department is now able to offer the most modern and technologically advanced imaging exams at every service level!



Current procedures performed at MMCMS include:

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- Ultrasound
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The graphic features a diagonal timeline arrow pointing from the bottom-left to the top-right. On the left side of the arrow, there are two columns of text. The first column is under 'JANUARY 2019' and contains the text 'New Philips MRI unit was installed'. The second column is under 'FEBRUARY 2019' and contains the text 'New Siemens 3D Mammography Unit was installed'. To the right of the arrow, there is a large orange rectangular box with the text 'We are planning to have the installation of our New Siemens Digital Fluoro Room completed next spring.' Above this box, the year '2020' is written in white on a dark grey background. The background of the graphic includes images of MRI brain scans and a mammogram.

2020

We are planning to have the installation of our New Siemens Digital Fluoro Room completed next spring.

JANUARY 2019
New Philips MRI unit was installed

FEBRUARY 2019
New Siemens 3D Mammography Unit was installed

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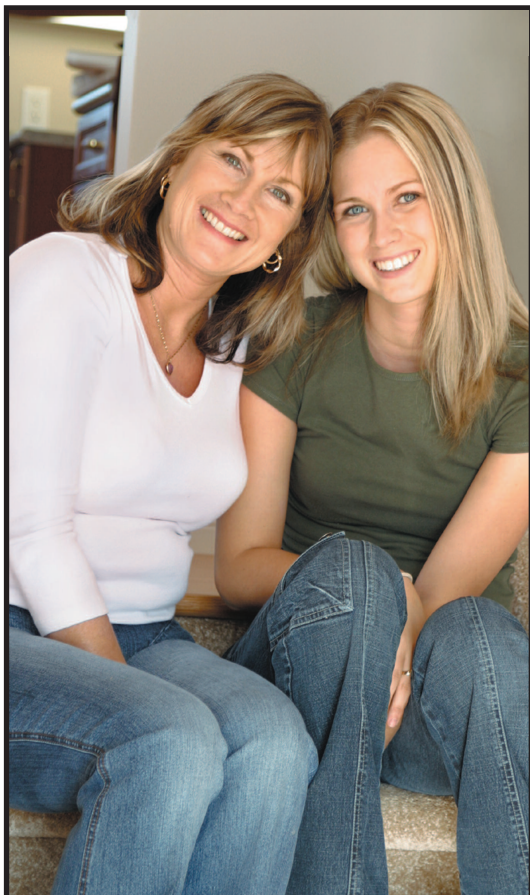
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Rainville, Janet, LCSW.....	261-0840
Remi Vista	926-1436
Resh, Teri M.S.W.	926-5056
Roddy, Linda	926-0424
See-Swenson, Robin MFT.....	859-1540
Senior Peer Counseling	841-4868
Thomason, E. Tom EdD.....	938-2061
Weinber, Ingelore	842-5571
Zack, Stephanie.....	340-1836

DENTISTS

Anav Tribal Health Clinic.....	841-4890
Awesome Smile Center	842-5320
Butte Valley Dental	397-3188
Carney, Christopher, DDS.....	926-2415
Centeno, Kimberly, DDS.....	918-9055
Coatney, Lloyd B., DDS	467-3425
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Happy Camp Dental Clinic.....	493-2201
Krant, Randy, DDS.....	842-2558
Langford, Douglas, DDS.....	842-4592
McGaughey, John, DDS	926-6441
Meyer, J., DDS	842-1689
Ragan, Trevor L., DDS	842-7323
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Siskiyou Smile Design	842-3900 or 926-1580

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 Stark, Michelle L., DDS.....926-1580 or 842-3900
 Townsend, Wm, DDS235-2226



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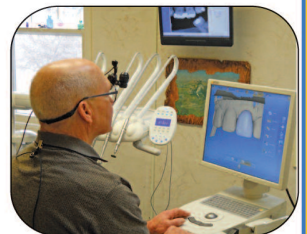
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 For Information or Appointment call530.918.9055

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- Weaver, Todd J., DDS938-1410
- Wheeler, Daryl L., DDS842-7323
- Willis, Timothy, DDS.....842-2558
- Young, Todd A., DDS842-7323



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Schalo, Richard Scott, DDS, MS.....	842-5320

DENTIST / LABS

Dolphin Dental Arts	938-4221
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Boehme, Rebecca, FNP	926-4556
Bradley, Charity, FNP-C	841-4121
Fadness, Julie, FNP.....	964-2389 or 926-5100
Fournier, Christa FNP-C	842-3507
Gordon, Debra, FNP	926-7131
Leeth, Robert E. FNP-C.....	467-5393
Mais, Monica K. FNP-C	842-3507
Mizeur, Lisa FNP.....	938-2297
Olivolo, Catherine FNP-C.....	842-3507
Ott, Jeff FNP	938-2297
Romero, Deborah, FNP, DE, BC.....	235-4138
Yalon-Owens, Jeanne, FNP	926-4528
Zuver, Susan M. FNP	842-3507

FAMILY NURSE PRACTITIONERS - OB/GYN

Boehme, Rebecca, RN, FNP	926-7131
Smith, Joan, DNP-CNM	842-3507
Wilson, Renee P., FNP	467-5393
Yalon-Owens Jeanne., FNP	926-4528

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FD201

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 Miracle Ear Center842-2411
 Shearer, L. Richard MD926-6222

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 West Home Health Care397-2323

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For Information call530.926.6111 Ext. 455

Mercy Hospice Mt. Shasta926-6111



MADRONE SENIOR SERVICES

Lauri A. Hunner, LCSW
Executive Director

Grief Support

Grief support and counseling services are offered to family members and friends who have lost a loved one. These services are available to any community member going through bereavement whether hospice services were used or not. We provide regular six-week Bereavement Support Groups throughout the year and special support around the holiday season.

For more information stop by Madrone Hospice, Inc. @ 255 Collier Circle, Yreka Or call **530-842-3160**. Visit us at www.madronehospice.org

Madrone Senior Services



Senior Lunch Program Free meals for individuals 60 years old and over, \$6 charge for those under 60 years.

Home Delivered Meals A programs for individuals who meet set guidelines and live within the Yreka City Limits.

Senior Transportation Only for transport within the Yreka City limits

Please call at least 24 hours ahead of appointments as our schedule does fill up

Also providing Senior Activities, Fitness Programs, Caregiver Support and an up to date list of local, private caregivers.

Stop by our office at 810 N. Oregon St. in Yreka or call 841 -2365.

The Hospice Shop and Heartisan's Boutique

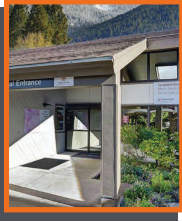


Located in historical buildings on Miner Street in beautiful downtown Yreka, these shops offer a wonderful assortment of hand made, unique and gently used quality items. Both shops are staffed primarily by volunteers allowing all proceeds to go towards supporting the Madrone House. Take a stroll down Miner Street and stop by our shops! Who knows what treasures you may find!!

The Hospice Shop -209 West Miner St. 530-842-6025
Heartisan Boutique -217 West Miner St. 530-842-2547 www.madronehospice.org

Grenada Gardens436-2514

HOSPITALS



Dignity Health

Mercy Medical Center Mt. Shasta

914 Pine Street, Mount Shasta, CA 96067

For Information or Appointment call.....530.926.6111

- Mercy Medical Center Mt. Shasta926-6111
 Fairchild Medical Center.....842-4121



HYPNOTHERAPISTS

- Cooper, Alan, DC925-4059

INTEGRATIVE HEALING

- Brusati, Christine415-699-7197
 Wellness Center, The.....926-6010

LABORATORIES

- Fairchild Medical Center Laboratory842-4121
 Labcorp.....918-9382
 Mercy Medical Center Laboratory926-9330

MASSAGE THERAPISTS

- Anderson, Susan, CMT.....859-2075
 Arkfeld, Natalie, LMT842-5634
 Brasier, Greg.....235-4338
 Brusati, Christine.....415-699-7197
 Fairchild Medical Center841-6211



Madrone Hospice, Inc.

Quality Compassionate Care

530-842-3160

255 Collier Circle-Yreka

www.madronehospice.org

Offering these services for Yreka and the surrounding communities:

Hospice and Palliative Care Services-Madrone Hospice staff and volunteers are dedicated to providing “*Quality, Compassionate Care*” for our patients and their families-body, mind and spirit-though illness, death and bereavement. We also work to educate our community about end-of-life care, loss and grief. **530-842-3160**

The Madrone House-Providing 24 hour, quality hospice care to your loved ones as well as emotional support for families, and offering respite services for patients currently receiving hospice benefits. Meals prepared in house daily. Volunteer services, complimentary therapy and bereavement counseling services available. **530-842-4274**

The Hospice Shop-Primarily staffed by the generous volunteers of Siskiyou County, The Hospice Shop offers a variety of gently used items, such as wheel chairs, walkers, bathroom safety equipment, furniture, clothing items and housewares, all at discounted prices. **530-842-6025**

209 W. Miner St. in Yreka

While you're in the neighborhood, stop in next door and say hi to our friendly volunteers at the **Heartisan's Boutique** for unique, hand crafted, “made with love” gifts. **530-842-2547**

217 W. Miner St. in Yreka

Madrone Senior Services-In the spirit of compassion, caring and collaboration we provide nutritious meals, transportation, information and assistance to support and promote the physical, social and spiritual health of the seniors of Yreka and the surrounding communities. **530-841-2365**

810 N. Oregon St. in Yreka



Bereavement & Counseling Services

Grief support and counseling services are offered to family members and friends who have lost a loved one. These services are available to any community member going through bereavement whether hospice services were used or not.



We provide regular six-week Bereavement Support Groups throughout the year and special support around the holiday season.

Another form of support that is offered comes from the Breakfast Club. This group meets the second and fourth Fridays of each month at the Poor George's Restaurant in Yreka. While this group does not focus on loss, they do offer a special kind of support and friendship.

If you, a friend, or loved one are in need of bereavement services, please contact us at (530) 842-3160.

Donate

Madrone Hospice staff and volunteers are dedicated to providing "Quality, Compassionate Care" for our patients and their families - body, mind, and spirit - through illness, death and bereavement. We also work to educate our community about end-of-life care, loss and grief. All of your contributions help to support and expand the services and programs offered by Madrone Hospice, Inc.

Commemorative Opportunities

Memorial and/or general donations may carry commemorative opportunities. For specific donation levels, a commemorative leaf may be placed on our Madrone Tree Sculpture:

- Tin Leaf - \$200
- Copper Leaf - \$500
- Gold Leaf - \$1,000

Memorial & Recognition Wall

Recognition & Memorial Wall Plaques — \$5,000 or more

Beautifully engraved granite tiles adorn the Madrone Hospice Memorial & Recognition Wall. This attractive monument sits at the end of Collier Circle as you make your way to the Madrone House and the Administrative Office. Your memorial donation will go directly into a quasi endowment account to ensure the future of Madrone Hospice, Inc. and the services we offer.

Tax ID#68-0042668

Call Madrone Hospice, Inc. at 530-842-3160 for further donation options.



MASSAGE THERAPISTS

Gardner, Jill	926-3189
Gerber, Laurel, CMT, PTA, MLD/CDT	918-9248
Healthy Resources.....	468-2794
Henretty, Karen.....	859-3143
Johnson, Paula, CMT	468-2794
Mann-Wilder, Evelyn, LCSW	842-9668
MT Hands	842-9450
Pasner, Mary Rose, CMT	926-2048
Pasner, Fred, CMT	926-2048
Perdikis, Melody, LMT	926-0507
Risch, Peggy, RPT, RCST	261-1344
Sacred Mountain Spa.....	926-2331
Salomonson, Ingrid	842-7341
Seidlitz Family Day Spa	235-2190
Stewart Mineral Springs.....	938-2222
Vallaire, Carol, CMT	926-0988
Wagner Pain Therapy	467-3920
Yreka Healing Arts	842-1000

MEDICAL SUPPLIES & EQUIPMENT

Lincare, Inc.....	841-0503
Scott Valley Respiratory Home Care	841-3000 or 800-760-2732

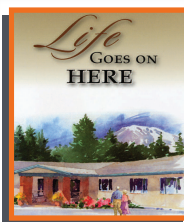
MEMORY CARE

Brookdale Senior Living Solutions.....	842-4300
Grenada Gardens	436-2514
Siskiyou Springs Senior Living Community	842-4300

MEDITATION

Become A Seer.....	918-3595
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NURSING HOMES



Shasta View Estates

24/7 Licensed Nursing Staff providing individualized care.

445 Park Street, Weed, CA 96094

Please call..... **530-938-4429**

NURSING HOMES

Shasta View Nursing Center938-4429

SHASTA VIEW ESTATES

Life
GOES ON
HERE



- 24/7 Licensed Nursing Staff providing individualized care
- Short-Term Rehabilitation
- Long-Term Care
- Case Management
- Respite Care
- Hospice Care
- Physical Therapy
- Occupational Therapy
- Speech/Language Pathology

DAKAVIA
To serve with passion

530-938-4429

445 PARK STREET, WEED, CA 96094

NUTRITION & HEALTH



Madrone Senior Services

Nutrition, Transportation, Senior Assistance

810 N. Oregon Street
Yreka, CA 96097

For information or appointment call.....530.841.2365



Siskiyou County WIC Program

Health and Nutrition Program

808 South Main Street, Yreka, CA 96097

For Information or appointment call.....530.841.2170

Certifications: Nutrition Education & Breastfeeding Support

OPTOMETRISTS



Russell Horn, OD

Optometrist

303 Bruce Street
Yreka, CA 96097

For Information or Appointment call530.841.2636

Brooks, Duane, OD	926-2033
England, David, OD.....	842-2760
Rees, Richard H.	842-2671
Seidlitz, Timothy H., OD.....	235-2190
Siskiyou Eye Center	842-2760 or 926-3015
Williams, Terry O., OD.....	842-5705

ORTHOPEDIC APPLIANCES

Hanger Orthopedic	842-3436
Ray Tegerstrand's Prosthetics & Orthotics.....	926-0560 or 241-4040

OXYGEN

Apria Healthcare	926-5902
Lincare, Inc.	841-0503 or 926-4444
Scott Valley Respiratory.....	841-3000

PERSONAL TRAINER

Korkowski, Michele, CPT.....	261-1327
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PHARMACIES / PHARMACISTS

Clinic Pharmacy	493-2070
CVS Pharmacy	568-6112
Raley's Pharmacy	842-4182
Rite Aid - Mount Shasta	926-3826
Rite Aid - Yreka	842-5596
WalMart Pharmacy	842-7330
Yreka Pharmacy	698-0990

Your Mental Health MATTERS TO US!



Siskiyou County Behavioral Health Services



We provide a broad range of mental health services to seriously mentally ill adults and emotionally disturbed children; people of any age in a mental health crisis; and those whose lives are impacted by the use of drugs and/or alcohol. Medical beneficiaries are eligible for services at Behavioral Health. Treatment can assist clients in improving their relationships and overall life functioning.

Resources:

BEHAVIORAL HEALTH OFFICES

North County Clinic: 530-841-4100

2060 Campus Drive, Yreka

South County Clinic: 530-918-7200

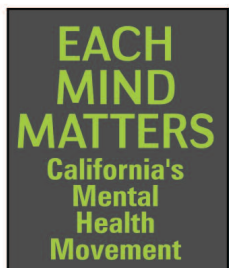
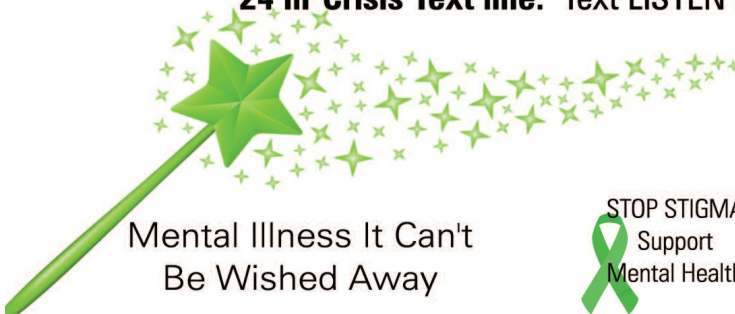
1107 Ream Avenue, Mt Shasta

24 hour Crisis Line: 800-842-8979

Suicide Hotline: 800-273-TALK (8255)

The Friendship Line (for Seniors 60 and up): 800-971-0016

24 hr Crisis Text line: Text LISTEN to 741741



PHYSICAL THERAPISTS



Briseno, Tony, PA-C	964-2389
Fairchild Medical Center Physical Therapy	841-6211
Korcek, Doug	468-5528
Mercy Medical Center Physical Therapy	926-9397 or 938-4417
Miles, Joal, PT	842-1818
Mountain Fitness	938-4439
Mt. Shasta Fitness	926-3589
Risch, Peggy	261-1344
Scott Valley Physical Therapy	468-5528
The Wellness Center	926-6010
Yreka Physical Therapy	842-4381

PHYSICIAN ASSISTANTS - Family Practice



Jennifer Cronin, PA

Physician Assistant

Dignity Health Pine Street Clinic
408 Pine Street, Mount Shasta, CA 96067

*For Information or Appointment call***530.926.7196**

SIGUIENTE PASO DEL TRATAMIENTO INTENSIVO PARA LA PACIENTE EXTERNA Y SERVICIOS PRENATAL



El Siguiente Paso Del Tratamiento Intensivo para La Paciente Externa es basado en la Sociedad Americana de Adicción a medicamentos, que incluye diagnóstico adicionales del desorden mental y emocional. También ofrecen tratamientos para las mujeres que tienen problemas con el abuso de estupefacientes

El nivel de cuidado determina la duración del programa que incluye:

- Evaluación de cada paciente
- Educación intensiva sobre la adicción y el efecto en los individuos y familias
- Cada plan del tratamiento sería individualizado y con establecimiento de metas, incluyendo el apoyo y tratamiento para alcanzar las metas establecidas
- Terapias de grupo o individuales con la atención según sea necesario
- Entrenamiento de habilidades de los padres
- Ayuda con la filosofía de los 12-pasos
- La asistencia pos-operatoria: Grupal o individual
- Reuniones entre agencias y coordinación de servicios
- Reportes del estado desde la agencia referido según sea necesario
- Coordinar servicios enfocados en tener un hogar seguro, educación, entrenamiento de trabajo, ayuda en la búsqueda de empleo y cuidado de los hijos
- Se recomienda a los miembros de las familias de los afectados que empiecen su propio camino para mejorar los efectos del uso de alcohol o drogas y que asistan a Alcohólicos anónimos y otros grupos que la comunidad y las agencias pueden ofrecer
- Terapia con el Coordinador de servicios
- Cuidado de hijos y transportación serán ofrecidos por la duración del programa. La posibilidad de referencia para alojamiento estará disponible para los clientes que cumplan los requisitos .

Que son los siguientes: 1. Mujeres embarazadas que usan drogas inyectables 3. Madres que usan drogas inyectables
2. Mujeres embarazadas que usan drogas 4. Madres que usan drogas

Las mujeres pueden referirse ellas mismas

Las referencias del sistema de la corte, CPS y de otras agencias son aceptadas

Muchas de nuestras clientas están recibiendo servicios de otras agencias y tratamos de coordinar y trabajar juntos.



**SUBSTANCE USE DISORDER SERVICES
SISKIYOU COUNTY BEHAVIORAL HEALTH
2060 Campus Drive, Yreka, CA
(530) 841-4890**

PHYSICIAN ASSISTANTS - Family Practice



Renee Mendonsa, PA-C

Physician Assistant

Mercy Mt. Shasta Community Clinic
912 Pine Street, Mount Shasta, CA 96067

For Information or Appointment call530.926.7131

Childs, Alex, PA-C	842-3507
Cronin, Jennifer, PA-C.....	926-7196
Hentrich, Denis, PA	842-3507
Joling, Shantel N., PA-C	842-3507
Robinson, Mark, PA-C	938-3491
Wilcox, Donna, PA-C	235-4138 or 964-2389

PHYSICIANS - Adult Primary Care

Scott, Rachel, PX, MMS.....	842-9800
-----------------------------	----------

PHYSICIANS - Anesthesiology

Ackerman, Serena, CRNA.....	926-6111
Birkholz, Samuel, CRNA	842-4121
Calhoun, Craig, MD	842-4121
Cummings, Rebekah, CRNA.....	842-4121
Davidson, Shannon, CRNA	842-4121



NEXT STEP INTENSIVE OUTPATIENT TREATMENT FOR WOMEN AND PERINATAL SERVICES



The Next Step Intensive Outpatient Treatment Program is based on the American Society of Addiction Medicine, which includes additional diagnosis of mental/emotional disorders and provides treatment to substance-using women

The level of care determines length of time. The program includes:

- Assessment of each client
- Intensive education about the disease of addiction and its effect on individuals and families
- Individualized treatment planning and goal setting, and the support and treatment needed to reach those goals
- Group and individual counseling with case management as needed
- Parenting Skills Training
- Grounding in 12-step philosophy
- Aftercare: Group & Individual
- Inter-Agency meetings and coordination of services
- Regular status reports from referred agencies as required
- Case Management focused on securing safe housing, education, job training and/or search, and child care
- Family members are encouraged to begin their own healing from the effects of another's alcohol and/or other drug use by attending Al-Anon and other community family groups being offered by other agencies.
- Counseling with Case Management
- Childcare and transportation are provided for the length of the program. Referral to transitional housing is available for clients meeting requirements.

Which includes the following :

1. Pregnant injection drug users;	3. Parenting injection drug users; and
2. Pregnant substance users;	4. Parenting substance users.

Women may be self-referred.

Referrals are also welcomed from the Court System, CPS, and other agencies.

Many of our clients are also receiving services from other agencies.

We make every effort to co-ordinate efforts with these agencies.

The staff is dedicated to providing a safe, caring, supportive environment for women and their children as they begin a new and sober lifestyle.

CONFIDENTIALITY

Because we receive federal funds, federal laws (42 CFR Part 2) mandate strict rules of confidentiality of client identities and records.

Release of information about clients is limited to the specifications of these laws.



**SUBSTANCE USE DISORDER SERVICES
SISKIYOU COUNTY BEHAVIORAL HEALTH
2060 Campus Drive, Yreka, CA
(530) 841-4890**

PHYSICIANS - Anesthesiology

Lovinger, Cameron, CRNA.....	842-4121
Lynch, Jeffrey, CRNA.....	842-4121
Nuti, Ben, CRNA	926-6111
Swecker, Stefan, CRNA.....	926-6111
Wilton, Jon, CNRA.....	926-6111

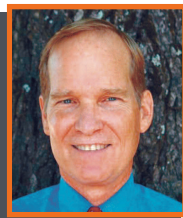
PHYSICIANS - Cardiology

Smith, Curtis, MD.....	926-4067
Russ, Thomas, MD FACC FSCAI	926-0533

PHYSICIANS - Dermatology & Laser

Dunn-Black, Rachel, MD.....	842-3261
Shearer, Richard L., MD.....	926-6222

PHYSICIANS - Ear, Nose, Throat/Otolaryngology



L. Richard Shearer MD

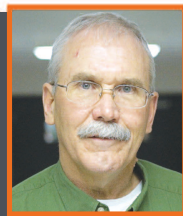
Otolaryngology

701 Pine Street
Mount Shasta, CA 96067

*For Information or appointment call.....***530.926.6222**

Bergstrom, Richard, MD	243-3687
Buxa, Gary, MD, FACS	243-3687

PHYSICIANS - Family Practice



Richard Ingle, MD

Family Practice • Obstetrics

912 Pine Street, Mt. Shasta

*For Information or Appointment call.....***530.926.7131**

Mercy Mt. Shasta Community Clinic



We know you have choices

When you need lab work – choose the Lab Draw Centers of Mercy.

The friendly, qualified staff, convenient locations and the confidence of having full access to the resources of Mercy make us the right choice. If you need lab work – choose Mercy, with conveniently located lab draw centers throughout Southern Siskiyou County:

Mercy Medical Center Mt. Shasta • 530.926.9330

Monday – Friday, 7 am – 6 pm, Saturday, 9 am – Noon and 1 – 4 pm, Sunday, 9 am – Noon

Weed Physical Therapy and Lab Services • 530.938.4417

Monday – Friday, 7:30 am – Noon

McCloud Healthcare Clinic • 530.964.2389

Tuesday & Thursday, 9 am – Noon

Common tests include, but are not limited to:

Chemistry Panels, Blood Sugars, Cholesterol Panels, Liver Function Tests, Urinalyses, CBC's, Influenza, Cardiac Enzymes, Pre-Employment Drug Screens

To learn more visit mercyomtshasta.org

Hello humankindness™



PHYSICIANS - Family Practice



John Katana, MD

Family Practice

912 Pine Street, Mt. Shasta

For Information or Appointment call530.926.7131

Mercy Mt. Shasta Community Clinic

Broeckel, Judy P., MD.....	842-3507
Cohn, Alan, DO.....	926-5100
DeRouchey, Louis E., MD.....	842-3507
Drew, Danny, MD.....	926-1039
Hess, Michael, MD.....	468-4100
Higer, Deborah, MD.....	926-4556
Holst, David, MD.....	926-4528
Kolpacoff, Stephen E., MD (VA Only).....	841-8500
LaGro, Ronald, MD.....	926-7131
Rabinowitz, Samuel, MD.....	842-3507

L. RICHARD SHEARER, M.D.

Otolaryngology - Head & Neck Surgery
Anti-Aging, Functional & Regenerative Medicine



L. Richard Shearer, M.D.

Specializing In:

- Ear, Nose and Throat
- Food and Pollen Allergy
- Skin Cancers and Lesions
- Hearing Loss and Hearing Aids
- Snoring and Sleep Apnea
- Voice Disorders
- Dizziness and Imbalance
- Lifestyle Medicine

drshearer.com | 701 Pine Street, Mount Shasta | **926-6222**

We Are Family.

FIRST RATE SERVICE



Feel the glory. Not the joint pain

You're only as old as you feel. If knee or hip pain is limiting your range of motion, the orthopedic specialists at Dignity Health can help get your old moves back. Find out if your joints are in need of an upgrade by taking our online joint health assessment at northstateortho.org.

Hello humankindness®



PHYSICIANS - Family Practice



Phillip M. Miller, MD

Family Practice

912 Pine Street, Mt. Shasta, CA

For Information or Appointment call530.926.7131

Pine Street Clinic

- Staszal, Michael, MD926-5261
Swenson, Richard, MD842-2062

PHYSICIANS - Hospitalist

- Bahia, Rajwinder, MD842-4121
Hockenberry, Timothy, MD842-4121
Karna, Pankaj, MD842-4121
Malee, Sean D., MD926-6111
Tobler, Lori, MD926-6111
Wynne, Walter, MD842-4121

PHYSICIANS - Internal Medicine

- Andrews, Leslie, MD964-2389
Balcazar, Mirtha, MD964-2389
Fort, Grady, MD964-2389
Ralson, Andrew, MD - Fairchild Medical Clinic842-4337
Riger, Bruce, MD842-9800
Saunders, Jack, MD964-2389
Youssef, Moudy, MD842-3507

PHYSICIANS - Obstetrics & Gynecology



Gregory Skipitis, MD

Women's Health

Mercy Mt. Shasta Community Clinic

912 Pine Street, Mount Shasta, CA 96067

For Information or Appointment call530.926.7131

Who is at elevated risk for COVID-19?

COVID-19 continues to dominate headlines across the globe. This novel coronavirus first made headlines in late 2019 after an outbreak in Wuhan, the sprawling capital city in China's Hubei province. The virus has since spread beyond China's borders, leading to school closures and changes in public life, such as the shutting down of professional sports leagues, that many might never have thought they would see in their lifetimes.

Despite the relative infancy of COVID-19, doctors have learned much about it, including who might be most at risk. According to the Centers for Disease Control and Prevention, early information out of China revealed that some groups are at higher risk of getting very sick from COVID-19 than others. Older adults and people who have serious chronic medical conditions are at the greatest risk of getting very sick from COVID-19. Heart disease, diabetes and lung disease are the chronic medical conditions that appear to make people especially vulnerable to sickness from COVID-19.

How people in at-risk groups can reduce their risk of getting sick

It's important that elderly people and people with chronic medical conditions take their risk of getting sick from COVID-19 seriously, as the virus had already contributed to thousands of deaths by early March 2020. The CDC notes that it is especially important that people at elevated risk take actions to reduce their risk of getting sick with the disease. The following strategies can be part of a proactive approach that may help at-risk people lower their risk of getting sick from COVID-19.

- **Stock up on health supplies.** Contact your physician and arrange to obtain extra necessary medications so you do not have to leave your home should an outbreak occur in your area. If that's not plausible, the CDC recommends signing up for mail-order medications. Stock up on over-the-counter medications and medical supplies, including everyday items like tissues, so you don't have to leave the house if an outbreak occurs.



- **Stock up on groceries.** Make sure you have enough groceries on hand so you can stay at home if restrictions on leaving home are put in place during an outbreak.

- **Embrace the basics.** Basic strategies like avoiding people who are sick; washing your hands with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing or spending time in public; avoiding touching your face, nose, eyes, etc.; and avoiding crowds can help to reduce your risk of getting sick from COVID-19.

Since the initial outbreak of COVID-19 in China in late-December 2019, doctors have learned that certain people are especially vulnerable to getting sick from the virus. Such people can take certain steps that may reduce their risk of getting sick. More information about COVID-19 is available at www.cdc.gov.

PHYSICIANS - Obstetrics & Gynecology

Andrews, Leslie, MD	235-4138 or 964-2389
Conroy, Erin, MD	842-3507
Duncan, Christal J., MD	842-4337
Holst, David, MD	926-4528
Ingle, Richard, MD	926-7131
Shasta Family Care	926-4556
Swenson, Richard E., MD	842-2062



Perinatal Substance Use Disorder Treatment

For pregnant and parenting women; preference given to pregnant women

2060 Campus Drive, Yreka, CA 96097

For more information call.....**530.841.4890**



Siskiyou County WIC Program

Health and Nutrition Program

808 South Main Street, Yreka, CA 96097

For Information or appointment call.....**530.841.2170**

Certifications: Nutrition Education & Breastfeeding Support

PHYSICIANS - Oncology / Radiation

Allen, Matthew, MD	926-7234
Mantik, David, MD	926-7234
Pereira, Sharon E., MD	926-7234

PHYSICIANS - Ophthalmology

Epstein, William, MD	926-3015 or 842-2760
Ewing, Robert, MD	926-3015 or 842-2760
Rinkoff, Jeffrey, MD	926-0606



Recommended **VACCINES** for **ADULTS**

Newborn babies endure quite a bit in the first few days and months of their lives. Routine immunizations help newborns overcome these obstacles, and as newborns get old they receive vaccines to prevent measles, mumps, rubella, hepatitis, and chicken pox.

A common misconception suggests that vaccines are only for the young. However, the Centers for Disease Control and Prevention notes that the protection provided by some childhood vaccines can wear off. In addition, some people may be at risk for certain vaccine-preventable diseases due to lifestyle, existing health conditions and age. As a result, it's important for adults to make sure their vaccines are up-to-date.

Those who are unsure of their vaccine status should discuss their health history with their doctors. In the meantime, adults should know that the following vaccines are recommended for people of various ages.

- **Influenza:** An annual flu shot is highly recommended. Doctors and health officials indicate that getting the flu vaccine is the single most effective way to prevent seasonal flu or reduce the duration and severity of the illness should it be contracted.
- **Tdap:** This vaccine contains strains of tetanus, diphtheria and pertussis (whooping cough). All three are implicated in serious illnesses or death, according to WebMD. Just about every person, young and old, should receive the Tdap vaccine. The CDC says that every adult should get the Tdap vaccine once if they did not receive it as an adolescent. Then a Td booster shot every 10 years is sufficient.
- **Shingles:** People who have been exposed to varicella (chicken pox) in their youth are at risk for shingles as they grow older. The CDC says nearly one out of three people in the United States will develop shingles in their lifetime. A shingles vaccine can protect against shingles and complications from the disease. Adults who are 50 and older should get the vaccine, which is administered in two doses.
- **Pneumococcal polysaccharide vaccine (PPSV23):** This vaccine protects against serious pneumococcal diseases, including meningitis and bloodstream infections. It is recommended for all adults age 65 and older.
- **Pneumococcal conjugate vaccine (PCV 13):** This protects against serious pneumococcal disease and pneumonia. Adults 65 years or older who have never received a dose of PCV13 should discuss PCV13 with their physicians.

Vaccines protect the very young from various diseases, but there are many vaccines that are still vital to health in adulthood.

PHYSICIANS/SURGEON - Ophthalmology

Epstein, William, MD	926-3015 or 842-2760
Ewing, Robert, MD	926-3015 or 842-2760
Welder, Jack, MD	842-2760

PHYSICIANS - Orthopedics

Bullock, Daniel W., MD.....	842-1267
Eastman, Wilfred W. Jr, MD.....	842-1267
Guthrie, Todd, MD	926-5211
O'Sullivan, Glen, MD	1-866-668-3597
Palmer, Chad, PA-C	841-4121
Rice, Orrin PA-C.....	841-4121
Ure, Keith, MD	926-5211

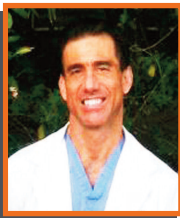
PHYSICIANS - Pathology

Magnuson, Arvid, MD,	842-4121
Purtzer, Dan, MD.....	926-6111

PHYSICIANS - Pediatrics

Broeckel, William F, MD.....	841-4980
Drew, Danny, MD	926-1039
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How to clean when faced with a shortage of supplies



In light of concerns about COVID-19, various health organizations have issued specific instructions on how to maintain personal safety and cleanliness. These recommendations involve using common household products to sanitize homes, offices and public spaces. As people take such precautions, many are stocking up on extra essentials — resulting in shortages.

Everything from hand sanitizers to paper towels may be hard to find on grocery store shelves, leaving some to wonder what they can do to remain safe without sanitizers?

The Environmental Protection Agency states that coronaviruses are some of the easiest types of viruses to kill because they have an envelope around them that enables them to merge with other cells and infect them. If that protective coating can be disrupted, the virus can't do its job. For those having trouble finding well-known cleaning agents, these alternatives may suffice.

Hot water and soap

The reason hand-washing is at the top of the list of sanitizing methods is because it is so effective at washing away viruses and bacteria. Friction from scrubbing with soap and water can help break the protective envelope, states the EPA. Soap and water can clean all surfaces in a home, especially when applying a little extra elbow grease.

Hydrogen peroxide

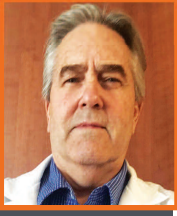
As people clear isopropyl (rubbing alcohol) off the shelves, do not discount hydrogen peroxide. The CDC says household hydrogen peroxide at 3 percent concentration can deactivate rhinovirus, the virus that causes the common cold, within six to eight minutes of contact. Coronavirus is easier to destroy than rhinovirus, so hydrogen peroxide may be effective at combatting that virus as well.

Natural items can be used for general cleaning, but have not been endorsed for use on COVID-19 disinfection. In lieu of shortages, white vinegar, baking soda pastes and citrus oils and juices could fill the void of chemically-based cleansers for other home tasks.

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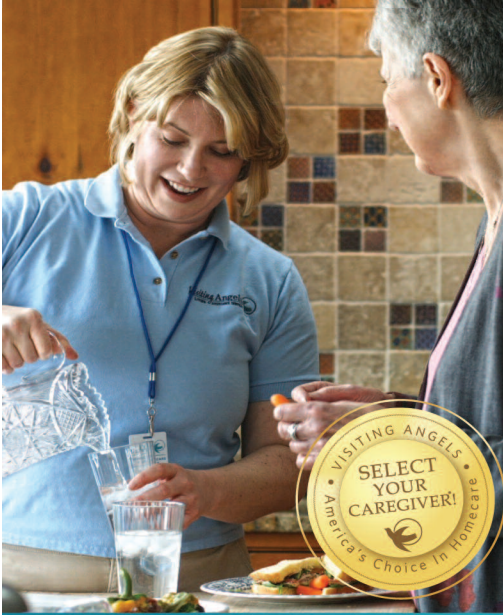
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6

myths about colic



Children who are too young to communicate through language often relay their needs through crying. A piercing cry is designed to get Mom and Dad's attention and is an effective way to convey hunger, soiled diapers and/or illness. Many parents have become adept at reading the subtle differences between cries to better understand their children's needs.

One cry that can often baffle caregivers is the cry that seemingly never stops: colic. Colic is an inconsolable cry that lasts for up to three hours a day, three days a week for longer than three weeks. Parents magazine states up to 25 percent of all babies between the ages of two weeks and three months develop colic. A colic diagnosis might be given after medical providers rule out a medical reason for the crying.

In their attempts at getting some peace and quiet, parents may look to the internet to learn more about colic. Unfortunately, many myths prevail about colic, and that can make it even harder to understand this difficult condition.

1. Myth: My baby is in pain.

Truth: According to Barbara Prudhomme White, Ph.D., an assistant professor of health and human services at the University of New Hampshire, colicky babies experience no greater increase in the levels of the stress hormone cortisol than those without colic. Any grimacing or other faces that appear like pain are probably not.

2. Myth: All babies will grow out of it.

Truth: Although many children outgrow colic by the time they're six months old, that's not the case for everyone. If colic is resulting from tight clothing, allergy, intolerance, gas, or some other small discomfort, it will not magically resolve by a certain time.

3. Myth: Manipulative therapies help relieve colic.

Truth: Physical therapies like chiropractic manipulation, acupuncture or massage do not demonstrate consistent positive results for colicky babies, according to American Family Physician.

4. Myth: Dietary changes will not help.

Fact: There is some evidence that breastfeeding mothers who change to low-allergen diets have babies with significantly less colic. Switching to hydrolyzed infant formulas also may help reduce colic episodes. Standard formulas can be restarted between three and six months of age.

5. Myth: Colic can't be controlled.

Fact: A study by Bradley Thach, M.D., a professor of pediatrics at the Washington University School of Medicine, found that wrapping colicky infants snugly in a blanket (swaddling) may soothe them. Other doctors suggest the five-S method. This includes side/stomach positioning, shushing, swinging, and giving the baby something to suck on.

6. Myth: Medications can help.

Truth: Do not try an over-the-counter product or something like gripe water without consulting with a pediatrician. Some solutions do not have any demonstrated effectiveness and may cause harm.



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