

Baker County Health Resource Guide



Community Health Improvement Partnership

July 2006

CHIP
Baker County
P.O. Box 1034
Baker City, OR 97814

Phone: 541-893-6315
or 541-540-6315
Coordinator: Sherrie Kvamme

The Community Health Improvement Partnership (CHIP) held a series of meetings in which they set priorities for 2005-2006. One of the priorities was to create a health resource guide for Baker County that would be a place for the community to “find information needed for health of mind, body, and soul.” CHIP involves Baker County residents in the development of programs to improve local health care. Through the Community Health Development process, individuals have the opportunity to identify Community Health Improvement needs, and to help in the development of community wide programs to meet those needs. Partners include individual local community members, St. Elizabeth Health Services, Baker County Health Department, Oregon Office of Rural Health, local physicians, Commission on Children and Families, and other interested individuals.

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****Health Tip: Health is a lifestyle**

All health tips in this guide were provided by Barbara Tylka, M.D.

I. ACUTE CARE

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BAKER COUNTY HEALTH DEPARTMENT

523-8211

3330 Pocahontas Road

Baker City, OR 97814

Monday, Wednesday – Friday, 5:00 a.m. – 5:00 p.m. (closed for lunch); Tuesday, 8:00 a.m. – 7:00 p.m.

WIC, Family Planning, Immunizations

ANESTHESIA

BAKER CITY ANESTHESIA, LLC

DAVID E. LOPER, CRNA

523-8838

P.O. Box 925

Baker City, OR 97814

24 hour emergency anesthesia services

Anesthesiology, general, regional, intravenous sedation and local for surgical procedures. Chronic pain management techniques. Labor and delivery pain management.

AUDIOLOGY

EASTERN OREGON AUDIOLOGY

ROBIN MAXON M.S., CCC – A CERTIFIED CLINICAL AUDIOLOGIST

524-0453

3990 Midway Drive

Baker City, OR 97814

Monday – Wednesday, Thursday, 9:00 a.m. – 4:00 p.m. Changing lives one family at a time. Professional hearing health care you can rely on.

CHIROPRACTIC

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BAKER CITY CHIROPRACTIC CLINIC

STEVE A. BACHMAN, DC, PL

523-6561

2405 10th Street

Chiropractic services.

CHURCHILL CHIROPRACTIC

ORVILLE CHURCHILL

523-2495

2040 8th Street

Baker City, OR 97814

Monday – Wednesday, Friday, 7:30 a.m. – 5:00 p.m.

Chiropractic care for musculoskeletal problems. Hands on adjusting with physio-therapy.

FAMILY CHIROPRACTIC HEALTH CENTER

LLOYD NELSON

523-6565

2899 10th Street

Baker City, OR 97814

nelsnine@myfam.com

Monday, Tuesday, Thursday, 8:30 a.m. – 5:00 p.m.; Wednesday noon – 7:30 p.m.; Friday, 7:00 a.m. – noon

Provide Chiropractic Wellness care which balances structure, nutrition and emotional/energetics so the body can heal naturally. Balancing the spinal foundations allows the vertebrae to “self adjust” without forceful manipulations.

Health Tip: Hip fractures are a leading cause of loss of independence and death in the elderly. Weight bearing exercise and calcium replacement now will prevent future fractures.

DENTAL

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ADAMS DENTAL CLINIC FAMILY DENTISTRY

523-6311

3980 Midway Drive

Baker City, OR 97814

8:00 a.m. – 5:00 p.m., Monday, Tuesday, Thursday;

7:00 a.m. – 4:00 p.m., Friday

New patients and families always welcome.

BAKER DENTAL GROUP

TOD W. CHANDLER, DMD

HOWARD W. MYLANDER, DMD

523-6012

2800 Main Street

Baker City, OR 97814

bakerdental@eoni.com

Monday – Tuesday, 7:00 a.m. – 7:00 p.m.; Wednesday,

7:00 a.m. – 5:00 p.m.; Thursday 7:00 a.m. – 4:00 p.m.;

closed Friday.

Family and cosmetic practice. Specialty services: Oral Surgeon – Dr. J. Andrew Kooning; providing IV sedation, extractions and implants.

SEAN A. BENSON, DDS, PC

523-2144

1831 First Street

Baker City, OR 97814

Monday – Thursday, 8:00 a.m. – noon and 1:00 p.m. - 5:00 p.m.

We offer comprehensive and emergency care. A gentle and caring approach for anxious and nervous patients.

HILLS FAMILY DENTISTRY

523-3870

2889 D Street

Baker City, OR 97814

mhills79@yahoo.com

Monday – Wednesday, Friday, 8:00 a.m. – 5:00 p.m., 1st and 4th

Thursday, 8:00 a.m. – noon.

We offer comprehensive oral health care.

FAMILY PRACTICE

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BAKER CLINIC

DR. JON PETTERSON

DR. ROBERT MCKIM

MELODY BADLEY, PA

523-4415

3175 Pocahontas Road

Baker City, OR 97814

rich@medman.com

8:00 a.m. – 8:00 p.m, M, T; 8:00 a.m. – 7:00 p.m., W, Th., F;

9:00 - noon, Sat.

Primary health care, quick access, after 5:00 p.m. availability.

EAGLE CAP CLINIC

DR. RANDY ALANKO

523-4497

3705 Midway Drive

Baker City, OR 97814

9:00 a.m. – Noon; 2:00 p.m. – 5:00 p.m., M, T, Th, F

EASTERN OREGON MEDICAL ASSOCIATES

DR. ERIC LAMB

DR. DIANE NOWAK

DR. JON SCHOTT

DR. DANIEL SMITHSON

LINDA ELLIS, FNP

DEB VENCILL, FNP

523-1001

3325 Pocahontas Road, Suite A

Baker City, OR 97814

officemanager@eoma.net

www.eoma.net

Monday – Friday 8:00 a.m. – 5:00 p.m.;

Saturday, 10:00 a.m. – 2:00 p.m.

Eastern Oregon Medical Associates provides quality family health care services to Baker and Union Counties.

PINE EAGLE CLINIC

742-5023; 742-7210 (fax)

P.O. Box 647

218 N. Pine Street

Halfway, OR 97834

Monday – Tuesday, 8:00 a.m. – 4:30 p.m.; Wednesday, 9:00 a.m. –

4:30 p.m., 5:30 p.m. – 8:30 p.m.; Friday 9:00 a.m. – 4:30 p.m.

Rural Health Care, Internal Medicine, Urgent Care

GENERAL SURGERY**LAURENCE LEVINGER, MD, PC**

523-7706

2805 10th Street

Baker City, OR 97814

8:00 a.m. – 3:00 p.m.

General Surgery to include: Diseases of thyroid, gallbladder, skin cancers, intestinal cancers, diagnostic biopsies, breast cancer care, skin grafts, hernias, hemorrhoids, carpal tunnel.

BARBARA TYLKA, MD, FACS

523-1797

St. Elizabeth Medical Office Building

3325 Pocahontas Road

Baker City, OR 97814

Areas of expertise include digestive disorders, breast diseases, cancer/melanoma, hernia surgery, skin lesions, and wound care.

HOSPITALS**ST. ELIZABETH HEALTH SERVICES**

523-6461

3325 Pocahontas Road

Baker City, OR 97814

www.StElizabethHealth.com

St. Elizabeth Health Services is a health care organization that provides the continuum from hospital acute care to long term care services.

ST. ELIZABETH SPECIALTY CLINIC**ST. ELIZABETH HEALTH SERVICES****DR. JOHN CARRINGTON, DERMATOLOGIST****JULIE A. CARRINGTON RN, MN, FPN**

876-7546

Pocahontas Road

Specialty Clinic - One Friday per month Dermatology

877-

3325

Baker

DR. MARC ISERI, UROLOGIST

877-374-7374

10775 W. 3rd Avenue

Ontario, OR 97914

Baker Specialty Clinic - Second and Fourth Wednesday of the month

Urology

TERROL D. MARSHALL, DPM

524-0122

3325 Pocahontas Road

Baker City, OR 97814

lagrandefootdoc@yahoo.com

Thursday, 8:00 a.m. – 5:00 p.m.

Bunions, hammertoes, fungus, custom molded orthotics, foot surgeries.

JOSEPH PETRUSEK, M.D., EAR, NOSE, THROAT

1-541-963-8643

3325 Pocahontas Road

Baker City, OR 97814

One Thursday per month (call for appt.)

Health Tip: If you snore and wake up tired, talk with your doctor about being tested for sleep apnea.

ST. ELIZABETH SPECIALTY CLINIC

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ST. ELIZABETH HEALTH SERVICES (continued)

MICHAEL J. RUSHTON, DPM

524-0122

3325 Pocahontas Road

Baker City, OR 97814

rushtonpodiatry@yahoo.com

Monday, 8:00 a.m. – 5:00 p.m.

Bunions, hammertoes, fungus, custom molded orthotics.

INTERNAL MEDICINE

VALLEY MEDICAL CENTER

DR. CHARLES HOFMANN

BRYAN BRAUN, PA-C

523-4465

3820 17th Street

Baker City, OR 97814

Internal Medicine

Health Tip: Even if your balance is failing, you can decrease your risk of falls. Wear sturdy, low-heeled shoes, remove throw rugs from your home, and keep your home well-lighted.

OPHTHALMOLOGY

JAMES E. DAVIS, MD

523-6428

3705 Midway Drive

Baker City, OR 97814

Monday – Friday, 8:00 a.m. – 5:00 p.m.

Complete eye care including eye surgery, prescription of glasses and contact lenses, refractive surgery, cosmetic and reconstructive surgery of eyelids, and medical treatment of eye disease.

OPTOMETRY

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BAKER VISION CLINIC

DR. SHERYL BLANKENSHIP

DR. LESLIE ELMS

523-5858

2150 Third Street

drblank@eoni.com

www.bakervisionclinic.com

Monday – Friday, 8:00 a.m. – 5:00 p.m.

Optometric Services – Provide full service eye care. Quality eye care by caring professionals.

ORTHOPEDIC SURGERY

ERIC SANDEFUR, D.O., ORTHOPEDIC SURGEON

AUTUMN SWIGER-HARRELL, MS, PA-C PHYSICIAN ASSISTANT

523-1797

St. Elizabeth Medical Office Building

3325 Pocahontas Road

Baker City, OR 97814

Areas of expertise include total joint replacement, sports medicine, fracture care, and hand care.

PHYSICAL THERAPY

BAKER VALLEY PHYSICAL THERAPY/PINE EAGLE PHYSICAL THERAPY

2405 Tenth Street/218 N. Pine Street

Baker City, OR 97814/Halfway, OR 97834

523-8888 or 888-523-8889

bvpt@msn.com

Monday – Friday, 7:00 a.m. – 6:00 p.m. (Baker City Clinic hours)

We provide comprehensive physical therapy services including post-operative rehabilitation, workers comp rehabilitation, vestibular rehab, aquatic rehab, geriatric treatment programs, women's health programs, and High School sports injury prevention and treatment programs.

**ST. ELIZABETH HEALTH SERVICES
DEPARTMENT OF REHABILITATION SERVICES**

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523-8130

3325 Pocahontas Road

Baker City, OR 97814

Physical Therapy and Occupational Therapy. Provide pre and post surgical care, pediatric, sports & geriatric care, pool therapy, occupational therapy including ergonomics, functional capacity evaluations, functional device assessment. A contracted SAIF provider.

***Health Tip: Stand and sit up straight!
Good posture decreases back pain.***

RADIOLOGY

**ST. ELIZABETH HEALTH SERVICES
ROBERT HILL, M.D.**

523-8137

3325 Pocahontas Road

Baker City, OR 97814

St. Elizabeth provides around the clock, state of the art imaging, which includes routine, trauma, O.R., ultrasound, CAT scan, and mammography services. Our licensed staff pursue excellence in patient care and continuing education. We have a full-time, board certified radiologist as well as tele-radiology connections to multiple locations.

SPEECH THERAPY

ANITA SWARTZ, MA CCC-SLP SPEECH PATHOLOGIST

523-2983

3990 Midway Drive

Baker City, OR 97814

aswartzspeech@yahoo.com

Specializing in disorders of speech including voice, disfluency, articulation, language development, aphasia, cognitive facilitation following brain injury, apraxia, and swallowing dysfunction.

II. AIR AMBULANCE

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AIR LIFE OF OREGON

60191 Pierce Road

La Grande, OR 97850

541-663-8657 / 800-408-4098

541-963-0199 (fax)

541-786-3493 (cell)

timbarnett@scmc.org

www.airlife.org

Air Life of Oregon is an emergency air ambulance service based at St. Charles Medical Center in Bend, Oregon. Since its inception in 1985, Air Life has flown more than 12,500 missions throughout the state of Oregon with its Eurocopter EC-145 Helicopter and its three Pilatus PC-12 fixed-wing Airplanes. Air Life averages three to four lifesaving missions each day, carrying residents to where they can receive necessary, timely medical care.

LIFE FLIGHT MEMBERSHIP

ST. ALPHONSUS

1-800-574-9464

1055 N. Curtis Road

Boise, ID 83706

Whether you live, travel, work or play in our vast geographic region, a Saint Alphonsus Life Flight membership can give you peace of mind in knowing the most experienced medical transport team can quickly respond to your medical needs. With bases in Boise and Twin Falls, Saint Alphonsus Life Flight provides critical care to the broadest geographic areas in Idaho and neighboring states

Health Tip: Colon Screening prevents colon cancer. Screening should start at age 50.

III. COMPLIMENTARY MEDICINE Page 12

GOLD HEART MESSAGE

2608 Madison Street
Baker City, OR 97814
523-0559

fscarlett1001@quest.net

Monday – Saturday, 8:00 a.m. – 6:00 p.m.

Scarlett Mary, LMT #OR 4341

Therapy for the whole family. Specialize in cranial-sacral, Swedish pressure points, foot reflexology, back and neck releases.

N. CLARE HERIZA, MD, MPH, DABMA

524-9430
2339 Auburn Avenue
Baker City, OR 97814

Mornings

Medical Acupuncture – I am one of fewer than 500 US physicians board certified in medical acupuncture. I integrate Western Medicine and complimentary therapies in my treatment.

Health Tip: Adequate sleep is a necessity, not a luxury. Most adult Americans need – but don't get – eight hours of sleep per night.

IV. DURABLE MEDICAL EQUIPMENT

LINCARE

523-1893
3927 6th Street
Baker City, OR 97814

Monday – Friday, 8:00 a.m. – 5:00 p.m.

Home respiratory equipment, oxygen, etc. and other medical equipment.

RON'S MEDICAL SUPPLY / NORCO

523-2002

P.O. Box 21

Baker City, OR 97814

8:00 a.m. – 5:00 p.m.; on call 24 hours

Provide O² & DME supplies for patients of Baker County

Health Tip: Don't run with scissors! ☺

V. INTERVENTION SERVICES

BAKER BEHAVIORAL HEALTH COOPERATIVE

523-4715; 523-2628 (fax)

1705 Main Street, The Baker Tower, Suite 501

Baker City, OR 97814

jicphd@eoni.com

By appointment only: 8:30 a.m. – 5:00 p.m.

JEFF CLAUSEL, PH.D., Licensed Clinical Psychologist:
Psychological & Forensic Evaluations, Psychotherapy & Counseling

KENNETH DUDLEY, PH.D., Licensed Psychologist: Psychological, Neuropsychological & Geriatric Evaluations & Consultation

SUSAN DEAKYNE, LCSW, Psychotherapy & Counseling, Adults, Families & Couples

CALLING ON MOMS

523-9520

1995 3rd Street

Baker City, OR 97814

callingonmoms@bakercounty.org

Most mornings – call and leave a message

Mission Statement – To support healthy parents-child relationships in a community which respects and encourages the role of parents. COM is open to everyone in Baker County. We send out monthly newsletters and conduct Child Enrichment Classes (parenting classes).

CASA (BAKER COUNTY CASA, Inc.)

523-5737

P.O. Box 327

Baker City, OR 97814

bakerco_casa@hotmail.com

www.bakercountycasa.com

Monday – Friday, 8:00 a.m. – 2:00 p.m.

Baker County Casa is dedicated to making a difference in the lives of abused and neglected children from our county through volunteer advocacy.

JOHN T. DAVIS COUNSELING AND MEDIATION

541-403-1251

2101 Main Street, Suite 210

Baker City, OR 97814

jdavis@eoni.com

By appointment

John Davis, LCSW

Private therapy, counseling, and mediation services, independently and through contract with Blue Mountain Associates in La Grande.

DEPARTMENT OF HUMAN SERVICES

523-6423 **Child Welfare**

523-3648 **Self Sufficiency**

523-5846 **Vocational Rehabilitation & Seniors & People with Disabilities**

524-1800 **SDA 13 Administrative Office**

3165 10th Street

www.oregon.gov/DHS/index.shtml

8:00 a.m. – noon; 1:00 p.m. – 5:00 p.m., Monday – Friday

Helping people to become independent, healthy and safe. To help people find and keep jobs, to protect abused and neglected children, assist seniors and people with disabilities, to provide accurate, timely benefits that support Oregonians.

Health Tip: Take time for friends. People with good social support live longer.

RUSSEL HUNT PSYCHIATRIC NURSE PRACTITIONER

541-534-2040

Basche Sage Place, Suite 206/1609 Albany, Suite #7

Baker City, OR 97814/La Grande, OR 97850

russelhunt@earthlink.net

La Grande: Monday, Wednesday, Thursday, 9:00 a.m. – 5:30 p.m.

Baker City: Tuesday, 9:00 a.m. – 5:30 p.m. by appointment

Counseling and medication management for all ages. Specializing in mood disorders, co-occurring illness & common sense life changes.

MAYDAY, INC.

523-9472 / 888-213-4134 Crisis 523-4134

1933 Court Avenue

Baker City, OR 97814

endviolence@maydayinc.org

9:00 a.m. – 4:00 p.m.

Domestic Violence, sexual assault & elder abuse services & crisis response

MOUNTAIN VALLEY MENTAL HEALTH

523-3643; 24-hour crisis hotline 523-5903

2200 4th Street

Baker City, OR 97814

Monday – Friday, 8:00 a.m. – 5:00 p.m.

The community Mental health program. Provides service to individuals, families & groups. Crisis management & medication management.

NEW DIRECTIONS NORTHWEST

523-7400

2034 Auburn

Baker City, OR 97814

mail@ndninc.org

www.newdirectionsnw.org

Monday – Friday, 8:00 a.m. – 5:00 p.m.

Alcohol and drug abuse treatment including outpatient, residential and prevention.

NORTHEAST OREGON COMPASSION CENTER, INC.

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523-9845

P.O. Box 665

Baker City, OR 97814

noccl@oregontrail.net

Wednesday, 9:00 a.m. – noon; Thursday, 9:00 a.m. – noon, 1:00 p.m. – 4:00 p.m.

Our services include a food & clothing bank and a lay care giving program to help individuals and families deal with various issues. These issues may include marriage, grief, parenting, financial, divorce, depression, stress, co-dependency and others. These services are free.

RACHEL PREGNANCY CENTER

523-5357

2194 Court Avenue

Baker City, OR 97814

Wednesday – Friday, 9:00 a.m. – noon, 1:00 p.m. – 5:00 p.m.

We offer: Pregnancy tests; information regarding pregnancy; parenting, abortion alternatives and infant care education. We offer: Helps- such as maternity clothing, baby items, infant ware, toddler needs, children's needs, children's ware, special needs and hope – with Bible studies, prayer.

TRANSITION COUNSELING SERVICES, LLC

524-0800

P.O. Box 524

Baker City, OR 97814

Monday – Friday, 8:00 a.m. – 5:00 p.m.

Lynn Johnson, LCSW

Counseling for adults and adolescents. Individual and marriage counseling.

Health Tip: You are less likely to overeat if you have four or five small meals per day rather than one large meal.

BAKER COUNTY WIC

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523-8212

3330 Pochontas Road

Baker City, OR 97814

sgerig@bakercounty.orgwww.bakercounty.org/Health/health.html

Monday, Tuesday, 8:00 a.m. – 5:00 p.m.; Wednesday, 8:00 a.m. – 4:30 p.m.

Pregnant? Breastfeeding? Family with child under age 5? What you get with WIC: answers to nutrition questions, supplemental foods, breastfeeding help.

VI. PHYSICAL ACTIVITIES

CROSSROADS ART CENTER

523-5369

1901 Main Street

Baker City, OR 97814

xrds@bmi.netwww.crossroads-arts.org

Tuesday – Saturday, noon – 4:00 p.m.

Variety of art classes (drawing, painting, dancing, pottery & weaving) for all ages. First Friday Featured Artist; ArtSpeak – classes for underprivileged and at-risk individuals; Art center gallery shop.

CURVES OF BAKER CITY (WELLNESS WORKS DBA)

524-7660

1668 Resort, Suite B

Baker City, OR 97814

horsedork@bakervalley.net

Monday – Friday, 5:30 a.m. – 6:30 p.m.; Saturday, 8:00 a.m. – 11:00 a.m.

Yes . . . a complete workout in just 30 minutes. Helping make Baker County healthier, one woman at a time.

ELKHORN ATHLETIC CLUB

523-7369

1243 2nd Street

Baker City, OR 97814

Monday – Friday, 6:00 a.m. – 9:00 p.m.; Saturday, noon—9:00 p.m.

Our goal is to improve the health and physical well-being of all ages, through exercise, sports, and attention to special needs.

OREGON PARKS & RECREATION DEPARTMENT

523-2499

1705 Main Street, Suite 101

www.oregonstateparks.org

8:00 a.m. – 5:00 p.m.

Provide sites for camping and day use activities.

TENNIS ASSOCIATION OF BAKER (TAB)**CONTACT: LARRY ROCKENBERANT**

523-3222

The Tennis Association of Baker provides tournaments, workshops, and social tennis for all ages and levels of play. There are six hard courts located at the Baker High School sports complex as well as four privately owned grass tennis courts that are used for tournaments and public play.

YMCA

523-4050 (Gym); 523-YMCA (Pool)

2021 Main Street

Baker City, OR 97814

Fitness Center, Monday – Thursday, 5:00 a.m. – 9:00 p.m.; Friday, 5:00 a.m. – 8:00 p.m.

Membership includes use of cardiovascular fitness equipment, weights and pool. Membership also includes fitness classes.

Pool hours: 6:00 a.m. – 8:00 p.m. M-F; S: 1:00 –3:30; 7-8:30 (summer only)

*times may vary.

VII. SENIOR SERVICES**ASHLEY MANOR CARE CENTER**

524-9880

1040 Lund Lane

Baker City, OR 97814

tbrent@ashleycares.comwww.Ashleycares.com

24 hours 7 days a week

Alzheimer's & Dementia Care, furnished private or shared suites, assistance with personal care & hygiene, medication management, incontinence management, three nutritious home cooked meals a day, plus snacks, 24 hours on call nursing assistance available, 24 hour care & supervision by trained staff, secure environment.

COMMUNITY CONNECTIONS OF BAKER COUNTY

523-6591

2810 Cedar Street.

Baker City, OR 97814

maryjo@ccno.orgwww.bakercounty.ccno.org

Monday – Friday, 8:00 a.m. – 5:00 p.m.

Provide: in-home care for frail seniors and people with physical disabilities; home-delivered meals for seniors; dining center; telephone reassurance; information & referral.

GUARDIAN HOME CARE & HOSPICE

523-3335

2021 Court Avenue

Baker City, OR 97814

mspicer@GuardianHomeCare.orgwww.guardianhomecare.org

Monday – Friday, 8:00 a.m. – 5:00 p.m.

Home nursing care; physical therapy

Health Tip: Lower your blood pressure: pet your dog.

HEART ‘N HOME HOSPICE & PALLIATIVE CARE, LLC

524-7688435 Campbell Street

Baker City, OR 97814

kari@heartnhomehospice.com

www.heartnhomehospice.com

Monday – Friday, 8:30 a.m. – 5:00 p.m.

Heart ‘n Home Hospice & Palliative Care affirms life by providing emotional, physical and spiritual support to our patients and to those who love and care for them.

MEADOWBROOK PLACE

523-6333

4000 Cedar Street

Baker City, OR

mbadmin@bakervalley.net

www.lifestylesllc.com

7:30 a.m. – 4:30 p.m.

Assisted living for seniors that need assistance with daily living.

PATHWAY HOSPICE

529-9430

2192 Court Avenue

Baker City, OR 97814

phospice@qwest.net

Monday – Friday, 8:00 a.m. – 5:00 p.m.

Susan Spears, Patient Care Coordinator

Pathway Hospice is a not-for-profit organization who serves terminally ill persons in an effort to provide holistic care and comfort to patients and their families.

SETTLER’S PARK ASSISTED LIVING & MEMORY CARE COMMUNITY

523-0200 (w); 523-0268 (f)

2895 17th Street

Baker City, OR 97814

admin@settlersparkalf.com

www.settlersparkalf.com

24 hour operation – Business hours 8:00 a.m. – 5:00 p.m.

We provide assisted living, which is designed for senior adults who wish to maintain their independent lifestyle, but may need assistance to do so. In addition, we have the only licensed and endorsed Memory Care Community by the State of Oregon in Baker County.

VIII. SUPPORT GROUPS

AMERICAN RED CROSS EASTERN CHAPTER

523-2231

P.O. Box 1024

Baker City, OR 97814

Available Emergency 24 hours a day

Office hours: Monday – Friday, 10:00 a.m. – 3:00 p.m.

BAKER COUNTY COMMITTEE ON DISABILITIES

523-2679 (Lori Lien)

1187 H Street

Baker City, OR 97814

Meets every 3rd Wednesday, 2:00 p.m. at Community Connections. Advocacy for physical disabilities in Baker County.

CANCER SUPPORT GROUP OF BAKER COUNTY

523-7125
1045 H Street
Baker City, OR 97814
24 hours/7 days a week

The support group has round table discussions, guest speakers (professional & laity), hope, encouragement & emotional support to the survivors of cancer. The group offers a network of new friends with similar needs to encourage family & friends who attend . . . Every third Thursday, 7:00 p.m. at Eastern Oregon Medical Associates lobby.

CHIP (COMMUNITY HEALTH IMPROVEMENT PARTNERSHIP)

541-893-6315 or 541-540-6315
P.O. Box 1034
Baker City, OR 97814
sherriekvamme@chiwest.com

Calls for information concerning CHIP are welcome anytime

HEALTH IN ACTION! & KIDS IN ACTION!

541-893-6315 or 541-540-6315
P.O. Box 1034
Baker City, OR 97814
sherriekvamme@chiwest.com

Calls for information concerning Health in Action & Kids in Action! are welcome anytime.

Health Tip: When losing weight, aim for a weight loss of 1/2-1 pound per week. Small amounts add up over a year!

OVEREATERS ANONYMOUS EAGLE CAP INTERGROUP

523-4896
c/o 2990 N. Third Street
Baker City, OR 97814
ecapoa@hotmail.com
www.oaregion1.org/intergroup.html

Meeting hours: Monday, 7:00 p.m. – The Rectory; Tuesday, noon and Thursday, 4:30 p.m. – Baker County Library; Friday, 8:15 a.m. - Northeast Oregon Compassion Center
Twelve step recovery for persons who suffer with food addictions, such as compulsive eating, bulimia, anorexia. There are no fees or dues or special requirements at the meetings, all persons are welcome.

PRISM

523-4825 / 800-755-1738 / dd9-625-1782 (fax)
2880 2nd Street
Baker City, OR 97814
prism@pwlp.com
www.pwlp.com

9:00 a.m. – 4:00 p.m.
Christian based 24 week program for life time change of eating behavior.

**** Please note that this is the first edition of the Baker County Health Resource Guide. If you would like your organization or business considered for the guide, or if you would like a change made to your current listed information, please contact CHIP at (541)523-8102.**