Improving Health in Our Communities

Fairchild is proud to provide personal care for all ages. We understand health care does not come in a one-fits-all package. It’s our goal to deliver medical attention with the best outcome and shortest recovery time possible. To us, you are the difference and it shows.
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*Information may not be current after initial printing.* Please call **841-2365** with corrections. 
Madrone Senior Services-810 N. Oregon St. Yreka, CA 96097
### ADVOCACY & CONSUMER PROTECTION AGENCIES
- California Department of Consumer Affairs.................................800-952-5210
- **Golden Umbrella**.................................................................226-3019
- HICAP (Health Insurance Counseling & Advocacy Program)..........800-434-0222
- **MSSP (Senior Case Management & Medi-Cal)**..........................226-3019
- Ombudsman of Northern California ........................................229-1435
- PSA2 Area Agency on Aging.............................................842-1687
- Siskiyou County District Attorney-Victim Services.................842-8229

### ALZHEIMER’S DISEASE
- Alzheimer’s Association: Education, Support Services, Help Line.....800-272-3900
- PASSAGES-Information and Assistance...........530-898-5925........800-822-0109

### BEHAVIORAL HEALTH (Also see Mental Health)
- Adult Outpatient Services (Individual & Group Therapy)........841-4100
- Siskiyou County Behavioral Health.................................841-4100
  - Mt Shasta...................918-7200
  - 24 Hour Crisis.....800-842-8979
- Lassen Counseling Services...............................................841-1030
- **Madrone Hospice, Inc.**...................................................842-3160
- **Mercy Hospice**..............................................................926-6111 ext. 455

### BEREAVEMENT SUPPORT
- Compassionate Friends (Parents who have lost children).........1-877-969-0010
- Lassen Counseling Services...............................................841-1030
- **Madrone Hospice, Inc.**...................................................842-3160
- **Mercy Hospice**..............................................................926-6111 ext. 455

### CAREGIVER SERVICES (Also see Support Groups)
- Caregiver List (Madrone Senior Services)...............................842-3907
  - Toll Free..................................................800-510-2020
- Family Caregiver Support Program (Madrone Senior Services)......842-3907
- **Foster Grandparent Program (Golden Umbrella)**..................226-3098
- In-Home Supportive Services (IHSS).....................................841-4200
- PASSAGES-Caregiver Resource Center...................................800-995-0878
- **Senior Companion Program (Golden Umbrella)**.................226-3098
- **Visiting Angels Living Assistance Services**......................223-2400

---

**Information, Assistance and Referrals**

1-800-510-2020

**In Emergency—Dial ‘911’**
<table>
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<tr>
<th>Clinic Name</th>
<th>City</th>
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<td>Anav Tribal Health Clinic</td>
<td>Quartz Valley</td>
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<td>842-9200</td>
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<td>McCloud Healthcare Clinic</td>
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<td>467-5391</td>
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**Dunsmuir Community Health Center**

**Community Health Center**

**Grady Fort, MD**
Family Practice/Pediatrics

**Julie Fadness, FNP**
Family Practice

**Tom Roseland, FNP**
Family Practice

**Richard Nielsen, DPM**
Podiatrist

**Alan Cooper, DCM**
Chiropractic Medicine

**Dana Brooks, MFT**
Family Therapist

**FAMILY MEDICAL CARE**

- Pediatric Care
- Women’s Healthcare
- Complete Physicals
- Diabetic Counseling
- Podiatry
- Chiropractic Services
- Mental Health Counseling
- Lab Work
- Immunizations
- Weight Management Programs
- Psychiatric Medicine

**OPEN 5 DAYS A WEEK**
Monday thru Friday
WALK-INS WELCOME

**A Healthy Families Provider**
**A Family PACT Provider**
**A Vaccines for Children Provider**

**Affordable Health Care for Everyone**

4309 Stagecoach Drive, Dunsmuir
235-4138
Senior Volunteers Are Needed

Looking for an opportunity to help out in your community?

Senior Corps Program is looking for individuals 55 and over to volunteer in the following areas:

- Companionship
- Advocacy
- Telecare Operators
- Clerical
- Food Services
- Transportation
- Respite
- Education
- Public Safety

Retired and Senior Volunteer Program (RSVP) you can choose when and where you like to serve. Senior Companion Program (SCP) is being a friendly visitor to the frail and homebound. Foster Grandparent Program (FGP) is being a mentor in a local school classroom and working with children one on one. Earn money as a FGP/SCP volunteer by collecting a non-taxable stipend and mileage reimbursement.

Call 530.226.3098 today to learn more.
These federally funded programs serve: Shasta, Siskiyou, Trinity and Tehama Counties. Some areas are limited.

McCloud Healthcare Clinic

FAMILY MEDICAL CARE

- Pediatric Care
- Women’s Healthcare
- Complete Physicals
- Diabetic Counseling
- Podiatry
- Chiropractic Services
- Mental Health
- Counseling
- Lab Work
- Immunizations
- Weight Management Programs
- Psychiatric Medicine Management

McCloud Dental Center

Chris Boseouski, DMD
General Dentistry
Chris Crouch, RDH
Dental Hygienist

Accepting Denti-Cal
964-2040

OPEN 5 DAYS A WEEK
Monday thru Friday
WALK-INS WELCOME
Monday-Thursday-Open until 7pm
A Healthy Families Provider
A Family PACT Provider
A Vaccines for Children Provider

Affordable Health Care for Everyone

116 W. Minnesota Avenue, McCloud
964-2389
### DRUG & ALCOHOL ABUSE TREATMENT
- Behavioral Health ................................................................. Yreka........841-4100
- Yreka V.A. Rural Clinic ............................................................. Yreka........841-8500

### 24 HOUR CRISIS ASSISTANCE
- The Effort .................................................................................. 1-800-273-8255
- Behavioral Health ........................................................................ 1-800-842-8979

### ELDER ABUSE REPORTING
- Adult Protective Services .......................................................... Yreka........841-4200
  - After Hours ............................................................................. Yreka........842-7009

### FAMILY & COMMUNITY RESOURCE CENTERS
- Butte Valley .............................................................................. 397-2273
- Dunsmuir .................................................................................... 235-4400
- Happy Camp ................................................................................ 493-5117
- McCloud ..................................................................................... 964-3250
- Montague (HUB) ......................................................................... 459-3481
- Mt Shasta .................................................................................... 926-1400
- Scott Valley ................................................................................ 468-2450
- Tulelake ..................................................................................... 667-2147
- Weed .......................................................................................... 938-9914
- Yreka .......................................................................................... 842-1313

### FINANCIAL & LEGAL ASSISTANCE
- Better Business Bureau .............................................................. 916-443-6843
- Cal Fresh (Food Stamps) ............................................................ Yreka........841-2700
  - Toll Free .................................................................................. 800-662-7031
- Consumer Credit Counseling Service ......................................... Yreka........841-1516
- Fair Housing ............................................................................... 800-884-1684
- HICAP (Health Insurance Counseling & Advocacy Program) ....... 800-434-0222
- Legal Services of Northern California ......................................... 800-822-9687
- Social Security Administration ................................................... 800-772-1213

Information, Assistance and Referrals
1-800-510-2020

In Emergency—Dial ‘911’
FITNESS CENTERS

Health Quest Fitness Center .................................................. Weed ............. 938-3344
Mountain Fitness ................................................................. Mt Shasta .... 926-3589
Scott Valley Fitness Center .................................................... Fort Jones .... 468-2956
The Gym ............................................................................. Yreka .......... 937-3200
The Wellness Center .............................................................. Mt Shasta .... 926-6010
YMCA .................................................................................. Yreka .......... 842-9622

FOOD PANTRIES (Also see Meal Centers)

Dunsmuir Resource Center .................................................... Dunsmuir .... 235-4400
Emergency Food Supplies (GNS) ........................................ Siskiyou County ... 938-4115 x 128
Food Commodities (GNS) .................................................... Siskiyou County ... 938-4115 x 134
Happy Camp Resource Center ........................................... Happy Camp .... 493-5117
Siskiyou Community Food Bank ........................................ Yreka ........ 842-1706 or 598-2133
Siskiyou Food Assistance .... Gazelle .... Big Springs .... Weed .... Mt. Shasta .... 408-6115
St Vincent DePaul Society .................................................... Dunsmuir .... 235-4759
Mt Shasta ........ 926-3061
Tulelake Family Resource Center ........................................ Tulelake ...... 667-2147
Tulelake Senior Center ....................................................... Tulelake, Bray, Dorris, Tenant .... 667-3500
Yreka Food Ministry ............................................................ Yreka & Surrounding .... 841-4376

Need help managing energy expenses?

We partner with local and state agencies to help low-income households offset the cost of heating their home by providing a direct payment to the eligible client’s utility or fuel provider.

To request an application call (530) 938-4115, extension 120

Visit our website for more information

www.gnservices.org
Madrone Senior Services

810 N. Oregon Street, Yreka

Transportation & Meals 841-2365
Information & Assistance 842-3907

*Senior Lunch Program (free for individuals 60 years old and over, $6 charge for under 60)
*Home Delivered Meals for individuals that meet criteria and are within the Yreka city limits

*Senior Transportation
(only available within Yreka city limits)

*Senior Activities *Fitness Programs *Caregiver Support

*Up to date list of local caregivers*
FUNERAL CHAPELS
Girdner’s Funeral Chapel..................................................Siskiyou County........842-3434
Mt. Shasta Memorial Chapel..............................................Mt. Shasta..............926-2131

HEALTH SERVICES & IMMUNIZATIONS
“Free” Blood Pressure Reading (Fairchild Medical Center)…..Yreka..........842-4121
Disability Action Center…….. Vision Resources..............................Redding....242-8550
Disability Action Center…Traumatic Brain Injury Program……Redding....242-8550
Nurse Advice Line (Fairchild Medical Center).............................. 877-529-5604
Siskiyou County Public Health & Community Development.............. 800-442-2333
Siskiyou County Public Health Immunizations.............................. 841-2134
HEATING & ENERGY ASSISTANCE (Also see Family Resource Centers)

- Great Northern Services (GNS)..............................................................938-4115 x 120
- Karuk Tribe..........................................................................................493-1600
- Lions Club Firewood Program…… (Scott Valley & Quartz Valley Only)…468-2197
  Alternate.................................................................598-4248
- Salvation Army.................................................................842-7321

HOME HEALTH SERVICES

- Siskiyou Home Health...............................................................Yreka.............842-7325
  Mt. Shasta ..............926-4142

HOSPICE

- Madrone Hospice........................................................................Yreka.............842-3160
- Mercy Hospice........................................................................Mt. Shasta.............926-6111
- Klamath Hospice............................................................Macdoel-Dorris-Tulelake.....877-882-2902

HOSPITALS

- Fairchild Medical Center.........................................................Yreka.............842-4121
  Transportation....841-2048
- Mercy Medical Center.........................................................Mt Shasta.............926-6111
  Transportation....926-0220

Golden Umbrella
A Dignity Health Member

Multipurpose Senior Services Program (MSSP)
MSSP’s goal is to help the elderly live an independent life of dignity at home by delaying or even preventing institutional placement.

Do you qualify?
Are you 65 years of age or older, a Medi-Cal recipient, reside in the MSSP service area, at risk for skilled nursing facility placement, in need of additional service or care coordination to live at home and willing to work with a care manager on agreed upon goals?

Contact Siskiyou County Care Manager: Desteni Lord at 530-262-3019
Golden Umbrella  200 Mercy Oaks Drive   Redding, CA 96003  530-226-3019

Information, Assistance and Referrals
1-800-510-2020

In Emergency—Dial ‘911’
Scott Valley Respiratory Home Care, Inc.

We are committed to providing the patient and caretaker the reliability, comfort and service expected.

Our medical equipment includes:

* Lift Chairs * Wheelchairs and Power Wheelchairs * Scooters * Oxygen Set up
* Hospital Beds * Bathroom Aides * Bedside Commodes * Canes * Crutches * Walkers * Tub Rails * Body Braces – knees, ankles, wrists and back braces * Compression stockings*

Call us today to see what we can do for you.

1714 S. Oregon St. Yreka, CA  Office (530)841-3000  Fax (530)841-3002

### HOUSING (Senior & Disabled)

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<td>Yreka</td>
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<td>Emerald Pointe Senior Apartments</td>
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<td>Eskaton Washington Manor</td>
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<td>926-5339</td>
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<td>Juniper Terrace Apartments</td>
<td>Yreka</td>
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<td>842-1644</td>
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<td>Sierra Vista Retirement Center</td>
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<td>842-3930</td>
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<td>Toll Free</td>
<td>800-714-9177</td>
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<td>Yreka Guest Home</td>
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### HOUSING ASSISTANCE

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<td>Siskiyou Habitat for Humanity</td>
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<td>938-2612</td>
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<td>Disability Action Center</td>
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Information, Assistance and Referrals
1-800-510-2020

In Emergency—Dial ‘911’
We provide the following assistance to those who need it:
*Bathing, dressing, grooming and hygiene assistance *Medication Reminders *Errands and Shopping *Light Housekeeping *Assistance with Walking *Meal Preparation *Friendly Companionship *Doctor Visits and other appointments *Flexible Hourly Care from 2 hours to 24/7 *Respite Care for Families *Assistance with Hospice Care

~Serving all of Siskiyou, Shasta and Tehama Counties~
530-223-2400
www.visitingangels.com/redding
COME VISIT US!
At Yreka’s Only Locally Owned Independent Pharmacy. Luke and his caring team are here to offer old-fashioned customer service. Talk to your friends and neighbors about us - there IS a difference! We welcome new faces and make transferring easy. As always, WE THANK OUR LOYAL CUSTOMERS for their continued support.

829 S. MAIN ST., YREKA, CA
530-842-2600 • Fax 530-842-5173

TNT AUTO BODY
530-842-3779
Tony Cunial
Owner
3237 Fairlane Rd.
Yreka, CA 96097
Fax: 530-842-0878
Cell: 530-598-7851
email: tonycunial@msn.com
MEAL CENTERS & HOME DELIVERED MEALS (Also see Food Pantries)

**Meal Centers**

Greenhorn Grange.........................................................Yreka.............841-1379
Karuk Tribal Nutrition Center........................................Happy Camp...........493-1645
Loaves & Fishes..............................................................Etna....................467-3612
Madrone Senior Services..................................................Yreka...............841-2365
Mt Shasta Sr. Nutrition Program......................................Mt Shasta............926-4611
Scott Valley Berean Church..............................................Etna...............467-3715
Scott Valley Grange Sr. Nutrition.....................................Greenview..........468-1645
St Joseph Catholic Church..............................................Yreka................842-4874
Tulelake Senior Center....................................................Tulelake..........667-3500

**Home Delivered Meals**

Scott Valley Grange Sr. Nutrition....................................Scott Valley........468-2904
Karuk Tribal Nutrition Center........................................Happy Camp...........493-1645
Loaves & Fishes..............................................................Scott Valley.........467-3612
Madrone Senior Services..................................................Yreka...............841-2365
Mt Shasta Sr. Nutrition Program......................................Mt Shasta............926-4611
Tulelake Senior Center....................................................Tulelake..........667-3500

**MEDICAL EQUIPMENT**

CTAP - Phones for hearing impaired..............................Toll-Free............800-806-1191
Disability Action Center.....................................................Redding.........242-8550
Lincare..............................................................................Yreka...............841-0503
**Madrone Senior Services - Ramps**..............................Yreka.............842-3907
Pacific Pulmonary Services..............................................Yreka...............841-0364
**Scott Valley Respiratory**.............................................Yreka...............841-3000
The Hospice Shop (gently used medical equipment).........Yreka...............842-6025

**MEDI-care & MEDI-CAL INFORMATION**

HICAP (Health Insurance Counseling & Advocacy Program).....800-434-0222
Medicare ..............................................................................800-772-1213
Medi-Cal/CMSP.................................................................Yreka...............841-2700

Information, Assistance and Referrals
1-800-510-2020
**In Emergency—Dial ‘911’**
MENTAL HEALTH - Also see Behavioral Health Services
Anav Tribal Health Clinic.................................................Quartz Valley......468-4470
Butte Valley Health Center...........................................Dorris.................397-8411
Karuk Tribal Health......................................................Happy Camp........493-5257
Lassen Counseling Services........................................Yreka................841-1030
Siskiyou County Veterans Service Office......................Yreka.............842-8010
Tulelake Health Clinic................................................Tulelake...........667-2285

PHARMACIES
Clinic Pharmacy..........................................................Happy Camp......493-2070
Luke’s Yreka Drug.........................................................Yreka.............842-2600
Raley’s Pharmacy.........................................................Yreka.............842-4182
Rite Aid Pharmacy.......................................................Yreka.............842-5596
Wal-Mart Pharmacy.....................................................Yreka.............842-9060
Owen’s Pharmacy.......................................................Weed.................938-4135

Yreka Family Practice
Linda Jo Yawn, FNP-C
“Where we treat you like family”
Most Insurance Plans Accepted
Payment Plans Available

*Preventative Care*
*Acute Care*
*Chronic Illness Management*

544 N. Main Street, Suite 3
Yreka, CA
530-842-1100 Office
530-842-1117 Fax

yrekafamily@gmail.com

Information, Assistance and Referrals
1-800-510-2020
In Emergency—Dial 911
Sometimes life holds an endless list of challenges, until you discover an ABUNDANCE of SOLUTIONS.

If you have questions about senior living, we have answers. Aging is often difficult with a seemingly endless number of decisions and changes. Let us offer simple solutions. We’ll share with you information on your many options and offer a helping hand to assist you on your journey.

For more information, call (530) 842-4300.

PHYSICAL THERAPY

Advanced Physical Therapy.....................................................Yreka..........................842-1818

Etna........................................467-5800

Fairchild Medical Center Physical Therapy........................Yreka......................841-6211

Health Quest Physical Therapy............................................Weed.........................938-3344

Mercy Physical Therapy.............................................................Mt. Shasta......926-9397

Weed.................................938-4417

Mt Shasta Physical Therapy....................................................Mt Shasta..........926-6010

Performance Physical Therapy.................................Yreka..........................842-5220

Scott Valley Physical Therapy..............................................Fort Jones......468-5528

Yreka Physical Therapy.............................................................Yreka..................842-4381

RESIDENTIAL CARE, ASSISTED LIVING & LONG TERM CARE

Brookdale Yreka.................................................................Yreka..................842-4300

Grenada Gardens Senior Living..............................................Grenada.................436-2514

Shasta View Nursing Center (Skilled Nursing)..................Weed.....................938-4429
SENIOR CENTERS
Karuk Senior Center..................................................Happy Camp........493-1645
Madrone Senior Services.............................................Yreka..................841-2365
Mount Shasta Senior Center.........................................Mt. Shasta..........926-4611
Tulelake Senior Center...............................................Tulelake..............667-3500

YOU CAN’T PREDICT AN EMERGENCY...
BUT YOU CAN PREPARE – BECOME A MEMBER

Mercy Flights
Your Non-Profit Air Ambulance Service

Are you a Member?

Phone: 1-800-903-9000
Website: mercyflights.com

FOR EMERGENCIES CALL 9-1-1

Information, Assistance and Referrals
1-800-510-2020
In Emergency—Dial 911
SUPPORT GROUPS
Alcoholics Anonymous..................................................Mt. Shasta..........918-7200
Yreka.................................................................841-4100
Alzheimer’s Association..........................................................800-272-3900
American Cancer Society..........................................................800-227-2345
American Diabetes Association.............................................800-342-2383
American Heart and Stroke Association.................................800-242-8721
Anav Tribal Health Clinic.................................................Quartz Valley..........468-4470
Bereavement - Madrone Hospice................................................Yreka..........842-3160
Bereavement - Mercy Hospice................................................Mt. Shasta........926-6111
Disability Action Center..........................................................242-8550
Mountain Caregiver Resource Center of PASSAGES.................800-995-0878
Yreka Caregiver Support Group...........................................Yreka........459-3501

TAX PREPARATION ASSISTANCE
JEDI (FREE Tax Assistance).................................................888-926-6670

TRANSPORTATION
EMERGENCY/AMBULANCE..............................................................911
Anav Tribal Health Clinic.................................................Quartz Valley/ Scott Valley......468-4470
Fairchild Medical Center Auxiliary Transport.............................Yreka........841-2048
Mercy Auxiliary Transportation............................................Mt. Shasta....926-0220
Mercy Flights Inc. .................Throughout Siskiyou County......541-858-2622
Mount Shasta Ambulance..................................................Mt. Shasta........926-2665
Yreka..........842-2468
Senior Bus (Lunch Program Only)........................................Mt. Shasta........926-2494
Madrone Senior Services Bus............................................Yreka..........841-2365
STAGE Bus...................................................Throughout Siskiyou County......842-8295
Veteran Health Services (Medical Transportation)......................Yreka..........841-8515

VETERANS SERVICES (VA)
Veterans Services..............................................................Yreka..........842-8010
Yreka V.A. Rural Clinic............................................................Yreka..........841-8500
Jennifer Bryan (Wood Assistance)........................................917-9478
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**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.

**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

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**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
Planning and Service Area 2 Area Agency on Aging

MISSION STATEMENT
To provide effective community leadership that assures the provision of services for the benefit of older adults and adults with functional impairments which promote the ability to remain at home with maximum dignity, choice and independence.

Services Currently Offered:
- Information & Assistance
- Congregate Meals
- Home Delivered Meals
- Transportation
- Supportive Services
- Senior Legal Services
- Long Term Care Ombudsman
- Health Insurance Counseling and Advocacy
- Family Caregiver Support Programs
- Fall Prevention
- Health Promotion / Group Exercise

Contact PSA 2 Area Agency on Aging at:
P.C. Box 1400 ♦ 208 W. Center Street ♦ Yreka, California 96097
Telephone: 530-842-1687 ♦ Fax: 530-842-4804
Website: www.psa2.org ♦ E-mail: info@psa2.org

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Mercy Mt. Shasta Community Clinic 926.7131
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Scheduling:
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Mammography 926.9359
Nuclear Medicine 926.9359

Physical/Speech/Occupational Therapy
914 Pine Street, Mt. Shasta 926.9397
100 Alamo Avenue, Weed 938.4417

Radiology/CT/MRI/Ultrasound 926.9359
Transportation Service 926.0220

Patient Services:
Radiation Oncology 926.7234
"Circles of Healing" Support/Retreats 925.0080
Case Management/Discharge Planner 926.9357
Dietitian Consultation 926.9305
Foundation Development Officer 926.9318
Health Information Management 926.9341
Home Health Services 926.4142
Hospice Services 926.6111
Orthopedic Services Program 926.7144
Patient Financial Counseling 926.7245
Patient Financial Services/Cashier 926.9374
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