

## Referral Information, provided by Cascade Acupuncture Center, LLC

104 5<sup>th</sup> Street, Hood River, OR 97031, 541-387-4325 and 414 Washington St, The Dalles, OR 97058 541-298-2378, [www.CascadeAcupuncture.org](http://www.CascadeAcupuncture.org)

We believe that seeing multiple practitioners of different disciplines, even at the same time can enhance your healing process. It is your choice how you walk your path to better health and which practitioners you will choose. We do not know all of the listed practitioners personally; we simply compiled their information for your convenience. We hope this will contribute to your highest level of health.

Your Care Team at Cascade Acupuncture Center, Carola Stepper, RN, LAc & Associates

Specialty (alphabetically)	Name of Clinic  Name of Provider	Address Phone #	Contact email  Website	Accepts Insurance? Bills Insurance? Which Insurance?	Specialize/ Offer
<b>ACUPUNCTURE</b>	Cascade Acupuncture Center, LLC  Carola Stepper, RN, LAc & Associates	104 5 <sup>th</sup> Street, Hood River, OR 97031 541-387-4325 and 414 Washington St The Dalles, OR 97058 541-298-2378  Fax 541-387-4326	<a href="mailto:heal@CascadeAcupuncture.org">heal@CascadeAcupuncture.org</a>  <a href="http://www.CascadeAcupuncture.org">www.CascadeAcupuncture.org</a>	Accepting and billing most insurances (BCBS, Providence, ASHN, Cigna, CHP, Regence, Health Net, AWHN) as well as PIP claims and Workman's Comp. Free Insurance verification Sliding fee scale and monthly payment plans	General Acupuncture Practice with a focus in Pain management. Treatment style used does not use local needles, needles are placed mainly below elbows and knees, and They offer treatments in recliner chairs. Chinese Herbal Pharmacy Open Monday - Saturday
<b>CHIROPRACTIC DOCTORS</b>	Hood River Chiropractic Center Marla St. John, DC	1942 12 <sup>th</sup> St. Hood River, OR 97031 541-386-1638	<a href="mailto:drmarlam@gorge.net">drmarlam@gorge.net</a>	Bills BCBS, Regence BCBS,ASHN, Providence, A.C.N, Work Comp, and PIP CHP,AWHN/Alternare,	She uses Activator Methods and Light Force method of adjusting
	Zega Chiropractic Bruce Zega, DC	208 Second St. Hood River, OR 97031 541-386-2151	<a href="mailto:bz@gorge.net">bz@gorge.net</a>	ASHN, First Health, Managed Health Care NW, Providence Preferred, CHP, One Health, Kaiser, BC/BS, Aetna, Cigna, etc. Work Comp and PIP.	Treating all ages from Infants up They are a walk in clinic with Saturday morning hours by appt. X-ray on site
	Dennis Zimmerman, DC	1312 May Ave Hood River, OR 97031 541-386-6335		Accepts and bills insurance including PIP claim and Workmans Comp. out of network provider	
	Asula Chiropractic Suzy Sarmasti, DC	212 4 <sup>th</sup> St Hood River, OR 97031 541-400-0266	<a href="http://www.asula.org">www.asula.org</a> <a href="mailto:drsuzu@asula.org">drsuzu@asula.org</a>	BCBS, ASH, Providence, United Health Care and ODS, she is willing to bill and enroll with others as needed	She works with <i>anything</i> structural, nutritional counseling and whole food supplements, hormone and adrenal testing and treatment, exercise and rehab, cranial sacral therapy.
	Akita Chiropractic Clinic Bryon Akita, DC	818 W. 6 <sup>th</sup> St. Suite 5 The Dalles, OR 97058 541-296-1900		BCBS, Regence BCBS, ASHN, Providence, A.C.N., CHP, AWHN/Alternare, Work Comp and PIP	
	Mica Foster, DC	508 Washington The Dalles, OR 97058 541-993-7003	<a href="mailto:Micafoster25@hotmail.com">Micafoster25@hotmail.com</a>	Accepting and billing most insurance as well as Work Comp and Sports Injuries- but not a "panel provider" and does not bill Medicare	Specializing in Wellness Care, Neck and Back Pain, Headaches, Nervous System Disorders, Sprains and strains and Craniosacral therapy

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	Wasco Wellness Center Ken Miller, DC	600 Washington St. The Dalles, OR 97058 541-296-3290 Emergency:541-298-5390	<a href="http://www.wascowellnesscenter.com">www.wascowellnesscenter.com</a> <a href="mailto:ken@wascowellnesscenter.com">ken@wascowellnesscenter.com</a>	Provider for many PPO's/HMO's Insurance Billing Provided Cash Discount Available	He specializes in a full spectrum of chiropractic care and therapies including: Back Pain Prevention, Musculoskeletal conditions, Carpal tunnel syndrome, Disc Problems, Sciatica, Sports, Auto and Work Injuries, Spinal Degeneration Spinal Subluxation, Acute & Chronic Cervical Headaches
	White Salmon Chiropractic Douglas Barnard, DC	410 Jewett Blvd White Salmon, WA 98672 509-493-4000 or 509-493-1462	<a href="mailto:wschiro@gorge.net">wschiro@gorge.net</a>	Billing most insurances and they are preferred providers, call for details	
<b>COUNSELORS</b>	Alexandra Clarfield, PhD, Clinical Psychologist	104 5 <sup>th</sup> St Hood River, OR 97031 503-779-3082	<a href="mailto:alexandra.clarfield@gmail.com">alexandra.clarfield@gmail.com</a>	She is a paneled provider and will work with most insurance companies	Psychological services for children, adults, families  Hakomi Therapy
	Ann G. Kramer, Ed.S. LPC	104 5 <sup>th</sup> St Hood River, OR 97031 541-399-3066	<a href="http://www.lifepuzzle.com">www.lifepuzzle.com</a> <a href="mailto:ann@lifepuzzle.com">ann@lifepuzzle.com</a>		
	Paul Woolery, MA, CHT Body Mind Therapy	104 5 <sup>th</sup> St Hood River, OR 97031 541-386-1650	<a href="http://www.paulwoolery.byregion.net">www.paulwoolery.byregion.net</a>		Holistic Counseling Hypnotherapy Breath work
<b>MASSAGE THERAPISTS</b>	Cascade Wellness Center Pamela Wolter LMT	104 5 <sup>th</sup> St Hood River OR 97031 541-386-8757	<a href="mailto:pamelaw@gorge.net">pamelaw@gorge.net</a>	Accepting and billing insurance with prior approval. She is not on insurance panels	Deep tissue, cranial sacral, body talk and beyond
	Cascade Acupuncture Center Cookie Gilpatrick, LMP, LMT, NCTMB	104 5 <sup>th</sup> St Hood River OR 97031 & 3 Murdock Way, PO 259, Trout Lake 98650 cell 541-490-9077 home 509-395-2468	<a href="mailto:cookieg@gorge.net">cookieg@gorge.net</a>	accept most auto and health insurance, contracted with ASHN, ODS, WA Labor & Industries, Premera BC	Specializing in Deep Tissue, Soft Tissue Rehabilitation, Cranial Sacral, Visceral, Lauren Berry Work, Neuro Muscular Therapy, Lymphatic and Therapeutic Exercise
	Cascade Acupuncture Center  Stan Starr, LMT, BA	104 5 <sup>th</sup> Street Hood River, OR 97031 541-490-4180	<a href="mailto:starr@gorge.net">starr@gorge.net</a>	Insurance billing with prior authorization	Swedish and Deep Tissue Massage, Injury and pain management, medical massage with cancer patients, hot stone therapy, mind body spirit integration, Reiki, pregnancy massage to full term with body cushion
	Relax  Roberta Grant, LMT	104 5 <sup>th</sup> St Hood River OR 97031 541-490-9794			Relaxation, deep tissue, reiki, traditional Thai massage, intuitive therapeutic bodywork
	Jenny Harvey-Smith LMT	104 5 <sup>th</sup> St Hood River OR 97031 541-490-1444	<a href="http://www.massagehoodriver.com">www.massagehoodriver.com</a>		Deep tissue, myokinetic and trigger point therapy, sports massage, pregnancy massage and reflexology Injury rehab and prevention
	The Gentle Touch Wendy Hildreth LMT	15 3 <sup>rd</sup> St Hood River OR, 97031 541-806-1324	<a href="http://www.gtmassage.com">www.gtmassage.com</a>	Accepting and billing insurance. They are on most insurance panels	Massage therapy, cranio Sacral massage

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	Celilo Center Sharon Hartley LMT, LMP	1800 E 19 <sup>th</sup> St The Dalles OR 97058 541-296-7389	<a href="mailto:Sharon@mcmc.net">Sharon@mcmc.net</a>	She does not bill insurance	Table massage and use of spa available
	Cascade Acupuncture Center Suzanne Schevene, LMP	414 Washington St The Dalles, OR 97058 541-993-2847	<a href="mailto:suzanne@myabmp.com">suzanne@myabmp.com</a>  <a href="http://suzanne.abmp.com">http://suzanne.abmp.com</a>	On panel for Regence BC and ASH. Will provide receipts for client to bill Insurance themselves	Pain-related and stress-related issues using Quantum Touch, Jin Shin, LaStone, Trager and EMF (electro-magnetic field) Balancing
	Wasco Wellness Center Debra Harkness, LMT	600 Washington St. The Dalles, OR 97058 541-380-1307	<a href="http://www.wascowellnesscenter.com">www.wascowellnesscenter.com</a> <a href="mailto:debra@wascowellnesscenter.com">debra@wascowellnesscenter.com</a>		Deep Tissue Chronic Muscle Injury Hot and Cold Stone Certified Trigger/Pressure Point TMJ dysfunction Lyossage
	Mt Adams Wellness Center  Laura Green LMT LMP	1000 E Jewett Blvd White Salmon WA 98672 509-493-3142 x 4	<a href="mailto:tangence@gorge.net">tangence@gorge.net</a>	She accepts and bills insurance for PIP, Work Comp, CHP, Regence, Premera, Sigma, Uniform, Providence, as well as ASHN, and L & I.	Thai massage, therapeutic remobilization and pain relief, full body or focal sessions, Shiatsu, acupressure, trigger point, Swedish relaxation and stress management
	Body Works Massage Therapy Patricia L Bellacera, LMP, LMT	PO Box 859 White Salmon WA 98672 509-493-4949	<a href="mailto:patbella@gorge.net">patbella@gorge.net</a>	She accepts and bills most insurance including ASHN, Regence BS, Premera BC & AWHN	Swedish, Sports, & Lymphatic Massage with Cranial Sacral and other therapeutic techniques.
<b>NATUROPATHIC DOCTORS</b>	Dr. Renee Wilson, ND	417 Sherman Ave Suite 5, Hood River, OR 97031 541-386-5505	<a href="mailto:drrenee@gorge.net">drrenee@gorge.net</a>	They do not bill insurance and are not a panel provider	Homeopathy, functional medicine and endocrinology, lifestyle and diet counseling, women's health, children's health, supplements, detox
	Dr. Joan Laurence, ND	1940 12 <sup>th</sup> St. Suite B Hood River, OR 97031 541-386-4844	<a href="mailto:joanl@gorge.net">joanl@gorge.net</a>	They bill any insurance that covers their services, i.e. ASHN, Pacific source, Lifewise, etc.	General Family Practice which includes men, women, and children. Therapies utilized are homeopathy, nutrition therapies, herbal medicine, Labs and Diagnostics
	Gorge Family Wellness Center  Dr. Shawna Hasel, ND	301 Cherry Heights Rd, 2 <sup>nd</sup> floor The Dalles, OR 97068 541-296-0006		Please call to inquire about insurance coverage	Women's Medicine (hormone balancing), PMS, menopause, Annuals, birth control, Botanical and herbal medicine, Homeopathy, allergy relief and many other services
<b>MD ACUPUNCTURIST</b>	Seven Dragons Healing Arts  Michael Hauty, MD	1151 May St Hood River OR 97031 541-387-6125		They are on most insurance panels and do accept and bill insurance (some insurance companies cover Acupuncture only if performed by an MD)	Combining Classic Chinese Medicine tenets with a neuro-anatomic approach.
<b>PAIN CLINIC</b>	Columbia Pain Management Trey Rigert, MD & Associates	1010 10th St Hood River, OR 97031 541-386-9500			
<b>PHYSICAL THERAPISTS</b>	Columbia Gorge Physical Therapy Bettina Bardin-Brown MSRT Bret Paulus PT Nola Davidson	2002 12 <sup>th</sup> St Hood River OR 97031 541-386-1211 fax 541-386-7211		Accepting and billing personal, work comp and motor vehicle ins. They are on several insurance panels	Physical Therapy, Pre-employment, fitness evaluations

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	OTRL OT/Hand Therapy				
	Hood River Physical Therapy Peter Schmidt PT, Steve Ridgewater PT, Laurie Vancolt, PT, Laura Pederson, PTA, John Wood, OT, Mike Collins ST	2690 May St Hood River, OR 97031 541-386-2441 fax 541-386-5869	<a href="http://www.hoodriverpt.com">www.hoodriverpt.com</a>	Contracted with most all insurance companies	See website for specialties
	East Cascade Physical Therapy Andrew Roof MPT	115 W 4 <sup>th</sup> St The Dalles OR 97058 541-298-8985		Accepting and billing most insurance companies	Custom home exercise programs, manual therapy & body mechanic/postural re-education
	Rebecca Street Physical Therapy Rebecca Street PT	1210 Dry Hollow Rd Ste 1 The Dalles, OR 97058 541-296-3368	<a href="mailto:rstreetpt@gorge.net">rstreetpt@gorge.net</a>	Accepting and billing most insurance companies	
<b>YOGA &amp; PILATES FITNESS CLUBS WATER AEROBICS LIBRARY</b>	Pilates at Columbia Gorge Physical Therapy Christina Sproule	2002 12 <sup>th</sup> St Hood River OR, 97031 541-386-1211	<a href="mailto:christinasproule@yahoo.com">christinasproule@yahoo.com</a>	Accepts insurance for Pilates Based Rehab supported by an MD referral and evaluation by a Physical Therapist.	Postural Alignment, Injury Prevention, Core Strengthening Rehabilitation, Stress Reduction supporting the Mind, Body and Spirit as a whole system.
	The Pilates Studio of Hood River located inside Flow Yoga Virginia Thomas	118 3 <sup>rd</sup> St Hood River, OR 97031 541-490-0660	<a href="mailto:vmthomas59@hotmail.com">vmthomas59@hotmail.com</a>		Core strength, muscle balance, shoulder and pelvic stability, postural alignment.
	Flow Yoga	118 3 <sup>rd</sup> St Hood River, OR 97031 541-386-9642	<a href="mailto:info@flowhoodriver.com">info@flowhoodriver.com</a> <a href="http://www.flowhoodriver.com">www.flowhoodriver.com</a>		Yoga, various styles, hot yoga, Pilates, Cycle Classes
	Studio Elan Yoga & Pilates & Tai Chi	102 E 2 <sup>nd</sup> St The Dalles, OR 97058 541-993-9235	<a href="http://www.studioelandance.com">www.studioelandance.com</a>		Yoga & Pilates & Tai Chi
	Center for Mind Body Medicine at MCMC  Barb Robison	1700 E 19 <sup>th</sup> St The Dalles, OR 97058 541-296-7202	<a href="http://www.mcmc.net">www.mcmc.net</a>		Tai Chi, Yoga, Aromatherapy, Guided Relaxation, Healthy Weight Solutions Class, Massage, Reiki, Wellness Classes
	The Dalles Fitness and Court Club	731 Pomona West The Dalles, OR 97058 541-298-8508			They offer classes in Water Aerobics
	Hood River Aquatic Center	1601 May St Hood River, OR 97031 541-386-1303	<a href="http://hoodriverparksandrec.org/aquaticcenter.htm">http://hoodriverparksandrec.org/aquaticcenter.htm</a>		They offer classes in Water Aerobics and have a therapy pool
	Curves Julie Cantrell	1108 12 <sup>th</sup> St Hood River, OR 97031 541-386-6600	<a href="http://www.curves.com">www.curves.com</a>		Complete workout for women: warm-up, cardio, strength training, cool down, stretching
	Health & Medical Library Planetree Health Resource Center	200 East 4 <sup>th</sup> St The Dalles, OR 97058 541-296-8444	<a href="http://www.mcmc.net/library">www.mcmc.net/library</a>		Extensive Info on Health related topics, books, journals, internet, database, clipping files of articles, audio and video tapes