

# GATHERINGS

*Gatherings is a free service of the Hood River News and may be edited for length. Listings may also be found online at hoodrivernews.com; click the Events tab.*

**Alcohol, Tobacco & Other Drug (ATOD) Prevention Coalition** meeting the first Wednesday of each month at Grace Su's China Gorge, 3:30-5 p.m. Please contact 541-386-2500 for more information.

**Alzheimer's Support Group**, second Wednesday of the month from 2:20-3:30 p.m. at the Hood River Valley Adult Center, 2010 Sterling Place, Hood River. More at 541-386-2060.

**Area Agency on Aging, Senior Advisory Council (SAC).** The public is welcome. Discusses senior programs, services, budget and area plan for the counties of Gilliam, Hood River, Sherman, Wasco and Wheeler. For questions, contact Scott McKay at 541-980-4645; call for meeting times.

**Coastal Conservation Association Columbia Gorge Chapter** meets the third Tuesday of the month at Cousins Restaurant, 2114 W. Sixth, The Dalles. Open to public. For more information, contact President Charles Parker at 541-806-3669 or charlesparker2@embarqmail.com.

**Columbia Fibres Guild** meets at 10 a.m. on the second Tuesday of the month, September through June, at The Dalles-Wasco County Library, The Dalles. Check location before attending. Promotes crafts of spinning, weaving and fiber arts by providing encouragement and education with programs, demonstrations, classes, mentoring and community outreach. Members

from novice to professional welcome. For more information, email ColumbiaFibresGuild@gmail.com or call Anne Kramer at 541-786-3378.

**Columbia Gorge Beekeepers** meets the third Wednesday of each month (no meetings in December and January) at OSU Extension, 2990 Experiment Station Drive, Hood River. Pre-meeting from 5:30-6:15 p.m. (demonstration of beekeeping technique); regular meeting 6:15-8 p.m. Meetings are free and open to anyone interested in beekeeping or bees.

**Columbia Gorge Threshold Singing Circle** meets the second and fourth Thursdays of the month in the Ruth Wells room at Riverside Community Church, Fourth and State. Join voices for non-performance songs of the times and for thresholds of all kinds. Gather at 6:30 p.m., sing from 7-8:30 p.m. For more information, contact Beth at bethhart@gorge.net.

**Domestic Violence Support Group**, Tuesdays at noon. Free; for women survivors. With Rebecca Hunter, MSW, in partnership with Helping Hands Against Violence. Call for location, 541-400-0186.

**Friends of the Library** meets the second Tuesday of each month (except for July, August and December) at noon in the Gaulke Meeting Room at the Hood River Library.

**Gorge Photography Club**, second Monday of the month in The Dalles, at Northern Wasco County PUD, 2345 River Road, and fourth Monday of the month in Hood River, Next Door Meeting Room, 965 Tucker Road.

Social time at 6:30 p.m., meeting at 7 p.m. More at susanj77@gmail.com.

**Gorge Rebuild It Center Board Meetings**, second Tuesday of the month beginning at 6:30 p.m. at 995 Tucker Road (the office building on the property of Gorge Rebuild It Center). All welcome.

**Gorge Women in Black**, Fridays from noon to 1 p.m. at the corner of Fifth and Oak. Standing in silence for peace and justice. More on Facebook.

**Happiness Group**, meets the fourth Wednesday of each month at 6 p.m. at the Hood River Library to discuss the topic of happiness in all its forms, from the latest science to habits we've tried and thoughts from interesting authors. Moderated by Lucy Mason. All are welcome at any time. More at www.gorgehappiness.org/en/year-round-happiness-group.

**Harmony of the Gorge Women's Chorus**, 6:30-9 p.m. at Valley Christian Church, 975 Indian Creek Road, Hood River. Four-part harmony, no need to read music, lessons provided. Meets Thursdays. Call 541-490-2481 if weather looks bad.

**Hood River Art Club** meets Thursday, 10-11 p.m., from September to May, to motivate, share and support each other's creative endeavors. Meets at FISH Food Bank. Open to the public. All levels of expertise in any art medium; bring your project, supplies, lunch plus \$1 for coffee, etc.

**Hood River County Democrats Meeting**, second Wednesday of the month beginning at 6 p.m. in the Hood River County Library downstairs meeting room,

502 State St. More at hoodriverdemocrats.org.

**Hood River Republicans Meeting**, third Thursday of the month beginning at 5:30 p.m. at Grace Su's China Gorge. For more information, email hr\_gop@embarqmail.com.

**Hood River Valley Adult Center Senior Meals**, daily, Monday through Friday from noon to 12:45 p.m. Open to the public. For transportation, call CAT at 541-386-4202. Suggested \$5 donation; proceeds support seniors.

**Indivisible Columbia Gorge (ICG)** meets downstairs at the Hood River library quarterly from 6-7:30 p.m. on the second Tuesday of the first month of the quarter (Jan, April, July and November). Progressive political activism with friends and neighbors. Find us on Facebook and at ICGOregon.org.

**Lyle Lions Club** meets on the first and third Mondays of the month at the Lyle Lions Community Center on the corner Highway 14 and Fifth. All welcome.

**Mid-Columbia Cribbage Club**, first and third Mondays of the month at Brookside Manor, 1550 Brookside Drive, Hood River. Play starts at 6:30 p.m. More information at photofields@gorge.net, or call Gary at 541-386-3055.

**NAMI** (National Alliance on Mental Illness) of the Gorge meets the first Thursday of the month from 6-7:30 p.m. at One Community Health, 1040 Webber St. (Hood River monthly meeting currently suspended). All Gorge residents welcome. NAMI-Gorge provides a monthly support group meeting for caregivers, friends, and family members of persons with mental ill-

ness. For more information, email susanbgabay@gmail.com or margiest@centurylink.net.

**Odell Garden Club** meets every second Tuesday of the month beginning at 10 a.m. Contact President Norma Curtis at 541-806-1019 or nlcurtis@hrecn.net for location (usually at the Community Building at the Hood River Fairgrounds) and events. All gardeners are welcome and encouraged to attend.

**Overeaters Anonymous**, Tuesdays from 5:30-6:30 p.m. at Immanuel Lutheran Church, Ninth and State. In Hood River, contact Liz at 541-490-3819 for more information.

**Parkdale Garden Club** meets the first Tuesday of the month, February through December, at 1 p.m. at the Parkdale Grange or at members' homes. All gardeners are welcome. For more information, contact pamcridler97031@gmail.com.

**Rockford Grange** meets the first Wednesday of every month, starting with a potluck at 5:30 p.m. Located at 4262 Barrett Drive, Hood River. For information about membership, events, and hall rental, visit the website at rockfordgrange.net or email at info@rockfordgrange.net.

**TOPS OR9901** (Take Off Pounds Sensibly) meets Tuesdays from 3:45-5 p.m. in the Hood River Valley Christian Church Fireside Room. All welcome.

**Ukulele Song Circle** gathers every second Sunday of the month at the Hood River FISH Food Bank, 1130 Tucker Road, Hood River. Doors open at 1:30 p.m.; sing and play from 2-4 p.m. This is a non-profit, amateur group, open to all skill levels. Bring \$1 donation for use of the

building. Call for details, 541-352-9317.

**Unit 20, Oregon Retired Educators**, noon monthly meetings September through June, alternating between Hood River, Wasco and Sherman counties. Interested persons may inquire at 541-478-3429. As one of our goals, we award an annual scholarship to a teacher candidate. Scholarship information at 541-354-1505.

**Wind-Masters Men's Chorus**, Thursdays from 6:30-9 p.m. at Valley Christian Church, 975 Indian Creek Road, Hood River. Four-part harmony, no need to read music, lessons provided. Call 541-490-6680 if weather looks bad.

## Gatherings listings wanted

Hood River News wants to expand Gatherings; if your local non-profit organization hosts regularly-scheduled meetings, send us details and a daytime contact name and phone number. Photographs, 1 MB or larger, are also welcome to accompany the Gatherings column at any time. For more information, email Trisha Walker at twalker@hoodrivernews.com.

For local news updates Visit [HoodRiverNews.com](http://HoodRiverNews.com) to stay current with what's happening in your town!

# Medical Directory

paid advertising

For information on advertising please contact The Hood River News at 541-386-1234 or email: [GorgeSalesTeam@Eaglenewspapers.com](mailto:GorgeSalesTeam@Eaglenewspapers.com)

## CLINICS

### MCMC Specialty Clinics at Nichols Landing

33 Nichols Pkwy, Hood River, OR

#### Outpatient Therapy

541.386.2441

#### Gorge Urology

541.386.6988

#### Cardiology

541.308.1025

#### Orthopedics and Sports Medicine

541.308.1015

#### Podiatry

541.308.1015

For more info visit: [mcmc.net](http://mcmc.net)

### NorthShore Medical Group

Walk In Hours

11 am - 7 pm Every Day

65371 Hwy 14, White Salmon, WA, 509-493-2133

875 Rock Creek Drive SW, Stevenson, WA, 509-427-4212

[www.northshore-medical.com](http://www.northshore-medical.com)

### SKYLINE Medical CLINIC

Offering:

- Family Medicine Erica Didier, MD
- General Surgery Seth Lambert, D.O.

211 Skyline Drive, White Salmon, WA, 509-637-2810

[www.skylinehospital.com](http://www.skylinehospital.com)

## DENTISTRY PEDIATRIC

### A Kidz Dental Zone

Happy Kidz, Healthy Smiles, For a Lifetime!

*Specialist in comprehensive, compassionate pediatric dental care for ALL Children (Birth to 21 years).*

- Nitrous Oxide
- Sedation
- Hospital Care
- Growth & Development
- Braces

New Patients & Referrals Welcome

### Hood River News Building

419 State Street, Suite #4, Hood River, OR 97031

Hood River 541-387-8688

The Dalles 541-296-8901

[www.akidzdentallzone.com](http://www.akidzdentallzone.com)

## DENTISTRY ORTHODONTICS

### Bickler Orthodontics LLC

James Bickler DMD

- Latest in 3-D imaging
- Free consultations
- Treatment of children and adults
- Traditional and Clear brackets
- ClearCorrect aligners
- Experienced, professional, friendly staff
- No interest financing

Visit us at [bicklerorthodontics.com](http://bicklerorthodontics.com)

541-298-4072

Bickler Orthodontics, where your smile is our passion! Hablamos Espanol.

## DERMATOLOGY

### Hood River Dermatology

Luke Sloan, MD

Victoria Hopkins, PA-C

Melissa Arndt, PA-C

917 11th Street, Hood River, OR, 541-386-2517

Accepting new patients.

## EAR, NOSE, THROAT & ALLERGY

### Mendy Maccabee, MD

Board Certified ENT and Allergy Care FACS, FAAAA

Practice specializing in allergy testing and treatment for both adults and children.

Accepting most insurances.

541 State Street, Hood River, OR, 541-436-3880

[MendyMaccabeeENT.com](mailto:MendyMaccabeeENT.com)

## FAMILY MEDICINE OBSTETRICS

### Columbia Gorge Family Medicine

1750 12th Street, Hood River, OR 97031, 541-386-5070

[www.cgfm.com](http://www.cgfm.com)

"Where your family is our family." As Family Physicians, we take pride in our ability to care for a wide range of acute and chronic health problems for patients of all ages. Peter Benziger, MD Elizabeth Foster, MD Anthony Gay, MD Tyler Gray, MD Jessica Porter, MD

Matthew Sperry, MD  
Clara DeLeon, PA-C  
Kathleen Pickering, PA-C  
Megan Barton, FNP  
Lisa Sponhauer, NP

### Regular Hours

Weekdays until 5 pm

### Acute Care

Open to public for minor illnesses. Walk-ins welcome. Weekdays 5-7 p.m. Sat 8 a.m. - 2 p.m.

### Summit Family Medicine

Family-centered medical care throughout all the seasons of life including family-centered maternity care.

AAFP Board-Certified Physicians:

- James Brauer, MD 541-386-3883
- James Pennington, MD 541-386-2204
- Laura Starrett, MD 541-386-0007
- Richard Starrett, MD 541-386-0007
- C. Nic Buser, MD 541-386-2204
- Chardonnay Vance, MD, PhD 541-386-3883

Certified Physician Assistant:

- Robert J. Fiske, PA-C 541-386-3626

Certified Family Nurse Practitioner:

- Deana Dahle, FNP-C 541-386-3626

1021 June Street, Hood River, OR

8am-5pm M-F, same-day urgent care appointments available.

The specialty of family medicine trains us to care for the whole person, and the whole family, physically, spiritually and emotionally.

Let our family take care of yours.

Se habla español.

## GYNECOLOGY

### Gynknow

Elaine Adsit, MD

- Gynecology care for teens and women of every age
- Well woman visits
- annual exams
- menopause
- hormone imbalance
- bio-identical hormone therapy
- period problems
- low libido
- contraception
- IUD's
- STD Testing
- abnormal paps
- office procedures
- ultrasound

1631 Woods Court Suite 103, Hood River, 541-387-0244

## HOSPICE

Heart of Hospice

HEART. It's in our name, it's in our care.

- Started and managed by local Hospice nurses who understand pain management, aging and terminal illness.
- Known for our compassion, Heart to Heart care, and honoring our patient's end of life choices.
- There is never a charge for our services, no charge, no co-pay.
- The only VA 4 Star certified Veterans provider in the Columbia Gorge.
- Licensed by Medicare and accredited/licensed in Oregon and Washington.
- No charge for a referral and Registered Nurse consultation, investigate your choices before deciding on a Hospice.

Serving all patients from all providers and all facilities in the Gorge area.

Hood River: 541-386-1942

Toll Free: 888-882-1942

Meet our team of caregivers and see "How to Choose a Hospice" online at:

[www.HeartOfHospice.org](http://www.HeartOfHospice.org)

## OPHTHALMOLOGY

### Casey Eye Institute-Oregon Health & Science University

David Poulsen, MD, M.P.H.

Comprehensive Ophthalmology

Brandon Lujan, MD

Retina

Steven Bailey, MD

Retina

Eric Steele, MD

Oculoplastics

Nathaniel Gebhard, MD

Comprehensive Ophthalmology

The Dalles - 405 E. 7th Street  
The Dalles, OR 97058  
541-298-5144

Hood River - 1410 May Street  
Hood River, OR 97031  
541-386-1399

### Cascade Eye Center

John D. Willer, D.O.

Board Certified Ophthalmologist

Chris Barbour, Ph.D., O.D.

Optometric Physician

Dr. Jeffery Pulk

Optometric Physician

- Comprehensive vision care for all ages
- Diagnosis and treatment of eye injuries and disease

Eyewear to fit your style and your budget!

### Hood River

2025 Cascade Ave. #101  
Hood River, OR 97031  
(541) 386-2402; (877) 386-2402

### The Dalles

301 Cherry Heights Road  
The Dalles, OR 97058  
(541) 296-1101; (800) 548-5487

## OPTOMETRY

### Indian Creek

### Family Eye Care

Rebecca R. Chown, OD, FFAO

### Audrey Lukey, OD

Focused on personalized comprehensive eye care for all ages. Local, sustainable and community oriented. Centrado en la atención ocular integral personalizada para todos las edades.

1700 12th Street, Ste A, Hood River, Oregon, 541-386-1700

[www.icfec.com](http://www.icfec.com)

## PEDIATRICS

### Northwest Pediatrics & Adolescent Medicine

Full Service Acute and Preventive Care for your Child or Adolescent

810 13th St, Hood River, OR

(Across from Providence)

p. 541.386.2300

f. 541.436.4113

[www.nwpediatrics.com](http://www.nwpediatrics.com)

- Welcoming new patients from birth through 21 years old.
- Free orientation visit for new families and expecting parents
- Accepts most insurance plans including OR/WA State Health Plans.
- Office staff fluent in Spanish.
- Same day sick visits, please call early in the day.
- Seven day availability
- Virtual Visits
- On-call urgent care hours 7-10 p.m. weeknights, Saturday and Sunday by appointment. (Leave message for urgent care appt.)

## SURGERY

### Skyline Medical Clinic

Seth Lambert, D.O.

General Surgeon

Specializing in laparoscopic surgery for appendectomy, hernia repair and gallbladder removal, as well as soft tissue masses, hemorrhoid surgery and more.

211 Skyline Drive, White Salmon, WA 98672, 509-637-2810