



# Health, Happiness & Wellness

A guide to local businesses committed to helping our community thrive

## Chiropractor



Annette M. Simard, DC  
Simard Chiropractic, PC

1011 East Main St.  
Cottage Grove, OR 97424  
Tel: (541) 942-9031  
Fax: (541) 942-3858  
dranetsimard@gmail.com

## Counseling & Mental Health

### South Lane Mental Health

Serving Cottage Grove Since 1988

- Outpatient Counseling for Children, Adults & Couples
- Psychiatric Medication Management
- Crisis Assistance

541-942-2850 • 541-942-3939 • www.slmh.org

## Dental Health

### Delaying going to the Dentist?

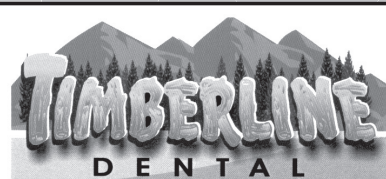
Sedation Dentistry is a Dream come True... find out if its for You!

### BIRCH AVENUE DENTAL



- Comprehensive General Dentistry
- Advanced Cosmetic Techniques
- Implants

1325 Birch Avenue, Cottage Grove  
541.942.2471  
Park W. McClung, DDS & Tammy L. McClung, DDS



### Dr. Shane Parsons

605 Jefferson Ave.  
Cottage Grove

Hours: Monday-Friday, 8am-5pm  
Emergency appts. available daily

New patients welcome

2 Hygienists available • Same friendly and caring staff  
Please call for an appointment at 541-942-9171

## Medical Center



PeaceHealth  
Cottage Grove  
Community Medical Center

Great care  
in a great  
place.

#### Our services include:

- Primary Care
- Laboratory
- Physical Therapy
- Imaging
- Medical Out-Patient Services
- Home Health
- Emergency Department
- Walk-In Clinic

peacehealth.org/cottage-grove • 1515 Village Drive  
Hospital: 541-767-5500 • Medical Clinic: 541-767-5200

## Medical Supplies

### Grove Medical Equipment

"BUILDING A HEALTHY COMMUNITY"

#### SALES AND RENTALS

- Home Oxygen • CPAP • Nebulizers
- Wheelchairs • Walkers • Canes • Crutches • Power Mobility
- Bathroom Equipment • Incontinence Supplies
- Aides to Daily Living • Splints & Braces • Compression Therapy

541-225-5443 148 Gateway Blvd  
Cottage Grove, OR 97424

## Orthodontics

CALL TODAY TO SCHEDULE YOUR INITIAL CONSULTATION • 541.686.1732

EUGENE  
622 E. 22nd Ave Suite C  
541.686.1732

CRESWELL  
195 Melton Rd.  
541.686.1732

THORNTON  
Orthodontics

or visit us at www.thornton-ortho.com

## Women's Care

womenspace  
safety, hope and healing for survivors of domestic violence

24-Hour Crisis Line: 541-485-6513

Serving people of all genders in Lane County

Office: 541-767-3879

## No Thanksgiving Day LTD bus service to be available

There will be no Lane Transit District (LTD) bus service on Thanksgiving, Thursday, Nov. 26.

The Customer Service Center will also be closed for the holiday.

LTD will operate a Sunday-level of service on

Friday, Nov. 27, and the Customer Service Center staff will be answering phones from 9 a.m. to 5 p.m. (the lobby is closed).

LTD's administrative offices will be closed on Thanksgiving and the following day (Friday) as

well.

For more information, visit LTD.org/hours-holiday-service or contact Customer Service at 541-687-5555 (or 1-800-248-3861, 7-1-1 TTY).

## Testing from AI

The state is providing \$1.2 million to researchers at OSU to start analyzing samples from more than 40 wastewater treatment plants across the state. So far, 33 wastewater facilities have become part of the project.

OHA announced the launching of the project in September and the grant, provided through the Centers for Disease Control (CDC), will fund the program for 30 months.

Samples are being collected from small to medium-sized communities around the state in an effort to gather information which will help OHA better understand where COVID-19 is circulating in Oregon.

Wastewater monitoring for SARS-CoV-2 is an emerging science and is used as an "early warning system" for COVID-19 in a community.

The monitoring allows for detection of COVID-19 in a community before clinical cases

appear and may detect COVID-19 from cases without symptoms and those who do not seek testing.

"This program holds promise to help us monitor COVID-19 in our communities," said Melissa Sutton MD, MPH, Medical Director for Respiratory Viral Pathogens at OHA and a principal investigator for the wastewater study. "We look forward to our partnership with local communities and researchers. Together we hope to better understand the spread of COVID-19 in Oregon."

It is not currently possible to accurately detect the number of cases of COVID-19 in a community based on wastewater data, according to the OHA.

It is hoped, however, the data will lead to broader benefits over time.

"Unfortunately, in the midst of current widespread community transmission, this early warning signal has limited utility," said Delia

Hernandez, communications officer with OHA. "However, we are tracking details such as viral load and case counts and hope that after several months of data, we will be able to better estimate additional information from our wastewater monitoring project."

The health authority further stated that Oregonians should not change their behavior based on wastewater monitoring information.

OSU will be continuing testing weekly, using the data to determine if testing wastewater does in fact give advanced warnings of outbreaks and how prominent it is in cities.

The Cottage Grove area ZIP code 97424 reached an all-time high as of Monday with 102 reported COVID-19 cases while ZIP code 97426 reported 64 cases.

There is no information to date that anyone has become sick with COVID-19 because of direct exposure to treated or untreated wastewater, according to the CDC.

OHA and the Occupational Safety and Health Administration recommend communities continue to wear face coverings, engage in social distancing, wash hands frequently and self-screen for COVID-19 symptoms.

No additional personal protection is recommended at this time.

**STARFIRE**  
Lumber Co.  
www.starfirelumber.com

A Proud Supporter of Our Community Since 1983

# HOLIDAY BAZAAR

Fill out the form below to have your organization's holiday bazaar included in the bazaar listing in the Cottage Grove Sentinel each Wednesday during the holidays. Cost for this service is \$48.00 for a 1x3 advertisement, 50 words or less. Please enclose check or money order if mailing in this listing.

Call us at 541-942-3325 for more information.

Deadline is NOON, Thursday for the following week's publication.

Must be pre-paid to be accepted.

ORGANIZATION: \_\_\_\_\_

DATE OF EVENT: \_\_\_\_\_

LOCATION: \_\_\_\_\_

TIME: \_\_\_\_\_

FEATURED ITEMS OR ATTRACTIONS:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Cottage Grove  
**Sentinel**

116 N. Sixth Street • P.O. Box 35 • Cottage Grove • 541-942-3325

To list your business  
call us 541-942-3325