



*Grant County Healthy Living
Resource Guide*

New Paths to a Healthier Grant County

2019
Community Health Needs Assessment Committee



WHAT IS IT?

What is stress?

Positive Stress
Moderate Stress
Toxic Stress

What are "traumatic experiences"?

Experiences that trigger one's safety, physical, and/or emotional responses

WHAT CAN WE DO?

Support
Resilience
Mindfulness & Relaxation
Community Resources
SHEEP Competencies

WHY DO WE CARE?

ASCC found 40% of people in the county are stressed. 10% are in the toxic stress category. This is a significant public health concern. The CDC reports that chronic stress can lead to heart disease, high blood pressure, depression, and more. Stress also affects our ability to learn and remember. We need to find ways to reduce stress and support our community members.

Grant County



Grant County History

Grant County was established on October 14, 1864, from parts of old Wasco and old Umatilla counties. Prior to its creation, cases brought to court were tried in The Dalles, county seat of the vast Wasco County. The great distance to The Dalles made law enforcement a difficult problem, and imposed a heavy burden on citizens who had a need to transact business at the courthouse. In 1889, more than half of the southern part of the original Grant County was taken to form Harney County. Also in 1899, a small part of northwestern Grant County was taken (along with parts of Crook and Gilliam counties) to form Wheeler County.

After gold was discovered in 1862 on Whiskey Flat, it has been estimated that within ten days 1,000 miners were camped along Canyon Creek. This increased population created a need for county government. Grant County's government operates in accordance with the Oregon Constitution which was ratified by the People of Oregon in November 1857, and the revised Statutes of Oregon. It employs the old-western county government system: the County Court, with a County Judge and two Commissioners. While the County Court no longer exercises much judicial authority, it serves as the executive branch of county government.

GRANT COUNTY Healthy Living Resource Guide

New Paths to a Healthier Grant County

CHIP Healthy Living Committee

UPDATED NOVEMBER 2018

WELCOME

This Healthy Living Resource Guide has been developed to help you navigate healthy activities, resources, and services throughout Grant County. This guide contains contact information for a full range of health care providers, fun races and walks, recreation sites and hiking trails, support groups, food programs and sporting activities for all ages.

HOW TO USE THIS GUIDE

*Refer to the **Table of Contents** to find resources listed by either government agency or by topic and page number. Contact information in this guide is up-to-date upon publication.*

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*Corrections, updates and/or additions may be sent to the following email
for evaluation: marketing@bluemountainhospital.org*

GOVERNMENT AGENCIES - CITIES

For all EMERGENCIES call 9-1-1

Cities & Towns (of Grant County) Government

Canyon City

City Hall, 123 S Washington St.541-575-0509
Police, NON-EMERGENCY541-575-0030

Dayville

City Hall541-987-2188
Fire Department, NON EMERGENCY541-987-2941

Grant County

Emergency Management NON EMERGENCY541-620-1074

John Day

City Hall, 450 E Main St.....541-575-0028
Fire Department, NON-EMERGENCY.....541-575-1855
Police, NON-EMERGENCY541-575-0030

Long Creek

City Hall541-421-3601

Monument

City Hall, 291 Main St.541-934-2025

Mt. Vernon

City Hall, 199 W Main St.....541-932-4688

Prairie City

City Hall , 133 S Bridge St.541-820-3605
Fire Department, NON-EMERGENCY.....541-820-3601
Police, NON-EMERGENCY541-575-0030

Seneca

City Hall, 106 A Ave.541-542-2161
Fire Department, NON-EMERGENCY.....541-542-2161

To Report Electric Outages

Oregon Trail Electric Consumers Cooperative541-575-0240

To Report Wild Fires

Oregon State Forestry Wild Fire Dispatch Center...541-575-1321

Every effort was made to present up-to-date and accurate information. Please visit www.GCHealthyLiving.com for updated information.

GOVERNMENT AGENCIES - COUNTY

Grant County Government

Airport	720 Airport Rd., John Day OR 97845(541) 575-1151
County Court	201 S Humbolt, Canyon City, OR 97820(541) 575-0059
County Clerk	201 S Humbolt, Canyon City, OR 97820(541) 575-1675
Education Service District	835 S Canyon Blvd., John Day OR 97845(541) 575-1349
Emergency Management	530 E. Main Street, Ste 4, John Day OR 97845(541) 620-1074
Extension Service Office	116 NW Bridge St. Ste 1, John Day OR 97845(541) 575-1911
Fairgrounds	411 NW Bridge St., John Day OR 97845(541) 575-1900
Health Department	528 East Main, Ste E, John Day OR 97845(541) 575-0429
Library	507 S Canyon Blvd., John Day OR 97845(541) 575-1992
Safe Communities Coalition	Canyon City, OR 97820(541) 575-1799 ext. 29
Veterans Services	530 E. Main Street, Ste 5, John Day OR 97845(541) 575-1631

GOVERNMENT AGENCIES - STATE

Department of Human Services:

• Aging & People with Disabilities

(541) 575-0255

725 West Main St.
John Day, OR 97845

• Child Welfare

(541) 575-0728

725 West Main St.
John Day, OR 97845

• Self Sufficiency

(541) 575-0309

725 West Main St.
John Day, OR 97845

• Volunteer Services

(541) 575-0728 ext. 240

725 West Main St.
John Day, OR 97845

Employment Department/Work Source Oregon

(541) 575-0744

120 S Washington St.
Canyon City, OR 97820
www.employment.oregon.gov

Oregon Parks and Recreation

(800) 551-6949

• Bates State Park

(541) 448-2585

County Rd 20
Bates, OR 97817

• Clyde Holliday State Park

(541) 932-4453

59500 US 26
Mt. Vernon, OR 97865

• Kam Wah Chung State Park & Museum

(541) 575-2800

125 NW Canton
John Day, OR 97845
www.oregonstateparks.org/park_8.php

Oregon State University Extension - Grant County

(541) 575-1911

116 NW Bridge St. Suite 1
John Day OR 97845

Oregon Health Authority

(503) 947-2340

500 Sumer St. NE - E20
Salem, OR 97301

GOVERNMENT AGENCIES - STATE (CONTINUED)

Oregon State Police - John Day Outpost

(541) 575-1363

(541) 575-0471 - 24 Hour Dispatch

420 E Main St.

John Day, OR 97845

GOVERNMENT AGENCIES - FEDERAL

National Park Service

- **John Day Fossil Beds National Monument**

(541) 987-2333

Thomas Condor Visitors Center

32651 Highway 19

Kimberly OR 97848

Social Security Administrative Office

(800) 772-1213

2205 Cove Ave.

La Grande OR 97850

US Forest Service

- **Blue Mountain Ranger District**

(541) 575-3000

431 Patterson Bridge Rd.

John Day, OR 97845

- **Prairie City Ranger District**

(541) 820-3800

327 Front St.

Prairie City, OR 97869

BUSINESS SUPPORT

Grant County Chamber of Commerce

(541) 575-0547

301 W Main St.

John Day, OR 97845

E: gadmin@gcoregonlive.com

www.gcoregonlive.com

A local organization helping businesses create a network whose goal is to further the interest of community and business growth.

Grant County Economic Development

(541) 575-1555

530 E. Main Street, Suite 10

John Day, OR 97845

E: info@grantcountyoregon.net

www.grantcountyoregon.net

CHURCHES

Assembly of God

(541) 820-3682

330 Front St
Prairie City, OR 97869

Bible Fellowship of Monument

Second Street
Monument, OR 97864

Church of Jesus Christ of Latter Day Saints

- **John Day**

26 US HWY 26
John Day, OR 97845

- **Monument**

North Street
Monument, OR 97864

Church of the Nazarene

(541) 575-1895

521 E Main
John Day, OR 97845

Cornerstone Christian Fellowship

(541) 575-2180

139 NE Dayton
John Day, OR 97845

Dayville Community Church

(541) 987-2621

200 S Fork Rd.
Dayville, OR 97825

First Baptist

(541) 575-1355

300 W Main St
John Day, OR 97845

First Christian Church

(541) 575-1202

311 NE Dayton
John Day, OR 97845

Historic Remnant Church

(541) 620-0340

Mt. Vernon Grange (Sat.)

Jehovah's Witness Kingdom Hall

(541) 575-2322

303 S Humbolt St
Canyon City, OR 97820

John Day Valley Mennonite Church

(541) 575-5507

Mt. Vernon, OR 97865
Mt. Vernon Grange Hall (Sun.)

Living Word Christian Center

(541) 932-4910

59357 HWY 26
Mt. Vernon, OR 97865

Long Creek Community Church

(541) 421-3016

269 Hardisty
Long Creek, OR 97856

Prairie Baptist

(541) 820-3696

(541) 820-4147 - *Teen Center*

238 N McHaley St
Prairie City, OR 97869

Presbyterian Church

(541) 932-4800

171 W Main St.
Mt. Vernon, OR 97865

Redeemer Lutheran

(541) 575-2348

627 SE Hillcrest Rd
John Day, OR 97845

Seventh Day Adventist

- **Dayville**

325 South Fork Road
Dayville, OR 97825

- **John Day**

(541) 575-1216
110 Valley View Dr
John Day, OR 97845

- **Long Creek**

(541) 421-3033
Main St.
Long Creek, OR 97856

CHURCHES (CONTINUED)

Strawberry Mt. Christian Fellowship

(541) 575-2006

170 SE Dayton St
John Day, OR 97845

St. Ann's Catholic Church

Cox Lane
Monument, OR 97864

St. Elizabeth Catholic

(541) 575-1459

111 SW 2nd Ave
John Day, OR 97845

St. Thomas Episcopal

(541) 575-1671

139 S Washington
Canyon City, OR 97820

United Methodist

(541) 575-1326

126 NW Canton St
John Day, OR 97845

Victory Baptist Church

(541) 575-2688

108 S Washington St
Canyon City, OR 97820

COUNSELING & SUPPORT

Blue Mt. Hospital Dietary Department

Kim Jacobs, RD

(541) 575-1311

170 Ford Rd.
John Day, OR 97845

A registered dietitian is a nutrition professional. Registered dietitians are your most credible, objective source of nutrition information. In addition, they are trained in the use of nutrition to prevent and control disease. Registered dietitians counsel people on many different topics, including: Healthy Meals, Weight Control, Menu Planning, Diabetes, Food Handling, Stroke Rehabilitation, Sports Nutrition, Food Labels, Heart Disease, HIV/AIDS, Cancer, Osteoporosis, Pediatric Disorders, and many more!

Registered dietitians help people learn about staying healthy and selecting the right foods. A registered dietitian can help you find a total eating plan that works for you and your lifestyle. Many insurance plans will cover your visit to see a registered dietitian. If your insurance company does not, be sure to request this benefit. Medicare allows a certain number of visits for people with diabetes or end-stage renal disease. Check with your provider to determine if you are eligible under Medicare.

Community Counseling Solutions

(541) 575-1466

Warmline: (800) 698-2392

528 E Main St
John Day, OR 97845
www.communitycounselingsolutions.org

Mental Health Services: *Outpatient services include assessments, individual, group and family therapy, medication management, case management, school based counseling, wraparound services, peer, EASA, and 24—Hour Crisis Intervention.*

Addiction Services: *Services include screening, outpatient and intensive outpatient treatment, court mandated MIP/ DUII treatment, hardship license monitoring and co-occurring disorders treatment.*

Developmental Disabilities Services: *Services include case management, community & in-home support, relief care, training, behavior consultation, supported living, residential, supported employment & school transition planning. Individuals will choose the qualifying services that will help them live a healthy, safe, and productive life.*

Grant County Veterans Services

(541) 575-1631

530 E. Main Street, Ste 5
John Day, OR 97845

A Veterans Services Officer is available to assist in applying for all VA benefit coordination for counseling and social service needs. Office hours: Monday - Friday, 10 am - 4 pm. Appointments available at other times.

COUNSELING & SUPPORT (CONTINUED)

Heart of Grant County

(541) 575-4335

24 Hour Hotline: (541) 620-1342

PO Box 82

Canyon City, OR 97820

E: heartgc@centurytel.net

Helps stop domestic violence and sexual assault through a wide range of crisis educational services for adults, teens, & children. Support Services: 24-Hour Crisis Hotline, information and referral, emergency shelter, emergency transportation, safety planning, confidential advocacy & counseling.

Wednesdays - 12:00 pm Womens Support for Domestic Violence and Survivors - Free lunch!

Open Adoption & Family Services, Inc.

(503) 226-4870 or (800) 772-1115

5200 SW Macadam Ave Ste 250

Portland, OR 97239

E: angie@openadopt.com

www.openadopt.org

Angie Lunde-Grant County Representative

Support Groups

- **Alcoholics Anonymous**

"Outlaw Group"

(541) 932-4844

171 E Main St

Mt. Vernon, OR 97865

Mondays - 7:30 pm at the Presbyterian Church

- **Alcoholics Anonymous**

"Let it Go Group"

(541) 575-0114

247 S Canyon Blvd,

John Day, OR 97845

(In Parish Hall meeting room behind the church.)

Wednesdays - 7:30 pm at St. Elizabeth Catholic Church

- **Women's 12-Step Recovery**

"The Girlfriends"

Open to any recovery needs

(541) 620-0065

521 E Main St

John Day, OR 97845

EDUCATION

Blue Mt. Community College Extension Services

(541) 575-1550

835 S Canyon Blvd

John Day, OR 97845

Dayville School District #16J - K-12

(541) 987-2412

285 Schoolhouse Rd

Dayville, OR 97825

www.grantesd.k12.or.us/Dayville

Early Intervention

(541) 792-0371

329 N Humbolt

Canyon City, OR 97820

www.imesd.k12.or.us

E: Charissa.Moulton@imesd.k12.or.us

Eastern Oregon University Regional Center

(541) 575-2168

835 South Canyon Blvd

John Day, OR 97845

Grant County Child Care Center - Preschool

(541) 575-0166

249 N Humbolt St

Canyon City, OR 97820

Education Service District

- **Grant ESD**

(541) 575-1349

835A S Canyon Blvd

John Day, OR 97845

www.grantesd.k12.or.us

- **Grant ESD - Home School**

(541) 575-1349

835 S. Canyon Blvd

John Day, OR 97845

www.grantesd.k12.or.us/home-schooling.htm

Grant School District #3

(541) 575-1280

401 N Canyon City Blvd

Canyon City, OR 97820

EDUCATION (CONTINUED)

- **Grant Union JR/SR High School - 7-12**
(541) 575-1799

911 S. Canyon Blvd
John Day, OR 97845
www.grantesd.k12.or.us/Grant_Union

- **Humbolt Elementary K-6**
(541) 575-0454

329 N. Humbolt
Canyon City, OR 97820
www.grantesd.k12.or.us/Humbolt/
Humbolt Elementary School is a kindergarten through 6th grade public school.

- **Seneca Elementary School - K-6**
(541) 542-2542

PO Box 69
Seneca, OR 97873
www.grantesd.k12.or.us/Seneca
Seneca Elementary is a kindergarten through 6th grade public school.

- **Long Creek School District #17 - K-12**
(541) 421-3896

PO Box 429
Long Creek, OR 97856
www.grantesd.k12.or.us/LongCreek
Long Creek School District is a kindergarten through 12th grade public school.

- **Monument School District #8 - K-12**
(541) 934-2646

127 N Street
Monument, OR 97864
www.grantesd.k12.or.us/Monument
Monument School is a kindergarten through 12th grade public school.

- **Prairie City School District #4 - K-12**
(541) 820-3314

740 Overholt St
Prairie City, OR 97869
www.grantesd.k12.or.us/Prairie-City
Prairie City School District is a kindergarten through 12th grade public school.

- **Sonshine Christian School - Pre-School**
(541) 575-1895

521 E Main St
John Day, OR 97845

- **Umatilla Morrow Head Start - Grant County Site**
(541) 575-1429

401 S. Canyon Blvd
John Day, OR 97845

END OF LIFE PLANNING

Driskill Memorial Chapel

(541) 575-0529

241 S. Canyon Blvd.

John Day, OR 97845

www.grayswest.com

Driskill's mission is to serve as a solid foundation for their community by proudly reaching out to families in a dignified manner to provide a positive service experience with integrity. The goal is to alleviate as much confusion as possible during this difficult time by providing honest and comprehensive information regarding funeral and cremation arrangements.

EMPLOYMENT

Oregon Employment Department

Worksource Oregon

(541) 575-0744

120 Washington St.

Canyon City, OR 97820

www.employment.oregon.gov

www.worksourceoregon.org/

Services include employment assistance, access to computers and phones for unemployment, and monthly Veterans Services Representative visits for assistance for veterans returning to work.

Training Employment Consortium

CALL FIRST - hours change

(541) 575-0251

530 E. Main #5

John Day OR 97845

www.trainingemployment.org

Provides assistance to people re-entering or entering the workforce for the first time. Job training, resume building, job search, secondary education support, independent living programs are offered.

- **Work Force Investment Act**—Offered to ages 14-21. Based on economic eligibility. Opportunity to improve current job skills, new job skills training, and limited financial assistance.
- **Independent Living Program**—Offered to foster children from 14-18 upon referral by DHS. Aids foster children in becoming self-sufficient, prepares them for living independently upon exiting foster care system.

Step Forward

(541)575-2251

27877 Apple Rd

John Day, OR 97845

www.stepforwardactivities.org

An accredited qualified rehabilitation facility serving the needs of individuals with varying levels of ability, most of whom experience developmental disabilities. The services and programs of Step Forward Activities have been established to provide vocational training, employment opportunities, residential services, and supported living opportunities to persons with disabilities or other barriers to employment.

FAMILY RESOURCES

Aging & People with Disabilities

Department of Human Resources

(541) 575-0255

725 West Main St
John Day, OR 97845

Provides a variety of supports and services from in-home to comprehensive skilled nursing care. Assist in applying for social security disability. Aging & People with Disabilities provides medical assistance and food stamps for elderly and/or disabled persons who have limited income. Services are provided for long-term care, such as In-Home Care, Adult Foster Care, Home Assisted Living, Residential Care Facility and Nursing Home Care. Investigations for elder abuse are provided along with protective services for aging and people with disabilities, regardless of economic status.

Child Care Resource and Referral

(541) 575-0251

530 E. Main Suite #6
John Day, OR 97845
E: ccrassit@tecteam.org
www.oregonchildcare.org

Provides support and training to become a licensed child care provider. Connects parents seeking childcare for their children to child care providers.

Child Welfare

Department of Human Resources

(541) 575-0728

725 W Main St
John Day, OR 97845

Report Child Abuse at (877)877-5081 or 911 after business hours. Offers assistance to families experiencing difficulties with children, child protective services, foster care, adoption programs, child abuse investigation and intervention.

Families First Parent Resource Center

(541) 575-1006

401 S. Canyon Blvd.
John Day, OR 97845
www.familiesfirstofgrantcounty.com

Families First is a private, non-profit agency serving families and children throughout Grant County. Our mission is to promote and provide education and social supports that foster successful parenting. We offer Healthy Start and Parents As Teachers home visitation programs that help prepare kids for kindergarten, parenting classes and workshops, playgroups, a resource library, car seats, and fun activities for families! Families First is creating great beginnings, inspiring possibilities and ensuring bright futures for the children of Grant County.

Grant County Child Care Center/Bright Beginnings

(541) 575-0166

249 N. Humbolt St
Canyon City, OR 97820

The Child Care center is open Monday - Friday from 7 am to 5:30 pm. Child Care is provided for children ages 3 - 10 years. Preschool for 3 year olds is held on Tuesdays and Thursdays and Pre K for 4 year olds is held on Mondays, Wednesdays, and Fridays.

Little Sprouts Day Care

(541) 974-8760

227 NW 2nd Ave
John Day, OR 97845

Open Monday - Friday 7:15am to 5:00 pm.

Self Sufficiency

Department of Human Resources

(541) 575-0309

725 W Main St
John Day, OR 97845

Child care subsidy programs, OHP, SNAP (Food stamps), JOBS employment and training program, Temporary Assistance for Needy Families (TANF).

Volunteer Services

Department of Human Resources

(541) 575-0728 ext. 240

725 W Main St
John Day, OR 97845
E: debi.hueckman@state.or.us

Operates as a liaison between agencies and the community at large by making resources available to people through volunteers.

- **Transportation** – To medical appointments for title 19 clients
- **Lunch Buddy Mentor Program** - Pairs caring adults and teen volunteers with a grade school child providing young children with the opportunity to have a caring and positive adult mentor.
- **Car Seat and Bike Helmets** – Provided at a reduced cost to all and also based on income.

FAMILY RESOURCES - FOOD

Food Resources/Commercial Grocery Outlets

Boyer's Store - Monument

(541) 932-2290

778 Old Highway Rd
Monument, OR 97864

Chester's Thriftway - John Day

(541) 575-1899

631 W Main St
John Day, OR 97845

Dayville Merc - Dayville

(541) 987-2133

207 W Franklin Ave
Dayville, OR 97825

Huffman's Select Market - Prairie City

(541) 820-3588

222 W Front St
Prairie City, OR 97869

Food Resources/Community Resources

Grant County Local Food Guide

www.gcfoodguide.com

The mission of the Grant County Local Food Guide is simple: to make fresh, healthy food from local producers more available and affordable to Grant County residents, while making resources available for producers. Originally created in partnership with an AmeriCorps/RARE (Resource Assistance for Rural Environments) participant, the Grant County Economic Development Department and with assistance from the Grant County Oregon State University Extension Service, the Guide serves to enhance the entire local food system.

SNAP-Ed (Supplemental Nutrition Assistance Program - Nutrition Education)

OSU Extension-Grant County (541)575-1911 Carol Waggoner

530 Main Ste 10
John Day, OR 97845
E: Carol.Waggoner@oregonstate.edu

Provides nutrition education resources, state approved curriculum and curriculum guidance free of charge to people of all ages.

Summer Food Program

John Day/Canyon City Parks and Recreation

(541) 575-0110

LOCATIONS: John Day City Park - Prairie City Park
Monument Park - Dayville Presbyterian Church
Long Creek

Free lunch is served to children ages 1-18 from 12:00-1:00pm. Days vary, so contact Parks and Rec for information. Adult meals are available at a nominal price.

Food Resources/Food Pantry's

John Day Food Bank - John Day

(541) 575-0299

528 East Main Suite 9
John Day, OR 97845

Located in the "L" building next to the Health Department. Distribution days are the 4th Wednesday of every month from 9:00am-1:00pm.

Prairie Baptist Food Bank - Prairie City

(541) 820-4147

145 Front St
Prairie City, OR 97869

Open the 3rd Tuesday of every month from 5:00pm - 7:00pm. A free meal is provide during Soups On.

Methodist Food Pantry - John Day

(541) 575-1326

126 NW Canton St
John Day, OR 97845

Hours: Fridays 3-5pm

Monument Food Pantry - Monument

(541) 934-2056

260 Main St.
Monument, OR 97864

Open the 3rd Thursday of the month.

FAMILY RESOURCES - FOOD (CONTINUED)

Food Resources/Fresh Direct

John Day Farmers Market – John Day

SW Brent Street

John Day, OR 97845

E: johndayfarmersmarket@gmail.com

Locally produced food and crafts, activities for children, music, food and recipe samples, plants and drawings for prizes. Booths space is available for \$5. Some vendors accept SNAP, WIC, Fruit & Veggie Vouchers and Farm Direct Nutrition Program checks.

Every Saturday from 8:30am - Noon, Mid June - Mid October.

Thomas Orchards - Kimberly

(541) 934-2870

PO Box 472

Kimberly, OR 97848

Thomas Orchards has been growing fruit trees along the fertile banks of the North Fork of the John Day River, for 54 years. They produce a wide range of fruit, including the current offerings of peaches, nectarines, apricots, plums, cherries, apples and pears. Apple varieties include: Red Delicious, Golden Delicious, Fuji, Braeburn, Granny Smith, Pink Lady, Criterion, Galas, Early Blaze, and Gravenstein.

Food Resources/Convenience Stores

Bear Valley Store - Seneca

(541) 542-9309

209 Barnes Ave

Seneca, OR 97873

Blue Mt. Mini Market – Mt. Vernon

(541) 932-4477

150 N Mountain Blvd

Mt. Vernon, OR 97865

E: johndayfarmersmarket@gmail.com

Chevron Triangle Mini Mart - Mt. Vernon

(541) 932-4223

385 E Main St

Mt. Vernon, OR 97865

Dale Store - Ukiah

(541) 575-421-3484

48382 Hwy 395 N

Ukiah, OR 97880

Mt. View Mini Mart - Prairie City

(541) 820-4477

211 W Front St

Prairie City, OR 97869

OK Garage & Mini Mart - Long Creek

(541) 421-3344

Hwy 395

Long Creek, OR 97856

Route 395 Mini Market - Mt. Vernon

(541) 932-4522

150 Mountain Blvd

Mt. Vernon, OR 97865

South-Fork Gas & Mini Mart - Dayville

(541) 987-2106

100 E Franklin Ave

Dayville, OR 97825

Stampede General Store - Long Creek

(541) 421-3332

105 Highway 395 N

Long Creek, OR 97856

HEALTHY & FIT FAMILIES

Active Parenting – Curriculum

Families First

(541) 575-1006

401 S. Canyon Blvd.

John Day, OR. 97845

Active Parenting will show effective ways to use nonviolent discipline that really works, open up lines of communication – before they get clogged, teach responsibility, courage, and other important character traits, encourage school success in 7 steps, prevent future problems with drugs, alcohol, and sex, defuse power struggles with your children and stimulate independence as your child grows older. Stop scolding and start smiling with your kids again!

Bi-Annual Health & Safety Fair for Kids

(541) 575-0309 - Debi Hueckman

This event is held at Humbolt School for all students in the county.

Freedom from Smoking

Lens Drug

(541) 575-0629 - Tilli Bjornberg

120 E. Main

John Day, OR. 97845

An 8 session 7 week class to help navigate the process of quitting tobacco products. For more information contact Tilli at (541) 575-0629.

Grant County Health Fair

(541) 575-1311

This annual event is held the third Friday in June. Health Screening and Education Booths are offered.

For information call (541) 575-0429.

Grant County Safe Communities Coalition

(541) 575-1799 ext. 29

Canyon City, OR 97820

E: lisa.weigum@gobhi.net

Promotes a safe, healthy, drug-free community through leadership, education and citizen participation. Meetings are held the 3rd Wednesday of every month at the Outpost Restaurant from 4:00pm-5:30pm.

Grant County School Based Health Center

(541) 575-0366

911 S. Canyon Blvd.

John Day, OR 97845

The School Based Health Center provides primary care, mental health, and immunizations to school aged kids and faculty of all Grant County Schools.

Healthy and Fit Kids Annual Health Fair

(541) 575-1311 - Kim Jacobs

E: kjacobs@bluemountainhospital.org

This annual event helps to promote and educate about health and fitness for children, while striving to prevent childhood obesity.

Oregon State University Extension, Grant County

(541) 575-0454 - Samantha Gerry

E: gerrys@grantescd.k12.or.us

4-H - (For Kids in Grades 7-12)

Oregon State University Extension

(541) 575-1911 - Carol Waggoner

116 NW Bridge St, Ste 1

John Day, OR 97845

E: Carol.Waggoner@oregonstate.edu

Bike Education, Safety & Rides

Fossil Shift

(541) 620-0014 - Russ Comer

John Day Parks & Rec

(541) 575-0110

Tobacco Prevention

Grant County Health Department

(541) 575-0429 - Russ Comer

528 E Main Street Ste E

John Day, OR 97845

E: russ.comer@gobhi.net

HELP HOTLINES

- AIDS Information Hotline (800) 777-2437
- Alcohol and Drug Helpline (800) 923-4357
- Alzheimer’s Association (800) 272-3900
- Boys and Girls Aid Society of Oregon (800) 342-6688
- Center for Disease Control and Prevention (800) 232-4636
- Child Abuse Hotline. (800) 422-4453
- Crisis Hotline for Youth and Families. (800) 999-9999
- Easter Seals, Oregon (800) 556-6020
- Elder Abuse Reporting Hotline (800) 232-3020
- Gambling Hotline. (800) 233-8479
- Heart of Grant County (541) 620-1342
- Mental Health Suicide Prevention (541) 575-1466
- Military Helpline (888) 457-4838
- Missing Children’s Clearinghouse (800) 282-7155
- National Suicide Prevention LifeLine (800) 273-8255
- Oregon Safenet for Women, Children, and Teens. (800) 723-3638
- Poison Center. (800) 222-1222
- Rachel Pregnancy Center (541) 523-5357
- Saving Grace for Domestic Violence and Sexual Assault. (866) 504-8992, (541) 389-7021
- Social Services and Health Programs Hotline dial 211
- Victims of Sex Offenders (800) 551-2934
- Womenspace Domestic Violence Services (800) 281-2800
- Youthline for Teens (877) 968-8491

HOUSING & ENERGY ASSISTANCE

Community Connections of NE Oregon

(541) 575-2949
 142 NE Dayton
 John Day OR 97845
 E: veannedle@centurylink.net

(800) 838-3186
 2802 Adams Ave
 La Grande, OR 97850
 www.ccno.org

CCNO offers assistance with rent, homelessness, children, energy assistance, low income, and senior citizens. Provides energy assistance and emergency utility shut offs prevention. Weatherization, food banks, legal assistance, information and referrals and affordable housing development programs are also available.

Northeast Oregon Housing Authority-HUD

(541) 963-5360
 2608 May Ln
 La Grande, OR 97850

**Oregon LifeLine
 (Oregon Telephone Assistance Program)**

(800) 848-4442
Federal and state government assistance program that reduces your monthly residential/land line or wireless phone bill.

LAW ENFORCEMENT

Grant County Juvenile Department

(541) 575-1722

201 South Humbolt
Canyon City, OR 97820

Grant County Sheriff

(541) 575-1131

205 South Humbolt
Canyon City, OR 97820

John Day Police Department

(541) 575-0030

450 E Main St
John Day, Oregon 97845

Oregon State Police - John Day Outpost

(541) 575-1363

(541) 575-0471 24 Hour Dispatch

420 E Main St
John Day, OR 97845

LIBRARY

Grant County Library

(541) 575-1992

507 S Canyon Blvd
John Day, OR 97845
E: grant047@centurytel.net
www.grantcounty.plinkit.org

HRS: **Mon** 1:00pm-5:00pm
Tues 10:00am-12:00pm and 1:00pm-7:00pm
Wed 1:00pm-5:00pm
Thur 1:00pm-5:00pm and 7:00pm-9:00pm
Fri Closed
Sat 1:00pm-5:00pm
Sun Closed

Come see our new Child Literacy Computers! One is for children age 2-8 years and the other one is for children 8-14 years old. They have touch screens and are unbelievable!

Parents can now register their children for the new free **Ready 2 Learn** library card, and start saving for college at the same time. The program is for children birth to 5 years and provides them with access to a wide variety of books, movies, fun activities and educational programs. An Oregon College Savings Plan will be opened upon registration. Each time a child checks out a book or participates in a library program, a small cash amount is credited to the child's college savings plan. Contact the Grant County Library for more information.

Grant County Library Foundation

(541) 620-1255

PO Box 875
John Day, OR 97845
www.gclibraryfoundation.com

The Grant County Library Foundation was established in 1992 as a 501(c)(3) non-profit organization to aid the Grant County Public Library as a conduit for private contributions. Donors can support the Library through tax deductible contributions including cash awards, memorials, bequests and other gifts.

The Foundation works to promote public awareness through fund raising events and actively participates in projects that expand and improve library facilities (see the new building project).

In our rural Oregon landscape, literacy and learning are difficult to sustain without private contributions from people like you. We invite you to help us keep these valuable public educational resources available to people of all ages and abilities.

Monument Senior Library

(541) 934-2700

260 Main St.
Monument, OR 97864
www.gclibraryfoundation.com

Open Tuesday 9am-3pm. The library consists of paperbacks only.

Anyone may borrow or a paperback—or keep it, if they choose. Donations are welcome.

MEDICAL SERVICES - BMHD

Blue Mountain Hospital District

(541) 575-1311

170 Ford Rd

John Day, OR 97845

www.bluemountainhospital.org

A non-profit, critical-access hospital offering comprehensive health care to all ages, inpatient and outpatient. Local provider panel includes six primary care physicians, one board-certified surgeon, and one family nurse practitioner. BMH is a teaching facility, partnering with OHSU to offer residents and medical students rural learning opportunities. Services include 24 hour emergency services, surgical procedures and aftercare, advanced diagnostic imaging, laboratory, respiratory therapy, physical therapy, and primary medical care. In addition, BMH offers comprehensive obstetrical care by local physicians and 24-hour C-section coverage. BMH also facilitates services and appointments with several visiting specialty providers.

Available Classes: Prenatal/birthing, Breastfeeding/Lactation, Tai Chi, Diabetes, Healthy and Fit Kids

- **Blue Mountain Dietary Department**

(541) 575-1311 - Kim Jacobs, RD, LD

170 Ford Rd

John Day, OR 97845

Received certificate of training in Adult Weight Management

- **Blue Mountain Hospital Home Health**

Blue Mountain Hospital Annex

(541) 575-1648

422 W Main

John Day, OR 97845

E: sdowdy@bluemountainhospital.org

Services include complete home health care, advanced wound care, and foot/nail care clinic by registered nurses. Serving all of Grant County.

- **Blue Mountain Hospice**

Blue Mountain Hospital Annex

(541) 575-1648

422 W Main

John Day, OR 97845

Physician-directed, complete hospice care services provided for Grant County residents by registered nurses and on-site social worker.

- **Blue Mountain Care Center**

(541) 820-3341

112 E 5th Street

Prairie City, OR 97869

Offering quality intermediate nursing care, long-term residential care, and respite care services for elderly and disabled individuals. Forty-eight bed capacity provides a "hometown" feel and residents receive individualized care by local practitioners who provide on-site rounding on a monthly basis.

- **Blue Mountain Laboratory**

(541) 575-1311

170 Ford Rd

John Day, OR 97845

CLIA certified lab, staffed by three full time Medical Technologists and full time phlebotomist. Provides a wide variety of testing in chemistry, hematology, coagulation, cardiac monitoring, urinalysis, serology, and bloodbanking. Equipped with state of the art instrumentation, using St. Charles Medical Center Lab for a reference lab and send-out tests.

- **Blue Mountain Physical Therapy**

(541) 575-1311

170 Ford Rd

John Day, OR 97845

Four full time licensed physical therapists to provide physical therapy to help individuals improve function and mobility. Services are provided through the outpatient clinic as well as hospital inpatients, home health patients and residents at the care center.

- **Blue Mountain Radiology**

(541) 575-1311

170 Ford Rd

John Day, OR 97845

Full service radiology with state of the art equipment. Services offered include MRI, CT, ultrasound, digital mammography, and bone density scanning.

The current rotating schedule of visiting physicians is published in the Blue Mountain Eagle

MEDICAL SERVICES - SWCC

Strawberry Wilderness Community Clinic

(541) 575-0404

170 Ford Rd

John Day, OR 97845

www.strawberrymountainclinic.org

SWCC is a rural health clinic and Tier II Medical Home, the largest primary care clinic in Grant County, and part of Blue Mountain Hospital District. The clinic provides comprehensive primary care and preventative health services by six board-certified family physicians, one nurse practitioner, and two registered nurses. Full spectrum healthcare for individuals of all ages and close-to-home. Offers a variety of outpatient services such as diabetic teaching, vaccinations, and Medicare wellness exams. Accepts all insurances.

Staff Practitioners:

David Hall, MD

Zachary M. Bailey, MD

Emily Lieuallen, MD

Raffaella Betza, MD

Janessa Sickler, DO

Shawna Clark, DNP, FN

Nora Healy, FNP

Outreach Clinics: Long Creek & Monument

(541) 575-0404

Twice-monthly visits by Shawna Clark, FNP on the second and fourth Wednesdays of the month.

Sports physicals for Long Creek/Monument children on the 2nd Wednesday of August, annually.

Long Creek City Hall: 9:00am-11:30am

Monument Senior Center: 1:00pm-3:30pm

Call SWCC for appt: (541) 575-0404

Visiting Specialists:

The rotating schedule of visiting doctors is published on the first Wednesday of the month in the Blue Mountain Eagle. Offices are located in the Blue Mountain Hospital Annex.

Contact: Referral/Prior Authorization Coordinator

Tina Stearly (541) 575-1311 ext. 2604

Mikeala Donohue (541) 575-1311 ext. 2612

Cardiologists

Dr. Bruce McLellan, St. Charles Heart Center.....(541) 388-4333

Neurosurgery

Dr. Raymond Tien, The Center .. (541) 382-3344/800-577-6533

Orthopedic/Surgeons

Dr. Scott Jacobson, The Center .. (541) 382-3344/800-577-6533

Dr. Matthew Lilley, The Center .. (541) 382-3344/800-577-6533

Nephrology

Dr. Molly Tilley, Bend Memorial Clinic(541) 382-2811

Physiatrist (pain management)

Korena Ferris, PA-C, The Center . (541) 382-3344/800-577-6533

Podiatrist/Surgeon

Dr. Michael Rushton.....(541) 524-0122

Surgeons

Blue Mountain Surgery Clinic

Keith J. Thomas, MD, FACS

(541) 575-1311

170 Ford Rd

John Day, OR 97845

www.bluemountainhospital.org

Board-certified surgeon providing elective surgical care and emergency surgery, emphasizing minimally invasive Advanced Laparoscopic Surgery.

MEDICAL SERVICES - GENERAL

Chinese Medicine Clinic - Kyle Cline, LMT

(541) 575-1011

368 NW Charolais Heights

John Day, OR 97845

www.simplytao.com

Grant County Health Department

(541) 575-0429

528 E Main St. Suite E

John Day, OR 97845

The Grant County Health Department is a Rural Health Clinic located in John Day, OR. Services offered include (But are not limited to) both chronic and acute primary care services, complete physicals, health exams, lab work, family planning, immunizations, STD testing, maternity case management, pregnancy testing, contraception, WIC services, and referrals.

Seneca Medical Center

(541) 573-7988

525 N. Barnes

Seneca, OR 97873

Open the 2nd Wednesday of every month,

MEDICAL SERVICES - OTHER

Blue Mountain Healthcare Foundation

The Blue Mountain Healthcare Foundation is a local nonprofit organization that plays a crucial role in keeping Blue Mountain Hospital one of the most modern rural hospitals in Oregon. Community financial support through the foundation means residents continue to get top-level care close to home.

The foundation is a separate tax-exempt entity, governed by a volunteer board of your friends and neighbors. All donations to the foundation are tax deductible.

To make a donation mail check to:

Blue Mountain Healthcare Foundation

170 Ford Rd

John Day, OR 97845

For more information contact Foundation Director Jena Knowles 541-575-1311 ext. 2213

Birthing Options

Blue Mountain Hospital Birthing Center

(541) 575-1311

170 Ford Rd

John Day, OR 97845

Chiropractic

Blue Mountain Chiropractic Health Clinic

Dr. Charles Caughlin

(541) 575-1063

155 NW 1st Avenue

John Day, OR 97845

Lifestyle Chiropractic LLC

Dr. Jeremy Boethin

(541) 617-9771 *Call for Appointment*

The Cut Above

237 S. Canyon City Blvd.

John Day, OR 97845

Community Health Organization & Partnerships

Community Health Improvement Partnership (CHIP)

(541) 575-0873 - *Linda Watson*

135 Ford Road.

John Day, OR 97845

E: lwatson@bluemountainhospital.org

Local group developed and funded by Oregon Office of Rural Health and Blue Mountain Hospital District to improve the health of Grant County residents.

See Grant County Health Assessment report on BMHD web site: www.bluemountainhospital.org

MEDICAL SERVICES - OTHER (CONTINUED)

Eastern Oregon Coordinated Care Organizations (EOCCO)

www.ccooregon.org

EOCCO will initially be comprised of two entities, Greater Oregon Behavioral Health, Inc ("GOBHI") and Moda Health (formerly ODS Health). Both organizations are funding EOCCO as equal 50/50 partners. Additional affiliates may include but are not limited to community hospitals and hospital districts, physician organizations, dental care organizations and county governments. EOCCO is filed as a Limited Liability Corporation under Oregon law.

Grant County Local Community Advisory Council (LCAC)

Chris Labhart

E: labhartc@grantcounty-or.gov

The primary charge of each LCAC is to advocate for preventive care practices, to oversee and collaborate with community partners on a Community Needs Assessment, and to develop, implement and report on a Community Health Improvement Plan.

Grant Union School Based Health Center

541-575-0366

Oregon Healthy Kids

www.oregonhealthykids.gov

Healthy Kids provides health coverage options for uninsured Oregon children and teens up to 19 years of age. Coverage lasts for one full year and covers all health needs, including doctor visits, dental care, vision, mental or behavioral health services, prescriptions, and more. Children will not be turned away due to pre-existing conditions or be put on a waiting list. Family income will determine whether a child is eligible for the no-cost, low-cost or full-cost coverage option. Apply online or contact the following agencies for assistance.

Oregon Health Authority

The Oregon Health Authority (OHA) is at the forefront of lowering and containing costs, improving quality and increasing access to health care in order to improve the life-long health of Oregonians. OHA is responsible for most state health services and for implementing the health care reforms in House Bill 2009 which mandates access to affordable, quality care for all Oregonians by 2015. Programs of OHA include:

- Addictions and Mental Health Division - Children's Wraparound Initiative
- Division of Medical Assistance Programs - Oregon Health Plan
- Office of Client and Community Services - Oregon Healthy Kids
- Office of Private Health Partnerships - Family Health Insurance Assistance Program, Oregon Medical Insurance Pool and Healthy KidsConnect
- Oregon Health Policy Board - Health System Transformation
- Pharmacy Services - Oregon Prescription Drug & Monitoring Program/CAREAssist - ADAP Program
- Public Employees' Benefit Board
- Public Health Division - Office of the State Public Health Director, Center for Health Protection, Center for Prevention and Health Promotion and Center for Public Health Practice

Coordinated Care Organizations, or CCOs, have been formed in local communities across Oregon. CCOs are networks of all types of health care providers who have agreed to work together in their local communities for people who receive health care coverage under the Oregon Health Plan (Medicaid). As of Nov. 1, 2012, there are 15 CCOs in operation, serving about 90 percent of Oregon Health Plan members.

In addition to the work to create Coordinated Care Organizations (above), the Addictions and Mental Health Division has undertaken a parallel but separate system change effort with Oregon's county governments to restructure the publicly funded addictions and mental health system for people who are not eligible for the Oregon Health Plan.

MEDICAL SERVICES - OTHER (CONTINUED)

Dentists

Michael B. DesJardin

(541) 575-2725

208 NW Canton
John Day, OR 97845

Dr. Norm Dejong

(541) 820-4369 or (888) 820-4369

www.prairiecityoregon.com

Advantage Dental

Dr. Kent Cherry

541-628-6206

750 W. Main
John Day, OR 97845

Accepting new patients. Contracted with most major insurance companies, including OHP.

BioSmile

Dr. James Klusmier

(541) 575-0363

165 NW 1st St.
John Day, OR 97845
E: DrJ@BiosmileDental.com

Virginia L. McMillan

(541) 575-0550

150 Ogilvie Dr.
John Day, OR 97845

Healthy Smiles Dental Clinic

(541) 575-4064

528 E Main St
John Day, OR 97845

Offers dental care to families without dental insurance and/or who meet income guidelines for a low cost co-payment.

Eye Care

John Day Eye Care

Dr. David Archibald

(541) 575-1819

127 N Canyon Blvd
John Day, OR 97845

Dr. Brinks visiting ophthalmologist, provides services in coordination with Dr. Moore and performs monthly cataract surgeries at Blue Mountain Hospital.

Massage Therapy

Adoni's Pine Therapeutic Massage

Cindy Qual, LMT

(541)792-0247

24822 Highway 395 S
Canyon City, OR 97820

County Healing Massage

Sahara Derowitsch, LNP

(541) 934-2038

Monument, OR 97845

Earth Angel Massage

Dawn Hamsher, LMT

(541) 932-4699

463 Mountain Blvd
Mt Vernon, OR 97865

Danielle Kimball, LMT

(541) 575-2607

237 S Canyon Blvd
John Day, OR 97845

Mary Miles, LMT

(503) 551-2454

Call for Appointment

Painted Hills Massage

Shannon Adair, LMT

(541) 620-1357

221 NW Valley View Dr.
John Day, OR 97845

Sigh Massage

Mindy Walker, LMT

(541) 620-2027

630 S. Canyon Blvd
John Day, OR 97845
www.sighmassage.com

Rosalyn A. Smarr, LMT

Blue Mt. Hospital Annex

(541)-620-4496

135 Ford Road
John Day, OR 97845

MEDICAL SERVICES - OTHER (CONTINUED)

Medical Supplies

Norco Medical

(541) 575-0372

437 W. Main St
John Day, OR 97845

Offers durable medical supplies, oxygen, CPAP supplies, ambulatory devices, & more.

Medical Transportation

Transportation for Medical Services (Air)

- **Airlink Critical Care Transport: Membership Services**

800-353-0497

www.airlinkcct.org

- **LifeFlight Network: Membership Services**

800-982-9299

www.LifeFlight.org

Mental Health & Behavior

Canyon Mountain Center

(541) 932-2725 - Call Ahead

767 E Main St
John Day, OR 97845
www.canyonmountaincenter.net

Meditation on Mondays at 5:30

Community Counseling Solutions

(541) 575-1466

Warmline: (800) 698-2392

528 E Main St
John Day, OR 97845

www.communitycounselingsolutions.org

Provides a 24 hour crisis services, addiction services, developmental disabilities services, individual family and group therapy, psychiatric consultation, medication management, and cooperation with various other organizations including residential treatment and schools.

Juniper Ridge Acute Care Facility (Mental Health)

(541) 575-0237- Jan Keil, Facility Administrator

194 Ford Road
John Day, OR 97845

Community Counseling Solutions is pleased to announce the addition of Juniper Ridge Acute Care Facility, located in John Day, Oregon to their list of facilities dedicated to persons who are in need of secure, acute mental health services. Juniper Ridge, a non-hospital based acute care facility, provides acute psychiatric services needed to stabilize such individuals and start them on the road to

recovery. Juniper Ridge has four secure hold rooms, five short term residential/diversion rooms and one room available for respite.

The secure hold rooms and the residential/diversion rooms are in areas separate of one another within the building. The Clinical Staff of Juniper Ridge accepts admissions around the clock, from hospitals and other community based mental health programs, working closely with the referral source, physicians and courts to provide the most appropriate level of care.

Daily clinical services include:

- 24/7 intake capability
- Available psychiatrist and/or provider consultation with each client
- 24/7 nursing care
- individual and group therapy (including groups on illness/symptom management, relapse prevention medication management) social work services that include comprehensive discharge planning

Pharmacies

Lens Drug

(541) 575-0629

120 E. Main
John Day, OR 97845
www.lensdrug.com

Reflexology

Journeys

(541) 620-8612 - Janel Parker

Veterans Services

Burns Veterans Administration Clinic

(541) 573-3339

Services for Grant County veterans. Immunizations, minor surgical procedures, blood pressure and diabetes monitoring, groups therapy for combat PTSD, sobriety, and other mental health issues. Blood draws on Wednesdays. Nursing staff and therapy Monday through Friday.

DAV Van Trips to Burns: to reserve a space call - (206) 399-7291 or E: bovan@msn.com.

Warmline

David Romprey Oregon Warmline

(541) 800-698-2393

A toll-free number to call to have a confidential conversation with someone who will listen without judgement or criticism. The use of the David Romprey Oregon Warmline may help people decrease the need for frequent doctor's visits, emergency room treatment, involvement with law enforcement, and the need for more intensive care.

MUSEUMS & MONUMENTS

Dewitt Museum at Depot Park (541) 820-3605 or (541) 820-3330

425 South Main St
Prairie City, OR 97869

Built in 1920 and once the western terminal for the Sumpter Valley Railroad, houses 10 rooms of pioneer memorabilia from Grant County's early days.

Open: Mid May-Mid October

Wed-Sun 10:00 to 5:00pm

Admission: \$3.00 / Children 9 and under free

Grant County Genealogical Society (541) 575-2757 or (541) 932-4718

281 W. Main
John Day, OR 97845

The Grant County Genealogical Society has a research center in the old parsonage building behind the Historic Advent Church on West Main Street. Information is available at the Research Center including cemetery books, obituaries, marriages, births, old atlases and local family histories.

Open: 1:00pm to 4:00pm Thursday-Friday and 10:00am to 4:00pm Saturdays and by appointment

Grant County Historical Museum (541) 575-0362

101 S Canyon Blvd
Canyon City, OR 97820

The museum exhibits include a focus on the lives of the pioneers who first came to the area, the Joaquin Miller Cabin and the jail from the town of Greenhorn.

Open: May 1- September 30

Monday-Saturday 9:00am to 4:30pm

*Admission: Adults \$4.00 / Children 7-17 years \$2.00
Seniors \$3.50 / Children 6 and under free*

Grant County Ranch & Rodeo Museum (541) 820-3624 or (541) 575-0278

241 E Main St
John Day, OR 97820

This museum captures the legacy of American cowboys, past and present. The entire museum collection of photos, tools and literature chronicles cowboy lifestyle in the best and the worst of times.

Open: May 1-September 30

Thursday-Saturdays 10 am to 4 pm

Admission: Adults \$3.00 / Children under 7 free

John Day Fossil Beds National Monument (541) 987-2333

32651 HWY 19
Kimberly, OR 97848
www.nps.gov/joda

A host of activities available: the museum at Sheep Rock, trails at the Painted Hills or viewing plant fossils in the ground at the Clarno unit by Fossil. Trails available. Open daily, year round, except Federal holidays, between Thanksgiving and Presidents Day.

Admission: Free

Kam Wah Chung Heritage Site & Museum Oregon Parks & Recreation (541) 575-2800

125 NW Canton
John Day, OR 97845
www.oregonstateparks.org/park_8.php

Once it was a general store, a doctor's office, a post office, a library and a center of Chinese social and religious life, now it is a State Heritage site and museum—one of the most unusual you will find anywhere.

Open: May 1-October 31

7 days a week from 9:00am-5:00pm

Tours start at the top of each hour.

Admission: Free, Children must be accompanied by an adult.

Long Creek Historical Society (541) 421-3621

Long Creek, OR 97856

The Long Creek Historical Society is a nonprofit corporation, striving to relocate the fort built by settlers during the Bannock Indian War of 1878, and build a permanent interpretive center.

Meetings are held the 4th Friday of every month.

RECREATION

Biking

Old West Scenic Route - 174 Miles

www.gcoregonlive.com

Begins at the corner of Highway 26/Main Street and Canton.

Marysville Loop - 11 Miles

Starts in John Day heading east three miles and turning onto Dog Creek Road.

Murderers Creek Route - 80 Miles

www.rideoregonride.com

Begins at Strawberry Ridge, 15 miles south of John Day.

Prairie Valley Loop - 14 Miles

www.prairiecityoregon.com

Strawberry Mountain Wilderness Loop - 73 Miles

www.prairiecityoregon.com

Campsites

Big Bend

3 miles NE of Kimberly on Hwy 19. **Fee \$5**

Big Creek

21 miles E of Seneca on forest road 815. **Fee \$8**

Billy Fields

20 miles SW of John Day on forest Road 21. **No Fee**

Canyon Meadows

20 miles SE of John Day on forest Road 1520. **Fee \$8**

Crescent

17 miles SE of Prairie City on Co. Road 62.

Deerhorn

Four miles NW of Austin Junction on Co. Road 20.

Fee \$8

Dixie

Eight miles NE of Prairie City on U.S. Hwy 26. **Fee \$8**

Elk Creek

25 miles SE of Prairie City on forest Road 16. **No Fee**

Frazier

20 miles SW of Dayville on Forest Road 5800-500.

Fee \$10

Lone Pine

1.5 miles NE of Kimberly on co. road 402. **Fee \$8**

Magone Lake

26 miles N of John Day on forest Road 3620. **Fee \$13**

Middle Fork

Nine miles NW of Austin Junction on Co. Road 20.

Fee \$8

Murray

21 miles E of Seneca on Forest Road 924. **Fee \$8**

North Fork Malheur

29 miles SE of Prairie City on forest road 1675. **No Fee**

Oregon Mine

26 miles SW of John Day on forest Road 2170. **No Fee**

Parish Cabin

11 miles E of Seneca on Forest Road 1520. **Fee \$8**

Slide Creek

Nine miles S of Prairie city on Forest Road 6001.

No Fee

Starr

16 miles S of John Day on Hwy 395. **Fee \$6**

Strawberry

11 miles S of Prairie City on Forest Road 6001. **Fee \$8**

Trout Farm

15 miles SE of Prairie City on Co. Road 6001. **Fee \$8**

Wickiup

18 miles S.E. of John Day on Forest road 15. **Fee \$8**

RECREATION (CONTINUED)

Family & Groups

Canyon City Movie Night (541) 575-0509

Canyon City Community Hall
131 S Washington St.
Canyon City, OR 97820
E: tmbremner@centurylink.com

Town of Canyon City Office

123 S Washington
Canyon City, OR 97820

Movie night is offered every other week throughout the year. The cost for the movie is a \$1 donation. Concessions are available. Bingo is offered once per month. Call the Town of Canyon City office for movie titles.

Grant County Fairgrounds

(541) 575-1900

411 NW Bridge
John Day, OR 97845
www.grantcountyfairgrounds.com

Contact the Fairgrounds for specific dates and times for events.

- **March:** Strawberry Mt. Gun & Knife Show and "Almost" Spring Bazaar
- **April:** Rocky Mtn. Elk Foundation Banquet & Auction
- **May:** Grant County Home, Garden, & Outdoor Expo and Grant County High school Rodeo
- **June:** BMW Riders of Oregon Chief Joseph Rally
- **July:** Demolition Derby
- **August:** Grant County Fair, NPRA Rodeo, Cow Kids Rodeo
- **September:** Grant County Quilt Show
- **December:** Keerins Hall and BMH Holiday Bazaars, Festival of Children, Festival of Holiday Magic

John Day Community Garden

E: johndaycommunitygarden@gmail.com

Located at the Third Street Extension, east of the Grant County Fairgrounds Garden season runs from early April-end of October. For more information email johndaycommunitygarden@gmail.com.

Martial Arts America

(541)573-5425

Evan Franulovich, Instructor

Martial Arts America offers Tae Kwon Do classes for ages 4 and up at the Canyon City Community Hall.

Classes are Tuesdays 5:30 pm to 7:30 pm and Thursdays 6:30 pm to 7:30 pm

Fitness Classes

Body Fitness and Dance

(541) 575-5720

637 W, Main St.
John Day, OR 97845

Personal trainers are available. Call for days and times of dance classes (ballet and Pre-K through 5th grade).

- **Kaidee's Kickboxing**
Tuesday and Thursday - 8:30am and 5:30pm
- **Krista's Fitness Fusion**
Monday and Wednesday - 5:15pm
- **Jennifer's PIYO**
Monday - 6:30pm

Canyon City Exercise Classes

(541) 620-1125 - **Tammy Bremner**

Community Hall: Monday, Wednesday, Friday 6am.

Hatha Yoga

(541) 575-2749

Anne Schneider, RYT

RECREATION (CONTINUED)

Kids Activities

Cinnabar Mountain Playdays

Burton Arena - 27619 Roper Road west
of Mt. Vernon

**Contacts: Shilo Burton (541) 620-1617
or Mitch Gregg (541) 571-8591**

Cinnabar Mountain Playdays are a family oriented volunteer organization promoting the sport of rodeo for youth in the Grant County area. Events include: Barrel Racing, Pole Bending, Goat Tying, Dummy Roping, Keyhole, Flag Race, and Figure 8. Five-six playdays are offered throughout the summer for the novice to experienced horse lover. Must attend 3 of the 6 to qualify for the year end awards.

Membership fee: \$25 for individual and \$35 for a family. Additional \$2 per event or \$10 for a full day.

Leadline – Open to all ages as long as the participant is being lead through the event

PeeWee – ages 6 and under / Junior – ages 7 to 9 Intermediate – ages 10 to 14 / Senior – ages 15 to 17



Cinnabar Mountain Playdays

Doodle Bugs

(541) 820-3358

145 Front St
Prairie City, OR 97869
E: lindsayrausch@rocketmail.com

FREE class, offering an opportunity for children, ages sitting and up, to develop creativity and problem solving skills through open-ended art exploration. Begins in September and usually meets twice per month at 10:30 a.m.

Family Fun Day

(541) 575-1006

This annual event is typically held the third Saturday of June. Organizations and service clubs have participated for 6 years to provide this event to the community. Games and fun begin at 11:00 a.m. and last until 3:00 p.m. This is a drug, alcohol, and tobacco free event.

This family orientated event hosts a number of activities for children and families designed to celebrate the simple fact that families matter in our county. There will be food (hamburgers/hot dogs), entertainment, games, and a variety of fun events for all. Giant inflatables are offered by Families First.

Call (541) 575-1006 for more information regarding the event, to volunteer or to provide a booth.

Grant County Regional Airport Fly In

(541) 575-1151

720 Airport Rd
John Day, OR 97845

Includes a catered breakfast, free airplane rides for youth grades 1-12 and U.S. Forest Service demonstrations. Held the Saturday in September after Labor Day. Contact the airport for more information.

Lake Creek Youth Recreation Camp

(541) 575-2153

PO Box 542
John Day, OR 97845
www.lakecreekcamp.com
E: lakecreekcamp@yahoo.com

They cater primarily to youth groups and families, but also to other groups and individuals on a space available basis. Tent and RV space available, no RV hookups.

Lakes/Ponds

Bull Prairie Reservoir

10 miles N of Spray on Highway 204

Cavender Reservoir

½ mile W of Monument

Holliday Park Pond

½ mile W of Mt. Vernon

Long Creek Pond

Four miles W of Long Creek

Magone Lake

26 miles N of John Day on Forest road 3620
Camping Fee \$13

McHaley Pond

East of Prairie City

Olive Lake

26 miles SE of Dale on Forest Road 10

Prairie City Trout Farm Pond

14 miles SE of Prairie City on County Road 62

RECREATION (CONTINUED)

Local Races

Brothers Run, 5K run and walk - September
(541) 620-1822

Gold Rush Run 5K run and walk - June
(541) 575-0509
Canyon City Hall
Canyon City, OR 97820

John Day Triathlon for Hunger - August
(541) 620-4257
www.triathlonforhunger.com

McKalee's Walk and Jog 5K - June
(541) 620-0065

Hilton Half, 10K, 5K and Kids K - September
(541) 620-0206
PO Box 387
Canyon City, OR 97820
Contact: Heather Bailey
E: heatherlynnbailey@yahoo.com

The 13-mile event starts in Prairie City and ends at 7th Street Complex John Day. The 4 person Relay and 10K walk/run start at Holliday Ranch and end at 7th Street Complex. The 2013 event will be held on September 28th.

Strut, Stride, Straddle, and Stroll
(541) 575-1311

Contact: Blue Mountain Hospice
www.bluemountainhospital.org

Tough Enough to Wear Pink 5k & Walk-July
(541) 932-4660 or (541) 820-3689
E: jmorris@ortelco.net or barwb@ortelco.net

Parks

7th Street Sports Complex
7th Street
John Day, OR 97845

Bates State Park
County Road 20 past Austin Junction
Bates, OR 97817

Canyon City Park
Highway 395 (next to Canyon City Post Office)
Canyon City, OR 97820

Clyde Holliday State Recreation Site
One mile east of Mt. Vernon
Mt. Vernon, OR 97865

Dayville City Park
Just off Highway 26
Dayville, OR 97825

Depot Park
Corner of Main and Bridge Streets
Prairie City, OR 97869

Fairgrounds RV Park
Bridge Street
John Day, OR 97845

J. Dempsey Boyer Park
Corner of First and North Streets
Monument, OR 97864

John Day City Park
NW Canton Street
John Day, OR 97845

Long Creek City Park
Corner of Main and Allen Streets
Long Creek, OR 97856

Monument River Park
East entrance of Monument
Monument, OR 97864

Phil Boyd Park
Council Drive
Mt. Vernon, OR 97865

RECREATION (CONTINUED)

Prairie City Park

Across from City Hall
Prairie City, OR 97869

Seneca Community Park

Just off the highway in Seneca
Seneca, OR 97873

Sproul Park

Corner of Washington and Park Streets
Canyon City, OR 97820

Shooting/Bow Sports

Bear Creek Rifle Range

(541) 575-0593

Highway 26 - 10 miles east of John Day, between John Day and Prairie City.

Canyon Creek Bowhunters

(541) 620-0676 - Mike Springer

Local bow hunting group.

Hunter's Education

Oregon Department of Fish & Wildlife

(541) 575-1167 or (541) 575-1808

305 N Canyon Blvd
Canyon City, OR 97820

Two week training. The course has no age limit. Two classes in John Day: February–March or July–August. Classes available in Prairie City, Monument, Long Creek, and Dayville.

The cost of the class is \$10.00 per student.

Seneca Trap Range

(541) 575-1918

At the south end of Seneca, turn west on Camp Creek Road.

Trails

For more information on trails:

www.gcoregonlive.com

Malheur National Forest (541) 575-3000

or Prairie City Ranger District (541) 820-3800

Arch Rock Trail

0.3 miles in length. Trailhead at the junction of Forest Service Road 3650-428

Classification: Easy

Joaquin Miller Trail

6.0 miles in length. Trailhead is located on Forest Service Road 6510

Classification: Difficult

Malheur Rail Trail

12.5 miles in length. Trailhead is located Forest Service Road 1600097

Classification: Difficult

Malheur River Trail

7.6 miles in length. Trailhead is located at the end of the 142 road

Classification: Difficult

Nature Trail

Trailhead at Clyde Holliday Park

Classification: Easy

North Fork Malheur Trail

12.4 miles in length. Trailhead located 3 miles up Forest Service Road 1675

Classification: Easy

Road's End Trail

1.5 miles in length. Trailhead located 11 miles up Forest Service Road 1640

Classification: Easy

Strawberry Wilderness Trailhead

Located 11 miles N. Prairie City on Forest Road 6001

Classification: Easy to Moderate

RECREATION (CONTINUED)

Winter Activities

Information on Snow Park Permits:

www.oregon.gov

Dixie Rope Tow

Located 6 miles west of the junction of Hwy 7 on Hwy 26.
Sno-Park sticker is also required here.

Grant County Snowballers

www.grantcountysnowballers.com

Offer activities, facilities and information for visitors and locals for snowmobiling.

Huddleston Snowpark

Located 22 miles east of Prairie City on county road 62.

Little Canyon Mountain - Designated OHV Routes

www.fs.usda.gov/malheur

Morrow/Grant County OHV Park

www.fs.usda.gov/malheur

Starr Ridge Recreation Area

16 miles south of John Day on U.S. 395
Snowmobiling, cross-country skiing and sledding.

Skyline

Located on County Road 62.

SENIOR SERVICES / ADULT CARE

Adult Foster Care

- **Mother's Creek Ranch and Adult Foster Care -**

Bill & Bev Davis

(541) 542-2162

56767 Izee Paulina Lane
Canyon City, OR 97820

Assisted Living Facilities

Valley View Assisted Living

(541) 575-3533

112 NW Valley View Drive
John Day, OR 97845
www.valleyviewliving.net

Long Term Care Facility

Blue Mountain Care Center

Blue Mountain Hospital District

(800) 416-5755 or (541) 820-3341

112 E. 5th St
Prairie City, OR 97869

Senior Centers

- **John Day**

(541) 575-1825

42 NE Dayton
John Day, OR 97845

Senior meal program offered at noon on Mondays and Thursdays. Bingo Thursdays at 1 pm.

- **Prairie City**

(541) 820-4100

204 N McHaley
Prairie City, OR 97869

Seniors meal program offered at the Strawberry Grange Hall on Thursdays at noon.

- **Monument**

(541) 934-2700

260 Main St
Monument, OR 97864

Senior meal program offered at noon on Tuesday's.

State & Federal Support

Aging & People With Disabilities

Department of Human Resources

(541) 575-0255

725 W Main St #E
John Day, OR 97845

Aging & People with Disabilities provides medical assistance and food stamps for elderly and/or disabled persons who have limited income. Services are provided for long-term care, such as In-Home Care, Adult Foster Care, Home Assisted Living, Residential Care Facility and Nursing Home Care. Investigations for elder abuse are provided along with protective services for aging and people with disabilities, regardless of economic status.

Office of the Long-Term Care Ombudsman

Department of Human Resources

(800) 522-2602

Our mission is to enhance the quality of life, improve the level of care, protect residents' rights, and promote the dignity of residents living in Oregon's long term care facilities. We address complaints made by or on behalf of the residents

Social Security Administrative Office

800-772-1213

2205 Cove Ave
La Grande, OR 97850

Social Security Administration provides retirement, disability, survivors and SSI benefits to all qualified individuals. Services are offered in Baker, Grant, Union and Wallowa Counties.

SPORTS

Golf Courses

- **John Day Golf Course**
(541)575-0170
27631 Golf Club Rd
John Day, OR 97845
- **South Fork Golf Course**
(541) 987-2488
28249 S Ford Rd
Dayville, OR 97825
- **Bear Valley Meadows**
(541) 542-2161
Seneca, OR 97873
- **Retreat & Links at Silvies Valley Ranch**
(800) 745-8437
10000 Rendezvous Lane
Seneca, OR 97873

Sports and Athletics Activities

John Day Swim Team

(541)620-2803 Brenda Namitz
or (541)620-4387 Shana Hunt
PO Box 132
John Day, OR 97845

Sign-ups are the first week of June. The Swim Team is open to ages 5-18 years of age. Cost is a registration fee and a season pass to the pool.

Parks and Recreation and Gleason Pool

845 ½ Bridge Street
John Day, OR 97845

Offers many activities throughout the year for families and kids.

- **Swimming Pool**

Open June-August. The swimming pool offers a fitness class, family night, lap swim, swimming lessons, and open swim. Contact Gleason Pool for hours of operation.

- **Swim Lessons**

Sign-ups begin the 1st of June Lessons are in two week intervals with a half an hour session per day.

- **Soccer**

Sign-ups begin in September. The program is for children ages 5-14 years of age. Runs for 6 weeks after sign-ups.

- **Football and Volleyball**

Sign-ups begin either the end of August or the beginning of September. The program is for children in grades 3rd through 6th. Practice begins in September and games end in November.

- **Basketball**

Sign-ups begin in November. This program is offered to children in grades 1st through 6th. Practice begins in December and games end in February.

Special Olympics - Blue Mt. Area

(503)248-0600 or (541) 932-9870

Kim Joslin, Local Program Coordinator
5901 SW Macadam Avenue, Suite 200
Portland, OR 97239
info@soor.org
www.soor.org

THRIFT STORES

Good Deals

Army & Navy Surplus Store

(541) 575-1440

437 W. Main Street B
John Day, Oregon 97845

Methodist Thrift Store

(541) 575-1326

126 NW Canton St
John Day, OR 97845

Offers low priced items donated from citizens in the community. Open: Wed. 9:00am-3pm, Fri. 9:00am-3pm, Sat. 10:00am-2:00pm

Shepherds Closet Prairie City Assembly of God

(541) 820-3682

350 W. Front St
Prairie City, OR 97869

Free clothing for all ages. Open: 9-11 am every Wednesday, 5-7pm the first Wednesday of each month (dinner provided) and 12-3 pm the 3rd Wednesday of each month (coffee provided).

Terry's Rerun and Gift (thrift store)

Third Street
Monument, OR 97864

Value Added

Suzy Q's Thrift Store

(541) 575-0715

777 E. Main St
John Day, OR 97845

Employment/Job Training Program for adults with developmental disabilities; clothing, furniture, books, household items, and etc.

*Mon - Fri 9:30am - 4:00pm
Every Sat from 10:00am - 3:00pm.*

TRANSPORTATION

Monument Transportation Service

(541) 934-2056

Contact Marva Walker for transport schedule.

The People Mover

(541) 575-2370

229 NE Dayton St
John Day, OR 97845

The People Mover is a "curb-to-curb" transportation service available to anyone in the John Day Valley. Busses and vans equipped with mobility devices and equipment to serve special needs clients (care attendants ride for free). Routes extend from Prairie City to Bend.

Routes:

Bend routes: Mon - Wed and Fri.

Door to Door: provided for hospital and doctor visits only

John Day Valley: Mon - Thurs 9:00am-4:00pm

Friday from 9:00am-4:00pm with the last

Schedule ride time at 1:30pm

Last scheduled ride time at 3:30pm

Contact The People Mover for cost and route schedule.

VA Transportation for Vets

(only for medical appointments)

(541) 620-4486 - Jim Jerome

Call to reserve space

YOUTH GROUPS

Assembly of God

(541) 820-3682

330 Front St

Prairie City, OR 97869

- **Jesus in Me Jam** - Sunday mornings from 9:45am-10:30am - ages Pre-K through 5th grade
- **Youth Group** - Wednesday at 7:00pm - grades 6th-12th

Boys Scouts of America

(541) 575-1817

Contact Jesus Christ of Latter Day Saints Church

Girl Scouts of Oregon

(541) 667-9696 or (800)392-0655

PO Box 1346

Hermiston, OR 97838

E: bgeorge@girlscouts.osw.org

Oregon State University Extension - Grant County

(541)575-1911

116 NW Bridge St. Suite 1

John Day, OR 97845

Office hours: M-F, 7:00 a.m-4:00 p.m.

Website: extension.oregonstate.edu/grant

4-H grades 4-12, Cloverbuds K-3

Gary Delaney - Staff Chair, Extension Agent, Agriculture and 4-H

Carol Waggoner - SNAP-Ed/4-H Program Assistant

Prairie Baptist

(541) 820-3696

(541) 820-4147 - **Teen Center**

238 N McHaley St

Prairie City, OR 97869

- **Youth Group**-Grades 7th-12th year round. Sundays 5:30-7:30pm
- **Awana-Children** 3 years old-6th grade. Sundays 3:00-5:00 pm October-April

Wyldlife

(541) 620-0270

Humbolt Elementary

John Day, OR 97845

For middle school kids helping them to make important decisions about who they are and what they believe. For grades 6th-8th, Sunday from 4:30pm-6:00pm from Sept-May.

Young Life

(541) 620-0270

139 NE Dayton

John Day, OR 97845

Young Life leaders believe in Youth, they begin to see that their lives have great worth, meaning and purpose. For grades 9th-12th. Thursday from 8:00pm-9:00pm from Sept-May.



Acknowledgments

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