24 Hour Emergency Care
Treating unexpected medical needs at South Lake Tahoe.

Orthopedics Center of Excellence
Family Birthing Center
da Vinci Surgery
ICU & Acute Care
Joint Commission Accredited

Barton Memorial Hospital
530.541.3420
2170 South Avenue
South Lake Tahoe, CA
In an emergency, dial 9-1-1

bartonhealth.org
# BARTON HEALTH DIRECTORY

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IMPORTANT PHONE NUMBERS

Barton Memorial Hospital — Operator ................................................................................................. 530-541-3420
Admitting ................................................................................................................................................ 530-543-5835
Ambulatory Infusion Center ...................................................................................................................... 530-543-5876
Ambulatory Surgery ................................................................................................................................. 530-543-5875
Attic Thrift Store, The ............................................................................................................................. 530-541-3378
Community Health Center ....................................................................................................................... 530-543-5623
Customer Service (Billing)
Hospital ....................................................................................................................................................... 530-543-5930
Physician .................................................................................................................................................. 530-543-5659
Education (Barton University) .................................................................................................................. 530-543-5549
EKG .......................................................................................................................................................... 530-543-5881
Emergency Department ............................................................................................................................ 530-543-5890
Front Desk ................................................................................................................................................ 530-543-5926
Foundation ................................................................................................................................................ 530-543-5909
Gift Shop ................................................................................................................................................... 530-543-5927
Health Information Management (Medical Records) .............................................................................. 530-543-5900
Home Health ............................................................................................................................................. 530-543-5581
Hospice ....................................................................................................................................................... 530-543-5581
Human Resources (Personnel) .................................................................................................................. 530-543-5564
Intensive Care Unit (ICU) ........................................................................................................................ 530-543-5860
Laboratory — Express ............................................................................................................................... 530-543-5913
Laboratory — Hospital ............................................................................................................................. 530-543-5855
Laboratory — Stateline ............................................................................................................................. 775-589-8951
Lake Tahoe Surgery Center ....................................................................................................................... 775-588-9188
Medical Imaging (MRI, Nuclear Medicine, Ultrasound, X-Ray, CT Scan) ............................................. 530-543-5850
Mammography .......................................................................................................................................... 530-543-5851
Medical/Surgical Unit ............................................................................................................................... 530-543-5870
Nutrition ..................................................................................................................................................... 530-543-5824
Obstetrics (Family Birthing Center) ........................................................................................................ 530-543-5547
Occupational Health ............................................................................................................................... 775-589-8987
Orthopedics Unit ....................................................................................................................................... 530-543-5865
Pharmacy ...................................................................................................................................................... 530-543-5883
Public Relations ........................................................................................................................................ 530-543-5615
Rehabilitation and Physical Therapy (Hospital) .................................................................................... 530-543-5896
Rehabilitation — Third Street .................................................................................................................... 530-543-5706
Rehabilitation — Stateline .......................................................................................................................... 775-589-8953
Respiratory Care ......................................................................................................................................... 530-543-5884
Risk Management .................................................................................................................................... 530-543-5845
Ski Clinics
Heavenly Mountain Clinic ....................................................................................................................... 530-543-5575
Kirkwood Resort ......................................................................................................................................... 209-258-7236
Sierra-at-Tahoe Clinic .............................................................................................................................. 530-659-7434
Skilled Nursing Facility ............................................................................................................................ 530-543-5885
Sleep Studies/EEG/EMG .......................................................................................................................... 530-543-5895
Surgery ....................................................................................................................................................... 530-543-5880
Pre-Op ......................................................................................................................................................... 530-543-5528
Volunteer Program (Auxiliary) .................................................................................................................. 530-543-5728
OUTPATIENT SERVICES

THE FOLLOWING ARE OUTPATIENT SERVICES FOR THOSE WHO DO NOT NEED TO BE HOSPITALIZED FOR THEIR MEDICAL CARE. FOR A FULL LISTING OF ALL MEDICAL SERVICES, PLEASE VISIT OUR WEBSITE: WWW.BARTONHEALTH.ORG

CENTERS

Barton Community Health Center
2201 South Ave.
South Lake Tahoe, CA 96150
530-543-5623
Our clinic provides primary health care services to the community. All forms of insurance are accepted for various preventive and curative visits. For those who do not have health coverage, billing will be based on an income-to-dependents ratio. This is an appointment-based practice.

Barton Medical Clinic at Heavenly Mountain Resort
530-543-5575
Our resort-based clinic offers urgent care treatment of ski and snowboard injuries; X-rays, IV moderate sedation; patient ground & airlift transport to hospitals & trauma centers; ski resort employee healthcare; ski resort employee workers comp injuries.

Barton Medical Clinic at Kirkwood Resort
209-258-7236
Our resort-based clinic offers urgent care treatment of ski and snowboard injuries; X-rays, IV moderate sedation; patient ground & airlift transport to hospitals & trauma centers; ski resort employee healthcare; ski resort employee workers comp injuries.

Medical Clinic at Sierra-at-Tahoe
530-659-7434
Our resort-based clinic offers urgent care treatment of ski and snowboard injuries; X-rays, IV moderate sedation; patient ground & airlift transport to hospitals & trauma centers; ski resort employee healthcare; ski resort employee workers comp injuries.

EDUCATION

Barton University
1111 Emerald Bay Road
South Lake Tahoe, CA 96150
530-543-5549
Barton University offers a range of classes for our community, including CPR, first aid, childbirth and parenthood preparedness, stress management, and wellness lectures. Custom classes are also offered for local businesses and community organizations. Visit http://education.bartonhealth.org to learn more.

EKG

Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5881
Electrocardiograms help diagnose evidence of heart enlargement, insufficient blood flow, new or previous heart injuries or rhythm problems, changes in electrical activity of the heart, and signs of inflammation to the sac surrounding the heart. Treadmill and stationary bike stress tests are also offered.

EMERGENCY DEPARTMENT

IN A MEDICAL EMERGENCY, DIAL 911.

Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-541-3420
Emergency services provided by board-certified emergency medicine physicians and specially trained nurses 24 hours a day, seven days a week.

FAMILY BIRTHING CENTER

Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5547
Offering a family-centered experience, the birthing center offers large, remodeled labor, delivery & recovery suites; experienced and dedicated maternity staff; international board-certified lactation consultants; and follow up home visits with a registered nurse to answer all your questions after you return home.
GASTROENTEROLOGY LAB
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5985
Our gastroenterology (GI) lab offers preventive and curative services for digestive diseases. Some of the services provided are colonoscopies, sigmoidoscopies, hemorrhoid treatment and diagnosis, and treatment of diseases such as reflux/GERD, cancer, polyps and ulcers. The GI lab is also a satellite liver clinic for Stanford University.

HOME HEALTH
2092 Lake Tahoe Blvd., Suite 500
South Lake Tahoe, CA 96150
530-543-5581
Barton provides at-home health care services with a doctor’s referral. Under the direction of your physician, we provide home care that best fits your needs. Our team includes registered nurses, rehabilitation services (including physical, occupational and speech therapy), medical social workers, nutritionists and home health aides.

HOSPICE
2092 Lake Tahoe Blvd., Suite 500
South Lake Tahoe, CA 96150
530-543-5581
Hospice care is a specialty program providing comfort and relief of symptoms for those who are terminally ill. Hospice care is provided in the privacy and comfort of your own home, a nursing facility or group home. Our team will work with you, your physician and your family to determine the most beneficial treatment and how to provide care. Hospice care is reserved for those who have a disease with a life prognosis of six months or less, as determined by your physician.

INFUSION SERVICES
Barton Memorial Hospital
Infusion Center
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5876
Outpatient infusion services are available. Blood draws from access devices, IV medication therapy and blood transfusions are a few of the services offered. Some cancer support services are also available.

LABORATORY
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5855
1067 Fourth Street
South Lake Tahoe, CA 86150
530-543-5913
Stateline
155 Highway 50
Stateline, NV 89449
775-589-8951
Our comprehensive laboratories offer full health panels and blood screenings, with a physician’s order, to help you be informed and proactive with your health. Walk-ins are welcome.

MEDICAL IMAGING
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5850
Barton’s Medical Imaging Department offers CT scanning with 64-slice technology, MRI, ultrasound, digital mammography, X-ray, nuclear medicine and special procedures rivaling those of urban hospitals. Preventive screenings and treatments are available for heart blockage, cancer, organ function, respiratory and blood flow problems, blockage of the gallbladder, thyroid function, fracture, infection, arthritis or tumors of the bone, infections, breast biopsies, and digestive function disorders. Treatments are available for spider veins, vertebral compression fractures, vascular disease, uterine fibroid embolisms, tumors and certain types of cancer.

NUTRITION
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5824
Our registered dietitians provide individualized medical nutrition therapy, education and counseling for diabetes, cardiovascular disease, digestive disorders, oncology, maternal and pediatric nutrition, geriatric nutrition, weight control, sports nutrition, and wellness to meet your goals.
OUTPATIENT SERVICES

OCCUPATIONAL HEALTH
Stateline
155 Highway 50
Stateline, NV 89449
775-589-8987
Providing employee health services for your business, including workers compensation injuries, medical review officer service and drug testing, flight exams, commercial driver’s license exams, pre-employment exams, OSHA respirator fit testing, immunizations, and tuberculosis screenings.

REHABILITATION
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5885
1139 Third Street
South Lake Tahoe, CA 96150
530-543-5706
Stateline
155 Highway 50
Stateline, NV 89449
775-589-8953
Providing physical, occupational, speech and hand therapy with the most comprehensive services for your rehabilitation needs. We treat sports injuries and chronic pain, assist surgery recovery, and treat neurological, workers compensation, incontinence, lymphedema and pediatric patients. We pride ourselves on giving hands-on, individualized care.

RESPIRATORY CARE
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5884
Respiratory Care Services provides a full range of pulmonary function testing for respiratory evaluation along with education for people with specific respiratory issues. Oximetry, broncho-scopy and targeted therapies are also offered.

SKILLED NURSING
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5885
Our hospital-based Skilled Nursing Facility accommodates 48 residents with all of the home-like amenities integrated into the clinical setting. Our purpose is to exceed the health care needs of our residents in a safe and secure environment while encouraging them to feel like a part of our Barton community. The Skilled Nursing Facility provides long-term care and rehabilitation care to residents who do not need acute care but cannot be cared for at home.

SURGERY
Barton Memorial Hospital
Pre-Op Office
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5880
530-543-5528
Lake Tahoe Surgery Center
212 Elks Point Road, Suite 201
Zephyr Cove, NV
775-588-9188
Board-certified surgeons representing various specialties perform numerous surgical procedures. Registered nurses provide expertise for all areas of the surgery department, including pre-op, recovery and operating rooms. da Vinci Robotic Surgery is available at Barton Memorial Hospital location.

TELEMEDICINE
530-543-5867
Various specialists are offered through Telehealth for Tahoe related to cardiology, psychiatry, endocrinology, neurology, dermatology, oncology, infectious disease, and post-concussion management. Following a referral from a primary care physician, an appointment can be made with one of the specialists.

SLEEP STUDIES/EEG/EMG
Barton Memorial Hospital
2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5895
Offers diagnosis and treatment for sleep disorders like snoring, sleep apnea, insomnia, narcolepsy and restless legs/periodic leg movements (PLM).

URGENT CARE
Barton Urgent Care
Stateline Medical Center
155 Highway 50
Stateline, NV 89449
775-589-8900
Barton Urgent Care offers urgent care Monday through Saturday from 8 a.m. to 6:00 p.m. and Sunday 9 a.m. to 5 p.m. No appointment is necessary.
**Audiology**

**DANIELLE KNOWLTON, M.A., FAAA**  
**BARTON AUDIOLOGY**  
2169 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5815

**Graduate school:** Sacramento State University  
**Hospital affiliations:** Barton Memorial Hospital  
**Board certifications:** Certificate of Clinical Competence in Audiology, California State License in Audiology, Fellow, American Academy of Audiology  
**Professional affiliations:** Pediatric Audiology Advisory Committee; California Children’s Services 2004 to 2008

**Cardiology**

**DAVID M. BAKER, MD**  
**CARSON TAHOE CARDIOLOGY**  
2133 South Ave, South Lake Tahoe, CA 96150  
1470 Medical Parkway, Suite 160, Carson City, NV 89703 | 775-445-7650

**Medical school:** Creighton University School of Medicine  
**Hospital affiliations:** Barton Memorial Hospital, Carson Valley Medical Center  
**Board certifications:** American Board of Internal Medicine, American Board of Internal Medicine Cardiology

**JOE CHAVEZ, MD**  
**CARSON TAHOE CARDIOLOGY**  
2133 South Ave, South Lake Tahoe, CA 96150  
1470 Medical Parkway, Suite 160, Carson City, NV 89703 | 775-445-7650

**Medical school:** Baylor College of Medicine  
**Hospital affiliations:** Barton Memorial Hospital, Carson Valley Medical Center  
**Board certifications:** American Board of Internal Medicine, American Board of Internal Medicine Cardiovascular Disease

**BASIL E. CHRYSSOS, MD**  
**CARSON TAHOE CARDIOLOGY**  
2133 South Ave, South Lake Tahoe, CA 96150  
1470 Medical Parkway, Suite 160, Carson City, NV 89703 | 775-445-7650

**Medical school:** University Auto de Guadalajara  
**Hospital affiliations:** Barton Memorial Hospital, Carson Valley Medical Center  
**Board certifications:** American Board of Internal Medicine, American Board of Internal Medicine Cardiology


SUSAN O’LEARY, MD
CARSON TAHOE CARDIOLOGY
2133 South Ave, South Lake Tahoe, CA 96150
1470 Medical Parkway, Suite 160, Carson City, NV 89703 | 775-445-7650

Medical school: Northeastern Ohio Universities College of Medicine
Hospital affiliations: Barton Memorial Hospital, Carson Valley Medical Center
Board certifications: American Board of Internal Medicine, American Board of Internal Medicine Cardiovascular Disease

CANDICE RAYNOR, FNP
BARTON CARDIOLOGY (LOCATED INSIDE BARTON MEMORIAL HOSPITAL)
2170 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5497

Nursing school: University of Arkansas Medical Sciences
Board certifications: ANCC
Professional affiliations: American Academy of Nurse Practitioners, American College of Nurse Practitioners
Services: Cardiology and Family Practice

DAVID R. YOUNG, MD
BARTON CARDIOLOGY (LOCATED INSIDE BARTON MEMORIAL HOSPITAL)
2170 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5497

Medical school: University of Nevada, School of Medicine
Hospital affiliations: Barton Memorial Hospital, Renown Regional Medical Center
Board certifications: American Board of Internal Medicine, American Board of Internal Medicine Cardiology
Professional affiliations: American Society of Echocardiography, American College of Cardiology, American College of Physicians
COMMUNITY HEALTH CENTER

**TODD DEGIOVANNI, PA**
*BARTON COMMUNITY HEALTH CENTER*
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5623

**Graduate school:** Midwestern University  
**Board certifications:** National Commission on Certification of Physician Assistants

**BRIAN EDWARDS, FNP, ACNP**
*BARTON COMMUNITY HEALTH CENTER*
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5623

**Graduate school:** University of Southern Indiana, Evansville, IN and Holy Names University, Oakland, CA  
**Board certifications:** American Academy of Nurse Practitioners, American Nursing Credentialing Center  
**Services:** Family Nurse Practitioner, Family Practice

**JENNIFER EHMANN, MD**
*BARTON COMMUNITY HEALTH CENTER*
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5623

**Medical school:** State University of New York School of Medicine  
**Board certifications:** American Board of Pediatrics  
**Professional affiliations:** American Academy of Pediatrics and American Board of Pediatrics  
**Services:** Pediatric primary care and pediatric acute illness

**JANET GOODALL, PA, FNP**
*BARTON COMMUNITY HEALTH CENTER*
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5623

**Graduate school:** University of Nebraska Medical Center - Master of Physician Assistant; UC Davis - Master of Family Nurse Practitioner/Physician Assistant  
**Board certifications:** American Academy of Nurse Practitioners, National Commission on Certification of Physician Assistants
COMMUNITY HEALTH CENTER

REBECCA NOVAK, FNP
BARTON COMMUNITY HEALTH CENTER
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5623

Graduate school: University of California Davis
Board certifications: American Academy of Nurse Practitioners

CANDICE RAYNOR, FNP
BARTON COMMUNITY HEALTH CENTER
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5623

Graduate school: University of Arkansas Medical Sciences
Board certifications: ANCC
Professional affiliations: American Academy of Nurse Practitioners,
American College of Nurse Practitioners
Services: Cardiology and Family Practice

LISA ROBERGE, PA
BARTON COMMUNITY HEALTH CENTER
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5623

Graduate school: Medical University of South Carolina, Charleston, SC
Board certifications: National Commission on Certification of
Physician Assistants

AMY SMITH, FNP
BARTON COMMUNITY HEALTH CENTER
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5623

Graduate school: University of San Francisco
Professional affiliations: California Association of Nurse Practitioners
AMY VILLARET, PA
BARTON COMMUNITY HEALTH CENTER
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5623

Graduate school: Stanford University, Physician Assistant
Board Certifications: National Commission on Certification of Physician Assistants

DONALD M. YAMAOKA, DDS
2209 South Avenue, South Lake Tahoe, CA 96150 | 530-541-2994

Medical school: University of California, San Francisco
Hospital affiliations: Barton Memorial Hospital
Professional affiliations: American Dental Association, California Dental Association, Sacramento District Dental Society
Services: Speaks Spanish.

JERARD TROMBKA, DDS
ALPINE DENTAL CARE
3879 Pioneer Trail, South Lake Tahoe, CA 96150 | 530-542-3371 | 775-588-2949

Medical school: University of Detroit School of Dentistry
Hospital affiliations: Barton Memorial Hospital
Professional affiliations: American Dental Association, California Dental Association, Sacramento District Dental Society, Academy of General Dentistry
Services: Cosmetic and family dentistry, Invisalign orthodontics, dental implants, oral, periodontal and endodontic surgery, veneers, crowns, bridges, bonding and white fillings.
MARTIN SALM, MD, FAACS
ADVANCED COSMETIC SURGERY & DERMATOLOGY
276 Kingsbury Grade, Suite 101, P.O. Box 5910, Stateline, NV 89449
775-588-5000, Also in Minden and Incline Village, NV

Medical school: UCLA Medical School
Hospital affiliations: Barton Memorial Hospital, Carson Tahoe Regional Medical Center, Tahoe Forest
Board certifications: American Board of Dermatology, American Academy of Cosmetic Surgery
Services: Micrographic excision of skin cancers, general dermatology, eye, face and neck lifts, liposculpture and hair transplants.

RICHARD D. BOTTO, MD
3097 Harrison Ave., Suite G, South Lake Tahoe, CA 96150 | 530-544-2922

Medical school: University of Tennessee Center for Health Sciences
Board certifications: American Board of Family Medicine
Professional affiliations: American Academy of Family Physicians
Services: General family medicine, acupuncture and holistic care offered in a peaceful environment.

STEVEN L. BROOKS, MD
BARTON URGENT CARE & FAMILY PRACTICE
STATELINE MEDICAL CENTER
155 Highway 50, Stateline, NV 89449 | 775-589-8900

Medical school: University of Illinois
Hospital affiliations: Barton Memorial Hospital
Board certifications: American Association of Physicians Specialists
Professional affiliations: American Medical Association, American Academy of Family Physicians

PATTI BUCHER, FNP
BARTON URGENT CARE & FAMILY PRACTICE
STATELINE MEDICAL CENTER
155 Highway 50, Stateline, NV 89449 | 775-589-8900

Medical school: UC Davis, FNP/PA Program
Hospital affiliations: Barton Hospital
Board certifications: FNP/APN & PA-C
Professional affiliations: NAANP & NCCPA
Services: Women’s Health, Family Practice, HIV care
FAMILY MEDICINE

NICOLE DELAPLANTE, DO
BARTON FAMILY MEDICINE
1090 Third Street, South Lake Tahoe, CA 96150 | 530-543-5660

Medical school: New York College of Osteopathic Medicine, Old Westbury, NY
Board certifications: American Board of Obesity Medicine (Board eligible Dec. 2014), American Board of Family Medicine, ACLS Certified, Advanced Life Support in Obstetrics (ALSO)

MICHELLE FEENEY, MSN, FNP
BARTON URGENT CARE & FAMILY PRACTICE
STATELINE MEDICAL CENTER
155 Highway 50, Stateline, NV 89449 | 775-589-8900

Nursing school: University of San Francisco, California
Board certifications: American Academy of Nurse Practitioners
Services: Adult and pediatric acute illnesses, Adult and pediatric primary care

BROOKS MARTIN, MD
BARTON FAMILY MEDICINE
1090 Third Street, South Lake Tahoe, CA 96150 | 530-543-5660

Medical school: Boston University
Hospital affiliations: Barton Memorial Hospital
Board certifications: American Board of Family Medicine
Professional affiliations: American Academy of Family Physicians, American Medical Association
Services: Broad spectrum family medicine, including geriatrics, pediatrics, preventative care, and acute and chronic illnesses. Travel medicine including immunizations, ADHD diagnosis and management, vasectomy, DAN (Diver’s Alert Network) affiliate physician

D. PATRICK MARTIN, MD
ALPINE FAMILY PRACTICE
1108 Fourth Street, South Lake Tahoe, CA 96150 | 530-542-5740

Medical school: Tulane Medicine
Hospital affiliations: Barton Memorial Hospital
Board certifications: American Board of Family Medicine
Professional affiliations: American Association of Family Physicians
Services: Full family care, pediatrics, health promotion, allergy testing and treatment, acute and chronic illnesses, complete skin care
HENNING MEHRENS, MD
960 Tahoe Keys Blvd. South Lake Tahoe, CA 96150 | 530-544-1733

Medical school: Ohio State University College of Medicine
Hospital affiliations: Barton Memorial Hospital
Professional affiliations: American Association of Family Physicians
Services: Family practice, urgent care clinic, open seven days a week

ALLISON L. MONROE, MD
ALPINE FAMILY PRACTICE
1108 Fourth Street South Lake Tahoe, CA 96150 | 530-542-5740

Medical school: University of Michigan
Hospital affiliations: Barton Memorial Hospital
Board certifications: American Board of Family Medicine
Professional affiliations: American Academy of Family Medicine

JENIFER E. NORRIS, MD
ALPINE FAMILY PRACTICE
1108 Fourth Street South Lake Tahoe, CA 96150 | 530-542-5740

Medical school: State University of New York, Brooklyn
Hospital affiliations: Barton Memorial Hospital
Board certifications: American Board of Family Medicine
Services: Acupuncture, preventive care, acute and chronic illness management for infants, children and adults. Speaks Spanish

BARBARA PIDERMANN, MSN, FNP
BARTON FAMILY MEDICINE
1090 Third Street, South Lake Tahoe, CA 96150 | 530-543-5660

Nursing school: California State Long Beach
Graduate school: California State Long Beach
Board certifications: American Academy of Nurse Practitioners
KELLY VIAL, FNP-C
BARTON FAMILY MEDICINE
1090 Third Street, South Lake Tahoe, CA 96150 | 530-543-5660

Nursing school: Samuel Merritt University, Sacramento, California
Board Certifications: American Academy of Nurse Practitioners

DANIEL A. NORMAN, MD
2170 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5985

Medical school: Temple University
Hospital affiliations: Barton Memorial Hospital
Board certifications: American Board of Internal Medicine — Gastroenterology
Professional affiliations: Fellow, American College of Physicians; fellow, American College of Gastroenterology, American Medical Association
Services: Anoscopy, colonoscopy, endoscopy, esophageal dilatation, nonsurgical treatment of hemorrhoid disease
M. KELLY SHANAHAN, MD
EMERALD BAY CENTER FOR WOMEN’S HEALTH
1154 Emerald Bay Rd, South Lake Tahoe, CA 96150 | 530-542-4961
1702 County Rd, Minden, NV 89423 | 775-782-7300
Medical school: University of Virginia School of Medicine
Hospital affiliations: Barton Memorial Hospital, Carson Valley Medical Center, Lake Tahoe Surgery Center
Board certifications: American Board of Obstetrics and Gynecology
Professional affiliations: Fellow, American College of Obstetricians and Gynecologists

KENNETH SPIELVOGEL, MD
BARTON WOMEN’S HEALTH
2175 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5711
Medical school: George Washington University School of Medicine and Health Sciences
Hospital affiliations: Barton Memorial Hospital
Board certifications: American Board of OB/GYN

AMANDA STEVENS WEAVIL, MD
BARTON WOMEN’S HEALTH
2175 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5711
Medical school: University of Maryland School of Medicine
Board certifications: American Board of OB/GYN, board eligible
Professional affiliations: American Medical Association, American Congress of Obstetrics and Gynecologists - junior fellow, American Association of Gynecologic Laparoscopists

GARY F. WILLEN, MD, MBA
TAHOE WOMEN’S CARE
961 Mica Drive, Carson City, NV 89705 | 530-544-8333 | 775-267-6700
Medical school: MD, Albany Medical College; MBA, University of South Florida
Hospital affiliations: Barton Memorial Hospital, Carson, Valley Medical Center, Lake Tahoe Surgery Center
Board certifications: American Board of Obstetrics and Gynecology, Accreditation Council for Gynecologic Endoscopy
Professional affiliations: American College of Obstetrics and Gynecologists, American Association of Gynecological Laparoscopists, American College of Physician Executives, Society of Laparoendoscopic Surgeons, American Medical Association
JAY CHUNG, MD
BARTON INTERNAL MEDICINE
STATELINE MEDICAL CENTER
155 Hwy 50, Stateline, NV 89449 | 775-589-8900

Medical school: University of Texas, Houston
Hospital affiliations: Barton Memorial Hospital
Board certifications: Diplomat American Board of Internal Medicine & Rheumatology, Certified Clinical Densitometrist with expertise in osteoporosis

ALLISON STEINMETZ, MD
BARTON FAMILY MEDICINE
1090 Third Street, South Lake Tahoe, CA 96150 | 530-543-5660

Medical school: Tulane University School of Medicine
Board certifications: American Board of Internal Medicine, and Pediatrics.
Services: Primary care physician for all ages with a specific talent for treating menopausal issues, teenagers and women’s health

ANDREW H. TANG, MD
BARTON INTERNAL MEDICINE
STATELINE MEDICAL CENTER
155 Highway 50, Stateline, NV 89449 | 775-589-8960

Medical school: Creighton University
Hospital affiliations: Barton Memorial Hospital
Board certifications: American Board of Internal Medicine
Professional affiliations: American College of Physicians, American Medical Association
KENNETH SPIELVOGEL, MD
BARTON WOMEN’S HEALTH
2175 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5711

Medical school: George Washington University School of Medicine and Health Sciences
Hospital affiliations: Barton Memorial Hospital
Board certifications: American Board of OB/GYN

AMANDA STEVENS WEAVIL, MD
BARTON WOMEN’S HEALTH
2175 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5711

Medical school: University of Maryland School of Medicine
Board certifications: American Board of OB/GYN, board eligible
Professional affiliations: American Medical Association, American Congress of Obstetrics and Gynecologists - junior fellow, American Association of Gynecologic Laparoscopists
RICHARD D. BOTTO, MD
BARTON OCCUPATIONAL HEALTH
STATELINE MEDICAL CENTER
155 Highway 50, Stateline, NV 89449 | 775-589-8987

Medical school: University of Tennessee Center for Health Sciences
Board certifications: American Board of Family Medicine
Professional affiliations: American Academy of Family Physicians
Services: General family medicine, acupuncture and holistic care offered in a peaceful environment.

CLINTON PURVANCE, MD
BARTON OCCUPATIONAL HEALTH
STATELINE MEDICAL CENTER
155 Highway 50, Stateline, NV 89449 | 775-589-8987

Medical school: University of Nevada, Reno
Hospital affiliations: Barton Memorial Hospital
Board certifications: American Board of Emergency Medicine
Services: Occupational Medicine

ANDREW H. TANG, MD
BARTON OCCUPATIONAL HEALTH
STATELINE MEDICAL CENTER
155 Highway 50, Stateline, NV 89449 | 775-589-8987

Medical school: Creighton University
Hospital affiliations: Barton Memorial Hospital
Board certifications: American Board of Internal Medicine
Professional affiliations: American College of Physicians
LAURENCE HEIFETZ, MD, FACP  
TAHOE FOREST CANCER CENTER  
10121 Pine Avenue, Truckee, CA 96161 | 530-582-6450

Medical school: University of Chicago, Medicine and Science  
Hospital affiliations: Barton Memorial Hospital, Tahoe Forest Hospital, UC Davis  
Board certifications: American Board of Internal Medicine – Medical Oncology

MELISSA KAIME, MD, FACP  
TAHOE FOREST CANCER CENTER  
10121 Pine Avenue, Truckee, CA 96161 | 530-582-6450

Medical school: St. Louis University School of Medicine  
Board certifications: American Board of Internal Medicine – Oncology, Internal Medicine, Hematology

AHRIN B. KOPPEL, MD  
TAHOE FOREST CANCER CENTER  
10121 Pine Avenue, Truckee, CA 96161 | 530-582-6450

Medical school: Sackler School of Medicine - New York State American Branch  
Hospital affiliations: Barton Memorial Hospital, Tahoe Forest Hospital, UC Davis  
Board certifications: American Board of Internal Medicine – Internal Medicine, Hematology and Medical Oncology

JORGE PEREZ, MD, PHD, MRCP, MRCPATH  
SIERRA NEVADA CANCER CENTER  
1460 South Curry St. Suite 100, Carson City, NV 89703 | 775-883-3336

Medical school: University of Columbia  
Hospital affiliations: Barton Memorial Hospital, Carson Valley Medical Center, Carson Tahoe Regional Medical Center  
Board certifications: American Board of Medical Oncology and Hematology  
Professional affiliations: American Society of Clinical Oncology, American Society of Hematology
**ROBERT S. WOLFF, MD**  
**SIERRA NEVADA EYE CENTER**  
3475 G.S. Richards Blvd. Carson City, NV 89703 | 775-841-2000

**Medical school:** Vanderbilt University  
**Hospital affiliations:** Barton Memorial Hospital, Carson Valley Medical Center, Carson Tahoe Regional Medical Center, Renown, St. Mary’s Medical Center, Northern Nevada Medical, Lake Tahoe Surgery Center  
**Board certifications:** American Board of Ophthalmology  
**Professional affiliations:** American Medical Association, American Academy of Ophthalmology  
**Services:** Evaluation and treatment of eye disease, no-stitch cataract surgery, glaucoma laser and surgery, pterygium excision, Botox treatment, eyelid surgery

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**BILL DOWNEY, O.D.**  
3637 Larch Ave, Suites 2&3, South Lake Tahoe, CA 96150 | 530-544-3403

**Medical school:** Southern California College of Optometry  
**Hospital affiliations:** Barton Memorial Hospital  
**Board certifications:** National Board of Examiners in Optometry

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**MARK LEHMANN, O.D.**  
**LAKE TAHOE EYE CARE**  
2074 Lake Tahoe Blvd. #2, South Lake Tahoe, CA 96150 | 530-541-2030

**Medical school:** Illinois University, Chicago, IL  
**Services:** Comprehensive eye care for all ages, diagnosing and treating ocular disease and performing pre and post-operative exams for refractive, cataract and strabismus surgery.
MARTIN R. ANDERSON, MD  
TAHOE FRACTURE AND ORTHOPEDIC CLINIC  
973 Mica Drive, Suite 201, Carson City, NV 89705 | 775-783-6190 | 800-500-1135

Medical school: University of Colorado, School of Medicine  
Hospital affiliations: Barton Memorial Hospital, Carson Tahoe Regional Medical Center, Sierra Surgery Hospital  
Board certifications: American Board of Orthopaedic Surgery  
Services: Total joint replacement. Speaks Spanish.

STEPHEN M. BANNAR, MD  
TAHOE ORTHOPEDICS & SPORTS MEDICINE  
1139 Third Street South Lake Tahoe, CA 96150 | 530-541-3100  
935 Mica Drive, Bldg C Suites 13 & 14, Carson City, NV 89705 | 775-783-3065

Medical school: Pennsylvania State University, College of Medicine  
Hospital affiliations: Barton Memorial Hospital, Lake Tahoe Surgery Center, Carson Valley Medical Center  
Board certifications: American Board of Orthopaedic Surgery; Fellow, American Academy of Orthopaedic Surgeons  
Professional affiliations: American Medical Association, Wilderness Medical Society, Orthopedic Overseas, Team Physician U.S. Ski & Snowboard Team  
Services: General orthopedics, treatment of sports injuries and reconstruction after trauma
JEFFERY R. CUMMINGS, MD
TAHOE FRACTURE AND ORTHOPEDIC CLINIC
973 Mica Drive, Suite 201, Carson City, NV 89705
1520 Virginia Ranch Rd, Suite 101B, Gardnerville, NV 89410
775-783-6190 | 800-500-1135

Medical school: Loma Linda University
Hospital affiliations: Barton Memorial Hospital, Lake Tahoe Surgery Center, Carson Valley Medical Center, Carson Tahoe Regional Medical Center, Sierra Surgery Hospital
Board certifications: American Board of Orthopaedic Surgery
Professional affiliations: Fellow of American Academy of Orthopedics, Arthroscopy Association of North America, team physician U.S. Ski Team
Services: Sports orthopedics and arthroscopy, specializing in the treatment of shoulder injuries and arthritis

DAVID EISENHAUER, DO
TAHOE FRACTURE AND ORTHOPEDIC CLINIC
1520 Virginia Ranch Road, Suite 101B, Gardnerville, NV 89410 | 775-783-6190

Medical school: Oklahoma State University for Health Sciences, Tulsa, OK
Hospital affiliations: Barton Memorial Hospital, Carson Tahoe Regional Medical Center, Sierra Surgery Hospital, Carson Valley Medical Center
Specialty: Hand Surgery, Orthopedics

KYLE ERKKILA PA-C
TAHOE ORTHOPEDICS & SPORTS MEDICINE
1139 Third Street, South Lake Tahoe, CA 96150 | 530-541-3100
212 Elks Point Rd #200, Zephyr Cove, NV 89448 | 775-589-8950
935 Mica Drive, Bldg C, Suite 13 & 14, Carson City, NV 89705 | 775-783-3065

Graduate School: Oregon Health Science University, MPAS, BLS, NCCPA
Certifications: National and State Commission on Certification of Physician Assistants
MICHAEL F. FRY, MD
TAHOE FRACTURE AND ORTHOPEDIC CLINIC
1139 Third Street, South Lake Tahoe, CA 96150
1520 Virginia Ranch Rd, Ste 101B, Gardnerville, NV 89410
973 Mica Drive, Ste 201, Carson City, NV 89705 | 775-783-6190 | 800-500-1135

Medical school: University of Southern California, School of Medicine
Hospital affiliations: Barton Memorial Hospital, Carson Tahoe Regional Medical Center, U.C. Davis, Sierra Surgery Hospital
Board certifications: American Board of Orthopaedic Surgery, fellowship in Spine Surgery at U.C. Davis
Professional affiliations: North American Spine Society and American Academy of Orthopaedic Surgeons
Services: Treatment of adult and pediatric diseases of the spine and spine trauma

ALISON GANONG, MD
TAHOE ORTHOPEDICS & SPORTS MEDICINE
1139 Third Street, South Lake Tahoe, CA 96150 | 530-541-3100
925 Tahoe Blvd., Suite 105, Incline Village, NV 89541 | 775-580-7600

Graduate School: Medical University of Nevada, Reno, NV

AUTUMN GARCIA, PAC
TAHOE ORTHOPEDICS & SPORTS MEDICINE
925 Tahoe Blvd, #105-106, Incline Village, NV 89451 | 775-580-7600

Graduate school: Western University of Health Sciences
Board certifications: National Commission on Certification of PA
DAVID A. JONES, MD  
TAHOE FRACTURE AND ORTHOPEDIC CLINIC  
973 Mica Drive, Suite 201, Carson City, NV 89705 | 775-783-6190 | 800-500-1135  

Medical school: Albert Einstein  
Hospital affiliations: Barton Memorial Hospital, Carson Tahoe Regional Medical Center, Sierra Surgery Center, UC Davis Medical Center  
Board certifications: American Board of Orthopaedic Surgery  
Professional affiliations: North American Spine Society, American Academy of Orthopaedic Surgeons  
Services: Artificial disk replacement; spine surgery for treatment of scoliosis; treatment of degenerative back and neck disorders, spine fractures and tumors; also trained in minimally invasive techniques and microsurgery kyphoplasty

TERRENCE R. ORR, MD  
TAHOE ORTHOPEDICS & SPORTS MEDICINE  
1139 Third Street, South Lake Tahoe, CA 96150 | 530-541-3100  
925 Tahoe Blvd, #105-106, Incline Village, NV 89451 | 775-580-7600  

Medical school: Medical College of Wisconsin  
Hospital affiliations: Barton Memorial Hospital, Lake Tahoe Surgery Center, Sierra Surgery Hospital, St. Mary’s at Galena  
Board certifications: American Board of Orthopaedic Surgery  
Professional affiliations: Arthroscopy of North America; American Academy of Orthopaedic Surgeons. Team physician, U.S. Ski & Snowboard Team  
Services: Sports medicine, arthroscopic surgery of the knee and shoulder

DANIEL T. ROBERTSON, MD  
TAHOE ORTHOPEDICS & SPORTS MEDICINE  
212 Elks Point Rd, #200, Zephyr Cove, NV 89448 | 775-589-8950  
935 Mica Drive, Building C, Suite 13, Carson City, NV 89705 | 775-783-3065  
1139 Third Street, South Lake Tahoe, CA 96150 | 530-541-3100  

Medical school: Loma Linda University  
Hospital affiliations: Barton Memorial Hospital, Lake Tahoe Surgery Center, Carson Valley Medical Center, Carson Tahoe Regional Medical Center, Sierra Surgery Hospital  
Board certifications: American Board of Orthopaedic Surgery  
Certificate of Additional Qualification: Hand surgery  
Professional affiliations: Fellow, American Academy of Orthopaedic Surgeons, American Society for Surgery of the Hand  
Services: Specializing in surgery of the hand, wrist, elbow and shoulder
ROGER ROGALSKI, MD
TAHOE FRACTURE AND ORTHOPEDIC CLINIC
2874 N. Carson St. Suite 105, Carson City, NV 89706
1520 Virginia Ranch Rd, Gardnerville, NV 89410
1139 Third St, South Lake Tahoe, CA 96150
973 Mica Drive, Ste 201, Carson City, NV 89705 | 775-783-6190 | 800-500-1135

Medical school: Mount Sinai School of Medicine
Hospital affiliations: Barton Memorial Hospital, Carson, Valley Medical Center, Carson Tahoe Regional Medical Center, Sierra Surgery Hospital, Lake Tahoe Surgery Center
Board certifications: American Board of Orthopaedic Surgery
Professional affiliations: American Academy of Orthopaedic Surgeons, American College of Osteopathic Surgeons, American Medical Association
ROBERT E. RUPP, MD
TAHOE ORTHOPEDICS & SPORTS MEDICINE
925 Tahoe Blvd, #105-106, Incline Village, NV 89451 | 775-580-7600
212 Elks Point Rd #200, Zephyr Cove, NV 89448 | 775-589-8950
935 Mica Drive, Building C, Suite 13, Carson City, NV 89705 | 775-783-3065
1139 Third Street, South Lake Tahoe, CA 96150 | 530-541-3100

Medical school: University of Texas, Medical Branch
Hospital affiliations: Barton Memorial Hospital, Carson Valley Medical Center, Lake Tahoe Surgery Center, Incline Village Community Hospital
Board certifications: American Board of Orthopaedic Surgery
Professional affiliations: American Academy of Orthopaedic Surgeons, Arthroscopy Association of North America, Assistant Director Lake Tahoe Sports Medicine Fellowship, Clinical Faculty
University of Nevada School of Medicine
Services: Sports medicine, advanced techniques of shoulder, hip, and knee surgery, arthroscopic rotator cuff repair and hip arthroscopy to avoid hip replacement, trauma and fracture surgery

SCOTT W. SOUTHARD, MD
2158 Jean Avenue, South Lake Tahoe, CA 96150 | 530-541-4117
1520 Virginia Ranch Rd, Suite 1B, Gardnerville, NV 89410 | 775-782-1670

Medical school: University of Nevada School of Medicine
Hospital affiliations: Barton Memorial Hospital, Carson Valley Medical Center, UC Davis Medical Center
Board certifications: American Board of Orthopaedic Surgery, North American Arthroscopy Board
Professional affiliations: American Academy of Orthopaedic Surgery, U.S. Special Olympics Team Physician, UC Davis School of Medicine, Faculty, Associate Professor
Services: Orthopedic surgery, sports medicine

KEITH R. SWANSON, MD
TAHOE ORTHOPEDICS & SPORTS MEDICINE
212 Elks Point Rd #200 Zephyr Cove, NV 89448 | 775-589-8950
935 Mica Drive, Building C, Suite 13, Carson City, NV 89705 | 775-783-3065

Medical school: University of Texas Medical Branch
Hospital affiliations: Barton Memorial Hospital, Lake Tahoe Surgery Center, Carson Valley Medical Center
Board certifications: American Board of Orthopaedic Surgery
Professional affiliations: Fellow, American Academy of Orthopaedic Surgeons
Services: Arthroscopic surgery of the knee and shoulder, joint replacement surgery
KYLE E. SWANSON, MD
TAHOE ORTHOPEDICS & SPORTS MEDICINE
212 Elks Point Rd #200 Zephyr Cove, NV 89448 | 775-589-8950
935 Mica Drive, Building C, Suite 13, Carson City, NV 89705 | 775-783-3065
1139 Third Street, South Lake Tahoe, CA 96150 | 530-541-3100

Medical school: Texas Tech University Health Sciences Center
Hospital affiliations: Barton Memorial Hospital, Lake Tahoe Surgery Center, Carson Valley Medical Center
Board certifications: American Board of Orthopaedic Surgery, Certificate of Added Qualification in Sports Medicine
Certificate of Additional Qualification: Sports medicine
Professional affiliations: Fellow, American Academy of Orthopaedic Surgeons. Team physician, U.S. Ski & Snowboard Team
Services: Orthopedic surgery, total shoulder replacement, treatment of sports injuries and bone trauma

EDWARD M. TAPPER, MD
AFFILIATE OF TAHOE FRACTURE AND ORTHOPEDIC CLINIC
1139 Third Street, South Lake Tahoe, CA 96150
1520 Virginia Ranch Rd Suite 101B, Gardnerville, NV 89410
775-783-6190 | 800-500-1135

Medical school: University of Pittsburgh
Hospital affiliations: Barton Memorial Hospital, Carson Valley Medical Center, Carson Tahoe Regional Medical Center
Board certifications: American Board of Orthopaedic Surgery
Professional affiliations: American Medical Association, American Academy of Orthopaedic Surgeons, ACS, CMA, Coventry Orthopedic Surgery, North Pacific Orthopedic Society, Orthopedic Practice Society
Services: General orthopedics

WILLIAM COTTRELL, MD
BARTON OSTEOPOROSIS & BONE HEALTH
1139 Third Street South Lake Tahoe, CA 96150 | 530-543-5490
935 Mica Drive, Bldg C, Suite 13 & 14, Carson City, NV 89705 | 775-783-3065

Medical school: University of Missouri School of Medicine
Hospital affiliations: Barton Memorial Hospital
Professional affiliations: American Board of Orthopaedic Surgery, International Society for Clinical Densitometry; American Society for Bone and Mineral Research
Services: Treatment for osteoporosis and metabolic bone disease

OSTEOPOROSIS
PAUL D. MANOUKIAN, MD  
SIERRA NEVADA EAR, NOSE AND THROAT ASSOCIATES  
1520 Virginia Ranch Rd Suite 103, Gardnerville, NV 89410 | 775-782-3888  
2874 N. Carson Street, Suite 220, Carson City, NV 89706 | 775-883-7666  
801 E. Williams Ave., Suite 3310, Fallon, NV 89406 | 775-883-7666  
Yerington, NV | 775-782-3888  

Medical school: Tufts University School of Medicine, Harvard University School of Public Health  
Hospital affiliations: Barton Memorial Hospital, Lake Tahoe Surgery Center, Carson Valley Medical Center, Carson Tahoe Regional Medical Center, Sierra Surgery and Imaging, Carson Tahoe Regional Medical Center  
Board certifications: American Board of Otolaryngology  
Professional affiliations: American Academy of Otolaryngology — Head and Neck Surgery, American Academy of Otolaryngologic Allergy  
Services: Otolaryngology, rhinology, head and neck surgery, treatment of sinus and allergy

K. BRIAN ROMANESCHI, MD  
SIERRA NEVADA EAR, NOSE AND THROAT ASSOCIATES  
1520 Virginia Ranch Rd Suite 103, Gardnerville, NV 89410 | 775-782-3888  
2874 N. Carson Street, Suite 220, Carson City, NV 89706 | 775-883-7666  

Medical school: University of Washington School of Medicine  
Hospital affiliations: Barton Memorial Hospital, Lake Tahoe Surgery Center, Carson Valley Medical Center, Carson Tahoe Regional Medical Center, Sierra Surgery and Imaging, Carson Tahoe Regional Medical Center  
Board certifications: American Board of Otolaryngology  
Professional affiliations: American Academy of Otolaryngology — Head and Neck Surgery, American Medical Association  
Services: Otolaryngology, rhinology, head and neck surgery, laser and facial plastic surgery, treatment of sinus and allergy

RONALD ROTH, MD  
BARTON EAR, NOSE & THROAT  
2169 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5815  

Medical school: University of Southern California  
Hospital affiliations: Barton Memorial Hospital, Lake Tahoe Surgery Center  
Board certifications: American Board of Otolaryngology  
Professional affiliations: American Academy of Otolaryngology — Head and Neck Surgery, American Academy of Facial Plastic and Reconstructive Surgery, American College of Surgeons, Clinical Associate Professor, Department ENT/Head and Neck Surgery USC  
Services: Treatment of ear, nose and throat, breathing, voice and sinus problems, sleep apnea and allergy, facial trauma and reconstructive surgery
PETER J. DIGRANDE, MD
2170 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5552 | 775-782-1540

Medical school: University of California at San Diego
Hospital affiliations: Barton Memorial Hospital, Carson Valley Medical Center, Lake Tahoe Surgery Center
Board certifications: American Board of Anesthesia
Association memberships: Fellowship, pain management
Services: Treatment of acute chronic pain and malignant and chronic benign pain syndromes

MICHAEL P. DOYLE, MD
LAKE TAHOE PEDIATRICS
2074 Lake Tahoe Blvd. Suite 9, South Lake Tahoe, CA 96150 | 530-541-6100

Medical school: Medical College of Wisconsin
Hospital affiliations: Barton Memorial Hospital
Board certifications: American Board of Pediatrics
Professional affiliations: American Academy of Pediatrics
Services: Office and hospital care for children from birth to age 21.

MICHELLE FEENEY, MSN, FNP
BARTON PEDIATRICS
155 Highway 50, Stateline, NV 89449 | 775-589-8946

Nursing school: University of San Francisco, California
Board certifications: American Academy of Nurse Practitioners
Services: Adult and pediatric acute illnesses, Adult and pediatric primary care

JONATHAN HALEM, DO
BARTON PEDIATRICS
155 Hwy 50, Stateline, NV 89449 | 775-589-8946

Medical school: Philadelphia College of Osteopathic Medicine, Philadelphia, PA
Board certifications: BLS for Healthcare Providers, Pediatric Advanced Life Support, Neonatal Resuscitation Program
TRACY PROTELL, MD
BARTON PEDIATRICS
155 Highway 50, Stateline, NV 89449 | 775-589-8946

Medical school: University of Nevada School of Medicine
Board certifications: American Board of Pediatrics, American Board of Psychiatry and Neurology

ALLISON STEINMETZ, MD
BARTON FAMILY MEDICINE
1090 Third Street, South Lake Tahoe, CA 96150 | 530-543-5660

Medical school: Tulane University School of Medicine
Board certifications: American Board of Internal Medicine, and Pediatrics.

JENNIFER EHMANN, MD
BARTON COMMUNITY HEALTH CENTER
2201 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5623

Medical school: State University of New York School of Medicine
Board certifications: American Board of Pediatrics
Professional affiliations: American Academy of Pediatrics and American Board of Pediatrics
Services: Pediatric primary care and pediatric acute illness
PETER N. COSTA, MD
AFFILIATE OF TAHOE FRACTURE AND ORTHOPEDIC CLINIC
973 Mica Drive, Suite 201, Carson City, NV 89705 | 775-783-6190
1520 Virginia Ranch Rd, Suite 101B, Gardnerville, NV 89410 | 800-500-1135

Medical school: University of Nevada
Hospital affiliations: Barton Memorial Hospital, Carson Valley Medical Center, Carson Tahoe Regional Medical Center
Board certifications: American Board of Physical Medicine and Rehab
Services: Physical medicine and rehabilitation

ROBIN Y. TOMITA, MD
AFFILIATE OF TAHOE FRACTURE AND ORTHOPEDIC CLINIC
1139 Third Street South Lake Tahoe, CA 96150
973 Mica Drive, Suite 201, Carson City, NV 89705 | 775-783-6190 | 800-500-1135

Medical school: Hahnemann University School of Medicine
Hospital affiliations: Barton Memorial Hospital, Carson Tahoe Regional Medical Center
Board certifications: American Board of Physical Medicine and Rehabilitation, American Board of Electrodiagnostic Medicine
Services: Nonoperative management of low back and neck pain, arthritis, nerve disorders and carpal tunnel syndrome; EMG/nerve conduction studies; pain management

ALISON GANONG, MD
TAHOE ORTHOPEDICS & SPORTS MEDICINE
1139 Third Street, South Lake Tahoe, CA 96150 | 530-541-3100
925 Tahoe Blvd., Suite 105, Incline Village, NV 89541 | 775-580-7600

Graduate School: Medical University of Nevada, Reno, NV
PLASTIC SURGERY

RONALD M. GEMBERLING, MD, FACS
2209 South Avenue, Suite D, South Lake Tahoe, CA 96150 | 530-544-7744

Medical school: University of California at Los Angeles
Hospital affiliations: Barton Memorial Hospital, Good Samaritan, San Jose
Board certifications: American Board of Plastic Surgery — Hand Surgery
Professional affiliations: American Medical Association, American College of Surgeons, American Society of Plastic Surgeons, American Society for Aesthetic Plastic Surgery, California Medical Association, California Society of Plastic Surgeons
Services: Facial cosmetic surgery, breast surgery, body contouring, liposuction, skin cancer, Botox, Restylane, skin fitness programs.

PODIATRY

PATRICIA L. FERRARO, DPM
2229 Barton Avenue South Lake Tahoe, CA 96150 | 530-541-2665

Medical school: California College of Podiatric Medicine
Hospital affiliations: Barton Memorial Hospital, Lake Tahoe Surgery Center
Board certifications: American Board of Podiatric Orthopedics and Primary Medicine
Professional affiliations: American Podiatric Medical Association, California Podiatric Medical Association, American Association of Wound Care Specialists
Services: Diabetic foot care, sports medicine, all foot concerns
TRACY PROTELL, MD  
BARTON PSYCHIATRY  
STATELINE MEDICAL CENTER  
155 Highway 50, Stateline, NV 89449 | 775-589-8946

Medical school: University of Nevada School of Medicine  
Board certifications: American Board of Pediatrics, American Board of Psychiatry and Neurology  

SONIA RUPP, MD  
BARTON PSYCHIATRY  
STATELINE MEDICAL CENTER  
155 Highway 50, Stateline, NV 89449 | 775-589-8946

Medical school: University of Texas Medical Branch  
Hospital affiliations: Barton Memorial Hospital  
Board certifications: American Board of Child & Adolescent Psychiatry

JAY CHUNG, MD  
BARTON RHEUMATOLOGY  
155 Hwy 50, Stateline, NV 89449 | 775-589-8900

Medical school: University of Texas, Houston  
Hospital affiliations: Barton Memorial Hospital  
Board certifications: Diplomat American Board of Internal Medicine & Rheumatology, Certified Clinical Densitometrist with expertise in osteoporosis
LEONARD HOLMGREN, MD
BARTON MEMORIAL HOSPITAL MEDICAL IMAGING &
CARSON VALLEY MEDICAL CENTER MEDICAL IMAGING
2170 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5850
1107 Hwy. 395 South Gardnerville, NV 89410 | 775-782-1533

Medical school: Tufts University School of Medicine Boston, MA
Hospital affiliations: Barton Memorial Hospital, Carson Valley Medical Center
Board certifications: American Board of Radiology
Professional affiliations: American College of Radiology, Radiology Society of North America, American Roentgen Ray Society
Services: Fellowship-trained Musculoskeletal Radiologist with interests in Pain management procedures, kyphoplasty and coronary CTA

PAUL KNIGHT, MD
BARTON MEMORIAL HOSPITAL MEDICAL IMAGING &
CARSON VALLEY MEDICAL CENTER MEDICAL IMAGING
2170 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5850
1107 Hwy. 395 South Gardnerville, NV 89410 | 775-782-1533

Medical school: Rush University Medical School, Chicago, IL
Hospital affiliations: Barton Memorial Hospital, Carson Valley Medical Center
Board certifications: American Board of Radiology
Professional affiliations: American Medical Association, Radiological Society of North America, American College of Radiology

ROBERT SILK, MD
BARTON MEMORIAL HOSPITAL MEDICAL IMAGING &
CARSON VALLEY MEDICAL CENTER MEDICAL IMAGING
2170 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5850
1107 Hwy. 395 South Gardnerville, NV 89410 | 775-782-1533

Medical school: Uniformed Services University of the Health Sciences
Hospital affiliations: Barton Memorial Hospital, Carson Valley Medical Center
Board certifications: American Board of Radiology
Services: Interventional Radiology
GREGORY G. EYRE, MD
BARTON GENERAL SURGERY
1090 Third Street #B, South Lake Tahoe, CA 96150 | 530-543-5691

Medical school: University of Utah School of Medicine
Hospital affiliations: Barton Memorial Hospital, Carson Valley Medical Center
Board certifications: American Board of Surgery
Professional affiliations: American Medical Association, American College of Surgeons, American Society of General Surgeons
Services: General, vascular and thoracic surgery. Da Vinci Robotic Surgery.

KIMBERLY EVANS, MD
BARTON GENERAL SURGERY
1090 Third Street #B, South Lake Tahoe, CA 96150 | 530-543-5691

Medical school: University of Florida College of Medicine
Hospital affiliations: Barton Memorial Hospital and Carson Valley Medical Center
Board certifications: American Board of Surgery
Services: Specializing in minimally invasive surgery and women’s health and Da Vinci Robotic Surgery.
GREGORY BERGNER, MD  
BARTON URGENT CARE & FAMILY PRACTICE  
STATELINE MEDICAL CENTER  
155 Highway 50, Stateline, NV 89449 | 775-589-8900  

Medical school: University of Illinois  
Hospital affiliations: Barton Memorial Hospital  
Board certifications: American Board of Family Medicine  
Professional affiliations: American Academy of Family Physicians, California Academy of Family Physicians  
Services: Adult and pediatric acute illnesses, including laceration repair

MICHELLE FEENEY, MSN, FNP  
BARTON URGENT CARE & FAMILY PRACTICE  
STATELINE MEDICAL CENTER  
155 Highway 50, Stateline, NV 89449 | 775-589-8900  

Nursing school: University of San Francisco, California  
Board certifications: American Academy of Nurse Practitioners  
Services: Adult and pediatric acute illnesses, Adult and pediatric primary care

PAUL L. MARLOWE, MD  
BARTON URGENT CARE & FAMILY PRACTICE  
STATELINE MEDICAL CENTER  
155 Highway 50, Stateline, NV 89449 | 775-589-8900  

Medical school: University Autonoma de Guadalajara  
Board certifications: American Board of Family Medicine  
Professional affiliations: American Academy of Family Physicians, American Medical Association  
Services: Adult and pediatric acute illnesses, including laceration repair

HENNING MEHRENS, MD  
TAHOE URGENT CARE  
2130 Lake Tahoe Blvd. South Lake Tahoe, CA 96150 | 530-541-3277  

Medical school: Ohio State University College of Medicine  
Hospital affiliations: Barton Memorial Hospital  
Professional affiliations: American Association of Family Physicians  
Services: Walk-in clinic, open seven days a week
PAUL W. RORK, MD  
BARTON URGENT CARE AND FAMILY PRACTICE  
STATELINE MEDICAL CENTER  
155 Highway 50, Stateline, NV 89449 | 775-589-8900  

Medical school: New Jersey Medical School  
Hospital affiliations: Barton Memorial Hospital  
Board certifications: American Board of Family Medicine  
Professional affiliations: American Academy of Family Physicians, California Academy of Family Physicians, American Medical Association  
Services: Adult and pediatric acute illnesses, including laceration repair  

BRADLEY ANDERSON, MD  
BARTON UROLOGY  
2169 South Avenue, South Lake Tahoe, CA 96150 | 530-543-5400  

Medical school: University of Oklahoma College of Medicine  
Hospital affiliations: Barton Memorial Hospital  
Board certifications: American Board of Urology  
Services: Specializing in the full range of urologic conditions for men, women, teens and children. Performing minimally invasive robotic surgeries for prostate cancer, kidney cancer, bladder cancer and other urologic conditions. Treats various types of diseases and disorders including prostate and testicular-related issues, urinary tract infections, kidney stones and bladder problems.  

RANDALL G. NIXON, MD  
CARSON UROLOGISTS, LTD  
1425 Vista Lane, Carson City, NV 89703 | 775-883-1030  
155 Highway 50, Stateline, NV 89449  
Also Yerington and Dayton, NV | 775-883-1030 | 800-207-5004  

Medical school: University of Washington, School of Medicine  
Hospital affiliations: Barton Memorial Hospital, Lake Tahoe Surgery Center, Carson Tahoe Regional Medical Center  
Board certifications: American Board of Urology  
Professional affiliations: American Urological Association  
Services: Adult and pediatric urology; laparoscopic surgery for kidney disorders; latest techniques for screening and treatment of prostate cancer (brachytherapy); laser and shock wave treatment for kidney stones; no-scalpel vasectomy and vasectomy reversal; treatment for incontinence, urinary tract infection and erectile dysfunction
THE FOLLOWING PHYSICIANS ARE ON STAFF WITH BARTON HEALTH BUT DO NOT TAKE DIRECT APPOINTMENTS.

**ANESTHESIOLOGY**
Avakumov, Tigran, MD  
Baghdikian, Patrick, MD  
DiGrande, Peter, MD  
Irwin, Wes, MD  
Kundu, Nirvana, MD  
Lee, Edwin, MD  
Lee, Selwyn, MD  
Orr, Cheryl, MD  
Newman, Debra, MD  
Plisko, Andy, MD  
Silverman, Rod, MD  
Stansbury, James, MD

**HOSPITALISTS**
Makris, Jean, MD  
Miller, Leigh Wayne, MD  
Muscat, Marissa, MD  
Schunk, Stefan, MD  
Sneeringer, Mary Rhonda, MD  
Tang, Andrew, MD  
Mehrens, Monika, DO

**PATHOLOGY**
Oliver, Diane, MD  
Turner, Rodenick, MD

**EMERGENCY**
Anton, Amy, MD  
Astengo, Steve, DO  
Ensign, Lars, MD  
Jantos, Thomas, MD  
Josephy, Clay, MD  
Leman, Steven, MD  
McLaughlin, Michael, MD  
McLeod, Corey, MD  
Michelson, Stuart, MD  
Muckerman, Elizabeth, MD  
Myatt, Brooke, MD  
Oeveraas, Targhee, MD  
Orr, Lance, MD  
Ouimet, Adam, MD  
Protell, Peter, MD  
Schankerman, Michael, MD  
Stillwell, Raymond, MD  
Tonini, Timothy, DO  
Withers, Warren, MD  
Yee, Kandra, MD

**TELEMEDICINE**
Bui, Jonathon, MD - Neurology  
Cohen, Stuart, MD - Infectious Disease  
Craft, Noah, MD - Dermatology  
DeKay, Johanna, MD - Psychiatry  
Heifetz, Larry, MD - Oncology  
Kaime, Melissa, MD - Oncology  
Koppel, Ahrin, MD - Oncology  
Koteles, Michael, MD - Endocrinology  
Nagode, Jennifer, MD - Psychiatry  
Madrilejo, Nelson, MD - Endocrinology  
Young, David, MD - Cardiology
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ABUSE & VIOLENCE

**CASA, COURT APPOINTED SPECIAL ADVOCATES**
CASA El Dorado’s trained and court-appointed volunteers advocate on behalf of abused, neglected and at-risk youth.

1354 Johnson Blvd, Suite #2
South Lake Tahoe, CA 96150
530-573-3072 | www.casaeldorado.org

**EL DORADO COUNTY CHILD PROTECTIVE SERVICES**
Investigates reports of abuse, neglect, or harm; provides referrals to community resources.

3368 Lake Tahoe Blvd, Suite 100
South Lake Tahoe, CA 96150
530-573-3201 | www.edcgov.us

**LIVE VIOLENCE FREE**

2941 Lake Tahoe Blvd
South Lake Tahoe, CA 96150
530-544-2118  | 530-544-4444 24HR
www.liveviolencefree.org

CANCER TREATMENT & SUPPORT

**AMERICAN CANCER SOCIETY**
Look Good, Feel Better Program 2nd Monday of every other month 2pm.

691 Sierra Rose, Suite A
Reno, NV 89511
775-828-2214 | www.cancer.org

**BARTON CANCER WELLNESS PROGRAM**
Our program is devoted to helping participants reach an improved state of wellness through guided exercise, yoga and nutrition. It is free to cancer patients and recovering cancer patients and is funded and made possible by the Barton Foundation.

Exercise & Yoga – 530-543-5896
Nutrition – 530-543-5824
www.bartonhealth.org/cancer

**BARTON HEALTH TELE-ONCOLOGY**
Located inside Barton Ear, Nose and Throat
Follow up appointments available in cooperation with Gene Upshaw Memorial Tahoe Forest Cancer Center.

2169 South Avenue
South Lake Tahoe, CA 96150
530-543-5876

**BARTON INFUSION CENTER**
Inside Barton Memorial Hospital
Cancer support services including blood transfusions, hydrations, labs and bone marrow injections.

2170 South Avenue
South Lake Tahoe, CA 96150
530-543-5876
CANCER TREATMENT & SUPPORT

PROSTATE CANCER PEER SUPPORT
Support and information about different treatment options for prostate cancer.

530-402-7480

RENOwn CHILDREN’S HOSPITAL
Renown Children’s Hospital has the region’s only Children’s ER, Pediatric ICU and Children’s Specialty Care that treats children and adolescents with cancer. Children’s Specialty Care is also home to the region’s only Children’s Infusion Center offering 24-7 physician coverage.

1155 Mill St
Reno, NV 89502
775-982-KIDS (5437)
www.renown.org/children

SOUTH LAKE TAHoe CANCER LEAGUE
Limited financial assistance grants for permanent SLT residents who are receiving treatment for cancer. Cleaning services one time per month. Transportation for active treatment at UC Davis, Truckee, Reno, Carson Valley and Local. No charge.

PO Box 17962
South Lake Tahoe, CA 96151
530-573-1703 | www.sltcancerleague.org

GENE UPSHAW MEMORIAL
TAHOE Forest CANCER Center
The Cancer Center at Tahoe Forest Hospital offers services for the early detection, diagnosis and treatment of cancer. Affiliated with UC Davis.

10121 Pine Ave
Truckee, CA 96161
530-582-6450 | www.tahoecancercenter.com
CLOTHING & FOOD/BASIC NEEDS

BREAD & BROTH
Hot meals: Mondays: 4-5:30pm
Grace Hall of St Theresa Church
1041 Lyons Ave South Lake Tahoe, CA 96150
Fridays: 4-5:00pm
Lake Tahoe Community Presbyterian Church
2733 Lake Tahoe Blvd,
South Lake Tahoe, CA 96150

1041 Lyons Ave
South Lake Tahoe, CA 96150
530-542-2876
www.breadandbroth.org

CAL FRESH
Formerly known as food stamps - can add to your food budget to put healthy, nutritious food on your table, using monthly electronic benefits, that can be used to buy foods at many markets and stores. Apply by phone, online or in person at www.c4yourself.com.

3368 Lake Tahoe Blvd, Suite 100
South Lake Tahoe, CA 96150
530-573-3200
www.c4yourself.com

CMSP AND PATH2HEALTH/MEDICAL
Health coverage for low-income, indigent adults in 35 rural counties including El Dorado. Apply in person, by phone or online at www.c4yourself.com.

3368 Lake Tahoe Blvd, #100
South Lake Tahoe, CA 96150
530-573-3200

EL DORADO COUNTY COMMUNITY SERVICES
The Community Services Division offers a wide range of accessible programs designed to meet basic needs and to improve the quality of life for residents living in our community. No charge.

3368 Lake Tahoe Blvd, #202
South Lake Tahoe, CA 96150
530-573-3490
www.edcgov.us

FAMILY RESOURCE CENTER
Clothes appropriate to the season, and a variety of food items everyday M-F 8:30 AM to 5 PM. USDA food commodities are distributed the second Friday of every month until gone, usually available for one-two weeks after that. Fourth Wednesdays meat and vegetables are distributed when available.

3501 Spruce Ave, #B
South Lake Tahoe, CA 96150
530-542-0740
www.tahoefrc.org

GENERAL ASSISTANCE
Cash aid program for indigent adults to help them meet their basic needs. It is a loan that is expected to be repaid. Apply in person.

3368 Lake Tahoe Blvd
South Lake Tahoe, CA 96150
530-573-3273
www.edcgov.us

CHRISTMAS CHEER
Provides food, some clothing and household items. Tuesday, Wednesday, Thursday from 11am-2pm.

1120 3rd Street
South Lake Tahoe, CA 96150
PO Box 14489
South Lake Tahoe, CA 96151
530-542-4934
CLOTHING & FOOD/BASIC NEEDS

HEAP
Federally funded HEAP helps income-eligible families pay their energy bills. If you are eligible, HEAP can help you pay for electricity, wood, propane, or heating oil. Benefits may be paid once a year. No charge.

3368 Lake Tahoe Blvd, 202
South Lake Tahoe, CA 96150
530-573-3490
www.edcgov.us

MEDI-CAL
California’s Medicaid health care program. Pays for a variety of medical services for children and adults with limited income and resources. Apply in person, by phone or online at www.c4yourself.com. There is a Medi-Cal outreach at Barton Memorial Hospital.

3368 Lake Tahoe Blvd, #100
South Lake Tahoe, CA 96150
530-573-3200

SOUTH LAKE TAHOE SENIOR CENTER
The Senior Center offers a nutritional program Monday through Friday at 12:00 noon. A donation of $3 is suggested, but not required, for lunch.

3050 Lake Tahoe Blvd
South Lake Tahoe, CA 96150
530-573-3130
www.cityofslt.us

WIC, WOMEN’S, INFANTS AND CHILDREN SUPPLEMENTAL NUTRITION PROGRAM
WIC provides nutritional and health education as well as food coupons to qualifying women, infants and children. No charge.

1360 Johnson Blvd., Suite 103
South Lake Tahoe, CA 96150
530-573-3491
www.edcgov.us
COMMUNITY SUPPORT GROUPS

**BETTER BREATHERS SUPPORT GROUP**
Call for group times. Helps patients and family understand COPD and learn techniques to improved breathing.

Tahoe Senior Plaza
1101 3rd Street
South Lake Tahoe, CA 96150
530-542-9183

**BREAST CANCER ONLINE SUPPORT**
Online support groups available for women who have been diagnosed with breast cancer.

www.oneineightsupport.org

**CAMP SUNRISE**
Camp Sunrise is a FREE grief summer camp designed for children age 7 – 14 who have experienced the death of a family member. Children receive grief education and support through fun-filled activities and programs.

2092 Lake Tahoe Blvd, Suite 500
South Lake Tahoe, CA 96150
530-543-5614

**DIABETES SUPPORT GROUP**
Creating a space for those affected by type 1 diabetes to come together and share experiences, ideas and resources. To be held the first Tuesday of each month at the Barton Memorial Hospital board room from 5:00PM-6:30PM.

2170 South Avenue, South Lake Tahoe CA 96150
530-543-5581
DOMESTIC VIOLENCE SUPPORT GROUP
Women's English - Wednesday 11am - 12pm
Women's Spanish - Thursday 12-1pm
Daycare available at both groups.

2941 Lake Tahoe Blvd
South Lake Tahoe, CA 96150
530-544-2118
www.liveviolencefree.org

EL DORADO COUNTY FAMILY CAREGIVER SUPPORT PROGRAM
Meets the 2nd Thursday of every month at 5:30-7:00pm.

3050 Lake Tahoe Blvd
South Lake Tahoe, CA 96150
530-621-6151
www.edcgov.us

FAMILY TIES
This support line is designed to assist people in finding resources for a loved one with any chronic illness, disability or other condition. Callers who don’t know where to go for help can call the support line from 8:30am – 5pm, Monday – Friday.

866-326-8437
www.familytiesnv.org

FOSTER AND KINSHIP CARE SUPPORT - SPANISH
Tuesdays and Wednesdays 5 - 7:15pm

3501 Spruce Ave, #B
South Lake Tahoe, CA 96150
530-542-0740
www.tahoefrc.org

INCREDIBLE YEARS PARENTING GROUP - SPANISH
Wednesday 3-4:30pm

3501 Spruce Ave, #B
South Lake Tahoe, CA 96150
530-542-0740
www.tahoefrc.org

REFLECTIONS OF LIFE AND LOSS
Free grief support group provides info and support for those grieving the loss of a loved one. 1st/3rd Thursday of each month. Registration required.

2092 Lake Tahoe Blvd, Suite 500
South Lake Tahoe, CA 96150
530-543-5581
www.bartonhealth.org

SPANISH WELLNESS SUPPORT GROUP
Mondays and Fridays 3-5pm

3501 Spruce Ave, #B
South Lake Tahoe, CA 96150
530-542-0740
www.tahoefrc.org

UNDERSTANDING YOUR GRIEF
9 session support group offered spring and fall for those who have experienced the loss of a loved one to process their grief, promote healing, share stories, creative expression. Registration required.

2092 Lake Tahoe Blvd, Suite 500
South Lake Tahoe, CA 96150
530-543-5581
www.bartonhealth.org
DR. MITCHELL GOODIS
Dentist on the western slope of El Dorado County who sees both adults and children and takes all forms of private insurance, Medi-Cal, CMSP, and discount plans.

540 Main St #102
PO Box 500
Diamond Springs, CA 95619
530-344-0290

6400 Pleasant Valley Rd
PO Box 568
El Dorado, CA 95623
530-622-2862

DR. INJOO HAN, PLACERVILLE DENTIST
Placerville dentist who takes Medi-Cal, self-pay, CMSP and most insurances.

4355 Golden Center Drive, Suite A
Placerville, CA 95667
530-622-3430

DR. MIREYA ORTEGA
Basic dental care for children ages 6-16 without insurance and whose family meets financial eligibility. Cost $5 - $10 per visit.

Young Tahoe Smiles Program
1060 Ski Run Boulevard
South Lake Tahoe, CA 96150
530-541-7040
www.youngtahoecares.org

TOOTH TRAVELERS
MOBILE DENTAL CLINIC
Provides high-quality preventative services (comprehensive exams, x-rays, basic fillings, restorative procedures, fluorides, varnishes, sealants, dental cleanings and oral hygiene instruction) and dental education to everyone.

530-626-8626
www.toothtravelers.org
**AL ANON**
Friends and family members of problem drinkers share their experiences and learn how to apply the principles of the Al-Anon program to their individual situations - No charge.

530-541-1243 | Call 24 HRS a Day
www.al-anon-alateen.org

**ALCOHOLICS ANONYMOUS**
Groups are held 7 days per week with specialty groups for men, women and young people. Please call for more information. No charge.

530-541-1243 | Call 24 HRS a Day
www.nnig.org

**CARSON TAHOE BEHAVIORAL HEALTH ~ OUTPATIENT TREATMENT**
Adult, individual and/or group substance abuse counseling. Accepts most insurance, medicare and medicaid.

775 Fleischmann Way
Carson City, NV 89703
775-445-7756
www.carson tahoe.com

**CARSON TAHOE BEHAVIORAL HEALTH ~ INPATIENT TREATMENT**
Intensive treatment for adults 18+ for substance abuse. Medical model detoxification; chemical dependency program.

1080 N. Minnesota Street
Carson City, NV 89703
775-445-7350
www.carson tahoe.com

**EL DORADO COUNTY ALCOHOL AND DRUG**
Prevention education and teen drug court; free for those referred by court system.

1900 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
530-573-7959
www.edcgov.us

**FREEDOM FROM SMOKING CLASSES**
Learn how to quit smoking. In-person classes. Barton University.

530-543-5882
education.barton health.org

**NARCOTICS ANONYMOUS**
Call for meetings and locations.

530-541-4100
www.sierrasagena.org

**SOUTH TAHOE DRUG FREE COALITION**
Community coalition focused on youth substance abuse prevention.

530-541-2445
www.bedrugsafe.com

**TAHOE TURNING POINT**
Drug and alcohol education and substance abuse & addiction counseling for adults and adolescents. Sliding scale, insurance.

2494 Lake Tahoe Blvd, Suite B5
PO Box 17509
South Lake Tahoe, CA 96151
530 541-4594
www.tahoeturningpoint.org

**TAHOE YOUTH & FAMILY SERVICES**
Substance abuse evaluations and counseling for youth and adults. DUI counseling for Level 2, 2X and 3. Medi-Cal, private insurance and sliding scale.

1021 Fremont Avenue
South Lake Tahoe, CA 96150
530-541-2445
www.tahoeyouth.org
**VITALITY LAKE TAHOE**
Outpatient drug and alcohol recovery for adults. Free.

1137 Emerald Bay Rd
South Lake Tahoe, CA 96150
530-541-5190
www.vitalityunlimited.org/VitalityCenterLakeTahoe.shtml

**TOBACCO USE PREVENTION PROGRAM**
Stop smoking resources and no smoking laws.

931 Spring Street
Placerville, CA 95667
530-621-6142
www.edcgov.us/publichealth

**1-800-NO BUTTS**
Smoking cessation information. Quitting literature and telephone counseling. If Medi-Cal, provide number, issue date and ask for $20 incentive gift card.

**1-800-NO BUTTS**
**EDUCATION & PREVENTION SERVICES**

**BARTON UNIVERSITY**
Corporate university and community education provider for Barton Health. Barton University provides enriching, innovative programs that promote personal knowledge and professional growth.

1113 Emerald Bay Rd, Suite #1
South Lake Tahoe, CA 96150
530-543-5549
education.bartonhealth.org

**BARTON WELLNESS PROGRAMS**
Health videos, health library and other great wellness information available online.

2092 Lake Tahoe Blvd, Suite 400
South Lake Tahoe, CA 96150
530-543-5615
www.bartonhealth.org/wellness-programs

**EL DORADO COUNTY HEALTH AND HUMAN SERVICES**
Provides a variety of services including communicable disease control, testing for sexually transmitted infections, immunizations, alcohol and drug prevention, and community nursing.

1360 Johnson Blvd, #103
South Lake Tahoe, CA 96150
530-573-3155
www.edcgov.us/publichealth

**RADON AT TAHOE**
Radon awareness and information for the second leading cause of lung cancer.

PO Box 2576
South Lake Tahoe, CA 96158
www.radonattahoe.com

**EMERGENCY MEDICAL**

**BARTON MEMORIAL HOSPITAL**
24-hour emergency care.

2170 South Ave
South Lake Tahoe, CA 96150
530-541-3420
www.bartonhealth.org

**POISON CONTROL**
The California Poison Control System (CPCS) provides immediate, free and expert treatment advice and referral over the telephone in case of exposure to poisonous or toxic substances. Services are available 24 hours a day, 7 days a week.

800-222-1222
www.calpoison.org

**BARTON URGENT CARE**
Stateline Medical Center
Mon-Fri, 8am-6pm and Sat/Sun 9am-5pm - Insurance and self pay.

155 Highway 50
Stateline, NV 89449
775-589-8900
www.bartonhealth.org

**TAHOE URGENT CARE**
7 days, 8am-6pm - Insurance and self pay.

2130 Lake Tahoe Blvd
South Lake Tahoe, CA 96150
530-541-3277
www.tahoeurgentcare.com
AFFORDABLE HOUSING COMPLEXES IN TAHOE
List of affordable housing complexes in South Lake Tahoe.

530-542-6158  
www.cityofslt.us

DOMESTIC VIOLENCE SHELTER
24-hour response: Emergency shelter and 90-day temporary shelter for male and female victims of domestic violence and their families.

2941 Lake Tahoe Blvd  
South Lake Tahoe, CA 96150  
530-544-2118 bus  
530-544-4444 24-hour  
www.liveviolencefree.org

HOUSING HOTLINE
The Housing Hotline is a phone number you can call and get information, locate resources, request assistance, or potentially file a complaint regarding the condition of your rental unit. No charge.

1052 Tata Lane  
South Lake Tahoe, CA 96150  
530-542-7417  
www.cityofslt.us

MENTAL HEALTH/COUNSELING SERVICES

BARTON COMMUNITY HEALTH CENTER
This clinic provides primary health care services to the community and mental health services. Medi-Cal, insurance and sliding scale.

2201 South Ave  
South Lake Tahoe, CA 96150  
530-543-5623

BARTON PSYCHIATRY
Individual therapy for adults and children. Children by referral only. Insurance and private pay only.

155 Highway 50  
Stateline, NV 89449  
775-589-8946  
www.bartonhealth.org

CARSON COUNSELING AND SUPPORTIVE SERVICES
Services for children, adolescents, and adults include: outpatient counseling, psychosocial rehabilitation, service coordination, consultation and education, crisis services, group therapy. Sliding scale, Medicare, Medicaid and private insurance.

1665 Old Hot Springs Rd, Suite 150  
Carson City, NV 89706  
775-687-4195 | 800-992-5757 24hr  
www.mhds.state.nv.us

CARSON TAHOE BEHAVIORAL HEALTH - INPATIENT PSYCHIATRIC
Adults ages 18 and older inpatient psychiatric disorders. Accepts most insurance, medicare and medicaid.

1080 N. Minnesota Street  
Carson City, NV 89703  
775-445-7350  
www.carson tahoe.com
MENTAL HEALTH/COUNSELING SERVICES

CARSON TAHOE BEHAVIORAL HEALTH - OUTPATIENT PSYCHIATRIC
Treats youth and adults with psychiatric and addictive disorders through individual and group counseling. Accepts most insurance, medicare and medicaid.

775 Fleischmann Way
Carson City, NV 89703
775-445-7756
www.carsontahoe.com

EL DORADO COUNTY HEALTH AND HUMAN SERVICES, MENTAL HEALTH DIVISION
24 hour crisis line, outpatient services and wellness center for adults and children. Accepts Medi-Cal and private pay.

1900 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
530-544-2219 - 24HR Crisis
530-573-7970
www.edcgov.us/mentalhealth

EL DORADO COUNTY VICTIM/WITNESS ASSISTANCE
Crisis intervention, counseling services, referrals, advocacy, and compensation for victims of crime, all ages. No charge.

515 Main Street
Placerville, CA 95667
530-642-4760
www.edcgov.us
www.vcgcb.ca.gov/victims

FAMILY RESOURCE CENTER
Bilingual counseling for children ages 5-18 and adults who do not have insurance. No charge.

3501 # B Spruce Ave
South Lake Tahoe, CA 96150
530-542-0740
www.tahoefrc.org
MENTAL HEALTH/COUNSELING SERVICES

LIVE VIOLENCE FREE
Counseling, advocacy and support for child and adult victims of domestic violence, sexual assault and child abuse and their families. 24 hour emergency response. Sliding scale for professional counseling.

2941 Lake Tahoe Blvd
South Lake Tahoe, CA 96150
530-544-4444 24 hr | 530-544-2118 business
www.liveviolencefree.org

PSYCHIATRIC HEALTH FACILITY
The Psychiatric Health Facility is a 24-hour structured, therapeutic environment staffed by trained mental health professionals which provides services to both voluntary and involuntary adult patients who are in acute psychiatric distress. Private pay, Medi-Cal, sliding scale.

935-B Spring Street, Placerville, CA 95667
530-621-6210 | www.edcgov.us/mentalhealth

SIERRA CHILD & FAMILY SERVICES
Provides counseling services to children.

2580 Lake Tahoe Blvd,
South Lake Tahoe, CA 96150
530-544-2111

TAHOE TURNING POINT
Professional therapeutic services and substance abuse counseling to adults and adolescents. Sliding scale, most insurances.

2494 Lake Tahoe Blvd, Suite B5
PO Box 17509, South Lake Tahoe, CA 96151
530-541-4594 | www.tahoeturningpoint.org

TAHOE YOUTH & FAMILY SERVICES

1021 Fremont Ave, South Lake Tahoe, CA 96150
530-541-2445 | 800-870-8937 - 24 Hour
www.tahoeyouth.org
PEOPLE WITH DISABILITIES

**ALTA CA REGIONAL**
Intervention and support for adults and children at risk for, or with, intellectual and/or developmental disabilities and their families.

2489 Lake Tahoe Blvd, Suite 1
South Lake Tahoe, CA 96150
530-542-0442
www.altaregional.org

**CHOICES DAY PROGRAM**
Support services for adults with developmental disabilities. Programs to foster independence, personal development and self-sufficiency.

870 Emerald Bay Rd, #400
South Lake Tahoe, CA 96150
530-541-0167
www.cts-choices.org

**CONNECTIONS**
One Stop can help disabled individuals search for a job, develop a quality resume, enhance job interview skills and more.

3368 Lake Tahoe Blvd.
South Lake Tahoe, CA 96150
530-573-4330
www.edc-gov.us/humanservices.com

**FIRST 5, TOGETHER WE GROW**
Developmental screenings for children under 5 - determines child’s developmental level and any risks for developmental delays.

Early Childhood Specialist
530-543-2310 x252
530-295-2955
www.edcoe.org/programs

**JOB PLACEMENT: VOCATIONAL REHABILITATION**
Provide services and advocacy resulting in employment and equality for individuals with disabilities.

2489 Lake Tahoe Blvd, Suite 4
South Lake Tahoe, CA 96150
530-541-3226
www.rehab.cahwnet.gov

**LAKE TAHOE UNIFIED SCHOOL DISTRICT**
Special services department for children birth to 18 months with special needs.

1021 Al Tahoe Blvd
South Lake Tahoe, CA 96150
530-541-2850 x226
www.ltusd.org

**TAHOE AREA COORDINATING COUNCIL FOR THE DISABLED**
Community Advocacy Group: Meets at California Dept. Of Vocational Rehabilitation offices, Fourth Monday, noon, FREE.

2572 Lake Tahoe Blvd
South Lake Tahoe, CA 96150
530-544-1127
tahoeareacoordinatingcouncilfordisabled.com

**TRAILS AT THE LAKE**
Provides personnel services, training and support for physically, developmentally, and/or psychiatrically challenged persons including job training, personal budgeting assistance and independent or assisted living services. Private pay, may qualify for aid.

2572 Lake Tahoe Blvd
South Lake Tahoe, CA 96150
530-544-1127
www.trailsatthelake.org
**AMERICAN RED CROSS**
Disaster relief and emergency preparedness plus CPR certification and first aid courses. Charge for educational courses.

1565 Exposition Blvd
Sacramento, CA 95815
530-312-4441
www.redcrosscrc.org

**CA HIGHWAY PATROL**
Highway law enforcement, child safety seat information, AMBER Alerts, DUI Info and other youth safety information.

2063 Hopi Ave
South Lake Tahoe, CA 96150
530-577-1001
www.chp.ca.gov

**CITY OF SOUTH LAKE TAHOE - EMERGENCY ALERTS**
Receive emergency alerts via cell phone or email. Sign up at the city’s website.

530-542-6093 | www.cityofslt.us

**EL DORADO COUNTY SHERIFF’S OFFICE**
El Dorado County law enforcement & SLT Jail.

1360 Johnson Blvd, #100
South Lake Tahoe, CA 96150
530-573-3000
530-573-3300 Non emergency dispatch
www.edcgov.us/sheriff

**LAKE TAHOE SECRET WITNESS**
The Secret Witness Program relies on the anonymous tips of community members. When a person becomes aware of criminal activity, the individual can make an anonymous phone call to a 24-hour, 7-days a week hotline.

PO Box 14282
South Lake Tahoe, CA 96151
530-541-6800 (Hotline)

**LAKE VALLEY FIRE PROTECTION DISTRICT**
Fire protection and emergency medical response on East Slope of El Dorado County. Chipping program, defensible space program and information.

2211 Keetak Street
South Lake Tahoe, CA 96150
530-577-3737
www.lakevalleyfire.org

**SOUTH LAKE TAHOE FIRE DEPT.**
Fire protection and emergency medical response within the City of South Lake Tahoe.

2101 Lake Tahoe Blvd
South Lake Tahoe, CA, 96150
530-542-6160
www.cityofslt.us/fire

**SOUTH LAKE TAHOE POLICE DEPT**
City of South Lake Tahoe law enforcement.

1352 Johnson Blvd
South Lake Tahoe, CA 96150
530-542-6100
www.cityofslt.us/police

**TAHOE DOUGLAS FIRE PROTECTION DISTRICT**
Nevada fire protection department. Chipping, fuels reduction program, fire prevention information.

PO Box 919
193 Elks Point Rd
Zephyr Cove, NV 89448
775-588-3591
www.tahoefire.com
A HAND AT HOME
Provides a wide range of non-medical support services that help families function and meet their needs for daily living in the comfort of their own homes. Insurance and private pay.
1543 Horace Greeley Ave
South Lake Tahoe, CA 96150
530-545-0780 | www.ahandathome.net

ADULT PROTECTIVE SERVICES
Investigate reports of abuse or neglect of persons 65 years of age and older, and those ages 18-64 who meet criteria for dependent adult.
3368 Lake Tahoe Blvd, Suite 100
South Lake Tahoe, CA 96150
530-573-3210

BARTON HOME HEALTH
Skilled home health care for post-operative, diabetic, rehabilitation, cardiac and wound care.
2092 Lake Tahoe Blvd, Suite 500
South Lake Tahoe, CA 96150
530-543-5581
www.bartonhealth.org

BARTON HOSPICE
Provides comfort and relieves symptoms of those who are terminally ill.
2092 Lake Tahoe Blvd, Suite 500
South Lake Tahoe, CA 96150
530-543-5581
www.bartonhealth.org

DOUGLAS COUNTY SENIOR CENTER
Recreational, educational and wellness activities for seniors age 60 and older; meals on wheels; homemaker services; and DART transportation.
1329 Waterloo lane
Gardnerville, NV 89410
775-783-6455
www.douglascountynv.gov

EL DORADO COUNTY VETERANS AFFAIRS
Hours in SLT, every Tuesday 9:30 am – 3:30 pm; Veterans can get help with: compensation for service related disabilities; pension and education benefits; referrals to VA medical facilities; government life insurance; survivor benefits; CA college fee waiver; and more.
3050 Lake Tahoe Blvd
South Lake Tahoe, CA 96150
530-621-5892
www.edcgov.us/veterans

ELDER OPTIONS
Working with families to find solutions for older family members in honoring their wishes and keeping them safe at home.
2197 Lake Tahoe Blvd
South Lake Tahoe, CA 96150
530-541-1812
www.elderoptionsca.com

OPEN
Aid for people with extraordinary medical needs, targeting people who fall through the cracks of insurance, or who don’t have insurance at all. Referral from health or non-profit agency required. No charge.
PO Box 13802
South Lake Tahoe, CA 96150
530-541-1722

SOUTH LAKE TAHOE SENIOR CENTER
An activity center that brings support services including exercise program, computer lab, tax preparation, legal services, daily meals, nutrition counseling to the senior population of South Lake Tahoe. Call for more information.
3050 Lake Tahoe Blvd
South Lake Tahoe, CA 96150
530-542-6094
www.cityofslt.us
SENIOR HEALTH/SUPPORT

TAHOE DOUGLAS SENIOR CENTER
Membership program for Tahoe basin residents. Recreational and support available including a monthly luncheon; group shopping trips. Limited transportation assistance for Douglas County residences.

885 U.S. 50 | PO Box 1771
Zephyr Cove, NV 89448
775-588-5140

VITALITY FOR LIFE
Intensive outpatient senior wellness and mental health program serving seniors with depression, anxiety, grief and loss, social isolation and other mental health/life issues. Primary medicare with secondary insurance/private pay.

Carson Valley Medical Center
1107 Highway 395
Gardnerville, NV 89410
775-782-1599

WIDOWED PERSONS ASSOCIATION OF CA, CHAPTER 17
Membership group ($30/year) for men and women with weekly recreational and support opportunities in addition to a monthly group gathering the last Sunday of each month.

PO Box 17766
South Lake Tahoe, CA 96153
530-573-0814
530-542-4912

SENIOR LIVING

BARTON SKILLED NURSING FACILITY
The Skilled Nursing Facility provides long-term care to residents who do not need acute care, but cannot be cared for at home.

2170 South Ave
South Lake Tahoe, CA 96150
530-543-5888
www.bartonhealth.org

CARSON VALLEY SENIOR LIVING
High quality assisted living and memory care in Gardnerville, Nevada.

1189 Kimmerling Rd
Gardnerville, NV 89460
775-265-1400
www.carsonvalleyseniorliving.com

GARDNERVILLE HEALTH AND REHABILITATION CENTER
24-hour skilled nursing; Long-term care, post acute rehabilitation, physical therapy, occupational therapy, speech-language pathology, social services including transition planning. Medicare; medicaid; private insurance; private pay.

1573 Mathias Parkway
Gardnerville, NV 89410
775-782-6620
www.gardnervillehealthandrehab.com

KELLY RIDGE APARTMENTS
Affordable housing for seniors - independent living.

1447 Herbert Ave
South Lake Tahoe, CA 96150
530-542-1680
www.kellyridgelaketahoe.com

THE LODGE
Assisted living and memory care facility. Long term care insurance, VA aid and attendance benefits.

2200 East Long St, Carson City, NV 89706
775-400-2520 | www.thelodgealf.com
EMERITUS
Assisted living, independent living and memory care services for seniors promoting an active lifestyle. Private pay, long term care insurance.

1565-A Virginia Ranch Rd
Gardnerville, NV 89410
775-782-3100
www.merrillgardens.com

MOUNTAIN VIEW HEALTH AND REHABILITATION CENTER
Residential facility for seniors: Dementia services, 24-hour skilled nursing, restorative nursing, long-term care. Medicare, medicaid, private insurance, HMO, private pay.

201 Koontz Lane
Carson City, NV 89701
775-883-3622
www.mountainviewhealthandrehab.com

NO PLACE LIKE HOME SENIOR CARE
Our compassionate caregivers are ready to help you with a variety of daily activities such as light housekeeping, meal planning, medication reminders, bathing and dressing and other helpful tasks.

775-392-2000 | www.NvPlaceLikeHome.com

TAHOE SENIOR PLAZA
Affordable housing for seniors 62 and older - independent living.

1101 3rd Street
South Lake Tahoe, CA 96150
530-542-7048
www.tahoeseniorplaza.com

THE ARBORS, MEMORY CARE COMMUNITY
Alzheimer’s and other dementia care facility in Nevada.

2121 East Prater Way
Sparks, NV 89434
775-331-2229 | www.arborsmemorycare.com
TRANSPORTATION

AMTRAK
Bus to Sacramento and out of the area.
800-872-7245 | www.amtrak.com

BLUE GO, TAHOE TRANSPORTATION DISTRICT
Includes South Shore fixed-route service, seasonal ski shuttles and commuter bus service to Carson City and the Carson Valley. Provides ADA paratransit and on-demand service within the City of South Lake Tahoe, northern El Dorado County and western Douglas County.
775-589-5500 | 530-541-7149
www.tahoetransportation.org/transit/bluego

OPEN
Aid for people with extraordinary medical needs, targeting people who fall through the cracks of insurance, or who don’t have insurance at all. Every request for aid will be considered.
PO Box 13802
South Lake Tahoe, CA 96151
530-541-1722

SOUTH LAKE TAHOE SENIOR CENTER
Free transportation within South Lake Tahoe for senior citizens. Call the Senior Center to make an appointment for transportation.
3050 Lake Tahoe Blvd
South Lake Tahoe, CA 96150
530-542-6094
www.cityofslt.us

SOUTH LAKE TAHOE CANCER LEAGUE
Free transportation for cancer treatments or office visits for cancer patients currently undergoing treatment. Transportation provided in SLT, Reno, Sparks, Truckee, the Carson Valley and UC Davis.

PO Box 17962
South Lake Tahoe, CA 96151
530-573-1703
www.sltcancerleague.org

SOUTH TAHOE EXPRESS
Shuttle from Stateline Casinos to Reno Airport.
866-89-TAHOE or 775-325-8944
www.southtahoeexpress.com

YOUTH: PHYSICAL, EMOTIONAL & SOCIAL HEALTH

BOYS AND GIRLS CLUB
After school programs for school aged children during the school year. All day programs during summer breaks.
1100 Lyons Ave
South Lake Tahoe, CA 96150
Mailing: PO Box 17846
South Lake Tahoe, CA 96151
530-542-0838
www.bgclt.org

CHILDREN’S HEALTH INITIATIVE, HEALTH INSURANCE
The Children’s Health Initiative (CHI) assists families with children under 5 in securing, obtaining, utilizing and maintaining health insurance coverage.

931 Spring Street
Placerville, CA 95667
530-621-6142
Toll Free Within El Dorado County:
800-510-2020
www.edcgov.us
CHILD HEALTH AND DISABILITY PREVENTION PROGRAM
Complete health and dental assessments for early detection and prevention of diseases and disabilities in children and youth (including school entry exams, sports physicals and immunizations). Serves: Medi-Cal eligible children birth through 20 years and Low income children at or below 200 percent of poverty, birth through 18 years.

1360 Johnson Blvd., #103
South Lake Tahoe, CA 96150
530-573-3165 | www.edcgov.us

CHOICES FOR CHILDREN
Help finding child care and determine subsidized child care eligibility. Emergency formula and diapers for families in need. Education and resources including toy library. Licensing and regulation information.

1029 Takela Drive, South Lake Tahoe, CA 96150
530-541-5848

FAMILY RESOURCE CENTER
Low cost bilingual summer environmental education program, and Social skills groups during school year.

3501 Spruce Ave, #B, South Lake Tahoe, CA 96150
530-542-0740 | www.tahoefrc.org

FOSTER FAMILY & ADOPTION SERVICES SIERRA CHILD & FAMILY SERVICES
Provides support for foster youth and foster or adoptive families. Families who are interested in becoming a foster or adoptive parent should call to inquire.

2580 Lake Tahoe Blvd
South Lake Tahoe, CA 96150
530-544-2111

HEALTHYCHILDREN.ORG
Up-to-the-minute pediatric health information specially customized for you and your family. A monthly HealthyChildren.org eNewsletter.

The American Academy of Pediatrics
141 Northwest Point Blvd
Elk Grove Village, IL 60007
info@healthychildren.org
www.healthychildren.org

SOUTH LAKE TAHOE RECREATION CENTER
Year-round aquatic and other recreational programs for kids ages 5-14. Self pay. Sliding Scale.

1180 Rufus Allen Blvd
South Lake Tahoe, CA 96150
530-542-6056
www.cityofslt.us

SOUTH LAKE TAHOE LIBRARY
Public access internet, wifi, books, audiobooks, movies, and children's programs.

1000 Rufus Allen Blvd
South Lake Tahoe, CA 96150
530-573-3185
www.eldoradolib.org

TAHOE YOUTH & FAMILY SERVICES
Drop in center for youth up to age 24. Tuesday-Saturday 1-5pm; basic needs and support. No charge.

1021 Fremont Ave
South Lake Tahoe, CA 96150
530-541-2445
www.tahoeyouth.org

UNIVERSITY OF CALIFORNIA CALFRESH NUTRITION EDUCATION
While advocating for nutrition, help adults and their families establish & maintain healthy eating habits & physically active lifestyles. Available for any nutritional resources you may need. No charge, but must be eligible for Supplemental Nutrition Assistance Program (SNAP), WIC, or Head Start.

1100 Lyons Ave, Room A5
South Lake Tahoe, CA 96150
530-543-2312 x238
www.uccalfresh.com
## SUGGESTED HEALTH SCREENINGS

### for Men aged 18 and Older

<table>
<thead>
<tr>
<th>Exam, Test or Procedure</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone Mineral Density Assessment</td>
<td>Ages 50+: At least one</td>
</tr>
<tr>
<td>Colonoscopy</td>
<td>Ages 50+: Every ten years</td>
</tr>
<tr>
<td>Influenza (flu) Immunization</td>
<td>All ages 6 month and older: Annually</td>
</tr>
<tr>
<td>Lab – Fasting Complete Blood Count (CBC), Complete Metabolic Panel (CMP) &amp; Chemical Urinalysis</td>
<td>Ages 18-39: Every five years Ages 40+: Every two years</td>
</tr>
<tr>
<td>Lab – Complete Lipid Profile</td>
<td>Ages 50+: Every three years</td>
</tr>
<tr>
<td>Lab – Thyroid-Stimulating Hormone (TSH)</td>
<td>Ages 50+: Every three years</td>
</tr>
<tr>
<td>Lab – PSA Blood Test</td>
<td>Ask your physician</td>
</tr>
<tr>
<td>Physical Exam: Includes items such as abdomen, heart, height, weight, neck, vision/color, hearing (forced whisper), blood pressure, pelvic, rectal, prostate rectal exam, hemoccult (stool occult blood), testicles &amp; groin</td>
<td>Ages 18-39: Every two years Ages 40+: Annually</td>
</tr>
<tr>
<td>Pneumovax (Pneumonia ) Immunization</td>
<td>Ages 65+</td>
</tr>
<tr>
<td>Resting EKG</td>
<td>Baseline ages 40-49, Every four years ages 50-64, Every three years ages 65+</td>
</tr>
<tr>
<td>Shingles Immunization</td>
<td>Age 60+</td>
</tr>
<tr>
<td>TB Skin Test</td>
<td>Every 5 years</td>
</tr>
<tr>
<td>Tetanus (Td) or Tdap if indicated</td>
<td>Every 10 years starting at age 30</td>
</tr>
</tbody>
</table>

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For children under 18, Barton Health recommends regular well-child exams by your child’s pediatrician as determined by the American Academy of Pediatrics.
### SUGGESTED HEALTH SCREENINGS

for Women aged 18 and Older

<table>
<thead>
<tr>
<th>Exam, Test or Procedure</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone Mineral Density Assessment</td>
<td>Post-Menopausal: Every three years</td>
</tr>
<tr>
<td>Colonoscopy</td>
<td>Ages 50+: Every ten years</td>
</tr>
<tr>
<td>Influenza (flu) Immunization</td>
<td>All ages 6 month and older: Annually</td>
</tr>
</tbody>
</table>
| Lab – Fasting Complete Blood Count (CBC), Complete Metabolic Panel (CMP) & Chemical Urinalysis | Ages 18-39: Every five years  
Ages 40+: Every two years                                   |
| Lab – Complete Lipid Profile                                | Ages 50+: Every three years                                              |
| Lab – Thyroid-Stimulating Hormone (TSH)                     | Ages 50+: Every three years                                              |
| Mammogram                                                   | Ages 35-39: One time baseline  
Ages 40-49: Every two years  
Ages 50+: Annually                                          |
| Pap/Pelvic                                                  | Ages 18+: Every three years                                              |
| Physical Exam: Includes items such as abdomen, breasts, heart, height, weight, neck, vision/color, hearing (forced whisper), blood pressure, pelvic, rectal, hemoccult (stool occult blood) | Ages 18-39: Every two years  
Ages 40+: Annually                                          |
| Pneumovax (Pneumonia ) Immunization                        | Ages 65+                                                                  |
| Resting EKG                                                 | Baseline ages 40-49, Every four years  
ages 50-64, Every three years  
ages 65+                                                      |
| Shingles Immunization                                       | Age 60+                                                                  |
| TB Skin Test                                                | Every five years                                                         |
| Tetanus (Td) or Tdap if indicated                           | Every ten years starting at age 30                                         |

For children under 18, Barton Health recommends regular well-child exams by your child’s pediatrician as determined by the American Academy of Pediatrics.
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Heal Like a Champion.

Travis Ganong: Olympic Athlete/Patient

US Olympic downhiller and big mountain skier, Travis Ganong knows how to pick the perfect line. Whether he’s skiing chutes or competing in the racecourse, Travis knows the importance of picking the best orthopedic care team. That’s why he chooses the Tahoe Center for Orthopedics - treating Travis Ganong and champions like you!

Tahoe Center for Orthopedics
Barton Health

877.543.5554
TahoeOrthopedics.com