



Bend-Based Osheru Reaches a New Stage in Oregon-Grown Medical Innovation

by DAWN ANN HUDSON — Osheru



PATRICIA BUEHLER, MD, MPH

A question raised in clinical practice by two Central Oregon surgeons has grown into an Oregon business story shaped by local collaboration, university resources and regional investment. Founded in Bend by Patricia Buehler, MD, MPH, and Knute Buehler, MD, MA, Osheru has reached a new stage as its first medical technology, Ziplyft, becomes commercially available to qualified surgeons in the United States.

The milestone follows years of work involving physicians, engineers, researchers, early investors and Oregon organizations. During its early development, Osheru worked with OSU-Cascades physical therapy and business programs on product improvements, market positioning and business strategy. The company also conducted early cadaver-lab evaluation at OSU-Cascades, assessing 62 eyelids across seven labs as the founders refined the technique and device design.

In 2022, Osheru was selected as an early stage investment recipient at the Bend Venture Conference and received a \$25,000 prize from Portland Seed Fund. The company later announced a separate \$7 million seed round to support continued development and commercialization.

"Building a company in Central Oregon has meant drawing on the strengths of a community that values collaboration, practical problem-solving and entrepreneurship," said Dr. Patricia Buehler, co-founder of Osheru. "The progress reflects the contributions of many people who were willing to help two physicians turn an observation from

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St Charles Unveils State-of-the-Art Cancer Center in Redmond

by SIMON MATHER — CBN Feature Writer



PHOTO | COURTESY OF ST. CHARLES HEALTH CENTER

The new world-class 53,000 square foot St. Charles Cancer Center in Redmond — nine times the size of the city's former facility — is now fully operational and serving up to 300 patients a day, bringing cutting edge care closer to home for a swathe of Central Oregon residents.

The two-story state-of-the art building, with a total

project cost of \$65 million, located on the corner of NW Kingwood Ave. and NW Canal Blvd. in the St. Charles Redmond Campus area, includes clinical space for radiation, surgical and medical oncology.

It also incorporates integrative therapies including nutrition, massage, and acupuncture, as well as 36 exam

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Annual Healthcare Supplement — Pages 10-26

Maintaining a Healthy Community

by LEAH ETLING — CBN Feature Writer

Central Oregon's healthcare system is entering one of its most consequential periods in decades, shaped by rising costs, workforce shortages, changing federal policy and growing demand for care.

Those challenges were the focus of a recent Economic Development for Central Oregon (EDCO) forum that brought together leaders from healthcare, insurance and business to examine how the region can maintain a strong healthcare system while supporting long-term economic growth.

The discussion highlighted that healthcare is a critical component of regional competitiveness. Employers increasingly evaluate the strength of a community's healthcare system alongside housing, education and workforce availability when deciding where to invest. Access to primary care, specialists and hospital services has become an important factor in attracting businesses, recruiting employees and retaining residents and staff long-term.

Healthcare itself is also one of Central Oregon's largest economic engines. Major providers employ thousands of people across the region (including 6,000 employees at St. Charles Health System), generate significant economic activity and provide wages well above county averages. A strong healthcare system also helps attract retirees, solo entrepreneurs and growing companies that view quality medical care as essential infrastructure for their employees and families.

"Growth and investment in quality healthcare



(L-R) MARY ANN COOPER, KEITH THOMAJAN, DR. TRACY MUDAY AND MATT SWAFFORD WERE PANELISTS IN A RECENT EDCO FORUM ON THE FUTURE OF HEALTHCARE | PHOTO BY LEAH ETLING

draws businesses here," said Matt Swafford, senior vice president and CFO of St. Charles Health System. "The balance against that is of course affordability, and I would say we all know we have not worked that out yet."

Panelists agreed that the financial structures supporting that system have recently changed dramatically. Oregon's long-standing expansion of Medicaid through the Oregon Health Plan has successfully reduced the number of uninsured residents. But recent federal policy changes, especially H.R. 1 containing \$1 trillion in federal Medicaid cuts, are creating new financial pressures.

"We are going to really have to work to ensure that we are expanding people on commercial health insurance as

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Central Oregon’s Flagship Entrepreneurship Event

The Bend Venture Conference (BVC), hosted by EDCO, is the largest and longest-standing angel investment conference in the Pacific Northwest. Now in its 23rd year, BVC brings hundreds of entrepreneurs and investors from across the country to Bend each fall for a two-day celebration of entrepreneurship and startup investment. Since its inception, the BVC LLC Funds have awarded more than \$14 million in investment, while participating companies have leveraged conference connections to secure tens of millions in additional funding. Attendees hear company pitches, network at local restaurants and learn from entrepreneurs and industry leaders.

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New Venues Mark a New Movement for High Desert Chamber Music

Since 2008, High Desert Chamber Music (HDCM) has grown from a small organization dedicated to chamber music into an established part of Central Oregon's cultural community, presenting exceptional performances, educational programs, and meaningful opportunities for connection. As HDCM

enters its 19th season, the organization is embarking on its next movement, with a new home for its signature Concert Series and a new venue for its Annual Gala.

Continued on Page 30 ►

Downtown Bend's Silver Moon Property Offered for Sale for the First Time

The property that has housed Silver Moon Brewing on NW Greenwood Avenue for more than two decades is being offered for sale for the first time, NAI Cascade announced. Silver Moon Brewing remains in operation at the site as the property's legacy tenant.

Located at 20-24 NW Greenwood Ave. and 21-35 NW Kearney Ave., the offering comprises four contiguous tax lots totaling 0.85 acres with 10,708 square feet

of building area and 27 on-site parking spaces — a rarity in Bend's Central Business District. The property is zoned Commercial Business District (CBD), the city's most permissive zoning designation, and is listed at \$3,750,000 with a 5.75 percent in-place cap rate on a NNN lease.

Silver Moon Brewing has operated

Continued on Page 30 ►

COCC Small Business Development Center Expands Regional Outreach Across Central Oregon

Oregon Community College's (COCC) Small Business Development Center (SBDC) is expanding its regional outreach, establishing recurring in-person advising hours in Redmond, Prineville and Sisters to make business support more accessible to entrepreneurs and small business

owners throughout Central Oregon. The expanded presence gives business owners and aspiring entrepreneurs greater access to SBDC advisers in their own communities, complementing

Continued on Page 30 ►

Dry Canyon Community Art Center: Young & Growing

The Dry Canyon Community Art Center (DCCAC) opened its doors just in time for the 2025 Christmas season, then braced for the slowdown to come in the winter of 2026. Luckily, the excitement of a nonprofit gallery partially built through donations and staffed by volunteers has endured through its first nine months and does not seem to be relenting any time soon. The gallery, classrooms and gathering spaces at 415 SW Sixth Street in Redmond are bustling with activity, and

bracing for more growth coming soon. To date, the gallery has hosted five exhibitions showcasing a large variety of local artists' work, with walls constantly packed with art as well as sculptures grabbing attention throughout the space. The featured artist display changes monthly and the gift gallery is an ever-revolving array of original items.

Continued on Page 30 ►

Jenny Don't & the Spurs to Headline Discovery West PorchFest 2026

Portland-based Jenny Don't and the Spurs will bring their high-energy blend of Western, garage rock and country to Discovery West as the headlining act for the second annual Discovery West PorchFest, Saturday, September 12 from 4-9pm in Bend.

The acclaimed Pacific Northwest band will cap off an afternoon of live music with a finale performance at Discovery Corner, the neighborhood's community

gathering place. Known for their energetic live shows and distinctive take on Western music, Jenny Don't and the Spurs have built an enthusiastic following at home and abroad, touring extensively throughout the U.S., Europe and beyond.

PorchFest returns to Discovery West

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Nashwood Gallery Helps Transform The 2nd Street Maker’s District Art Scene

by JEFF SPRY — CBN Feature Writer

A woodworking wonderland and eclectic art showroom awaits Bendites at longtime local artist Will Nash’s Nashwood Gallery, which represents nearly a dozen talented Central Oregon artists from painters, photographers and sculptors, to jewelry designers, furniture makers and potters.

Located at 1385 NE 2nd St. just off Olney St. behind the Black Bear Diner and the Waypoint Hotel in the Maker’s District, Nashwood Gallery just opened up earlier this spring. It’s centrally located in a blossoming cluster of creativity as more art studios begin to populate the neighborhood and current street roadwork finishes up to allow for easier access and visibility.

“We’re changing the tone of Second Street,” Nash tells *Cascade A&E*. “This whole industrial area is beginning to flip into a more creative zone. Some cafes are popping up. The studio over here that is Camp Clay, they’ve been around for about a year. I’ve been here for seven but the actual gallery just started in March. I’ve literally been in the building for 12 years and I’ve rented this space out to tenants as a leather shop, as a bio lab, and all these different things.”

In addition to the fine art showroom now available for public viewing, the bustling compound also contains a number of side rooms and a functioning warehouse studio packed with an impressive array of rare woods and commercial woodworking equipment including a CNC machine, wide-belt overhead sander, resaw band saw, and a collection of antique planes, chisels, and vintage hand tools. Amid the many in-progress projects scattered around the primary space, visitors might even see a legless, lidless 19th-century Vose & Sons piano hanging from a winch being modified into a magnificent art piece for all to admire its musical craftsmanship!

Nash was formerly associated with the Red Chair Gallery, the downtown art co-op first opened back in 2010 that sadly closed its doors in January of 2026. Now he’s one of the foundational art destinations on Second St. which hopes to become an artistic hub for residents and visitors alike.

“Now we’re spilling out here too with this sculpture garden,” pointing to a pair of minimalist steel sculptures installed outside the gallery from international artist Miguel Edwards. “And you see construction down here? It won’t be like this forever. But it’s put a damper on things with the big ‘Road Closed’ sign. That doesn’t help encourage people to come by. By and large, for most galleries that are off the beaten path, First Friday is the one driver to get people to come out and see the art and know that we’re here. I’m screaming from the rooftops. All the work is great quality and we just want people to come visit and hopefully become patrons.”

With economic uncertainty on the horizon, Nash admits that it’s a difficult time for any art galleries to get folks in to buy art, but they’re committed for the long haul. Among the current roster of artists on display are Will Nash, Eleanor Murphey,



WILL NASH STANDING BESIDE THE PORTAL | PHOTO BY JEFF SPRY

Karl Lundy, Doris Nash, David Kinker, Sue Lyon-Manley, Ross Mercer and Sabrina Vinciguerra-Miller,

“This is The Portal,” Nash notes, standing beside an 8-foot-tall Big Leaf Maple monolith. “I found it out east at a mill. And it was the only piece of that tree that was more or less intact. It was a great example of the crossroads of beauty and decay. I was going to keep as much of the decay as I could, so I poured in a lot of Minwax Wood Hardener. It’s basically like stone now. I did some supports to hold weak sections together. This has been a really fun piece. I made it for an art show a couple years ago, and it’s always needed a home. So I put it in here, and I love it.”

Nashwood Gallery is situated at 1385 NE Second St. Studio hours are daily from 1-3pm, with the main gallery open from 11am-4pm. Wednesday-Saturday, and extended hours every First Friday from 11am-8pm. For questions or more info, please call 541-788-0314.

nashwood.gallery



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Is a Good Economy Hiding Problems in Your Business?

by **CHRISTY LAWRENCE, Founder — Mighty Growth**

A client called me last year to see if I could help with a revenue crisis. We opened the books and found out the crisis was eighteen months old.

Revenue had been slowly sliding. The drop didn't show up in a bank balance that ruined a weekend. They weren't looking at the numbers on any regular cadence because everything seemed fine.

For a long time revenue stayed high enough to cover expenses. Payroll cleared. Vendors got paid. By the time it stopped seeming fine, they had already lost a meaningful share of customers and they had no idea which ones left, when they left or why.

Which meant they didn't actually know which problem to solve.

Customer conversations were old and patterns were harder to spot. Finding the cause took months they didn't have.

That's the part many business owners miss. Good years don't just hide problems. They erase the evidence you need to solve them.

When Good Results Hide Bad Decisions

When enough revenue is coming in, good decisions and bad decisions produce the same visible result: money in the bank.

The employee who isn't working out? Covered.

The customer who uses three times the service hours you estimated? Covered.

The process that only works because two employees give up their Saturdays? Covered.

The pricing you set four years ago? Still covered.

Revenue absorbs the cost of those decisions, so the business owner never gets clear feedback about which ones are working and which ones aren't.

Then volume drops 15 or 20 percent and suddenly



everything seems to break at once.

But usually, nothing new happened except the extra revenue that had been masking real problems disappeared.

Owners understandably blame the downturn. But more often than not, the downturn didn't create the problems. It revealed them.

Which means the leanest quarter you've had may be the one you finally discover what problems the good years were hiding - at exactly the moment you have the fewest options to fix it.

The Advantage of Seeing It Early

Another client of mine checks a short list of numbers every single week. Not an elaborate dashboard. Just a handful of meaningful metrics, reviewed consistently whether things feel good or bad.

Recently, profit per job started slipping. They caught it within three weeks and asked why.

The answer was clear in the data: average job size was getting smaller.

That created a much better question: is our customer base shifting toward smaller projects, or have we changed the way we're bidding?

Now they have options. They can raise prices on smaller jobs. They can target customers who bring in larger projects. They can create a leaner process that makes small jobs more profitable.

They can test solutions and quickly see whether they work.

Compare that with discovering the problem eighteen months down the road, when the question becomes: how do we fix this before the money runs out?

The difference isn't the intelligence or savvy of the business owner. It's how early they saw the problem.

"Revenue is down" is a mood. "Revenue started declining in March, right after we changed how we handle service calls" is a solvable problem.

Look Before It Hurts

Most owners look at revenue, but revenue alone is the worst early warning you have. It's often the last number to move, and by the time it drops far enough to alarm anyone, customers are long gone and so is the explanation.

Get clear on what lives upstream of revenue: how many new customers came in and where they came from, what it actually cost to deliver the last ten jobs, which work only happened because the owner personally did it. Money, pipeline, delivery, operations, focus — a real look covers all five, because a problem in any one of them shows up in revenue eventually.

The point isn't to become obsessed with your numbers. It's to notice changes while you still have time to make thoughtful decisions.

My first client's problem was solvable early. Eighteen months later, it was expensive. The problem itself hadn't changed very much. What changed was how big it had become, how little evidence remained and how few choices were left.

The cheapest time to fix a problem is usually when it doesn't hurt.

Unfortunately, that's also when you're least likely to go looking for it.

Christy Lawrence is the founder of Mighty Growth, a consulting business focused on helping small teams do more, so they hit their revenue goals and do work they love. Build the three-part system with her free Precision Pipeline Guide at mightygrowth.biz/pipeline or connect with me at Christy@mightygrowth.biz.

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44% of Employers Report Unfilled Roles as Hiring Process Takes Longer

by KAREN TURNER, SHRM-CP, Managing Director — Express Employment Professionals

The hiring process itself may be getting in the way of filling open jobs, as U.S. companies report more unfilled roles, longer timelines and positions closing without a hire while job seekers say automated systems are making it harder to feel heard, according to a newly released Express Employment Professionals-Harris Poll survey.

The disconnect comes as 44% of U.S. hiring managers say their company currently has open positions they cannot fill, significantly increasing from 36% in the fall of 2025 and the highest level since the fall of 2023.

Open Roles Are Stalling Before They Are Filled

The hiring process also takes longer than it did two years ago, even as some open roles go unfilled.

More than 2 in 5 hiring managers say the amount of time it takes to hire a candidate at their company has increased (43%), and more than 1 in 4 say it takes at least four weeks to hire a candidate when factoring in resume reviews, interviews and final decisions (26%).

At the same time, hiring managers report, on average, more than 1 in 5 open positions are closed without a candidate filling the role (21%). More than 1 in 4 say more than a quarter of their open positions go unfilled entirely (27%).

While timelines have stretched, companies appear to be conducting fewer interviews before making a decision. Hiring managers say candidates go through an average of four interviews before receiving an offer, down from five when the question was last asked in the spring of 2023.

Job Seekers Say the Process Feels Less Human

For job seekers, the same hiring process can feel difficult to navigate before they ever reach an interview.

Nearly one-third report that navigating an automated hiring process instead of feeling heard by people during the hiring process is a challenge in their job search (31%). The same share believe companies are claiming to hire but only collecting resumes to review, standing in the way of their next employment

opportunity (31%).

Job-fit issues only add to the frustration. More than 1 in 4 job seekers say being overqualified complicates their search (28%), while more than 1 in 5 say being underqualified holds them back (22%). Another 1 in 5 believe AI is taking open positions and affecting their next job opportunity (21%).

As employers look to fill open roles, the experience candidates have during the hiring process may be just as important as the position itself.

Discover more research and real-world workforce trends from the America Employed series at ExpressPros.com/Newsroom.

Survey Methodology

The Job Insights survey was conducted online within the United States by The Harris Poll on behalf of Express Employment Professionals from May 13 to June 1, 2026, among 1,006 U.S. hiring decision-makers.

The Job Seeker Report was conducted online within the United States by The Harris Poll on behalf of Express Employment Professionals from May 19 to June 8, 2026, among 1,000 adults ages 18 and older who are employed but looking for a new job or not employed and looking for work.

For full survey methodologies, please contact Sheena.Hollander@ExpressPros.com, director of Corporate Communications and PR.

About Express Employment Professionals

At Express Employment Professionals, we're in the business of people. From job seekers to client companies, Express helps people thrive and businesses grow. Our international network of franchises offers localized staffing solutions to the communities they serve across the U.S., Canada, South Africa, Australia and New Zealand, employing 492,000 people globally in 2023 and more than 11 million since its inception. For more information, visit ExpressPros.com.

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Growing Local Business

by Expert AGATHA VENTURA —
Central Oregon Community College

Question:

As a local business, I’m looking for ways
to stay visible and expand my customer base.
How do I spread the word and connect with community?

A: Great question. Your community can be your strongest customer foundation. Local customers are more likely to become repeat buyers, refer others and build long-term loyalty.

1. Focus on visibility. Show up consistently. Attend local events, markets and networking opportunities and finesse your online presence. Connection builds trust — and trust drives business.

2. Big impact with a small budget. Save money by partnering with other local businesses. Cross-promotions, special deals, referrals and joint events can expand your reach without significant cost.

3. Being online for locals. Most people will look you up before visiting. Keep your business hours, location and contact info updated, and make sure your online presence reflects your brand.

4. Content choices for social media. Focus on connection. Share your work, highlight customer experiences and show your involvement in the community. Try making a posting plan that reaches your target audience. Consistency matters more than perfection.

5. Are reviews really that important? Absolutely. Reviews act as modern

word of mouth. Ask happy customers to leave feedback and always respond — it shows professionalism and care. Promote those reviews!

6. Setting yourself apart. Your story sets you apart: Why you started, who you serve and what you value. People connect with authenticity, not just services.

Bottom line: Local promotion doesn’t have to be complicated. Stay visible, build relationships and be consistent — your community is your best customer.

Central Oregon Community College’s Small Business Development Center offers free, confidential professional business advising and a variety of low-cost courses to help entrepreneurs through the business lifecycle. Visit cocc.edu/sbdc to learn more and read testimonials.

About the Expert:

Agatha Ventura is a bilingual business adviser with COCC’s Small Business Development Center. She holds a master’s degree from Tufts University and works in people management in the corporate sector; she supports clients on business starts, marketing and daily operation management.

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St. Charles Cancer Center

Continued from page 1

rooms and a large 5,000-square-foot chemotherapy infusion floor with panoramic views of the Cascade mountains.

The hybrid mass timber and steel structure — designed by Portland-based TVA Architects and built by Skanska USA — houses top tier technology including a brand-new True Beam Linear Accelerator to provide targeted radiation, as well as a CT Simulation and high-dose brachytherapy suite, delivering localized cancer treatment through internal radiation.

A room containing the LINAC equipment required concrete walls that are 6’ deep and a roof 8’ thick, with the construction team pouring 820 yards of concrete in five hours, essentially unloading a truck every five minutes.

Approximately 140 truckloads, or 5.6 million pounds, of concrete, were used via Knife River’s entire fleet, while the building also contains 66,000 linear feet, or 12.5 miles, of two-by-six lumber boards.

Realizing a long-held vision after years of planning and construction, the center represents a major step forward in enhancing patient support, by expanding access to nationally-recognized cancer care for residents of Redmond, Madras, Prineville, Sisters, Warm Springs, Culver and beyond.

Manager of Public Relations for St. Charles Health System Alandra Johnson said, “We are thrilled that our new facility in Redmond is open to the community and ready to serve up to 300 patients a day.

“We know that many patients drove up to an hour every day for their treatments in Bend, but now this beautiful, state-of-the-art facility brings exceptional cancer care in a convenient location closer for community members in Redmond and surrounding areas.

“When we examined our patient data, we learned that 40% of our cancer patients in Bend lived in Redmond, Madras, Prineville or beyond and had to travel rather long distances for treatment.

“This new Cancer Center is just one example of how St. Charles is striving to keep care local for Central Oregonians.”

“The opening of this center is a dream more than a decade in the making. For years, we have planned for this, as we saw the population of Central Oregon growing and the need for services expanding,” added Dr. Linyee Chang, executive medical director for the St. Charles Cancer Institute.

“I’m thrilled to see this project through to completion, knowing how many patients will receive exceptional care within these walls.”

The recently-completed cancer center, which broke ground in June 2024, was created to house advanced technologies while incorporating designs that emphasize patient comfort and healing, like natural light and the use of native materials.

It was brought into being through a Construction Manager/General Contractor (CM/GC) project delivery method, where the owner — in this case, St. Charles Health System — hires a contractor during the design phase to collaborate on planning, pricing, and building strategies.

Skanska Senior Superintendent Jacob Struck said, “Working collaboratively with the owner and design team, Skanska guided the project from early design through construction and facility activation.

“The team’s responsibilities included design-phase reviews, estimating, scheduling, trade partner procurement, construction management, and coordination of the facility’s transition to operations, culminating in preparations for the first patient appointments.”

Ryan Lamb, project executive for owner representative Otak, focused on project planning through construction closeout and operational readiness, coordinating with other team members to ensure the advanced technological equipment the facility houses was available to those in need as soon as possible.

He added, “Notable features in the programming, along with facility enhancements, focused on efficient caregiver workflows and operations for community-serving healthcare.

“As an augmentation of St. Charles oncology programs which provide a range of licensed outpatient cancer treatment services, the entire facility was designed with the patient in mind, supporting easy access as well as a holistic environment for care that features beautiful interior finishes and wide views of the surrounding landscape and nearby Cascade Mountains.”

Skanska Project Executive Chad Schlottmann said the center includes three specialized concrete vaults designed to house the advanced cancer treatment equipment, and allowing for additional space to cater to future needs.

He said, “These vaults are structurally isolated from the rest of the building to meet seismic and other safety requirements, and required extraordinary construction measures.

“The building also incorporates mass timber structural elements, including 86



(L-R) CHAD SCHLOTTMANN AND JACOB STRUCK, SKANSKA | PHOTOS BY LAURIE PITTMON

glulam beams and 30 cross-laminated timber (CLT) panels. These CLT panels make up more than 10,000 square feet of the roof and second-floor structure.”

Struck said a particularly distinctive feature was the building’s hybrid structural system, combining structural steel and mass timber.

He added, “This approach delivered both cost efficiency and a welcoming patient experience. Warm timber finishes, natural materials, and expansive mountain views help create a healing environment for patients receiving treatment.

“Mass timber offers numerous benefits in healthcare construction, including schedule efficiencies, reduced interior finish requirements, and improved sustainability.

“Beyond its construction advantages, exposed wood elements help create a warm, natural environment that can reduce stress and enhance patient comfort. Such



Continued on Next Page ►



PHOTO | COURTESY OF SKANSKA USA



St. Charles Cancer Center

Continued from previous page

biophilic design connects people to nature inside buildings, using natural light, plants, wood, and water to make spaces feel alive.

“In healthcare settings, where patient experience is increasingly prioritized, mass timber supports a more welcoming and restorative atmosphere.”

Struck said the facility required extensive coordination with specialized medical equipment vendors and clinical stakeholders. In addition, the cancer center includes a highly specialized pharmacy with clean-room environments and stringent regulatory requirements.

He emphasized that the success of such a complex healthcare project depends on strong collaboration among owners, designers, contractors, trade partners, and equipment suppliers.

He said, “At the St. Charles Redmond Cancer Center, local mechanical, electrical, plumbing, and fire protection contractors played a critical role during the design and coordination phases, working months in advance of installation to ensure building systems were integrated efficiently and without conflicts.

“Close collaboration among these trade partners, along with specialized medical equipment providers such as Brainlab and Varian, was essential to delivering a facility capable of supporting advanced cancer treatment technologies.

“As Central Oregon continues to experience significant population growth, healthcare providers are investing in facilities that expand capacity while modernizing aging infrastructure.



PHOTO | COURTESY OF TVA ARCHITECTS

“In addition to meeting increased demand for services, healthcare organizations are placing greater emphasis on patient-centered design, creating environments that support comfort, wellness, and overall patient experience.

“Skanska is most proud of the collaborative effort that brought this project to life. Working alongside St. Charles Health System, the design team, and local trade partners, the team helped create a long-term community resource that will expand access to cancer care and support patients throughout Central Oregon for years to come.”

Funds for the project came from bonds secured in the fall of 2020 — when, fortuitously, interest rates were relatively low, meaning cost savings could be achieved — and designated for use in capital construction-type projects.

TVA Principal in Charge for the project, Mandy Butler, said, “As part of the project development, TVA evaluated a previously completed facility master plan and strategic business plan and worked with the client to craft a final program and determine the ideal site for the building.

“After evaluating three locations, this site was chosen to preserve the smaller sites adjacent to the hospital for future growth, leaving them for uses that may be licensed under the hospital and, therefore, required to be located within 500 feet.

“Designed for comprehensive cancer care, the center includes clinical space for radiation oncology, surgical oncology, medical oncology and integrative therapies. Additionally, it houses infusion services, an outpatient draw lab with integral testing, and a compounding pharmacy, as well as support space for

offices, conferences, and patient education.

“Using evidence-based design data and a trauma-informed design lens, this project pays special attention to patient and staff experience. The organization of the building minimizes patient travel distances and improves staffing efficiencies.

“Natural materials are used extensively throughout the building. The two-story, main entry gallery is constructed with cross-laminated timber (CLT).

“The space is awash in natural light from floor-to-ceiling windows at either end and skylights above. Planters in the space support biophilic design while felt wall panels provide acoustical control.

“Infusion patients receive their treatments in a second floor suite featuring exposed CLT and expansive views to the Cascade mountain range.

“Wayfinding has been carefully considered and planned to reduce stress. Patient choice is honored throughout the building, particularly in waiting spaces that provide a variety of seating options with furniture selected and integrated throughout to make all shapes and sizes comfortable.

“Everyone who worked on the project is extremely proud of what the team accomplished and how the facility will support the community and, hopefully, make cancer treatment just the littlest bit easier.”

stcharleshealthcare.org

ST. CHARLES
CANCER CENTER - REDMOND

180 NW Kingwood Ave., Redmond

Property Owner/Developer:

St. Charles Health System

Contractor:

Skanska USA Building Inc.

Project Cost:

St. Charles System

Complete Cost at \$65M

Sitework Start:

July 22, 2024

Completion:

Construction Complete:

February 17, 2026, First Patient:

April 20, 2026

Square Footage:

53,000 sq. ft.

Amenities:

Services for radiation

oncology, chemotherapy infusion,

surgical oncology, medical oncology,

lab, pharmacy and expanded support

services. Advanced technology

includes a TrueBeam Linear

Accelerator, CT simulation and

a high-dose brachytherapy suite.

Financing:

St. Charles Health

System's operating revenues

Project Manager:

James Ferris

Superintendent:

Jared Powers

Skanska Project Team:

Maria Fadness, Lucas Forte, Scott

Townsend, Nicholas Baker, Taylor

Blevins, James Ferris, Jared Powers,

Todd Predmore; Richard Troyer;

Jacob Struck, Chad Schlottmann

Owners Representative:

Otak

Architect:

TVA Architects Inc.

Principal Architect:

Mandy Butler

Civil Engineer:

DOWL

Structural Engineer:

KPFF

Mechanical, Electrical, Plumbing

(MEP) Engineer:

PAE

Geotechnical Engineer:

Wallace Group

Special Inspection & Testing

Agency:

Carlson Testing Inc.

Landscaping:

SZABO Landscape Architecture LLC

Subcontractors and Suppliers:

A&E Masonry and Construction; Alliant Systems LLC; API Group Life Safety

USA dba Western States Fire Protection; Building Material Specialties;

Carlson Sign Co.; Cascade Civil Corp; Chown Hardware; Performance

Contracting Inc.; Fought & Company, Inc.; High Desert Aggregate &

Paving, Inc.; Johnson Controls Inc.; Kalesnikoff Mass Timber Inc.; Kaminski

Construction LLC; Knife River Corporation - Northwest; Lyon Holdings Inc.

dba Bend Commercial Glass; McKinstry Co. ; Melhus & Company Inc. dba

Empire Painting; Mountain Sky, Inc.; Nelson Roofing Enterprises dba Eagle

Roofing; Otis Elevator Company; Povey & Associates Land Surveyors; QED

Lab; Rosendin Electric, Inc.; Rubenstein's Contract Carpet, LLC; Salem Wood

Products; Systems West Engineers; Tim Bloom Construction Inc.; Town, Inc.

dba South Town Glass; Western Protective Coatings

Brief Description of Project

The new St. Charles Cancer Center in Redmond, a 53,000-square-foot facility designed to significantly expand access to cancer care across Central Oregon.

Two-story facility that is approximately nine times the size of the previous Cancer Center in Redmond and is designed to serve up to 300 patients per day. The facility includes 36 exam rooms and a 5,000-square-foot chemotherapy infusion suite with 22 infusion bays, along with semi-private and private treatment spaces.

The center offers a full spectrum of services, including radiation oncology, chemotherapy infusion, surgical oncology, medical oncology, lab, pharmacy and expanded support services. Advanced technology includes a TrueBeam Linear Accelerator, CT simulation and a high-dose brachytherapy suite.

Designed to support both advanced treatment and patient comfort, the center incorporates natural light, views of the Cascade Range and space for integrative therapies such as nutrition, massage and acupuncture.

The project required highly specialized construction to support advanced cancer treatment technology. The concrete vault housing the Linear Accelerator features walls measuring 6 feet, 6 inches thick, with ceiling thickness ranging from 4 to 8 feet. Construction of this vault required approximately 140 truckloads of concrete—totaling nearly 5.6 million pounds of concrete—to meet stringent safety and performance requirements.

The building also incorporates mass timber structural elements, including 86 glulam beams and 30 cross-laminated timber (CLT) panels. These CLT panels make up more than 10,000 square feet of the roof and second-floor structure.

Physician Groups & Clinics *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Doctors	Other Area Locations	Patients Per Month	Services
Bend Dermatology Clinic, LLC 2747 NE Conners Ave., Bend, OR 97701	541-382-5712	541-382-2605	www.bendderm.com suzanne@bendderm.com	Suzanne Maitland	45	1980	5	Central Oregon	3,300	Diseases & surgeries of the skin.
Bend Hernia Center 2450 Mary Rose Pl., Ste. 210 Bend, OR 97701	541-383-2200	541-383-5170	www.bendherniacenter.com wimel@bendsurgicalassociates.com	Michael J. Mastrangelo	6	2003	1	N/A	200-250	Laparoscopic & Robotic surgery. All types of hernia repair & general surgery.
Bend Surgery Center 1342 NE Cushing Dr., Ste. 170 Bend, OR 97701	541-318-0858	541-318-6740	www.bendsurgery.com tcurrier@bendsurgery.com	Todd Carrier	150	1997	50	N/A	1,200	Ambulatory surgery.
Cascade Direct Care 198 NE Combs Flat Rd. Prineville, OR 97754	541-362-8688	541-550-7779	www.cascadedirectcare.com cascade.reception@gmail.com	Lindsey G. McKay	4	2013	Lindsey McKay	N/A	N/A	Family medicine clinic & primary direct care office that offers primary care services to its members for a monthly fee including minor in-office procedures & many labs. Insurances accepted as well.
Cascade Surgicenter 2200 NE Neff Rd., Ste. 100 Bend, OR 97701	541-322-2395	541-322-2394	www.cascadesc.com cgilstrap@cascadesc.com	Cammy Gilstrap	45	2006	Staff doctors from The Center & Central Oregon Doctors.	N/A	500	Outpatient surgeries by The Center physicians, as well as pre- & post- operative care. Specialty areas include minimally invasive knee & shoulder arthroscopy, carpal tunnel surgery, pain management injections & other outpatient surgical procedures.Pediatric dentist , Podiatry.
Central Oregon Dermatology 388 SW Bluff Dr. Bend, OR 97702	541-678-0020	541-323-2174	www.centraloregondermatology.com info@centraloregondermatology.com	Mark A. Hall, M.D	9	2000	1	Bend, LaPine, Redmond, Madras	450	General dermatology & specializes in skin cancer diagnosis & skin cancer surgery & various cosmetic procedures involving Botox, Juvederm, Restylane, Radiesse, laser treatment, phototherapy & photodynamic therapy.
Central Oregon Ear, Nose & Throat, LLC 2450 NE Mary Rose Pl., Ste. 120 Bend, OR 97701	541-382-3100	541-385-4935	www.coent.com	Dr. Ryan P. Gallivan	20	1970	5 Physicians, 2 Audiologists	N/A	2000	Ear, nose, throat & hearing.
Central Oregon Pediatric Associates (COPA) 760 NW York Dr., 2nd Floor Bend, OR 97703	541-389-6313	541-389-8760	www.copakids.com wjackson@copakids.com	Wendy Jackson	104	1975	16 Board Certified Pediatrician MD's, plus 6 PA/PNP's	East Bend, South Bend, Redmond	4,200	Pediatric & adolescent medicine.
Central Oregon Radiology Assoc. PC 1460 NE Medical Center Dr. Bend, OR 97701	541-382-6633	541-382-6635	www.centraloregonradiology.com sstuemke@cmilic.org	Sara Stuemke	301	1947	35+	Bend - East, Southside, Westside, Redmond, Madras & Prineville	N/A	MRI, CT, ultrasound, nuclear medicine, PET, mammography, x-ray, DXA, vascular/ interventional radiology.
Central Oregon Regional Pathology Services 1348 NE Cushing Dr. Bend, OR 97701	541-382-7696	541-389-5723	www.copc.net jdover@copc.net	Brad Bryan	19	2000	7	N/A	N/A	Pathology services.
Dermatology Health Specialists 1693 SW Chandler Ave., Ste. 250 Bend, OR 97702	541-382-8819	541-797-7971	derm-health.com info@derm-health.com	Tammy Wisco, Matt Zullo	24	2019	6 (3 physicians, 3 PAs)	Redmond, La Pine, Burns	1,000 (Bend)	General (medical) dermatology, Mohs surgery, aesthetic dermatology.
Doctors Park Surgery Center 2090 Wyatt Ct., Ste. 102 Bend, OR 97701	541-389-5931	541-389-5932	doctorsparksc.com ehicks@amsung.com	Erin Hicks	14	2002	5	N/A	300	Outpatient ambulatory surgery.
East Cascade Women's Group 2400 NE Neff Rd., Ste. A Bend, OR 97701	541-389-3300	541-389-8115	www.eastcascadewomensgroup.com info@ecwg.net	Katie Grissen	36	1994	8	N/A	Over 2,000	OB/GYN
Endocrinology Services Northwest 929 SW Simpson Ave., Ste. 220 Bend, OR 97702	541-317-5600	541-317-5676	www.endonorthwest.com	Patrick McCarthy	5	2012	2 MD's, 2 P.A.'s	Redmond - 541-504-1400	1,200	Diabetes, Thyroid & Cholesterol Disorders, Hormonal Imbalances & Testosterone Deficiencies.
High Lakes Health Care - Bend-Upper Mill 929 SW Simpson Ave., Ste. 300 Bend, OR 97702	541-389-7741	1-541-278-8375	www.highlakeshealthcare.com	N/A	125	1996	16	Bend-Shevlin Park, Bend-Hospital District, Sisters, Redmond Primary Care & Specialty Care	4,000	Primary care/family practice, internal medicine, physical medicine & rehabilitation, pediatrics, GYN, cardiology.
Inovia Vein now part of Center for Vein Restoration 2200 NE Neff Rd., Ste. 204 Bend, OR 97701	541-382-8346	541-382-5796	www.centerforvein.com/our-clinics/locations/bend-oregon carmen.spear@centerforvein.com	N/A	12	2005	3	N/A	N/A	Center for Vein Restoration provides comprehensive evaluation & treatment of venous disorders, including varicose & spider veins, chronic venous insufficiency, leg swelling & pain, venous ulcers & minimally invasive vein procedures.
Juniper Mountain Counseling 61690 Pettigrew Rd. Bend, OR 97702	541-617-0377	833-776-0563	www.junipermountaincounseling.com info@junipermt.com	Greg Lamont	40	2008	See website	N/A	700	Counseling services.
Madras Medical Group 76 NE 12th St. Madras, OR 97741	541-475-3874	541-475-3503	www.madrasmedicalgroup.com info@madrasmedicalgroup.com	Bob Jones	22	1973	4	N/A	1270	Family practice.
Mosaic Community Health - Bend High School-Based Health Center 606 SE Glenwood Dr. Bend, OR 97701	541-383-3005	541-383-1883	MosaicCH.org	N/A	500	2015	See website	Throughout Central Oregon	9,500+ system-wide	Full service pediatric clinic, open to any youth.
Mosaic Community Health - Conners Health Center & Pharmacy 2065 NE Tucson Way Bend, OR 97701	541-383-3005	541-383-1883	MosaicCH.org	N/A	500	2021	See website	Throughout Central Oregon	9,500+ system-wide	Primary care, family care, pharmacy.
Mosaic Community Health - Courtney Health Center 2577 NE Courtney Dr., Ste 100 Bend, OR 97701	541-383-3005	541-383-1883	MosaicCH.org	N/A	500	2018	See website	Throughout Central Oregon	9,500+ system-wide	Primary care, family care.
Mosaic Community Health - Crook Kids School-Based Health Center 757 E. First St., Prineville, OR 97754	541-383-3005	541-383-1883	MosaicCH.org	N/A	500	2011	See website	Throughout Central Oregon	9,500+ system-wide	Full service pediatric clinic, open to any youth.
Mosaic Community Health - East Bend Health Center 2084 NE Professional Ct., Bend, OR 97701	541-383-3005	541-383-1883	MosaicCH.org	N/A	500	2018	See website	Throughout Central Oregon	9,500+ system-wide	Primary care, family care, pediatrics, dental.
Mosaic Community Health - Lynch School-Based Health Center 1314 SW Kalama Ave., Rm B Redmond, OR 97756	541-383-3005	541-383-1883	MosaicCH.org	N/A	500	2012	See website	Throughout Central Oregon	9,500+ system-wide	Full service pediatric clinic, open to any youth.
Mosaic Community Health - Madras Health Center & Pharmacy 500 NE A St., Madras, OR 97741	541-383-3005	541-383-1883	MosaicCH.org	N/A	500	2006	See website	Throughout Central Oregon	9,500+ system-wide	Primary care, family care, pharmacy, dental.
Mosaic Community Health - Madras High School-Based Health Center 390 SE Tenth St., Madras, OR 97741	541-383-3005	541-383-1883	MosaicCH.org	N/A	500	2017	See website	Throughout Central Oregon	9,500+ system-wide	Full service pediatric clinic, open to any youth.
Mosaic Community Health - Mountain View School-Based Health Center 2755 NE 27th St., Bend, OR 97701	541-383-3005	541-383-1883	MosaicCH.org	N/A	500	2023	See website	Throughout Central Oregon	9,500+ system-wide	Full service pediatric clinic, open to any youth.
Mosaic Community Health - Prineville Health Center & Pharmacy 375 NW Beaver St., Ste. 101 Prineville, OR 97754	541-383-3005	541-383-1883	MosaicCH.org	N/A	500	2002	See website	Throughout Central Oregon	9,500+ system-wide	Primary care, family care, pharmacy.
Mosaic Community Health - Redmond Health Center & Pharmacy 125 SW Veterans Way, Redmond, OR 97756	541-383-3005	541-383-1883	MosaicCH.org	N/A	500	2013	See website	Throughout Central Oregon	9,500+ system-wide	Primary care, family care, pharmacy, dental.
Mosaic Community Health - Redmond High School-Based Health Center 675 SW Rimrock Way, Redmond, OR 97756	541-383-3005	541-383-1883	MosaicCH.org	N/A	500	2017	See website	Throughout Central Oregon	9,500+ system-wide	Full service pediatric clinic, open to any youth.
Mosaic Community Health - Sisters School-Based Health Center 535 N Reed St., Sisters, OR 97759	541-383-3005	541-383-1883	MosaicCH.org	N/A	500	2023	See website	Throughout Central Oregon	9,500+ system-wide	Full service pediatric clinic, open to any youth.
MyMD 695 NW York Dr., Ste. 100 Bend, OR 97703	541-322-6869	N/A	mymdbend.com info@mymdbend.com	Dr. Mac Donell	6	2021	1	N/A	N/A	Unique healthcare model offering highly personalized medical services by a physician with advanced training in internal medicine. Private, smaller practice. Accepts all commercial insurance & Medicare.

Working Parents: Tips for a Balanced Back-to-School Season

provided by MOSAIC COMMUNITY HEALTH



PHOTO | COURTESY OF MOSAIC COMMUNITY HEALTH

For many working parents, back-to-school season brings a welcome return to routine — but also a new round of schedules, activities and responsibilities. More than half of parents say balancing work and family is difficult, according to a recent Pew Research poll. Prioritizing mental, emotional and physical health can make the transition easier for the whole family.

Invest in Your Future Self

A little preparation today can reduce tomorrow’s stress. Lay out clothes, pack backpacks and organize work essentials the night before. Prepare breakfast or lunch while you’re already in the kitchen and keep healthy grab-and-go snacks where kids can reach them. Put recurring responsibilities, such as bill payments, grocery orders and calendar reminders, on autopilot when possible. Get kids involved, too — even young children can fill water bottles or put school supplies by the door.

Prioritize Sleep

Consistent sleep routines help both children and adults’ function at their best. Transition back to regular school-year bedtimes and wake-up times and put screens away before bed. Families can also try a 15-minute “worry time” earlier in the evening, giving everyone a chance to talk through concerns before bedtime. Address sleep disruptions such as noise, light or other distractions whenever possible.

HALT Before Reacting

When someone is feeling unusually irritable or overwhelmed, remember HALT: Hungry, Angry, Lonely or Tired. Identifying the underlying need can help prevent frustration from escalating. Have a snack, process difficult emotions, connect with someone you care about or get some rest. Parents can use HALT with children who may not yet recognize what is affecting their mood.

Make Life More Convenient

Busy families spend a lot of time getting to appointments and activities. When possible, choose options close to home, school or other regular stops. Mosaic’s school-based health centers, for example, make health appointments more convenient by providing care directly on school campuses.

Share the Mental Load

In two-parent households, dividing chores is only part of sharing responsibility. The “mental load” — remembering appointments, school events, supplies, meals and other details — also takes time and energy. Partners can help by taking full ownership of certain areas rather than waiting to be assigned individual tasks. If household stress is affecting family relationships, behavioral health support can help.

Look for Helpers

Parenting can feel isolating, so build connections before you urgently need them. Friends, relatives, other parents, schools and community organizations can all be part of your support network. Mosaic Community Health Workers can connect families with local resources, while many schools offer additional assistance through Family Access Network representatives.

Celebrate the Wins

No family’s routine will be perfect. Notice the small successes: getting everyone out the door, sharing a meal or simply making it through a challenging week. Employers can help, too, by offering flexibility, comprehensive benefits and a workplace culture that recognizes family responsibilities.

Mosaic Community Health is here to support working families with primary care, pediatric care, behavioral health and community resources.

MosaicCH.org



Synergy’s team
provides experienced
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nutrition counseling,
and innovative
diabetes education.

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and Wyatt Winterbottom, LMT
to the team!**

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 **541-323-3488**

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Physician Groups & Clinics *(Listed Alphabetically)*

▶ CONTINUED FROM PAGE 10

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Doctors	Other Area Locations	Patients Per Month	Services
Northwest Brain & Spine 2115 NE Wyatt Ct., Ste. 201 Bend, OR 97701	541-585-2400	541-585-2407	www.neuronwbs.com ckauer@nwbrainandspine.com	Courtney Kauer, Dr. Anthony Hadden, Dr. Kent Yundt	50	2004	2	N/A	1,000	NeuroSurgical treatment of the brain & spine, injections.
Northwest Medi Spa 447 NE Greenwood Ave. Bend, OR 97701	541-318-7311	541-318-2884	www.northwestmedspa.com northwestmedspa@gmail.com	Rebecca Morton	5	2002	1	Klamath Falls	500	Array of medical aesthetics procedures to help you look & feel your best.
OnePeak Medical 2088 NE Kim Ln. Bend, OR 97701	541-309-0031	541-610-1996	OnePeakMedical.com Bend@OnePeakMedical.com	Brigitte Nickel	22	2021	2 at this location.	Throughout Oregon	N/A	Primary care, functional medicine, nutrient therapy, hormone testing & balancing.
Optima Foot & Ankle 1506 NE Williamson Blvd., Ste. 201 Redmond, OR 97756	541-383-3668	541-383-4546	www.optimafootandankle.com brandi@optimafootandankle.com	Brandi Abbas	9	1997	3	Bend, Prineville	800	Comprehensive foot & ankle treatment for all ages. Ingrown toenails to reconstructive foot & ankle surgery. Cold laser therapy for toenail fungus.
Redmond Medical Clinic 1245 NW Fourth St., Ste. 201 Redmond, OR 97756	541-323-4545	541-323-4546	www.redmondmedical.com admin@redmondmedical.com	Adrien Harris	7	1999	2 FNP	N/A	800	Preventative care for all ages, chronic & acute illness, primary care.
St. Charles Cancer Center- Bend 2500 NE Neff Rd. Bend, OR 97701	541-706-5800	541-598-3490	www.stcharleshealthcare.org	N/A	N/A	N/A	38	Redmond	N/A	Cancer Treatment
St. Charles Cancer Center- Redmond 180 NW Kingwood Ave. Redmond, OR 97756	541-706-5800	541-598-3490	www.stcharleshealthcare.org	N/A	N/A	2026	19	Bend	N/A	Cancer Treatment
St. Charles Center for Women's Health 340 NW Fifth St., Redmond, OR 97756	541-526-6635	541-526-6636	www.stcharleshealthcare.org	N/A	N/A	2016	23	Bend, Prineville, Sisters	N/A	Women's health, OB/GYN
St. Charles Family Care - Bend East 2600 NE Neff Rd. Bend, OR 97701	541-706-4800	541-706-4806	www.stcharleshealthcare.org	N/A	N/A	2011	17	Bend South, Madras, Redmond, Sisters, Prineville, La Pine	N/A	Family medicine, internal medicine, pediatrics, women's health, sports medicine.
St. Charles Family Care - Bend South 61250 SE Coombs Place Bend, OR 97702	541-706-5935	N/A	www.stcharleshealthcare.org	Daggi Stafford	N/A	2015	9	Bend East, Madras, Redmond, Sisters, Prineville, La Pine	N/A	Family medicine, internal medicine, pediatrics, women's health
St. Charles Family Care - La Pine 51781 Huntington Rd. La Pine, OR 97739	541-907-7040	541-907-7059	www.stcharleshealthcare.org	N/A	N/A	2018	7	Bend East, Bend South, Prineville, Redmond, Madras, Sisters	N/A	Family medicine, internal medicine, pediatrics, women's health.
St. Charles Family Care - Madras 480 NE A St. Madras, OR 97741	541-475-4800	541-475-4805	www.stcharleshealthcare.org	N/A	N/A	1967	13	Bend East, Bend South, Redmond, Sisters, Prineville, La Pine	N/A	Family medicine, internal medicine, pediatrics, women's health, OB/GYN, sports medicine, mental health care, basic dermatology, occupational medicine & work injuries.
St. Charles Family Care - Prineville 384 SE Combs Flat Rd. Prineville, OR 97754	541-447-6263	541-447-8724	www.stcharleshealthcare.org kasavage@stcharleshealthcare.org	N/A	N/A	2008	21	Bend East, Bend South, Redmond, Sisters, Madras, La Pine	N/A	Family medicine, internal medicine, pediatrics, women's health, sports medicine, mental health care, basic dermatology, occupational medicine & work injuries.
St. Charles Family Care - Redmond 211 NW Larch Ave. Redmond, OR 97756	541-548-2164	541-548-0534	www.stcharleshealthcare.org	N/A	N/A	1949	15	Bend East, Bend South, Prineville, Sisters, Madras, La Pine	N/A	Family medicine, internal medicine, pediatrics, women's health.
St. Charles Family Care - Sisters 630 Arrowleaf Trail Sisters, OR 97759	541-549-1318	541-588-6002	www.stcharleshealthcare.org	N/A	N/A	2011	4	Bend East, Bend South, Prineville, Redmond, Madras, La Pine	N/A	Family medicine, internal medicine, pediatrics, women's health.
St. Charles Surgical Specialists 1245 NW Fourth St. Ste. 101 Redmond, OR 97756	541-548-7761	541-598-3485	www.stcharleshealthcare.org	N/A	13	2005	15	Prineville, Bend	N/A	General surgery, specialized laproscopic complex vascular, breast, endocrine, thoratic & gastrointestinal surgery.
St. Charles Urgent Care - Bend South 61250 SE Coombs Pl., Bend, OR 97702	541-706-5930	N/A	www.stcharleshealthcare.org	N/A	13	2016	13	La Pine, Prineville	N/A	Urgent Care
St. Charles Urgent Care - La Pine 51781 Huntington Rd. La Pine, OR 97739	541-907-7050	N/A	www.stcharleshealthcare.org	N/A	N/A	2018	13	Bend, Prineville	N/A	Urgent Care
St. Charles Urgent Care - Prineville 384 SE Combs Flat Rd., Prineville, OR 97754	541-447-8750	N/A	www.stcharleshealthcare.org	N/A	N/A	2020	11	Bend South, La Pine	N/A	Urgent Care
Summit Health Solutions 2421 NE Doctors Dr. Bend, OR 97701	541-382-2811	541-323-3366	www.smgoregon.com info@smgoregon.com	Darci	6	2013	Dr. Jack E. Berndt	N/A	N/A	Dr. Jack Berndt is a board certified Anesthesiologist & certified in age management medicine. He practices in comprehensive pain management medicine. Approach includes interventional spine & joint procedures & multi-modality medical management.
Summit Medical Group 1501 NE Medical Center Dr. Bend, OR 97701	541-382-2811	N/A	www.smgoregon.com info@smgoregon.com.com	N/A	681	1946	78	Eastside Clinic, Redmond Clinic, Old Mill District Clinic, Sisters Clinic, Mt. Bachelor Urgent Care	16,000 different patients, 29,000 appointments	Specialties: family medicine, internal medicine, pediatrics, urgent care, lab & imaging services, allergy & asthma, bariatric surgery, cardiology, dermatology, endocrinology, gastroenterology, hospitalist, infectious disease, nephrology, nutrition, oncology, ophthalmology & optometry, physical medicine, pulmonary, rheumatology & more.
The Center 2200 NE Neff Rd., Ste. 200 Bend, OR 97701	541-382-3344	541-382-1681	www.thecenteroregon.com info@thecenteroregon.com	N/A	274	1954	22	Redmond, LaPine, Burns, John Day, Madras, Prineville	4,000	Disease & injuries of the brain, spinal cord & nerves; neurosurgery; comprehensive spine care; sports medicine; hand, foot & arthroscopic surgery; joint reconstruction & replacement; occupational medicine; physical medicine & more.

This is a sampling of Central Oregon Physician Groups & Clinics. If you would like to be added to this list, please email cbn@cascadebusnews.com.

Assisted Living Facilities *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Units	Fees	Services
Absolute Serenity Senior Care 182 & 192 E Tall Fir Ct Sisters, OR 97759	541-848-3194	541-549-1726	absoluteserenity.info absoluteserenity@gmail.com	David & Leah Tolle	8	2009	N/A	N/A	Provision of care in a home atmosphere & promotion of independence with activities of daily living.
Aspen Ridge Memory Care Community 1025 NE Purcell Blvd. Bend, OR 97701	541-385-8500	541-312-6674	www.aspenridgememorycare.com administrator@aspenridgememorycare.com	Simeon	32	1999	42	Upon Request	Meeting the needs of residents & families dealing with dementia & Alzheimers.
Aspen Ridge Retirement Community 1010 NE Purcell Blvd. Bend, OR 97701	541-385-8500	541-330-6687	www.aspenridgeretirement.com administrator@aspenridgeretirement.com	Angela Tuttle	55	1999	60 independent apts., 65 assisted living apts., 42 memory care apts.	Upon Request	Independent retirement living, assisted living & specialized Alzheimers/memory care with the ability to transition from one to the other as needed.
Brookdale Bend 1099 Watt Way Bend, OR 97701	541-3854717	541-389-1163	www.brookdaleliving.com amepra@brookdale.com	Amci Pratt	35	2000	46	Upon Request	Unique building design with specialized life enrichment program to enhance quality of life for the memory impaired.
Brookside Place 3550 SW Canal Blvd. Redmond, OR 97756	541-504-1600	541-504-1602	www.brooksideplace.net director@brooksideplace.net	Pam Sessions	24	1995	37	Upon Request	On-site beauty salon, whirlpool, activities room, all one level, library, dining room, one indoor, secure courtyard.
Cascades of Bend Assisted Living & Memory Care 1801 NE Lotus Dr. Bend, OR 97701	541-389-0046	N/A	www.cascadesofbend.com/ crystalb@cascadeliving.com	Crystal Brokaw	70	1981	121	Upon Request	Onsite & in-home care agency, assisted living & memory care

La Pine Celebrates Opening of New Affordable Housing Complex

by ANDREA HINE — CBN Feature Writer



PHASE 1 OF WICKIUP STATION, SHOWN HERE AT THE GRAND OPENING, CONSISTS OF 39 UNITS, WITH TEN RESERVED FOR VETERANS | PHOTOS COURTESY OF FOUNDATION FOR AFFORDABLE HOUSING

"Living in a car is no fun," said 83-year-old veteran Frank Crandall, who spoke at the recent grand opening ceremony for Foundation of Affordable Housing's latest project, Wickiup Station in La Pine, where he is now a resident. "Everything is first class, and everything works, which gives residents a sense of dignity, security, and stability."

Darrin Willard, president of Foundation of Affordable Housing (FFAH), explained at the event that "we build, acquire, and operate safe, high-quality rental homes that target low-income households, seniors, veterans, and individuals transitioning out of homelessness — those who need affordable housing the most."

Founded in a spare bedroom at the home of co-founders Deborrah and Tom Willard in 1988, the nonprofit FFAH now serves 100,000+ people nationwide — "as many as live in the city of Bend," Willard said.

"Wickiup Station has been a huge labor of love," added Paige Willard, director of marketing and business development. "And although FFAH is headquartered in Bend, this is our first ground-up development in Deschutes County — a big, beautiful building in our backyard. FFAH's staff and volunteers worked day and night to get ready for our grand opening — even building furniture and setting plants in the garden during a torrential rainstorm hours beforehand. Our hearts are just bursting."

"It's emotional to see Wickiup Station completed on time and on budget," said FFAH's Chief Strategy Officer Tommy Waldron. "Everything is 100% affordable. We try to house families that earn just 30% of area median income (or about \$25,000 locally), as opposed to other affordable housing projects that target those making 60%, or up to \$70,000. As Darrin Willard said in his remarks, 'Those who build, serve, and sustain a community — such as nurses, teachers, and people who staff our stores — deserve to live here.'"

Deschutes County Commissioner Phil Chang, in addressing the event's attendees, described himself as "a very big advocate of affordable housing. People deserve a decent place to live, and a place where they have the opportunity to thrive."

Chang's desire to "do whatever I could to support Wickiup Junction" included — according to Darrin Willard — the two men poring over a map of Deschutes County together to find an available and appropriate site — and eventually pinpointing three acres in the Wickiup Junction area of La Pine.

Wickiup Station is being launched in four phases that total some 130 one-, two-, and three-bedroom options. Phase 1 consists of 39 units, with ten reserved for veterans; Phase 2, slated for completion in summer 2027, adds 41 apartments; and Phase 3's 21 units, to be completed in 2028, will be rented to seniors.

Amenities — ranging from secured entries to game rooms, a workout area, a laundry, and two common decks — include a playground and raised garden beds where residents can plant and tend their own vegetables — to "foster a sense of community and well-being," per the FFAH.

"We appreciate everything FFAH has done, as people need places to lay their heads," said La Pine Mayor Jeannine Earles. And in the words of its co-founders, "We offer a safe place where a house becomes a home, and residents become family. FFAH doesn't provide roofs, but a community."

ffah.org



WICKIUP STATION GRAND OPENING. (L-R) PHIL CHANG, DESCHUTES COUNTY COMMISSIONER; DAVID MUSIAL, NATIONAL EQUITY FUND; JEANNINE EARLES, MAYOR OF LA PINE; TONY DEBONE, DESCHUTES COUNTY COMMISSIONER; DEBORRAH WILLARD, FFAH; TOMMY WALDRON, FFAH; CODY CLARK, LRS ARCHITECTS; DARRIN WILLARD, FFAH; JIM LANDIN, LRS ARCHITECTS; TOM WILLARD, FFAH; KRISTY THOMPSON, SUNWEST BUILDERS; AND JONATHAN RIVERA, LRS ARCHITECTS

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Osheru
Continued from page 1
clinical practice into a company.”

Osheru’s path also reflects a form of professional reinvention increasingly visible across Oregon. After careers centered on patient care, the Buehler’s moved into entrepreneurship and company building. Their experience

demonstrates how frontline knowledge can become the starting point for entrepreneurship, even outside a major metropolitan technology hub.

Ziplyft provides the timely milestone in that broader story. The technology was developed to support a less invasive approach to upper eyelid rejuvenation. Osheru is now selling the device nation wide, training surgeons, working with physician collaborators

and continuing to develop new devices as the company enters its next phase.

“Central Oregon is not always the first-place people think of when they picture medical technology development, but the region has the talent, facilities and entrepreneurial support to help ideas take shape,” said Dr. Knute Buehler, co-founder of Osheru. “We are proud that the company began here and that its growth continues to reflect Oregon’s contribution.”

For Osheru, commercialization is not only a product milestone. It marks the progression of a Bend-born idea through university collaboration, early testing, local venture support and the practical challenges of building an Oregon company intended to serve a broader market.

About Osheru
Osheru is a Bend-based medical device company founded by physicians Patricia Buehler, MD, MPH, and Knute Buehler, MD, MA. The company develops technologies informed by clinical practice. Its first technology, Ziplyft, is intended for upper eyelid rejuvenation and is commercially available to qualified surgeons in the United States.

osheru.com • ziplyft.com

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The Base Tan Myth

Why Young Adults Keep Tanning, Even When They Know the Risks

by TAMMY WISCO, PE, AICP, MPA, CFO — Dermatology Health Specialists

Skin cancer is the most diagnosed cancer in the United States. Melanoma represents a smaller share of cases but causes most skin cancer deaths. The American Cancer Society estimates that approximately 112,000 new cases of melanoma will be diagnosed nationwide in 2026.

Despite widespread awareness of the dangers of ultraviolet radiation and the direct link to skin cancer, tanning remains common in backyards, at beaches and in tanning salons. A pilot study conducted at Brown University offers insight into why young adults continue tanning even when they understand many of the risks.

Nikitha Bhimireddy, a university student and Dr. Oliver Wisco, Director of Cutaneous Oncology at Brown University and the founder of Dermatology Health Specialists in Central Oregon, led a study that surveyed 82 university students. One in four respondents reported intentionally darkening their skin and more than 90% named sun tanning as their most common method, considerably more common than bronzing makeup or self-tanners.

A Habit That Often Starts at Home

Most students who tanned said they began between ages 16 and 18. Family influence outweighed social media, advertising and celebrities in shaping how they viewed skin tone.

Similarly, a JAMA Dermatology study found that 44.5% of people who began indoor tanning before age 16 did so with a family member, most often their mother.

This family influence may help explain why tanning habits are difficult to change. Nearly half of the students who had intentionally darkened their skin said they planned to continue sun tanning, even though most understood that tanning beds are harmful.

The clearest knowledge gap involved the idea of a “base tan.” Only about half of respondents correctly recognized that a base tan does not provide meaningful protection from future sun damage. More than one-third were unsure.

Why a Base Tan Does Not Protect the Skin

The belief that a light tan can prepare the skin for additional sun exposure remains a persistent misconception.

A tan develops after ultraviolet radiation damages skin cells and triggers increased melanin production. The darker color is a response to UV exposure, not a protective barrier. A person with a base tan can still burn and continue accumulating cellular and DNA damage.

Indoor tanning carries particularly well-established risks. Research summarized by the Skin Cancer Foundation estimates that indoor tanning is associated with more than 419,000 cases of skin cancer in the United States each year, including basal cell carcinoma, squamous cell carcinoma, and melanoma.

People who have used indoor tanning devices face a higher risk of squamous cell carcinoma. Women who have tanned indoors are also six times more likely to be diagnosed with melanoma in their 20s than women never have. Ultraviolet damage accumulates over time; tanning during adolescence and early adulthood may contribute to skin cancer that appears decades later.

Moving From Awareness to Action

The Brown University pilot study suggests that public health messaging has been relatively successful in communicating the dangers of tanning beds; nearly 88% of

respondents correctly identified them as harmful.

The message is less clear for outdoor tanning. Because sunlight is natural and sun tanning is often treated as a routine part of summer, some young adults may not view it with the same caution as indoor tanning.

That distinction matters in Central Oregon, where many communities sit at higher elevations. UV intensity generally increases with elevation, though exposure also varies with season, time of day and cloud cover.

Dermatologists recommend using a broad-spectrum, water-resistant sunscreen with an SPF of at least 30,



OLIVER WISCO

The darker color is a response to UV exposure, not a protective barrier.

seeking shade during peak sunlight hours, and wearing protective clothing, hats and sunglasses. Sunscreen should be reapplied approximately every two hours and after swimming or sweating. **These precautions matter regardless of whether someone already has a tan; a base tan does not make additional sun exposure safe.**

Because attitudes toward tanning often begin at home, sun-safety conversations may work best when parents and relatives take part, modeling protective habits rather than treating a tan as a sign of health.

Knowing that tanning can be harmful is an important first step. Turning that knowledge into everyday choices before years of accumulated damage begin to show is critical to long-term skin health.

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Investing in Crisis Care Strengthens Communities

by **BRIANA MANFRASS, President — Pinnacle Architecture**

Across Oregon, communities are working to address a growing need for behavioral health services. Mental health crises impact not only individuals and families, but also employers, schools, healthcare providers, and public safety agencies. As demand continues to increase, public agencies and healthcare providers are seeking solutions that improve outcomes while maximizing limited resources.



One of the most effective tools emerging across the state is the Crisis Stabilization Center. These centers provide immediate support for people experiencing a mental health crisis, offering an alternative to emergency rooms and jails. The investment extends beyond healthcare. Researchers estimate that for every \$1 invested in preventing and treating adolescent mental health disorders and suicide, communities realize approximately \$24 in long-term health and economic benefits.

The benefits extend far beyond the individual receiving care. Effective crisis stabilization services help reduce pressure on hospitals, law enforcement agencies, and emergency responders while creating healthier, safer communities for everyone.

Deschutes County recognized this need when Central Oregon’s first mental health stabilization center opened in 2020. The facility provides a dedicated place for individuals in crisis to receive care and support, helping bridge a critical gap in the region’s behavioral health system.

Building on the success of projects like the Deschutes County Stabilization Center, Klamath Basin Behavioral Health recently completed Willows Place, a new residential treatment center and Klamath Falls’ first Crisis Stabilization Center. The project will double the county’s residential treatment capacity and provide local access to crisis care that previously may not have been available.



WILLOW PLACE | PHOTOS COURTESY OF PINNACLE ARCHITECTURE

These facilities are about more than adding beds. They are designed to create environments that support recovery, reduce stress, and preserve dignity during some of the most difficult moments in a person’s life. Features such as natural light, outdoor spaces, clear wayfinding, and welcoming common areas can help people feel safer and more comfortable while receiving care.

Equally important, these investments support the professional staff delivering these important services. Well-planned facilities improve safety, operational efficiency, and flexibility, helping organizations adapt as community needs evolve.

Communities with strong behavioral health systems are better positioned to support workforce participation, reduce strain on public resources, and create the stability that helps local economies grow.

For business leaders, strong behavioral health infrastructure is more than a healthcare issue. It contributes to a healthier workforce, reduces strain on community resources, and strengthens the overall quality of life that helps communities thrive.

As Oregon continues investing in behavioral health services, crisis stabilization centers represent an opportunity to create lasting value. When communities invest in facilities that support recovery, safety, and effective care, they are not just building buildings. They are investing in healthier people, stronger organizations, and more resilient communities for generations to come.

Briana Manfrass is president of Pinnacle Architecture and specializes in healthcare, housing, and civic facilities. An Evidence-Based Design (EBD) Certified professional, she has more than 20 years of experience helping public agencies turn community needs into practical, sustainable solutions. To discuss facility planning or future crisis center projects, contact Manfrass at Briana@parch.biz or 541-388-9897 ext. 22.

pinnaclearchitecture.com



DESCHUTES COUNTY STABILIZATION

EDCO

Continued from page 1

much as possible,” said Mary Ann Cooper, Director of Government Affairs for Regence Blue Cross Blue Shield of Oregon. “There’s going to be even more Medicaid cuts coming and a Medicaid slowdown coming in 2029.”

Because Medicaid reimburses providers at rates well below the actual cost of delivering care, hospitals and health systems rely on commercially insured patients to help offset those losses. Maintaining robust employer-sponsored insurance coverage will become increasingly important as providers adapt to those changes.

At the same time, healthcare costs continue to rise across nearly every sector. Medical utilization has steadily increased since the pandemic. Major providers continue expanding services and rebuilding financial stability after the 2020-2022 disruption, while also addressing persistent labor shortages and higher operating costs.

Swofford shared that St. Charles has worked diligently to reduce its post-pandemic employee turnover rate, which was 20 percent at the end of the pandemic, to six percent overall today and two percent among RNs. A stable workforce is an essential piece of healthcare success, both for the hospital and the community.

Another top priority for St. Charles is addressing \$100 million in deferred maintenance issues, including replacing the 50-year-old Bend hospital’s roof.

Prescription drugs and emerging medical technologies are also reshaping the financial picture. Panelist Dr. Tracy Muday said that some high-cost

specialty medications and other new treatments carry enormous price tags. While weight loss drugs like GLP-1s are having positive overall impact so far, that’s not the case for all the new products on the market, she observed.

“Right now, specialty drugs, those very high-cost drugs, that go towards treating uncommon conditions ... five percent of the drugs cost more than 60 percent of the pharmacy spend,” said Dr. Muday, who is the Executive Medical Director for Regence BlueCross BlueShield of Oregon.

Those costs are increasingly flowing through the healthcare system, contributing to higher premiums and greater affordability challenges for both employers and consumers.

Employers are experiencing those pressures firsthand. Comprehensive health insurance has become one of the most valuable tools for recruiting and retaining employees, particularly in a competitive labor market.

“We spend about \$30,000 per employee on additional benefits beyond their base compensation. Healthcare is a core part of that investment, and so we really use that to help us win in the talent space. We see it as smart money,” said panelist Keith Thomajan, Senior Vice President and Chief of Staff for Hayden Homes.

Hayden Homes has absorbed recent annual increases in healthcare costs rather than passing them along to employees, but as costs continue to rise, that practice is not possible for many employers.

Dr. Muday shared that one of the greatest opportunities for improvement in health care efficacy is reducing the administrative burden placed on healthcare professionals. Insurance documentation, regulatory compliance and countless manual processes consume valuable clinical time that could

otherwise be devoted to patient care. Emerging technologies, such as electronic prior authorization systems, improved integration between insurers and electronic health records, and artificial intelligence, offer ways to streamline those workflows while improving both efficiency and patient experience.

The discussion also broadened beyond traditional healthcare delivery to examine the social factors that influence overall health. Stable housing, quality education, economic opportunity, access to healthy food and strong social connections all play significant roles in determining long-term health outcomes.

“Your zip code matters more than your genetic code in your health,” Dr. Muday shared. “Medical care accounts for maybe 10-20 percent ... biology and genetics, maybe another 10-20 percent, and the rest is education, economics and housing.”

Given rising costs, increasing affordable housing is considered essential for ensuring teachers, healthcare providers, first responders and other essential workers can continue living and working in Central Oregon.

“Our company is tenaciously committed to mid-market housing. Teachers, firefighters, cops should be able to afford a nice three-bedroom house to raise their family. We see that as a holistic part of that family’s success and the community’s success,” Hayden Homes’ Thomajan said.

Collaboration emerged as the central theme for addressing the region’s healthcare challenges. Providers, insurers, employers, educational institutions and policymakers each have distinct roles to play, but panelists stressed that no single organization can solve these issues alone. Central Oregon’s long history of cross-sector collaboration positions the region well to develop innovative solutions that balance affordability, access and quality.

edcoinfo.com

Affordable Acupuncture Provided at Bend Community Healing

by ANDREA HINE — CBN Feature Writer

In Bend alone, dozens of clinics offer acupuncture — most, if not all of them using the traditional practitioner-and-patient-in-an-isolated-room approach. The exception is group-based Bend Community Healing, where the primary goals are “to provide access to affordable acupuncture on a sliding-scale fee basis, and to build community by creating a welcoming space where people come together to heal.”

Founded in Portland in 2002, the community acupuncture movement has become increasingly popular in the U.S., especially in urban and suburban areas, and its growth is concurrent with an increase in acupuncture use that has more than doubled over the last two decades from 1 percent in 2002 to 2.2 percent in recent national health surveys — representing more than 7.3 million Americans.

Mechanics of Group Acupuncture

While acupuncture, which originated in China at least 2,500 to 3,000 years ago, is typically associated with one-on-one sessions since spreading to the rest of the globe, the founder of Bend Community Healing, Mark Montgomery (who has been an acupuncturist for 30+ years), believes that “coming together with others in a group setting creates a powerful field that promotes the healing process for everyone there.”

Treatments are delivered to as many as six people at the same time in a shared, open room, with fully clothed patients lying back in comfortable reclining chairs while Montgomery places tiny needles on their outer limbs and head. White noise and soft music play in the background, no one talks, and everyone’s eyes are closed; the environment is quiet, soothing, and supportive. And because the treatment room is shared, the cost per patient is significantly more affordable, which encourages patients to come back more often to facilitate healing.

The Path to Community Healing

Inspired at a young age to follow in the footsteps of his grandfather, a general practitioner akin to the family doctor of old who made house calls and for whom “it was all about relationships, and treating people from the heart,” Montgomery explored various options in the medical field such as osteopathy and chiropractic. He chose acupuncture after experiencing its powerful effects when persistent pain in his left hip switched off immediately after the insertion of a single needle by an acupuncturist in Philadelphia — and never returned.

After providing traditional acupuncture for 6+ years in the 1990s, Montgomery grew increasingly dissatisfied. As he explained, “In line with other practitioners, I was charging \$75 per session when most of my patients were working people who couldn’t afford to come in as often as needed to produce results.”

After researching community healing as an alternative, Montgomery became an early adopter (there are now more than an estimated 200 clinics nationwide), finding that “Although people are sometimes a little apprehensive at first to be in a group setting, they often leave the treatment amazed at the depth of their relief and relaxation. I often think of what American psychiatrist and best-selling author Scott Peck said, ‘Community is stronger than (individual) willpower.’”

Customized Individual Treatments

Montgomery customizes his treatment for each client in the room, helping them “open their nervous system to allow energy to move through the body slowly and gently to clear blockages.”



TAKEN BY A PATIENT. THIS PHOTO SHOWS MARK MONTGOMERY TREATING ONE OF HIS ACUPUNCTURE CLIENTS, AND SYMBOLIZES THE MODALITY’S THERAPEUTIC HEALING POWER | PHOTO PROVIDED

For many patients, this involves “dropping into a profoundly peaceful, meditative — sometimes even altered — state of consciousness, where anxiety, stress, depression, even PTSD, begin to dissolve” he said. “By allowing themselves to relax and be open to the power of the needles, trauma that patients may not even be aware of can come to the surface. This may be overwhelming at first, but it’s a normal part of the nervous system discharging stored stress and beginning to heal.”

Montgomery estimated that in a given week, he provides 50 — 100 sessions at Bend Community Healing — or between 2,500 — 5,200 per year. Yet, he claimed, tuning in and paying attention to his clients “is energizing, not



MARK MONTGOMERY, AN ACUPUNCTURIST FOR 30+ YEARS, WAS AN EARLY ADOPTER OF THE COMMUNITY HEALING MOVEMENT | PHOTOS BY ANDREA HINE



TREATMENTS AT BEND COMMUNITY HEALING ARE DELIVERED TO AS MANY AS SIX PEOPLE AT A TIME IN A SHARED, OPEN ROOM

draining,” as you might expect.

“You Need to Be Open”

Asked if some conditions are harder or easier to treat than others, he explained that “as a general principal, the longer a condition has been in place, the longer it takes to dislodge the condition and restore nervous system balance.”

“The greatest frustration in my practice,” Montgomery said, “is that while people may expect ‘miracles’ of the type I experienced, more typically the cumulative effect of the body’s healing response takes time. It’s a matter of momentum as each session brings more relief and lasts longer — like a course of antibiotics.”

Montgomery emphasized that “You don’t need to believe in acupuncture, but you do need to be open to allow treatments to work.”

Costs for Acupuncture — Traditional Sessions Versus Bend Community Healing

Acupuncture costs in Bend for traditional one-on-one sessions range from \$90 to \$185 for initial intake sessions, and \$75 to \$150 for standard follow-up visits. Bend Community Healing offers reduced sliding scales from \$35 to \$65 for the first intake session, and \$20 to \$50 for subsequent visits. (“You decide what you can afford to pay,” said Montgomery. “No questions asked.”)

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You're Not Alone Psychiatry Launches in Oregon

CBN Staff Report
You're Not Alone Psychiatry, a Bend-based telepsychiatry practice serving adults throughout Oregon, will launch in September 2026 under founder and owner Lisa E. Hake, MD.

Hake is a board-certified adult psychiatrist with nearly four decades of experience in medicine. A graduate of Stanford University School of Medicine, she began her career in ophthalmology and went on to serve as assistant chief of ophthalmology, Chief of Medical Staff and Chair of the Ethics Committee at Kaiser Permanente in Santa Rosa, California.

Her longstanding interests in medical ethics, communication and the human experience of illness ultimately helped lead her to psychiatry. Hake completed her psychiatry residency at the University of New Mexico, where she served as Chief Resident in Psychotherapy and received the Diana K. Quinn, MD Award for Compassion and Service. She later completed a two-year Fellowship in Integrative Psychiatry through the University of Arizona College of Medicine.

Her psychiatric experience includes outpatient, residential and acute inpatient care. She served as Director of Psychiatry for a 108-bed Special Needs Residential Care Facility in Central Oregon serving individuals with serious mental illness, traumatic brain injury and major neurocognitive disorders. She also provides inpatient geriatric psychiatric care at OHSU Health Hillsboro Medical Center's Center for Geriatric Psychiatry.

Hake's psychotherapy training includes motivational interviewing, cognitive behavioral therapy, dialectical behavior therapy, acceptance and commitment therapy and mentalization-based approaches. She is a member of the Motivational Interviewing Network of Trainers and has particular expertise in geriatric psychiatry, personality disorders, neurocognitive disorders and complex psychiatric presentations.

After decades in medicine, Hake said what she loves most about psychiatry is the opportunity to understand the whole person rather than simply a diagnosis or collection of symptoms. That philosophy became the foundation for You're Not Alone Psychiatry.



PHOTO | COURTESY OF YOU'RE NOT ALONE PSYCHIATRY

Hake created the practice to provide psychiatric care where people do not feel rushed, reduced to a diagnosis or left to navigate mental health concerns alone. She believes healing begins with feeling heard, understood and respected.

You're Not Alone Psychiatry offers complimentary consultations, comprehensive psychiatric evaluations, medication management, psychotherapy, integrative psychiatry, lifestyle-focused care, measurement-based care, geriatric psychiatry, medication optimization and thoughtful deprescribing when appropriate.

Hake views medication as one part of psychiatric treatment and considers physical health, sleep, movement, nutrition, relationships, personality, life experiences, purpose and environment as factors that can influence mental health.

Collaboration is also a central principle of the practice. Patients are encouraged to understand their diagnoses, treatment choices, risks and benefits, and the reasoning behind recommendations so they can participate in decisions about their care. Personalized care plans may incorporate medication, psychotherapy, lifestyle interventions and other evidence-based approaches based on each person's needs, values and goals.

Telehealth allows adults throughout Oregon to receive care from home while preserving the time and continuity needed to develop a therapeutic relationship.

In addition to direct patient care, Hake is developing educational resources to help people better understand their mental health, strengthen resilience and make sustainable changes that support long-term well-being.



LISA E. HAKE, MD

Looking ahead, Hake hopes to expand educational programs, workshops and community outreach focused on mental wellness, healthy aging, lifestyle medicine and prevention. She also hopes to strengthen relationships with primary care physicians, therapists and other healthcare professionals throughout Central Oregon.

Over time, she envisions You're Not Alone Psychiatry becoming an Oregon resource for evidence-based, whole-person psychiatric care, bringing together scientific evidence, compassionate relationships and practical tools to help people not only recover from illness, but flourish.

"My hope is that every patient leaves each visit feeling more informed, more empowered, and less alone," Hake said.

yourenotalonepsychiatry.com

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Recently Approved by FDA Daraxonrasib Shown to Double Life Expectancy for Stage 4 Pancreatic Cancer

by **ALANDRA JOHNSON, Manager of Public Relations — St. Charles Health System**

Patients at St. Charles Cancer Institute are receiving a 'game changing' medication found to double life expectancy for patients with stage 4 metastatic pancreatic cancer. Seven patients with St. Charles began receiving the medication daraxonrasib earlier this month, through expanded access that allows access to prescription drugs prior to approval from the Food and Drug Administration (FDA). The medication was approved by the FDA August 26. While this medication is not a cure, it offers meaningful extension of life expectancy (up from 6 months to 13 months), according to early research.

"This is the first time in many years that we have a completely new treatment that really makes a noticeable difference in how long those patients live," said Dr. Christina Fitzmaurice, medical director for research at St. Charles Cancer Institute. "Especially with metastatic pancreatic cancer, we run out of treatment options pretty quickly. The only thing we can offer is hospice. This medication can extend life by an extra year, which is pretty meaningful."

La Pine resident John Johnson, 78, is one of the patients to begin the medication through this program. He had pancreatic cancer for more than a year and had run out of treatment options.

"I was on the tail end. This drug coming out, it was

like a new breath of life. We will see how long I last — a year, maybe two," said Johnson. He wants to spend that time with his wife Barb, working in his shop and enjoying his garden. "All you've got to do is keep your chin up and not sit in a chair too much."

St. Charles Cancer Institute was able to secure early access to this medication prior to FDA approval thanks to the dedication of caregivers across departments working behind the scenes for months. Clinical researcher Kat Brookhart says the effort is more than worth it.

"I love getting to be a part of something this meaningful, which is so important to patients and their families to get precious extra time."

Dr. Linyee Chang, executive medical director for St. Charles Cancer Institute, said teams are dedicated to pursuing expanded access to medications like daraxonrasib.

"We want patients in Central Oregon to have access to emerging treatments and medications that can make a powerful difference in their lives. This is an exciting moment to celebrate and also representative of the kind of work our teams are doing behind the scenes every day to serve our patients," said Chang.

About St. Charles Health System

St. Charles Health System, Inc., headquartered in



LA PINE RESIDENT JOHN JOHNSON IS ONE OF THE LOCAL PATIENTS WHO RECEIVED EARLY ACCESS THROUGH ST. CHARLES CANCER INSTITUTE TO A MEDICATION FOR PANCREATIC CANCER THAT HAS BEEN SHOWN TO DOUBLE LIFE EXPECTANCY. THE MEDICATION, DARAXONRASIB, WAS APPROVED ON AUGUST 26 BY THE FDA | PHOTO COURTESY OF ST. CHARLES HEALTH SYSTEM

Bend, owns and operates hospital campuses in Bend, Madras, Prineville and Redmond along with primary and specialty care clinics throughout the Central Oregon region. St. Charles is a private, nonprofit Oregon corporation and is the largest employer in Central Oregon with more than 5,600 caregivers. We proudly partner with our local medical community to provide a wide variety of health services.

stcharleshealthcare.org

Massage for the Central Oregon Lifestyle

Elevate Your Activity & Recovery

by **RANDEE ANSHUTZ, RDN, LD, LMT** —Synergy Health & Wellness

Our beautiful Central Oregon landscape offers endless opportunities for outdoor activities, but the physical demands of these ventures can sometimes lead to discomfort or injury. Regular bodywork does more than just relax the mind; it strategically targets areas of restriction, soreness, and injury, freeing up your body to move with greater ease and efficiency.

Activity-Specific Complaints and Support

Golf

Golf involves complex rotational forces that can strain the low back, while the grip and swing can cause problems in the shoulders, elbow, and wrists. Trunk rotation during the swing can lead to lower back pain, while the repetitive motion can cause tension in the neck and upper back, shoulders, and arms. Massage can combat gripping issues and restore proper alignment for a more fluid swing.

Mountain Biking

Mountain bikers frequently experience tension in the low back, and upper and lower leg muscles from riding position while maintaining balance and powering up hills. Shoulders, forearms, and wrists can get tight from grip, handlebar spacing, and riding position. Deep tissue massage and active stretching can restore movement patterns and relieve tension. Importantly, massage can provide specialized recovery for whiplash from crashes, targeting the deep muscles of the head, neck, and upper back to alleviate trauma and stiffness.

Hiking

Whether you are tackling a steep trail or a long-distance trek, hiking puts significant stress on the body but the views are totally worth it! Hikers often experience tension in the low back, hips, hamstrings, quads, and calves. Knee pain from the descent is a common complaint as well. In addition to a full body massage, your therapist can perform a gait assessment to see what patterns may be holding you back, and then use tools in their toolbelt to help restore balance.

Pickleball

The fast-paced nature of pickleball often results in rotator cuff strains or overuse injuries in the shoulders. The constant movement on the court also strains the lower legs and plantar fascia while the sprints to catch that fly-away ball can cause calf strain. Massage modalities can assist with prevention and treatment of these ailments.

Clinical Modalities and Therapeutic Application

Clinical massage therapy to treat ailments associated with the above activities utilize a comprehensive toolkit of modalities and add-ons to customize every session to a client's specific needs. Examples of modalities used include:

- **Deep Tissue Techniques:** Accessing deeper layers of muscle and connective

tissue to release tension, adhesions, and restore blood flow (and it doesn't always require deep pressure to be effective).

- **Myofascial Release:** A gentle yet firm technique that opens and mobilizes fascia to eliminate pain and restore motion. Picture saran wrap around each fiber of muscle, whole muscle, and groups of muscle—myofascial release separates the saran wrap when it gets stuck to itself.
- **Stretching (passive, active, and facilitated/PNF):** Active and facilitated stretching techniques that reset muscle length and improve flexibility.
- **Cupping:** Using suction to stimulate blood flow, release fascia, and promote healing in an area. We'll often use cupping to actively provide benefit to one area, while we work on another, thereby maximizing our time and outcomes.
- **Gua Sha:** An instrument-assisted technique that brings fresh blood and lymph flow to an area, breaking up adhesions and decreasing pain.
- **Range of Motion (ROM) work:** Facilitates movement and restores joint flexibility in small incremental steps.
- **Moist heat:** This deep heat penetrates up to 1" into the tissue to relax muscles and enhance blood flow to the targeted area.
- **Ice massage:** Helps reduce inflammation and provides localized pain relief.
- **Acupressure:** Uses targeted pressure to alleviate tension and discomfort, and restore flow of energy and blood throughout the area.
- **Trigger point work:** Targets specific tight spots in muscles to restore function and relieve pain.
- **Breathwork education:** Teaches breathing techniques to assist in stress management and recovery and restore normal breathing patterns after stress or trauma.

Your Journey to Better Movement

Effective clinical massage is most impactful as a cumulative practice. A consistent schedule helps regulate cortisol, improves circulation, and maintains tissue elasticity. By prioritizing regular maintenance, you prevent the accumulation of micro-trauma, reducing the risk of overuse injuries and chronic pain, ensuring your body stays resilient for the activities you love.

About Synergy:

Synergy Health & Wellness is a comprehensive center for clinical massage therapy, diabetes education, and nutrition counseling. Our team is comprised of 5 Licensed Massage Therapists, and 4 Registered Dietitians and Diabetes Educators. We provide evidence-based, person-centered care that focuses on building confidence, community, and body trust in our clients.

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At Widgi Creek
Pickleball Courts

From 5-9 PM enjoy raffle, silent auction, small bites,
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Home Assistance & Care Services *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services	Area Covered
AAA In Home Care	541- 362 - 1369	N/A	www.aaainhomecare.com administrator@aaainhomecare.com	Parker Randels	4	2026	In Home Caregiver Services-Complete medication handling-reminders, assistance & administration- personal care, companionship, respite.	Central Oregon
Almost Family, LLC 698 NW York Dr. Bend, OR 97703	541-389-0006	541-389-0906	www.almostfamilycare.com kristy@almostfamilycare.com	Kristy Walters	731	1982	Medication management, registered nursing services, 24-hr. companion & homemaking services, personal & respite care. IDD/DD attendant care	Deschutes, Jefferson & Crook counties.
At Home Care Group 856 NW Bond St., Ste. 230 Bend, OR 97703	458-292-5010	541-312-0077	www.athomecaregroup.com edbend@athomecareonyx.com	Customer Service	8	1999	Services offered include home assistance, companionship, personal care & nursing services.	Deschutes, Jefferson & Crook Counties.
ClearPath Healthcare 732 SW 23rd St. Redmond, OR 97756	541-548-7483	541-548-1507	www.clearpathhealthcare.org lauren@clearpathhealthcare.org	Jane McGuire	35	1979	Hospice, transitions, in-home primary care, free bereavement support for the community, Camp Sunrise for children, Pet Peace of Mind, Veterans services, Medical Director Hospice certified, licensed registered nurses, social workers, hospice aides & more.	Deschutes, Jefferson & Crook counties: Redmond, Bend, Sisters, Tumalo, Crooked River Ranch, Powell Butte, Culver, Terrebonne, Black Butte Ranch, Camp Sherman & Prineville.
Heart 'n Home Hospice & Palliative Care, LLC 1550 NE Williamson Blvd., Ste. 120 Bend, OR 97701	541-508-4036	541-508-4037	www.lhcgroup.com see website	Customer Service	15	2004	Services include on-call nursing support, hospice CNAs, medical social services, spiritual counseling, trained volunteers, physician support, grief & loss support, veteran services & recognition.	Central Oregon
Home Helpers Home Care of Bend OR 2843 NW Lolo Dr. Bend, OR 97703	541- 639-3993	N/A	www.homehelpershomecare.com/ bend-or chuck@homehelperscentraloregon.com	Chuck Babin	2	2026	Non-medical in-home care, e.g., personal care, companionship, respite.	Central Oregon
Home Instead 20380 Halfway Rd., Ste. C Bend, OR 97703	541-330-6400	541-330-7362	www.homeinsteadbend.com jonathan.mack@homeinstead.com	Cole Mack, Jonathan Mack	104	2000	Non-medical companionship & home care for seniors, specializing in 24 hour care, personal care, home-making, respite care, nursing services & Alzheimer. Licensed & insured.	Deschutes, Jefferson & Crook Counties.
Interim HealthCare of Central Oregon 230 SE Third St., Ste. 100 Bend, OR 97702	541-639-4400	541-639-4403	www.interim.com/bend blucas@interimhealthcare.com	Patricia Lucas, Daren Lucas, Brandon Lucas	50	2020	We specialize in providing professional caregivers to come into the home of our clients & assist them with maintaining their independence. Help with activities of daily living by providing personal care & companionship. Caregivers can assist with bathing, dressing, toileting, medication reminders, incidental transportation & more.	Deschutes, Crook & Jefferson counties.
Lincare, Inc. 1052 SE Pauite Way, Ste. 100 Bend, OR 97702	541-382-8303	866-345-3336	www.lincare.com tmatthe2@lincare.com	Tracey Peterson, Michael Sheldon	5	2000	Respiratory care & durable medical equipment.	All of Central Oregon
Norco Medical 63024 Sherman Rd. Bend, OR 97703	541-388-2273	541-383-5996	www.norco-inc.com tylerl@norco-inc.com	Tyson Lick	40	1987	Home delivery of medical supplies including all respiratory, durable medical equipment, incontinence, diabetic & rehabilitation products. 24-hr. on-call service.	Central & Eastern Oregon
Partners In Care - Hospice-Home Health-Transitions-Palliative Care 2075 NE Wyatt Ct. Bend, OR 97701	541-382-5882	N/A	www.partnersbend.org lisamhurley@partnersbend.org	Lisa Hurley	229	1979	Medicare-certified home health, hospice & palliative care. Non-medical transitions & bereavement for adults & children. Skilled nursing; physical, occupational, speech therapy; medical social work; certified nursing assistants & spiritual care. Hospice House is a 12-bed, in-patient unit. On-call 24/7. Nonprofit, Medicare-certified home health, hospice & palliative care. Non-medical transitions & bereavement for adults & children. Skilled nursing; physical, occupational, speech therapy; medical social work; certified nursing assistants & spiritual care. Hospice House is a 12-bed, in-patient unit. On-call 24/7. Nonprofit.	Headquarters in Bend & branch offices in Redmond & La Pine; drop-in locations in Madras & Prineville for local support. Serving Central Oregon from Madras & Prineville in the north to Christmas Valley & Chemult in the south.
St. Charles Home Health Services & Hospice 2275 Doctors Dr. Bend, OR 97701	541-706-7796	N/A	www.stcharleshealthcare.org kmmenard@stcharleshealthcare.org	N/A	78	1984	Skilled nursing, certified home health aides, medical social workers, physical, occupational & speech therapy, including orthopedic & neurological rehabilitation, collect & deliver lab specimens, fall prevention education, medication, post-operative & more.	Deschutes, Jefferson, Crook, Wasco & Northern Klamath counties.
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	541-383-1414	541-312-7080	www.touchmarkbend.com SDN@Touchmark.com	Kaitlin Dahlquist, Scott Neil	198	2004	Home care.	Deschutes, Jefferson & Crook counties.
Visiting Angels, Living Assistance Services 376 SW Bluff Dr., Ste. 9 Bend, OR 97702	541-617-3868	541-330-5645	www.visitingangels.com/bend Nrodriguez@visitingangels.com	Nancy Rodriguez	75	2007	Visiting Angels is proud to be the nation's leading provider of senior home care services. Our Angels provide in-home care & more.	Central Oregon

This is a sampling of Central Oregon Home Assistance & Care Services. If you would like to be added to this list, please email cbn@cascadebusnews.com.

We come to your home: Services are offered at no cost

HOSPICE

Do you have a serious illness? Is your priority quality of life over finding a cure?



TRANSITIONS

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Understanding Hospice Care

Compassion When It Matters Most

by TYLER CARSKADON, Marketing Manager — Partners In Care

Hospice care is designed for individuals who are facing a life-limiting illness and are no longer benefiting from or choosing to pursue curative treatments. But hospice isn't about giving up. It's about shifting toward comfort, meaning, and quality of life.

Whether a patient chooses the comfort of their own home or the specialized support of the Hospice House¹ in Bend, hospice care is centered on providing peace, dignity, and compassionate support. At home, care is delivered in familiar surroundings; at the Hospice House, patients receive around-the-clock attention in a serene, homelike environment. In both settings, the goal remains the same — ensuring your loved one's comfort while also supporting you and your family through every step of the journey.

Why Timing Matters When Considering Hospice

Many families wait until the last days or weeks of life to consider hospice care, often because they're unsure, afraid of making the "wrong decision," or simply don't realize what hospice truly provides. But early involvement can make a profound difference, both for your loved one and for everyone caring for them.

When hospice care begins sooner, it allows for:

Better symptom and pain control

Hospice teams specialize in managing complex symptoms — pain, nausea, breathing difficulties, anxiety, helping your loved one feel safer and

more at ease.

More meaningful time spent with loved ones

Instead of stressful hospital trips and repeated treatments, your loved one can spend that time at home or in a peaceful environment surrounded by the people they love.

Greater emotional and practical support for caregivers

Caring for someone with a serious illness is incredibly demanding. Hospice provides guidance, respite, and education so you feel supported every step of the way.

Fewer emergency room visits and hospitalizations

Hospice teams are available 24/7, meaning changes or concerns can often be handled quickly without the chaos of urgent care settings.

How to Talk About Hospice Care with a Loved One

Starting the conversation about hospice care is not easy. It's emotional, tender, and deeply personal. But a caring and honest discussion can bring clarity and comfort.

1. Create a Gentle Opening

You might start with:

- "I want to make sure you feel as comfortable as possible."
- "Can we talk about what matters most to you right now?"
- "Let's explore ways to make things easier and more peaceful for you."

The goal is not to persuade but to understand their wishes and help them feel supported.

2. Invite the Healthcare Team Into the Conversation

Doctors, nurses, and care coordinators can explain options, answer questions, and help determine when hospice is appropriate. Their guidance can provide reassurance to both you and your loved one.

3. Talk About Their Priorities

What brings them comfort? What worries them? What do they hope for during this stage of life? Hospice care aligns treatment with these priorities, whether that's staying at home, seeing family, avoiding pain, or simply resting peacefully.

4. Offer Reassurance

Let your loved one know:

- You're not abandoning treatment, you're choosing the right kind of care.
- Hospice doesn't shorten life; it improves the quality of the time left.
- They will be supported, comforted, and never alone.

Approaching the conversation with compassion can help reduce fear and create space for understanding and hope.

What Hospice Care Looks Like with Partners In Care

Knowing what hospice care² includes can help you make a confident and informed decision. Hospice care in Oregon focuses on holistic support — mind, body, and spirit.

Comprehensive Medical Support

- Regular nurse visits
- 24/7 on-call support for emergencies
- Pain and symptom management
- Medication management

- Access to medical equipment such as hospital beds, oxygen, or mobility aids

Emotional and Spiritual Care

- Social workers help navigate emotional challenges, planning needs, and family conversations
- Chaplains or spiritual counselors offer comforting guidance aligned with your loved one's beliefs
- Volunteers provide companionship, respite, and practical help

Care Wherever Your Loved One Calls Home

Hospice care can be provided:

- At home
- In a loved one's home
- In nursing and hospice care settings
- In dedicated hospice care facilities

The goal is to meet your loved one where they feel safest and most comfortable.

Support for Families

Hospice also offers:

- Education on caregiving
- Respite time for family members
- Grief and bereavement support

You don't have to wait for a doctor to say, "It's time." Families can reach out³ to Partners In Care anytime they have questions or concerns. Our team is here to help you understand symptoms, discuss options, and guide you through what's best for your loved one.

¹partnersbend.org/services/hospice-house-bend-oregon

²partnersbend.org/services/hospice-house-bend-oregon

³partnersbend.org/non-profit-donation-information/contact-us
partnersbend.org



Know the name. Know the difference.

Our **Hospice** patients and their families share that our community-based teams deliver **personalized, compassionate care** helping people feel truly seen, supported, and valued, like they are our only patient, every single day.

Ask for us by name.



Partners In Care

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Visit PartnersBend.org

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Eye Care Surgery Clinics & Examinations *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Alpine Eyecare 505 SW Mill View Way, Ste. 100 Bend, OR 97702	541-588-2013	541-317-1202	Info@alpineeyecare.net	Dr. Tom S Thomason	2	2000	Family vision care.
Bend Ophthalmology LLC 2357 NE Connors Ave., Ste. 101 Bend, OR 97701	541-389-3166	541-389-9817	www.bendeyes.com info@bendophthalmology.com	Connie McCurdy	26	1976	Comprehensive medical eye care, corneal, glaucoma special- ties, cataract & laser surgery including the Light Adjustable Lense+.Ophthalmologists: Jason W. Dimmig, MD, James T. Banta, MD; Stephanie B. Hoatson, MD. Optometrists: Darcy C. Balcer, OD, Nancy M. Bonetto, OD.
Cascade Eyecare 62968 OB Riley Rd., Ste. 11 Bend, OR 97703	541-382-2020	541-382-5004	www.cascadeeyecare.com frontdesk@cascadeeyecare.com	Erin Follen	6	1952	Comprehensive eye examinations, contact lens exams, medi- cal eye care, emergency eye visits, designer eyewear.
Central Oregon Eyecare - Bend 2155 NW Shevlin Park Dr. Bend, OR 97703	541-647-2760	541-647-2763	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care,contact lenses, Lasik & surgery co-management, complete optical, sunglasses, LASIK.
Central Oregon Eyecare - Madras 65 NE Oak St., Ste. 110 Madras, OR 97741	541-475-9999	541-475-4247	www.centraloregoneyecare.com info@centraloregoneyecare.com	Michelle Lima	4	2009	Eye disease detection & treatment, family vision care, contact lenses, Lasik & surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare - Prineville 198 NE Combs Flat Rd., Ste. 120 Prineville, OR 97754	541-447-5133	541-447-6891	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care, contact lenses, Lasik & surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare - Redmond 1000 SW Indian Ave. Redmond, OR 97756	541-548-2488	541-548-5334	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	12	1943	Eye disease detection & treatment, family vision care, contact lenses, LASIK, surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare- Sisters 625 N Arrowleaf Tr., Ste. 103 PO Box 1986 Sisters, OR 97759	541-549-2105	541-549-2106	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care,contact lenses, Lasik & surgery co-management, complete optical, sunglasses, LASIK.
Coffman Vision Clinic 61535 S Hwy. 97, Ste. 16 Bend, OR 97702	541-389-4774	541-389-3971	www.coffmanvision.com meredith@coffmanvision.com	Howard Schor, Michael A. Coffman	21	1998	Comprehensive vision exams, high fashion frames, newest technology lenses, one hour service, 3-D retinal imaging.
Elemental Eyecare 2736 NW Crossing Dr., Ste. 120 Bend, OR 97703	541-323-3937	541-323-3938	www.elementaleyecare.com info@elementaleyecare.com	Dr. Gabby Marshall, Dr. Amanda Balsalobre	6	2008	Pediatric eye exams & vision therapy. Pediatric eyewear. Vision rehabilitation & sports vision training.
Eye Mart Express 3148 N Hwy. 97 Bend, Or 97703	541-516-1208	N/A	www.eyemrtexpress.com	N/A	12	2020	Eye exams- 1 hour glasses
Eyes on Wall St. 822 NW Wall St. Bend, OR 97703	541-382-4756	541-382-4455	eyesonwallstbend.com	Dr. Lorraine M. Winger	4	1999	Professional eye examinations & contact lens fittings. Com- plete optical services including on-site optical lab. Feature a large selection of quality fashion eyewear & repair.
High Desert Vision Source 443 SW Evergreen Ave. Redmond, OR 97756	541-923-2221	541-923-3776	www.visionsource-highdeserteyecare.com info@hdvisionsource.com	Dr. Audrey H. Brumley, Dr. Gretchen I. Chadwick, Dr. Kilah S. Atkinson, Dr. Karisa M. Cervantes	11	1983	Complete comprehensive eye care, including contact lenses, primary eye care, optical services, laser & surgery co-manage- ment, children's vision & comprehensive eye exams.
Infocus Eye Care 2450 NE Mary Rose Pl., Ste. 110 Bend, OR 97701	541-318-8388	N/A	www.infocus-eyecare.com info@infocus-eyecare.com	Tona Buck	35	1998	Specializing in cataract & premium lens surgery, LASIK refractive surgery & more. Ophthalmologists: Ida Alul, MD; Meryl Sundy, MD; Amanda Selchau, MD. Optometrists: Winter Lewis, OD; Elizabeth Potvin, OD; Sheena Rolston, OD, Specializing in cataract & premium lens surgery, LASIK refractive surgery & more. Ophthalmologists: Ida Alul, MD; Meryl Sundy, MD; Amanda Selchau, MD. Optometrists: Winter Lewis, OD; Elizabeth Potvin, OD; Sheena Rolston, OD.
Integrated Eyecare 336 SW Cyber Dr., Ste. 100 Bend, OR 97702	541-382-5701	541-382-5702	www.iebend.com info@iebend.com	Dr. Kerri Lyons, Dr. Kirsten C. Scott, Dr. Patrick Swihart, Dr. Lindsey Slinger	15	1935	Enhancing the quality of your vision today, while protecting the health of your eyes for tomorrow.
Lifetime Vision Care LLC 901 NW Carlon Ave., Ste. 2 Bend, OR 97703	541-382-3242	541-317-3579	www.lvcbend.com info@lvcbend.com	Dr. Matt Sisson, Dr. Derri Sandberg, Dr. Brock Karben	13	1995	General lifetime optometry care.
Madras Vision Source 211 SE Fifth St. Madras, OR 97741	541-475-2020	541-475-6118	www.visionsource-madras.com	Dr. Jessica B. Tegen	6	1979	Optometric services including corrective eyewear, eye health evaluations, pre & post operative surgical care.
Ochoco Vision Source 340 NW Beaver St. Prineville, OR 97754	541-416-2020	541-447-2608	www.visionsource-ochocovision.com ochocovs@gmail.com	Dr. Kilah S. Atkinson, Dr. Gretchen I. Chadwick, Dr. Audrey H. Brumley	7	1981	Optometric services including corrective eyewear, eye health evaluations, pre & post operative surgical care.
Oregon Vision Center - Madras 1555 S Hwy. 97 Madras, OR 97741	541-475-2700	N/A	www.oregonvisioncenters.com ovc.2020@yahoo.com	Dr. Tom Thomason	2	2009	Thorough vision examinations for prescribing eyeglasses & any type of contact lenses.
Oregon Vision Center - Prineville 1555 NE Third St. Prineville, OR 97754	541-447-3937	N/A	www.oregonvisioncenters.com ovc3937@yahoo.com	Dr. Tom Thomason	4	2001	Thorough vision examinations for prescribing eyeglasses & any type of contact lenses.
Oregon Vision Center - Redmond 632 SW Sixth St. Redmond, OR 97756	541-923-2020	541-923-2082	www.oregonvisioncenters.com ovc.2020@yahoo.com	Dr. Tom Thomason	6	1960	Thorough vision examinations for prescribing eyeglasses & any type of contact lenses.
Orion Eye Center Bend 1475 SW Chandler Ave., Ste. 102 Bend, OR 97702	541-548-7170	541-548-3842	www.orioneyecenter.com	Dr. Suzanna Billinghamst, Dr. Karen Grove, Dr. Andrew Pilling, Dr. Ryan Constantine	30	1993	Specialists in retina & cornea, cataract surgery & medical diseases of the eye. Our in-house ambulatory surgical facility offers a low stress approach to surgery.
Orion Eye Center Redmond 1775 SW Umatilla Ave. Redmond, OR 97756	541-548-7170	541-548-3842	www.orioneyecenter.com	Dr. Ryan Constantine, Dr. Justin Pennington, Dr. Kristine Trautason, Dr. Brian Desmond	30	1993	Specialists in retina & cornea, cataract surgery & medical diseases of the eye. Our in-house ambulatory surgical facility offers a low stress approach to surgery.
Riverbend Eyecare 143 SW Shevlin Hixon Dr., Ste. 101 Bend, OR 97702	541-317-9747	541-317-1818	www.riverbendeye.com info@riverbendeye.com	Etosha Fagen, Patrick Ayres	5	1999	Adult & child vision care, therapy for eye muscle disorders & visually-related reading disorders, nutritional therapy for eye diseases.
Summit Family Eyecare 1250 NE Third St., Ste. B100 Bend, OR 97701	541-382-0103	541-385-6851	www.summitfamilyeyes.com sfebend@gmail.com	Dr. Raymond F. Hardy	5	1975	Eye examinations, prescription lenses, glasses frames.
VisionWorks 63455 N Hwy. 97, Ste. 75 Bend, OR 97701	541-389-5207	541 389 2718	www.visionworks.com	Dr. Eric Hinds	7	2006	Designer & exclusive brand frames, lenses, contact lenses, accessories, sunglasses & vision correction.

This is a sampling of Central Oregon’s Eye Care Surgery Clinics & Examinations. If you would like to be added to this list, please email cbn@cascadebusnews.com.

Can Dry Eyes Cause Blurry Vision?

by Dr. KIRSTEN CARMIENCE SCOTT — Integrated Eyecare

If you're experiencing blurry vision, it's natural to wonder whether there's something wrong with your eyes. Yes, blurry vision is a common cause of dry and irritated eyes. This is usually caused by problems with your tear film — the layer of moisture that keeps your vision clear and your eyes smooth.

At Integrated Eyecare, we can recommend both at-home and in-office treatments to help you resolve dry eye disease.



Why Dry Eyes & Blurry Vision Go Hand in Hand

Unstable Tear Film

Your tear film covers the surface of your eyes and creates a smooth, even window for light to pass through. When your eyes are dry, this surface develops dry spots, causing it to become uneven.

These uneven patches scatter light, causing blurry or hazy



PHOTOS | COURTESY OF INTEGRATED EYECARE



vision. Blinking temporarily respreads moisture across the surface of your eye, which is why dry-eye related blurriness tends to come and go during the day.

Cornea Health

Your cornea (the surface of your eye) needs constant moisture in order to stay healthy. When dryness continues over a long period, the surface of the eye can become irritated or even develop tiny abrasions. This can lead to persistent discomfort and affect the overall clarity of vision.

Common Symptoms of Dry Eye Disease

Blurry vision is just one piece of the dry eye puzzle. Other common symptoms include:

- A scratchy or gritty feeling, as if sand is in your eye

Continued on Page 25 ►

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336 SW Cyber Drive, Suite 100

Physical & Occupational Therapy *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Active Care Physical Therapy 57067 Beaver Rd. Sunriver, OR 97707	541-390-7518	541-389-6272	www.physicaltherapysunriver.com Brentgbradley@gmail.com	Brent Bradley	2	2013	Rotator cuff injuries, knee replacement rehab, hip replacement rehab, post-surgical rehab, acute & chronic musculoskeletal pain or impairment. Auto, work, sports related injuries, back, neck & spine pain / disc / nerve injuries, Sacro Iliac (SIJ) & Pelvis issues, Shoulder, arm, elbow, wrist & hand pain, carpal tunnel injuries, Leg, hip, knee, ankle & foot pain / tendonitis / tears Patella Femoral / chondro-malacia patella issues, plantar fasciitis, numbness, tingling & swelling of extremities, Pre/Post Natal Back/SI Pain, headaches, arthritis, fibromyalgia & muscle pain or fatigue.
Alpine Physical Therapy & Spine Care 395 SW Bluff Dr., Ste. 10 Bend, OR 97702	541-382-5500	541-389-5669	www.alpinephysicaltherapy.com info@alpinephysicaltherapy.com	Lacy Langer	12	2006	Physical therapy & spine care. Alternate office at 2546 Connors Ave., Ste. 110, Bend.
Falling Waters Injury & Health Management 55 NW Wall St., Ste. 100 Bend, OR 97703	541-389-4321	541-389-4420	www.fallingwaterscenter.com amanda@fallingwatersbend.com	Amanda Guy	40	2007	Specializing in auto injuries, work comp injuries, aquatic therapy, sports, post surgical & functional & strength rehabilitation of the back, neck, shoulder & knee. Also chiropractic, physical therapy, massage & nutritional counseling.
Focus Physical Therapy, Inc. 1001 SW Emkay Dr., Ste. 100 Bend, OR 97702	541-385-3344	541-312-5256	focusptbend.com amy@focusptbend.com	Amy Royce, Burke Selbst	12	2005	Results-based sports, spine, postsurgical & specialty care physical therapy clinic with a reputation for effective & private treatments with the same therapist for each visit.
Hand & Arm Therapy of Central Oregon 2041 NE Williamson Ct., Ste. B Bend, OR 97701	541-633-7535	541-706-9036	www.handandarm.net michelle@handandarm.net	Kristin Gulick	4	2010	Hand & arm occupational therapy, custom orthotics & extensive upper extremity rehabilitation.
Hands On Physical Therapy, PC 147 SW Shevlin Hixon Dr., Ste.104 Bend, OR 97702	541-312-2252	541-312-8822	www.hansonptbend.com mary@hansonptbend.com	Lisa Kennedy-Leary, Steve Leary	9	2006	Physical therapy with a comprehensive & individualized hands-on approach incorporating advanced manual therapy & functional exercises. One-on-one with a licensed physical therapist. Treatment of scoliosis.
Healing Bridge Physical Therapy 354 NE Greenwood, Ste. 105 938, Bend Or 97709 Bend, OR 97701	541-318-7041	541-388-3711	www.healingbridge.com allisonsuran@gmail.com	Allison Suran	1	1998	See website.
Living Well Therapy 497 SW Century Dr., Ste. 105 Bend, OR 97702	541-312-2004	541-312-2056	www.livingwelltherapy.com info@livingwelltherapy.com	Erik Zamboni	5	2003	Physical Therapy, Chiropractic, Massage Therapy & Nutrition.
Madras Physical Therapy 785 SE McTaggart Rd. Madras, OR 97741	541-475-2571	541-475-2590	www.madrasphysicaltherapy.com madraspt@madrasphysicaltherapy.com	Trevor Groves, Rob Nelson	9	2010	Physical, outpatient orthopedic, aquatic therapy, workmen's comp, headaches, spine care, sports rehab, geriatric rehab, manual therapy, fall risk assessment & therapy, lymphatic therapy & treatment of vertigo.
Proactive Physical Therapy 1470 NE Third St. Prineville, OR 97754	541-447-6846	541-447-1243	www.proactivepts.com	Joe Kundrat, Clinic Dire	9	1989	Physical therapy - wide range of services.
Proactive Physical Therapy Specialists 450 NW Greenwood Ave. Redmond, OR 97756	541-923-0410	541-923-7393	proactivepts.com	Andrew Knox	20	1986	One-on-one customized care, emphasizing manual therapy, therapeutic exercise, return to work programs, aquatic therapy, job site evaluations, healthy lifestyle step-down program. Se habla espa�ol, TMJ & chronic pain.
Rebound Physical Therapy - Bend East 1342 NE Medical Center Dr., Ste. 150 Bend, OR 97701	541-382-7875	541-382-2181	www.reboundoregon.com info@reboundoregon.com	Stuart Johnson	18	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Bend North Side 2700 NE Fourth St., Ste. 105 Bend, OR 97701	541-323-5864	541-323-5865	www.reboundoregon.com info@reboundoregon.com	Eric Edwards	7	2016	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Bend West 1160 SW Simpson Ave., Ste. 200 Bend, OR 97702	541-322-9045	541-322-9044	www.reboundoregon.com info@reboundoregon.com	Laura Mann	25	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - La Pine 51600 Huntington Rd., Ste. B La Pine, OR 97739	541-536-7443	541-536-7805	www.reboundoregon.com info@reboundoregon.com	Kristi Edgar	6	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Prineville 1590 NE Third St., Ste. B Prineville, OR 97754	541-416-7476	541-416-7478	www.reboundoregon.com jhoggarth@reboundoregon.com	Justin Hoggarth	9	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - RAC 1717 Northeast Second St. Redmond, OR 97756	541-504-2350	541-504-2354	www.reboundoregon.com info@reboundoregon.com	Nicolette Sapigao	3	2012	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Redmond 1315 NW Fourth St., Ste. B Redmond, OR 97756	541-504-2350	541-504-2354	www.reboundoregon.com info@reboundoregon.com	Seth Ramsey	17	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - South Bend 61470 S Hwy. 97, Ste. 4 Bend, OR 97702	541-585-1022	541-585-1024	www.reboundoregon.com info@reboundoregon.com	Hailey Foster	4	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Sunriver 56870 Venture Lane, Ste. 103 Sunriver, OR 97707	541-585-3148	541-323-3452	www.reboundoregon.com/ rebound-physical-therapist/ sunriver info@reboundoregon.com	Eric Walberg	3	2012	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy @ Boss Sports Performance Center 1305 SE Armour Rd., Ste. 10 Bend, OR 97702	541-797-3136	541-389-4428	www.reboundoregon.com info@reboundoregon.com	Laura Mann	3	2018	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Regency Redmond Rehabilitation & Nursing Center 3025 SW Reservoir Dr. Redmond, OR 97756	541-548-5066	541-923-8652	www.regency-pacific.com/ senior-living/or/redmond/ regency-	N/A	52	1960	In-house physical & occupational rehabilitation therapy.
Southside Physical Therapy Inc. 121 NW Greenwood Bend, OR 97702	541-388-2681	541-388-9236	www.southsidept.com southsidept@bendbroadband.com	Morag Sampson, Jonathan Sampson	5	1992	Personalized one-to-one manual therapy in a supportive environment. Emphasize education & home exercise programs. Treatment of lymphedema by nationally certified lymphedema therapist.
Step & Spine Physical Therapy - Bend 2185 NW Shevlin Park Rd. Bend, OR 97703	541-728-0713	541-728-0715	www.stepandspine.com glenn@stepandspine.com	Barrett Ford	15	2010	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Step & Spine Physical Therapy - Eagle Crest 7555 Falcon Crest Dr. Redmond, OR 97756	541-527-4353	541-527-4354	www.stepandspine.com therapy@stepandspine.com	Barrett Ford	4	2019	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Step & Spine Physical Therapy - Redmond 974 SW Veterans Way Redmond, OR 97756	541-504-5363	541-504-7677	www.stepandspine.com brittany@stepandspine.com	Barrett Ford	24	2010	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Therapeutic Associates Central Oregon - Bend 2200 NE Neff Rd., Ste. 202 Bend, OR 97701	541-388-7738	541-312-0121	www.therapeuticassociates.com/ bend bend@taipt.com	Chuck Brockman	20	1982	Orthopedic physical therapy, sports rehab, pediatric physical therapy, hand therapy, variety of exercise programs for the public, cycle fit & running analysis.
Therapeutic Associates Central Oregon - Bend 2 61615 Athletic Club Dr. Bend, OR 97702	541-382-7890	541-382-7498	www.therapeuticassociates.com/ locations/or/central-o lcooper@taipt.com	Laura Cooper	9	1991	Orthopedic & sports physical therapy with focus on manual therapy & functional strengthening with specialties in aquatic therapy, therapeutic yoga, golf performance/fitness/rehabilitation, biomechanical bike & running analysis, breathing assessment & women��s health.
Therapeutic Associates Central Oregon - Sisters 1011 Desperado Trail, Ste. 201 Sisters, OR 97759	541-549-3574	541-549-1092	www.therapeuticassociates.com/ sisters sisters@taiweb.com	Matt Kirchoff	6	2001	Sports rehab physical therapy & a variety of exercise programs to the public. Aquatic therapy, myofas-cial release, cranio-sacral therapy, ASTYM & post-operative rehabilitation.
Therapeutic Associates Redmond Physical Therapy 413 NW Larch Ave., Ste. 102 Redmond, OR 97756	541-923-7494	541-504-9153	www.therapeuticassociates.com/ redmond redmond@taipt.com	Eric Coughlin	5	1999	Our clinic offers board certified orthopedic/sports rehab physical therapy, hand therapy, pain man-agement & work conditioning/ergonomic consulting with fitness exercise prescription for the public.
Therapy Works Physical Therapy 865 SW Veterans Ways, Ste. 205 Redmond, OR 97756	541-678-5177	541-685-2639	www.therapyworkspt.com frontoffice@therapyworkspt.com	Derek Hopp, Meg Navish	4	2024	Vestibular rehab, TMJ, low back pain, sciatica, spinal stenosis, muscle spasms & strains, post-operative therapy, joint strains & sprains, headaches, neck pain/whiplash, rotator cuff dysfunction, frozen shoulder/adhesive capsulitis, overuse injuries/tendonitis, motor vehicle accidents, work injuries, sports rehab, orthopedic injuries & dysfunctions, gait assessment & training, body mechanics, postural training, plantar fasciitis, post-concussion treatment, balance issues, vertigo/dizziness & more.
Therapy Works Physical Therapy 330 NE Marshall Ave. Bend, OR 97701	541-383-8179	541-685-2639	www.therapyworkspt.com frontoffice@therapyworkspt.com	Derek Hopp, Meg Navish	8	1997	Low back pain, sciatica, spinal stenosis, muscle spasms & strains, post-operative therapy, joint strains & sprains, headaches, neck pain/whiplash, rotator cuff dysfunction, frozen shoulder/adhesive capsu-litis, overuse injuries/tendonitis, motor vehicle accidents, work injuries & more
Therapy Works Physical Therapy 2115 NE Wyatt Ct., Ste. 103 Bend, OR 97701	541-382-2070	541-685-2639	www.therapyworkspt.com frontoffice@therapyworkspt.com	Derek Hopp, Meg Navish	8	1997	See above.
Wellness Arts 2863 NW Crossing Dr., Ste. 130 Bend, OR 97703	541-668-8212	N/A	www.wellnessatcrossroads.com info@wellnessaycrossroads.com	Arlene Ross	1	2024	Chronic & acute low back pain, chronic & acute neck & shoulder pain, fibromyalgia, orthopedic injuries, peripheral neuropathy, headaches/migraines, knee, ankle & foot problems, tennis elbow, lymphedema, functional manual therapy, visceral manipulation, neural manipulation & more.

This is a sampling of Central Oregon Home Assistance & Care Services. If you would like to be added to this list, please email cbn@cascadebusnews.com.

Visceral Manipulation

by ARLENE ROSS, PT, DPT — Wellness Arts Physical Therapy

Many people experience acute or chronic digestive problems, usually treated with over-the-counter medications to address the symptoms. If the symptoms get worse, it is common to see one’s primary care physician or gastroenterologist to be evaluated more completely, and often to get prescription medication to alleviate pain and dysfunction. An additional source of intervention for these problems is Visceral Manipulation, a gentle hands-on manual therapy that focuses on releasing fascial restrictions around the internal organs to optimize their natural mobility and function. Developed primarily by French osteopath Jean-Pierre Barral, this technique focuses on releasing physical restrictions, tension, and adhesions around organs like the stomach, intestines, liver, and colon. When these tissues lack normal movement, it can disrupt nerve signaling, impair blood flow, and cause mechanical blockages in the GI tract.

Visceral Manipulation therapy addresses functional, structural, and neuromusculoskeletal imbalances to optimize how your body processes food and

eliminates waste products. It can help in the following ways:

- It encourages natural wave-like muscle contractions in the gut to move food and waste efficiently through the digestive organs..
- Post-operative scars (from C-sections, appendectomies, or gallbladder removal) and post-infection inflammation can tether organs together. This hands-on care gently releases those restricted areas.
- Gentle abdominal pressure targets the gut-brain axis and the Vagus Nerve, which helps the body to shift into a “rest and digest” parasympathetic state.
- Enhanced fluid dynamics reduce chronic local inflammation and helps to optimize overall functioning of the digestive system.

Arlene Ross is a doctor of physical therapy, utilizes Visceral Manipulation as part of her Physical Manual Therapy practice. She is located in Bend.

wellnesspt.net

Integrated Eyecare

Continued from page 23

- Redness and irritation
- A burning or stinging sensation
- Sensitivity to light
- Watery eyes (your body’s attempt to combat the dryness)

What Contributes to Dry & Uncomfortable Eyes?

Your Daily Habits & Environment

Modern life can be tough on your eyes. Staring at a computer or phone for hours can lead to digital eye strain and makes you blink less often, which prevents your tears from spreading evenly. The dry air from things like your car’s heater or office air conditioning can also make moisture evaporate from your eyes more quickly.

Even your surroundings matter. Windy days, smoky rooms, or a dry climate can all contribute to the gritty, uncomfortable feeling of dry eye. For many people, long-term contact lens wear can also contribute to discomfort.

Health, Age & Hormonal Shifts

Sometimes, dry eyes are connected to other factors in your body. For instance, tear production naturally tends to decrease as you get older. Certain health conditions and medications can also reduce the amount or quality of the tears you produce.

Hormonal changes, such as those that happen during pregnancy or menopause, can also disrupt the delicate balance needed for a healthy tear film. These shifts

can leave your eyes feeling drier and more irritated than usual.

How to Get Relief from Blurry, Dry Eyes

At-Home Tips for Comfort

A few simple steps at home can help soothe your eyes. Use preservative-free artificial tears throughout the day to add moisture. When you’re working on a screen, remember to take frequent breaks to rest your eyes and blink fully.

A warm compress placed gently over your closed eyelids for a few minutes can also provide comfort. This helps release natural oils into your tears, which improves their quality and helps them stick around longer.

Professional Dry Eye Therapies

When at-home care isn’t enough, we can help you create a plan. This may include prescription eye drops designed to address inflammation or in-office treatments like OptiLight by Lumenis that help improve your eye’s natural function. The goal is to provide lasting relief so you can see comfortably again.

When to Schedule an Eye Exam

It’s a good idea to seek professional advice if your symptoms are more than a minor annoyance. You should schedule a visit with your optometrist if:

- Your blurry vision or discomfort disrupts daily activities like reading or driving.
- Over-the-counter drops aren’t providing enough relief.
- You want to understand what is happening with your eyes and find a solution.
- You don’t have to put up with the discomfort and frustration of dry, blurry eyes.

Our team at Integrated Eyecare can help find the right approach to restore your comfort and clarity. Schedule an appointment with us to get the relief you deserve.

iebend.com

The Ripple Effect:
How Changes to Medicaid
Will Impact Central Oregon



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- Therapeutic Exercise

To make an appointment call : 541-668-8212
info@wellnessatcrossroads.com
www.wellnessatcrossroads.com

Assisted Living Facilities *(Listed Alphabetically)*

▶ CONTINUED FROM PAGE 12

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Units	Fees	Services
Cascadia Healthcare 900 NE 27th St. Bend, OR 97701	541-382-0479	541-389-7054	www.cascadiahc.com heather.jeffers@cascadiahc.com	Heather Jeffers	75	1954	49	Upon Request	Primary focus on skilled nursing care & long-term care.
Central Oregon Adult Foster Care 1532 NW Jackpine Ave. Redmond, OR 97756	541-548-6631	541-548-5519	www.care.com/b/1/central-oregon-adult-foster-care-llc/re	Anna Kitchin	3	2009	5	Call for assesment	Adult foster & senior care.
Fox Hollow Independent & Assisted Living 2599 NE Studio Rd. Bend, OR 97701	541-383-2030	541-383-4979	www.foxhollowbend.com lwilkenfeldt@regency-pacific.com	Luke Wilkenfeldt	53	2006	71	Upon Request	Full service assisted & independent living.
Juniper Springs Senior Living 590 NW 23rd St. Redmond, OR 97756	541-526-1819	N/A	compass-living.com/community/juniper-springs sayhello@juniperspringssl.com	Joe Umina	50	2018	96	Please call.	Life enrichment, resident grown & wellness plans, culture of caring & more.
Pilot Butte Rehabilitation Regency 1876 NE Hwy. 20 Bend, OR 97701	458-256-0737	541-317-5573	www.regency-pacific.com/senior-living/or/bend/pilot-butte rshire@regency-pacific.com	Robin Shire	45	N/A	42	Upon request	Physical, Occupational & Speech therapies. Skilled nursing care. Recovery from surgery, joint replacement, strokes & fractures.
Prairie House Assisted Living & Memory Care Community 51485 Morson St. La Pine, OR 97739	541-536-8559	541-536-1373	www.prairiehousealf.com director@prairiehousealf.com	Love Pearson	47	1999	61	Upon Request	Assisted Living & Memory care units.
Prestige Senior Living High Desert 2660 NE Mary Rose Pl. Bend, OR 97701	541-312-2003	541-312-2011	www.prestigecare.com/find-a-location highdeserted@prestigecare.com	Addie Gould	45	2003	68	Upon request.	Full service assisted living.
Regency Care of Central Oregon 119 SE Wilson Ave. Bend, OR 97701	541-668-7349	541-383-7662	www.cascadeviewnursing.com astone@regency-pacific.com	Amy Stone	45	1969	47	Upon Request	Intermediate care, respite service, Medicaid certified, 24-hr. nursing care, laundry service, 20-bed Alzheimer care unit.
Regency Prineville Rehabilitation & Nursing Center 950 NE Elm Street Prineville, OR 97754	541-233-4290	541-447-6685	www.regency-pacific.com/senior-living/or/prineville/regen lgarber@regency-pacific.com	Lee Garber	45	N/A	36	Avail	Skilled nursing facility. Respite care.
Regency Village at Bend 127 SE Wilson Ave. Bend, OR 97702	541-317-3544	541-330-0121	www.regency-pacific.com/senior-living/or/bend/regency-vil lwilkenfeldt@regency-pacific.com	Luke Wilkenfeldt	44	1999	65	Upon Request	Three home-made meals daily & snacks. All utilities except telephone & basic cable. Weekly housekeeping. Complementary laundry facilities. 24-hour staff. Scheduled transportation.
Regency Village at Prineville 830 NE Elm St. Prineville, OR 97754	541-416-3600	541-416-9293	www.regency-pacific.com/senior-living/or/prineville/regen sfloyd@regency-pacific.com	Samantha Floyd	21	1999	47	Upon Request	Assisted living.
Regency Village at Redmond 3000 SW 32nd St. Redmond, OR 97756	541-923-5452	541-923-0280	www.regency-pacific.com/senior-living/or/redmond/regency- jsturdivant@regency-pacific.com	Jeni Sturdivant	26	1995	45	Upon Request	Assisted living.
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	541-383-1414	541-383-3434	www.touchmarkBend.com SDN@Touchmark.com	Scott Neil	198	2007	Assisted- 51 / Memory Care- 32 / Independent Living-201	Rental, residency deposit.	Full assisted living/ 24 hr staff/ 2 restaurants/ housekeeping/ transportation/ on-site amenities/ licensed memory care/ Partners in Care on site; Awbrey Dental on site/ two full service salons
Whispering Winds 2920 NE Connors Ave. Bend, OR 97701	541-312-9690	541-312-1450	www.whisperingwinds.info carrie@whisperingwinds.info	Carrie Kasch	50	2003	N/A	N/A	Full service independent retirement community.

This is a sampling of Central Oregon Assisted Living Facilities. If you would like to be added to this list, please email cbn@cascadebusnews.com.

Hospitals *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Number of Beds	Number of Doctors	Number of Nurses	Operating Expenditures
St. Charles Bend 2500 NE Neff Rd. Bend, OR 97701	541-382-4321	541-388-5807	www.stcharlesheathcare.org isimmons@stcharleshealthcare.org	Iman Simmons	5,538	1918	256	175	979	\$555.3 million
St. Charles Madras 470 NE A St. Madras, OR 97741	541-475-3882	541-475-0615	www.stcharleshealthcare.org jcbishop@stcharleshealthcare.org	John Bishop	207	1967	25	7	58	\$33.5 Million
St. Charles Prineville 384 SE Combs Flat Rd., Ste. 1200 Prineville, OR 97754	541-447-6254	541-447-6705	www.stcharleshealthcare.org jcbishop@stcharleshealthcare.org	John Bishop	226	1950	16	18	62	\$35.9 million
St. Charles Redmond 1253 N Canal Blvd. Redmond, OR 97756	541-548-8131	541-526-6504	www.stcharlesheathcare.org isimmons@stcharleshealthcare.org	Iman Simmons	461	1952	48	69	175	\$92.30

This is a sampling of Central Oregon Hospitals. If you would like to be added to this list, please email cbn@cascadebusnews.com.

Emergency Transportation *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Area Served	Services
AirLink Critical Care Transport 2500 NE Neff Rd. Bend, OR 97701	N/A	N/A	www.airlinkcct.com	Kristin Lingman	75	1985	Central Oregon, Eastern Oregon, Southern Oregon	Emergency air medical transportation.
Bend Fire & Rescue 1212 SW Simpson Ave. Bend, OR 97702	541-322-6300	541-322-6321	www.bendoregon.gov/fire communications@bendoregon.gov	Todd Riley	154	1905	Bend	Ambulance & fire services emergency & non-emergency.
Crook County Fire & Rescue 500 NE Belnap St. Prineville, OR 97754	541-447-5011	541-416-2053	www.crookcountyfireandrescue.com info@crookcountyfireandrescue.com	Matt Smith	48	1882	Crook County	Fire & emergency services.
La Pine Rural Fire Protection District Administrative Office 51590 Huntington Rd. PO Box 10 La Pine, OR 97739	541-536-2935	541-536-2627	www.lapinefire.org info@lapinefire.org	Erick Holsey	43	1971	Southern Deschutes County & North Klamath County	Fire, rescue & emergency ambulance transport services.
Life Flight Network 743 SE Salmon Ave. Redmond, OR 97756	541-280-1224	503-678-4369	www.lifeflight.org cmcgrath@lifeflight.org	Cindy McGraith	15	1978	The Pacific NW in four states: Oregon, Washington, Idaho & Montana	Life Flight is nationally-recognized not-for-profit air medical service.
MASA Medical Transport Solutions 70 SW Century Dr. Bend, OR 97702	541-848-8124	N/A	masamts.com/biz-solutions turioste@masamts.com	Tony Urioste	170	1974	N/A	N/A
Redmond Fire & Rescue 341 NW Dogwood Ave. Redmond, OR 97756	541-504-5000	541-526-1254	rdmfire.org admin@rdmfire.org	N/A	73	1910	Redmond, Terrebonne, Smith Rock State Park, Powell Butte, Roberts Field - Redmond Municipal Airport, Cline Falls, Eagle Crest & outlying areas	Ambulance, fire suppression, rescue services & air rescue fire fighting (ARFF).
Sunriver Service District 57475 Abbot Dr. PO Box 2108 Sunriver, OR 97707	541-593-8622	541-593-2768	www.sunriversd.org ssdadmin@sunriversd.org	Mindy Holliday	40	2002	Sunriver	Police, fire & EMS.

This is a sampling of Central Oregon Emergency Transportation. If you would like to be added to this list, please email cbn@cascadebusnews.com.

How to Think About Taxes Over Your Lifetime

by IAN LAIMBEER, CFP — True Wealth Group & MOSES MAN, CPA — M Squared Tax

Most tax conversations ask the wrong question. People want to know how to lower this year's bill. The better question is how to lower what you pay across your entire life.

That shift in framing changes everything. It means looking past April 15 and coordinating three areas that rarely get considered together: income taxes, investment and capital gains taxes, and estate and wealth transfer taxes. Each works differently, but the underlying idea is the same. Pay taxes on purpose, not by accident.

Manage when income gets taxed

Your income changes throughout your life, and so do tax rates. The goal is to recognize income and take



Ian Laimbeer Moses Man

deductions in the years when they carry the most value.

In higher-income years, the priority is reducing or deferring what's taxable. That often means maximizing pre-tax contributions to a 401(k), SEP, or Solo 401(k), fully funding an HSA, and for

business owners, taking a hard look at entity structure, compensation, and the Qualified Business Income deduction. Charitable giving, particularly through a donor-advised fund, tends to carry more weight in these years too.

Lower-income years call for the opposite approach. This is when Roth contributions often make more sense than pre-tax ones, when a Roth conversion can be done at a lower cost, and when realizing investment gains or exercising stock options creates less tax exposure than it would in a stronger income year. The point is never simply to defer taxes indefinitely. It is to recognize income

when your tax rate makes that income cheapest to report.

Manage investment taxes with intention

Investors spend most of their attention on returns and very little on the taxes those returns generate along the way.

When investments fall below what you paid for them, those losses can offset realized gains elsewhere in your portfolio, and once gains are exhausted, up to \$3,000 can offset ordinary income each year, with anything left over carried forward. The wash-sale rule still

Continued on Page 28 ▶

Planning to Give Making a Bigger Impact with Your Wealth

by ERIN SCANNELL, CFP, CLU, ChFC, AAMS, CEO — Heritage Wealth Advisors

Many of our clients feel that one of the most meaningful areas of financial planning is deciding where their wealth ultimately goes. Most high-net-worth families will pay well into the seven or eight figures in taxes over their lifetimes and as part of their estate when they pass. But through thoughtful planning, our team of advisors & specialists are helping to uncover opportunities that can increase what goes to family members and charitable causes while reducing what would have otherwise been paid in taxes. Instead, that money can be directed to the people and causes that matter most — whether it be supporting family, a boys and girls club, a hunger organization, an alma mater, a shelter, a church, or disaster relief.

Our clients have done well financially. They have the money they need to achieve their goals and are often ready to take the next step: many describe wanting



to move from *success* to *significance*. In our biannual Planning to Give workshop, we share exercises that help clients realize the impact they want to make, and the specific strategies and techniques for redirecting what may otherwise be paid in tax to family or charity.

Why Does This Topic Matter?

We'll start with a Steve Jobs quote: "Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life."

Why did he say this? One of the most impactful people to ever walk the planet said the most important tool in making big life choices was facing his mortality.

For him, being faced with his mortality was about using urgency to focus on the things that mattered most. While being close to death is a forcing function, the idea of the scarcity of time works as well. Even

if there are decades to go until life expectancy, the simple exercise of imagining we only have a month to live is helpful. It makes things clearer: What is most important, and who is most important.

How Do You Want to Give?

Ben Franklin left \$2,000 to the city of Boston to help young people. But he stipulated in his will that while the city could use the income that money produced, it could not touch the principal for 200 years. By 1990, that original \$2,000 gift had turned into \$6.5 million. That gift has translated into centuries of positive impact through scholarships, women's health initiatives, and support for children with disabilities. This is an example of what we mean when we talk with clients about legacy.

It also raises an important question: Do you want the

Continued on Page 31 ▶

Bitcoin & the Rule That Changed in 1971

by ERIC RUNGE, Founder & Principal — Veritas Bitcoin Strategies

August 15, 1971: President Richard Nixon announces he will "suspend temporarily" the dollar's convertibility into gold.

The arithmetic was straightforward. Under the 1944 Bretton Woods agreement, foreign governments could exchange dollars for gold at \$35 an ounce. By that summer, per Federal Reserve records, they held roughly \$40 billion in claims against a Treasury holding \$10 billion in gold. Four promised dollars for every one in the vault, and France had begun collecting.

The gold window never reopened.

What changed was not a policy but a constraint. For centuries the quantity of money was tethered to something scarce. Governments stretched the



tether, but it always pulled back. After 1971 the dollar supply became a decision.

The federal series tell the rest. Worker productivity and pay climbed together for decades, then split apart in the early 1970s and never rejoined, per Bureau of Labor Statistics data. Labor's share of national income began a permanent decline. The household savings rate started falling and kept falling, per the Bureau of Economic Analysis. One income supported a family in 1971; two became the norm within a generation. Census figures put the median house at \$25,000 then and \$411,000 today, while median household income rose about nine times.

Dozens of charts share that shape: steady for

decades, an inflection in the early 1970s, then divergence. Economists debate how much traces to the monetary change versus trade and technology. What is not disputed is that anyone holding assets after 1971 was carried by the current, while anyone accumulating from a paycheck swam against it.

In 2008, when the banking system failed, governments created extraordinary sums of new money and handed it to the institutions that failed, a response available only because of 1971.

On January 3, 2009, in the middle of that wreckage, Bitcoin came online. Embedded permanently in its first block, verifiable by anyone on the public ledger,

Continued on Page 31 ▶

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True Wealth Group

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applies, so timing matters.

Realizing a gain is not automatically a mistake, either. In a lower-income year, deliberately selling an appreciated position can take advantage of a lower capital gains rate, reset your cost basis higher, and reduce the tax sitting inside your portfolio for future years.

Where you hold investments matters as much as what you hold. Tax-inefficient, income-producing assets generally belong in tax-deferred accounts. Higher-growth investments are often better suited to Roth accounts. Tax-efficient equities tend to work best in taxable accounts. The right mix depends on the investor, but taxes belong in that decision from the start.

It's worth naming a common trap directly: letting tax avoidance drive investment risk. A position that has grown large and highly appreciated can be hard to sell simply because of the tax bill attached to it, and that reluctance can quietly turn into dangerous concentration. Gradual diversification, tax-loss offsets, donating the appreciated shares outright, or spreading sales across multiple years all offer a way out. Paying some tax is often a better outcome than carrying concentration risk indefinitely to avoid it.

Coordinate taxes with estate planning

For families building significant wealth, income and capital gains planning eventually meets estate planning, and the two don't always pull in the same direction. Moving assets out of your estate now can reduce future estate tax, but holding appreciated assets until death can preserve a valuable step-up in basis. Gifting decisions need to weigh both sides, not just the size of the estate.

Families with potential estate tax exposure have real tools available: annual exclusion gifts, direct payment of education or medical expenses, gifts to children or grandchildren, irrevocable trusts, and more advanced structures like GRATs. Assets expected to appreciate meaningfully are often the best candidates to transfer early, since future growth then happens outside the taxable estate entirely.

The bigger picture

None of this works as a once-a-year exercise. It requires coordinating today's tax bracket against tomorrow's likely bracket, retirement account distributions, investment gains and losses, charitable giving, business income, equity compensation, and gifting strategy, all at once. Some years call for reducing taxable income. Other years call for intentionally recognizing more of it and paying the tax now, because the long-term outcome is better for having done so.

True Wealth Group and M Squared Tax are separate firms based in Bend, both growing, both accepting new clients, and both focused on helping Central Oregon business owners and families build proactive financial and tax strategies at every stage. If this conversation is overdue, we would be glad to have it with you.

Advisory Services offered through Skyliner Wealth, LLC dba True Wealth Group, a registered investment advisor.

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Matt Kelly

TEN OVER STUDIO announced the promotion of **Matt Kelly** to principal. Based in Bend, Kelly joined TEN OVER five years ago as a project architect and has since grown into a key leader within the firm, advancing through project manager and senior project manager before stepping into his new role.

A Registered Architect in Oregon and Illinois with over two decades of experience, Kelly leads TEN OVER's commercial, custom residential, and interior design studios. His work in Central Oregon has earned recognition across the region, including a 2024 AIA Bend Section People's Choice Award for the Skyliner Club in Bend, a 2026 COBA Tour of Homes award for RootedHomes at Antler, and a Cascade Business News Top Project honor for RootedHomes at Simpson. As principal, he will continue expanding TEN OVER's presence along the West Coast.

Brooks Resources Corporation announced the addition of **Hannah Willard** as marketing events and communications coordinator, expanding the company's marketing team and supporting its growing portfolio of community events, communications and marketing initiatives.

In her new role, Willard will help plan, promote and execute events across Brooks Resources and its affiliated projects, while supporting digital marketing, social media, email communications, website content, marketing collateral, photography and video production, and other marketing initiatives.

Willard brings a particularly strong foundation in event planning, client relations and marketing communications. She recently earned a degree in Advertising with a minor in Sports Business from the University of Oregon. While at the university, she served as an Account Manager with Allen Hall Advertising, where she managed the Oregon Innovation Challenge account and worked closely with creative and strategy teams to coordinate campaigns and client communications.

Her event experience includes serving as an Athlete Services Intern with TrackTown USA, where she helped execute major events including the Prefontaine Classic and USA Track & Field Championships. She also worked with the Hillsboro Tuesday Night Market, coordinating vendors, logistics and community partnerships, and completed an event management internship in Barcelona, Spain, supporting professional events associated with Mobile World Congress and other organizations.



Hannah Willard

High Desert Food & Farm Alliance (HDFFA) announced that three Central Oregon producers have been awarded scholarships to attend the nationally recognized Ranching for Profit program this October. Made possible through the generosity of private donors, these scholarships are an investment in the long-term success of the region's ranching community.

Ranching for Profit is an internationally respected business management program that helps farmers and ranchers improve profitability, strengthen decision-making, and build sustainable operations long term.

HDFFA's Agricultural Support Team works to create opportunities for producers to learn from one another and apply new ideas that strengthen local agriculture. The organization hopes participants will bring back new tools, strategies, and insights to share with fellow producers, multiplying the impact of these scholarships across Central Oregon.

Scholarship Recipients are:

Courtney Riding, 3R Livestock and Land (Redmond) operates 3R Livestock and Land alongside her husband and two teenage sons, raising pigs, goats, and chickens for both live sale and meat production. Courtney has completed HDFFA's Thriving Entrepreneurs program, participated in the Growing Together Cohort, and received an On-Farm Efficiency Grant.



Courtney Riding



Kate Grace



Zoey Oquist

Kate Grace, Lost Grace Farm (Bend), owns Lost Grace Farm in Bend, where she raises quail for eggs, grows mixed vegetables for wholesale markets, and offers educational programming that connects the community with local agriculture. With ambitious plans to integrate sheep and bison into her operation over the next several years, Grace has developed a clear vision for the long-term success of her business.

Zoey Oquist, The Crow's Croft (Redmond), co-owns The Crow's Croft, a rapidly growing ranch recognized for its pastured pork and handcrafted lard-based products. Oquist and her partner currently balance full-time off-farm careers while building their agricultural business and see Ranching for Profit as a critical step toward making the ranch a full-time livelihood.

As the **Bend Chamber of Commerce** celebrates 100 years of advocating for Bend's business community, the organization is also investing in the people who will help guide its next chapter. The Chamber is pleased to welcome two new staff members and announce seven recent promotions across the Chamber and BendNEXT Foundation.

Mara McCloskey-Becker joined the Chamber in May 2026 as marketing and social media specialist. McCloskey-Becker brings experience in audio and video production, strategic communications, brand storytelling and content creation. Her career has included broadcast media, agency and in-house marketing roles, and entrepreneurship, giving her a broad perspective on helping organizations connect with their audiences through authentic storytelling and meaningful engagement. In her role, she helps share the stories of Chamber members, programs and community partnerships across digital and social media channels.

Hannah Reynolds joined the Chamber in August 2026 as events and administrative coordinator. Reynolds brings a background in public administration, community event coordination and relationship-building. Her experience ranges from serving as a recreation center director for the City of San Diego to coordinating large-scale outdoor festivals and private events. She supports event logistics and administrative operations while helping create welcoming, well-organized experiences for Chamber members and guests.

Chris Hart was promoted from leadership programs manager to executive director of the BendNEXT Foundation in March 2026. During the year leading up to the transition, Hart worked closely with **Talena Barker**, the Chamber's outgoing vice president of leadership

development, to ensure continuity and a seamless transfer of leadership. Barker concluded eight years of dedicated service to the Bend Chamber and BendNEXT Foundation, leaving a strong foundation for the organization's next chapter. Hart brings experience in nonprofit executive leadership and a proven ability to convene community partners around complex challenges. In his expanded role, he leads the Foundation's work to strengthen Central Oregon's workforce through leadership and talent development, educational programming and cross-sector partnerships.

Lisa Nielsen was promoted from marketing lead to marketing and communications director in April 2026 after six years with the Chamber. Nielsen leads the strategy, planning and execution of marketing and communications for both the Chamber and BendNEXT Foundation, supporting the organizations' events, programs, advocacy, sponsorships, publications and member engagement. She has more than 30 years of experience in marketing, graphic design, communications and project management.

Julia Keyes was promoted from operations manager to operations director. Keyes brings two decades of experience in business management, strategic operations, human resources and financial leadership. Her experience building teams, managing budgets and improving organizational systems supports the Chamber's ability to operate effectively and remain responsive to its members and partners.

Kathleen Quinney was promoted from events and programs coordinator to leadership programs lead. Quinney brings experience in public-facing roles across sports marketing, retail management and resort services, along with a passion for connecting people with resources that help individuals, families and businesses thrive. In her expanded role, she supports the continued delivery and growth of BendNEXT leadership programming.

Shelley Junker was promoted from membership lead to membership manager. During her 16 years with the Bend Chamber, Junker has built strong relationships throughout the local business community and developed a deep understanding of the opportunities and challenges facing Chamber members. With more than 25 years of experience in marketing and sales, she brings extensive knowledge and a member-focused approach to her expanded leadership role overseeing member engagement, support and relationship-building.

Colleen Prinster was promoted from events lead to events and community impact manager. Prinster's background includes community-focused roles in healthcare, real estate, education and small-business management, as well as extensive involvement in civic and environmental stewardship. Her new role reflects an expanded focus on creating events and initiatives that connect Bend's business community with the people, organizations and issues shaping the region.

Robin Cooper Engle was promoted from sponsor relations lead to sponsorship and development manager. Cooper Engle brings extensive experience in relationship-building and resource development, including 14 years with Bend-Redmond Habitat for Humanity, where she served as vice president of Resource Development. In her expanded role, she leads sponsorship engagement and development partnerships that support the Chamber's programs, events and community impact.

Hayden Homes has joined the Builder Giving Challenge, a nationwide initiative uniting 17 homebuilders in a commitment to raise \$10 million over the next two years for nonprofit organizations focused on strengthening communities, expanding housing access, and improving lives across the country.

Together, participating builders produce more than 5,000 homes annually across the United States and share a commitment to investing in the communities where they build and live.

As part of the initiative, Hayden Homes will support nonprofit programs in Oregon, Washington, Idaho, and Montana, reporting twice each year on funds raised, volunteer hours contributed, and local housing initiatives supported.

In the second quarter of 2026, Hayden Homes committed \$65,000 in donations and sponsorships to organizations across the Northwest in regions where it serves. Contributions to Central Oregon include \$2,000 and 12 birthday bags to **MountainStar Family Relief Nursery**, which strengthens families and helps prevent child abuse through therapeutic early childhood education, parenting support, and resources for families facing significant challenges. The birthday bags included supplies for a birthday party, along with stuffed animals, books, toys, and other items. Hayden Homes also contributed \$2,500 to **Clear Mourning** to support Camp Courage, a three-day summer camp that helps children and teens cope with the death of a loved one, and provided a \$35,000 sponsorship to the **Tower Theatre**, which enriches Central Oregon through performing arts, educational programs, and community events.



Mara McCloskey-Becker



Hannah Reynolds



Chris Hart



Lisa Nielsen



Julia Keyes



Kathleen Quinney



Shelley Junker



Colleen Prinster



Robin Cooper Engle

Silver Moon

Continued from page 3

at the Greenwood location since 2004 and is Bend's third-oldest brewery, with more than 17 national medals to its name. Over the years the property has grown well beyond a brewpub, adding three performance stages — two indoor and one outdoors adjacent to the food cart lot — along with live music,

concerts, comedy, trivia and community events. The brewery is also a frequent host for local nonprofit fundraising, and the F Cancer benefit it founded has raised hundreds of thousands of dollars for Central Oregon cancer patients.

Earlier this year, Silver Moon joined four other Central Oregon craft beverage brands to form the Oregon Beverage Collective, a shared production and operational partnership structured to keep each participating brand's flagship pub in place. As certain production and

administrative functions consolidate across the Collective, a portion of the campus is expected to become available alongside the pub, creating flexibility for an owner-user, a passive NNN investor or a 1031 exchange buyer.

"Silver Moon stays. It's the real estate that's for sale," said Paul Evers, broker with NAI Cascade. "This property has anchored its stretch of Greenwood for two decades, and it got there the honest way — by being the place people actually want to be. What it needs

now is the right owner, someone who understands they're acquiring more than a rent roll."

The property is exclusively listed by NAI Cascade. For offering materials, including the rent roll, lease abstracts and financials available to qualified buyers upon execution of a confidentiality agreement, contact Paul Evers, broker, at 541-390-4021 or pevers@naicascade.com or Walt Ramage, principal broker, at 541-771-8260 or wramage@naicascade.com.

naicascade.com

DCCAC

Continued from page 3

But as the name "Community Art Center" rather than "gallery" implies, the goal of the space does not stop at the art on display. At the far end of the gallery, you can see into the windows of two classrooms. Dry Canyon Art Association's mission is to provide a place where artists and aspiring artists can learn and expand their craft. Art educators from around Central Oregon have already conducted classes in watercolor, glass, ceramics, jewelry making and more in

those two classrooms, and after the upcoming build-out of a further 1,300 square feet of space behind the current Art Center, there will be even more space to learn and create.

Plans for the new square footage include two new large classrooms, needed storage, and a ceramics workshop with kilns. Construction of the area will begin in September and is planned to conclude in December, approximately one year since the Art Center opened. As the space can be reached through the alley behind the building, the construction should not have much of a negative impact on the current gallery, other than the

occasional hammer or three.

The new space is needed to really push beyond the limits of a gallery and allow the Art Center to become more of a hub for the Redmond art community. As Mel Archer, past board chair and current exhibition team member put it, more art classes will have a broad appeal to residents of the community and will pair local art teachers with interested students.

Dry Canyon Arts Association's board chair, Jay Lowndes, says the expanded footprint will give DCCAC much more flexibility. "It will allow the center to offer more programming, accommodate more artists and participants, and potentially create opportunities that

simply aren't possible within the current space." About this next phase of growth for the Art Center, Lowndes said, "DCCAC isn't just adding square footage; it's adding capacity for the community."

The gallery will remain open during construction. First Friday Art Walks are always a good time to check in on what is new at the gallery, but gallery volunteers are happy to welcome visitors any time the gallery is open. Gallery hours are Tuesday through Thursday from 11am-6pm and Friday and Saturday from 11am-7pm. The gallery is closed Sundays and Mondays.

drycanyonarts.org

drycanyonarts.org/art-center-about

PorchFest 2026

Continued from page 3

for its second year, transforming streets and gathering spaces throughout the neighborhood into intimate outdoor stages. The free community event invites attendees to stroll through Discovery West while enjoying an eclectic lineup of local and regional musicians.

"We loved seeing people walking from stage to stage last year, discovering new artists and enjoying the neighborhood in a completely different way," said

Valerie Yost, Director of Marketing for Discovery West. "Having Jenny Don't and the Spurs close out this year's event at Discovery Corner is going to make for a fantastic finale."

This year's festival will feature three stages located throughout Discovery West, with performances spanning a variety of musical styles and genres. Guests are encouraged to walk or bike between stages, bring friends and neighbors, and make an afternoon of exploring the music and neighborhood. A toe-tappin' tour of open houses will also be available from 4-6pm.

A variety of food and drink options,

along with family-friendly activities, will be available at Discovery Corner, where the festivities culminate with a 7:30pm performance by Jenny Don't and the Spurs.

Discovery West PorchFest 2026

Date: Saturday, September 12, 2026

Time: 4-9pm

Location: Discovery West, 1125 NW Ochoa Drive, Bend, Oregon

Headliner: Jenny Don't and the Spurs

Admission: Free, open to the public

A complete schedule of performers, stage locations and event details is available at discoverywest-bend.com/porchfest.

About Discovery West:

Discovery West, situated on 245 acres on Bend's westside, is the newest community in development by the team behind award-winning NorthWest Crossing. Discovery West offers a variety of home types and sizes, Discovery Corner, its community plaza, select retail shops, Aerie Residences by AvantStay luxury overnight vacation rentals, art installations, and 40 acres of parks, trails and open space. The development team's vision for creating livable, detail-oriented communities that respect the Central Oregon landscape and lifestyle is apparent throughout the neighborhood.

discoverywestbend.com

HDCM

Continued from page 3

Beginning this September, HDCM's Concert Series will be presented at First Presbyterian Church of Bend. The new concert home allows HDCM to welcome a larger audience while maintaining the intimate atmosphere that makes chamber music so special. With excellent acoustics, an elevated stage that offers improved sightlines throughout the hall, and significantly expanded on-site parking, the new location offers

an enhanced experience for audiences from the moment they arrive.

The organization's Annual Gala is also entering a new chapter with its move to the Riverhouse Convention Center. The new venue provides the space and amenities to elevate every aspect of the evening while welcoming even more supporters from across Central Oregon. From an enhanced guest experience to expanded sponsorship opportunities, the move reflects the momentum High Desert Chamber Music has built over nearly two decades.

"We are excited about these changes and what they represent for the future

of High Desert Chamber Music," said Isabelle Senger, founder and executive director of High Desert Chamber Music. "Both moves give us new opportunities to welcome our community, strengthen the concert and gala experiences, and build on everything we've accomplished together since 2008."

The 2026-27 HDCM Concert Series opens September 25 with the Yu&I Duo, featuring violinist YuEun Gemma Kim and guitarist Ines Thomé. The six-concert season features a lineup of acclaimed ensembles and artists, and season subscriptions and single tickets are available online, by phone,

or in person at the HDCM office in Downtown Bend.

High Desert Chamber Music's mission is to bring exceptional chamber music and musicians to Central Oregon. Since 2008, HDCM has presented acclaimed concerts featuring distinguished artists from around the world while providing free educational outreach that connects professional musicians with students throughout the region. Join us for our nineteenth season and discover why High Desert Chamber Music offers a concert experience unlike any other in Central Oregon. Come hear the music!

HighDesertChamberMusic.com

COCC

Continued from page 3

the center's existing services based at COCC's Bend campus.

"Small businesses are at the heart of communities throughout Central Oregon and we want our services to be just as accessible to an entrepreneur in Prineville, Sisters or Redmond as they are to someone in Bend," said J.C. Nore, director of COCC's Small Business Development Center. "By establishing a consistent presence in these communities, we can build stronger

relationships with local businesses, better understand their needs and connect more people with resources that can help their businesses start, grow and thrive."

Beginning September 1, SBDC advisers will be available during the following recurring hours:

- **Redmond:** Wednesdays, 9am-1pm, COCC Redmond Campus, Building 3, Room 334; adviser James Erickson

- **Prineville:** Tuesdays, 9am-1pm, COCC Prineville Campus, Room 104; adviser J.C. Nore

- **Sisters:** Tuesdays, 2-4pm, The Hub by Citizens4Community, 291 E. Main Ave.; adviser Keith Sherrill

- **Madras:** Mondays, 1-4:30pm, COCC Madras Campus, Building 1, office 111

Appointments are encouraged and can be scheduled at cocc.edu/businessadvising though walk-ins are welcome as availability permits.

COCC's Small Business Development Center provides confidential, one-on-one business advising as well as training and educational resources for entrepreneurs and businesses at all stages. Advisers can assist with areas including starting a business, developing a business plan, accessing capital, financial management, marketing, growth strategies and navigating the challenges that come with owning and

operating a small business.

The center serves both new and established businesses and connects clients with experienced advisers, educational programs and other regional and statewide resources designed to support business success.

"Sometimes the biggest barrier is simply knowing where to start or who to ask," Nore said. "Our goal is to make that connection easier and ensure business owners across the region know they have a resource at COCC that is here to help."

For more information about COCC's Small Business Development Center, its advising services, workshops and other resources, visit cocc.edu/sbdc.

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Event Details at [CascadeBusNews.com/Business-Events](https://cascadibusnews.com/business-events)

BUSINESS EVENTS



September 2
6pm City of Bend Virtual and In-Person Bend City Council Business Meeting at Bend City Hall Council Chambers.

September 3
11:30am-1pm League of Women Voters of Deschutes County First Thursday Speaker Series Free Public Informational Meeting, Defending the Oregon Election Process, an Up-to-Date Report, at Bend Central Library, Community Room 1.

September 8
8-9:30am Bend Chamber Commerce & Coffee at Bend Magazine.

September 8
5:30-7pm SCORE Free, Confidential One-on-One Small Business Counseling at Bend Central Library.

September 9
4-6pm Bend Chamber Bend ET Expert Lab: Value-Driven and Empathic Conversations in the Workplace at COCC.

September 10
8-9am Madras - Jefferson County Chamber Coffee Cuppers at Mosaic Community Health.

September 10
11:45am-1pm Connect W Munch & Mingle at Currents at The Riverhouse.

September 15
5-6:30pm SCORE Free, Confidential One-on-One Small Business Counseling at Redmond Library.

September 15
7-9pm Skeptoid Media Nerd Night Science Trivia at Worthy Brewing Eastside, Bend.

September 16
5-7pm Connect W's Networking Event at The Winery at Manzanita.

September 17
8-9am Madras - Jefferson County Chamber Coffee Cuppers at Jefferson County Sheriff Office.

September 17
11:30am-1pm City Club of Central Oregon September Forum, The Ripple Effect – How Changes to Medicaid will Impact Everyone in Central Oregon,

at Unitarian Universalist Fellowship of Central Oregon, Bend.

September 22
5:30-7pm SCORE Free, Confidential One-on-One Small Business Counseling at Bend Central Library.

September 23
5-7pm Bend Chamber Bend ET Social at X-Golf.

September 24
8-9am Madras - Jefferson County Chamber Coffee Cuppers at Plateau Travel Plaza.

October 13
5:30-7pm SCORE Free, Confidential One-on-One Small Business Counseling at Bend Central Library.

WORKSHOPS & TRAINING



(Ongoing)
COCC Small Business Development Center Virtual Classes.

Building Permits

DESCHUTES COUNTY 8.18.26 & 8.25.26

\$100,000.00	-	Commercial (Alteration) 268 sf. at 18575 Century Dr. Bend 97702 OR Owner: Worldmark the Club 6277 Sea Harbor Dr. Orlando, FL 32821 Permit # 247-26-003862
\$62,500.00	-	Commercial (Alteration) 22,898 sf. at 63360 Powell Butte Hwy Bend 97701 OR Owner: 63360 Powell Butte, LLC 63354 Powell Butte Hwy Bend, OR 97701 Builder: Bremik Construction, Inc. 503-688-1000 Permit # 247-26-003007
\$12,796.00	-	Commercial (Alteration) at 13001 Century Dr. Bend 97702 OR Owner: Mt. Bachelor, Inc. PO Box 1000 Bend, OR 97709 Builder: Kirby Nagelhout Construction Co. 541-389-7119 Permit # 247-26-003986

CITY OF BEND 8.18.26 & 8.25.26

\$810,000.00	-	Commercial (New) 6,566 sf. at 63030 Nels Anderson Rd. Bend 97703 OR Owner: JKC Empire, LLC Builder: Kellcon, Inc. 541-312-4034 Permit # PRNC202500718
\$110,825.00	-	Commercial (Alteration) 7,414 sf. at 63085 18th St. Ste. 105 Bend 97701 OR Owner: East Empire Bend, LLC Builder: Sunwest Builders 541-548-7341 Permit # PRRE202602180
\$110,825.00	-	Commercial (Alteration) 7,414 sf. at 63085 18th St. Bend 97701 OR Owner: East Empire Bend, LLC Builder: Sunwest Builders 541-548-7341 Permit # PRRE202602180
\$650,000.00	-	Commercial (Alteration) 6,222 sf. at 20512 Robal Ln. Ste. 110 Bend 97701 OR Owner: Robal Road, LLC Builder: Commercial Contractors, Inc. 208-299-9904 Permit # PRRE202603925
\$225,000.00	-	Commercial (New) 29,484 sf. at 21085 Don St. Bend 97701 OR Owner: MWSH Bend Bear Creek, LLC Builder: Bonaventure Community Construction 703-567-4590 Permit # PRNC202601769
\$30,000.00	-	Commercial (Alteration) 7,251 sf. at 20744 High Desert Ct. Ste. 4 Bend 97701 OR Owner: Freund/Spencer Investment Group, LLC Builder: Nelson Tile and Stone, Inc. 541-410-5090 Permit # PRRE202604133

CITY OF REDMOND 8.18.26 & 8.25.26

\$650,000.00	-	Commercial (New) 5,979 sf. at 855 NE Greenwood Ave. Redmond 97756 OR Owner: K & E Development, LLC 3871 Langley St. SE Salem, OR 97317 Builder: Kaufman Commercial, LLC 503-871-4152 Permit # 711-26-000526
\$80,000.00	-	Commercial (Alteration) at 1705 S Hwy 97 Redmond 97756 OR Owner: Sherman & Carol Wright Trust PO Box 800729 Dallas, TX 75380 Builder: FS Unlimited, LLC 971-238-4824 Permit # 711-26-001691
\$150,000.00	-	Commercial (Alteration) at 927 SW 11th St. Redmond 97756 OR Owner: Timothy Gray 530 1/2 NW 23rd Ave. Portland, OR 97210 Builder: Flores General Construction, LLC 458-206-9450 Permit # 711-26-001499
\$40,000.00	-	Commercial (Alteration) at 3853 SW 21st St. Redmond 97756 OR Owner: Franks Landing, LLC 2960 Huntington Dr. 80921 San Marino, CA 91108 Builder: Compass Commercial Construction Services, LLC 541-848-4073 Permit # 711-26-001621

Heritage Wealth Advisors

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causes you care about to receive a gift at a moment in time, or would you prefer to create a source of support that lasts for decades — or even generations?

Studies done by palliative nurses describe how many people on their deathbeds share similar regrets, often centered around spending time and energy pursuing things they believed would bring happiness, only to realize later that those things were not what mattered most. Our thought is simple: If many people arrive at the same realization later in life, perhaps we can learn from them now.

Some questions to consider:

- What impact do I want to make in this world, community, neighborhood, or family?
 - When my time is up, what lasting mark do I want to have made?
 - What causes or people do I most want to support?
- A lasting impact doesn't just happen by accident. It takes intentional reflection and planning.

Next Steps

While these exercises are helpful in clarifying the impact you want your wealth to make, they require actionable strategies to bring them to life. That's where our team can help.

In our Planning to Give workshop, we share techniques to help redirect tax dollars to the people and causes that matter most, including bunching deductions, creating

Tax Holidays, utilizing the \$15 million gift allowance, and more. We also share real client case studies, including an example of a couple that made a \$250,000 strategic gift, which created two Tax Holidays and resulted in \$926,000 in lifetime tax savings.

If you'd like to join the next session of this event on December 4, **use the QR code to RSVP now.** And if you'd like to explore which Planned Giving strategies could have the biggest impact on your family, charitable goals, and legacy, you can request a consultation on our website, email us at planwithHWA@ampf.com, or call us at 425-709-2345.

heritagewealth.net



Veritas Bitcoin Strategies

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is a line from that morning's Times of London: "Chancellor on brink of second bailout for banks."

That was a statement of purpose, welded into the foundation so anyone examining the system a century later would know what it was built against. Money whose quantity is a decision expands whenever expansion solves a nearer problem, and the cost lands on whoever holds it.

Bitcoin's answer was to remove the decision. The protocol caps supply at 21 million units, roughly 20 million of which exist, on a schedule that halves every four years and ends around 2140. No authority can issue more, and no mechanism exists to revisit the limit. That constraint has held through sixteen years, four severe drawdowns, and regulatory pressure on three continents.

It offers savings that cannot be debased, value that moves anywhere without permission, and an

inheritance without the leak the dollar has carried since 1971. It functions as money in nearly every sense of the word, settling payments globally at negligible cost.

The market has noticed. Over the past fifteen years, per data compiled by Charlie Bilello of Creative Planning, Bitcoin has been the best-performing major asset by a margin so wide no other is visible on the same chart. The record was not earned smoothly. As of this writing Bitcoin sits around \$65,000, roughly half below its October 2025 high of \$126,000, and it has fallen more than seventy percent in every completed cycle.

Many successful investors and institutions concluded some time ago that the asset is legitimate. Legitimacy does not tell anyone what to do about it, and public conversation remains price commentary, answering none of the questions that matter.

Those questions are unglamorous and specific. What allocation is defensible for a given balance sheet and time horizon. Whether an exchange-traded fund, a qualified custodian, or direct control fits the purpose, since those three are not

interchangeable. What the estate plan does if the holder becomes incapacitated. How the position interacts with concentrated stock, a closely held business, or real estate already owned. What belongs in an investment policy statement so a deliberate decision is not unwound in a panic. Every one has a well-developed answer. None appear on a price chart.

Eric Runge is founder and principal of Veritas Bitcoin Strategies in Madras, a Registered Investment Adviser (RIA) focused on Bitcoin allocation for family offices and RIAs. He has 21 years in financial advisory and is the author of Bitcoin and the Family Office, and the forthcoming No Position is a Position, a book for financial advisers and their clients. Reach him at familyofficebitcoin.com or eric@veritaswealth.net.

Veritas Bitcoin Strategies is a Registered Investment Adviser in the state of Oregon. This article is for informational purposes only and does not constitute investment advice. Past performance is not indicative of future results.

familyofficebitcoin.com

Central Oregon is our *business.*

From entrepreneurs putting down roots to families making their next move, real estate is about more than property. It's about the people, businesses, and communities that make Central Oregon what it is.



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Deep knowledge of our market and our community.



GLOBAL REACH

Connected to a world of buyers and opportunities.



RELATIONSHIP DRIVEN

Built on trust, experience & exceptional service.



Places to build *what's next.*



WESTGATE

62313 McClain Drive

\$3,750,000

An exceptionally rare opportunity in coveted Westgate, this custom estate occupies a premier 2.5-acre homesite with breathtaking Cascade Mountain views. Soaring ceilings, walls of glass, designer finishes, a 1,100+ sq. ft. owner's retreat with spa-inspired bath and private hot tub patio, Thermador appliances, custom cabinetry, and an oversized four-bay garage create an extraordinary blend of luxury, comfort, and functionality.

3 BED | 3.5 BA | 3,782 SF

Listed by Tab Howard
Broker



RIVER'S EDGE

3083 NW Hidden Ridge Drive

\$1,099,000

Like-new single-level living in Bend's Rivers Edge community, this thoughtfully designed home backs to the 13th hole with beautiful golf course views and offers an open great room, upgraded kitchen, spacious primary suite, and three-car garage with dedicated RV bay. Enjoy a covered porch, private patio, established edible gardens, and convenient access to Sawyer Park, the river trail, and downtown Bend.

3 BED | 2 BA | 1,989 SF

Listed by Nick Wilhite & JP Faherty
Principal Broker & Broker



INVESTOR SPECIAL

WOODSIDE RANCH

60309 Tall Pine Avenue

\$999,999

Set on 2.4 private acres, this custom-built 5-bedroom estate is offered for the first time by its original owners, combining soaring ceilings, abundant natural light, and timeless gathering spaces. With a main-level bedroom and bath, spacious primary suite, three-car garage, and generous guest rooms, the home offers exceptional space and a solid foundation for its next chapter—ready for personalization and updates.

5 BED | 3 BA | 2,790 SF

Listed by Matt Robinson & Grant Ludwick
Principal Brokers

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